



# KEECHO IL-JANG RANK SHEET

Your poomsae at white/yellow belt is Keecho Il-Jang. Il means "1st" and Jang means "chapter." This form represents our heritage with Moo Du Kwan. UWTA's founders and principles came from the Moo Duk Kwon, which translates to "the institute of martial virtue."

## Taegeuk Ee- Jang Basics & Terminology

Front Stance	Ap-Kubi
Low Block	Arae Maki
Front Punch	Bandae Jireugi
Round Kick	Dollyo Chagi
Side Kick	Yop Chagi
Inner Crescent Kick	Ahn Chagi
Outer Crescent Kick	Bakkat Chagi
Ready Stance	Jonbi Seogi

## Kicking Combos

Round/Round Kick
Outer Crescent Kick
Inner Crescent Kick
# 1-4 Kicks

## Keecho Il- Jang Themes

<b>5 TENETS OF TAEKWONDO</b> Integrity Courtesy Perseverance Self-Control Indomitable Spirit	<b>HUMILITY</b> If you are humble, then you have the ability to be modest. You do not need to impress people by talking about your abilities in taekwondo.	<b>HOME RULE</b> Eat healthy food. Understand what your body needs in order to perform at its peak performance. Good tasting food is not always healthy.	<b>ANTI-BULLYING</b> Stay in groups with your friends and be alert to others around you experience bullying.	<b>MANNERS</b> Use a quiet voice during all meals. Listen and do not interrupt adults who are speaking. Do not talk with food in your mouth.
---	---	---	---	---

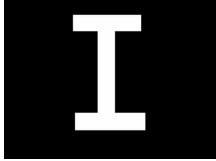
## Keecho Il- Jang Testing Requirements

Homework Sheet	Poomsae Keecho Il-Jang	Sparring One-Steps
Kicking Combinations	Self - Defense	Board Breaks

<b>Self-Defense</b> Pain compliance is the ability to control an aggressive person's actions through joint manipulation. Demonstrate the 5 basic wrist lock control techniques.	<b>Wooden Board Breaks</b> Hand: Palm-heel Strike Kick: Front Kick
---	--



## KEECHO IL-JANG RANK SHEET



### Poomsae- Keecho 1 Jang

### Sparring One-Steps

One steps challenge the student to practice precision & control

#	SIDE	TECHNIQUE	STANCE	SECTION
1	LEFT	LOW BLOCK	L. FRONT	LOW
2	RIGHT	FRONT PUNCH	R. FRONT	MID
3	RIGHT	LOW BLOCK	R. FRONT	LOW
4	LEFT	FRONT PUNCH	L. FRONT	MID
5	LEFT	LOW BLOCK	L. FRONT	LOW
6	RIGHT	FRONT PUNCH	R. FRONT	MID
7	LEFT	FRONT PUNCH	L. FRONT	MID
8	RIGHT	PUNCH *KIHAP	R. FRONT	MID
9	LEFT	LOW BLOCK	L. FRONT	LOW
10	RIGHT	FRONT PUNCH	R. FRONT	MID
11	RIGHT	LOW BLOCK	R. FRONT	LOW
12	LEFT	FRONT PUNCH	L. FRONT	MID
13	LEFT	LOW BLOCK	L. FRONT	LOW
14	RIGHT	FRONT PUNCH	R. FRONT	MID
15	LEFT	FRONT PUNCH	L. FRONT	LOW
16	RIGHT	PUNCH *KIHAP	R. FRONT	MID
17	LEFT	LOW BLOCK	L. FRONT	LOW
18	RIGHT	FRONT PUNCH	R. FRONT	MID
19	RIGHT	LOW BLOCK	R. FRONT	LOW
20	LEFT	FRONT PUNCH	L. FRONT	MID

### One-Step #1

- Left Outer Crescent Kick to block punch., land in back.
- Right foot lifts for #1 Round Kick to temple.
- Right foot lands to left foot. Left foot steps back into right sparring stance, left double outer forearm block. Kihap

### 2nd One-Step

- Left foot steps towards left in left back stance, right reverse knifehand block., then wrist grab.
- Right #2 round kick then land in right front stance, left reverse punch.
- Right foot steps back into left sparring stance, left double outer forearm block. Kihap

### Parent & Teacher Section

Taekwondo is a fun and rewarding education that builds students' physical strength and character development. A taekwondo student must do well and grow in all areas of their lives in order to reach black belt. Please provide your feedback regarding their home & school attitude & effort.

Parent Name \_\_\_\_\_ Signature \_\_\_\_\_

Agree       Disagree      Date: \_\_\_\_\_

Comments: \_\_\_\_\_

---

Teacher Name \_\_\_\_\_ Signature \_\_\_\_\_

Agree       Disagree      Date: \_\_\_\_\_

Comments: \_\_\_\_\_

Contact Info (optional): \_\_\_\_\_

### Terminology Written Test (write Korean names in blanks)

Front Punch \_\_\_\_\_

Front Stance \_\_\_\_\_

Side Kick \_\_\_\_\_

Low Block \_\_\_\_\_

Front Punch \_\_\_\_\_

Ready Stance \_\_\_\_\_

Outer Crescent \_\_\_\_\_

Inner Crescent \_\_\_\_\_