

## 2<sup>nd</sup> Grade Red Belt    Ee-Gup

### TECHNICAL INFORMATION

#### Ee-Gup Testing Requirements:

<b>A) Basics and Forms = 1<sup>st</sup> Stripe</b> 1. All Sam-Gup Requirements 2. Taegeuk Chil Jahng 3. New Techniques	<b>B) Breaking / Sparring = 2<sup>nd</sup> Stripe</b> 1. Board Breaks 2. Three-Step Defense 3. HoSin Sool Techniques	<b>C) Terminology = 3<sup>rd</sup> Stripe</b> 1. Required Terminology 2. Tenants of TKD 3. Asked to test by Instructor
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#### Form: TAEGEUK CHIL JAHNG

**“Mountain” - GAN.** Mountains can range in size from a small hill to the tallest apex on the planet earth. Regardless of their physical size, all mountains share the same grandeur and majesty. Taegeuk seven should be performed with the feeling that your movements deserve the highest praise and esteem. 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
<i>Turn 90° CCW with left foot</i>			<i>Step 270° CCW with left foot</i>		
1. R Inside Palm Block	LC	M	22. Bull Block	LF	H
2. R Front Kick	---	H	23. Head Grab	---	H
<i>Step back with right foot</i>			24. R Knee Strike	---	M
3. L Inside Forearm Block	LC	M	<i>Step forward with right foot</i>		
<i>Step 180° CW with right foot</i>			25. Double Upset Punch	RX	M
4. L Inside Palm Block	RC	M	<i>Step backwards with left foot</i>		
5. L Front Kick	---	H	26. Low X-Block	RF	L
<i>Step back with left foot</i>			<i>Step 180° CW</i>		
6. R Inside Forearm Block	RC	M	27. Bull Block	RF	H
<i>Step 90° CCW with left foot</i>			28. Head Grab	---	H
7. L Double Knife-Hand Block	RB	L	29. L Knee Strike	---	M
8. R Double Knife-Hand Block	LB	L	<i>Step forward with left foot</i>		
<i>Turn 90° CCW, step up with left foot</i>			30. Double Upset Punch	LX	M
9. L Down Palm Block	LC	M	<i>Step backwards with right foot</i>		
10. R Inside Palm Block	---	M	31. Low X-Block	LF	L
11. R Tension Down Palm Block	---	M	<i>Step 90° CCW with left foot</i>		
12. R Back Fist	---	H	32. L Back Fist	LW	H
<i>Step 180° CW with right foot</i>			33. L Grab	---	H
13. R Down Palm Block	RC	M	34. R Inside Crescent Kick	---	H
14. L Inside Palm Block	---	M	35. R Target Elbow Strike	M	H
15. L Tension Down Palm Block	---	M	<i>Step up with left foot</i>		
16. L Back Fist	---	H	36. R Back Fist	RW	H
<i>Turn 90° CCW with left foot next to right. Assume a parallel stance</i>			37. R Grab	---	H
17. -- Double Fist Block?	P	H	38. L Inside Crescent Kick	---	H
<i>Step forward with left foot</i>			39. L Target Elbow Strike	M	H
18. L Scissors Block	LF	H/L	<i>No step</i>		
19. R Scissors Block	---	H/L	40. L Single Knife Hand Block	---	M
20. R Scissors Block	RF	H/L	41. R Side Punch	LB	M
21. L Scissors Block	---	H/L	<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,  
 H – High (Face) Section, L – Low Section, M – Middle Section, Underlined – Ki-Ya

## Terminology

<b>Strikes:</b>		<b>Blocks:</b>	
Knee Strike Ridge Hand Strike Double Middle Punch	Mu Roop Chigi Sonnal Deung Chigi Dul Joomoek Montong Jireugi	Low Double Knife Block Scissor Block High Spread Block Low X-Block	Arae Sonnal Makki Gawi Makki Wong So Makki Eotgeoreo Makki
<b>Kicks:</b>		<b>Stances:</b>	
Crescent Kick	Bandal Chagi	Tiger Stance	Beom Seo

## Three-Step Sparring: SAM BOH DE RHAN

The student should concentrate first on defense as the three attacks are directed at the student one after another. The first two attacks should be met with a defensive action and quick offensive action, while the last attack should consist of a defensive action followed by several offensive techniques ending with a loud Ki-Yap!

## Self Defense: Hol Sin Sol

### **1) A: Rear Choke w/Arm Grab**

**D1:** Weak Link Release Back Elbow Strike, Grab to Elbow and Hand, Drop to Elbow Side Knee to Throw, Face Punch Ki-Yap!

**D2:** Weak Link Release Back Elbow Strike, Tuck into Elbow, Drop Down Holding Wrist and Pushing Elbow Up, Step Behind, Take-down to floor.

### **2) A: Rear Double Shoulder Grab**

**D1:** Spin Double Arm Trap, Knifehand Strike to Temple, Upper-cut Punch to Lower Ribs, Ki-Yap!

**D2:** Step Back-Back Elbow to Ribs, Slide Inside Hand Through Opponents Arms, Leg Reap, Choking Take-down to Floor, submission.

## Board Breaking

**ONE "set-up" shall be allowed for each break. The student should take care NOT to touch the board with their kicking foot during the "set-up" procedure as that will count as a breaking attempt.**

### **REQUIRED BOARD BREAK:**

- 1 Spinning Heel Kick (1 Board)
- 1 Ax Kick (1 Board)
- 1 Back Elbow Strike (1 Board)
- 1 Round House Kick (2 Board Adult/1Board Children)

**4 Stations:** All techniques may be performed one station at a time. Elbow strike technique may be performed using either elbow and at least one kicking technique shall be performed with each leg.