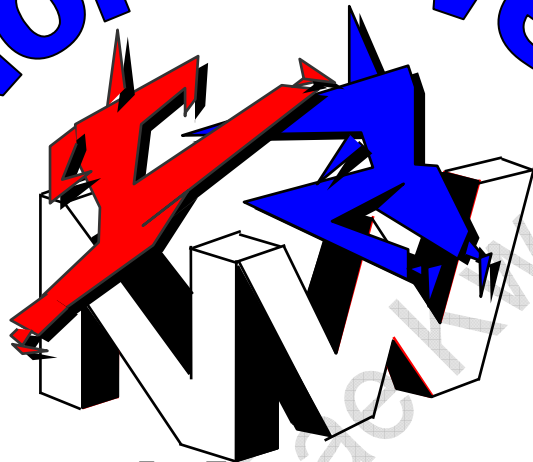


North West



Tae Kwon Do

STUDENT HANDBOOK

Chief Instructor: Mr Brian Williams
6th Dan Black Belt

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WHAT IS TAE KWON DO

Tae Kwon Do is the Korean art of self defence developed by General Choi Hong Hi of the Korean Army during the 1940's and became formally recognised in 1955. Since then it has spread world-wide and is now more popular than any other martial art. Tae Kwon Do literally means 'the Art of hand and foot fighting'. It is the martial art of unarmed combat for self defence and involves the skilled application of punches, kicks, blocks, dodges, and interceptions with the hands, arms and feet.

In these days of violence and intimidation, Tae Kwon Do enables the innocent to possess a weapon which can be used effectively in self defence. Through dedicated training Tae Kwon Do provides the student with the ability to defend himself or herself effectively if and when confronted with a violent attack.

Tae Kwon Do is a way of life and instils a concept and spirit of strict self discipline. Training increases physical fitness, awareness, discipline and advocates both courtesy and helpfulness. There are 10 kup grades to black belt and 9 dan grades of black belt each representing an increasing degree of competence.

TRAINING IN THE NORTH WEST

The North West Tae Kwon Do schools are well established. The students enjoy the variation of exercises and training both physically and mentally. A successful student will be one who shows determination and willingness to learn, has the right mental make-up and attitude and never tires of learning. A wide variation of training includes self defence, free sparring, attack and defence movements, mobility and stamina, suppleness and flexibility, development of co-ordination, improving speed and power, all of which are essential to attain the coveted award of black belt. Many competitions are available for the competitive student at all levels, from local to international, with various levels of contact (touch to full).

INSURANCE COVER

All students are encouraged to apply for their licence soon after they commence training. This ensures that a student has insurance cover in the unlikely event that they are badly injured. This insurance is basic and students may wish to look to increase cover with their own personal insurance cover. The North West Tae Kwon Do Association insurance covers the following.

Death or loss of limbs/eyes	£15000
Permanent total disablement	£25000
Death in respect of persons under 16 yrs limited to	£2000
Public liability including member to member	£1000,000
Professional indemnity for instructors	£1000,000

RULES OF THE DOJANG

Students should bow when entering or leaving the class

No gum chewing

No jewellery may be worn during classes

No shoes are to be worn during training

Students should never leave class for a break, water or an early dismissal without permission

Students should never lose their temper

Finger and toe nails are to be kept short and clean

Uniforms are to be clean and neatly pressed

No horse-play, whistling or loud talking in the class

Instructors should be addressed as "Sir" or "Ma'am"

Students should behave in a disciplined manner

Never speak out of turn or disrupt the class.

Students should respect senior grades.

While fixing your Dobok or belt turn away from your Instructor

THE TENETS OF TAE KWON DO

COURTESY To be polite to one's instructor, seniors and fellow students.

INTEGRITY To be honest with oneself and with others. One must be able to understand the principles that distinguish right from wrong.

PERSEVERANCE To achieve a goal, whether it is a higher grade or a technique, one must not stop trying, one must persevere.

SELF CONTROL To lose one's temper when performing techniques against an opponent can be very dangerous and shows lack of control. To be able to live, work and train within one's capability shows good self control.

INDOMITABLE SPIRIT To show courage when you and your principles are pitted against overwhelming odds.

THE PURPOSE OF PATTERNS

A pattern is a combination of attack and defence movements in a fixed and logical sequence which could be used to defend against one or more imaginary opponents.

Patterns are practised to improve Tae Kwon Do techniques, to develop speed and power, improve flexibility, master body shifting, develop muscles, balance and breath control.

There are a total of 24 patterns in Tae Kwon Do. Each pattern has a significant historical meaning which the student is expected to learn. Each meaning gives the student a better understanding of the perseverance of the Koreans to gain independence from other countries who have occupied Korea over the centuries. An understanding of the continuous struggle to achieve this independence should give students of Tae Kwon Do the incentive to persevere with the learning and perfecting of Tae Kwon Do techniques.

THE REASON FOR 24 PATTERNS

The reason for 24 patterns in Tae Kwon Do is because the founder, General Choi Hong Hi, compared the life of man with a day in the life of the Earth. The 24 patterns represent 24 hours in the day. He believed that people should strive to bequeath a good spiritual legacy to coming generations and in doing so gain immortality. He believed that if we can leave something behind for the welfare of mankind it will be the most important thing to happen in our lives. General Choi developed Tae Kwon Do and will leave it as a trace of mankind in the 20th century.

THE PURPOSE OF STEP SPARRING

3 STEP SPARRING (Sambo Matsoki) 3 Step Sparring is designed for beginners to learn and apply basic attack and defence techniques, and to develop focus, distance and timing. All attacks in 3 step are high section punches.

2 STEP SPARRING (Ibo Matsoki) 2 Step Sparring is designed for the intermediate student to learn more complex attacks and defences.

1 STEP SPARRING (Ilbo Matsoki) 1 Step Sparring is the most complex form of step sparring involving movements which are not pre-set, unlike the 2 and 3 step sparring. Techniques performed on one side must be mirrored on the other.

SEMI-FREE SPARRING (Ban Jayoo Matsoki) Semi-Free Sparring introduces the student to free sparring type movements whilst maintaining a step sparring format. Movements should be instinctive and performed with technique and precision in order to develop more advanced attack and defence techniques.

FREE SPARRING

Free Sparring allows students to use techniques freely in a controlled combat situation. Attacks must be controlled and stopped just short of the target. There are two styles of free sparring: point stop and continuous. With point stop sparring each time a point is scored the bout is stopped, the attack is acknowledged and the bout restarted. This encourages fast attacks and strong, effective defences. With continuous sparring, students spar for bouts of approximately 1 ½ mins without stopping to acknowledge points. This form builds stamina and encourages students to work together. Safety equipment must be purchased as soon as possible and no later than Green Belt. The possession of safety equipment will reduce the possibility of sustaining an injury during free sparring. Safety equipment includes head guard, hand guards, foot guards, groin guard and gum shield.

KICKS

Many kicks are used in Tae Kwon Do, ranging from front kicks to jumping, spinning and flying kicks. It is important that students develop each kick so that the whole body is working to make the ultimate performance of the kick powerful and direct. Ensure the technique is correct before working on the height. At green belt students should be able to kick correctly and effectively to middle section height. At red belt students should be able to kick to high section. Students can only expect to achieve this by stretching gradually and regularly (3 times a week).

HOW TO STRETCH

Never bend your back when you stretch. Always bend at the hips keeping your lower back as straight as possible. The muscles in the lower back are particularly susceptible to tears. Unlike the strong bulky muscles in the biceps, the lower back muscles are in thin sheets which are hooked into the vertebrae. These sheets of muscles tear very easily and may pull discs in the lower back out of position and push on nerves. This can cause debilitating pain in the lumbar region of the lower back.

Don't work quickly. Remember that gaining flexibility takes time. Let your slow motions gently loosen the body and let the increased blood supply, from the stretching and relaxing, work with you. Remember not to bounce, concentrating on exercising slowly and smoothly. Work your muscles until you feel the tension. If you don't feel anything in your muscles, the exercise isn't doing anything for you.

BASIC STRETCHING EXERCISES The following stretching exercises are basic exercises used to stretch the major muscles around the groin, leg and lower back. Performed regularly and combined with kicking practice, flexibility will be improved.

FRONT STRETCH Put both legs wide apart whilst standing and facing forwards. Lean forwards and place the hands on the floor in front of your to relieve pressure from the knees. Position yourself to feel the stretch around the top of the legs.

GROIN STRETCH Sit down and bring the feet towards the groin. Hold your ankles and apply pressure to the knees with your elbows at the same time allowing the knees to go out and down. If uncomfortable, lean back and place your hands behind you for support and use a partner to push and hold the knees in position.

HAMSTRING HURDLE STRETCH Sit down and straighten the left leg. Bend the right leg and move it to the right and rearwards. Gently lean forwards until the hamstring (left) feels stretched. This is also effective for the quadriceps muscle of the right leg. Perform both sides.

DESTRUCTION

From blue belt onwards, adult students (usually over 16 years) will be expected to use Tae Kwon Do techniques to break wood and breaker boards. The purpose of this is to demonstrate effectiveness and power. Destruction requires complete concentration and focus. As with all Tae Kwon Do techniques, the aim is to focus as much bodily power into the smallest possible target area for maximum effect.

HOW OFTEN TO TRAIN

Successful students are those who train the most, say 20 lessons or more between examinations. The higher the grade the more training commitment is required. You can be assured that if you reach blue or red belt it is well deserved and if you attain black belt it will be an outstanding achievement - but it all takes effort. Tae Kwon Do is an art of self defence which requires extensive training and repetitive practice of various routines in order to become competent enough to use it effectively.

These are guidelines provided as a MINIMUM commitment required in order to reach the required standard within a 3 month period.

White belt	14 lessons
Yellow belt	16 lessons
Green belt	18 lessons
Blue belt	20 lessons
Red belt	20 lessons

All students should aim to train at least 2 times per week in order to learn, consolidate and master the techniques. Regular hard training will be rewarding.

UNIFORM

Be careful when choosing a Tae Kwon Do uniform. The uniform should be made from a light cotton/polyester material. Do not purchase a 'WTF' style uniform as these are not allowed to be worn in class. You will need to purchase a club suit containing an embroidered front and rear badge. Only proper uniforms can be worn for lessons, grading examinations and competitions. Only white discrete t-shirts may be worn underneath. Please also ensure that you maintain a high standard of personal hygiene for training classes as you will be expected to come into close contact with other students. Hands and feet must be clean with nails kept short.

EXAMINATIONS

Examinations are held every 3 months. Providing students have met the required standard and have the required number of lessons, it is possible to grade every 3 months. However, between black tag and black belt, students must wait 6 months. Each student should commit themselves to achieve the standard of their next grade. Students should take advice from their instructors on whether they meet the standard prior to taking the examination. The syllabus for examinations is listed later in this booklet in grade order. Students are expected to know the syllabus for every grade up to an including their current grade.

THEORY OF POWER

Physical power combined with technique is the most important factor in Tae Kwon Do, since without powerful techniques the student would not be able to overcome an assault. The development of physical power in Tae Kwon Do is the result of the utilisation and co-ordination of reaction force, concentration, equilibrium, breath control and speed.

REACTION FORCE

Reaction Force has two elements. First, reaction force is generated by pulling the fist to the hip to increase the force of a punch to an opponent; this is often described as the 'piston action'. Later in training the student will develop other methods of reaction force. The second is the effect of an opponent moving towards you and being struck by your attack. The total force is that of your own attack plus that of the opponent moving towards you.

CONCENTRATION

Concentration is described as the ability to mobilise the correct muscles in order to optimise the attack and to focus the attack on to the target area. By utilising the correct muscle groups maximum power can be achieved. The effectiveness will be determined by the concentration of the power to the smallest possible target area.

EQUILIBRIUM

Equilibrium is classified into both dynamic and static balance. They are so closely interrelated that the maximum power can only be produced when the static stability is maintained through dynamic (mobile) stability. To maintain good equilibrium, the centre of gravity must fall on a straight line midway between both legs (assuming both feet remain on the floor).

BREATH CONTROL

Correctly controlled breathing can improve one's stamina. It can also condition the body to receive a blow and increase the power of a blow directed toward an opponent. The student should never inhale while focusing a block or attack against an opponent otherwise the movement will be impeded and the effectiveness reduced.

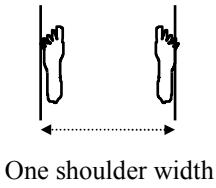
SPEED

Speed is an essential factor of force. Two formulae are used in the calculation of power. Force = Mass x Acceleration, which can be used to determine the power required to mobilise and indeed to demobilise a body.

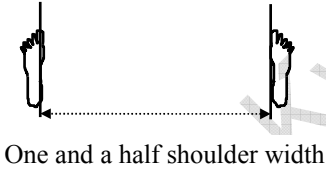
Secondly, Energy = $\frac{1}{2}$ Mass x Velocity x Velocity, the amount of energy contained in an object travelling a speed. Both formula show that for a given mass both speed and acceleration are vital for the maximisation of power.

STANCES

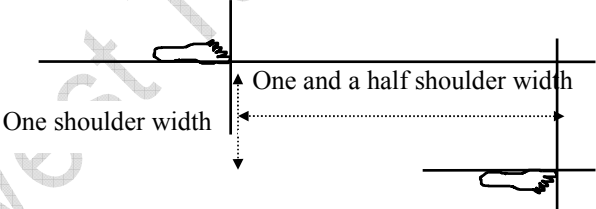
**Parallel Ready Stance
(Narani Chumbi Sogi)**



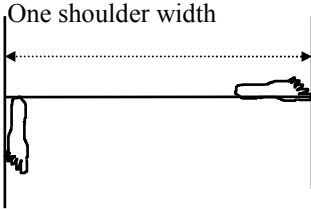
**Sitting Stance
(Annun Sogi)**



**Walking Stance
(Gunnun Sogi)**

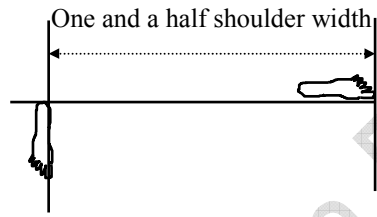


**L-Stance
(Niunja Sogi)**

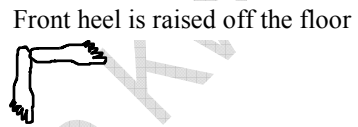


STANCES (Continued)

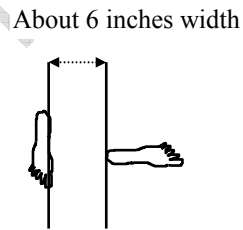
**Fixed Stance
(Kojung Sogi)**



**Rear Foot Stance
(Dwit Bal Sogi)**



**Vertical Stance
(soojik Sogi)**



**FOUR DIRECTIONAL PUNCH (SAJU MAKI/SAJU JURUGI)
PART 1**

Ready Position - Parallel Ready Stance

1. Move right foot forwards into a walking stance. Perform a middle punch with the right hand.
2. Pivot on the left foot and turn 90° to the left by taking the right foot back and at the same time perform a low outer forearm block with the left arm.
3. Now do the above two movements a further two times (by keeping the left foot still and only pivoting on it you will actually turn around anticlockwise in 4 directions i.e. the four directional punch).
4. Then the last movement is to move forwards again in a walking stance with the right foot and at the same time do a middle punch with the right hand, this time you should shout on the punch - this tells the instructor that this is the last movement and also increases power of technique.
5. End - move right foot to Parallel Ready Stance
6. Now do all this again but this time with the left side and moving round in a clockwise direction.

PART 2

Part 2 is exactly the same as above but instead of performing a low outer forearm block, you should perform a middle section inner-forearm block.

10th KUP WHITE BELT

Examination Syllabus

Sitting Stance, 10 Single Punches
10 Front Rising Kicks
10 Press Ups
4 Directional Punch/Block (Saju Maki/Saju Jurugi)
Walking Stance, Middle Punch, 4 Times Forward
Walking Stance, Middle Inner Forearm Block Moving Back
Walking Stance, Combination Middle Block and Reverse Punch

Theory

Stance	Sogi
Attention Stance	Charyot Sogi
Parallel Ready stance	Narani Chumbi Sogi
Walking Stance	Gunnun Sogi
Sitting Stance	Annun Sogi
Obverse Punch	Baro Jurugi
Reverse Punch	Bandae Jurugi
Ball of foot	Ap Kumchi
Inner Forearm Block	An Palmok Maki
High Section	Nopunde
Middle Section	Kaunde
Low Section	Najunde
Hana	One
Dool	Two
Set	Three
Net	Four
Dasut	Five
Founder	General Choi Hong Hi 9th Dan Black Belt
Senior Instructor	Mr Brian Williams 6th Dan Black Belt

Meaning of White: White signifies innocence as a beginner who has no previous knowledge of Tae Kwon Do.

Tenets of Tae Kwon Do (CIPSI)

Courtesy Integrity Perseverance Self Control Indomitable Spirit

9TH KUP WHITE BELT

PATTERN CHON JI - 19 MOVEMENTS

Ready Stance - Parallel Ready Stance

Diagram:



Step	Move	Stance	Technique
1	Left 90 Deg	Walking	Low Section Outer Forearm Block
2	Forward	Walking	Middle Punch
3	Right 180 Deg	Walking	Low Section Outer Forearm Block
4	Forward	Walking	Middle Punch
5	Left 90 Deg	Walking	Low Section Outer Forearm Block
6	Forward	Walking	Middle Punch
7	Right 180 Deg	Walking	Low Section Outer Forearm Block
8	Forward	Walking	Middle Punch
9	Left 90 Deg	L	Middle Section Inner Forearm Block
10	Forward	Walking	Middle Punch
11	Right 180 Deg	L	Middle Section Inner Forearm Block
12	Forward	Walking	Middle Punch
13	Left 90 Deg	L	Middle Section Inner Forearm Block
14	Forward	Walking	Middle Punch
15	Right 180 Deg	L	Middle Section Inner Forearm Block
16	Forward	Walking	Middle Punch
17	Forward	Walking	Middle Punch
18	Backward	Walking	Middle Punch
19	Backward	Walking	Middle Punch

End - move left foot to Parallel Ready Stance

9TH KUP WHITE BELT

Examination Syllabus

Sitting Stance, 5 Double Punches
10 Front Rising Kicks, Both Feet
20 Press Ups
Chong Ji Pattern
Combination Front Snap Kick Double Punch
Walking Stance, Combination Inner Forearm Block Reverse Punch
Walking Stance, Combination Low Block Rising Block
Basic 3 Step Sparring 1 to 3 only (Sambo Matsoki)

Theory

Forefist	Ap Joomuk		
L Stance	Niunja Sogi	Yasut	Six
Front Kick	Ap Chagi	Ilgope	Seven
Double Punch	Doo Jurugi	Yaudal	Eight
Block	Maki	Ahope	Nine
Rising Block	Chookyo Maki	Yaul	Ten
Back Fist Strike	Dung Joomuk Taerigi		
Middle Section	Kaunde		
Strike	Taerigi		
Attention	Charyot		
Bow	Kyong Yae		
Start	Sijak		
Stop	Hye Chow		
Ready	Chumbi		
Pattern	Tul		

The Purpose of Patterns

-
Meaning of Patterns Patterns are a number of attack and defence techniques in a fixed logical sequence against an imaginary opponent.


Meaning of Chon Ji Chon ji literally means the 'Heaven and 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. The pattern consists of two similar parts, one to represent the heaven and the other the Earth.

Meaning of Yellow Yellow signifies the earth from which a plant sprouts and takes root as Tae Kwon Do foundations are being laid.

8TH KUP YELLOW BELT

PATTERN DAN GUN - 21 MOVEMENTS

Ready Stance - Parallel Ready Stance

Diagram: 

Step	Move	Stance	Technique
1	Left 90 Deg	L	Middle Knifehand Guarding Block
2	Forward	Walking	High Punch
3	Right 180 Deg	L	Middle Knifehand Guarding Block
4	Forward	Walking	High Punch
5	Left 90 Deg	Walking	Low Section Outer Forearm Block
6	Forward	Walking	High Punch
7	Forward	Walking	High Punch
8	Forward	Walking	High Punch
9	Left 270 Deg	L	Twin Forearm Block
10	Forward	Walking	High Punch
11	Right 180 Deg	L	Twin Forearm Block
12	Forward	Walking	High Punch
13	Left 90 Deg	Walking	Low Section Outer Forearm Block
14		Walking	Rising Block
15	Forward	Walking	Rising Block
16	Forward	Walking	Rising Block
17	Forward	Walking	Rising Block
18	Left 270 Deg	L	Middle Knifehand Strike
19	Forward	Walking	High Punch
20	Right 180 Deg	L	Middle Knifehand Strike
21	Forward	Walking	High Punch

End - Move Left foot to Parallel Ready Stance

8TH KUP YELLOW BELT

Examination Syllabus

Chon Ji Pattern

Dan Gun Pattern

Basic Techniques (Low Block, Rising Block, Knifehand Strike, Knifehand Guarding Block, Twin Block, Front Snap Kick Etc)

Basic 3 Step Sparring 1 to 5 (Sambo Matsoki)

Semi Free Sparring

Theory

Forearm Guarding Block

Palmok Daebi Maki

Knifehand Guarding Block

Sonkal Daebi Maki

High Punch

Nopunde Jurugi

Twin Forearm Block

Sang Palmok Maki

Knifehand Strike

Sonkal Taerigi

Kick

Chagi

Side Kick

Yop Chagi

Footsword

Balkal

Training Hall

Dojang

Training Suit

Dobok

Belt

Ti

Student

Jeja

Instructor

Sabum

Return to Ready Stance

Parrol

Dismiss

Show

Two Step Turn

Dwiyro Torro

Reasons for 24 patterns.

Meaning of Dan Gun Pattern Dan Gun is named after the Holy Dan Gun, the legendary founder of Korea in the year 2333 BC.

7TH KUP YELLOW BELT

PATTERN DO SAN - 24 MOVEMENTS

Ready Position - Parallel Ready Stance

Diagram: 

Step	Move	Stance	Technique
1	Left 90 Deg	Walking	High Outer Forearm Block
2		Walking	Middle Punch
3	Right 180 Deg	Walking	High Outer Forearm Block
4		Walking	Middle Punch
5	Left 90 Deg	L	Knifehand Guarding Block
6	Forward	Walking	Middle Straight Fingertip Thrust
7	Left 360 Deg	Walking	Release and High Back Fist Strike
8	Forward	Walking	High Back Fist Strike
9	Left 270 Deg	Walking	High Outer Forearm Block
10		Walking	Middle Punch
11	Right 180 Deg	Walking	High Outer Forearm Block
12		Walking	Middle Punch
13	Left 120 Deg	Walking	Middle Wedging Block
14	Forward		Front Snap Kick
15	Land In	Walking	Middle Punch
16		Walking	Middle Reverse Punch
17	Right 60 Deg	Walking	Middle Wedging Block
18	Forward		Front Snap Kick
19	Land In	Walking	Middle Punch
20		Walking	Middle Reverse Punch
21	Left 30 Deg	Walking	Rising Block
22	Forward	Walking	Rising Block
23	Left 270 Deg	Sitting	Middle Knifehand Strike
24	Right 180 Deg	Sitting	Middle Knifehand Strike

End - Move Right foot to Ready Stance

7TH KUP YELLOW BELT

Examination Syllabus

Do San Pattern
Basic 3 Step Sparring (Sambo Matsoki)
Semi Free Sparring
Basic blocks, strikes and kicks

Theory

Reverse Punch	Bandae Jurugi
Outer Forearm Block	Bakkat Palmok Maki
Straight Fingertip Thrust	Sun Sonkup Tulgi
Release From Grab	Jap Yosul Tae
Wedging Block	Hechyo Maki
Front Snap Kick	Ap Chabusigi

The purpose of step sparring.

Meaning of Do San Pattern Do San is the pseudonym of the patriot An Ch'ang Ho (1876-1938) who devoted his entire life to furthering the education of Korea and its independent movement.

Meaning of Green Green signifies the plants growth as Tae Kwon Do skills begin to develop.

6TH KUP GREEN BELT

PATTERN WON HYO

Ready Position - Close Ready Stance A

Diagram:



Step	Move	Stance	Technique
1	Left 90 Deg	L	Twin Forearm Block
2		L	High Inward Knifehand Strike
3	Slip Forward	Fixed	Middle Side Punch
4	Right 180 Deg	L	Twin Forearm Block
5		L	High Inward Knifehand Strike
6	Slip Forward	Fixed	Middle Side Punch
7	Left 90 Deg	Bending Ready	Forearm Guarding Block
8	Forward		Middle Side Kick
9	Land In	L	Knifehand Guarding Block
10	Forward	L	Knifehand Guarding Block
11	Forward	L	Knifehand Guarding Block
12	Forward	Walking	Middle Straight Fingertip Thrust
13	Left 270 Deg	L	Twin Forearm Block
14		L	High Inward Knifehand Strike
15	Slip Forward	Fixed	Middle Side Punch
16	Right 180 Deg	L	Twin Forearm Block
17		L	High Inward Knifehand Strike
18	Slip Forward	Fixed	Middle Side Punch
19	Left 90 Deg	Walking	Circular Block
20	Forward		Low Front Snap Kick
21	Land In	Walking	Middle Reverse Punch
22		Walking	Circular Block
23			Low Front Snap Kick
24	Land In	Walking	Middle Reverse Punch
25	Right Up To	Bend Ready	Forearm Guarding Block
26			Middle Side Kick
27	Left 270 Deg	L	Middle Forearm Guarding Block
28	Right 180 Deg	L	Middle Forearm Guarding Block

Enc - Move Right Foot to Ready Stance

6TH KUP GREEN BELT

Examination Syllabus

Won Hyo Pattern
Basic 3 Step Sparring
Basic 2 Step Sparring (Ibo Matsoki)
Semi Free Sparring
Free Sparring
Basic kicks (Side Kick and Turning Kick)

Theory


Close Ready Stance A	Moa Chumbi Sogi A
Inward Knifehand Strike	Anuro Sonkal Taerigi
Fixed Stance	Kojung Sogi
Bending Ready Stance	Gaburyo Chumbi Sogi
Circular Block	Dolimyo Maki
Forearm Guarding Block	Palmok Daebi Maki
Twin Fist Vertical Punch	Sang Joomuk Sewo Jurugi
X Fist Rising Block	Kyocho Joomuk Chookyo Maki
Turning Kick	Dollyo Chagi
Waist Block	Hori Maki
Side Punch	Yop Jurugi
Downward Block	Naeryo Maki

Meaning of Won Hyo Pattern Won Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD

5th KUP GREEN BELT

PATTERN YUL GOK - 38 MOVEMENTS

Ready Position - Parallel Ready Stance

Diagram: 

Step	Move	Stance	Technique
1	To left	Sitting	Left Punch Measure
2		Sitting	Middle Punch
3		Sitting	Middle Punch
4	L to R	Sitting	Right Punch Measure
5		Sitting	Middle Punch
6		Sitting	Middle Punch
7	Right 45 Deg	Walking	High Inner Forearm Block
8	Forward	Walking	Low Front Kick
9	Land In	Walking	Middle punch
10		Walking	Middle Reverse Punch
11	Left 90 Deg	Walking	High Inner Forearm Block
12	Forward	Walking	Low Front Kick
13	Land In	Walking	Middle punch
14		Walking	Middle Reverse Punch
15	Right 45 Deg	Walking	High Hooking Block
16		Walking	High Hooking Block
17		Walking	Middle Punch
18	Forward	Walking	High Hooking Block
19		Walking	High Hooking Block
20		Walking	Middle Punch
21	Forward	Walking	Middle Punch
22	L to R	Bending Ready	
23	Forward		Side Kick
24	Land In	Walking	Middle Front Elbow Thrust
25	Right 180 Deg	Bending Ready	
26			Side Kick
27	Land In	Walking	Middle Front Elbow Thrust
28	Left 90 Deg	L	Twin Knifehand Block
29	Forward	Walking	Straight Fingertip Thrust
30	Right 180 Deg	L	Twin Knifehand Block
31	Forward	Walking	Straight Fingertip Thrust
32	Left 90 Deg	Walking	High Outer Forearm Block
33		Walking	Middle Reverse Punch
34	Forward	Walking	High Outer Forearm Block
35		Walking	Middle Reverse Punch
36	Jump Forward	X	High Back Fist Strike
37	Left 270 Deg	Walking	High Double Forearm Block
38	Left 180 Deg	Walking	High Double Forearm Block

End - Move Left Foot to Parallel Ready Stance

5th KUP GREEN BELT

Examination Syllabus

Yul Gok Pattern
Basic 2 Step Sparring
Free Sparring
Combination Techniques (Hands and Feet)
Kicking Techniques

Theory

Hooking Block	Golcho Maki
Front Elbow Thrust	Ap Palkup Tulgi
Twin Knifehand Block	Sang Sonkal Maki
X Stance	Kyocho Sogi
Double Forearm Block	Doo Palmok Maki
Flat Fingertip Thrust	Opun Sonkup Tulgi
Palm Pushing Block	Sonbadak Miro Maki
Upward Palm Block	Ollyo Sonbadak Maki
Twin Punch	Doo Jurugi
Flat Fingertip Thrust	Opun Sonkup Tulgi
Twin Fist Upset Punch	San Joomuk Dwijibun Jurugi
Inward Palm Block	Anuro Sonbadak Maki
Knifehand Rising Block	Sonkal Chookyoo Maki


Meaning of Yul Gok Pattern Yul Gok is the pseudonym of the great philosopher and scholar Yi I (1536-1584 A.D) nicknamed the 'Confucious of Korea'. The 38 Movements refer to his birthplace on 38 degrees latitude and the diagram represents scholar.

Meaning of Blue Blue signifies the heaven towards which the plants matures into a towering tree as training in Tae Kwon Do progresses.

4th KUP BLUE BELT

PATTERN JOONG GUN - 32 MOVEMENTS

Ready Position - Close Ready Stance B

Diagram: 

Step	Move	Stance	Technique
1	Left	L	Reverse Knifehand Block
2			Low Front Snap Kick
3	Forward	Rear foot	Middle Upward Palm Block
4	Right 180 Deg	L	Reverse Knifehand Block
5			Low Front Snap Kick
6	Forward	Rear foot	Middle Upward Palm Block
7	Left 90 Deg	L	Middle Knifehand Guarding Block
8	Slip front foot	Walking	Upper Elbow Thrust
9	Forward	L	Middle Knifehand Guarding Block
10	Slip front foot	Walking	Upper Elbow Thrust
11	Forward	Walking	High Twin Fist Punch
12	Forward	Walking	Twin Fist Upset Punch
13	Step Turn	Walking	X Fist Rising Block
14	Left 90 Deg	L	High Back Fist Strike
15		L	Release From Grab
16	Slip front foot	Walking	High Reverse Punch
17	L to R move R	L	High Back Fist Strike
18		L	Release From Grab
19	Slip front foot	Walking	High Reverse Punch
20	R to L forward	Walking	High Double Forearm Block
21	Pull L foot	L	Middle Punch
22	Forward		Middle Side Kick
23	Land in	Walking	High Double Forearm Block
24	Pull in R foot	L	Middle Punch
25	Forward		Middle Side Kick
26	Land in	L	Middle Guarding Block
27	Slip L foot	Low	Pressing Block
28	Forward	L	Middle Guarding Block
29	Slip R foot	Low	Pressing Block
30	L to R turn 90 Deg	Close	Middle Circular Punch (Slow)
31	R forward L	Fixed	U Shape Block
32	R to L move L	Fixed	U Shape Block

End - Move Left foot to Ready Stance

4th KUP BLUE BELT

Examination Syllabus

Joong-Gun Pattern

1 Step Sparring (Ilbo Matsoki)

Advanced 3 Step Sparring (Sambo Matsoki)

Semi Free Sparring (Ban Jayoo Matsoki)

Free Sparring (Jayoo Matsoki)

Combination Techniques

Destruction using Hands and Feet (eg Side Kick, Turning Kick, Spinning Side Kick, Reverse Turning Kick, Elbow Strike, Knifehand Strike, Palm Heel Strike)

Theory

Close Ready Stance B

Reverse Knifehand Block

Upward Palm Block

Rear Foot Stance

Upper Elbow Thrust

Twin Upset Punch

U Shape Block

Reverse Turning Kick

Back Kick

Pressing Block

Wasit Block

Outer Forearm Inward Block

Low Stance

Moa Chumbi Sogi B

Sonkal Dung Maki

Ollyo Sonbadak Maki

Dwit Bal Sogi

Wi Palkup Tulgi

Sang Dwijibun Jurugi

Digutcha Maki

Bandae Dollyo Chagi

Dwit Chagi

Noolo Maki

Hori Maki

Bakkat Palmok Anuro Maki

Nachuo Sogi

Meaning of Pattern Joong-Gun Joong-Gun is named after the patriot An Joong-Gun who assassinated Hiro Bumi Ito, the first Japanese Governor General of Korea, known as the man who played the leading part of the Korean-Japan merger. There are 32 movements in this pattern to represent Mr An's age when he was executed at Lui-Shung prison (1910).

3rd KUP BLUE BELT

PATTERN TOI GYE - 37 MOVEMENTS

Ready Position - Close Ready Stance B

Diagram:



Step	Move	Stance	Technique
1	Left	L	Middle Inner Forearm Block
2	Slip L Foot	Walking	Upset Fingertip Thrust
3	L to R	Close	Low Block/High Back Fist (Slow)
4	Right	L	Middle Inner Forearm Block
5	Slip R Foot	Walking	Upset Fingertip Thrust
6	R to L	Close	Low Block/High Back Fist (Slow)
7	Forward	Walking	Low X Block
8		Walking	High Twin Fist Punch
9	Forward		Front Snap Kick
10	Land In	Walking	Middle Obverse Punch
11		Walking	Middle Reverse Punch
12	L to R	Close	Posture Move Hands on Hips
13	Left 90 Deg	Sitting	W Shape Block
14	Right 180 Deg	Sitting	W Shape Block
15	Right 180 Deg	Sitting	W Shape Block
16	Left 180 Deg	Sitting	W Shape Block
17	Right 180 Deg	Sitting	W Shape Block
18	Right 180 Deg	Sitting	W Shape Block
19	R to L Forward	L	Low Double Forearm Block
20	Slip Left Foot	Walking	Double Hand Grasp
21	Forward		Upward Knee Kick
22	Turn	L	Middle Knifehand Guarding Block
23	Forward		L Low Front Kick
24	Land In	Walking	High Flat Fingertip Thrust
25	Forward	L	Middle Knifehand Guarding Block
26	Forward		R Low Front Kick
27	Land In	Walking	High Flat Fingertip Thrust
28	Back	L	High Backfist and Low Block
29	Forward Jump	X	Low X Block
30	Slip R Foot	Walking	High Double Forearm Block
31	Left 270 Deg	L	Low Knifehand Guarding Block
32	Slip L Foot	Walking	Circular Block
33	L to R	L	Low Knifehand Guarding Block
34	Slip R Foot	Walking	Circular Block
35	Pivot Feet	Walking	Circular Block
36	Pivot Feet	Walking	Circular Block
37	Move R Foot	Sitting	Middle Punch

End - Move Right Foot to Ready Stance

3rd KUP BLUE BELT

Examination Syllabus

Toi Gye Pattern
1 Step Sparring (Ilbo Matsoki)
Advanced 3 Step Sparring
Free Sparring
Destruction Using Hands and Feet
Combination Techniques

Theory

Upset Fingertip Thrust	Dwijibun Sonkup Tulgi
W Shape Block	San Maki
Double Forearm Block	Doo Palmok Maki
X Stance	Kyocho Sogi
Crescent Kick	Bandal Chagi
Hooking Kick	Golcho Chagi
X Fist Pressing Block	Kyocho Joomuk Noolo Maki
Knee Kick	Murup Chagi
Inward	Anuro
Outward	Bakuro

Meaning of Toi-Gye Toi-Gye is the penname of the noted scholar Yi Hwang (16th century AD), an authority on neo-confucianism. The 37 movements of the pattern refer to his birthplace on 37 degrees latitude. The diagram represents 'scholar'.

Meaning of Red Red signifies danger cautioning the student to exercise control and warning the opponent to stay away.

2nd KUP RED BELT

PATTERN HWA RANG - 29 MOVEMENTS

Ready Position - Close Ready Stance C

Diagram: 

Step	Move	Stance	Technique
1	Move Left	Sitting	Middle Palm Pushing Block
2			Middle Punch
3			Middle Punch
4	Right 90 Deg	L	Twin Forearm Block
5	Slide Feet		Upward Punch
6		Fixed	Middle Side Punch
7	Pull R Foot	Vertical	Downward Knifehand Strike
8	Forward	Walking	Middle Punch
9	Left 90 Deg	Walking	Lower Outer Forearm Block
10	Forward	Walking	Middle Punch
11	Slide L Foot		Grasp Right Fist
12			Side Kick, Knifehand Strike
13	Forward	Walking	Middle Punch
14	Forward	Walking	Middle Punch
15	Left 270 Deg	L	Middle Knifehand Guarding Block
16	Forward	Walking	Middle Straight Fingertip Thrust
17	Left 180 Deg	L	Middle Knifehand Guarding Block
18			High Turning Kick
19			High Turning Kick/ Knifehand Guarding Block
20	Land In	L	Knifehand Guarding Block
21	Left 90 Deg	Walking	Low Outer Forearm Block
22	Pull L Foot	L	Middle Punch
23	Forward	L	Middle Punch
24	Forward	L	Middle Punch
25	Slide L Foot	Walking	Low X Fist Block
26	Slide Forward	L	Back Elbow Thrust
27	Left 90 Deg	Close	Middle Inner/Low Outer Block
28			Change Position of Hands
29	Left Forward	L	Knifehand Guarding Block
	Right 180 Deg	L	Knifehand Guarding Block

End - Move Right Foot to Ready Stance

2nd KUP RED BELT

Examination Syllabus

Hwa Rang
1 Step Sparring (Ilbo Matsoki)
Advanced 2 Step Sparring
Self Defence
Free Sparring (Jayoo Matsoki)
Destruction using Hands and Feet

Theory

Close Ready Stance C	Mao Chumbi Sogi C
Palm Pushing Block	Sonbadak Miro Maki
Upward Punch	Ollyo Jurugi
Downward Knifehand Strike	Naeryo Sonkal Taerigi
Back Elbow Thrust	Dwit Palkup Tulgi
Flying Kick	Twimyo Chagi
Vertical Stance	Soo Jik Sogi
Side Elbow Thrust	Yop Palkup Tulgi
Jumping	Twiggi
Twisting Kick	Bitro Chagi
Vertical Kick	Sewo Chagi

Theory of Power

Meaning of Hwa Rang Pattern Hwa Rang is named after the Hwa-Rang youth group which originated in the Silla Dynasty about 1350 years ago. This group eventually became the actual driving force for the unification of the 3 kingdoms of Korea. The 29 movements refer to the 29th infantry division where Tae Kwon Do developed into maturity.

1st KUP RED BELT

PATTERN CHOONG MOO - 30 MOVEMENTS

Ready Position - Parallel Ready Stance

Diagram: 

Step	Move	Stance	Technique
1	Left 90 Deg	L	Twin Knifehand Block
2	Forward	Walking	High Knifehand Strike/Left Backhand
3	Right 180 Deg	L	Knifehand Guarding Block
4	Forward	Walking	Flat Fingertip Thrust
5	Left 90 Deg	L	Knifehand Guarding Block
6	Right 180 Deg	Bending Ready	
7			Middle Side Kick
8	Left 180 Deg	L	Middle Knifehand Guarding Block
9			Jumping Right Side Kick
	Land	L	Knifehand Guarding Block
10	Left 270 Deg	L	Low Outer Forearm Block
11	Slide Left	Walking	Both Hands Grab Head
12			Upward Knee Kick
13	Left 180 Deg	Walking	High Reverse Knifehand Strike
14			High Turning Kick
15	Foot to Foot		Middle Back Kick
16	Right 180 Deg	L	Middle Forearm Guarding Block
17			Middle Turning Kick
18	Right 90 Deg	L	U Shape Block
19	Jump Anti-CW 360 Deg	L	Middle Knifehand Guarding Block
20	Forward	Walking	Fingertip Upset Thrust
21	Pull L Foot	L	High Backfist and Low Block
22	Forward	Walking	Middle Straight Fingertip Thrust
23	Left 270 Deg	Walking	High Double Forearm Block
24	Forward	Sitting	Middle Inward Outer Forearm Block
			High Back Fist
25	Left 180 Deg		Middle Side Kick
26			Middle Side Kick
27	Right 180 Deg	L	Middle X Knifehand Check Block
28	Forward	Walking	Upward Twin Palm Block
29	Right 180 Deg	Walking	Rising Block
30		Walking	Reverse Middle Punch

End - Move Right Foot to Ready Stance

Examination Syllabus

Choong Moo Pattern
All Patterns
1 Step Sparring (Ilbo Matsoki)
Advanced 2 Step Sparring (Ibo Matsoki)
Advanced 3 Step Sparring (Sambo Matsoki)
Free Sparring (Jayoo Matsoki)
Self Defence
Destruction

Theory

Inward Knifehand Strike	Anuro Sonkal Taerigi
X Knifehand Side Block	Kyochoa Sonkal Yop Maki
Upward Palm Block	Ollyo Sonbadak maki

Meaning of Choong-Moo Pattern Choong-Moo was the name given to the great admiral Yi Sun Sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship (kobukson) which was the precursor of the present day submarine in 1592 AD. The reason why this pattern ends up with left hand attack is to symbolise his regrettable death having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king

Meaning of Black Opposite of white, therefore signifying maturity and proficiency in Tae Kwon Do. Also indicates the wearer's imperviousness to darkness and fear.

3 STEP SPARRING (SAMBO MATSOKI)

BASIC

All attacks are 3 high section punches moving forward in a walking stance.

Ready stance for the attacker: Right leg back into walking stance and low block with left arm.

Ready stance for defender: Parallel ready stance.

1. **DEFENCE** Right Leg Back into Walking Stance
Perform Left Inner Forearm Block
CONTINUE 2 Further Blocks moving back in a walking stance
COUNTER ATTACK Right Middle Reverse Punch
2. **DEFENCE** Left Leg Back into L Stance
Perform Right Inner Forearm Block
CONTINUE 2 Further Blocks moving back in a L stance
COUNTER ATTACK Move Left Foot out and forwards
Move Right Foot around Attackers Leg
L Stance Knifehand Strike
3. **DEFENCE** Left Leg Back into L Stance
Perform Right Inward Block
CONTINUE 2 Further Blocks moving back in a L stance
COUNTER ATTACK L Stance Back Fist Strike
4. **DEFENCE** Left Leg Back into L Stance
Perform Right Inner Forearm Block
CONTINUE 2 Further Blocks moving back in a L stance
COUNTER ATTACK Move Left Leg into Sitting Stance
Left Fist Measure (Slow) then Double Punch
5. **DEFENCE** Right Leg Back into L Stance
Perform Left Outer Forearm Block
CONTINUE 1 Further Block
COUNTER ATTACK Move Right Foot into Sitting Stance
Simultaneous Left Outer Forearm Block/Right Punch

3 STEP SPARRING (SAMBO MATSOKI)

ADVANCED

All attacked are 3 High section punches moving forward in a walking stance.

6. **DEFENCE** Right Leg Back into L Stance
Perform Left Single Knifehand Block
CONTINUE 1 Further Block
COUNTER ATTACK Move Right Foot into Sitting Stance
Simultaneous Left Single Knifehand Block/Right Punch
7. **DEFENCE** Right Leg Back into L Stance
Perform Left Outer Forearm Block
CONTINUE 1 Further Block
COUNTER ATTACK Move Right into Guarding Block
Front Snap Kick and Double Punch
8. **DEFENCE** Right Leg Back into L Stance
Perform Left Single Knifehand Block
CONTINUE 1 Further Block
COUNTER ATTACK Move Right into Guarding Block
Middle Section Side Kick
L Stance Right Knifehand Strike
9. **DEFENCE** Right Leg Back into L Stance
Perform Inward Palm Block
CONTINUE 2 Further Blocks
COUNTER ATTACK Step to Left into Guarding Block
Right Middle Turning Kick
Vertical Stance Knifehand Strike
10. **DEFENCE** Right Leg Back into L Stance
Perform Left Single Knifehand Block
CONTINUE 1 Further Block
COUNTER ATTACK Move Right into Knifehand Guarding Block
Right Middle Back Kick
Walking Stance Reverse Knifehand Strike

TWO STEP SPARRING

The attacker should always step forward when performing their attacking techniques.

Ready position for attacker: Right leg back into guarding stance.

Ready position for defender: Parallel ready stance.

BASIC

- | | |
|-----------------------|---|
| 1. ATTACK | High Punch (Walking Stance), Front Snap Kick |
| DEFENCE | Right Leg Back Walking Stance, Rising Block |
| COUNTER-ATTACK | Left Leg Back Walking Stance, 'X' fist Pressing Block
Twin Vertical Punch |
| 2. ATTACK | Side Punch (Fixed Stance). Turning Kick. |
| DEFENCE | Right Leg Back 'L' Stance, Upward Palm Block |
| COUNTER-ATTACK | Left Leg Back 'L' Stance, Waist Block
Slide forward into Right L Stance, Right Side Elbow |
| 3. ATTACK | Front Kick, Twin Vertical Punch |
| DEFENCE | Right Leg Back Walking Stance, 'X' Fist Pressing Block |
| COUNTER-ATTACK | Left Leg Back Walking Stance, Outer Forearm
Wedging Block
Knee Attack at the same time pull opponent's
shoulders forward and down. |
| 4. ATTACK | Flat Fingertip Thrust, Side Kick |
| DEFENCE | Right Leg Back Walking Stance, Knife-hand Rising
Block |
| COUNTER-ATTACK | Left Leg Back 'L' Stance, Inward Palm Block
Front Kick to Coccyx, Twin Upset Punch to Kidneys |

TWO STEP SPARRING

The attacker should always step forward when performing their attacking techniques.

ADVANCED

5. **ATTACK** Right Back Kick, Left Walking Stance Open Fist High Punch (palm heel)
DEFENCE Right 'L' Stance Palm Waist Block
Left 'L' Stance Outer Forearm Inward Block
COUNTER-ATTACK Right Walking Stance, Middle Reverse Knifehand Strike, (slipping right foot)
6. **ATTACK** Right High Turning Kick, Left Walking Stance Arc-Hand High Strike
DEFENCE Sitting Stance Twin Straight Forearm Block (Move L Foot Diagonal)
Right 'L' Stance Palm Hooking Block (grabbing the arm)
COUNTER-ATTACK Left Side Kick (still holding grabbed arm)
7. **ATTACK** Right Fixed Stance Side Fist Strike, Left Middle Reverse Turning Kick
DEFENCE Left 'L' Stance Twin Forearm Block
Right 'L' Stance Knifehand Guarding Block (sliding away using block of guard only)
COUNTER-ATTACK Right High Reverse Turning Kick
8. **ATTACK** Right Middle Side Kick, Right 'L' Stance Knifehand High Strike (turning anti-clockwise)
DEFENCE Right 'L' Stance Inner Forearm Inward Waist Block
Right 'L' Stance Knifehand Guarding Block (double stepping)
COUNTER-ATTACK Left 'X' Stance High Back Fist Side Strike

1 STEP SPARRING

Examples of Possible Defence and Counterattacks used in 1 Step Sparring

Both attack and defence ready stances: parallel ready stance.

Foot Attacks

1. **TURNING KICK**
Right Palm Block, Combination Low/High Turning Kick
Take Arm Over and Strike to Elbow
2. **SPINNING SIDE KICK**
Move To Right, Immediate Left Side Kick
Spinning Side Kick, Back Fist Strike
3. **SIDE, HOOKING KICK**
Parry With Right Knifehand, Step to the Left
Right Side Kick, Hooking Kick
4. **REVERSE TURNING KICK**
Left Crescent Kick or Downward Forearm Block
Right Reverse Turning Kick, Recover With A Right Turning
Kick To Face
5. **FLYING FRONT KICK**
Left Hooking Kick Block, Flying Front Kick With Right Foot
6. **KNIFEHAND AND TURNING KICK**
Step To Left and Perform Left Pushing Block
Right Reverse Knifehand to Ribs, Right Middle Turning Kick
7. **SIDE KICK**
Right Crescent Kick Block, Right Side Kick, Reverse Punch
8. **JUMPING SPINNING SIDE KICK**
Move Back Into Left Guarding Block
Spinning Side Kick, Reverse Knifehand Strike
9. **REVERSE TURNING KICK**
Right Palm Block, Reverse Turning Kick, Reverse Punch
10. **TURNING, REVERSE TURNING KICKS**
Right Palm Block, Right Turning Kick
Reverse Turning Kick, Right Reverse Knifehand

1 STEP SPARRING

Examples of Possible Defence and Counterattacks used in 1 Step Sparring

Hand Attacks

1. **DOUBLE PUNCH**
Left Pushing Block, Reverse Knifehand to Ribs
Double Punch to Head, Neck Grab and Downward Elbow
2. **KNIFEHAND AND TAKE-DOWNS**
Move To Right, Perform Knifehand Strike to Neck
Sweep Right Foot And Take Down, Right Punch To Face
3. **ELBOW AND TAKE-DOWN**
Right Block, Elbow Strike
Take Down Pulling Opponent Forwards, Right Punch to Face
4. **LOW STRIKE AND BACK FIST**
Right Inward Block
Left Low Strike to Groin, Left Back Fist Strike

SELF DEFENCE

All attacks are set as listed below. The attackers should ensure they step forward with their right leg. Defenders should be able to disable their attacker by using blocks, attacks and take-down (5-8 only) techniques of their choice.

1. **Attack Down to the Head with the Right Hand (*downward stabbing motion*)**
2. **Attack Through to Face with the Right Hand (*forward stabbing motion*)**
3. **Attack Round to Face with Right Hand (*Swinging motion*)**
4. **Kick to Groin**
5. **Grab Right Shoulder from Rear with Right Hand**
6. **Bear Hug from Rear**
7. **Grab Right Wrist with Right Hand**
8. **Grab Lapels from Front**

POINTS TO REMEMBER

- **Always be willing to help, especially those who are less fortunate or successful than you.**
- **Always be polite and show respect.**
- **Always persevere with learning and be prepared to practice to make perfect.**
- **Always be modest in what you do but confident in its execution.**
- **Always exercise control and never be aggressive, especially with fellow students.**
- **Always train hard, set goals and try to achieve them.**