

Power Kickers Single Yellow Tag

THEORY

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

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

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

How high should the punch be? **Shoulder height**

Where do you punch to? **Centre line of the body**