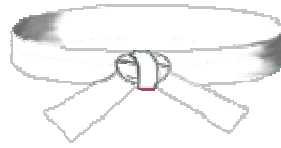
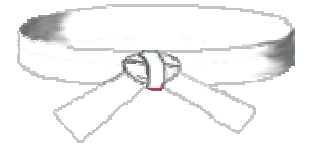


1



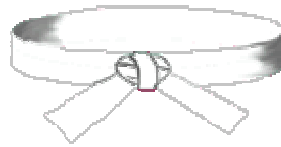
1. Training Hall
2. Training Suit
3. Sitting Stance

2



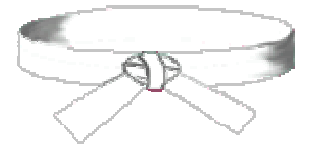
1. Walking Stance
2. What's your instructors name & grade
3. Inner Forearm Block

3



1. What country does TKD come from
2. Front Rising Kick
3. Belt

4



1. What does 'White Belt' signify
2. What does 'TAGB' stand for
3. Walking Stance

1



1. Meaning of 'Chon-Ji'
2. L Stance
3. Ball Of Foot

2



1. Rising Block
2. Forearm Guarding Block
3. Front Snap Kick

3



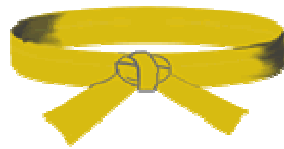
1. Meaning of 'Chon-Ji'
2. Walking Stance
3. Forefist (show where it is)

4



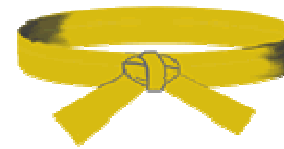
1. Footsword
2. What does 'Yellow Belt' signify
3. L Stance

1



1. Meaning of 'Dan Gun'
2. Twin Forearm Block
3. Backfist Strike

2



1. Knifehand Guarding Block
2. What does 'Yellow Belt' signify
3. Palm

3



1. Meaning of 'Dan Gun'
2. Knifehand Strike
3. L Stance

4



1. Twin Forearm Block
2. Footsword
3. Knifehand Guarding Block

1



1. Meaning of 'Do San'
2. Wedging Block
3. Turning Kick

2



1. Straight Spear Finger Thrust
2. Release From Grab
3. What does 'Green Belt' signify <sup>^</sup>

3



1. Meaning of 'Do San'
2. 3 Step Sparring
3. Wedging Block

4



1. Turning Kick
2. Release From Grab
3. Outer Forearm Block

1



1. Meaning of 'Won Hyo'
2. Circular Block
3. Bending Stance
4. Closed Stance (~~Moa Sogo 'A'~~)

2



1. What does 'Green Belt' signify
2. 3 Step Sparring
3. Reverse Turning Kick
4. Vertical Punch

3



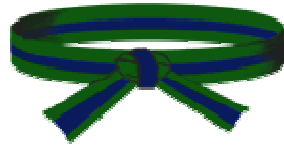
1. Meaning of 'Won Hyo'
2. Waist Block
3. Vertical Stance
4. Bending Stance

4



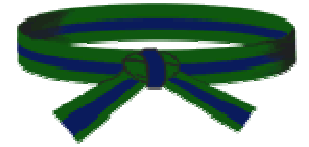
1. Side Kick
2. Circular Block
3. Closed Stance (~~Moa Sogo 'A'~~)
4. What does 'Green Belt' signify

1



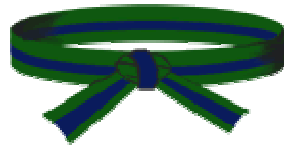
1. Meaning of 'Yol Gok'
2. Double Forearm Block
3. Hooking Block
4. Elbow

2



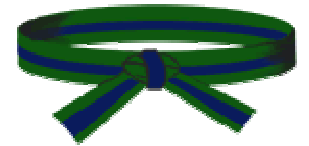
1. What does 'Blue Belt' signify
2. Hooking Kick
3. Bending Stance
4. X Stance

3



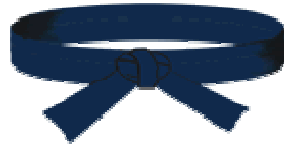
1. Meaning of 'Yol Gok'
2. Upset Punch
3. Double Forearm Block
4. Jumping

4



1. Hooking Block
2. X Stance
3. Elbow Strike
4. Twin Knifehand Block

1



1. Meaning of 'Joong Gun'
2. Rear Foot Stance
3. Turning Punch
4. Back Kick

2



1. What does 'Blue Belt' signify
2. 2 Step Sparring
3. X Block
4. Downward Block

3



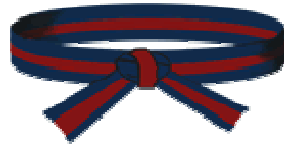
1. Upper Elbow Strike
2. Pressing Block
3. Low Stance
4. Downward Kick (Axe Kick)

4



1. Meaning of 'Joong Gun'
2. Twin Upset Punch
3. Arc Hand
4. Previous pattern meaning

1



1. Meaning of 'Toi-Gye
2. Upset Fingertips
3. U Shape Block
4. Reverse Side Kick
5. Sitting Stance

2



1. What does 'Red Belt' Signify
2. W Shape Block
3. Twin Vertical Punch
4. Side Kick
5. Knee

3



1. Meaning of 'Toi-Gye
2. U Shape Block
3. L Stance
4. Circular Block
5. Upset Fingertips

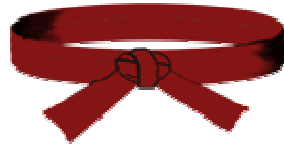
4



1. W Shape Block
2. Reverse Turning Kick
3. 1 Step Sparring
4. Previous pattern meaning
5. X Pressing Block

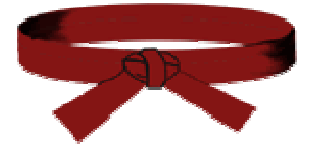


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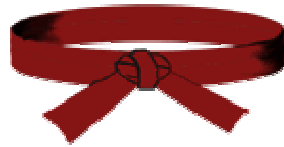
1. Meaning of 'Hwa Rang'
2. Flat Fingertip Thrust
3. One Step Sparring
4. Twisting Kick
5. What has TKD done for you?
6. L Stance

2



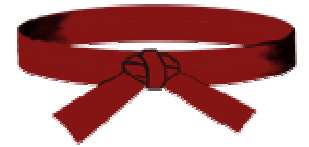
1. What does 'Black Belt' signify
2. Reverse Knifehand
3. Two Step Sparring
4. Reverse Turning Kick
5. Flying High Kick
6. Walking Stance

3



1. Meaning of 'Hwa Rang'
2. Reverse Footsword
3. Back Kick
4. Pushing Block
5. What does 'Red Belt' signify
6. Inner Forearm Block

4



1. Previous pattern meaning
2. Rear Foot Stance
3. One Step Sparring
4. W Shape Block
5. Twisting Kick
6. Reverse Side Kick