

START



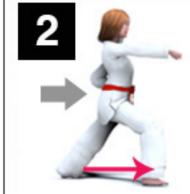


READY STANCE 기본준비 junbi Remember junbi is to gather your spirit and power in a short time.



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



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





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



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







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



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



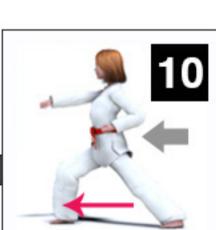
Step forward with the left leg into a Front Stance (앞굽이 ap kubi) and make a left hand Middle Punch.



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



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



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

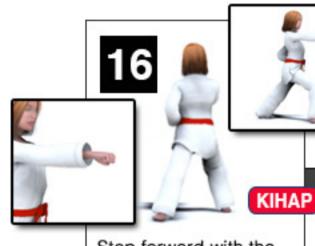


Turn 180 degrees to the right into a Back Stance and make a right hand Middle Block. (몸통막기) momtong makgi

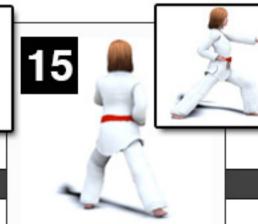


Step forward with the left leg into a Front Stance (앞굽이 ap kubi) and make a left hand Middle Punch.

Taekwondo Preschool



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



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



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





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



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





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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



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



Bring back the left leg into READY STANCE

