



TECHNIQUES

4 Direction Techniques - Technique performed once per direction (e.g. North, East, South, West)

1. 4 Direction Front Kick

All of the Techniques are performed 4 times going forward

1. Double Side Kick without putting your foot on the ground, land in Walking Stance (Forwards)

LEG PLACEMENT

From feet together, kicking 2 times each leg

1. Front Kick, Back Kick

PATTERN

In Own Time

1. Saja Makgi

PAD WORK

Stand in a straight line facing the person with the pad

1. Front Kick, 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 **Second** Tenet of Taekwondo ?
2. What is the meaning of the **Second** Tenet ?
3. What is "**Back Kick**" in Korean ?
4. What is "**Heel Base**" in Korean ?
5. What is "**Sparring**" in Korean ?

ANSWERS

Integrity (Yom Chi)
Ask you parents / guardian
Dwit Chagi
Dwit Kumchi
Matsogi