

Yellow tag 9th kup – Yellow belt 8th kup

Learn Korean for the following

Stance – Seogi	Long stance – Apkoobi Seogi
Walking stance – Ap Seogi	Back stance - Dwikoobi Seogi
Horse stance – Joochum Seogi	Attention stance – Charyot Seogi
Bow – Kyong Ye	Ready stance – Junbi
Low section – Arae	Middle section – Momtong
High section – Eogool	Block – Makki
Low section block – Arae Makki	Middle section block – Momtong Makki
High section block – Eogool Makki	Thumb side block – An Palmok Makki
Finger side forearm block - Bakat Palmok Makki	Stabbing Block – An Makki
Knife hand block – Sonnal Makki	Strike – Chigi
Punch – Jirugi	Back fist strike – Deung Jeomok
Knife hand strike – Sonnal Chigi	Kick – Chagi
Front kick – Ap Chagi	Side kick – Yop Chagi
Turning kick – Dolyo Chagi	Back kick – Dwi Chagi
Axe kick – Chigo Chagi	

Meaning of Taeguk 1 (Il Jang) - Heaven & Light , 18 moves

Meaning of White belt – Signifies innocence as that of the beginning student who has no previous knowledge of Taekwondo