

# **KIM'S TAE KWON DO SCHOOL**

## **CHILDREN'S HAND & FEET TECHNIQUES**

1. Left hand middle block  
Right hand middle punch  
Front snap kick  
Roundhouse kick  
Right hand middle punch  
Left hand high punch
2. Left hand middle block  
Right hand middle punch  
Roundhouse kick  
Roundhouse kick  
Right hand middle punch  
Left hand high punch
3. Left hand middle block  
Right hand middle punch  
Roundhouse kick  
Roundhouse kick  
Back kick  
Left hand middle punch  
Right hand high punch
4. Left hand middle block  
Right hand middle punch  
Roundhouse kick  
Roundhouse kick  
Jump snap kick  
Right hand middle punch  
Left hand high punch
5. Left hand middle block  
Right hand middle punch  
Roundhouse kick  
Jump side kick  
Back kick
6. Left hand middle block  
Right hand middle punch  
Roundhouse kick  
Roundhouse kick  
Back kick  
Back kick  
Right hand middle punch  
Left hand high punch
7. Left hand middle block  
Right hand middle punch  
Right outside/inside kick  
Left jump back kick  
Right hand middle punch  
Left hand high punch
8. Left hand middle block  
Right hand middle punch  
Right roundhouse kick  
360 step  
Right roundhouse kick  
Left hand middle punch  
Right hand high punch
9. Left hand middle block  
Right hand middle punch  
Right skip, left round kick  
Switch stance  
Left skip, right round kick  
Left hand middle punch  
Right hand high punch
10. Left hand middle block  
Right hand middle punch  
Right 4 roundhouse kick  
Left back hook kick  
Right hand middle punch  
Right hand middle block  
Left hand middle punch  
Left 4 roundhouse kick  
Right back hook kick  
Left hand middle punch  
Right hand high punch  
Right hand middle punch  
Left hand high punch