



# World Taekwondo Mandeville

## Kup Grading & Technical Guidance Syllabus

(Newly Revised Edition 2024)



# Kup Grading Syllabus

## TRAINING PERIODS

The table below shows the minimum amount of time and number of classes required to be eligible to test. Minimum training is regarded as attending training sessions twice per week. Students will be notified ahead of time if they qualify to participate in the next grading exam.

Current Belt Color	Time	Classes
White	Not Specified	Not Specified
Yellow-Stripe	2-3 months	20 classes
Yellow	2-3 months	20 classes
Green-Stripe	3 months	25 - 30 classes
Green	3 months	25 - 30 classes
Blue-Stripe	4 months	30 - 35 classes
Blue	4 months	30 - 35 classes
Red-Stripe	5 months	40 - 45 classes
Red	5 months	40 - 45 classes
Black-Stripe	6 months	Not Specified



# Technical Syllabus

## for

### Red Belt – Black Stripe

#### (2<sup>nd</sup> Kup)



#### TERMINOLOGIES

At this stage it is useful to review the terminology covered in previous grade syllabus. Beyond that, however, the black Stripe syllabus also requires that the student is familiar with competition rules and terminology. Only the terminology will be covered in this document.

COMPETITION TERMINOLOGIES	
Jeon – Round	Shihap - Bout or match
Jeum – Point	Shi gan - Time out
Keum bahk - Out of bounds	Gam jeum - Deduction of point
Kyong go – Warning	Hogu - Chest protector
Shil kyuk – Disqualification	Boo sang - Injury
Chung - Blue	Hong - Red
Seung – Win	Kyesok – Continue

#### ATTENDANCE/TIME

There is a minimum of 3 months from the previous Kup grade to be recommended for the 1st Kup grading. It is also assumed that the individual will have attended additional advanced classes and focus seminars.

#### THEORY

Korean society is built around hierarchy and people must show the correct respect to their seniors and peers. This is clearly shown throughout Taekwondo. As taught to beginners, bowing must be done with the eyes down. Bowing is a respectful, friendly gesture and to keep your eyes on the opponent shows distrust which is not a friendly or respectful gesture. When giving or receiving something from a peer or senior, you



must either use both hands or you must use your right hand with your left hand touching your right elbow.

When given an instruction by a senior, this must be followed unless you feel your safety would be in jeopardy (in which case you should raise this respectfully). It is considered the height of rudeness to disobey a senior's instruction or to argue with them, whether in front of their seniors, peers or juniors.

When you are training with someone as a pair or group, you should bow at the beginning and end of the round/session. Your training partner is helping you to improve, bowing is a way of showing their gratitude.

### TEACHING

The student is required to teach forms (poomsae) to lower grades. This requirement is usually distributed throughout the months prior to a grading, but may be required to be demonstrated on the day of the grading. The student should also be familiar with sparring techniques, as well as understanding competition rules and terminology.

### EXPECTATION

Taegeuk 7 is a much more advanced poomsae than those before it. The new stance - Cat Stance - is a difficult one to make stable, strong and fluid all at the same time. There are subtle twists in the palm block to back fist transition and the double scissor blocks. These are all difficult to master and it's this subtlety that examiners are looking for.

Given the theory is about correct positioning of body parts, at this level students should demonstrate a high level of accuracy in movement.

**2nd Kup - Red Belt**



## HAND & COMBINATION TECHNIQUES

- Striking and Blocking Combinations (Instructor's Discretion)
- **Walking stance** – Rear leg front kick, Outer forearm Low block, Reverse Middle Punch
- **Back stance** – Single Knife hand Outer Forearm Middle Block, then Forward Stance Middle Punch x 5
- **Forward Stance** – Front Kick, Simultaneous High Knife Hand Block & Knife Hand Inward Strike (Jebi Poom Mok Chigi) x 5
- **Fighting Stance** – Front Kick then Cross Stance Back Fist Strike x 5
- **Forward Stance** – Twisting Reverse Single Knife Hand Block. Then Back Leg Roundhouse Kick (Finish in Fighting Stance) x 5
- **Cat Stance** – Palm Heel Inward Pressing Block with Support, Then Back Fist Strike with same hand x 5
- **Forward Stance** – Half Mountain Block (Wesanteul Makki Block), Convert to Forward Stance Uppercut Punch (8secs) x 5

## KICKING & FOOTWORK TECHNIQUES

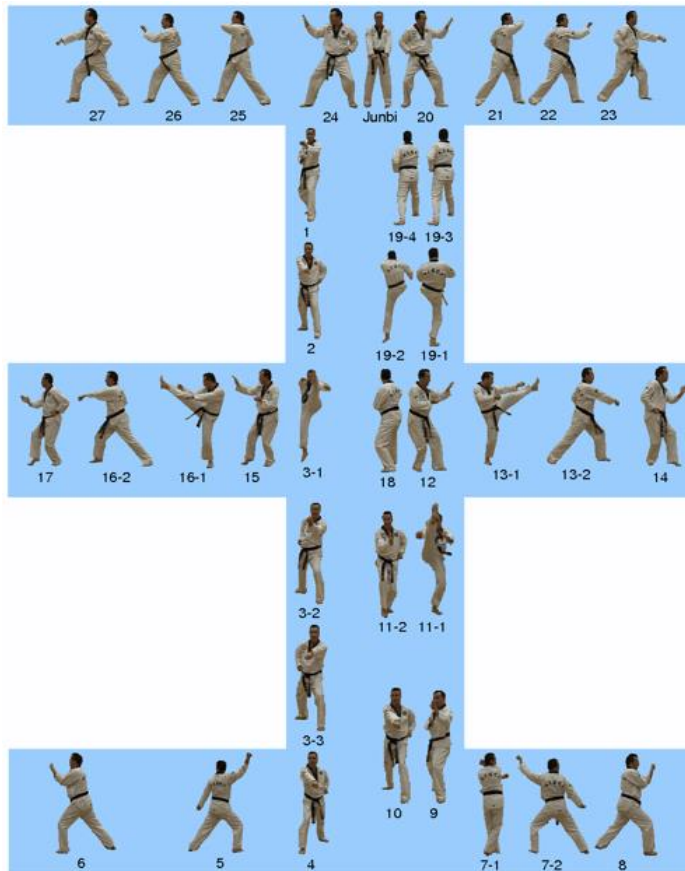
**All done from Fighting Stance and moving forward:**

- **Combination Kicking:** Roundhouse Kick, Tornado Kick, Spinning Hook Kick
- **Consecutive Kicking:** Hook, Roundhouse, Twist, Axe & Spinning Hook Kick
- Tornado Kick & 360° Back Kick x 5
- Jumping, Spinning Hook Kick x 5
- (All Basic Kicks) x 5 (Then reset to starting position after completion)

**2nd Kup - Red Belt**



## POOMSAE



**Red Belt** - Signifies the danger, warning the opponent to stay away and for the individual to exercise control.

**Taegeuk Chil-Jang** - 18 movements, represents joyfulness. Korean symbol – Tae

- Kibom Il-Jang - Taegeuk Chil-Jang

**2nd Kup - Red Belt**



## **SELF DEFENSE - HOSIN SOOL**

### **KNIFE**

- Middle Thrust (2 times)
- Downward Overhead
- 45° Slash

(The theme for the red belt Self-Defense is beginning to make it natural random grabs from previous Self-Defense techniques)

## **FITNESS/ENDURANCE**

- 50 regular push-ups
- 50 crunches
- 2-minute plank
- 20 Burpees
- 50 Squats

## **SPARRING**

- One Step Sparring (Il-bon Kyorugi 1-18)
- Free Sparring (Kyorugi 2 × 90 seconds, full contact)

## **DESTRUCTION (KYUPKA)**

- Hands – Fore fist Punch or Reverse Knife (1 or 2 Suspended Board)
- Foot – Jumping Side Kick or Back Kick (2 Boards)





## **Mental Requirements**

### **A) What is the meaning of red belt?**

1. Red signifies innocence, warning the enemy to stay away and the wearer practice control.

“Sir/Ma’am”!

### **B) What is the meaning of Taegeuk Chil Jang?**

1. The seventh Taegeuk form signifies mountains. “Sir/Ma’am”!

### **C) What are the five virtues of a leader?**

1. Intelligence
2. Trustworthiness
3. Humaneness
4. Courage
5. Sternness

### **D) What makes you a leader in the following settings?**

1. At home?
2. At school/work?
3. At Taekwondo?

### **E) Know what part of the foot is used to strike for each kick.**

1. 360° Back kick — Bottom of the heel

### **F) What is the Korean word for form?**

1. “Poomsae”

### **G) Identify essential components to performing poomsae.**

1. See introduction section of the manual, page 6.

### **H) Be able to identify, define, and answer questions about the current life skill concept**

(Children only)

### **J) All previous mental requirements**

**2nd Kup - Red Belt**





## Advanced One Step Sparring (Red Belt)

- A. **Attacking Side** – Stands in Fighting Stance Position in front of Defender. In Preparation to start, attack.
- B. **Defending Side** – Stands with body upright with hands Junbi Position in front of Attacker, anticipating their attack.

### Middle Punch

1. **A-** Attacker starts in Forward Stance, Low block position, the **Attacker** steps forward with the right leg and executes a **Middle Punch** towards the Defender's Mid-section with the **Right hand**.
- B. **B-** Defender steps back with left leg forming a left **horse riding stance** while executing a right hand **inward block** to block the opponent's **punch**, then simultaneously trap the opponent's arm with the left hand slide in and execute an **outward knife hand strike** to the neck with the right hand. With the same right hand trapped behind the attacker's neck then vertically locked the attackers striking arm with your left hand, pull attacker and rotate them down to the ground then finally execute a **downward heel kick** to the face.

### High Palm Heel Strike

2. From Fighting Stance position, the **Attacker** steps forward and executes a High Palm Heel Strike to Attacker's face with the **Right hand**.
- B. **Defender** Steps back in forward stance and execute a **High Knifehand X-Block**, **trap** the attacker's Striking arm with the **Right hand**, then execute a (Ball of the foot) **Roundhouse Kick** to Attacker's **Mid-Section**, then place the kicking leg



behind Attacker's **Right leg**, finishing up with a left-hand **Back Elbow Strike** to Attacker's **Ribcage**.

### High Punch

3. **A.** From Fighting Stance position, the **Attacker** steps forward with the right leg and executes a **High Punch** towards the Defender's face with **Right hand**.
- C. **Defender** rushes towards the outer side of the attacker's striking arm diagonally while blocking the arm with a Righthand **single Knifehand block** while simultaneously grabbing behind the attacker's neck with the left hand (trapping both the neck and hand). Finish up by pulling the attacker straight down to the ground, while kneeling, execute a Right-hand **Hammer fist Strike** to the side of the face.



## MORAL CULTURE

### PATIENCE

**Patience** is the Calm acceptance that things can happen in a different order than the one you have in mind.

-David G. Allen

Those who are skilled in combat do not become angered; those who are skilled at winning do not become afraid. Thus, the wise win before the fight, while the ignorant fight to win.

-Morehei Ueshiba

**Patience** is choosing to control your emotions rather than letting your emotions control you.

-Mark Merrill



## Taegeuk Pal-Jang

TAE KWON DO 태권도



ATTENTION STANCE  
자세 charyeot

**START**



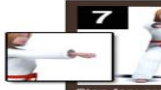
READY STANCE  
기본준비 Junbi  
Remember Junbi is to  
gather your spirit and  
power in a short time.



Step forward with the left  
leg into a Back Stance  
and make a (Outside  
Wrist) Supporting  
Outward Block (바깥팔막기)  
(앞다리 바깥막기)



Follow with a right hand  
Reverse Middle Punch  
while moving the left leg  
slightly forward to the  
side into a Front Stance.  
(앞다리 ap kubi)



Step forward with the  
right leg into a Front  
Stance and make a right  
hand Middle Punch.  
(오른 다리 앞막기)  
(오른 다리 앞막기)



Left hand Middle Punch  
from previous Double  
Punch.  
(왼손 두번 지르기)  
(dubeon jireugi)



In this position, follow  
with Double Punch  
(오른 두번 지르기)  
(dubeon jireugi) starting  
with the right hand.



Land forward into a  
Front Stance with the  
left leg in front and make  
a left hand Middle Block.  
(왼손 앞막기)  
(montong makgi)



Execute a Flying Front  
Kick (dubal dangseong  
ap chagi) by kicking  
with right foot first and  
then making Jump Front  
Kick with the left foot.



Turn left 270 degrees by  
pivoting on your right leg  
and moving left leg into  
right Front Stance. Make a  
Single Hand Wide Open  
Block. (Wesanteul makgi)



Turn your body to the left  
(wen ap kubi) and make  
a Pulling/Punching Strike  
(danggyeo jireugi) with  
the right hand.



Turn to the right stepping  
your left leg over right leg  
into "Front Cross stance"  
and make a Pulling/  
Punching Strike  
(danggyeo jireugi) with  
the right hand.



Turn your body to the  
right into a right Front  
Stance (oreun ap kubi)  
and make a Pulling/  
Punching Strike  
(danggyeo jireugi) with  
the left hand.



Pivot on the left foot and  
turn left to the front by  
moving the right leg into  
a Back Stance and make  
a Supporting Handblade  
Outward Block.



Move the left leg slightly  
outward into a Front  
Stance and make a right  
hand Reverse Middle  
Punch.



Make a right leg Front  
Kick.  
(앞다리 ap chagi)



Full back the right leg  
front kick and step back  
with the left leg into a Cat  
Stance (필사기 beam sogi)  
and make a Palm Heel  
Inward Block.  
(바탕손 안막기)  
(batangson-an-makgi)



Turn 90 degrees to the  
left by moving the left leg  
into a Cat Stance (필사기  
beam sogi) and make a  
Supporting Hand Blade  
Outward Block.



With the left leg in front,  
make a Front Kick with  
the left leg.  
(앞다리 ap chagi)



Land forward into a Front  
Stance and make a right  
hand Reverse Middle  
Punch.



Slide the left leg into a  
Front Stance (필사기  
beam sogi) and make a  
Palm Heel Inward  
Block (바탕손 안막기)  
(batangson-an-makgi)



Turn 180 degrees to the  
right by moving the right  
leg into a Cat Stance and  
make a Supporting  
Handblade Outward block



With the right leg in front,  
make a Front Kick with  
the right leg.  
(앞다리 ap chagi)



Land forward into a Front  
Stance and make a left  
hand Reverse Middle  
Punch.



Slide the right leg into a  
Cat Stance (필사기  
beam sogi) and make a  
Palm Heel Inward Block  
(바탕손 안막기)  
(batangson-an-makgi)



Turn 90 degrees to the  
left by moving the left leg  
into a Back Stance and  
make a Single Knife  
Hand Outward Block.  
(sonnal bakkat makgi)



Turn 90 degrees to the  
right by moving the right  
leg into a Back Stance  
and make a Single Knife  
Hand Outward Block.  
(sonnal bakkat makgi)



Turn 180 degrees to the  
right by moving the right  
leg into a Cat Stance and  
make a Supporting  
Handblade Outward block



With the left leg held  
in mid-air, follow up  
consecutively with a  
right leg Jump Front Kick.  
(앞다리 ap chagi)



Left leg Front Kick  
(앞다리 ap chagi)  
Note: After the kick, the  
leg is held in mid-air for  
the next kick.



Land forward into a Front  
Stance and make a right  
hand Middle Block.  
(오른손 앞막기)  
(montong makgi)



Follow with a right hand  
Reverse Middle Punch  
(오른 두번 지르기)  
(dubeon jireugi)



Follow with Double Punch  
(오른 두번 지르기)  
(dubeon jireugi) starting  
with left hand Middle  
Punch.



Right hand Middle Punch  
from previous Double  
Punch.  
(오른 두번 지르기)  
(dubeon jireugi)



Turn 270 degrees to the  
left by moving the left  
leg into a Back Stance  
and make a Single Knife  
Hand Outward Block.  
(sonnal bakkat makgi)



Slide the left leg outward  
to the side into a Front  
Stance and make a right  
arm Turning Elbow Strike.  
(팔굽 돌려치기)  
(palgup dollyeo chigi)



The right hand then  
makes a Back Knuckle  
Forward Strike  
(등주먹 앞치기)  
(deung jumeok ap chigi)  
with the body slightly  
twisted to the side.



Follow with a left hand  
Middle Punch.  
(왼손 앞막기)  
(montong makgi)



Follow with a right hand  
Reverse Middle Punch  
(오른 두번 지르기)  
(dubeon jireugi)



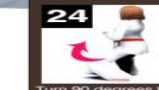
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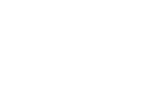
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## MOOTO BELT STICKERS - REWARD SYSTEM

At every belt level, students must work their way to achieving their goals in Taekwondo class. Our dojang uses a reward system to communicate to our students that “hard work pays off!” On each side of the belt, students are capable to earning stripes by working in the class. Each side of the belt represents a general aspect of Taekwondo.

### Kicking

The student will be rewarded with this stripe once they have learned and can demonstrate properly their belt level kicks and the previous ones they have done in earlier ranks (especially for Coloured Belts). Each belt has kicks that they will require to learn and demonstrate with effort, accuracy, precision and their unique style. Attending classes regularly and home practice will help the student achieve this stripe.

### Poomsae

The student will be rewarded with this stripe once they have learnt their belt level “Poomsae” (or Form). As students’ progress with belts, their poomsae will become more advanced, challenging them with new stances, blocks, and kicking techniques. Completion of the poomsae for the specific rank is of utmost importance, along with **speed, focus, effort and direction**. Attending Poomsae classes will help the student achieve this stripe.

### Sparring

The student will be rewarded with this stripe once they have made progress in the Sparring class according to their belt level. Challenging oneself with different techniques, and using **game/match strategy** is a requirement for this stripe. Not to mention, **working hard!** Attending Sparring classes will help the student achieve this stripe.

**2nd Kup - Red Belt**





## Self Defense & Step Sparring

The student will be rewarded with this stripe once they have learned and can demonstrate correctly their number of required Self-Defense & Step Sparring techniques for their belt level. As a student progresses in belts, they will be required to show more challenging and difficult movements. Attending Self-Defense classes and a sense of imagination of how the techniques are applied will help the student achieve this stripe.

## Life Skills

The instructors can only monitor the children when they are at the dojang, but use this stripe to ensure that the children are behaving as they should outside of the dojang. Behaviour at home and in school is crucial to receiving this stripe. The power of this stripe is from the parent(s), and can be received by listening to the parents at all times, getting along with siblings, friends and teacher, and by helping out with chores around the house. We preach that this stripe can be awarded to their child by helping make their parents lives as easy as possible. Showing respect and appreciation are two ways in which most children achieve this stripe.

## Physical Strength

To earn this stripe, the student must be able to demonstrate the ability to complete specific exercises with repetition based on the instructor's discretion. For e.g. (**20 Pushups, 10 Burpees, 20 Sit-ups, 1 minute Plank, 25 squats etc.**)

## Jump Rope

This stripe is simply earned by the student's succession in consecutive skipping based on criteria set by the instructor. For E.g., **25/35/50/75 or 100** consecutive skips, whether executed on-spot, Moving forward, back and forth etc.)

**2nd Kup - Red Belt**



## Board Breaking

For the student to earn this stripe, they have to demonstrate the ability to break board(s) according to the specific one on their syllabus whether executed by hand or foot. As they ascend in rank, they will learn the different methods of breaking. For e.g., **Power**, **Speed** or **Special Technique Break**.

**2nd Kup - Red Belt**





## Korean Terminologies (Memorize as much as possible)

### General Knowledge

**Tae** – Foot

**Kwon** - Fist (or, "to smash with the fist")

**Do** - Way

**Poomsae** – Forms

**Dojang** - Training Hall

**Kukki** - Flags

**Dobok** - Uniform

**Hogu** - Body Armor

**Oreun** - Right

**Wen** - Left

**Kibom** - Technique

**Chung** - Blue

**Hong** - Red

**Sunbae nim** – Senior Student

**Kyo bum nim** – Instructor (1<sup>st</sup> – 3<sup>rd</sup>)

**Kyo sah nim** – Novice Blackbelt (1<sup>st</sup> – 3<sup>rd</sup>)

**Sabum nim** – Teacher/Master

**Kwan Jan Nim** - Grand Master

**Kyorugi** – Sparring

### Taekwondo Kicks

**Chagi** - Kick

**Ap Chagi** - Front Kick

**Yop Chagi** - Side Kick

**Dollyo Chagi** - Turning Kick

**Dwi Chagi** - Back Kick

**Dwi Huryo Chagi** – Spinning Hook Kick

**Horyo Chagi** - Hook Kick

**Naeryo Chagi** - Axe Kick

**Miryo Chagi** - Pushing Kick

**Yop Miryo Chagi** - Cut Kick

**An Chagi** - Inner Crescent Kick

**Bakkat Chagi** - Outer Crescent Kick

**Mondollyo Chagi** – Tornado Kick

**Narae Chagi** – Double Roundhouse Kick

**Kawi Chagi** – Scissors Kick

**Bituro Chagi** – Twisting Kick

**Twiyoo + (Kick)** - Jumping/Flying (Kick)

### Taekwondo Commands

**Charyut** - Attention

**Kyung Ne** - Bow

**Junbi** - Ready

**Shijak** - Start (for instance, to commence fighting at a tournament)

**Kooman** – Stop

**Swi-yo (Sho)** – Relax ; **Gam jeong** – Penalty

**Kallyo** - Separate (no grappling)

### WT Taekwondo Stances

**Sogi** – Stance ; **Bo Jumeok Junbi** – Closed fist

**Charyot Sogi** - Attention Stance

**Ap Sogi** - Walking Stance

**Ap Kubi** - Long Stance

**Juuchum Sogi** - Horse (Sitting) Stance

**Dwi Kubi** - Back Stance

**Moa Sogi** - Close Stance

**Wen Sogi** - Left Stance



<b>Kyesok – Continue; Seung – Winner</b>	<b>Oreun Sogi - Right Stance ;</b>
<u><b>Punches &amp; Strikes</b></u>  <b>Jireugi</b> - Punch <b>Ap Jireugi</b> - Front Punch <b>Momtong Jireugi</b> – Middle Punch <b>Yup Jireugi</b> – Side Punch <b>Olgul Jireugi</b> – High Punch <b>Arae Jireugi</b> – Low Punch <b>Palkup Ollyo Chigi</b> – Upward Elbow Strike <b>Palkup Yeop Chigi</b> – Side Elbow Strike <b>Palkup Dwi Chigi</b> – Back Elbow Strike <b>Palkup Naeryo Chigi</b> – Downward Elbow Strike <b>Deung Jumeok Chigi</b> – Back Fist Strike <b>PyeonSonkeut Sewo Jireugi</b> – Spearhand Strike <b>Batangson Teok Chigi</b> - Palm Heel Strike (chin) <b>Sonnal Deung Chigi</b> – Ridge Hand Strike <b>Mureup Chigi</b> – Knee Strike <b>Jebi Poom Chigi</b> – Combination Knifehand Block and Strike <b>Sonnal Bakkat Chigi</b> – Outward Knifehand Strike <b>Sonnal An Chigi</b> – Inward Knifehand Strike <b>Du Hechyo Jireugi</b> – Twin Upset Punch <b>Deung Jumeok Bakat Chigi</b> – Outward Hammerfist Strike <b>Khaljaebi Chigi</b> – Arc Hand Strike <b>Ap palkup chigi</b> - Front elbow <b>Palkup pyojeok chigi</b> - Front elbow with target <b>Dwi palkup chigi</b> - Back elbow <b>Deungjumeok ap chigi</b> - Back fist front strike	<u><b>WT Taekwondo Blocks</b></u>  <b>Makki</b> - Block <b>Arae Makki</b> – Low Block <b>Momtong Makki</b> - Middle (Body) Block <b>Olgul</b> <b>Makki</b> - High (Face) Block <b>Momtong Makki</b> – Outer Forearm Inward Block <b>Momtong Bakkat Makki</b> - Outer Forearm Block <b>Batangson Makki</b> – Palm Block <b>Goduro Makki</b> – Guarding Block <b>Sonnal Makki</b> - Knife Hand Block <b>Otgureo Makki</b> - X-fist Block <b>Batangson an Makki</b> - Palm Heel Block <b>Kawi Makki</b> – Scissors Block <b>Hechyo Makki</b> – Wedging Block <b>Momtong Goduro Makki</b> – Guarding Block <b>Hanssonal Makki</b> – Single Knifehand Block



### Counting

- |           |            |
|-----------|------------|
| 1 – Hana  | 6 – Yaseut |
| 2 – Dool  | 7 – Il gop |
| 3 – Seht  | 8 – Yadeul |
| 4 – Neht  | 9 – A houp |
| 5 – Dasut | 10 – Yul   |

#### 11 - 21

- |                |                 |                |
|----------------|-----------------|----------------|
| 11 - Yul hana  | 16 - Yul Yaseut | 21- Sumul hana |
| 12 - Yul Dool  | 17 - Yul Il gop |                |
| 13 - Yul Seht  | 18 - Yul Yadeul |                |
| 14 - Yul Neht  | 19 - Yul A houp |                |
| 15 - Yul Dasut | 20 – Sumul      |                |

#### 10 – 100 (10s)

- |              |              |
|--------------|--------------|
| 10 – Yul     | 60 – Yu soon |
| 20 – Sumul   | 70 – Il hoon |
| 30 – Su doon | 80 – yu doon |
| 40 – Mahun   | 90 – Ha hoon |
| 50 – Shin    | 100 – Baek   |

### Basic Steps & Footwork

**Pahl Pokkoh – Change feet**

**Chun jin – Slide forward**

**Fujin - Slide backward**

**Il bo Chun jin – One Step Forward**

**Il bo Fujin - One Step Backward**