

# 10<sup>th</sup> Grade White Belt Ship-Gup

## TECHNICAL INFORMATION

### Ship-Gup Testing Requirements:

<b>A) Basics and Forms = 1<sup>st</sup> Stripe</b> 1. Ki-Bon Il Jahng 2. Basic Techniques 3. Basic Commands	<b>B) Breaking/ Sparring = 2<sup>nd</sup> Stripe</b> 1. One-Step Attacking 2. 3 One Step Defense 3. 3 Kicks Back and Forth	<b>C) Terminology = 3<sup>rd</sup> Stripe</b> 1. Required Terminology 2. Name of 1 <sup>st</sup> Tenants of TKD 3. Asked to test by Instructor
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### Form: KI-BON IL JAHNG

Movement	Stance	Section	Movement	Stance	Section
<i>Turn 90° CCW with left foot</i>			<b>11. R Low Block</b>	<b>RF</b>	<b>L</b>
<b>1. L Low Block</b>	<b>LF</b>	<b>L</b>	<i>Step forward with left foot</i>		
<i>Step forward with right foot</i>			<b>12. L Punch</b>	<b>LF</b>	<b>M</b>
<b>2. R Punch</b>	<b>RF</b>	<b>M</b>	<i>Step 90° CCW with left foot</i>		
<i>Step 180° CW with right foot</i>			<b>13. L Low Block</b>	<b>LF</b>	<b>L</b>
<b>3. R Low Block</b>	<b>RF</b>	<b>L</b>	<i>Step forward with right foot</i>		
<i>Step forward with left foot</i>			<b>14. R Punch</b>	<b>RF</b>	<b>M</b>
<b>4. L Punch</b>	<b>LF</b>	<b>M</b>	<i>Step forward with left foot</i>		
<i>Step 90° CCW with left foot</i>			<b>15 L Punch</b>	<b>LF</b>	<b>M</b>
<b>5. L Low Block</b>	<b>LF</b>	<b>L</b>	<i>Step forward with right foot</i>		
<i>Step forward with right foot</i>			<b>16. R <u>Punch</u></b>	<b>RF</b>	<b>M</b>
<b>6. R Punch</b>	<b>RF</b>	<b>M</b>	<i>Step 270° CCW with left foot</i>		
<i>Step forward with left foot</i>			<b>19. L Low Block</b>	<b>LF</b>	<b>L</b>
<b>7. L Punch</b>	<b>LF</b>	<b>M</b>	<i>Step forward with right foot</i>		
<i>Step forward with right foot</i>			<b>20. R Punch</b>	<b>RF</b>	<b>M</b>
<b>8. R <u>Punch</u></b>	<b>RF</b>	<b>M</b>	<i>Step 180° CW with right foot</i>		
<i>Step 270° CCW with left foot</i>			<b>21 R Low Block</b>	<b>RF</b>	<b>L</b>
<b>9. L Low block</b>	<b>LF</b>	<b>L</b>	<i>Step forward with left foot</i>		
<i>Step forward with right foot</i>			<b>22. L Punch</b>	<b>LF</b>	<b>M</b>
<b>10. R Punch</b>	<b>RF</b>	<b>M</b>	<i>Return to Joon-Bee with left foot, facing front</i>		
<i>Step 180° CW with right foot</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

### COURTESY:

- To promote the spirit of mutual concessions
- To be ashamed of one's vice contemplating that of others
- To be polite to one another
- To encourage a sense of justice
- To distinguish instructor from student, senior from junior

## Terminology

Basic Terminology:		Strikes:	
Master Instructor	Sa-Bom Nim	Body Punch	Momtong Jiruegi
Instructor	Gyo-Sa Nim	<b>Blocks:</b>	
Attention	Char-Yut	Down Block	Arae Makki
Bow	Kyung-Yea	<b>Kicks:</b>	
Training Hall	Do-Jang	Front Kick	Ap Chagi
Training Uniform	Do-Bak	<b>Stances:</b>	
Belt	Dee	Ready Stance	Joon Bee
Stop	Geu-Mahn	Long Front Stance	Ap Koobi
Class Dismissed	Hae-Cho		
Thank You	Gam Sa Ham Ni Da		

**Counting:** 1 - Hanna, 2 - Dool, 3 - Set, 4 - Net, 5 - Dasot, 6 - Yosot, 7 - Ilgot, 8 - Yodul, 9 - Ahope, 10 - Yeul

## One-Step Sparring: IL BOH DE RHAN

### (A) Attacker (D) Defender

ALL One-steps BEGIN IN THE SAME MANNER:	(A) Step back to left front stance, LEFT low block, Ki-yap. (D) Ki-yap. (A) Step forward to RIGHT front stance, RIGHT punch (H).
<ol style="list-style-type: none"> <li>(D) Step outside with the left foot to a LEFT front stance, LEFT high block, RIGHT punch (M), LEFT punch (M), RIGHT punch (H) - KI-YAP! Step back with left foot to LEFT back stance, fighting position.</li> <li>(D) Step center with left foot to a RIGHT back stance, LEFT side block, LEFT side chop (H), RIGHT round kick (M) - KI-YAP! Step back with right foot to RIGHT back stance, fighting position.</li> <li>(D) Step left with left foot to a horse-riding stance, LEFT palm block, RIGHT punch (M), LEFT punch (M), RIGHT punch (H) - KI-YAP! Step left foot to right foot, step back with right foot to RIGHT back stance, fighting position.</li> </ol>	

### 3 Kicks Back and Forth

- Opponents #1 and #2 face each other in fighting stance.
- Opponent #1 kicks 3 consecutive kicks, advancing towards Opponent #2 with each kick.
- After completing the 3rd kick, Opponent #2 kicks 3 consecutive kicks, advancing back towards Opponent #1.
- Repeat kicking back & forth until the Instructor stops the drill.

### Points to Concentrate on:

Concentrate ONLY on the 3 kicks learned: Front Kick, Side Kick, and Round Kick. Move back in a STRAIGHT line, keeping the body facing SIDEWAYS.

Move WITH the Opponent. . . moving away as they kick, with hands in a defensive position