

# *Mike Louie's TaeKwon-Do School*



***This Book Belongs to:*** \_\_\_\_\_  
Updated January 2017



## ***TaeKwon-Do Definition***

TAE – Jumping, flying, and kicking with the foot.

KWON – Denotes fist, to punch or destroy with the hand.

DO – An art or the way. The constant effort of a martial artist to improve in every facet of life.

TAEKWON-DO: “The Way of the Hand and Foot.”

## ***Style of TaeKwon-Do***

We practice the Chan Hun style of TaeKwon-Do. It is based on 24 patterns, which represent one hour of each day of our lives that we dedicate to training, the tenets, and a better society through TaeKwon-Do.

In 1955, General Choi Hong Hi named the art he founded as TaeKwon-Do. General Choi was born in North Korea and his lifelong dream is to see Korea once again unified. General Choi's pen name is Chan Hun, which means "small cottage".

## ***Tenets of TaeKwon-Do (TaeKwon-do jungshin)***

A tenet is an opinion, principle or doctrine, which a person holds as truth.

## ***EXPLANATION OF TENETS***

Needless to say, the success or failure of Taekwon-Do training depends largely on how one observes and implements the tenets of Taekwon-Do which should serve as a guide for all serious students of the art.

## ***COURTESY (Ye Ui)***

It can be said that courtesy is an unwritten regulation prescribed by ancient teachers of philosophy as a means to enlighten human beings while maintaining a harmonious society. It can be further be as an ultimate criterion required of a mortal.

Taekwon-Do students should attempt to practice the following elements of courtesy to build up their noble character and to conduct the training in an orderly manner as well.

- 1) To promote the spirit of mutual concessions
- 2) To be ashamed of one's vices, contempting those of others
- 3) To be polite to one another
- 4) To encourage the sense of justice and humanity
- 5) To distinguish instructor from student, senior from junior, and elder from younger
- 6) To behave oneself according to etiquette
- 7) To respect others' possessions
- 8) To handle matters with fairness and sincerity
- 9) To refrain from giving or accepting a gift when in doubt

## ***INTEGRITY (Yom Chi)***

In Taekwon-Do, the word integrity assumes a looser definition than the one usually presented in Webster's dictionary. One must be able to define right and wrong and have a conscience, if

wrong, to feel guilt. Listed are some examples where integrity is lacking:

- 1) The instructor who misrepresents himself and his art by presenting improper techniques to his students because of a lack of knowledge or apathy.
- 2) The student who misrepresents himself by "fixing" breaking materials before demonstrations.
- 3) The instructor who camouflages bad technique with luxurious training halls and false flattery to his students.
- 4) The student who requests ranks from an instructor, or attempts to purchase it.
- 5) The student who gains rank for ego purposes or the feeling of power.
- 6) The instructor who teaches and promotes his art for materialistic gains.
- 7) The students whose actions do not live up to his words.
- 8) The student who feels ashamed to seek opinions from his juniors.

## **PERSEVERANCE (In Nae)**

There is an old Oriental saying, "Patience leads to virtue or merit, One can make a peaceful home by being patient for 100 times." Certainly happiness and prosperity are most likely brought to the patient person. To achieve something, whether it is a higher degree or the perfection or a technique, one must set his goal, then constantly persevere. Robert Bruce learned his lesson of perseverance from the persistent efforts of a lowly spider. It was this perseverance and tenacity that finally enabled him to free Scotland in the fourteenth century. One of the most important secrets in becoming a leader of Taekwon-Do is to overcome every difficulty by perseverance. Confucius said, "one who is impatient in trivial matters can seldom achieve success in matters of great importance."

## **SELF CONTROL (Guk Gi)**

This tenet is extremely important inside and outside the dojang, 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.

According to Lao-Tzu "the term of stronger is the person who wins over oneself rather than someone else."

## **INDOMITABLE SPIRIT (Baekjool Boolgool)**

"Here lie 300, who did their duty," a simple epitaph for one of the greatest acts of courage known to mankind. Although facing the superior forces of Xerxes, Leonidas and his 300 Spartans at Thermopylae showed the world the meaning of indomitable spirit. It is shown when a courageous person and his principles are pitted against overwhelming odds.

A serious student of Taekwon-Do will at all times be modest and honest. If confronted with injustice, he will deal with the belligerent without any fear or hesitation at all, with indomitable spirit, regardless of whosoever and however many the number may be.

Confucius declared, "It is an act of cowardice to fail to speak out against injustice." As history has proven, those who have pursued their dreams earnestly and strenuously with indomitable spirit have never failed to achieve their goals.

## ***School Oath***

- Members of TaeKwon-Do should have unity together.
- Members of TaeKwon-Do should respect each other.
- Members of TaeKwon-Do should strictly observe regulations and obey the instructor's commands.

## ***Student's Oath***

- I shall observe the tenets of TaeKwon-Do.
- I shall respect the instructor's and seniors.
- I shall never misuse TaeKwon-Do.
- I shall be a champion of freedom and justice.
- I shall build a more peaceful world.

## ***School Rules***

- Students must bow to the flag when entering or leaving the Do-Jang workout area.
- Students must bow to all Black Belts out of respect for their hard work and knowledge of TaeKwon-Do.
- Students must refer to Black Belts as Sir or Ma'am, and answer all questions followed by Sir or Ma'am.
- Students must respect and obey their parents.
- Students must respect all other students and their possessions.
- Conversation is not permitted while instructor is teaching.
- Students must help to keep the Do-Jang clean.
- Students must arrive at class on time and try to loosen up before class.
- Do-Buks must be worn at the first test and every class thereafter. Do-Buks must be kept clean and not worn for anything else other than a TaeKwon-Do. Uniforms and belts should not be placed on the ground at any time.
- Belts should not be worn outside of class.
- Students must attend class regularly for their own good.
- Jewelry is not to be worn during class.
- Students or parents should not concern themselves with other students testing.
- Students with a yellow belt w/green stripe or above must have their own sparring gear.
- Fighting is not permitted at anytime! Students who misuse TaeKwon-Do will be disciplined.
- Students must keep the grades up! A smart Taekwon-Do student is also a smart student at school.

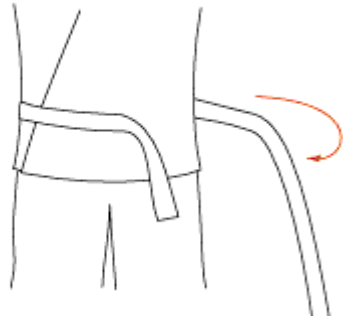
## *Color of Belts*

- White Belt: Beginner, innocence, having no prior knowledge of TaeKwon-Do.
- Yellow Belt: The golden earth in which the seed of TaeKwon-Do has been planted.
- Green Belt: Growth; the seed has taken root and is growing.
- Blue Belt: Heavens; the plant of TaeKwon-Do is growing towards the heavens as it matures.
- Red Belt: Danger, caution; warning to the bearer that his or her technique is improving and could be dangerous, and warning to the opponent that the bearer is proficient.
- Black Belt: Maturity in the art of TaeKwon-Do, impervious to darkness and fear. The martial artist has learned to walk and now must learn to run.

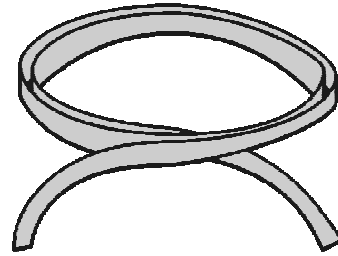
As black belts we wrap our belts around once to represent:

- Pursuing one goal with diligence
- Following one teacher loyally
- Defending yourself with one strike

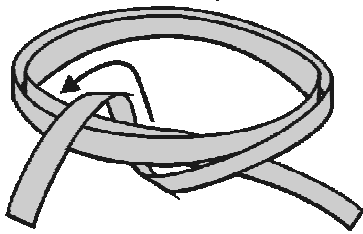
## *How to tie your belt*



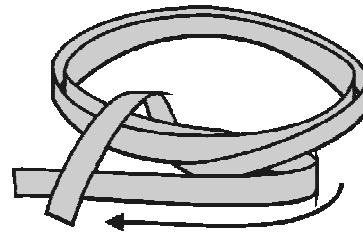
**1. Loop the belt around the body twice.**



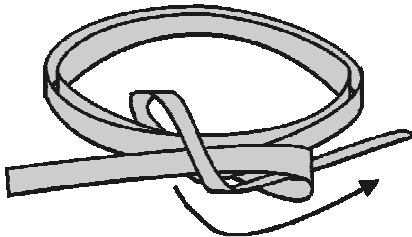
**2. Take the end from the outside loop and tuck it up underneath both loops.**



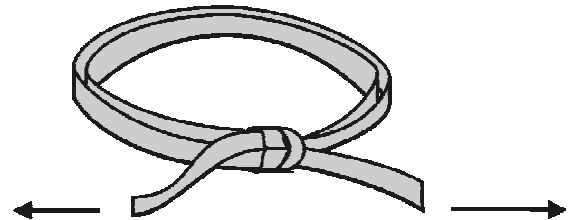
**3. Take the end from the inside loop and fold it across the front under the other end.**



**4. Take the end hanging down and tuck it in as shown.**



**5. Pull both ends tight.  
The ends should be the same length.**



- Never wash your belt – there is a lot of superstition about this, washing away spirits, etc., plus they are not made for washing and the colored belts will run and the belt will shrink.
- Make sure the ends are even – this signifies balance.
- As a point of humility, do not wear your belt in public (do not show off).

## *Theory of Power (Him Ui Wollli)*

- **Reaction force (Bandong Ryok)** – According to Newton’s Law, every force has an equal and opposite force. When an automobile crashes into a wall with the force of 2,000 pounds, the wall will return a force of 2,000 pounds; or forcing the end of the seesaw down with a ton of weight will provide an upward force of the same weight; if your opponent is rushing towards you at a high speed, by the slightest blow at his head, the force with which you strike his head would be that of his own onslaught plus that of your blow.

The two forces combine; his, which is large, and yours, which is small is quite impressive.

- **Concentration (Jip Joong)** – By applying the impact force onto the smallest target area, it will concentrate the force and therefore increase its effect. For example, the force of water coming out of a water hose is greater if the orifice is smaller. Conversely, the weight of a man spread out on snow shoes makes hardly an impression on the snow. The blows in TaeKwon-Do are often concentrated onto the edge of the palm or to the crook of the fingers.

It is very important that you should not unleash all your strength at the beginning, but gradually, and particularly at the point of contact with your opponent’s body. The force must be so concentrated as to give a knockout blow. That is to say, the shorter the time for the concentration, the greater will be the power of the blow. The utmost concentration is required in order to mobilize every muscle of the body onto the smallest target area simultaneously.

In conclusion, concentration is done in two ways: one is to concentrate every muscle of the body, particularly the bigger muscles around the hip and abdomen (which theoretically are slower than the smaller muscles of other parts of the body) towards the appropriate tool to be used at the proper time; the second way is to concentrate such mobilized muscles onto the opponent’s vital spot. This is the reason why the hip and abdomen are jerked slightly before the hands and feet in any action, whether it be attack or defense remember, jerking can be executed in two ways: laterally and vertically.

- **Equilibrium (Kyun Hyung)** – Balance is the utmost importance in any type of athletics. In TaeKwon-Do, it deserves special consideration. By keeping the body always in equilibrium, that is, well balanced, a blow is more effective and deadly. Conversely, the unbalanced one is easily toppled. The stance should always be stable yet flexible, for both offensive and defensive movements.

Equilibrium is classified into both dynamic and static stability. They are so closely inter-related that the maximum force can only be produced when the static stability is maintained through dynamic stability.

To maintain good equilibrium, the center of gravity of the stance must fall on a straight line midway between both legs when the body weight is distributed equally on



both legs, or in the center of the foot if it is necessary to concentrate the bulk of the body on one foot. The center of gravity can be adjusted according to body weight. Flexibility and knee spring are also important in maintaining balance for both a quick attack and instant recovery. One additional point; the heel of the rear foot should never be off the ground at the point of impact. This is not only necessary for good balance, but also to produce maximum power at the point of impact.

- **Breath Control (Hohup Jojul)** – Controlled breathing not only affects one's stamina and speed, but can also condition a body to receive a blow and augment the power of a blow directed against an opponent. Through practice, breath stopped in the state of exhaling at the critical moment when a blow is landed against a pressure point on the body can prevent a loss of consciousness and stifle pain. A sharp exhaling of breath at the moment of impact and stopping the breath during the execution of a movement tenses the abdomen to concentrate maximum effort on the delivery of the motion, while a slow inhaling helps the preparation of the next movement. An important rule to remember; never inhale while focusing a block or blow against an opponent. Not only will this impede movement, but it will also result in a loss of power.

Students should also practice disguised breathing to conceal any outward signs of fatigue. An experienced fighter will certainly press an attack when he realizes his opponent is on the point of exhaustion. One breath is required for one movement with the exception of continuous motion.

- **Mass (Zilyang)** – Mathematically, the maximum kinetic energy or force is obtained from maximum body weight and speed and it is all-important that the body weight be increased during the execution of a blow. No doubt the maximum body weight is applied with the motion of turning the hip. The large abdominal muscles are twisted to provide additional body momentum. Thus the hip rotates in the same direction as that of the attacking or blocking tool. Another way of increasing body weight is the utilization of a springing action of the knee joint. This is achieved by slightly raising the hip at the beginning of the motion and lowering the hip at the moment of impact to drop the body weight into the motion.

In summarizing, it is necessary to point out that the principles of force outlined here hold just as true today in our modern scientific and nuclear age as they did centuries ago.

I am sure that when you go through this art, both in theory and in practice, you will find that the scientific basis of the motions and the real power that comes out of a small human body cannot fail to impress you.

*“Take a Hot Wheel car and roll it into a wall at 10mph it will do less damage to the wall than a full size automobile hitting the same wall at 10mph. The Hot Wheel car has less mass therefore does less damage, than a full sized car.”* – Ryan Phillippy, 9/25/08.

- **Speed (Sokdo)** – Speed is the most essential factor of force or power. Scientifically, force equals mass multiplied by acceleration ( $F=MA$ ) or ( $P=MV^2$ ). According to the theory of kinetic energy, every object increases its weight as well as speed in a downward movement. This principle is applied to this particular art of self-defense. For this reason, at the moment of impact, the position of the hand normally becomes lower than the shoulder and the foot lower than the hip while the body is in the air. Reaction force, breath control, equilibrium, concentration, and relaxation of muscles cannot be ignored. However, these are the factors that contribute to the speed and all these factors, together with flexible and rhythmic movements, must be well coordinated to produce the maximum power in TaeKwon-Do.

### ***Training Secrets of TaeKwon-Do***

- Study the theory of power thoroughly.
- Understand the purpose and meaning of each movement clearly.
- To bring movements of hand, foot, eyes and breathing into one single coordinated action.
- Choose appropriate attacking tool for each vital spot.
- Become familiar with correct angle and distance for attack and defense.
- Keep both arms and legs bent while movement is in motion.
- All movements must begin with a backward motion (with very few exceptions).
- Create a sine wave during movement by utilizing the knee spring action properly.

### ***Basic School Language***

Instructor: Bu Sah Bum

International Instructor: Sabunim

TaeKwon-Do School: Do-Jang

TaeKwon-Do uniform: Do-Buk

Attention: Charyot

Bow: Kyung-niet

Ready: Jhoon-Bee

Begin: Shi-Jak

Stop: Goh-man

Pattern: Tul

At Ease: Shi-Ot

Color Belt: Gup

Black Belt: Dan

Class Dismissed: Ee-sa

Change or Switch: Diro

Kneel: Ahn-Jho

Thank You: Cum Sabida

Welcome: Chumineo

#### **Numbers:**

One (1): Ha-Na

Two (2): Dul

Three (3): Set

Four (4): Net

Five (5): Do-Sut

Six (6): Yo-Sut

Seven (7): Il-Gop

Eight (8): Yo-Dul

Nine (9): Ah-Hop

Ten (10): Yul

## ***The Philosophy of TaeKwon-Do (TaeKwon-Do Chul hak)***

1. Be willing to go where the going may be tough and do the things that are worth doing even though they are difficult.
2. Be gentle to the weak and tough to the strong.
3. Be content with what you have in money and position but never in skills.
4. Always finish what you begin, be it large or small.
5. Be a willing teacher to anyone regardless of religion, race or ideology.
6. Never yield to repression or threat in the pursuit of a noble cause.
7. Teach attitude and skill with action rather than words.
8. Always be yourself even though your circumstances may change.
9. Be the eternal teacher who teaches with the body when young, with words when old, and by moral precept even after death.

## ***Moral Culture (Jungshin Sooyang)***

The broad connotations and various possible interpretations of the moral culture are often very difficult for the western mind to grasp because this is an aspect of Oriental Philosophy which pervades the lives of Oriental people. In a word, it is the endeavor and process of becoming an exemplary person such as Confucius (552-479 A.D.).

To become such a person, one has to first find himself and acquire a moral character which is respected by all. This can only be achieved through constant practice of mental discipline. Thus, if the times call for it, the mentally disciplined man can contribute to the building of an ideal society through wise counsel to the government and, even after death, through his everlasting examples.

Confucius said, "to promote the sense of morality one must treat others with faithfulness and sincerity based on righteousness, and to eliminate completely vicious thinking".

### **Part One**

Everyone of us, as a social being, desires to live in a free and peaceful society. At the same time, it is our obligation to build such a society for the people. I have quoted various words of wisdom of ancient saints and philosophers for creating an ideal society in the hope that students of TaeKwon-Do use them as a guide to cultivating their moral culture.

An ideal society, according to LAO-TZU, is one in which the ruler is of such high moral character that he can rule naturally, not by interference or fear but by appealing to the good nature of his people, who by merely doing their duty can live freely in peace without fear and anxiety.

Next, a moral society is one in which the people admire and praise their ruler in gratitude for his love and the benign disposition he bears toward his people.

Thirdly there is a "legalistic society in which the ruler, because he lacks the moral authority, resorts to various laws to govern his people, who in turn obey because they fear the retribution that the violation of these laws will bring." Under these circumstances, the ruler loses touch with his people.

Finally the worst kind of society is that in which the ruler, through deception and trickery, misuses his legal authority to further his personal ambitions and imposes his rule upon his people by force as he deems necessary. In such a society, the ruler is despised and hated by his people and eventually invites not only his own downfall but with him the downfall of the people

and the country.

In TaeKwon-Do a heavy emphasis is placed on moral culture, for it not only promotes a healthy body and keen mind but good sportsmanship and the perfection of moral behavior. As ancient Greeks first espoused in their sound mind, sound body, creative spirit concept, the more disciplined and cultivated the mind is, the more disciplined and cultivated will be the student's use of TaeKwon-Do.

No doubt the following lessons may be somewhat hard to fully understand; however, it would behoove the serious student of TaeKwon-Do to read, digest, and attempt to grasp these very fundamental essences of moral culture.

A. Return to the basic nature - Mencius gave the following analogy when he reasoned that a man is basically good. Even a ruthless robber, coming upon an innocent child about to fall into a well, will try to save the child, forgetting for the moment, his intention to rob the house. This good nature becomes obscured or completely lost by greed for money and power.

B. Be virtuous - It is difficult to define what virtue is. However, these are five human qualities which have been recognized as virtues since ancient times; humanity, righteousness, courtesy, wisdom, and trust. To be virtuous one must constantly cultivate and practice these virtues. Confucius said, "Virtue is like the North Star. All the stars revolve around it in an orderly fashion." Therefore, people who surround the virtuous person, naturally will act for the betterment of society.

### 1. Humanity (In)

The ability to feel sorrow for the misfortunes of fellow men and love them all equally as parents love their children equally. Confucius defined humanity in the following ways:

A. To love people, especially one's parents.

B. Not asking others to do what you would rather not do.

C. To behave with the nature of propriety by controlling on oneself.

D. To have unbending desire to accomplish what is right regardless of how insignificant the result may initially seem when compared to the amount of effort put forth.

E. To value others' honor before your own.

F. To put others' freedom, before your own.

To implement humanity he said one should:

1) Practice utmost prudence, modesty and discretion in everyday life.

2) Devote oneself to assigned work be it large or small.

3) Demonstrate sincerity with whole-heartedness to others at all times.

Tae Kong Mang (12th century B.C.) said; "The heaven provides us four seasons while the earth has the power to produce all living things. This privilege is not reserved for any specific person but for all human beings... Therefore, humanity lies in the idea of sharing the fruits of nature with all people."

### 2. Righteousness (Ui)

The ability to feel ashamed of unjust acts and to do one's duty to others.

Mencius said; "for the ordinary person life and death are the most important in the life.

However, for the virtuous person to and live and die for righteousness is far more important than life and death themselves."

Righteousness is well defined in the act of a certain army general depicted in the book of "War Manual" written about 2,400 years ago. A General was taking a break from the grueling war

with his soldiers by a river bank when an aide brought him a small carafe of wine for his refreshment. He took the carafe and slowly emptied it into the flowing river in full view of the puzzled soldiers and invited them to share the wine with him by taking a sip of the water from the river.

### 3. Propriety (Ye)

Unlike animals fighting over food, a courteous man would offer another man a piece of bread even though both were starving, out of respect and good manners.

Confucius said, "propriety must be practiced for the proper development of personality, and whoever lacks sincerity in his words, cannot be considered a gentleman." He also said:

"Frankness without courtesy can be rather ruthless."

"Respectfulness without courtesy can make the recipient rather uncomfortable."

"Courageousness without courtesy can be rather violent."

"Prudence without courtesy can be rather cowardish."

Ye is a term describing proper code of conduct between various social status, for example: superior and inferior, noble and common, old and young, rich and poor, etc.

### 4. Wisdom (Ji)

The ability to judge right from wrong, not especially in matters concerning the right and wrong of others but in matters concerning oneself.

A wise man (Yu Bee) once said to his sons, "no matter how small it is you should not do what you realize is wrong. On the other hand you must do what is right no matter how small it may seem."

### 5. Trust (Shin)

The ability to keep one's words and promises, not only to one's friends but to everyone in general. Without trust a person loses all principles and dignities and becomes a liar and a cheater.

## **Part Two**

How, then, can man discover his own human nature?

There are two ways by which a person can find himself; first, by preserving the goodness given to him by God or heaven at birth, and secondly by renouncing greed for material things.

#### A. Man may occupy two positions in a lifetime

Basically there are two kinds of position; one is the live virtues given by heaven, explained earlier, and the other given by man, such as a cabinet minister, bureau chief, and so on.

Unfortunately man often relies too much on worldly position which is transient at best, for what man gives can also be taken away. On the other hand, what heaven endows us with is eternal.

This is not to say that we reject all worldly things but rather that we keep both positions in proper balance so that the virtues of the former position provides guidance for the proper use of the latter.

In this manner a man will gain respect and set good examples for others to follow. Without proper guidance, a person can easily fall victim to the temptations of personal power and wealth, employing unethical means to further his ambitions. Ultimately such a person will become a tyrant, or a dictator and an enemy of the people.

According to Confucius, a generous and loving man cannot have enemies. Therefore, humanity, the first virtue, is like a strong secure fortress.

### B. Greed is Insatiable

He who is content with what he has is the richest man in the world. On the other hand, if one has everything and still more, he may yet be poor.

A man who is blinded by greed is not only given to corruption, intrigue and exploitation of others, but worst of all, he casts himself in the position of "friend fighting against friend, father fighting against son," finally becoming no better than an animal.

There is certain truth in the old saying that a truly good person cannot be rich, and a rich person cannot be a truly good person. According to an ancient adage, "constant material dissatisfaction is considered to be the root of all misfortunes." There is no better way to self satisfaction and human growth than the constant development of a generous nature.

### C. Be humble

A weed holds up its head in arrogance while a mature grain bows its head in humility.

Lao-Tzu taught that lofty virtue is like a deep valley into which all streams of water flow. A virtuous man will draw the respect of others toward him in the same fashion while one who is selfish and egotistic will lose the respect of his fellow man and become despised and isolated. To be humble is not to engage in petty squabbles, but to be like the magnamously river in the low valley which irrigates the farm fields around it.

### D. Self-criticism

No one is wise from the moment of birth.

As human beings we have many faults and are prone to make mistakes. However, once having acquired knowledge we learn to correct these shortcomings. It would not be impossible to eventually become perfect human beings. For this purpose, it is essential not to be idyllic towards learning and continue to be willing to criticize oneself.

It is said that Confucius and his pupils practiced self-criticism by repeating the following three times daily:

- 1) Have I neglected others' requests because of selfishness
- 2) Have I behaved with a sincere attitude towards friends
- 3) Have I inspired others with certainty, while being uncertain myself
- 4) Have I neglected to practice virtue
- 5) Have I erred in my studies
- 6) Have I avoided acting with righteousness
- 7) Have I corrected myself immediately upon realizing my fault

### E. Be Soft

Because light is formless and soft, it can illuminate and give warmth to even hidden corners.

As water can assume any shape or form, it can better serve the living things that need to survive. Once water becomes a part of the ocean, even the largest ship is like a mere leaf, and its awesome fury when aroused can conquer the tallest mountain.

If one claims to be strong, he will soon meet someone who is stronger. A tree, such as a sapling, can withstand a strong wind when it is soft and flexible but may be toppled or broken after it becomes old and brittle. The same principle also applies to human beings.

### F. Respect of elders

As son respects parents, younger brother respects older brother, man must always respect his elders or seniors.

This is the beauty of mankind, and one of the distinctions between human and animal.

Mencius said there are three things of value in human society: position, honor and moral integrity. In government, position is considered important, in a community, honour, and for a leader or advisor, moral integrity. Indeed, there can be no children without parents, nor a young generation without the old generation. A society and a nation could not avoid chaos without its culture and social order being based on respect for the knowledge and wisdom of its elders.

#### G. Respect the rights of others

To criticize someone who is better, to covet other's possessions and to steal the merits of others are the marks of an unscrupulous man.

Mother Nature does make claims to her domain, yet all creatures within it acknowledge her eternal accomplishments. To help others develop and succeed in life is a reward in itself and has a true value only if nothing is expected in return.

Throughout human history, people who in jealousy have stolen the recognition due to others and have stolen their possessions out of avarice have always left dark imprints of shame and dishonor.

#### H. Be just

To be correct and forthright is to live one's life correctly.

Old sages used to say; "To common men, life is most valuable, and death, most fearful"

However, a righteous man would value justice above life itself and would be willing to die rather than submit to injustice. Such notable figures as Baek-E-Sook-Je of China, Sung-Sam-Moon of Korea and Yoshida-Shoing of Japan all chose death in defiance of injustice leaving to their posterity lasting examples.

Baek-E-Sook-Je lived in Chou period about 2,000 B.C.. When King Moo toppled the twenty-seventh King, who was a very notorious tyrant, he refused to serve the new King, who usurped the throne by force and not by legitimate process; he eventually starved to death in a self-imposed exile in the Sooyang mountains.

Sung-Sam-Moon was an important minister of the King Se Jong, inventor of Han-Gul (Korean alphabet) in the 14th century. After the king died and the young Dan Jong became king his uncle Se-Jo conspired against the boy king and took over the throne. Minister Sung was later executed because of his persistent protest over the unlawful act of King Se-Jo. Yoshida-Shoing, one of the loyalists was also executed in protest when the Doku-Kawa military government, at the time, tried to abolish the Mei-Ji monarchy.

#### I. Be frugal

Since ancient times, excessive luxury and pleasure caused the downfall of many kings and nations without exception and history is full of such examples.

Persons in leadership in particular must learn to be frugal and live moderately. As the old adage goes "if the water is muddy upstream so it will be downstream."

An extravagant leader will affect his subordinates in this same way and will bring more hardship to his subjects through increased taxation and bribery. During the Lee Dynasty of Korea, the king's roving inspector, Lee-Mong-Yong, while traveling the countryside incognito, was invited to one of the lavish dinner parties of a notorious governor. In the middle of the feast he recited his famous poem:

The sweet wine you drink from the glittering cups

Flows from the tears of people who toil

The tender meat which fills the dishes of jades is torn from their aching flesh

Merrier you laugh, sadder they will weep  
Louder you sing, more plaintive their lament.

The governor and his cohorts recognizing the true identity of the poet, became frightened and fled from the scene. Remember that there are tears and heartaches of many behind one man's pleasure.

#### J. Be discreet

In every thing he does, a person must not be impulsive or reckless but be patient and thoughtful. "He who acts without thinking at least three times, will later regret his action," warns an old proverb.

Accordingly, on a matter of an important appointment or punishment, one must not decide hastily but must deliberate to reach a decision that is both fair and objective.

#### K. Know true happiness

Lao-Tzu pointed out that nature was based upon harmony contrasts.

For example, the universe was made up of two forces, Yin (female) and Yang (male). Other contrasts were hard and soft, long and short, night and day, solid and empty, cold and warm, big and small, beautiful and ugly.

All things in this world are relative to one another. Misery can only come from having been happy once and sorrow from joy. The wealthy and the powerful are not necessarily happy. For every rich person, there are countless poor and for each tyrant, a nation of oppressed. Mencius defined life's three happinesses as follows:

1. Healthy parents and harmony within the family.
2. To live with pride and honor through correct behavior.
3. To educate the young to become upright and useful members of society.

#### L. Let your actions speak for yourself.

Even the ablest orator is apt to err if given to verbiage. A closed mouth can save a fish from the hook as well as stay secrets from the enemy. To speak only what is meaningful is a sign of a cultivated person. People talk mostly to brag about themselves or to gain advantage over others. A man of virtue expresses himself more through deeds than words. Thus, he influences others through living examples. In the old days, the truly effective way to teach was believed to be by the actions not by the words of the teacher.

#### M. Develop peace of mind

A clear pond becomes muddy if agitated and then returns to its original state when allowed to settle undisturbed.

It is said that calm will be able to conquer the heat. Undoubtedly you can endure the hottest summer heat if you sit calm and composed. Conversely, if you move too much in order to warm your freezing body you may get temporary relief, but it does not last too long.

We can attain peace of mind through meditation, by emptying our minds of all petty thoughts and returning to the natural state of man. Unlike in Buddhism or Zen, meditation in TaeKwon-Do does not mean a total divorce from the world, like a dead body, but rather an active moment to reflect on our past mistakes in silence and in the privacy of our thoughts, and through penitence, to continue our self-improvement toward becoming better men and women. This active thought process in silence is called "Jung-Joong-Dong."

#### N. Be firm of mind

A person of strong conviction is unsuspecting and unafraid. When proved wrong, he has the



moral strength to admit his mistakes to even the most humble and has the courage to stand up to the mighty if he believes himself or herself to be right.

Strong conviction can be gained through the broad and deep "Ki"-spirit. Ki is a form of active energy which fills every physical cell and organ while "Chi"- will is the motivating force: the former moves, the latter leads. If "Ki" is nurtured with great care and allowed to grow based on humanity and justice, its soaring power and outreaching strength can fill the heaven and earth, enabling man to reach a new height of great achievements, so Mencius exhorted his disciples. On a more practical level "Ki" helps us to keep our minds clear and alert when the affairs of life become strained and confused, or sees us through sleepless nights when our loved one is gravely ill.

#### O. Be devoted

As meditation is to the religious, concentration and devotion is to the artist, and perseverance is to the laborer, so is moral culture to the practitioner of the martial arts. In other words a person's unflinching dedication to his own interest and duty is the source of life and power. Cultivation of mind, therefore, is no monopoly of any particular person.

In fact the sincerity and effort definitely produce the belief and the belief makes one able to reach the final goal. Moral culture is considered to be a cultivating movement to make one devote oneself to his work, whatever it might be, until his life and work become one.

#### **Part Three**

In summary, we can enjoy a greater freedom of action by preserving our basic nature while making ourselves impervious to the temptation of power, money and sex. A person who has attained this stage of self-cultivation is sometimes called a "Saint."

It must indeed seem like an impossible undertaking to a mere mortal. A mountain crossing begins with a single bold step and an ocean begins with each small stream.

As ancient proverbs say; "Where there is a will there is a way." "One should not look afar, when the way is right in front of you." "Even heaven can be moved if one devotes himself to his cause." With a strong will and firm determination, it is within the reach of anyone who is willing to make the effort.

This moral culture is uniquely tied in with TaeKwon-Do, not only for the eventual attainment of the highest goals in TaeKwon-Do and the promotion of power, technique, and self-confidence, but also for the cultivation of character. Without this, the instructor would be guilty of imparting a devastating force to those who could eventually become so enamoured of their newly found techniques they might very easily become bullies or use this knowledge as a means to achieve their personal ambitions.

#### **TaeKwon-Do and Mental Effect**

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

Every movement of TaeKwon-Do is scientifically designed with specific purpose and a skillful instructor may, therefore, develop in the student a belief that success is possible for anyone. Constant repetition teaches patience and the resolve to overcome any difficulty. The tremendous power generated from one's body develops the self-confidence to meet any opponent, at any

place, and in any situation. Sparring teaches humility, courage, alertness and accuracy, adaptability as well as self-control.

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

*Information on General Choi, Hong Hi (founder of TaeKwon-Do)*

**“As one of the closest associates of the author and having learned this art from him during our imprisonment under the Japanese occupation, I might deserve to write about the life of the author. First of all, it must be said about the author, that he had given so much devotion to this art, that the man, his life and his work are one. He has long developed and brought the little-known ancient genres up-to-date through long years of assiduous, zealous application and firm resolution. If TaeKwon-Do today had gained international status, it is because of the tireless efforts of one man- the father of modern TaeKwon-Do.”**

*- Park, Sung Hwa*

General Choi Hong Hi was born on November 9th, 1918 in the rugged and harsh area of Hwa Dae, Myong Chun District in what is now D.P.R of Korea. In his youth, he was frail and quite sickly, a constant source of worry for his parents.

Even at an early age, however, the future general showed a strong and independent spirit. At the age of twelve he was expelled from school for agitating against the Japanese authorities who were in control of Korea. This was the beginning of what would be a long association with the Kwang Ju Students' Independence Movement.

After his expulsion, young Choi's father sent him to study calligraphy under one of the most famous teachers in Korea, Mr. Han II Dong. Han, in addition to his skills as a calligrapher, was also a master of Taek Kyon, the ancient Korean art of foot fighting. The teacher, concerned over the frail condition of his new student, began teaching him the rigorous exercises of Taek Kyon to help build up his body.

In **1937**, Choi was sent to Japan to further his education. Shortly before leaving , however, the youth had the misfortune to engage in a rather heated argument with a massive professional wrestler who promised to literally tear the youth limb from limb at their next encounter. This threat seemed to give a new impetus to young Choi's training in the martial arts.

In Kyoto, Choi met a fellow Korean, Mr. Him, who was engaged in teaching the Japanese martial art, Karate. With two years of concentrated training, Choi attained the rank of first degree black belt. These techniques, together with Taek Kyon (foot techniques), were the forerunners of modern TaeKwon-Do.

There followed a period of both mental and physical training, preparatory school, high school, and finally the University in Tokyo. During this time, training and experimentation in his new fighting techniques were intensified until, with attainment of his second degree black belt, he began teaching at a YMCA in Tokyo, Japan.

Choi recounts a particular experience from this period of time. There was no lamp-post in the city that he didn't strike or kick to see if the copper wires ahead were vibrating in protest.

"I would imagine that these were the techniques I would use to defend myself against the wrestler, Mr. Hu if he did attempt to carry out his promise to tear me limb from limb when I eventually returned to Korea."

With the outbreak of World War II, the author was forced to enlist in the Japanese army through no volition of his own. While at his post in Pyongyang, North Korea, the author was implicated as the planner of the Korean Independence Movement and interned at a Japanese prison during his eight month pretrial examination.

While in prison, to alleviate the boredom and keep physically fit, Choi began practicing this art in the solitude of his cell. In a short time, his cellmate and jailer became students of his.

Eventually, the whole prison courtyard became one gigantic gymnasium.

The liberation in August **1945** spared Choi from an imposed seven year prison sentence.

Following his release, the ex-prisoner journeyed to Seoul where he organized a student soldier's party. In January of the following year, Choi was commissioned as a second lieutenant in the new South Korean army, the "Launching Pad" for putting TaeKwon-Do into a new orbit.

Soon after, he made company commander in Kwang-Ju where the young second lieutenant lighted the torch of this art by teaching his entire company and was then promoted to first lieutenant and transferred to Tae Jon in charge of the Second Infantry Regiment. While at his new post, Choi began spreading the art not only to Korean soldiers but also to the Americans stationed there. This was the first introduction to Americans of what would eventually become known as TaeKwon-Do.

**1947** was a year of fast promotion. Choi was promoted to captain and then major. In **1948**, he was posted to Seoul as the head of logistics and became TaeKwon-Do instructor for the American Military Police School there. In late 1948, Choi became a lieutenant colonel.

In **1949**, Choi was promoted to full colonel and visited the United States for the first time, attending the Fort Riley Ground General School. While there, this art was introduced to the American public, and in **1951**, he became a brigadier general. During this time, he organized the Ground General School in Pusan as Assistant Commandant and Chief of the Academic Department. Choi was appointed as Chief of Staff of the First Corps in **1952** and was responsible for briefing General MacArthur during the latter's visits to Kang Nung. At the time of armistice, Choi was in command of the 5th Infantry Division.

The year **1953** was an eventful one for the General, in both his military career and in the progress of the new martial art. He became the author of the first authoritative book on military intelligence in Korea. He organized and activated the 29th Infantry Division at Cheju Island, which eventually became the spearhead of TaeKwon-Do in the military and established the Oh Do Kwan (Gym of My Way) where he succeeded not only in training the cadre instructors for the entire military but also developing the Taek Kyon and Karate techniques into a modern system of TaeKwon-Do, with the help of Mr. Nam Tae Hi, his right hand man in **1954**. In the latter part of that year, he commanded Chong Do Kwan (Gym of the Blue Wave), the largest civilian gym in Korea; Choi was also promoted to major general.

Technically, **1955** signaled the beginning of TaeKwon-Do as a formally recognized art in Korea. During that year, a special board was formed which included leading master instructors, historians, and prominent leaders of society. A number of names for the new martial art were submitted. On the 11th of April, the board summoned by Gen. Choi, decided on the name of TaeKwon-Do which had been submitted by him. This single unified name of TaeKwon-Do replaced the different and confusing terms; Dang Soo, Gong Soo, Taek Kyon, Kwon Bup, etc. In **1959**, TaeKwon-Do spread beyond its national boundaries. The father of TaeKwon-Do and nineteen of his top black belt holders toured the Far East. The tour was a major success,

astounding all spectators with the excellence of the TaeKwon-Do techniques. Many of these black belt holders such as Nam Tae Hi, President of the Asia TaeKwon-Do Federation; Colonel Ko Jae Chun, the 5th Chief of TaeKwon-Do instructors in Vietnam; Colonel Baek Joon Gi, the 2nd Chief instructor in Vietnam; Brigadier Gen. Woo Jong Lim; Mr. Han Cha Kyo, the Head Instructor in Singapore and Mr. Cha Soo Young, presently an international instructor in Washington D.C. eventually went on to spread the art to the world.

In this year, Choi was elevated to two illustrious posts; President of his newly formed Korea TaeKwon-Do Association and deputy commander of the 2nd Army in Tae Gu.

The Korean Ambassador to Vietnam, General Choi Duk Shin was instrumental in helping to promote TaeKwon-Do in this nation locked in a death struggle with the communists. That same year General Choi Hong Hi published his first Korean text on TaeKwon-Do which became the model for the 1965 edition.

In the year of **1960**, the General attended the Modern Weapons Familiarization Course in Texas followed by a visit to Jhoon Rhee's Karate Club in San Antonio, where the author convinced the students to use the name TaeKwon-Do instead of Karate. Thus Jhoon Rhee is known as the first TaeKwon-Do instructor in America.

This marked the beginning of TaeKwon-Do in the United States of America.

Choi returned to Korea as the Director of Intelligence of the Korean Army. Later that same year, he assumed command of the Combat Armed Command with direction of the infantry, artillery, armored, signal, and aviation schools.

The Year **1961**, incidentally, was the year of maturation for both Choi's military career and TaeKwon-Do, with the command of the largest training centers in Korea and the newly assigned command of the 6th Army Corps.

TaeKwon-Do spread like wildfire, not only to the Korean civilian and military population but to the U.S. soldiers of the 7th Infantry Division, which was under his operational control. Through his students, TaeKwon-Do was even introduced to the greatest military academy in the world, West Point. In the same year, he also made TaeKwon-Do a compulsory subject for the entire armed and police forces in south Korea.

**1962**, Choi was appointed as Ambassador to Malaysia, where, as a dedicated missionary of TaeKwon-Do, the art was spread. In **1963**, the TaeKwon-Do Association of Malaysia was formed and reached national acceptance when the art was demonstrated at the Merdeka Stadium at the request of the Prime Minister, Tunku Abdul Rahman.

The same year, two important milestones took place; the famous demonstration at the United Nations building in New York, and the introduction of TaeKwon-Do to the Armed Forces of Vietnam under Major Nam Tae Hi, In February of the following year, a TaeKwon-Do Association was formed in Singapore, and the groundwork was laid for forming associations in the outer reaches of Brunei.

The same year, Ambassador Choi made a trip to Vietnam with the sole purpose of teaching the advanced TaeKwon-Do patterns that he perfected after years of research to the instructors group headed by Lt. Col. Park Joon Gi, in person. This was indeed a new era for TaeKwon-Do in that he was able to draw a clear line between TaeKwon-Do and Karate by completely eliminating the remaining vestige of Karate.

He was re-elected to be the President of the Korea TaeKwon-Do Association upon returning home, which gave him a chance to purify the TaeKwon-Do society by cleaning up the political

circles within its organization.

In **1965** Ambassador Choi, a retired two star general, was appointed by the Government of the Republic of Korea to lead a goodwill mission to West Germany, Italy, Turkey, United-Arab Republic, Malaysia, and Singapore. This trip is significant because the Ambassador, for the first time in Korean history, declared TaeKwon-Do as the national martial art of Korea.

This was the basis not only for establishing TaeKwon-Do Associations in these countries, but also for the formation of the International TaeKwon-Do Federation as it is known today. In **1966**, the dream of the sickly young student of calligraphy, who rose to Ambassador and the Association President of the most respected martial art in the world came true. **On the 22nd of March, the International TaeKwon-Do Federation was formed with associations in Vietnam, Malaysia, Singapore, West Germany, the United States, Turkey, Italy, Arab Republic of Egypt, and Korea.**

In **1967**, the father of TaeKwon-Do received the first Class Distinguished Service medal from the Government of Vietnam and he helped to form the Korea-Vietnam TaeKwon-Do Foundation, presided by Gen. Tran van Dong. That same year the Hong Kong TaeKwon-Do Association was formed. In August, Choi visited the All American TaeKwon-Do tournament held in Chicago, Illinois, where he discussed expansion, unification, and the policy of the United States TaeKwon-Do Association with leading instructors. This visit led to the formal establishment of the U.S. TaeKwon-Do Association in Washington, D.C. on November 26, 1967.

During his visit, Choi also met with Robert Walson, fourth degree black belt and one of the foremost American authorities on TaeKwon-Do, to lay the ground work for a new edition of a book on TaeKwon-Do.

In late 1967, the author invited Master Oyama to the I.T.F. Headquarters in Seoul to continue the discussion they had earlier at Hakone, Japan, whereby Master Oyama would eventually change his techniques to that of TaeKwon-Do.

In that same year, the President of the I.T.F. selected five instructors from the Armed Forces for Taiwan, at the request of Generalissimo Chiang Kai-Shek. This request was channeled through General Chung Il Kwon, then the Prime Minister of South Korea.

In **1968**, the author visited France, as the chief delegate of the Korean Government, to attend the Consul International Sports Military Symposium held in Paris. TaeKwon-Do was a major topic on the agenda. Delegates from 32 countries witnessed demonstrations of TaeKwon-Do by a team of experts. That same year, the United Kingdom TaeKwon-Do Association was formed and the author visited Spain, the Netherlands, Canada, Belgium, and India with the hope of spreading TaeKwon-Do.

When Choi returned to Korea he was presented with the first Sports Research Award from south Korea for his dedicated work on behalf of the Korean martial art.

In **1969**, Choi toured Southeast Asia to personally investigate the preparations of each country for the First Asian TaeKwon-Do Tournament that was held in September in Hong Kong. Immediately after the tournament, the author undertook a worldwide tour of twenty-nine countries to visit instructors and gather photographs for the first edition of his previous book "TaeKwon-Do" (copyright 1972).

August **1970**, the author left for a tour of twenty countries throughout Southeast Asia, Canada, Europe and the Middle East. Choi, of course, held seminars for international instructors every

place he went and helped spread and weld the International TaeKwon-Do Federation into a cohesive force.

In March **1971**, Choi attended the Second Asian TaeKwon-Do Tournament, held at Stadium Negara in Malaysia, which was opened with the declaration of Tun Abdul Rhajak, the Prime Minister, and closed with the presence of their Majesties. Also in this year, Gen. Kim Jong Hyun, head of the Army Martial Art department asked the author, to select qualified instructors for the Republic of Iran Armed Forces.

The world tour of **1972** was quite retrospective in that Choi had an opportunity to introduce TaeKwon-Do to those heads of state of Bolivia, Dominica, Haiti, and Guatemala respectively. In this year, Choi moved the headquarters of International TaeKwon-Do Federation, with the unanimous consent of member countries, to Toronto, Canada, envisaging to spread this art eventually to the countries of Eastern Europe, according to the milestone he set up years before. During these travels, the author has been especially interested in promoting TaeKwon-Do among the youth of the world. The President of the International TaeKwon-Do Federation has been instrumental in introducing the art to numerous universities in Europe, America, the Middle East, and the Far East.

During the months of November and December **1973**, General Choi and a specially selected I.T.F. Demonstration Team, consisting of Kong Young II, Park Jong Soo, Rhee Ki Ha, Pak Sun Jae and Choi Chang Keun, all 7th degree black belts, toured Europe, the Middle East, Africa and the Far East. A total of 13 countries were visited and new I.T.F. branches established in 5 of these countries. The tour was an overwhelming success with a total of more than 100,000 people watching the demonstrations in Egypt alone. At each stop, general Choi and the Demonstration Team were hosted by ranking representatives of the local governments.

**1974** was indeed an exuberant and long remembered year for Choi, because the founder of TaeKwon-Do was not only able to proudly present the superiority of techniques as well as the competition rules of this art, but also to bring his dream into reality by holding the first World TaeKwon-Do Championships in Montreal.

In November and December of this year, he led the 4th International TaeKwon-Do Demonstration Team consisting of 10 of the world's top instructors to Jamaica, Curacao, Costa Rica, Colombia, Venezuela, and Surinam.

In **1975**, TaeKwon-Do alone had the privilege to demonstrate at the Sydney opera house for the first time since its opening. General Choi visited Greece and Sweden to conduct seminars later in this year. In the middle of **1976** he toured Iran, Malaysia, Indonesia, and Europe to inspect TaeKwon-Do activities, giving seminars at the same time. In November of the same year, Choi went to Holland to declare the opening of the First European TaeKwon-Do Championships held in Amsterdam.

September **1977**, the founder of TaeKwon-Do visited Malaysia, New Zealand and Australia following the Tokyo meeting in which he publicly denounced the South Korean President Park Jung Hee who had been using TaeKwon-Do for his political ends. Later that year he visited Sweden and Denmark to aid in the formation of their National Associations of TaeKwon-Do.

In May of **1978**, General Choi toured Malaysia, Pakistan, Kenya and South Africa accompanied by Rhee Ki Ha. In this year he led the 5th International TaeKwon-Do Demonstration Team consisting of Choi Chang Keun, Rhee Ki Ha, Park Jung Tae and Liong Wai Meng to Sweden, Poland, Hungary, and Yugoslavia. In September of the same year the Second World TaeKwon-

Do Championships were held in Oklahoma City, U.S.A.

In June **1979**, the All Europe TaeKwon-Do Federation was formed in Oslo, Norway. After this historic event General Choi toured Sweden, Denmark, West Germany, France, and Greenland accompanied by Khang Su Jong and Rhee Ki Ha. In November of that year he led the 6th International TaeKwon-Do demonstration team consisting of Kim Jong Chan, Choi Chang Keun, Rhee Ki Ha, Park Jung Tae, Lee Jong Moon, Chung Kwang Duk, Kim Suk Jun, and Michael Cormack to Argentina.

The year **1980** was indeed an unforgettable one for the father of TaeKwon-Do, both for himself and the future of his art. He and 15 of his students, including his son Choi Joong Hwa, made a monumental trip to the Democratic People's Republic of Korea. This was the first time TaeKwon-Do was introduced to the people of North Korea, Choi's birth place. In November of this same year, the first All European TaeKwon-Do Championships were held in London with 18 countries participating.

In January of **1981**, Gen. Choi made a visit to Queensland, Australia, accompanied by Choi Chang Keun, to declare, open the first Pacific Area TaeKwon-Do Championships. At this time he helped to form the South Pacific TaeKwon-Do Federation as well as the Australian TaeKwon-Do Federation.

In June of the same year, the author led the 8th International TaeKwon-Do Demonstration Team to Tokyo, Japan. In October, he conducted a seminar for the founding members of TaeKwon-Do in the Democratic People's Republic of Korea, and in November he proudly presented the unified TaeKwon-Do demonstration team consisting of North and South Korean instructors to the historic meeting called North and Overseas Korean Christian Leaders, held in Vienna, Austria. In August, President Choi visited Argentina to declare the opening of the Third World TaeKwon-Do Championships held in Resitancia, Chaco.

In January **1982** the President of the International TaeKwon-Do Federation formed the North America TaeKwon-Do Federation in Toronto, Canada. In this year, the author was finally able to realize his long anticipated dream (since 1967) when a TaeKwon-Do gym opened for the first time in Japan under the auspices of patriot Chon Jin Shik. It was indeed a very busy year for the President in that he visited Puerto Rico in July accompanied by Master Park Jung Tae, to conduct seminars.

During the months of October and November he toured Greenland, the United Kingdom, West Germany, Austria, Denmark, Poland, Hungary, Yugoslavia, Czechoslovakia, and Finland, accompanied by Master Han Sam Soo, Park Jung Taek, and Choi Joong Hwa to promote TaeKwon-Do. He also attended the First Intercontinental TaeKwon-Do Championships held in December in Naples, Italy.

In October of the same year Gen. Choi met with Mr. Csandi, the Chairman of programming committee of I.O.C. in Budapest, Hungary to discuss the recognition of I.T.F. by the I.O.C. In January **1983**, General Choi made a visit to Colorado, U.S.A accompanied by Master Lee Suk Hi, the President of North America TaeKwon-Do Federation, to grade Charles E.Sereff, the President of the U.S. TaeKwon-Do Federation, for 7th degree.

In February **1983**, the author toured Latin America including Argentina, Columbia, Panama, and Honduras to conduct a full scale seminar. During his stay in Honduras he helped to activate the Central American TaeKwon-Do Federation. During the months of March, April, and May he toured Santa Barbara, California, Europe, and the Democratic People's Republic of Korea to

conduct last minute preparation of the encyclopedia, the last product of his life-long research. In October and November of the same year, he made a visit to Yugoslavia and Italy accompanied by Park Jung Taek and Choi Joong Hwa to prepare photographs to be used for the Encyclopedia. In April **1984**, President Choi declared the opening of the Fourth World TaeKwon-Do Championships held in Glasgow, Scotland. In the same month, he visited Mr. Juan Antonio Samaranch, President of the International Olympic Committee, in Lausanne accompanied by Master Rhee Ki Ha, Charles Sereff and Kim Yong Kyu to prove that only the International TaeKwon-Do Federation is the world governing body of true TaeKwon-Do. In September the author invited key instructors such as Lee Suk Hi, Rhee Ki Ha, Park Jung Tae, and Choi Joong Hwa to Pyongyang to finalize the publication of the Encyclopedia. In fact, this was the time when the relocation of the I.T.F. to Vienna, Austria was seriously discussed. In October of the same year, the President made an official visit to Budapest, Hungary to declare the opening of the 3rd All Europe TaeKwon-Do Championships. This indeed was of particular importance as it was the first large scale international event held in a socialist country as far as the TaeKwon-Do tournament is concerned.

In the following month, General Choi visited New York City along with masters Lee Suk Hi and Park Jung Tae to declare open the 3rd annual General Choi's Cup in North America. In December the 5th I.T.F Congress meeting was held in Vienna, where it was unanimously decided to relocate the I.T.F. here by March of the next year. Also at the meeting, President Choi Hong Hi was re-elected for another term. Mr. Jun Chin Shik, the President of Japan International TaeKwon-Do Federation, masters Lee Suk Hi and Rhee Ki Ha were elected as Vice Presidents with master Park Jung Tae as Secretary-General.

Without doubt, **1985** was one of the most significant years for the founder of TaeKwon-Do as he was able to document all of the techniques he had researched for years by publishing the Encyclopedia of TaeKwon-Do. He was also able to establish a strong foundation for the spreading of his art to the entire world, especially the socialist as well as the Third World countries by moving the International TaeKwon-Do Federation to Vienna, the capital city of Austria.

In April of this year (2000), President Choi visited Puerto Rico accompanied by Tran Trien Quan, the President of the Canadian TaeKwon-Do Federation, James Limand Kim Suk Jun to attend the 1st Latin American General Choi's Cup. In June, he visited East Berlin to attend the opening ceremony of the 24th I.O.C. Congress.

In November of the same year, Gen. Choi, accompanied by Secretary-General Master Park Jung Tae and Tran Trien Quan, visited Norway to honor the opening of the 1985 Scandinavian TaeKwon-Do Championships.

In December, various festivals celebrating the 30th anniversary of TaeKwon-Do were held in Quebec, Canada which were sponsored by the TaeKwon-Do Federation of Canada and were highlighted with the presence of the Father of TaeKwon-Do, Gen. Choi Hong Hi.

In June **1986** the founder took DPRK TaeKwon-Do demonstration team to the People's Republic of China. This visit eventually became the motivation for the Chinese people to adopt the Korean martial art, TaeKwon-Do.

**1987** was a significant year for General Choi because he showed once again the indomitable spirit as well as perseverance to the TaeKwon-Do world by declaring the 5th World Championship in May in Athens, Greece, despite persistent interference of the South Korean



dictatorial regime.

In December of the same year, president Choi began to formulate the Promotion and Popularization Foundation of ITF boosted by the pledge given by Mr. Chon Yon Shik, the elder brother of senior vice-president Mr. Chon Jin Shik, in the amount of 100,000,000 Japanese Yen. The year **1988** was culminated by two important events. In May, the Hungarian government hosted the 6th World Championships in Budapest, which was by far, the largest in scale, finest in technique, and also for the first time, televised via satellite throughout Europe.

In August, the Father of TaeKwon-Do was at last able to realize his ultimate dream of introducing and teaching his art without regard to religion, race, national or ideological boundaries, by leading the I.T.F. demonstration team to Moscow, U.S.S.R.

It is hoped that all instructors will follow his example by devoting part of their time towards introducing the art into the school systems in their respective areas.

Merely introducing the art, however, is not enough. The instructor must also concern himself with imbuing and maintaining a positive influence that will eventually serve as a guiding light to all students. Then and only then, can the instructor consider himself an apostle of TaeKwon-Do. *Park, Sung Hwa.*

## ***Essential Information about Patterns***

The following points should be considered while performing patterns:

1. Pattern should begin and end at exactly 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 either tensed or relaxed at the proper critical moments in the exercise.
4. The exercise should be performed in a rhythmic movement with an absence of stiffness.
5. Movement should be accelerated or decelerated according to the instructions in this book.
6. Each pattern should be perfected before moving to the next pattern.
7. Students should know the purpose of each movement.
8. Students should perform each movement with realism.
9. Attack and defense techniques should be equally distributed among right and left hands and feet.


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. The interpretation of each pattern will be found on its specific page.


## **The Reason for 24 Patterns**


The life of a human being, perhaps 100 years, can be considered as a day when compared with eternity. Therefore, we mortals are no more than simple travelers who pass by the eternal years of an eon in a day. It is evident that no one can live more than a limited amount of time. Nevertheless, most people foolishly enslave themselves to materialism as if they could live for thousands of years. And some people strive to bequeath a good spiritual legacy for coming generations, in this way, gaining immortality. Obviously, the spirit is perpetual while material is not; therefore, what we can do to leave behind something for the welfare of mankind is, perhaps, the most important thing in our lives.


Here I leave TaeKwon-Do for mankind as a trace of man of the late 20th century. The 24 patterns represent 24 hours, one day, or all my life. 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


## Pattern Meanings


SAJU-JIRUGI (  ) 14 moves: Four directional punch.


SAJU-MAKGI (  ) 16 moves: Four directional block.


SAJU-TULGI (  ) 8 moves: Four directional thrust.


CHON-JI (  ) 19 moves: Means literally the "Heaven and 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 learned by the beginner. The pattern consists of two similar parts, one to represent the Heaven and the other the Earth.


DAN-GUN (  ) 21 moves: Named after the holy Dan-Gun, legendary founder of Korea in the year 2333 B.C.

DO-SAN (  ) 24 moves: The pseudonym of the patriot Ahn Chang-Ho (1876-1938). The 24 movements represent one hour of each day of his entire life, which he dedicated to the education of Korea and its independence movement. The patriot Ahn Chang-Ho chose his pen name Do-San meaning Island Mountain after seeing Hawaii during his emigration to the US in 1902

WON-HYO (  ) 28 moves: Won-Hyo was the noted monk who introduced Buddhism to the Silla dynasty in the year of 686 A.D.

YUL-GOK (  ) 38 moves: The pseudonym of the great scholar and philosopher Yi I (1536-1584), nicknamed the "Confucius of Korea". The 38 movements of the patterns refer to his birthplace on the 38th latitude. The diagram (plus, minus) represents scholar.

JOONG-GUN (  ) 32 moves: Named after the patriot Ahn Joong-Gun, who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea and the man recognized as playing the leading role in the Korea-Japan merger. The 32 movements in the pattern represent Ahn Joong-Gun's age when he was executed at Lui-Shung prison in 1910.

TOI-GYE (  ) 37 moves: 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 37th latitude. The diagram represents scholar.



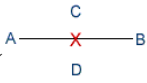
HWA-RANG ( ) 29 moves: Named after the Hwa-Rang youth group which unified Silla, Baek Je and Korgoryo into Korea in the early 7th century. The 29 moves represent the 29th infantry division where TaeKwon-Do developed into maturity.



CHOONG-MOO ( ) 30 moves: The name given to the great Admiral Yi Soon-Sin of the Yi dynasty. He was reputed to have invented the first armored battleship (kobukson) in 1592, which is said to be the precursor of the modern submarine. The pattern ends with a left hand attack to symbolize his regrettable death without having a chance to show his unrestrained potential, checked by the forced reservation of his loyalty to the king.



KWANG-GAE ( ) 39 moves: is named after the famous Kwang-Gae-Toh-Wang, the 19<sup>th</sup> King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram 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 ( ) 36 moves: 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 ( ) 44 moves: is named after Ge-Baek, a great general in the Baek Je Dynasty (660 A.D.). The diagram represents his severe and strict military discipline.



EUI-AM ( ) 45 moves: 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 of 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 ( ) 52 moves: is the pseudonym given to General Kim Duk Ryang who lived during the Lee Dynasty, 14th century. This pattern ends with a left-hand attack to symbolize the tragedy of his death at 27 in prison before he was able to reach full maturity.



JUCHE ( ) 45 moves: 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 ( ) 33 moves: 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 ( ) 68 moves: 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 left side, symbolizing Yoo Sin's mistake of following his King's orders to fight with foreign forces against his own nation.

CHOI-YONG ( ) 46 moves: 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 Lee Dynasty.

YON-GAE ( ) 49 moves: 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 ( ) 42 moves: is named after general Ul-Ji Moon Dok who successfully defended Korea against a Tang's invasion force 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 ( ) 61 moves: 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 symbolize the last two figures of 661 A.D. when Moon Moo came to the throne.

## *Stances*

<b>Stance Name</b>	<b>Called by</b>	<b>Width</b>	<b>Length</b>	<b>Angle of Feet</b>	<b>Weight Distribution</b>
Parallel Ready Stance		shoulder width little toe to little toe			50/50
L Stance	Rear foot since it has more weight	1 inch heel to heel	shoulder width and 1/2 big toe to big toe	15 degrees, 15 degrees	70/30
Fighting Stance	Front foot since it's 50/50 weight	1 inch heel to heel	shoulder width and 1/2 big toe to reverse foot-sword	front foot 25 degrees, back foot 15 degrees	50/50
Walking Stance	Front foot since it's 50/50 weight	shoulder width mid-foot to mid-foot	shoulder width and 1/2 big toe to big toe	back foot 25 degrees	50/50
Sitting Stance		shoulder width and 1/2 big toe to big toe			50/50
Fixed Stance	Front foot since it's 50/50 weight	1 inch heel to heel	shoulder width and 1/2 big toe to reverse foot-sword	15 degrees, 15 degrees	50/50
Rear Foot Stance	Rear foot since it's 90/10 weight	1 inch heel to heel	shoulder width little toe to little toe	front foot 25 degrees, back foot 15 degrees	90/10
Low Stance	Front foot since it's 50/50 weight	shoulder width mid-foot to mid-foot	shoulder width and 1/2 plus one foot big toe to big toe	back foot 25 degrees	50/50
X Stance	NA	NA	NA	45 degrees	90/10
Closed Ready Stance A	NA	Feet together	NA	Facing forward	50/50
Closed Ready Stance B	NA	Feet together	NA	Facing forward	50/50
Closed Ready Stance C	NA	Feet together	NA	Facing forward	50/50
Bending Ready Stance A	NA	NA	NA	NA	100/0
Vertical Stance		Heels together		90 degrees	50/50

## ***Notes on the school:***

A TaeKwon-Do video is available to all parents & students of Mike Louie's TaeKwon-Do School. The videos covers basic information required for each belt rank. This video was developed to help the student at home with patterns, self defense and other techniques. It is not a replacement for actual classroom sessions. Also students are not allowed to practice patterns and techniques above their current belt rank.

Other equipment is also available through Mr. Louie. Please contact him for more information. Sparring gear is required by yellow belt w/green stripe (7<sup>th</sup> Gup).

The school at Hempfield Sports Complex was started in May 2003 with the help of Mrs. Louie, Ms. Owens and Ms. Osborn. Starting with only 5 students it has flourished into a place to learn the fundamentals of TaeKwon-Do. In late 2003 TaeKwon-Do for Tots and Women's Self Defense started also.

The school at Paramount Sports Complex was started in September 2003. It started with only 4 students. We have put on a couple of demonstrations for the Paramount Sports Complex when the site first opened.

### ***Brief History of Mr. Louie:***

**Head Instructor Michael Louie** was originally signed up in TaeKwon-Do in 1978 at the age of 6 years old. The first school he attended was Master Bai's in Ramsey, NJ. His 2<sup>nd</sup> instructor from 1982-1986 was Master Jay Lally in Wyckoff, NJ. Mr. Louie took some time off from TaeKwon-Do during high school. He was then a volunteer instructor teaching TaeKwon-Do at Millersville University from 1992 until 2002. Since then Mr. Louie has trained under 3 different instructors.

In 1990 Mr. Louie attended Millersville University. He had no idea that there was a Karate Club on campus and his friends wanted to give it a try. Well by the age of 21 in March 1993 he received his 1st degree black belt, November 1995 his 2nd degree black belt, in March 1998 his 3rd degree black belt, and in May 2003 he received his 4th degree black belt. His 3<sup>rd</sup> instructor was Master Mark Engle of Lampeter, PA. Unfortunately in December 2002 due to new insurance guidelines and a growing student base, Mr. Louie had to retire the Millersville TaeKwon-Do School.

He has promoted several students to the rank of 1st, 2nd and 3rd degree black belts. He is a 1993 AAU TaeKwon-Do NJ State Champion (held in Ridgewood, NJ) in patterns and a 1993 AAU National TaeKwon-Do Champion (held in Albany, NY) in patterns, thanks to training under Master Instructor . From about 2004 until about 2006 Mr. Louie trained under Master James Murray (8<sup>th</sup> DAN black belt) of Pottstown, PA, who was also very close friends with General Choi. Towards the end of 2006 Master Murray retired, then Mr. Louie started to train under Mr. Dan Greak (6<sup>th</sup> DAN) near Selinsgrove, PA.

## ***Brief History of Mrs. Louie:***

**Assistant Instructor Theresa Louie (2<sup>nd</sup> DAN)** began TaeKwon-Do in September 1998 at Millersville University under the instruction of, Mr. Louie. She took the art for some exercise and to meet new people. She enjoyed it so much that she continued on, training twice a week. After three years, December 2001, she received her black belt. She also competed in several competitions performing patterns and sparring receiving first and second places.

After much discussion, she and Mr. Louie decided it was time to start a new school. Training began at the Hempfield Sports Complex in May 2003 and at the Paramount Sports Complex in September 2003. Mrs. Louie marvels at the excitement that comes from all of the children and the determination from the adults. She has taken much pleasure in watching the schools grow.

Mr. and Mrs. Louie currently have three children, Sarah, Nicholas, and Nathan.



## **Requirements for Promotion**

1. Right attitude and good character.
2. Mastery of the proper pattern or Tul for that rank and previous ranks.
3. Knowledge of specific information required by that rank and previous ranks.
4. Ability to perform Poomse or basic training to the satisfaction of the instructor.
5. Fluid and reflexive movements of all self defense techniques.
6. Speed and power appropriate for the current belt level.
7. Demonstration of three-two-one step sparring.
8. Demonstration of required self defenses.
9. Board breaking – The exact requirements are stipulated in the promotional requirements for Green and Black Belts. Board breaking may be used at any testing by the discretion of the instructor.
10. Students are responsible for all techniques and information previously learned.
11. Good free sparring ability coupled with controlled techniques.

\*\* Note: some items in the testing requirements have minimum age requirements. If you do not meet these requirements there may be alternative requirements to perform. Please ask the instructor for more information.

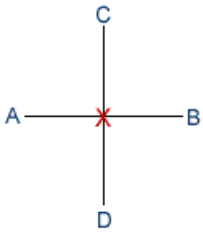
\*\* If you unsure of a technique or have any questions about something in the book or taught in class, it is your responsibility to ask questions BEFORE your pre-test.

## Requirements for 9<sup>th</sup> Gup – Yellow Stripe

1. Meaning of TaeKwon-Do – The Way of the Hand and Foot.
2. TaeKwon-Do was founded in 1955 by General Choi Hong Hi.
3. The Tenets of TaeKwon-Do are:
  - Courtesy
  - Integrity
  - Perseverance
  - Self-Control
  - Indomitable Spirit
4. Basic Techniques

Walking Stance Parallel Stance Sitting Stance Low Block		Middle Outer Forearm Block Front Snap Kick Proper Technique punching & blocking
--	--	---
5. Self Defenses

Children (5 to 8 years old) Two wrist grabs		Adults (9 years and up) Two wrist grabs Two lapel grabs
--	--	---
6. The exercises Saju-Jirugi and Saju-Makgi, the number of movements and their meanings.



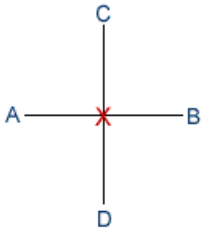
### FOUR DIRECTION PUNCH

#### SAJU JIRUGI Movements 14 Ready Posture - PARALLEL READY STANCE

1. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
2. Move the right foot to A forming a left walking stance toward B while executing a low block to B with the left forearm.
3. Move the right foot to B forming a right walking stance toward B while executing a middle punch to B with the right fist.
4. Move the right foot to D forming a left walking stance toward C while executing a low block to C with the left forearm.
5. Move the right foot to C forming a right walking stance toward C while executing a middle punch to C with the right fist.
6. Move the right foot to B forming a left walking stance toward A while executing a low block to A with the left forearm.
7. Move the right foot to A forming a right walking stance toward A while executing a middle punch to A with the right fist.

**END:** Bring the right foot back to a ready posture.

**Practice this fundamental exercise clockwise and counter-clockwise, turning alternately.**



### FOUR DIRECTION BLOCK

#### SAJU MAKGI Movements 16 Ready Posture - PARALLEL READY STANCE

1. Move the right foot to C forming a left walking stance toward D while executing a low block to D with the left knife-hand.
2. Move the right foot to D forming a right walking stance toward D while executing a middle side block to D with the right inner forearm.
3. Move the right foot to A forming a left walking stance toward B while executing a low block to B with the left knife-hand.
4. Move the right foot to B forming a right walking stance toward B while executing a middle side block to B with the right inner forearm.
5. Move the right foot to D forming a left walking stance toward C while executing a low block to C with the left knife-hand.
6. Move the right foot to C forming a right walking stance toward C while executing a middle side block to C with the right inner forearm.
7. Move the right foot to B forming a left walking stance toward A while executing a low block to A with the left knife-hand.
8. Move the right foot to A forming a right walking stance toward A while executing a middle side block to A with the right inner forearm.

**END:** Bring the right foot back to a ready posture.

**Practice this fundamental exercise clockwise and counter-clockwise, turning alternately.**

## Requirements for 8<sup>th</sup> Gup – Yellow

### 1. Korean Terms

International Instructor: Sabunim  
TaeKwon-Do School: Do-Jang  
TaeKwon-Do Uniform: Do-Buk  
Attention: Charyot  
Bow: Kyung-niet  
Ready: Jhoon-Bee  
Begin: Shi-Jak  
Stop: Goh-man  
Change/Switch: Diro

At Ease: Shi-Ot  
Color Belt: Gup  
Black Belt: Dan  
Sparring: Matse  
Pattern: Tul  
Class Dismissed: Ee-Sa  
Thank You: Cum Sabida  
Welcome: Chumineo  
Kneel: Ahn-Jho

#### **Numbers:**

One (1): Ha-Na  
Two (2): Dul  
Three (3): Set  
Four (4): Net  
Five (5): Do-Set  
Six (6): Yo-Set  
Seven (7): Il-Gop  
Eight (8): Yo-Dul  
Nine (9): Ah-Hop  
Ten (10): Yul

### 2. Basic Techniques

L Stance  
Fighting Stance  
Inner Forearm Block  
Guarding Block  
High Rising Block  
Turning Kick  
Side Piercing Kick

#### Moving in Stances

Forward and Backward  
Open and Closed Sides

#### Name Stances and Why

Right and Left Walking Stances  
Right and Left L Stances  
Right and Left Fighting Stances

### 3. Two 3-Steps

#### 1<sup>st</sup> Three Step

1. Step backwards into walking stance with outer forearm block
2. Step backwards into walking stance with outer forearm block
3. Step backwards into walking stance, outer forearm block, execute reverse punch.

#### 2<sup>nd</sup> Three Step

1. Step backwards into L Stance Inner forearm block
2. Step backwards into L Stance Inner forearm block
3. Step backwards into L Stance Inner forearm block, execute front leg front snap kick

### 4. Self Defenses

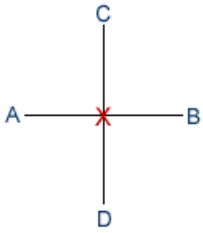
Self Defenses  
Children (5 to 8 years old)  
Two wrist grabs  
Two lapel grabs

#### Adults (9 years and up)

Two wrist grabs  
Two lapel grabs  
Slap to the face  
Punch to the face  
Hair Pull

### 5. Pattern Chon-Ji – 19 movements.

### 6. Controlled Free Sparring

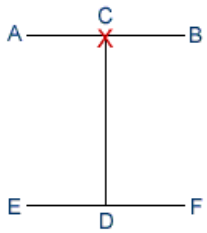


## **CHON-JI Movements – 19 Ready Posture - PARALLEL READY STANCE**

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

## Requirements for 7<sup>th</sup> Gup – Green Stripe

1. Explain what the tenets of TaeKwon-Do mean to you. (Must be in your own words)
2. Basic Techniques
  - Twin Forearm Block
  - Knife Hand Guarding Block
  - Knife Hand Side Block
  - Front Pressing Kick
  - Downward Kick
  - Back Side Piercing Kick
3. Two 2-Steps
  - 1<sup>st</sup> Two Step
    1. Step backwards into L-stance with knife hand block
    2. Step forward 45 degrees into sitting stance with punch and knife hand block – punch again (same arm).
  - 2<sup>nd</sup> Two Step
    1. Step backwards into L-stance inner forearm block
    2. Step inward into sitting stance inner forearm block (hammer block)
    3. Stay in sitting stance execute elbow strike
    4. Slide backwards into vertical stance with a back fist.
4. Self Defense (these are created by the student under an instructor's help)
  - Defend against:
    - Wrist Grab
    - Double Hand Wrist Grab (2 hands on 1)
    - Double Hand Wrist Grab (2 hands on 2 hands)
    - Lapel Grab
5. Pattern Dan-Gun – 21 movements.
6. Controlled Free Sparring



### DAN-GUN Movements – 21 Ready Posture - PARALLEL READY STANCE

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

## Requirements for 6<sup>th</sup> Gup – Green Belt

### 1. What do the belt colors represent?

White	Innocence, beginner.
Yellow	The Earth where the seed is planted.
Green	The plant's growth.
Blue	The heavens towards where the plant matures.
Red	Danger. Student is very powerful, but still learning self control.
Black	Opposite of white, next level of beginner. Impervious to darkness and fear.

### 2. Name the 5 main stances (pg 28). Explain weight distribution, length, & how they're named.

### 3. Basic Techniques

Back Fist	Hip Throw
Horizontal Finger Tip Thrust	Sweep
Vertical Finger Tip Thrust	<u>Proper Falling Techniques</u> – Falling backwards, sideways, and forward
Twin Forearm Block	<u>Shoulder rolls</u> – rolling forwards, rolling backwards
Reverse Turning Kick	
Inside-Out Crescent Kick	
Outside-In Crescent Kick	

### 4. Three 1-Steps

1<sup>st</sup> One Step: Inside/Out Crescent Kick – Back Leg Turning kick

2<sup>nd</sup> One Step: Outside/In Crescent Kick – Same Leg Side Piercing Kick

3<sup>rd</sup> One Step: Outside/In Crescent Kick – Reverse Turning Kick

### 5. Self Defense (these are created by the student under an instructor's help)

Defend against:

Front Choke Hold	Front Snap Kick
Head Lock	Double Hand Push to Chest
Round House Punch	

### 6. Pattern Do-San – 24 movements.

### 7. Controlled Free Sparring

### 8. Board Breaking Requirements (changes to these breaks are at the discretion of the instructor, depending on age, weight, and height). See Mr. Louie for dimensions of the boards required.

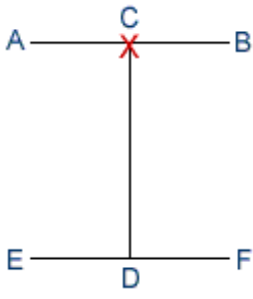
#### Children (under age of 12)

- Hand Technique – 1 wood strip
- Turning Kick – 1 wood strip
- Side Piercing Kick – 1 or 2 wood strips

#### Adult

- Hand Technique – 1 wood board
- Turning Kick – 1 wood board
- Side Piercing Kick – 2 wood boards





### DO-SAN Movements – 24 Ready Posture - PARALLEL READY STANCE

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

## Requirements for 5<sup>th</sup> Gup – Blue Stripe

1. Explain the reasons for the patterns.

### **The Reason for 24 Patterns**

The life of a human being, perhaps 100 years, can be considered as a day when compared with eternity. Therefore, we mortals are no more than simple travelers who pass by the eternal years of an eon in a day. It is evident that no one can live more than a limited amount of time. Nevertheless, most people foolishly enslave themselves to materialism as if they could live for thousands of years. And some people strive to bequeath a good spiritual legacy for coming generations, in this way, gaining immortality. Obviously, the spirit is perpetual while material is not; therefore, what we can do to leave behind something for the welfare of mankind is, perhaps, the most important thing in our lives.

Here I leave TaeKwon-Do for mankind as a trace of man of the late 20th century. The 24 patterns represent 24 hours, one day, or all my life. 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

2. Basic Techniques

Closed Ready Stance A  
Circular Block  
Fixed Stance  
Knife Hand Inward Strike  
Ridge Hand  
Jump Front Snap Kick

Scissor Kick  
Air Step Front Snap Kick  
Reverse Crescent Kick  
Back Side Piercing Kick  
Reverse Hooking Kick  
Over the Shoulder Throw

3. Three 1-steps

1<sup>st</sup> One Step: Step out 45 degrees into sitting stance – palm block – 1-2-3 punch (middle, middle, high)

2<sup>nd</sup> One Step: Step out 45 degrees into sitting stance – palm block – shift into walking stance execute ridge hand to the throat

3<sup>rd</sup> One Step: Step into a walking stance – palm block – over the shoulder throw

4. Self Defense (these are created by the student under an instructor's help)

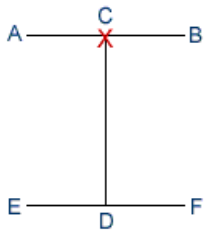
Defend against:

Choke from behind  
Hair pull  
Bear Hug

Turning Kick  
Reverse Punch  
Side Piercing Kick

5. Pattern Won-Hyo – 28 movements.

6. Controlled Free Sparring



### WON-HYO Movements – 28 Ready Posture - CLOSED READY STANCE A

1. Move the left foot to B forming a right L-stance toward B while executing a twin forearm block.
  2. Execute a high inward strike to B with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward B.
  3. Execute a middle punch to B with the left fist while forming a left fixed stance toward B, slipping the left foot to B.
  4. Bring the left foot to the right foot and then move the right foot to A, forming a left L-stance toward A while executing a twin forearm block.
  5. Execute a high inward strike to A with the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward A.
  6. Execute a middle punch to A with the right fist while forming a right fixed stance toward A, slipping the right foot to A.
  7. Bring the right foot to the left foot and then turn the face toward D while forming a right bending ready stance A toward D.
  8. Execute a middle side piercing kick to D with the left foot.
  9. Lower the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
  10. Move the right foot to D forming a left L-stance toward D while executing a guarding block to D with a knife-hand.
  11. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
  12. Move the right foot to D forming a right walking stance toward D while executing a middle thrust to D with the right straight finger tip.
  13. Move the left foot to E turning counter clockwise to form a right L-stance toward E, at the same time executing a twin forearm block.
  14. Execute a high inward strike to E with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward E.
  15. Execute a middle punch to E with the left fist while forming a left fixed stance toward E, slipping the left foot to E.
  16. Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a twin forearm block.
  17. Execute a high inward strike to F with the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward F.
  18. Execute a middle punch to F with the right fist while forming a right fixed stance toward F, slipping the right foot to F.
  19. Bring the right foot to the left foot and then move the left foot to C forming a left walking stance toward C while executing a circular block to CF with the right inner forearm.
  20. Execute a low front snap kick to C with the right foot, keeping the position of the hands as they were in 19.
  21. Lower the right foot to C forming a right walking stance toward C while executing a middle punch to C with the left fist.
  22. Execute a circular block to CE with the left inner forearm while maintaining a right walking stance toward C.
  23. Execute a low front snap kick to C with the left foot, keeping the position of the hands as they were in 22.
  24. Lower the left foot to C forming a left walking stance toward C while executing a middle punch to C with the right fist.
  25. Turn the face toward C forming a left bending ready stance A toward C.
  26. Execute a middle side piercing kick to C with the right foot.
  27. Lower the right foot on line CD and then move the left foot to B, turning counter clockwise to form a right L-stance toward B, at the same time executing a middle guarding block to B with the forearm.
  28. Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A while executing a middle guarding block to A with the forearm.
- END:** Bring the right foot back to a ready posture.

## Requirements for 4<sup>th</sup> Gup – Blue Belt

### 1. Explain the Theory of Power (see page 6 & 7 for more details)

Reaction Force – every action has an equal and opposite reaction. It is why when we punch we bring other hand back to hip.

Equilibrium – without equilibrium our kicks, punches, and blocks would not be as effective.

Concentration – focus all power and speed into one point to create the most amount of force.

Breath Control – inhaling and exhaling at the proper moment creates more power.

Breathing out at the moment of impact can also lessen a blow to the defender.

Mass & Speed – the faster a technique moves the more power it creates. The bigger the mass the more power it has.

### 2. Basic Techniques

Palm Hooking Block

Front Elbow Strike

Vertical Stance

X Stance

Knife Defenses

Jump Turning Kick

Air Step Turning Kick

Reverse Crescent Kick

Leg and Arm Submissions

Wrist Lock Throw

Chin Push/Sweep

Leg Lock Submission

### 3. Two 1-Steps

1<sup>st</sup> One Step: Step inside on turn kick – lock leg – sweep – submit

2<sup>nd</sup> One Step: Block outside on punch – wrist lock throw – submit

### 4. Knife Defenses (for 12 years old and up)

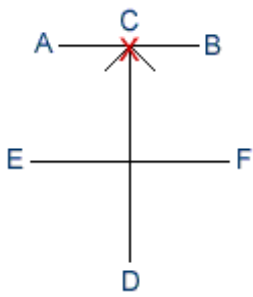
1. Slicing Across Chest – step in knife hand block and throat strike together – grab wrist – break elbow – shatter knee

2. At Throat from Behind – grab hand and elbow strike together – slide back – knife to stomach and wrist lock come along

3. Over Top Attack – same hand block – step to side – lock arm – shatter elbow – upset punch – sweep with ridge hand

### 5. Pattern Yul-Gok – 38 movements.

### 6. Controlled Free Sparring



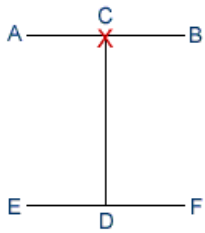
### YUL-GOK Movements – 38 Ready Posture - PARALLEL READY STANCE

1. Move the left foot to B forming a sitting stance toward D while extending the left fist to D horizontally.
  2. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.
  3. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D. Perform 2 and 3 in a fast motion.
  4. Bring the left foot to the right foot and then move the right foot to A forming a sitting stance toward D while extending the right fist to D horizontally.
  5. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.
  6. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D. Perform 5 and 6 in a fast motion.
  7. Move the right foot to Ad forming a right walking stance toward A.D. while executing a middle side block to A.D. with the right inner forearm.
  8. Execute a low front snap kick to A.D. with the left foot keeping the position of the hands as they were in 7.
  9. Lower the left foot to A.D. forming a left walking stance toward A.D. while executing a middle punch to A.D. with the left fist.
  10. Execute a middle punch to A.D. with the right fist while maintaining a left walking stance toward A.D.. Perform 9 and 10 in a fast motion.
  11. Move the left foot to BD forming a left walking stance toward BD at the same time executing a middle side block to BD with the left inner forearm.
  12. Execute a low front snap kick to BD with the right foot keeping the position of the hands as they were in 11.
  13. Lower the right foot to BD forming a right walking stance toward BD while executing a middle punch to BD with the right fist.
  14. Execute a middle punch to BD with the left fist while maintaining a right walking stance toward BD. Perform 13 and 14 in a fast motion.
  15. Execute a middle hooking block to D with the right palm while forming a right walking stance toward D, pivoting with the left foot.
  16. Execute a middle hooking block to D with the left palm while maintaining a right walking stance toward D.
  17. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D. Execute 16 and 17 in a connecting motion.
  18. Move the left foot to D forming a left walking stance toward D while executing a middle hooking block to D with the left palm.
  19. Execute a middle hooking block to D with the right palm while maintaining a left walking stance toward D.
  20. Execute a middle punch to D with the left fist while maintaining a left walking stance toward D. Execute 19 and 20 in a connecting motion.
  21. Move the right foot to D forming a right walking stance toward D at the same time executing a middle punch to D with the right fist.
  22. Turn the face toward D forming a right bending ready stance A toward D.
  23. Execute a middle side piercing kick to D with the left foot.
  24. Lower the left foot to D forming a left walking stance toward D while striking the left palm with the right front elbow.
  25. Turn the face toward C forming a left bending ready stance A toward C.
  26. Execute a middle side piercing kick to C with the right foot.
  27. Lower the right foot to C forming a right walking stance toward C while striking the right palm with the left front elbow.
  28. Move the left foot to E forming a right L-stance toward E while executing a twin knife-hand block.
  29. Move the right foot to E forming a right walking stance toward E while executing a middle thrust to E with the right straight finger tip.
  30. Move the right foot to F turning clockwise to form a left L-stance toward F while executing a twin knife-hand block.
  31. Move the left foot to F forming a left walking stance toward F while executing a middle thrust to F with the left straight finger tip.
  32. Move the left foot to C forming a left walking stance toward C while executing a high side block to C with the left outer forearm.
  33. Execute a middle punch to C with the right fist while maintaining a left walking stance toward C.
  34. Move the right foot to C forming a right walking stance toward C while executing a high side block to C with the right outer forearm.
  35. Execute a middle punch to C with the left fist while maintaining a right walking stance toward C.
  36. Jump to C forming a left X-stance toward B while executing a high side strike to C with the left back fist.
  37. Move the right foot to A forming a right walking stance toward A at the same time executing a high block to A with the right double forearm.
  38. Bring the right foot to the left foot and then move the left foot to B forming a left walking stance toward B while executing a high block to B with the left double forearm.
- END:** Bring the left foot back to a ready posture.

## Requirements for 3<sup>rd</sup> Gup – Red Stripe

1. Explain the Philosophy Of TaeKwon-Do
  - Be willing to go where the going may be tough and do the things that are worth doing even though they are difficult.
  - Be gentle to the weak and tough to the strong.
  - Be content with what you have in money and position but never in skills.
  - Always finish what you begin, be it large or small.
  - Be a willing teacher to anyone regardless of religion, race or ideology.
  - Never yield to repression or threat in the pursuit of a noble cause.
  - Teach attitude and skill with action rather than words.
  - Always be yourself even though your circumstances may change.
  - Be the eternal teacher who teaches with the body when young, with words when old, and by moral precept even after death.
  
2. Basic Techniques

Closed Ready Stance B		Twin Fist Vertical Punch
Jump Reverse Crescent Kick		Rear Foot Stance
Flying Side Piercing Kick		U Shaped Block
Air Step Side Piercing Kick		Palm Pressing Block
Twin Fist Upset Punch		Reverse Knife Hand Block
  
3. Two 1-Steps
  - 1<sup>st</sup> One Step: Hammer lock from a punch
  - 2<sup>nd</sup> One Step: Chin Push and a sweep from a punch
  
4. Gun Defenses (for 12 years old and up)
  1. Side of Head From Behind – wallet fake – double hand grab to wrist – turn arm over and break elbow over shoulder – side elbow strike to body – step in with elbow to the throat
  2. From In Front Within 1 Foot – outside block – wrist lock throw and submit
  3. From In Front Outside 3 Feet – drop wallet or purse – when attacker goes for wallet – block outside shatter elbow – knee to head
  
5. Pattern Joong-Gun – 32 movements.
  
6. Assist in classroom instruction for approximately 4 class hours.
  
7. Controlled Free Sparring



### JOONG-GUN Movements – 32 Ready Posture - CLOSED READY STANCE B

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

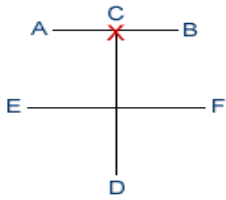
**END:** Bring the left foot back to a ready posture.

## Requirements for 2<sup>nd</sup> Gup – Red Belt

1. Write a 1 page essay (front and back, typed, double space, 12 font) on any aspect of TaeKwon-Do. Why is it important? How has it affect you? How can it be better taught to others?
2. Basic Techniques

Upset Finger Tip Thrust Downward Kick Jump Back Side Piercing Kick Jump Reverse Turning Kick Outer Forearm W Shaped Block X Fist Pressing Block		Scooping Block L Stance Low Knife Hand Block Proper Head Lock Techniques Critical Pressure Points on the Body Explain why joint manipulation is important to know and understand
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3. Advanced Defenses (12 years old and up)
  1. Lapel Grab – release and push away – come again – middle side piercing kick to Hoogul – reverse turn kick to the head.
  2. Lunging Choke – twin forearm wedging block – grab head and head control to floor – knee to chest – submit with head.
  3. Running Bear Hug From Behind – hip pivot into a sitting stance – throw and finish
  4. Sliding Punch – step outside – block with opposite hand – choke out
4. Demonstrate Primary Self Defense Levels I and II
5. Pattern Toi-Gye – 37 movements.
6. Assist in classroom instruction for approximately 4 class hours.
7. Controlled Free Sparring





### TOI-GYE Movements – 37 Ready Posture - CLOSED READY STANCE B

1. Move the left foot to B forming a right L-stance toward B while executing a middle block to B with the left inner forearm.
  2. Execute a low thrust to B with the right upset finger tip while forming a left walking stance toward B, slipping the left foot to B.
  3. Bring the left foot to the right foot to form a closed stance toward D while executing a side back strike to C with the right back fist, extending the left arm to the side downward. Perform in slow motion.
  4. Move the right foot to A forming a left L-stance toward A while executing a middle block to A with the right inner forearm.
  5. Execute a low thrust to A with the left upset finger tip while forming a right walking stance toward A, slipping the right foot to A.
  6. Bring the right foot to the left foot to form a closed stance toward D while executing a side back strike to C with the left back fist, extending the right arm to the side downward. Perform in slow motion.
  7. Move the left foot to D forming a left walking stance toward D while executing a pressing block with an X-fist.
  8. Execute a high vertical punch to D with a twin fist while maintaining a left walking stance toward D. Perform 7 and 8 in a continuous motion.
  9. Execute a middle front snap kick to D with the right foot, keeping the position of the hands as they were in 8.
  10. Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
  11. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D.
  12. Bring the left foot to the right foot forming a closed stance toward F while executing a twin side elbow thrust. Perform in slow motion.
  13. Move the right foot to F in a stamping motion forming a sitting stance toward C while executing a W-shape block to C with the right outer forearm.
  14. Move the left foot to F in a stamping motion turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm.
  15. Move the left foot to E in a stamping motion turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm.
  16. Move the right foot to E in a stamping motion turning counter clockwise to form a sitting stance toward D while executing a W-shape block to D with the right outer forearm.
  17. Move the left foot to E in a stamping motion turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm.
  18. Move the left foot to F in a stamping motion turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm.
  19. Bring the right foot to the left foot and then move the left foot to D forming a right L-stance toward D while executing a low pushing block to D with the left double forearm.
  20. Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward D, slipping the left foot to D.
  21. Execute an upward kick with the right knee while pulling both hands downward.
  22. Lower the right foot to the left foot and then move the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand.
  23. Execute a low side front snap kick to C with the left foot, keeping the position of the hands as they were in 22.
  24. Lower the left foot to C forming a left walking stance toward C while executing a high thrust to C with the left flat finger tip.
  25. Move the right foot to C forming a left L-stance toward C while executing a middle guarding block to C with a knife-hand.
  26. Execute a low side front snap kick to C with the right foot, keeping the position of the hands as they were in 25.
  27. Lower the right foot to C forming a right walking stance toward C while executing a high thrust to C with the right flat finger tip.
  28. Move the right foot to D forming a right L-stance toward C while executing a side back strike to D with the right back fist and a low block to C with the left forearm.
  29. Jump to C forming a right X-stance toward A while executing a pressing block with an X-fist.
  30. Move the right foot to C forming a right walking stance toward C while executing a high block to C with the right double forearm.
  31. Move the left foot to B forming a right L-stance toward B while executing a low guarding block to B with a knife-hand.
  32. Execute a circular block to BD with the right inner forearm while forming a left walking stance toward B, slipping the left foot to B.
  33. Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A, at the same time executing a low guarding block to A with a knife-hand.
  34. Execute a circular block to A.D. with the left inner forearm while forming a right walking stance toward A, slipping the right foot to A.
  35. Execute a circular block to CE with the right inner forearm while forming a left walking stance toward CE.
  36. Execute a circular block to A.D. with the left inner forearm while forming a right walking stance toward A.
  37. Move the right foot on line AB to form a sitting stance toward D while executing a middle punch to D with the right fist.
- END:** Bring the right foot back to a ready posture.

## Requirements for 1<sup>st</sup> Gup – Black Stripe

1. Explain the Advantages of TaeKwon-Do

Health: keeps you physically in shape.

Mental: helps you focus and increase mental awareness.

Practicality: you do can practice TaeKwon-Do anywhere anytime.

Economically: you do not need expensive equipment to practice.

2. Basic Techniques

Closed Ready Stance C

Back Fist Front Strike

Jump Reverse Knife Hand

Palm Pushing Block

Sliding Techniques

Vertical Stance

Side Elbow Thrust

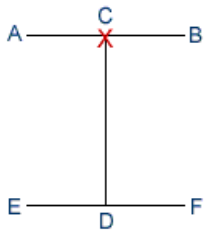
Upward Knee Strike

3. Demonstrate Primary Self Defense Levels I and II

4. Pattern Hwa-Rang – 29 movements.

5. Assist in classroom instruction for approximately 8 class hours.

6. Controlled Free Sparring Single, Double, and/or Multiple Opponents



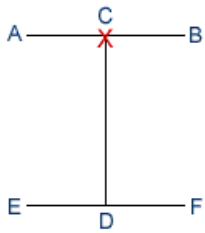
### HWA-RANG Movements – 29 Ready Posture - CLOSED READY STANCE C

1. Move the left foot to B to form a sitting stance toward D while executing a middle pushing block to D with the left palm.
  2. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.
  3. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.
  4. Execute a twin forearm block while forming a left L-stance toward A, pivoting with the left foot.
  5. Execute an upward punch with the left fist while pulling the right side fist in front of the left shoulder, maintaining a left L-stance toward A.
  6. Execute a middle punch to A with the right fist while forming a right fixed stance toward A in a sliding motion.
  7. Execute a downward strike with the right knife-hand while forming a left vertical stance toward A, pulling the right foot.
  8. Move the left foot to A forming a left walking stance toward A while executing a middle punch to A with the left fist.
  9. Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm.
  10. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
  11. Pull the left foot toward the right foot while bringing the left palm to the right forearm, at the same time bending the right elbow about 45 degrees outward.
  12. Execute a middle side piercing kick to D with the right foot while pulling both hands in the opposite direction and then lower it to D forming a left L-stance toward D, at the same time executing a middle outward strike to D with the right knife-hand.
  13. Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist.
  14. Move the right foot to D forming a right walking stance toward D at the same time executing a middle punch to D with the right fist.
  15. Move the left foot to E turning counter clockwise to form a right L-stance toward E while executing a middle guarding block to E with a knife-hand.
  16. Move the right foot to E forming a right walking stance toward E while executing a middle thrust to E with the right straight finger tip.
  17. Move the right foot on line EF forming a right L-stance toward F while executing a middle guarding block to F with a knife-hand.
  18. Execute a high turning kick to DF with the right foot and then lower it to F.
  19. Execute a high turning kick to CF with the left foot and then lower it to F forming a right L-stance toward F while executing a middle guarding block to F with a knife-hand. Perform 18 and 19 in a fast motion.
  20. Move the left foot to C forming a left walking stance toward C while executing a low block to C with the left forearm.
  21. Execute a middle punch to C with the right fist while forming a right L-stance toward C, pulling the left foot.
  22. Move the right foot to C forming a left L-stance toward C while executing a middle punch to C with the left fist.
  23. Move the left foot to C forming a right L-stance toward C while executing a middle punch to C with the right fist.
  24. Execute a pressing block with an X-fist while forming a left walking stance toward C, slipping the left foot to C.
  25. Move the right foot to C in a sliding motion forming a right L-stance toward D while thrusting to C with the right side elbow.
  26. Bring the left foot to the right foot, turning counter clockwise to form a closed stance toward B while executing a side front block with the right inner forearm while extending the left forearm to the side downward.
  27. Execute a side front block with the left inner forearm, extending the right forearm to the side downward while maintaining a closed stance toward B.
  28. Move the left foot to B forming a right L-stance toward B at the same time executing a middle guarding block to B with a knife-hand.
  29. Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A while executing a middle guarding block to A with a knife-hand.
- END:** Bring the right foot back to a ready posture.

## **Requirements for I Dan – Black Belt**

1. Create an inspiring poster, or motivating piece for the school. This will leave your mark on the world as you enter the next phase of your training towards black belt. Please get approval first on your idea by the instructor.
2. Knowledge of all prior testing requirements.
3. Written test (to be finished with a 80% or higher at least 4 weeks prior to physical test).
4. Create 5 advanced single and 5 multiple opponent self defense scenarios. Must be approved 3 month prior to testing date.
5. Pattern Choong-Moo – 30 movements.
6. Controlled Free Sparring to Single and Multi Opponents.
7. Assist in classroom instruction for minimum of 14 class hours.
8. Six months as a black stripe – other stipulations may apply.
9. Board Breaking Requirements. See chart for board breaking requirements.

	Junior	Male (over 15)	Female (over 15)
Step up to side piercing kick	2	4	3
Turning kick	1	3	2
Hand Technique	1	3	2



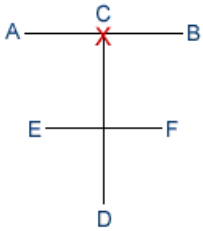
### CHOONG-MOO Movements – 30 Ready Posture - PARALLEL READY STANCE

1. Move the left foot to B forming a right L-stance toward B while executing a twin knife-hand block.
  2. Move the right foot to B forming a right walking stance toward B while executing a high front strike to B with the right knife-hand and bring the left back hand in front of the forehead.
  3. Move the right foot to A turning clockwise to form a left L-stance toward A while executing a middle guarding block to A with a knife-hand.
  4. Move the left foot to A forming a left walking stance toward A while executing a high thrust to A with the left flat finger tip.
  5. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
  6. Turn the face to C forming a left bending ready stance A toward C.
  7. Execute a middle side piercing kick to C with the right foot.
  8. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
  9. Execute a flying side piercing kick to D with the right foot soon after moving it to D and then land to D forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
  10. Move the left foot to E turning counter clockwise to form a right L-stance toward E at the same time executing a low block to E with the left forearm.
  11. Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward E, slipping the left foot.
  12. Execute an upward kick to E with the right knee pulling both hands downward.
  13. Lower the right foot to the left foot and then move the left foot to F forming a left walking stance toward F while executing a high front strike to F with the right reverse knife-hand, bringing the left back hand under the right elbow joint.
  14. Execute a high turning kick to DF with the right foot and then lower it to the left foot.
  15. Execute a middle back piercing kick to F with the left foot. Perform 14 and 15 in a fast motion.
  16. Lower the left foot to F forming a left L-stance toward E while executing a middle guarding block to E with the forearm.
  17. Execute a middle turning kick to DE with the left foot.
  18. Lower the left foot to the right foot and then move the right foot to C forming a right fixed stance toward C while executing a U-shape block toward C.
  19. Jump and spin around counter clockwise, landing on the same spot to form a left L-stance toward C while executing a middle guarding block to C with a knife-hand.
  20. Move the left foot to C forming a left walking stance toward C at the same time executing a low thrust to C with the right upset fingertip.
  21. Execute a side back strike to D with the right back fist and a low block to C with the left forearm while forming a right L-stance toward C, pulling the left foot.
  22. Move the right foot to C forming a right walking stance toward C while executing a middle thrust to C with the right straight finger tip.
  23. Move the left foot to B turning counter clockwise to form a left walking stance toward B while executing a high block to B with the left double forearm.
  24. Move the right foot to B forming a sitting stance toward C while executing a middle front block to C with the right forearm and then a high side strike to B with the right back fist.
  25. Execute a middle side piercing kick to A with the right foot turning counter clockwise and then lower it to A.
  26. Execute a middle side piercing kick to A with the left foot turning clockwise.
  27. Lower the left foot to A and then execute a checking block to B with an X-knife-hand while forming a left L-stance toward B pivoting with the left foot.
  28. Move the left foot to B forming a left walking stance toward B while executing an upward block to B with a twin palm.
  29. Move the left foot on line AB and then execute a rising block with the right forearm while forming a right walking stance toward A.
  30. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A.
- END:** Bring the left foot back to a ready posture.

## Requirements for II DAN – 2<sup>nd</sup> Degree Black Belt

1. 12-18 months from the time student is promoted to I DAN.
2. Do something for the public. You can teach your own self defense class, do speeches at school about the importance of TaeKwon-Do or safety, etc. Please clear your ideas first with the instructor.
3. Create seven self-defense situations against two people using TaeKwon-Do techniques. (Please clear all techniques with an instructor before testing.)
4. Make sure you know all step-sparring and patterns correctly so they can be performed without hesitation.
5. Know the meanings of all patterns, diagrams and number of moves.
  - a. Kwang-Gae, Po-Eun, Gae-Baek
6. Create 10 Advanced Multi-Opponent Self Defenses. Include use of a baseball bat, knife, and one gun technique. Must be approved 3 months before testing date.
7. Prepare for board-breaking: See chart for board breaking requirements.

	Junior	Adult men (over 15)	Adult women (over 15)
Standing side piercing kick	3	5	4
Jump snap	1	1	1
Jump turn	1	1	1
Flying side piercing	1	1	1
Power hand technique	2	4	3
Suspended hand technique	1	2	1

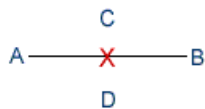


### **KWANG-GAE Movements – 39 Ready Posture - PARALLEL STANCE WITH A HEAVEN HAND**

1. Bring the left foot to the right foot, forming a close ready stance B toward D, bringing both hands in a circular motion.
2. Move the left foot to D, forming a left walking stance toward D while executing an upset punch to D with the right fist. Perform in slow motion.
3. Move the right foot to D, forming a right walking stance toward D while executing an upset punch to D with the left fist. Perform in slow motion.
4. Move the left foot to the side front of the right foot, and then move the right foot to D, forming a right walking stance toward D, at the same time executing a high hooking block to D with the right palm. Perform in a double stepping motion.
5. Move the right foot to C in a sliding motion to form a right L-stance toward D, at the same time executing a low guarding block to D with a knife-hand.
6. Move the right foot to the side of the left foot and then move the left foot to D, forming a left walking stance toward D while executing a high hooking block to D with the left palm. Perform in a double stepping motion.
7. Move the left foot to C in a sliding motion forming a left L-stance toward D while executing a low guarding block to D with a knife-hand.
8. Move the left foot to D, forming a right rear foot stance toward D while executing a high guarding block to D with a knife-hand.
9. Move the right foot to D, forming a left rear foot stance toward D while executing a high guarding block to D with a knife-hand.
10. Move the left foot to the side front of the right foot and then turn counter-clockwise, pivoting with the left foot, to form a left walking stance toward C while executing an upward block to C with the right palm. Perform in a slow motion.
11. Move the right foot to C, forming a right walking stance toward C while executing an upward block to C with the left palm. Perform in a slow motion.
12. Execute a low front block with the right knife-hand in a circular motion, hitting the left palm while bringing the left foot to the right foot to form a close stance toward C.
13. Execute a pressing kick to E with the left foot, keeping the position of the hands as they were in 12.
14. Execute a middle side piercing kick to E with the left foot, keeping the position of the hands as they were in 13. Perform 13 and 14 in a consecutive kick.
15. Lower the left foot to E, forming a right L-stance toward E while executing a high inward strike to E with the right knife-hand and bringing the left side fist in front of the right shoulder.
16. Execute a downward strike to E with the left side fist while forming a close stance toward C, pulling the left foot to the right foot.
17. Execute a pressing kick to F with the right foot, keeping the position of the hands as they were in 16.
18. Execute a middle side piercing kick to F with the right foot, keeping the position of the hands as they were in 17. Perform 17 and 18 in a consecutive kick.
19. Lower the right foot to F, forming a left L-stance toward F while executing a high inward strike to F with the knife-hand and bringing the right side fist in front of the left shoulder.
20. Execute a downward strike to F with the right side fist while forming a close stance toward C, pulling the right foot to the left foot.
21. Move the left foot to C, forming a left low stance toward C while executing a pressing block with the right palm. Perform in slow motion.
22. Move the right foot to C, forming a right low stance toward C while executing a pressing block with the left palm. Perform in a slow motion.
23. Move the right foot to D in a stamping motion to form a sitting stance toward F while executing a high side strike to D with the right back fist.
24. Execute a middle block to D with the right double forearm while forming a right walking stance toward D, pivoting with the left foot.
25. Execute a low block to D with the left forearm while shifting to C, maintaining a right walking stance toward D, keeping the position of the right hand as it was in 24.
26. Execute a high thrust to D with the right flat fingertip while forming a right low stance toward D, slipping the right foot to D. Perform in slow motion.
27. Move the left foot on lone CD in a stamping motion to form a sitting stance toward F while executing a high side strike to C with the left back fist.
28. Execute a middle block to C with the left double forearm while forming a left walking stance toward C, pivoting with the left foot.
29. Execute a low reverse block to C with the right forearm while shifting to D, maintaining a left walking stance toward C, keeping the position of the left hand as it was in 28.
30. Execute a high thrust to C with the left flat fingertip while forming a left low stance toward C, slipping the left foot to C.
31. Move the right foot to C in a stamping motion, forming a right walking stance toward C while executing a high vertical punch to C with a twin fist.

- 32.** Move the left foot to A in a stamping motion, forming a left walking stance toward A while executing an upset punch to A with a twin fist.
  - 33.** Execute a middle front snap kick to A with the right foot, keeping the position of the hands as they were in 32.
  - 34.** Lower the right foot, and then move the left foot to A to form a left L-stance toward B while executing a middle guarding block to B with a knife-hand.
  - 35.** Move the left foot to B, forming a left walking stance toward B while executing a high punch to B with the left fist.
  - 36.** Move the right foot to B in stamping motion, forming a right walking stance toward B while executing an upset punch to B with a twin fist.
  - 37.** Execute a middle front snap kick to B with the left foot, keeping the position of the hands as they were in 36.
  - 38.** Lower the left foot to the right foot, and then move the right foot to B to form a right L-stance toward A at the same time executing a middle guarding block to A with a knife-hand.
  - 39.** Move the right foot to A, forming a right walking stance toward A while executing a high punch to A with the right fist.
- END:** Bring the left foot back to a ready posture.





### PO-EUN Movements – 36 Ready Posture - PARALLEL STANCE WITH A HEAVEN HAND

1. Move the left foot to B, forming a right L-stance toward B while executing a middle guarding block to B with the forearm.
  2. Pull the right foot to the left knee joint to form a left one-leg stance toward D, at the same time lifting both fists while turning the face toward A.
  3. Execute a pressing kick to A with the right foot keeping the position of the hands as they were in 2.
  4. Lower the right foot to A to form a sitting stance toward D while executing a middle side strike to A with the right knife-hand.
  5. Execute an angle punch with the left fist while maintaining a sitting stance toward D.
  6. Execute a pressing block with the left, fore fist while executing a side front block with the right inner forearm, maintaining a sitting stance toward D.
  7. Execute a pressing block with the right fore fist and a side front block with the left inner forearm while maintaining a sitting stance toward D.
  8. Execute a middle wedging block with the inner forearm while maintaining a sitting stance toward D.
  9. Thrust to C with the right back elbow supporting the right fore fist with the left palm keeping the face as it was in 8 while maintaining a sitting stance towards D.
  10. Execute a middle punch to D with the right fist slipping the left palm up to the right elbow joint while maintaining a sitting stance toward D.
  11. Thrust to C with the left back elbow supporting the left fore fist with right palm, keeping the face as it was in 10 while maintaining a sitting stance toward D.
  12. Execute a right horizontal punch to A while maintaining a sitting stance toward D. Perform 6 through 12 in a continuous motion.
  13. Cross the left foot over the right foot forming a right X-stance toward D while executing a low front block to D with the right outer forearm and bringing the left finger belly on the right under forearm.
  14. Move the right foot to A forming a left L-stance toward A at the same time executing a U-shape grasp to A.
  15. Bring the left foot to the right foot forming a closed stance toward D while executing a horizontal thrust with a twin elbow, turning the face toward B. Perform in slow motion.
  16. Move the left foot to B to form a sitting stance toward D while executing a side back strike to C with the right back fist and extending the left arm to the side downward.
  17. Cross the right foot over the left foot forming a left X-stance toward D while executing a low front block with the left outer forearm and bringing the right finger belly to the left side fist.
  18. Move the left foot to B to form a sitting stance toward D while executing a low guarding block to B with a reverse knife-hand.
  19. Execute a forearm middle guarding block to A while forming a left L-stance toward A pivoting with left foot.
  20. Pull the left foot to the right knee joint to form a right one-leg stance toward D, at the same time lifting both fists while turning the face toward B.
  21. Execute a pressing kick to B with the left foot keeping the position of the hands as they were in 20.
  22. Lower the left foot to B to form a sitting stance toward D while executing a middle side strike to B with the left knife-hand.
  23. Execute an angle punch with the right fist while maintaining a sitting stance toward D.
  24. Execute a pressing block with the right, fore fist while executing a side front block with the left inner forearm, maintaining a sitting stance toward D.
  25. Execute a pressing block with the left fore fist and a side front block with the right inner forearm while maintaining a sitting stance toward D.
  26. Execute a middle wedging block with the inner forearm while maintaining a sitting stance toward D.
  27. Thrust to C with the left back elbow supporting the left fore fist with the right palm keeping the face as it was in 26 while maintaining a sitting stance towards D.
  28. Execute middle punch to D with the left fist slipping the right palm up to the left elbow joint maintaining a sitting stance toward D.
  29. Thrust to C with the right back elbow supporting the right fore fist with left palm, keeping the face as it was in 28 while maintaining a sitting stance toward D.
  30. Execute a left horizontal punch to B while maintaining a sitting stance toward D. Perform 24 through 30 in a continuous motion.
  31. Cross the right foot over the left foot forming a left X-stance toward D while executing a low front block to D with the left outer forearm and bringing the right finger belly on the left under forearm.
  32. Move the left foot to B forming a right L-stance toward B at the same time executing a U-shape grasp to B.
  33. Bring the right foot to the left foot forming a closed stance toward D while executing a horizontal thrust with a twin elbow, turning the face toward A. Perform in slow motion.
  34. Move the right foot to A to form a sitting stance toward D while executing a side back strike to C with the left back fist and extending the right arm to the side downward.
  35. Cross the left foot over the right foot forming a right X-stance toward D while executing a low front block with the right outer forearm and bringing the left finger belly to the right side fist.
  36. Move the right foot to A to form a sitting stance toward D while executing a low guarding block to A with a reverse knife-hand.
- END:** Bring the left foot back to a ready posture.



### GAE-BAEK Movements – 44 Ready Posture - PARALLEL READY STANCE

1. Move the right foot to C forming a right L-stance toward D while executing a checking block D with an X-knife-hand.
  2. Execute a low twisting kick to D with the right foot keeping the position of the hands as they were in 1.
  3. Lower right foot to D forming a right walking stance toward D while executing a middle punch to D the right fist.
  4. Execute middle punch to D w/the left fist maintaining right walking stance toward D. Perform 3 & 4 fast motion.
  5. Move right foot to C forming a left walking stance toward D while executing a rising block with the left forearm.
  6. Execute low block to D w/the left forearm while maintaining a left walking stance toward D. Perform 5 and 6 in a continuous motion.
  7. Execute a high block to A.D. with a double arc hand while looking through it maintaining a left walking stance toward D.
  8. Turn the face toward D while forming a right bending ready stance A toward D.
  9. Lower the left foot to A.D. to form a sitting stance toward AC while executing a scooping block to AC with the left palm.
  10. Execute middle punch to AC w/the right fist maintaining a sitting stance toward AC. Perform 9 and 10 in a connecting motion.
  11. Execute a front strike to AC with the left back fist while maintaining a sitting stance toward AC.
  12. Move right foot on line AB & then move the left foot to C forming a right L-stance toward C executing a middle guarding block to C with a knife-hand.
  13. Execute a low side front snap kick to C with the left foot keeping the position of the hands as they were in 12.
  14. Lower the left foot to C forming a left low stance toward C while executing a high thrust to C with the left flat finger tip.
  15. Execute a high thrust to C with the right flat finger tip while maintaining a left low stance toward C.
  16. Execute a middle side piercing kick to C with the right foot while pulling both hands in the opposite direction.
  17. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with the forearm.
  18. Move the right foot to D turning counter clockwise to form a right L-stance toward C while executing a middle guarding block to C with the forearm.
  19. Move the left foot to D turning counter clockwise to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
  20. Move the left foot on line CD to form a sitting stance toward A while executing a right 9-shape block.
  21. Move right foot to D, turning CCW to form a left walking stance toward C while executing a low block to C w/the left knife-hand.
  22. Execute a middle turning kick to B.C. with the right foot and then lower it to C.
  23. Execute a flying side piercing kick to C with the right foot. Perform 22 and 23 in a fast motion.
  24. Land to C to form a right walking stance toward C while executing a high vertical punch to C with a twin fist.
  25. Execute a high block to AC with a double arc-hand while looking through it maintaining a right walking stance toward C.
  26. Execute an upset punch to C with the left fist while maintaining a right walking stance toward C.
  27. Move the right foot on line CD, forming a left walking stance toward D while striking the left palm with the right front elbow.
  28. Jump to D, forming a right x-stance toward BD while executing a high block to D with the right double forearm.
  29. Move left foot to B.C. to form a sitting stance toward BD, at the same time executing a scooping block to BD with the right palm.
  30. Execute a middle punch to BD with the left fist while maintaining a sitting stance toward BD. Perform 29 and 30 in a connecting motion.
  31. Execute a front strike to BD with the right back fist while maintaining a sitting stance toward BD.
  32. Move the left foot to C, forming a left walking stance toward C, at the same time executing a high front strike to C with the right reverse knife-hand.
  33. Move the left foot to A about half a shoulder width while executing a middle turning kick to C with the right foot.
  34. Lower the right foot to C, and then turn counter-clockwise to form a left walking stance toward D, pivoting with the right foot while executing a high vertical punch to D with a twin fist.
  35. Execute a middle punch to D with the right middle knuckle fist, bringing the left side first in front of the right shoulder while forming a right L-stance toward D pulling the left foot.
  36. Move the right foot to D to form a sitting stance toward B, at the same time executing left 9-shape block.
  37. Execute a low guarding block to C with a reverse knife-hand while maintaining a sitting stance toward B.
  38. Execute a low guarding block to D with a knife-hand while maintaining a sitting stance toward B. Perform 37 and 38 in a continuous motion.
  39. Move the left foot to D in a stamping motion to form a sitting stance toward A while executing a W-shape block with the outer forearm.
  40. Move the left foot to C in a stamping motion to form a sitting stance toward B while executing a W-shape block with the outer forearm.
  41. Move the right foot to C forming a right walking stance toward C while executing a rising block with the right forearm.
  42. Execute a middle punch to C with the left fist while maintaining a right walking stance toward C.
  43. Move the right foot on line CD forming a left walking stance toward D while executing a rising block with the left forearm.
  44. Execute a middle punch to D with the right fist while maintaining a left walking stance toward D.
- END:** Bring the right foot back to a ready posture.

## Requirements for III DAN – 3<sup>rd</sup> Degree Black Belt

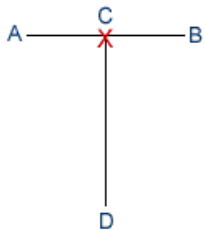
1. 24 months from the time student is promoted to II DAN.
2. Make sure you know all step-sparring and patterns correctly so they can be performed without hesitation.
3. Know the meanings of all patterns, diagrams and number of moves.  
Eui-Am, Choong-Jang, Juche
4. Create 10 Advanced Multi-Opponent Self Defenses. Include use of knife, guns, and controlled submissions and throws. Must be approved 3 months before testing date.
5. Prepare for board-breaking: See chart for board breaking requirements.

	Adult men (over 15)	Adult women (over 15)
Back Leg side piercing	6	5
Jump snap	1	1
Jump turn	1	1
Jump side piercing	1	1
Optional: jump rev turn	1	1
Standing rev turn	1	1
Power hand technique	4	3
Suspended hand technique	3	2



### EUI-AM Movements – 45 Ready Posture - CLOSED READY STANCE D

1. Move the right foot to C forming a left walking stance toward D while executing a low inward block to D with the right knife-hand.
  2. Move the left foot to C forming a right walking stance toward D while executing a high side block to D with the left outer forearm.
  3. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D.
  4. Execute a low twisting kick to D with the left foot keeping the position of the hands as they were in 3.
  5. Lower the left foot to D forming a left walking stance toward D while executing a downward block with an x-fist.
  6. Execute rising block with the right knife-hand, maintaining a left walking stance toward D. Perform 5 and 6 in a continuous motion.
  7. Jump to D, forming a right x-stance toward BD while executing a high side strike to D with the right back fist bringing the left finger belly to the right side fist.
  8. Move the left foot to C forming a right L-stance toward C while executing a middle punch to C with the left fist.
  9. Execute a middle reverse turning kick to AC with the right foot.
  10. Lower the right foot to C in a stamping motion to form a sitting stance toward A while executing a middle side strike to C with the right knife-hand.
  11. Execute a middle side piercing kick to C with the left foot while turning clockwise pulling both hands in the opposite direction.
  12. Lower the left foot to C forming a left walking stance toward C while executing a high crescent punch with the right fist.
  13. Execute middle turning punch w/the left fist forming a parallel stance toward C pulling the right foot. Perform in slow motion.
  14. Move the left foot to D forming a right walking stance toward C while executing a low inward block with the left knife-hand.
  15. Move right foot to D in a left walking stance toward C at the same time executing a high side block to C w/the right outer forearm.
  16. Execute a middle punch to C with the left fist while maintaining a left walking stance toward C.
  17. Execute a low twisting kick to C with the right foot, keeping the position of the hands as they were in 16.
  18. Lower the right foot to C forming a right waling stance toward C while executing a downward block with an x-fist.
  19. Execute a rising block with the left knife-hand while maintaining a right walking stance toward C. Perform 18 and 19 in a continuous motion.
  20. Jump to C forming a left x-stance toward B.C. while executing a high side strike to C with the left back fist and bringing the right finger belly to the left side fist.
  21. Move the right foot to D, forming a left L-stance toward D while executing a middle punch to D with the right fist.
  22. Execute a middle reverse turning kick to A.D. with the left foot.
  23. Lower the left foot to D in a stamping motion to form a sitting stance toward A at the same time executing a middle side strike to D with a left knife-hand.
  24. Execute a middle side piercing kick to D with the right foot while turning counter-clockwise pulling both hands in the opposite direction.
  25. Lower the right foot to D forming a right walking stance toward D while executing a high crescent punch with the left fist.
  26. Execute a middle turning punch with the right fist while forming a parallel stance toward D pulling the left foot. Perform in slow motion.
  27. Move right foot to D forming a right walking stance toward D at the same time executing a middle wedging block w/a knife-hand.
  28. Execute a circular block to BD with the left reverse knife-hand while maintaining a right walking stance toward D.
  29. Execute a downward block with an alternate palm while forming a left rear foot stance toward D pulling the right foot.
  30. Execute a middle punch to D with the left fist while forming a left L-stance toward D slipping the right foot.
  31. Execute a low inward block to D with the right reverse knife-hand while shifting to C maintaining a left L-stance toward D.
  32. Move the left foot to D forming a left walking stance toward D while executing a middle wedging block with a knife-hand.
  33. execute a circular block to A.D. with the right reverse knife-hand while maintaining a left walking stance toward D.
  34. Execute a downward block with an alternate palm while forming a right rear foot stance toward D pulling left foot.
  35. Execute a middle punch to D with the right fist while forming a right L-stance toward D slipping the left foot.
  36. Execute a low inward block to D with the left reverse knife-hand while shifting to C maintaining a right L-stance toward D.
  37. Execute a high reverse turning kick to BD with the right foot.
  38. Lower the right foot to D forming a left rear foot stance toward D while executing a middle guarding block to D with the forearm.
  39. Execute a high reverse turning kick to A.D. with the left foot.
  40. Lower the left foot to D forming a right rear foot stance toward D while executing a middle guarding block to D with the forearm.
  41. Move the left foot to the side rear of the right foot and then the right foot to C forming a right L-stance toward D while executing a low outward block to D with the left knife-hand.
  42. Execute a middle punch to D with the right fist while forming a left walking stance toward D slipping the right foot.
  43. Move the left foot to C forming a left L-stance toward D while executing a low block to D with the right knife-hand.
  44. Execute a middle punch to D with the left fist while forming a right walking stance toward D slipping the left foot.
  45. Execute a high punch to D with the right fist while maintaining a right walking stance toward D.
- END:** Bring the right foot back to a ready posture.

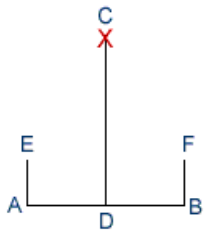


### **CHOONG-JANG Movements – 52 Ready Posture - CLOSED READY STANCE A**

1. Move the right foot to A to form a sitting stance toward D while executing a side front block with the right inner forearm and extending the left forearm side-downward.
2. Execute a side front block with the left inner forearm extending the right forearm side downward while maintaining a sitting stance toward D.
3. Bring the right foot to the left foot forming a closed stance toward D while executing an angle punch with the left fist. Perform in slow motion.
4. Move the left foot to D to form a left walking stance toward while executing a high thrust to D with the right double finger.
5. Move the right foot to D to form a right walking stance toward while executing a high thrust to D with the left double finger.
6. Execute a front strike to D with the right back fist while maintaining a right walking stance toward D.
7. Move the left foot to D forming a left walking stance toward D while executing a rising block with the left forearm.
8. Move the right foot to D to form a right walking stance toward D at the same time executing a middle punch to D with the right fist.
9. Move the right foot to C turning counter clockwise and then slide to C to form a right L-stance toward D while executing a middle guarding block to D with the forearm.
10. Execute a low front snap kick to D with the right foot keeping the position of the hands as they were in 9.
11. Lower the right foot to D forming a right low stance toward D while executing a high thrust to D with the right flat finger tip.
12. Execute a high turning kick to D with the right foot supporting the body with both hands and the left knee.
13. Lower the right foot to D and then execute a high punch to D with the right fist while pressing the ground with the left palm.
14. Move the left foot to D turning clockwise to form a left L-stance toward C while thrusting to D with the left side elbow.
15. Move the left foot to C turning clockwise to form a left L-stance toward D at the same time executing a middle guarding block to D with the forearm.
16. Move the right foot to C forming a right L-stance toward D while executing a scooping block with the left palm.
17. Move the left foot to C forming a left L-stance toward D while executing a middle outward strike to D with the right knife-hand.
18. Execute a pressing block with an X-fist while forming a left walking stance toward C pivoting with the right foot.
19. Execute a low front snap kick to C with the right knee while pulling both hands in the opposite direction as if grabbing the opponent's leg.
20. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
21. Move the right foot to D in a sliding motion to form a right L-stance toward C while thrusting to D with the right side elbow.
22. Execute a middle guarding block to D with a knife-hand while forming a left L-stance toward D pivoting with the left foot.
23. Execute a middle side piercing kick to D with the right foot while pulling both hands in the opposite direction.
24. Lower the right foot to D and then execute a pressing block with a twin palm while forming a right rear foot stance toward C, pivoting with the right foot.
25. Move the right foot to C to form a right walking stance toward C while executing a high front block to C with the right outer forearm and then a high side strike to C with the right back fist, maintaining a right walking stance toward C.
26. Execute a high thrust to D with the left flat finger tip while forming a right L-stance toward D pivoting with the right foot.
27. Execute a low front snap kick to D with the right foot while bring the right palm on the left back hand.
28. Lower the right foot to D to form a left walking stance toward C pivoting with the left foot while thrusting to D with the right back elbow, placing the left side fist on the right fist. Perform in slow motion.
29. Execute a downward strike with the left back hand while forming a right L-stance toward C, pivoting with the right foot. Perform in a stamping motion.
30. Punch the left palm with the right fist while maintaining a right L-stance toward C.
31. Move the right foot to C in a stamping motion to form a left L-stance toward C while executing a downward strike with the right back hand.
32. Punch the right palm with the left fist while maintaining a left L-stance toward C.
33. Execute a middle outward strike to D with the left knife-hand while forming a right L-stance toward D, pivoting with the right foot. Perform in a stamping motion.
34. Execute a high side front strike to D with the right back fist striking the left palm with the right elbow while forming a left walking stance toward D, slipping the left foot.
35. Move the right foot to D forming a left L-stance toward D while executing a middle outward strike to D with the right knife-hand. Perform in a stamping motion.
36. Execute a high side front strike to D with the left back fist striking the right palm with the left elbow while forming a right walking stance toward D, slipping the right foot.
37. Execute a low guarding block to C with a reverse knife-hand while forming a right L-stance toward C pivoting with the right foot.
38. Execute a right 9-shape block while forming a left walking stance toward C slipping the left foot.
39. Move the right foot to C forming a left L-stance toward C while executing a low guarding block to C with a reverse knife-hand.
40. Execute a left 9-shape block while forming a right walking stance toward C slipping the right foot.
41. Move the right foot to D forming a left walking stance toward C while executing a horizontal strike with a twin knife-hand.
42. Execute a high strike to C with the right arc-hand while maintaining a left walking stance toward C.
43. Execute a middle front snap kick to C with the right foot keeping the position of the hands as they were in 42.
44. Lower the right foot to C forming a right walking stance toward C while executing a high strike to C with the left arc-hand.
45. Execute a middle front snap kick to C with the left foot keeping the position of the hands as they were in 44.

- 46.** Lower the left foot to C forming a left walking stance toward C while executing a middle punch to C with the right fist.
  - 47.** Execute a middle punch to C with the left fist while maintaining a left walking stance toward c. Perform 46 and 47 in a fast motion.
  - 48.** Bring the right foot to the left foot to form a close stance toward C while executing a high crescent punch with a twin for-knuckle fist.
  - 49.** Move the left foot to B turning counter-clockwise to form a left walking stance toward B while executing a low block to B with the left knife-hand.
  - 50.** Execute a high punch to B with the right open fist while maintaining a left walking stance toward B.
  - 51.** Move the left foot on line AB forming a right walking stance toward A while executing a low block to A with the right Knife-hand.
  - 52.** Execute a high punch to A with the left open fist while maintaining a right walking stance toward A.
- END:** Bring the left foot back to a ready posture.





### **JUCHE Movements – 45 Ready Posture - PARALLEL STANCE WITH A TWIN SIDE ELBOW**

1. Move the left foot to B forming a sitting stance toward D while executing a parallel block with the inner forearm.
2. Execute a middle hooking block to D with the right palm while standing up toward D.
3. Execute a middle punch to D with the left fist while forming a sitting stance toward D.
4. Pull the right reverse footsword to the left knee joint forming a left one-leg stance toward D while executing a parallel block with the outer forearm.
5. Execute a middle side piercing kick to A and then a high reverse hooking kick to B consecutively with the right foot keeping the position of the hands as they were in 4. Perform in slow motion.
6. Lower the right foot to B in a jumping motion to form a right X-stance toward F while executing a downward strike to B with the right back fist.
7. Execute a middle hooking kick and then a high side piercing kick to F consecutively with the left foot while pulling both fists in front of the chest.
8. Lower the left foot to F in a stamping motion to form a sitting stance toward B while executing a high outward cross-cut to F with the left flat finger tip.
9. Execute a right high elbow strike to BF pressing the right side fist with the left palm while forming a left walking stance toward BF.
10. Cross the left foot over the right foot to form a right X-stance toward B while executing a low front block to B with the left reverse knife-hand, bringing the right finger belly on the left back forearm.
11. Move the right foot to A forming a left L-stance toward A while executing a middle guarding block to A with a knife-hand.
12. Execute a mid-air strike to A with a left knife-hand while spinning counter clockwise and then land to A forming a right L-stance toward A with the left arm extended.
13. Move the right foot to A to form a sitting stance toward D while executing a parallel block with the inner forearm.
14. Execute a middle hooking block to D with the left palm while standing up toward D.
15. Execute a middle punch to D with the right fist while forming a sitting stance toward D.
16. Pull the left reverse footsword to the right knee joint forming a right one-leg stance toward D while executing a parallel block with the outer forearm.
17. Execute a middle side piercing kick to B and then a high reverse hooking kick to A consecutively with the left foot keeping the position of the hands as they were in 16. Perform in slow motion.
18. Lower the left foot to A in a jumping motion to form a left X-stance toward E while executing a downward strike to A with the left back fist.
19. Execute a middle hooking kick and then a high side piercing kick to E consecutively with the right foot while pulling both fists in front of the chest.
20. Lower the right foot to E in a stamping motion to form a sitting stance toward A while executing a high outward cross-cut to E with the right flat finger tip.
21. Execute a left high elbow strike to AE pressing the left side fist with the right palm while forming a right walking stance toward AE.
22. Cross the right foot over the left foot to form a left X-stance toward A while executing a low front block to A with the right reverse knife-hand, bringing the left finger belly on the right back forearm.
23. Move the left foot to B forming a right L-stance toward B while executing a middle guarding block to B with a knife-hand.
24. Execute a mid-air strike to B with a right knife-hand while spinning clockwise and then land to B forming a left L-stance toward B with the right arm extended.
25. Execute a pick-shape kick to B with the left foot and then lower it to B forming a right rear foot stance toward B while executing a middle guarding block with the forearm.
26. Bring the right foot to the left foot forming a closed stance with a heaven hand toward D Perform in slow motion.
27. Slide to C to form a left rear foot stance toward D while executing a downward thrust with the right straight elbow.
28. Execute a high crescent strike with the left arc-hand while forming a right walking stance toward D, slipping the right foot.
29. Slide to C to form a right rear foot stance toward D while executing a downward thrust with the left straight elbow.
30. Execute a high crescent strike with the right arc-hand while forming a left walking stance toward D, slipping the left foot.
31. Move the left foot to C forming a right walking stance toward D while executing a high inward strike to D with a twin knife-hand.
32. Move the right foot to C forming a left walking stance toward D while executing a downward punch with the right fist.
33. Move the left foot to the side rear of the right foot and then slide to C forming a right L-stance toward D while executing a downward block with the left outer forearm.
34. Execute a dodging reverse turning kick to D with the right foot while flying away from D and then land to C to form a left L-stance toward D at the same time executing a middle guarding block to D with the forearm.
35. Move the right foot to the side rear of the left foot and then slide to C forming a left L-stance toward D while executing a downward block with the right outer forearm.
36. Execute a dodging reverse turning kick to D with the left foot while flying away from D and then land to C to form a right L-stance toward D at the same time executing a middle guarding block to D with the forearm.
37. Move the right foot to D and then the left foot to D then execute a flying two direction kick (twisting kick with the left foot, side piercing with the right foot) while flying to D.
38. Land to D to form a left diagonal stance toward D while executing a rising block with a twin palm.
39. Slide to D forming a right rear foot stance toward C while executing a side thrust to D with the right elbow.

- 40.** Turn the face to D while forming a right bending ready stance B toward C and then execute a middle back piercing kick to D with the left foot. Perform in slow motion.
  - 41.** Lower the left foot to D in a stamping motion forming a right L-stance toward D at the same time executing a horizontal strike to D with the left back fist.
  - 42.** Execute a high inward cross-cut to D with the right flat finger tip while forming a parallel stance toward D, pulling the right foot.
  - 43.** Execute a front punch and an upset punch to D consecutively with the right fist while flying to D and then land to D forming a closed stance toward D with the right fist extended.
  - 44.** Move the right foot to D forming a right walking stance toward D while executing a front downward strike with the left knife-hand.
  - 45.** Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the right fist.
- END:** Bring the right foot back to a ready posture.