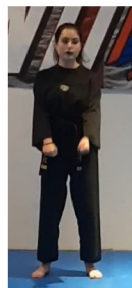


FORM: NTI 2

GOLD BELT REQUIREMENTS:
F.KICK/ R.KICK/ STEP SIDE KICK/
TENETS OF TAEKWONDO:
COUTESY/INTEGRITY/SELF CONTROL/PERSEVERANCE/INDOMITABLE SPIRIT
BREAKING : HOP SIDE KICK
SELF DEFENSE: 13 AND ABOVE



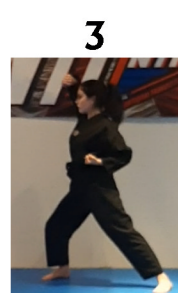
**READY
STANCE**



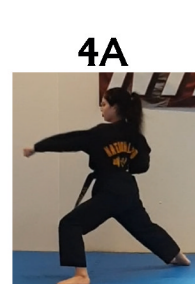
1
L.TURN 90* L
L LONG STANCE
L. HIGH BLOCK



2A
2B
R.STEP FORWARD
R. LONG STANCE
R. PUNCH/ L. PUNCH



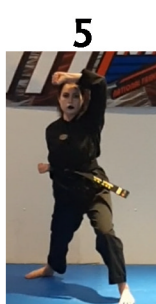
3
R TURN 180* R
R. LONG STANCE
R. HIGH BLOCK



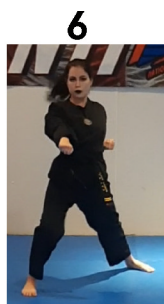
4A
L.STEP FORWARD
L LONG STANCE
L. PUNCH/ R PUNCH



4B



5
L TURN 90* L
L LONG STANCE
L. HIGH BLOCK



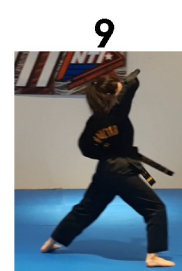
6
R STEP FORWARD
R LONG STANCE
R PUNCH



7A
7B
L STEP FORWARD
L LONG STANCE
L PUNCH/ R PUNCH



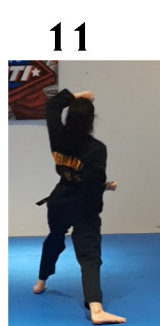
8A
8B
8C
R STEP FORWARD
R LONG STANCE
L PUNCH/R PUNCH/L PUNCH



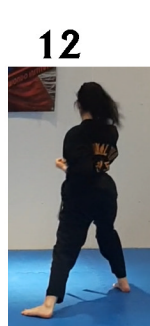
9
R TURN L 90*
R LONG STANCE
R HIGH BLOCK



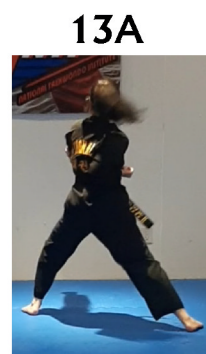
10 A
10 B
10 C
L FRONT KICK
L LONG STANCE
L PUNCH/R PUNCH



11
L TURN L 90*
L LONG STANCE
L HIGH BLOCK



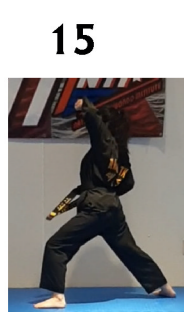
12
R STEP FORWARD
R LONG STANCE
R PUNCH



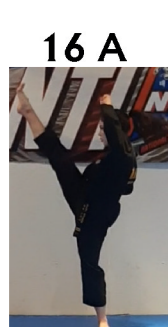
13A
13B
L STEP FORWARD L LONG
STANCE
L PUNCH/R PUNCH



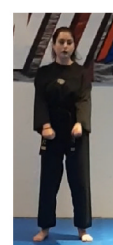
14A
14B
14C
R STEP FORWARD
R LONG STANCE
L PUNCH/R PUNCH/L PUNCH



15
L TURN L 90*
L LONG STANCE
L HIGH BLOCK



16 A
16 B
16 C
R FRONT KICK
R LONG STANCE
R PUNCH/L PUNCH



**R COMES BACK
READY STANCE**