

Healy's freestyle Tae kwon Do & Boxing Academy Syllabus©

GRADE	PATTERN	PUNCHES	KICKS	JUMPING	COMBINATIONS
10 white	KeBon <i>(beginning)</i>	St. Left & R'cross •••counter moves	Front +Cres & Vert Kick	N/A 'optional'	Left, right front K Cres-vert kick
9 green tip	Dan jun <i>(Sprouting)</i>	St left & R'cross + Hooks	Turn full + 1/2 turn	Jump front	Side step or Skip turn K & back fist
8 Green	Bah Ah <i>(Beginning development)</i>	Rips & Upper cuts + above	Side	Jump turn	Lead Side K + b'fist +Dble 1/2 turn Kick
7 blue tip	York man <i>(reach skyward)</i>	B'fist + rev B'fist Backmoves + side stepping + above	Back	Jump side	Side K & back K +b'fist , dble side
6 Blue	Do Yah <i>(expanding development)</i>	Reaping hook Fnt & back hand	Twist	Jump back	Twist + Dble 1/2 Turn
5 red tip	Kum Yang <i>(humility)</i>	Power slaps + above	Axe kick	Jump twist	Cres, bounce side K
4 red belt	YaGee <i>(farsight)</i>	All above	Rev crescent	Jump rev turn	1/2 turn + rev hook B'fist + side K
3 BlackTip	Ja Shin <i>(confidence)</i>	All above	Rev hook Front + back	Jump Rev hook	Turn hook 180' + side kick
2 black	Cook Kee <i>(overcome negatives)</i>	All above	All above	All above	Take Downs
1 st degree	Moo kong <i>(unification mind,body A spirit)</i>	All above Assist Instruct level 1	All above First aid Blue Card	All above Personal training Sports Coach	Break rolls Career choices
2 nd degree	Refine above + Assist Instructor	Refine above Instructor level 2	Refine above First aid Blue Card	Refine above Personal training Sports Coach	Refine above Career choices
3 rd degree	Integrity <i>(integrity on the inside transforms the outside)</i>	***all of the Instructor level 3	Above at First aid Blue Card	a Higher Personal training Sports Coach	Standard*** Career choices
4 th degree	Create your own pattern	Instructor level 4 Fitness leader/ PT /Sports coach	First aid Blue Card	Personal training Sports Coach	Career choices
5 th degree 6 th degree 7 th degree 8 th degree	Chief Instructor Master of the system	 Coach and mentor Future Leaders	'All ranks	Fine Tune	Total system'

The above Syllabus is a blend of some 'Historical' elements of Master Graham Healy's self-defence past history

blending Boxing, Tae Kwon-Do, Yun Jung Do and some basic principals of other arts in the true spirit of 'Evolution' and in following the late Bruce Lee's philosophy 'absorb what is useful'

Strong roots in Boxing(Hands) & Tae kwon Do (Kicks)

form the Foundation of Healy's freestyle Tae Kwon Do & Boxing Academy

It is a very effective form of self-defence and a complete fitness system in itself

Master Instructor ?

I believe that anyone who continues to train refine his ART is a Master Instructor.

The Title as such has NO MEANING without the 'heart and LOVE of the ART behind the practitioner.

You never truly 'Master the ART as the 'Refinement' is a never ending process.

*Every student whose passion is to continue training to overcome 'ALL BARRIERS'
has the Master Instructor Within' .*

The Master is Master over 'Himself' or 'Herself' which produces INTEGRITY of action & purpose in everything we do. The "MASTER' in this school is the student who trains with passion , discipline and loves to teach others to do the same.

*LOVE of the ART and the BROTHERHOOD it produces is the Motivation of this school NOT the TITLES or EGOCENTRIC mentality. An 'outside observer' can easily see if you have the ' MASTER WITHIN' by observing your attitude and actions towards others. The CORE VALUES of YOUR CHARACTER demonstrates this *Courtesy * Integrity *Perseverance *Self-Control & indomitable spirit should develop an attitude of *LOVE *CARE & PROTECTION for all you come into contact with and contribute to a better World as we 'GIVE' rather than 'TAKE'.*

yours in Martial Arts & Self defence

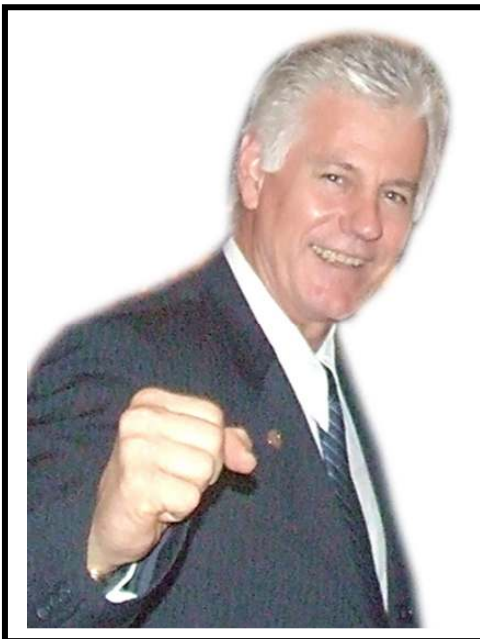
Master Graham Healy 7th dan

Chief Instructor & Creator of Healys freestyle Tae kwon Do & Boxing Academy

Diploma in Sports Coaching

Diploma in Fitness & Personal Training

Cert 4 Business management



*Master Graham Healy 8th Dan Chief Instructor
& Founder
Healys freestyle Tae Kwon Do & Boxing Academy
Principal of Healys Health & fitness
ABN 50 711 604 560
www.healyshealth.com
President and founder of ISDA.
www.isdaselfdefence.com
Diploma in Sports Coach ICMA
Diploma Master Personal Trainer ACSD
Certificate (4) Business Management
Member of Australian National Boxing hall of Fame
www.anbhof.com*