

Taekwondo self-defense training program consists of 10 promised movements (No.1–10). The specific movement and description are as follows.

<p>No.1</p> 	<p>No.2</p> 
<p>Ready Right sidestep Left hand knife outside block Middle punch</p>	<p>Ready Right sidestep Left hand knife outside block Middle turn over punch</p>
<p>No.3</p> 	<p>No.4</p> 
<p>Ready Right sidestep Left hand knife outside block Upper punch</p>	<p>Ready Right sidestep Left hand knife outside block Neck hand knife inside strike</p>
<p>No.5</p> 	<p>No.6</p> 

<p>Ready</p> <p>Right sidestep Left hand knife outside block Forward strike to the neck</p>	<p>Right sidestep Left hand palm heel block Middle punch</p>
<p>No.7</p>	<p>No.8</p>
	
<p>Ready</p> <p>Right sidestep Left hand palm heel block Right ridge hand strike</p>	<p>Ready</p> <p>Right sidestep Left hand palm heel block Upper punch</p>
<p>No.9</p>	<p>No.10</p>
	
<p>Ready</p> <p>Right sidestep Left hand palm heel pressing block Elbow turning strike to the face</p>	<p>Ready</p> <p>Right sidestep Left hand palm heel pressing block Palm heel forward strike to the chin</p>

**Figure S1.** Taekwondo self-defense training program (one-step sparring).