

9th Grade White/Yellow Belt Goo-Gup

TECHNICAL INFORMATION

Goo-Gup Testing Requirements:

A) Basics and Forms = 1st Stripe 1. All Ship-Gup Requirements 2. Ki-Bon Ee Jahng 3. New Techniques	B) Breaking / Sparring = 2nd Stripe 1. 3 New One-Step Defense 2. Free Sparring	C) Terminology = 3rd Stripe 1. Required Terminology 2. 1 st to 2 nd Tenants of TKD 3. Asked to test by Instructor
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Form: KI - Bon EE JAHNG

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

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

BOARD BREAK: Front Kick, 1 board

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

INTEGRITY:

Firm adherence to a standard of values. One shall be able to define right from wrong, and have the conscience, if wrong, to feel guilt

Terminology

Basic Terminology:		Strikes:	
Grand Master Turn Around. Senior Student Class (rank) Hitting Striking Block Kick One Step Sparring	Kwan Jang Nim	Side Chop	Sonnal Chigi
	DioRo Drat	Kicks:	
	Sun-Bae Nim	Side Kick Round Kick	Yeop Chagi Doll-Yo Chagi
	Gup	Stances:	
	Jireugi	Back Stance	Duie Koobi
	Chigi	Blocks:	
	Makki	Face Block Side Block Spread Block	Eolgool Makki Yeop Makki Hae-Cho Makki
	Chagi		
Il Boh De Rhan			

One-Step Sparring: IL BOH DE RHAN

(A) Attacker (D) Defender

ALL One-steps BEGIN IN THE SAME MANNER:

(A) Step back to left front stance, LEFT *low block*, Ki-yap.

(D) Ki-yap.

(A) Step forward to RIGHT front stance, RIGHT *punch* (H).

- (D) Step center with the right foot to a LEFT back stance, RIGHT side block, RIGHT *side kick* (M), RIGHT *side chop* (H) **KI-YAP!** Step back with right foot to RIGHT back stance, fighting position.
- (D) Step center with the left foot to a RIGHT back stance, LEFT side block, LEFT *side chop* (H), LEFT *side kick* (M) **KI YAP!** Step back with left foot to LEFT back stance, fighting position.
- (D) LEFT *outside crescent kick* block, land in horse-riding stance, RIGHT round kick (H), set down right foot center in left back stance, RIGHT *knife-hand strike* (H), LEFT *reverse punch* (M) – **KI-YAP!** Step back with right foot to RIGHT back stance.

FREE SPARRING: ONLY SHOULD BE DONE IN THE PRESENCE OF AN INSTRUCTOR!

- Opponent #1 and #2 face each other and respectfully bow.
- On Instructors command, each opponent attacks toward each other and defends against any attack towards them.
- NO CONTACT SHOULD BE MADE AT ANY TIME
- On Instructors command, stop sparring and immediately face each other.
- Bow and thank the opponent.

Points to Concentrate on:

Concentrate PRIMARILY on the basics learned: Front Kick, Side Kick, Round Kick and Punch. Keep the body facing SIDEWAYS in a back stance with the hands up in a guarding position. Move side-to-side as well as straight back As with the 3 kicks back and forth, move WITH the Opponent