

WEIWU TAEKWONDO 威武跆拳道

YELLOW-WHITE STRIPE > YELLOW-HALF STRIPE	YELLOW-HALF STRIPE > YELLOW I (9 th Gup)	YELLOW I (9 th Gup) > YELLOW I-HALF STRIPE	YELLOW I-HALF STRIPE > YELLOW II (8 th Gup)	YELLOW II (8 th Gup) > YELLOW II-HALF STRIPE	YELLOW II-HALF STRIPE > YELLOW III (7 th Gup)																																																																
BLOCKING TECHNIQUE Low Block (1) Body Block (1) Face Block (2) STRIKING TECHNIQUE Body Punch (1) Face Punch (2) KICKING TECHNIQUE Front Kick (1) Axe Kick Side Kick (5) LEGS STRETCHING EXERCISE TERMINOLOGY <table><tr><th>English</th><th>Korean</th></tr><tr><td>One</td><td>Hana</td></tr><tr><td>Two</td><td>Dul</td></tr><tr><td>Three</td><td>Set</td></tr><tr><td>Four</td><td>Net</td></tr><tr><td>Five</td><td>Daseot</td></tr></table>	English	Korean	One	Hana	Two	Dul	Three	Set	Four	Net	Five	Daseot	BLOCKING TECHNIQUE Minor Outside Body Block Outside Body Block (4) STRIKING TECHNIQUE Spear Hand Strike (4) High Spear Hand Strike KICKING TECHNIQUE Roundhouse Kick (6) Hook Kick Crescent Kick (7) LEGS STRETCHING EXERCISE TERMINOLOGY <table><tr><th>English</th><th>Korean</th></tr><tr><td>One</td><td>Hana</td></tr><tr><td>Two</td><td>Dul</td></tr><tr><td>Three</td><td>Set</td></tr><tr><td>Four</td><td>Net</td></tr><tr><td>Five</td><td>Daseot</td></tr></table>	English	Korean	One	Hana	Two	Dul	Three	Set	Four	Net	Five	Daseot	STRIKING TECHNIQUE Palm Strike to the Chin (G) Knife Grip (K) KICKING TECHNIQUE Advancing Front Kick SELF DEFENCE TECHNIQUE Grab Wrist Right Hand to Left Hand Grab Wrist Right Hand to Right Hand FULL CONTACT SPARRING (bring all protective gear) TERMINOLOGY <table><tr><th>English</th><th>Korean</th></tr><tr><td>Six</td><td>Yeoseot</td></tr><tr><td>Seven</td><td>Ilgob</td></tr><tr><td>Eight</td><td>Yeodeol</td></tr><tr><td>Nine</td><td>Ahob</td></tr><tr><td>Ten</td><td>Yeol</td></tr></table>	English	Korean	Six	Yeoseot	Seven	Ilgob	Eight	Yeodeol	Nine	Ahob	Ten	Yeol	STRIKING TECHNIQUE Knife-Hand Neck Strike Reverse Knife-Hand Neck Strike KICKING TECHNIQUE Advancing Axe Kick SELF DEFENCE TECHNIQUE Grab Both Hands Right & Left Grab One Wrist Using Both Hands FULL CONTACT SPARRING (bring all protective gear) TERMINOLOGY <table><tr><th>English</th><th>Korean</th></tr><tr><td>Six</td><td>Yeoseot</td></tr><tr><td>Seven</td><td>Ilgob</td></tr><tr><td>Eight</td><td>Yeodeol</td></tr><tr><td>Nine</td><td>Ahob</td></tr><tr><td>Ten</td><td>Yeol</td></tr></table>	English	Korean	Six	Yeoseot	Seven	Ilgob	Eight	Yeodeol	Nine	Ahob	Ten	Yeol	BLOCKING TECHNIQUE Back Stance, Body Block (4) KICKING TECHNIQUE Advancing Side Kick (4) POOMSAE Basic Pattern (Gibon Poomsae) SELF DEFENCE TECHNIQUE Forward Wrist Lock FULL CONTACT SPARRING (bring all protective gear) TERMINOLOGY <table><tr><th>English</th><th>Korean</th></tr><tr><td>Block</td><td>Makki</td></tr><tr><td>Kick</td><td>Chagi</td></tr><tr><td>Rest</td><td>Shio</td></tr></table>	English	Korean	Block	Makki	Kick	Chagi	Rest	Shio	BLOCKING TECHNIQUE Back Stance, Minor Outside Body Block Back Stance, Outside Body Block (4) KICKING TECHNIQUE Advancing Roundhouse Kick Advancing Hook Kick POOMSAE Basic Pattern (Gibon Poomsae) SELF DEFENCE TECHNIQUE Reverse Wrist Lock FULL CONTACT SPARRING (bring all protective gear) TERMINOLOGY <table><tr><th>English</th><th>Korean</th></tr><tr><td>Block</td><td>Makki</td></tr><tr><td>Kick</td><td>Chagi</td></tr><tr><td>Rest</td><td>Shio</td></tr></table>	English	Korean	Block	Makki	Kick	Chagi	Rest	Shio
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BLOCKING TECHNIQUE Cat Stance, Body Block	BLOCKING TECHNIQUE Cat Stance, Minor Outside Body Block	BLOCKING TECHNIQUE Back Stance, One Hand Knife-Hand Outside Body Block (3)	BLOCKING TECHNIQUE Back Stance, One Hand Knife-Hand Body Block (G)	BLOCKING TECHNIQUE Back Stance, Knife-Hand Face Block	BLOCKING TECHNIQUE Back Stance, Knife-Hand Body Block (4)																
KICKING TECHNIQUE Running Front Kick	Cat Stance, Outside Body Block	STRIKING TECHNIQUE Back Fist Strike (5) Side Back Fist Strike (7)	Back Stance, One Hand Knife-Hand Low Block (K)	STRIKING TECHNIQUE Supported Spear Hand Strike (4)	Back Stance, Knife-Hand Low Block (7)																
POOMSAE Taegeuk Il Jang (Taegeuk 1)	KICKING TECHNIQUE Running Axe Kick	KICKING TECHNIQUE Running Side Kick	STRIKING TECHNIQUE Hammer Fist Strike (5) Side Hammer Fist Strike (5)	KICKING TECHNIQUE Back Kick	STRIKING TECHNIQUE Swallow Strike to the Neck (4)																
SELF DEFENCE TECHNIQUE Arm Lock	POOMSAE Taegeuk Il Jang (Taegeuk 1)	POOMSAE Taegeuk Ee Jang (Taegeuk 2)	KICKING TECHNIQUE Running Roundhouse Kick Running Hook Kick	POOMSAE Taegeuk Sam Jang (Taegeuk 3)	KICKING TECHNIQUE Turning Hook Kick																
FULL CONTACT SPARRING (bring all protective gear)	SELF DEFENCE TECHNIQUE Grab Hair Front Attack Strangle Front Attack	SELF DEFENCE TECHNIQUE Over the Arm Front Attack	POOMSAE Taegeuk Ee Jang (Taegeuk 2)	SELF DEFENCE TECHNIQUE Grab Hair Back Attack	POOMSAE Taegeuk Sam Jang (Taegeuk 3)																
TERMINOLOGY	FULL CONTACT SPARRING (bring all protective gear)	SELF DEFENCE TECHNIQUE Under the Arm Front Attack	POOMSAE Taegeuk Ee Jang (Taegeuk 2)	FULL CONTACT SPARRING (bring all protective gear)	SELF DEFENCE TECHNIQUE Strangle Back Attack																
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