

# YELLOW-BELT REQUIREMENTS

## TECHNICAL INFORMATION



### Pal-Gup (8<sup>th</sup> Grade) Testing Requirements

Basics and Forms = 1 <sup>st</sup> Stripe	Breaking/Sparring = 2 <sup>nd</sup> Stripe	Terminology/Attitude = 3 <sup>rd</sup> Stripe
All Goo-Gup Requirements Taegeuk Il Jahng New Techniques	Board Breaks One-Step Defense Free Sparring	Required Terminology 1-3 Tenets & Definitions Asked to test by an Instructor

### Form: TAEGEUK IL JAHNG

“Heaven” - KEON. The beginning of the Taegeuk forms, it is the mother of all and the initial molding force that guides the future actions and outcomes of these forms. As such, it should be performed with the grandeur that is due to Heaven.

In order to develop good hand techniques, you should pay attention to the position of both hands with every technique. Particular attention should be paid to pulling the second hand back close to the side of the body with the palm facing upwards.

MOVEMENT	Stance	Section	MOVEMENT	Stance	Section
<i>Step 90° CCW with left foot</i>			<i>Step 90° CW with right foot</i>		
1. L Low Block	LW	L	11. R Low Block	RF	L
<i>Step forward with right foot</i>			12. L Reverse Punch	---	M
2. R Punch	RW	M	<i>Step 90° CCW with left foot</i>		
<i>Step 180° CW with right foot</i>			13. L Face Block	LW	H
3. R Low Block	RW	L	<i>Step forward with right foot</i>		
<i>Step forward with left foot</i>			14. R Front Kick	---	H
4. L Punch	LW	M	15. R Punch	RW	M
<i>Step 90° CCW with left foot</i>			<i>Step 180° CW with right foot</i>		
5. L Low Block	LF	L	16. R Face Block	RW	H
6. R Reverse Punch	---	M	<i>Step forward with left foot</i>		
<i>Step 90° CW with right foot</i>			17. L Front Kick	---	H
7. L Rev. Inside Forearm Block	RW	M	18. L Punch	LW	M
<i>Step forward with left foot</i>			<i>Step 90° CW with left foot</i>		
8. R Reverse Punch	LW	M	19. L Low Block	LF	L
<i>Step 180° CCW with left foot</i>			<i>Step forward with right foot</i>		
9. R Rev. Inside Forearm Block	LW	M	20. R <u>Punch</u>	RF	M
<i>Step Forward with right foot</i>			<i>Return to Joon-Bee with left foot, facing front</i>		
10. L Reverse Punch	RW	M			
Key: L - Left, R - Right, F - Front Stance, B - Back Stance, C - Cat Stance, W - Walking, X - X Stance, P - Parallel H - High (Face) Section, L - Low Section, M - Middle Section, Underlined - Ki-Yap					

**TENETS:** The definitions of the first two Tenets must be memorized (word-for-word)  
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(1) Courtesy, (2) INTEGRITY, (3) Perseverance, (4) Self-control, (5) Indomitable Spirit

A 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

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## TERMINOLOGY:

### **BASIC**

Grand Master .....	Kwan Jang Nim
Hit (Punch).....	Jireugi
Strike .....	Chigi
Block.....	Makki
Kick .....	Chagi
One Step Sparring .....	Il Boh De Rhan
Sit Down .....	Ahn Jo
Stand Up.....	Yi Ro Sut

### **KICKS**

Side Kick .....	Yeop Chagi
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### **STANCES**

Fighting Stance.....	Kiruegi Jasse
Walking Stance.....	Ap Soegi

### **BLOCKS**

Inside Forearm Block .....	An Makki
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## II BOH DE RHAN (ONE-STEP SPARRING)

All One Steps Begin in the Same Manner:

(Attacker) - Step back with the RIGHT foot to a LEFT *Front Stance*, LEFT *Low Block*, Ky-Yap.

(Defender) - Ki-Yap!

(Attacker) - Raise LEFT arm, step forward with the RIGHT foot to a RIGHT *Front Stance*, RIGHT *Punch* to face.

1. Step left foot center to a RIGHT *Back Stance*, *Double Knifehand Block*; LEFT *Backfist* (nose), RIGHT *Reverse Punch* (Solar Plexus); right foot step wide right and LEFT *Roundhouse Kick* (ribs); land in LEFT *Front Stance*, RIGHT *Reverse Punch* (face), **KI-YAP!**; step back with left foot into a LEFT *Back Stance*, *Double Fist Guarding Block*
2. Step left foot center to a RIGHT *Back Stance*, *Double Knife-Hand Block*; LEFT *Side Kick* (Solar Plexus), RIGHT *Back Turning Side Kick* (Solar Plexus), land in a LEFT *Back Stance*, RIGHT *Knifehand Strike* (neck), **KI-YAP!**; step back with right foot into a RIGHT *Back Stance*, *Double Fist Guarding Block*
3. Step left foot center to a RIGHT *Back Stance*, LEFT *Outside Forearm Block*; LEFT *Knifehand Strike* (neck), step back with left foot, execute a RIGHT *Roundhouse Kick* (solar plexus or face), land in a LEFT *Back Stance*, RIGHT *Knifehand Strike* (temple), **KI-YAP!**, step back with right foot to a RIGHT *Back Stance*, *Double Fist Guarding Block*

## FREE-SPARRING

Concentrate PRIMARILY on the basics learned: Front Kick, Side Kick, Round Kick and Punch while also working on advanced techniques (jump kicks, turning side kick) Always keep hands in tight fists and up in a guarding position, protecting the head and chest.

Each student should demonstrate their knowledge and skill of various techniques while using the control of no contact to light contact. Emphasis during testing should be on higher level techniques, utilizing many turning and spinning kicks and combinations of kicks and hand techniques which begin to flow together.

## KYUK PA (BOARD BREAKING)

**REQUIRED: Yeop Chagi** (Back Leg Side Kick)

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

1. The kicking leg should completely extend at the end of the kick
2. Toes on the kicking foot should point slightly downward, towards the floor
3. Contact with the board should be with the sword-edge or heel of the foot (toes should not touch!)