

WEIWU TAEKWONDO 威武跆拳道

WHITE 8+ YELLOW-WHITE STRIPE > YELLOW I (9 th Gup)	YELLOW I (9 th Gup) > YELLOW II (8 th Gup)	YELLOW II (8 th Gup) > YELLOW III (7 th Gup)																																
BLOCKING TECHNIQUE Low Block (1) Body Block (1) Face Block (2) Minor Outside Body Block Outside Body Block (4) STRIKING TECHNIQUE Body Punch (1) Face Punch (2) Spear Hand Strike (4) High Spear Hand Strike KICKING TECHNIQUE Front Kick (1) Axe Kick Side Kick (5) 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 Knife-Hand Neck Strike (3) Reverse Knife-Hand Neck Strike (K) Palm Strike to the Chin (G) Knife Grip (K) KICKING TECHNIQUE Advancing Front Kick Advancing Axe Kick SELF DEFENCE TECHNIQUE : Wrist Escape Grab Wrist Right Hand to Left Hand Grab Wrist Right Hand to Right Hand 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>Illob</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	Illob	Eight	Yeodeol	Nine	Ahob	Ten	Yeol	BLOCKING TECHNIQUE Back Stance, Body Block (4) Back Stance, Minor Outside Body Block Back Stance, Outside Body Block (4) KICKING TECHNIQUE Advancing Side Kick (4) Advancing Roundhouse Kick Advancing Hook Kick POOMSAE Basic Pattern (Gibon Poomsae) SELF DEFENCE TECHNIQUE Forward Wrist Lock 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
English	Korean																																	
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YELLOW III (7 th Gup) > BLUE I (6 th Gup)	BLUE I (6 th Gup) > BLUE II (5 th Gup)	BLUE II (5 th Gup) > BLUE III (4 th Gup)																								
BLOCKING TECHNIQUE Cat Stance, Body Block Cat Stance, Minor Outside Body Block Cat Stance, Outside Block KICKING TECHNIQUE Running Front Kick Running Axe Kick POOMSAE Taegeuk Il Jang (Taegeuk 1) SELF DEFENCE TECHNIQUE Arm Lock Grab Hair Front Attack Grab Throat Front Attack FULL CONTACT SPARRING (bring all protective gear) TERMINOLOGY <table><tr><th>English</th><th>Korean</th></tr><tr><td>Start</td><td>Sijak</td></tr><tr><td>Stop</td><td>Keuman</td></tr><tr><td>Return to Ready</td><td>Baro</td></tr></table>	English	Korean	Start	Sijak	Stop	Keuman	Return to Ready	Baro	BLOCKING TECHNIQUE Back Stance, One Hand Knife-Hand Outside Body Block (3) Back Stance, One Hand Knife-Hand Body Block (G) Back Stance, One Hand Knife-Hand Low Block (K) STRIKING TECHNIQUE Back Fist Strike (5) Side Back Fist Strike (7) Hammer Fist Strike (5) Side Hammer Fist Strike (5) KICKING TECHNIQUE Running Side Kick Running Roundhouse Kick Running Hook Kick POOMSAE Taegeuk Ee Jang (Taegeuk 2) SELF DEFENCE TECHNIQUE Over the Arm Front Attack Under the Arm Front Attack FULL CONTACT SPARRING (bring all protective gear) TERMINOLOGY <table><tr><th>English</th><th>Korean</th></tr><tr><td>Front Kick (1)</td><td>Ap Chagi</td></tr><tr><td>Side Kick (5)</td><td>Yeop Chagi</td></tr><tr><td>Roundhouse Kick (6)</td><td>Dollyeo Chagi</td></tr></table>	English	Korean	Front Kick (1)	Ap Chagi	Side Kick (5)	Yeop Chagi	Roundhouse Kick (6)	Dollyeo Chagi	BLOCKING TECHNIQUE Back Stance, Knife-Hand Face Block Back Stance, Knife-Hand Body Block (4) Back Stance, Knife-Hand Low Block (7) STRIKING TECHNIQUE Supported Spear Hand Strike (4) Swallow Strike to the Neck (4) KICKING TECHNIQUE Back Kick Turning Hook Kick POOMSAE Taegeuk Sam Jang (Taegeuk 3) SELF DEFENCE TECHNIQUE Grab Hair Back Attack Strangle Back Attack FULL CONTACT SPARRING (bring all protective gear) TERMINOLOGY <table><tr><th>English</th><th>Korean</th></tr><tr><td>Low Block (1)</td><td>Arae Makki</td></tr><tr><td>Body Block (1)</td><td>Momtong Makki</td></tr><tr><td>Face Block (1)</td><td>Olgul Makki</td></tr></table>	English	Korean	Low Block (1)	Arae Makki	Body Block (1)	Momtong Makki	Face Block (1)	Olgul Makki
English	Korean																									
Start	Sijak																									
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Low Block (1)	Arae Makki																									
Body Block (1)	Momtong Makki																									
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WEIWU TAEKWONDO 威武跆拳道

BLUE III (4 th Gup) > RED I (3 rd Gup)	RED I (3 rd Gup) > RED II (2 nd Gup)	RED II (2 nd Gup) > RED III (1 st Gup)																								
STRIKING TECHNIQUE Elbow Target Strike (5) Elbow Turning Strike (5) Upward Elbow Strike Two Fists Inverted Punch (7) COMBINATION HAND TECHNIQUE Body Block, Punch Body Block, Double Punch KICKING TECHNIQUE Turning Roundhouse Kick Turning Crescent Kick POOMSAE Taegeuk Sa Jang (Taegeuk 4) SELF DEFENCE TECHNIQUE Over the Arm Back Attack Under the Arm Back Attack FULL CONTACT SPARRING (bring all protective gear) TERMINOLOGY <table><tr><th>English</th><th>Korean</th></tr><tr><td>Outside Body Block (4)</td><td>Momtong Bakkat Makki</td></tr><tr><td>Palm Block (6)</td><td>Batangson Momtong Makki</td></tr><tr><td>Scissors Block (7)</td><td>Gawi Makki</td></tr></table>	English	Korean	Outside Body Block (4)	Momtong Bakkat Makki	Palm Block (6)	Batangson Momtong Makki	Scissors Block (7)	Gawi Makki	BLOCKING TECHNIQUE Palm Block (6) High Knife-Hand Twist Block (6) COMBINATION HAND TECHNIQUE Body Block, Body Block Back Fist Strike, Body Block KICKING TECHNIQUE Jumping Back Kick Jumping Turning Hook Kick POOMSAE Taegeuk O Jang (Taegeuk 5) SELF DEFENCE TECHNIQUE Knife Attack to Body 1 Knife Attack to Body 2 FULL CONTACT SPARRING (bring all protective gear) TERMINOLOGY <table><tr><th>English</th><th>Korean</th></tr><tr><td>Back Fist Strike (5)</td><td>Deung Jumeok Chigi</td></tr><tr><td>Hammer Fist Strike (5)</td><td>Me Jumeok Chigi</td></tr><tr><td>Knife-Hand Neck Strike (3)</td><td>Sonnal Mok Chigi</td></tr></table>	English	Korean	Back Fist Strike (5)	Deung Jumeok Chigi	Hammer Fist Strike (5)	Me Jumeok Chigi	Knife-Hand Neck Strike (3)	Sonnal Mok Chigi	BLOCKING TECHNIQUE Body Cleaving Block (7) Minor Body Cleaving Block (G) Low Cross Block (7) Scissors Block (7) KICKING TECHNIQUE Jumping Turning Roundhouse Kick Jumping Turning Crescent Kick POOMSAE Taegeuk Yuk Jang (Taegeuk 6) SELF DEFENCE TECHNIQUE Knife Attack to Body 3 Club Attack to Face 1 FULL CONTACT SPARRING (bring all protective gear) TERMINOLOGY <table><tr><th>English</th><th>Korean</th></tr><tr><td>Knee Strike (7)</td><td>Mureup Chigi</td></tr><tr><td>Knife-Hand Body Block (4)</td><td>Sonnal Momtong Makki</td></tr><tr><td>One Hand Knife-Hand Low Block (K)</td><td>Hanssonal Arae Makki</td></tr></table>	English	Korean	Knee Strike (7)	Mureup Chigi	Knife-Hand Body Block (4)	Sonnal Momtong Makki	One Hand Knife-Hand Low Block (K)	Hanssonal Arae Makki
English	Korean																									
Outside Body Block (4)	Momtong Bakkat Makki																									
Palm Block (6)	Batangson Momtong Makki																									
Scissors Block (7)	Gawi Makki																									
English	Korean																									
Back Fist Strike (5)	Deung Jumeok Chigi																									
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Knife-Hand Neck Strike (3)	Sonnal Mok Chigi																									
English	Korean																									
Knee Strike (7)	Mureup Chigi																									
Knife-Hand Body Block (4)	Sonnal Momtong Makki																									
One Hand Knife-Hand Low Block (K)	Hanssonal Arae Makki																									

RED III (1st Gup) > CHODANBO I

BLOCKING TECHNIQUE

1. Low Block (1)
2. Body Block (1)
3. Face Block (2)
4. Minor Outside Body Block
5. Outside Body Block (4)
6. Back Stance One Hand Knife-Hand Outside Body Block
7. Back Stance One Hand Knife-Hand Body Block (G)
8. Back Stance One Hand Knife-Hand Low Block (K)
9. Back Stance Knife-Hand Face Block
10. Back Stance Knife-Hand Body Block (4)
11. Back Stance Knife-Hand Low Block (7)
12. Palm Block (6)
13. High Knife-Hand Twist Block (6)
14. Body Cleaving Block (7)
15. Minor Body Cleaving Block (G)
16. Low Cross Block (7)
17. Scissors Block (7)

STRIKING TECHNIQUE

1. Body Punch (1)
2. Face Punch (2)
3. Spear Hand Strike (4)
4. High Spear Hand Strike
5. Knife-Hand Neck Strike (3)
6. Reverse Knife-Hand Neck Strike (K)
7. Palm Strike to the Chin (G)
8. Knife Grip (K)
9. Supported Spear Hand Strike (4)
10. Swallow Strike to the Neck (4)
11. Back Fist Strike (5)
12. Side Back Fist Strike
13. Hammer Fist Strike (5)
14. Side Hammer Fist Strike (5)
15. Elbow Target Strike (5)
16. Elbow Turning Strike (5)
17. Upward Elbow Strike
18. Two Fists Inverted Punch (7)

KICKING TECHNIQUE

1. Front Kick (1)
2. Axe Kick
3. Side Kick (5)
4. Roundhouse Kick (6)
5. Hook Kick
6. Crescent Kick (7)
7. Advancing Front Kick
8. Advancing Axe Kick
9. Advancing Side Kick (4)
10. Advancing Roundhouse Kick
11. Advancing Hook Kick
12. Running Front Kick
13. Running Axe Kick
14. Running Side Kick
15. Running Roundhouse Kick
16. Running Hook Kick
17. Back Kick
18. Turning Hook Kick
19. Turning Roundhouse Kick
20. Turning Crescent Kick
21. Jumping Back Kick
22. Jumping Turning Hook Kick
23. Jumping Turning Roundhouse Kick
24. Jumping Turning Crescent Kick

POOMSAE

Taegeuk Chil Jang (Taegeuk 7)

SELF DEFENCE TECHNIQUE

Club Attack to Face 2

Club Attack to Face 3

BOARD BREAKING

FULL CONTACT SPARRING (bring all protective gear)
Contact Sparring (include minimum one Jumping Kick)

TERMINOLOGY with Demonstration of Technique

English	Korean
Body Cleaving Block (7)	Momtong Hecheo Makki
Face Punch	Olgul Jireugi
Knife Grip (K)	Kaljaebi

CHODANBO I > CHODANBO II

BLOCKING TECHNIQUE

1. Low Block (1)
2. Body Block (1)
3. Face Block (2)
4. Minor Outside Body Block
5. Outside Body Block (4)
6. Back Stance One Hand Knife-Hand Outside Body Block
7. Back Stance One Hand Knife-Hand Body Block (G)
8. Back Stance One Hand Knife-Hand Low Block (K)
9. Back Stance Knife-Hand Face Block
10. Back Stance Knife-Hand Body Block (4)
11. Back Stance Knife-Hand Low Block (7)
12. Palm Block (6)
13. High Knife-Hand Twist Block (6)
14. Body Cleaving Block (7)
15. Minor Body Cleaving Block (G)
16. Low Cross Block (7)
17. Scissors Block (7)

STRIKING TECHNIQUE

1. Body Punch (1)
2. Face Punch (2)
3. Spear Hand Strike (4)
4. High Spear Hand Strike
5. Knife-Hand Neck Strike (3)
6. Reverse Knife-Hand Neck Strike (K)
7. Palm Strike to the Chin (G)
8. Knife Grip (K)
9. Supported Spear Hand Strike (4)
10. Swallow Strike to the Neck (4)
11. Back Fist Strike (5)
12. Side Back Fist Strike
13. Hammer Fist Strike (5)
14. Side Hammer Fist Strike (5)
15. Elbow Target Strike (5)
16. Elbow Turning Strike (5)
17. Upward Elbow Strike
18. Two Fists Inverted Punch (7)

KICKING TECHNIQUE

1. Front Kick (1)
2. Axe Kick
3. Side Kick (5)
4. Roundhouse Kick (6)
5. Hook Kick
6. Crescent Kick (7)
7. Advancing Front Kick
8. Advancing Axe Kick
9. Advancing Side Kick (4)
10. Advancing Roundhouse Kick
11. Advancing Hook Kick
12. Running Front Kick
13. Running Axe Kick
14. Running Side Kick
15. Running Roundhouse Kick
16. Running Hook Kick
17. Back Kick
18. Turning Hook Kick
19. Turning Roundhouse Kick
20. Turning Crescent Kick
21. Jumping Back Kick
22. Jumping Turning Hook Kick
23. Jumping Turning Roundhouse Kick
24. Jumping Turning Crescent Kick

COMBINATION HAND TECHNIQUE

1. Low Block, Body Punch
2. Face Block, Face Punch
3. Body Block, Spear Hand Strike
4. Knife Hand Face Block, High Spear Hand Strike
5. Outside Body Block, Knife Grip

COMBINATION KICKING TECHNIQUE

1. Front Kick, Axe Kick
2. Roundhouse Kick, Side Kick
3. Side Kick, Hook Kick
4. Axe Kick, Roundhouse Kick

POOMSAE

Taegeuk Pal Jang (Taegeuk 8)

SELF DEFENCE TECHNIQUE

Advanced Collar Grabbing 1
Advanced Collar Grabbing 2

BOARD BREAKING

FULL CONTACT SPARRING (bring all protective gear)
Contact Sparring (include minimum one Jumping Kick)

TERMINOLOGY with Demonstration of Technique

English	Korean
Rear Cross Stance (5)	Dwi Kkoa Seogi
Covered Fist (7)	Bo Jumeok
Single Mountain Block (8)	Oe Santeul Makki

CHODANBO II > BLACK BELT 1st Dan | Poom

BLOCKING TECHNIQUE

1. Low Block (1)
2. Body Block (1)
3. Face Block (2)
4. Minor Outside Body Block
5. Outside Body Block (4)
6. Back Stance One Hand Knife-Hand Outside Body Block
7. Back Stance One Hand Knife-Hand Body Block (G)
8. Back Stance One Hand Knife-Hand Low Block (K)
9. Back Stance Knife-Hand Face Block
10. Back Stance Knife-Hand Body Block (4)
11. Back Stance Knife-Hand Low Block (7)
12. Palm Block (6)
13. High Knife-Hand Twist Block (6)
14. Body Cleaving Block (7)
15. Minor Body Cleaving Block (G)
16. Low Cross Block (7)
17. Scissors Block (7)

STRIKING TECHNIQUE

1. Body Punch (1)
2. Face Punch (2)
3. Spear Hand Strike (4)
4. High Spear Hand Strike
5. Knife-Hand Neck Strike (3)
6. Reverse Knife-Hand Neck Strike (K)
7. Palm Strike to the Chin (G)
8. Knife Grip (K)
9. Supported Spear Hand Strike (4)
10. Swallow Strike to the Neck (4)
11. Back Fist Strike (5)
12. Side Back Fist Strike
13. Hammer Fist Strike (5)
14. Side Hammer Fist Strike (5)
15. Elbow Target Strike (5)
16. Elbow Turning Strike (5)
17. Upward Elbow Strike
18. Two Fists Inverted Punch (7)

KICKING TECHNIQUE

1. Front Kick (1)
2. Axe Kick
3. Side Kick (5)
4. Roundhouse Kick (6)
5. Hook Kick
6. Crescent Kick (7)
7. Advancing Front Kick
8. Advancing Axe Kick
9. Advancing Side Kick (4)
10. Advancing Roundhouse Kick
11. Advancing Hook Kick
12. Running Front Kick
13. Running Axe Kick
14. Running Side Kick
15. Running Roundhouse Kick
16. Running Hook Kick
17. Back Kick
18. Turning Hook Kick
19. Turning Roundhouse Kick
20. Turning Crescent Kick
21. Jumping Back Kick
22. Jumping Turning Hook Kick
23. Jumping Turning Roundhouse Kick
24. Jumping Turning Crescent Kick

COMBINATION HAND TECHNIQUE

1. One Hand Knife-Hand Low Block, Hammer Fist Strike
2. Palm Block, Upward Elbow Strike
3. High Knife-Hand Twist Black, Elbow Turning Strike
4. Body Block, Two Fist Inverted Punch
5. Back Stance, Knife-Hand Body Block, Front Stance, Palm Strike to the Chin

COMBINATION KICKING TECHNIQUE

1. Side Kick, Back Kick
2. Roundhouse Kick, Turning Roundhouse Kick
3. Hook Kick, Turning Hook Kick
4. Back Kick, Jumping Back Kick

POOMSAE

Taegeuk Pal Jang (Taegeuk 8)
Taegeuk Chil Jang (Taegeuk 7)

SELF DEFENCE TECHNIQUE

Advanced Hand Grabbing 1
Advanced Hand Grabbing 2
Advanced Hand Grabbing 3
Advanced Hand Grabbing 4

BOARD BREAKING

FULL CONTACT SPARRING (bring all protective gear)
Contact Sparring (include minimum one Jumping Kick)

ESSAY

'My Taekwondo Journey' (minimum 250 words)

TERMINOLOGY with Demonstration of Technique

English	Korean
Outside Body Block (4)	Momtong Bakkat Makki
Palm Block (6)	Batangson Momtong Makki
Scissors Block (7)	Gawi Makki
Back Fist Strike (5)	Deung Jumeok Chigi
Hammer Fist Strike (5)	Me Jumeok Chigi
Knife-Hand Neck Strike (3)	Sonnal Mok Chigi
Knife-Hand Body Block (4)	Sonnal Momtong Makki
One Hand Knife-Hand Low Block (K)	Hanssonal Arae Makki
Body Cleaving Block (7)	Momtong Hecheo Makki
Knife Grip (K)	Kaljaebi