



SPORT TAEKWONDO CENTER ASSOCIATES
GREEN TIP - 7th KEUP

TERMINOLOGY

1. Ap Chagi - Front Kick
2. Apkubi - Forward Stance
3. Yeop Chagi - Side Kick
4. Dolryeo Chagi - Roundhouse Kick

FORM

1. Basic Form (1-4)
2. Taegeuk IL Jang (1)
2. Taegeuk EE Jang (2)

BLOCKS - MAKKI

1. Low Block - Arek Makki
2. Inside Block - An Makki
3. Outside Block - Ba kat Makki
4. High Block - Olgul Makki
5. Single Knife Hand Block

EXERCISES

1. Three Warming
2. Three Stretching

NUMBERS

- 1-Hana, 2-Dool, 3-Set, 4-Net, 5-Daset,
6-Yeoset, 7-Ilkob, 8-Yeo, 9-Ahop, 10-Yeol

BREAKING

POOMSE: It is a combination of techniques of block and attack performed consecutively while moving in certain directions. The proper way to learn, teach or practice poomse is to first know the name of the poomse then determine the three components of each movement in this order:

1. Direction
2. Stance
3. Technique of block or attack

KICK - CHAGI

1. Spinning Hook Kick
2. Jumping Roundhouse Kick
3. Tam-Tam Roundhouse Kick
4. Touch and go Roundhouse 5-X
5. Fast steps Roundhouse kick

STANCES - SEOGI

1. Walking Stance
2. Forward Stance
3. Horse Stance

PUNCH - JU LUGI

1. High Punch - Olgul Ji Lugi
2. Middle Punch - Mom Tong Ji Lugi
3. Low Punch - Areh Ji Lugi

ONE STEP FIGHT

1. #1, 2, 3, 4

PHYSICAL FITNESS

1. 6 push up (K) 13 (A)
2. 6 Sit up (K) 13 (A)

COMBINATIONS

1. Walking Stance-Inside block, Middle punch.
2. Forward Stance-High Block, Front Kick-Middle Punch

SPARRING

One Minute

ONE TEAM, ONE FIGHT!!!

