



Tae Kwon Do High Beginner Course

7th Geup Orange Belt

Stances:	Attention, Ready stance, Horse riding stance, Front stance, Defensive stance, Walking stance, Back stance
Blocks Strikes	High block, Middle block, Low block, Knife hand block Punch , Elbow strike, Knife hand, Hammer fist, Palm strike
Combination Kicks:	1. Palm strike – Palm strike - Knife hand strike – Knife hand strike 2. Palm strike – Palm strike – Elbow strike – Elbow strike 3. Front snap kick – Roundhouse kick – Axe kick 4. Front snap kick – Front snap kick – Roundhouse kick – Roundhouse kick – Axe kick – Axe kick
Forms:	TAE GEUK EE JANG (2)
Board Breaking:	Axe kick
Sparring: <i>(WTF Olympic style)</i>	Free sparring (with a safety equipment)
Korean Terms:	SHI JAK (Begin), KYEONG NAET (Bow), BA RO (return to relax) AHP CHA GI (Front Snap Kick), DO JANG (workout area), DO BOK (uniform), KUK KI (flag), Korean Counting 10 - 20

Testing for Green Belt

Student must have all five color tips and minimum time (14 classes) requirements.

Techniques you will be asked to demonstrate:



- **Combination Kicks: 1-4**
- **TAE GEUK EE JANG**
- Free sparring
- Breaking Board (**Axe kick**)
- Korean Terms 1