

10th Grade White Belt Ship-Gup Little Dragon

TECHNICAL INFORMATION

Goo-Gup Testing Requirements:

A) Basics and Forms = 1st Stripe

1. Ki-Bon Il Jahng
2. Basic Techniques
3. Basic Commands

B) Self Defense Techniques = 2nd Stripe

1. One-Step Attacking
2. One Step Defense
3. 3 Kicks Back and Forth

C) Terminology = 3rd Stripe

1. Required Terminology
2. Name of 1st Tenants of TKD
3. Asked to test by Instructor

Form: KI - Bon IL JAHNG

Movement	Stance	Section	Movement	Stance	Section
<i>Turn 90° CCW with left foot</i>			11. R Low Block	RF	L
1. L Low Block	LF	L	<i>Step forward with left foot</i>		
<i>Step forward with right foot</i>			12. L Punch	LF	M
2. R Punch	RF	M	<i>Step 90° CCW with left foot</i>		
<i>Step 180° CW with right foot</i>			13. L Low Block	LF	L
3. R Low Block	RF	L	<i>Step forward with right foot</i>		
<i>Step forward with left foot</i>			14. R Punch	RF	M
4. L Punch	LF	M	<i>Step forward with left foot</i>		
<i>Step 90° CCW with left foot</i>			15 L Punch	LF	M
5. L Low Block	LF	L	<i>Step forward with right foot</i>		
<i>Step forward with right foot</i>			16. R Punch	RF	M
6. R Punch	RF	M	<i>Step 270° CCW with left foot</i>		
<i>Step forward with left foot</i>			19. L Low Block	LF	L
7. L Punch	LF	M	<i>Step forward with right foot</i>		
<i>Step forward with right foot</i>			20. R Punch	RF	M
8. R Punch	RF	M	<i>Step 180° CW with right foot</i>		
<i>Step 270° CCW with left foot</i>			21 R Low Block	RF	L
9. L Low block	LF	L	<i>Step forward with left foot</i>		
<i>Step forward with right foot</i>			22. L Punch	LF	M
10. R Punch	RF	M	<i>Return to Joon-Bee with left foot, facing front</i>		

Key: L - Left, R - Right, F - Front Stance, B - Back Stance, C - Cat Stance, W - Walking, X - X 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

Terminology:

Basic Terminology:		Strikes:	
Master Instructor Attention Bow Training Hall Training Uniform Belt Thank You	Sa-Bom Nim Char-Yut Kyung-Yea Do-Jang Do-Bak Dee Gam Sa Ham Ni Da	Body Punch	Momtong Jiruegi
		Stances:	
		Ready Stance Long Front Stance	Joon Bee Ap Koobi
		Blocks:	
		Down Block	Arae Makki
		Kicks:	
		Front Kick	Ap Chagi
		Counting: 1 - Hanna, 2 - Dool, 3 - Set, 4 - Net, 5 - Dasot, 6 - Yosot, 7 - Ilgot, 8 - Yodul, 9 - Ahope, 10 - Yeul	

One-Step Sparring: IL BOH DE RHAN

Both the attacker and the defender start facing one another in their ready stance (Joon-Bee). The lower rank student will attack first. After the attacker and defender have completed the drill, the students will switch roles.

ONE-STEP ATTACKING:

From Ready Stance (Joon-Bee)

1. Step back with RIGHT foot to a LEFT front stance, LEFT low block, Ki-YAP!
Attacker then waits for the defender to Ki-Yap. When the defender Ki-Yaps:
2. Step forward with RIGHT foot to a RIGHT front stance (toward the defender) RIGHT punch towards the defenders upper lip.
Attacker then waits for the defender to complete their defense and Ki-Yap. When the defender Ki-Yaps:
3. Step back with right foot to Ready Stance (Joon-Bee)

ONE-STEP DEFENDING:

Attacker steps back to attack and Ki-Yaps. When the attacker Ki-Yaps:
(The attacker will now step toward the defender and punch towards their face.)

1. Step forward with the left foot to a LEFT front stance
2. LEFT high block
3. RIGHT punch (M)
4. LEFT punch (M)
5. RIGHT punch (H) - KI-YAP!
6. Step back with left foot to LEFT back stance, fighting position.
7. Return to Ready Stance (Joon-Bee)

3 Kicks Back and Forth

1. Opponents #1 and #2 face each other in fighting stance.
2. Opponent #1 kicks 3 consecutive kicks, advancing towards Opponent #2 with each kick.
3. After completing the 3rd kick, Opponent #2 kicks 3 consecutive kicks, advancing back towards Opponent #1.