



TEAGEUK SAH-JANG RANK SHEET

Your poomsae at green/blue belt is Teageuk Sah-Jang. Sah means "4th" and Jang means "chapter." The symbol for Sah-Jang is Jin, which symbolizes thunder. Your form should be performed with power and dignity, like the force that thunder brings. Begin to understand that power in technique should be heard just as much as seen.

Teageuk Sah-Jang Basics & Terminolgy

Repeat Kicks	Kodeup Chagi
Double Knifehand Block	Sonal Makki
Instructor	Sabomnim
Knifehand High/Upset Knifehand	Jebipoom Mokchigi
Outer Forearm Block	Bakkat Makki
Vertical Spearhand Strike	Pyonsonkkeut Sewotzireugi
Backfist Strike	Deung Jumeok Apchig
Jump Front Kick	Twio Ap Chagi

Kicking Combos

Double Jump Front Kick
Inner Crescent/ Rev. Side Kick
Switch Kick
Jump Reverse Side Kick

Teageuk Sah-Jang Themes

STUDENT OATH	SELF-CONTROL	HOME RULE	ANTI-BULLYING	MANNERS
I will observe the tenets of Taekwondo.	Set a good example for others. Stay calm and use your head when you get upset, not your kicks and punches. Stay calm and use your mind to figure out the best resolution to any situation.	Keep your bedroom and bathroom neat and clean. Begin everyday with accomplishing the simplest task of making your bed, it sets a standard to accomplish your goals throughout your day.	Talk with trusted adults, patents and teachers if you see bullying or if you are being bullied. Remember that bullies do not have self-control.	When a teacher calls on you, speak up and speak with confidence. Speaking in a low volume so others cannot hear you is impolite and shows a lack of confidence.
I will respect Instructors & Seniors.				
I will never misuse Taekwondo.				
I will be a champion of freedom and justice.				
I will build a more peaceful world.				

Teageuk Sah-Jang Testing Requirements

Homework Sheet	Teageuk Sah-Jang	Sparring Segments
Kicking Combinations	Self - Defense	Board Breaks

<p>Self-Defense</p> <p>Understand the difference between the effectiveness of striking sensitive targets like eyes and throat, to finding pressure points throughout the body to utilize in self defense.</p>	<p>Wooden Board Breaks</p> <p><i>Hand:</i> Ridgehand Strike</p> <p><i>Kick:</i> Jump Front Kick</p>
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Poomsae Teageuk 4

1	LEFT	DBL. KNHAND BL.	R. BACK	MID
2	RIGHT	SP.HAND STRIKE	R. FRONT	MID
3	RIGHT	DBL. KNHAND BL.	L. BACK	MID
4	LEFT	SP.HAND STRIKE	L. FRONT	MID
5	BOTH	KN. HIGH/UPSET	L. FRONT	HIGH
6	RIGHT	FRONT KICK	--	MID/HIGH
*	LEFT	REV. PUNCH	R. FRONT	MID
7	LEFT	SIDE KICK	--	MID/HIGH
8	RIGHT	SIDE KICK	--	MID/HIGH
*	RIGHT	DBL. KNHAND BL.	L. BACK	MID
9	LEFT	OUT. FORM BLOCK	R. BACK	MID
10	RIGHT	FRONT KICK	--	MID/HIGH
*	RIGHT	REV. IN.FORM BLOCK	R. BACK	MID
11	RIGHT	OUT. FORM BLOCK	L. BACK	MID
12	LEFT	FRONT KICK	--	MID/HIGH
*	LEFT	REV. IN.FORM BLOCK	L. BACK	MID
13	BOTH	KN. HIGH/UPSET	L. FRONT	HIGH
14	RIGHT	FRONT KICK	--	MID/HIGH
*	RIGHT	BACKFIST STRIKE	R. FRONT	MID
15	LEFT	INWARD FORM BLOCK	L. WALKING	MID
16	RIGHT	REV. PUNCH	L. WALKING	MID
17	RIGHT	INWARD FORM BLOCK	R. WALKING	MID
18	LEFT	REV. PUNCH	R. WALKING	MID
19	LEFT	INWARD FORM BLOCK	L. FRONT	MID
*	RIGHT	REV. PUNCH	L. FRONT	MID
*	LEFT	FRONT PUNCH	L. FRONT	MID
20	RIGHT	INWARD FORM BLOCK	R. FRONT	MID
*	LEFT	REV. PUNCH	R. FRONT	MID
*	RIGHT	FRONT PUNCH	R. FRONT	MID

Sparring Concepts

Sparring segments help the student develop offensive and defensive sparring combinations.

Defense

The students ability to defend from single and multiple technique combinations is emphasized at this stage of training. Although you may not block and evade every kick or strike from your opponent, your awareness of defensive movement is key in defining a stronger defensive strategy.

Footwork

Quick movement that allows for more effective defense and offense is key at your level of sparring. Refined movement that exhibits calm and patience is desired over jerky & nervous stepping. Clumsy footwork is likely to slow defensive and offensive movement and will wear down sparring stamina faster.

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

Repeat Kick _____
 Jump Front Kick _____
 Vert. Spearhand Strike _____
 Outer Form Block _____
 Double Knifehand block _____
 Knifehand High Block / Upset Knifehand Strike _____
 Backfist Strike _____

Parent & Teacher Section *(Juniors and Teens)*

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)*: _____