

# STUDENT HANDBOOK

10<sup>th</sup> Kup to 1<sup>st</sup> Dan

Innsworth Club Edition

태권도



태권도

The following information acts as a guide to help you learn the required syllabus, Korean theory and terminology that is applicable to your next grade and to give you some guidance on the content of the grading itself.

**Each student will be expected to answer at least 5 of the questions for that grade plus other questions covered in previous grading's.**



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### **Founder of Tae Kwon-Do**

The founder of Tae Kwon-Do is Major General Choi Hong Hi, 9th Dan (9th November 1918 - 15th June 2002). Tae Kwon-Do was inaugurated on April 11th 1955 following extensive research and development by the Founder. It was introduced into the UK by Master Rhee Ki Ha, 5th Dan in 1967.

### **Founder of AIMAA**

Action International Martial Arts Association or AIMAA, is the leading and most innovative martial arts organisation today. AIMAA was founded in 1980 by Grandmaster Hee Il Cho, 9th Dan, to serve as a unifying body for martial artists of all styles and disciplines.

### **What is Tae Kwon-Do**

Tae Kwon-Do is an ancient form of unarmed combat practised for many centuries in the orient. Tae Kwon-Do became perfected into its present form in Korea. Translated from Korean into English, '**Tae**' literally means to jump, kick or destroy with the foot. '**Kwon**' literally means fist, punch or destroy with the hand, '**Do**' means art, way or method. '**Tae Kwon Do**' therefore indicates the technique of unarmed combat for self-defence, involving the skilled application of punches, kicks, blocks and dodges with the hand, arms and feet to the rapid destruction of the opponent.

### **Tenets of Tae Kwon-Do**

The tenets should serve as a guide for all students of Tae Kwon-Do.

<b>Courtesy</b>	To be polite to ones' instructors, seniors and fellow students.
<b>Integrity</b>	To be honest with oneself. To be able to define right from wrong.
<b>Perseverance</b>	To achieve a goal, whether it is a higher grade or to perfect a new technique, one must not stop trying, one must persevere.
<b>Indomitable Spirit</b>	To show courage, when you and your principles are pitted against overwhelming odds.
<b>Self-Control</b>	To lose ones' temper when performing techniques against an opponent can be dangerous and show lack of control. To be able to live, work and train within ones' capability shows good self-control.

## RULES OF THE DOJANG

Tae Kwon-Do training is built on a foundation of respect for yourself and others, self-discipline and humility. Students who understand these three things will also understand why correct conduct in the dojang is important. Respectful and disciplined behaviour from all students is essential for safe training and to maintain an orderly and effective training hall.

- 1) Always bow upon entering and leaving the dojang.
- 2) Always call your instructor sir or ma'am, or by their surname (Mr, Mrs...).
- 3) If you are late to class and class has already begun, wait for permission from the instructor before entering the training area with the other students.
- 4) Chewing gum is not allowed in the dojang and whilst training.
- 5) For safety reasons no jewellery is allowed to be worn whilst training, with the exception of wedding rings. Jewellery which cannot be removed must be covered in suitable tape.
- 6) When you are in class, always maintain proper position, whether in a stance during line work, holding a pattern position whilst the Instructor corrects another student's position, or simply standing or sitting to watch class. Always sit or stand properly. Never lean against a wall, or lay down on the floor, as it reflects poorly on the school and the discipline and respect of its students.
- 7) Never complain or question what you are asked to do.
- 8) Unruly behaviour, before and after class, will not be tolerated. This is for your safety as well as the other students. The dojang is not a playground and students are expected to treat it with respect.
- 9) Always keep your dobok laundered and ironed. Belt ends should be within one inch of each other in length. When tidying your dobok in class, always turn away from the instructor or higher ranking belts, and try not to directly face another student.
- 10) It is disrespectful to eat or drink whilst wearing your belt.
- 11) Free sparring is prohibited unless it is governed by a black belt instructor, or an upper ranking student appointed by the instructor. You must have permission before you are allowed to free spar unsupervised.
- 12) Students who are brought to class by their parents are required to remain in the dojang until their parents return to pick them up.

**NOTE: The Instructor reserves the right to bar from class any student who continually violates any of the above rules, or the spirit of Taekwondo.**

## **CONDUCT IN THE DOJANG**

Every student must observe the following conduct in the Dojang in order to maintain an orderly and effective training hall.

1. Upon entering, bow to the national flags / instructor / centre of training hall.
2. Bow to the instructor at a proper distance before training.
3. Exchange greetings between students.
4. Bow to the instructor upon forming a line before training.
5. Meditate for one minute, sitting crossed legged after training.
6. Bow to the instructor upon forming a line prior to dismissal.
7. Bow to the national flags / instructor / centre of training hall before leaving the Dojang.

## **TEN POINTS TO BECOMING A GOOD STUDENT**

1. Never tire of learning, a student must always be eager to learn and ask questions. A good student can learn anywhere, anytime. This is the secret of knowledge.
2. A good student must be willing to sacrifice for his/her art and his/her instructor. Many students feel that their training is a commodity bought with monthly fees, and are unwilling to take part in any demonstrations, teaching or work around the Dojang. An instructor can afford to lose this type of student.
3. Always set a good example to lower ranking students. It is only natural that they attempt to emulate their seniors.
4. Always be loyal and never criticise the instructor, Tae Kwon-Do or the teaching methods.
5. If an instructor teaches a technique, practice it and attempt to utilise it.
6. Remember that a student's conduct outside the Dojang reflects on the art and the Instructor.
7. If a student adopts a technique from another Dojang and the instructor disapproves of it, the student must disregard it immediately, or train in the Dojang where it was learnt.
8. Never be disrespectful to the instructor. Although a student is allowed to disagree with the instructor, he/she must first follow the instruction, then discuss the matter later.
9. Always arrive before training is due to start, and ensure that you have a good attendance record.
10. Never break trust.

## **BELT ORDER AND MEANINGS**

<b>WHITE</b>	Signifies innocence, as that of a beginning student who has no previous knowledge of Tae Kwon-Do.
<b>YELLOW</b>	Signifies Earth, from which a plant sprouts and takes root as Tae Kwon-Do foundation is being laid.
<b>GREEN</b>	Signifies the plants growth as Tae Kwon-Do's skills begin to develop
<b>BLUE</b>	Signifies the heaven towards which the plant matures into a towering tree as training in Tae Kwon-Do progresses.
<b>RED</b>	Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.
<b>BLACK</b>	Opposite to white, therefor, signifying the maturity and proficiency in Tae Kwon-Do. Also indicated the wearer's imperviousness to darkness and fear.

## **INTERNATIONAL TAE KWON-DO OATH**

As a student of Tae Kwon-Do:

- I shall observe the tenets of Tae Kwon-Do
- I shall respect my instructor and seniors
- I shall never misuse Tae Kwon-Do
- I shall be a champion of freedom and justice
- I shall build a more peaceful world

## **TAE KWON-DO OATH**

As a student of Tae Kwon-Do I do solemnly pledge to abide by the rules and regulations of Tae Kwon-Do Association, to strive always to be modest, courteous and respectful to all members, in particular my seniors, to put the art into use only for self-defence of the weak and never to abuse my knowledge of the art.

## **TIMES BETWEEN GRADINGS**

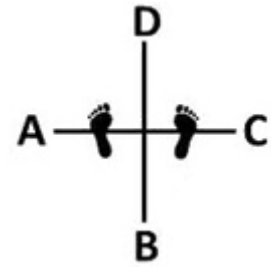
- 10<sup>th</sup> Kup to 4<sup>th</sup> Kup – Three months each grade
- 3<sup>rd</sup> Kup to 1<sup>st</sup> Dan – Six months each grade
- 1<sup>st</sup> Dan to 2<sup>nd</sup> Dan – Two years
- 2<sup>nd</sup> Dan to 3<sup>rd</sup> Dan – Three years
- 3<sup>rd</sup> Dan to 4<sup>th</sup> Dan – Four years
- 4<sup>th</sup> Dan to 5<sup>th</sup> Dan – Five years
- 5<sup>th</sup> Dan to 6<sup>th</sup> Dan – Six years, by invitation only

## SAGO JIRUGI – Number One

**Number of Movements:** 15

**Ready Position:** Parallel ready stance

**Meaning:** Four directional punch



1. Move the right foot to D forming a right walking stance towards D while executing a middle punch to D with the right fist.
2. Move the right foot to A forming a left walking stance towards B while executing a low section block to A with the right fist.
3. Move the right foot to B forming a right walking stance towards B while executing a middle punch to B with the right fist.
4. Move the right foot to D forming a left walking stance towards C while executing a low section block to C with the right fist.
5. Move the right foot to C forming a right walking stance towards C while executing a middle punch to C with the right fist.
6. Move the right foot to B forming a left walking stance towards A while executing a low section block to A with the right fist.
7. Move the right foot to A forming a right walking stance towards A while executing a middle punch to A with the right fist.
8. Move right foot back towards D (front) to form parallel ready stance.
9. Move the left foot to D forming a left walking stance towards D while executing a middle punch to D with the left fist.
10. Move the left foot to C forming a right walking stance towards C while executing a low section block to C with the left fist.
11. Move the left foot to C forming a left walking stance towards D while executing a middle punch to C with the left fist.
12. Move the left foot to B forming a right walking stance towards B while executing a low section block to B with the left fist.
13. Move the left foot to B forming a left walking stance towards D while executing a middle punch to B with the left fist.
14. Move the left foot to A forming a right walking stance towards A while executing a low section block to A with the left fist.
15. Move the left foot to A forming a left walking stance towards D while executing a middle punch to A with the left fist.

**Bring left foot back to parallel ready stance**

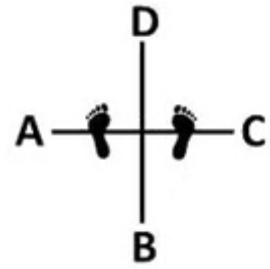
**Note:** *Sajo Jirugi is the first exercise given to all Tae Kwon-Do students to help develop coordination, direction change and breathing control. It is not a pattern.*

## SAGO JIRUGI – Number Two

**Number of Movements:** 15

**Ready Position:** Parallel ready stance

**Meaning:** Four directional punch



1. Move the right foot to D forming a right walking stance towards D while executing a middle punch to D with the right fist.
2. Move the right foot to A forming a left walking stance towards B while executing a middle section block to A with the right fist.
3. Move the right foot to B forming a right walking stance towards B while executing a middle punch to B with the right fist.
4. Move the right foot to D forming a left walking stance towards C while executing a middle section block to C with the right fist.
5. Move the right foot to C forming a right walking stance towards C while executing a middle punch to C with the right fist.
6. Move the right foot to B forming a left walking stance towards A while executing a middle section block to A with the right fist.
7. Move the right foot to A forming a right walking stance towards A while executing a middle punch to A with the right fist.
8. Move right foot back towards D (front) to form parallel ready stance.
9. Move the left foot to D forming a left walking stance towards D while executing a middle punch to D with the left fist.
10. Move the left foot to C forming a right walking stance towards C while executing a middle section block to C with the left fist.
11. Move the left foot to C forming a left walking stance towards D while executing a middle punch to C with the left fist.
12. Move the left foot to B forming a right walking stance towards B while executing a middle section block to B with the left fist.
13. Move the left foot to B forming a left walking stance towards D while executing a middle punch to B with the left fist.
14. Move the left foot to A forming a right walking stance towards A while executing a middle section block to A with the left fist.
15. Move the left foot to A forming a left walking stance towards D while executing a middle punch to A with the left fist.

**Bring left foot back to parallel ready stance**

**Note:** *Sajo Jirugi* is the first exercise given to all Tae Kwon-Do students to help develop coordination, direction change and breathing control. **It is not a pattern.**

## **WHAT IS A PATTERN (TUL)?**

A pattern is a set of fundamental movements, mainly defence and attack, set in a logical sequence to deal with one or more imaginary opponents. Patterns are an indication of a student's progress – a barometer in evaluating an individual's technique.

## **WHY DO WE PERFORM PATTERNS?**

We practice patterns to improve our Tae Kwon-Do techniques, to develop sparring techniques, to improve flexibility of movement, master body shifting, develop muscles, balance and breathing control. They also enable us to acquire techniques which cannot be obtained from other forms of training. Tae Kwon-Do is an art. When first developed the only way to train was by performing patterns.

## **POINTS TO BE CONSIDERED WHEN PERFORMING PATTERNS**

- Patterns should begin and end on the same spot. This will indicate the performer's accuracy.
- Correct posture and facing must be maintained at all times.
- Muscles of the body should be tensed and relaxed at the proper critical moments in the exercise.
- The exercise should be performed in a rhythmic movement with absence of stiffness.
- Each pattern should be accelerated or decelerated according to instructions.
- Each pattern should be perfected before moving to the next.
- Students should know the purpose of each movement.
- Students should perform each movement with realism.

## **WHY ARE THERE TWENTY FOUR PATTERNS?**

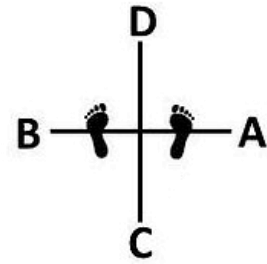
The reason for twenty four patterns in Tae Kwon-Do is because the founder, Major General Choi Hong Hi, compared the life of a man with a day in the life of the earth and believed that some people should strive to bequeath a good spiritual legacy to coming generations and in doing so gain immortality. Therefore, if we can leave something behind for the welfare of mankind, maybe it will be the most important thing to happen in our lives, as the founder says:

*“Here I leave Tae Kwon-Do for mankind  
as a trace of a man in the late 20<sup>th</sup>  
Century. The twenty four patterns  
represent twenty four hours, one day  
or all of my life”*

## CHON JI

**Number of Movements: 19**

**Ready Position:** Parallel ready stance



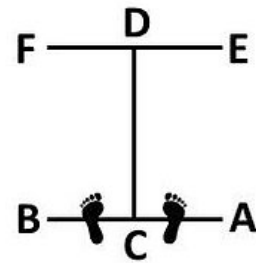
**Pattern Meaning:** Chon Ji means literally the 'Heaven and Earth'. It is, in the orient interpreted as the creation of the world, or beginning of human history. Therefore it is the initial pattern played by the beginner. This pattern consists of two similar parts – one to represent Heaven and the other the Earth.

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.
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 ready stance.

## DAN GUN

**Number of Movements: 21**

**Ready Position:** Parallel ready stance



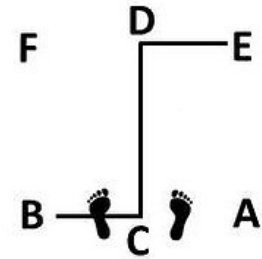
**Pattern Meaning:** Dan Gun is named after the holy Dan Gun, the legendary founder of Korea in the year of 2333 B.C.

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.
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 stance.

## DO SAN

Number of Movements: 24

Ready Position: Parallel ready stance



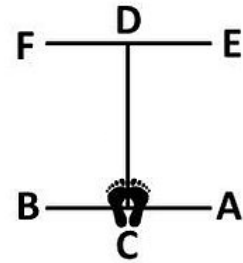
**Pattern Meaning:** Do San is the pseudonym of the patriot Ahn Chang-Ho (1876 - 1938) The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.

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.
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.
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 position.

## WON HYO

**Number of Movements: 28**

**Ready Position:** Closed Ready Stance Position A



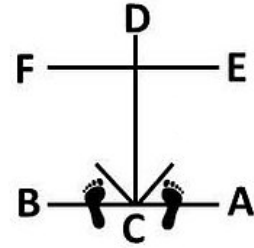
**Pattern Meaning:** Won Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.

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.
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.
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 block to A with the forearm. **End:** Bring the **right** foot back to a ready position.

## YUL GOK

**Number of Movements: 38**

**Ready Position:** Parallel Ready Stance



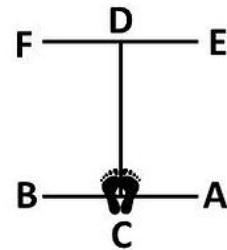
**Pattern Meaning:** Yul Gok is the pseudonym of a great philosopher and scholar Yi I (1536 - 1584) nicknamed the "Confucius of Korea". The 38 movements of this pattern refer to his birthplace on 38 latitude and the diagram represents "scholar".

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 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.
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 to 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.
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 finger tip.
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 finger tip.
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 position.

## JOONG GUN

Number of Movements: 32

Ready Position: Closed Ready Stance B



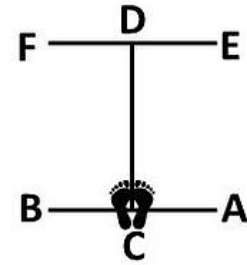
**Pattern Meaning:** Joong Gun is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed in a Lui-Shung prison (1910).

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 left foot to D forming left walking stance toward D while executing high vertical punch to D with a twin fist.
12. Move 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 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
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, then move the right foot toward F while executing a high side strike to F with a right back fist.
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.
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 left foot to C into a right L-stance toward C while executing a middle guarding block to C with 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 position.

## TOI GYE

**Number of Movements: 37**

**Ready Position:** Closed Ready Stance B



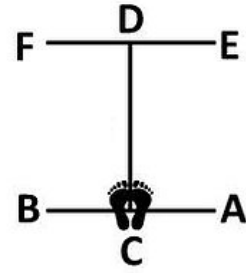
**Pattern Meaning:** Toi Gye is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo Confucianism. The 37 movements of the pattern refer to his birthplace on 37 latitude, the diagram represents "scholar".

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 finger tip 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.
  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 towards E.
  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 to C while executing a W-shape block to C 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.
  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 finger tip.
  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.
  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.

## HWA RANG

**Number of Movements: 29**

**Ready Position:** Closed Ready Stance C



**Pattern Meaning:** Hwa Rang is named after the Hwa Rang youth group, which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Tae Kwon-Do developed into maturity.

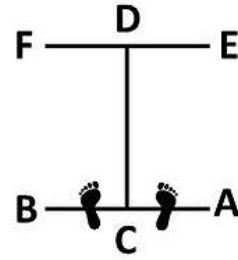
1. Move the left foot to B to form a sitting stance toward D while executing a middle pushing block to D with the left palm.
2. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.
3. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.
4. Execute a twin forearm block while forming a left L-stance toward A, pivoting with the left foot.
5. Execute an upward punch with the left fist while pulling 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 in a sliding motion.
7. Execute a downward strike with the right knife-hand while forming a left vertical stance toward A, pulling the right foot.
8. Move the left foot to A forming a left walking stance toward A while executing a middle punch to A with the left fist.
9. Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm.
10. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
11. Pull the left foot toward the right foot while bringing the left palm to the right fore fist, at the same time bending the right elbow about 45 degrees outward.
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 finger tip.
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.
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.
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.

## CHOONG MOO

**Number of Movements: 30**

**Ready Position:** Parallel Ready Stance



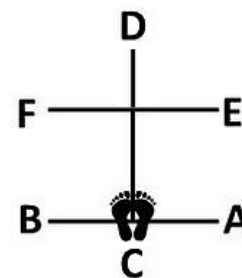
**Pattern Meaning:** Choong Moo was the name given to the great Admiral Yi Soon-Sin of the Lee Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left hand attack 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.

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 finger tip.
  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.
  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 finger tip.
  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.
  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.

## KWANG GAE

**Number of Movements: 39**

**Ready Position:** Parallel Stance with Heaven Hand



**Pattern Meaning:** Kwang Gae is named after the famous Kwang Gae To-Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 A.D., the year he came to the throne.

1. Bring the left foot to the right foot, forming a close ready stance B toward D, bringing both hands in a circular motion.
2. Move the left foot to D, forming a left walking stance toward D while executing an upset punch to D with the right fist. Perform in slow motion.
3. Move the right foot to D, forming a right walking stance toward D while executing an upset punch to D with the left fist. Perform in slow motion.
4. Move the left foot to the side front of the right foot, and then move the right foot to D, forming a right walking stance toward D, at the same time executing a high hooking block to D with the right palm. Perform in a double stepping motion.
5. Move the right foot to C in a sliding motion to form a right L-stance toward D, at the same time executing a low guarding block to D with a knife-hand.
6. Move the right foot to the side front of the left foot and then move the left foot to D, forming a left walking stance toward D while executing a high hooking block to D with the left palm. Perform in a double stepping motion.
7. Move the left foot to C in a sliding motion forming a left L-stance toward D while executing a low guarding block to D with a knife-hand.
8. Move the left foot to D, forming a right rear foot stance toward D while executing a high guarding block to D with a knife-hand.
9. Move the right foot to D, forming a left rear foot stance toward D while executing a high guarding block to D with a knife-hand.
10. Move the left foot to the side front of the right foot and then turn counter-clockwise, pivoting with the left foot, to form a left walking stance toward C while executing an upward block to C with the right palm. Perform in a slow motion.
11. Move the right foot to C, forming a right walking stance toward C while executing an upward block to C with the left palm. Perform in a slow motion.
12. Execute a low front block with the right knife-hand in a circular motion, hitting the left palm while bringing the left foot to the right foot to form a close stance toward C.
13. Execute a pressing kick to E with the left foot, keeping the position of the hands as they were in 12.
14. Execute a middle side piercing kick to E with the left foot, keeping the position of the hands as they were in 13. Perform 13 and 14 in a consecutive kick.
15. Lower the left foot to E, forming a right L-stance toward E while executing a high inward strike to E with the right knife-hand and bringing the left side fist in front of the right shoulder.
16. Execute a downward strike to E with the left side fist while forming a close stance toward C, pulling the left foot to the right foot.
17. Execute a pressing kick to F with the right foot, keeping the position of the hands as they were in 16.
18. Execute a middle side piercing kick to F with the right foot, keeping the position of the hands as they were in 17. Perform 17 and 18 in a consecutive kick.
19. Lower the right foot to F, forming a left L-stance toward F while executing a high inward strike to F with the knife-hand and bringing the right side fist in front of the left shoulder.
20. Execute a downward strike to F with the right side fist in a close stance toward C, pulling the right foot to the left foot.
21. Move the left foot to C, forming a left low stance toward C while executing a pressing block with the right palm. Perform in slow motion.
22. Move the right foot to C, forming a right low stance toward C while executing a pressing block with the left palm. Perform in a slow motion.
23. Move the right foot to D in a stamping motion to form a sitting stance toward F while executing a high side strike to D with the right back fist.
24. Middle block to D with the right double forearm while forming a right walking stance toward D, pivoting with the left foot.
25. Execute a low block to D with the left forearm while shifting to C, maintaining a right walking stance toward D, keeping the position of the right hand as it was in 24.
26. Execute a high thrust to D with the right flat fingertip while forming a right low stance toward D, slipping the right foot to D. Perform in slow motion.
27. Move the left foot on line CD in a stamping motion to form a sitting stance toward F while executing a high side strike to C with the left back fist.
28. Execute a middle block to C with the left double forearm while forming a left walking stance toward C, pivoting with the left foot.
29. Execute a low reverse block to C with the right forearm while shifting to D, maintaining a left walking stance toward C, keeping the position of the left hand as it was in 28.
30. Execute a high thrust to C with the left flat fingertip while forming a left low stance toward C, slipping the left foot to C.
31. Move the right foot to C in a stamping motion, forming a right walking stance toward C while executing a high vertical punch to C with a twin fist.
32. Move the left foot to A in a stamping motion, forming a left walking stance toward A while upset punch to A with a twin fist.
33. Execute a middle front snap kick to A with the right foot, keeping the position of the hands as they were in 32.
34. Lower the right foot to the left foot, and then move the left foot to A to form a left L-stance toward B while executing a middle guarding block to B with a knife-hand.
35. Move the left foot to B, forming a left walking stance toward B while executing a high punch to B with the left fist.
36. Move the right foot to B in stamping motion, forming a right walking stance toward B while executing an upset punch to B with a twin fist.
37. Execute a middle front snap kick to B with the left foot, keeping the position of the hands as they were in 36.
38. Lower the left foot to the right foot, and then move the right foot to B to form a right L-stance toward A at the same time executing a middle guarding block to A with a knife-hand.
39. Move the right foot to A, forming a right walking stance toward A while executing a high punch to A with the right fist. **End:** Bring the **left** foot back to a ready posture

## THREE STEP SPARRING (Sambo Matsoki)

Three step sparring is designed for the beginner to learn the basic techniques. Three step sparring teaches the student many things: proper distance, correct facing, forearm conditioning, correct blocking, correct stances, counter attacking and timing.

All attacks start in left walking stance, low section outer forearm block.

All defenders start in parallel ready stance.

**Attack:** Always three mid section punches in walking stance.

**1. Attack:** Right leg back walking stance, mid section inner forearm block to the inside three times.

**Counter Attack:** Reverse punch on the spot.

**2. Attack:** Left leg back 'L' stance, mid section inner forearm block to the outside three times.

**Counter Attack:** Moving back foot out to the left and stepping forward with front foot, knife hand strike.

**3. Attack:** Left leg back 'L' stance, mid section outer forearm block to the outside three times.

**Counter Attack:** Backfist strike to bridge of the nose.

**4. Attack:** Left leg back 'L' stance, mid section inner forearm block to the outside three times.

**Counter Attack:** Moving out on 45° into sitting stance, double punch.

**5. Attack:** Right leg back 'L' stance, mid section outer forearm block inside twice.

**Counter Attack:** Moving to the right, form a sitting stance at the same time execute a left outer forearm block and right high section punch simultaneously.

**6. Attack:** Right leg back 'L' stance, mid section knife hand block inside twice.

**Counter Attack:** Moving to the right, form a sitting stance at the same time execute a left knife hand block and right knife hand strike simultaneously.

**7. Attack:** Right leg back 'L' stance, mid section outer forearm block inside twice.

**Counter Attack:** Slide back into right 'L' stance, forearm guarding block, back leg front kick to chest, land in walking stance, double punch on the spot.

**8. Attack:** Right leg back 'L' stance, mid section knife hand block inside twice.

**Counter Attack:** Slide back into right 'L' stance, forearm knife hand guarding block, back leg side kick to the chest, land in left 'L' stance, back fist strike.

**9. Attack:** Right leg back 'L' stance, mid section palm pushing block three times.

**Counter Attack:** On the third block slide from the left into right 'L' stance, forearm guarding block, execute back leg turning kick to the chest, land in vertical stance, knife hand strike.

## TWO STEP SPARRING (Ibo Matsoki)

Two step sparring is designed for the intermediate student to learn more advanced techniques, also using the same timing and distance as seen in the three step sparring, but with more varied attacks, thus also allowing the attacker to develop various combinations.

All attacks start in right 'L' stance, mid section forearm guarding block.  
All defenders start in parallel ready stance.

**1. Attack:** High section punch in walking stance, front kick.

**Defence:** Right leg back walking stance, rising block.

Left leg back walking stance 'X' fist pressing block.

**Counter Attack:** Twin vertical punch.

**2. Attack:** Mid section side punch in fixed stance, turning kick with back leg.

**Defence:** Right leg back 'L' stance, upward palm pushing block.

Left leg back 'L' stance waist block.

**Counter Attack:** Slide forward into right 'L' stance, right side elbow strike.

**3. Attack:** Front kick with back leg, twin vertical punch in walking stance.

**Defence:** Right leg back walking stance, 'X' fist pressing block.

Left leg back walking stance, outer forearm wedging block.

**Counter Attack:** Knee strike, pulling opponents shoulders downward.

**4. Attack:** High section flat finger tips thrust, side kick.

**Defence:** Right leg back walking stance, knife hand rising block.

Left leg back 'L' stance inward palm pushing block.

**Counter Attack:** Front kick to coccyx, twin upset punch to kidneys.

## ONE STEP SPARRING (Ilbo Matsoki)

There are two forms of one step sparring, Free sparring and Set sparring. The first free sparring is the most realistic form of sparring there is, simply because the defender cannot foresee the attack coming. Therefore the defender must have fast reflexes in order to defend and defeat the opponent. This form of sparring is completely different to free sparring as you are able preform take down techniques, arm locks and joint breaking techniques. Both students (attacker and defender) begin in ready stance, but this can be varied at the instructor's discretion.

**Attack:** Always high section punches in walking stance.

### 6<sup>th</sup> Kup (Green Belt)

1. 45° out to the right, sitting stance, left knife hand block, right reverse punch.
2. Left leg walking stance, left hand rising block, right reverse punch on the spot.
3. 45° out to the left, sitting stance, right hand outer forearm block, double punch.
4. Side step left, chambering right leg, side kick.
5. Right leg back into 'L' stance guarding block, mid section front snap kick, landing forward guarding block.

### 5<sup>th</sup> Kup (Blue Tag)

6. Right leg forward into left 'L' stance, right knife hand strike, left knife hand block, draw front leg back into vertical stance reverse knife hand strike.
7. Left leg in-to-out crescent kick, high section right leg turning kick.
8. 45° out to the left, sitting stance, right hand outer forearm block, double punch, right leg mid section turning kick.
9. Right leg forward into left 'L' stance, right hand inward hammer block, right hand back fist.
10. Right leg forward into left 'L' stance, right hand inward hammer block, right elbow strike, spin 180° left elbow strike.

### 4<sup>th</sup> Kup (Blue Belt)

11. Right leg jump front kick off the spot.
12. Left leg stepping across avoiding punch, right leg back kick.
13. Right leg mid section front snap kick, 45° out to the right, sitting stance, left knife hand block, right reverse punch.
14. Left leg walking stance, left hand rising block, grabbing arm walk through, right knife hand strike.
15. Left leg walking stance, left knife hand block, right knife hand strike, right leg sweeping take down, punch.

### **3<sup>rd</sup> Kup (Red Tag)**

16. Left leg walking stance, left palm pushing block, right elbow strike, right knife hand strike, grab, right leg sweeping take down, punch.
17. Left leg walking stance, right hand hooking block, grab arm, high section hook kick right leg, low section (take down) hooking kick right leg, punch.
18. Right leg jump turning kick off the spot.
19. Left leg walking stance, right hand rising block, grab arm and twist to hold wrist, back leg front snap kick.
20. Left leg stepping across avoiding punch, right leg reverse turning kick.

### **2<sup>nd</sup> Kup (Red Belt)**

21. Right leg out-to-in crescent kick, mid section right leg side kick.
22. Left leg out-to-in crescent kick, right leg jump spinning crescent kick.
23. Right leg jump side kick off the spot.
24. Left leg jump back kick off the spot.
25. Right leg out-to-in crescent kick, place foot down, spin 360°, right leg jump turning kick.

### **1<sup>st</sup> Kup (Black Tag)**

26. Left leg forward into 'L' stance, left arm locking up punch, hold and spin 180° right high section elbow strike.
27. Drop down to left knee, right leg mid section side kick, right leg low section side kick to opponent's knee.
28. Drop back on to hands, mid section front kick right leg, mid section front kick left leg in a quick motion.
29. Drop down to left knee, right leg low section turning kick, place right leg behind opponents ankle, using left leg press firmly against knee in a scissors action to take down, left leg axe kick to chest.
30. Right leg jump twisting kick off the spot.

### **1<sup>st</sup> Dan**

31. Left leg forward into walking stance, left knife hand block, right hand mid section obverse punch, figure 4 arm lock, right leg step in sweeping take down, punch.
32. Left leg forward into walking stance, left knife hand block, grab wrist, right knife hand strike, right hand scooping behind opponent's knee, pull wrist down as lifting knee, punch.
33. Left leg out to sitting stance, arm break, holding arm rolling over elbow, left hand punch to temple.
34. Left downward palm pushing block, spinning 360° right knife hand strike.
35. Side step left, chambering right leg, side kick, jumping forward into 'X' stance, right back fist strike.

## WMST TAE KWON-DO GRADINGS

All students wishing to progress through the belt colours have to pass a practical and theoretical test (a "grading"). The length of the grading and the content depends on your grade. A White belt (10<sup>th</sup> Kup) being tested for promotion to Yellow stripe (9<sup>th</sup> Kup) can expect to be on the Do-Jang floor for about 20 minutes. You will be tested in a group with other students of similar grades.

Each student is expected to be able to perform each move on their own and you should be ready to show what you know all by yourself if you are asked. This takes courage so be brave, and show your indomitable spirit by not being afraid! Be proud of your Tae Kwon-Do skills and be ready to show the Examiners what you can do. The Examiners job is to make sure you know enough to progress to the next stage. Their job is not to frighten or discourage you. All students, whether a coloured belt or a black belt have to be tested in order to progress and whether you have been training for 3 months or 10 years everyone feels nervous at their grading's.

The grading is split into different parts:

Warm-Up	Set and Instructor choice exercises	all grades
Linework	Attack and defence moves in line formation	all grades
Patterns	Set pieces up to and including your current grade	all grades
Set-Sparring	Pre-determined sparring combinations	all grades
Self-Defence	Set releases and defences against grabs & holds	all grades
Free Sparring	One on one sparring bouts, 1-2 mins in length	6 <sup>th</sup> Kup +
Power Testing	On kick shields for juniors (up to 18 yrs old) On breaker boards for Adults	5 <sup>th</sup> Kup +
Theory	Up to and including theory for grade	all grades

Grading's are held in grade order, white belts are tested first, then yellow stripes, then yellow belts and so on. Sometimes there is a mixed group, say 10<sup>th</sup> and 9<sup>th</sup> Kup together depending on numbers grading. Normally between 6-8 students grade at a time. Any more than this and it is difficult for the Examiner to see each student properly.

At the start of the grading you will all be lined up to bow off to the grading Examiners. Then you will be dismissed and the first group of names called up. **When asked your name and grade you should raise your right hand and say "John Smith, 10<sup>th</sup> Kup Sir"**. Obviously using your own name and grade and the correct Sir or Ma'am!

GOOD LUCK!

## 10<sup>TH</sup> Kup Grading Syllabus

To progress from white belt (10<sup>th</sup> Kup) to yellow stripe (9<sup>th</sup> Kup) you will need to perform the following:

### Warm-Up

- 10 press-ups
- Leg Raises Kick – 10 times on each leg.  
Either to the Instructor count, or in your own time. Count out loud (in Korean if you can) if asked to do it in your own time.
- Front Kicks – 10 times on each leg. (on kick shield)  
Either to the Instructor count, or in your own time. Count out loud (in Korean if you can) if asked to do it in your own time.
- Sitting Stance Single Punch – 10 times. (Kehap on all Punches)  
Make sure you punch to one target in the middle. Go slow, and punch with as much power as you can. It is not a race. The Examiner is looking for power and accuracy.

### Linework

- Walking Stance, Middle Punch (obverse, meaning, same punching hand as the leg that is forward) Kehap on Punches
- Walking Stance, Middle Block (obverse, as above)
- Walking Stance, Middle Block, (obverse) followed by Reverse Punch (don't move forward, but after the block switch hands so the back hand executes a punch) Kehap on Punches

Each of these techniques will be repeated several times – forwards and backwards and on the turn. You will do this in the Instructor's time and in your own time. Be careful not to lose count. You can count out loud in English or Korean if it helps. The Examiner is looking for a good stance (weight distribution 50-50, bent front leg, straight back leg, size of stance 1 shoulder width wide and 2 to 3 shoulder widths long) and a straight punch held at shoulder height. Blocks should be middle section, the fist in line with the shoulder, the elbow covering your ribs.

## **Patterns**

- Four Directional Punch – numbers 1 & 2 – several times

You will perform 4 Directional Punch as a group and on your own. Try not to copy anyone else – they might make a mistake which you then copy!

## **Set Sparring**

- Three-Step Sparring, number 1 (in line and with partner)

The point of set sparring is to get you used to judging distance and timing with your partner and for you to show that you know the correct technique to use. From now on you will perform set sparring at every grading. It is very important that you know each numbered move, what part of the body you are attacking, or what part you are blocking with and why you are using that particular technique. Before you grade make sure you ask your Instructor if you have not already been told

## **Self Defence**

Not applicable for this grading

## **Free Sparring**

Not applicable for this grading

## **Power Testing**

Not applicable for this grading

## **Theory**

See page 5 for 10<sup>th</sup> Kup Theory Questions

## 10<sup>th</sup> Kup Theory Questions

Courtesy and respect for your Instructors is very important in Tae Kwon-Do. Please address your Instructors and Grading Examiners as Mr, Mrs, Miss Etc. and by using "Sir" or "Ma'am" when you want to ask a question, or if you are answering questions. For example if you are asked where Tae Kwon-Do comes from, you would say "From Korea, Sir" (or "Ma'am" if the Examiner is female)

<b>Instructor's Name &amp; Grade</b>	Mr Adam Jones, 3 <sup>rd</sup> Dan
<b>Training Suit</b>	Dobok
<b>Training Hall</b>	Dojang
<b>Attention</b>	Charyot
<b>Bow</b>	Kyong ye
<b>Ready</b>	Chunbi

Counting 1 – 10	
One	Hanna
Two	Dool
Three	Seth
Four	Neth
Five	Dassaul
Six	Yassaul
Seven	Ilgop
Eight	Yodoll
Nine	Ahop
Ten	Yoll

<b>Fore (Striking part) Fist</b>	Ap Joomuk
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<b>Meaning of White Belt</b>	White signifies innocence, as that of a beginning student, who has no previous knowledge of Tae Kwon Do
<b>Meaning of Yellow Belt</b>	Signifies earth, from which a plant sprouts and takes root as Tae Kwon-Do foundations are being laid.

<b>Tae Kwon Do – Country of origin</b>	Korea
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<b>4-Directional Punch</b>	Sajo Jirugi (15 moves)
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## 9<sup>th</sup> Kup Grading Syllabus

To progress from yellow stripe (9<sup>th</sup> Kup) to yellow belt (8<sup>th</sup> Kup) you will need to perform the following (plus any technique from previous grading's):

### Warm-Up

- 20 press-ups
- Leg Raises Kick – 10 times on each leg.  
Either to the Instructor count, or in your own time. Count out loud (in Korean if you can) if asked to do it in your own time.
- Side Kicks – 10 times on each leg.  
Either to the Instructor count, or in your own time. Count out loud (in Korean if you can) if asked to do it in your own time.
- Sitting Stance Double Punch – 10 times.  
Make sure you punch to one target in the middle. Go slow, and punch with as much power as you can. It is not a race. The Examiner is looking for power and accuracy.

### Linework

- Walking Stance, Middle Punch (obverse, meaning, same punching hand as the leg that is forward)
- Walking Stance, Middle Block (obverse, as above)
- Walking Stance, Middle Block, (obverse) followed by Reverse Punch (don't move forward, but after the block switch hands so the back hand executes a punch)
- Walking Stance, Front Kick, Double Punch
- L stance, Middle Block

Each of these techniques will be repeated several times – forwards and backwards and on the turn. You will do this in the Instructor's time and in your own time. Be careful not to lose count. You can count out loud in English or Korean if it helps. The Examiner is looking for a good stances, and a straight punch held at shoulder height. Blocks should be middle section, the fist in line with the shoulder, the elbow covering your ribs.

## **Patterns**

- Four Directional Punch – numbers 1 & 2
- Chon Ji (19 moves) The pattern for your grade

You will perform patterns as a group and on your own. Try not to copy anyone else – they might make a mistake which you then copy!

## **Set Sparring**

- Three-Step Sparring, numbers 1-2

The point of set sparring is to get you used to judging distance and timing with your partner and for you to show that you know the correct technique to use. From now on you will perform set sparring at every grading. It is very important that you know each numbered move, what part of the body you are attacking, or what part you are blocking with and why you are using that particular technique. Before you grade make sure you ask your Instructor if you have not already been told

## **Self Defence**

Single Wrist Grab – Left / Right Hands (with a counter attack), Shout (Ki-Yap)

## **Free Sparring**

Not applicable for this grading

## **Power Testing**

Not applicable for this grading

## **Theory**

See page 8 for 9<sup>th</sup> Kup Theory Questions

## 9<sup>th</sup> Kup Theory Questions

<b>Meaning of Yellow Belt</b>	Signifies earth, from which a plant sprouts and takes root as Tae Kwon-Do foundations are being laid.
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<b>Meaning of Chon Ji</b>	Chon Ji means literally " <i>the Heaven and the the Earth</i> ". It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the first pattern learned by the beginner. This pattern consists of two similar parts; one to represent the Heaven and the other the Earth.
<b>Number of moves</b>	19

<b>Basic Stances</b>	
<b>L-Stance (Back Stance)</b>	Niunja Sogi
<b>Walking Stance (Forward Stance)</b>	Gunnan Sogi
<b>Sitting Stance (Riding Stance)</b>	Annun Sogi

<b>Sections of the Body</b>	
<b>High Section</b>	Nopunde
<b>Middle Section</b>	Kaunde
<b>Low Section</b>	Najunde

<b>Korean Terminology for...</b>	
<b>Instructor</b>	Sabum
<b>Student</b>	Jeja

<b>Tenets of Tae Kwon Do</b> (these words describe how we like to act for ourselves and when we are with other people)	Courtesy, Integrity, Perseverance, Self-Control, Indomitable Spirit
<b>Tae Kwon-Do meaning</b>	The Foot and Hand way or art  For older students, think of it like this: "Tae" means to kick or smash with the foot "Kwon" means to punch or smash with the fist "Do" means the art or method of doing this.

## 8<sup>TH</sup> Kup Grading Syllabus

To progress from yellow belt (8<sup>th</sup> Kup) to green stripe (7<sup>th</sup> Kup) you will need to perform the following (plus any technique from previous grading's):

### Warm Up

- 10 Burpees
- Sitting Stance Double Punch – 10 times
- Sitting Stance Triple Punch – 10 times  
Make sure you punch to one target in the middle. Go slow, and punch with as much power as you can. It is not a race. The Examiner is looking for power and accuracy.

The Instructor may choose a few warm-up exercises. You should be ready to perform sitting stance punches and blocks, press-ups, sit-ups, front leg rising kicks etc.

### Linework

- L-Stance (Back Stance) Twin Forearm Block
- L-Stance (Back Stance) Knifehand Guarding Block
- Walking Stance, Front Kick, Double Punch
- Any previous basic linework techniques including Rising Block and Low Block/Rising Block combination
- You may be asked to perform basic kicks such as front kick, side kick, and turning kick

### Patterns

- Four Directional Punch – numbers 1 & 2
- Chon Ji (19 moves)
- Dan Gun (21 moves) The pattern for your grade

Patterns should begin and end on the same spot. Keep up the precise technique and the power, even if you repeat the same pattern several times. Remember – 100% effort at all times!

### Set Sparring

- Three-Step Sparring, numbers 1-3

The point of set sparring is to get you used to judging distance and timing with your partner and for you to show that you know the correct technique to use. From now on you will perform set sparring at every grading. It is very important that you know each numbered move, what part of the body you are attacking, or what part you are blocking with and why you are using that particular technique. Before you grade make sure you ask your Instructor if you have not already been told

## Self-Defence

- Release from a Double Wrist Grab, with a Counter-Attack, Shout (Ki-Yap)

## Free Sparring

- Not applicable for this grading

## Power Testing

- Not applicable for this grading

## Theory

8<sup>th</sup> Kup Theory Questions below:

### 8th Kup Theory Questions

<b>Meaning of Dan Gun</b>	Dan Gun is named after the holy Dan Gun, the legendary founder of Korea in the year of 2333 B.C.
<b>Number of moves</b>	21

<b>Colour Meaning of Yellow Belt</b>	Signifies earth, from which a plant sprouts and takes root as Tae Kwon-Do foundations are being laid.
<b>Colour Meaning of Green Belt</b>	Signifies the plants growth as Tae Kwon-Do skills begin to develop.

<b>Korean Terminology for...</b>	
<b>Rising Block</b>	Chookyo Makgi
<b>Guarding Block</b>	Daebi Makgi
<b>Twin Forearm Block</b>	Sang Palmok Makgi
<b>Obverse Punch</b>	Baro Jirugi
<b>Reverse Punch</b>	Bandae Jirugi

<b>Meaning of Courtesy</b>	To be polite to ones' instructor, seniors and fellow students.
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## Grading Syllabus 7<sup>th</sup> to 2<sup>nd</sup> Kup

The grading for 7<sup>th</sup> Kup and above will be longer and more involved than that for 8<sup>th</sup> Kup and below. You will be tested on all your basic stances and blocks, and on a variety of attack moves appropriate to your grade.

### General Guidance

	<b>7<sup>th</sup> Kup</b> (green stripe)	<b>6<sup>th</sup> Kup</b> (green belt)	<b>5<sup>th</sup> Kup</b> (blue stripe)	<b>4<sup>th</sup> Kup</b> (blue belt)	<b>3<sup>rd</sup> Kup</b> (red stripe)	<b>2<sup>nd</sup> Kup</b> (red belt)
<b>Warm-Up</b>	As determined by the Examiner / Instructor					
<b>Linework</b>	Basic Linework Appropriate for Grade. From 6 <sup>th</sup> Kup expect to show Reverse Turning Kick; Hooking Kick; Back Kick. From 4 <sup>th</sup> Kup expect to show jumping techniques hand and foot.				Fighting Techniques Advanced Techniques	
<b>Pattern</b>	Do-San	Won-Hyo	Yul-Gok	Joong-Gun	Toi-Gye	Hwa-Rang
<b>3-Step</b>	No's: 1-6	No's: 1-9	As required, no's: 1 – 9. You may be asked to partner junior grades			
<b>2-Step</b>	n/a	No's: 1-2	No's: 1-4	As required, no's: 1 – 4. You may be asked to partner junior grades		
<b>1-Step</b>	n/a	No's: 1-5	No's: 6-10	No's: 11-15	No's: 16-20	No's: 21-25
<b>Self-Defence</b>	Single Collar Grab with Counter Attacks	Double Collar Grab with Counter Attacks	Front & rear Bear Hug with Counter Attacks	Head Lock (Side) with Counter Attacks	Hair Grab, Throat Grab (Single and Double with Counters)	Joint Locks (From ALL previous attack types) Knife Defence, Counter Attack Skills
<b>Free Sparring</b>	n/a	1-2 min rounds	1-2 min rounds	1-2 min rounds	1-2 min rounds	1-2 min rounds 2 vs. 1, several rounds
<b>Power Testing</b>	n/a	n/a	Measure Kicks, left and right turning and side kick	3 <sup>rd</sup> /2 <sup>nd</sup> Kup – be prepared for jumping kicks Under 18's: Power test to kick shield, hand and foot. Over 18's breaker boards, hand and foot		
<b>Theory</b>	Page 33	Page 34	Page 35	Page 36	Page 37	Page 38

## 7th Kup Theory Questions

<b>Meaning of Pattern Do San</b>	Do San is the pseudonym of the patriot Ahn Chang-Ho (1876 - 1938), who devoted his entire life to furthering the education of Korea and its independence movement.
<b>Number of Moves</b>	24

<b>Colour Meaning of Green Belt</b>	Signifies the plants growth as Tae Kwon-Do skills begin to develop.
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<b>Korean Terminology for...</b>	
<b>Wedging Block</b>	Hechyo Makgi
<b>Vertical Fingertip Thrust</b>	Son Sonkut Tulgi
<b>Release from grab</b>	Japiyo Soltay
<b>High section Outer Forearm block</b>	Nopunde Bakat Palmok Makgi
<b>Palm Pushing block</b>	Son Badak Makgi
<b>Front Kick</b>	Ap Chagi

<b>Meaning of Integrity</b>	To be honest with oneself. To be able to define right from wrong.
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## 6th Kup Theory Questions

<b>Meaning of pattern Won Hyo</b>	Won Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.
<b>Number of moves</b>	28

<b>Colour Meaning of Green Belt</b>	Signifies the plants growth as Tae Kwon-Do skills begin to develop.
<b>Colour Meaning of Blue Belt</b>	Signifies the heavens towards which the plant matures into a towering tree as training in Tae Kwon-Do progresses.

<b>Korean Terminology for...</b>	
<b>Circular Block</b>	Dolimio Makgi
<b>Fixed Stance</b>	Gojung Sogi
<b>Side Punch</b>	Yop Jirugi
<b>Side Kick</b>	Yop Chagi
<b>Turning Kick</b>	Dollyo Chagi

<b>Founder of Tae Kwon Do</b>	Major General Choi Hong Hi 9th Dan
<b>Date TKD was inaugurated</b>	1955

<b>Meaning of Perseverance</b>	To achieve a goal, whether it is a higher grade or to perfect a new technique, one must not stop trying.
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## 5th Kup Theory Questions

<b>Meaning of pattern Yul Gok</b>	Yul Guk is the pseudonym of a great philosopher and scholar Yi I (1536 - 1584) nicknamed the "Confucius of Korea" The 38 movements of this pattern refer to his birthplace on 38 degree latitude and the diagram represents "scholar".
<b>Number of moves</b>	38

<b>Colour Meaning of Green Belt</b>	Signifies the plant's growth as Tae Kwon-Do skills begin to develop.
<b>Colour Meaning of Blue Belt</b>	Signifies the heavens towards which the plant matures into a towering tree as training in Tae Kwon-Do progresses.

<b>Korean Terminology for...</b>	
<b>Hooking Block</b>	Golcho Makgi
<b>Back Fist Strike</b>	Dung Joomuk Taerigi
<b>Elbow Strike</b>	Palkup Taerigi
<b>Reverse Turning Kick</b>	Bandaedollyo Chagi
<b>Hooking Kick</b>	Golcho Chagi

<b>Meaning of Self-Control</b>	To lose ones' temper when performing techniques against an opponent can be dangerous and show lack of control. To be able to live, work and train within ones' capability shows good self-control.
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#### 4th Kup Theory Questions

<b>Meaning of pattern Joong Gun</b>	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. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed in a Lui-Shung prison (1910).
<b>Number of moves</b>	32

<b>Colour Meaning of Blue Belt</b>	Signifies the heavens towards which the plant matures into a towering tree as training in Tae Kwon-Do progresses.
<b>Colour Meaning of Red belt</b>	Signifies danger, cautioning the student to exercise control, and warning the opponent to stay away.

<b>Korean terminology for...</b>	
<b>X-fist Rising Block</b>	Kyocha Joomuk Chookyo Makgi
<b>U-shape Block</b>	Digutcha Makgi
<b>Upper Elbow Strike</b>	Wi Palkup Taerigi
<b>Arc hand Strike</b>	Bandal Son Taerigi

<b>Meaning of Indomitable Spirit</b>	To show courage, when you and your principles are pitted against overwhelming odds.
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### 3rd Kup Theory Questions

<b>Meaning of Pattern Toi Gye</b>	Toi Gye is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo ("new") Confucianism. The 37 movements of the pattern refer to his birthplace on 37 degree latitude, and the diagram represents "scholar".
<b>Number of moves</b>	37

<b>Colour Meaning of Red Belt</b>	Signifies danger, cautioning the student to exercise control, and warning the opponent to stay away.
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<b>Korean terminology for...</b>	
<b>Left</b>	Wen
<b>Right</b>	Orun
<b>W-shape Block</b>	San Makgi
<b>Crescent Kick</b>	Bandal Chagi
<b>Back Kick</b>	Dwit Chagi
<b>Flying Side Kick</b>	Twimyo Yop Chagi

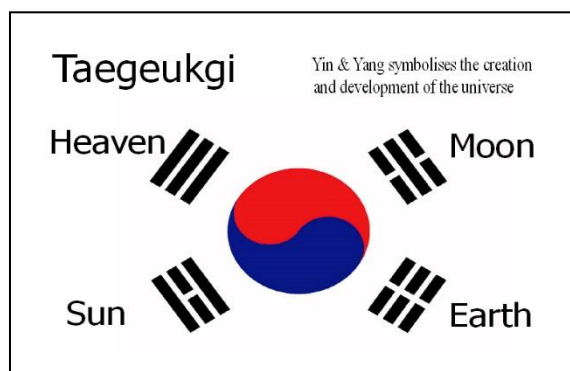
<b>The year AImAA was founded</b>	1980
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<b>Founder and President of AImAA</b>	Grand Master Hee Il Cho, 9th Dan
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## 2nd Kup Theory Questions

<b>Meaning of Pattern Hwa Rang</b>	Hwa Rang is named after the Hwa Rang youth group, which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Tae Kwon-Do developed into maturity.
<b>Number of moves</b>	29
<b>Colour Meaning of Red Belt</b>	Signifies danger, cautioning the student to exercise control, and warning the opponent to stay away.
<b>Colour Meaning of Black Belt</b>	Opposite to white, therefore signifying the maturity and proficiency in Tae Kwon-Do. Also indicates the wearer's imperviousness to darkness and fear.
<b>The introduction of TKD into the UK</b>	By Master Rhee Ki Ha 5th Dan, in 1967
<b>The 3 Kingdoms of Korea</b>	Koguryō, Baekje, Silla
<b>Tae Kwon Do Oath</b>	I shall observe the tenets of Taekwondo. I shall respect the instructor and seniors. I shall never misuse Taekwondo. I shall be a champion of freedom and justice. I shall build a more peaceful world.

Learn the following details of the Korean flag – “Taegeukgi”



## WMST TAE KWON-DO BLACK BELT GRADING GUIDELINE

Techniques in Sitting Stance	<ul style="list-style-type: none"> <li>* Single Punch</li> <li>* Double Punch</li> <li>* Triple Punch (High, Mid, Low)</li> <li>* Rising Block, Reverse Punch</li> <li>* Knifehand Block, Reverse Punch</li> <li>* Circular Block, Reverse Punch</li> </ul>
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Patterns	<p>Chon Ji (19 Moves)</p> <p>Dan Gun (21 Moves)</p>
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One Step Sparring	Numbers 1 to 10
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Techniques in Walking Stance	<ul style="list-style-type: none"> <li>* Low Block - Rising Block - Reverse Punch</li> <li>* Outer Forearm Block - Reverse Punch</li> <li>* Flat Fingertip Thrust</li> <li>* Vertical Fingertip Thrust</li> <li>* Arc Hand Strike</li> <li>* Palm Strike</li> <li>* X Fist Pressing Block - X Fist Rising Block - Twin Upset Punch</li> <li>* Double Forearm Block - Low Block</li> <li>* Knifehand Rising and Reverse Knifehand Strike</li> <li>* <b>Backfist Strike - Reverse Inner Hammer Strike</b></li> <li>* <b>Palm Inward Block - Reverse Knifehand Low Block</b></li> <li>* <b>Reverse Inward Block - Same Hand Reverse Low Block - Flat Fingertip Thrust</b></li> </ul>
<b>Advanced Techniques in Walking Stance</b>	

Patterns	Do San (24 Moves) Won Hyo (28 Moves)
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One Step Sparring	Numbers 11 to 15
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Techniques in L - Stance	<ul style="list-style-type: none"> <li>* Inner Forearm Middle Block</li> <li>* Twin Forearm Block</li> <li>* Twin Knifehand Block</li> <li>* Knifehand Guarding Block</li> <li>* Forearm Guarding Block</li> <li>* Knifehand Strike</li> <li>* Knifehand Strike - Obverse Punch</li> <li>* Palm Upward Block - Step Forward Palm Down Block</li> </ul>
<b>Advanced Techniques in L - Stance</b>	<ul style="list-style-type: none"> <li>* <b>U Shape Punch</b></li> <li>* <b>Knifehand Guarding Block - Skip Forward Downward Pressing Block - Skip Back Knifehand Strike</b></li> <li>* <b>Downward Hammer Fist Strike - Rear Leg Step Over X Stance Backfist</b></li> <li>* <b>Diagonal Stance - Double Elbow Strike</b></li> </ul>

Patterns	Yul Gok (38 Moves) Joong Gun (32 Moves)
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One Step Sparring	Numbers 16 to 20
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Footwork	<ul style="list-style-type: none"> <li>* Skipping in Skipping Back</li> <li>* Stepping in Stepping Back</li> <li>* Side Step Exchange Leg (4 moves)</li> <li>* Shuffling Leg Forward</li> <li>* 90 Degree Avoiding - Reverse Punch</li> </ul>
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<p>Fighting Techniques</p>	<ul style="list-style-type: none"> <li>* Left Jab - Right Straight</li> <li>* Left Jab - Right Straight - Left Hook - Right Hook</li> <li>* Left and Right Uppercut</li> <li>* Jab Reverse Punch - Spinning Knifehand Strike</li> <li>* Front Kick - Reverse Punch</li> <li>* Step Through Side Kick - Reverse Punch</li> <li>* Shuffling Forward - Front Leg Axe Kick</li> <li>* Back Leg Turning Kick - Spinning Knifehand Strike</li> <li>* Shuffling Forward Front Leg Turning Kick - Back Kick - Reverse Punch</li> <li>* Skipping in - Low Section Side Kick - Mid Section Side Kick - High Section Hook Kick</li> <li>* Stepping in 360 Reverse Turning Kick</li> <li>* Shuffling Forward - Front Ridgehand - Back Leg Turning Kick</li> </ul>
<p><b>Advanced Fighting Techniques</b></p>	<ul style="list-style-type: none"> <li>* <b>Step Through Hook Kick - Turning Kick</b></li> <li>* <b>Spinning Hook Kick - Turning Kick - Reverse Punch</b></li> <li>* <b>Stepping in Jump Back Kick</b></li> <li>* <b>Scissor Leg - Jump Front Kick</b></li> <li>* <b>Scissor Leg - Jump Side Kick</b></li> <li>* <b>Scissor Leg - Jump Turning Kick</b></li> <li>* <b>Turning Kick - 360 Jump Reverse Turning Kick</b></li> <li>* <b>Stepping Over - Jump Reverse Turning Kick</b></li> <li>* <b>Jab - Reverse Punch - Crescent Kick - Step in Hook Kick - Reverse Punch</b></li> <li>* <b>Front Foot Sweep - Same Leg Hook Kick - Reverse Punch</b></li> </ul>

Patterns	Toi Gye (37 Moves) Hwa Rang (29 Moves)
Patterns <b>1st Kup - 1st Dan</b>	Choong Moo (30 Moves) Kwang Gye (39 Moves)
Patterns <b>1st Dan - 2nd Dan</b>	Po Eun (36 Moves) Ge Beak (44 Moves)
Patterns <b>2nd Dan - 3rd Dan</b>	Eui Am (45 Moves) Choong Jang (52 Moves) Ko Dang (39 Moves)
One Step Sparring	21 - 30 <b>(1st Dan)</b> 31 - 35 <b>(2nd Dan)</b> 36 - 40 <b>(3rd Dan)</b>
Self Defence	Determined by the Chief Examiner
Knife Defence	Downward Strike / Straight Slash
Sparring	Free Sparring / 2v1 Sparring
Theory	Determined by the Chief Examiner
Power Test	Determined by the Chief Examiner

## WMST BLACK BELT GRADING THEORY QUESTIONS

Below are some questions which could be asked of you during the Black Belt Test, it is your responsibility to find the answers, some are included within this handbook, some answers require your own opinion / theories. Ask your instructor if there is anything you're not sure of, Good Luck!

- All Pattern meanings required for your grade
- All Belt meanings
- All previously learnt colour belt theory questions
- Name 5 patterns containing a back fist
- Name 3 types of fingertip thrust
- Name 3 patterns containing releases
- Why do we do 3 step sparring?
- Why do we learn pattern meanings?
- Name 3 patterns where we do a bending stance
- History of Tae Kwon-Do
- What is the purpose of the jump in Toi Gye & Yul Gok?
- Why do we perform slow motion moves?
- How does the release in Do San work?
- What is the difference between one step and three step sparring?
- Why do we do the power test?
- What attributes would you look for in a student?
- What is the difference between our Tae Kwon-Do style and WTF?
- How do individual pattern meanings inspire us?
- Name as many hand and foot parts as you can in Korean
- Name 3 types of elbow strike
- How have you developed as a person since starting Tae Kwon Do?
- What do you like best about Tae Kwon-Do?
- There are 5 Tenets, if you had to choose a 6<sup>th</sup> what would it be?
- Why do we do patterns?
- What is the difference between a colour belt and a black belt?
- Who is the Chairman of WMST?
- Who is the Treasurer of WMST?
- What is Neo-Confucianism?
- Name all the stances you know in Korean
- What is the use of a walking stance and sitting stance?
- What does Tae Kwon- Do stand for?
- Name 2 vulnerable parts of the mid section body
- Why do we do one step sparring?
- Why did you start Tae Kwon Do?
- Name all the stances you know in Korean
- What benefits does Tae Kwon-Do have in everyday walks of life?
- What's the difference between a sport and martial arts?
- Whats the difference between a black belt and an instructor?
- Name and describe the different types of stretching