



TAEKWONDO INSTRUCTION



WARM UP

1. Sit with legs in front and touch toes
2. Straddle sit and reach to your left, right, center
3. Butterfly stretch
4. Jumping jacks
5. Sit ups
6. Push ups

KICKS

FRONT SNAP KICK

Take your back leg, bring it forward and point your toes DOWN, then kick with the top of your foot.

FRONT PUSH KICK

Take your back leg, bring it forward and point your toes UP, then kick straight in front of you. The bottom of your foot should hit your target

- ▶ Practice front snap kick x10 in each fighting stance
- ▶ Practice front push kick x10 in each fighting stance

BLOCKS

OUTSIDE IN BLOCK

Your arm starts from the outside of your body and moves in.

INSIDE OUT BLOCK

Your arm starts from the inside/middle of your body and moves out

- ▶ Practice outside in block x10 in each fighting stance
- ▶ Practice inside out x10 in each fighting stance

FIGHTING STANCE

RIGHT FOOT BACK FIGHTING STANCE

Right foot in back, left leg in front and weight on both legs. Hands up in front of you, elbows down a little by your side

LEFT FOOT BACK FIGHTING STANCE

Left foot in back, right leg in front and weight on both legs. Hands up in front of you, elbows down a little by your side

- ▶ Practice going between stances x10

PUNCHES

JAB

Use your front hand and punch towards your opponent's face, towards the nose. Your other hand should protect your face.

REVERSE PUNCH

Use your back hand, rotate your shoulders and hips to lean forward into the punch. Use your whole body!

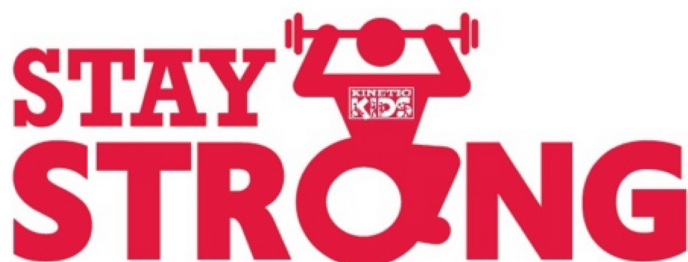
- ▶ Practice jab punch x10 in each fighting stance
- ▶ Practice reverse punch x10 in each fighting stance

COMBINATION - Jab then reverse punch

Right foot fighting stance: left jab, right reverse punch

Left foot fighting stance: right jab, left reverse punch

- ▶ Practice combination x10 in each fighting stance



STAY
STRONG

Your turn! Practice your moves, record yourself and share with us!

Thank you, Master Destry and Rebecca!!!