



Grading Syllabus

- Students should perform techniques with moderate power and good accuracy.
- There should be no significant errors in the patterns and good balance in sparring.
- Sparring must show control.

5th Kup (Blue Tag) Test:

- 1 Taegeuk 4 (Sa Jang, Thunder, 20 moves, JIN).
- 2 Taegeuk 3.
- 3 Side raising hook kick.
- 4 One step sparring (simple hands only, simple legs).
- 5 One step kicking exercise.
- 6 Three step kicking exercise with counter-kick.
- 7 Free sparring.
- 8 Power test, measure up and destruct turning kick.

Terminology

English	Korean
Turning Kick	Dollyo Chagi
Easy Stance	Pyeonhi Seogi
Attention Stance	Charyot Seogi
Parallel Ready Stance	Naranhi Seogi
Left	Wen
Right	Oreun
Fist	Joomeok
Knife-hand	Sonnal

Taekwondo Oath: I do solemnly promise to

- abide by the rules and regulations of the Taekwondo association.
- strive always to be modest, courteous and respectful to all members in particular to my seniors.
- put the art to use only in self-defence or in defence of the weak.

Poomsae Taegeuk - Sa Jang.

Movements - 20.

Meaning - Jin (Thunder).

Direction / Relation - North east / Eldest son.

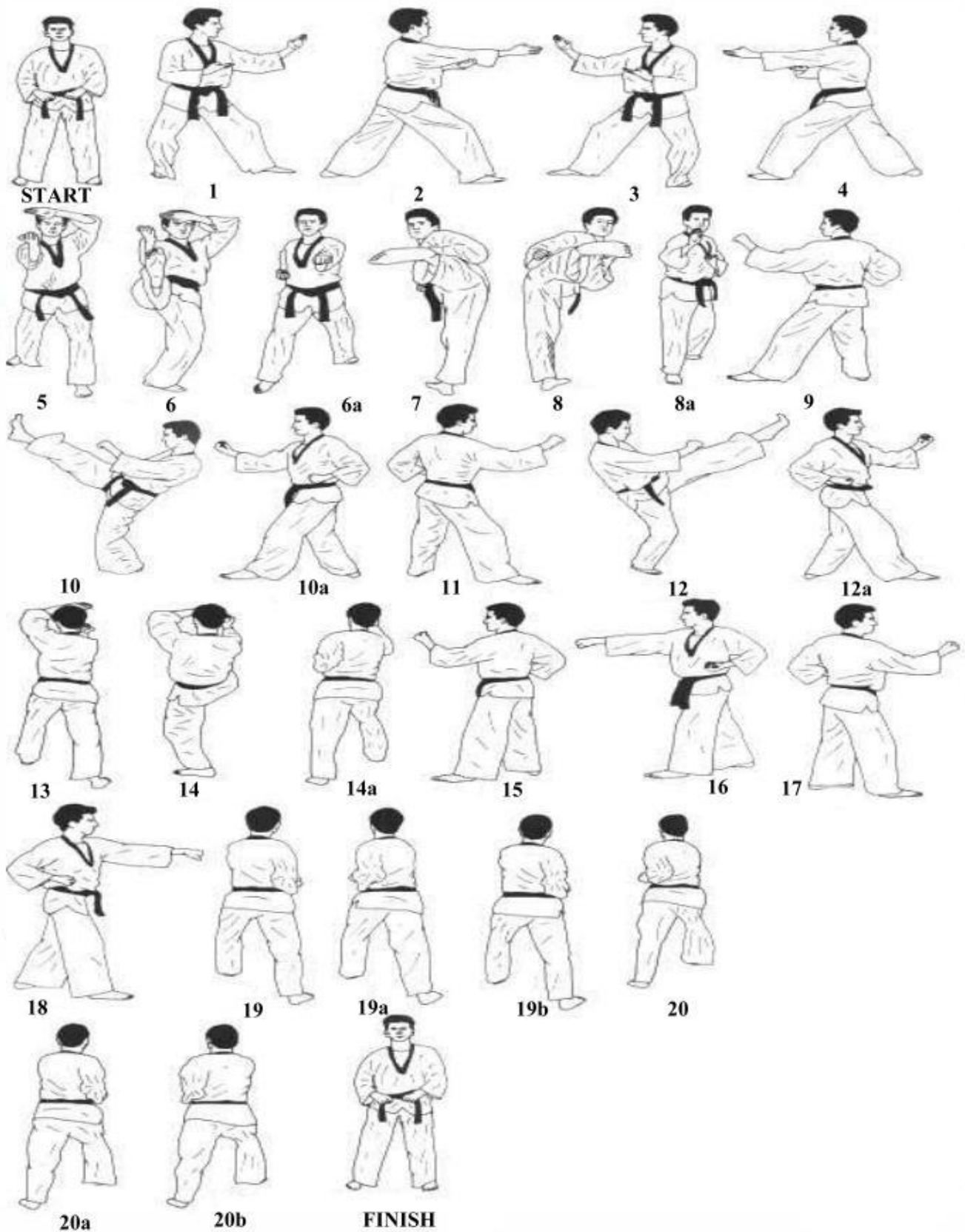
Poomsae taegeuk sa jang: Loud, blaring and resounding, thunder is one of the first things in life we begin to fear. There is shattering power as lightning prefaces thunder, thought must preface movement in this poomsae.

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: "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.

SOUTH BANK TAEKWONDO

Taegeuk Sa-jang Thunder 20 movements Gin



Poomsae Taegeuk - Sam Jang.
Movements - 20.
Meaning - Ree (Fire and Sun).
Direction / Relation - East / Second daughter.

Poomsae taegeuk sam jang: Fire is unpredictable and explosive. When it gets out of control it becomes a most devastating adversary. Taegeuk sam jang is the embodiment of fire's fury. Explosive kicks, lunges and double punches characterise this poomsae. Fire contains a lot of energy. Fire helps man to survive, but on the other hand causes catastrophic results.

1. Turn 90 degrees left, step into a left walking stance facing west and execute a left low block.
2. Execute a right front kick then land forward in a right long stance. Double punch to the mid section **(2a)** right fist followed by **(2b)** the left fist.
3. Pivot on the left foot, turn 180 degrees right, step into a right walking stance facing east and execute a right low block.
4. Execute a left front kick then land forward in a left long stance. Double punch to the mid section **(4a)** left fist followed by **(4b)** the right fist.
5. Turn 90 degrees left, step into a left walking stance facing towards the north and execute a right knife hand strike to the side of the neck.
6. Step forward into a right walking stance and execute a left knife hand strike to the side of the neck.
7. Turn 90 degrees left, step into a left forward back stance facing west and execute a left single knife hand block.
8. Slide the left foot over into a left long stance and punch to the body with the right fist.
9. Turn 180 degrees right into a right forward back stance facing east and execute a right single knife hand block.
10. Slide the right foot over into a right long stance and punch to the body with the left fist.
11. Turn 90 degrees left into a left walking stance facing north and execute a right arm inner block.
12. Step forward into a right walking stance and execute a left arm inner block.
13. Turn 270 degrees left into a left walking stance facing towards the east and execute a left low block.
14. Execute a right front kick then land forward in a right long stance. Double punch to the mid section **(14a)** right fist followed by **(14b)** the left fist.
15. Turn 180 degrees right into a right walking stance facing towards the west and execute a right low block.
16. Execute a left front kick then land forward in a left long stance. Double punch to the mid section **(16a)** left fist followed by **(16b)** the right fist.
17. Turn 90 degrees left into a left walking stance facing towards the south and execute a left low block followed by **(17a)** a right middle punch.
18. Step forward into a right walking stance and execute a right low block followed by **(18a)** a left middle punch.
19. Execute a left leg front kick then step forward into a left walking stance. Execute **(19a)** a left low block followed by **(19b)** a right punch to the mid section.
20. Execute a right leg front kick then step forward into a right walking stance. Execute **(20a)** a right low block followed by **(20b)** a left punch to the mid section.
"KIHAP" energy shout at the end of the pattern.

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.

SOUTH BANK TAEKWONDO

Taegeuk Sam-jang Fire & Sunlight 20 movements Ri

