



Blue Stripe- 5th Gup

Curriculum & TKD Terminology

Chool-jun- Enter Ring

Tuae-jang- Exit Ring

Poomsae

Taegeuk Sa (4th) Jang

Notes: Kodeuro circular motion; Jebipoom simultaneous block/strike; Yopchagi focus

Concept- Jin– Power/Dignity

Kyukpa

Dubal Twio apchagi- consecutive break or height break

Hoshinsul

Practical Poomsae

Common TKD Terms

Yuek-so- Promise sparring

Jechyeo- Upside down motion

Son Badak- Lower part of hand

Palgeup- Elbow

Nollo makki- Pressing Block

Bitureo – twisted

AnPalmok vs Pakkat

Cover Punch

Deungjumeok- backfist

Khaljaebi- Stockade strike

Pakkat mokchigi-outside knife

Ormgvoditgi-Crossing step

Kicks, Strikes and Directions

Kodeup- Repetitive

Dolgae- Tornado motion

Bitureochagi- Twisting kick

TwioDwi- Jumping back

Bandal- Crescent (kick)

An- Inward (Kick)

Modumchagi-both feet hit same time

Yop Chagi- Side Kick

Mok Chigi- Neck Attack

