



Kukkiwon- Black Belt Curriculum (1st Poom/Dan)

Seogi-stance

Moa-Closed Narrahni-open Joonbi-Ready Gyoroogi Joonbi- Sparring stance
 Oruen-Right Wen-Left Ap-forward Ap Kubi- bent knee forward
 Dwit Kubi- Bent knee rear Kkoa-twist Beom- Tiger Hakdari-Crane
 Kyotdari-Assisted Ogeum-Reverse Crane kkoa ormgyoditgi-crossing over stance

Makki-Blocks

Naeryo-Downward Anmomtong-Inside Body Bakkatmomtong-Outside Body Ollyeo-Rising
 Kodureo-assisted Olgeul-Face Sonnal-Knife hand Hansonnal- single knife hand
 Nollo-pressing Kawi-scissor hecho-wedging batangson-palmheel
 Otkereo-'X'Block Jebipoom-Swallow's wing Keumgang-Diamond
 Santeul-Mountain Wesanteul-half Mountain

Body areas

Olgeul, alae-see above Palmok-wrist mok-neck momtong-diaphragm bal-foot mom-body
 Baldeung-instep Apchuk-ball of foot dwichuk-heal jumeok-fist

Chagi-Kicks

Dollyo-turning ap-front yop-side naeryo-downward dwi-back kick
 B'reun-slidingdubal dangsung-double consecutive nakka-hook momdollyo-bodyturning
 Apbal-front leg Pada-countering Nadaban-tornado Bandal-crescent Twio-jump
 Kodeup- repeated Twioyop momdollyo- jump cut turn Mureup-knee Bitureo-twisting

Jireugi-Punch,

chigi-strike,

tsireugi-thrust

Baro-straight Banae-reverse jecheo-backward teok-jawstrike dangyo-pulling
 pyojoek- targeted dujumeok- double fist bojumeok- wrapped fist Mijumeok-hammer
 Deungjumeok-back fist Palgup-elbow sonnal mok-knife hand strike yop-side
 Agwison Khaljaebi- arc hand stockade mureup kukki-dislocate knee badangson-palmheel
 pyonsonkeut-palmfist,fingertip sewo- vertical upeo- palmdown horizontal

POOMSAE

All Taegeuk 1-8 & Bo Staff 1-4

ENDURANCE

Display Indomitable Spirit, Focus, Knowledge

ESSAY (3 paragraph min.)

What are your personal reasons for wanting to achieve a Black Belt?