

POWELL'S PERSONAL COMBAT SYSTEM

CURRICULUM FOR

RED STRIPE 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 Stripe Belt Level Breathe Count

KI BREATHING EXERCISE #7:

KICKING:

TARGET KICKING:

ONE STEP SPINNING SLAP KICK (WITH BOTTOM OF FOOT) FACE:

ONE STEP JUMP SPINNING REVERSE CRESCENT KICK FACE:

KICKING PRACTICE:

DOUBLE HOP LOW AND HIGH SIDE KICKS:

ONE STEP SPINNING SLAP KICK (WITH BOTTOM OF FOOT):

ONE STEP SPINNING JUMP REVERSE CRESCENT KICK:

CRESCENT KICK SPINNING REVERSE CRESCENT KICK:

TORONADO KICK:

FOOT WORK:

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

SIMPLE STEPPING BACKWARDS AND WARDS:

TIGER MOUTH STRIKE:

INWARD FOREARM STRIKE

FOREKNUCKLE STRIKE

COUNTER ATTACKS:

Techniques 18-19

ONESTEP SPARRING:

Techniques 37-42

THREE STEP SPARRING:

Techniques 25-28

SELF DEFENSE:

Regular Techniques 25-28

Optional Techniques 49-56

AGAINST WEAPONS:

AGAINST GURAT:

GRAPPLING:

Advanced Double Leg Take Down

Counter

Foot Prop To Belly Down Cross Body

Arm Lock

Ankle Lift Throw

Reverse Leg Bundle Pick Up Throw

Darse Choke/Counter

Holding One Leg Hand Blocking

Throw

FORMS(Hyung, Poomse):

Ti-Gye

Tae-Guek Chil-Jang

Pal-Gwe Chil-Jang

Pyung-Ahn Sa-Dan

Additional Conditioning

Blind Fold Training Level One

Hand Conditioning:

Slap Bag Training (Chain/Iron Filings)

Makiwara

Hanging Bags

Body Conditioning For Impact:

Wire Bundles

Iron Body Bag (Chain/Iron Filings)

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

Copyright @ Justin Powell. All Rights Reserved.