



# Red Stripe Belt- 3<sup>rd</sup> Gup

## Curriculum & TKD Terminology

**Kye-shi**- suspend (timeout)

**Gam-jeum**- Penalty point awarded to opponent

### **Poomsae**

Taegeuk Yuk (6<sup>th</sup>) Jang

Notes: Bitureo makki; Hecho naeryomakki; moving backwards; Dollyochagi focus

Concept- Kam– Water; continuous flow/softness

### **Kyukpa**

Twio dwichagi / Mireo twio dwichagi

### **Hoshinsul**

Choke, simple grapples, basic ppaegi (hold releases)

### **Common TKD Terms**

**p<sup>2</sup>- Pursuit/Progression/Baiting**

**Mureup**- Knee/patella

**Digutjajireugi**- double punch<

**Jjeogwi**- Hinge →

**Wesanteul**- ½ Mountain

**Gigi**- throw

**Palgeup Chigi**-Elbow Strike

**Counter Nakka/Momdollyo**

**Kkeogi**- joint twist

**Kheundal/Jageun**- big/small

**Bitureo makki**- twisted (block)

**ChaMakki**-Kick block

**Santeul Makki**- Mountain block

**Kukki vs Chigi**

**Keumgangjireugi**-diamond

Punch

### **Kicks & Movement**

**Twio Momdollyo**-Jump turn hook

**Dabanghyang**- Mult.Target\_

**Modum yopchagi**-both feet hit side kick

**Pihagi**-parrying

**Sonnal Deungchigi**- Ridgehand

**Georeoneom gigi**- Leg reap

**Deuroneom gigi**-Body throw

**Yopjireugi**-Side Punch

**Balbutyeo Kodeup**- Fast rep. Kick



