

# BLUE-BELT REQUIREMENTS

## TECHNICAL INFORMATION



### Sa-Gup (4<sup>th</sup> Grade) Testing Requirements

Basics and Forms = 1 <sup>st</sup> Stripe	Breaking/Sparring = 2 <sup>nd</sup> Stripe	Terminology/Attitude = 3 <sup>rd</sup> Stripe
All O-Gup Requirements Taegeuk O Jahng New Techniques	Board Breaks Two-Step Defenses Free Sparring	Required Terminology All Tenets & Definitions Asked to test by an Instructor

### Form: TAEGEUK O JAHNG

“Wind” - SEON Wind tends to be gentle by nature, blowing trees and grasses, however, in its rage, wind has the power to destroy towns and cities. Taegeuk five should be performed in this light with flowing elegance, while containing the ability to cause mass destruction with a single movement. 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
<b>Step 90° CCW with left foot</b>			<b>Step 180° CW with right foot</b>		
<b>1. L Low Block</b>	LF	L	<b>16. R Single Knife-hand Block</b>	LB	M
<i>Step back with left foot to left L stance</i>			<i>Step forward with left foot</i>		
<b>2. L Hammer Fist</b>	LL	M	<b>17. L Elbow Smash</b>	LF	H
<i>Step 180° CW with right foot</i>			<i>Step 90° CCW with left foot</i>		
<b>3. R Low Block</b>	RF	L	<b>18. L Low Block</b>	LF	L
<i>Step back with right foot to right L stance</i>			<b>19. R Rev. Inside Forearm Block</b>	---	M
<b>4. R Hammer Fist</b>	RL	M	<i>Step forward with right foot</i>		
<i>Step 90° CCW, step forward with left foot</i>			<b>20. R Front Kick</b>	---	H
<b>5. L Inside Forearm Block</b>	LF	M	<b>21. R Low Block</b>	RF	L
<b>6. R Rev. Inside Forearm Block</b>	---	M	<b>22. L Rev. Inside Forearm Block</b>	---	M
<i>Step forward with right foot</i>			<i>Step 90° CCW with Left Foot</i>		
<b>7. R Front Kick</b>	---	H	<b>23. L Face Block</b>	LF	H
<b>8. R Back Fist</b>	RF	H	<i>Step forward with right foot</i>		
<b>9. L Rev. Inside Forearm Block</b>	---	M	<b>24. R Side Kick</b>	---	M
<i>Step forward with left foot</i>			<b>25. L Rev. Elbow Target Strike</b>	RF	H
<b>10. L Front Kick</b>	---	H	<i>Step 180° CW with right foot</i>		
<b>11. L Back Fist</b>	LF	H	<b>26. R Face Block</b>	RF	H
<b>12. R Rev. Inside Forearm Block</b>	---	M	<i>Step Forward with left foot</i>		
<i>Step forward with right foot</i>			<b>27. L Side Kick</b>	---	M
<b>13. R Back Fist</b>	RF	H	<b>28. R Rev. Elbow Target Strike</b>	LF	H
<i>Step 270° CCW with left foot</i>			<i>Step 90° CCW with left foot</i>		
<b>14. L Single Knife-hand Block</b>	RB	M	<b>29. L Low Block</b>	LF	L
<i>Step forward with right foot</i>			<b>30. R Inside Forearm Block</b>	---	M
<b>15 R Elbow Smash</b>	LF	H	<i>Step forward with right foot</i>		
			<b>31. R Front Kick</b>	---	H
			<b>32. R Back Fist</b>	RX	H
			<b>Return to Joon-Bee with left foot, facing front</b>		
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-Yap					

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## TENETS:

All 5 Tenets and their definitions must be known word-for-word. Students may be asked to give a personal example or interpretation of any of the five Tenets as well as recite their definitions during testing.

## TERMINOLOGY:

### **BASIC**

Breaking..... Kyuk Pa  
National Flag ..... Kook Ki

### **STRIKES**

Hammer Fist ..... Mae Joomeok  
Elbow Strike ..... Pal Gup Chigi  
Elbow Target Strike ..... Pal Gup Pyonjeok Chigi

### **EE BOH DE RHAN (TWO-STEP SPARRING)**

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 (block). The attacker will step forward to a left front stance and execute a left punch while the defender should be able to block and counter to the second attack. The second defense should be different than the first.

### **HOL SIN SOL (SELF DEFENSE)**

#### **ESCAPE - ONE HAND GRAB (Opposite Side)**

1. Open the hand/Spread the fingers
2. Place free hand on opponents hand
3. Step past your opponent, making knifehand against their wrist
4. Chop downward to release grip

#### **GRIP - HYPEREXTENSION**

1. Grab around the base of the thumb (opposite hand)
2. Step outside of the opponents arm, facing the same direction as the opponent, rotating the hand to the front of your body
3. 2<sup>nd</sup> hand grabs around base of pinky, thumbs supporting under opponents wrist.
4. Pull your fingers towards you while pushing your thumbs away.

### **KYUK PA (BOARD BREAKING)**

#### **REQUIRED: 3-Station Break**

**Oreun Chagi** (Right Kick - Students Choice)

**Oen Chagi** (Left Kick - Students Choice)

**Twieo Chagi** (Jump Kick - Students Choice)

#### **Points to Concentrate on when practicing the 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!