



GREEN BELT & BLUE TAG THEORY

Won-Hyo (28 movements) was the noted monk who introduced Buddhism to the Silla dynasty of Korea in the year 686AD.

Yul-Gok (38 movements) is the pseudonym of the great philosopher and teacher Yi I (1536 - 1584). He was nicknamed the "Confucious of Korea". The 38 movements refer to his birthplace on the 38th degree latitude and the diagram represents scholar.

Korean Terminology

Stances

Close Stance (feet together)

Moa Sogi

Fixed Stance

Gojung Sogi

Bending Stance

Guburyo Sogi

X Stance

Kyocho Sogi

Counting

One

Hana

Two

Dool

Three

Set

Four

Net

Five

Tasot

Six

Yosot

Seven

Ilgop

Eight

Yodol

Nine

Ahop

Ten

Yol

Attacking Tools

Back Fist

Dung Joomuk

Side Fist

Yop Joomuk

Reverse Knifehand

Sonkal Dung

Fingertip

Sonkut

Elbow

Palkup

Inner Forearm

An Palmok

Outer Forearm

Bakat Palmok

Green Belt signifies the Taekwon-Do plant growing as the student's skills develop.