



TAEGEUK IL-JANG RANK

Your poomsae is Taegeuk 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.

Taegeuk 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

Taegeuk Il- Jang Themes

5 ATRIBUTES OF TRAINING	HUMILITY	HOME RULE	ANTI-BULLYING	MANNERS
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				

Taegeuk Il- Jang Testing Requirements

Homework Assignment	Poomsae Taegeuk Il-Jang	Sparring One-Steps
Kicking Combinations	Self - Defense	Board Breaks

<p align="center">Self Defense</p> <p>Each cycle we cover a rotating curriculum of self-defense strategies that the student will work to learn and become proficient.</p>	<p align="center">Wooden Board Breaks</p> <p><i>Hand:</i> Downward Hammerfist</p> <p><i>Kick:</i> Front Kick</p>
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TAEGEUK 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

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

Homework Section

Each testing cycle (8 weeks) students are given prompts to think on parts of their Taekwondo, school/work/home life and provide answers that help reflect on important aspects of ourselves.

Please look for the homework prompts early on in each cycle and provide answers to help yourself grow, and to enable your family members and instructors to learn more about you.

Terminology Written Practice (write Korean names in blanks)

- Hammer Fist _____
- Rev. Punch _____
- Inward Inner Forearm Block _____
- Repeat Kicks _____
- Jump Front Kick _____
- Rev. Side Kick _____
- Front Kick _____
- Front Punch _____