

Mehr Taekwondo (Friendship, Enthusiasm, Hard Work)

Red Tag, 3rd Geop

Hitting (chigi)

mureup-chigi,

deungjumeok bakkat-chigi,

Blocks (makki)

kawi-makki,

momtong hecho-makki,

area otkoreao-makki,

Strikes (jireugi)

yop-jireugi

dujumeok jeochu-jireugi,

Kicks (chagi)

pyojeok-chagi,

mireo-chagi,

Self-Defense (ho-shin-sul)

A is sitting on B's belly, aiming on choking her/him, while B is on her/his back on the ground.

B:

1. Moves her/his right heel outside of A's left foot, and keeps it tight to her/his body,
2. B holds A's left hand, with her/his both hands, slightly below A's elbow, dragging to the right side,
3. Simultaneously, B lifts up her/his left hip and leg up pulling A to her/his right side, and rolling on her/him on the ground,
4. B takes the control, by delivering a couple of heavy punches to A's solar plexus, aiming to paralyze her/him for few seconds.

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Breaking (kyokpa)

Two kick techniques

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Sparring (kyorugi)

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