



Connacht Taekwon-do Schools

Student Handbook



The enclosed theory & Training Syllabus is based on that laid down by General Choi Hong Hi in *Encyclopaedia of Taekwon-do*, Third Ed 1993, published by the *International Taekwon-do Federation*.

This handbook should be studied thoroughly by any prospective student. It is the roadmap of your journey in Taekwon-do.

Rules Of The School

It should be understood by members that the purpose of these rules is primarily to insure maximum benefit from the study of Taekwon-Do. The basic principles found in these rules have been a part of Taekwon-Do from its inception.

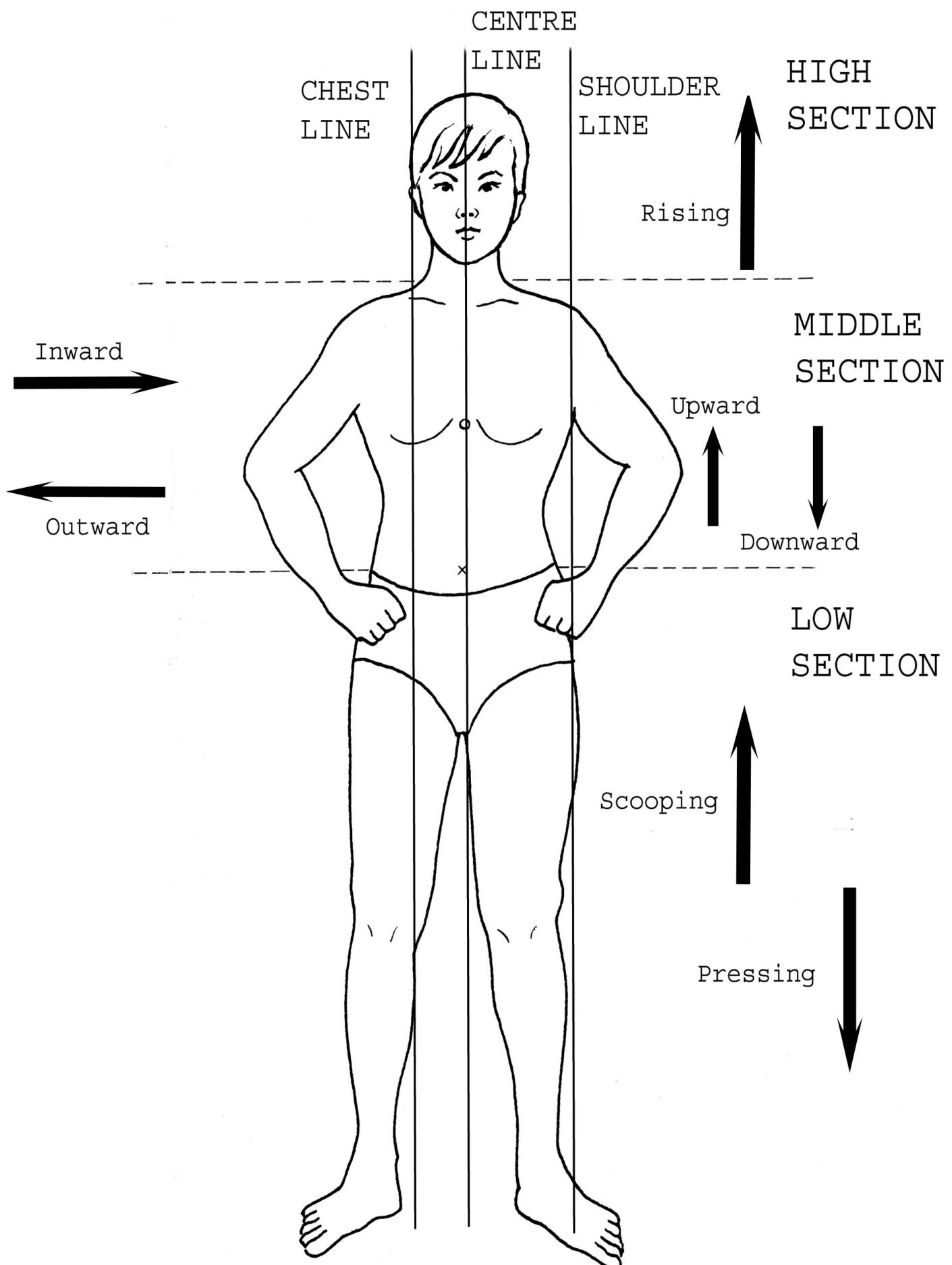
1. Bow to the flag and your instructor when entering and leaving the school. Do not enter or leave the class without permission from your instructor. Students are expected to bow when approaching/walking away from an Instructor or senior grade (red belt or higher and aged 16 or over). This is to show respect and your modesty.
2. It is disrespectful and unacceptable to be late for class. Students are not allowed to wear shoes/jewellery in the dojang. Chewing Gum, junk food, loud conversation and laughing in excess have no place in the Dojang
3. Students should address Instructors in the proper format (Mr./ Ms./Sir) **both inside and outside** the Dojang.
4. All students are expected to be courteous and understanding. Advanced students are expected to set a good example to new students and to help them whenever necessary.
5. Your uniform should be clean and ironed at all times. Finger and toenails must be neatly clipped. **For hygiene reasons, hands and feet should always be clean before class.**
6. Inappropriate language inside or outside the Dojang is forbidden.
7. If a student uses inappropriate or excessive contact (i.e. hitting without self-control) with another student, then both students will be removed from class.
8. Students should never be disrespectful to the Instructor (e.g. interrupting) or other students (i.e. pushing/hitting in class or talking out of place).
9. Students are expected to give 100% during class and to be supportive of the Instructor (i.e. using voice, putting in the required effort to training). Any students who feels unable to conform to this should seek another Dojang.
10. Any substitute instructor shall be treated as your regular instructor.
11. Do not give a demonstration or teach Taekwon-Do without the Instructor's approval.
12. Do not engage in any activities that might degrade Taekwon-Do or the reputation of the school or the instructor.

Disciplinary action will be taken for violations of the above regulations. Penalties will vary at the discretion of the head instructor. Such penalties are; demotion of rank, suspension or termination of training.

Student Oath

1. I SHALL OBSERVE THE TENETS OF TAEKWON-DO.
2. I SHALL RESPECT MY INSTRUCTOR AND SENIORS.
3. I SHALL NEVER MISUSE TAEKWON-DO.
4. I SHALL BE A CHAMPION OF FREEDOM AND JUSTICE.
5. I SHALL STRIVE TO BUILD A MORE PEACEFUL WORLD

Sections Of The Body



Types of Hand Attacks

(Related to body part used)

1. Punches (e.g. forefist)
2. Strikes (e.g. knife-hand, elbow)
3. Thrusts (e.g. fingertip)

Types of Foot Attacks

(Related to body part and motion)

1. Snap Kick
2. Piercing Kick
3. Pushing Kick
4. Thrusting Kick
5. Miscellaneous

Types of Blocks/Attacks

(Related to direction and motion, can use foot or hand)

1. Inward (blocking towards Centre Line)
2. Outward (blocking away from Centre Line)
3. Rising (blocking upwards in high section)
4. Upward blocking upwards in middle section
5. Scooping (blocking upwards in low section)
6. Downward (blocking downwards in middle section)
7. Pressing (blocking downwards in low section)
8. Checking (stopping but not deflecting an attack)
9. Pushing (deflecting an attack more than normal, by using a pushing motion, e.g. by using the palm)

Orientation Terminology of Blocks and Attacks

(Related to body facing and block/attack position)

1. Front Block/Attack (when full facing, and block/attack reaches the centre line)
2. Side Front Block/Attack (when full facing, and block/attack reaches the shoulder line)
3. Side Block/Attack (whenever half-facing or side facing)

TRAINING SECRETS OF TAEKWON-DO

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

Students should keep in mind the following secrets:

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

Attacking And Blocking Tools

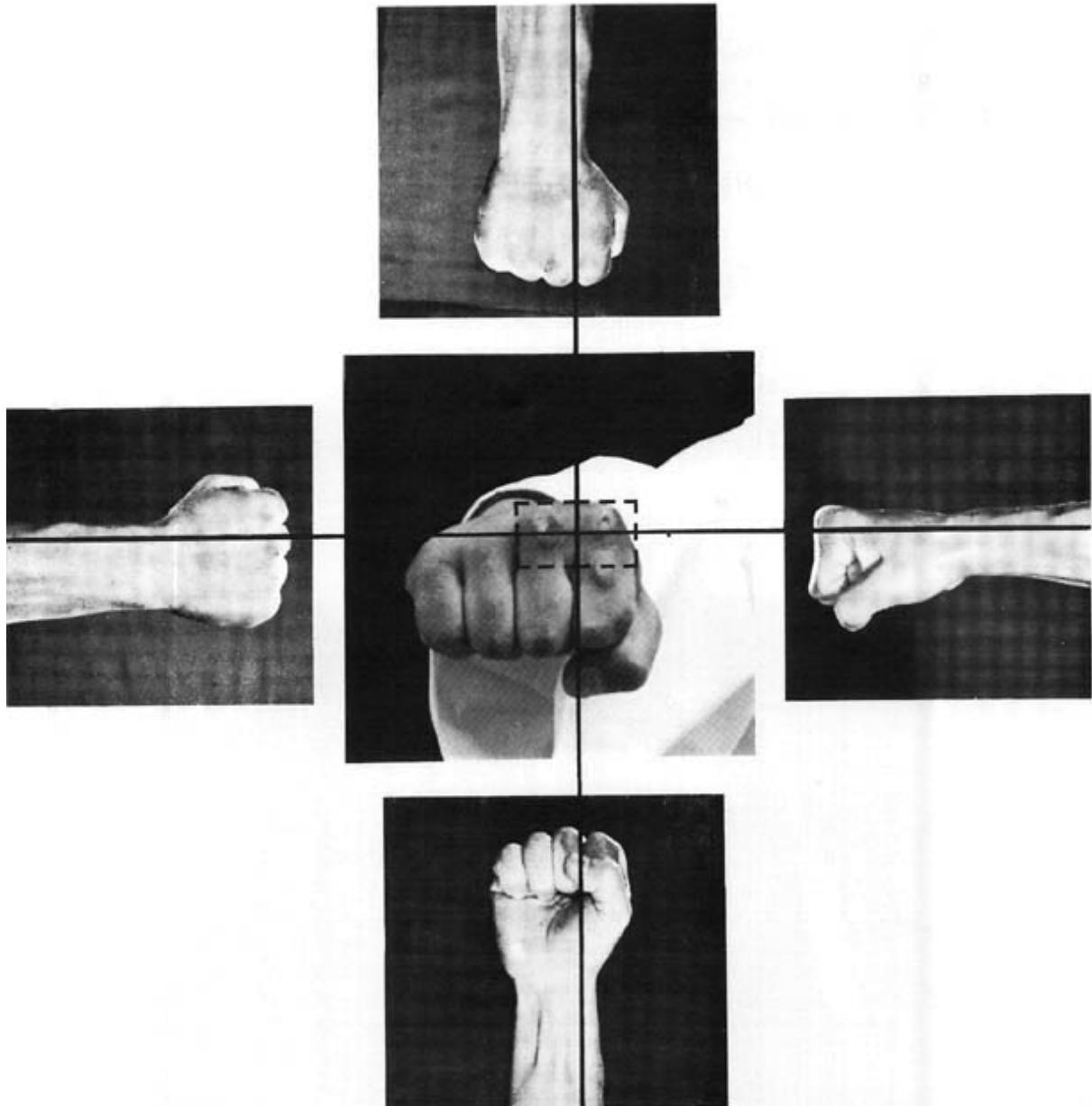
Hand Parts

Forefist (Ap Joomuk)

The forefist is generally used for attacking the philtrum, ribs, solar plexus, chest, abdomen, jaw, etc.

The main knuckles of the forefinger and middle finger are the punching parts. The top and front of the fist should form a right angle so the punching parts can be closely contacted with the target.

The wrist should not be bend when the fist is clenched. The forefist is occasionally used for a pressing block.

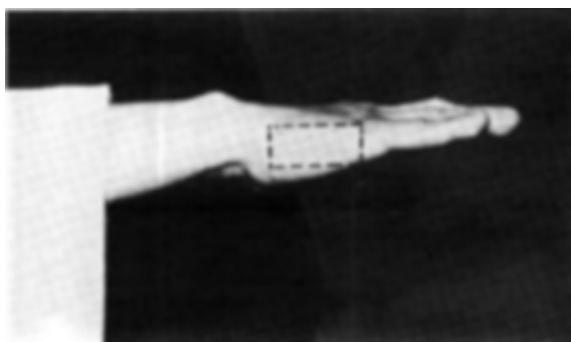


The lines show the centre of power.



Back Fist (Dung Joomuk)

This is primarily used for attacking the skull, forehead, temple, philtrum, and abdomen, with the floating ribs and epigastrium as secondary targets. The main knuckles of the forefinger and middle finger are the parts used

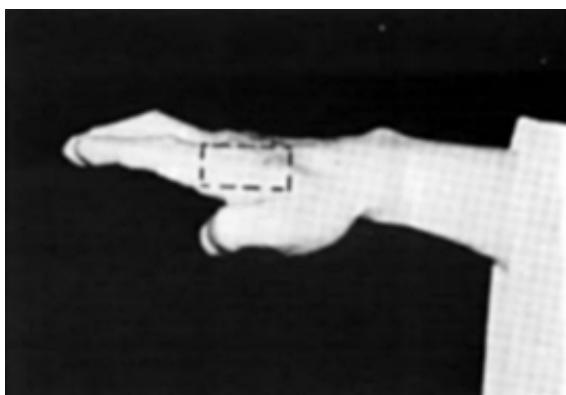


Knife-Hand (Sonkal)

This is a very powerful and dangerous tool, especially against a side target and is used for attacking the skull, neck artery, bridge of the nose, temple, philtrum, clavicle, shoulder and floating ribs. The knife-hand is also frequently used for blocking.

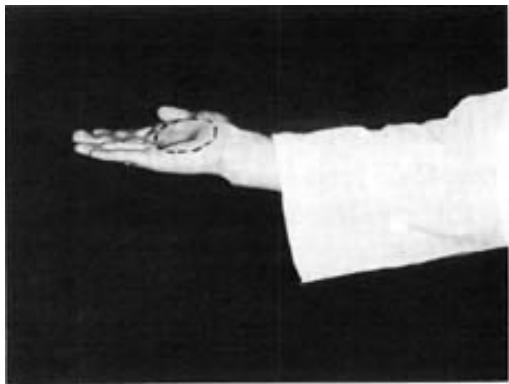
How to make a proper Knife-Hand

Press four fingers together bending the middle finger and ring fingers lightly inward leaving some space between the forefinger and thumb, so that most of the strength is concentrated on the striking part, the surface from the wrist to the main knuckle of the little finger.



Reverse Knife-Hand (Sonkaldung)

It is similar to the knife-hand except that the thumb is bent sharply toward the palm. It is used for attacking the neck, point of the chin, temple, philtrum, ribs and angle of the mandible. It is frequently used for blocking as well.



Palm (Sonbadak)

Bend all the fingers slightly towards the palm to strengthen it. This is chiefly used in blocking and is occasionally used for attacking the face.

Fingertips (Sonkut)

This is a very special tool found only in Taekwon-do. The usage of it varies according to the target. The form of then hand is just the same as that of a knife-hand as far as straight, flat and upset fingertips are concerned. The fingertips are the parts used and a great emphasis is placed on evenly aligning the three fingertips—forefinger, middle finger and ring finger.



Flat Fingertip (Opun Sonkut)

The palm is faced downward at the moment of impact. It is chiefly used for attacking the ribs, eyes, and occasionally the abdomen.



Straight Fingertip (Sun Sonkut)

The palm faces inward at the moment of impact. It is used for thrusting to either the solar plexus or the abdomen.



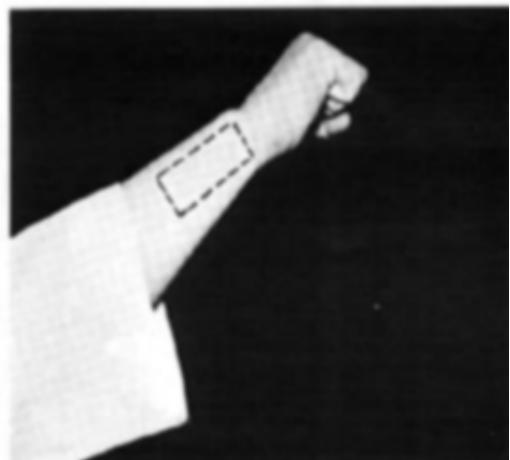
Upset Fingertip (Dwijibun Sonkut)

The palm faces upward at the moment of impact. It is used mainly for attacking the pubic region, floating ribs, lower abdomen, and occasionally the arm-pit.

Forearm

This is used for blocking and is classified into outer, inner, back, and under forearm. One third of the arm ,from the wrist to the elbow, is used.

Outer Forearm (Bakat Palmok)



Back Forearm
(Dungpalmok)



Inner Forearm (An Palmok)



Elbow (Palkup)

The elbow is created when the arm is bent sharply. It is used for attacking the solar plexus, chest, abdomen, point of the chin, ribs, jaw, cervix, small of the back, etc.

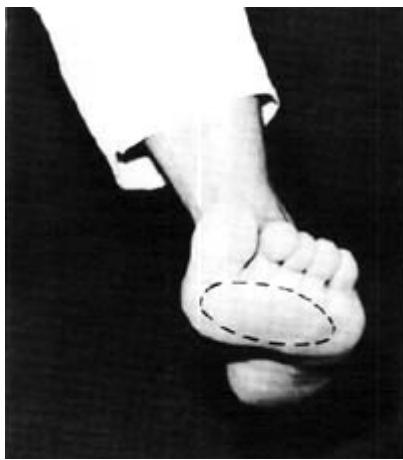
It is classified into front, side, straight, high, upper and back elbow; frequently, the straight elbow serves as a blocking tool.

Foot Parts

Most of the esoteric techniques of Taekwon-do involve the feet which produce twice the amount of force of the hand motions. Proper and timely employment of this tool cannot be overemphasised.

Ball of the Foot (Apkumchi)

The toes are bent sharply upward at the moment of impact./ It is used to attack the face, point of the chin, inner thigh, chest, solar plexus, floating ribs, scrotum, coccyx, and lower abdomen, and occasionally it is used for blocking in support of the back sole.



Front
View





Back Sole (Dwitmukhi)

It is primarily used for stamping and occasionally used for blocking in support of the ball of the foot. More targets naturally present themselves when used against a fallen opponent. This tool is extremely effective if shoes are worn.



Knee (Moorup)

It is an effective tool for attacking the solar plexus, abdomen, lower abdomen, face, chest, coccyx, and scrotum at a close distance.



Footsword (Balkal)

This is considered the most important tool of the foot and is used to attack the philtrum, bridge of the nose, neck, solar plexus, chin temple, armpit, floating ribs, knee joint, ankle joint, and instep.

Frequently it is used for blocking. One third of the edge, from the heel to the joint of the little toe, is the part used.

Remember to push out the heel while bending the root of the toes back to properly tense the footsword at the moment of impact.

Instep (Baldung)

It is created when both the ankle and toes are bent sharply downward and is exclusively used in attacking, the scrotum or jaw. However , the face, solar plexus, floating ribs an abdomen often become good targets, especially if shoes are worn.,



Reverse Footsword (Balkal Dung)

This form is created when both the ankle and the toes are bent sharply upwards. It is used for attacking the face , chest and solar plexus from a 90 degree angle.



Back Heel (Dwicheok)

It is widely used for attacking the philtrum, temple, solar plexus, scrotum, jaw and floating ribs.

The Required Attributes Of A Taekwon-do Student

Rank	<u>Attribute</u>	Explanation
White Belt	POTENTIAL	“Unlock the power in you”
	OBEDIENCE	“Leads to success”
Yellow Tag	ATTITUDE	Attitude is everything!”
Yellow Belt	RESPONSIBILITY	“Success – if it’s to be, it’s up to me”
Green Tag	COMMITMENT	“No goals, No Glory”
Green Belt	CONFIDENCE	“Believe and succeed”
Blue Tag	DETERMINATION	“Never, never, quit”
Blue Belt	ENTHUSIASM	“Feel the power of excitement and the goal coming closer.”
Red Tag	QUALITY	“Excellence is <i>Attention To Detail</i> ”
Red Belt	PERSISTANCE	“Water and Wind eat Mountains!”
Black Tag	INTEGRITY	“Be honest within, or all is a lie”
	LEADERSHIP	“Example inspires, but can also destroy”
	ASPIRATIONS	“Dream and be elevated”

Technique	Korean Term	Tools Used	Best Targets
Front Snap Kick	Ap Cha Busigi	Ball of Foot	Abdomen, solar plexus
Side Front Snap Kick	Yobapcha Busigi	Ball of Foot	Abdomen, solar plexus
Front Rising Kick	Apcha Olligi	Ball of Foot	N/A (It is a block)
Downward Kick	Naeryo Chagi	Back Heel	Skull, Clavicle
Crescent Kick	Bandal Chagi	Reverse Footsword	Temple, solar plexus
Turning Kick	Dollyo Chagi	Ball of Foot, instep	Temple, solar plexus
Side Turning Kick	Yop Dollyo Chagi	Ball of Foot, instep	Temple, solar plexus
Hooking Kick	Golcho Chagi	Back Heel, Back Sole	Temple, solar plexus
Reverse Turning Kick	Bandae Goro Chagi	Back Heel	Temple, solar plexus
Reverse Hooking Kick	Bandae Dollyo Chagi	Back Heel	Temple, solar plexus
Side Piercing Kick	Yopcha Jirugi	Footsword	Solar plexus, floating ribs
Back Piercing Kick	Dwitcha Jirugi	Footsword	Solar plexus, floating ribs
Twisting Kick	Bituro Chagi	Ball of Foot	Solar plexus, Groin, Temple
Outward Pressing Kick	Bakuro Noollo Chagi	Footsword	Knee
Checking Kick	Momchau Chagi	Footsword, sole	N/A (It is a block)
Sweeping Kick	Suroh Chagi	Reverse Footsword	Ankle joint

Composition Of Taekwon-do

Taekwon-do is composed of fundamental movements, patterns, dallyon, sparring and self-defence techniques that are so closely related that it is impossible to segregate one phase of instruction from another.

Fundamental movements are necessary for sparring and patterns while both patterns and sparring are indispensable for the perfection of fundamental movements.

In the illustration, one can see it is difficult to distinguish the beginning of the cycle from the end. There is, in fact, like the deity, no beginning or end. A student will find that he/she will have to return time and time again to the beginning fundamental movements to perfect his/her advanced sparring and self defence techniques.

Each fundamental movement, in most cases represents attack or defence against a particular target area or definite action of an imaginary opponent or opponents. It is necessary to learn as many fundamental movements as possible and fit them into complete proficiency so the student can meet any situation in actual combat with confidence. The pattern actually places the student in a hypothetical situation where he/she must avail him/herself to defence,

counter-attack, and attack motions against several opponents.

Through constant practice of these patterns, the attack and defence become a conditioned reflex movement. Power and accuracy must be developed to such a high degree that only one single blow is needed to stop an opponent, so the student can shift stance and block or attack another opponent. Each pattern is different from the other in order to develop reaction against changing circumstances. Once the basic patterns are mastered, the student then begins to physically apply the skill obtained from fundamental move-



ments and patterns to sparring against actual moving opponents.

Collaterally with sparring, the student must begin to develop the body and toughen his/her attacking and blocking tools so he/she is able to deliver maximum power in actual combat. Once a student has applied him/herself to fundamental movements, patterns, sparring, and dallyon, then the time has arrived for the student to test his/her coordination, speed, balance, and concentration against spontaneous attacks; i.e., self-defence. The student will constantly find him/herself returning, however, to fundamental movements even when he/she has achieved the highest possible degree of proficiency in self-defence techniques. As in military training, Taekwon-do progression follows a certain parallel:

Theory of Power

The power of TKD is attributed to the utilisation of a person's full potential through the mathematical application of TKD techniques. The factors which will result in a high degree of physical power are - reaction force, concentration, equilibrium, breath control, mass and speed.

Reaction Force:

According to Newton's Law, every force has an equal and opposite force. If your opponent is rushing towards you at high speed, and you throw the slightest blow at his head, the force at which you strike his head would be that of his own onslaught plus that of your own blow. The two forces combined are quite impressive. Another reaction force is your own. A punch with the right fist is aided by pulling back the left fist to the hip.

Concentration:

By applying the impact force onto the smallest target area, it will concentrate the force and therefore, increase the effect. For example, the force of water coming out of a water hose is greater if the orifice is smaller. The blows in TKD are often concentrated onto the edge of the open palm or to the crook of the fingers. In addition to this one must concentrate every muscle of the body, particularly the bigger muscles of the hip and abdomen, towards the appropriate tool to be used at the proper time.

Equilibrium:

By keeping the body always in equilibrium, that is, well balanced, a blow is more effective and deadly. Conversely, the unbalanced one is easily toppled. The stance should always be stable yet flexible. To maintain good equilibrium, the centre of gravity of the stance must fall on a straight line midway between both legs, or in the centre of the foot if it is necessary to concentrate the bulk of weight on the foot. The heel of the rear foot should never be off the ground at the point of impact. This is not only necessary for good balance but also to produce maximum power at the point of impact.

Breath Control:

Controlled breathing not only affects one's stamina and speed but can also condition a body to receive a blow and augment the power of a blow directed against an opponent. Never inhale while focusing a block or blow against an opponent. This not only will impede movement but it will also result in a loss of power.

Mass:

Mathematically, the maximum kinetic energy or force is obtained from maximum body weight and speed and it is all important that the body weight be increased during the execution of a technique. The hip and the large abdominal muscles are twisted to provide additional body momentum. Thus the hip rotates in the same direction as that of the attacking or blocking tool. Another way of increasing body weight is through use of knee spring.

Speed:

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

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

INFORMATION APPLICABLE TO WHITE BELT/YELLOW TAG /10TH GUP

Syllabus

White Belt

1. Parallel Stance Punch x 10
2. Walking Stance Front Rising Kick x 10.
3. Saju jirugi Number 1.
4. Side Facing Position (know terms): Step up and slide with double side kick.
5. Half Facing Position (know terms): Jab-cross combination.

Yellow Tag (for children):

1. Sitting Stance Punch x 10.
2. Jumping High Kick (front kick) (as with ITF Worlds) on Target.
3. Walking Stance Front Rising Kick x 10.
4. Walking Stance Front Snap Kick x 10.
5. Saju jirugi Number 1and 2.
6. Side Facing Position: No step up, four side kicks while sliding.
7. Half Facing Position: Jab-cross combination.
8. Half Facing Position: Front snap kick with lead leg followed by downward kick (axe kick).

Theory

TAEKWON-DO:	The art of kicking and punching.
TAE:	The foot, used for jumping, smashing and kicking.
KWON:	The hand, used for punching, striking, thrusting and blocking.
DO:	The art, way or method.
TAEKWON-DO	was founded by Grand Master General Choi Hong Hi (9th Dan) on the 11th April 1955.
I.U.T.F.:	Irish United Taekwon-Do Federation. Chief Instructor: Mr. Don Dalton (6th Dan).

Tenets of TKD: Courtesy, Integrity, Perseverance, Self-Control, Indomitable Spirit

Korean Counting: **1. Hana 2. Dool 3. Set 4. Net 5. Tasut 6. Yasut**
 7. Ilgop 8. Yaudul 9. Ahop 10. Yaul

Names of your Instructors: Mr. Shane Fitzgibbon, Ms. Lisa Connolly
Rank: Fifth degree black belt Third degree black belt

Meaning of White Belt: White signifies innocence as that of a beginning student who has no previous knowledge of Taekwon-do.

Stances:	Attention St. Parallel Ready St. Sitting St. Walking St.	Chariot Sogi Narani Junbi Sogi Annun Sogi Gunnun Sogi
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Defensive Techniques

Inner Forearm Outward Middle block (An Palmok Bakuro Kaunde Makgi)
Outer Forearm Outward Low Block (Bakat Palmok Bakuro Najunde Makgi)
Obverse Block: blocking over primary leg (Baro Makgi)
Reverse Block: blocking opposite the primary leg (Bandaе Makgi)
Front Rising Kick: using ball of foot to block (Ap Cha Olligi)

Offensive Techniques

Obverse Punch: punching over the primary leg (Baro Jirugi)
Reverse Punch: punching opposite the primary leg (Bandaе Jirugi)

Attention Stance: Heels together, 45-degree angle between the feet. Bow forwards 15 degrees; eyes face the front, drop the fists down naturally; fists are slightly clenched.

Parallel Ready Stance: Shoulder width from footsword to footsword: feet are parallel; body is relaxed; hands are to the front

Sitting Stance: One and a half shoulder width from reverse footsword to reverse footsword; both knees are bent evenly: extend the knees outward, bending until the knee caps come over the front sole; feet are parallel.

Walking Stance: Length is one and a half shoulder width from big toe to big toe; width is shoulder wide from centre of foot to centre of foot; extend the front knee outward until the knee cap forms a vertical line with the heel; front leg is the primary leg; back foot is pointing off at an angle of 25 degrees.

Miscellaneous:

Chariot (Attention)	Kyong Ye (Bow)	Junbi (Ready)	Sijak (Start)
Dojang (Practice Hall)	Goman (Stop)	Dobok (Uniform)	Baro (Return)
Hae San (Dismissed)	Sho (Relax)		

How do I determine the primary leg in stance? There are three criteria for deciding the primary leg in any stance. The primary leg is the leg that contains the most body weight. If the weight is the same on both legs, then the primary leg is the leg with the most bend. If both legs are bent equally then the front leg is the primary leg. For example, the primary leg in the walking stance is the front leg. This is because there is 50% body weight on each leg. Therefore the leg with the most bend is the important one i.e. the front leg.

INFORMATION APPLICABLE TO YELLOW STRIPES/9TH GUP

Syllabus

1. Chon Ji.
2. Jumping High Kick on Target.
3. Sitting Stance Punch x 10.
4. Parallel Ready Stance: Traditional side sick with correct foot position (sideways/left-right).
5. Side Facing Position: Step up and slide with double side kick with opponent.
6. Side Facing Position: Step up and slide with double side kick followed by back kick (practice with opponent).
7. Side Facing Position: Step up and slide with side kick followed by downward kick (practice with opponent).
8. Non contact free sparring.

Theory

New Stance: L-Stance (Niunja Sogi)

Interpretation of Chon-Ji (19 movements): Chon-Ji means literally "the Heaven the Earth". It is, in the Orient interpreted as the creation of the world or the beginning of human history; therefore it is the initial pattern played by the beginner. This pattern consists of two similar parts; one to represent the Heaven and the other the earth.

Defensive Techniques

- Inside Block (An Makgi)
- Outside Block (Bakat Makgi)
- Inward Block (Annuro Makgi)
- Outward Block (Bakuro Makgi)

L-Stance: Length is one and a half shoulder width from big toe of front foot to foot-sword of back foot; 2.5 centimetres in width from heel to heel; both feet turned in by 15 degrees; bend the rear leg until the knee cap forms a vertical line with the toes, bending the front leg proportionally; back leg is the primary leg; 70% of weight on the back leg

Meaning of Yellow Belt: Yellow signifies the Earth from which a plant sprouts and takes root as the Taekwon-do skills begin to develop.

Pattern Chon-Ji: The following points should be remembered.

1. Walking Stance Forearm Low Block (Gunnun So Palmok Najunde Makgi): The forearm reaches the same level as the lower abdomen of the defender. The body becomes half-facing the opponent.
2. Walking Stance Middle Front Punch (Gunnun So Kaunde Ap Jirugi): The fist forms a vertical line with the toes. The fist reached the same level as the shoulder of the attacker. The fist is brought to the centre of the attackers body.
3. L-stance Inner Forearm Middle Block (Niunja So An Palmok Kaunde Makgi): The fist reaches the same level as the shoulder of the defender. The body is half facing. The fist forms a triangle with the shoulders.

Special Technique: Flying High Kick (Twimyo Nopi Chagi)

INFORMATION APPLICABLE TO YELLOW BELTS/8TH GUP

Syllabus

1. Dan Gun (half for children).
2. Flying Side Kick (as with ITF Worlds) on Pad or Board.
3. Side Kick on Pad or Board (as with breaking in ITF Worlds).
4. Parallel Ready Stance: Traditional side sick with correct foot position.
5. Half Facing Position: Moving back (e.g. from side kick attack) and countering with a back leg turning kick (short).
6. Half Facing Position: Moving back (e.g. from side kick attack) and countering with a jumping double punch.
7. Half Facing Position: Moving back (e.g. from side kick attack) and countering with a three punch blitz.
8. Free sparring with pads.

Theory

Defensive Techniques

Knife-hand Guarding Block (Sonkal Daebi Makgi)
Twin Forearm Block (Sang Palmok Makgi)
Rising block (Chookyo Makgi)

Offensive Techniques

High Section Punch (Nopunde Jirugi)
Knife-hand Strike (Sonkal Taerigi)

Interpretation of Dan Gun (21 movements): Dan Gun is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2333 BC.

Pattern Dan Gun: The following points should be remembered:

1. L-Stance Knife-hand Guarding Block (Niunja So Sonkal Daebi Makgi): The fingertip reaches the level of the shoulder of the defender. The knife-hand becomes half-facing the opponent. The knife-hand forms a triangle with the shoulders.
2. L-Stance Twin Forearm Block (Niunja So Sang Palmok Makgi): The front hand reaches the level of the shoulder of the defender and is the primary hand.
3. Walking Stance Forearm Rising Block (Gunnun So Palmok Chookyo Makgi): The forearm stays at the centre of the defender's head. The inner forearm stays at the top of the defender's head.
4. L-Stance Knife-Hand Middle Outward Strike (Niunja So Sonkal Kaunde Bakuro Taerigi): The knife-hand reaches the same level as the shoulder of the defender. The body becomes half-facing the opponent.

Student Guidelines (by Gen. Choi):

1. Never tire of learning. A good student can learn anywhere anytime. This is the secret to knowledge.
2. A good student must be willing to sacrifice for his art and instructor. Many students feel

their training is a commodity bought with monthly dues, and are unwilling to take part in demonstrations, teaching and helping around the dojang. An instructor can do without this type of student.

3. Always set a good example for lower ranking students. It is only natural they will try and emulate senior students.
4. Always be loyal and never criticise the instructor, Taekwon-do or the teaching methods.
5. If an instructor teaches a technique, practice it and attempt to utilise it.
6. Remember that a student's conduct outside the dojang reflects on the art and the instructor.
7. If a student adopts a technique from another dojang and the instructor disapproves of it the student must discard it immediately or train at the gym where the technique was learned.
8. Never be disrespectful to the instructor. Though a student is allowed to disagree with an instructor, the student must first follow the instruction and discuss the matter later.
9. A student must always be eager to learn and ask questions.
10. Never betray the instructor.

Special Technique: Flying Side Piercing Kick (Twimyo Yopcha Jirugi)

Various types of Motion

If you are 8th kup or above, you will already know that Taekwon-do has several different types of 'motions.' They are introduced gradually throughout the colour belt pattern syllabus and the first example appears in pattern Dan-Gun. This article will attempt to define these different types of movement. As with any art-form, there is sometimes room for interpretation; personally I think this is a good thing – it allows all students of Taekwon-do to question the approach. Without questioning your surroundings, you cannot hope to grow beyond them.

Normal motion

It seems nonsense to start defining other types of motion without first defining the 'normal' one. Basically, normal motion applies to the vast majority of Taekwon-do techniques. It uses normal rhythm, normal breathing and normal timing.

Slow Motion (noo-rin dongjak)

Movement is performed slowly with slow breathing. This is used to emphasise and important movement and to check balance, control, breathing and strength; i.e. strong leg muscles are needed in order to control the transfer of weight into the stance. Precisely how slowly a movement is performed is not written in stone, however, if you try to count "one thousand, two thousand, three thousand, four thousand" in your head whilst performing the movement this should give you good timing. Remember to breathe on slow movements; they are still techniques and all techniques require breath. Breath control amounts for almost one 5th of the marks available in tournament patterns, so if you do not breathe on slow movements you may lose the round! Make the breath audible, (just like on normal movements) but controlled. Also, try to time the hands and feet together as you would normally. This is difficult but shows good control when you can perfect it.

Fast Motion (bareng dongjak)

Think of fast motion as being urgent and aggressive with normal breathing. Fast motion is

nearly always used with attacks, most commonly two punches; ‘Short-cut’ your sine wave and spring straight from the first movement into the next. The techniques usually have separate sine waves (though sometimes a body shift is used instead) and both techniques have their own sharp breath. In some instances, fast motion is described in the performance of two kicks. Examples are in pattern Hwa-Rang, movements 18 & 19 (high turning kicks) and in pattern Choong Moo, movements 14 & 15 (high turning kick and middle back piercing kick). When performing these movements, do not rush them just because they are in ‘fast motion.’ They may indeed be executed faster than two normal speed hand techniques, simply because kicks can generally be performed more quickly anyway, but don’t let the idea of ‘fast motion’ throw your nice technique out of the window!

Continuous Motion (chari-chari dongjak)

The way that continuous motion is performed has been updated in recent times, so please pay particular attention to this section.

Continuous motion describes two or more techniques that are performed each with their own sine wave but with one continuous breath throughout. This breath must be accentuated on the actual techniques themselves, and be quieter/softer in between the impact of the two techniques. Both techniques are fully completed (as with all normal movements) but you should allow your body to flow from one technique to the other. Continuous movements always start with a block.

Connecting Motion (ee-o-jin dongjak)

This is when two movements share both one sine wave and one breath. The first technique occurs on the highest point of your sine wave and the second technique ends of the “down” phase at the end. Generally the first technique is some kind of ‘soft’ block (hooking block or scooping block). This softness means that there is no dramatic impact on these blocks. The breath control mirrors this, by starting gently and building to an emphatic exhale on the second technique, which is usually an attack. Note that the ‘softness’ of the first block doesn’t mean do it slow motion.

In the case of connecting motion, think of the first technique (a block) setting up for second technique which is a counter-attack to the initial attack against you. Connecting movements always uses opposing arms.

Consecutive Kicks (yonsok chagi)

A consecutive kick is when two or more kicks are executed from the same leg without that leg touching the floor in between.

INFORMATION APPLICABLE TO GREEN TAG (CHILDREN)

Syllabus

1. Dan Gun.
2. Flying Side Kick on Pad or Board.
3. Side Kick on Pad or Board.
4. Parallel Ready Stance: Traditional side sick with correct foot position.
5. Half Facing Position: Moving back (e.g. from side kick attack) and counter with a back leg turning kick (short/45 degrees), with opponent.
6. Half Facing Position: Moving back (e.g. from side kick attack) and counter with jumping double punch, with opponent.
7. Half Facing Position: Moving back (e.g. from side kick attack) and counter with a three punch blitz, with opponent.
8. Free sparring with pads.
9. Theory — See yellow belt theory.

INFORMATION APPLICABLE TO GREEN STRIPE/7TH GUP

Syllabus

1. Do San.
2. Flying Side Kick on Pad or Board.
3. Side Kick on Pad or Board.
4. Parallel Ready Stance: Traditional side sick with correct foot position.
5. Half Facing Position: Double punch followed by turning kick (long/ traditional) or downward kick or front snap kick.
6. Half Facing Position: Jab-cross combination on Focus Mitts.
7. Side Facing Position: Step up and slide with double side kick landing in half facing position with double punch.
8. Free Sparring.

Theory

Defensive Techniques

Outer Forearm High Block (Bakat Palmok Nopunde Makgi)
Wedging Block (Hechyo Makgi)

Offensive Techniques

Straight Fingertip Thrust (Sun Sonkut Tulgi)
Backfist High Side Strike (Dung Joomuk Nopunde Yop Taerigi)
Turning Kick (Dollyo Chagi)
Front Snap Kick (Ap Cha Busigi)
Side Piercing Kick (Yopcha Jirugi)

Miscellaneous:

Ban Jayoo Matsogi (Semi Free Sparring)
Footsword (Balkal)
Instep (Baldung)
Jayoo Matsogi (Free Sparring)

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

Pattern Do-San: The following points should be remembered:

1. Walking Stance Outer Forearm High Side Block (Gunnun So Bakat Palmok Nopunde Yop Makgi): The fist reaches the eye level of the defender.
2. Walking Stance Backfist High Side Strike (Gunnun So Dung Joomuk Nopunde Yop Taerigi): The forefist reaches the eye level of the defender. The body becomes half-facing the opponent.
3. Walking Stance Outer Forearm High Wedging Block (Gunnun So Bakat Palmok Nopunde Hechyo Makgi): The distance between the fists is equal to one shoulder width. The fists reach the level of the eyes of the defender.
4. Middle Front Snap Kick (Kaunde Apcha Busigi): The ball of the foot is the attacking tool. The attacking tool reaches the solar plexus of the attacker.

Meaning of Green Belt: Green signifies the plant's growth as the Taekwon-do skill begins to develop.

INFORMATION APPLICABLE TO GREEN BELT/6TH GUP

Syllabus

1. Won Hyo.
2. Jumping Turning Kick (as with ITF Worlds) on Pad or Board.
3. Turning Kick on Pad or board.
4. L-Stance Forearm Guarding Block Followed By Traditional Side Piercing Kick.
5. Side Facing Position: Step up and slide with double side kick followed by jumping double punch.
6. Side Facing Position: Step up and slide with double side kick followed by blitz.
7. Side Facing Position: Blitz followed by turning kick/side front snap kick.
8. Free Sparring.

Theory

New Stances:

Close Ready Stance A (Moa Junbi sogi A)

Fixed Stance (Gojung Sogi)

Bending Ready Stance (Guburyo sogi)

Defensive Techniques

Forearm Circular Block (Palmok Dollimyo Makgi)

Forearm Guarding Block (Palmok Daebi Makgi)

Offensive Techniques

Knife-Hand Inward Strike (Sonkal Annuro Taerigi)

Interpretation of Won-Hyo (28 movements): Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.

Pattern Won Hyo: The following points should be remembered:

1. L-Stance Knife-hand High Inward Strike (Niunja So Sonkal Nopunde Annuro Taerigi): The knife-hand reaches neck level of the attacker.
2. Fixed Stance Middle Punch (Gojung So Kaunde Jirugi): The body is half-facing.
3. Walking Stance Forearm Circular Block (Gunnun So Palmok Dollimyo Makgi): The inner forearm is used as the blocking tool. The fist reaches the shoulder level of the defender. This shoulder should be slightly lower than the opposite one.
4. L-Stance Forearm Middle Guarding Block (Niunja So Palmok Kaunde Daebi Makgi): The forearm becomes half-facing the opponent. The fist reaches the same level as the shoulder of the defender.
5. Middle Side Piercing Kick (Kaunde yopcha Jirugi): The footsword reaches the same level as the defender's shoulder.
6. Low Front Snap Kick (Najunde Apcha Busigi): The foot reaches the same level as the lower abdomen of the attacker.

Fixed Stance: Length is one and a half shoulder width from big toe of front foot to reverse footsword of rear foot; weight is distributed evenly; front leg is primary leg.

Bending Ready stance: Standing leg is bent; footsword of the lifted leg is brought in towards

the opposite knee; standing leg is the primary leg. It is principally used as a preparatory position of side piercing and thrusting kicks.

Close Ready Stance A: Feet together; left hand over right. The distance between the philtrum and the fists is approximately 30cm.

Special Technique: Jumping Turning Kick (Twimyo Dollyo Chagi)

INFORMATION APPLICABLE TO BLUE STRIPE/5TH GUP

Syllabus

1. Yul Gok.
2. Jumping Turning Kick on Pad or Board.
3. Turning Kick on Pad or board.
4. Side Facing Position: Double-turning kick combination (middle and high) followed by double punch (change to half facing stance).
5. Side Facing Position: Side kick-turning kick combination (middle) followed by double punch (changing to half facing stance). Same with hook kick – turning kick combination.
6. Half Facing Position: Step up and slide with double side kick (without crossing the legs during the step).
7. Side Facing Position: Side kick followed by jumping back kick/reverse hook kick.
8. Free Sparring.

Theory

New Stances:

X-Stance (Kyocha Sogi)

Defensive Techniques

Twin Knife-Hand Block (Sang Sonkal Makgi)
Palm Hooking Block (Sonbadak Golcho Makgi)
Double Forearm Block (Doo Palmok Makgi)

Offensive Techniques

Front Elbow Strike (Ap Palkup Makgi)

Miscellaneous:

Ilbo Matsogi (One Step Sparring)

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

Pattern Yul-Gok: The following points should be remembered:

1. Sitting Stance Middle Punch (Annun So Kaunde Jirugi): The fist reaches the same level as the shoulder of the attacker. The fist is brought to the centre of the attacker. The measure punch is on the shoulder line.

2. L-Stance Twin Knife-Hand Block (Niunja So Sang Sonkal Makgi): The side blocking hand reaches the shoulder level of the defender.
3. Walking Stance Palm Middle Hooking Block (Gunnun So Sonbadak Kaunde Golcho Makgi): The palm must reach the target in an arc.
4. Walking Stance Front Elbow Strike (Gunnun So Ap Palkup Taerigi): The backfist faces upwards. The body is front facing.
5. X-Stance Back Fist High side Strike (Kyocha So Dung Joomuk Nopunde Yop Taerigi): The body becomes side facing the opponent. The fist reaches the eye level of the attacker.
6. Walking Stance Double Forearm High Block (Gunnun So Doo Palmok Nopunde Makgi): The body becomes half-facing the opponent. The fist reaches the eye level of the defender.

X-Stance: Cross one foot over (when stepping) or behind (when jumping) the other, touching the ground slightly with the front sole placing the body weight on the stationery foot. The stationery leg is the primary leg.

Meaning of Blue Belt: Blue signifies the heaven, towards which the plant matures into a towering tree as training in Taekwon-do progresses.

INFORMATION APPLICABLE TO BLUE BELT/4TH GUP

Syllabus

1. Joong Gun.
2. 360 Degree Jumping Back Kick (as with ITF Worlds) on Pad or Board.
3. Reverse Turning Kick on Pad or Board.
4. Demonstration of punching technique on focus pads.
5. The four basic counter attacks to a spinning technique: (A) spinning kick, (B) blitz, (C) jumping punch (D) side kick before the spin (cannot be demonstrated).
6. Semi Free Sparring with counter technique of jumping punches.
7. One Step Sparring.
8. Free Sparring.

Theory

New Stances:

Close Ready Stance B (Moa Junbi sogi B)

Rear Foot stance (Dwitbal Sogi)

Low Stance (Nachuo Sogi)

Close Stance (Moa Sogi)

Defensive Techniques

Reverse Knife-Hand Outward Block (Sonkal Dung Bakuro Makgi)

Palm Upward Block (Sonbadak Ollyo Makgi)

X-Fist Rising Block (Kyocha Joomuk Chookyo Makgi)

Palm Pressing Block (Sonbadak Noolloo Makgi)

U-shape Block (Digutja Makgi)

Offensive Techniques

Side Front Snap Kick (Yobap Cha Busigi)
Upper Elbow Strike (Wipalgup Taerigi)
Twin Fist High Vertical Punch (Sang Joomuk Nopunde Sewo Jirugi)
Twin fist Upset Punch (Sanj Joomuk Dwijibo Jirugi)
Angle Punch (Kiokja Jirugi)

Miscellaneous:

Bandae Dollyo Chagi (Reverse Turning Kick)
Dwichook (Back Heel)
Arc-Hand (Bandal Son)

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

Pattern Joong-Gun: The following points should be remembered:

1. Low Side Front Snap Kick (Najunde Yobap Cha Busigi): The hip turns into the kick.
2. Rear Foot Stance Palm Upward Block (Dwitbal So Sonbadak Ollyo Makgi): The palm reaches the solar plexus height of the defender.
3. Walking Stance Upper Elbow Strike (Gunnun So Wipalgup Taerigi): The body is front facing. The point of the chin is the target.
4. Walking Stance Twinfist Vertical Punch (Gunnun So Sang Joomuk Sewo Jirugi): The fists reach the same level as the phitrum of the defender.
5. Walking Stance Twinfist Upset Punch (Gunnun So Sang Joomuk Dwijibo Jirugi): The back fist comes to the same height as the elbow joint.
6. Close Stance Angle Punch (Moa So Kiokja Jiurugi): The fist reaches the shoulder line.

Rear Foot Stance: This stance is one shoulder width from footsword of back foot to big toe of front foot. Most of the weight is on the rear foot; front toes point in by 25 degrees; toes of the rear foot point in by 15 degrees. Front knee is bent; front sole is slightly on the ground with heel about 2.5 centimetres off ground; bend the rear leg until the knee comes over the toes; rear leg is the primary leg.

Low Stance: This stance is the same as walking stance except it is longer by one foot.

Special Technique: 360 degree jump Back Kick (Twimyo Ditcha Jirugi)

INFORMATION APPLICABLE TO RED STRIPE/3RD GUP

Syllabus

1. Toi Gye.
2. 360 Degree Jumping Back Kick on Pad or Board.
3. Reverse Turning Kick on Pad or Board.
4. Demonstration of counter technique to Double Punch - Cover up by closing in the guard and execute an immediate counter with double punch (with partner with gloves on).
5. Demonstration of Argentinean style Pad Work as Demonstrated By Master Maidana.
6. Sparring with opponent while executing only jumping punches as the counter attack.
7. One Step Sparring.
8. Free Sparring.

Theory

Defensive Techniques

X-Fist Pressing Block (Kyocha Joomuk Noollo Makgi)

W-Shape Block (San Makgi)

Double Forearm Low Pushing Block (Doo Palmok Najunde Miro Makgi)

Knife-Hand Low Guarding Block (Sonkal Najunde Daebi Makgi)

Offensive Techniques

Upset Fingertip Thrust (Dwijibun Sonkut Makgi)

Back Fist Side Rear Strike (Dung Joomuk Yopdwi Taerigi)

Knee Upward Kick (Moorup Ollyo Chagi)

Flat Fingertip Thrust (Opun Sonkut Tulgi)

Miscellaneous:

Knee (Moorup)

Downward Kick (Naeryo Chagi)

Twin side Elbow Posture (Sang Yop Palkup Jase)

Breaking (Gyokpa)

Crescent Kick (Bandal chagi)

Twisting Kick (Bituro Chagi)

Interpretation of Toi-Gye (37 movements): Toi-Gye is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo-confucianism. The 37 movements in this pattern refer to his birthplace on 37 degrees latitude. The diagram represents "scholar."

Pattern Toi-Gye: The following points should be remembered:

1. Walking Stance Upset Fingertip Thrust (Gunnun So Dwijibun Sonkut Tulgi): The fingertip reaches the level of the pubic region.
2. Close Stance Back Fist Side Rear Strike (Moa So Dung Joomuk Yopdwi Taerigi): The back fist reaches the eye level of the attacker.
3. Walking Stance X-fist Pressing Block (Gunnun So Kyocha Joomuk Noollo Makgi): The crossed point reaches the same level as the lower abdomen of the defender.
4. Sitting Stance Outer Forearm W-Shape Block (Annun So Bakat Palmok San Makgi): The

outer forearm reaches the same level as the philtrum of the defender.

5. Knee Upward Kick (Moorup Ollyo Chagi): The palms become level with the elbows.

6. Walking Stance Flat Fingertip Thrust (Gunnun So Opun Sonkut Tulgi): The fingertip reaches the level of the forehead of the attacker.

7. Walking Stance Double Forearm Low Pushing Block (Gunnun So Doo Palmok Najunde Miro Makgi): The inner forearm reaches the same level as the lower abdomen of the defender.

8. L-stance Back Fist Side Rear Strike (Niunja So Dung Joomuk Yopdwi Taerigi): The back fist reaches slightly higher than the temple of the attacker.

9. X-Stance X-Fist Pressing Block (Kyocha So Kyocha Joomuk Noollo Makgi): The crossed point reaches the same level as the lower abdomen of the defender.

10. L-Stance Knife-Hand Guarding Low Block (Niunja So Sonkal Najunde Daebi Makgi): The blocking hand is at the same level as the scrotum of the defender while the other hand is brought in front of the lower abdomen.

11. The front snap kick in pattern Toi-Gye is middle section.

12. The side front snap kicks in pattern Toi-Gye are low section.

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

Korea: The name Korea is believed by some to be derived from the phrase "high mountains and sparkling streams." Another name, Chosen, is often translated, "the land of morning calm."

Comment: At this stage of the student's Taekwon-do training a great deal of time and dedication is necessary. One of the ultimate goals of each and every student is nearby, the goal of becoming a black belt. The traits of indomitable spirit and perseverance will most definitely be tested over the coming months. Constant repetition is of vital significance if success is to be achieved. The rewards for your efforts and toil will be truly great. It will be something that will stand to you for the rest of your life.

INFORMATION APPLICABLE TO RED BELT/2ND GUP

Syllabus

1. Hwa-Rang.
2. 360 Degree Jumping Reverse Turning Kick (as with ITF Worlds).
3. Knife-Hand Strike and Forefist Punch to Board.
4. Self-Defence (realistic).
5. Demonstration of all pad work.
6. One Step Sparring.
7. Fundamental Movements with Traditional Kicking Techniques.
8. Free Sparring.

Theory

New Stances:

Close Ready Stance C (Moa Junbi Sogi C)

Vertical stance (Soo Jik Sogi)

Defensive Techniques

Palm Pushing Block (Sonbadak Miro Makgi)

Inner Forearm Side Front Block (An Palmok Yobap Makgi)

Offensive Techniques

Upward Punch (Ollyo Jirugi)

Knife-Hand Downward Strike (Sonkal Naeryo Taerigi)

Turning Kick (Dollyo chagi)

Side Elbow Thrust (Yop Palkup Tulgi)

Interpretation of Hwa-Rang (29 movements): Hwa-Rang is name after the Hwa-Rang youth group which originated in the Silla dynasty in the early 7th century. The 29 movements refer to the 29th infantry division, where Taekwon-do developed into maturity.

Pattern Hwa-Rang: The following points should be remembered:

1. L-Stance Upward Punch (Niunja So Ollyo Jirugi): The fist reaches the eye level of the defender.
2. Vertical Stance Knife-Hand Downward Strike (Soo Jik So Sonkal Naeryo Taerigi): The knife-hand reaches the target in a circulcar motion. Keep the elbow straight at the moment of impact.
3. High Turning Kick (Nopunde Dollyo Chagi): The attacking tool reaches the eye level of the attacker.
4. L-Stance Obverse Punch (Niunja So Baro Jirugi): The fist reaches the same level of the shoulder. The right arm forms a parallel line with the left leg and vice-versa.
5. Close Stance Inner Forearm Side Front Block (Moa So An Palmok Yobap Makgi): The fist reaches the same level as the defender's temple. The opposite outer forearm reaches the same level as the defender's lower abdomen.

Vertical Stance: Length is one shoulder width from toe of front foot to reverse footsword of rear foot; the toes of both feet are pointing in by 15 degrees; legs are straight; 60% of weight is on rear leg; rear leg is the primary leg.

Special Technique: Jumping Reverse Turning Kick (Twimyo Bandae Dollyo Chagi)

INFORMATION APPLICABLE TO BLACK STRIPE/1ST GUP

Syllabus

1. Choong Moo
2. 360 Degree Jumping Reverse Turning Kick.
3. Knife-Hand Strike and Forefist Punch to Board.
4. Self-Defence.
5. Demonstration of all focus pad work.
6. One Step Sparring.
7. Fundamental Movements with Traditional Kicking Techniques.
8. Free Sparring.

Theory

Defensive Techniques

Forearm Middle Front Block (Palmok Kaunde Ap Makgi)
X-Knife-Hand Checking Block (Kyocha Sonkal Momchau Makgi)
Twin Palm Upward Block (Sang Sonbadak Ollyo Makgi)
Jumping (Twigi)

Offensive Techniques

Knife-Hand High Front Strike (Sonkal Nopunde Ap Makgi)
Flying Side-Piercing Kick (Twimyo Yopcha Jirugi)
Reverse Knife-Hand high Front Strike (Dung Joomuk Nopunde Ap Taerigi)
Middle Back Piercing Kick (Kaunde Dwitcha Jirugi)

Interpretation of Choong-Moo (30 movements): Choong-Moo is named after the great Admiral Yi Soon-Sin of the Yi dynasty. He was reputed to have invented the first armoured battleship, the Kobukson, in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left-hand attack is to symbolise his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the King.

Pattern Choong-Moo: The following points should be remembered:

1. Walking Stance Knife-Hand High Front Strike (Gunnun So Sonkal Nopunde Ap Taerigi): The fingertip reaches the eye-level of the attacker. The body becomes full facing the opponent.
2. Flying Side Piercing Kick (Twimyo Yopcha Jirugi): The foot should be slightly lower than the attacker's hip

3. Walking Stance Reverse Knife Hand High Front Strike (Gunnun So Sonkal Dung Nopunde Ap Taerigi): The reverse knife-hand reaches the same height as the philtrum of the attacker. The body becomes full facing the opponent. The reverse knife-hand must stay at the centre of the attacker's body.
4. Middle Back Piercing Kick (Kaunde Dwitcha Jirugi): The foot reaches the same level as the shoulder of the attacker. Keep the toes of the stationary foot pointed to the front. Foot-word is the attacking tool.
5. Sitting Stance Forearm Middle Front Block (Annun So Palmok Kaunde Ap Makgi): The forearm comes along the centre line.
6. Sitting Stance Back Fist High Side Strike (Annun So Dung Joomuk Nopunde Yop Tare-riki): The back fist should be half-facing the opponent.
7. L-Stance X-Knife-Hand Checking Block (Niunja So Kyocha Sonkal Momchau Makgi): The fingertip reaches the same level as the shoulder of the attacker.
8. Walking Stance Twin Palm Upward Block (Gunnun So Sang Sonbadak Ollyo Makgi): The attacking tool reaches the target in a circular motion. The palms reach the same level as the elbows of the defender.

Meaning of Black Belt: Black is opposite to white, signifying the maturity and proficiency in Taekwon-do. It also indicates the wearer's imperviousness to darkness and fear.

INFORMATION APPLICABLE TO 1ST DAN

PO-EUN (36): is the pseudonym of the loyal subject Chong Mong-Chu (who was a famous poet and whose poem "I would not serve second master might be crucified a hundred times" is known to every Korean. He was a pioneer in the field of physics. The diagram (-) represents his unerring loyalty to King and country towards the end of the Koryo Dynasty.

GE-BAEK (44): is named after Ge-Baek, a great general in the Baek Je (660 A.D.). The diagram (l) represents his severe and strict military discipline.

GWANG-GAE (39): is named after the famous Gwang-Gae-Toh-Wang, the 19th King of the Koguryo dynasty, who regained all lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of lost territories. The 39 movements refer to the first two figures of 391 A.D., the year he came to the throne.

Pattern Gwang-Gae : Parallel Stance with a Heaven Hand (Narani So Hanulson)

1. Knife-Hand High Guarding Block (Sonkal Nopunde Daebi Makgi)
2. Upset Punch (Dwijibo Jirugi)
3. Forward Double Stepping (Ibo Omgyo Didimyo Nagagi)
4. Palm Upward Block (Sonbadak Ollyo Makgi)
5. Side Fist Downward Strike (Yop Joomuk Naeryo Taerigi)
6. Outward Pressing Kick (Bakuro Noollo Chagi)
7. Consecutive Kick (Yonsok Chagi)
8. Knife-Hand Low Front Block (Sonkal Najunde Ap Makgi)
9. Backward Foot Shifting (Durogamyo Jajunbal)
10. Forearm Low Reverse Block (Palmok Najunde Bandae Makgi)
11. Forward Double Stepping (Apuro Ibo Omgyo Dolgu)

Note: Low Stance is performed for the following movements: Pressing Block, Flat Fingertip Thrust. Front Kicks are middle section (lower abdomen). The second consecutive kick is middle section. Hooking Blocks are high section/centre line. Both Rear Foot Stance/Knife-Hand Guarding Blocks are high section.

Pattern Po-Eun (36): Parallel Stance With A Heaven Hand:

1. One Leg Stance (Waebal Sogi)
2. Angle Punch (Kiokja Jirugi)
3. Forefist Pressing Block (Ap Joomuk Noolo Makgi)
4. Back Elbow Thrust (Dwit Palkup Tulgi)
5. Horizontal Punch (Soopyong Jirugi)
6. Forearm Low Front Block (Palmuk Najunde Ap Makji)
7. U-Shape Grasp (Digutja Japgi)
8. Twin Elbow Horizontal Thrust (Sang Palkup Soopyong Tulgi)
9. Back Fist Side Back Strike (Dung Joomuk Vop Dwi Taengi)
10. Reverse Knife-Hand Low Guarding Block (Sonkaldung Najunde Daebi Makgi)

Note: Wedging Block Is Middle Section. Forefist Pressing block is on centre line.

Pattern Ge-Baek (44): Parallel Ready Stance

1. Low Twisting Kick (Najunde Bituro Chagi)
2. Double Arc-Hand High Block (Doo Bandalson Nopunde Makgi)
3. Scooping Block (Duro Makgi)
4. Back Fist Front Strike (Dung Joomuk Ap Makgi)
5. 9-Shape Block (Gutja Makgi)
6. Middle Knuckle Fist Middle Punch (Joongji Joomuk Kaunde Jirugi)

Note: Double Forearm Block in X-Stance is high section. Flat Finger Tip Thrust is done in Low Stance. The palm of the Scooping Block reaches the same level as the solar plexus of the defender. The Back Fist Front Strike is on the centre line. The fist of the Middle Knuckle Fist Reaches the solar plexus.

The student will also be expected to be able to spar two against one. This is an excellent test of the member's technical ability as well as his or her general awareness of both opponents. The practitioner must be able to get both opponents in line at any one time. Thus he or she will only be facing one opponent in actual combat. Quick foot movement becomes essential in such an exercise.

Important point: If the student wishes to test for 2nd degree black belt (and above) he or she has to firstly successfully pass three preliminary gradings. Then and only then is that person eligible for Dan promotion. Thus, the member will have to train constantly if their goal of promotion is to be realised. This is fairer to those who are extremely dedicated during the set time period of one and a half year~ between First and Second Dan Grading.

INFORMATION APPLICABLE TO 2ND DAN

EUI-AM (45): is the pseudonym of Son Byong Hi, leader of the independence movement on March 1, 1919. The 45 movements refer to when he changed the name of Dong Hak (Oriental Culture) to Chondo Kyo (Heavenly Way Religion) in 1905. The diagram represents his indomitable displayed while dedicating himself to the prosperity of his nation.

CHOONG-JANG (52): is the pseudonym given to general Kim Duk Ryang who lived during the Yi Dynasty, fifteenth century. This pattern ends with a left hand symbolise the tragedy of his death at 27 in prison before he was able to reach full maturity.

KO-DANG (45): is the pseudonym of the patriot Cho Man Sik who dedicated his life to the independence movement and education of his people.

Pattern Eui-Am (45): Close Ready Stance D:

1. Knife-Hand low Inward Block (Sonkal Najunde Anuro Makgi): (The body is full facing the opponent).
2. Outer Forearm Reverse High Side Block (Bakat Palmok Nopunde Bandaе Yop Makgi): (The body is half facing the opponent).
3. X-Fist Downward Block (Kyocha Joomuk Naeryo Makgi): The crossed point reaches the solar plexus height of the defender and the centre line.
4. Knife-Hand Reverse Rising Block (Sonkal Bandaе Chookyo Makgi): The body is full facing the opponent and the knife-hand stays at the centre of forehead).
5. High Reverse Turning Kick (Nopunde Bandaе Dollyo Chagi).
6. High Crescent Punch (Nopunde Bandal Jirugi).
7. Middle Turning Punch (Kaunde Dollyo Jirugi): (The fist reaches the same as the chest of the attacker and is on the centre line).
8. Knife-Hand Middle Wedging Block (Sonkal Kauride Hecho Makgi).
9. Reverse Knife-Hand Circular Block (Sonkaldung Dollimyo Makgi): (The body is half facing the opponent).
10. Alternate Palm Downward Block (Euhkallin Sonbadak Naeryo Makgi): (The palm reaches the level of the solar plexus of the defender).
11. Knife-Hand Low Outward Block (Sonkal Najunde Bakuro Makgi): (The blocking tool reaches the level of the scrotum of the defender).
12. Reverse Knife-Hand Low Inward Block (Sonkaldung Najunde Anuro Makgi).
13. Backward Double Stepping (Ibo Omgyo Didimyo Duruogi).

Pattern Choong-Jang (52): Close Ready Stance A

1. Inner Forearm High Side Front Block (An Palmok Nopunde Yobap Makgi).
2. Back Fist Front Strike (Dung Joomuk Ap Taerigi).
3. Double Finger Thrust (Doo Songarak Tulgi).
4. Palm Scooping Block (Sonbadak Duro Makgi): The palm reaches the solar plexus of the defender.
5. Backward Step-Side-Turning (Dwiro Omgyo Didigo Mikulmyo Dolgi).
6. Knee Low Front Snap Kick (Moorup Apcha Busigi): The knee reaches the level of the lower abdomen of the attacker.
7. Twin Palm Pressing Block (Sang Sonbadak Noollo Makgi): The blocking tool reaches the level of the groin of the attacker.
8. Outer Forearm Obverse High Front Block (Bakat Palmok Nopunde Baro Makgi).The forearm stays at the centre of the defender's body.

9. Back Hand Downward Strike (Sondung Naeryo Taerigi).
10. Back Fist Side Front Strike (Dung Joomuk Vobap Taerigi).
11. Reverse Knife-Hand Low Guarding Block (Sonkaldung Najunde Daebi Makgi).
12. Twin Knife-Hand Horizontal Strike (Sang Sonkal Soopyong Taerigi).
13. Arc Hand High Reverse Strike (Bandal Son Nopunde Bandae Taerigi). The arc hand reaches the same level as the philtrum of the attacker.
14. Twin Fore-Knuckle Fist Crescent Punch (Sang Inji Joomuk Bandal Jirugi).
15. Open Fist High Obverse Punch (Pyonjoomuk Nopunde Bandae Jirugi): The open fist reaches the level of the philtrum of the attacker.

Pattern Ko-Dang (45): Parallel Stance with a twin side elbow:

1. Sitting Stance Inner Forearm Parallel Block (Annun So An Palmok Narani Makgi)
2. One-Leg Stance Outer Forearm Parallel Block (Waebal So Bakat Palmok Narani Makgi)
3. X-Stance Back Fist Downward Strike (Kyocha So Dung Joomuk Naeryo Taerigi)
4. X-Stance Reverse Knife-Hand Low Front Block (Kyocha So Sonkal Dung Najunde Ap Makgi)
5. Walking Stance High Elbow Strike (Gunnun So Nopunde Palkup Taerigi)
6. Knife-Hand Mid-Air Strike (Sonkal Twio Dolmyo Taerigi)
7. Pick-Shape Kick (Gokgaeng-I Chagi)
8. Walking Stance Arc-Hand Crescent Strike (Gunnun So Bandalson Bandal Taerigi)
9. Rear Foot Stance Straight Elbow Downward Thrust (Dwitbal So Sun Palkup Naeryo Tulgi)
10. Dodging Reverse Turning Kick (Pihamyo Bandae Dollyo chagi)
11. Flying Two Direction Kick (Twimyo Sangbang Chagi)
12. Diagonal Stance Twin Palm Rising Block (Sasun So Sang Sonbadak Chookyo Makgi)
13. L-Stance Back Fist Horizontal Strike (Niunja So Dung Joomuk Soopyong Taerigi)
14. Parallel Stance Flat Fingertip Inward Cross Cut (Narani So Opun Sonkut Annuro Gutgi)
15. Flying Consecutive Punch (Twimyo Yonsok Jirugi)

INFORMATION APPLICABLE TO 3RD DAN

Choi-Yong

1. Rear Foot Stance Middle Knuckle Fist High Punch (Dwitbal So Jungi Joomuk Nopunde Jirugi)
2. Walking Stance Knife-Hand W-Shape Block (Gunnun So Sonkal San Makgi)
3. Reverse Hooking Kick (Banda Goro Chagi)
4. Parallel Stance Palm Hooking Block (Narani So Sonbadak Golcho Makgi)

Sam-II

1. Walking Stance Knife-Hand High Side Reverse Block (Gunnun So Sonkal Nopunde Yop Banda Makgi)
2. Diagonal Stance Back Elbow Thrust (Sasun So Dwit Palkup Tulgi)
3. Sitting Stance Reverse Knife-Hand Middle Wedging Block (Annun So Sonkaldung Kaunde Hechyo Makgi)
4. L-Stance Outer Forearm High Outward Block (Niunja So Bakat Palmok Nopunde Bakuro Makgi)
5. Sweeping Kick (Suroh Chagi)
6. L-Stance Double Fist Low Punch (Niunja So Doo Joomuk Najunde Jirugi)
7. L-Stance Reverse Knife-Hand High Guarding Block (Niunja So Sonkaldung Nopunde Daebi Makgi)

Yoo-Sin

1. Sitting Stance Releasing Motion (Annun So Baegi)
2. Sitting Stance Angle Punch (Annun So Kiokja Jirugi)
3. Fixed Stance U-Shape Punch (Gojung So Digitja Jirugi)
4. Waving Kick (Doro Chagi)
5. Walking Stance X-Knife-Hand Rising Block (Gunnun So Kyocha Sonkal Chookyo Makgi)
6. Sitting Stance Outer Forearm High Outward Block (Annun So Bakat Palmok Nopunde Bakuro Makgi)
7. Sitting Stance Back Hand Horizontal Strike (Annun So Sondung Soopyong Taerigi)

STEPPING

1. Forward Double Stepping (Gwang-Gae): Ibo Omgyo didimyo Nagagi
2. Backward Foot Shifting (Gwang-Gae): Durogamyo Jajunbal
3. Forward Double Step Turning (Gwang-Gae): Apuro Ibo Omgyo Didimyo Dolgi
4. Spot turning: Gujari dolgi
5. Backward Double Stepping (Eui-Am): Ibo Omgyo didimyo Duorogi
6. Backward Step-Slide-Turning (Choong-Jang): Dwiro Omgyo didigo Mikulmyo Dolgi
7. Backward Double Step-Sliding (Ko-Dang): wiro Ibo Omgyo Didimyo Mikulgi