

5th Grade Purple Belt O-Gup

TECHNICAL INFORMATION

O-Gup Testing Requirements:

A) Basics and Forms = 1st Stripe 1. All Uk-Gup Requirements 2. Taegeuk Sa Jahng 3. New Techniques	B) Breaking / Sparring = 2nd Stripe 1. Board Breaks 2. Two-Step Defense 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 SA JAHNG

“Thunder” – FJN. Thunder is energy which emanates from the heavens and reaches down to the earth in a fury that is seldom matched by any force of nature. Taegeuk four should be performed with the following in mind: seek the shortest path to the desired goal but do not lose the ability to react to surrounding influences. **Speed** will be developed only after you strengthen your muscles. Tension form practice will be excellent for developing explosive and dynamic movements. Relaxation is a key to speed during motion. When executing techniques at full speed, you should only tighten your muscles the instant before reaching the intended target.

Movement	Stance	Section	Movement	Stance	Section
<i>Step 90° CCW with left foot</i>			<i>Step 180° CW with right foot</i>		
1. L Double Knife-hand Block	RB	M	17. R Outside Forearm Block	LB	M
<i>Step forward with right foot</i>			18. L Front Kick	---	H
2. L Down Palm Block	---	M	<i>Kicking foot steps back to right</i>		
3. R Spear Hand	RF	M	<i>front stance Slide right foot left</i>		
<i>Step 180° CW with right foot</i>			<i>back stance</i>		
4. R Double Knife-hand Block	LB	M	19. L Rev. Inside Forearm Block	LB	M
<i>Step forward with left foot</i>			<i>Step 90° CCW with left foot</i>		
5. R Down Palm Block	---	M	20. L/R Knife High Block/Neck Chop	LF	H/H
6. L Spear Hand	RF	M	<i>Step forward with right foot</i>		
<i>Step 90° CCW with left foot</i>			21. R Front Kick	---	H
7. L/R Knife Face Block/Neck Chop	LF	H/H	22. R Back Fist	RF	H
<i>Step forward with right foot</i>			<i>Step 90° CCW with Left Foot</i>		
8. R Front Kick	---	H	23. L Inside Forearm Block	LW	H
9. L Reverse Punch	RF	M	24. R Reverse Punch	---	M
<i>Step forward with left foot</i>			<i>Step 180° CW with right foot</i>		
10. L Side Kick	---	M	25. R Inside Forearm Block	RW	H
11. Spread Block	LM	L	26. L Reverse Punch	---	M
<i>Step forward with right foot</i>			<i>Step 90° CCW with left foot</i>		
12. R Side Kick	---	M	27. L Inside Forearm Block	LF	M
13. R Double Knife-hand Block	LB	M	28. R Reverse Punch	---	M
<i>Step 270° CCW with left foot</i>			29. L Punch	---	M
14. L Outside Forearm Block	RB	M	<i>Step forward with right foot</i>		
15 R Front Kick	---	H	30. R Inside Forearm Block	RF	M
<i>Kicking foot steps back to left</i>			31. L Reverse Punch	---	M
<i>front stance</i>			32. R <u>Punch</u>	---	M
<i>Slide left foot to right back stance</i>			<i>Return to Joon-Bee with left foot,</i>		
16. R Rev. Inside Forearm Block	RB	M	<i>facing front</i>		

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

Basic Terminology:		Kicks:	
Right Left	Oreun Oen	Ax Kick Hook Kick	Gee Gaw Chagi Hoo Ryu Chagi
Blocks:		Strikes:	
Double Knifehand Block Outside Forearm Block Pressing Block Face Block/Neck Chop	Momtong Sonnal Makki Bakat Makki Noolieo Makki Jebipoom Mok Chigi	Backfist Spearhand Strike	Deung Joomeok Piun Son Keut Chiruegi

TENANTS: All of the five Tenants of Tae Kwon Do should be known to the student at this belt level. The student may be asked to give a personal example or interpretation of any of the five Tenants of Tae Kwon Do during testing.

Two-Step Sparring: EE BOH DE RHAN

This drill is similar to Il Boh De Rhan with the difference being that the attacker will attack a second time after the defender has executed a defense. The attacker will step forward to a left front stance and execute a left punch while the defender would be able to block and counter to the second attack. The second defense should be different than the first.

This drill simulates a failure of the first defense to stop the attacker. Too often, this is the case in the real world and the student would need to react with a defense against a second attack.

Self Defense: Hol Sin Sol

<p>1) A: Two-Hand Grab</p> <p>D1: Weak Link Release, Front Kick to Groin, Double Punch to Body/Face, Ki-Yap!</p> <p>D2: Grab Hand Underneath, Reverse Grip, Wrist Supination/Flexion, Take-down to floor, submission.</p>	<p>2) A: One-Hand Choke</p> <p>D1: Head Grab, Knee Strike to Face, Downward Elbow Strike to Spine, Ki-Yap!</p> <p>D2: Grab to Top of Hand, Pronate Hand to Vertical Position (Pinky Finger Up), Adduction Take-down to floor, submission.</p>
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Board Breaking

REQUIRED BOARD BREAK: 3-Station Board Break consisting of 3 kicks:

- 1 right round kick
- 1 left round kick
- 1 jump kick technique

Points to Concentrate on when practicing the three station break:

1. During execution of the kicking techniques, the student may perform one non-contact "set-up" for each station.
2. Careful attention should be paid to the placement of the 3 stations so that the entire presentation "flows" together.
3. LOUD Ki-Yap!