

ATTENTION

ATTENTION STANCE
차렷 charyeot

START

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 Front Stance and make left hand High Block.
(올려막기 olgul makgi)

2

Step forward with the right leg into a Front Stance and make a High Section Punch with the right hand.

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4

Step forward with the left leg into a Front Stance and make a High Section Punch with the left hand.

3

Turn 180 degrees to the right by moving the right leg into a Front Stance and make a left hand High Block.
(올려막기 olgul makgi)



5

Turn 90 degrees to the left by moving the left leg into a Front Stance and make left hand High Block.
(올려막기 olgul 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 your left leg into a Front Stance and make a left hand High Block.
(올려막기 olgul makgi)

10

Step forward with the left leg into a Front Stance and make a High Section Punch with the left hand.

11

Turn 180 degrees to the right by moving the right leg into a Front Stance and make a right hand High Block.

12

Step forward with the right leg into a Front Stance and make a High Section Punch with the right hand.

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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 by moving the left leg into a Front Stance and make left hand High Block.
(올려막기 olgul makgi)

17

Turn 270 degrees to the left by moving your left leg into a Front Stance and make a left hand High Block.
(올려막기 olgul makgi)

18

Step forward with the right leg into a Front Stance and make a High Section Punch with the right hand.

TAE KWON DO 태권도



KIBON BASIC #2 PATTERN

REFERENCE MAP

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19

Turn 180 degrees to the right by moving the right leg into a Front Stance and make a left hand High Block.
(올려막기 olgul makgi)

20

Step forward with the left leg into a Front Stance and make a High Section Punch with the left hand.

READY

Bring back the left leg into READY STANCE

FINISH