



Tae Kwon Do Advanced Course

3rd Geup Brown Belt

Stances:	Attention, Ready stance, Horse stance, Front stance, Defensive stance, Walking stance, Back stance, Backward cross stance
Blocks: Strikes:	High block, Middle block, Low block, Knife hand block, Outside block, Palm block, Punch, Elbow strike, Knife hand, Hammer fist, Palm strike, Knife hand high block, Spear finger thrust, Back fist strike
Combination Kicks:	1. Back spin hook kick – Back spin hook kick 2. Roundhouse kick – Axe kick – Back spin hook 3. Roundhouse kick - Back spin hook – Roundhouse kick – Back spin hook
Poomsae (Form)	TAE GEUK YUK JANG (6)
Kyukpa (Board Breaking)	Hand: Elbow strike Kick: Back spin hook kick
Gyoroogi (Sparring)	Free sparring (with a safety equipment) (WTF Olympic style)
Korean Terms 2	DWEE HOO LEE GI (Back spin hook kick) DWEE GOO BEE (Back stance)

Testing for Red Belt

Student must have all five color tips and minimum time (16 classes) requirements.

Techniques you will be asked to demonstrate:



- **Combination Kicks 1-3**
- **TAE GEUK YUK JANG**
- Free sparring
- Breaking Board (**Elbow strike, Back spin hook kick**)
- Korean Terms 2

