



# TEAGEUK IL-JANG RANK SHEET

Your poomsae at yellow belt is Teageuk Il-Jang. Il means "1st" and Jang means "chapter." The form is represented by the Keon symbol meaning "sky", representing the beginning of taekwondo . The basic moves, stances, kicks and turns are meant to introduce the student to using the ball of the foot and practicing targeting and power.

## Teageuk Il- Jang Basics & Terminology

Hammer Fist	Mejumeok Naeryo Chigi
Jump Front Kick	Twio Ap Chagi
Rev. Side Kick	Mom Yop Chagi
Repeat Kicks	Kodeup Chagi
Rev. Inward Inner Forearm Block	Momtong Makki
Front Punch	Bandae Jireugi
Rev. Punch	Baro Jireugi
Front Kick	Ap Chagi

## Kicking Combos

Jump Front Kick
Front Kick/Round Kick
Side Kick/Round Kick
Reverse Side Kick

## Teageuk Il- Jang Themes

<b>5 ATTRIBUTES OF TRAINING</b>	<b>HUMILITY</b>	<b>HOME RULE</b>	<b>ANTI-BULLYING</b>	<b>MANNERS</b>
Loud answer	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.	Every day, limit video games and TV to one hour or less. Be productive and active. A healthy lifestyle begins with you.	Bullying can be physical and verbal. Understand both to identify bullying and make sure you are never doing either.	Behave with modesty and do not fool around in public places such as restaurants, grocery stores, and malls.
Move fast				
Listening				
Do not complain				
Just do it				

## Teageuk Il- Jang Testing Requirements

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

<b>Self Defense</b>	<b>Wooden Board Breaks</b>
Demonstrate how to effectively escape from a wrist grab attack using your knowledge of the 5 wrist lock joint manipulation tactics.	Hand: Downward Hammerfist Kick: Front Kick



# TEAGUEUK IL-JANG RANK SHEET



## Poomsae-Taeguk 1

#	SIDE	TECHNIQUE	STANCE	SECTION
1	LEFT	LOW BLOCK	L. WALKING	LOW
2	RIGHT	FRONT PUNCH	R. WALKING	MID
3	RIGHT	LOW BLOCK	R. WALKING	LOW
4	LEFT	FRONT PUNCH	L. WALKING	MID
5	LEFT	LOW BLOCK	L. FRONT	LOW
*	RIGHT	REV. PUNCH	L. FRONT	MID
6	LEFT	MOMTONG MAKI	R. WALKING	MID
7	RIGHT	REV. PUNCH	L. WALKING	MID
8	RIGHT	MOMTONG MAKI	L. WALKING	MID
9	LEFT	REV. PUNCH	R. WALKING	MID
10	RIGHT	LOW BLOCK	R. FRONT	LOW
*	LEFT	REV. PUNCH	R. FRONT	MID
11	LEFT	HIGH BLOCK	L. WALKING	HIGH
12	RIGHT	FRONT KICK	---	MID/HIGH
*	RIGHT	FRONT PUNCH	R. WALKING	MID
13	RIGHT	HIGH BLOCK	R. WALKING	HIGH
14	LEFT	FRONT KICK	---	MID/HIGH
*	LEFT	FRONT PUNCH	L. WALKING	MID
15	LEFT	LOW BLOCK	L. FRONT	LOW
16	RIGHT	PUNCH *KIHAP	R. FRONT	MID

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

Hammer Fist \_\_\_\_\_  
 Rev. Punch \_\_\_\_\_  
 Rev. Inward Inner Forearm Block \_\_\_\_\_  
 Repeat Kicks \_\_\_\_\_  
 Jump Front Kick \_\_\_\_\_  
 Rev. Side Kick \_\_\_\_\_  
 Front Kick \_\_\_\_\_  
 Front Punch \_\_\_\_\_

### Sparring One-Steps

One steps challenge the student to practice precision & control

#### 1st One-Step

- Left foot steps into left front stance, left inward forearm block. No step, right rev. punch to mid-section. No step, left punch to mid section.
- Right foot steps to right 45 degrees into right front stance, left #2 side kick.
- Left foot steps down to right foot. Right foot steps back into left sparring stance, left double outer forearm block. Kihap

#### 2nd One-Step

- Left foot steps forward in right back stance, left double outer forearm block. Left foot steps into left front stance, right rev. palm heel strike to high section.
- Left foot steps to left 45 degrees, right #2 round kick.
- Right foot steps down to left foot. Left foot steps back into right sparring stance, right double outer forearm block. Kihap

#### 3rd One-Step

- Right #1 inner crescent kick to block punch. Right foot steps down counter clockwise to left foot (back facing attacker). Left rev. side kick.
- Left foot steps down to right foot. Right foot steps back into left sparring stance, right 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: \_\_\_\_\_