

Mehr Taekwondo (Friendship, Enthusiasm, Hard Work)

Blue Tag, 5th Geop

Body parts

batangson,

dwichuk,

Blocks (makki)

arae hecho-makki,

han-sonnal olgul bitureo-makki,

batangson an-makki,

Kicks (chagi)

twio dyrodora yop-chagi,

twio dyrodora bandae dollyo-chagi

dwi-chagi,

double and triple kicks with one leg,

Form (poomsae)

The **5th** Taegeuk (Taegeuk oh-jang): This poomsae symbolizes "son", one of the eight divination signs, which represents the **wind**. The wind can be a calm and pleasant breeze, or it can generate a mighty and destructive force.

PS: 20 counts, two yop-chagi, one kihop at the end.

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Saju-chagi 6 (ap-chagi → dwi-chagi → yop-chagi → dollyo -chagi)

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Self-Defense (ho-shin-sul)

A steps forward with his/her right leg, attacking with a knife in his/her right hand, aiming to stick the knife in a circular movement towards the side of B's belly.

B steps forward and to the right, in a 45-degree-angle, with his/her right leg (on juchum-seogi), and simultaneously blocks A's hand with his/her left hand (with a han-sonnal bakkat makki) and delivers a han-sonnal an-chigi to A's neck with the other hand. Immediately B grabs A's hand, with the knife, using both hands, steps backward with his/her right leg, in

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a 180-degrees-angle, simultaneously turns and drags A's hand. B finishes the sequence with delivering an ap-chagi towards A's face.

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A steps forward with his/her right leg, attacking with a knife in his/her right hand, aiming to stab the knife from the above into B's chest.

B steps forward with his/her right leg, and simultaneously grabs A's hand, with his/her right hand. B locks A's hand and disarms him/her.

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Breaking (kyokpa)

two kicking techniques

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Sparring (kyorugi)

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