TKD INTRO BASICS – Practice with Master Mo

This is a resource. It can not replace the learning that takes place at a good school with experienced instructors. If students have time to practice these skills at home, it will improve concentration and confidence. It will help them to get more out of their practice time in class.

Remember, we are all unique and learn in different ways and at different speeds. Learning takes however long it takes. Practice makes better.

Below are many short videos made especially for Intro Class.

Intro TKD Basics - Warm Up Review - This short video is a quick review of the warm up exercises that are done at the beginning of each Taekwondo Intro Class to help students focus, develop body awareness & stretch to prevent injuries. https://youtu.be/KbJTthqGFSY

Intro TKD Basics - Stances For Feet - This short video is a quick review of the warm up exercises that are done at the beginning of each Taekwondo Intro Class to help students focus, develop body awareness & stretch to prevent injuries. https://youtu.be/l9HPoTKobII

Intro TKD Basics-Stances 3 (Con Espanol) - White Belt is very, very, very important. The most important Belt. This video teaches the first VERY IMPORTANT stances learned. Practice over & over & over again. Learning correct form like this is the so very important foundation upon which all students will build their very own Black Belt. https://www.youtube.com/watch?v=CoJ5nSQW1F4

Intro TKD Basics-Punching - This short video teaches the punching learned in Taekwondo Intro Class. Practice over & over & over again.
https://youtu.be/8HM-a0VgQZw

Intro TKD Basics-Punching-Best Fist - This short video shows how to form a punching hand like we learn in Taekwondo Intro Class. Practice over & over & over again. Practice makes better.

https://youtu.be/NjfrYKUpxaM

Intro TKD Basics-Blocking - This short video shows the blocks we practice in Taekwondo Intro Class. Practicing over & over & over again makes us strong.
https://youtu.be/x5Sivc581Kc

Intro TKD Basics-Kicks-Many Kinds- This video shows some of the kicks we practice in Taekwondo Intro Class. There is always more to learn.
https://youtu.be/_IL61ZJ9iWk

Intro TKD Basics Kicks Add Jumping - This short video teaches how we begin practicing jumping kicks in Intro Taekwondo class. It is a start.
https://youtu.be/gAoXvgL3SAc

Intro TKD Basics - First 8 Moves of Chon-Ji-White Belt Pattern: https://youtu.be/WKFti2eGE48

Intro TKD Basics - Stance For Fighting & Kicking Combos : This very short video teaches one more basic stance needed for kicking combinations learned in Intro Taekwondo class. Happy Practicing!
https://www.youtube.com/watch?v=j_9WD-f4XWM

Intro TKD Basics -Roundhouse Kick-Side Kick-Reverse Punch Combination: This Taekwondo Intro video is for beginners, as young as 4 years old. It teaches Round house kick, then, side kick. Lastly, we add roundhouse kick to a side kick and add a reverse punch at the end. This completes the first kicking combination learned by white belts. Once you are comfortable & know it, practice both sides/legs.
https://youtu.be/DfDjM7BsaIo

Intro TKD Basics - Roundhouse-Jumping RH Kick-Reverse Punch Combination: This Taekwondo Intro video is for beginners, as young as 4 years old. It teaches Jumping Roundhouse kick. Then, we add roundhouse kick to a Jumping Roundhouse kick and add a reverse punch at the end. This completes this kicking combination learned by white belts. Once you are comfortable & know it, practice both sides/legs.
https://youtu.be/edSJ2v-0gLU

Intro TKD Basics - Roundhouse Kick-Turn RH Kick-Reverse Punch Combination: This Taekwondo Intro video is for beginners, as young as 4 years old. It reviews Round house kick. Then, we add a Turn roundhouse kick and a reverse punch at the end. This completes this kicking combination learned by white belts. Once you are comfortable & know it, practice both sides/legs.
https://youtu.be/W1W0JXxBHv4

Count (1-10) in Korean: https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/Numbers%20In%20Korean.mp3?ver=1794869852434

Numeros (1-10) en Coreano:
https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/8dfaedd4-0ae2-46dc-afd8-dc1aa9a2dc65/Numeros_de%20Espanol%20a%20Coreano_1-10.MP3?ver=1794869852434

How to Tie a Belt - Practice makes better. Parents and students can easily learn to tie a belt. This is one way. https://www.youtube.com/watch?v=ue28L9AfD-U&list=PLF48C4DF9175DA127&index=20