



Blue Belt- 4th Gup

Curriculum & TKD Terminology

Kal-yeo- Break

Kae-seuk- Continue

Poomsae

Taegeuk O (5th) Jang

Notes: Mejumek chigi; body block vs. backfist; Palgeup teok vs pyojeok; Yopchagi focus

Concept- Son– Wind; Mighty force/Calmness

Kyukpa

Momdollyo Nakka / Dolgaechagi

Hoshinsul-

Practical Poomsae

Common TKD Terms

p²- Pursuit/Progression

Kawi Makki- Scissor Block

Palgeup Chigi-Elbow Strike

Khaljaebi- Stockade strike

Keumgang- Diamond

AnPalmok vs BakkanPalmok

Jitjiki- Instep Stomp

Pakkat mokchigi-outside knife

Son Badak- Lower part of hand

Agwison- arc hand

Bitureo makki- twisted (block)

Ormgyoditgi-Crossing step

Kicks, Strikes and Directions

Deungjumeok- backfist

TwioDwi- Jumping back

Modumchagi-both feet hit same time

Mireo twiodwi- Cut jump Back

Kawichagi-Split Kick

Bandal- Crescent (kick)

Yop Chagi- Side Kick

Bitureochagi- Twisting kick

An- Inward (Kick)

Mok Chigi- Neck Attack

Balbutyeo Mireo twiodwi- Fast cut back

