

1st Grade Red/Black Belt Il-Gup

TECHNICAL INFORMATION

Ee-Gup Testing Requirements:

A) Basics and Forms = 1st Stripe 1. All Ee-Gup Requirements 2. Taegeuk Pal Jahng 3. New Techniques	B) Breaking / Sparring = 2nd Stripe 1. Board Breaks 2. Two-Step w/Takedowns 3. HoSin Sool Techniques	C) Terminology = 3rd Stripe 1. Required Terminology 2. Tenants of TKD 3. Asked to test by Instructor
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Form: TAEGEUK PAL JAHNG

“Earth” - GON. Taegeuk eight represents the end of the beginning and can be symbolized as such: if a man starts walking around in a circle, eventually he will come to a point where one more step will take him back to the same spot at which he started his journey. This should be remembered when performing Taegeuk eight; even though it is the last form learned, it is also the beginning of a long journey yet to come.

Movement	Stance	Section	Movement	Stance	Section
<i>Step forward with left foot</i>			<i>Step back with left foot</i>		
1. L Double Fist Middle Block	RB	M	19. L Inside Palm Block	LC	M
2. R Reverse Punch	LF	M	<i>Step 180° CW with right foot</i>		
3. L <u>Jump Front Kick</u>	---	H	20. R Double Knife-hand Block	RC	M
4. L Inside Forearm Block	LF	M	21. R Front Kick	---	H
5. R Reverse Punch	---	M	22. L Reverse Punch	RF	M
6. L Punch	---	M	<i>Step back with right foot</i>		
7. R Punch	RF	M	23. R Inside Palm Block	RC	M
<i>Step 90° CCW with left foot</i>			<i>Step 90° CW with right foot</i>		
8. R High/Low Mountain Block	RF	H/L	24. R Dbl Knife-hand Low Block	LB	L
<i>Pivot 180° CCW, no step</i>			25. L Front Kick	---	H
9. R Upset Punch w/Tension	LF	M	26. R Jump Front Kick	---	H
<i>Double step backwards with left foot</i>			27. R Inside Forearm Block	RF	M
10. L High/Low Mountain Block	LF	H/L	28. L <u>Reverse Punch</u>	---	M
<i>Pivot 180° CW, no step</i>			<i>Step 270° CCW with left foot</i>		
11. L Upset Punch w/tension	RF	M	29. L Outside Forearm Block	RB	M
<i>Step 270° CCW with left foot</i>			30. R Front Elbow Strike	LF	H
12. L Double Knife-hand Block	RB	M	31. R Back Fist	---	H
13. R Reverse Punch	LF	M	32. L Punch	---	M
14. R Front Kick	---	H	<i>Step 180° CW with right foot</i>		
<i>Double step backwards with right foot</i>			33. R Outside Forearm Block	LB	M
15. R Inside Palm Block	RC	M	34. L Front Elbow Strike	RF	H
<i>Step 90° CCW with left foot</i>			35. L Back Fist	---	H
16. L Double Knife-hand Block	LC	M	36. R Punch	---	M
17. L Front Kick	---	H	<i>Return to Joon-Bee with left foot, facing front</i>		
18. R Reverse Punch	LF	M			

Key: L - Left, R - Right, F - Front Stance, B - Back Stance, C - Cat Stance, H - High (Face) Section, L - Low Section, M - Middle Section, Underlined - Ki-Ya

Terminology

Strikes:		Blocks:		Kicks:	
Upper Cut Punch	Oryo Jireugi	High-Low Block Low Double Fist Block	Oesanteul Makki Geodeureo Arae Makki	Jump Front Kick	Tweio Ap Cha

Three-Step Sparring With Takedown: SAM BOH DE RHAN

The student should concentrate first on defense as the three attacks are directed at the student one after another. The first two attacks should be met with a defensive action and quick offensive action, while the last attack should consist of a defensive action followed by several offensive techniques ending with a take-down and loud Ki-Yap!

1) A: Rear Two-Hand Wrist Grab

D1: Step Back Double Hand Release to Front. Elbow Strike to Solar-plexus, Bend Down Leg Lift Take-Down, Side Kick to Head, Ki-Yap!

D2: Fake Left, Swing Right. Reverse Right Hand Grip, Release Left Hand. Block Body (Horse Riding Stance) Arm Bar Take-Down/Submission, Ki-Yap!

2) A: Rear Single-Hand Wrist Grab

D1: Reverse Grab, Pivot to Face Attacker (Sideways). Side-kick Ki-Yap!

D2: Reverse Grab, Spin to Open Side, Back Elbow Attacker (Temple). Single Hand Push/Pull Choke, Leg Reap Takedown, Ki-Yap!

Board Breaking

ONE "set-up" shall be allowed for each break. The student should take care NOT to touch the board with their kicking foot during the "set-up" procedure as that will count as a breaking attempt. The breaking procedure shall be the same as stated for 2nd Grade Red Belt.

REQUIRED BOARD BREAK:

1. Station Knifehand Technique (1 Board)
2. Station Spinning Heel Kick (Right and Left) (1 Board)
3. Station Jump 360 Side Kick (1 Board)

Black Belt Testing Requirement - 2 Essays

ESSAY 1 - Should be a MINIMUM of 2 complete pages plus a cover page (3 pages total). The pages should be double spaced with 1½-inch left margin and 1-inch top, bottom, and right margins. It may be as long as desired. The title must be one of the following:

- "What It Means To Be A Black Belt"
- "Why I Deserve A Black Belt"
- "How Tae Kwon Do Has Affected Me"

ESSAY 2 - 1 Page, formatted the same as the Essay, on the History of Tae Kwon Do.