

Basic/Tigers

Stripe 1 for Techniques - Stripe 2 for White belt form -Stripe 3 test ready

STANCES: Front Stance, Middle Stance, Attention Stance,

BLOCKS: High Block, Low Block, Inner Forearm Block

STRIKES: Punch Front, Reverse Punch, Knife hand Strike

KICKS: Front Kick 1-4, Side Kick 1-4

Rules to know: #1 Front leg kicks, #2 Back leg kicks, #3 Back leg moves front leg kicks,

#4 Front leg moves back leg kicks. Front punch is Front Leg Front Arm, Reverse Punch is Back Leg Back Arm

White Belt Form

Left Foot steps out left to Parallel Stance, Natural Ready Position.

1. Left Foot steps to Left Front Stance, Left High Block 2. No step. Right Reverse Punch.

3. #2 Right Front Kick. 4. Land in Right Front Stance, Right Low Block.

5. Left Foot steps to Left Front Stance, Left Front Punch.

6. Right Foot moves clockwise to form Middle Stance Right Inner Forearm Block

7. #3 Right Side Kick. **KIHAP** 8. Land in Middle Stance, Right Knife Hand Strike

9. Left Foot steps to Left Front Stance, Left Front Punch.

Tigers stop here

10. Right Foot steps to Right Front Stance, Right High Block. 11. No step. Left Reverse Punch.

12. #2 Left Front Kick. 13. Land in Left Front Stance, Left Low Block.

14. Right Foot steps to Right Front Stance, Right Front Punch.

15. Left Foot moves counterclockwise to form Middle Stance Left Inner Forearm Block

16. #3 Left Side Kick. **KIHAP** 17. Land in Middle Stance, Left Knife hand Strike

18. Right Foot steps to Right Front Stance, Right Front Punch.

Bahroh - Left Foot steps forward to Parallel Stance, Natural Ready Position.

Basic/Tigers

Nun chuck Moves:

Helicopter

Propeller

Triangle

V Strike

Figure 8

Around the World

Over Under

Songahm Spirit of Taekwondo

<p>As the Taekwondo class begins:</p> <p>“Sir: I will practice in the Spirit of Taekwondo, With courtesy for fellow students, Loyalty for my instructors, And respect for my juniors and seniors, Sir!”</p>	<p>As the Taekwondo class ends:</p> <p>“Sir: I shall live with perseverance in the Spirit of Taekwondo, Having honor with others, Integrity within myself, And self-control in my actions, Sir!”</p>
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