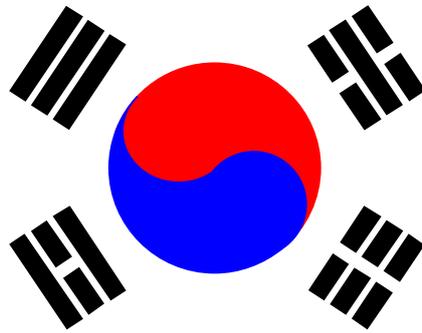




UKMA Creed

- I will respect myself.
- I will respect the arts of Tae Kwon Do and Hapkido.
- I will respect the five tenets - Courtesy, Integrity, Self-Control, Perseverance, Indomitable Spirit.
 - I will use what I learn in class defensively.



	Kun	Heaven
	Yi	Fire
	Kam	Water
	Kon	Earth

The blue means yin and the red means yang. Yin means dark and cold, while Yang means bright and hot. The white background color of the flag means peace. The Korean national flag is called “Taeguk-ki” as its design comes from the symbol of Teaguek (Great Absolute or the entity of the cosmos.) The Korean flag symbolizes the overcoming of hardships and triumphs the Korean people overcame.



Tae Kwon Do

In Korean, *tae* means "to strike or break with foot"; *kwon* means "to strike or break with fist"; and *do* means "way" or "method"; so "taekwondo" is loosely translated as "the way of the hand and foot fighting". It combines sharp, strong angular movements with graceful and free-flowing circular motions to produce a harmonious marriage of beauty and power. With the addition of devastating kicking techniques, Tae Kwon Do is a complete, integrated, and unique system of self-defense and personal improvement. It is no wonder that Tae Kwon Do is the fastest-growing martial art in the world today! Its appeal is universal. As a practical means of self-defense, as a satisfying and complete regimen of physical conditioning, as an aid to improved concentration and mental performance. The art of Tae Kwon Do offers its riches to anyone who sincerely undertakes its study. Within the training hall, there are no age, sex or racial barriers; all begin equally, as "white belts." Under the watchful eye of the Master Instructor, each progresses at his or her own rate, according to individual effort and ability.

Although the name "Tae Kwon Do" is still new, the origins of the art reach far back into Korean history. During the 6th Century A.D., the Korean peninsula was divided into three kingdoms, Shilla, Baek Je, and Koguryo. Shilla, the smallest, was in constant peril of being overrun by her more powerful neighbors, and in the response to this pressure assembled an elite fighting corps chosen from among the aristocracy known as the Hwarang Do of "Flower of Youth." In addition to the regular military training of the day, the Hwarang subjected themselves to rigorous mental discipline and severe physical hardship in order to condition the body and will to great strength and long endurance. The Hwarang Do believed in five codes of human conduct:

- Be loyal to your country.
- Be obedient to your parents.
- Be trustworthy to your friends.
- Never retreat in battle.
- Never make an unjust kill.

Those five codes have been modernized into now what we call the tenets of Tae Kwon Do:

Courtesy - (Ye Ui)

To be courteous is to show excellence of manners and social conduct and to exhibit polite behavior.

Integrity - (Yom Chi)

To adhere to moral and ethical principles and to be able to define right from wrong.

Self-Control (Ye Ui)

The ability to control or restrain oneself, or one's actions or feelings.

Perseverance - (In Nae)

A steady persistence in a course of action, in spite of any difficulties, obstacles or discouragement.



Indomitable Spirit (Baekjul Boolgool)

An attribute shown when a courageous person and his principles are pitted against overwhelming odds.



Hapkido

Hapkido is a powerful and innovative Korean martial art. Literally translated, the word *Hap* means coordination or harmony, *Ki* denotes the essence of power, and *Do* means the art or the *Way*. Hapkido incorporates powerful and precise kicking techniques; fluid and highly effective throwing techniques; and decisive and sharp hand techniques. This concise and practical martial art is the result of a 1300-year pursuit of the *Way*.

The philosophy of Hapkido stems from three basic principles: The first is *non-resistance*: yield to your opponent by meeting force with minimum force to deflect and not clash with your opponent's power. The second is *circular motion*: the use of circular, fluid, flowing movements are emphasized rather than linear movements. The third is the *water principle*: total penetration of an opponent's defenses through continual attack. Instead of opposing force by force, a Hapkidoist completes his opponent's movement by "accepting his flow of energy as he aims it," and defeats him by "borrowing his own force."

In addition, these are included in philosophy:

- Righteousness (Jong Euye)
- Courtesy (Yea Euye)
- Patience (Ien Nae)

A good Hapkido practitioner does not oppose force or give way completely. A Hapkido practitioner is pliable as a spring; he is the complement and not the opposition to his opponent's strength. The philosophy of Hapkido is based on the symbol of *Um* and *Yang*, a pair of mutually complementary and interdependent forces that act continually, without cessation, in the universe. *Um* and *Yang* are two inseparable forces of one unceasing interplay of movement. They are conceived of as essentially one, or as two coexisting forces of one indivisible whole.

.The birth of modern Hapkido can be traced to the efforts of a group of Korean nationals in the post Japanese colonial period of Korea, Choi Yong Sul (b. 1904, d. 1986) and his most prominent students; Suh Bok Sub, the first student of the art; Ji Han Jae (b. 1936), arguably the greatest promoter of the art; Kim Moo Hong, a major innovator in the art; Myung Jae Nam, who forged a greater connection between the art of Hapkido and Japanese aikido and



then founded Hankido, and others, all of whom were direct students of Choi or of his immediate students.

There are 5 major applications of Hapkido. They are:

1. Ahn hye jun – upper wrist twist/break
2. Ahn gu ki – reverse wrist twist/break
3. Ba gat gu ki – outer wrist twist/break
4. Ba gat hye jun – four corner throw
5. Pal gup gu ki – Elbow lock/break

Belt Meanings

White Belt: Signifies innocence, as that of a beginning student who has no previous knowledge of Tae Kwon Do.

Yellow Belt: Signifies Earth, from which a plant sprout and takes root as Tae Kwon Do foundation is being made.

Green Belt: Signifies the plant's growth as the Tae Kwon Do skill begins to develop.

Blue Belt: Signifies the Heaven towards which the plant matures into a towering tree as training in Tae Kwon Do progresses.

Red Belt: Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

Black Belt: Opposite of white; therefore, signifies the maturity and proficiency in Tae Kwon Do. Black also indicates the wearer's incapacity to be affected by darkness and fear.



*Words cannot express the gratitude of his faithful students.
May 20, 1938 - December 16, 2016
Grandmaster Moo Yong Lee*

On February 21, 2017 Grand Master Moo Yong Lee was posthumously promoted to 10th Dan by the Kukkiwon. On April 30, 2016 Grandmaster Moo Yong Lee was inducted into the USA Grandmasters Society Hall of Fame and was recognized as an Outstanding Leader.

On May 7, 2013, Grandmaster Lee was awarded the President's Council on Fitness, Sports and Nutrition Lifetime Achievement Award in Washington, DC. This prestigious award honors those who have greatly contributed to the advancement or promotion of physical activity, fitness, sports, or nutrition nationwide.

For well over 60 years, Grandmaster Lee has been well-known and highly regarded by the worldwide sports community. An early pioneer who helped to spread the Korean art of Taekwondo to the United States, he is one of only a handful of individuals who hold the highest rank of 9th degree Black Belt, and is recognized by fellow instructors worldwide as a man of impeccable integrity and dedication.

Grandmaster Lee championed the inclusion of Taekwondo as an Olympic sport and in the early '80s played a formative role in the establishment of the United States Taekwondo Union which was later to become USA Taekwondo, the U.S. National Governing Body of Olympic Taekwondo. He served as president of the organization from 1985-1986.

A natural leader through his own example of total commitment and hard work, Grandmaster Lee—simply “Mr. Lee” to his long-time students - humbly considered himself to be a student of his beloved art and continued until his passing to teach with kindness and humor at the school he founded in East Hartford, Connecticut in 1974. Over the course of his career, he has trained and certified more than 550 Black Belts, and it is a tribute to the effectiveness of his instruction that a great many of his students—now Masters and Grandmasters themselves—continued to train and learn with him for as long as he was able.



Student Expectations, Roles and Responsibilities

1. Try to arrive to class at least 10 minutes early.
2. Uniform is to be cleaned and neat with UKMA patch on left chest. Patches are given out after the 1st month of your enrollment.
3. Bow before entering, leaving dojang, stepping on and off the mat, higher level belts.
4. If you arrive late, you wait to be bowed in by the Instructor.
5. Be respectful of other classes going on while you are waiting for your class.
6. Once class starts, there is to be no talking unless you have a question.
7. Always take instruction without arguing or disagreeing such as "but my leg IS straight!" It is the instructor's job to correct things you may not see.
8. Never teach a technique to a lower student without getting the instructors permission.
9. Always turn away when adjusting your uniform or belt.
10. If you are opening/closing class, you open/close class as follows:
 - *Cha-Ryot (Attention)*
 - *Kuk -ki eh daehan Kyung-Yet (Bow to flag)*
 - *Muk-Yum (Meditation)*
 - *Ba-Ro (Return to order)*
 - *E do so (Stand up)*
 - *Cha-Ryot (Attention)*
 - *Kyung-Yet (Bow to Instructor) – Blue belt to 3rd Dan*
 - *Sah Bum Nim Gae Kynug-Yet - 4th - 6th Dan*
 - *Kwan Jang Nim Gae Kyung-Yet - 7th - 9th Dan*
 -
11. Fingernails and toenails are to be trimmed and clean.
12. If you are not feeling well, please stay home and rest.
13. Feet and hands are to be clean before entering onto the mat.
14. Blue belts through 3rd Dans are to be addressed as Sir/Mam/Mr./Ms./Mrs.
15. 4th Dans are to be address as Sah Bum Nim (Instructor).
16. 5th and 6th Dans are to be addressed as Master.
17. 7th, 8th, 9th Dans are to be addressed as Kwan Jang Nim (Grand Master).



18. Blue belts and up may be asked to assist helping lower belts if needed.
19. All students are to help make sure the dojang is clean during and after classes.
20. If you need to sit down or hurt, let the Instructor know.
21. If you need to leave early, let the instructor know.
22. Never do anything to dishonor your school or instructor.
23. Respect and discipline shall be maintained at all times.
24. Tae Kwon Do and Hapkido are not to be used outside the dojang unless circumstances are required to do so.

Instructor Expectations, Roles and Responsibilities

1. 3rd Dans are required to teach a class, or parts of a class in order to test for 4th Dan. You are to track your own hours on the attendance sheets.
2. Start class on time with 2 loud claps.
3. Try to be aware of time.
4. If you unable to make your class, please contact others to see if they can cover.
5. Follow the class guidelines and modify if needed.
6. You may ask lower belts to open class exercises, then bow you in as described above. Same will apply for closing class.
7. Be aware of the level of belts ranks when giving techniques.
8. Students are to follow your instructions.
9. You are there to teach/instruct and not a workout for yourself, depending on structure. Be aware of watching students and helping if needed.
10. If you are working with a lower belt, you work at their level.
11. Ask other students to help if needed.
12. If questions are asked and you are not sure, ask other Instructors in class or GMB when you see him next. It's ok to say you will find out get back to them. It's ok to not have all the answers.



13. If you have to leave before the end of class, make sure someone can lock up and let them know what needs to be done.
14. After class, make sure all is done according to closing list.
15. If anyone is hurt, all emergency contacts are in the folder in back office. Follow up with them the next day or that night.

Guide To Basic Class

To begin class, the instructor will set up lines accordingly to rank and seniority. To call the class to attention, clapping hands two times is used. Class consists of the following:

1st warm up exercises

Instructor will do 2 or 3 basic warm ups before bowing in.

Opening class

Instructor will call the following commands:

1. Cha-Ryot (Attention)
2. Kuk -ki eh daehan Kyung-Yet (Bow to flag)
3. Muk-Yum (Meditation)
4. Ba-Ro (Return to order)
5. Cha-Ryot (Attention)
6. Kyung-Yet (Bow to instructor)

2nd warm up exercises - 5 minutes

Instructor will call the commands in the warm up exercises.

Ki-Cho (Basic Techniques) - 20 minutes

Instructor will call the commands for drills. Ki-Cho may consist of partner drills, pad drills and or other fundamentals.

Jump rope - 5 minutes

Instructor will call the commands and time durations.

Poomse (Forms) - 20 minutes

Instructor will call the commands for specific poomses according to belt levels.

Sparring (Dae-Ryun) - 20 minutes

Instructor will call the commands and time durations. This includes 1 and 3 step sparring, contact, light contact, no contact and or 20 kicks.

Closing class - 5 minutes

Instructor will call the following commands:

1. Cha-Ryot (Attention)
2. Kuk -ki eh daehan Kyung-Yet (Bow to flag)



3. Muk-Yum (Meditation)
4. Ba-Ro (Return to order)
5. Cha-Ryot (Attention)
6. Kyung-Yet (Bow to instructor)

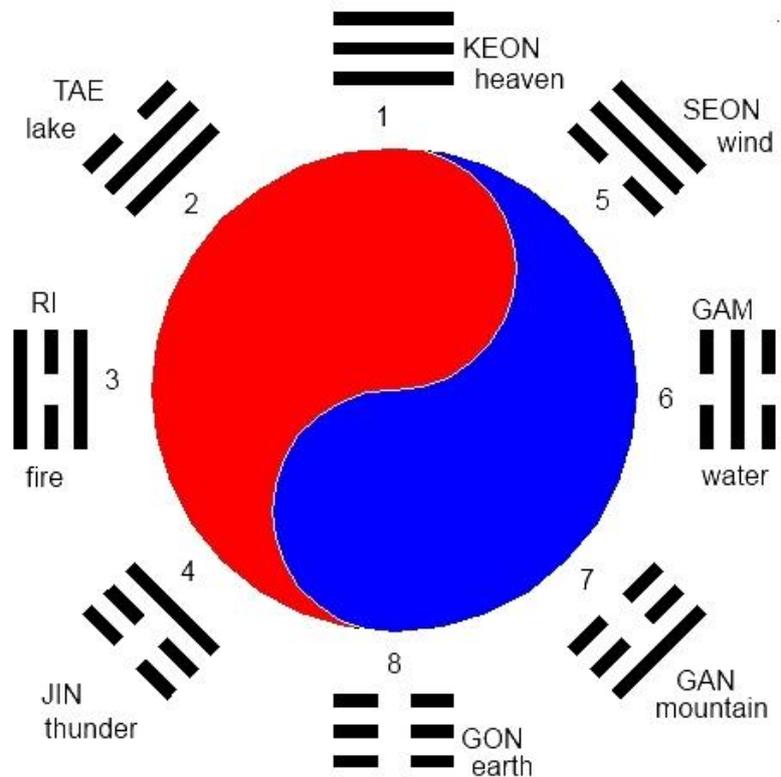
In addition, this includes ALL students helping with picking up the Dojang (School) before leaving. The instructor will advise what needs to be done.



WT Poomse Meanings

"Tae" means largeness and "Guk" means eternity. Tae Guk represents the East Asian theory of universal creation. The theory states that the universe at one time had no form, no beginning and no end. Energy known as Ki caused the creation of the Earth, Sun, female, male and etc. According to this theory females have qualities of the Earth, and males have the qualities of the Sun. Tae Guk is also represented on the Korean national flag. The upper section (red) represents the Yang, and the lower (blue) represents the Um. The two opposites express dualism of the cosmos: fire and water, day and night, dark and light, construction and destruction etc.

Tae-Guk represents balance and harmony, for example kindness and cruelty may be taken into consideration. If parents are overly kind to a child, they may spoil and weaken the child, if they are too lenient the child may not learn respect and responsibility. Thus, without moderation and discipline excessive kindness could result in a child becoming an irresponsible and corrupt adult. Discipline and affection must be balanced when teaching and raising children; all things in life must be balanced to attain harmony. The three unbroken lines stand for heaven; the opposite three broken lines represent earth. At the lower left hand of the flag are two lines with two smaller broken lines between them which symbolize fire, and the opposite (upper right) is the symbol for water.





Poomse Taeguk Il Jang - Heaven

The first Taeguk is the beginning of all Poomses. The associated trigram represents Yang (heaven, light), therefore, this Poomse should be performed with the greatness of Heaven.

Key Moves

Arae makgi	low section block
Momtong Jireugi	middle section punch
Momtong anmakgi	middle section block
Ulgul makgi	high section block
Ap chagi	front snap kick
Apgubi seogi	forward stance

Poomse Taeguk Ee Jang - Lake

In the depths of the lake are treasures and mysteries. The movements of this Taeguk/Palgwe should be performed knowing that man has limitations, but that we can overcome these limitations. This should lead to a feeling of joy, knowing that we can control our future.

Key Moves

Ulgul jireugi	high section punch
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Taeguk Sam Jang - Fire

Fire contains a lot of energy. Fire helped man to survive, but on the other hand had some catastrophic results. This form should be performed rhythmically, with some outbursts of energy.

Key Moves

Sonal anchigi	knifehand strike
Sonal bakkat makgi	knifehand block
Dwi kubi	back stance
Dubon jireugi	double punch

Taeguk Sah Jang -Thunder

Thunder comes from the sky and is absorbed by the earth. Thunder is one of the most powerful natural forces, circling, gyrating. This Taeguk should be performed with this in mind.

Key Moves

Sonal geodeureo makgi	twin knifehand guarding block
Pyeonsonkeut sewojireugi	spear finger attack
Jebipum anchigi	high section knifehand block with knifehand strike
Yeop chagi	side thrust kick
Deun jumuck apchigi	back fist strike

Taeguk Oh Jang - Wind

Wind is a gently force, but can sometimes be furious, destroying everything in its path. Poomse Taeguk Oh Jang should be performed like the wind: gently, but knowing the ability of mass destruction with a single movement.



Key Moves

Mejumeok naeryeo chigi	downward backfist strike
Palgumchi dollyeo chigi	elbow swinging strike
Palgumchi pyojeok chigi	elbow target strike
Kkoa seogi	twisting stance

Taeguk Yuk Jang - Water

Water can move a mountain. The movements of this Poomse should be performed like water. Sometimes standing still like water in a lake, sometimes thriving as a river.

Key Moves

Sonal ulgul biteureo makgi	opposite twisting knife hand block
Dolleo chagi	round kick
Ulgul bakkat makgi	high section face outer forearm block
Arae hecheo makgi	low section double block
Batangson anmakgi	inner palm block

Taeguk Chil Jang - Mountain

Mountains will always look majestic, no matter the size. This Poomse should be performed with the feeling that all movements are this majestic and deserved to be praised.

Key Moves

Sonal geodeureo area makgi	low section supporting knifehand block
Geodeureo batangson anmakgi	middle section palm assisting block
Bojumeok	covered fist ready stance B
Gawimakgi	scissors block
Mureup chigi	knee strike
Hecho makgi	double hand block
Dujumeok jechoe jireugi	double fist turnover punch
Utgeoreo makgi	x block
Pyojeok chagi	kick to target
Yeop jireugi	side punch
Beomseogi	tiger stance
Juchum seogi	horseback riding stance

Taeguk Pal Jang - Earth

The associated trigram of this Poomse is Yin: the end of the beginning, the evil part of all that is good. Even in this darkness, there is still some light. Performing this Taeguk, one should be aware that this is the last Taeguk to be learned, it also is the end of a circle, and therefore it is also the first, the second etc

Key Moves

Dubal dangseong chagi	double jumping/hopping kick
Geodeureo bakkat makgi	twin forearm assisting block
Oesantuel makgi	inner forearm/low section block
Danggyeo jireugi	pulling uppercut



Geodeureo area makgi
Ttwieo apchagi

low twin forearm assisting block
hopping front snap kick

Koryo

Koryo (Korea) is the name of an old Korean Dynasty. The people from the Koryo-period defeated the Mongolian aggressors. Their spirit is reflected in the movements of the Poomse Koryo. Each movement of this Poomse represents the strength and energy needed to control the Mongols.

Key Moves

Tongmilgi junbijase	Koryo choon bi
Geodeup yup chagi	double side thrust kick
Jechoe jireugi	low section spear finger
Nulleok keokgi	knee pressure/break
Palggumchi yup chigi	side elbow strike
Sonal bakkan chigi	knife hand strike
Sonal area makgi	low section knife hand block
Ageumson apchigi	arc hand strike
Batangson nulleo makgi	pressing/palm block
Mejumeok pyojeok area chigi	circling hammer fist strike to opposite palm
Anpalmok hecheo makgi	twin inner forearm block
Sonal yup makgi	side knife hand block
Pyojeok jireugi	target striking

Keumgang

The definition of Keumgang is "Too hard to be broken", or "diamond". The movements of the Poomse Keumgang are as beautiful as the Keumgang-san (a Korean mountain) and as hard as Keumgang-seok (diamond).

Key Moves

Batangson apchigi	forward palm striking
Sonal anmakgi	knifehand block
Geumgang makgi	guemgang stance
Keundol jjeogwi	side punch
Santeul makgi	mountain block

TaeBaek

The legendary 'Dangoon' founded a nation in Taebaek, near Korea's biggest mountain Baekdoo. Baekdoo is a symbol for Korea. The definition of Taebaek is "lightness". Every movement in this Poomse must not only be exact and fast, but with determination and hardness.

Key Moves

Beomseogi sonal area	low twin knife hand block/tiger stance
Sonal eopeojapgi	break release
Anpalmok bakkan makgi	high section and inner forearm block
Teuroppaegi	spinning break release



Deung jumeok bakkan chigi

spinning backfist

Pyongwon

The definition of Pyongwon is "stretch, vast plain": big, majestic.

Key Moves

Gyeopson junbijasae

ready stance c

Palggumchi ollyeoc higgi

upper elbow strike

Geodeureo ulgul yeop makgi

assisted side face forearm block

Danggyeo deungjumeok apchigi

forward pulling fist strikes

Meongye chigi

twin side elbow strike

Sipjin

Sipjin stands for decimal. This Poomse represents the orderliness of the decimal system. It also means the endless development and growth in a systematic order: stability.

Key Moves

Hwangso makgi

twin high section blocks

Sonbadak geodeuro bakkan makgi

assisted outer inner forearm block

Pyeonsonkeut eopeoj jireugi

pressing fingertip attack

Bawimilgi

rock pushing

Sonaldeung hecheo makgi

twin inner knife hand block

Kkeureo oligi

Jitae

Jitae is derived from the meaning of the earth. All things evolve from and return to the earth, the earth is the beginning and the end of life.

Key Moves

Sonal ulgul makgi

high section knife hand block

Montong jireugi

high section block with middle punch

Mejumeok yuppyo jeok chigi

side hammer fist target strike

Anpalmok bakkan makgi

inner outside forearm block

Cheonkwon

Cheonkwon means 'sky'. The sky should be seen as ruler of the universe. It is both mysterious, infinite and profound. The motions of Cheonkwon are full of piety and vitality.

Key Moves

Bamjumeok chijireugi

twin circling knuckle strike

Nalgaepyeogi

twin palm pushing

Hwidulleo makgi

circle swinging block

Guemgang yup jireugi

high section block with side punch

Taesamilgi

twin pushing palm strike

Jajeunbal

moving center strike

Pyeonson oesanteul area makgi

high section and low section same time knife hand blocks



Hansoo

This poomse is derived from the fluidity of water which easily adapts within nature.

Key Moves

Sonaldeung hecheo makgi	twin inner knife hand blocks
Mejumeok yangyeopguri anchigi	twin fist rib strike
Geodeureo khaljeab	palm blocking with arc hand strike
Anpalmok arae pyojeo makgi	striking inner wrist block
Sonal guemgang makgi	high section and low section same time knife hand blocks
Gyeotdariseogi	standing supported stance

Ilyo

The state of spiritual cultivation in Buddhism is called 'Ilyo' which means more or less 'oneness'. In Ilyo, body and mind, spirit and substance, I and you are unified. The ultimate ideal of taekwondo can be found in this state. It is a discipline in which we concentrate on every movement leaving all materialistic thoughts, obsessions and external influences behind

Key Moves

Oesantuel yup chagi	side trust kick with high section and low section blocks
Otgoreo ulgul makgi + dusonpyeo biteureo jabandanggi	high section X block with open twisting hand pulling punch
Ttwieo yup chagi	jump side thrust kick
Ogeum seogi	supporting knee stance



10th Kub White - 9th Kub High White

Sohgi: Resting, Attention, Guarding, Forward, Horseback
Stances: Riding, Back

Bal Cha Ghee Sul: Front, Side Stretch Kick, Front Snap, Side Thrust,
Foot Techniques: Ax, Round Kicks

Sahn Ghee Sul: Reverse Punch, Low, High and Outer Forearm
Hand Techniques: Blocks

Ghoo Ru Ghee/Nak Buhp: Shoulder Roll And Up From Kneeling
Rolls/Falls: Back Fall From Seated, Side Fall from Seated

Poomse: Lesson 1
Forms:

Sae Bon Korugi: 1-5
One-Step Sparring:

Ho Shin Sul: Same Side Wrist Grab(Son Mok)Break Releases
Self-Defense: 1. Fist pull back, hammer fist to face
2. Hammer fist strike, spin elbow

Cross Hand Grab(Yuk Son Mok)
1. Up, over and down, elbow to face
2. Under and over, opposite hand strike to face

Kyuck Pah: Side Thrust Kick
Board Breaking:

Paper (1/2 – 1 page): Why did you start Martial Arts?

Terminology:

Attention:	Cha-Ryut.	One:	Hana.	Six:	Ya-Sut.
Bow:	Kyong-Nyet.	Two:	Tul.	Seven:	IL-Gup.
Ready Position:	Choon-Bi.	Three:	Set.	Eight:	Yu-Dul.
Return To Order:	Ba-Ro.	Four:	Net.	Nine:	Ah-Hop.
Relax:	Shi-Yo.	Five:	Tasut.	Ten:	Yol.



9th Kub High White - 8th Kub Yellow

Sohgi: Resting, Attention, Guarding, Forward, Horseback
Stances: Riding

Bal Cha Ghee Sul: Front, Side Stretch Kick, Front Snap, Side Thrust,
Foot Techniques: Ax, Round Kicks

Sahn Ghee Sul: Reverse Punch, Low, High and Outer Forearm
Hand Techniques: Blocks

Ghoo Ru Ghee/Nak Buhp: Shoulder Roll And Up From Kneeling
Rolls/Falls: Back Fall From Seated, Side Fall from Seated

Poomse: Lesson 2
Forms:

Sae Bon Korugi: 6-10
One-Step Sparring:

Ho Shin Sul: Same Side Wrist Grab(Son Mok)
Self-Defense: 1. Pal gup gu ki
2. Ba gat gu ki

Cross Hand Grab(Yuk Son Mok)
1. Pal gup gu ki
2. Ba gat gu ki

Kyuck Pah: Side Thrust Kick
Board Breaking:

Paper (1/2 – 1 page): How do you feel your training is going?

Terminology:

Attention:	Cha-Ryut	One:	Hana	Six:	Ya-Sut
Bow:	Kyong-Nyet	Two:	Tul	Seven:	IL-Gup
Ready Position:	Choon-Bi	Three:	Set	Eight:	Yu-Dul
Return To Order:	Ba-Ro	Four:	Net	Nine:	Ah-Hop
Relax:	Shi-Yo	Five:	Tasut	Ten:	Yol



8th Kub Yellow - 7th Kub High Yellow

Bal Cha Ghee Sul:
Foot Techniques:

Hook, Turn Back, Crescent, Hopping Round,
Flying Front, Flying Side and Back Kick

Sahn Ghee Sul:
Hand Techniques:

Hammer Fist, Ridge Hand, Backfist,
Upset Punch, Knife Hand Strike

Ghoo Ru Ghee/Nak Buhp:
Rolls/Falls:

Standing Shoulder Roll And Up, Squatting
Back Fall, Squatting Side Fall

Poomse:
Forms:

Tae Guek Il Jang
Know The Meaning

Han Bon Korugi:
One-Step Sparring:

A 1-5

Ho Shin Sul:
Self-Defense:

Front Choke(Mok Ju Ru Ki))
Arm over wrist break

Two Hands Grab Two Hands
(Du Son Mok Eu Ro Du Son Mok)
Kick, back of hand smash, kick

Two Hands Grab One(Ssang Son Mok)
Pal gup gu ki

Kyuck Pah:
Board Breaking:

Ax Kick

Paper (1/2 – 1 page):

What were some of your challenges as white belt
and how did you overcome them?

Terminology:

Begin:	Shi-Jak	Belt:	Dee
Finished:	Ea-Sahng	Yell:	Ki-Hap
Basic Technique:	Ki-Cho	Uniform:	Do-Bok
Training Hall:	Do Jang	Instructor:	Sah Bum Nim



7th Kub High Yellow - 6th Kub Green

Bal Cha Ghee Sul: Stomp Kick, Shuffle Side Kick, Jumping Kicks
Foot Techniques:

Sahn Ghee Sul: Elbow, Arc, Hook Punch, Vertical Punch,
Hand Techniques: Turn Backfist

Ghoo Ru Ghee/Nak Buhp: Standing Shoulder Roll And Side Fall, Standing
Rolls/Falls: Side and Back Fall

Poomse: Tae Guek Ee-Jang. Know The Meaning
Forms:

Han Bon Korugi: A 6-10
One-Step Sparring:

Ho Shin Sul: Back Choke(Dwi Mok Ju Ru Ki)
Self-Defense: Spin, trap, upset punch

Rear Two Hands on Shoulder(Dwi Du Uh Ki)

1. Ba gat gu ki
2. Pal gup gu ki

Two Hands Chest Grab(Du Ka Sum)
Ba gat gu ki

Kyuck Pah: Back Kick
Board Breaking:

Paper (1/2 – 1 page): How have you grown as a yellow belt?

Terminology:

Student:	Je Ja
Degree	Dan
Grade:	Kub
Sparring:	Kyorugi
American Flag:	Song Jo Ki
Korean Flag:	Tae Geuk Ki



6th Kub Green - 5th Kub High Green

Bal Cha Ghee Sul:
Foot Techniques:

Flying Round, Jump Spin Hook, Jump Spin
Crescent, Run Jump Spin Back

Sahn Ghee Sul:
Hand Techniques:

Spear Finger - High, Mid, Low

Ghoo Ru Ghee:
Rolls:

Standing Shoulder Roll And Up

Poomse:
Forms:

Tae Guek Sam-Jang. Know The Meaning

Han Bon Korugi:
One-Step Sparring:

A1- 1-5

Ho Shin Sul:
Self-Defense:

Twist Grip(Myuk Sal Chuk Kyo)
Ba gat gu ki

Dee Jap Ki(Belt Grab)

1. Over - knuckle strike, pal gup gu ki
2. Under - ba gat gu ki

Kyuck Pah:
Board Breaking:

Side Thrust, Back Kick, 2 Stations

Paper (1/2 – 1 page):

What do you feel your strongest technique is and why?



5th Kub High Green - 4th Kub Blue

Ghoo Ru Ghee/Nak Buhp:
Rolls/Falls:

Kneeling Front Fall

Poomse:
Forms:

Tae Guek Sa-Jang. Know The Meaning

Dan Kum Sul:
Knife Defense:

Chest Attack Jung(Bong Kong Kyuck)
Pal Gup Gu Ki
Ba Gat Gu Ki

Han Bon Korugi:
One-Step Sparring:

A1 6-10

Ho Shin Sul:
Self-Defense:

Collar Grab From Rear(Dwi Mok Jae)
Spear finger to throat, sweep

Hair Grabs(Muo Ree)

1. Ba gat gu ki
2. Rear - kick turn strike

Rear Middle Sleeve Grab(Dwi Du Pal)
Step behind, knee up throw back

Kyuck Pah:
Board Breaking:

Combo With Foot And Hand

Paper (1/2 – 1 page):

What do you do to work on your toughest technique?



4th Kub Blue - 3rd Kub High Blue

Duhn Jee Ghee:
Throws:

Air Falls, Hip Throw Drill

Poomse:
Forms:

Tae Guek Oh-Jang, Know The Meaning

Han Bon Korugi:
One-Step Sparring:

B - 1-4
Pal Gup Gu Ki

Ho Shin Sul:
Self Defense:

Just Before Holding (Jaup Ki Jon)
1. Inside, neck twisting takedown
2. Pal gup gi ki
3. Ba gat gu ki

Two Hands Grab Two Hands From Rear
(Dwi Du Son Mok)
Ahn hye jun

Kyuck Pah:
Board Breaking:

Combo With A Jump Technique

Paper (1/2 – 1 page):

Now that you are an upper belt, how has your training helped you outside of the dojang?



3rd Kub High Blue - 2nd Kub Red

Ghoo Ru Ghee:
Falls:

Standing Front Fall

Duhn Jee Ghee:
Throws:

Kneeling Reverse Circular

Poomse:
Forms:

Tae Guek Yuk-Jang. Know The Meaning

Han Bon Korugi:
One-Step Sparring:

B 5-9
Ba Gat Ku Ki

Ho Shin Sul:
Self-Defense:

Front Bear Hug Arms Free(Aup Pal An Aon Ki)
Palm heels to ears, spear hand to throat

Front Bear Hug, Arms Bound(Aup Pal Aon Ki)
Twin spear hand pressure point, under chin strike

Rear Bear Hug, Arms Free(Dwi Pal An Aon Ki)
Wrist break, pal gup gu ki

Rear Bear Hug, Arms Bound(Dwi Pal Park Aon Ki)
Double elbow, shoulder throw

Kyuck Pah:
Board Breaking:

Combo With Hand And Foot

Paper (1/2 – 1 page):

How have you helped lower belts since becoming an upper belt?



2nd Kub Red - 1st Kub High Red

Bal Cha Ghee:
Foot Techniques:

Hurricane Back And Hook Kick

Duhn Jee Ghee:
Throws:

Hip Throw From Punch

Poomse:
Forms:

Tae Guek Chil-Jang, Know The Meaning

Han Bon Korugi:
One-Step Sparring:

Advanced - 1-4

Ho Shin Sul:
Self Defense:

Lying Down Defense
Ba gat gu ki

Kick Defenses (Bang Jok Sul)Ap Chaki

1. Inside - shin pal gup gu ki.
2. Shuffle back with left knuckle strike to top of foot, right spin hook kick to face.

Yop Chaki

1. Outside - ba gat gu ki.
2. Outside - axe kick over opponent's kick, right round kick to face.

Dollyo Chaki

1. Trap, elbow to thigh, spin elbow.
2. Trap, spin sweep.

Kyuck Pah:
Board Breaking:

2 Kicking, 1 Hand.

Paper (1/2 – 1 page):

How are you applying the control that a red belt signifies?



1st Kub High Red - BoDan

Bal Cha Ghee Sul:
Foot Techniques:

Flying Jump Turn Back Kick

Duhn Jee Ghee:
Throws:

Shoulder/Neck Throw From Punch

Poomse:
Forms:

Tae Guek Pal-Jang. Know The Meaning

Han Bon Korugi:
One-Step Sparring:

Advanced - 5-8

Ho Shin Sul:
Self Defense:

Rear Forearm Lock
Spin outside, sweep

Kneeling/Sitting (An Jo) 1 Up 1 Down - (Son Mok)

1. Ahn gu ki
2. Ba gat gu ki

Kneeling/Sitting (An Jo) Both - (Du Son Mok)

1. Ba gat gu ki
2. Ba gat hye jun
3. Ahn gu ki

Kneeling/Sitting (An Jo) 1 Up 1 Down

1. Side leg takedown
2. Shin takedown

Kyuck Pah:
Board Breaking:

3 Stations With At Least 1 Jump Or Spin Technique

Paper (1/2 – 1 page):

What are you doing to prepare for Black Belt?



BoDan - 1st Dan

<u>Kicho:</u> <u>Basic Techniques:</u>	Review All Techniques
<u>Ghoo Ru Ghee/Nak Bup:</u> <u>Rolls/Falls:</u>	Review All Techniques
<u>Duhn Jhee Ghee:</u> <u>Throws:</u>	Review All Techniques
<u>Poomse:</u> <u>Forms:</u>	Review All Techniques
<u>Han Bon Korugi</u> <u>One-Step Sparring</u>	Advanced 9-12
<u>Ho Shin Sul</u> <u>Self-Defense</u>	Review All Techniques
<u>Kyuck Pah:</u> <u>Board Breaking:</u>	3 Stations At Least 2 Foot Combo
<u>Paper (3-5 Pages):</u>	A Brief History on Moo Duk Kwon/Tae Kwon Do. What Does Becoming A Black Belt Mean To Me.



1st Dan Black Belt

Ahp Chagi/Chirugi(Front Snap Kick w/Punch)

1. Pal gup gu ki
2. Ba gat gu ki
3. Ba gat hye jun
4. Ahn hye jun
5. Ahn gu ki

Du Bon Ji Ru Ki(Double Punch)

1. Pal gup gu ki
2. Ba gat gu ki
3. Ba gat hye jun
4. Ahn hye jun
5. Ahn gu ki

Poomse:

Koryo. Know The Meaning

Forms:

Kyuck Pah:

Flying Side Thrust Kick

Board Breaking:

Stations Of Your Own Choice

Paper (3-5 Pages):

Topic of choice



2nd Dan Black Belt

Han Bon Korugi: 10 of your own
One-Step Sparring:

Poomse: Kuemgang. Know The Meaning
Forms:

Kyuck Pah: Combinations.
Board Breaking:

Paper (3-5 Pages): Topic of choice



3rd Dan Black Belt

Han Bon Korugi:
One-Step Sparring:

10 of your own

Poomse:
Forms:

Tae Baek. Know The Meaning

Kyuck Pah:
Board Breaking:

Stations Of Your Own Choice

Paper (3-5 Pages):

Topic of choice



Three Step Sparring - All Finished Strikes End With Ki-Hap!

Three blocking sequences are:

“A” - Right step back with left inside knife hand block; left step back with right inside knife hand block.

“B” - Left step back with right inner forearm block; right step back with left inner forearm block.

“C” - Left step back with right outside knife hand block; right step back with left outside knife hand block.

1. “A” Block. Right high section punch at the same time as the last block.
2. “B” Block. 3rd step is a ½ step back with left hand grabbing partners incoming wrist, then right side step with left elbow strike to opponents ribs (under their right arm).
3. “C” Block. 3rd step back is a ½ step back with right outside knife hand block, then grab their wrist with your hand, twisting in and pulling toward your belt. Take left step forward at 45 degrees, crossing over in front of your opponent’s legs. Place your left wrist on their elbow and press down.
4. “A” Block. 3rd step back is stepping back away from punch and execute right front snap kick.
5. “B” Block. 3rd step back is a ½ step back then left step forward at 45 degrees with left middle section elbow strike to opponent’s left side. Spin clockwise, look, execute right mid-section elbow strike.
6. “C” Block. Left step back with right outside knife hand block, grab wrist and pull while executing a punch.
7. “A” Block. 3rd step back is a ½ step back then right step forward with knife hand block and right mid-section upset punch. Move in quickly, “receive the body”.
8. “A” Block. 3rd step back is a ½ step, then right step forward with knife hand block and right high section elbow strike. Move in quickly, “receive the body”.
9. “A” Block. Right step back, left high or mid-section side thrust kick. Move in quickly, “receive the body”.
10. “C” Block. Pivot on left foot and slide right foot to left side to avoid punch. Move left foot forward into horseback riding stance at attacker’s side (facing attacker’s right side). Your left hand grabs and secures attacker’s right arm slightly below the shoulder followed by right punch to the temple.



One Step Sparring A Group - All Finished Strikes End With Ki-Hap!

1. Step forward into right forward stance executing left-in-to-out knife hand block with simultaneously counter-attacking with right high section punch.
2. Step forward with left foot into right back stance executing left side punch to solar plexus. Change to left forward stance by shifting hips and feet while executing simultaneous in-to-out- left knife hand block and right high section punch (In order to be effective, these movements must be performed with great speed.)
3. Step away from punch to open side, execute right front snap kick.
4. Execute in-to-out left knife hand block with simultaneous right front snap kick to opponent's head.
5. Take left step diagonally across attacker's body, thereby avoiding punch, execute left-out-to-in elbow strike to sternum or solar plexus, keeping feet stationary, pivot body 180 degrees into right elbow strike to same area.
- 6a. Left step forward with left knife hand block. Grab attacker's wrist with left hand, pull sharply toward you while executing right punch to face or temple.
- 6b. Left step forward while grabbing outside of attacker's wrist. Pull sharply down and towards you while executing left punch to face or temple.
7. Right step forward into short right forward stance executing in-to-out left knife hand block, simultaneously counter-attack with right upset punch to solar plexus.
8. Step into right forward stance while executing left-in-to-out knife hand block, simultaneously counter-attack with right out-to-in elbow strike to face.
9. Avoid punch by stepping to either side and counter-attack with left or right side thrust kick.
10. Step quickly to the left, crossing right foot over left. Continue motion by stepping with left foot into horseback stance while pushing attacker's elbow with left hand. Counter-attack with right punch to face or temple.



One Step Sparring A1 Group - All Finished Strikes End With Ki-Hap!

1. Step forward into right forward stance executing left-in-to-out knife hand block with simultaneously counter-attacking with right high section punch then jump front snap kick.
2. Step forward with left foot into right back stance executing left side punch to solar plexus. Change to left forward stance by shifting hips and feet while executing simultaneous in-to-out- left knife hand block and right high section punch (In order to be effective, these movements must be performed with great speed.), add right finger-tip attack to eyes.
3. Step away from punch to open side, execute right front snap kick then jumping front snap kick.
4. Execute in-to-out left knife hand block with simultaneous right front snap kick to opponent's head, add right high section punch.
5. Take left step diagonally across attacker's body, thereby avoiding punch, execute left-out-to-in elbow strike to sternum or solar plexus, keeping feet stationary, pivot body 180 degrees into right elbow strike to same area then right jumping side thrust kick.
- 6a. Left step forward with left knife hand block. Grab attacker's wrist with left hand, pull sharply toward you while executing right punch to face or temple, add side thrust kick to ribs while continuing to grasp attacker's wrist.
- 6b. Left step forward while grabbing outside of attacker's wrist. Pull sharply down and towards you while executing left punch to face or temple, add right kick to solar plexus while continuing to grab attacker's wrist.
7. Right step forward into short right forward stance executing in-to-out left knife hand block, simultaneously counter-attack with right upset punch to solar plexus, add short right vertical punch to face.
8. Step into right forward stance while executing left-in-to-out knife hand block, simultaneously counter-attack with right out-to-in elbow strike to face, then bring right elbow back for in-to-out elbow strike to face.
9. Avoid punch by stepping to either side and counter-attack with left or right side thrust kick, then add jumping side thrust kick.
10. Step quickly to the left, crossing right foot over left. Continue motion by stepping with left foot into horseback stance while pushing attacker's elbow with left hand. Counter-attack with right punch to face or temple, then add quick one-two punches to ribs followed by right round kick to solar plexus.



One Step Sparring B Group-All Finished Strikes End With Ki-Hap!

1. Step forward into right forward stance. Execute left-in-to-out knife hand block and simultaneously counter attacking with a right knife hand attack to throat.
2. Step forward with left foot into right back stance while executing a left side punch to solar plexus. Change to left forward stance by shifting hips and feet while executing simultaneous in-to-out left knife hand block and right knife hand attack to throat. (In order to be effective, these movements must be performed with great speed.)
3. Step diagonally to right side of opponent with right foot and execute a low and high left round kick.
4. Execute in-to-out left leg crescent block, followed immediately by a right round kick to opponent's head.
5. Take left step diagonally across attacker's body, thereby avoiding punch. Execute left knife hand attack to opponent's mid-section, then spin with right knife hand attack to opponent's other side mid-section, immediately follow with a reverse knife hand to opponent's throat, then spin with left reverse knife hand attack to other side of opponent's throat.
- 6a. Right step forward with left knife hand block. Grab attacker's wrist with left hand, pull sharply towards you while executing right palm heel attack to face.
- 6b. Left step outside while grabbing outside of attacker's wrist with right hand. Pull sharply down and toward you while executing left palm heel attack to face.
7. Left step to side to avoid punch. Right step with right elbow attack to attacker's mid-section. Right arc hand attack to throat while with right ankle firmly behind opponent's right ankle. Sweep leg out while simultaneously pulling down on opponent's back.
8. Dodge punch by stepping diagonally behind attacker with right leg while executing a right reverse knife hand to their left side mid-section. Grab opponent's side with right hand. Bend knees and then "hip jog" to throw opponent up into the air and throw opponent to ground using your arms while they are in the air.
9. From a distance, run at opponent. Step on opponent's left shoulder or chamber hand with your right leg while blocking punch with a left knife hand block. Pull up on opponent's arm while pushing down with your foot and execute a punch down to opponent's head.



Advanced One Steps-All Finished Strikes End With Ki-Hap!

1. Left knife hand block with twin finger-tip attack to face as you step with right foot. Then take right small step back, left front snap kick, right axe kick.
2. Right outer forearm block, right elbow attack as you move into left back stance. Right back fist, take right step back then execute left side thrust kick, spin right back kick.
3. Right instep crescent block and U shape punch with left back stance, grab with left, punch with right, right round kick and spin left hook kick.
4. Short left step followed by right step and ridge hand to solar plexus, from there, right round kick then add flip.
5. Take right step, grab right hand and twist, step with left foot behind opponent's right foot. Place left arm under opponent's right elbow applying pressure to elbow.
6. Step with right foot, grab with right hand then apply pressure with your left hand to opponent's right elbow. Step with left foot while putting opponent's right elbow over your left shoulder, pulling opponent into a right ridge hand attack followed by a right round kick to solar plexus.
7. Take left step while grabbing opponent's right hand with both hands. Twist and raise opponent's arm while stepping underneath arm. Follow with right round kick to solar plexus.
8. Right step to opponent's right side. Place left foot on the back of opponent's right knee. Grab opponent's right hand with your left hand. Apply pressure to the back of the knee while twisting the arm behind them. Follow up with right punch and right round kick.
9. Right step to right side. Place left foot to back of right knee, grab right hand with your right hand. Grab opponent's left shoulder with your left hand, twist counter-clockwise then follow up with left round kick and punches.
10. Left step to opponent's left side. Grab right wrist and left side of neck or hair. Place right foot on back of the left knee, twist clockwise while applying pressure of back of knee, follow up with left round kick and punches.
11. Step with right while executing right knife hand block, slide block along the opponent's arm striking the neck. Ridge hand to the opposite side of the neck, right round kick to face.
12. Take right step to inside with right elbow to head, pivot back with arm bar and front snap kick to face



Kick Defenses - Bang Jok Sul

Ap Chaki

1. Step out - front snap kick.
2. Step out - side thrust kick.
3. Inside - shin pal gup gu ki.
4. Outside - sweep/throw.
5. Shuffle back with left knuckle strike to top of foot, right spin hook kick to face.

Yop Chaki

1. Outside - ba gat gu ki.
2. Outside - instep grab and twist.
3. Outside - pushing foot.
4. Outside - axe kick over opponents kick, right round kick to face.
5. Outside - inside crescent to chest.

Dollyo Chaki

1. Trap, elbow to thigh, spin elbow.
2. Trap, spear hand to groin, sweep.
3. Trap, spin sweep.
4. Drop spin heel.
5. Planted leg kick out.



Terminology

Body Movements

<i>mom omgigi</i>	movement of the body
<i>mahki</i>	block
<i>chagi</i>	kick
<i>chirugi</i>	thrust (or punch)
<i>chigi</i>	strike (with the hand)
<i>jeek gi</i>	strike (with the foot)
<i>bahk gi</i>	strike (with the head)
<i>sahn ki sool</i>	hand technique
<i>bahl ki sool</i>	foot technique
<i>kyorugi</i>	sparring
<i>bituro</i>	twisting
<i>gamyu</i>	stepping (also " <i>omkyuh didigi</i> ")
<i>kuht neun</i>	walking
<i>uro</i>	moving in a particular direction
<i>bang hyang bakoogi</i>	changing direction
<i>bitkyuh surgu</i>	escaping
<i>tdwim yu</i>	jumping
<i>dora</i>	to turn
<i>dolmyo</i>	spinning
<i>mee keul myu</i>	sliding (also " <i>mee kul gi</i> ")
<i>jupgi</i>	holding/grabbing
<i>donzigi</i>	throwing
<i>goorugi</i>	rolling/tumbling
<i>pyihagi</i>	dodging
<i>hecho</i>	spreading
<i>moyo</i>	gathering
<i>bojoo</i>	covering

Directions

<i>oo</i>	right (also " <i>oh-ruen</i> ")
<i>joa</i>	left (also " <i>wen</i> ")
<i>ahp</i>	front



ahn

bahkat

bahndaek

dwi

ahnuro

bahkuro

whee

whee uro

guande

ulgool

momtong

ahrae

Hand Postions

sahnkal

sahnkal jecho

sahnkal deung

sahn bahtong

sahn deung

ah keum sahn

joomok

deung joomuk

yup joomuk

me joomuk

inju joomuk

bamchu joomuk

doo bam joomuk

pyun joomuk

omji joomuk

sahnkeut

gawi sahnkeut

Hand Attacks

bahro chirugi

inner

outer

reverse

back

inward

outward

high (up)

upward

middle

high section (also
"sahngdahn")

middle section

low section

knifehand

knifehand with palm up

ridgehand

palm heel

back hand

arc hand

fist

back fist

side fist

hammer-fist

forefinger one-knuckle fist

middle-finger one-knuckle
fist

two-knuckle fist

flat (or open) fist

thumb-knuckle fist

spearfinger

scissors-shaped spearfingers

straight (return) punch



bahndae chirugi
gullgi chirugi
doo bun chirugi
sae bun chirugi
sahnkeut chirugi
sewo chirugi
gotjang chirugi
dolrya chirugi
dwijubo chirugi
nehryuh chirugi
chi chirugi
dikootja chirugi

reverse punch
hook punch
double punch
triple punch
spearfinger thrust
vertical punch
vertical fist punch
round punch
upset punch
downward punch
uppercut punch
`U' (or `C') shaped punch (hi-lo)

Blocks

bahkat palmahk mahki
ahn palmahk mahki
sahng palmahk mahki
ahnuro mahki
bahkuro mahki
ahrae mahki
olgool mahki
daebi mahki
gahwi mahki

keumgang mahki

kyo cha mahki
santeul mahki
hechuh mahki
hwang so mahki
bahtangsahn nooluh mahki
deuluh oll ryu mahki

outer forearm block
inner forearm block
twin forearm block
inward block
outward block
low block
high block
guarding block
scissors block
diamond-shaped (Hercules)
block
`X'-shaped block (
mountain-shaped block
scattered block (or wedge block)
ox (or "bull") block
pressing down block
upward scooping fist block

Kicks

cha olligi
ahp chagi
yup chagi

stretching kick
front kick
side kick



dolrya chagi

dwi chagi

bahndae dolrya chagi

gullgi chagi

bahndall chagi

hoohrio chagi

beakya chagi

nehryuh jeek gi

mil a chagi

dolmyo chagi

tdwim yah chagi

natgeh tdwim yu chagi

nalla chagi

gahwi chagi

ohpo chagi

round (roundhouse) kick

back kick

reverse round kick ("hook kick"
for some styles)

hook kick

crescent kick

wheel kick

slap kick

ax kick; literally

pushing kick (

spinning kick

jumping kick

hopping kick

flying kick

scissors kick

falling kick (leg sweep)

Stances

sohgi

ahp sohgi

ahp koo bi sohgi

dwi sohgi

beom sohgi

kuht neun sohgi

juchoom sohgi

mot sohgi

choon bi sohgi

gibon sohgi

naranhee sohgi

koh ah sohgi

kyo cha sohgi

cha yun sohgi

hahktari sohgi

stance

front stance

front bent knee

back stance

cat (or tiger) stance

walking stance

horseback riding stance

fighting stance

ready stance

basic stance

parallel stance

crossed foot stance

`X'-stance

natural stance

crane stance

Equipment

hogoo

chest protector



sahn boho jang kap
pahlmahk bohodae
jung kang yi bohodae
nang shim bohodae
muh ree bohodae
eep bohodae

protective gloves
forearm guard
shin guard
groin cup
protective head gear
mouth guard