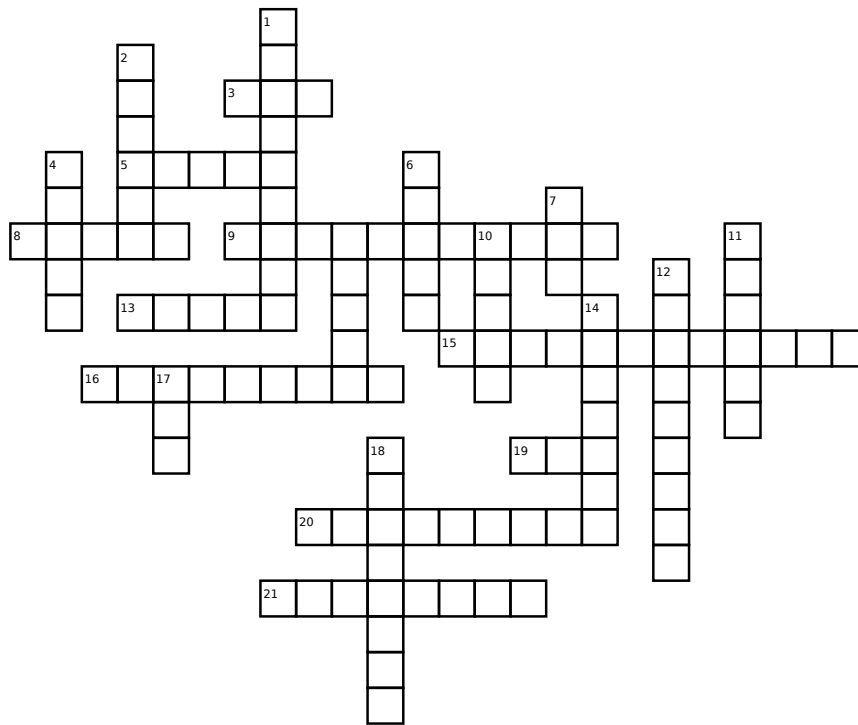


# OCMA Crossword Puzzle 1



## Down:

1. What kind of attitude should you always have?
2. stance where weight is even on both sides, (aka horse stance)
4. What is a back hand punch called?
6. kick that goes forward
6. kick that goes forward
7. you must do this before coming onto the mat
10. How many points is a kick to the head?
11. Korean name for studio
12. What does TKD stand for?
14. tenet of TKD (ex. treat others the way you want to be treated)
17. How many points is a kick to the body?
18. sport of TKD where you put on gear and kick opponent to score points

## Across:

3. What is a front hand punch called?
5. Korean name for uniform
8. Where does TKD come from?
9. tenet of TKD (ex. controlling actions and emotions)
13. your foot must do this to do a round kick (squish the bug)
15. tenet of TKD (ex. not giving up)
16. tenet of TKD (ex. doing the right thing when no one is watching)
19. How many points is a punch to the body?
20. What kind of attitude should you always have?
21. tenet of TKD (ex. having good manners, holding the door open)