

## Requirements for Low Yellow Belt (8th Gup)

April 6, 2014

# 8th Gup Low Yellow Belt

## Pattern

Chon-Ji

## Kicks

* Front snap kick (lead leg, rear leg, stepping)
* Side front snap kick (lead leg, rear leg, stepping)
* Side piercing kick (lead leg, rear leg, stepping)
* Combination kicks (See the Notes tab or Notes on the Testing Requirements web page.)

## Hand Techniques

* Front punch with the forefist
* Side block with the inner forearm
* Low block with the outer forearm
* Low block with the outer forearm

## Stances

* Attention
* Parallel ready stance
* Sitting stance
* Walking stance
* L-stance

## Step Sparring

Beginning 3-step sparring

## Tournament Competition

Optional

## Ho Sin Sul

* Basic release from a grab with a counterattack
* Fall to the rear

## Breaking

None

## Required Knowledge

### Meaning of white belt

White signifies innocence as that of a beginning student who has no previous knowledge of TaeKwon-Do.

### Meaning of Yellow Belt

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

### Counting to Ten in Korean

|  |  |  |  |
| --- | --- | --- | --- |
| One | Hana | Six | Yasot |
| Two | Dool | Seven | Ilgop |
| Three | Set | Eight | Yodul |
| Four | Net | Nine | Ahop |
| Five | Daset | Ten | Yol |

### TaeKwon-Do Color Belt System

|  |  |  |  |
| --- | --- | --- | --- |
| 10th gup | White | 5th gup | High green |
| 9th gup (TTA does not use) | High white | 4th gup | Low blue |
| 8th gup | Low yellow | 3rd gup | High blue |
| 7th gup | High yellow | 2nd gup | Low red |
| 6th gup | Low green | 1st gup | High red |

### Belt Rank System

For black belts, 1st Dan is the lowest rank and 9th Dan is the highest.

### Country Where TaeKwon-Do Originated

Korea

### Father of TaeKwon-Do, Rank, and Title

General Choi Hong-Hi, 9th dan black belt, Grand Master

### Literal Translation of TaeKwon-Do

* Tae—Jumping, flying, to kick or smash with the foot.
* Kwon—Fist, to punch or destroy with the hand or fist.
* Do—The art or way.
* TaeKwon-Do—The mental training and techniques of unarmed combat for self defense as well as health. It involves the skilled application of punches, kicks, blocks, and dodges with bare hands and feet for the rapid destruction of a moving opponent or opponents.

### Attention Stance

|  |  |  |
| --- | --- | --- |
| Length  Measured from:  Front  Rear | 0.0 shoulder width  N/A  N/A | AttentionStance |
| Width  Measured from:  Front  Rear | 0.0 shoulder width  N/A  N/A |  |
| Weight distribution | 50/50 |  |

* Heels are together forming a 45° angle and both knees are locked.
* Arms are naturally at the sides with the elbows bent slightly.
* Hands are lightly clenched fists.
* Eyes face front slightly above the horizon.

### Parallel Ready Stance

|  |  |  |
| --- | --- | --- |
| Length  Measured from:  Front  Rear | 0.0 shoulder width  N/A  N/A | ReadyStance |
| Width  Measured from:  Front  Rear | 1.0 shoulder width    Footsword  Footsword |  |
| Weight distribution | 50/50 |  |

* Feet are even and parallel.
* Hands are lightly clenched fists and are 2 inches apart, 3 inches from the abdomen.
* Elbows are 4 inches from the floating ribs.
* Upper arms are forward at 30° and the lower arms are bent upward at 40°.

### Walking Stance

|  |  |  |
| --- | --- | --- |
| Length  Measured from:  Front  Rear | 1.5 shoulder widths  Tip of big toe  Tip of big toe | WalkingStance |
| Width  Measured from:  Front  Rear | 1.0 shoulder width  Center of instep  Center of instep |
| Weight distribution (front/rear) | 50/50 |  |
| Available facings | Full, half, reverse half |  |
| Named after | Front foot |  |

* Back knee is locked, the front knee is bent so that the kneecap is over the heel of the front foot.
* Front foot points to the front and back foot points no more than 25° from the front.

### L-Stance

|  |  |  |
| --- | --- | --- |
| Length  Measured from:  Front  Rear | 1.5 shoulder widths  Tip of big toe  Footsword |  |
| Width  Measured from:  Front  Rear | 1.0 inch  Inside heel  Back heel |
| Weight distribution (front/rear) | 30/70 |  |
| Available facings | Half |  |
| Named after | Front foot |  |

* Back knee is bent so kneecap is over toes of the back foot.
* Front knee is bent proportionately.
* Rear hip is aligned with the inner knee joint of the rear knee.
* Front foot points 15°in from the front.
* Back foot points 15°in from the side.

### Sitting Stance

|  |  |  |
| --- | --- | --- |
| Length  Measured from:  Front  Rear | 0.0 shoulder width  N/A  N/A |  |
| Width  Measured from:  Front  Rear | 1.5 shoulder widths  Inside of the big toe  Inside of the big toe |
| Weight distribution | 50/50 |  |
| Available facings | Full or side |  |

* Both feet point to the front and are parallel with each other.
* Both knees are bent evenly so that the kneecaps are over the balls of the feet.
* The chest and abdomen are pushed out and hips are pulled back.

## Pattern Chon-Ji

Chon-Ji means literally “the heaven the 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 performed by the beginner. This pattern consists of two similar parts: one represents heaven and the other represents earth.

Diagram—Plus sign

Moves—19

Ready Position—Parallel ready stance

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

End—Bring the left foot back to a ready posture.



**Requirements for   
High Yellow Belt  
(7th Gup)**

December 22, 2012

**7th Gup High Yellow Belt**

**Pattern**

Dan-Gun

**Kicks**

* Turning kick (lead leg, rear leg, stepping)
* Side turning kick (lead leg, rear leg, stepping)
* Back piercing kick
* Combination kicks (See the Notes tab or Notes on the Testing Requirements web page.)

**Hand Techniques**

* Guarding block with the knife hand
* Twin block with the outer forearms
* Rising block with the outer forearm
* Outward strike with the knife hand

**Stances**

None

**Step Sparring**

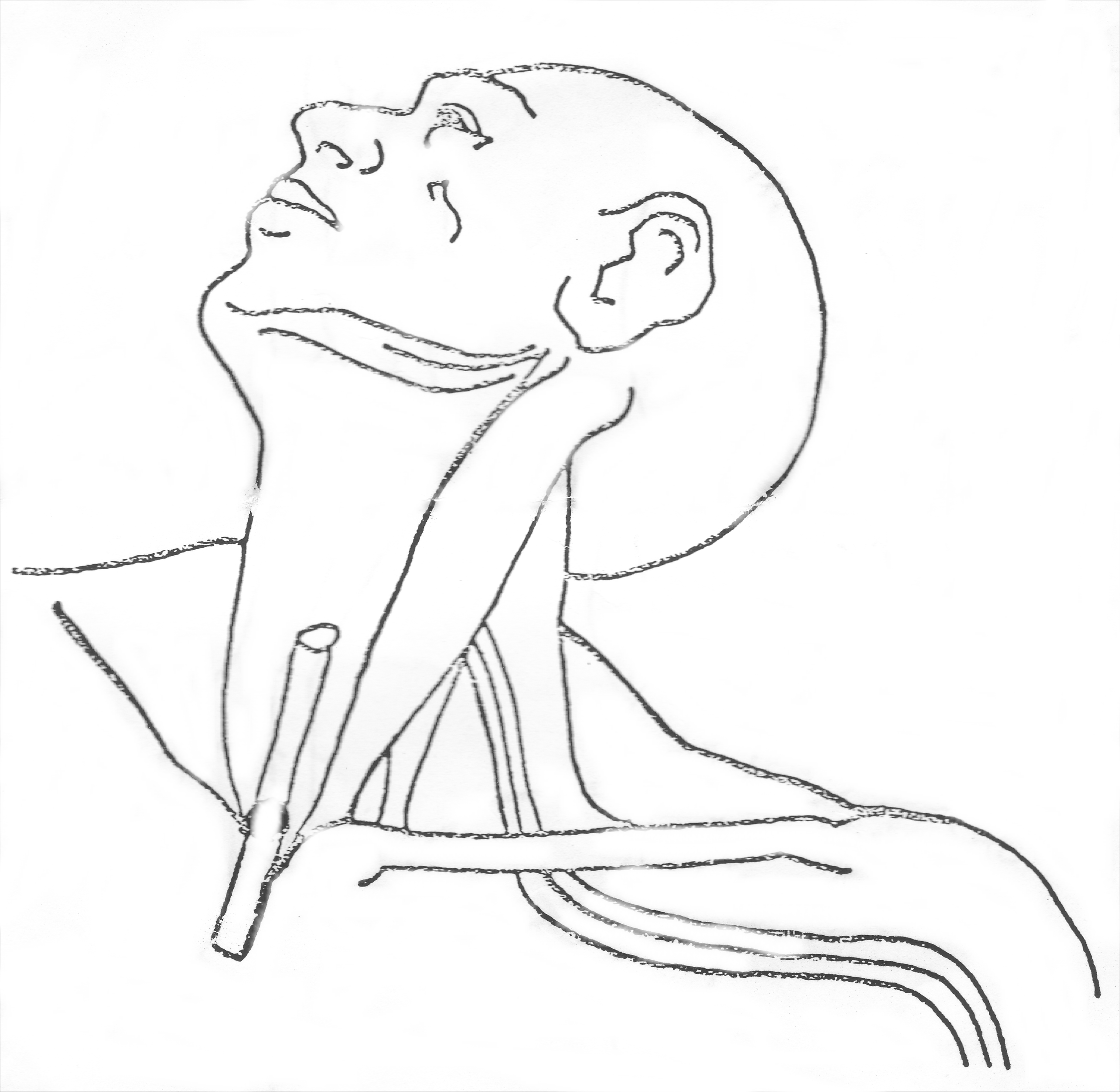
Intermediate 3-step sparring

**Tournament Competition**

Optional

**Ho Sin Sul**

* Joint attack from a grab with a takedown or submission
* Fall to the front
* Pressure point locations, as shown below



Mandibular angle

Infra orbital nerve or philtrum

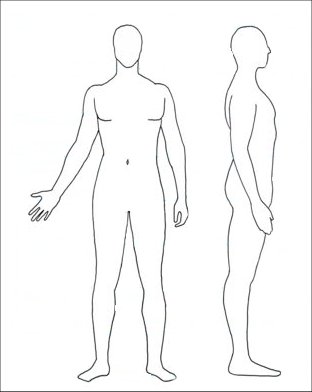
Brachial plexus (origin)

Hypoglossal nerve

Jugular notch

Suprascapular nerve motorpoint

Brachial plexus (clavical notch)



Bracial plexus (tie -in)

Femoral nerve

Radial nerve

Median nerve

Common peroneal nerve

Tibial nerve

Pressure points

* From previous rank, review:

Basic release from a grab with a counterattack

Fall to the rear

**Breaking**

None

**Required Knowledge**

**Student Oath**

* I shall observe the tenets of TaeKwon-Do.
* I shall respect the instructor and seniors.
* I shall never misuse TaeKwon-Do
* I shall be a champion of freedom and justice.
* I shall build a more peaceful world.

**Tenets**

* Courtesy
* Integrity
* Perseverance
* Self control
* Indomitable spirit

**Black Belt Classes**

|  |  |  |
| --- | --- | --- |
| 1st – 3rd dan | Novice | Boo sa-bum |
| 4th – 6th dan | Expert | Sa-bum |
| 7th – 8th dan | Master | Sa-hyung |
| 9th dan | Grand Master | Sa-sung |

**Pattern Diagram Directions**

The student stands on the A-B line facing D.

C

B

D

A

C

B

D

A

E

F

**Pattern Dan-Gun**

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

Diagram—Capital I

Moves—21

Ready Position—Parallel ready stance

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

End: Bring the left foot back to a ready posture



**Requirements for   
Low Green Belt  
(6th Gup)**

December 22, 2013

**6th Gup Low Green Belt**

**Pattern**

Do-San

**Kicks**

* High kick (lead leg, rear leg, stepping)
* Side pushing kick (lead leg, rear leg, stepping)
* Side thrusting kick (lead leg, rear leg, stepping)
* Skip side piercing kick
* Skip turning kick
* Skip side turning kick
* Skip side front snap kick
* Flying front snap

**Hand Techniques**

* Side block with the outer forearm
* Thrust with the straight fingertip
* Side strike with the back fist
* Wedging block with the outer forearms

**Stances**

None

**Step Sparring**

Advanced 3-step sparring

**Tournament Competition**

Required

**Ho Sin Sul**

* Counterattack to a push from the front
* Roll/somersault
* From previous rank, review:

Basic release from a grab with a counterattack

Fall to the rear

Fall to the front

Joint attack from a grab with a takedown or submission

**Breaking**

**Men – Feet**

1 board with front snap kick

**Women/Juniors – Feet**

1 board with side piercing kick

**Pee Wees**

None

**Required Knowledge**

**Meaning of Green Belt**

Green signifies the plant’s growth as the TaeKwon-Do skill begins to develop.

**Nine Reasons for Practicing Courtesy (as listed in General Choi’s encyclopedia)**

* To promote the spirit of mutual concessions.
* To be ashamed of one’s vices, contempting those of others.
* To be polite to one another.
* To encourage the sense of justice humanity.
* To distinguish instructor from student, senior from junior, elder from younger.
* To behave according to etiquette.
* To respect others’ possessions.
* To handle matters with fairness and sincerity.
* To refrain from giving or accepting any gift when in doubt.

**Opening Ceremony for a TaeKwon-Do Class**

Charyot – attention

Kuk-ki-yea tae-hae – face the flags

Kyong-ye – salute

Baro – return to attention

Anj-oh – kneel

Muk-nyom – meditate

Baro – return to attention

Chariot – attention

Sabum [for 4th – 6th dan] nim gae – face the instructor

[for 7th dan, sahyung; for 1st – 3rd dan, boo sabum]

Kyong-ye – bow

**Closing Ceremony for a TaeKwon-Do Class**

Charyot – attention

Kuk-ki-yea tae-hae – face the flags

Kyong-ye – salute

Baro – return to attention

Anj-oh – kneel

Muk-nyom – meditate

Baro – return to attention

Charyot – attention

Sabum [for 4th – 6th dan] nim gae – face the instructor

[for 7th dan, sahyung; for 1st – 3rd dan, boo sabum]

Kyong-ye – bow

Boo sa-bum nim gae – face the assistant instructor

Kyong-ye - bow

Ee-sang – dismissed

Ko-map sum-nee-da – thank you very much

**Pattern Do-San**

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 to its independence movement.

Diagram—Right stair step

Moves—24

Ready Position—Parallel ready stance

1. Move the left foot to B, forming a left walking stance toward B while executing a high side block to B with the left outer forearm.
2. Execute a middle punch to B with the right fist while maintaining a left walking stance toward B.
3. Move the left foot on line AB, and then turn clockwise to form a right walking stance toward A while executing a high side block to A with the right outer forearm.
4. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A.
5. Move the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
6. Move the right foot to D forming a right walking stance toward D while executing a middle thrust to D with the right straight fingertip.
7. Twist the right knife-hand together with the body counter clockwise until its palm faces downward and then move the left foot to D, turning counter clockwise to form a left walking stance toward D while executing a high side strike to D with the left back fist.
8. Move the right foot to D forming a right walking stance toward D while executing a high side strike to D with the right back fist.
9. Move the left foot to E, turning counter clockwise to form a left walking stance toward E while executing a high side block to E with the left outer forearm.
10. Execute a middle punch to E with the right fist while maintaining a left walking stance toward E.
11. Move the left foot on line EF, and then turn clockwise to form a right walking stance toward F while executing a high side block to F with the right outer forearm.
12. Execute a middle punch to F with the left fist while maintaining a right walking stance toward F.
13. Move the left foot to CE forming a left walking stance toward CE, at the same time executing a high wedging block to CE with the outer forearm.
14. Execute a middle front snap kick to CE with the right foot, keeping the position of the hands as they were in 13.
15. Lower the right foot to CE forming a right walking stance toward CE while executing a middle punch to CE with the right fist.
16. Execute a middle punch to CE with the left fist while maintaining a right walking stance toward CE. (**Perform 15 and 16 in a fast motion.**)
17. Move the right foot to CF forming a right walking stance toward CF while executing a high wedging block to CF with the outer forearm.
18. Execute a middle front snap kick to CF with the left foot, keeping the position of the hands as they were in 17.
19. Lower the left foot to CF forming a left walking stance toward CF while executing a middle punch to CF with the left fist.
20. Execute a middle punch to CF with the right fist while maintaining a left walking stance toward CF. (**Perform 19 and 20 in a fast motion.**)
21. Move the left foot to C forming a left walking stance toward C, at the same time executing a rising block with the left forearm.
22. Move the right foot to C forming a right walking stance toward C while executing a rising block with the right forearm.
23. Move the left foot to B, turning counter clockwise to form a sitting stance toward D while executing a middle side strike to B with the left knife-hand.
24. Bring the left foot to the right foot and then move the right foot to A forming a sitting stance toward D while executing a middle side strike to A with the right knife-hand.

End: Bring the right foot back to a ready posture.



**Requirements for   
High Green Belt  
(5th Gup)**

December 22, 2013

**5th Gup High Green Belt**

**Pattern**

Won-Hyo

**Kicks**

* Stepping hook kick (offensive)
* Outward downward kick
* Inward downward kick
* Crescent kick
* Skip side pushing kick
* Skip side thrusting kick
* Flying side front snap kick
* Flying high kick
* Flying side piercing kick
* Double kicks (same kick, same leg, same direction) (See the Notes tab or Notes on the Testing Requirements web page.)
* Two consecutive kicks (same direction, same leg, same or different kick) (See the Notes tab or Notes on the Testing Requirements web page.)

**Hand Techniques**

* Inward strike with the knife hand
* Circular block with the inner forearm
* Guarding block with the outer forearm

**Stances**

* Fixed stance
* Bending ready stance type A
* Closed ready stance type A

**Step Sparring**

Beginning 2-step sparring

**Tournament Competition**

One required

**Ho Sin Sul**

* Basic throws
* Takedowns
* Fall to the side
* From previous rank, review:

Basic release from a grab with a counterattack

Fall to the rear

Fall to the front

Joint attack from a grab with a takedown or submission

Counterattack to a push from the front

Roll/somersault

**Breaking**

**Men – Hands**

|  |  |
| --- | --- |
| **What to break** | **With (select one)** |
| 1 board | Downward knife-hand strike  Inward knife-hand strike  Outward knife-hand strike |

**Men – Feet**

|  |  |
| --- | --- |
| **What to break** | **With (select one)** |
| 2 boards | Front snap kick  Side piercing kick  Back piercing kick |

**Women/Juniors – Hands**

None

**Women/Juniors – Feet**

|  |  |
| --- | --- |
| **What to break** | **With (select one)** |
| 1 board | Turning kick  Back piercing kick |

**Pee Wees**

None

**Required Knowledge**

**Eight Examples of Poor Integrity (as listed in General Choi’s encyclopedia)**

* The instructor who misrepresents himself and his art by presenting improper techniques to his students because of a lack of knowledge or apathy.
* The student who misrepresents himself by fixing breaking materials before demonstrations.
* The instructor who camouflages bad techniques with luxurious training halls and false flattery to his students.
* The student who requests rank from an instructor or attempts to purchase it.
* The student who gains rank for ego purposes or the feeling of power.
* The instructor who teaches and promotes his art for materialistic gains.
* The student whose actions do not live up to his words.
* The student who feels ashamed to seek opinions from his juniors.

**Class Vocabulary in Korean**

|  |  |
| --- | --- |
| Assistant instructor | Boo sa-boom (1st – 3rd dan) |
| Attention | Charyot |
| At ease | Swiyo |
| Begin | Si-jak |
| Bow/salute | Kyong-ye |
| Degree | Dan |
| Face the flags | Kuk-ki-yea tae-hae |
| Finished | ee-sang |
| Grade | Gup |
| Grand master | Sa-sung (9th dan) |
| Gymnasium | Do-jang |
| Instructor | Sa-bum (4th – 6th dan) |
| Instructor sir | Sa-bum nim |
| Master instructor | Sa-hyun (7th -8th dan) |
| Meditate | Muk-nyom |
| Pattern | Tul |
| Ready position | Junbi |
| Return to ready | Baro |
| Sit/kneel | Anj-oh |
| Stop | Guman |
| Thank you | Ko-map sum-nee-da |
| Turn around | Tui-tora |
| Uniform | Do-bok |
| Yell | Ki-yap |

**Fixed-Stance**

|  |  |  |
| --- | --- | --- |
| **Length**  **Measured from:**  **Front**  **Rear** | 1.5 shoulder widths  Tip of big toe  Inside of big toe |  |
| **Width**  **Measured from:**  **Front**  **Rear** | 1.0 inch  Inside heel  Back heel |
| **Weight distribution (front/rear)** | 50/50 |  |
| **Available facings** | Half |  |
| **Named after** | Front foot |  |

* Knees are bent evenly.
* Front foot points 15°in from the front.
* Back foot points 15°in from the side.

**Closed Ready A-Stance**

|  |  |  |
| --- | --- | --- |
| **Length**  **Measured from:**  **Front**  **Rear** | 0.0 shoulder width  N/A  N/A |  |
| **Width**  **Measured from:**  **Front**  **Rear** | 0.0 shoulder width  N/A  N/A |
| **Weight distribution** | 50/50 |  |
| Available facings | Full |  |

* Both feet are together and parallel.
* Both knees are locked.
* The left hand wraps around the right fist with the left-hand fingertips on the right-hand knuckles.
* The hands are held 12 inches in front of the philtrum.

**Bending Ready A-Stance**

|  |  |  |
| --- | --- | --- |
| **Length**  **Measured from:**  **Front**  **Rear** | 0.0 shoulder width  N/A  N/A |  |
| **Width**  **Measured from:**  **Front**  **Rear** | 0.0 shoulder width  N/A  N/A |
| **Weight distribution (front/rear)** | 0/100 |  |
| **Available facings** | Half |  |
| **Named after** | Supporting foot |  |

* The supporting foot faces to the side and the supporting knee is bent.
* The non-supporting knee points 15° from the front.
* The non-supporting foot is by the knee of the support leg.
* The hands are in a middle guarding block with outer forearms.

**Pattern Won-Hyo**

Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.

Diagram—Capital I

Moves—28

Ready Position—Closed ready stance A

1. Move the left foot to B forming a right L-stance toward B while executing a twin forearm block.
2. Execute a high inward strike to B with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward B.
3. Execute a middle punch to B with the left fist while forming a left fixed stance toward B, slipping the left foot to B.
4. Bring the left foot to the right foot and then move the right foot to A, forming a left L-stance toward A while executing a twin forearm block.
5. Execute a high inward strike to A with the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward A.
6. Execute a middle punch to A with the right fist while forming a right fixed stance toward A, slipping the right foot to A.
7. Bring the right foot to the left foot and then turn the face toward D while forming a right bending ready stance A toward D.
8. Execute a middle side piercing kick to D with the left foot.
9. Lower the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
10. Move the right foot to D forming a left L-stance toward D while executing a guarding block to D with a knife-hand.
11. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
12. Move the right foot to D forming a right walking stance toward D while executing a middle thrust to D with the right straight finger tip.
13. Move the left foot to E turning counter clockwise to form a right L-stance toward E, at the same time executing a twin forearm block.
14. Execute a high inward strike to E with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward E.
15. Execute a middle punch to E with the left fist while forming a left fixed stance toward E, slipping the left foot to E.
16. Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a twin forearm block.
17. Execute a high inward strike to F with the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward F.
18. Execute a middle punch to F with the right fist while forming a right fixed stance toward F, slipping the right foot to F.
19. Bring the right foot to the left foot and then move the left foot to C forming a left walkng stance toward C while executing a circular block to CF with the right inner forearm.
20. Execute a low front snap kick to C with the right foot, keeping the position of the hands as they were in 19.
21. Lower the right foot to C forming a right walking stance toward C while executing a middle punch to C with the left fist.
22. Execute a circular block to CE with the left inner forearm while maintaining a right walking stance toward C.
23. Execute a low front snap kick to C with the left foot, keeping the position of the hands as they were in 22.
24. Lower the left foot to C forming a left walking stance toward C while executing a middle punch to C with the right fist.
25. Turn the face toward C forming a left bending ready stance A toward C.
26. Execute a middle side piercing kick to C with the right foot.
27. Lower the right foot on line CD and then move the left foot to B, turning counter clockwise to form a right L-stance toward B, at the same time executing a middle guarding block to B with the forearm.
28. Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A while executing a middle guarding clock to A with the forearm.

End: Bring the right foot back to a ready posture.



**Requirements for   
Low Blue Belt  
(4th Gup)**

December 22, 2013

**4th Gup Low Blue Belt**

**Pattern**

Yul-Gok

**Kicks**

* Reverse hook kick (offensive)
* Hooking kick (defensive)
* Twisting kick
* Skip hook kick (offensive)
* Flying turning kick
* Flying side turning kick
* Double kicks – multiple targets, more difficult kicks (same kick, same leg, same direction) (See the Notes tab or Notes on the Testing Requirements web page.)
* Two consecutive kicks - multiple targets, more difficult kicks (same direction, same leg, same or different kick) (See the Notes tab or Notes on the Testing Requirements web page.)
* Combination kicks - multiple targets, more difficult kicks (different leg, same or different kick) (See the Notes tab or Notes on the Testing Requirements web page.)

**Hand Techniques**

* Hooking block with the palm
* Front strike with the elbow
* Twin block with knife hands
* Double block with inner forearms

**Stances**

X-stance – jumping motion

**Step Sparring**

Intermediate 2-step sparring

**Tournament Competition**

Required

**Ho Sin Sul**

* Counterattack to a haymaker resulting in either a takedown or a submission
* Release and counterattack for an attack from the rear
* From previous rank, review:

Basic release from a grab with a counterattack

Fall to the rear

Fall to the front

Joint attack from a grab with a takedown or submission

Counterattack to a push from the front

Roll/somersault

Basic throws

Takedowns

Fall to the side

**Breaking**

**Men – Hands**

|  |  |
| --- | --- |
| **What to break** | **With (select one)** |
| 1 board | Front punch with the forefist  Side strike with the back fist  Inward strike with the reverse knife hand |

**Men – Feet**

|  |  |
| --- | --- |
| **What to break (select one)** | **With** |
| 2 boards | Flying front snap kick  Flying turning kick |
| 3 boards | Flying side piercing kick |

**Women/Juniors – Hands**

|  |  |
| --- | --- |
| **What to break** | **With (select one)** |
| 1 board | Downward strike with the knife hand |

**Women/Juniors – Feet**

|  |  |
| --- | --- |
| **What to break (select one)** | **With (select one)** |
| 2 boards | Flying front snap kick  Flying turning kick |
| 2 boards | Flying side piercing kick |

**Pee Wees**

None

**Required Knowledge**

**Meaning of Blue Belt**

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

**Five Disciplines of TaeKwon-Do Moral Culture**

* Travel
* Mountain climbing
* Cold showers and baths
* Public service
* Etiquette

**Five Parts of the Physical Composition of TaeKwon-Do**

* Fundamental exercises
* Self defense
* Dallyon\*
* Sparring
* Patterns

\* Equipment maintenance, forging, stretching, running, weight training.

**Relative Directions**

Front

Side front

Side front

Side rear

Side rear

Side/flank

Side/flank

Rear

**X-Stance**

|  |  |  |
| --- | --- | --- |
| **Length**  **Measured from:**  **Front**  **Rear** | 0.0 shoulder width  N/A  N/A |  |
| **Width**  **Measured from:**  **Front**  **Rear** | 0.0 shoulder width  N/A  N/A |
| **Weight distribution (front/rear)** | 100/0 |  |
| **Available facings** | Full, side, rear |  |
| **Named after** | Supporting foot |  |

* Both feet point in the same direction
* Both knees are bent evenly.
* The ball of the non-supporting foot lightly touches the ground.
* The non-supporting leg crosses in front when the stance is done in stepping motion and in back when done in jumping motion.

**Pattern Yul-Gok**

Yul-Gok is the pseudonym of the great philosopher and scholar Yi I (1536-1584), nicknamed the “Confucius of Korea.” The 38 movements refer to his birthplace on the 38th latitude and the pattern diagram represents the Chinese character for “scholar.”

Diagram—Scholar sign

Moves—38

Ready Position—Parallel ready stance

1. Move the left foot to B forming a sitting stance toward D while extending the left fist to D horizontally.
2. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.
3. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D. (**Perform 2 and 3 in a fast motion.**)
4. Bring the left foot to the right foot and then move the right foot to A forming a sitting stance toward D while extending the right fist to D horizontally.
5. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.
6. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D. (**Perform 5 and 6 in a fast motion.**)
7. Move the right foot to Ad forming a right walking stance toward AD while executing a middle side block to AD with the right inner forearm.
8. Execute a low front snap kick to AD with the left foot keeping the position of the hands as they were in 7.
9. Lower the left foot to AD forming a left walking stance toward AD while executing a middle punch to AD with the left fist.
10. Execute a middle punch to AD with the right fist while maintaining a left walking stance toward AD. (**Perform 9 and 10 in a fast motion.**)
11. Move the left foot to BD forming a left walking stance toward BD at the same time executing a middle side block to BD with the left inner forearm.
12. Execute a low front snap kick to BD with the right foot keeping the position of the hands as they were in 11.
13. Lower the right foot to BD forming a right walking stance toward BD while executing a middle punch to BD with the right fist.
14. Execute a middle punch to BD with the left fist while maintaining a right walking stance toward BD. (**Perform 13 and 14 in a fast motion.**)
15. Execute a middle hooking block to D with the right palm while forming a right walking stance toward D, pivoting with the left foot.
16. Execute a middle hooking block to D with the left palm while maintaining a right walking stance toward D.
17. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D. (**Execute 16 and 17 in a connecting motion.**)
18. Move the left foot to D forming a left walking stance toward D while executing a middle hooking block to D with the left palm.
19. Execute a middle hooking block to D with the right palm while maintaining a left walking stance toward D.
20. Execute a middle punch to D with the left fist while maintaining a left walking stance toward D. (**Execute 19 and 20 in a connecting motion.**)
21. Move the right foot to D forming a right walking stance toward D at the same time executing a middle punch to D with the right fist.
22. Turn the face toward D forming a right bending ready stance A toward D.
23. Execute a middle side piercing kick to D with the left foot.
24. Lower the left foot to D forming a left walking stance toward D while striking the left palm with the right front elbow.
25. Turn the face toward C forming a left bending ready stance A toward C.
26. Execute a middle side piercing kick to C with the right foot.
27. Lower the right foot to C forming a right walking stance toward C while striking the right palm with the left front elbow.
28. Move the left foot to E forming a right L-stance toward E while executing a twin knife-hand block.
29. Move the right foot to E forming a right walking stance toward E while executing a middle thrust to E with the right straight finger tip.
30. Move the right foot to F turning clockwise to form a left L-stance toward F while executing a twin knife-hand block.
31. Move the left foot to F forming a left walking stance toward F while executing a middle thrust to F with the left straight finger tip.
32. Move the left foot to C forming a left walking stance toward C while executing a high side block to C with the left outer forearm.
33. Execute a middle punch to C with the right fist while maintaining a left walking stance toward C.
34. Move the right foot to C forming a right walking stance toward C while executing a high side block to C with the right outer forearm.
35. Execute a middle punch to C with the left fist while maintaining a right walking stance toward C.
36. Jump to C forming a left X-stance toward B while executing a high side strike to C with the left back fist.
37. Move the right foot to A forming a right walking stance toward A at the same time executing a high block to A with the right double forearm.
38. Bring the right foot to the left foot and then move the left foot to B forming a left walking stance toward B while executing a high block to B with the left double forearm.

End: Bring the left foot back to a ready posture.



**Requirements for   
High Blue Belt  
(3rd Gup)**

December 22, 2013

**3rd Gup High Blue Belt**

**Pattern**

Joong-Gun

**Kicks**

* Vertical kick with the footsword
* Vertical kick with the reverse footsword
* Reverse turning kick – to front or side
* Skip twisting kick
* Sweeping kick
* Mid-air 180° back piercing kick
* Flying crescent kick
* Triple kicks – multiple targets (same kick, same leg, same direction) (See the Notes tab or Notes on the Testing Requirements web page.)
* Three consecutive kicks - multiple targets (same leg, same or different kick) (See the Notes tab or Notes on the Testing Requirements web page.)

**Hand Techniques**

* Side block with the reverse knife hand
* Upward block with the palm
* Upward strike with the elbow
* Vertical punch with the twin forefists
* Upset punch with the twin forefists
* Rising block with the x-fist
* Pressing block with the palm
* Angle punch with the forefist
* U-shaped block with the arc hands

**Stances**

* Rear foot stance
* Low stance
* Closed ready stance type B

**Step Sparring**

Beginning 1-step sparring

**Tournament Competition**

Required

**Ho Sin Sul**

* Block then throw or takedown from a front punch
* Block then throw or takedown from downward attack
* From previous rank, review:

Basic release from a grab with a counterattack

Fall to the rear

Fall to the front

Joint attack from a grab with a takedown or submission

Counterattack to a push from the front

Roll/somersault

Basic throws

Takedowns

Fall to the side

Counterattack to a haymaker resulting in either a takedown or a submission

Release and counterattack for an attack from the rear

**Breaking**

**Men – Hands**

|  |  |
| --- | --- |
| **What to break** | **With (select one)** |
| 2 boards | Downward knife-hand strike  Outward knife-hand strike  Inward knife-hand strike |

**Men – Feet**

|  |  |
| --- | --- |
| **What to break** | **With (select one)** |
| 2 boards | Twisting kick  Stepping hook kick  Reverse hook kick |

**Women/Juniors – Hands**

|  |  |
| --- | --- |
| **What to break** | **With (select one)** |
| 1 board | Downward knife-hand strike  Outward knife-hand strike  Inward knife-hand strike |

**Women/Juniors – Feet**

|  |  |
| --- | --- |
| **What to break (select one)** | **With** |
| 1 board | Twisting kick  Stepping hook kick  Reverse hook kick |

**Pee Wees - Hands**

None

**Pee Wees - Feet**

|  |  |
| --- | --- |
| **What to break** | **With (select one)** |
| 1 board | Front snap kick  Side piercing kick |

**Required Knowledge**

**Ten Parts of the Student’s Responsibility to the Student-Instructor Relationship**

* Never tire of learning. A good student can learn anytime, anywhere. This is the secret of knowledge.
* A good student must be willing to sacrifice for his art and his instructor. Many students feel that their training is a commodity that is bought with monthly dues and they are unwilling to take part in demonstrations, teaching, and working around the do-jang. An instructor can afford to lose this type of student.
* Always set a good example for lower ranking students. It is only natural that they will attempt to emulate their seniors.
* Always be loyal and never criticize the instructor, the art of TaeKwon-Do, or the teaching methods.
* If an instructor teaches a technique, practice it and attempt to use it.
* Remember that a student’s conduct outside the do-jang reflects on the art and his instructor.
* If a student adopts a technique from another gym and the instructor disapproves of it, the student must discard it immediately or train at the other gym.
* Never be disrespectful to the instructor. Though a student is allowed to disagree, the student must follow instructions first and discuss the matter later.
* A student must always be eager to learn and ask questions.
* Never betray a trust.

**Rear Foot Stance**

|  |  |  |
| --- | --- | --- |
| **Length**  **Measured from:**  **Front**  **Rear** | 1.0 shoulder widths  Tip of big toe  Footsword |  |
| **Width**  **Measured from:**  **Front**  **Rear** | 0.0 shoulder width  N/A  N/A |
| **Weight distribution (front/rear)** | Most of the weight on the rear foot |  |
| **Available facings** | Half |  |
| **Named after** | Rear foot |  |

* Rear knee is bent so that the kneecap is over the toes of the rear foot.
* Front knee is bent proportionately with the ball of the foot lightly touching the floor.
* Heel of the front foot is above the ground and inside the heel of the rear foot.
* The front foot points 25° in from the front.
* Back foot points 15°in from the side.

**Low Stance**

|  |  |  |
| --- | --- | --- |
| **Length**  **Measured from:**  **Front**  **Rear** | 1.5 shoulder widths  Back heel  Tip of big toe |  |
| **Width**  **Measured from:**  **Front**  **Rear** | 1.0 shoulder width  Center of instep  Center of instep |
| **Weight distribution (front/rear)** | 50/50 |  |
| **Available facings** | Full, half |  |
| **Named after** | Front foot |  |

* Back knee is locked, the front knee is bent so that the kneecap is over the heel of the front foot.
* Front foot points to the front and back foot points no more than 25° from the front.
* Foot muscles are tensed as if to pull the feet together.

**Closed Ready Stance B**

|  |  |  |
| --- | --- | --- |
| **Length**  **Measured from:**  **Front**  **Rear** | 0.0 shoulder width  N/A  N/A |  |
| **Width**  **Measured from:**  **Front**  **Rear** | 0.0 shoulder width  N/A  N/A |
| **Weight distribution (front/rear)** | 50/50 |  |
| **Available facings** | Full |  |

* Both feet are together and parallel.
* Both knees are locked.
* The left hand wraps around the right fist with the left-hand fingertips on the right-hand knuckles.
* The hands are held 6 inches in front of the umbilicus.

**Pattern Joong-Gun**

Joong-Gun is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea. Ito was known as the man who played the leading part in the Korea-Japan merger. The 32 movements represent Mr. Ahn’s age when he was executed at Lui-Shung prison in 1910.

Diagram—Capital I

Moves—32

Ready Position—Closed ready stance B

1. Move the left foot to B forming a right L-stance toward B while executing a middle block to B with the left reverse knife-hand.
2. Execute a low side front snap kick to B with the left foot, keeping the position of the hands as they were in 1.
3. Lower the left foot to B and then move the right foot to B forming a left rear foot stance toward B while executing an upward block with a right palm.
4. Move the right foot to A forming a left L-stance toward A, at the same time executing a middle block to A with a right reverse knife-hand.
5. Execute a low side front snap kick to A with the right foot, keeping the position of the hands as they were in 4.
6. Lower the right foot to A and then move the left foot to A forming a right rear foot stance toward A while executing an upward block with a left palm.
7. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
8. Execute a right upper elbow strike while forming a left walking stance toward D, slipping the left foot to D.
9. Move the right foot to D forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
10. Execute a left upper elbow strike while forming a right walking stance toward D, slipping the right foot to D.
11. Move the left foot to D forming a left walking stance toward D while executing a high vertical punch to D with a twin fist.
12. Move the right foot to D forming a right walking stance toward D while executing an upset punch to D with a twin fist.
13. Move the right foot on line CD and then turn counter clockwise to form a left walking stance toward C while executing a rising block with an X-fist.
14. Move the left foot to E forming a right L-stance toward E while executing a high side strike to E with the left back fist.
15. Twist the left fist counter clockwise until the back fist faces downward, at the same time forming a left walking stance toward E, slipping the left foot to E.
16. Execute a high punch to E with the right fist while maintaining a left walking stance toward E. (**Perform 15 and 16 in a fast motion.**)
17. Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a high side strike to F with a right back fist.
18. Twist the right fist clockwise until the back fist faces downward, at the same time forming a right walking stance toward F, slipping the right foot to F.
19. Execute a high punch to F with the left fist while maintaining a right walking stance toward F. (**Perform 18 and 19 in a fast motion.**)
20. Bring the right foot to the left foot and then move the left foot to C forming a left walking stance toward C while executing a high block to C with a left double forearm.
21. Execute a middle punch to C with the left fist while forming a right L-stance toward C, pulling the left foot.
22. Execute a middle side piercing kick to C with the right foot.
23. Lower the right foot to C forming a right walking stance toward C while executing a high block to C with the right double forearm.
24. Execute a middle punch to C with the right fist while forming a left L-stance toward C, pulling the right foot.
25. Execute a middle side piercing kick to C with the left foot.
26. Lower the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with the forearm.
27. Execute a pressing block with the right palm while forming a left low stance toward C, slipping the left foot to C. (**Perform in slow motion.**)
28. Move the right foot to C forming a left L-stance toward C while executing a middle guarding block to C with the forearm.
29. Execute a pressing block with the left palm while forming a right low stance toward C, slipping the right foot to C. (**Perform in a slow motion.**)
30. Bring the left foot to the right foot forming a closed stance toward A while executing an angle punch with the right fist. (**Perform in slow motion.**)
31. Move the right foot to A forming a right fixed stance toward A while executing a U-shape block to A.
32. Bring the right foot to the left foot and then move the left foot to B forming a left fixed stance toward B, at the same time executing a U-shape block to B.

End: Bring the left foot back to a ready posture.



**Requirements for   
Low Red Belt  
(2nd Gup)**

February 27, 2014

**2nd Gup Low Red Belt**

**Pattern**

Toi-Gye

**Kicks**

* Front rising kick
* Side rising kick
* Skip hooking kick (defensive)
* Mid-air lead-leg hook kick
* Flying 360° back piercing kick
* Flying twisting kick
* Triple kicks – multiple targets (same kick, same leg, same direction) (See the Notes tab or Notes on the Testing Requirements web page.)
* Three consecutive kicks - multiple targets, more difficult kicks (same direction, same leg, different kick) (See the Notes tab or Notes on the Testing Requirements web page.)

**Hand Techniques**

* Upset thrust with the flat fingertip
* Side back strike with the back fist
* Side thrust with the twin elbow
* W-shaped block with the outer forearm
* Double pushing block with the inner forearm
* Front thrust with the flat fingertip
* Pressing block with the x-fist

**Stances**

None

**Step Sparring**

Intermediate 1-step sparring

**Tournament Competition**

Required

**Ho Sin Sul**

* Capture then throw or takedown from a front snap kick
* Capture then throw or takedown from a front side piercing kick
* From previous rank, review:

Basic release from a grab with a counterattack

Fall to the rear

Fall to the front

Joint attack from a grab with a takedown or submission

Counterattack to a push from the front

Roll/somersault

Basic throws

Takedowns

Fall to the side

Counterattack to a haymaker resulting in either a takedown or a submission

Release and counterattack for an attack from the rear

Block then throw or takedown from a front punch

Block then throw or takedown from downward attack

**Breaking**

**Men – Hands**

|  |  |
| --- | --- |
| **What to break** | **With (select one)** |
| 1 suspended board | Front punch with the forefist  Outward strike with the knife-hand  Inward strike with the knife-hand  Inward strike with the reverse knife hand |

**Men – Feet**

|  |  |
| --- | --- |
| **What to break (select one)** | **With** |
| 2 boards | Flying twisting kick |
| 3 boards | Mid-air 180° back piercing kick |

**Women/Juniors – Hands**

|  |  |
| --- | --- |
| **What to break** | **With (select one)** |
| 1 board | Front punch with the forefist  Outward strike with the knife-hand  Inward strike with the knife-hand  Inward strike with the reverse knife hand |

**Women/Juniors – Feet**

|  |  |
| --- | --- |
| **What to break (select one)** | **With** |
| 1 board | Flying twisting kick |
| 2 boards | Mid-air 180° back piercing kick |

**Pee Wees - Hands**

|  |  |
| --- | --- |
| **What to break** | **With (select one)** |
| 1 board | Downward side fist strike  Outward side fist strike |

**Pee Wees - Feet**

|  |  |
| --- | --- |
| **What to break** | **With (select one)** |
| 1 board | Flying front snap kick  Flying side piercing kick |

**Required Knowledge**

**Nine Points to be Observed While Performing a Pattern**

* Accuracy; a pattern should begin and end on the same spot.
* Correct posture and facing should be maintained at all times.
* The muscles of the body should be tensed and relaxed at the proper moments.
* A pattern should be performed in rhythmic movements with an absence of stiffness.
* Moves should be accelerated or decelerated according to the instructions in the encyclopedia.
* Each pattern should be perfected before going on to the next.
* Students should know the purpose of each movement.
* Students should perform each move with realism.
* Attack and defense techniques should be equally distributed among left and right hands and feet.

**Pattern Toi-Gye**

Toi-Gye is the pen name for the noted scholar Yi Hwang (16th century), an authority on neo-Confucianism.   The 37 movements refer to his birthplace on the 37th latitude and the diagram represents the Chinese character for "scholar."

Diagram—Scholar sign

Moves—37

Ready Position—Closed ready stance B

1. Move the left foot to B forming a right L-stance toward B while executing a middle block to B with the left inner forearm.
2. Execute a low thrust to B with the right upset finger tip while forming a left walking stance toward B, slipping the left foot to B.
3. Bring the left foot to the right foot to form a closed stance toward D while executing a side back strike to C with the right back fist, extending the left arm to the side downward. (**Perform in slow motion.**)
4. Move the right foot to A forming a left L-stance toward A while executing a middle block to A with the right inner forearm.
5. Execute a low thrust to A with the left upset finger tip while forming a right walking stance toward A, slipping the right foot to A.
6. Bring the right foot to the left foot to form a closed stance toward D while executing a side back strike to C with the left back fist, extending the right arm to the side downward. (**Perform in slow motion.**)
7. Move the left foot to D forming a left walking stance toward D while executing a pressing block with an X-fist.
8. Execute a high vertical punch to D with a twin fist while maintaining a left walking stance toward D.
9. Execute a middle front snap kick to D with the right foot, keeping the position of the hands as they were in 8.
10. Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
11. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D. (**Perform 10 and 11 in fast motion.**)
12. Bring the left foot to the right foot forming a closed stance toward F while executing a twin side elbow thrust. (**Perform in slow motion.**)
13. Move the right foot to F in a stamping motion forming a sitting stance toward C while executing a W-shape block to C with the right outer forearm.
14. Move the left foot to F in a stamping motion turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm.
15. Move the left foot to E in a stamping motion turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm.
16. Move the right foot to E in a stamping motion turning counter clockwise to form a sitting stance toward D while executing a W-shape block to D with the right outer forearm.
17. Move the left foot to E in a stamping motion turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm.
18. Move the left foot to F in a stamping motion turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm.
19. Bring the right foot to the left foot and then move the left foot to D forming a right L-stance toward D while executing a low pushing block to D with the left double forearm.
20. Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward D, slipping the left foot to D.
21. Execute an upward kick with the right knee while pulling both hands downward.
22. Lower the right foot to the left foot and then move the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand.
23. Execute a low side front snap kick to C with the left foot, keeping the position of the hands as they were in 22.
24. Lower the left foot to C forming a left walking stance toward C while executing a high thrust to C with the left flat finger tip.
25. Move the right foot to C forming a left L-stance toward C while executing a middle guarding block to C with a knife-hand.
26. Execute a low side front snap kick to C with the right foot, keeping the position of the hands as they were in 25.
27. Lower the right foot to C forming a right walking stance toward C while executing a high thrust to C with the right flat finger tip.
28. Move the right foot to D forming a right L-stance toward C while executing a side back strike to D with the right back fist and a low block to C with the left forearm.
29. Jump to C forming a right X-stance toward A while executing a pressing block with an X-fist.
30. Move the right foot to C forming a right walking stance toward C while executing a high block to C with the right double forearm.
31. Move the left foot to B forming a right L-stance toward B while executing a low guarding block to B with a knife-hand.
32. Execute a circular block to BD with the right inner forearm while forming a left walking stance toward B, slipping the left foot to B.
33. Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A, at the same time executing a low guarding block to A with a knife-hand.
34. Execute a circular block to AD with the left inner forearm while forming a right walking stance toward A, slipping the right foot to A.
35. Execute a circular block to CE with the right inner forearm while forming a left walking stance toward CE.
36. Execute a circular block to AD with the left inner forearm while forming a right walking stance toward A.
37. Move the right foot on line AB to form a sitting stance toward D while executing a middle punch to D with the right fist.

End: Bring the right foot back to a ready posture.



**Requirements for   
High Red Belt  
(1st Gup)**

February 27, 2014

**1st Gup High Red Belt**

**Pattern**

Hwa-Rang

**Kicks**

* Front checking kick
* Side checking kick
* Outward pressing kick
* Insward pressing kick
* Stamping kick
* Back snap kick
* Mid-air 180° reverse hook kick (offensive)
* Flying vertical kick with the footsword
* Flying vertical kick with the reverse footsword
* Quadruple kicks – multiple targets (same kick, same leg) (See the Notes tab or Notes on the Testing Requirements web page.)
* Four consecutive kicks - multiple targets (same direction, same leg, same or different kick) (See the Notes tab or Notes on the Testing Requirements web page.)

**Hand Techniques**

* Pushing block with the palm
* Upward punch with the forefist
* Downward strike with the knife hand
* Side front block with the inner forearm
* Side thrust with the elbow

**Stances**

* Vertical stance
* Closed ready stance type C

**Step Sparring**

* Advanced 1-step sparring

**Tournament Competition**

Required

**Ho Sin Sul**

* Use pressure points
* Throw or takedown from a side turning kick
* From previous ranks, review:

Basic release from a grab with a counterattack

Fall to the rear

Fall to the front

Joint attack from a grab with a takedown or submission

Counterattack to a push from the front

Roll/somersault

Basic throws

Takedowns

Fall to the side

Counterattack to a haymaker resulting in either a takedown or a submission

Release and counterattack for an attack from the rear

Block then throw or takedown from a front punch

Block then throw or takedown from downward attack

Capture then throw or takedown from a front snap kick

Capture then throw or takedown from a front side piercing kick

**Breaking**

**Men – Hands**

|  |  |
| --- | --- |
| **What to break** | **With (select one)** |
| 2 non-supported boards | Outward strike with the knife-hand  Inward strike with the knife-hand  Inward strike with the reverse knife hand |

**Men – Feet**

|  |  |
| --- | --- |
| **What to break (select one)** | **With (select one)** |
| 3 boards | Front snap kick  Turning kick |
| 4 boards | Side piercing kick  Back piercing kick |

**Women/Juniors – Hands**

|  |  |
| --- | --- |
| **What to break** | **With (select one)** |
| 1 non-supported board1 | Outward strike with the knife-hand  Inward strike with the knife-hand  Inward strike with the reverse knife hand |

**Women/Juniors – Feet**

|  |  |
| --- | --- |
| **What to break (select one)** | **With (select one)** |
| 2 boards | Front snap kick  Turning kick |
| 3 boards | Side piercing kick  Back piercing kick |

**Pee Wees - Hands**

|  |  |
| --- | --- |
| **What to break** | **With (select one)** |
| 1 board | Front strike with the elbow |

**Pee Wees - Feet**

|  |  |
| --- | --- |
| **What to break (select one)** | **With (select one)** |
| 1 board | Front snap kick  Turning kick |
| 2 boards | Back piercing kick |

**Required Knowledge**

**Five Parts of the Hwa-Rang Warrior Code**

* Be loyal to your king.
* Be obedient to your parents.
* Be honorable to your friends.
* Never retreat in battle.
* Make a just kill.

**The Three Kingdoms of Ancient Korea**

* Koguryo
* Baek-Je
* Silla

**Six Factors in the Theory of Power**

* Reaction force
* Breath control
* Speed
* Concentration
* Equilibrium
* Mass

**Vertical Stance**

|  |  |  |
| --- | --- | --- |
| **Length**  **Measured from:**  **Front**  **Rear** | 1.0 shoulder width  Tip of big toe  Inside of big toe | Vertical |
| **Width**  **Measured from:**  **Front**  **Rear** | 0.0 shoulder width  N/A  N/A |
| **Weight distribution (front/rear)** | 40/60 |  |
| **Available facings** | Half |  |
| **Named after** | Rear foot |  |

* Both knees are locked.
* The heel of the front foot is slightly inside the heel of the rear foot.
* The front foot points 15° in from the front.
* The back foot points 15° in from the side.

**Closed Ready Stance C**

|  |  |  |
| --- | --- | --- |
| **Length**  **Measured from:**  **Front**  **Rear** | 0.0 shoulder width  N/A  N/A |  |
| **Width**  **Measured from:**  **Front**  **Rear** | 0.0 shoulder width  N/A  N/A |
| **Weight distribution (front/rear)** | 50/50 |  |
| **Available facings** | Full |  |

* Both feet are together and parallel.
* Both knees are locked.
* Both hands are knife hands with the fingers pointing down.
* The left hand is on top of the right with the left index finger on the right ring finger.
* The hands are held 4 inches from the lower abdomen.

**Pattern Hwa-Rang**

Hwa-Rang is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7th century.   This group eventually became the actual driving force for the unification of the three kingdoms of Korea.   The 29 movements refer to the 29th Infantry Division where TaeKwon-Do developed into maturity.

Diagram—Capital I

Moves—29

Ready Position—Closed ready stance C

1. Move the left foot to B to form a sitting stance toward D while executing a middle pushing block to D with the left palm.
2. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.
3. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.
4. Execute a twin forearm block while forming a left L-stance toward A, pivoting with the let foot.
5. Execute an upward punch with the left fist while pulling the right side fist in front of the left shoulder, maintaining a left L-stance toward A.
6. Execute a middle punch to A with the right fist while forming a right fixed stance toward A in a sliding motion.
7. Execute a downward strike with the right knife-hand while forming a left vertical stance toward A, pulling the right foot.
8. Move the left foot to A forming a left walking stance toward A while executing a middle punch to A with the left fist.
9. Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm.
10. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
11. Pull the left foot toward the right foot while bringing the left palm to the right forefist, at the same time bending the right elbow about 45 degrees outward.
12. Execute a middle side piercing kick to D with the right foot while pulling both hands in the opposite direction and then lower it to D forming a left L-stance toward D, at the same time executing a middle outward strike to D with the right knife-hand.
13. Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist.
14. Move the right foot to D forming a right walking stance toward D at the same time executing a middle punch to D with the right fist.
15. Move the left foot to E turning counter clockwise to form a right L-stance toward E while executing a middle guarding block to E with a knife-hand.
16. Move the right foot to E forming a right walking stance toward E while executing a middle thrust to E with the right straight finger tip.
17. Move the right foot on line EF forming a right L-stance toward F while executing a middle guarding block to F with a knife-hand.
18. Execute a high turning kick to DF with the right foot and then lower it to F.
19. Execute a high turning kick to CF with the left foot and then lower it to F forming a right L-stance toward F while executing a middle guarding block to F with a knife-hand. (**Perform 18 and 19 in a fast motion.**)
20. Move the left foot to C forming a left walking stance toward C while executing a low block to C with the left forearm.
21. Execute a middle punch to C with the right fist while forming a right L-stance toward C, pulling the left foot.
22. Move the right foot to C forming a left L-stance toward C while executing a middle punch to C with the left fist.
23. Move the left foot to C forming a right L-stance toward C while executing a middle punch to C with the right fist.
24. Execute a pressing block with an X-fist while forming a left walking stance toward C, slipping the left foot to C.
25. Move the right foot to C in a sliding motion forming a right L-stance toward D while thrusting to C with the right side elbow.
26. Bring the left foot to the right foot, turning counter clockwise to form a closed stance toward B while executing a side front block with the right inner forearm while extending the left forearm to the side downward.
27. Execute a side front block with the left inner forearm, extending the right forearm to the side downward while maintaining a closed stance toward B.
28. Move the left foot to B forming a right L-stance toward B at the same time executing a middle guarding block to B with a knife-hand.
29. Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A while executing a middle guarding block to A with a knife-hand.

End: Bring the right foot back to a ready posture.



**Requirements for   
Black Belt  
(1st Dan)**

December 22, 2013

**1st Dan Black Belt**

**Pattern**

Choong-Moo

**Kicks**

* Quadruple kicks – multiple targets (same kick, same leg) (See the Notes tab or Notes on the Testing Requirements web page.)
* Four consecutive kicks - multiple targets, more difficult kicks (same direction, same leg, same or different kick) (See the Notes tab or Notes on the Testing Requirements web page.)
* Flying side pushing kick
* Flying side thrusting kick
* Flying 360° reverse hook kick (offensive)
* Flying twin foot front snap kick – 1 or 2 targets
* Flying twin foot side piercing kick – 1 target
* Mid-air 360° back piercing kick

**Hand Techniques**

* Inward strike with the knife hand
* Inward front strike with the reverse knife hand
* Inward block with the outer forearm
* Checking block with the x-knife hand
* Upward block with the twin palms

**Stances**

None

**Step Sparring**

* All candidates must know all levels of step sparring.
* Advanced one-step sparring
* No-contact free sparring against one opponent

**Tournament Competition**

Required

**Training Requirements (Minimum)**

* Students must complete a minimum of six months of active training at the 1st gup level before testing for 1st dan black belt. Active training is participating in an average of seven formal classes per month.
* Students must be a Level 3 Referee and work as a referee at a minimum of two tournaments.
* Students must complete a total of 20 hours of community service.

**Ho Sin Sul**

Time limit – Two minutes

For students to earn their black belts, they must be able to perform the following requirements with realism. The specific order of these items is up to the student. Kiyaps are required. No talking or hand signals are allowed between the students. Proper etiquette is also required.

Ho sin sul partners should not be fellow testers or senior ranks unless permission has been granted by the testing board. Male participants may not use a female as their demonstration partner without prior approval.

Requirements:

* Demonstrate a release from a grab with counterattack
* Demonstrate a joint attack from a grab with a takedown or submission
* Demonstrate a counterattack from a push to the front
* Demonstrate a counterattack from a haymaker
* Demonstrate a block then counter attack from a downward technique
* Demonstrate a grab then throw or takedown from a side piercing kick
* Demonstrate a grab then throw or takedown from a side turning kick
* Demonstrate a grab then throw or takedown from a front snap kick
* Demonstrate an effective counter attack using a pressure point
* Demonstrate an effective release and counterattack for an attack from the rear

**Breaking**

**Men – Hands**

|  |  |
| --- | --- |
| **What to break** | **With** |
| 2 tiles | Downward strike with the knife hand |

**Men –Feet - Power**

|  |  |
| --- | --- |
| **What to break** | **With** |
| 4 boards | Side piercing kick |

**Men –Feet - Technique**

|  |  |
| --- | --- |
| **What to break** | **With** |
| 1 suspended board | Any standing kick |

**Women/Juniors – Hands**

|  |  |
| --- | --- |
| **What to break** | **With** |
| 1 tile | Downward strike with the knife hand |

**Women/Juniors – Feet - Power**

|  |  |
| --- | --- |
| **What to break (select one)** | **With (select one)** |
| 3 boards | Side piercing kick |

**Women/Juniors –Feet – Technique**

|  |  |
| --- | --- |
| **What to break (select one)** | **With (select one)** |
| 1 suspended board | Any standing kick |
| 1 board – 1 target | Flying twin foot front snap kick  Flying twin foot side piercing kick |

**Pee Wees - Hands**

|  |  |
| --- | --- |
| **What to break** | **With** |
| 1 board | Downward knife-hand strike |

**Pee Wees – Feet - Power**

|  |  |
| --- | --- |
| **What to break (select one)** | **With (select one)** |
| 2 boards | Side piercing kick |

**Required Knowledge**

**Meaning of Black Belt**

Black is the opposite of white, therefore, signifying the maturity and proficiency in TaeKwon-Do. It also indicates the wearer’s imperviousness to darkness and fear.

**Eight Parts of the Training Secrets of TaeKwon-Do**

* To study the theory of power thoroughly.
* To understand the purpose and meaning of each movement clearly.
* To bring the movement of eyes, hands, feet, and breath into a single coordinated action.
* To choose the appropriate attacking tool for each vital spot.
* To become familiar with the correct angle and distance for attack and defense.
* Keep both the arms and legs bent slightly while the movement is in motion.
* All movements must begin with a backward motion, with very few exceptions.
* To create a sine wave during the movement by using the knee spring properly.

**Pattern Choong-Moo**

Choong-Moo was the name given to the great Admiral Yi Sun-Sin of the Yi Dynasty.   He was reputed to have invented the first armored battleship (Kobukson) in 1592, which is said to be the precursor to the present day submarine.   The reason for this pattern ending in a left-hand attack is to symbolize his regrettable death.   Checked by the forced reservation of his loyalty to the king, Yi Sun-Sin was given no chance in his lifetime to show his unrestrained potentiality.

Diagram—Capital I

Moves—30

Ready Position—Parallel ready stance

1. Move the left foot to B forming a right L-stance toward B while executing a twin knife-hand block.
2. Move the right foot to B forming a right walking stance toward B while executing a high front strike to B with the right knife-hand and bring the left back hand in front of the forehead.
3. Move the right foot to A turning clockwise to form a left L-stance toward A while executing a middle guarding block to A with a knife-hand.
4. Move the left foot to A forming a left walking stance toward A while executing a high thrust to A with the left flat finger tip.
5. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
6. Turn the face to C forming a left bending ready stance A toward C.
7. Execute a middle side piercing kick to C with the right foot.
8. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
9. Execute a flying side piercing kick to D with the right foot soon after moving it to D and then land to D forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
10. Move the left foot to E turning counter clockwise to form a right L-stance toward E at the same time executing a low block to E with the left forearm.
11. Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward E, slipping the left foot.
12. Execute an upward kick to E with the right knee pulling both hands downward.
13. Lower the right foot to the left foot and then move the left foot to F forming a left walking stance toward F while executing a high front strike to F with the right reverse knife-hand, bringing the left back hand under the right elbow joint.
14. Execute a high turning kick to DF with the right foot and then lower it to the left foot.
15. Execute a middle back piercing kick to F with the left foot. (**Perform 14 and 15 in a fast motion.**)
16. Lower the left foot to F forming a left L-stance toward E while executing a middle guarding block to E with the forearm.
17. Execute a middle turning kick to DE with the left foot.
18. Lower the left foot to the right foot and then move the right foot to C forming a right fixed stance toward C while executing a U-shape block toward C.
19. Jump and spin around counter clockwise, landing on the same spot to form a left L-stance toward C while executing a middle guarding block to C with a knife-hand.
20. Move the left foot to C forming a left walking stance toward C at the same time executing a low thrust to C with the right upset fingertip.
21. Execute a side back strike to D with the right back fist and a low block to C with the left forearm while forming a right L-stance toward C, pulling the left foot.
22. Move the right foot to C forming a right walking stance toward C while executing a middle thrust to C with the right straight fingertip.
23. Move the left foot to B turning counter clockwise to form a left walking stance toward B while executing a high block to B with the left double forearm.
24. Move the right foot to B forming a sitting stance toward C while executing a middle front block to C with the right forearm and then a high side strike to B with the right back fist.
25. Execute a middle side piercing kick to A with the right foot turning counter clockwise and then lower it to A.
26. Execute a middle side piercing kick to A with the left foot turning clockwise.
27. Lower the left foot to A and then execute a checking block to B with an X-knife-hand while forming a left L-stance toward B pivoting with the left foot.
28. Move the left foot to B forming a left walking stance toward B while executing an upward block to B with a twin palm.
29. Move the left foot on line AB and then execute a rising block with the right forearm while forming a right walking stance toward A.
30. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A.

End: Bring the left foot back to a ready posture.