

Mehr Taekwondo (Friendship, Enthusiasm, Hard Work)
Green Tag, 7th Geop

Body parts

balnal,
deungjumok,
pyonsonkkeut,
mok

Hitting (chigi)

jebi-poom mok-chigi,
deungjumok olgul-ap-chigi

Thrusting (tzireugi)

pyonsonkkeut sewo-tzireugi,

Blocks (makki)

momtong kodureo-makki,
sonnal kodureo-makki,

Kicks (chagi)

yop-chagi,
bandae dollyo-chagi,
twio dyrodora dollyo-chagi,
twio dyrodora bakkat-naeryo-chagi,
twio dyrodora an-naeryo-chagi,

Forms

The 3rd Taegeuk (Taegeuk sam-jang) symbolizes "Ra", sun, which is hot and bright and refers to enthusiasm.

PS: 20 counts, one Kihop at the end,

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Saju-chagi 3 (naeryo-chagi → yop-chagi)
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Self-Defenses (ho-shin-sul)

A grabs B's hair on top from forward

B stamps A on the foot, puts his/her palms on top of A's hand, which is holding B's hair, and pushes down against his/her own head, as hard as possible, while going down in an upright position. This action will cause a great deal of pain in A's finger joints and wrist, and makes him/her to give up.

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A grabs B's hair on top from behind

B stamps A on the foot, puts his/her both palms on top of A's hand, which is holding B's hair, and pushes down against hi/her own head, as hard as possible, while going down and swinging to a side. Then, as A opens his hand, as a result of the pain, B grabs A's hand and twists it, as he/she swings to a side, to gain control.

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A grabs B's ponytail from behind

B stamps A on the foot, turns to A, reducing distance, hitting A in solar plexus by elbow, following with a knee attack to the same point, and finishing by throwing A to the ground, face down.

Breaking (kyokpa)

One hand technique

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Sparring (kyorugi)

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