

# Taekwondo

# Check ind



# Opvarmning



# Bælte



# Stand



# Parade



# Slag



# Spark



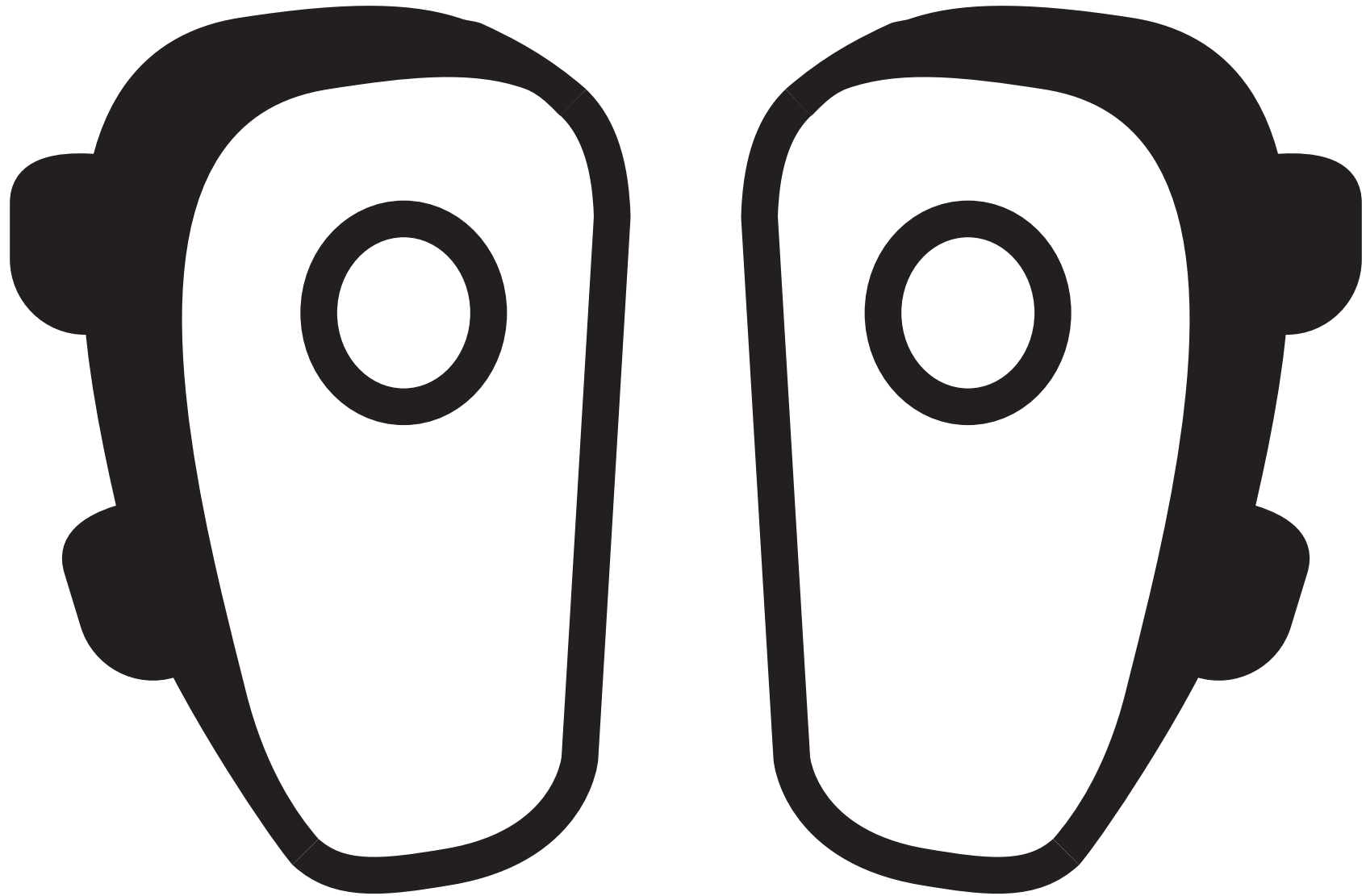
# Vand



# Udstræk



# Slagpuder



# Check ud



# Evaluering

