



Movement Poster

Belt	Form	Stances	Block	Punch	Strike	Kick
White		Ready				
Yellow	Basic Form 01 Basic Form 02	Parallel Front Straddle	Low High	Regular Reverse		Front Round
Yellow w/tip	Basic Form 03		Inside Outside	Middle High Side		Side Pivot Side
Senior Yellow	Taeguk 01 (il jang)	Back				
Senior Yellow w/tip						
Green	Taeguk 02 (ii jang)	Walking	Knife hand Low Knife hand High	Jab Uppercut	Backfist Outward- Backfist	Back Flying Side Jumping- Front
Green w/tip			Double hand	Double	Knife Hand Double- Knife Hand	Inside & Outside - Creascent
Senior Green	Taeguk 03 (sam jang)	Right/Left	Supported- Outside		Elbow Target Elbow	Side- Step Infront & Behind
Senior Green w/tip			Palm		Knee	Flutter
Blue	Taeguk 04 (sah jang)	Cross	X-Block Low X-Block High	Double- Uppercut	Spear Hand Palm	Ax Hook Pivot Hook Hopping Side Cut
Blue w/tip			Twist	Target Strike	Knife Hand- Outside & Downward	Hook Step In- front & Behind Switch Front Switch Round Pocket Round
Senior Blue	Taeguk 05 (oh jang)	Tiger	Scissor		Hammerfist- Downward & Outward	Jumping: Side, Round, Back, Ax, & Inside/Outside- Crescent
Senior Blue w/tip					Elbow- Downward Elbow- Backward	Target Spinning Back- Hook & Crescent
Red	Taeguk 06 (yook jang)	Crane	Outside- Inverted	Pulling &- Punch	Arc Hand	Jumping Hook Scissor
Red w/tip						
Senior Red	Taeguk 07 (chil jang)		Mountain			Spinng Back- Round
Senior Red w/tip						
Deputy Black	Taeguk 08 (pal jang)					
Deputy Black w/tip						
Deputy Black w/Dbl tip						
Black	Koryo					