

**First and Second Degree**  
**Black Belt**  
**Training Manual**



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# BLACK BELT: EXPERT OR NOVICE

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**One of the greatest misconceptions within the martial arts is the notion that all black belt holders are experts. It is understandable that those unacquainted with the martial arts might make this equation. However, students should certainly recognize that this is not always the case. Too often, novice black belt holders advertise themselves as experts and eventually even convince themselves.**

**The black belt holder has usually learned enough technique to defend themselves against single opponents of average ability. They can be compared to a fledgling that has acquired enough feathers to leave the nest and fend for themselves. The first degree is a starting point. The student has merely built a foundation. The job of building the house lies ahead.**

**The novice black belt holder will now really begin to learn technique. Now that they have mastered the alphabet, they can now begin to read. Years of hard work and study await them before they can even begin to consider themselves an instructor or expert. A good student will, at this stage, suddenly realize how very little they know.**

**The black belt holder also enters a new era of responsibility. Though a freshman, they have entered a strong honorable fraternity of the black belt holders of the entire world; and their actions inside and outside the training hall will be carefully scrutinized. Their conduct will reflect on all black belt holders and they must constantly strive to set an example for all grade holders.**

**Some will certainly advance into the expert stages. However, far too many will believe the misconception and will remain a novice, mentally and technically.**



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## SELF DEFENSE COMBINATIONS

### High WHITE

1. Knife Hand Block/Punch/Guard in an L-Stance
2. Inner Forearm Block/Punch/ Guard in an L-Stance
3. Outer Forearm Block/Punch/Guard in a Walking Stance
4. Step to the inside Knife Hand Block with Punch/Guard in a Sitting Stance
5. Step to the outside Knife Hand Block/Double Punch/Guard in a Sitting Stance

### YELLOW

6. Step to the inside to sitting stance; knife hand block inner knife hand strike combination
7. Stationary palm block; step in L stance; midsection elbow strike
8. Step to the inside sitting; knife block/high section punch: step forward towards punch grabbing; reverse punch

### GREEN

9. Step to the inside sitting stance: palm block: back fist: double punch.
10. Stationary crescent kick block; jump forward into sitting stance with knife hand block/high section punch.
11. Stationary reverse crescent block; opposite leg high section front turning kick.

### HIGH GREEN

12. Jump forward into sitting stance; Knife-hand block and high section inward knife- hand strike combination; step forward grabbing opponent's wrist and shoulder; foot weep; reverse punch with yell.
13. Jump forward into sitting stance; knife-hand block and high section inward knife-hand strike combination; bring foot back and high-section knife-hand at the same time.
14. (Opponent punches high-section) Drop forward into walking stance; high-section block and high-section inward knife- hand strike combination.

### BLUE

15. Stationary inward palm block: slide forward into L stance with elbow strike follow with elbow strike
16. Jump forward into sitting stance; palm block; 1-2 punch; grab opponent's shoulder; mid-section front turning kick; foot sweep; reverse punch with yell
17. Stationary inward palm block; slide forward into L stance; elbow strike; elbow strike; high section elbow strike

### HIGH BLUE

18. Stationary crescent block; high-section sidekick
19. Stationary reverse crescent block; mid-section/high-section double front turning kick
20. Step to the inside; high-section sidekick; high-section back kick
21. Step into walking stance with knife-hand block; mid-section sidekick

### RED

22. Step outside to walking stance with knife hand block: high section sidekick
23. Jump outside into sitting stance: palm block; double punch: grab shoulder mid- section front turning kick: high section reverse turning kick; leg sweep; punch with kihap
24. Jump to the side with mid-section front turning kick

### HIGH RED

25. Stationary crescent block, high section spin kick (may use either leg)
26. Stationary crescent kick; high section back kick (may use either leg)
27. (Opponent punches high) Drop forward into walking stance, high section knife hand block with high section inward knife hand strike combination, push opponent's arm back with hand as you sweep the leg, reverse punch with yell.
28. Stationary reverse crescent block, ball of foot turning kick (in front of face)
29. Step forward into walking stance with hooking grab to shoulder, mid-section double front turning kick, high section ax kick take down, punch with yell
30. Jump into sitting stance with palm block, 1-2 punch, grab to shoulder, midsection double front turning kick, high section ax kick take down, reverse punch with yell
31. Stationary reverse crescent block, mid/high section double front turning kick, high section hooking kick (without dropping your leg)
32. (Opponent punches high section) Step forward into walking stance with high section knife hand block and mid-section upset punch combination followed by high section inward knife hand strike (in fast sequence), push opponent's arm back as you sweep the leg with your hand, reverse punch with yell
33. Vertical jumping, high section front turning kick
34. Jump forward into sitting stance, knife hand block and high section attack of your choice

## 3 STEP SPARRING

### WHITE

1. Low Block (Punch)
2. Outer Forearm (Punch)
3. Knife Hand (Punch)
4. Inner Forearm (Punch)

### YELLOW

5. Guarding Blocks (punch)
6. Rising Blocks (punch)
7. Low Block/Rising Block combination (punch)

### GREEN

8. Wedging block against grabs (front kick or knee strike)
9. Alternate downward palms against side kicks (punch)

### HIGH GREEN

10. Twin forearm block (punch/inner knife hand)
11. Circular blocks against front kicks (front kick)
12. Bending ready stance A (side kick)

### BLUE

13. Twin knife hand block (spear hand)
14. Double Forearm Block (Front Punch)
15. Hooking Block grab attackers upper forearm (punch)

### HIGH BLUE

16. Knife Hand Guarding Block (upper elbow strike)
17. Rising Block with the X fist (front kick)

### RED

18. Low pressing block (twin punch)
19. Low pushing block (head grab)

### HIGH RED

20. Palm Pushing Block (backfist/punch)
21. Inner forearm/Low Block (turning kick/turning kick)

### REC BLACK BELT

22. Twin palm upward block (front kick)
23. Front Block (back fist)

## SPARRING COMBINATIONS

### HIGH WHITE

1. Double Punch
2. Double punch; Rear leg Front Kick
3. Double Punch; Rear Leg Front Kick; Back Fist
4. Front Leg Front Kick; Back Fist

### YELLOW

5. Double punch; crescent kick
6. Double punch; reverse crescent kick
7. Double punch; rear leg front turning kick
8. Double punch; ax kick

### GREEN

9. Back fist; front leg sidekick; reverse punch.
10. Back fist; front foot front kick; reverse punch.
11. Back fist; reverse punch; ax kick
12. Reverse punch; rear leg front kick; same leg step behind sidekick.

### HIGH GREEN

13. Front foot front turning kick; same leg side kick; back fist; reverse punch.
14. Back fist; front foot sidekick; reverse punch; rear leg front turning kick.
15. Reverse punch; rear leg front turning kick; back kick.
16. Rear leg sidekick; back kick.

### BLUE

17. Front foot reverse crescent kick; rear leg front turning kick; back fist reverse punch
18. Front foot reverse crescent kick; rear leg front turning; back kick
19. Front foot reverse crescent kick; rear leg ax kick; double punch
20. Front foot reverse crescent kick; rear leg double front turning kick

### HIGH BLUE

21. Front foot front turning kick, spin-hooking kick
22. Double punch, rear leg crescent kick, spin-hook kick
23. Double punch, rear leg sidekick, same leg hook kick
24. Front foot hook kick, back fist reverse knife hand

### RED

25. Front foot reverse turning kick; rear leg front turning kick; back fist; reverse knife hand
26. Spin reverse crescent kick; ax kick; double punch
27. Front foot ax kick, rear leg turning kick; back fist
28. Double punch rear leg front turning kick; same leg hook kick (without dropping)

### HIGH RED

29. Front punch, spin back kick
30. Front leg side kick, jump back kick
31. Front foot hook kick, same leg turning kick (without dropping), spin back kick
32. Front foot ax kick, rear leg turning kick, spin hook kick

## Theory of Power

1. Speed (SOKDO) (P=MV)
2. Concentration (JIP JOONG)
3. Reaction Force (BANDONG RYOK)
4. Mass (ZILYANG)
5. Breath Control (HOHUP JOJUL)
6. Equilibrium (KYUN HYUNG)

## Tenets of TKD

Courtesy (YE UI)  
 Integrity (YOM CHI)  
 Perseverance (IN NAE)  
 Self-Control (GUL GI)  
 Indomitable Spirit (BAEKJUL BOOLGOOL)

## History of TKD

4/11/55 – Gen Choi founded TKD  
 1959 - TKD to China/Vietnam  
 1965 – TKD Korea's National Martial Art  
 1966 – ITF Founded  
 1968 – TKD to France adopted by CISM  
 1969 – 1<sup>st</sup> Asian TKD Championship  
 1974 - 1<sup>st</sup> World TKD – Montreal CA  
 1979 – ALL Europe TKD Federation

## Belts

White – Innocence - beginning student w/o knowledge of TKD

Yellow – The Earth – from which a plant sprouts and takes root as TKD foundation

Green – Plants Growth – as TKD student starts to develop

Blue – The Heaven – Plant matures into tree as training in TKD progresses

Red – Danger - cautioning the student to exercise control and warning the opponent to stay away

**Grandmaster Kwang S. Hwang** – 9th Degree master instructor  
 Born: Sept 13, 1942 TKD at age 11 BS-Political Science, Law degree  
 Instructor Tiger division Korean Army – TKD to USMC ; 1<sup>st</sup> Grad from ITF instructor course. Member ITF Policy committee; Chairman of ITF Merger committee; President of KATU Came to US at General's request



**PATTERNS**

**Saju Jirugi**- Four direction punch

**Saju Makgi**- Four direction block

**Chon-Ji**: means literally the "Heaven and the Earth".

It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner.

This pattern consists of two similar parts, one to represent the Heaven and the other the Earth. (19)

**Dan Gun**: Named after the Holy Dan Gun, the legendary founder of Korea in 2333 BC (21)

**Do-San**: is the Pseudonym of the Patriot Ahn Ch'Ang-Ho (1876-1938) who devoted his entire life to furthering the education of Korea and its independence movement (24)

**Won-Hyo**: was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D. (28)

**Yul-Gok**: is the pseudonym of the great philosopher and scholar Yi I (1536-1584) who was nicknamed the "Confucius of Korea".

The 38 movements refers to his birthplace on the 38th Latitude.

The Diagram (+/-) represents scholar.

**Joong Gun**: is named after the patriot An Joong-Gun who assassinated Hiro~Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part of the Korea Japan merger. There are 32 movements in the "pattern" which represent Mr. An's age when he was executed at Lui-Shung prison in 1910.

**Toi-Gye**: is the pen name of the noted scholar Yi Hwang (16th century) an authority on Neo-Confucianism.

The 37 movements of the pattern refer to his birth place on the 37th latitude.

The diagram (+/-) represents scholar.

**Hwa Rang**: is named after the Hwa-Rang youth group which originated in the Silla Dynasty about 1350 years ago.

This group eventually became the actual driving force for unification of the three Kingdoms of Korea.

The 29 movements refer to the Infantry Division, where TaeKwon Do developed into maturity.

**Choong Moo** was the name given to the great Admiral Yi Soon-Sin of the Lee Dynasty.

He was reputed to have invented the first armored battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine.

The reason why this pattern ends with a left hand attack is to symbolize his regrettable death having



# FIRST DEGREE BLACK BELT

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## Techniques

1. Parallel ready stance with the Heaven hands
2. Single upset punch
3. Low front block with the inward knife-hand
4. Downward strike with the side fist
5. Twin upward punch
6. Pressing block with the fore fist
7. Inner forearm wedging block
8. Horizontal punch
9. High-section twin side elbow
10. Low front block with the side fist
11. Low front block with the outer forearm
12. U-shaped grasp
13. Low section guarding block with the reverse knife-hand
14. Double arc hand block
15. Front strike with the back fist
16. Nine shaped block
17. Middle knuckle strike
18. Pressing kick
19. Stepping back kick
20. Stepping spin hooking kick
21. Turning kick followed by jumping side kick
22. Twisting kick
23. Jump spin hooking kick
24. Jump spin reverse crescent kick
25. Jump spin reverse turning kick
26. Crescent kick followed by jump spin crescent kick
27. Jump spin front foot front turning kick
28. Front turning kick followed by jumping front turning kick
29. Side kick followed by spin hooking kick
30. Jumping back kick

## Board Breaking

1. Jump back kick
2. Spin kick (multiple boards)
3. Multiple board hand technique
4. Multiple board foot technique
5. Reverse turning kick
6. Turning kick
7. Speed hand technique
8. Speed foot technique



# FIRST DEGREE BLACK BELT

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## Three Step Sparring

24. Mid-section pressing block with the X knife-hands with a twisting kick defense.  
(L = Forward/Backward)
25. Nine shaped block with a front kick defense. (Walking = Forward, L = Backward)
26. U-shaped grasp with high-section twin side elbow defense. (L = Forward/Backward)
27. Low section reverse knife-hand guarding block with head grab knee strike defense. (L = Forward/Backward)
28. Double arc hand block with a turning kick defense. (Walking = Forward/Backward)
29. Low front block with the outer forearm with a front strike with the back fist defense. (Walking = Forward, L = Backward)
30. Double forearm shift to inner forearm/low block with front kick then side kick defense. (Walking = Forward/Backward)
31. Low front block with the inward knife-hand with jumping back kick defense.  
(Walking = Forward, L = Backward)

## One Step Self Defense

35. Attack--Step in with high front punch  
Response--Duck under the attack, blocking with a left rising block, attack with right arc hand to neck. Continue forward, pushing the attacker's arm up and to the left, pulling down on the inner elbow with the right hand, sweeping with the right foot.
36. Attack--step in with a high front punch  
Response--Trap the punch with a high-section pressing block with X knife-hand, Kick to attacker's head with a high front kick.
37. Attack--Low front kick  
Response-- Block and trap with low pressing block with X fist, step between attacker's legs holding attacker's right leg with left hand. Hit attacker to the face, then grab attacker's uniform and sweep with the right leg.
38. Attack--Rear leg mid-section side kick  
Response--Step to the left, block with left palm upward block. Hold leg up with the left arm, step in and sweep with the right foot.
39. Attack--Step in with mid front punch.  
Response--Step to the left, block with a right knife-hand. Step in with the left foot grabbing the attacker's wrist with both hands, twisting the wrist away at the same time. Place the attacker's upturned elbow in your armpit and drop straight down, sliding your feet out in front. Pull up on the attacker's wrist, breaking the elbow.



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40. Attack--Step in with mid front punch  
Response--Step to left, block with a right knife-hand. Grab the attacker's wrist with both hands, and attack to the high-section with a left crescent kick. (Attacker ducks head forward) Follow through with crescent kick and drop it in front of the attacker, twisting the wrist away at the same time, sitting on the upturned elbow. Pull the attacker's arm and break it.
41. Attack--Step in with a high front punch  
Response--Jump to left, both feet at the same time, kicking attacker to the chest with a right front turning kick, immediately deliver right hook kick to back of attacker's head.
42. Attack--Step in with mid front punch.  
Response--Block with left reverse crescent kick. Kick to attacker's low section with right front snap kick, followed immediately by high right side kick.
43. Attack--Step in with high front punch.  
Response--Step back into right knife-hand guarding block position kick attacker's low section with front snap kick, and do not put foot down. Jump up and deliver a high right front snap kick to attacker's face.
44. Attack--Step in with mid front punch.  
Response--Block punch with left reverse crescent kick. Deliver right front turning kick to attacker's ribs, followed immediately by high-section front turning kick to attacker's neck. Leave the kick hooking the attacker's neck, and finish with a palm strike to attacker's face.

## Sparring Combinations

33. Front foot reverse crescent kick, same leg front turning kick, same leg hooking kick. All done without dropping the foot.
34. Front leg side kick, same leg front turning kick (without dropping the foot), then back kick.
35. Front foot ax kick hit the floor, same leg front turning kick, same leg hooking kick (without dropping the foot).
36. Reverse punch, rear leg crescent kick, same leg side kick, then back kick.
37. Defensive sparring against a side kick: push side kick down/sideways follow with front leg hooking kick when in closed stance or front leg twisting kick, front turning kick combination if in open stance.
38. Defensive sparring against front turning kick: spin back kick if in open stance or move to side with front kick or front turning kick if in closed stance.
39. Defensive sparring against back kick: push kick down/sideways moving to side with a front kick or turning kick.
40. Defensive sparring against attack of your choice: make up a counter attack against any attack.



# FIRST DEGREE BLACK BELT

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## Pattern

1. All lower belt patterns
2. Kwang-Gae
3. Po-Eun
4. Gae-Baek

## Vocabulary

1. Black Belt is the opposite of white; therefore, signifying one's maturity and proficiency in Taekwon-Do. It also indicates the wearer's imperviousness to darkness and fear.
2. Kwang-Gae is named after the famous Kwang-Gae-Toh-Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of the lost territories. The 39 movements refer to the first two figures of 391 A.D., the year he came to the throne.
3. Po-Eun is the pseudonym of a loyal subject Chong Mong-Chu (1400) who was a famous poet and whose poem "I would not serve a second master though I might be crucified a hundred times" is known to every Korean. He was also a pioneer in the field of physics. The diagram represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty. 36 movements.
4. Gae-Baek is named after Ge-Baek, a great general in the Baek Je Dynasty (660 AD). The diagram represents his severe and strict military discipline. 44 movements
5. Grandmaster Hwang's written history of Taekwon-Do.
6. General Choi's biography

## Written Requirement:

Write a 2-3 page explanation of your understanding of "Black Belt in life for life".



# FIRST DEGREE BLACK BELT

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## What to expect from this belt:

This rank is where the deeper aspects of training begin to happen. Students that achieve their black belt usually feel a combination of confidence and vulnerability, largely because they see their own ability but also see that they have only learned a small amount of what Taekwon-Do really has to offer. The excitement that accompanies earning a black belt is also a significant piece of training because black belts are the leaders of the school and are called upon to act as such when in class and when outside of class.

One of the challenges that can arise at this level is stagnation due to the length of time between tests, and the continued practice of techniques learned several years earlier. This is difficult because at the black belt level students are learning new material but also focusing on the basic techniques that are fundamental to all of Taekwon-Do. *This is especially difficult for children because it is not always easy to understand why there is need to repeat a technique or pattern; in addition to, the fact that the deeper applications of techniques can sometimes be quite complicated. Another challenge that is not as common, but does occur at the black belt level, is the struggle with overconfidence and an inflated ego. Specifically, black belts sometimes forget that they are not omniscient, leading to a sense of not needing to learn anything further. When this occurs, students can feel as though they are “above” coming to basic classes and feel as though they can lead others without continuing to train on their own material. **This particular struggle can be very serious if the student is not able to work through it because it can significantly impact a black belt’s ability to lead and maintain respect from other students. This struggle is a true test of all the Tenets, Courtesy: toward peers, students, and the Instructor, Integrity: as stated earlier, we all can learn from everyone we come in contact with, regardless of age, rank, or ability, Perseverance: patience for our own learning processes and continuing to practice and attend classes, Self Control: with classmates who may not be as advanced, in other words, refraining from constant critiquing, Indomitable Spirit: believing in own ability without the need to be seen as great.***

**ALL** black belts struggle with training, in some way, at different stages throughout their Taekwon-Do career. The best feeling is coming through a struggle and feeling the progress that has actually been made. Struggles and stagnation are about growth and should be treated as such so that the lessons are not lost. Being a black belt is more than just wearing a belt and being good at punching and kicking. When a person makes the connections between the mental, spiritual and physical aspects of Taekwon-Do and strives to live the “Way” of the Tenets both in class and outside of class is when they truly become a black belt. *As “preachy” as this may sound it is extremely important and valid. I have seen many black belts lose their way because they did not maintain their humility and did not live up to the demands of being a true black belt.*

The last notion to ponder at this level is the rationale behind, literally, wearing a black belt. Beyond the symbol of the color black, students earn the black belt and are to wear one black belt for the rest of their lives. The reason for this is that the black wears out over time and actually begins to lighten in color, turning to light black, then to grey and eventually back to white reminding the wearer that there is no end to knowledge. Now, most black belts update their belts as they advance in degree so it is especially important to remember this point each and every time you tie your belt.



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## *The History of Taekwon-Do*

*Written by:*

*Grandmaster Hwang, Kwang Sung, K-9-1*

Taekwon-Do was brought into this world on April 11, 1955. Before this time there was no Taekwon-Do, no Chon-Ji or Dan-Gun tul; the original Taekwon-Do patterns.

In 1957, General Choi Hong Hi, who was also elected as its first president, established the Korean Taekwon-Do Association. It is impossible to explain the history of Taekwon-Do without mentioning General Choi Hong Hi, the president of ITF.



General Choi was born in 1918 in a small, rural village called Ham Kyung Buk Do, Myung Chun Gun Hwa Dae Myun in what is now North Korea. When he was young, his parents were concerned because his body was frail and weak, although he was independent and very responsible. The young boy, like the future General he would one day become, was strong on the inside in mind and spirit. When he was 12 years old, he was expelled from school for being an agitator to the Japanese authorities. Japan occupied the Korean peninsula at the time. His parents enrolled him in a private school where he studied calligraphy under the renowned Mr. Han IL Dong. Coincidentally, Han also happened to be a Master of Taekyon, the Korean art of foot fighting. Taekyon dates back to about 200-300 years ago because Taekyon can only be written with the Korean alphabet. The Korean alphabet was developed only several hundred years ago. But the history of Korea and other martial arts, such as Soo Bak Gi, have been practiced since ancient times.

While General Choi was in Kyoto, Japan, he met a fellow Korean by the name of Mr. Kim Hyun Soo. Mr. Kim introduced karate to General Choi. This experience, along with his knowledge of Taekyon, influenced his development of the new Korean martial art of “Taekwon-Do.”

Taekwon-Do movements and techniques are scientifically designed to create power. Compared with other martial arts, Taekwon-Do is well structured, using descriptive terminology for the anatomy and physics, with well-established rules of competition.



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However, Taekwon-Do is similar to other martial arts in its original purpose. Large or small, young or old, male or female, anyone can benefit from and enjoy practicing



Taekwon-Do and learn to create maximum power. All the techniques and theories of Taekwon-Do are contained in a 15-volume encyclopedia originally published in 1980. General Choi not only proposed the name “Taekwon-Do,” but also developed the techniques, terminology, and its system for teaching and training. His comprehensive book on Taekwon-Do allowed him to reach millions of students throughout the world. General Choi personally taught Taekwon-Do himself throughout the world, gaining many faithful students.

When World War II broke out, General Choi was drafted against his will into the Japanese army as a “student soldier.” While stationed at Pyongyang, North Korea, he planned an insurrection as part of the Korean Independence Movement called the Pyongyang Students Soldiers' Movement. He was turned into Japanese authorities and was interned at a Japanese prison camp. He was freed the day after Japan surrendered, August 15, 1945, ending World War II. That was how he saved his life and began a second life. While in the solitude of his jail cell, he practiced martial arts training with his bare hands and feet on a cold concrete floor. He promised himself that if he were ever to live in freedom, he would dedicate his entire life to building Korea's martial arts program.

There is an oriental expression that disaster will turn to happiness and happiness will turn to disaster. If General Choi had been a nine-foot tall giant, Taekwon-Do would probably not exist. If Korea had not endured 36 years of occupation by the Japanese, General Choi might not have developed patience; the patience that enabled him to establish Korea's own martial arts. It is difficult to imagine but Japan's attempt to destroy Korean culture inspired General Choi to create a martial art for 20 million Koreans.

Taekwon-Do has twenty-four unique patterns developed by General Choi. The reason for this is that when you consider eternity, the lifetime of one person, perhaps one hundred years; is only one day. Therefore, the twenty-four patterns represent twenty-four hours of the day, or the lifetime of General Choi, his legacy to the human race. The first of these patterns is named Chon-Ji, which means “heaven and earth.” It is interpreted in the Orient as the creation of the universe and the beginning of human history; therefore, it is the pattern practiced by the beginner. The next pattern is Dan-Gun, and as any Korean is well aware, Dan-Gun is the legendary founder of Korea. The next pattern is called Do-San. Do-San is the pseudonym of the patriot Ahn-Chang-ho (1876 – 1938) who devoted his entire life to the education of Korea and its independence movement. The patterns are Won-Hyo, a noted monk, and Yol-Gok, a great philosopher. Joong-Gun, the next pattern,



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was named after the patriot Ahn-Joong Gun. The 32 movements in this pattern represent his age when he was executed in Lui Shung prison in 1910. Subsequent patterns are Tae-Gae, Hwa-Rang and Choong-Moo, the name given to Admiral Yi Soon-Sin. The final pattern is called Tong-il. Tong-il denotes the reunification of Korea, which was General Choi's lifetime wish.

As I speak of the origin of Taekwon-Do, I must mention the period of Japanese occupation of Korea. It was a time of great hardship for the Korean people. It is not my intention to offend our neighboring country, but this period deeply influenced General Choi and the development of Taekwon-Do and I am compelled to discuss its impact. From 1946 to 1954, General Choi studied and developed this new Korean martial art. On April 11, 1955, General Choi convened a meeting of prominent Koreans including leaders in Congress, politicians, military generals, historians, artisans, and martial art experts, for the purpose of naming this art. General Choi proposed the name "Taekwon-Do" and it was unanimously accepted. These were the circumstances under which Taekwon-Do was born and became Korean's new martial art.

In 1959, General Choi established the Korean Taekwon-Do Association and was elected as its first president. He was a founding member of the Korean military and served as Commander of the Infantry Division, Commander of Army Training Center and Commander of Army Corps. Through these positions, General Choi incorporated Taekwon-Do into the daily training regimen of the entire Korean military.

In 1961, Taekwon-Do spread to colleges, government offices and police academies. This started a real boom in the expansion of Taekwon-Do. Finally, in 1965, Taekwon-Do became the official Korean national martial art. The International Taekwon-Do Federation (ITF) was founded on March 22, 1966. The original member countries were: United States, West Germany, Italy, Egypt, Turkey, Malaysia, Singapore, Vietnam and Korea. The ITF was the first international organization headquartered in Korea.

Unfortunately, several military dictatorships governed Korea for over 30 years. This marked the beginning of a period of trials for Taekwon-Do. Using the name Taekwon-Do, many phony organizations appeared as political tools, cheapening Taekwon-Do into a commercial sport. Every student of Taekwon-Do must endeavor to sacrifice for the unification of Taekwon-Do. Martial artists, not politicians, must decide the destiny of Taekwon-Do. The unification of Taekwon-Do is inevitable. Taekwon-Do is our life and we must pass a single, united Taekwon-Do down to the next generation. All martial arts should insist that the influence of politicians should be removed from martial arts organizations. We must rebuild our martial arts organizations with martial artists only. We cannot ask anyone else to conduct our business or define our mission. We cannot pass this responsibility to others. We must ensure the next generation receives its rightful inheritance.



# FIRST DEGREE BLACK BELT

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## **The Founder of Taekwon-Do General Choi Hong Hi November 9, 1918 - June 15, 2002**

General Choi Hong Hi was born on November 9th, 1918 in the rugged and harsh area of Hwa Dae, Myong Chun District in what is now D.P.R of Korea. In his youth, he was frail and quite sickly, a constant source of worry for his parents.

Even at an early age, however, the future general showed a strong and independent spirit. At the age of twelve he was expelled from school for agitating against the Japanese authorities who were in control of Korea. This was the beginning of what would be a long association with the Kwang Ju Students' Independence Movement.

After his expulsion, young Choi's father sent him to study calligraphy under one of the most famous teachers in Korea, Mr. Han II Dong. Han, in addition to his skills as a calligrapher, was also a master of Taek Kyon, the ancient Korean art of foot fighting. The teacher, concerned over the frail condition of his new student, began teaching him the rigorous exercises of Taek Kyon to help build up his body.

In 1937, Choi was sent to Japan to further his education. Shortly before leaving, however, the youth had the misfortune to engage in a rather heated argument with a massive professional wrestler who promised to literally tear the youth limb from limb at their next encounter. This threat seemed to give a new impetus to young Choi's training in the martial arts.

In Kyoto, Choi met a fellow Korean, Mr. Him, who was engaged in teaching the Japanese martial art, Karate. With two years of concentrated training, Choi attained the rank of first degree black belt. These techniques, together with Taek Kyon (foot techniques), were the forerunners of modern Taekwon-Do. There followed a period of both mental and physical training, preparatory school, high school, and finally the University in Tokyo. During this time, training and experimentation in his new fighting techniques were intensified until, with attainment of his second degree black belt, he began teaching at a YMCA in Tokyo, Japan.

Choi recounts a particular experience from this period of time. There was no lamp-post in the city that he didn't strike or kick to see if the copper wires ahead were vibrating in protest.

"I would imagine that these were the techniques I would use to defend myself against the wrestler, Mr. Hu if he did attempt to carry out his promise to tear me limb from limb when I eventually returned to Korea."

With the outbreak of World War II, the author was forced to enlist in the Japanese army through no volition of his own. While at his post in Pyongyang, North Korea, the author was implicated as the planner of the Korean Independence Movement and interned at a Japanese prison during his eight month pretrial examination.



# FIRST DEGREE BLACK BELT

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While in prison, to alleviate the boredom and keep physically fit, Choi began practicing this art in the solitude of his cell. In a short time, his cellmate and jailer became students of his. Eventually, the whole prison courtyard became one gigantic gymnasium.

The liberation in August 1945 spared Choi from an imposed seven year prison sentence. Following his release, the ex-prisoner journeyed to Seoul where he organized a student soldier's party. In January of the following year, Choi was commissioned as a second lieutenant in the new South Korean army, the "Launching Pad" for putting Taekwon-Do into a new orbit.

Soon after, he made company commander in Kwang-Ju where the young second lieutenant lighted the torch of this art by teaching his entire company and was then promoted to first lieutenant and transferred to Tae Jon in charge of the Second Infantry Regiment. While at his new post, Choi began spreading the art not only to Korean soldiers but also to the Americans stationed there. This was the first introduction to Americans of what would eventually become known as Taekwon-Do.

1947 was a year of fast promotion. Choi was promoted to captain and then major. In 1948, he was posted to Seoul as the head of logistics and became Taekwon-Do instructor for the American Military Police School there. In late 1948, Choi became a lieutenant colonel.

In 1949, Choi was promoted to full colonel and visited the United States for the first time, attending the Fort Riley Ground General School. While there, this art was introduced to the American public. And in 1951, Choi was promoted to brigadier general. During this time, he organized the Ground General School in Pusan as Assistant Commandant and Chief of the Academic Department. Choi was appointed as Chief of Staff of the First Corps in 1952 and was responsible for briefing General MacArthur during the latter's visits to Kang Nung. At the time of armistice, Choi was in command of the 5th Infantry Division.

The year 1953 was an eventful one for the General, in both his military career and in the progress of the new martial art. He became the author of the first authoritative book on military intelligence in Korea. He organized and activated the crack 29th Infantry Division at Cheju Island, which eventually became the spearhead of Taekwon-Do in the military and established the Oh Do Kwan (Gym of My Way) where he succeeded not only in training the cadre instructors for the entire military but also developing the Taek Kyon and Karate techniques into a modern system of Taekwon-Do, with the help of Mr. Nam Tae Hi, his right hand man in 1954.

In the latter part of that year, he commanded Chong Do Kwan (Gym of the Blue Wave), the largest civilian gym in Korea; Choi was also promoted to major general.

On the 11th of April 1955, the board summoned by Gen. Choi, decided on the name of Taekwon-Do which had been submitted by him. This single unified name of Taekwon-Do replaced the different and confusing terms; Dang Soo, Gong Soo, Taek Kyon, Kwon Bup, etc.



# FIRST DEGREE BLACK BELT

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In 1959, Taekwon-Do spread beyond its national boundaries. The father of Taekwon-Do and nineteen of his top black belt holders toured the Far East. The tour was a major success, astounding all spectators with the excellence of the Taekwon-Do techniques. In this year, Choi was elevated to two illustrious posts; President of his newly formed Korea Taekwon-Do Association and deputy commander of the 2nd Army in Tae Gu.

1960 Took military course in Texas. While there, he visited Jhoon Rhee's Karate Club where he convinced the instructor and students to use the term Taekwon-Do. Marked beginning of TKD in the U.S. Assigned to command largest ROC Training Ctr. in Korea and newly assigned 6th Army Corps.

1961 TKD introduced into the curriculum at West Point. Promoted TKD as a compulsory subject for all S. K. armed and police forces.

1962 Appointed Ambassador to Malaysia, TKD Demonstration at the United Nations in New York City. TKD grows in Malaysia, Singapore and Brunei.

1963 TKD introduced to Vietnam when Gen. Choi demonstrates perfected forms to instructors. The new forms eliminated the remaining vestiges of Karate in the Art. Re-elected President of Korea Taekwon-Do Association.

1965 Ambassador Choi, retired two-star general, appointed by Korean Government to lead a goodwill mission to West Germany, Italy, Turkey, United Arab Republic, Malaysia, and Singapore and to introduce TKD as the national martial art of Korea.

On the 22nd of March 1966, the International Taekwon-Do Federation was formed with associations in Vietnam, Malaysia, Singapore, West Germany, the United States, Turkey, Italy, Arab Republic of Egypt and South Korea.

1967 Received First Class Distinguished Service Medal from Vietnam and helped form Korea-Vietnam TKD Foundation. Visited Hong Kong and the U. S.

1968 Attended Sports Military Symposium in Paris as Korean delegate. Also visited Spain, the Netherlands, Canada, Belgium, India.

1969 Toured Southeast Asia for preparation of First Asian TKD Tournaments. Toured 29 countries to spread TKD and collect material for his book

1970 Toured 20 countries throughout SE Asia, Canada, Europe, and the Middle East.

1971 Visited Malaysia and selected TKD instructors to be sent to train Rep. Of Iran Armed Forces

1972 World tour to introduce TKD to heads of states of Bolivia, Dominican Republic, Haiti, and Guatemala. This year Gen. Choi moved to Canada, and ITF headquarters also moved to Toronto to facilitate the spread of TKD to Eastern Europe. He overcame many difficulties to develop Taekwon-Do.



# FIRST DEGREE BLACK BELT

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1973 Led ITF Demonstration Team to Europe, the Middle East, Africa, and the Far East (more than 100,000 attended in Egypt alone).

1974 First World TKD Championships in Montreal. Led top instructor demo team to Jamaica, Curacao, Costa Rica, Columbia, Venezuela, and Surinam.

1975 TKD demonstrated at the Sydney Opera House in Australia, Visits Greece and Sweden to conduct seminars.

1976 Visits Iran, Malaysia, Indonesia, and Europe to conduct seminars. Visits Holland to open the First European TKD Championships

1977 Visits Malaysia, New Zealand, Australia, and Sweden and Denmark to help form national organizations.

1978 Visits Malaysia, Pakistan, Kenya and South Africa, Sweden, Poland, Hungary, Yugoslavia, and the U. S.

1979 Visits Sweden, Denmark, West Germany, France, Greenland and Argentina.

1980 First visit to the Democratic People's Republic of Korea to introduce Taekwon-Do to North Korea.

1981 Visits Australia and Japan. Presents a united North and South Korean Taekwon-Do team in Vienna, Austria.

1982 Taekwon-Do dojang opens in Japan, a monumental point in the General's life. Visits Greenland, the United Kingdom, West Germany, Austria, Denmark, Poland, Hungary, Yugoslavia, Czechoslovakia, Finland, and Italy.

1983 Visits Argentina, Columbia, Panama, Honduras, the United States, Yugoslavia, and Italy.

1984 Visits Scotland, North Korea and Hungary where the first large-scale TKD competition was held in a socialist country.

1985 Publication of Encyclopedia of Taekwon-Do by General Choi. Visits Puerto Rico and Norway. 30th Anniversary of the beginning of TKD.

1986 Visits China with the ITF Taekwon-Do delegation. The delegation made great success to show original Taekwon-Do in the city of Beijing, Xian and Jinan. The brilliant performance of Taekwon-Do moved Chinese people and created a sensation of Taekwon-Do.

1987 Visits Greece with 5th Worlds.

1988 World Championships televised via satellite throughout Europe. TKD introduced to Russia.



# FIRST DEGREE BLACK BELT

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1989 Published condensed version of TKD Encyclopedia. Visits China to help organize national TKD association.

1990 Visits Uzbekistan, Russia, Vietnam, and China.

1991 Lectures at Lenin Central University in Russia. TKD adopted as a four-year credit course at the University.

1992 Received honorary Doctorate from Lenin Central Univ. Encyclopedia Britannica references General Choi as the "Principal Founder of Taekwon-Do.

1993 Visits Moscow and Uzbekistan.

1994 Visits the Ukraine.

1995 Visits Tajikistan and meets with instructors from Tajikistan, Kirghizstan, Moldova, and Russia.

1996 First Conference of TKD in Toronto.

1997 Visits Russia for Tenth Worlds.

1998 Visits Cambodia to teach TKD courses in Phnom Pen. Visits China to meet Mr. Shuojong Song.

1999 Visits China formally set up China I.T.F.

Choi Hong Hi continued to promote TKD throughout the world through seminars, instructor courses and promotions. Choi Hong Hi passed away on 15 June 2002.

Mr. B's  
TaeKwon Do



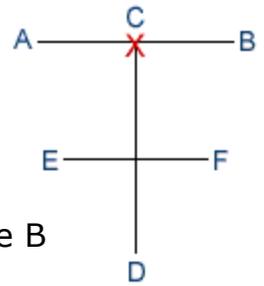
# FIRST DEGREE BLACK BELT

## Kwang-Gae

First Degree Black/1<sup>st</sup> Dan

Movements: 39

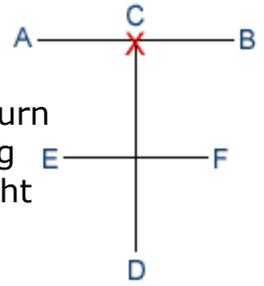
Ready Posture: Parallel Ready Stance with Heaven Hands



1. Bring the left foot to the right foot, forming a close ready stance B toward D, bringing both hands in a circular motion.
2. Move the left foot to D, forming a left walking stance toward D while executing an upset punch to D with the right fist. Perform in slow motion.
3. Move the right foot to D, forming a right walking stance toward D while executing an upset punch to D with the left fist. Perform in slow motion.
4. Move the left foot to the side front of the right foot, and then move the right foot to D, forming a right walking stance toward D, at the same time executing a high hooking block to D with the right palm. Perform in a double stepping motion.
5. Move the right foot to C in a sliding motion to form a right L-stance toward D, at the same time executing a low guarding block to D with a knife-hand.
6. Move the right foot to the side front of the left foot and then move the left foot to D, forming a left walking stance toward D while executing a high hooking block to D with the left palm. Perform in a double stepping motion.
7. Move the left foot to C in a sliding motion forming a left L-stance toward D while executing a low guarding block to D with a knife-hand.
8. Move the left foot to D, forming a right rear foot stance toward D while executing a high guarding block to D with a knife-hand.
9. Move the right foot to D, forming a left rear foot stance toward D while executing a high guarding block to D with a knife-hand.



# FIRST DEGREE BLACK BELT



**10.** Move the left foot to the side front of the right foot and then turn counter-clockwise, pivoting with the left foot, to form a left walking stance toward C while executing an upward block to C with the right palm. Perform in a slow motion.

**11.** Move the right foot to C, forming a right walking stance toward C while executing an upward block to C with the left palm. Perform in a slow motion.

**12.** Execute a low front block with the right knife-hand in a circular motion, hitting the left palm while bringing the left foot to the right foot to form a close stance toward C.

**13.** Execute a pressing kick to E with the left foot, keeping the position of the hands as they were in 12.

**14.** Execute a middle side piercing kick to E with the left foot, keeping the position of the hands as they were in 13. Perform 13 and 14 in a consecutive kick.

**15.** Lower the left foot to E, forming a right L-stance toward E while executing a high inward strike to E with the right knife-hand and bringing the left side fist in front of the right shoulder.

**16.** Execute a downward strike to E with the left side fist while forming a close stance toward C, pulling the left foot to the right foot.

**17.** Execute a pressing kick to F with the right foot, keeping the position of the hands as they were in 16.

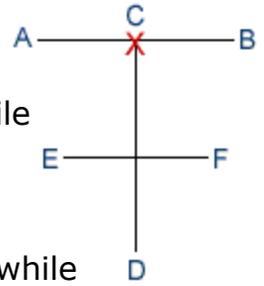
**18.** Execute a middle side piercing kick to F with the right foot, keeping the position of the hands as they were in 17. Perform 17 and 18 in a consecutive kick.

**19.** Lower the right foot to F, forming a left L-stance toward F while executing a high inward strike to F with the knife-hand and bringing the right side fist in front of the left shoulder.

**20.** Execute a downward strike to F with the right side fist while forming a close stance toward C, pulling the right foot to the left foot.



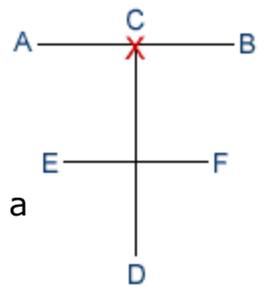
# FIRST DEGREE BLACK BELT



- 21.** Move the left foot to C, forming a left low stance toward C while executing a pressing block with the right palm. Perform in slow motion.
- 22.** Move the right foot to C, forming a right low stance toward C while executing a pressing block with the left palm. Perform in a slow motion.
- 23.** Move the right foot to D in a stamping motion to form a sitting stance toward F while executing a high side strike to D with the right back fist.
- 24.** Execute a middle block to D with the right double forearm while forming a right walking stance toward D, pivoting with the left foot.
- 25.** Execute a low block to D with the left forearm while shifting to C, maintaining a right walking stance toward D, keeping the position of the right hand as it was in 24.
- 26.** Execute a high thrust to D with the right flat fingertip while forming a right low stance toward D, slipping the right foot to D. Perform in slow motion.
- 27.** Move the left foot on line CD in a stamping motion to form a sitting stance toward F while executing a high side strike to C with the left back fist.
- 28.** Execute a middle block to C with the left double forearm while forming a left walking stance toward C, pivoting with the left foot.
- 29.** Execute a low reverse block to C with the right forearm while shifting to D, maintaining a left walking stance toward C, keeping the position of the left hand as it was in 28.
- 30.** Execute a high thrust to C with the left flat fingertip while forming a left low stance toward C, slipping the left foot to C.
- 31.** Move the right foot to C in a stamping motion, forming a right walking stance toward C while executing a high vertical punch to C with a twin fist.



# FIRST DEGREE BLACK BELT



**32.** Move the left foot to A in a stamping motion, forming a left walking stance toward A while executing an upset punch to A with a twin fist.

**33.** Execute a middle front snap kick to A with the right foot, keeping the position of the hands as they were in 32.

**34.** Lower the right foot to the left foot, and then move the left foot to A to form a left L-stance toward B while executing a middle guarding block to B with a knife-hand.

**35.** Move the left foot to B, forming a left walking stance toward B while executing a high punch to B with the left fist.

**36.** Move the right foot to B in stamping motion, forming a right walking stance toward B while executing an upset punch to B with a twin fist.

**37.** Execute a middle front snap kick to B with the left foot, keeping the position of the hands as they were in 36.

**38.** Lower the left foot to the right foot, and then move the right foot to B to form a right L-stance toward A at the same time executing a middle guarding block to A with a knife-hand.

**39.** Move the right foot to A, forming a right walking stance toward A while executing a high punch to A with the right fist.

**END:** Bring the left foot back to a ready posture.



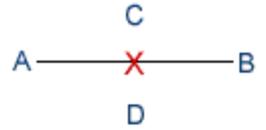
# FIRST DEGREE BLACK BELT

**Po-Eun**

**First Degree Black/1<sup>st</sup> Dan**

**Movements: 36**

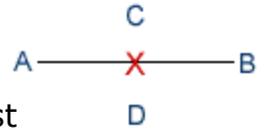
**Ready Posture: Parallel Ready Stance with Heaven Hands**



1. Move the left foot to B, forming a right L-stance toward B while executing a middle guarding block to B with the forearm.
2. Pull the right foot to the left knee joint to form a left one-leg stance toward D, at the same time lifting both fists while turning the face toward A.
3. Execute a pressing kick to A with the right foot keeping the position of the hands as they were in 2.
4. Lower the right foot to A to form a sitting stance toward D while executing a middle side strike to A with the right knife-hand.
5. Execute an angle punch with the left fist while maintaining a sitting stance toward D.
6. Execute a pressing block with the left, fore fist while executing a side front block with the right inner forearm, maintaining a sitting stance toward D.
7. Execute a pressing block with the right fore fist and a side front block with the left inner forearm while maintaining a sitting stance toward D.
8. Execute a middle wedging block with the inner forearm while maintaining a sitting stance toward D.
9. Thrust to C with the right back elbow supporting the right fore fist with the left palm keeping the face as it was in 8 while maintaining a sitting stance towards D.
10. Execute a middle punch to D with the right fist slipping the left palm up to the right elbow joint while maintaining a sitting stance toward D.



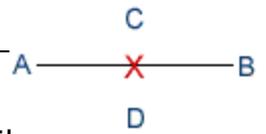
# FIRST DEGREE BLACK BELT



- 11.** Thrust to C with the left back elbow supporting the left fore fist with right palm, keeping the face as it was in 10 while maintaining a sitting stance toward D.
- 12.** Execute a right horizontal punch to A while maintaining a sitting stance toward D. Perform 6 through 12 in a continuous motion.
- 13.** Cross the left foot over the right foot forming a right X-stance toward D while executing a low front block to D with the right outer forearm and bringing the left finger belly on the right under forearm.
- 14.** Move the right foot to A forming a left L-stance toward A at the same time executing a U-shape grasp to A.
- 15.** Bring the left foot to the right foot forming a closed stance toward D while executing a horizontal thrust with a twin elbow, turning the face toward B. Perform in slow motion.
- 16.** Move the left foot to B to form a sitting stance toward D while executing a side back strike to C with the right back fist and extending the left arm to the side downward.
- 17.** Cross the right foot over the left foot forming a left X-stance toward D while executing a low front block with the left outer forearm and bringing the right finger belly to the left side fist.
- 18.** Move the left foot to B to form a sitting stance toward D while executing a low guarding block to B with a reverse knife-hand.
- 19.** Execute a forearm middle guarding block to A while forming a left L-stance toward A pivoting with left foot.
- 20.** Pull the left foot to the right knee joint to form a right one-leg stance toward D, at the same time lifting both fists while turning the face toward B.
- 21.** Execute a pressing kick to B with the left foot keeping the position of the hands as they were in 20.



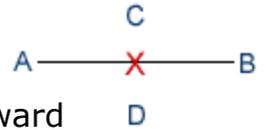
# FIRST DEGREE BLACK BELT



- 22.** Lower the left foot to B to form a sitting stance toward D while executing a middle side strike to B with the left knife-hand.
- 23.** Execute an angle punch with the right fist while maintaining a sitting stance toward D.
- 24.** Execute a pressing block with the right, fore fist while executing a side front block with the left inner forearm, maintaining a sitting stance toward D.
- 25.** Execute a pressing block with the left fore fist and a side front block with the right inner forearm while maintaining a sitting stance toward D.
- 26.** Execute a middle wedging block with the inner forearm while maintaining a sitting stance toward D.
- 27.** Thrust to C with the left back elbow supporting the left fore fist with the right palm keeping the face as it was in 26 while maintaining a sitting stance towards D.
- 28.** Execute a middle punch to D with the left fist slipping the right palm up to the left elbow joint while maintaining a sitting stance toward D.
- 29.** Thrust to C with the right back elbow supporting the right fore fist with left palm, keeping the face as it was in 28 while maintaining a sitting stance toward D.
- 30.** Execute a left horizontal punch to B while maintaining a sitting stance toward D. Perform 24 through 30 in a continuous motion.
- 31.** Cross the right foot over the left foot forming a left X-stance toward D while executing a low front block to D with the left outer forearm and bringing the right finger belly on the left under forearm.
- 32.** Move the left foot to B forming a right L-stance toward B at the same time executing a U-shape grasp to B.



# FIRST DEGREE BLACK BELT



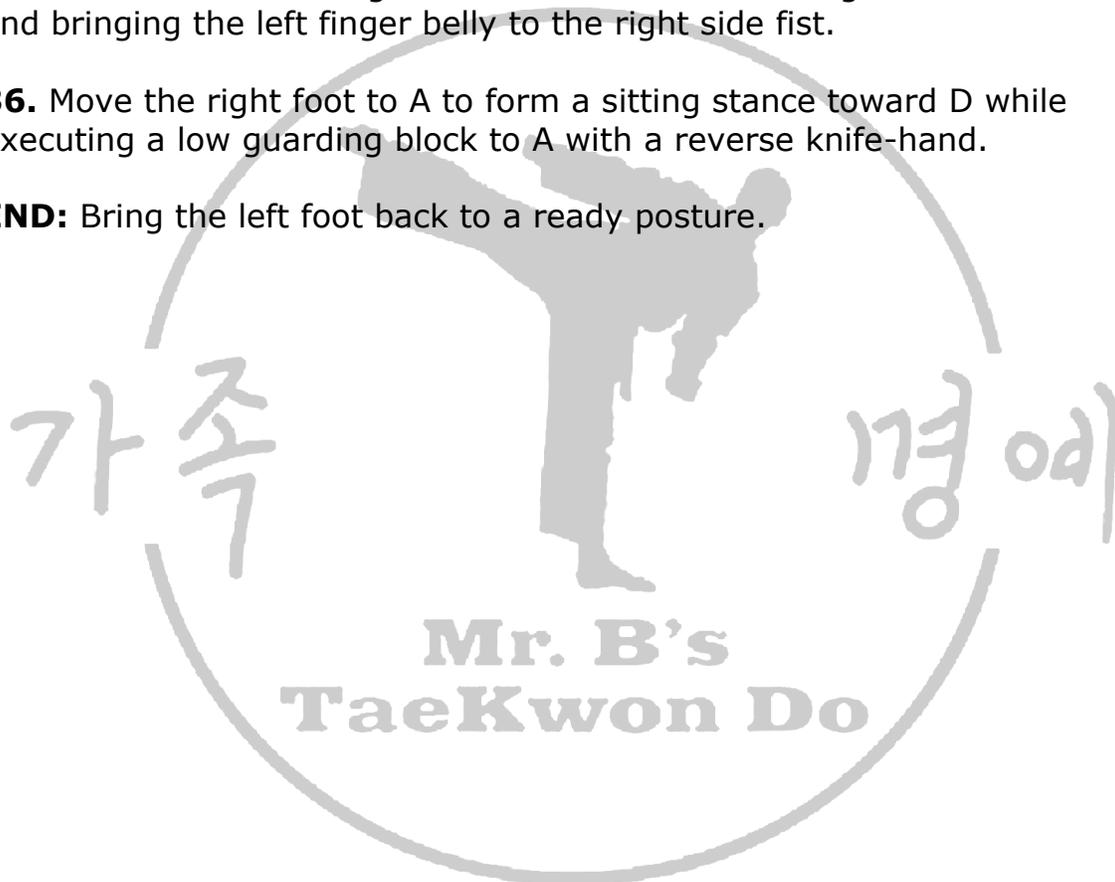
**33.** Bring the right foot to the left foot forming a closed stance toward D while executing a horizontal thrust with a twin elbow, turning the face toward A. Perform in slow motion.

**34.** Move the right foot to A to form a sitting stance toward D while executing a side back strike to C with the left back fist and extending the right arm to the side downward.

**35.** Cross the left foot over the right foot forming a right X-stance toward D while executing a low front block with the right outer forearm and bringing the left finger belly to the right side fist.

**36.** Move the right foot to A to form a sitting stance toward D while executing a low guarding block to A with a reverse knife-hand.

**END:** Bring the left foot back to a ready posture.



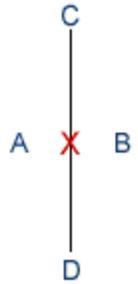
# FIRST DEGREE BLACK BELT

## Gae-Baek

First Degree Black/1<sup>st</sup> Dan

Movements: 44

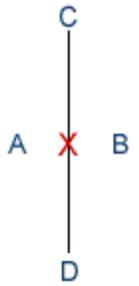
Ready Posture: Parallel Ready Stance



1. Move the right foot to C forming a right L-stance toward D while executing a checking block D with an X-knife-hand.
2. Execute a low twisting kick to D with the right foot keeping the position of the hands as they were in 1.
3. Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
4. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D. Perform 3 and 4 in a fast motion.
5. Move the right foot to C forming a left walking stance toward D while executing a rising block with the left forearm.
6. Execute a low block to D with the left forearm while maintaining a left walking stance toward D. Perform 5 and 6 in a continuous motion.
7. Execute a high block to AD with a double arc hand while looking through it maintaining a left walking stance toward D.
8. Turn the face toward D while forming a right bending ready stance A toward D.
9. Lower the left foot to AD to form a sitting stance toward AC while executing a scooping block to AC with the left palm.
10. Execute a middle punch to AC with the right fist while maintaining a sitting stance toward AC. Perform 9 and 10 in a connecting motion.
11. Execute a front strike to AC with the left back fist while maintaining a sitting stance toward AC.
12. Move the right foot on line AB and then move the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand.



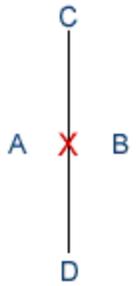
# FIRST DEGREE BLACK BELT



- 13.** Execute a low side front snap kick to C with the left foot keeping the position of the hands as they were in 12.
- 14.** Lower the left foot to C forming a left low stance toward C while executing a high thrust to C with the left flat fingertip.
- 15.** Execute a high thrust to C with the right flat fingertip while maintaining a left low stance toward C.
- 16.** Execute a middle side piercing kick to C with the right foot while pulling both hands in the opposite direction.
- 17.** Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with the forearm.
- 18.** Move the right foot to D turning counter clockwise to form a right L-stance toward C while executing a middle guarding block to C with the forearm.
- 19.** Move the left foot to D turning counter clockwise to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
- 20.** Move the left foot on line CD to form a sitting stance toward A while executing a right 9-shape block.
- 21.** Move the right foot to D, turning counter-clockwise to form a left walking stance toward C while executing a low block to C with the left knife-hand.
- 22.** Execute a middle turning kick to BC with the right foot and then lower it to C.
- 23.** Execute a flying side piercing kick to C with the right foot. Perform 22 and 23 in a fast motion.
- 24.** Land to C to form a right walking stance toward C while executing a high vertical punch to C with a twin fist.



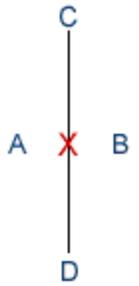
# FIRST DEGREE BLACK BELT



- 25.** Execute a high block to AC with a double arc-hand while looking through it maintaining a right walking stance toward C.
- 26.** Execute an upset punch to C with the left fist while maintaining a right walking stance toward C.
- 27.** Move the right foot on line CD, forming a left walking stance toward D while striking the left palm with the right front elbow.
- 28.** Jump to D, forming a right x-stance toward BD while executing a high block to D with the right double forearm.
- 29.** Move the left foot to BC to form a sitting stance toward BD, at the same time executing a scooping block to BD with the right palm.
- 30.** Execute a middle punch to BD with the left fist while maintaining a sitting stance toward BD. Perform 29 and 30 in a connecting motion.
- 31.** Execute a front strike to BD with the right back fist while maintaining a sitting stance toward BD.
- 32.** Move the left foot to C, forming a left walking stance toward C, at the same time executing a high front strike to C with the right reverse knife-hand.
- 33.** Move the left foot to A about half a shoulder width while executing a middle turning kick to C with the right foot.
- 34.** Lower the right foot to C, and then turn counter-clockwise to form a left walking stance toward D, pivoting with the right foot while executing a high vertical punch to D with a twin fist.
- 35.** Execute a middle punch to D with the right middle knuckle fist, bringing the left side first in front of the right shoulder while forming a right L-stance toward D pulling the left foot.
- 36.** Move the right foot to D to form a sitting stance toward B, at the same time executing left 9-shape block.



# FIRST DEGREE BLACK BELT



**37.** Execute a low guarding block to C with a reverse knife-hand while maintaining a sitting stance toward B.

**38.** Execute a low guarding block to D with a knife-hand while maintaining a sitting stance toward B. Perform 37 and 38 in a continuous motion.

**39.** Move the left foot to D in a stamping motion to form a sitting stance toward A while executing a W-shape block with the outer forearm.

**40.** Move the left foot to C in a stamping motion to form a sitting stance toward B while executing a W-shape block with the outer forearm.

**41.** Move the right foot to C forming a right walking stance toward C while executing a rising block with the right forearm.

**42.** Execute a middle punch to C with the left fist while maintaining a right walking stance toward C.

**43.** Move the right foot on line CD forming a left walking stance toward D while executing a rising block with the left forearm.

**44.** Execute a middle punch to D with the right fist while maintaining a left walking stance toward D.

**END:** Bring the right foot back to a ready posture.



# SECOND DEGREE BLACK BELT

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## Techniques

1. Closed ready stance D
2. Diagonal stance
3. Crescent punch
4. Wedging block with the knife-hands
5. Circular block with the reverse knife-hand
6. Downward block with the alternate palm
7. Two finger strike
8. Twin palm pushing block
9. Downward back hand strike
10. Arc hand strike
11. Fore knuckle strike
12. Crescent punch with the fore knuckle
13. Open fist strike
14. Parallel block with the outerforearm
15. Cross cut strike
16. Jumping, spinning knife-hand strike
17. Downward elbow strike
18. Twin inward knife-hand strike
19. Twin palm rising block
20. Pick shaped kick
21. Jumping two directional kick with twisting kick and side kick
22. Jumping reverse turning kick
23. Jumping twin front kick
24. Jumping twin side kick
25. Jumping, fading back kick
26. Jumping fading reverse turning kick
27. Jumping, assisted back kick
28. Jumping, assisted spin kick
29. Side kick followed by jumping spin kick
30. Turning kick followed by jumping spin kick
31. Slow motion side kick
32. Slow motion back kick

## Board Breaking

1. Multiple board jumping kick
2. Jumping, spinning knife-hand strike
3. Jumping front kick
4. Multiple station breaks
5. Twisting kick
6. Jumping double front kick
7. Jumping twin front kick



# SECOND DEGREE BLACK BELT

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## Three Step Sparring

32. Wedging block with the knife-hands with an arc hand strike defense. (Walking = Forward/Backward)
33. Circular block with the reverse knife-hand with a reverse crescent kick defense. (Walking = Forward/Backward)
34. Downward block with the alternate palms with a turning kick defense. (Rear foot stance = Forward, L = Backward)
35. Twin palm pushing block with a reverse knife or cross cut defense. (Rear foot stance = Forward, L = Backward)
36. Parallel block with the outer forearms with turning kick/spin reverse turning kick defense. (One leg stance = Forward, Walking = Backward)
37. Twin palm rising block followed with a middle section back elbow strike/downward elbow strike defense. (Walking = Forward/Backward)

## One Step Self Defense

45. Attack – Step in with mid-section punch  
Response – Step to outside of punch with a knife-hand block, grab wrist with right hand, bend elbow with left hand pushing punch toward attacker's body making a 90 degree wrist lock covering attacker's elbow with left hand, finish with leg sweep take down then punch.
46. Attack – Step in with mid-section punch  
Response – Step to outside of punch with a knife-hand block followed by reverse knife-hand strike to face then cross leg sweep attackers foot while pushing attacker's shoulder with right hand, finish with punch.
47. Attack – Downward strike with knife  
Response – Step back with high-section pressing block with x-fists, grab wrist then bring attacker's wrist down and back up in a rolling motion to expose the shoulder, knee strike to attackers shoulder, downward elbow strike to neck, grab attacker's waist line, push attackers arm while pulling waistline forward throwing attacker to ground.
48. Attack – Upward strike with knife  
Response – Step back with low pressing block with x-fists, grab wrist, raise attackers arm stepping under arm pull attacker's hand to attacker's mid-section, reach around attackers mid-section pulling attacker's strike into attacker's mid-section, reach down to attacker's ankles and pull back/up while pushing attacker's waist with shoulder.
49. Attack – Mid-section straight attack with knife  
Response – Step to outside of attack with left hand palm block then grab, pull left hand back while striking back of attacker's hand with right palm, wrist lock, and step back pulling attacker's hand down for takedown, finish with strike and/or break.



# SECOND DEGREE BLACK BELT

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50. Attack – Front diagonal slash with knife  
Response – Step to inside of strike with parallel forearm block, grab wrist with left hand, right elbow to attacker's mid-section, right back fist to attacker's face, bring attacker's arm to shoulder pulling down to dislocate the elbow.
51. Attack – Back diagonal slash with knife  
Response – Step to outside with parallel forearm block grabbing attacker's wrist and shoulder, continue stepping around attacker bringing attacker's arm down to floor for a takedown, finish with strike to neck/face/shoulder.
52. Attack – Mid-section straight attack with knife  
Response – Pivot hips in place grabbing the inside of attacker's wrist with right hand, forearm strike with the left arm to attacker's elbow, left elbow strike to attacker's mid-section or high-section, finish with knee strike to attacker's mid-section.
53. Attack – Choke from behind  
Response – Turn chin into elbow joint, elbow strike to attacker's ribs dropping into sitting stance, pull down on attacker's arm with both hands dropping outside knee to floor while turning inward, finish with counter attack.
54. Attack – Choke from side with defender bending over  
Response – Turn chin into attacker's body, reach up with inside hand grabbing attacker's shoulder/ear/neck/face while grabbing back of attacker's knee with outside hand, pull attacker's shoulder/ear/neck/face backward while pushing attacker's knee forward while raising own body upward, finish with strike to attacker's back/head/neck.

## Sparring Combinations

41. Side kick followed by jumping spin kick.
42. Rear leg twisting kick, same leg front turning kick (done without dropping leg), then back kick.
43. Front punch, spin kick, touch floor same leg front turning kick then hook kick without dropping leg.
44. Front foot front turning kick, double punch, rear leg front turning kick.
45. Front foot hooking kick with a slide while partner steps back, then same leg front turning kick, back kick.
46. Front foot front kick, same leg side kick, same leg front turning kick without dropping leg.
47. Front foot reverse crescent kick with a slide while partner steps back, then double punch, crescent kick.
48. Rear leg fake with front kick tuck followed by front turning kick, back kick.



# SECOND DEGREE BLACK BELT

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## Pattern

1. All lower belt patterns
2. Lui-Am
3. Choong-Jang
4. Juche

## Vocabulary

1. EUI- AM is the pseudonym of Son Byong Hi, leader of the Korean independence movement on March 1, 1919. The 45 movements refer to his age when he changed the name of Dong Hak (Oriental culture) to Chondo Kyo (Heavenly way religion) in 1905. The diagram represents his Indomitable Spirit, displayed while dedicating himself to the prosperity of his nation.
2. CHOONG-JANG is the pseudonym given to General Kim Duk Ryang who lived during the Lee Dynasty, 14th century. This pattern ends with a left-hand attack to symbolize the tragedy of his death at 27 in prison before he was able to reach full maturity. 52 movements.
3. JUCHE is a philosophical idea that man is the master of everything and decides everything. In other words, the idea that man is the master of the world and his own destiny. It is said that this idea was rooted in Baekdu Mountain which symbolizes the spirit of the Korean people. The diagram represents Baekdu Mountain. 45 movements.
4. General Choi's Last Words
5. The Philosophy of Taekwon-Do
6. Composition of Taekwon-Do

## Written Requirements

Write a 2-3 page essay on your understanding of "The Way". What is it? How do you follow it, see it, find it, etc.?



# SECOND DEGREE BLACK BELT

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## What to expect from this belt:

Students that earn their second degree face struggles but, for the most part, there are few new challenges for the life long student as he/she has likely experienced many of the probable challenges at some point in their training. Therefore, re-examining all lower rank challenges is wise because the path through the challenges remains largely the same, regardless of rank.

In most cases, second degree black belts find their technical understanding improves profoundly, as does their physical ability. Additionally, being challenged by newer and significantly more difficult techniques, combinations, patterns, and basics does not seem to be nearly as daunting because students have grown accustomed to, and look forward to, the never ending learning process.

At this rank it becomes increasingly more important to consider teaching in some capacity. Although it is not required, or essential, it offers another avenue for fostering Taekwon-Do ability both physically and mentally. Explaining and teaching works the student's knowledge base, as it requires a deeper examination of each technique. Additionally, being a black belt is being a leader; therefore, standing up in a leadership role allows lower ranking students to see the Tenets in action.



# SECOND DEGREE BLACK BELT

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## The Last Words Of General Choi Hong Hi November 9, 1918 - June 15, 2002

I am the man who has the most followers in the world.  
I am the happiest man who has done everything to do in my life.  
It is fortunate you have come.  
Is Mr. Chang Ung here?  
Mr. Rhee Ki Ha, it is good that you have come. I am glad that my son and daughters like you the most.  
You probably might know Mr. Chang Ung is the tallest in the highest position in the ITF.  
If only I had been as tall as Mr. Chang Ung, I could have had less opponents; however, as my body was so tiny that there were many opponents. Thus, all alone, I could not but fight against them for so long.  
But I have never been worn out for the justice was on my side.  
I have always worried about a successor to the president; however, my mind is set at ease for there is Mr. Chang Ung.  
Mr. Hwang Kwang Sung, your duty is very big and important as a spokesman and the Chairman of the Merger Committee. It was my wish to merge the Taekwon-Do into one. Please get on your own duty responsibly.  
Mr. Park Jong Soo had immigrated into Canada in 1967.  
Before that he educated Taekwon-Do in Europe.  
In 1972, I went to Canada where Mr. Pak Jong Su resided leaving my children behind without informing them.  
In those days Taekwon-Do was not widely spread, so that I used to say to crave the words of Taekwon-Do on my coffin.  
Now Taekwon-Do has developed on a large scale.  
I love Mr. Tom MacCallum.  
I have always worried if he might die before me. In case he dies first, I have been thinking how to help his family.  
He has given the special contributions to the ITF.  
I have no secrets to him.  
Thank you very much for what you have done.  
I love you.  
Mr. Leong Wai Meng is a man of conscience indeed.  
He has given a great contribution to educating the Taekwon-Do.  
As I thought of his finance is in good condition, I drew his name out on the stockholders' list of the Chang Hon Foundation.  
Mr. Hwang Jin is doing well on the way of Mr. Chon Jin Sik.  
So I appointed him as a member of the Consultative Committee.  
Please enlarge the Consultative Committee into 9 members. Here I appoint Mr. Jong Jae Hun.  
My followers,  
Taekwon-Do never exists without the D.P.R. of Korea.  
You should know this.  
The ITF is an international organization and does it need to argue about ideology?  
Does the United Nations belong to the Negroes because the Secretary General is a Negro?  
Please give up this kind of idea.



# **SECOND DEGREE BLACK BELT**

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Taekwon-Do must be Korean-centered.

You ought to tell the public through the Internet that I did not forgive Jung Hwa. I forgave him as a father, but the Taekwon-Doists would never forgive him.

Before Jung Hwa apologizes Taekwon-Doists the world over, he will never be forgiven. While I am still alive, you should send the message to the Internet the soonest as possible.

The Taekwon-Do will exist forever.

(16.30 ~ 17.10) June 11, 2002

At the Hospital in Pyongyang,

The Democratic People's Republic of Korea



# SECOND DEGREE BLACK BELT

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## THE PHILOSOPHY OF TAEKWON-DO (Taekwon-Do Chul hak)

In recent years, there has been an upsurge in violence and a loss of morality in all levels of society, especially among the young. There are, of course a number of reasons for this.

Many psychologists today feel that this problem stems from frustration. Analysts, on the other hand, point out that these misguided people are indeed a disillusioned segment of society searching for values and relevance in what they consider deceitful, materialistic, and absurd world of wars and decadence.

Unfortunately, however, instead of constructively channeling their extraordinary energy and potential, far too many strike out in blind anger, destroying rather than building, or merely running away from it all by isolating themselves with drugs and their own worlds of fantasy. Presently, the tendency of "the stronger preying upon the weaker" appears to be at its peak. Frankly, the present world closely resembles a "corrupt age."

It is obvious that this phenomenon of society is not merely because of the struggle for survival, but mainly because of an overdeveloped material and scientific civilization. The former misleads the young to the extreme materialism or egoism, while the latter seized human beings with fear, though playing an essential role in public welfare.

Then what would be the remedy? Needless to say it is the development of moral civilization - the proper mental states of a human being as the lord of creation, enough to prevail or at least keep abreast with the development of material and scientific civilization.

The utmost purpose of Taekwon-Do is to eliminate fighting by discouraging the stronger's oppression of the weaker with a power that must be based on humanity, justice, morality, wisdom and faith, thus helping to build a better and more peaceful world.

All men, regardless of age, have felt that death is a shame, and lamented that they cannot live as long as the pine trees or the turtles that seem to live a thousand years. Righteous men, on the other hand, deplore the fact that justice does not always triumph over the tyranny of power. However, there are two ways to deal with these problems: The former, through mental discipline, the latter, through physical training. It is my firm belief that through Taekwon-Do, anyone can garner enough strength to become a guardian of justice, to challenge social disunity and, to cultivate the human spirit to the highest level attainable. It is in this spirit, I am dedicating the art of Taekwon-Do to the people of the world.



# SECOND DEGREE BLACK BELT

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The philosophy of Taekwon-Do is based on the ethical, moral, and spiritual standards by which men can live together in harmony, and its art patterns are inspired by the ideals and exploits of great men from Korean history. Korea's famous military and civil leaders who in nearly five thousand years of Korean history have never invaded their neighbor yet who fought bravely and made great self-sacrifices to defend their homeland against invading enemies. I also include the names of patriots who willingly gave up their lives to regain Korea's freedom and independence from the Japanese occupation.

Each Tul (pattern) of Taekwon-Do expresses the thoughts and the actions of these great men, so the students of Taekwon-Do must reflect the true intentions of those whose name each Tul bears. Therefore, under no circumstances should Taekwon-Do be used for any commercial or political purpose whatsoever.

I have set forth the following philosophy and guidelines which will be the cornerstone of Taekwon-Do and by which all serious students of this art are encouraged to live.

1. Be willing to go where the going may be tough and do the things that are worth doing even though they are difficult.
2. Be gentle to the weak and tough to the strong.
3. Be content with what you have in money and position but never in skills.
4. Always finish what you begin, be it large or small.
5. Be a willing teacher to anyone regardless of religion, race or ideology.
6. Never yield to repression or threat in the pursuit of a noble cause.
7. Teach attitude and skill with action rather than words.
8. Always be yourself even though your circumstances may change.
9. Be the eternal teacher who teaches with the body when young, with words when old, and by moral precept even after death.



# SECOND DEGREE BLACK BELT

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## COMPOSITION OF TAEKWON-DO (Taekwon-Do Goosung)

Taekwon-Do is composed of fundamental movements, patterns, dallyon, sparring and self-defense techniques that are so closely related that it is impossible to segregate one phase of instruction from another. Fundamental movements are necessary for sparring and patterns, while both patterns and sparring are indispensable for perfection of fundamental movements.

In the illustration (page 725 of the Condensed Encyclopedia), one can see it is difficult to distinguish the beginning of the cycle from the end. There is, in fact, like the Deity, no beginning or end. A student will find that he will have to return time and time again to the beginning fundamental movements to perfect his advanced sparring and self-defense techniques.

Each fundamental movement, in most cases, represents an attack or defense against a particular target area or definite action of an imaginary opponent or opponents. It is necessary to learn as many fundamental movements as possible and fit them into complete proficiency so the student can meet any situation in actual combat with confidence. The pattern actually places the student in a hypothetical situation where he must avail himself to defense, counterattack, and attack motions, against several opponents. Through constant practice of these patterns, the attack and defense become a conditioned reflex movement. Power and speed must be developed to such a high degree that only one single blow is needed to stop an opponent, so the student can shift stance and block or attack another opponent. Each pattern is different from the other in order to develop reaction against changing circumstances.

Once the basic patterns are mastered, the student then begins to physically apply the skill obtained from fundamental patterns and movements to sparring against actual moving opponents.

Collaterally with sparring, the student must begin to develop his body and toughen his attacking and blocking tools so he is able to deliver maximum damage in actual combat. Once a student has applied himself to fundamental movements, patterns, sparring and dallyon, then the time has arrived for the student to test his coordination, speed, balance, and concentration against spontaneous attacks: i.e. Self-defense. The student will constantly find himself returning, however, to his fundamentals even when he has achieved the highest possible degree of self-defense techniques. As in military training, Taekwon-Do progression follows a certain parallel:

1. Fundamental Movements
2. Dallyon (defined later in manual)
3. Patterns
4. Sparring
5. Self-defense = Individual soldiers' basic training  
= Maintenance of equipment (your body and mind)  
= Platoon tactics  
= Field exercises in simulated combat conditions  
= Actual Combat



# SECOND DEGREE BLACK BELT

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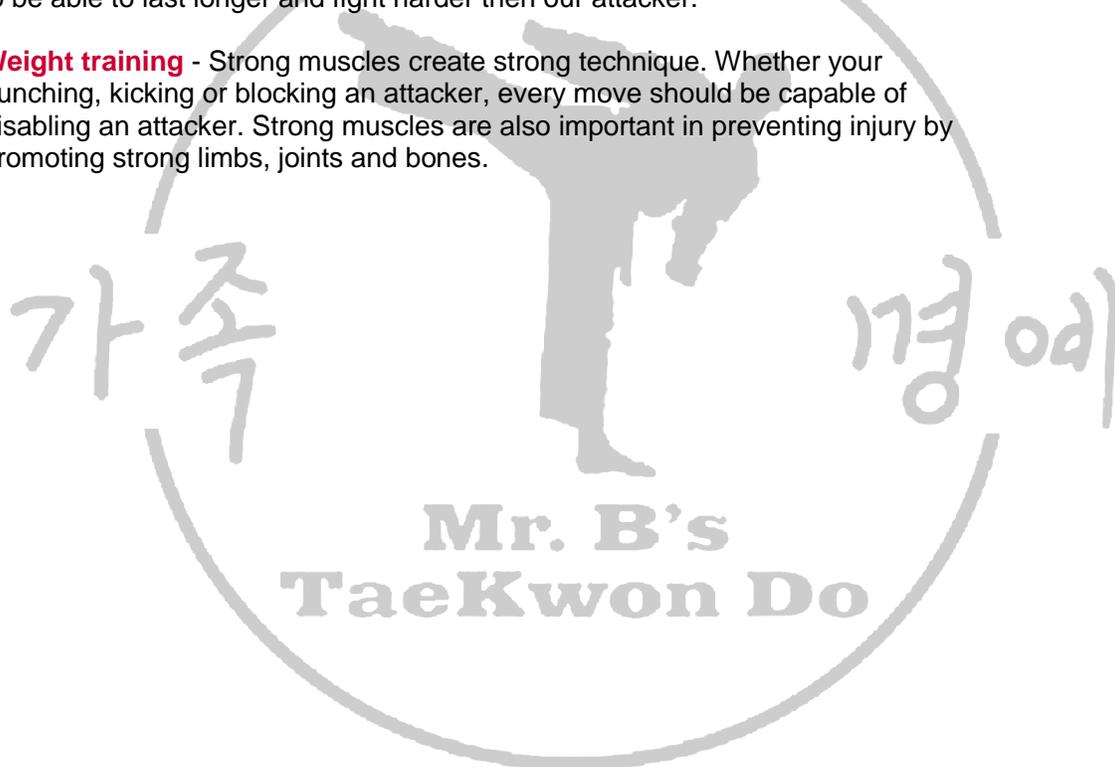
Dallyon is the Korean word for "equipment maintenance". In Taekwon-Do equipment refers to our bodies. Dallyon is the maintenance of our bodies, consisting of:

**Forging** - The toughening of our attacking and blocking tools, such as hands and feet.

**Stretching** - Flexibility helps prevent injury and promotes great technique and overall health. It's very important that we never underestimate the importance of flexibility.

**Running** - Our bodies need to be conditioned to handle extended lengths of rigorous activity. Endurance and stamina are crucial in sparring, exercising and the possibility of self-defense. We hope that we never have to use our self-defense training outside the dojang but if the situation does arise we need to be able to last longer and fight harder than our attacker.

**Weight training** - Strong muscles create strong technique. Whether your punching, kicking or blocking an attacker, every move should be capable of disabling an attacker. Strong muscles are also important in preventing injury by promoting strong limbs, joints and bones.



# SECOND DEGREE BLACK BELT

**Eui-Am**  
**Second Degree Black/2<sup>nd</sup> Dan**  
**Movements: 45**  
**Ready Posture: Closed Ready Stance D**



1. Move the right foot to C forming a left walking stance toward D while executing a low inward block to D with the right knife-hand.
2. Move the left foot to C forming a right walking stance toward D while executing a high side block to D with the left outer forearm.
3. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D.
4. Execute a low twisting kick to D with the left foot keeping the position of the hands as they were in 3.
5. Lower the left foot to D forming a left walking stance toward D while executing a downward block with an x-fist.
6. Execute a rising block with the right knife-hand, maintaining a left walking stance toward D. Perform 5 and 6 in a continuous motion.
7. Jump to D, forming a right x-stance toward BD while executing a high side strike to D with the right back fist bringing the left finger belly to the right side fist.
8. Move the left foot to C forming a right L-stance toward C while executing a middle punch to C with the left fist.
9. Execute a middle reverse turning kick to AC with the right foot.
10. Lower the right foot to C in a stamping motion to form a sitting stance toward A while executing a middle side strike to C with the right knife-hand.
11. Execute a middle side piercing kick to C with the left foot while turning clockwise pulling both hands in the opposite direction.
12. Lower the left foot to C forming a left walking stance toward C while executing a high crescent punch with the right fist.



# SECOND DEGREE BLACK BELT



**13.** Execute a middle turning punch with the left fist while forming a parallel stance toward C pulling the right foot. Perform in slow motion.

**14.** Move the left foot to D forming a right walking stance toward C while executing a low inward block with the left knife-hand.

**15.** Move the right foot to D forming a left walking stance toward C at the same time executing a high side block to C with the right outer forearm.

**16.** Execute a middle punch to C with the left fist while maintaining a left walking stance toward C.

**17.** Execute a low twisting kick to C with the right foot, keeping the position of the hands as they were in 16.

**18.** Lower the right foot to C forming a right waling stance toward C while executing a downward block with an x-fist.

**19.** Execute a rising block with the left knife-hand while maintaining a right walking stance toward C. Perform 18 and 19 in a continuous motion.

**20.** Jump to C forming a left x-stance toward BC while executing a high side strike to C with the left back fist and bringing the right finger belly to the left side fist.

**21.** Move the right foot to D, forming a left L-stance toward D while executing a middle punch to D with the right fist.

**22.** Execute a middle reverse turning kick to AD with the left foot.

**23.** Lower the left foot to D in a stamping motion to form a sitting stance toward A at the same time executing a middle side strike to D with a left knife-hand.

**24.** Execute a middle side piercing kick to D with the right foot while turning counter-clockwise pulling both hands in the opposite direction.



# SECOND DEGREE BLACK BELT



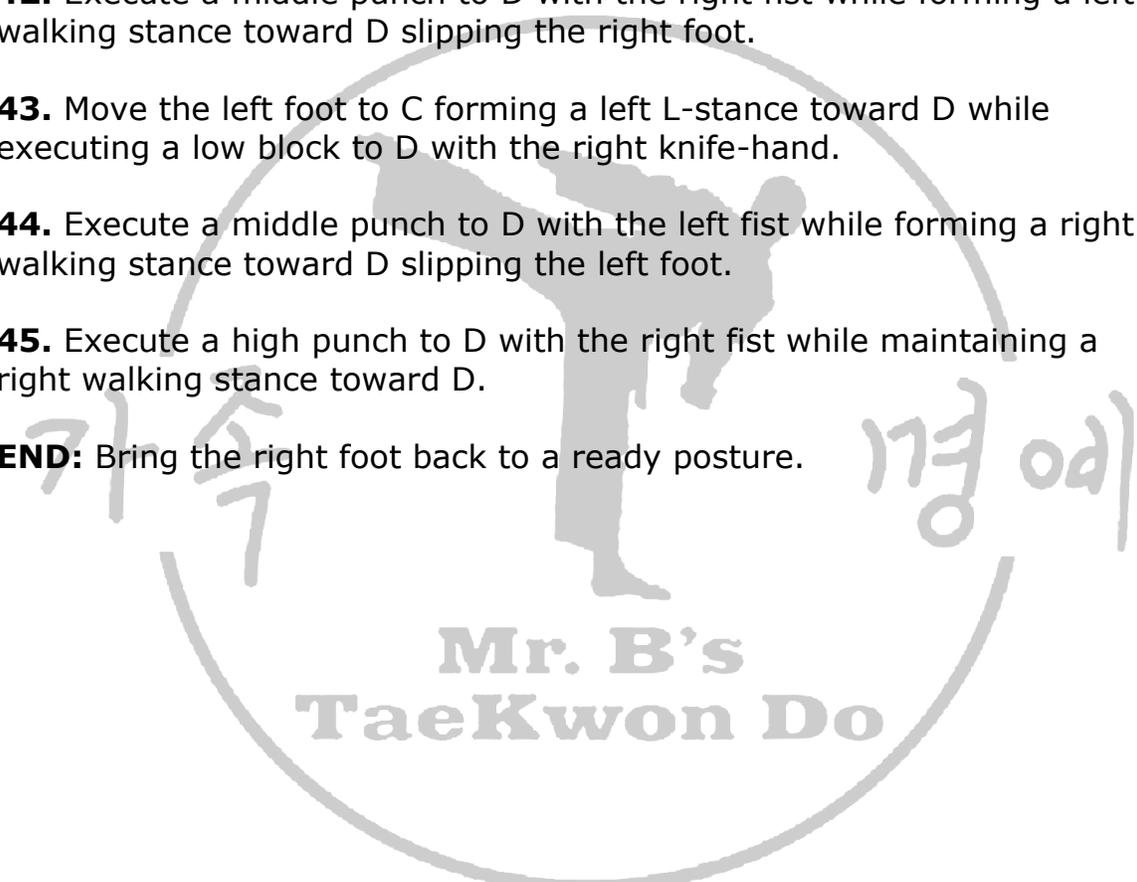
25. Lower the right foot to D forming a right walking stance toward D while executing a high crescent punch with the left fist.
26. Execute a middle turning punch with the right fist while forming a parallel stance toward D pulling the left foot. Perform in slow motion.
27. Move the right foot to D forming a right walking stance toward D at the same time executing a middle wedging block with a knife-hand.
28. Execute a circular block to BD with the left reverse knife-hand while maintaining a right walking stance toward D.
29. Execute a downward block with an alternate palm while forming a left rear foot stance toward D pulling the right foot.
30. Execute a middle punch to D with the left fist while forming a left L-stance toward D slipping the right foot.
31. Execute a low inward block to D with the right reverse knife-hand while shifting to C maintaining a left L-stance toward D.
32. Move the left foot to D forming a left walking stance toward D while executing a middle wedging block with a knife-hand.
33. Execute a circular block to AD with the right reverse knife-hand while maintaining a left walking stance toward D.
34. Execute a downward block with an alternate palm while forming a right rear foot stance toward D pulling left foot.
35. Execute a middle punch to D with the right fist while forming a right L-stance toward D slipping the left foot.
36. Execute a low inward block to D with the left reverse knife-hand while shifting to C maintaining a right L-stance toward D.
37. Execute a high reverse turning kick to BD with the right foot.
38. Lower the right foot to D forming a left rear foot stance toward D while executing a middle guarding block to D with the forearm.



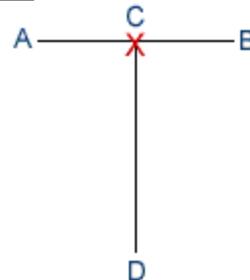
# SECOND DEGREE BLACK BELT



39. Execute a high reverse turning kick to AD with the left foot.
  40. Lower the left foot to D forming a right rear foot stance toward D while executing a middle guarding block to D with the forearm.
  41. Move the left foot to the side rear of the right foot and then the right foot to C forming a right L-stance toward D while executing a low outward block to D with the left knife-hand.
  42. Execute a middle punch to D with the right fist while forming a left walking stance toward D slipping the right foot.
  43. Move the left foot to C forming a left L-stance toward D while executing a low block to D with the right knife-hand.
  44. Execute a middle punch to D with the left fist while forming a right walking stance toward D slipping the left foot.
  45. Execute a high punch to D with the right fist while maintaining a right walking stance toward D.
- END:** Bring the right foot back to a ready posture.



# SECOND DEGREE BLACK BELT

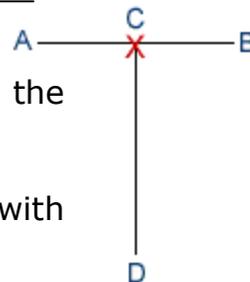


**Choong-Jang**  
**Second Degree Black/2<sup>nd</sup> Dan**  
**Movements: 52**  
**Ready Posture: Closed Ready Stance A**

1. Move the right foot to A to form a sitting stance toward D while executing a side front block with the right inner forearm and extending the left forearm side-downward.
2. Execute a side front block with the left inner forearm extending the right forearm side downward while maintaining a sitting stance toward D.
3. Bring the right foot to the left foot forming a closed stance toward D while executing an angle punch with the left fist. Perform in slow motion.
4. Move the left foot to D to form a left walking stance toward while executing a high thrust to D with the right double finger.
5. Move the right foot to D to form a right walking stance toward while executing a high thrust to D with the left double finger.
6. Execute a front strike to D with the right back fist while maintaining a right walking stance toward D.
7. Move the left foot to D forming a left walking stance toward D while executing a rising block with the left forearm.
8. Move the right foot to D to form a right walking stance toward D at the same time executing a middle punch to D with the right fist.
9. Move the right foot to C turning counter clockwise and then slide to C to form a right L-stance toward D while executing a middle guarding block to D with the forearm.
10. Execute a low front snap kick to D with the right foot keeping the position of the hands as they were in 9.
11. Lower the right foot to D forming a right low stance toward D while executing a high thrust to D with the right flat finger tip.



# SECOND DEGREE BLACK BELT



**12.** Execute a high turning kick to D with the right foot supporting the body with both hands and the left knee.

**13.** Lower the right foot to D and then execute a high punch to D with the right fist while pressing the ground with the left palm.

**14.** Move the left foot to D turning clockwise to form a left L-stance toward C while thrusting to D with the left side elbow.

**15.** Move the left foot to C turning clockwise to form a left L-stance toward D at the same time executing a middle guarding block to D with the forearm.

**16.** Move the right foot to C forming a right L-stance toward D while executing a scooping block with the left palm.

**17.** Move the left foot to C forming a left L-stance toward D while executing a middle outward strike to D with the right knife-hand.

**18.** Execute a pressing block with an X-fist while forming a left walking stance toward C pivoting with the right foot.

**19.** Execute a low front snap kick to C with the right knee while pulling both hands in the opposite direction as if grabbing the opponent's leg.

**20.** Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.

**21.** Move the right foot to D in a sliding motion to form a right L-stance toward C while thrusting to D with the right side elbow.

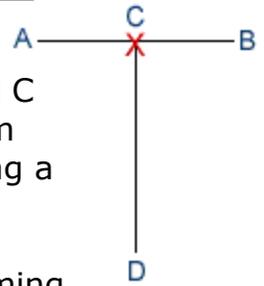
**22.** Execute a middle guarding block to D with a knife-hand while forming a left L-stance toward D pivoting with the left foot.

**23.** Execute a middle side piercing kick to D with the right foot while pulling both hands in the opposite direction.

**24.** Lower the right foot to D and then execute a pressing block with a twin palm while forming a right rear foot stance toward C, pivoting with the right foot.



# SECOND DEGREE BLACK BELT



**25.** Move the right foot to C to form a right walking stance toward C while executing a high front block to C with the right outer forearm and then a high side strike to C with the right back fist, maintaining a right walking stance toward C.

**26.** Execute a high thrust to D with the left flat fingertip while forming a right L-stance toward D pivoting with the right foot.

**27.** Execute a low front snap kick to D with the right foot while bring the right palm on the left back hand.

**28.** Lower the right foot to D to form a left walking stance toward C pivoting with the left foot while thrusting to D with the right back elbow, placing the left side fist on the right fist. Perform in slow motion.

**29.** Execute a downward strike with the left back hand while forming a right L-stance toward C, pivoting with the right foot. Perform in a stamping motion.

**30.** Punch the left palm with the right fist while maintaining a right L-stance toward C.

**31.** Move the right foot to C in a stamping motion to form a left L-stance toward C while executing a downward strike with the right back hand.

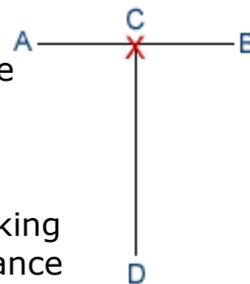
**32.** Punch the right palm with the left fist while maintaining a left L-stance toward C.

**33.** Execute a middle outward strike to D with the left knife-hand while forming a right L-stance toward D, pivoting with the right foot. Perform in a stamping motion.

**34.** Execute a high side front strike to D with the right back fist striking the left palm with the right elbow while forming a left walking stance toward D, slipping the left foot.



# SECOND DEGREE BLACK BELT



**35.** Move the right foot to D forming a left L-stance toward D while executing a middle outward strike to D with the right knife-hand. Perform in a stamping motion.

**36.** Execute a high side front strike to D with the left back fist striking the right palm with the left elbow while forming a right walking stance toward D, slipping the right foot.

**37.** Execute a low guarding block to C with a reverse knife-hand while forming a right L-stance toward C pivoting with the right foot.

**38.** Execute a right 9-shape block while forming a left walking stance toward C slipping the left foot.

**39.** Move the right foot to C forming a left L-stance toward C while executing a low guarding block to C with a reverse knife-hand.

**40.** Execute a left 9-shape block while forming a right walking stance toward C slipping the right foot.

**41.** Move the right foot to D forming a left walking stance toward C while executing a horizontal strike with a twin knife-hand.

**42.** Execute a high strike to C with the right arc-hand while maintaining a left walking stance toward C.

**43.** Execute a middle front snap kick to C with the right foot keeping the position of the hands as they were in 42.

**44.** Lower the right foot to C forming a right walking stance toward C while executing a high strike to C with the left arc-hand.

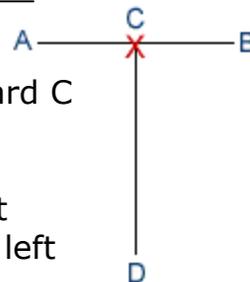
**45.** Execute a middle front snap kick to C with the left foot keeping the position of the hands as they were in 44.

**46.** Lower the left foot to C forming a left walking stance toward C while executing a middle punch to C with the right fist.

**47.** Execute a middle punch to C with the left fist while maintaining a left walking stance toward c. Perform 46 and 47 in a fast motion.



# SECOND DEGREE BLACK BELT



**48.** Bring the right foot to the left foot to form a close stance toward C while executing a high crescent punch with a twin for-knuckle fist.

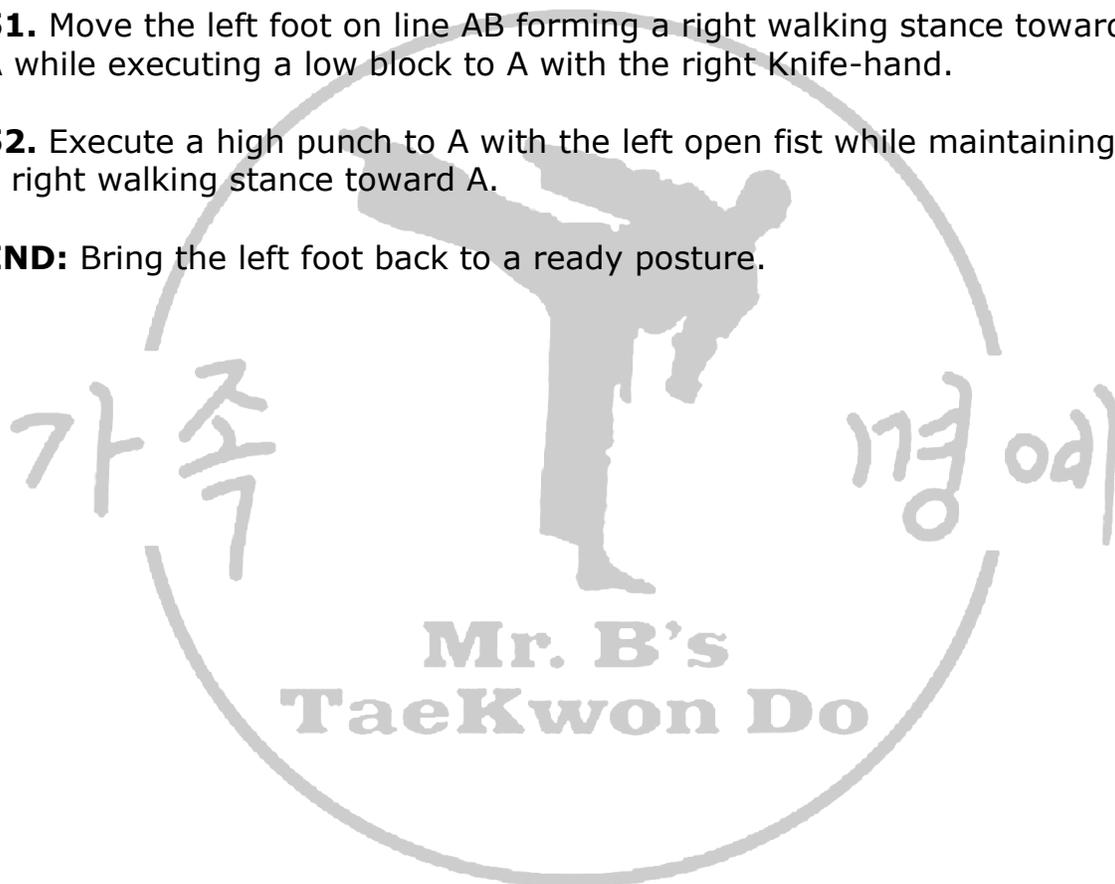
**49.** Move the left foot to B turning counter-clockwise to form a left walking stance toward B while executing a low block to B with the left knife-hand.

**50.** Execute a high punch to B with the right open fist while maintaining a left walking stance toward B.

**51.** Move the left foot on line AB forming a right walking stance toward A while executing a low block to A with the right Knife-hand.

**52.** Execute a high punch to A with the left open fist while maintaining a right walking stance toward A.

**END:** Bring the left foot back to a ready posture.



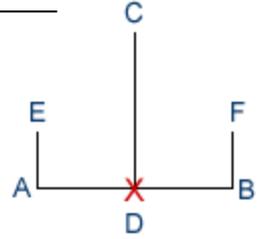
# SECOND DEGREE BLACK BELT

**Juche**

**Second Degree Black/2<sup>nd</sup> Dan**

**Movements: 45**

**Ready Posture: Parallel Stance with the Twin Side Elbow**

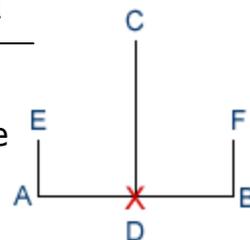


1. Move the left foot to B forming a sitting stance toward D while executing a parallel block with the inner forearm.
2. Execute a middle hooking block to D with the right palm while standing up toward D.
3. Execute a middle punch to D with the left fist while forming a sitting stance toward D.
4. Pull the right reverse footsword to the left knee joint forming a left one-leg stance toward D while executing a parallel block with the outer forearm.
5. Execute a middle side piercing kick to A and then a high reverse hooking kick to B consecutively with the right foot keeping the position of the hands as they were in 4. Perform in slow motion.
6. Lower the right foot to B in a jumping motion to form a right X-stance toward F while executing a downward strike to B with the right back fist.
7. Execute a middle hooking kick and then a high side piercing kick to F consecutively with the left foot while pulling both fists in front of the chest.
8. Lower the left foot to F in a stamping motion to form a sitting stance toward B while executing a high outward cross-cut to F with the left flat finger tip.
9. Execute a right high elbow strike to BF pressing the right side fist with the left palm while forming a left walking stance toward BF.
10. Cross the left foot over the right foot to form a right X-stance toward B while executing a low front block to B with the left reverse knife-hand, bringing the right finger belly on the left back forearm.



# SECOND DEGREE BLACK BELT

**11.** Move the right foot to A forming a left L-stance toward A while executing a middle guarding block to A with a knife-hand.



**12.** Execute a mid-air strike to A with a left knife-hand while spinning counter clockwise and then land to A forming a right L-stance toward A with the left arm extended.

**13.** Move the right foot to A to form a sitting stance toward D while executing a parallel block with the inner forearm.

**14.** Execute a middle hooking block to D with the left palm while standing up toward D.

**15.** Execute a middle punch to D with the right fist while forming a sitting stance toward D.

**16.** Pull the left reverse footsword to the right knee joint forming a right one-leg stance toward D while executing a parallel block with the outer forearm.

**17.** Execute a middle side piercing kick to B and then a high reverse hooking kick to A consecutively with the left foot keeping the position of the hands as they were in 16. Perform in slow motion.

**18.** Lower the left foot to A in a jumping motion to form a left X-stance toward E while executing a downward strike to A with the left back fist.

**19.** Execute a middle hooking kick and then a high side piercing kick to E consecutively with the right foot while pulling both fists in front of the chest.

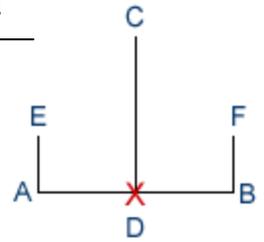
**20.** Lower the right foot to E in a stamping motion to form a sitting stance toward A while executing a high outward cross-cut to E with the right flat finger tip.

**21.** Execute a left high elbow strike to AE pressing the left side fist with the right palm while forming a right walking stance toward AE.



# SECOND DEGREE BLACK BELT

**22.** Cross the right foot over the left foot to form a left X-stance toward A while executing a low front block to A with the right reverse knife-hand, bringing the left finger belly on the right back forearm.



**23.** Move the left foot to B forming a right L-stance toward B while executing a middle guarding block to B with a knife-hand.

**24.** Execute a mid-air strike to B with a right knife-hand while spinning clockwise and then land to B forming a left L-stance toward B with the right arm extended.

**25.** Execute a pick-shape kick to B with the left foot and then lower it to B forming a right rear foot stance toward B while executing a middle guarding block with the forearm.

**26.** Bring the right foot to the left foot forming a closed stance with a heaven hand toward D Perform in slow motion.

**27.** Slide to C to form a left rear foot stance toward D while executing a downward thrust with the right straight elbow.

**28.** Execute a high crescent strike with the left arc-hand while forming a right walking stance toward D, slipping the right foot.

**29.** Slide to C to form a right rear foot stance toward D while executing a downward thrust with the left straight elbow.

**30.** Execute a high crescent strike with the right arc-hand while forming a left walking stance toward D, slipping the left foot.

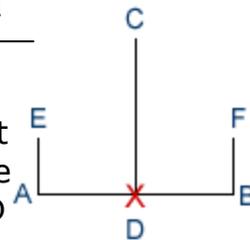
**31.** Move the left foot to C forming a right walking stance toward D while executing a high inward strike to D with a twin knife-hand.

**32.** Move the right foot to C forming a left walking stance toward D while executing a downward punch with the right fist.

**33.** Move the left foot to the side rear of the right foot and then slide to C forming a right L-stance toward D while executing a downward block with the left outer forearm.



# SECOND DEGREE BLACK BELT



**34.** Execute a dodging reverse turning kick to D with the right foot while flying away from D and then land to C to form a left L-stance toward D at the same time executing a middle guarding block to D with the forearm.

**35.** Move the right foot to the side rear of the left foot and then slide to C forming a left L-stance toward D while executing a downward block with the right outer forearm.

**36.** Execute a dodging reverse turning kick to D with the left foot while flying away from D and then land to C to form a right L-stance toward D at the same time executing a middle guarding block to D with the forearm.

**37.** Move the right foot to D and then the left foot to D then execute a flying two direction kick (twisting kick with the left foot, side piercing with the right foot) while flying to D.

**38.** Land to D to form a left diagonal stance toward D while executing a rising block with a twin palm.

**39.** Slide to D forming a right rear foot stance toward C while executing a side thrust to D with the right elbow.

**40.** Turn the face to D while forming a right bending ready stance B toward C and then execute a middle back piercing kick to D with the left foot. Perform in slow motion.

**41.** Lower the left foot to D in a stamping motion forming a right L-stance toward D at the same time executing a horizontal strike to D with the left back fist.

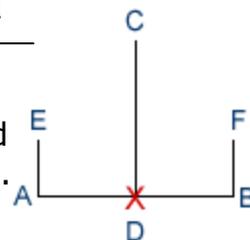
**42.** Execute a high inward cross-cut to D with the right flat finger tip while forming a parallel stance toward D, pulling the right foot.

**43.** Execute a front punch and an upset punch to D consecutively with the right fist while flying to D and then land to D forming a closed stance toward D with the right fist extended.



# SECOND DEGREE BLACK BELT

**44.** Move the right foot to D forming a right walking stance toward D while executing a front downward strike with the left knife-hand.



**45.** Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the right fist.

**END:** Bring the right foot back to a ready posture.

