

Green Belt, 6th Kup

Body parts

mejumeok,

palkup,

Stances (seogi)

oron-seogi,

wen-seogi,

dwikkoa-seogi,

Blocks (makki)

(han)sonnal yop-makki (Zero degree angel),

Hitting (chigi)

mejumeok naeryo-chigi,

palkup dollyo-chigi,

palkup pyojeok-chigi,

Kicks (chagi)

dyrodora yop-chagi

dyrodora bandae dollyo-chagi,

twio yop-chagi,

twio bandae dollyo-chagi,

Forms (Poomsae)

The **4th** Taegeuk (Taegeuk sa-jang): This poomsae symbolizes "jin", one of the eight divination signs, which represents the **thunder**, meaning great power and dignity.

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

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Saju-chagi 4 (dollyo-chagi → dyrodora yop-chagi)

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Saju-chagi 5 (dollyo-chagi → dyrodora bandae dollyo -chagi)
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Arranged Sparring

One-step (hanbeon kyorugi), applications of the 5th Poomsae, Taegeuk Oh-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 →

grabs B's blocking hand

B: arae-makki →

mejumeok naeryo-chigi → kihap

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A: dollyo-chagi

B: sonnal yop-makki → palkup dollyo-chigi

→ kihap

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A: naeryo-chagi

B: olgul-makki → yop-chagi → palkup pyojeck-chigi

→ kihap

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A: ap-chagi → dollyo-chagi

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

dwikko-a-seogi deungjumeok 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 → dyrodora bandae dollyo -chagi → kihap

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Self-Defense (Ho-sun-sol)

A holds B's left hand, and C hold B's right hand

B delivers an arae yop-chagi, with his/her right leg, towards C's knee, aiming to damage the knee joint, paralyzing him/her. Then B delivers a dollyo-chagi with his/her right leg towards A's face.

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A steps forward with his/her right leg, attacking with a knife in his/her right hand, aiming to stick the knife, straightforward, into B' belly.

B steps forward, and to the left, in a 45-degree-angle, with his/her left leg, and simultaneously grabs A's hand, with his/her right hand. B locks A's hand, while turning clockwise on the left toe and stepping behind A with the right leg.

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Breaking (kyokpa)

One hand and one kicking technique

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Sparring (kyorugi)

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