

<p>Basic Techniques Ready Position Walking Stance Front Stance Back Stance Horse Stance</p> <p>Blocks High Block Outside Forearm Block Low Block Front Block Side Block Knife Hand Middle Block Double Knife Hand Middle Block</p> <p>Combos 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</p>	<p>Punches Middle Punch High Punch Low Punch Palm Heel Strike (palm down) Knife Hand Strike (palm up)</p> <p>Kicks 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)</p> <p>Board Breaking Step In Back Kick</p>	<p>Forms Basic 1 Taegeuk 1 Taegeuk 2 Taegeuk 3 Taegeuk 4</p> <p>Sparring Medium contact with pads 2 rounds 2 minutes each</p> <p>Terminology Numbers 1-50 Attention Bow Ready Position Instructor Uniform Flag</p>
<p>Tenants: *Etiquette *Modesty *Perseverance *Self-Control *Fighting Spirit</p>		

Taegeuk 4

1	Turn left 90 degrees into a left back stance	Execute a double-knife hand guardian block
2	Step forward into a right front stance	Execute a middle section spear-hand strike with right hand and left hand open and tucked under right elbow
3	Turn 180 degrees to right into a right back stance	Execute a double knife-hand guardian block
4	Step forward into a left front stance	Execute a middle section spear-hand strike with the left hand and right hand open and tucked under left elbow
5	Turn 90 degrees left into a left front stance	Execute a right hand high section knife-hand strike and simultaneously execute a left hand high knife-hand block
6	Execute a right front kick to the middle section then step forward into a right front stance	Execute a left hand middle section punch
7	Execute a left leg middle section side kick	Step down into a horse stance with a double low block
8	Execute a right leg middle section side kick and step down into a right back stance	Execute a double knife-hand guardian block, KIHIOF
9	Turn 270 degrees to left into a left back stance	Execute a left arm outer arm block
10	Execute a right middle section front kick and step back into a left cat stance	Execute a right outside forearm block
11	Turn 180 degrees to the right into a right back stance	Execute a right outside forearm block
12	Execute a left middle section front kick and step back into a right cat stance	Execute a left outside forearm block
13	Turn left 90 degrees into a left front stance	Execute a right hand high section knife-hand strike and simultaneously execute a left hand high knife-hand block
14	Execute a right middle section front kick and step down into a right front stance	Execute a right high section back fist
15	Turn left 90 degrees into a left walking stance	Execute a left arm outside forearm block followed by a right hand middle section punch
16	Turn right 180 degrees into a right walking stance	Execute a right arm outside forearm block followed by a left hand middle section punch
17	Turn left 90 degrees into a left front stance	Execute a left outside forearm block followed by a double punch to the middle section starting with the right hand
18	Step forward into a right front stance	Execute a right outside forearm block followed by a double punch to the middle section starting with the left hand, KIHIOF