

Power Kicker Single Blue Tag

PRACTICAL

Balance on one leg one minute Right/Left
Plank Position for one Minute alternating leg lift after 30 seconds
Front kicks without dropping the leg up to ten
Speed kicking from one leg up to five Right/Left
Five Front kick, Downward Kick without putting the leg down
Speed punching on the pad
Double Knee on pads
Jumping Punches on Pads
Sitting Stance two punches
Assisted 5 turning kicks on pad without dropping the leg
Turning Kicks using knees on pad
Two Front kicks, two downward kicks, two punches & two front knees
Rising Block crossing the arms

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 does Courtesy mean? **Being nice and polite**

What does Integrity mean? **Being honest**

What Perseverance mean? **Keep on going, keep on trying & don't give up**

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**

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

What part on the arm do we use for a Rising Block? **Knife hand & Outer Forearm**

How far away from your head should the rising block be? **About a side fist away**