



TECHNIQUES

All of the techniques are performed 4 times going forward

1. Walking Stance, Rising Block
2. Front Kick, land Walking Stance Wedging Block

LEG PLACEMENT

From feet together, kicking 2 times each leg

1. Side Kick, hold the count for 3.

PATTERN

With Instructor

1. Saja Jurigi (With Instructor)

PAD WORK

Stand in a straight line facing the person with the pad

1. Side Kick with Two Jumping Punches (Both Legs)
2. Front Kick, Side Kick without putting foot down in between

SPARRING

Free Sparring - NO Contact, legs only
(Sparring equipment required)

QUESTIONS

1. What is “**Knee**” in Korean ?
2. What is “**Ball Of Foot**” in Korean ?
3. What is “**High**” in Korean ?
4. What is “**Middle**” in Korean ?
5. What does “**Saja Jurigi**” mean ?

ANSWERS

Moorup
Ap Kumchi
Nopunde
Kaunde
4 Direction Punch