

MALV Taekwondo
 4th GUP (Blue Belt)
 TESTING PAPER.
 DO NOT WRITE ON THIS PAPER.
 (Student must hand in this paper on the day of testing)



Name: _____ Age: _____ Date: _____

BLOCKS, STRIKES & COMBINATIONS []

Front stance X BLOCK LOW [] X BLOCK HIGH []

KICKING & COMBINATIONS []

Back stance BACK KICK [] JUMP TURN CRESENT KICK []
 Back leg HOOK KICK []

POOMSE TAEGUK O JANG []

FORMAL & INFORMAL DEFENCE []

	FORMAL X4	INFORMAL X4
DIFFICULTY	[]	[]
CLARITY	[]	[]
POWER PLACEMENT	[]	[]
SPEED	[]	[]
ACCURACY	[]	[]
VARIETY	[]	[]
CONCENTRATION	[]	[]
BALANCE	[]	[]

SPARRING []

ATTACKING []	DEFENCE []	CONCENTRATION []
SPEED []	BALANCE []	FLEXIBILITY []

BREAK []

PUNCH (2-3 Boards) [] BACK KICK [] JUMP SIDE KICK (over 3 - 4 persons) []

TERMINOLOGY []

BANDAL CHAGI * DWIT CHAGI * AN CHIGI * BAKKAT CHIGI * APE CHIGI * NAERYO CHIGI * GAWISON - KEUT *
 PYONSON - KEUT.....SEWEOCHIREUGL.....EOPEOCHIREUGL.....JEOCHYOCHIREUGI

EXAMINER: _____ PASS / FAIL

4th Gup Testing (Blue belt)

Terminology

BANDAL CHAGI [ban-dal-chagi]

Half front, half round kick, used frequently in sparring

DWIT CHAGI

Back kick

AN CHIGI [ahn-chigi]

Inward strike

BAKKAT CHIGI [ba-kkat -chigi]

Outward strike

APE CHIGI [ah-pe-chigi]

Forward strike

NAERYO CHIGI [ne-ryeo-chigi]

Downward strike

GAWISON KEUT [ga-wee-son-gut]

Attack to eyes with two fingers

PYONSON KEUT [pee-un-son-gut]

Striking with the tips of the fingers

PYONSON KEUT EOPEO CHIREUGI

[pee-un-soon-gut-oh-poe-che-rue-gee]

Thrusting strike with the tip of fingers (spear hand strike) with palm facing down

PYONSON KEUT JEOCHYO CHIREUGI

[pee-un-soon-gut-jae-cho-che-rue-gee]

Thrusting strike with the tip of fingers (spear hand strike) with palm facing up

PYONSON KEUT SEWEO CHIREUGI

[pee-un-soon-gut-se-woe-che-rue-gee]

Thrusting strike with the tip of fingers (spear hand strike) with palm facing side way

MALV Taekwondo
4th GUP. (Blue belt)
Kicking Techniques.

Crescent Kick	L1	L2	Ready

Jump Crescent Kick	L1	L2	Ready

Stances	L1	L2	Ready
Back stance			

Blocks	L1	L2	Ready
Low X block			

	L1	L2	Ready
High X block			

Form/ Poomse	L1	L2	Ready
TAEGUK O JANG			

Taegeuk O Jang

Taegeuk O Jang represents the symbol **Son**, which means the wind. **Son** symbolizes both the calmness of the gentle breeze and the devastating force of the hurricane. These two opposite natural phenomena are what apply to Taegeuk O Jang.

In addition to the techniques in the first four Taegeuk forms, Taegeuk O Jang introduces a few new techniques such as:

- ☒ Forward elbow strikes
- ☒ Target elbow strikes
- ☒ Cross stance
- ☒ Side back fist strike
- ☒ Downward hammer fist strikes

Taegeuk O Jang also involves successive execution of blocks (low block to middle block), as well as a stance from a quick hop that requires coordination.

	Description
Move 1	Left low block, left front stance
Move 2	Left downward hammer fist strike, ready stance
Move 3	Right low block, right front stance
Move 4	Right downward hammer fist strike, ready stance
Move 5 A	Left inside middle block, left front stance
Move 5 B	Right inward middle block, left front stance
Move 6 A	Right front kick
Move 6 B	Right forward back fist strike, right front stance
Move 6 C	Left inward middle block, right front stance
Move 7 A	Left front kick
Move 7 B	Left forward back fist strike, left front stance
Move 7 C	Right inward middle block, left front stance
Move 8	Right forward back fist strike, right front stance
Move 9	Left knife hand block, right back stance
Move 10	Right forward elbow strike, right front stance
Move 11	Right knife hand block, left back stance
Move 12	Left forward elbow strike, left front stance
Move 13 A	Left low block, left front stance
Move 13 B	Right inward middle block, left front stance
Move 14 A	Right front kick
Move 14 B	Right low block, right front stance
Move 14 C	Left inward middle block, right front stance
Move 15	Left high block, left front stance
Move 16 A	Right side kick
Move 16 B	Left middle elbow target strike, right front stance
Move 17	Right high block, right front stance
Move 18 A	Left side kick
Move 18 B	Right middle elbow target strike, left front stance
Move 19 A	Left low block, left front stance
Move 19 B	Right inward middle block, left front stance
Move 20 A	Right front kick
Move 20 B	Right side back fist strike, right cross stance (Kihup)
Finish	Joonbe