



TECHNIQUES

All of the techniques are performed 4 times going forward

1. Step forward into Walking Stance, obverse punch
2. Front Kick, landing in Walking Stance Punch

LEG PLACEMENT

From feet together, perform 2 kicks each leg

1. Front Kick, hold the count for 3.

PATTERN

In own time (If age 7 or over) ... Otherwise with Instructor

1. 10 Sitting Stance Punches

PAD WORK

Stand in a straight line facing the person with the pad

1. Front Kick
2. Front Kick, Punch

QUESTIONS

1. Where did Taekwondo Start ?
2. What Grade is/are your Instructor(s) ?
3. What is your training suit called ?
4. Numbers from 5 to 10 ?
5. Point to your Punching knuckles ?

ANSWERS

Korea
Ask your instructor(s)
Do Bok
Taucet, Yulcet, Ilgop, Yadul, Ahop, Yul
Ask your instructor(s)