

Master Teacher Program

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 - i. Jumeok (fist)
 - ii. Deungjumeok (fist-back fist)
 - iii. Mejumeok (hammer fist)
 - iv. Pyonjumeok (flat fist)
 - v. Sosumjumeok (knuckle-protruding fist)
 - vi. Jipkejumeok (pincers-fist)
 - 2) Son (hand)
 - i. Sonnal (hand-blade)
 - ii. Sonnaldeung (hand-blade back)
 - iii. Sondeung (hand back)
 - iv. Pyonsonkkeut (flat hand tips)
 - v. Kawisonkkeut (scissor's finger tips)
 - vi. Hansonkkeut (single finger tip)
 - vii. Moundusonkkeut (combined two finger tips)
 - viii. Mounsesonkkeut (combined three finger tips)
 - ix. Modumsonkkeut (all combined finger tips)
 - x. Komson (bear hand)
 - xi. Batangson (palm hand)
 - xii. Kuppinsonmok (bow wrist)
 - xiii. Agwison (arc hand)
 - 3) Palmok (forearm, especially the wrist section)
 - 4) Palkup (elbow)
 - 5) Bal (foot)
 - i. Apchuk (fore sole)
 - ii. Dwichuk (back sole)
 - iii. Balkkeut (tiptoes)
 - iv. Balnal (foot blade)
 - v. Balnaldeung (back of the foot blade)
 - vi. Dwikkumchi (heel)

- vii. Balbadak (sole)
- viii. Baldeung (back of the foot)

6) Jeonggangyi (shin)

7) Mureup (knee)

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- i. Naranhi seogi (parallel stance)
- ii. Oreun seogi (right hand stance)
- iii. Wen seogi (left hand stance)
- iv. Pyonhi seogi (at ease stance)
- v. Antzong seogi (inward stance)
- vi. Juchum seogi (riding stance)
- vii. Nachuwo seogi (lowered riding stance)
- viii. Mo seogi (oblique angle stance)
- ix. Mo juchumseogi (oblique angle riding stance)
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- xvi. Beom seogi (tiger stance)

2) Moa-seogi (close stance)

- i. Moa-seogi (close stance)
- ii. Dwichuk moaseogi (attention stance)
- iii. Apchuk moaseogi (reverse attention stance)
- iv. Kyotdari seogi (assisting stance)
- v. Apkkoa seogi (forward cross stance)
- vi. Dwi kkoaseogi (backward cross stance)
- vii. Hakdari seogi (crane stance)
- viii. Ogeum seogi (reverse crane stance)

3) Teuksu Poom seogi (special poom stance)

- i. Kibon junbi seogi (basic ready stance)
- ii. Dujumeokheori junbi seogi (fists on the waist ready stance)
- iii. Kyopson junbi seogi (overlapped hands ready stance)
- iv. Bojumeok junbi seogi (covered fist ready stance)
- v. Tongmilgi junbi seogi (pushing hands ready stance)

b. Makki (defense)

- i. Makki (defense)

ii. Teuksu makki (special makki)

iii. Jabki (grasp)

c. Kongkyok (attack)

1) Jireugi

- The outline of a jireugi
- Methods of executing a jireugi
- Classification of jireugi by the target
- Classification of jireugi by the direction
- Target+method of jireugi=name of poom
- Target+method of jireugi+type of jireugi=name of poom
- Applied parts+target+method of jireugi+type of jireugi=name of poom

2) Teuksu Jireugi (special jireugi)

3) Chigi (hitting)

- Applied parts+target+type of chigi=name of poom

4) Teuksu Chigi (special hitting)

5) Tzireugi (thrusting)

- Terms of Tzireugi

6) Teuksu tzireugi (special thrusting)

7) Chagi (kicking)

i. Ap chagi (front kick)

ii. Yop chagi (side kick)

iii. Dollyo chagi (round house kick)

iv. Mom dollyo chagi (turning back kick)

v. Bandal chagi (dichotomy kick)

vi. Bitureo chagi (twist kick)

vii. Dwi chagi (back kick)

viii. Ppodeo chagi (stretch kick)

ix. Mireo chagi (pushing kick)

x. Nakka chagi (hooking kick)

xi. Huryo chagi (thrashing kick)

xii. Naeryo chagi (downward kick)

xiii. An chagi (inner kick)

xiv. Bakkat chagi (outer kick)

xv. Twio chagi (jump kick)

xvi. Dubal dangseong chagi (two feet alternate kick)

xvii. Modum chagi (joint feet kick)

xviii. Kawi chagi (scissors kick)

xix. Kodeup chagi (repeated kick)

xx. Sokkeo chagi (mixed kick)

xxi. Yio chagi (successive kick)

- xxii. Yio sokkeo chagi (successive mixed kick)
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- xxiv. Twio nomeo chagi (jumping over kick)
- xxv. Ilja chagi (single line kick)
- xxvi. Dabanghyang chagi (multi direction kick)

8) Teuksu Chagi (special kicking)

9) Kkukki (inflecting)

10) Neomgigi (throwing down)

d. Teuksu Poom (special poom)

3. Basic movements

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- e. Training of Poomsae
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- v. Taegeuk 5 Jang
- vi. Taegeuk 6 Jang
- vii. Taegeuk 7 Jang
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- xvi. Poomsae Hansu
- xvii. Poomsae Ilyeo

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- 2. Three times Kyorugi (Face)**
- 3. One time Kyorugi (Trunk)**
- 4. One time Kyorugi (Face)**
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 - ii. Finishing-up Exercises
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 - ii. Training for muscle strength
 - iii. Training of endurance
 - iv. Training of flexibility

- v. Training of control ability
- vi. Training of power

4. The Role of a Coach and Leadership

a. The Role of a Coach

- i. A coach must find out a player's aptitude and potentiality for the future
- ii. A coach must know a player's state of mind regarding the specific sport
- iii. A coach must establish a reasonable and more efficient training program
- iv. A coach's primary concern should be laid on how to stimulate trainees' desire for training
- v. A coach should be fully informed of each player's individual personality and give appropriate instruction
- vi. A coach should be adept in instruction techniques
- vii. A coach should study endlessly and get acquainted with coaching science
- viii. A coach should be fully prepared himself prior competitions

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- v. Strain
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 - viii. Muscular Rheumatism
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- c. Injuries of Bones
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 - ii. Metacarpal bone fracture
 - iii. Dislocation of a joint
- d. Others
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