



Grading Syllabus

- Students should show power, accuracy, balance and some fluidity of movement.
- There should no (or significant) errors in the patterns and good control of balance in sparring.
- Sparring must be dynamic but show good control and combinations of techniques.

3rd Kup (Red Tag) Test:

- 1 Taegeuk 6 (Yuk Jang, Water, 23 moves, GAM).
- 2 Taegeuk 5.
- 3 One step sparring (some simple legs, simple locks and throws with control, advanced kicking).
- 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 side kick (2 boards).

Terminology

English

Back-fist
Hammer-fist
Pushing Kick
Back Side Kick
Ridge-hand
Cross Stance
Side Punch
Hook (turning) punch

Korean

Deung Joomeok
Mee Joomeok
Miro Chagi
Dwi Dolla Yeop Chagi
Sonnal Deung
Koa Seogi
Yeop Jireugi
Dollyo Jireugi

Poomsae Taegeuk - Yuk Jang.

Movements - 23.

Meaning - Gam (Water).

Direction / Relation - West / Second son.

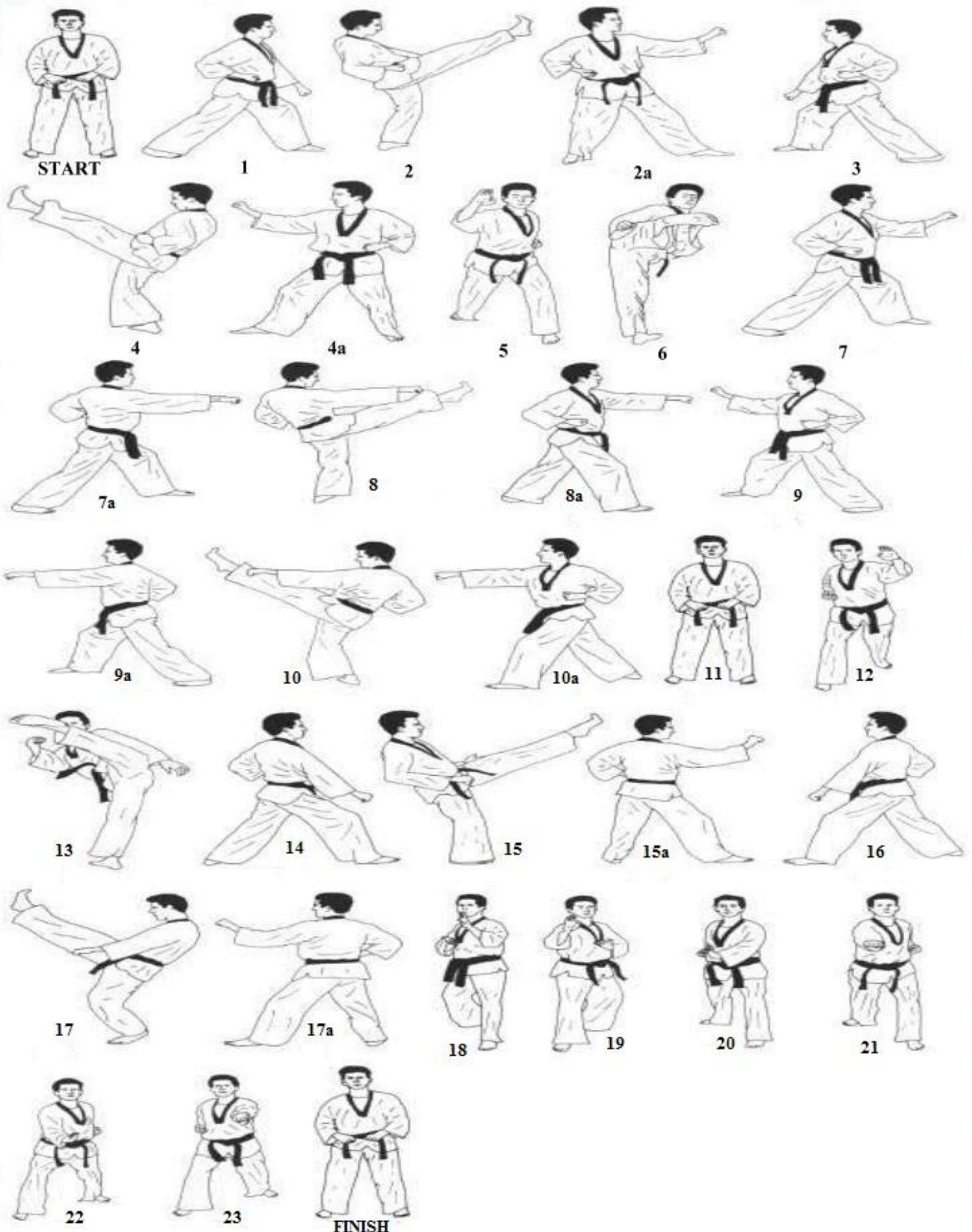
Poomsae taegeuk yuk jang: The movements of this poomsae represent the ever flowing and devastating potential of water. Water can move a mountain. It is liquid, formless and never loses its nature. It always flows downhill.

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: "Barro" 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



Poomsae Taegeuk - Oh Jang.

Movements - 20.

Meaning - Jin (Wind).

Direction / Relation - South west / Eldest daughter.

Poomsae taegeuk oh jang: *Sometimes wind is calm and serene, but at other times wind leaves it's mark. The movements combined in this poomsae represent the powerful corrosive power of wind, it is a gentle force, but can sometimes be furious destroying everything.*

1. Turn 90 degrees left into a left long stance facing west and execute a left arm low block.
2. Draw the left foot back in towards the right into an L-stance and execute a left arm downward hammer fist strike.
3. Turn 180 degrees right into a right foot forward long stance facing east and execute a right arm low block.
4. Draw the right foot back in towards the left into an L-stance and execute a right arm downward hammer fist strike.
5. Turn 90 degrees left into a left long stance facing towards the north and execute a left arm inner block followed by **(5a)** a right arm inner block.
6. Execute a right foot front kick and land in a right long stance. Execute **(6b)** a right back fist strike to the philtrum followed by **(6b)** a left arm inner block.
7. Execute a left foot front kick and land in a left long stance. Execute **(7a)** a left back fist strike to the philtrum followed by **(7b)** a right arm inner block.
8. Step forward into a right long stance and execute a right back fist strike to the philtrum.
9. Turn 270 degrees left into a left back stance facing east and execute a single left knife hand block.
10. Step forward into a right long stance and execute a right elbow strike to the head placing the right fist in the left palm.
11. Turn 180 degrees right into a right back stance facing west and execute a right single knife hand block.
12. Step forward into a left long stance and execute a left elbow strike to the head placing the left fist in the right palm.
13. Turn 90 degrees left into a left long stance facing towards the south and execute a left arm low block followed by **(13a)** a right arm inner block.
14. Execute a right front kick then land forward in a right long stance. Execute a low block with the right arm followed by **(14a)** a left arm inner block.
15. Turn 90 degrees left into a left long stance facing towards the east and execute a left arm upper block.
Execute a right leg sidekick and right punch, then land forward in a right long stance execute **(16a)** a left elbow strike to the face by striking the left elbow against the right palm.
16. Turn 180 degrees right into a right long stance facing towards the west and execute a right arm upper block.
Execute a left leg sidekick and left arm punch, then land forward in a left long stance execute **(18a)** a right elbow strike to the face by striking the right elbow against the left palm.
17. Turn 90 degrees left into a left long stance facing towards the south and execute a left arm low block followed by **(19a)** a right arm inner block.
Execute a right leg front kick then jump forward into an X-stance (or crossed leg stance) with the left foot behind the right foot and strike to the philtrum with a right back fist.
"KIHAP"
18. Turn 90 degrees left into a left long stance facing towards the south and execute a left arm low block followed by **(19a)** a right arm inner block.
Execute a right leg front kick then jump forward into an X-stance (or crossed leg stance) with the left foot behind the right foot and strike to the philtrum with a right back fist.
"KIHAP"

FINISH: "Barro" is the command given at the end of the pattern by the instructor. Pivot on the right foot, turn 180 degrees left and return to ready stance facing north. End.

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SOUTH BANK TAEKWONDO

TAEGEUK OH-JANG WIND 20 MOVEMENTS SEON

