

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:

SIMPLE STEPPING BACKWARDS AND WARDS:

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:

COUNTER ATTACKS:

Techniques 10-12

ONESTEP SPARRING:

Techniques 19-24

THREE STEP SPARRING:

Techniques 13-16

SELF DEFENSE:

Regular Techniques 13-16

Optional Techniques 25-32

GRAPPLING:

Outside Reap/Counter

Guillotine Take Down/Counter

Single Leg Ride To Hip Lock

Body Triangle

Heel Hook/Leg Hook

Back Roll Cross Body Arm lock

Spinning Cross Body Arm lock

Crowbar Bent Knee Lock

AGAINST WEAPONS:

Knife Take Away#1

FORMS(Hyung, Poomse):

Won-Hyo

Tae-Guek Sa-Jang

Pal-Gwe Sa-Jang

Pyung-Ahn Cho-Dan

Additional Conditioning:

Shadow Hand Drill #1

Leg Weights

FORGING TOOLS

Fundamentals

Hand Conditioning:

Slap Bag Training (Round Stones)

Body Conditioning For Impact:

Rolling Pin

Iron Body Bag (ROCK SALT) Pound

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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