

Blue Tag, 5th Kup

Body parts

batangson,

dwichuk,

Blocks (makki)

arae hecho-makki,

(han)sonnal olgul bitureo-makki,

batangson an-makki,

Kicks (chagi)

twio dyrodora yop-chagi,

twio dyrodora bandae dollyo-chagi

dwi-chagi,

double and triple kicks with one leg,

Form (poomsae)

The **5th** Taegeuk (Taegeuk oh-jang): This poomsae symbolizes "son", one of the eight divination signs, which represents the **wind**. The wind can be a calm and pleasant breeze, or it can generate a mighty and destructive force.

PS: 20 counts, two yop-chagi, one kihop at the end.

.....
Saju-chagi 6 (ap-chagi → dwi-chagi → yop-chagi → dollyo -chagi)

Arranged Sparring

One-step (hanbeon kyorugi), applications of the 6th Poomsae, Taegeuk Yuk-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: ap-chagi →

B: arae-makki → ap-chagi → bakkat-makki

Mehr Taekwondo (Friendship, Enthusiasm, Hard Work)

Blue Tag, 5th Kup

momtong baro-jireugi → kihap

.....
A: olgul-jireugi

B: (han)sonnal olgul bitureo-makki → dollyo-chagi
→ kihap

.....
A: momtong-jireugi →

momtong baro-jireugi

B: dwitkubi seogi sonnal kodureo-makki →

apkubi-seogi batangson baro an-makki →

momtong bandae-jireugi → kihap
.....

Self-Defense (Ho-sun-sol)

A steps forward with his/her right leg, attacking with a knife in his/her right hand, aiming to stick the knife in a circular movement towards the side of B's belly.

B steps forward and to the right, in a 45-degree-angle, with his/her right leg (on juchum-seogi), and simultaneously blocks A's hand with his/her left hand (with a sonnal bakkat makki) and delivers a sonnal an-chigi to A's neck with the other hand. Immediately B grabs A's hand, with the knife, using both hands, steps backward with his/her right leg, in a 180-degrees-angle, simultaneously turns and drags A's hand. B finishes the sequence with delivering an ap-chagi towards A's face.

.....
.....
A steps forward with his/her right leg, attacking with a knife in his/her right hand, aiming to stab the knife from the above into B's chest.

B steps forward with his/her right leg, and simultaneously grabs A's hand, with his/her right hand. B locks A's hand and disarms him/her.

Breaking (kyokpa)

two kicking techniques

Blue Tag, 5th Kup



Sparring (kyorugi)

