

RED STRIPE > RED BELT
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 – Yul Gok)

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
Twin knife-hand block	To block two attacks, from two diff. directions, at the same time with the knife-hand. One is to block a middle section attack and the other is to block a high section attack
Palm middle hooking block	To deflect a middle punch
Front elbow strike	To strike the chest
Double forearm high block	To block a high section attack with the inner forearm. This technique has the ability to quickly shift one forearm into another block while still blocking with the other.

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
Blue Stripe – YUL GOK	
Sitting stance middle front punch	Annun so kaunde ap kirugi
L-stance twin knife-hand block	Niunja so sang sonkal makgi
Walking stance palm middle hooking block	Gunnun so sonbadak kaunde golcho makgi
Reverse hooking block	Bamdae golcho makgi
Walking stance front elbow strike	Gunnun so ap palkup taerigi
X-stance back fist high side strike	Kyocha so dung joomuk nopunde yop taerigi
Walking stance double forearm high block	Gunnun so doo palmok nopunde makgi