

Yellow Tag, 9th Kup

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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Arranged sparring

One-step (hanbeon kyorugi), applications of the 2nd form Taegeuk I-jang

Applications always start with

A: Steps back, on ap-seogi, holding fighting guard → kihap

B: kihap, and responding to A's attack by stepping back with the same leg as A

A: arae-jireugi B: arae-makki → momtong baro-jireugi → kihap
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A: momtong-jireugi B: an-makki → momtong baro-jireugi → kihap
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A: olgul-jireugi B: olgul-makki → olgul baro-jireugi → kihap
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Kicks

Kicks always start with

A: Steps back, on ap-seogi, holding fighting guard → kihap

B: Takes one adjusted step back on ap-seogi, with the **opposite** leg to A's, holding fighting guard → kihap

A: momtong-jireugi B: bakkat-chagi → ap-chagi → kihap
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A: momtong-jireugi B: olgul twio ap-chagi → kihap
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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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