



## RED 1 - 3rd Gup Junior

### **FORMWORK: TAEGEUK 6 - YUK JANG**

#### **KICKING TECHNIQUES - Right Leg Back, Fighting Stance**

1. Double Round House (left/right), Pull Back, Right Leg Back Kick
2. Right Front Kick, Left Jumping Front Kick, Right Front Kick
3. Axe Kick, Front Kick, Round House Kick

### **STEP SPARRING**

#### Attacking in Front Stance

1. Body Punch
2. Body Punch
3. Body Punch

#### 1 Step with Partner - Defend in Back Stance

Body Block + 1-3 Own

Inside Body Block + 1-3 Own

Minor Body Block + 1-3 Own

### **SELF DEFENCE**

1. Hair Front
2. Hair Back
3. Over Arms Front
4. Over Arms Back

### **KNIFE/CLUB ATTACK**

1. Knife Attack Middle
2. Club Over Head
3. Club Accross Body

### **SPARRING**

3 Rounds (No Contact)

### **TERMINOLOGY**

Low Block - Arae Makgi

Body Block - Momtong Makgi

Inside Block - An Makgi

Outside Block - Bakgat Makgi

Upper Block - Oigul Makgi

Front Kick - Ap Chagi

Side Kick - Yop Chagi

Round House Kick - Dolyo Chagi

Jump Kick - Ddio Chagi

Back Kick - Dit Chagi

Spinning Kick - Huryo Chagi

Body Punch - Momtong Jirugi

Face Punch - Oigul Jirugi

태극 육장	TAEGEUK 6 - YOOK JANG
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Gam - Water ..... overcome all obstacles (Performed by Kiraleigh Castleton)



Begin  
Junbi Stance



Low Block  
Front Stance



Front Kick



Middle Block  
Back Stance



Low Block  
Front Stance



Front Kick



Middle Block  
Back Stance



Outer Block  
Front Stance



Turning Kick  
(feet  
together)



Outer Block  
Front Stance



Reverse  
Punch  
Front Stance



Front Kick



Reverse  
Punch  
Front Stance



Outer Block  
Front Stance



Reverse  
Punch  
Front Stance



Front Kick



Reverse  
Punch  
Front Stance



Double Low  
Block  
Parallel  
Stance



Outer Block  
Front Stance



Turning Kick  
(turn 270  
degrees)



Low Block  
Front Stance



Front Kick



Outer Block  
Back Stance



Low Block  
Front Stance



Front Kick



Outer Block  
Back Stance



Knifehand  
Block  
Back Stance



Knifehand  
Block  
Back Stance



Palmheel  
Block  
Front Stance



Reverse  
Punch  
Front Stance



Palmheel  
Block  
Front Stance



Reverse  
Punch  
Front Stance



Finish  
Junbi Stance