

TAEKWONDO

Kineziološki fakultet Sveučilišta u Splitu



Kolegij

TAEKWONDO

Dražen Čular, prof. –PREDAVAČ

Internacionalni taekwondo instruktor .5 dan

TEMA: OSNOVNA TAEKWONDO TEHNIKA

BASIC MOTIONS





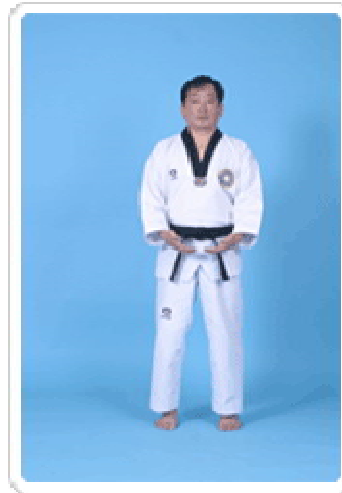
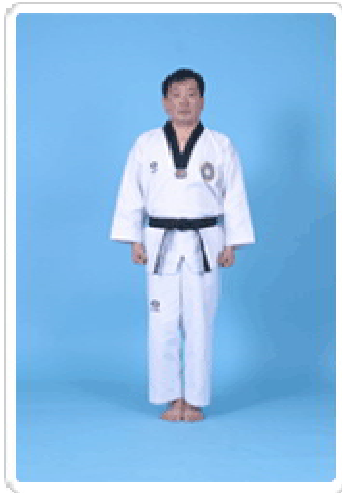
TAEKWONDO TEHNIKA

- Osnovna tehnika (14)
- Forme –Poomse
- Sportska borba - gyrugi
- Samoobrana - hosinsul
- Test snage - Kyupka



OSNOVNA TEHNIKA

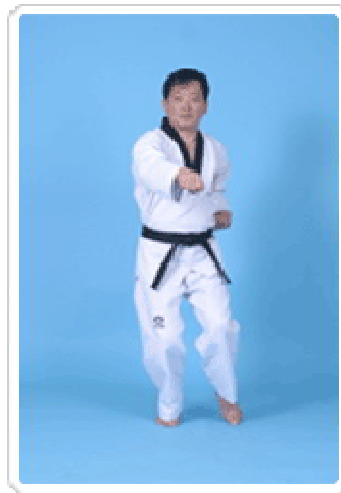
- (1) Kibon junbi seogi (OSNOVNI STAV).
 - Zauzima se na komandu “Jum-bi”





OSNOVNA TEHNIKA

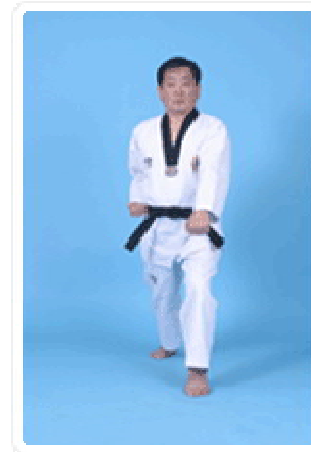
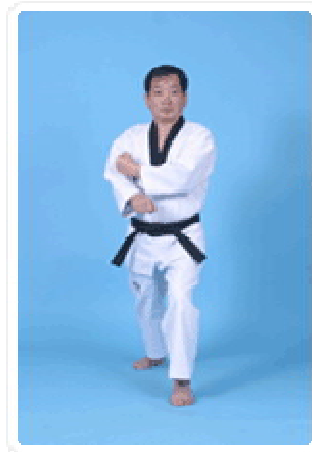
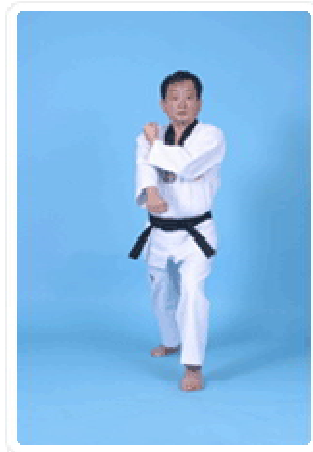
- (2) Juchumsae momtong jireugi (JAHAĆI STAV - S UDARCEM ŠAKOM)





OSNOVNA TEHNIKA

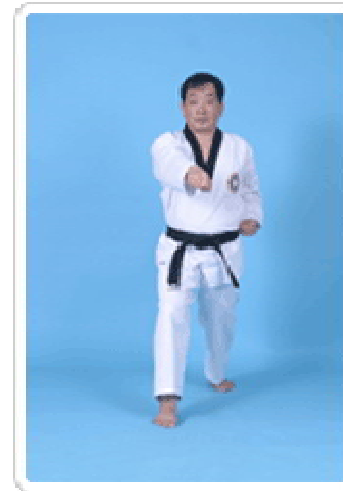
- (3) Arae makki (DONJA BLOKADA PODLAKTICOM)





OSNOVNA TEHNIKA

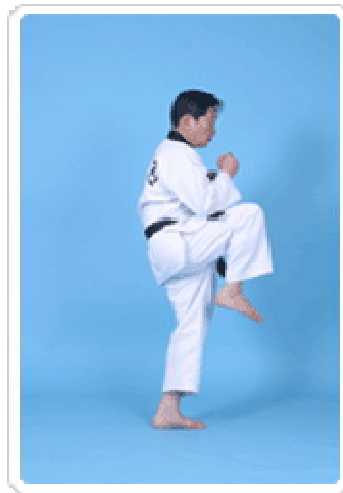
- (4) Momtong bandae jireugi (DIREKTNI UDARAC ČELOM ŠAKE)





OSNOVNA TEHNIKA

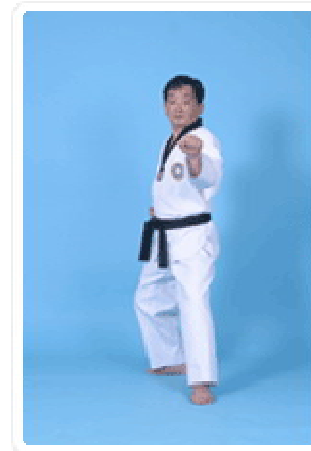
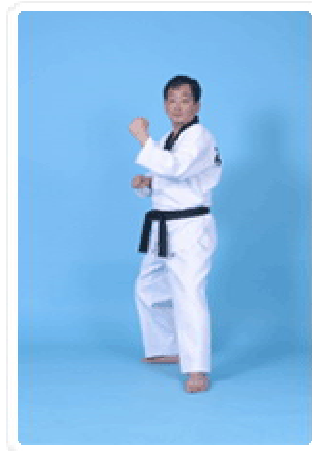
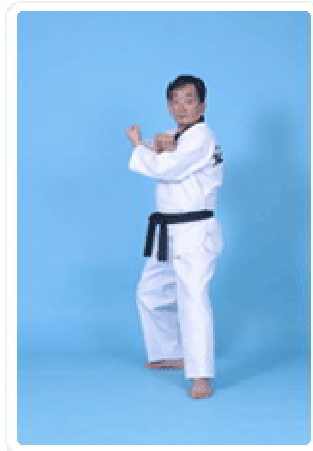
- (5) Apchagi (UDARAC NOGOM PREMA NAPRIJED-PREDNJI UDARAC)





OSNOVNA TEHNIKA

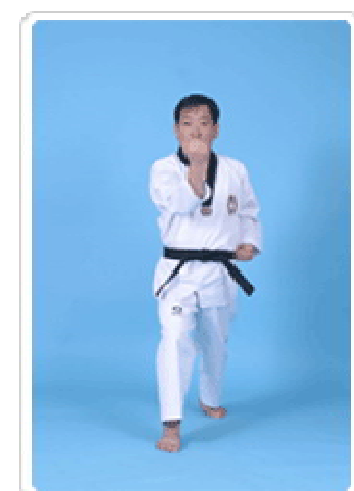
- (6) Momtong bakkat SREDNJA BLOKADA PODLAKTICOM PREMA VAN)





OSNOVNA TEHNIKA

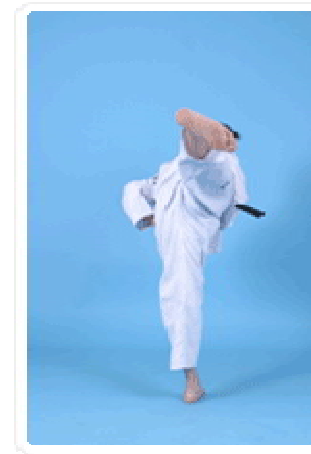
- (7) Deungjumeok chigi(UDARAC GORNJIM DIJELOM ŠAKE)





OSNOVNA TEHNIKA

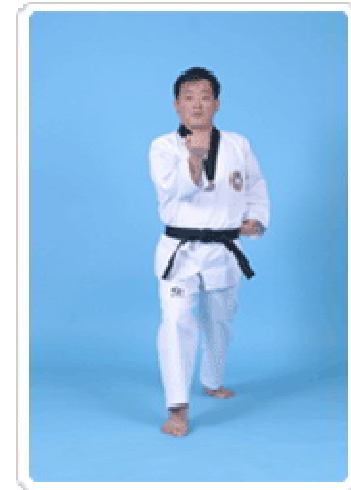
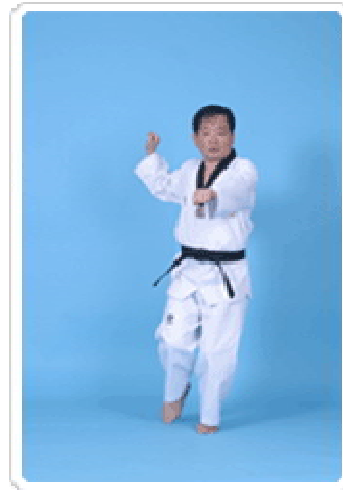
- (8) Yopchagi (UDARAC NOGOM U STRANU –BOČNI UDARAC)





OSNOVNA TEHNIKA

- (9) Momtong makki (SREDNJA BLOKADA PODLAKTICOM PREMA UNUTRA)





OSNOVNA TEHNIKA

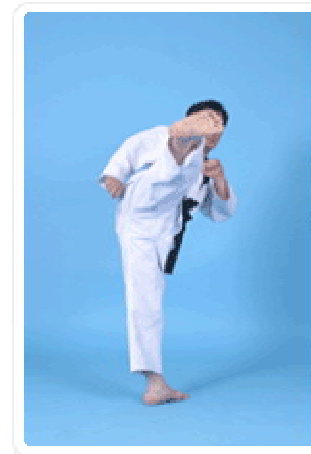
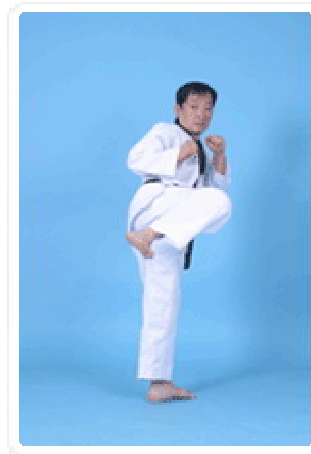
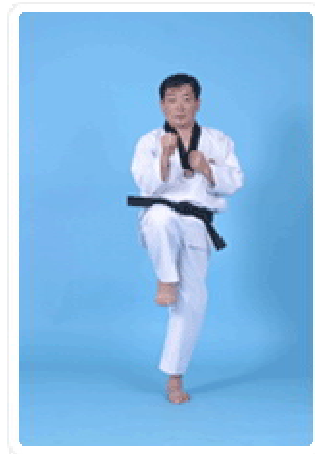
- (10) Sonnal makki (DVOSTRUKA SREDNJA BLOKADA BRIDOM DLANA)





OSNOVNA TEHNIKA

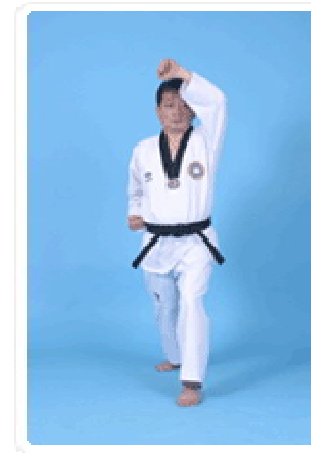
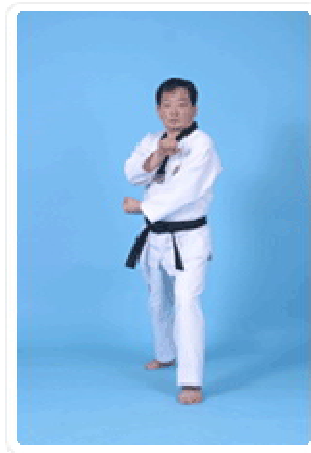
- (11) Dollyo chagi (KRUŽNI UDARAC)





OSNOVNA TEHNIKA

- (12) Olgul makki (GORNJA BLOKADA PODLAKTICOM)





OSNOVNA TEHNIKA

- (13) Sonnal mok chigi (UDRAC BRIDOM DLANA U VRAT PREMA UNUTRA)





OSNOVNA TEHNIKA

- (14) Momtong baro jireugi (DIREKTNI UDARAC ČELOM SUPROTNE ŠAKE)

