



The ABC's of Taekwondo are Block, Punch, Kick. The Basic Pattern for all beginners is demonstrated in the graphics. Your homework is to just remember the 3 Stances, 3 Strikes, 3 Blocks and 3 Kicks that were introduced in the Orientation class you attended. The next step is making a commitment to practicing. Good Luck!

Chris and Rhoda Hauth
Hauth's Taekwondo

3 Stances

Ready
Front
Middle

3 Strikes

Punch
Palm
Knife Hand

3 Blocks

High
Middle (Inner Forearm)
Low

3 Kicks

Front
Round
Side