



Korean Terminology Yellow Belt

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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 Kyurogi? | <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 Yellow Belt | <p>The yellow belt represents the earth in which the roots of your taekwondo skills will grow. (Colour of the rising sun, Seeds in the ground begin to germinate and grow.)</p> | |
| Stance | Horse riding stance | Chujum seogi |
| | Walking stance | Ap seogi |
| | Long stance | Ap kubi seogi |
| Block | Lower block | Arrae makki |
| | Inner forearm middle block | An Palmok momtong makki |
| | Outer forearm middle block | Bakat Palmok momtong makki |
| Strike | Middle Punch | Momtong jireugi |
| | Face level punch/ High punch | Oegul jireugi |
| | Front back fist | Deungjumeok apchigi |
| Kick | Front kick | Ap chagi |
| | Turning Kick | Dolyo chagi |
| | Push kick | Mirro chagi |
| | Chopping kick | Neuryoh chagi |
| | Outer crescent kick | Bandal chagi |
| Commands | Ready | Junbi |
| | Start | Shijak |
| | Come back to start position | Baro |
| | Fighting stance ready | Kyorugi junbi |
| | Turn around | Dwiro Dora |



Hadri Taekwondo Academy

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| Poomsae: Taeguk 1 | Korean name | Il Jang |
| | Symbol | Keon |
| | Refers to | Heaven and Light (Yang) |
| | Number of moves | 18 |
| | Signifies | The spirit of solid foundation: As the "Keon" symbolises the beginning of the creation of all things in the universe, so does the Taeguk il jang in the training of Taekwondo. |
| | New moves | Ap seogi, ap kubi seogi, arrae makki, momtong jireugi, momtong an makki |
| Poomsae: Taeguk 2 | Korean name | Ee jang |
| | Symbol | South East (Youngest Daughter) |
| | Refers to | Water |
| | 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 |
| Tenets | Courtesy, Integrity, Perseverance, Self Control, Indomitable Sprit | |