

WEIWU TAEKWONDO

BEYOND BLACK BELT

FULL CONTACT NO RULES SPARRING FULL CONTACT NO RULES SPARRING 2 vs 1

HAND TECHNIQUES IN KOREAN - STRIKES

Back Stance Side Punch (Yop Jireugi)
Back Stance Outside Face Strike (Olgul Bakkat Chigi)
Back Stance Diamond Side Punch (Geumgang Yop Jireugi)
Front Stance Spring Up Punch (Sosum Jireugi)
Front Stance Fork Punch (Chetdari Jireugi)
Front Stance Diamond Front Punch (Geumgang Ap Jireugi)
Front Stance Supported Knife Grip (Geodeureo Kaljaebi)
Front Stance Pulling Chin Strike (Dankyo Tteok Chigi)
Front Stance Hammer Target Strike (Me Jumeok Pyojeok Chigi)
Front Stance Supported Spear Hand Strike (Sonkkeut Sewo Tzireugi)
Front Stance Low Block & Body Punch (Arae Makki & Momtong Jireugi)
Horse Riding Stance Side Elbow Strike (Palgup Yop Chigi)
Rear Cross Stance Yoke Strike (Meongye Chigi)
Rear Cross Stance Supported Back Fist Strike (Deung Jumeok Geodeureo Ap Chigi)

HAND TECHNIQUES IN KOREAN – BLOCKS

Front Stance Low Cross Block (Otgoreo Arae Makki)
Front Stance High Cross Block (Otgoero Olgul Makki)
Front Stance Low Knife-Hand Cross Block (Sonnal Otgoero Arae Makki)
Front Stance High Knife-Hand Cross Block (Sonnal Otgoero Olgul Makki)
Front Stance Minor Body Twist Block (An Palmok Momtong Bitureo Makki)
Front Stance Palm Body Pressing Block (Batangson Momtong Nullo Makki)
Front Stance Pushing the Rock (Bawimigi)
Back Stance Supported Low Block (Geodeureo Arae Makki)
Back Stance Supported Reverse Knife-Hand Body Block (Sonnal Deung Geodeureo Makki)
Back Stance Single Knife-Hand Mountain Block (Sonnal Oe Santeul Makki)
Back Stance Diamond Minor Outside Body Block (Geumgang An Palmok Momtong Makki)
Horse Riding Stance Supported Side Face Block (Olgul Geodeureo Yop Makki)
Horse Riding Stance Mountain Cleaving Block (Santeul Hecheo Makki)
Crane Stance Diamond Block (Geumgang Makki)

COMBINATION HAND TECHNIQUES

Back Stance Knife-Hand Body Block, Knife-Hand Low Block
Back Stance Supported Minor Outside Body Block, Fork Punch
Back Stance Diamond Minor Outside Body Block, Side Punch (Circular Motion)
Back Stance Reverse Knife-Hand Body Block, Side Diamond Punch
Back Stance Single Knife-Hand Mountain Block, Supported Outside Body Block
Front Stance Low Cross Block, Diamond Punch
Front Stance High Knife-Hand Cross Block, Double Back Fist Chin Strike
Front Stance Rock Pushing, Fork Punch
Cat Stance Low Knife-Hand Cross Block, Two Fist Inverted Punch
Any combination hand techniques in Korean (colour belt syllabus)
Any combination hand techniques with stance change in Korean (colour belt syllabus)

COMBINATION KICKING TECHNIQUES

Swinging Kick - One Outward, One Inward
Front Kick, Axe Kick
Front Kick, Side Kick
Repeating Side Kick
Side Kick, Hook Kick
Repeating Roundhouse Kick
Roundhouse Kick, Hook Kick
Roundhouse Kick, Side Kick
Roundhouse Kick, Axe Kick
Hook Kick, Roundhouse Kick
Any combination kicks as decided by examiner

COMBINATION DRILLS I

Right Leg Back, Back Stance, Supported Outside Body Block
Step Forward, Walking Stance, Low Block, Counter Punch, Body Block
Step Forward, Front Stance, Face Block, Pull Back, Cat Stance, Low Cross Block

Front Foot Front Kick
Back Leg Roundhouse Kick and Side Kick (in the air)
Land in Front Stance, Fork Punch, Front Kick
Land in Rear Cross Stance, Back Fist Strike

Turn Around, Front Stance, Swallow Strike to the Neck
Step Forward, Back Stance, Minor Outside Body Block
Slide Forward, Front Stance, Counter Punch
Back Leg, Jumping Side Kick, Back Kick
Land in Front Stance, Reverse Punch
Step Forward, Turn, Guard Up, Kihap

COMBINATION DRILLS II

Left Leg Step Forward, Minor Outside Body Twist Block, Counter Punch
Step Forward Horse-Riding Stance, Mountain Cleaving Block
Left Leg Crane Stance (Facing Left) Diamond Block, Right Leg Side Kick Kihap land with Elbow Target Strike

Turn to the Right with Left Leg, Back Stance Reverse Knife-Hand Body Block, change to Front Stance Rock Pushing Front Kick, land in Front Stance Fork Punch
Turn To the Left with Right Leg Back Stance Reverse Knife-Hand Body Block, change the Front Stance Rock Pushing Front Kick, land in Front Stance Fork Punch

Turn to the Back with Left Leg, Front Stance Low Block, step forward, Walking Stance Palm Pressing Block, change to Front Stance Swallow Strike to the Neck
Jumping Side Kick, Double Roundhouse Kick
Turning Back Fist Strike in Front Stance

Pull back Cat Stance High Knife-Hand Cross Block
Turn To the Front with Right Leg, Front Stance Reverse Upward Elbow Strike, Double Front Kick land in Front Stance Body Block, Double Punch
Pull back into Back Stance Knife-Hand Low Block

Change to Horse Riding Stance Diamond Side Punch, Jumping Turning Crescent Target Kick, land in Horse Riding Stance Diamond Side Punch
Step forward Back Stance, Knife-Hand Body Block and Knife-Hand Low Block with circular motion

ADVANCED | JUMPING KICKS

Jumping Back Kick
Jumping Turning Crescent Target Kick
Jumping Turning Roundhouse Kick
Advancing Jumping Back Kick
Advancing Jumping Turning Hook Kick
Jumping Side Kick
Two Feet Alternate Front Kick
Running / Jumping Knee Strike
Scissors Kick
Sweeping Kick

POOMSAE

Basic Pattern to Koryo
Taegeuk 8 with Korean Terminology
Koryo with Korean Terminology
Geumgang with Korean Terminology
Freestyle Poomsae 30 Seconds (LV VII)
Freestyle Poomsae 60-90 Seconds (LV VIII)

SELF DEFENCE

You must be able to put your attacker on the floor

Grab Wrist Right Hand to Right Hand
Grab Wrist Left Hand to Right Hand
Grab Both Hands Right & Left
Grab One Wrist Using Both Hands
Forward Wrist Lock
Reverse Wrist Lock
Arm Lock
Grab Hair Front Attack
Strangle Front Attack
Over the Arm Front Attack
Under the Arm Front Attack
Grab Hair Back Attack
Strangle Back Attack
Over the Arm Back Attack
Under the Arm Back Attack
Knife Attack to Body 1
Knife Attack to Body 2
Knife Attack to Body 3
Club Attack to Face 1
Club Attack to Face 2
Club Attack to Face 3
Advanced Hand Grabbing 1
Advanced Hand Grabbing 2
Advanced Hand Grabbing 3
Advanced Hand Grabbing 4
Advanced Collar Grabbing 1
Advanced Collar Grabbing 2

BOARD BREAKING

Jumping Back Kick (LV I)
Jumping Turning Roundhouse Kick (LV II)
Roundhouse Kick (LV III)
Power Breaking (LV VI to LV VIII)
Jumping Turning Hook Kick (LV VIII)

PHYSICAL STRENGTH

10 Push ups (LV I)
15 Push ups (LV II)
20 Push ups (LV III & IV)
25 Push ups (LV V & VI)
30 Push ups (LV VII)
35 Push ups (LV VIII)

60 Seconds Knuckle Hold (LV I)
90 Seconds Knuckle Hold (LV II)
120 Seconds Knuckle Hold (LV III & IV)
130 Seconds Knuckle Hold (LV V & VI)
140 Seconds Knuckle Hold (LV VII)
150 Seconds Knuckle Hold (LV VIII)

MY TAEKWONDO JOURNEY

(minimum 350 words)
LV III & LVL VIII

TAEGEUK 8			KORYO		
	Stance	Poom		Stance	Poom
1	Oreun Dwi Gubi	Geodeureo Bakkat Makki	1	Oreun Dwi Gubi	Sonnal Momtong Makki
2	Wen Ap Gubi	Momtong Baro Jireugi	2	Oreun Ap Gubi	Sonnal Bakkat Chigi
3	Wen Ap Gubi	Momtong Makki Momtong Dubeon Jireugi	3	Oreun Ap Gubi	Momtong Baro Jireugi
4	Oreun Ap Gubi	Momtong Bandae Jireugi	4	Wen Dwi Gubi	Momtong Makki
5	Oreun Ap Gubi	Oe Santeul Makki	5	Wen Dwi Gubi	Sonnal Momtong Makki
6	Wen Ap Gubi	Dankyo Tteok Jireugi	6	Wen Ap Gubi	Sonnal Bakkat Chigi
7	Wen Ap Gubi	Oe Santeul Makki	7	Wen Ap Gubi	Momtong Baro Jireugi
8	Oreun Ap Gubi	Dankyo Tteok Jireugi	8	Oreun Dwi Gubi	Momtong Makki
9	Oreun Dwi Gubi	Sonnal Momtong Makki	9	Wen Ap Gubi	Wen Hannsonl Arae Makki Kaljaebi
10	Wen Ap Gubi	Momtong Baro Jireugi	10	Oreun Ap Gubi	Oreun Hannsonl Arae Makki Kaljaebi
11	Oreun Beom Seogi	Batangson Momtong Makki	11	Wen Ap Gubi	Wen Hannsonl Arae Makki Kaljaebi
12	Wen Beom Seogi	Sonnal Momtong Makki	12	Oreun Ap Gubi	Mureup Kukki
13	Wen Ap Gubi	Momtong Baro Jireugi	13	Oreun Ap Gubi	An Palmok Momtong Hecho Makki
14	Wen Beom Seogi	Batangson Momtong Makki	14	Wen Ap Gubi	Mureup Kukki
15	Oreun Beom Seogi	Sonnal Momtong Makki	15	Wen Ap Seogi	An Palmok Momtong Hecho Makki
16	Oreun Ap Gubi	Momtong Baro Jireugi	16	Juchum Seogi	Wen Hansonnal Momtong Yop Makki
17	Oreun Beom Seogi	Batangson Momtong Makki	17	Juchum Seogi	Oreun Jumeok Pyojeok Jireugi
18	Wen Dwi Gubi	Arae Geodeureo Makki	18	Oreun Ap Gubi	Pyonsonkkeut Jechoe Tzireugi
19	Oreun Ap Gubi	Momtong Dubeon Jireugi	19	Oreun Ap Seogi	Arae Makki
20	Oreun Dwi Gubi	Hansonnal Momtong Bakkat Makki	20	Juchum Seogi	Wen Batangson Nullo Makki Oreun Palgub Yop Chigi
21	Wen Ap Gubi	Oreun Palgub Dollyeo Chigi	21	Juchum Seogi	Oreun Hansonnal Momtong Yop Makki
22	Wen Ap Gubi	Deung Jumeok Chigi	22	Juchum Seogi	Wen Jumeok Pyojeok Jireugi
23	Wen Ap Gubi	Momtong Bandae Jireugi	23	Wen Ap Gubi	Pyonsonkkeut Jechoe Tzireugi
24	Wen Dwi Gubi	Hansonnal Momtong Bakkat Makki	24	Wen Ap Seogi	Arae Makki
25	Oreun Ap Gubi	Wen Palgub Dollyeo Chigi	25	Juchum Seogi	Oreun Batangson Nullo Makki Wen Palgub Yop Chigi
26	Oreun Ap Gubi	Deung Jumeok Chigi	26	Moa Seogi	Wen Me Jumeok Pyojeok Chigi
27	Oreun Ap Gubi	Momtong Bandae Jireugi	27	Wen Ap Gubi	Hansonnal Bakkat Chigi Hansonnal Arae Makki
			28	Oreun Ap Gubi	Oreun Sonnal Mok Chigi Hansonnal Arae Makki
			29	Wen Ap Gubi	Wen Sonnal Mok Chigi Hansonnal Arae Makki
			30	Oreun Ap Gubi	Kaljaebi

GEUMGANG			TAEBAEK		
	Stance	Poom		Stance	Poom
1	Wen Ap Gubi	An Palmok Momtong Hecho Makki	1	Wen Beom Seogi	Sonnal Arae Hecho Makki
2	Oreun Ap Gubi	Oreun Batangson Tteok Chigi	2	Oreun Ap Gubi	Momtong Dubeon Jireugi
3	Wen Ap Gubi	Wen Batangson Tteok Chigi	3	Oreun Beom Seogi	Sonnal Arae Hecho Makki
4	Oreun Ap Gubi	Oreun Batangson Tteok Chigi	4	Wen Ap Gubi	Momtong Dubeon Jireugi
5	Oreun Dwi Gubi	Wen Hansonnal Momtong Makki	5	Wen Ap Gubi	Jebii Poom Mok Chigi
6	Wen Dwi Gubi	Oreun Hansonnal Momtong Makki	6	Oreun Ap Gubi	Momtong Baro Jireugi
7	Oreun Dwi Gubi	Wen Hansonnal Momtong Makki	7	Wen Ap Gubi	Momtong Baro Jireugi
8	Oreun Hakdari Seogi	Geumgang Makki	8	Oreun Ap Gubi	Momtong Baro Jireugi
9	Juchum Seogi	Keun Doljjeogwi	9	Oreun Dwi Gubi	Geumgang Momtong Makki
10	Juchum Seogi	Keun Doljjeogwi	10	Oreun Dwi Gubi	Dankyo Tteok Jireugi
11	Juchum Seogi	Santeul Makki	11	Oreun Dwi Gubi	Momtong Jireugi
12	Juchum Seogi	An Palmok Momtong Hecho Makki	12	Oreun Hakdari Seogi	Jaguen Doljjeogwi
13	Naranhi Seogi	Arae Hecho Makki	13	Wen Ap Gubi	Palgub Pyojeok Chigi
14	Juchum Seogi	Santeul Makki	14	Wen Dwi Gubi	Geumgang Momtong Makki
15	Wen Hakdari Seogi	Geumgang Makki	15	Wen Dwi Gubi	Dankyo Tteok Jireugi
16	Juchum Seogi	Keun Doljjeogwi	16	Wen Dwi Gubi	Momtong Jireugi
17	Juchum Seogi	Keun Doljjeogwi	17	Wen Hakdari Seogi	Jaguen Doljjeogwi
18	Wen Hakdari Seogi	Geumgang Makki	18	Oreun Ap Gubi	Palgub Pyojeok Chigi
19	Juchum Seogi	Keun Doljjeogwi	19	Oreun Dwi Gubi	Sonnal Momtong Makki
20	Juchum Seogi	Keun Doljjeogwi	20	Oreun Ap Gubi	Nullo Makki Pyonsonkkeut Sewo Tzireugi
21	Juchum Seogi	Santeul Makki	21	Oreun Dwi Gubi	Deung Jumeok Bakkat Chigi
22	Juchum Seogi	An Palmok Momtong Hecho Makki	22	Oreun Ap Gubi	Momtong Bandae Jiruegi
23	Naranhi Seogi	Arae Hecho Makki	23	Wen Ap Gubi	Gawi Makki
24	Juchum Seogi	Santeul Makki	24	Oreun Ap Gubi	Momtong Dubeon Jiruegi
25	Oreun Hakdari Seogi	Geumgang Makki	25	Oreun Ap Gubi	Gawi Makki
26	Juchum Seogi	Keun Doljjeogwi	26	Wen Ap Gubi	Momtong Dubeon Jiruegi
27	Juchum Seogi	Keun Doljjeogwi			