



# FIRST DAN MID-TERM ONE

Koryo poomsae symbolizes “seonbae”, which means a “learned man,” who is characterized by a strong martial spirit as well as a righteous learned man’s spirit. As a 1<sup>st</sup> Dan, your martial and spiritual knowledge has grown and strengthened. Although more firm than a gup student, your taekwondo training is just beginning. You must now demonstrate to junior ranks the meaning of becoming a *seonbae*.

## Koryo Basics & Terminology

Knifehand Low Block	Hansonnal Arae Makki
Hand Grab	Mureupkkukki
Horizontal Palm Block	Batangson Nullo Makki
Twin Inner Forearm Block	Anpal Hecho Makki
Knifehand Strike	Sonnal Bakkat Chigi
Pushing Elbow Strike	Pulkup Yop Chigi
Upset Spearhand Strike	Jeonchin Pyonsonkkeut
Upset Hammerfist	Mejumeok Chigi

## Kicking Combos

Jump Spin Crescent Kick	
Reverse Hook/Round/Side Kick	
360° Jump Side Kick	
Butterfly Kick	Twist Kick

## Koryo Themes

RESPECT	TRUSTWORTHINESS	RESPONSIBILITY	FAIRNESS	CARING	CITIZENSHIP
Treat others with respect, follow the Golden Rule	Be loyal, stand by your family, friends and county	Do what you are supposed to do	Play by the rules	Be kind	Do your share to make your school and community better
Be tolerant of differences	Don't deceive, cheat, or steal	Persevere; keep on trying!	Be open minded	Show your care	Be a good neighbor
Use good manners, not bad language	Be reliable and do what you say you'll do	Always do your best	Listen to others	Express gratitude	Obey laws and rules
Deal peacefully with disagreement	Have the courage to do the right thing	Be accountable for your choices	Take turns and share	Forgive others	Protect the environment
		Think before you act		Help people in need	

## Midterm Requirements

Koryo Poomsae	Sparring	2/5 Creative One Steps
Kicking Combinations	Self - Defense	Board Breaks

Ho Sin Sool	<i>(choose two feet one hand)</i>
Demonstrate effectively blocking a punch and turning the attack into a ground take down submission.	<p>CHIGI: Back Elbow, Knifehand Strike, Backfist, Ridgehand Strike</p> <p>CHAGI: Round Kick (face level), Jump Side Kick, Rev. Side Kick, Jump Axe Kick</p>



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# I

### Koryo Poomsae

# I

#	SIDE	TECHNIQUE	STANCE	SECTION	#	SIDE	TECHNIQUE	STANCE	SECTION
1	WEN	SONNAL MAKKI	O. DWI KUBI	G	20	WEN	BAT.NUL. MAKKI	W. AP SEOGI	G
2	O-RUEN	YOP CHAGI	--	A	*	O-RUEN	PALKUP YOP CHIGI	JUCHUM SEOGI	G
*	O-RUEN	YOP CHAGI	--	G/W	21	O-RUEN	HAN.BAK.MAKKI	JUCHUM SEOGI	G
*	O-RUEN	SON. BAK. CHIGI	O. AP KUBI	G	22	WEN	BARO JIREUGI	JUCHUM SEOGI	G
3	WEN	BARO JIREUGI	O. AP KUBI	G	23	O-RUEN	YOP CHAGI	--	G/W
4	O-RUEN	MOMTONG MAKI	W. DWI KUBI	G	*	O-RUEN	JEO. PYONSON	W. AP KUBI	A
5	O-RUEN	SONNAL MAKKI	W. DWI KUBI	G	24	WEN	ARAE MAKI	W. AP SEOGI	A
6	WEN	YOP CHAGI	--	A	25	O-RUEN	BAT. NUL. MAKKI	O. AP SEOGI	G
*	WEN	YOP CHAGI	--	G/W	*	WEN	PALKUP YOP CHIGI	JUCHUM SEOGI	G
*	WEN	SON. BAK. CHIGI	W. AP KUBI	G	26	WEN	MEJUMEOK	MOA SEOGI	A
7	O-RUEN	BARO JIREUGI	W. AP KUBI	G	27	WEN	SON. BAK. CHIGI	W. AP KUBI	W
8	WEN	MOMTONG MAKI	O. DWI KUBI	G	*	WEN	HAN. ARAE MAKI	W. AP KUBI	A
9	WEN	HAN. ARAE MAKI	W. AP KUBI	A	28	O-RUEN	HAN. MOK CHIGI	O. AP KUBI	W
*	O-RUEN	AGWISON CHIGI	W. AP KUBI	W	*	O-RUEN	HAN. ARAE MAKI	O. AP KUBI	A
10	O-RUEN	AP CHAGI	--	G/W	29	WEN	HAN. MOK CHIGI	W. AP KUBI	W
*	O-RUEN	HAN. ARAE MAKI	O. AP KUBI	A	*	WEN	HAN. ARAE MAKI	W. AP KUBI	A
*	WEN	AGWISON CHIGI	O. AP KUBI	W	30	O-RUEN	AGWISON CHIGI	O. AP KUBI	W
11	WEN	AP CHAGI	--	G/W	<div style="border: 1px solid black; padding: 10px;"> <h3 style="text-align: center;">Creative One-Steps</h3> <p style="text-align: center;">You will create a total of 5 one-steps that will all be demonstrated during your testing for 2nd Dan.</p> <p style="text-align: center;">For your first mid - term , you will create the first two one-steps which demonstrate blocking, evading, and advanced kicking and striking (no take downs).</p> <p style="text-align: center;">One-steps are no contact partner drills that demonstrate speed, accuracy, control and precision. Your 5 creative one steps must be approved before they are demonstrated at mid-terms.</p> <p style="text-align: center;">The attack will always be right lunch punch into a right front stance.</p> </div>				
*	WEN	HAN. ARAE MAKI	W. AP KUBI	A					
*	O-RUEN	AGWISON CHIGI	W. AP KUBI	W					
12	O-RUEN	AP CHAGI	--	G/W					
*	WEN	KNEE BREAK	O. AP KUBI	A					
13	O & W	ANPAL HECHO MAK	O. AP KUBI	G					
14	WEN	AP CHAGI	--	G/W					
*	O-RUEN	KNEE BREAK	W. AP KUBI	A					
15	O&W	ANPAL HECHO MAK	W. AP SEOGI	G					
16	WEN	HAN. BAK. MAKKI	JUCHUM SEOGI	G					
17	O-RUEN	BARO JIREUGI	JUCHUM SEOGI	G					
18	WEN	YOP CHAGI	--	G/W					
*	WEN	JEO. PYONSON	O. AP KUBI	A					
19	O-RUEN	ARAE MAKI	O. AP SEOGI	A					