



Yellow Belt - 8th Gup

Curriculum & TKD Terminology

Unyungha-sayo- Hello (informal)

Jo-kyo-nim- Assistant Instructor

Poomsae

Tae-geuk II (1st) Jang

Notes: Back Foot, Belly side; 3-step Ladder; Punch last blocks first

Concept- Keon – Heaven/Yang

Kyukpa

Idan YopChagi- Flying Side Kick (Obstacle Break)

Hoshinsul

Self-Defense - Grabbing

Common TKD Terms

Bal- Foot/leg

Chul-lo-so- Line up

Narhani- Open (Stance)

Mulleo- backward

Gup- Rank

Pal- Arm

Ditgi- Movement

Dora- Step

Mok- Neck

Moa- Closed (stance)

Nae- Forward

Kodeuro- Assisted

Kicks, Strikes and Directions

S-step/Surfing

Mireo- Cut (Kick)

Dwi-ro Dura- Spin

Ollyeo-Rising (Block)

V-step Motion

Du-Bal- Double (Kick)

Bandae-Mulleo- Reverse Step

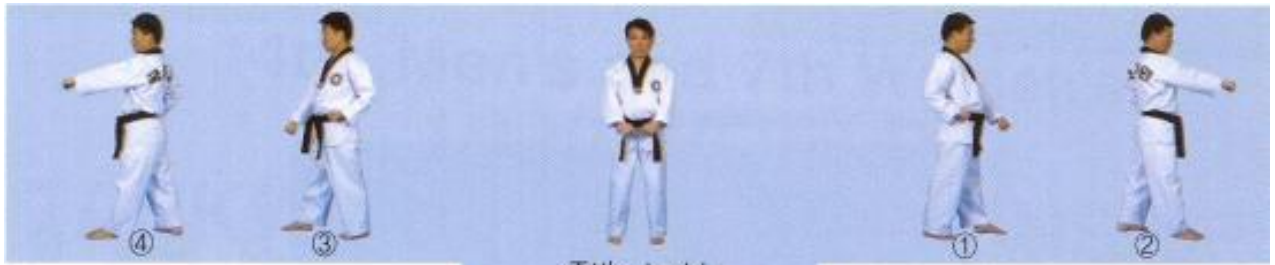
Chagi-Kick

Bal Butyeo- Fast Kick

I-Dan yop-Flying Side

Dwi- Back (kick)

Momtong- Solar plexus



준비 · Junbi

