



Tae Kwon Do Challenge

Challenge:

Have someone take pictures of you doing the following different moves:

Stances

- Fighting Stance
- Horse Riding Stance

Punches

- High Punch
- Middle Punch
- Low Punch

Kicks

- Roundhouse
- Front
- Side

Bring your pictures to class mounted on a piece of poster board or cardboard. We will be discussing your body placement and technique. If you have a Gi, be sure to wear it in your pictures.

To take this project to the fair:

1. Enroll in 4-H online at www.4honline.com and add health under the projects tab before April 30th.
2. For fair sign up choose:
 - a. Dept 34 (Health)
 - b. Class B
 - c. Lot 2

Tae Kwon Do Project Contact

Ashley Busch
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920-562-2385



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