



TECHNIQUES

All of the techniques are performed 4 times going forward

1. Walking Stance, Middle Block, Reverse Punch
2. Sitting Stance Punch (High, Middle, Low)

LEG PLACEMENT

From feet together, kicking 2 times each leg

1. Side Kick, hold the count for 4.

PATTERN

In Own Time

1. Saja Jurigi

PAD WORK

Stand in a straight line facing the person with the pad

1. Double Side Kick - Keeping your foot off the ground between kicks (both legs)

SPARRING

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

QUESTIONS

1. What is “Footsword” in Korean ?
2. What is “Low” in Korean ?
3. What is “Sitting Stance” in Korean ?
4. What is “Jumping” in Korean ?
5. What is “Reverse Punch” in Korean ?

ANSWERS

Balkal
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