

# Powell's Personal Combat System

## CURRICULUM FOR WHITE BELT

ATTENDANCE: 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:

### BREATHING EXERCISES

ABDOMINAL BREATHING :

KI BREATHING #1 :

### BREAK FALLING

FRONT BREAK FALL: BACK BREAK FALL: SIDE BREAK FALL LEFT AND RIGHT SIDE:

FRONT ROLL: BACK ROLL:

### STANCES

CLOSED STANCE: READY STANCE: HORSE STANCE: WALKING STANCE: FRONT STANCE: EXTENDED FRONT STANCE: MODIFIED BACK STANCE: SIDE STANCE: INWARD BENT KNEE STANCE: BACK STANCE: TIGER STANCE: CRANE STANCE: X STANCE: LOW X STANCE

### PIVOTS

1/4 TURN LEFT AND RIGHT STEPPING FORWARDS:

1/4 TURN LEFT AND RIGHT STEPPING BACKWARDS:

1/2 TURN LONG PIVOT LEFT AND RIGHT:

1/2 TURN SHORT PIVOT LEFT AND RIGHT:

3/4 TURN LEFT AND RIGHT WITH BACK LEG:

## SHIFTING

**IN STEPPING: SIX POINT OUT STEPPING: CIRCLE STEPPING: CROSS STEPPING: SHIFTING FROM STANCE TO STANCE:**

## HAND TECHNIQUE

**LOW BLOCK: REGULAR PUNCH: INWARD MIDDLE BLOCK: INNER FOREARM MIDDLE BLOCK: BOTH HAND MIDDLE BLOCK: REVERSE PUNCH: OUTWARD MIDDLE BLOCK: HIGH PUNCH: RISING BLOCK: REVERSE ELBOW STRIKE: OUTWARD KNIFE STRIKE: INWARD KNIFE STRIKE: SCISSOR BLOCK: OUTWARD SPREADING BLOCK: DOUBLE UPSET PUNCH: SPLITTING BLOCK: OUTWARD HAMMER STRIKE: KNIFE HAND RISING BLOCK: SPEAR HAND TO FACE: KNIFE HAND BLOCK: PALM PUNCH: KNIFE HAND RISING BLOCK WITH PALM PUNCH: KNIFE HAND RISING BLOCK WITH INWARD STRIKE: BACK FIST STRIKE: SPREADING BLOCK WITH KNEE STRIKE: DOWNWARD PALM BLOCK WITH SPEAR HAND: INWARD HAMMER FIST  
LOW X BLOCK: HIGH X BLOCK: DOWNWARD PALM BLOCK: INWARD PALM BLOCK: RIDGE HAND STRIKE: TWIN KNIFE HAND BLOCK: TWIN FIST BLOCK: RISING BLOCK WITH INNER FOREARM MIDDLE BLOCK: RISING BLOCK WITH OUTWARD MIDDLE BLOCK: KNIFE HAND RISING WITH OUTWARD KNIFE HAND MIDDLE BLOCK: RISING BLOCK WITH LOW BLOCK: INWARD LOW BLOCK: CHEST NUT FIST STRIKE: UPWARD PALM BLOCK: SCISSOR FINGER STRIKE: NEEDLE FINGER STRIKE: TIGER MOUTH STRIKE: INWARD FOREARM STRIKE: FOREKNUCKLE STRIKE: BACK WRIST STRIKE: UPWARD BACKWRIST BLOCK: LONG FIST STRIKE:**

## CHAINING HAND TECHNIQUES

**WITH LEFT HAND, WITH RIGHT HAND:**

**SIMPLE STEPPING BACKWARDS  
AND FORWARD WITH THE TWELVE PRIMARY BLOCKS AND STRIKES:**

## SIMPLE STEPPING

**SIMPLE STEPPING BACKWARDS AND  
FORWARD WITH ALL STANCE :  
STEPPING BACKWARDS AND FORWARD  
WITH THE TWELVE PRIMARY BLOCKS AND STRIKES:**

## **KICKING**

**RISING KICK: (CONDITIONING)**  
**SNAP KICK (SOLAR PLEXUS):**  
**STANDING SIDE KICK (GROIN):**  
**STRETCHING SIDE KICK (CONDITIONING)**  
**LOW ROUND HOUSE KICK (KNEE OR THIGH)**

**CHAIN ALL KICKS:**

## **IMMEDIATE PROTECTION FUNDAMENTALS**

**THE JAB**  
**THE CROSS**  
**THE HOOK**  
**THE UPPER CUT**  
**KNEE STRIKE TO PELVIC AREA**  
**STOMP KICK TO KNEE**  
**SNAP KICK TO GROIN**  
**ROUND HOUSE KICK TO KNEE**  
**BASIC CLINCH**  
**HOW TO ESCAPE A HEAD LOCK**

## **FUNDAMENTAL VITAL STRIKE AREAS USED IN PPCS:**

**STUDENT MUST EXPLAIN UNDERSTANDING OF THE  
FOLLOWING POINTS FOR GRADING TO THE BEST OF HIS  
ABILITY AS TAUGHT FOR WHITE BELT LEVEL:**

**EYES, EARS, THROAT, GROIN, LIVER, SPLEEN, HEART POINT, LUNG  
POINTS, SOLAR PLEXUS(XIPHOID PROCESS THEORY), KIDNEY, KNEE,  
SHOULDER BLADE, ATTACKING THE AREAS OF THE NECK, CHEEK  
BONE, FILTRUM, JAW POINT, UNDERSTANDING THE FUNDAMENTAL**

**FUNCTIONS OF HOW THE LIMBS WORK (BONE, MUSCLE, TENDON,  
LIGAMENT, NERVE/ACUPOINT, VASCULAR SYSTEM, PLACEMENT OF  
ORGANS IN THE BODY)**

## **FITNESS**

### **WARM UP EXERCISES:**

#### **Additional Conditioning Or Recommended Class Drills**

Squat Hops  
Chin Ups  
Belt Jumping

#### **Body Conditioning:**

Bamboo Bundle  
Loose End Bamboo Bundle

## **BASIC KNOWLEDGE**

### **NAME STYLE AND GIVE ITS HISTORY :**

**HISTORY OF TRADITIONAL TAE KWON DO; POWELL'S PERSONAL  
COMBAT SYSTEM**

**ASSOCIATION CREED:  
TENETS OF TAE KWON DO  
TAE KWON DO PROMISE  
TAE KWON DO CODE**

**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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