

8th Grade Yellow Belt Pal-Gup

TECHNICAL INFORMATION

Pal-Gup Testing Requirements:

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

“Heaven” - KEON. The beginning of the Taegeuk forms, it is the mother of all and the initial molding force that guides the future actions and outcomes of these forms. As such, it should be performed with the grandeur that is due to Heaven.

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.

Movement	Stance	Section	Movement	Stance	Section
<i>Step 90° CCW with left foot</i>			<i>Step 90° CW with right foot</i>		
1. L Low Block	LW	L	11. R Low Block	RF	L
<i>Step forward with right foot</i>			12. L Reverse Punch	---	M
2. R Punch	RW	M	<i>Step 90° CCW with left foot</i>		
<i>Step 180° CW with right foot</i>			13. L Face Block	LW	H
3. R Low Block	RW	L	<i>Step forward with right foot</i>		
<i>Step forward with left foot</i>			14. R Front Kick	---	H
4. L Punch	LW	M	15. R Punch	RW	M
<i>Step 90° CCW with left foot</i>			<i>Step 180° CW with right foot</i>		
5. L Low Block	LF	L	16. R Face Block	RW	H
6. R Reverse Punch	---	M	<i>Step forward with left foot</i>		
<i>Step 90° CW with right foot</i>			17. L Front Kick	---	H
7. L Rev. Inside Forearm Block	RW	M	18. L Punch	LW	M
<i>Step forward with left foot</i>			<i>Step 90° CW with left foot</i>		
8. R Reverse Punch	LW	M	19. L Low Block	LF	L
<i>Step 180° CCW with left foot</i>			<i>Step forward with right foot</i>		
9. R Rev. Inside Forearm Block	LW	M	20. R <u>Punch</u>	RF	M
<i>Step Forward with right foot</i>			<i>Return to Joon-Bee with left foot,</i>		
10. L Reverse Punch	RW	M	<i>facing front</i>		

Key: L - Left, R - Right, F - Front Stance, B - Back Stance, C - Cat Stance, W - Walking, X - X Stance 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

Perseverance: One must be able to adhere to the beliefs and purpose of Tae Kwon Do. To become a leader in Tae Kwon Do, one must learn to be patient and to persevere.

Terminology

Basic Terminology:		Strikes:	
Martial Art Student Side Front Back Reverse Sit Down Stand Up	Je Ja	Side Punch	Yeop Jireugi
	Yeop	Reverse Punch (Middle)	Momtong Bah-ro Jireugi
	Ap	Stances:	
	Duie	Fighting Stance	Kiruegi Jasse
	Bah-ro	Walking Stance	Ap Soe
Ahn Jo	Blocks:		
Yi Ro Sut	Inside Forearm Block	An Makki	

One-Step Sparring: Il BOH DE RHAN

Students should practice and become proficient at the first 5 one steps taught during the first two ranks. At this point, the student should utilize all of their blocks and various counter-attacks in any variety of combinations. The students are judged based on combination of movements and the number of techniques used during each one-step defense execution; i.e. (1) Inside forearm block, (2) Side Chop, (3) Reverse Punch, (4) Front Leg Side Kick, (5) Turning Side Kick, Ki-yap!

Free Sparring

1. ONLY SHOULD BE DONE IN THE PRESENCE OF AN INSTRUCTOR!
2. NO CONTACT SHOULD BE MADE AT ANY TIME.
3. Special attention should be paid to good sportsmanship

Points to Concentrate on:

Concentrate PRIMARILY on the basics learned: Front Kick, Side Kick, Round Kick and Punch while also working on advanced techniques (jump kicks, turning side kick) Always keep hands in tight fists and up in a guarding position, protecting the head and chest.

Board Breaking

REQUIRED BOARD BREAK:

Back Leg Side Kick (Left or Right, student's choice) -- Yeop Chagi

Points to Concentrate on when practicing the side kick:

1. The kicking leg should completely extend at the end of the kick
2. Toes on the kicking foot should point slightly downward, towards the floor
3. Contact with the board should be with the sword-edge or heel of the foot (toes should not touch!)

BOARD SIZE: 1" x 12" Pine board cut to length as specified for the students age.

Length: Up to 7 yrs. old 6 inch
 8 - 12 years old 8 inch
 13 through adult 10 inch