

# TKD500 TECHNICAL STANDARDS

## SIDE PIERCING KICK

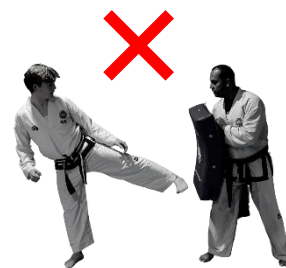
- Performed with the front leg
- Foot must touch the floor between each kick
- Leg must enter chamber position before AND after the kick
- Foot must connect with pad in footsword position
- It's up to you how often you alternate legs, if at all
- Height must be above your own thigh



Chamber position  
before and after kick



Correct footsword  
position



Swinging the leg up and down  
from the pad without proper  
preparation and retraction

## SQUAT

- Must return to fully upright position between squats
- To be counted, the thighs must be parallel to the floor
- Your head should be forward facing throughout the technique



Head forward facing, thighs  
parallel to the floor



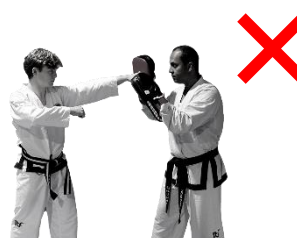
Leaning forward and sticking  
your rear out behind you

## MIDDLE FRONT PUNCHES

- Jab/cross to focus mitts, i.e. diagonal to mittholders opposite pad
- Arm must be fully extended and retracted
- Hand should be in proper fist (thumb outside)
- Fist must actually connect with mitt (i.e. misses do not count)



Punching arm fully extended,  
reaction arm fully retracted



Reaction arm not fully retracted