

JUNIORS – BLUE ONE

POOMSAE

- Taeguk sam jang (Taeguk 3)

KICKING - RIGHT LEG BACK

- Front kick, running front kick
- Side kick, step side kick
- Roundhouse, step roundhouse kick

ONE STEP SPARRING

- Attack-Low punch (Arae jirugi)
- Defend-Low block/front kick/double punch (Arae makki/ap chagi/dubon jirugi)
- Attack-Body punch (Momtong jirugi)
- Defend-Body block/front kick/double punch (Momtong makki/ap chagi/dubon jirugi)
- Attack-Face punch (Olgul jirugi)
- Defend-Face block/front kick/double punch (Olgul makki/ap chagi/dubon jirugi)

SELF DEFENCE

- Single wrist
- Double wrist

- Double lapel
- Overarms front

CLUB AND KNIFE ATTACK

- Knife attack to chest
Defend-Minor outside body block/front kick/double punch
- Over head club attack
Defend-Face block/front kick/double punch)

SPARRING

- 2 Rounds

TERMINOLOGY

- Ap chagi
- Arae makki
- Arae jirugi
- Dubon jirugi
- Momtong makki
- Yop chagi
- Olgul makki

JUNIORS – BLUE TWO

POOMSAE

- Taeguk sa jang (Taeguk 4)

KICKING – RIGHT LEG BACK

- Roundhouse, turning roundhouse
- Side kick, turning side kick
- Front kick, jumping front kick

ONE STEP SPARRING

- Attack-Body punch (Momtong jirugi)
Defend-Inside body block/axe kick/double punch
(Momtong an makki/naeryo chagi/dubon jirugi)
- Attack-Body punch (Momtong jirugi)
Defend-Outside body block/axe kick/double punch
(Ahn palmok bakkat makki/naeryo chagi/dubon jirugi)
- Attack-Body punch
Defend-Double knife hand block/axe kick/double punch
(Sonnal momtong makki/naeryo chagi/dubon jirugi)

SELF DEFENCE

- Single wrist
- Double wrist
- Double lapel
- Overarms front
- Belt front

KNIFE AND CLUB ATTACK

- Knife attack to chest
Defend-Minor outside body block/front kick/double punch
- Over head club attack
Defend-Face block/front kick/double punch
- Club attack across body

SPARRING

- 3 Rounds

TERMINOLOGY

- Ap chagi
- Yop chagi
- Arae makki
- Momtong makki
- Olgul makki
- Momtong jirugi
- Ap gubi

- Dit gubi
- 'The Oath'

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JUNIORS – BLUE THREE

POOMSAE

- Taeguk O jang (Taeguk 5)

KICKING TECHNIQUES – RIGHT LEG BACK

- Front kick, running front kick
- Double side kick, double side kick
- Roundhouse, step roundhouse, back kick

ONE STEP SPARRING

- Attack-Body punch (Momtong jirugi)
Defend-Inside body block/axe kick/double punch
(Momtong an makki/naeryo chagi/dubon jirugi)
- Attack-Body punch (Momtong jirugi)
Defend-Outside body block/axe kick/double punch
(An palmok bakkat makki/naeryo chagi/dubon jirugi)
- Attack-Body punch (Momtong jirugi)
Defend-Double knife hand/axe kick/double punch
(Sonnal momtong makki/naeryo chagi/dubon jirugi)

SELF DEFENCE

- Single wrist
- Double wrist
- Double lapel
- Overarms front
- Belt front
- Throat from behind

KNIFE AND CLUB ATTACK

- Knife attack to chest
Defend-Minor outside body block/front kick/double punch OR OWN
- Over head club attack
Face block/front kick/double punch OR OWN
- Swinging Club attack

SPARRING

- 3 Rounds

TERMINOLOGY

- Naeryo chagi
- Momtong an makki
- Ahn palmok bakkat makki

- Dubon jirugi
- Sonnal momtong makki
- Ap chagi
- Momtong jirugi

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