

Black Stripe

Techniques

- Apgoobi Ro Momtong Giroogi - Walking Stance Punch
- Joochoomsae Momtong Giroogi - Horse Stance Punch
- Arae Makgi - Down Block
- Olgool Makgi - Face Block
- Sonal-Chigi - Open Hand Strike to Upper Body
- Sonal Momtong-Makgi - Double Open Hand Middle Block
- Sonal Arae-Makgi - Double Open Hand Down Block
- Songoop-Giroogi - Open Hand Fingertip Strike
- 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
- Dwichagiro BartauxChagi (Sounds Like Padeauchagi) - Counter Back Kick
- Dolyochagi - 60 degree kick to upper body
- Miro chagi - Rear and Front Leg Push Kick
- Bandal chagi - Crescent Kick, Inside and Out
- Naeryo chagi - 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
- Kaesock - Continue
- Yaseun, Iruen, Yoduen, Ahuen, Peck - Count to 100
- Dwiro Dora - Turn Around
- Tae - Kick
- Kwon – Punch
- Do - way we choose to live our lives
- Kalyeo – Break
- Kuman - End Fight
- Sabumnim - Teacher/ Instructor
- Kwanjamnim – Grandmaster
- Kyungo - ½ Point Deduction
- Jwawoohyangwoo - Face About
- Gam-Jeom - 1 Point Deduction

Forms

- Taegeuk #1, #4, #8
- Koryeo

Sparring

- All techniques from all belt levels, beginner to advanced.
- Fighting two, 3 minute rounds.
- Tournament Experience a definite asset.

Board Breaking

- 3 sequences of 3 breaks with “power break” included.

Academic

- Provide report card showing good academic standing.