

# **Beginning Students**

## **Typical Class Structure**

Official Greeting  
Warm up  
Dynamic Stretching  
Strength & Endurance  
Drills: Kicks, Strikes, Sparring  
Self Defense Techniques  
Poomse  
Meditation

## **Beginner Curriculum**

**Stances:** Front, Deep, Horse  
**Blocks:** High, Low, Middle  
**Kicks:** Front, Axe, Side, Roundhouse, High  
**Strikes:** Fist, Elbow, Palm  
**Sparring:** One step 1-3  
**Self Defense:** 1-3  
**Poomse:** Basic 1-3  
Falling

## **Mental Training**

Counting 1,2,3...1000  
Basic Korean Terminology  
In and out respect procedures  
Spirit of Taekwondo