

KIM'S TAE KWON DO SCHOOL

ADULT FEET TECHNIQUES

#1 Fighting position, left foot forward. Front snap kick with the right foot at the opponent's upper body. Jump to the right at a 45 degree angle into a horseriding position. Left punch to the ribs, then a right punch to the temple.

#2 Fighting position, left foot forward. Turning side kick with the right foot to opponent's solar plexus. Jump to the right into a horseriding position. Left punch to opponents ribs, then a right punch to the temple.

#3 Fighting position, right foot forward. Back kick with the left foot to the upper body of opponent. Come around to front stance, delivering a left sudo block to the opponents left wrist and at the same time a right punch to the face.

#4 Fighting position, left foot forward. Round kick to the temple with the right foot. Jump to the right at a 45 degree angle into a horseriding position. Left fist chambered at the side, right fist up in a block. Left punch to the opponents ribs, then a right sudo strike to the opponents temple.

#5 Choon Be position. Jump to the left on the left leg, landing with the right knee drawn waist high and deliver a side kick to opponent's ribs with right foot. Drop to horseriding position behind opponent. Right sudo strike to back of opponent's neck.

#6 Choon Bee position. Jump to the left on left leg, landing with right knee drawn waist high and deliver a round kick to opponent's stomach with the ball of right foot. Pullback foot and drop into horseriding position behind opponent. Right sudo strike to back of opponent's neck. Lifting right leg, turn into right front stance and punch with left fist to opponents ribs.

#7 Choon Bee position. Step back into a right back stance, left foot forward. Deliver a sudo block to opponent's right wrist, grabbing wrist, and follow with a right front kick with the foot turned in to the temple. Set down into horseriding position perpendicular to your opponent. Back fist to the opponents face, followed with a left elbow strike to the ribs.

#8 Fighting position, left foot forward. Side kick with the right foot to the opponent's body followed immediately by another side kick to the head of the opponent. (Double side kick, middle and high.)

#9 Choon Bee position. Step to the left into a narrow front stance with right sudo block to the outside of the opponent's right wrist. Follow with a right hook kick to opponents head. Set down along side opponent in horseriding position, back fist to the temple, then turning into a narrow front stance, follow with a left elbow strike to the ribs.

#10 Fighting position, right foot forward. Knock opponent's right punch down with a left leg

outside-inside crescent kick to the wrist area and immediately follow up with a right leg spinning hook kick to the opponents head.

#11 Choon Bee position. Step to the left into a narrow front stance with a right sudo block to the outside of opponent's right wrist. Grab wrist, then deliver a right side kick to opponent's ribs.

#12 Fighting position, left foot forward. Right front snap kick to opponents solar plexus, immediately follow up with a right round kick to opponents temple.

#13 Fighting position, left foot forward. Right outside-inside crescent kick to opponent's right wrist, knocking down opponents punch. Follow up with a right side kick to opponents face.

#14 Choon Bee position. As opponent delivers a front snap kick to the chest area, block the kick with an x-block and grab opponent's leg. Step out to the left into a semi-horseriding position and pull opponent past you. Step into a front stance, left foot forward and deliver a reverse punch to opponent's ribs.

#15 Choon Bee position. As opponent delivers a turning side kick, bring your hands to chest level and deliver an x-block to protect your solar plexus. Grab opponent's leg and step into a semi-horseriding position and pull opponents leg past you. Step into a front stance, left foot forward and deliver a reverse punch to opponent's ribs.