



Green Stripe - 7th Gup

Curriculum & TKD Terminology

Taegeuki- Korean Flag

Pyojeok-Target

Poomsae

Tae-geuk Yi (2nd) Jang

Notes: Dragonfly pattern; level you punch at is where you block next; turning toes

Concept- Tae – Firmness/Outer softness

Kyukpa

Dwi Chagi- Back Kick

Hoshinsul

Self-Defense –Gyorugi counters 1 & 2

Common TKD Terms

Balmok- ankle

Beom- Tiger

Mok- Neck

Dangyo- pulling

Palmok- Wrist

Kkoa- Crossing (stance)

pyongson- Open palm

Jebi poom- Swallow's wing

Keut- Fingertip

Sewo- vertical

Nollo- Pressing (block)

Kodeuro- Assisted

Kicks, Strikes and Directions

Deung- back of

Pada- Countering

Mom-Whole Body

Balbutyeo Du-Bal- Fast Double (Kick)

Dwi- Back (kick)

Nakka- Hooking (kick)

Mom-Dollyo- Spinning

Alae- Lower body

Olyeo-Rising (Block)

Ap Chagi- Front Kick

Momtong- Solar plexus

Oelgul-Face

