

JUNIORS – YELLOW

POOMSAE

- Basic Pattern

HORSE RIDING STANCE – PUNCHING & BLOCKING

- Body Punch
- Face Punch
- Double Punch
- Low Block
- Body Block
- Face Block

KICKING TECHNIQUES X 5 EACH LEG

- Front Kick
- Side Kick
- Roundhouse Kick
- Crescent Kick
- Axe Kick

JUNIORS – YELLOW ONE

POOMSAE

- Basic Pattern

HORSE RIDING STANCE - PUNCHING & BLOCKING

- Body Punch (Momtong jirugi)
- Face Punch (Olgul jirugi)
- Double Punch (Dubon jirugi)
- Low Block (Arae makki)
- Body Block (Momtong makki)
- Face Block (Olgul makki)

KICKING x 5 each leg

- Front Kick (Ap chagi)
- Side Kick (Yop chagi)
- Roundhouse Kick (Dolyo chagi)
- Inside Crescent Kick (An chagi)
- Axe Kick (Naeryo chagi)

SELF DEFENCE

- Single Wrist Grab
- Double Wrist Grab
- Double Lapel

SPARRING

- 2 Rounds (No contact)

TERMINOLOGY

- Juchum sogi
- Ap chagi
- Yop chagi
- Dolyo chagi
- Momtong jirugi
- Olgul j irugi

JUNIORS – YELLOW TWO

POOMSAE

- Taeguk Il Jang (Taeguk One)

HORSE RIDING STANCE (JUCHUM SOGI) – PUNCHES

- Momtong jirugi (Body punch)
- Olgu jirugi (Face punch)
- Dubon jirugi (Double punch)

KICKING TECHNIQUES x 5

- Yop chagi (Side kick)
- Dlt chagi (Back kick)
- Naeryo chagi (Axe kick)

ONE STEP SPARRING (with partner)

- 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 Grab
- Double Wrist Grab
- Double Lapel

SPARRING

- 2 Rounds (No Contact)

TERMINOLOGY

- Ap chagi
- Yop chagi
- Dolyo chagi
- Momtong jirugi
- Arae makki
- Momtong makki

JUNIORS – YELLOW THREE

POOMSAE

- Taeguk I Jang (Taeguk two)

CHAGI (KICKING) x 3 moving forward

- Front kick (Ap chagi)
- Roundhouse kick (Dolyo chagi)
- Axe kick (Naeryo chagi)
- Step up Roundhouse kick

ONE STEP SPARRING

- Attack – Low punch (Arae jirugi)
- Defend-Low block/front kick/double punch (area 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

SPARRING

- 2 Rounds

TERMINOLOGY

- Ap chagi (front kick)
- Arae makki (low block)
- Momtong makki (body block)
- Olgul makki (face block)
- Dubon jirugi (double punch)
- Arae jirugi (Low punch)
- Momtong jirugi (Body punch)