



STUDENT MANUAL

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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.

- Official Taekwondo Hall of Fame Inductee (2019)
- 8th degree black belt- Kukkiwon Certified (2019)
- Founder and President of The Black Belt Foundation. The Black Belt Foundation is now the largest privately funded, non-profit Taekwondo program in Brazil. (2007)
- 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. (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

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**.

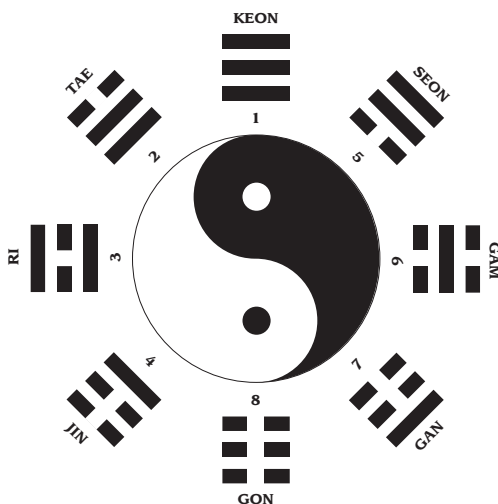
"Poomse" is the Korean word for a form. All students of Taekwondo are required to learn certain forms. As students of the WT style of Taekwondo you will learn Taegeuk Poomse. The Taegeuk forms of Taekwondo are paradigms of the martial art. They contain the basic physical movements and also the philosophical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

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. **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.
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. 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.

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	Beck

ORDINAL NUMBERS

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

KOREAN TERMINOLOGY

COMMANDS

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

ADDITIONAL TERMINOLOGY

Dojang	Training Area
Dee	Belt
Dobak	Uniform
Hogu	Sparring Pads
Sijak	Begin
Barro	Return
Kooman	Stop
Shoa	Relax
Tira Dorah	Turn Around
Bal Bah Kah	Switch Feet
Cha Man Aeyo	You're Welcome
Poomse	Form
Chaggie	Kick
Kibon Donjak	Hand Techniques
Gyorugy	Fighting/Sparring
Il Bo Gyorugy	1 Step Sparring
Hosinsul	Self Defense
Kyopa	Board Breaking
Kiehap	Yell
Gup	Grade (Color belt rank)

BAR CHAGGIE (Basic kicks)

GYORUGY JAZAE (Fighting Stance)

Podo Oligui	Rising Leg/Rising Kick
Ap Chaggie	Front Kick
Pique Chaggie	Roundhouse Kick
Yop Chaggie	Side Kick
Tchigo Chaggie	Axe Kick
Dolio Chaggie	High Roundhouse Kick
An Chaggie	Crescent Kick to Inside
Bacat Chaggie	Crescent Kick to Outside
Mido Chaggie	Push Kick
Ti Chaggie	Back Kick
Timio Yop Chaggie	Jumping Side Kick
Ti Dolio Chaggie	Spinning Hook Kick
Naraban Chaggie	Butterfly Kick
Dulebon Pique Chaggie	Double Roundhouse Kick
Timio Ap Bal Pique Chaggie	Skipping Front Leg Roundhouse Kick
Timio Ap Chaggie	Jumping Front Kick
Timio Ap Bal Yop Chaggie	Skipping Front Leg Side Kick
Timio Ap Bal Tchigo Chaggie	Skipping Front Leg Axe Kick
Timio Ap Bal Hurio Chaggie	Skipping Front Leg Hook Kick
Timio Ap Bal Dulebon Pique Chaggie	Skipping Front Leg Double Roundhouse Kick
Dulebon Pique Dolio Chaggie	Low-High Double Roundhouse Kick
Timio Ti Chaggie	Jumping Back Kick
Timio Ti Dolio Chaggie	Jumping Spinning Hook Kick
Yop-Ti Chaggie	Side Kick-Back Kick Combination
Timio Ap Bal Dulebon Pique Dolio Chaggie	Skipping Front Leg Low-High Double Roundhouse Kick
Timio Ap Bal Yop-Ti Chaggie	Skipping Front Leg Side Kick-Back Kick Combination
Sam Beck Yougship-Ti Chaggie	360 ⁰ Back Kick
Bada Chaggie	Counter Roundhouse Kick
Sam Beck Yougship-Hurio Chaggie	360 ⁰ Spinning Hook Kick
Timio Ap-Tchigo Chaggie	Jumping Front-Axe Kick
Whojin Naraban Chaggie	Backwards Butterfly Kick

KIBON DON JAK (Basic stances and hand techniques)

NARANI (Shoulder Stance)

AP KUBI (Front Stance)

Arae Makki	Low Block
An Monton Makki	Inside Middle Block
Orgule Makki	High Block
Monton Thirugui	Middle Punch
Pyonsoncut Seuo Thirugie	Middle Target Spear Finger Strike
Dung Jumoc Ap Chiggie	Front Back Fist Strike
Palgup Dolio Chiggie	Elbow Strike
Palgup Chiggie	Elbow Strike (To Palm)
Orgule Bacat Makki	High Outer Block
Batanson Monton Makki	Palm Middle Block
Batanson Chiggie	Palm Strike
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)

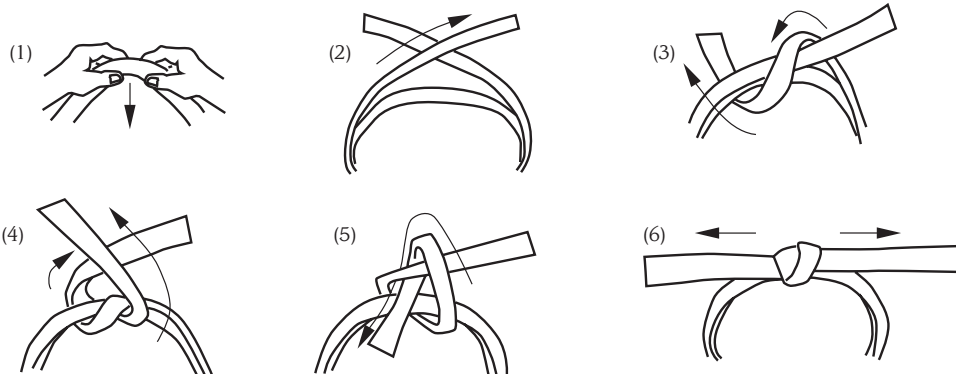
Sonal Godolo Makki	Double Middle Knife Hand Block
Hansonal Monton Makki	Single Middle Knife Hand Block
Bacat Makki	Outer Block
Sonal Arae Makki	Double Low Knife Hand Block
Godolo Bacat Monton Makki	Double Middle Fist Block
Godolo Bacat Arae Makki	Double Low Fist Block

BOOMSOGI (Tiger Stance)

Bantanson Monton Makki	Palm Middle Block
Monton Makki	Middle Block

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:



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.

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.

	<i>1st Stripe</i>		<i>2nd Stripe</i>		<i>3rd Stripe</i>		<i>4th Stripe</i>	
	# Classes	Curriculum	# Classes	Curriculum	# Classes	Curriculum	# Classes	Curriculum
White	3	Blocks	6	Kicks	9	Half of Form	12	Full Form
Yellow	5	Kicks & Hand Techniques	10	One-Third of Form	15	Two-Thirds of Form	20	Full Form
Orange	5	Kicks & Hand Techniques	10	One-Third of Form	15	Two-Thirds of Form	20	Full Form
Green	7	Kicks & Hand Techniques	15	One-Third of Form	22	Two-Thirds of Form	30	Full Form
Purple	7	Kicks & 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:**

- | | |
|---|--|
| 1) ATTENDANCE
A) Minimum of 15 classes | 4) STANCES
A) Attention stance
B) Ready stance
C) Shoulder stance
D) Fighting stance
E) Horse riding stance
F) Front stance
G) Listening stance |
| 2) KICKS
A) Rising kick
B) Front snap kick
C) Roundhouse kick
D) Side kick | |
| 3) HAND TECHNIQUES
A) High block
B) Middle inner block
C) Low block
D) Middle punch | 5) FORM
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) 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

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 Taegeuk 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

LITTLE DRAGONS (AGES 4-6)**GREEN BELT***(Testing 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

LITTLE DRAGONS (AGES 4-6)**PURPLE BELT***(Testing Purple to Blue)***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.

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.

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.

	<i>1st Stripe</i> ¹		<i>2nd Stripe</i>		<i>3rd Stripe</i>		<i>4th Stripe</i> ²	
	# Classes	Curriculum	# Classes	Curriculum	# Classes	Curriculum	# Classes	Curriculum
White	3	Hand Techniques & Stances	6	Kicks	9	Kicking Sequences	12	Form & Self Defense
Yellow	5	Fundamentals & Kicking Sequences	10	First Third of Form	15	Two-Thirds of Form	20	Full Form & Self Defense
Orange	5	Fundamentals & Kicking Sequences	10	First Half of Form	15	Full Form	20	Self Defense
Green	7	Fundamentals & Kicking Sequences	15	First Half of Form	22	Full Form	30	Self Defense
Purple	7	Fundamentals & Kicking Sequences	15	First Half of Form	22	Full Form	30	Self Defense
Blue	10	Fundamentals & Kicking Sequences	20	First Half of Form	30	Full Form	40	One Step Sparring, Self Defense & Falling
Red	10	Fundamentals & Kicking Sequences	20	First Half of Form	30	Full Form	40	One Step Sparring, Self Defense & Falling
High Red	12	Fundamentals & Kicking Sequences	25	First Half of Form	36	Full Form	50	One Step Sparring, Self Defense & Falling
Brown	12	Fundamentals & Kicking Sequences	25	First Half of Form	36	Full Form	50	One Step Sparring, Self Defense & Falling
High Brown	High brown belts will receive stripes during black belt candidacy corresponding with curriculum milestones.							

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

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.

	<i>1st Stripe</i> ¹		<i>2nd Stripe</i>		<i>3rd Stripe</i>		<i>4th Stripe</i> ²	
	# Classes	Curriculum	# Classes	Curriculum	# Classes	Curriculum	# Classes	Curriculum
White	3	Hand Techniques & Stances	6	Kicks & Kicking Sequences	9	Oren Saju Chedegi	12	Wen Saju Chedegi & Self Defense
Yellow	5	Fundamentals & Kicking Sequences	10	First Third of Form	15	Two-Thirds of Form	20	Full Form & Self Defense
Orange	5	Fundamentals & Kicking Sequences	10	First Half of Form	15	Full Form	20	Self Defense & Previous Form
Green	7	Fundamentals & Kicking Sequences	15	First Half of Form	22	Full Form	30	Self Defense & Previous Forms
Purple	7	Fundamentals & Kicking Sequences	15	First Half of Form	22	Full Form	30	Self Defense & Previous Forms
Blue	10	Fundamentals & Kicking Sequences	20	Full Form	30	One Step Sparring & Falling	40	Self Defense & Previous Forms
Red	10	Fundamentals & Kicking Sequences	20	Full Form	30	One Step Sparring & Falling	40	Self Defense & Previous Forms
High Red	12	Fundamentals & Kicking Sequences	25	Full Form	36	One Step Sparring & Falling	50	Self Defense & Previous Forms
Brown	12	Fundamentals & Kicking Sequences	25	Full Form	36	One Step Sparring & Falling	50	Self Defense, Falling & Previous Forms
High Brown	High brown belts will receive stripes during black belt candidacy corresponding with curriculum milestones.							

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

WHITE BELT

(Testing 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

(Testing 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) Taegeuk Il 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

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 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)

YELLOW BELT

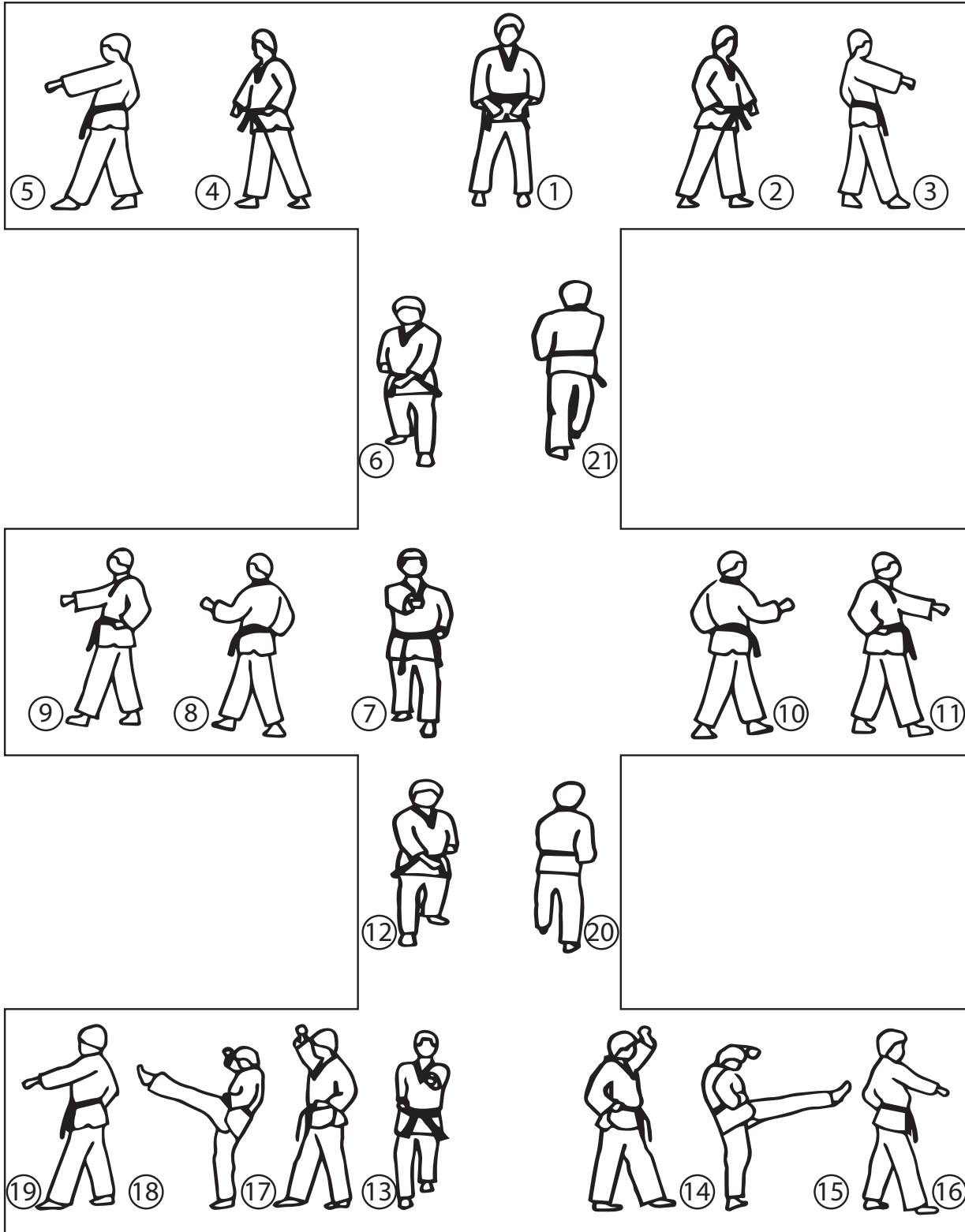
(Testing Yellow to Orange)

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

Taegeuk Il Jang



ORANGE BELT

(Testing 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) Taegeuk 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

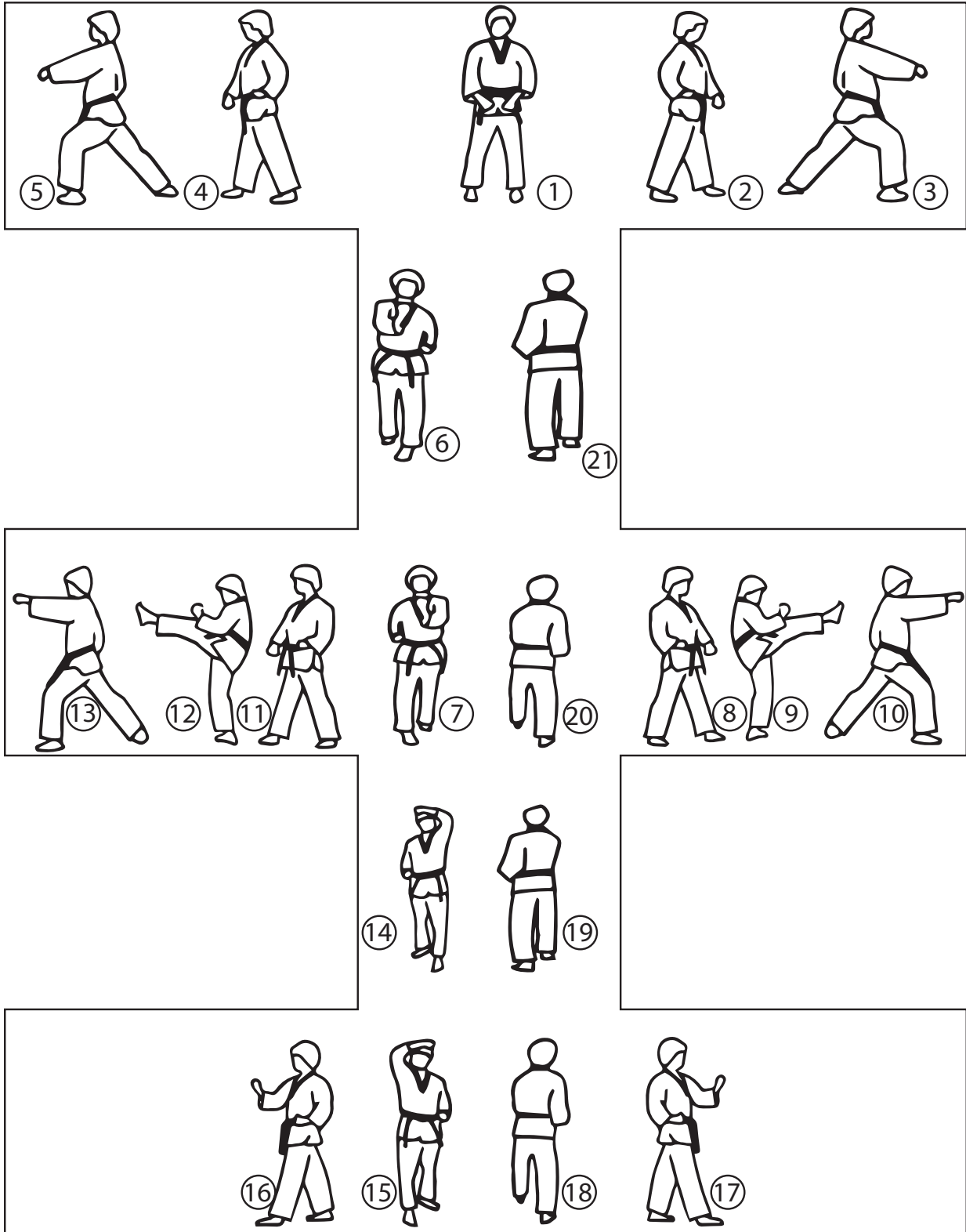
ORANGE BELT

(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 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
 - 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

Taegeuk Yi Jang



GREEN BELT*(Testing 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

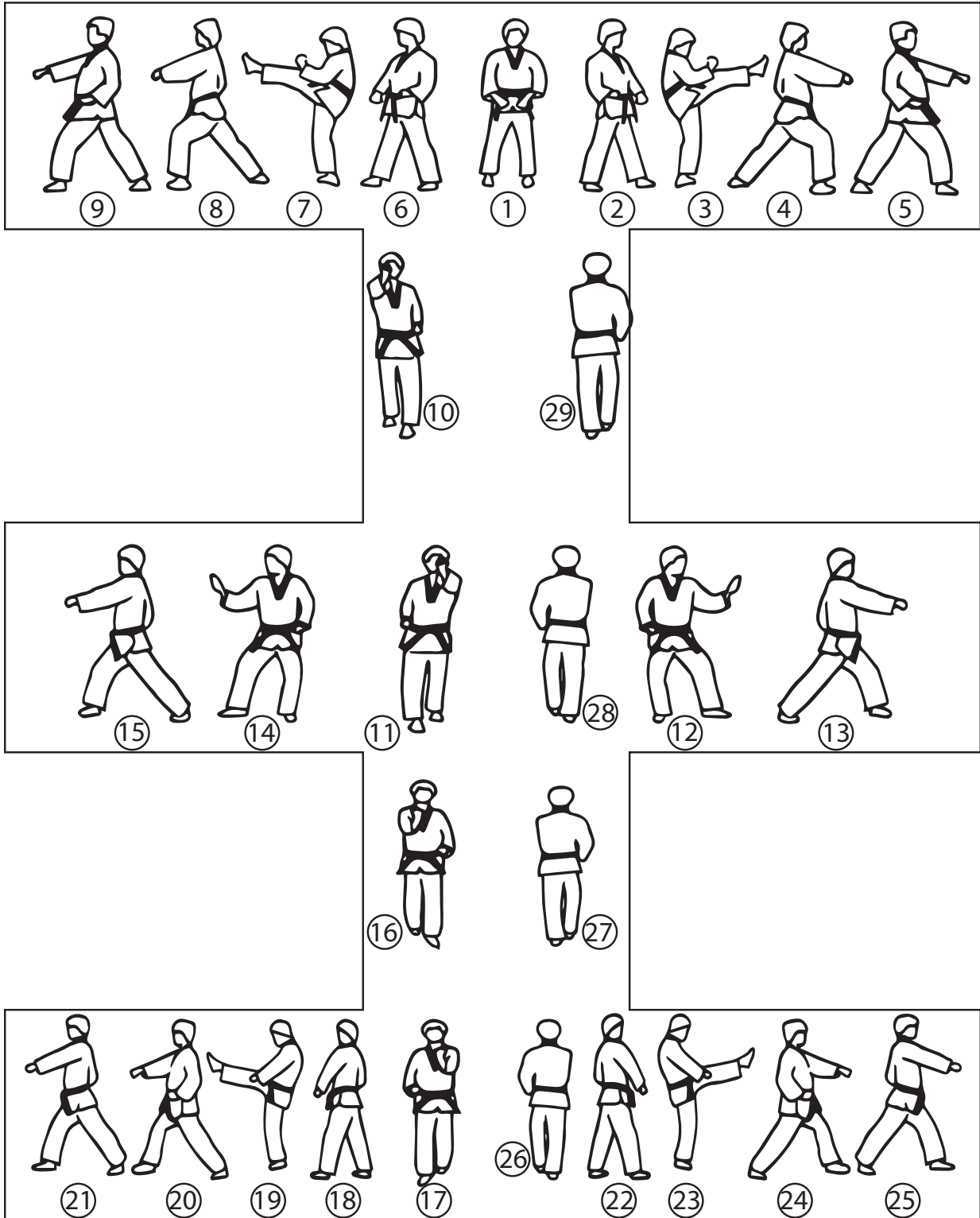
GREEN BELT

(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

Taegeuk Sam Jang



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) Taegeuk 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

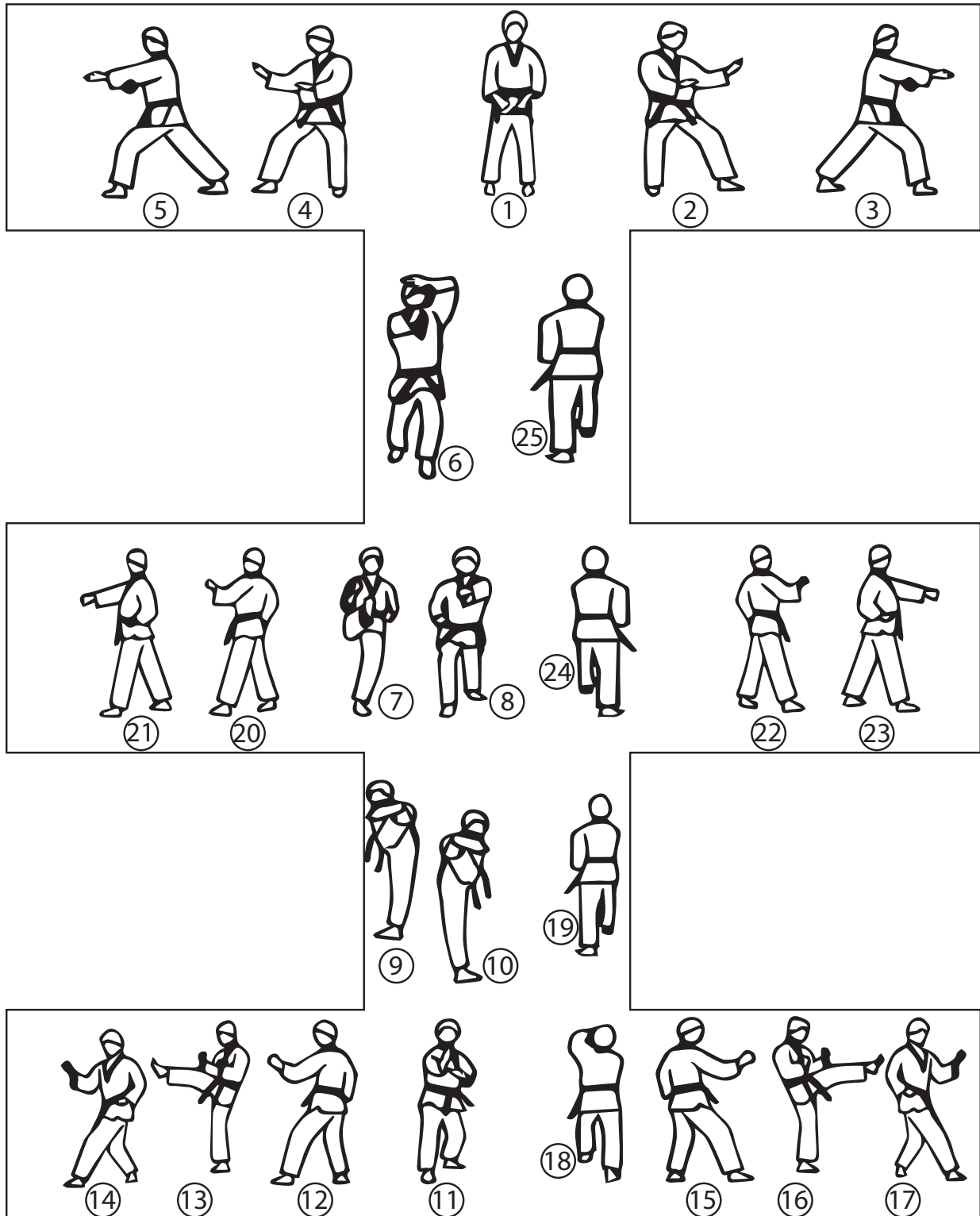
PURPLE BELT

(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 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) 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

Taeguk Sa Jang



BLUE BELT*(Testing Blue to Red)***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) Taegeuk 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

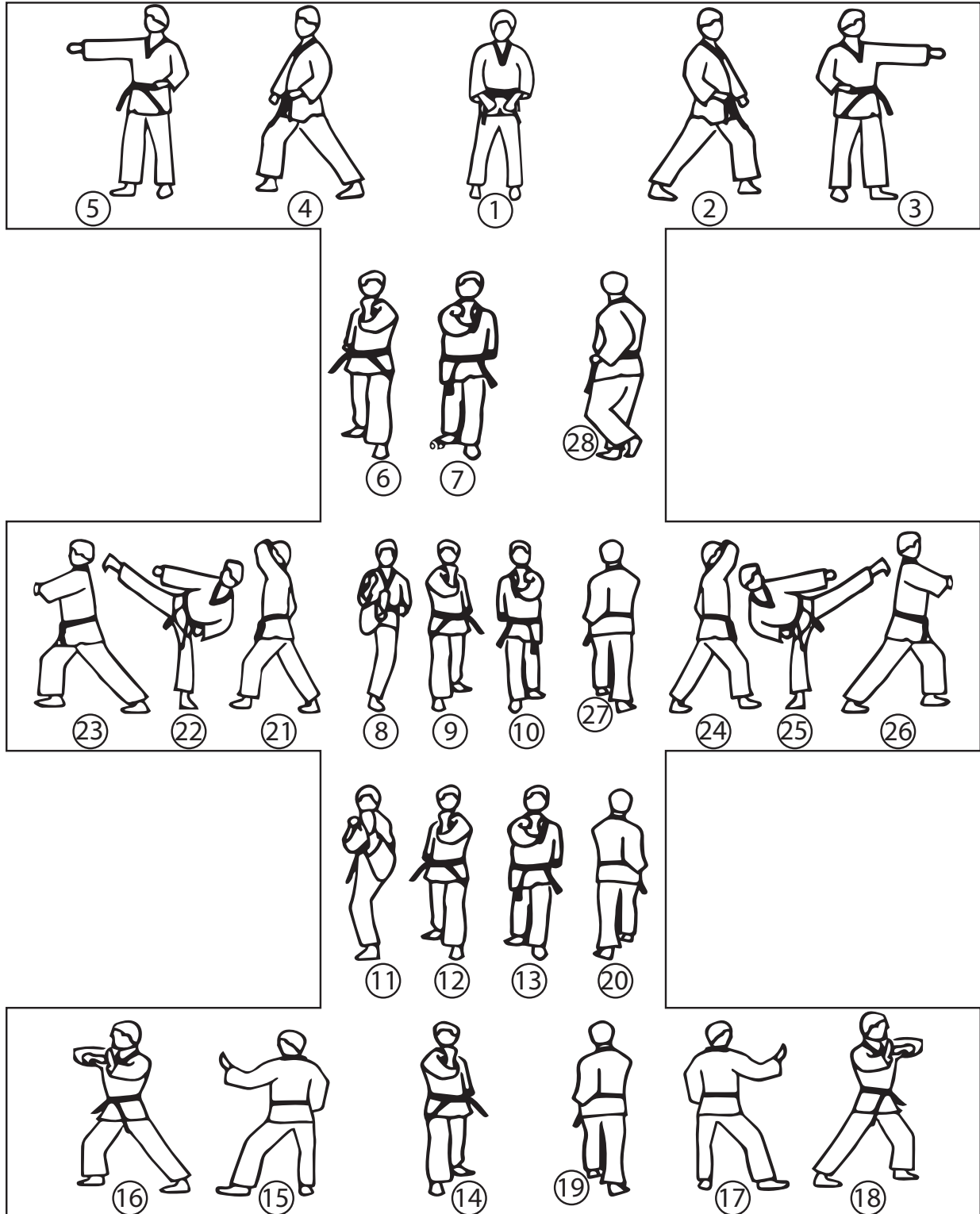
BLUE BELT

(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 Taegeuk 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**

Taegeuk Oh Jang



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

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

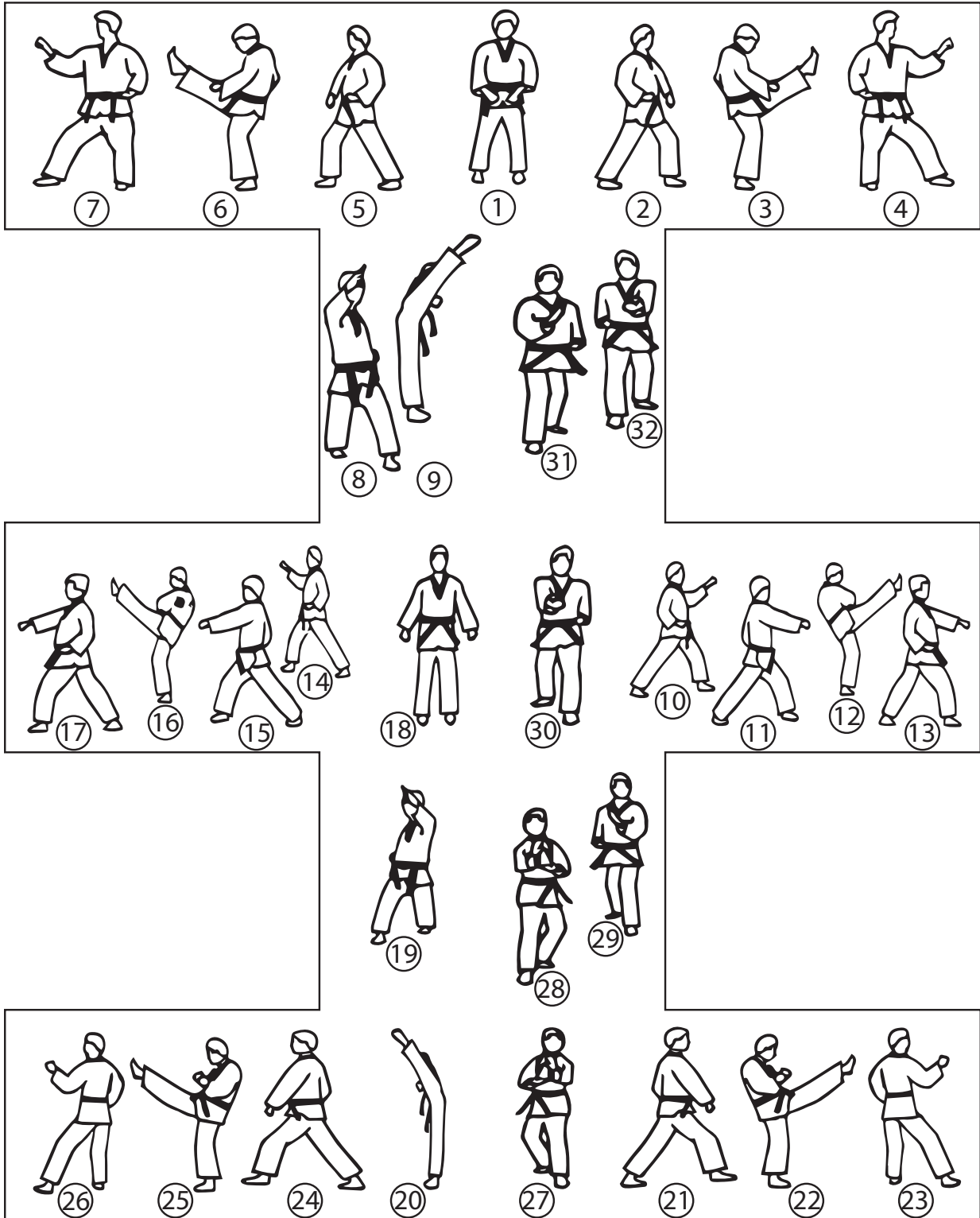
RED BELT

(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 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) 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

Taegeuk 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
 - B) Upper palm block
 - C) Scissor block
 - D) Low "X" block
 - E) High "X" 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) 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) Taegeuk 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) BOARD BREAKING
 - A) Jumping back kick or master's choice
- 13) STRENGTH TEST
 - A) 20 pushups
 - B) 20 situps

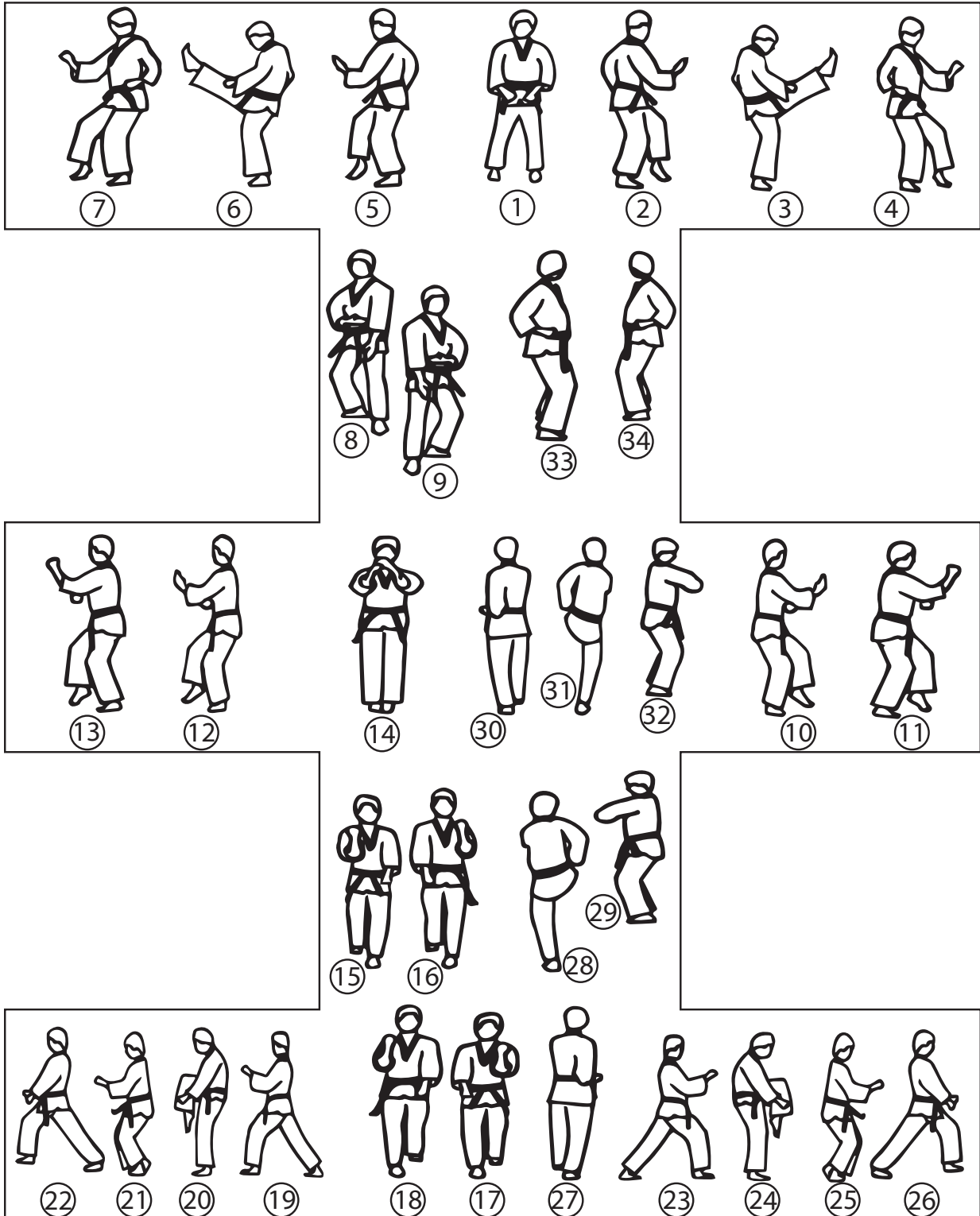
HIGH RED BELT

(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 Taegeuk 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
 - 360⁰ 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
 - 360⁰ 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

Taegeuk Chil Jang



BROWN BELT*(Testing Brown to High 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 middle fist block
 - B) Double low fist block
 - C) Mountain block
 - D) Uppercut punch to jaw
 - E) All previous hand techniques

- 3) KICKS
 - A) 360⁰ 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, 360⁰ back kick
 - B) Roundhouse kick, skipping front leg roundhouse kick, 360⁰ spinning hook kick
 - C) Roundhouse kick, skipping front leg axe kick, backwards butterfly kick

- 5) STANCES
 - A) All previous stances

- 6) FORM
 - A) Taegeuk 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

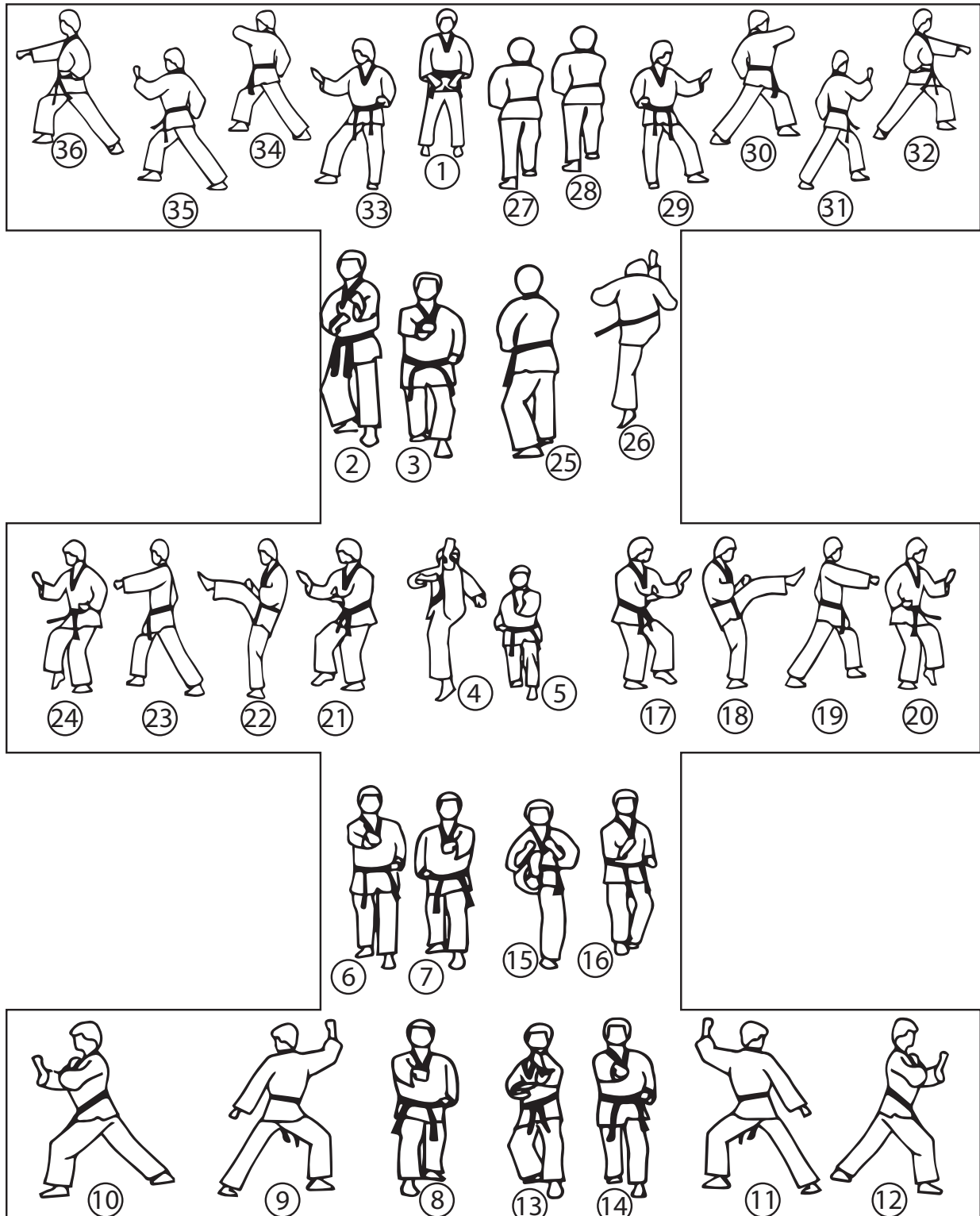
BROWN BELT

(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 3.
- 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 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 Youghship-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 (Top)
- 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)
 - Kyosanin: 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

Taegeuk 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) 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) Taegeuk 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

<i>Stripe Color</i>	<i>Requirement</i>	
	<i># Classes Since Black Belt Testing</i>	<i>Curriculum</i>
White	10	Koryo
Yellow	20	Dosan
Orange	30	Wonhyo
Green	40	Yulgok
Purple	50	Joon Gun
Blue	60	Taegeuk 1-8, Chonji, Dangun
Red	70	Knife Defense 1-6
Brown	80	Color belt self defense & falling/rolling from standing
Black	90	Black belt standing self defense and ground 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) 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.

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) KNIFE DEFENSE

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

11) BOARD BREAKING

- A) Six boards fulfilling the requirements given during candidacy

12) STRENGTH TEST

- A) 50 pushups
- B) 50 situps

13) 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
 - B) Mountain block
 - C) Diamond block
 - D) Single hand spear strike to neck
 - E) Ridge hand strike
 - F) All previous hand techniques

- 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
 - B) Taebaek
 - C) Toi Gae
 - D) Hwa Rang
 - E) Choongmoo
 - 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) KNIFE DEFENSE
 - A) Techniques 1-12. (See descriptions on page 66)

2ND DEGREE BLACK BELT*

(Testing 2nd Degree to 3rd Degree)

Physical Requirements Continued:

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

- 12) STRENGTH TEST
 - A) 50 pushups
 - B) 50 situps

- 13) ENDURANCE TEST
 - A) Two rounds of Master's Choice - Two minutes each round with a 30 second break in between

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

(Exercises for 2nd and 3rd Degree Candidates)

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.

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/step forward with left leg/apply pressure to shoulder to bring attacker down/keep attacker close to body
5	Attack with right hand stabbing towards the neck while lunging 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 and behind your opponent 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 toward 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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