

Mehr Taekwondo (Friendship, Enthusiasm, Hard Work)
Black Tag, 1st Geop

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,
pyonsonkkeut tzireugi
palkup yop-chigi,

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, one kihop on the final kick of the count # 3, and one kihop on the final kick of the count # 19.

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

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

One-step (hanbeon kyorugi), applications of the 7th Poomsae, Taegeuk Chil-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

1. A: momtong-jireugi B: beom-seogi batangson baro an-makki (grabs A's hand) → ap-chagi → step back while pulling A → an-chigi → kihop

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2. A: momtong -jireugi B: beom-seogi batangson an-makki (grabs momtong baro-jireugi A's hand) → batangson an-makki → deungjumeok ap-chigi → kihap

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3. A: apchagi & momtong Baro-jireugi (simultaneously) B: kawi-makki → mireo -chagi → kihap

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4. A: tries to grab B's collar B: hecho-makki → holds A's head with both hands → mureup-chigi → (stamps on A's foot on Dwit kkoa-seogi) dujumeok jeocho-jireugi → kihap

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5. A: apchagi B: otkoreao area-makki → grab A's leg, twist it, and pull Him/her down → kihap

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This application starts with

A and C: step back, on ap-seogi, holding fighting guard, facing B from the two sides of B → kihap

B: kihap

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6. A: ap-chagi

C: olgul-jireugi →

B: wesanteul-makki → dangkyo teok-jireugi → kihap

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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 apkobi-seogi.

1. A: arae-jireugi

B: arae-makki

momtong-jireugi

an-makki

olgul-jireugi

olgul-makki → ap-chagi → olgul bandae-jireugi → kihap

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2. A: momtong-jireugi

B: han-sonnal bakkat-makki

olgul-jireugi

olgul-makki

arae-jireugi

arae-makki → momtong baro-jireugi → kihap

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3. A: momtong-jireugi

B: an-makki

momtong-jireugi

an-makki

momtong-jireugi

an-makki → dyrodora han-sonnal bakkat-chigi → kihap

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4. A: momtong-jireugi

B: han-sonnal bakkat-makki

momtong-jireugi

ha-sonnal bakkat-makki

momtong-jireugi

han-sonnal bakkat-makki → dollyo-chagi →

han-sonnal bakkat-chigi → kihap

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5. A: olgul-jireugi

B: olgul-makki

arae-jireugi

arae-makki

momtong-jireugi

an-makki → dollyo-chagi → juchum-seogi palkup

