



Grading Syllabus

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

4th Kup (Blue Belt) Test:

- 1 Taegeuk 5 (Oh Jang, Wind, 20 moves, SEON).
- 2 Taegeuk 4.
- 3 Back raising kick.
- 4 One step sparring (some simple legs, simple locks and throws with control, advanced kicking).
- 5 One step kicking exercise.
- 6 Three step kicking exercise with counter-kick.
- 7 Free sparring.
- 8 Power test, measure up and destruct reverse turning kick.

Terminology

English

Punch
Back Kick
Thrust
Axe Kick
Strike
Knife-hand Strike
Elbow
Forearm
Palm

Korean

Jireugi
Dwi Chagi
Chireugi
Chiko Chagi
Chigi
Sonnal Chigi
Palkoop
Palmok
Batang Son

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.
17. 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.
19. 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)
20. 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.

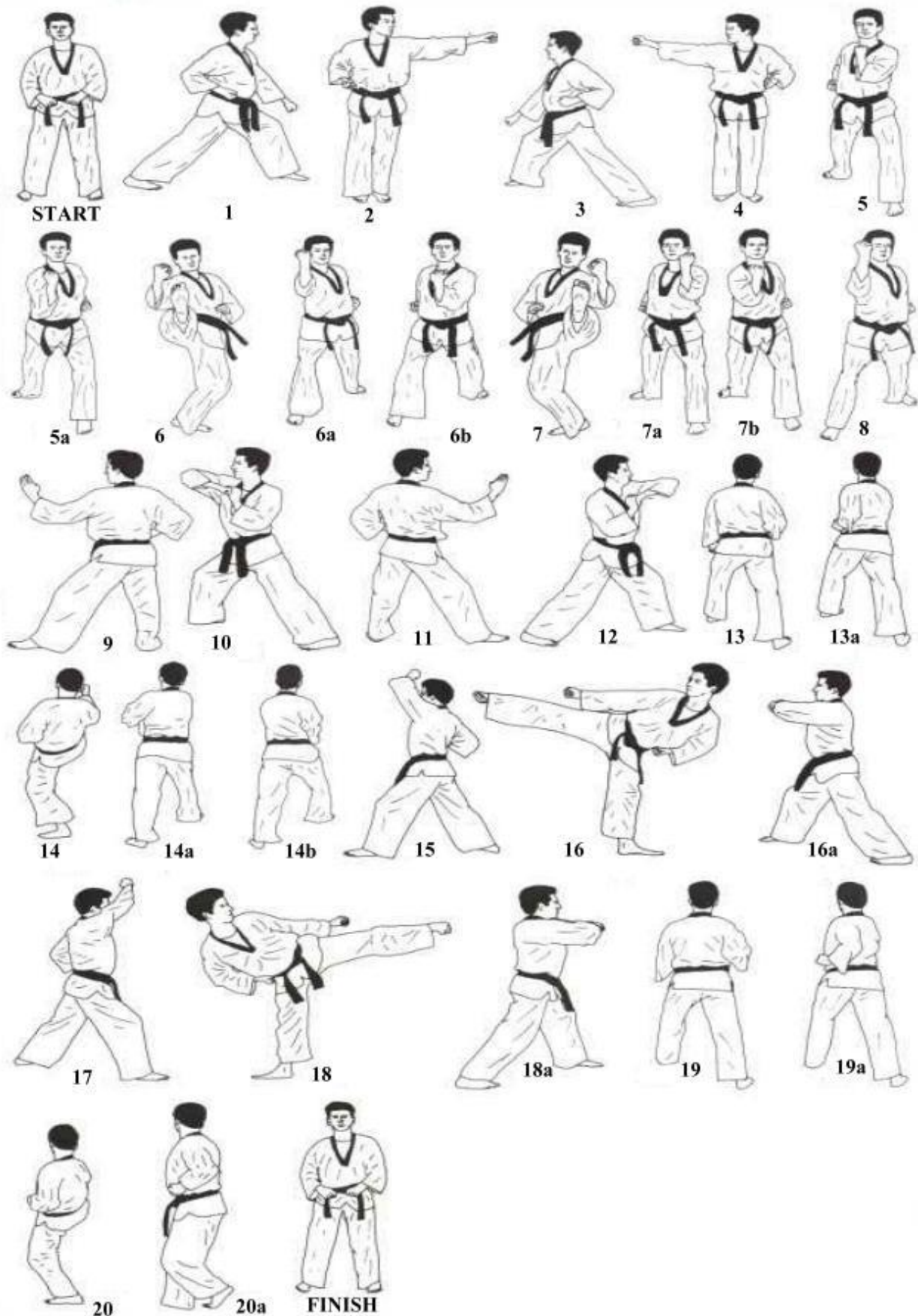
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SOUTH BANK TAEKWONDO

TAEGEUK OH-JANG WIND 20 MOVEMENTS SEON



Poomsae Taegeuk - Sa Jang.

Movements - 20.

Meaning - Jin (Thunder).

Direction / Relation - North east / Eldest son.

Poomsae taegeuk sa jang: Loud, blaring and resounding, thunder is one of the first things in life we begin to fear. There is shattering power as lightning prefaces thunder, thought must preface movement in this poomsae.

1. Turn 90 degrees left into a left back stance facing west and execute a left double knife hand block.
2. Step forward into a right long stance. Execute a right spear hand strike to the mid section.
3. Turn 180 degrees right into a right back stance facing east and execute a right double knife hand block.
4. Step forward into a left long stance. Execute a left spear hand strike to the mid section.
5. Turn 90 degrees left into a left long stance facing towards the north and execute a combination left high knife hand block and right knife hand strike to the side of the neck.
6. Execute a right front kick towards the north, land in a right long stance and **(6a)** execute a left middle punch.
7. Execute a left sidekick.
8. Execute a right sidekick, land in a right back stance and **(8a)** execute a right double knife hand block.
9. Turn 270 degrees left into a left back stance facing east and execute a left arm outer block.
10. Front kick with the right foot then step back into a left back stance and **(10a)** execute a right hand inner block.
11. Turn 180 degrees right into a right back stance facing west and execute a right arm outer block.
12. Front kick with the left foot then step back into a right back stance and **(12a)** execute a left inner block.
13. Turn 90 degrees left into a left front stance facing towards the south and execute a combination left high knife hand block and right knife hand strike to the side of the neck.
14. Execute a right front kick then land forward in a right long stance and **(14a)** execute a right back fist strike to the face.
15. Turn 90 degrees left into a left walking stance facing towards the east and execute a left arm inner block.
16. Without stepping, execute a right punch to the mid section.
17. Turn 180 degrees right into a right walking stance facing towards the west and execute a right arm inner block.
18. Without stepping, execute a left punch to the mid section.
19. Turn 90 degrees left into a left walking stance facing towards the south and execute a left arm inner block followed by **(19a)** a right mid section punch then **(19b)** a left mid section punch.
20. Step forward into a right long stance and execute a right arm inner block followed by **(20a)** a left mid section punch then **(20b)** a right mid section punch. "**KIHAP**"

FINISH: "Baro" 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.

SOUTH BANK TAEKWONDO

Taegeuk Sa-jang Thunder 20 movements Gin

