

Power Kicker Single Red Tag

PRACTICAL

Balance on one leg one minute holding leg away from the body as far as possible Right/Left
Plank to press up Position for one Minute
Speed kicking from a walking stance one leg up to ten Right/Left
Speed punching with gloves on the pad with power for 30 seconds
Jumping double Punches on Pads
Sitting Stance two punches
Non Assisted 5 turning kicks on pad without dropping the leg
Two Front kicks, two downward kicks, two punches, two front knees & two turning knees
Rising Block crossing the arms
Low Blocks crossing the arms
Walking Stance forwards and backwards

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 does self-control mean? **Controlling yourself, you are in charge of your body actions good & bad**

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 & Low Block? **Knife hand & Outer Forearm**

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

Show a walking stance

What is the width & Length of a walking stance?

One Shoulder width wide measured from the middle of the feet

One and a half shoulder widths long measured from the front of the toes on both feet

Is the front leg bent or straight? **Bent**

Is the back leg bent or straight? **Straight**

What is the angle of the feet? **Front foot points forward and rear leg points 25 degrees outwards**

What is the weight distribution? **50% on both legs**