

SOUTH BANK TAEKWONDO



Grading Syllabus

- Student should perform the majority of techniques correctly.
- Power is not essential but blocks and attacks should be fairly accurate.
- There should be few errors in the patterns.

7th Kup (Green Tag) Test:

- 1 Taegeuk 2 (Yee Jang, Joyfulness, 18 moves, TAE).
- 2 Taegeuk 1.
- 3 Outer crescent kick + double lower block in long stance. 10x left leg, 10x right leg.
- 4 Long stance moving forward lower block followed by face block using same hand.
- 5 Long stance moving backwards, face block followed by lower block using same hand.
- 6 Moving forward half turning kick walking stance.
- 7 Four direction in back stance (outer block/ outer knife hand strike).
- 8 Four direction in back stance (outer block/ side back fist).

Terminology

English

Block
Low Block
Middle Block
Head Block
Front Punch
Reverse Punch

Korean

Makki
Arae Makki
Momtong Makki
Eolgool Makki
Ap Jireugi
Bandaе Jireugi

Our club is a member of British Taekwondo (B.T) which is part of World Taekwondo (W.T).

The President of W.T is Dr Choue Chong-Won.

The W.T headquarters are situated in Seoul, South Korea.

Poomsae Taegeuk - Yee Jang.

Movements - 18.

Meaning - Tae (Joyfulness).

Direction / Relation - South east / Youngest daughter.

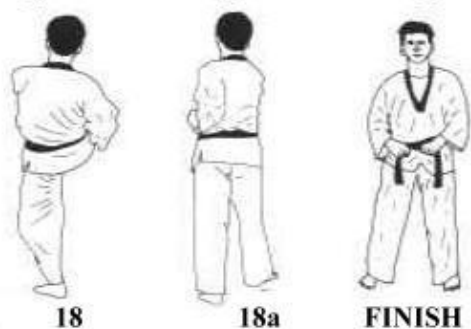
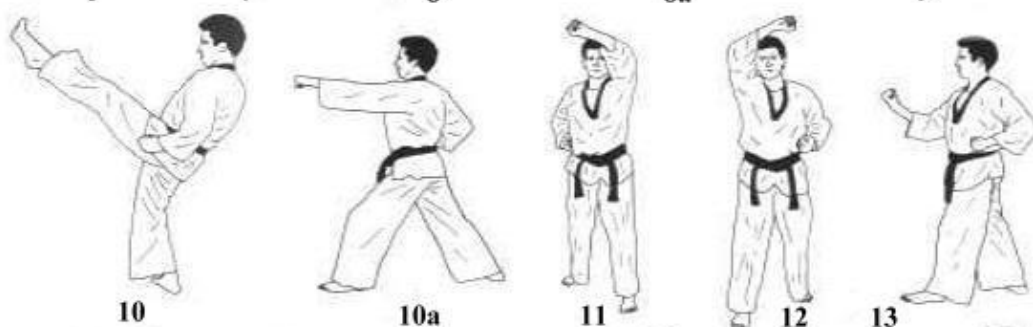
Poomsae taegeuk yee jang: A lake is fluid and strong throughout it's mysterious depths. Deep stances, powerful techniques and fluid transition from movement to movement characterise this poomsae.

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



Poomsae Taegeuk - Il Jang.

Movements - 18.

Meaning - Keon (Heaven and Light).

Direction / Relation - South / Father.

Poomsae taegeuk il jang is the beginning of all the poomsae, the "birth" of the martial artist into Taekwondo. Heaven is beautiful, peaceful, serene and balanced. It is full of majesty and grandeur. Taegeuk il jang is the embodiment of this balance and perfection.

1. Turn 90 degrees left stepping with the left foot into a left walking stance facing west. Execute a left low block.
2. Step forward into a right walking stance and execute a right middle punch.
3. Pivot on the left foot, turn 180 degrees right and step with the right foot into a right walking stance facing east. Execute a right low block.
4. Step forward into a left walking stance and execute a left middle punch.
5. Pivot on the right foot, turn 90 degrees left, step into a left long stance facing towards the north and execute a left low block.
6. Without stepping, execute a right middle punch.
7. Without moving the left foot, turn 90 degrees right, step into a right walking stance facing east and execute a left arm inner block.
8. Step forward into a left walking stance and execute a right middle punch.
9. Pivot on the right foot, turn 180 degrees left and step into a left walking stance facing west. Execute a right arm inner block.
10. Step forward into a right walking stance execute a left middle punch.
11. Pivot on the left foot, turn 90 degrees right, step into a right long stance facing towards the north and execute a right low block.
12. Without stepping, execute a left middle punch.
13. Without moving the right foot, turn 90 degrees left and step into a left walking stance facing towards the west. Execute a left high block.
14. Execute a right leg front kick then land forward in a right walking stance, **(14a)** execute a right middle punch.
15. Pivot on the left foot, turn 180 degrees right and step into a right walking stance facing towards the east. Execute a right high block.
16. Execute a left leg front kick then land forward in a left walking stance, **(16a)** execute a left middle punch.
17. Pivot on the right foot, turn 90 degrees right and step into a left long stance facing towards the south. Execute a left low block.
Step forward into a right long stance and execute a right middle punch.
18. **"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 il-jang



START



1



2



3



4



5



6



7



8



9



10



11



12



13



14



14a



15



16



16a



17



18



FINISH