

10th KUP

Grade from White Belt to Yellow Ends

Tae Kwon –Do was developed from the ancient Korean Art of Self Defence called Taek-kyon by General Choi Hong Hi. The present name of Tae Kwon-Do was adopted on 11th April 1955. Tae Kwon-Do was brought into the United Kingdom by First Grand Master Rhee Ki Ha.

The name literally means:

TAE - **FOOT**

KWON - **FIST**

DO - **ART**

It is important to know who your instructor is, and their title and grade.

You're Instructors Mr Peter Kent-Marrast, 6th degree black belt and Mrs Patricia Kent-Marrast 6th degree black belt.

Remember, if at a grading you are asked the name of your instructor, you must always include their title i.e. Mr / Mrs / Miss, and their grade.

If you cannot understand something during a lesson, always ask your instructor or a senior grade. They will always be willing to help you.

SERIES OF MOVEMENTS:

Sajo Jirugi (1), Sajo Jirugi (2), Sajo Makgi (1),

THEORY

It is important that all students learn the following theory as well as the practical techniques.

TENETS

The tenets of Tae Kwon-Do are shown below with examples of each:

Courtesy:	e.g. call instructors / examiners "sir / ma'am"
Integrity:	e.g. be honest with yourself and others
Perseverance:	e.g. never give up trying
Self-Control:	e.g. never lose your temper
Indomitable Spirit:	e.g. be brave and show courage

STUDENTS OATH

I shall observe the tenets of Tae Kwon-Do
I shall respect my instructors 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

RULES OF THE CLUB

If you wish to gain extra training with an instructor other than your own, you must:

- 1) seek your own instructor's permission and approval
- 2) seek the agreement of the other instructor
- 3) still train with your own instructor at least twice a week

No eating, drinking or mobilephones in the dojang whilst a lesson / pregrading / grading is in progress.

Appropriate clothing should be worn at all times. Remove all jewellery.

Always bow upon entering and leaving the dojang.

Never walk through the centre of a class; stay close to the walls.

Always help students of a lower grade than yourself if asked.

Always wear white doboks at official events e.g. pregradings, gradings, competitions etc.

Silence is always appreciated during a pregrading / grading for the benefit of the students under examination.

If asked a question by a Grading Examiner, always follow the answer with "Sir / Ma'am".

At gradings, always address officials as Sir / Ma'am.

BELT COLOUR

White Belt signifies innocence as that of a beginner student who has no previous knowledge of Tae Kwon-Do.

STANCES

Attention Stance Chariot Sogi

Parallel Ready Stance Narani Junbi Sogi

Sitting Stance Annun Sogi
(Weight distribution is equal on each foot and stance is 2 shoulder widths apart)

Walking Stance Gunnun Sogi
(Weight distribution is equal on each foot, and stance is 1 shoulder width apart and 1.5 shoulder widths in length).

COUNTING

One	Hanna	Six	Yasut
Two	Dool	Seven	Ilgope
Three	Set	Eight	Yadul
Four	Net	Nine	Ahope
Five	Tasut	Ten	Yaul

SECTIONS

High	Nopunde	Front	Ap
Middle	Kaunde	Side	Yop
Low	Najunde	Back	Dwit

PARTS OF THE HAND / FOOT

Forefist	Ap Joomuk
Outer Forearm	Bakat Palmok
Inner Forearm	An Palmok
Ball of Foot	Ap Kumchi

TECHNIQUES

Obverse Punch	Baro Jirugi
Reverse Punch	Bandae Jirugi
Block	Makgi
Kick	Chagi
Front Leg Raising	Ap Cha Oligi

NOTES ON STANCES / PUNCHING

When in a walking stance, whichever leg is in front governs whether it is a left walking stance (left leg in front), or right walking stance (right leg in front).

Obverse punch is when the hand that is punching is on the same side as the leg that is in front e.g. left leg, left hand.

Reverse punch is when the hand that is punching is on the opposite side of the leg that is in front. E.g. left leg, right hand.

PRACTICAL TECHNIQUES

The following techniques form part of your first grading requirements, and the examiner may ask you to demonstrate all or some of these.

Front Leg Raising / Ap Cha Oligi
(10 times each leg)

Single Punch whilst in sitting stance
(10 punches)

Press-ups
(10 press-ups, male students 16 and over will be required to perform these on the first two knuckles)

Walking Stance, Low Section Outer Forearm Block
Gunnun Sogi, Najunde Bakat Palmok Makgi

Walking Stance, Middle Section Inner Forearm Block
Gunnun Sogi, Kaunde An Palmok Makgi

Walking Stance, Middle Section Obverse Punch
Gunnun Sogi, Kaunde Baro Jirugi

Walking Stance, Middle Section Inner Forearm Block, Reverse Punch
Gunnun Sogi, Kaunde An Palmok Makgi, Bandae Jirugi

Remember:

All the basic techniques you have learnt are to help develop your hip movement. As you progress through the grades you will need to utilise your hip movement to add power and speed to your techniques.

Jack Thomas

Jack Thomas nick name the walking TKD encyclopaedia was the first student to enter the Oakdale club Date 2003 and was amongst the 1st black belts produced By Taekwon-do-Wales.

Jack was very mature polite and always achieved the highest standards both in his school work and many other sports.

Always willing to help others and became a fantastic role model to all students and

Will never be forgotten at Taekwon-do-Wales

1996 -2012 2nd degree Black Belt

9th KUP

Grade from Yellow Ends to Yellow Belt

Students wishing to grade from Yellow Ends to Yellow Belt should know all of the previous section plus the following.

BELT COLOUR

Yellow Belt signifies the earth from which a plant sprouts and takes root as the Tae Kwon-Do foundation is being laid.

INTRODUCTION TO PATTERNS

As students progress through the grades, patterns play an increasingly important role. The pattern for Yellow Belt is the first to be practised by students. Sajo Jirugi and Sajo Makgi do not have an interpretation or meaning, therefore they are only classed as a series of movements.

PATTERN: *Chon Ji*

MEANING:

Chon Ji means literally the “Heaven and the Earth”. It is, in the Orient interpreted as the creation of the world or the beginning of human history, therefore it is the initial pattern practised by the beginner. This pattern consists of two similar parts, one to represent the Heaven, the other Earth.

PATTERN INFORMATION:

The pattern consists of 19 movements, and when performed forms the shape of a cross.



STANCES

L Stance

Niunja Sogi

(Weight distribution is 70% on the back leg and 30% on front leg, stance is 2 inches apart and 1.5 shoulder widths in length)

PARTS OF THE HAND / FOOT

Knifehand

Sonkal

Footsword

Balkal

PRACTICAL TECHNIQUES / GRADING SYLLABUS

Front Snap Kick, Obverse, Reverse Punch
Ap Cha Busigi, Baro, Bandae Jirugi

Low Section Outer Forearm Block, Rising Block
Najunde, Bakat Palmok Makgi, Chookyo Makgi

Sitting Stance, Double Punch
(10 double punches)

Press-ups
(20 press-ups)

Walking Stance, Low Section Outer Forearm Block
Gunnun Sogi, Najunde Bakat Palmok Makgi

8th KUP

Grade from Yellow Belt to Green Ends

BELT COLOUR

Green Belt signifies the plant's growth as the skills in Tae Kwon-Do begin to develop.

PATTERN: ***Dan Gun***

MEANING

Dan Gun is named after the holy Dan Gun legendary founder of Korea in the year 2333bc.

PATTERN INFORMATION

The pattern consists of 21 movements. All punches in this pattern are high section obverse. The new movements introduced in this pattern are:

Knifehand Guarding Block
Sonkal Daebi Makgi

Twin Forearm Block
Sang Palmok Makgi

Rising Block
Chookyo Makgi

Knifehand Side Strike
Sonkal Yop Taerigi

High Section Obverse Punch
Nopunde Baro Jirugi

TECHNIQUES

The Korean terminology for the following techniques, and the parts of the body used to execute them should be known.

PRACTICAL TECHNIQUES

This will involve some form of combinations:

Hand / Hand
Hand / Block
Leg / Leg
Hand / Leg

At this level you should be able to perform the following three basic kicks correctly:

Front Snap Kick	Ap Cha Busigi
Side Kick	Yop Chagi
Turning Kick	Dollyo Chagi

Ensure that the kick starts from the correct place, and that the shape of the kick is correct. Make sure that the proper foot part is used and that the kick is aimed at the proper body area. Finally, always maintain your balance and posture during the kick, and make sure you recover the kick correctly. You will be expected to use these kicks in combinations.

e.g. Obverse Punch / Knifehand Strike
 Side Kick / Back Fist
 Turning Kick / Side Kick

Parts of the Hand (palm facing upwards)

Fingertips / Sonkut
Arc Hand / Bandalson
Knifehand / Sonkal
Palm Heel / San Badak

Parts of the Hand (palm facing downwards)

Forefist / Ap Joomuk
Reverse Knifehand / Sonkal Dung (Thumb tucked into palm)/

Parts of the Foot

Instep / Baldung
Foot Sword / Balkal
Back Heel / Dwitchook
Ball of Foot / Ap Kumchi
Side Instep / Yop Baldung
Back Sole / Dwit Kumchi

7th KUP

Grade from Green Ends to Green Belt

This grading provides a major progression in Tae Kwon-Do, a higher standard will be expected of you than at previous gradings. At this point in your training, you will be expected to think more about what movements you are doing and offer your own viewpoint and interpretations.

PATTERN: *Do San*

MEANING

Do San is the pseudonym of the patriot Ahn Ch'ang Ho (1876-1938). The 24 movements represent his entire life which, he devoted to furthering the education of Korea and its independence movement.

PATTERN INFORMATION

The pattern consists of 24 movements. The new movements introduced in this pattern are:

Downward Block
Naeryo Makgi

Straight Fingertip Thrust
Sun Sonkut Tulgi

Release from Grab
Jappyo Sultae

High Section Backfist Strike
Nopunde Dung Joomuk Taerigi

Wedging Block
Hecho Makgi

Front Snap Kick, Obverse, Reverse Punch
Ap Cha Busigi, Baro, Bandae Jirugi

Sitting Stance, Knifehand Side Strike
Annun Sogi, Sonkal Yop Taerigi

TECHNIQUES

KICKS

Front Snap Kick Ap Cha Busigi
(Striking Tool: Ball of Foot - Ap Kumchi)

Side Kick Yop Chagi
(Striking Tool: Side of the Foot / Footsword - Balkal)

Turning Kick Dollyo Chagi
(Striking Tool: Ball of the Foot - Ap Kumchi)

Back Piercing Kick Dwit Chagi
(Striking Tool: Heel Base - Dwit Kumchi)

Downward / Axe Kick Naeryo Chagi
(Striking Tool: Back Heel - Dwit Chook)

For jumping kicks prefix the above terminology with Twimyo. E.g. Jumping Front Snap Kick - Twimyo Ap Cha Busigi.

HAND TECHNIQUES

Knifehand Strike	Sonkal Taerigi
Reverse Knifehand Strike	Sonkal Dung Taerigi
Backfist	Dung Joomuk
Reverse Punch	Bandae Jirugi
Elbow Strike	Palkup Taerigi
Straight Fingertip Thrust	Sun Sonkut Tulgi

BLOCKS

Rising Block	Chookyo Makgi
Forearm Guarding Block	Palmok Daebi Makgi
Knifehand Guarding Block	Sonkal Daebi Makgi
Twin Forearm Block	Sang Palmok Makgi
Knifehand Block	Sonkal Makgi
Inward Outer Forearm	Anaero Bakat Palmok Makgi
Downward Block	Naeryo Makgi

SET SPARRING

Three Step Sparring Sambo

6th KUP

Grade from Green Belt to Blue Ends

BELT COLOUR

Blue Belt signifies the heaven towards which the plant matures into a towering tree as the training in Tae Kwon-Do progresses.

PATTERN: *Won Hyo*

MEANING

Won Hyo was the noted monk who introduced Bhuddism into the Silla Dynasty in the year 686AD.

PATTERN INFORMATION

The pattern consists of 28 movements. The new movements introduced in this pattern are:

Close Ready Stance (A)
Moa Junbi Sogi (A)

Knifehand Inward Strike
Sonkal Anaero Taerigi

Fixed Stance, Side Punch
Gojan Sogi, Yop Jirugi

Bending Ready Stance, Forearm Guarding Block
Goburyo Sogi, Palmok Daebi Makgi

Side Kick, Knifehand Guarding Block
Yop Chagi, Sonkal Daebi Makgi

Circular Block, Front Snap Kick, Reverse Punch
Dollimyo Makgi, Ap Cha Busigi, Bandae Jirugi

5th KUP

Grade from Blue Ends to Blue Belt

PATTERN: *Yul Gok*

MEANING

Yul Gok is the pseudonym of the great philosopher and scholar Yi I (1536 – 1584), nicknamed the ‘Confucious of Korea’. The 38 movements of this pattern refer to his birthplace on the line of 38 degrees latitude, and the diagram represents “scholar”

PATTERN INFORMATION

The pattern consists of 38 movements.

The new movements introduced in this pattern are:

Sitting Stance, Obverse, Reverse Punch
Anun Sogi, Baro, Bandae Jirugi

Middle Section Inner Forearm Block, Front Snap Kick, Obverse, Reverse Punch
Kaunde An Palmok Makgi, Ap Cha Busigi, Baro, Bandae Jirugi

Palm Heel Hooking Block
San Badak Golcho Makgi

Side Kick, Reverse Front Elbow Strike
Yop Chagi, Bandae Ap Palkup Taerigi

Twin Knifehand Block
Sang Sonkal Makgi

X Stance, High Section Backfist
Kyocha Sogi, Nopunde Dung Joomuk

Walking Stance, Double Forearm Block
Gunnun Sogi, Doo Palmok Makgi

4th KUP

Grade from Blue Belt to Red Ends

BELT COLOUR

Red Belt signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

PATTERN: *Joong Gun*

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 of the Korea-Japan merger. There are 32 movements in this pattern to represent Mr An's age when he was executed in Lui-Shung prison in 1910.

PATTERN INFORMATION

The pattern consists of 32 movements. The new movements introduced in this pattern are:

Close Ready Stance (B)

Moa Junbi Sogi (B)

Reverse Knifehand Block

Sonkal Dung Makgi

Upward Palm Heel Block, Rear Foot Stance

San Badak Ollyo Makgi, Dwit Bal Sogi

High Section Reverse Upper Elbow Strike

Nopunde Bandae Wi Palkup Taerigi

Twin Vertical Punch

Sang Sewo Jirugi

Twin Upset Punch

Sang Dwijibo Jirugi

High Section X Block

Nopunde Kyocha Makgi

Low Stance, Pressing Block

Nacho Sogi, Noolo Makgi

Angle Punch

Giokja Jirugi

Fix Stance, U Shaped Block

Gojung Sogi, Digutja Makgi

3rd KUP

Grade from Red Ends to Red Belt

PATTERN: *Toi Gye*

MEANING:

Toi Gye is the penname of the noted scholar Yi Hwang (16th Century), an authority on neo-Confucianism. The 37 movements of this pattern refer to his birthplace on the 37th degree latitude. The diagram represents “scholar”.

ADDITIONAL INFORMATION

The pattern consists of 37 movements. The new movements introduced in this pattern are:

Upset Fingertip Thrust, Walking Stance
Dwijibo Sonkut Tulgi, Gunnun Sogi

High Section Backfist Strike
Nopunde Dung Joomuk Taerigi

Low Section X Block, Twin Vertical Punch
Najunde Kyotcha Makgi, Sang Sewo Jirugi

Outer Forearm W-Shaped Block
Bakat Palmok San Makgi

Low Double Forearm Pushing Block
Najunde Doo Palmok Miro Makgi

Walking Stance, Twin Grasp to Attacker’s Throat
Gunnun Sogi, Nopunde Sang Japge

Knee Kick (whilst pulling attacker into technique)
Moorup Chagi

Walking Stance, High Section, Flat Fingertip Thrust
Gunnun Sogi, Nopunde Opun Sonkut Tulgi

L Stance, High Backfist Strike, Low Section Outer Forearm Block
Niunja Sogi, Nopunde Dung Joomuk Taerigi, Najunde Bakat Palmok Makgi

X Stance, Low Section X Pressing Block
Kyotcha Sogi, Najunde Kyotcha Noolo Makgi

Low Section Knifehand Guarding Block, L Stance
Najunde Sonkal Daebi Makgi, Niunja Sogi

2nd KUP

Grade from Red Belt to Black Ends

Black Belt is the opposite of white. Therefore signifying the maturity and proficiency in Tae Kwon-Do. It also indicates the wearer's imperviousness to darkness and fear.

PATTERN: *Hwa Rang*

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.

ADDITIONAL INFORMATION:

The pattern consists of 29 movements. The new movements introduced in this pattern are:

Close Ready Stance 'C'

Moa Junbi Sogi 'C'

Sitting Stance, Palm Heel Pushing Block,
Annun Sogi, Sonbadal Miro Makgi,

L Stance, Upward Punch
Niunja Sogi, Ollyo Jirugi

Vertical Stance, Downward Knifehand Strike
Soojik Sogi, Ollyo Jirugi

Grab and then pull back, Side Kick
Jappge, Yop Chagi

L Stance, Obverse Punch
Niunja Sogi, Baro Jirugi

Walking Stance, Middle X Pressing Block
Gunnun Sogi, Kaunde Kyotcha Noolo Makgi

L Stance, Back Elbow Strike
Niunja Sogi, Dwit Palkup Taerigi

Middle Inner Forearm Block, Low Section Outer Forearm Block
Kaunde An Palmok Makgi, Najunde Bakat Palmok Makgi

1st KUP

Grade from Black Ends to 1st Degree Black Belt

PATTERN: ***Choong Moo***

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 up with a left hand attack is to symbolise his regrettable death, having no chance to show his unrestrained potentiality, checked by the forced reservation of his loyalty to the King.

PATTERN INFORMATION:

The pattern consists of 30 movements. The new movements introduced in this pattern are:

High Section, Inward Knifehand Strike
Nopunde, Anaero Sonkal Taerigi

Flying Side Kick
Twimyo Yop Chagi

High Section, Inward Reverse Knifehand Strike
Nopunde, Anaero Sonkal Dung Taerigi

Middle Section, Back Piercing Kick
Kaunde, Dwit Chagi

Jump and turn 360 degrees, landing in a left L Stance, Knifehand Guarding Block.

Sitting Stance, Inward Outer Forearm Block
Annun Sogi, Anaero Bakat Palmok Makgi

Sitting Stance, High Backfist Strike
Annun Sogi, Nopunde Dung Joomuk Taerigi

L Stance, Middle Section Knifehand X Block
Niunja Sogi, Kaunde Sonkal Kyotcha Makgi

Walking Stance, Twin Palm Heel Upward Block
Gunnun Sogi, Sang Sonbadal Ollyo Makgi

This ends the theory section of the requirements up to black belt. It is sufficient to say that your knowledge should be comprehensive at this stage. Your method of answering the theory questions should be sharp as your practical Tae Kwon-Do

THEORY OF POWER - (Him Ui Woll)

The beginning student may ask; "Where does one obtain the power to create the devastating results attributed to Taekwon-Do?" This power is attributed to the utilization of a person's full potential through the mathematical application of Taekwon-Do techniques. The average person uses only 10 to 20 percent of his potential. Anyone, regardless of size, age, or sex who can condition himself to use 100 percent of his potential can also perform the same destructive techniques.

Though training will certainly result in a superb level of physical fitness, it will not necessarily result in the acquisition of extraordinary stamina or superhuman strength. More important, Taekwon-Do training will result in obtaining a high level of reaction force, concentration, equilibrium, breath control and speed; these are the factors that will result in a high degree of physical power.

REACTION FORCE (Bandong Ryok)

According to Newton's Law, every force has an equal and opposite force. When an automobile crashes into a wall with the force of 2,000 pounds, the wall will return a force of 2,000 pounds; or forcing the end of the seesaw down with a ton of weight will provide an upward force of the same weight; if your opponent is rushing towards you at a high speed, by the slightest blow at his head, the force with which you strike his head would be that of his own onslaught plus that of your blow.

The two forces combined; his, which is large, and yours, which is small is quite impressive. Another reaction force is your own. A punch with the right fist is aided by pulling back the left fist to the hip.

CONCENTRATION (Jip Joong)

By applying the impact force onto the smallest target area, it will concentrate the force and therefore, increase its effect. For example, the force of water coming out of a water hose is greater if the orifice is smaller. Conversely, the weight of a man spread out on snow shoes makes hardly any impression on the snow. The blows in Taekwon-Do are often concentrated onto the edge of the open palm or to the crook of the fingers.

It is very important that you should not unleash all your strength at the beginning but gradually, and particularly at the point of contact with your opponent's body, the force must be so concentrated as to give a knock-out blow. That is to say, the shorter the time for the concentration, the greater will be the power of the blow. The utmost concentration is required in order to mobilize every muscle of the body onto the smallest target area simultaneously.

In conclusion, concentration is done in two ways: one is to concentrate every muscle of the body, particularly the bigger muscles around the hip and abdomen (which theoretically are slower than the smaller muscles of other parts of the body) towards the appropriate tool to be used at the proper time; the second way is to concentrate such mobilized muscles onto the opponent's vital spot. This is the reason why the hip and abdomen are jerked slightly before the hands and feet in any action, whether it be attack or defence. Remember, jerking can be executed in two ways: laterally and vertically.

EQUILIBRIUM (Kyun Hyung)

Balance is of utmost importance in any type of athletics. In Taekwon-Do, it deserves special consideration. By keeping the body always in equilibrium, that is, well balanced, a blow is more effective and deadly. Conversely, the unbalanced one is easily toppled. The stance should always be stable yet flexible, for both offensive and defensive movements.

Equilibrium is classified into both dynamic and static stability. They are so closely inter-related that the maximum force can only be produced when the static stability is maintained through dynamic stability.

To maintain good equilibrium, the centre of gravity of the stance must fall on a straight line midway between both legs when the body weight is distributed equally on both legs, or in the centre of the foot if it is necessary to concentrate the bulk of body weight on one foot. The centre of gravity can be adjusted according to body weight. Flexibility and knee spring are also important in maintaining balance for both a quick attack and instant recovery. One additional point; the heel of the rear foot should never be off the ground at the point of impact. This is not only necessary for good balance but also to produce maximum power at the point of impact.

BREATH CONTROL (Hohup Jojul)

Controlled breathing not only affects one's stamina and speed but can also condition a body to receive a blow and augment the power of a blow directed against an opponent. Through practice, breath stopped in the state of exhaling at the critical moment when a blow is landed against a pressure point on the body can prevent a loss of consciousness and stifle pain. A sharp exhaling of breath at the moment of impact and stopping the breath during the execution of a movement tense the abdomen to concentrate maximum effort on the delivery of the motion, while a slow inhaling helps the preparation of the next movement. An important rule to remember; Never inhale while focusing a block or blow against an opponent. Not only will this impede movement but it will also result in a loss of power.

Students should also practice disguised breathing to conceal any outward signs of fatigue. An experienced fighter will certainly press an attack when he realizes his opponent is on the point of exhaustion. One breath is required for one movement with the exception of a continuous motion.

MASS (Zilyang)

Mathematically, the maximum kinetic energy or force is obtained from maximum body weight and speed and it is all important that the body weight be increased during the execution of a blow. No doubt the maximum body weight is applied with the motion of turning the hip. The large abdominal muscles are twisted to provide additional body momentum. Thus the hip rotates in the same direction as that of the attacking or blocking tool as in figure F. Another way of increasing body weight is the utilization of a springing action of the knee joint. This is achieved by slightly raising the hip at the beginning of the motion and lowering the hip at the moment of impact to drop the body weight into the motion.

In summarizing, it is necessary to point out that the principles of force outlined here hold just as true today in our modern scientific and nuclear age as they did centuries ago.

I am sure that when you go through this art, both in theory and in practice, you will find that the scientific basis of the motions and the real power which comes out a small human body cannot fail to impress you.

SPEED (Sokdo)

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

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

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

TRAINING SECRETS OF TAEKWON-DO

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

Students should keep in mind the following secrets:

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

NOTES:

As this is the last grading before Black Belt, the grading examiner will be looking to confirm the following points:

1. That you know all your previously learned Tae Kwon-Do skills to a level acceptable for Black Belt
2. That you can handle a grading with the format and momentum of a black belt grading.
3. That you know your theory, including the deeper aspects of Tae Kwon-Do and yourself.
4. That your mental attitude is on the same wavelength as is expected for black belt.
5. You know and demonstrate the five tenets of Tae Kwon-Do.

1st Degree Black Belt Onwards

BLACK BELT PATTERNS

Kwang-Gae (39 movements)

Kwang-Gae is picked after the famous Gwang-Gae-T'-Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram (I) represents the expansion and recovery of the lost territory. The 39 movements refer to his reign of 39 years.

Po-Eun (36 movements)

Po-Eun is the pseudonym of a loyal subject Chong Mong-Chu (1400AD) who was a famous poet and whose poem "I would not serve a second master though I might be crucified a hundred times" is known to every Korean. He was also pioneer in the field of physics. The diagram (--) represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.

Ge-Baek (44 movements)

Ge-Baek is named after Ge-Baek, a great general in the Baek Je Dynasty (660AD) the diagram (I) represents his severe and strict military discipline.

Eui-Am (45 movements)

Eui-Am is the pseudonym of Son Byong Hi, leader of the Korean independence movement on 1st March 1919. The 45 movements relate to his age when he changed the name of Dong Hak (Oriental Culture) to Chondo Kyo (Heavenly Way Religion) in 1905. The diagram (I) represents his indomitable spirit displayed when dedicating himself to the prosperity of his nation.

Choong-Jang (52 movements)

Choong-Jang is the pseudonym given to General Kim Duk Ryang who lived during the Yi Dynasty, 15th Century. This pattern ends with a left hand attack to symbolise the tragedy of his death at 27 in prison before he was able to reach full maturity.

Juche (45 movements)

Juche is the philosophical idea that man is the master of everything and therefore decides and determines his destiny. It is said that this idea was rooted on the Baekdu Mountain that symbolises the spirit of the Korean people. The diagram represents the Baekdu Mountain.

Sam-Il (33 movements)

Sam-Il denotes the historical date of the independence movement of Korea, which began throughout the country on 1st March 1919. The 33 movements in this pattern stand for the 33 patriots who planned the movement.

Yoo-Sin (68 movements)

Yoo-Sin is named after General Kim Yoo-Sin, commanding general during the Silla Dynasty, who unified the three separate kingdoms of Korea. The 68 movements refer to the last two figures of 668 AD, the year Korea was unified.

Choi-Yong (46 movements)

Choi-Yong is named after General Choi-Young, Premier and Commander-in-Chief of the Armed Forces during the 14th Century Koryo Dynasty. Choi-Yong was greatly respected for his loyalty, patriotism, and humility. He was executed by his subordinate commanders, headed by General Yi Sung Gae, who later became the first king of the Yi Dynasty.

Yon-Ge (49 movements)

Yon-Ge is named after a famous general during the Koguryo Dynasty, Yon Gae Somun. The 49 movements refer to the last two figures of 649 AD, the year he forced the Dang Dynasty to quit Korea after destroying nearly 300,000 Chinese troops at Ansi Sung.

Ul-Ji (42 movements)

Ul-Ji is named after General Ul-Ji Mun Duk who successfully defended Korea against a Chinese invasion force of nearly 1,000,000 soldiers led by Yang Je in 612 AD. Ul-Ji employing hit and run guerrilla tactics was able to decimate a large percentage of the force. The diagram (Z) represents his surname. The 42 movements represent the author's age when he designed the pattern.

Moon-Moo (61 movements)

Moon-Moo honours the 30th king of the Silla Dynasty. His body was buried near Dae Wang Am (Great Kings Rock). According to his will, the body was placed in the sea "Where my soul shall forever defend my land against the Japanese". It is said that the Sok Gul Am (Stone Cave) was built to guard his tomb. The Sok Gul Am is fine example of the culture of the Silla Dynasty. The 61 movements in this pattern symbolise the last two figures of 661 AD when Moon-Moo came to the throne.

So-San (72 movements)

So-San is the pseudonym of the great monk Choi Hyung Ung, 1520 AD – 1604 AD, during the Yi Dynasty. The 72 movements refer to age when he organised a corps of monk soldiers with the assistance of his pupil Samung Dang. The monk soldiers helped repulse the Japanese pirates who overran most of the Korean peninsula in 1592 AD.

Se-Jong (24 movements)

Se-Jong is named after the greatest Korean king, Se-Jong who invented the Korean alphabet in 1443 AD, and was also a noted meteorologist. The diagram (I) represents king, while the 24 movements refer to the 24 letters of the Korean alphabet.

Tong-Il (56 movements)

Tong-Il denotes the resolution of the unification of Korea, which has been divided since 1945. The diagram (I) symbolises the homogenous race.

Knife Defence Techniques

The opponent is stepping forward right leg, with knife in right hand. The defender is in parallel ready stance.

Downward Strike

1. Step forward with left foot, side on to opponent, executing a right handed rising block to opponent's attacking forearm. Bring left arm behind opponent's attacking arm to form a figure 4 arm lock, whilst walking forward with left e.g. Force opponent to the floor and execute knee to rib cage.

Or

2. Step forward, stepping to side with left foot. Grip opponent's attacking wrist with your right hand and twist. Bring the hand clockwise towards the opponent's back. Execute front kick to the opponent's body.

Middle Section Thrust

3. Execute right inner crescent kick to opponent's wrist / arm. Pivot and turn your body, whilst at the same time executing a back kick with left leg to opponent's middle section.

Or

4. Step forward with left foot and grip opponent's wrist with right hand. Sliding in, execute left elbow to opponent's ribs / face.

Or

5. Step forward with left foot and grip opponent's wrist with your right hand. Grip their arm with your left hand and bring down hard against the top of your right knee.

Slashing Middle Section

6. As weapon passes from opponent's right to left, simultaneously step back into right L-stance and using your left leg execute two low side kicks to opponent's legs.

COLOUR BELT PATTERNS

Chon Ji (19 movements)

Chon Ji means literally the “Heaven and Earth”. It is, in the Orient interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern is played by the beginner. This pattern consists of two similar parts, one to represent the Heaven, the other Earth.

Dan Gun (21 movements)

Dan Gun is named after the holy Dan Gun, the legendary founder of Korea in the year 2333 BC.

Do San (24 movements)

Do San is the pseudonym of the patriot Ahn Ch’ang Ho (1876 – 1938). The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.

Won Hyo (28 movements)

Won Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD.

Yul Gok (38 movements)

Yul Gok is the pseudonym of the great philosopher and scholar Yi I (1536 – 1584) nicknamed the “Confucius of Korea”. The 38 movements of this pattern refer to his birthplace on the 38 degrees latitude and the diagram represents “scholar”.

Joong Gun (32 movements)

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 of the Korea-Japan merger. There are 32 movements in this pattern to represent Mr An’s age when he was executed in Lui-Shung prison in 1910.

Toi Gye (37 movements)

Toi Gye is the pen name of the noted scholar Yi Hwang (16th Century), an authority on neo-Confucianism. The 37 movements of this pattern refer to his birthplace on the 37th degree latitude, the diagram represents “scholar”.

Hwa Rang (29 movements)

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.

Choong Moo (30 movements)

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 this pattern ends with a left hand attack is to symbolise his regrettable death, having no chance to show his unrestrained potentiality, checked by the forced reservation of his loyalty to the King.

BELT COLOUR

White Belt signifies innocence as that of a beginner student who has no previous knowledge of Tae Kwon-Do.

Yellow Belt signifies the earth from which a plant sprouts and takes root as the Tae Kwon-Do foundation is being laid.

Green Belt signifies the plant's growth as the skills in Tae Kwon-Do begin to develop.

Blue Belt signifies the heaven towards which the plant matures into a towering tree as the training in Tae Kwon-Do progresses.

Red Belt signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

Black Belt is the opposite of white. Therefore signifying the maturity and proficiency in Tae Kwon-Do. It also indicates the wearer's imperviousness to darkness and fear.

STANCES

Attention Stance
Parallel Ready Stance
Walking Stance
Sitting Stance
L. Stance
Close Ready Stance A,B,C.
Bending Ready Stance A,B.
Fixed Stance
X. Stance
Low Stance
Rear Foot Stance
Vertical Stance
One Legged Stance
Diagonal Stance
Crouched Stance
Open Ready Stance
Outer Open Ready Stance

Chariot Sogi
Nirani Junbi Sogi
Gunnun Sogi
Annun Sogi
Niunja Sogi
Moa Junbi Sogi
Gubyro Sogi
Gojung Sogi
Kyocho Sogi
Nacho Sogi
Dwit Bal Sogi
Soojik Sogi
Weabal Sogi
Sason Sogi
Ogryo Sogi
Palja Junbi Sogi
Bakat Palja Sogi

BLOCKS

Inner Forearm Block
Outer Forearm Block
Rising Block
Forearm Guarding Block
Twin Forearm Block
High Block
Middle Block
Low Block
Inward Block
Outward Block
Wedging Block
Rising Knifehand Block
Double Forearm Block
Inside Block
Outside Block
Waist Block
Twin Straight Forearm Block
Twin Knifehand Block
Front Block
Side Block
Hooking Block
Pressing Block
Downward Block
X-Knifehand Block
X-Fist Block
Knifehand Guarding Block
Upward Block

An Palmok Makgi
Bakat Palmok Makgi
Chookyo Makgi
Palmok Daebi Makgi
Sang Palmok Makgi
Nopunde Makgi
Kaunde Makgi
Najunde Makgi
Anaero Makgi
Bakaero Makgi
Hechyo Makgi
Sonkal Chookyo Makgi
Doo Palmok Makgi
An Makgi
Dollimyo Makgi
Hiro Makgi
Sang Sun Palmok Makgi
Sang Sonkal Makgi
Ap Makgi
Yop Block
Golcho Makgi
Noolo Makgi
Naeryo Makgi
Kyocha Sonkal Makgi
Kyocha Makgi
Sonkal Daebi Makgi
Ollyo Makgi

Pushing Block
 'W' Shaped Block
 'U' Shaped Block
 Scooping Block
 Double Archand Block
 '9' Shaped Block
 Archand Block
 Checking Block
 Grasping Block
 Twin Palm Pressing Block
 Sweeping Block
 Straight Forearm Block
 Reverse Knifehand Block
 Low Reverse Block
 Punching Block

Miro Makgi
 San Makgi
 Degutja Makgi
 Duro Makgi
 Doo Bandalson Makgi
 Gutja Makgi
 Bandalson Makgi
 Momcha Makgi
 Butjaba Makgi
 Sang Palmok Noolo Makgi
 Hullyo Makgi
 Sun Palmok Makgi
 Sonkal Dung Makgi
 Najunde Daebi Makgi
 Naeryo Jirugi Makgi

HAND TECHNIQUES

Obverse Punch
 Reverse Punch
 Double Punch
 Knifehand Side Strike
 Reverse Knifehand Strike
 Backfist Strike
 Elbow Strike
 Straight Fingertip Thrust
 Release from Grab
 Flat Fingertip Thrust
 Arc Hand Strike
 Palm Heel Strike
 Knifehand Inward Strike
 Side Punch
 Twin Vertical Punch
 Twin Upset Punch
 Bare Hand Strike
 Side Fist
 Front Elbow Strike
 Upper Elbow Strike
 Turning Punch
 Angle Punch

Baro Jirugi
 Bandae Jirugi
 Doo Jirugi
 Sonkal Yop Taerigi
 Sonkal Dung Taerigi
 Dung Joomuk Taerigi
 Palkup Taerigi
 Sun Sonkut Tulgi
 Jappyo Sulta
 Opun Sonkut Tulgi
 Bandalson Taerigi
 San Badak Taerigi
 Sonkal Anaero Taerigi
 Yop Jirugi
 Sang Sewo Jirugi
 Sang Dwijibo Jirugi
 Gomson Taerigi
 Yop Joomuk
 Ap Palkup Taerigi
 Wi Palkup Taerigi
 Dollyo Jirugi
 Giokja Jirugi

KICKS

Front Snap Kick
 Back Piercing Kick
 Side Kick
 Turning Kick
 Reverse Turning Kick
 Downward / Axe Kick
 Instep Kick

Ap Cha Busigi
 Dwit Chagi
 Yop Chagi
 Dollyo Chagi
 Bandae Dollyo Chagi
 Naeryo Chagi
 Baldung Ch

Hooking Kick
Reverse Hooking Kick
Knee Kick
Crescent Kick
Jumping Kick
Jumping Front Kick
Jumping Reverse Turning Kick
Jumping Turning Kick
Jumping Side Kick
Jumping Reverse Hooking Kick
Jumping Back Piercing Kick
Jumping Side Piercing Kick
Jumping Side Thrusting Kick
Jumping High Kick
Jumping Twisting Kick
Stamping Kick
Twisting Kick
Sweeping Kick
Side Thrusting Kick
Side Punching Kick
Pressing Kick
Inward Kick
Outward Kick
Consecutive Kick
Vertical Kick
Front Rising Kick
Side Rising Kick
Pushing Kick
Waving Kick
Side Checking Kick
Front Checking Kick
Treble Kick
Grasping Kick
Mid Air Kick
Overhead Kick
Punching Kick

Golcho Chagi
Bandaе Golcho Chagi
Moorup Chagi
Bandal Chagi
Twimyo Chagi
Twimyo Ap Chagi
Twimyo Bandaе Dollyo Chagi
Twimyo Dollyo Chagi
Twimyo Yop Chagi
Twimyo Bandaе Golcho Chagi
Twimyo Dwit Chagi
Twimyo Yop Cha Kirugi
Twimyo Yop Cha Tulgi
Twimyo Nopunde Chagi
Twimyo Bituro Chagi
Cha Bapgi
Bituro Chagi
Goro Chagi
Yop Cha Tulgi
Yop Cha Mulgi
Noolo Chagi
Naeryo Chagi
Bakaero Chagi
Yonsok Chagi
Sewo Chagi
Ap Cha Olligi
Yop Cha Olligi
Cha Mulgi
Doro Chagi
Yop Cha Mum Chagi
Ap Cha Mum Chagi
Samjung Chagi
Japgo Chagi
Twio Dolmyo Chagi
Twio Nomo Chagi
Jirugi Chagi

Parts of the Hand (palm facing upwards)

Fingertips / Sonkut
Arc Hand / Bandalson
Knifehand / Sonkal
Palm Heel / San Badak

Parts of the Hand (palm facing downwards)

Forefist / Ap Joomuk
Reverse Knifehand / Sonkal Dung (Thumb tucked into palm)

Parts of the Foot

Instep / Baldung
Foot Sword / Balkal
Back Heel / Dwitchhook
Ball of Foot / Ap Kumchi
Side Instep / Yop Baldung
Back Sole / Dwit Kumchi

Syllabus

Grade up to 9th kup (Yellow Ends)

Sitting stance, 10 single punches
10 front rising kicks
10 press-ups
Sajo Jirugi
Walking stance, middle section punch
Walking stance, middle section inner forearm block
Walking stance, middle section inner forearm block, reverse punch
Theory

Grade up to 8th kup (Yellow Belt)

Chon-Ji
Sitting stance, double punch
20 press-ups
Three step sparring
Front snap kick, double punch
Walking stance, middle section inner forearm block, reverse punch
Walking stance, low section outer forearm block, rising block
Theory

Grade up to 7th kup (Green Ends)

Dan Gun + other patterns at examiners discretion
Three step sparring
Basic movements at examiners discretion
Twin forearm block
Knifehand guarding block
Theory

Grade up to 6th kup (Green Belt)

Do San + other patterns at examiners discretion
Three step sparring
Three step semi free sparring
Basic blocks at examiners discretion
Basic kicks at examiners discretion
Theory

Grade up to 5th kup (Blue Ends)

Won Hyo + other patterns at examiners discretion
Two step sparring
Three step semi free sparring
Free sparring
Measure kicks for destruction

Theory

Grade up to 4th kup (Blue Belt)

Yul Gok + other patterns at examiners discretion
Two step sparring
Three step semi free sparring
Free sparring
Combinations at examiners discretion
Theory

Grade up to 3rd kup (Red Ends)

Joong Gun + other patterns at examiners discretion
Combinations at examiners discretion
One step sparring
Free sparring
Destruction: Hand / Foot
Theory

Grade up to 2nd kup (Red Belt)

Toi Gye + other patterns at examiners discretion
Combinations at examiners discretion
Set sparring at examiners discretion
Free sparring
Destruction: Hand / Foot
Theory

Grade up to 1st kup (Red Belt)

Hwa Rang + other pattern at examiners discretion
Combinations of previous gradings
Theory

Grade up to 1st degree (Black Ends)

Choong Moo + other patterns at examiners discretion
Combinations of previous gradings
Theory

