

WHITE BELT

White Belt to Yellow Stripe to Yellow Belt

Fundamental Exercises:

Saju Jirugi (4 directional punch)

Saju Makgi(4 directional block)

Self-Defense:

Two hand choke from the front

Two hand choke from the rear

Sparring: [\(audio\)](#)

Semi free

Breaking: [\(audio\)](#)

White board, technique of choice

Theory:

Who is General Choi?

General Choi is the creator of Taekwon-do

Who created Taekwon-do?

General Choi

What degree black belt was General Choi?

Patterns:

Last fundamental exercise (Saju Jirugi or Saju Makgi)

Chon-Ji Tul

Self-Defense:

One arm choke from the rear
Front collar grab

Sparring: [\(audio\)](#)

3 step one way, #1 & 2

30 second free sparring

Breaking: [\(audio\)](#)

Yellow board, technique of choice

Theory:

Tenants of Taekwon-do [\(audio\)](#)

Courtesy

Integrity

Perseverance

Self-Control

Indomitable Spirit

Meaning of white belt

Signifies innocence, as that of a beginning student who has no previous knowledge of Taekwon-

He was a 9th degree black do.
belt

Definition of Chon-Ji ([audio](#))

Means literally “the Heaven the Earth.” In the orient it is 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 has two similar parts one to represent the heaven the other the earth.

YELLOW BELT

Yellow Belt to Green Stripe to Green Belt

Patterns:

Any Junior Pattern
Dan-Gun Tul

Self-Defense:

Same side wrist grab-low
Same side wrist grab-high
Opposite side wrist grab-low
Opposite wrist grab-high

Sparring:

3 step one way, # 3 & 4

Patterns:

Any Junior Pattern
Do-San

Self-Defense:

Front shoulder grab-same side
Front shoulder grab-opposite side
Rear shoulder grab-same side
Rear shoulder grab-opposite side

30 Seconds free sparring

Breaking: [\(audio\)](#)

Orange board, technique of choice

Theory:

Definition of Dan-Gun
[\(audio\)](#)

Dan-Gun is named after the holy Dan-Gun, the legendary founder of Korea in the year 2333 BC

Meaning of Yellow Belt

Signifies the earth from which a plant sprouts and takes root as the Taekwon-do foundation is being laid

Meaning of Taekwon-do
[\(audio\)](#)

Taekwon-do is a version of unarmed combat for the purpose of self-defense. More specifically Taekwon-do is the art of hand and foot fighting and the scientific use of the body in methods of self defense.

Literally translated Taekwon-do means: "the art of hand and footfighting"

Tae: ...to kick, jump, or smash with foot

Sparring:

3 step two way, # 1 – 4
free sparring

Breaking: [\(audio\)](#)

Green board, technique of choice

Theory:

Definition of Do-San [\(audio\)](#)

Do-San is the pseudonym of the patriot Ahn Chang-Ho (1876-1938). The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.

Recite the student oath [\(audio\)](#)

I shall observe the tenants of Taekwon-do

I shall respect the instructor and seniors

I shall never misuse Taekwon-do

I shall be a champion of freedom and justice

I shall build a more peaceful world

Kwon ...denotes fist, mainly to punch or destroy with the hand or fist

Do: ...the art, the way, the method

GREEN BELT

Green Belt to Blue Stripe

Patterns:

Any Junior Pattern
Won-Hyo

Self-Defense:

Rear bear hug-under arms
Rear bear hug-over arms
Front bear hug-under arms
Front bear hug-over arms

Sparring:

2 step # 1 & 2
free sparring

Breaking: [\(audio\)](#)

Green board front snap kick

Theory:

Definition of Won-Hyo

Blue Stripe to Blue Belt

Patterns:

Any Junior Pattern
Yul-Gok

Self-Defense:

Full Nelson
Front head lock
Side head lock
Hair grab

Sparring:

2 step, # 3 & 4
free sparring

Breaking: [\(audio\)](#)

Green board spinning back kick
Blue board, technique of choice

Theory:

[\(audio\)](#)

Won-Hyo was the noted monk who introduced Buddhism to the Silla dynasty in the year 686 AD.

List three points of the student/instructor relationship [\(audio\)](#)

1. Never tire of learning. A good student can learn anywhere any time

2. A good student must be willing to sacrifice for his/her 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 work around the Dojang. An instructor can afford to lose this type of student

3. Always set a good example for junior ranking students.

4. Always be loyal and never criticize the instructor, Taekwon-do, or teaching methods.

5. If an instructor teaches a technique, practice it and attempt to utilize it.

Definition of Yul-Gok [\(audio\)](#)

Yul-Gok is the pseudonym of the 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 degree latitude and the diagram represents "scholar".

Date Taekwon-do was named
April 11, 1955

Date of the Formation of the ICTF
October 24/25, 2003

Date of General Choi's, Birth/Death
Birth: November 9, 1918
Death: June 15, 2002

6. Remember that a student's conduct outside the Dojang reflects on the ART, the instructor and the club.

7. If a student adopts a technique from another club and the instructor disapproves of it, the student must discard it immediately.

8. Never disrespect the instructor. Though a student is allowed to disagree with the instructor, the student must first follow the instruction and then discuss the matter with the instructor privately.

9. A student must always be eager to learn and ask questions.

10. Never betray the instructor.

Meaning of green belt

Signifies the plant's growth, as the Taekwon-do skill begins to develop.

BLUE BELT

Blue Belt to Red Stripe

Patterns:

Any Junior Pattern
Joon-Gun

Self-Defense:

Sitting on stomach securing wrists
Kneeling between legs applying two hand choke
Laying on side applying head lock
Kneeling beside applying choke
Kneeling above applying choke

Sparring: [\(audio\)](#)

1 step / 3 different
free sparring

Breaking: [\(audio\)](#)

Green board hand/elbow technique
Blue board technique of choice

Theory:

Definition of Joon-Gun

Red Stripe to Red Belt

Patterns:

Any Junior Pattern
Toi-Gae

Self-Defense:

Defense against side kick
Defense against front kick
Defense against turning kick
Defense against hooking punch
Perform a hip toss

Sparring: [\(audio\)](#)

Model / 3 different
free sparring

Breaking: [\(audio\)](#)

Green board turning kick
Green board axe kick
Green board knife hand
Brown board technique of choice

Theory:

Definition of Toi-Gae [\(audio\)](#)

Toi-Gae is the pen name of the noted scholar Yi Hwang (16th Century), an authority on neo-confucianism. The 37 movements of this pattern refer to his

[\(audio\)](#)

Jon-Gun is named after 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. The 32 movements in this pattern represent Mr. Ahn's age when he was executed at Lui-Shung prison (1910).

All points of the student/instructor relationship [\(audio\)](#)

1. Never tire of learning. A good student can learn anywhere any time
2. A good student must be willing to sacrifice for his/her 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 work around the Dojang. An instructor can afford to lose this type of student
3. Always set a good example for junior ranking students.
4. Always be loyal and never criticize the instructor,

birthplace on the 37 degree latitude and the diagram represents "scholar"

Training secrets of Taekwon-do [\(audio\)](#)

These acronyms will help you learn the training secrets:

Power, Purpose, Focus, Relax, Motion, Sine wave, Breath, Tool, Position.

However, you are required to learn and understand the full meaning.

- 1) Study the theory of power thoroughly.
- 2) Understand the purpose and method of each movement clearly.
- 3) Bring the movement of hands, eyes, feet and breath into one coordinated motion.
- 4) Keep both arms and legs slightly bent while the movement is in motion.
- 5) All movements must begin with a backward motion with very few exceptions. However, once a movement is in motion it should not be stopped before reaching the target.

Taekwon-do, or teaching methods.

5. If an instructor teaches a technique, practice it and attempt to utilize it.

6. Remember that a student's conduct outside the Dojang reflects on the ART, the instructor and the club.

7. If a student adopts a technique from another club and the instructor disapproves of it, the student must discard it immediately.

8. Never disrespect the instructor. Though a student is allowed to disagree with the instructor, the student must first follow the instruction and then discuss the matter with the instructor privately.

9. A student must always be eager to learn and ask questions.

10. Never betray the instructor.

Meaning of blue belt

Signifies the heaven, towards which the plant matures into a towering tree

6) Create a sine wave during the movement by utilizing the knee spring properly.

There are three types of sine wave: on the spot, moving, turning

7) Exhale briefly at the moment of each movement except in a connecting motion.

8) Choose the appropriate attacking tool for each vital spot.

9) Become familiar with the correct angle and distance for attack and defense.

List the three types of sine wave and be able to demonstrate

1) on the spot

2) moving

3) turning

as Taekwon-do training progresses.

RED BELT

Red Belt to Black Stripe

Patterns:

Any Junior Pattern
Hwa-Rang

Self-Defense:

Pinned against the wall by a one hand choke from the front

Pinned against the wall from rear

One attacker securing each wrist

One attacker holding from rear, while one menaces from the front

Knife technique

Sparring: [\(audio\)](#)

Prearranged free for 30 seconds

2 on 1 free sparring

Breaking: [\(audio\)](#)

Black Stripe to Black Belt

Patterns:

Two color belt patterns – examiners choice

Hwa-Rang

Choong-Moo

Self-Defense:

8 self defense techniques – examiners choice

1 – 2 minute demonstration

Sparring:

Any type

Breaking:

3 board side kick (2 women)

8 board, 4 directional kick (4 board women)

2 board hand technique (1 women)

1 board jumping foot technique

1 board flying foot technique

Black board side kick
1 board spinning hook kick
1 board jumping technique
hand / foot
(Board must break before
your feet hit the ground)
4 boards/ 4 directional hand
& foot technique, using
different techniques from
above

Theory:

Definition of Hwa-Rang [\(audio\)](#)

Hwa-Rang is named after the Hwa-Rang youth group which originated in the Silla dynasty in the early 7th century. The 29 movements refer to the 29th infantry division where Taekwon-do developed into maturity.

Common terms in Korean [\(audio\)](#)

Basabum: Assistant
Instructor(I-III)
Sabum: Instructor (IV-VI)
Sahyum: Master (VII-VIII)
Saseong: Grand Master (IX)
Jeja: Student
Gup: Colour Belt Grade
Dan: Black Belt Grade
Charyot: Attention
Kyong Ye: Bow
Hae San: Dismiss
Junbi: Ready

2 board back kick
1 board jumping hand technique

Theory:

List and explain the theory of power [\(audio\)](#)

Reaction Force: For every action (force) there is an equal and opposite reaction (Newton's third law). Another reaction force is your own. A punch with the right fist is aided by pulling back the left fist to the hip

Concentration: The smaller the focal point of your weapon the more force there will be on a given target.

Equilibrium: To have maximum power you must maintain your balance. Without balance, your power can easily be diverted. The center of balance must be on a straight line midway between the legs.

Breath Control: Controlled breathing is important for a number of reasons. It protects the body against attack and creates more power in your technique by tightening your muscles. Breath can be turned into a yell to bolster your courage and startle your

Si Jak: Begin
Guman: Stop
Paro: Return
Swiyo: Relax
Sogi: Stance
Matsogi: Sparring
Narani: Parallel
Annun: Sitting
Gunnan: Walking
Niunja: L-stance
Moa: Closed

Meaning of red belt

Signifies danger, cautioning the student to exercise control and the opponent to stay away.

opponent. It can also improve your stamina and speed.

Mass: Use sine wave and hip jerk to increase power. (the moer mass you have the more power you should be able to generate).

Speed: Speed is the most essential factor to create power.

History of Taekwon-do

History of Taekwon-do [\(audio\)](#)

[See manual page 1](#)

Terminology of Taekwon-do [\(audio\)](#)

See Red Belt to Black Stripe

All pattern definitions

See Color belt trstings

Count to 10 in Korean [\(audio\)](#)

- | | |
|----------|----------|
| 1. Hana | 6. Yosot |
| 2. Dool | 7. Ligop |
| 3. Set | 8. Yodul |
| 4. Net | 9. Ahop |
| 5. Dosot | 10. Yul |

JUNIOR BLACK & 1ST – 2ND

Junior Black Belt (under 14 years)

Patterns:

1 color belt pattern –
examiners choice

Hwa-Rang

Choong-Moo ([audio](#))

Self-Defense:

6 self-defense techniques –
examiners choice

Sparring:

Any type sparring

Breaking:

2 board foot technique

2 board hand technique

4 boards/ 4 directional kick
combination

3 board/ 3-hand technique
combination

1 board high kick

1 board jumping back kick

Theory:

Essay on what Teakwon-do
means to you

1st – 2nd Dan Black Belt

Patterns:

One color belt patterns –
examiners choice

Choong-Moo ([audio](#))

Kwang-Gae ([audio](#))

Po-Eun ([audio](#))

Ge-Baek ([audio](#))

Self-Defense:

8 self defense techniques –
examiners choice

2 wrist locks-inner and outer

3 neck restraints

8 pressure points

3 defenses against knife
attacks-straight thrust,
downward attack and inward
slash

Sparring:

Model sparring ([audio](#))

Step sparring

Free sparring

Breaking:

4 board side kick (3 women)

8 board, 4 directional elbow
strike

3 board back kick (2 for women)
360 degree kick (back or turning)

2 board suspended break (1 for women)

2 board jumping combination kick (i.e split kick, double front kick)

Target kicking (pen out of mouth, cup off head)

Theory:

Etiquette (rules)

- Respect the training area (Dojang)
- Respect yourself and others
- Bow inwards when entering and exiting the Dojang
- No talking without permission during class training
- Do not wear jewelry while training (watches, rings, necklaces etc.)
- No swearing
- Do not stand with your hands on your hips or arms crossed (stand with both hands behind your back in a relaxed motion)
- No chewing gum in class
- If arriving late, wait for permission to join the class.
- Do not leave class without the instructor's permission .
- Official Dobok and sparring gear must be worn during class.

History of Taekwon-do [\(audio\)](#)

[See book Page 1](#)

Commands (procedures etc)

2nd – 3rd DAN & 4th – 5th DAN

2nd – 3rd Dan Black Belt

Patterns:

2 Junior patterns –
examiners choice

Eui-Am ([audio](#))

Choong-Jang ([audio](#))

Ch'ang-Hon ([audio](#)) or Ko-
Dang ([audio](#))

Self-Defense:

8 self-defense techniques –
examiners choice

Sparring:

3 Model Sparring

3 One Step Sparring

Free Sparring

Breaking:

5 board side piercing kick
(4 women)

3 board jumping back kick

3rd – 4th Dan Black Belt

Patterns:

2 Junior patterns

Sam-II ([audio](#))

Yoo-Sin ([audio](#))

Choi Yong ([audio](#))

Self-Defense:

Scenario of at least 10 moves

Breaking:

2 board suspended, hand or foot

2 board mid air kicks, one
board at each target

4 board stomp kick

2 bricks either hand or foot
technique, horizontal or
downward

3 board turning kick

12 boards, 6 targets all must
be different techniques, using
hand and foot

8 boards/ 4 directional
hand/foot
2 twin hand technique
3 board downward hand
technique
3 elbow (any)
1 suspended foot technique
2 consecutive foot technique
2 reverse turning

Theory:

Etiquette (rules)

History (TKD) [\(audio\)](#)

Commands (procedures etc.)

Theory:

Questions (?)

SHADOW WARRIORS YELLOW

Yellow
[\(audio\)](#)

Demonstrate:

Proper way to enter and exit
the dojang
Lining up
Charyot – Attention
Kyong Ye – Bow (say Taekwon)
Junbi – Ready stance
(parallel ready stance)
Kiup – Vocal power boast

Stripe

Yellow Badge (earth)
[\(audio\)](#)

Demonstrate:

Everything in Yellow Stripe
Swiyo – Relax (hands go behind
your back, standing still)
Hae San – Dismiss (three steps
backward bow, then walk away)

Pattern:

Earth (6 moves) 3 middle puches

Proper fist

Self-Defense:

What is the #1 rule of self-defense?

Never go anywhere alone.

Theory:

How do you address or answer a Black Belt, or senior belt?

Yes Sir, or yes

forward and 3 middle punches backward in walking stance

Self-Defense:

Confidence, you need to show and walk with confidence.

Theory:

Who is General Choi?

The founder of Taekwon-do

SHADOW WARRIORS GREEN

Green [\(audio\)](#)

Demonstrate:

Everything up to double Yellow Stripe

Narani Junbi Sogi – Parallel Ready Stance

Annun Junbi Sogi – Sitting Ready Stance

Pattern:

Earth (3 middle punches forward, 3 middle punches backward, in walking stance)

Stripe

Green Badge (wood) [\(audio\)](#)

Demonstrate:

Everything up to Green Stripe
Gunnan Junbi Sogi – Walking Ready Stance

Niunja Soji – L-Stance or fighting stance

Proper knifehand

Pattern:

Wood (4 middle punches forward, 4 rising blocks backwards, in walking stance)

Wood (4 middle punches forward, 4 rising blocks backwards, in walking stance)

Self-defense:

What is a safe place?

Anywhere there are people.
Examples: Police Station, Fire Station, School, Hospital, Store

Theory:

What does Junbi mean?

Ready

Water (forward; 2 low blocks, 2 middle punches, backwards; 2 rising blocks, to high punches all in walking stance)

Self-defense:

Where do you go when you feel threatened or uneasy?

A safe place....and name one.

Theory:

Where was Taekwon-do invented?

Korea

SHADOW WARRIORS BLUE

Blue [\(audio\)](#)

Demonstrate:

Everything up to double Green Stripe
Tirotora – About turn

Pattern:

Water (forward; 2 low blocks, 2 middle punches, backwards; 2 rising blocks,

Blue Stripe Blue Badge (water) [\(audio\)](#)

Demonstrate:

Everything up to Blue Stripe

Pattern:

Fire (jump twin middle punches, jump double side punches, 2 front snap kicks into guarding block, 2 guarding blocks backwards, repeat opening

2 high punches, in walking stance)

Fire (jump twin middle punches, jump double side punches, 2 front snap kicks into guarding block, 2 guarding blocks backwards, repeat opening punches)

Self-defense:

What do you do if a stranger offers you candy or a gift?

Say NO firmly and walk away.

Theory:

One tenant of Taekwon-do

Courtesy

Integrity

Perseverance

Self-control

Indomitable Spirit

punches)

Metal (first 2 moves Saju Jirugi repeated with no turns right side. Then first 2 moves Saju Jirugi repeated with no turns left side. Next first 2 moves Saju Makgi repeated with no turns right side. Lastly first 2 moves of Saju Makgi repeated with no turns left side.)

Self-defense:

What do you do if a stranger asks you to go with him or help with directions?

Say NO, go tell a parent

Theory:

2 Tenants of Taekwon-do

Courtesy

Integrity

Perseverance

Self-control

Indomitable Spirit

How do you show respect to Black Belts or senior belts?

Bow and say yes sir or yes ma'am.

SHADOW WARRIORS RED

Red Stripe [\(audio\)](#)

Demonstrate:

Everything up to double Blue Stripe

Targeting – demonstrate with a white board

Front Snap Kick

Side Piercing Kick

Hand Technique (knifehand, elbow, middle punch)

Pattern:

All Shadow Warrior Patterns, Earth, Wood, Water, Fire, and Metal (with correct stances and tools)

Self-defense:

What do you do is someone grabs you?

YELL, SCREAM (not my mom – dad) pinch, scratch, wiggle....

Questions:

Two tenents of Taekwon-do

Courtesy

Integrity

Perseverance

Self-Control

Indomitable Spirit

Red Badge (Fire) [\(audio\)](#)

Demonstrate:

Everything up to Red Stripe

Fundamental Exercise:

Saju Jirugi – 4 directional punch

Self-Defense:

Wrist Grab – same side and opposite

Distract, release, run – screaming making a scene!

Sparring:

Semi Free

Theory:

Where and when do you use Taekwon-do?

Dojang, self-defense...

Where not to use Teakwon-do

On your friends, siblings....

***What degree was General Choi
and why?***

9th degree Black Belt, as
nobody is perfect

SHADOW WARRIORS BLACK

Black Stripe and Black Badge (Metal)
[\(audio\)](#)

Demonstrate:

Everything up to Double Red Stripe

Fundamental Exercises:

Saju Jirugi – 4 directional punch

Saju Makgi – 4 directional Block

Self-Defense:

Two hand choke from the front

Two hand choke from the rear

Distract, release, run....screaming, make a scene

Sparring:

Semi free

3 step 1 & 2 alone

Breaking:

White board, technique of choice

Theory:

Purpose of low, middle, rising or wedging blocks

What is a Dobok?

Uniform

What is a Busabum?

Assistant Instructor

What is a Sabum?

Instructor