



SPORT TAEKWONDO CENTER ASSOCIATES
Yellow Belt - 9th KEUP

TERMINOLOGY

1. Attention - Chareut
2. Bow - Keung rea
3. Ready - Joon bee
4. Taekwondo - The art of kick and punch.

FORM

1. Basic Form (1-4)

BLOCKS - MAKKI

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

EXERCISES

1. Two Warming
2. Two Stretching

PHYSICAL FITNESS

1. 5 push up (K) 10 (A)
2. 5 sit up (K) 10 (A)

NUMBERS

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

BREAKING

WHITE BELT: White gives the appearance of purity and brilliance, but when directed through a prism we can see that it is composed of all the colors of the spectrum. So it that the beginner, whose vision is pure and pristine, when it is directed through the prism of training with sincerity and effort, we can see that his essence is potential. He is the seed hidden beneath the winter's snow.

KICK - CHAGI

1. Front Kick
2. Side Kick
3. Roundhouse Kick
4. Axe Kick
5. Outside Crecen
6. Inside Crecen
7. Jumping Front Kick

STANCES - SEOGI

1. Walking Stance
2. Forward 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

COMBINATIONS

1. Walking Stance-Low block, Middle punch.
2. Slide Roundhouse Kick

ONE TEAM, ONE FIGHT!!!

