

MANDHIR SINGH BOLLA'S SCHOOL OF TAE KWONDO

BLUE TAG (5TH GRADING)

BLUE. Signifies the heaven towards which the plant matures into a towering tree as training in Tae Kwondo progresses.

WON HYO 28 MOVEMENTS

WON HYO was the noted monk who introduced Buddhism in the Silla dynasty in the year 686 AD

MOA CHUNBI SOGI A

Closed ready stance A

1. Sang palmok makgi

Twin forearm block

2. Nopunde anuro sonkal taerigi

High inward knifehand strike

3. Kaunde yop jirugi from Gojung Sogi

Left side punch from fixed stance

4. Sang palmok makgi

5. Nopunde anuro sonkal taerigi

6. Kaunde yop jirugi

7. Palmok daebi makgi in Guburyo junbi sogi

*Forearm guarding block in
bending ready stance*

8. Kaunde wen yop cha jurugi

Middle left side piercing kick

9. Kaunde sonkal daebi.makgi

Middle knifehand guarding block

10. Kaunde sonkal daebi.makgi

11. Kaunde sonkal daebi.makgi

12. Kaunde son sonkut tulgi

Middle straight finger tip thrust

13. Sang palmok makgi

14. Nopunde anuro sonkal taerigi

15. Kaunde yop jirugi

16. Sang palmok makgi

17. Nopunde anuro sonkal taerigi

18. Kaunde yop jirugi

19. Dollymio makgi

Circular block

20. Najunde ap cha busigi

Low front snap kick

21. Kaunde bandae.jirugi

Middle reverse punch

22. Dollymio makgi

23. Najunde ap cha busigi

24. Kaunde bandae.jirugi

25. Palmok daebi makgi

26. Kaunde orun yop cha jirugi

Middle right side piercing kick

27. Kaundae palmok daebi makgi

Middle forearm guarding block

28. Kaundae palmok daebi makgi

3 STEP SPARRING 9-10

Sambo matsoki

3 STEP SEMI FREE SPARRING

(Basic)

Ban jayoo matsoki

STANCES

Moa junbi sogi A

Closed ready stance A

Gojung sogi

Fixed stance

Guburyo junbi sogi

Bending ready stance