



YELLOW Junior 2 - 8th Gup

FORM WORK: TAEGEUK 1 - IL JANG

SELF DEFENCE

1. Throat Grab from Front
2. Throat Grab from Back
3. Hair Back

RIGHT LEG BACK - KICKS x 5

1. Side Kick
2. Back Kick
3. Axe Kick

HORSE RIDING STANCE x 5

1. Centre Punch
2. Face Punch
3. Double Punch

WALKING WITH BLOCKS x 3

1. (Fwd) F/Stance - Lwr Block
2. (Bwd) B/Stance - Lwr Block
3. (Fwd) F/Stance - Ins Block
4. (Bwd) B/Stance - Ins Block
5. (Fwd) F/Stance - Min Block
6. (Fwd) B/Stance - Min Block
7. (Fwd) F/Stance - Dble Knife
8. (Bwd) B/Stance - Dble Knife

SPARRING

2 Rounds (No Contact)

TERMINOLOGY

- Front Kick - Ap Chagi
- Side Kick - Yop Chagi
- Roundhouse Kick - Dolyo Chagi
- Inward Kick - An Chagi
- Outward Kick - Bakgat Chagi
- Low Block - Arae Makgi
- Upper Block - Oigul Makgi

태극일장

TAEGEUK 1 - IL JANG

Keon - Heaven and Light..... The Beginning (Performed by Chris Pearson)



Begin
Junbi Stance



Low Block
Walking
Stance



Middle Punch
Walking
Stance



Low Block
Walking
Stance



Middle Punch
Walking
Stance



Low Block
Front Stance



Reverse
Punch
Front Stance



Middle Block
Walking
Stance



Reverse
Punch
Walking
Stance



Middle Block
Walking
Stance



Reverse
Punch
Walking
Stance



Low Block
Front Stance



Reverse
Punch
Front Stance



High Block
Walking
Stance



Front Kick



Middle Punch
Walking
Stance



High Block
Walking
Stance



Front Kick



Middle Punch
Walking
Stance



Low Block
Front Stance



Middle Punch
Front Stance



Finish
Junbi Stance