Taekwondo

태권도

Student Handbook

Black Stripe 1st Kup

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Belt Meaning

**Black**

Black is the opposite to white, signifying maturity and proficiency in Taekwondo. It also indicates the wearer’s imperviousness to darkness and fear.

Pattern Meaning

You must learn this pattern meaning for your grading:

**Choong-Moo (30 moves)**

Choong-Moo was the given name to the great admiral Yi Sun-Sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) which was the precursor of the present day submarine in 1592 A.D. The reason why this pattern ends up with left hand attack is to symbolise his regrettable death having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.

Advanced Pattern Meaning (for information only)

**Choong-Moo (Advanced)**

Yi Sun-sin (1545 to 1598 AD) was a Korean naval commander who had great success against the Japanese, purported to have been victorious in every naval battle. Yi refused to sail into a trap which led to his dismissal and torture, this was overturned and Yi was reinstated after the Japanese attacked Korea.

Upon his death, Yi requested that his troops not be told of his untimely demise (due to a stray bullet) in case it spoiled the battle.

Yi was an inventor and very creative, despite popular belief he did not invent the turtle ship, he improved upon the existing design.
Theory

Stances

Waebal Sogi (One-Leg Stance)

This is a full-facing or side-facing stance

- Reverse footsword is placed on the knee joint of the load bearing leg
- This is primarily used to improve balance

Sasun Sogi (Diagonal Stance)

This is a full-facing or side-facing stance

- Very similar to a sitting stance but the front foot’s heel is in line with the back foot’s toes
- One and a half shoulder widths wide
- 50/50 weight distribution
- Allows a shift into walking stance without relocating the feet
Palja Junbi Sogi (Open Ready Stance)
Not used in the TAGB

This is a full-facing or side-facing stance

**Inner open stance**
- Even weight distribution
- Feet point slightly inwards
- Seldom used due to the weakness of leg muscles and instability

**Outer open stance**
- As above but feet point out at 45 degrees
Oguryo Sogi (Crouched Stance)
Not used in the TAGB

This is a full-facing or side-facing stance

- Variation on diagonal stance with knees bent inwards to tense the legs
- Not used often due to weakness of knees
- Feet width is variable
- Even weight distribution

Body Parts

Hand Parts (Sang Basin)

Mit Joomuk

*Underfist*

Forefinger pressed lightly with the thumb, three secondary knuckles used as the attacking tool

Ghin Joomuk

*Longfist*

As Underfist but primary knuckles stiffened and thumb bent sharply
Gomson  
**Bear hand**

Fingers bent firmly inwards, the fingers and palm can all form part of the striking part.

Homi Sonkut  
**Angle fingertip**

Press the secondary knuckle of the forefinger with the thumb and try to create a 90 degree angle at the primary knuckle joint.

Sonkal Batang  
**Base of knifehand**

*Wrist bent sharply towards the thumb*
Mit Palmok

*Under forearm*

Dung Palmok

*Back forearm*

**Foot Parts (Habansing)**

No new foot parts
Kicks (Chagi)

Waving Kick
(Doro Chagi)

Attacking Tool
Side sole (yop bal badak)

This blocks groin attacks (or dodges a stamp). No revolving movement is used and the foot targets the ankle of the opponent.

Sweeping Kick
(Suroh Chagi)

Attacking Tool
Back heel (dwitchook)
Side sole (yop bal badak)

Knocks the opponent off balance
Front Checking Kick  
(*Ap cha momchugi*)

**Attacking Tool**
Back Sole (*dwit kumchi*)

Restricts opponent when they step in. The body should be half-facing on impact and the static leg should only be slightly bent. The foot reaches the target in a straight line.

Side Checking Kick  
(*Yop cha momchugi*)

**Attacking Tool**
Side sole (*yop bal badak*)

Blocks a low section attack (aim for the knee or tibia) and restricts the opponent's movement. The foot travels in an arc to the target.
Techniques

<table>
<thead>
<tr>
<th>Opun</th>
<th>Flat</th>
</tr>
</thead>
</table>

![Opun Flat Technique](image.jpg)
Destruction/Breaking (Gyopka)

The colour belt syllabus no longer includes destruction in the TAGB but it is recommended that if this is an area you are likely to pursue then you should start to toughen the hands and feet at an early stage. There are various types of board available; typically this is white for beginners, red for intermediate and black for advanced students.

Press ups on your knuckles and regularly hitting / kicking solid surfaces will help to condition the hands and feet for breaking at a later stage.

When breaking boards (or tiles/wood/bricks etc.) it is very important that you focus the attack beyond the target i.e. don’t hit the surface of the obstacle, hit beyond it by several inches. This will encourage you to strike through the board rather than bounce off it.

Failing to break a board hurts more than breaking it so try and build confidence and toughen the hands/feet before you start, it is always easier if you can begin with success. Be warned, destruction is not easy and you will hurt yourself at some point, it is inevitable. This is only for students who are prepared to accept this.
Joong Moo

More advanced techniques are introduced including a flying kick and a 360 degree spin in the air. Technically this is a challenging pattern to do well and a good chance to demonstrate your ability as a prospective black belt.

0

The final colour belt pattern starts in the same manner as the first pattern, parallel ready stance.

Narani junbi sogi

1

Pivot one quarter turn to anticlockwise and chamber for a twin knifehand block.

Step the left leg forwards to form a right L stance whilst executing a twin knifehand block. Ensure that the knifehand is the blocking tool not the outer forearm.

Niunja so sang sonkal makgi
2
Move the back (right) foot forwards whilst chambering a knifehand strike and simultaneous block move. The hands are wide apart in the chamber.

Complete the step forwards into a right walking stance whilst executing an inward knifehand front strike and guard the head with the left hand.

Gunnon so sonkal anuro ap taerigi and sonkal nopunde makgi

3
Pull the front (right) leg back and pivot clockwise half a turn chambering for a knifehand guard.

Step the right foot forwards into a left L stance and execute a middle section knifehand guarding block.

Niunja so kaunde sonkal daebi makgi
4

Bring the back (left) leg forwards and chamber the hands for a thrust.

Step the left foot forwards forming a left walking stance and execute a flat fingertip thrust at eye level.

_Gunnun so nopunde opun sonkut tulgi_

5

Pull back the front (left) leg and pivot a quarter turn anticlockwise whilst chambering another knifehand guarding block.

Step the left leg out to form a right L stance and execute the block.

_Niunja so sonkal daebi makgi_
6
Pick the back (right) leg up and pivot half a turn clockwise whilst chambering for a forearm guarding block.

Drop down (using the hips to generate power) into a bending ready stance ‘A’.

7
From the ready stance, execute a middle section side piercing kick ensuring the static leg rotates fully.

8
Recover the kick and chamber for a knifehand guarding block using the leg that just kicked as the back leg of the stance.

Make sure you keep the right hip pulled back to generate power in the technique.
Drop down into a right L stance with a knifefhand guard.

\textit{Niunja so kaunde sonkal daebi makgi}

9

Double step forwards and perform a flying side kick. Bring the back (right) leg through and step once in front of you keeping the hands in a guarded position.

After you step the right leg forwards, use your momentum to jump high and forwards. When you reach the top of the jump, execute a side piercing kick with the same (right) leg.

As you land down on the left leg, chamber for a knifefhand guarding block.
Twimyo yop cha jirugi followed by niunja so kaunde sonkal daebi makgi

Step the right leg forward to form a left L stance and execute a middle section guard.

10
Now pivot on the front (right) foot three quarters of a turn anticlockwise and chamber for a low block.

Niunja so bakat palmok najunde makgi

Step the left leg forwards to form a right L stance and execute an outer forearm low block.

11
Footshift the front (left) leg forwards into a left walking stance and grab the opponent’s neck or head (just as in toi gye) overlapping the fingers.
12
Pull the hands down and raise the knee up in a swift motion. Don’t slap the hands against the knee.

13
Place the right foot down next to the left foot.

Pivot on the right foot anticlockwise half a turn and begin to execute a block with the left arm.

Use the left hand in a downward motion just like when performing a straight fingertip thrust and the right arm extends into an inward reverse knifehand front strike.

The left leg steps out into a left walking stance.

Moorup chagi

Gunnon so sonkal dung nopunde ap taerigi
Moves 14 and 15 are performed in fast motion

Bring the back (right) leg forwards and chamber the knee high for a turning kick.

Look at the target and use the right hand as a balance and protection whilst executing the high section kick. Note the static leg rotates.

Bring the right foot to the left foot (still facing in the direction of the kick) then pivot half a turn anticlockwise.

Bring the right leg up high and prepare to execute a reverse side kick.

Fire the left leg out and keep the left fist down the kicking leg.
Recover from the kick and rotate clockwise through half a turn whilst chambering (keep the left hip back) for a forearm guarding block.

As you step the back (left) leg down, execute the block in your left L stance.
17
Bring the back (left) knee up and chamber for a turning kick (middle section this time).

Kaunde dollyo chagi

Kick out with the left foot (make sure you are always using the ball of the foot when performing turning kicks in patterns) at middle section.

It is important to show you understand high and middle section with the turning kicks in joong moo.

18
Place the kicking (left) leg down next to the right (pointing in the same direction as the turning kick) and chamber for a U-shaped block.

Rotate the body one quarter turn clockwise.

Step the right leg out into a left L stance and execute U shaped block.

Niunja so digutja makgi
19
Jump in the air (both feet should leave the floor at the same time), spin anticlockwise one full turn and land on the same spot.

Try to bring the knees up if you can when jumping and performing the spin. Always keep the head upright, where the head goes the body will follow.

As you land down execute a middle section knifehand guard.

20
Bring the back (left) leg forwards and chamber for a low section upset thrust.

Step the left leg out into a left walking stance and perform your upset fingertip thrust.
21
Footshift the front (left) foot backwards as you chamber for a backfist strike. The hand performing the backfist is on the outside.

Without sliding, perform a side back strike with the backfist whilst blocking low with the outer forearm over the front (left) leg.

Niunja so yop dwi dung joomuk nopunde taerigi and bakat palmok najunde makgi

22
Step the back (right) leg forwards whilst chambering a thrust.

Continue to move the right leg into a right walking stance and execute a straight fingertip thrust.

Gunnon so sun sonkut tulgi

23
Pivot on the front (right) foot anticlockwise
three quarters of a turn and chamber a double forearm block.

Step the left foot out to form a walking stance whilst executing a high section double forearm block.

Gunnon so doo palmok nopunde makgi

Step the back (right) leg forwards rotating the body one quarter turn anticlockwise and chambering for an inward block with the outer forearm.
Complete the movement of the right leg dropping into a sitting stance and execute the outer forearm inward block.

Immediately perform the high strike.

Rechamber on the spot with the attacking hand on the outside, chamber for a backfist strike.

Execute a backfist high section side strike.

Annun so bakat palmok anuro kaunde makgi then annun so dung joomuk nopunde yop taerigi

25

Rotate through half a turn anticlockwise bringing the left leg up to a side kick chamber.

Maintain a guarded position with the hands.
Execute a middle section side piercing kick with the right leg.

**26**
Place the kicking (right) leg down then pick the left knee up chambering for a second side kick.

Step forwards and execute another middle section side piercing kick with the left leg.

**27**
Recover the kicking leg and pivot half a turn clockwise whilst chambering an X knifehand block.
Drop the left leg back into a left L stance whilst performing the X knifehand middle block.

Note the original manual from Choi stated that the left leg is placed down and then the right steps forward into the X knifehand.

28
Bring the back (left) leg forwards and chamber with both palms facing towards the floor.

Step the left leg out whilst executing a twin palm upward block.

29
Spot turn, step the front (left) foot onto the centre line.
Pivot half a turn on the left leg and chamber for a rising block.

Step the right leg out into a right walking stance and perform an outer forearm high rising block.

*Gunnon so bakat palmok chookyo makgi*

30
Bring the blocking (right) arm down as a reaction for a reverse punch.

Finish the pattern with a reverse punch and ki ap to show completion.

*Gunnon so ap joomuk kaunde bandae ap jirugi*
Grading Revision Sheets

1st Kup (black stripe)

Patterns up to: Joong Moo (or Choong Moo)

Sparring:
- 3 step 1-10
- 3 Step Semi-Free (Basic, intermediate and advanced)
- 2 step 1-8
- 1 step sparring
- Free sparring

Theory:
- Meaning of the colour black (See ‘belt meanings’)
- Ensure you can describe all techniques and target areas
- Understand the application of all moves

Advanced

- Sweeping kick – Suroh chagi
- Front checking kick - Ap cha momchugi
- Side checking kick - Yop cha mumchugi
- Mit – Under (Mit palmok = under forearm)

 Strikes and Attacking tools

Front Strikes (ap taerigi) Side Strikes (yop taerigi)

Knifehand Knifehand
Reverse knifehand Sidefist
Backfist Backfist
Underfist Backhand
Elbow
Arc hand

Outward strikes (bakuro taerigi) Inward strikes (anuro taerigi)

Knifehand Knifehand
Backfist Reverse knifehand
Sidefist Underfist

Downward strikes

Knifehand
Backhand
Backfist
Sidefist

Techniques
- Knifehand high front strike – Sonkal nopunde ap taerigi
- Flying side piercing kick – *Twimyo Yop Cha Jirugi*
- Reverse knifehand high front strike – *Sonkal dung nopunde ap taerigi*
- Outer forearm middle front block – *Bakat palmok kaunde ap makgi*
- X-knife hand middle checking block – *Kyocha sonkal kaunde Momchau makgi*

**Stances**

Wae Bal, Sassun, Palja, Oguryo

All stances are now known

**Stance Revision**

<table>
<thead>
<tr>
<th>No.</th>
<th>Stance</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Moa</td>
<td>Closed</td>
</tr>
<tr>
<td>2</td>
<td>Charyot</td>
<td>Attention</td>
</tr>
<tr>
<td>3</td>
<td>Narani</td>
<td>Parallel</td>
</tr>
<tr>
<td>4</td>
<td>Annun</td>
<td>Sitting</td>
</tr>
<tr>
<td>5</td>
<td>Soo Jik</td>
<td>Vertical</td>
</tr>
<tr>
<td>6</td>
<td>Dwit Bal</td>
<td>Rear Foot</td>
</tr>
<tr>
<td>7</td>
<td>Niunja</td>
<td>L</td>
</tr>
<tr>
<td>8</td>
<td>Gojung</td>
<td>Fixed</td>
</tr>
<tr>
<td>9</td>
<td>Gunnon</td>
<td>Walking</td>
</tr>
<tr>
<td>10</td>
<td>Nachuo</td>
<td>Low</td>
</tr>
<tr>
<td>11</td>
<td>Guboryo</td>
<td>Bending</td>
</tr>
<tr>
<td>12</td>
<td>Kyocha</td>
<td>X</td>
</tr>
<tr>
<td>13</td>
<td>Waebal</td>
<td>One Leg</td>
</tr>
<tr>
<td>14</td>
<td>Sasun</td>
<td>Diagonal</td>
</tr>
<tr>
<td>15</td>
<td>Palja</td>
<td>Open (Not used in the TAGB)</td>
</tr>
<tr>
<td>16</td>
<td>Oguryo</td>
<td>Crouched (Not used in the TAGB)</td>
</tr>
</tbody>
</table>
### Hand Parts (Sang Basin) Revision

<table>
<thead>
<tr>
<th>Son (Hand)</th>
<th>Son dung (Backhand)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ap joomuk (Forefist)</td>
<td>Sonbadak (Palm)</td>
</tr>
<tr>
<td>Dung joomuk (Backfist)</td>
<td>Songarak badak (Finger belly)</td>
</tr>
<tr>
<td>Yop joomuk (Side fist)</td>
<td>Sonkut (Fingertips)</td>
</tr>
<tr>
<td>Mit joomuk (Underfist)</td>
<td>Homi sonkut (Angle fingertip)</td>
</tr>
<tr>
<td>Ghin joomuk (Long fist)</td>
<td>Bandal son (Arc hand)</td>
</tr>
<tr>
<td>Pyun joomuk (Open fist)</td>
<td>An palmok (Inner forearm)</td>
</tr>
<tr>
<td>Gomson (Bearhand)</td>
<td>Bakat palmok (Outer forearm)</td>
</tr>
<tr>
<td>Sonkal (Knifehand)</td>
<td>Mit palmok (Under forearm)</td>
</tr>
<tr>
<td>Sonkal dung (Reverse knifehand)</td>
<td>Dungpalmok (Back forearm)</td>
</tr>
<tr>
<td>Sonkal batang (Base of knifehand)</td>
<td>Palkup (Elbow)</td>
</tr>
</tbody>
</table>

### Advanced:
- Jiap (Press finger)
- Umji (Thumb)
- Han Songarak (Forefinger)
- Doo Songarak (Double fingertip)
- Sonmok dung (Bow wrist)
- Umji joomuk (Thumb ridge)
- Umji batang (Thumb knuckle fist)
- Inji joomuk (Forefinger knuckle fist)
- Joongji joomuk (Middle finger knuckle fist)
- Euhke (Shoulders)
Foot Parts (Habansing) Revision

Bal (Foot)
Ap kumchi (Ball of foot)
Balkal (Footsword)
Balkal dung (Reverse footsword)
Baldung (Instep/Top of the foot)
Yop baldung (Side instep)
Balkut (Toes)
Dwitchook (Heel)
Dwit kumchi (Back sole)
Yop bal badak (Side Sole)

Advanced:
Bakat balmok gwanjol (Outer ankle joint)
An balmok gwanjol (Inner ankle join)
Kyong gol (Tibia)
An Kyong gol (Inner tibia)
Bakat Kyong gol (Bakat kyong gol)
Dwit Kyong gol (Dwit kyong gol)
Balgark Nal ( Toe edge)
Jong Kwaeng-I (Shin)
**Kicks Revision**

Chagi (Kick)  
Ap chagi (Front kick)  
Ap cha busigi (Front snap kick)  
Yop Cha Olligi (Side rising kick)  
Yop Chagi (Side kick)  
Yop Cha Jirugi (Side Piercing kick)  
Yop Cha Milgi (Side pushing kick)  
Bandae Yop Cha Jirugi (Reverse side piercing kick)  
Ap Cha Olligi (Front rising kick)  
Yop Cha Tulgi (Side thrusting kick)  
Dollyo Chagi (Turning kick)  
Bandae Dollyo Chagi (Reverse turning kick)  
Dwit Chagi (Back kick)  
Bituro Chagi (Twisting kick)  
Goro/Golcha Chagi (Hooking kick)  
Bandae Goro Chagi (Reverse hooking kick)  
Naeryo Chagi (Downward kick)  
Sewo Chagi (Vertical kick)  
Bandal Chagi (Crescent kick)  
Doroh Chagi (Waving kick)  

**Advanced:**  
Cha Bapgi (Stamping kick)  
Noolo Chagi (Pressing kick)  
Ap Cha Momchugi (Front checking kick)  
Ap Cha Momchugi (Side checking kick)  
Suroh Chagi (Sweeping kick)
### Important Dates

<table>
<thead>
<tr>
<th>Year</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>2333 BC</td>
<td>First Korean kingdom found by Dan Gun</td>
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<tr>
<td>57 BC</td>
<td>Beginning of Silla dynasty</td>
</tr>
<tr>
<td>37 BC</td>
<td>Beginning of Koguryo dynasty</td>
</tr>
<tr>
<td>18 BC</td>
<td>Beginning of Baek Je dynasty</td>
</tr>
<tr>
<td>600 AD</td>
<td>Hwa Rang formed</td>
</tr>
<tr>
<td>668 AD</td>
<td>Three kingdoms of Korea unified by Silla dynasty</td>
</tr>
<tr>
<td>686 AD</td>
<td>Buddhism introduced to Korea (by Won Hyo)</td>
</tr>
<tr>
<td>936 AD</td>
<td>End of Silla dynasty &amp; beginning of Koryo dynasty</td>
</tr>
<tr>
<td>1392 AD</td>
<td>Beginning of Yi dynasty</td>
</tr>
<tr>
<td>1443 AD</td>
<td>Yi Se-Jong invents Korean alphabet (Han Gul)</td>
</tr>
<tr>
<td>1536-1584 AD</td>
<td>Yul Gok (Confucius of Korea, see Yul Gok)</td>
</tr>
<tr>
<td>1592 AD</td>
<td>Choong-Moo invents Kobukson first armoured battleship</td>
</tr>
<tr>
<td>1876-1938 AD</td>
<td>Do-San (Pseudonym of Ahn Chang-Ho, see pattern Do-San)</td>
</tr>
<tr>
<td>1905 AD</td>
<td>End of Yi dynasty</td>
</tr>
<tr>
<td>1905 AD 15&lt;sup&gt;th&lt;/sup&gt; November</td>
<td>Beginning of Japanese occupation</td>
</tr>
<tr>
<td>1910 AD</td>
<td>An Chung-Gun executed in Lui-Shung prison</td>
</tr>
<tr>
<td>1918 AD 9&lt;sup&gt;th&lt;/sup&gt; November</td>
<td>Choi Hong Hi born (founder of Taekwon-Do)</td>
</tr>
<tr>
<td>1919 AD 1&lt;sup&gt;st&lt;/sup&gt; March</td>
<td>Declaration of independence led by Son Byong Hi of the 33 patriots</td>
</tr>
<tr>
<td>1933 AD</td>
<td>Choi begins learning Taek-Kyon</td>
</tr>
<tr>
<td>1946 AD</td>
<td>End of Japanese occupation</td>
</tr>
<tr>
<td>1946 AD</td>
<td>Choi begins work on a Korean martial art</td>
</tr>
<tr>
<td>1950-1953 AD</td>
<td>Korean war</td>
</tr>
<tr>
<td>1955 AD 11&lt;sup&gt;th&lt;/sup&gt; April</td>
<td>Taekwon-Do proclaimed to the world</td>
</tr>
<tr>
<td>1967 AD</td>
<td>Taekwon-Do introduced to the UK</td>
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<tr>
<td>1983 AD</td>
<td>TAGB formed</td>
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<tr>
<td>1988 AD</td>
<td>BTC formed</td>
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<tr>
<td>1988 &amp; 1992 AD</td>
<td>Taekwon-Do as demonstration sport in Olympics</td>
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<tr>
<td>1993 AD</td>
<td>TI formed</td>
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<tr>
<td>2000 AD</td>
<td>Taekwon-Do as full Olympic sport</td>
</tr>
</tbody>
</table>
Example Black Belt Questions

1. What is the difference between a thrust and a strike

2. How many coloured belt patterns have a release in them
   3 – *Do San, Joong Gun and Hwa Rang, make sure you know what they are*
   *Do San after the thrust, joong gun backfist then release, hwa rang on the kick*

3. How many coloured belt patterns have a backfist strike in them
   5 – *Do San, Yul Gok, Joong Gun, Toi Gye and Choong Moo*

4. How many coloured belt patterns have a fingertip thrust in them
   6 – *Do San, Won Hyo, Yul Gok, Toi Gye, Hwa Rang and Choong Moo*

5. How many coloured belt patterns have a bending ready stance in
   3 – *Won Hyo, Yul Gok and Choong Moo*

6. How many colour belt patterns end with attacks
   5 – *Chon Ji, Dan Gun, Do San, Toi Gye, Choong Moo*

7. Describe the theory of power
   *Mass, Equilibrium, Reaction, Breath Control, Concentration, Speed*

8. What is the Korean for ‘breaking’
   *Gyopka*

9. What is consecutive kicking and combination kicking
   *Yonsok chagi (consecutive kicking) is several kicks without lowering the leg. Honap chagi (combination kicking) is multiple kicks whilst jumping/flying.*

10. Name 3 kicks that use the heel
    *Downward kick (naeryo chagi), reverse turning kick (bandae dollyo chagi), reverse hooking kick (golcha chagi or goro chagi)*

11. Name 4 kicks that can use the instep
    *Turning kick, front kick, twisting kick and 45 kick*

12. Name five vital spots of the upper body
    *Temple, chin, philtrum, cheeks, eye*
13. Name five vital spots of the middle section
   *Solar plexus, sternum (chest), floating ribs, stomach, kidneys*

14. Name five vital spots of the lower body
   *Groin, knee, instep, ankle, shin*

15. Why do we twist at the end of a technique
   *To generate speed and to cause maximum damage at point of impact*

16. What is the meaning of 'Hwa Rang' and describe the Hwa Rang youth
   *See ‘Advanced pattern meanings’ for Hwa Rang and ‘General Choi and Korea’*

17. How many people are on the TAGB committee and who are they
   *9 – see ‘Important People in the TAGB’*
   *Dave Oliver, Michael Dew, Don Atkins, Ron Sergiew, Paul Donnelly, Kenny Walton, Brian Towndrow, Gianni Peros, Jim Love*

18. When was Taekwon Do inaugurated
   *11th April 1955 in Seoul, Korea*

19. When did Taekwon Do arrive in the UK
   *Introduced by Grandmaster Rhee Ki Ha in 1967*

20. When was the TAGB formed and who by
   *See section ‘General Choi and Korea’*

21. When was the BTC formed and what is their role
   *The BTC was formed in 1988 as a governing body of Taekwon Do for Great Britain. This body is not tied to a specific organisation and is designed to further Taekwon Do in all forms. This is the only body to be recognised by the sports council*

22. When was Taekwon Do International formed
   *13th November 1993 and is a worldwide governing body for Taekwon Do*

23. When would you use your toes when performing a kick
   *When you are wearing shoes, this restricts movement of the feet and also offers some protection*

24. What is the difference between Dwit and Dung?
   *Both mean back but Dwit generally refers to direction whereas Dung is typically a body part*
25. Name all pattern meanings and understand the significance of the events surrounding them.

26. Name (Korean and English) all stances and describe how to form them in detail.

27. What is the difference between jumping and flying techniques?
   *Flying techniques are performed in the air (such as the side kick in Choong Moo), jumping techniques are executed on landing (such as the backfist in Yul Gok)*

28. What is the blocking tool for a Golcha Makgi?
   *Sonbadak (the palm) leading to Bandal Son if grabbing*

29. What is the blocking tool for a Digutja Makgi?
   *Sonkal Dung (reverse knifehand) leading to Bandal Son if grabbing*

30. In the second move of Won Hyo what is the purpose of the non-striking hand?
   *This hand is a reaction arm and could be used to grab an opponent*

31. What is a Doo Palmok Makgi used for?
   *This is one of the most powerful blocks where both arms swing across the body and stop a heavy attack. The rear arm also acts as a guard to cover the middle section and can quickly be deployed to block a low section attack.*

32. What is the purpose of a Dollimyo Makgi?
   *This could be to block a low section kick and then hook it to the side or to stop two attacks, one low section and one middle section*

33. What were the three Kingdoms of Korea and which is largest?
   *Koguryo, Baek Je, Silla (see map in ‘General Choi and Korea’)*

34. When were the three Kingdoms unified?
   *In 668AD Silla unified the 3 Kingdoms*

35. Describe how Sun Sonkut Tulgi works?
   *The lower arm drops in a downward motion to deflect an attack such as a front punch. The upper arm then thrusts into the solar plexus (or other suitable soft target) to disable the opponent*

36. Name the various elbow techniques you know?
   *Ap palkup taerigi (front elbow strike)*
   *Wi palkup taerigi (upper elbow strike)*
   *Yop palkup tulgi (side elbow thrust)*
   *Dwit palkup tulgi (back elbow thrust)*
   *Sun palkup naeryo tulgi (straight elbow downward thrust)*
   *Jau palkup taerigi (twin elbow thrust)*
37. Name the various knifehand strikes you know
   *Sonkal anuro taerigi* (inward), *sonkal bakuro taerigi* (outward), *naeryo Sonkal taerigi* (downward), *Sonkal ap taerigi* (front), *Sonkal yop taerigi* (side)

38. Name the fingertip thrusts you know and possible targets
   *Nopunde opun sonkut tulgi* (philtrum, eyes, throat)
   *Kaunde sun sonkut tulgi* (solar plexus)
   *Najunde dwijibun sonkut tulgi* (groin)

39. Name the kicks you know and associated parts of the foot
   *See section ‘Kicks’*

40. What is the purpose of the hand that you strike when performing an elbow in Yul Gok?
   *This is a target to focus the attack*

41. Why are the inner and outer forearms primarily used for blocking?
   *Due to the strength and close proximity of bone to the skin allowing for maximum impact*

42. Describe the difference between angle punch, turning punch and crescent punch
   *See section ‘Punches’, angle punch finishes on the shoulder line, the other two are on the centre line but travel in different arcs*

43. Describe the inspiration you personally extract from each of the patterns

44. What is a pattern and why do we perform them
   *See section ‘Patterns’*

45. In what year was General Choi born and what year did he die
   *1918 and 2002 respectively*

46. What formulae are relevant for the generation of power
   *P = ½MV^2* and *F=MA*
   *Power = ½ Mass multiplied by Velocity squared (more speed means much more power)*
   *Force = Mass x Acceleration (Increasing Mass or Speed/Acceleration improved power)*

47. What is the hand position in Won Hyo symbolic of?
   *This has many possible interpretations including covering your offensive (right) hand with your defensive (left) hand. Alternatively the soft (left) against the hard which can have philosophical references such as yin and yang. There are also links to Buddhism, monks held their hands in a similar manner.*
48. What is the importance of the number ‘3’ in Korea/Eastern culture
   3 is an esteemed number, there were 3 classes (peasants, royalty, gods), there are
   three sides to the knot of your belt, 3x3=9 and there are 9 black belts

49. Why is L stance used for the knifehand side strike in dan gun and sitting stance for
   the same technique in do san
   In Dan Gun the next move (the punch) steps forwards whereas for Do San, the next
   move is in the same direction of travel so sitting stance is well suited

50. From what other martial arts is Taekwon Do derived
   There are a lot of answers to this question but reference to tae kyōn (fought fighting),
   soo bak gi (more hand oriented), tae soo do and karate should be considered

51. What is Taekwon Do
   Tae kwon do is a Korean unarmed martial art and form of self-defence. Notable are
   the kicks and devastating power derived from scientific methods

52. What makes the floating ribs a good middle section target
   The ribs are only connected at the spine so the front and side are weak

53. Why is there black trim on the Dobok of a black belt
   In Ancient Korea, the colour black symbolised aristocracy/royalty

54. What do you know about turning
   See section “Turning (dolgi)”

55. Name the tenets (Jungshin) in Korean
   Courtesy – Ye Ui
   Integrity – Yom Chi
   Perseverance – In Nae
   Self-Control – Guk gi
   Indomitable Spirit – Baekjul Boolgool

56. Explain the meaning of the tenets
   See section ‘Tents of Taekwon Do’

57. What is the difference between an inward and inside block
   An inward block travels from the outside of the blocker’s shoulder towards the centre
   line. An inside block refers to the attacker’s arm, any block to the inside of the
   attacker’s arm is an inside block

58. What is Confucianism and neo Confucianism
   Confucianism is a moral and ethical system derived by the Chinese philosopher
   Confucius. Neo Confucianism (‘New’ Confucianism) was a refinement which moved
   away from the metaphysical aspects.
59. Give a history of Taekwon Do and the TAGB  
   *See section ‘General Choi and Korea’*

60. What is the difference between the jump in Yul Gok and the jump in Toi Gye?  
   *In Yul Gok the jump is to cover distance and reach an opponent whereas Toi Gye’s jump is to gain height over an object*

61. Be able to describe a technique without performing the move e.g. a walking stance, side kick etc.

62. Describe the various types of motion and their application  
   *See sections on Motion*

63. The TAGB is part of one National body and one International body, what are they?  
   *The national body is the BTC (formed in 1988), the International body is Taekwon Do International (formed in 1993)*

64. A beginner asks why a blue belt is beating a black belt at sparring, what do you say?  
   *Explain that the ranks show you have attained a certain level and graded as such, you may have surpassed that level in particular areas but it is a baseline to judge by. The black belt has a greater overall knowledge of Taekwon Do than the blue belt*

65. What attributes would you look for in a student  
   *See ‘Tenets’ that’s a very good start*

66. What is the difference between WTF and ITF styles  
   *WTF uses Taekwon Do as a sport (hence is used in the Olympics), this involves body armour and full contact fighting. The patterns are different and the general form of ITF is in line with the original art*

67. Name as many hand and foot parts as you can in Korean and English  
   *See sections ‘Hand parts’ and ‘Foot parts’*

68. What do you like most about Taekwon Do

69. What impact has Taekwon Do had on your life

70. What does being a black belt mean to you

71. Why do you think you deserve a black belt

72. How have you changed since your last grading

73. There are 5 tenets, if you had to add two more what would they be?  
   *This is subjective but loyalty, respect and modesty are good answers*
74. What is the difference between a colour belt and a black belt
   A colour belt is attempting to attain the skills to pass a grading whereas a black belt has reached a baseline proficiency in Taekwon Do

75. If entered into a difficult situation what would your three options be in order of priority
   Talking, running, fighting

76. What can you offer your instructor / the TAGB if you pass your black belt grading

77. Why did you start Taekwon Do

78. What date did you start Taekwon Do

79. What is the difference between self-discipline and self-control
   Self-discipline is being autonomous in your training and striving for excellence whereas self-control is relating to maintaining composure and keeping your temper

80. Briefly explain the differences between Taekwon-Do, Karate and Kung Fu?
   See “Roots of the Martial Arts” section

81. Why do you think the TAGB is so successful?

82. If you become a Black Belt, what could you contribute to the TAGB?

83. How many / name the TAGB areas
   Mr. D Oliver - South of England
   Mr. M Dew - South West of England
   Mr. R Sergiew - Central England North
   Mr. D Atkins - South Midlands
   Mr. P Donnelly - Central England South
   Mr. K Walton - North of England
   Mr. B Towndrow - North Midlands
   Mr. G Peros - Wales
   Mr. J Love - Scotland
   Mr. K Farrell - Northern Ireland

84. In Upset Fingertip Thrust, why is the Palm facing upwards?
   To prevent the fingers from collapsing

85. What are the primary targets of High Section?
   Eyes, nose, jaw/chin, neck, temple, philtrum, carotid artery, base of skull

86. What are the primary targets of Middle section?
   Collar bone, throat, solar plexus, floating ribs, arm, elbow, wrist, stomach, spine, kidneys
87. What are the primary targets of low section?
   *Groin, thigh, knee, shin, ankle, toes, back of knee, Achilles Tendon*

88. How have you developed as a person since starting Taekwon-Do?

89. Who is your instructor and what are their best qualities?

90. How does the Release work in Do San?

91. What inspires you to carry on training?

92. What have you gained from Taekwon-Do?

93. What inspiration and guidance can you draw from the interpretation of Choong-Moo?

94. How does the Meaning of Patterns inspire you?

95. What have you given back to Taekwon-Do since started training?

96. When you are a Sixth Dan and you know all of the patterns, should you still practise them and why?

97. What is the difference between Taekwon-Do the Art and Taekwon-Do the Sport?

98. Why do we use the power test?
   *To demonstrate the effectiveness of our techniques*
Black Stripe (1st Kup) Grading

State your name and grade

Examiner’s choice pattern(s)
Student’s choice pattern

Pattern: Joong Moo

Any of 3 step, 2 step and 1 step sparring

Free Sparring

At black stripe, you are graded at the Bristol academy by the senior members of the TAGB committee. There are hundreds of questions you could be asked and you may be asked to display any technique. Your preparation for this grading will be to revisit all previous grading requirements and be confident in your ability universally in Taekwondo.