

White Belt, 10th Kup

Basic terms

pyonhi anja,
jung shim,
charyot,
kyongrye,
jumbi,
paro,
sho,
kihap.
anja,

Body parts

jumeok,
apjumeok,
apchuk,
baldeung

Stances (seogi)

juchum-seogi,
ap-seogi

Strikes (jireugi)

montong-jireugi,
dubeon-jireugi,
sebeon-jireugi,

Blocks (makki)

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

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