

# 5<sup>th</sup> Grade Purple Belt O-Gup

## TECHNICAL INFORMATION

### O-Gup Testing Requirements:

<b>A) Basics and Forms = 1<sup>st</sup> Stripe</b> 1. All Uk-Gup Requirements 2. Taegeuk Sa Jahng 3. New Techniques	<b>B) Breaking / Sparring = 2<sup>nd</sup> Stripe</b> 1. Board Breaks 2. Two-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 SA JAHNG

**“Thunder” - FJN.** Thunder is energy which emanates from the heavens and reaches down to the earth in a fury that is seldom matched by any force of nature. Taegeuk four should be performed with the following in mind: seek the shortest path to the desired goal but do not lose the ability to react to surrounding influences. **Speed** will be developed only after you strengthen your muscles. Tension form practice will be excellent for developing explosive and dynamic movements. Relaxation is a key to speed during motion. When executing techniques at full speed, you should only tighten your muscles the instant before reaching the intended target.

Movement	Stance	Section	Movement	Stance	Section
<i>Step 90° CCW with left foot</i>			<i>Step 180° CW with right foot</i>		
1. L Double Knife-hand Block	RB	M	17. R Outside Forearm Block	LB	M
<i>Step forward with right foot</i>			18. L Front Kick	---	H
2. L Down Palm Block	---	M	<i>Kicking foot steps back to right</i>		
3. R Spear Hand	RF	M	<i>front stance Slide right foot left</i>		
<i>Step 180° CW with right foot</i>			<i>back stance</i>		
4. R Double Knife-hand Block	LB	M	19. L Rev. Inside Forearm Block	LB	M
<i>Step forward with left foot</i>			<i>Step 90° CCW with left foot</i>		
5. R Down Palm Block	---	M	20. L/R Knife High Block/Neck Chop	LF	H/H
6. L Spear Hand	RF	M	<i>Step forward with right foot</i>		
<i>Step 90° CCW with left foot</i>			21. R Front Kick	---	H
7. L/R Knife Face Block/Neck Chop	LF	H/H	22. R Back Fist	RF	H
<i>Step forward with right foot</i>			<i>Step 90° CCW with Left Foot</i>		
8. R Front Kick	---	H	23. L Inside Forearm Block	LW	H
9. L Reverse Punch	RF	M	24. R Reverse Punch	---	M
<i>Step forward with left foot</i>			<i>Step 180° CW with right foot</i>		
10. L Side Kick	---	M	25. R Inside Forearm Block	RW	H
11. Spread Block	LM	L	26. L Reverse Punch	---	M
<i>Step forward with right foot</i>			<i>Step 90° CCW with left foot</i>		
12. R Side Kick	---	M	27. L Inside Forearm Block	LF	M
13. R Double Knife-hand Block	LB	M	28. R Reverse Punch	---	M
<i>Step 270° CCW with left foot</i>			29. L Punch	---	M
14. L Outside Forearm Block	RB	M	<i>Step forward with right foot</i>		
15 R Front Kick	---	H	30. R Inside Forearm Block	RF	M
<i>Kicking foot steps back to left</i>			31. L Reverse Punch	---	M
<i>front stance</i>			32. R <u>Punch</u>	---	M
<i>Slide left foot to right back stance</i>			<i>Return to Joon-Bee with left foot,</i>		
16. R Rev. Inside Forearm Block	RB	M	<i>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>Basic Terminology:</b>		<b>Kicks:</b>	
Right Left	Oreun Oen	Ax Kick Hook Kick	Gee Gaw Chagi Hoo Ryu Chagi
<b>Blocks:</b>		<b>Strikes:</b>	
Double Knifehand Block Outside Forearm Block Pressing Block Face Block/Neck Chop	Momtong Sonnal Makki Bakat Makki Noolieo Makki Jebipoom Mok Chigi	Backfist Spearhand Strike	Deung Joomeok Piun Son Keut Chiruegi

**TENETS:** All of the five Tenants of Tae Kwon Do should be known to the student at this belt level. The student may be asked to give a personal example or interpretation of any of the five Tenants of Tae Kwon Do during testing.

### Two-Step Sparring: EE BOH DE RHAN

This drill is similar to Il Boh De Rhan with the difference being that the attacker will attack a second time after the defender has executed a defense. The attacker will step forward to a left front stance and execute a left punch while the defender would be able to block and counter to the second attack. The second defense should be different than the first.

This drill simulates a failure of the first defense to stop the attacker. Too often, this is the case in the real world and the student would need to react with a defense against a second attack.

### Self Defense: Hol Sin Sol

#### **1) A: Two-Hand Grab**

**D1:** Weak Link Release, Front Kick to Groin, Double Punch to Body/Face, Ki-Yap!

**D2:** Grab Hand Underneath, Reverse Grip, Wrist Supination/Flexion, Take-down to floor, submission.

#### **2) A: One-Hand Choke**

**D1:** Head Grab, Knee Strike to Face, Downward Elbow Strike to Spine, Ki-Yap!

**D2:** Grab to Top of Hand, Pronate Hand to Vertical Position (Pinky Finger Up), Adduction Take-down to floor, submission.

### Board Breaking

**REQUIRED BOARD BREAK:** 3-Station Board Break consisting of 3 kicks:

1 right round kick

1 left round kick

1 jump kick technique

#### **Points to Concentrate on when practicing the three station break:**

1. During execution of the kicking techniques, the student may perform one non-contact "set-up" for each station.
2. Careful attention should be paid to the placement of the 3 stations so that the entire presentation "flows" together.
3. LOUD Ki-Yap!