

ATTENTION



ATTENTION STANCE
차렷 charyeot

START

Taekwondo Preschool

READY



READY STANCE
기본준비 junbi
Remember junbi is to gather your spirit and power in a short time.

1



Turn 90 degrees to the left by moving the left leg into a Back Stance and make a left hand Middle Block.
(몸통막기)
momtong makgi

2



Step forward with the right leg into a Front Stance (앞굽이 ap kubi) and make a right hand Middle Punch.

4



Step forward with the left leg into a Front Stance (앞굽이 ap kubi) and make a right hand Middle Punch.

3



Turn right 180 degrees by moving the right leg into a Back Stance and make a right hand Middle Block.
(몸통막기)
momtong makgi



5



Turn 90 degrees to the left by moving the left leg into a Back Stance and make a left hand Middle Block.
(몸통막기)
momtong makgi

6



Step forward with the right leg into a Front Stance (앞굽이 ap kubi) and make a right hand Middle Punch.

7



Step forward with the left leg into a Front Stance (앞굽이 ap kubi) and make a left hand Middle Punch.

8



Step forward with the right leg into a Front Stance (앞굽이 ap kubi) and make a right hand Middle Punch.


KIHAP

9




Turn 270 degrees to the left by moving the left leg into Back Stance and make a left hand Middle Block.
(몸통막기)
momtong makgi

10




Step forward with the right leg into a Front Stance (앞굽이 ap kubi) and make a right hand Middle Punch.

11



Turn 180 degrees to the right into a Back Stance and make a right hand Middle Block.
(몸통막기)
momtong makgi

12



Step forward with the left leg into a Front Stance (앞굽이 ap kubi) and make a left hand Middle Punch.

Taekwondo Preschool

16



Step forward with the right leg into a Front Stance (앞굽이 ap kubi) and make a right hand Middle Punch.


KIHAP

15




Step forward with the left leg into a Front Stance (앞굽이 ap kubi) and make a left hand Middle Punch.

14



Step forward with the right leg into a Front Stance (앞굽이 ap kubi) and make a right hand Middle Punch.

13



Turn 90 degrees to the left into a Back Stance and make a left hand Middle Block.
(몸통막기)
momtong makgi

17



Turn 270 degrees to the left by moving your left leg into Back Stance and make a left hand Middle Block.
(몸통막기)
momtong makgi

18



Step forward with the right leg into a Front Stance (앞굽이 ap kubi) and make a right hand Middle Punch.

TAE KWON DO 태권도




KIBON BASIC #3 PATTERN

REFERENCE MAP

Taekwondo Preschool

19



Turn 180 degrees to the right by moving the right leg into a Back Stance and make a right hand Middle Block.
(몸통막기)
momtong makgi

20



Step forward with the left leg into a Front Stance (앞굽이 ap kubi) and make a left hand Middle Punch.

READY



Bring back the left leg into READY STANCE

FINISH