

## **Red Stripe**

### ***Techniques***

- Apgoobi Ro Momtong Giroogi - Walking Stance Punch
- Joochoomsae Momtong Giroogi - Horse Stance Punch
- Arae Makgi - Down Block
- Olgool Makgi - Face Block
- Sonal Momtong-Makgi - Double Open Hand Middle Block
- Apchagi - Front Kick
- Bichagi Retract - 45 degree angle kick mid section
- Dolgae Chagi - 45 degree spinning kick
- Edan Bichagi - Skip in, front leg Bichagi
- Naraechagi – Double Bichagi
- Yopchagi - Sidekick
- Dwichagi - Back Kick
- Dwichagirot BartauxChagi (“Padeauchagi”) - Counter Back Kick
- Dolyochagi - 60 degree Kick to upper body
- Naeryochagi - Rear & Front leg Drop Kick
- Whechook Chagi - Spin Hook Kick
- Momtong An-Makgi - Inside Middle Block
- Momtong Bakat-Makgi - Outside Middle Block

### ***Terminology***

- Chareut - Attention
- Kyunge - Bow
- Anjo -Sit down
- Kamsahumnida - Thank You
- Dobok - Uniform
- Dojang - Training Place
- Shio - Relax
- Joonbi - Ready Position
- Sijack - Begin
- Kalyeo - Break
- Kaesock - Continue
- Kuman - End Fight
- Dwiro Dora - Turn Around
- Tae - Kick
- Kwon - Punch
- Do - way we choose to live our lives
- Hana - Yol - Smul - Sarune -Maheun -Shin -Yasueun -Iruen - Counting to Seventy
- Jwawoohyangwoo - Face About

### ***Sparring***

- Fighting two 2 minute rounds using advanced techniques
- Tournament experience a definite asset.

### ***Forms***

- Taeguek - #1, #4, #8

### ***Academic***

- Provide report card showing good academic standing.