

BLUE-BELT REQUIREMENTS

SA-GUP (4th Grade) Requirements TECHNICAL INFORMATION



1 st STRIPE: Form & Basic Techniques	2 nd STRIPE One-Step Defenses	3 rd STRIPE: Terminology / Attitude
All Oo-Gup Requirements Taegeuk Oo Jahng New Techniques	Two-Step Defenses Free Sparring Hol Sin Sol	Required Board Breaks Required Terminology Definition of 5 th Tenet

Form: TAEGEUK Oo JAHNG



MOVEMENT	Stance	Section	MOVEMENT	Stance	Section
Step 90° CCW with left foot			Step 180° CW with right foot		
1. L Low Block	LF	L	16. R Single Knife-hand Block	LB	M
Step back with left foot to left			Step forward with left foot		
L stance			17. L Elbow Smash	LF	H
2. L Hammer Fist	LL	M	Step 90° CCW with left foot		
Step 180° CW with right foot			18. L Low Block	LF	L
3. R Low Block	RF	L	19. R Rev. Inside Forearm Block	---	M
Step back with right foot to right L			Step forward with right foot		
stance			20. R Front Kick	---	H
4. R Hammer Fist	RL	M	21. R Low Block	RF	L
Step 90° CCW, step forward with			22. L Rev. Inside Forearm Block	---	M
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 (KiYap)	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 (KiYap)	RX	H
Step forward with right foot			Return to Joon-Bee with left foot, facing		
15 R Elbow Smash	LF	H	front		
Key: L - Left, R - Right. SECTION: H - High (Face), L - Low (Knee/Groin), M - Middle STANCE: F - Front Stance, B - Back Stance, C - Cat Stance, W - Walking, X - X Stance, P - Parallel					

TENETS: ALL FIVE Tenets and their definitions must be known word-for-word.

(1) Courtesy, (2) Integrity, (3) Perseverance, (4) Self-control, (5) **INDOMITABLE SPIRIT**

One shall be modest and honest. In the face of injustice, one shall not be subdued or vanquished. Instead, the conflict must be overcome without any fear or hesitation.

BLUE-BELT REQUIREMENTS



TERMINOLOGY:

BASIC

5th Taeguek Form Taeguek Oo Jahng
Breaking Kyuk Pa
National Flag Kook Ki

STANCES

X-Stance Keo Seogi

STRIKES

Hammer Fist Mae Joomeok
Elbow Strike Pal Gup Chigi
Elbow Target Strike Pal Gup Pyonjeok Chigi

KICKS

Front Stretch Kick Ap Ol Lee Ghee
Side Stretch Yeop Ol Lee Ghee

EE BOH DE RHAN (TWO-STEP SPARRING)

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 (block). The attacker will step forward to a left front stance and execute a left punch while the defender should be able to block and counter to the second attack. The second defense should be different than the first.

HOL SIN SOL (SELF DEFENSE)

ESCAPE – ONE HAND GRAB (Same Side)

1. Open the hand/Spread the fingers
2. Step past your opponent, facing their side
3. Leverage Out to the Side, Elbow to Elbow

KYUK PA (BOARD BREAKING)

REQUIRED: 3-Station Break COMPLETED within 15 Seconds

Student may NOT do the same breaks as Purple Belt, but may do 1 round kick.

Oreun Chagi (Right Kick – Students Choice)

Oen Chagi (Left Kick – Students Choice)

Twieo Chagi (Jump Kick – Students Choice)

Points to Concentrate on when practicing the station break:

1. Careful attention should be paid to the placement of the 3 stations so that the entire presentation “flows” together.
2. Practice your kicking combination with bags prior to testing to learn and know your setup and target locations.
3. Only allow 1-2 SECONDS between breaks.
4. LOUD Ki-Yap!