



TECHNIQUES

All of the techniques are performed 4 times going forward

1. L Stance
2. Walking Stance Low Block, Walking Stance Punch

LEG PLACEMENT

From feet together, perform 2 kicks each leg

1. Front Kick, hold the count for 4.

PATTERN

With Instructor

1. 4-Direction Walking Stance (Stepping forward with the Right Leg)
2. *** Sa Bang Mako Chagi #1 for older Rainbows

PAD WORK

Stand in a straight line facing the person with the pad

1. Jumping Punch
2. Jumping Front Kick

QUESTIONS

1. What is “**Knifehand**” in Korean ?
2. What is “**Punch**” in Korean ?
3. What is “**Kick**” in Korean ?
4. What is “**Stance**” in Korean ?
5. What is “**Training Hall**” in Korean ?

ANSWERS

Sonkal
Jurigi
Chagi
Sogi
Do-Jang