

TAEKWON-DO CHALLENGE

BALANCE

LEVEL ONE

Lift your knee up and try to balance on each leg for 10 seconds.
Spread your arms out to help keep your balance.

LEVEL TWO

Lift your knee up and try to balance on each leg for 10 seconds.
This time try and keep your hands in front of you.

LEVEL THREE

Lift your knee up and see if you can do 10 front snap kicks on each leg without putting your foot down.