

Mehr Taekwondo (Friendship, Enthusiasm, Hard Work)

Blue Belt, 4th Geop

Stances (seogi)

beom-seogi, . . . . .

Blocks (makki)

arae sonnal kodureo-makki, . . . . .

batangson kodureo an-makki, . . . . .

Kicks (chagi)

twio dwi-chagi, . . . . .

bitureo-chagi, . . . . .

new combinations, . . . . .

Forms (poomsae)

The 6th Taegeuk (Taegeuk yuk-jang): This poomsae symbolizes "Kam", one of the 8 divination signs, which represents **water**, meaning incessant flow and softness.

PS: 19 counts, two dollyo-chagi, count # 10 is performed slowly in 5 seconds, kihop on the second dollyo-chagi.

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Self-Defense (ho-shin-sul)

A grabs B's collar, using both hands, and pushes him/her forward

B grabs A's collar, using both hands, steps backward, in the same direction as A is pushing, quickly sits down, and uses one of his/her legs to lift A's body and throws A to the ground over his/her own head.

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Breaking (kyokpa)

two kicking techniques

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**Sparring (kyorugi)**

