



TaeKwon-Do

TaeKwon-Do is an Art of Self Defence founded by a Korean General named Choi Hong Hi. After exhaustive research, developing, and experimentint General Choi proclaimed TaeKwon-Do to the world as a completely valid and unique Martial Art haveing a basic Korean origin. Literally translated Tae stands for jumping or flying, to kick or smash with the foot. Kwon denotes the fist, to punch or destory with the hand. Do means the art or way.

TaeKwon-Do is a Martial Art that has no equal in either power or technique as it has been developed using the principles of modern science.

Translation of Commands

ATTENTION:	Charyot
BOW:	Kyong-ye
READY:	Junbi
START:	Sijak
STOP:	Goman
RETURN:	Pharo
AT EASE:	Swiyo
TURN:	Dwiro Doro
FORWARDS:	Nagagi
BACKWARDS:	Duruogi
TO THE LEFT:	Jaro
TO THE RIGHT:	Uro
ONE:	Hanna
TWO:	Dool
THREE:	Set
FOUR:	Net
FIVE:	Tasut
SIX:	Hasut
SEVEN:	Ilgop
EIGHT:	Yaudul
NINE:	Ahope
TEN:	Yaul

Tenets of TaeKwon-Do

TaeKwon-Do aims to achieve:

Courtesy
(Ye Ui)

Integrity
(Yom Chi)

Perseverance
(In Nae)

Self Control
(Guk Gi)

Indomitable Spirit
(Beakjul Boolgool)

The TAE KWON DO Oath

I shall observe the tenets of TAE KWON DO.
I shall respect my instructors and seniors.
I shall never misuse TAE KWON DO.
I shall be a champion of freedom and justice.
I shall build a more peaceful world.

Protocol

Monthly training fees should be bought forward on the first lesson of each month. This will help the instructor and save time.

Smoking and chewing gum is prohibited.

No jewellery is to be worn during class.

Once the class has started, students should gain the instructors permission before breaking off.

Your Dobok (practice suit) should be kept clean at all times.

No talking during class, except to ask questions.

Always address an instructor as either Sir or Miss, or by their surname.

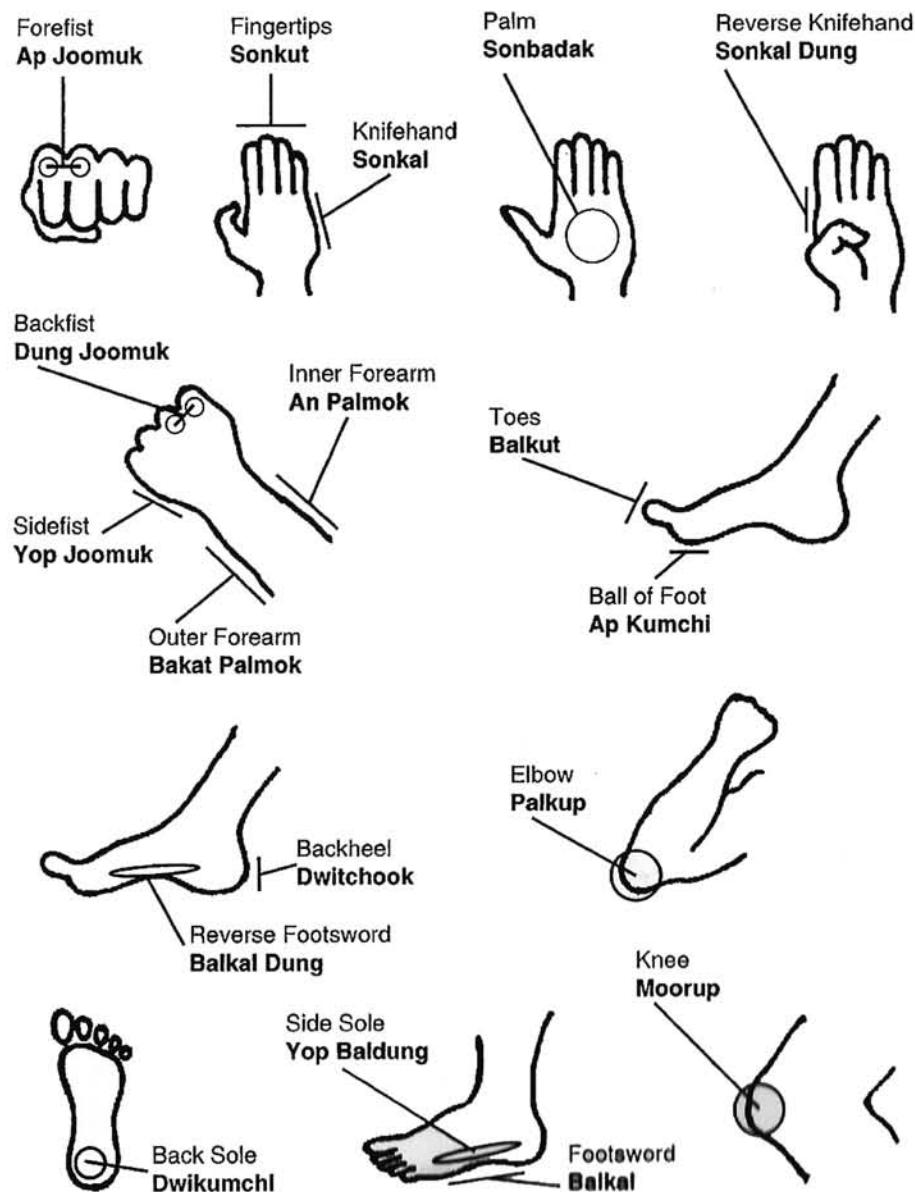
When fixing your Dobok (practice suit) or belt, turn to your right, fix your Dobok and turn to your right again to face the instructor.

Any student who is late for class must first approach the instructor and bow, and with their permission you may join the class.

Toe and finger nails should be kept short and clean at all times

Every student must observe the rules of the Dojang (training hall) in order to maintain an orderly and effective class.

Attacking and blocking tools



Stances



Charyot Sogi – Attention Stance

Weight Distribution: 50% – 50%.

Leading Leg: None.

Angle between feet: 45%.

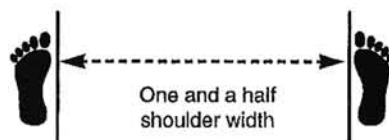


Narani Sogi – Parallel Stance

Weight Distribution: 50% – 50%.

Leading Leg: None.

Feet Parallel.

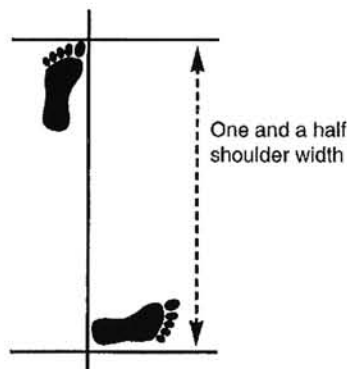


Annun Sogi – Sitting Stance

Weight Distribution: 50% – 50%.

Leading Leg: None.

Feet Parallel.



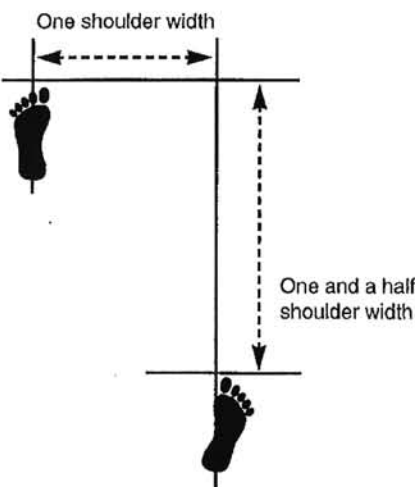
Niunja Sogi – L. Stance

Weight Distribution: 70% – 30%.

(70% on the rear leg)

Leading Leg: Rear leg.

Both feet point 15% inward.



Gunnun Sogi – Walking Stance

Weight Distribution: 50% – 50%.

Leading Leg: Front Leg.

Front foot points forward, Rear foot points 25% outward.

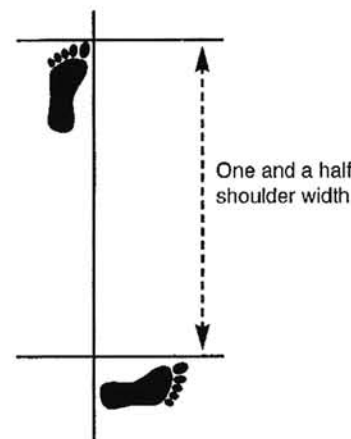


Moa Sogi – Close Stance

Weight Distribution: 50% – 50%.

Leading Leg: None.

Feet together.

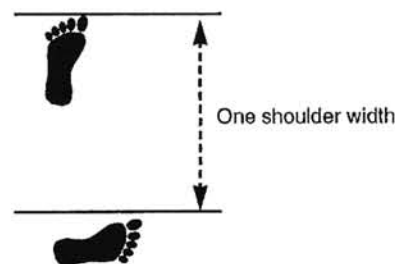


Gojung Sogi – Fixed Stance

Weight Distribution: 50% – 50%.

Leading Leg: Front Leg.

Feet point 15% inward.



Soojik Sogi – Vertical Stance

Weight Distribution: 60% – 40%.

(60% on the rear leg)

Leading Leg: Rear Leg.

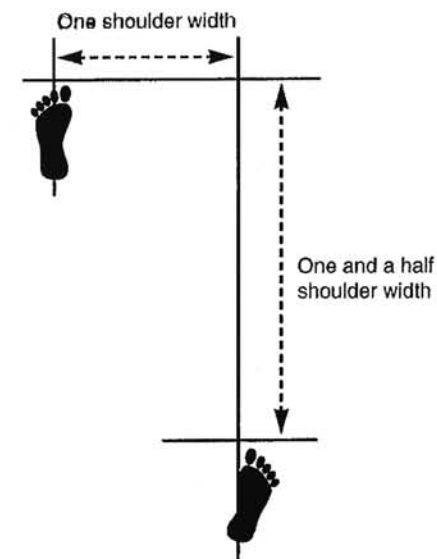
Feet point 15% inward.



Kyocha Sogi – X. Stance

Almost 100% of the weight on the balancing leg

Leading Leg: One with most weight.

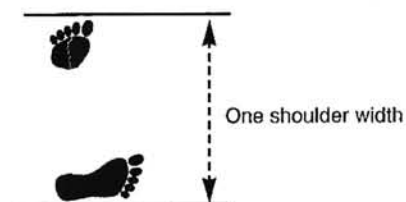


Nachuo Sogi – Low Stance

Weight Distribution: 50% – 50%.

Leading Leg: Front Leg.

Same as Walking Stance but longer by one foot.



Dwit Bal Sogi – Rear Foot Stance

Weight Distribution: 90% – 10%.

(90% on the rear leg)

Leading Leg: Rear Leg.

Front foot points 25% inward

Rear foot points 15% inward.



Guburyo Junbi Sogi A – Bending Ready Stance Type A

Weight Distribution: 100% – 0%.

Leading Leg: One with most weight.

Grading Syllabus

10th Kup - White Belt

Push-Up's	x 10
Front Rising Kick	x 10 Each Leg
Sitting Stance Middle Forefist Punch	x 10 Each Arm
Walking Stance Middle Forefist Punch	Forwards x 4
Walking Stance Inner Forearm Middle Block	Backwards x 4
Walking Stance Inner Forearm Middle Block/Reverse Punch	Forwards x 4
Walking Stance Outer Forearm Low Block	Backwards x 4
4 Directional Punch	
4 Directional Block	
Theory.	

9th Kup - Yellow Tag

Sitting Stance 2 Middle Punches	5 Each Arm
(Low) Front Snap Kick/Obverse Middle Punch	Forwards x 4
Walking Stance Outer Forearm Low Block/Reverse Punch	Backwards x 4
L. Stance Inner Forearm Middle Block	Forwards x 4
L. Stance Middle Forefist Punch	Backwards x 4
Chon-Ji Tul	
4 Directional Punch	
4 Directional Block	
Theory.	

8th Kup - Yellow Belt

(Low) Front Snap Kick/Obverse-Reverse Middle Punch	Forwards x 4
L. Stance Knife-Hand Guarding Block	Backwards x 4
L. Stance Twin Forearm Block	Forwards x 4
L. Stance Knife Hand Middle Side Strike	Backwards x 4
L. Stance (Middle) Side Piercing Kick/Forearm Guarding Block	Forwards x 4
Walking Stance Outer Forearm Low Block/Rising Block	Backwards x 4
Dan-Gun Tul	
Chon-Ji Tul	
4 Directional Punch or 4 Directional Block	
3 Step Sparring	
Measure-up: Side Kick/Turning Kick/Back Kick	Both legs
Knife Hand Strike	1 Board - Both Hands
Theory	

7th Kup - Green Tag

Walking Stance Outer Forearm High Side Block	Forwards x 4
Walking Stance Wedging Block	Backwards x 4
Walking Stance Straight Fingertip Thrust	Forwards x 4
Sitting Stance Knife-Hand Side Strike	Sideways x 4
Do-San Tul	
Dan-Gun Tul	
Chon-Ji Tul	
3 Step Sparring	
3 Step Semi-Free Sparring	
Power Test: Side Kick/Turning Kick/Back Kick	1 Board - Both Legs
Elbow Strike	1 Board - Both Arms
Theory	

6th Kup - Green Belt

Won-Hyo Tul	
Do-San Tul	
Dan-Gun Tul	
Chon-Ji Tul	
2 Step Sparring	
Free Sparring	
Power Test: Jumping: Back Kick/Side Kick	2 Boards - Left Leg
Knife Hand Strike/Elbow Strike	2 Boards - Examiners Choice
Theory	

5th Kup - Blue Tag

Yul-Gok Tul	
Optional Patterns: Examiners Choice	x3
2 Step Sparring	
Free Sparring	
Power Test: Jumping: Back Kick/Side Kick	2 Boards - Right Leg
Forefist Punch	1 Board - Both Arms
Theory	

4th Kup - Blue Belt

Kicking Combinations	
Choong-Gun Tul	
Optional Patterns: Examiners Choice	x3
1 Step Sparring	
Pad Work: Jumping Turning Kick Both Legs	
Free Sparring	
2 Against 1 Sparring	
Power Test: Reverse Turning Kick/Jumping Front Kick	2 Boards - Left Leg
Reverse Knife Hand Strike	1 Board - Left Arm
Theory	

3th Kup - Red Tag

Kicking Combinations

Toi-Gye Tul

Optional Patterns: Examiners Choice

1 Step Sparring

Pad Work: Jumping Reverse Turning Kick Both Legs

Free Sparring

2 Against 1 Sparring

Power Test: Twisting Kick

Reverse Turning Kick/Jumping Front Kick

Reverse Knife Hand Strike

Theory

x3

1 Board - Left or Right

2 Boards -Right Leg

1 Board - Right Arm

2nd Kup - Red Belt

Kicking Combinations

Hwa-Rang Tul

Optional Patterns: Examiners Choice

1 Step Sparring

Pad Work: Examiners Choice

Self-Defence Techniques

Free Sparring

2 Against 1 Sparring

Power Test: Double Front Kick

360 Back Kick

Back Fist Strike

Back Fist Strike

Theory

x3

2 Boards

2 Boards - Left or Right

1 Board - Both Hands

2 Boards - Left or Right

Theory For 10th Kup

QUESTIONS

- 1) What does Taekwon-Do literally mean?
- 2) Who is the Father and Founder of Taekwon-Do?
- 3) In which country did Taekwon-Do originate?
- 4) When was Taekwon-Do officially recognised?
- 5) What are the 5 tenets of Taekwon-Do?
- 6) What does a White Belt signify?
- 7) What is the title given to a 7th or 8th Degree Black Belt?
- 8) What is the title given to a 9th Degree Black Belt?
- 9) What are the Korean terms for the following stances?
 - a) Attention Stance
 - b) Parallel Stance
 - c) Sitting Stance
 - d) Walking Stance
- 10) Name the 3 sections of the body in Korean.
- 11) What are the Korean terms for the following?
 - a) Forefist
 - b) Knifehand
 - c) Inner Forearm
 - d) Outer Forearm
- 12) What are the Korean terms for the following techniques?
 - a) Middle Punch
 - b) Outer Forearm Low Block
 - c) Knifehand Low Block
 - d) Inner Forearm Middle Block
- 13) What are the Korean terms for?
 - a) 4 Direction Punch?
 - b) 4 Direction Block?
- 14) How do you define the following techniques?
 - a) A Middle Block
 - b) A Middle Punch

ANSWERS

- 1) The Art of Hand and Foot.
- 2) Grand Master General Choi Hong Hi 9th Dan
- 3) Korea
- 4) April 11th 1955
- 5) Courtesy
Integrity
Perseverance
Self Control
Indomitable Spirit
- 6) Innocence - as the beginner who has no previous knowledge of Taekwon-Do.
- 7) Master (Sahyun).
- 8) Grand Master (Saseong)
- 9)
 - a) Charyot Sogi
 - b) Narani Sogi
 - c) Annun Sogi
 - d) Gonnun Sogi
- 10)
 - a) Nopunde (High)
 - b) Kaunde (Middle)
 - c) Najunde (Low)
- 11)
 - a) Ap Joomuk
 - b) Sonkal
 - c) An Palmok
 - d) Bakat Palmok
- 12)
 - a) Kaunde Jirugi
 - b) Bakat Palmok Najunde Makgi
 - c) Sonkal Najunde Makgi
 - d) An Palmok Kaunde Makgi
- 13)
 - a) Saju Jirugi
 - b) Saju Makgi
- 14)
 - a) A Block with the Fist or Fingertips at shoulder level
 - b) A Punch with the fist at shoulder level.

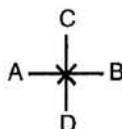
Theory For 9th Kup-Yellow Tag

WHAT IS A PATTERN: A pattern is a set of fundamental movements both offensive and defensive against an imaginary opponent. The name of the pattern, the number of movements, and the diagrammatic symbol of each pattern symbolises either heroic figures in Korean history, or instances relating to historical events.

PATTERN: CHON-JI Consisting of 19 movements.

PATTERN MEANING: 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.

DIAGRAM: Cross or plus sign



READY POSTURE: Parallel Ready Stance

1. Move the left foot to B forming a left walking stance, while executing a low block with the left outer forearm.
2. Move the right foot to B forming a right walking stance, while executing a middle punch with the right fist.
3. Move the right foot to A turning clockwise to form a right walking stance, while executing a low block with the right outer forearm.
4. Move the left foot to A forming a left walking stance, while executing a middle punch with the left fist.
5. Move the left foot to D forming a left walking stance, while executing a low block with the left outer forearm.
6. Move the right foot to D forming a right walking stance, while executing a middle punch with the right fist.
7. Move the right foot to C turning clockwise to form a right walking stance, while executing a low block with the right outer forearm.
8. Move the left foot to C forming a left walking stance, while executing a middle punch with the left fist.
9. Move the left foot to A forming a right L. stance, while executing a middle block with the left inner forearm.
10. Move the right foot to A forming a right walking stance, while executing a middle punch with the right fist.
11. Move the right foot to B turning clockwise forming a left L. stance, while executing a middle block with the right inner forearm.
12. Move the left foot to B forming a left walking stance, while executing a middle punch with the left fist.
13. Move the left foot to C forming a right L. stance, while executing a middle block with the left inner forearm.
14. Move the right foot to C forming a right walking stance, while executing a middle punch with the right fist.

15. Move the right foot to D turning clockwise forming a left L. stance, while executing a middle block with the right inner forearm.
 16. Move the left foot to D forming a left walking stance, while executing a middle punch with the left fist.
 17. Move the right foot to D forming a right walking stance, while executing a middle punch with the right fist.
 18. Move the right foot to C forming a left walking stance, while executing a middle punch with the left fist.
 19. Move the left foot to C forming a right walking stance, while executing a middle punch with the right fist.
- END: Bring the left foot back to a ready posture.

L.Stance:	Niunja Sogi
Obverse:	Baro
Reverse:	Bandae
Front Snap Kick:	Ap cha busigi
Ball of the foot:	Apkumchi

Obverse and Reverse techniques.

To fully explain the difference between obverse and reverse techniques you will first need to understand the different weight distribution of each stance.

For example:

Walking stance has 50% weight distribution on each leg making the leading leg the one in front.

L. Stance has 70% of your weight distribution on the back leg making the leading leg the one with the most weight.

Obverse technique: Same side as the leading leg

Reverse technique: Opposite side to the leading leg.

Theory For 8th Kup-Yellow Belt

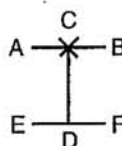
PATTERN: DAN - GUN

Consisting of 21 movements.

PATTERN MEANING: Dan-Gun is named after the Holy Dan-Gun, the legendary founder of Korea in the year 2333 B.C

Diagram:

Capital I



READY POSTURE:

Parallel Ready Stance

1. Move the left foot to B forming a right L-stance, at the same time execute a middle knife-hand guarding block.
2. Move the right foot to B forming a right walking stance, while executing a high punch with the right fist.
3. Move the right foot to A turning clockwise to form a left L-stance, at the same time execute a middle knife-hand guarding block.
4. Move the left foot to A forming a left walking stance, while executing a high punch with the left fist.
5. Move the left foot to D forming a left walking stance, while executing a low block with the left forearm.
6. Move the right foot to D forming a right walking stance, while executing a high punch with the right fist.
7. Move the left foot to D forming a left walking stance, at the same time execute a high punch with the left fist.
8. Move the right foot to D forming a right walking stance, while executing a high punch with the right fist.
9. Move the left foot to E turning anti-clockwise to form a right L-stance, while executing a twin forearm block.
10. Move the right foot to E forming a right walking stance, while executing a high punch with the right fist.
11. Move the right foot to F turning clockwise to form a left L-stance, while executing a twin forearm block.
12. Move the left foot to F forming a left walking stance, at the same time execute a high punch with the left fist.
13. Move the left foot to C forming a left walking stance, while executing a low block with the left forearm.
14. Execute a rising block with the left forearm, maintaining a left walking stance.
Perform 13 and 14 in a continuous motion.
15. Move the right foot to C forming a right walking stance, at the same time execute a rising block with the right forearm.
16. Move the left foot to C forming a left walking stance, while executing a rising block with the left forearm.
17. Move the right foot to C forming a right walking stance, at the same time execute a rising block with the right forearm.
18. Move the left foot to B turning anti-clockwise to form a right L-stance, while executing a left knife-hand strike to the middle section
19. Move the right foot to B forming a right walking stance, while executing a high punch with the right fist.

20. Move the right foot to A turning clockwise to form a left L-stance, while executing a right knife-hand strike to the middle section.
21. Move the left foot to A forming a left walking stance, at the same time execute a high punch with the left fist.
END: Bring the left foot back to a ready posture.

A Yellow belt signifies earth from which a plant sprouts and takes root as the TaeKwon-Do foundation is being laid.

Guarding Block:

Twin Forearm Block:

Knife Hand Side Strike:

Rising Block:

Back Fist Strike:

Flat Fingertip Thrust:

Side Piercing Kick:

Back Piercing Kick:

Turning Kick:

Three Step Sparring:

Downward

Daebi Makgi

Sang Palmok Makgi

Sonkal Yop Tearigi

Chookyo Makgi

Dung Joomuk Tearigi

Opun Sonkut Tulgi

Yop Cha Jirugi

Dwit Cha Jirugi

Dollyo Chagi

Sambo Matsoki

Nearyo

INSIDE BLOCK:

AN MAKGI: Any block that blocks the inside of the opponent's attacking tool to expose the inside of the opponent's body.

OUTSIDE BLOCK:

BAKAT MAKGI: Any block that block the outside of the opponent's attacking tool to expose the outside part of the opponent's body.

INWARD BLOCK:

ANURO MAKGI: Any block that converges inward towards the centerline of your body.

OUTWARD BLOCK:

BAKURO MAKGI: Any block that moves away from the centerline of your body

Theory For 7th Kup-Green Tag

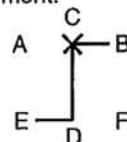
PATTERN: DO-SAN

Consisting of 24 movements.

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

DIAGRAM:

Step Sign



READY POSTURE:

Parallel Ready Stance

1. Move the left foot to B forming a left walking stance, while executing a high side block with the left outer forearm.
2. Execute a middle punch to B with the right fist, while maintaining a left walking stance.
3. Move the left foot on line AB then turn clockwise to form a right walking stance, while executing a high side block with the right outer forearm.
4. Execute a middle punch to A with the left fist, while maintaining a right walking stance.
5. Move the left foot to D forming a right L-stance, while executing a middle knife-hand guarding block.
6. Move the right foot to D forming a right walking stance, while executing an obverse straight fingertip thrust to the middle section.
7. Twist the right hand together with the body anti-clockwise until the palm faces downward, then move the left foot to D, turning anti-clockwise to form a left walking stance, at the same time execute a high side strike with the left back fist.
8. Move the right foot to D forming a right walking stance, at the same time execute a high side strike with the right back fist.
9. Move the left foot to E turning anti-clockwise to form a left walking stance, while executing a high side block with the left outer forearm.
10. Execute a middle punch to E with the right fist while maintaining a left walking stance.
11. Move the left foot on line EF and then turn clockwise to form a right walking stance, executing a high side block with the right outer forearm.
12. Execute a middle punch to F with the left fist while maintaining a right walking stance.
13. Move the left foot to CE forming a left walking stance, executing a high wedging block with the outer forearm.
14. Execute a middle front snap kick to with the right foot, keeping the position of the hands as they were in 13.
15. Lower the right foot forming a right walking stance, while executing a middle punch with the right fist.
16. Execute a middle punch with the left fist, while maintaining a right walking stance.
Perform 15 and 16 in a fast motion
17. Move the right foot to CF forming a right walking stance, executing a high wedging block with the outer forearm.

18. Execute a middle front snap kick with the left foot, keeping the position of the hands as they were in 17.
19. Lower the left foot forming a left walking stance, while executing a middle with the left fist.
20. Execute a middle punch with the right fist, while maintaining a left walking stance.
Perform 19 and 20 in a fast motion.
21. Move the left foot to C forming a left walking stance, executing a rising block with the left forearm.
22. Move the right foot to C forming a right walking stance, while executing a rising block with the right forearm.
23. Move the left foot to B turning anti-clockwise to form a sitting stance toward D, executing a middle side strike with the left knife-hand.
24. Bring the left foot to the right foot, and then move the right foot to A, forming a sitting stance toward D, executing a middle side strike to A, with the right knife-hand.
END: Bring the right foot back to a ready posture.

High Side Block:

Wedging Block:

Straight Fingertip Thrust:

Side Elbow Thrust:

Turning Kick:

3 Step Semi Free Sparring:

Nopunde Yop Makgi

Hechyo Maki

Sun Sonkut Tulgi

Yop Palkup Tulgi

Dollyo Chagi

Ban Jayoo Matsogi

FRONT BLOCK:

AP MAKGI: A block to the centre line of your body, with the body full facing the target.

SIDE BLOCK:

YOP MAKGI: A block with your body full or half facing the opponent stopping at the chest line.

Yellow Belt - 3 Step Sparring

Ready Positions:

ATTACKER: There are 4 ready position for the attacker, they are as follows:
 Attack 1 and 2 Right leg back into Walking Stance, Outer Forearm Low Block.
 Attack 3 and 4 Right leg back into L.Stance, Forearm Guarding Block.

DEFENDER: Parallel ready stance on all 4 sequences.

- | | |
|------------------------|---|
| 1) ATTACK | Right leg forward into Walking Stance,
Forefist Middle Punch x 3 |
| 1) DEFENCE: | Right leg back into L.Stance, Knifehand Guarding Block x 3 |
| COUNTER ATTACK: | Shifting, Knifehand Strike. |
| 2) ATTACK | Right leg forward into Walking Stance,
Forefist High Punch x 3 |
| 2) DEFENCE: | Right leg back into Walking Stance, Forearm Rising Block x 3 |
| COUNTER ATTACK: | Flat Fingertip Thrust. |
| 3) ATTACK | Right leg forward, Low Side Front Snap Kick |
| 3) DEFENCE: | Right leg back into L.Stance, Knifehand Low Block x 3 |
| COUNTER ATTACK: | Middle Turning Kick. |
| 4) ATTACK | Right leg forward, Low Side Front Snap Kick |
| 4) DEFENCE: | Right leg back into L.Stance, Knifehand Low Block x 3 |
| COUNTER ATTACK: | Jumping Front Snap Kick. |

Green Belt - 2 Step Sparring

Ready Positions:

ATTACKER: Right leg back into L. Stance, forearm guarding block
 (All attacks are started by moving forward with the right leg).

DEFENDER: Parallel ready stance
 (All defences are started by moving the right leg backward).

There are 6 set sequences of attack **(A)** and defence **(D)**. They are as follows:

- (1A)** Low Side Front Snap Kick, stepping forward into Walking Stance, Twin Vertical Punch.
(1D) Walking Stance X. Fist Pressing Block, stepping backward into Walking Stance, Outer Forearm Wedging Block.
COUNTER ATTACK: Grab shoulders and pull down, at the same time kick with the right knee to the solar plexus.
- (1A)** Middle Obverse Punch in walking stance.
(1D) Rear Foot Stance, Palm Upward Block.
(2A) Middle Turning Kick, stepping down into Sitting Ready Stance.
(2D) L. stance Outward Waist Block.
COUNTER ATTACK: With a sliding motion in L. Stance, Side Elbow Thrust.
- (1A)** Middle Obverse Punch in Walking Stance.
(1D) L. Stance Inner Forearm Middle Block.
(2A) Middle Side Kick, stepping down into Sitting Ready Stance.
(2D) L. Stance Inward Waist Block.
COUNTER ATTACK: With a sliding motion in L. Stance, High Backfist Strike.
- (1A)** Middle Obverse Punch in Walking Stance.
(1D) L. stance Inner Forearm Middle Block.
(2A) Middle Side Kick stepping down into Sitting Ready Stance.
(2D) L. Stance Inward Waist Block.
COUNTER ATTACK: Middle Side Piercing Kick off the front leg.
- (1A)** Middle Obverse Punch in Walking Stance.
(1D) L. Stance Inner Forearm Middle Block.
(2A) Middle Side Kick stepping down into Sitting Ready Stance.
(2D) L. Stance Inward Waist Block.
COUNTER ATTACK: High Turing Kick off the back leg.
- (1A)** Middle Obverse Punch in Walking Stance.
(1D) L. Stance Forearm Guarding Block.
(2A) Middle Side Kick stepping down into Sitting Ready Stance.
(2D) Sliding to the side L. Stance, Forearm Guarding Block.
COUNTER ATTACK: Jumping Front Snap Kick off the back leg, Reverse or Vertical Punch.

Theory For 6th Kup-Green Belt

PATTERN MEANING: Won-hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.

PATTERN: WON-HYO

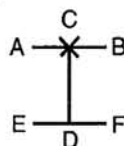
Consisting of 28 movements.

DIAGRAM:

Capital I

READY POSTURE:

Close Ready Stance Type A.



1. Move the left foot to B forming a right L-stance, while executing a twin forearm block.
2. Execute a high inward strike with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward B.
3. Execute a middle punch to B with the left fist while forming a left fixed stance, slipping the left foot to B.
4. Bring the left foot to the right foot, and then move the right foot to A, forming a left L stance, while executing a twin forearm block.
5. Execute a high inward strike the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward A.
6. Execute a middle punch to A with the right fist while forming a right fixed stance, slipping the right foot to A.
7. Bring the right foot to the left foot, and then turn the face toward D, forming a right bending ready stance type A.
8. Execute a middle side piercing kick to D with the left foot.
9. Lower the left foot to D forming a right L-stance, while executing a middle knife-hand guarding block.
10. Move the right foot to D forming a left L-stance, while executing a middle knife-hand guarding block.
11. Move the left foot to D forming a right L-stance, while executing a middle knife-hand guarding block.
12. Move the right foot to D forming a right walking stance, while executing a middle thrust with the right straight fingertip.
13. Move the left foot to E turning counter-clockwise to form a right L-stance, at the same time execute a twin forearm block.
14. Execute a high inward strike to E with the right knife-hand, bringing the left side fist in front of the right shoulder while maintaining a right L-stance toward E.
15. Execute a middle punch with the left fist, while forming a left fixed stance, slipping the left foot to E.
16. Bring the left foot to the right foot, and then move the right foot to F, forming a left L stance, while executing a twin forearm block.
17. Execute a high inward strike to F with the left knife-hand, bringing the right side fist in front of the left shoulder while maintaining a left L-stance toward F.
18. Execute a middle punch to F with the right fist while forming a right fixed stance, slipping the right foot to F.
19. Bring the right foot to the left foot, and then move the left foot to C, forming a left walking stance, while executing a circular block with the right inner forearm.

20. Execute a low front snap kick to C with the right foot, keeping the position of the hands as they were in 19.
21. Lower the right foot to C forming a right walking stance, while executing a middle punch with the left fist.
22. Execute a circular block with the left inner forearm while maintaining a right walking stance toward C.
23. Execute a low front snap kick to C with the left foot, keeping the position of the hands as they were in 22.
24. Lower the left foot to C forming a left walking stance, while executing a middle punch to C with the right fist.
25. Turn and face toward C forming a left bending ready stance type A.
26. Execute a middle side piercing kick to C with the right foot.
27. Lower the right foot on line CD, and then move the left foot to B turning anti-clockwise to form a right L-stance, at the same time executing a middle guarding block with the forearm.
28. Bring the left foot to the right foot, and then move the right foot to A, forming a left L stance, while executing a middle guarding block with the forearm.
END: Bring the right foot back to a ready posture.

A Green Belt signifies the plant's growth as TaeKwon Do skills begin to develop.

Waist Block:	Hori Makgi
Palm Upward Block	Sonbadak Ollyo Makgi
Circular Block:	Dollimyo Makgi
Inward Knife-Hand Strike:	Anuro Sonkal Taerigi
X. Fist Pressing Block:	Kyocha Joomuk Noollo Makgi
Twin Vertical Punch:	Sang Sewo Jirugi
Reverse Turning Kick:	Bandae Dollyo Chagi
Knee Kick:	Moorup Chagi
Close Ready Stance:	Moa Junbi Sogi
Bending Ready Stance Type (A):	Guburyo Junbi Sogi (A)
Fixed Stance:	Gojung Sogi
2 Step Sparring:	Ibo Matsogi
Free Sparring:	Jayoo Matsogi

DIFFERENCE BETWEEN A PUNCH, A STRIKE, AND A THRUST

A punch is used primarily to cause an internal hemorrhage rather than surface damage by twisting the attacking tool.

A strike is used to break or destroy the bone, muscle or vital spots with minimal twisting of the attacking tool.

A thrust is delivered with the intention to cut through the vital spots with less twisting of the attacking tool.

Theory For 5th Kup-Blue Tag

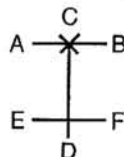
PATTERN: YUL-GOK

Consisting of 38 movements.

PATTERN MEANING: Yul-Gok is the pseudonym of the great philosopher and scholar Yi I (1536-1584 A.D.), nicknamed the 'Confucius of Korea'. The 38 movements of this pattern refer to his birthplace on 38° latitude and the Diagram represents Scholar.

DIAGRAM:

Scholar Sign



READY POSTURE:

Parallel Ready Stance

1. Move the left foot to B, forming a sitting stance, while extending the left fist horizontally.
2. Execute a middle punch to D with the right fist while maintaining a sitting stance.
3. Execute a middle punch to D with the left fist while maintaining a sitting stance.
Perform 2 and 3 in a fast motion.
4. Bring the left foot to the right foot, and then move the right foot to A, forming a sitting stance, while extending the right fist horizontally.
5. Execute a middle punch to D with the left fist while maintaining a sitting stance.
6. Execute a middle punch to D with the right fist while maintaining a sitting stance.
Perform 5 and 6 in a fast motion.
7. Move the right foot to AD, forming a right walking stance, while executing a middle side block with the right inner forearm.
8. Execute a low front snap kick to AD with the left foot, keeping the position of the hands as they were in 7.
9. Lower the left foot to AD, forming a left walking stance, while executing a middle punch with the left fist.
10. Execute a middle punch to AD with the right fist, while maintaining a left walking stance. **Perform 9 and 10 in a fast motion.**
11. Move the left foot to BD, forming a left walking stance, at the same time executing a middle side block with the left inner forearm.
12. Execute a low front snap kick to BD with the right foot, keeping the position of the hands as they were in 11.
13. Lower the right foot to BD, forming a right walking stance, while executing a middle punch with the right fist.
14. Execute a middle punch to BD with the left fist while maintaining a right walking stance. **Perform 13 and 14 in a fast motion.**
15. Execute a middle hooking block with the right palm, while forming a right walking stance toward D, pivoting with the left foot.
16. Execute a middle hooking block to D with the left palm, while maintaining a right walking stance.
17. Execute a middle punch to D with the right fist while maintaining a right walking stance. **Perform 16 and 17 in connecting motion.**
18. Move the left foot to D, forming a left walking stance, while executing a middle hooking block with the left palm.
19. Execute a middle hooking block to D with the right palm, while maintaining a left walking stance.

20. Execute a middle punch to D with the left fist while maintaining a left walking stance toward D. **Perform 19 and 20 in a connecting motion.**
21. Move the right foot to D forming a right walking stance, at the same time execute a middle punch with the right fist.
22. Turn and face toward D, forming a right bending ready stance type A.
23. Execute a middle side piercing kick to D with the left foot.
24. Lower the left foot to D, forming a left walking stance, while striking the left palm with the right front elbow.
25. Turn and face toward C, while forming a left bending ready stance type A.
26. Execute a middle side piercing kick to C with the right foot.
27. Lower the right foot to C, forming a right walking stance, while striking the right palm with the left front elbow.
28. Move the left foot to E, forming a right L-stance, while executing a twin knife-hand block.
29. Move the right foot to E, forming a right walking stance, while executing a middle thrust with the right straight fingertip.
30. Move the right foot to F, turning clockwise to form a left L-stance, while executing a twin knife-hand block.
31. Move the left foot to F, forming a left walking stance, while executing a middle thrust with the left straight fingertip.
32. Move the left foot to C, forming a left walking stance, while executing a high side block with the left outer forearm.
33. Execute a middle punch to C with the right fist while maintaining a left walking stance.
34. Move the right foot to C, forming a right walking stance, while executing a high side block with the right outer forearm.
35. Execute a middle punch to C with the left fist, while maintaining a right walking stance.
36. Jump to C, forming a left X-stance, while executing a high side strike to C with the left back fist.
37. Move the right foot to A, forming a right walking stance, at the same time execute a high block with the right double forearm.
38. Bring the right foot to the left foot, and then move the left foot to B, forming a left walking stance, while executing a high block with the left double forearm.
END: Bring the left foot back to a ready posture.

Palm Hooking Block:

Double Forearm Block:

Front Elbow Strike:

Crescent Punch:

Crescent Kick:

Twisting Kick:

X - Stance:

Sonbadak Golcho Makgi

Doo Palmok Makgi

Ap Palkup Taerigi

Bandal Jirugi

Bandal Chagi

Bituro Chagi

Kyocha Sogi

SIDE FRONT:

YOP AP MAKGI: A block moving away from your centre line, with your body full facing the opponent, stopping the block at your shoulder line.

NOTE: Only the Inner Forearm or the Reverse Knife-hand can be used on the Side Front block.

Theory For 4th Kup-Blue Belt

PATTERN: JOONG-GUN:

Consisting of 32 movements.

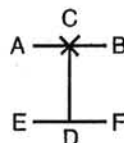
PATTERN MEANING: Joong-Gun is named after the patriot

An Joon-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-General of Korea, known as the man who played the leading part on the Korea/Japan merger.

There are 32 movements in this 'pattern' to represent Mr An's age when he was executed at Lui-Shung prison in (1910).

DIAGRAM:

Capital I



READY POSTURE:

Close Ready Stance Type B

1. Move the left foot to B forming a right L-stance, while executing a middle block with the left reverse knife-hand.
2. Execute a low side front snap kick to B with the left foot, keeping the position of the hands as they were in 1.
3. Lower the left foot to B, and then move the right foot to B, forming a left rear foot stance, while executing an upward block with a right palm.
4. Move the right foot to A forming a left L-stance, at the same time executing a middle block with a right reverse knife-hand.
5. Execute a low side front snap kick to A with the right foot, keeping the position of the hands as they were in 4.
6. Lower the right foot to A and then move the left foot to A, forming a right rear foot stance, while executing an upward block with the left palm.
7. Move the left foot to D forming a right L-stance, while executing a middle guarding block with the knife-hand.
8. Execute a right upper elbow strike, while forming a left walking stance toward D, slipping the left foot.
9. Move the right foot to D forming a left L-stance, while executing a middle guarding block with a knife-hand.
10. Execute a left upper elbow strike, while forming a right walking stance toward D, slipping the right foot.
11. Move the left foot to D forming a left walking stance, while executing a high vertical punch with a twin fist.
12. Move the right foot to D forming a right walking stance, while executing an upset punch with a twin fist.
13. Move the right foot on line CD, and then turn anti-clockwise to form a left walking stance toward C, while executing a rising block with an X-fist.
14. Move the left foot to E forming a right L-stance, while executing a high side strike with the left back fist.
15. Twist the left fist anti-clockwise until the back fist faces downward, at the same time forming a left walking stance, slipping the left.
16. Execute a high punch to E with the right fist, while maintaining a left walking stance. **Perform 15 and 16 in a fast motion.**
17. Bring the left foot to the right foot, and then move the right foot to F forming a left L stance, while executing a high side strike with a right back fist.

18. Twist the right fist clockwise until the back fist faces downward, while forming a right walking stance, slipping the right foot.
 19. Execute a high punch to F with the left fist, while maintaining a right walking stance. **Perform 18 and 19 in a fast motion.**
 20. Bring the right foot to the left foot, and then move the left foot to C, forming a left walking stance, while executing a high block to C with a left double forearm.
 21. Execute a middle punch to C with the left fist, while forming a right L-stance, pulling the left foot.
 22. Execute a middle side piercing kick to C with the right foot.
 23. Lower the right foot to C forming a right walking stance, while executing a high block to C with the right double forearm.
 24. Execute a middle punch to C with the right fist, while forming a left L-stance, pulling the right foot.
 25. Execute a middle side piercing kick to C with the left foot.
 26. Lower the left foot to C, forming a right L-stance, while executing a middle guarding block with the forearm.
 27. Execute a pressing block with the right palm, while forming a left low stance toward D, slipping the left foot. **Perform in a slow motion.**
 28. Move the right foot to C forming a left L-stance, while executing a middle guarding block with the forearm.
 29. Execute a pressing block with the left palm, while forming a right low stance toward C, slipping the right. **Perform in a slow motion.**
 30. Bring the left foot to the right foot, forming a close stance, while executing an angle punch with the right fist. **Perform in a slow motion.**
 31. Move the right foot to A, forming a right fixed stance, while executing a U shape block.
 32. Bring the right foot to the left foot, and then move the left foot to B forming a left fixed stance, at the same time executing a U-shape block.
- END: Bring the left foot back to a ready posture.

A Blue Belt signifies the Heaven, towards which the plant matures into a towering tree as training in TaeKwon Do progresses.

U. Shape Block:

Checking Block:

Palm Pressing Block:

Upper Elbow Strike:

Turning Punch:

Reverse Knife-Hand:

Arc-Hand:

Side Front Snap Kick:

Reverse Hooking Kick:

Hooking Kick:

Downward Kick:

One Step Sparring:

Low Stance:

Digutja Makgi

Momcha Makgi

Sonbadak Noollo Makgi

Wi Palkup Taerigi

Dollyo Jirugi

Sonkal Dung

Bandal Son

Yobap Cha Busigi

Bandae Dollyo Goro Chagi

Golcho Chagi

Naeryo Chagi

Ilbo Matsogi

Nachuo Sogi

Theory For 3rd Kup-Red Tag

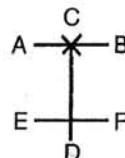
PATTERN: TOI-GYE:

Consisting of 37 movements.

PATTERN MEANING: Is the pen name of the noted scholar Yi Hwang (16th Century) an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on 37 Degree latitude, the diagram represents Scholar.

DIAGRAM:

Scholar



READY POSTURE:

Close Ready Stance Type B

1. Move the left foot to B forming a right L-stance, while executing a middle block with the left inner forearm.
2. Execute a low thrust with the right upset fingertip, while forming a left walking stance toward B, slipping the left foot.
3. Bring the left foot to the right foot, forming a close stance toward D, while executing a side back strike with the right back fist, extending the left arm to the side. **Perform in a slow motion.**
4. Move the right foot to A forming a left L-stance, while executing a middle block with the right inner forearm.
5. Execute a low thrust to A with the left upset fingertip while forming a right walking stance, slipping the right foot.
6. Bring the right foot to the left foot, forming a close stance toward D while executing a side back strike with the left back fist, extending the right arm to the side. **Perform in a slow motion.**
7. Move the left foot to D forming a left walking stance, while executing a pressing block with an X-fist.
8. Execute a high vertical punch to D with a twin fist while maintaining a left walking stance.
9. Execute a middle front snap kick to D with the right foot, keeping the position of the hands as they were in 8.
10. Lower the right foot to D forming a right walking stance, while executing a middle punch with the right fist.
11. Execute a middle punch to D with the left fist, while maintaining a right walking stance.
12. Bring the left foot to the right foot forming a close stance toward F, while executing a twin side elbow thrust. **Perform in a slow motion.**
13. Move the right foot to F in a stamping motion forming a sitting stance, while executing a W-shape block with the right outer forearm.
14. Move the left foot to F in a stamping motion, turning clockwise to form a sitting stance, while executing a W-shape block with the left outer forearm.
15. Move the left foot to E in a stamping motion, turning clockwise to form a sitting stance, while executing a W-shape block with the left outer forearm.
16. Move the right foot to E in a stamping motion, turning anti-clockwise to form a sitting stance, while executing a W-shape block with the right outer forearm.
17. Move the left foot to E in a stamping motion, turning clockwise to form a sitting stance, while executing a W-shape block with the left outer forearm.

18. Move the left foot to F in a stamping motion, turning clockwise to form a sitting stance, while executing a W-shape block with the left outer forearm.
 19. Bring the right foot to the left foot, then move the left foot to D forming a right L-stance, while executing a low pushing block with the left double forearm.
 20. Extend both hands upward as if to grab the opponent's head while forming a left walking stance, slipping the left foot to D.
 21. Execute an upward kick with the right knee, while pulling both hands downward.
 22. Lower the right foot to the left foot, then move the left foot to C forming a right L-stance, while executing a middle guarding block with a knife-hand.
 23. Execute a low side front snap kick to C with the left foot, keeping the position of the hands as they were in 22.
 24. Lower the left foot to C forming a left walking stance, while executing a high thrust with the left flat fingertip.
 25. Move the right foot to C forming a left L-stance, while executing a middle guarding block with a knife-hand.
 26. Execute a low side front snap kick to C with the right foot, keeping the position of the hands as they were in 25.
 27. Lower the right foot to C forming a right walking stance, at the same time executing a high thrust to C with the right flat fingertip.
 28. Move the right foot to D forming a right L-stance, while executing a side back strike to D with the right back fist and a low block to C with the left forearm.
 29. Jump to C forming a right X-stance, while executing a pressing block with an X-fist.
 30. Move the right foot to C forming a right walking stance, while executing a high block with the right double forearm.
 31. Move the left foot to B forming a right L-stance, while executing a low guarding block with a knife-hand.
 32. Execute a circular block with the right inner forearm while forming a left walking stance toward B, slipping the left foot.
 33. Bring the left foot to the right foot and then move the right foot to A forming a left L-stance, at the same time executing a low guarding block with a knife-hand.
 34. Execute a circular block with the left inner forearm while forming a right walking stance toward A, slipping the right foot.
 35. Execute a circular block with the right inner forearm while forming a left walking stance toward CE.
 36. Execute a circular block with the left inner forearm while forming a right walking stance toward A.
 37. Move the right foot on line AB to form a sitting stance while executing a middle punch to D with the right fist.
- END: Bring the right foot back to a ready posture.

W. Shape Block:

Double Forearm Pushing Block:

Upset Fingertip Thrust:

Vertical Kick:

Side Pushing Kick:

Downward Kick:

Front Checking Kick:

San Maki

Doo Palmok Miro Maki

Dwijibo Sonkut Tulgi

Sewo Chagi

Yop Cha Milgi

Naeryo Chagi

Ap Cha Mum Chagi

Theory For 2nd Kup-Red Belt

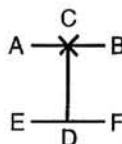
PATTERN: HWA-RANG:

Consisting of 29 movements.

PATTERN MEANING: Is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry division, where TaeKwon Do developed into maturity.

DIAGRAM:

Capital I



READY POSTURE:

Close Ready Stance Type C

1. Move the left foot to B to form a sitting stance, while executing a middle pushing block with the left palm.
2. Execute a middle punch to D with the right fist while maintaining a sitting stance.
3. Execute a middle punch to D with the left fist while maintaining a sitting stance.
4. Execute a twin forearm block while forming a left L-stance, pivoting on the left foot.
5. Execute an upward punch to A with the left fist, while pulling the right side fist in front of the left shoulder, maintaining a left L-stance.
6. Execute a middle punch with the right fist, while forming a right fixed stance, toward A in a sliding motion.
7. Execute a downward strike to A with the right knife-hand while forming a left vertical stance, pulling the right foot.
8. Move the left foot to A forming a left walking stance, while executing a middle punch with the left fist.
9. Move the left foot to D forming a left walking stance, while executing a low block with the left forearm.
10. Move the right foot to D forming a right walking stance, while executing a middle punch with the right fist.
11. Pull the left foot toward the right foot, while bringing the left palm to the right forefist, at the same time bending the right elbow about 45 degrees outward.
12. Execute a middle side piercing kick to D with the right foot, while pulling both hands in the opposition direction, lower to D forming a left L stance, at the same time executing a middle outward strike with the right knife-hand.
13. Move the left foot to D forming a left walking stance, while executing a middle punch with the left fist.
14. Move the right foot to D forming a right walking stance, at the same time executing a middle punch with the right fist.
15. Move the left foot to E turning anti-clockwise to form a right L-stance, while executing a middle guarding block with a knife-hand.
16. Move the right foot to E forming a right walking stance, while executing a middle thrust with the right straight fingertip.
17. Move the right foot on line EF forming a right L-stance, while executing a middle guarding block with a knife-hand.
18. Execute a high turning kick to DF with the right foot and then lower it to F.

19. Execute a high turning kick to CF with the left foot and then lower it to F, forming a right L-stance while executing a middle guarding block with a knife-hand. **Perform 18 and 19 in a fast motion.**
20. Move the left foot to C forming a left walking stance, while executing a low block with the left forearm.
21. Execute a middle punch to D with the right fist while forming a right L-stance, pulling the left foot.
22. Move the right foot to C forming a left L-stance, while executing a middle punch with the left fist.
23. Move the left foot to C forming a right L-stance, at the same time executing a middle punch with the right fist.
24. Execute a pressing block with an X-fist while forming a left walking stance, slipping the left foot to C.
25. Move the right foot to C in a sliding motion, forming a right L-stance, while thrusting to C with the right side elbow.
26. Bring the left foot to the right foot, turning anti-clockwise to form a close stance toward B while executing a side front block with the right inner forearm, while extending the left forearm to the side.
27. Execute a side front block with the left inner forearm, extending the right forearm to the side, maintaining a close stance toward B.
28. Move the left foot to B forming a right L-stance, at the same time executing a middle guarding block with a knife-hand.
29. Bring the left foot to the right foot, and then move the right foot to A, forming a left L-stance, while executing a middle guarding block with a knife-hand. **END:** Bring the right foot back to a ready posture.

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

Palm Pushing Block:

Sonbadak Miro Maki

Upward Punch

Ollyo Jirugi

Downward Strike

Naeryo Tearigi

Side Front Block:

Yobap Maki

Vertical stance:

Soojik Sogi

Note:

Only the Inner Forearm or Reverse Knife-hand can be used with a Side Front Block

Theory For 1st Kup-Black-Tag

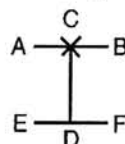
PATTERN: CHOONG-MOO:

Consisting of 30 movements.

PATTERN MEANING: Choong-Moo was the name given to the great Admiral Yi Soon Sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592, which is said to be a 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.

Diagram:

Capital I



READY POSTURE:

Parallel Ready Stance

1. Move the left foot to B forming a right L-stance, while executing a twin knife-hand block.
 2. Move the right foot to B forming a right walking stance, while executing a high front strike with the right knife-hand, bringing the left back hand in front of the forehead.
 3. Move the right foot to A turning clockwise to form a left L-stance, while executing a middle guarding block with the knife-hand.
 4. Move the left foot to A forming a left walking stance, while executing a high thrust with the left flat fingertip.
 5. Move the left foot to D forming a right L-stance, while executing a middle guarding block with the knife-hand.
 6. Turn and face toward C forming a left bending ready stance type A.
 7. Execute a middle side piercing kick to C with the right foot.
 8. Lower the right foot to C forming a right L-stance toward D, while executing a middle guarding block with the knife-hand.
 9. Execute a flying side piercing kick to D with the right foot, then land to D forming a left L-stance while executing a middle guarding block with the knife-hand.
 10. Move the left foot to E turning counter-clockwise to form a right L-stance, at the same time executing a low block with the left forearm.
 11. Extend both hands upward as if to grab the opponent's head while forming a left walking stance, slipping the left foot to E.
 12. Execute an upward kick to E with the right knee, pulling both hands downward.
 13. Lower the right foot to the left foot and then move the left foot to F forming a left walking stance, while executing a high front strike with the right reverse knife-hand, bringing the left back hand under the right elbow joint.
 14. Execute a high turning kick to DF with the right foot and then lower it to the left foot.
 15. Execute a middle back piercing kick to F with the left foot.
- Perform 14 and 15 in a fast motion.**
16. Lower the left foot to F forming a left L-stance toward E while executing a middle guarding block with the forearm.
 17. Execute a middle turning kick to DE with the left foot.

18. Lower the left foot to the right foot and then move the right foot to C forming a right fixed stance, while executing a U-shape block.
 19. Jump and spin around counter-clockwise landing on the same spot to form a left L-stance, while executing a middle guarding block with a knife-hand.
 20. Move the left foot to C forming a left walking stance, at the same time executing a low thrust with the right upset fingertip.
 21. Execute a side back strike to D with the right back fist and a low block to C with the left forearm while forming a right L-stance pulling the left foot.
 22. Move the right foot to C forming a right walking stance, while executing a middle thrust to C with the right straight fingertip.
 23. Move the left foot to B turning counter-clockwise to form a left walking stance toward B while executing a high block with the left double forearm.
 24. Move the right foot to B forming a sitting stance toward C while executing a middle front block with the right outer forearm, followed by a high side strike to B with the right back fist.
 25. Execute a middle side piercing kick to A with the right foot, turning counter clockwise and then lower it to A.
 26. Execute a middle side piercing kick to A with the left foot.
 27. Lower the left foot to A forming a left L-stance, then execute a checking block to B with an X-knife hand.
 28. Move the left foot to B forming a left walking stance, while executing an upward block with a twin palm.
 29. Move the left foot on line AB and then execute a rising block with the right forearm while forming a right walking stance toward A.
 30. Execute a middle punch to A with the left fist while maintaining a right walking stance.
- END: Bring the left foot back to a ready posture.

A Black Belt signifies the maturity and proficiency in TaeKwon Do, and also indicates the wearers imperviousness to darkness and fear.

Knife-Hand High Front Strike:

Outer Forearm Middle Front Block:

Twin Palm Upward Block:

X-Knifehand Checking Block:

Sonkal Nopunde Ap Taerigi

Bakat Palmok Kaunde Ap Makgi

Sang Sonbadak Olyo Makgi

Kyochha Sonkal Momchau Makgi

TAEKWON-DO DICTIONARY

English

Angle Punch
Arc-Hand
Assistant Instructor
At Ease
Attention
Attention Stance
Back Heel
Back Piercing Kick
Back Sole
Backfist
Backwards
Ball of the Foot
Belt
Bending Ready Stance
Block
Bow
Breath Control
Checking Block
Checking Kick
Circular Block
Close Stance
Courtesy
Crescent
Cross-Cut
Dismiss
Dodging
Double Forearm
Downward
Eight
Elbow
Fingertip
Five

Korean

Giokja Jirugi
Bandal Son
Boo Sabum
Swiyo
Charyot
Charyot Sogi
Dwitchook
Dwit Cha Jirugi
Dwitkumchi
Dung Joomok
Duruogi
Apkumchi
Ti
Guburyo Junbi Sogi
Makgi
Kyong Ye
Hohup Jojul
Momchau Makgi
Cha Momchagi
Dollymyo Makgi
Moa Sogi
Ye Ui
Bandal
Ghutgi
Hae San
Pihagi Doo
Doo Palmok
Naeryo
Yodul
Palkup
Sonkut
Dasot

English

Fixed Stance
Flat Fingertip
Flying
Foot Shifting
Footsword
Forearm
Forefist
Forwards
Four
Four Direction Block
Four Direction Punch
Free Sparring
Front
Front Downward Strike
Front Elbow
Front Elbow Strike
Fundamental Exercise
Grand Master
Guarding Block
High
High Elbow
High Section
Hooking Block
Hooking Kick
Indomitable Spirit
Inner Forearm
Inside Block
Instep
Instructor
Integrity
Inward
Jumping
Kick
Knee

Korean

Gojung Sogi
Opun Sonkut
Twimyo
Iajun Bal
Balkal
Palmok
Ap Joomuk
Nagagi
Net
Saju Makgi
Saju Jirugi
Jayu Matsogi
Ap
Ap Naeryo Taerigi
Ap Palkup
Ap Palkup Taerigi
Gibon Yonsup
Sahyun
Daebi Makgi
Nopunde
Nopun Palkup
Nopun Bubun
Golcho Makgi
Golcho Chagi
Baekjul Boolgool
An Palmok
An Makgi
Baldung
Sabum
Yom Chi
Anuro
Twiggi
Chagi
Moorup

English

Knife hand
 L Stance
 Left
 Low
 Low Section
 Low Stance
 Master
 Mid-Air Kick
 Mid-Air Strike
 Middle
 Middle Section
 Nine
 Obverse
 One
 One Step Sparring
 Outer Forearm
 Outside Block
 Outward
 Palm
 Parallel Stance
 Pattern
 Perseverance
 Pick Shape Kick
 Practice Suit
 Pressing Block
 Pressing Kick
 Punch
 Pushing Block
 Ready
 Ready Stance
 Rear Foot Stance
 Relax
 Return to Ready Stance
 Reverse

Korean

Sonkal
 Niunja Sogi
 Wen
 Najunde
 Najun Bubun
 Nachuo Sogi
 Sahyun
 Twio Dolmyo Chagi
 Twio Dolmyo Taerigi
 Kaunde
 Kaunde Bubun
 Ahop
 Baro
 Hana
 Ilbo Matsogi
 Bakat Palmok
 Bakat Makgi
 Bakuro
 Sonbadak
 Narani Sogi
 Tul
 In Nae
 Gokaeng-i Chagi
 Do Bok
 Noollo Makgi
 Noollo Chagi
 Jirugi
 Miro Makgi
 Junbi
 Junbi Sogi
 Dwit Bal Sogi
 Swiyo
 Pharo
 Bandae

English

Reverse Footsword
 Reverse Hooking Kick
 Reverse Knifehand
 Reverse Turning Kick
 Right
 Rising Block
 Rising Kick
 Scooping Block
 Self Control
 Self Defence Techniques
 Semi Free Sparring
 Seven
 Side
 Side Back
 Side Downward Strike
 Side Fist
 Side Front
 Side Instep
 Side Piercing Kick
 Side Pushing Kick
 Side Sole
 Side Thrusting Kick
 Sine Wave
 Single
 Sitting Stance
 Six
 Sliding
 Sparring
 Special Technique
 Spot Turning
 Stamping Kick
 Stance
 Start
 Step Turning

Korean

Balkal Dung
 Bandae Dollyo Goro Chagi
 Sonkal Dung
 Bandae Dollyo Chagi
 Orun
 Chookyo Makgi
 Cha Olligi
 Duro Makgi
 Guk Gi
 Hosin Sul
 Ban Jayu Matsogi
 Ilgop
 Yop
 Yopdwi
 Yop Naeryo Taerigi
 Yop Joomuk
 Yobap
 Yop Baldung
 Yop Cha Jirugi
 Yop Cha Milgi
 Yop Bal Badak
 Yop Cha Tulgi
 Hwaldung Pahdo
 Wae
 Annun Sogi
 Yosot
 Mikulgi
 Matsogi
 Tukgi
 Gujar Dolgi
 Cha Bapgi
 Sogi
 Sijak
 Omgyo Didimyo Dolgi

English

Stepping
Stop
Straight Elbow
Straight Fingertip
Strike
Ten
Tenets of Taekwon-Do
Three
Three Step Sparring
Thrust
To the Left
To the Right
Toes
Turn Around
Turning
Turning Kick
Twin
Twin Forearm Block
Twisting Kick
Two
Two Step Sparring
U-Shape Block
Upper Elbow
Upset Fingertip
Upset Punch
Upward
Vertical Kick
Vertical Punch
Vertical Stance
Vital Spots
W-Shape Block
Waist Block
Walking Stance
Wedging Block
X-Fist
X-Knifehand
X-Stance

Korean

Omgyo Didigi
Goman
Sun Palkup
Sun Sonkut
Taerigi
Yol
Taekwon-Do Jungshin
Set
Sambo Matsogi
Tulgi
Jaro
Uro
Balkut
Dwi-ro Dora
Dolgi
Dollyo Chagi
Sang
Sang Palmok Makgi
Bituro Chagi
Dool
Ibo Matsogi
Digutja Makgi
Wi Palkup
Dwijibun Sonkut
Dwijibo Jirugi
Ollyo
Sewo Chagi
Sewo Jirugi
Soojik Sogi
Kupso
San Makgi
Hori Makgi
Gunnun Sogi
Hechyo Makgi
Kyocha Joomuk
Kyocha Sonkal
Kyocha Sogi

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