1st Gup High Red to 1st Dan Black

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| Pattern: |
| Choong-Moo & Kwang-Gae (Kwang-Gae is a MSY requirement, not Phoenix Group) |
| Line Techniques/Motions:Techniques will be listed by stance, technique, height, then tool, in English, then Korean\* = requires jump change |
| 1. Walking stance high obverse inward strike with the knife-hand and reverse rising block with the knife-hand
2. Gunnun so nopunde baro anuro sonkal makgi hago bandae sonkal chookyo makgi
3. (L-stance) 180° Hook kick

a. Niunja so twigi bandae huryeo chagi (jumping reverse hook kick)1. (L-stance) flying side kick with the double motion
2. (Niunja so) twimyo yopcha jirugi (description used in Choong-Moo)
3. L-stance low block with the forearm; upward kick with the knee
4. Niunja so palmok najunde makgi; moorup ollyo chagi
5. (L-stance) triple side kick; triple turning kick (middle/low/high)
6. (Niunja so) samjung yopcha jirugi; samjung dollyo chagi (kaunde, najunde, nopunde)
7. (L-stance) reverse hook kick, turning kick, side (piercing) kick (consecutive)
8. (Niunja so) bandae huryeo chagi, dollyo chagi, yopcha jirugi (yonsok)
9. (L-stance) outward crescent kick, double turning kick; hook kick
10. (Niunja so) bakuro vandal chagi, i-jung dollyo chagi; huryeo chagi
11. Fixed stance U-shape block, 360° jump, middle guarding block with the knife-hand
12. Gojung so digutja makgi, twigi 360°, sonkal daebi makgi
13. (L-Stance) arcing kick, turning kick with the instep, side (thrusting) kick with the ball of the foot (the point is to make sure we can differentiate all the kicks)
14. (Niunja so) bit (pronounced beet (soft t) chagi, baldung dollyo chagi, apkumchi yopcha tulgi
15. L-stance middle block with the X knife-hand; shifting into a walking stance upward block with the twin palm (if right leg is back, right arm is closest to body)
16. Niunja so kaunde sonkal kyochal makgi; jajunbal anro Gunnun so sang sonbadak ollyo makgi
17. (L-stance) reverse hook kick, twisting kick, side (piercing) kick (consecutive)

(Niunja so) bandae huryeo chagi, bituro chagi, yopcha jirugi (yonsok)1. (L-stance) shuffle step outward downward kick, sliding side kick

(Niunja so) Bal bah kwah (switch your feet) bakuro naeryo chagi, mikulgi yopcha jirugi1. Rear foot stance front strike with the back fist; flat fingertip thrust (with the back hand); sliding into an L-stance reverse vertical punch (perform in a continuous motion)
2. Dwitbal so dung joomuk ap taerigi; opun sonkut; mikulgi anro niuja sogi bandae sewo jirugi (iojin tongjak)
3. (L-stance) lead leg turning kick, side step inward block with the knife-hand; downward strike with the reverse knife-hand
4. (Niunja so) ap dari dollyo makgi, yop omgyo sonkal anuro makgi; sonkal dung naeryo taerigi
5. Rear foot stance inward block with the palm, front strike with the bow-wrist, adjusting into an L-stance obverse high inward strike with the knife-hand
6. Dwitbal so sonbadak anuro maekgi, sonmok dund ap taerigi, ro georgeng anro niunja so baro nopunde sonkal anuro taerigi
7. Walking stance reverse upset punch; walking stance high hooking block with the palm (perform in a double stepping motion)
8. Gunnun so bandae digutja chagi; Gunnun so nopunde sonbadak golcho makgi (ibo omgyo didigi)
9. Close stance low front block with the knife-hand; pressing kick, middle side (piercing) kick, L-stance high inward strike with the knife-hand; noollo chagi, kaunde yopcha
10. Moa so najunde sonkal ap makgi; noollo chagi, yopcha jirugi, Niunja so nopunde sonkal anuro taerigi
11. Sitting stance high side strike with the back fist, walking stance middle block with the double forearm, reverse low block with the forearm, low stance high thrust with the flat fingertip
12. Annun so nopunde dung joomuk yop taerigi, Gunnun so kaunde doo palmok makgi, bandae palmok najunde makgi, nachuo so nopunde opun sonkut tulgi
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| Clapper Technique: |
| 1. Punch
2. Thai-boxer turning kick
3. Butterfly kick
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| Target Techniques: |
| 1. Flying side kick over barriers
2. 180° back kick, 360° back kick
3. Choice of block 4th Gup or higher
4. Reverse crescent kick, front kick, vertical kick, twisting kick
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| Force Shield Techniques: |
| 1. Twin side kick
2. Middle block with the reverse knife-hand
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| Sparring: |
| Step Sparring:1. Three-step sparring – 4 defense/counterattack sequences
2. Two-step sparring – 4 defense/counterattack sequences
3. One-step sparring – 10 defense/counterattack sequences

Free Sparring:  Discuss opponents and strategy before matches. Approx. 3 matches |

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| Self Defense (Hosin Sul) |
| 1. Four 30 second routines in which you defend against the following attacks:
* Side kick
* Turning kick
* Back kick
* Jump kick of your choice
* Reverse knife-hand
* Elbow strike of your choice
* Two hand choke from front
* Front or turning kick with the knee (your choice)
* Single lapel grab
* Arm choke from rear
* Straight grab from the front

You must also incorporate the following:* A throw
* A throw/re-throw (or reversal)
1. **Combine the four 30 second routines into a full two minute routine (for testing)**
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| Breaking: |
| Station Breaks – One board each, 2 handed (one person) holds, cannot do the same break on both left and right sides (Suggestion, don’t go too fancy; pick breaks you can consistently break on your first try)1. Right Hand
2. Left Hand
3. Kick (which ever leg you will NOT be using for your power foot break)

Power Hand:1. Cement Tiles (maximizing number of tiles)

Power Foot:1. Lead leg side kick (This is a MSY and Phoenix Group Standard, 4 boards (varies depending on weight)
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| New Terms: |
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| **English** | **Korean** | **English** | **Korean** |
| Flying | Twimyo | Fast motion | Balli tongjak |
| Double kick | I-jung chagi | Slow motion | Chonchonhi tongjak |
| Instep of the foot | Baldung | Side step | Yop omgyo |
| Ball of the foot | Apkumchi | Rear foot stance | Dwitbal so |
| Side thrusting kick | Yopcha tulgi | Bow-wrist | Sonmok dung |
| X knife-hand | Sonkal kyochal makgi | Adjusting | Ro georgeng |
| Shifting | Jajunbal  | Double stepping motion | Ibo omgyo didigi |
| Sliding | Mikulgi | Close stance | Moa so |
| Continuous motion | Iojin tongjak | Front block | Ap makgi |
| Connecting motion | Yon gyol tongjak | Pressing kick | Noollyo chagi |
| Normal motion | Potonguro tongjak |  |  |

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| History: |
| * Know the “New Terms” listed above:
* Know the tool and possible for targets for each technique (IE what part of the hand do you use to punch)
* Information on history can be found online at quizlet.com (no www. in front of it), do a search for sheshirley23. Information is also posted on [www.nocoinnaetkd.com](http://www.nocoinnaetkd.com) under the resources tab.
* **You will be required to do a written test in class covering history (all ranks to your current rank). This test is written and administered by In Nae TKD. You will not have permission to test until this test is successfully passed. You must have 80% or better to pass.**
* You will be required to do a written test written by The Phoenix Group. You must successfully pass this test with 80% or better before you may step on the floor for your demonstration of techniques. The test covers history, philosophy, and theory.
* Information on history can be found online at quizlet.com (no www. in front of it), do a search for sheshirley23. Information is also posted on [www.nocoinnaetkd.com](http://www.nocoinnaetkd.com) under the resources tab.
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\*Requires jump change

\*\*\*Please note that a student’s ability to correctly perform the required technique is only *one* consideration in determining the student’s readiness to test. General Choi, the founder of Taekwon-Do, ITF, Maum Sin Yong and In Nae Taekwon-Do have many other expectations for students as they increase in rank. Some, but not all of those considerations include: time at rank, attitude, ability to teach (green belt and above), conduct outside the dojang, abiding by the student oath and tenets of Taekwon-do, etc.. If you have questions about these, please see the head instructor. Also, please keep in mind that asking to test for rank is considered disrespectful and may postpone a student’s test.