



## TECHNIQUES

All of the Techniques are performed 4 times going forward

1.

## LEG PLACEMENT

From feet together, kicking 2 times each leg

1.

## PATTERN

With Instructor

1. Chon-Ji (With Instructor)

## PAD WORK

Stand in a straight line facing the person with the pad

1.

## SPARRING

## QUESTIONS

1.

## ANSWERS