

Green Belt, 6th Geop

Body parts

mejumeok,

palkup,

Stances (seogi)

oron-seogi,

wen-seogi,

dwikkaa-seogi,

Blocks (makki)

han-sonnal yop-makki (Zero degree angel),

Hitting (chigi)

mejumeok naeryo-chigi,

palkup dollyo-chigi,

palkup pyojeok-chigi,

Kicks (chagi)

dyrodora yop-chagi

dyrodora bandae dollyo-chagi,

twio yop-chagi,

twio bandae dollyo-chagi,

Forms (Poomsae)

The **4th** Taegeuk (Taegeuk sa-jang): This poomsae symbolizes "jin", one of the eight divination signs, which represents the **thunder**, meaning great power and dignity.

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

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Saju-chagi 4 (dollyo-chagi → dyrodora yop-chagi)

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Saju-chagi 5 (dollyo-chagi → dyrodora bandae dollyo -chagi)
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Self-Defense (ho-shin-sul)

A holds B's left hand, and C hold B's right hand

B delivers an arae yop-chagi, with his/her right leg, towards C's knee, aiming to damage the knee joint, paralyzing him/her. Then B delivers a dollyo-chagi with his/her right leg 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 stick the knife, straightforward, into B' belly.

B steps forward, and to the left, in a 45-degree-angle, with his/her left leg, and simultaneously grabs A's hand, with his/her right hand. B locks A's hand, while turning clockwise on the left toe and stepping behind A with the right leg.

Breaking (kyokpa)

One hand and one kicking technique
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Sparring (kyorugi)

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