

# Korean Terms applicable to 1st Degree Black Belt

<http://www.heartofengland-itf.org.uk>



**The Theory on these sheets is only a guide as to what you may be asked. You should expect to be asked questions on anything you have learned on your Taekwon-do journey to date. Your Instructor will be able to give you ideas of what may be asked but each Black Belt grading is different and consequently the questions are different. You need to learn everything from your previous sheets. The Internet is a great resource; make use of it.**

## Kwang Gae

Heaven Hand

Forward Double Stepping

Palm Upward Block

Outward Pressing Kick

Backward Foot Shifting

Forward Double Step Turning

## **39 Movements**

Hanulson

Ibo Omgyo Didimyo Nagagi

Sonbadak Ollyo Makgi

Bakaero Nollyo Chagi

Durogamyo Jajunbal

Apro Ibo Didimyo Dolgi

## Po-Eun

One legged Stance

Horizontal Punch

Twin Elbow Horizontal Thrust

Reverse Knifehand Low Guarding Block

## **36 Movements**

Waebal Sogi

Soopjung Jirugi

Sang Palkup Soopjung Tulgi

Sonkaldung Najunde Daebi Makgi

## Ge Baek

9 – Shape Block

Scooping Block

Flat Fingertip High Obverse Thrust

Middle Knuckle Fist Middle Punch

Flat Fingertip High Reverse Thrust

Double Arc Hand High block

## **44 Movements**

Gutya Makgi

Duro Makgi

Opun Sonkut Nopunde Baro Tulgi

Joongi Joomuk Kaunde Jirugi

Opun Sonkut Nopunde Bandae Tulgi

Doo Bandalson Nopunde Makgi