

UVM Taekwondo Goals by Rank

Testing For: High White Belt (yellow stripe) (9th Gup)

Seogis (stances):

Moa	Closed ready
Naranhi	Parallel ready
Jumbi	Poomsae ready
Ap	Front (short)
Apkubi	Forward inflection (long)
Sparring	

Movement:

Step forward
Step back
Turning in stances
Switch in place

Jireugis (punches):

Bandae	Front/Obverse Punch (same side as front leg)
Baro	Reverse Punch (same side as the back leg)
Jab	
Cross	

Makkis (blocks):

Arae	Low Block
Momtong	Middle Block

Chagi (kicks):

Ap	Front
Dollyo	Round

Self-Defense:

Wrist release and counter

Sparring:

3 steps (3 attacks going forward)

Knowledge:

Practice the School Rules section of the Student Manual
Be familiar with class procedures and basic commands
Be able to describe techniques in your own words

Poomsae (form):

Taegeuk 1 (first 10 movements)

Testing For: Yellow Belt (8th Gup):**Seogis:****Movement:**

Reverse switch

Range of motion and start/finish positions for punches/blocks/kicks

Jireugis:**Makkis:**

Ulgol High block

Chagis:

Dwit Back

Yop Side

Naeryo Downward/Axe

Front leg kicks

Self-Defense:

Wrist + Lapel

Traditional 1-step

Sparring:

Free 1-step (attack-counter)

Specific 3-step (attack-counter-counter)

Knowledge:

Familiar with the Student Manual (except poomsae and terminology that are not yet applicable)

Description of techniques

Goal Sheets through 8th Gup

Definition of Taegeuk 1 & number of movements

Poomsae:

Taegeuk 1

Testing For: High Yellow (7th Gup):**Seogis:****Movement:**

45 degree movement forward/backward
Stepping & switching

Jireugis:**Makkis:****Chagis:**

Jumping Ap
Jumping Dollyo
Ulgol Ap
Ulgol Dollyo
Naeryo

Self-Defense:

Choke from the front

Sparring:

Semi-Free (no head kicks)
3 Defenses against a rear leg round kick attack
Specific 3-step (attack-counter-counter)

Knowledge:

Club history
Goal Sheets through 7th Gup
Definition of Taegeuk 1 & number of movements

Poomsae:

Taegeuk 1

Testing For: Green Belt (6th Gup):**Seogis:****Movement:**

270 degree turn

Jireugis:**Makkis:****Chagis:**

Jumping Dwit

Flying Yop

Multiple standing kicks

Self-Defense:

Choke from behind

Sparring:

Free (no head contact)

3 defenses against a back kick attack

3 defenses against a fast kick attack

Procedure of sparring competition

Knowledge:

Goal Sheets through 6th Gup

Definition of Taegeuk 2 & number of movements

Poomsae:

Taegeuk 2

Testing For: High Green Belt (5th Gup):**Seogis:**

Dwitkubi Back Stance

Movement:

45 degree motion forward

Mikkeurombal Slipping front foot forward from dwitkubi to apkubi

Jireugis:

Dubon-Jireugi Double Punch

Makkis:

Hanssonal Bakkat Outward Single Knifehand

Chigis (strikes):

Mok Neck

Chagis:

Double dollyo

360 Dollyo

Self-Defense:

Arm bars

Sparring:

Free (light touch head contact)

3 defenses against a back kick attack

3 defenses against a fast kick attack

Basic sparring strategy/Match management

Knowledge/Setting an Example:

Definition of Taegeuk 3 & number of movements

Goal Sheets through 5th gup

Understanding and consistent practice of good Taekwondo conduct and etiquette

Poomsae:

Taegeuk 3

Testing For: Blue Belt (4th Gup):**Seogis:****Movement:****Jireugis:****Makkis:**

Sonnal Double-knifehand
Momtong Bakkat

Zireugis (thrusts):

Pyon-son-kkeut sewot Vertical flat fingertip thrust

Chigis (strikes):

Jebi-Poom Mok Ulgol makki and mok chigi combo
Deungjumeok Ap Front Back fist
Ridgehand

Chagis:

360 dwit

Self-Defense:

2 basic take-downs

Sparring:

Clinches

3 defenses against a head attack from dollyo, naeryo, dwit chagis

Knowledge/Setting an Example:

Goal Sheets through 4th Gup

Definition of Taegeuk 4 & number of movements

Poomsae:

Taegeuk 4

Testing For: High Blue Belt (3rd Gup):**Seogis:**

Dwitkoa	Back Cross
Wen	Left
Oreun	Right

Movement:

Stomping	(Last movement of Taegeuk 5)
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Jireugis:

Yop	Side arm extension
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Makkis:**Zireugis (thrusts):****Chigis (strikes):**

Mejumeok Naeryo	Downward hammer fist
Palkup Dollyo	Elbow strike (round)
Palkup Pyojeok	Elbow strike (to palm)

Chagis:

Spin Hook	(front and back legs)
Reverse Hook	

Self-defense:

2 standing tapouts
Basic defense against a stick

Sparring:

Scoring defensively (while moving away) with dollyochagi & dwitchagi

Knowledge/Setting an Example:

Goal Sheets through 3rd Gup
Definition of Taegeuk 5 & number of movements
Thoroughly understand and exemplify good Taekwondo conduct and etiquette

Poomsae:

Taegeuk 5

Testing For: Red Belt (2nd Gup):**Seogis:****Movement:**

Slow movement in Hechomakki

Jireugis:

Uppercuts

Makkis:

Bitureo (High single knifehand block to the side)

Arae Hecho (Low double block)

Batangson (Inward palm block)

Zireugis (thrusts):**Chigis (strikes):****Chagis:**

Jumping hook kick

Makkis:**Self-defense:**

Basic defense against a knife

Basic defense against two attackers

2 intermediate takedowns

Sparring:

Basic management of two attackers

Intermediate sparring strategy/Match management

Knowledge/Setting an Example:

Goal Sheets through 2nd Gup

Definition of Taegeuk 6 & number of movements

Poomsae:

Taegeuk 6