

TERMINOLOGY APPLICABLE TO 2nd KUP



Patterns:

Hwa-Rang (29 movements): Hwa-Rang is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwon-Do developed into maturity.

Stances:

Moa Junbi Sogi ‘C’	Close ready stance C – Hands level with your pubic region
<i>Soojik Sogi</i>	Vertical stance
<i>Waebal Sogi</i>	One-legged stance (Not yet used in <i>Tul</i>)

Body Parts:

<i>Hori</i>	Waist
<i>Pyun Joomuk</i>	Open fist
<i>Yop Joomuk</i>	Side fist

Attacking movements:

<i>Bandae Dollyo Goro Chagi</i>	Reverse hooking kick
<i>Bituro Chagi</i>	Twisting kick
<i>Cha Bapgi</i>	Stamping kick
<i>Niunja So Baro Jirugi</i>	L-stance obverse punch
<i>Naeryo Chagi</i>	Downward kick
<i>Ollyo Jirugi</i>	Upward punch
<i>Sonkal Naeryo Taerigi</i>	Knifehand downward strike
<i>Yop Palkup Tulgi</i>	Side elbow thrust

Defensive Movements:

<i>Bandal Chagi</i>	Crescent kick
<i>Cha Momchugi</i>	Checking kick
<i>Kaunde Yobap Makgi</i>	Inner forearm side front middle block
<i>Noolo Chagi</i>	Pressing kick
<i>Son Badak Miro Makgi</i>	Palm pushing block

General Information:

- When performing *Bandal Chagi* (crescent kick), the leg must be kept bent.
- You need to be able to demonstrate all 13 stances so far learnt.
- You need to be able to demonstrate the many different uses of *Ap Joomuk*, i.e., as many types of punch as possible using only the fore fist.
- When performing *Idil Matsoki* (2 versus 1 sparring) an emphasis must be placed on safety. This will involve keeping both opponents in a straight line for as long as possible and not exposing yourself to danger. Try to defend by blocking one opponent into the path of the other.