



REQUIREMENTS TO TEST FOR 6TH GEUP (GREEN BELT)

A student should have completed (a) 30 total hours of class time at the 7th geup (sr. yellow)

Brief History of Taekwondo

Taekwondo is a relatively young martial art. It was only given its name in 1955. Leading up to the naming of Taekwondo, were centuries of other Korean martial arts recorded as early as the 6th century. There is no concrete proof that Taekwondo is, as some claim, an exact replica of those earlier forms.

Following the end of the Japanese occupation of Korea in 1945 there was a surge in the creation of martial arts schools. Ten years later General Choi Hang Hi suggested the name of Taekwondo, *way of kicking and punching*, to unify the existing schools of thought into a truly Korean martial art. There are two governing bodies which remain influential in TKD today. The International Taekwondo Federation formed in 1966 in Canada, and the World Taekwondo Federation formed in 1973 in South Korea. In the late 1960's the WTF patterned the first truly Taekwondo forms. They created first the Palgwe then the Taeguk forms. These forms became progressively more Taekwondo like and less like those of other martial arts.

The evolution of Taekwondo from an idea, to a martial art, to a viable worldwide sport was a quick one. In 1978, 20 years after Taekwondo was first named, the first World Championships were held. The International Olympic Committee has recognized the WTF as Taekwondo's governing body and first held Taekwondo as a demonstration sport in the 1988 Olympics. In 1992 it was an exhibition sport and in 2000 Taekwondo became a full medal Olympic Sport. Taekwondo is the only striking martial art that holds the status of full medal Olympic Sport. This is partially because Taekwondo continues to evolve, pushing it's practitioners to new heights.

Although TKD is now considered a sport it has always been, and is most importantly, a martial art, and as a martial art it is a tool for all practitioners to develop a greater sense of self.

<u>Korean words to know:</u>		<u>Korean</u>	<u>English</u>	<u>Korean</u>	<u>English</u>
<u>Korean</u>	<u>English</u>	Yul Set	Thirteen	Chulmuneo	Your Welcome
Yul HanaEleven	Yul Net	Fourteen		Dobok	Uniform

<u>Kicking:</u>	Double Kick	Clench Kick	Cut Kick
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<u>Strikes:</u>	Knife-hand Strikes (to the neck, temple, collar bone, and downward) Reverse Knife-hand Strikes Four Knuckle Strike	<u>Blocks:</u>	Single Knife-hand Guarding Block Outer Forearm Guarding Block Guarding Block Low Guarding Block
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Self Defense:

- #1 Wrist lock from a lapel grab attack, using an inside to outside wrist lock.
- #2 Wrist lock from a lapel grab attack, using an outside to inside wrist lock.
- #3 Wrist lock from a shoulder grab attack, using an outside to inside wrist lock.
- #4 Wrist lock from a front two handed choke attack, using and inside to outside wrist lock.

Gyroogi: Four Basic Counters for Roundhouse Kick to the Backside

- #1 Whoogin Roundhouse Kick
- #2 Pada Chagi
- #3 Axe Kick (Preferably lead leg skip axe kick. However, rear leg is also an option.)
- #4 Cover punch followed by Clench Kick

Other Required Learning:

Poomse

- Taeguk Sam-Jang (#3)
- Palgwe Yi-Jang (#2)