

Mehr Taekwondo (Friendship, Enthusiasm, Hard Work)  
**Yellow Belt, 8th Geop**

**Body parts**

sonnal, . . . . .  
bakkat-palmuk . . . . .

**Stance (seogi)**

dwitkubi-seogi . . . . .

**Hitting (chigi)**

han-sonnal an-chigi, . . . . .

**Blocks (makki)**

bakkat-palmuk bakkat-makki, . . . . .  
han-sonnal bakkat-makki . . . . .

**Kicks (chagi)**

yop chag-ollegi. . . . .  
bandae dollyo-ollegi, . . . . .  
dyrodora bakkat naeryo-chagi, . . . . .  
dyrodora an naeryo-chagi, . . . . .  
twio dollyo-chagi, . . . . .  
dyrodora dollyo-chagi, . . . . .

**Forms (poomsae)**

The **2nd** Taegeuk (Taegeuk i-jang): This poomsae symbolizes "Tae", **lake**, which signifies the inner firmness and the outer softness

**PS:** 18 counts, one kihop at the end. . . . .  
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**Self-Defense (Ho-sun-sol)**

A holds B's neck with both hands

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B pushes A's hands away from himself/herself, creating a safe distance, and holds a defensive guard. This signalize that B is in control, and is ready to defend himself/herself if A does not give up.

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A holds B's neck with both hands from the behind

B surprises A with a quick stamping of A's foot, immediately rises one of his elbows high, while turning to A from the same side as his/her raised elbow, pushes A's hand down, and rises his/her hand to push A's throat, chin, or nose.

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A holds B's waist, and both hands, face to face

B stamps A on the foot, while lowering his body and opening his/her arms very quickly. B continues with delivering of two quick punches to A's solar plexus.

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A holds B' waist, and both hands, from behind

B stamps A on the foot, moves his/her hips to a side and puts his/her leg behind A's leg, and pushes to lift A, using a hip and a thigh, and simultaneously pushes A's upper body backward with his/her hand so that A loses balance and B gains control.

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**Sparring (kyorugi)**

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