



FEDERAÇÃO ESPÍRITO-SANTENSE DE TAE KWON DO

FILIADA À CONFEDERAÇÃO BRASILEIRA DE TAE KWON DO

C.O.B. – COMITÊ OLÍMPICO BRASILEIRO

FAIXA AZUL - 4º GUB

01 – TÉCNICA DE MÃO (SON KI SUL):

AP KUBI # BANDE PALKUB DOLHO TCHIGUI
Base grande - Atacar na mandíbula com o cotovelo da mesma base
AP KUBI # BANDE BATANGSON MONTONG MAKO # BARO MONTONG TCHIRIGUI
Base grande – Defender com a palma da mão ◀ na altura do plexo – Atacar no plexo com mão da base contrária
AP KUBI # BANDE DUNG JUMOK AP TCHIGUO # BARO MONTONG AN MAKI
Base grande – Atacar costas da mão no nariz ▶ – Defender na altura do plexo ◀ mão contrária da base

02 – TÉCNICAS DE PÉS (BAL KI SUL):

DI BAL AN TCHAGUO # TORA DOLHO TCHAGUO # DI BAL TIT TCHAGUI
DUL BAL BAN DAL TCHAGO # DI BAL TIMIÔ TIT TCHAGO # DI BAL TIMIÔ TIT TCHAGUI
DI BAL DOLHO TCHAGUO # BALBACUÓ # TORA DOLHO TCHAGUO # DI BAL MONDOLHO TCHAGUI

03 – IL BO QUIRUGUI:	FAIXA AZUL - 4º GUB	05- IL BO QUIRUGUI:	FAIXA MARROM - 3º GUB
I	IBQ VÍDEO 01	III	IBQ VÍDEO 03
II	IBQ VÍDEO 02	IV	IBQ VÍDEO 04

04 – POOM-SE - 5º GUB

TAEGUEK OH JANG

00 – NARANHISEOGI # KIBON JUMBISEOGI
 01 – WEN APKUBI # AREAMAKKI
 02 – WEN SEOGI # MEJUMOOK NAERYOCHIGI
 03 – OREUN APKUBI # AREAMAKKI
 04 – OREUN SEOGI # MEJUMOOK NAERYOCHIGI
 05 – WEN APKUBI # MOMTONGMAKKI # MOMTONG ANMAKKI
 06 – APCHAGI # OREUN APKUBI # DEUNGJUMOOK APCHIGI # MOMTONG ANMAKKI
 07 – APCHAGI # WEN APKUBI # DEUNGJUMOOK APCHIGI # MOMTONG ANMAKKI
 08 – OREUN APKUBI # DEUNGJUMOOK APCHIGI
 09 – OREUN DWIKUBI # HANSONNAL MOMTONG BAKKATMAKKI
 10 – OREUN APKUBI # PALKUP DOLLYOCHIGI

11 – WEN DWIKUBI # HANSONNAL MOMTONG BAKKATMAKKI
 12 – WEN APKUBI # PALKUP DOLLYOCHIGI
 13 – WEN APKUBI # AREAMAKKI # MOMTONG ANMAKKI
 14 – APCHAGI # OREUN APKUBI # AREAMAKKI # MOMTONG ANMAKKI
 15 – WEN APKUBI # OLGULMAKKI
 16 – YOPCHAGI # MOMTONG YOPJIREUGI # OREUN APKUBI # PALKUP PYOJEOKCHIGI
 17 – OREUN APKUBI # OLGULMAKKI
 18 – YOPCHAGI # MOMTONG YOPJIREUGI # WEN APKUBI # PALKUP PYOJEOKCHIGI
 19 – WEN APKUBI # AREAMAKKI # MOMTONG ANMAKKI
 20 – APCHAGI # DWIKKOASEOGUI # DEUNGJUMOOK APCHIGI
 21 – NARANHISEOGI # KIBON JUMBISEOGI

06 – POOM-SE - 5º GUB

TAEGUEK IUK JANG

00 – NARANHISEOGI # KIBON JUMBISEOGI
 01 – WEN APKUBI # AREAMAKKI
 02 – APCHAGI # OREUN DWIKUBI # MOMTONG BAKKATMAKKI
 03 – OREUN APKUBI # AREAMAKKI
 04 – APCHAGI # WEN DWIKUBI # MOMTONG BAKKATMAKKI
 05 – WEN APKUBI # HANSONNAL BITUREOMAKKI
 06 – OLGUL DOLLYOCHAGI # WEN APKUBI # OLGUL BAKKATMAKKI # MOMTONG BAROJIREUGI
 07 – APCHAGI # OREUN APKUBI # MOMTONG BAROJIREUGI
 08 – OREUN APKUBI # OLGUL BAKKATMAKKI # MOMTONG BAROJIREUGI
 09 – APCHAGI # WEN APKUBI # MOMTONG BAROJIREUGI
 10 – NARANHISEOGI # AREA HECHOMAKKI

11 – OREUN APKUBI # HANSONNAL BITUREOMAKKI
 12 – OLGUL DOLLYOCHAGI # OREUN APKUBI # AREAMAKKI
 13 – APCHAGI # WEN DWIKUBI # MOMTONG BAKKATMAKKI
 14 – WEN APKUBI # AREAMAKKI
 15 – APCHAGI # WEN DWIKUBI # MOMTONG BAKKATMAKKI
 16 – OREUN DWIKUBI # SONNAL MOMTONGMAKKI
 17 – WEN DWIKUBI # SONNAL MOMTONGMAKKI
 18 – WEN APKUBI # BATANGSON MOMTONGMAKKI # MOMTONG BAROJIREUGI
 19 – OREUN APKUBI # BATANGSON MOMTONGMAKKI # MOMTONG BAROJIREUGI
 20 – NARANHISEOGI # KIBON JUMBISEOGI



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FAIXA VERMELHA 2º GUB

01 – TÉCNICA DE MÃO (SON KI SUL):

TIT KUBI # MONTONG PALMOK KODRO MAKO # AP KUBI # BARO MONTONG TCHIRIGUI
Base em L - defender 2 mãos na altura do tronco ► - Base grande - Atacar no plexo - Mão contrária da base
AP KUBI # OTKORO PALMOK ARE MAKO # DUL JUMOK JECHO TCHIRIGUI
Base grande - defender cruzado ▼ - atacar 2 x no plexo
AP KUBI # BARO PALKUB TOLHO TCHIGUO # JEJARI DUNG JUMOK AP TCHIGUO # BANDE MONTONG TCHIRIGUI
Base grande - Atacar mandíbula com o cotovelo contrário da base e repetir ataque dorso da mão - atacar o plexo mão da base

02 – TÉCNICAS DE PÉS (BAL KI SUL):

BAN DAL TCHAGUI # TORA DUL BAL BAN DAL TCHAGUI # MONDOLIO TCHAGUI
AN TCHAGUI # BABACUÓ # MONDOLYO TCHAGUI # TIMIÓ TIT TCHAGUI
TOTIMIO DUL BAL BAN DAL TCHAGUI # BALBACUÓ # TORA BAN DAL TCHAGUI # MONDOLIO TCHAGUI

03 – IL BO QUIRUGUI:	FAIXA VERMELHA - 2º GUB	05- IL BO QUIRUGUI:	VERMELHA/ PRETA - 1º GUB
V	IBQ VÍDEO 05	VII	IBQ VÍDEO 07
VI	IBQ VÍDEO 06	VIII	IBQ VÍDEO 08

04 – POOM-SE - 2º GUB

TAEGUEK TIL JANG

- 00 – NARANHISEOGI # KIBON JUMBISEOGI
- 01 – WEN BEOMSEOGI # BATANGSON MOMTONG ANMAKKI
- 02 – APCHAGI # WEN BEOMSEOGI # MOMTONGMAKKI
- 03 – OREUN BEOMSEOGI # BATANGSON MOMTONG ANMAKKI
- 04 – APCHAGI # OREUN BEOMSEOGI # MOMTONGMAKKI
- 05 – OREUN DWIKUBI # SONNAL ARAEMAKKI
- 06 – WEN DWIKUBI # SONNAL ARAEMAKKI
- 07 – WEN BEOMSEOGI # BATANGSON KODUREO MOMTONG ANMAKKI
- 08 – WEN BEOMSEOGI # DEUNGJUMEOK OLGUL APCHIGI
- 09 – OREUN BEOMSEOGI # BATANGSON KODUREO MOMTONG ANMAKKI
- 10 – OREUN BEOMSEOGI # DEUNGJUMEOK OLGUL APCHIGI
- 11 – MOASEOGI # BOJUMEOK
- 12 – WEN APKUBI # BANDAE KAWIMAKKI # KAWIMAKKI
- 13 – OREUN APKUBI # BANDAE KAWIMAKKI # KAWIMAKKI

- 14 – WEN APKUBI # MOMTONG HECHOMAKKI
- 15 – MUREUPCHIGI # DWIKKOASEOGI # DUJUMEOK JECHOJIREUGI
- 16 – OREUN APKUBI # OTKOREO ARAEMAKKI
- 17 – OREUN APKUBI # MOMTONG HECHOMAKKI
- 18 – MUREUPCHIGI # DWIKKOASEOGI # DUJUMEOK JECHOJIREUGI
- 19 – WEN APKUBI # OTKOREO ARAEMAKKI
- 20 – WEN APSEOGI # DEUNGJUMEOK BAKKATCHIGI
- 21 – PYOJEOKCHAGI # JUCHUMSEOGI # PALKUP PYOJEOKCHIGI
- 22 – OREUN APSEOGI # DEUNGJUMEOK BAKKATCHIGI
- 23 – PYOJEOKCHAGI # JUCHUMSEOGI # PALKUP PYOJEOKCHIGI
- 24 – JUCHUMSEOGI # HANSONNAL YOPMAKKI
- 25 – JUCHUMSEOGI # MOMTONG YOPJIREUGI
- 26 – NARANHISEOGI # KIBON JUMBISEOGI

06 – POOM-SE - 1º GUB

TAEGUEK PAL JANG

- 00 – NARANHISEOGI # KIBON JUMBISEOGI
- 01 – OREUN DWIKUBI # KODUREO BAKKATMAKKI
- 02 – WEN APKUBI # MOMTONG BAROJIREUGI
- 03 – DUBAL DANGSUNGCHAGI # WEN APKUBI # MOMTONGMAKKI # MOMTONG DUBONJIREUGI
- 04 – OREUN APKUBI # MOMTONG BANDAEJIREUGI
- 05 – OREUN APKUBI # WESANTEULMAKKI
- 06 – WEN APKUBI # DANGYO TEOKJIREUGI
- 07 – WEN APKUBI # APKKOASEOGI # WESANTEULMAKKI
- 08 – OREUN APKUBI # DANGYO TEOKJIREUGI
- 09 – OREUN DWIKUBI # SONNAL MOMTONGMAKKI
- 10 – WEN APKUBI # MOMTONG BAROJIREUGI
- 11 – APCHAGI # OREUN BEOMSEOGI # BATANGSON MOMTONGMAKKI
- 12 – WEN BEOMSEOGI # SONNAL MOMTONGMAKKI
- 13 – APCHAGI # WEN APKUBI # MOMTONG BAROJIREUGI
- 14 – WEN BEOMSEOGI # BATANGSON MOMTONGMAKKI
- 15 – OREUN BEOMSEOGI # SONNAL MOMTONGMAKKI
- 16 – APCHAGI # OREUN APKUBI # MOMTONG BAROJIREUGI
- 17 – OREUN BEOMSEOGI # BATANGSON MOMTONGMAKKI
- 18 – WEN DWIKUBI # KODUREO ARAEMAKKI

- 19 – APCHAGI # TWEO APCHAGI # OREUN APKUBI MOMTONGMAKKI # MOMTONG DUBONJIREUGI
- 20 – OREUN DWIKUBI # HANSONNAL MOMTONG BAKKATMAKKI
- 21 – WEN APKUBI # PALKUP DOLLYOCHIGI
- 22 – WEN APKUBI # DEUNGJUMEOK APCHIGI
- 23 – WEN APKUBI # MOMTONG BANDAEJIREUGI
- 24 – WEN DWIKUBI # HANSONNAL MOMTONG BAKKATMAKKI
- 25 – OREUN APKUBI # PALKUP DOLLYOCHIGI
- 26 – OREUN APKUBI # DEUNGJUMEOK APCHIGI
- 27 – OREUN APKUBI # MOMTONG BANDAEJIREUGI
- 28 – NARANHISEOGI # KIBON JUMBISEOGI



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