



Junior White belt level 2 (white belt with purple stripe)

Techniques

- Ready stance 10 single punches
- Sitting stance - double punch x 10
- Front rising kick exercise x 10
- Press ups x 10
- Guarding Stance – turning kick onto large pad/ bag (5 on each leg)
- Walking Stance - Low Block by command forward and back
- Walking Stance – Inner forearm Middle Block by command forward and back
- Walking Stance - Single Punch x by command forward and back
- Walking stance- rising block by command forward and back
- Saju Jirugi – Four directional punch

Theory

- What is your suit called in Korean?- Dobok
- What is the training hall called in Korean?- Dojang
- Who is the founder of TaeKwon Do?- General Choi Hong Hi 9th Degree

“Attitudes are infectious, is yours worth catching?”

