PE-2 Assignment 1.1

1. What is Taekwondo?
2. What are the five Tenets of Taekwondo?
3. What is Poomsae (Forms)?
4. What is Kyurugi (Sparring)?
5. What is Kyupka (Breaking)?
6. Basic Commands & Stances in Taekwondo.
7. 9 Basic Block & Strikes in Taekwondo.
8. Basic Kicks in Taekwondo.

**NOTE:** No meeting tomorrow but make your assignment instead. Please turn-in your work in PDF file. Also, please do your assignment honestly.

**THANK YOU!!!**