

United Tae Kwon Do

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BASIC LESSONS

One:

Choom-Bi.

1. Left middle section punch left forward stance; return to ready stance. Right middle section punch right forward stance; return to ready stance.
2. Left front stretch kick; right front stretch kick.
3. Repeat No. 1.
4. Left side stretch kick; right side stretch kick.
5. Repeat No. 1.
6. Left front snap kick; right front snap kick.

7. Repeat No. 1
8. Left side thrust kick; right side thrust kick.
9. Repeat No. 1.
10. Left front snap kick, left middle section punch; right front snap kick, right middle section punch.
11. Repeat No. 1.
12. Left side thrust kick, left side punch; right side thrust right side punch.

Ba-Ro

Two:

Choom-Bi.

1. Turn 90° into left forward stance with left low section block; step forward into right forward stance with right middle section punch.
2. Step backward with right foot into left forward stance with middle section punch; return to ready stance, facing forward.
3. Turn 90° into right forward stance with right low block; step fwd into left forward stance with left middle section punch.
4. Step backward with left foot into right forward stance with right middle section punch; return to ready stance facing forward.
5. Left side thrust kick to side; right side thrust kick to side.
6. Move left foot forward into left forward stance with left low section block; extend left arm and make right middle section punch; return to ready stance.
7. Move right foot forward into right forward stance with right low section block; extend right arm and make left middle section punch; return to ready stance.
8. Left front snap kick; right front snap kick.

~ END OF FIRST HALF ~

~ 2ND HALF LESSON 2 ~

9. Turning 90° to right step with right foot into right forward stance with out-to-in left outer forearm block; extend left arm and move left foot forward into left forward stance, making right middle section punch.
10. Step backward with left foot into right forward stance with left middle section punch; return to ready stance forward.
11. Turning 90° to left step with left foot into left forward stance with out-to-in right outer forearm block; extend right arm and move right foot forward into right forward stance, making left middle section punch.
12. Step backward with right foot into left forward stance with right middle section punch; return to ready stance forward.
13. Two side thrust kicks to right; two side thrust kicks to left.
14. Step forward with right foot into right forward stance, making out-to-in left outer forearm block; extend left arm and make right middle section punch; return to ready stance.
15. Step forward with left foot into left forward stance, making out-to-in right outer forearm block; extend right arm and make left middle section punch; return to ready stance.
16. Two right front snap kicks; two left front snap kicks.

Ba-Ro

Three:

Choom-Bi

1. Left front snap kick; right front snap kick.
2. Left front snap kick, left middle section punch; right front snap kick, right middle section punch.
3. Left side thrust kick, right side thrust kick.
4. Left side thrust kick; left side punch; right side thrust kick, right side punch.
5. Right side thrust kick, left side thrust kick.
6. Right side thrust kick, right side punch; left side thrust kick, left side punch.
7. Right front snap kick; left front snap kick.
8. Right front snap kick, right middle section punch; left front snap kick, left middle section punch.

9. Left front snap kick; left side thrust kick.
10. Left front snap kick, left middle section punch; left side thrust kick, left side punch.
11. Right front snap kick; right side thrust kick.
12. Right front snap kick, right middle section punch; right side thrust kick; right side punch.
13. Right side thrust kick; right front snap kick.
14. Right side thrust kick, right side punch; right front snap kick, right middle section punch.
15. Left side thrust kick, left front snap kick.
16. Left side thrust kick, left side punch; left front snap kick, left middle section punch.

Ba-Ro