

# Basic class November and December 2022

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**Stances:** Middle Stance, Front Stance, Back Stance, Ready Stance

**Strikes:** Front punch, Reverse punch, Knife hand Strike, Backfist Strike

**Blocks:** Low Block, High Block, Single Outer Forearm Block, Double Outer Forearm Block, Twin Low Block

**Kicks:** Front Kick 1-4, Round Kicks 1-4

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**Rules to know:** Front punch is Front Leg Front Arm, Reverse Punch is Back Leg Back Arm

#1 Front leg kicks, #2 Back leg kicks, #3 Back leg moves front leg kicks, #4 Front leg moves back leg kicks lands in front

More than 3 steps Run, Right foot moves first when taking a step, Right foot goes behind left and turn over right shoulder

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## Songahm Spirit of Taekwondo

As the Taekwondo class begins:

“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!”

As the Taekwondo class ends:

“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!”

## Color Belt Mid-range Bo Staff Form - Tigers

- Left foot steps back to left rear stance, horizontal high block on the diagonal (1:30pm is the angle)
- #4 strike
- Right foot moves to right front stance, #1 strike
- Curl (row your boat), stay in right front stance
- Stay in right front stance, overhead low block on the right side
- Look behind (to 7:30pm), pivot to left front stance (Right foot only pivots while you step out with the left behind you), overhead low block on the left side
- Reverse figure 8 (sweeping strike)
- Right foot steps to right front stance, #1 strike
- Left foot steps to middle stance, #7 strike (bo staff finishes this strike at chest level and parallel to the ground)
- Circular disarm
- Short step drag, stab with KIHAP
- Direction change back to 1:30 diagonal, move to right front stance with vertical block (left hand high)
- Stay in right front stance, #4 strike
- Stay in right front stance, #1 strike Bah-ro: Left foot steps back to parallel stance