

ORANGE-BELT REQUIREMENTS

TECHNICAL INFORMATION



Chil-Gup (7th Grade) Testing Requirements

Basics and Forms = 1 st Stripe	Breaking/Sparring = 2 nd Stripe	Terminology/Attitude = 3 rd Stripe
All Pal-Gup Requirements Taegeuk Ee Jahng New Techniques	Board Breaks One-Step Defense Free Sparring	Required Terminology 1-4 Tenets & Definitions Asked to test by an Instructor

Form: TAEGEUK EE JAHNG

“Lake” - TAE. Taegeuk two is representative of a Lake: serene, placid, and halycon. The movements of this form should be done with fluidity and the realization that even though there are boundaries that control our actions, we have the ability to overcome them.

In order to develop good kicking techniques, you should pay attention to the detail of all kicks (foot techniques), such as Chamber (loading position), Execution (direction), Re-chamber (reload position after the kick is thrown), and Pivot (turning your standing leg). Pay close attention to these points.

MOVEMENT	Stance	Section	MOVEMENT	Stance	Section
<i>Step 90° CCW with left foot</i>			12. L Punch	LF	H
1. L Low Block	LW	L	<i>Step 90° CCW with left foot</i>		
<i>Step forward with right foot</i>			13. L Face Block	LW	H
2. R Punch	RF	M	<i>Step forward with right foot</i>		
<i>Step 180° CW with right foot</i>			14. R Face Block	RW	H
3. R Low Block	RW	L	<i>Step 270° CCW with left foot</i>		
<i>Step forward with left foot</i>			15. R Rev. Inside Forearm Block	LW	M
4. L Punch	LF	M	<i>Step 180° CW with right foot</i>		
<i>Step 90° CCW with left foot</i>			16. L Rev. Inside Forearm Block	RW	M
5. R Rev. Inside Forearm Block	LW	M	<i>Step 90° CCW with left foot</i>		
<i>Step up with right foot</i>			17. L Low Block	LW	L
6. L Rev. Inside Forearm Block	RW	M	<i>Step forward with right foot</i>		
<i>Step 90° CCW with left foot</i>			18. R Front Kick	RW	H
7. L Low Block	LW	L	19. R Punch	---	M
<i>Step forward with right foot</i>			<i>Step forward with left foot</i>		
8. R Front Kick	---	H	20. L Front Kick	---	H
9. R Punch	RF	H	21. L Punch	LW	M
<i>Step 180° CW with right foot</i>			<i>Step forward with right foot</i>		
10. R Low Block	RW	L	22. R Front Kick	---	H
<i>Step forward with left foot</i>			23. R Punch	RW	M
11. L Front Kick	---	H	<i>Return to Joon-Bee with left foot, 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-Yap

TENETS: The definitions of the first three Tenets must be memorized (word-for-word)

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

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.

ORANGE-BELT REQUIREMENTS



TERMINOLOGY:

BASIC

Class (rank) Gup
Side..... Yeop
Front..... Ap
Back..... Duie
Turn Around..... DioRo Drat
Reverse..... Bah-ro

STRIKES

Face Punch.....Eolgool Jireugi

KICKS

Roundhouse KickDoll-Yo Chagi
Back Turning Side Kick.....DioRo Drat Yeop Chagi

STANCES

Horse Riding StanceMawtegi Jasse

II BOH DE RHAN (ONE-STEP SPARRING)

All One Steps Begin in the Same Manner:

(Attacker) - Step back with the RIGHT foot to a LEFT *Front Stance*, LEFT *Low Block*, Ky-Yap.

(Defender) - Ki-Yap!

(Attacker) - Raise LEFT arm, step forward with the RIGHT foot to a RIGHT *Front Stance*, RIGHT *Punch* to face.

1. Step center with left foot to RIGHT *Back Stance*, LEFT *Outside Forearm Block*, LEFT *Backfist* (nose), LEFT *Side Kick* (solar plexus), step wide right and execute RIGHT *Spinning Back Crescent Kick* (face), **KI-YAP!**, land in RIGHT *Back Stance*, *Double Fist Guarding Block*
2. Step outside with left foot to LEFT *Front Stance*, LEFT *Face Block*, RIGHT *Reverse Punch* (solar plexus), RIGHT *Reverse Punch* (face), RIGHT *Circle Ridgehand Strike* (groin), both hands grab opponents shoulders, pull forward with RIGHT *Knee Strike* (solar plexus), **KI-YAP!**; land right foot behind in a RIGHT *Back Stance*, *Double Fist Guarding Block*
3. Slide right foot back to RIGHT *Back Stance*, RIGHT *Inside Crescent Kick* block, LEFT *Back Turning Side Kick* (solar plexus), RIGHT *Roundhouse Kick* (solar plexus or face), land in LEFT *Back Stance*, RIGHT *Backfist Strike* (temple), slide right foot to RIGHT *Front Stance*, LEFT *Reverse Punch* (solar plexus), **KI-YAP!**; step back with right foot to RIGHT *Back Stance*, *Double Fist Guarding Block*

KYUK PA (BOARD BREAKING)

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

Points to Concentrate on when practicing the station break:

- When the foot contacts the board, the student should be looking over the back of the same shoulder as the kicking leg - NOT in front of their shoulder at the target.
- Toes on the kicking foot should be completely extended with the kicking foot pointed slightly downward.
- LOUD KI-YAP!