

Tae Bo® Nation 2024

Tae Bo® Nation Advanced Tutorial Outline



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Round 1

Position of Attention - Charyut

Bow – Kyungnet

Basic Stances

- Four Point Stance
- Horsestance Fighting Guard
- Forward Fighting Guard
- Defensive Horsestance Fighting Guard

Basic Punching Technique

- #1 Punch - Jab
 - Lead Leg Jab
 - Stationary Jab
 - Offensive Jab travelling forward
 - Defensive Jab traveling backward

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- #2 Punch - Cross Punch
 - Cross Punch from a four-point stance
 - Parallel fist
 - Vertical fist
 - Lead Leg Cross Punch
 - Offensive Cross Punch
- #3 Punch - Hook
 - Stationary Hook
 - Parallel Fist
 - Vertical Fist
- #4 Punch - Uppercut
 - Stationary Uppercut
- #6 Kick - Roundhouse Kick
- #7 Kick - Side Kick
- Understanding Kicking Position

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- #5 Kick - Front Kick
 - Using the top of your foot
 - Using the heel of your foot
 - Using the ball of your foot
- Front Kick/Back Kick Combination (#8 Kick – Back Kick)

Combinations 1-4

- Combination #1 – Jab
- Combination #2 – Cross
- Combination #3 – Hook
- Combination #4 – Uppercut

Footwork

- The Powerslide
 - To the left or to the right
- The Side Shuffle (Tap Shuffle)
 - Forward and Defensive
- Step Tap Footwork (Step Up Footwork)
- Swivel Hip (To the left or right)

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Round 2

What does Tae Bo® mean?

- Total Awareness of Excellent Body Obedience
- Take Action Execute Believe Overcome

Skill Setting

- What does it mean?
- Combination #1
- Combinations #1 and #5
- Slide Knee
- Combinations #3, #4 and #5 combined

The Combat Part of Tae Bo®

- Combat Punches
 - Jab Combat Punch
 - Cross Combat Punch
 - Hook Combat Punch
 - 1 2 3 Combat Mode
 - Uppercut Combat Punch

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- 1 2 3 4 Combat Mode
- Combat Combination Back Fist
- Power Side Kick (Combat Kick)
 - Shout “Asah” upon contact
- Skip Power Sidekick (Cardio)
 - Still use “Asah” upon contact

Preparing for the Exam

- How to put combinations together
 - Combinations #5 and #7
 - Combinations #2 and #4
 - Combinations # 6 and #5
- Remember this Combination
 - Combinations #2 and #4 with Slide

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Round 3

What does Tae Bo® Mean As a word of encouragement?

- Total Awareness of Excellent Body Obedience
- Take Action Execute Believe Overcome

Basic Principals of Tae Bo®

- To help people, encourage people
- Helping someone from the inside out
- Help people to be their best

Application Movements of Tae Bo®

- What is a ready position?
 - Ready Position #1
 - Position of Attention (Churyat)
 - Bow (Kyungnet)

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- Us (sounds like ouhs)
- Ready Position #2
 - 4-point Stance
- Ready Position #3
 - Horsestance Fighting Guard
- Ready Position #4
 - Forward Fighting Guard (Boxer's Position)
 - Defensive Fighting Guard

Stances

- Walking Stance
- Hourglass Stance
- Cat Stance

Changing Guards

- Changing guards going forward
- Changing guards to the rear
- Reverse guard

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- Walk-Through changing guards going forward
- Walk-Through changing guards to the rear

Strikes

- Shuffle leg with Backfist
- Spinning Backfist
- Knife Hand (Shuto)
- Inside Knife Hand Strike
- Overhead Hammer Fist Strike (Hammer Fist Strike)

Defense

- Downward Block
- Inside Forearm Block
- Outside Forearm Block
- Rising Block

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Chun Ji

- First Half
 - Using a Down Block and Punch
- Second Half
 - Using an Inside Block and Punch
- Meaning of Chun Ji
 - Heaven and Earth
 - Beginning and End