



Student Handbook

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HISTORY OF TAE KWON DO

About 1,300 years ago, the Korean Peninsula was divided into three kingdoms. The smallest of these kingdoms, the Silla, was constantly under invasion and harassment by its two more powerful neighbors (the Koguryo and the Paekche).

During the reign of King Chin-Hung in the Silla Kingdom, the young aristocrat and warrior class formed the elite officer corps called Hwa Rang-Do. This warrior corps, in addition to the ordinary training in spear, bow, sword and hook, also trained themselves by practical mental and physical discipline and various forms of hand and foot fighting. To harden their bodies, they climbed rugged mountains, swam the turbulent rivers in the coldest months and drove themselves unmercifully to prepare for the task of defending their homeland. To guide themselves and give purpose to their knighthood, they incorporated a five-point code of conduct set forth by their country's greatest Buddhist monk and scholar, Won-Kang:

1. Be loyal to your King.
2. Be obedient to your parents.
3. Be honorable to your friends.
4. Never retreat in the battle.
5. Be justified in battle.

The Hwa Rang-Do inspired the people of the Silla to rise and unite. The Korean Peninsula became united for the first time in its history from the victories of Silla.

During the period of Hwa Rang-Do, the original primitive art of hand and foot fighting was popular among the common people; the people had a high regard for the art. They often competed against one another as a game in the festivals.



After the Silla Kingdom, the Koguryo dynasty appeared, the art was known under the name of Soobek-ki or Taek-Kyon. Annually, during the month of May, the King held a match of this form of unarmed combat.

Certainly the Silla and Koguryo marked a flowering of the martial arts of Korea.

In 1955, the name of Tae Kwon Do was chosen as the new name of the national martial art by the Board of Instructions, historians and other prominent persons. The name was selected for its apt description of the art: Tae-feet, Kwon-hand, Do-art. Not only did this new name bear a close similarity to the ancient name of Taek-Kyon, but the name gave a new sense of nationalism to the art.

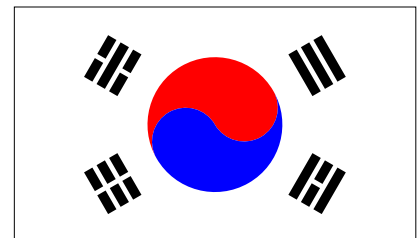
Tae Kwon Do has been researched and developed in its style which is primarily based on ancient Taek-Kyon, Soo-Bak, and Karate techniques. A myriad of techniques have been added, especially the variety of hand techniques and perfection of foot techniques.

After 1,300 years, the Korean Martial art has reached full maturation, and spread from a small band of

aristocratic warriors to practitioners around the world. The combination of the old classical techniques and new modifications have resulted in a form of self defense and mental conditioning unrivaled in the modern world.

KOREAN FLAG

The flag of "Tae Kook" is the Korean flag. "Tae Kook" means "the origin of all things in the universe." The circle in the center of the flag is divided into portions of red and blue by a horizontal "s". The red and blue portions symbolize the Um and Yang (Yin/Yang) theory of eternal duality which exists within nature (for example, heaven and earth; light and darkness; hot and cold; being and not being). In science, this theory can be represented with the symbols "+" and "-". These dualities exist as a principle of the universe.



The four "Gye" (bar designs), in the corners of the flag, are based on the Um and Yang principle of light and darkness. The location of these Gye represent the four points of the compass.

Ee-Gye in the lower left corner, indicated dawn and early sunlight as the sun rises in the east.

Kyn-Gye in the upper left corner, represents bright sunshine when the sun is in the south.

Kam-Gye in the upper right corner symbolizes twilight as the sun moves to the west.

Kon-Gye in the lower right, indicates total darkness when the sun is in the north.

Together these symbols express the mysteries of the universe.

PHILOSOPHY OF TAE KWON DO

The utmost purpose of Tae Kwon Do is to eliminate fighting by discouraging the stranger's oppression of the weaker with a power that must be based on humanity, justice, morality, wisdom and faith, thus helping to build a better and more peaceful world.

Every movement of Tae Kwon Do is scientifically designed with a specific purpose.

Constant Repetition teaches patience and how to overcome any difficulty. The tremendous power generated from one's body develops the self-confidence to face any opponent, at any place, and in any situation.

Sparring teaches humility, courage, alertness, accuracy and adaptability as well as self control.

Forms teach flexibility, grace, balance, and coordination, while the fundamental exercises develop preciseness and teach method, principle and purpose.

Eventually, this training permeates every conscious and subconscious action of the student. Sparring teaches humility, courage, alertness, accuracy and adaptability as well as self control. Thus, Tae Kwon Do offers a strict self-imposed discipline along with the spirit of cooperation and mutual respect.

ADVANTAGES OF TAE KWON DO

No doubt one of life's most treasured assets is good health. One of the great cardinal sins of mankind is his abuse of this asset. Wealth, power, fame and the blessings of physical beauty are all relatively unimportant if one does not possess good health. An individual owes it to themselves and their family to constantly maintain and improve their health. The study of Tae Kwon Do offers several unique advantages to the physical fitness of the student. The typical training provides the following benefits:

- Helps the lungs operate more efficiently.
- Enlarges the blood vessels, making them more pliable and reducing the resistance to blood flow, thus lowering the diastolic blood pressures.
- Increases the blood supply, especially red blood cells and hemoglobin.
- Makes the body tissue healthier by supplying it with more oxygen.
- Conditions the heart, providing more reserve for emergencies.
- Promotes better sleep and relaxation.

Tae Kwon Do offers a super means of developing the characteristics of good performance in other sports:

- Muscular strength.
- Dynamic energy—the ability to throw oneself into performance with vigor.
- Ability to change direction of movement.
- Ability to move the body quickly from one place in space to another.
- Flexibility of joints, muscles and ligaments.
- Peripheral vision.
- Concentration – the ability to avoid distraction.

- Understanding the mechanics and techniques of body movement

Tae Kwon Do can be performed by the young and old, male and female. Physical strength, weight and body build are of no consequence.

TENETS OF TAE KWON DO

The Tenets of Tae Kwon Do deal with the fundamental elements of etiquette. They should serve as a guide for all students.

Courtesy

- To be polite to one another
- To be humble and respectful
- To be modest and unassuming

Integrity

- To be honest and sincere
- To be upright and have a sense of justice
- To be able to distinguish right from wrong
- To have a good conscience
- To have a sense of guilt if wrong

Perseverance

- To be able to overcome and endure
- To be steadfast in purpose
- To be persistent regardless of obstacles
- To have the attitude of not giving up easily
- To have a deep sense of patience

Self-control

- To have total control of oneself mentally, physical and emotionally
- To have control over one's desires and actions
- To have the ability to live and work within the panorama of the self

Indomitable Spirit

- To have a spirit that will not die

- To not be easily discouraged
- To not be easily defeated or subdued
- To have everlasting positive courage

SUCCESS IN TAE KWON DO

Your heart, mind, and body co-operate together to produce your emotional, intellectual and physical expressions. How well these expressions are communicated is your technique. There are certain requirements necessary in order to build superior technique.

Desire

You must have a desire to maintain good health throughout your life. The quality of life is direction related to the state of your health. What you can ultimately accomplish for yourself and for others is dependent upon how you choose to live. A desire for good physical and mental health is a start in building superior technique.

Goal

You must have a goal, something for which to strive, such as the desire to become a Black Belt, then to become an Instructor, and then to become a Master. As goals are accomplished, they must be replaced by higher goals. Goals keep you hoping. They seem to have a cushioning effect in times of depression, and they inspire patience.

Attention

You must listen carefully to what your Instructors say. Your concentration on their instruction is important to your understanding of Tae Kwon Do. Your interest will no doubt sprout when you lend an ear. Listen and pay attention, and your knowledge will grow.

Effort

Dreams come true not by magic, but by way of sweat and effort. Suddenly, where there once was frustration, fatigue and anxiety, there is a wonderful excitement and the work is justified. Such is the exciting road of Tae Kwon Do. Your diligence will reward you!

Tae Kwon Do techniques apply to everyone. The dreams of all people can be realized through the various methods available to us if we only open our eyes, our minds, and our hands.

Tae Kwon Do is the universal martial art.

NUTRITION

Good nutrition is an essential part of a healthy life style. Put good things into your body, and you will see good results. Fill your body with junk food and garbage, and it won't perform with the proper intensity necessary to accomplish Black Belt level skill, ability and confidence.

Poor eating habits cause lack of energy, depression and moodiness as well as excess body fat. Proper eating habits allow you more energy to perform better at work or at the physical activities that you enjoy. Putting the right fuel into your tank helps you keep a positive enthusiastic outlook on life. Calories and the food you eat are basically made up of three things: 1) protein, 2) carbohydrates, and 3) fat.

Hi-energy and clean burning fuel usually comes from food in the protein and carbohydrate groups. Good sources of protein are chicken, turkey and fish. Carbohydrates come from fruits, vegetables, pasta, rice and potatoes. Limited fat intake is desired to achieve a quality fitness and energy level. Try to avoid candy bars, cakes and

soda pop that are filled with sugar. They tend to give you a short burst of energy followed by depression and/or fatigue.

It is also advisable to drink plenty of water (6-8 glasses per day) to replenish body fluid you burn off. You'll avoid dehydration by doing this, and should feel an increase in your energy level.

EAT RIGHT • FEEL RIGHT

Feel right and you'll perform with high level intensity on a regular basis. High level performances help us all achieve excellence in the martial arts and our lives.

Needless to say, smoking, consumption of alcoholic drinks and use of drugs are totally discouraged. Learn to say "no" to these threats to good health.

STUDENT OATH

1. I shall observe the tenets of Tae Kwon Do.
2. I shall respect Instructors and Seniors.
3. I shall never misuse Tae Kwon Do.
4. I shall be a champion of freedom and justice.
5. I will help build a more peaceful world

SIR/MA'AM

STUDENT CREED

1. I intend to develop myself in a positive manner and to avoid anything that would reduce my mental growth or my physical health.
2. I intend to develop self-discipline in order to bring out the best in myself and others.
3. I intend to use what I learn in class constructively and defensively to help myself and my fellow man, and never to be abusive or offensive.

SIR/MA'AM

SCHOOL RULES AND REGULATIONS

Since you are now a Tae Kwon Do student and have acquired new discipline, you should know that there are a few guidelines to make it easier for you to study in the traditional manner.

Remember...

Tae Kwon Do starts and ends with respect and courtesy for each other at all times, both inside and outside the do jang.

- Please remember to take off your shoes before stepping on the mat.
- Remember to bow to Sahbum Nim, Instructors, all Black Belts and flags when entering and leaving the do jang.
- Be properly dressed in a clean do bok during training.
- No jewelry of any sort should be worn during class.
- Remember to address the Instructor as "Sir" or "Ma'am" at all times. Sahbum Nim should be addressed in this manner not only inside but outside the do jang as well.

- When the Head Instructor enters the do jang, it is customary for the Instructor teaching to call the entire class to attention.
- If you don't feel well in class, raise your hand to get the Instructor's attention and you will be excused. Never leave the do jang without the Instructor's permission.
- Do not talk to people who are looking in or walking by the class. Also, do not cause any disturbances (laughing, talking, etc.) during class.
- Keep in mind that you are one of many. Be neat. Have deep pride in your school and show it by cleaning up after yourself.
- Replace any equipment that you use (pads, shields, gloves, etc.)
- Safety equipment is required for sparring.
- Do not use Tae Kwon Do for any illegal purposes or unjust reasons.
- Show respect and Tae Kwon Do spirit at all times.
- All students are expected to promote and support the school to the best of their abilities.
- A martial art student should demonstrate good citizenship, a strict regard for law and order, and a respect for parents and/or older business and social associates.
- In the martial arts, your word is your bond. Your integrity is an important part of your Tae Kwon Do training. Never break your word!

TESTING

Requirements:

Students are eligible for promotional test based on attendance, material requirements and approval of their instructors, parents and school teachers.

Belt	Pattern	Hours
White	Chon Ji	20
Yellow.	Dan Gun	20
Orange	Do San	20
Green.	Won Hyo	24
Blue	Yul Gok	24
Purple	Joon Gun	24
Red	Toi Gye	24
Brown.	Hwa Rang	24
Hi-Brown.	Choong Moo	24
Black Belt Recommended	Kwan Gae	48
Black Belt Decided	Po Eun/Koryo	2 years

A promotional ceremony will follow testing. The date, time and fee for your test will be announced on your invitation and signed invitations must be returned by the indicated date.

KOREAN TERMINOLOGY

President (Grand Master Bai)	Kwang Jang Nim
Head Instructor.	Sahbum Nim
Instructor	Kyobum Nim
Bow to Master	Sahbum Nim Key, Kyung nyeh!
Bow to Instructor.	Kyobum Nim, Kyung nyeh!
Bow to Flag.	Kukiyeh, Kyung nyeh!
Studio	Do jang
Uniform	Do bok
Belt	Dhee
Pattern (Form).	Poomse or Hyung
Attention	Charyut
Bow	Kyung nyeh
Ready Position	Jhoon bi
Begin	Shi jak
Stop.	Go man
Return to Ready Position	Bah rote
Relax or Rest	Sho
Yell.	Kihap
Continue.	Kae sok
Thank You (Head Instructor).	Kum sa hum ni da, Sahbum Nim
Thank You (Instructor)	Kum sa hum ni da, Kyobum Nim
Grade.	Gup
Degree	Dan

NUMBERS FOR COUNTING (BUHN HO)

1	Hana	6	Yuh-Suht
2	Dool	7	Ill Gopee
3	Set	8	Yoh-Duhl
4	Net	9	Ah-Hope
5	Dah-Suht	10	Yul

BELT PRONOUNCIATION

White	Hin Sehk Dhee
Yellow.	Ho Rahng Kehk Dhee
Green.	Chorok Sank Dhee
Blue.	Parang Sehk Dhee
Red	Bahl Bang Sehk Dhee

BLACK BELT DEGREES

Black Belt.	Gun Jung Sehk Dhee
1st Degree.	Ill Dan
2nd Degree.	Ee Dan
3rd Degree.	Sam Dan
4th Degree.	Sah Dan (Master)
5th Degree.	Oh Dan
6th Degree.	Yuk Dan
7th Degree.	Chil Dan
8th Degree.	Pal Dan
9th Degree.	Koo Dan (Grand Master)

BELT RANK MEANING AND INTERPRETATION

Each belt in Tae Kwon Do represents a degree of proficiency. Appropriate significance of colors is as follows

White Belt: Means a student is pure or without knowledge of Tae Kwon Do.

Yellow Belt: Symbolizes that the student, likened to that of a seed, is beginning to see the sunlight.

Orange Belt: Is an extension of yellow belt. Student is preparing for transition from beginner to intermediate.

Green Belt: Represents the student as a small plant, beginning his or her own life in Tae Kwon Do.

Blue Belt: Blue Belt designates that the young plant is reaching towards the sky.

Purple Belt: Is an extension of blue belt. Student is preparing to transition from intermediate to advanced.

Red Belt: Signifies danger. The student has good technical knowledge but still lacks control and discipline.

Brown Belt: The final step in preparation to become a black belt.

Black Belt: There are nine degrees of Black Belt. It symbolizes the coming together of all previous color belts, and all grade knowledge to form a degree.

NORTHEAST TAE KWON DO BELT REQUIREMENTS

White Belt

Stand at attention
Bow
Open parallel ready stance
Sitting stance (horse stance, riding stance)
Fighting (defensive) stance
Front stance
Back stance
Middle punch in sitting stance
Reverse punch in fighting stance
Front kick
Round kick
Ax kick
Step side kick
Rising block in front stance
Low block in front stance
Step and punch (lunge punch) in front stance
Inner forearm block in back stance
Knife hand strike in back stance
Patter Chon Ji
Recite the “Five Tenets of Tae Kwon Do”

Yellow Belt

All White Belt requirements

Back fist/reverse punch combination in fighting stance
Double knife-hand guarding block in back stance
C-block in back stance
Hammer fist
Skipping round kick
Pattern Dan Gun
Two-step sparring
Skill stripes – belt tying & leg ups

Orange Belt

All previous requirements

Outer forearm block reverse punch combination in front stance
Half-step turn
Supported vertical spear-hand in front stance
Back fist in front stance
Wedging block (twin outer forearm block) in front stance
Round kick/step kick combination
Back leg side kick
Spin side kick
Pattern Do San
Skill stripes – sit ups & push ups

Green Belt

All previous requirements

Ready stance A
Reverse knife-hand chop (palm up) in back stance
Side punch in fixed stance
Double forearm guarding block
Bent stance
Reverse inner forearm block to the low area in front stance
Reverse punch in front stance
Hook kick
Skip round kick/jump round kick combination
Patter Won Hyo
Contact sparring

Blue Belt

All previous requirements

Inner forearm block in front stance
Hooking block & reverse hooking block
Reverse forward elbow strike
C-block with knife-hands
Back fist in x-stance
Double inner forearm block in front stance
Spinning hook kick
Pattern Yul Gok

Purple Belt

Ridge hand strike (block) palm up
Palm scooping block
Reverse upper elbow strike
Twin vertical punch
Twin upset punch
X-block
Double palm pressing block
Angle punch
Stick block
Cat stance
Closed parallel stance
Slipping from block stance to front stance
Slipping from front stance to back stance
Spin heel kick
Pattern Joon Gun

Red Belts

All previous requirements

Reverse upset spear-hand in front stance (low area)
Low block/back fist combination
W-shaped (mountain block)
Twin punch to the low area in back stance
Head grab/knee strike combination
High horizontal spear-hand
Arc hand strike
Jump back kick
Backward break fall
Pattern Toi Gae

Brown Belts

All previous requirements

Horizontal palm block
Knuckle upset punch
Pulling side kick
Reverse punch @45 degrees in back stance
Inner forearm/low block combination (high-low block)
Back elbow strike in back stance
Closed L-stance
Forward shoulder roll
Patter Hwa Rang

High Brown Belt

All previous requirements

Knife hand chop/reverse knife hand rising block combination
Jump side kick from back leg
Reverse ridge hand strike
360 degree jump turn
Outer forearm crossing block in sitting stance
Middle knife hand x-block in back stance
Twin palm scooping block
Pattern Choong Moo

Recommended Black Belt

All previous requirements

Reverse upset punch in front stance
Reverse palm scooping block in front stance
Hammer fist in closed parallel stance
Inner forearm block/down block combination in front stance
Five self defense (predetermined)
Pattern Kwan Gae

PATTERNS

MEANINGS

Chon Ji: Chon Ji means literally “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 pager played by the beginner. This pattern consists of two similar parts – one to represent the Heaven and the other the Earth.

Dan Gun: Dan Gun is named after the holy Dan-Gun, the legendary founder of Korea in the year 2334 B.C.

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

Won Hyo: Won Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.

Yul Gok: Yul Gok is the pseudonym of the great philosopher and scholar Yi I (1536-1584 A.D.) nicknamed the “Confucius of Korea”. The thirty-eight movements of this pattern refer to his birthplace on the 38th latitude and the diagram represents scholar”.

Joon Gun: Joon Gun is named after the patriot in Chung-Gun. The thirty-two movements in this pattern represent the age at which Mr. Ahn was martyred in prison in 1910.

Toi Gye: Toi Gye is the pen name of the noted scholar Yi Hwang, and authority on NeoConfucianism. The thirty-seven movements of the pattern refer to his birthplace on the 37th degree latitude, and the diagram represents the word “scholar”.

Hwa Rang: Hwa Rang is named after the Hwa-Rang youth group which originated in the Silla Dynasty about 1.350 years ago and became the actual driving force for the unification of the three Kingdoms of Korea.

Choong Moo: Choong Moo was the given name of the great Admiral Yi Sun-Sin of the Yi Dynasty who was reputed to have invented the first armored battleship – the precursor of the modern day submarine – in 1592 A.D. The left hand attack ending the pattern symbolizes his regrettable death in battle before he had a chance to show his complete loyalty to the King.

Kwan Gae: Kwan Gae is named after the famous Gwang-Gae To-Wang the 19th Kin of the Koguryo Dynasty, who regained all the territories including the greater part of Manchuria. The diagram (+) represents the expansion and recovery of lost territory. The thirty-nine movements refer to his reign for 39 years.

Po Eun: Po Eun is the pseudonym of the loyal subject Chong Mong-Chu (1400 A.D.) 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 County towards the end of the Koguryo Dynasty.

Ge Baek: Ge Baek is named after Ge-Baek, a great general in the Baek Je Dynasty (600 A.D.). The diagram (|) represents his severe and strict military discipline.

BASIC INFORMATION

PATTERN	READY STANCE	TOTAL MOVEMENTS
Chon Ji	Parallel	19
Dan Gun	Parallel	21
Do San	Parallel	24
Won Hyo	A	28
Yul Gook	Parallel	38
Joon Gun	B	32
Toi Gye	B	37
Hwa Rang	C	29
Choong Moo	Parallel	30
Kwan Gae	Kwan Gae	39
Po Eun	Kwan Gae	36
Gae Baek	Parallel	44

STANCES

PARALLEL STANCE

Feet shoulder width apart, fists at belt knot level.

STANCE A

Feet together, left hand around right fist (not touching) at upper lip level.

STANCE B

Same as A, with hands at solar plexus level.

STANCE C

Feet together, hands crossed, left covering right at low hip level.

KWAN GAE

Feet shoulder width apart, hands in double arc-hand position just above head level and approximately 12 inches forward.

CHON JI

Start at parallel ready stance.

1. Low block Left front stance
 2. Right lunge punch Right front stance
 3. Low block Right front stance
 4. Left lunge punch Left front stance
 5. Low block Left front stance
 6. Right lunge punch Right front stance
 7. Low block Right front stance
 8. Left lunge punch Left front stance
 9. Left inner forearm block Right back stance
 10. Right lunge punch Right front stance
 11. Right inner forearm block Left back stance
 12. Left lunge punch Left front stance
 13. Left inner forearm block Right back stance
 14. Right lunge punch Right front stance
 15. Right inner forearm block Left back stance
 16. Left lunge punch Left front stance
 17. Right lunge punch Right front stance
(step backwards). Kihap!
 18. Left punch. Left front stance
 19. Right punch. Right front stance, Kihap!
- End Bring left foot back to ready stance. (Bah rote)

Notes:

Parallel ready stance, feet shoulder width apart, fists at belt knot level.

All punches are to mid-section.

All left turns are 90 degrees.

All right turns are 180 degrees.

DAN GUN

Start at parallel ready stance.

1. Knifehand guarding block Right back stance
 2. Right lunge punch Right front stance
 3. Knifehand guarding block Left back stance
 4. Left lunge punch Left front stance
 5. Low block Left front stance
 6. Right lunge punch Right front stance
 7. Left lunge punch Left front stance
 8. Right lunge punch Right front stance, Kihap!
 9. Double outer forearm block Right back stance
 10. Right lunge punch Right front stance
 11. Double outer forearm block Left back stance
 12. Left lunge punch Left front stance
 13. Low block, then Left front stance
 14. Left rising block
 15. Right rising block Right front stance
 16. Left rising block Left front stance
 17. Right rising block Right front stance
 18. Left knifehand strike Right back stance
 19. Right lunge punch Right front stance
 20. Right knifehand strike Left back stance
 21. Left lunge punch Left front stance, Kihap!
- End Bring left foot back to ready stance, (Bah rote)

Note:

All punches are high level (face area)

DO SAN

Start at parallel ready stance.

1. Left outer forearm block. Left front stance
 2. Right reverse punch
 3. Right outer forearm block. Right front stance
 4. Left reverse punch
 5. Knifehand guarding block. Right back stance
 6. Right spear hand. Right front stance, Kihap!
 7. Left back fist. Left front stance
 8. Right back fist. Right front stance
 9. Left outer forearm block. Left front stance
 10. Right reverse punch
 11. Right outer forearm block. Right front stance
 12. Left reverse punch
 13. Wedging block. Left front stance
 14. Right front kick
 15. Right lunge punch Right front stance
 16. Left reverse punch
 17. Wedging block. Right front stance
 18. Left front kick
 19. Left lunge punch Left front stance
 20. Right reverse punch
 21. Left rising block. Left front stance
 22. Right rising block. Right front stance
 23. Left knifehand strike Sitting stance
 24. Right knifehand strike sitting stance, Kihap!
- End Bring right foot back to ready stance. (Bah rote)

Note:

All punches are to mid-sections

WON HYO

Start at ready stance A.

1. Double outer forearm block Right back stance
 2. Right reverse knifehand strike (palm up)
 3. Left side punch Fixed stance
 4. Double outer forearm block Left back stance
 5. Left reverse knifehand strike (palm up)
 6. Right side punch
 7. Forearm guarding block Bending ready stance
 8. Left side kick
 9. Knifehand guarding block Right back stance
 10. Knifehand guarding block Left back stance
 11. Knifehand guarding block Right back stance
 12. Right spear hand Right front stance, Kihap!
 13. Double outer forearm block Right back stance
 14. Right reverse knifehand strike (palm up)
 15. Left side punch Fixed stance
 16. Double outer forearm block Left back stance
 17. Left reverse knifehand strike (palm up)
 18. Right side punch Fixed stance
 19. Right reverse circular inner forearm block Left front stance
 20. Right front kick
 21. Left reverse punch Right front stance
 22. Left reverse circular inner forearm block Right front stance
 23. Left front kick
 24. Right reverse punch Left front stance
 25. Forearm guarding block Bending ready stance
 26. Right side kick. Kihap!
 27. Forearm guarding block Right back stance
 28. Forearm guarding block Left back stance
- End Bring right foot back to ready stance. (Bah rote)

Notes:

Ready Stance A – feet together, left hand around right fist (not touching) at upper lip level.

All punches are to mid-section

YUL GOK

Start at parallel reach stance.

1. Left slow punch Sitting stance
 2. Right punch
 3. Left punch
 4. Right slow punch Sitting stance
 5. Left punch
 6. Right punch
 7. Right inner forearm block Right front stance
 8. Left front kick
 9. Left punch
Left walking stance
 10. Right reverse punch
 11. Left inner forearm block Left front stance
 12. Right front kick
 13. Right punch Right front stance
 14. Left reverse punch
 15. Right hooking block Right front stance
 16. Left reverse hooking block
 17. Right punch
 18. Left hooking block Left front stance
 19. Right reverse hooking block
 20. Left punch
 21. Right lunge punch Right front stance, Kihap!
 22. Forearm guarding block Bending ready stance
 23. Left side kick
 24. Right reverse elbow Left front stance
 25. Forearm guarding block Bending ready stance
 26. Right side kick
 27. Left reverse elbow Right front stance
 28. Double knifehand outer forearm block Right back stance
 29. Right spear hand Right front stance
 30. Double knifehand outer forearm block Left back stance
 31. Left spear hand Left front stance
 32. Outer forearm block Left front stance
 33. Right reverse punch
 34. Outer forearm block Right front stance
 35. Left reverse punch
 36. Left back fist Left X stance, Kihap!
 37. Double inner forearm (sahn soo) block Right front stance
 38. Double inner forearm (sahn soo) block Left front stance
- End Bring left foot back to ready stance. (Bah rote)

JOON GUN

Start at ready stance B.

1. Left inner forearm ridge hand block. Right back stance
 2. Left front kick
 3. Right palm upward block Left rear stance
 4. Right inner forearm ridge hand block. Left back stance
 5. Right front kick
 6. Left palm upward block Right rear stance
 7. Knifehand guarding block. Right back stance
 8. Reverse upper elbow Left front stance
 9. Knifehand guarding block. Left back stance
 10. Reverse upper elbow Right front stance
 11. Vertical twin fist (high) Left front stance
 12. Twin upset punch (mid-section). Right front stance
180 degree left turn Kihap!
 13. High "X" block. Left front stance
 14. Left back fist. Right back stance
 15. Pull back
 16. Right reverse punch. Left front stance
 17. Right back fist. Left back stance
 18. Pull back
 19. Left reverse punch. Right front stance
 20. Double inner forearm (sahn soo) block Left front stance
 21. Left side punch Right back stance
 22. Right side kick
 23. Double inner forearm (sahn soo) block Right front stance
 24. Right side punch Left back stance
 25. Left side kick
 26. Forearm guarding block Right back stance
 27. Pressing block. Left front stance
 28. Forearm guarding block Left back stance
 29. Pressing block. Right front stance
 30. Right crescent punch Closed ready stance
 31. Stick block Right back stance
 32. Stick block Left back stance, Kihap!
- End Bring left foot back to ready stance (Bah rote)

Note:

Ready stance B – feet together, left hand around right fist (not touching, hold out) at belt knot level

TOI GYE

Start at ready stance B

1. Left inner forearm block Right back stance
 2. Right reverse
Low spear hand (palm up) Left front stance
 3. Right back fist – left low block Closed stance
 4. Right inner forearm block Left back stance
 5. Left reverse
Low spear hand (palm up) Right front stance
 6. Left back fist – right low block Closed stance
 7. Low “X” block (right hand on top) Left front stance
 8. Vertical twin fist
 9. Right front kick
 10. Right punch Right front stance
 11. Left reverse punch
 12. Both fists to hips
 13. “W” shaped block (stomping motion) Sitting stance
 14. “W” shaped block (stomping motion) Sitting stance
 15. “W” shaped block (stomping motion) Sitting stance
 16. “W” shaped block (stomping motion) Sitting stance
 17. “W” shaped block (stomping motion) Sitting stance
 18. “W” shaped block (stomping motion) Sitting stance
 19. Low twin punch Right back stance
 20. Head grab Left front stance
 21. Knee strike (chest) Kihap!
 22. Knifehand guarding block Right back stance
 23. Left front kick
 24. Left spear hand Left front stance
 25. Knifehand guarding block Left back stance
 26. Right front kick
 27. Right spear hand Right front stance
 28. Low block – back fist Right back stance
 29. “X” block – jump X stance
 30. Double inner forearm (sahn soo) block Right front stance
 31. Low section knifehand guarding block Right back stance
 32. Reverse circular inner forearm block Left front stance
 33. Low section knifehand guarding block Left back stance
 34. Reverse circular inner forearm block Right front stance
 35. Reverse circular inner forearm block Left front stance
 36. Reverse circular inner forearm block Right front stance
 37. Right punch Sitting stance, Kihap!
- End Bring right foot back to ready stance. (Bah rote)

Note:

Ready stance B – feet together, left hand around right fist (not touching, hold out) at belt knot level

HWA RANG

Start at ready stance C.

1. Left palm heel block Sitting stance
 2. Right punch
 3. Left punch
 4. Double outer forearm block Left back stance
 5. Left reverse upset punch
 6. Right punch – slide
 7. Right knifehand downward strike. Left back stance (short)
 8. Left lunge punch Left front stance
 9. Low block (left forearm Left front stance
 10. Right lunge punch Right front stance
 11. Wrist grab Rear stance
 12. Right side kick, then right knifehand strike Left back stance
 13. Left lunge punch Left front stance
 14. Right lunge punch Right front stance, Kihap!
 15. Knifehand guarding block Right back stance
 16. Right vertical spear hand Right front stance
 17. Knifehand guarding block Right back stance
 18. Right roundhouse kick (high) – 45 deg.
 19. Left roundhouse kick – 45 deg., then
Knifehand guarding block Right back stance
 20. Low block (left forearm) Left front stance
 21. Right reverse punch Right back stance
 22. Left reverse punch Left back stance
 23. Right reverse punch Right back stance
 24. “X” block (low). Left front stance
 25. Right elbow strike – slide Right back stance, Kihap!
 26. Right high, left low block Closed stance
 27. Left high, right low block
 28. Knifehand guarding block Right back stance
 29. Knifehand guarding block Left back stance
- End Bring right foot back to ready stance. (Bah rote)

Notes:

Closed ready stance C – feet together, hands crossed, left covering right at low hip level

All punches to mid-section

CHOONG MOO

Start at parallel ready stance.

1. Knifehand outer forearm
Guarding block Right back stance
 2. Right knifehand strike (palm up) –
left rising block *open hand) Right front stance
 3. Knifehand guarding block Left back stance
 4. Left spear hand Left front stance
 5. Knifehand guarding block Right back stance
 6. Forearm guarding block Bending ready stance
 7. Right side kick
 8. Knifehand guarding block Right back stance
 9. Jump side kick – right foot, then
Knifehand guarding block Left back stance
 10. Low block, left forearm Right back stance
 11. Head grab Left front stance
 12. Right knee strike Kihap!
 13. Right reverse ridge hand strike Left front stance
 14. Right roundhouse kick (high) – 45 deg.
 15. Spin side kick (left foot)
 16. Forearm guarding block Left back stance
 17. Left roundhouse kick (mid-section) – 45 deg.
 18. Stick block – jump 360 deg. Right fixed stance
 19. Knifehand guarding block Left back stance
 20. Right spear hand (low, palm up) Left front stance
 21. Right back fist – left low block Right back stance
 22. Right vertical spear hand Right front stance
 23. Double inner forearm (sahn soo) block Left front stance
 24. Right outer forearm block crossing Sitting stance
Right back fist
 25. Right side kick
 26. Left side kick
 27. “X” knifehand block (middle) Left back stance
 28. Twin palm upset block Left front stance
 29. Right rising block Right front stance
 30. Left reverse punch Kihap!
- End Bring left foot back to ready stance. (Bah rote)

KWAN GAE

Start at Kwan Gae ready stance.

1. Balance position Open ready stance B
 2. Right upset punch Left front stance
 3. Left upset punch Right front stance
 4. Right hooking block Right front stance
 5. Low knifehand guarding block Right back stance
 6. Left hooking block Left front stance
 7. Low knifehand guarding block Left back stance
 8. Knifehand guarding block Right rear stance
 9. Knifehand guarding block Left rear stance
 10. Right upward palm block Left front stance
 11. Left upward palm block Right front stance
 12. Balance position Closed ready stance B
 13. Left low section side kick
 14. Left mid-section side kick
 15. Right reverse knifehand strike Right back stance
 16. Left hammer fist Closed stance
 17. Right low section side kick
 18. Right mid-section side kick
 19. Left reverse knifehand strike Left back stance
 20. Right hammer fist Closed stance
 21. Pressing block Left front stance
 22. Pressing block Right front stance
 23. Right back fist Sitting stance, Kihap!
 24. Double inner forearm (sahn soo) block Right front stance
 25. Left low block, right inner forearm block Right front stance
 26. Right spear hand Right front stance
 27. Left back fist Sitting stance, Kihap!
 28. Double inner forearm (sahn soo) block Left front stance
 29. Right low block, left inner forearm block Left front stance
 30. Left spear hand Left front stance
 31. Vertical twin fist Right front stance
 32. Twin upset punch Left front stance
 33. Right front kick
 34. Knifehand guarding block Left back stance
 35. Left high punch Left front stance
 36. Twin upset punch Right front stance
 37. Left front kick
 38. Knifehand guarding block Right back stance
 39. Right high punch Right front stance, Kihap
- End Bring left foot back to ready stance. (Bah rote)

PO EUN

Start at Kwan Gae ready stance

1. Guarding block Right back stance, Kihap!
 2. Left upward punch Bending ready stance
 3. Right low section
 4. Right knifehand strike Sitting stance
 5. Left crescent punch
 6. High – low block
 7. Low – high block
 8. Twin inner forearm block
 9. Right back elbow strike
 10. Right punch
 11. Left back elbow strike
 12. Horizontal punch
 13. Outer forearm block X stance
 14. Stick block Left back stance
 15. Twin elbow Closed stance
 16. Right back fist, left low block Sitting stance
 17. Hammer fist X stance
 18. Reverse low section knifehand
guarding block. Sitting stance
 19. Guarding block Left back stance, Kihap!
 20. Right upward punch Bending ready stance
 21. Left low section side kick
 22. Left knifehand strike Sitting stance
 23. Right crescent punch
 24. High – low block
 25. Low – high block
 26. Twin inner forearm block
 27. Left back elbow strike
 28. Left punch
 29. Right back elbow strike
 30. Horizontal punch
 31. Outer forearm block. X stance
 32. Stick block Right back stance
 33. Twin elbow Closed stance
 34. Left back fist, right low block Sitting stance
 35. Hammer fist X stance
 36. Reverse low section knifehand
Guarding block Sitting stance
- End Bring left foot back to ready stance. (Bah rote)

GE BAEK

Start at parallel ready stance

1. Middle cross block Right back stance, Kihap
 2. Right twist kick
 3. Right punch. Right front stance
 4. Left punch
 5. Left rising block. Left front stance
 6. Left low block Left front stance
 7. Push block Right front stance
 8. Guarding block Bending ready stance
 9. Left scooping block Sitting stance
 10. Right punch
 11. Left back fist
 12. Knifehand guarding block Right back stance
 13. Left low section front kick
 14. Left spear hand. Left front stance
 15. Right spear hand
 16. Right side kick
 17. Guarding block Right back stance
 18. Guarding block Right back stance
 19. Knifehand guarding block. Right back stance
 20. Right 9-shaped block Sitting stance
 21. Left low section knifehand block. Left front stance
 22. Right roundhouse block
 23. Right stepping side kick
 24. Vertical twin fist. Right front stance
 25. Push block Right front stance
 26. Left upset punch
 27. Reverse elbow strike Left front stance
 28. Double inner forearm (sahn soo) block X stance
 29. Right scooping block Sitting stance
 30. Left punch
 31. Right back fist
 32. Right reverse knifehand strike Left front stance
 33. Right roundhouse kick
 34. Vertical twin fist. Left front stance
 35. Upset knuckle punch Rear stance
 36. Left 9-shaped block Sitting stance
 37. Low reverse knifehand guarding block
 38. Low knifehand guarding block
 39. "W" shaped block Sitting stance
 40. "W" shaped block Sitting stance
 41. right rising block Right front stance
 42. Left reverse punch
 43. Left rising block. Left front stance
 44. Right reverse punch. Kihap!
- End Bring right foot back to ready stance. (Bah rote)

KORYO

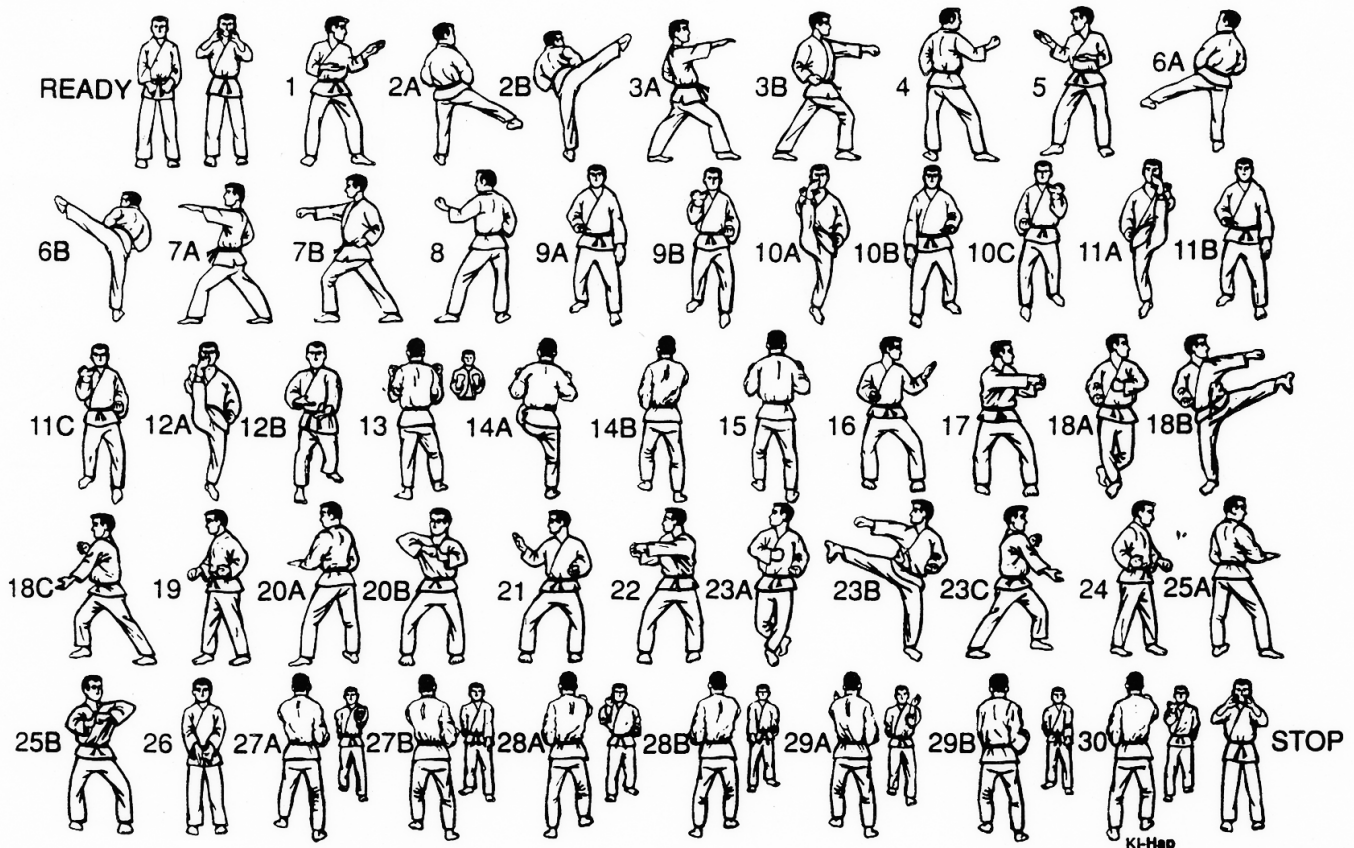
Kwan Gae Ready Stance (4 parts):

- Ready Stance B (Joon Bi), hands by belt, palms up, slowly move hands up
- Flip hands over at chest level to form a triangle in front of your face
- Once in front of your face, you push the “triangle” out directly away from your face
- At the same time, you should slowly rise up on your toes when you start moving your hands and then sink back down to “flat” feet (flat on the ground) when you push the triangle out

1. Double Knife Hand Guarding Block R.B.S. (turn left 90)
2. Right Double Side Kick (low-high)
3. Right Knife Hand Strike R.F.S. (palm down, to high area)
4. Left Reverse Punch R.F.S. (to mid area)
5. Right Crossing Block L.B.S.
6. Double Knife Hand Guarding Block L.B.S. (turn 180)
7. Left Double Side Kick (low-high)
8. Left Knife Hand Strike L.F.S. (palm down, to high area)
9. Right Reverse Punch L.F.S. (to mid area)
10. Left Crossing Block R.B.S.
11. Left Low Knife Hand Block L.F.S. (turn left 90)
12. Right High Arc Hand Strike L.F.S.
13. Right Front Kick R.F.S.
14. Right Low Knife Hand Block R.F.S.
15. Left High Arc Hand Strike R.F.S.
16. Left Front Kick L.F.S.
17. Left Low Knife Hand Block L.F.S.
18. Right Arc Hand Strike* L.F.S.
19. Right Front Kick R.F.S.
20. Left Hand Reverse Knee Break R.F.S. (**Kihap**)
21. Twin Inner Forearm Block R.F.S. (Turn 180 to left)
22. Left Front Kick L.F.S.
23. Right Hand Reverse Knee Break L.F.S.
24. Twin Inner Forearm Block Walking Stance
25. Left Single Knife Hand Guarding Block
Sitting Stance (Turn 90, step back w/ R. foot)
26. Right Punch your left hand Sitting Stance (target)
27. Left Side Kick R.F.S. (cross right foot over left foot, turn 180)
28. Left Rev Knife Hand Strike low (palm up)** R.F.S.
(touch right hand to left shoulder)
29. Right Low Block Walking Stance (slide your right foot back)
29. Left Pressing Block Walking stance (step forward w/ left foot)
30. Right Elbow Strike Sitting Stance
31. Right Single Knife Hand Block Sitting Stance
(left hand on your belt in a fist)
32. Left Punch your Right Hand Sitting Stance (target)
33. Right Side Kick L.F.S. (cross left foot over right foot, turn 180)
34. Right Rev Knife Hand Strike low (palm up)** L.F.S.
(touch left hand to right shoulder)

KORYO *continued*

35. Left Low Block Walking Stance (slide left foot back)
36. Right Pressing Block . . . Walking Stance (step forward w/ right foot)
37. Left Elbow Strike. Sitting Stance (step forward w/ left foot)
38. Circle Hands Up, Circle Hands Down Ready Stance B
(feet together, ~5 sec***)
39. Left Knife Hand Strike, palm down L.F.S (turn 180)
40. Left Low Hand Block L.F.S.
41. Right Knife Hand Strike, palm up. R.F.S
42. Right Low Knife Hand Block. R.F.S.
43. Left Knife Hand palm up L.F.S.
44. Left Low block L.F.S.
45. Right Arc Hand (high). R.F.S. (step forward w/ right, **Kihap**)
44. Bah Ro, return to Ready Stance B, (turn left 180, do Kwan Gae Ready Stance – 4 parts)



CHOONG JANG

Start at Ready Stance A

1. High Low Block Sitting Stance
2. Low High Block Sitting Stance
3. Left angle punch Feet together
4. Right 2 Finger Punch (to high area). LFS (Overhand down?)
5. Left 2 Finger Punch RFS
6. Double Inner Forearm Guarding Block. RFS
7. Left Rising Block LFS
8. Right Punch (**Kihap!**) RFS
9. Double Outer Forearm Guarding Block LFS
(Turn 360, left, towards red wall, and back to flags)
10. Right Front Kick RFS
11. Right Spear Hand RFS
12. Round Kick (toward flags)
Left Kneeling Stance (head facing red wall)
13. Right Punch (towards flags)
Left Kneeling Stance (head facing flags)
14. Left Sliding Elbow Strike (spinning). LBS
(towards the flags, facing the blue wall, non-supported)
15. Double Forearm Guarding Block LBS
(towards the flags, facing the red wall)
16. Left Scoping Block RBS (retreating, still facing the flags)
17. Right Knife Hand Strike LBS (facing red wall)
18. X- Block Low LFS (facing windows)
19. Head grab-Knee Smash (**Kihap!**) LFS (then turn to flags)
20. Double Knife Hand Guarding Block RBS (facing flags)
21. Right Sliding Elbow Strike LBS (facing red wall, non-supported)
22. Double Knife Hand Guarding Block LBS
23. Right Side Kick LBS (turn, feet together, face windows)
24. Twin Palm Trap to Low Area RBS (or Right Cat/ Walking Stance?)
25. Right Knife Hand Strike (palm up). RFS
26. Right Back Fist RFS
27. Left Side Spear (slow) RBS (facing flags)
28. Right Trap (left hand), Right Front Kick RBS
29. Right Back Elbow Strike. LFS (facing windows, supported)
30. Left Single Knife Hand Strike RBS
31. Right Punch (of the left hand). RBS
32. Right Knife Hand Strike (palm up). LBS
33. Left Punch LBS
34. Left Knife Hand Strike (palm down) RBS
35. Double Inner Forearm Block. LFS
(or Right forward elbow, supported by left?)
36. Right Knife Hand Strike (palm down). LBS
37. Double Inner Forearm Block. RFS
38. Double Knife Hand Block (low area) LBS (facing windows)
39. Right 9-Shaped Block LFS
40. Double Ridge Hand Block (low area). LBS
41. Left 9-Shaped Block RFS
42. Twin Knife Hand Strike (palms down) LFS (stepping back)
43. Left Knife Hand Strike (palm down) LFS

CHOONG JANG *continued*

- 44. Right Arc Hand Strike LFS
 - 45. Right Front Kick LBS
 - 46. Left Arc Hand Strike RFS
 - 47. Left Front Kick RBS
 - 48. Right Punch LFS
 - 49. Left Reverse Punch LFS
 - 50. Twin Crescent Punch (high area) Feet Together
 - 51. Left Knife Hand Strike (low area) . . LFS (turn left 270, face red wall)
 - 52. Right Palm Strike (high area) LFS
 - 53. Right Knife Hand Strike (low area) RFS
(turn right 180, face blue wall)
 - 54. Left Palm Strike (**Kihap!**) RFS
- Return to Ready Stance A

See also <https://www.youtube.com/watch?v=ThKCwTbdqns>

PROMOTION RECORD

BELT	DATE	BELT	DATE
White		Red	
1st stripe		Brown	
2nd stripe		Hi-Brown	
3rd stripe		Black Belt	
Yellow		Recommended	
Orange		Black Belt	
Green		1st Degree	
Blue		2nd Degree	
Purple		3rd Degree	

NOTES