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Dear Taekwondo Family,

This manual is dedicated to all of the J. W. Kim Taekwondo students and instructors. We have been happy to provide this resource for our students in all of its various iterations since we first opened in 1995. I have designed this manual to help you understand your belt test requirements as well as answer many of your questions to help you excel in your Taekwondo training.

Taekwondo is the most popular martial art in the world and is renowned for its many kicking techniques. 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, Taekwondo became a full medal sport. It is now one of only two martial arts with 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,

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 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.

After 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. Grand Master Kim speaks five languages in addition to English.

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 1,500 students to the level of black belt. In 2018 the Kukkiwon (World Taekwondo Headquarters) recognized J. W. Kim Taekwondo as a Top Ranked Dojang.

Proving that Taekwondo is a foundation for success, Grandmaster Kim now owns many successful businesses in the Denver area that are outside of the martial arts industry. In each of these businesses, he has partners who are also black belts.

- 8th degree black belt- Kukkiwon Certified (2019)
- Appointed as a special advisor to the Kukkiwon (2012)
- Vice President of Colorado State 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)
- Founder and President of The Black Belt Foundation (2007)

Other martial arts experience: Hapkido and Brazilian Jiujitsu
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 forbade 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 was founded (later renamed to World Taekwondo in 2017) and in 1980 it was officially recognized by the International Olympic Committee. 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 WT 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 below 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.
Students should strive to perform their poomse according to the criteria below:

1. Forms should begin and end at exactly the same spot. This indicates the quality of your stances and techniques.

2. Students should know the purpose of each movement.

3. Forms should be performed in a rhythmic movement with the absence of stiffness.

4. The pace of the form should be steady without any breaks in tempo. Movement should be accelerated or decelerated according to the specifications of each pattern.

5. Body position should be correct at all times including:
   a) Foot position should be correctly placed for each stance.
   b) Upper body should be upright on almost all techniques, and not bent forward, backward or sideways.
   c) Hips should be aligned in accordance with each specific stance.
   d) Eyes should be focused on the imaginary attacker and the target of your technique.

6. Breathing should be coordinated with each technique so that you inhale as you prepare/chamber for the technique, exhale on execution of that technique in order to maximize the power of the specific technique.

7. Hand techniques should be completed with an explosive motion from the chamber. The hand technique should be executed at the same time as the foot is landing into the stance.

8. Each pattern should be perfected before moving on to the next form.
WT Style (Olympic Style)

3. Taeguk Sam Jang – Fire and clarity.
5. Taeguk Oh Jang – Wind.
7. Taeguk Chil Jang – Mountains.
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 Kaemgang 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. Joon Gun – 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.

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. Keep the dojang, lobby, and bathrooms neat and orderly. All equipment should be put away after use and all trash should be placed in the trash cans prior to going home.
8. No food, beverage, or chewing gum should be brought into the dojang (training area) unless you have explicit permission from a master.
9. Bring your full set of J. W. Kim Taekwondo approved sparring equipment for all sparring classes.
10. Never climb on the kicking bags or misuse any equipment.
11. Never use bad language or insult another student.
12. Help keep the dojang neat and orderly.
13. 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
I will...
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.

How to Address Senior Belts
“Kwanjangnim” – Head Master
“Sabumnim” – Master – 4th degree Black Belt or Higher
“Kyosanim” – 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.
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</tr>
<tr>
<td>98</td>
<td>Ninety eight</td>
<td>Ahun yo dul</td>
</tr>
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<td>99</td>
<td>Ninety nine</td>
<td>Ahun ahop</td>
</tr>
<tr>
<td>100</td>
<td>One Hundred</td>
<td>Beck</td>
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**ORDINAL NUMBERS**

<table>
<thead>
<tr>
<th>Number</th>
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<tbody>
<tr>
<td>1st</td>
<td>Il</td>
</tr>
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<td>2nd</td>
<td>Yi</td>
</tr>
<tr>
<td>3rd</td>
<td>Sam</td>
</tr>
<tr>
<td>4th</td>
<td>Sa</td>
</tr>
<tr>
<td>5th</td>
<td>Oh</td>
</tr>
<tr>
<td>6th</td>
<td>Yuk</td>
</tr>
<tr>
<td>7th</td>
<td>Chil</td>
</tr>
<tr>
<td>8th</td>
<td>Pal</td>
</tr>
<tr>
<td>9th</td>
<td>Goo</td>
</tr>
<tr>
<td>10th</td>
<td>Ship</td>
</tr>
</tbody>
</table>

**KOREAN TERMINOLOGY**

**COMMANDS**

- Charyot
- Kukke Yea Deehayo
- Kwanjangnim Kye
- Sabumnim Kye
- Kyosanim Kye
- Kyunyeah
- Kamsa Habneeda
- Hecho

**ADDITIONAL TERMINOLOGY**

- Dojang
- Dee
- Dobak
- Hug
- Sijak
- Barro
- Kooman
- Shoa
- Tira Dorah
- Bal Bah Kah
- Cha Man Aeyo
- Poomse
- Chaggie
- Kibon Donjak
- Gyorugy
- Il Bo Gyorugy
- Hosinsul
- Kyopa
- Kiehap
- Gup

- Attention
- To the Flag
- To the Head Master
- To the Master (4th to 6th degree)
- To the Instructor (2nd to 3rd degree)
- Bow
- Thank You Very Much
- Dismissed

- Training Area
- Belt
- Uniform
- Sparring Pads
- Begin
- Return
- Stop
- Relax
- Turn Around
- Switch Feet
- You’re Welcome
- Form
- Kick
- Hand Techniques
- Fighting/Sparring
- 1 Step Sparring
- Self Defense
- Board Breaking
- Yell
- Grade (Color belt rank)
BAR CHAGGIE (Basic kicks)

GYORUGY JAZAE (Fighting Stance)

<table>
<thead>
<tr>
<th>Korean</th>
<th>English</th>
</tr>
</thead>
<tbody>
<tr>
<td>Podo Oligui</td>
<td>Rising Leg/Rising Kick</td>
</tr>
<tr>
<td>Ap Chaggie</td>
<td>Front Kick</td>
</tr>
<tr>
<td>Pique Chaggie</td>
<td>Roundhouse Kick</td>
</tr>
<tr>
<td>Yop Chaggie</td>
<td>Side Kick</td>
</tr>
<tr>
<td>Tchigo Chaggie</td>
<td>Axe Kick</td>
</tr>
<tr>
<td>Dolio Chaggie</td>
<td>High Roundhouse Kick</td>
</tr>
<tr>
<td>An Chaggie</td>
<td>Crescent Kick to Inside</td>
</tr>
<tr>
<td>Bacat Chaggie</td>
<td>Crescent Kick to Outside</td>
</tr>
<tr>
<td>Mido Chaggie</td>
<td>Push Kick</td>
</tr>
<tr>
<td>Ti Chaggie</td>
<td>Back Kick</td>
</tr>
<tr>
<td>Timio Yop Chaggie</td>
<td>Jumping Side Kick</td>
</tr>
<tr>
<td>Ti Dolio Chaggie</td>
<td>Spinning Hook Kick</td>
</tr>
<tr>
<td>Naraban Chaggie</td>
<td>Butterfly Kick</td>
</tr>
<tr>
<td>Dulebon Pique Chaggie</td>
<td>Double Roundhouse Kick</td>
</tr>
<tr>
<td>Timio Ap Bal Pique Chaggie</td>
<td>Skipping Front Leg Roundhouse Kick</td>
</tr>
<tr>
<td>Timio Ap Chaggie</td>
<td>Jumping Front Kick</td>
</tr>
<tr>
<td>Timio Ap Bal Yop Chaggie</td>
<td>Skipping Front Leg Side Kick</td>
</tr>
<tr>
<td>Timio Ap Bal Tchigo Chaggie</td>
<td>Skipping Front Leg Axe Kick</td>
</tr>
<tr>
<td>Timio Ap Bal Hurio Chaggie</td>
<td>Skipping Front Leg Hook Kick</td>
</tr>
<tr>
<td>Timio Ap Bal Dulebon Pique Chaggie</td>
<td>Skipping Front Leg Double Roundhouse Kick</td>
</tr>
<tr>
<td>Dulebon Pique Dolio Chaggie</td>
<td>Low-High Double Roundhouse Kick</td>
</tr>
<tr>
<td>Timio Ti Chaggie</td>
<td>Jumping Back Kick</td>
</tr>
<tr>
<td>Timio Ti Dolio Chaggie</td>
<td>Jumping Spinning Hook Kick</td>
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<tr>
<td>Yop-Ti Chaggie</td>
<td>Side Kick-Back Kick Combination</td>
</tr>
<tr>
<td>Timio Ap Bal Dulebon Pique Dolio Chaggie</td>
<td>Skipping Front Leg Low-High Double Roundhouse Kick</td>
</tr>
<tr>
<td>Timio Ap Bal Yop-Ti Chaggie</td>
<td>Skipping Front Leg Side Kick-Back Kick Combination</td>
</tr>
<tr>
<td>Sam Beck Yougship-Ti Chaggie</td>
<td>360° Back Kick</td>
</tr>
<tr>
<td>Bada Chaggie</td>
<td>Counter Roundhouse Kick</td>
</tr>
<tr>
<td>Sam Beck Yougship-Hurio Chaggie</td>
<td>360° Spinning Hook Kick</td>
</tr>
<tr>
<td>Timio Ap-Tchigo Chaggie</td>
<td>Jumping Front-Axe Kick</td>
</tr>
<tr>
<td>Whojin Naraban Chaggie</td>
<td>Backwards Butterfly Kick</td>
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</table>
### KIBON DON JAK (Basic stances and hand techniques)

**NARANI** (Shoulder Stance)

<table>
<thead>
<tr>
<th>AP KUBI (Front Stance)</th>
<th></th>
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<tbody>
<tr>
<td>Arae Makki</td>
<td>Low Block</td>
</tr>
<tr>
<td>An Monton Makki</td>
<td>Inside Middle Block</td>
</tr>
<tr>
<td>Orgule Makki</td>
<td>High Block</td>
</tr>
<tr>
<td>Monton Thirugie</td>
<td>Middle Punch</td>
</tr>
<tr>
<td>Pyonsoncut Seuo Thirugie</td>
<td>Middle Target Spear Finger Strike</td>
</tr>
<tr>
<td>Dung Jumoc Ap Chiggie</td>
<td>Front Back Fist Strike</td>
</tr>
<tr>
<td>Palgup Dolio Chiggie</td>
<td>Elbow Strike</td>
</tr>
<tr>
<td>Palgup Chiggie</td>
<td>Elbow Strike (To Palm)</td>
</tr>
<tr>
<td>Orgule Bacat Makki</td>
<td>High Outer Block</td>
</tr>
<tr>
<td>Batanson Monton Makki</td>
<td>Palm Middle Block</td>
</tr>
<tr>
<td>Batanson Chiggie</td>
<td>Palm Strike</td>
</tr>
<tr>
<td>Kahe Makki</td>
<td>Scissor Block</td>
</tr>
<tr>
<td>Hecho Makki</td>
<td>Spread Block</td>
</tr>
<tr>
<td>Utgoro Makki</td>
<td>Low “X” Block</td>
</tr>
<tr>
<td>Waysantul Makki</td>
<td>Mountain Block</td>
</tr>
<tr>
<td>Tuc Chiggie</td>
<td>Chin Strike/Upper Cut</td>
</tr>
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</table>

**ABSOGI** (Walking Stance)

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
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<tbody>
<tr>
<td>Jebipoom Hansonal Moc Chiggie</td>
<td>Knife Hand Neck Strike</td>
</tr>
</tbody>
</table>

**TUI KUBI** (Back Stance)

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Sonal Godolo Makki</td>
<td>Double Middle Knife Hand Block</td>
</tr>
<tr>
<td>Hansonal Monton Makki</td>
<td>Single Middle Knife Hand Block</td>
</tr>
<tr>
<td>Bacat Makki</td>
<td>Outer Block</td>
</tr>
<tr>
<td>Sonal Arae Makki</td>
<td>Double Low Knife Hand Block</td>
</tr>
<tr>
<td>Godolo Bacat Monton Makki</td>
<td>Double Middle Fist Block</td>
</tr>
<tr>
<td>Godolo Bacat Arae Makki</td>
<td>Double Low Fist Block</td>
</tr>
</tbody>
</table>

**BOOMSOGI** (Tiger Stance)

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>Bantanson Monton Makki</td>
<td>Palm Middle Block</td>
</tr>
<tr>
<td>Monton Makki</td>
<td>Middle Block</td>
</tr>
<tr>
<td>Gup</td>
<td>Belt</td>
</tr>
<tr>
<td>------</td>
<td>--------------</td>
</tr>
<tr>
<td>10th</td>
<td>White Belt</td>
</tr>
<tr>
<td>9th</td>
<td>Yellow Belt</td>
</tr>
<tr>
<td>8th</td>
<td>Orange Belt</td>
</tr>
<tr>
<td>7th</td>
<td>Green Belt</td>
</tr>
<tr>
<td>6th</td>
<td>Purple Belt</td>
</tr>
<tr>
<td>5th</td>
<td>Blue Belt</td>
</tr>
<tr>
<td>4th</td>
<td>Red Belt</td>
</tr>
<tr>
<td>3rd</td>
<td>High Red Belt</td>
</tr>
<tr>
<td>2nd</td>
<td>Brown Belt</td>
</tr>
<tr>
<td>1st</td>
<td>High Brown Belt</td>
</tr>
<tr>
<td>1st Dan</td>
<td>Black Belt</td>
</tr>
</tbody>
</table>

**How to Tie a Belt:**

![Diagram of belt tying process](image-url)
LITTLE DRAGONS' BELT TESTING CURRICULUM
**LITTLE DRAGON STRIPE SYSTEM:**

Stripes provide a variety of benefits for Little Dragons. They help motivate and reward students, teach them to set small, attainable goals on their way to a bigger goal, and provide a way for them to know exactly where they are on their journey to the next belt.

**White stripes** are awarded for a variety of merit based reasons. Yellow through purple belts need one white stripe while blue through brown belts need two white stripes in addition to the four color stripes to test.

**Colored stripes** are earned based on their knowledge of the curriculum and their attendance. Once students earn four stripes of their next color belt they are allowed to test at the next available testing.

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<table>
<thead>
<tr>
<th></th>
<th>1st Stripe</th>
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<th>3rd Stripe</th>
<th>4th Stripe</th>
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<td>Curriculum</td>
<td># Classes</td>
<td>Curriculum</td>
<td># Classes</td>
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<td>White</td>
<td>3</td>
<td>Blocks</td>
<td>6</td>
<td>Kicks</td>
</tr>
<tr>
<td>Yellow</td>
<td>5</td>
<td>Kicks &amp; Hand Techniques</td>
<td>10</td>
<td>One-Third of Form</td>
</tr>
<tr>
<td>Orange</td>
<td>5</td>
<td>Kicks &amp; Hand Techniques</td>
<td>10</td>
<td>One-Third of Form</td>
</tr>
<tr>
<td>Green</td>
<td>7</td>
<td>Kicks &amp; Hand Techniques</td>
<td>15</td>
<td>One-Third of Form</td>
</tr>
<tr>
<td>Purple</td>
<td>7</td>
<td>Kicks &amp; Hand Techniques</td>
<td>15</td>
<td>One-Third of Form</td>
</tr>
</tbody>
</table>

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

**Little Dragons (Ages 4-6)**

**White Belt**

*(Testing White to Yellow)*

### Physical Requirements:

<table>
<thead>
<tr>
<th>1) Attendance</th>
</tr>
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<tbody>
<tr>
<td>A) Minimum of 15 classes</td>
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<table>
<thead>
<tr>
<th>2) Kicks</th>
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</thead>
<tbody>
<tr>
<td>A) Rising kick</td>
</tr>
<tr>
<td>B) Front snap kick</td>
</tr>
<tr>
<td>C) Roundhouse kick</td>
</tr>
<tr>
<td>D) Side kick</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>3) Hand Techniques</th>
</tr>
</thead>
<tbody>
<tr>
<td>A) High block</td>
</tr>
<tr>
<td>B) Middle inner block</td>
</tr>
<tr>
<td>C) Low block</td>
</tr>
<tr>
<td>D) Middle punch</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>4) Stances</th>
</tr>
</thead>
<tbody>
<tr>
<td>A) Attention stance</td>
</tr>
<tr>
<td>B) Ready stance</td>
</tr>
<tr>
<td>C) Shoulder stance</td>
</tr>
<tr>
<td>D) Fighting stance</td>
</tr>
<tr>
<td>E) Horse riding stance</td>
</tr>
<tr>
<td>F) Front stance</td>
</tr>
<tr>
<td>G) Listening stance</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>5) Form</th>
</tr>
</thead>
<tbody>
<tr>
<td>A) Little Dragon Oren Saju Jirugi (4 punches and 4 blocks)</td>
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</table>

### Mental Requirements:

<table>
<thead>
<tr>
<th>1) Count From 1 to 5 in Korean</th>
</tr>
</thead>
<tbody>
<tr>
<td>• One – Hana</td>
</tr>
<tr>
<td>• Two – Dule</td>
</tr>
<tr>
<td>• Three – Set</td>
</tr>
<tr>
<td>• Four – Net</td>
</tr>
<tr>
<td>• Five – Dasot</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>2) Tenets of Taekwondo</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Courtesy</td>
</tr>
<tr>
<td>• Integrity</td>
</tr>
<tr>
<td>• Perseverance</td>
</tr>
<tr>
<td>• Indomitable spirit</td>
</tr>
<tr>
<td>• Self-control</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>3) Know What Part of the Foot Is Used to Strike for Each Kick.</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Rising kick – Back of the heel</td>
</tr>
<tr>
<td>• Front snap kick – Ball</td>
</tr>
<tr>
<td>• Roundhouse kick – Top</td>
</tr>
<tr>
<td>• Side kick – Bottom of the heel</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>4) Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Home phone number or parents’ cell phone number(s)</td>
</tr>
</tbody>
</table>
Physical Requirements:

1) ATTENDANCE
   A) Minimum of 20 classes

2) KICKS
   A) Axe kick
   B) High roundhouse kick
   C) Inside crescent kick
   D) Outside crescent kick
   E) All previous kicks

3) HAND TECHNIQUES
   A) Reverse middle punch
   B) Reverse middle inner block
   C) Low Punch
   D) All previous hand techniques

4) STANCES
   A) Walking stance
   B) All previous stances

5) 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
Belt Test Requirements

Little Dragons (Ages 4-6)

Orange Belt

(Testing Orange to Green)

Physical Requirements:
1) ATTENDANCE
   A) Minimum of 20 classes

2) KICKS
   A) Push kick
   B) Back kick
   C) Jumping side kick
   D) All previous kicks

3) HAND TECHNIQUES
   A) High Punch
   B) All previous hand techniques

4) STANCES
   A) All previous stances

5) FORM
   A) Little Dragons Taeguk Yi Jang

6) BOARD BREAKING
   A) Push kick

Mental Requirements:
1) WHY DO YOU BOW?
   • To show respect. SIR/M'AM!

2) 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

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
BELT TEST REQUIREMENTS

LITTLE DRAGONS (AGES 4-6)
GREEN BELT
(Tested Green to Purple)

Physical Requirements:

1) ATTENDANCE
   A) Minimum of 30 classes

2) KICKS
   A) Spinning hook kick
   B) Butterfly kick
   C) Double roundhouse kick
   D) Skipping front leg roundhouse kick
   E) Jumping front kick
   F) All previous kicks

3) HAND TECHNIQUES
   A) Knife hand neck strike
   B) Single middle knife hand block
   C) All previous hand techniques

4) STANCES
   A) All previous stances

5) 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
**Physical Requirements:**

1) **ATTENDANCE**
   A) Minimum of 30 classes

2) **KICKS**
   A) Skipping front leg side kick
   B) Skipping front leg axe kick
   C) Skipping front leg hook kick
   D) Skipping front leg double roundhouse kick
   E) All previous kicks

3) **HAND TECHNIQUES**
   A) Double middle knife hand block
   B) Palm block
   C) Palm rising block
   D) Spear hand strike
   E) All previous hand techniques

4) **STANCES**
   A) Back stance
   B) All previous stances

5) **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 COLOR BELT STRIPE SYSTEM:

Stripes provide a variety of benefits for Children. They help motivate and reward students, teach them to set small, attainable goals on their way to a bigger goal, and provide a way for them to know exactly where they are on their journey to the next belt.

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<table>
<thead>
<tr>
<th>Stripes</th>
<th>1st Stripe</th>
<th>2nd Stripe</th>
<th>3rd Stripe</th>
<th>4th Stripe</th>
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<tbody>
<tr>
<td># Classes</td>
<td>Curriculum</td>
<td># Classes</td>
<td>Curriculum</td>
<td># Classes</td>
</tr>
<tr>
<td>White</td>
<td>3</td>
<td>Hand Techniques &amp; Stances</td>
<td>6</td>
<td>Kicks</td>
</tr>
<tr>
<td>Yellow</td>
<td>5</td>
<td>Fundamentals &amp; Kicking Sequences</td>
<td>10</td>
<td>First Third of Form</td>
</tr>
<tr>
<td>Orange</td>
<td>5</td>
<td>Fundamentals &amp; Kicking Sequences</td>
<td>10</td>
<td>First Half of Form</td>
</tr>
<tr>
<td>Green</td>
<td>7</td>
<td>Fundamentals &amp; Kicking Sequences</td>
<td>15</td>
<td>First Half of Form</td>
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1 Fundamentals refer to the kicks, hand techniques, and stances required at the current rank
2 Sparring attendance for blue belts and above must also be met prior to earning the fourth stripe

High brown belts will receive stripes during black belt candidacy corresponding with curriculum milestones.
**ADULT COLOR BELT STRIPE SYSTEM:**

Students in the Adult program will earn stripes of their next color rank based on their knowledge of the curriculum and their attendance. This system helps students understand what a reasonable amount of time is to develop an intimate understanding of each part of their curriculum. Once students earn four stripes of their next color belt they are allowed to test at the next available testing.

The table below shows what students need to know and approximately how many classes they need to attend prior to earning each color 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.

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1 Fundamentals refer to the kicks, hand techniques, and stances required at the current rank

2 Sparring attendance for blue belts and above must also be met prior to earning the fourth stripe

High brown belts will receive stripes during black belt candidacy corresponding with curriculum milestones.
WHITE BELT
(Test for White to Yellow)

**Physical Requirements:**

1) **ATTENDANCE**
   A) Minimum of 12 classes

2) **HAND TECHNIQUES**
   A) High block
   B) Inside middle block
   C) Low block
   D) Middle punch

3) **KICKS**
   A) Rising kick
   B) Front kick
   C) Roundhouse kick
   D) Side kick

4) **KICKING SEQUENCES**
   A) Roundhouse kick, rising kick
   B) Front kick, roundhouse kick, side kick

5) **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)

6) **FORM**
   A) Oren Saju Jirugi
   B) Wen Saju Jirugi (Adults Only)

7) **SELF-DEFENSE**
   Know the four areas of the body, from the neck up, that are most susceptible to strikes and pressure.
   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) WHY DO YOU BOW?
   • We bow to show respect. SIR/MA’AM!

3) 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

4) WHAT IS THE MEANING OF THE WHITE BELT?
   • The white belt signifies purity, no knowledge of Taekwondo. SIR/MA’AM!

5) COUNT FROM 1 TO 5 IN KOREAN
   • One – Hana
   • Two – Dule
   • Three – Set
   • Four – Net
   • Five – Dasot

6) 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.

7) KOREAN TERMINOLOGY
   • Rising kick – Podo Oligui
   • Front snap kick – Ap Chaggie
   • Roundhouse kick – Pique Chaggie
   • Side kick – Yop Chaggie
   • Fighting Stance – Gyorugy Jazae
WHITE BELT

(Techning White to Yellow)

Mental Requirements Continued:

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) ATTENDANCE
   A) Minimum of 20 classes

2) HAND TECHNIQUES
   A) Reverse inside middle block
   B) Reverse middle punch
   C) Low punch
   D) All previous hand techniques

3) KICKS
   A) Axe kick
   B) High roundhouse kick
   C) Inside crescent kick
   D) Outside crescent kick
   E) All previous kicks

4) KICKING SEQUENCES
   A) Roundhouse kick, high roundhouse kick, axe kick
   B) Roundhouse kick, high roundhouse kick, inside crescent kick

5) STANCES
   A) Walking stance
   B) All previous stances

6) FORM
   A) Taeguk II Jang
   B) All previous forms (Adults Only)

7) SELF-DEFENSE
   A) Know the five areas of the body, from the neck down, that are most susceptible to strikes and pressure.
      A) Solar Plexus
      B) Finger
      C) Groin
      D) Knee
      E) Ankle/Foot
   B) All previous self defense techniques
BELT TEST REQUIREMENTS

YELLOW BELT
(Tested 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 YOU 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) **KOREAN TERMINOLOGY**
   - Axe kick – Tchigo Chaggie
   - High roundhouse kick – Dolio Chaggie
   - Inside crescent kick – An Chaggie
   - Outside crescent kick – Bacat Chaggie

8) **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

9) **WHAT ARE THE RULES OF THE DOJANG?**
   - (see introduction section of the manual, page 7)
Mental Requirements Continued:

10) BE ABLE TO IDENTIFY, DEFINE, AND ANSWER QUESTIONS ABOUT THE CURRENT LIFE SKILL CONCEPT. (Children only)

11) ALL PREVIOUS MENTAL REQUIREMENTS
Belt Test Requirements

Taegeuk II Jang

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ORANGE BELT
(Test Orange to Green)

Physical Requirements:
1) ATTENDANCE
   A) Minimum of 20 classes

2) HAND TECHNIQUES
   A) High punch
   B) All previous hand techniques

3) KICKS
   A) Push kick
   B) Back kick
   C) Jumping side kick
   D) Spinning hook kick
   E) All previous kicks

4) KICKING SEQUENCES
   A) Roundhouse kick, push kick
   B) Axe kick, back kick

5) STANCES
   A) All previous stances

6) FORM
   A) Taeguk Yi Jang
   B) All previous forms (Adults Only)

7) SELF-DEFENSE
   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 so that the narrow part of your wrist escapes through the gap between
      the attacker's thumb and fingers.
   B) All previous self defense techniques

8) BOARD BREAKING
   A) Push kick
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 Taeguk 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
   • Respect your elders
   • Respect your teachers
   • Be loyal to your friends
   • Finish what you begin

5) WHAT ARE THE FOUR PHYSICAL COMPONENTS OF POWER?
   • Follow-through
   • Accuracy
   • Speed
   • Technique

6) KOREAN TERMINOLOGY
   • Push kick – Mido Chaggie
   • Back kick – Ti Chaggie
   • Spinning hook kick – Ti Dolio Chaggie
   • Jumping side kick – Timio Yop Chaggie

7) 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

8) BE ABLE TO IDENTIFY, DEFINE, AND ANSWER QUESTIONS ABOUT THE CURRENT LIFE SKILL CONCEPT. (Children only)

9) ALL PREVIOUS MENTAL REQUIREMENTS
GREEN BELT
(Test: Green to Purple)

Physical Requirements:
1) ATTENDANCE
   A) Minimum of 30 classes

2) HAND TECHNIQUES
   A) Single middle knife hand block
   B) Knife hand neck strike
   C) Reverse knife hand neck strike
   D) All previous hand techniques

3) KICKS
   A) Butterfly kick
   B) Double roundhouse kick
   C) Skipping front leg roundhouse kick
   D) Jumping front kick
   E) All previous kicks

4) KICKING SEQUENCES
   A) Roundhouse kick, roundhouse kick, double roundhouse kick
   B) Roundhouse kick, skipping front leg roundhouse kick, butterfly kick

5) STANCES
   A) Back stance
   B) All previous stances

6) FORM
   A) Taegeuk Sam Jang
   B) All previous forms (Adults Only)

7) SELF-DEFENSE
   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 to the nine target areas.
      C) All previous self defense techniques

8) BOARD BREAKING
   A) Jumping side kick
Belt Test Requirements

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) KOREAN TERMINOLOGY
   • Butterfly kick – Naraban Chaggie
   • Double roundhouse kick – Dulebon Pique Chaggie
   • Skipping front leg roundhouse kick - Timio Ap Bal Pique Chaggie
   • Jumping front kick – Timio Ap Chaggie

7) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK
   • Butterfly kick – Instep (top)
   • Double roundhouse kick – Instep (top)
   • Skipping front leg roundhouse kick - Instep (top)
   • Jumping front kick – Ball of the foot

8) KNOW HOW TO TIE THE BELT CORRECTLY AND BE ABLE TO DEMONSTRATE TYING THE BELT AT THE TESTING.

9) BE ABLE TO IDENTIFY, DEFINE, AND ANSWER QUESTIONS ABOUT THE CURRENT LIFE SKILL CONCEPT. (Children only)

10) ALL PREVIOUS MENTAL REQUIREMENTS
PURPLE BELT

(Testing Purple to Blue)

Physical Requirements:

1) ATTENDANCE
   A) Minimum of 30 classes

2) HAND TECHNIQUES
   A) Downward palm block
   B) Palm 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) KICKS
   A) Skipping front leg side kick
   B) Skipping front leg axe kick
   C) Skipping front leg hook kick
   B) Skipping front leg double roundhouse kick
   C) All previous kicks

4) KICKING SEQUENCES
   A) Roundhouse kick, skipping front leg axe kick
   B) Roundhouse kick, skipping front leg hook kick
   C) Roundhouse kick, skipping front leg double roundhouse kick

5) STANCES
   A) All previous stances

6) FORM
   A) Taeguk Sa Jang
   B) All previous forms (Adults Only)

7) SELF-DEFENSE
   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.

   C) All previous self defense techniques

8) BOARD BREAKING
   A) Skipping front leg side kick
**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 Taeguk 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) **KOREAN TERMINOLOGY**
   - Skipping front leg side kick – Timio Ap Bal Yop Chaggie
   - Skipping front leg axe kick – Timio Ap Bal Tchigo Chaggie
   - Skipping front leg hook kick – Timio Ap Bal Hurio Chaggie
   - Skipping front leg double roundhouse kick – Timio Ap Bal Dulebon Pique Chaggie

7) **KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK**
   - Skipping front leg side kick – Bottom of the heel
   - Skipping front leg axe kick – Back of the heel
   - Skipping front leg hook kick – Back of the heel
   - Skipping front leg double roundhouse kick – Instep (top)

8) **BE ABLE TO IDENTIFY, DEFINE, AND ANSWER QUESTIONS ABOUT THE CURRENT LIFE SKILL CONCEPT.** (Children only)

9) **ALL PREVIOUS MENTAL REQUIREMENTS**
Belt Test Requirements

Taegeuk Sa Jang

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25
Physical Requirements:

1) ATTENDANCE
   A) Minimum of 40 classes
   B) Attend a minimum of one sparring class per month

2) HAND TECHNIQUES
   A) Hammer fist strike
   B) Middle section elbow strike
   C) Left elbow strike to right palm
   D) Right elbow strike to left palm
   E) Palm Strike
   F) Reverse Single Middle Knife Hand Block
   G) All previous hand techniques

3) KICKS
   A) Low-high double roundhouse kick
   B) Jumping back kick
   C) Jumping spinning hook kick
   D) All previous kicks

4) KICKING SEQUENCES
   A) Roundhouse kick, axe kick, jumping back kick
   B) Roundhouse kick, low-high double roundhouse kick
   C) Roundhouse kick, butterfly kick, spinning hook kick

5) STANCES
   A) Left “L” stance
   B) Right “L” stance
   C) ”X” stance
   D) All previous stances

6) FORM
   A) Taeguek Oh Jang
   B) All previous forms (Adults Only)

7) IL BO GYORUGY (1-STEP SPARRING)
   A) Number 1
      i) Step to your right with the right foot/left hand reverse single middle knife hand block/right
         hand middle punch/left hand low punch/right hand high punch
   B) Number 2
      i) Step to the left with the right foot/right hand inside middle block/right elbow to ribs/
         right hand back fist strike to the face
   C) Number 3
      i) Step to your right with the right foot/left hand reverse single middle knife hand block/ right
         hand palm strike to the nose

8) OLYMPIC SPARRING
BLUE BELT
(Testing Blue to Red)

Physical Requirements Continued:
9) FALLING
   A) Back fall from a squat
   B) Front fall from knees

10) SELF-DEFENSE
    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 the throat.

    C) All previous self defense techniques

11) BOARD BREAKING
    A) Back kick or Jumping back kick (Master’s choice)

12) BALANCE
    A) Hold side kick - punch combination for three seconds
BLUE BELT

(Testing Blue to Red)

Mental Requirements:
1) 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.

2) WHAT IS THE MEANING OF THE BLUE BELT?
   • The blue belt represents the sky and the unlimited boundaries of Taekwondo. SIR/MA'AM!

3) WHAT IS THE MEANING OF TAEGEUK OH JANG?
   • The fifth Taeguek form signifies wind. SIR/MA'AM!

4) 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

5) 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

6) KOREAN TERMINOLOGY
   • Low/high double roundhouse kick – Dulebon Pique Dolio Chaggie
   • Jumping back kick – Timio Ti Chaggie
   • Jumping spinning hook kick – Timio Ti Dolio Chaggie

7) 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

8) BE ABLE TO IDENTIFY, DEFINE, AND ANSWER QUESTIONS ABOUT THE CURRENT LIFE SKILL CONCEPT. (Children only)

9) ALL PREVIOUS MENTAL REQUIREMENTS
Belt Test Requirements

Taeguk Oh Jang

1. [Image of Taeguk Oh Jang position 1]
2. [Image of Taeguk Oh Jang position 2]
3. [Image of Taeguk Oh Jang position 3]
4. [Image of Taeguk Oh Jang position 4]
5. [Image of Taeguk Oh Jang position 5]
6. [Image of Taeguk Oh Jang position 6]
7. [Image of Taeguk Oh Jang position 7]
8. [Image of Taeguk Oh Jang position 8]
9. [Image of Taeguk Oh Jang position 9]
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19. [Image of Taeguk Oh Jang position 19]
20. [Image of Taeguk Oh Jang position 20]
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22. [Image of Taeguk Oh Jang position 22]
23. [Image of Taeguk Oh Jang position 23]
24. [Image of Taeguk Oh Jang position 24]
25. [Image of Taeguk Oh Jang position 25]
26. [Image of Taeguk Oh Jang position 26]
27. [Image of Taeguk Oh Jang position 27]
28. [Image of Taeguk Oh Jang position 28]
**RED BELT**
*(Testing Red to High Red)*

**Physical Requirements:**

1) **ATTENDANCE**
   A) Minimum of 40 classes
   B) Attend a minimum of one sparring class per month

2) **HAND TECHNIQUES**
   A) Middle palm block
   B) High outer block
   D) All previous hand techniques

3) **KICKS**
   A) Side kick – back kick combination
   B) Skipping front leg low/high double roundhouse kick
   C) Skipping front leg side kick – back kick combination
   D) All previous kicks

4) **KICKING SEQUENCES**
   A) Roundhouse kick, side kick/back kick combination
   B) Roundhouse kick, skipping front leg side kick/back kick combination
   C) Roundhouse kick, double roundhouse kick, spinning hook kick

5) **STANCES**
   A) All previous stances

6) **FORM**
   A) Taeguk Yuk Jang
   B) All previous forms (Adults Only)

7) **IL BO GYORUGY (1-STEP SPARRING)**
   A) Number 1
      i) Slide back into a right foot back fighting stance/right leg crescent kick to arm/left leg back kick
   B) Number 2
      i) Step to left side with the left foot/right hand reverse single middle knife hand block/right leg roundhouse kick to stomach
   C) Number 3
      i) Slide back into a left foot back fighting stance/right foot butterfly kick

8) **OLYMPIC SPARRING**
**RED BELT**

*(Testing Red to High Red)*

**Physical Requirements Continued:**

9) FALLING
   A) Right and left side falls from a squat

10) SELF-DEFENSE
    A) Demonstrate the "Finger Tip Pressure Point." Utilize this technique to escape from hair grabs and shaking hands.
    B) All previous self defense techniques

11) GROUND DEFENSE
    A) "Dead Bug" defense

12) BOARD BREAKING
    A) Back kick or jumping back kick (Master's choice)

13) INTRA-SCHOOL TOURNAMENT (CHILDREN ONLY)
    A) Participate in an intra-school tournament within eight months of testing for high red belt
BELT TEST REQUIREMENTS

RED BELT
(Testing Red to High Red)

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 Taeguk 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) WHAT DO THE TERMS "LEAD HAND" AND "REVERSE HAND" REFER TO?
   • The lead hand is your front hand and the reverse hand is your back hand. SIR/MA'AM!

6) EXPLAIN THE HANDSHAKE SCALE
   • The handshake scale describes the way that you present yourself to other people. A score of one is
timid, three is confident, and five is aggressive. You always want to present yourself as a number
three so you show confidence which will prevent you from being a target for bullies as well as prevent
you from being perceived as a bully.

7) KOREAN TERMINOLOGY
   • Side kick – back kick combination – Yop-Ti Chaggie
   • Skipping front leg side kick – back kick combination – Timio Ap Bal Yop-Ti Chaggie
   • Skipping front leg low/high double roundhouse kick – Timio Ap Bal Dulebon Pique Dolio Chaggie

8) 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
   • Skipping front leg low/high double roundhouse kick – Instep (top)

9) BE ABLE TO IDENTIFY, DEFINE, AND ANSWER QUESTIONS ABOUT THE
   CURRENT LIFE SKILL CONCEPT. (Children only)

10) ALL PREVIOUS MENTAL REQUIREMENTS
Taeguk Yuk Jang
HIGH RED BELT
(Testing High Red to Brown)

Physical Requirements:
1) ATTENDANCE
   A) Minimum of 50 classes
   B) Attend a minimum of two sparring classes per month

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

3) KICKS
   A) 360° back kick
   B) Counter roundhouse kick
   C) All previous kicks

4) KICKING SEQUENCES
   A) Roundhouse kick, butterfly kick, jumping spinning hook kick
   B) Roundhouse kick, roundhouse kick, counter roundhouse kick, counter roundhouse kick
   C) Roundhouse kick, counter roundhouse kick, skipping front leg low/high double roundhouse kick

5) STANCES
   A) Tiger stance
   B) All previous stances

6) FORM
   A) Taeguk Chil Jang
   B) All previous forms (Adults Only)

7) IL BO GYORUGY (1-STEP SPARRING)
   A) Number 1
      i) Step with right foot/left hand reverse single middle knife hand block/right hand knife hand neck strike/move right leg behind the opponent's right leg/sweep/kneel down to punch face

   B) Number 2
      i) Step with right foot across the attacker's body so your right foot is behind the attacker's right foot/right hand inside middle block/spin to your left/left hand elbow strike to stomach/left hand back fist strike to face/(if necessary adjust your right leg so it is behind the attacker's right leg in a position to sweep)/sweep/kneel down to punch face
HIGH RED BELT

(Testing High Red to Brown)

Physical Requirements continued:

8) IL BO GYORUGY (1-STEP SPARRING) CONTINUED
   C) Number 3
      i) Step to left with left foot/right hand reverse single middle knife hand block/left hand
         punch to ribs/step behind with left leg and "clothes line" take down/kick attacker with a back or
         side kick

9) OLYMPIC SPARRING

10) FALLING AND ROLLING
    A) Front shoulder roll from the ground
    B) Backward shoulder roll from the ground

11) SELF-DEFENSE
    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.
    D) All previous self defense techniques

12) GROUND DEFENSE
    A) Standing up from the ground

13) BOARD BREAKING
    A) Jumping back kick or master's choice

14) STRENGTH TEST
    A) 20 pushups
    B) 20 situps
HIGH RED BELT
(Test Testing High Red to Brown)

Mental Requirements:
1) ESSAY: How Taekwondo has changed my life. (1 page, typed and double spaced)

2) WHAT IS THE MEANING OF THE HIGH RED BELT?
   • The high red belt represents volcano – fire creating earth. SIR/MA'AM!

3) WHAT IS THE MEANING OF TAEGEUK CHIL JANG?
   • The seventh Taeguek form signifies mountains. SIR/MA’AM!

4) WHAT ARE THE FIVE VIRTUES OF A LEADER?
   • Intelligence
   • Trustworthiness
   • Humaneness
   • Courage
   • Sternness

5) WHAT MAKES YOU A LEADER IN THE FOLLOWING SETTINGS:
   • At home?
   • At school/work?
   • At Taekwondo?

6) KOREAN TERMINOLOGY
   • 360° Back kick – Sam Beck Yougship-Ti Chaggie
   • Counter roundhouse kick – Bada Chaggie

7) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK
   • 360° Back kick – Bottom of the heel
   • Counter roundhouse kick – Instep (top)

8) WHAT IS THE KOREAN WORD FOR FORM?
   • Poomse (poom – say)

9) IDENTIFY ESSENTIAL COMPONENTS TO PERFORMING POOMSE.
   (see introduction section of the manual, page 5)

10) BE ABLE TO IDENTIFY, DEFINE, AND ANSWER QUESTIONS ABOUT THE CURRENT LIFE SKILL CONCEPT. (Children only)

11) ALL PREVIOUS MENTAL REQUIREMENTS
Belt Test Requirements

Taeguk Chil Jang
**Physical Requirements:**

1) **ATTENDANCE**
   A) Minimum of 50 classes
   B) Attend a minimum of two sparring classes per month

2) **HAND TECHNIQUES**
   A) Double middle fist block  D) Uppercut punch to jaw
   B) Double low fist block     E) All previous hand techniques
   C) Mountain block

3) **KICKS**
   A) 360° spinning hook kick
   B) Jumping front – axe kick combination
   C) Backwards butterfly kick
   D) All previous kicks

4) **KICKING SEQUENCES**
   A) Roundhouse kick, low/high double roundhouse kick, 360° back kick
   B) Roundhouse kick, skipping front leg roundhouse kick, 360° spinning hook kick
   C) Roundhouse kick, skipping front leg axe kick, backwards butterfly kick

5) **STANCES**
   A) All previous stances

6) **FORM**
   A) Taeguk Pal Jang
   B) All previous forms (ADULTS ONLY)

7) **IL BO GYORUGY (1-STEP SPARRING)**
   A) Number 1
      i) Step with left foot to the left and left hand palm block/use the palm block to slide
down the arm and grab the wrist/perform a wrist lock by rotating the hand towards the outside
of the body and simultaneously pressing the hand forward/continue pressure to take down
   B) Number 2
      i) Step with right leg/left hand reverse single middle knife hand block/right hand punch to the
throat/spin under arm to a shoulder lock
   C) Number 3
      i) Step with right leg/left hand reverse single middle knife hand block/right hand palm strike
to the nose/wrap right hand around neck to choke

8) **OLYMPIC SPARRING**

9) **ROLLING AND FALLING**
   A) All falls and rolls from standing
BROWN BELT

(Testing Brown to High Brown)

Physical Requirements Continued:

9) SELF-DEFENSE
   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) All previous self defense techniques

10) BOARD BREAKING
    A) Spinning hook kick or Master’s choice

11) STRENGTH TEST
    A) 30 pushups
    B) 30 situps

12) ENDURANCE TEST
    A) 2 minutes of Master’s Choice (nonstop kicking on paddles)

13) INTRA-SCHOOL TOURNAMENT (CHILDREN ONLY)
    A) Participate in an intra-school tournament within eight months of testing for high brown belt
BROWN BELT
(Tested 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 3.

3) WHAT IS THE MEANING OF TAEGEUK PAL JANG?
   • The eighth Taeguk 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 4.

5) IDENTIFY THE IMPORTANCE OF TAEGEUK POOMSE (FORMS) IN TAEKWONDO TRADITION.
   • Study from the manual's introduction section on page 4.

6) KOREAN TERMINOLOGY
   • 360° Spinning hook kick – Sam Beck Yougship-Hurio Chaggie
   • Jumping front – axe kick combination – Timio Ap-Tchigo Chaggie
   • Backwards butterfly kick – Whojin Naraban Chaggie

7) 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
   • Backwards butterfly kick - Instep (Tbp)

8) PERFORM THE COMMANDS TO BOW INTO AND OUT OF CLASSES
   (see introduction section of the manual, page 9)

9) KNOW HOW TO ADDRESS INSTRUCTORS
   • Kwanjangnim: Head master
   • Sabumnim: Master (4th degree or higher)
   • Kyosanim: Instructor (2nd and 3rd degree black uniform instructors)

10) BE ABLE TO IDENTIFY, DEFINE, AND ANSWER QUESTIONS ABOUT THE CURRENT LIFE SKILL CONCEPT. (Children only)

11) ALL PREVIOUS MENTAL REQUIREMENTS
Belt Test Requirements

Taegeuk Pal Jang
BELT TEST REQUIREMENTS

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) HAND TECHNIQUES
   A) C-block
   B) Outside middle block
   C) All previous hand techniques

3) KICKS
   A) All previous kicks

4) KICKING SEQUENCES
   A) Master’s Decision

5) STANCES
   A) All previous stances

6) FORM
   A) Chonji
   B) Dangun
   C) Taeguk numbers 1-8

7) IL BO GYORUGY (1-STEP SPARRING)
   A) Demonstrate knowledge and ability to execute all techniques for blue - brown belts

8) OLYMPIC SPARRING
   A) Against one opponent
   B) Against two opponents

9) SELF DEFENSE
   A) Demonstrate knowledge and ability to execute all techniques for white - brown belts.

10) BOARD BREAKING
    A) Five boards fulfilling the requirements given during candidacy

11) STRENGTH TEST
    A) 50 pushups
    B) 50 situps

12) ENDURANCE TEST
    A) Two rounds of Master’s Choice – Two minutes each round with a 30 second break in between
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) ESSAY: Prompts will be assigned by instructors during candidacy.
   (2 pages, typed, double spaced, standard font and margins)

2) WHAT IS THE MEANING OF THE HIGH BROWN BELT?
   • The high brown belt signifies maturity and being ready to accept responsibility.

3) WHAT DOES WT STAND FOR?
   • World Taekwondo

4) NAME THE WT FORMS THAT YOU KNOW
   • All Taegeuks are WT forms, students should know the name of all eight.

5) WHAT DOES ITF STAND FOR?
   • International Taekwondo Federation

6) NAME THE ITF FORMS THAT YOU KNOW
   • Chonji and Dangun

7) BE ABLE TO IDENTIFY KEY COMPONENTS TO EXECUTING EACH KICK CORRECTLY

8) KOREAN TERMINOLOGY FOR ALL KICKS

9) KOREAN TERMINOLOGY FOR HAND TECHNIQUES AND STANCES (Adults only)

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’ DISCRETION.
Black Belt Testing Curriculum
# 1ST DEGREE BLACK BELT STRIPE SYSTEM

<table>
<thead>
<tr>
<th>Stripe Color</th>
<th># Classes Since Black Belt Testing</th>
<th>Requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>10</td>
<td>Koryo</td>
</tr>
<tr>
<td>Yellow</td>
<td>20</td>
<td>Dosan</td>
</tr>
<tr>
<td>Orange</td>
<td>30</td>
<td>Wonhyo</td>
</tr>
<tr>
<td>Green</td>
<td>40</td>
<td>Yulgok</td>
</tr>
<tr>
<td>Purple</td>
<td>50</td>
<td>Joon Gun</td>
</tr>
<tr>
<td>Blue</td>
<td>60</td>
<td>Taeguk 1-8, Chonji, Dangun</td>
</tr>
<tr>
<td>Red</td>
<td>70</td>
<td>Knife Defense 1-6</td>
</tr>
<tr>
<td>Brown</td>
<td>80</td>
<td>Color belt self defense &amp; falling/rolling from standing</td>
</tr>
<tr>
<td>Black</td>
<td>90</td>
<td>Black belt standing self defense and ground defense</td>
</tr>
</tbody>
</table>
BELT TEST REQUIREMENTS

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) HAND TECHNIQUES
   A) Stick block
   B) Single hand pressing block
   C) Double hand pressing block
   D) Single low knife hand block
   E) Outside knife hand neck strike
   F) Tiger mouth strike
   G) Twin outside middle block
   H) Outside middle ridge hand block

3) KICKS
   A) All previous kicks

4) KICKING SEQUENCES
   A) Master's Decision

5) STANCES
   A) All previous stances

6) FORM
   A) Koryo
   B) Dosan
   C) Wonhyo
   D) Yulgok
   E) Joon Gun
   F) All previous forms

7) IL BO GYORUGY (1-STEP SPARRING)
   A) Creative 1-step sparring
      i) 12 techniques

8) OLYMPIC SPARRING
   A) Against one opponent
   B) Against two opponents
   C) Against three opponents
**1ST DEGREE BLACK BELT**
*(Testing 1st Degree to 2nd Degree)*

**Physical Requirements Continued:**

9) **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 of 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) **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.
         2) Bring your triceps down on top of both of the attacker's arms (stepping with the same foot as the hand you're using). This force will cause the attacker to lean forward. Using the same arm, elbow the attacker in the face.
BELT TEST REQUIREMENTS

1ST DEGREE BLACK BELT*

(Testing 1st Degree to 2nd Degree)

Physical Requirements Continued:

9) SELF-DEFENSE CONTINUED
   C) Hair Grabs
      i) Single hand hair grab from the 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.
   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
             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.

10) GROUND DEFENSE
    A) Buck & roll
    B) Scissor sweep
    C) Arm bar from the bottom of the guard
    D) Arm bar from the top of the mount

11) KNIFE DEFENSE
    A) Techniques 1-6 (See descriptions on page 66)

12) BOARD BREAKING
    A) Six boards fulfilling the requirements given during candidacy

13) STRENGTH TEST
    A) 50 pushups
    B) 50 situps

14) ENDURANCE TEST
    A) Two rounds of Master's Choice – Two minutes each round with a 30 second break in between
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) ESSAY: Prompts will be assigned by instructors during candidacy.
   (3 pages, typed, double spaced, standard font and margins)

2) WHAT IS THE MEANING OF THE BLACK BELT?
   • The end of one life cycle and the beginning of a new one.

3) MEANINGS OF 6 ITF FORMS (CHONJI THROUGH JOON GUN)

4) MEANING OF KORYO

5) ADDITIONAL KOREAN TERMINOLOGY (See introduction section of the manual, page 9)

6) 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) ATTENDANCE
   A) Fulfill the attendance requirements upon entering the Black Belt Candidate program

2) HAND TECHNIQUES
   A) Inverse stick block                      E) Ridge hand strike
   B) Mountain block                            F) All previous hand techniques
   C) Diamond block                            G) Single hand spear strike to neck

3) KICKS
   A) All previous kicks

4) KICKING SEQUENCES
   A) Master’s Decision

5) STANCES
   A) Crane stance
   B) All previous stances

6) FORM
   A) Keumgang                                  D) Hwa Rang
   B) Taebaek                                    E) Choongmoo
   C) Toi Gae                                    F) Kwan-Gae
   G) All previous forms

7) IL BO GYORUGY (1-STEP SPARRING)
   A) Creative 1-step sparring
      i) 12 techniques

8) OLYMPIC SPARRING
   A) Against one opponent
   B) Against two opponents
   C) Against three opponents

9) SELF-DEFENSE
   A) "Street fight" scenario
   B) All previous techniques

10) GROUND DEFENSE
    A) Collar choke from the bottom of the guard        D) Kimura
    B) Collar choke from the top of the mount           E) Leg Locks
    C) Americana ("Paint Brush")

11) KNIFE DEFENSE
    A) Techniques 1-12. (See descriptions on page 66)
2ND DEGREE BLACK BELT*

Testing 2nd Degree to 3rd Degree

Physical Requirements Continued:

12) BOARD BREAKING
   A) Nine boards fulfilling the requirements given during candidacy

13) STRENGTH TEST
   A) 50 pushups
   B) 50 situps

14) ENDURANCE TEST
   A) Two rounds of Master's Choice – Two minutes each round with a 30 second break in between
**BELT TEST REQUIREMENTS**

**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) **ESSAY:** Open topic relating to Taekwondo (5 pages, typed and double spaced)

2) **MEANINGS OF ALL FORMS PERFORMED**

3) **IDENTIFY DIFFERENCES BETWEEN WT AND ITF POOMSE**

   EXAMPLE: Walking stance is only present in WT 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

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 is required for students who are testing for the rank of 2nd and 3rd degree black. 2nd degree candidates are expected to know techniques 1-6. 3rd degree candidates are expected to know techniques 1-12.

<table>
<thead>
<tr>
<th>Number</th>
<th>Attack</th>
<th>Defense</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Attack with right hand slashing chest high from right to left</td>
<td>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</td>
</tr>
<tr>
<td>2</td>
<td>Attack with left hand stabbing towards the stomach</td>
<td>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</td>
</tr>
<tr>
<td>3</td>
<td>Attack with right hand stabbing towards the stomach</td>
<td>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</td>
</tr>
<tr>
<td>4</td>
<td>Attack with right hand slashing from right to left/follow up with slash back from left to right</td>
<td>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/step forward with left leg/apply pressure to shoulder to bring attacker down/keep attacker close to body</td>
</tr>
<tr>
<td>5</td>
<td>Attack with right hand stabbing towards the neck while lunging towards the defender</td>
<td>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</td>
</tr>
<tr>
<td>6</td>
<td>Attack with right hand stabbing downward towards the head</td>
<td>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 and behind your opponent bringing the knife into the attacker's stomach</td>
</tr>
<tr>
<td>7</td>
<td>Attack with right hand upwards towards the attacker's stomach</td>
<td>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</td>
</tr>
<tr>
<td>8</td>
<td>Attack with right hand upwards toward the attacker's stomach</td>
<td>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</td>
</tr>
<tr>
<td>9</td>
<td>Attack with right hand upwards towards the attacker's stomach</td>
<td>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</td>
</tr>
<tr>
<td>10</td>
<td>Attack with right hand slashing chest high from right to left</td>
<td>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</td>
</tr>
<tr>
<td>11</td>
<td>Attack with right hand slashing from right to left/follow up with slash back from left to right</td>
<td>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</td>
</tr>
<tr>
<td>12</td>
<td>Attack with right hand stabbing downward towards the head</td>
<td>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</td>
</tr>
</tbody>
</table>
J.W. KIM
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