



1st Dan Black Belt



Requirements:

- **Minimum time from previous grading: 18 months.**

Patterns *Students are required to know ALL patterns up to grade.*

- Ge-Baek
- Kwang-Gae
- Po-Eun.

Note: Students may be asked to perform patterns facing in different directions.

Drill work *Students are required to know ALL combinations and techniques up to grade.*

- Line work: techniques and combinations; kicks including jumping.

Set Sparring *Students are required to know ALL set sparring up to grade.*

- 2 step sparring 1-4
- 1 step sparring (including advanced: e.g. any hand attack, takedowns, blocking & countering with legs).

Free Sparring *Full set of sparring equipment required.*

Self Defence *Students are required to know ALL self defence up to grade.*

Self-defence including release from bear hug & neck lock.

Knife defence: Downward & straight stab.

Destruction (Breaking) *For students aged 18 and over. Under 18s may be asked to demonstrate power through pad work.*

Theory

Students will be tested on pattern meanings as well as applications of different techniques.

General theory:

Moves in Ge-Baek	44
Meaning of Ge-Baek	Ge-Baek is named after Ge-Baek, a great general in the Baek Je Dynasty (660 AD). The diagram represents his severe and strict military discipline.
Moves in Kwang-Gae	39
Meaning of Kwang-Gae	Kwang-Gae is named after the famous Kwang-Gae-Toh-Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 A. D., the year he came to the throne.
Moves in Po-Eun	36
Meaning of Po-Eun	Po-Eun is the 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.

General terms:

Breaking	Gyokpa
Grabbing	Butjaba
Sliding	Mikulgi
Under	Mit
Turn	Dolgi
Flat fingertips	Opun sonkut
Straight fingertips	Sun sonkut
Knuckle fist	Joongi joomuk

Attack movements:

Angle punch	Giokja jirugi
Horizontal punch	Soopyong jirugi
Consecutive kick	Yonsok chagi
Crescent kick	Bandal chagi
Rising knee kick	Ollyo moorup chagi
Back elbow thrust	Dwit palkup taerigi
Twin side elbow thrust	Sang yop palkup tulgi

Parts of the body:

Arm	Pal
Leg	Dari
Chest	Gasum
Back hand	Sondung
Back of forearm	Dung palmok
Base of knifehand	Sonkal batang
Eye	Angoo
Fingers	Songarak
Under fist	Mit joomuk
Under forearm	Mit palmok

Defence movements:

9 shaped block	Gutcha makgi
Reverse knifehand block	Sonkal dung makgi
Rising palm heel block	Ollyo sonbadak makgi
U shaped grasp	Digutja japki



2nd Dan Black Belt



Requirements:

- **Minimum time from previous grading: 2 years.**
- **Candidate should have an umpires qualification.**

Patterns *Students are required to know ALL patterns up to grade.*

- Choong-Jang
- Eui-Am
- Ko-Dang.

Note: Students may be asked to perform patterns facing in different directions.

Drill work *Students are required to know ALL combinations and techniques up to grade.*

- Line work: techniques and combinations; kicks including jumping

Set Sparring *Students are required to know ALL set sparring up to grade.*

- 2 step sparring 1-4
- 1 step sparring (including advanced: e.g. any hand attack, takedowns, blocking & countering with legs).

Self Defence *Students are required to know ALL self defence up to grade.*

- Self-defence including release from bear hug & neck lock.
- Knife defence: Inward & outward slash.

Free Sparring *Full set of sparring equipment required.*

Pad work

- Choice of two different jumping kicks: one to head height target; the other to a target approximately 1 foot/30cm above head height.

Destruction (Breaking) *For students aged 18 and over. Under 18s may be asked to demonstrate power through pad work.*

Breaking may include hand, foot, and jumping foot techniques.

Theory

Students will be tested on pattern meanings as well as applications of different techniques.

General theory:

Moves in Choong-Jang	52
Meaning of Choong-Jang	Choong-Jang is the pseudonym of General Kim Duk Ryang who lived during the Lee Dynasty, 14th century. This pattern ends with a left-hand attack to symbolize the tragedy of his death in prison at 27, before he was able to reach full maturity.
Moves in Eui-Am	45
Meaning of Eui-Am	Eui-Am is the pseudonym of Son Byong Hi, leader of the Korean independence movement on March 1, 1919. The 45 movements refer to his age when he changed the name of Dong Hak (Oriental culture) to Chondo Kyo (Heavenly way religion) in 1905. The diagram represents his Indomitable Spirit, displayed while dedicating himself to the prosperity of his nation.
Moves in Ko-Dang	39
Meaning of Ko-Dang	Ko-Dang is the pseudonym of the patriot Cho Man Sik who dedicated his life to the independence movement and education of his people. The 39 movements signify his times of imprisonment and his birthplace on the 39th parallel.

Parts of the body:

Straight elbow	Sun palkup
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Attack movements:

Double finger thrust	Doo songarak tulgi
Cross cut with flat fingertips	Ghutgi opun sonkut



3rd Dan Black Belt



Requirements:

- **Minimum time from previous grading: 3 years.**
- **Candidate should have a referees qualification.**
- **Candidate needs to apply in writing stating they want to be graded and reasons why.**
- **Candidate needs to be either a GTI club owner/instructor OR very active as a referee at GTI events.**
- **Candidate should have a minimum of 12 months' membership with the GTI.**
- **Candidate should have high technical and professional standards.**

Patterns *Students are required to know ALL patterns up to grade.*

- Sam-Il
- Yoo-Sin
- Choi-Yong.

Note: Students may be asked to perform patterns facing in different directions.

Drill work *Students are required to know ALL combinations and techniques up to grade.*

- Line work: techniques and combinations; kicks including jumping

Set Sparring *Students are required to know ALL set sparring up to grade.*

- 2 step sparring 1-4
- 1 step sparring (including advanced: e.g. any hand attack, takedowns, blocking & countering with legs).

Self Defence *Students are required to know ALL self defence up to grade.*

- Self-defence including release from bear hug & neck lock.
- Knife defence: continuous attacks.

Free Sparring *Full set of sparring equipment required.*

Pad work

- Demonstrate two different 360 degree jump kicks to shield.

Destruction (Breaking) *For students aged 18 and over. Under 18s may be asked to demonstrate power through pad work.*

Breaking may include hand, foot, and jumping foot techniques.

Theory

Students will be tested on pattern meanings as well as applications of different techniques; also how to improve others' performance, stretching, fitness & skills.

General theory:

Moves in Sam-Il	33
Meaning of Sam-Il	Sam-Il denotes the historical date of the independence movement of Korea which began throughout the country on March 1, 1919. The 33 movements in the pattern stand for the 33 patriots who planned the movement.
Moves in Yoo-Sin	68
Meaning of Yoo-Sin	Yoo-Sin is named after General Kim Yoo Sin, a commanding general during the Silla Dynasty. The 68 movements refer to the last two figures of 668 A.D., the year Korea was united. The ready posture signifies a sword drawn on the right rather than left side, symbolizing Yoo Sin's mistake of following his Kings' orders to fight with foreign forces against his own nation.
Moves in Choi-Yong	46
Meaning of Choi-Yong	Choi-Yong is named after General Choi Yong, premier and commander in chief of the armed forces during the 14th century Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism, and humility. He was executed by his subordinate commanders headed by general Yi Sung Gae, who later became the first King of the Lee Dynasty.



4th Dan Black Belt



Requirements:

- **Minimum time from previous grading: 4 years.**
- **Candidate should have a referees qualification.**
- **Candidate needs to apply in writing stating they want to be graded and reasons why.**
- **Candidate needs to be either a GTI club owner/instructor OR very active as a referee at GTI events.**
- **Candidate should have a minimum of 12 months' membership with the GTI.**
- **Candidate should have high technical and professional standards.**

Patterns *Students are required to know ALL patterns up to grade.*

- Ul-Ji
- Moon-Moo
- Yon-Gae.

Note: Students may be asked to perform patterns facing in different directions.

Drill work *Students are required to know ALL combinations and techniques up to grade.*

- Line work: techniques and combinations; kicks including jumping

Set Sparring *Students are required to know ALL set sparring up to grade.*

- 2 step sparring 1-4
- 1 step sparring (including advanced: e.g. any hand attack, takedowns, blocking & countering with legs).

Self Defence *Students are required to know ALL self defence up to grade.*

- Self-defence including ground work – hold down your attacker for 30 seconds (no neck holds).
- Knife defence—either hand attack.

Free Sparring *Full set of sparring equipment required.*

Destruction (Breaking) *For students aged 18 and over. Under 18s may be asked to demonstrate power through pad work.*

Breaking may include hand, foot, and jumping foot techniques.

Theory

Students will be tested on pattern meanings as well as applications of different techniques; also how to improve others' performance, stretching, fitness & skills.

General theory:

Moves in Ul-Ji	42
Meaning of Ul-Ji	Ul-Ji is named after general Ul-Ji Moon Dok who successfully defended Korea against a Tang's invasion force of nearly one million soldiers led by Yang Je in 612 A.D., Ul-Ji employing hit and run guerilla tactics, was able to decimate a large percentage of the force. The diagram represents his surname. The 42 movements represent the author's age when he designed the pattern.
Moves in Moon-Moo	61
Meaning of Moon-Moo	Moon-Moo honours the 30th King of the Silla Dynasty. His body was buried near Dae Wang Am (Great King's Rock). According to his will, the body was placed in the sea "where my soul shall forever defend my land against the Japanese." It is said that the Sok Gul Am (Stone cave) was built to guard his tomb. The Sok Gul Am is a fine example of the culture of the Silla Dynasty. The 61 movements in this pattern symbolize the last two figures of 661 A.D. when Moon Moo came to the throne.
Moves in Yon-Gae	49
Meaning of Yon-Gae	Yon-Gae is named after a famous general during the Koguryo Dynasty, Yon Gae Somoon. The 49 movements refer to the last two figures of 649 A.D., the year he forced the Tang Dynasty to quit Korea after destroying nearly 300,000 of their troops at Ansi Sung.