

INTERNATIONAL TAE KWON-DO

UNITED KINGDOM

GRIFFE FIELD CLUB



Student's Hand Book

CONTENTS

	Page No.
What is Tae Kwon-Do	2
Conduct in the Do jang	3
Ten Points to becoming a good Tae Kwon-Do Student	4
10 TH Kup Revision Sheet	5-6
9 TH Kup Revision Sheet	7
8 TH Kup Revision Sheet	8
7 TH Kup Revision Sheet	9
6 TH Kup Revision Sheet	10-11
5 TH Kup Revision Sheet	12
4 TH Kup Revision Sheet	13
3 RD Kup Revision Sheet	14
2 ND Kup Revision Sheet	15
1 ST Kup Revision Sheet	16
Three Step Sparring (Sambo Matsoki)	17-19
Two Step Sparring (Ibo Matsoki)	20
Meaning of the Colours of Belts	21
Patterns	22
Interpretation of Patterns at a glance	23-24
Tae Kwon-Do Terminology	25-28

WHAT IS TAE KWON-DO?

It is a version of an ancient form of unarmed combat practiced for many centuries in the Orient. Tae Kwon-Do became perfected in its present form in Korea.

Translated from Korean, 'Tae' literally means to jump, kick or smash with the foot. 'Kwon' means a fist – chiefly to punch or destroy with the hand or fist. 'Do' means art, way or method. Tae Kwon-Do indicates the technique of unarmed combat for self defense, involving the skilled application of punches, kicks, blocks, dodges and interception with the hand, arms and feet to the rapid destruction of the opponent.

To the Korean people, Tae Kwon-Do is more than a mere use of skilled movements. 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 re-armament.

In these days of violence and intimidation, which seems to plague our modern societies, Tae Kwon-Do enables the weak to possess a fine weapon to defend himself or herself and defeat the opponent as well. When wrongly applied, it can be a lethal weapon.

TENETS OF TAE KWON-DO

Courtesy
Integrity
Perseverance
Self Control
Indomitable Spirit

TAE KWON-DO OATH

I shall observe the tenets of Tae Kwon-Do
I shall respect my Instructor 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

CONDUCT IN THE DO JANG

Every student must observe the following conduct in the do jang, in order to maintain an orderly and effective training hall.

DO's

1. Bow upon entering and leaving the gym.
2. Bow to the Instructor at a proper distance.
3. Exchange greetings between students.
4. Bow to the Instructor upon forming a line before training.
5. Recite the Tae Kwon-Do Oath prior to training.
6. Bow to the Instructor upon forming a line prior to dismissal.
7. Always address Instructors and Black Belts as 'Sir'.

DON'Ts

1. No idle chatter.
2. No smoking.
3. No swearing.
4. No eating or drinking unless given permission by your instructor).
5. No heavy contact (especially to facial area).

TEN POINTS TO BECOMING A GOOD TAE KWON-DO STUDENT

1. Never tire of learning. A good student can learn anywhere, anytime. This is the secret of knowledge.
2. A good student must be willing to sacrifice for his art and his Instructor. Many students feel that their training is a commodity bought with monthly fees, and are unwilling to take part in any demonstrations, teaching or work around the dojang. An Instructor can afford to lose this type of student.
3. Always set a good example to lower ranking students. It is only natural that they attempt to emulate their seniors.
4. Always be loyal and never criticize the Instructor, Tae Kwon-Do, or the 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 and the Instructor.
7. If a student adopts a technique from another dojang and the Instructor disapproves of it, the student must discard it immediately, or train in the dojang where it was learnt.
8. Never be disrespectful to the Instructor. Although a student is allowed to disagree with the Instructor, he must first follow the instruction, then discuss the matter later.
9. A student must always be eager to learn and ask questions.
10. Never break a trust.

10TH KUP REVISION SHEET – WHITE BELT

1. What does white belt signify?
2. Where does Tae Kwon Do come from?
3. What does Tae Kwon Do mean?
4. What are the 'Tenets' of Tae Kwon Do?
5. What is your suit called?
7. What is your Instructor's name and Grade?
8. When did you start Tae Kwon Do?
9. How many stances do you know?
10. Why did you start Tae Kwon Do?

WORDS TO KNOW

An Palmok Makgi – Inner forearm block (middle block)

Bakat Palmok Najunde Makgi – Outer forearm low block

The blocking area on both outer forearm and inner forearm block is 3 to 4 inches only.

Baro Jirugi – Obverse punch

Bandae Jirugi – Reverse punch

High Section – Nopunde

Middle Section – Kaunde

Low Section – Najunde

Forefist – Ap joomuk (When punching you only use the first two knuckles)

Ap Cha Olligi – Front Rising Kick

KOREAN COUNTING – Not essential, but it impresses the Examiner

1 – Hana 6 – Yausut

2 – Dool 7 – Ilgope

3 – Set 8 – Yaudal

4 – Net 9 – Ahope

5 – Tasut 10 – Yaul

Four direction punch – Saja Jirugi

No. 1 way using low block – Bakat palmok Najunde Makgi

No. 2 way using middle block – An Palmok Kaunde Makgi

Both are performed in walking stance (Gunnun sogi) – left and right foot start

STANCES

COMMANDS

Charot – Attention

Kyong-ye – Bow

Narani – Parallel

Junbi – Ready

Annun – Sitting

Si-Jak – Commence

Niunja – L Stance

Duiro-doro – About turn

Gunnun – Walking

Swiyo – At ease

MAKGI – BLOCK

JIRUGI – PUNCH

An Palmok – Inner forearm

Ap Joomuk – Fore fist

Bakat Palmok – Outer forearm

Dung Joomuk – Back fist

Bandae – Reverse

Baro – Obverse

Tae Kwon Do means: HAND, FOOT, ART OR WAY OF LIFE

Tae Kwon Do is: A KOREAN MILITARY MARTIAL ART OF SELF DEFENCE

White Belt signifies: INNOCENCE AS THAT OF A BEGINNING STUDENT WHO HAS NO PREVIOUS KNOWLEDGE OF TAE KWON DO.

A Suit is called a DO-BOK – A belt is called a TIE

A place of training is called a DO JANG

The Tenets of Tae Kwon Do: COURTESY, INTEGRITY, PERSEVERENCE, SELF-CONTROL, INDOMITABLE SPIRIT.

Name for Instructor – Sabum.

9TH KUP REVISION SHEET – WHITE BELT, YELLOW TAG

Pattern: Chon-Ji Tul - 19 movements.

Chon-Ji means literally “the Heaven the Earth”. It is in the orient, interpreted as the creation of the world or beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts; one to represent the Heaven the other the Earth.

Yellow Belt signifies: THE EARTH, FROM WHICH A PLANT SPROUTS AND TAKES ROOT, AS TAE KWON DO FOUNDATIONS ARE LAID.

A Pattern is a sequence of attacking and defensive movements against an imaginary opponent or opponents, enabling the use of full force if required.

NEW MOVES

- Sonkal Yop Taerigi - Knifehand Side Strike.
- Bakat Palmok Anuro Makgi - Outer Forearm Inward Block.
- Chookyo Makgi - Rising Block
- Ap Chagi - Front Kick
- Ap Cha Bushigi - Front Snap Kick
- Doo Jirugi - Double Punch

SPARRING (see appendix 1 page)

- Sambo Matsoki - Three Step Sparring (1-3)

PARTS OF THE BODY

- Ap Kumchi - Ball of the Foot
- Balkal - Footsword
- Sonkal - Knifehand

8TH KUP REVISION SHEET – YELLOW BELT

Pattern: **Dan-Gun Tul - 21 movements**

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

NEW MOVES

- Sang Palmok Makgi - Twin Forearm Block.
- Palmok Daebi Makgi - Forearm Guarding Block.
- Sonkal Daebi Makgi - Knifehand Guarding Block.
- Ap cha Busigi, Doo Jirugi - Front snap kick double punch

SPARRING (see appendix 1 page)

Three Step Sparring - Sambo Matsoki (4-6)

7TH KUP REVISION SHEET – YELLOW BELT, GREEN TAG

Pattern: **Do-San Tul - 24 movements.**

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

Green Belt signifies: THE PLANTS GROWTH AS THE TAE KWON-DO SKILLS BEGIN TO DEVELOP.

NEW MOVES

- Sun Sonkut Tulgi - Straight Fingertip Thrust.
- Japyo Sultae - Release (from a grab).
- Hechyo Makgi - Wedging Block.
- Kyocha Joomuk Makgi - X-Fist Block.
- Sang Sewo Jirugi - Twin Vertical Punch.
- Yop Palkup Tulgi - Side Elbow Thrust.
- Yop-Chagi - Side Kick.
- Dollyo-Chagi - Turning Kick.
- Bakat Palmok Nopunde Makgi - Outer Forearm High Section Block.
- Sonkal Daebi Makgi - Knifehand Guarding Block.
- Hechyo Makgi - Wedging Block.
- Chookyoo Makgi - Rising Block.

ATTACKING MOVES IN PATTERN

- Ap Joomuk Bandae Jirugi - Forefist Reverse Punch.
- Sun Sonkut Tulgi - Straight Finger Tip Thrust.
- Dung Joomuk Yop Taerigi - Backfist Side Strike.
- Ap Cha Busigi - Front Snap Kick.
- Doo Jirugi - Double Punch.
- Sonkal Yop Taerigi - Knifehand Side Strike.

SPARRING (see appendix 1 page)

- Three Step Sparring - Sambo Matsoki (7-11)

6TH KUP REVISION SHEET – GREEN BELT

Pattern: **Won-Hyo Tul 28 movements.**

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

Blue belt signifies: THE HEAVEN TOWARDS WHICH THE PLANT MATURES INTO A TOWERING TREE AS TRAINING IN TAE KWON DO PROGRESSES.

SPARRING (see appendix 2 page)

Two Step Sparring - Ibo Matsoki (1-4)

NEW MOVES

Sonkal Anuro Taerigi – Knifehand inward strike

Opun Sonkut Tulgi – Flat fingertip thrust

Ap Joomuk Yop Jirugi – Front fist side punch

Najunde Kyocha Joomuk Makgi – Low section X fist block

Sonbadak Ollyo Makgi – Palm upward block

Hori Makgi – Waist block

Yop Palkup – Side elbow

Moorup Chagi – Knee kick

Sonkal Chookyo Makgi – Knifehand rising block

Doo/Sang Joomuk Dwijibun Jirugi – Double/twin fist upset punch

Dolli-Myo Makgi – Circular block

NEW STANCES

Moa Sogi – Close stance

Gojung Sogi – Fixed stance

Goburyo Sogi – Bending stance

Need to know as many different body parts as possible.

HAND PARTS

FOOT PARTS

An Palmok – Inner forearm

Balkal – Foot sword

Bakat Palmok – Outer forearm

Balkal Dung – Reverse foot sword

Sonkal – Knifehand

Apkumchi – Ball of foot

Sonkal Dung – Reverse knifehand

Dwit kumchi – Rear of foot

Dung Joomuk – Back fist

Dwit Chook – Back heel

Ap Joomuk – Fore fist

Bal Dung – Top of foot

As your Tae Kwon-Do skills develop, always remember the OLD as well as the NEW during training

Yop Joomuk – Side fist
Sonkut – Fingertips
Sonbadak – Palm
Ap Palkup – Front elbow
Dwit Palkup – Back elbow
Yop Palkup – Side elbow

KICKS

Dollyo Chagi – Turning kick
Bandaedollyo Chagi – Reverse turning kick
Yop Cha Jirugi – Side piercing kick
Ap Cha Busigi – Front snap kick
Bandal chagi – Crescent kick
Dwitcha Jirugi – Back piercing kick

5TH KUP REVISION SHEET – GREEN BELT, BLUE TAG

Pattern: **Yul-Gok Tul - 38 movements.**

Yul-Gok 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 38° latitude and the diagram represents scholar.

Blue belt signifies: THE HEAVEN TOWARDS WHICH THE PLANT MATURES INTO A TOWERING TREE AS TRAINING IN TAE KWON DO PROGRESSES.

NEW MOVES

Sonbadak Golcho Makgi – Palm Hooking block

Ap Palkup Taerigi – Front elbow strike

Sang Sonkal Makgi – Twin Knifehand block

Kyocho Sogi – X Stance

Twimyo Yopcha jirugi – Flying side kick

Twimyo Ap Chagi – Flying front kick

Bandal Chagi – Crescent kick

Nopunde doo palmok makgi – High double forearm block

4TH KUP REVISION SHEET – BLUE BELT

Pattern: Joong Gun – 32 movements

Joong-Gun 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).

Blue belt signifies: THE HEAVEN TOWARDS WHICH THE PLANT MATURES INTO A TOWERING TREE AS TRAINING IN TAE KWON DO PROGRESSES.

BLOCKS

Kaunde sonkal dung makgi – middle section, reverse knifehand block
Sonkal daebi makgi – knifehand guarding block
Nopunde kyocha joomuk makgi – high section X fist block
Mongdungi makgi – U shaped block

STANCES

Moa junbi sogi B – Close ready stance B
Nachua sogi – Low stance
Dwit bal sogi – Rear foot

STRIKES

Wi palkup taerigi – Upper elbow strike
Nopunde dung joomuk yop taerigi – high back fist side strike

PUNCHES

Sang Joomuk Sewo jirugi – Twin fist vertical punch
Sang joomuk dwijibun jirugi – Twin fist upset punch
Nopunde ap joomuk jirugi – High section fore fist punch
Kaunde ap joomuk yop jirugi – Mid section fore fist side punch

KICKS

Ap cha busigi – Front snap kick	Dollyo chagi – Turning kick
Bandae dollyo chagi – Reverse turning kick	Yop chagi – Side kick
Bandal chagi – Crescent kick	Twigi – Jumping
Dwit cha jurigi – Back piercing kick	Twimyo – Flying
Najunde ap chagi – Low front kick	
Bandae dollyo golcho chagi – Reverse hooking kick	

One step sparring – Ilbo Matsoki

3RD KUP REVISION SHEET – BLUE BELT, RED TAG

Pattern: Toi-Gye – 37 movements

Toi-Gye is the pen-name of the noted scholar Yi Hwang (16th Century) an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on the 37° latitude, the diagram represents scholar.

Red Belt signifies: DANGER, CAUTIONING THE STUDENT TO EXERCISE CONTROL AND WARNING THE OPPONENT TO STAY AWAY.

NEW MOVES

Dwijibun sonkut tulgi – Upset fingertip thrust

San makgi – 'W' Shaped block

Najunde doo palmok miro makgi – Low double forearm pushing block

Najunde sonkal daebi makgi – Low knifehand guarding block

Doo palmok Najunde mira makgi – Double forearm low section pushing block

Kyocho so kyocho joomuk noollo makgi – X stance X fist pressing block

Sonkal Najunde Daebi makgi – Knifehand low guarding block

KICKS

Ap cha busigi – Front snap kick

Yop chagi – Side kick

Dollyo chagi – Turning kick

Bandae dollyo chagi – Reverse turning kick

Bandal chagi – Crescent kick

Dwit cha Jirugi – Back piercing kick

Twimyo chagi – Flying kick

Twiggi chagi – Jumping kick

2ND KUP REVISION SHEET – RED BELT

Pattern: Hwa-Rang – 29 movements

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 Tae Kwon Do developed into maturity.

Red Belt signifies: DANGER, CAUTIONING THE STUDENT TO EXERCISE CONTROL AND WARNING THE OPPONENT TO STAY AWAY.

NEW MOVES

Moa junbi sogi C – Close ready stance C
Sonbadak miro makgi - Palm pushing block
Ollyo jirugi – Upward punch
Sonkal naeryo taerigi – Knifehand downward strike
Soo jik sogi – Vertical stance
Yop Palkup tulgi – Side elbow thrust

Ilbo matsoki – One step Sparring

1ST KUP REVISION SHEET – RED BELT, BLACK TAG

Pattern: **Choong-Moo – 30 movements**

Choong-Moo was the name given to the Great Admiral Yi Soon-Sin of the Yi Dynasty. He was reputed to have invented the first armoured 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 symbolise his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.

Black Belt signifies opposite of White Belt, therefore; SIGNIFYING THE MATURITY AND PROFICIENCY IN TAE KWON DO, ALSO INDICATES THE WEARERS IMPERVIOUSNESS TO DARKNESS AND FEAR.

MOVES

Kyocha sonkal yop makgi – X knife-hand side block

Bandae sonkal anuro taerigi - Reverse knife-hand inward strike

Twimyo – Flying

Twiggi – Jumping

Ap makgi – Front block

Doo sonbadak ollyo makgi – Double palm upward block

Gunnun so sonkal nopunde ap taerigi – Walking stance knifehand high front strike

Twimyo yop cha jirugi – Flying side piercing kick

Niunja so palmok najunde makgi – L stance forearm low block

Gunnun so sonkal dung nopunde ap taerigi – Walking stance reverse knifehand high front strike

Kaunde dwitcha jirugi – Middle back piercing kick

Annun so palmok kaunde ap makgi – Sitting stance forearm middle front block

Annun so dung joomuk nopunde yop taerigi – Sitting stance back fist high side strike

Niunja so kyocha sonkal kaunde yop makgi – L stance X-knifehand middle side block

Gunnun so doo sonbadak ollyo makgi – Walking stance both palms upwards block

REVISE EVERYTHING PREVIOUSLY LEARNT!!

Three Step Sparring (Sambo Matsoki)

All attacking is stepping forward 3 times *gunnun so kaunde ap joomuk jirugi* (walking stance middle punch).

When attacking **do not** anticipate the block, always punch to the centre of the body. All blocking is middle section.

Ready stance for the attacker is right leg back *gunnun so najunde bakat palmok makgi* (walking stance outer forearm low block).

Ready stance for the defender is *narani junbi sogi* (parallel ready stance)

- 1 (i) Right leg back *gunnun so an palmok makgi* (walking stance inner forearm block).
- (ii) Step back *gunnun so an palmok makgi*.
- (iii) Step back *gunnun so an palmok makgi*.

Counter attack: *gunnun so kaunde bandae ap joomuk jirugi* (walking stance middle reverse punch).

- 2 (i) Left leg back *niunja so an palmok makgi* (L stance inner forearm block).
- (ii) Step back *niunja so an palmok makgi*.
- (iii) Step back *niunja so an palmok makgi*.

Counter attack: *niunja so sonkal yop terigi* (L stance knife hand side strike), aimed at the opponents right hand floating rib.

- 3 (i) Left leg back *niunja so bakat palmok annuro makgi* (L stance outer forearm inward block).
- (ii) Step back *niunja so bakat palmok annuro makgi*
- (iii) Step back *niunja so bakat palmok annuro makgi*

Counter attack: *niunja so dung joomuk nero terigi* (L stance backfist downward strike).

- 4 (i) Left leg back *niunja so bakat palmok makgi* (L stance outer forearm block).
- (ii) Step back *niunja so bakat palmok makgi*.
- (iii) Step back *niunja so bakat palmok makgi*.

Counter attack: move the left foot to form *annun sogi* (sitting stance), using the left arm to judge the correct distance, then perform *doo jirugi* (double punch), right hand first.

- 5 (i) Right leg back *niunja so bakat palmok makgi* (L stance outer forearm block).
- (ii) Step back *niunja so bakat palmok makgi*.
- (iii) See counter attack.

Counter attack: move the right foot to form *annun sogi* at the same time simultaneously performing *bakat palmok makgi* to the third punch and *ap joomuk jirugi* to the opponents temple.

The starting position for the hands is as follows, the right hand punch starts from the waist - palm upwards, whilst the left hand block starts from on top of the right fist also palm upwards.

- 6 (i) Right leg back *niunja so sonkal makgi* (L stance knife hand block).
- (ii) Step back *niunja so sonkal makgi*.
- (iii) See counter attack.

Counter attack: move the right foot to form *annun sogi* at the same time simultaneously performing *sonkal makgi* to the third punch and *sonkal annuro terigi* (knife hand inward strike) to the opponent's neck.

The starting position for the hands is the same as for a knife hand strike but the inner hand (left hand) forms a block and the outer hand (right hand) forms the inward strike.

- 7 (i) Left leg back *niunja so sonbadak annuro makgi* (L stance palm inward block).
- (ii) Step back *niunja so sonbadak annuro makgi*
- (iii) Step back *niunja so sonbadak annuro makgi*

Counter attack: Slide towards the opponent to form a right *niunja sogi* facing away from the opponent whilst looking over the right shoulder and performing *yop palkup tulgi* (side elbow thrust) to the floating rib.

- 8 (i) Left leg back *niunja so sonbadak annuro makgi* (L stance palm inward block).
- (ii) Step back *niunja so sonbadak annuro makgi*
- (iii) Step back *niunja so sonbadak annuro makgi*

Counter attack: pivot on the right foot to form a left *niunja sogi* whilst looking over the left shoulder and executing a *yop palkup tulgi* (side elbow thrust) to the solar plexus.

- 9 (i) Right leg back *niunja so sonkal makgi* (L stance knife hand block).
- (ii) Step back *niunja so sonkal makgi*.
- (iii) See counter attack.

Counter attack: Step back and slide into a right *niunja sogi palmok daebi makgi* (L stance forearm guarding block). Stepping forward execute *ap cha busigi doo jirugi* (front snap kick double punch) and land in *gunnun sogi*.

- 10 (i) Left leg back *niunja so sonbadak annuro makgi* (L stance palm inward block).
(ii) Step back *niunja so sonbadak annuro makgi*
(iii) See counter attack.

Counter attack: Step back and slide into a left *niunja sogi palmok daebi makgi* (L stance forearm guarding block). Stepping forward execute a *yop chagi* (side kick) lower the left foot to the floor and bring the right foot to the left foot to form *moa sogi* (close stance) whilst executing a *sonkal yop terigi* to the opponent's neck.

- 11 (i) Right leg back *niunja so sonbadak annuro makgi* (L stance palm inward block).
(ii) Step back *niunja so sonbadak annuro makgi*
(iii) See counter attack.

Counter attack: Step back and slide to your left side into a right *niunja sogi palmok daebi makgi* (L stance forearm guarding block). Stepping forward execute a *dollyo chagi* (turning kick) under the opponents arm, lower the right foot to the floor and bring the left foot to the right foot to form *moa sogi* (close stance) whilst executing a *dung joomuk yop terigi* to the side of the opponent's head.

Note:

On numbers 10 and 11, either hand counter attack may be used i.e. *sonkal yop terigi* on number 11 and *dung joomuk yop terigi* on number 10.

TWO STEP SPARRING (IBO MATSOKI)

Ready stance for the attacker is right leg back *niunja so palmok daebi makgi* (L stance forearm guarding block). Ready stance for the defender is *narani junbi sogi* (parallel ready stance).

1. ATTACK - Step forward *gunnun so, nopundae ap joomuk jirugi* (high section punch), followed by *ap cha busigi* (front kick).
DEFENCE - Right leg back *gunnun so* (walking stance), *Chookyo makgi* (rising block).
Left leg back *gunnun so* (walking stance), *kyocha joomuk makgi* ('X' fist pressing block).
COUNTER - *Sang Sewo Jirugi* (twin vertical punch).

2. ATTACK - Step forward *Gojung so, ap joomuk yop jirugi* (fixed stance side punch *Dollyo chagi* (turning kick)).
DEFENCE - Right leg back *niunja so, sonbadak ollyo makgi* ('L' stance, upward palm block),
Left leg back *niunja so hori makgi* ('L' stance, waist block).
COUNTER - Slide forward into *niunja so, yop palkup* (right 'L' stance, right side elbow).

3. ATTACK - Step forward *Ap chagi, sang sewo jurigi* (Front kick, twin vertical punch).
DEFENCE - Right leg back *gunnun so, najunde so kyocha joomuk makgi* (walking stance, 'x' fist pressing block),
Left leg back *gunnun so* (walking stance), *hechyo makgi* (outer forearm wedging block).
COUNTER - *Moorup chagi* (Knee kick, at the same time pull opponents shoulders).

4. ATTACK - Step forward *gunnun so Opun-sonkut tulgi*, (walking stance Flat fingertip thrust), *yop chagi* (side kick)
DEFENCE - Right leg back *gunnun so* (walking stance), *sonkal Chookyo makgi* (knife-hand rising block),
Left leg back *niunja so* ('L' stance), *sonbadak anuro makgi* (inward palm block).
COUNTER - *Ap chagi* (front kick to coccyx), *doo dwijibo jirugi* (twin upset punch to kidneys).

MEANING OF THE SIX BELT COLOURS

1. **WHITE** Signifies innocence, as that of a beginning student who has no previous knowledge of Tae Kwon-Do.
2. **YELLOW** Signifies Earth, from which a plant sprouts and takes root as the Tae Kwon-Do foundation is being laid.
3. **GREEN** Signifies the plant's growth as Tae Kwon-Do skill begins to develop.
4. **BLUE** Signifies the Heaven, towards which the plant matures into a towering tree as training in Tae Kwon-Do progresses.
5. **RED** Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.
6. **BLACK** Opposite of white, therefore, signifying the maturity and proficiency in Tae Kwon-Do. It also indicates the wearer's imperviousness to darkness and fear.

PATTERNS

DEFINITION OF A PATTERN is a combination of attacking and defensive moves against an imaginary opponent or opponents allowing you to use full force.

The following points should be considered when performing patterns:

1. THE PATTERN SHOULD BEGIN AND END ON THE SAME SPOT. This will indicate the performer's accuracy.
2. CORRECT POSTURE AND FACING MUST BE MAINTAINED AT ALL TIMES.
3. MUSCLES OF THE BODY SHOULD BE TENSED OR RELAXED AT THE PROPER CRITICAL MOMENTS IN THE EXERCISE.
4. THE PATTERN SHOULD BE PERFORMED IN A RHYTHMIC MOVEMENT WITH THE ABSENCE OF STIFFNESS.
5. EACH PATTERN SHOULD BE ACCELERATED OR DECELERATED ACCORDING TO INSTRUCTIONS.
6. EACH PATTERN SHOULD BE PERFECTED BEFORE MOVING TO THE NEXT.
7. STUDENTS SHOULD KNOW THE PURPOSE OF EACH MOVEMENT.
8. STUDENTS SHOULD PERFORM EACH MOVEMENT WITH REALISM.

NAME OF PATTERN (TUL)

<u>NAME OF TUL</u>	<u>RANK</u>	<u>ORDER OF BELT</u>
CHON-JI	9th Kup	White/Yellow stripe
DAN-GUN	8th Kup	Yellow
DO-SAN	7th Kup	Yellow/Green stripe
WON-HYO	6th Kup	Green
YUL-GOK	5th Kup	Green/Blue Stripe
JOONG-GUN	4th Kup	Blue
TOI-GYE	3rd Kup	Blue/Red Stripe
HWA-RANG	2nd Kup	Red

As your Tae Kwon-Do skills develop, always remember the OLD as well as the NEW during training

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.

- CHON-JI:** means literally “the Heaven the 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 the Heaven and the other the Earth.
19 Moves
- DAN-GUN:** is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 B.C.
21 Moves
- 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.
24 Moves
- WON-HYO:** was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.
28 Moves
- YUL-GOK:** 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 38° latitude and the diagram (±) represents “scholar”.
38 Moves
- JOONG-GUN:** 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).
32 Moves
- TOI-GYE:** is the pen name of the noted scholar Yi Hwang (16th Century), an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on 37° latitude, the diagram (±) represents “scholar”.
37 Moves
- 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 Tae Kwon-Do developed into maturity.
29 moves

CHOONG-MOO: was the name given to the great Admiral Yi Soon-Sin of the Yi
30 Moves Dynasty. He was reputed to have invented the first armoured
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 loyalty to the king.

TAE KWON-DO TERMINOLOGY

THE COMMANDS

ATTENTION	-	CHAROT
BOW	-	KYONG-YE
READY	-	JUNBI
COMMENCE	-	SI-JAK
ABOUT TURN	-	DUIRO-DORA
STOP	-	GOMAN
AT EASE	-	SWIYO
DISMISS	-	HAE-SAN

STANCE - **sogi**

PARALLEL	-	NARANI
WALKING	-	GUNNUN
SITTING	-	ANNUN
L	-	NIUNJA
FIXED	-	GOJUNG
X	-	KYOCHA
REAR FOOT	-	DWIT-BAL
VERTICAL	-	SOO-JIK
LOW	-	NACHUO
BENDING	-	GUBURYO
CLOSE	-	MOA

SECTIONS OF THE BODY

HIGH	-	NOPUNDE
MIDDLE	-	KAUNDE
LOW	-	NAJUNDE

HAND TECHNIQUES – DEFENCE

BLOCK - **MAKGI**

INNER FOREARM	-	AN-PALMOK
OUTER FOREARM	-	BAKAT-PALMOK
INWARD	-	ANURO
OUTWARD	-	BAKURO
FOREARM-GUARDING	-	PALMOK-DAEBI
KNIFEHAND-GUARDING	-	SONKAL-DAEBI
TWIN FOREARM	-	SANG-PALMOK
TWIN KNIFEHAND	-	SANG-SONKAL

DOUBLE FOREARM	- DOO-PALMOK
X-FIST	- KYOCHA-JOOMUK
X-KNIFEHAND	- KYOCHA-SONKAL
RISING	- CHOOKYO
CHECKING	- MOMCHAU
PRESSING	- NOOLLO
WEDGING	- HECHYO
CIRCULAR	- DOLLI-MYO
HOOING	- GOLCHA
UPWARD	- OLLYO
U-SHAPE	- MONGDUNGI
W-SHAPE	- SAN
PUSHING	- MIRO
SWEEPING	- HULLYO

HAND TECHNIQUES – ATTACK

PUNCH	- JIRUGI
OBVERSE	- BARO
REVERSE	- BANDAE
VERTICAL	- SEWO
UPSET	- DWIJIBO
TURNING	- DOLLYO
UPWARD	- OLLYO
HORIZONTAL	- SOOPYONG
U-SHAPE	- DIGUTIA
DOWNARD	- NAERYO

STRIKE	- TAERIGI
KNIFEHAND	- SONKAL
REVERSE KNIFEHAND	- SONKAL-DUNG
BACKFIST	- DUNG-JOOMUK
UPPER ELBOW	- WI-PALKUP
FRONT ELBOW	- AP-PALKUP

THRUST	- TULGI
FLAT FINGERTIP	- OPUN-SONKUT
STRAIGHT FINGERTIP	- SUN-SONKUT
UPSET FINGERTIP	- DWIJIBUN-SONKUT
BACK ELBOW	- DWIT-PALKUP
SIDE ELBOW	- YOP-PALKUP

FOOT TECHNIQUES – DEFENCE

KICK	- CHAGI
CRESCENT	- BANDAL-CHAGI
CHECKING	- CHA-MUM-CHUGI
FRONT RISING	- AP-CHA-OLLIGI
SIDE RISING	- YOP-CHA-OLLIGI
DODGING	- PIHAGI

FOOT TECHNIQUES – ATTACK

FRONT SNAP	- AP-CHA-BUSIGI
SIDE PIERCING	- YOP-CHA-JIRUGI
TURNING	- DOLLYO-CHAGI
REVERSE TURNING	- BANDAE-DOLLYO-CHAGI
REVERSE HOOKING	- BANDAE-DOLLYO-GORO-GHAGI
BACK PIERCING	- DWIT-CHA-JIRUGI
TWISTING	- BITURO-CHAGI
SIDE THRUSTING	- YOP-CHA-TULGI
SIDE PUSHING	- YOP-CHA-MILGI
FLYING	- TWIMYO
FLYING HIGH	- TWIMYO-NOPI-CHAGI

ATTACKING AND BLOCKING TOOLS

FORE-FIST	- AP-JOOMUK
PALM	- SONBADAK
BALL OF FOOT	- APKUMCHI
FOOT-SWORD	- BALKAL
KNEE	- MOORUP
BACK-HEEL	- DWICHOOK

SPARRING – MATSOKI

THREE STEP	- SAMBO
TWO STEP	- IBO
ONE STEP	- ILBO
SEMI-FREE	- BAN-JAYOO
FREE	- JAYOO

PARTS OF THE BODY

BACK FIST	- DUNG JOOMUK
BACK HAND	- SONDUNG
BACK HEEL	- DWIT-CHOOK
BACK SOLE	- DWIT-KUMCHI
BALL OF THE FOOT	- AP-KUMCHI
BASE OF KNIFE-HAND	- SONKAL BATANG
ELBOW	- PALKUP
FOREARM:	- PALMOK
BACK FOREARM	- DUNG-PALMOK
INNER FOREARM	- AN-PALMOK
OUTER FOREARM	- BAKAT-PALMOK
UNDER FOREARM	- MIT-PALMOK
FOREFINGER	- HAN SONGARAK
FOOTSWORD	- BALKAL
FOREFIST	- AP JOOMUK
FORE-KNUCKLE	- INJI
HEAD:	- MORI
FOREHEAD	- IMA
INSTEP	- BALDUNG
INNER ANKLE JOINT	- ANBALMOK GWANJOL
KNEE	- MOORUP
KNIFE-HAND	- SONKAL
MIDDLE KNUCKLE	- JUNGJI
PALM	- SONBADAK
REVERSE FOOTSWORD	- BALKAL DUNG
REVERSE KNIFE-HAND	- SONKAL DUNG
SHIN	- JONG KWAENG-I
SHOULDER	- EUKKE
SIDE INSTEP	- YOP BALDUNG
SIDE SOLE	- YOP BALBADAK
THUMB	- UMJI
TOE EDGE	- BALGARAK NAL
TOES	- BALKUT