

**Grading Syllabus**

- Students should perform the majority of the techniques correctly.
- Power and accuracy are not essential although there should be evidence that students are learning to develop correct methods for generation of power..
- There should be few errors in the pattern.

8th Kup (Yellow Belt) Test:

- 1 Taegeuk 1 (Il Jang, Heaven and Light, 18 moves, KEON).
- 2 20 x Press ups (counting out loud on each technique - with power).
- 3 Inner crescent kick + double lower block in long stance. 10x left leg, 10x right leg.
- 4 Sitting stance, double middle section punching 10x (counting out loud).
- 5 Long stance moving forward front kick, double punch, double lower block.
- 6 Long stance moving forwards + outer forearm block middle section (over leading leg).
- 7 Long stance moving backwards + outer forearm block + reverse punch.
- 8 Four direction blocking in back stance (outer block\ front back fist).

Terminology**English**

One
Two
Three
Four
Five
Six
Seven
Eight
Nine
Ten
Pattern
Stance
Long Stance
Back Stance
Walking Stance
Horse Riding Stance

Korean

Hana
Dool
Set
Net
Dasut
Yosut
Ilgop
Yodul
Ahop
Yul
Poomsae
Seogi
Apkoobi Seogi
Dwitkoobi Seogi
Ap Seogi
Joochoom Seogi

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: "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 il-jang



START



1



2



3



4



5



6



7



8



9



10



11



12



13



14



14a



15



16



16a



17



18



FINISH