

Black Tag, 1st Kup

Body parts

an-palmok
sonnal-deung
injung (olgul),
mynog-chi (momtong),
danjung (area),

Block (makki)

an-palmok yop-makki
apkubi-seogi arae hecho-makki,
juchum-seogi arae hecho-makki,

Hitting (chigi)

sonnal-deung chigi,
palkup yop-chigi,

Thrusting (tzireugi)

pyonsonkkeut tzireugi

Kicks:

dyrodora bakkat-chagi,
dyrodora an-chagi,
kawi-chagi (split jump kick sides),

Forms (Poomsae)

The **8th** Taegeuk (Taegeuk pal-jang): This poomsae symbolizes "Kon", one of the eight divination signs, which represents the **Earth**, meaning the beginning, and the end. This is the 8th, and the last Taegeuk poomsae.

PS: 27 counts, count # 6 & 8 are performed slowly in 8 seconds, **two kihops** each on the final kick of count # 3 and # 19.

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The 1st Taegeuk (Taegeuk il-jang) represents "keon", **heaven, sky**, that symbolizes the beginning of the creation.

PS: 16 counts, one kihop at the end.
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Arranged Sparring

Three-step (sebeon kyorugi)

Three-steps always start just like the applications, but

A: advances on **apkubi**-seogi for all three steps

B: steps back and blocks, on **dwitkubi**-seogi, for all three steps.

B must adjust her/his steps depending on A's length, and take into consideration that dwitkubi-seogi is a shorter stance than apkubi-seogi.

A: momtong-jireugi	B: sonnal bakkat-makki
momtong-jireugi	sonnal bakkat-makki
momtong-jireugi	sonnal bakkat-makki → dollyo-chagi → sonnal bakkat-chigi → kihap

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A: olgul-jireugi	B: olgul-makki
arae -jireugi	arae-makki
momtong -jireugi	an-makki → dollyo-chagi → juchum-seogi palkup yop-chigi → kihap

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A: momtong-jireugi	B: batangson an-makki
momtong-jireugi	batangson an-makki
momtong-jireugi	batangson an-makki → ap-chagi → palkup dollyo- chigi → deungjumok yop-chigi → kihap

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Self-Defense (ho-sun-sol)

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Excellence in the earlier self-defense techniques

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Breaking (kyokpa)

Two different kicks

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Sparring (kyorugi)

Sparring against two opponents simultaneously.

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