



TECHNIQUES

All of the Techniques are performed 4 times going forward

1. From L-Stance: Hook Kick, Turning Kick, Side Kick; landing L-Stance Guarding Block
2. L-Stance Knifehand Strike

LEG PLACEMENT

From feet together, kicking 2 times each leg

1. Side Kick for count of 3 (Low, Middle & High)

PATTERN

Own Time

1. Earth

PAD WORK

Stand in a straight line facing the person with the pad

1. Axe Kick, Side Kick

SPARRING

Free Sparring - NO Contact
(Sparring equipment required)

QUESTIONS

1. What is “Low” in Korean ?
2. What is “Axe Kick” in Korean ?
3. What is “Knifehand” in Korean ?
4. What is “Strike” in Korean ?
5. How many moves are in “Earth” ?

ANSWERS

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