www.athloneitf.com - Child Green Tag

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STUDENTS				_
NAME		PHONE	Instructors comments	Instructors
				Initials
Dan-Gun part 1	Meaning of pattern			
Dan Gan part :	mouning or pattorn			
	Number of moves			
	Number of moves			
	returning foot			
		Define + demonstrate moving		
	L-stance, knifehand guarding block	forward/back		
	Jan 19, 19 Jan 19	thono		
	Perform Dan-Gun part 1			
	renomi ban-dun part i			
		Define + demonstrate moving		
Dan-Gun part 2	Twin forearm guarding block	forward/back		
		Define + demonstrate moving		
	Outerforearm rising block	forward/back		
	Continuous motion Lowblock/risng	Straight leg, proper chambers, proper		
	block	sinewave + breath		
		Define + demonstrate with proper hip		
	L-stance knifehand strike	twist		
	L-Stance killienand Strike	twist		
	Perform Dan-Gun tul (all)	cadomy	7	
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