

Can you fill in the missing letters?

Tenets of Taekwon-Do

I _ _

S___

I _ _ _

76

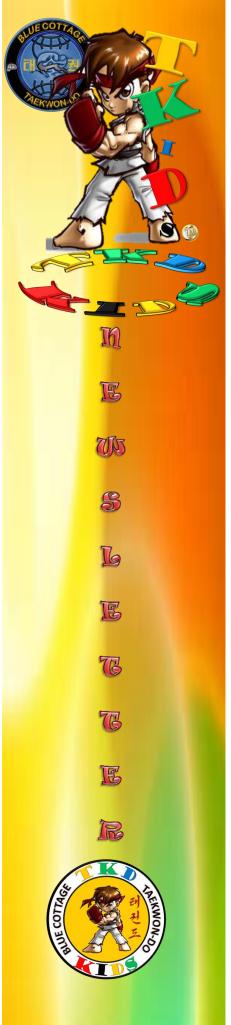
B

E

R

Pick one of the Tenets of Taekwon-Do and
write below what it means to you.



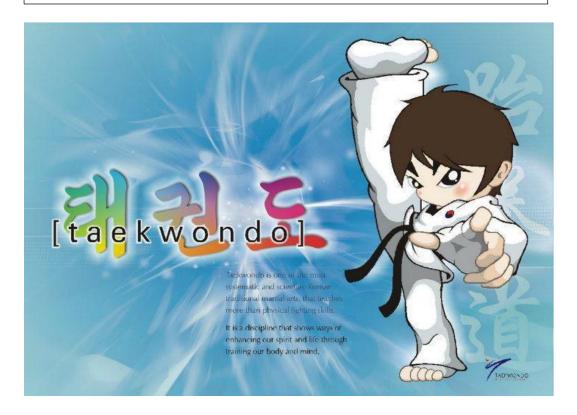




Small nose and huge mouth

코작은 할아버지와 입 큰 할머니

Once upon a time, there was an old couple who have problems with their appearance. The man has got a small nose, woman has got a huge mouth. Someday, their neighbor invited them to have dinner. They really wanted to go and have a good time with neighbors but they were nervous what they show their face. they got good idea. He made fake nose by candle, she sewed her mouth. in the party, they talked near the stove. Then his nose began to melt. His wife laughed to see him and her mouth became huge. they were nervous and put they heads down. The neighbor said appearance is not important, we like you because you are so kind. Since then they didn't care so much about their face and lived happily after.





How To: Front Snap Kick



This technique is designed to attack an opponent in the front. The face, solar plexus, abdomen, scrotum, armpit and floating ribs are the targets. It is performed with the ball of the foot, instep, toes and knee, and is broken down into low and middle front snap kicks as far as the ball of the foot and toes are concerned. The common principles of this kick: The stationary leg must be relaxed at the moment of impact. The knee of the kicking leg must be brought sharply toward the chest prior to kicking. These two motions must be coordinated in one smooth, swift action.

Name 5 Acts of Kindness you displayed this week:

- 1.
- 2.
- 3,
- 4
- 5