

4th Grade Blue Belt Sa-Gup

TECHNICAL INFORMATION

Sa-Gup Testing Requirements:

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| A) Basics and Forms = 1st Stripe 1. All O-Gup Requirements 2. Taegeuk O Jahng 3. New Techniques | B) Breaking / Sparring = 2nd Stripe 1. Board Breaks 2. Two-Step Defense 3. HoSin Sool Techniques | C) Terminology = 3rd Stripe 1. Required Terminology 2. Tenants of TKD 3. Asked to test by Instructor |
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Form: TAEGEUK O JAHNG

“Wind” - SEON Wind tends to be gentle by nature, blowing trees and grasses, however, in its rage, wind has the power to destroy towns and cities. Taegeuk five should be performed in this light with flowing elegance, while containing the ability to cause mass destruction with a single movement. 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 |
|--------------------------------------|--------|---------|------------------------------------|--------|---------|
| Step 90° CCW with left foot | | | | | |
| L Low Block | LF | L | Step forward with left foot | | |
| Step back with left foot to left | | | 17. L Elbow Smash | LF | H |
| L stance | | | Step 90° CCW with left foot | | |
| 2. L Hammer Fist | LL | M | 18. L Low Block | LF | L |
| Step 180° CW with right foot | | | 19. R Rev. Inside Forearm Block | --- | M |
| 3. R Low Block | RF | L | Step forward with right foot | | |
| Step back with right foot to right L | | | 20. R Front Kick | --- | H |
| stance | | | 21. R Low Block | RF | L |
| 4. R Hammer Fist | RL | M | 22. L Rev. Inside Forearm Block | --- | M |
| Step 90° CCW, step forward with left | | | Step 90° CCW with Left Foot | | |
| foot | | | 23. L Face Block | LF | H |
| 5. L Inside Forearm Block | LF | M | Step forward with right foot | | |
| 6. R Rev. Inside Forearm Block | --- | M | 24. R Side Kick | --- | M |
| Step forward with right foot | | | 25. L Rev. Elbow Target Strike | RF | H |
| 7. R Front Kick | --- | H | Step 180° CW with right foot | | |
| 8. R Back Fist | RF | H | 26. R Face Block | RF | H |
| 9. L Rev. Inside Forearm Block | --- | M | Step Forward with left foot | | |
| Step forward with left foot | | | 27. L Side Kick | --- | M |
| 10. L Front Kick | --- | H | 28. R Rev. Elbow Target Strike | LF | H |
| 11. L Back Fist | LF | H | Step 90° CCW with left foot | | |
| 12. R Rev. Inside Forearm Block | --- | M | 29. L Low Block | LF | L |
| Step forward with right foot | | | 30. R Inside Forearm Block | --- | M |
| 13. R Back Fist | RF | H | Step forward with right foot | | |
| Step 270° CCW with left foot | | | 31. R Front Kick | --- | H |
| 14. L Single Knife-hand Block | RB | M | 32. R Back Fist | RX | H |
| Step forward with right foot | | | | | |
| 15 R Elbow Smash | LF | H | Return to Joon-Bee with left foot, | | |
| Step 180° CW with right foot | | | facing front | | |
| 16. R Single Knife-hand Block | LB | M | | | |

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

| Basic Terminology: | | Strikes: | |
|--------------------|-------------------------|--------------------|------------------------|
| How Are You, Sir? | Ann Nyung Ha Ship Neega | Hammer Fist | Mae Joomeok |
| | | Elbow Strike | Pal Gup Chigi |
| | | Elbow Smash | Pal Gup-Pyonjeok Chigi |
| | | Kicks: | |
| | | Spinning Heel Kick | Dui Doll Yo Chagi |
| Front Stretch Kick | Ap Ol Lee Ghee | | |
| | | Side Stretch Kick | Yeop Ol Lee Ghee |
| Stances: | | | |
| | | X-Stance | Keo Seogi |

Two-Step Sparring: EE BOH DE RHAN

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

Self Defense: Hol Sin Sol

1. A: Opposite Hand Single-Wrist Grab

D1: Step into Attacker, Weak-Link Release, Upset Knifehand Strike to Neck, Ki-Yap!

D2: Cover/Grab Attackers Hand, Rotate Hand Inside to Outside to the Top of the Attackers Hand. Adduction Take-down to Floor, submission.

2. A: Front Bear Hug

D1: Lift Arms/Drop Down Escape, Push Back Front Kick, Ki-Yap!

D2: Head-butt Strike to Temple, Arm Lift Escape, Double Leg Take-Down, Groin Kick, Ki-Yap!

Board Breaking

3-Station Board Break consisting of 3 kicks.

REQUIRED BOARD BREAK:

1 Right Leg Kicking Technique (Adults 2 Boards)

1 Left Leg Kicking Technique (Adults 2 Boards)

1 Jump Kicking Technique

This board break should be done in combination fashion, all of the kicking techniques must be combined to simulate a combative situation. All three of the kicking techniques should be completed within 10 seconds.

Points to Concentrate on when practicing the kicking techniques:

1. The set-up and positioning of the board is extremely important to allow for continuous movement between kicking techniques. See your instructor for help in this area.
2. When one kicking technique is completed, the student must immediately switch their attention to the next station break, regardless if the first station break actually broke or not.
3. LOUD Ki-Yap And good attitude!