



Grading Syllabus

- Students should perform techniques correctly with some power.
- There should be few errors in the patterns.

6th Kup (Green Belt) Test:

- 1 Taegeuk 3 (Sam Jang, Fire and Sun, 20 moves, RI).
- 2 Taegeuk 2.
- 3 Side raising kick.
- 4 Three step sparring.
- 5 One step sparring (simple hands only).
- 6 Three step kicking exercise with counter-kick.
- 7 Four direction side kicking from back stance.
- 8 Power test, measure up and destruct side kick.

Terminology

English

Kick
Front Kick
Side kick
Half Turning Kick
Front Rising Kick
Twin Knife-hand Guarding Block
Arm
Hand
Leg
Foot

Korean

Chagi
Ap Chagi
Yeop Chagi
Bit Chagi
Ap Cha Olligi
Sonnal Momtong Bakkat Makki
Pal
Son
Dari
Bal

Tenets of taekwondo

Etiquette, Modesty, Perseverance, Self-Control, Indomitable Spirit.

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

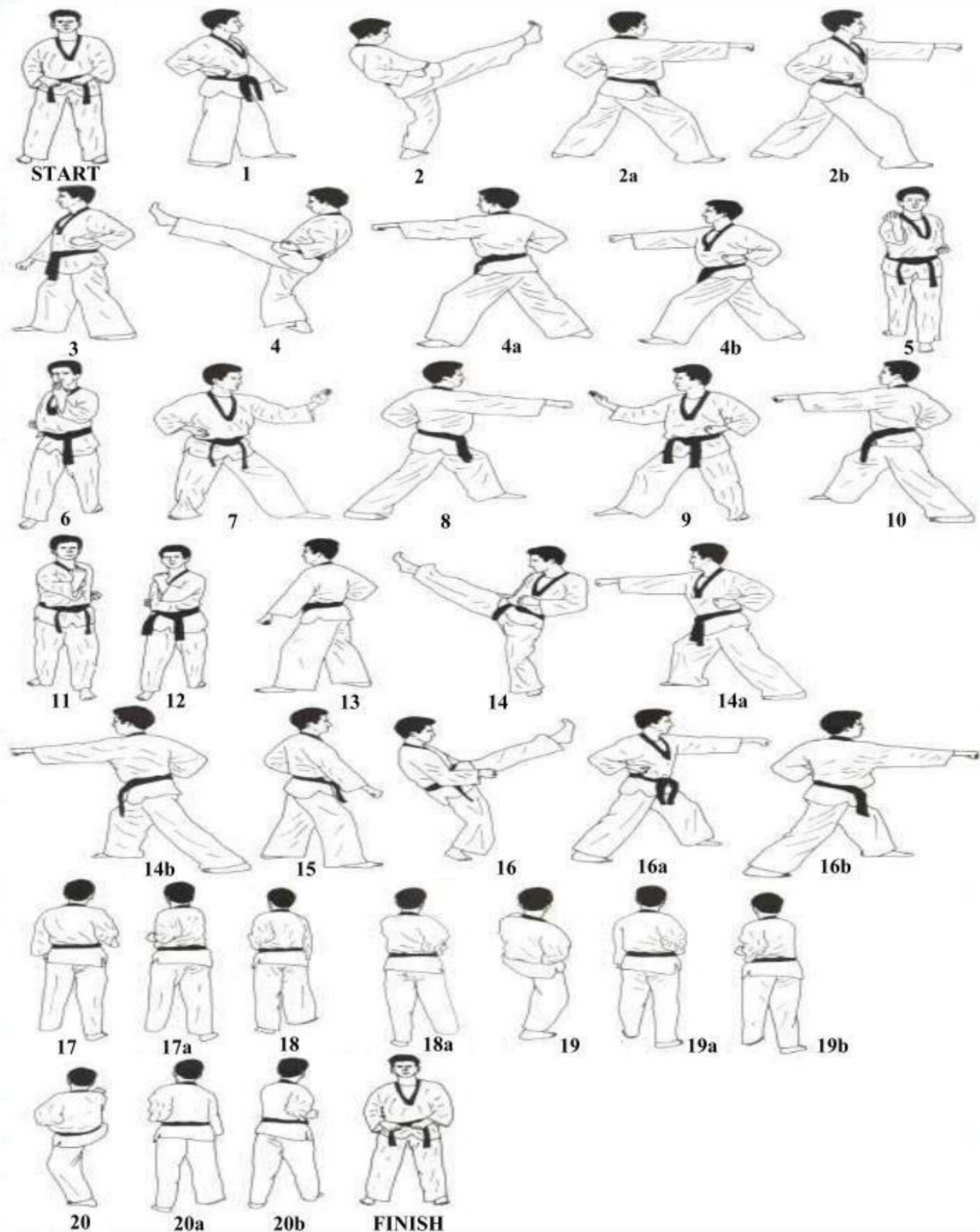
Poomsae taegeuk sam jang: Fire is unpredictable and explosive. Out of control it becomes a most devastating adversary. Taegeuk sam jang is the embodiment of fire's fury. Explosive kicks, lunges and double punches characterise this poomsae. Fire contains a lot of energy. Fire helps man to survive, but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



Poomsae Taegeuk - Yee Jang.
Movements - 18.
Meaning - Tae (Joyfulness).
Direction / Relation - South east / Youngest daughter.

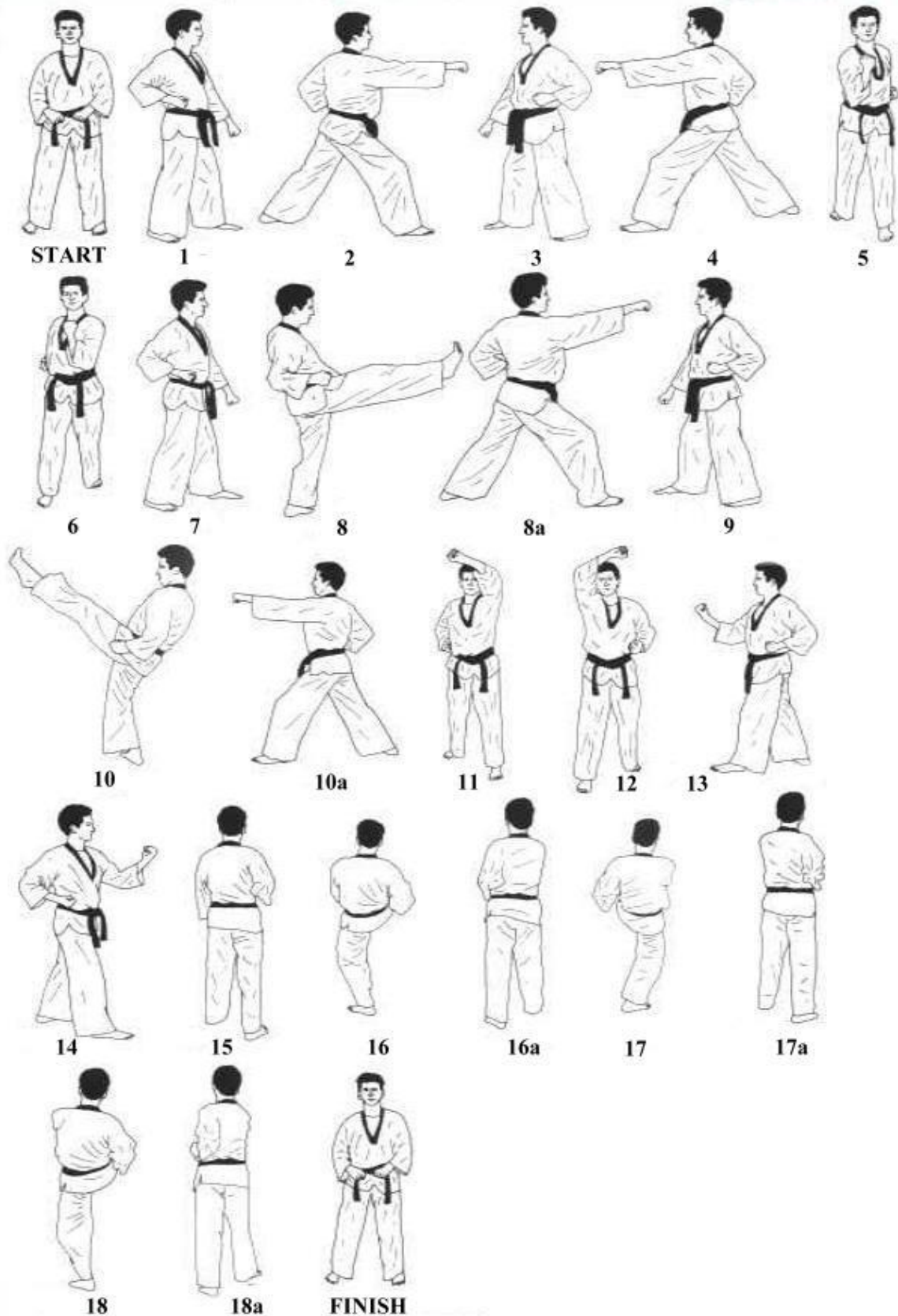
Poomsae taegeuk yee jang: A lake is fluid and strong throughout it's mysterious depths. Deep stances, powerful techniques and fluid transition from movement to movement characterise this poomsae.

1. Turn 90 degrees left, step into a left walking stance facing west and execute a left low block.
2. Step forward into a right long stance and execute a right middle punch.
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. Step forward into a left long stance and execute a left middle punch.
5. Pivot on the right foot, turn 90 degrees left, step into a left walking stance facing towards the north and execute a right arm inner block.
6. Step forward into a right walking stance and execute a left arm inner block.
7. Pivot on the right foot, turn 90 degrees left, step into a left walking stance facing west and execute a left low block.
8. Execute a right leg front kick then land forward in a right long stance and **(8a)** punch to the face with the right fist.
9. Pivot on the left foot, turn 180 degrees right, step into a right walking stance facing east and execute a right low block.
10. Execute a left leg front kick then land forward in a left long stance and **(10a)** punch to the face with the right fist.
11. Pivot on the right foot, turn 90 degrees left, step into a left walking stance facing north and execute a left arm upper block.
12. Step forward into a right walking stance and execute a right arm upper block.
13. Pivot on the right foot, turn 270 degrees left, step into a left walking stance facing towards the east and execute a right arm inner block.
14. Pivot on the left foot, turn 180 degrees right, step into a right foot forward walking stance facing towards the west and execute a left arm inner block.
15. Pivot on the right foot, turn 90 degrees left, step into a left walking stance facing towards the south and execute a left low block.
16. Execute a right leg front kick then land forward in a right walking stance and **(16a)** execute a right middle punch.
17. Execute a left leg front kick then land forward in a left walking stance and **(17a)** execute a left middle punch.
18. Execute a right leg front kick then land forward in a right walking stance and **(18a)** execute a right middle punch. "**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 Yee-jang Joyfulness 18 movements Tae



**GREEN BELT – 6TH KUP
ONE STEP SPARRING (BASIC 8)**

1 Side step to the left (sitting stance) executing a left inner block, followed by right middle body punch, left middle body punch, then right punch to face. Kihap. Assume fighting stance.

2 Side step to the right (sitting stance), left outer knife-hand block, followed by right punch to face. Kihap. Assume fighting stance.

3 Side step to the right (sitting stance), left outer knife-hand block, followed by right knife-hand strike to the neck, jaw or temple. Kihap. Assume fighting stance.

4 Side step to the right (sitting stance), left outer knife-hand block, followed by right side elbow strike to the jaw. Kihap. Assume fighting stance.

5 Side step to the right (sitting stance), left outer knife-hand block, followed by right upper elbow strike to the jaw. Kihap. Assume fighting stance.

6 Step backward with the left leg (long stance), execute right inner block, bring the left leg back to fighting stance (right leg forward) and execute a right hand front back-fist to the nose. Kihap. Assume fighting stance.

7 Step backward with the left leg (walking stance) executing right inner block, pivot 270* on the right foot landing in sitting stance and execute a left elbow strike to the mid section (solar plexus). Kihap. Assume fighting stance.

8 Side step to the left with the left leg, step in with the right leg landing in sitting stance and execute a right knife-hand strike to the body. Turn to the right into walking stance and execute a right side-back fist to the jaw/temple. Kihap. Assume fighting stance.