



TECHNIQUES

Keep your feet together

1. 10 Punches
2. 10 Low Blocks
3. 10 Front Kicks

LEG PLACEMENT

From feet together, perform 2 kicks each leg

1. Front Kick, hold the count for 2.

PATTERN

With Instructor

1. None at this grading

PAD WORK

Stand in a straight line facing the person with the pad

1. Punch with both hands

QUESTIONS

1. What is "One" in Korean ?
2. What is "Two" in Korean ?
3. What is "Three" in Korean ?
4. What is "Four" in Korean ?
5. What is "Attention" in Korean ?
6. What is "Bow" in Korean ?
7. What is "Ready" in Korean ?
8. Who teaches you Taekwondo ?

ANSWERS

Hana
Dool
Set
Net
Charyot
Kyong-Ge
Junbi
Your Instructors Name and Grade