



Grading Syllabus

- Students should show a high degree of power, accuracy, balance and some fluidity of movement.
- There should no major errors in the patterns.
- Sparring should suggest that the student is a confident, competent and a controlled fighter.
- Those who show lack of concern for their partner's welfare in sparring or self defence will fail.

2nd Kup (Red Belt) Test:

- 1 Taegeuk 7 (Chil Jang, Mountain, 25 moves, GAN).
- 2 Taegeuk 6.
- 3 One step sparring.
- 4 One step kicking exercise.
- 5 Three step kicking exercise with counter-kick.
- 6 Free sparring.
- 7 One step foot sparring.
- 8 Power test, measure up and destruct turning kick (2 boards).

Terminology

English

Tiger Stance
Twisting Kick
Guarding Block
Cross Block
Ball Of Foot
Knife Of Foot

Korean

Beom Seogi
Biteureo Chagi
Geodeureo Makki
Eotgeureo Makki
Apchook
Balnal

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

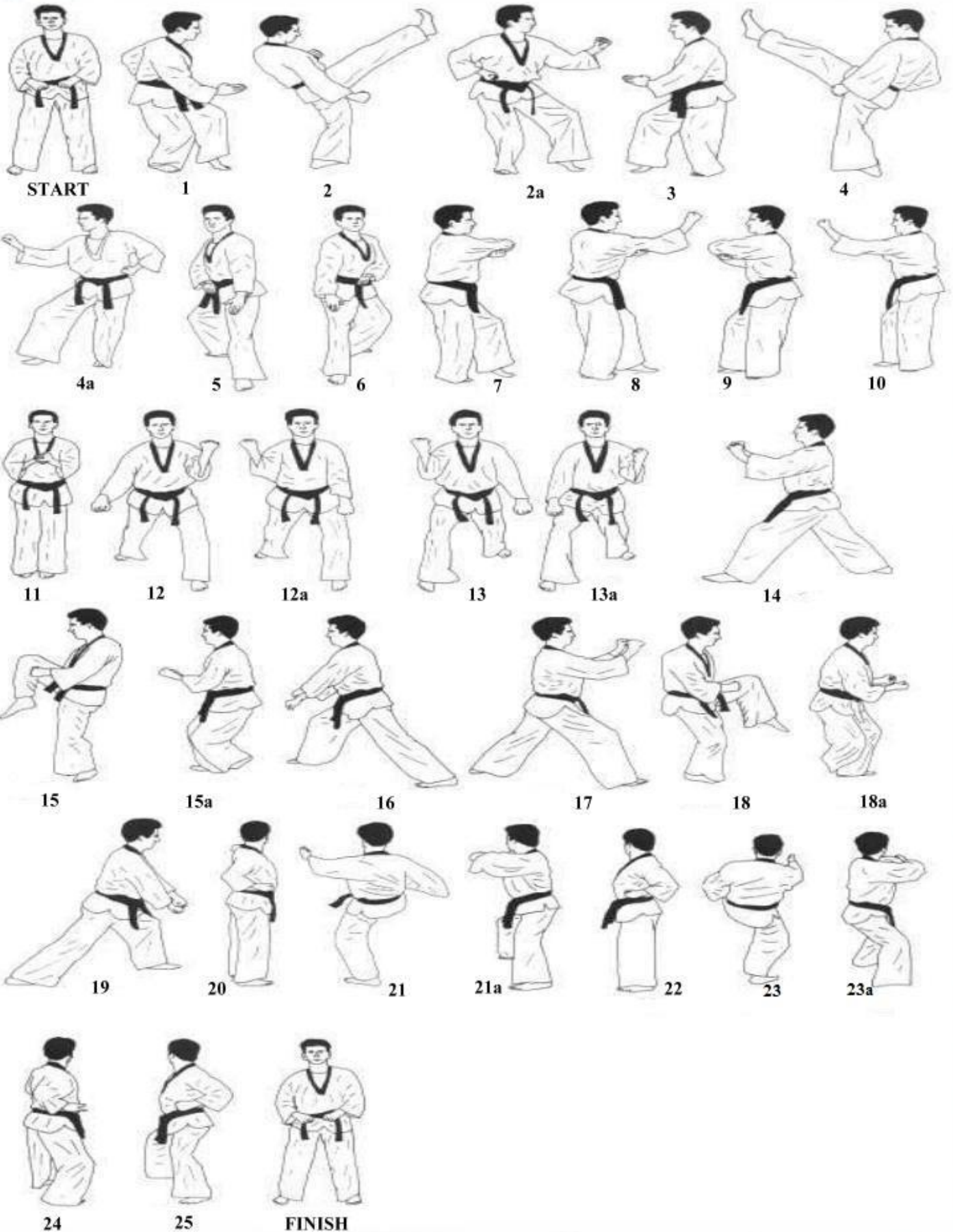
Poomsae taegeuk chil jang: The mountain is the symbol of strength, stability and changelessness. Often viewed as a source of safety, fortresses and homes have always been built on mountains for centuries. Taegeuk chil jang represents this stability and fortitude in its solid stances and authoritative 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



Poomsae Taegeuk - Yuk Jang.

Movements - 23.

Meaning - Gam (Water).

Direction / Relation - West / Second son.

Poomsae taegeuk yuk jang: The movements of this poomsae represent the ever flowing and devastating potential of water. Water can move a mountain. It is liquid, formless and never loses its nature. It always flows downhill.

1. Turn 90 degrees left into a left long stance facing west and execute a left arm low block.
2. Execute a right front kick then bring the right foot back into a left back stance and execute **(2a)** a left arm outer hammer fist block.
3. Turn 180 degrees right into a right foot forward long stance facing east and execute a right arm low block.
4. Execute a left front kick then bring the left foot back into a right foot forward back stance and execute **(4a)** a right arm outer hammer fist block.
5. Turn 90 degrees left into a left foot forward front stance facing towards the north and execute a right knife hand sweeping face block.
6. Execute a right leg half turning kick toward the north then land in joonbi stance facing west.
7. Step with the left into a left long stance and execute a high left hand outer block followed by **(7a)** a right middle punch.
8. Execute a right front kick then land in a right foot forward long stance and execute **(8a)** a left middle punch.
9. Turn 180 degrees right into a right long stance facing east and execute a high right hand outer block followed by **(9a)** a left middle punch.
10. Execute a left front kick then land in a left long stance and execute **(10a)** a right middle punch.
11. Bring the left foot backward and turn 90 degrees left facing north, ready stance. Execute a double low wedge block.
12. Step forward into a right front stance facing towards the north and execute a left knife hand block.
13. Execute a left leg half turning kick toward the north then land in joonbi stance facing east. **"KIHAP"**
14. Turn 180 degrees right and step into a right front stance facing west and execute a right arm low block.
15. Execute a left front kick then bring the left foot back into a right back stance and **(15a)** execute a right arm outer block.
16. Turn 180 degrees left into a left front stance facing east and execute a left arm low block.
17. Execute a right front kick then bring the right foot back into a left back stance and execute **(17a)** a left arm outer block.
18. Turn 90 degrees left stepping backward with the right foot into a left back stance. Execute a left double knife hand block.
19. Step backward with the left foot into a right back stance and execute a right double knife hand block.
20. Step backward with the right foot into a left long stance and execute a left arm middle palm block.
21. Execute a right middle punch.
22. Step backward with the left foot into a right long stance and execute a right arm middle palm block.
23. Execute a left middle punch.

FINISH: "Baro" is the command given at the end of the pattern by the instructor. Bring the right foot back towards the left and return to ready stance facing north. End.

SOUTH BANK TAEKWONDO

Taegeuk Yuk-jang Water 23 movements Gam

