

## Yellow Tag, 9th Kup

### Basic terms

dojang. . . . .  
dobok. . . . .  
oreun & wen, . . . . .  
sijak, . . . . .  
Keuman, . . . . .

### Stances (seogi)

apkubi-seogi, . . . . .

### Strikes (jireugi)

bandae & baro-jireugi . . . . .

### Kicks (chagi)

ap dollyo-chagi, . . . . .  
naeryo-chagi, . . . . .  
bakkat naeryo-chagi, . . . . .  
an naeryo-chagi, . . . . .  
twio ap-chagi, . . . . .  
Twio naeryo-chagi, . . . . .  
twio bakkat naeryo-chagi . . . . .  
twio an naeryo -chagi . . . . .  
dollyo-chagi, . . . . .

### Forms (Poomsae)

Saju-chagi 1 (bakkat-chagi → ap-chagi)  
. . . . .  
Saju-chagi 2 (ap-chagi → dollyo-chagi)  
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### Arranged sparring

One-step (hanbeon kyorugi), applications of the 2<sup>nd</sup> form Taegeuk I-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: arae-jireugi

B: arae-makki → momtong baro-jireugi → kihap

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A: momtong-jireugi

B: an-makki → momtong baro-jireugi → kihap

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A: olgul-jireugi

B: olgul-makki → olgul baro-jireugi → 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: bakkat-chagi → ap-chagi → kihap

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A: momtong-jireugi

B: olgul twio ap-chagi → kihap

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

A holds B's collar with his/her **right** hand

1. B stamps A on one of his/her foot, to distract the attacker's attention.
2. B uses his/her **right** hand to grab A's attacking hand, dragging the little finger, and simultaneously twisting the hand and arm. Now B uses his/her other hand as well to lock A's hand and arm, and make him/her to submit.

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**Yellow Tag, 9th Kup**

A holds B's collar with both hands

1. B stamps A on one of his/her feet, to distract the attacker's attention.
2. B lifts his/her right or left elbow and pushes it down between A's hands, then twists it in a circular movement, from inside towards out, and up, around the opposite hand of A (B uses right elbow against A's left hand, and the other way round) twisting and locking A's hand.

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**Sparring (kyorugi)**

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