

Tae Bo® Nation 2024

Tae Bo® Nation Basic Tutorial Outline



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Round 12

Round 25

Round 37

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Round 1

What is Tae Bo®

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

Tae Kwon Do Terminology

- Charyut (sounds like Chari-yut) – Position of Attention
- Kyungnet – Bow

Basic Stances

- 4 Point Stance (waiting/ready position)
 - In Japanese
 - Migiashi – Right Foot
 - Hidariashi – Left Foot
- Walking Stance (Forward Stance)
- Horse Stance Fighting Guard
- Forward Fighting Guard (boxer's guard)

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Footwork

- The Athlete Shuffle (the Side Shuffle)
- Step Forward Tap
- Half Butterfly
- Swivel Hips
- Power Slide
- Lead Leg Footwork

Basic Punching Technique

- Jab #1 Punch
 - Stationary
 - Lead Leg
 - Travelling
- Cross #2 Punch
- Hook #3 Punch
 - Vertical hook
 - Parallel Hook
- Uppercut #4 Punch

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Punching Combinations

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

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Round 2

Knee Raises

- Front Forward Knee
- Side Stationary Knee
- Half Moon Knee/Superman Knee
- Scoop Knee
- Reverse Knee

Advance the Technique

- Step Forward Front Knee
- Side Knee from the Side
- Step Forward Scoop Knee
- Step Forward Half Moon/Superman Knee

Four Basic Kicks and Combinations

- Stationary Front Kick/Front Snap Kick - #5 Kick
 - Step Forward Front Kick
 - Front Kick Combination #5

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- Stationary Roundhouse Kick - #6 Kick
 - Using right and left horse stance guards
 - Roundhouse Kick Combination #6 (not shown, same as #7)
- Stationary Side Kick - #7 Kick
 - Reaction Side Kick
 - Side Kick Combination #7
- Stationary Back Kick #8 Kick
 - Back Kick Combination #8

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Round 3

Teaching Skill Sets

- Mirror Teaching
- Preparing a Class
- Motivation
- Be in Shape

How to Set Up Combinations

- Butterfly Position
 - Upper Body Butterfly
 - Lower Body Butterfly
- Half Butterfly
 - Butterfly moving to the left and the right.
 - (stationary butterfly moving into a lateral butterfly)
 - Moving forward and back using the Butterfly
 - Moving Forward and Back using Cross Punches and Uppercuts
 - Moving Forward and Back using Elbows
- Cross Punch Sidestep Combination

Using the Beat/Counting

- Traditional Count
- Basic Count