



TIGER KIM'S ACADEMY™

TAEKWONDO TANG SOO DO HAP KI DO

SINCE 1976

TIGERKIM.COM



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HAND AND KICK SHEETS (16 YRS and Under)

FRONT KICKS (20X)	
MIDDLE PUNCHES (35X)	WHITE
ROUNDHOUSE KICKS (20X)	
HIGH BLOCKS (35X)	YELLOW
SIDE KICKS (20X)	
DOWN BLOCKS (35X)	HIGH YELLOW
INSIDEOUT CRESENT KICKS (20X)	
INSIDEOUT MIDDLE BLOCKS (35X)	GREEN
OUTSIDEIN CRESENT KICKS (20X)	
OUTSIDEIN MIDDLE BLOCKS (35X)	HIGH GREEN
MIDDLE CHOPS (20X)	
HOOK KICKS (35X)	BLUE
PALM STRIPES (20X)	
BACK KICKS (35X)	HIGH BLUE
BACK FIST (20X)	
BACK SWING KICKS (35X)	RED
ELBOW STRIKES (20X)	
DOUBLE ROUNDHOUSE KICKS (35X)	HIGH RED
RIDGE HAND STRIKES (20X)	
AUTOBOND KICKS (35X)	BO DAN



FOCUS

DISCIPLINE

SELF DEFENSE

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