

HUMBERSIDE
TAEKWONDO
태권도

STUDENT HANDBOOK

GRADINGS | TERMINOLOGY | PATTERNS



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10TH KUP WHITE

GRADING THEORY

For your first grading you will be required to learn the basic theory behind Taekwondo. The lesson before your grading, you will be asked several questions picked at random from the theory you have learnt.

WHAT DOES THE WHITE IN WHITE BELT MEAN?

- White signifies innocence as that of a beginner student who has no previous knowledge of Tae Kwon-Do.

WHERE DOES TAE KWON-DO COME FROM?

- South Korea

WHAT DOES TAEKWONDO TRANSLATE TO MEAN?

- Tae – to kick or smash with the foot.
Kwon – to punch or destroy with the fist.
Do – art, way or method.
Combined together, it translates too 'The Art of Foot and Hand'.

WHAT DO THE LETTERS T.A.G.B. STAND FOR?

- The Tae Kwon-Do Association of Great Britain.

WHAT IS YOUR INSTRUCTORS NAME AND GRADE?

- Mr Colin Boxshall 3rd Dan Black Belt

WHAT ARE THE 5 TENETS OF TAE KWON-DO?

- Courtesy, Integrity, Perseverance, Self-Control & Indomitable Spirit.

WHEN WAS TAE KWON-DO FOUNDED?

- April 11th 1955.

WHO IS KNOWN AS THE FOUNDING FATHER OF TAE KWON-DO?

- Major General Choi Hong Hi, 9th Dan.

KOREAN TERMINOLOGY

ENGLISH

Attention

Bow

Return to Ready Stance

Parallel Ready Stance
Stance

Punch

Block

Kick

Sitting Stance

Walking Stance

Low Block

Middle Block

Obverse Punch

Reverse Punch

Four Directional Punch Exercise

Training Suit

Training Hall

Belt

Instructor

Numbers 1-10

KOREAN

CHARYOT

KYONG YE

BARROL

NARANI CHUNBI SOGI

SOGI

JIRUGI

MAKGI

CHAGI

ANNUN SOGI

GUNNAN SOGI

NAJUNDE MAKGI

KAUNDE MAKGI

BARO JIRUGI

BANDAE JIRUGI

SAJO JIRUGI

DOBOK

DOJANG

TI

SABUM

HANNA, DOOL, SETH, NETH, DASAUL,
YOSAUL, ILGOP, YODOLL, AHOP, YOLL

LINE WORK TECHNIQUES / REQUIREMENTS

BEGINNING OF EVERY GRADING

Every student will be required to raise your right hand, state your name and your grade:

- EG: **Your Name**, 10th Kup Sir

PRESS UPS

Students will be required to be in the press up position, do 10 press ups counting in either English or Korean (if student is able to).

- NOTE: Student must remain in the press up position until instructed to return to ready position.

SITTING STANCE PUNCH

- Student will raise their right arm in the punching position
- Then move their left leg out into sitting stance, punching with their right arm and klhap.
- Perform 10 single punches counting in English or Korean.

RISING KICKS

- Students will be in a walking ready stance and perform 10 rising kicks counting in English or Korean. Student will the switch stance and repeat the same technique.

LINE WORK TECHNIQUES

- Walking stance, Obverse Punch Walking Forward x 4
- Walking stance, Obverse Punch Walking Backward x 4
- Walking Stance, Low Section Block Walking Forward x 4
- Walking Stance, Low Section Block Walking Backward x 4
- Walking Stance, Middle Section Block Walking Forward x 4
- Walking Stance, Middle Section Block Walking Backward x 4
- Walking Stance, Low Section Block, Reverse Punch Walking Forward x 4
- Walking Stance, Low Section Block, Reverse Punch Walking Backward x 4

- Walking Stance, Middle Section Block, Reverse Punch Walking Forward x 4
- Walking Stance, Middle Section Block, Reverse Punch Walking Backward x 4

PATTERN: SAJU JIRUGI 1 / SAJU JIRUGI 2

NUMBER OF MOVEMENTS: 19

Ready Position: LEFT ARM UP IN PUNCHING POSITION



9th KUP WHITE BELT YELLOW STRIP

WHAT DOES THE COLOUR YELLOW SIGNIFY?

- Yellow signifies the earth from which the plant sprouts and takes root as the foundations of Tae Kwon-Do are laid.

WHAT IS A PATTERN?

- A pattern is a set of fundamental movements, mainly in attack and defence, set in a logical sequence against one or more imaginary opponents.

KOREAN TERMINOLOGY

ENGLISH

Pattern
L Stance
Forearm
Forearm Guarding Block
Knifehand
Knifehand Strike
Rising Block
Double Punch
Front Kick
Front Snap Kick
Ball of the Foot
Forefist
About Turn

KOREAN

TUL
NIUNJA SOGI
PALMOK
PALMOK DAEBI MAGKI
SONKAL
SONKAL TAERIGI
CHOOKYO MAKGI
DOO JIRUGI
AP CHAGI
AP CHABUSIGI
AP KUMCHI
AP JOOMUK
DWIYRO TORRO

During your theory you will be asked to name 2 and demonstrate 2 hand techniques that use Bakat Palmok (outer forearm):

Rising Block	CHOOKYO MAKGI
Low Block	NAJUNDE MAGKI
Forearm Guarding Block	PALMOK DAEBI MAKGI

LINE WORK TECHNIQUES / REQUIREMENTS

SITTING STANCE PUNCH

- Student will raise their right arm in the punching position
- Then move their left leg out into sitting stance, punching with their right arm and klhap.
- Perform 10 double punches counting in English or Korean.
- Change arms.
- Perform 10 double punches counting in English or Korean.

FRONT KICKS

- Students will be in a walking ready stance and perform 10 kicks counting in English or Korean. Student will the switch stance and repeat the same technique.
 - **NOTE:** Bring your knee up and kick with the ball of your foot at your waist level.

LINE WORK TECHNIQUES

- Walking Stance, Double Punch Walking Forward x 4
- Walking Stance, Double Punch Walking Backward x 4
- L stance, Middle Block Walking Forward x 4
- L stance, Middle Block Walking Backward x 4
- L Stance, Kinfehand Strike Walking Forward x 4
- L Stance, Kinfehand Strike Walking Backward x 4
- Walking Stance, Low Block Rising Block Walking Forward x 4
- Walking Stance, Low Block Rising Block Walking Backward x 4

PATTERN: CHON-JI

NUMBER OF MOVEMENTS: 19

Ready Position: NARANI CHUNBI SOGI

Chon-Ji literally means "Heaven and Earth".

In the orient it is interpreted as the creation of the world or the beginning of human history. Therefore, it is the initial pattern played by the beginner. The pattern consists of 2 similar parts- one to represent Heaven and the other the Earth.



8TH KUP – YELLOW

WHAT DOES THE COLOUR YELLOW SIGNIFY?

- Yellow signifies the earth from which the plant sprouts and takes root as the foundations of Tae Kwon-Do are laid.

WHEN WAS THE TAGB FORMED?

- August 1983.

WHY DO WE DO SAMBO MATOSKI (THREE STEP SPARRING)?

- To develop focus, distance, and timing. It is designed for the beginner to learn the basic techniques and, also teaches many things such as correct facing, forearm conditioning, correct blocks, correct stances, and counter attacks.

KOREAN TERMINOLOGY

ENGLISH

Inward
Outward
Front Kick Double Punch
Outer Forearm Inward Block
Turning Kick
Back Fist Front Strike
Knifehand Guarding Block
High Section
Middle Section
Low Section
Three Step Sparring

KOREAN

ANAERO
BAKAERO
AP CHAGI DOO JIRUGI
BAKAT PALMOK ANAERO MAKGI
DOLLOYO CHAGI
DUNG JOOMUK AP TAERIGI
SONKAL DAEBI MAKGI
NOPUNDE
KAUNDE
NAJUNDE
SAMBO MATSOKI

LINE WORK TECHNIQUES

- L Stance, Twin Forearm Block, Walking Forward x 4
- L Stance, Twin Forearm Block, Walking Backward x 4
- Rear Leg Front Snap Kick, Double Punch Walking Stance x 4
- Walking Stance, Double Punch, Walking Backwards x 4
- L Stance, Outer Forearm Block, Walking Forward x 4
- L Stance, Outer Forearm Block, Walking Backward x 4
- Rear Leg Turning Kick, Forearm Guarding Block, L Stance, Walking Forward x 4
- L Stance, Outer Forearm Guarding Block, Walking Forward x 4
- L Stance, Outer Forearm Guarding Block, Walking Backward x 4

3 STEP SPARRING 1-4

Three Step Sparring (or Sambo Matsoki in Korean) has been developed in order to give beginners a better understanding of basic techniques and their uses. Three Step Sparring teaches the student essential knowledge regarding distance, correct facing, technique, correct blocks, counter attacking and the importance of timing.

PATTERN: DAN GUN

NUMBER OF MOVEMENTS: 21

Ready Position: NARANI CHUNBI SOGI

Dan Gun is named after the holy Dan-Gun, legendary founder of Korea in the year 2333 BC.



7th KUP – YELLOW BELT GREEN STRIPE

WHAT DOES THE COLOUR GREEN SIGNIFY?

- Green signifies the plants growth as Tae Kwon-Do skills begin to develop.

WHEN WAS TAEKWON-DO INTERNATIONAL FORMED?

- November 1993

KOREAN TERMINOLOGY

ENGLISH

Back Fist Side Strike

Wedging Block

High Section Outer Forearm Block

Side Kick

Straight Finger Tip Thrust

Release Move

High Section Outward Knifehand Block

Inward Knifehand Strike

KOREAN

DUNG JOOMUK YOP TAERIGI

HECHYO MAKGI

NOPUNDE BAKAT PALMOK MAKGI

YOP CHAGI

SON SONKUT TULGI

JAPYOSUL TAE

NOPUNDE BAKAERO SONKAL MAKGI

ANAERO SONKAL TAERIGI

LINE WORK TECHNIQUES

- Walking Stance, Back Fist Side Strike, Walking Forward x 4
- Walking Stance, Back Fist Side Strike Walking Backward x 4
- Walking Stance, Wedging Block, Walking Forward x 4
- Walking Stance, Wedging Block, Walking Backward x 4
- Turning Kick, Knife Hand Guarding Block, L Stance, Walking Forward x 4
- Walking Stance, Straight Fingertip Thrust, Walking Forward x 4
- Walking Stance, Straight Fingertip Thrust, Walking Backward x 4
- Side Kick, Forearm Guarding Block, L Stance, Walking Forward x 4

3 STEP SPARRING 5-7

PATTERN: DO SAN

NUMBER OF MOVEMENTS: 24

Ready Position: NARANI CHUNBI SOGI

Do San is the pseudonym of the patriot Ahn Ch'ang Ho (1876-1938) who devoted his life to furthering the education of Korea and its independent movement.



6th KUP – GREEN BELT

WHAT DOES THE COLOUR GREEN SIGNIFY?

- Green signifies the plants growth as Tae Kwon-Do skills begin to develop.

WHEN WAS THE TAGB FORMED?

- 21st August 1983

WHAT IS THE TARGET AREA FOR THE REVERSE KNIFE HAND STRIKE IN NO. 10 THREE STEP SPARRING?

- The side of the neck

WHY DO WE DO BAN JAYOO MATSOKI (3-STEP SEMI FREE SPARRING)?

- Ban Jayoo Matsoki is designed as step forward from basic 3 step sparring (Sambo Matsoki). It develops skills which will lead to free sparring abilities.

KOREAN TERMINOLOGY

ENGLISH

3-Step Semi-Free Sparring
Side Punch
Fixed Stance
Bending Ready Stance
Closed Stance
Circular Block
Palm Pushing Block
Reverse Knifehand Strike

KOREAN

DAN JAYOO MATSOKI
YOP JIRUGI
GOJONG SOGI
GOBURYO SOGI
MOA SOGI
DOLLYMIO MAKGI
SONBADAK MIRO MAKGI
SONKAL DUNG TAERIGI

LINE WORK TECHNIQUES

- Front Snap Kick, Double Punch, Walking Forward x 4
- Walking Stance, Low Block, Rising Block, Walking Forward x 4
- Walking Stance, Low Block, Rising Block, Walking Backward x 4
- Turning Kick, Back Fist Side Strike, Walking Stance, Walking Forward x 4
- Fixed Stance, Side Punch, Walking Forward x 4
- Fixed Stance, Side Punch, Walking Backward x 4
- Side Kick, Knifehand Strike, L Stance, Walking Forward x 4
- Palm Pushing Block, L Stance, Walking Forward x 4
- Palm Pushing Block, L Stance, Walking Backward x 4
- Side Kick, Reverse Side Kick, Forearm Guarding Block, L Stance x 4
- Walking Stance, Circular Block, Obverse Punch, Walking Forward x 4
- Walking Stance, Circular Block, Obverse Punch, Walking Backward x 4

3 STEP SPARRING 8-10 / 3 STEP SEMI FREE SPARRING (BASIC)

SEMI FREE SPARRING

You will be asked to show what is deemed as a basic level of skill and technique during this exercise – this will be demonstrated by your instructor.

Definition: Semi-Free works where an attacker will launch a series of attacks. These attacks will not be pre-arranged as they are in Step Sparring. The defender is to defend from this series of attacks and is also allowed to counter with their own attacks.

PATTERN: WON HYO

NUMBER OF MOVEMENTS: 28

Ready Position: MOA CHUNBI SOGI A

Won Hyo was the noted monk who introduced Buddhism in the Silla Dynasty in the year 686 AD.



5th KUP – GREEN BELT BLUE STRIPE

WHAT DOES THE COLOUR BLUE SIGNIFY?

- Blue signifies the heaven towards which the plant matures into a towering tree as training in Tae Kwon-Do progresses

WHY DO WE DO IBO MATSOKI (2-STEP SPARRING)?

- Ibo Matsoki is designed for the intermediate student to learn more advanced techniques, using the same focus, distance and timing as in 3 step sparring, but with more varied attacks, thus also allowing the attacking student to develop various combinations.

APART FROM THE INTERPRETATION OF YUL GOK, WHAT ELSE MAKES THE 38TH DEGREE LATITUDE IMPORTANT?

- It is the border between South and North Korea.

KOREAN TERMINOLOGY

ENGLISH

Palm Hooking Block
Reverse Palm Hooking Block
Front Elbow Strike
Double Forearm Block
Flat fingertip Thrust
Twin Upset Punch
Twin Vertical Punch
X Fist Pressing Block
Arc Hand
Palm Upward Block
X Stance
Knee Kick
2-Step Sparring
Free Sparring

KOREAN

SONBADAK GOLCHO MAKGI
BANDAE SONBADAK GOLCHO MAKGI
AP PALKUP TAERIGI
DOO PALMOK MAKGI
OPUN SONKUT TULGI
SANG DWIJIBO JIRUGI
SANG SEWO JIRUGI
KYOCHA JOOMUK NOOLLYO MAKGI
BANDAL SON
SONBADAK OLLYO MAKGI
KYOCHA SOGI
MOORUP CHAGI
IBO MATSOKI
JAYOO MATSOKI

LINE WORK TECHNIQUES

- Walking Stance, Hooking Block, Obverse Punch, Walking Forward x 4
- Walking Stance, Hooking Block, Obverse Punch, Walking Backward x 4
- L Stance, Twin Knife Hand Block, Walking Forward x 4
- L Stance, Twin Knife Hand Block, Walking Backward x 4
- Rear Leg Side Kick, Rear Leg Turning Kick, L Stance, Guarding Block, Walking Forward x 4
- Walking Stance, Double Forearm Block, Waling Forward x 4
- Walking Stance, Double Forearm Block, Waling Backward x 4
- L Stance, Reverse Side Kick, Guarding Block, Walking Forward x 4
- Walking Stance, Palm Strike, Walking Forwards x 4
- Walking Stance, Palm Strike, Walking Backwards x 4
- Walking Stance, Rear Leg Side Kick, Front Elbow Strike, Walking Forwards x 4
- L Stance, Upward Palm Block, Walking Forwards x 4
- L Stance, Upward Palm Block, Walking Backwards x 4
- L Stance, Rear Leg Turning Kick, Reverse Turning Kick, L Stance, Guarding Block, Walking Forward x 4
- L Stance, Forearm Guarding Block Walking Forwards x 4
- L Stance, Forearm Guarding Block Walking Backwards x 4

2 STEP SPARRING 1-4

Two Step Sparring is the next level in Step Sparring. Ibo Matsoki Is designed for the intermediate student to learn more advanced techniques, using the same focus, distance and timing as in 3 step sparring, but with more varied attacks, thus also allowing the attacking student to develop various combinations.

3 STEP SEMI FREE SPARRING (INTERMEDIATE)

You will be asked to show what is deemed as a intermediate level of skill and technique during this exercise – this will be demonstrated by your instructor.

Definition: Semi-Free works where an attacker will launch a series of attacks. These attacks will not be pre-arranged as they are in Step Sparring. The defender is to defend from this series of attacks and is also allowed to counter with their own attacks.

PATTERN: YUL GOK

NUMBER OF MOVEMENTS: 38

Ready Position: NARANI CHUNBI SOJI

Yul Gok is the pseudonym of a great philosopher and scholar Yi I (1536–1584 AD), nicknamed the Confucius of Korea. The 38 movements refer to his birthplace on a 38th degree latitude and the diagram represents the scholar.

FREE SPARRING

Free Sparring is where an individual will use all forms of techniques and combinations against their opponent, with no pre-arranged movements like Step Sparring.

You will be asked to demonstrate your technical ability in several rounds of Free Sparring. Showing good attack/defensive skills along with good movement and combinations.



4th KUP – BLUE BELT

WHAT DOES THE COLOUR BLUE SIGNIFY?

- Blue signifies the heaven towards which the plant matures into a towering tree as training in Tae Kwon-Do progresses.

WHAT IS KOREAN FOR 2 STEP SPARRING?

- Ibo Matsoki

GIVE A BRIEF HISTORY OF THE TAGB?

KOREAN TERMINOLOGY

ENGLISH

Palm Pressing Block
Low Stance
Twin Straight Forearm Block
Reverse Knifehand Block
Side Fist Strike
X Fist Pressing Block
Upwards Palm Block
U shape Block
Turning Punch
Upper Elbow Strike
Rising X Fist Block
Rear Foot Stance
Reverse Side Kick

KOREAN

SONBADAK NOOLLYO MAKGI
NACHUO SOGI
SANG SUN PALMOK MAKGI
SONKAL DUNG MAKGI
YOP JOOMUK TAERIGI
KYOGCHA JOOMUK NOOLLYO MAKGI
OLLYO SONBADAK MAKGI
DIGUTJA MAKGI
DOLLYO JIRUGI
WI PALKUP TAERIGI
CHOOKYO KYOGCHA MAKGI
DWIT BAL SOGI
BANDAE YOP CHAGI

LINE WORK TECHNIQUES

- 1st Three Pattern Moves of Joong Gun Tul
- Walking Stance, Pressing Block, Twin Vertical Punch, Walking Forwards x 4
- Walking Stance, Pressing Block, Twin Vertical Punch, Walking Backwards x 4
- L Stance – Front Kick, Turning Kick, Forearm Guarding Block x 4
- 1st Three Pattern Movements of Won Hyo, Walking Forwards x 4
- 1st Three Pattern Movements of Won Hyo, Walking Backwards x 4
- Walking Stance, Circular Block, Front Kick, Reverse Punch

L Stance , Outer Forearm Waist Block Walking Backwards x 4

- L Stance, Rear Leg Turning Kick, Side Fist Strike x 4
- L Stance, Knifehand Guarding Block, Walking Stance, Upper Elbow Strike x 4
- L Stance, Rear Leg Turning Kick, Reverse Side Kick, Forearm Guarding Block x 4
- L Stance, Palm Waist Block, Walking Backwards x 4

2 STEP SPARRING 5-8 / 3 STEP SEMI FREE SPARRING (ADVANCED)

SEMI FREE SPARRING

You will be asked to show what is deemed as an **advanced level** of skill and technique during this exercise – this will be demonstrated by your instructor.

Definition: Semi-Free works where an attacker will launch a series of attacks. These attacks will not be pre-arranged as they are in Step Sparring. The defender is to defend from this series of attacks and is also allowed to counter with their own attacks.

PATTERN: JOONG GUN

NUMBER OF MOVEMENTS: 32

Ready Position: MOA CHUNBI SOGI B

Joong Gun is named after the Patriot An Joong-Gun who assassinated Hiro Bumi Ito (the Japanese governor General Of Korea) known as the man who played the leading part in the Japan/Korea merger. There are 32 moves to represent Mr An's Age when he was executed in Lui Shung Prison in 1910.

FREE SPARRING



3RD KUP BLUE BELT RED STRIPE

WHAT DOES THE COLOUR RED SIGNIFY?

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

WHAT IS KOREAN FOR 1 STEP SPARRING?

- Ilbo Matsoki

WHO IS YOUR AREA COORDINATOR?

Grand Master Kenny Walton 9th Degree black belt.

IN WHICH AREA IS YOUR CLUB SITUATED?

GIVE A BRIEF HISTORY OF THE TAGB?

KOREAN TERMINOLOGY

ENGLISH

Upset Fingertip Thrust
W Shaped Block
Left
Right
Low Stance
Pressing Block
Flying Kick
Jumping Kick
Knee kick
One Step Sparring

KOREAN

DWIJIBUN SONKUT TULGI
SAN MAKGI
WEN
OREN
NACHUO SOGI
NOOLLYO SOGI
TWIMYO CHAGI
TWIGI CHAGI
MOORUP CHAGI
IIBO MATSOKI

LINE WORK TECHNIQUES

- Rear Leg Front Kick Turning Kick (Same Leg), Guarding Block x 4
- Low Knifehand Guarding Block, L Stance, Walking Stance, Circular Block x 4
- Rear Leg Side Kick, Spinning Knifehand Strike, L Stance x 4
- Walking Stance, Twin Upset Punch, Walking Forwards x 4
- Walking Stance, Twin Upset Punch, Walking Backwards x 4
- L Stance, Knifehand Guarding Block, Front Leg Front Kick, Walking Stance, Flat Fingertip Thrust x 4
- Walking Stance, X Fist Pressing Block, Twin Vertical Punch, Walking Forwards x 4
- Walking Stance, X Fist Pressing Block, Twin Vertical Punch, Walking Backwards x 4
- Rear Leg Turning Kick, Reverse Turning Kick, L Stance Forearm Guarding Block x 4
- L Stance, Inwards Outer Forearm Block, Side Backfist Strike, Walking Stance x 4
- Rear Leg Turning Kick, Hooking Kick (Same Leg), L Stance, Forearm Guarding Block x 4
- 1st Two Movements of Toi-Gye

1 STEP SPARRING / SEMI FREE SPARRING (ADVANCED)

The final iteration of the Step Sparring practices in Taekwondo, the attacker only takes one step throwing one punch, hence the name 'one step sparring', while the defender retaliates with either a block, a hand, a foot technique, or a combination or succession of all of these.

PATTERN: TOI-GYE

NUMBER OF MOVEMENTS: 37

Ready Position: NARANI CHUNBI SOGI B

Toi-Gye is the penname of the noted scholar Yi Hwang (16th Century AD) an authority on Neo-Confucianism. The 37 movements refer to his birthplace on the 37th degree latitude, and the diagram represents the scholar.

FREE SPARRING



2nd KUP RED BELT

WHAT DOES THE COLOUR RED SIGNIFY?

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

WHAT DOES MOA CHUNBI SOGI C REPRESENT?

- The 3 Kingdoms of Korea.

WHAT IS THE NAME OF THE KICK THAT USES THE BACK SOLE?

- Dwit Chagi (Traditional Back Kick).

NAME 3 KICKS THAT USE BACK HEEL?

Golcho Chagi (Hook Kick)

Naeryo Kick (Downwards Kick)

Bandae Dollyo Chagi (Reverse Turn kick)

KOREAN TERMINOLOGY

ENGLISH

Palm pushing Block

Upwards Punch

Side Punch

Downwards Knifehand Strike

Turning Kick

Side Elbow Strike

Consecutive Kick

Instep

Back Heel

Back Sole

KOREAN

SONBADAK MIRO MAKGI

OLLYO JIRUGI

YOP JIRUGI

NAERYO SONKAL TAERIGI

DOLLOYO CHAGI

YOP PALKIP TAERIGI

YONSOCK CHAGI

BALDUNG

DWIT CHOOK

DWI KUMCHI

LINE WORK TECHNIQUES

- L Stance, Obverse Punch, Walking Forwards x 4
- L Stance, Obverse Punch, Walking Backwards x 4
- Walking Stance, Twin Vertical Punch, Walking Forwards x 4
- Walking Stance, Twin Vertical Punch, Walking Backwards x 4
- L Stance, Double Turning Kick (Same Leg), Walking Forwards x 4
- Walking Stance, Pressing Block, Walking Forwards x 4
- Walking Stance, Pressing Block, Walking Backwards x 4
- Walking Stance, Flat Fingertip Thrust, Walking Forwards x 4
- Walking Stance, Flat Fingertip Thrust, Walking Backwards x 4
- Walking Stance, X Fist Pressing Block, X Fist Rising Block, Walking Forwards x 4
- Walking Stance, X Fist Pressing Block, X Fist Rising Block, Walking backwards x 4
- L Stance, Side Kick, Reverse Side Kick, Guarding Block, Walking Forwards x 4
- Walking Stance, Double Forearm Guard, Waling Forwards x 4
- Walking Stance, Double Forearm Guard, Waling Backwards x 4
- 1st Three Movement of Joong Gun Tul, Walking Forwards x 4
- 1st Three Movement of Won Hyo Tul, Walking Forwards x 4
- Turning Kick, Reverse Turning Kick, L Stance, Guarding Block, Walking Forwards x 4
- L Stance, Back Fist Side Strike, Release Move, High Section Reverse Punch x 4
- Step Scissor Front Kick, L Stance Guarding Block x 4

- L Stance, Forearm Guarding Block, Walking Forwards x 4
- L Stance, Forearm Guarding Block, Walking Backwards x 4
- On the spot, Jumping Front Snap Kick x 4

1 STEP SPARRING / IIBO MATSOKI

The final iteration of the Step Sparring practices in Taekwondo, The attacker only takes one step throwing one punch, hence the name 'one step sparring', while the defender retaliates with either a block, a hand, a foot technique, or a combination or succession of all of these.

You will need to perform more advanced techniques than your last grading, proving your knowledge has increased.

OTHER SET SPARRING

During this grading, you will be asked to perform some other sparring exercise which can include:

- 3 Step Sparring
- 3 Step Semi-Free Sparring (any level)
- 2 Step Sparring

PATTERN: HWA RANG

NUMBER OF MOVEMENTS: 29

Ready Position: MOA CHUNBI SOGI C

Hwa Rang is named after the Hwa Rang Youth Group which originated in the Silla Dynasty about 600 AD. This group eventually became the actual driving force for the unification of the 3 Kingdoms of Korea. The 29 movements refer to the 29th Infantry Division where Tae Kwon-Do developed into maturity.

FREE SPARRING



1st KUP RED BELT BLACK STRIPE

WHAT DOES THE COLOUR BLACK SIGNIFY?

- Black is the opposite to white, signifying maturity and proficiency in Tae Kwon-do. Also indicates the wearer's imperviousness to darkness and fear.

NAME ALL THE STANCES THAT YOU KNOW (ENGLISH & KOREAN)

NAME ALL THE HAND PARTS AND / OR FOOT PARTS

NAME ALL THE TARGETS AREAS ON THE HIGH / MIDDLE / LOW SECTIONS

YOU AND TAE KWON-DO

- Which other martial arts have influenced Tae Kwon-Do?
- Why do we learn the meanings of patterns?
- What have you gained from Tae Kwon-Do?
- Why should the TAGB award you a black belt?
- What have you done to deserve a black belt?
- What qualities should a black belt possess?
- What qualities does your instructor have that you would like to emulate?

NOTE:

The answers to these questions have been intentionally left out as they require the student training towards their black belt to take time to look deeper into the art and find out about the history and the tradition of Tae Kwon-Do. These are only example questions you may be asked.

KOREAN TERMINOLOGY

ENGLISH

Knifehand Checking Block
High Section Front Knifehand Strike
Flying Side Piercing kick
Upwards knee kick
Front Reverse Knifehand Strike
Reverse Low Upset Fingertip Thrust
Twin Palm Upwards Block
Crescent kick
Side Sole
Reverse Footsword
Toes

KOREAN

SONKAL MOMCHAU MAKGI
NOPUNDE AP SONKAL TAERIGI
TWIMYO YOP CHAJIRUGI
OLLYO MOORUP CHAGI
AP SONKAL DUNG TAERIGI
BANDAE NAJUNDE DWIJIBUN SONKUT TULGI
SANG SONBADAK OLLYO MAKGI
BANDAL CHAGI
YOP BAL BADAK
BALKAL DUNG
BALKUT

LINE WORK TECHNIQUES

- Walking Stance, Low Block, Rising Block, Reverse Punch, Walking Forwards x 4
- Walking Stance, Low Block, Rising Block, Reverse Punch, Walking Backwards x 4
- L Stance, Knifehand Guarding Block, Walking Stance, Upward Elbow Strike, Walking Forwards x 4
- L Stance, Knifehand Guarding Block, Walking Stance, Upward Elbow Strike, Walking Backwards x 4
- Rear Leg Front Kick, Turning Kick (Same Leg) L Stance, Forearm Guarding Block Walking Forwards x 4
- 1st Three Moves of Won Hyo, Walking Forwards x 4
- 1st Three Moves of Won Hyo, Walking Backwards x 4
- Rear Leg Side Kick, Reverse Side Kick, L Stance, Guarding Block x 4
- Walking Stance, Double Hooking Block, Obverse Punch Walking Forwards x 4
- Walking Stance, Double Hooking Block, Obverse Punch Walking Backwards x 4

- L Stance, Knifehand Guarding Block, Front Leg Front Kick, Walking Stance, Flat Fingertip Thrust x 4
- 1st Two moves of Pattern Toi-Gye x 4
- Rear Leg Turning Kick, Reverse Turning Kick, L Stance, Guarding Block x 4
- Walking Stance, X Fist Pressing Block, Twin Vertical Punch, Walking Forwards x 4
- Walking Stance, X Fist Pressing Block, Twin Vertical Punch, Walking Backwards x 4
- Static Jumping Front Kick x 4
- Static Jumping Side Kick x 4

OTHER SET SPARRING

During this grading, you will be asked to perform some other sparring exercise which can include:

- 3 Step Sparring
- 3 Step Semi-Free Sparring (any level)
- 2 Step Sparring

1 STEP SPARRING

The final iteration of the Step Sparring practices in Taekwondo, The attacker only takes one step throwing one punch, hence the name 'one step sparring', while the defender retaliates with either a block, a hand, a foot technique, or a combination or succession of all of these.

You will need to perform more advanced techniques than your last grading, proving your knowledge has increased.

PATTERN: CHOONG MOO

NUMBER OF MOVEMENTS: 30

Ready Position: NARANI CHUNBI SOJI

Choong-Moo was the given name of the great Admiral Yi Sun-Sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592 AD, which was the precursor of the modern 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 potential because of his forced loyalty to the King.

FREE SPARRING