

# Boulder Taekwon Do



## Testing Handbook

6/30/2013

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## **General Information**

### ***Introduction***

This handbook provides guidelines for the minimum requirements for each rank. These guidelines may be modified in part or in whole by the instructor as may be appropriate for any individual student, to accommodate certain physical deficits, to adjust for age, or just based on personal preference of the instructor (Thus the term “guideline”).

These guidelines are designed to provide a set of minimum physical requirements for each rank. The starting point for these requirements is the new techniques to be learned by the student for the new patterns required at each rank.

### ***Instructors Notes***

#### **Breaking**

Breaking provides excellent feedback to a student in terms of power, focus, trajectory, and striking tool, hand and foot position, and it builds confidence and belief in one’s techniques.

Note that no specific number of boards, bricks, sticks, 2x4s, re-breakables, or other breaking material are specified for the breaking techniques required at each rank. Padding is also not specified but may make sense for certain specific breaks and/or for students with bone structure that may not survive a given break fully intact. It is left up to the student to prepare carefully and safely for each break, slowly building up the amount of breaking material attempted as the student’s skill increases.

It should also be recognized that students vary enormously in body type and in the amount of risk they are willing to assume in their training. Proper high density padding placed in front of the breaking materials, for certain breaks, can greatly reduce the potential danger associated with performing the break without reducing the requirement for excellent technique. In addition, performing a padded break may require even greater power and focus than the same target in un-padded form.

# Requirements for 9<sup>th</sup> Grade (Gu Gup) High White Belt

## Knowledge

### History

Taekwon Do is a hard style martial art that originated in Korea. The father of Taekwon Do, General Choi Hong Hi, had a black belt in Taek Kyon and Karate, thus Taekwon Do is often referred to as Korean Karate. General Choi developed Taekwon Do to be “the scientific use of the body in the method of self defense; a body that has gained the ultimate use of its facilities through intensive physical and mental training.<sup>1</sup>”

The literal meaning of Taekwon Do breaks down into: ‘Tae’ means jumping or flying, to kick or smash with the foot; ‘Kwon’ refers to the fist, to punch or destroy with the hand or fist, and ‘Do’ means the art, or way. General Choi named his new art Taekwon Do in 1955, making Taekwon Do one of the newest martial arts in existence today.

### Philosophy

Taekwon Do has five tenets and a student oath consisting of five parts.

Tenets: courtesy, integrity, perseverance, self control, and indomitable spirit.  
( in Korean, respectively : ye-ui, yom-chi, in-nae, guk-gi, baek-jul bool-gool )

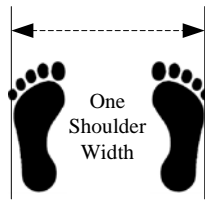
Student oath is:

- I shall observe the tenets of Taekwon-Do.
- I shall respect the instructor and seniors.
- I shall never misuse Taekwon-Do.
- I shall be a champion of freedom and justice.
- I shall build a more peaceful world.<sup>2</sup>

## Stances

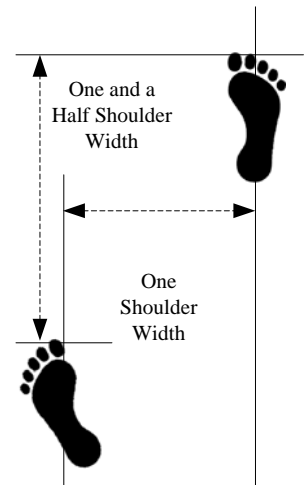
### Parallel Ready Stance:

Fists 5 cm apart, 7 cm from abdomen. Elbows 10 cm from ribs.



### Walking Stance:

Front of the knee cap lines up vertically with the back of the heel. Rear knee locked straight. The front foot points straight forward and the rear foot can be turned out up to 25 degrees. The stance is named for the front foot. A right walking stance is shown here.



## **Techniques**

### Hand Attacks

- Forefist strike (Punch)
- High back fist strike (Back fist strike reaches eye level)
- Outward knife hand strike

### Kicks

- Front kick (lead leg, rear leg, stepping)
- Side kick (lead leg, rear leg, stepping)
- Flying front kick
- Combination kicking
- Consecutive kicking

### Blocks

- Low block with the outer forearm
- Low block with the knife hand
- Rising block with the outer forearm
- Side block with the knife hand

### Hosin Sul

- Elbow-to-Elbow Release
  - From straight across grab to the wrist
  - Pointing releases from straight across grab and cross grab to the wrist
  - Double wrist grab from behind
  - Double grab to the wrists
- Arc Hand Release
  - From below against a straight grab to the wrist
  - From the side against a straight grab to the wrist
  - From a cross grab to the wrist
  - From below against a double grab to both wrists

### Exercises

- 3-Step sparring (Ten, or more, step sparring)
- First fighting sequence
- Four Direction Punch (Saju Jirugi)

### Patterns

- None Required

### **Breaks**

- None required

# Requirements for 8<sup>th</sup> Grade (Pal Gup) Yellow Belt

## Knowledge

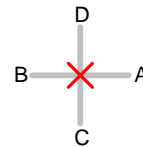
### History

Pattern: Chon-Ji

Pattern history: Chon-Ji means literally “the Heaven the Earth.” It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts; one to represent the Heaven and the other the Earth.<sup>3</sup>

Pattern diagram: The pattern begins on X facing D.

Pattern number of moves: 19



### Rank

There are 10 colored belt ranks, or grades, and 9 black belt ranks, or degrees. From lowest to highest these ranks are:

Grade (gup)	Belt		Degree (dan)	Class
10 <sup>th</sup>	White		1 <sup>st</sup>	Novice
9 <sup>th</sup>	White with Yellow Stripe		2 <sup>nd</sup>	Novice
8 <sup>th</sup>	Yellow		3 <sup>rd</sup>	Novice
7 <sup>th</sup>	Yellow with Green Stripe		4 <sup>th</sup>	Expert
6 <sup>th</sup>	Green		5 <sup>th</sup>	Expert
5 <sup>th</sup>	Green with Blue Stripe		6 <sup>th</sup>	Expert
4 <sup>th</sup>	Blue		7 <sup>th</sup>	Master
3 <sup>rd</sup>	Blue with Red Stripe		8 <sup>th</sup>	Master
2 <sup>nd</sup>	Red		9 <sup>th</sup>	Grand Master
1 <sup>st</sup>	Red with Black Stripe			

### Meaning of the belt colors

White-Signifies innocence as that of a beginning student who has no previous knowledge of Taekwon-do.

Yellow-Signifies the earth from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.

Green-signifies the plant’s growth as the Taekwon-Do skill begins to develop.

Blue-Signifies the heaven, towards which the plant matures into a towering tree as training in Taekwon-Do progresses.

Red-Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

Black-Opposite of white, therefore, signifying the maturity and proficiency in Taekwon-Do. It also indicates the wearer’s imperviousness to darkness and fear.

## Stances

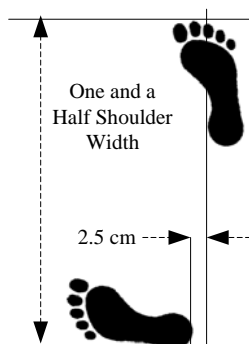
### Attention Stance (charyot sogi)

Feet make a 45 degree angle with the heels touching each other.

Fists lightly clenched and naturally at the sides with the elbows very slightly bent.

Bowing is typically performed from Attention Stance. A bow is done by bending about 15 degrees at the waist keeping the hands at the sides and the head aligned with the body. If one is bowing to a senior it is, generally, good etiquette to divert the eyes while bowing and to hold the bow slightly longer than the senior.

### L-Stance



### L-Stance

The toes of both feet point inward about 15 degrees. The back of the rear knee lines up vertically with the rear foot sword. 70 percent of the weight is supported by the rear foot. The stance is named for the rear foot. A left L stance is shown here.

## Techniques

### Hand Attacks

Side strike with the front elbow

Downward strike with the knife hand

### Kicks

Crescent kick (lead leg, rear leg, stepping)

Double kicking

### Blocks

Inner forearm block

## Hosin Sul

Praying monk

From a cross grab to the wrist

Elbow-to-Elbow and Praying Monk Release

From a double grab to one wrist

Forward Rolls

Right and left (With and **without** mats)

Fighting from the ground

Why you do not try to stand up if you get knocked down

How to position yourself on the ground

How to keep your feet between you and the attacker

Vulnerable targets on the opponent and how to attack them

When do you try to stand up how do you do it

## Exercises

3-Step sparring

Second fighting sequence

Four Direction Block (Saju Makgi)

## Patterns

Chon Ji

## Breaks

Side strike with the front elbow

## Sparring

Single opponent - no-contact



# Requirements for 7<sup>th</sup> Grade (Chil Gup) High Yellow Belt

## Knowledge

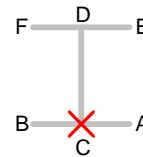
### History

Pattern: Dan-Gun

Pattern history: Dan- Gun is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 B.C.

Pattern diagram: The pattern begins on X facing D.

Pattern number of moves: 21



### Philosophy

A martial artist might strive to:

Accept where you are.

Enjoy the journey.

Never be satisfied.<sup>4</sup>

### Pattern Speed or Motion

Continuous motion: Two or more techniques can be performed in a continuous motion. Continuous motion techniques are performed with a full breath on each motion but, unlike a regular motion technique, continuous motion techniques does not stop between the techniques.

### Anatomy

A basic understanding of the human body is required in the martial arts. This begins with a basic understanding of the skeleton. The major bones are labeled and shown in Appendix A.

## Techniques

### Hand Attacks

High Punch (Forefist reaches eye level)

### Kicks

Side Turning Kick (Ball of foot, instep, knee)

Back Kick

Skip Kicks

### Blocks

Middle Guarding Block with the Knife Hand (Fingertip reaches shoulder level)

Twin (outer) Forearm Block

## Hosin Sul

- Headlock release to a hammer lock
- Headlock from the side
- Hammer lock release (escape)
- Diving forward roll release
- Back rolls (With and **without** mats)
- Right and left side break falls (With mats)
  - From a squatting position with one leg out straight
  - From a wrestling start elbow hook throw

## Exercises

- 3-Step sparring
- Third fighting sequence

## **Patterns**

- Dan Gun

## **Breaks**

- Side kick
- Downward strike with the knife hand

## **Sparring**

- Single opponent - no-contact

# Requirements for 6<sup>th</sup> Grade (Yuk Gup) Green Belt

## Knowledge

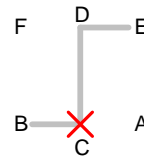
### History

Pattern: Do-San

Pattern history: 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.

Pattern diagram: The pattern begins on X facing D.

Pattern number of moves: 24



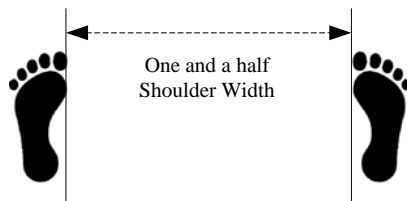
### Philosophy

General Choi stated a student should practice Courtesy for reasons that included building a “noble character.” He listed nine elements of courtesy that the student should practice.

- 1) To promote the spirit of mutual concessions
- 2) To be ashamed of one's vices, contempting those of others
- 3) To be polite to one another
- 4) To encourage the sense of justice and humanity
- 5) To distinguish instructor from student, senior from junior, and elder from younger
- 6) To behave oneself according to etiquette
- 7) To respect others' possessions
- 8) To handle matters with fairness and sincerity
- 9) To refrain from giving or accepting a gift when in doubt<sup>5</sup>

## Stances

Sitting Stance:



## Pattern Speed or Motion

Fast motion: Two or more techniques can be performed in a fast motion. Fast motion techniques are performed with a full breath on each motion but the pause between performing the techniques is as short as possible without performing the techniques as a continuous motion.

## Techniques

Hand Attacks

Thrust with straight fingertip

## Kicks

- Middle front snap kick (ball of foot reaches solar plexus height)
- Middle side front snap kick

## Blocks

- Outer forearm block
- Wedging block with the outer forearm

## Turning

- Spot turning (with the front foot or the rear foot)

## Hosin Sul

### Thumb Side Handle

- From a straight across grab to the wrist
- From a cross grab to the wrist
- From a double grab to one wrist
- From a straight grab to both wrists
- From a straight punch
- From a side strike with the knife hand
- From a one or two handed choke from the front
- Break fall to the front
- Dolphin roll (With and **without** mats)

## Exercises

- Fighting Sequences
- 3-Step sparring

## Patterns

- Do San

## **Sparring**

- Single opponent - full pads, light contact

## **Breaks**

- Front Kick
- Side strike with knife hand (outward)

# Requirements for 5<sup>th</sup> Grade (O Gup) High Green Belt

## Knowledge

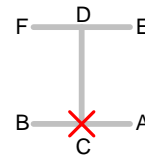
### History

Pattern: Won-Hyo

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

Pattern diagram: The pattern begins on X facing D.

Pattern number of moves: 28



### Philosophy

Patterns:

“The beauty of kata [patterns] as a training method is that, in the beginning stages a kata forces you to turn your mind inward. This is quite different from most western sports, where the focus is on some external goal: hit the ball, jump over the bar, run faster than the man in the next lane, and so forth. A kata is different; it has no goal of winning. Even if it is done with a partner, the outcome is fixed. Its only aim is the perfection of the form. Each move is performed according to seitei and it must be perfect.”

“As you practice a kata your instructor will constantly point out mistakes in postures or execution. This forces you constantly to think about yourself. The result is a rapid increase in your kinesthetic sense—you become aware of what each muscle in your body is doing. This awareness, in turn, will result in a corresponding increase in your overall physical and mental coordination<sup>6</sup>.”

The student’s (jeja) responsibility in the Student/Instructor Relationship:

1. Never tire of learning. A good student can learn anywhere, any time. This is the secret to knowledge.
2. A good student must be willing to sacrifice for his art and instructor. Many students feel their training is a commodity bought by monthly dues and are unwilling to take part in demonstrations, teaching and working around the do jang. An instructor can afford to lose this type of student.
3. Always set a good example for lowering ranking students. It is only natural they will attempt to emulate senior students.
4. Always be loyal and never criticize the instructor, Taekwon-Do or the teaching methods.
5. If an instructor teaches a technique, practice it and attempt to utilize it.
6. Remember that a student’s conduct outside of the do jang reflects on the art and instructor.

7. If a student adopts a technique from another do jang and the instructor disapproves of it the student must discard it immediately or train at the gym where the technique was learned.
8. Never be disrespectful of the instructor. Though a student may disagree with the instructor, the student must first follow instruction and then discuss the matter later.
9. A student must always be eager to learn and ask questions.
10. Never betray the instructor<sup>7</sup>.

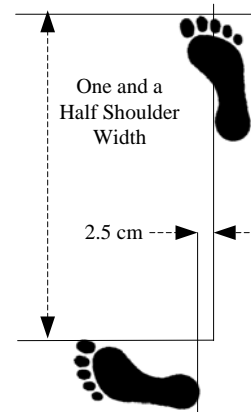
## Stances

### Closed Ready Stance A

Distance from philtrum to fists is about 30 cm  
Fists come up to the level of the philtrum  
Arms make a 90 degree angle. Feet are together.

### Fixed Stance

Weight distribution is equal on both feet.  
The stance is named for the front foot  
therefore the stance shown in the  
associated foot drawing is a right fixed  
stance.



## Bending Ready Stance type A

This stance is commonly performed in combination with a guarding block with the forearm. It is a one legged stance and the stance takes the name of the leg bearing the weight. That is, if one is standing on the right foot, then it is a right bending ready stance type A. The non supporting foot is brought to the knee of the supporting leg.

## Techniques

### Hand Attacks

Inward strike with the knife hand. Bring the side fist of the non striking hand to the opposite shoulder.

### Kicks

Middle side kick with high punch

Low front snap kick

Hook kick (Lead leg, rear leg)

Twisting kick

Flying side kick (Jump right kick left)

Flying turning kick (Jump right kick right)

### Blocks

Circular block

Guarding block with the forearm

### Hosin Sul

#### Knife Edge Handle

From a straight across grab to the wrist

From a cross grab to the wrist

From a straight grab to both wrists

From a collar grab

From a one or two handed choke from the front

From a single handed grab to the hair from the front

From a belt grab

### Exercises

Fighting Sequences

2-Step Sparring

### Patterns

Won-Hyo

**Sparring**

Single opponent - full pads, light contact

**Breaks**

L-stance reverse punch

Back kick

Turning kick



# Requirements for 4<sup>th</sup> Grade (Sa Gup) Blue Belt

## Knowledge

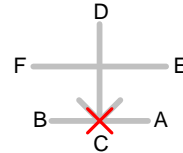
### History

Pattern: Yul-Gok

Pattern History: Yul-Gok is the pseudonym of the great philosopher and teacher Yi I (1536 to 1584) nicknamed the “Confucius of Korea”. The 38 movements of this pattern refer to his birthplace on the 38th latitude and the diagram represents Scholar.

Pattern diagram: The pattern begins on X facing D.

Pattern number of moves: 38



### Philosophy

A dojo [training studio] is a miniature cosmos where we make contact with ourselves-our fears, anxieties, reactions, and habits. It is an arena of confined conflict where we confront an opponent who is not an opponent but rather a partner engaged in helping us understand ourselves more fully. It is a place where we can learn a great deal in a short time about who we are and how we react in the world. The conflicts that take place inside the dojo help us handle conflicts that take place outside. The total concentration and discipline required to study martial arts carries over to daily life. The activity in the dojo calls on us to constantly attempt new things, so it is also a source of learning-in Zen terminology, a source of self enlightenment.<sup>8</sup>

## Stances

### X-stance

Both feet point in the same direction. The stance is named for the foot that is flat on the floor. The stance shown in the associated foot drawing is a right X-stance.



## Technique

Connecting motion: Two techniques can be performed in a connecting motion. connecting motion techniques are performed in a single breath. Unlike a regular motion technique, connecting motion techniques does not stop between the techniques and the two techniques are performed in a single down-up-down motion of the body.

## **Techniques**

### Hand Attacks

### Kicks

- Side pushing kick
- Side thrusting kick
- Knee up side kick
- Downward kick (Inward and outward)
- Vertical kick (foot-sword and reverse foot-sword )
- 180 Back kick

### Blocks

- Twin knife hand block (Blocking tool of lead hand knife hand comes to shoulder level)
- Palm hooking block
- Double forearm block

### Hosin Sul

#### Shoulder Throw

- From a single arm headlock (choke) from behind (3<sup>rd</sup> fighting sequence)

- From a collar grab

- From an inward strike with a knife hand (Include “softener”)

#### Hip Throw

- From an inward strike with the knife hand

- From a double collar grab

- From a full nelson

### Exercises

- Fighting Sequences

- 2-Step Sparring

### Patterns

- Yul-Gok

## **Sparring**

- Single opponent – no pads, no-contact, fighting from the ground against a standing opponent.

- Single opponent - full pads, light contact

## **Breaks**

- Twisting kick

- Inward Strike with knife hand

# Requirements for 3<sup>rd</sup> Grade (Sam Gup) High Blue Belt

## Knowledge

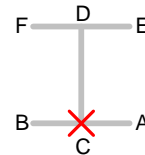
### History

Pattern: Joong-Gun

Pattern History: Joong Gun is named after the patriot Ahn Joong Gun who assassinated Hiro Bumi Ito, the first Japanese governor general of Korea, known as the man who played the leading part in the Korea-Japan Merger. The 32 movements in this pattern represent Ahn Joong Gun's age when he was executed at Lui-Shing prison in 1910.

Pattern diagram: The pattern begins on X facing D.

Pattern number of moves: 32



### Philosophy

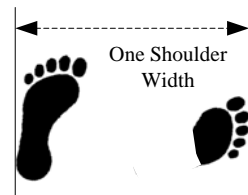
Happiness is a gift and the trick is not to expect it, but to delight in it when it comes. *Charles Dickens*

Expectation is the devil of peace of mind. In fact, expectation and mushin (no mind) are mutually exclusive. *Jonas A. Pologe*

### Stances

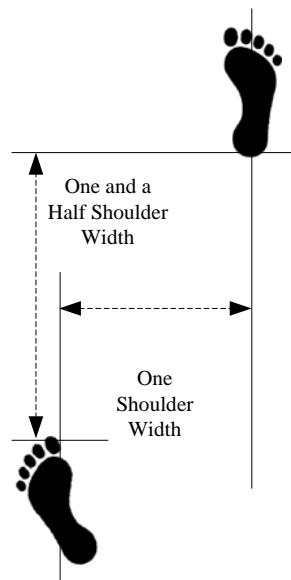
Rear foot stance

Rear foot points inward 15°. Front foot points inward 25°. Weight is mostly on the rear foot. The stance is named for the rear foot. The stance shown in the associated foot drawing is a left rear foot stance.



Low Stance

This stance is one foot's length longer than a walking stance.



## Techniques

### Hand Attacks

- Upper elbow strike
- Vertical punch with twin fist
- Upset punch with twin fist
- Angle punch

### Kicks

- 360 Back Kick
- Reverse turning kick
- Side checking kick
- Front thrusting kick

### Blocks

- Upward block with the palm
- Outer forearm block with reverse knife hand
- Rising block with X-fist
- Pressing block with the palm
- U-Shape block

### Hosin Sul

#### Pressure point tactics

##### Muscle pinch

- Camel bite (external abdominal oblique) from a bear hug from the front
- Triceps muscle pinch from a badge grab (or shoulder grab)
- SCM muscle pinch from a double handed collar grab
- Eye pressure from a bear hug (or incorrectly applied full nelson) from behind
- Bear hand strike to the eyes from the front
- Suprasternal notch or post tracheal pressure
- Groin kick with instep, shin, or knee

#### Takedowns

- Trachea pinch takedown from a single collar grab
- Bent Arm takedown and lock from a downward strike with the knife hand

### Exercises

#### Fighting Sequences

#### 1-Step Sparring

### Patterns

#### Joong-Gun

**Sparring**

Single opponent - full pads, light contact

**Breaks**

Backfist strike

Flying front kick

Front kick, side kick, turning kick, consecutive (to three different targets)

## Requirements for 2<sup>nd</sup> Grade (I Gup) Red Belt

### Knowledge

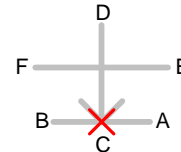
#### History

Pattern: Toi Gye

Pattern History: Toi Gye is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo-Confucianism. The 37 movements represent his birthplace on the 37th latitude and the diagram represents scholar.

Pattern diagram: The pattern begins on X facing D.

Pattern number of moves: 37



#### Philosophy

Victims and Participants

People can be arbitrarily divided into two categories, participants and victims. Victims are people to whom things happen. Participants are people who make things happen.

Consider a person riding her, or his, motorcycle who gets hit by a motorist that changes lanes without looking. One could conclude that the driver of the car was at fault, “he should have looked where he was going.” But, of course, the fact remains that it is the motorcyclist who is in the hospital regardless of who was at fault. Consider that perhaps a much more constructive and productive way of looking at the situation is to make the assumption that what ever happens to you on the motorcycle is your own “fault.” While you can not control everything, you may be more likely to be alert and looking for potential problems (and opportunities!) if you take this attitude in life. You might choose to drive so as to be more visible to the cars around you. You might leave more space between you and the surrounding cars. You might choose not to drive next to any given car for an extended length of time because the driver might make a surprise lane change. In this way of thinking, acting, being, you are pushing yourself to be always ready. Zanshin! With this frame of reference you are participating in your present and your future, not just being a victim of circumstance.<sup>9</sup>

### Techniques

Hand Attacks

- Low thrust with upset fingertip
- Side back strike with back fist
- High thrust with flat fingertip

Kicks

- Upward kick with knee
- Reverse vertical kick
- Reverse hook kick
- 180 Reverse hook kick

## Blocks

- W-shape block with outer forearm
- Pressing block with X-fist
- Low pushing block with double forearm
- Low guarding block with knife hand

## Hosin Sul

### Sweeps

- Lead leg sweep with side sole
- Lead leg sweep with the back heel
- Lead leg sweep with the back heel in a reverse turning motion
- Advanced: Drop sweeps (Not required)

### Takedown

- Sliding scissors kick takedown from same facing and opposite facing

## Exercises

- Fighting Sequences
- 1-Step Sparring
- Semi-free sparring

## Patterns

- Toi Gye

## **Sparring**

- Single opponent - full pads, light to medium contact

## **Breaks**

- Hook kick
- Flying side kick
- Upper elbow strike
- Angle punch
- 180 Back kick

# Requirements for 1<sup>st</sup> Grade (Il Gup) High Red Belt

## Knowledge

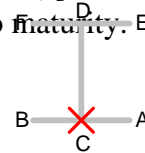
### History

Pattern: Hwa Rang

Pattern History: Hwa Rang is named after the Hwa Rang youth group that originated in the Silla dynasty in the early 7th century. This group eventually became the actual driving force for the unification of the three kingdoms of Korea. The 29 movements refer to the 29th Infantry Division, [commanded by General Choi in 1953] where Taekwon-Do developed into maturity. E

Pattern diagram: The pattern begins on X facing D.

Pattern number of moves: 29

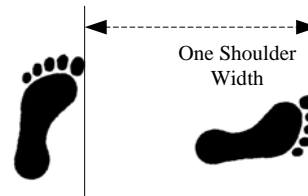


### Philosophy

## Stances

Vertical stance

Both feet point inward 15°. Legs are straight. 60 percent of the body weight is on the rear foot. The stance is named for the rear foot. The stance shown in the associated foot drawing is a left vertical stance.



## Techniques

Hand Attacks

Upward punch

Downward strike with the knife hand (in vertical stance)

Kicks

Jump right, kick right, flying side kick

Flying twisting kick

180 Reverse turning kick

Blocks

Pushing block with the palm



## Hosin Sul

### Arm Bar

Smash-grab release to an arm bar from single or double wrist grab

From cross grab to the wrist (over the shoulder)

From a straight across grab to the wrist (over the shoulder)

### Finger Handle

From a straight across grab to the wrist

From a bear hug from behind

From a hostile hand shake

## Exercises

Fighting Sequences

1-Step Sparring

Semi-free sparring

## Patterns

Hwa Rang

## **Sparring**

Single opponent - full pads, light to medium contact

## **Breaks**

Downward kick (shoulder height)

180 Back kick

Knife hand strike, inward or outward (suspended)

# Requirements for 1<sup>st</sup> Degree (II Dan) Black Belt

## Knowledge

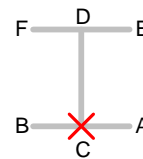
### History

Pattern: Choong Moo

Pattern History: Choong Moo was the name given to the great Admiral Yi Soon-Sin of the Yi Dynasty. He was reported to have invented the first armored battleship (kobukson) in 1592, which is said to have been the precursor of the present day submarine. The reason why this pattern ends with a left-hand attack is to symbolize his regrettable death. Checked by the forced reservation of his loyalty to the king, Yi Soon-Sin was given no chance in his lifetime to show his unrestrained potential.

Pattern diagram: The pattern begins on X facing D.

Pattern number of moves: 30



### Philosophy

Black Belt and the Dojang

For a black belt the dojang is like a library. The books do not spring open to the pages you need to read, but all the information you need is there. At black belt one has to seek out information and understanding. It is no longer spoon fed to the student as happens more or less at the colored belt ranks.

Obtaining a 1<sup>st</sup> degree black belt is like graduating from high school. The student has learned the basics only, but is now quite prepared to dive into the heart of the martial art.<sup>10</sup>

The Instructor's (sabum) responsibility in the Student/Instructor Relationship<sup>11</sup>:

1. Never tire of teaching. A good instructor can teach anywhere, any time and always be ready to answer questions.
2. An instructor should be eager for his students to surpass him; it is the ultimate compliment for an instructor. A student should never be held back. If the instructor realizes his student has developed beyond his teaching capabilities, the student should be sent to a higher ranking instructor.
3. An instructor must always set a good example for his students and never attempt to defraud them.
4. The development of students should take precedent over commercialism. Once an instructor becomes concerned with materialism, he will lose the respect of his students.
5. Instructors should teach scientifically and theoretically to save time and energy.
6. Instructors should help students develop good contacts outside the do jang. It is an instructor's responsibility to develop students outside as well as inside the do jang.

7. Students should be encouraged to visit other do jangs and study other techniques. Students who are forbidden to visit other do jangs are likely to become rebellious. There are two advantages to allowing students to visit other gyms; not only is there a possibility that a student may observe a technique that is ideally suited for him, but he may have a chance to learn by comparing his techniques to inferior techniques.
8. All students should be treated equally, there should be no favorites. Students should always be scolded in private, never in front of the class.
9. If the instructor is not able to answer the student's questions, he should not fabricate an answer but admit he does not know and attempt to find out the answer as soon as possible. All too often, will a lower degree black belt dispense illogical answers to his students merely because he is afraid of "losing face" because he does not know the answer.
10. An instructor should not seek any favors such as cleaning the do jang, doing repair work, etc. from his students.
11. An instructor should not exploit his students. The only purpose of an instructor is to produce both technically and mentally excellent students.
12. Always be honest with students, and never break a trust.

## **Techniques**

### Hand Attacks

- High front strike with knife hand
- High front strike with reverse knife hand

### Kicks

- 360 Reverse hooking kick

### Blocks

- Midair 360 reverse turning guarding block with knife hand in an L-stance
- Inward outer forearm block
- Middle block with X-knife hand
- Upward block with the palms

### Hosin Sul

#### Grabs against kicking attacks

Against a front kick, pressing block with X-fist, open hands to grab, front kick to groin, leg pull throw (or leg pull to elbow strike to head)

Against a side kick, slider block, leg scoop and throw

Two minute choreographed barehanded hosin sul routine against a single opponent. Routine must demonstrate at least one technique from each of the major categories of hosin sul including:

- Releases
- Joint attacks
- Holds or locks
- Takedowns

Throws  
Sweeps  
Pressure points  
Two throws or takedowns in defense of kicking attacks

Exercises

Fighting Sequences  
1-Step Sparring  
Reaction step sparring  
Attacks to include grabs, hand strikes (May include kicks)  
Defenses to include hosin sul defense against grabs

Patterns

Choong Moo  
Red belt salute (Chon Ji through Choong Moo as one exercise)

**Sparring**

Single opponent - full pads, light to medium contact

**Breaks**

Thrusting side kick  
Flying turning kick  
Reverse hook kick  
Side kick overhead kick  
Middle punch (tiles)  
360 Back kick

# Requirements for 2<sup>nd</sup> Degree (I Dan) Black Belt

## Knowledge

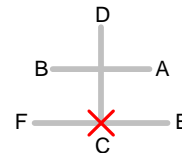
### History

Pattern: Kwang Gae

Pattern History: The pattern Kwang Gae is named after the famous Kwang-Gae-Toh-Wang, the 19<sup>th</sup> King of the Koguryo Dynasty, who regained all the previously lost territories including the greater part of Manchuria. The diagram for this pattern represents the expansion and recovery of this lost territory. The 39 movements refer to the first two figures of 391 AD, the year he came to the throne.

Pattern diagram: The pattern begins on X facing D.

Pattern number of moves: 39

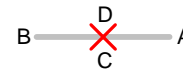


Pattern: Po Eun

Pattern History: Po Eun is the pseudonym of the loyal subject and famous poet Chong Mong-Chu (1400). His poem, I Would Not Serve a Second Master Though I Might be Crucified a Hundred Times, is known to every Korean. He was also a pioneer in the field of physics. The diagram for this pattern represents his unerring loyalty to king and country towards the end of the Koryo Dynasty.

Pattern diagram: The pattern begins on X facing D.

Pattern number of moves: 36

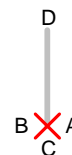


Pattern: Ge Baek

Pattern History: The pattern Ge Baek is named after Ge Baek, a great general in the Baek-Je Dynasty (660 AD). The diagram for this pattern represents his strict and severe military discipline.

Pattern diagram: The pattern begins on X facing D.

Pattern number of moves: 44



### Philosophy

“If you do not understand the purpose for something it is very hard to do it right. If you understand the purpose, it is very hard to do it wrong.”<sup>12</sup>

General Choi states that Taekwon Do applies “the scientific use of the body in the method of self-defense.<sup>13</sup>” The serious student of Taekwon Do should make understanding the basic physics and biomechanics of technique an integral part of their study.

## Techniques

### Stances

- Parallel stance with heaven hands
- One-leg stance

### Hand Attacks

- Upset punch
- Downward strike with side fist
- Angle punch
- Back elbow thrust
- Horizontal punch
- Front strike with back fist
- [Upset] punch with middle knuckle fist

### Kicks

- Pressing kick (outward and inward)
- Back snap kick
- 360 Reverse turning kick

### Blocks

- Palm upward block
- Low front block with knife hand
- Pressing block with forefist
- Wedging block with inner forearm
- Low front block with the forearm
- U-Shape grasp
- Twin side elbow thrust
- Double arc hand block
- Scooping block
- 9-Shape block
- Guarding block with reverse knife hand

### Hosin Sul

- Minimum of 7 to 10 Advanced throws and/or takedowns including at least
  - Two shoulder throws
  - Two sweeps
  - One hip throw
  - Two takedowns to locks
- Reaction step sparring with hosin sul defense. Attacks to include.
  - Grabs, hand and foot attacks

## Exercises

Fighting Sequences

1-Step Sparring

Reaction step sparring

Attacks to include grabs, hand strikes, and kicks

Defenses to include hosin sul defense against grabs

## Patterns

Kwang Gae

Po Eun

Ge Baek

## **Sparring**

Two opponents - full pads, light contact

## **Breaks**

Flying twisting kick

Upward punch

High downward strike with knife hand

Jump right, kick right, side kick

360 Reverse hooking kick

# Requirements for 3<sup>rd</sup> Degree (Sam Dan) Black Belt

## Knowledge

### History

Pattern: Eui Am

Pattern History: Eui Am is the pseudonym of Son Byong Hi, the leader of the Korean independence movement on 1st March 1919. The 45 movements refer to his age when he changed the name of Dong Hak (Oriental Culture) to Chondo Kyo (Heavenly Way) religion in 1905. The diagram represents his indomitable spirit displayed whilst devoting his life to the prosperity of his nation.

Pattern diagram: The pattern begins on X facing D.

Pattern number of moves: 45

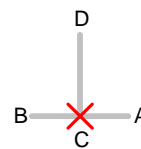


Pattern: Choong Jang

Pattern History: Choong Jang is the pseudonym given to General Kim Duk Ryang who lived during the Yi Dynasty (14th Century). This pattern ends with a left-hand attack to symbolize the tragedy of his death at 27 in prison when he was able to reach full maturity.

Pattern diagram: The pattern begins on X facing D.

Pattern number of moves: 52

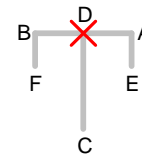


Pattern: Juche

Pattern History: Juche is the philosophical idea that man is the master of everything and decides everything, in other words, the idea that man is the master of the world and his own destiny. It is said that this idea was rooted in Baekdu Mountain that symbolizes the spirit of the Korean people. The diagram represents the Baekdu Mountain.

Pattern diagram: The pattern begins on X facing D.

Pattern number of moves: 45



Pattern: Ko Dang

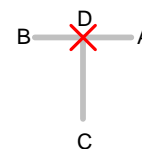
Pattern History: Ko Dang is the pseudonym of the patriot Cho Man-Sik, who dedicated his life to the Independence Movement and education of his people. The 39 movements in this pattern signify his times of imprisonment and his birthplace on the 39<sup>th</sup> parallel.

(This pattern is no longer officially one of the 24 patterns of Taekwon Do.

General Choi replaced Ko Dang with Juche. Ko Dang is, however, still a required pattern for serious students of Taekwon Do)

Pattern diagram: The pattern begins on X facing D.

Pattern number of moves: 39

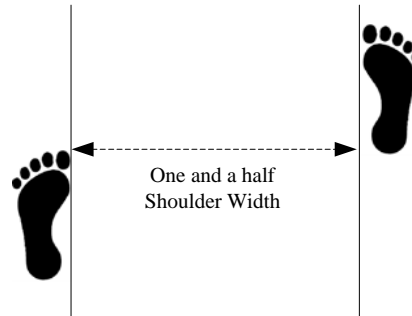




## Stances

### Diagonal stance

Weight distribution is equal on both feet. The stance is named for the forward foot therefore the stance shown in the associated foot drawing is a right diagonal stance.



## Philosophy

## Techniques

### Stances

Bending ready stance type B

### Hand Attacks

Crescent punch

Turning punch

Thrust with double finger

Downward strike with back hand

Horizontal strike with twin knife hand

Arc-hand strike

Crescent strike with twin fore-knuckle fist

Punch with open fist

Downward strike with back fist

Outward crosscut with flat fingertip

Crescent strike with arc-hand

Downward thrust with straight elbow

Inward strike with twin knife hand

Horizontal strike with back fist

Inward crosscut with flat fingertip

Flying consecutive punch

### Kicks

Front snap kick with the knee

Defensive hooking kick

Pick-shape kick

Dodging reverse turning kick

Flying two direction kick

### Blocks

Downward block with X-fist  
Rising block with knife hand  
Middle wedging block with knife hand  
Circular block with reverse knife hand  
Downward block with twin palm  
Low inward block with reverse knife hand  
Front block with outer forearm  
Parallel block with inner forearm  
Parallel block with outer forearm  
Low front block with reverse knife hand  
Downward block with forearm  
Rising block with twin palm

#### Hosin Sul

Two minutes choreographed barehanded hosin sul routine against two opponents. Routine must demonstrate a breadth of hosin sul skills along with an understanding of the constraints placed by fighting two opponents simultaneously. Striking and blocking techniques should be smoothly integrated with hosin sul skills.

#### Exercises

Fighting Sequences

Step Sparring

1-Step sparring with takedowns or throws, and jump kicking demonstration

#### Patterns

Eui Am

Choong Jang

Juche

Ko Dang

#### **Sparring**

Three opponents - full pads, light contact

#### **Breaks**

Horizontal punch

Angle Punch

Back snap kick

Inward pressing kick

Outward pressing kick

Punch with open fist

Downward thrust with open elbow

# Requirements for 4<sup>th</sup> Degree (Sa Dan) Black Belt

## Knowledge

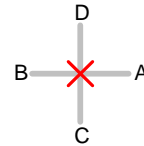
### History

Pattern: Sam Il

Pattern History: 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 the pattern stand for the 33 patriots who planned the movement.

Pattern diagram: The pattern begins on X facing D.

Pattern number of moves: 33

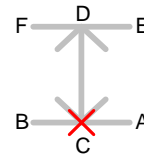


Pattern: Yoo Sin

Pattern History: Yoo Sin is named after General Kim Yoo Sin, a commanding general during the Silla Dynasty. The 68 movements refer to the last two figures of 668 AD, the year Korea was united. The ready posture signifies a sword being drawn on the right rather than the left side, symbolising Yoo Sin's mistake of following his king's orders to fight with foreign forces against his own nation.

Pattern diagram: The pattern begins on X facing D.

Pattern number of moves: 68

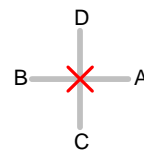


Pattern: Choi Yong

Pattern History: Choi Yong is named after General Choi Yong, 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.

Pattern diagram: The pattern begins on X facing D.

Pattern number of moves: 46



### Philosophy

## Techniques

### Hand Attacks

- Low punch with double fist
- U-shape punch
- Horizontal strike with back hand
- Downward strike with side fist
- Punch with middle knuckle fist

## Kicks

- Sweeping kick
- Waving kick

## Blocks

- Wedging block with reverse knife hand
- Guarding block with reverse knife hand
- Sitting stance releasing motion
- Rising block with X-knife hand
- Outer forearm block with reverse knife hand
- W-shape block with knife hand

## Hosin Sul

Either a two minute routine, or a two minute demonstration, of a series of hosin sul techniques against one or two armed attackers, primarily against knife, club (short staff), or cane. Other weapons may be used at the instructor's discretion.

This is primarily a barehanded defense demonstration. Limited disarming and subsequent use of the weapon should be demonstrated by the testing candidate.

## Exercises

- Fighting Sequences
- Step Sparring – All types

## Patterns

- Sam Il
- Yoo Sin
- Choi Yong

## **Sparring**

Four opponents - full pads, light contact

## **Breaks**

- Front strike with back fist (Padded)
- 360 Reverse turning kick
- Front snap kick with the knee
- Flying two direction kick or flying consecutive kick
- U-shape punch
- Horizontal strike with back hand
- Downward strike with side fist

# Requirements for 5<sup>th</sup> Degree (O Dan) Black Belt

## Knowledge

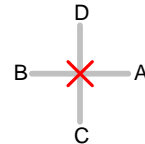
### History

Pattern: Yon Gae

Pattern History: Yon Gae is named after a famous general during the Koguryo Dynasty Yon Gae Somoon. The 49 movements refer to the last two figures of 649 AD, the year he forced the Tang dynasty to quit Korea after destroying nearly 300,000 of their troops at Ansi Sung.

Pattern diagram: The pattern begins on X facing D.

Pattern number of moves: 49

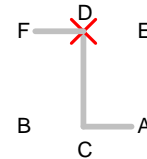


Pattern: Ul Ji

Pattern History: Ul Ji is named after General Ul Ji Moon Dok who successfully defended Korea against a Tang invasion force of nearly one million soldiers led by Yang Je in 612 AD. Ul Ji employing hit and run guerilla tactics was able to decimate a large percentage of the force. The diagram represents his surname. The 42 movements represent [General Choi's] age when he designed this pattern.

Pattern diagram: The pattern begins on X facing D.

Pattern number of moves: 42

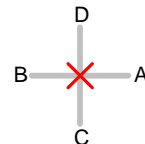


Pattern: Moon Moo

Pattern History: Moon Moo honours the 30th King of the Silla Dynasty. His body was buried near Dae Wang Am (Great King's 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 Sol Gul Am (Stone Cave) was built to guard his tomb. The Sol Gul Am is a fine example of the culture of the Silla dynasty. The 61 movements represent the last two figures of 661 AD when Moon Moo came to the throne.

Pattern diagram: The pattern begins on X facing D.

Pattern number of moves: 61



## Philosophy

## **Techniques**

### Hand Attacks

- High punch with long fist
- Horizontal strike with twin side fist

### Kicks

- Flying high kick

### Blocks

- Checking block with X-fist
- Waist block with inner forearm
- W-Shape block with reverse knife hand
- Checking block with twin straight forearm
- Inward low block with reverse knife hand
- Downward block with the palm
- Rising block with the arc-hand

### Hosin Sul

### Exercises

- Fighting Sequences
- Step Sparring – All types

### Patterns

- Yon Gae
- Ul Ji
- Moon Moo

## **Sparring**

- Single opponent – No counter attack, no retreat, one minute

## **Breaks**

- Breaking routine. Student's creation with instructor's approval

# Requirements for 6<sup>th</sup> Degree (Yuk Dan) Black Belt

## Knowledge

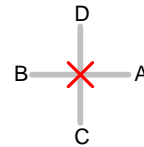
### History

Pattern: So San

Pattern History: So San is the pseudonym of the great monk Choi Hyong Ung (1520 to 1604) during the Yi dynasty. The 72 movements refer to his age when he organized a corps of monk soldiers with the assistance of his pupil Sa Myung Dang. The monk soldiers helped repulse the Japanese pirates who overran most of the Korean peninsula in 1592.

Pattern diagram: The pattern begins on X facing D.

Pattern number of moves: 72

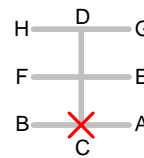


Pattern: Se Jong

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

Pattern diagram: The pattern begins on X facing D.

Pattern number of moves: 24



## Philosophy

## Techniques

Hand Attacks

Middle vertical punch

Kicks

Blocks

Pressing block with twin palm

Hosin Sul

Exercises

Fighting Sequences

Step Sparring – All types

Patterns

So San

Se Jong

**Specialty Routine**

Student's choice (Requires instructor's approval)

**Breaks**

Breaking routine. Student's creation with instructor's approval



# Requirements for 7<sup>th</sup> Degree (Chil Dan) Black Belt

## Knowledge

### History

Pattern: Tong Il

Pattern History: Tong Il denotes the resolution of the unification of Korea which has been divided since 1945. The diagram symbolizes the homogenous race.

Pattern diagram: The pattern begins on X facing D.

Pattern number of moves: 56



## Philosophy

## Techniques

### Hand Attacks

- Middle punch with twin fist
- Outward strike with back hand
- High thrust with angle fingertip
- Under fist strike
- Thrust with twin side back elbow

### Kicks

### Blocks

- Low inward block with palm
- Horizontal block with twin palm
- Upward block with bow wrist
- Outer forearm sliding W-shape block
- Circular block with knife hand

### Patterns

Tong Il

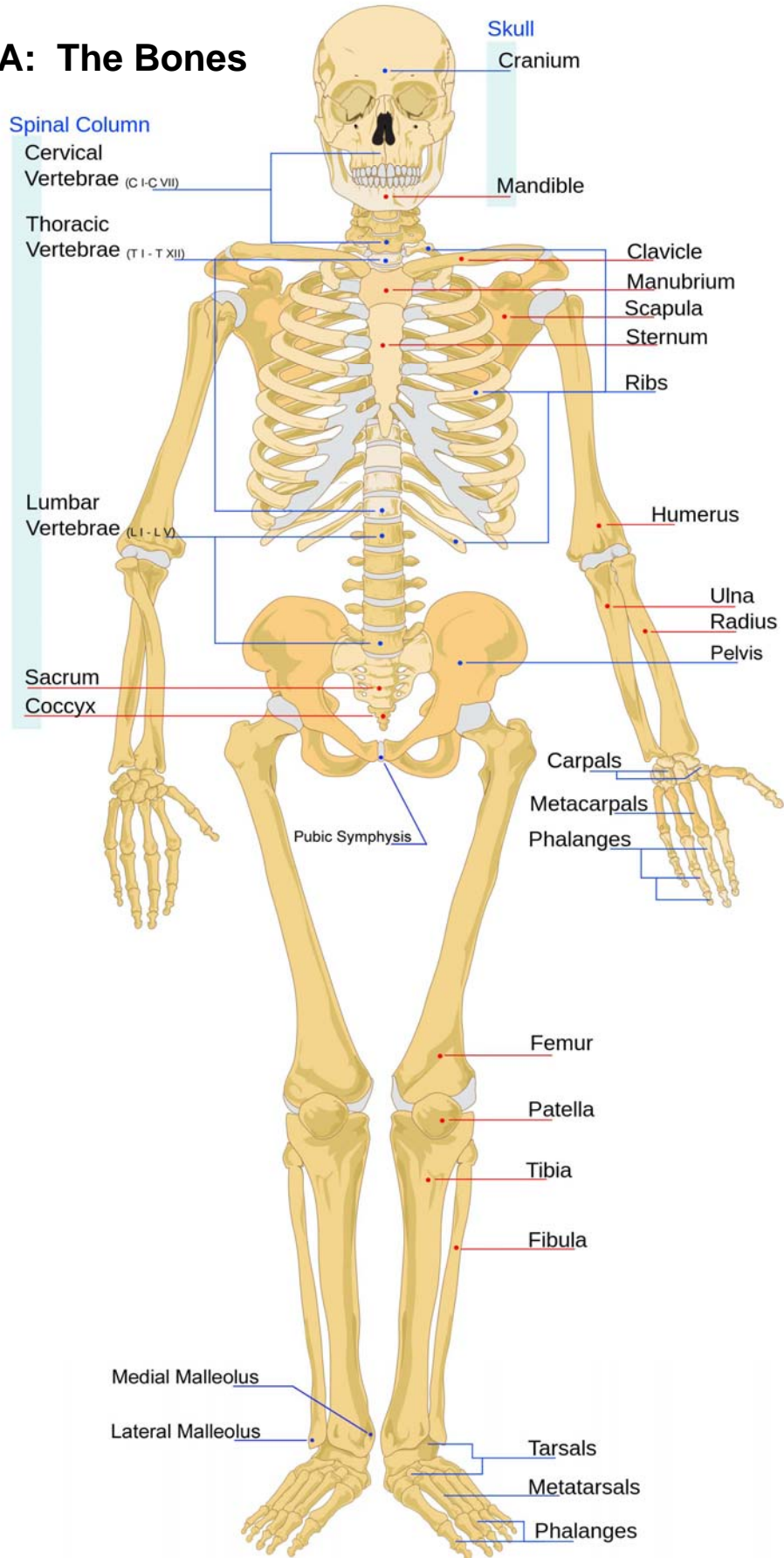
## Specialty Routine

Student's choice (Requires instructor's approval)

## Breaks

None required – Student's choice

# Appendix A: The Bones



## References

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- <sup>1</sup> *Encyclopedia of Taekwon-DO*, Gen. Choi Hong Hi. 1983, Published by International Taekwon-Do Federation, Ontario Canada. Vol I, p21 {Most of the information in this document is quoted from, or adapted from, this source, from Gen. Choi's teaching, or from the teaching of instructors directly or indirectly educated in Taekwon Do by Gen. Choi.}
- <sup>2</sup> Gen. Choi Hong Hi. 1983
- <sup>3</sup> Gen. Choi Hong Hi. Vol I, Page 156. {Note all the pattern histories throughout this document should be referenced to this volume pages 156-159.}
- <sup>4</sup> Jonas A. Pologe {I was probably told, taught, or read this, or something similar to it, somewhere, but I have not been able to locate the source. It is certainly very similar to other teachings. As such I do not claim authorship of this philosophy, just the recognition of its value and the desire to pass it along.}
- <sup>5</sup> Gen. Choi Hong Hi. 1983, Vol I, p15
- <sup>6</sup> *The Way and the Power* Fredrick J. Lovret. 1987, p43
- <sup>7</sup> Gen. Choi Hong Hi. 1983, Vol I, p84
- <sup>8</sup> *Zen in the Martial Arts* Joe Hyams. 1982, p4
- <sup>9</sup> Jonas A. Pologe
- <sup>10</sup> Walter L. Lang, Robert M. Tobin, Jonas A. Pologe
- <sup>11</sup> *Encyclopedia of Taekwon-DO*, Gen. Choi Hong Hi. 1983, p82
- <sup>12</sup> Walter L. Lang, 2012
- <sup>13</sup> Gen. Choi Hong Hi. 1983, Vol I, p 21