

# Han's Martial Arts Academy

## Green Belt Curriculum



### Poomse: Tae Geuk 3

#### Technique 1

#### Technique 2

#### Level Kicking

#### Sliding Axe Kick

#### Push Kick

OSS

LL Riding Horse Stance  
 LH Middle Palm Block  
 RH Middle Punch (Rib)  
 LH Middle Punch (Rib)  
 RH High Punch

RL Back Stance  
 RH Inside Body Block  
 LL Riding Horse Stance  
 LH 180° Turn Middle Elbow Attack

Hand

L Inner Forearm, Outside Middle Block  
 R Inner Forearm, Augmented Outside Middle Block  
 LR Low Spear Hand Attack  
 L Palm Heel Attack

R Lower Reverse Hammer Attack  
 Double Palm Down Block  
 8,9, Middle Punch and **Kihap** "Tae Kwon  
 10 DO!"

Kick

Roundhouse Kick  
 Sliding Axe Kick

Sliding Axe Kick  
 Roundhouse Kick

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