



# 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.

| <b>Current Belt Color</b> | <b>Time</b>   | <b>Classes</b>  |
|---------------------------|---------------|-----------------|
| White                     | Not Specified | Not Specified   |
| Yellow-Stripe             | 2-3 months    | 20 - 25 classes |
| Yellow                    | 2-3 months    | 20 - 25 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

### Green Belt – Blue Stripe

#### (6<sup>th</sup> Kup)



#### THEORY

The Korean flag has a symbol at its centre made of a swirling shape that is half red and half blue. This symbol is central to Korean philosophy and is known as "umyang". Everything is made of opposites - male/female, hard/soft, dark/light. During poomsae performance a distinguishing fact from Japanese Karate is that Taekwondo patterns or forms have soft movements of preparation in between rapid accelerations for the techniques themselves. If the whole of the pattern is done with tension and power there is too much tension in the body to generate real force, not to mention that it's incredibly and unnecessarily tiring on the body. The body needs

#### HISTORY

The World Taekwondo Federation was set up in 1973 to manage the sport side of Taekwondo. They developed a body protector and other pads to keep the participants safe during full contact fighting. In keeping with the Korean traditional view that they are artisans and to punch people in the face is uncouth, they developed rules where kicks to the head were allowed but punches were not (both are acceptable to the body). This developed Taekwondo into a dynamic and uniquely recognisable martial art sport, that ended up in it becoming a demonstration sport in the 1988 Olympics (and again in 1992) and a full sport in 2000. People often refer to the non-ITF style of Taekwondo as WTF Taekwondo, but in reality, the WTF only governs the sport side of



our style - a better name would be one of Kukki-Taekwondo, Kukkiwon Taekwondo or Kukkiwon-style Taekwondo.

## EXPECTATIONS

During Taegeuk 4 the student has to perform an inward block with the "wrong" hand during a back stance. This is a difficult movement to do if the back stance isn't accurate. So, this pattern tests the accuracy of the student's stances. Three for three kicking should be done fluidly in between kicks, demonstrating balance and technique accuracy. The kicks should also build in range - it's very bad to start with a long-range kick and make the opponent retract a long way and then throw a short-range kick and it be nowhere near the opponent. The kicks should progress from short to medium to long range.

## PHYSICAL REQUIREMENTS

### HAND & COMBINATION TECHNIQUES

- **Forward Stance** – Front Kick, Outer Forearm Low Block, then Outer Forearm Middle Inward Block in **Forward Stance**.
- **Back Stance** – Single Knife hand Middle Block then Turning High Section Elbow Strike in **Forward Stance**.
- **Forward Stance** – High Block, Back leg Side Kick then Front Elbow Strike to palm in **Forward Stance**.
- **Forward Stance** – Front Kick, Back fist Strike, then Outer Forearm Middle Inward Block in **Forward Stance**.
- **Fighting Stance** – Front Kick then Back Fist Strike in **Cross Stance**.



## KICKING & FOOTWORK TECHNIQUES

All done from Fighting Stance and moving forward:

- **Combination Kicking:** Front leg Hook Kick, Roundhouse Kick & Jumping Back Kick
- Skipping Roundhouse Kick, Skipping Cut kick, Back Kick, end in Back Stance **Outer Forearm Guarding Block**
- Jumping Back Kick, landing into Guarding Block in **Back Stance**
- **Consecutive Kicking:** Twist Kick, Roundhouse Kick & Hook Kick
- **Jumping:** Roundhouse/Back Kick/ Spinning Hook Kick
- Fighting Stance, Tornado Kick

## POOMSAE

- Taegeuk Sam-Jang & Taegeuk Sa-Jang

## SELF DEFENSE - HOSIN SOOL

- Slap to face (2 times)
- Double Lapel Grab (2 times)
- Grab Around Neck from behind ( 2 times)
- Double Wrist grab from behind (2 times)
- Push from front with both hands (2 times)

### **Self-Defense Tip:**

The theme for the green belt Self-Defense is how to escape and counter from hair grabs

1. One handed hair grab from front

i) Grab the attacker's hand so he/she can't pull your hair. Put your arm on top of the attacker's arm. Press down on his/her elbow until he/she is in an arm bar.

ii) Grab the attacker's hand so he/she can't pull your hair. Lean forward, towards the attacker.



## SPARRING

- One Step Sparring (7-9)
- Free Sparring

## DESTRUCTION

- Hands – Side Hammer fist Strike (1 Board)
- Foot – Spinning Hook Kick (1 Board)

## BREAKFALL & DIVE ROLL

- Forward shoulder roll from knees
- Backward shoulder roll from knees or laying down on back

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***To test: Your tuition payment must be on time***



## MORAL CULTURE

### HUMANITY

**Humanity** also sometimes refers to empathy means the ability to sense the misfortunes of others and love them equally as parents love their children.

**Humanity:** If you choose between being kind and being right. Choose being kind and you will always be right.

- Zen

Love and compassion are necessities, not luxuries. Without them, humanity cannot survive.

- Dalai Lama

One person can make a difference and everyone should try.

- John F. Kennedy

You must not lose faith in humanity, Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty.

- Mahatma Gandhi

**6th Kup - Green Belt**





## Mental Requirements

### 1. What does the green belt signify?

*Ans: It represents the plant's growth as Taekwondo skills begin to develop.*

### 2. What is the Korean term for twist kick?

*Ans: The term is "Bituro Chagi"*

### 3. Name the five tenets of Taekwondo.

*Ans: Courtesy, Integrity, Perseverance, Self-Control, and Indomitable Spirit*

### 4. What is the form practiced at the green belt level?

*Ans: Taegeuk Sam-Jang.*

### 5. What does "Do-Jang" mean?

*Ans: It refers to the training hall or gym where Taekwondo is practiced.*

### 6. What is the importance of discipline in taekwondo?

*Ans: Discipline fosters respect, focus, and dedication to training and personal growth.*

### 7. What is the Korean term for roundhouse kick?

*Ans: The term is "Dollyo Chagi" .*

### 8. Describe a basic self-defence technique for green belts.

*Ans: One example is escaping from a front shoulder grab by rotating and stepping back.*

### 9. What stance is used for many blocking techniques?

*Ans: The Forward-Stance (Ap Kubi) is commonly used for blocks.*

### 10. How many moves are in Taegeuk Sa-jang?

*Ans: There are 20 moves in Taegeuk Sa-jang.*





### One Step Sparring (Green Belt)

- A. **Attacking Side** – Step Back with Right leg, executing a **Low Block**. In Preparation to start, attack.
- B. **Defending Side** – Remain in “**Junbi**” Stance until A- Side attacks.
- A. **Attacker** Steps Forward executing a **Middle Punch** in **Forward Stance**.

B. **Defender** Moves Right leg 45° of opponent forming a **Right Forward Stance** while Blocking with the **Left-hand Knife hand Block** then **Right-hand Palm Heel Strike**, then hop backwards and execute **Jumping Front Kick** to Face with the Right leg and **Double Punch** to Stomach (Finish in **Forward Stance**).
  - A. **Attacker** Steps Forward executing a **Middle Punch** in **Forward Stance**.

B. **Defender** Moves Right leg 45° of opponent forming a **Horse-Riding Stance** while executing a **Knife hand Block** with the left hand while simultaneously striking with the right **Palm Heel** to Opponent’s chin. Trap opponent’s left hand while trapping the opponent’s head with your right hand and execute **Knee Strike** to Solar plexus.
  - A. **Attacker** Steps Forward executing a **Middle Punch** in **Forward Stance**.

B. **Defender** Moves left leg back forming a left Back Stance while blocking with the Right-hand **Inward Knife Hand Block**, trap the opponent’s hand into a wristlock and step foot to foot with back leg and execute a **Front Kick** with Front leg to the attacker’s face.



# Basic Stances

**Moa Seogi**  
(Closed Stance)  
Legs straight  
Weight centered

**Naranhi Seogi**  
(Parallel Stance)  
Legs straight  
Weight centered

**Ap Seogi**  
(Walking Stance)  
Legs straight  
Weight centered

**Ap Kubi**  
(Front Stance)  
Front leg bent  
Rear leg straight  
Approx. 2/3 weight on front foot

**Dwit Kubi**  
(Back Stance)  
Knees bent  
Approx. 2/3 of weight on rear leg; rear shoulder, hip, knee on same vertical line

**Joochoom Seogi**  
(Horse Riding Stance)  
Knees bent  
Knees in line with hips, feet

**Beom Seogi**  
(Tiger Stance)  
Rear foot supports all weight. Knees close together, rear knee bent and in line with toes. Ball of front foot lightly touches floor.

**Oreun Seogi**  
(Right Stance)  
Legs straight  
Weight evenly distributed

**Wen Seogi**  
(Left Stance)  
Legs straight  
Weight evenly distributed

**Ap Koa Seogi**  
(Forward Cross Stance)  
Front leg at 30-45° bears 90% of weight

**Dwit Koa Seogi**  
(Backward Cross Stance)  
Front leg at 30-45° bears 90% of weight.

**Hakdari Seogi**  
(Crane Stance)  
Support knee bent as in horse riding stance. Inner arch of foot on inner crook of knee. Lifted knee and foot face forward.

**Kyotdari Seogi**  
(Assisted Stance)  
Height same as horse riding stance. Front foot bears 90% of weight. Ball of rear foot aligned with arch of front foot.

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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 Colored 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.

### 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-

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Defense classes and a sense of imagination of hope 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.)

### 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**.

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# Taegeuk Sa-Jang

**ATTENTION**

ATTENTION STANCE  
차렷 charyeot

**START**

**READY**

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

**1**

Turn 90 degrees to the left by moving the left leg into a Back Stance (뒤꿈치 돌리 쿠비) and make a Supporting Knife Hand Block. (손날 거들어 파깅막기)

**2**

Make a Palm Pressing Block with the left hand.  
Note: This move is part of Supporting Vertical Thrust.

**3**

Step forward with the right leg into a Front Stance and make a Supporting Vertical Thrust. (귀퉁이 세워마르기) geodeureo sewo jireugi.

**6**

Step forward with the left leg into a Front Stance and make a Supporting Vertical Thrust. (귀퉁이 세워마르기) geodeureo sewo jireugi.

**5**

Make a Palm Pressing Block with the right hand.  
Note: This move is part of Supporting Vertical Thrust.

**4**

Turn 180 degrees to the right by moving the right leg into a Back Stance and make a Supporting Knife Hand Block. (손날 거들어 파깅막기) (sonnal kodureo makgi)

This trigram represents Thunder. Also, the trigram is strongly connected to northeast and the relationship of the Eldest son. Thunder comes from the sky and is absorbed by the earth, thus, according to the beliefs of the I Ching, thunder is one of the most powerful natural forces. This poomse is associated with power and the connection between the heavens and earth. This poomse is intended to be performed with power resembling the Thunder for which it is named.

**7**

Turn 90 degrees to the left by moving the left leg into a Front Stance and make a Swallow Knifehand Forward Strike (손날 앞치기) jebipoom sonnal anchigi.

**8**

Make a right leg Front Kick forward. (앞치기 ap chagi)

**9**

Land forward into a Front Stance (앞꿈치 돌리 쿠비) and make a left hand Middle Punch.

**10**

Make a left leg Side Kick forward. (옆치기 yeop chagi)

**11**

Followed consecutively by a right leg Side Kick. (옆치기 yeop chagi)



**15**

Pull back the kick into a Back Stance and make a right hand Middle Block. (몸통막기 momtong makgi).

**14**

Make a right leg Front Kick. (앞치기 ap chagi)  
Note: You will need to pull back the kick for the next move.

**13**

Pivoting on the right foot, turn left 270 degrees and move the left leg into a Back Stance. Perform a left hand Outside Middle Block.

**12**

Land forward into a Back Stance (뒤꿈치 돌리 쿠비) and make a Supporting Knifehand Block. (손날 거들어 파깅막기) sonnal kodureo makgi).

**16**

Turn 180 degrees to the right by moving the right leg into a Back Stance and make a right hand Outside Middle Block.

**17**

Make a left leg Front Kick. (앞치기 ap chagi)  
Note: You will need to pull back the kick.

**18**

Pull back the kick into a Back Stance and make a left hand Middle Block. (몸통막기 momtong makgi).

**TAE KWON DO**  
태권도

**21**

Land forward into a Front Stance and make a right hand Back Knifehand Forward Strike (등뒤의 앞치기) deung jumeok ap chigi).

**20**

Make a right leg Front Kick forward. (앞치기 ap chagi)

**19**

Turn 90 degrees to the left by moving the left leg into a Front Stance and make a Swallow Knifehand Forward Strike. (손날 앞치기) jebipoom sonnal anchigi.



**22**

Turn 90 degrees to the left by pulling the left leg into a Walking Stance and make a left hand Middle Block. (몸통막기 momtong makgi)

**23**

In this position, follow with a right hand Reverse Middle Punch.

**24**

Turn 180 degrees to the right by moving the right leg into a Walking Stance and make a right hand Middle Block.

**25**

In this position, follow with a left hand Reverse Middle Punch.

**TAEGEUK #4**  
**SA JANG** 태극 4장  
REFERENCE MAP ( 6th Geup )

**28**

Left hand Middle Punch. From previous Double Punch. (몸통 두번 지르기) duboon jireugi)

**27**

In this position, make a Double Punch (몸통 두번 지르기) duboon jireugi) starting with right hand first.

**26**

Move the left leg to the left and turn 90 degrees to the left into a Front Stance while making a left hand Middle Block. (몸통막기 momtong makgi)

**29**

Step forward with the right leg into a Front Stance and make a right hand Middle Block. (몸통막기) momtong makgi

**30**

In this position, make a Double Punch. (몸통 두번 지르기) duboon jireugi) starting with the left hand first.

**31**

Right hand Middle Punch. From previous Double Punch.

**KIHAP**

**READY**

Turn 180 degrees to the left by bringing the left leg back into READY STANCE

**FINISH**



## 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)  
**Kyesok** – Continue;    **Seung** – Winner

### 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  
**Oreun Sogi** - Right Stance;



### **Punches & Strikes**

- Jireugi** - Punch
- Ap Jireugi** - Front Punch
- Momtong Jireugi** – Middle Punch
- Yup Jireugi** – Side Punch
- Olgul Jireugi** – High Punch
- Arae Jireugi** – Low Punch
- Palkup Ollyo Chigi** – Upward Elbow Strike
- Palkup Yeop Chigi** – Side Elbow Strike
- Palkup Dwi Chigi** – Back Elbow Strike
- Palkup Naeryo Chigi** – Downward Elbow Strike
- Deung Jumeok Chigi** – Back Fist Strike
- PyeonSonkeut Sewo Jireugi** – Spearhand Strike
- Batangson Teok Chigi** - Palm Heel Strike (chin)
- Sonnal Deung Chigi** – Ridge Hand Strike
- Mureup Chigi** – Knee Strike
- Jebi Poom Chigi** – Combination Knifehand Block and Strike
- Sonnal Bakkat Chigi** – Outward Knifehand Strike
- Sonnal An Chigi** – Inward Knifehand Strike
- Du Hechyo Jireugi** – Twin Upset Punch
- Deung Jumeok Bakat Chigi** – Outward Hammerfist Strike
- Khaljaebi Chigi** – Arc Hand Strike
- Ap palkup chigi** - Front elbow
- Palkup pyojeok chigi** - Front elbow with target
- Dwi palkup chigi** - Back elbow
- Deungjumeok ap chigi** - Back fist front strike

### **WT Taekwondo Blocks**

- Makki** - Block
- Arae Makki** – Low Block
- Momtong Makki** - Middle (Body) Block **Olgul**
- Makki** - High (Face) Block
- Momtong Makki** – Outer Forearm Inward Block
- Momtong Bakkat Makki** - Outer Forearm Block
- Batangson Makki** – Palm Block
- Goduro Makki** – Guarding Block
- Sonnal Makki** - Knife Hand Block
- Otgureo Makki** - X-fist Block
- Batangson an Makki** - Palm Heel Block
- Kawi Makki** – Scissors Block
- Hechyo Makki** – Wedging Block
- Momtong Goduro Makki** – Guarding Block
- Hanssonal Makki** – 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**



# Poomsae (Forms)

## What Are Forms?

A Poomsae is a series of fundamental movements, mainly defense and attack, set in a logical sequence to deal with one or more imaginary opponents. Patterns are an indication of a student's progress, a barometer in evaluating an individual's technique.

## Why do we perform Forms?

Poomsae are practiced to improve Taekwondo techniques. When practicing students develop flexibility of movement, master body shifting, improve sparring technique, balance and breath control. Poomsae enable students to acquire techniques, which cannot be obtained from other forms of training.

**Completion of poomsae can be achieved through hard training following these 5 steps:**

### Pattern

The first step of training poomsae is to learn the pattern. Concentration of spirit, eyes, angles of movements must be emphasized in addition to the accuracy of actions.

### Significance

In the next step, the emphasis must be laid on the balance, strength and weakness, low or high speed, respiration and poomsae line. The significance of movements, connection of poomsae and the complete poomsae must be learned correctly.

### Practical Use

One must adapt what he has learned to his practical use, finding out the practicability.

### Self-Style

One must evaluate his findings about the effectiveness of what he has learned, comparing with his bodily structure, speed, strength, muscle strength, impulsive power, points of emphasis in training, etc., and moderate the techniques into his own style.



## Completion

One achieves a synthetic accomplishment of poomsae training by mastering the art of Taekwondo techniques including Taekwondo spirit.

\*\*\*\*END\*\*\*\*