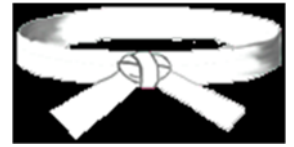




10th Kup—White Belt



Requirements for next grade: 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.

Exercises & Drill Work

- First half (first 8 moves) of Chon-Ji
- Sitting stance - single punch
- Sitting stance - double punch
- Front rising kick exercise (from walking ready stance)
- Front snap kick (in fighting/guarding stance)
- 10 press-ups
- 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)

2 Step Sparring

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

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

Counter: Walking stance, twin vertical punch to opponent's face.

Self Defence

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

Pad Work

Front kick (demonstrating correct technique, power & speed)

Free Sparring

No contact (no equipment required)

Theory

Meaning of white belt

White signifies innocence, as with the beginner to taekwondo, who has no previous knowledge of the art.

General knowledge:

What does taekwondo mean?

Tae - Kwon - Do
Foot - Fist - Art

The 5 tenets of taekwondo

1—Courtesy 4—Self Control
2—Integrity 5—Indomitable Spirit
3—Perseverance

What is the name & grade of your instructor?

Chris Davies, 5th Dan Black Belt

What is the name of your association?

Global Taekwondo International (GTI)

General terms:

Training hall	<i>Dojang</i>
Training suit	<i>Dobok</i>
Belt	<i>Ti</i>
Press-ups	<i>Momtong bachia</i>

Commands:

Attention	<i>Charyot</i>
Bow	<i>Kyeong ye</i>
Ready	<i>Chunbi</i>
Start	<i>Si-jak</i>
Stop	<i>Goman</i>
Return to ready stance	<i>Barrol</i>
Dismiss	<i>Haessan</i>

Numbers:

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

Attack movements:

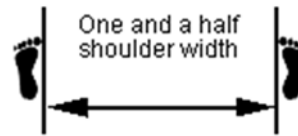
Punch	<i>Jirugi</i>
Kick	<i>Chagi</i>

Stances:



Attention Stance *Charyot Sogi*

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



Sitting Stance *Annun Sogi*

Feet should be one and a half shoulder widths apart, facing forwards. Knees should be bent.
Weight ratio: 50/50.



Parallel Ready Stance *Narani Chunbi Sogi*

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

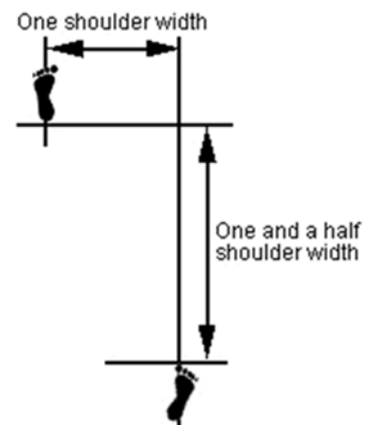
Weight ratio: 50/50.

Walking Stance
Gunnun Sogi

Feet should be one shoulder width apart, with 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 ratio: 50/50.



Walking Ready Stance *Gunnun Chunbi Sogi*



9th Kup—White Belt Yellow Stripe



Requirements for next grade: 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, including those from previous gradings.

Pattern Chon-Ji.

Drill work

- L 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)
- Side kick (front & rear leg)
- Crescent kick (inward & outward).

2 Step Sparring

No. 1 *Attack:* Right leg forward, right walking stance, obverse punch; left low front snap kick, landing in walking stance.
Defence: Right leg back into walking stance, rising block. Left leg back into walking stance, X fist pressing block.
Counter: Walking stance, twin vertical punch to opponent's face.

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

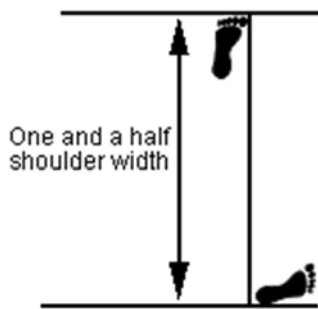
Note: students are required to know ALL self defence up to grade.

Pad Work Side kick (front & rear leg—demonstrating correct technique, power & speed)

Free Sparring No contact (no equipment required)

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 yellow belt	Yellow signifies the earth, from which the plant sprouts and takes root, as the foundations of taekwondo are laid.
Pattern	<i>Tul</i>
About turn	<i>Dwiyro torro</i>

Stances: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.

Applications of techniques:

Think about the techniques you are learning. How might they be used in a real life situation?

Example: low outer forearm block



8th Kup—Yellow Belt



Requirements for next grade: 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, including those from previous gradings.

Pattern Dan Gun.

Note: students are required to know ALL patterns up to grade.

Drill work

- 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)
- L stance - knifehand strike (forwards and backwards).

2 Step Sparring

No. 2 *Attack:* Right side punch in 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.

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

Note: students are required to know ALL self defence up to grade.

Pad Work Turning kick (front & rear leg—demonstrating correct technique, power & speed)

Free Sparring No contact (no equipment required)

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.

Applications of techniques:

Think about the techniques you are learning. How might they be used in a real life situation?

Examples:

- Twin forearm block
- Rising block



7th Kup—Yellow Belt Green Stripe



Requirements for next grade: 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, including those from previous gradings.

Pattern Do San.

Note: students are required to know ALL patterns up to grade.

Drill work

- 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)
- Walking stance - back fist strike
- Basic kicks: e.g. side kick, front kick, turning kick, etc.

2 Step Sparring

No. 2 *Attack:* Right side punch in 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.

Self Defence **No. 4** Single handed collar hold.

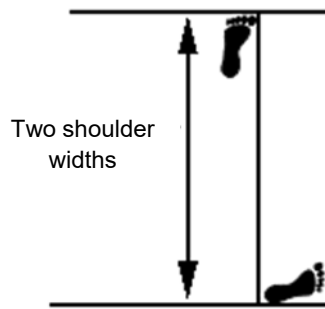
Note: students are required to know ALL self defence up to grade.

Pad Work Hook kick (front leg—demonstrating correct technique, power & speed)

Free Sparring No contact (no equipment required)

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.

Stances: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.

Applications of techniques:

Think about the techniques you are learning. How might they be used in a real life situation?

Examples:

- Wedging block
- Straight spear fingertip thrust



6th Kup—Green Belt



Requirements for next grade: 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, including those from previous gradings.

Pattern Won Hyo.

Note: students are required to know ALL patterns up to grade.

Drill work

- Combinations from patterns and set sparring, e.g. first 3 moves from Won Hyo
- Basic kicks: e.g. side kick, front kick, turning kick, hook kick, etc
- Walking stance - circular block, rear leg front kick, reverse punch
- Bending ready stance - side kick; landing in L stance, forearm guarding block.

2 Step Sparring

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

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

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

Self Defence **No. 5** Double handed collar hold.

Note: students are required to know ALL self defence up to grade.

Pad Work Axe/downwards kick (demonstrating correct technique, power & speed)

Free Sparring Light contact (sparring equipment required)

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.

Stances:

Bending stance Closed ready stance
 Goburyo sogi Moya chunbi sogi



Feet together. Weight ratio: 50/50.

There are four varieties: Moya Chunbi Sogi A (this is the start position for pattern Won Hyo), Moya Chunbi Sogi B, Moya Chunbi Sogi C and Moya Chunbi Sogi D.

Applications of techniques:

Think about the techniques you are learning. How might they be used in a real life situation?

Examples:

- Circular block



5th Kup—Green Belt Blue Stripe



Requirements for next grade: 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, including those from previous gradings.

Pattern Yul Gok.

Note: students are required to know ALL patterns up to grade.

Drill work

- Combinations from patterns and set sparring
- Walking stance - high inner forearm block, low front snap kick, double punch
- Walking stance - front arm hooking block, rear arm hooking block, obverse punch (forwards and backwards)
- Walking stance - double forearm block (forwards and backwards)
- Basic kicks: e.g. side kick, front kick, turning kick, hook kick, etc.

2 Step Sparring

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

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

Counter: Front snap kick to coccyx, twin upset punch to kidney area, land in walking stance.

Self Defence **No. 6** Double handed strangle from the front.

Note: students are required to know ALL self defence up to grade.

Pad Work Reverse side kick (demonstrating correct technique, power & speed)

Free Sparring Light contact (sparring equipment required)

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.

Applications of techniques:

Think about the techniques you are learning. How might they be used in a real life situation?

Examples:

- Hooking block



4th Kup—Blue Belt



Requirements for next grade: 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, including those from previous gradings.

Pattern Joong Gun.

Note: students are required to know ALL patterns up to grade.

Drill work

- Combinations from patterns and set sparring
- 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.

2 Step Sparring 1—4.

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 No. 7 Against a downwards strike.

Students are required to know ALL self defence up to grade.

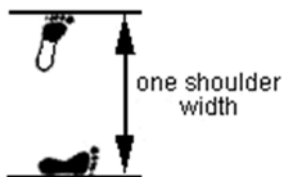
Pad Work Reverse turning kick (demonstrating correct technique, power & speed)

Free Sparring Light contact (sparring equipment required)

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).

Stances:Rear foot stance *Dwit bal sogi*Low stance *Nachuo 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.

This stance is similar to walking stance, only slightly longer: one and a half shoulder widths long, plus a foot length. One shoulder width wide.

Front foot points forward. Rear foot points outward by 25 degrees.

Weight distribution: 50-50.

Applications of techniques:

Think about the techniques you are learning. How might they be used in a real life situation?

Examples:

- Alternative palm pressing block
- U-shaped block



3rd Kup—Blue Belt Red Stripe



Requirements for next grade: 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, including those from previous gradings.

Pattern Toi Gye.

Note: students are required to know ALL patterns up to grade.

Drill work

- Combinations from patterns and set sparring
- 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.

2 Step Sparring 1—4.

1 Step Sparring

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

Students are required to know ALL self defence up to grade.

Pad Work Jumping front kick & jumping side kick (demonstrating correct technique, power & speed)

Free Sparring Light contact (sparring equipment required)

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

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.

Applications of techniques:

Think about the techniques you are learning. How might they be used in a real life situation?

Examples:

- W-shaped block
- Upset fingertip thrust



2nd Kup—Red Belt



Requirements for next grade: 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, including those from previous gradings.

Pattern Hwa Rang.

Note: students are required to know ALL patterns up to grade.

Drill work

- 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
- Any other patterns, techniques or combinations from previous gradings.

2 Step Sparring 1—4.

1 Step Sparring

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

Students are required to know ALL self defence up to grade.

Pad Work Flying side kick (demonstrating correct technique, power & speed)

Destruction (board breaking) *For students aged 18 and over*

Hand technique: elbow strike

Foot technique: front leg side kick

Free Sparring Light contact (sparring equipment required)

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.

Applications of techniques:

Think about the techniques you are learning. How might they be used in a real life situation?

Examples:

- Upward punch.

General knowledge:

- Taekwondo was officially founded in Seoul, South Korea in 1955 by General Choi Hong Hi, 9th Dan.
- There are 24 patterns in taekwondo.

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.

- To improve taekwondo techniques
- To develop muscles
- To improve flexibility
- To improve balance
- To develop breath control.



1st Kup—Red Belt Black Stripe



Requirements for next grade: 1st Dan Black 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, including those from previous gradings.

Pattern Choong Moo

Note: students are required to know ALL patterns up to grade.

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
- Any other patterns, techniques or combinations from previous gradings.

2 Step Sparring 1—4.

1 Step Sparring Advanced: e.g. including takedowns

Self Defence **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.

Students are required to know ALL self defence up to grade.

Pad Work Jumping reverse turning kick (demonstrating correct technique, power & speed)

Destruction (board breaking) For students aged 18 and over

Hand technique: knifehand strike or palm heel strike

Foot technique: reverse side kick

Free Sparring Light contact (sparring equipment required) and 2 versus 1 sparring

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

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.

Theory

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.

Applications of techniques:

Think about the techniques you are learning. How might they be used in a real life situation?

Examples:

- Twin palm upward block

What is the theory of power?

Maximum power in taekwondo comes from a combination of:

1. **Reaction force**—e.g. a punch with the right fist is aided by pulling back the left fist to the hip.
2. **Concentration**—applying the impact force onto the smallest target area.
3. **Equilibrium/balance**—by keeping the body in equilibrium (well balanced), a blow is more effective and deadly. Conversely, the unbalanced one is easily toppled.
4. **Mass**—application of maximum body weight to increase the force of a blow, e.g. by turning the hip into the technique.
5. **Speed**—scientifically, force equals mass multiplied by acceleration; so speed is necessary to execute force.
6. **Breath control**—controlled breathing not only affects one's stamina and speed, but can also condition a body to receive a blow and enhance the power of a blow directed against an opponent.