

<p><b>Basic Techniques</b>                  Ready Position                  Walking Stance                  Front Stance                  Back Stance                  Horse Stance</p> <p><b>Blocks</b>                  High Block                  Outside Forearm Block                  Low Block                  Front Block                  Side Block                  Knife Hand Middle Block                  Double Knife Hand Middle Block                  Double Knife Hand High Block                  Double Knife Hand Low Block                  Push Block</p> <p><b>Combos</b>                  Low Block-Middle Punch Combo                  Front Block-Middle Punch Combo                  High Block-Middle Punch Combo                  Knife Hand Middle Block-Reverse Middle Punch Combo                  Knife Hand High Block-Knife Hand Strike (palm up) Combo                  Knife Hand Strike (palm down)-45 Reverse Punch</p>	<p><b>Punches</b>                  Middle Punch                  High Punch                  Low Punch                  Palm Heel Strike (palm down)                  Knife Hand Strike (palm up)                  Spear Hand                  Backfist</p> <p><b>Kicks</b>                  Rear Leg Front Kick                  Rear Leg Round Kick (Round Kick)                  Stepping Side Kick                  Front Leg Round Kick (Fast Kick)                  Fast Kick-Round Kick Combo                  Rear Leg Ax Kick                  Step Over Ax Kick                  Back Kick                  Round Kick-Back Kick Combo                  Step In Back Kick (360)                  Step in Spin Heel Kick                  Spin Heel Kick</p> <p><b>Board Breaking</b>                  Spin Heel Kick</p>	<p><b>Forms</b>                  Basic 1                  Taegeuk 1                  Taegeuk 2                  Taegeuk 3                  Taegeuk 4                  Taegeuk 5                  Taegeuk 6</p> <p><b>Sparring</b>                  Medium contact with pads                  2 rounds                  2 minutes each</p> <p><b>Terminology</b>                  Numbers 1-50                  Attention                  Bow                  Ready Position                  Instructor                  Uniform                  Flag</p>
<p><b>Tenants:</b>                  *Etiquette *Modesty *Perseverance *Self-Control *Fighting Spirit</p>		

**Taegeuk 6**

1	Turn left into a left front stance	Execute a left arm low block
2	Execute a middle section right leg front kick and step back with the right foot into a left back stance	Execute a left arm circle block
3	Turn right 180 degrees into a right front stance	Execute a right arm low block
4	Execute a middle section left leg front kick and step back with the left foot into a right back stance	Execute a right arm circle block
5	Turn left 90 degrees into a left front stance	Execute a slow, high right arm knife-hand block
6	Execute a middle section right leg round kick and step down with feet together then turn left 90 degrees into a left front stance	Execute an inside forearm block with left arm followed with a right hand punch to the middle section
7	Execute a middle section right front kick and step down into a right front stance	Execute a left hand middle section punch
8	Turn right 180 degrees into a right front stance	Execute a right arm inside forearm block followed with a left hand punch to the middle section
9	Execute a middle section front kick with the left leg step down into a left front stance	Execute a middle section punch with the right fist
10	Turn left 90 degrees into an open stance on toes	Cross arms over head and slowly lower hands to an open block with both arms while coming down off toes
11	Step forward into a right front stance	Execute a slow, high left knife-hand block
12	Execute a middle section left leg round kick and step down with feet together and then turn right 270 degrees into a right front stance	Execute a right low block
13	Execute a left leg middle section front kick and step back with left leg into a right back stance	Execute a right arm circle block
14	Turn left 180 degrees into a left front stance	Execute a left arm low block
15	Execute a right leg middle section front kick and step back with right foot into a left back stance	Execute a left arm circle block
16	Turn left 90 degrees stepping back with the right foot into a left back stance	Execute a double-knife hand block
17	Step back with the left foot into a right back stance	Execute a double-knife hand block
18	Step back with the right foot into a left front stance	Execute a left push block followed by a right-hand middle section punch
19	Step back with the left foot into a right front stance	Execute a right push block followed by a left-hand middle section punch, KIHIOF