



Grading Syllabus

- Students should show a high degree of competence in all areas.
- Patterns must be performed well with confidence, power and accuracy.
- It is not enough for students at this stage merely to know the moves.
- They must be thoroughly familiar with the patterns and all techniques.
- Sparring should suggest that the student is a confident and competent fighter.

1st Kup (Black Tag) Test:

- 1 Taegeuk 8 (Pal Jang, Earth, 24 moves, GON).
- 2 Taegeuk 7.
- 3 1 step sparring.
- 4 1 step kicking exercise.
- 5 Three step kicking exercise with counter-kick.
- 6 Free sparring.
- 7 1 step foot sparring.
- 8 Power test, measure up and destruct reverse turning kick (2 boards).

Terminology

English

Crane Stance
Scissor Block
Wedging Block
Jumping Front Kick
Jumping Side Kick
Jumping Turning Kick

Korean

Haktari Seogi
Gawi Makki
Hechyo Makki
Twieo Ap Chagi
Twieo Yeop Chagi
Twieo Dollyo Chagi

Poomsae Taegeuk - Pal Jang.
Movements - 24.
Meaning - Gon (Earth).
Direction / Relation - North / Mother.

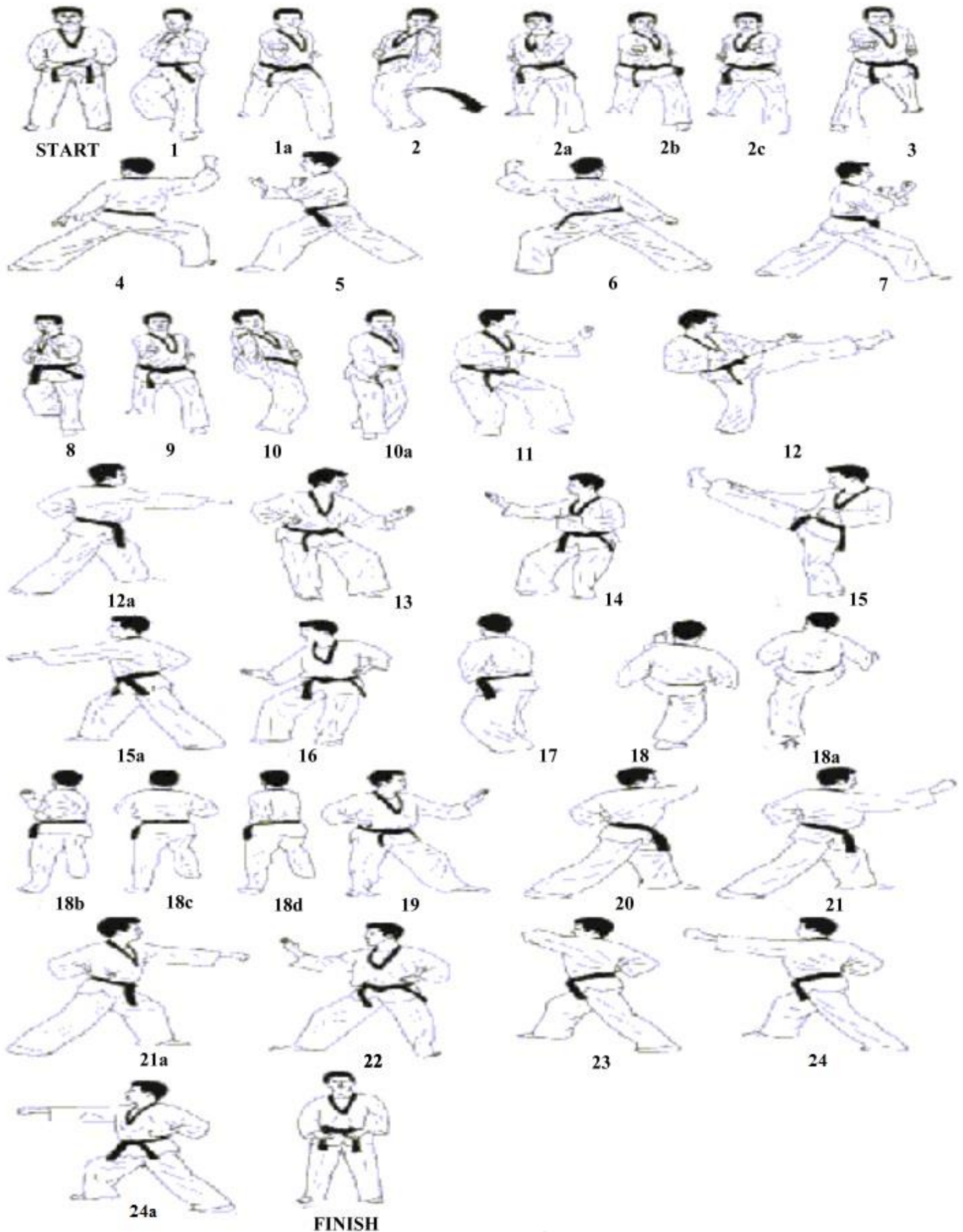
Poomsae taegeuk pal jang: The associated trigram of this poomsae is yin, the end of the beginning, the evil part of all that is good. Even in darkness there is still some light. When performing this poomsae one should be aware this is the last Kup poomsae. It is the end of a cycle.

1. Step forward into a left back stance facing north and execute a left reinforced outer hammer fist block. Shift into a left long stance and execute **(1a)** a right middle punch.
2. Execute a right front kick followed by a left jump front kick, "**KIHAP.**" Land in a left long stance and execute **(2a)** a left inner block followed by **(2b & 2c)** a double punch (right then left) to the body.
3. Step forward into a right long stance and execute a right middle punch.
4. Pivot on the right foot turning 270 degrees left and step out with the left foot into a right long stance facing towards the west, looking towards the east. Execute a left low block and a right high outer block.
5. Shift into a left long stance facing east without moving the feet and execute a right uppercut punch while blocking with the left fist across the face.
6. Step with the left foot in front of the right towards the west then step with the right foot into left long stance facing towards the east, looking towards the west. Execute a right low block and a left high outer block.
7. Shift into a right long stance facing west without moving the feet and execute a left uppercut punch while blocking with the right fist across the face.
8. Pivot on the left foot and turn 270 degrees left into a left back stance facing north. Execute a left single knife hand block.
9. Shift into a left long stance and execute a right middle punch.
10. Execute a right front kick then bring the right foot back to its original position and step with the left foot toward the rear into a right cat stance. Execute **(10a)** a right middle palm block.
11. Turn 90 degrees left into a left cat stance and execute a left single knife hand block.
12. Execute a left front kick. Land in a left long stance and execute **(12a)** a right middle punch.
13. Slide the left foot back into a left cat stance and execute a left middle palm block.
14. Turn 180 degrees right into a right cat stance and execute a right single knife hand block.
15. Execute a right front kick. Land in a right long stance and execute **(15a)** a left middle punch.
16. Slide the right foot back into a right cat stance and execute a right middle palm block.
17. Turn 90 degrees right into a right back stance facing south and execute a right reinforced low block.
18. Execute a left front kick followed by **(18a)** a right jump front kick, "**KIHAP.**" Land in a right foot forward long stance and execute **(18b)** a right inner block followed by **(18c & 18d)** a double punch (left then right) to the body.
19. Turn 270 degrees left into a left back stance facing west and execute a left single knife hand block.
20. Shift into a left long stance and execute a right elbow strike to the face.
21. Without stepping, execute a right front back fist strike to the face followed by **(21a)** a left middle punch.
22. Turn 180 degrees right into a right foot forward back stance facing east and execute a right single knife hand block.
23. Shift into a right foot forward long stance and execute a left elbow strike to the face.
24. Without stepping, execute a left front back fist strike to the face followed by **(24a)** a right middle punch.

FINISH: "Baro" is the command given at the end of the pattern by the instructor. Pivot on the right foot, turn 90 degrees left and return to ready stance facing north. End.

SOUTH BANK TAEKWONDO

Taegeuk Pal-jang Earth 24 movements Gon



Poomsae Taegeuk - Chil Jang.
Movements - 25.
Meaning - Gan (Mountain).
Direction / Relation - North west / Youngest son.

Poomsae taegeuk chil jang: The mountain is the symbol of strength, stability and changelessness. Often viewed as a source of safety, fortresses and homes have always been built on mountains for centuries. Taegeuk chil jang represents this stability and fortitude in its solid stances and authoritative hand techniques. Mountains will always look majestic, no matter the size. This poomsae should be performed with the feeling that all movements are this majestic and deserve to be praised.

1. Turn 90 degrees left into a left cat stance facing west and execute a right palm block.
2. Execute a right front kick then bring the right foot back into a left cat stance and execute **(2a)** a left arm inner block.
3. Turn 180 degrees right into a right cat stance facing east and execute a left palm block.
4. Execute a left front kick then bring the left foot back into a right cat stance and execute **(4a)** a right arm inner block.
5. Turn 90 degrees left into a left back stance facing toward the north and execute a left low double knife hand block.
6. Step forward into a right foot stance and execute a right low double knife hand block.
7. Turn 90 degrees left into a left cat stance facing west and execute a right palm block with the left fist placed under the right elbow.
8. Without stepping or changing stance, strike to the philtrum with a right back fist. The left fist remains under the right elbow.
9. Turn 180 degrees right into a right cat stance facing east and execute a left palm block with the right fist placed under the left elbow.
10. Without stepping or changing stance, strike to the philtrum with a left back fist. The right fist remains under the left elbow.
11. Turn 90 degrees left facing north, assume attention stance. Bring both hands up from the sides and place them in front of the chest with the left hand covering the right fist.
12. Step forward into a left long stance and execute a combination right low block and left outer block (scissor block) followed by **(12a)** a combination left low block and right outer block (scissor block).
13. Step forward into a right long stance and execute a combination left low block and right outer block (scissor block) followed by **(13a)** a combination right low block and left outer block (scissor block).
14. Pivoting on the right foot, turn 270 degrees left and step into a left long stance facing east. Execute a double outer wedge block.
As if grabbing the opponent's head, pull both hands down and execute a right knee strike to the face. Hop forward into a crossed leg stance with the left foot behind the right and execute **(15a)** a double uppercut strike to the ribs.
15. Step back with the left foot into a right long stance and execute a low cross block.
16. Turn 180 degrees right and step into a right long stance facing west. Execute a double outer wedge block.
As if grabbing the opponent's head, pull both hands down and execute a left knee strike to the face. Hop forward into a crossed leg stance with the right foot behind the left and execute **(18a)** a double uppercut strike to the ribs.
17. Step back with the right foot into a left long stance and execute a low cross block.
18. Turn 90 degrees left stepping with the left leg into a left walking stance facing south. Execute a left side back fist strike to the temple.
Open the left fist and execute a right leg inner crescent kick striking the left palm. Land in a horse-riding stance facing east while looking and striking to the south, execute **(21a)** a right elbow strike. The right elbow strikes the left palm.
19. Turn 90 degrees right to face south in a right walking stance by sliding the right foot to the left and pivoting on the left foot. Execute a right side back fist strike to the temple.
Open the right fist and execute a left leg inner crescent kick striking the right palm. Land in a horse-riding stance facing west while looking and striking to the south, execute **(23a)** a left elbow strike. The left elbow strikes the right palm.
20. Without stepping or changing stance, execute a left single knife hand block toward the south.
21. Step with the right foot toward the south into a horse-riding stance facing east. At the same time grab and pull with the left hand and execute a right middle punch. "**KIHAP**"

FINISH: "Barro" is the command given at the end of the pattern by the instructor. Pivot on the right foot, turn 90 degrees left and return to ready stance facing north. End.

SOUTH BANK TAEKWONDO

Taegeuk Chil-jang Mountain 25 movements Gan

