



Schedule

Monday: 3:30 – 4:00 or 4:15 -4:45

Wednesday: 6:15 PM – 6:45 PM

Saturday: 9:00 AM - 9:30 AM

Stances

Horse Stance
Fighting Stance
Front Stance
Choon Bee- Ready
Cha Ryut – Attention

Techniques

Reverse Punch
Front Kick
Roundhouse Kick
High Block
Low Block

Counting in Korean

Ha Na - One
Dool - Two
Set - Three
Net - Four
Da Sot - Five
Yuh Sot - Six
Il Gop - Seven
o Dull – Eight
Ah Hope – Nine
Yohl - Ten

Student Creed

1. I will try my best
2. I will listen to my parents and teachers
3. I will not use karate on others

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