



TEAGEUK SAM-JANG RANK SHEET

Your poomsae at green belt is Teageuk Sam-Jang. Sam means "3rd" and Jang means "chapter." The symbol for Sam-Jang is Ree, which symbolizes brightness and heat. Your form should crackle like fire with strong combinations and bursts of power. With burning enthusiasm and passion, utilize fire's destructive ability but also remember that fire forges steel and is used to delicately shape glass.

Teageuk Sam-Jang Basics & Terminology

Repeat Kicks	Kodeup Chagi
Knifehand Block	Hansonal Makki
Instructor	Sabomnim
Sparring	Kyorugi
Back Kick	Dwit Chagi
Upset Knifehand Strike	Sonal Makchigi
Hook Kick	Nakka Chagi
Jump Front Kick	Twio Ap Chagi

Kicking Combos

Hook/ Round Kick
Front/Jump Front Kick
Back Kick
Reverse Hook Kick

Teageuk Sam-Jang Themes

STUDENT OATH	SELF-CONTROL	HOME RULE	ANTI-BULLYING	MANNERS
I will observe the tenets of Taekwondo. 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.	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, parents 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.

Teageuk Sam-Jang Testing Requirements

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

<p align="center">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 align="center">Wooden Board Breaks</p> <p><i>Hand:</i> Low Block</p> <p><i>Kick:</i> Side Kick</p>
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TEAGEUK SAM-JANG RANK SHEET

Poomsae Teageuk 3				
1	LEFT	LOW BLOCK	L. WALKING	LOW
2	RIGHT	FRONT KICK	--	MID/HIGH
*	RIGHT	FRONT PUNCH	R. FRONT	MID
*	LEFT	REV. PUNCH	R. FRONT	MID
3	RIGHT	LOW BLOCK	R. WALKING	LOW
4	LEFT	FRONT KICK	--	MID/HIGH
*	LEFT	FRONT PUNCH	L. FRONT	MID
*	RIGHT	REV. PUNCH	L. FRONT	MID
5	RIGHT	UP. KN.HAND STR.	L. WALKING	HIGH
6	LEFT	UP. KN.HAND STR.	R. WALKING	HIGH
7	LEFT	KN.HAND BLOCK	R. BACK	MID
8	RIGHT	REV. PUNCH	L. FRONT	MID
9	RIGHT	KN.HAND BLOCK	L. BACK	MID
10	LEFT	REV. PUNCH	R. FRONT	MID
11	RIGHT	INWARD FORM BLOCK	L. WALKING	MID
12	LEFT	INWARD FORM BLOCK	R. WALKING	MID
13	LEFT	LOW BLOCK	L. WALKING	LOW
14	RIGHT	FRONT KICK	--	MID/HIGH
*	RIGHT	FRONT PUNCH	R. FRONT	MID
*	LEFT	REV. PUNCH	R. FRONT	MID
15	RIGHT	LOW BLOCK	R. WALKING	LOW
16	LEFT	FRONT KICK	--	MID/HIGH
*	LEFT	FRONT PUNCH	L. FRONT	MID
*	RIGHT	REV. PUNCH	L. FRONT	MID
17	LEFT	LOW BLOCK	L. WALKING	LOW
*	RIGHT	REV. PUNCH	L. WALKING	MID
18	RIGHT	LOW BLOCK	R. WALKING	LOW
*	LEFT	REV. PUNCH	R. WALKING	MID
19	LEFT	FRONT KICK	--	MID/HIGH
*	LEFT	LOW BLOCK	L. WALKING	LOW
*	RIGHT	REV. PUNCH	L. WALKING	MID
20	RIGHT	FRONT KICK	--	MID/HIGH
*	RIGHT	LOW BLOCK	R. WALKING	LOW
*	LEFT	REV. PUNCH	R. WALKING	MID

Sparring Segments

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

Segment #1

- Evade sideways away from a round kick attack.
- Check/block the kick, and execute two strong counter punches towards the mid sections.
- Front/side kick mid section as you back away.

Segment #2

- Evade away from a round kick with no check/block.
- Execute a well timed slid-in sidekick to mid section before your opponent is able to attack again.
- Side kick should move your opponent back or allow you to maintain distance in a defensive position.

Terminology Written Test (write Korean names in blanks)

Repeat Kick _____
 Jump Front Kick _____
 Sparring _____
 Hook Kick _____
 Back Stance _____
 Upset Knifehand Strike _____
 Knifehand Block _____
 Instructor _____

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): _____