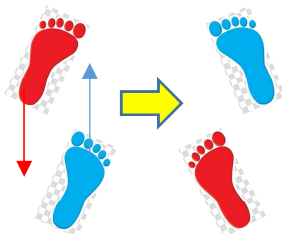


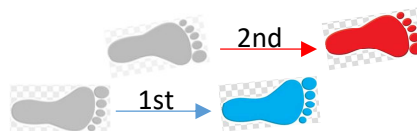


Taekwondo Foot Movement. (Foot Work)

Switch Feet

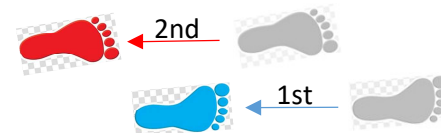


Run In

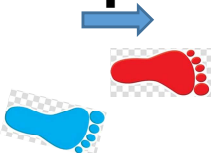


/

Run Out

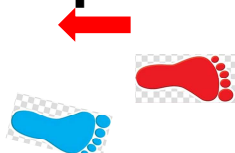


Skip In

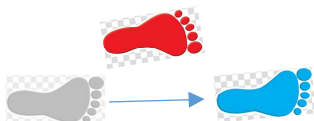


/

Skip Out

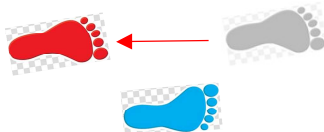


Step In



/

Step Out

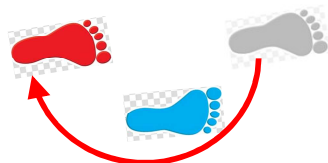


Turn In

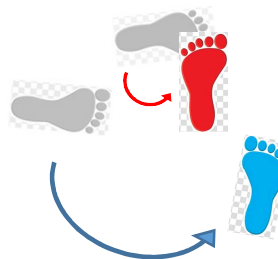


/

Turn Out

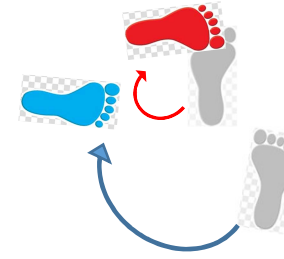


Rotate In 90°

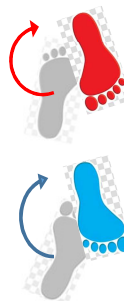


/

Rotate Out 90°



Turn around





Taekwondo Foot Movement. (Foot Work)

(Door)

(Wall)



(Mirror)

(Flag)

After foot work, which direction will Ethan facing to ?

1. Skip in, Turn in, Turn around :
2. Turn in, Rotate out, Step in, Switch feet, Rotate in :
3. Step out, Rotate out, Turn in, turn around :
4. Turn around, Turn in, Step out, Rotate in, Skip in, Rotate in :
5. Skip in, Rotate in, Skip in, Rotate in, Skip in, Rotate in, Turn around :
6. Run in, Rotate out, Turn in, Turn around, Run out, Turn around :
7. Switch feet, Turn in, Rotate out, Step in, Rotate out, Turn out, Turn around :
8. _____.
9. _____.
10. _____.

***Please take 3 videos and send it to master Chung. Thank you.**



Taekwondo Progressive Movement.

Color Belt

	Kick	Block	Hand Attack
Ex)	Front Kick	Low Block	Punch
1			
2			
3			
4			
5			

***Please take 3 videos and send it to master Chung. Thank you.**

Red Black Belt to 1st Dan Black Belt

	Kick	Stance	Block	Stance	Hand Attack
Ex)	Front Kick	Back Stance	Single Knife Hand Block	Front Stance	Punch
6					
7					
8					
9					
10					

***Please take 3 videos and send it to master Chung. Thank you.**



Taekwondo Progressive Movement.

2nd Dan Black Belt to 6th Dan Black Belt

	Kick	Foot Work	Stance	Hand Technique	Foot Work	Stance	Hand Technique
Ex)	Side Kick	Turn around	Back Stance	Double Knife Hand Block	Step in	Twist Stance	Back Fist
11							
12							
13							
14							
15							

***Please take 3 videos and send it to master Chung. Thank you.**