



TEAGEUK YUK-JANG RANK SHEET

Your poomsae at blue/red belt is Teageuk Yuk-Jang. Yuk means “6th” and Jang means “chapter.” The form is represented by the Kam symbol meaning “water”, which is flowing and gentle, yet persistent, able to wear away the hardest stone.

This forms requires fluid movements and smooth techniques through complex transitions.

Yuk– Jang Basics & Terminology

Rev. Knifehand Block	Hansonnal Bitureo Makki
Twin Low Block	Arae Hecho Makki
Inward Palm Block	Batangson Makki
Round Kick	Dollyo Chagi
Outer Forearm Block	Bakkat Makki
Parallel Stance	Naranhi Seogi
Back Stance	Dwit Kubi
Double Knifehand Block	Sonnal Makki

Kicking & Combos

Spin Axe Kick
Spin Hook Kick
Step Spin Inner Crescent Kick
Inner Crescent/Side Kick

Yuk– Jang Themes

TAEKWONDO KNOWLEDGE In Korean culture, and in Taekwondo, the dojang is a place where kids and adults are taught to be stronger people.	SELF-WORTH It is important to understand who you are and that you are valued for who you are. Change the negatives and celebrate the positives.	HOME RULE Start you day with small accomplishments. Start every-day by making your bed. It sets a daily routine of accomplishing important tasks.	ANTI-BULLYING Never let your friend, family, or colleagues bully other people. Be a leader and a positive force in others lives.	MANNERS Always thank your parents/spouse/partner for providing your food for every meal. Acknowledging simple things makes people feel good.
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Yuk- Jang Testing Requirements

Homework Sheet	Poomsae Teageuk Yuk-Jang	Sparring Concepts
Kicking Combinations	Self - Defense	Board Breaks

<p>Self Defense</p> <p><i>Attack:</i> Rear Choke</p> <p><i>Defend:</i> Escape the choke position and gain control over attacker.</p>	<p>Wooden Board Breaks Options (<i>choose one each</i>)</p> <p><i>Hand:</i> Palm Strike, Ridgehand Strike, Knifehand Strike,</p> <p><i>Kick:</i> Jump Round Kick, Jump Front Kick, Rev. Side Kick</p>
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YUK-JANG RANK SHEET



Poomsae-Taeguk 6

#	SIDE	TECHNIQUE	STANCE	SECTION
1	LEFT	LOW BLOCK	L. FRONT	LOW
2	RIGHT	FRONT KICK	--	MID/HIGH
*	LEFT	O. FORM BLOCK	R. BACK	MID
3	RIGHT	LOW BLOCK	R. FRONT	LOW
4	LEFT	FRONT KICK	--	MID/HIGH
*	RIGHT	O. FORM BLOCK	L. BACK	MID
5	RIGHT	R. K-HAND BLOCK	L. FRONT	MID
6	RIGHT	ROUND KICK	--	MID/HIGH
*	LEFT	O. FORM BLOCK	L.FRONT	MID
*	RIGHT	REV. PUNCH	L. FRONT	MID
7	RIGHT	FRONT KICK	--	MID/HIGH
*	RIGHT	REV. PUNCH	R. FRONT	MID
8	RIGHT	O.FORM BLOCK	R. FRONT	MID
*	LEFT	REV. PUNCH	R. FRONT	MID
9	LEFT	FRONT KICK	--	MID/HIGH
*	RIGHT	REV. PUNCH	L. FRONT	MID
10	BOTH	TW. LOW BLOCK	PARALLEL	LOW
11	LEFT	R. K-HAND BLOCK	R. FRONT	MID
12	LEFT	ROUND KICK	--	MID/HIGH
*	RIGHT	LOW BLOCK	R. FRONT	LOW
13	LEFT	FRONT KICK	--	MID/HIGH
*	RIGHT	O.FORM BLOCK	L. BACK	MID
14	LEFT	LOW BLOK	L. FRONT	LOW
15	RIGHT	FRONT KICK	--	MID/HIGH
*	LEFT	O. FORM BLOCK	R. BACK	MID
16	LEFT	D. K-HAND BLOCK	R.BACK	MID
17	RIGHT	D. K-HAND BLOCK	L. BACK	MID
18	LEFT	IN. PALM BLOCK	R. BACK	MID
*	RIGHT	REV. PUNCH	R. BACK	MID
19	RIGHT	IN. PALM BLOCK	L. BACK	MID
*	LEFT	REV. PUNCH	L. BACK	MID

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Sparring Concepts

Sparring concepts teach the student to think about tactics that improve elements of reaction, awareness, offence, and defense.

1st Concept: Movement

Footwork and continuous movement is important for reaction and speed, but directional movement other than forward and back is essential in being hard for your opponent to reach. Try lateral movement & "V" patterns.

2nd Concept: Eye Contact/Focus

Use peripheral vision to notice small changes in your opponents' movement that could indicate their next move. Be aware of your surroundings too, knowing where the edge of the ring is, obstacles, judges, or other sparring groups can give you an advantage over your opponent.

3rd Concept: Timing

Understanding your opponents' speed and timing is essential is landing attacks and counter attacks. Know how long it takes for your opponent to effectively block, complete a spin kick, or return a kick to the ground. With sharp timing, you can land an attack at the right time.

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

- Reverse Knifehand Block _____
- Parallel Stance _____
- Outer Forearm Block _____
- Round Kick _____
- Inward Palm Block _____
- Double Knifehand Block _____
- Twin Low Block _____
- Back Stance _____

Parent & Teacher Section

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: _____

Teacher Name _____ Signature _____

Agree Disagree Date: _____

Comments: _____

Contact Info (optional): _____