



Mt Kim Tae Kwon Do Official Study Guide

No Belt



White Belt

Stances

Front

Both feet facing front, back leg locked and front leg bent...wide stance for balance...Body facing forward

Back

80% weight on back leg, 20% on front; Both knees bent, feet should form an "L" shape...Body facing side

Horseback Riding

Feet are triple shoulder width apart facing forward... Knees are bent at a 45°-90° angle... Body facing forward

Horseback Riding Stance

Single punch
Double punch
Triple punch

Fist

How to make a fist
What knuckles you use to punch

Strikes

(All performed from sparring stance position)

Front Kick

Strike point is the ball of foot (Point foot out and pull toes back)

Side Kick

Strike point is the heel of foot (Pull foot and toes back)

Round (or roundhouse) Kick

Strike point is the top of foot (Point foot and toes out)

Single Punch

Punch with the back hand

Double Punch

Punch with the front hand (jab) first, back hand second