

# **TAEKWONDO**

# **CHILD YELLOW BELT**

\*\*\*\*\*

## **TIP #1 – STUDENT CREED**

### **TIP#2 – SONGAHM #2**

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

### **TIP #3 – ONE STEPS**

- (1)
  1. LT DOUBLE OUTER FOREARM BLOCK (BACK STANCE)
  2. LT SIDE KICK
  3. RT ROUND KICK
  4. RT KNIFEHAND STRIKE (BACK STANCE)
  5. RT DOUBLE OUTER FOREARM BLOCK (BACK STANCE)
  
- (2)
  1. LT FRONT KICK
  2. LT OUTER FOREARM BLOCK (FRONT STANCE)
  3. RT REVERSE PUNCH (FRONT STANCE)
  4. LT PUNCH (FRONT STANCE)
  5. LT SIDE KICK
  6. LT DOUBLE OUTER FOREARM BLOCK (BACK STANCE)
  
- (3)
  1. LT ROUND KICK
  2. RT REVERSE PUNCH (FRONT STANCE)
  3. RT SIDE KICK
  4. RT DOUBLE OUTER FOREARM BLOCK (BACK STANCE)