

## White Belt, 10th Geop

### Basic terms

pyonhi anja, . . . . .

jung shim, . . . . .

charyot, . . . . .

kyongrye, . . . . .

jumbi, . . . . .

paro, . . . . .

sho (shiyo or swieo). . . . .

kihap. . . . .

anja, . . . . .

### Body parts

jumeok, . . . . .

apjumeok, . . . . .

apchuk, . . . . .

baldeung . . . . .

### Stances (seogi)

juchum-seogi, . . . . .

ap-seogi . . . . .

### Strikes (jireugi)

momtong-jireugi, . . . . .

dubeon-jireugi, . . . . .

sebeon-jireugi, . . . . .

### Blocks (makki)

momtong an-makki, . . . . .

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### Kicks (chagi)

Apcha-ollegi . . . . .  
bakkat-chagi, . . . . .  
an-chagi, . . . . .  
ap-chagi, . . . . .  
ap dollyo-chagi, . . . . .  
naeryo-chagi, . . . . .

### Forms (Poomsae)

Saju-chagi 1 (bakkat-chagi → ap-chagi)  
. . . . .

### Self-Defense (ho-shin-sul)

A holds B's right hand with his/her left hand  
. . . . .  
A holds B's left hand with his/her left hand  
. . . . .  
A holds one of B's hands, with both hands, and B tries to get free, in two different ways.  
. . . . .  
A holds B's both hands, and B tries to get free.  
. . . . .