

JUNIORS – RED ONE

POOMSAE

- Taeguk yuk jang (Taeguk 6)

KICKING

- Double up roundhouse (left/right), land right leg back and right back kick
- Right front kick, left jumping front kick, right front kick
- Right axe kick, left front kick, right roundhouse

ONE STEP SPARRING

- Attack-Low punch
Defend- In back stance double low knife hand, left front kick, right roundhouse, step in back fist
- Attack-Body punch
Defend-In back stance double knife hand block, left front kick, right roundhouse and step in back fist
- Attack-Face punch
Defend-In front stance left upper block and knife hand strike to neck (swallow strike), left front kick, right roundhouse and step in back fist

SELF DEFENCE

- Single wrist
- Double wrist
- Hair front
- Overarms front

- Belt front
- Hair back

CLUB AND KNIFE ATTACK

- Attack-Low knife attack
Defend-Double lower knife hand block/left front kick/right roundhouse/step in back fist
- Attack-Middle knife attack
Defend-Double knife hand body block/left front kick/right roundhouse/step in back fist
- Attack-Overhead club attack
Defend-Swallow strike/left front kick/right roundhouse/step in back fist

TERMINOLOGY

- Arae makki (low block)
- Momtong makki (body block)
- Area jirugi (low punch)
- Momtong jirugi (body punch)
- Olgul jirugi (face punch)
- Dubon jirugi (double punch)
- Sonnal momtong makki (knife hand body block)
- Ap chagi (front kick)
- Dit chagi (back kick)
- Ap gubi (front stance)
- Dit gubi (back stance)
- 'The Oath'

JUNIORS – RED TWO

POOMSAE

- Taeguk chil jang (Taeguk 7)

HAND AND KICKING TECHNIQUES

- Right leg back, double knife hand, right front kick, double punch
- Right back stance, double low knife hand block, step left foot forward cleaving block
- Fighting stance, right spinning heel kick, right front kick land forward, right jumping axe kick

ONE STEP SPARRING

- Attack-Low punch
Defend- In back stance double low knife hand, left front kick, right roundhouse, step in back fist
- Attack-Body punch
Defend-In back stance double knife hand block, left front kick, right roundhouse and step in back fist
- Attack-Face punch

Defend-In front stance left upper block and knife hand strike to neck (swallow strike), left front kick, right roundhouse and step in back fist

SELF DEFENCE

- Single wrist
- Double wrist
- Hair front
- Overarms front
- Belt front
- Hair back

CLUB AND KNIFE ATTACK

- Attack-Low Knife attack

Defend-Double lower knife hand block/left front kick/right roundhouse/step in back fist

- Attack-Middle knife attack

Defend-Double knife hand body block/left front kick/right roundhouse/step in back fist

- Attack-Overhead club attack

Defend-Swallow strike/left front kick/right roundhouse/step in back fist

TERMINOLOGY

- Arae makki (low block)
- Momtong makki (body block)
- Area jirugi (low punch)
- Momtong jirugi (body punch)
- Olgul jirugi (face punch)
- Dubon jirugi (double punch)

- Sonnal momtong makki (knife hand body block)
- Ap chagi (front kick)
- Dit chagi (back kick)
- Ap gubi (front stance)
- Dit gubi (back stance)
- 'The Oath'

BOARD BREAKING X 2 feet only

JUNIORS – RED THREE

POOMSAE

- Taeguk pal jang (Taeguk 8)

KICKING TECHNIQUES

Start in fighting stance

- Right roundhouse body, left roundhouse face, right spinning heel, right front kick, left side kick
- Right side kick, left turning side kick, right continuous kick (front/roundhouse), left back kick
- Step up left axe kick, double front kick (right/left) right jumping axe kick

ONE STEP SPARRING

- Attack-Low punch

Defend- In back stance double low knife hand, left front kick, right roundhouse, step in back fist

- Attack-Body punch

Defend-In back stance double knife hand block, left front kick, right roundhouse and step in back fist

- Attack-Face punch

Defend-In front stance left upper block and knife hand strike to neck (swallow strike), left front kick, right roundhouse and step in back fist

SELF DEFENCE

- Single wrist
- Double wrist
- Hair front
- Overarms front
- Belt front

CLUB AND KNIFE ATTACK

- Attack-Low Knife attack

Defend-Double lower knife hand block/left front kick/right roundhouse/step in back fist

- Attack-Middle knife attack

Defend-Double knife hand body block/left front kick/right roundhouse/step in back fist

- Attack-Overhead club attack

Defend-Swallow strike/left front kick/right roundhouse/step in back fist

TERMINOLOGY

- Arae makki (low block)
- Momtong makki (body block)
- Area jirugi (low punch)
- Momtong jirugi (body punch)
- Olgul jirugi (face punch)
- Dubon jirugi (double punch)
- Sonnal momtong makki (knife hand body block)
- Ap chagi (front kick)
- Dit chagi (back kick)
- Ap gubi (front stance)
- Dit gubi (back stance)
- 'The Oath'

BOARD BREAKING X 3 own choice