

Mehr Taekwondo (Friendship, Enthusiasm, Hard Work)
Yellow Tag, 9th Geop

Basic terms

dojang.
dobok.
dobok dan jung,
oreun & wen,
sijak,
Keuman,
arae,
momtong,
olgul

Stances (seogi)

apkubi-seogi,
moa-Seogi ,
naranhi-seogi,

Strikes (jireugi)

arae-jireugi,
olgul-jireugi,
bandae & baro-jireugi

Blocks (makki)

arae-makki,
olgul-makki

Kicks (chagi)

bakkat naeryo-chagi,
an naeryo-chagi,
twio ap-chagi,
Twio naeryo-chagi,
twio bakkat naeryo-chagi

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twio an naeryo -chagi
dollyo-chagi,

Forms (Poomsae)

Saju-chagi 2 (ap-chagi → dollyo-chagi)

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Self-Defense (ho-shin-sul)

A holds B's collar with his/her **right** hand

1. B stamps A on one of his/her foot, to distract the attacker's attention.
2. B uses his/her **right** hand to grab A's attacking hand, dragging the little finger, and simultaneously twisting the hand and arm. Now B uses his/her other hand as well to lock A's hand and arm, and make him/her to submit.

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A holds B's collar with both hands

1. B stamps A on one of his/her feet, to distract the attacker's attention.
2. B lifts his/her right or left elbow and pushes it down between A's hands, then twists it in a circular movement, from inside towards out, and up, around the opposite hand of A (B uses right elbow against A's left hand, and the other way round) twisting and locking A's hand.

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Sparring (kyorugi)

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