

Training Secrets of Taekwon Do

Students should keep in mind the following secrets:

- 1) To study the theory of power thoroughly.**
- 2) To understand the purpose and method of each movement clearly.**
- 3) To bring the action of eyes, hands, feet and breath into one single coordinated action.**
- 4) To choose the appropriate attacking tool for each vital spot.**
- 5) To become familiar with the correct angle and distance for attack and defense.**
- 6) Keep both the arms and legs bent slightly while movement is in motion.**
- 7) All movements must begin with a backward motion with very few exceptions. However, once the movement is in motion it should not be stopped before reaching the target.**
- 8) To create a sine wave during the movement by utilizing the knee spring properly.**
- 9) To exhale briefly at the moment of each blow excepting a connecting motion.**