## **Assignment**

- 1. What is thangbi?
- 2. List the sixteen spots on the human body which thangbi tarataruk sets out to strike.
- 3. Practice thangbi tarataruk with your partner alternately.
- 4. Pronounce the every vital part of the body you are striking at.
- 5. Maintain body balance, correct postures, and stances for effective and powerful delivery of sword strikes.