

Fist and Foot Martial Arts

Sensei Alex

Curriculum toward white belt/yellow stripe

What You Will Learn

HAND POSITIONS

HOW TO MAKE A FIST

HOW TO PUNCH A BAG

HOW TO MAKE A KNIFE HAND

STRIKE RANGES

HIGH SECTION

MIDDLE SECTION

LOW SECTION

KICKS

KICK WITH THE BOTTOM OF THE FOOT

FRONT PUSH KICK

LOW STOMP KICK

STANCES

ATTENTION STANCE

RELAX/READY STANCE

FIGHTING STANCE

MIDDLE STANCE

SELF DEFENSE

HOW TO USE YOUR VOICE

WHAT TO SAY

HOW TO GET UP FROM THE GROUND

SINGLE HAND GRAB

THE FIVE TENETS OF TAE KWON DO

COURTESY

INTEGRITY

PERSERVERANCE

SELF CONTROL

INDOMITABLE SPIRIT