



# TEAGEUK OH-JANG RANK SHEET

Your poomsae at blue belt is Oh-Jang. Oh means "5th" and Jang means "chapter." The form is represented by the Seon symbol meaning "wind", which is powerful yet gentle. The poomsae should be performed with flexibility and unyielding power. Twisting hips to create power is especially important in Oh-Jang.

## Oh-Jang Basics & Terminology

X- Stance	Apkkoa Seogi
Walking Stance	Ap Seogi
Low Block	Arae Makki
High Block	Ogul Makki
Backfist Strike	Ogul Bakkat Chigi
Downward Hammerfist	Mejumeok Naeryochigi
Horizontal Elbow Strike	Palkup Dollyochigi
Side Kick	Yop Chagi

## Kicking & Combos

Axe Kick	Reverse Hook Kick
Rev. Round Kick	Rev. Hook/Round Combo
Spinning Crescent Kick	
Jump front/round kick	

## Oh-Jang Themes

<b>TAEKWONDO KNOWLEDGE</b> Taekwondo is the national sport of Korea	<b>INDOMITABLE SPIRIT</b> People described as having indomitable spirits don't need pep talks and protein shakes. Their strength comes from within.	<b>HOME RULE</b> Keep your bedroom neat and clean at all times. This is your personal space at home, treat it and yourself with respect.	<b>ANTI-BULLYING</b> Learn to appreciate and respect your friends differences.	<b>MANNERS</b> Never interrupt someone when they are speaking. Wait patiently, listen, and think about what others say before interjecting.
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## Oh-Jang Testing Requirements

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

<b>Self Defence</b> Safely using air & blood chokes to subdue an aggressive person can be an effective self-defense tactic. Demonstrate air and blood chokes.	<b>Wooden Board Break Options (choose one each)</b> Hand: Downward Hammerfist, Palm Strike, Elbow Strike Kick: Side Kick, Round Kick, Step Jump Side Kick
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### Poomsae-Taeguek 5

#	SIDE	TECHNIQUE	STANCE	SECTION
1	LEFT	LOW BLOCK	L. FRONT	LOW
2	LEFT	HAMMERFIST	VERTICAL	MID
3	RIGHT	LOW BLOCK	R. FRONT	LOW
4	RIGHT	HAMMERFIST	VERTICAL	MID
5	LEFT	IN. FORM BLOCK	L. FRONT	MID
*	RIGHT	IN. FORM BLOCK	L. FRONT	MID
6	RIGHT	#2 FRONT KICK	---	MID/HIGH
*	RIGHT	BACKFIST	R. FRONT	MID
*	LEFT	IN. FORM BLOCK	R.FRONT	MID
7	LEFT	#2 FRONT KICK	---	MID/HIGH
*	LEFT	BACKFIST	L. FRONT	MID
*	LEFT	IN. FORM BLOCK	L. FRONT	MID
8	RIGHT	BACKFIST	R. FRONT	MID
9	LEFT	KN. HAND BLOCK	R. BACK	MID
10	RIGHT	ELBOW STRIKE	R. FRONT	MID
11	RIGHT	KN.HAND BLOCK	L. BACK	MID
12	LEFT	ELBOW STRIKE	L. FRONT	MID/HIGH
13	LEFT	LOW BLOCK	L.FRONT	LOW
*	RIGHT	IN. FORM BLOCK	L. FRONT	MID
14	RIGHT	#2 FRONT KICK	---	MID/HIGH
*	RIGHT	LOW BLOCK	R. FRONT	LOW
*	LEFT	IN. FORM BLOCK	R.FRONT	MID
15	LEFT	HIGH BLOCK	L. FRONT	HIGH
16	RIGHT	#2 SIDE KICK	---	MID/HIGH
*	LEFT	ELBOW STRIKE	R. FRONT	MID
17	RIGHT	HIGH BLOCK	R.FRONT	HIGH
18	RIGHT	#2 SIDE KICK	---	MID/HIGH
*	RIGHT	ELBOW STRIKE	L.FRONT	MID
19	LEFT	LOW BLOCK	L.FRONT	LOW
*	RIGHT	IN.FORM BLOCK	L.FRONT	MID
20	RIGHT	#2 FRONT KICK	---	MID/HIGH
*	RIGHT	BACKFIST *Kihap	X	MID

### Sparring Concepts

Sparring concepts help the student to grow their understanding while working on reaction, offence and defense.

#### Concept #1

**Footwork:** At the foundation of sparring is the student's ability to move freely and quickly around the ring. Staying light on the balls of the feet and having to potential to move in/out/side-to-side effortlessly is the key to sparring footwork.

#### Concept #2

**Balance:** Balance allows the taekwondo student to move freely, maintain defensive/offensive positions, and recover after a sparring interaction. Students who are continually thrown off balance are easily targeted by their opponent. Work on balance in the ring to remain a dominating offensive and defensive opponent.

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

X- Stance \_\_\_\_\_  
 Vertical Stance \_\_\_\_\_  
 Backfist Strike \_\_\_\_\_  
 Side Kick \_\_\_\_\_  
 Downward Hammerfist \_\_\_\_\_  
 High Block \_\_\_\_\_  
 Low Block \_\_\_\_\_  
 Horizontal Elbow Strike \_\_\_\_\_

### 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: \_\_\_\_\_