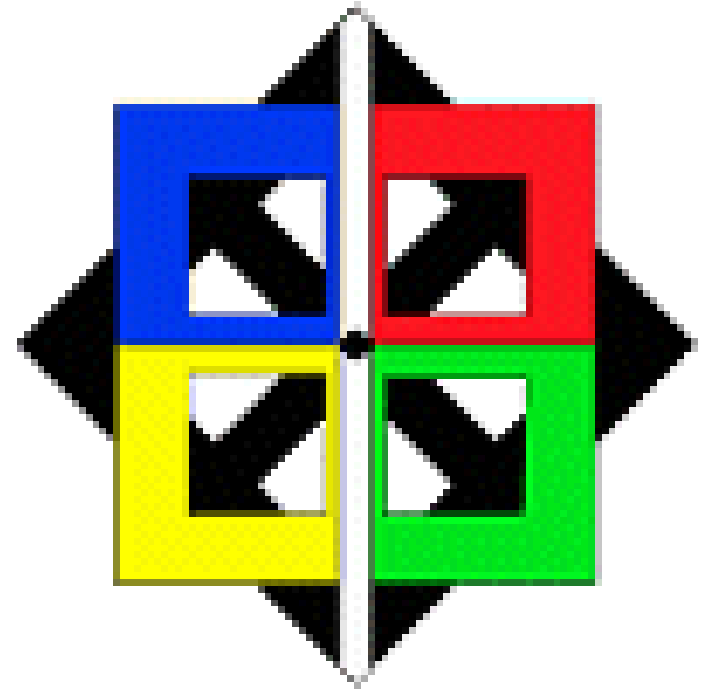


Tae Kwon Do

- ▶ American Tae Kwon Do Association
- ▶ Songham One
- ▶ White Belt Form
- ▶ 18 Moves



High Block



Start in a middle stance, step into a front stance and – high block.

Reverse Punch



Punch with the back hand

#2 Front Kick



**After the reverse punch, kick with the back leg.
Land in a front stance.**

Low Block



From the front stance, prepare for the low block and – low block.

Step and Punch



Step forward into a front stance and punch with the same side hand.

Inner Forearm Block



Step into a middle stance, grab your sword, and muscle block.

#3 Side Kick



Step up with your back foot, bring your front knee across your body, then kick out with your heel.

Knife-hand Strike



After the #3 side kick, land in a middle stance, prepare for the knife-hand strike, palm over opposite ear – knife-hand strike

Step and Punch

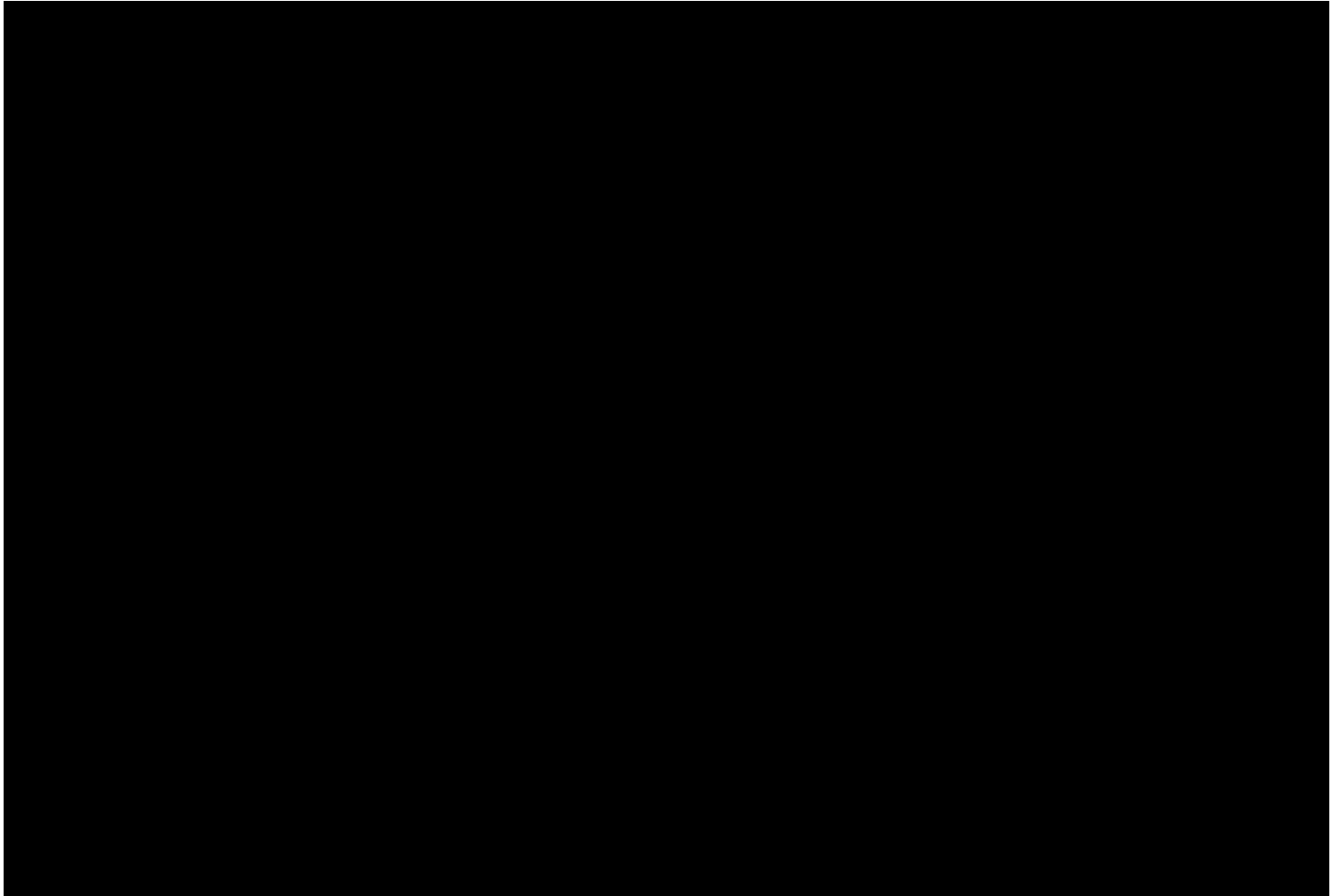


Step forward into a front stance and punch with the same side hand.

Repeat other side!

- ▶ High Block
- ▶ Reverse Punch
- ▶ #2 Front kick
 - ▶ Low Block
- ▶ Step and Punch
- ▶ Inner Forearm Block
 - ▶ #3 Side Kick
- ▶ Knife-hand Strike
 - ▶ Step and Punch

Songham #1 White Belt Form



Wait for actual video!