



## Black Stripe- 1<sup>st</sup> Gup

### Curriculum & TKD Terminology

Kawisongut- scissor fingers

Hansongut- spear finger (index finger)

#### Poomsae

Taeguk Pahl (8<sup>th</sup>) Jang

Notes: Kodeuro naeryo/pakkat ; dangyo jechyeoteok; dubal twio apchagi;

Concept- Kon– Earth; root/settlement & begin/end

#### Kyukpa

5 breaks of choice

#### Hoshinsul

Demonstrate Self-defense/Sparring comprehension

#### Common TKD Terms

Taesamilgi- Mountain Push

Hwangso- Bull Block

Ogum seogi- Reverse crane

Chetdarijireugi- fork punch

Counter Nakka/Momdollyo

Nalgaepyeogi-wing push

Kteotdari seogi-Asst. Stance

Meongechigi- Yoke Strike

Pawimilgi- Boulder push

Hakdariseogi-Crane stance

Kawimakki- Scissor block

Keumgangpalmok-‘C’ Block

Wesanteul- ½ Mountain

Kukki vs Chigi

#### Kicks & Movement

Mireo Twio Momdollyo-Cut turn hook

Momdollyo Naeryo-Spin Axe

540 degree Dolgae

Dabanghyang Chagi

Modumchagi

Dangyo jechyeoteokjireugi-pulling uppercut

Written Test on History & Terminology

Essay 3 paragraphs: What does Taekwondo mean to you?

