



Hadri Taekwondo Academy

	Korean Terminology Green Stripe
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What is poomsae?	<p>The poomsae is a series of movements for offense and defense techniques which can be practiced and trained, even without presence of an instructor, in accordance with the fixed patterns. Therefore, the poomsae has the merits, by its practice, to make the trainee enhance the Kyorugi techniques and applied techniques including special techniques which can hardly be practiced by the training of each separate basic movement alone.</p> <p>The poomsae can be trained along the imaginary or drawn poomsae line, which marks the position of foot and the line direction to move along.</p>	
What is Kyorugi?	<p>Kyorugi is also known as sparring. There are various levels of sparring: most commonly sports sparring as in the Olympics and step sparring (han beon/ se beon kyorugi). Kyorugi is a practical application of the poomsae and the Taekwondo spirit is manifested not in an abstract mental philosophy expressed in the documents but in the actions of poomsae.</p>	
Significance of Green Belt	<p>The green belt represents a plant growing from the earth as the student's taekwondo skills develop. (The colour of growing things that all can see. Power begins to develop.)</p>	
Stance	Back stance	Dwi kubi seogi
	Walking stance	Ap seogi
	Long stance	Ap kubi seogi
Block	Inner forearm middle block	An Palmok momtong makki
	Outer forearm middle block	Bakat Palmok momtong makki
	Outer forearm middle knife hand block	Sonnal bakat momtong makki
Strike	Front back fist	Deungjumeok apchigi
	Knife hand strike	Sonnal mok chigi
	Reverse knife hand strike	Sonnal bakat mok chigi
Kick	Outer crescent kick	Bakat chok bandal chagi
	Inner crescent kick	An chok bandal chagi
	Side kick	Yop chagi
	Back kick	Dwi chagi
Commands	Ready	Junbi
	Fighting stance ready	Kyorugi junbi
	Turn around	Dwiro Dora
	Stop	Coman



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	Break	Kalyo
	Restart	Keseok
Poomsae: Taeguk 2	Korean name	Ee jang
	Symbol	South East (Youngest Daughter)
	Refers to	Water/ Lake
	Number of moves	18
	Signifies	inner firmness and the outer softness: The Lake and its water symbolise the flowing and calm nature of the martial artist. This form is to reflect those attributes.
	New moves	Oegul makki, oegul jireugi
Poomsae: Taeguk 3	Korean name	Sam jang
	Symbol	East (Second Daughter)
	Refers to	Fire
	Number of moves	20
	Signifies	spirit of enthusiasm: This form is intended to be performed rhythmically, with some outbursts of energy to reflect fire's rhythmic and energetic dualism.
	New moves	Sonnal mok chigi, sonnal momtong makki, dwi kubi seogi
Tenets	Courtesy, Integrity, Perseverance, Self Control, Indomitable Sprit	