

# **SOUTH BANK** **TAEKWONDO**

## **Student Handbook**



**2022**

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# **SOUTH BANK TAEKWONDO**

## **INDEX**

<b>1</b>	<b>Front Cover</b>
<b>2</b>	<b>Index</b>
<b>3</b>	<b>Student Handbook - Welcome</b>
<b>4</b>	<b>Tenets, Poomsae, Terminology, Counting</b>
<b>5</b>	<b>Grading Syllabus</b>
<b>7</b>	<b>One step sparring</b>
<b>8</b>	<b>Belt meaning</b>
<b>9</b>	<b>Patterns - Explanation</b>
<b>10</b>	<b>Pattern - Il Jang</b>
<b>12</b>	<b>Pattern - Yee Jang</b>
<b>14</b>	<b>Pattern - Sam Jang</b>
<b>16</b>	<b>Pattern - Sa Jang</b>
<b>18</b>	<b>Pattern - Oh Jang</b>
<b>20</b>	<b>Pattern - Yuk Jang</b>
<b>22</b>	<b>Pattern - Chil Jang</b>
<b>24</b>	<b>Pattern - Pal Jang</b>
<b>26</b>	<b>Sparring</b>
<b>27</b>	<b>Grading Qualification</b>
<b>28</b>	<b>Grading Application Form</b>

## **Appendix**

# SOUTH BANK TAEKWONDO

## STUDENT HANDBOOK

Dear student

Welcome to South Bank Taekwondo. We hope you enjoy your time with us.

### WHY TAEKWONDO

Martial arts are the grafting of mental concentration into physical movement aimed at instilling a unified body and mind. Therefore, taekwondo training is ideal for health, fitness, relaxation, self-defence and sport, regardless of age or sex.

### BACKGROUND

Taekwondo is a Korean martial art literally translated as “kick-punch-way”. Practice and study, brings about positive changes in the human character. Over the years taekwondo has increased in popularity both as a martial art and as a combat sport. More recently, World Taekwondo (WT) is an official Olympic sport. The main distinguishing feature of taekwondo is the variety of dynamic kicking techniques. Today, taekwondo is the most recognized of the Korean martial arts and in the past 50 years has developed significantly into one of the world’s most effective styles of unarmed combat. WTF taekwondo is not only in Korea but internationally as well with 208-member nations. It’s evolution and scientific development both as an art form and Olympic sport still continues...

### SOUTH BANK TAEKWONDO

World Taekwondo / Kukkiwon qualified instruction at this British Taekwondo recognised club.

All our instructors are:

- Kukkiwon black belt certified
- British Taekwondo approved, insured and registered to teach..
- enhanced Disclosure and Barring Service (DBS) cleared.
- First Aid trained.
- Safeguarding trained.

If you have any questions, concerns, problems or suggestions for this handbook please do not hesitate to contact us.

Regards

### South Bank Taekwondo

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# SOUTH BANK TAEKWONDO

## TENENTS:

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

## POOMSAE:

Taegeuk:	Name:	Meaning:	No. of movements:
Il Jang (1 <sup>st</sup> pattern)	Keon	Heaven & Light	18
Yee Jang (2 <sup>nd</sup> pattern)	Tae	Joyfulness	18
Sam Jang (3 <sup>rd</sup> pattern)	Ri	Fire & Sunlight	20
Sa Jang (4 <sup>th</sup> pattern)	Jin	Thunder	20
Oh Jang (5 <sup>th</sup> pattern)	Seon	Wind	20
Yuk Jang (6 <sup>th</sup> pattern)	Gam	Water	23
Chil Jang (7 <sup>th</sup> pattern)	Gan	Mountain	25
Pal Jang (8 <sup>th</sup> pattern)	Gon	Earth	24

## TERMINOLOGY:

English	Korean	English	Korean
Grandmaster	Kwan Jang Nim	Energy shout	Kihap
Master Instructor	Sabom Nim	Form	Poomsae
Instructor	Kyo Sa Nim	Inner/outer	An/bakat
Attention	Charyeot	Thank you	Kamsahamnida
Bow	Kyeong neh	Left	Wen
Stance	Seogi	Right	Oren
Ready	Joombi	Low	Arae
Start	Sijak	Middle	Momtong
Stop	Geuman	High	Eolgool
End/return	Baro	Block	Makki
Rest	Shio	Punch	Jirigi
Turn around	Dwiro dora	Kick	Chagi
Break	Kalyeo	Front kick	Ap chagi
Continue	Kaysook	Back kick	Dwit chagi
Sparring	Gyorugi	Side kick	Yeop chagi
1-step sparring	Hanbon kyorugi	Half-turning kick	Bandal chagi
Taekwondo gym	Dojang	Full-turning kick	Dollryo chagi
Uniform	Dobok	Strike	Chigi

## COUNTING:

English		Korean		Korean pronunciation of Chinese
One	-	Hana	-	Il
Two	-	Dool	-	Yee
Three	-	Set	-	Sam
Four	-	Net	-	Sa
Five	-	Dasot	-	Oh
Six	-	Yasot	-	Yuk
Seven	-	Eelgop	-	Chil
Eight	-	Yudol	-	Pal
Nine	-	Ahob	-	Koo
Ten	-	Yull	-	Ship

# SOUTH BANK TAEKWONDO

## GRADING SYLLABUS

### 9th Kup (Yellow Tag) Test:

- 1 10 x Press ups (counting out loud on each technique - with power).
- 2 Axe kick, then double low block in long stance. 10x right leg, 10x left leg.
- 3 Sitting stance, middle section punching 10x (counting out loud).
- 4 Long stance moving forward, middle section punch (over leading leg).
- 5 Long stance moving backward, inner block (over leading leg).
- 6 Long stance moving forward, inner block and reverse punch.
- 7 Four direction blocking, walking stance, lower block. Right side always starts.
- 8 Four direction blocking walking stance, lower block then long stance inner block.

### 8th Kup (Yellow Belt) Test:

- 1 Poomsae 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, then double low block in long stance. 10x right leg, 10x left 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 backward, outer block (over leading leg).
- 7 Long stance moving forward, outer block and reverse punch.
- 8 Four direction blocking in back stance, outer block followed by front back fist.

### 7th Kup (Green Tag) Test:

- 1 Poomsae Taegeuk 2 (Ye jang, joyfulness, 18 moves, TAE).
- 2 Poomsae Taegeuk 1.
- 3 Outer crescent, then double low block in long stance. 10x right leg, 10x left leg.
- 4 Long stance moving forward low block then upper (face) block using same hand.
- 5 Long stance moving backward, upper (face) block then low block using same hand.
- 6 Moving forward half turning kick walking stance.
- 7 Four direction in back stance, outer block followed by outer knife hand strike.
- 8 Four direction in back stance, outer block followed by side back fist).

### 6th Kup (Green Belt) Test:

- 1 Poomsae Taegeuk 3 (Sam jang, Fire and sun, 20 moves, RI).
- 2 Poomsae Taegeuk 2.
- 3 Side raising kick.
- 4 Three step sparring.
- 5 One step sparring (basic hands only).
- 6 Three step kicking exercise, semi free sparring.
- 7 Four direction in back stance, side kick.
- 8 Power test, measure up and destruct side kick.

### 5th Kup (Blue Tag) Test:

- 1 Poomsae Taegeuk 4 (Sa jang, Thunder, 20 moves, JIN).
- 2 Poomsae Taegeuk 3.
- 3 Side raising hooking kick.
- 4 One step sparring (basic hands and simple legs).
- 5 One step kicking exercise.
- 6 Three step kicking exercise, semi free sparring.
- 7 Free sparring.
- 8 Power test, measure up and destruct turning kick.

**4th Kup (Blue Belt) Test:**

- 1 Poomsae Taegeuk 5 (Oh jang, Wind, 20 moves, SEON).
- 2 Poomsae 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, semi free sparring.
- 7 Free sparring.
- 8 Power test, measure up and destruct reverse turning kick.

**3rd Kup (Red Tag) Test:**

- 1 Poomsae Taegeuk 6 (Yuk jang, Water, 23 moves, GAM).
- 2 Poomsae Taegeuk 5.
- 3 One step sparring (some simple legs, simple locks and throws with control, advanced kicking).
- 4 One step kicking exercise.
- 5 Three step kicking exercise, semi free sparring.
- 6 Free sparring.
- 7 One step foot sparring.
- 8 Power test, measure up and destruct side kick (2 boards).

**2nd Kup (Red Belt) Test:**

- 1 Poomsae Taegeuk 7 (Chil jang, Mountain, 25 moves, GAN).
- 2 Poomsae Taegeuk 6.
- 3 One step sparring.
- 4 One step kicking exercise.
- 5 Three step kicking exercise, semi free sparring.
- 6 Free sparring.
- 7 One step foot sparring.
- 8 Power test, measure up and destruct turning kick (2 boards).

**1st Kup (Black Tag) Test:**

- 1 Poomsae Taegeuk 8 (Pal jang, Earth, 24 moves, GON).
- 2 Poomsae Taegeuk 7.
- 3 1 step sparring.
- 4 1 step kicking exercise.
- 5 3 step kicking exercise, semi free sparring.
- 6 Free sparring.
- 7 1 step foot sparring.
- 8 Power test, measure up and destruct reverse turning kick (2 boards).

**1st Dan (Black Belt) Test:**

- 1 Poomsae Taegeuk 8 (Pal Jang, Earth, 24 moves, Gon).
- 2 Poomsae Taegeuk of examiners choice.
- 3 Poomsae Taegeuk of student's choice.
- 4 One step sparring (advanced hands, hands and legs, legs only).
- 5 One step kicking exercise.
- 6 Three step kicking exercise.
- 7 Free sparring.

Students should know 'Koryo' the first black belt pattern and have a good understanding of Korean commands and terminology used in the martial art of Taekwondo. Students should also be capable of destruction with both hands and feet and have a good working knowledge of self-defence techniques.

Competition rules, basic judging or refereeing should also be considered very important with the advent of 'Olympic Taekwondo'.

# **SOUTH BANK TAEKWONDO**

## **ONE STEP SPARRING (BASIC 8) GREEN BELT – 6<sup>TH</sup> KUP**

**1** Side step to the left (sitting stance) executing a left inner block, followed by right middle punch, left middle 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.

# SOUTH BANK TAEKWONDO

## BELT MEANING

### **10th > 9th Kup: White belt to yellow tag:**

Unsure and without knowledge of taekwondo. As with the pine tree, the seed must now be planted and nourished to develop strong roots. The student has no knowledge and begins with a clean (pure) slate. Purity is often signified by the colour white, hence the white uniform, indicating that a person is innocent, having no knowledge of taekwondo. The white belt is automatically gained by taking taekwondo classes and is symbolic as a seed of a pine tree.

### **8th > 7th Kup: Yellow belt to green tag:**

The seed is beginning to see the sunlight. The sun appears to be yellow. The colour yellow indicates that the student is getting to know the basic techniques of taekwondo. This is compared to a plant growing roots from the energy supplied by the sun. The yellow belt signifies the first beams of sunlight as the seed of taekwondo grows within.

### **6th > to 5th Kup: Green belt to blue tag:**

The pine tree is beginning to develop and grow in strength. The student's technique is developing power. The components of the basic techniques are beginning to work in unison. The colour green indicates that a student is growing and is compared to a plant growing leaves. The award of green belt signifies the sprouting of the seed as it grows toward the blue sky.

### **4th > 3rd Kup: Blue belt to red tag:**

The tree reaches toward the sky, toward new heights. The sky appears as blue. The colour blue indicates that a student is reaching higher, like a plant that is growing toward the sky. Having passed the mid-way point, the student focuses her/his energy upward and toward black belt. The blue represents the sky, as the plant becomes a tree and stretches to the heavens.

### **2nd > 1st Kup: Red belt to black tag:**

The sun is setting. The first phase of growth has been accomplished. The first day of growth, white belt to red belt is coming to an end. The physical skill has been developed but lacks control. Physical and mental discipline must now be cultivated. Variations of red are found among the many colours of the sunset. The colour red indicates danger both to enemies and to the student who's skills now take on the responsibility of control. The student is warned to practice the control of her/his movements.

### **1st Dan: Black belt (junior):**

The dawn of a new day. The sun breaks through the darkness. The red is the sun as it breaks through the black of night. The previous day has ended, giving way to a new dawn. The student must begin a new phase of training, that of being a black belt.

### **1st Dan: Black belt (senior):**

The tree has reached maturity and has overcome the darkness...it must now plant seeds for the future. The colour black is created when all the colours of the light spectrum have been absorbed into an object. The colours of the spectrum are bound together and are not reflected off an object resulting in the absence of colour, which we call black. That object has taken control of the colours and retained them. If one colour escapes the object would no longer be black but would appear as that colour. The student has mastered the ten Kup grades of taekwondo. He/she has absorbed all the knowledge of the colour grades and overcome or mastered that level of training. Black is the opposite of white and means the maturity or dignity of the student in the art. It is also an indication of being impenetrable to darkness and fear.

# SOUTH BANK TAEKWONDO

## PATTERNS - EXPLANATION

Patterns or forms (poomsae in the Korean language) are a pattern of defending and attacking movements against imaginary opponents from all directions. Poomsae show the essence of taekwondo spirit and the technical system of the art. All grades learn and practice poomsae.

Members can view all pattern movies in the Members' Only Area at:

<https://sbtkd.com/tutorials-help-patterns>

Through the practice of poomsae, students come to learn the applications of the various techniques of taekwondo. They serve a multidimensional role, aiding in development and refinement of balance, breath control, coordination, rhythm and timing. All are essential to the performance of taekwondo and so the formal exercises are the foundation of the art. Kup grades (white belt to red belt) and Dan grades (black belts) practice poomsae.

They are a unique and scientific form of technical sequences, which preserves the centuries-old traditionalism of Korea. Thus it is said, "without forms there is no taekwondo". They start with basic movements and progress in difficulty. The student learns patience through repetition, providing the opportunity to review and perfect their techniques.

### History:

In ancient times, poomsae was the only method of initiating the secret of the martial art from Master to student. There are three types of formal exercises fundamental to the study of taekwondo; basic or base forms, law or command forms and taegeuk (bigness, eternity) forms. Each set of forms was conceived with a particular philosophical viewpoint: a reference to the ancient Oriental concept of yin and yang - two opposing forces interacting, forever changing yet always constant. They contain the essence of everything. Thus, taegeuk has no form, no beginning and no ending either. Nevertheless, everything comes from taegeuk. When performing poomsae, the student should bear in mind that we are all born as we shall die, naked, bringing nothing into this world and taking nothing out of it.

The Kukkiwon uses the word poomsae for form. Poomsae philosophy originates from the book 'I Ching', a Chinese oracle. The I Ching has 64 hexagrams, a combination of two sets of three lines, closed or broken. The sets of three lines are called trigrams. The closed lines represent Yang, the open lines Yin. In the Chinese language, the unity of Yin and Yang is called 'taich'i'. In the Korean language, the unity is called Tae-geuk. This explains the term poomsae Taegeuk. The eight trigrams together are called Pal-gwe as in poomsae Palgwe.

Most Kukkiwon schools will use the poomsae Taegeuk whereas a few schools will use the poomsae Palgwe. The meanings, trigrams and symbols are shared by both poomsae Taegeuk and poomsae Palgwe, however the sequence of movements is different. The first 8 forms of the set of poomsae differ from each other, whereas the last 9 forms of the set are shared between the two sets.

Palgwe poomsae were used from 1967 to 1971. Taegeuk poomsae have been in use from 1971 to the present time. Kukkiwon states that Palgwe poomsae have been eliminated.

The official forms for Kukki-Taekwondo, as mandated by the Kukkiwon (World Taekwondo Headquarters), are the Taegeuk poomsae. Poomsae is sometimes written as poomsae; however this would lead to an incorrect pronunciation as the Hangeul for the term uses the same Jamo as the Tae in Taekwondo, not the sound "Sey" (comparison: Teh-kwon-do not Tay-kwon-do nor Tie-kwon-do). However, many dialects of Korean pronounce the jamo ae and e almost identically. The Hanja meaning for poomsae is "Quality Shapes of Strength".

On February 26, 1987, the Kukkiwon amended the spelling with it being interpreted as poomsae, which changed the Hanja character from the earlier "se" to the current "Sae". This also changed the meaning to one that is more complex. This has been reflected in the WTF World Poomsae Championships and of which, the inaugural event was held in Seoul, South Korea in September 2006.

# SOUTH BANK TAEKWONDO

## 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.

# POOMSAE TAEGEUK IL JANG



START



1



2



3



4



5



6



7



8



9



10



11



12



13



14



14a



15



16



16a



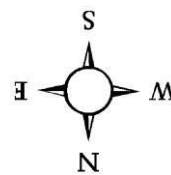
17



18



FINISH



# SOUTH BANK TAEKWONDO

## POOMSAE TAEGEUK YEE JANG

Movements - 18.

Meaning - Tae (Joyfulness).

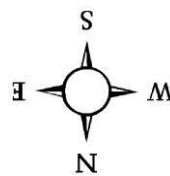
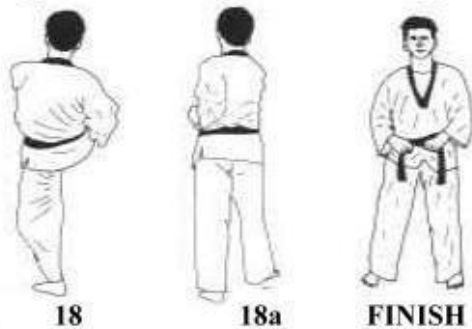
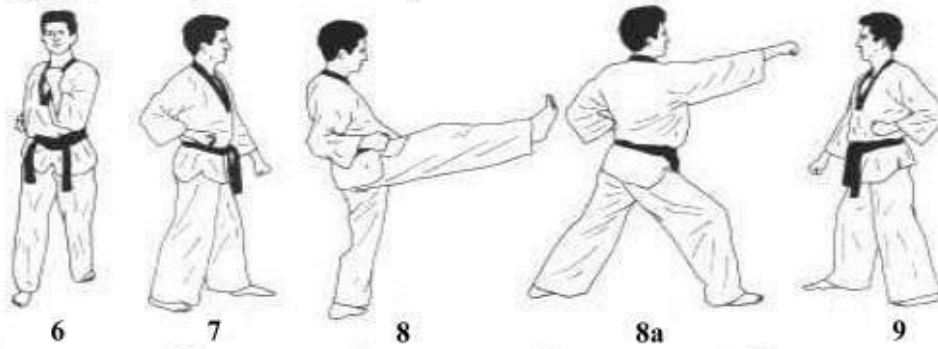
Direction / Relation - South east / Youngest daughter.

**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.

# POOMSAE TAEGEUK YEE JANG



# SOUTH BANK TAEKWONDO

## POOMSAE TAEGEUK SAM JANG

Movements - 20.

Meaning - Ree (Fire and Sun).

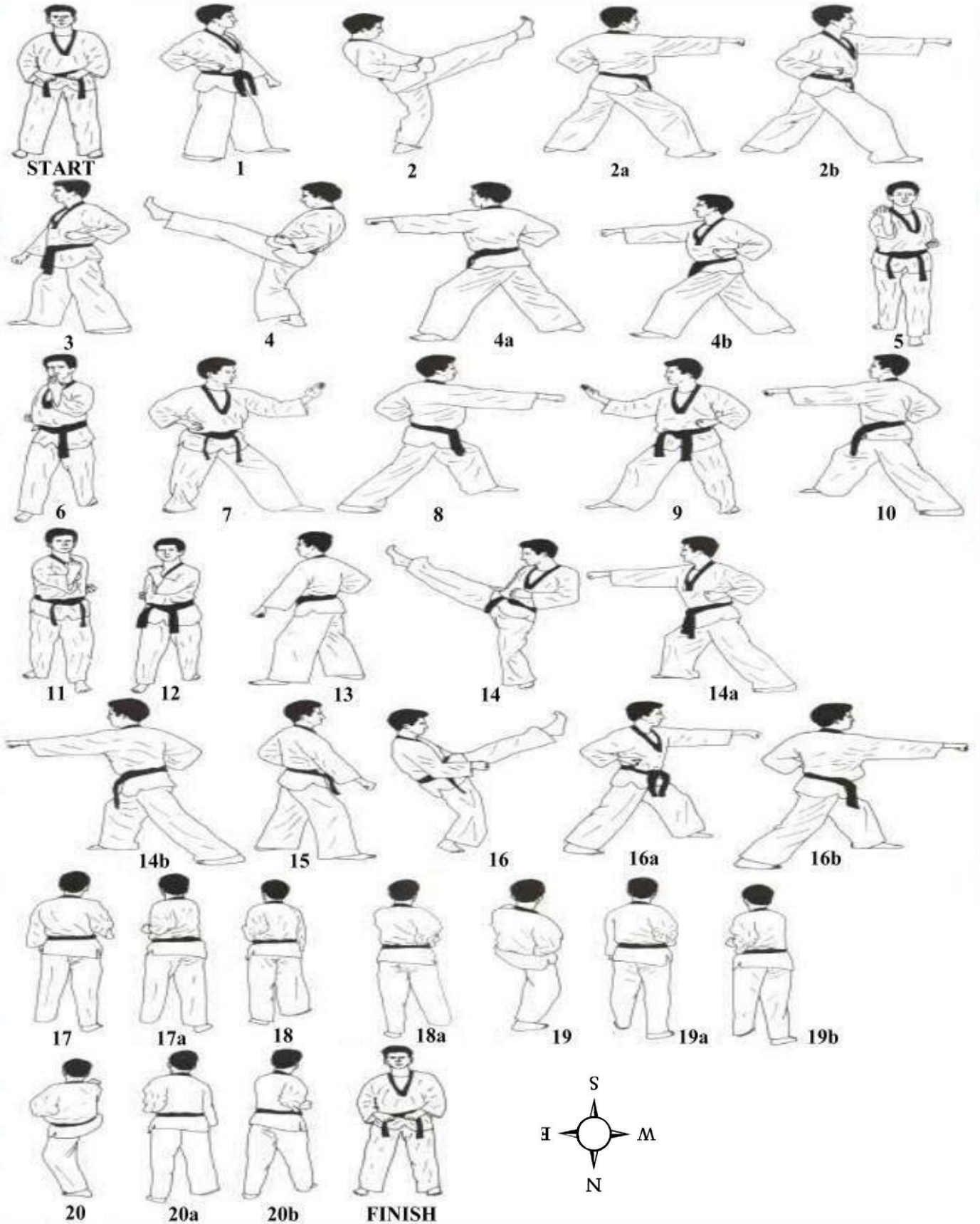
Direction / Relation - East / Second daughter.

**Poomsae taegeuk sam jang:** Fire is unpredictable and explosive. Taegeuk sam jang is the embodiment of fire's fury. Explosive kicks, lunges and double punches characterise this poomsae.

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, 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, 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.  
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.

# POOMSAE TAEGEUK SAM JANG



# SOUTH BANK TAEKWONDO

## POOMSAE TAEGEUK SA JANG

Movements - 20.

Meaning - Jin (Thunder).

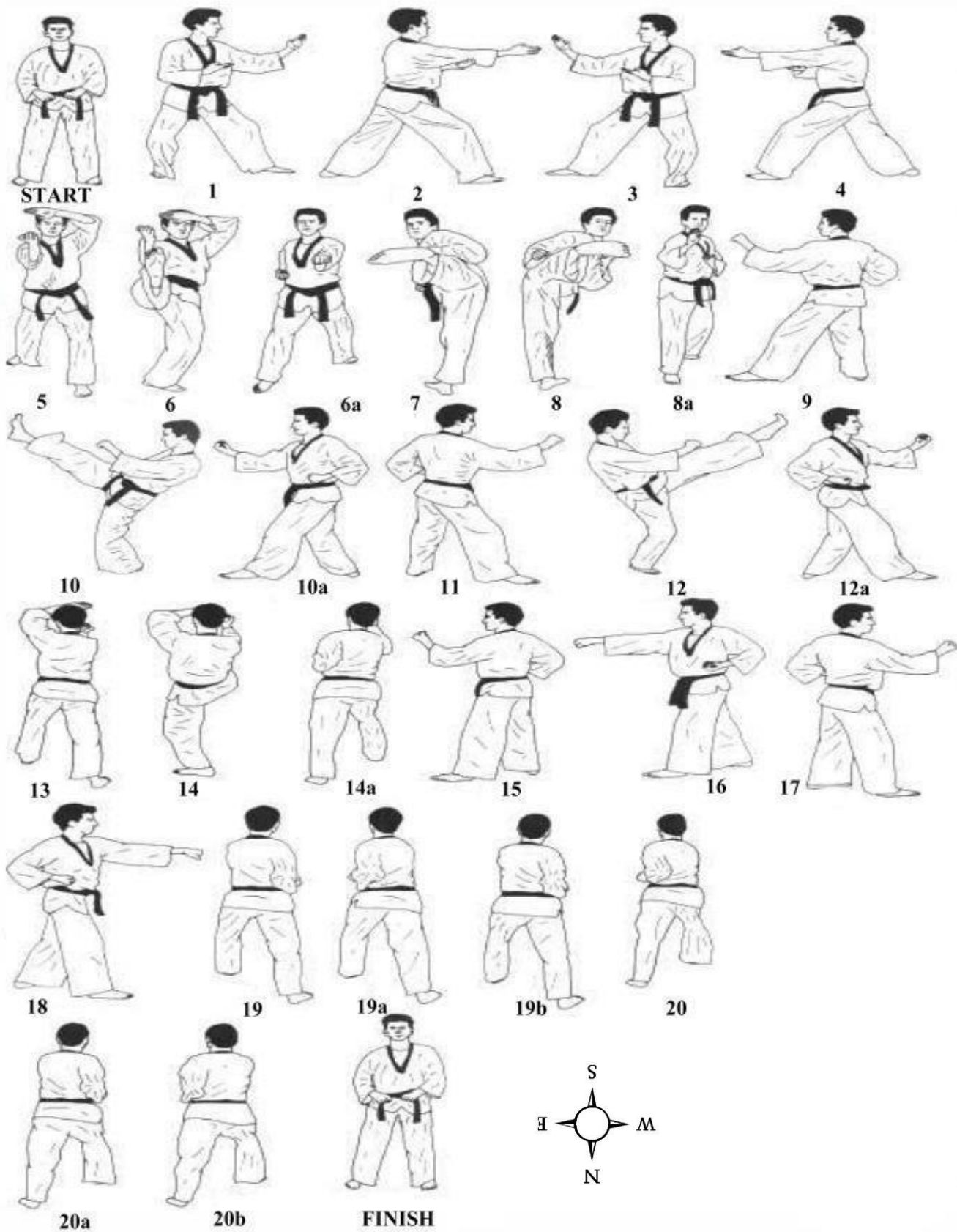
Direction / Relation - North east / Eldest son.

**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.

# POOMSAE TAEGEUK SA JANG



# SOUTH BANK TAEKWONDO

## POOMSAE TAEGEUK OH JANG

Movements - 20.

Meaning - Jin (Wind).

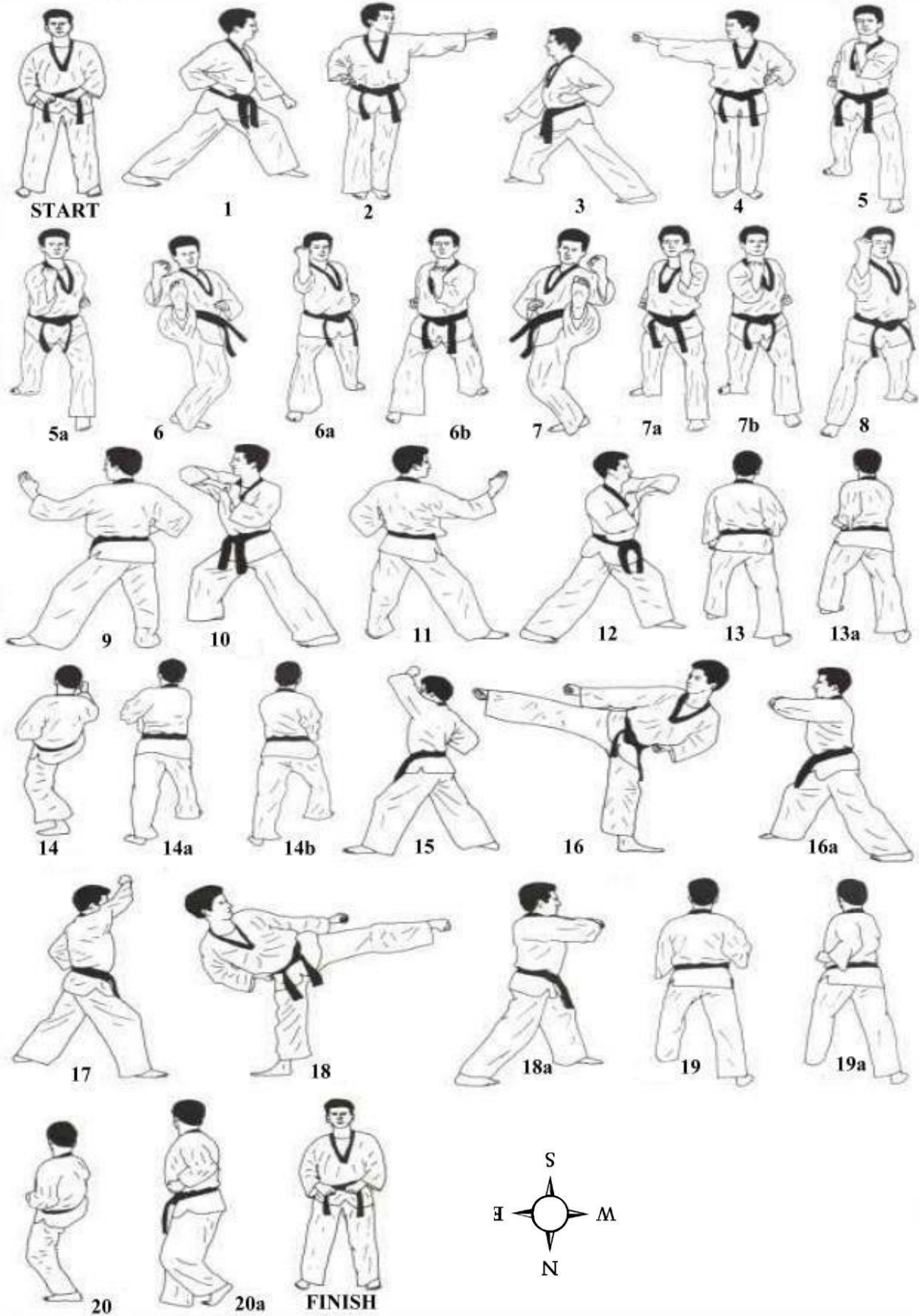
Direction / Relation - South west / Eldest daughter.

**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.

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.
16. 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.
18. 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.
20. Right leg front kick then jump forward into an X-stance (crossed leg stance) with the left foot behind the right foot and strike to the philtrum with a right back fist. **"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.

# POOMSAE TAEGEUK OH JANG



# SOUTH BANK TAEKWONDO

## POOMSAE TAEGEUK YUK JANG

Poomsae Taegeuk - Yuk Jang.

Movements - 23.

Meaning - Gam (Water).

Direction / Relation - West / Second son.

**Poomsae taegeuk yuk jang:** The movements of this poomsae represent the ever flowing and devastating potential of water. Water can move a mountain. It is liquid, formless and never loses its nature. It always flows downhill.

1. Turn 90 degrees left into a left long stance facing west and execute a left arm low block.
2. Execute a right front kick then bring the right foot back into a left back stance and execute **(2a)** a left arm outer hammer fist block.
3. Turn 180 degrees right into a right foot forward long stance facing east and execute a right arm low block.
4. Execute a left front kick then bring the left foot back into a right foot forward back stance and execute **(4a)** a right arm outer hammer fist block.
5. Turn 90 degrees left into a left foot forward front stance facing towards the north and execute a right knife hand sweeping face block.
6. Execute a right leg half turning kick toward the north then land in joonbi stance facing west.
7. Step with the left into a left long stance and execute a high left hand outer block followed by **(7a)** a right middle punch.
8. Execute a right front kick then land in a right foot forward long stance and execute **(8a)** a left middle punch.
9. Turn 180 degrees right into a right long stance facing east and execute a high right hand outer block followed by **(9a)** a left middle punch.
10. Execute a left front kick then land in a left long stance and execute **(10a)** a right middle punch.
11. Bring the left foot backward and turn 90 degrees left facing north, ready stance. Execute a double low wedge block.
12. Step forward into a right front stance facing towards the north and execute a left knife hand block.
13. Execute a left leg half turning kick toward the north then land in joonbi stance facing east. **"KIHAP"**
14. Turn 180 degrees right and step into a right front stance facing west and execute a right arm low block.
15. Execute a left front kick then bring the left foot back into a right back stance and **(15a)** execute a right arm outer block.
16. Turn 180 degrees left into a left front stance facing east and execute a left arm low block.
17. Execute a right front kick then bring the right foot back into a left back stance and execute **(17a)** a left arm outer block.
18. Turn 90 degrees left stepping backward with the right foot into a left back stance. Execute a left double knife hand block.
19. Step backward with the left foot into a right back stance and execute a right double knife hand block.
20. Step backward with the right foot into a left long stance and execute a left arm middle palm block.
21. Execute a right middle punch.
22. Step backward with the left foot into a right long stance and execute a right arm middle palm block.
23. Execute a left middle punch.

**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.

# POOMSAE TAEGEUK YUK JANG



# SOUTH BANK TAEKWONDO

## POOMSAE TAEGEUK CHIL JANG

Poomsae Taegeuk - Chil Jang.

Movements - 25.

Meaning - Gan (Mountain).

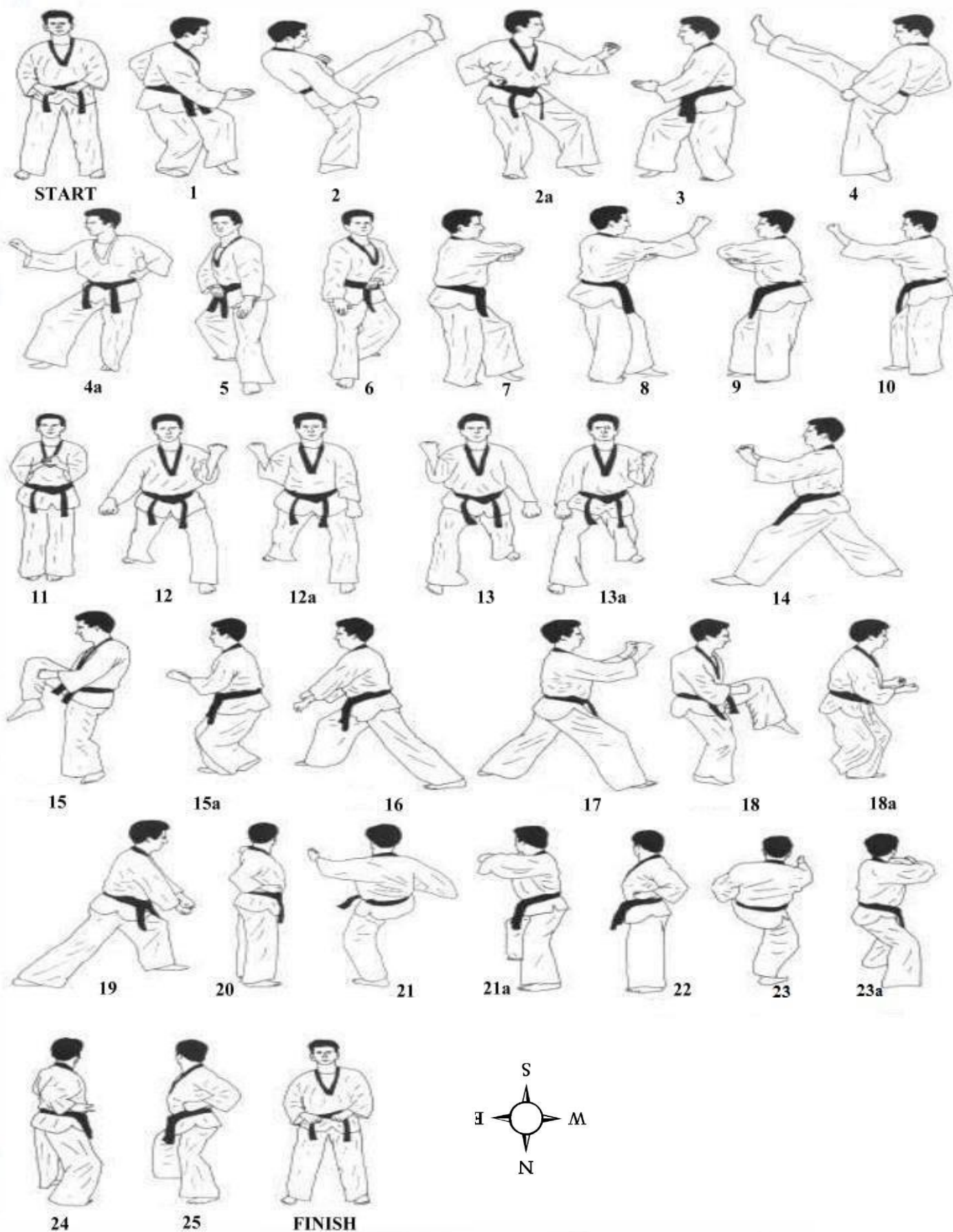
Direction / Relation - North west / Youngest son.

**Poomsae taegeuk chil jang:** The mountain is the symbol of strength, stability and changelessness. Taegeuk chil jang represents this in its solid stances and authoritative hand techniques. Mountains will always look majestic. This poomsae should be performed that all movements are this majestic and deserve to be praised.

1. Turn 90 degrees left into a left cat stance facing west and execute a right palm block.
2. Execute a right front kick bringing the right foot back into a left cat stance, execute **(2a)** a left arm inner block.
3. Turn 180 degrees right into a right cat stance facing east and execute a left palm block.
4. Execute a left front kick bringing the left foot back into a right cat stance, execute **(4a)** a right arm inner block.
5. Turn 90 degrees left into a left back stance facing toward north and execute a left low double knife hand block.
6. Step forward into a right foot stance and execute a right low double knife hand block.
7. Turn 90 degrees left into a left cat stance facing west and execute a right palm block with the left fist placed under the right elbow.
8. Without stepping or changing stance, strike to the philtrum with a right back fist. The left fist remains under the right elbow.
9. Turn 180 degrees right into a right cat stance facing east and execute a left palm block with the right fist placed under the left elbow.
10. Without stepping or changing stance, strike to the philtrum with a left back fist. The right fist remains under the left elbow.
11. Turn 90 degrees left facing north, assume attention stance. Bring both hands up from the sides and place them in front of the chest with the left hand covering the right fist.
12. Step forward into a left long stance and execute a combination right low block and left outer block (scissor block) followed by **(12a)** a combination left low block and right outer block (scissor block).
13. Step forward into a right long stance and execute a combination left low block and right outer block (scissor block) followed by **(13a)** a combination right low block and left outer block (scissor block).
14. Pivoting on the right foot, turn 270 degrees left and step into a left long stance facing east. Execute a double outer wedge block.  
As if grabbing the opponent's head, pull both hands down and execute a right knee strike to the face. Hop forward into a crossed leg stance with the left foot behind the right and execute **(15a)** a double uppercut strike to the ribs.
15. Step back with the left foot into a right long stance and execute a low cross block.
16. Turn 180 degrees right and step into a right long stance facing west. Execute a double outer wedge block.  
As if grabbing the opponent's head, pull both hands down and execute a left knee strike to the face. Hop forward into a crossed leg stance with the right foot behind the left and execute **(18a)** a double uppercut strike to the ribs.
17. Step back with the right foot into a left long stance and execute a low cross block.
18. Turn 90 degrees left stepping with the left leg into a left walking stance facing south. Execute a left side back fist strike to the temple.  
Open the left fist and execute a right leg inner crescent kick striking the left palm. Land in a horse-riding stance facing east while looking and striking to the south, execute **(21a)** a right elbow strike. The right elbow strikes the left palm.
19. Turn 90 degrees right to face south in a right walking stance by sliding the right foot to the left and pivoting on the left foot. Execute a right side back fist strike to the temple.  
Open the right fist and execute a left leg inner crescent kick striking the right palm. Land in a horse-riding stance facing west while looking and striking to the south, execute **(23a)** a left elbow strike. The left elbow strikes the right palm.
20. Without stepping or changing stance, execute a left single knife hand block toward the south.
21. Step with the right foot toward the south into a horse-riding stance facing east. At the same time grab and pull with the left hand and execute a right middle punch. **"KIHAP"**

**FINISH:** "Barro" is the command given at the end of the pattern by the instructor. Pivot on the right foot, turn 90 degrees left and return to ready stance facing north. End.

# POOMSAE TAEGEUK CHIL JANG



# SOUTH BANK TAEKWONDO

## POOMSAE TAEGEUK PAL JANG

Poomsae Taegeuk - Pal Jang.

Movements - 24.

Meaning - Gon (Earth).

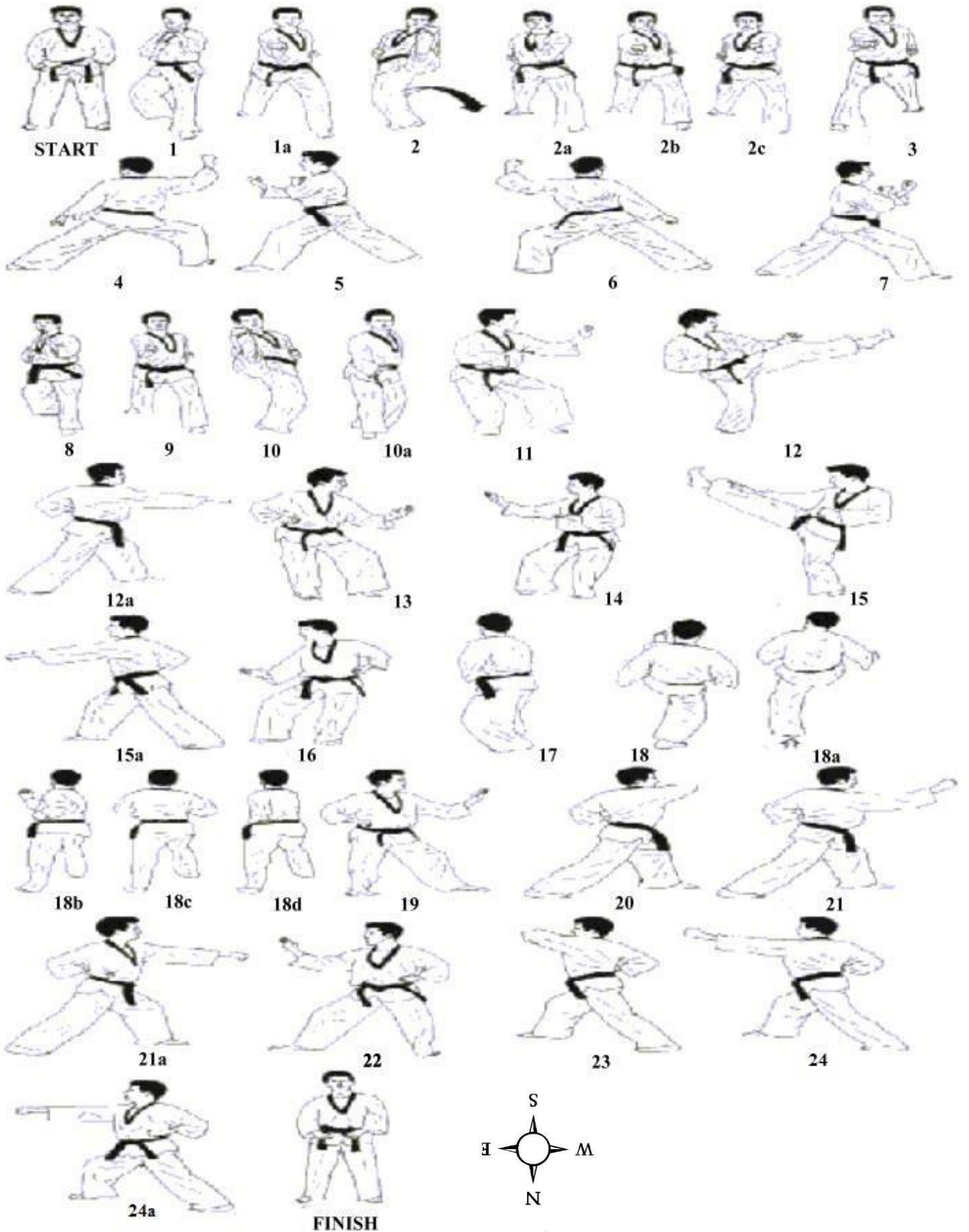
Direction / Relation - North / Mother.

**Poomsae taegeuk pal jang:** The associated trigram of this poomsae is yin, the end of the beginning, the evil part of all that is good. Even in darkness there is still some light. When performing this poomsae one should be aware this is the last Kup poomsae. It is the end of a cycle.

1. Step forward into a left back stance facing north and execute a left reinforced outer hammer fist block. Shift into a left long stance and execute **(1a)** a right middle punch.
2. Execute a right front kick followed by a left jump front kick, "**KIHAP.**" Land in a left long stance and execute **(2a)** a left inner block followed by **(2b & 2c)** a double punch (right then left) to the body.
3. Step forward into a right long stance and execute a right middle punch.  
Pivot on the right foot turning 270 degrees left and step out with the left foot into a right long stance facing towards the west, looking towards the east. Execute a left low block and a right high outer block.
4. Shift into a left long stance facing east without moving the feet and execute a right uppercut punch while blocking with the left fist across the face.
5. Step with the left foot in front of the right towards the west then step with the right foot into left long stance facing towards the east, looking towards the west. Execute a right low block and a left high outer block.
6. Shift into a right long stance facing west without moving the feet and execute a left uppercut punch while blocking with the right fist across the face.
7. Pivot on the left foot and turn 270 degrees left into a left back stance facing north. Execute a left single knife hand block.
8. Shift into a left long stance and execute a right middle punch.
9. Execute a right front kick then bring the right foot back to it's original position and step with the left foot toward the rear into a right cat stance. Execute **(10a)** a right middle palm block.
10. Turn 90 degrees left into a left cat stance and execute a left single knife hand block.
11. Execute a left front kick. Land in a left long stance and execute **(12a)** a right middle punch.
12. Slide the left foot back into a left cat stance and execute a left middle palm block.
13. Turn 180 degrees right into a right cat stance and execute a right single knife hand block.
14. Execute a right front kick. Land in a right long stance and execute **(15a)** a left middle punch.
15. Slide the right foot back into a right cat stance and execute a right middle palm block.
16. Turn 90 degrees right into a right back stance facing south, execute a right reinforced low block.  
Execute a left front kick followed by **(18a)** a right jump front kick, "**KIHAP.**" Land in a right foot forward long stance and execute **(18b)** a right inner block followed by **(18c & 18d)** a double punch (left then right) to the body.
17. Turn 270 degrees left into a left back stance facing west and execute a left single knife hand block.
18. Shift into a left long stance and execute a right elbow strike to the face.
19. Execute a right front back fist strike to the face followed by **(21a)** a left middle punch.
20. Turn 180 degrees right into a right foot forward back stance facing east and execute a right single knife hand block.
21. Shift into a right foot forward long stance and execute a left elbow strike to the face.
22. Execute a left front back fist strike to the face followed by **(24a)** a right middle punch.
23. Shift into a right foot forward long stance and execute a left elbow strike to the face.
24. Execute a left front back fist strike to the face followed by **(24a)** a right middle punch.

**FINISH:** "Baro" is the command given at the end of the pattern by the instructor. Pivot on the right foot, turn 90 degrees left and return to ready stance facing north. End.

# POOMSAE TAEGEUK PAL JANG



# South Bank Taekwondo

## SPARRING

Sparring, commonly known as 'kyorugi' in Korean is the process of developing techniques in a controlled manner against a real opponent. World Taekwondo (WT) has stipulated the required personal protective equipment necessary to compete in competitions and train safely in the class environment. Personal protective equipment is the same for juniors and seniors, both male and female and consists of the following:

Head guard	Gum shield	Body protector	Arm guards
Hand protectors	Groin guard	Shin guards	Foot protectors

All personal protective equipment must be WT recognised.  
A uniform is also required for all taekwondo training.

### Mandatory requirement:

Head Guard

Gum Shield  
(clear or white)

Body Protector

Arm Guards

Hand Protectors

Groin Guard

Shin Guards

Foot Protectors



### Training and Competition:

Students wishing to practice sparring are required to wear the above equipment. You can order equipment and uniforms in the members' area online store: <https://sbtkd.com/shop>

NOTE: green belt and above are required to own a full set of sparring equipment.

If you need help with ordering or sizing we are happy to guide you.

**Mobile:** 07908917097 **Email:** [southbanktkd@gmail.com](mailto:southbanktkd@gmail.com)

# SOUTH BANK TAEKWONDO

## GRADING QUALIFICATION

In order to qualify for grading the following must be true:

**1 – Are you up-to-date with your monthly membership fees? True / False**

**2 – Do you hold a valid British Taekwondo insurance and licence? True / False**

**3 – Have you attended classes regularly? True / False**

A minimum of 80% attendance; this translates to 20 classes out of 24 in any three month period or since your last grading. This is doubled for 2nd and 1st kup.

**4 – Are you wearing the correct uniform? True / False**

You must wear an approved Taekwondo uniform for grading and training. No ITF, Judo, Karate or other martial art uniform to be worn or one that displays past associations. If you are unsure speak to the instructor.

**5 - Are you able to perform 'to a reasonable standard' all that is required of your grading? True / False**

Remember, the grading is the 'minimum' requirement. You may be asked to perform an exercise or technique again and continuously. You may also be asked to perform exercises and techniques from past and future gradings including terminology.

**6 – Have you been asked to grade by the instructor? True / False**

**GRADING FEE PRICES:** includes your grading exam, examiner fee, certificate and belt. Grading fee must be paid before the grading not on the day. No fee = no grading.

White belt-Yellow tag = £30.00

Yellow belt = £30.00

Yellow belt-Green tag = £30.00

Green belt = £30.00

Green belt-Blue tag = £30.00

Blue belt = £30.00

Blue belt-Red tag = £30.00

Red belt = £30.00

Red belt-Black tag = £30.00

Black belt = £60.00\* + Kukkiwon certification fees\*.

Grading resit = £15.00

**\*All prices are subject to change.**

# South Bank Taekwondo

## Grading Test Application Form



Please complete in **BLOCK CAPITALS** and return to the instructor.

Name: ..... D.O.B: .....

Address: .....

Mobile/Tel: ..... Email: .....

BT Member Number: ..... Expiry Date: .....

Current grade: ..... Grade applied for (tick below):

Grade		*Price (includes belt & certificate)	Tick
9 <sup>th</sup> kup	Yellow tag	£30.00	
8 <sup>th</sup> kup	Yellow belt	£30.00	
7 <sup>th</sup> kup	Green tag	£30.00	
6 <sup>th</sup> kup	Green belt	£30.00	
5 <sup>th</sup> kup	Blue tag	£30.00	
4 <sup>th</sup> kup	Blue belt	£30.00	
3 <sup>rd</sup> kup	Red tag	£30.00	
2 <sup>nd</sup> kup	Red belt	£30.00	
1 <sup>st</sup> kup	Black tag	£30.00	
1 <sup>st</sup> Dan	Black belt	£60.00 + Kukkiwon certification fees	
Re-test		£15.00	

\*Price subject to change.

### PAYMENT:

please circle

<b>Bank Transfer</b> Sort Code: 40-05-25 . Account Number: 51620266	Yes	No
<b>In Class</b> Cash / contactless	Yes	No
<b>Online Members Area</b> <a href="https://sbtkd.com/fees">https://sbtkd.com/fees</a>	Yes	No

Please pay grading fee in advance.

-----  
*For official use only*

### Receipt

This is the grading test application for (name): .....

Grade applied for: ..... I acknowledge receipt of the sum of: £.....

Signed: ..... Date: .....