



TEAGEUK EE-JANG RANK

Your poomsae at yellow/green belt is Teageuk Ee-Jang. Ee means "2nd" and Jang means "chapter." The symbol for Ee-Jang is Yae, which symbolizes inner strength and outer softness. As you continue your journey through the belts, your core self is strengthening while your physical strength is becoming more suitable for the Teageuks.

Teageuk Ee- Jang Basics & Terminology

Sparring Stance	Kyorugi Seogi
Rev. Side Kick	Mom Yop Chagi
Front Punch	Bandae Jireugi
Hook Kick	Nakka Chagi
Palm Block	Bantongson Maki
Counter Kicks	Bada Chagi
Repeat Kicks	Kodeup Chagi
Ready Stance	Jonbi Seogi

Kicking Combos

Slide-in Side Kick
Step Reverse Side Kick
Repeat Side Kick
Hook Kick

Teageuk Ee- Jang Themes

<p>POSITIVE ATTITUDE</p> <p>Never fight to achieve selfish goals. Make friends with one another and develop strength within your group. Develop wisdom and character as your ultimate commitment.</p>	<p>PERSEVERANCE</p> <p>Sometimes you may feel uncoordinated & tired. During these times you will discover that you have to work hard and not give up until you achieve your goals.</p>	<p>HOME RULE</p> <p>Do not talk back to parents and siblings. Think about what your response is going to be and use judgment to respond in a positive way.</p>	<p>ANTI-BULLYING</p> <p>Bullies try and make you feel afraid. Build up your confidence in yourself and do not let bullies scare you. Believe in yourself.</p>	<p>MANNERS</p> <p>Be aware of other coming and going out of doors in front or behind you. Hold doors open for you seniors, or anyone carrying things in their hands.</p>
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Teageuk Ee- Jang Testing Requirements

Homework Sheet	Teageuk Ee-Jang	Sparring Basics w/Gear
Kicking Combinations	Self - Defense	Board Breaks

<p>Self-Defense</p> <p><i>Attack: Two hands grab both wrists</i></p> <p><i>Defend: use your knowledge of wrist joint locks and pain compliance to free yourself and gain control</i></p>	<p>Wooden Board Breaks</p> <p><i>Hand: Knifehand Stike or Horizontal Hammerfist Strike</i></p> <p><i>Kick: Round Kick</i></p>
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TEAGEUK EE-JANG RANK



Poomsae- Teageuk 2

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

Terminology Written Test (write Korean names in blanks)

Palm Block _____
 Rev. Side Kick _____
 Counter Kicks _____
 Repeat Kicks _____
 Sparring Stance _____

Sparring One-Steps (w/gear)

One steps challenge the student to practice precision & control

One-Step #1

- Left #1 outer crescent kick to block punch, land in parallel stance, then right #1 front kick to mid section.
- Right foot lands forward in left back stance and right back fist strike. Right foot steps forwards to right front stance, left rev. punch.
- Step back and double outer forearm block. Kihap

One-Step #2

- Right #1 inner crescent kick to block punch, and in a continuous motion, right side kick to mid-section.
- Land right foot counterclockwise towards left foot and then left rev. side kick to mid section.
- Step back left double outer forearm block. Kihap

One-Step #3

- Left foot steps to land in front/left of attacker, left inward palm block. No step, right ridgehand strike to mid section.
- Left #1 Round kick to knee and right jump round kick to mid section. Step back double outer form 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: _____

Contact Info (optional): _____