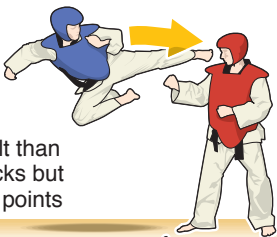


Taekwondo *ExCel, Docklands*

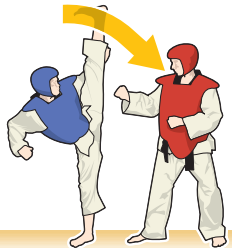
● men ● women

MAJOR OFFENSIVE MOVES

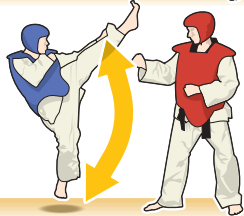
Flying kick
More difficult than standard kicks but earns more points



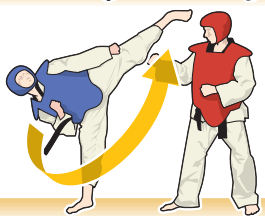
Axe kick
Heel drops onto head or collarbone



Skip kick
Kicking leg swapped while in air



Spinning hook
Difficult kick used to intimidate opponent

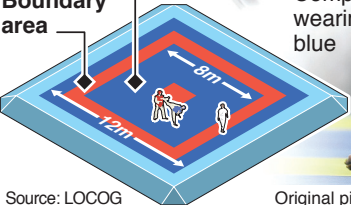


EQUIPMENT

Hogu
Protects upper body – groin, shin and forearm guards worn inside dobok

COMPETITION AREA

Contest area
Boundary area



Chung
Competitor wearing blue

Hong
Competitor wearing red

Dobok
White trousers and jacket

