

## Yellow Belt, 8th Kup

### Body parts

Hansonnal/sonnal, . . . . .

bakkat-palmuk . . . . .

### Stance (seogi)

dwitkubi-seogi . . . . .

### Hitting (chigi)

sonnal an-chigi, . . . . .

### Blocks (makki)

bakkat-palmuk bakkat-makki, . . . . .

sonnal bakkat-makki . . . . .

### Kicks (chagi)

yop chag-ollegi. . . . .

bandae dollyo-ollegi, . . . . .

dyrodora bakkat naeryo-chagi, . . . . .

dyrodora an naeryo-chagi, . . . . .

twio dollyo-chagi, . . . . .

dyrodora dollyo-chagi, . . . . .

### Forms (poomsae)

The 2nd Taegeuk (Taegeuk i-jang): This poomsae symbolizes "Tae", lake, which signifies the inner firmness and the outer softness

PS: 18 counts, one kihop at the end. . . . .

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### Arranged Sparring

One-step (hanbeon kyorugi), applications of the 3<sup>rd</sup> Poomsae, Taegeuk Sam-jang

Applications always start with

**Yellow Belt, 8th Kup**

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: momtong-jireugi

B: dwitkubi-seogi bakkat-makki → (one step forward) ap-seogi sonnal an-chigi → kihap

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A: momtong-jireugi

B: dwitkubi-seogi sonnal bakkat-makki → apkubi-seogi (same leg) momtong baro-jireugi → kihap

**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: olgul twio dollyo-chagi → kihap

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

A holds B's neck with both hands

B pushes A's hands away from himself/herself, creating a safe distance, and holds a defensive guard. This signalize that B is in control, and is ready to defend himself/herself if A does not give up.

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A holds B's neck with both hands from the behind

B surprises A with a quick stamping of A's foot, immediately rises one of his elbows high, while turning to A from the same side as his/her raised elbow, pushes A's hand down, and rises his/her hand to push A's throat, chin, or nose.

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A holds B's waist, and both hands, face to face

Mehr Taekwondo (Friendship, Enthusiasm, Hard Work)

**Yellow Belt, 8th Kup**

B stamps A on the foot, while lowering his body and opening his/her arms very quickly. B continues with delivering of two quick punches to A's solar plexus.

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A holds B' waist, and both hands, from behind

B stamps A on the foot, moves his/her hips to a side and puts his/her leg behind A's leg, and pushes to lift A, using a hip and a thigh, and simultaneously pushes A's upper body backward with his/her hand so that A loses balance and B gains control.

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**Sparring (kyorugi)**

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