



# Han's Martial Arts Academy

## Blue Belt Curriculum

Poomse: Tae Geuk 1-4

### Technique 1

### Technique 2

Level Kicking

Sliding Push Kick

Butterfly Kick

OSS

- LL Side Big Stance
- RH Outside Knife Hand Block
- RL Low Sidekick (Knee)
- RL Touch and Step Back
- RL Middle Roundhouse Kick

- LL Side Big Stance
- RH Outside Knife Hand Block
- RL Middle Roundhouse Kick

Hand

- L Single Knife Hand Block
- R Elbow Attack
- R Backfist Attack
- Same (R) Knife Hand Face Block,
- Time (L) Knife Hand Strike

- LR Side Middle Punch
- R Palm Down Block
- 8,9, Middle Punch and **Kihap** "Tae Kwon
- 10 DO!"

Kick

Sliding Push Kick  
Roundhouse Kick

Switch Roundhouse Kick  
Butterfly Kick

\*\* All combination hand and kicking techniques to be executed from left leg back fighting stance.\*\*