

Mehr Taekwondo (Friendship, Enthusiasm, Hard Work)
Red Belt, 2nd Geop

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3. A: olgul-jireugi B: olgul-makki → olgul baro-jireugi → kihap
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4. A: momtong-jireugi B: dwitkubi-seogi bakkat-makki → (one step forward) ap-seogi han-sonnal an-chigi → kihap
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5. A: momtong-jireugi B: dwitkubi-seogi han-sonnal bakkat-makki → apkubi-seogi (same leg) momtong baro-jireugi → kihap
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6. A: momtong-jireugi → B: sonnal kodureo-makki → (Do not step forward) momtong-baro-jireugi pyonsonkkeut sewo-tzireugi → kihap
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7. A: olgul-jireugi B: jebi-poom mok-chigi → ap-chagi (step forward) ap-seogi → deungjumok olgul-ap-chigi → kihap
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8. A: momtong-jireugi B: bakkat-makki (grab A's attacking hand) → ap-chagi (put the kicking leg back again pulling A) → an-chigi → kihap
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9. A: ap-chagi → B: arae-makki → grabs B's blocking hand mejumeok naeryo-chigi → kihap
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10. A: dollyo-chagi B: han-sonnal yop-makki → palkup dollyo-chigi → kihap
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11. A: naeryo-chagi B: olgul-makki → yop-chagi → palkup pyojeck-chigi → kihap
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12. A: ap-chagi → dollyo-chagi B: arae- makki → an-makki → ap-chagi → dwikka-seogi deungjumeok ap-chigi → kihap
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13. A: ap-chagi → B: arae-makki → ap-chagi → bakkat-makki

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momtong baro-jireugi → kihap

14. A: olgul-jireugi → kihap
B: han-sonnal olgul bitureo-makki → dollyo-chagi

15. A: momtong-jireugi → momtong baro-jireugi
B: dwitkubi seogi sonnal kodureo-makki → apkubi-seogi batangson baro an-makki → momtong bandae-jireugi → kihap

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

1. A: momtong-jireugi B: bakkat-chagi → ap-chagi → kihap

2. A: momtong-jireugi B: olgul twio ap-chagi → kihap

3. A: momtong-jireugi B: olgul twio dollyo-chagi → kihap

4. A: momtong-jireugi B: an-chagi → dyrodora bandae dollyo -chagi → kihap

5. A: momtong-jireugi B: an-chagi → (with the same leg) yop-chagi → kihap

6. A: momtong-jireugi B: bakkat-chagi → (turns around, puts the kicking leg down, and kicks with the same leg) dwi-chagi → kihap

Self-Defense (ho-shin-sul)

Repeating the earlier self-defense techniques

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Breaking (kyokpa)

Two different kicks

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Sparring (kyorugi)

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