

4th Grade Blue Belt Sa-Gup

TECHNICAL INFORMATION

Sa-Gup Testing Requirements:

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!