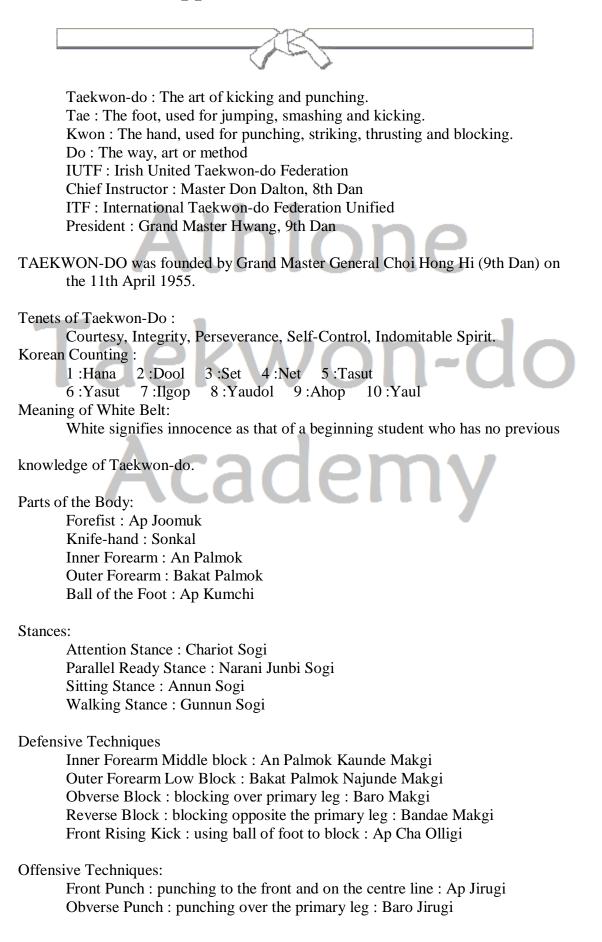
Applicable to White Belts



ATHLONE TAEKWON DO ACADEMY THEORY SHEET

Reverse Punch : punching opposite the primary leg : Bandae Jirugi

Sections and Targets:

High : Nopunde : From shoulder level and above.Middle : Kaunde : From shoulder level to the umbilicus.Low : Najunde : From waist level and below.High target is a target at the student's own eye level.Middle target is a target at the student's own shoulder level.Low target is a target at the student's own lower abdomen area.

Attention Stance:

Heels together, 45-degree angle between the feet. Bow forwards 15 degrees; eyes face the front, drop the fists down naturally; fists are slightly clenched.

Parallel Ready Stance:

Shoulder width from footsword to footsword: feet are parallel; body is relaxed; hands are to the front

Sitting Stance:

One and a half shoulder width from reverse footsword to reverse footsword; both knees are bent evenly: extend the knees outward, bending until the knee caps come over the front sole; feet are parallel.

Walking Stance:

Length is one and a half shoulder width from big toe to big toe; width is shoulder wide from centre of foot to centre of foot; extend the front knee outward until the knee cap forms a vertical line with the heel; front leg is the primary leg,back foot is pointing off at an angle of 25 degrees.

Miscellaneous:

Chariot = Attention Junbi = Ready Kyong -Ye = Bow Sijak = Start Dobok = Uniform Goman = Stop Dojang = Practice Hall Baro = Return Hae San = Dismissed Sho = Relax

How do I determine the primary leg in a stance ?

There are three criteria for deciding the primary leg in any stance. The primary leg is the leg that contains the most body weight. If the weight is the same on both legs, then the primary leg is the leg with the most bend. If both legs are bent equally then the front leg is the primary leg. For example, the primary leg in the walking stance is the front leg. This is because there is 50% body weight on each leg. Therefore the leg with the most bend is the important one i.e. the front leg.