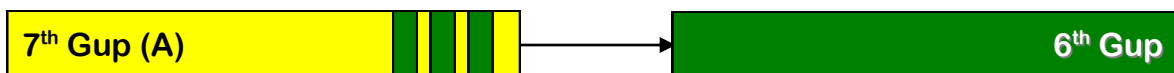


# PEEWEE DEVELOPMENT PROGRAMME



## TECHNIQUES

All techniques are done going forward 2 times, then change legs and repeat

1. Walking Stance Outer Forearm Wedging Block, Middle Front Snap Kick, Walking Stance Double Punch
2. Walking Stance Low Block, Middle Front Snap kick, Walking Stance Middle Obverse Punch.

## PATTERN

(See website: <http://itkdc.com/patterns/do-san-tul/> for full pattern info)

1. Do-San Tul
2. 4 Direction Front Snap Kick, Turning Kick
3. 4 Direction Turning Kick

## LEG PLACEMENT

4 Direction

1. Front Snap Kick

## PAD WORK

1. Turning Kick, both feet
2. Side Piercing Kick, Turning Kick, both feet

## SPARRING

1. Free Sparring, light contact

## QUESTIONS

1. What is “Hook Kick” in Korean ?
2. What is “Back Fist” in Korean ?
3. Point to hand part used for “Back Fist” ?
4. How many moves are in Do-San ?
5. What does Do-San Mean ?

Do-San : Do-San is the pseudonym of the patriot An Chang-Ho (1876-1938), who devoted his entire life to furthering the education of Korea and it’s independent movement.

## ANSWERS

Golcho Makgi  
Dung Joomuk  
Ask your Instructor(s)  
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