

Han's Martial Arts Academy

Purple Belt Curriculum



Poomse: Tae Geuk 2

Technique 1

Technique 2

Level Kicking

Double Roundhouse (Rear)

Double Roundhouse (Front)

OSS

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

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

Hand

RL Single Knife Hand Neck Attack
 RL Single Knife Hand High Block
 RL Reverse Knife Hand Neck Attack

R Single Knife Hand Down Attack
 8,9, Middle Punch and **Kihap** "Tae Kwon
 10 DO!"

Kick

Double Roundhouse Kick (Rear)
 Double Roundhouse Kick (Front)

Double Roundhouse Kick (Front)
 Double Roundhouse Kick (Rear)

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