

3rd Grade Brown Belt Sam-Gup

TECHNICAL INFORMATION

Sam-Gup Testing Requirements:

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| A) Basics and Forms = 1st Stripe 1. All Sa-Gup Requirements 2. Taegeuk Uk 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 UK JAHNG

“Water” - GAM Like water, Taegeuk six is seemingly supple and conforming yet it has the ability to move mountains. The movements are performed like the nature of water: occasionally standing as still as a lake, moving as fast as a racing river, or exploding outward as a crashing wave. In order to develop good hand techniques, you should pay attention to the position of both hands with every technique. Particular attention should be paid to pulling the second hand back close to the side of the body with the palm facing upwards. Practice these points diligently.

| Movement | Stance | Section | Movement | Stance | Section |
|--|--------|---------|---|--------|---------|
| <i>Turn 90° CCW with left foot</i> | | | <i>Step out with left foot during tension movement</i> | | |
| 1. L Low Block | LF | L | 17. Spread Block w/Tension | P | L |
| 2. R Front Kick | --- | H | <i>Step forward with right foot</i> | | |
| <i>Step back with right foot</i> | | | 18. L Reverse Face Block | RF | H |
| 3. L Outside Forearm Block | RB | M | 19. L Round Kick | --- | H |
| <i>Step 180° CW with right foot</i> | | | <i>Turn 270° CW, step left foot next to right Then step forward with right foot</i> | | |
| 4. R Low Block | RF | L | 20. R Low Block | RF | L |
| 5. L Front Kick | --- | H | 21. L Front Kick | --- | H |
| <i>Step back with left foot</i> | | | <i>Step back with left foot</i> | | |
| 6. R Outside Forearm Block | LB | M | 22. R Outside Forearm Block | LB | M |
| <i>Step 90° CCW with left foot</i> | | | <i>Step 180° CCW with left foot</i> | | |
| 7. R Rev. Face Block | LF | H | 23. L Low Block | LF | L |
| 8. R Round Kick | --- | H | 24. R Front Kick | --- | H |
| <i>Turn 90° CCW, step right foot next to left Then step forward with left foot</i> | | | <i>Step back with right foot</i> | | |
| 9. L Outside Forearm Block | LF | M | 25. L Outside Forearm Block | RB | M |
| 10. R Reverse Punch | --- | M | <i>Step 90° CCW with right foot</i> | | |
| <i>Step forward with right foot</i> | | | 26. L Double Knife-hand Block | RB | M |
| 11. R Front Kick | --- | H | <i>Step backward with left foot</i> | | |
| 12. L Reverse Punch | RF | M | 27. R Double Knife-hand Block | FB | M |
| <i>Step 180° CW with right foot</i> | | | <i>Step backward with right foot</i> | | |
| 13. R Outside Forearm Block | RF | M | 28. L Inside Palm Block | LF | M |
| 14. L Reverse Punch | --- | M | 29. R Reverse Punch | --- | M |
| <i>Step forward with left foot</i> | | | <i>Step backward with left foot</i> | | |
| 15. L Front Kick | --- | H | 30. R Inside Palm Block | RF | M |
| 16. R Reverse Punch | LF | M | 31. L Reverse Punch | --- | M |
| <i>Step 90° CCW with left foot next to right</i> | | | <i>Return to Joon-Bee with left foot, facing front</i> | | |
| Key: L - Left, R - Right, F - Front Stance, B - Back Stance, C - Cat Stance, W - Walking, X - X Stance, P - Parallel H - High (Face) Section, L - Low Section, M - Middle Section, Underlined - Ki-Ya | | | | | |

Terminology

| Blocks: | | Kicks: | |
|------------|--------------|--|--|
| Palm Block | Batang Makki | Back Spinning Hook Kick Jump Spinning Heel Kick | Dui Hoo Ryu Chagi Twieo Dui Doll Yo Chagi |

Two-Step Sparring With Takedown: IL BOH DE RHAN

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

Self Defense; HOL SIN SOL

1) Same Side Rear Single Shoulder Grab

D1: Spin to Open Side Front Block/Neck Strike, Front Kick to Groin, Punch to Face, Ki-Yap!

D2: Grab Top of Hand w/same Hand, Step Back Elbow to Ribs, Wrist Supination/Extension, Elbow Break, Take-down to floor, Ki-Yap!

2) Rear Bear Hug

D1: Shin Scrape, Double Arm Lift Escape, Back Elbow Strike, Jump Away Back Side Kick, Ki-Yap!

D2: Knuckle Grind, Opposite Side Top Hand Grab, Spin/Pronation of Attackers Wrist to behind their Back, Take-down to Floor Ki-Yap!

Board Breaking

REQUIRED BOARD BREAK:

4 Station Break consisting of 3 kicks and 1 upper body technique (elbow strike, knife-hand strike or punch):

1 Station Right Kicking Technique (Adult 2 Boards)

1 Station Left Kicking Technique (Adult 2 Boards)

1 Station Jump Kicking Technique

1 Station Upper Body Technique

This board break should be done in a combination fashion. All of the techniques should be completed in a flowing fashion within 15 seconds.

Points to Concentrate on when Practicing Breaking Combinations:

1. The set-up and positioning of the board is important so that all of the techniques are properly spaced and the entire break flows from one technique to another.
2. The student should be focusing their concentration on the break at hand and move quickly to the next station, regardless if the break was successful.
3. Loud Ki-Yap on ALL STATIONS!