



ESCOLA UNIÃO OLÍMPICA DE TAEKWONDO CURRÍCULO TÉCNICO 2023

MO GUB

SEOGI

SEQUÊNCIA 1

- NARANHI SEOGI
- CHUMCHUM SEOGI
- MOA SEOGI
- AP SEOGI
- AP KUBI SEOGI

KIBOMDONGJAK

KIBOMDONGJAK JIREUGI

- MOMTONG JIREUGI
- DUBOM JIREUGI
- SEBOM JIREUGI
- MOMTONG JIREUGI (KI-HAB)

SONKISUL

- AP KUBI SEOGI MOMTONG JIREUGI, DUBEOM JIREUGI, SEBOM JIREUGI, MOMTONG JIREUGI (KI-HAB)

BALKISUL

- JEJARI DWIT BAL AP CHAOLYGI
- JEJARI DWIT BAL NAERYEO CHAGI
- JEJARI DWIT BAL AN CHAGI
- JEJARI DWIT BAL BAKKAT CHAGI
- JEJARI DWIT BAL AP CHAGI
- JEJARI DWIT BAL DOLLYEO CHAGI
- JEJARI DWIT BAL YEOP CHAGI (NÃO CAI EM EXAME)
- JEJARI DWIT BAL MIRO CHAGI (NÃO CAI EM EXAME)
- JEJARI DWIT BAL FURYO CHAGI (NÃO CAI EM EXAME)



ESCOLA UNIÃO OLÍMPICA DE TAEKWONDO CURRÍCULO TÉCNICO 2023

8º GUB



SEOGI

SEQUÊNCIA 2

- NARANHI SEOGI
- YEOP SEOGI
- CHUMCHUM SEOGI
- MOA SEOGI
- AP SEOGI
- AP KUBI SEOGI
- MO AP KUBI SEOGI
- DWIT KUBI SEOGI
- BEOM SEOGI
- KKOA SEOGI

KIBOMDONGJAK

KIBOMDONGJAK TAEGUK 1 JANG

- NAERYEO MAKKI
- MOMTONG AN MAKKI
- OLLYEO MAKKI
- MOMTONG JIREUGI

SONKISUL

- AP KUBI SEOGI NAERYEO MAKKI
- AP KUBI SEOGI MOMTONG AN MAKKI (BANDE)
- AP KUBI SEOGI OLLYEO MAKKI
- AP KUBI SEOGI MOMTONG BANDE JIREUGI
- AP KUBI SEOGI MOMTONG BARO JIREUGI

BALKISUL

- JEJARI AP BAL AP CHAOLYGI
- JEJARI AP BAL NAERYEO CHAGI
- JEJARI AP BAL AN CHAGI
- JEJARI AP BAL BAKKAT CHAGI
- JEJARI AP BAL AP CHAGI
- JEJARI AP BAL DOLLYEO CHAGI
- JEJARI AP BAL YEOP CHAGI
- JEJARI AP BAL MIRO CHAGI
- JEJARI AP BAL FURYO CHAGI
- JEJARI MONDOLLYEO FURIO CHAGI

POOMSAE

- TAEGUK IL JANG

MATCHO KYORUGI

SEBOM MAKKI

- Nº1 – AP KUBI SEOGI MOMTONG JIREUGI x AP KUBI SEOGI NAERYEO MAKKI
- Nº2 – AP KUBI SEOGI MOMTONG JIREUGI x AP KUBI SEOGI MOMTONG AN MAKKI
- Nº3 – AP KUBI SEOGI MOMTONG JIREUGI x AP KUBI SEOGI MOMTONG BAKKAT MAKKI
- Nº4 – AP KUBI SEOGI OLGEUL JIREUGI x AP KUBI SEOGI OLLYEO MAKKI



ESCOLA UNIÃO OLÍMPICA DE TAEKWONDO CURRÍCULO TÉCNICO 2023

7º GUB



SEOGI

SEQUÊNCIA 2

- NARANHI SEOGI
- YEOP SEOGI
- CHUMCHUM SEOGI
- MOA SEOGI
- AP SEOGI
- AP KUBI SEOGI
- MO AP KUBI SEOGI
- DWIT KUBI SEOGI
- BEOM SEOGI
- KKOA SEOGI

KIBOMDONGJAK

KIBOMDONGJAK TAEGUK 2 JANG

- NAERYEO MAKKI
- MOMTONG AN MAKKI
- OLLYEO MAKKI
- MOMTONG JIREUGI
- OLGEUL JIREUGI

SONKISUL

- AP SEOGI NAERYEO MAKKI
- AP SEOGI MOMTONG AN MAKKI (BARO)
- AP SEOGI OLLYEO MAKKI
- AP SEOGI MOMTONG JIREUGI
- AP KUBI SEOGI OLGEUL JIREUGI

BALKISUL

- NAGAMIO DWIT BAL BANDAL CHAGI
** O bandal pode ser substituído por qualquer outro chute utilizado nas faixas branca ou amarela e pode ser trabalhado o "ap bal chagi murumio"*
- NAGAMIO JAZUMBAL BANDAL CHAGI
** O bandal pode ser substituído por qualquer outro chute utilizado nas faixas branca ou amarela e pode ser trabalhado o "murumio jazumbal"*
- NAGAMIO MICRUMBAL BANDAL CHAGI
** O bandal pode ser substituído por qualquer outro chute utilizado nas faixas branca ou amarela e pode ser trabalhado o "murumio micrumbal"*
- MONDOLLYEO FURIO CHAGI

POOMSAE

- TAEGUK I JANG

MATCHO KYORUGI

SEBOM MAKKI

- N1 – AP KUBI SEOGI MOMTONG JIREUGI x AP KUBI SEOGI NAERYEO MAKKI
- N2 – AP KUBI SEOGI MOMTONG JIREUGI x AP KUBI SEOGI MOMTONG AN MAKKI
- N3 – AP KUBI SEOGI MOMTONG JIREUGI x AP KUBI SEOGI MOMTONG BAKKAT MAKKI
- N4 – AP KUBI SEOGI OLGEUL JIREUGI x AP KUBI SEOGI OLLYEO MAKKI



ESCOLA UNIÃO OLÍMPICA DE TAEKWONDO CURRÍCULO TÉCNICO 2023

6º GUB



SEOGI

SEQUÊNCIA 2

- NARANHI SEOGI
- YEOP SEOGI
- JCHUNCHUM SEOGI
- MOA SEOGI
- AP SEOGI
- AP KUBI SEOGI
- MO AP KUBI SEOGI
- DWIT KUBI SEOGI
- BEOM SEOGI
- KKOA SEOGI

KIBOMDONGJAK

KIBOMDONGJAK TAEGUK 3 JANG

- DUBOM JIREUGI
- SONNAL AN CHIGI
- SONNAL BAKKAT MAKKI

SONKISUL

- AP KUBI SEOGI DUBOM JIREUGI
- AP SEOGI SONNAL AN CHIGI
- DWIT KUBI SEOGI SONNAL BAKKAT MAKKI

BALKISUL

- JEJARI TWIO NOPI AP CHAGI
- JEJARI TWIO DWIT BAL BANDAL CHAGI
** O bandal pode ser substituído por qualquer outro chute utilizado nas faixas branca*
- JEJARI TWIO AP BAL BANDAL CHAGI
** O bandal pode ser substituído por qualquer outro chute utilizado nas faixas amarela*
- NAGAMIO TWIO NOPI AP CHAGI
- NAGAMIO TWIO DWIT BAL BANDAL CHAGI
** O bandal pode ser substituído por qualquer outro chute utilizado nas faixas branca*
- NAGAMIO BAN MONDOLLYEO DWIT CHAGI

POOMSAE

- TAEGUK SAM JANG

MATCHO KYORUGI

SEBOM MAKKI

- N1 – AP KUBI SEOGI MOMTONG JIREUGI x AP KUBI SEOGI NAERYEO MAKKI
- N2 – AP KUBI SEOGI MOMTONG JIREUGI x AP KUBI SEOGI MOMTONG AN MAKKI
- N3 – AP KUBI SEOGI MOMTONG JIREUGI x AP KUBI SEOGI MOMTONG BAKKAT MAKKI
- N4 – AP KUBI SEOGI OLGEUL JIREUGI x AP KUBI SEOGI OLLYEO MAKKI



ESCOLA UNIÃO OLÍMPICA DE TAEKWONDO CURRÍCULO TÉCNICO 2023

5º GUB

SEOGI

SEQUÊNCIA 2

- NARANHI SEOGI
- YEOP SEOGI
- JCHUNCHUM SEOGI
- MOA SEOGI
- AP SEOGI
- AP KUBI SEOGI
- MO AP KUBI SEOGI
- DWIT KUBI SEOGI
- BEOM SEOGI
- KKOA SEOGI

KIBOMDONGJAK

KIBOMDONGJAK TAEGUK 4 JANG

- SONNAL GEODUREO MAKKI
- PYONSONKKEUT SEWO JJIREUGI
- JEBIPFUM MOK CHIGI
- MOMTONG BAKKAT MAKKI
- OLGEUL AP CHIGI

SONKISUL

- DWIT KUBI SEOGI SONNAL GEODUREO MAKKI
- AP KUBI SEOGI PYONSONKKEUT SEWO JJIREUGI
- AP KUBI SEOGI JEBIPFUM MOK CHIGI
- DWIT KUBI SEOGI MOMTONG BAKKAT MAKKI
- AP KUBI SEOGI OLGEUL AP CHIGI

BALKISUL

- AP BAL MURUMIO DWIT BANDAL CHAGI
** O bandal pode ser substituído por qualquer outro chute utilizado nas faixas branca*
- AP BAL MURUMIO DWIT BAN MONDOLLYEO DWIT CHAGI
- AP BAL MURUMIO MONDOLLYEO FURIO CHAGI

POOMSAE

- TAEGUK 4 JANG

MATCHO KYORUGI

HANBOM KYORUGI

- N1 – AP KUBI SEOGI ARAE JIREUGI x NAERYEO MAKKI BARO JIREUGI
- N2 – AP KUBI SEOGI MOMTONG JIREUGI x JCHUNCHUM SEOGI MOMTONG AN MAKKI OLGEUL JIREUGI DUBOM JIREUGI
- N3 – AP KUBI SEOGI OLGEUL JIREUGI x AP KUBI SEOGI OLLYEO MAKKI OLGEUL BARO JIREUGI MOMTONG BANDE JIREUGI
- N4 – AP KUBI SEOGI MOMTONG JIREUGI x MURUMIO KYORUGI JASE AP BAL AP CHAGI
- N5 – AP KUBI SEOGI MOMTONG JIREUGI x AP KUBI SEOGI MOMTONG BAKKAT MAKI DOLLYEO CHAGI



ESCOLA UNIÃO OLÍMPICA DE TAEKWONDO CURRÍCULO TÉCNICO 2023

4º GUB



SEOGI

SEQUÊNCIA 2

- NARANHI SEOGI
- YEOP SEOGI
- JCHUNCHUM SEOGI
- MOA SEOGI
- AP SEOGI
- AP KUBI SEOGI
- MO AP KUBI SEOGI
- DWIT KUBI SEOGI
- BEOM SEOGI
- KKOA SEOGI

KIBOMDONGJAK

KIBOMDONGJAK TAEGUK 5 JANG

- MEJUMEOK NAERYEO CHIGI
- PALKUP DOLLYEO CHIGI
- MEJUMEOK BAKKAT CHIGI
- PALKUP PYOJEOK CHIGI

SONKISUL

- YEOP SEOGI MEJUMEOK NAERYEO CHIGI
- AP KUBI SEOGI PALKUP DOLLYEO CHIGI
- JCHUMCHUM SEOGI MEJUMEOK BAKKAT CHIGI
- AP KUBI SEOGI PALKUP PYOJEOK CHIGI

BALKISUL

- NAGAMIO DUBALDANSAN BANDAL CHAGI
** O bandal pode ser substituído por qualquer outro chute utilizado nas faixas branca*
- NAGAMIO NARE CHAGI
- NAGAMIO JAZUMBAL NARE CHAGI
- MURUMIO NARE CHAGI
- NAGAMIO ON BAN MONDOLMYEO DWIT CHAGI
- NAGAMIO ON MONDOLMYEO FURIO CHAGI

POOMSAE

- TAEGUK 5 JANG

MATCHO KYORUGI

HANBOM KYORUGI

- N6 – AP KUBI SEOGI MOMTONG JIREUGI x JCHUMCHUM SEOGI BAKKAT MAKKO OLGEUL JIREUGI AP BAL DOLLYEO CHAGI
- N7 – AP KUBI SEOGI MOMTONG JIREUGI x JCHUMCHUM SEOGI AN PALMOK BAKKAT MAKKO MOMTONG JIREUGI
- N8 – AP KUBI SEOGI MOMTONG JIREUGI x DWIT KUBI SEOGI AN PALMOK BAKKAT MAKKI AP KUBI SEOGI OLGEUL BANDE JIREUGI MOMTONG BARO JIREUGI
- N9 – AP KUBI SEOGI MOMTONG JIREUGI x DWIT KUBI SEOGI AN PALMOK BAKKAT MAKKI AP BAL YEOP CHAGI
- N10 – AP KUBI SEOGI MOMTONG JIREUGI x MURUMIO KYORUGI JASE MONDOLLYEO FURIO CHAGI



ESCOLA UNIÃO OLÍMPICA DE TAEKWONDO CURRÍCULO TÉCNICO 2023

3º GUB



SEOGI

SEQUÊNCIA 2

- NARANHI SEOGI
- YEOP SEOGI
- JCHUNCHUM SEOGI
- MOA SEOGI
- AP SEOGI
- AP KUBI SEOGI
- MO AP KUBI SEOGI
- DWIT KUBI SEOGI
- BEOM SEOGI
- KKOA SEOGI

KIBOMDONGJAK

KIBOMDONGJAK TAEGUK 6 JANG

- SONNAL BITEUREO OLGEUL MAKKI
- OLGEUL BAKKAT MAKKI
- NAERYEO HECHO MAKKI *
- BATANGSON MOMTONG MAKKI

SONKISUL

- AP KUBI SEOGI SONNAL BITEUREO OLGEUL MAKKI
- AP KUBI SEOGI OLGEUL BAKKAT MAKKI
- NARANHI SEOGI NAERYEO HECHO MAKKI (TRANSIÇÃO PASSO AP SEOGI)
- AP KUBI SEOGI BATANGSON MOMTONG MAKKI

BALKISUL

- PODO CHAGI
- BITEUREO CHAGI
- DOLGWE CHAGI
- DOLGWE AN CHAGI
- DOLGWE NAERYEO CHAGI
- NAGAMIO TWIO ON BAM MONDOLLYEO DWIT CHAGI
- NAGAMIO TWIO ON MONDOLLYEO FURYO CHAGI

POOMSAE

- TAEGUK 6 JANG

MATCHO KYORUGI

HANBOM KYORUGI

- N11 – AP KUBI SEOGI MOMTONG JIREUGI x JCHUNCHUM SEOGI SONNAL BAKKAT MAKKO OLGEUL BAKKAT CHIGI, NARANHI SEOGI SONNAL OLGEUL BAKKAT CHIGI KORO CHAGO NAERYEO JIREUGI
- N12 – AP KUBI SEOGI MOMTONG JIREUGI x MURUMIO AP KUBI SEOGI SONNAL BAKKAT MAKKI NAGAMIO BATANGSON TORA SONNAL BAKKAT CHIGI AN CHIGI
- N13 – AP KUBI SEOGI MOMTONG JIREUGI x MURUMIO AP KUBI SEOGI SONNAL BAKKAT MAKKI NAGAMIO BATANGSON TORA SONNAL BAKKAT CHIGI AN CHIGI
PROJEÇÃO ALAVANCA INVERTIDA (DO OUTRO LADO)
- N14 – AP KUBI SEOGI MOMTONG JIREUGI x MURUMIO DWIT KUBI SEOGI MOMTONG AN MAKKI (BANDE) TORA PALKEUB CHIGI
- N15 – AP KUBI SEOGI MOMTONG JIREUGI x MURUMIO DWIT KUBI SEOGI MOMTONG AN MAKKI (BANDE) TORA PALKEUB CHIGI KORO CHAGO NAERYEO JIREUGI



ESCOLA UNIÃO OLÍMPICA DE TAEKWONDO CURRÍCULO TÉCNICO 2023

2º GUB



SEOGI

SEQUÊNCIA 2

- NARANHI SEOGI
- YEOP SEOGI
- JCHUNCHUM SEOGI
- MOA SEOGI
- AP SEOGI
- AP KUBI SEOGI
- MO AP KUBI SEOGI
- DWIT KUBI SEOGI
- BEOM SEOGI
- KKOA SEOGI

KIBOMDONGJAK

KIBOMDONGJAK TAEGUK 7 JANG

- SONNAL NAERYEO GEODUREO MAKKI
- DANGGYEO BATANGSON MOMTONG GEODUREO MAKKI OLGEUL AP CHIGI
- BO JUMEOK *
- DUBOM GAWI MAKKI
- MOMTONG HECHO MAKKI
- NAERYEO JAPGI JEOTYEO JIREUGI *
- NAERYEO GEOREO MAKKI
- BAKKAT MAKKI
- YEOP JIREUGI

SONKISUL

- DWIT KUBI SEOGI SONNAL NAERYEO GEODUREO MAKKI
- BEOM SEOGI DANGGYEO BATANGSON MOMTONG GEODUREO MAKKI OLGEUL AP CHIGI
- MOA SEOGI BO JUMEOK (TRANSIÇÃO AP SEOGI)
- AP KUBI SEOGI DUBOM GAWI MAKKI
- AP KUBI SEOGI MOMTONG HECHO MAKKI
- KKOA SEOGI NAERYEO JAPGI JEOTYEO JIREUGI
- AP KUBI SEOGI NAERYEO GEOREO MAKKI
- AP SEOGI BAKKAT MAKKI
- JCHUNCHUM YEOP JIREUGI

BALKISUL

- KODEUP AP CHAGI
- KODEUP DOLLYEO CHAGI
- KODEUP YEOP CHAGI
- AN-DOLLYEO CHAGI
- AN-YEOP CHAGI
- FURYO-DOLLYEO CHAGI
- FURYO-DOLLYEO-YEOP CHAGI
- KODEUP DOLLYEO CHAGO-FURYO-DOLLYEO CHAGI
- KODEUP YEOP CHAGO-BAN MONDOLLYEO TWIO DWIT CHAGI
- DOLLYEO CHAGO BAM MONDOLLYEO DWIT CHAGI
- DOLLYEO CHAGO MONDOLLYEO FURYO CHAGI
- DOLLYEO CHAGO DOLGWE CHAGI
- DOLLYEO CHAGO BAN MON

POMSAE

- TAEGUK 7 JANG

MATCHO KYORUGI

HANBOM KYORUGI

- N16 – AP KUBI SEOGI MOMTONG JIREUGI x JIREUGI + JCHUNCHUM SEOGI MOMTONG BAKKAT MAKO OLGEUL JIREUGI (KANG)
- N17 – AP KUBI SEOGI MOMTONG JIREUGI x JIREUGI + JCHUNCHUM SEOGI MOMTONG JIREUGI PALKEUP YEOP CHIGI (SIMILAR KANG)
- N18 – AP KUBI SEOGI OLGEUL JIREUGI x MURUMIO (MICRUMBAL) BEOM SEOGI SONNAL GEODUREO MAKKI AP BAL AP CHAGI BARO JIREUGI
- N19 – AP KUBI SEOGI MOMTONG JIREUGI x DWIT KUBI SEOGI SONNAL BAKKAT MAKI, JEJARI AP KUBI SEOGI OLGEUL PALKEUP CHIGI OLGUL AP CHIGI BANDE JIREUGI
- N20 – MURUMIO DWIT KUBI SEOGI NAERYEO MOMTONG MAKKI PALKEUP YEOP CHIGI BAKKAT CHIGI (MESMO BRAÇO)



ESCOLA UNIÃO OLÍMPICA DE TAEKWONDO CURRÍCULO TÉCNICO 2023

1º GUB



SEOGI

SEQUÊNCIA 2

- NARANHI SEOGI
- YEOP SEOGI
- JCHUNCHUM SEOGI
- MOA SEOGI
- AP SEOGI
- AP KUBI SEOGI
- MO AP KUBI SEOGI
- DWIT KUBI SEOGI
- BEOM SEOGI
- KKOA SEOGI

KIBOMDONGJAK

KIBOMDONGJAK TAEGUK 8 JANG

- MOMTONG GEODUREO MAKKI
- WESANTEUL MAKKI
- DANGGYEO JIREUGI
- NAERYEO GEODUREO MAKKI
- PALKUP DOLLYEO CHIGI

SONKISUL

- DWIT KUBI SEOGI MOMTONG GEODUREO MAKKI
- MO AP KUBI SEOGI WESANTEUL MAKKI
- AP KUBI SEOGI DANGGYEO JIREUGI
- DWIT KUBI SEOGI NAERYEO GEODUREO MAKKI
- AP KUBI SEOGI PALKUP DOLLYEO CHIGI

BALKISUL

- MODUBAL CHAGI
- KAWI CHAGI
- SEBOM AP CHAGI
- SEBOM DOLLYEO CHAGI
- SEBOM YEOP CHAGI
- IL CHA CHAGI
- IL CHA JIREUGI

* Todos esses chutes não são obrigatórios o treinamento, avaliar condição física do aluno, mas importante entender a execução

POOMSAE

- TAEGUK 8 JANG

MATCHO KYORUGI

HANBOM KYORUGI

- N21 – AP KUBI SEOGI MOMTONG JIREUGI x MURUMIO KYORUGI JASE AN CHAGI ARAE YEOP CHAGI JCHUNCHUM SEOGI PALKEUP YEOP CHIGI (SEM APOIO)
- N22 – AP KUBI SEOGI MOMTONG JIREUGI x MURUMIO KYORUGI JASE BAKAT CHAGI MONDOLLYEO BAKKAT CHAGI
- N23 – AP KUBI SEOGI MOMTONG JIREUGI x MURUMYO KYORUGI JASE BAKKAT CHAGI AP BAL FURYO CHAGI
- N24 – AP KUBI SEOGI MOMTONG JIREUGI x ESQUIVA PARA COSTAS COM DOLLYEO CHAGI
- N25 – AP KUBI SEOGI MOMTONG JIREUGI x ESQUIVA PARA COSTAS COM DOLLYEO CHAGO YEOP CHAGI JCHUNCHUM SEOGI SONNAL BAKKAT CHIGI