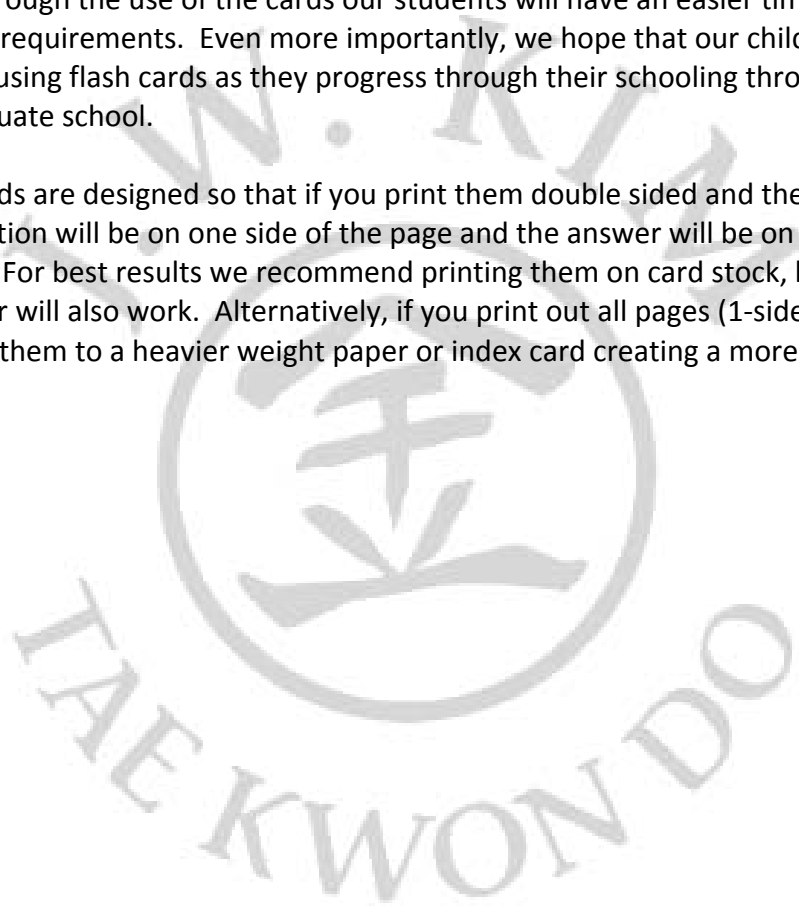


J. W. Kim Taekwondo Flash Cards

Thank you for downloading the J. W. Kim Taekwondo flash cards. This free resource was created to help our students study for their mental requirements for belt promotion. However, it should be noted that not all questions fit the flash card format so you should still cross check these with the manual to ensure that you do not miss any of your mental requirements.

Our instructors understand the great utility in using flash cards as a study aid. It is our hope that through the use of the cards our students will have an easier time learning their mental requirements. Even more importantly, we hope that our children will learn the value of using flash cards as they progress through their schooling through college or even graduate school.

The flash cards are designed so that if you print them double sided and then cut them out the question will be on one side of the page and the answer will be on the other side of the page. For best results we recommend printing them on card stock, however, regular paper will also work. Alternatively, if you print out all pages (1-sided) you can then adhere them to a heavier weight paper or index card creating a more durable flash card.



The logo for J.W. Kim Taekwondo is a circular emblem. It features a central shield with a stylized dragon or mythical creature. Above the shield, the name 'J.W. KIM' is written in an arc, and below it, 'TAE KWON DO' is written in another arc. The entire logo is rendered in a light gray, semi-transparent style.

COUNT FROM 1 TO 5 IN KOREAN

LITTLE DRAGON WHITE #1 - QUESTION

The logo for J.W. Kim Taekwondo is a circular emblem. It features a central shield with a stylized dragon or mythical creature. Above the shield, the name 'J.W. KIM' is written in an arc, and below it, 'TAE KWON DO' is written in another arc. The entire logo is rendered in a light gray, semi-transparent style.

TENETS OF TAEKWONDO

LITTLE DRAGON WHITE #2 - QUESTION

- Hana
- Dule
- Set
- Net
- Dasot

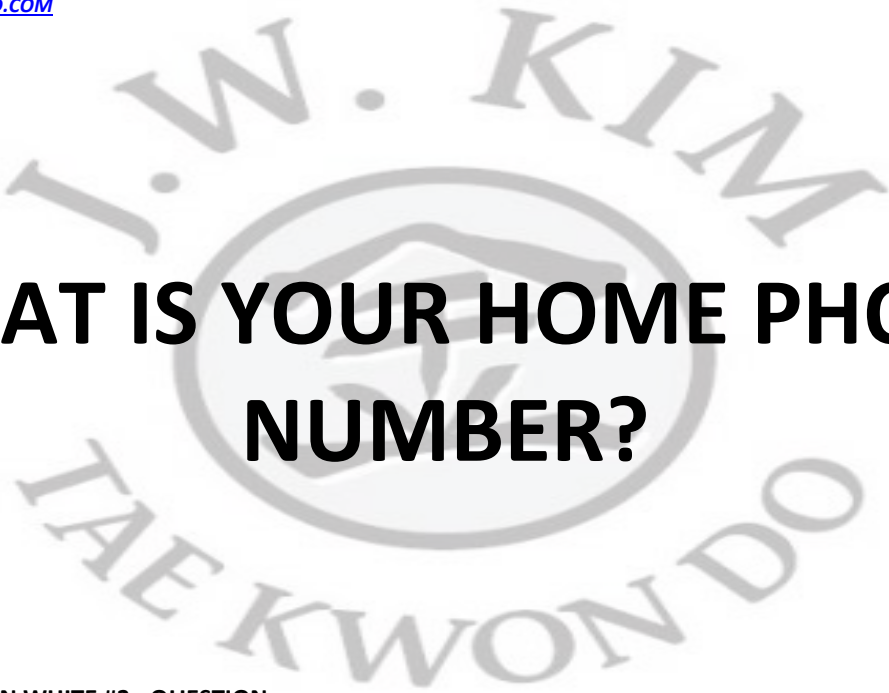


LITTLE DRAGON WHITE #1 - ANSWER

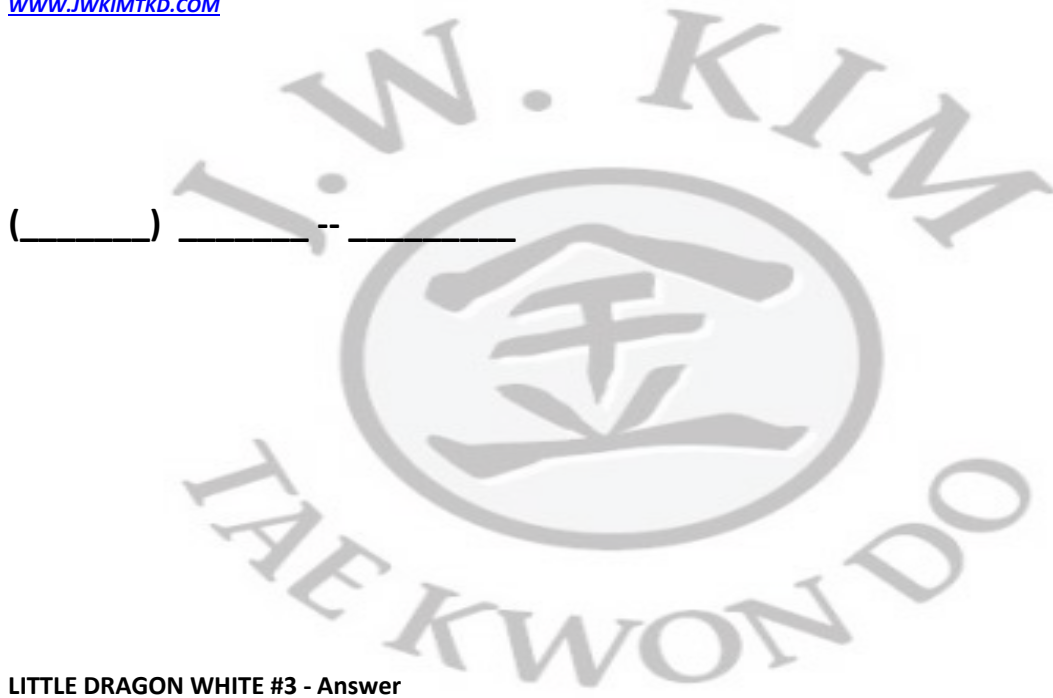
- Courtesy
- Integrity
- Perseverance
- Indomitable spirit
- Self-control



LITTLE DRAGON WHITE #2 - ANSWER

A large, faint watermark logo for J.W. Kim Tae Kwon Do is centered in the background. The logo consists of a circular emblem with a dragon-like figure in the center, surrounded by the text "J.W. KIM" at the top and "TAE KWON DO" at the bottom.

**WHAT IS YOUR HOME PHONE
NUMBER?**



LITTLE DRAGON WHITE #3 - Answer

WHAT IS TAEKWONDO?

WHITE #1 - QUESTION

WHAT IS THE BOW?

WHITE #2 - QUESTION

Taekwondo is a Korean martial art, which originated about 2000 years ago. “Tae” means techniques of the foot – kicking and jumping. “Kwon” means the techniques of the hand – punches, strikes, and blocks. “Do” means the art and manner of life. SIR/MA’AM!

WHITE #1 - ANSWER

The bow is an oriental form of greeting and a symbol of respect. SIR/MA'AM!

WHITE #2 - ANSWER



WHY DO YOU BOW?

WHITE #3 - QUESTION



WHEN DO YOU BOW?

WHITE #4 - QUESTION

We bow to show respect. SIR/MA'AM!

WHITE #3 - Answer

- **We bow when we enter/exit the school**
- **We bow when we enter/exit the Dojang (training area)**
- **We bow to the Masters**
- **We bow to the Instructors**
- **We bow to all other black belts and our fellow students**

WHITE #4 - Answer

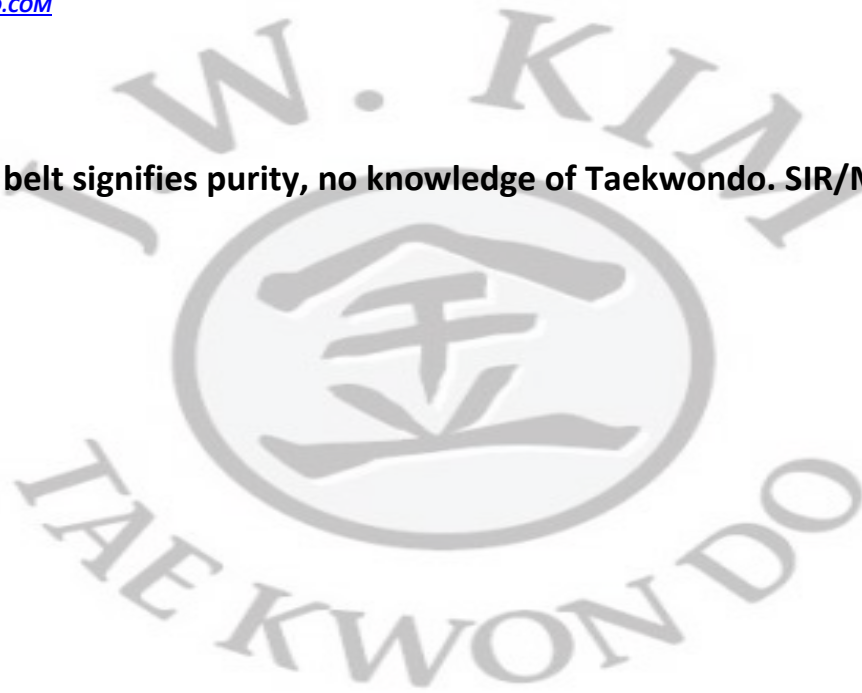
**WHAT IS THE MEANING OF
THE WHITE BELT?**

WHITE #5 - QUESTION

**COUNT FROM 1 TO 5 IN
KOREAN**

WHITE #6 - QUESTION

The white belt signifies purity, no knowledge of Taekwondo. SIR/MA'AM!



WHITE #5 - Answer

- Hana
- Dule
- Set
- Net
- Dasot

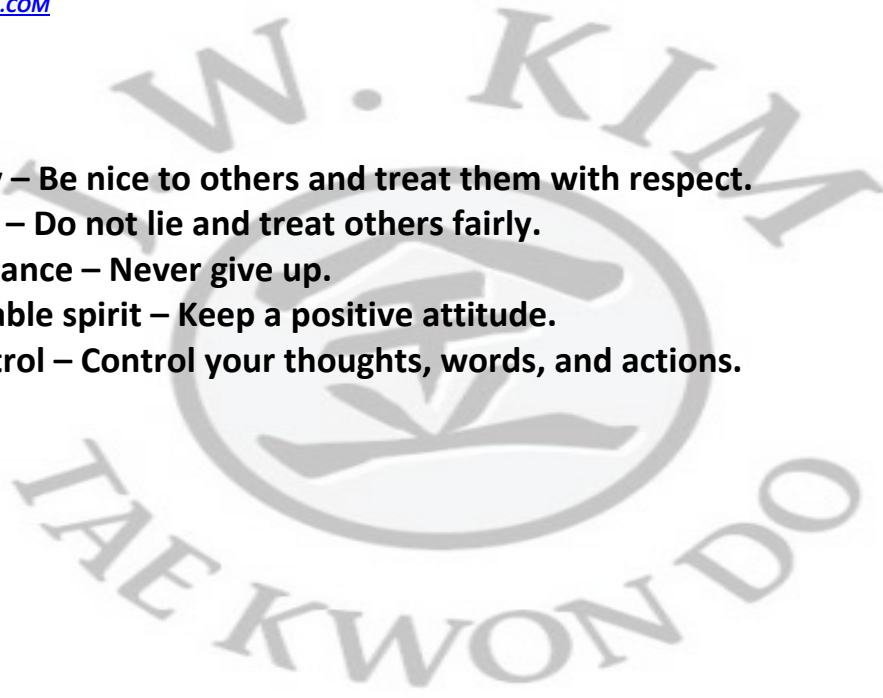


WHITE #6 - Answer



TENETS OF TAEKWONDO AND THEIR MEANING

WHITE #7 - QUESTION

- 
- A large, faint watermark logo for W. Kim Tae Kwon Do is centered in the background. It features a circular emblem with a stylized figure in a dynamic pose, surrounded by the text 'W. KIM' at the top and 'TAE KWON DO' at the bottom.
- **Courtesy – Be nice to others and treat them with respect.**
 - **Integrity – Do not lie and treat others fairly.**
 - **Perseverance – Never give up.**
 - **Indomitable spirit – Keep a positive attitude.**
 - **Self-control – Control your thoughts, words, and actions.**



COUNT FROM 6 TO 10 IN KOREAN

LITTLE DRAGON YELLOW #1 - QUESTION



TENETS OF TAEKWONDO AND THEIR MEANING

LITTLE DRAGON YELLOW #2 - QUESTION

- Yosot
- Il gob
- Yo dul
- Ahop
- Yul

LITTLE DRAGON YELLOW #1 - ANSWER

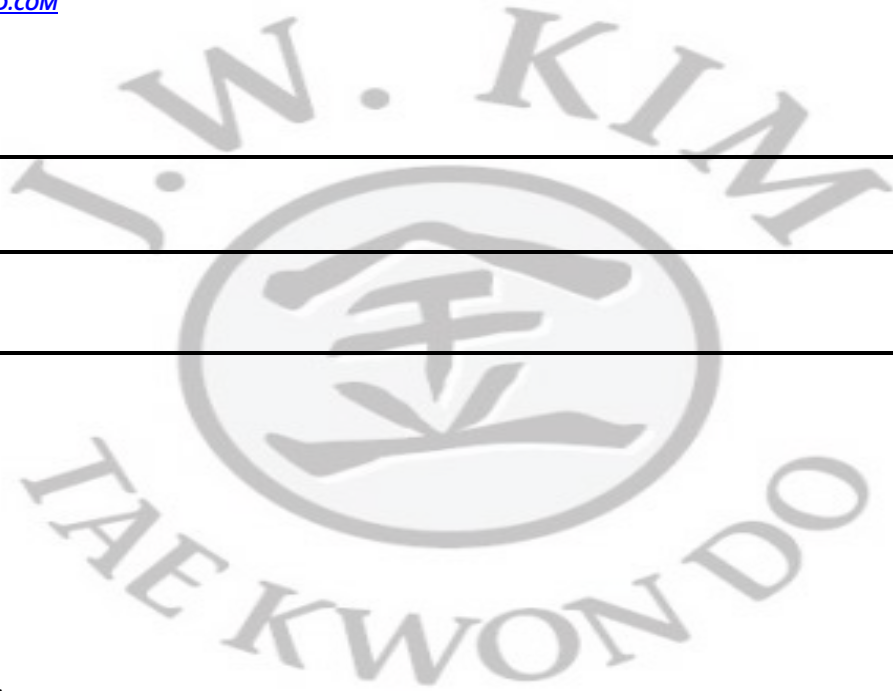
- Courtesy – Be nice to others
- Integrity – Do not lie
- Perseverance – Never give up
- Indomitable spirit – Don't get sad when things don't go your way
- Self-control – Always behave

LITTLE DRAGON YELLOW #2 - ANSWER



HOME ADDRESS

LITTLE DRAGON YELLOW #3 - QUESTION





**WHAT IS THE TAEKWONDO
OATH?**

YELLOW #1 - QUESTION



**WHY DO YOU KIEHAP (YELL)
IN TAEKWONDO?**

YELLOW #2 - QUESTION

- I will observe the Tenets of Taekwondo
- I will respect my instructors and seniors
- I will never misuse Taekwondo
- I will help build a more peaceful world
- I will be a champion of freedom and justice

YELLOW #1 - ANSWER

To develop spiritual strength with concentration, power, and confidence.
SIR/MA'AM!

YELLOW #2 - ANSWER

The logo for J.W. Kim Tae Kwon Do is a circular emblem. It features a central stylized figure of a person in a dynamic pose, possibly a Taekwondo practitioner, with arms and legs extended. The figure is set against a background of a traditional Korean house (hanok) with a tiled roof. The text "J.W. KIM" is arched across the top, and "TAE KWON DO" is arched across the bottom of the circle.

WHY DO YOU BELT TEST?

YELLOW #3 - QUESTION

The logo for J.W. Kim Tae Kwon Do is a circular emblem. It features a central stylized figure of a person in a dynamic pose, possibly a Taekwondo practitioner, with arms and legs extended. The figure is set against a background of a traditional Korean house (hanok) with a tiled roof. The text "J.W. KIM" is arched across the top, and "TAE KWON DO" is arched across the bottom of the circle.

WHAT IS THE MEANING OF THE YELLOW BELT?

YELLOW #4 - QUESTION

- To demonstrate our knowledge and preparation
- To gain confidence by performing under pressure
- To let a qualified judge determine the increase in our knowledge

YELLOW #3 - Answer

Sunrise – Opening to receive knowledge. SIR/MA'AM!

YELLOW #4 - Answer

**WHAT IS THE MEANING OF
TAEGEUK IL JANG?**

YELLOW #5 - QUESTION

**COUNT FROM 6 TO 10 IN
KOREAN**

YELLOW #6 - QUESTION

The first Taegeuk form signifies heaven and light. SIR/MA'AM!

YELLOW #5 - Answer

- Yosot
- Il gob
- Yo dul
- Ahop
- Yul

YELLOW #6 - Answer



WHY DO YOU BOW?

LITTLE DRAGON ORANGE #1 - QUESTION



WHEN DO YOU BOW?

LITTLE DRAGON ORANGE #2 - QUESTION

We bow to show respect. SIR/MA'AM!

LITTLE DRAGON ORANGE #1 - ANSWER

- **We bow when we enter/exit the school**
- **We bow when we enter/exit the Dojang (training area)**
- **We bow to the Masters**
- **We bow to the Instructors**
- **We bow to all other black belts and our fellow students**

LITTLE DRAGON ORANGE #2 - ANSWER

The logo for J.W. Kim Tae Kwon Do is a circular emblem. It features the name "J.W. KIM" at the top and "TAE KWON DO" at the bottom, both in a serif font. In the center of the circle is a stylized figure of a person in a dynamic martial arts pose, possibly a dragon or a warrior, rendered in a traditional Korean artistic style.

**COUNT FROM 11 – 20 IN
KOREAN**

LITTLE DRAGON ORANGE #3 - QUESTION

- Yul hana
- Yul dule
- Yul set
- Yul net
- Yul dasut
- Yul yasot
- Yul il gop
- Yul yo dul
- Yul ahop
- Sumul



**WHAT IS THE MEANING OF
THE ORANGE BELT?**

ORANGE #1 - QUESTION



**WHAT IS THE MEANING OF
TAEGEUK YI JANG?**

ORANGE #2 - QUESTION

Sunset – Promise of more opportunities tomorrow. SIR/MA'AM!

ORANGE #1 - ANSWER

Joy. SIR/MA'AM!

ORANGE #2 - ANSWER



**COUNT FROM 11 – 20 IN
KOREAN**

ORANGE #3 - QUESTION

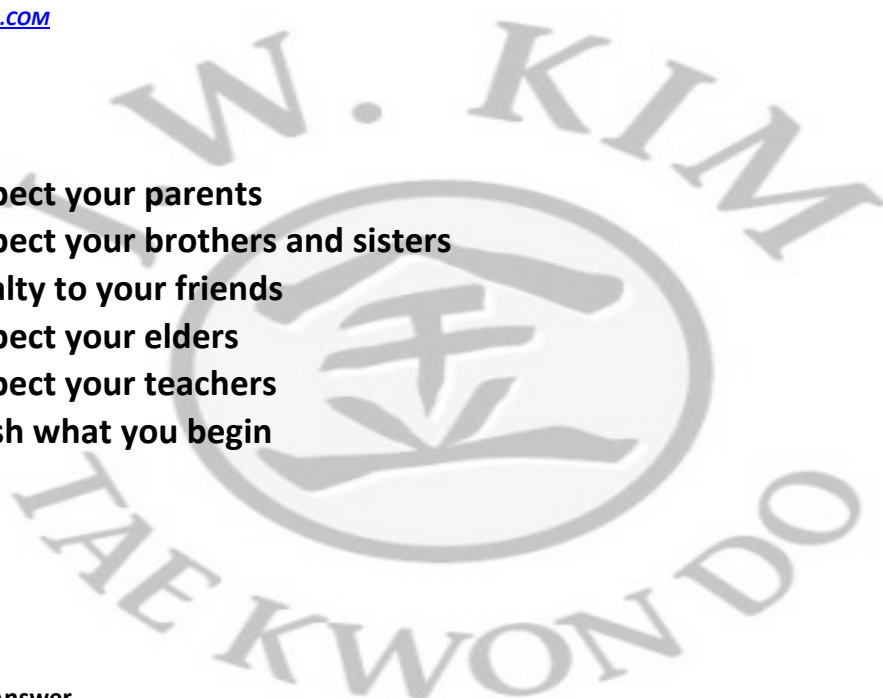


**WHAT ARE THE
COMMANDMENTS OF
TAEKWONDO?**

ORANGE #4 - QUESTION

- 
- The logo for J.W. Kim Tae Kwon Do is a circular emblem. It features the name 'J.W. KIM' at the top and 'TAE KWON DO' at the bottom in a serif font. In the center is a stylized Korean character '金' (Kim) above a stylized plant or tree. The entire logo is rendered in a light gray, semi-transparent style.
- Yul hana
 - Yul dule
 - Yul set
 - Yul net
 - Yul dasut
 - Yul yasot
 - Yul il gop
 - Yul yo dul
 - Yul ahop
 - Sumul

ORANGE #3 - Answer

- 
- The logo for J.W. Kim Tae Kwon Do is a circular emblem. It features the name 'J.W. KIM' at the top and 'TAE KWON DO' at the bottom in a serif font. In the center is a stylized Korean character '金' (Kim) above a stylized plant or tree. The entire logo is rendered in a light gray, semi-transparent style.
- Respect your parents
 - Respect your brothers and sisters
 - Loyalty to your friends
 - Respect your elders
 - Respect your teachers
 - Finish what you begin

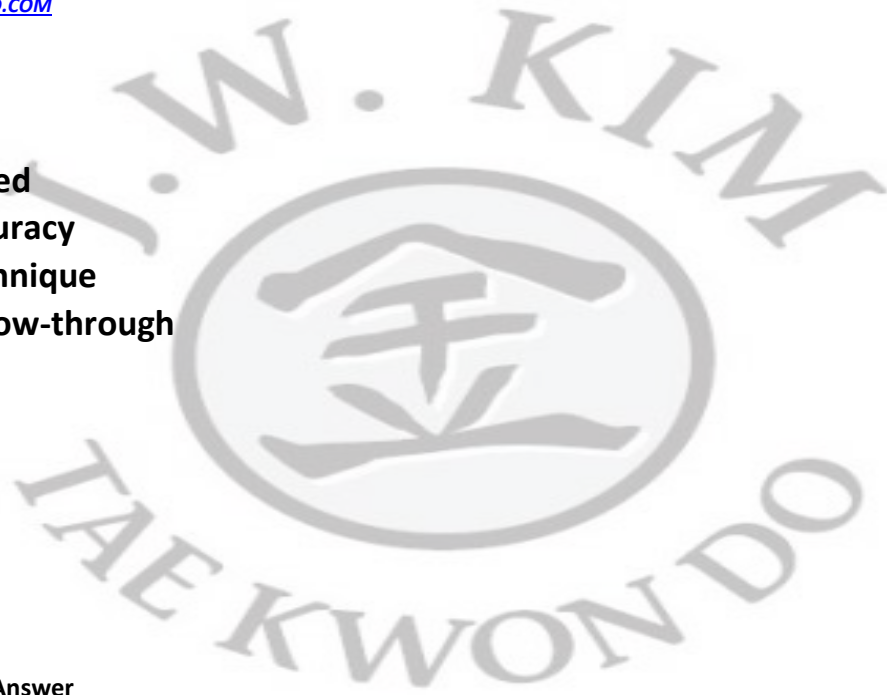
ORANGE #4 - Answer



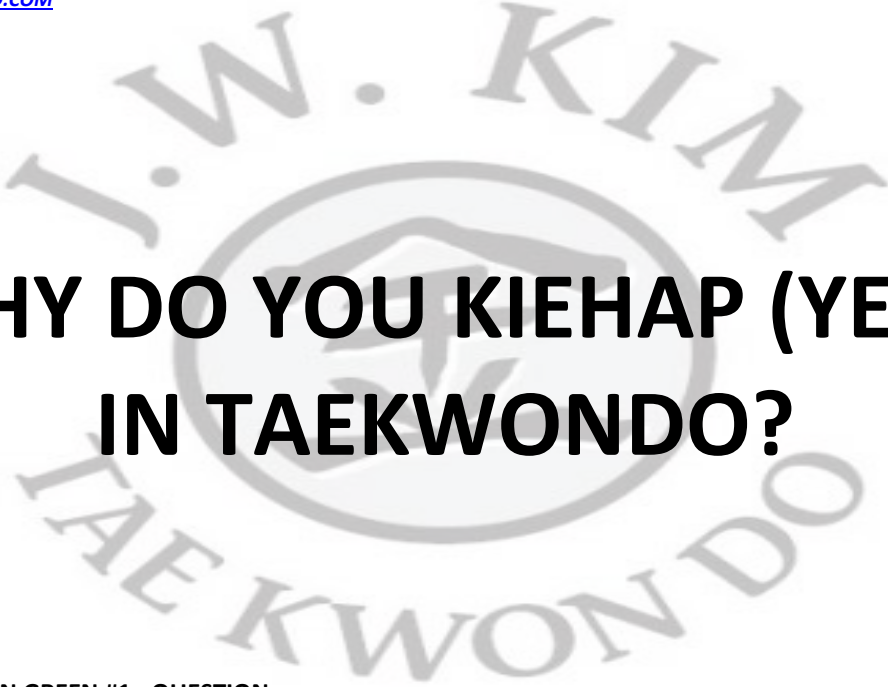
**WHAT ARE THE FOUR
PHYSICAL COMPONENTS OF
POWER?**

ORANGE #5 - QUESTION

- Speed
- Accuracy
- Technique
- Follow-through



ORANGE #5 - Answer



**WHY DO YOU KIEHAP (YELL)
IN TAEKWONDO?**

LITTLE DRAGON GREEN #1 - QUESTION



**WHAT IS THE TAEKWONDO
OATH?**

LITTLE DRAGON GREEN #2 - QUESTION

To show power, focus, and confidence. SIR/MA'AM!

LITTLE DRAGON GREEN #1 - ANSWER

- I will observe the Tenets of Taekwondo
- I will respect my instructors and seniors
- I will never misuse Taekwondo
- I will help build a more peaceful world
- I will be a champion of freedom and justice

LITTLE DRAGON GREEN #2 - ANSWER



**WHAT IS THE MEANING OF
THE GREEN BELT?**

GREEN #1 - QUESTION



**WHAT IS THE MEANING OF
TAEGEUK SAM JANG?**

GREEN #2 - QUESTION

Plants – Signifies growth. SIR/MA'AM!

GREEN #1 - ANSWER

Fire and clarity. SIR/MA'AM!

GREEN #2 - ANSWER



**WHAT DOES COOPERATION
MEAN?**

GREEN #3 - QUESTION



**WHAT ARE THE FOUR
MENTAL COMPONENTS OF
POWER?**

GREEN #4 - QUESTION

Working together as a team.



GREEN #3 - Answer

- **Focus**
- **Desire**
- **Visualization**
- **Kiehap**



GREEN #4 - Answer

WHAT ARE THE HOME RULES?

LITTLE DRAGON PURPLE #1 - QUESTION

**WHAT IS THE MEANING OF
THE WHITE BELT?**

LITTLE DRAGON PURPLE #2 - QUESTION

- Be respectful to your parents, brothers, sisters, and pets
- Keep your room clean
- Put toys away after playing with them
- Work hard in school

LITTLE DRAGON PURPLE #1 - ANSWER

Purity – No knowledge of Taekwondo. SIR/MA'AM!

LITTLE DRAGON PURPLE #2 - ANSWER



**WHAT IS THE MEANING OF
THE YELLOW BELT?**

LITTLE DRAGON PURPLE #3 - QUESTION



**WHAT IS THE MEANING OF
THE ORANGE BELT?**

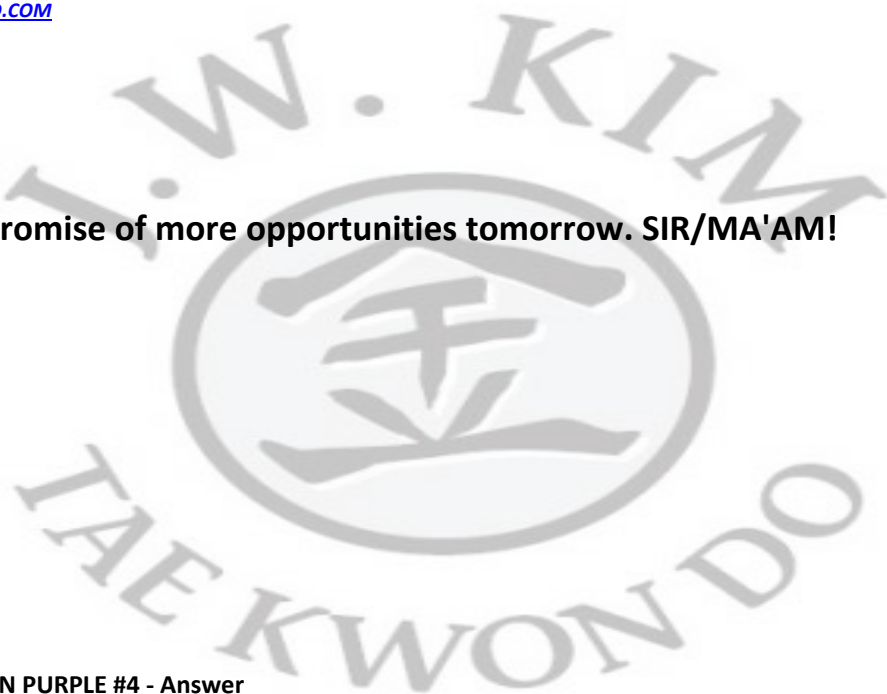
LITTLE DRAGON PURPLE #4 - QUESTION

Sunrise – Opening to receive knowledge. SIR/MA'AM!



LITTLE DRAGON PURPLE #3 - Answer

Sunset – Promise of more opportunities tomorrow. SIR/MA'AM!



LITTLE DRAGON PURPLE #4 - Answer



**WHAT IS THE MEANING OF
THE GREEN BELT?**

LITTLE DRAGON PURPLE #5 - QUESTION



**WHAT IS THE MEANING OF
THE PURPLE BELT?**

LITTLE DRAGON PURPLE #6 - QUESTION

Plants – Growth. SIR/MA'AM!

LITTLE DRAGON PURPLE #5 - Answer

Power – The royal color of majesty. SIR/MA'AM!

LITTLE DRAGON PURPLE #6 - Answer



**WHAT IS THE MEANING OF
THE PURPLE BELT?**

PURPLE #1 - QUESTION



**WHAT IS THE MEANING OF
TAEGEUK SA JANG?**

PURPLE #2 - QUESTION

Power – The royal color of majesty. SIR/MA'AM!

PURPLE #1 - ANSWER



Thunder. SIR/MA'AM!

PURPLE #2 - ANSWER



The logo for J.W. KIM TAE KWON DO is a circular emblem. It features a central shield with a traditional Korean design, surrounded by the text 'J.W. KIM' at the top and 'TAE KWON DO' at the bottom in a circular arrangement.

**COUNT FROM 20-40 IN
KOREAN**

PURPLE #3 - QUESTION

The logo for J.W. KIM TAE KWON DO is a circular emblem. It features a central shield with a traditional Korean design, surrounded by the text 'J.W. KIM' at the top and 'TAE KWON DO' at the bottom in a circular arrangement.

**WHAT ARE THE THREE RULES
OF CONCENTRATION?**

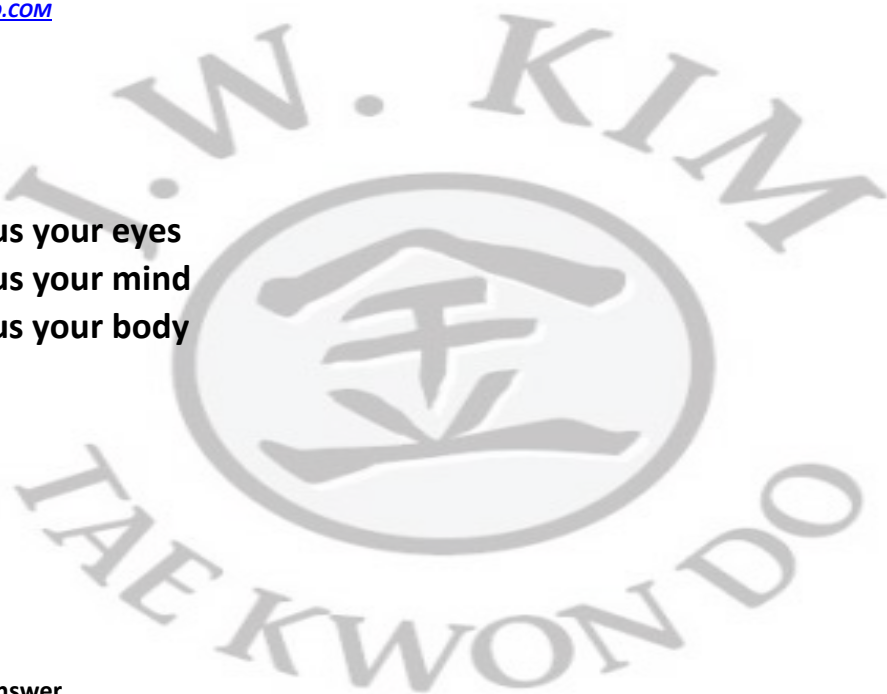
PURPLE #4 - QUESTION

- Samul
- Sarun
- Mahun



PURPLE #3 - Answer

- Focus your eyes
- Focus your mind
- Focus your body



PURPLE #4 - Answer



**WHY DO WE PRACTICE
CONTROLLED FREE
SPARRING?**

PURPLE #5 - QUESTION

- To demonstrate mental discipline
- To show physical control over ourselves
- To build self-confidence which indicates a strong mind

PURPLE #5 - Answer



**WHAT IS THE MEANING OF
THE BLUE BELT?**

BLUE #1 - QUESTION



**WHAT IS THE MEANING OF
TAEGEUK OH JANG?**

BLUE #2 - QUESTION

Sky – The unlimited boundaries of Taekwondo. SIR/MA'AM!

BLUE #1 - ANSWER

Wind. SIR/MA'AM!

BLUE #2 - ANSWER



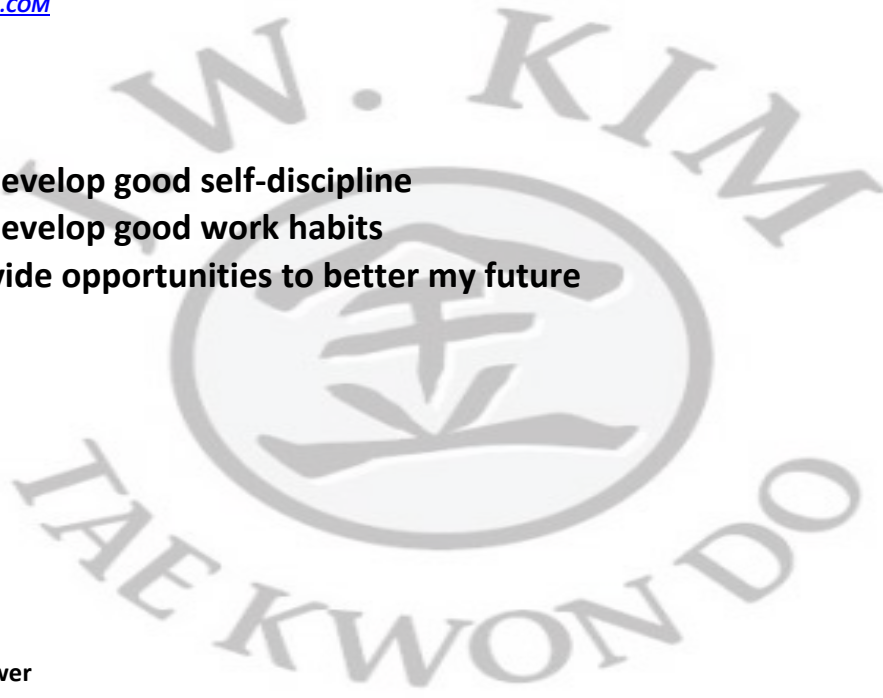
**WHY IS IT IMPORTANT TO
GET GOOD GRADES IN
SCHOOL?**

BLUE #3 - QUESTION



**HOW DO YOU USE
PERSEVERANCE IN THE
FOLLOWING SETTINGS?**

BLUE #4 - QUESTION

- 
- To develop good self-discipline
 - To develop good work habits
 - Provide opportunities to better my future

BLUE #3 - Answer

- 
- At home: _____
 - At school/work: _____
 - At Taekwondo: _____

BLUE #4 - Answer



**WHAT IS THE MEANING OF
THE RED BELT?**

RED #1 - QUESTION



**WHAT IS THE MEANING OF
TAEGEUK YUK JANG?**

RED #2 - QUESTION

Fire – Use caution when practicing Taekwondo. SIR/MA'AM!

RED #1 - ANSWER

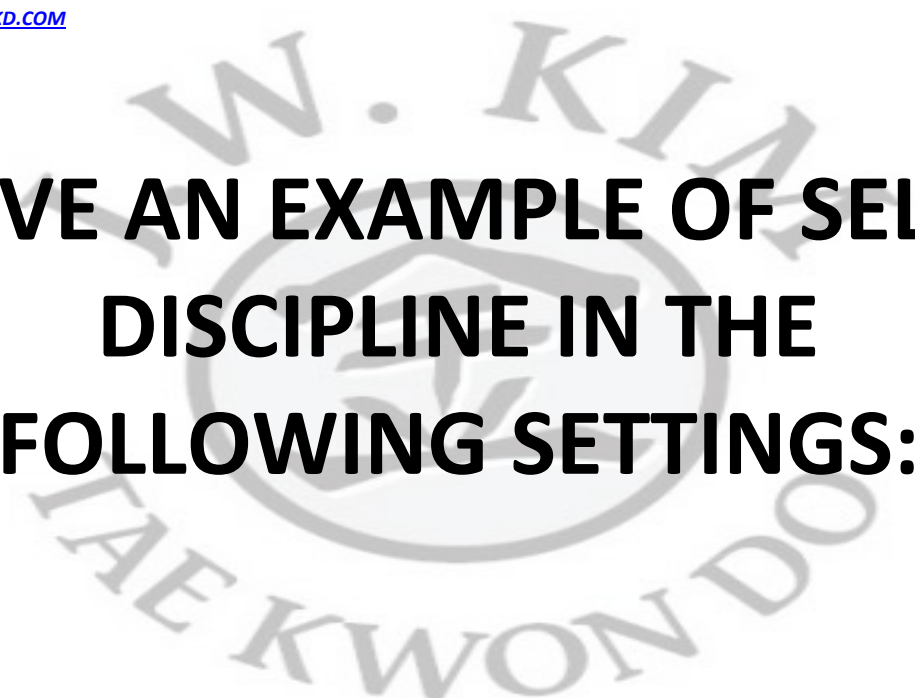
Water. SIR/MA'AM!

RED #2 - ANSWER



**WHAT IS THE MEANING OF
TAEGEUK CHIL JANG?**

RED #3 - QUESTION



**GIVE AN EXAMPLE OF SELF-
DISCIPLINE IN THE
FOLLOWING SETTINGS:**

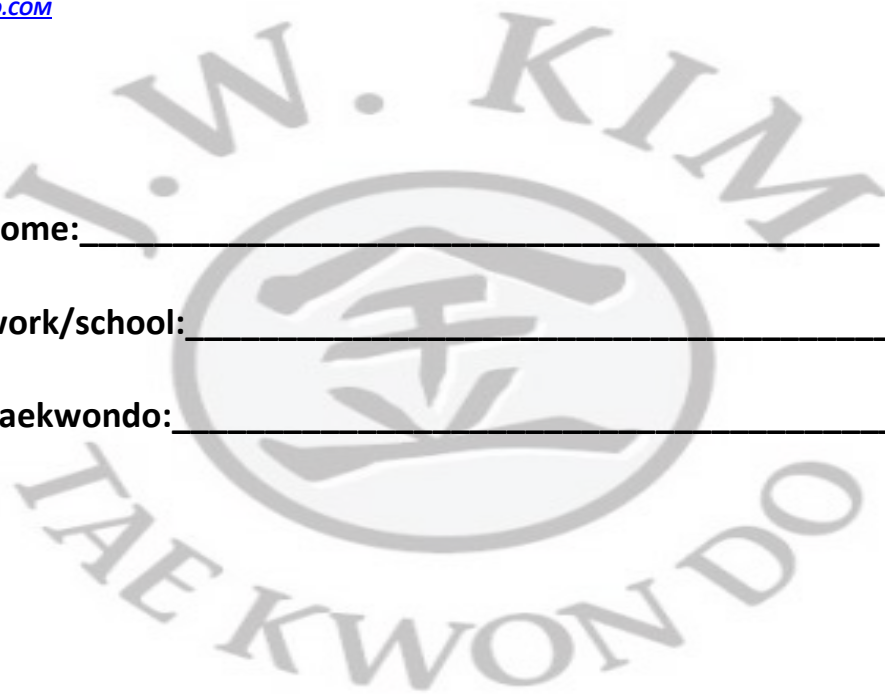
RED #4 - QUESTION

Mountains. SIR/MA'AM!



RED #3 - Answer

- At home: _____
- At work/school: _____
- At Taekwondo: _____



RED #4 - Answer

WHAT IS CONFIDENCE?

RED #5 - QUESTION

- Believing in yourself

RED #5 - Answer





**WHAT IS THE MEANING OF
THE HIGH RED BELT?**

HIGH RED #1 - QUESTION



**WHAT IS THE MEANING OF
TAEGEUK PAL JANG?**

HIGH RED #2 - QUESTION

Volcano – Fire creating earth. SIR/MA'AM!

HIGH RED #1 - ANSWER


Earth. SIR/MA'AM!

HIGH RED #2 - ANSWER



**WHAT ARE THE FIVE VIRTUES
OF A LEADER?**

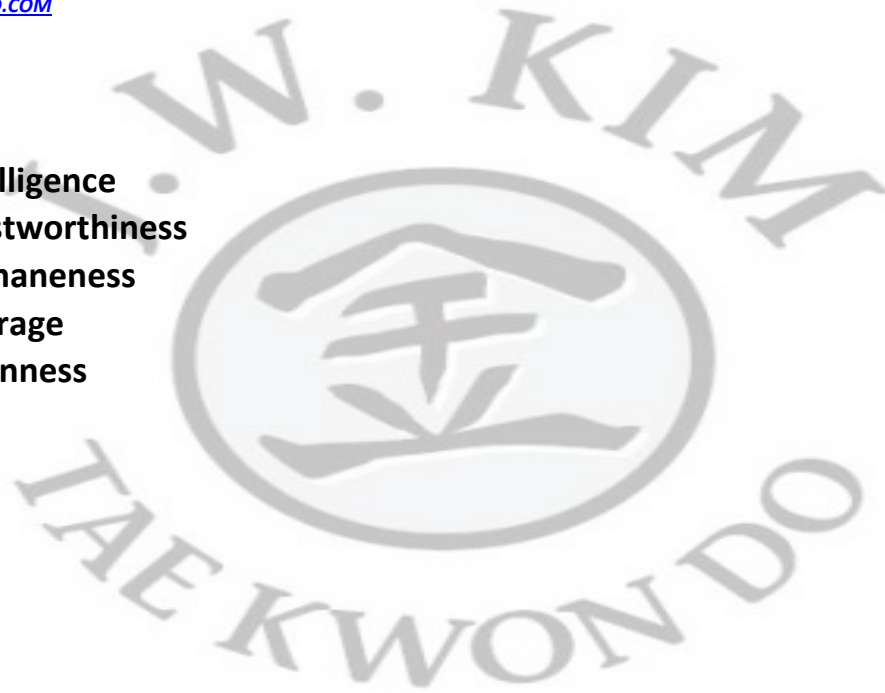
HIGH RED #3 - QUESTION



**WHAT MAKES YOU A LEADER
IN THE FOLLOWING
SETTINGS:**

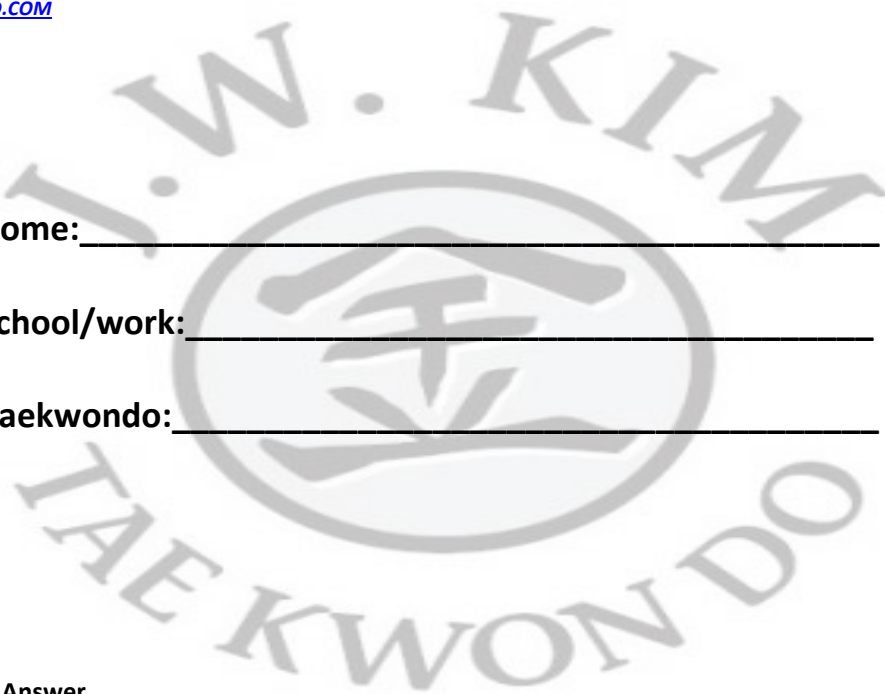
HIGH RED #4 - QUESTION

- Intelligence
- Trustworthiness
- Humaneness
- Courage
- Sternness



HIGH RED #3 - Answer

- At home: _____
- At school/work: _____
- At Taekwondo: _____



HIGH RED #4 - Answer

WHAT IS THE MEANING OF THE BROWN BELT?

BROWN #1 - QUESTION

HISTORY OF TAEKWONDO (KEY POINTS)

BROWN #2 - QUESTION

Earth – Taekwondo skills should be as solid as the mountains. SIR/MA'AM!

BROWN #1 - ANSWER

- Korean martial art that originated over 2000 years ago
- Korea was divided into Koguryo, Pakje, and Silla kingdoms
- Hwa Rang Do (group of noble men) helped Silla unite the 3 kingdoms
- Hwa Rang Do had an honor code that included martial art forms that evolved into Taekwondo
- Japan invaded Korea in 1909 and forbade practice of martial arts until the end of World War II
- In 1955 the various Kwans (types of martial arts) unified
- In 1957 the name “Taekwondo” was adopted
- In 1973 the World Taekwondo Federation (WTF) was founded
- In 1988 Taekwondo was a demonstration sport at the Seoul, South Korea Olympics
- In 2000 Olympics in Sydney, Australia, Taekwondo became an official Olympic sport, joining only Judo

BROWN #2 - ANSWER

IMPORTANCE OF POOMSE IN TAEKWONDO TRADITION (KEY POINTS)



- Poomse is the Korean word for form
- Represent philosophical thoughts from which Taekwondo was derived
- “Tae” means bigness
- “Geuk” means eternity
- “Taegeuk” means great eternity
- Eight Taegeuk patterns are derived from the Book of Changes
- Book of Changes states that the universe is divided into eight major forces (derived from Yin and Yang concept)
- Yin is the ultimate creative power
- Yang is the ultimate receptive power
- Each force is represented by a unique trigram (three lines)
- Together they represent a balance in nature

A large, faint, circular watermark logo is centered in the background. The text "J.W. KIM" is arched across the top, and "TAE KWON DO" is arched across the bottom. In the center of the circle is a stylized figure in a martial arts stance.

WHAT IS THE MEANING OF THE HIGH BROWN BELT?

HIGH BROWN #1 - QUESTION

Maturity – Ready to accept responsibility. SIR/MA'AM!

HIGH BROWN #1 - ANSWER





TAEGEUK IL JANG

FORMS WTF #1 - QUESTION

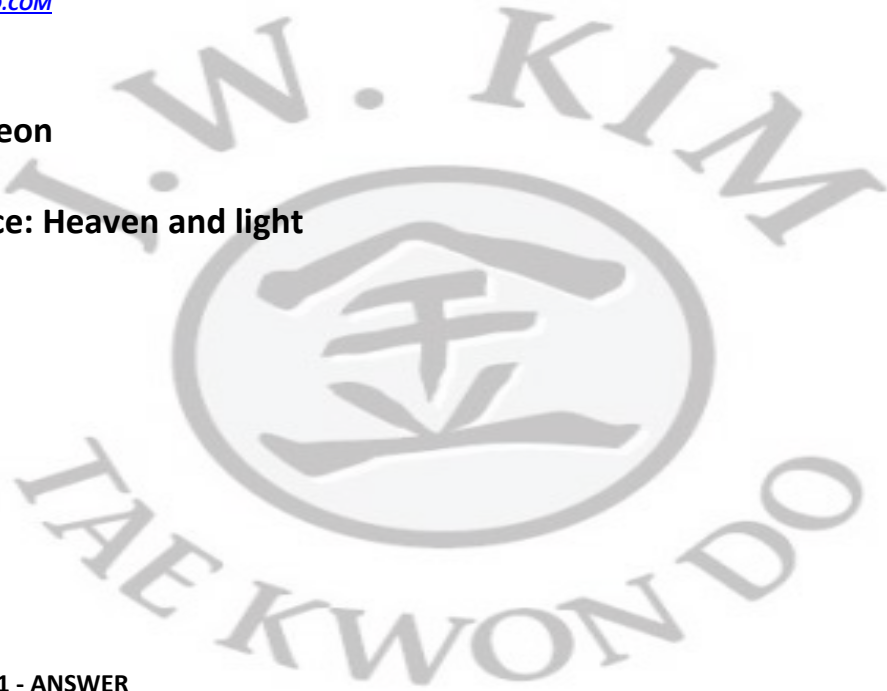


TAEGEUK YI JANG

FORMS WTF #2 - QUESTION

Symbol: Keon

Significance: Heaven and light



FORMS WTF #1 - ANSWER

Symbol: Tae

Significance: Joy



FORMS WTF #2 - ANSWER



TAEGEUK SAM JANG

FORMS WTF #3 - QUESTION



TAEGEUK SA JANG

FORMS WTF #4 - QUESTION

Symbol: Ri

Significance: Fire and clarity



FORMS WTF #3 - Answer

Symbol: Jin

Significance: Thunder

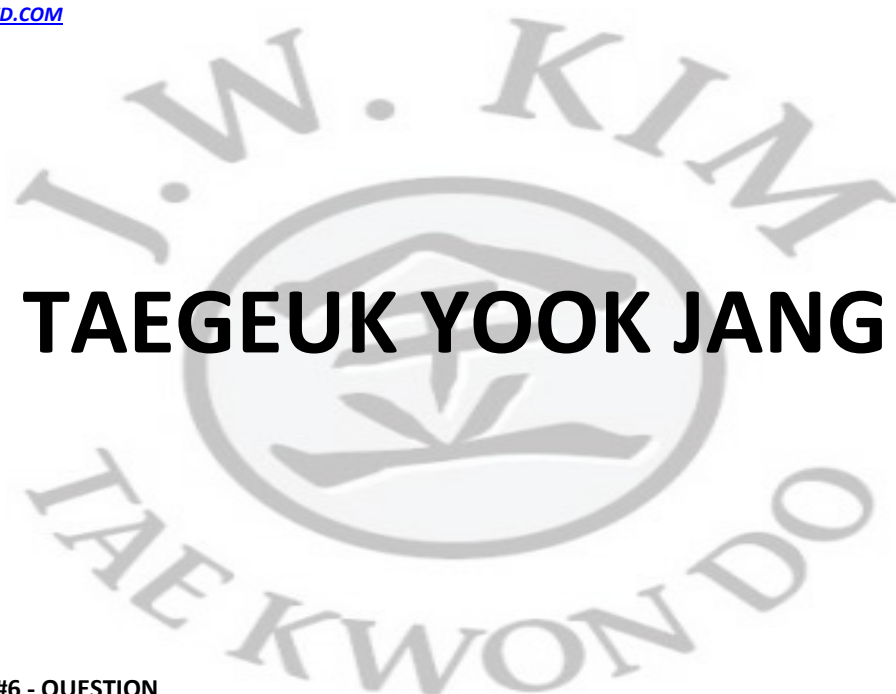


FORMS WTF #4 - Answer



TAEGEUK OH JANG

FORMS WTF #5 - QUESTION



TAEGEUK YOOK JANG

FORMS WTF #6 - QUESTION

Symbol: Seon

Significance: Wind



FORMS WTF #5 - Answer

Symbol: Gam

Significance: Water



FORMS WTF #6 - Answer



TAEGEUK CHIL JANG

FORMS WTF #7 - QUESTION



TAEGEUK PAL JANG

FORMS WTF #8 - QUESTION

Symbol: Gan

Significance: Mountain



FORMS WTF #7 - Answer

Symbol: Gon

Significance: Earth



FORMS WTF #8 - Answer



FORMS WTF #9 - QUESTION



FORMS WTF #10 - QUESTION

- Named after ancient Goryeo Korean dynasty
- Form represents their spirit

FORMS WTF #9 - Answer

- Means “Diamond” which translates to hardness
- Keumgang is the name of the most beautiful mountain in Korea
- Also represents the Keumgang Warrior as named by Buddah
- Performance should represent beauty, hardness, and contemplation

FORMS WTF #10 - Answer



FORMS WTF #11 - QUESTION



FORMS WTF #12 - QUESTION

- Means “lightness”
- Each movement should be performed quickly with exact precision

FORMS WTF #11 - Answer

- Means “vast plane”
- The plane sustains human life
- Has a different feeling than the mountains or the sea

FORMS WTF #12 - Answer



FORMS ITF #1 - QUESTION



FORMS ITF #2 - QUESTION

- 
- Means “Heaven and Earth”
 - Creation
 - The beginning of human life
 - Two similar patterns represent Heaven and Light, respectively

FORMS ITF #1 - Answer

- 
- Named after Dan-Gun
 - Founder of Korea in 2,333 B.C.E.

FORMS ITF #2 - Answer



FORMS ITF #3 - QUESTION



FORMS ITF #4 - QUESTION

- Pseudonym of patriot Ahn Chang-Ho
- 24 movements represent his life

FORMS ITF #3 - Answer

- Named after the monk who introduced Buddhism to the Silla Dynasty

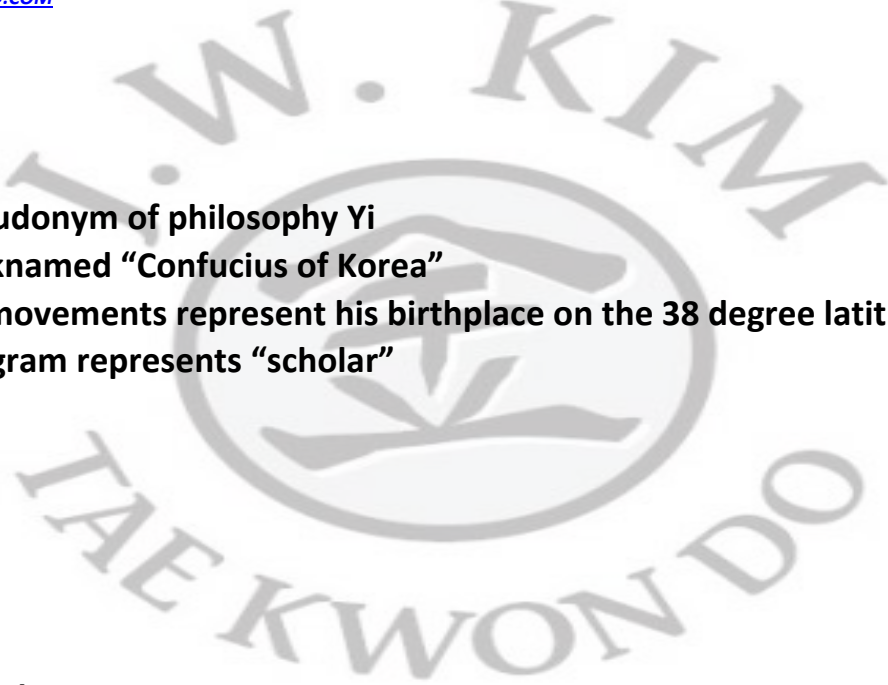
FORMS ITF #4 - Answer



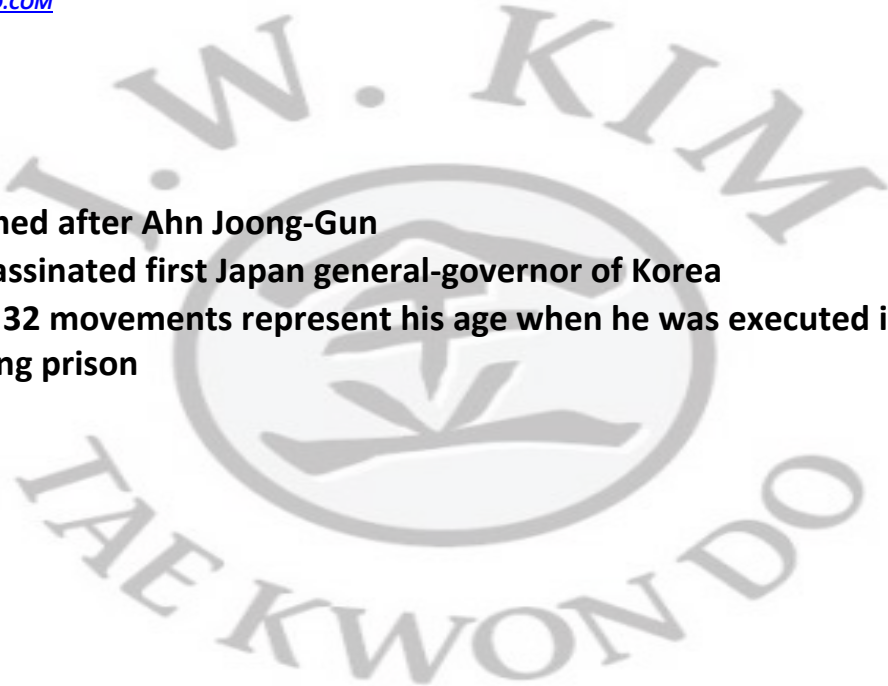
FORMS ITF #5 - QUESTION



FORMS ITF #6 - QUESTION

- 
- Pseudonym of philosophy Yi
 - Nicknamed “Confucius of Korea”
 - 38 movements represent his birthplace on the 38 degree latitude line
 - Diagram represents “scholar”

FORMS ITF #5 - Answer

- 
- Named after Ahn Joong-Gun
 - Assassinated first Japan general-governor of Korea
 - The 32 movements represent his age when he was executed in Lui-Shung prison

FORMS ITF #6 - Answer



FORMS ITF #7 - QUESTION



FORMS ITF #8 - QUESTION

- Pen name of scholar Yi Hwang
- 37 movements refer to his birthplace on the 37 degree latitude line
- Diagram represents “scholar”

FORMS ITF #7 - Answer

- Named after the Hwa Rang youth group
- 29 movements represent the 29th Infantry

FORMS ITF #8 - Answer



CHOONGMOO

FORMS ITF #9 - QUESTION



KWANGGAE

FORMS ITF #10 - QUESTION

- Named after Admiral Yi Soon-Sin
- Invented the first armored battleship (precursor to the submarine)
- Ends in left hand technique to represent his unfair death

FORMS ITF #9 - Answer

- Named after Kwang-Gae-Toh-Wang
- 19th king of the Koguryo Dynasty
- Diagram represents the expansion and recovery of lost territory
- 39 movements represent the first two digits of the year 391 which is the year he came to the throne

FORMS ITF #10 - Answer



FORMS ITF #11 - QUESTION



FORMS ITF #12 - QUESTION

- Pseudonym of the poet Chong Mong-Chu
- Wrote the famous Korean poem “I Will Not Serve Another Master Though I May Be Crucified 100 Times”
- Diagram represents his unwavering loyalty to his country

FORMS ITF #11 - Answer

- Named after General Ge Baek
- Diagram represents his severe and strict military discipline

FORMS ITF #12 - Answer



GYORUGY JAZE

KICKS #1 - QUESTION



PODO OLIGUI

KICKS #2 - QUESTION

Fighting stance



KICKS #1 - ANSWER

Rising kick



KICKS #2 - ANSWER



AP CHAGGIE

KICKS #3 - QUESTION



PIQUE CHAGGIE

KICKS #4 - QUESTION

Front kick

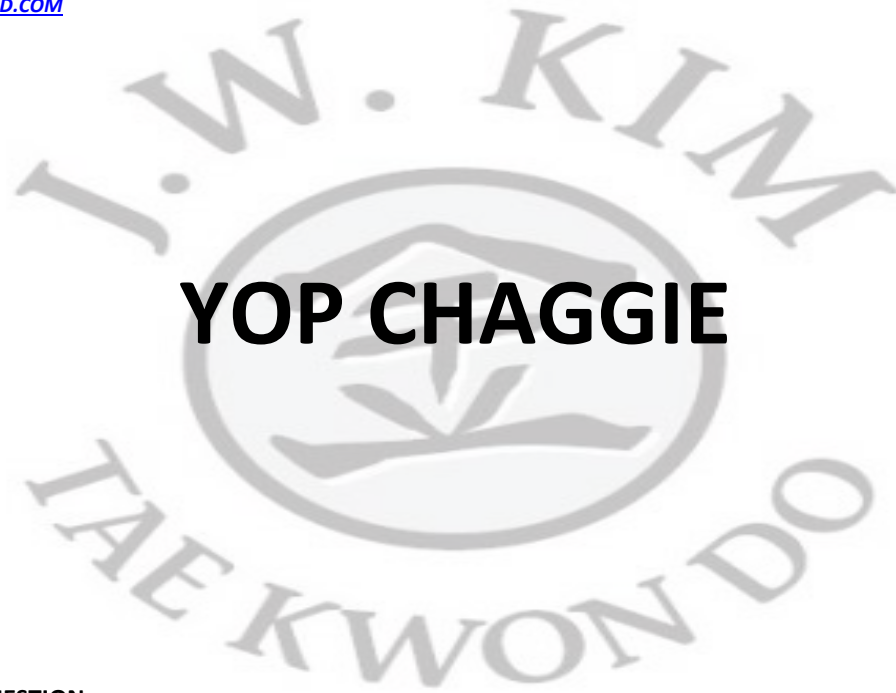


KICKS #3 - Answer

Roundhouse kick



KICKS #4 - Answer



YOP CHAGGIE

KICKS #5 - QUESTION



BACAT CHAGGIE

KICKS #6 - QUESTION

Side kick



KICKS #5 - Answer

Outside crescent kick



KICKS #6 - Answer



AN CHAGGIE

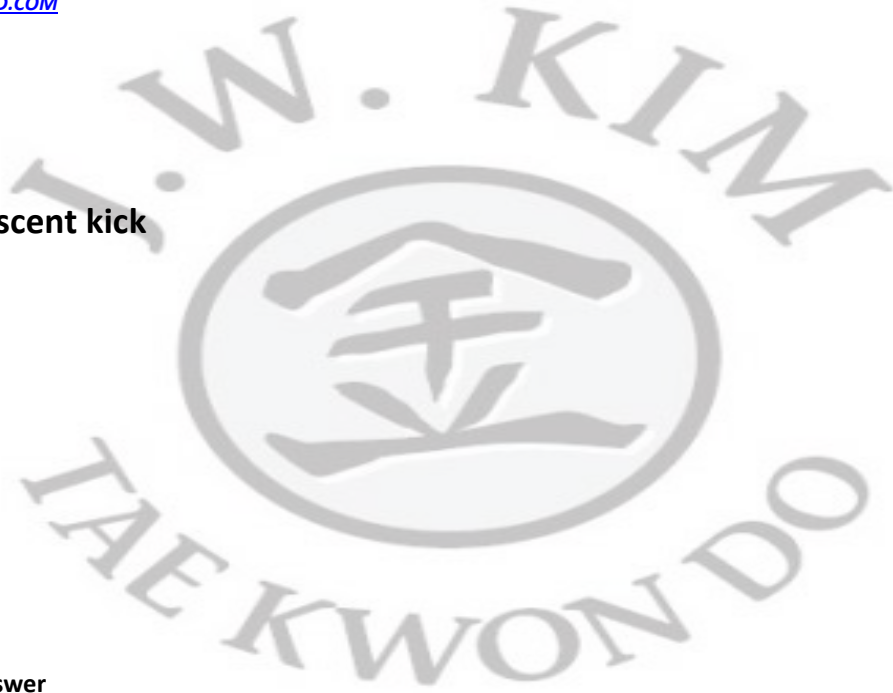
KICKS #7 - QUESTION



TCHIGO CHAGGIE

KICKS #8 - QUESTION

Inside crescent kick



KICKS #7 - Answer

Axe kick



KICKS #8 - Answer



DOLIO CHAGGIE

KICKS #9 - QUESTION



MIDO CHAGGIE

KICKS #10 - QUESTION

High roundhouse kick



KICKS #9 - Answer

Push kick



KICKS #10 - Answer



TI CHAGGIE

KICKS #11 - QUESTION



TI DOLIO CHAGGIE

KICKS #12 - QUESTION

Back kick



KICKS #11 - Answer

Spinning hook kick



KICKS #12 - Answer



TIMIO TI CHAGGIE

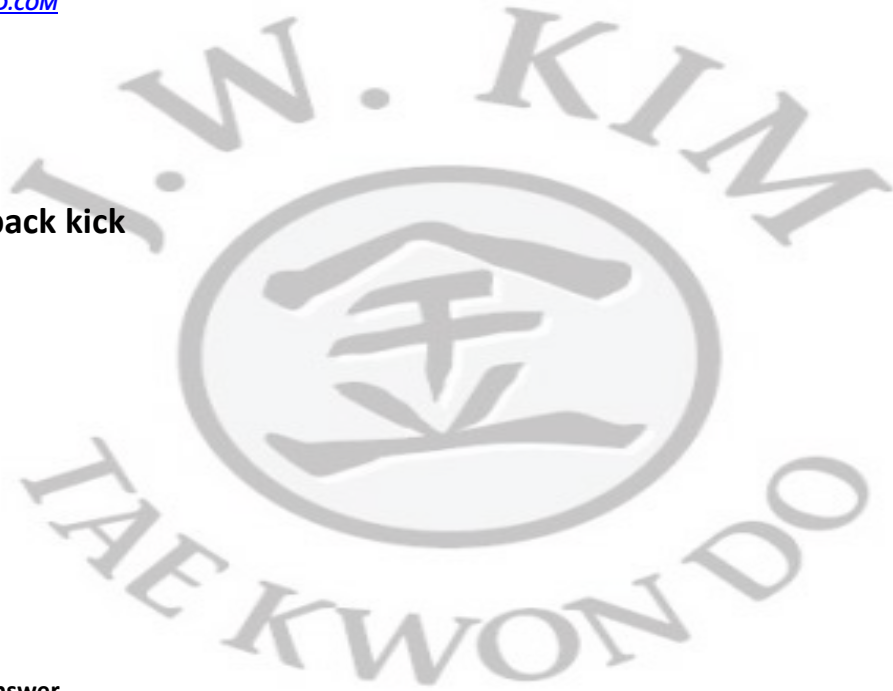
KICKS #13 - QUESTION



TIMIO TI DOLIO CHAGGIE

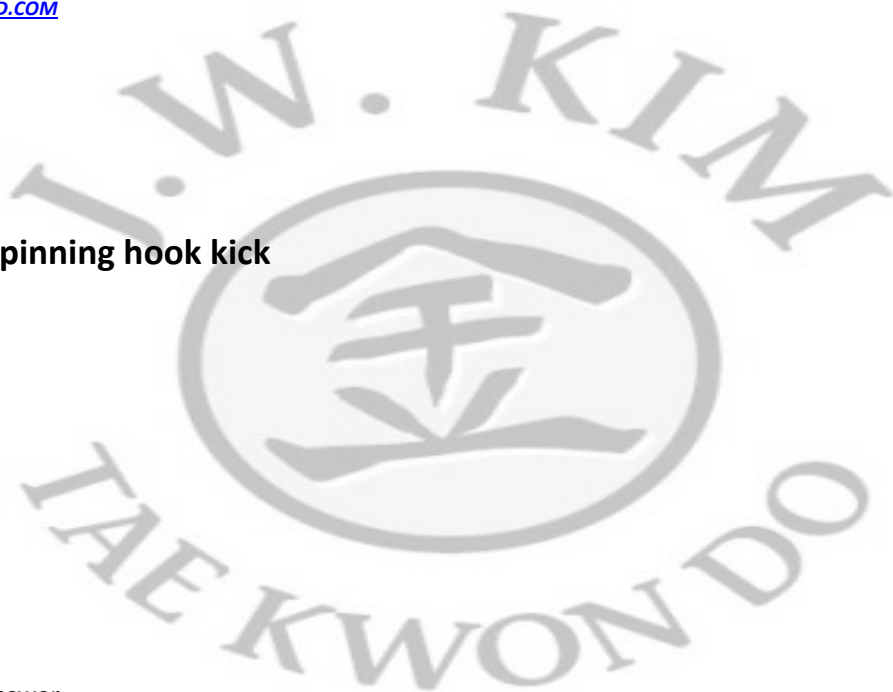
KICKS #14 - QUESTION

Jumping back kick



KICKS #13 - Answer

Jumping spinning hook kick



KICKS #14 - Answer



NARABAN CHAGGIE

KICKS #15 - QUESTION

Butterfly kick



KICKS #15 - Answer