



SUPPLIES ↓

- A Large open space outside or in a big room with nothing around you.
- Loose fitting or athletic clothing.
- Taekwondo handout.

DIRECTIONS ↓

- 1 Print this document.
- 2 Follow the directions below to perform each stance.
- 3 Be careful not to knock anything over!

Ready Stance



Stand with your feet shoulder width apart, with your toes pointing forward.

Hold your arms out straight and make two fists.

Bring your arms down in front of your body, but not touching.

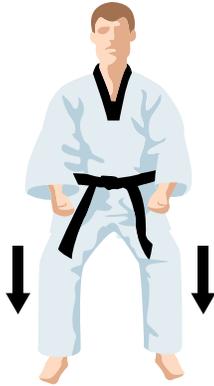
Sparring & Kicking Stance



Stand with your front knee slightly bent and your back leg fully extended and locked.

Make sure that your legs are far enough apart that a basketball could be rolled between them.

Horse Riding Stance



Stand with your feet shoulder width apart.

Lower your body by bending your knees.

Hold out both of your arms straight, palms up, and make fists.

Bend your elbows and bring your fists, facing up, to your hips.

Low Block



Stand in horse riding stance.

Bring your left fist across your chest and tap your right collarbone.

Straighten your right arm for your left fist to slide down.

As you slide your left fist down, bring your right fist back to its original position.

Middle Punch

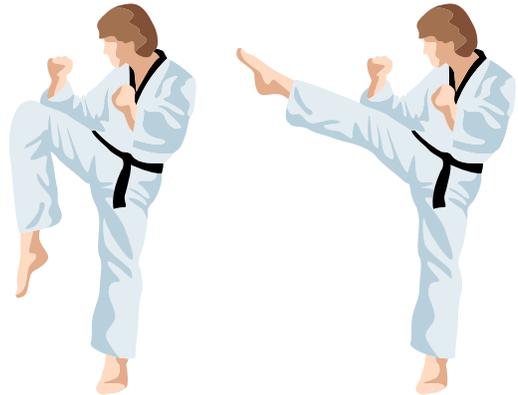


Stand in ready stance and thrust your left fist out in front of you while stepping forward with your left foot.

Turn your fist as you move it forward so that its thumb is underneath and palm facing down.

Your arm should be at chest level.

Front Kick



Stand in sparring stance.

With your right leg back, twist your hip forward and bring your right knee up.

When your knee comes to waist level, snap your foot out and bring it back in.

Then, swing your hip back and place your foot back in its original position.