

## Blue Belt, 4th Kup

### Stances (seogi)

beom-seogi, . . . . .

### Blocks (makki)

arae (han)sonnal kodureo-makki, . . . . .

batangson kodureo an-makki, . . . . .

### Kicks (chagi)

twio dwi-chagi, . . . . .

bitureo-chagi, . . . . .

new combinations, . . . . .

### Forms (poomsae)

The 6th Taegeuk (Taegeuk yuk-jang): This poomsae symbolizes "Kam", one of the 8 divination signs, which represents **water**, meaning incessant flow and softness.

**PS:** 19 counts, two dollyo-chagi, count # 10 is performed slowly in 5 seconds, kihop on the second dollyo-chagi.

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### 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 → kihop

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

A: momtong-jireugi

B: beom-seogi batangson baro an-makki (grabs A's hand) → ap-chagi → step back while pulling A → an-chigi → kihop

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A: momtong -jireugi

B: beom-seogi batangson an-makki (grabs

momtong baro-jireugi

A's hand) → batangson an-makki → deungjumeok

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ap-chigi → kihap

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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: an-chagi → (with the same leg) yop-chagi  
→ kihap

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

A grabs B's collar, using both hands, and pushes him/her forward

B grabs A's collar, using both hands, steps backward, in the same direction as A is pushing, quickly sits down, and uses one of his/her legs to lift A's body and throws A to the ground over his/her own head.

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### Breaking (kyokpa)

two kicking techniques

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### Sparring (kyorugi)

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