



TECHNIQUES

All of the techniques are performed 4 times going forward

1. Walking Stance, Double Punch
2. Front Kick, Walking Stance, Double Punch

In the Press Up Position

1. 5 Press Ups

LEG PLACEMENT

From feet together, kicking 2 times each leg

1. Side Kick, hold the count for 4.

PATTERN

With Instructor

1. Saja Makgi (With Instructor)

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)
2. Jumping Double Punch

SPARRING

Free Sparring - NO Contact
(Sparring equipment required)

QUESTIONS

1. What is the **First** Tenet of Taekwondo ?
2. What is the meaning of the **First** Tenet ?
3. What is "**Forefist Knuckles**" in Korean ?
4. Show your punching knuckles ?
5. What does "**Saju Makgi**" mean ?

ANSWERS

Courtesy (Yi Ui)
Ask you parents / guardian
Ap Joomuk
Ask your Instructor(s)
4 Direction Block