TKD INTRO BASICS –PART 2 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.

Once Intro Class students Have learned Basics & 1st 8 Moves of white belt Pattern, they are ready to learn the remaining skills so they can test for their yellow belt.

All 19 moves of Chon-Ji-White Belt Pattern: https://www.youtube.com/watch?v=IGCp1a_Qg7Y

En Espanol_Taekwondo Patron Chon-Ji (Cinturon blanco): Estos son los 19 pasos del patron del cinturon blanco. Practica otra vez y otra vez. Feliz practica**!** https://youtu.be/UB34voKlw8M

Taekwondo 1 Step_ #1-5 Without a partner - These One Steps are choreographed defense responses to an opponent throwing a right-handed punch. Once learned, Practice both sides, to be balanced. Practicing basic techniques over & over is the way to master any skill. After mastery comes creativity. https://www.youtube.com/watch?v=frNkJ5xi_Ps

There is a Terminology segment to the test (memorization & recite)…

TKD Terminology Study Sheet to Print – Color: https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/2023-04_TERMINOLOGY_ChosStudySheet.pdf?ver=1794886262518

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

TKD Aims to Achieve: https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/TKD%20Aims%20to%20Achieve.mp3?ver=1794886262518

TKD Pledge: https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/TKD%20Pledge.mp3?ver=1794886262518

Chon-Ji Saying: https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/1_Chon-Ji%20Saying.mp3?ver=1794886262518

Happy Practicing!