



## 6<sup>th</sup> Gup Testing (Green Belt)

### **Terminology**

**SONNAL** [son-nal]

Knife hand

**WEN** [when]

Left

**OREUN** [oh-reun]

Right

**DWIT KUBI**

Back stance

**MOA SOGI** [moe-ah-so-gee]

Standing with feet together

**JOOCHOOM SOGI** [jew-chum-so-gee]

Horse Stance

**ME JOOMEOK** [may-jew-moke]

Hammer fist

**DEUNG JOOMEOK**[dung-jew-moke]

Back fist, or strike using back fist

**PYON JOOMEOK**[pee-o-jew-moke]

Finger joints, or strike using the finger joints

**BAM JOOMEOK**[bam-jew-moke]

Joint of one finger, or strike using a joint of finger

**CHIREUGI** [CHE-RUE-GEE]

Strike by thrusting or stabbing.

**MALV Taekwondo**  
 6<sup>th</sup> GUP. (Green stripe. Advanced yellow)

**KICKING TECHNIQUES.**

Back kick	L1	L2	Ready

Jump side kick	L1	L2	Ready

<b>STANCES</b>	L1	L2	Ready
Back stance			

<b>BLOCKS</b>	L1	L2	Ready
Support low block			

	L1	L2	Ready
Support middle block			

	L1	L2	Ready
Back fist. Long stance			
Back first, horse stance	L1	L2	Ready

<b>FORM/POOMSE</b>	L1	L2	Ready
TAEGUK SAM JANG			

# Taegeuk Sam Jang



Taegeuk Sam Jang represents the symbol **Yi** (pronounced yee), which means the sun and fire. **Yi** symbolizes the sun's bright light and warmth, which give man hope and enthusiasm. It also symbolizes one's brightly burning passion for training. This form, therefore, should be performed with power and passion.

In addition to the techniques in Taegeuk Il Jang and Taegeuk E Jang, this form introduces a few knife hand techniques and a back stance. Special attention is also required for new combination techniques involving a stance shift.

Click on the links below to take a closer look at each movement of Taegeuk Sam Jang.

	Description
<a href="#">Move 1</a>	Left low block, left short stance
<a href="#">Move 2 A</a>	Right front kick
<a href="#">Move 2 B</a>	Double middle punch, right front stance
<a href="#">Move 3</a>	right low block, right short stance
<a href="#">Move 4 A</a>	Left front kick
<a href="#">Move 4 B</a>	Double middle punch, left front stance
<a href="#">Move 5</a>	Right inward knife hand neck strike, left short stance
<a href="#">Move 6</a>	Left inward knife hand neck strike, right short stance
<a href="#">Move 7</a>	Left knife hand block, right back stance
<a href="#">Move 8</a>	Right middle punch, left front stance
<a href="#">Move 9</a>	Right knife hand block, left back stance
<a href="#">Move 10</a>	Left middle punch, right front stance
<a href="#">Move 11</a>	Right inward middle block, left short stance
<a href="#">Move 12</a>	Left inward middle block, right short stance
<a href="#">Move 13</a>	Left low block, left short stance
<a href="#">Move 14 A</a>	Right front kick
<a href="#">Move 14 B</a>	Double middle punch, right front stance
<a href="#">Move 15</a>	Right low block, right short stance
<a href="#">Move 16 A</a>	Left front kick
<a href="#">Move 16 B</a>	Double middle punch, left front stance
<a href="#">Move 17 A</a>	Left low block, left short stance
<a href="#">Move 17 B</a>	Right middle punch, left short stance
<a href="#">Move 18 A</a>	Right low block, right short stance
<a href="#">Move 18 B</a>	Left middle punch, right short stance
<a href="#">Move 19 A</a>	Left front kick
<a href="#">Move 19 B</a>	Left low block, left short stance
<a href="#">Move 19 C</a>	Right middle punch, left short stance
<a href="#">Move 20 A</a>	Right front kick
<a href="#">Move 20 B</a>	Right low block, right short stance
<a href="#">Move 20 C</a>	Left middle punch, right short stance (Kihup)
<a href="#">Finish</a>	Joonbe