

Indigo Warriors

Name

READY TO GRADUATE TO ORANGE STRIPE BELT

Self Defemnce Headlock

Self Defence—Throat Grab

Self Defence – single Wrist Grabs/ Double Wrist grabs

Leg rising Exercise

Low Outer Forearm Block

Front Punch

5 Press Ups

Crescent Kicks

Axe Kicks -

Front kick s

Theory: Name of Instructor

Theory: Learn Tae-foot, Kwon-Hand, Do-art or way of

Taekwondo –which Country is it from? –South Korea

Breathing and Khiap

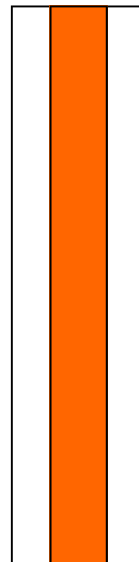
Fighting Stance

Walking Stance

Sitting stance single punches

Tying the Belt

Attention, Bow, Junbi, Etiquette



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