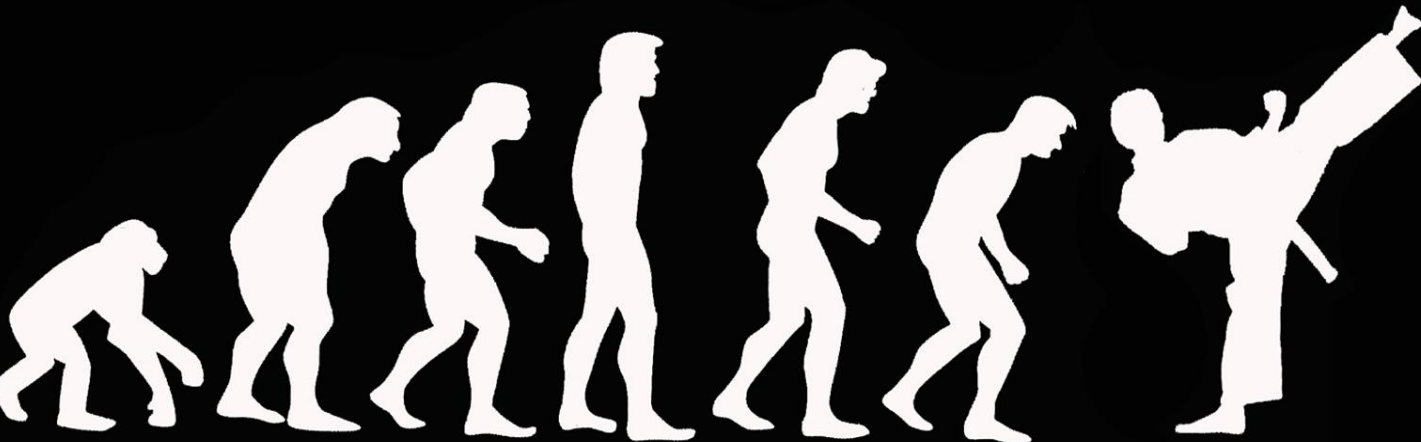


Terminology



MAE KWON-DO

White to Black belt



BSTKD

태권도

SAJO JIRUGI

태권도

10TH KUP

SAJO JIRUGI IS THE FIRST CHOREOGRAPHED SET OF MOVEMENTS, BOTH OFFENSIVE AND DEFENSIVE GIVEN TO THE TAEKWONDO STUDENT. IT DEVELOPES CO-ORDINATION, DIRECTION CHANGING, AND BREATH CONTROL. THIS EXERCISE IS A COMBINATION OF LOW SECTION AND MIDDLE SECTION FOREARM BLOCK AND MIDDLE OBVERSE PUNCH PERFORMED IN WALKING STANCE. SAJO JIRUGI IS AN EXERCISE WITH 15 MOVEMENTS AND NOT A PATTERN

What do the words Tae ,Kwon & Do mean?

Foot {Tae}, Hand {Kwon} & Way or Art {Do}

Where did Tae kwon-Do originate?

South Korea

High section : **Nopunde**

Middle section : **Kaunde**

Low section : **Najunde**

What are the five tenets of Tae Kwon-Do

Courtesy, Integrity, Perseverance, Self control, Indomitable spirit



What is korean for training hall?

Dojang

What is Korean for training suit?

Dobok

What is korean for belt?

Ti

What is Korean for stance?

Sogi

Sitting Stance :

Annun sogi

Walking stance :

Gunnon sogi

Block : **Makgi**

Outer forearm low block : **Bakat palmok najunde makgi**

Inner forearm middle block : **An palmok kaunde makgi**

Attacking Techniques :

Body parts

Obverse punch : **Baro jiruji**

Inner forearm

Reverse punch : **Bandae juruji**

An palmok

4 directional punch : **Saju juruji**

Outer forearm

Rising kick : **Apcha olligi**

Bakat palmok

WHITE BELT

10th Kup

Sitting stance - Single punch

Front rising kick exercise

10 Press Ups

Sajo Jirugi (4 directional punching)

Walking Stance - Middle section punch
(forwards & backwards)

Walking stance - Low block reverse punch
(forwards & backwards)

Walking stance - Middle block reverse punch
(forwards & backwards)

WHITE SIGNIFIES A STAGE OF INNOCENCE SUCH AS THAT OF THE NOVICE STUDENT WITH NO PRIOR KNOWLEDGE OF TAE KWON-DO

태권도

CHON-JI

9TH KUP

태권도

D
|
X
|
C
B — X — A

CHON-JI MEANS LITERALLY "THE HEAVEN THE EARTH". IT IS, IN THE ORIENT, INTERPRETED AS THE CREATION OF THE WORLD OR THE BEGINNING OF HUMAN HISTORY, THEREFORE, IT IS THE INITIAL PATTERN PLAYED BY THE BEGINNER. THIS PATTERN CONSISTS OF TWO SIMILAR PARTS; ONE TO REPRESENT THE HEAVEN AND THE OTHER THE EARTH.

What is a pattern?

A set of fundamental movements, mainly in defence and attack, set in a logical sequence against one or more imaginary opponents.

What is the korean for Pattern? : Tul

Forearm guarding block : Palmok daebi makgi

L stance : Niunja sogi

Walking stance : Gunnun sogi

Sitting stance : Annun Sogi

Outer forearm low block : Bakat palmok najunde makgi

Inner forearm middle block : An palmok kaunde makgi

Parallel ready stance : Narani junbi sogi

Obverse punch : Baro jurugi

Reverse punch : Badae jurugi

Double punch : Doo jurugi

Front kick : Ap chagi

Knifehand strike : Sonkal taerigi

Forearm rising block : Palmok chookyo makgi

Body parts

Ball of foot : Ap kumchi

Knife hand : Sonkal

Fore fist : Ap joomuk



T . A . G . B .

YELLOW SIGNIFIES THE EARTH FROM WHICH A PLANT SPROUTS AND TAKES ROOT AS THE TAE KWON-DO FOUNDATION IS BEING LAID.

YELLOW STRIPE

9th Kup

Sitting Stance – Double Punch

Walking Ready Stance - Front Kick

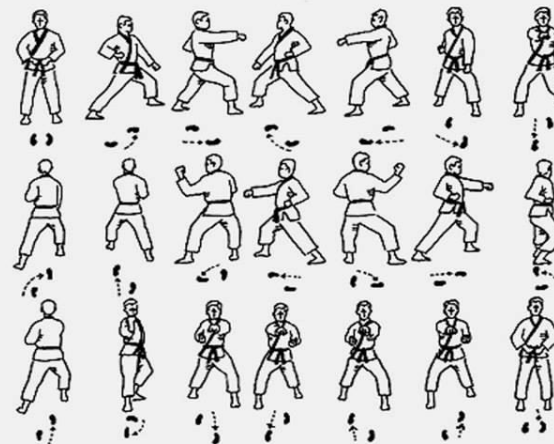
Walking Stance – Double Punch

L Stance – Middle Block

L Stance – Knifehand Strike

Walking Stance – Low Block / Rising Block

CHON-JI



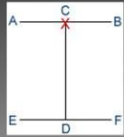
태권도

DAN GUN

태권도

8TH KUP

DAN-GUN IS NAMED AFTER THE HOLY DAN-GUN,
THE LEGENDARY FOUNDER OF KOREA IN THE
YEAR OF 2,333 B.C. MOVEMENTS - 21



What is Korean for 3 step sparring?

Sambo matsoki

Why do we do 3 step

Focus, Distance, Timing

Stances

L stance Niunja Sogi

Walking stance Gunnun Sogi

Parallel ready stance Narani junbi sogi

Defensive Techniques

Twin Outer Forearm block Sang Bakat Palmok Makgi

Knifehand Guarding Block Sonkal Daebi Makgi

Forearm Guarding Block Palmok Daebi Makgi

Outer Forearm Block Bakat Palmok Makgi

Forearm Rising Block Palmok Chookyo Makgi

Attacking Techniques

Back fist Strike Dung Joomuk Taerigi

Double Punch Doo Jurugi

Reverse Punch Bandoe Jurugi

Knifehand Strike Sonkal Taerigi

Kicks

Turning kick Dollyo Chagi

Front kick Ap Chagi

Front Snap Kick Ap Cha Busigi



T . A . G . B .

Parts Of The Body

Back Fist Dung Joomuk

Knife Hand Sonkal

Ball Of Foot Ap Kumchi

Yellow Belt

8th kup

L Stance – Twin Forearm Block

Walking Stance – Front Kick / Double Punch

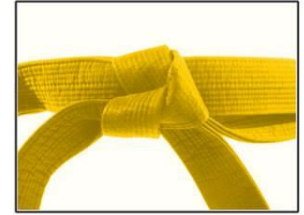
L Stance - Inward Block

Turning Kick land Guarding Block

L Stance - Forearm Guarding Block

Pattern – Dan Gun

3 Step Sparring – Numbers 1,2,3 & 4



THREE STEP SPARRING (SAMBO MATSOKI)

Attack = Always three middle section front punches in walking stance, start with right leg back in low block.

DEFENCES AS BELOW START FROM PARALLEL READY STANCE

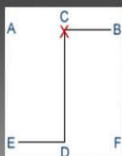
1. Right leg back walking stance, middle inner forearm block to the inside three times. Counter attack = Reverse punch
2. Left leg back 'L' stance, middle inner forearm block to the outside three times. Counter attack = Move the left leg forward 45 degrees, move the right leg behind the opponents front leg into a left 'L' stance, execute a right knifehand strike to the neck.
3. Left leg back 'L' stance, middle inward outer forearm block to the inside three times. Counter attack = Slide forward in a left 'L' stance and execute a right front backfist strike to the face.
4. Left leg back 'L' stance, middle inward forearm block to the outside three times. Counter attack = Move the left leg into a sitting stance, focus with left hand, execute double punch.

**YELLOW SIGNIFIES THE EARTH FROM WHICH A PLANT
SPROUTS AND TAKES ROOT AS THE TAE KWON-DO
FOUNDATION IS BEING LAID.**

태권도

DO - SAN

태권도



DO-SAN IS THE PSEUDONYM OF THE PATRIOT AHN CHANG-HO (1876-1938) THE 24 MOVEMENTS REPRESENT HIS ENTIRE LIFE WHICH HE DEVOTED TO FURTHERING THE EDUCATION OF KOREA AND ITS INDEPENDENCE MOVEMENT

What is the Korean for release move?

Jap Yasol Tae

*When was Tae Kwon-Do introduced to the UK?
1967*



Defensive Techniques

- Knifehand Outward Block* **Sonkal Bakuro Makgi**
- Outer Forearm Wedging Block* **Bakat Palmok Hechyo Makgi**
- Outer Forearm High Block* **Bakat Palmok Nopunde Makgi**
- Outer Forearm Middle Block* **Bakat Palmok Kaunde Makgi**

Attacking Techniques

- Straight Fingertip Thrust* **Son Sonkut Tulgi**
- Back Fist High Side Strike* **Dung Joomuk Nopunde Yop Taerigi**

kicks

- Front Kick* **Ap Chagi**
- Turning Kick* **Dollyo Chagi**
- Side Kick* **Yop Chagi**

Parts Of The Body

- Fingertip* **Sonkut**
- Forefist* **Ap Joomuk**
- Back Fist* **Dung Joomuk**
- Foot Sword* **Balkal**
- Knife Hand* **Sonkal**

Do San 24 moves

Do San is named after the patriot Ahn Ch'ang Ho 1876-1938 who devoted his life to furthering the education of Korea and it's independent movement.



GREEN SIGNIFIES THE PLANTS GROWTH AS THE STUDENT'S SKILLS BEGIN TO DEVELOP

GREEN STRIPE

7th Kup

- Walking Stance - Back Fist Side Strike
- Turning Kick land Knife Hand Guarding Block
- Walking Stance – Wedging Block
- Side Kick land Guarding Block
- Walking Stance - Straight Spear Finger Tip Thrust
- 3 Step Sparring – Numbers 5, 6 & 7

THREE STEP SPARRING (SAMBO MATSOKI)

Attack = Always three middle section front punches in walking stance, start with right leg back in low block.

5. Defence, right leg back 'L' stance, middle outer forearm block to the inside two times.

Counter, move to right into sitting stance parallel to opponent. Execute a left outer forearm block and a high section punch simultaneously.

6. Defence, right leg back 'L' stance, middle knife hand block to the inside two times.

Counter, move to the right form a sitting stance parallel to opponent, execute left outer knife hand guard and a high inward knife hand strike to the neck.

7. Defence, right leg back 'L' stance, middle outer forearm block to the inside two times.

Counter, move right foot to left foot, pushing off left foot slide back at a 45 degree angle into right 'L' stance forearm guarding block, execute right front kick land in right walking stance double punch.

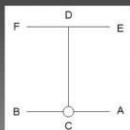
Pattern Do San

태권도

WON-HYO

태권도

6TH KUP



WON-HYO WAS THE NOTED MONK WHO INTRODUCED BUDDHISM TO THE SILLA DYNASTY IN THE YEAR OF 686 A.D. MOVEMENTS - 28



When was the TAGB formed 21st August 1983

why do you pull your your hand back to your chest when performing inwards moving knifehand strike in Won Yo?

It acts as a reaction force and is also in a ready position to perform block or strike. the arm also protects the ribs.

What is 3 step semi free sparring in Korean?

Ban jayoo Matsoki

Why do we do 3 step semi free sparring?

Advanced techniques closer to free sparring. focus, distance, timing play a more important role.

Stances

Closed ready stance A Moa junbi Sogi

Bending ready stance Guburyo Junbi Sogi

Verticle stance Soo Jit Sogi

Defensive Techniques

Outer forearm waist block Bakat Palmok hori Makgi

Inner forearm circular block An Palkuk Dollimyo Makgi

Palm inward block Sonbadak Anaero Makgi

Attacking Techniques

Side punch Yop Jurugi

Reverse Knifehand Inward Strike Sonkal Dung Anaero Taerigi

Side piercing kick Yop Cha Jirugi

Back kick Dwit Chagi

Won Hyo 28 moves

Won Hyo is the name of the Silla Dynasty monk who introduced buddhism to Korea in AD 686

Parts Of The Body

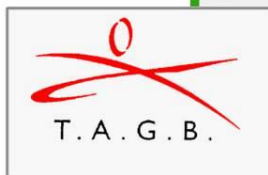
Footsword Balkal

Back sole Dwi Kumchi

Ball of the foot Ap Kumchi

Palm Sonbadak

Reverse knifehand Sonkal Dung



GREEN SIGNIFIES THE PLANTS GROWTH AS THE STUDENT'S SKILLS BEGIN TO DEVELOP

GREEN BELT

6th Kup

Combinations in line from Patterns

Pattern - set by the grading examiner

Pattern – Won Hyo

3 Step Sparring - numbers 8, 9 & 10

8. Defence, right leg back 'L' stance, middle knife hand block two times.

Counter, move right foot to left foot, pushing off left foot slide back at a 45 degree angle into right 'L' stance forearm guarding block. Execute a right side kick landing in left 'L' stance, right front backfist strike or knife hand strike to the neck.

9. Defence, right leg back 'L' stance, middle palm pushing block to the outside three times.

Counter, slide back at 45 degrees angle to the outside of opponent into right 'L' stance knife hand guarding block execute a right mid section turning kick put the kicking foot behind the opponent's front foot landing in vertical stance while executing a knife hand strike to the neck.

10. Defence, right leg back 'L' stance, knife hand block to the inside two times.

Counter, move right foot to left foot pushing off left foot slide back at a 45 degree angle into a right 'L' stance knife hand guarding block execute a right reverse side kick land in right walking stance reverse knife hand strike to the philtrum.

Semi-free Sparring (basic level)

Attacker begins in forearm guarding block in a right L Stance.

The attacker will perform three kicks in the following order; Front Kick, Side kick, Turning Kick.

All kicks should be aimed to the middle section

Defender

The defender will defend each kick with a waist block.

The counter attack is a reverse punch to the attackers solar plexis.

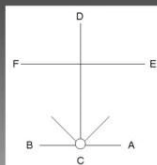
태권도

YUL-GOK

태권도

5TH KUP

YUL-GOK IS THE PSEUDONYM OF A GREAT PHILOSOPHER AND SCHOLAR YI I (1536-1584) NICKNAMED THE "CONFUCIUS OF KOREA" THE 38 MOVEMENTS OF THIS PATTERN REFER TO HIS BIRTHPLACE ON 38° LATITUDE AND THE DIAGRAM REPRESENTS "SCHOLAR".



When was the BTC formed? 21st April 1988

What is Korean for 2 step sparring? Ibo Matsoki

What is Korean for Free sparring? Jayoo Matsoki

What is the difference between 3 and 2 step sparring?

2 step sparring requires a more complex combination of techniques in defence and attack against hand and foot combinations, therefore a greater emphasis on focus distance and timing is required.

Defensive Techniques

X fist pressing block Kyocha Joomuk Noollo Makgi

Palm upward block Sonbadak Ollyo Makgi

Double forearm block Doo Palmuk Makgi

Twin knifehand block Sang Sonkal makgi

Palm hooking block Sonbadak Golcho Makgi

Grasping block Bujuba makgi

Outer forearm waist block bakat Palmok Hori Makgi

Attacking Techniques

Elbow front strike Palkup Ap Taerigi

Twin upset punch Sang Dwijibo Jurugi

Knee strike Moorup Chagi

Flat fingertip thrust Opun Sonkut Tulgi

Twin verticle punch Sang Sewo Jirugi

Reverse turning kick Bandae Dollyo Chagi

Front snap kick Ap Cha Busigi

Parts Of The Body

Elbow Palkup

Knee Moorup

Back heel Dwit Chook

Head Mori



T . A . G . B .

Yul Gok 38 moves

Yul Gok is the pseudonym of the great 16th century philosopher and scholar Yi i 1536-1584, nicknamed the Confucius of Korea. The 38 moves represent his birth place on the 38 degree latitude.

BLUE STRIPE

5th Kup

Combinations in line from Patterns

Pattern – of the students choice excluding Yul Gok

Pattern – set by the grading examiner

Pattern – Yul Gok

2 Step Sparring – Numbers 1,2,3 & 4

Semi-free Sparring (intermediate)

Free Sparring

TWO STEP SPARRING (IBO MATSOKI)

Techniques

1. Attack high punch, front kick. Defence, walking stance rising block right leg back, walking stance X fist pressng block.

Counter, twin vertical punch.

2. Attack, side punch, fixed stance, turning kick. Defence, right leg back, L stance, upward palm block left leg back, L stance, waist block.

Counter, slide forward into right L stance right side elbow.

3. Attack, front kick, twin vertical punch. Defence, right leg back, walking stance, x fist pressng block. Left leg back, walking stance, outer forearm wedging block.

Counter, knee kick at the same time pull opponents shoulders.

4. Attack, flat fingertip thrust, side kick. Defence, right leg back, walking stance, knifehand rising block left leg back, L stance. Inward palm block.

Counter, front kick to coccyx, twin upset punch to kidneys.

3 Step Semi Free Sparring (Intermediate) builds on skills needed for basic level.

No fixed routines are taught for this level if sparring.

Attacker

Attacker begins in forearm guarding block in a right L Stance.

The attacker will perform any three kicks of their choice from Front, Side, Turning and Reverse Side Kick

All kicks should be aimed to the middle section

Defender

The defender will defend each kick with a waist block.

The counter attack can be any hand technique, appropriate to grade.

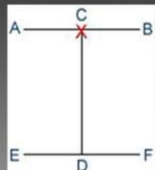
BLUE SIGNIFIES THE HEAVEN TOWARDS WHICH THE PLANT MATURES INTO A TOWERING TREE

태권도

JOONG-GUN

태권도

4TH KUP



JOONG-GUN IS NAMED AFTER THE PATRIOT AHN JOONG-GUN WHO ASSASSINATED HIRO-BUMI ITO, THE FIRST JAPANESE GOVERNOR-GENERAL OF KOREA, KNOWN AS THE MAN WHO PLAYED THE LEADING PART IN THE KOREA-JAPAN MERGER. THERE ARE 32 MOVEMENTS IN THIS PATTERN TO REPRESENT MR. AHN'S AGE WHEN HE WAS EXECUTED IN A LUI-SHUNG PRISON (1910).



When was Tae Kwon-Do International inaugurated? 13th Nov. 1993

Give a brief history of the TAGB Own research

Stances

X stance **Kyocha Sogi**

Closed stance **Moa Sogi**

Closed ready stance **Moa Junbi Sogi B**

Rear foot stance **Dwit Bal Sogi**

Low stance **Nachua Sogi**

Defensive Techniques

Palm upwards block **Sonbadak Ollyo Makgi**

Twin straight forearm checking block **Sang Sun Palmok Momchau Makgi**

U shaped block **Mondungi Makgi**

Outer forearm inward block **Bakat Palmok Anaero Makgi**

Palm waist block **Sonbadak Hori Makgi**

X fist rising block **Kyocha Joomuk Chookyo Makgi**

Reverse knifehand outward block **Sonkal Dung Bakaero Makgi**

Attacking Technique

Twin vertical punch **Sang SEWO Juruji**

Back fist side strike **Dung Joomuk Yop Taerigi**

Turning punch **Dollyo Jurigi**

Reverse knifehand strike **Sonkal Dung Taerigi**

Arc hand strike **Bandal Son Taerigi**

Upper elbow strike **Wi Palkup Taerigi**

Joon Gun 32 moves

Joon Gun is named after An Joong Gun who assassinated the first Governor General of Korea, Hiro Bumi Ito. The 32 moves represent Mr. An's age when executed in Lui shung prison in 1910.

Parts Of The Body

Arc hand **Bandal Son**

Fingertip **Sonkut**

Back of forearm **Dung**

Palmok



BLUE BELT

4th Kup

Pattern – of the students choice excluding Joong-Gun

Pattern – of the grading examiners choice

Pattern – Joong-Gun

2 Step Sparring - Numbers 5,6,7 & 8

3 Step Semi-Free Sparring (advanced)

Free Sparring

TWO STEP SPARRING (IBO MATSOKI)

5. Attack, right back kick. Left stance high palm strike.

Defence, right L stance palm waist block left L stance outer forearm inward block.

Counter, right walking stance reverse knife-hand reverse middle inward

strike. (slipping right foot)

6. Attack, right high turning kick. Left walking stance arc-hand high strike.

Defence, sitting stance twin straight forearm block.

(moving left foot diagonal). Right L stance palm hooking block (grabbing the arm)

Counter, left side kick (still holding grabbed arm)

7. Attack, right fixed stance side fist side strike. Left middle reverse turning kick.

Defence, left L stance twin forearm block. Right L stance knife-hand

guarding block (sliding away using block as guard only)

Counter, right high reverse turning kick.

8. Attack, right middle side kick. Right L stance knife hand high strike

(turning anti clockwise)

Defence, right L stance inner forearm inward waist block. Right L stance

knife-hand guarding block (double stepping)

Counter, left X stance back fist high side strike.

3 Step Semi-Free Sparring (advanced) BAN JAYOO MATSOKI

Attacker begins in forearm guarding block in a right L Stance.

The attacker will perform three hand or foot techniques, or a combination of both of their choice.

The defender will defend each technique with appropriate blocking or avoidance manoeuvre.

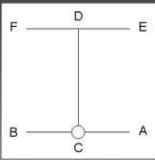
The counter attack can be any hand technique, appropriate to the attack.

Jumping and spinning techniques can be used.

BLUE SIGNIFIES THE HEAVEN TOWARDS WHICH THE PLANT MATURES INTO A TOWERING TREE.

태권도 HWA-RANG 태권도

2ND KUP



HWA-RANG IS NAMED AFTER THE HWA-RANG YOUTH GROUP, WHICH ORIGINATED IN THE SILLA DYNASTY IN THE EARLY 7TH CENTURY. THE 29 MOVEMENTS REFER TO THE 29TH INFANTRY DIVISION, WHERE TAEKWON-DO DEVELOPED INTO MATURITY.



What is the Korean for 1 Step sparring? **Ilbo Matsoki**
2 Step sparring? **Ibo Matsoki**
3 Step sparring? **Sambo Matsoki**
3 Step semi free sparring? **Ban Jayoo Matsoki**
Free sparring **Jayoo Matsoki**

What is the difference between 1,2,and 3 step sparring?
Who is your Area Representative?
Why are there 24 Patterns?
How to we develop power in a Pattern?
What is the difference between a thrust and a strike?
Student research for all above questions.
Which patterns have release moves in them?
Do San,Joon Gun,Hwa Rang
Give a brief history of Tae Kwon-Do?
Give a brief history of the TAGB

Student should be able to name all stances

Attacking techniques
Upwards punch **Ollyo Jurugi**
Knifehand downward strike **Sonkal Naeryo Taerigi**
Side elbow strike **Yop Palkup Tulgi**
Double punch **Doo Jurugi**
Upper elbow strike **Wi Palkup Taerigi**

Kicks
Downwards kick
Naeryo Chagi
Crescent kick
Bandal Chagi
Hooking kick
Golcha Chagi
Reverse hooking kick
Bandae Dollyo Goro Chagi

T . A . G . B .

RED

RED SIGNIFIES DANGER, CAUTIONING THE STUDENT TO EXERCISE SELF CONTROL, AND WARNING THE OPPONENT TO STAY AWAY.

RED BELT

- 2nd Kup
- Combinations in line from Patterns
- Patterns - of grading examiners choice
- Pattern – Hwa-Rang
- 3 Step Sparring
- 2 Step Sparring
- 1 Step Sparring (advanced)
- Free Sparring

One Step Sparring (ILBO MATSOKI)

One step sparring is the most realistic form of sparring there is, simply because the defender cannot foresee the attack coming. Therefore, the defender must have very fast reflexes, in order to defend and defeat the opponent. This form of sparring is completely different to free sparring. i.e. take down techniques, arm locks, joint breaking techniques etc., are practised. Both students normally begin in parallel stance, but this may be varied at the Instructors' discretion.
 (No takedowns allowed at this level.)

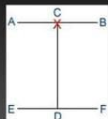
Attacker step forward with right leg into walking stance and punches with right hand. On the second occasion, the same attacker steps forward, but with left leg and left hand punching. Red belts are expected to develop their own techniques on one step sparring using the following guidelines. These are not in any set order!

1. Hand only.
2. Foot only.
3. Hand and foot.
4. Foot and hand.
5. Jumping.
6. Lock and restraint.

태권도

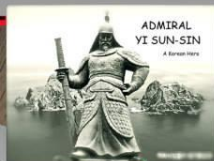
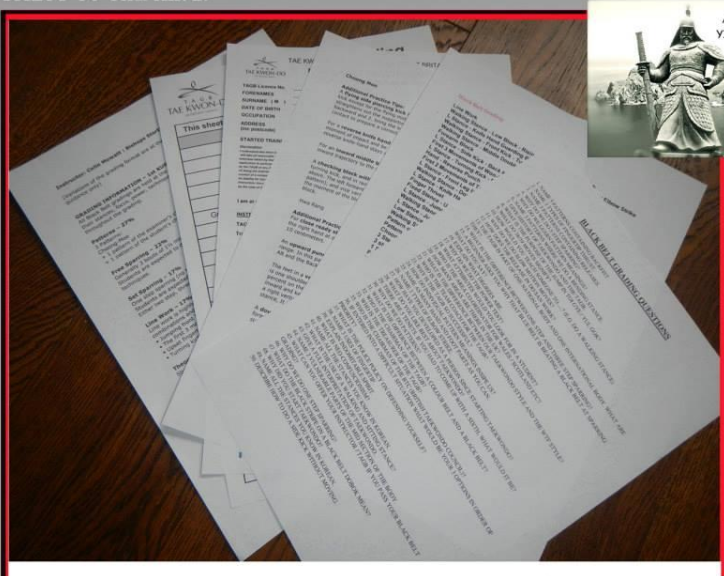
CHOONG MOO

태권도



1ST KUP

CHOONG-MOO WAS THE NAME GIVEN TO THE GREAT ADMIRAL YI SOON-SIN OF THE YI DYNASTY. HE WAS REPUTED TO HAVE INVENTED THE FIRST ARMoured BATTLESHIP (KOBUKSON) IN 1592 WHICH IS SAID TO BE THE PRECURSOR FOR THE PRESENT DAY SUBMARINE. THE REASON THE PATTERN ENDS WITH A LEFT HAND ATTACK IS TO SYMBOLIZE HIS REGRETTABLE DEATH, HAVING NO CHANCE TO SHOW HIS UNRESTRAINED POTENTIALITY CHECKED BY THE FORCED RESERVATION OF HIS LOYALTY TO THE KING.



ASK FOR YOUR BLACK BELT GRADING PACK NOW!



BLACK

BLACK - OPPOSITE OF WHITE, THEREFORE, SIGNIFYING THE MATURITY OF PROFICIENCY IN TAE KWON DO. ALSO INDICATES THE WEARER'S IMPERVIOUSNESS TO DARKNESS AND FEAR.

Taekwon-do Stances

