



# **Jukam-yu Taekwondo: Foundation Syllabus (Volume 2)**

*B T Milnes*

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## **Jukam-yu Taekwondo: Foundation Syllabus (Volume 2)** B T Milnes

Jukam-yu Taekwondo is the style of Taekwondo practised by the **Global Taekwondo Federation (GTF)**.

This handbook will assist you with the forms you need to learn as a grade (colour belt) student of Jukam-yu Taekwondo:

- Tenth Grade - Saju Jirugi
- Ninth Grade - Chonji
- Eighth Grade - Dan-gun (Choi)
- Seventh Grade - Dosan, Jisang
- Sixth Grade - Wonhyo
- Fifth Grade - Yulgok, Dan-gun (Bak)
- Fourth Grade - Junggun
- Third Grade - Toigye, Jigu
- Second Grade - Hwarang
- First Grade - Chungmu

The movements for each form are written out in detail, and an extended interpretation of each form is given. It also gives you the Korean vocabulary relevant to each grade.

This handbook has not been written for any one association, so it can be read by a student of any Jukam-yu Taekwondo association or school.

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