

POWELL'S PERSONAL COMBAT SYSTEM

CURRICULUM FOR

GREEN BELT

**ATTENDENCE: CLEANLINESS: CONCENTRATION: PATIENCE: SELF CONTROL:
SELF CONFIDENCE: CONTROL OF DISTANCE: CONTROL OF POWER:
CONTROL OF SPEED: POWER:SPEED: TIMING: ATTITUDE: ENDURANCE:
FLEXIBILITY: POSTURE: BREATH CONTROL: BALANCE: MEDITATION:**

ABDOMINAL BREATHING : Green Belt Level Breathe Count

KI BREATHING EXERCISE #4:

KICKING:

TARGET KICKING:

BACK LEG REVERSE CRESCENT KICK FACE:

CRESCENT KICK FACE:

PICK AXE KICK SHOULDER:

ONE STEP JUMP SPINNING HOOK KICK SOLAR PLEXUS:

JUMP ROUND HOUSE KICK FACE:

KICKING PRACTICE:

DOUBLE PUNCH REVERSE SNAP KICK:

SNAP KICK ROUND HOUSE KICK:

SNAP KICK SIDE KICK:

ONE STEP CRESCENT KICK ONE LEG:

ONE STEP PICK AXE KICK ONE LEG:

ONE STEP REVERSE CRESCENT KICK ONE LEG:

ONE STEP JUMP SPINNING HOOK KICK ONE LEG:

JUMP ROUND HOUSE KICK ONE LEG:

COUNTER ATTACKS:

Techniques 10-12

ONESTEP SPARRING:

Techniques 4

THREE STEP SPARRING:

Techniques 4

SELF DEFENSE:

Regular Techniques 13-16

FORMS(Hyung, Poomse):

Won-Hyo

Founded by Grand Master Gary Powell

As Taught By Grand Master Justin Powell

All Content Is Owned By Central Canada Martial Arts Academy

If You Wish To Learn Traditional Tae Kwon Do; Powell's Personal Combat System Or Are Interested In Teaching Contact TKDMaster069@aol.com

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