



Green Belt - 6th Gup

Curriculum & TKD Terminology

Kawi- Scissor (Block, fist, kick)

Gyeopson Joonbi- Overlaid palm ready

Poomsae

Taegeuk Sam (3rd) Jang

Notes: throwing ball motion; circular blocking; transitioning stances

Concept- Yi- Hot/Bright

Kyukpa

Nakka chagi- Hook Kick

Hoshinsul

Self-Defense –Gyorugi counters 3&4

Common TKD Terms

Hecho- Wedging

Jechyeo- upside-down

Apchuk- Ball of foot

Jakgyo- Holding

AnPalmok- Inner Wrist

Dujumeok- Double fists

Palgeup- Elbow

Batangson- Palm heel

Teok- Jaw

Upeo- Horizontal

Dwitchuk- Heel

Balnai- blade of foot

Kicks, Strikes and Directions

Deung- back of

Dolgae- Tornado (Kick)

Balbutyeo Naeryo-Fast Axe

Apbal Naeryo-Front Leg Axe

Bandal- Crescent (kick)

Nakka- Hooking (kick)

Mom-Dollyo- Spinning

An- Inward (Kick)

Pakkat-Outward (Kick)

Yop Chagi- Side Kick

Mok Chigi- Neck Attack

