

BLUE BELT > RED STRIPE
THEORY REQUIREMENT

Training Secret:

1. To study the theory of power thoroughly
2. To understand the purpose and method of each movement clearly
3. To bring the movements of eyes, hands, feet and breath into one single coordinated action
4. To choose the appropriate attacking tool for each vital spot
5. To become familiar with the correct angle and distance for attack and defense
6. Keep both arms and legs bent slightly while the movement is in motion
7. All movement must begin with a backwards motion with very few exceptions. However, once the movement is in motion it should not be stopped before reaching the target
8. To create a sine wave during the movement by utilizing the knee spring properly
9. To exhale at the moment of each blow except a connecting motion

Purpose and Method: (Saju Jirugi – Won Hyo)

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| Forearm low block | To block a front snap kick |
| Knife-hand low block | To deflect a punch |
| Inner forearm middle outward block | To block a middle punch |
| Twin forearm block | To block two attacks, from two diff. directions, at the same time. One is to block a middle section attack and the other is to block a high section attack |
| Forearm rising block | To block a high punch |
| Knife-hand middle outward strike | To strike the clavicle |
| Outer forearm high side block | To block a high punch on the side |
| Straight fingertip thrust | To strike the solar plexus or the abdomen |
| Back fist high side strike | To strike the temple |
| Outer forearm high wedging block | To block a twin first high vertical punch |
| Knife-hand high inward strike | To strike the neck artery |
| Inner forearm circular block | To deflect a low front snap kick |

ENGLISH AND KOREAN STANCE AND TECHNIQUE

| ENGLISH | KOREAN |
|---|---|
| White Belt –SAJU JIRUGI | |
| Walking stance middle front punch | Gunnun so kaunde ap jirugi |
| Walking stance forearm low block | Gunnun so palmok najunde makgi |
| White Belt – SAJU MAKGI | |
| Walking stance knife hand low block | Gunnun so sonkal najunde makgi |
| Walking stance inner forearm middle outward block | Gunnun so an palmok kaunde bakuro makgi |
| Yellow Stripe – CHON JI | |
| L-stance inner forearm middle outward block | Niunja so an palmok kaunde bakuro makgi |

| Yellow Belt – DAN GUN | |
|---|--|
| Walking stance high front punch | Gunnun so nopunde ap jirugi |
| L-stance knife-hand guarding block | Niunja so sonkal daebi makgi |
| L-stance twin forearm block | Niunja so sang palmok makgi |
| Walking stance forearm rising block | Gunnun so palmok chukyo makgi |
| L-stance knife-hand middle outward block | Niunja so sonkal kaunde bakuro makgi |
| Green Stripe – DO SAN | |
| Sitting stance | Annun sogi |
| Walking stance outer forearm high side block | Gunnun so bakat palmok nopunde yop makgi |
| Walking stance straight fingertip thrust | Gunnun so sun sonkut tulgi |
| Walking stance back fist high side strike | Gunnun so dung joomuk nopunde yop taerigi |
| Walking stance outer forearm high wedging block | Gunnun so bakat palmok napunde hechy makgi |
| Middle front snap kick | Kaunde apcha busigi |
| Sitting stance knife-hand side strike | Annun so sonkal yop taerigi |
| Green Belt – WON HYO | |
| Close ready stance A | Mao junbi sogi |
| Fixed Stance | Gojung sogi |
| Bending Ready Stance | Goobooryo junbi sogi A |
| L-stance knife-hand high inward strike | Niunja so sonkal nopunde anuro taerigi |
| Fixed stance middle punch | Gojung so kaunde jirugi |
| Walking stance reverse front punch | Gunnun so bandae ap jirugi |
| Walking stance inner forearm circular block | Gunnun so an palmok dollimyo makgi |
| L-stance forearm middle guarding block | Niunja so palmok kaunde daebi makgi |
| Middle side piercing kick | Kaunde yopcha jirugi |
| Low front snap kick | Najunde apcha busigi |