

## **THE TENETS OF TAEKWON-DO**

**(TaeKwon-Do Jungshin)**

**TaeKwon-Do aims to achieve**

**Courtesy** (Ye Ui)

**Integrity** (Yom Chi)

**Perseverance** (In Nae)

**Self-Control** (Guk Gi)

**Indomitable Spirit** (Baekjul Boolgool)

## **STUDENT OATH OF TAEKWON- DO**

- 1. I shall observe the Tenets of TaeKwon Do**
- 2. I shall respect Instructors and Seniors**
- 3. I shall never misuse TaeKwon Do**
- 4. I shall be a champion of Freedom and Justice.**
- 5. I shall build a more peaceful World.**

## **EXPLANATION OF TENETS**

**Needless to say, the success or failure of TaeKwon-Do training depends largely on how one observes and implements the tenets of TaeKwon-Do which should serve as a guide for all serious students of the art.**

### **COURTESY (Ye Ui)**

It can be said that courtesy is an unwritten regulation prescribed by ancient teachers of philosophy as a means to enlighten human beings while maintaining a harmonious society. It can be further be as an ultimate criterion required of a mortal.

TaeKwon-Do students should attempt to practice the following elements of courtesy to build up their noble character and to conduct the training in an orderly manner as well.

- 1) To promote the spirit of mutual concessions
- 2) To be polite to one another
- 3) To distinguish instructor from student, senior from junior, and elder from younger
- 4) To behave oneself according to etiquette

### **INTEGRITY (Yom Chi)**

In TaeKwon-Do, the word integrity assumes a looser definition than the one usually presented in Webster's dictionary. One must be able to define right and wrong and have a conscience, if wrong, to feel guilt. Listed are some examples where integrity is lacking:

- 1) The student who misrepresents himself by "fixing" breaking materials before demonstrations.
- 2) The student who requests ranks from an instructor, or attempts to purchase it.
- 3) The student who gains rank for ego purposes or the feeling of power.
- 4) The students whose actions do not live up to his words.

### **PERSEVERANCE (In Nae)**

There is an old Oriental saying, "Patience leads to virtue or merit, One can make a peaceful home by being patient for 100 times." Certainly happiness and prosperity are most likely brought to the patient person. To achieve something, whether it is a higher degree or the perfection or a technique, one must set his goal, then constantly persevere. One of the most important secrets in becoming a leader of TaeKwon-Do is to overcome every difficulty by perseverance.

**Confucius** said, "one who is impatient in trivial matters can seldom achieve success in matters of great importance."

### **SELF CONTROL (Guk Gi)**

This tenet is extremely important inside and outside the dojang, whether conducting oneself in free sparring or in one's personal affairs. A loss of self-control in free sparring can prove disastrous to both student and opponent. An inability to live and work within one's capability or sphere is also a lack of self-control.

### **INDOMITABLE SPIRIT (Baekjool Boolgool)**

A serious student of TaeKwon-Do will at all times be modest and honest. If confronted with injustice, he will deal with

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the belligerent without any fear or hesitation at all, with indomitable spirit, regardless of whosoever and however many the number may be. **The student must develop a spirit that can't be broken!**

### **SIGNIFICANCE OF BELT COLOURS**

There are six belts: white, yellow, green, blue, red and black. White is given to beginners and black is given to students who have progressed through the grades and have a solid foundation for learning the techniques of TaeKwon-Do.

The definitions of the belts are as follows :

#### **White Belt**

Signifies innocence, as that of the beginning student who has no previous knowledge of TaeKwon-Do.

#### **Yellow Belt**

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

#### **Green Belt**

Signifies the plant's growth as TaeKwon-Do skills begin to develop.

#### **Blue Belt**

Signifies the Heaven towards which the plant matures into a towering tree as training in TaeKwon-Do progresses.

#### **Red Belt**

Signifies Danger, cautioning the student to exercise control and warning the opponent to stay away.

#### **Black Belt**

Opposite of white, therefore signifying the maturity and proficiency in TaeKwon -Do, also indicates the wearer's imperviousness to darkness and fear.

#### **Students must grade through the following belts in the following order:**

White belt given to the beginner (10th gup)

White belt yellow stripe (9th gup)

Yellow belt (8th gup)

Yellow belt green stripe (7th gup)

Green belt (6th gup)

Green belt blue stripe (5th gup)

Blue belt (4th gup))

Blue belt red stripe (3rd gup)

Red belt (2nd gup)

Red belt black stripe (1st gup)

through to Black Belt (1st Dan/degree).

### **TAPE SYSTEM**

**Color tape on student's belt are used solely for measuring and evaluating a students performance and understanding of material being taught from the student color belt curriculum. Such instruments are used as motivational and visualize tools for student's growth in TaeKwon Do and not meant as the "SOLE" determining factor for students testing and/ or promotion eligibility.**

<b>Tae Kwon Do Rank</b>	<b>Time Required To Advance In Rank</b>
10th Gup White Belt	2 Months (36 Hours)
9th Gup White Belt With Yellow Stripe	2 Months (36 Hours)
8th Gup Yellow Belt	2 Months (36 Hours)
7th Gup Yellow Belt With Green Stripe	2 Months (36 Hours)
6th Gup Green Belt	3 Months (54 Hours)
5th Gup Green Belt With Blue Stripe	3 Months (54 Hours)
4th Gup Blue Belt	6 Months (108 Hours)
3rd Gup Blue Belt With Red Stripe	6 Months (108 Hours)
2nd Gup Red Belt	6 Months (108 Hours)
1st Gup Red Belt With Black Stripe	9 Months (162 Hours)
1st Dan (IL Dan) Black Belt	1 1/5 Years
2nd Dan (Yi Dan) Black Belt	2 Years
3rd Dan (Sam Dan) Black Belt	3 Years
4th Dan (Sa Dan) Black Belt	4 Years
5th Dan (Oh Dan) Black Belt	6 Years
6th Dan (Yuk Dan) Black Belt	7 Years
7th Dan (Chil Dan) Black Belt	8 Years
8th Dan (Pal Dan) Black Belt	9 Years
9th Dan (Koo Dan) Black Belt	N/A

## Do Jang (Gym) & Student (Gup) Rules

### 1. HONOR THE TEACHER

- A. Always watch and listen carefully. When the teacher speaks, do not interrupt or ask any unnecessary questions. Never talk back. Accept what your teacher says with respect.
- B. Direct questions to advanced students first. If the answer is not satisfactory, the student may then come to the head instructor.

### 2. THREE CONCEPTS - Art Form, Sport and Self Defense

- A. Practice Tae Kwon Do only as an art form.
- B. In competition, Tae Kwon Do then becomes a sport.
- C. Tae Kwon Do must never be used unless it is in self-defense.

### 3. BEHAVIOR - Take a serious attitude

- A. Keep a quiet, restrained and courteous manner. Through diligent practice you will obtain self confidence and serenity of mind.
- B. Be patient, skills come only after many months of practice.

### 4. CLASS PERFORMANCE - Practice what is taught

- A. Do not improvise, believe in the techniques you have been taught. Practice them until they become subconscious reflexes.
- B. You will be judged on your performance, mental attitude and attendance.

### 5. SAFETY - Always be careful

- A. Practice Tae Kwon Do seriously. Use strategy and judge your distances.
- B. Never deliberately strike anyone or act foolishly in the gym (Do Jang).
- C. Do not demonstrate Tae Kwon Do outside of the training hall.

### 6. ETIQUETTE - Use common sense and courtesy

- A. Greet the master, head instructor and teachers upon entering, and bid good-bye when leaving.
- B. No shoes or socks are allowed on the gym (Do Jang) floor.
- C. Wear a clean uniform. Remove all jewelry, keep nails clipped.
- D. **All students must have patches on uniform.**
- E. For testing do not ask when or who is being promoted.
- F. Bow upon entering and leaving the gym (Do Jang). This is a sign of respect to the instructor, the art, the students, and to the gym (Do Jang) as an institution for serious studies.

### 7. CHAIN OF COMMAND

Lower belts shall not command or advise higher belts. Lower belts shall not instruct or advise other lower belts unless told to do so. Students, excluding black belts, shall never free spar without permission from the instructor. Beginners must seek supervision before attempting anything new. No one shall request the head instructor or the teachers to spar.

### 8. DISCIPLINE

- A. Learn good posture.
- B. Always ask to be excused. Avoid prolonged breaks.
- B. Restrict talking during practice. No smoking, drinking or eating during class sessions.
- C. Eliminate profanity and anger. These are signs of poor self control.

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IF YOU BREAK ANY OF THESE RULES A PUNISHMENT WILL RESULT.

For serious offenses, drop of rank or dismissal will result. If you want to learn you MUST follow the rules. TAE KWON DO is for your body, your mind and your spirit. In summary, help keep a disciplined atmosphere of respect, care and goodwill, the most virtuous attitudes conducive to successful learning of the ART of TAE KWON DO.

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## **Grading from White Belt (10<sup>th</sup> Gup) to Yellow-stripe (9<sup>th</sup> Gup)**

**Compulsory Exercise:** Four direction Punch (Saju Jirugi)  
Four direction Block (Saju Makgi)

**Stances:** Attention stance (Charyot sogi)  
Bow Posture (Kyongye jase)  
Parallel stance (Narani sogi)  
Parallel ready stance (Narani junbi sogi)  
Walking stance (Gunnun sogi)

**Hand Techniques:** Walking stance middle front punch  
(Gunnun so kaunde ap jirugi)

Walking stance outer forearm low block  
(Gunnun so bakat palmok najunde makgi)

Walking stance knife-hand low block  
(Gunnun so sonkal najunde makgi)

Walking stance inner forearm middle side block  
(Gunnun so an palmok kaunde yop makgi)

**Foot Techniques:** Front rising kick (Apcha olligi)  
Front snap kick (Apcha busigi)

**Sparring:** 3-step sparring – alone (Sambo matsogi)

Attack:	Walking stance middle front punch
Defence:	Walking stance inner forearm middle side block
Counter:	Walking stance middle reverse punch

**Theory:** “Who is the Founder & Father of Taekwon-Do?”  
“What rank is the Founder of Taekwon-Do?”  
“What other 4 ‘titles’ does the Founder of TaeKwon-Do have?”  
“What does the name ‘Taekwon-Do’ mean?”  
“What does the colour ‘white’ signify?”  
“List any 2 rules of the do jang (except rule no. 9)”  
“List any 2 Vital Spots anywhere on the body”

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## White belt (10<sup>th</sup> Gup) to Yellow-stripe (9<sup>th</sup> Gup):

1. Who is the founder of TaeKwon-Do?

Answer: General Choi Hong Hi

2. What rank is the founder of TaeKwon-Do?

Answer: 9<sup>th</sup> Degree Black Belt (Grand Master)

3. What does the name 'TaeKwon-Do' mean?

Answer: "Tae" = Foot fighting;  
"Kwon" = Fist fighting;  
"Do" = Way or Art;  
therefore it is the "Way or Art of Foot and Fist Fighting".

4. What does the color 'white' signify?

Answer: Signifies innocence, as that of the beginning student who has no previous knowledge of Taekwon-Do.

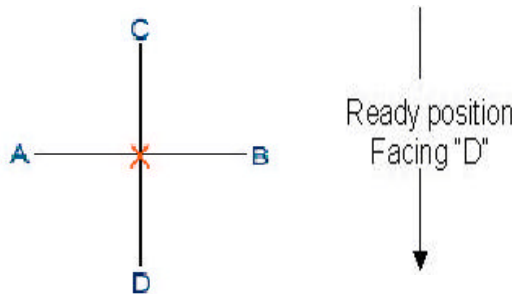
5. What is the purpose of '4 Direction Punch'?

Answer:

Teaches the new student basic hand feet coordination. Teaching the student the basic principle of attack used throughout the practice of all the color belt patterns. 4 Direction punch teaches the student attack which starts with the right hand.

Movements: 14.

Diagramme:



Starting stance: Parallel ready stance.

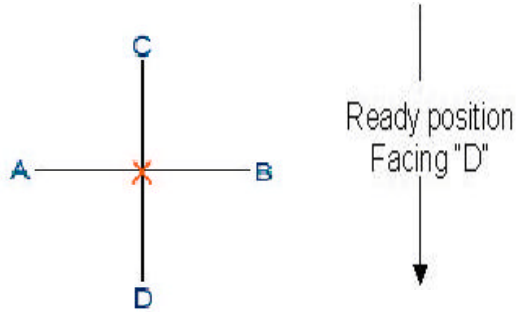
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6. What is the purpose of '4 Direction Block'?

Answer:

Teaches the new student basic hand foot coordination. Teaching the student the basic principle of defense used throughout the practice of all the color belt patterns. 4 Direction block teaches the student defend which starts with the left hand.

Movements: 16.



Starting stance: Parallel ready stance.



## Grading from Yellow-stripe (9<sup>th</sup> Gup) to Yellow Belt (8<sup>th</sup> Gup)

<b>Compulsory Pattern:</b>	Chon-Ji tul (previous exercises)						
<b>Stances:</b>	L-stance (Niunja sogi) Sitting stance (Annun sogi) 'Spot turning'						
<b>Hand Techniques:</b>	L-stance inner forearm middle block (Niunja so an palmok kaunde makgi)  L-stance forearm middle guarding block (Niunja so palmok kaunde daebi makgi)  L-stance knife-hand middle guarding block (Niunja so sonkal kaunde daebi makgi)						
<b>Foot Techniques:</b>	Side rising kick (Yopcha olligi) Side piercing kick (Yopcha jirugi) – from L-stance						
<b>Sparring:</b>	3-step sparring – with partner (Sambo matsogi)						
	<table border="0" style="width: 100%;"> <tr> <td style="padding-right: 20px;">Attack:</td> <td>Walking stance middle front punch</td> </tr> <tr> <td>Defence:</td> <td>Walking stance inner forearm middle side block</td> </tr> <tr> <td>Counter:</td> <td>Walking stance middle reverse punch</td> </tr> </table>	Attack:	Walking stance middle front punch	Defence:	Walking stance inner forearm middle side block	Counter:	Walking stance middle reverse punch
Attack:	Walking stance middle front punch						
Defence:	Walking stance inner forearm middle side block						
Counter:	Walking stance middle reverse punch						
<b>Measuring Techniques:</b>	Front kick – from Walking stance Side kick – from L-stance						
<b>Theory:</b>	<p>“Where and when was General Choi born?”</p> <p>“Where are the Head Quarters of the I.T.F.?”</p> <p>“Where does current I.T.F President Master Choi live presently?”</p> <p>“What is the significance in the way that ‘Taekwon-Do’ is written on the back of a ‘do bok’<sup>1</sup>?”</p> <p>“What is the <u>full</u> interpretation of ‘Chon-Ji’?”</p> <p>“What does the colour ‘yellow’ signify?”</p> <p>“List 3 aspects about Taekwon-Do unique to the art”</p> <p>“List any 3 rules of the do jang (except rule no. 9)”</p> <p>“List any 2 ‘training secrets’ of Taekwon-Do”</p> <p>“List any 6 vital spots: 2 High Section, 2 Middle &amp; 2 Low”</p>						

<sup>1</sup> Uniform or Training suit

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## Yellow-stripe (9<sup>th</sup> Gup) to Yellow belt (8<sup>th</sup> Gup):

1. What 5 'titles' does the founder of TaeKwon-Do have?

Answer:           (a)     He is the **Founder** of TaeKwon-do  
                      (b)     He is a **General** (a rank he achieved in the South Korean Army)  
                      (c)     He is the **Author** of the "Encyclopaedia of TaeKwon-Do" (15 volumes)  
                      (d)     He is a **Grand Master** (9<sup>th</sup> Degree Black Belt)  
                      (e)     He was the **President** of the International TaeKwon-Do Federation (ITF).

2. Where and when was the founder of TaeKwon-Do General Choi born?

Answer:           Hwa Dae, North Korea - 9 November 1918.

3. Where are the Head Quarters of the I.T.F.?

Answer:           Ontario, Canada

4. Where does current I.T.F. President Master Choi live presently?

Answer:           Ontario, Canada

5. What is the significance in the way that 'TaeKwon-Do' is written on the back of a 'do bok'?

Answer:           It represents the "Evergreen Tree" in that the tree never sheds its leaves and always shows its true colours. In the same manner the student of TaeKwon-do is expected to aspire always to be at his / her best.

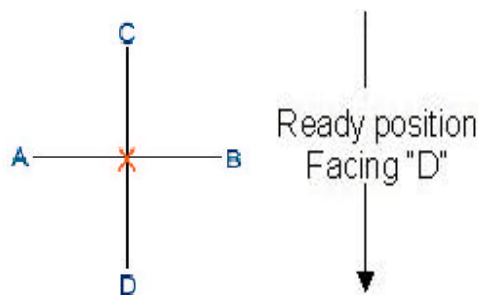
6. What is the full interpretation of 'Chon-ji' Tul?

Answer:

'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.

Movements:           19.

Diagramme:



Starting stance: Parallel ready stance.

7. What does the color 'yellow' signify?

Answer:           Yellow signifies Earth, from which a plant sprouts and takes root as the TaeKwon-Do foundation is being laid.

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## **Grading from Yellow Belt (8<sup>th</sup> Gup) to Green-stripe (7<sup>th</sup> Gup)**

<b>Compulsory Pattern:</b>	Dan-Gun tul (previous patterns / exercises)
<b>Hand Techniques:</b>	Walking stance high front punch (Gunnun so nopunde ap jirugi)  L-stance twin forearm block (Niunja so sang palmok makgi)  Walking stance outer forearm rising block (Gunnun so bakat palmok chookyo makgi)  L-stance knife-hand outward middle side strike (Niunja so sonkal bakuro kaunde yop taerigi)
<b>Foot Techniques:</b>	Skip front snap kick (Duro gamyo apcha busigi) Skip side piercing kick (Duro gamyo yopcha jirugi) Turning kick (Dollyo chagi)
<b>Sparring:</b>	3-step sparring - Optional Techniques (Sambo matsogi) Free sparring (Jayu matsogi)
<b>Measuring Techniques:</b>	Knife-hand outward strike – from L-stance (15°) Turning kick – from L-stance (45°)
<b>Breaking Techniques:</b>	Front kick – from walking stance Side piercing kick – from L-stance
<b>Self-Defence:</b>	Release from grab to wrist – same side Release from grab to wrist – opposite side
<b>Theory:</b>	Korean translation of all the above hand/foot techniques “What is the interpretation of ‘Dan-Gun’?” “What does the colour ‘green’ signify?” “Which animal is symbolic in Taekwon-Do and why?” “Which date was Taekwon-Do officially recognised as a ‘Martial Art’ by the South Korean Government?” “Count from 1- 10 in Korean” “Explain how points are awarded in sparring” “List any 3 warnings and any 3 fouls in sparring” “List any 3 ‘training secrets’ of Taekwon-Do” “List any 4 rules of the do jang” “List any 9 vital spots: 3 High Section, 3 Middle & 3 Low”

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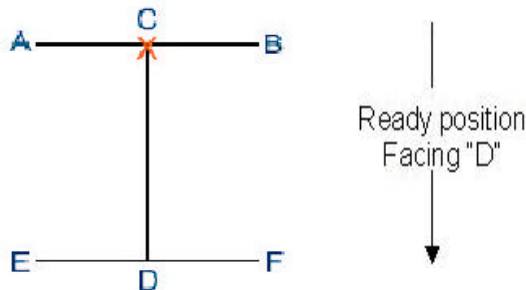
## Yellow belt (8<sup>th</sup> Gup) to Green-stripe (7<sup>th</sup> Gup):

1. Korean translation of all the hand/foot techniques for your grading.
2. What is the interpretation of 'Dan-Gun' Tul?

Answer: Dan Gun is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 BC.

Movements: 21 movements.

Diagramme:



Starting stance: Parallel ready stance.

3. What does the color 'green' signify?

Answer: Green signifies the plant's growth as the TaeKwon-Do skills begin to develop.

4. Which animal is symbolic in TaeKwon-Do and why?

Answer: The turtle - it has for centuries been the symbol of longevity in the orient. TaeKwon-Do is symbolized by this long life quality of the turtle.

5. On which date was TaeKwon-Do officially recognized as a 'Martial Art'?

Answer: 11 April 1955.

6. Count from 1- 10 in Korean

Answer: 1-Hana, 2-dool, 3-set, 4-net, 5-dasot, 6-yosot, 7-ilgop, 8-yodul, 9-ahop, 10-yol

7. List 3 aspects about TaeKwon-Do unique to the art:

Answer: (a) Sine wave  
(b) Short, sharp breath  
(c) Over 100 well-defined kicks - more than any other art.

8. Explain how points are awarded in sparring

Answer: (a) Standing punch to face or body = 1 point.  
(b) Jumping punch to face = 2 points.  
(c) Jumping punch to body = 1 point.  
(d) Standing kick to body = 1 point.

- (e) Standing kick to face = 2 points.
- (f) Jumping kick to body = 2 points.
- (g) Jumping kick to face = 3 points.
- (h) Successful application of a well defined blocking technique = 1 point.

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## **Grading from Green-stripe (7<sup>th</sup> Gup) to Green Belt (6<sup>th</sup> Gup)**

<b>Compulsory Pattern:</b>	Do-San tul (previous patterns)
<b>Hand Techniques:</b>	Walking stance outer forearm high side block (Gunnun so bakat palmok nopunde yop makgi)  Walking stance middle reverse punch (Gunnun so kaunde bandae jirugi)  Walking stance straight fingertip thrust (Gunnun so sun sonkut tulgi)  Walking stance back fist high side strike (Gunnun so dung joomuk nopunde yop taerigi)  Walking stance outer forearm high wedging block (Gunnun so bakat palmok nopunde hechyo makgi)  Sitting stance knife-hand middle side strike (Annun so sonkal kaunde yop taerigi)
<b>Foot Techniques:</b>	Skip turning kick (Duro gamyo dollyo chagi) Downward kick (Naeryo chagi) Hooking kick (Golcho chagi) Reverse side piercing kick (bandae yopcha jirugi)
<b>Sparring:</b>	3-step sparring - Optional Techniques (Sambo matsogi) 2-step sparring – Optional Techniques (Ibo matsogi) Free sparring (Jayu matsogi)
<b>Measuring Techniques:</b>	Front punch Reverse side piercing kick – from L-stance
<b>Breaking Techniques:</b>	Knife-hand outward strike – from L-stance (15°) Turning kick – from L-stance (45°)
<b>Self-Defence:</b>	Release from two-hand grab to one wrist Release from two-hand grab to both wrists Demonstrate release from grab as per ‘Do-San’ tul
<b>Theory:</b>	Korean translation of all the above hand/foot techniques “What is the interpretation of ‘Do-San’?” “What does the colour ‘green’ signify?” “Recite the ‘Taekwon-Do Oath’” “Recite the ‘Tenets of Taekwon-Do’” “List any 4 warnings and any 4 fouls in sparring” “List any 5 rules of the do jang (except rule no. 9)” “List any 4 ‘training secrets’ of Taekwon-Do” “List any 12 vital spots: 4 High Section, 4 Middle & 4 Low”

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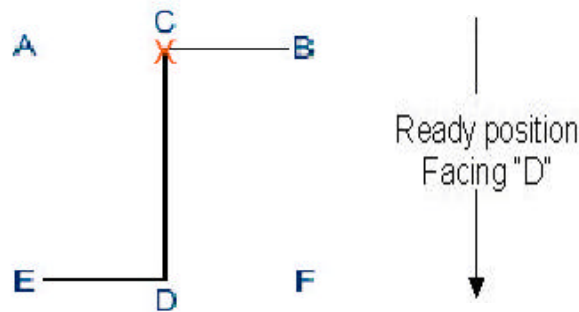
## Green-stripe (7<sup>th</sup> Gup) to Green belt (6<sup>th</sup> Gup):

1. Korean translation of all the hand/foot techniques for your grading.
2. What is the interpretation of 'Do-San'?

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

Movements: 24

Diagramme:



Starting stance: Parallel ready stance

3. What does the color 'green' signify?

Answer: Green signifies the plant's growth as the TaeKwon-Do skills begin to develop.

4. Recite the 'TaeKwon-Do Oath'

Answer:

- (a) I shall observe the tenets of TaeKwon-Do.
- (b) I shall respect my instructors and seniors.
- (c) I shall never misuse TaeKwon-Do.
- (d) I shall be a champion of freedom and justice.
- (e) I shall build a more peaceful world.

5. Recite the 'Tenets of TaeKwon-Do'

Answer:

- (a) Courtesy
- (b) Integrity
- (c) Perseverance
- (d) Self-control
- (e) Indomitable spirit.

6. List any 4 warnings and any 4 fouls in sparring

Answer: (Question 9)

7. List any 4 rules of the do jang (except rule no. 9)

Answer: (Question 10)

8. List any 4 'training secrets' of TaeKwon-Do

Answer: (Question 11).

9. List any 3 warnings and any 3 fouls in sparring

Answer:

**Warnings** (three warnings is a foul - i.e. minus one point; minus 3 points is a disqualification):

1. Attacking to the back of the opponent (which includes the back of the head).
2. Attacking below the belt.
3. Falling or touching the floor with anything but your feet.
4. Talking / shouting / etc with / at the opponent.
5. Turning your back on the attacker.
6. Stepping out of the ring (which happens to be square!).
7. Grabbing or holding on.
8. Pushing.

**Fouls** (one foul is minus 1 point):

1. Talking to / shouting at the referee.
2. Using excessive force in any attack technique (not true for defensive techniques).
3. Using knee as attacking tool
4. Using elbow as attacking tool
5. Using head as attacking tool
6. Uncontrolled back-fist
7. Attacking a falling or downed opponent.
8. Attacking illegal target areas, such as throat etc.

10. List any 3 rules of the do jang (except rule no. 9)

Answer:

**Rule 1. Never be late for class.** To be late shows disrespect for your fellow students, your instructor and the art.

**Rule 2.** Upon entering and leaving the do jang, bow at the entrance to show your respect for the place of training. Also make sure to bow to the instructor and all black belt members as a sign of greeting and respect.

**Rule 3.** Do not hang around or play around in the do jang. If you have to talk, let it be TaeKwon-Do. If you are early, which is preferable, start warming up or practice your patterns.

**Rule 4.** Sign the attendance register before you leave the do jang. This will be used to assess your interest to train.

**Rule 5.** Do not eat, drink or smoke in the do jang. Do not wear any jewelry (of any kind) while training - it can cause injury to other students.

**Rule 6.** Ensure that your do bok is clean and neat at all times and your belt tied correctly - this shows your pride in the art.

**Rule 7.** Never be disrespectful to your instructor during class. If you disagree with the use of a technique, discuss it after the class in private. **Never speak to your instructor on first name basis while you**



**are in do bok.** He / she must always be addressed as "Boosabum" (1<sup>st</sup> degree to 3<sup>rd</sup> degree) or "Sabum" (4<sup>th</sup> degree to 6<sup>th</sup> degree).

**Rule 8.** The most senior member present will commence training promptly until the instructor arrives.

**Rule 9.** Know the 9 rules of your do jang.

**11. List any 3 'training secrets' of TaeKwon-Do**

Answer:

1. To study the Theory of Power thoroughly.
2. To understand the purpose and meaning of each movement clearly.
3. To bring the movement of eyes, hands, feet and breath into a 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 defense.
6. Keep both the arms and legs bent slightly while the 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 until it reaches 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 impact, except a connecting motion.

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## **Grading from Green Belt (6<sup>th</sup> Gup) to Blue-stripe (5<sup>th</sup> Gup)**

<b>Compulsory Pattern:</b>	Won-Hyo tul (previous patterns)
<b>Stances:</b>	Close stance (Moa sogi) Close ready stance A (Moa junbi sogi A) Fixed stance (Gojung sogi) Bending ready stance A (Goburyo sogi A)
<b>Hand Techniques:</b>	L-stance knife-hand high inward strike (Niunja so sonkal nopunde anuro taerigi)  Fixed stance middle punch (Gojung so kaunde jirugi)  Walking stance inner forearm circular block (Gunnun so an palmok dollimyo makgi)
<b>Foot Techniques:</b>	Side piercing kick (Yopcha jirugi) – from sitting stance Skip hooking kick (Duro gamyo golcho chagi) Pick-shape kick (Gokaeng-i chagi) Reverse hooking kick (Bandae dollyo goro chagi)
<b>Sparring:</b>	3-step sparring – Optional techniques (Sambo matsogi) 2-step sparring – Optional techniques (lbo matsogi) 1-step sparring – Optional techniques (Novice <sup>1</sup> ) (llbo matsogi) Free sparring (Jayu matsogi)
<b>Measuring Techniques:</b>	Knife-hand inward strike – from sitting stance Skip side piercing kick – from L-stance
<b>Breaking Techniques:</b>	Front punch Reverse side piercing kick – from L-stance
<b>Self-Defence:</b>	Release from lapel grab with one hand Release from lapel grab with two hands
<b>Theory:</b>	Korean translation of all the above hand/foot techniques “What is the interpretation of ‘Won-Hyo’?” “What does the colour ‘blue’ signify?” “Korean translation of the ‘Tenets of Taekwon-Do’” “When and where was the I.T.F. originally formed?” “List any 5 warnings and any 5 fouls in sparring” “List any 6 rules of the do jang (except rule no. 9)” “List any 5 ‘training secrets’ of Taekwon-Do” “List any 15 vital spots: 5 High Section, 5 Middle & 5 Low”

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<sup>1</sup> Novice = 1 counter attack techniques after the last block

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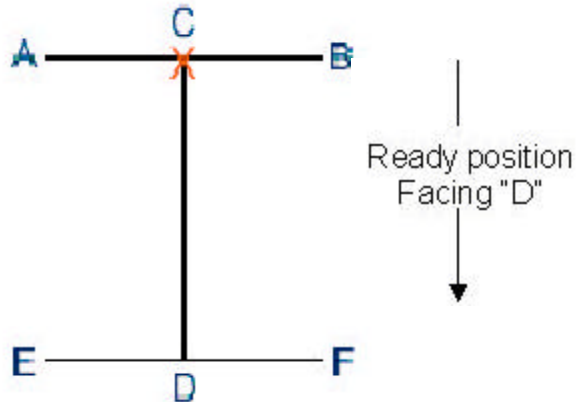
## Green belt (6<sup>th</sup> Gup) to Blue-stripe (5<sup>th</sup> Gup):

1. Korean translation of all the hand and foot techniques for your grading.
2. What is the interpretation of 'Won-Hyo'?

Answer: Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in 686 BC.

Movements: 28

Diagramme:



Starting stance: Close ready stance A.

3. What does the color 'blue' signify?

Answer: Signifies the Heaven towards which the plant matures into a towering tree as training in TaeKwon-Do progresses.

4. Korean translation of the 'Tenets of TaeKwon-Do'.

Answer:

- |                       |   |                   |
|-----------------------|---|-------------------|
| a) Courtesy           | - | Ye Ui             |
| b) Integrity          | - | Yom Chi           |
| c) Perseverance       | - | In Nae            |
| d) Self-control       | - | Guk Gi            |
| e) Indomitable spirit | - | Baekjul Boolgool. |

5. When and where was the I.T.F. originally formed?

Answer: 22 March 1966, in Seoul, South Korea.

6. List any 5 warnings and any 5 fouls in sparring

Answer: (see "Green-stripe to Green Belt", Question 9).

7. List any 5 rules of the do jang (except rule no. 9)

Answer: (see "Green-stripe to Green Belt", Question 10).

8. List any 5 'training secrets' of TaeKwon-Do

Answer: (see "Green-stripe to Green Belt", Question 11).

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## **Grading from Blue-stripe (5<sup>th</sup> Gup) to Blue Belt (4<sup>th</sup> Gup)**

<b>Compulsory Pattern:</b>	Yul-Gok tul (previous patterns)
<b>Stances:</b>	X-stance (Kyocha sogi)
<b>Hand Techniques:</b>	L-stance twin knife-hand block (Niunja so sang sonkal makgi)  Walking stance palm middle obverse hooking block (Gunnun so sonbadak kaunde baro golcho makgi)  Walking stance palm middle reverse hooking block (Gunnun so sonbadak kaunde bandae golcho makgi)  Walking stance front elbow strike (Gunnun so ap palkup taerigi)  X-stance back fist high side strike (Kyocha so dung joomuk nopunde yop taerigi)  Walking stance double forearm high block (Gunnun so doo palmok nopunde makgi)
<b>Foot Techniques:</b>	Twisting kick (Bituro chagi) Reverse turning kick (Bandaedollyo chagi)
<b>Sparring:</b>	2-step sparring – Optional Techniques (Ibo matsogi) 1-step sparring – Optional techniques (Intermediate <sup>1</sup> ) (Ilbo matsogi) Free sparring (Jayu matsogi)
<b>Measuring Techniques:</b>	Front elbow strike (reverse) – from walking stance Reverse turning kick – from L-stance (15°)
<b>Breaking Techniques:</b>	Knife-hand inward strike – from sitting stance Skip side piercing kick – from L-stance (2 boards)
<b>Self-Defence:</b>	Release from bear hug from behind – over arms Release from two-hand wrist grab from behind
<b>Theory:</b>	Korean translation of all the above hand/foot techniques “What is the interpretation of ‘Yul-Gok’?” “What does the colour ‘blue’ signify?” “List any 6 warnings and any 6 fouls in sparring” “List any 7 rules of the do jang (except rule no. 9)” “List any 6 ‘training secrets’ of Taekwon-Do” “List any 18 vital spots: 6 High Section, 6 Middle & 6 Low”

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<sup>1</sup> Intermediate = 2 counter attack techniques after the last block

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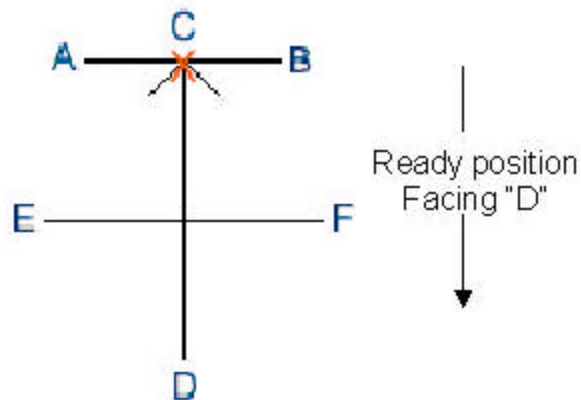
## Blue-stripe (5<sup>th</sup> Gup) to Blue belt (4<sup>th</sup> Gup):

1. Korean translation of all the hand and foot techniques for your grading.
2. What is the interpretation of 'Yul-Gok'?

Answer:            is the pseudonym of the great philosopher and scholar Yi-I (1536-1584) nicknamed the "Confucius of Korea". The 38 movements of this pattern refer to his birthplace on 38<sup>o</sup> latitude and the diagram ("see below") represents "scholar".

Movements:    38

Diagramme:



Starting stance: Parallel ready stance.

3. What does the color 'blue' signify?

Answer:            Signifies the Heaven towards which the plant matures into a towering tree as training in TaeKwon-Do progresses.

4. List any 6 warnings and any 6 fouls in sparring

Answer:            (see "Green-stripe to Green Belt", Question 9).

5. List any 6 rules of the do jang (except rule no. 9)

Answer:            (see "Green-stripe to Green Belt", Question 10).

6. List any 6 'training secrets' of TaeKwon-Do

Answer:            (see "Green-stripe to Green Belt", Question 11).

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**Grading from Blue Belt (4<sup>th</sup> Gup) to Red-stripe (3<sup>rd</sup> Gup)**

<b>Compulsory Pattern:</b>	Joong-Gun tul (previous patterns)
<b>Stances:</b>	Close ready stance B (Moa junbi sogi B) Rear foot stance (Dwit bal sogi)
<b>Hand Techniques:</b>	<p>L-stance reverse knife-hand outward block (Niunja so sonkal dung bakuro makgi)</p> <p>Rear foot stance palm upward block (Dwit bal so sonbadak ollyo makgi)</p> <p>Walking stance upper elbow s trike (Gunnun so wi palkup taerigi)</p> <p>Walking stance twin fist high vertical punch (Gunnun so sang joomuk nopunde sewo jirugi)</p> <p>Walking stance twin fist upset punch (Gunnun so sang joomuk dwijibo jirugi)</p> <p>Walking stance x-fist rising block (Gunnun so kyocha joomuk chookyo makgi)</p> <p>L-stance back fist high side strike (Niunja so dung joomuk nopunde yop taerigi)</p> <p>L-stance reverse punch (Niunja so bandae jirugi)</p> <p>Low stance palm pressing block (Nachuo so sonbadak noollo makgi)</p> <p>Close stance angle punch (Moa so giokja jirugi)</p> <p>Fixed stance U-shape block (Gojung so digutja makgi)</p>
<b>Foot Techniques:</b>	Consecutive kicks (Yonsuk chagi)
<b>Sparring:</b>	1-step sparring – Optional techniques (Advanced <sup>1</sup> ) (Ilbo matsogi) Semi-free sparring Free sparring (Jayu matsogi) – 1 vs 1 and 1 vs 2
<b>Breaking Techniques:</b>	Front elbow strike Reverse turning kick (Any other break designated by examiner)
<b>Self-Defence:</b>	Release from arm lock from behind Release from “Full-Nelson” Demonstrate release as per ‘Joong-Gun’ tul
<b>Theory:</b>	<p>Korean translation of all the above hand/foot techniques</p> <p>What is the interpretation of ‘Joong-Gun’?”</p> <p>“What does the colour ‘red’ signify?”</p> <p>“List any 7 warnings and any 7 fouls in sparring”</p> <p>“List any 8 rules of the do jang (except rule no. 9)”</p> <p>“List any 7 ‘training secrets’ of Taekwon-Do”</p> <p>“List any 21 vital spots: 7 High Section, 7 Middle &amp; 7 Low”</p>

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<sup>1</sup> Advanced = 3 or more counter attack techniques after the last block

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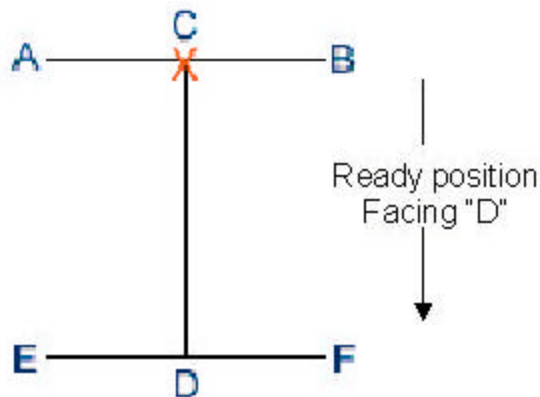
## Blue belt (4<sup>th</sup> Gup) to Red-stripe (3<sup>rd</sup> Gup):

1. Korean translation of all the hand and foot techniques for your grading.
2. What is the interpretation of 'Joong-Gun'?

Answer: 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 this pattern to represent Mr. Ahn's age when he was executed at Lui-Shung prison (1910).

Movements: 32

Diagramme:



Starting stance: Close ready stance B

3. What does the color 'red' signify?

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

4. List any 7 warnings and any 7 fouls in sparring

Answer: (see "Green-stripe to Green Belt", Question 9).

5. List any 7 rules of the do jang (except rule no. 9)

Answer: (see "Green-stripe to Green Belt", Question 10).

6. List any 7 'training secrets' of TaeKwon-Do

Answer: (see "Green-stripe to Green Belt", Question 11).



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**Grading from Red-stripe (3<sup>rd</sup> Gup) to Red Belt (2<sup>nd</sup> Gup)**

<b>Compulsory Pattern:</b>	Toi-Gye tul (previous patterns)
<b>Hand Techniques:</b>	<p>Walking stance upset fingertip low thrust (Gunnun so dwijibo sonkut najunde tulgi)</p> <p>Close stance back fist side back strike (Moa so dung joomuk yopdwi taerigi)</p> <p>Walking stance x-fist pressing block (Gunnun so kyocha joomuk noollo makgi)</p> <p>Sitting stance outer forearm W-shape block (Annun so bakat palmok san makgi)</p> <p>L-stance double forearm low pushing block (Niunja so doo palmok najunde miro makgi)</p> <p>Walking stance flat fingertip high thrust (Gunnun so opun sonkut nopunde tulgi)</p> <p>L-stance back fist side back strike (Niunja so dung joomuk yopdwi taerigi)</p> <p>X-stance x-fist pressing block (Kyocha so kyocha joomuk noollo makgi)</p> <p>L-stance knife-hand low guarding block (Niunja so sonkal najunde daebi makgi)</p>
<b>Foot Techniques:</b>	<p>Knee upward kick (Moorup chagi) Consecutive kicks (Yonsuk chagi)</p>
<b>Sparring:</b>	<p>1-step sparring – Optional techniques (Advanced<sup>1</sup>) (Ilbo matsogi) Continuous semi-free sparring Free sparring (Jayu matsogi) 1 vs 1 and 1 vs 2</p>
<b>Breaking Techniques:</b>	<p>Back fist strike – from L-stance (15°) Twisting kick Flying high front snap kick (Twimyo nopi apcha Busigi) Flying Turning kick (Twimyo dollyo chagi) (Any other break designated by examiner)</p>
<b>Self-Defence:</b>	<p>Release from two-hand choke-hold from the front Release from two-hand choke-hold from behind Release from headlock from behind Release from headlock from bent-over position</p>
<b>Theory:</b>	<p>Korean translation of all the above hand/foot techniques “What is the interpretation of ‘Toi-Gye’?” “What does the colour ‘red’ signify?” “List all warnings and all fouls in sparring” “List all the rules of the do jang” “List all 9 ‘training secrets’ of Taekwon-Do” “List any 21 vital spots: 7 High Section, 7 Middle &amp; 7 Low”</p>

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<sup>1</sup> Advanced = 3 or more counter attack techniques after the last block

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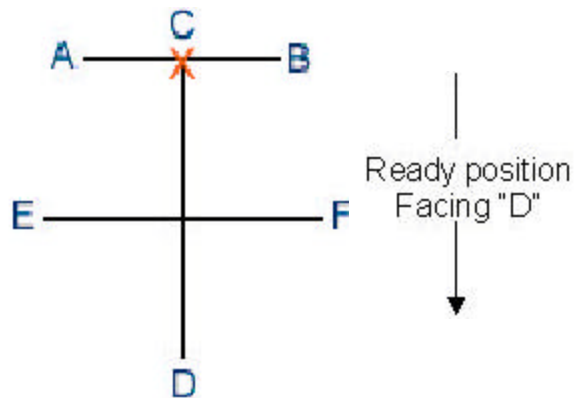
## Red-stripe (3<sup>rd</sup> Gup) to Red belt (2<sup>nd</sup> Gup):

1. Korean translation of all the hand and foot techniques for your grading.
2. What is the interpretation of 'Toi-Gye'?

Answer: Toi-Gye is the pen name of the noted scholar Yi Hwang (16<sup>th</sup> century), an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on 37<sup>th</sup> latitude, the diagram ("see below") represents "scholar".

Movements: 37

Diagramme:



Starting stance: Close ready stance B.

3. What does the color 'red' signify?

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

4. List all warnings and fouls in sparring

Answer: (see "Green-stripe to Green Belt", Question 9).

5. List all the rules of the do jang.

Answer: (see "Green-stripe to Green Belt", Question 10).

6. List all 9 'training secrets' of TaeKwon-Do.

Answer: (see "Green-stripe to Green Belt", Question 11).

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**Grading from Red Belt (2<sup>nd</sup> Gup) to Black-stripe (1<sup>st</sup> Gup)**

<b>Compulsory Pattern:</b>	Hwa-Rang tul (previous patterns)
<b>Stances:</b>	Close ready stance C (Moa junbi sogi C) Vertical stance (Soojik sogi)
<b>Hand Techniques:</b>	Sitting stance palm pushing block (Annun so sonbadak miromakgi)  L-stance upward punch (Niunja so ollyo jirugi)  Vertical stance knife-hand downward strike (Soojik so sonkal naeryo taerigi)  L-stance obverse punch (Niunja so baro jirugi)  L-stance side elbow thrust (Niunja so yop palkup tulgi)  Close stance inner forearm side-front block (Moa so an palmok yobap makgi)
<b>Foot Techniques:</b>	Back piercing kick (Dwitcha jirugi) Consecutive kicks (Yonsuk chagi)
<b>Sparring:</b>	1-step sparring – Optional techniques (Advanced <sup>1</sup> ) (Ilbo matsogi) 1-step sparring – any angle (Ilbo matsogi) 1-step foot sparring (Bal matsogi) Continuous semi-free sparring (Banjayu matsogi) Free sparring (Jayu matsogi) 1 vs 1 and 1 vs 2 and 1 vs 3
<b>Breaking Techniques:</b>	Jumping knee kick Jumping back kick Flying mid-air kick Flying side kick – over obstacles Jumping reverse turning kick – suspended board Reverse knife-hand strike (Any other break designated by examiner)
<b>Self-Defence:</b>	Defense against hook punch Defense against double-hook punch Defense against twin palm push Demonstrate release as per ‘Hwa-Rang’ tul Defense against ‘rugby tackle’
<b>Theory:</b>	Korean translation of all the above hand/foot techniques “What is the interpretation of ‘Hwa-Rang’?” “What does the colour ‘black’ signify?” “List all warnings and all fouls in sparring” “List all the rules of the do jang” “List all 9 ‘training secrets’ of Taekwon-Do” “List any 24 vital spots: 8 High Section, 8 Middle & 8 Low” 3 minute speech on any aspect of Taekwon-Do – speech to be handed in afterwards in a ‘presentable essay format’

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<sup>1</sup> Advanced = 3 or more counter attack techniques after the last block

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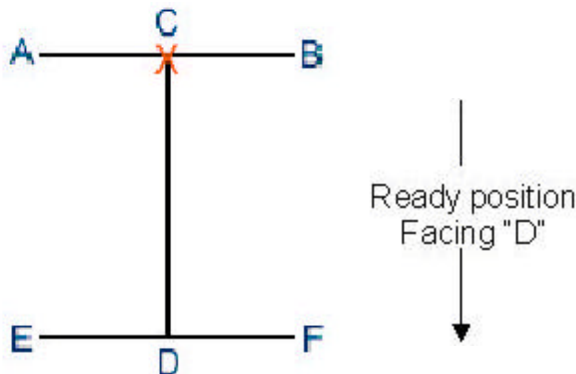
## Red belt (2<sup>nd</sup> Gup) to Black-stripe (1<sup>st</sup> Gup):

1. Korean translation of all the hand and foot techniques for your grading.
2. What is the interpretation of 'Hwa-Rang'?

Answer: Hwa-Rang is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7<sup>th</sup> century. The 29 movements refer to the 29<sup>th</sup> Infantry Division, where TaeKwon-Do developed into maturity.

Movements: 29

Diagramme:



Starting stance: Close ready stance C.

3. What does the color 'black' signify?

Answer: Opposite to white, therefore, signifying the maturity and proficiency in TaeKwon-Do. Also indicates the wearer's imperviousness to darkness and fear.

4. List all warnings and fouls in sparring

Answer: (see "Green-stripe to Green Belt", Question 9).

5. List all the rules of the do jang.

Answer: (see "Green-stripe to Green Belt", Question 10).

6. List all 9 'training secrets' of TaeKwon-Do.

Answer: (see "Green-stripe to Green Belt", Question 11).

Give a 3 minute speech on any aspect of TaeKwon-Do - speech to be handed in afterwards in a 'presentable essay format'

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**Grading from Red Belt - Black-stripe (1<sup>st</sup> Gup) to Black Belt (1<sup>st</sup> Dan)**

<b>Compulsory Pattern:</b>	Choong Moo tul (all color belt previous patterns)
<b>Stances:</b>	Close ready stance C (Moa junbi sogi C) Vertical stance (Soojik sogi)
<b>Hand Techniques:</b>	Walking stance upset fingertip low thrust (Gunnun so dwijibo sonkut najunde tulgi)  Close stance back fist side back strike (Moa so dung joomuk yopdwi taerigi)  Walking stance flat fingertip high thrust (Gunnun so opun sonkut nopunde tulgi)  L-stance back fist side back strike (Niunja so dung joomuk yopdwi taerigi)  L-stance twin knife-hand block (Niunja so sang sonkal makgi)  L-stance knife-hand low guarding block (Niunja so sonkal najunde daebi makgi)
<b>Foot Techniques:</b>	Back piercing kick (Dwitcha jirugi) Consecutive kicks (Yonsuk chagi)
<b>Sparring (Matsogi):</b>	1-step sparring – Optional techniques (Advanced <sup>1</sup> ) (Ilbo matsogi) 1-step sparring – any angle (Ilbo matsogi) 1-step foot sparring (Bal matsogi) Continuous semi-free sparring (Banjayu matsogi) Free sparring (Jayu matsogi) 1 vs 1 and 1 vs 2 and 1 vs 3
<b>Breaking Techniques:</b>	Jumping knee kick Jumping back kick Flying mid-air kick Flying side kick – over obstacles Jumping reverse turning kick – suspended board Reverse knife-hand strike (Any other break designated by examiner)
<b>Self-Defense (Ho Sin Sool):</b>	Defense against hook punch Defense against double-hook punch Defense against twin palm push Defense against “rugby tackle”
<b>Theory:</b>	Korean translation of all the above hand/foot techniques “What is the interpretation of ‘Choong Moo?’” “What does the colour ‘black’ signify?” “List all warnings and all fouls in sparring” “List all the rules of the do jang” “List all 9 ‘training secrets’ of TaeKwon-Do” “List any 24 vital spots: 8 High Section, 8 Middle & 8 Low” 3 minute speech on any aspect of TaeKwon-Do – speech to be handed in afterwards in a ‘presentable essay format’

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<sup>1</sup> Advanced = 3 or more counter attack techniques after the last block

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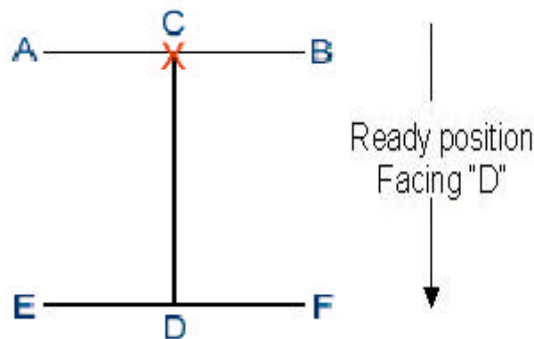
## Red belt Black-stripe (1<sup>st</sup> Gup) to Black Belt (1<sup>st</sup> DAN):

1. Korean translation of all the hand and foot techniques for your grading.
2. What is the interpretation of 'Choong Moo'?

Answer: CHOONG-MOO was the name given to the great Admiral Yi Soon-Sin of the Lee Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.

Movements: 30

Diagramme:



Starting stance: Parallel Ready Stance.

4. What does the color 'black' signify?

Answer: Opposite to white, therefore, signifying the maturity and proficiency in TaeKwon-Do. Also indicates the wearer's imperviousness to darkness and fear.

5. List all warnings and fouls in sparring

Answer: (see "Yellow belt to Green stripe", Question 9).

6. List all the rules of the do jang.

Answer: (see "Yellow belt to Green stripe", Question 10).

7. List all 9 'training secrets' of TaeKwon-Do.

Answer: (see "Yellow belt to Green-stripe", Question 11).

Give a 3 minute speech on any aspect of TaeKwon-Do - speech to be handed in afterwards in a 'presentable essay format'

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## TAEKWON DO MAIN TOOLS OF ATTACK OR DEFENSE

### The Fist, Hand & Arm

#### The Flat Fist

편주먹 [pyeon jumeok]



#### The Hammer Fist

매수먹 [me jumeok]



#### The Back Fist

등주먹 [deung jumeok]



#### The Finger Tip

편손끝 [pyeonson kuet]



#### The Palm Fist

바탕손 [batang son]



#### The Knife Hand

손날 [sonnal]



#### The Knuckle Fist

뱀주먹 [bam jumeok]



#### The Arc Hand

아금손 [aguem son]



#### The Elbow

팔굽 [palgub]



### The Foot and Leg

#### The Foot Sole

앞축 [abchuk]



#### The Foot Sword

발날 [balnal]



#### The Instep

발등 [baldeung]



#### The Inside Foot

발바닥 [balbadak]



#### The Back Sole

뒤축 [dwichuk]



#### The Knee

무릎 [mureup]



## STANCES



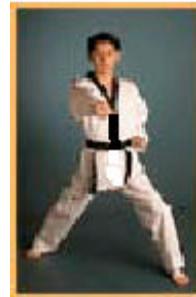
The Attention Stance  
차렷서기 [ Charyot sogi ]



The Ease Stance (Ready Stance)  
편히서기 [pyeon-hi seo-gi]  
준비서기 [Narani junbi sogi]



The Riding Stance Or  
The Sitting Stance  
주춤서기 [Annun sogi]



The Walking Stance  
앞서기  
[Gunnun so kaunde ap jirugi]



The L-Stance  
뻗굽이 [Niunja sogi]

## BLOCKS



Walking Stance outer forearm block  
팔목 아래막기  
[Gunnun so bakat palmok najunde makci]



L-Stance inner forearm middle  
block  
바살뻗굽이 흉중 안막기  
[Niunja so an palmok kaunde makgi]



Walking Stance outer forearm rising block  
팔목 얼굴막기 [palmok eolgumaki]  
[Gunnun so bakat palmok chookyo makgi]





**L-Stance knife-hand middle guarding block**

손날 몸뚱막기

[Niunja so sonkal kaunde daebi makgi]

## STRIKES



**The back fist face front strike**

등주먹 얼굴 앞에치기

[duengjumok eolgul apechigi]



**The knife hand strike**

손날 목치기 [sonnal mokchigi]



**The hammer fist downward strike**

매주먹 내려치기 [mejumok neryeochigi]



**The elbow upward strike**

팔굽 올려치기 [palgub ollyeochigi]



**The knee strike**

무릎치기 [muruepchigi]

## PUNCHES



**Walking stance middle front punch**

몸통 바로치르기

[Gunnun so kaunde ap jirugi]



**Walking stance high section front punch**

얼굴 바로치르기 [eolgul baro jiruegi]



**The side punch**

옆치르기 [yeop jiruegi]



**The double fist middle section inverted punch**

두주먹 몸통 제쳐 치르기

[dujumeok momtong jecheo jiruegi]