



TECHNIQUES

All of the Techniques are performed 4 times going forward

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

LEG PLACEMENT

From feet together, kicking 2 times each leg

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

PATTERN

With Instructor

1. Earth

PAD WORK

Stand in a straight line facing the person with the pad

1. Axe Kick

SPARRING

Free Sparring - NO Contact
(Sparring equipment required)

QUESTIONS

1. What is “**Middle**” in Korean ?
2. What is “**High**” in Korean ?
3. What is “**Forearm Guarding Block**” in Korean ?
4. What is “**Side Kick**” in Korean ?
5. What is “**L-Stance**” in Korean ?

ANSWERS

Kaunde
Nopunde
Palmok Daebi Makgi
Yop Chagi
Niunja Sogi