



Han's Martial Arts Academy

High-Green Belt Curriculum

Poomse: Tae Geuk 4

Technique 1

Technique 2

Level Kicking

Hook (Rear) Kick

Hook (Front) Kick

OSS

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

RL Kicking Stance
 RL Middle Roundhouse

Hand

R Middle Speak Hand Attack
 R Backfist Attack
 R Double Low Block
 L Double Knife Hand Low Block

High X-Block
 Low X-Block
 Double, Uppercut, Middle
 8,9, Middle Punch and **Kihap** "Tae Kwon
 10 DO!"

Kick

Roundhouse Kick
 Hook (Rear) Kick

Hook (Front) Kick
 Roundhouse Kick

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