

GREEN-BELT REQUIREMENTS

TECHNICAL INFORMATION



Uk-Gup (6th Grade) Testing Requirements

Basics and Forms = 1 st Stripe	Breaking/Sparring = 2 nd Stripe	Terminology/Attitude = 3 rd Stripe
All Chil-Gup Requirements Taegeuk Sam Jahng New Techniques	Board Breaks One-Step Defenses Free Sparring	Required Terminology 1-5 Tenets & Definitions Asked to test by an Instructor

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, facing front</i>		
16. L Rev. Inside Forearm Block	RW	H			

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

GREEN-BELT REQUIREMENTS



TENETS: The definitions of the first four Tenets must be memorized (word-for-word)
(1) Courtesy, (2) Integrity, (3) Perseverance, (4) SELF-CONTROL, (5) Indomitable Spirit

One must exert self-control both inside and outside of the Do-Jang. Self control must be practiced to avoid injury to self and others.

TERMINOLOGY:

BASIC

Class Dismissed..... Hae-Cho
Form..... Poomse
Degree..... Dan

KICKS

Jump Turning Side KickTweio DioRo Drat Yeop
Chagi

STRIKES

Reverse punch (Middle)..... Momtong Bah-Ro Jireugi
Neck Strike Mok Chigi
Inside Knifehand Strike..... Sonal An Chigi

BLOCKS

Outside Knifehand Block.....Han Sonnal Makki

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.

II BOH DE RHAN (ONE-STEP SPARRING)

Students should practice and become proficient at the first 12 one steps taught during the first four 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.

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.

KYUK PA (BOARD BREAKING)

REQUIRED: Tweio DioRo Drat Yeop Chagi (Jump Back Turning Side Kick)

Points to Concentrate on when practicing the 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