



Grading & Theory Information

For All Students



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What is Taekwondo?

Taekwondo is a version of an ancient form of unarmed combat practised for centuries in the Orient, and perfected in its present form in Korea.

Translated from Korean, 'Tae' literally means to jump, kick or smash with the foot. 'Kwon' means fist - chiefly to punch or destroy with the hand or fist. 'Do' means art, way or method. So, "Taekwondo" means "Foot Fist Way", or "Art of the Foot & Fist".

Taekwondo demonstrates techniques for unarmed combat and self-defence, incorporating the skilled use of punches, kicks, blocks, dodges and methods of interception.

To Korean people, Taekwondo is more than a mere use of skilled movements. It is also a way of thinking and way of life, instilling a concept and spirit of strict self-imposed discipline.

Taekwondo enables people from all backgrounds, of all ages and physical abilities to possess a weapon for self-defence in the face of violence and intimidation.

The History of Taekwondo

Taekwondo was inaugurated in South Korea on 11th April 1955, following extensive research and development by the founder, Major General Choi Hong Hi, 9th Degree Black Belt (1918-2002).

Taekwondo was introduced into the United Kingdom in 1967.

The Five Tenets of Taekwondo

Courtesy

Be polite and courteous to everyone, and respect others – both within and outside the dojang.

Integrity

Be honest with yourself and others. Know the difference between right and wrong, and have the integrity stand up for what is right. Have the conscience to feel guilt if you have acted wrongly, and the integrity to admit your faults and make amends.

Perseverance

Be patient. Never stop trying to overcome your difficulties and achieve your goals.

Self-Control

Always be in control of your thoughts and actions. You must be able to live, work and train within your capabilities.

Indomitable Spirit

Have the courage to stand up for what you believe in, even when faced with overwhelming odds. Always put maximum effort into whatever you do, and do your utmost to never give up until you have achieved your goals.

The Taekwondo Oath

I shall observe the tenets of taekwondo;

I shall respect my instructors and seniors;

I shall never misuse taekwondo;

I shall be a champion of freedom and justice;

I shall build a more peaceful world.

Patterns

What is a pattern? A pattern is a set of fundamental movements, mainly defence and attack, set in a logical sequence to deal with one or more imaginary opponents. Patterns are an indication of a student's progress, a barometer in evaluating an individual's technique.

Why do we perform patterns? We practice patterns to improve our Taekwondo techniques, to develop sparring techniques, to improve flexibility of movement, master body shifting, and to develop muscles, balance and breath control. They also enable us to acquire techniques which cannot be obtained from other forms of training.

Why are there twenty-four patterns? The reason for twenty-four patterns in Taekwondo is because the founder, Major General Choi Hong Hi, compared the life of a man with a day in the life of the earth and believed that some people should strive to bequeath a good spiritual legacy to forthcoming generations and in doing so gain immortality.

Therefore, if we can leave something behind for the welfare of mankind, maybe it will be the most important thing to happen in our lives.

As the founder said: *"Here I leave Taekwondo for mankind,*

As a trace of a man of the late 20th Century.

The twenty-four patterns represent twenty-four hours,

One day or all of my life."

The following points should be considered when performing patterns:

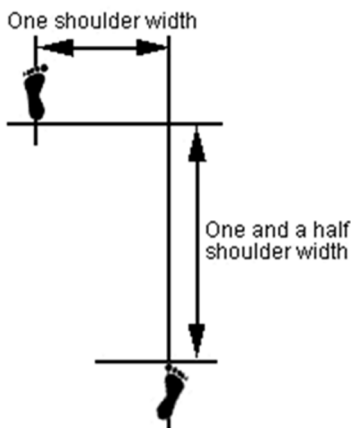
- Patterns should begin and end on the same spot. This will indicate the performer's accuracy.
- Correct posture and facing must be maintained at all times.
- Muscles of the body should be tensed or relaxed at the proper critical moments in the pattern.
- Each movement should be accelerated or decelerated according to instructions.
- Students should perform each movement with realism.
- Students should know the purpose of each movement.
- A pattern should be performed in a rhythmic movement with the absence of stiffness.
- Each pattern should be perfected before moving onto the next.

Basic Stances**Attention Stance** *Charyot Sogi*

Feet should be angled at 45 degrees. Weight ratio: 50/50.

**Parallel Ready Stance** *Narani Chunbi Sogi*

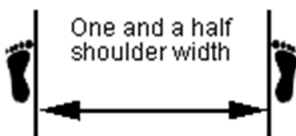
Feet should be one shoulder width apart, measured from the outside edge of the feet. Arms should be slightly bent with fists held about one fist size apart, just below the navel; and the fists should be a fist size away from the body. Weight ratio: 50/50.

**Walking Stance** *Gunnun Sogi*

Feet should be one shoulder width apart, with the stance length measuring one and a half shoulder widths.

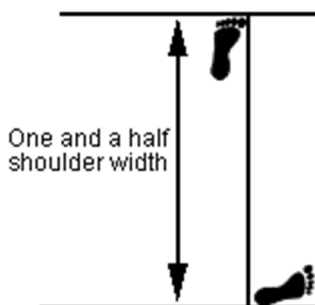
Front leg should be bent, and back leg should be straight, with rear foot turned slightly outward.

Weight distribution should be 50-50.

**Sitting Stance** *Annun Sogi*

Feet should be one and a half shoulder widths apart, and facing forwards.

Knees should be bent, and weight distribution should be 50-50.

**L Stance** *Niunja Sogi*

Feet should be one and a half shoulder widths apart and aligned as shown, with the body facing the side.

Front leg should be bent, with front foot facing forwards. Back leg should be bent, with the rear foot turned outwards.

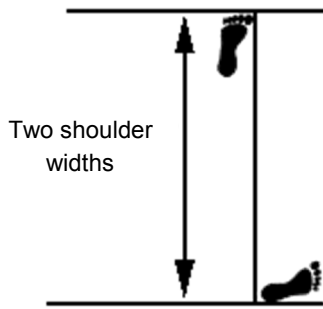
Weight distribution should be 70-30, with most weight on the back leg.

**Closed Stance** *Moa Sogi*

This can be either full facing or side facing, with feet together.

There are four varieties, Moa Chunbi Sogi A, Moa Chunbi Sogi B, Moa Chunbi Sogi C and Moa Chunbi Sogi D. Weight ratio: 50/50.

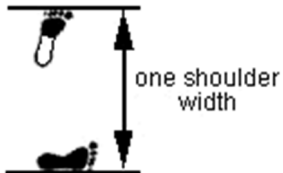
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**Fixed Stance** *Gojong Sogi*

Feet should be two shoulder widths apart and aligned as shown, with the body facing the side.

Front leg should be bent, with front foot facing forwards. Back leg should be bent, with the rear foot turned outwards.

Weight distribution should be 50-50.

**Rear Foot Stance** *Dwit Bal Sogi*

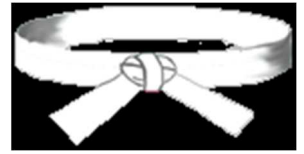
Feet should be one shoulder width apart and aligned as shown, with front foot facing forwards and the back foot turned 45 degrees to the side.

The heel of the front foot should be off the ground, so that only the ball of the foot is on the ground. Weight distribution should be 90% on the back foot, 10% on the front foot.



10th Kup

White Belt



Please note that these grading requirements detail only the minimum requirements for the grade. Students may be asked to perform other techniques at the discretion of the grading examiner.

Exercises & Drill Work

- Saju Jirugi (Four Directional Punch & Block Exercise)
- Sitting stance - single punch
- Front rising kick exercise (from walking ready stance)
- 10 press ups (knuckles for adult men—18 years & over)
- Walking stance - middle section obverse punch (forwards and backwards)
- Walking stance - low outer forearm block (forwards and backwards)
- Walking stance - middle inner forearm block (forwards and backwards)
- Walking stance - low outer forearm block, reverse middle section punch (forwards and backwards)
- Walking stance - middle inner forearm block, reverse middle section punch (forwards and backwards)
- Front snap kick (in fighting/guarding stance).

3 Step Sparring

No. 1 *Defence:* Right leg back, walking stance, middle inner forearm block to the inside three times.
Counter attack: Reverse punch.

Self Defence

No. 1 Release from a single wrist grab from the same side.

Theory

Moves in Saju Jirugi	15
Meaning of Saju Jirugi	Four Directional Punch & Block Exercise
Meaning of white belt	White signifies innocence, as with the beginner to taekwondo, who has no previous knowledge of the art.
Meaning of yellow belt	Yellow signifies the earth, from which the plant sprouts and takes root, as the foundations of taekwondo are laid.
What does taekwondo mean?	Tae (Foot), Kwon (Hand), Do (Art or Way Of)
The 5 tenets of taekwondo	Courtesy, Integrity, Perseverance, Self Control, Indomitable Spirit

General terms:

Instructor	Sabum
Student	Jeja
Training hall	Dojang
Training suit	Dobok
Belt	Ti
Inner	An
Outer	Bakat
Press ups	Momtong bachia

Commands:

Attention	Charyot
Bow	Kyeong ye
Ready	Chunbi
Start	Si-jak
Stop	Goman
Return to ready stance	Barrol
Dismiss	Haessan
Forwards	Apro kaggi
Backwards	Dwiyro kaggi
About turn	Dwiyro torro

Parts of the body:

Low section of the body	Najunde
Middle section of the body	Kaunde
High section of the body	Nopunde
Fore fist	Ap joomuk
Back fist	Dung joomuk
Forearm	Palmok
Inner forearm	An palmok
Outer forearm	Bakat palmok
Ball of foot (front sole)	Ap kumchi

Exercises:

Front rising kick	Ap chaolligi
Side rising kick	Yop chaolligi

General knowledge:

What is the name & grade of your instructor?

What is the name of your association?

Global Taekwondo International (GTI)

Taekwondo was officially founded in Seoul, South Korea in 1955 by General Choi Hong Hi, 9th Dan.

Numbers:

1. Hanna
2. Dool
3. Seth
4. Neth
5. Dasaul
6. Yosaul
7. Ilgop
8. Yodoll
9. Ahop
10. Yoll

Attack movements:

Obverse punch	Baro jirugi
Reverse punch	Bandae jirugi

Defence movements:

Inner forearm block	An palmok makgi
Outer forearm block	Bakat palmok makgi

Stances:

Ready stance	Chunbi sogi
Walking stance	Gunnun sogi
Walking ready stance	Gunnun chunbi sogi
Sitting stance	Annun sogi
Attention Stance	Charyot sogi
Parallel stance	Narani sogi



9th Kup

White Belt Yellow Stripe



Please note that these grading requirements detail only the minimum requirements for the grade. Students may be asked to perform other techniques at the discretion of the grading examiner.

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

- Chon-Ji.

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

- Sitting stance - double punch
- 15 press ups (knuckles for adult men—18 years & over)
- L Stance - middle inner forearm block (forwards and backwards)
- L stance - knifehand strike (forwards and backwards)
- Side kick
- Crescent kick (inward & outward)
- Any other patterns, techniques or combinations from previous gradings.

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

No. 2 Defence: Left leg back, L stance, middle inner forearm block to the outside three times.

Counter attack: Move the left leg forward 45°, move the right leg behind the opponent's front leg into a left L stance, execute a right knifehand strike to the back of the neck.

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

No. 2 Against a single wrist grab from across the body.

Theory *Students are required to know ALL theory up to grade.*

Moves in Chon-Ji	19
Meaning of Chon-Ji	Chon-Ji means literally 'Heaven & Earth'. It is interpreted in the Orient as the creation of the world or the beginning of human history, and thus it is the first pattern performed by the beginner. Chon-Ji consists of 2 similar parts - one representing Heaven, the other Earth.
Meaning of white belt	White signifies innocence, as with the beginner to taekwondo, who has no previous knowledge of the art.
Meaning of yellow belt	Yellow signifies the earth, from which the plant sprouts and takes root, as the foundations of taekwondo are laid.

General terms:

Left	Wen
Right	Orun
Pattern	Tul

Parts of the body:

Ball of foot	Ap kumchi
Footsword	Balkal
Reverse footsword	Balkal dung
Head	Mori

Stances:

L stance	Niunja sogi
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Attack movements:

Double punch	Doo jirugi
Kick	Chagi
Front kick	Ap chagi
Front snap kick	Ap chabusigi
Side kick	Yop chagi
Crescent kick	Bandal chagi
Knifehand	Sonkal
Strike	Taerigi

Defence movements:

Rising block	Chookyo makgi
Forearm guarding block	Palmok daebi makgi



8th Kup Yellow Belt



Please note that these grading requirements detail only the minimum requirements for the grade. Students may be asked to perform other techniques at the discretion of the grading examiner.

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

- Dan Gun.

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

- 20 press ups (knuckles for adult men—18 years & over)
- Walking stance - low outer forearm block, rising block combination (forwards and backwards)
- L stance - knifehand guarding block (forwards and backwards)
- L stance - twin forearm block (forwards and backwards)
- Turning kick
- Any other patterns, techniques or combinations from previous gradings.

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

No. 3 Defence: Left leg back L stance, middle inward outer forearm block to the inside three times.

Counter attack: Slide forward in a left L stance and execute a right front backfist strike to the opponent's philtrum.

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

No. 3 Double wrist grab (including to the same and both wrists).

Theory *Students are required to know ALL theory up to grade.*

Moves in Dan Gun	21
Meaning of Dan Gun	Dan Gun is named after the holy Dan Gun, the legendary founder of Korea, who established the country in 2333 BC.
Meaning of green belt	Green signifies the plant's growth as taekwondo skills begin to develop.

General terms:

Anaero	Inward
Bakaero	Outward

Sparring:

3 step sparring	Sambo matsoki
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Parts of the body:

Palm	Sonbadak
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Attack movements:

Backfist strike	Dung joomuk taerigi
Backfist downward strike	Dung joomuk naeryo taerigi
Backfist side strike	Dung joomuk yop taerigi
Front backfist strike	Ap dung joomuk taerigi
Turning kick	Dollyo chagi

Defence movements:

Twin forearm block	Sang palmok makgi
Knifehand guarding block	Sonkal daebi makgi
Inward outer forearm block	Anaero bakat palmok makgi
Rising block	Chookyo makgi



7th Kup

Yellow Belt Green Stripe



Please note that these grading requirements detail only the minimum requirements for the grade. Students may be asked to perform other techniques at the discretion of the grading examiner.

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

- Do San.

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

- Walking stance - high outer forearm block, middle reverse punch (forwards and backwards)
- Walking stance - straight spear fingertip thrust (forwards and backwards)
- Walking stance - front snap kick (rear leg), double punch
- Walking stance - high wedging block (forwards and backwards)
- Basic kicks: e.g. side kick, front kick, turning kick, etc
- Hook kick
- Any other patterns, techniques or combinations from previous gradings.

Measure/shield kick: hook kick.

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

No. 4 Defence: Left leg back L stance, middle inner forearm block to the outside three times.

Counter attack: Move the left leg into a sitting stance, focus with left hand, execute a double punch to the opponent's kidney area.

No. 5 Defence: Right leg back L stance, middle outer forearm block to the inside two times.

Counter attack: Move to the right into sitting stance parallel to opponent. Execute a left outer forearm block and a high section punch to the opponent's jaw.

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

No. 4 Single handed collar hold.

3 Step Semi-Free Sparring

Basic level. Both attacker and defender start in forearm guarding block, in left or right L stance. Attacker must perform 3 of the same kicks using the rear leg; and kicks are limited to front snap kick, turning kick, side kick or reverse side kick. Defender must block, evade or guard against each attack and deliver a counter (hand or foot) after the third attack.

Theory Students are required to know ALL theory up to grade.

Moves in Do San	24
Meaning of Do San	Do San is the pseudonym of the patriot Ahn Ch'ang Ho (1876-1938), who devoted his life to furthering the education of Korea and its independence movement.
Meaning of green belt	Green signifies the plant's growth as taekwondo skills begin to develop.

General terms:

Straight	Sun
Thrust	Tulgi

Attack movements:

Straight spear fingertip thrust	Sun sonkut tulgi
Side piercing kick	Yop cha jirugi

Stances:

Fixed stance	Gojong sogi
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Defence movements:

Wedging block	Hechyo makgi
Release move	Jappyosol tae

Parts of the body:

Finger	Songarak
Fingertips (as a group)	Sonkut



6th Kup Green Belt



Please note that these grading requirements detail only the minimum requirements for the grade. Students may be asked to perform other techniques at the discretion of the grading examiner.

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

- Won Hyo.

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

- Combinations from patterns and set sparring
- Basic kicks: e.g. side kick, front kick, turning kick, hook kick, etc
- Any other patterns, techniques or combinations from previous gradings.

Measure/shield kick: side kick.

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

No. 5 Double handed collar hold.

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

No. 6 *Defence:* Right leg back L stance, middle knifehand block to the inside two times.

Counter attack: Move to the right, form a sitting stance parallel to opponent, execute left outward knifehand block and a high inward knifehand strike to the side of the opponent's neck.

No. 7 *Defence:* Right leg back L stance, middle outer forearm block to the inside two times.

Counter attack: Slide back at a 30° angle into a right L stance with a forearm guarding block, execute a right front kick landing in a right walking stance and follow with a double punch to the solar plexus.

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

No. 1 *Attack:* Right leg forward, right walking stance, obverse punch, left low front snap kick.

Defence: Left leg back right walking stance, rising block. Right leg back left walking stance, X fist pressing block.

Counter: Slide forward in walking stance, twin vertical punch to opponent's face.

No. 2 *Attack:* Right side punch, fixed stance, middle turning kick left leg.

Defence: Right leg back, L stance, upward palm block. Left leg back, left L stance, waist block with right outer forearm.

Counter: Slide forward into right L stance, right side elbow strike to opponent's abdomen.

3 Step Semi-Free Sparring

Advanced level. Both attacker and defender start in forearm guarding block, in left or right L stance. Attacker may perform any 3 back leg kicks and/or hand attacks. Defender must block, evade or guard against each attack and deliver a counter (hand or foot) after the third attack.

Theory *Students are required to know ALL theory up to grade.*

Moves in Won Hyo	28
Meaning of Won Hyo	Won Hyo was the noted monk who introduced Buddhism in the Silla Dynasty in the year 686 AD.
Meaning of blue belt	Blue signifies Heaven, towards which the plant matures into a towering tree, as training in taekwondo progresses.

General terms:

Back Dwit

Stances:

Closed ready stance Moa chunbi sogi

Bending stance Goburyo sogi

Vertical stance Soo jik sogi

Parts of the body:

Foot parts Habansin

Hand parts Sangbansin

Back sole Dwit kumchi

Back heel Dwit chook

Sparring:

2 step sparring Ibo matsoki

Attack movements:

Reverse knifehand strike Sonkal dung taerigi

Side punch Yop jirugi

Twin vertical punch Sang sewo jirugi

Reverse turning kick Bandae dollyo chagi

Reverse side kick Bandae yop chagi

Side elbow thrust Yop palkup tulgi

Defence movements:

Knifehand block Sonkal makgi

Circular block Dollimyo makgi

Hooking block Golcho makgi

Waist block Hori makgi

Palm pushing block Sonbadak miro makgi

Upward palm block Ollyo sonbadak makgi

Pressing X-fist block Noollo kyocha joomuk makgi



5th Kup

Green Belt Blue Stripe



Please note that these grading requirements detail only the minimum requirements for the grade. Students may be asked to perform other techniques at the discretion of the grading examiner.

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

- Yul Gok.

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

- Combinations from patterns and set sparring
- Walking stance - high inner forearm block, front kick, double punch
- Walking stance - double forearm block (forwards and backwards)
- Basic kicks: e.g. side kick, front kick, turning kick, hook kick, etc
- Reverse side kick
- Any other patterns, techniques or combinations from previous gradings.

Measure/shield kick: Turning kick.

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

No. 8 *Defence:* Right leg back L stance, middle knifehand block to the inside two times.

Counter attack: Slide back at a 45° angle into a right L stance whilst performing a knifehand guarding block. Execute a right side kick landing in left L stance, right knifehand strike to the neck.

No. 9 *Defence:* Right leg back into right L stance, middle palm pushing block to the inside two times.

Counter attack: Slide back at a 45° angle to the outside of your opponent into a right L stance with a knifehand guarding block. Execute a right mid section turning kick to the opponent's solar plexus, put the kicking foot behind the opponent's front foot, landing in a vertical stance whilst executing a knifehand strike to the back of the neck.

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

No. 3 *Attack:* Right leg front kick, step forward into left walking stance, high twin vertical punch.

Defence: Right leg back, left walking stance, low X fist pressing block. Left leg back right walking stance, high outer forearm wedging block.

Counter: Knee kick to solar plexus, at the same time pull opponent's shoulders forwards and downwards.

No. 4 *Attack:* Right flat fingertip thrust in right walking stance, middle side kick with left leg.

Defence: Right leg back left walking stance, knifehand rising block. Left leg back left L stance, inward palm block.

Counter: Front snap kick to coccyx, twin upset punch to kidney area.

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

No. 6 Double handed strangle from the front.

3 Step Semi-Free Sparring

Advanced level. Both attacker and defender start in forearm guarding block, in left or right L stance. Attacker may perform any 3 back leg kicks and/or hand attacks. Defender must block, evade or guard against each attack and deliver a counter (hand or foot) after the third attack.

Theory *Students are required to know ALL theory up to grade.*

Moves in Yul Gok 38

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

Meaning of blue belt Blue signifies Heaven, towards which the plant matures into a towering tree, as training in taekwondo progresses.

General terms:

Jumping Twig

Stances:

X stance Kyocha sogi

Parts of the body:

Elbow Palkup

Knee Moorup

Attack movements:

Hooking kick Golcho chagi

Knee kick Moorup chagi

Flat fingertip thrust Opun sonkut tulgi

Upset punch Dwijibo jirugi

Twin upset punch Sang dwijibo jirugi

Ap palkup taerigi Front elbow strike

Defence movements:

Double forearm block Doo palmok makgi

X-fist pressing block Kyocha noollo makgi

Inwards palm-heel block Anaero sonbadak makgi

Twin knifehand block Sang sonkal makgi



4th Kup Blue Belt



Please note that these grading requirements detail only the minimum requirements for the grade. Students may be asked to perform other techniques at the discretion of the grading examiner.

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

- Joong Gun.

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.*

- Combinations from patterns and set sparring
- Free sparring combinations—student's and/or examiner's choice of hand combination, foot combination, plus hand and foot combination (sparring fashion)
- Jumping kicks—specifically jumping side kick; also general kicks such as jumping front kick, turning kick, etc
- Any other patterns, techniques or combinations from previous gradings.

3 Step Semi-Free Sparring *Students are required to know ALL set sparring up to grade.*

Advanced level. Continuous and on-the-spot.

Continuous: defender makes their counter after the third attack, then proceeds to immediately press forward with their three attacking kicks, with no returning to ready position between each set.

On-the-spot: kicks, blocks and counters are performed on the spot to help improve close-distance skills.

3 Step Sparring 1—9. *Students are required to know ALL set sparring up to grade.*

2 Step Sparring 1—8. *Students are required to know ALL set sparring up to grade.*

1 Step Sparring Basic. Both attacker and defender start in parallel ready position. Attacker steps forward with right leg into walking stance and punches with right hand. On the second occasion, the same attacker steps forward, but with left leg, and left hand punching. Defender may use any combination of blocks and counter attacks suitable for their grade, showing knowledge of a variety of techniques. For example: 1. Hand only; 2. Foot only; 3. Hand & foot; 4. Foot & hand; 5. Jumping.

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

No. 7 Against a downwards strike.

Free Sparring *Full set of sparring equipment required.*

Normal free sparring.

Destruction (Breaking) For students aged 18 and over. Under 18s may be asked to demonstrate power through pad work. To include choice of basic hand and foot techniques.

Theory Students are required to know ALL theory up to grade.

Moves in Joong Gun	32
Meaning of Joong Gun	Joong Gun is named after the patriot An Joong-Gun who assassinated Hiro Bumi Ito, the Japanese Governor General of Korea, known as the man who played the leading part of the Korea-Japan merger. There are 32 movements in this pattern to represent Mr An's age when he was executed in the Lui-Shung prison (1910).
Meaning of red belt	Red signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

General terms:

Mid section upset	Dwijibo
Low section upset	Dwijibun

Stances:

Rear foot stance	Dwit bal sogi
Low stance	Nachuo sogi

Parts of the body:

Arc hand	Bandal son
Side fist	Yop joomuk
Side sole	Yop bal badak

Defence movements:

Twin straight forearm block	Sang sun palmok makgi
X-fist rising block	Kyocha joomuk chookyo makgi
Palm pressing block	Sonbadak noollo makgi
Downwards block	Naeryo makgi
U shaped block	Digutja makgi
Reverse knifehand block	Sonkal dung makgi

Attack movements:

Back kick	Dwit chagi
Pressing kick	Noollo chagi
Downwards kick	Naeryo chagi
Side thrust kick	Yop cha tulgi
Reverse turning hooking kick	Bandae dollyo goro chagi
Upper elbow strike	Wi palkup taerigi
Twin upset punch	Sang dwijibo jirugi
Turning punch	Dollyo jirugi

Sparring:

1 step sparring	Ilbo matsoki
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3rd Kup

Blue Belt Red Stripe



Please note that these grading requirements detail only the minimum requirements for the grade. Students may be asked to perform other techniques at the discretion of the grading examiner.

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

- Toi Gye.

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.*

- Combinations from patterns and set sparring
- Free sparring combinations—hand and foot combinations (sparring fashion)
- Jumping kicks—specifically jumping reverse side kick; also general kicks such as jumping front kick, turning kick, etc
- Any other patterns, techniques or combinations from previous gradings.

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

- 3 step sparring 1-10
- 2 step sparring 1-4
- 1 step sparring
- 3 Step Semi-Free Sparring: advanced level (continuous and on-the-spot).

Free Sparring *Full set of sparring equipment required.*

Normal free sparring.

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

No. 8 Against a neck-lock (i.e. defender brought down and forward with head held at attacker's waist level).

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

Hand: inwards knifehand strike.

Foot: reverse turning kick or reverse side kick.

Theory Students are required to know ALL theory up to grade.

General theory:

Moves in Toi Gye	37
Meaning of Toi Gye	Toi-Gye is the pen-name of the noted scholar Yi Hwang (16th Century A.D.), an authority on neo-confucianism. The 37 movements of the pattern refer to his birthplace on 37 degrees latitude, and the diagram represents scholar.
Meaning of red belt	Red signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

General terms:

Flying	Twimyo
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Parts of the body:

Upset fingertips (low section)	Dwijibun sonkut
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Attack movements:

Waving kick	Doro chagi
Front pushing kick	Ap cha milgi
Flying kick	Twimyo chagi
Knee kick	Moorup chagi
Upset fingertip thrust	Dwijibun sonkut tulgi
Flat fingertip thrust	Opun sonkut tulgi

Defence movements:

W shaped block	San makgi
High grab	Nopunde jaggi



2nd Kup

Red Belt



Please note that these grading requirements detail only the minimum requirements for the grade. Students may be asked to perform other techniques at the discretion of the grading examiner.

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

- Hwa Rang.

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.*

- Combinations from patterns and set sparring
- Jumping kicks—specifically jumping reverse turning kick; also general kicks such as jumping front kick, turning kick, reverse side kick, etc
- Free sparring combinations—hand and foot combinations (sparring fashion)
- Any other patterns, techniques or combinations from previous gradings.

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

- 3 step sparring 1-10
- 2 step sparring 1-4
- 1 step sparring (including takedowns)
- 3 Step Semi-Free Sparring: advanced level (continuous and on-the-spot).

Free Sparring *Full set of sparring equipment required.*

Normal free sparring + 2 versus 1.

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

No. 9 Against a bear-hug from the rear.

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

Hand: various.

Foot: various (may include jumping kicks).

Theory Students are required to know ALL theory up to grade.

Moves in Hwa Rang	29
Meaning of Hwa Rang	Hwa Rang means "flowering youth" and is named after the Hwa Rang Youth Group, which originated in the Silla dynasty around 600 A.D. This group eventually became the actual driving force for the unification of the three Kingdoms of Korea. The 29 movements refer to the 29th Infantry Division where Taekwondo developed into maturity.
Meaning of black belt	Black is opposite to white, therefore signifying maturity and proficiency in Tae Kwon Do; also indicates the wearer's imperviousness to darkness and fear.

Parts of the body:

Instep	Baldung
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Attack movements:

Upwards punch	Ollyo jirugi
Downward punch	Naeryo jirugi
Vertical kick	Sewo chagi
Twisting kick	Bituro chagi
Downwards knifehand strike	Naeryo sonkal taerigi
Side elbow thrust	Yop palkup tulgi

Defence movements:

Palm pushing block	Sonbadak miro makgi
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1st Kup

Red Belt Black Stripe



Please note that these grading requirements detail only the minimum requirements for the grade. Students may be asked to perform other techniques at the discretion of the grading examiner.

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

- Choong Moo.

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.*

- Kicking combinations—to include double, triple and consecutive combinations
- Jumping kicks—to include jumping front kick, turning kick, side kick, hook kick, reverse side kick, jumping reverse turning/hooking kick
- Blocking/striking combinations—e.g. from patterns and set sparring
- Free sparring combinations—student's and/or examiner's choice of hand combination, foot combination, plus hand and foot combination
- Any other patterns, techniques or combinations from previous gradings.

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

- 3 step sparring 1-10
- 2 step sparring 1-4
- 1 step sparring (including advanced: e.g. any hand attack, takedowns, blocking & countering with legs)
- 3 Step Semi-Free Sparring: advanced level (continuous and on-the-spot).

Free Sparring *Full set of sparring equipment required.*

Normal free sparring + 2 versus 1.

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

- No. 10** Any type of grab or hold (student expected to show a mixture of direct and indirect techniques), including release from bear hug & neck lock.

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

Hand: various.

Foot: various (including jumping kicks).

Theory *Students are required to know ALL theory up to grade.*

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

Moves in Choong Moo	30
Meaning of Choong Moo	Choong Moo was the given name of 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 with a 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 belt	Black is opposite to white, therefore signifying maturity and proficiency in Tae Kwon Do; also indicates the wearer's imperviousness to darkness and fear.

Parts of the body:

Reverse knifehand strike	Sonkal dung taerigi
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Attack movements:

Sweeping kick	Goro chagi
Flying kick	Twimyo chagi
Flying side piercing kick	Twimyo yopcha jirugi
Back piercing kick	Dwit cha jirugi

Stances:

One leg stance	Wae bal sogi
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Defence movements:

Checking block	Momchau makgi
X knifehand checking block	Kyocha sonkal momchau makgi
Downwards block	Naeryo makgi
Upwards twin palm block	Ollyo sang sonbadak makgi