

<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</p>	<p>Punches Middle Punch High Punch Low Punch Palm Heel Strike (palm down)</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</p> <p>Board Breaking Rear Leg Axe Kick</p>	<p>Forms Basic 1 Taeguek 1</p> <p>Sparring Controlled no contact no pads 1 minute</p> <p>Terminology Numbers 1-20 Attention Bow Ready Position Instructor Uniform</p>
<p>Tenants: *Etiquette *Modesty *Perseverance *Self-Control *Fighting Spirit</p>		

Teaguek 1

1	Turn left 90 degrees into a left walking stance	Execute a left arm low block
2	Step forward into a right walking stance	Execute a right fist middle section punch
3	Turn right 180 degrees into a right walking stance	Execute a right arm low block
4	Step forward into a left walking stance	Execute a left fist middle section punch
5	Turn left 90 degrees into a left front stance	Execute a left low block
6	Execute a right fist middle section punch	
7	J-step right to a right walking stance	Execute a left arm outside forearm block
8	Step forward into a left walking stance	Execute a right fist middle section punch
9	Turn right 180 degrees into a left walking stance	Execute a right low block
10	Step forward into a right walking stance	Execute a left fist middle section punch
11	Turn right 90 degrees into a right front stance	Execute a right low block
12	Execute a left fist middle section punch	
13	Turn left 90 degrees into left walking stance	Execute a left arm high block
14	Execute a right leg front kick and then step forward into a right walking stance	Execute a right fist middle section punch
15	Turn right 180 degrees into a right walking stance	Execute a right high block
16	Execute a left leg front kick then step forward into a left walking stance	Execute a left fist middle section punch
17	Turn right 90 degrees into a left front stance	Execute a left low block
18	Step forward into right front stance	Execute a right fist middle section punch, KIHOP