



TEAGEUKCHIL-JANG RANK SHEET

Your poomsae at red belt is Teageuk Chil-Jang. Chil means “7th” and Jang means “chapter.” The form is represented by the Kan symbol meaning “mountain”, meaning ponder & firmness. The student should be able to use their understanding of many lower rank forms to harness strength and power throughout the 7th Teageuk poomsae.

Chil-Jang Basics & Terminology

Tiger Stance	Beom Seogi
Closed Ready Stance	Bojumeok Junbi Seogi
Rev. Inward Palm Block	Batangson Anmakki
Inner High/Low Block	Kawi Makki
Twin Outer Forearm Block	Hecho Makki
X-Fist Block	Arae Otgoreo Makki
Twin Upset Punch	Deugjumeok Jecho Jireugi
Side Backfist Strike	Deugjumeok Bakkat Chigi
Knee Kick	Mureup Chagi

Kicking & Combos

Jump Spin Axe Kick	
Jump Spin Hook Kick	
Jump Spin Crescent Kick	
Butterfly Kick	Twist Kick

Chil-Jang Themes

TAEKWONDO KNOWLEDGE
 While training in class be a “good” partner by working hard and to make sure your partner is working hard. Never mess around when training.

FAIRNESS
 Do not measure your success in comparison to others. Set your own expectations and work with effort to live up to them.

HOME RULE
 Always treat your family members with kindness and respect. Love is the most powerful and long-lasting language we can use with family.

ANTI-BULLYING
 Never bully your brothers or sisters, older or younger. Important communication characteristics begin at home.

MANNERS
 Always make and keep eye contact with people who are talking with you. Look someone in the eye as you greet them and when you say goodbye.

Chil-Jang Testing Requirements

Homework Sheet	Poomsae Teageuk Chil-Jang	Kyoguri Concepts
Kicking Combinations	Ho Sin Sul	Board Breaks

<p>Ho Sin Sul</p> <p><i>Defend:</i> Use a rear air choke to submit an attacker who has their back to you. Safely bring the attacker to the ground from behind them.</p>	<p>Wooden Board Break Options (<i>choose three</i>)</p> <p><i>Hand:</i> Elbow Strike, Ridgehand Strike, Punch, Hor. Palm Strike</p> <p><i>Kick:</i> Rev. Side Kick, Hook Kick, Jump Front Kick, Jump Side Kick</p>
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Poomsae-Teaguek 7



1	RIGHT	REV. IN. PALM BLOCK	R. TIGER	MID
2	RIGHT	#2 FRONT KICK	--	MID/HIGH
*	LEFT	IN.FORM BLOCK	R. TIGER	MID
3	LEFT	REV. IN. PALM BLOCK	L. TIGER	MID
4	LEFT	#2 FRONT KICK	--	MID/HIGH
*	RIGHT	IN.FORM BLOCK	L. TIGER	MID
5	LEFT	D. KN.HAND BLOCK	R. BACK	LOW
6	RIGHT	D. KN.HAND BLOCK	L. BACK	LOW
7	RIGHT	REV. IN. PALM BLOCK	R. TIGER	MID
8	RIGHT	BACKFIST	R. TIGER	MID
9	LEFT	REV. IN. PALM BLOCK	L. TIGER	MID
10	LEFT	BACKFIST	L. TIGER	MID
11	BOTH	FIST IN HAND	CLOSED	MID
12	LEFT	H/L BLOCK	L. FRONT	MID & LOW
*	RIGHT	H/L BLOCK	L. FRONT	MID & LOW
13	RIGHT	H/L BLOCK	R. FRONT	MID & LOW
*	LEFT	H/L BLOCK	R. FRONT	MID & LOW
14	BOTH	T. O. FORM BLOCK	L. FRONT	MID
15	BOTH	HEAD GRAB	L. FRONT	HIGH
*	RIGHT	#2 KNEE STRIKE	--	MID
*	BOTH	TW. UPSET PUNCH	X. STANCE	MID
16	BOTH	X BLOCK	R. FRONT	LOW
17	BOTH	T. O. FORM BLOCK	R. FRONT	MID
18	BOTH	HEAD GRAB	R. FRONT	HIGH
*	LEFT	#2 KNEE STRIKE	--	MID
*	BOTH	TW. UPSET PUNCH	X .STANCE	MID
19	BOTH	X BLOCK	L. FRONT	LOW
20	LEFT	BACKFIST	L. ANGLE	MID
21	RIGHT	IN. CRES. KICK	--	MID/HIGH
*	RIGHT	HOR. ELBOW STR	MIDDLE	MID
22	RIGHT	BACKFIST	R. ANGLE	MID
23	LEFT	IN. CRES. KICK	--	MID/HIGH
*	LEFT	HOR. ELBOW STR	MIDDLE	MID
24	LEFT	KN.HAND BLOCK	MIDDLE	MID
25	RIGHT	LUNGE PUNCH	MIDDLE	MID

Sparring Concepts

Sparring concepts teach the student to think about tactics that improve elements of reaction, awareness, offence, and defense.

1st Concept: Offense

Advanced techniques is the cornerstone of sparring at the Chil-Jang level. Use advanced kicks and strikes at the proper times to surprise your opponent and utilize a variety of target areas, all which make your sparring difficult to defend.

2nd Concept: Set Ups

The ability mobilize your opponent in an advantageous position demonstrates a command over advanced sparring techniques. Bait them into to attacks and defensive footwork that works in your favor to attack/counter-attack the way you want to. Their reactions should always benefit you.

3rd Concept: Fakes

Use of certain footwork and tactical chambers should send a message to your opponent that a specific attacks/counter-attacks are coming. Use their predictions against them and change techniques or redirect kicks to take them off guard. Advanced sparring requires changing tactics in an instant.

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

Knee Kick _____

Closed Ready Stance _____

Twin Outer Form Block _____

Inner High/Low Block _____

X-Fist Block _____

Twin Upset Punch _____

Side Backfist _____

Tiger Stance _____

Parent & Teacher Section

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: _____

Teacher Name _____ Signature _____

Agree Disagree Date: _____

Comments: _____

Contact Info (optional): _____