

Yellow stripe (9th gup) for promotion to 8th gup

- 1. Stances:**
- Sitting stance (*annun sogi*), sitting ready stance (*annun junbi sogi*)
 - L-stance (*niunja sogi*), L-ready stance (*niunja junbi sogi*)
 - Single stepping – forward (*nagagi*) and backward (*duruogi*)
 - Spot turning (*gujari dolgi*) and step turning (*omgyo didimyo dolgi*)

2. Defensive techniques:

- Side rising kick (*yopcha olligi*)
- Outer forearm inward block (*pakat palmok anuro makgi*)
- Forearm guarding block (*palmok daebi makgi*)

3. Offensive techniques:

- Side front snap kick (*yobap cha busigi*)
- Turning kick (*dollyo chagi*)
- Flat fingertip thrust (*opun sonkut tulgi*)

- 4. Pattern:** Chon-Ji Tul – 19 movements

- 5. Sparring:**
- Three step sparring (*sambo matsogi*)

i) One way, alone, hand techniques

Compulsory techniques: Inner forearm side block, front punch, flat fingertip thrust

- 6. Theory:**
- Taekwon-Do terminology:

Attention stance – *charyot sogi*

Bow – *kyong ye*

Parallel stance – *narani sogi*

Walking stance – *gunnun sogi*

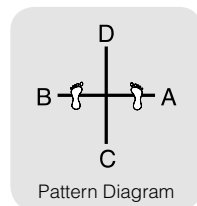
Sitting stance – *annun sogi*

L-stance – *niunja sogi*

1 – *hana* 2 – *dool* 3 – *set* 4 – *net* 5 – *dasot*
6 – *yosot* 7 – *ilgop* 8 – *yodul* 9 – *ahop* 10 – *yol*

- Meaning of Chon-Ji

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.



5. **Self-defence:** Defence against grabs to the wrists
(Refer self-defence handbook)

6. **Theory:**
- a. Taekwon-Do terminology:
Forefist – *ap joomuk* Backfist – *dung joomuk*
Knifehand – *sonkal* Reverse knifehand – *sonkal dung*
Fingertip – *sonkut* Elbow – *palkup*
 - b. Meaning of Dan-Gun
Dan-Gun is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 B.C.
 - c. Meaning of the yellow belt
Yellow signifies the earth from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.
 - d. Rules of conduct: Entering the *do jang*
Preparation for training
 1. Members must make sure they are clean and all nails are cut short for safety reasons.
 2. Members should arrive at least 10 minutes before the commencement of class and be prepared both physically and mentally.

Entering the *do jang*

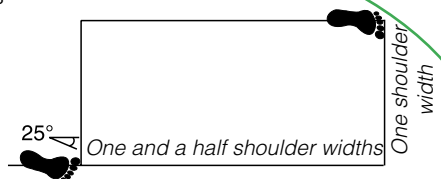
1. Remove footwear prior to entering the designated training area.
2. Where several people are entering, ensure the senior person or adult is shown the courtesy of entering first.
3. Bow when entering or leaving the *do jang*.
4. Ensure shoes or other articles are neatly stored in accordance with the wishes of the instructor.
5. Bow and acknowledge others present in the *do jang* which should include firstly the instructor, the assistant instructor, then senior members. Children must acknowledge adults. Similar courtesies should be paid when visiting other martial arts *do jang*.

e. Basic stance measurements

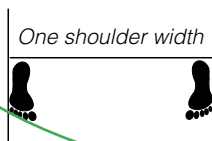


Feet at
45 degrees

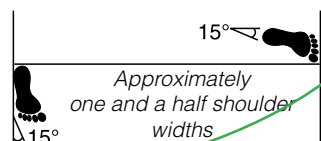
Attention stance



Walking stance



Parallel stance



L-stance

Green stripe (7th gup) for promotion to 6th gup

1. Defensive techniques:

- Outer forearm wedging block (*pakat palmok hechyo makgi*)
- Palm downward block (*sonbadak naeryo makgi*)

2. Offensive techniques:

- Reverse punch (*bandae jirugi*)
- Straight fingertip thrust (*sun sonkut tulgi*)
- Back piercing kick (*dwitcha jirugi*)

3. Pattern: Do-San Tul – 24 movements

- ### 4. Sparring:
- Three step sparring (*sambo matsogi*)
 - One way, with companion, foot techniques
 - Two way, alone and with companion

Compulsory techniques (one way):
Front snap kick, turning kick, side piercing kick

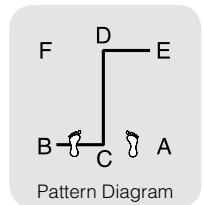
Examples: [A = Attack D = Defence C = Counter attack]

- [A] L-stance side punch [D] L-stance inner forearm block
[C] Side front snap kick (front foot)
[A] L-stance side punch [D] L-stance knifehand guarding block
[C] Turning kick (rear foot)
[A] L-stance knifehand strike [D] L-stance forearm inward block
[C] Side piercing kick (front foot)

5. Self-defence: Defence against grabs to the wrists (Refer self-defence handbook)

6. Theory: a. Taekwon-Do terminology:

- | | |
|---|---|
| Front rising kick – <i>apcha olligi</i> | Front snap kick – <i>apcha busigi</i> |
| Side rising kick – <i>yopcha olligi</i> | Side piercing kick – <i>yopcha jirugi</i> |
| Turning kick – <i>dollyo chagi</i> | Side turning kick – <i>yop dollyo chagi</i> |



Green belt (6th gup) for promotion to 5th gup

1. **Stances:**
- Bending stance (*guburyo sogi*), bending ready stance A (*guburyo junbi sogi A*)
 - Fixed stance (*gojung sogi*), fixed ready stance (*gojung junbi sogi*)
 - Close stance (*moa sogi*), close ready stance A (*moa junbi sogi A*)

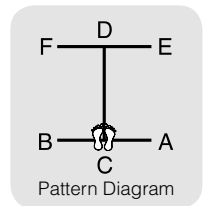
2. **Defensive techniques:**

- Inner forearm circular block (*an palmok dollimyo makgi*)
- Crescent kick (*bandal chagi*)

3. **Offensive techniques:**

- Fixed stance side punch (*gojung so yop jirugi*)
- Knifehand inward strike (*sonkal anuro taerigi*)
- Downward kick (*naeryo chagi*)
- Pick shape kick (*gokaeng-i chagi*)
- Reverse turning kick (*bandae dollyo chagi*)
- Reverse hooking kick (*bandae dollyo gorochagi*)

4. **Pattern:** Won-Hyo Tul – 28 movements



5. **Sparring:**
- Two step sparring (*ibo matsogi*) – foot and hand techniques

Compulsory techniques:

Crescent kick, side turning kick, reverse turning kick

Examples: [A = Attack D = Defence C = Counter attack]

[A] W-stance middle punch, low front snap kick

[D] W-stance inner forearm block, W-stance forearm low block

[C] Middle reverse punch

[A] Side piercing kick, step forward L-stance side punch

[D] L-stance outer forearm inward block, knifehand guarding block

[C] Side piercing kick (front foot)

[A] L-stance knifehand side strike, side turning kick

[D] Crescent kick, dodge to L-stance forearm guarding block

[C] Reverse turning kick

- Free sparring (*jayu matsogi*)

6. Self-defence: Defence against grabs from the front
(Refer self-defence handbook)

- 7. Theory:**
- a. Taekwon-Do terminology:
Forearm rising block – *palmok chookyo makgi*
Forearm guarding block – *palmok daebi makgi*
Knifehand guarding block – *sonkal daebi makgi*
Outer forearm wedging block – *pakat palmok hechyo makgi*
Twin forearm block – *sang palmok makgi*
Inner forearm circular block – *an palmok dollimyo makgi*
 - b. Meaning of Won-Hyo
Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.
 - c. Meaning of the green belt
Green signifies the plant's growth as the Taekwon-Do skill begins to develop.
 - d. Rules of conduct: Dress for training
 1. On arrival check your do bok and remove all accessories e.g. hats, headbands, rings, necklaces, watches, earrings and anything else dangerous. If wedding rings cannot be removed, they must be taped for safety. Medical Alert bracelets should be removed but the instructor made aware of their location (the instructor should be clearly informed of any medical matters).
 2. Do bok must always be clean, ironed and worn correctly. They should be in good repair. Students may wear a white singlet or T-shirt under their do bok top with the permission of their instructor. The do bok must also be of a good fit, hemmed appropriately and of a crisp white.
 3. Belts shall be worn by those qualified for them, wrapped around the waist once and tied in the correct manner. Care should be taken to ensure the colour of the belt is representative of the grade; some dyed belts often do not give a true colour.
 4. Black belt holders shall wear an official black belt and have 3cm wide black trimming around the bottom of the jacket. International Instructors have the addition of a vertical black stripe three centimetres wide on the outside of each sleeve of the do bok top and both of the pant-legs.
 5. The do bok top should have the ITF badge correctly mounted on the front left breast and the International Taekwon-Do badge mounted on the front right breast. A small school badge may be attached to the right sleeve for individual school identity. (This should be smaller than the other badges). For international events a small national flag of the member's country may be attached to the left sleeve, midway between the shoulder and elbow. The ITF Tree should be placed on the rear of the do bok top.
 6. Do bok obtained at international events from overseas competitors may be worn at school level, if permission is granted by the instructor however they may not be worn at any official event.
 7. If the do bok needs to be tidied up, students must turn to the left, away from the instructor to adjust.
 8. The do bok should not be worn outside the do jang unless travelling directly to or from training or on special occasions as specified by the instructor.
 9. Members who have participated in an authorised event shall be allowed to wear any specialised do bok worn for that event.

Blue stripe (5th gup) for promotion to 4th gup

1. **Stances:**
- X-stance (*kyocha sogi*), x-ready stance (*kyocha junbi sogi*)
 - Jumping (*twigi*)

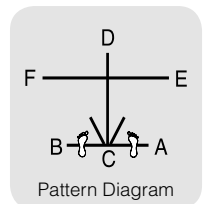
2. **Defensive techniques:**

- Twin knifehand block (*sang sonkal makgi*)
- Double forearm block (*doo palmok makgi*)
- Palm hooking block (*sonbadak golcho makgi*)
- Hooking kick (*golcho chagi*)

3. **Offensive techniques:**

- Front elbow strike (*ap palkup taerigi*)
- Back snap kick (*dwitcha busigi*)
- Side pushing kick (*yopcha milgi*)
- Vertical kick (*sewo chagi*)
– inward (*anuro*) and outward (*bakuro*)
- Twisting kick (*bituro chagi*)

4. **Pattern:** Yul-Gok Tul – 38 movements



5. **Sparring:**
- Two step sparring (*ibo matsogi*) – foot and hand techniques

Compulsory techniques:

Hooking kick, reverse hooking kick, twisting kick

Examples: [A = Attack D = Defence C = Counter attack]

[A] W-stance middle punch, low front snap kick

[D] W-stance inner forearm block, L-stance forearm low block

[C] W-stance front elbow strike

[A] Side piercing kick, step forward L-stance side punch

[D] L-stance outer forearm inward block, dodge to forearm guarding block

[C] Reverse hooking kick (front foot)

[A] L-stance knifehand side strike, side turning kick

[D] Right hooking kick, L-stance outer forearm inward block

[C] Step, twisting kick

- Free sparring (*jayu matsogi*)

6. **Self-defence:** Defence against grabs from the front
(Refer self-defence handbook)

Blue belt (4th gup) for promotion to 3rd gup

1. **Stances:**
- Low stance (*nachuo sogi*), low ready stance (*nachuo junbi sogi*)
 - Rear foot stance (*dwit bal sogi*), rear foot ready stance (*dwit bal junbi sogi*)
 - Close ready stance B (*moa junbi sogi B*)
 - Foot shifting (*jajun bal*) – single foot

2. **Defensive techniques:**

- Reverse knifehand side block (*sonkal dung yop makgi*)
- Palm upward block (*sonbadak ollyo makgi*)
- X-fist rising block (*kyocha joomuk chookyo makgi*)
- Palm pressing block (*sonbadak noollo makgi*)
- U-shape block (*digutja makgi*)

3. **Offensive techniques:**

- Upper elbow strike (*wi palkup taerigi*)
- Twin fist vertical punch (*sang joomuk sewo jirugi*)
- Twin fist upset punch (*sang joomuk dwijibo jirugi*)
- Angle punch (*giokja jirugi*)
- Flying kicks (*twimyo chagi*) as listed below

4. **Pattern:** Joong-Gun Tul – 32 movements

5. **Sparring:** a. One step sparring (*ilbo matsogi*) – flying kicks

Compulsory techniques:

Flying front snap kick, flying turning kick, flying side piercing kick

Examples: [A = Attack D = Defence C = Counter attack]

[A] W-stance punch [D] L-stance upward block

[C] Side-front snap, flying turning kick

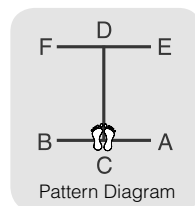
[A] W-stance flat fingertip thrust [C] Flying front snap kick

[A] Turning kick [D] Slide to forearm guarding block

[C] Flying side piercing kick (front foot)

- b. Free sparring (*jayu matsogi*)

6. **Self-defence:** Defence against grabs from the rear
(Refer self-defence handbook)



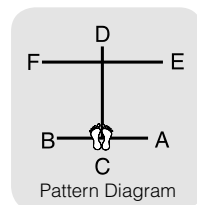
Red stripe (3rd gup) for promotion to 2nd gup

1. Defensive techniques:

- X-fist pressing block (*kyocha joomuk noollo makgi*)
- W-shape block (single defence) (*san makgi*)
- Double forearm low pushing block (*doo palmok najunde miro makgi*)
- Knifehand low guarding block (*sonkal najunde daebi makgi*)
- Flying crescent kick (*twimyo bandal chagi*)

2. Offensive techniques:

- Upset fingertip thrust (*dwijibun sonkut tulgi*)
- Backfist side back strike (*dung joomuk yopdwi taerigi*)
- Twin side elbow thrust (*sang yop palkup tulgi*)
- Upward kick (*ollyo chagi*)
- Flying kicks (*twimyo chagi*) as listed below



3. Pattern: Toi-Gye Tul – 37 movements

4. Sparring:

- One step sparring (*ilbo matsogi*) – flying techniques

Compulsory techniques:

Flying back piercing kick, flying reverse turning kick, flying vertical kick

Examples: [A = Attack D = Defence C = Counter attack]

[A] W-stance punch [D] Hooking kick [C] Flying inward vertical kick

[A] W-stance upset fingertip thrust [D] Dodge - knifehand low guarding block

[C] Flying back piercing kick

[A] Side piercing kick [D] Crescent kick [C] Flying reverse turning kick

- Free sparring (*jayu matsogi*)

6. Self-defence: Defence against grabs from the rear (Refer self-defence handbook)

7. Destruction: Front snap kick, turning kick, side piercing kick

8. Theory: a. Taekwon-Do terminology:

Palm hooking block – *sonbadak golcho makgi*

X-fist rising block – *kyocha joomuk chookyo makgi*

W-shape block – *san makgi*

Double forearm low pushing block – *doo palmok najunde miro makgi*

Knifehand low guarding block – *sonkal najunde daebi makgi*

Flying crescent kick – *twimyo bandal chagi*

Red belt (2nd gup) for promotion to 1st gup

1. **Stances:**
 - a. Vertical stance (*soojik sogi*), vertical ready stance (*soojik junbi sogi*)
 - b. Close ready stance C (*moa junbi sogi C*)
 - c. Sliding (*mikulgi*)

2. **Defensive techniques:**
 - a. Palm pushing block (*sonbadak miro makgi*)
 - b. Side front block (*yobap makgi*)
 - c. Front checking kick (*apcha momchugi*)
 - d. Side checking kick (*yopcha momchugi*)

3. **Offensive techniques:**
 - a. Upward punch (*ollyo jirugi*)
 - b. Knifehand downward strike (*sonkal naeryo taerigi*)
 - c. Side elbow thrust (*yop palkup tulgi*)
 - d. Mid-air kick (*twio dolmyo chagi*)
 - e. Flying kicks (*twimyo chagi*) as listed below

4. **Fundamental exercise:**
 - a. Four direction thrust (*saju tulgi*)

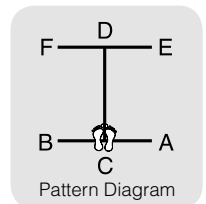
5. **Pattern:** Hwa-Rang Tul – 29 movements

6. **Sparring:**
 - a. **One step sparring (*ilbo matsogi*) – flying techniques**
Compulsory techniques:
Flying reverse hooking kick, flying twisting kick, mid-air kick

Examples: [A = Attack D = Defence C = Counter attack]

[A] W-stance punch [D] L-stance palm downward block
[C] Flying reverse hooking kick (front foot)
[A] W-stance flat fingertip thrust
[D] Dodge to L-stance guarding block [C] Mid-air kick
[A] Back piercing kick [C] Flying twisting kick

 - b. Free sparring (*jayu matsogi*)



- 7. Self-defence:** Defence against common attacks
(Refer self-defence handbook)
- 8. Destruction:** Flying turning kick, flying side piercing kick, flying back piercing kick
- 9. Theory:**
- a. Taekwon-Do terminology:
Terminology for leading the class:
Face the Instructor (1st – 3rd dan) – *boosabum nim kke*
Face the Instructor (4th – 6th dan) – *sabum nim kke*
Face the Master (7th & 8th dan) – *sahyun nim kke*
Face the Grand Master (9th dan) – *saseong nim kke*
Face the Examiner – *simsa nim kke*

Ready – *junbi* Start – *si jak* Stop – *guman*
At ease – *swiyo* Repeat – *tashi* Return – *baro*
Yell – *kihap* About turn – *twiro tora*
Class dismissed – *hae san*
 - b. Meaning of Hwa-Rang
Hwa-Rang 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.
 - c. Meaning of the red belt
Red signifies danger, cautioning the student to exercise control and warning the opponent to stay away.
 - d. History of Taekwon-Do
Taekwon-Do was named on 11 April 1955. This is not to say that Korean martial arts did not exist before then, but that was the year in which the name was first put forward.

Japan occupied Korea for many years and during the Second World War the two countries were co-belligerents. Many Koreans fought on the side of the Japanese and received training in the Japanese martial art systems.

One of the most prominent personalities at this time was General Choi Hong Hi.

Gen. Choi had studied the Korean art of Tae Kyon as a child and as a student in Japan he had learned Karate. This combination of Korean and Japanese arts was to form the basis of his knowledge.