

TAEKWON-DO CHALLENGE

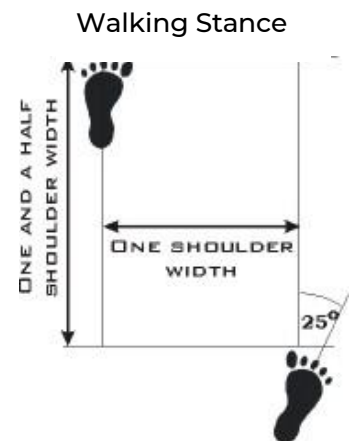
STANCES

LEVEL ONE – KUBZ & MINI KIDS

Do 10 walking stances with hands on hips. Depending on the amount of space you have, try and do some forwards and some backwards.

Check:

- > *Is my front knee bent?*
- > *Is my back leg straight*



LEVEL TWO – ADVANCED MINI KIDS/COLOUR BELTS

Do 10 walking stances forwards and back. Depending on the amount of space you have, try and do some forwards and some backwards.

Check:

- > *Are my feet a shoulder width apart?*
- > *Is the distance between the big toe on my back leg and the big toe on my front leg one and a half shoulder widths?*

LEVEL THREE – COLOUR BELTS/BLACK BELTS

- 10 walking stance middle punches forwards and back

Check:

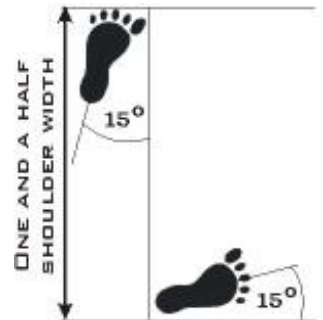
- > *Am I full facing?*

- 10 L-stance guarding blocks forwards and backwards

Check:

- > *Is my front foot turned 15 degrees?*
- > *Is my back foot turned 15 degrees?*
- > *Is my back leg bent and taking 70% of the weight?*

L-Stance



LEVEL FOUR – COLOUR BELTS/BLACK BELTS

- Pick a pattern and perform it “no hands”, focussing only on correct stances.
- Do the same focussing only on sine wave through each stance

Check:

- > *How well are my stances recovering after pivoting?*
- > *Where are the problem areas I need to work on? (Note them down to work on later)*