

Dear Student,

The contents of this Student Handbook are the product of many years of experimentation and fine tuning of the Tae kwon-do training curriculum. The aim has been to achieve the most effective and efficient approach possible for developing Tae kwon-do skills. Particular emphasis has been given to kicking techniques, the most technically demanding aspect of the art. Much thought was also given to creating a logical progression of skills, building upon previous knowledge in a manner easily grasped by the beginning student.

This manual is intended only for students of Young Brothers TKD in Texas. In the following pages you will find exercises unique to our schools. Please keep in mind the value of such a reference tool. Also remember that a manual is no substitute for actual instruction by a qualified teacher. Its usefulness really begins and ends in its function as a reference. One learns the true heart of Tae kwon-do, the lessons that no manual contains, in the do-jang.

The book you hold in your hands offers information on all ranks through 1<sup>st</sup> dan. Do not let this or any other circumstance lead to a misguided focus on promotion and rank. The purpose of Tae kwon-do training is the training itself. The actual work done in class, day to day, month to month leads to the skills and moral development that attracts people to the art. A belt or rank only means as much as the daily effort that goes into achieving (and maintaining) that level of experience and skill.

The focus of every student should be to train hard and enjoy practice for its own sake. In this way dedication develops and true progress in Tae kwon-do comes about.

Sincerely,

Master Mark Giambi  
Master David McCloskey

# **TENETS OF TAE KWON-DO**

**COURTESY (Ye Ui)**

**INTEGRITY (Yom Chi)**

**PERSEVERANCE (In Nae)**

**SELF-CONTROL (Guk Gi)**

**INDOMITABLE SPIRIT  
(Baekjul Boolgool)**

## **DEFINITION OF TAEKWON-DO**

To put it simply, Tae Kwon-Do is a version of unarmed combat designed for the purpose of self-defense. It is more than that, however.

It is the scientific use of the body in the method of self-defense; a body that has gained the ultimate use of its facilities through intensive physical and mental training.

It is a martial art that has no equal in either power or technique. Though it is a martial art, its discipline, technique and mental training are the mortar for building a strong sense of justice, fortitude, humility and resolve. It is this mental conditioning that separates the true practitioner from the sensationalist, content with mastering only the fighting aspects of the art.

This is one of the reasons that Tae Kwon-Do is called an art of self-defense. It also implies a way of thinking and life, particularly in instilling a concept and spirit of strict self-imposed discipline and an ideal of noble moral rearmament.

Translated literally, “Tae” stands for jumping or flying, to kick or smash with the foot. “Kwon” denotes the fist – chiefly to punch or destroy with the hand or fist. “Do” means an art or way – the right way built and paved by the saints and sages in the past. Thus taken collectively, “Tae Kwon-Do” indicates the mental training and the techniques of unarmed combat for self-defense as well as health, involving the skilled application of punches, kicks, blocks and dodges with bare hands and feet to the rapid destruction of the moving opponent or opponents.

Tae Kwon-Do definitely enables the weak to possess a fine weapon together with a confidence to defend him or herself and defeat the opponent as well.

Of course, wrongly applied, Tae Kwon-Do can be a lethal weapon. Therefore, mental training must always be stressed to prevent the student from misusing it.

## **TAE KWON-DO AND MENTAL EFFECT**

Tae Kwon-Do is an art that implies a way of thinking and life, and particularly in instilling moral civilization and generating the power for justice. Tae Kwon-Do is also known as one of the best means of developing and enhancing the emotional, perceptual and psychological characteristics that enable the younger generation, regardless of age, social status or sex, to effectively learn and participate in the social and play demands of his peers.

Constant repetition teaches patience and the resolve to overcome any difficulty. The tremendous power generated from one's body develops the self-confidence to meet any opponent, at any place, and in any situation. Sparring teaches humility, courage alertness and accuracy adaptability as well as self-control.

Pattern teaches flexibility, grace, balance and coordination while the fundamental exercises develop precision and teaches the method, principle, imagination and purpose. Eventually, this training permeates every conscious and subconscious action of the student.

Thus, Tae Kwon-Do offers a strict self-imposed discipline along with the spirit of cooperation and mutual respect.

## **DO JANG RULES**

1. Always face the flags and bow when entering and leaving the do jang.
2. Shoes are prohibited in the do jang.
3. Smoking and alcoholic beverages are prohibited.
4. No one is allowed to teach without the instructor's permission.
5. Do not ask senior belts or instructors to free spar.
6. Speaking or laughing loudly is not allowed.
7. Always bow to your instructor. If you are sitting, stretching, etc., you must stand up and hand bow. DO NOT nod, wave, etc.
8. Always promptly answer "yes sir/ma'am" when the instructor calls on you.
9. Always answer with "yes/no sir" or "yes/no ma'am" when speaking to an instructor.
10. Always say "kam sa ham ni da" (thank you) to the instructor at the end of class.
11. Always turn away from you instructor as a sign of respect when straightening your uniform.
12. Always ask your instructor when you have a question. Bow and show proper respect when you approach you instructor.
13. Always bow to a higher belt. It is a sign of courtesy to bow to a same ranked belt as well as a lower ranked belt.
14. Always keep a good attitude towards your practice while attending class. Always be serious and respectful of your instructor and other students.
15. Always show respect to a visiting instructor from another school by bowing and helping them in any way you can.
16. Tests: All students must change into their uniforms and stay for the duration of the grading. If this creates a problem, please see your instructor before the grading begins and ask if you may be excused early.

## **STUDENT REQUIREMENTS**

1. Never become fatigued with learning. A good student can learn anytime, anywhere. This is the secret of knowledge.
2. A good student must be willing to sacrifice for his art and instructor. Many students feel that their training is a commodity bought with monthly dues and are unwilling to take part in demonstrations, teaching, and working around the do jang. An instructor can afford to lose this type of student.
3. Always set a good example for lower ranking belts. It is always natural that they will attempt to emulate senior students.
4. Always be loyal and never criticize the instructor or teaching methodologies.
5. If an instructor teaches a technique, practice and attempt to use it.
6. Remember that a student's conduct outside the do jang reflects on the art and the instructor.
7. Never be disrespectful to your instructor. Although a student may occasionally disagree, the student must eventually follow the directions of the instructor.
8. A student must always be eager to learn and ask questions.
9. Never break a trust.

## **CLASS PROCEDURE**

### **AT THE BEGINNING OF CLASS**

1. The instructor calls the class to order by saying “jul suh” (lineup).
2. High rank begins class by saying “kwon won sun suh.” This indicates to the class to recite the student oath.
3. High rank then says “gukgi ye dae ha yo, kyoung ne” which means face the flags and bow.
4. High rank then tells the class to face the instructor and bow by saying:  
“sabum nim ge, kyoung ne” (face master instructor, bow)  
or  
“kyosa nim ge, kyoung ne” (face instructor, bow)  
The class bow together and say “Tae Kwon.”
5. Begin warm up exercises (junbi oon dong).

### **AT THE END OF CLASS**

1. Instructor calls the class to line up, “jul suh.”
2. Instructor says “dwi do ra suh, dobok dan jong,” which means turn around and fix your uniform.
3. High rank says “gukgi ye dae ha yo, kyoung ne” (face the flags, bow).
4. High rank says “sabum nim/kyosa nim ge, kyoung ne” (face the instructor, bow) the class bow, say “Tae Kwon” and then say “kam sa ham ni da.” This means thank you.
5. Class faces the high rank, who then says “hae san” (dismissed). Class bows and says “Tae Kwon.”

## **STUDENT OATH**

I shall observe the tenets of Tae Kwon-Do

**Courtesy (Ye Ui)**  
**Integrity (Yom Chi)**  
**Perseverance (In Nae)**  
**Self-Control (Guk Gi)**  
**Indomitable Spirit (Baekjul Boolgool)**

I shall respect my instructors and seniors.  
I shall never misuse Tae Kwon-Do.  
I shall be a champion of freedom and justice.  
I shall build a more peaceful world.

## **CHILDREN'S STUDENT PLEDGE**

Sir, I will live each day with respect  
for my parents and instructors,  
practicing to the best of my abilities  
and having courtesy for everyone I meet, Sir.



## RANKING SYSTEM

Rank progresses from 10<sup>th</sup> gup (grade) to first gup, each grade signified by a particular color belt, as follows:

10 <sup>th</sup> gup	White
9 <sup>th</sup>	Orange
8 <sup>th</sup>	Yellow
7 <sup>th</sup>	Lime Green
6 <sup>th</sup>	Green
5 <sup>th</sup>	Purple
4 <sup>th</sup>	Blue
3 <sup>rd</sup>	Brown
2 <sup>nd</sup>	Red
1 <sup>st</sup>	Red w/ black stripe

After 1<sup>st</sup> gup, a student becomes a candidate for 1<sup>st</sup> dan (degree) and receives a red and black belt. The 1<sup>st</sup> dan is indicated by a black belt with a Roman numeral I. Rank then progresses up through 9<sup>th</sup> dan, a new black belt with the corresponding Roman numeral being awarded upon each promotion.

## COUNTING

Each student is expected to be able to count through ten in Korean.

1.....HANA	6.....YO SUT
2.....DOOL	7.....IL GOP
3.....SET	8.....YO DUL
4.....NET	9.....A HOPE
5.....DA SUT	10.....YUL

## THE INTERPRETATIONS OF PATTERNS

The name of the pattern, the number of movements, and the diagrammatic symbol of each pattern symbolizes either heroic figures in Korean history or instances relating to historical events.

<b>CHON-JI:</b> 19 Movements Orange Belt	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 pattern played by the beginner. This pattern consists of two similar parts, one to represent Heaven, the other Earth. 19 Movements.
<b>DAN-GUN:</b> 21 Movements Yellow Belt	is named after the holy Dan-Gun, the legendary founder of Korea in the year 2333 BC. 21 Movements.
<b>DO-SAN:</b> 24 Movements Lime Belt	is the pseudonym of the patriot Ahn Chang-Ho (1876-1938) who devoted his entire life to furthering the education of Korea and its independence movement.
<b>WON-HYO:</b> 28 Movements Green Belt	was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD 28 Movements.
<b>YUL-GOK:</b> 38 Movements Purple Belt	is the pseudonym of a great philosopher and scholar Yi I (1536 – 1584) nicknamed the “Confucius of Korea.” The 38 movements of this pattern refer to his birthplace on the 38 <sup>th</sup> latitude and the diagram (⊕) represents “scholar.”
<b>JOONG_GUN:</b> 32 Movements Blue Belt	is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. Ahn’s age when he was executed at Lui-Shung prison (1910).
<b>TOI-GYE:</b> 37 Movements Brown Belt	is the pen name of the noted scholar Yi Hwang (16 <sup>th</sup> century), an authority of neo-Confucianism. The 37 movements of the pattern refer to his birthplace on the 37 <sup>th</sup> latitude. The diagram (⊕) represents “scholar.”
<b>HWA-RANG:</b> 29 Movements Red Belt	is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7 <sup>th</sup> century. The 29 movements refer to the 29 <sup>th</sup> infantry division, where Tae Kwon-Do developed into maturity.

<b>CHOONG-MOO:</b> 30 Movements Black Stripe	was the name given to the great Admiral Yi Soon-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592, which is said to be the precursor of the present-day submarine. The reason why this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his of his loyalty to the king. 30 movements.
<b>GE_BAEK:</b> 44 Movements Black Belt	is named after Ge-Baek, a great general in the Baek Je Dynasty (660 AD). The diagram (卍) represents his severe and strict military discipline. 44 Movements.
<b>KWANG-GAE:</b> 39 Movements Black Belt	is named after the famous Kwang-Gae-Toh-Wang, the 19 <sup>th</sup> King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram (卄) represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 AD, the year he came to the throne.
<b>PO-EUN:</b> 36 Movements Black Belt	is the pseudonym of a loyal subject Chong Mong-Chu (1400) who was a famous poet and whose poem “I would not serve a second master though I might be crucified a hundred times” is known to every Korean. He was also a pioneer in the field of physics. The diagram (—) represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.

# KOREAN TERMINOLOGY

**GENERAL** (boldface is basic terminology required for all ranks)

<b>Attention</b>	<b>Cha ryot</b>	<b>Bow</b>	<b>Kyong ne</b>
<b>Ready</b>	<b>Jun bi</b>	<b>Dismiss</b>	<b>Hae San</b>
<b>Yell</b>	<b>Ki hap</b>	<b>Rest</b>	<b>Shi uh</b>
<b>Training Hall</b>	<b>Do jang</b>	<b>Commence</b>	<b>Shi jak</b>
<b>Flag</b>	<b>Guk gi</b>	<b>Stop</b>	<b>Go man</b>
<b>Uniform</b>	<b>Do bok</b>	<b>Turn around</b>	<b>Dwi do ra suh</b>
<b>Master instructor</b>	<b>Sabum nim</b>	<b>Instructor</b>	<b>Kyosa nim</b>
<b>Thank you</b>	<b>Kam sa ham ni da</b>	<b>You're welcome</b>	<b>Chun man eh yo</b>
<b>Return</b>	<b>Pa ro</b>		
Warm up exercises	Jun bi un dong	Basic motion	Ki bon dong jak
Pattern	Hyong	Traditional pattern	Tul
Free sparring	Ja yu matsogi	Step sparring	Yak sok matsogi
Also:	Ja yu daeryon		Yak sok daeryon
By count	Gu ryon ge mat chu uh	In your own time	Gu ryong up si

## DIRECTION

High	Nopunde (Sang dan)	Front	Ap
Middle	Kaunde (Jung dan)	Side	Yop
Low	Najunde (Ha dan)	Inward	Anuro
Four direction	Sa ju	Outward	Bakuro

## STANCE (SOGI)

Parallel ready	Narani junbi	Closed	Moa
Sitting	An nun	Walking	Gun nun
L	Ni unja	Fixed	Go jung
Bending	Go buryo	Rear foot	Dwit bal
X	Kyo cha	Vertical	Soo jik
Sparring/Fighting	Matsuke (or Daeyon jasiae)	Low	Na chuo

## PUNCH (JIRUGI)

Reverse	Ban dae	Obverse	Ba ro
Upset	Dwit ji bo	Vertical	Se wo
Back fist	Dung jo muk	Twin fist	Sang joo muk

## STRIKE (TAERIGI)

Knifehand	Son kal	Reverse knifehand	Son kal dung
Straight Fingertip	Sun sonkut	Thrust	Tul gi
Flat Fingertip	Opun sonkut	Elbow	Pal kup

## BLOCK (MAKGI)

Forearm	Pal mok	Twin forearm	Sang pal mok
Double forearm	Doo pal mok	Twin knifehand	Sang son kal
Guarding	Dae bi	Rising	Chook yo
Wedging	He chyo	Circular	Dol lim yo
Hooking	Gol cho	X	Kyo cha
U-shape or Pole	Mong dung-i	W-shape or Mountain	San
Pressing	Nool lo	Pushing	Mi ro

## **KICK (CHAGI)**

Rising kick

Front

Diagonal (1/2 turning)

Turning

Twisting

Jump

Skip

Cha olligi

Ap

Bit

Dol lyo

Bit tu ro

Twí yo

Du ro gam yo

Crescent

Side

Back

Hooking

Down

Checking kick

Reverse

Ban dal

Yop

Dwit

Gol cho

Nae ryo

Chan mun chu gi

Ban dae

## **White Belt – 10<sup>th</sup> Gup**

Saju Jirugi – (Four Direction Punch)

Kicking Practice – (Front snap kick, touch down, side kick, step side kick, reverse punch)

Four Direction Kick – (Front snap kick, reverse punch)

Basic kicks should include:

Front snap kick  
Diagonal kick  
Down kick  
Side kick  
Step behind side kick  
Crescent kick  
Rising kick  
Jump front snap kick

Basic motion:

Walking stance, middle punch  
Low section block

Saju Jirugi  
(Four Direction Punch with Low Section Block)

	D	
B	X	A
	C	

1. Parallel ready stance raise left hand aiming at solar plexus level, move the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.
2. Move the right foot to A, forming a left walking stance toward B while executing a low block to B with the left forearm.
3. Raise left hand and move the right foot to B, forming a right walking stance toward B while executing a middle punch to B with the right fist.
4. Move the right foot to D, forming a left walking stance toward C while executing a low block to C with the left forearm.
5. Raise left hand and move the right foot to C, forming a right walking stance toward C while executing a middle punch to C with the right fist.
6. Move the right foot to B, forming a left walking stance toward A while executing a low block to A with the left forearm.
7. Raise left hand and move the right foot to A, forming a right walking stance toward A while executing a middle punch to A with the right fist.
8. Bring the right foot back to a ready posture.
9. Repeat in opposite direction with opposite hands and feet.

## **Orange Belt - 9th Gup**

Chon Ji

Kicking Practice - (Diagonal kick, back kick, reverse punch)

Four Direction Kick - (diagonal kick, reverse punch)

One-Step Sparring (1,2,3)

Basic kicks should include:

Basic motion:

Fake turning kick

Back kick

Turning kick

Side kick from front foot

Front snap kick, foot in front, reverse punch

Step behind side kick, reverse punch

Skip-in diagonal kick with front leg

Any combination of punching

Diagonal kick, back kick combination

Checking kick, side kick combination

Sliding side kick with front leg

Side block with inner forearm

L-stance

## **Orange Belt - 9th Gup**

### **CHON JI**

19 Movements

Parallel Ready Stance

	D	
B	X	A
	C	

1. Move the left foot to B, forming a left walking stance while executing a low block with the left forearm.
2. Move the right foot to B, forming a right walking stance while executing a middle punch with the right fist.
3. Move the right foot to A, turning clockwise to form a right walking stance toward A while executing a low block with the right forearm.
4. Move the left foot to A, forming a left walking stance while executing a middle punch with the left fist.
5. Move the left foot to D, forming a left walking stance while executing a low block with the left forearm.
6. Move the right foot to D, forming a right walking stance while executing a middle punch with the right fist.
7. Move the right foot to C, turning clockwise to form a right walking stance toward C while executing a low block with the right forearm.
8. Move the left foot to C, forming a left walking stance while executing a middle punch with the left fist.
9. Move the left foot to A, forming a right L-stance while executing a middle block with the left inner forearm.
10. Move the right foot to A, forming a right walking stance while executing a middle punch with the right fist.
11. Move the right foot to B, turning clockwise to form a left L-stance toward B while executing a middle block with the right inner forearm.
12. Move the right foot to B, forming a left walking stance while executing a middle punch with the left fist.
13. Move the left foot to C, forming a right L-stance while executing a middle block with the left inner forearm.
14. Move the right foot to C, forming a right walking stance while executing a middle punch with the right fist.
15. Move the right foot to D, turning clockwise to form a left L-stance toward D while executing a middle block with the right inner forearm.
16. Move the left foot to D, forming a left walking stance while executing a middle punch with the left fist.
17. Move the right foot to D, forming a right walking stance while executing a middle punch with the right fist.
18. Moving backwards, move the right foot to C, forming a left walking stance toward D while executing a middle punch with the left fist.
19. Moving backwards, move the left foot to C, forming a right walking stance toward D while executing a middle punch with the right fist and ki-hap. Bring the left foot back to a ready stance.



## **Yellow Belt - 8th Gup**

Dan Gun

Kicking Practice - (Turning kick, touch down, side kick, reverse punch)

Four Direction Kick - (side kick, reverse punch)

One-Step Sparring (4, 5, 6)

Basic kicks should include:

- Turning kick
- Checking kick, side kick
- Straight sliding side kick
- Spinning crescent kick
- Jump inside crescent kick
- Any combination of two kicks

Basic motion:

- Knife hand guarding block
- Twin forearm guarding block
- Knife hand strike, sitting stance

## **Yellow Belt - 8th Gup**

### **DAN GUN**

1. Move the left foot to B, forming a right L-stance, at the same time executing a middle guarding block with the knife-hand.
2. Move the right foot to B, forming a right walking stance while executing a high punch with the right fist.
3. Move the right foot to A, turning clockwise to form a left L-stance, at the same time executing a middle guarding block with the knife-hand.
4. Move the left foot to A, forming a left walking stance while executing a high punch with the left fist.
5. Move the left foot to D, forming a left walking stance, at the same time executing a low block with the left forearm.
6. Move the right foot to D, forming a right walking stance while executing a high punch with the right fist.
7. Move the left foot to D, forming a left walking stance, at the same time executing a high punch with the left fist.
8. Move the right foot to D, forming a right walking stance while executing a high punch with the right fist.
9. Move the left foot to E, turning counter-clockwise to form a right L-stance, at the same time executing a twin forearm block.
10. Move the right foot to E, forming a right walking stance while executing a high punch with the right fist.
11. Move the right foot to F, turning clockwise to form a left L-stance, at the same time executing a twin forearm block.
12. Move the left foot to F, forming a left walking stance while executing a high punch with the left fist.
13. Move the left foot to C, forming a left walking stance, at the same time executing a low block with the left forearm.
14. Execute a rising block with left forearm. Perform 13 & 14 in a continuous motion.
15. Move the right foot to C, forming a right walking stance while executing a rising block with the right forearm.
16. Move the left foot to C, forming a left walking stance while executing a rising block with the right forearm.
17. Move the right foot to C, forming a right walking stance while executing a rising block with the right forearm.
18. Move the left foot to B, turning counter-clockwise to form a right L-stance, at the same time executing a middle strike to B with a left knife-hand.
19. Move the right foot to B, forming a right walking stance while executing a high punch with the right fist.
20. Move the right foot to A, turning clockwise to form a left L-stance, at the same time executing a middle strike to A with a right knife-hand.

## **Yellow Belt - 8th Gup**

### **DAN GUN (Cont'd.)**

21. Move the left foot to A, forming a left walking stance while executing a high punch with left fist and ki-hap.

Bring the left foot back to a ready stance.

## **Lime Belt - 7th Gup**

Do San

Kicking Practice – (Diagonal kick, touch down, step hook kick, reverse punch)

Four Direction Kick – (Turning kick, reverse punch)

One-Step Sparring (7, 8, 9)

Basic kicks should include:

Step behind hooking kick  
Reverse hook kick (later)  
Jumping back kick  
Jumping side kick  
Introduce front leg techniques

Basic motion:

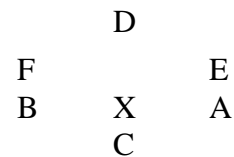
High section outer  
forearm block  
Straight fingertip thrust  
Wedging block

## **Lime Belt - 7th Gup**

### **DO SAN**

24 Movements

Parallel Ready Stance



1. Move the left foot to B, forming a left walking stance while executing a high side block with the left outer forearm.
2. Execute a middle punch with the right fist.
3. Move the left foot on line AB, and then turn clockwise to form a right walking stance toward A while executing a high side block with the right outer forearm.
4. Execute a middle punch with the left fist.
5. Move the left foot to D, forming a right L-stance at the same time executing a middle guarding block with a knife-hand.
6. Move the right foot to D, forming a right walking stance, at the same time executing a middle thrust with a right straight fingertip.
7. Twist a right knife-hand together with the body to the left until it's palm faces downward, and then move the left foot to D, turning counter-clockwise to form a left walking stance while executing a high side strike with a left back fist.
8. Move the right foot to D, forming a right walking stance while executing a high side strike with a right back fist.
9. Move the left foot to E, forming a left walking stance, while executing a high side block with the left outer forearm.
10. Execute a middle punch with the right fist.
11. Move the left foot on line EF, and then clockwise to form a right walking stance toward F while executing a high side block with the right outer forearm.
12. Execute a middle punch with the left fist.
13. Move the left foot to CE, forming a left walking stance at the same time executing a high wedging block with the outer forearm.
14. Execute a middle front snap kick with the right foot, keeping the position of the hands as they were in #13.
15. Lower the right foot to CE, forming a right walking stance, at the same time executing a middle punch with the right fist, perform in a fast motion.
16. Execute a middle punch with the left fist, perform in a fast motion.
17. Move the right foot to CF, forming a right walking stance while executing a high wedging block with the outer forearm.
18. Execute a middle front snap kick with the left foot, keeping the position of the hands as they were in #17.
19. Lower the left foot to CF, forming a left walking stance while executing a middle punch with the left fist, perform in a fast motion.
20. Execute a middle punch with the right fist, perform in a fast motion.
21. Move the left foot to C, forming a left walking stance, at the same time executing a rising block with the left forearm.

## **Lime Belt - 7th Gup**

### **DO SAN (Cont'd.)**

22. Move the right foot to C, forming a right walking stance, at the same time executing a rising block with the right forearm.
23. Move the left foot to B, forming a sitting stance toward D while executing a middle side strike with a left knife-hand.
24. Bring the left foot to the right foot, and then move the right foot to A, forming a sitting stance, at the same time executing a middle side strike with a right knife-hand and ki-hap.

Bring the right foot back to ready stance.

## **Green Belt - 6th Gup**

Won Hyo

Kicking Practice – (Diagonal kick, side kick, step hook kick, reverse punch)

Four Direction Kick – (Hook kick, reverse punch)

One-Step Sparring (10, 11, 12)

Basic kicks should include:

Reverse hook kick  
Jump reverse crescent kick  
Front leg techniques

Basic motion:

High inward knife-hand strike  
Circular block  
Bending ready stance A  
Forearm guarding block

## **Green Belt - 6th Gup**

### **WON HYO**

28 Movements

Close Ready Stance A

	D	
F		E
B	X	A
	C	

1. Move the left foot to B, forming a right L-stance, at the same time executing a twin forearm block.
2. Execute a high inward strike with a right knife-hand, at the same time bringing the left side fist in front of the right shoulder.
3. Execute a middle punch to B with the left fist while forming a fixed stance, slipping the left foot to B.
4. Bring the left foot to the right foot; then move the right foot to A forming a left L-stance while executing a twin forearm block.
5. Execute a high inward strike with a left knife-hand, at the same time bringing the right side fist in front of the left shoulder.
6. Execute a middle punch to A with the right fist while forming a fixed stance, slipping the right foot to A.
7. Bring the right foot to the left foot and then turn the face toward D while forming a right bending ready stance to A.
8. Execute a middle side piercing kick to D, with the left foot.
9. Lower the left foot to D forming a right L-stance, at the same time executing a middle guarding block with a knife-hand.
10. Move the right foot to D forming a left L-stance, at the same time executing a middle guarding block with a knife-hand.
11. Move the left foot to D forming a right L-stance while executing a middle guarding block with a knife-hand.
12. Move the right foot to D forming a right walking stance, at the same time executing a middle thrust with a right straight fingertip.
13. Move the left foot to E forming a right L-stance while executing a twin forearm block.
14. Execute a high inward strike with a right knife-hand, at the same time bringing the left side fist in front of the right shoulder.
15. Execute a middle punch with the left fist while forming a fixed stance slipping the left foot to E.
16. Bring the left foot to the right foot; then move the right foot to F, forming a left L-stance, at the same time executing a twin forearm block.
17. Execute a high inward strike with a left knife-hand, at the same time bringing the right side fist in front of the left shoulder.
18. Execute a middle punch with the right fist while forming a fixed stance slipping the right foot to F.
19. Bring the right foot to the left foot; then move the left foot to C, forming a left walking stance while executing a circular block with the right inner forearm.
20. Execute a low front snap kick with the right foot, keeping the position of the hands as they were in #19.



## **Green Belt - 6th Gup**

### **WON HYU (Cont'd.)**

21. Lower the right foot to C, forming a right walking stance while executing a middle punch with the left fist.
22. Execute a circular block with the left inner forearm.
23. Execute a low front snap kick with the left foot, keeping the position of the hands as they were in #22.
24. Lower the left foot to C, forming a left walking stance while executing a middle punch with the right fist.
25. Turn the face toward C, forming a left bending ready stance to A.
26. Execute a middle side piercing kick to C with the right foot.
27. Lower the right foot on the line CD, then move the left foot to B forming a right L-stance while executing a middle guarding block with the forearms.
28. Bring the left foot to the right foot; then move the right foot to A, forming a left L-stance while executing a middle guarding block with the forearms and ki-hap.

Bring the right foot back to ready stance A.

## **Purple Belt - 5th Gup**

Yul Gok

Kicking Practice – (Turning kick, side kick, touch down, hook kick, reverse punch)

Four Direction Kick – (Double side kick, reverse punch)

One-Step Sparring (13, 14, 15)

Basic kicks should include:

Jump turning kick

Any combination of kicks now

Basic motion:

Hooking block

Front elbow strike

Twin knife-hand block

X-stance

High side strike with back fist

Double forearm block

## **Purple Belt - 5th Gup**

### **YUL GOK**

38 Movements

Parallel Ready Stance

	D	
F		E
B	X	A
	C	

1. Move the left foot to B, forming a sitting stance, at the same time extend the left fist to D horizontally.
2. Execute a middle punch with the right fist, perform in a fast motion.
3. Execute a middle punch with the left fist, perform in a fast motion.
4. Bring the left foot to the right foot; then move the right foot to A forming a sitting stance, at the same time extending the right fist to D horizontally.
5. Execute a middle punch with the left fist, perform in a fast motion.
6. Execute a middle punch with the right fist, perform in a fast motion.
7. Move the right foot to AD, forming a right walking stance while executing a high side block with the right inner forearm.
8. Execute a low front snap kick with the left foot, keeping the position of the hands as they were in #7.
9. Lower the left foot to AD, forming a left walking stance while executing a middle punch with the left fist, perform in a fast motion.
10. Execute a middle punch with the right fist, perform in a fast motion.
11. Move the left foot to BD, forming a left walking stance, at the same time executing a high side block with the left inner forearm.
12. Execute a low front snap kick with the right foot, keeping the position of the hands as they were in #11.
13. Lower the right foot to BD< forming a right walking stance while executing a middle punch with the right fist, perform in a fast motion.
14. Execute a middle punch with the left fist, perform in a fast motion.
15. Move the right foot to D, forming a right walking stance at the same time executing a high hooking block with right palm.
16. Execute a high hooking block with the left palm.
17. Execute a middle punch with right fist, perform #16 and #17 in a continuous motion.
18. Move the left foot to D, forming a left walking stance, at the same time executing a high hooking block with left palm.
19. Execute a high hooking block with right palm.
20. Execute a middle punch with the left fist, perform #19 and #20 in a continuous motion.
21. Move the right foot to D, forming a right walking stance while executing a middle punch with the right fist.
22. Turn the face toward D, forming a right bending ready stance.
23. Execute a middle side piercing kick to D with left foot.
24. Lower the left foot to D, forming a left walking stance while striking the left palm with the right front elbow.
25. Turn the face toward C, forming a left bending ready stance.

## **Purple Belt - 5th Gup**

### **YUL GOK (Cont'd.)**

26. Execute a middle side piercing kick to C with the right foot.
27. Lower the right foot to C, forming a right walking stance while striking the right palm with the left front elbow.
28. Move the left foot to E, forming a right L-stance at the same time executing a twin knife-hand block.
29. Move the right foot to E, forming a right walking stance at the same time executing a middle thrust with a right straight fingertip.
30. Move the right foot to F, forming a left L-stance while executing a twin knife-hand block.
31. Move the left foot to F, forming a left walking stance, at the same time executing a middle thrust with a left straight fingertip.
32. Move the left foot to C, forming a left walking stance, at the same time executing a high block with the left outer forearm.
33. Execute a middle punch with the right fist.
34. Move the right foot to C, forming a right walking stance, at the same time executing a high side block with the right outer forearm.
35. Execute a middle punch with the left fist.
36. Jump to C, forming a left X-stance toward B while executing a high side strike with a left back fist.
37. Move the right foot to A, forming a right walking stance, at the same time executing a right block with a right double forearm.
38. Bring the right foot to the left foot; then move the left foot to B, forming a left walking stance while executing a high block with a left double forearm and ki-hap.

Bring the left foot back to a ready stance.

## **Blue Belt - 4th Gup**

Joong Gun

Kicking Practice – (Diagonal kick, turning kick, side kick, reverse punch)

Four Direction Kick – (Side kick, turning kick, reverse punch)

One-Step Sparring (Review all one steps)

Basic kicks should include:

Reverse turning kick  
Jump 360 back kick  
Jump 180 reverse hook kick

Basic motion:

Close ready stance B  
Rear foot stance  
Upward palm block  
Upper elbow strike  
High vertical twin punch  
Twin upset punch  
High section X-block  
Palm pressing block  
U-shape block  
Reverse knife-hand block  
Close stance – angle punch

## **Blue Belt - 4th Gup**

### **JOONG GUN**

32 Movements

Close Ready Stance B

	D	
F		E
B	X	A
	C	

1. Move the left foot to B, forming a right L-stance, at the same time executing a middle side block with a left reverse knife-hand.
2. Execute a low front snap kick to B with the left foot, keeping the position of the hands as they were in #1.
3. Lower the left foot to B, then move the right foot to B forming a left rear foot stance, at the same time executing an upward block with a right palm.
4. Move the right foot to A forming a left L-stance, at the same time executing a middle side lock with a right reverse knife-hand.
5. Execute a low front snap kick to A with the right foot, keeping the position of the hands as they were in #4.
6. Lower the right foot to A, then move the left foot to A forming a right rear foot stance, at the same time executing an upward block with a left palm.
7. Move the left foot to D forming a right L-stance, at the same time executing a middle guarding block with a knife-hand.
8. Execute a high strike to D, with the right upper elbow, while forming a left walking stance, slipping the left foot to D.
9. Move the right foot to D forming a left L-stance, at the same time executing a middle guarding block with a knife-hand.
10. Execute a high strike to D with the left upper elbow while forming a right walking stance, slipping the right foot to D.
11. Move the left foot to D forming a left walking stance, at the same time executing a high vertical punch with a twin fist.
12. Move the right foot to D forming a right walking stance, at the same time executing an upset punch with a twin fist.
13. Move the right foot on line CD and turn counter-clockwise to form a left walking stance toward C, at the same time executing a rising block with an X-fist.
14. Move the left foot to E forming a right L-stance, at the same time executing a high side strike with a left back fist, perform in a fast motion.
15. Twist the left fist until the back fist faces downward while forming a left walking stance, slipping the left foot, perform in a fast motion.
16. Execute a high punch with the right fist.
17. Bring the left foot to the right foot then move the right foot to F forming a left L-stance, at the same time executing a high side strike with a right back fist, perform in a fast motion.
18. Twist the right fist until the back fist faces downward while forming a right walking stance, slipping the right foot, perform in a fast motion.
19. Execute a high punch with the left fist.
20. Bring the right foot to the left foot and then move the left foot to C forming a left walking stance, at the same time executing a high block with a left double forearm.

## **Blue Belt - 4th Gup**

### **JOONG GUN (Cont'd.)**

21. Execute a middle punch with the left fist while forming a right L-stance, pulling the left foot.
22. Execute a middle side piercing kick to C with the right foot.
23. Lower the right foot to C forming a right walking stance, at the same time executing a high block with a right double forearm.
24. Execute a middle punch with the right fist while forming a left L-stance, pulling the right foot.
25. Execute a middle side piercing kick to C with the left foot.
26. Lower the left foot to C forming a right L-stance at the same time executing a middle guarding block with the forearms.
27. Execute a pressing block with a right palm while forming a left low stance, slipping the left foot, perform, in a slow motion.
28. Move the right foot to C forming a left L-stance, at the same time executing a middle guarding block with the forearms.
29. Execute a pressing block with a left palm while forming a right low stance, slipping the right foot, perform in a slow motion.
30. Bring the left foot to the right foot forming a close stance toward A, at the same time bringing the right fist in front of the left chest horizontally.
31. Move the right foot to A forming a fixed stance, at the same time executing a U-shape block.
32. Bring the right foot to the left foot and then move the left foot to B forming a fixed stance, at the same time executing a U-shape block and ki-hap.

Bring the left foot back to a ready stance B.

## **Brown Belt – 3rd Gup**

Toi Gye

Kicking Practice – (Front leg checking kick, side kick, turning kick, reverse punch)

Four Direction Kick – (Hook kick, turning kick, reverse punch)

One-Step Sparring (Review all one steps)

Basic kicks should include:

Twisting kick

Jump 360 reverse hook kick

Jump reverse turning kick

Basic motion:

Close ready stance B

Upset fingertip thrust

Low X-block

W-shape block



## **Brown Belt – 3rd Gup**

### **TOI GYE**

37 Movements

Close Ready Stance B

	D	
F		E
B	X	A
	C	

1. Move the left foot to B, forming a right L-stance at the same time executing a middle side block with the left inner forearm.
2. Execute a low thrust with the right upset fingertip while forming a left walking stance toward B, slipping the left foot and bringing the left side fist in front of the right shoulder.
3. Ring the left foot to the right foot forming a close stance toward D, while executing a high strike to A with a right back fist and a low block with the left forearm, perform in a slow motion.
4. Move the right foot to A forming a left L-stance, at the same time executing a middle side block with the right inner forearm.
5. Execute a low thrust with the left upset fingertip while forming a right walking stance toward A, slipping the right foot and bringing the right side fist in front of the left shoulder.
6. Bring the right foot to the left foot forming a close stance toward D, while executing a high strike to B with a left back fist and a low block with the right forearm, perform in a slow motion.
7. Move the left foot to D forming a left walking stance, at the same time executing a pressing block with an X-fist.
8. Execute a high vertical punch with a twin fist, perform #7 and #8 in a continuous motion.
9. Execute a middle front snap kick with the right foot, keeping the same hand position as in #8.
10. Lower the right foot to D forming a right walking stance, at the same time execute a middle punch with the right fist, perform in a fast motion.
11. Execute a middle punch with the left fist perform in a fast motion.
12. Bring the left foot to the right foot forming a close stance toward F, at the same time bringing both fists to the hips simultaneously, perform in a slow motion.
13. Move the right foot to F in a stamping motion, forming a sitting stance toward C while executing a W-shape block with the outer forearm.
14. Move the left foot to F in a stamping motion, turning clockwise to form a sitting stance toward D while executing a W-shape block with the outer forearm.
15. Move the left foot to E in a stamping motion, turning clockwise to form a sitting stance toward C while executing a W-shape block with the outer forearm.
16. Move the right foot to E in a stamping motion, turning clockwise to form a sitting stance toward D, at the same time executing a W-shape block with the outer forearm.
17. Move the left foot to E in a stamping motion, turning clockwise while forming a sitting stance toward C, at the same time executing a W-shape block with the outer forearm.

## **Brown Belt – 3rd Gup**

### **TOI GYE (Cont'd.)**

18. Move the left foot to F in a stamping motion, turning clockwise to form a sitting stance toward D while executing a W-shape block with the outer forearm.
19. Bring the right foot to the left foot and then move the left foot to D forming a right L-stance, at the same time executing a low pushing block with a left double forearm.
20. Extend both hands upward as if to grab the opponent's head while forming a left walking stance, slipping the left foot.
21. Kick upward with the right knee while pulling both hands downward.
22. Lower the right foot to the left foot and then move the left foot to C forming a right L-stance, at the same time executing a middle guarding block with a knife-hand.
23. Execute a low front snap kick with the left foot, keeping the position of the hands as they were in #22.
24. Lower the left foot to C forming a left walking stance, at the same time executing a high thrust with a left flat fingertip.
25. Move the right foot to C forming a left L-stance, at the same time executing a middle guarding block with a knife-hand.
26. Execute a low front snap kick with the right foot, keeping the position of the hands as they were in #25.
27. Lower the right foot to C forming a right walking stance, at the same time executing a high thrust with a right flat fingertip.
28. Move the right foot to D forming a right L-stance, at the same time executing a high strike to D with the right back fist and low block with the left forearm.
29. Jump to C forming a right X-stance toward A, at the same time executing a pressing block with an X-fist.
30. Move the right foot to C forming a right walking stance, at the same time executing a high block with a right double forearm.
31. Move the left foot to B forming a right L-stance while executing a low guarding block with the knife-hand.
32. Execute a circular block with the right inner forearm while forming a left walking stance, slipping the left foot.
33. Bring the left foot to the right foot, then move the right foot to A to form a left L-stance while executing a low guarding block with the knife-hand.
34. Execute a circular block with the left inner forearm while forming a right walking stance, slipping the right foot.
35. Execute a circular block with the right inner forearm while forming a left walking stance.
36. Execute a circular block with the left inner forearm while forming a right walking stance.
37. Move the right foot on line AB to form a sitting stance toward D, while executing a middle punch with the right fist and ki-hap.

Bring the right foot back to a ready stance B.

## **Red Belt – 2nd Gup**

Hwa Rang

Kicking Practice – (Front leg fake turning kick, touch down, hook kick, reverse 360 hook kick, reverse punch)

Four Direction Kick – (High twisting kick, back fist, reverse punch)

One-Step Sparring (Review all one steps)

Basic kicks should include:

Basic motion:

Straight leg hook kick or half turning kick

Jump 360 hook kick

Work on all kicks

Close ready stance C

Pushing block with palm

Vertical stance

Downward strike

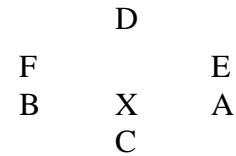
Elbow thrust

## **Red Belt – 2nd Gup**

### **HWA RANG**

29 Movements

Close Ready Stance C



1. Move the left foot to B to form a sitting stance, at the same time executing a middle pushing block to D with a left palm.
2. Execute a middle punch with the right fist, perform in a fast motion.
3. Execute a middle punch with the left fist, perform in a fast motion.
4. Execute a twin forearm block while forming a left L-stance toward A pivoting with the left foot.
5. Execute an upward punch with the left fist while pulling a right side fist I front of the left shoulder.
6. Execute a middle punch with the right fist while forming a fixed stance sliding to A.
7. Execute a downward strike to A with a right knife-hand while forming a left vertical stance pulling the right foot.
8. Move the left foot to A, forming a left walking stance while executing a middle punch with the left fist.
9. Move the left foot to D, forming a left walking stance, at the same time executing a low block with the left forearm.
10. Move the right foot to D, forming a right walking stance, at the same time executing a middle punch with the right fist.
11. Pull the left foot toward the right foot, at the same time bringing the left palm on the right forefist, bending the right elbow slightly.
12. Execute a middle side piercing kick to D with the right foot while pulling both hands in the opposite direction and then lower it to D forming a left L-stance at the same time executing a middle side strike with a right knife-hand.
13. Move the left foot to D forming a left walking stance, at the same time executing a middle punch with the left fist.
14. Move the right foot to D forming a right walking stance while executing a middle punch with the right fist.
15. Move the left foot to E forming a right L-stance, at the same time executing a middle guarding block with a knife-hand.
16. Move the right foot to E forming a right walking stance, at the same time executing a middle thrust with a right straight fingertip.
17. Move the right foot to line EF, forming a right L-stance toward F while executing a middle guarding block with a knife-hand.
18. Execute a high turning kick with the right foot and then lower it to F, perform in a fast motion.
19. Execute a high turning kick with the left foot and then lower it to F forming a right L-stance, at the same time executing a middle guarding block with a knife-hand, perform in a fast motion.

## **Red Belt – 2nd Gup**

### **HWA RANG (Cont'd.)**

20. Move the left foot to C, forming a left walking stance while executing a low block with the left forearm.
21. Execute a middle punch with the right fist while forming a right L-stance pulling the left foot.
22. Move the right foot to C, forming a left L-stance, at the same time executing a middle punch with the left fist.
23. Move the left foot to C, forming a right L-stance, at the same time executing a middle punch with the right fist.
24. Execute a pressing block with an x-fist while forming a left walking stance, slipping the left foot.
25. Move the right foot to C in a sliding motion, forming a right L-stance toward D while thrusting to C with the right side elbow.
26. Bring the left foot to the right foot turning counter-clockwise to form a close stance toward B, at the same time executing a middle block with the right inner forearm and a low block with the left forearm.
27. Change the position of the hands.
28. Move the left foot to B forming a right L-stance, at the same time executing a middle block with knife-hand.
29. Bring the left foot to the right foot and then move the right foot to A, forming a left L-stance, at the same time executing a middle guarding block with a knife-hand and ki-hap.

Bring the right foot back to a ready stance C.

## **Black Stripe – 1st Gup**

Choong Moo

Kicking Practice – (Front leg fake hook kick, turning kick, reverse turning 360 degree kick, reverse punch)

Two Direction Kick – (Jump 360 back kick, reverse punch opposite direction)

One-Step Sparring (Review all one steps)

Basic kicks should include:

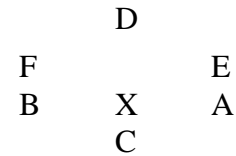
Work on all kicks

## **Black Stripe – 1st Gup**

### **CHOONG MOO**

30 Movements

Parallel Ready Stance



1. Move the left foot to B, forming a right L-stance while executing a twin knife-hand block.
2. Move the right foot to B, forming a right walking stance, at the same time executing a high front strike with a right knife-hand and bring the left backhand in front of the forehead.
3. Move the right foot to A, forming a left L-stance, at the same time executing a middle guarding block with a knife-hand.
4. Move the left foot to A, forming a left walking stance while executing a high thrust with a left flat fingertip.
5. Move the left foot to D, forming a right L-stance, at the same time executing a middle guarding block with a knife-hand.
6. Turn the face to C forming a left bending ready stance to A.
7. Execute a middle side piercing kick to C with the right foot.
8. Lower the right foot to C, forming a right L-stance toward D while executing a middle guarding block with a knife-hand.
9. Execute a flying side piercing kick to D with the right foot in double motion and land to D, forming a left L-stance, at the same time executing a middle guarding block with a knife-hand.
10. Move the left foot to E, forming a right L-stance while executing a low block with the left forearm.
11. Extend both hands upward as if to grab the opponent's head while forming a left walking stance, slipping the left foot.
12. Kick upwards with the right knee while pulling both hands downwards.
13. Lower the right foot to the left foot and then move the left foot to F forming a left walking stance, at the same time executing a high front strike with the right reverse knife-hand and bring the left backhand under the right elbow.
14. Execute a high turning kick with the right foot, then lower it to the left foot, perform in a fast motion.
15. Execute a middle back piercing kick to F with left foot, perform in a fast motion.
16. Lower the left foot to F, forming a left L-stance toward E at the same time executing a middle guarding block with the forearm.
17. Execute a middle turning kick with the left foot (between D and E).
18. Lower the left foot to the right foot and then move the right foot to C forming a fixed stance toward C while executing a U-shape block.
19. Jump and turn around counter-clockwise, landing on the same spot to form a left L-stance toward C while executing a middle guarding block with a knife-hand.
20. Move the left foot to C, forming a left walking stance while executing a low thrust with a right upset fingertip.

## **Black Stripe – 1st Gup**

### **CHOONG MOO (Cont'd.)**

21. Execute a high strike to D with a right back fist and a low block with the left forearm while forming a right L-stance, pulling the left foot.
22. Move the right foot to C forming a right walking stance while executing a middle thrust with a right straight fingertip.
23. Move the left foot to B forming a left walking stance, at the same time executing a high block with a left double forearm.
24. Move the right foot to B to form a sitting stance toward C, at the same time executing a middle front block with the right outer forearm, then a high side strike to B with a right back fist.
25. Execute a middle side piercing kick to A with the right foot and then lower it to A.
26. Execute a middle side piercing kick to A with the left foot.
27. Lower the left foot to A, then execute a middle side block with an X-knife-hand while forming a left L-stance toward B, pivoting with the left foot.
28. Move the left foot to B forming a left walking stance while executing an upward block with both palms.
29. Move the left foot on line AB and then execute a rising block with the right forearm while forming a right walking stance toward A.
30. Execute a middle punch with the left fist and ki-hap.

Bring the left foot back to ready stance.



## **Red/Black Belt – 1<sup>st</sup> Dan Candidate**

Chon Ji  
Dan Gun  
Do San  
Won Hyo  
Choong Moo

Two Direction Kick – (Jump 360 hook kick, reverse punch opposite direction)  
One-Step Sparring (Review all one steps)

Basic kicks should include:

Work on all kicks

## **Black Belt – 1<sup>st</sup> Dan**

Ge-Baek  
Kwang-Gae  
Po-Eun

### Four Direction Kick

Begin from fighting stance.  
To right side – step with right foot and execute left reverse hook kick.  
Left reverse punch to opposite side.  
To left side – step with left foot and execute right reverse hook kick.  
Right reverse punch to opposite side.  
To back – step with right foot and execute left reverse hook kick.  
Left reverse punch to front.  
To front, step with left foot and execute right 360 reverse hook kick.  
Spin all the way through.  
Right reverse punch to front.

### Kicking Practice

Begin in fighting stance.  
Twisting kick, front kick, diagonal kick, turning kick, side kick, hook kick, set foot in front, reverse hook kick with other foot, side kick, turning kick, diagonal kick, front kick, twisting kick, back kick to back, without setting foot down, jump back kick with right foot, reverse punch.

## **Black Belt – 1<sup>st</sup> Dan**

### Free Sparring Pattern

B  
X  
A

Begin from Parallel Ready Stance.

1. Right front snap kick, step back to right L-stance, left side kick, right reverse hooking kick, left reverse hooking kick, right reverse punch to B.
2. Right diagonal kick, left twisting kick, right fake turning kick, left reverse punch to B.
3. Left jump away 180 back kick, right back kick, left reverse punch to B.
4. Hop slide back, left diagonal kick, hop slide back, right diagonal kick, left reverse punch, slide back, left reverse punch to B.
5. Jump left reverse hooking kick, right reverse hooking kick, left reverse punch to B.
6. Jump inside left crescent kick, jump inside right crescent kick, left reverse punch, right hooking punch to B.
7. Left inside sweep, right back kick, left short reverse punch to B.
8. Left reverse turning 360 kick, right side kick, right back fist two times, left reverse punch, hop changing position, left back fist two times, right reverse punch to B.
9. Jump right back kick 180 to B, 360 jump left back kick to A, right reverse punch ki-hap.
10. Jump left front snap kick, slide back, right diagonal kick, jump right twisting kick, left reverse punch to A.
11. Jump back, at the same time execute two right back fists, left reverse punch while in the air, jump back an turning 180, two left back fists and right reverse punch, in the air to A.
12. Jump 360 left reverse hooking kick, right fake hooking kick, left short reverse punch to A.
13. Jump 360 right reverse hooking kick, left fake hooking kick, right reverse punch to A.
14. Left foot step to B, feet close together, left punch to B.
15. Right back kick to A, right foot step to B, left back kick, left foot step to A, right reverse punch to A.
16. Jump right diagonal kick to A, jump left diagonal kick to A.
17. Jump right side kick, jump left back kick, right reverse punch all to B, ki-hap.

Bring right foot up to parallel ready stance.

## **Black Belt – 1<sup>st</sup> Dan**

### **GE-BAEK**

44 Movements

Parallel Ready Stance

D

B X A

C

1. Move the right foot to C, forming a right L-stance toward D while executing a middle block to D with an X-knife-hand.
2. Execute a low twisting kick to D with the right foot, keeping the position of the hands as they were in 1.
3. Lower the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.
4. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D. Perform 3 and 4 in a fast motion.
5. Move the right foot to C, forming a left walking stance toward D while executing a rising block to D with the left forearm.
6. Execute a low block to D with the left forearm while maintaining a left walking stance toward D. Perform 5 and 5 in a continuous motion.
7. Execute a high block to AD with a double arc-hand while looking through it, maintaining a left walking stance toward D.
8. Turn the face toward D while forming a right bending ready stance A toward D.
9. Lower the left foot to AD to form a sitting stance toward AC while executing a scooping block to AC with the left palm.
10. Execute a middle punch to AC with the right fist while maintaining a sitting stance toward AC. Perform 9 and 10 in a continuous motion.
11. Execute a front strike to AC with the left back fist while maintaining a sitting stance toward AC.
12. Move the right foot to line AB, and then move the left foot to C, forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand.
13. Execute a low side front snap kick to C with the left foot, keeping the position of the hands as they were in 12.
14. Lower the left foot to C, forming a left low stance toward C while executing a high thrust to C with the left flat fingertip.
15. Execute a high thrust to C with the right flat fingertip while maintaining a left low stance toward C.
16. Execute a middle side piercing kick to C with the right foot while pulling both hands in the opposite direction.
17. Lower the right foot to C, forming a right L-stance toward D while executing a middle guarding block to D with the forearm.
18. Move the right foot to D, turning counter-clockwise to form a right L-stance toward C while executing a middle guarding block to C with the forearm.
19. Move the left foot to D, turning counter-clockwise to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand.

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### **GE-BAEK (Cont'd.)**

20. Move the left foot on line CD to form a sitting stance toward A while executing a right 9-shape block to A.
21. Move the right foot to D, turning counter-clockwise to form a left walking stance toward C while executing a low block to C with the left knife-hand.
22. Execute a middle turning kick to C with the right foot and then lower it to C.
23. Execute a flying side piercing kick to C with the right foot. Perform 22 and 23 in a fast motion.
24. Land to C to form a right walking stance toward C while executing a high vertical punch to C with a twin fist.
25. Execute a high block to AC with a double arc-hand while looking through it, maintaining a right walking stance toward C.
26. Execute an upset punch to C with the left fist while maintaining a right walking stance toward C. Move the right foot on line CD, forming a left walking stance toward D while striking the left palm with the right front elbow.
27. Move the right foot on line CD, forming a left walking stance toward D while striking the left palm with the right front elbow.
28. Jump to D, forming a right X-stance toward BD while executing a high block to D with the right double forearm.
29. Move the left foot to BC to form a sitting stance toward BD, at the same time executing a scooping block to BD with the right palm.
30. Execute a middle punch to BD with the left fist while maintaining a sitting stance toward BD. Perform 29 and 30 in a continuous motion.
31. Execute a front strike to BD with the right back fist while maintaining a sitting stance toward BD.
32. Move the left foot to C, forming a left walking stance toward C, at the same time executing a high front strike to C with the right reverse knife-hand.
33. Move the left foot to A about half a shoulder width while executing a middle turning kick to C with the right foot.
34. Lower the right foot to C, and then turn counter-clockwise to form a left walking stance toward D, pivoting with the right foot while executing a high vertical punch to D with a twin fist.
35. Execute a middle punch to D with the right middle knuckle fist, bringing the left side fist in front of the right shoulder while forming a right L-stance toward D, pulling the left foot.
36. Move the right foot to D to form a sitting stance toward B, at the same time executing a left 8-shape block to B.
37. Execute a low guarding block to C with a reverse knife-hand while maintaining a sitting stance toward B.
38. Execute a low guarding block to D with a knife-hand while maintaining a sitting stance toward B. Perform 37 and 38 in a continuous motion.
39. Move the left foot to D in a stamping motion to form a sitting stance toward A while executing a W-shape block to D with the outer forearm.

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### **GE-BAEK (Cont'd.)**

40. Move the left foot to C in a stamping motion to form a sitting stance toward B while executing a W-shape block to C with the outer forearm.
41. Move the right foot to C forming a right walking stance toward C while executing a rising block to C with the right forearm.
42. Execute a middle punch to C with the left fist while maintaining a right walking stance toward C.
43. Move the right foot on line CD, forming a left walking stance toward D while executing a rising block to D with the left forearm.
44. Execute a middle punch to D with the right fist while maintaining a left walking stance toward D.

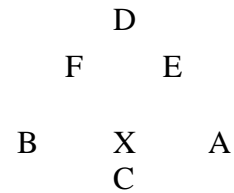
Bring the right foot back to a ready posture.

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### **KWANG-GAE**

39 Movements

Parallel Stance with a Heaven Hand



1. Bring the left foot to the right foot, forming a close ready stance B toward D, bringing both hands in a circular motion.
2. Move the left foot to D, forming a left walking stance towards D while executing an upset punch to D with the right fist. Perform in a slow motion.
3. Move the right foot to D, forming a right walking stance toward D while executing an upset punch to D with the left fist. Perform in a slow motion.
4. Move the left foot to the side front of the right foot, and then move the right foot to D, forming a right walking stance toward D, at the same time executing a high hooking block to D with the right palm. Perform in a double stepping motion.
5. Move the right foot to C in a sliding motion to form a right L- stance toward D, while executing a low guarding block with a knife-hand.
6. Move the right foot to the side front of the left foot and then move the left foot to D, forming a left walking stance toward D while executing a high hooking block to D with the left palm. Perform in a double stepping motion.
7. Move the left foot to C in a sliding motion forming a left L-stance toward D while executing a low guarding block to D with a knife-hand.
8. Move the left foot to D, forming a right rear foot stance toward D while executing a high guarding block to D with a knife-hand.
9. Move the right foot to D, forming a left rear foot stance toward D while executing a high guarding block to D with a knife-hand.
10. Move the left foot to the side front of the right foot and then turn counter-clockwise, pivoting with the left foot, to form a left walking stance toward C while executing an upward block to C with the right palm. Perform in a slow motion.
11. Move the right foot to C, forming a right walking stance toward C while executing an upward block to C with the left palm. Perform in a slow motion.
12. Execute a low front block with the right knife-hand in a circular motion, hitting the left palm while bringing the left foot to the right foot, to form a close stance toward C.
13. Execute a pressing kick to E with the left foot, keeping the position of the hands as they were in 12.
14. Execute a middle side piercing kick to E with the left foot, keeping the position of the hands as they were in 13. Perform 13 and 14 as a consecutive kick.
15. Lower the left foot to E, forming a right L-stance toward E while executing a high inward strike to E with the right knife-hand and bringing the left side fist in front of the right shoulder.
16. Execute a downward strike to E with the left side fist while forming a close stance toward C, pulling the left foot to the right foot.
17. Execute a pressing kick to F with the right foot, keeping the position of the hands as they were in 16.

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### **KWANG\_GAE (Cont'd.)**

18. Execute a middle side piercing kick to F with the right foot, keeping the position of the hands as they were in 17. Perform 17 and 18 as a consecutive kick.
19. Lower the right foot to F, forming a left L-stance toward F while executing a high inward strike to F with the left knife-hand and bringing the right side fist in front of the left shoulder.
20. Execute a downward strike to F with the right side fist while forming a close stance toward C, pulling the right foot to the left foot.
21. Move the left foot to C, forming a left low stance toward C while executing a pressing block to C with the right palm. Perform in a slow motion.
22. Move the right foot to D, forming a right low stance toward C while executing a pressing block to C with the left palm. Perform in a slow motion.
23. Move the right foot to D in a stamping motion to form a sitting stance toward F while executing a high side strike to D with the right back fist.
24. Execute a middle block to D with the right double forearm while forming a right walking stance toward D, pivoting with the left foot.
25. Execute a low reverse block to D with the left forearm while shifting to C, maintaining a right walking stance toward D, keeping the position of the right hand as it was in 24.
26. Execute a high thrust to D with the right flat fingertip while forming a right low stance toward D, slipping the right foot to D. Perform in a slow motion.
27. Move the left foot on line CD in a stamping motion to form a sitting stance toward F while executing a high side strike to C with the left back fist.
28. Execute a middle block to C with the left double forearm while forming a left walking stance toward C, pivoting with the left foot.
29. Execute a low reverse block to C with the right forearm while shifting to D, maintaining a left walking stance toward C, keeping the position of the left hand as it was in 28.
30. Execute a high thrust to C with the left flat fingertip while forming a left low stance toward C, slipping the left foot to C. Perform in a slow motion.
31. Move the right foot to C in a stamping motion, forming a right walking stance toward C while executing a high vertical punch to C with a twin fist.
32. Move the left foot to A in a stamping motion, forming a left walking stance toward A while executing an upset punch to A with a twin fist.
33. Execute a middle front snap kick to A with the right foot, keeping the position of the hands as they were in 32.
34. Lower the right foot to the left foot, and then move the left foot to A to form a left L-stance toward B while executing a middle guarding block to B with a knife-hand.
35. Move the left foot to B, forming a left walking stance toward B while executing a high punch to B with the left fist.
36. Move the right foot to B in a stamping motion, forming a right walking stance toward B while executing an upset punch to B with a twin fist.



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### **KWANG-GAE (Cont'd.)**

37. Execute a middle front snap kick to B with the left foot, keeping the position of the hands as they were in 36.
38. Lower the left foot to the right foot, and then move the right foot to B to form a right L-stance toward A at the same time executing a middle guarding block to A with a knife-hand.
39. Move the right foot to A, forming a right walking stance toward A while executing a high punch to A with the right fist.

Bring the left foot back to a ready posture.

## **Black Belt – 1<sup>st</sup> Dan**

### **PO-EUN**

36 Movements

Parallel Stance with a Heaven Hand

	D	
B	X	A
	C	

1. Move the left foot to B, forming a right L-stance toward B while executing a middle guarding block to B with the forearm.
2. Pull the right foot to the left knee joint to form a left one-leg stance toward D, at the same time lifting both fists while turning the face toward A.
3. Execute a pressing kick to A with the right foot keeping the position of the hands as they were in 2 while maintaining a left one leg stance toward D.  
Perform 3 through 11 in a fast motion.
4. Lower the right foot to A to form a sitting stance toward D while executing a middle strike to A with the right knife-hand.
5. Execute an angle punch with the left fist, maintaining a sitting stance toward D.
6. Execute a pressing block with the left forefist while executing a middle side front block with the right inner forearm, maintaining a sitting stance toward D.
7. Execute a pressing block with the right forefist and a middle side front block with the left inner forearm while maintaining a sitting stance toward D.
8. Execute a middle wedging block with the inner forearm while maintaining a sitting stance toward D.
9. Thrust to C with the right back elbow, supporting the right forefist with the left palm, keeping the face as it was in 8 while maintaining a sitting stance toward D.
10. Execute a middle punch to D with the right fist, slipping the left palm up to the right elbow joint while maintaining a sitting stance toward D.
11. Thrust to C with the left back elbow, supporting the left forefist with the right palm, keeping the face as it was in 10 while maintaining a sitting stance toward D.
12. Execute a right horizontal punch to A while maintaining a sitting stance toward D.
13. Cross the left foot over the right foot forming a right X-stance toward D while executing a low front block to D with the right outer forearm and bringing the left finger belly on the right under forearm.
14. Move the right foot to A, forming a left L-stance toward A, at the same time executing a U-shape grasp to A.
15. Bring the left foot to the right foot forming a close stance toward D while thrusting with a twin horizontal elbow, turning the face toward B. Perform in a slow motion.
16. Move the left foot to B to form a sitting stance toward D while executing a side back strike to C with the right back fist and extending the left arm to the side-downward.
17. Cross the right foot over the left foot forming a left X-stance toward D while executing a low front block with the left outer forearm and bringing the right finger belly to the left side fist.
18. Move the left foot to B to form a sitting stance toward D while executing a low guarding block to B with a reverse knife-hand.
19. Execute a middle guarding block to A while forming a left L-stance toward A, pivoting with the left foot.

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### **PO-EUN (Cont'd.)**

20. Pull the left foot to the right knee joint, forming a right one-leg stance toward D while executing an upward punch to A with the right fist, turning the face toward B.
21. Execute a pressing kick to B with the left foot, keeping the position of the hands as they were in 20 while maintaining a right one-leg stance toward D. Perform 21 through 29 in a fast motion.
22. Lower the left foot to B to form a sitting stance toward D while executing a middle strike to B with the left knife-hand.
23. Execute an angle punch with the right fist, maintaining a sitting stance toward D.
24. Execute a pressing block with the right forefist and a middle side front block with the left inner forearm while maintaining a sitting stance toward D.
25. Execute a pressing block with the left forefist and a middle side front block with the right inner forearm while maintaining a sitting stance toward D.
26. Execute a middle wedging block with the inner forearm while maintaining a sitting stance toward D.
27. Thrust to C with the left back elbow, supporting the left forefist with the right palm, keeping the face as it was in 26 while maintaining a sitting stance toward D.
28. Execute a middle punch with the left fist, slipping the right palm up to the left elbow joint while maintaining a sitting stance toward D.
29. Thrust to C with the right back elbow, supporting the right forefist with the left palm, keeping the face as it was in 28 while maintaining a sitting stance toward D.
30. Execute a horizontal punch to B with the left fist while maintaining a sitting stance toward D.
31. Cross the right foot over the left foot, forming a left X-stance toward D while executing a low front block with the left outer forearm and bringing the right finger belly on the left under forearm.
32. Move the left foot to B, forming a right L-stance toward B, at the same time executing a U-shape grasp to B.
33. Bring the right foot to the left foot forming a close stance toward D while executing a twin side elbow thrust, turning the face toward A. Perform in a slow motion.
34. Move the right foot to A to form a sitting stance toward D while executing a side back strike to C with the left back fist and extending the right arm to the side-downward.
35. Cross the left foot over the right foot forming a right X-stance toward D while executing a low front block with the right outer forearm and bringing the left finger belly to the right side fist.
36. Move the right foot to A to form a sitting stance toward D while executing a low guarding block to A with a reverse knife-hand.

Bring the left foot back to a ready posture.

## **One Step Sparring (1 through 15)**

Against right hand attack:\*

1. Step forward and to the right with the right foot, forming a sitting stance to the attacker's side, at the same time, block with the left hand while executing a right reverse punch to the attacker's head, followed by a right reverse punch to the attacker's mid-section.
2. Shift to the right with the right foot, execute a left front snap kick to the attacker's mid-section, followed by a right reverse punch to the attacker's head.
3. Shift to the right with the right foot, execute a left side kick to the attacker's mid-section, followed by a right reverse punch to the attacker's head.
4. Step backward with the right foot into an L-stance, execute a left knife hand block, slide in with the front foot and execute a right reverse punch to attacker's chin.
5. Step backward with right foot into an L-stance, execute a left inside forearm block, slide in with the front foot and execute a right reverse punch to attacker's chin.
6. Step backward with the right foot into an L-stance, execute a double knife-hand guarding block, slide in with the front foot and execute a right reverse punch to attacker's chin.
7. Block the attacker's punch with a left outside crescent kick. Immediately execute a right front snap kick to the attacker's mid-section, followed by a left reverse punch to the attacker's chin.
8. Block the attacker's punch with a left outside crescent kick. Immediately execute a right side kick to attacker's mid-section, followed by a left reverse punch to the attacker's chin.
9. Block the attacker's punch with a left outside crescent kick. Immediately execute a right turning kick to the attacker's head, followed by a left reverse punch to the attacker's chin.
10. Step to the right, block with the left hand while punching to the face with the right fist. Grab arm with left hand, grab shoulder with right hand. Pull with right hand while executing knee strike with right knee into mid-section. Lift arm up while sweeping leg with right left and take down. Right reverse punch to face.

## **One Step Sparring (Cont'd.)**

11. Step to left while blocking arm with left palm. Right diagonal kick to mid-section. Grab shoulder with right hand and sweep left with right left and take down. Left reverse punch to face.
12. Step to right, block with left hand while striking to neck with right reverse knife hand. Grab arm with left hand while striking to neck with right short knife hand. Grab shoulder with right hand and sweep leg with right left and take down. Left reverse punch to face.
13. Step back with left foot, shift weight, side kick with right leg to mid section, back kick with left leg to mid section, back fist with left fist, reverse punch with right fist.
14. Step back with left foot, shift weight, side kick with right foot to mid section, high front snap kick with left foot to face, back fist with left fist, reverse punch with right fist.
15. Step back with left foot, shift weight, middle side kick with right foot to mid section, high side kick with right foot to face, back fist with right fist, reverse punch with left fist.

\* Also practice against left hand attack.