

360° EXERCISE

The 360° Exercise was designed to help the Tang Soo Do student learn how to move and execute techniques in different directions. The 360° Exercise uses only Turns 1 and 2 of the Five basic Turns. The following are the rules and methods for performing the 360° Exercise.

GENERAL RULES

1. The 360° Exercise always begins and ends with the Left Foot forward.
2. 10 turns are required to complete the 360° Exercise.
3. Use the “Five Finger” Method to help learn the 360° Exercise pattern.

FIVE FINGER METHOD

The “Five Finger” Method is a system for teaching and learning how to perform the 360° Exercise properly. The concept is to use the five fingers of one hand to represent one half of the 360° pattern. Each finger will represent one of the turns required to complete the exercise.

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| 1. Thumb | Turn 1 |
| 2. First Finger | Turn 2 |
| 3. Middle Finger | Turn 1 |
| 4. Ring Finger | Turn 2 |
| 5. Little Finger | Turn 1 |

Once the first five turns have been completed, repeat the count, again starting with the Thumb or the Little Finger. You have completed the 360° when you return to the left foot forward position and counter your Five Finger twice.

NOTE: Refer to the Section on “The Five Basic Turns” for the rules for performing turns 1 and 2 correctly.