

6th Grade Green Belt Uk-Gup

TECHNICAL INFORMATION

Uk-Gup Testing Requirements:

A) Basics and Forms = 1st Stripe 1. All Chil-Gup Requirements 2. Taegeuk Sam Jahng 3. New Techniques	B) Breaking/ Sparring = 2nd Stripe 1. Board Breaks 2. One-Step Defense	C) Terminology = 3rd Stripe 1. Required Terminology 2. 1 st - 5 th Tenants of TKD 3. Asked to test by Instructor
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Form: TAEGEUK SAM JAHNG

“Fire” - RJ Taegeuk three flashes with the energy of fire. Like fire, the techniques of this form should be done in an almost rhythmic fashion with occasional bursts of energy. Balance is an important part of your training, so pay attention to detail elements. Solid sole – keep your heel down on the floor, body position – keep your body as upright as possible while kicking. Remember, reaching high is secondary, the most important quality of kicking is proper technique and balance. Hand position – keep your hands in guard position while kicks are being performed, eye contact – keep your eyes on the target before, during, and after execution of each technique.

Movement	Stance	Section	Movement	Stance	Section
<i>Step 90° CCW with left foot</i>			<i>Step 270° CCW with left foot</i>		
1. L Low Block	LW	L	17. L Low Block	LW	L
<i>Step forward with right foot</i>			<i>Step forward with right foot</i>		
2. R Front Kick	---	H	18. R Front Kick	---	H
3. R Punch	RF	M	19. R Punch	RF	M
4. L Reverse Punch	---	M	20. L Reverse Punch	---	M
<i>Step 180° CW with right foot</i>			<i>Step 180° CW with right foot</i>		
5. R Low Block	RW	L	21. R Low Block	RW	L
<i>Step forward with left foot</i>			<i>Step forward with left foot</i>		
6. L Front Kick	---	H	22. L Front Kick	---	H
7. L Punch	LF	M	23. L Punch	LF	M
8. R Reverse Punch	---	M	24. R Reverse Punch	---	M
<i>Step 90° CCW with left foot</i>			<i>Step 90° CCW with left foot</i>		
9. R Rev. Neck Chop	LW	M	25. L Low Block	LW	L
<i>Step forward with right foot</i>			26. R Reverse Punch	---	M
10. L Rev. Neck Chop	RW	M	<i>Step forward with right foot</i>		
<i>Step 90° CCW with left foot</i>			27. R Low Block	RW	L
11. L Single Knife-hand Block	RB	H	28. L Reverse Punch	---	M
<i>Slide left foot forward</i>			<i>Step forward with left foot</i>		
12. R Reverse Punch	LF	M	29. L Front Kick	---	H
<i>Step 180° CW with right foot</i>			30. L Low Block	LW	L
13. R Single Knife-hand Block	LB	H	31. R Reverse Punch	---	M
<i>Slide right foot forward</i>			<i>Step forward with right foot</i>		
14. L Reverse Punch	RF	M	32. R Front Kick	---	H
<i>Step 90° CCW with left foot</i>			33. R Low Block	RW	L
15 R Rev. Inside Forearm Block	LW	H	34. L <u>Reverse Punch</u>	---	M
<i>Step forward with right foot</i>			<i>Return to Joon-Bee with left foot,</i>		
16. L Rev. Inside Forearm Block	RW	H	<i>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

Tenants: (1) Courtesy, (2) Integrity, (3) Perseverance, (4) Self-control, (5) **Indomitable Spirit**

Indomitable Spirit:

One shall be modest and honest. In the face of injustice, one shall not be subdued or vanquished. Instead, the conflict must be overcome without any fear or hesitation.

Terminology

Basic Terminology:		Kicks:	
Start Form Breaking Degree National Flag Jump	Si Jahk Poomse Kyuk Pa Dan Kook Ki Twieo	Jump Turning Side Kick	Twieo DioRo Drat Yeop Chagi
		Strikes:	
		Neck Chop Inside Knife-Hand Strike	Mok Chigi Sonal An Chigi

Form: Individual Action

Attitude is one of the most important aspects you should display when you practice your forms. All achievers have one thing in common, they have a “yes, I can” attitude. If you say “I can’t”, you have defeated yourself and you didn’t even try. Everybody is afraid of failing. Look at failing as one step closer to success rather than as an ending.

Free Sparring

Free sparring should be done to exhibit proper technique for the green belt level. Each student should demonstrate their knowledge and skill of various techniques while using the control of no contact to light contact. Emphasis during testing should be on higher level techniques, utilizing many turning and spinning kicks and combinations of kicks and hand techniques which begin to flow together.

Board Breaking

REQUIRED BOARD BREAK:

Jump Back Turning Side Kick (Left or Right, student’s choice) -- Twieo DioRo Drat Yeop Chagi

Points to Concentrate on when practicing the three station break:

1. When kicking, the knee must come up as high as the intended target during the jump.
2. When jumping, both feet should leave the ground at the same moment, from a deep fighting stance, and the body should jump TOWARDS the intended target. The actual kick should be done from memory and one should not be looking at the target at the moment the foot contacts.
3. LOUD Ki-Yap