

Mehr Taekwondo (Friendship, Enthusiasm, Hard Work)

Red Tag, 3rd Kup

Hitting (chigi)

mureup-chigi,

deungjumeok bakkat-chigi,

Blocks (makki)

kawi-makki,

momtong hecho-makki,

area otkoreaomakki,

Strikes (jireugi)

yop-jireugi

dujumeok jeocho-jireugi,

Kicks (chagi)

pyojeok-chagi,

mireo-chagi,

Arranged Sparring

One-step (hanbeon kyorugi), applications of the 7th Poomsae, Taegeuk Chil-jang

Applications always start with

A: steps back, on ap-seogi, holding fighting guard → kihap

B: kihap, and responding to A's attack by stepping back with the same leg as A

A: apchagi momtong-jireugi B: kawi-makki → mireo -chagi → kihap

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A: tries to grab B's collar B: hecho-makki → holds and A's head → mureup-
with both hands chigi → dujumeok jeocho-jireugi → kihap

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A: apchagi B: otkoreaomakki → grab A's leg, twist it, and pull
Him/her down → kihap

Red Tag, 3rd Kup

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Kicks

Kicks always start with

A: steps back, on ap-seogi, holding fighting guard → kihap

B: takes one adjusted step back on ap-seogi, with the **opposite** leg to A's, holding fighting guard → kihap

A: momtong-jireugi

B: bakkat-chagi → (turns around, puts the kicking leg down, and kicks with the same leg) dwi-chagi → kihap

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Self-Defense (Ho-sun-sol)

A is sitting on B's belly, aiming on choking her/him, while B is on her/his back on the ground.

B:

1. Moves her/his right heel outside of A's left foot, and keeps it tight to her/his body,
 2. B holds A's left hand, with her/his both hands, slightly below A's elbow, dragging to the right side,
 3. Simultaneously, B lifts up her/his left hip and leg up pulling A to her/his right side, and rolling on her/him on the ground,
 4. B takes the control, by delivering a couple of heavy punches to A's solar plexus, aiming to paralyze her/him for few seconds.
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Breaking (kyokpa)

Two kick techniques

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Red Tag, 3rd Kup

Sparring (kyorugi)

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