

RECOMMENDED BLACK BELT

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



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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.



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TRAINING SECRETS OF TAEKWON-DO

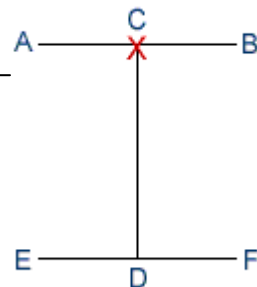
An old proverb says that even heaven cannot make a diligent worker poor. However, in Taekwon-Do, diligence or intensive training alone does not produce quality techniques. On the contrary, instructions from a false or unqualified instructor would be worse than not being taught at all because unscientific 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/1st Grade

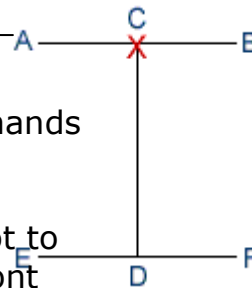
Movements: 30

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.



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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.

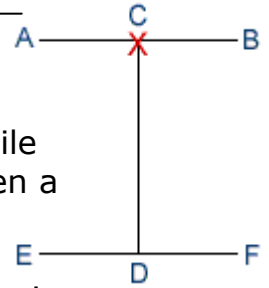
21. Execute a side back strike to D with the right back fist and a low block to C with the left forearm while forming a right L-stance toward C, pulling the left foot.

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.



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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 – 1st Asian TKD Championship
 1974 - 1st 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; 1st 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)

