

1st Dan Requirements

1 Dan

Patterns

- Kwang-Gae Tul
- Po-Eun Tul
- Ge-Baek Tul (Including all previous patterns)

Kicking

- High twisting kick (Nopunde Bituro Chagi)
- Pressing kick (Noollo Chagi)
- Flying two-direction kick (Twimyo Sangbang Chagi)
- Flying twin foot front kick (Twimyo Sangbal Ap Chagi)
- Flying consecutive kick (Twimyo Yonsok Chagi)
- Side kick / Side kick
- Side kick / Turning kick

Blocking

- '9' shape block (Gutja Makgi)
- Arc hand block (Banal Son Makgi)
- U-shape grasp (Digtja Japgi)
- Forefist pressing block (Ap Joomuk Noollo Makgi)
- Inner forearm wedging block (Anpalmok Hechyo Makgi)
- Reverse knifehand low guarding block (Sonkal Dung Najunde Daebi Makgi)

Striking

- Inward knifehand low strike (Anuro Sonkal Najunde Taerigi)
- Side fist downward strike (Yop Joomuk Naeryo Taerigi)
- Horizontal punch (Soopyong Jirugi)
- Twin elbow horizontal thrust (Sang Palkup Tulgi)
- Mid-knuckle punch (Joong Ji Joomuk Jirugi)
- Demonstrate the application of fundamental movements (listed above)

Stances

- Parallel stance with heaven hand (Narani so Hanulson)
- One-leg stance (Waebal Sogi)

Sparring

- Black belt free sparring (Jayo Matsogi)
- 2 vs 1 Pre-arranged sparring routine (5 sequences – min. 10 sec each)
- 2 vs 1 black belt free sparring

Self-Defence

- Pre-arranged Self-Defence routine against 2 attackers
- Knife defence, 3 techniques each against: -
 - Thrust slash strike

Breaking techniques

- Specialty flying high twisting kick
- Flying back kick (over obstacle)
- Flying U-shape punching kick
- Suspended hand break (any technique)
- Suspended foot break (any technique)

- Power side piercing kick
- Back kick
- Forefist punch
- Reverse knifehand strike

Terminology/Theory

Meaning and number of movements in Kwang-Gae, Po-Eun & Gae-Baek
Names and application of fundamental movements (as above)

Oral Examination

Theory of Power. History, philosophy of Taekwon-Do, technique terminology, moral culture, etc.

Additional requirements

- Active instructing to colour belts
- Assistance in tournaments in an official capacity
- Active in organisation

Attendance

Recommended minimum 18 months active training and/or teaching (since obtaining 1st degree)
Active leadership to lower ranked members of United ITF Taekwon-Do New Zealand

Kwang-Gae (39 movements)

Kwang-Gae is named after the famous **Kwang-Gae-Toh-Wang**, the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram (+) represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 AD, the year he came to the throne.

Po-Eun (36 movements)

Po-Eun is the pseudonym of a loyal subject **Choong Mong-Chu** (1400) who was a famous poet and whose poem "I would not serve a second master though I might be crucified a hundred times" is known to every Korean. He was also a pioneer in the field of physics. The diagram (—) represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.

Ge-Baek (44 movements)

The pattern Ge-Baek is named after **Ge-Baek**, a great general in the Baek Je Dynasty (660 A.D.). The diagram (|) represents his severe and strict military discipline.