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## Kick Block Punch

**the abc's of taekwondo are block, punch, kick. the basic ...** - the abc's of taekwondo are block, punch, kick. the basic pattern for all beginners is demonstrated in the graphics. your homework is to just remember the 3 stances, 3 strikes, 3 blocks and 3 kicks that were introduced in the orientation class you attended. **a c t i o n k a r a t e (phase 1) right straight punch ...** - downward block. right reverse punch. b. blocking the kick b step back with right leg, left downward block. right front kick. c. thrusting salute step back with right leg, left downward block. right advancing front kick. right palm to jaw. push from behind a. step left leg to 12:00., facing opponent in guard stance. left front kick. **white belt form | korean name: songahm il jahng | korean ...** - crescent kick block, l reverse side kick, r reverse punch (m), l punch (h) 2) attack l foot steps to r, #1 r jump front kick. finish with double step back to ad-vanced arm base with hands up. 8 one -step punching attacks kicking attack oneone step kicking attacks attacker/ defender preparation techniques a r foot steps back into l front stance d **white - 1 to 5 in korean (white belt going for orange ...** - purple stripe - punch, kick, stance and block red stripe - training hall, ready and knifehand blue stripe - stop, start, side kick and turn kick brown stripe - 5 ninja rules, 1-20 counting in korean korean terms applicable to little ninjas and tae kwon do numbers one - hanna (han-a) two - dool (dual) three - seth (set) four - neth (net) **sequence attackers defenders - mercedkarate** - with uechi x-block left middle punch (seiken) (no step) as you block previous kick, bring right hand down for palm heel block, chamber left hand and finish with fast left high seiken to a's face 7 step through right middle punch (seiken) shuffle back in left sanchin, defend with left palm-heel block step through left high punch (seiken) **offense offensive line fundamentals - wordpress** - sweep block: take proper first step versus defender (head up=zone, shade=power, ghost=kick). sweep block: get 2nd step on mid-line of defender and on ground now (power)! sweep block: punch inside arm-hand on far peck of chest with other hand on outside shoulder. **songahm taekwondo 1st degree rec. black belt** - x block with fists. 45. #2 left front kick to east. 46. land in right front stance, high x block with knifehands. bahroh -- right foot steps back to ready position. 1. (a) one arm grab from behind. (d) punch and roll out, knee strike to common peroneal, #1 jump round kick, reverse punch, ridgehand, takedown. 2. (a) upset twin lapel grab. **world class institute of martial arts** - 7 defense punch (open hand strike, reverse high punch) in to out block, lh in hugel jaseh lead leg snap kick, elbow block lead leg snap kick, elbow block 8 dwi cha go sang dan makee tora choon dan kong kyuck continue with #9 8 back kick high block reverse punch continue with #9 9 ahp cha go dul ryo cha go dwi cha gi 9 front snap kick round ... **taekwondo america all fourth degree black belts** - 6. right reverse inner forearm block left front stance 7. left punch high left front stance 8. right knife-hand high block right front stance 9. left reverse inner forearm block right front stance 10. right punch high right front stance 11. left double knife-hand block low left back stance 12. right round kick 13. **in wha #1 - ata martial arts** - kick across the moon with our foote. - r outer cresecent kick knifehand block and punch them to the door. - l, -r knifehand block, punch ( l = left, r = right, b = both) ata martial arts - klein's black belt academy "changing the world, one student at a time" ... **dong keun park taekwondo curriculum** - front stance, armpit attack. then front stance knife block, high punch. b. defense against middle punch; pivot, push block. then grab wrist and side kick. c. defense against middle punch; side kick. then round house kick 3. self defense a. chock hold from front, single and double b. hair grab c. bear hug from front d. bear hug from behind 4 ... **tae kwon do poomse (forms) - the md harris institute** - tae kwon do poomse (forms) the best way to learn forms in tae kwon do is in person from a skilled instructor at the do-jang (tae kwon do studio). however there is never enough time in class to learn ... high block - front kick - middle punch (l) high block - front kick - middle punch (r) low block - middle punch (b) taegeuk ee jang **tae kwon do terminology korean counting** - tae kwon do terminology since the korean language is written using "hangul" and not the roman alphabet, all the spellings you see here are approximate romanizations and may not be the same spellings that some of you are used to seeing. **tsdmgk intermediate one steps - aim and focus karate** - right front kick, right outside inside block, punch, knock hand down, left short kick 6. r. outside. left front kick, left outside inside block, punch, knock hand down, right short kick start alternating punches 7. r. inside. right outside inside kick, side kick, left punch, hook neck, left knee, right elbow (neck) 8. l. ...

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