



CHAMPIONS TAEKWONDO

CULPEPER SPORT AND RAQUET CLUB

2017 SYLLABUS

태권도



WORLD TAEKWONDO FEDERATION



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WHAT IS TAEKWONDO?

Taekwondo, or literally the Way (*do*) of the foot (*tae*) and the fist (*kwon*), is a Korean martial art whose origins can be traced back over two millennia. It is a system of unarmed combat that focuses around the skillful application of kicks, punches, blocks, parries, and dodges for self defense. Extending beyond the physical requirements, the practice of Taekwondo develops the moral and social character of the practitioner through discipline to develop the five Tenets of Taekwondo: Courtesy, Integrity, Perseverance, Self Control, and Indomitable Spirit.

While Taekwondo originated as Taek Kyon in the kingdom of Koguryo *ca.* 37 BCE, it was the Hwarang brotherhood of the smallest kingdom, Silla, that would spread the art across Korea. Mainly used as a sport and recreational activity until the early-20th century and the invasion of Korea by the Japanese, it was not until the mid-20th century that Koreans were able to openly practice martial arts once again. Taekwondo formalized into a number of distinct schools (*kwan*) that emphasized a different aspect of Taek Kyon. By 1957, Taek Kyon had been adopted by the Korean military and renamed “Taekwondo” by General Hong Hi Choi, the founding father of the martial art in its modern form.

Under the aegis of the International Taekwondo Federation (ITF) and the leadership of Choi, Taekwondo began to expand across the world. Choi had elected to move the headquarters of the ITF to Canada. Members of the original Korean Taekwondo Association (KTA) felt that as the origin of Taekwondo, Korea, should be the location of the international headquarters and the spiritual heart of the art. Thus the association with the ITF was dissolved, and the KTA formed the World Taekwondo Federation (WTF) as the only officially-recognized international regulatory body for Taekwondo. Housed in the Kukkiwon in Seoul, Korea, the WTF standardized competition rules and, in 2000, the International Olympic Committee made Taekwondo a full medal sport. It has been an Olympic sport since.

Champions Taekwondo was started as the "Culpeper Black Belt Center" by Master Cathy Lee (6th dan) where it successfully operated for many years. When Master Lee temporarily departed for postgraduate study, the club was re-envisioned as "Champions Taekwondo" under Master Jonathan Scherquist (4th dan).

Both Master Lee and Scherquist continue to teach at Champions Taekwondo. Most recently, Master David Ames (4th dan) has been teaching as the primary instructor (*sah bum nim*). He continues to teach on a daily basis and is supported by a number of assistant instructors (*kyo sah nim*), including Ben Walton (3rd dan), David Elias (2nd dan), and Zach Schultz (2nd dan).

Today, Champions Taekwondo continues to go from strength to strength. While a small club, its students enjoy great success at regional fighting competitions.

Although sport fighting has been, and remains, an important part of the training regimen, Champions Taekwondo also trains students in traditional Taekwondo and self defense. This also includes techniques derived from other martial arts, including escrimma, aikido, hapkido, wing chun, and many others.

If you happen to know someone that would be interested in training, bring them along!

DAVID AMES
Master, 4th dan

예의

COURTESY

렴치

INTEGRITY

인내

PERSISTENCE

극기

SELF CONTROL

백절불굴

INDOMITABLE SPIRIT

RULES & ETIQUETTE

Dress Code

Commonly, Taekwondo requires that the practitioner wears the full uniform (*dobok*) while training. In more relaxed environments, or in self defense situations, training pants (*ha'i*) or “street clothes” may be permissible. If in doubt, ask. If you do not have the opportunity to ask, assume that you should wear the full uniform. Ideally the uniform should be cleaned and pressed for each class, especially for instructors and assistant instructors.

For the safety of others, jewelry is not permitted. Exceptions can be made, but will frequently require covering the item with adhesive tape. Similarly, nails (toes/fingers) should be kept clipped so as not to accidentally injure your fellow practitioners during sparring.

Shoes should not be worn in the *dojang*, but if required due to injury to the foot or there is the chance of transferring a virus/infection, appropriate footwear may be worn. Ask your instructor for more information if you need to.

Entering & Leaving the *Dojang*

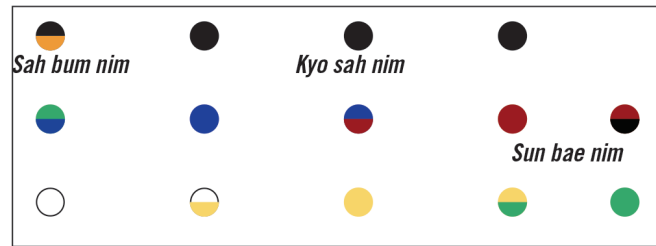
When entering the *dojang*, all practitioners must bow to the flags to show their respect to the Korean flag, as origin of Taekwondo, and the U.S. flag as the host country.

Personal Safety and Injuries

Injuries happen and personal health varies over ones lifetime. If you have a health concern that may impact upon your training, please inform the instructor so that they are aware of your injury or concerns and may react appropriately. Remember, however, that you are your own best guardian against injury. If an exercise hurts your or aggravates an injury then **don't do that exercise!** If you are concerned, please talk to the instructor.

Similarly, you will occasionally be told to **not** do something. Please follow these instructions as they are usually for your safety or the safety of others.

DOJANG FRONT



Beginning & Ending Class

The instructor will call the class to “line up” (*ji hap*). All students should reply “Yes, sir” and line up quickly facing the instructor(s). The order that students line up in is show in the image, above, but starts with the highest grade on the instructor’s left, then by decreasing grade in rows. If you're both of the same grade then the oldest student is considered more senior. The senior assistant instructor will call all students to show respect to the instructors and senior students:

Cha ryubi (attention);

Sah bum nim keh, kyong ye (face instructor, bow);

Kyo sah nim keh, kyong ye (face teacher/assistant instructors, bow—repeated to each *dan* grade);

Sun bae nim keh, kyong ye (face senior grade, bow—repeated to each 1st and 2nd kup).

Etiquette (*Ye*) in the *Dojang*

The means by which students show respect to instructors and other students varies from club to club and organization to organization. Some of the most common methods are:

- If late to the class, stand in view of the instructor and bow. Wait to be invited to join the class.
- Before and after speaking to a *dan* grade, bow to show respect and/or acknowledge the instructions.
- Address your instructor as "sir" or "ma'am" as appropriate.
- After working with a partner, bow and/or shake hands to thank them for their help.
- When shaking hands, rest your left hand

underneath your right elbow (a Korean tradition to show peaceful intentions).

- If rearranging your uniform, bow, turn 180° to your right. When finished, turn 180° to your left, bow, and then resume.
- When sitting in class, sit on your knees and cross-legged. Do not sit and show the soles of your feet.

If you're at a new club and are unaware of the specific etiquette, this small list of points will certainly do you no harm!

Using Taekwondo Outside of the *Dojang*

There are many reasons for studying martial arts: physical fitness, discipline, sport fighting. One other, unfortunately very common, reason is to learn the techniques and confidence for self-defense. And yet, despite that, there is one admonition for the use of Taekwondo outside of the *dojang*: Unless you absolutely have to use it, don't. Even simple self-defense techniques such as an escape from a grab can escalate a conflict into increasing levels of violence the result of which can have a significant impact upon all parties involved—legal and medical. If it is at all possible, running away and otherwise not being at the point of conflict is the safest scenario for everyone.

If you are being bullied at school, please talk to your parents and your teachers. They are the ones that are most likely to be able to help you in this circumstance. While your instructors can teach you self-defense techniques, as above if you use them you can sometimes make the situation worse.

Taekwondo Grading/Belt System

Taekwondo recognizes both colored (*kup*) and black (*dan*) belt grades. The colored belts represent the symbolic mastery of Taekwondo:

The **white belt** (10th *kup*) represents the blank slate of a new student.

The **yellow belt** (8th *kup*) represents earth, the ground upon which your increasing abilities in Taekwondo takes root and grows.

The **green belt** (6th *kup*) represents the plant that grows from the ground as their mastery further develops.

The **blue belt** (4th *kup*) represents the sky to which the keen practitioner stretches and reaches toward as their abilities grow.

The **red belt** (2nd *kup*) represents danger. As the students skills have grown they must also be tempered by self-control. Red is also a warning to the student that they are in many ways as much a danger to themselves as others.

Between each of the belts are the “tag” or “stripe” belts: yellow tag, green tag, blue tag, red tag, and black tag. In some countries, such as America, it is common to see the tags replaced with full color belts such as purple, orange, brown, and so on.

The **black belt** is, in the public mind, considered a martial arts “master,” but in Taekwondo they are considered *advanced students*.

1st–3rd dan's are (assistant) instructors, or teachers. They are sometimes referred to as “advanced learners,” commonly lacking only the years of experience (6+) to become a master grade and full instructor.

From **4th–6th dan** the practitioner is considered a “master.” Usually this is the minimum grade that is required to grade students of *kup* rank, though a panel can include lower *dan* grades as well.

From **7th–9th dan** the practitioner is a grand master.

Using this Syllabus

There's a lot of information in this syllabus—techniques, Korean words, forms etc. It is, however, only really designed to act as a *resource* and a *reminder*. Each grade listing is divided into separate sections that details the forms needed for that grade (with diagrams and listing of the component moves and techniques), the individual techniques that the student should know, self-defense techniques, fitness requirements, and destruction. It is not necessary to memorize this information—that's why you have the syllabus! (This is most especially true with the Korean terminology. It's there because you'll probably encounter them over your career as a Taekwondo practitioner.)

YELLOW TAG

10TH to 9TH KUP

Students are often surprised that the syllabus for the first grade looks so long. Yet the first belt lays the foundation to all that follows and, as one increases in grade, your syllabus is comprised of the syllabi of all previous grades.

ATTENDANCE/TIME

Regular attendance for 2-3 months, at the instructor's discretion. If combined with the yellow belt (8th *kup*) testing, usually a minimum of 3 months training is required.

FORMS (*Poomsae*)

Kibon Il-jang

Kibon E-jang

The purpose of the *kibon* forms is to show the development of basic techniques and show understanding of block and strike preparation, balance, and focus. *Kibon Il-jang* is the simplest of the two forms and will only be described in text. *Kibon E-jang* will be described in the same way as the following *Taeguk* forms.

Kilbon Il-Jang (Basic Form No. 1)

- 1 **Jun-bi.**
- 2 Moving left foot out into **sitting stance**, chamber each hand over its respective hip.
- 3, 4 **Low-section block** (left, then right).
- 4, 5 **Mid-section over forearm block** (left, then right).
- 5, 6 **High-section rising block** (left, then right).

7-8 **Mid-section punch** (left, then right).
Kihap on the final punch.

9 **Jun-bi** on command.

Kibon Ee-jang follows on page 5 and 6.

STANCES (*Soghi*)

| | |
|----------------------|---------------------|
| <i>Ap soghi</i> | Walking stance |
| <i>Apkoobi soghi</i> | Front stance |
| <i>Joochom soghi</i> | Horse riding stance |

Naranhi soghi is sometimes referred to as *Jun-bi soghi* as it is used when students are called to be ready. It is also known as parallel or parallel-ready stance.

KICKS (*Chagi*)

| | |
|-----------------------------|---------------------|
| <i>Ap chagi</i> | Front (snap) kick |
| <i>Bit chagi</i> | 45-degree kick |
| <i>Dollyo chagi</i> | Roundhouse kick |
| <i>Bahndal bakhat chagi</i> | Outer crescent kick |
| <i>Bahndal an chagi</i> | Inner crescent kick |

STRIKES (*Jireugi*)

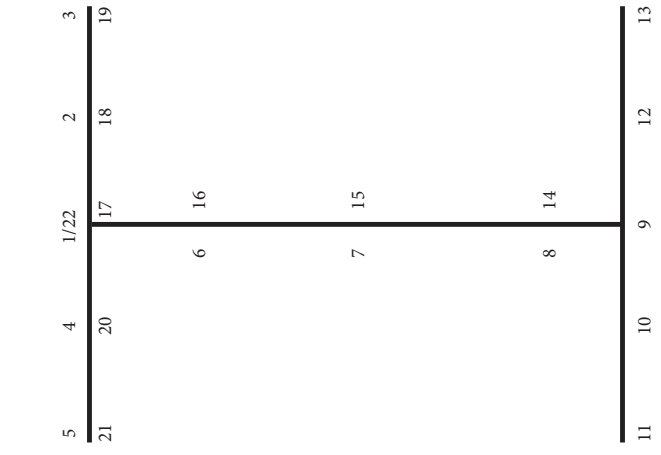
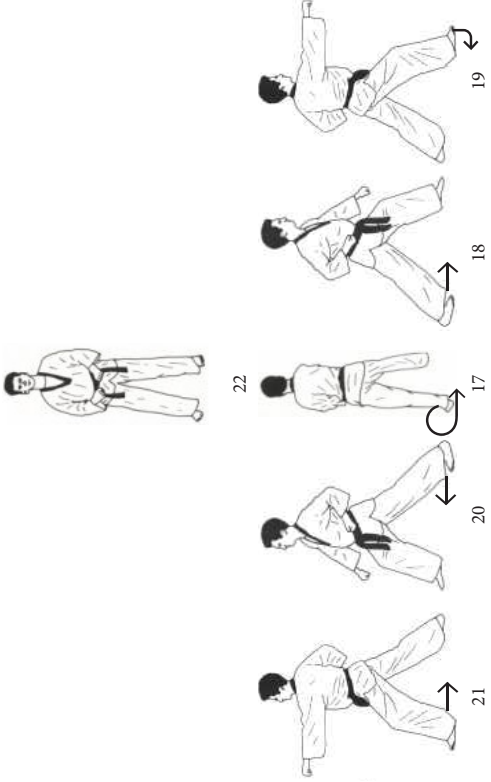
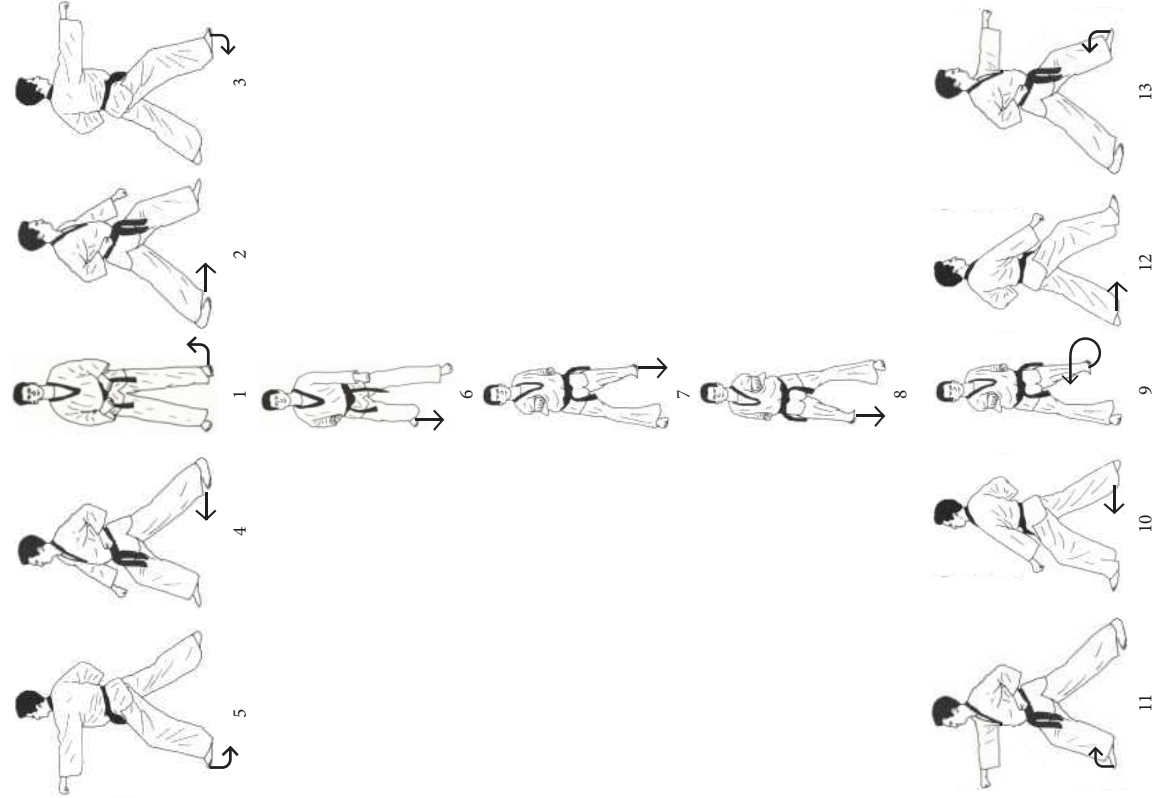
| | |
|-----------------------|---------------|
| <i>Ap jireugi</i> | Obverse punch |
| <i>Bandae jireugi</i> | Reverse punch |

BLOCKS (*Makki*)

| | |
|-----------------------------|---------------------------------|
| <i>Arae makki</i> | Low-section block |
| <i>Momtong bakkat makki</i> | Mid-section outer forearm block |
| <i>Eolgoon makki</i> | High-section rising block |

22 Moving left leg, 90° left into **jun-bi**.

- 1 **Jun-bi**.
- 2 Moving left leg, 90° left into **front stance (left)** with **low-section block (left)**.
- 3 Stepping forward into **front stance (right)**, **mid-section obverse punch (right)**.
- 4 Moving right leg, 180° right into **front stance (right)**, **low-section block (right)**.
- 5 Stepping forward into **front stance (left)**, **mid-section obverse punch (right)**.
- 6 Moving left leg, 90° left into **front stance (left)**, **low-section block (left)**.
- 7 Stepping forward into **front stance (right)**, **mid-section obverse punch (right)**.
- 8 Stepping forward into **front stance (left)**, **mid-section obverse punch (left)**.
- 9 Stepping forward into **front stance (right)**, **mid-section obverse punch (right)**. *KIHAP*.
- 10 Moving left leg, 270° left into **front stance (left)**, **low-section block (left)**.
- 11 Stepping forwards into **front stance (right)**, **mid-section obverse punch (right)**.
- 12 Moving right leg, 180° right into **front stance (right)**, **low-section block (right)**.
- 13 Stepping forwards into **front stance (left)**, **mid-section obverse punch (left)**.
- 14 Moving left leg, 90° left into **front stance (left)**, **low-section block (left)**.
- 15 Stepping forward into **front stance (right)**, **mid-section obverse punch (right)**.
- 16 Stepping forward into **front stance (left)**, **mid-section obverse punch (left)**.
- 17 Stepping forward into **front stance (right)**, **mid-section obverse punch (right)**. *KIHAP*.
- 18 Moving left leg, 270° left into **front stance (left)**, **low-section block (left)**.
- 19 Stepping forward into **front stance (right)**, **mid-section obverse punch (right)**.
- 20 Moving right leg, 180° right into **front stance (right)**, **low-section block (right)**.
- 21 Stepping forward into **front stance (left)**, **mid-section obverse punch (left)**.



SPARRING (*Kyorugi*)

| | |
|----------------------|--|
| <i>Il-bo kyorugi</i> | One-step sparring, #1–3 (optional) |
| <i>Chagi kyorugi</i> | Kick sparring, 30 secs. (multiple partners) |

SELF DEFENSE (*Hosinsool*)

| |
|------------------------|
| RR Same side wrist |
| RL Opposite side wrist |

DESTRUCTION (*Kyuk Pa*)

1 Board.

GRADE COMBINATIONS

| |
|-------------------|
| Kick double punch |
| Kick punch |

TERMINOLOGY

As with the rest of the terminology in the syllabus, it is not necessary to memorize these terms. With that said, the terms listed below are commonly used in dojang across the world and if any terms were to be memorized this list (especially counting to ten in Korean) might be considered the bare minimum.

| | |
|----------------------|------------------|
| <i>Cha ryut</i> | Attention |
| <i>Jun-bi</i> | Ready |
| <i>Bah ro</i> | As you were |
| <i>Dwi uro dorah</i> | About face |
| <i>Dorah</i> | Turn |
| <i>Gomahn</i> | Stop |
| <i>Ji hap</i> | Line up |
| <i>Kyung ye</i> | Bow |
| <i>Koryi Apse</i> | In your own time |
| <i>Seijak</i> | Begin |
| <i>Shiuh</i> | Relax |
| <i>Dojang</i> | Training hall |
| <i>Kihap</i> | Shout |
| <i>Dobok</i> | Uniform |
| <i>Poomse</i> | Forms |
| <i>Sohgi</i> | Stance |
| <i>Chagi</i> | Kick |
| <i>Makki</i> | Block |

| | |
|----------------|------------------------|
| <i>Jireugi</i> | Strike/punch |
| <i>Ahrae</i> | Low section (groin) |
| <i>Momtong</i> | Middle section (chest) |
| <i>Ulgool</i> | High section (head) |
| <i>Hanah</i> | 1 |
| <i>Dool</i> | 2 |
| <i>Set</i> | 3 |
| <i>Net</i> | 4 |
| <i>Dasot</i> | 5 |
| <i>Yasot</i> | 6 |
| <i>Ilgop</i> | 7 |
| <i>Yadol</i> | 8 |
| <i>Ahop</i> | 9 |
| <i>Yool</i> | 10 |

YELLOW BELT

9TH to 8TH KUP



While the Yellow Belt (8th *kup*) syllabus is much shorter than the yellow tag syllabus, you may be called upon to go through any move from an earlier syllabus. In essence, and perhaps not surprisingly, you must know all the moves and patterns from earlier grades and be ready to perform them at the request of the instructor.

ATTENDANCE/TIME

Regular attendance for 3 months from the previous grading. At the discretion of the instructor, a student may grade for their yellow belt from white belt.

FORMS (*Poomsae*)

| | |
|-----------------------|---------------|
| <i>Taeguk Il-jang</i> | Pattern No. 1 |
|-----------------------|---------------|

The *Taeguk* forms are a more developed series of training exercises similar to the *kibon* but utilizing more advanced techniques and combinations. The word "*taeguk*" is comprised of two words: "*tae*" meaning "bigness," and "*geuk*" meaning "eternity." This means not only that the forms have no beginning or end, but they also encompass the essence of Taekwondo. Indeed, this can be seen by studying the practical applications (combat, self-defence) of the techniques.

Taeguk Il-jang represents heaven (*keon*) and represents the beginning of things (light and rain come from the heavens and nurture growth) and end (death, place in heaven, rebirth).

STANCES (*Soghi*)

| | |
|----------------------|-----------------|
| <i>Kyorugi soghi</i> | Fighting stance |
| <i>Dwi soghi</i> | Back stance |

KICKS (*Chagi*)

| | |
|-------------------------------|--------------|
| <i>Naeryo chagi (jeek gi)</i> | Axe kick |
| <i>Yop chagi</i> | Side kick |
| <i>Mir-o chagi</i> | Pushing kick |

STRIKES (*Jireugi*)

| | |
|------------------------------|----------------------------|
| <i>Sonnal jecho jireugi</i> | Inner knife hand strike |
| <i>Sonnal bakkat jireugi</i> | Outwards knife hand strike |

BLOCKS (*Makki*)

| | |
|--------------------------------------|---|
| <i>Momtong kodereo makki</i> | Mid-section guarding ("double forearm") block |
| <i>Momtong makki</i> | Inwards block ("out-to-in") |
| <i>Anpalmok momtong bakkat makki</i> | Inner forearm block ("in-to-out") |

SPARRING (*Kyorugi*)

| | |
|----------------------|-------------------------|
| <i>Il-bo kyorugi</i> | One-step sparring, #4-5 |
| <i>Chagi kyorugi</i> | Kick sparring |

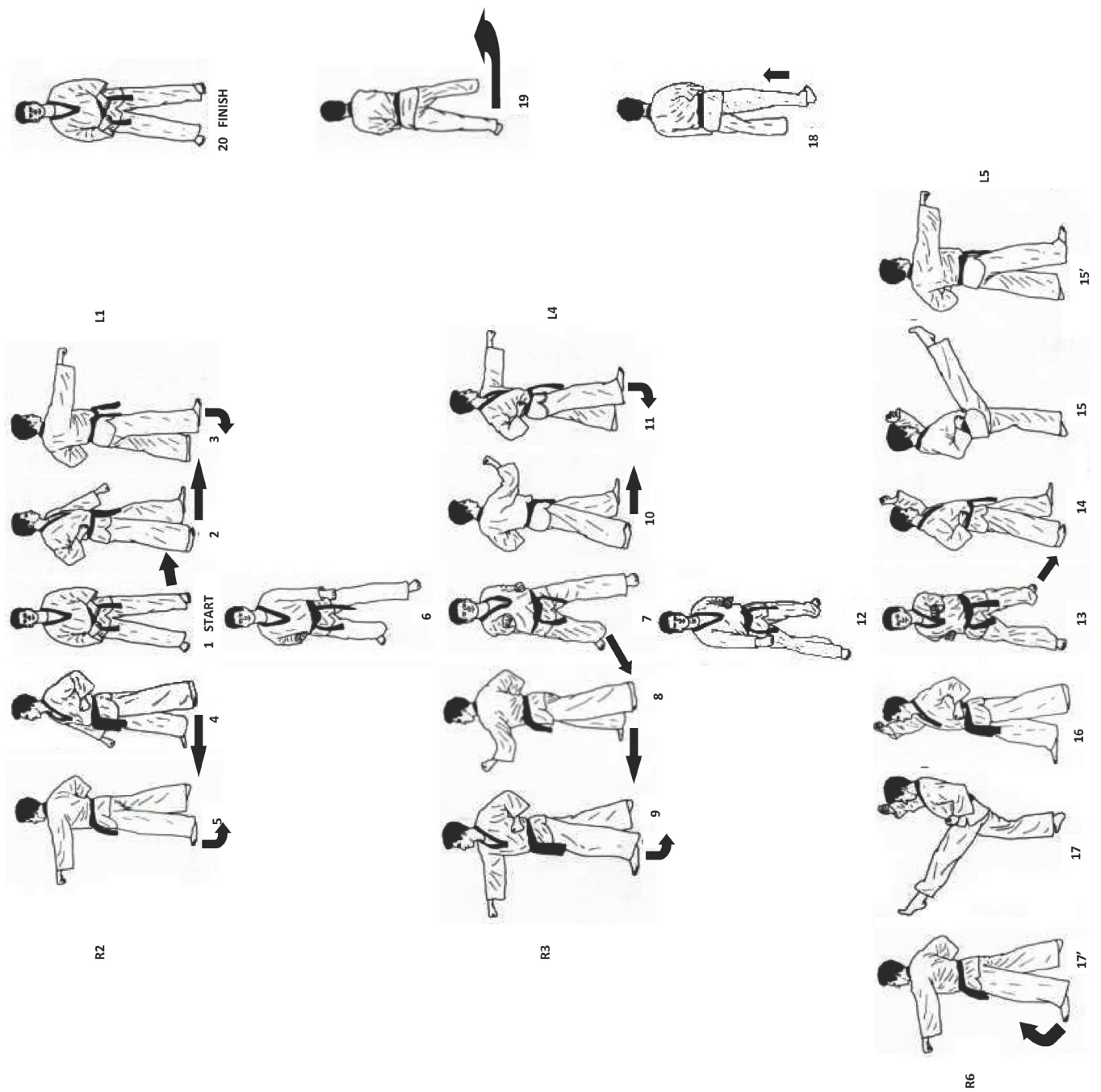
To include demonstration of *junjin* and *whoojin*, as well as switching between fighting stances.

20 Moving left leg, **90° left** into **jun-bi soghi**. End of *poomsae*.

- 1 **Jun-bi**.
- 2 Moving left leg, **90° left** into **walking stance** (left) with **low section block** (left).
- 3 Stepping forward into **walking stance** (right), **mid-section obverse punch** (right).
- 4 Moving right leg, **180° right** into **walking stance** (right) with **low section block** (right).
- 5 Stepping forward into **walking stance** (left), **mid-section obverse punch** (left).
- 6 Moving left leg, **90° left** into **forward stance** (right) with **low section block** (left) followed immediately by:
- 7* Staying in the same stance, **mid-section reverse punch** (right).
- 8 Moving right leg into a **walking stance** (right), **mid-section reverse inner block** (left).
- 9 Stepping forward into **walking stance** (left), **mid-section reverse punch** (right).
- 10 Moving left leg, **180° left** into **walking stance** (left), **mid-section reverse inner block** (right).
- 11 Stepping forward into **walking stance** (right), **mid-section reverse punch** (left).
- 12 Moving right leg, **90° right** into **forward stance** (right), **low section block** (right) followed immediately by:
- 13* Staying in the same stance, **mid-section reverse punch** (left).
- 14 Moving left leg into **walking stance** (left), **rising block** (left).
- 15 **Mid-section front kick** (right)...
- 15' Stepping down into **walking stance** (right) with **mid-section obverse punch** (right).
- 16 Moving right leg, **180° right** into **walking stance** (right), **rising block** (right).
- 17 **Mid-section front kick** (left)...
- 17' Stepping down into **walking stance** (left) with **mid-section obverse punch** (left).
- 18 Moving left leg, **90° right** into **forward stance** (left), **low section block** (left).
- 19 Stepping forwards into **forward stance** (right), **mid-section obverse punch** (right) with **kihap**.

TAEGEUK IL-JANG (PATTERN No.1)

태권도



Il-Jang

| | | | | | | |
|----|----|----|------|----|----|----|
| R2 | 5 | 4 | 1/20 | 2 | 3 | L1 |
| | | | 6 | | | |
| | | | 7 | 19 | | |
| R3 | 9 | 8 | | 10 | 11 | L4 |
| | | | 12 | | | |
| | | | 13 | | | |
| R6 | 17 | 16 | | 14 | 15 | L5 |

| | |
|----------------|--|
| <i>Junjin</i> | Advance to opponent (<i>kyorugi</i>) |
| <i>Whoojin</i> | Move backwards from opponent (<i>kyorugi</i>) |

SELF DEFENSE (*Hosinsool*)

| |
|---------------------------|
| R-R Reverse shoulder grab |
| R-L Single collar grab |

DESTRUCTION (*Kyuk Pa*)

1 Board.

FITNESS/ENDURANCE

| |
|---------------------|
| 10 regular push-ups |
| 25 crunches |

GRADE COMBINATIONS

| |
|--|
| Front, round, side kick, reverse punch |
| Round, side, back kick, reverse punch |

TERMINOLOGY

The terminology at this grade consists of body parts. These terms are useful for translating the Korean names for techniques, especially those not included in this syllabus. It is not necessary to memorize this list.

| | |
|-------------------|--------------|
| <i>Mom</i> | Body |
| <i>Kwanjeol</i> | Joint |
| <i>Ulgool</i> | Face & head |
| <i>Muh ree</i> | Head |
| <i>Noon</i> | Eye |
| <i>Gui</i> | Ear |
| <i>Ko</i> | Nose |
| <i>In joong</i> | Philtrum |
| <i>Eep</i> | Mouth |
| <i>Tuhk</i> | Chin |
| <i>Mokoomeong</i> | Throat |
| <i>Mok</i> | Neck |
| <i>Ouka</i> | Shoulder |
| <i>Myung chi</i> | Solar Plexus |
| <i>Pahl</i> | Arm |
| <i>Pahlkup</i> | Elbow |
| <i>Pahlmak</i> | Forearm |

| | |
|------------------------|------------------------|
| <i>An pahlmok</i> | Inner side of forearm |
| <i>Bakkat pahlmok</i> | Outer side of fore arm |
| <i>Meet pahlmok</i> | Palm side of forearm |
| <i>Deung pahlmok</i> | Back side of forearm |
| <i>Sahnmak</i> | Wrist |
| <i>Sahn</i> | Hand |
| <i>Sonnal</i> | Knife-blade |
| <i>Sonnal deung</i> | Ridge-hand |
| <i>Batangson</i> | Palm |
| <i>Joomok</i> | Fist |
| <i>Sahkabrak</i> | Finger |
| <i>Sahnkeut</i> | Fingertip |
| <i>Momtong</i> | Trunk (middle section) |
| <i>Huri</i> | Waist |
| <i>Arae</i> | Lower body |
| <i>Noolro</i> | Groin |
| <i>Dari</i> | Leg |
| <i>Mooreup</i> | Knee |
| <i>Ap jung kang yi</i> | Shin |
| <i>Balmak</i> | Ankle |
| <i>Bahl</i> | Foot |
| <i>Bahldung</i> | Instep |
| <i>Bahlbong oh ri</i> | Arch of foot |
| <i>Bahlnal</i> | Outside edge of foot |
| <i>An bahlnal</i> | Inside edge of foot |
| <i>Bahl badak</i> | Sole of foot |
| <i>Ap chook</i> | Ball of foot |
| <i>Dwi koomchi</i> | Heel |
| <i>Dwi chook</i> | Bottom of heel |
| <i>Balkeut</i> | Toes |
| <i>Wen</i> | Left |
| <i>Oh-ruen</i> | Right |

GREEN TAG

8TH to 7TH KUP

ATTENDANCE/TIME

There is a minimum of 3 months from the previous *kup* grade to be recommended for the 7th *kup* grading.

FORMS (*Poomsae*)

| | |
|-----------------------|---------------|
| <i>Taeguk Il-jang</i> | Pattern No. 1 |
| <i>Taeguk Ee-jang</i> | Pattern No. 2 |

Taeguk Ee-jang represents "joyfulness" (Tae) and is meant to represent strength underneath the appearance of gentleness. Moves should be performed gently (slowly) but with force.

STANCES (*Soghi*)

As with Yellow belt.

KICKS (*Chagi*)

| | |
|-------------------------------|-------------------------|
| <i>Gamya</i> | Stepping* kick |
| <i>Dwi chagi</i> | Back kick |
| <i>Biteuro chagi</i> | Twisting kick |
| <i>Mee keul myu bit chagi</i> | Skipping 45-degree kick |

* Each of the kicking techniques should be demonstratable with a step.

STRIKES (*Jireugi*)

| | |
|-----------------------------|-------------------------|
| <i>Ap palkup chigi</i> | Front elbow |
| <i>Palkup pyojeok chigi</i> | Front elbow with target |
| <i>Dwi palkup chigi</i> | Back elbow |
| <i>Deungjumeok ap chigi</i> | Back fist front strike |

BLOCKS (*Makki*)

| | |
|-------------------------------|--|
| <i>Sonnal makki</i> | Knifehand guarding block ("double knife hand") |
| <i>Hanssonal makki</i> | Inner knifehand block |
| <i>Hanssonal bakkat makki</i> | Outer knifehand block |

SPARRING (*Kyorugi*)

| | |
|----------------------|------------------------------------|
| <i>Kyorugi</i> | Light, no equipment |
| <i>Il-bo kyorugi</i> | One-step sparring, #6-8 |
| <i>Chagi kyorugi</i> | Kick sparring, 1 minute (multiple) |

To include demonstration of *ilbowhojin*, *ilbojunjin*, and *eilbo*, as well as switching between fighting stances.

| | |
|-------------------|---------------------------------------|
| <i>ilbowhojin</i> | To move backward while switching lead |
| <i>ilbojunji</i> | To advance while switching the lead |
| <i>eilbo</i> | Switch on the spot |

SELF DEFENSE (*Hosinsool*)

| |
|---------------------------|
| R-R Reverse shoulder grab |
| R-L Reverse shoulder grab |

DESTRUCTION (*Kyuk Pa*)

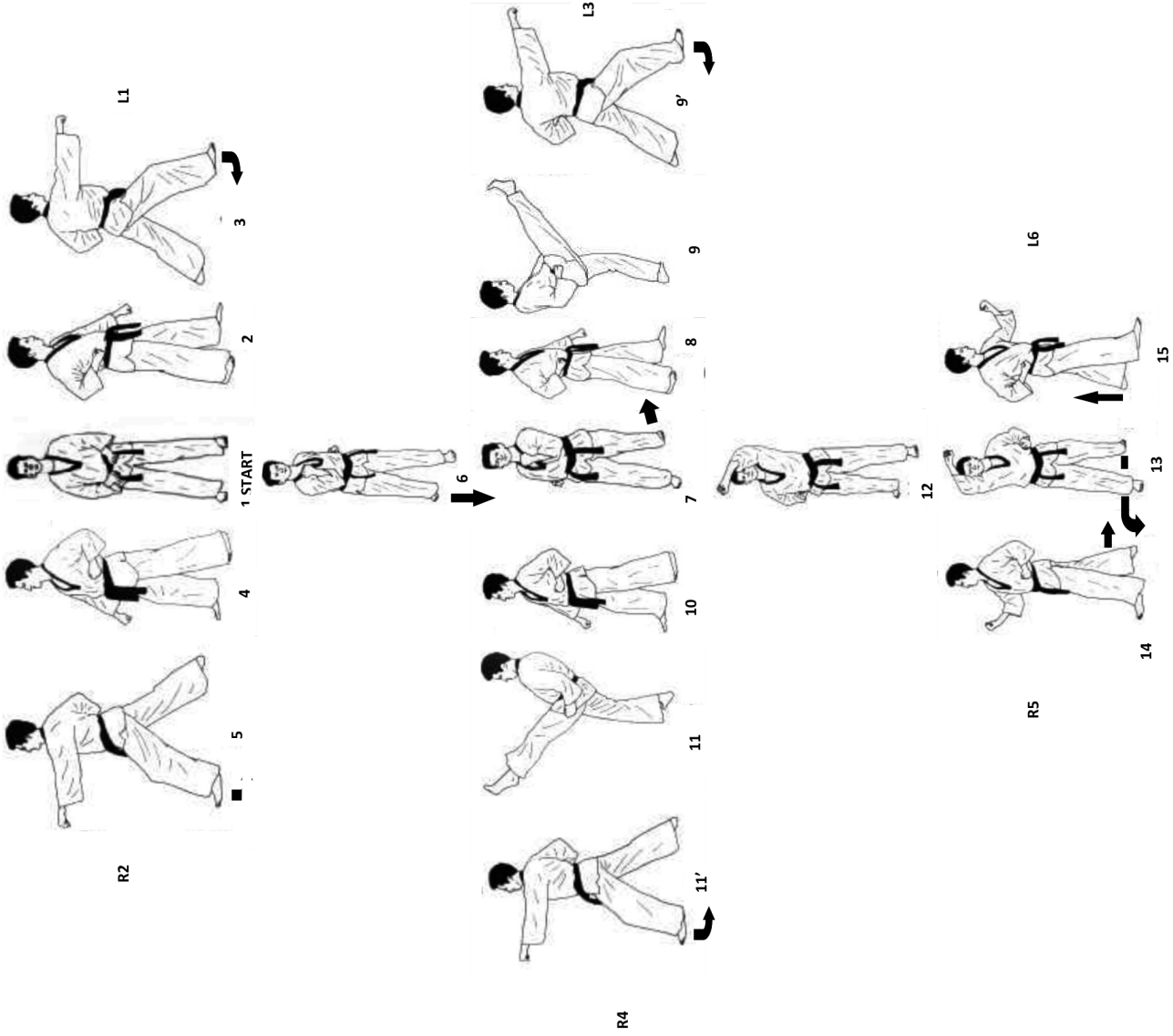
1 Board.

- 1 **Jun-bi.**
Moving left leg, **90° left** into **walking stance** (left) with **low section block** (left).
- 2 Stepping forward into **front stance** (right), **mid-section obverse punch** (right).
- 3 Moving right leg, **180° right** into **walking stance** (right) with **low section block** (right).
- 4 Stepping forward into **front stance** (left), **mid-section obverse punch** (left).
- 5 Moving left leg, **90° left** into **walking stance** (left) with **mid-section inner block** (right).
- 6 Stepping forward into **walking tance** (right), **mid-section inner block** (left).
- 7 Moving left leg, **90° left** into **walking stance** (left), **low section block** (left).
- 8 **High-section front kick** (right)...
- 9 Stepping down into **front stance** (right), **high-section obverse punch** (right).
- 10 Moving right leg, **180° right** into **walking stance** (right), **low-sectionb lock** (right).
- 11 **High-section front kick** (left)...
- 11' Stepping down into **front stance** (left), **high-section obverse punch** (left).
- 12 Moving left leg, **90° left** into **walking stance** (left), **high-section rising block** (left).
- 13 Stepping forward into **walking stance** (right), **high-section rising block** (right).
- 14 Moving left leg, **270° left** into **walking stance** (left), **mid-section inner block** (right) followed immediately by...
- 15 Moving right leg, **180° right** into **walking stance** (right), **mid-section reverse inner block** (left).
- 16 Moving left leg, **90° left** into **walking stance** (left), **low-sectionb lock** (left).
- 17 **Mid-section front kick** (right)...
- 17' Stepping down into **walking stance** (right), **mid-section obverse punch** (right).
- 18 **Mid-section front kick** (left)...
- 18' Stepping down into **walking stance** (left), **mid-section obverse punch** (left).
- 19 **Mid-section front kick** (right)...

19' Stepping down into **walking stance** (right), **mid-section obverse punch** (right)—*KIHAP*.

20 Moving left leg, **180° left** into **jun-bi**.

TAEGEUK Ee-JANG (PATTERN No.2)



ENZ 2

| | | | | | | |
|----|-----|----|--------|----|--------|----|
| R2 | 5 | 4 | 1/20 | 2 | 3 | L1 |
| | | | 19/19' | | 6 | |
| | | | 18/18' | | 7 | |
| R4 | 11' | 11 | 10 | 8 | 9 | L3 |
| | | | | 12 | 17/17' | |
| | | | | 13 | 16 | |
| | | | | R5 | 14 | |
| | | | | | 15 | L6 |

FITNESS/ENDURANCE

20 regular push-ups

35 crunches

1 minute plank

GRADE COMBINATIONS

Step side kick, spinning back fist, step side kick

Knife hand, 180 back kick (2), knife hand

TERMINOLOGY

| | |
|-----------------|--------------------|
| <i>Ye ui</i> | Courtesy |
| <i>Yom chin</i> | Integrity |
| <i>In nae</i> | Perseverance |
| <i>Kuk gi</i> | Self-control |
| <i>Baekjool</i> | Indomitable spirit |

GREEN BELT

7TH to 6TH KUP



ATTENDANCE/TIME

There is a minimum of 3 months from the previous *kup* grade to be recommended for the 6th *kup* grading.

FORMS (*Poomsae*)

| | |
|------------------------|-------------------|
| <i>Taeguk Sam-jang</i> | Pattern No. 3 |
| + | One other pattern |

Taeguk Sam-jang represents fire, sun, and heat. The moves should be performed with "snap" and passion. Combination moves following quickly from the previous technique.

STANCES (*Soghi*)

| | |
|------------------|--------------|
| <i>Koa soghi</i> | Cross stance |
|------------------|--------------|

KICKS (*Chagi*)

| | |
|---------------------------------|-----------------------|
| <i>Cha jun bal yop chagi</i> | Skipping side kick |
| <i>Cha jun bal dollyo chagi</i> | Skipping turning kick |
| <i>Bandae yop chagi</i> | Reverse side kick |
| <i>Tweio ap chagi</i> | Jump front kick |
| <i>Tweio dwi chagi</i> | Jump back kick |

STRIKES (*Jireugi*)

| | |
|---------------------------------|---------------------------------------|
| <i>Sonnal deung jireugi</i> | Ridgehand strike |
| <i>Jebi poom mok jireugi</i> | Swallow bird |
| <i>Olgool sonkkeuto jireugi</i> | High-section spearfinger with support |
| <i>Sonkkeut sewo jireugi</i> | Mid-section spearfinger with support |

| | |
|-----------------------|--------------------------------------|
| <i>Jeochu jireugi</i> | Low-section spearfinger with support |
|-----------------------|--------------------------------------|

BLOCKS (*Makki*)

| | |
|----------------------|-----------------------|
| <i>Otgorea Makki</i> | X-fist (cross) block* |
|----------------------|-----------------------|

* At low-, middle-, and high-sections. Note the mid-section x-fist block is sometimes referred to as the "checking block."

SPARRING (*Kyorugi*)

| | |
|----------------------|------------------------------------|
| <i>Il-bo kyorugi</i> | One-step sparring, #9–10 |
| <i>Chagi kyorugi</i> | Kick sparring, 1 minute (multiple) |
| <i>Kyorugi</i> | Light, equipment |

To include demonstration of:

| | |
|-------------------|--------------------------------------|
| <i>Jajun bahl</i> | Use of footwork to dodge a technique |
| <i>Nachugi</i> | Body evasion by "ducking" |

SELF DEFENSE (*Hosinsool*)

| |
|------------------------|
| R-L Single collar grab |
| Double wrist grab |

DESTRUCTION (*Kyuk Pa*)

2 boards.

- 1 **Jun-bi.**
Moving left leg, **90° left** into **walking stance** (left) with **low section block** (left).
- 3 **Mid-section front kick** (right)...
- 3' **4** Stepping down into **front stance** (right), **mid-section double punch** (obverse-reverse, right-left).
- 3" **4** Moving right leg, **180° right** into **walking stance** (right), **low-section block** (right).
- 5 **Mid-section front kick** (left)...
- 5' **4** Stepping down into **front stance** (left), **mid-section double punch** (obverse-reverse, left-right).
- 5" **6** Moving left leg, **90° left** into **walking stance** (left), **reverse knife-hand inwards strike** (right).
- 7 Stepping forwards into **walking stance** (right), **reverse knife-hand inwards strike** (left).
- 8 Moving left leg, **90° left** into **back stance** (left), **mid-section outer knife-hand block** (left).
- 9 Slipping left leg into **front stance** (left), **mid-section reverse punch** (right).
- 10 Moving right leg, **180° right** into **back stance** (right), **mid-section outer knife-hand block** (right).
- 11 Slipping right leg into **front stance** (right), **mid-section reverse punch** (left).
- 12 Moving left leg, **90° left** into **walking stance** (left), **mid-section reverse inner block** (right).
- 13 Stepping forwards into **walking stance** (right), **mid-section reverse inner block** (left).
- 14 Moving left leg, **270° left** into **walking stance** (left), **low-section block** (left).
- 15 **Mid-section front kick** (right)...
- 15' **4** Stepping down into **front stance** (right), **mid-section double punch** (obverse-reverse, right, left).
- 15" **6** Moving right leg, **180° right** into **walking stance** (right), **low-section block** (right).
- 17 **Mid-section front kick** (right)...

17' **4** Stepping down into **front stance** (right), **mid-section double punch** (obverse-reverse, right-left).

18 Moving left leg, **90° left** into **walking stance** (left), **low-section block** (left)...

18' Staying in same stance, **mid-section reverse punch** (right).

19 Stepping forward into **walking stance** (right), **low-section block** (right)...

19' Staying in same stance, **mid-section reverse punch** (left).

20 **Mid-section front kick** (left)...

20' **4** Stepping down into **walking stance** (left), **low-section block** (left) followed by **mid-section reverse punch** (right).

21 **Mid-section front kick** (right)...

21' **4** Stepping down into **walking stance** (right), **low-section block** (right), followed by **mid-section reverse punch** (left)—*KIHAP*.

22 Moving left leg, **180° left** into **jun-bi**.

1 START

2 3 4 5

6 7 8 9 10 11

12 13 14 15 16 17

18 19 20 21 22 FINISH

R2 5" 5' 5 4 1/2 2 3' 3" L1

L1 3" 3'

R4 11 10 8 9 L3

L3 17" 17'

R5 15" 15' 15 14 16 17 17" L6

L6 17" 17'

20" 21" 20" 21" 20 21

18' 18' 19'

16 17 17' 17" L6

20" 20"

21' 21'

20' 20'

18 18

19 19

20 20

21 21

22 FINISH

태극삼장

FITNESS/ENDURANCE

25 regular push-ups

50 crunches

2 minute horse-riding stance

GRADE COMBINATIONS

Axe kick, knife hand high block, 180 hook kick, 2 spinning elbows

Back leg double round kick, other leg same, swallow poom neck hitting

TERMINOLOGY*Oreun* Right*Wen* Left*Ap* Front*Ahn* Inner*Bakkat* Outer*Bandae* Reverse*Dwi* Back*Ahnuro* Inward*Bahkuro* Outward*Whee* High (up)*Whee uro* Upward*Guande* Middle*Olgool* High-section*Momtong* Middle-section*Arae* Low-section

BLUE TAG

6TH to 5TH KUP



ATTENDANCE/TIME

There is a minimum of 3 months from the previous *kup* grade to be recommended for the 5th *kup* grading.

FORMS (*Poomsae*)

| | |
|-----------------------|-------------------|
| <i>Taeguk Sa-jang</i> | Pattern No. 4 |
| + | One other pattern |

Taeguk Sa-jang represents thunder, the object of fear and trepidation as a youth. The techniques should be performed with force and with a cadence slightly slower than the previous forms.

STANCES (*Soghi*)

As Green belt.

KICKS (*Chagi*)

| | |
|------------------------------|-----------------------|
| <i>Gulgi chagi</i> | Hook kick |
| <i>Bandae bahndall chagi</i> | Reverse crescent kick |
| <i>Bandae naeryo chagi</i> | Reverse axe kick |
| <i>360 bahndall chagi</i> | 360 crescent kick |
| <i>360 bit chagi</i> | <i>Nadaban</i> |

STRIKES (*Jireugi*)

| | |
|-------------------------------------|---------------------------------|
| <i>Palkup dollyo chigi</i> | Turning elbow |
| <i>Palkup yop chigi</i> | Side elbow strike |
| <i>Palkup ollyo chigi</i> | Upward elbow strike |
| <i>Mejumeok naeryo chigi</i> | Hammerfist |
| <i>Deungjumeok kodureo ap chigi</i> | Assisted back fist front strike |

BLOCKS (*Makki*)

| | |
|--------------------------|------------------------|
| <i>Arae yop makki</i> | Low-section side block |
| <i>Momtong yop makki</i> | Mid-section side block |

SPARRING (*Kyorugi*)

| | |
|----------------------|--------------------------------------|
| <i>Il-bo kyorugi</i> | One-step sparring, #11–13 (optional) |
| <i>Chagi kyorugi</i> | Kick sparring, 1 minute (multiple) |
| <i>Kyorugi</i> | Light, 2 minutes (75%) |

SELF DEFENSE (*Hosinsool*)

| |
|--------------------|
| Double collar grab |
| Bear Hug |

DESTRUCTION (*Kyuk Pa*)

2 boards.

FITNESS/ENDURANCE

| |
|---------------------|
| 30 regular push-ups |
| 50 crunches |
| 90 second plank |

GRADE COMBINATIONS

| |
|--|
| Continuous knee-raise block with double punch. |
|--|

- 1 **Jun-bi.**
Moving left leg, **90° left** into **back stance** (left) with **mid-section double knife-hand block** (left).
- 2 Stepping forward into **front stance** (right), **mid-section spear-finger strike with support** (right).
- 3 Moving right leg, **180° right** into **back stance** (right) with **mid-section double knife-hand block** (right).
- 4 Stepping forward into **front stance** (left), **mid-section spear-finger strike with support** (left).
- 5 Moving left leg, **90° left** into **front stance** (right) with **swallow poom neck hitting** (left).
- 6 **Mid-section front kick** (right)...
- 7 Stepping down into **front stance** (right) with **mid-section reverse punch** (left).
- 8+ **Mid-section side kick** (right), followed by **mid-section side kick** (left)...
- 9
- 10 Stepping down into **back stance** (right) **mid-section double knife-hand block** (right).
- 11 Moving left leg, **270° left** into **back stance** (left) **mid-section outer forearm block** (left).
- 12+ **Mid-section front kick** (right) stomping back into original **back stance**
- 12' (left), **mid-section reverse inner block** (right).
- 13 Shifting feet, **180° right** into **back stance** (right), **mid-section outer forearm block** (right).
- 14+ **Mid-section front kick** (left) soming back into original **back stance** (right),
- 14'' **mid-section reverse inner block** (left).
- 15 Moving left leg, **90° left** into **front stance** (left) with **swallow poom neck hitting** (left).
- 16+ **Mid-section front kick** (right), stepping down into **front stance** (right) with
- 16' **backfist side-strike** (right)—*KIHAP*.
- 17+ Moving left leg, **90° left** into **walking stance** (left), **mid-section inner block** (left) followed by **mid-section reverse punch** (right).
- 17'
- 18+ Moving right leg, **90° right** into **walking stance** (right), **mid-section inner block** (right) followed by **mid-section reverse punch** (left).
- 18'

19 Moving left leg, **90° left** into **front stance** (left), **mid-section inner block** (left).

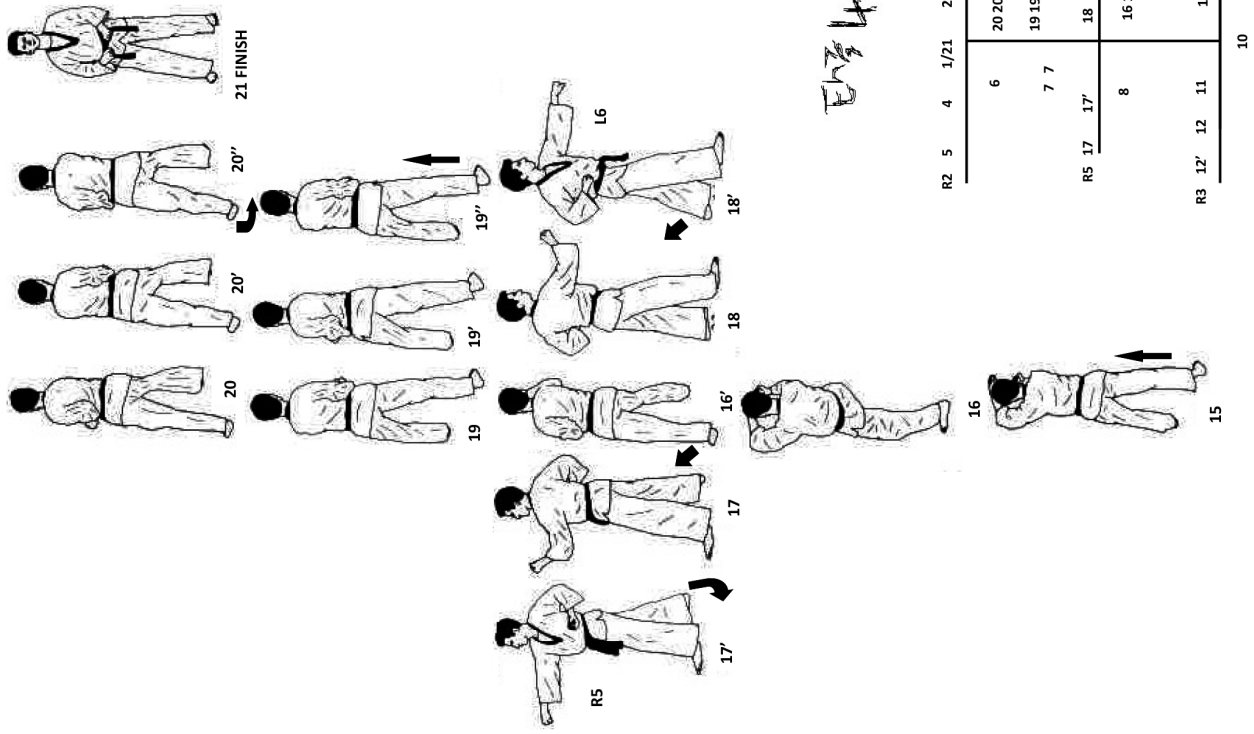
19'+ Staying in the same stance, **mid-section double punch** (reverse-obverse, right-left).

20 Stepping forwards into **front stance** (right), **mid-section inner block** (right).

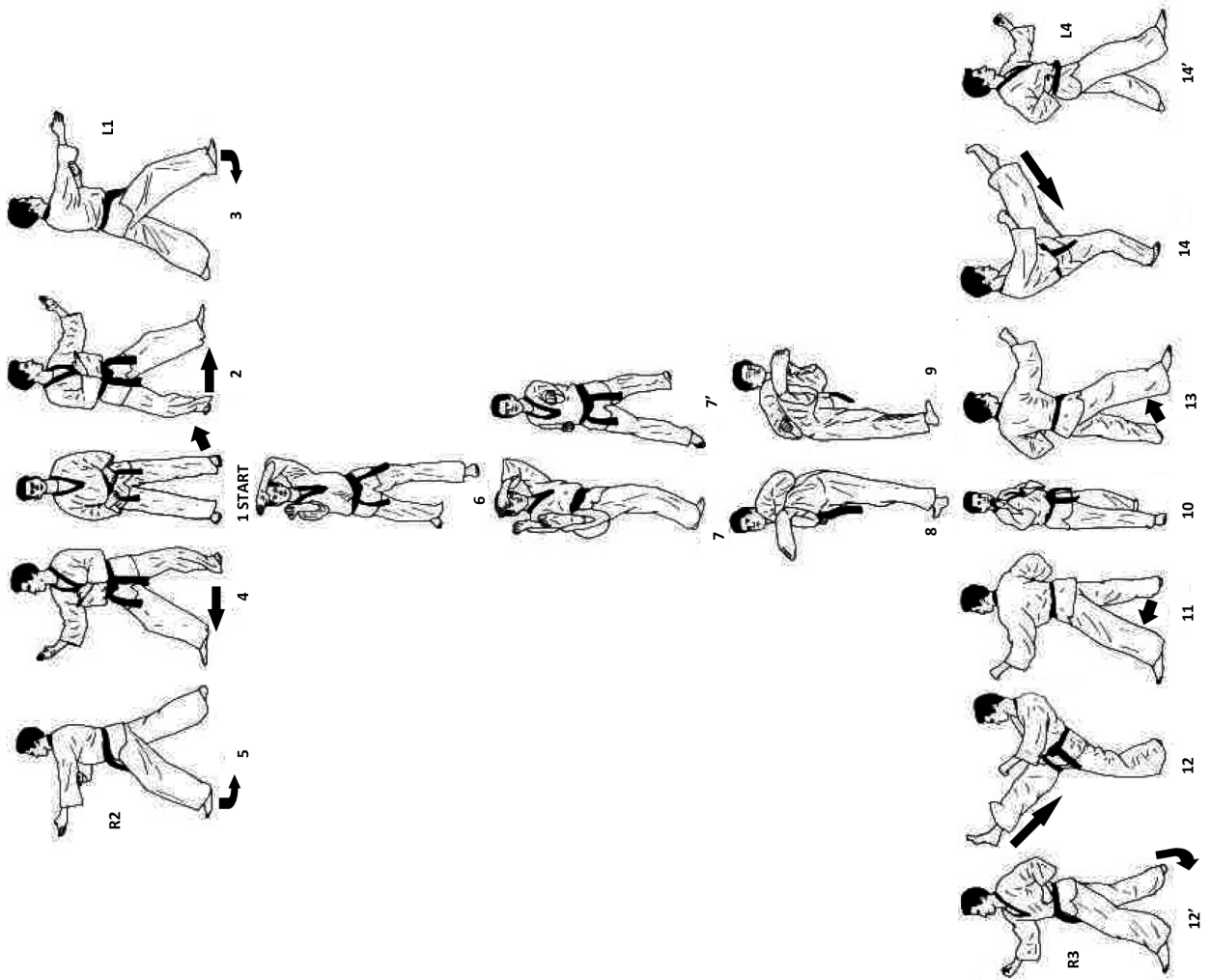
20'+ Staying in same stance, **mid-section double punch** (reverse-obverse, left-right)—*KIHAP*.

21 Moving left leg, **180° left** into **jun-bi**.

TAEGEUK SA-JANG (PATTERN No.4)



태극 4



| | | | | | | |
|----|-----|-----|------|----|-----|------------|
| R2 | 5 | 4 | 1/21 | 2 | 3 | L1 |
| | 6 | | | | | 20 20' 20" |
| | 7 | 7 | | | | 19 19' 19" |
| R5 | 17 | 17' | | 18 | 18' | 16 |
| | | | | 8 | | 16 16' |
| R3 | 12' | 12 | 11 | 13 | 14 | 14' L4 |
| | | | | | | 10 |

TERMINOLOGY

| | |
|-----------------------|----------------|
| <i>Reaction force</i> | Ban-dong-ryeok |
| <i>Jip-jung</i> | Concentration |
| <i>Kyun-hyeong</i> | Equilibrium |
| <i>Ho-heup</i> | Breath control |
| <i>Sok-do</i> | Speed |

BLUE BELT

5TH to 4TH KUP



ATTENDANCE/TIME

There is a minimum of 3 months from the previous *kup* grade to be recommended for the 4th *kup* grading.

FORMS (*Poomsae*)

| | |
|-----------------------|-------------------|
| <i>Taeguk Oh-jang</i> | Pattern No. 5 |
| + | One other pattern |

Taeguk Oh-jang represents the wind and, like the wind, techniques change from a quick and fast to heavier and more powerful, e.g. a rapid low-section block opens the form but swiftly changes to a slower yet still powerful hammerhand strike. Similarly, the turns are performed quickly to represent the twisting movements of a tornado, the techniques snapping into place before moving onto the linear components.

STANCES (*Soghi*)

| | |
|-------------------|----------------------|
| <i>Boem soghi</i> | Tiger (“cat”) stance |
|-------------------|----------------------|

KICKS (*Chagi*)

| | |
|-------------------------------|-------------------|
| <i>Bandae gulgi chagi</i> | Reverse hook kick |
| <i>Tweio yop chagi</i> | Jump side kick |
| <i>360 bandae gulgi chagi</i> | 360 hook kick |

STRIKES (*Jireugi*)

| | |
|-----------------------------|----------------------|
| <i>Mejumeok yop chigi</i> | Hammer hand |
| <i>Batangson teok chigi</i> | Palm heel jaw strike |

BLOCKS (*Makki*)

| | |
|-----------------------|----------------------|
| <i>Keumgang makki</i> | Diamond-shaped block |
|-----------------------|----------------------|

| | |
|---|--|
| <i>Hansonnol olgool bitureo makki</i> * | Knife-hand high-section twisting block |
|---|--|

| | |
|-------------------------|-----------------------------------|
| <i>Arae hecho makki</i> | Low-section wedge (pushing) block |
|-------------------------|-----------------------------------|

| | |
|----------------------------|-----------------------------------|
| <i>Momtong hecho makki</i> | Mid-section wedge (pushing) block |
|----------------------------|-----------------------------------|

| | |
|----------------------------------|---------------------------------------|
| <i>Sonnaldeung momtong makki</i> | Mid-section ridge hand guarding block |
|----------------------------------|---------------------------------------|

* Also to include mid-section and low-section twisting knife-hand and fist twisting blocks.

SPARRING (*Kyorugi*)

| | |
|----------------------|--------------------------------------|
| <i>Il-bo kyorugi</i> | One-step sparring, #14–16 (optional) |
|----------------------|--------------------------------------|

| | |
|----------------|----------------------|
| <i>Kyorugi</i> | Equipment, 2 minutes |
|----------------|----------------------|

SELF DEFENSE (*Hosinsool*)

| |
|------------------------|
| R-L Single collar grab |
| Double wrist grab |

DESTRUCTION (*Kyuk Pa*)

2 boards (double or jumping technique).

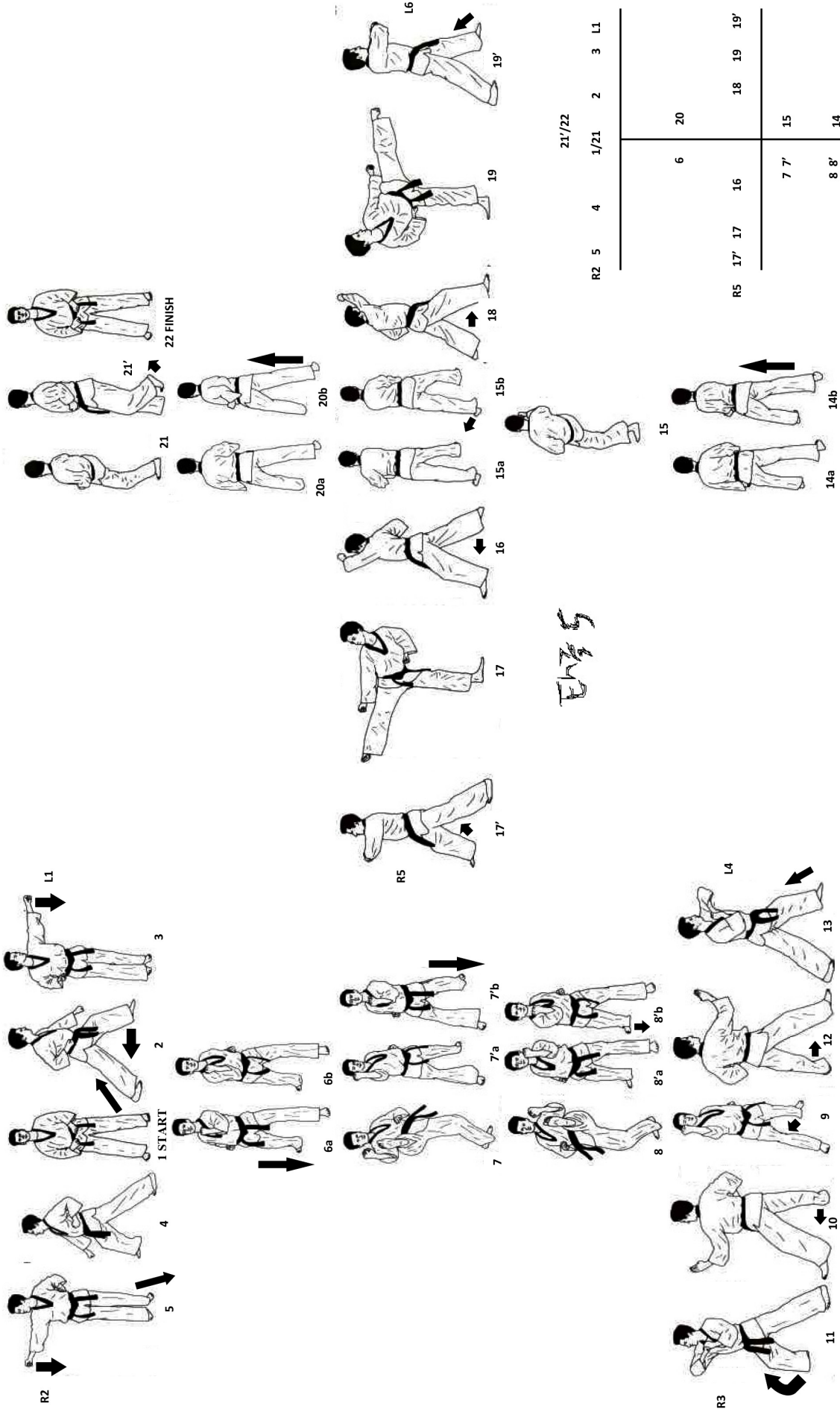
FITNESS/ENDURANCE

| |
|------------------------------|
| 35 regular push-ups |
| 70 crunches |
| 3 minute horse-riding stance |

- 1 **Jun-bi.**
Moving left leg, 90° left into **front stance** (left) with **low section block** (left).
- 2 Moving left leg back into original **parallel ready stance, hammerhand strike** (left).
- 3 Moving right leg, 180° **right** into **front stance** (right) with **low section block** (right).
- 4 Moving right leg back into original **parallel ready stance, hammerhand strike** (right).
- 5 Moving left leg, stepping forwards into **front stance** (left), **mid-section inner block** (left) followed by **mid-section reverse inner block** (right).
- 6a+ **Mid-section front kick** (right)...
- 6b Stepping down into **front stance** (right), **backfist front strike** (right) followed by **mid-section reverse inner block** (left).
- 7 **Mid-section front kick** (right)...
- 7a+ Stepping down into **front stance** (right), **backfist front strike** (right) followed by **mid-section reverse inner block** (left).
- 7b **Mid-section front kick** (left)...
- 8 Stepping down into **front stance** (left), **backfist front strike** (left) followed by **mid-section reverse inner block** (right).
- 8a+ Stepping forwards into **front stance** (right), **backfist front strike** (right)—**KIHAP.**
- 8b Moving left leg, 270° **left** into **back stance** (left), **mid-section outer knife-hand block** (left).
- 9 Stepping forwards into **front stance** (right), **high-section turning elbow with support** (right).
- 10 Moving right leg, 180° **right** into **back stance** (right), **mid-section outer knife-hand block** (right).
- 11 Stepping forwards into **front stance** (left), **high-section turning elbow with support** (left).
- 12 Moving left leg, 90° **left** into **front stance** (left), **low-section block** (left) followed by **mid-section reverse inner block** (right).
- 13 **Mid-section front kick** (right)...
- 14a+ Stepping down into **front stance** (right), **low section block** (right), followed by **mid-section reverse inner block** (left).
- 14b Moving left leg, 90° **left** into **front stance** (left), **rising block** (left).
- 15 **Mid-section side kick** (right)...

- 17 Stepping down into **front stance** (right), **mid-section reverse front elbow with target** (left).
- 18 Moving right leg, 180° **right** into **front stance** (right), **rising block** (right).
- 19 **Mid-section side kick** (left)...
- 19' Stepping down into **front stance** (left), **mid-section reverse front elbow with target** (right).
- 20a+ Moving left leg, 90° **left** into **front stance** (left), **low-section block** (left) followed by **mid-section reverse inner block** (right).
- 20b **Mid-section front kick** (right)...
- 21 **Pressing kick** (right), jumping forwards into **front cross stance** (left leg behind) with **back fist front strike** (right)—**KIHAP.**
- 22 180° **left** into **jun-bi.**

TAEGEUK OH-JANG (PATTERN No.5)



태극오

21'/22

| | | | | | | |
|----|-----|----|----|----|-----|----|
| R2 | 5 | 4 | 3 | 2 | 1 | L1 |
| R5 | 17' | 17 | 16 | 15 | 14 | 13 |
| | 6 | 20 | 18 | 19 | 19' | L6 |
| | 7 | 7' | 15 | | | |
| | 8 | 8' | 14 | | | |
| R3 | 11 | 10 | 9 | 12 | 13 | L4 |

GRADE COMBINATIONS

Jump 360 crescent kick, diamond block, slip side kick.

360 hook kick, repeat the other leg.

RED TAG

4TH to 3RD KUP



ATTENDANCE/TIME

There is a minimum of 3 months from the previous *kup* grade to be recommended for the 3rd *kup* grading.

FORMS (*Poomsae*)

| | |
|-------------------------|--------------------|
| <i>Taeguk Yook-jang</i> | Pattern No. 6 |
| + | Two other patterns |

Taeguk Yook-jang represents water and its formlessness and adaptability. Techniques are performed fluidly, but also showing twisting techniques to adapt to the lines of attack and defence (e.g. the twisting knife-hand block).

STANCES (*Soghi*)

No additional stances are required at this grade level.

KICKS (*Chagi*)

| | |
|---------------------------|------------------------|
| <i>Tweio yup chagi</i> | Jump reverse side kick |
| <i>Tweio dollyo chagi</i> | Jump turning kick |
| <i>Ap mooreup chigi</i> | Front knee strike |

STRIKES (*Jireugi*)

| | |
|---------------------------------|---|
| <i>Chetdari jireugi</i> | Fork-shape (double) punch |
| <i>Yop jireugi</i> | Side punch |
| <i>Deungjumeok bakkat chigi</i> | Back fist side strike |
| <i>Dujumeok jeochojireugi</i> | Two fist bent backward punching ("upset punch") |

BLOCKS (*Makki*)

| | |
|--|---|
| <i>Kawi makki</i> | Scissor block |
| <i>Batangson kodureo momtong makki</i> | Mid-section palm inner block with support |
| <i>Batangson momtong makki</i> | Mid-section palm inner block |

SPARRING (*Kyorugi*)

| | |
|----------------------|--------------------------------------|
| <i>Il-bo kyorugi</i> | One-step sparring, #17–18 (optional) |
| <i>Kyorugi</i> | Equipment, 2 minutes |

SELF DEFENSE (*Hosinsool*)

| |
|-------------------------|
| Advanced R-R wrist grab |
| Advanced R-L wrist grab |

DESTRUCTION (*Kyuk Pa*)

3 boards (hand, foot, spin).

FITNESS/ENDURANCE

| |
|---------------------|
| 40 regular push-ups |
| 100 crunches |
| 2 minute plank |

TEACHING

Also, how to start and end class.

GRADE COMBINATIONS

| |
|---|
| Tornado kick, one direction then other. |
| Jump side kick, jump side kick, knife hand high. Same time reverse punch. |

- 1 **Jun-bi.**
Moving left leg, **90° left** into **front stance** (left) with **low section block** (left).
- 2 **Mid-section front kick** (right), stepping backwards into **back stance** (left) with **mid-section outer forearm block** (left).
- 3 Moving right leg, **180° right** into **front stance** (right) with **low section block** (right).
- 3+ **Mid-section front kick** (right), stepping backwards into **back stance** (left) with **mid-section outer forearm block** (left).
- 4 Moving right leg, **180° right** into **front stance** (right) with **low section block** (right).
- 5+ **Mid-section front kick** (left), stepping backwards into **back stance** (right) with **mid-section outer forearm block** (right).
- 5' Moving left leg, **90° left** into **front stance** (left) with **high-section twisting knife hand block** (right).
- 6 **Mid-section turning kick** (right, hitting with *ap chook*)—**KIHAP**. Stepping down into **parallel ready stance** (facing 90° left from original *jun-bi soghi*), moving immediately into...
- 7+ Stepping forwards into **front stance** (left), **high-section outer forearm block** (left), followed by **mid-section reverse punch** (right).
- 7' **Mid-section front kick** (right), stepping down into **front stance** (right) with **mid-section reverse punch** (left).
- 8+ Moving right leg, **180° right** into **front stance** (right) **high-section outer forearm block** (right), followed by **mid-section reverse punch** (left).
- 8' **Mid-section front kick** (left), stepping down into **front stance** (left) with **mid-section reverse punch** (right).
- 9+ Moving left leg, **90° left** into **parallel ready stance, low-section pushing block** (slow).
- 9' Stepping forward with right leg into **front stance** (right), **high-section twisting knife hand block** (left).
- 10+ **Mid-section turning kick** (left, hitting with *ap chook*)—**KIHAP**. Stepping down into **parallel ready stance** (facing 90° right to front stance), moving immediately to...
- 10' Moving right leg, **180° right** into **front stance** (right), **low-section block** (right).
- 11+ **Mid-section front kick** (left), stepping down into **front stance** (left) with **mid-section reverse punch** (right).
- 11' Stepping forward with right leg into **front stance** (right), **high-section twisting knife hand block** (left).
- 12+ Moving left leg, **90° left** into **parallel ready stance, low-section pushing block** (slow).
- 12' Stepping forward with right leg into **front stance** (right), **high-section twisting knife hand block** (left).
- 13 **Mid-section turning kick** (left, hitting with *ap chook*)—**KIHAP**. Stepping down into **parallel ready stance** (facing 90° right to front stance), moving immediately to...
- 14 Moving right leg, **180° right** into **front stance** (right), **low-section block** (right).
- 15+ **Mid-section front kick** (right), stepping back into **back stance** (right), **mid-section outer forearm block** (left).
- 16' Moving left leg, **180° left** into **front stance** (left), **low-section block** (left).

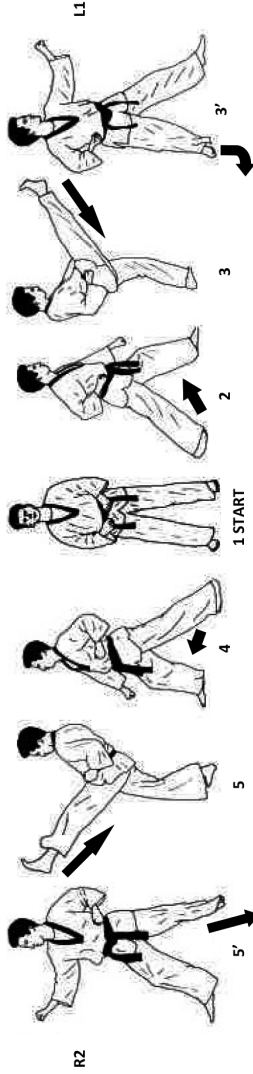
- 18+ **Mid-section front kick** (right), stepping into **back stance** (right), **mid-section outer forearm block** (left).
- 18' Moving right leg, **90° left** (backwards, facing 14/15) into **back stance** (left), **mid-section double knife-hand block** (left).

- 19 Stepping backwards into **back stance** (right), **mid-section double knife-hand block** (right).
- 20 Stepping backwards into **front stance** (left), **mid-section palm inner block** (left) followed by **mid-section reverse punch** (right).

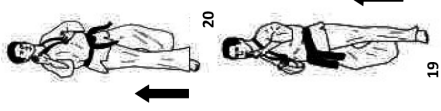
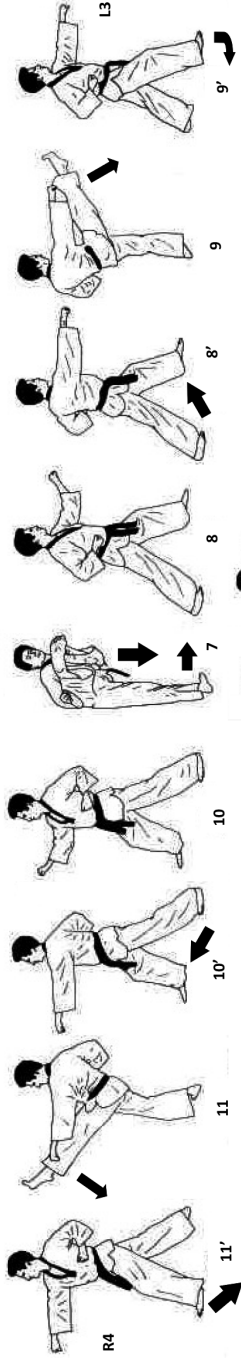
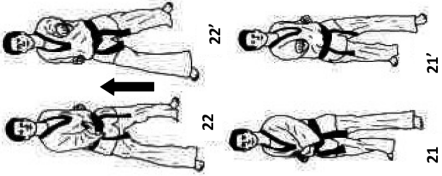
- 21+ Stepping backwards into **front stance** (right), **mid-section palm inner block** (right) followed by **mid-section reverse punch** (left).
- 21' Stepping backwards into **front stance** (right), **mid-section palm inner block** (right) followed by **mid-section reverse punch** (left).

- 22+ Moving right leg backwards into **jun-bi.**
- 22' Moving right leg backwards into **jun-bi.**

TAEGEUK YUK-JANG (PATTERN No.6)

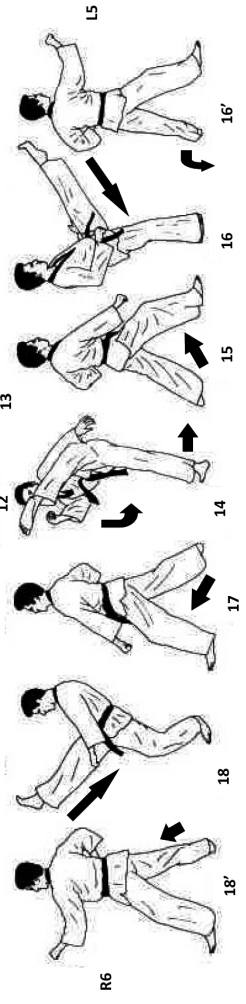


태극 6



R2 5' 4 1/23 2 3 3' L1

| | |
|------------------|--------------|
| 6 | 22/22' |
| 7 | |
| R4 11' 11 10' 10 | 8 8' 9 9' L3 |
| 12 | 21/21' |
| 13 | 20 |
| 14 | 19 |
| R6 18' 18 17 | 15 16 16' L5 |



태권도

RED BELT

3RD to 2ND KUP



ATTENDANCE/TIME

There is a minimum of 3 months from the previous *kup* grade to be recommended for the 2nd *kup* grading.

FORMS (*Poomsae*)

| | |
|-------------------------|--------------------|
| <i>Taeguk Chil-jang</i> | Pattern No. 7 |
| + | Two other patterns |

Taeguk Chil-jang represents the mountain. The techniques are tighter and closer, e.g. tiger stance, and performed with strength and power. For example, the scissor blocks are sometimes performed as a "window wiper" motion, but they should be performed powerfully with the techniques snapping into place with force and control. The cadence of this pattern is once again slightly slower than with others.

STANCES (*Soghi*)

No additional stances are required at this grade level.

KICKS (*Chagi*)

All kicks should be demonstrable on the spot or moving forwards in appropriate stances with combination blocks and strikes.

| | |
|-------------------------------|-----------------------|
| <i>Tweoi bandae yop chagi</i> | 360 jump reverse side |
| <i>Yop chagi yop jireugi</i> | Side kick with punch |

STRIKES (*Jireugi*)

| | |
|------------------------|----------------|
| <i>Eolgool jireugi</i> | Upward punch |
| <i>Naeryo jireugi</i> | Downward punch |

| | |
|-----------------------------|-----------------------------|
| <i>Meongye chigi</i> | Yoke hitting (double elbow) |
| <i>Dangkyo teok jireugi</i> | Pulling the jaw punching |

BLOCKS (*Makki*)

| | |
|--|--------------------------------------|
| <i>Batangson momtong nullo makki</i> | Mid-section palm hand pressing block |
| <i>Batangson momtong eolgool nullo makki</i> | Mid-section rising pressing block |
| <i>Wasenteul makki</i> | Single hand wide open block |

SPARRING (*Kyorugi*)

| | |
|----------------------|--|
| <i>Il-bo kyorugi</i> | One-step sparring, #19–20 (optional) |
| <i>Kyorugi</i> | Equipment, 2 rounds with 2 different opponents |

SELF DEFENSE (*Hosinsool*)

| |
|------------------------------------|
| Advanced R-L reverse shoulder grab |
| Advanced R-R reverse shoulder grab |

FITNESS/ENDURANCE

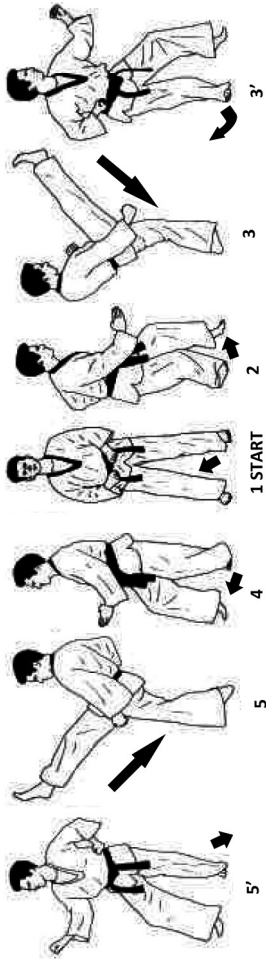
| |
|------------------------------|
| 45 regular push-ups |
| 100 crunches |
| 4 minute horse-riding stance |

DESTRUCTION (*Kyuk Pa*)

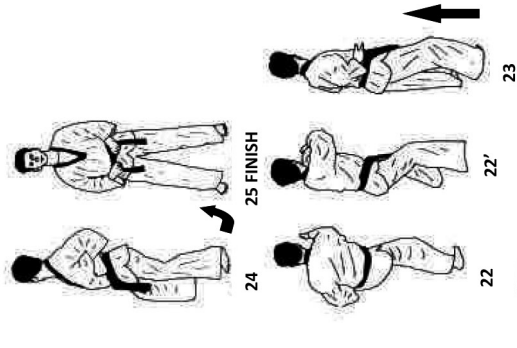
4 boards, 4 different techniques.

- 1 **Jun-bi.**
Moving left leg, **90° left** into **tiger stance** (left) with **mid-section reverse inner palm block** (right).
- 2 **Mid-section front kick** (right), stepping back into original **tiger stance** (left) with **mid-sections inwards block** (left).
- 3+ Moving right leg, **180° right** into **tiger stance** (right) with **mid-section reverse inner palm block** (left).
- 3' **Mid-section front kick** (left), stepping back into original **tiger stance** (right) with **mid-sections inwards block** (right).
- 4 Moving left leg, **90° left** into **back stance** (left) with **low-section double knife hand block** (left).
- 5 Stepping forwards into **back stance** (right) with **low-section double knife hand block** (right).
- 6 Moving left leg, **90° left** into **tiger stance** (left), **mid-section reverse palm hand assisting block** (right).
- 8' Staying in the same stance, execute a **back fist front strike** (right) while closing the assisting hand (*grabbing*).
- 9 Moving right leg, **180° right** into **tiger stance** (right), **mid-section reverse palm hand assisting block** (left).
- 9' Staying in the same stance, execute a **back fist front strike** (left) while closing the assisting hand (*grabbing*).
- 10 Bringing left foot to right, turn **90° left** into closed stance, left palm over back of right hand at chest height, spreading arms at shoulder height, gradually closing fist as arms move downwards into **closed fist stance** (left hand cupped around right fist).
- 10' Staying in the same stance, move arms upward and away from the body.
- 11a+ Stepping forwards into **front stance** (left), **reverse scissor block** (low right, mid left), followed immediately by **scissor block** (low left, mid right).
- 11b Stepping forwards into **front stance** (right), **reverse scissor block** (low left, mid right), followed immediately by **scissor block** (low right, mid-left).
- 13 Moving left leg, **270° left** into **front stance** (left), **wedging block**.
- 14+ **Grasp head** of opponent, pull down to **front knee strike** (left), stepping forwards into **front cross stance** (right behind left), with **upset punch**...
- 14' Moving left leg back into **front stance** (right), **low-section x-fist block**.

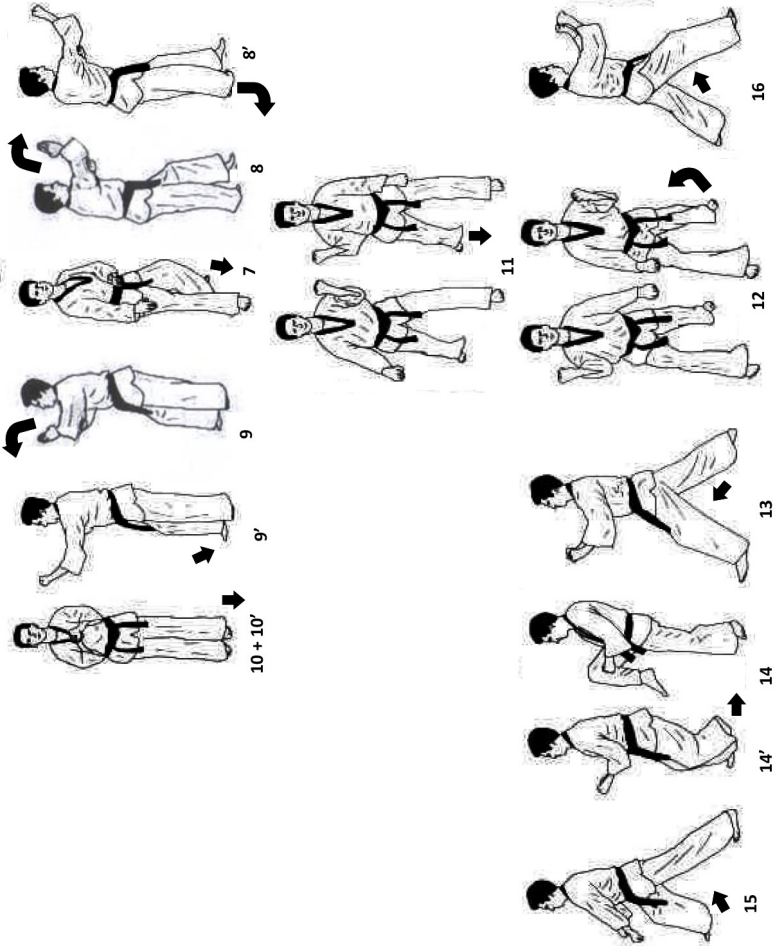
- 16 Moving right leg, **180° right** into **front stance** (left), **wedging block**.
- 17+ **Grasp head** of opponent, pull down to **front knee strike** (right), stepping forwards into **front cross stance** (left behind right) with **upset punch**...
- 17' Moving right leg back into **front stance** (left), **low-section x-fist block**.
- 18 Moving left leg, **90° left** into **walking stance** (left) **back fist side strike** (left).
- 20+ Opening left hand as target, **inner crescent kick** (right), stepping down into **sitting stance** (facing 90° left), **front elbow** (right) with target (left).
- 20' Moving left leg forwards into **walking stance** (right), **back fist side strike** (right).
- 21 Opening right hand as target, **inner crescent kick** (left), stepping down into **sitting stance** (facing 90° right), **front elbow** (left) with target (right).
- 22+ Staying in the same stance, **mid-section side knife hand outer block** (left).
- 22' Stepping forwards into **sitting stance** (facing opposite direction), **mid-section side punch** (right)—*KIHAP*.
- 25 Moving left leg, **180° left** into **jun-bi**.



칠장



| R2 | 5' | 5 | 4 | 1/25 | 2 | 3 | 3' | L1 |
|----|----|-----|----|------|----|-----|-----|-----|
| | 6 | | | | 24 | | | |
| | | | | | 22 | 22' | 23 | |
| | | | | | 21 | | | |
| R5 | 9' | 9 | | | 8 | 8' | L6 | |
| R3 | 15 | 14' | 14 | 13 | | | | |
| | | | | | 10 | 20 | 20' | |
| | | | | | 11 | | 19 | |
| | | | | | 12 | 16 | 17 | 17' |
| | | | | | | 18 | 18 | L4 |



TEACHING REQUIREMENTS

At this grade, the student should be fully capable of demonstrating and otherwise teaching the various techniques up to their grade level to lower grades (3rd *kup* and below). The increasing teaching burden is one of the reasons that 1st and 2nd *kup* students are recognized at the beginning and end of the class (*sun bae nim*).

GRADE COMBINATIONS

Front leg side kick, forward roll, front leg side kick.

Nadaban one side other side (combo).

BLACK TAG

2ND to 1ST KUP

ATTENDANCE/TIME

There is a minimum of 3 months from the previous *kup* grade to be recommended for the 1st *kup* grading. It is also assumed that the individual will have attended additional advanced classes and focus seminars.

FORMS (*Poomsae*)

| | |
|------------------------|----------------------|
| <i>Taeguk Pal-jang</i> | Pattern No. 8 |
| + | Three other patterns |

The final of the *Taeguk* forms, *Taeguk Pal-jang* symbolizes the earth as source of life. Combining both swift and slower, more powerful techniques, it has a fast overall cadence in a similar light to *Taeguk Sam-jang*. Techniques should be performed with control, precision, and complete with the movement of the body into the stances. Remember that there are two *kihap* in the pattern, each on the jumping technique, and there is no *kihap* at the end of the form.

STANCES (*Soghi*)

As for Red belt.

KICKS (*Chagi*)

No new kicks are introduced at this level. The student should work on perfecting to the best of their ability all previous kicks.

STRIKES (*Jireugi*)

| | |
|-----------------------|--------------------------|
| <i>Dollyo jireugi</i> | Turning punch |
| <i>Khal jaebi</i> | Arc hand ("tiger mouth") |
| <i>Pyojok jireugi</i> | Target punch |

BLOCKS (*Makki*)

| | |
|-------------------------|-------------------|
| <i>Santeul makki</i> | Mountain block |
| <i>Jageun dolzteogi</i> | Small hinge block |
| <i>Kheun dolzteogi</i> | Large hinge block |

SPARRING (*Kyorugi*)

| | |
|----------------------|--------------------------------------|
| <i>Kyorugi</i> | Refereeing |
| <i>Kyorugi</i> | 2×90 seconds, full contact, refereed |
| <i>Il-bo kyorugi</i> | One-step sparring |

SELF DEFENSE (*Hosinsool*)

| |
|---------------------------------|
| Advanced R-L single collar grab |
| Advanced double wrist grab |

DESTRUCTION (*Kyuk Pa*)

| |
|--|
| 2 boards, 2 different techniques (consecutive) |
| 4 boards in stack with hand or foot |

FITNESS/ENDURANCE

| |
|---------------------|
| 50 regular push-ups |
| 150 crunches |
| 3 minute plank |

TEACHING

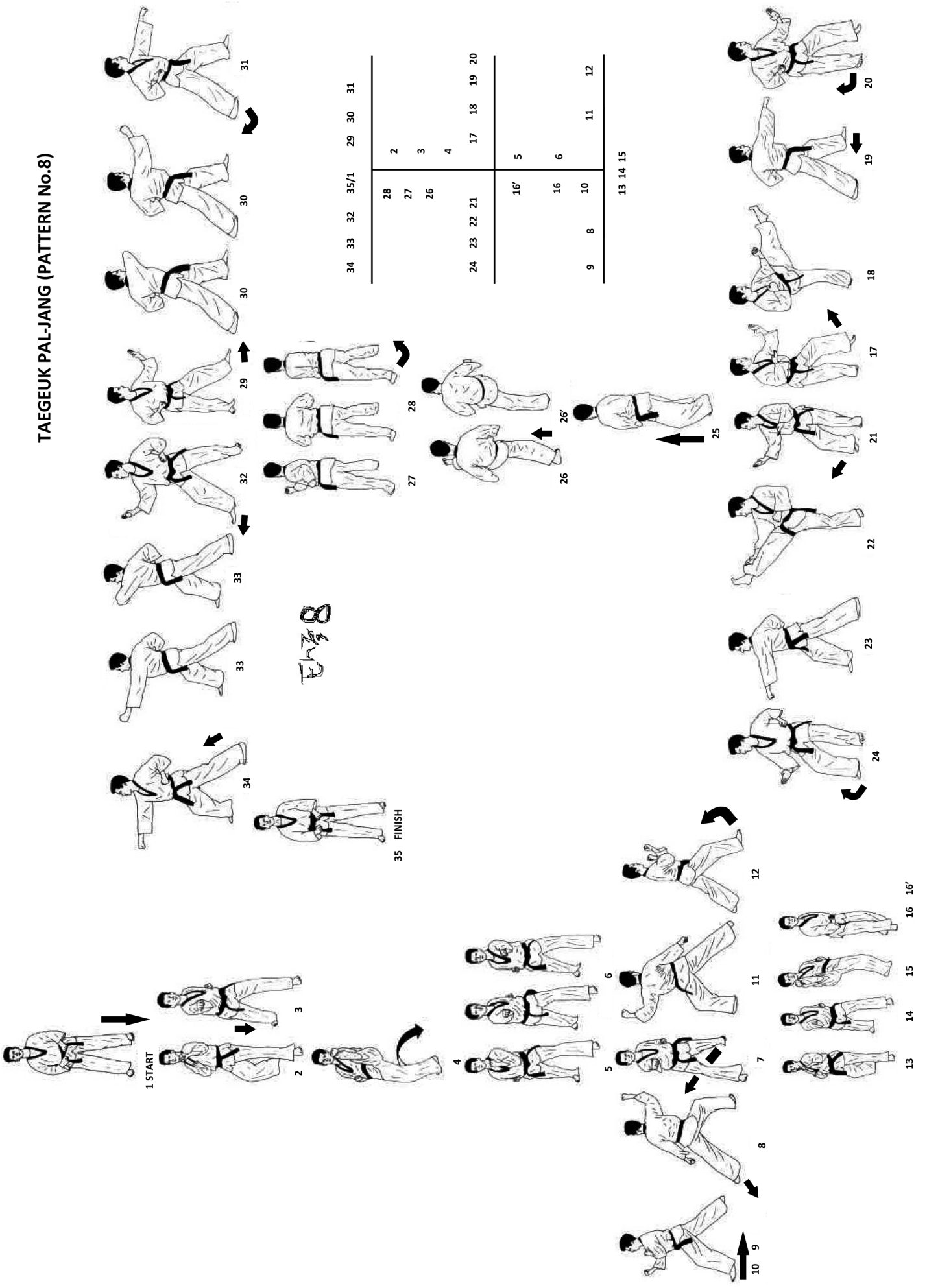
The student is required to teach forms (*poomsae*) to lower grades. This requirement is usually distributed throughout the months prior to a grading, but may be required to be demonstrated on the day of the grading.

The student should also be familiar with sparring techniques, as well as understanding competition rules and terminology.

- 1 **Jun-bi.**
Moving left leg, step forward into back stance (left) with **mid-section double forearm block** (left).
- 3 Stepping out with left leg into **front stance** (left), **mid-section reverse punch** (right).
- 4 Jumping forwards, **jumping front kick** (right)—*KIHAP*...
- 5 Landing in **front stance** (left), **mid-section inwards block** (left).
- 6a+ Remaining in the same stance, **mid-section double punch** (reverse-obverse, right-left).
- 6b
- 7 Stepping forwards into **front stance** (right), **mid-section obverse punch** (right).
- 8 Moving left leg, **90° left** into **front stance** (right), **single hand wide open block** (left-low, right-high) looking "behind".
- 9 **Grasp head** of target with left hand, move left foot out and turn **180° left** into **front stance** (left), and executing a "power" **pulling the jaw punch** (right).
- 10 Moving left leg backwards into **rear cross stance** (left leg behind)...
- 11 Move right leg out into **front stance** (left), **single hand wide open block** (right-low, left high) looking "behind".
- 12 **Grasp head** of target with right hand, move right foot out and turn **180° right** into **front stance** (right), and executing a "power" **pulling the jaw punching** (left).
- 13 Moving right leg, **90° left** into **back stance** (left), **mid-section knife hand double block** (left).
- 14 Stepping forward with left leg into **front stance** (left), **mid-section reverse punch** (right).
- 15+ **Mid-section front kick** (right), taking 2.5 steps backward into **tiger stance** (right), **mid-section palm inner block** (right).
- 16
- 17 Moving left leg, **90° left** into **tiger stance** (left), **mid-section knife hand double block** (left).
- 18 **Mid-section front kick** (left)...
- 19 Stepping down into **front stance** (left), **mid-section reverse punch** (right)...
- 20 Stepping back to the original **tiger stance** (left), **mid-section reverse palm inner block** (right).

- 21 Moving right leg, **180° right** into **tiger stance** (right), **mid-section knife hand double block** (right).
- 22 **Mid-section front kick** (right)...
- 23 Stepping down into **front stance** (right), **mid-section reverse punch** (left)...
- 24 Stepping back to the original **tiger stance** (right), **mid-section reverse palm inner block** (left).
- 25 Moving right leg, **90° right** into **back stance** (right), **low-section double forearm block** (right).
- 26+ **Mid-section front kick** (left), jumping up on the spot into **jumping front kick** (right)—*KIHAP*...
- 26'
- 27 Landing into **front stance** (right), **mid-section inner block** (right)...
- 28a+ Staying in the same stance, **mid-section double punch** (reverse-obverse, left-right).
- 28b
- 29 Moving left leg, **270° left** into **back stance** (left), **mid-section outer knife hand block** (left).
- 30 Moving left leg, step out into **front stance** (left), **high-section reverse turning elbow** (right) followed immediately by a **back fist front strike** (right).
- 31 Staying in the same stance, **mid-section obverse punch** (left).
- 32 Moving right leg, **180° right** into **back stance** (right), **mid-section outer knife hand block** (right).
- 33 Moving right leg, step out into **front stance** (right), **high-section reverse turning elbow** (left) followed immediately by a **back fist front strike** (left).
- 34 Staying in the same stance, mid-section obverse punch (right).
- 35 Moving left leg, **90° left** into **jun-bi**.

TAEGEUK PAL-JANG (PATTERN No.8)



| | | | | | | | | |
|----------|----|----|------|----|----|----|----|----|
| 34 | 33 | 32 | 35/1 | 29 | 30 | 31 | | |
| 28 | 2 | 27 | 3 | 26 | 4 | | | |
| 24 | 23 | 22 | 21 | 17 | 18 | 19 | 20 | |
| 16' | 5 | 16 | 6 | 9 | 8 | 10 | 11 | 12 |
| 13 14 15 | | | | | | | | |

GRADE COMBINATIONS

Back leg double side kick, reach grab pull, step punch. In horse riding stance, jump, low x-block, step back into high x-block.

Jump axe, in to out hook, into out hook jump turn 1 ½ land in back stance with middle knife hand block.

TERMINOLOGY

At this stage it is useful to review the terminology covered in previous grade syllabi. Beyond that, however, the black tag syllabus also requires that the student is familiar with competition rules and terminology. Only the terminology will be covered in this document.

| | |
|-----------------------------|-----------------------|
| <i>Jeon</i> | Round |
| <i>Shihap</i> | Bout or match |
| <i>Jeum</i> | Point |
| <i>Shi gan</i> | Time out |
| <i>Keum bahk</i> | Out of bounds |
| <i>Kyong go</i> | Warning |
| <i>Gam jeum</i> | Deduction of point |
| <i>Shil kyuk</i> | Disqualification |
| <i>Boo sang</i> | Injury |
| <i>Seung</i> | Win |
| <i>Bi kim</i> | Tie |
| <i>Chung</i> | Blue |
| <i>Hong</i> | Red |
| <i>Hin</i> | White |
| <i>Hogoo</i> | Chest protector |
| <i>Sahn boho jang kap</i> | Protective gloves |
| <i>Palmok bohodae</i> | Forearm guard |
| <i>Kung kang yi bohodae</i> | Shin guard |
| <i>Nang him bohodae</i> | Groin cup |
| <i>Muh ree bohodae</i> | Protective heard gear |
| <i>Eep bohodae</i> | Mouth guard |

BLACK BELT

1ST to 1ST DAN/POOM

ATTENDANCE/TIME

There is a minimum of 6 months from the previous kup grade to be recommended for the 1st *dan/poom*. (The *poom* grade is sometimes referred to as a "junior black belt," and is reserved for individuals less than 15 years of age. The Kukkiwon in Korea will only issue *dan* certificates to students aged 15 years or older.)

FORMS (*Poomsae*)

| | |
|--------------|------------------|
| <i>Koryo</i> | Dan Pattern 1 |
| + | 4 other patterns |

Koryo is the name of a significant dynasty in Korea associated not only with invention and cultural advancement, but also with strong defence from the Mongolions who occasionally tried to sweep across Korean.

The pattern should be performed with poise and balance, especially in the opening double side kicks and the transition from the side kicks into the low-section supported spearfinger thrust. Techniques should also be performed with conviction and show solid reaction force.

STANCES (*Soghi*)

| | |
|-----------------------|-------|
| <i>Habktari soghi</i> | Crane |
|-----------------------|-------|

KICKS (*Chagi*)

All kicks should be demonstrable on the spot or moving forwards in appropriate stances with combination blocks and strikes.

| | |
|------------------------------|------------------|
| <i>Tweio i-jung ap chagi</i> | Split front kick |
| <i>Tweio kawi chagi</i> | Scissor kick |

| | |
|-------------------|------------|
| <i>Ohpo chagi</i> | Spin sweep |
|-------------------|------------|

STRIKES (*Jireugi*)

| | |
|-----------------------------|---------------------|
| <i>Keumgang ap jireugi</i> | Diamond front punch |
| <i>Keumgang yop jireugi</i> | Diamond side punch |

BLOCKS (*Makki*)

| | |
|---|--|
| <i>Hwangso makki</i> | Bull block |
| <i>Sonbadak kodureo an pahlmok bakkat makki</i> | Palm-assisted inside forearm outer block |

PRACTICAL APPLICATIONS

Taekwondo's strong emphasis on kicking techniques, along with its origins as a combat sport and current status as an Olympic sport, mean that the practical applications of Taekwondo techniques are often maligned. While self defense and combat techniques have been taught throughout the syllabus, at the black belt level the student should begin to develop the practical, martial applications of the techniques—often reflected through pre-arranged sparring (*il-bo kyorugi*). The student should be able to explain the practical applications of one-step moves in this syllabus and, ideally, develop their own.

SPARRING (*Kyorugi*)

| | |
|--------------------------|--------------------------------------|
| <i>Kyorugi</i> | 2×90 seconds, full contact, refereed |
| <i>Kyorugi</i> | Multiple opponents |
| <i>Hosinsool kyorugi</i> | Self-defence sparring |
| <i>Il-bo kyorugi</i> | One-step sparring |
| <i>Chagi kyorugi</i> | Kick sparring |

The student should know the rules of competition sparring and be capable of referring a match (see *Terminology*, above). At this level, you should be capable of judging at competition for both *kyorugi* and *poomsae*.

SELF DEFENSE (*Hosinsool*)

Advanced double collar grab

Advanced bear hug

Weapon defences

Alternate self-defense (all)

* The student should be facile with all previous techniques. Alternate techniques are advantageous but not required.

WEAPONS WORK

10-step *escrimma*

FITNESS/ENDURANCE

50 regular push-ups

150 crunches

5-minute horse-riding stance

DESTRUCTION (*Kyuk Pa*)

4 boards with 4 separate techniques
(consecutive)

Cinder block with hand or foot

TEACHING

For this grade, the student is required to teach two full classes: from warm-up to warm-down. It's good to sit down and think about how you want to structure these classes as it will be almost impossible to cover everything in a single class—that's just for a single grade level let alone trying to teach multiple grades!

Remember, teaching a class under regular conditions is often far easier than these two classes. After all, unless the class is full of junior grades you almost always have senior grades and other black belts to call on for support.

GRADE COMBINATIONS

Jump 360 hook kick, low spinning heel sweep, downward back first

Jump split kick / scissor kick / flying 180 back kick

GRADING STANDARDS: ARE YOU READY?

At this stage the student should be exhibiting full power and speed of technique by utilizing their whole body: reaction force, hip movement, balance, breathing, and synchronization of movement of the body with the completion of techniques. This results in the traditional "snap" of the *dobok* when performing most techniques.

Transitions between techniques should be sharp, balanced, and show an awareness of the environment around them.

Finally, the successful student is simultaneously teacher, leader, and student role-model. It's a lot to live up to, but if you've trained hard for your black belt and your instructor has put you forward for testing, they believe that you are worth your black belt. The test is only to prove to you that you're worth it.

Higher grade patterns continue with a journey of self-realization, with patterns and techniques being subtly transformed to suit the preferences and abilities of the individual. They take a while to master, but remember: your next test will be in a minimum of *two* years.

ONE STEP

GRADING COMBINATIONS

There are twenty (20) rote sparring combinations for *il-bo* and *sam-bo kyorogi* that are distributed throughout the various grades. The *kup* grade is listed in the second column (the number refers to the *kup*, the letters are an abbreviation of the belt e.g., Yt = yellow tip), and then the technique briefly described. These

techniques are performed on the spot, in each case starting from *jun-bi*. Once the technique has been called, the student performs the technique with a *kihap* on the final strike, and then returns to *jun-bi*.

| Combination | Grade | Technique |
|-------------|--------------|---|
| 1 | 9 (Y.t) | Step side into left front stance, left hand outer block, shift into front stance as you do a right middle punch. |
| 2 | 9 (Y.t) | Step into left front stance, block with left outer knife, shift weight and right knife hand strike to opponents neck. |
| 3 | 9 (Y.t) | Step into a left front stance while doing a left hand inner block, punch with the right hand to middle. |
| 4 | 8 (Y) | Step back on right foot, left hand high block, punch as you shift into a front stance. |
| 5 | 8 (Y) | Inner block with right hand, step into a horse riding stance and perform a right elbow to attacker's ribs. |
| 6 | 7 (G.t) | Step into a right front stance, block with outer knife hand with left hand, right elbow strike to head. |
| 7 | 7 (G.t) | Outer block with right hand, grab wrist, step in front with your left foot, elbow/knife-hand strike to elbow with left arm/hand. |
| 8 | 7 (G.t) | Outer block with left hand, step behind attacker's legs with your right foot, knife hand strike to attacker's neck, push over. |
| 9 | 6 (G) | Fighting stance, inner crescent to block, same leg side kick to middle. |
| 10 | 6 (G) | Fighting stance, left hand palm block, grab attacker's wrist, pull wrist and perform a ridgehand strike to neck. |
| 11 | 5 (Blu.t) | Right hand outer block, step in horse riding stance to right elbow strike, twist and then do left elbow strike. |
| 12 | 5 (Blu.t) | Right hand inner block, step in horse riding stance to do a right elbow strike, twist and do a left elbow strike, following with left backfist to face. |

| | | |
|----|-----------------------|--|
| 13 | 5 (<i>Blu.t</i>) | Fighting stance, slide in with left foot, do left outer knife hand while performing a right ridgehand upward strike to opponents groin area, followed with an upward elbow to opponent's chin. |
| 14 | 4 (<i>Blu</i>) | Step left and perform inner block with left hand, right middle punch, then punch high with left hand, step behind attacker's legs with right foot, clothesline to neck with right ridgehand. |
| 15 | 4 (<i>Blu</i>) | Left hand outer block, grabs wrist, sweep attackers front leg with your right foot, right turning kick to middle. |
| 16 | 4 (<i>Blu</i>) | Left outer block, grab wrist, right elbow strike to head, hold wrist as you turn 190 to the inside, right fist to groin. |
| 17 | 3 (<i>R.t</i>) | Right hand outer block, grab wrist, step to left and perform a right front thrust kick to attacker's side of knee. |
| 18 | 3 (<i>R.t</i>) | Right foot inner crescent block, right side kick to middle, turning left foot back kick. |
| 19 | 2 (<i>R</i>) | Right foot inner crescent block, jump and perform a jump turning kick to attacker's head. |
| 20 | 2 (<i>R</i>) | Left foot axe kick to arm, right foot axe kick to head. |

IL-BO KYORUGI

ONE-STEP PRACTICE COMBINATIONS



Il-bo kyorugi (one-step sparring) is a form of pre-arranged sparring used to demonstrate a student's ability to successfully block or avoid an attack and then counterattack. The attacker provides the vehicle by which the defender can show proper technique and focus, while also exhibiting confidence and trust in their partner's abilities.

One-step sparring is meant to simulate a self-defence scenario in which the defender must answer to a single, rapid strike. Variations to the method described below involve the lack of formal positions, self-defence one-step, and the defender positioned such that their back is against the wall.

TARGET RANGE

An important concept for pre-arranged sparring is that of the "target range" or "attack range." This is the distance from the attacker's body and the striking limb if the attack were to strike *through* the defender's body. To gauge this distance, perform the appropriate strike slowly. If your attacking arm is bent such that straightening it would put it a 2-3" beyond the striking area then you're about the right distance for the pre-arranged sparring.

At lower grades you may be allowed to determine the target distance. For higher grades it is assumed that you would be able to gauge this without practicing the attack.

FORMAL IL-BO KYORUGI (One-Step)

One-step sparring follows the same format as three-step sparring with a number of differences:

- Only a single attack is made and, thus, only a single counterattack.
- The attack is a high-section obverse punch
- The defender may *not* move backwards during the block/counterattack *unless* they moving into a guarding block (back stance) *before* calling the attack forward.

Other than that, the process is broadly the same, as outlined below:

1. Training partners face each other at *target range* (see above).
2. Instructor/demonstrator calls for partners to attention (*char yut*) and bow (*kyung nae*).
3. One line is designated as the attackers, the other as defenders.
4. The attackers/defenders are asked to ready themselves (*il-bo kyorugi, jun-bi*).
5. **Attacker:** Moves their right foot back into low black (front stance).
6. **Defender:** Pauses, readies themselves. When ready, *kihap* to call the attacker forward.
7. **Attacker:** Step forward high-section obverse punch (front stance). Your right leg should be forward and your right arm punching.
8. **Defender:** Moves in any direction but backwards to block and counter the technique. Alternatively, at stage 6 (above), they move their right leg back into a back stance with guarding block and *kihap* when ready.
9. Attacker and defender return to *jun-bi*.

10. Roles reverse (attacker becomes defender and defender becomes attacker).
11. Repeat with different counterattacks each time. The attack is always the same: mid-section obverse punch in a front stance.

One-step sparring has two broad schools of thought: one-sided and two-sided.

The "one-sided" approach has the attacker only attack with their right hand and the defender performing only a single block/counterattack before the roles are switched. The "two-sided" approach has the attacker striking and the defender blocking and counterattacking, then both returning to *jun-bi* only for the sequence to repeat with the attacker striking this time with the opposite hand.

Just which one of the approaches are used depends entirely on the Taekwondo organization, school, and even instructor.

INFORMAL *IL-BO KYORUGI*

The process described above is for formal, classical one-step. This type of sparring provides a structured system for practising potentially dangerous techniques on an opponent. It is, however, fairly rigid and artificial. As such there are other types of one-step that are employed during training culminating with "*hosinsool kyorugi*" as part of the black belt syllabus.

There are three informal forms of one-step sparring, each of which is described below. They are generally only introduced to advanced grades or as part of self-defence drills under the direct supervision of an instructor or senior grade.

METHOD 1

The attacker moves their right foot back into fighting stance with a mid-section guarding block. When called, they attack with a high-section jab.

METHOD 2

As Method 1, but the attacker is permitted to attack with either any strike or kick.

METHOD 3

The defender stands with their back against a wall. The attacker stands in front of the defender and can attack with any technique—strike, kick, grab, or lock. This is the hardest form of one-step sparring and requires a great deal of care.

EXAMPLE TECHNIQUES

The next couple of pages consist of a list of potential techniques that can be used in formal one-step. These techniques are not necessarily realistic self-defence and are used to show the technical ability of the student. Please also note that they are not listed in any particular order.

| Combination | Technique |
|-------------|--|
| 0 | Right foot back, fighting stance, mid-section guarding block. Run away. |
| 1 | Shift to the left, outer knife-hand block to the wrist. Grab wrist and, at the same time, turning kick with ball of foot to the solar plexus. Keeping hold of the wrist, high-section hook kick over the arm and the drop leg down—bringing the attacker to the ground. Downwards elbow/punch to the rear of the head, upper chest, or lower back (kidneys)— <i>kihap</i> . |
| 2 | Front leg mid-section side-kick. <i>Optional</i> : Add reverse diagonal axe kick to neck. |
| 3 | Inner crescent kick block, step on attacker's knee to use as a step for a jump reverse turning kick. |
| 4 | Right foot back (fighting stance, guarding block). Jump side kick to side or rear of head (<i>kihap</i>). |
| 5 | Shift to the left, outer knife-hand block to the wrist. Grab wrist and, at the same time, turning kick with ball of foot to the solar plexus (<i>kihap</i>). Keeping hold of the wrist, rotate down and clockwise to the "6 o'clock" position, then add left hand to stabilize the hold. Continue clockwise rotation and step under and through the arm. Continue to rotate the wrist clockwise in the transverse (horizontal) section while simultaneously lifting. |
| 6 | Shift to the right and execute a left-handed outer knife-hand block to the wrist with simultaneous right-hand inner knife-hand strike to the neck. Right hand side elbow to the chest while pulling the attacker's arm (<i>kihap</i>). |
| 7 | Shift to the left, vertical 9-shaped block to the arm, ridge-hand strike to the temple. <i>Optional</i> : Side kick to the right knee, half-turning kick to the back (kidneys). |
| 8 | Shift to the left, palm pressing block with the left hand, grasping the wrist and stabilizing with the right hand. Rotate anti-clockwise along the saggital (vertical) plane of the attacker while stepping through with the right leg to throw your opponent. (Do not complete the move.) |
| 9 | Front snap kick to the attacker's arm, second kick with the right leg (half-turning kick beneath floating ribs, (jump) turning kick to face, or side kick to axilla). |
| 10 | Shift to the right, step into right back stance, mid-section knife-hand twisting block with simultaneous palm strike to face (<i>alternate</i> : knife-hand inner strike to neck) then: (1) grasp attack wrist with left hand and perform basic wrist attack; (2) grasp attack wrist with right hand, sweep right leg around while turning wrist into throw/lock; (3) front elbow to face, sweep to attacker's back leg, downward punch (or elbow or kick) to rear of attacker. |
| 11 | Left foot back (back stance, guarding block). Inner crescent kick block to the arm followed by reverse side kick to the chest. |
| 12 | Move to the left, knight hand block with right hand, twisting kick to face with left leg, any kick attack with right leg (e.g., side kick/jump side kick, axe kick). |
| 13 | Shift to the left, upwards pressing block to the attacker's arm, side kick to the arm pit, reverse side kick to the chest (<i>kihap</i>). |
| 14 | Shift to the right, ridge-hand supporting block (left arm leading), stepping forwards knife-hand side strike to the neck with right hand, turning knee strike to the chest with left knee, downward elbow to the upper back or the lower part of the rear head (<i>kihap</i>). |
| 15 | Shift slightly to the left, left palm inner block to arm, low-section side-kick (<i>alt.</i> blocking/stepping kick), stepping down into back fist front strike (<i>kihap</i>). |

- 16 Shift slightly to the left, left turning elbow to the attacker's elbow to block/strike, followed by spinning right-hand knife hand side strike to neck, step forward wrapping right arm over neck/chest while dropping weight and center of gravity, throw attacker over hip.
- 17 Shift to right, right inner palm block, stepping forward into front stance (right), low-section twisting block as strike, shifting into horse-riding stance and palm heel strike with the right hand to the nose.
- 18 Shift to right, right "turning elbow" block to wrist (Wing Chun's *bong sau*) with left hand placed over the top of attacker's hand and holding against your arm. Keeping the arm contact, rotate left hand around outside of attacker's arm so that you palm is on top of their wrist. Lever the wrist down as you shift your weight over to the left for maximum leverage.
- 19 Shift to right, left-hand back fist to bicep, stepping forward into left walking stance, right hand (reverse) palm heel strike to face, grab attacker's head and pull down to right knee strike (*alternate*: turning knee strike to chest).
- 20 Shift to right and forwards, simultaneous left ridge hand block to arm and right vertical fist to face, followed by right hammerfist to groin and then right supported back-fist front-strike in rear cross stance.
- 21 Move to the left into closed stance, left palm inner block followed by left twisting kick, stepping back into closed stance then right hooking kick to head (*alternates*: replace hooking kick with spinning sweep and then downward punch/downward back-fist front strike; replace hooking kick with jump reverse side kick).
- 22 Left foot back fighting stance to call attack, left leg outer crescent kick, right leg pushing kick.
- 23 Jump to the left into back stance knife-hand guarding block followed by low-section side kick to knee then mid-section (or high-section) side kick, stepping down into knife-hand outer strike in front stance, reverse punch.
- 24 Shift to the left, left inner palm block then run past the attacker to escape.
- 25 Shift to the left, light palm inner block to the wrist to gradually curl your fingers around the wrist. Shift right leg in circle away from the attacker as you abduct their arm away from their body and add your right arm to a holding position on the attacker's hand. Then swiftly move left leg in circle to face the original direction, rotate arm upwards and medially to throw the target.

HALL COMBINATIONS

EXAMPLE TECHNIQUE COMBINATIONS

This section contains example technique combinations for each grade. They are included here as a helpful tool for students and instructors. The majority of these combinations

utilize techniques from that particular grade level. Where this is not possible, techniques are drawn from the previous grade or earlier grades as necessary.

YELLOW TAG (9th *kup*)

| Combination | Technique |
|-------------|---|
| 1 | Low section block, reverse punch (front stance). |
| 2 | High-section block, front kick, reverse punch (walking stance). |
| 3 | Front kick, half-turning kick (<i>alt</i> : turning kick), axe kick (fighting stance). |
| 4 | Low-section block, mid-section outer forearm block, rising block (horse-riding stance). |
| 5 | Low-section punch, mid-section punch, high-section punch (horse-riding stance). |
| 6 | Kick (choice), mid-section punch (horse-riding stance). |

YELLOW BELT (8th *kup*)

| Combination | Technique |
|-------------|--|
| 1 | Fighting stance, front kick, side kick, down into fighting stance, guarding block. |
| 2 | Fighting stance, pushing kick, axe kick, down into fighting stance, guarding block. |
| 3 | Mid-section inner block, reverse punch (walking stance). |
| 4 | Mid-section inner forearm block (back stance), knife-hand inner strike (walking stance). |
| 5 | Knife-hand outer strike (back stance), front-leg side kick, stepping down into low-section block and reverse punch (front stance). |
| 6 | Guarding block (back stance), front thrusting kick, side kick, turning kick, down into guarding block (back stance). |

GREEN TAG (7th kup)

| Combination | Technique |
|-------------|---|
| 1 | Outer knife hand block (back stance), reverse punch (back stance), reverse front elbow strike with target (front stance). |
| 2 | Mid-section inner knife-hand block (walking stance), back elbow (back stance, 180), back fist front strike (walking stance, <i>alt</i> : reverse front elbow [front stance]). |
| 3 | Knife-hand guarding block (back stance), half-turning kick, skipping half-turning kick, knife-hand guarding block (back stance). |
| 4 | Low-section knife-hand guarding block (back stance), mid-section knife-hand guarding block (back stance). |
| 5 | Skip half-turning kick, back kick (fighting stance). |
| 6 | Knife-hand guarding block (back stance), twisting kick, stepping side kick, back kick, knife-hand guarding block (back stance). |

GREEN BELT (6th kup)

| Combination | Technique |
|-------------|---|
| 1 | Skipping half-turning kick, skipping side kick, reverse side kick, guarding block (back stance). |
| 2 | Swallow poom neck strike (front stance), stepping forward into mid-section spearfinger with support (front stance). |
| 3 | Jump front kick, landing into low-section guarding block (back stance), then reverse ridgehand (front stance). |
| 4 | Jump back kick, landing into mid-section guarding block (back stance). |
| 5 | Jump front kick, X-fist block (front stance). |
| 6 | X-fist block (front stance)—single block but at each height: low, middle, high. |

BLUE TAG (5th kup)

| Combination | Technique |
|-------------|---|
| 1 | Low section x-fist block (front stance), reverse upward elbow strike (front stance). |
| 2 | Mid-section knife-hand guarding block (back stance), side elbow (horse riding stance), step through cross-stance into hooking kick, mid-section knife-hand block (back stance). |
| 3 | Guarding block (fighting stance), half-turning kick, 360 half-turning kick, guarding block (fighting stance). |
| 4 | Low-section block (front stance), hammerfist strike (walking stance), turning elbow (front stance). |
| 5 | Side elbow strike (horse riding stance), 360 inner crescent kick, landing into outward knife-hand strike (horse-riding stance). |
| 6 | Low-section block (front stance), mid-section front kick, assisted backfist front strike (cross stance). |

BLUE BELT (4th kup)

| Combination | Technique |
|-------------|--|
| 1 | Knife-hand twisting block (front stance), turning kick (striking with the ball of the foot), reverse hook kick, mid-section ridge hand guarding block (back stance). |
| 2 | Diamond-shaped block (back stance), stepping forward into hammer hand strike (walking stance), jump side kick, landing into guarding block (fighting stance). |
| 3 | Low-section wedging block (front stance), stepping forward palm heel jaw strike (walking stance), reverse turning kick, guarding block (fighting stance). |
| 4 | 360 hook/reverse turning kick down into guarding block (fighting stance). |
| 5 | Mid-section ridgehard guard block (tiger stance), front leg front kick, stepping down into reverse mid-section spearfinger with support (front stance). |
| 6 | Diamond-shaped block (horse-riding stance), mid-section side elbow (horse-riding stance), slip-side kick, reverse side kick, knife-hand guarding block (tiger stance). |

RED TAG (3rd kup)

| Combination | Technique |
|-------------|---|
| 1 | Back fist side strike (walking stance), inner crescent kick, front elbow strike with target (horse-riding stance). |
| 2 | Mid-section wedging block (front stance), head grab, front knee strike, upset punch (front cross stance), stepping backward, low-section x-fist block (front stance). |
| 3 | 9-shaped block (front stance), stepping up into back fist side strike (walking stance), stepping forward fork-shaped punch (back stance). |
| 4 | Side punch (sitting stance), jump reverse side kick landing into side punch (sitting stance). |
| 5 | Guarding block (back stance), jump turning kick, scissor block (front stance). |
| 6 | Mid-section palm inner block (back stance), spin back fist side strike (back stance). |

RED BELT (2nd kup)

| Combination | Technique |
|-------------|---|
| 1 | Mid-section palm hand pressing block (walking stance), yoke hitting/double elbow (horse-riding stance), 360 jump reverse side kick into mid-section guarding block (back stance). |
| 2 | Guarding block (fighting stance), 360 jump reverse side into guarding block (fighting stance). |
| 3 | Double mid-section pressing block (front stance), mid-section side kick with punch, downward punch, step forward guarding block (back stance). |
| 4 | Mid-section palm hand upper pressing block (tiger stance), front leg side kick with punch, stepping down pulling the jaw punching (front stance). |
| 5 | Upward punch (back stance), yoke hitting (sitting stance), back elbow in target direction (back stance). |
| 6 | Guarding block (back stance), mid-section front kick followed by high-section jumping front kick, scissor block (front stance). |

BLACK TAG (1st *kup*)

| Combination | Technique |
|-------------|---|
| 1 | Large hinge block (sitting stance), 360 spin into large hinge block (sitting stance). |
| 2 | Mountain block (sitting stance), reverse arch hand strike (front stance). |
| 3 | Turning punch (walking stance), mid-section outer knife-hand block (sitting stance), side punch with target, side kick with side punch, guarding block (back stance). |
| 4 | Knife-hand twisting block (front stance), axe kick, downward punch, low-section side kick, guarding block (fighting stance). |
| 5 | Small hinge block (closed stance), diamond block (back stance), reverse upward punch (same stance), side punch (same stance), side kick with punch, reverse front elbow with target (front stance). |
| 6 | Mid-section inner block (back stance), side elbow (horse-riding stance), jump reverse hook kick into downward punch moving forward into guarding block (back stance). |

BLACK BELT (1st *dan* or *poom*)

There are no dedicated hall techniques for students heading towards their 1st *dan*. You are expected to be able to do every other combination and technique in any order. Occasionally, new techniques will be introduced on the day of the test to see how you react to them and adopt them into your movements.