

10th Grade White Belt Ship-Gup

TECHNICAL INFORMATION

Ship-Gup Testing Requirements:

A) Basics and Forms = 1st Stripe

1. Ki-Bon Il Jahng
2. Basic Techniques
3. Basic Commands

B) Breaking / Sparring = 2nd Stripe

1. One-Step Attacking
2. 3 One Step Defense
3. 3 Kicks Back and Forth

C) Terminology = 3rd Stripe

1. Required Terminology
2. Name of 1st Tenants of TKD
3. Asked to test by Instructor

Form: KI-BON IL JAHNG

Movement	Stance	Section	Movement	Stance	Section
<i>Turn 90° CCW with left foot</i>			11. R Low Block	RF	L
1. L Low Block	LF	L	<i>Step forward with left foot</i>		
<i>Step forward with right foot</i>			12. L Punch	LF	M
2. R Punch	RF	M	<i>Step 90° CCW with left foot</i>		
<i>Step 180° CW with right foot</i>			13. L Low Block	LF	L
3. R Low Block	RF	L	<i>Step forward with right foot</i>		
<i>Step forward with left foot</i>			14. R Punch	RF	M
4. L Punch	LF	M	<i>Step forward with left foot</i>		
<i>Step 90° CCW with left foot</i>			15. L Punch	LF	M
5. L Low Block	LF	L	<i>Step forward with right foot</i>		
<i>Step forward with right foot</i>			16. R Punch	RF	M
6. R Punch	RF	M	<i>Step 270° CCW with left foot</i>		
<i>Step forward with left foot</i>			17. L Low Block	LF	L
7. L Punch	LF	M	<i>Step forward with right foot</i>		
<i>Step forward with right foot</i>			18. R Punch	RF	M
8. R Punch	RF	M	<i>Step 180° CW with right foot</i>		
<i>Step 270° CCW with left foot</i>			19. R Low Block	RF	L
9. L Low block	LF	L	<i>Step forward with left foot</i>		
<i>Step forward with right foot</i>			20. L Punch	LF	M
10. R Punch	RF	M	<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-Ya

Tenets: (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	Blocks:	
Attention	Char-Yut	Down Block	Arae Makki
Bow	Kyung-Yea	Kicks:	
Training Hall	Do-Jang	Front Kick	Ap Chagi
Training Uniform	Do-Bak	Stances:	
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:	<p>(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).</p>
<ol style="list-style-type: none"> (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. (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. (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. 	

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