

Online Training Video Tutorial Links

The below links will take you directly to any video tutorial videos that we have posted for students to learn and practice their techniques. Click the link to access the video. These same videos are available linked through the App. More will be added as they are uploaded.

UNIFORM WEAR:

Wearing Uniform - <https://vimeo.com/309552909/f47507d9bf>

Tying your own belt - <https://vimeo.com/309552599/fb01a1089e>

Tying belt on student - <https://vimeo.com/309552230/0dc4e5e7c4>

FORMS:

Basic Form 1 (steps 1-8 only) - <https://vimeo.com/309542572/1d30d287b3>

Basic Form 1 (full form) - <https://vimeo.com/398047428/eb4dc63944>

Basic Form 2 - <https://vimeo.com/398047922/45687d33c6>

Basic Form 3 - <https://vimeo.com/398048307/b5bd5c69fe>

Dol Poong 1 - <https://vimeo.com/398048679/e6b8165d42>

Dol Poong 2 - <https://vimeo.com/398049113/812752d052>

Dol Poong 3 - <https://vimeo.com/398049760/8eca33273b>

Dol Poong 4 - <https://vimeo.com/398050571/a06a0c3441>

Dol Poong 5 - <https://vimeo.com/398051551/f2e15281a0>

Dol Poong 6 - <https://vimeo.com/398052334/5086d6d26e>

Dol Poong 7 - <https://vimeo.com/398052920/fc64fc1b61>

Dol Poong 8 - <https://vimeo.com/398053608/fa41b4129e>

Dol Poong 9 - <https://vimeo.com/398054010/6c08837ec2>

Chung San 1 - <https://vimeo.com/398054651/a98f8ff8ae>

Chung San 2 Demonstration - <https://vimeo.com/399669479/913f1eba01>

KICKS:

Front Foot Front Kick - <https://vimeo.com/399543606/96933c97dd>

Back Foot Front Kick - <https://vimeo.com/399542964/7b5d643b69>

Jumping Front Kick - <https://vimeo.com/331858786/c46f1c77b4>

Front Foot Side Kick - <https://vimeo.com/399544458/d8fbaef85d>

Back Foot Side Kick - <https://vimeo.com/399543397/4b02775008>

Back Pivot Side Kick - <https://vimeo.com/399543606/96933c97dd>

Front Foot Roundhouse Kick - <https://vimeo.com/399544213/349f455912>

Back Foot Roundhouse Kick - <https://vimeo.com/399543275/dc5856d4a7>

Back Spin Kick - <https://vimeo.com/399543793/a0a1968cbf>

Front Foot Hook Kick - <https://vimeo.com/399545750/30c9d029bd>

Back Foot Hook Kick - <https://vimeo.com/399666655/71a67ef2e9>

Front Foot Inside Ax Kick - <https://vimeo.com/399551158/ace1bf54a1>

Back Foot Inside Ax Kick - <https://vimeo.com/399553801/7c0947559a>

Front Foot Outside Ax Kick - <https://vimeo.com/399669770/2738e8ae1a>

Back Foot Outside Ax Kick - <https://vimeo.com/399669329/87c7063c70>

Spinning Ax Kick - <https://vimeo.com/399669137/4ff87c7af0>

STANCES:

Forward Stance - <https://vimeo.com/309553315/c73b2b2d7c>
Horseriding Stance - <https://vimeo.com/309541494/d314891c12>
Ready Stance - <https://vimeo.com/309554755/25d0402f45>
Attention Stance - <https://vimeo.com/309553134/dd5f33d6be>
Cat or Guarding Stance - <https://vimeo.com/399671105/03bbba73a4>

BLOCKS:

Basic Blocks - <https://vimeo.com/309540470/9a07155fbc>
Double Blocks - <https://vimeo.com/399667842/7ae0d10737>
Knifehand Blocks – <https://vimeo.com/399667603/9634db73b0>
Knifehand Attack/Punch - <https://vimeo.com/399669852/6172e77918>

Hand Strikes:

Palm Heel Strike - <https://vimeo.com/331852492/5f42e94d5b>
Hammer Fist - <https://vimeo.com/309548652/db5b51d61c>
Side Hammer Fist - <https://vimeo.com/309546151/1a1bf148c4>