

# **TAEKWONDO**

# **CHILD ORANGE BELT**

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## **TIP #1 – STUDENT CREED**

### **TIP #2 – SONGAHM #3**

1. LT KNIFEHAND STRIKE (BACK STANCE)
2. LT DOUBLE KNIFEHAND BLOCK (BACK STANCE)
3. RT FRONT KICK
4. LT #2 ROUND KICK
5. LT KNIFEHAND LOW BLOCK (FRONT STANCE)
6. LT KNIFEHAND HIGH BLOCK (FRONT STANCE)
7. RT PUNCH – KIHAP (MIDDLE STANCE)
8. LT PUNCH – KIHAP (MIDDLE STANCE)
9. RT SPEARHAND (MIDDLE STANCE)
10. LT SPEARHAND (MIDDLE STANCE)
11. RT LOW BLOCK (FRONT STANCE)
12. LT REVERSE PUNCH (FRONT STANCE)
13. RT #2 JUMP FRONT KICK
14. LT REVERSE PUNCH (FRONT STANCE)
15. LT LOW BLOCK (FRONT STANCE)
16. RT REVERSE PUNCH (FRONT STANCE)
17. LT #3 JUMP FRONT KICK – KIHAP
18. RT REVERSE PUNCH (FRONT STANCE)
19. RT KNIFEHAND STRIKE (MIDDLE STANCE)
20. LT BACK FIST (MIDDLE STANCE)
21. LT KNIFEHAND STRIKE (MIDDLE STANCE)
22. RT BACK FIST (MIDDLE STANCE)
23. RT KNIFEHAND STRIKE (BACK STANCE)
24. RT DOUBLE KNIFEHAND BLOCK (BACK STANCE)
25. LT FRONT KICK
26. RT #2 ROUND KICK
27. RT KNIFEHAND LOW BLOCK (FRONT STANCE)
28. RT KNIFEHAND HIGH BLOCK (FRONT STANCE)

### **TIP #3 ONE STEPS**

- (1)
  1. RT FRONT KICK
  2. LT SIDE KICK
  3. RT ROUND KICK
  4. RT KNIFEHAND STRIKE (BACK STANCE)
  5. LT REVERSE PUNCH (BACK STANCE)
  6. RT DOUBLE OUTER FOREARM BLOCK – KIHAP (BACK STANCE)
- (2)
  1. RT DOUBLE OUTER FOREARM BLOCK (BACK STANCE)
  2. RT #3 JUMP FRONT KICK
  3. RT BACK FIST (BACK STANCE)
  4. LT REVERSE PUNCH (BACK STANCE)
  5. RT PUNCH (BACK STANCE)
  6. RT ROUND KICK
  7. RT DOUBLE OUTER FOREARM BLOCK – KIHAP (BACK STANCE)
- (3)
  1. LT CRESENT KICK
  2. RT SIDE KICK
  3. LT BACK FIST (MIDDLE STANCE)
  4. LT KNIFEHAND STRIKE (MIDDLE STANCE)
  5. RT ROUND KICK
  6. RT DOUBLE OUTER FOREARM BLOCK – KIHAP (BACK STANCE)