

BOP TKD Colour belt handbook

An aid to learning, not a definitive guide: please ask your instructors if you need more information.

About our syllabus and grading schedules:

The focus of our syllabus is the patterns; the technical delivery and the applications of the techniques. It is split into grades to make learning structured and to aid the memorising of many different techniques. The danger with a fixed syllabus is that students learn a choreography that has limited practical use, so we do not have an absolute set list of techniques for gradings: we want to promote good power and understanding. We want our students to become the best martial artists they are capable of being, and flexibility in the syllabus and grading schedules makes the journey more thorough as well as inclusive.

Things to know:

Stances: how we stand

They are essential to our martial art. They help us move into an opponent, and away from danger, giving control over a situation. We measure stances in 'shoulder widths' as a way of making the dimensions relevant to individuals of all sizes. The following is a description of which ones we learn at each grade:-

10th kup:

Attention stance: legs straight, heels together, feet pointing out to create a V shape, outside edges of feet roughly at a 90 degree angle.

Parallel stance: legs straight and one shoulder width apart, outside edge of feet pointing forwards and parallel.

Walking stance: legs shoulder width apart, bodyweight distribution 50-50, front leg and back leg two shoulder-widths apart. Front leg is bent, knee over foot. Back leg is straight. Feet should be pointing forward.

A stance is named after the dominant leg:

Left walking stance = left leg forwards

Right walking stance = right leg forwards

Sitting stance: legs two shoulder widths wide, bodyweight 50-50, both knees bent to approximately 90 degrees, feet pointing straight ahead. Outside edge of feet parallel.

9th kup:

L stance: legs are a half shoulder width apart (measuring from outside edge of front foot to back heel of rear foot), distance from heel of front foot to outer edge of rear foot is approximately one and a half shoulder widths, bodyweight roughly 70 percent back leg, 30 percent front leg. Outside edges of feet are at right angles. Back foot points to side of facing direction, 90 degrees, front foot points forward. Both knees are bent.

The back leg supports most weight so is the dominant leg:

Right L stance = right leg back

Left L stance = left leg back

6th kup:

Closed stance: legs straight, feet together without a gap and pointing forwards.

Fixed stance: legs half a shoulder width apart, distance from front leg to back leg two shoulder widths, bodyweight 50-50, same foot directions as for L stance, front foot is the one pointing in direction of travel.

Bending stance: only one foot on ground (weight distribution 100-0), grounded foot is 90 degrees to direction of travel/technique, supporting leg slightly bent at knee, other knee raised to hip height and pulled 45 degrees across in front, foot tucked in with heel close to supporting leg's knee.

5th kup:

X stance: Supporting leg crossed behind the ankle of dominant leg, with the shin pressed close to the calf of the front leg, acting as a prop. Both knees bent, body is slightly crouched to drop body weight; weight distribution is approximately 95-5.

(At black belt level there is another version of this.)

4th kup:

Rear Foot stance: Dominant back leg straight (bodyweight distribution 95-5) with foot at 90 degrees from direction of travel/technique, front knee bent with ball of foot on floor and heel raised, facing in direction of travel/technique. If both feet were flat on the ground the heels would be roughly a fist's width apart (see Vertical stance).

Low stance: legs shoulder width apart, bodyweight distribution 50-50, front leg and back leg two and a half shoulder-widths apart, ideally. Front leg is bent, knee over foot. Back leg is straight. Feet should be pointing forward. A longer, lower version of walking stance.

2nd kup:

Vertical stance: Feet aligned as for an L stance- back foot points to side of facing direction, 90 degrees, front foot points forward. Heels are one to two fist's widths apart. Weight distribution 50-50, legs straight.

Obverse and reverse techniques:

Obverse = a technique done over the dominant leg eg a right handed punch performed in a right walking stance

Reverse = a technique done over the opposite leg eg a left handed punch performed in a right walking stance. Reverse is also used to describe a technique that uses the opposite side of the attacking tool (hand or foot) eg reverse knifehand.

Changes of direction: footwork

There are various ways of changing direction, these are learnt in our patterns. They are important because they teach us how to move and shift bodyweight for power and balance, correct facing and postures for making techniques effective.

Ways of making techniques powerful:

Kihap! A loud, deep shout that encourages rapid expulsion of air from the lungs, causing the upper body to tense and reinforce the impact of a block or strike.

Hip twist: this movement involves the torso from hips to shoulders, creating a whip effect.

Bodyweight: we learn to drop our weight into a technique to maximise impact.

Reaction hand: keeping both hands in motion, in opposite directions, reinforcing the effect of hip twist.

Speed: acceleration of technique.

Stamping: this is used when there is an absence of hip twist, as a way of utilising bodyweight.

Self defence practice

One step sparring- This introduces the idea of Tae Kwon-Do techniques for self defence. At first the student learns to deal with a simple attack, a straight punch, and it progresses from there.

Sparring

This is the 'sports side' of Tae Kwon-Do, it is not directly for self defence, but it does help students to learn good footwork, it develops reflexes, and is great cardiovascular exercise. We use safety equipment and progress at the student's pace. There is a competition circuit for those who are keen.

Our History: Pattern Meanings

Our Tae Kwon-Do patterns were first put together by Major General Choi Hong Hi and his team in the 29th Infantry Division, in South Korea, in the 1950s. Tae Kwon-Do was born out of the aftermath of invasion, occupation, and war. In these difficult times the Korean people needed the inspiration of their historical figures. This is why each pattern has a meaning, and why it is respectful for us to know those meanings. If you want to know more about these then you can do your own research; also there is a book 'The Time Travelling Tae Kwon-Do Tour Bus' written by Lisa Southard (aka Ma'am) which covers all nine of the colour belt patterns.

Why we learn patterns:

Patterns are common to most traditional martial arts. They help students to learn and remember techniques; they also show us how these techniques might be used to defend ourselves.

When we are learning a pattern we practice the moves slowly to train correct muscle memory. When we know it well enough it should be performed as though we are in a real situation, with accuracy and power.

Asking Questions:

Questions are welcome, especially if you don't understand a technique. We are here to share our knowledge. At the end of this book there is a list of the sort of questions we use to test how well we have managed to teach you.

The Five Tenets:

These are our 'rules to live by.' They are intended to guide us through life and training.

- 1: Courtesy - be polite
- 2: Integrity - be honest, especially with yourself
- 3: Perseverance - don't give up
- 4: Self control - be in control of your behaviour and techniques
- 5: Indomitable spirit - be brave

10th Kup

Four Directional Punch: Saju Jirugi

- This exercise has 15 moves.
- It teaches how to turn and block.
- It uses a pivot turn.
- 10th kups learn two versions of this.
- Saju Jirugi 1 uses low block.
- Saju Jirugi 2 uses middle block.

Higher grades can use this format to practice new techniques.

Saju Chagi: Four Directional Kick uses the same changes of direction to practice kicking and turning. L stance can be used in place of walking stance.

Saju Jirugi 1

Start position: Parallel ready stance

Move	Technique	Section	Stance	Direction
1	Obverse punch	Middle	Right Walking Stance	Forward
2	Outer forearm block	Low	Left Walking	Turn left Pivot 90 on left foot
3	Obverse punch	Middle	Right Walking Stance	Forward
4	Outer forearm block	Low	Left Walking	Turn left Pivot 90 on left foot
5	Obverse punch	Middle	Right Walking Stance	Forward
6	Outer forearm block	Low	Left Walking	Turn left Pivot 90 on left foot
7	Obverse punch	Middle	Right Walking Stance	Forward

8	-	-	Parallel ready stance	Return to start position
9	Obverse punch	Middle	Left Walking Stance	Forward
10	Outer forearm block	Low	Right Walking	Turn tight Pivot 90 on right foot
11	Obverse punch	Middle	Left Walking Stance	Forward
12	Outer forearm block	Low	Right Walking	Turn tight Pivot 90 on right foot
13	Obverse punch	Middle	Left Walking Stance	Forward
14	Outer forearm block	Low	Right Walking	Turn tight Pivot 90 on right foot
15	Obverse punch	Middle	Left Walking Stance	Forward

Saju Jirugi 2

Start position: Parallel ready stance

Move	Technique	Section	Stance	Direction
1	Obverse punch	Middle	Right Walking Stance	Forward
2	Inner forearm block	Middle	Left Walking	Turn left Pivot 90 on left foot
3	Obverse punch	Middle	Right Walking Stance	Forward
4	Inner forearm block	Middle	Left Walking	Turn left Pivot 90 on left foot
5	Obverse punch	Middle	Right Walking Stance	Forward
6	Inner forearm block	Middle	Left Walking	Turn left Pivot 90 on left foot
8	-	-	Parallel ready stance	Return to start position
9	Obverse punch	Middle	Left Walking Stance	Forward
10	Inner forearm block	Middle	Right Walking	Turn tight Pivot 90 on right foot
11	Obverse punch	Middle	Left Walking Stance	Forward
12	Inner forearm block	Middle	Right Walking	Turn tight Pivot 90 on right foot
13	Obverse punch	Middle	Left Walking Stance	Forward
14	Inner forearm block	Middle	Right Walking	Turn tight Pivot 90 on right foot

15	Obverse punch	Middle	Left Walking Stance	Forward
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Other techniques to learn and practise as line work and for self defence:

Sitting stance, front punch

Walking stance, front snap kick, landing with a low block

Moving forwards and backwards in walking stance, with low block

Moving forwards and backwards in walking stance, with middle block

Moving forwards and backwards in walking stance, with obverse punch

Korean Terminology:

Stance: sogi

Attention: charyot

Parallel: Narani

Ready: Chunbi

Sitting: Annun

Walking: Gunnun

Low section: Najunde

Middle section: Kaunde

High section: Nopunde

Outer: Bakat

Inner: An

Hand: Son

Punch: Jirugi

Block: Makgi

Forearm: Palmok

Foot: Bal

Kick: Chagi

Front snap kick: Ap **Chabusigi**

Numbers 1-10:

Training suit: dobok

Training hall: dojang

9th Kup

Chon Ji: 19 moves

Meaning:

- literally means Heaven and Earth
- represents the creation of the Earth
- represents the beginning of human history
- represents the start of your Tae Kwon Do journey
- has 2 similar parts, one for Heaven and one for Earth

Start position: Parallel Ready Stance

Move	Technique	Section	Stance	Direction
1	Outer forearm block	Low section	Walking Stance (WS)	Turn left 90 Left foot moves, right foot pivots
2	Obverse punch	Middle section	WS	Forward
3	Outer forearm block	Low section	WS	Turn right 180 Right foot moves, left foot pivots
4	Obverse punch	Middle section	WS	Forward
5	Outer forearm block	Low section	WS	Turn left 90 Left foot moves, right foot pivots
6	Obverse punch	Middle section	WS	Forward
7	Outer forearm block	Low section	WS	Turn right 180 Right foot moves, left foot pivots
8	Obverse punch	Middle section	WS	Forward
9	Inner forearm	Middle section	L Stance (LS)	Turn left 90

	block			Left foot moves, right foot pivots
10	Obverse punch	Middle section	LS	Forward
11	Inner forearm block	Middle section	LS	Turn right 180 Right foot moves, left foot pivots
12	Obverse punch	Middle section	WS	Forward
13	Inner forearm block	Middle section	LS	Turn left 90 Left foot moves, right foot pivots
14	Obverse punch	Middle section	WS	Forward
15	Inner forearm block	Middle section	LS	Turn right 180 Right foot moves, left foot pivots
16	Obverse punch	Middle section	WS	Forward
17	Obverse punch	Middle section	WS	Forward
18	Obverse punch	Middle section	WS	Backward
19	Obverse punch	Middle section	WS	Backward

Stances: Walking Stance, **L Stance**

Blocks: Low Outer Forearm Block, Middle Inner Forearm Block

Attacks: Obverse Punch

Other techniques to learn and practise as line work and for self defence:

Sitting stance, double punch

L stance, front leg turning kick, land with knifehand guarding block

Moving forwards and backwards:

Walking stance, front snap kick, double punch (forwards)

Walking stance, low block, rising block

L stance, knifehand strike

L stance, knifehand block

Korean Terminology:

L stance: Niunji sogi

Double punch: Do jirugi

Turning kick: Dollio chagi

Knifehand: sonkal

Guarding block: daebi makgi

Rising block: chookio makgi

Strike: Taerigi

Obverse: Barro

Reverse: Bandae

Left: Wen

Right: Orun

8th Kup

Dan Gun: 21 moves

Meaning:

- Named after Holy Dan Gun
- He was the legendary founder of Korea
- He started the country of Korea in 2333 BC

Start position: Parallel Ready Stance

Move	Technique	Section	Stance	Direction
1	Knifehand Guarding Block	Middle	L	Left 90
2	Obverse Punch	High	W	Forward
3	Knifehand Guarding Block	Middle	L	Right 180
4	Obverse Punch	High	W	Forward
5	Outer Forearm Block	Low	W	Left 90
6	Obverse Punch	High	W	Forward
7	Obverse Punch	High	W	Forward
8	Obverse Punch	High	W	Forward
9	Twin Outer Forearm Block	Mid/High	L	Left 270
10	Obverse Punch	High	W	Forward
11	Twin Outer Forearm Block	Mid/High	L	Right 180

12	Obverse Punch	High	W	Forward
13	Outer Forearm Block	Low	W	Left 90
14	Forearm Rising Block	High (continuous)	W	-
15	Forearm Rising Block	High	W	Forward
16	Forearm Rising Block	High	W	Forward
17	Forearm Rising Block	High	W	Forward
18	Knifehand Strike	Middle	L	Left 270
19	Obverse Punch	High	W	Forward
20	Knifehand Strike	Middle	L	Right 180
21	Obverse Punch	High	W	Forward

Stances: Walking Stance, L Stance

Blocks: **Knifehand Guarding Block, Twin Outer Forearm Block**

Low Section Outer Forearm Block

Attacks: Obverse Punch **High Section, Knifehand Strike**

Other techniques to learn and practise as line work and for self defence:

L stance, front leg side kick, land forearm guarding block

Moving forwards and backwards:

L stance, turning kick, knifehand guarding block (forwards)

L stance, twin forearm block

Walking stance, straight spearfinger thrust (forwards)

Walking stance, wedging block

L stance, inwards outer forearm block

Korean Terminology:

Twin: sang

Outer forearm: bakat palmok

Turning kick: dollio chagi

Straight: son

Spearfinger: sonkut

Thrust: tulgi

Wedging: Hechio

Forwards: appro

Backwards: dwirro kagi

7th Kup

Do San: 24 moves

Meaning:

- Pseudonym (fake name) of Ahn Chang Ho
- He was born in 1876 and died in 1938
- He devoted his life to the education and independence of Korea

Start position: Parallel Ready Stance

Move	Technique	Section	Stance	Direction
1	Outer Forearm Block	High	W	Left 90
2	Reverse Punch	Middle	W	-
3	Outer Forearm Block	High	W	Right 180
4	Reverse Punch	Middle	W	-
5	Knifehand Guarding Block	Middle	L	Left 90
6	Straight Fingertip Thrust	Middle	W	Forward
7	Release move, into-	-	-	-
-	Backfist Side Strike	High	W	Left 360
8	Backfist Side Strike	High	W	Forward
9	Outer Forearm Block	High	W	Left 270
10	Reverse Punch	Middle	W	-
11	Outer Forearm	High	W	Right 180

	Block			
12	Reverse Punch	Middle	W	-
13	Outer Forearm Wedging Block	High	W	Left 135
14	Front snap kick	Middle	-	Forward
15	Obverse Punch (fast)	Middle	W	-
16	Reverse Punch (fast)	Middle	W	-
17	Outer Forearm Wedging Block	High	W	Right 90
18	Front Snap Kick	Middle	-	Forward
19	Obverse Punch (fast)	Middle	W	-
20	Reverse Punch (fast)	Middle	W	-
21	Forearm Rising Block	High	W	Left 45
22	Forearm Rising Block	High	W	Forward
23	Knifehand Strike	Middle	S	Left 270
24	Knifehand Strike	Middle	S	Step in, foot to foot, step out, to the right

Stances: Walking Stance, L Stance, **Sitting Stance**

Blocks: **High Section Outer Forearm Block**, Knifehand Guarding Block, **Outer Forearm Wedging Block**, Forearm Rising Block

Attacks: **Reverse Punch, Straight Fingertip Thrust, Backfist Side Strike**, Obverse Punch, **Front Snap Kick**, Knifehand Strike

Other: **Release Move**

Other techniques to learn and practise as line work and for self defence:

Moving forwards:

L stance, side kick, forearm guarding block

L stance, same leg: front snap kick, turning kick

Moving forwards/backwards:

Walking stance, high section backfist strike

Walking stance, high section outer forearm side block, middle section reverse punch

L stance, twin forearm block, high section inwards knifehand strike

Korean Terminology:

Backfist: dung joomuk

Side: yop

Strike: taerigi

Release move: jap yasol tie

Inwards: anaero

6th Kup

Won Hyo: 28 moves

Meaning-

- Won Hyo was a monk
- promoted Buddhism
- 668AD

Start position: Closed Stance A

Move	Technique	Section	Stance	Direction
1	Twin forearm block	High & middle	L	Left 90
2	Inwards Knifehand strike, right hand	High	L	-
3	Side punch, left hand	Middle	Fixed	Slip left foot
4	Twin forearm block	Hing and middle	L	Left foot to right foot, right 180
5	Inward knifehand strike, left hand	High	L	-
6	Side punch, right hand	Middle	Fixed	Slip right foot
7	Forearm guarding block	Middle	Bending stance, right leg	Left 90
8	Side kick	Middle	-	Forward
9	Knifehand guarding block	Middle	L	Forward
10	Knifehand guarding block	Middle	L	Forward

11	Knifehand guarding block	Middle	L	Forward
12	Straight fingertip thrust, right hand	Middle	Walking	Forward
13	Twin forearm block	High/middle	L	Left 270, spin on right foot
14	Inward knifehand strike, right hand	High	L	-
15	Side punch, left hand	Middle	Fixed	Slip left foot
16	Twin forearm block	High/middle	L	Left foot to right foot. Right foot 180
17	Inwards Knifehand strike, left hand	High	L	-
18	Side punch, right hand	Middle	Fixed	Slip right foot
19	Circular block, right hand	Middle/low	Left Walking	Left 90 (back towards starting point)
20	Front snap kick	Low	-	Forward
21	Reverse punch	Middle	Right Walking	Forward
22	Circular block, left hand	Middle/low	-	-
23	Front snap kick	low	-	Forward
24	Reverse punch	Middle	Left Walking	-
25	Forearm guarding block	Middle	Bending Stance. left leg	Forward

26	Side kick, right leg	Middle	-	-
27	Forearm guarding block	Middle	Right L	270 left, spin on right foot
28	Forearm guarding block	Middle	Left L	Left foot to right foot, right foot 180

Stances: **Closed Ready Stance**, L Stance, **Fixed Stance**, **Bending Stance**, Walking Stance

Blocks: Twin forearm block, Forearm guarding block, Knifehand guarding block, **Circular block**

Attacks: Inward knifehand strike, Side punch, Side kick, Straight spearfinger thrust, front snap kick (**low section**)

Other: Reverse twist used in performing circular block

Other techniques to learn and practise as line work and for self defence:

Moving forwards:

L stance, same leg: turning kick, side kick, forearm guarding block

Bending stance, side kick, land L stance knifehand guarding block

L stance, reverse side kick, forearm guarding block

Moving forwards/backwards:

Fixed stance, side punch

L stance, inwards outer forearm block, shift to walking stance, high section backfist strike

Walking stance, circular block

Static:

Focus kicks, in Instructor's time- turning kick, side kick

Korean Terminology:

Closed: moa

Ready: chunbi

Fixed: gulong

Bending: goburyo

Circular: dollimio

Consecutive kicks: yonsak chagi

5th Kup

Yul Gok: 38 moves

Meaning

- pseudonym (fake name) of Yi I
- He was a 16th century philosopher and scholar
- He was born on the 38th degree latitude
- Diagram represents the symbol for scholar

Start position: Parallel Ready Stance

Move	Technique	Section	Stance	Direction
1	Left hand slow focus punch	Middle	Sitting	Left leg slides left
2	Right punch (fast)	Middle	Sitting	-
3	Left punch (fast)	Middle	Sitting	-
4	Right hand slow focus punch	Middle	Sitting	Left leg returns to mark, right leg slides out
5	Left punch (fast)	Middle	Sitting	-
6	Right punch (fast)	Middle	Sitting	-
7	Inner forearm block	High	Right Walking	Right 45
8	Front snap kick, left leg	Low	-	Forward
9	Obverse punch (fast)	Middle	Left Walking	-
10	Reverse punch (fast)	Middle	Left Walking	-
11	Inner forearm	High	Left Walking	Left 90

	block			
12	Front snap kick, right leg	Low	-	Forward
13	Obverse punch (fast)	Middle	Right Walking	-
14	Reverse punch (fast)	Middle	Right Walking	-
15	Obverse hooking block	High	Right Walking	Right 45
16	Reverse hooking block	High	Right Walking	-
17	Obverse punch	Middle	Right Walking	-
18	Obverse hooking block	High	Left walking	Forward
19	Reverse hooking block	High	Left Walking	-
20	Obverse punch	Middle	Left Walking	-
21	Obverse punch	Middle	Right Walking	Forward
22	Forearm guarding block	Middle	Bending, right leg	Forward
23	Side kick, left leg	Middle	-	Forward
24	Right front elbow strike	High	Left Walking	Forward
25	Forearm guarding block	Middle	Left Bending	180, facing back towards mark
26	Side kick, right leg	Middle	-	Forward
27	Left front elbow strike	High	Right Walking	Forward
28	Twin	High/Middle	Right L	90 to left

	knifehand block			
29	Straight spear finger thrust, right hand	Middle	Right Walking	Forward
30	Twin knifehand block	High/Middle	Left L	180 to right
31	Straight spearfinger thrust, left hand	Middle	Left L	Forward
32	Outer forearm block, obverse	High	Left Walking	90 to left
33	Reverse punch	Middle	Left Walking	-
34	Outer forearm block, obverse	High	Right Walking	Forward
35	Reverse punch	Middle	Right Walking	-
36	Backfist strike	High	Left X	Forward, jumping
37	Double forearm block	High	Right Walking	270 to the right
38	Double forearm block	High	Left Walking	Step right foot back to mark, left foot 180 to the left

Stances: Parallel ready stance, Sitting stance, Walking stance, Bending stance, L stance, **X stance**

Blocks: High section Inner forearm block, **hooking block**, **twin knifehand block**, high section outer forearm block, **double forearm block**

Attacks: **Front punch**, front snap kick, double punch, side kick, **front elbow strike**, straight spearfinger thrust, reverse punch, backfist side strike

Other: **Focus punch; jump to cover distance**

Other techniques to learn and practise as line work and for self defence:

Moving forwards:

L stance, same leg, side kick, hooking kick, forearm guarding block

L stance, front leg side kick, back leg reverse side kick

L stance, turning kick, reverse turning kick, forearm guarding block

Moving forwards/backwards:

Walking stance, high section double forearm block

Walking stance, double hooking block, obverse punch

Walking stance, X fist pressing block

L stance, upward palm block

Focus kick, in student's time: reverse side kick.

Korean Terminology:

X: kyocha

Hooking: golcha

Twin knifehand: sang sonkal

Double forearm: Do palmok

Front punch: ap jirugi

Elbow: palkup

Jump: twiggy

Reverse side kick: bandae yop chagi

Upward: Ollio

Palm: sonbadak

Pressing: Nullo

4th Kup

Joon Gun: 32 moves

Meaning:

-Ahn Joon Gun assassinated the Japanese Governor of Korea

-There are 32 moves because Joon Gun was executed for this, at the age of 32

Start position: Moa Chunbi sogi B

Move	Technique	Section	Stance	Direction
1	Reverse knifehand block	Middle	Right L	90 left
2	Front snap kick, left leg	Low	(land in Right L)	-
3	Upwards palm block, right hand	Middle	Left rear foot	Forward
4	Reverse knifehand block	Middle	Left L	180 right
5	Front snap kick	Low	(land in Left L)	-
6	Upwards palm block, left hand	Middle	Right rear foot	Forward
7	Knifehand guarding block	Middle	Right L	90 left
8	Upper elbow strike, right elbow (reverse side)	High	Left Walking	Forward: stance change
9	Knifehand guarding block	Middle	Left L	Forward
10	Upper elbow strike, left elbow (reverse side)	High	Right Walking	Forward: stance change

11	Twin vertical punch	High	Left Walking	Forward
12	Twin upset punch	Middle	Right Walking	Forward
13	X fist rising block	High	Left Walking	Dwiro Torro
14	Backfist side strike	High	Right L	90 left
15	Release move	High/Middle	Left Walking	Forward: stance change
16	Reverse punch	High	-	-
17	Back fist side strike	High	Left L	180 right
18	Release move	High/middle	Right Walking	Forward: stance change
19	Reverse punch	High	-	-
20	Double forearm block	High	Left Walking	90 left
21	Side punch, left hand	Middle	Right L	Stance change, move front foot
22	Side kick, right leg	Middle	-	Forward
23	Double forearm block	High	Right Walking	Forward
24	Side punch, right hand	Middle	Left L	Stance change, move front foot
25	Side kick, left leg	Middle	-	Forward
26	Forearm guarding block	Middle	Right L	Forward
27	Palm pressing block (slow)	Middle/low	Left Walking	Forward

28	Forearm guarding block	Middle	Left L	Forward
29	Palm pressing block	Middle/low	Right Walking	Forward
30	Turning punch (slow)	Middle	Closed	90 left
31	U shaped block	Middle/high	Right Fixed	Forward
32	U shaped block	Middle/high	Left Fixed	Foot to foot 180 left

Stances: **Moa Chunbi Sogi B**, L stance, **Rear foot stance**, Walking stance, Fixed stance

Blocks: **Reverse knifehand block**, **upwards palm block**, knifehand guarding block, **X fist rising block**, double forearm block, forearm guarding block, **palm pressing block**, **u shaped block**

Attacks: Front snap kick, **upper elbow strike**, **twin vertical punch**, **twin upset punch**, backfist side strike, reverse punch, side punch, side kick, **turning punch**

Other: **release move**, **different to the one in Do San**; **emphasis on stance changes**; **moves performed slowly**

Other techniques to learn and practise as line work and for self defence:

Moving forwards:

L stance, same leg, turning kick, axe kick, guarding block

L stance, same leg, pressing kick, side kick, guarding block

L stance, same leg, turning kick, hooking kick, guarding block

Moving forwards/backwards:

L stance, middle block, walking stance, upset spearfinger

Walking stance, high section reverse palm strike

L stance, reverse knifehand block

Focus kicks, in student's time, reverse turning kick

Korean Terminology:

Rear foot stance: dwit bal sogi
Reverse knifehand: sonkal dung
X rising: Chookio kyocha
U shaped block: Digutcha makgi
Upper elbow strike: Wi palkup taerigi
Twin vertical: sang sewo
Twin upset: Dwigibo
Turning punch: dollyo jirugi
Ax (downward) kick: Naeryo chagi
Upset spearfinger: dwigibun sonkut
Low stance: nachuo sogi

3rd Kup

Toi Gye: 37 moves

Meaning:

- Pen name of Yi Hwang
- 16th century
- authority on neo-confucianism
- born on 37th degree latitude
- diagram represents the symbol for scholar

Start position: Closed Ready Stance B

Move	Technique	Section	Stance	Direction
1	Inner forearm block, left hand	Middle	Right L	90 left
2	Upset spearfinger thrust, right hand	Low	Left Walking	Stance change, move left foot forward
3	High backfist strike, right hand; outer forearm low block, left hand (slow)	High/low	Closed	90 right
4	Inner forearm block, right hand	Middle	Left L	90 right
5	Upset spearfinger thrust, left hand	Low	Right Walking	Stance change, move right foot forward
6	High backfist strike, left hand; outer forearm low block, right hand (slow)	High/low	Closed	90 left
7	X fist pressing block	Low	Left Walking	Forward

8	Twin vertical punch	High	-	-
9	Front snap kick, right leg	Middle	-	Forward
10	Obverse punch	Middle	Right Walking	Forward
11	Reverse punch	Middle	-	-
12	Posture move (slow)	Middle	Closed	90 left
13	W shaped block (stamping motion)	High	Sitting	90 left, move right leg
14	W shaped block (stamping motion)	High	Sitting	180 right, move left leg
15	W shaped block (stamping motion)	High	Sitting	180 right, move left leg
16	W shaped block (stamping motion)	High	Sitting	180 left, move right leg
17	W shaped block (stamping motion)	High	Sitting	180 right, move left leg
18	W shaped block (stamping motion)	High	Sitting	180 right, move left leg
19	Double forearm block	Low	Right L	Forward; right foot to left foot, left leg forwards
20	Neck grab	High	Left Walking	Stance

				change, move left foot forward
21	Knee strike, right knee	Middle	-	Forward
22	Knifehand guarding block	Middle	Right L	Dwiro Torro
23	Front snap kick, left leg	Low	-	Forward
24	Flat spearfinger thrust, left hand	High	Left Walking	Forward
25	Knifehand guarding block	Middle	Left L	Forward
26	Front snap kick, right leg	Low	-	Forward
27	Flat spearfinger thrust, right hand	High	Right Walking	Forward
28	High backfist strike, right hand; low outer forearm block	High/low	Right L	Right leg steps back to make the L stance
29	X fist pressing block	Low	X	Jumping forwards, turning and landing 90 left
30	Double forearm block	High	Right Walking	90 right
31	Knifehand guarding block	Low	Right L	270 left, pivot on right foot, move left foot
32	Inner forearm circular block, right hand	Low/middle	Left Walking	Stance change, left leg forward
33	Knifehand	Low	Left L	180 right

	guarding block			
34	Inner forearm circular block, left hand	Low/middle	Right Walking	Stance change, move right leg forward
35	Inner forearm circular block, right hand	Low/middle	Left Walking	On the spot, pivot both feet 90
36	Inner forearm circular block, left hand	Low/middle	Right Walking	On the spot, pivot both feet 90
37	Front punch, right hand	Middle	Sitting	Move right foot, turn 90 left

Stances: Moa Chunbi Sogi B, L stance, Walking stance, Closed stance, Sitting stance, X stance

Blocks: Inner forearm block, Outer forearm block, **X fist pressing block**, **W shaped block**, **Low section** double forearm block, Knifehand guarding block, Circular block

Attacks: **Upset spearfinger thrust**, backfist strike, twin vertical punch, front snap kick (middle and low sections) Obverse punch, Reverse punch, **Knee strike**, **Flat spearfinger thrust**, Front punch

Other: **Stamping motion, performing two techniques simultaneously, jumping and turning, jumping for height not distance.**

Other techniques to learn and practise as line work and for self defence:

Moving forwards:

L stance, front leg, hooking kick, side kick, back leg turning kick, guarding block

L stance, same leg, front snap kick, turning kick, axe kick, guarding block

L stance, same leg, reverse turning kick, side kick, guarding block

Moving backwards:

L stance, slide and block (waist block)

L stance, pivot turn on front foot and block

Moving forwards/backwards:

L stance, twin forearm block, upwards punch

Korean Terminology:

X pressing: kyocha nullo

W shaped block: san makgi

Knee strike: moorup taerigi

Flat spearfinger: opon sonkut

Stamping kick: chabapgi

Slide: makulki

Waist block: hori makgi

2nd Kup

Hwa Rang 29 moves

Meaning:

- 'Hwa Rang' means flowering youth
- They were a group of young warriors in 600 AD
- 29 moves refers to 29th Infantry Division
- 29th Infantry Division was where our Tae Kwon-Do moves were originally practised as unarmed combat; Major General Choi Hong Hi was in charge of this.

Start Position: Moa Chunbi Sogi C (closed ready stance C)

Move	Technique	Section	Stance	Direction
1	Pushing Palm Block, left hand	Middle	Sitting	Slide left foot out to left
2	Right punch	Middle	Sitting	-
3	Left punch	Middle	Sitting	-
4	Twin Outer Forearm block	High/Middle	L	Move right foot, 90 right
5	Upward punch	Middle	L	-
6	Right side punch	Middle	Fixed	Slide to right whilst performing technique
7	Downward knifehand strike, right hand	High	Vertical	-
8	Obverse punch, left hand	Middle	Left walking	Forward
9	Outer forearm block, left hand	Low	Left walking	90 left
10	Obverse punch, right hand	Middle	Right walking	Forward

11	**Preparatory move for release, and side kick, hands to left shoulder	Middle	Left rear foot stance (transitional)	Left foot slides to right foot to make stance prior to kick
12	Knifehand strike	Middle	Left L	Forward
13	Obverse punch, left hand	Middle	Left walking	Forward
14	Obverse punch, right hand	Middle	Right walking	Forward
15	Knifehand guarding block	Middle	Right L	270 anticlockwise to left
16	Straight Spearfinger Thrust	Middle	Right walking	Forward
17	Knifehand guarding block	Middle	Right L	180 left, dwiro torro turn
18	Turning kick, right leg	High	-	Forward
19	Turning kick, left leg, land knife hand guarding block	High, Middle	Right L	Forward
20	Outer forearm block, left hand	Low	Left walking	90 left
21	Obverse punch, right hand	Middle	Right L	Pull left foot back to make stance change
22	Obverse punch, left hand	Middle	Left L	Forward
23	Obverse punch, right	Middle	Right L	Forward

	hand			
24	X fist pressing block	Low	Left walking	Forward, slip front foot for stance change
25	Side elbow thrust, right elbow	Middle	Right L	Forward
26	Left middle block, right low block, simultaneously	Middle and low	Closed	90 left, moving left foot
27	Right middle block, left low block, simultaneously	Middle and low	Closed	-
28	Knifehand guarding block	Middle	Right L	Forward, move left foot
29	Knifehand guarding block	Middle	Left L	Right 180, left foot in, right foot out

Stances: Closed Ready Stance **C**, L stance, Fixed stance, **Vertical stance**, Walking stance, **Closed stance**

Blocks: **Pushing palm block**, Twin outer forearm block, Outer forearm block, Knifehand guarding block, X fist pressing block, inner forearm block

Attacks: Front punch, **sliding side punch**, **downwards knifehand strike**, obverse punch, side kick, knifehand strike, spearfinger thrust, **turning kick**, **obverse punch in L stance**, **side elbow thrust**

Other: Sliding to cover distance and use bodyweight for power. Release move using kick to forcibly release from grab; pulling hands to opposite shoulder increases hip twist and power. Turning kicks are performed consecutively whilst moving. Middle and low block performed simultaneously.

Other techniques to learn and practise as line work and for self defence:

Moving forwards:

L stance, double side kick

L stance, double turning kick

Walking stance, twisting kick, double punch

Moving backwards:

L stance, front leg front snap kick, landing kicking leg behind, middle section inwards
outer forearm block, high section backfist strike

Moving forwards/backwards:

L stance, horizontal punch

Jumping kicks:

Front snap kick, turning kick, side kick (front leg), reverse side kick

Korean Terminology:

Vertical stance: soojik sogi

Pushing palm block: miro sonbadak makgi

Downwards knifehand: naeryo sonkal

Side elbow: yop palkup

Twisting kick: bitchura chagi

Horizontal punch: soopyong jirugi

1st Kup

Choong Moo 30 moves

Meaning

- Choong Moo was the name given to Admiral Yi Sun Sin after his death
- He helped to invent the Kobukson, the armoured battleship that modern submarines are based on, in 1592 AD
- The last move of this pattern is a left handed attack, this represents his regrettable early death

Start position: Parallel ready stance

Move	Technique	Section	Stance	Direction
1	Twin knifehand block	High/middle	Right L	Left 90, move left foot
2	Right hand- inward knifehand strike; Left hand- in front of forehead, like a rising knifehand	High	Right walking	Forward
3	Knifehand guarding block	Middle	Left L	180 right, clockwise, pivot on left foot
4	Flat spearfinger thrust	High	Left walking	Forward
5	Knifehand guarding block	Middle	Right L	90 left, move left foot
6	Forearm guarding block	Middle	Left bending ready stance	180 right, pivot on left foot
7	Back kick	Middle	-	Backward
8	Knifehand guarding block	Middle	Right L	180 left, place kicking leg to ground

9	Flying side kick, right leg, land knifehand guarding block	High Middle	- Left L	Kick forward, land facing forward
10	Outer forearm block, left hand	Low	Right L	270 left, left foot moves anticlockwise
11	Grab to base of neck; upwards knee strike, right knee	High Middle	Left walking	Stance change forward
12	Reverse knifehand inward strike, right hand; reaction hand fingertips below elbow	High	Left walking	180 left, move left foot
13	Right leg turning kick	High	-	Forward
14	Left leg reverse side kick	Middle	-	Forward
15	Forearm guarding block	Middle	Left L	180 right
16	Turning kick, left leg	Middle	-	Forwards, off centre
17	U shaped block	High/middle	Fixed	90 right, kicking leg lands, right leg steps forwards
18	Knifehand guarding block	Middle	Left L	360 anticlockwise jump and spin on spot
19	Upset spearfinger thrust	Low	Left walking	Forward
20	Backfist strike,	High	Right L	Backward,

	right hand; outer forearm block left hand	Low		move right foot
21	Straight spearfinger thrust	Middle	Right walking	Forward
22	Double forearm block	High	Left walking	270 left anticlockwise spin, move left foot
23	Inwards outer forearm block	Middle	Sitting	Right foot moves forwards, landing in sitting stance, facing 90 left
24	Backfist side strike, right hand	High	Sitting	-
25	Side kick, right leg	Middle	-	180 left, pivot on left foot
26	Side kick left leg	Middle	-	Forward
27	X knifehand checking block	Middle	Left L	180 right, land left leg into stance
28	Twin upwards palm block	Middle	Left walking	Forward
29	Forearm rising block	High	Right walking	180 right, dwiirro torro turn
30	Reverse punch, left hand	Middle	Right walking	-

Left foot back to start position

Stances: L stance, Walking stance, bending ready stance, fixed stance, sitting stance.

Blocks: Twin knifehand block, knifehand guarding block, forearm guarding block, outer forearm block, **inwards outer forearm block**, U shaped block, double forearm block, **X knife checking block**, **twin palm upwards block**, forearm rising block

Attacks: Inwards knife hand strike, Flat spearfinger thrust, **back kick**, **flying side kick**, upwards knee strike, **inwards reverse knifehand strike**, turning kick (**middle and high**), **reverse side kick**, Upset spearfinger thrust, backwards backfist strike, straight spearfinger thrust, backfist side strike, side kick, reverse punch

Other: **Flying technique- covers height and distance; Left leg returns to spot, even though it is not the last foot to move; more kicks than the other colour belt patterns.**

Other techniques to learn and practise as line work and for self defence:

Static:

Pressing kick (knee height), side kick (middle section); land in L stance, inwards knifehand strike, move front leg to make closed stance, with downwards hammerfist
Moving sideways:

Backfist strike in sitting stance, shift right foot to left walking stance, middle section double forearm block, shift backwards (half a shoulder) whilst performing a reverse low section outer forearm block, move front leg to low stance, obverse flat spearfinger thrust.

L stance, forearm guarding block; one legged stance, upwards punch, pressing kick, land sitting stance knifehand strike

Fwd/bwd: stamping motion with vertical punch, with upset punch

WS hooking block- slide L stance low KHB

Po Eun:

U shape block, horizontal punch

Gae Baek:

X checking, turning kick jumping side kick combo, step wide turning kick into reverse knifehand, reverse low section KNHguard, scoop punch backfist combo in angled sitting stance (could do static)

From Choong moo: flying side kick

High section turning kick, middle reverse side kick

Korean Terminology:

Inwards outer forearm block: anearo bakat palmok makgi

X knife checking block: kyocha sonkal momchau makgi

Twin palm upwards block: snag sonbadak ollio makgi

Back kick: dwitcha chagi

Flying side kick: twimyo yop chagi

Pressing kick

Downwards hammerfist

Scooping block

Theory Questions:

In order to advance to the next level, a student must show that they have gained sufficient knowledge of their current grade, and have retained knowledge from all of their training.

We have a generic list of questions here, before a grading we pick out four of these to give to our students in a written test. Help is given with reading/writing where needed: if you are worried about any of this please tell us, we are happy to adapt.

1: Pattern meanings

Your grade pattern is called:

Meaning of this:

2: (For 8th kups and above) Previous patterns learned:

Name and number of moves; briefly write something about this pattern (the meaning, or what new moves it has, for example)

3: List the stances you know; describe the newest/one of the newest you have learned.

4: What is the name of the martial art you are learning, and what do the words mean in English?

5: Where does Tae Kwon-Do come from? Extra points if you know how and why!

6: Attacking tools (part of the hand used to strike) and targets (which bit of the opponent the technique should strike)- show what hits where on the picture provided (see diagram of human body).

7: As above, with part of the foot used to strike.

8: How do we generate power in our techniques? List the ways you know.

9: What is important about one step sparring?

10: What are the tenets of Tae Kwon-Do?

11: Courtesy/Integrity/Perseverance/Self Control/Indomitable Spirit means-

