

## Black Tag, 1st Kup

### Body parts

an-palmok . . . . .  
sonnal-deung . . . . .  
injung (olgul), . . . . .  
mynog-chi (momtong), . . . . .  
danjung (area), . . . . .

### Block (makki)

an-palmok yop-makki . . . . .  
apkubi-seogi arae hecho-makki, . . . . .  
juchum-seogi arae hecho-makki, . . . . .

### Hitting (chigi)

sonnal-deung chigi, . . . . .  
pyonsonkkeut tzireugi . . . . .  
palkup yop-chigi, . . . . .

### Kicks:

dyrodora bakkat-chagi, . . . . .  
dyrodora an-chagi, . . . . .  
kawi-chagi (split jump kick sides), . . . . .

### Forms (Poomsae)

The **8th** Taegeuk (Taegeuk pal-jang): This poomsae symbolizes "Kon", one of the eight divination signs, which represents the **Earth**, meaning the beginning, and the end. This is the 8<sup>th</sup>, and the last Taegeuk poomsae.

**PS:** 27 counts, count # 6 & 8 are performed slowly in 8 seconds, one kihop on the final kick of the count # 3, and one kihop on the final kick of the count # 19.

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The **1st** Taegeuk (Taegeuk il-jang) represents "keon", **heaven, sky**, that symbolizes the beginning of the creation.

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PS: 16 counts, one kihop at the end. . . . .  
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#### Arranged Sparring

##### Three-step (sebeon kyorugi)

Three-steps always start just like the applications, but

A: advances on **apkubi**-seogi for all three steps

B: steps back and blocks, on **dwitkubi**-seogi, for all three steps.

B must adjust her/his steps depending on A's length, and take into consideration that dwitkubi-seogi is a shorter stance than apkubi-seogi.

A: momtong-jireugi	B: sonnal bakkat-makki
momtong-jireugi	sonnal bakkat-makki
momtong-jireugi	sonnal bakkat-makki → dollyo-chagi →
	sonnal bakkat-chigi → kihap

A: olgul-jireugi	B: olgul-makki
arae -jireugi	arae-makki
momtong -jireugi	an-makki → dollyo-chagi → juchum-seogi palkup
	yop-chigi → kihap

A: momtong-jireugi	B: batangson an-makki
momtong-jireugi	batangson an-makki
momtong-jireugi	batangson an-makki → ap-chagi → palkup dollyo-
	chigi → deungjumok yop-chigi → kihap

#### Self-Defense (ho-sun-sol)

Excellence in the earlier self-defense techniques

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**Black Tag, 1st Kup**

**Breaking (kyokpa)**

Two different kicks

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**Sparring (kyorugi)**

Sparring against two opponents simultaneously. . . . .

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