

7th Grade Orange Belt Chil-Gup

TECHNICAL INFORMATION

Chil-Gup Testing Requirements:

A) Basics and Forms = 1st Stripe 1. All Pal-Gup Requirements 2. Taegeuk Chil Jahng 3. New Techniques	B) Breaking / Sparring = 2nd Stripe 1. Board Breaks 2. One-Step Defense 3. Free Sparring	C) Terminology = 3rd Stripe 1. Required Terminology 2. 1 st to 4 th Tenants of TKD 3. Asked to test by Instructor
---	---	--

Form: TAEGEUK EE JAHNG

“Lake” - TAE. Taegeuk two is representative of a Lake: serene, placid, and halycon. The movements of this form should be done with fluidity and the realization that even though there are boundaries that control our actions, we have the ability to overcome them. In order to develop good kicking techniques, you should pay attention to the detail of all kicks (foot techniques), such as **Chamber** (loading position), **Execution** (direction), **Re-chamber** (reload position after the kick is thrown), and **Pivot** (turning your standing leg). Pay close attention to these points.

Movement	Stance	Section	Movement	Stance	Section
Step forward with left foot			12. L Punch	LF	H
1. L Low Block <i>Step forward with right foot</i>	LW	L	<i>Step 90° CCW with left foot</i>		
2. R Punch <i>Step 180° CW with right foot</i>	RF	M	13. L Face Block <i>Step forward with right foot</i>	LW	H
3. R Low Block <i>Step forward with left foot</i>	RW	L	14. R Face Block <i>Step 270° CCW with left foot</i>	RW	H
4. L Punch <i>Step 90° CCW with left foot</i>	LF	M	15. R Rev. Inside Forearm Block <i>Step 180° CW with right foot</i>	LW	M
5. R Rev. Inside Forearm Block <i>Step up with right foot</i>	LW	M	16. L Rev. Inside Forearm Block <i>Step 90° CCW with left foot</i>	RW	M
6. L Rev. Inside Forearm Block <i>Step 90° CCW with left foot</i>	RW	M	17. L Low Block <i>Step forward with right foot</i>	LW	L
7. L Low Block <i>Step forward with right foot</i>	LW	L	18. R Front Kick	RW	H
8. R Front Kick	---	H	19. R Punch <i>Step forward with left foot</i>	---	M
9. R Punch <i>Step 180° CW with right foot</i>	RF	H	20. L Front Kick	---	H
10. R Low Block <i>Step forward with left foot</i>	RW	L	21. L Punch <i>Step forward with right foot</i>	LW	M
11. L Front Kick	---	H	22. R Front Kick	---	H
			23. R <u>Punch</u> <i>Return to Joon-Bee with left foot, facing front</i>	RW	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

TENANTS: (1) Courtesy, (2) Integrity, (3) Perseverance, **(4) Self-control**, (5) Indomitable Spirit

Self Control:

One must exert self-control both inside and outside of the dojang. Self control must be practiced to avoid injury to self and others.

Terminology

Basic Terminology:		Strikes:	
Hand	Son	Face Punch	Eolgool Jireugi
Elbow	Pal Gup	Kicks:	
Arm	Pal	Back Turning Side Kick	DioRo Drat Yeop Chagi
Wrist	Pal Mok	Stances:	
Neck	Mok	Horse Riding Stance	Mawtegi Jasse
Knee	Mu Roop		
Foot	Bal		

One-Step Sparring: IL BOH DE RHAN

The student should utilize all of their blocks and various counter-attacks in any variety of combinations. The students are judged based on their combination of movements and the accuracy of the techniques. The students should also show a good balance of basic techniques (punch, front kick, side kick, and round kick) and advanced techniques (turning side kick, crescent kick, axe kick, ridge hand) in their step sparring.

Focusing, hitting the proper target is another important part of one-step sparring training. One of the biggest concepts of defense is against the weak areas of your opponent. All humans have weak areas that we call pressure points or vital spots, regardless of size or how strong that individual might be.

Remember, when you defend, it is imperative to evade as double defense in each one-step sparring. Practice to evade in all directions, including right, left and straight backwards.

Board Breaking

Back Turning Side Kick (Left or Right, student's choice) -- DioRo Drat Yeop Chagi

Points to Concentrate on when practicing the turning side kick:

- 1.) When the foot contacts the board, the student should be looking over the back of the same shoulder as the kicking leg
- 2.) Toes on the kicking leg should be completely extended with the kicking foot pointed slightly downward
- 3.) LOUD Ki-Yap!