

Power Kicker Single Green Tag

THEORY

What are the five tenets of Taekwon-Do in English & Korean?

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|----------|-----------|--------------|--------------|--------------------|
| Courtesy | Integrity | Perseverance | Self-Control | Indomitable Spirit |
| Ye Ui | Yom Chi | In Nae | Guk Gi | Baekjul Boolgool |

What does Courtesy mean: **Being nice and polite**

What body tools can we use for a front kick? **Instep, Ball of the foot, toes & Knee**

What parts of the foot can we use for a Downward Kick? **Ball of the foot and heel**

What does Charyot mean? **Attention**

What does Kyong Ye mean: **Bow**

Show attention Stance

How much weight on each leg in attention stance? **50% on both legs**

What is the shape of an attention stance? **V shape**

Show a sitting Stance

How wide is a sitting stance? **One and a half shoulder widths wide**

Where is a sitting stance measured from? **From the inside of the feet**

In a sitting stance should your legs be bent or straight? **Bent**

How much weight should be on both legs? **50% on both legs**

Show a sitting stance middle punch

What part of the fist do we use to punch? **Forefist**

Show your Forefist

When you punch should your thumb be on the outside or inside? **Outside**

When punching is your wrist bent or straight? **Straight**