



Brent Ellison Taekwondo USA

Poomse Dool 8th Grade Orange Belt



A. First Stripe-Life Skill B. Second Stripe-Current Material C. Third Stripe-Prepared for Testing

1. Right foot steps back into a right back stance and do a left double outer forearm block.
2. Right inner crescent kick.
3. Step down feet together & turn 360 to the left - do a left spin back fist & land in a middle stance.
4. Right #2 round kick.
5. Land in a middle stance -right knife hand strike. **Kihap**

6. Step into a left front stance - do a left outer forearm block.
7. Remain in left front stance - do a right reverse punch while the left hand comes into guard position by the left ear.

8. Step into a right front stance - do a right outer forearm block.
9. Remain in right front stance - left reverse punch while right hand comes into guard position by the right ear.

11. Right #2 round kick.
12. Land in a left back stance - right double outer forearm block.

13. Do a left inner crescent kick.
14. Step down feet together & turn 360 to the right - do a right spin back fist & land in a middle stance.
15. Left #2 round kick.
16. Land in a middle stance -left knife hand strike

17. Right foot steps to a middle stance - right inner forearm block.
18. Remain in middle stance - right low block

19. Left foot steps to a middle stance - left inner forearm block.
20. Remain in middle stance - left low block.

21. Right foot steps to a left back stance - right knife hand strike.
22. Left #2 round kick.
23. Land in a right back stance - left double outer forearm block. **Kihap**



• Important Information on Poomse Set (Orange Belt Pattern)



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Poomse Dool has **23 movements** in the pattern and is broken down in groups of “**combinations**”. After you learn the 23 basic movements of the pattern, it’s important that you then begin to practice the pattern in the combinations found in the pattern. You’ll also see that the direction of the pattern flows to the left and is the mirror image of the Yellow Belt pattern which flows to the right. The pattern is laid out in a rectangle which allows you to develop your techniques and skills while simulating fighting multiple opponents.

Orange Belt Kicking Combinations:

(same as White Belt but now should be performed with more power, speed and accuracy)

1. As person with hand held pad “attacks”, student jumps back with right foot to avoid. Student does a right round kick then left round kick kicking the pad each time. As person with hand held pad “attacks” again, student jumps back with left foot to avoid. Student does a left round kick then right round kick kicking the pad each time.
2. As person with hand held pad “attacks”, student steps back with right foot to avoid then **immediately** does a right round kick then left round kick kicking the pad each time. As person with hand held pad “attacks” again, student steps back with left foot to avoid and **immediately** does a left round kick then right round kick kicking the pad each time.
3. Person with hand held pad will stand still allowing the student to initiate attack. Student will do a right round kick with back leg and then will steps feet together and do a right side kick on the pad. Student then jumps back with left foot and then does a left round kick and then steps feet together and does a left side kick on the pad.

• **Developing Better Kicking Techniques** - In order to develop better kicking technique, you should pay close attention to the **5 elements of kicking motion:**

1. **Foundation** - proper beginning stance
2. **Chamber** - your knee needs to aim at your target
3. **Execution** - kicks should be performed with power and focus striking with the correct part of the foot
4. **Re-chamber** - the knee must remain aimed at the target as you refold the kick
5. **Back to foundation** - return to a proper ending stance

• **Color Belt Philosophy**

The philosophical interpretation of the Orange Belt is:

“With the morning dawn, only the beauty of the sunrise is seen. The Sun’s power will not make itself known until it fully rises.”

With this second pattern, the student begins to understand the basics of Taekwondo.