



Han's Martial Arts Academy

High-Red Belt Curriculum

Poomse: Tae Geuk 5-8

Technique 1

Technique 2

Level Kicking

180° Jump Back Kick

180° Jump Swing Kick

OSS

RL Kicking Stance
 RL Cut Kick
 RL Turning Roundhouse Kick

RL Kicking Stance
 RL Cut Kick
 LL Jump Back Kick

Hand

LH Outside Knife Hand High Block
 RH Underpunch
 RH Jab
 LH Underpunch
 LH Punch
 LH Punch
 RH Jab

RH Inside Knife Hand Block
 RH Backfist
 LH Underpunch
 LH Uppercut
 LH Punch
 RH Jab

Kick

180° Jump Back Kick
 Roundhouse Kick

180° Jump Swing Kick
 Double Roundhouse Kick (Front)

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