











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

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

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