



STUDENT MANUAL

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Dear Taekwondo Family,

This manual is dedicated to all of the instructors and students. In the more than 20 years that our school has been open, many of you have requested written information ranging from the correct Korean names for different stances, blocks, strikes, and kicks to the origins of Taekwondo itself. I have designed this manual to help answer your questions. It should be used as a reference guide and should help in both learning and teaching Taekwondo.

Taekwondo is the most popular martial art in the world. It was a demonstration sport at the 1988 Summer Olympics in Seoul, Korea as well as the 1992 Summer Olympics in Barcelona, Spain. Beginning with the 2000 Summer Olympics in Sydney, Australia it is a full medal sport, one of only two martial arts to have this honorable distinction.

Taekwondo has rapidly grown in popularity through the years due to the immense benefits it provides. Many of my students have found greater self-confidence, physical and mental discipline, and improved health as a result of their training. I hope you will all benefit from Taekwondo as I have through the years.

Sincerely,

A handwritten signature in black ink, appearing to be 'JW Kim', written in a fluid, cursive style.

Grand Master Jung Woo Kim



Grand Master J.W. Kim was born in Seoul, South Korea and moved to Sao Paulo, Brazil a few years later where he started in Taekwondo at age 4. He proceeded to win many of the prestigious tournaments and became a well known competitor. Ever since he achieved his black belt, he has been actively involved in teaching and coaching Taekwondo.

Being accepted at New York University, Grand Master Kim left Brazil to go to New York City at age 18. In only 3 years he learned English and received a degree in economics graduating with honors. In addition to English, Grand Master Kim has learned several more and now speaks six languages.

After graduation, Grand Master Kim went on to open J.W. Kim Taekwondo in Greenwood Village, Colorado. Since 1995, J.W. Kim Taekwondo has become one of the largest operations in martial arts in Colorado and has started affiliate programs in Palo Alto, CA, Denver, CO, Highlands Ranch, CO, and Castle Pines, CO. Grand Master Kim has also graduated over 1,000 students to the level of black belt.

- 7th degree black belt- Kukkiwon Certified (2010)
- Appointed as a special advisor to the Kukkiwon (2012)
- Former V.P of Colorado Taekwondo Association (1999-2002)
- September 20th is official J.W. Kim day proclaimed by Denver's Mayor Wellington Webb.
- Presidential Sports Award from President Bill Clinton in 1996.
- Coach of many National and International champions
- Special commendation from Kukkiwon President Woo Kyu Uhm for Master Kim's unlimited efforts of self sacrifice to bring about the popularization of the sport Taekwondo (2004)

Other martial arts experience: Hapkido and Brazilian JiuJitsu

Our instructors set J.W. Kim Taekwondo apart from many schools. We truly believe that the instructors you train with here really are some of the best. Not only because they've competed in and won numerous state, national, and international tournaments or because they're physically capable, but also possess many intangibles that our students value. We realize that just because you can perform well does not guarantee you can teach well.

Our instructors all came to J.W. Kim Taekwondo for different reasons; some came for exercise, some for confidence, some for self-defense, and some for focus and self-discipline. Whatever the reason for beginning Taekwondo, they have all been personally and positively influenced by this Korean art. While all of our instructors have different personalities, one thing they all have in common is their love for Taekwondo and a passion to share the experience with as many other people as possible.

Leadership is one intangible that we value in our instructors. Prior to earning their black uniforms, our instructors complete the STORM Team leadership program for at least two years. Our STORM team leadership program teaches team members how to teach students of all age and ability levels.

Active citizenship is another characteristic that sets our instructors apart. All of our instructors exemplify the five Tenets of Taekwondo: Courtesy, Integrity, Perseverance, Indomitable Spirit, and Self-Control. Furthermore, many of our instructors regularly engage in community service such as volunteering in hospitals, homeless shelters, veteran's associations, and poverty relief programs.

Academic prioritization is also important to our instructors. We expect J.W. Kim instructors to have a minimum of a 3.0 GPA, however, many of our instructors exceed those expectations. Our younger instructors often receive high accolades in high school and continue on to attend college. Our older instructors all have college degrees and many graduated from college with honors.

Additionally, all of our instructors are well rounded. While Taekwondo is a huge component of their lives, it is not the sole component. They all excel at areas outside of the Dojang. Whether it's raising a family, academics, business interests, charity work, athletics, technology, art, or other hobbies, they all believe that it is important to be well balanced and accumulate a variety of skills and interests to lead a truly fulfilling life.

Lastly, all of our instructors are hungry to learn more. They lean heavily on Grand Master Kim, each other, and, most importantly, our students to push us to continue learning and perfecting our technique and instruction skills.

All schools claim to have good instructors. But ask them, what makes your instructors better than other schools? Few can respond with the exceptional combination of martial arts accomplishments and life accomplishments. Our instructors are all well trained, educated, motivated, and positive people. Being able to teach and share these skills and experiences is what makes our instructors J. W. Kim instructors.

Taekwondo is a **Korean martial art that began over 2000 years ago**. Archaeologists have found drawings on the walls of ancient tombs that show men practicing different blocks and punches. The existence of these murals allows historians to date the origins of what we now call Taekwondo to around 50 BC.

In ancient times, Korea was divided into 3 kingdoms: **Koguryo, Paekje, and Silla. Silla later unified the three kingdoms** after winning the war against Paekje in 668 AD and Koguryo in 670 AD. **The Hwa Rang Do** helped in this unification. The Hwa Rang Do was an elite group of young noble men who devoted themselves to improving both their minds and bodies to better serve their **kingdom of Silla**. The Hwa Rang Do had an honor code and practiced various forms of martial arts, including Tae Kyon and Soo Bakh Do. These forms of martial arts are the origins of what we call Taekwondo today. Additionally, the honor code practiced by the Hwa Rang Do is the philosophical basis of modern Taekwondo.

Many years of peace followed the unification of the 3 kingdoms and allowed the people of Korea to learn and practice these martial arts. Unfortunately, in 1909 the Japanese invaded

Korea and forbid the practice of their martial art, that was then being called Soo Bak. Fortunately, people continued to practice Soo Bak in secret.

At the end of WWII, when Japan was driven from Korea, several different styles of martial arts began to develop. **A style or school of martial arts was called a "Kwan"**. Some of the different Kwans that developed were "Chung Do Kwan", "Moo Duk Kwan", "Yun Moo Kwan", and "Ji Do Kwan". Although they were similar in many ways, there were small differences. **There was no unified way to bow, punch, kick, or compete**. Eventually, the leaders of the separate kwans agreed that the different styles needed to unite in order to grow.

In 1955 the kwans unified and in 1957 the name Taekwondo was adopted. In 1973, the World Taekwondo Federation (WTF) was founded and in 1980 the International Olympic Committee (IOC) recognized the WTF. The 1988 & 1992 Summer Olympics presented Taekwondo as a demonstration sport and **beginning with the 2000 Summer Olympics** in Sydney, Australia **Taekwondo has joined Judo as the only two martial arts to be recognized by the IOC**.

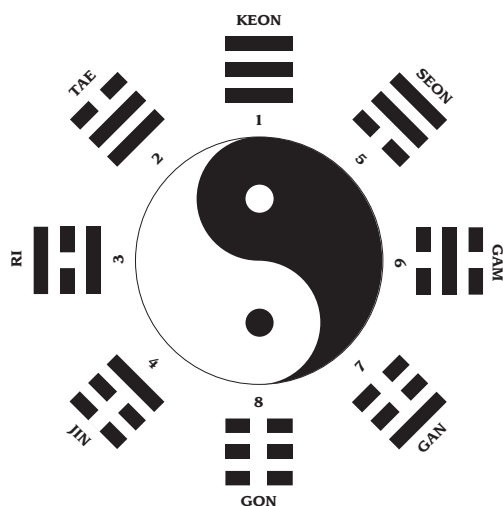
"Poomse" is the Korean word for a form. All students of Taekwondo are required to learn certain forms. As students of the WTF style of Taekwondo you will learn Taegeuk Poomse. The Taegeuk forms of Taekwondo are paradigms of the martial art. They contain the basic physical movements and also the philosophical thoughts from which the art was derived.

Literally, **"Tae" means bigness** and **"geuk" means eternity**. Combined **Taegeuk means "great eternity"**. The **8 patterns** of the Taegeuk forms derive their meanings from the basic tenets of the orient's oldest philosophical work, **The Book of Changes**. Koreans call this book Jooyeok. In the Book of Changes the universe is divided into eight subsequent combinations derived from the major forces of the universe, Yin and Yang. **Yin is the ultimate creative power** and **Yang is the ultimate receptive power**.

Each combination is represented by a symbol called a trigram, because it contains three lines. As the figure on the following page demonstrates, the 8 trigrams are arranged in a circle around the symbol for Yin and Yang. Opposite pairs are positioned across the circle from one another, to represent the interdependent polarities that compose the universe.

The following chart denotes the eight forms of Taekwondo and their meanings:

1. Taegeuk Il Jang	Keon	Heaven & Light
2. Taegeuk Yi Jang	Tae	Joy
3. Taegeuk Sam Jang	Ri	Fire & Clarity
4. Taegeuk Sa Jang	Jin	Thunder
5. Taegeuk Oh Jang	Seon	Wind
6. Taegeuk Yuk Jang	Gam	Water
7. Taegeuk Chil Jang	Gan	Mountain
8. Taegeuk Pal Jang	Gon	Earth



Together these concepts and symbols represent the balance of all nature. In the training of Taekwondo, as in life, we hope to find this balance. The poomse carry with them not only the physical movements but also the meaning of Taekwondo.



The following should be considered while performing forms:

1. Form should begin and end at exactly the same spot. This indicates the quality of the performer's stances and technique.
2. Correct posture and body position must be maintained at all times.
3. Muscles of the body should be either tensed or relaxed at the proper, critical moments in the form.
4. The exercise should be performed in a rhythmic movement with an absence of stiffness.
5. Movement should be accelerated or decelerated according to the specifications of that pattern.
6. Exhale on exertion of each technique in order to maximize power.
7. Each pattern should be perfected before moving to the next.
8. Students should know the purpose of each movement.

WTF STYLE (OLYMPIC STYLE)

1. **TAEGEUK IL JANG** – Heaven and light.
2. **TAEGEUK YI JANG** – Joy.
3. **TAEGEUK SAM JANG** – Fire and clarity.
4. **TAEGEUK SA JANG** – Thunder.
5. **TAEGEUK OH JANG** – Wind.
6. **TAEGEUK YUK JANG** – Water.
7. **TAEGEUK CHIL JANG** – Mountains.
8. **TAEGEUK PAL JANG** – Earth.
9. **KORYO** – Named after an old Korean Dynasty. The people from the Goryeo defeated the Mongolian aggressors. It is intended that their spirit is reflected in the movements of the Poomse Koryo. Each movement of this Poomse represents the strength and energy needed to control the Mongols.
10. **KEUMGANG** – Means "diamond," symbolizing hardness. Keumgang is also the name of the most beautiful mountain in Korea, as well as the Kuemgang warrior, named by Buddha. Thus, the themes of hardness, beauty, and pondering permeate this Poomse.
11. **TAEBEK** – Translates to "lightness". Every movement in this Poomse is intended to be not only be exact and fast, but with determination and hardness resembling the mountain Baekdoo, the origin of the nation of Korea.
12. **PYONGWON** – Translates roughly to 'vast plain'. The plain is a source of sustaining the human life and, on the other hand, a great open plain stretching out endlessly gives us a feeling of majesty that is different from what we feel with a mountain or the sea.

ITF STYLE

1. **CHONJI** – 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.
2. **DANGUN** – Named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 B.C.
3. **DOSAN** – Pseudonym of the patriot Ahn Chang-Ho (1876-1938) The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.
4. **WONHYO** – Noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.
5. **YULGOK** – Pseudonym of a great philosopher and scholar Yi I (1536-1584) nicknamed the "Confucius of Korea" The 38 movements of this pattern refer to his birthplace on 38 latitude, and the diagram represents "scholar".
6. **JOONGGUN** – Named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed in a Lui-Shung prison (1910).
7. **TOIGYE** – Pen name of the noted scholar Yi Hwang (16th century), an authority on neo Confucianism. The 37 movements of the pattern refer to his birthplace on 37 latitude, and the diagram represents "scholar".
8. **HWARANG** – 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.
9. **CHOONGMOO** – Named after the great Admiral Yi Soon-Sin of the Lee Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.
10. **KWANGGAE** – 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 A. D., the year he came to the throne.
11. **POEUN** – Pseudonym of a loyal subject Chong 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.
12. **GE BAEK** – Named after Ge Baek, a great general in the Baek Je Dynasty (660 AD). The diagram represents his severe and strict military discipline.



1. Arrive early for class.
2. Always bring your attendance card into class.
3. Attend regularly.
4. Students must bow when they enter or exit the school's lobby.
5. Students must bow to the flags when entering or leaving the Dojang (training area).
6. Students must bow to the Masters and Instructors the first time they see them and the first time they enter the Dojang.
7. Tie your belt correctly.
8. Bring your full set of J. W. Kim Taekwondo approved sparring equipment for all sparring classes.
9. Never climb on the kicking bags or misuse any equipment.
10. Never use bad language or insult another student.
11. Help keep the Dojang neat and orderly.
12. Do not engage in rough play before or after class.

Tenets of Taekwondo

1. Courtesy
2. Integrity
3. Perseverance
4. Indomitable Spirit
5. Self Control

Taekwondo Oath

1. Observe the Tenets of Taekwondo
2. Respect my instructor and senior belts
3. Never misuse Taekwondo
4. Build a more peaceful world
5. Be a champion of freedom and justice

Etiquette

- When lining up students should line up by rank and then by age allowing higher ranking students and more senior students to line up first.
- When in groups, the lowest ranking student in the group should get any required equipment. If there are multiple students of the same rank, the younger student should get the equipment.
- Bow and use two hands whenever exchanging equipment, papers, certificates, or any other items.
- Answer up. All questions and commands should be answered Yes Sir/Ma'am or No Sir/Ma'am.

Commands

Charyot	Attention
Kukke Yea Deehayo	To the Flag
Kwanjangnim	To the Head Master
Sabumnim Kye	To the Master (4th to 6th degree)
Kyosanin Kye	To the Instructor (2nd to 3rd degree)
Kyunyeah	Bow
Kamsa Habneeda	Thank You Very Much
Hecho	Dismissed

How to Address Senior Belts

"Kwanjangnim" – Head Master

"Sabumnim" – Master – 4th degree Black Belt or Higher

"Kyosanin" – Instructor – 2nd and 3rd degree black uniform instructors

When you are at the school, you must always address all senior belts as Sir or Ma'am.

All questions are to be answered Yes or No Sir/Ma'am.

KOREAN NUMBERS: 1-100



J.W. KIM
TAE KWON DO

NUMBER	ENGLISH	KOREAN
1	One	Hana
2	Two	Dule
3	Three	Set
4	Four	Net
5	Five	Dasot
6	Six	Yosot
7	Seven	Il gob
8	Eight	Yo dul
9	Nine	Ahop
10	Ten	Yul
11	Eleven	Yul hana
12	Twelve	Yul dule
13	Thirteen	Yul set
14	Fourteen	Yul net
15	Fifteen	Yul dasot
16	Sixteen	Yul yosot
17	Seventeen	Yul il gob
18	Eighteen	Yul yo dul
19	Nineteen	Yul ahop
20	Twenty	Sumul
21	Twenty one	Sumul hana
22	Twenty two	Sumul dule
23	Twenty three	Sumul set
24	Twenty four	Sumul net
25	Twenty five	Sumul dasot
26	Twenty six	Sumul yosot
27	Twenty seven	Sumul il gob
28	Twenty eight	Sumul yo dul
29	Twenty nine	Sumul ahop
30	Thirty	Sarun
31	Thirty one	Sarun hana
32	Thirty two	Sarun dule
33	Thirty three	Sarun set
34	Thirty four	Sarun net
35	Thirty five	Sarun dasot
36	Thirty six	Sarun yosot
37	Thirty seven	Sarun il gob
38	Thirty eight	Sarun yo dul
39	Thirty nine	Sarun ahop
40	Forty	Mahun
41	Forty one	Mahun hana
42	Forty two	Mahun dule
43	Forty three	Mahun set
44	Forty four	Mahun net
45	Forty five	Mahun dasot
46	Forty six	Mahun yasot
47	Forty seven	Mahun il gob
48	Forty eight	Mahun yo dul
49	Forty nine	Mahun ahop
50	Fifty	Shehun

NUMBER	ENGLISH	KOREAN
51	Fifty one	Shehun hana
52	Fifty two	Shehun dule
53	Fifty three	Shehun set
54	Fifty four	Shehun net
55	Fifty five	Shehun dasot
56	Fifty six	Shehun yosot
57	Fifty seven	Shehun il gob
58	Fifty eight	Shehun yo dul
59	Fifty nine	Shehun ahop
60	Sixty	Yesun
61	Sixty one	Yesun hana
62	Sixty two	Yesun dule
63	Sixty three	Yesun set
64	Sixty four	Yesun net
65	Sixty five	Yesun dasot
66	Sixty six	Yesun yosot
67	Sixty seven	Yesun il gob
68	Sixty eight	Yesun yo dul
69	Sixty nine	Yesun ahop
70	Seventy	Ilhun
71	Seventy one	Ilhun hana
72	Seventy two	Ilhun dule
73	Seventy three	Ilhun set
74	Seventy four	Ilhun net
75	Seventy five	Ilhun dasot
76	Seventy six	Ilhun yosot
77	Seventy seven	Ilhun il gob
78	Seventy eight	Ilhun yo dul
79	Seventy nine	Ilhun ahop
80	Eighty	Yodun
81	Eighty one	Yodun hana
82	Eighty two	Yodun dule
83	Eighty three	Yodun set
84	Eighty four	Yodun net
85	Eighty five	Yodun dasot
86	Eighty six	Yodun yosot
87	Eighty seven	Yodun il gob
88	Eighty eight	Yodun yo dul
89	Eighty nine	Yodun ahop
90	Ninety	Ahun
91	Ninety one	Ahun hana
92	Ninety two	Ahun dule
93	Ninety three	Ahun set
94	Ninety four	Ahun net
95	Ninety five	Ahun dasot
96	Ninety six	Ahun yosot
97	Ninety seven	Ahun il gob
98	Ninety eight	Ahun yo dul
99	Ninety nine	Ahun ahop
100	One Hundred	Bak



ORDINAL NUMBERS

1st:	Il
2nd:	Yi
3rd:	Sam
4th:	Sa
5th:	Oh
6th:	Yuk
7th:	Chil
8th:	Pal
9th:	Goo
10th:	Ship

KOREAN TERMINOLOGY



BAR CHAGIE (Basic kicks)

GYORUGY JAZAE (Fighting Stance)

Podo Oligui	Rising Leg/Rising Kick
Ap Chaggie	Front Kick
Pique Chaggie	Roundhouse Kick
Yop Chaggie	Side Kick
Bacat Chaggie	Crescent Kick to Outside
An Chaggie	Crescent Kick to Inside
Tchigo Chaggie	Axe Kick
Dolio Chaggie	High Roundhouse Kick
Mido Chaggie	Push Kick
Ti Chaggie	Back Kick
Ti Dolio Chaggie	Spinning Hook Kick
Timio Ti Chaggie	Jumping Back Kick
Timio Ti Dolio Chaggie	Jumping Spinning Hook Kick
Naraban Chaggie	Butterfly Kick

KIBON DON JAK (Basic stances and hand techniques)

NARANI (Shoulder Stance)

AP KUBI (Front Stance)

Arae Makki	Low Block
Monton Thirugui	Middle Punch
Orgule Makki	High Block
Pyonsoncut Seuo Thirugie	Middle Target Spear Finger Strike
Jebipoom Moc Chiggie	Palm Rising Block with Neck Strike
Dung Jumoc Ap Chiggie	Front Back Fist Strike
Palgub Dolio Chiggie	Elbow Strike
Palgub Chiggie	Elbow Strike to Palm
Orgule Bacat Makki	High Outer Block
Batanson Monton Makki	Palm Middle Block
Kawe Makki	Scissor Block
Hecho Makki	Spread Block
Utgoro Makki	Low "X" Block
Waysantul Makki	Mountain Block
Tuc Chiggie	Chin Strike/Upper Cut

ABSOGI (Walking Stance)

Jebipoom Hansonal Moc Chiggie	Knife Hand Neck Strike
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TUI KUBI (Back Stance)

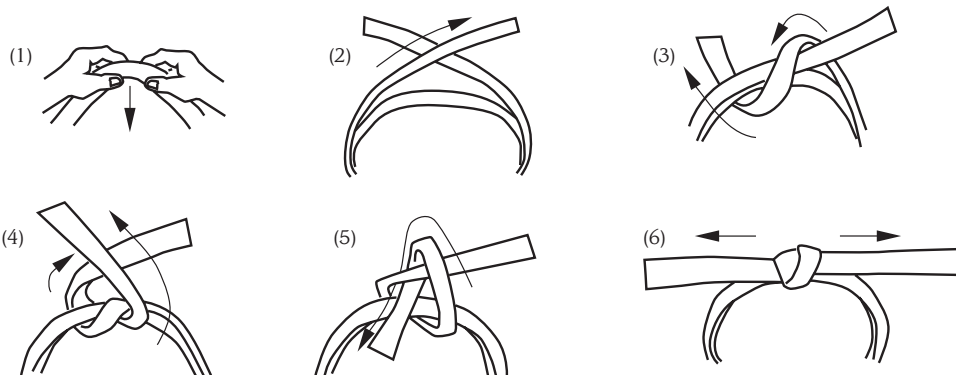
Sonal Godolo Makki	Double Knife Hand Middle Block
Hansonal Monton Makki	Single Knife Hand Middle Block
Bacat Palmoc Makki	Outer Arm Middle Block
An Palmoc Makki	Inner Arm Middle Block
Sonal Arae Makki	Double Knife Hand Low Block
Godolo Bacat Makki	Double Fist Middle Block
Godolo Bacat Arae Makki	Double Fist Low Block

BOOMSOGI (Tiger Stance)

Bantanson Monton Makki	Palm Middle Block
Monton Makki	Middle Block
Dung Jucmoc Ap Chiggie	Front Back Fist Strike

10th Gup	White Belt	Purity – No knowledge of Taekwondo
9th Gup	Yellow Belt	Sunrise – Opening to receive knowledge
8th Gup	Orange Belt	Sunset – Promise of a better tomorrow
7th Gup	Green Belt	Plant – Growth
6th Gup	Purple Belt	Power – The royal color of majesty
5th Gup	Blue Belt	Sky – Unlimited boundaries
4th Gup	Red Belt	Fire – Caution
3rd Gup	High Red Belt	Volcano – Fire creating Earth
2nd Gup	Brown Belt	Earth – Solid like mountains
1st Gup	High Brown Belt	Maturity – Ready to face responsibility
1st Dan	Black Belt	Completion of a life cycle and a beginning of a new life

How to Tie a Belt:



MINIMUM TIME REQUIRED TO TEST



J.W. KIM
TAE KWON DO

The table below shows the minimum amount of time and number of classes required to be eligible to test. This applies to all students unless they are enrolled in a private lesson program or receive permission from Master Kim.

CURRENT BELT COLOR	TIME	CLASSES
White	Not specified	Not specified
Yellow	2 months	20 classes
Orange	2 months	20 classes
Green	3 months	30 classes
Purple	3 months	30 classes
Blue	4 months	40 classes
Red	4 months	40 classes
High Red	5 months	50 classes
Brown	6 months	50 classes
High Brown	6 months	Not specified

Students in the Little Dragons' and Children's programs will earn stripes towards their next belt. Stripes prove to be a good way to help our younger students set intermediate goals and understand that one cannot always jump immediately to "the big prize." Many times it is important to set smaller goals along the way to achieving a larger goal. The stripe system also helps students understand what they need to know and what a reasonable amount of time is to learn and develop an intimate understanding of their curriculum. Students of all belt colors from white to brown will need to earn four stripes of their next color belt in order to test for their next rank.

In addition to the four colored stripes, students will need to earn white stripes. White stripes are earned based on merit. Students can earn white stripes for a variety of behaviors including, but not limited to, working hard, exceptional discipline and respect, or setting a positive example outside of the Dojang. White belts are not required to earn white stripes. Yellow, orange, green, and purple belts need to earn at least one white stripe. Students who are blue, red, high red, or brown belts need to earn at least two white stripes to test.

The first page of each section in the manual will provide a table showing what students (Little Dragons and Children) need to know and approximately how many classes they need to attend to earn each stripe. Instructors retain the right to promote students more quickly or slowly than described based on a variety of factors including behavior, effort, skill level, and private lessons.

LITTLE DRAGONS' BELT TESTING CURRICULUM





LITTLE DRAGON STRIPE SYSTEM:

Belt Color	1st Stripe		2nd Stripe		3rd Stripe		4th Stripe	
	Classes	Requirements	Classes	Requirements	Classes	Requirements	Classes	Requirements
White	4	Blocks	8	Kicks	12	Half of form	16	Full form
Yellow	5	Kicks and hand techniques	10	One-third of form	15	Two-thirds of form	20	Full form
Orange	5	Kicks and hand techniques	10	One-third of form	15	Two-thirds of form	20	Full form
Green	7	Kicks and hand techniques	15	One-third of form	22	Two-thirds of form	30	Full form
Purple	7	Kicks and hand techniques	15	One-third of form	22	Two-thirds of form	30	Full form

*Beginning at blue belt Little Dragons will follow the children's curriculum and stripe system.

LITTLE DRAGONS (AGES 4-6)**WHITE BELT***(Testing White to Yellow)***Physical Requirements:**

- | | |
|--|--|
| <p>1) KICKS</p> <ul style="list-style-type: none">A) Rising kickB) Front snap kickC) Roundhouse kickD) Side kick <p>2) HAND TECHNIQUES</p> <ul style="list-style-type: none">A) High blockB) Middle inner blockC) Low blockD) Middle punch | <p>3) STANCES</p> <ul style="list-style-type: none">A) Attention stanceB) Ready stanceC) Shoulder stanceD) Fighting stanceE) Horse riding stanceF) Front stanceG) Listening stance <p>4) FORM</p> <ul style="list-style-type: none">A) Little Dragon Oren Saju Jirugi
(4 punches and 4 blocks) |
|--|--|

Mental Requirements:

- 1) COUNT FROM 1 TO 5 IN KOREAN
- One – Hana
 - Two – Dule
 - Three – Set
 - Four – Net
 - Five – Dasot
- 2) TENETS OF TAEKWONDO
- Courtesy
 - Integrity
 - Perseverance
 - Indomitable spirit
 - Self-control
- 3) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK.
- Rising kick – Back of the heel
 - Front snap kick – Ball
 - Roundhouse kick – Top
 - Side kick – Bottom of the heel
- 4) PHONE NUMBER
- Home phone number or parents' cell phone number(s)

LITTLE DRAGONS (AGES 4-6)**YELLOW BELT***(Testing Yellow to Orange)***Physical Requirements:**

- 1) KICKS
 - A) Axe kick
 - B) High roundhouse kick
 - C) Inside crescent kick
 - D) Outside crescent kick
 - E) All previous kicks
- 2) HAND TECHNIQUES
 - A) Reverse middle punch
 - B) Reverse middle inner block
 - C) All previous hand techniques
- 3) STANCES
 - A) Walking stance
 - B) All previous stances
- 4) FORM
 - A) Little Dragon Taegeuk Il Jang

Mental Requirements:

- 1) COUNT FROM 1 TO 10 IN KOREAN
 - One – Hana
 - Two – Dule
 - Three – Set
 - Four – Net
 - Five – Dasot
 - Six – Yosot
 - Seven – Il gob
 - Eight – Yo dul
 - Nine – Ahop
 - Ten – Yul
- 2) MEANING OF THE TENETS OF TAEKWONDO
 - Courtesy – Be nice to others
 - Integrity – Do not lie
 - Perseverance – Never give up
 - Indomitable spirit – Don't get sad when things don't go your way
 - Self-control – Always behave
- 3) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK.
 - Axe kick – Back of the heel
 - High roundhouse kick – Top
 - Inside crescent kick – Inside edge of the foot
 - Outside crescent kick – Outside edge of the foot
- 4) HOME ADDRESS

LITTLE DRAGONS (AGES 4-6)**ORANGE BELT***(Testing Orange to Green)***Physical Requirements:**

- | | |
|---------------------------------|-----------------------------------|
| 1) KICKS | 3) STANCES |
| A) Push kick | A) All previous stances |
| B) Back kick | |
| C) Jumping side kick | 4) FORM |
| D) All previous kicks | A) Little Dragons Taegeuk Yi Jang |
| 2) HAND TECHNIQUES | 5) BOARD BREAKING |
| A) High Punch | A) Push kick |
| B) All previous hand techniques | |

Mental Requirements:

- 1) WHY DO YOU BOW?
 - To show respect. SIR/M'AM!
- 2) WHEN DO YOU BOW?
 - We bow when we enter and exit the school
 - We bow to the flags when we enter and exit the Dojang (training area)
 - We bow to the Masters, Instructors, and all black belts anytime and anywhere we see them
- 3) COUNT 11-20 IN KOREAN
 - Eleven – Yul hana
 - Twelve – Yul dule
 - Thirteen – Yul set
 - Fourteen – Yul net
 - Fifteen – Yul dasot
 - Sixteen – Yul yoset
 - Seventeen – Yul il gob
 - Eighteen – Yul yo dul
 - Nineteen – Yul ahop
 - Twenty - Sumul
- 4) KNOW AND SHOW RIGHT AND LEFT
- 5) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK.
 - Push kick – Bottom of the heel
 - Back kick – Bottom of the heel
 - Jumping side kick – Bottom of the heel

**LITTLE DRAGONS (AGES 4-6)****GREEN BELT***(Testing Green to Purple)***Physical Requirements:**

- 1) KICKS
 - A) Spinning hook kick
 - B) Butterfly kick
 - C) Jumping front kick
 - D) All previous kicks
- 2) HAND TECHNIQUES
 - A) Knife hand neck strike
 - B) Single middle knife hand block
 - C) All previous hand techniques
- 3) STANCES
 - A) All previous stances
- 4) FORM
 - A) Little Dragon Taegeuk Sam Jang

Mental Requirements:

- 1) WHY DO YOU YELL IN TAEKWONDO?
 - To show power, focus, and confidence. SIR/M'AM!
- 2) TAEKWONDO OATH
 - I will observe the Tenets of Taekwondo
 - I will respect my instructors and seniors
 - I will never misuse Taekwondo
 - I will help build a more peaceful world
 - I will be a champion of freedom and justice
- 3) COUNT TO 40 IN KOREAN
 - 30 Sarun
 - 40 Mahun
- 4) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK.
 - Spinning hook kick – back of the heel
 - Butterfly kick – top of the foot
 - Jumping front kick – ball

LITTLE DRAGONS (AGES 4-6)**PURPLE BELT***(Testing Purple to Blue)***Physical Requirements:**

- 1) KICKS
 - A) Double roundhouse kick
 - B) Skipping front leg roundhouse kick
 - C) All previous kicks
- 2) HAND TECHNIQUES
 - A) Double middle knife hand block
 - B) Palm block
 - C) Palm rising block
 - D) Spear hand strike
 - E) All previous hand techniques
- 3) STANCES
 - A) Back stance
 - B) All previous stances
- 4) FORM
 - A) Little Dragon Taegeuk Sa Jang

Mental Requirements:

- 1) HOME RULES
 - Be respectful to your parents, brothers, sisters, and pets
 - Keep your room clean
 - Put toys away after playing with them
 - Work hard in school
- 2) KNOW HOW TO TIE YOUR BELT
- 3) WHAT ARE THE RULES OF THE DOJANG?
(see introduction section of the manual, page 8)
- 3) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK
 - Double roundhouse kick – top of the foot
 - Skipping front leg roundhouse kick – top of the foot

CHILDREN'S & ADULT'S COLOR BELT TESTING CURRICULUM



CHILDREN'S STRIPE TEST REQUIREMENTS



J.W. KIM
TAE KWON DO

COLOR BELT STRIPE SYSTEM:

Belt Color	1st Stripe		2nd Stripe		3rd Stripe		4th Stripe	
	Classes	Requirements	Classes	Requirements	Classes	Requirements	Classes	Requirements
White	4	Blocks	8	Kicks	12	First half of form	16	Full form
Yellow	5	Kicks and hand techniques	10	One-third of form	15	Two-thirds of form	20	Full form
Orange	5	Kicks and hand techniques	10	First half of form	15	Full form	20	Falling
Green	7	Kicks and hand techniques	15	First half of form	22	Full form	30	Falling
Purple	7	Kicks and hand techniques	15	First half of form	22	Full form	30	One step sparring & rolling
Blue	10	Kicks and hand techniques	20	First half of form	30	Full form	40	One step sparring & falling
Red	10	Kicks, hand techniques, first half of form	20	Full form	30	One step sparring	40	Knee sparring & rolling
High Red	12	Kicks, hand techniques, first half of form	25	Full form	37	One step sparring	50	Knee sparring
Brown	12	Kicks, hand techniques, first half of form	25	Full form	37	1-step sparring & knee sparring	50	Adult White through Orange self defense

*High brown belts will receive stripes during black belt candidacy corresponding with curriculum milestones.



WHITE BELT

(Testing White to Yellow)

Physical Requirements:

- 1) KICKS
 - A) Rising kick
 - B) Front kick
 - C) Roundhouse kick
 - D) Side kick
- 2) HAND TECHNIQUES
 - A) High block
 - B) Middle inner block
 - C) Low block
 - D) Middle punch
- 3) STANCES
 - A) Attention stance
 - B) Ready stance
 - C) Shoulder stance
 - D) Fighting stance
 - E) Horse riding stance
 - F) Front stance
 - G) Listening stance (Children Only)
 - H) "Kick me" stance (should never be used)
- 4) FORM
 - A) Oren Saju Jirugi
 - B) When Saju Jirugi (Adults Only)
- 5) SELF-DEFENSE (ADULTS ONLY)

Know the four areas of the body, from the neck up, that are most susceptible to strikes and pressure. Demonstrate via "Walk the Body" or be able to identify body parts and potential strikes orally.

 - A) Eyes
 - B) Ears
 - C) Nose
 - D) Throat

WHITE BELT

(Testing White to Yellow)

Mental Requirements:

- 1) WHAT IS TAEKWONDO?
 - Taekwondo is a Korean martial art, which originated about 2000 years ago. “Tae” means techniques of the foot – kicking and jumping. “Kwon” means the techniques of the hand – punches, strikes, and blocks. “Do” means the art and manner of life. SIR/MA'AM!
- 2) WHAT IS THE BOW?
 - The bow is an oriental form of greeting and a symbol of respect. SIR/MA'AM!
- 3) WHY DO YOU BOW?
 - We bow to show respect. SIR/MA'AM!
- 4) WHEN DO YOU BOW?
 - We bow when we enter/exit the school
 - We bow when we enter/exit the Dojang (training area)
 - We bow to the Masters
 - We bow to the Instructors
 - We bow to all other black belts and our fellow students
- 5) WHAT IS THE MEANING OF THE WHITE BELT?
 - The white belt signifies purity, no knowledge of Taekwondo. SIR/MA'AM!
- 6) COUNT FROM 1 TO 5 IN KOREAN
 - One – Hana
 - Two – Dule
 - Three – Set
 - Four – Net
 - Five – Dasot
- 7) TENETS OF TAEKWONDO AND THEIR MEANING
 - Courtesy – Be nice to others and treat them with respect.
 - Integrity – Do not lie and treat others fairly.
 - Perseverance – Never give up.
 - Indomitable spirit – Keep a positive attitude.
 - Self-control – Control your thoughts, words, and actions.
- 8) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK
 - Rising kick – Back of the heel
 - Front snap kick – Ball
 - Roundhouse kick – Instep (top)
 - Side kick – Bottom of the heel
- 9) BE ABLE TO IDENTIFY, DEFINE, AND ANSWER QUESTIONS ABOUT THE CURRENT LIFE SKILL CONCEPT. (Children only)



YELLOW BELT

(Testing Yellow to Orange)

Physical Requirements:

- 1) KICKS
 - A) Axe kick
 - B) High roundhouse kick
 - C) Inside crescent kick
 - D) Outside crescent kick
 - E) All previous kicks
- 2) HAND TECHNIQUES
 - A) Reverse middle inner block
 - B) Reverse middle punch
 - C) Low punch
 - D) All previous hand techniques
- 3) STANCES
 - A) Walking stance
 - B) All previous stances
- 4) FORM
 - A) Taegeuk Il Jang
 - B) All previous forms (Adults Only)
- 5) SELF-DEFENSE (ADULTS ONLY)

Know the five areas of the body, from the neck down, that are most susceptible to strikes and pressure. Demonstrate via "Walk the Body" or be able to identify body parts and potential strikes orally.

 - A) Solar Plexus
 - B) Finger
 - C) Groin
 - D) Knee
 - E) Ankle/Foot

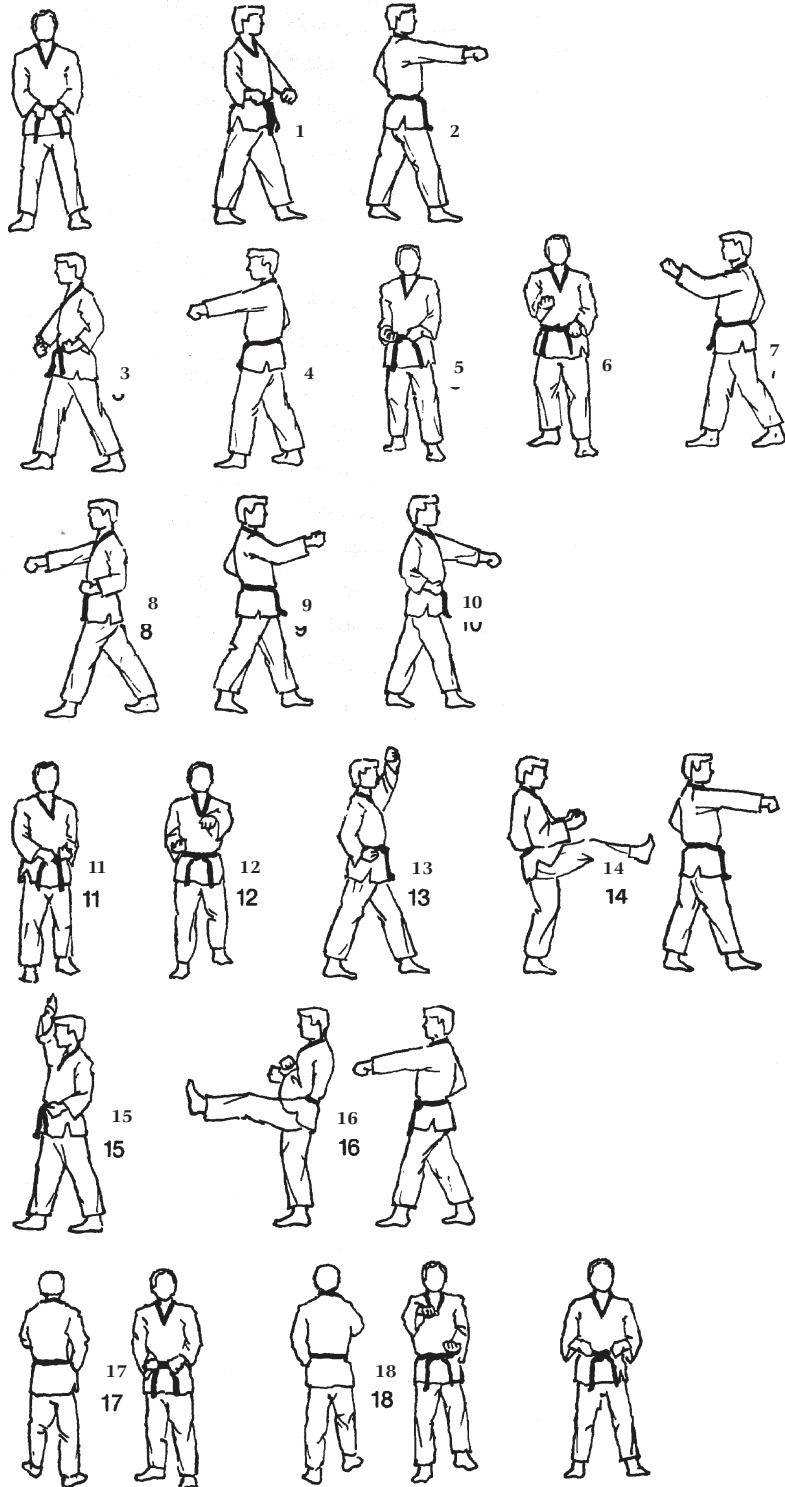
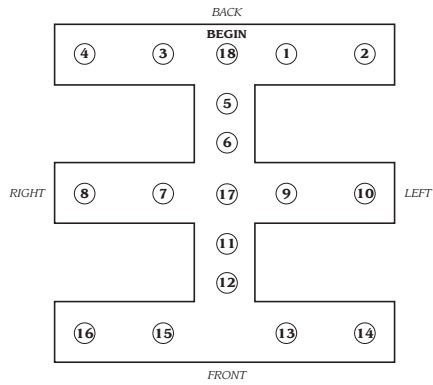
YELLOW BELT

(Testing Yellow to Orange)

Mental Requirements:

- 1) WHAT IS THE TAEKWONDO OATH?
 - I will observe the Tenets of Taekwondo
 - I will respect my instructors and seniors
 - I will never misuse Taekwondo
 - I will help build a more peaceful world
 - I will be a champion of freedom and justice
- 2) WHY DO KIEHAP (YELL) IN TAEKWONDO?
 - To develop spiritual strength with concentration, power, and confidence. SIR/MA'AM!
- 3) WHY DO YOU BELT TEST?
 - To demonstrate our knowledge and preparation of Taekwondo. To gain confidence by performing under pressure and to let a qualified judge determine the increase in our knowledge. SIR/MA'AM!
- 4) WHAT IS THE MEANING OF THE YELLOW BELT?
 - The yellow signifies sunrise – opening to receive knowledge. SIR/MA'AM!
- 5) WHAT IS THE MEANING OF TAEGEUK IL JANG?
 - The first Taegeuk form signifies heaven and light. SIR/MA'AM!
- 6) COUNT FROM 6 TO 10 IN KOREAN
 - One – Hana
 - Two – Dule
 - Three – Set
 - Four – Net
 - Five – Dasot
 - Six – Yosot
 - Seven – Il gob
 - Eight – Yo dul
 - Nine – Ahop
 - Ten – Yul
- 7) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK.
 - Axe Kick – Back of the heel
 - High roundhouse kick – Instep (top)
 - Inside crescent kick – Inside edge of the foot
 - Outside crescent kick – Outside edge of the foot
- 8) WHAT ARE THE RULES OF THE DOJANG?
(see introduction section of the manual, page 8)
- 9) BE ABLE TO IDENTIFY, DEFINE, AND ANSWER QUESTIONS ABOUT THE CURRENT LIFE SKILL CONCEPT. (Children only)
- 10) All previous mental requirements

Tae Geuk Il Jang





ORANGE BELT

(Testing Orange to Green)

Physical Requirements:

- 1) KICKS
 - A) Push kick
 - B) Back kick
 - C) Jumping side kick
 - D) Spinning hook kick
 - E) All previous kicks
- 2) HAND TECHNIQUES
 - A) High punch
 - B) All previous hand techniques
- 3) STANCES
 - A) All previous stances
- 4) FORM
 - A) Taegeuk Yi Jang
 - B) All previous forms (Adults Only)
- 5) BOARD BREAKING
 - A) Push kick
- 6) FALLING
 - A) Back fall from a squatting position
 - B) Front fall from knees
 - C) Demonstrate how to stand up if you are knocked down and your opponent is still standing.
- 7) SELF-DEFENSE (ADULTS ONLY)
 - A) Demonstrate the "Rule of Thumb" for straight arm, cross arm, and two hand grabs. The "Rule of Thumb" states that if someone grabs your arm you should make a quick, small circle towards the attacker's thumb.

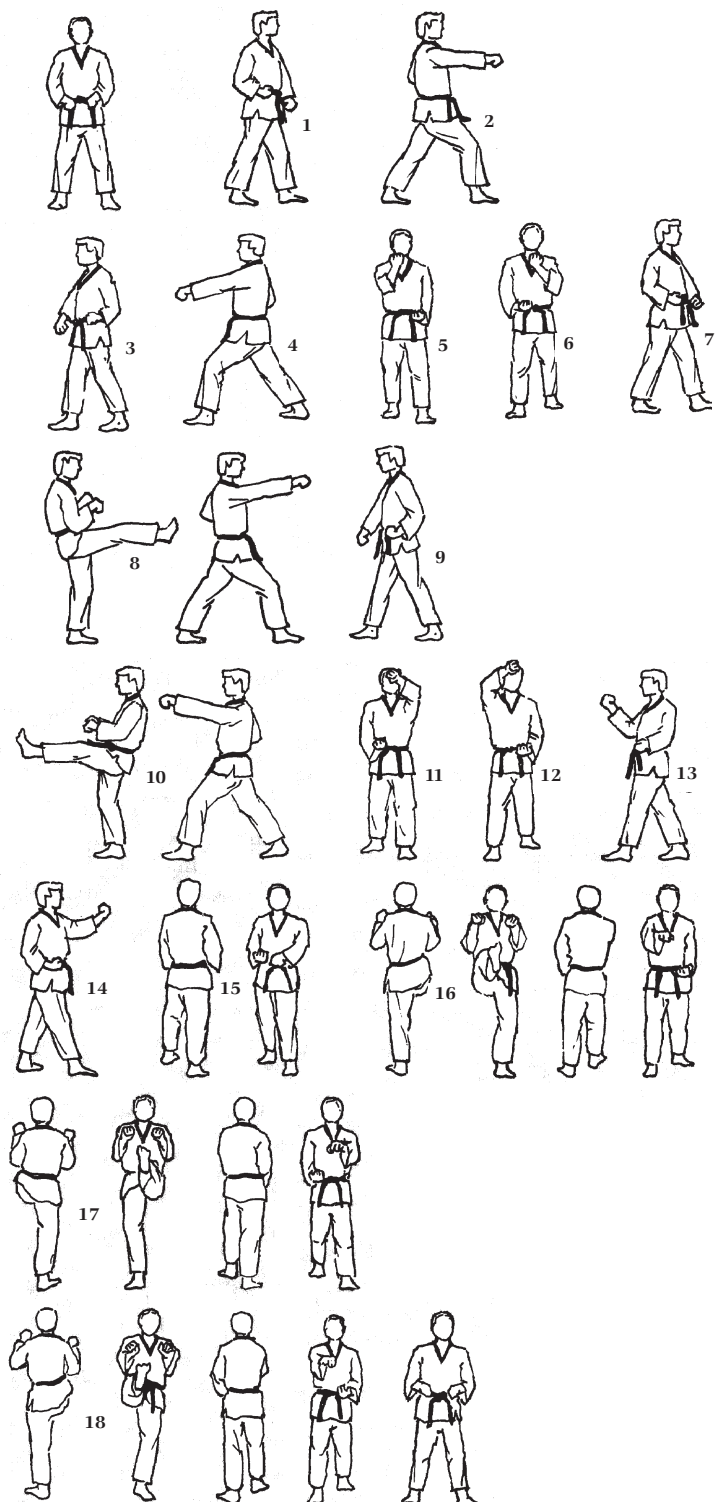
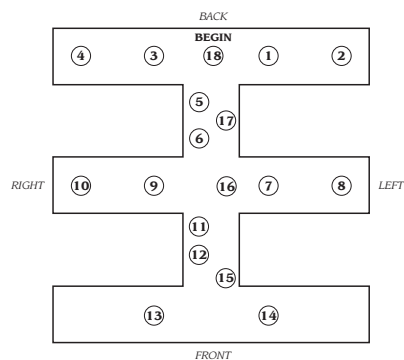
ORANGE BELT

(Testing Orange to Green)

Mental Requirements:

- 1) WHAT IS THE MEANING OF THE ORANGE BELT?
 - The orange belt signifies sunset – promise of more opportunities tomorrow. SIR/MA'AM!
- 2) WHAT IS THE MEANING OF TAEGEUK YI JANG?
 - The second Taegeuk form – signifies joy. SIR/MA'AM!
- 3) COUNT 11-20 IN KOREAN
 - Eleven – Yul hana
 - Twelve – Yul dule
 - Thirteen – Yul set
 - Fourteen – Yul net
 - Fifteen – Yul dasot
 - Sixteen – Yul yoset
 - Seventeen – Yul il gob
 - Eighteen – Yul yo dul
 - Nineteen – Yul ahop
 - Twenty - Sumul
- 4) WHAT ARE THE COMMANDMENTS OF TAEKWONDO?
 - Respect your parents
 - Respect your brothers and sisters
 - Loyalty to your friends
 - Respect your elders
 - Respect your teachers
 - Finish what you begin
- 5) WHAT ARE THE FOUR PHYSICAL COMPONENTS OF POWER?
 - Follow-through
 - Accuracy
 - Speed
 - Technique
- 6) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK
 - Push kick – Bottom of the heel
 - Back kick – Bottom of the heel
 - Spinning hook kick – Back of the heel
 - Jumping side kick – Bottom of the heel
- 7) BE ABLE TO IDENTIFY, DEFINE, AND ANSWER QUESTIONS ABOUT THE CURRENT LIFE SKILL CONCEPT. (Children only)
- 8) ALL PREVIOUS MENTAL REQUIREMENTS

Tae Geuk Yi Jang





GREEN BELT

(Testing Green to Purple)

Physical Requirements:

- 1) KICKS
 - A) Butterfly kick
 - B) Double roundhouse kick
 - C) Jumping front kick
 - D) All previous kicks
- 2) HAND TECHNIQUES
 - A) Single middle knife hand block
 - B) Knife hand neck strike
 - C) All previous hand techniques
- 3) STANCES
 - A) Back stance
 - B) All previous stances
- 4) FORM
 - A) Taegeuk Sam Jang
 - B) All previous forms (Adults Only)
- 5) BOARD BREAKING
 - A) Jumping side kick
- 6) FALLING
 - A) Falling to the right side from a squatting position
 - B) Falling to the left side from a squatting position
- 7) SELF-DEFENSE (ADULTS ONLY)
 - A) Cross arm grab
 - i) Step back and grab the attacker's wrist with the same hand that is being grabbed extending his/her arm. Step in close while keeping the attacker's arm straight and palm strike to the elbow.
 - B) Rule of thumb escapes learned at orange belt adding counters focusing on white and yellow belt targets.

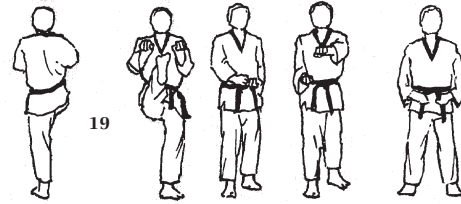
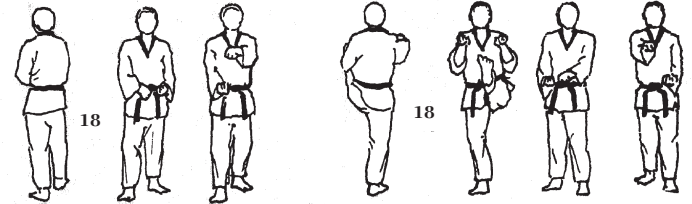
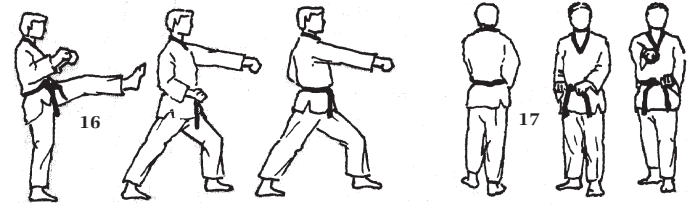
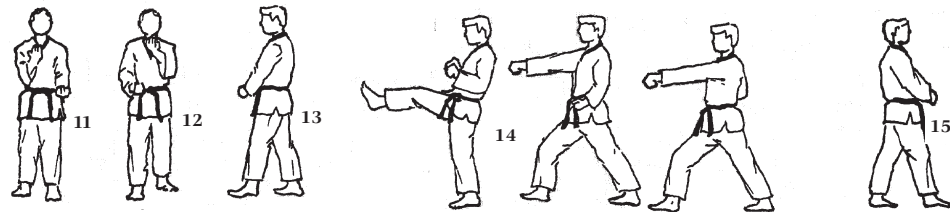
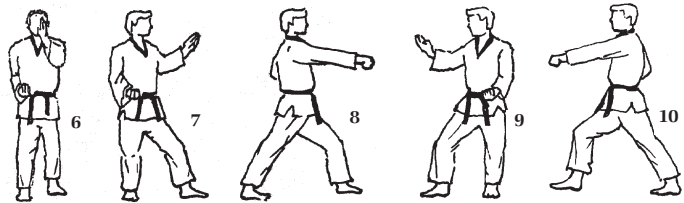
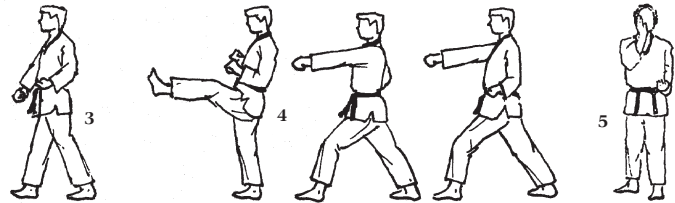
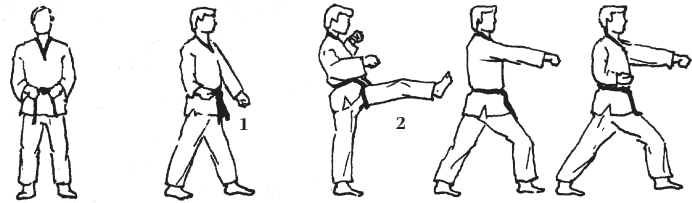
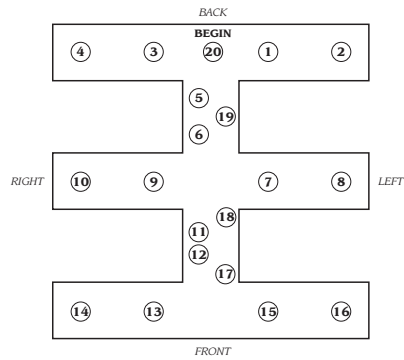
GREEN BELT

(Testing Green to Purple)

Mental Requirements:

- 1) WHAT IS THE MEANING OF THE GREEN BELT?
 - The green belt represents the green color of plants and signifies growth. SIR/MA'AM!
- 2) WHAT IS THE MEANING OF TAEGEUK SAM JANG?
 - The third Taegeuk form signifies fire and clarity. SIR/MA'AM!
- 3) WHAT DOES COOPERATION MEAN?
 - Working together as a team. SIR/MA'AM!
- 4) HOW DO YOU USE COOPERATION IN THE FOLLOWING SETTINGS:
 - At home?
 - At school/work?
 - At Taekwondo?
- 5) WHAT ARE THE FOUR MENTAL COMPONENTS OF POWER?
 - Focus
 - Desire
 - Visualization
 - Confidence
- 6) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK
 - Butterfly kick – Instep (top)
 - Double roundhouse kick – Instep (top)
 - Jumping front kick – Ball of the foot
- 7) KNOW HOW TO TIE THE BELT CORRECTLY AND BE ABLE TO DEMONSTRATE TYING THE BELT AT THE TESTING.
- 8) BE ABLE TO IDENTIFY, DEFINE, AND ANSWER QUESTIONS ABOUT THE CURRENT LIFE SKILL CONCEPT. (Children only)
- 9) ALL PREVIOUS MENTAL REQUIREMENTS

Tae Geuk Sam Jang



PURPLE BELT

(Testing Purple to Blue)

Physical Requirements:

- 1) KICKS
 - A) Skipping front leg side kick
 - B) Skipping front leg roundhouse kick
 - C) Skipping front leg double roundhouse kick
 - C) All previous kicks
- 2) HAND TECHNIQUES
 - A) Palm block
 - B) Knife hand rising block
 - C) Outer middle block
 - D) Front back fist strike
 - E) Double middle knife hand block
 - F) Spear hand strike
 - G) All previous hand techniques
- 3) STANCES
 - A) All previous stances
- 4) FORM
 - A) Taegeuk Sa Jang
 - B) All previous forms (Adults Only)
- 5) ROLLING
 - A) Forward shoulder roll from knees
 - B) Backward should roll from knees or laying down on back
- 6) BOARD BREAKING
 - A) Back kick
- 7) IL BO GYORUGY (1-STEP SPARRING) #1-4
 - #1: Step to the right side/left hand single middle knife hand block
 - #2: Step to the left side/right hand single middle knife hand block
 - #3: Step back with the right foot into fighting stance moving away from the attack
 - #4: Step back with the left foot into fighting stance moving away from the attack
- 8) SELF-DEFENSE (ADULTS ONLY)
 - A) Double arm grab (2 straight arm grabs)
 - i) Rotate arm similar to rule of thumb but instead of escaping, grab attacker's hand so his/her palms are facing up. Push kick to solar plexus.
 - B) Double hand grab (two hands on one)
 - i) Reach with your free hand across the body. Grab your hand and make a quick, sharp circle towards the inside across the attacker's hand. Elbow to temple, nose, throat, or solar plexus depending on body position and height difference.

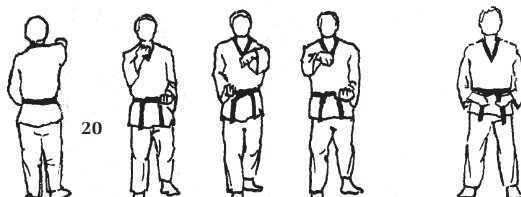
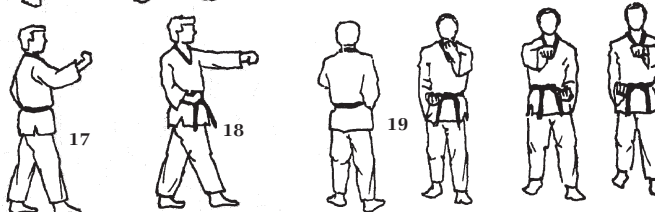
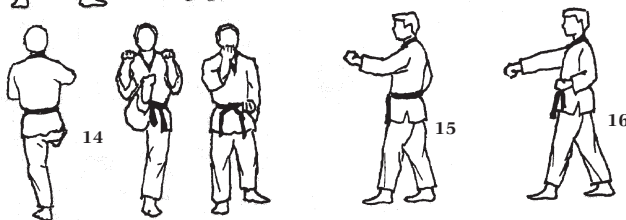
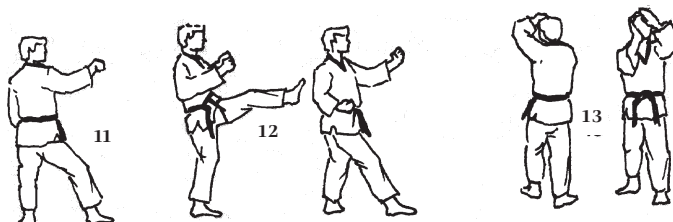
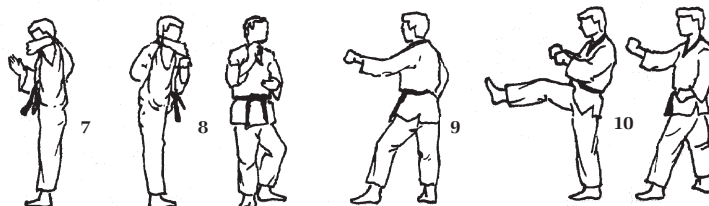
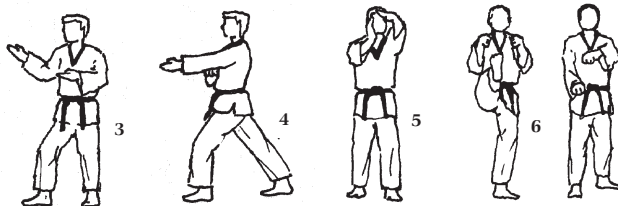
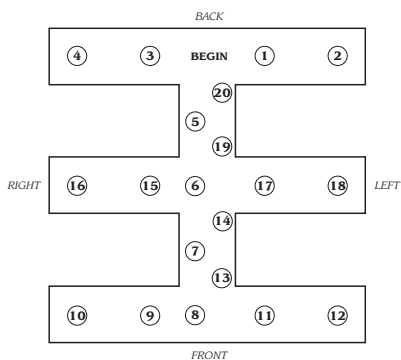
PURPLE BELT

(Testing Purple to Blue)

Mental Requirements:

- 1) WHAT IS THE MEANING OF THE PURPLE BELT?
 - The purple belt represents power, the royal color of majesty. SIR/MA'AM!
- 2) WHAT IS THE MEANING OF TAEGEUK SA JANG?
 - The fourth Taegeuk form signifies thunder. SIR/MA'AM!
- 3) COUNT FROM 20 TO 40 IN KOREAN.
 - Twenty -- Samul
 - Thirty -- Sarun
 - Forty -- Mahun
- 4) WHAT ARE THE THREE RULES OF CONCENTRATION?
 - Focus your eyes
 - Focus your mind
 - Focus your body
- 5) WHY DO WE PRACTICE CONTROLLED OLYMPIC SPARRING?
 - To demonstrate mental discipline
 - To show physical control over ourselves
 - To build self-confidence which indicates a strong mind
- 6) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK
 - Skipping front leg roundhouse kick – Instep (top)
 - Skipping front leg side kick – Bottom of the heel
 - Skipping front leg double roundhouse kick – Instep (top)
- 7) BE ABLE TO IDENTIFY, DEFINE, AND ANSWER QUESTIONS ABOUT THE CURRENT LIFE SKILL CONCEPT. (Children only)
- 8) ALL PREVIOUS MENTAL REQUIREMENTS

Tae Geuk Sa Jang



BLUE BELT*(Testing Blue to Red)***Physical Requirements:**

- 1) KICKS
 - A) Low-high double roundhouse kick
 - B) Jumping back kick
 - C) Jumping spinning hook kick
 - D) All previous kicks
- 2) HAND TECHNIQUES
 - A) Downward hammer fist strike
 - B) Middle section elbow strike
 - C) Left elbow strike to right palm
 - D) Right elbow strike to left palm
 - E) All previous hand techniques
- 3) STANCES
 - A) Left "L" stance
 - B) Right "L" stance
 - C) Axe stance
 - D) All previous stances
- 4) FORM
 - A) Taegeuk Oh Jang
 - B) All previous forms (Adults Only)
- 5) OLYMPIC SPARRING
 - A) Attend a minimum of one sparring class per month
- 6) BOARD BREAKING
 - A) Back kick or Jumping back kick (Master's choice)
- 7) IL BO GYORUGY (1-STEP SPARRING)
 - A) Creative 1-step sparring
 - i) Five techniques, predominantly kicks
- 8) BALANCE
 - A) Hold side kick – punch combination for three seconds
- 9) FALLING
 - A) Back fall from standing up
 - B) Front fall from standing up
- 10) SELF-DEFENSE (ADULTS ONLY)
 - A) Single hand collar grab
 - i) With one hand on the back of the attacker's hand and the other on the attacker's wrist pull the attacker's hand flat into your chest. Keeping one hand on the attacker's wrist grab a finger and pull back hard while keeping their palm on your body to break the finger.
 - B) Double hand collar grab
 - i) Punch to throat.

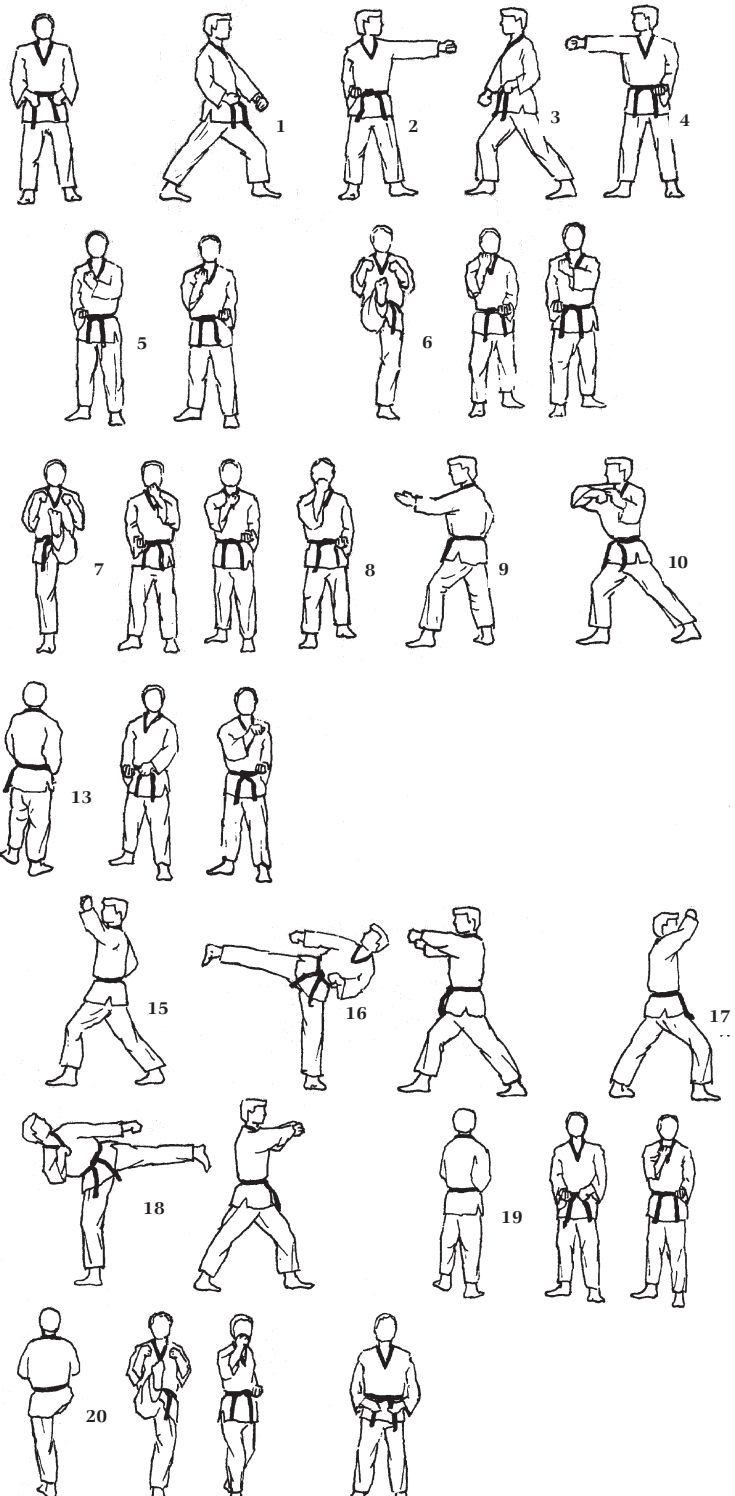
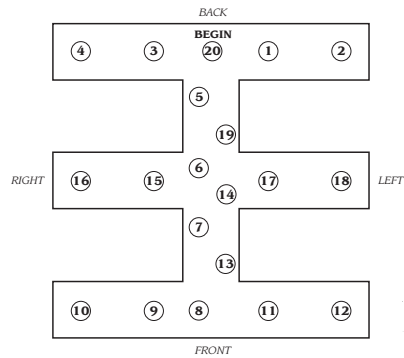
BLUE BELT

(Testing Blue to Red)

Mental Requirements:

- 1) WHAT IS THE MEANING OF THE BLUE BELT?
 - The blue belt represents the sky and the unlimited boundaries of Taekwondo. SIR/MA'AM!
- 2) WHAT IS THE MEANING OF TAEGEUK OH JANG?
 - The fifth Taegeuk form signifies wind. SIR/MA'AM!
- 3) WHY IS IT IMPORTANT TO GET GOOD GRADES IN SCHOOL?
 - To develop good self-discipline
 - To develop good work habits
 - Provide opportunities to better my future
- 4) COUNT FROM 1ST TO 10TH
 - 1st: Il
 - 2nd: Yi
 - 3rd: Sam
 - 4th: Sa
 - 5th: Oh
 - 6th: Yuk
 - 7th: Chil
 - 8th: Pal
 - 9th: Goo
 - 10th: Ship
- 5) SUBMIT WRITTEN EXAMPLES OF HOW YOU LIVE THE TENETS OF TAEKWONDO.
Give an example of how you live each tenet at home, at school/work, and at Taekwondo. In total, you should have 15 examples (three for each of the five tenets). This should be typed and submitted with your belt test application prior to testing.
- 6) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK
 - Low/high double roundhouse kick – Instep (top)
 - Jumping back kick – Bottom of the heel
 - Jumping spinning hook kick – Back of the heel
- 7) BE ABLE TO IDENTIFY, DEFINE, AND ANSWER QUESTIONS ABOUT THE CURRENT LIFE SKILL CONCEPT. (Children only)
- 8) ALL PREVIOUS MENTAL REQUIREMENTS

Tae Geuk Oh Jang



RED BELT

(Testing Red to High Red)

Physical Requirements:

- 1) KICKS
 - A) Side kick – back kick combination
 - B) All previous kicks
 - C) Skipping front leg side kick – back kick combination
- 2) HAND TECHNIQUES
 - A) Middle palm block
 - B) High outer middle block
 - C) High outer middle knife hand block
 - D) All previous hand techniques
- 3) STANCES
 - A) All previous stances
- 4) FORM
 - A) Taegeuk Yuk Jang
 - B) All previous forms (Adults Only)
- 5) OLYMPIC SPARRING
 - A) Attend a minimum of one sparring class per month
- 6) INTRA-SCHOOL TOURNAMENT (CHILDREN ONLY)
 - A) Participate in an intra-school tournament within 8 months prior to testing for high red belt
- 7) BOARD BREAKING
 - A) Jumping back kick or other technique (Master's choice)
- 8) FALLING
 - Fall to the right side from standing up
 - Fall to the left side from standing up
- 9) IL BO GYORUGY (1-STEP SPARRING)
 - A) Creative 1-step sparring
 - i) Five techniques, no take-downs, predominantly strikes with hands and elbows
- 10) ANJA GYORUGY #1-4 (KNEE SPARRING)
 - A) Number 1
 - i) Lift right knee/left hand knife hand block/right hand middle punch/left hand low punch/right hand high punch
 - B) Number 2
 - i) Lift right knee/left hand knife hand block/right hand neck strike/grab opponent's shoulder and wrist/move right leg behind opponent's right leg/sweep and punch to the face with the right hand
 - C) Number 3
 - i) Lean to the right placing both hands on the floor for support/left foot side kick to opponent's face
 - D) Number 4
 - i) Lift right knee/right hand inside middle block/right hand elbow to ribs/right hand back fist strike to opponent's face

RED BELT

(Testing Red to High Red)

Physical Requirements continued:

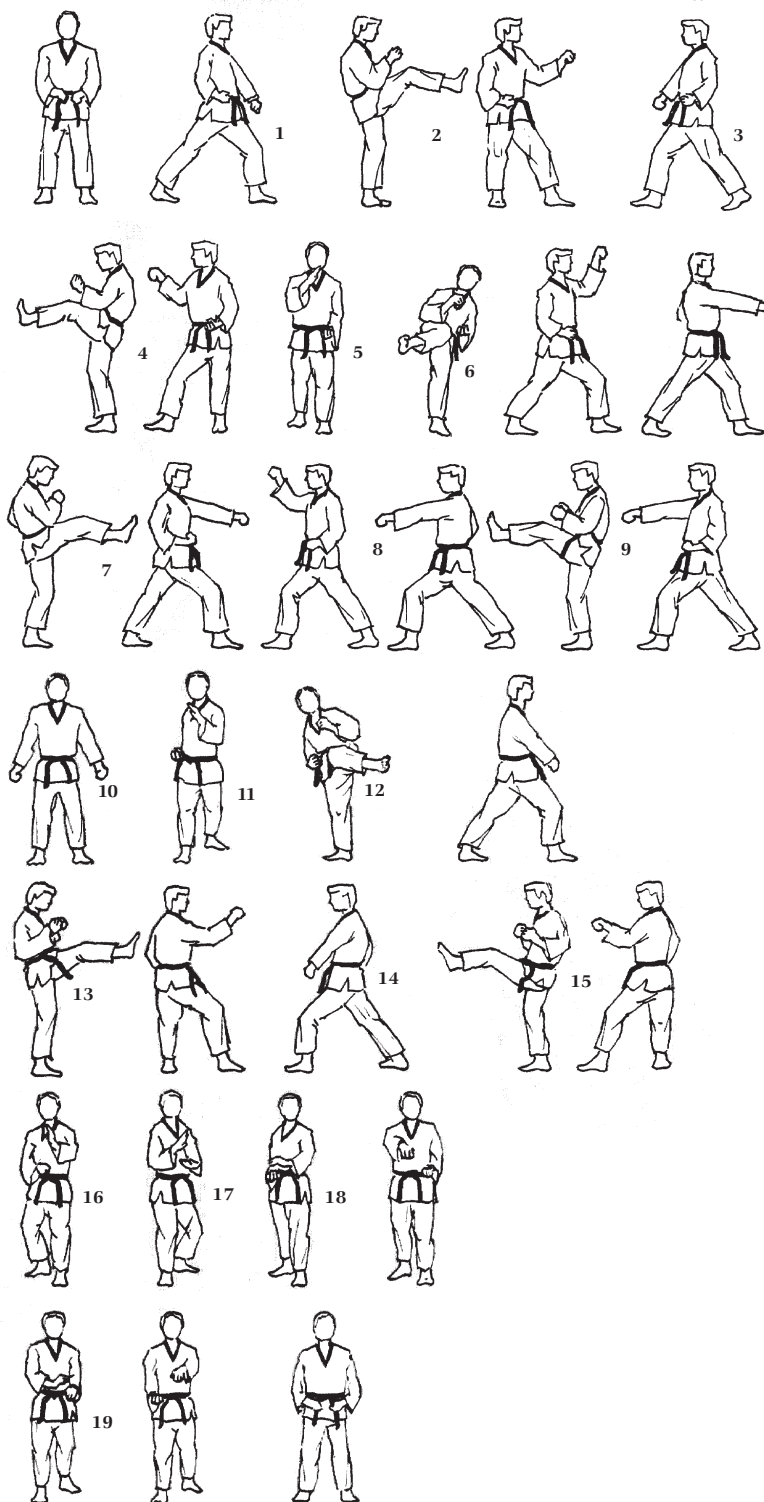
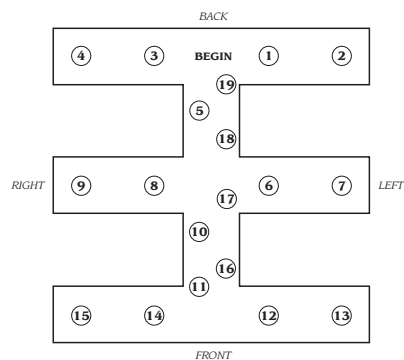
11) SELF-DEFENSE (ADULTS ONLY)

- A) Demonstrate the "Finger Tip Pressure Point." Utilize this technique to escape from hair grabs from both the front and back.

Mental Requirements:

- 1) WHAT IS THE MEANING OF THE RED BELT?
 - The red belt represents fire – use caution when practicing Taekwondo. SIR/MA'AM!
- 2) WHAT IS THE MEANING OF TAEGEUK YUK JANG?
 - The sixth Taegeuk form signifies water. SIR/MA'AM!
- 3) GIVE AN EXAMPLE OF SELF-DISCIPLINE IN THE FOLLOWING SETTINGS:
 - At home?
 - At school/work?
 - At Taekwondo?
- 4) WHAT IS CONFIDENCE?
 - Believing in yourself
- 5) HOW HAS TAEKWONDO INFLUENCED YOUR LIFE?
- 6) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK
 - Side kick – back kick combination – Bottom of the heel
 - Skipping front leg side kick – back kick combination – Bottom of the heel
- 7) BE ABLE TO IDENTIFY, DEFINE, AND ANSWER QUESTIONS ABOUT THE CURRENT LIFE SKILL CONCEPT. (Children only)
- 8) ALL PREVIOUS MENTAL REQUIREMENTS

Tae Geuk Yuk Jang



HIGH RED BELT

(Testing High Red to Brown)

Physical Requirements:

- 1) KICKS
 - A) 360° back kick
 - B) All previous kicks

- 2) HAND TECHNIQUES
 - A) Double low knife hand block
 - B) Upper palm block
 - C) Scissor block
 - D) Low ex block
 - E) High ex block
 - F) Spread block
 - G) Side back fist strike
 - H) Double middle uppercut punch
 - I) Grab head – knee strike combination
 - J) All previous hand techniques

- 3) STANCES
 - A) Tiger stance
 - B) All previous stances

- 4) FORM
 - A) Taegeuck Chil Jang
 - B) All previous forms (Adults Only)

- 5) OLYMPIC SPARRING
 - A) Attend a minimum of two sparring classes per month

- 6) BOARD BREAKING
 - A) Master's choice

- 7) STRENGTH TEST
 - A) 20 pushups
 - B) 20 situps

- 8) IL BO GYORUGY (1-STEP SPARRING)
 - A) Creative 1-step sparring
 - i) 5 techniques, predominantly take downs

- 9) ROLLING
 - A) Front shoulder roll from standing up
 - B) Back shoulder roll after back fall from standing up



HIGH RED BELT

(Testing High Red to Brown)

Physical Requirements continued:

10) ANJA GYORUGY #5-8 (KNEE SPARRING)

- A) Number 5
 - i) Lift left knee/right hand outer knife hand block/left hand middle punch/right hand low punch/left hand high punch
- B) Number 6
 - i) Lift left knee/right hand outer knife hand block and grab opponent's wrist/left hand middle punch/move left foot inside of opponent's right foot and sweep/left hand elbow strike to back of the head
- C) Number 7
 - i) Lift left knee/high ex block/rotate left hand towards your face and grab opponent's wrist/rotate arm clockwise/right foot kick opponent's right foot causing him/her to fall/right hand neck strike to the back of the neck
- D) Number 8
 - i) Lift right knee/left hand outer knife hand block and grab the wrist/right hand grab opponent's right calf/pull arm towards you and leg across your body/right hand punch

11) SELF-DEFENSE (ADULTS ONLY)

- A) Cross arm grab on shoulder from behind (thumb to outside)
 - i) Grab attacker's hand. Inside middle block to elbow.
- B) Straight arm grab on shoulder from behind (thumb to inside)
 - i) Grab attacker's hand. Spin to outside while bringing free arm over attacker's arm. Palm strike behind shoulder and follow through to force to the ground.
- C) Double hand grab from behind (one hand on each shoulder)
 - i) Lift arms above head. Spin fast. Punch to throat.

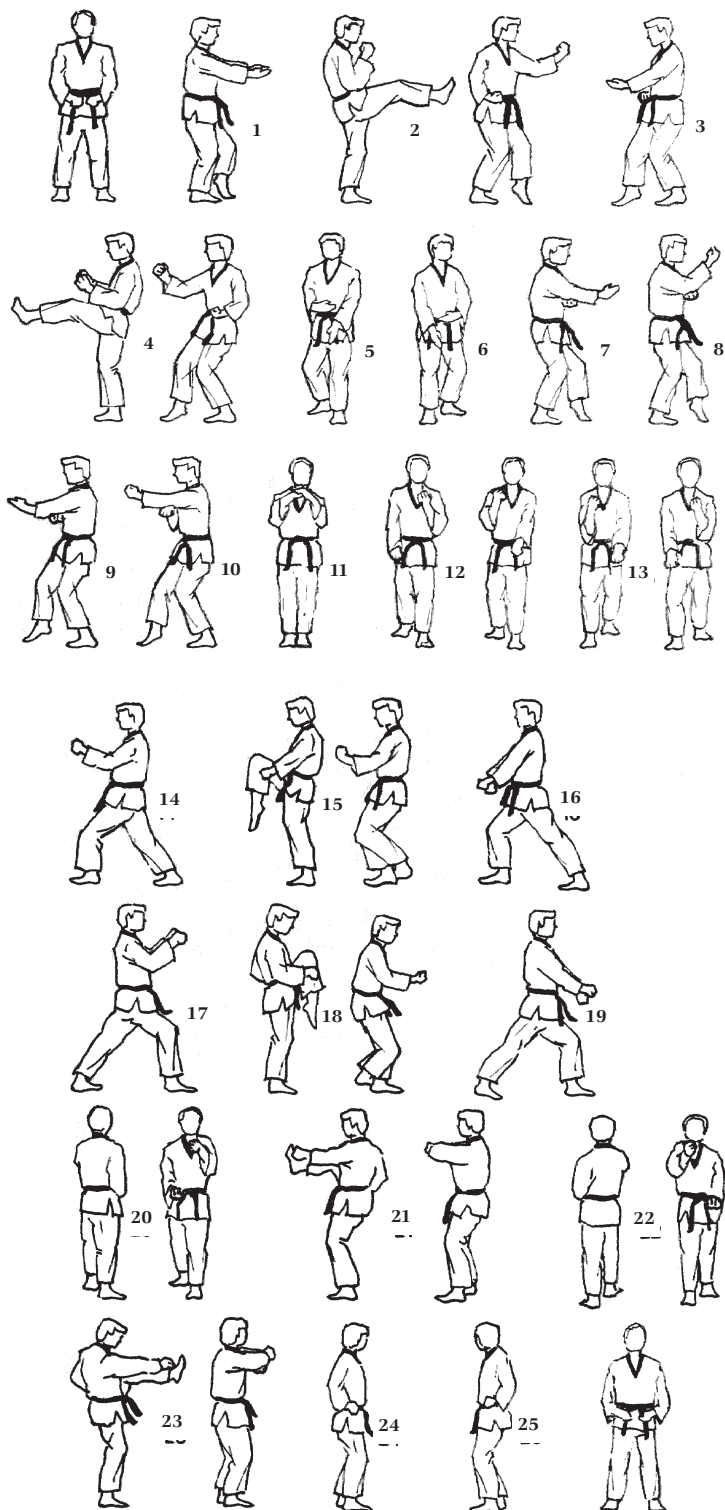
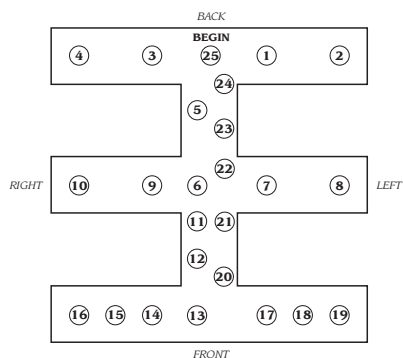
HIGH RED BELT

(Testing High Red to Brown)

Mental Requirements:

- 1) WHAT IS THE MEANING OF THE HIGH RED BELT?
 - The high red belt represents volcano – fire creating earth. SIR/MA'AM!
- 2) WHAT IS THE MEANING OF TAEGEUK CHIL JANG?
 - The seventh Taegeuk form signifies mountains. SIR/MA'AM!
- 3) WHAT ARE THE FIVE VIRTUES OF A LEADER?
 - Intelligence
 - Trustworthiness
 - Humaneness
 - Courage
 - Sternness
- 4) WHAT MAKES YOU A LEADER IN THE FOLLOWING SETTINGS:
 - At home?
 - At school/work?
 - At Taekwondo?
- 5) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK
 - 360⁰ Back kick – Bottom of the heel
- 6) WHAT IS THE KOREAN WORD FOR FORM?
 - Poomse (poom – say)
- 7) IDENTIFY ESSENTIAL COMPONENTS TO PERFORMING POOMSE.
(see introduction section of the manual, page 6)
- 8) BE ABLE TO IDENTIFY, DEFINE, AND ANSWER QUESTIONS ABOUT THE CURRENT LIFE SKILL CONCEPT. (Children only)
- 9) ESSAY: How Taekwondo has changed my life. (1 page, typed and double spaced)
- 10) ALL PREVIOUS MENTAL REQUIREMENTS

Tae Geuk Chil Jang



BROWN BELT*(Testing Brown to High Brown)***Physical Requirements:**

- 1) KICKS
 - A) 360⁰ spinning hook kick
 - B) Jumping front – axe kick combination
 - C) All previous kicks

- 2) HAND TECHNIQUES
 - A) Double middle fist block
 - B) Double low fist block
 - C) Mountain block
 - D) Uppercut punch to jaw
 - E) Perform low block, middle block, and high block with two hand chamber
 - F) All previous hand techniques

- 3) FORM
 - A) Taegeuk Pal Jang
 - B) All previous forms (ADULTS ONLY)

- 4) OLYMPIC SPARRING
 - A) Attend a minimum of two sparring classes per month

- 5) BOARD BREAKING
 - A) Master's choice

- 6) STRENGTH TEST
 - A) 30 pushups
 - B) 30 situps

- 7) ENDURANCE TEST
 - A) 2 minutes of Master's Choice (nonstop kicking on paddles)

- 8) IL BO GYORUGY (1-STEP SPARRING)
 - A) Creative 1-step sparring
 - i) 5 techniques, predominantly joint locks and breaks

- 9) ANJA GYORUGY (KNEE SPARRING)
 - A) Numbers 1-8. (See red belt curriculum for numbers 1-4 and high red belt curriculum for numbers 5-8.)

- 10) INTRA-SCHOOL TOURNAMENT (CHILDREN ONLY)
 - A) Participate in an intra-school tournament within 8 months prior to testing for high brown belt



BROWN BELT

(Testing Brown to High Brown)

Physical Requirements Continued:

11) SELF DEFENSE (ADULTS ONLY)

A) Bear hug under arms

- i) Use opposite hand to secure his/her top hand. Use other hand to grab a finger and pull back to break it.

B) Bear hug over arms

- i) Stomp on foot. Move hips out to the side and hammer fist to groin.

C) Head lock

- i) Use outside hand to pull down on the choking arm. Other arm elbow strike to ribs. Take down in most convenient direction (depending on natural leg and hip position, pull backwards or push forwards so the attacker falls over your leg and hip).

D) Be able to explain what a joint lock is.

- i) Putting pressure on a joint so that it will break, dislocate, or cause damage to tissue in the joint.

BROWN BELT

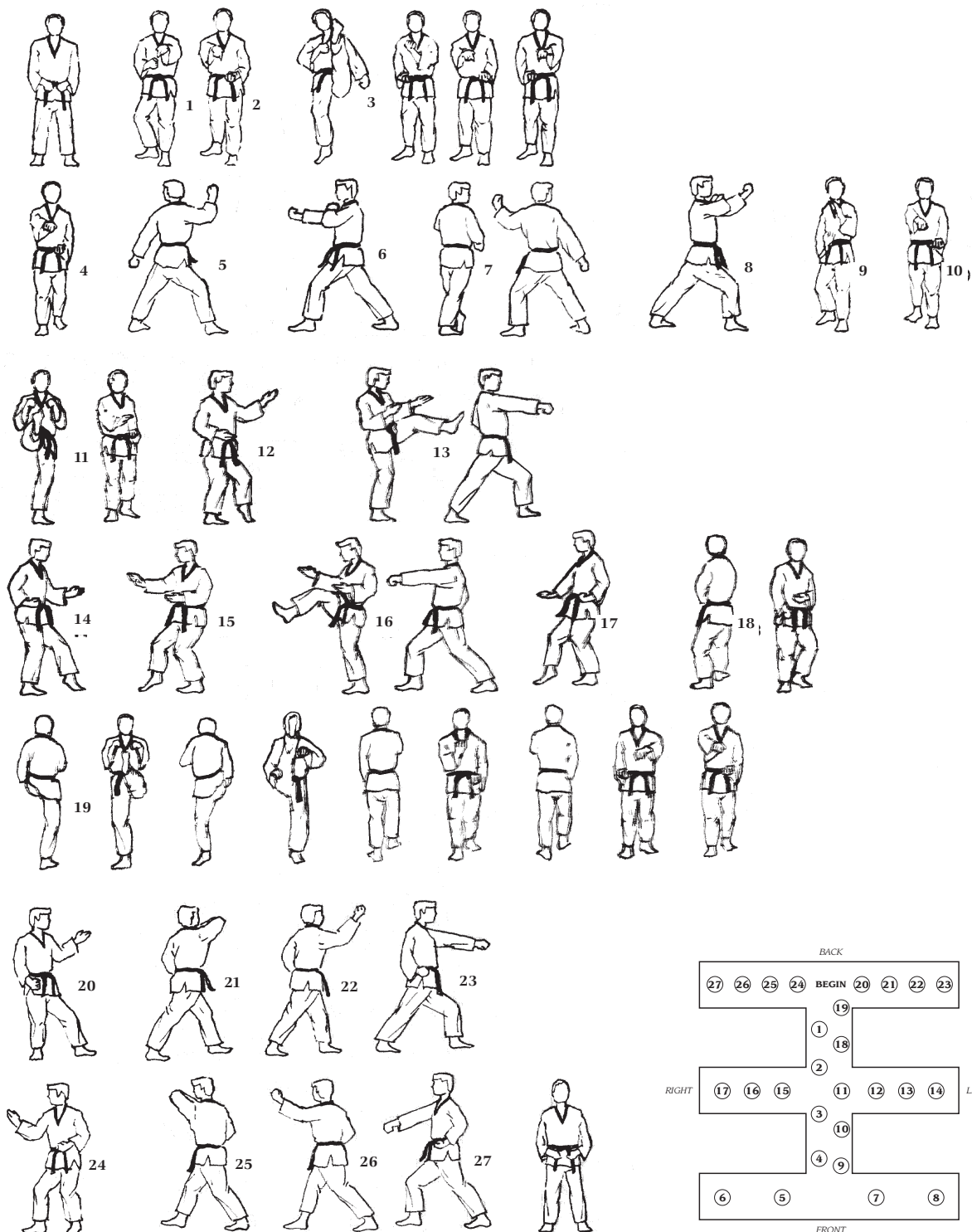
(Testing Brown to High Brown)

Mental Requirements:

- 1) WHAT IS THE MEANING OF THE BROWN BELT?
 - The brown belt represents Earth – your Taekwondo skills should be solid like the mountains. SIR/MA'AM!
- 2) HISTORY OF TAEKWONDO
 - Study from the history in the manual's introduction section on page 4.
- 3) WHAT IS THE MEANING OF TAEGEUK PAL JANG?
 - The eighth Taegeuk form signifies earth. SIR/MA'AM!
- 4) NAMES, SYMBOLS, AND MEANINGS OF ALL EIGHT TAEGEUK FORMS
 - Study from the manual's introduction section on page 5.
- 5) IDENTIFY THE IMPORTANCE OF TAEGEUK POOMSE (FORMS) IN TAEKWONDO TRADITION.
 - Study from the manual's introduction section on page 5.
- 6) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK.
 - 360° Spinning hook kick – Back of the heel
 - Jumping front – axe kick combination – Ball of the foot for jumping front kick and back of the heel for axe kick
- 7) PERFORM THE COMMANDS TO BOW INTO AND OUT OF CLASSES
(see introduction section of the manual, page 8)
- 8) KNOW HOW TO ADDRESS INSTRUCTORS
 - Kwanjangnim: Head master
 - Sabumnim: Master (4th degree or higher)
 - Kyosanim: Instructor (2nd and 3rd degree black uniform instructors)
- 9) BE ABLE TO IDENTIFY, DEFINE, AND ANSWER QUESTIONS ABOUT THE CURRENT LIFE SKILL CONCEPT. (Children only)
- 10) ALL PREVIOUS MENTAL REQUIREMENTS



Tae Geuk Pal Jang



HIGH BROWN BELT*

(Testing High Brown to 1st Degree Black)

Physical Requirements:

- 1) ATTENDANCE
 - A) Fulfill the attendance requirements upon entering the Black Belt Candidate program
- 2) KICKS
 - A) All previous kicks
- 3) HAND TECHNIQUES
 - A) C-block
 - B) Outside middle block
 - C) All previous hand techniques
- 4) STANCES
 - A) All previous stances
- 5) FORM
 - A) Chonji
 - B) Tangoon
 - C) All previous requirements
- 6) OLYMPIC SPARRING
 - A) Against one opponent
 - B) Against two opponents
- 7) BOARD BREAKING
 - A) Five boards, creative combination including at least one, but no more than two, hand techniques
- 8) STRENGTH TEST
 - A) 50 pushups
 - B) 50 situps
- 9) ENDURANCE TEST
 - A) Two rounds of Master's Choice – Two minutes each round with a 30 second break in between
- 10) IL BO GYORUGY (1-STEP SPARRING)
 - A) Creative 1-step sparring
 - i) 25 techniques
- 11) ANJA GYORUGY (KNEE SPARRING)
 - A) Perform numbers 1-8
- 12) SELF DEFENSE
 - A) Demonstrate knowledge and ability to execute all techniques for white - brown belts.

HIGH BROWN BELT*

(Testing High Brown to 1st Degree Black)

Mental Requirements:

Note: Mental requirements will be in the form of a written test prior to the physical black belt testing.

- 1) WHAT IS THE MEANING OF THE HIGH BROWN BELT?
 - The high brown belt signifies maturity and being ready to accept responsibility.
- 2) WHAT DOES WTF STAND FOR?
 - World Taekwondo Federation
- 3) NAME THE WTF FORMS THAT YOU KNOW
 - All Taegeuks are WTF forms, students should know the name of all eight.
- 4) WHAT DOES ITF STAND FOR?
 - International Taekwondo Federation
- 5) NAME THE ITF FORMS THAT YOU KNOW
 - Chonji and Tangoon
- 6) BE ABLE TO IDENTIFY KEY COMPONENTS TO EXECUTING EACH KICK CORRECTLY
- 7) KOREAN TERMINOLOGY FOR ALL KICKS
- 8) KOREAN TERMINOLOGY FOR HAND TECHNIQUES AND STANCES (Adults only)
- 9) ESSAY: Prompts will be assigned by instructors during candidacy.
(2 pages, typed, double spaced, standard font and margins)
- 10) ALL PREVIOUS MENTAL REQUIREMENTS

Other Requirements:

- 1) MINIMUM 3.0 GPA OR EQUIVALENT FOR STUDENTS
- 2) COMMUNITY SERVICE

* BLACK BELT TESTING REQUIREMENTS ARE SUBJECT TO MODIFICATION PER THE MASTERS' DECISIONS.

BLACK BELT TESTING CURRICULUM



1ST POOM BLACK BELT STRIPE SYSTEM:

Stripe Color	Requirement	
	# Classes Since Black Belt Testing	Curriculum
White	15	Koryo
Yellow	30	Tosan
Orange	45	Won Yo
Green	60	Yul Gok
Purple	75	Joon Gun
Blue	90	Taegeuk 1-8, Chonji, Dangun
Red	105	Knife Defense 1-6
Brown	120	Color belt self defense & falling/rolling from standing
Black	135	Black belt self defense

1ST DEGREE BLACK BELT**(Testing 1st Degree to 2nd Degree)***Physical Requirements:**

- 1) ATTENDANCE
 - A) Fulfill the attendance requirements upon entering the Black Belt Candidate program
- 2) KICKS
 - A) All previous kicks
- 3) HAND TECHNIQUES
 - A) Stick block
 - B) Pressing block
 - C) Tiger mouth strike
 - D) Twin outside middle block
 - E) Outside middle ridge hand block
- 4) STANCES
 - A) All previous stances
- 5) FORM
 - A) Koryo
 - B) Tosan
 - C) Won Yo
 - D) Yul Guk
 - E) Joon Gun
 - F) All previous forms
- 6) OLYMPIC SPARRING
 - A) Against one opponent
 - B) Against two opponents
 - C) Against three opponents
- 7) BOARD BREAKING
 - A) Six boards, creative combination including at least one, but no more than two, hand techniques
- 8) STRENGTH TEST
 - A) 50 pushups
 - B) 50 situps
- 9) ENDURANCE TEST
 - A) Two rounds of Master's Choice – Two minutes each round with a 30 second break in between
- 10) IL BO GYORUGY (1-STEP SPARRING)
 - A) Creative 1-step sparring
 - i) 30 techniques
- 11) ANJA GYORUGY (KNEE SPARRING)
 - A) Creative knee sparring
- 12) KNIFE DEFENSE
 - A) Techniques 1-6 (See descriptions on page 62)



1ST DEGREE BLACK BELT*

(Testing 1st Degree to 2nd Degree)

Physical Requirements Continued:

13) SELF-DEFENSE

A) Wrist Grabs

i) Straight arm grab (right on left/left on right)

- 1) On the hand that is being grabbed, turn the hand so the palm is facing up. Reach underneath with the free hand, grab the attacker's hand and pull down. Rotate the hand that was being grabbed to the back on the attacker's hand. With both hands, rotate the attacker's wrist to the outside of your body while pushing the hand towards him/her. If done correctly, the wrist can be broken.
- 2) Rotate the hand that is being grabbed towards the outside. At the top of the rotation (by your shoulder) grab the back of the attacker's hand with your free hand. Step in placing the elbow on top of the attacker's arm and press down. When done correctly you can break the wrist, elbow, or shoulder depending on where you apply pressure.

ii) Double Straight Arm Grab

- 1) Bring both arms up to your chest and use your elbow to strike the attacker's arm.

iii) Cross arm grab (right on right/left on left)

- 1) Rotate the hand that is being grabbed from inside to outside grabbing the attacker's wrist. With the free hand, press down on the shoulder of the attacker (the arm he/she is grabbing with) while lifting the wrist up. When done correctly you can break the wrist, elbow, or shoulder depending on where you apply pressure.

iv) Two hands on one

- 1) Reach in-between the attacker's arms and grab your own hand and lift your elbow (of the arm that's being grabbed) towards the attacker's chin.

B) Collar Grabs

i) Single hand collar grab

- 1) Reach across and grab the back of the attacker's hand. Rotate so the attacker's thumb is down. With the other hand bend the attacker's elbow. Rotate the attacker's hand so his/her pinky rotates towards his/her face while taking one step forward.
- 2) Grab the attacker's arm as if you are shaking hands with the inside of his/her elbow. With your other hand grab the attacker's wrist with your palm facing up. Walk under your arm and turn to the attacker's back creating an arm lock.

ii) Double hand collar grab

- 1) Bring one hand underneath the attacker's hands. Grab your own hand and step across while thrusting your arms as if you are swinging a baseball bat.

C) Hair Grabs

i) One handed hair grab from front

- 1) Grab the attacker's hand so he/she can't pull your hair. Put your arm on top of the attacker's arm. Press down on his/her elbow until he/she is in an arm bar.
- 2) Grab the attacker's hand so he/she can't pull your hair. Lean forward, towards the attacker. Step back as you lean forward causing the attacker's wrist to bend backwards until he/she lets go.



1ST DEGREE BLACK BELT*

(Testing 1st Degree to 2nd Degree)

Physical Requirements Continued:

13) SELF-DEFENSE CONTINUED

D) Head Locks

1) Head lock from the side with the attacker punching

- i) Grab the attacker's arm and pull down and tuck in chin to allow for easier breathing. Reach across the front of the attacker and stuff your hand into his/her elbow so he/she cannot punch you. Grab the punching arm from behind with your other hand. Release with the first hand and grab the attacker's choking wrist. Simultaneously step back, stand up, and lift the wrist up. Duck under the arm and create an arm lock behind the attacker.

E) Bear Hug

1) Attacker grabbing over the arms

- i) Stomp on foot. Move hips out to the side and hammer fist to groin. Step behind the attacker similar to a horse riding stance. Stand up straight and use inside arm to throw over the hip.



1ST DEGREE BLACK BELT*

(Testing 1st Degree to 2nd Degree)

Mental Requirements:

Note: Mental requirements will be in the form of a written test prior to the physical black belt testing.

- 1) WHAT IS THE MEANING OF THE BLACK BELT?
 - The end of one life cycle and the beginning of a new one.
- 2) MEANINGS OF 6 ITF FORMS (CHONJI THROUGH JOON GUN)
- 3) MEANING OF KORYO
- 4) ESSAY: Prompts will be assigned by instructors during candidacy.
(3 pages, typed, double spaced, standard font and margins)
- 5) ALL PREVIOUS MENTAL REQUIREMENTS

Other Requirements:

- 1) MINIMUM 3.0 GPA OR EQUIVALENT FOR STUDENTS
- 2) COMMUNITY SERVICE
- 3) BELT TEST ASSISTANCE

* BLACK BELT TESTING REQUIREMENTS ARE SUBJECT TO MODIFICATION PER THE MASTERS' DECISIONS.

2ND DEGREE BLACK BELT**(Testing 2nd Degree to 3rd Degree)***Physical Requirements:**

- 1) KICKS
 - A) All previous kicks
- 2) HAND TECHNIQUES
 - A) Inverse stick block
 - B) Mountain block
 - C) Diamond block
 - D) Single hand spear strike to neck
 - E) Palm heel strike
 - F) Ridge hand strike
 - G) All previous hand techniques
- 3) STANCES
 - A) Crane stance
 - B) All previous stances
- 4) FORM
 - A) Keumgang
 - B) Taebaek
 - C) Toi Gae
 - D) Hwa Rang
 - E) Chong Moo
 - F) Kwan-Gae
 - G) All previous forms
- 5) OLYMPIC SPARRING
 - A) Against one opponent
 - B) Against two opponents
 - C) Against three opponents
- 6) BOARD BREAKING
 - A) 9 boards, creative combination including at least one, but no more than 3 hand techniques
- 7) STRENGTH TEST
 - A) 50 pushups
 - B) 50 situps
- 8) ENDURANCE TEST
 - A) Two rounds of Master's Choice – Two minutes each round with a 30 second break in between
- 9) IL BO GYORUGY (1-STEP SPARRING)
 - A) Creative 1-step sparring
 - i) 35 techniques
- 10) KNIFE DEFENSE
 - A) Techniques 1-12. (See descriptions on page 62)
- 11) SELF-DEFENSE
 - A) "Street fight" scenario.
 - B) Collar chokes from standing, from guard, from bottom of mount, and from top of mount.
 - C) Escape from guard into arm bar.
 - D) Buck and Roll.

2ND DEGREE BLACK BELT*

(Testing 2nd Degree to 3rd Degree)

Mental Requirements:

Note: Mental requirements will be in the form of a written test prior to the physical black belt testing.

- 1) MEANINGS OF ALL FORMS PERFORMED
- 2) IDENTIFY DIFFERENCES BETWEEN WTF AND ITF POOMSE
EXAMPLE: Walking stance is only present in WTF style forms
 - Unique execution of blocks (give examples)
 - Unique hand techniques (give examples of hand techniques that are only in ITF poomse)
 - ITF patterns are traditionally performed with sine wave movements
(know what that means but do not perform the patterns using sine wave)
 - ITF is an older style of Taekwondo
- 3) ESSAY: Open topic relating to Taekwondo (5 pages, typed and double spaced)
- 4) ALL PREVIOUS MENTAL REQUIREMENTS

Other Requirements:

- 1) MINIMUM 3.0 GPA OR EQUIVALENT FOR STUDENTS
- 2) COMMUNITY SERVICE
- 3) BELT TEST ASSISTANCE
- 4) TEACHING ASSISTANCE

* BLACK BELT TESTING REQUIREMENTS ARE SUBJECT TO MODIFICATION PER THE MASTERS' DECISIONS.



KNIFE DEFENSE

(Exercises for 2nd and 3rd Degree Candidates)

Knife Defense is required for students who are testing for the rank of 2nd or 3rd degree black. 2nd degree candidates are expected to know techniques 1-6. 3rd degree candidates are expected to know techniques 1-12. 4th degree candidates should expand on these creating their own defense.

Number	Attack	Defense
1	Attack with right hand slashing chest high from right to left	Step in with right leg/block with two open hands, one on each side of the elbow/move right hand onto attacker's shoulder/wrap left arm around attacker's arm and grab your own wrist/apply pressure in an upward manner to attacker's elbow to break the arm
2	Attack with left hand stabbing towards the stomach	Step back with the left foot while raising the right arm under the attacker's forearm/strike the attacker's wrist with left hand/left leg round house kick to attacker's stomach/put foot down and follow up with left leg axe kick to the back of the head
3	Attack with right hand stabbing towards the stomach	Step back with right foot while grabbing attacker's arm with left hand/slide hand down to wrist and jerk forward/add right hand so there is one thumb on each side of the attacker's middle knuckle/rotate wrist backwards at a 45° angle
4	Attack with right hand slashing from right to left/follow up with slash back from left to right	Step away from first slash/step forward and block with two hands on the outside of the attacker's arm with one on each side of the elbow/grab the arm/right leg knee strike to stomach/apply pressure to shoulder to bring attacker down/keep attacker close to body
5	Attack with right hand stabbing towards the neck/run towards the defender	Simultaneously step forward and in at a 45° angle with the right leg, grab the attacker's right arm with left hand, and put right arm under attacker's arm pit/rotate body towards your left to throw the attacker
6	Attack with right hand stabbing downward towards the head	Step to the right and do a high block with the left hand/bring right hand underneath attacker's arm and grab attacker's arm/step through the arm bringing the knife into the attacker's stomach
7	Attack with right hand upwards towards the attacker's stomach	Slide back and grab attacker's arm with both hands/step to the inside turning your back on the attacker/break attacker's elbow over left shoulder
8	Attack with right hand upwards towards the attacker's stomach	Slide back and do a down block with left arm on the attacker's forearm/grab attacker's arm behind elbow and pull him to you/execute arm bar at 90° angle behind attacker's back
9	Attack with right hand upwards towards the attacker's stomach	Slide back and grab attacker's arm with both hands/step under attacker's arm going behind his back/ execute arm bar at 90° angle behind attacker's back
10	Attack with right hand slashing chest high from right to left	Step to the right side and catch the attack with left hand/while holding wrist step in so your back is to the attacker/grab hand with right hand so that your thumb is on the attacker's thumb/apply pressure turning hand to the outside/remove knife with left hand
11	Attack with right hand slashing from right to left/follow up with slash back from left to right	Step away from first slash/step forward and block with two hands on the outside of the attacker's arm with one on each side of the elbow/grab the arm/push arm behind attacker's back and execute arm bar at 90° angle
12	Attack with right hand stabbing downward towards the head	Step to the right and do a high block with the left hand/bring right arm under attacker's arm and clasp your hands/apply pressure downwards on the arm while keeping the shoulder level



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