

# Training Manual



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# TESTING POLICY

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1. All students must have a positive and respectful attitude toward all instructors and fellow students inside and outside the classroom. (Courtesy)
2. All students need to be respectful to The Works, the staff, and the members. All practicing is to be done in the classroom or the testing room, unless instructed by Mr. B. (Self Control)
3. All tuition, testing fee and gear bills must be paid in full before testing. (Courtesy)
4. White - High Blue Belt students **MUST** average 2 classes per week to qualify for testing. Red Belt and above **MUST** average more than 2.5 classes per week and are required to attend either the USAITF summer camp or a USAITF seminar every year to qualify for testing. (Perseverance) Make-up classes can be done in a class lower than your rank. No student is to attend a higher ranking class.
5. It is required that all students attend at **LEAST** one review class between tests. Review classes are now offered monthly. (Integrity)
6. Student will test only when Mr. B determines he/she is ready and all qualifications are met. Testing is offered three times a year. (Indomitable Spirit)
7. **ALL** students must know their current belt material and all their previous material at the school test. (Meaning Mr. B's test is the deadline for knowing your material - no exceptions!) Students must attend the test with Mr. B to qualify for the USAITF test. (All Tenets)
8. A proper and clean uniform must be worn to all testing events. (Sew all alterations- do not roll) (Courtesy and Integrity)



# SPARRING RULES

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## **GEAR:**

- \*Gear can be ordered at High White belt or Yellow belt.
- \*All gear should be ordered through Mrs. B
- \*All gear must have the Mr. B's TKD logo silk screened on it.
- \*All gear must be red or blue for colored belts and black belts have the choice of black gear.
- \*Head, chest, hand, foot gear, mouth guards and groin protectors for sirs are required for all sparring.
- \*Shin and forearm guards are optional.

## **RULES:**

- \*All contact is to be light and controlled.
- \*All strikes will be to the parts of the body protected by gear only.
- \*There will be ABSOLUTELY NO contact to the face or throat allowed.
- \*There will be ABSOLUTELY NO contact below the waist/belt line. This includes leg sweeps.
- \*All Sparring will be done under direct supervision of a qualified black belt.
- \*All students will participate in sparring as a learning tool and will remember Self Control and Courtesy with regards to their partners.
- \*Open hand and closed hand techniques are allowed.
- \*All foot techniques are allowed.

## **BASIC TIPS:**

- \*Use combinations: hands and feet, high and mid-section, different target areas.
- \*Keep your guard and head UP!!
- \*Keep eye contact with your partner.
- \*Use a good L stance.
- \*Keep stance changes quick and low to the floor.
- \*Remember to move sideways as well as forward and backwards.
- \*Everyone has a right to ask for lighter contact.
- \*Always feel free to talk to Mr. or Mrs. B about any concerns or questions!!
- \*Sparring should be a fun way to apply self defense techniques and strengthen the overall learning experience.



# WHITE BELT

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## Taekwon-Do Jungshin

*Ye Ui*  
Courtesy

*Yom Chi*  
Integrity

*In Nae*  
Perseverance

*Guk Gi*  
Self Control

*Baekjool Boolgool*  
Indomitable Spirit



# WHITE BELT

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## Techniques

1. Front kick
2. Sitting stance punch
3. Guarding block
4. Walking stance
5. L stance
6. Attention stance
7. Ready stance
8. Grabbing the ear prep (inside cross)
9. Butterfly prep (outside cross)

## Three Step Sparring

1. Low block with a punch defense (forward = walking; backward = L)
2. Outer forearm with a punch defense (forward = walking; backward = L)
3. Knife-hand block with a punch defense (forward = walking; backward = L)
4. Inner forearm block with a punch defense (forward = walking; backward = L)

## Vocabulary

1. White Belt - Signifies innocence as that of the beginning student without prior knowledge of Taekwon-Do.
2. Saju Jurugi - Four Direction Punch
3. Saju Makgi - Four Direction Block
4. Daebi Makgi - Guarding Block
5. Junbi - Ready Stance

## What to expect from this belt:

For most students, adults and children, this is a very awkward time in training. Getting used to kicking and punching takes time, as does getting used to saying “Sir” or “Ma’am”. For the most part, students adjust to being in class and doing the techniques, within the first month or so and get used to the Courtesy aspect within a couple of weeks. *Adults often times have an increase in the discomfort the first few classes they are wearing the uniform. Children usually love the uniform.*

As a white belt, the most important aspect of your training is to begin to learn the Tenets, basic techniques (stances, preps, etc.) and to have fun. Additionally, it is important to become friends with your peers.



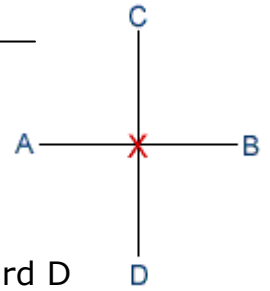
# WHITE BELT

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## Saju Jurugi

Movements: 7

Ready Posture: Parallel Ready Stance



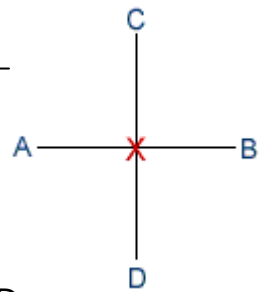
1. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
2. Move the right foot to A forming a left walking stance toward B while executing a low block to B with the left forearm.
3. Move the right foot to B forming a right walking stance toward B while executing a middle punch to B with the right fist.
4. Move the right foot to D forming a left walking stance toward C while executing a low block to C with the left forearm.
5. Move the right foot to C forming a right walking stance toward C while executing a middle punch to C with the right fist.
6. Move the right foot to B forming a left walking stance toward A while executing a low block to A with the left forearm.
7. Move the right foot to A forming a right walking stance toward A while executing a middle punch to A with the right fist.

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



# WHITE BELT

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## Saju Makgi

**Movements: 8**

**Ready Posture: Parallel Ready Stance**

1. Move the right foot to C forming a left walking stance toward D while executing a low block to D with the left knife-hand.
  2. Move the right foot to D forming a right walking stance toward D while executing a middle side block to D with the right inner forearm.
  3. Move the right foot to A forming a left walking stance toward B while executing a low block to B with the left knife-hand.
  4. Move the right foot to B forming a right walking stance toward B while executing a middle side block to B with the right inner forearm.
  5. Move the right foot to D forming a left walking stance toward C while executing a low block to C with the left knife-hand.
  6. Move the right foot to C forming a right walking stance toward C while executing a middle side block to C with the right inner forearm.
  7. Move the right foot to B forming a left walking stance toward A while executing a low block to A with the left knife-hand.
  8. Move the right foot to A forming a right walking stance toward A while executing a middle side block to A with the right inner forearm.
- END:** Bring the right foot back to a ready posture.



# HIGH WHITE BELT

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## Techniques

1. All lower belt techniques
2. Back fist
3. Knife-hand strike
4. Walking stance punch
5. Walking stance double punch
6. Sitting stance double punch
7. High front rising up
8. Side rising up
9. Ax kick
10. Crescent kick
11. Reverse crescent kick
12. Palm block

## Three Step Sparring

Review 1-4

## One Step Self Defense

1. Step back to L-stance with knife-hand block followed by a reverse punch then guarding block.
2. Step back to L-stance with inner forearm block followed by a reverse punch then guarding block.
3. Step back to walking stance with outer forearm block followed by a reverse punch then guarding block.
4. Step inside to sitting stance with a knife-hand block/punch combination then step back to guarding block.
5. Step outside to sitting stance with knife-hand block followed by a double punch then step back to guarding block.

## Sparring Combinations

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

## Written Requirements

Adults: Written explanation of the Tenets and how they apply to Taekwon-Do training and everyday life.

Children: Written, personal and dictionary, definitions of the Tenets of Taekwon-Do.



# HIGH WHITE BELT

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## Pattern

1. All lower belt patterns
2. Chon-Ji

## Vocabulary

1. 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 movements.
2. Bow - Kyung Nyeh
3. Classroom - Do Jang
4. Uniform - Dobuk
5. Pattern/Form - Tul
6. Attention - Charyut
7. Begin/Start - Shijak
8. Stop - Kuman
9. Return - Bahrote
10. Relax - Sho
11. Yell - Kihap
12. Numbers 1-10
  - a. one - hana
  - b. two - dool
  - c. three - set
  - d. four - net
  - e. five - dasut
  - f. six - yasut
  - g. seven - eel gob
  - h. eight - yahdul
  - i. nine - ah hop
  - j. ten - yul

## What to expect from this belt:

For children this is the time that they begin to feel a bit more comfortable in their training. They have spent several months learning the basics and now begin learning self-defense, sparring combinations and begin to learn what the translations of the Korean words used in class are. Tag sparring also gets easier as they begin to learn the movements of others and their own reactive movements. With some children, learning Chon-Ji can be quite a challenge, encouraging patience and Indomitable Spirit usually does the trick, regular class attendance also helps.

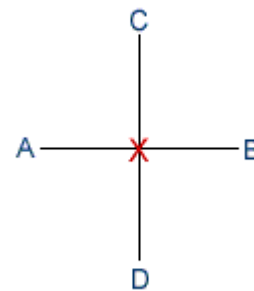
Adults tend to feel the same increase in comfort for the same reasons that children grow in comfort. The blocks that can hit adults usually center on the One-Steps/Self Defense Combinations. The stepping motions are complicated and sometimes frustrating. Adults want to remember that being a beginner means that you do not have to know things perfectly (Mr. B has been training for a long time and still works on his basic techniques).



# HIGH WHITE BELT

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**Chon-Ji**  
**High White/9<sup>th</sup> Grade**  
**Movements: 19**  
**Ready Posture: Parallel Ready Stance**

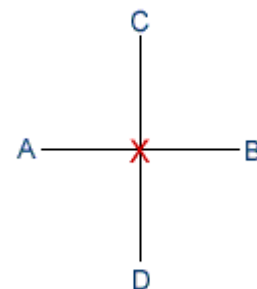


1. Move the left foot to B forming a left walking stance toward B while executing a low block to B with the left forearm.
2. Move the right foot to B forming a right walking stance toward B while executing a middle punch to B with the right fist.
3. Move the right foot to A, turning clockwise to form a right walking stance toward A while executing a low block to A with the right forearm.
4. Move the left foot to A forming a left walking stance toward A while executing a middle punch to A with the left fist.
5. Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm.
6. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
7. Move the right foot to C turning clockwise to form a right walking stance toward C while executing a low block to C with the right forearm.
8. Move the left foot to C forming a left walking stance toward C while executing a middle punch to C with the left fist.
9. Move the left foot to A forming a right L-stance toward A while executing a middle block to A with the left inner forearm.
10. Move the right foot to A forming a right walking stance toward A while executing a middle punch to A with the right fist.
11. Move the right foot to B turning clockwise to form a left L-stance toward B while executing a middle block to B with the right inner forearm.



# HIGH WHITE BELT

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- 12.** Move the left foot to B forming a left walking stance toward B while executing a middle punch to B with the left fist.
  - 13.** Move the left foot to C forming a right L-stance toward C while executing a middle block to C with the left inner forearm.
  - 14.** Move the right foot to C forming a right walking stance toward C while executing a middle punch to C with the right fist.
  - 15.** Move the right foot to D turning clockwise to form a left L-stance toward D while executing a middle block to D with the right inner forearm.
  - 16.** Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist.
  - 17.** Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
  - 18.** Move the right foot to C forming a left walking stance toward D while executing a middle punch to D with the left fist.
  - 19.** Move the left foot to C forming a right walking stance toward D while executing a middle punch to D with the right fist.
- END:** Bring the left foot back to a ready posture.



# YELLOW BELT

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## Techniques

1. All lower belt techniques.
2. Knife-hand guarding block.
3. Step behind side kick.
4. Front turning kick
5. Inward knife-hand strike
6. Twin forearm block
7. Low block/rising block combination

## Three Step Sparring

Review 1-4

5. Guarding block with a punch defense (forward = L; backward = L)
6. Rising block with a punch defense (forward = walking; backward = walking)
7. Low block/rising block with a punch defense (forward = W; backward = W)

## One Step Self Defense

Review 1-5

6. Jump right forward into sitting stance; left knife-hand block and right high-section inward knife-hand strike combination.
7. Stationary inward palm block; slide forward into "L" with right elbow strike.
8. Jump right forward into sitting stance; left knife-hand block and right high-section punch combination; step forward left while grabbing opponent's right wrist and right shoulder; right foot sweep; right reverse punch with yell.

## Sparring Combinations

Review 1-4

8. Double Punch - Crescent Kick
9. Double Punch - Reverse Crescent Kick
10. Double Punch - Rear Leg Front Turning Kick
11. Double Punch - Ax Kick

## Pattern

1. All lower belt patterns
2. Dan Gun



# YELLOW BELT

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## Vocabulary

1. Dan Gun is named after the Holy Dan Gun. The legendary founder of Korea in 2333 B.C. 21 movements.
2. Yellow belt signifies the Earth from which the plant sprouts and takes root as the Taekwon-Do foundation is being laid.
3. Instructor: Sabum Nim
4. Belt: Dhee
5. Founder of Taekwon-Do: General Choi, Hong Hi
6. The written history of Taekwon-Do.

## What to expect from this belt:

This is most often a very fun belt for children and adults. The first significant belt color change, beginning take downs, and the addition of light contact sparring make these the most “action packed” classes since the student’s first white belt class. There are no real hang-ups for children at this level, they get to wear sparring gear and a new belt and they are no longer the lowest ranks in class. *Adults, on the other hand, can have hang-ups with take downs and sparring. Children don’t mind falling, they do it all the time, but as we get older we mind it more and more. The way to get through take downs is to do them slowly and to allow yourself the Perseverance to begin to trust your classmates. Sparring can cause distress for adults who are not excited about the prospects of being hit or hitting someone else. The most important thing to remember, regarding sparring, is that it is not about aggression, it is about self-defense and confidence building. Equally, sparring is a challenge for EVERYONE to learn, some need to focus more on Indomitable Spirit (meaning making light contact) and others need to focus more on Self Control (meaning making ONLY light contact).*

Mr. B's  
TaeKwon Do



# YELLOW BELT

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## History of Taekwon-Do, Condensed

**November 9<sup>th</sup>, 1918** General Choi Hong Hi was born in Korea.

**April 11, 1955** saw the christening of Taekwon-Do when General Choi after exhaustive researching, developing and experimenting, proclaimed Taekwon-Do to the world as a completely valid and unique martial art having a basic Korean origin. To this ancient art, General Choi refined, renewed, and re-organized it into a different set of techniques to which he proudly gave the name Taekwon-Do.

**In March 1959**, General Choi led the Republic of Korea Taekwon-Do team on a demonstration of power and intriguing techniques to the Republic of China and the Republic of Vietnam thereby enhancing Korea's national esteem as well as paving the way for the adoption of Taekwon-Do as a special part of the military training of both countries.

**In 1965** General Choi received approval, by a vote of the Cabinet, from the South Korean Government to declare Taekwon-Do as Korea's National Martial Art. Then he led the Taekwon-Do goodwill mission on a demonstration tour of Europe, the Middle East, Africa and Asia.

**March 22, 1966** General Choi founded the International Taekwon-Do Federation in Seoul, Korea with the consent of 9 countries. This was the first time that the headquarters of an international organization was established in Korea.

**In 1969**, General Choi was able to hold the first Asian Taekwon-Do Championships in Hong Kong. This was a significant event in that Taekwon-Do was internationally accepted as both martial art and sport.

**In 1974** a tremendous worldwide event took place in the city of Montreal, Canada. The result was the first World Taekwon-Do Championships. This highly successful tournament was only made possible by the devotion and dedication of General Choi who single-handedly welded together this multi-national meeting of different nationalities.

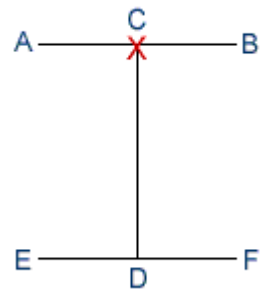
**In June 1979**, in Oslo, Norway, General Choi helped to form the All Europe Taekwon-Do Federation with founding members from 14 European nations including Poland, Hungary and Yugoslavia from Eastern Europe. With the founding of this federation, General Choi's vision of establishing Taekwon-Do as a worldwide non-political organization had come true.

**On June 15<sup>th</sup> 2002** in Pyongyang Korea, the founder of Taekwon-Do passed away.



# YELLOW BELT

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**Dan Gun**

**Yellow/8<sup>th</sup> Grade**

**Movements: 21**

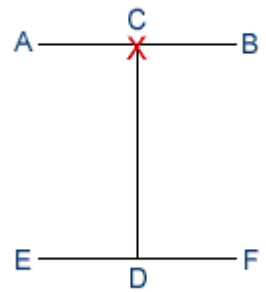
**Ready Posture: Parallel Ready Stance**

1. Move the left foot to B forming a right L-stance toward B, at the same time executing a middle guarding block to B with a knife-hand.
2. Move the right foot to B forming a right walking stance toward B while executing a high punch to B with the right fist.
3. Move the right foot to A turning clockwise to form a left L-stance toward A, at the same time executing a middle guarding block to A with a knife-hand.
4. Move the left foot to A forming a left walking stance toward A while executing a high punch to A with the left fist.
5. Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm.
6. Move the right foot to D forming a right walking stance toward D while executing a high punch to D with the right fist.
7. Move the left foot to D forming a left walking stance toward D while executing a high punch to D with the left fist.
8. Move the right foot to D forming a right walking stance toward D while executing a high punch to D with the right fist.
9. Move the left foot to E, turning counter clockwise to form a right L-stance toward E while executing a twin forearm block to E.
10. Move the right foot to E forming a right walking stance toward E while executing a high punch to E with the right fist.
11. Move the right foot to F turning clockwise to form a left L-stance toward F while executing a twin forearm block to F.



# YELLOW BELT

---



- 12.** Move the left foot to F forming a left walking stance toward F while executing a high punch to F with the left fist.
  - 13.** Move the left foot to C forming a left walking stance toward C while executing a low block to C with the left forearm.
  - 14.** Execute a rising block with the left forearm, maintaining the left walking stance toward C. Perform 13 and 14 in a continuous motion.
  - 15.** Move the right foot to C forming a right walking stance toward C, at the same time executing a rising block with the right forearm.
  - 16.** Move the left foot to C forming a left walking stance toward C, at the same time executing a rising block with the left forearm.
  - 17.** Move the right foot to C forming a right walking stance toward C, at the same time executing a rising block with the right forearm.
  - 18.** Move the left foot to B turning counter clockwise to form a right L-stance toward B while executing a middle outward strike to B with the left knife-hand.
  - 19.** Move the right foot to B forming a right walking stance toward B while executing a high punch to B with the right fist.
  - 20.** Move the right foot to A turning clockwise to form a left L-stance toward A while executing a middle outward strike to A with the right knife-hand.
  - 21.** Move the left foot to A forming a left walking stance toward A while executing a high punch to A with the left fist.
- END:** Bring the left foot back to a ready posture.



# GREEN BELT

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## Techniques

1. All lower belt techniques
2. Mid-section spear hand
3. Wedging block
4. High-section knife-hand block
5. Twin knife-hand block
6. Front foot front turning kick
7. Rear leg side kick
8. Front foot ax kick
9. Downward palm block

## Three Step Sparring

Review all lower belt combinations

8. Wedging block against a choke with a front kick defense (forward = W; backward = W)
9. Downward palm blocks against side kicks with punch defense (forward = W; backward = L)

## One Step Self Defense

Review all lower belt combinations

9. Jump right forward into sitting stance with right palm block; right high-section back fist; mid-section 1-2 punch.
10. Stationary right foot crescent block; jump right forward into sitting stance; left knife-hand block and right high-section punch combination.
11. Stationary left foot reverse crescent block; right high-section front turning kick.

## Sparring Combinations

Review all lower belt combinations

9. Back Fist - Front Leg Side Kick - 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 Side Kick

## Pattern

1. All lower belt patterns
2. Do-San



# GREEN BELT

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## Vocabulary

1. Do-San is the pseudonym of the patriot Ahn Chang-Ho (1876-1938). The 24 movements represent his entire life which he devoted to furthering the education of Korea and the independence movement.
2. Green Belt signifies the plants growth as the Taekwon-Do student starts to develop.
3. Read and understand the written definition of Taekwon-Do.

## What to expect from this belt:

Overall, this belt continues to be enjoyable for both adults and children. Techniques get more advanced, kicks get progressively harder but also higher for most students, and sparring/take downs are no longer new and foreign. Hang-ups are usually minor for most students. Children sometimes feel a bit overwhelmed with the High Green Sparring Combinations and Pattern. Attending extra pattern classes will likely do the trick as will practicing the pattern at home in front of parents. This belt also tends to be where some children actually spend two testing cycles progressing through because the material does get more challenging. The biggest factor in helping children to work through this is to make sure they do not have an expectation to test just because testing time has come again. We make efforts in class to dissuade expectations so parents want to try to do the same so that this does not become a dilemma. *The High Green pattern is usually the area that adults have the most struggles. The motions are complicated and can be frustrating to learn, so, as earlier stated; adults want to remind themselves that things never have to be perfect.*

Mr. B's  
TaeKwon Do



# GREEN BELT

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## Definition of Taekwon-Do "A way of life"

To put it simply Taekwon-Do is a version of unarmed combat designed for the purpose of self-defense. It is more than just that, however. It is the scientific use of the body in the method of self-defense; a body that has gained the ultimate use of its facilities through intensive physical and mental training.

It is a martial art that has no equal in either power or technique. Though it is a martial art, its discipline, technique and mental training are the mortar for building a strong sense of justice, fortitude, humility and resolve. It is this mental conditioning that separates the true practitioner from the sensationalist, content with mastering only the fighting aspects of the art.

This is one of the reasons that Taekwon-Do is called an art of self-defense. It also implies a way of thinking and life, particularly in instilling a concept and spirit of strict self-imposed discipline and an ideal of noble moral rearmament. The nearest description of it is almost a cult.

Translated literally "**Tae**" stands for jumping or flying, to kick or smash with the foot. "**Kwon**" denotes the fist-chiefly to punch or destroy with the hand or fist. "**Do**" means an art or way - the right way built and paved by the saints and sages in the past.

Thus taken collectively "**Taekwon-Do**" indicates the mental training and the techniques of unarmed combat for self-defense as well as health, involving the skilled application of punches, kicks, blocks and dodges with bare hands and feet to the rapid destruction of the moving opponent or opponents.

Taekwon-Do definitely enables the weak to possess a fine weapon together with confidence to defend him or herself and defeat the opponent as well. Of course, wrongly applied, Taekwon-Do can be a lethal weapon. Therefore mental training must always be stressed to prevent the student from misusing it.

As for women folk, they will undoubtedly find Taekwon-Do an invaluable asset in tackling and driving away "wolves", so to speak. When one is informed of the many instances where frail women effectively protected themselves, they may sound unbelievable. But really, they have been able to do so because they are well versed in the art of self-defense.

The feats of Taekwon-Do are great in number. To mention a few is probably pertinent: for instance, flying over a mounted motorcycle or eleven persons in line to attack a target with the foot; breaking an inch thick pine board placed at a height of ten or eleven feet with the foot; breaking two pieces of red brick with an open hand or knife-hand; smashing seven or eight pieces of two inch thick pine board at a single blow with the fist; attacking two targets with the same foot in succession while flying and so on. To



# GREEN BELT

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the layman in the street, such feats may sound impossible, but to the serious students of Taekwon-Do and the exponents of this art, it is quite ordinary.

Of course, by mastering this art it does not mean that you will be asked to do acts of impossibility. Particularly if someone should challenge you to kill a wild bull with your bare hands. Therefore it is clear that equivalent demonstrations of such effective use of pure somatic force is not to be seen in other forms of physical combat technique.

Incessant training is essential to keep oneself in top form and physical condition. In training, all the muscles of the human body will be used. From the use of one's muscles, it will be possible to harness all available power generated by every muscular contraction. It will then be necessary to deliver such power to the human target especially to where the most vulnerable points or vital spots of one's opponent are located, in particular when the opponent is in motion. At this point it is necessary to remind the students of Taekwon-Do that this art of self-defense is specially designed for swift retaliation against the moving aggressor.

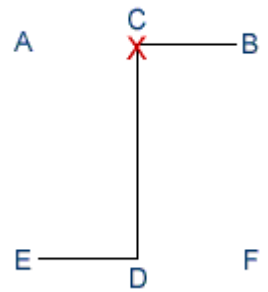
Most of the devastating maneuvers in Taekwon-Do are based specially on the initial impact of a blow plus the consequential additional force provided by the rebound of the opponent's moving part of the body. Similarly by using the attacker's force of momentum, the slightest push is all that is needed to upset his or her equilibrium and to topple him or her.

In the case of the students of Taekwon-Do who have been in constant practice or the experts themselves, they spend no time thinking; as such an action comes automatically to them. Their actions, in short, have become conditioned reflexes. Therefore, throughout this Encyclopedia, the readers will notice that repeated emphasis is placed on regular training, in order to master the techniques of attack and defense.

Hours spent on training will not be wasted; for surely you will reap a rich reward in the form of speedy reactions and deadly blows to rain down upon your enemy or in any case to save life if and when a need arises. Even if Taekwon-Do is practiced for the sake of exercise alone, the enjoyment derived will justify the time invested and spent. As an exercise, it is equally suitable for the old and young, male and female.



# GREEN BELT

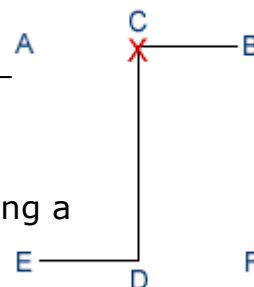


**Do-San**  
**Green/7<sup>th</sup> Grade**  
**Movements: 24**  
**Ready Posture: Parallel Ready Stance**

1. Move the left foot to B, forming a left walking stance toward B while executing a high side block to B with the left outer forearm.
2. Execute a middle punch to B with the right fist while maintaining a left walking stance toward B.
3. Move the left foot on line AB, and then turn clockwise to form a right walking stance toward A while executing a high side block to A with the right outer forearm.
4. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A.
5. Move the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
6. Move the right foot to D forming a right walking stance toward D while executing a middle thrust to D with the right straight fingertip.
7. Twist the right knife-hand together with the body counter clockwise until its palm faces downward and then move the left foot to D, turning counter clockwise to form a left walking stance toward D while executing a high side strike to D with the left back fist.
8. Move the right foot to D forming a right walking stance toward D while executing a high side strike to D with the right back fist.
9. Move the left foot to E, turning counter clockwise to form a left walking stance toward E while executing a high side block to E with the left outer forearm.
10. Execute a middle punch to E with the right fist while maintaining a left walking stance toward E.
11. Move the left foot on line EF, and then turn clockwise to form a right walking stance toward F while executing a high side block to F with the right outer forearm.



# GREEN BELT



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

**13.** Move the left foot to CE forming a left walking stance toward CE, at the same time executing a high wedging block to CE with the outer forearm.

**14.** Execute a middle front snap kick to CE with the right foot, keeping the position of the hands as they were in 13.

**15.** Lower the right foot to CE forming a right walking stance toward CE while executing a middle punch to CE with the right fist.

**16.** Execute a middle punch to CE with the left fist while maintaining a right walking stance toward CE. Perform 15 and 16 in a fast motion.

**17.** Move the right foot to CF forming a right walking stance toward CF while executing a high wedging block to CF with the outer forearm.

**18.** Execute a middle front snap kick to CF with the left foot, keeping the position of the hands as they were in 17.

**19.** Lower the left foot to CF forming a left walking stance toward CF while executing a middle punch to CF with the left fist.

**20.** Execute a middle punch to CF with the right fist while maintaining a left walking stance toward CF. Perform 19 and 20 in a fast motion.

**21.** Move the left foot to C forming a left walking stance toward C, at the same time executing a rising block with the left forearm.

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

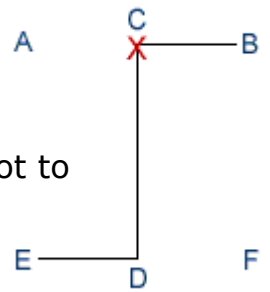
**23.** Move the left foot to B, turning counter clockwise to form a sitting stance toward D while executing a middle side strike to B with the left knife-hand.



# GREEN BELT

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**24.** Bring the left foot to the right foot and then move the right foot to A forming a sitting stance toward D while executing a middle side strike to A with the right knife-hand.



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



# HIGH GREEN BELT

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## Techniques

1. All lower belt techniques.
2. Circular block
3. Walking stance reverse punch
4. Closed stance
5. Bending stance
6. Back kick
7. Closed ready stance A
8. Bending ready stance A

## Three Step Sparring

10. Twin forearm block with an inward knife-hand strike defense (L = forward/backward)
11. Circular block with a front kick defense (W = forward/backward)
12. Bending ready stance A with a side kick defense (bending stance Forward/Backward)

## One Step Self Defense

Review all lower belt combinations

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

## Sparring Combinations

Review all lower belt combinations

13. Front Foot Front Turning Kick - Same Leg Side Kick – Back Fist - Reverse Punch
14. Back Fist - Front Foot Side Kick - Reverse Punch - Rear Leg Front Turning Kick
15. Reverse Punch - Rear Leg Front Turning Kick - Back Kick
16. Rear Leg Side Kick - Back Kick



# HIGH GREEN BELT

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## Pattern

1. All lower belt patterns
2. Won-Hyo

## Vocabulary

1. Won-Hyo is named after the noted monk who introduced Buddhism to the Silla Dynasty in 686 A.D., 28 Movements.
2. Grandmaster Hwang's Biography

## What to expect from this belt:

Overall, this belt continues to be enjoyable for both adults and children. Techniques get more advanced, kicks get progressively harder but also higher for most students, and sparring/take downs are no longer new and foreign. Hang-ups are usually minor for most students. Children sometimes feel a bit overwhelmed with the High Green Sparring Combinations and Pattern. Attending extra pattern classes will likely do the trick as will practicing the pattern at home in front of parents. This belt also tends to be where some children actually spend two testing cycles progressing through because the material does get more challenging. The biggest factor in helping children to work through this is to make sure they do not have an expectation to test just because testing time has come again. We make efforts in class to dissuade expectations so parents want to try to do the same so that this does not become a dilemma. *The High Green pattern is usually the area that adults have the most struggles. The motions are complicated and can be frustrating to learn, so, as earlier stated; adults want to remind themselves that things never have to be perfect.*

Mr. B's  
TaeKwon Do



# HIGH GREEN BELT

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Grandmaster Kwang Sung Hwang was born in Haepyung Meon Kyung Puk Province southeast of Teagu City, South Korea. Grandmaster Hwang was raised and educated in Taegu, which is the third largest city south of the 38th parallel, and is south east of Seoul and north of Busan. At the age of eleven, he started his martial arts training. After graduating with a degree in Political Science from KyungPook National University he joined the Republic of Korean Army as a commissioned officer in 1964. Serving as a Korean Airborne and Ranger officer and serving his country in Vietnam. He was stationed in Saigon, Chu Ly, and several others. He taught Taekwon-Do to the Korean Tiger Division, the Korean Army, the US Army and the US Marines along with the Vietnamese Army. Receiving commendation medals from Korea and Vietnam. 1970 marked his retirement from the ROK Army as a Captain, and Service Company Commander of the 26th Infantry Division. Also known as the Taekwon-Do Division.

1971 marked the year Grandmaster Hwang was invited to the US and first taught a credited class at Manchester Community Technical College, and then one year later in 1972 he opened his first Taekwon-Do school. In 1974 Grandmaster Hwang graduated from the first International Taekwon-Do Federation Instructors course held by General Choi, HongHi in Montréal Canada. He also graduated from the ITF Umpires course. Grandmaster Hwang also happens to be one of three Grandmasters (9th Degree black belts) ever promoted by General Choi, HongHi. The others are Grandmaster Rhee of the UK, and Grandmaster Sereff of the US.

Grandmaster Hwang has served as Director of the USA Junior Taekwon-Do team every Junior World Championships since 1990 and was the 1989 and



# HIGH GREEN BELT

1992 USA Senior Taekwon-Do Team Director. Grandmaster Hwang served as special assistant to General Choi, was the Official Spokesman of the ITF, and served as Chairman of the ITF Promotion and Merger Committees. In addition, as Secretary General of the ITF.

Grandmaster Hwang currently oversees 15 Hwang's School of Taekwon-Do, and many schools throughout the world. Traveling and giving seminars in places such as Argentina, Aruba, Australia, Canada, Dominican Republic, Greece, Italy, India, Ireland, Mexico and the Philippines.

Grandmaster Hwang's Certificate Numbers And Dates

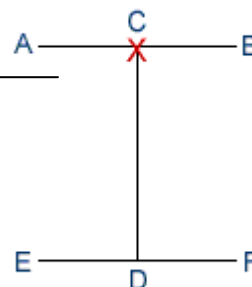
| <u>Issue</u>       | <u>Date</u> |
|--------------------|-------------|
| <b>ITF</b>         |             |
| K-9-1              | 12/8/1997   |
| K-8-16             | 5/2/1989    |
| K-7-51             | 11/1/1981   |
| K-6-107            | 4/28/1975   |
| K-5-213            | 2/6/1971    |
| K-4-197            | 6/20/1970   |
| K-3-40             | 9/18/1968   |
| <b>TANG SOO DO</b> |             |
| 2nd Degree         | 1961        |
| 1st Degree         | 1957        |

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Mr. B's  
TaeKwon Do



# HIGH GREEN BELT

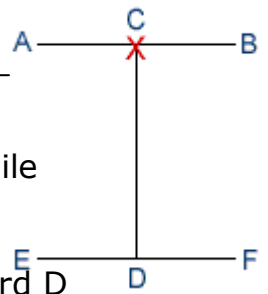


**Won-Hyo**  
**High Green/6<sup>th</sup> Grade**  
**Movements: 28**  
**Ready Posture: Closed Ready Stance A**

1. Move the left foot to B forming a right L-stance toward B while executing a twin forearm block.
2. Execute a high inward strike to B with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward B.
3. Execute a middle punch to B with the left fist while forming a left fixed stance toward B, slipping the left foot to B.
4. Bring the left foot to the right foot and then move the right foot to A, forming a left L-stance toward A while executing a twin forearm block.
5. Execute a high inward strike to A with the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward A.
6. Execute a middle punch to A with the right fist while forming a right fixed stance toward A, slipping the right foot to A.
7. Bring the right foot to the left foot and then turn the face toward D while forming a right bending ready stance A toward D.
8. Execute a middle side piercing kick to D with the left foot.
9. Lower the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
10. Move the right foot to D forming a left L-stance toward D while executing a guarding block to D with a knife-hand.



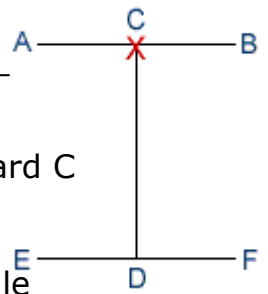
# HIGH GREEN BELT



- 11.** Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
- 12.** Move the right foot to D forming a right walking stance toward D while executing a middle thrust to D with the right straight fingertip.
- 13.** Move the left foot to E turning counter clockwise to form a right L-stance toward E, at the same time executing a twin forearm block.
- 14.** Execute a high inward strike to E with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward E.
- 15.** Execute a middle punch to E with the left fist while forming a left fixed stance toward E, slipping the left foot to E.
- 16.** Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a twin forearm block.
- 17.** Execute a high inward strike to F with the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward F.
- 18.** Execute a middle punch to F with the right fist while forming a right fixed stance toward F, slipping the right foot to F.
- 19.** Bring the right foot to the left foot and then move the left foot to C forming a left walking stance toward C while executing a circular block to CF with the right inner forearm.
- 20.** Execute a low front snap kick to C with the right foot, keeping the position of the hands as they were in 19.



# HIGH GREEN BELT



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

**22.** Execute a circular block to CE with the left inner forearm while maintaining a right walking stance toward C.

**23.** Execute a low front snap kick to C with the left foot, keeping the position of the hands as they were in 22.

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

**25.** Turn the face toward C forming a left bending ready stance A toward C.

**26.** Execute a middle side piercing kick to C with the right foot.

**27.** Lower the right foot on line CD and then move the left foot to B, turning counter clockwise to form a right L-stance toward B, at the same time executing a middle guarding block to B with the forearm.

**28.** Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A while executing a middle guarding clock to A with the forearm.

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



# BLUE BELT

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## Techniques

1. All lower belt techniques
2. Hooking grab/block
3. Mid-section Front Elbow Strike
4. High-section double forearm block
5. Reverse knife-hand strike
6. X stance
7. Double front turning kick
8. Jumping front kick
9. Jumping ax kick

## Board Breaking

1. Front Kick

## Three Step Sparring

13. Twin knife-hand block with a spear hand defense. (L = forward/backward)
14. Double forearm block with lunge punch defense. (W = forward, L = backward)
15. Hooking grab block with a punch defense. (W = forward, L = backward)

## One Step Self Defense

Review all lower belt combinations.

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

## Sparring Combinations

Review all lower belt combinations.

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 Kick - 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



# BLUE BELT

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## Pattern

1. All lower belt patterns
2. Yul-Gok

## Vocabulary

1. 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 refer to his birthplace on the 38<sup>th</sup> latitude. The diagram of the pattern (+ over -) represents scholar.
2. Blue belt signifies the Heaven, toward which the plant matures into a towering tree as Taekwon-Do training progresses.
3. Theory of Power part one and part two.

## What to expect from this belt:

This level is probably the most difficult colored belt to get through for all students, regardless of age. There are many challenges that students face as they enter into the “Advanced” belt levels and most of these challenges seem to manifest during the blue belt ranks. Techniques get significantly more difficult, with the first spinning techniques being introduced, new preparations, and more difficult combinations of techniques within patterns and self defense/sparring drills. Equally, if not more so, difficult are the feelings of stagnation that hit primarily at low blue for children and High Blue/Low Red for adults. Specifically, by this level students have close to three years of training and have worked hard but see Black Belt as a step that is still far away. For children, the most common thing that parents hear is “I don’t feel like going” and then parents say “he/she loves it when he/she gets here but...”. The best course of action for children is making sure that Mr. B and the other instructors know so that efforts can be made in class to help. Another idea is having the student come in for lower belt classes to help lower belt students; this helps children develop a sense of pride in their ability because they begin leading others. Additionally, one or two private lessons with Mr. B are pretty certain to help them over the hump. It is really the first test of Indomitable Spirit and Perseverance within Taekwon-Do training for children. *Adults tend to feel similar frustration, although it tends to hit 3-6 months later than children, and unfortunately adults don’t tend to communicate it to Mr. B, or instructors, as well as parents do. So make sure you bring these struggles to your instructors.*

This level is also where students can begin to learn how to assist with team leading other classes. As stated, this is an exceptional method for improving technique and countering feelings of frustration.



# BLUE BELT

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## **First part of the Theory of Power, Speed (Sokdo):**

Speed is the most essential factor of force or power. Scientifically, force equals mass multiplied by acceleration ( $F = MA$ ) or ( $P = MV^2$ ).

According to the theory of kinetic energy, every object increases its weight as well as speed in a downward movement. This very principle is applied to this particular art of self-defense. For this reason, at the moment of impact, the position of the hand normally becomes lower than the shoulder and the foot lower than the hip while the body is in the air.

Reaction force, breath control, equilibrium, concentration, and relaxation of the muscles cannot be ignored. However, these are the factors that contribute to the speed and all these factors, together with flexible and rhythmic movements, must be well coordinated to produce the maximum power in Taekwon-Do.

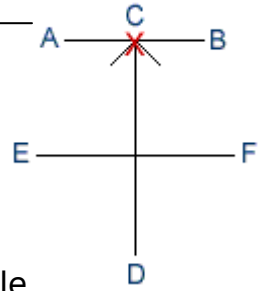
## **Second part of the Theory of Power, Concentration (Jip Joong):**

By applying the impact force onto the smallest target area, it will concentrate the force and therefore, increase its effect. For example, the force of water coming out of a water hose is greater if the orifice is smaller. Conversely, the weight of a man spread out on snowshoes makes hardly any impression on the snow. The blows in Taekwon-Do are often concentrated onto the edge of the open palm or to the crook of the fingers. It is very important that you should not unleash all your strength at the beginning but gradually, and particularly at the point of contact with your opponent's body, the force must be so concentrated as to give a knock-out blow. That is to say, the shorter the time for the concentration, the greater will be the power of the blow. The utmost concentration is required in order to mobilize every muscle of the body onto the smallest target area simultaneously. In conclusion, concentration is done in two ways: one is to concentrate every muscle of the body, particularly the bigger muscles around the hip and abdomen (which theoretically are slower than the smaller muscles of other parts of the body) towards the appropriate tool to be used at the proper time; the second way is to concentrate such mobilized muscles onto the opponent's vital spot. This is the reason why the hip and abdomen are jerked slightly before the hands and feet in any action, whether it is an attack or defense. Remember, jerking can be executed in two ways: laterally and vertically.



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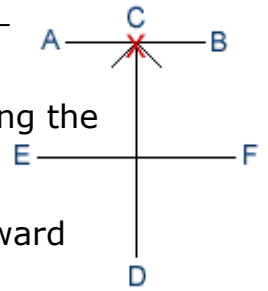
**Yul-Gok**  
**Blue/5<sup>th</sup> Grade**  
**Movements: 38**  
**Ready Posture: Parallel Ready Stance**



1. Move the left foot to B forming a sitting stance toward D while extending the left fist to D horizontally.
2. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.
3. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D. Perform 2 and 3 in a fast motion.
4. Bring the left foot to the right foot and then move the right foot to A forming a sitting stance toward D while extending the right fist to D horizontally.
5. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.
6. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D. Perform 5 and 6 in a fast motion.
7. Move the right foot to Ad forming a right walking stance toward AD while executing a middle side block to AD with the right inner forearm.
8. Execute a low front snap kick to AD with the left foot keeping the position of the hands as they were in 7.
9. Lower the left foot to AD forming a left walking stance toward AD while executing a middle punch to AD with the left fist.
10. Execute a middle punch to AD with the right fist while maintaining a left walking stance toward AD. Perform 9 and 10 in a fast motion.
11. Move the left foot to BD forming a left walking stance toward BD at the same time executing a middle side block to BD with the left inner forearm.



# BLUE BELT

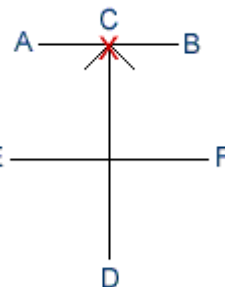


- 12.** Execute a low front snap kick to BD with the right foot keeping the position of the hands as they were in 11.
- 13.** Lower the right foot to BD forming a right walking stance toward BD while executing a middle punch to BD with the right fist.
- 14.** Execute a middle punch to BD with the left fist while maintaining a right walking stance toward BD. Perform 13 and 14 in a fast motion.
- 15.** Execute a middle hooking block to D with the right palm while forming a right walking stance toward D, pivoting with the left foot.
- 16.** Execute a middle hooking block to D with the left palm while maintaining a right walking stance toward D.
- 17.** Execute a middle punch to D with the right fist while maintaining a right walking stance toward D. Execute 16 and 17 in a connecting motion.
- 18.** Move the left foot to D forming a left walking stance toward D while executing a middle hooking block to D with the left palm.
- 19.** Execute a middle hooking block to D with the right palm while maintaining a left walking stance toward D.
- 20.** Execute a middle punch to D with the left fist while maintaining a left walking stance toward D. Execute 19 and 20 in a connecting motion.
- 21.** Move the right foot to D forming a right walking stance toward D at the same time executing a middle punch to D with the right fist.
- 22.** Turn the face toward D forming a right bending ready stance A toward D.
- 23.** Execute a middle side piercing kick to D with the left foot.
- 24.** Lower the left foot to D forming a left walking stance toward D while striking the left palm with the right front elbow.



# BLUE BELT

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- 25.** Turn the face toward C forming a left bending ready stance A toward C.
- 26.** Execute a middle side piercing kick to C with the right foot.
- 27.** Lower the right foot to C forming a right walking stance toward C while striking the right palm with the left front elbow.
- 28.** Move the left foot to E forming a right L-stance toward E while executing a twin knife-hand block.
- 29.** Move the right foot to E forming a right walking stance toward E while executing a middle thrust to E with the right straight fingertip.
- 30.** Move the right foot to F turning clockwise to form a left L-stance toward F while executing a twin knife-hand block.
- 31.** Move the left foot to F forming a left walking stance toward F while executing a middle thrust to F with the left straight fingertip.
- 32.** Move the left foot to C forming a left walking stance toward C while executing a high side block to C with the left outer forearm.
- 33.** Execute a middle punch to C with the right fist while maintaining a left walking stance toward C.
- 34.** Move the right foot to C forming a right walking stance toward C while executing a high side block to C with the right outer forearm.
- 35.** Execute a middle punch to C with the left fist while maintaining a right walking stance toward C.
- 36.** Jump to C forming a left X-stance toward B while executing a high side strike to C with the left back fist.
- 37.** Move the right foot to A forming a right walking stance toward A at the same time executing a high block to A with the right double forearm.
- 38.** Bring the right foot to the left foot and then move the left foot to B forming a left walking stance toward B while executing a high block to B with the left double forearm.

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



# HIGH BLUE BELT

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## Techniques

1. Inner forearm block with reverse knife-hand (reverse knife-hand block)
2. Single palm upward block
3. Upward front elbow strike
4. Twin vertical punch
5. Twin upset punch
6. High-section pressing block with the X-fists
7. Twin palm pressing block
8. Angle punch
9. U shaped block
10. Hooking kick
11. Spin hooking kick
12. Rear foot stance
13. Low stance
14. Walking stance shift to L-stance
15. Closed ready stance B

## Board Breaking

1. Hand technique (Punch, Knife-hand, Hammer fist, Palm strike)
2. Step behind side kick

## Three Step Sparring

16. Knife-hand guarding block with an upward elbow defense. (L = forward/back)
17. High-section pressing block with the X-fists with a front kick defense. (walking = forward/back)

## One Step Self Defense

Review all lower belt combinations.

18. Stationary right foot crescent block; high-section right foot side kick.
19. Stationary left foot reverse crescent block; right foot mid/high-section double front turning kick.
20. Step right; high-section left foot side kick; high-section right foot back kick.
21. Step left into left walking stance with right knife-hand block; right mid-section side kick.



# HIGH BLUE BELT

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## Sparring Combinations

Review all lower belt combinations.

21. Front Foot Front Turning Kick - Spin Hooking Kick
22. Double Punch - Rear Leg Crescent Kick - Spin Hook Kick
23. Double Punch - Rear Leg Side Kick - Same Leg Hook Kick
24. Front Foot Hook Kick – Back Fist - Reverse Knife-hand

## Pattern

1. All lower belt patterns
2. Joong Gun

## Vocabulary

1. Joong Gun is named after the patriot Ahn Joong Gun who assassinated Hiro-Bumi Ito, the first Japanese Governor General of Korea, known as the man who played the leading part in the Korea Japan merger. The 32 movements in the pattern represent Mr. Ahn's age when he was executed in Lui-Shung prison in 1910.
2. Theory of power part three and part four.

## What to expect from this belt:

This level is probably the most difficult colored belt to get through for all students, regardless of age. There are many challenges that students face as they enter into the "Advanced" belt levels and most of these challenges seem to manifest during the blue belt ranks. Techniques get significantly more difficult, with the first spinning techniques being introduced, new preparations, and more difficult combinations of techniques within patterns and self defense/sparring drills. Equally, if not more so, difficult are the feelings of stagnation that hit primarily at low blue for children and High Blue/Low Red for adults. Specifically, by this level students have close to three years of training and have worked hard but see Black Belt as a step that is still far away. For children, the most common thing that parents hear is "I don't feel like going" and then parents say "he/she loves it when he/she gets here but...". The best course of action for children is making sure that Mr. B and the other instructors know so that efforts can be made in class to help. Another idea is having the student come in for lower belt classes to help lower belt students; this helps children develop a sense of pride in their ability because they begin leading others. Additionally, one or two private lessons with Mr. B are pretty certain to help them over the hump. It is really the first test of Indomitable Spirit and Perseverance within Taekwon-Do training for children. *Adults tend to feel similar frustration, although it tends to hit 3-6 months later than children, and unfortunately adults don't tend to communicate it to Mr. B, or instructors, as well as parents do. So make sure you bring these struggles to your instructors.*

This level is also where students can begin to learn how to assist with team leading other classes. As stated, this is an exceptional method for improving technique and countering feelings of frustration.



# HIGH BLUE BELT

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## **Third Part: Reaction Force (Bandong Ryok):**

According to Newton's Law, every force has an equal and opposite force. When an automobile crashes into a wall with the force of 2,000 pounds, the wall will return a force of 2,000 pounds; or forcing the end of the seesaw down with a ton of weight will provide an upward force of the same weight; if your opponent is rushing towards you at a high speed, by the slightest blow at his head, the force with which you strike his head would be that of his own onslaught plus that of your blow. The two forces combined; his, which is large, and yours, which is small is quite impressive. Another reaction force is your own. A punch with the right fist is aided by pulling back the left fist to the hip.

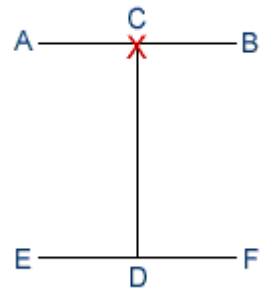
## **Fourth Part: Mass (Zilyang):**

Mathematically, the maximum kinetic energy or force is obtained from maximum body weight and speed and it is all important that the body weight be increased during the execution of a blow. No doubt the maximum body weight is applied with the motion of turning the hip. The large abdominal muscles are twisted to provide additional body momentum. Thus the hip rotates in the same direction as that of the attacking or blocking tool. Another way of increasing body weight is the utilization of a springing action of the knee joint. This is achieved by slightly raising the hip at the beginning of the motion and lowering the hip at the moment of impact to drop the body weight into the motion. In summarizing, it is necessary to point out that the principles of force outlined here hold just as true today in our modern scientific and nuclear age as they did centuries ago. I am sure that when you go through this art, both in theory and in practice, you will find that the scientific basis of the motions and the real power which comes out of a small human body cannot fail to impress you.



# HIGH BLUE BELT

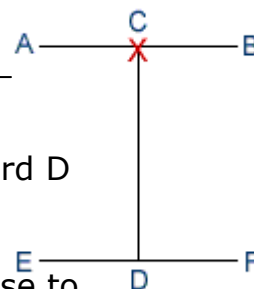
**Joong Gun**  
**High Blue/4<sup>th</sup> Grade**  
**Movements: 32**  
**Ready Posture: Closed Ready Stance A**



1. Move the left foot to B forming a right L-stance toward B while executing a middle block to B with the left reverse knife-hand.
2. Execute a low side front snap kick to B with the left foot, keeping the position of the hands as they were in 1.
3. Lower the left foot to B and then move the right foot to B forming a left rear foot stance toward B while executing an upward block with a right palm.
4. Move the right foot to A forming a left L-stance toward A, at the same time executing a middle block to A with a right reverse knife-hand.
5. Execute a low side front snap kick to A with the right foot, keeping the position of the hands as they were in 4.
6. Lower the right foot to A and then move the left foot to A forming a right rear foot stance toward A while executing an upward block with a left palm.
7. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
8. Execute a right upper elbow strike while forming a left walking stance toward D, slipping the left foot to D.
9. Move the right foot to D forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
10. Execute a left upper elbow strike while forming a right walking stance toward D, slipping the right foot to D.
11. Move the left foot to D forming a left walking stance toward D while executing a high vertical punch to D with a twin fist.



# HIGH BLUE BELT



**12.** Move the right foot to D forming a right walking stance toward D while executing an upset punch to D with a twin fist.

**13.** Move the right foot on line CD and then turn counter clockwise to form a left walking stance toward C while executing a rising block with an X-fist.

**14.** Move the left foot to E forming a right L-stance toward E while executing a high side strike to E with the left back fist.

**15.** Twist the left fist counter clockwise until the back fist faces downward, at the same time forming a left walking stance toward E, slipping the left foot to E.

**16.** Execute a high punch to E with the right fist while maintaining a left walking stance toward E. Perform 15 and 16 in a fast motion.

**17.** Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a high side strike to F with a right back fist.

**18.** Twist the right fist clockwise until the back fist faces downward, at the same time forming a right walking stance toward F, slipping the right foot to F.

**19.** Execute a high punch to F with the left fist while maintaining a right walking stance toward F. Perform 18 and 19 in a fast motion.

**20.** Bring the right foot to the left foot and then move the left foot to C forming a left walking stance toward C while executing a high block to C with a left double forearm.

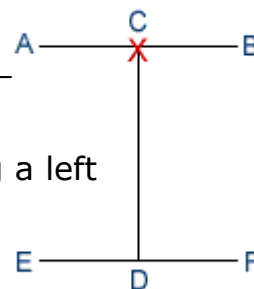
**21.** Execute a middle punch to C with the left fist while forming a right L-stance toward C, pulling the left foot.

**22.** Execute a middle side piercing kick to C with the right foot.

**23.** Lower the right foot to C forming a right walking stance toward C while executing a high block to C with the right double forearm.



# HIGH BLUE BELT



**24.** Execute a middle punch to C with the right fist while forming a left L-stance toward C, pulling the right foot.

**25.** Execute a middle side piercing kick to C with the left foot.

**26.** Lower the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with the forearm.

**27.** Execute a pressing block with the right palm while forming a left low stance toward C, slipping the left foot to C. Perform in slow motion.

**28.** Move the right foot to C forming a left L-stance toward C while executing a middle guarding block to C with the forearm.

**29.** Execute a pressing block with the left palm while forming a right low stance toward C, slipping the right foot to C. Perform in a slow motion.

**30.** Bring the left foot to the right foot forming a closed stance toward A while executing an angle punch with the right fist. Perform in slow motion.

**31.** Move the right foot to A forming a right fixed stance toward A while executing a U-shape block to A.

**32.** Bring the right foot to the left foot and then move the left foot to B forming a left fixed stance toward B, at the same time executing a U-shape block to B.

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



# RED BELT

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## Techniques

1. Low section spear hand
2. Low pushing block
3. High-section spear hand
4. Low pressing block with the X fists
5. W shaped block
6. Low section knife-hand guarding block
7. Twin side elbow strike
8. Turning kick (ball of the foot)
9. Reverse turning kick
10. Spin reverse crescent kick
11. Double side kick
12. Jumping front foot front turning kick

## Board Breaking

1. Punch (children may do any hand technique)
2. Step behind side kick

## Three Step Sparring

18. Low pressing block with X fist with a twin vertical punch defense. (Walking = forward/back)
19. Low pushing block with head grab/knee strike defense. (L = forward/back)

## One Step Self Defense

Review all lower belt combinations

25. Step left into left walking stance with right knife-hand block; right high-section side kick.
26. Jump left forward into sitting stance; left palm block; 1-2 punch; grab opponent's right shoulder with your right hand; right foot mid-section front turning kick; right high-section reverse turning kick; right foot sweep; right reverse punch with yell.
27. Jump forward left with mid-section right foot front turning kick.

## Sparring Combinations

Review all lower belt combinations

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



# RED BELT

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## Pattern

1. All lower belt patterns
2. Toi-Gye

## Vocabulary

1. Toi-Gye is the pen name of the noted scholar Yi Hwang (16<sup>th</sup> century) an authority on Neo-Confucianism. The 37 movements of this pattern refer to his birthplace on the 37<sup>th</sup> latitude. The diagram of the pattern (+ over -) represents scholar.
2. Red belt signifies danger, cautioning the student to exercise control and warning the opponent to stay away.
3. Theory of power part five and part six.

## What to expect from this belt:

By Red belt, students are well versed regarding overcoming struggles and obstacles related to Taekwon-Do. At this level, students continue to gain confidence and ability in their training and exhibit greater patience for the increasingly difficult techniques, patterns and combinations. Achieving Black Belt is no longer a step that appears far away; in fact, most students realize how close their first major Taekwon-Do achievement really is. *With regards to struggles at red belt level. For both children and adults, Self Control is likely the biggest area of difficulty. Specifically, the increased ability, that students have developed by this level, can sometimes cause aggressiveness and overconfidence in class and while working with partners. Some begin to feel as though they need to practice less and need to start making corrections for their peers in class. This is a tough dilemma because, by this level, students are assisting with lower belt classes and are given the opportunity to lead so it is hard to make the distinction between being an "Advanced" belt group leader and still being a student. The easiest way to maintain the balance between helping others and helping yourself is to remember humility; in other words we are all students and have something to learn from everyone and everything we experience. If classes are easy then use Integrity and push yourself by utilizing extra practice time and by asking for more in-depth explanations of techniques and drills. Learning the techniques and Tenets of Taekwon-Do is a lifelong process and can offer new challenges everyday.*



# RED BELT

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## **Fifth part: Breath Control (Hohup Jojul):**

Controlled breathing not only affects one's stamina and speed but can also condition a body to receive a blow and augment the power of a blow directed against an opponent. Through practice, breath stopped in the state of exhaling at the critical moment when a blow is landed against a pressure point on the body can prevent a loss of consciousness and stifle pain. A sharp exhaling of breath at the moment of impact and stopping the breath during the execution of a movement tense the abdomen to concentrate maximum effort on the delivery of the motion, while a slow inhaling helps the preparation of the next movement. An important rule to remember; never inhale while focusing a block or blow against an opponent. Not only will this impede movement but it will also result in a loss of power. Students should also practice disguised breathing to conceal any outward signs of fatigue. An experienced fighter will certainly press an attack when he realizes his opponent is on the point of exhaustion. One breath is required for one movement with the exception of a continuous motion.

## **Sixth Part: Equilibrium (Kyun Hyung):**

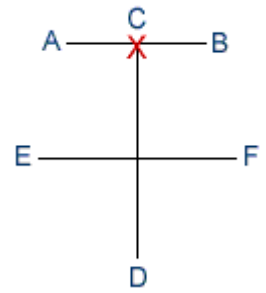
Balance is of utmost importance in any type of athletics. In Taekwon-Do, it deserves special consideration. By keeping the body always in equilibrium, that is, well balanced, a blow is more effective and deadly. Conversely, the unbalanced one is easily toppled. The stance should always be stable yet flexible, for both offensive and defensive movements. Equilibrium is classified into both dynamic and static stability. They are so closely inter-related that the maximum force can only be produced when the static stability is maintained through dynamic stability. To maintain good equilibrium, the center of gravity of the stance must fall on a straight line midway between both legs when the body weight is distributed equally on both legs or in the center of the foot if it is necessary to concentrate the bulk of body weight on one foot. The center of gravity can be adjusted according to body weight. Flexibility and knee spring are also important in maintaining balance for both a quick attack and instant recovery. One additional point; the heel of the rear foot should never be off the ground at the point of impact. This is not only necessary for good balance but also to produce maximum power at the point of impact.



# RED BELT

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**Toi-Gye**  
**Red/3<sup>rd</sup> Grade**  
**Movements: 37**  
**Ready Posture: Closed Ready Stance B**

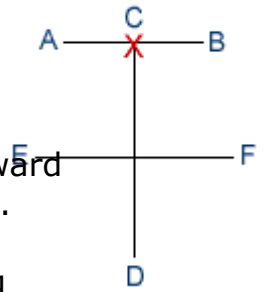


1. Move the left foot to B forming a right L-stance toward B while executing a middle block to B with the left inner forearm.
2. Execute a low thrust to B with the right upset fingertip while forming a left walking stance toward B, slipping the left foot to B.
3. Bring the left foot to the right foot to form a closed stance toward D while executing a side back strike to C with the right back fist, extending the left arm to the side downward. Perform in slow motion.
4. Move the right foot to A forming a left L-stance toward A while executing a middle block to A with the right inner forearm.
5. Execute a low thrust to A with the left upset finger tip while forming a right walking stance toward A, slipping the right foot to A.
6. Bring the right foot to the left foot to form a closed stance toward D while executing a side back strike to C with the left back fist, extending the right arm to the side downward. Perform in slow motion.
7. Move the left foot to D forming a left walking stance toward D while executing a pressing block with an X-fist.
8. Execute a high vertical punch to D with a twin fist while maintaining a left walking stance toward D. Perform 7 and 8 in a continuous motion.
9. Execute a middle front snap kick to D with the right foot, keeping the position of the hands as they were in 8.
10. Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
11. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D.



# RED BELT

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**12.** Bring the left foot to the right foot forming a closed stance toward F while executing a twin side elbow thrust. Perform in slow motion.

**13.** Move the right foot to F in a stamping motion forming a sitting stance toward C while executing a W-shape block to C with the right outer forearm.

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

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

**16.** Move the right foot to E in a stamping motion turning counter clockwise to form a sitting stance toward D while executing a W-shape block to D with the right outer forearm.

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

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

**19.** Bring the right foot to the left foot and then move the left foot to D forming a right L-stance toward D while executing a low pushing block to D with the left double forearm.

**20.** Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward D, slipping the left foot to D.

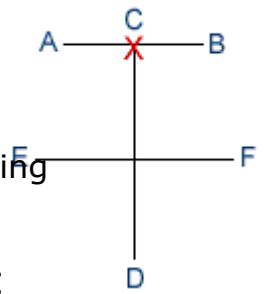
**21.** Execute an upward kick with the right knee while pulling both hands downward.

**22.** Lower the right foot to the left foot 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.



# RED BELT

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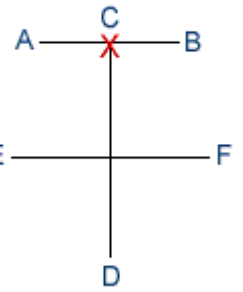


- 23.** Execute a low side front snap kick to C with the left foot, keeping the position of the hands as they were in 22.
- 24.** Lower the left foot to C forming a left walking stance toward C while executing a high thrust to C with the left flat fingertip.
- 25.** Move the right foot to C forming a left L-stance toward C while executing a middle guarding block to C with a knife-hand.
- 26.** Execute a low side front snap kick to C with the right foot, keeping the position of the hands as they were in 25.
- 27.** Lower the right foot to C forming a right walking stance toward C while executing a high thrust to C with the right flat finger tip.
- 28.** Move the right foot to D forming a right L-stance toward C while executing a side back strike to D with the right back fist and a low block to C with the left forearm.
- 29.** Jump to C forming a right X-stance toward A while executing a pressing block with an X-fist.
- 30.** Move the right foot to C forming a right walking stance toward C while executing a high block to C with the right double forearm.
- 31.** Move the left foot to B forming a right L-stance toward B while executing a low guarding block to B with a knife-hand.
- 32.** Execute a circular block to BD with the right inner forearm while forming a left walking stance toward B, slipping the left foot to B.
- 33.** Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A, at the same time executing a low guarding block to A with a knife-hand.
- 34.** Execute a circular block to AD with the left inner forearm while forming a right walking stance toward A, slipping the right foot to A.
- 35.** Execute a circular block to CE with the right inner forearm while forming a left walking stance toward CE.



# RED BELT

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**36.** Execute a circular block to AD with the left inner forearm while forming a right walking stance toward A.

**37.** Move the right foot on line AB to form a sitting stance toward D while executing a middle punch to D with the right fist.

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



# HIGH RED BELT

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## Techniques

1. Middle section palm pushing block
2. Upward punch
3. Downward knife-hand strike
4. Obverse punch
5. Single side elbow strike
6. Jumping crescent kick
7. Jumping reverse crescent kick
8. Jumping side kick
9. Flying side kick

## Board Breaking

1. Flying side kick
2. Reverse knife-hand strike

## Three Step Sparring

20. Middle section palm pushing with a back fist/reverse punch defense. (Walking = Forward, L = Backward)
21. Inner forearm block/low block with turning kick/turning kick defense. (Walking = Forward/Backward)

## One Step Self Defense

Review all lower belt combinations

25. Stationary crescent block; high-section spin kick. (May use either leg.)
26. Stationary crescent block; high-section back kick. (May use either leg.)
27. (Opponent punches high.) Drop forward into left walking stance with right high-section inward knife-hand strike combination (in fast sequence); grab opponent's right arm; pull back as you sweep the right leg with your right hand; reverse punch with yell.
28. Stationary left reverse crescent block; right ball of the foot turning kick. (In front of face.)
29. Dodge left forward into walking stance with right grab to shoulder; right mid-section double front turning kick; high-section ax kick; left reverse punch with yell.
30. Jump left into sitting stance with left palm block; 1-2 punch; right grab to shoulder; right mid-section double front turning kick; high-section ax kick; left reverse punch with yell.
31. Stationary left reverse crescent block; right mid/high-section double front turning kick; right high-section reverse turning kick.



# HIGH RED BELT

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32. (Opponent punches high.) Drop forward into left walking stance with left high-section knife-hand block and right mid-section upset punch combination followed by right high-section inward knife-hand strike combination (in fast sequence): grab opponent's right arm; pull back as you sweep the right leg with your right hand; reverse punch with yell.
33. Vertical jumping; right high-section front turning kick.
34. Jump right forward into sitting stance; left knife-hand block and right high-section attack (of your choice) combination; right palm strike to face with right foot sweep; right reverse punch with yell.

## Sparring Combinations

Review all lower belt combinations

29. Front Punch - Spin Back Kick
30. Front Leg Side Kick - Jump Back Kick
31. Front Foot Hook Kick - Same Leg Turning Kick - Spin Back Kick
32. Front Foot Ax Kick - Rear Leg Turning Kick - Spin Hook Kick

## Pattern

1. All lower belt patterns
2. Hwa-Rang

## Vocabulary

1. Hwa-Rang is named after the Hwa-Rang youth group which originated in the Silla Dynasty during the 7<sup>th</sup> century. This group eventually became the actual driving force in the unification of the three kingdoms of Korea. The 29 movements refer to the 29<sup>th</sup> Infantry Division where Taekwon-Do developed into maturity.
2. Meaning of Patterns (Tul)



# HIGH RED BELT

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## What to expect from this belt:

By Red belt, students are well versed regarding overcoming struggles and obstacles related to Taekwon-Do. At this level, students continue to gain confidence and ability in their training and exhibit greater patience for the increasingly difficult techniques, patterns and combinations. Achieving Black Belt is no longer a step that appears far away; in fact, most students realize how close their first major Taekwon-Do achievement really is. *With regards to struggles at red belt level. For both children and adults, Self Control is likely the biggest area of difficulty. Specifically, the increased ability, that students have developed by this level, can sometimes cause aggressiveness and overconfidence in class and while working with partners. Some begin to feel as though they need to practice less and need to start making corrections for their peers in class. This is a tough dilemma because, by this level, students are assisting with lower belt classes and are given the opportunity to lead so it is hard to make the distinction between being an “Advanced” belt group leader and still being a student. The easiest way to maintain the balance between helping others and helping yourself is to remember humility; in other words we are all students and have something to learn from everyone and everything we experience. If classes are easy then use Integrity and push yourself by utilizing extra practice time and by asking for more in-depth explanations of techniques and drills. Learning the techniques and Tenets of Taekwon-Do is a lifelong process and can offer new challenges everyday.*



# HIGH RED BELT

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## Meaning of the Patterns

The ancient law in the Orient was similar to the law of Hamurabi "an eye for an eye, a tooth for a tooth", and was rigorously enforced even if death was accidental. In this type of environment, and since the present system of free sparring had not yet been developed, it was impossible for a student of the martial arts to practice or test his individual skill of attack and defense against actual moving opponents. Individual advancements were certainly hindered until an imaginative practitioner created the first patterns. Patterns are various fundamental movements, most of which represent either attack or defense techniques, set to fixed or logical sequences. The student systemically deals with several imaginary opponents under various assumptions, using every available attacking and blocking tool from different directions. Thus pattern practice enables the students to go through many fundamental movements in series, to develop sparring techniques, improve flexibility of movements master body shifting, build muscles and breath control, develop fluid and smooth motions, and gain rhythmical movements. It also enables a student to acquire certain special techniques which cannot be obtained from either fundamental exercises or sparring. In short, a pattern can be compared with a unit tactic or a word, if fundamental movement is an individual soldier's training or alphabet. Accordingly, pattern the ledger of every movement, is a series of sparring, power, feats and characteristics of beauty. Though sparring may merely indicate that an opponent is more or less advanced, patterns are a more critical barometer in evaluating an individual's technique.

The following points should always be considered while performing patterns:

1. Patterns should begin and end at exactly the same spot. This will indicate the performer's accuracy.
2. Correct posture and facings must be maintained at all times.
3. Muscles of the body should be either tensed or relaxed at the proper critical moments in the exercise.
4. The exercise should be performed in a rhythmic movement with an absence of stiffness.
5. Movements should be accelerated or decelerated according to the instructions in the Taekwon-Do encyclopedia.
6. Each pattern should be perfected before moving on to the next.
7. Students should know the purpose of each movement.
8. Students should perform each movement with realism.
9. Attack and defense techniques should be equally distributed among right and left hands and feet.

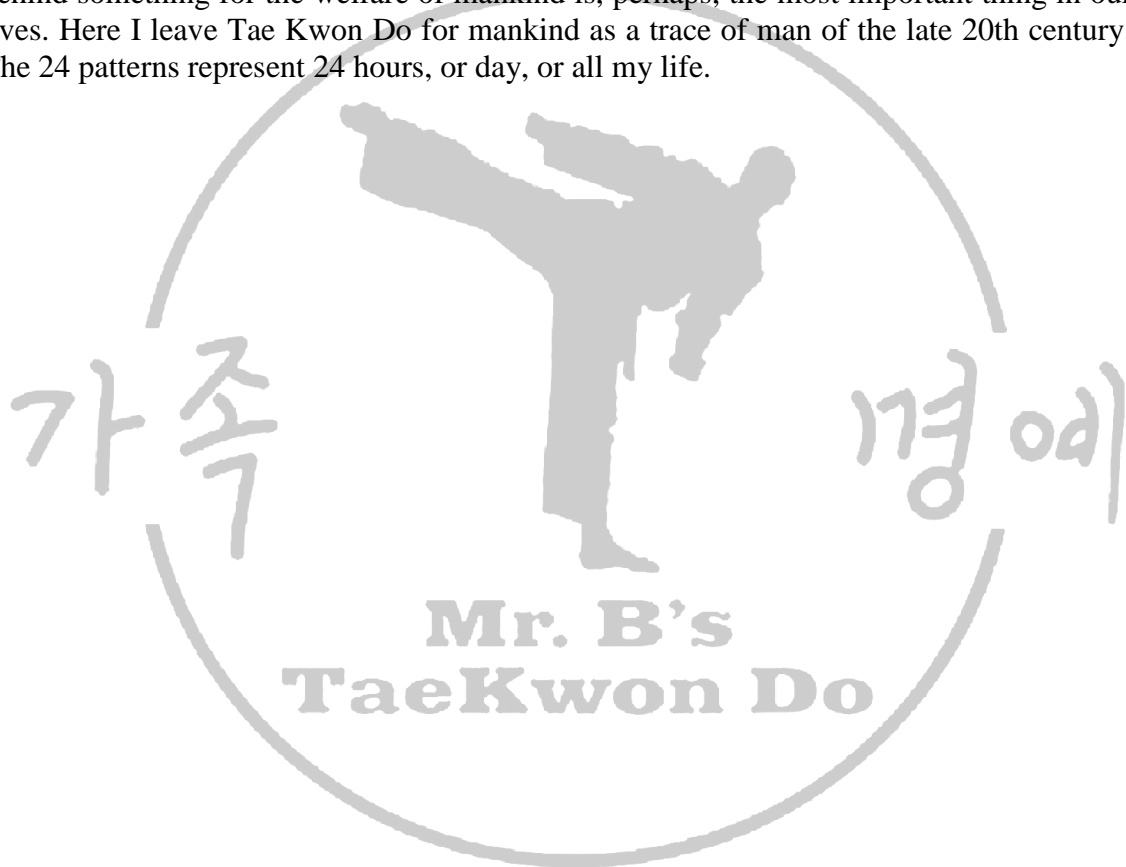


# HIGH RED BELT

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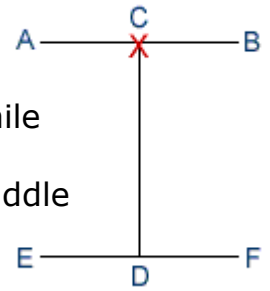
## The Reason for 24 Patterns:

The life of a human being is perhaps 100 years, can be considered as a day when compared with eternity. Therefore we mortals are no more than simple travelers who pass by the eternal years of an eon in a day. It is evident that no one can live more than a limited amount of time. Nevertheless, most people foolishly enslave themselves to materialism as if they could live for thousands of years. And some people strive to bequeath a good spiritual legacy for coming generations, in this way giving immortality. Obviously the spirit is perpetual while material is not. Therefore, what we can do to leave behind something for the welfare of mankind is, perhaps, the most important thing in our lives. Here I leave Tae Kwon Do for mankind as a trace of man of the late 20th century. The 24 patterns represent 24 hours, or day, or all my life.





# HIGH RED BELT



**12.** Execute a middle side piercing kick to D with the right foot while pulling both hands in the opposite direction and then lower it to D forming a left L-stance toward D, at the same time executing a middle outward strike to D with the right knife-hand.

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

**14.** Move the right foot to D forming a right walking stance toward D at the same time executing a middle punch to D with the right fist.

**15.** Move the left foot to E turning counter clockwise to form a right L-stance toward E while executing a middle guarding block to E with a knife-hand.

**16.** Move the right foot to E forming a right walking stance toward E while executing a middle thrust to E with the right straight fingertip.

**17.** Move the right foot on line EF forming a right L-stance toward F while executing a middle guarding block to F with a knife-hand.

**18.** Execute a high turning kick to DF with the right foot and then lower it to F.

**19.** Execute a high turning kick to CF with the left foot and then lower it to F forming a right L-stance toward F while executing a middle guarding block to F with a knife-hand. Perform 18 and 19 in a fast motion.

**20.** Move the left foot to C forming a left walking stance toward C while executing a low block to C with the left forearm.

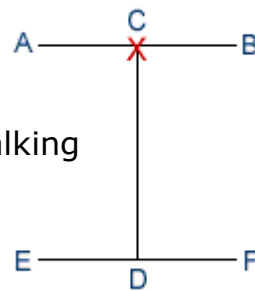
**21.** Execute a middle punch to C with the right fist while forming a right L-stance toward C, pulling the left foot.

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

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



# HIGH RED BELT



**24.** Execute a pressing block with an X-fist while forming a left walking stance toward C, slipping the left foot to C.

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

**26.** Bring the left foot to the right foot, turning counter clockwise to form a closed stance toward B while executing a side front block with the right inner forearm while extending the left forearm to the side downward.

**27.** Execute a side front block with the left inner forearm, extending the right forearm to the side downward while maintaining a closed stance toward B.

**28.** Move the left foot to B forming a right L-stance toward B at the same time executing a middle guarding block to B with a knife-hand.

**29.** Bring the left foot to the right foot and then 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.

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

Mr. B's  
TaeKwon Do



# RECOMMENDED BLACK BELT

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## Techniques

1. Back fist/low block combination
2. Middle front block
3. Mid-section checking block with the X knife-hands
4. Twin palm upward block
5. Turning kick/back kick combination

## Board Breaking

1. Turning kick
2. Reverse turning kick
3. Spin hooking kick
4. Back kick
5. Speed hand
6. Speed foot
7. Power foot
8. Power hand

## Three Step Sparring

22. Twin palm upward block with a front kick defense. (Walking = forward/Backward)
23. Middle front block with a back fist defense. (Walking = Forward, L = Backward)

## One Step Self Defense

Review ALL combinations 1-34.  
Prepare for "Rapid Fire" drilling.

## Sparring Combinations

Review ALL combinations 1-32.  
Prepare for "Rapid Fire" drilling.

## Pattern

1. Review all lower belt patterns
2. Choong-Moo



# RECOMMENDED BLACK BELT

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## Vocabulary

1. 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 this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by his forced reservation of his loyalty to the king. 30 movements.
2. Training Secrets of Taekwon-Do.

## Written Requirement:

Write a 1-3 page explanation of what the Tenets have done for you and what a black belt means to you.

## What to expect from this belt

*Prior to reading this section, students should go back and review the “What to expect from this belt” section of ALL the lower ranks.*

Recommended Black Belt is a very interesting belt as it can be both exciting and challenging, often switching between the two in short periods of time, for all students. The excitement centers on the fact that this is the last rank before black and, in most cases, students have a fairly clear timeframe of when they will be testing. Additionally, students get excited because they often get included with black belts for seminars and specialty classes and tend to get more responsibilities in class as a leader and/or assistant instructor.

There are many challenges that most students face at this rank and each one of them can be small or enormous depending upon the student. First and foremost, students often struggle with feeling that training at this rank is monotonous because there is very little new material to learn and a great deal of time is spent reviewing lower belt material. This is extremely hard for both children and adults because by this time students have been regularly challenged with increasingly difficult techniques and have likely grown to respect and appreciate the ever increasing challenges so, to have very little new technique to learn seemingly stops the process of increasing challenges. Another common struggle is trying to manage the constant demand for improvement and the constant critiquing that goes with getting ready for black belt. Earning, and becoming, a black belt is an intense journey, with this final stage lasting more than a year in many case, and to have the end filled with the most “nit picky” details can be quite daunting and discouraging.

Students can, with Perseverance and Indomitable Spirit, make it through any and all of the struggles faced at this rank. This rank is hard and there aren't any real tricks to surviving the struggles other than to stay focused and believe in you. Remember that you are almost there; it will all be worth it when you earn your black belt and finish the introduction to the never ending novel.



# RECOMMENDED BLACK BELT

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## TRAINING SECRETS OF TAEKWON-DO

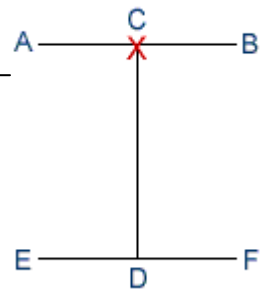
An old proverb says that even heaven cannot make a diligent worker poor. However, in Taekwon-Do, diligence or intensive training alone does not produce quality techniques. On the contrary, instructions from a false or unqualified instructor would be worse than not being taught at all because unscientific movements not only reduce the power but require a tremendous amount of time to correct. On the other hand, under the proper guidance of a competent instructor, a student who trains earnestly with dedication will learn the true techniques of Taekwon-Do in a comparatively short period of time with less effort.

Students should keep in mind the following secrets:

1. To study the theory of power thoroughly.
2. To understand the purpose and method of each movement clearly.
3. To bring the action of eyes, hands, feet and breath into one single coordinated action.
4. To choose the appropriate attacking tool for each vital spot.
5. To become familiar with the correct angle and distance for attack and defense.
6. Keep both the arms and legs bent slightly while movement is in motion.
7. All movements must begin with a backward motion with very few exceptions. However, once the movement is in motion it should not be stopped before reaching the target.
8. To create a sine wave during the movement by utilizing the knee spring properly.
9. To exhale briefly at the moment of each blow excepting a connecting motion.



# RECOMMENDED BLACK BELT

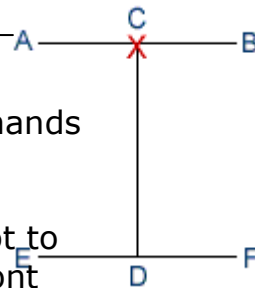


**Choong-Moo**  
**Recommended Black/1<sup>st</sup> Grade**  
**Movements: 30**  
**Ready Posture: Parallel Ready Stance**

1. Move the left foot to B forming a right L-stance toward B while executing a twin knife-hand block.
2. Move the right foot to B forming a right walking stance toward B while executing a high front strike to B with the right knife-hand and bring the left back hand in front of the forehead.
3. Move the right foot to A turning clockwise to form a left L-stance toward A while executing a middle guarding block to A with a knife-hand.
4. Move the left foot to A forming a left walking stance toward A while executing a high thrust to A with the left flat fingertip.
5. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
6. Turn the face to C forming a left bending ready stance A toward C.
7. Execute a middle side piercing kick to C with the right foot.
8. 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.
9. Execute a flying side piercing kick to D with the right foot soon after moving it to D and then land to D forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
10. Move the left foot to E turning counter clockwise to form a right L-stance toward E at the same time executing a low block to E with the left forearm.
11. Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward E, slipping the left foot.



# RECOMMENDED BLACK BELT



**12.** Execute an upward kick to E with the right knee pulling both hands downward.

**13.** Lower the right foot to the left foot and then move the left foot to F forming a left walking stance toward F while executing a high front strike to F with the right reverse knife-hand, bringing the left back hand under the right elbow joint.

**14.** Execute a high turning kick to DF with the right foot and then lower it to the left foot.

**15.** Execute a middle back piercing kick to F with the left foot. Perform 14 and 15 in a fast motion.

**16.** Lower the left foot to F forming a left L-stance toward E while executing a middle guarding block to E with the forearm.

**17.** Execute a middle turning kick to DE with the left foot.

**18.** Lower the left foot to the right foot and then move the right foot to C forming a right fixed stance toward C while executing a U-shape block toward C.

**19.** Jump and spin around counter clockwise, landing on the same spot to form a left L-stance toward C while executing a middle guarding block to C with a knife-hand.

**20.** Move the left foot to C forming a left walking stance toward C at the same time executing a low thrust to C with the right upset fingertip.

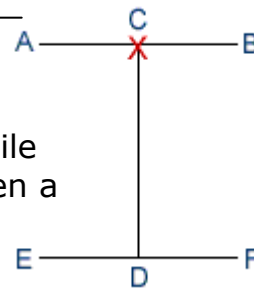
**21.** Execute a side back strike to D with the right back fist and a low block to C with the left forearm while forming a right L-stance toward C, pulling the left foot.

**22.** Move the right foot to C forming a right walking stance toward C while executing a middle thrust to C with the right straight fingertip.

**23.** Move the left foot to B turning counter clockwise to form a left walking stance toward B while executing a high block to B with the left double forearm.



# RECOMMENDED BLACK BELT



**24.** Move the right foot to B forming a sitting stance toward C while executing a middle front block to C with the right forearm and then a high side strike to B with the right back fist.

**25.** Execute a middle side piercing kick to A with the right foot turning counter clockwise and then lower it to A.

**26.** Execute a middle side piercing kick to A with the left foot turning clockwise.

**27.** Lower the left foot to A and then execute a checking block to B with an X-knife-hand while forming a left L-stance toward B pivoting with the left foot.

**28.** Move the left foot to B forming a left walking stance toward B while executing an upward block to B with a twin palm.

**29.** Move the left foot on line AB and then execute a rising block with the right forearm while forming a right walking stance toward A.

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

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



**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; mid-section 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 sweep; 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, mid-section 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 combination, palm strike to face with foot sweep, reverse punch with yell.

**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 (back fist/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 refer 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 no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king. (30)

