

# **Powell's Personal Combat System**

## **CURRICULUM**

### **FOR**

### **RED 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 : Red Belt Level Breathe Count**

**KI BREATHING EXERCISE #8:**

**KICKING:**

**TARGET KICKING:**

**ONESTEP JUMP SPINNING SLAP KICK FACE:**

**JUMP SPLIT KICK FACE:**

**KICKING PRACTICE:**

**ONE STEP JUMP SPINNING SLAP KICK ( WITH BOTTOM OF FOOT)**

**HIGH JUMP SPLIT KICK:**

**FOOT WORK:**

3/4 TURN STEP THROUGH, LEFT AND RIGHT WITH FRONT LEG:

**SIMPLE STEPPING BACKWARDS AND WARDS:**

BACK WRIST STRIKE:

UPWARD BACKWRIST BLOCK:

LONG FIST STRIKE:

**COUNTER ATTACKS:**

Techniques 20-21

**ONESTEP SPARRING:**

Techniques 43-48

**THREE STEP SPARRING:**

Techniques 29-32

**SELF DEFENSE:**

Regular Techniques 29-32

Optional Techniques 57-64

**AGAINST WEAPONS:**

AGAINST RIFLE WITH BAYONET THRUST:

**GRAPPLING:**

Collar Choke From Bottom

Guard

Collar Choke Around The Head

From Top

Pretzel Compression Bent Arm

Lock

Cross Grip Tightwaist Hip Toss

Back Roll Hip Lock

Dragon Lock

**FORMS(Hyung, Poomse):**

Hwa-Rang

Tae-Guek Pal-Jang

Pal-Gwe Pal-Jang

Pyung-Ahn Oh-Dan

**ADDITIONAL TRAINING:**

Blind Fold Training Level 2

**Hand Conditioning:**

Slap Bag Training (Chain/Iron Filings)

Makiwara Foot Training

**Body Conditioning For Impact:**

Wire Bundles

Advanced Iron Body Drills

**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](mailto:TKDMaster069@aol.com)**

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