

## Red Belt, 2nd Kup

### Stances (seogi)

apkkoo-seogi, . . . . .

### Blocks (makki)

wesanteul makki, . . . . .

kodureo area-makki, . . . . .

### Strikes (jireugi)

dangkyo teok-jireugi, . . . . .

### Kicks (chagi)

dubal dang-seong ap-chagi, . . . . .

kawi-chagi (split jump kick forward), . . . . .

### Forms (Poomsae)

The 7th Taegeuk (Taegeuk chil-jang): This poomsae symbolizes the "Kan", one of the 8 divination signs, which represents the **mountain** and refers to its firmness.

**PS:** 25 counts, count # 11 (moa-seogi bojumeok) is performed slowly in 5 seconds, one kihop at the final technique.

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### Arranged Sparring

One-step (hanbeon kyorugi), applications of the 8th Poomsae, Taegeuk Pal-jang

This applications start with

A and C: step back, on ap-seogi, holding fighting guard, facing B from the two sides of B → kihap

B: kihap

A: ap-chagi

C: olgul-jireugi → B: wesanteul-makki → dangkyo teok-jireugi → kihap

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### 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: arae-jireugi

B: arae-makki

momtong-jireugi

an-makki

olgul-jireugi

olgul-makki → ap-chagi → olgul bandae-jireugi → kihap

A: momtong-jireugi

B: sonnal bakkat-makki

olgul-jireugi

olgul-makki

arae-jireugi

arae-makki → momtong baro-jireugi → kihap

A: momtong-jireugi

B: an-makki

momtong-jireugi

an-makki

momtong-jireugi

an-makki → dyrodora sonnal bakkat-chigi → kihap

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

Repeating the earlier self-defense techniques

### Breaking (kyokpa)

Two different kicks

### Sparring (kyorugi)

Mehr Taekwondo (Friendship, Enthusiasm, Hard Work)

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