

Han's Martial Arts Academy

Red Belt Curriculum



Poomse: Tae Geuk 8

Technique 1

Technique 2

Level Kicking

Switch Turn Swing Kick

Jump Roundhouse Kick

OSS

RL Riding Horse Stance
 LH Outside Knife Hand Block
 RH Inside Knife Hand Attack
 RL Chariot Stance
 RH Outside Knife Hand Attack
 LL Riding Horse Stance
 LH 180° Turn Middle Elbow Attack

RL Riding Horse Stance
 LH Outside Knife Hand Block
 RH Inside Knife Hand Attack
 RL Chariot Stance
 RH Outside Knife Hand Attack
 LL Riding Horse Stance
 LH 180° Turn Middle Elbow
 RH Elbow Attack (Face)

Hand

RL Slide Forward and Sideways
 LH Outside Body Block
 RH Side Elbow Attack
 RH Backfist
 RH Jab
 LH Punch

RL Slide Forward and Sideways
 LH Outside Knife Hand Block
 RH Side Elbow Attack
 RH Outside Knife Hand Attack
 RH Jab
 LH Punch

Kick

Turn Swing Kick
 Switch Turn Swing Kick

Switch Turn Swing Kick
 Jump Roundhouse Kick

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