



# Han's Martial Arts Academy

## High-Blue Belt Curriculum

Poomse: Tae Geuk 5

### Technique 1

### Technique 2

Level Kicking

Switch Butterfly Kick

Side Kick

OSS

LL Side Big Stance  
 RH Outside Knife Hand Block  
 RL Low Sidekick (Knee)  
 RL Big Stance  
 LH Punch (Face)

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

Hand

L Double Knife Hand Block  
 R Inside Palm Block  
 Double Outside Middle Block  
 Same (R) Outside Middle Block,  
 Time (L) High Punch

LR Kum Gang Block  
 L Spear Hand Press Poke  
 8,9, Middle Punch and **Kihap** "Tae Kwon  
 10 DO!"

Kick

Sliding Roundhouse Kick  
 Switch Butterfly Kick

Roundhouse Kick  
 Side Kick

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