



Red Belt- 2nd Gup

Curriculum & TKD Terminology

Shigan- Time

Black belt- Dan >15 yrs vs poom <14yrs

Poomsae

Taegeuk Chil (7th) Jang

Notes: sonnal Kodeuro naeryo ; Hecho makki; Beomseogi; Mureupchigi; Batangson

Concept- Kan– Mountain; Ponderous/Firmness

Kyukpa

Twio momdollyo nakkachagi / Mireo twio momdollyochagi

Hoshinsul

Reaction time

Common TKD Terms

Gomson chigi- Bear hand strike

Hwangso- Bull Block

Ogum seogi- Reverse crane

Chetdarijireugi- fork punch

Counter Nakka/Momdollyo

Kkeogi- joint twist

Kteotdari seogi-Asst. Stance

Bojumeok- Wrapped Fist

Tongmilgi- Log push

Hakdariseogi-Crane stance

Kawimakki- Scissor block

Keumganganpalmok-‘C’ Block

Wesanteul- ½ Mountain

Kukki vs Chigi

Kicks & Movement

Mireo Twio Momdollyo-Cut turn hook Momdollyo pakkat-Spin Crescent

Dolgae Naeryo-Tornado axe

Dabanghyang Chagi

Dujumeok jechyeojireugi

Modumchagi

Balbutyeomireo Twiomomdollyo chagi

