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Dear New Student,

Welcome to our martial art family! The first decision in starting anything new is to go ahead and do it.

Congratulations you have done it. With your dedication and our responsible instruction we will work hard together to develop you into the best martial artist you can be. Anytime you have a question about martial arts please come to us and we will be glad to answer any questions you might have.

You must have four things to become a *good* black belt!

- 1) Perseverance
- 2) Patience
- 3) Practice
- 4) Perspiration

Always keep these things in mind and you will soon reach the goal you strive for. We have a saying: "If you have a good ready starting position, you are half way done." Decide in your mind to practice on a regular schedule, **THEN DO IT!**

The four things listed above will make you improve quickly. We will teach you traditional Tae Kwon Do. Some important things to remember, that will help you in Tae Kwon Do, as well as everyday life is, your mental attitude, a good life philosophy, and the physical conditioning of our bodies. Together, mind and body united, will give you peace of mind and a good outlook on life.

Remember to always persevere, even at times when you feel you can not go on, and you can overcome almost any obstacle you face. Tae Kwon Do is not only the most popular style of martial art, it is one of the most powerful and practical form of self defense in the world, and yet also one of the easiest to learn.

Always remember: "A martial artist can break anything...but never a persons heart." So lets get started turning those stumbling blocks into stepping stones.

Yours in the Martial Arts

Kwangjang nim  
Mr. Joey A. Stinson

Pil Sung!

Stinson's Korean Martial Arts Academy  
Cumberland Martial Arts Association

## **Membership Oath**

(Chung Do Kwan oath)

We as members, train our spirits and bodies according to the strict code  
We as members, are united in mutual friendship  
We as members, will comply with regulations, and obey instructors  
We as members, will meditate, and do our best, to become patient and strong

## **Student Oath**

(Tae Kwon Do oath)

I shall observe the tenets of Tae Kwon Do.  
I shall respect instructors and seniors.  
I shall never misuse Tae Kwon Do.  
I will be a champion of freedom and justice.  
I will build a more peaceful world.

## **Tenets of Tae Kwon Do**

Courtesy.....Ye-ui  
Integrity.....Yom-chi  
Perseverance.....In-nae  
Self Control.....Guk-gi  
Indomitable Spirit.....Beakju boolgool

## **Hwa-rang Five Point Code of Honor**

Be loyal to your king.  
Be obedient to your parents.  
Be honorable to your friends.  
Never retreat in battle.  
Make a just kill.

## **Explanations of the Tenets of Tae Kwon Do**

### **1) Courtesy**

Always promote the spirit of mutual concessions, be polite to one another, encourage the sense of justice and distinguish the instructor from the student and senior from junior.

### **2) Integrity**

You must be able to define right from wrong, and have the conscience, if wrong, to feel guilt. You must be able to learn from your mistakes, and use them as a tool for yourself in the future not to make the same mistakes again.

### **3) Perseverance**

To achieve something, whether it is a higher rank or the perfection of a technique, one must set their goals then constantly persevere. Never give up on something that you have a strong moral conviction to. One of the most important secrets in becoming a leader of Tae Kwon Do is to overcome every difficulty by perseverance.

### **4) Self Control**

This tenet is extremely important inside and outside the school, whether conducting oneself in free sparring or in one's personal affairs. A loss of self-control in free sparring can prove disastrous to both student and opponent. An inability to live and work within one's capability or sphere is also a lack of self-control.

### **5) Indomitable Spirit**

A serious student of Tae Kwon Do will at all times be modest and honest. If confronted with injustice, they will deal with belligerence without any fear or hesitation at all, with indomitable spirit, regardless of whosoever and however many the numbers may be.

## **Equipment requirements**

All students must have a white regulation uniform. White symbolizes peace, innocents, and purity. Red and Black belts have the privilege of wearing black pants.

After the first test all male students must wear a groin cup and supporter when free sparring or the student will not be allowed to spar. Safety foot, hand, and headgear will be worn while free sparring unless told differently, this will protect yourself as well as the one you are sparring with.

Chest guards are optional.

## **Rules and Regulations**

- 1) At no time will any student enter the dojang floor with shoes on.
- 2) Students who enter or exit the dojang will acknowledge the flags with a proper salute.
- 3) Students upon passing a Black Belt, Instructor, and especially Master Instructor will show the proper respect by bowing.
- 4) Students late for class will ask permission from the instructor to attend.
- 5) Never question or back talk an instructor, asking for an explanation is acceptable.
- 6) No jewelry, except for wedding bands, is permitted in class.
- 7) Talk on the floor will be limited to the practice of the art.
- 8) No profanity will be tolerated in the dojang.
- 9) During class period there will be no talking or laughter.
- 10) No smoking will be allowed in the dojang.
- 11) Never smoke in the presence of a Master Instructor.
- 12) No chewing gum will be allowed in the dojang.
- 13) It is the responsibility of the student to bring all workout gear to class.
- 14) When addressing an instructor, bow then ask the question.
- 15) Chief instructors will be addressed as Sa-bum Nim, Sabu, sir/ma'am, or Mr. /Mrs. /Ms. on accordance with the instructor
- 16) A junior belt may not ask a senior belt to free spar; however, a senior may ask a junior.
- 17) You must hold truth, integrity, and courtesy for others at all times.
- 18) You will conduct yourself outside of the dojang as ladies or gentlemen, and as true Tae Kwon Do representatives at all times.
- 19) Tae Kwon Do or any forms of self-defense will be used only as a means of defending yourself, family, or the defenseless.
- 20.) School age students will exemplify our school by making good grades in school work and conduct.

Failure to comply with the above could result in one of the following

- a) Punishment
- b) Dismissal from class
- c) Loss of grade
- d) Period of probation
- e) Loss of grade and suspension from activities
- f) Dismissed from the organization and all affiliates

## Belt Ranks

The lowest ranking belt is the white belt. The highest being the black belt. White through red are kup ranks, while black belts are dan ranks.

10<sup>th</sup> kup = White belt: Signifies innocence, as that of a beginning student who has no previous knowledge of Tae Kwon Do.

9<sup>th</sup> kup = White belt, yellow stripe

8<sup>th</sup> kup = Yellow belt: Signifies the Earth from which a plant sprouts and takes root as the Tae Kwon Do foundation is being laid.

7<sup>th</sup> kup = Yellow belt, green stripe

6<sup>th</sup> kup = Green belt: Signifies the plant's growth as the Tae Kwon Do skills begin to develop.

5<sup>th</sup> kup = Green belt, blue stripe

4<sup>th</sup> kup = Blue belt: Signifies the Heaven, towards which the plant matures into a towering tree as training in Tae Kwon Do progresses.

3<sup>rd</sup> kup = Blue belt, red stripe

2<sup>nd</sup> kup = Red belt: Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

1<sup>st</sup> kup = Red belt, black stripe

1<sup>st</sup> dan = Black belt: Opposite of white, therefore, signifying the maturity and proficiency in Tae Kwon Do. It also indicates the wearer's imperviousness to darkness and fear.

## **Colors in Korean**

White.....	hayang	blue.....	parang
Yellow.....	norang	red.....	balkang
Green.....	noksaek	black.....	gumjung

## **Black Belt Sequence**

Jr. Cho Dan Bo..... ½ red ½ black belt (red on top)

Jr. 1<sup>st</sup> degree..... ½ red ½ black belt (black on top)

Adult Cho Dan Bo..... black belt with two red stripes on edges

Adult 1<sup>st</sup> degree..... solid black belt, can be plain, with white rank stripes, or embroidered.

A Jr. rank is equivalent to an adult rank, expectations are not as high though.

## **Promotional testing information**

For students learning the art of Tae Kwon Do, tests in the Korean Martial Arts Academy are given usually every two months. Students generally test about every two-three months. Special tests are given at other times depending on the circumstances. These tests are held at the school or regional testing site. The student is judged on their forms, step sparring, free sparring, self-defense, questions, and board breaking. Personal appearance, conduct, and attitude are also important factors. If a person does well in all physical areas but has a poor attitude, then that person will not do well in the test.

A promotion test is when you go before your instructor or a panel of instructors and prove your skills in the above mentioned areas.

The test is not only a judgment of physical technique; it is also an evaluation of the student's mental strength of character.

The most important part of the test is mental preparation and focused power. Next comes manners and attitudes, and after that, physical skill. All of the above are judged through the student's skills at such things as form, balance, nerves, reflexes, speed, strength, precision, and concentration. The final part is the student's ability to defend themselves. This is determined by their skill at free sparring, self-defense, and breaking.

For a white and yellow belt, the test is fairly simple, one must show only they have developed the most basic techniques. The growth of a student's skill at Tae Kwon Do can be roughly compared to the socialization process; at each level the student learns a little more and they accept more responsibility. The complete human being is formed painstakingly step by step as they learn from their parents and from their own experience. Carrying this analogy further, the white belt, can be compared to the infant who is just starting to grow, and the black belt, can be compared to the person who is ready to teach his own children about the world. Similarly, the other intermediate belts are like the stages of human growth between these two stages.

There is a testing fee required the day of the test. This fee covers the cost of processing the certification, the belts, and any special guest judges that may be invited to the testing. Being a member of the school will enable you to participate in future tests, tournaments, seminars, and also will enable you to practice at any affiliated school for up to 60 days at no charge anywhere there is a school or club located.

Testing is not mandatory, but to further your progress, develop new skills, testing gives a new goal to strive for. As a child learns and passes from level to level, learning the material required for that grade, so does the martial art student. Don't be discouraged if a passing grade is not achieved. A makeup test is usually given within two weeks of the previous test over what was failed.

Your dobok must be clean and pressed for testing. Sparring gear is required for yellow belts and up for sparring.

After testing it will usually be a week to ten days before you know your results, most of the time it will be the same day, except for Black belts. Your belts of grades are not given, they are earned. A student that does not pass has only themselves to look to. The student receives confirmation of their progress, they are certified as having reached that immediate goal, and is given a new higher one to strive for.

### **An introduction to Tae Kwon Do**

Tae Kwon Do is an eastern philosophy of action. One of the most respected martial arts of the orient. It is the practice and training of making the human body (feet and hands in particular) into weapons for the purpose of self-defense. Emphasis is also placed upon self-improvement. The art gives the practitioner better manners, morality, discipline, tolerance, and a sense of honor. The practice of Tae Kwon Do is character building in that it provides training for the mind and body.

Tae Kwon Do has a history almost as long as mankind itself and has been practiced under many different names. It has developed into an exact science, applying the most basic movements of the human body to provide one with maximum power and speed for the purpose of defending ones self and others. It has also developed into a philosophical ideal representing service done for the sake of truth, peace, and social harmony.

In the human body there are 64 vital spots towards which attack is directed at one's opponent. Tae Kwon Do is a superior and effective method of defense and attack in an emergency situation, because it directs all movements to these vital areas.

### **Reasons for Ki-ap**

- 1) To intimidate your opponent
- 2) To focus all your power
- 3) To exhale air and tighten your midsection
- 4) To concentrate and focus all mental energy

### **Bowing in procedure.....senior student recites the commands**

Come to attention ..... char-yot

Flags..... gook ki

Salute ..... parae

Return..... baro

Chief Instructor..... sa bum nim

Bow..... kyung-ye

### **To bow out, same as bowing in except at the end senior student says**

Dismissed ..... hae-cho (as they turn to the students)

Students say thank you ..... kom som ne da

Senior student says your welcome ..... cho ma ne yo

Senior student says rally together ..... kru ho (facing front)

Students yell..... ki-hap



## **The American flag**

The stars represent the fifty states, the blue background represents valor, the white represents purity, and the red represents the blood that was shed for our country.

The original resolution adopted by the Continental Congress held in Philadelphia on June 14, 1777 said:

"Resolved that the flag of the United States be thirteen stripes alternate red and white, that the Union by thirteen stars, white in a blue field, representing a new constellation."

In George Washington's words:

"We take the stars from heaven, the red from the Mother Country, separating it by white, thus showing that we have separated, and the white stripes shall go down to posterity representing liberty."

## **The Korean flag**

The "Tae Kook Gye" is the Korean flag. Tae Kook means the origin of all things in the universe.

The circle in the center of the flag is divided into portions of red and blue by a horizontal "S" it is called the Um Yang. The line is not straight to represent that all things are not positive or negative but that there is some good and some bad in everything. The blue and red symbolize heaven/earth, light/darkness, north/south, being/not being or two opposites working in harmony, the duality of man and the universe. The black circle that confines it represents totality.

The four Gye (bar designs) in the corners of the flag are based on the Um and Yang principle of light and darkness. The locale of these Gye represents the four points on the compass. Ee-Gye in the lower left corner indicates dawn and early sunlight as the sun rises in the east. Kun-Gye in the upper left represents bright sunshine when the sun is in the south. Kam-Gye in the upper right corner symbolizes twilight as the sun moves to the west. Kon-Gye in the lower right indicates total darkness as when the sun is in the north. Together, these symbols express the mysteries of the universe.

The white background represents innocence, purity.

## **What is Ki**

Ki is an Asian idea that states an energy flows through the body to give strength and awareness to the individual. This invisible “life force” is said to hold the properties of giving people exceptional power, speed, and/or mental abilities. Ki cannot be measured by any means; it cannot be seen or touched which is why most people do not believe in it. Ki originates at the Dan Jon area of the body, located approximately 2 inches below the navel. This energy is channeled through the body on imaginary lines called meridians. On these meridians are located the acupuncture points which we use as pressure points. To be able to control the flow of ki in the body is a task that takes many years to command. Once this is controlled, an individual may be able to force the ki outside of the body and input it into someone else, disrupting their energy flow. Also, a person can use their ki to harden the body and be able to withstand hits to their own body. The development of ki greatly heightens the ability of a person to be able to defeat an opponent with one shot.

## **Explanation of the power theory**

The power theory can be broken down into its individual components; reaction force, concentration, equilibrium, breath control, and speed. All of these when used separately do not give power. Only when used together does power become a reality. Reaction force is taken from Newton’s Law, every force has an equal and opposite reaction. This is utilized by the opposing hand is drawn back to the hip when the lead hand is punching, both at the same rate. Concentration is the ability to apply the maximum amount of force to the smallest target area. An example would be getting hit by a baseball and softball. Equilibrium can be defined as balance. The center of gravity must be in the right spot before any power can be achieved. To demonstrate this, try punching a target while in a front stance and while standing upright and falling backwards. Breath control is the proper timing of breathing. The breath is taken in before the technique and expelled when the technique is being performed. Speed is the culmination of many other factors. Speed is basically the rate at which an object moves, if a ball travels 10 feet in 1 second it is said to travel at 10ft/sec. The faster an object move the more velocity is attained and the more force is needed to stop this object. To demonstrate this, take a pellet and gently toss it toward a soda can, then take a similar pellet and shoot it from a pellet gun to see the difference. There are many mathematical models and physics properties that can be explored here to prove the individual components of the power theory. That is left to the individual to explore and is not considered important enough to be included in this handbook.

## 10<sup>th</sup> kup white belt requirements

### Physical

1. Demonstrate the following stances; front, back, horse riding, ready, and attention.
2. First 8 movements of Chon-Ji and applications
3. Demonstrate the proper bow and salute and know when to use each
4. Demonstrate the correct form of response to a posed question by a senior
5. One-steps – 7 direction movement from straight punch
6. Attack position, and focus of punch in one step sparring
7. Demonstrate how to correctly tie a belt
8. Back breakfall & front breakfall

### Mental

1. Meaning of the white belt
2. Count to ten in Korean
3. Name and rank of Instructor (Mr. Stinson 6<sup>th</sup> degree)
4. The following terminology

uniform.....dobak  
training hall.....dojang  
student.....kwon-won (or je-ja)  
belt.....dee  
breakfall.....nak-bup

### Counting in Korean

1.....hana	6.....yaset
2.....tul	7.....illgup
3.....set	8.....yadul
4.....net	9.....ahup
5.....taset	10.....yul

## 9<sup>th</sup> kup white belt requirements

### Physical

1. All requirements from previous test
2. Chon-ji form and applications
3. One-steps – block only against straight punch
4. Basic kicking movements
5. Yudo grip for throws
6. Throws --- (a) Major outer leg reap  
(b) Major inner leg reap

### Mental

1. All requirements from last test
2. Chon-ji definition
3. The following terminology  
  
attention.....char-yot  
pay respect.....kyung-ye  
start.....si-jak  
stop.....gu-man  
dismissed.....hae-cho  
relax.....sheio  
energy yell.....ki-hap  
front kick.....ap chagi  
round-house kick.....dollyo chagi  
side kick.....yap chagi

## 8<sup>th</sup> kup yellow belt requirements

### Physical

1. All skills for below rank
2. Tan-Gun form and applications
3. One-steps – block and counter strike against straight punch
4. Basic kicks and combination kicking
5. Escape techniques (wrist grabs from front)
6. Semi free sparring (2min)
7. Breaking (step over side kick) ‘no grade’
8. Side breakfall & front roll

### Mental

1. Tan-Gun definition
2. Definition of yellow belt
3. Definition of Tae Kwon Do
4. Type of martial arts you study --- (Tae Kwon Do)
5. Founders name, title, and rank --- (Gen. Choi Hong Hi, Grandmaster 9th Dan)
6. The year Tae Kwon Do was founded officially ----- (1955)
7. Number of moves in form
8. The following terminology

national flag.....gook ki  
Korean national flag.....Tae gook ki  
rally together.....kru ho  
thank you.....kom som ne da  
stand up.....e do saw  
sit down.....an jo  
relaxed ready stance.....baro  
form.....hyung  
master instructor.....kwang jang nim  
chief instructor.....sa bum nim  
assistant instructor.....kyo sa nim  
senior student.....sun bae nim

## 7<sup>th</sup> kup yellow belt requirements

### Physical

1. All skills for below ranks
2. Do-San form and applications
3. One-steps – block and counter against straight punch
4. Intermediate kicks
5. Stationary jumping basic kicks
6. Escape techniques (shoulder and neck grabs)
7. Free sparring (2.5 min)
8. Breaking (step over side kick)
9. Throws --- (a) All direction basic throw  
(b) Figure-four takedown

### Mental

1. Do-San definition
2. The membership oath
3. Story of Mt. Paektu and how it relates to Chon-ji form
4. Define and give examples of discipline
5. Number of moves in form
6. The following terminology

low block.....ha dan makki  
high block.....sang dan makki  
knife hand block.....soo do makki  
side block.....yep makki  
jumping front kick.....ee dan ap chagi  
jumping round-house kick.....ee dan dollyo chagi  
jumping side kick.....ee dan yep chagi  
hook kick.....hoo rue chagi  
you're welcome.....cho ma nae yo

## 6<sup>th</sup> kup green belt requirements

### Physical

1. All skills for below ranks
2. Won-Hyo form and applications
3. One-steps – block and strike against circular hand strikes
4. Intermediate kicks
5. Escape techniques (chokes)
6. Free Sparring (3 min)
7. Breaking (pivot side kick)
8. Side-front breakfall & backward roll

### Mental

1. Won-Hyo definition
2. Definition of green belt
3. Tenets of Tae Kwon Do
4. The student oath
5. Tan-Gun legend
6. Number of movements in form
7. Four reasons for ki-hap
8. The following terminology

spear hand.....kwan soo  
back fist.....doong kwan  
knife hand strike.....soo do chigi  
punch.....ji ghee  
ready stance.....chum bi shugi  
front stance.....joong gul shugi  
back stance.....hool gul shugi  
horse riding stance.....ki ma shugi  
escape techniques.....ho sin sool  
breaking.....kyuk pa

## 5<sup>th</sup> kup green belt requirements

### Physical

1. All skills for below ranks
2. Yul-Gok form and applications
3. One-steps – block and counter against circular hand strikes
4. Intermediate jumping and spinning kicks
5. Escape techniques (hair grabs)
6. Free sparring (3.5 min)
7. Breaking (front kick)
8. Throws ---
  - (a) Major hip throw
  - (b) Two hand shoulder throw

### Mental

1. Yul-Gok definition
2. Explanation of Korean Flag
3. Explanation of American Flag
4. Definition of Chung Do Kwan
5. Tenets in Korean (Jung shin)
6. Number of movements in form
7. The following terminology

front.....ap  
side.....yep  
back.....duie  
upper section.....sang dan  
middle section.....joong dan  
lower section.....ha dan  
bang knuckle fist.....song soo  
spinning hook kick.....duie hoo rue chagi  
jumping spinning hook kick.....ee dan duie hoo rue chagi  
back turn side kick.....duie yep chagi  
reverse punch.....yuk gin  
fore arm smash.....pal gop chigi  
attack.....gong kyuk



## 4<sup>th</sup> kup blue belt requirements

### Physical

1. All skills for below ranks
2. Joong-Gun form and applications
3. One-steps – block and strike against other hand strikes
4. One steps against 2 opponents
5. Intermediate skipping kicks
6. Escape techniques (wrist grabs from behind)
7. Free sparring (4 min)
8. Breaking (round house kick)
9. Belt roll & advanced backward roll

### Mental

1. Joong-Gun definition
2. Definition of blue belt
3. Power theory
4. Explanation of school patch
5. Number of moves in form
6. Counting 1st to 10th in Korean
7. The following terminology

turn around.....dio roe droe  
opposite side.....ban dae roe  
ridge hand.....yuk soo  
one step sparring.....il bo dae roon  
free sparring.....cha yo dae roon  
warm up exercises.....mon pool ri  
ax kick.....chik ko chagi  
front leg limbering.....ap a bal o legi  
side leg limbering.....yep a bal o legi

1st.....Il	6th.....Yook
2nd.....E	7th.....Chill
3rd.....Som	8th.....Pal
4th.....Sa	9th.....Koo
5th.....O	10th.....Ship

### 3<sup>rd</sup> kup blue belt requirements

#### Physical

1. All skills for below ranks
2. Toi-Gye form and applications
3. One-steps – block and counter against other hand strikes
4. One steps against multiple (3 or more) opponents (hand strikes)
5. Basic knife defense (overhead, thrust, and cross-cut)
6. Intermediate stationary double kicks
7. Escape techniques (bearhugs)
8. Free sparring (5 min)
9. Breaking (back turn side kick & jumping side kick, can be flying)
10. Throws ---
  - (a) One hand shoulder throw
  - (b) Body-drop throw
  - (c) Hip-sweep throw

#### Mental

1. Toi-Gye definition
2. Count to 20 in Korean
3. Number of moves in form
4. Where does Tae Kwon Do come from --- (Korea)
5. How does Tae Kwon Do differ from Karate and Kung Fu
6. The following terminology

twist kick.....biss chagi  
jumping back turn side kick.....ee dan duie yep chagi  
middle punch.....joong dan ji ghee  
high punch.....sang dan ji ghee  
low punch.....ha dan ji ghee  
crescent kick.....ban dal chagi  
spread block.....hae cho makki  
front block.....ap makki  
scissor block.....gawi makki  
x-stance.....kao shugi  
fighting stance.....daebi shugi

## **2<sup>nd</sup> kup red belt requirements**

### **Physical**

1. All skills for below ranks
2. Hwa-Rang form and applications
3. Choose a weapon to learn basic techniques with
4. One-steps – block and strike against kicks
5. Advanced kicks
6. Free sparring two on one (low ranks, 2 min)
7. Free sparring (6 min)
8. Escape techniques (headlocks)
9. Basic pressure point strikes - arm (angle and application)
10. Intermediate knife defense (overhead, thrust, and cross-cut, in any sequence)
11. Basic sweeps  
(Roundhouse, spinning heel kick, front kick, hook kick, and spinning hook kick)
12. Breaking (ax kick & jumping front kick & palm heel strike)
13. Diving roll & air roll
14. Matwork
  - (a) four corner hold
  - (b) hammer-lock
  - (c) scarf hold
  - (d) arm bar
  - (e) ½ arm bar

### **Mental**

1. Hwa-Rang definition
2. Definition of red belt
3. Define "Do" in Tae Kwon Do
4. Explain Ki
5. Relate the tenets to the membership oath
6. Relate the tenets to the student oath
7. Name the three kingdoms of Korea and how they were unified
8. What is the Hwa-Rang five point code of honor
9. What is the significance of the 29th Infantry Division --- (where Gen. Choi was stationed)
10. Who wrote the Hwa-Rang five point code of honor --- (Won Gwon Bopsa)

## 1<sup>st</sup> kup red belt requirements

### Physical

1. All skills for below ranks
2. Choong-Moo form and applications
3. One-steps – block and counter against kicks
4. Advanced kicking techniques
5. Freestyle one-steps against any technique
6. Free sparring two on one (advanced rank) (3 min)
7. Free sparring (8 min)
8. Escape techniques two on one
9. Advanced knife defense (any attack, including hold ups)
10. Advanced pressure point strikes - leg and neck
11. Advanced jumping kicks
12. Advanced sweeps  
(Drop spinning heel, drop roundhouse, drop ridgehand, and drop spinning hook kick)
13. Breaking (jumping roundhouse kick & spinning heel kick & front punch)
14. Throws ---
  - (a) Circle throw
  - (b) Floating knee drop throw
  - (c) Figure-four hip throw
15. Matwork
  - (a) single wing hold
  - (b) scissor choke
  - (c) naked choke
  - (d) figure four cross body
  - (e) come along

### Mental

1. Choong-Moo definition
2. All forms definitions
3. Number of moves in form
4. Difference in symmetrical and non-symmetrical
5. Why pattern ends with a left hand attack
6. Give detailed information on the Kobukson
7. What were some of Yi Sun Sin's battle tactics
8. Be able to discuss why forms are important
9. Show pressure point strikes in forms
10. Define and give examples of loyalty
11. Discuss Um - Yang

## **Cho Dan belt requirements**

### **Physical**

1. Kwang Gae form and applications
2. All previous forms
3. Advanced jumping and spinning kicks
4. Isometric kicks and hand strikes
5. Balance drills
6. Endurance test
7. Self defense demonstration (unarmed attacks)
8. Footwork drills
9. One steps freestyle (precision and timing)
10. Escape techniques - advanced joint locking and reversals
11. Striking escape techniques
12. Sparring (multiple opponents 10 minutes)
13. Pressure point strikes to cause a standing knockout
14. Breaking - (twist kick & 360° jumping roundhouse kick & knife hand strike)
15. Breaking - concrete (variable hand technique) \*(not for jr. levels)
16. All previous Yudo throws from various attacks
17. Matwork
  - (a) palm up lapel choke
  - (b) palm down lapel choke
  - (c) alternate palm choke
  - (d) figure four leg lock
  - (e) figure four arm bar

### **Mental**

1. All forms definitions
2. All terminology
3. Be able to describe what happens in a pressure point knockout
4. Have a good understanding of the anatomy and physiology of the human body
5. Be able to give the capitols of the three kingdoms of Korea
  - Silla – Kyōngju
  - Paekche – Puyō
  - Koguryo – P’yōngyang
6. Dan ranks in Korean
7. In depth knowledge of history of Korea
8. History of Tae Kwon Do - Tae Kyon and Soo Bak
9. Some general knowledge about Choi, Hong Hi
10. Contents of papers (3 pages) on topics given to you from your instructor

## **1<sup>st</sup> Dan test requirements**

### **Physical**

1. Advanced spinning, jumping, and flying kicks
2. Advanced stationary double and triple kicks
3. Basic jumping and flying double kicks
4. Flying kicks combined with hand techniques
5. Po-Eun and Ge-Baek forms and applications
6. Self defense demonstration freestyle
7. Gun defense (hand gun)
8. Sparring (multiple opponent 12.5 minutes)
9. Breaking -(jumping back turn side kick & vertical kick & flying side kick over obstacle & reverse punch & ridgehand strike)
10. Breaking - concrete (variable hand technique)
11. Ability to perform a good three point knockout
12. Throws ---
  - (a) Major hand throw
  - (b) Hand throw #2
  - (c) All direction throw advanced
  - (d) Flip throw
13. Matwork
  - (a) triangle choke
  - (b) pressing choke
  - (c) shoulder lock
  - (d) guillotine choke
  - (e) sliding rear collar strangle

### **Mental**

1. Have an understanding of Zen, Confucianism, Buddhism, Shinto, and Taoism and how they relate to martial arts
2. Knowledge of other types of martial arts and where they come from and how they differ from Tae Kwon Do
3. In depth explanation of all techniques for lower ranks
4. Names and ranks of notable Tae Kwon Do masters and who they are affiliated with
5. Have an understanding of how Tae Kwon Do was brought to us
6. Explanation of stances (what stance is used for what situation)
7. Content of papers (3) agreed upon you and your instructor

## 2<sup>nd</sup> Dan test requirements

### Physical

1. Freestyle kicking drills
2. Freestyle jumping and spinning kicks
3. Intermediate to advanced flying kicks
4. Hand and foot combinations
5. Eui-Am, Juche (or Ko-Dang), and Choong Jang forms and applications
6. Freestyle self defense against multiple attackers (# decided by main judge)
7. Demonstration of specialized technique
8. Power breaking and speed breaking
9. Sparring against four people for 5 minutes (advanced ranks)
10. Breaking - 4 stations, any techniques (2 hand techniques & 2 kicks)
11. Breaking - concrete (variable hand technique)
12. Demonstration of 1" punch (on chest guard)
13. Gun defense (long gun)
14. Multiple opponent knife and club defense
15. Throws ---
  - (a) Finger lock throw
  - (b) Figure-four throw
  - (c) Steering wheel throw #1 (outside)
  - (d) Steering wheel throw #2 (inside)
  - (e) Arm-cross throw
16. Matwork---any throw with pin

### Mental

1. Explain the differences of the kwans of Tae Kwon Do
2. Know the 5 different kwans
3. Black belt level explanation of Um-Yang
4. Difference between hard and soft styles
5. Extracurricular study of Korean history
6. Reasons for forms, one steps, sparring, and breaking
7. How has Tae Kwon Do changed in the last 50 years
8. All forms definitions
9. All terminology, plus
10. Papers (2) listed on question sheet
11. Thesis paper agreed upon by you and your instructor

## 3<sup>rd</sup> Dan test requirements

### Physical

1. Freestyle kicking and striking combinations
2. Jumping and spinning kicking combinations
3. Sam-Il, Yoo-Sin, and Choi-Yong forms and applications
4. Self defense against multiple attackers
5. Sparring with 2-3 black belts
6. Knife defense against a live blade
7. Power and speed breaking
8. Breaking – total of 10 stations (includes power, speed, and concrete breaks)
9. Self defense against two armed attackers
10. Throws --- any throw not covered in previous tests, must include finishing move
11. Must possess at least a 1<sup>st</sup> degree black belt in another style to attain a master status

### Mental

1. All forms definitions
2. Able to explain any topic found in this book to younger ranks
3. Ability to explain a concept to any age student, at the level they can understand
4. Basic physics concepts for breaking, throws, and striking angles
5. Able to discuss the Three Kingdom period of Korean history
6. Reading of 5 famous Asian books
  - a. *The Analects*
  - b. *The Art of War*
  - c. *I Ching*
  - d. *Tao Te Ching*
  - e. *The Book of Five Rings*
7. Paper on one of the selected books
8. Knowledge about Won Kuk Lee
9. Some details about how Tae Kwon Do and the other system you study are different
10. What does the term Master mean to you.
11. What is the difference between Sabum Nim and Kwanjang Nim, what would you consider yourself to be at 4<sup>th</sup> Dan



## **A very brief history of Korea**

It would be impossible to explain the history of Korea in a short space. As you progress more information will be given to you in more detail. Below is a brief outline of Korean History.

The foundation of Korea is shrouded in myth with the core being that of a divine ruler known as Tan Gun. Tan Gun has been called sinnin which can be translated as angel, spirit, a divine man or a god. Legend has it that the Son of the Creator Prince Wang Ung granted the wish of a tiger and a bear to become human if they could persevere through a trial of endurance. They were to live in total darkness for 21 days with 20 pieces of garlic and a piece of Artemisia (a type of sagebrush). The tiger lost patience and left the cave failing the test. The bear however remained to pass the test. The Prince granted the wish and the bear became a beautiful woman. Her first wish was for motherhood. Wang-Ung passed by, breathed on her, and she became pregnant. Her son was born on Mount Myo-Hyang under the Pak-Tal tree and was named Tan Gun Wang-Gum, Lord of the Pak-Tal Tree.

Tan Gun is said to be the third person in a divine triumerate. Whan-In (the creator), Wang-Ung (the son of the creator), and Tan Gun (the human form of the creator). Tan Gun founded his capitol at P'yongyang. He also built the altar atop Muni-San at the south end of Kang-Wha Island. Tan Gun gave Korea it's first, last, and real name, Chosun (land of the morning calm).

The Chinese divided Chosun into four area's and relinquished control over what became the three kingdoms of Koguryo in 37 BC. The three kingdoms were Paekche founded in 18 BC, Silla founded in 57 BC and Koguryo.

Martial-arts flourished and the most well known was Tae Kyon. Many kings practiced and generals were promoted because of their skills. Civil servant careers were awarded by demonstrations of ones skills in Tae Kyon.

The three kingdoms struggled for supremacy over the entire Korean peninsula until 663 when the Silla kingdom conquered the Paekche kingdom. In 668 the Silla kingdom also conquered the Koguryo kingdom. From the victories of Silla the Korean peninsula became united for the first time in its history. This is known as the Silla Dynasty. Evidence of the practice of Tae Kyon has been found in tombs from this era.

When the Silla Dynasty was overthrown in 935 and the Koryo Dynasty was founded Tae Kyon flourished. But, in 1392 General Sung Kye Yi overthrew the Koryo Dynasty (known as the Yi Dynasty) and the Martial-arts declined under this rule.

In 1592 the Chosun kingdom suffered its first foreign invasion by Japan, because the Chosun government refused to grant the Japanese troops passage through the Korean peninsula so that Japanese could invade Manchuria and China.

With Korea's very existence thus at stake there emerged a great national hero, Admiral Yi Sun Shin who invented the turtle boat (Kobukson), the worlds first ironclad warship. With a fleet of these turtle ships he attacked the huge flotilla of Japanese vessels and defeated the enemy in battle after battle. The Japanese were driven back to their own shores.

The Chosun kingdom isolated itself from its neighbors for the next 300 years and became known as the hermit kingdom.

In 1866 the French tried to invade but were driven back. In 1876 the Japanese were able to open a trade agreement with Korea which was soon followed by a trade agreement with the United States in 1882. Korea became the scene of bitter rivalry for domination among Russians, Japanese and the Chinese because of its strategic importance. Japan emerged victorious over the others by defeating China in 1890 and then Russia in 1904.

Japan annexed Korea on August 29, 1910. The Japanese made every effort to erase any trace of Korean national identity. They even forbade the use of the national language, burning all books written in Korean, forced the use of Japanese names for all Korean personal names. Tae Kyon was banned, but survived through the underground, passed on to but a handful of students.

The year 1945 saw the Japanese defeat and the liberation of Korea, even though separated by the 38th degree parallel, the north half being Communist, under control of Russia and the other half being Democratic under the control of the United States.

On August 15, 1948 the Republic of Korea was officially proclaimed.

### **The legend of Mount Paektu**

Mount Paektu is a mountain that is the highest point in Korea. It is rumored that this is the point that the divine creator stepped down from the heavens onto the earth. The weight from his foot step caused a crater to form on the top of the mountain. The rains fell filling the crater and forming a lake. This lake was named Chon-Ji, which translated means heaven and earth. The Korean people feel that this is the point where heaven and earth connect and there by where life begins. All rivers in Korea have their origin in Lake Chon-Ji.

### **Definition of Chung Do Kwan**

The style of Tae Kwon Do that you practice is called Chung Do Kwan. Its emphasis is on the side kick. The meaning of Chung Do Kwan is Blue Wave School. The philosophy of Chung Do Kwan is that you, like the blue water in the ocean, are calm and peaceful most of the time, but never still or stagnate. You remain in this state until stirred up (by being attacked, needing to defend yourself, your family, or those who cannot defend themselves). When you are stirred up you move forward like a mighty tidal wave or hurricane, destroying all those who have caused this injustice or threat and when finished you return to your calm and peaceful state.

### **The meaning of Tae Kwon Do**

Tae means to smash or destroy with the foot or knee. Kwon means to hit or strike using the fist, knife hand, or elbow. Do means an art, a method of, or a way. Literally translated Tae Kwon Do is the art of hand and foot fighting techniques.

### **The meaning of Um-Yang**

Um-Yang is the Asian philosophical idea that two opposing forces work together in harmony. One of the two opposites cannot exist without the other. One is defined by the other. An example would be hot and cold. Cold is defined as an absence of heat. Um (or Yin) is considered the negative principle, while Yang is the positive principle. Buddhism speaks of the duality of man, this principle could be mistaken for that principle, but is not. Um and Yang might transform into each other; thus winter, which is um, changes into summer, which is yang. Um and Yang has its beginnings in Chinese Taoism which has been “borrowed” from other traditions.

## **Kicking requirements by rank**

**9th White:** front kick --- roundhouse kick --- side kick

**8th Yellow:** low-high white belt kicks --- roundhouse spinning heel

**7th Yellow:** jumping white belt kicks --- wheel kick --- flying side kick

**6th Green:** crescent kick (in & out) --- ax kick (in & out) --- hook kick

**5th Green:** jumping crescent -- jumping ax kick --- spinning hook kick --- back turn side kick

**4th Blue:** skipping front kick --- skipping side kick --- skipping roundhouse kick --- skipping hook kick

**3rd Blue:** front kick side kick --- roundhouse hook kick --- hook kick side kick --- hook kick roundhouse

**2nd Red:** 2 direction side kick --- twist kick --- sliding side kick --- sliding roundhouse hook kick

**1st Red:** jumping spinning crescent kick --- 360 degree jumping roundhouse --- crescent kick side kick combination --- jumping front kick landing in same stance

**Dan ranks:** any previous kick regular speed or isometric and advanced kicks consisting of double and triple kicks, combinations, and flying, jumping, and spinning kicks

## **Breaking requirements by rank**

- 8<sup>th</sup> Yellow** ---- Step over side kick (no grade)
- 7<sup>th</sup> Yellow** ---- Step over side kick (graded)
- 6<sup>th</sup> Green** ---- Stationary pivot side kick
- 5<sup>th</sup> Green** ---- Front kick
- 4<sup>th</sup> Blue** ----- Roundhouse kick
- 3<sup>rd</sup> Blue** ----- Back turn side kick
  - Jumping side kick (can be flying)
- 2<sup>nd</sup> Red** -----Ax kick
  - Jumping front kick
  - Palm heel strike (hammerfist for juniors)
- 1<sup>st</sup> Red** ----- Jumping roundhouse kick
  - Spinning heel kick
  - Front punch (elbow strike for juniors)
- Cho Dan** ---- Twist kick
  - 360° jumping roundhouse kick
  - Knife hand strike (palm heel strike for juniors)
  - 1 concrete block (variable hand strike)
- 1<sup>st</sup> Dan** ----- Jumping back turn side kick & vertical kick
  - Flying side kick (over obstacle)
  - Reverse punch & Ridgehand strike
  - 2 concrete blocks (variable hand technique)
- 2<sup>nd</sup> Dan** ----- power break (any kicking technique)
  - speed break (any spinning kick)
  - 4 various stations (2 hand techniques & 2 kicks)
  - 3 concrete blocks (variable hand technique)

## **Board sizes and requirements**

Kids ---- under 10 ----- 6 inch board	} the size requirements can be
Juniors ---- 10 to 14 ----- 10 inch board	} changed by instructor
Adults ---- 14 & above ----- 12 inch board	} recommendation

\*Intermediate ranks (yellow through blue) 1 board

\*Advanced ranks (red and up) 2 boards each kick --- 1 board for hand strikes (excludes juniors, 1 board for each technique)

\*Black belt ranks (1<sup>st</sup> Dan and up) 2 boards minimum per station

\*Black belts who prefer to break wood instead of concrete may replace each piece with a 15 inch board

\*Power breaking at 2<sup>nd</sup> Dan, minimum 3 regulation boards

\*Speed breaks will consist of one board, two if wanted.

## Questions for Dan ranks

- 1<sup>st</sup> Red**
1. Explain the difference in being a red belt today and being a black belt tomorrow.
  2. Explain why becoming a black belt is a starting point and not an ending point.
- Cho Dan**
1. What responsibilities do you have as a black belt?
  2. What can you do to help further the advancement of Tae Kwon Do?
  3. Why is there so much emphasis based on the “self” in the martial arts?
- 1<sup>st</sup> Dan**
1. The theory of power is a result of reaction force, concentration, equilibrium, breath control, and speed. Explain how these forces combine to give power.
  2. What are some of the significant differences between a 1<sup>st</sup> degree and a 2<sup>nd</sup> degree?
  3. A personal autobiography of your martial arts career.
- 2<sup>nd</sup> Dan**
1. An in depth documentation of the results of the area that you have chosen to do a thesis on.
  2. How has martial arts changed you.  
(Remember you are an adult going for 3<sup>rd</sup> Dan make your response sound like it.)
  3. From your research describe the migration of martial arts from their origin, to the U.S.

**Papers will be graded on content and time put in.**

## Numbers in Korean

	Korean	Chinese
1.	hana	il
2.	tul	e
3.	set	som
4.	net	sa
5.	taset	o
6.	yaset	yook
7.	illgup	chill
8.	yadul	pal
9.	ahup	koo
10.	yul	ship
11.	yul-hana	ship-il
12.	yul-dul	ship-ee
13.	yul-set	ship-som
20.	sumul	ee-ship
21.	sumul-hana	ee-ship-il
22.	sumul-dul	ee-ship-ee
30.	solhun	som-ship
40.	mahun	sa-ship
50.	swin	oh-ship
60.	yesun	yook-ship
70.	ilhun	chill-ship
80.	yodun	pal-ship
90.	ahun	koo-ship
100.	paek	paek

The Korean language uses two sets of numbers. One of these is borrowed from the Chinese. Both sets are used up to ninety-nine. The Chinese set is used for one hundred and above.

## THE INTERPRETATION OF PATTERNS

The name of the pattern, the number of movements and the diagrammatic symbol of each pattern symbolize 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.

**DAN-GUN:** is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2333 B.C.

**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 movements.

**WON-HYO:** was the noted monk who introduced Buddhism to the Silla Dynasty in the year 668 A.D.

**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 birth place on 38th degree latitude and the diagram ( ) represents "scholar".

**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 Korean Japan merger. There are 32 movements in the pattern to represent Mr. Ahn's age when he was executed at Lui-Shung prison (1910).

**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 birth place on the 37th degree latitude, the diagram ( ) represents "scholar".

**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 (The three kingdoms are Silla, Beak-Je, and Kogryo).

**CHOONG-MOO:** was the name given to great Admiral Yi Soon-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.



**KWANG-GAE:** is named after the famous Gwang-Gae Toh-Wang, the 19th king of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram ( ) represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 A.D. the year he came to the throne.

**PO-EUN:** is the pseudonym of a loyal subject Chong Mong-Chu (1400) who was a famous poet and whose poem "I would not serve a second master though I might be crucified a hundred times" is known to every Korean. He was also a pioneer in the field of physics. The diagram ( ) represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.

**GE-BAEK:** is named after Ge-Baek, a great general in the Beak Je Dynasty (660 A.D.). The diagram ( ) represents his severe and strict military discipline.

**EUI-AM:** is the pseudonym of Son Byong Hi, leader of the Korean independence movement on March 1, 1919. The 45 movements refer to his age when he changed the name Dong Hak (Oriental Culture) to Chondo Kyo (Heavenly Way Religion) in 1905. The diagram ( ) represents his indomitable spirit, displayed while dedicating himself to the prosperity of his nation.

**CHOONG-JANG:** is the pseudonym given to General Kim Duk Ryang who lived during the Yi Dynasty, 14th century. This pattern ends in a left hand attack to symbolize the tragedy of his death at 27 in prison before he was able to reach full maturity.

**\*KO-DANG:** pseudonym of patriot Cho Man Sik, who dedicated his life to secession and to the education of his nation. The 39 movements are the number of his imprisonments, and the latitude of his birthplace.

**\*JUCHE:** is a philosophical idea that man is the master of everything and decides everything, in other words, the idea that man is the master of the world and his own destiny. It is said that this idea was rooted in Baekdu Mountain which symbolizes the spirit of the Korean people. The diagram ( ) represents Baekdu Mountain.

**SAM-IL:** denotes the historical date of the independence movement of Korea which began throughout the country on March 1, 1919. The 33 movements in the pattern stand for the 33 patriots who planned the movement.

**YOO-SIN:** is named after General Kim Yoo-Sin, a commanding general during the Silla Dynasty. The 68 movements refer to the last two figures of 668 A.D., the year Korea was united. The ready posture signifies a sword drawn on the right rather than the left side symbolizing Yoo-Sin's mistake of following his king's orders to fight with foreign forces against his own nation.

**CHOI-YONG:** is named after General Choi Yong, Premier and Commander-in-chief of the Armed forces during the 14th century Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism, and humility. He was executed by his subordinate commanders headed by General Yi Sung Gae, who later became the first king of the Yi Dynasty.

**YON-GAE:** is named after a famous general during the Koguryo Dynasty, Yon Gae Somoon. The 49 movements refer to the last two figures of 649 A.D., the year he forced the Tang Dynasty to quit Korea after destroying nearly 300,000 of their troops at Ansi Sung.

**UL-JI:** is named after General Ul-Ji Moon Dok who successfully defended Korea against a Tang invasion of nearly one million soldiers led by Yang Je in 612 A.D., Ul-Ji employing hit and run guerilla tactics, was able to decimate a large percentage of the force. The diagram ( ) represents his surname. The 42 movements represent the author's age when he designed the pattern.

**MOON-MOO:** honors the 30th king of the Silla Dynasty. His body was buried near Dae Wang Am (Great King's Rock). According to his will the body was placed in the sea "Where my soul shall forever defend my land against the Japanese". It is said that the Sok Gul Am (Stone Cave) was built to guard his tomb. The Sok Gul Am is a fine example of the culture of the Silla Dynasty. The 61 movements in this pattern symbolizes the last two figures of 661 A.D. when Moon-Moo came to the throne.

**SO-SAN:** is the pseudonym of the great monk Choi Hyong Ung (1520-1604) during the Yi Dynasty. The 72 movements refer to his age when he organized a corps of monk soldiers with the assistance of his pupil Sa Myung Dang. The monk soldiers helped repulse the Japanese pirates who overran most of the Korean peninsula in 1592.

**SE-JONG:** is named after the greatest Korean king, Se-Jong, who invented the Korean alphabet in 1443, and was also a noted meteorologist having invented (1442 A.D.) the first rain gauge in human history. The diagram ( ) represents the king, while the 24 movements refer to the 24 letters of the Korean alphabet.

**TONG-IL:** denotes the resolution of the unification of Korea which has been divided since 1945. The diagram ( ) symbolizes the homogeneous race.