

Grading Revision Sheets

10th Kup (white belt)

Patterns up to: Saju Jirugi (*Four direction punch*) and saju makgi

Sparring: None

Theory: **Basic**

- You must be able to identify your name, rank and instructor
<Your name>, 10th Kup, James Seaman 3rd Degree
- The meaning of “Taekwondo”:
Tae Jumping/flying or kick/smash with the foot
Kwon Fist, principally to punch or destroy with the hand/fist
Do ‘Art’, ‘way’ or ‘method’
- TAGB is the Taekwondo Association of Great Britain
- Punch – *Jirugi*
- Forefist - *Ap joomuk*
- Front rising kick - *Ap cha olligi*
- Outer forearm block – *Bakat palmok makgi*
- Spot turning - *Gujari Dolgi*
- Obverse (*baro*) and reverse (*bandae*)
- Describe low (najunde), middle (kaunde) and high (nopunde) sections
- You are a *jeja* who trains in a *dojang* wearing a *dobok* and a *ti*
- Know the tenets of Taekwondo:
Courtesy, integrity, perseverance, self-control, indomitable spirit
- Meaning of the colour white:
White signifies innocence as that of a beginning student who has no previous knowledge of Taekwondo
- Count to 10 in Korean
Hana, dool, set, net, daset, yasot, ilgop, yodol, ahop, yol
- Show how to make a proper fist

Advanced

These are items that an advanced student can learn early on:

- Some Korean words you should know for your line work:
 - o Start (*Si-Jak*) and stop (*Goman*)
 - o Return to ready stance - *Barrol*
 - o Dismissed - *Haessan*
 - o Turn Around - *Dwiryro Torro*
 - o Backwards (*Dwiyro Kaggi*) and forwards (*Apro Kaggi*)
- Understand how the system of belts / kups works
- Grandmaster Major General Choi Hong Hi (9th dan) was the founder of TKD

Techniques

- Perform press ups (10), sit ups (10) and squats (10)
- Walking stance front punch - *gunnun so ap jirugi*
- Sitting stance front punch - *Annun so ap jirugi*
- Walking stance outer forearm block - *Gunnun so bakat palmok makgi*
- Walking stance inner forearm block - *Gunnun so an palmok makgi*
- Walking stance low knifehand block – *Gunnun so najunde sonkal makgi*
- Front rising kick (leg raising exercise) – *Ap cha olligi*

Stances

You should be able to perform and describe each of the following:

1. Attention stance (*Charyot sogi*)
Heels together at 45 degree angle, 50/50 weight distribution
2. Walking stance (*Gunnon sogi*)
1 shoulder width between the centre of the feet, 1.5 shoulder widths long, 50/50
3. Sitting stance (*Annun sogi*)
1.5 shoulder widths from big toes, 50/50 weight distribution
4. Parallel ready stance (*Narani junbi sogi*)
1 shoulder width from the little toes, 50/50 weight distribution
5. L stance (*Niunja sogi*)
2.5cm gap between heels, 1/5 shoulder widths long, 70/30 weight on the back leg

White Belt (10th Kup) Grading

State your name and grade

Put your left leg out into **Sitting Stance** and perform 10 **punches** (counting out loud)

Perform 10 **front rising kicks** with each leg

Perform 10 **press ups**

Step forwards in a **walking stance** performing **middle punch**

Step backwards in a **walking stance** performing outer forearm **low block**

Step forwards in a **walking stance** performing **low block** then a **reverse punch**

Step backwards in a **walking stance** performing outer forearm **middle block** then a **reverse punch**

Perform **Saju Jirugi method 1** (low block)

Perform **Saju Jirugi method 2** (middle block)

9th Kup (yellow stripe)

Patterns up to: Chon Ji including meanings and number of moves

Sparring: None

- Theory:
- Describe what a pattern (*tul*) is, see 'Definition of a Pattern'
 - Explain the saju jirugi is not a pattern, it is an exercise with no associated meaning

 - Step turning - *omgyo didimyo dolgi*
 - Kick - *Chagi*
 - Ball of the foot – *Ap kumchi*
 - Knifehand - *Sonkal*
 - Daebi – *guarding*
 - Taerigi - *strike*
 - Left – *wen*
 - Right – *orun*
 - Identify basic foot parts in Korean and English such as ball of the foot (*ap kumchi*) and footsword (*balkal*)
 - Understand step turning (as used in the pattern)

Advanced

- Reverse knifehand - *Sonkal dung*
- Backfist - *Dung joomuk*
- Sidesfist - *Yop joomuk*
- Important dates:
 - o The art was inaugurated on April 11th 1955
 - o In 1967 grandmaster Rhee Ki Ha introduced TKD to the UK
 - o The TAGB formed in August 1983
 - o The BTC formed on 21st April 1988

- Techniques
- Double Punch – *doo jirugi*
 - Front snap kick - *Ap cha busigi (ap chagi is 'front kick')*
 - Walking ready stance – *Gunnon junbi sogi*
 - Inner forearm middle section block - *an palmok kaunde makgi*
 - Outer forearm middle section block - *bakat palmok kaunde makgi*
 - Knifehand side strike - *sonkal yop taerigi*
 - Rising block – *chookyo makgi*

Stances 6. L stance

Yellow Stripe (9th Kup) Grading

State your name and grade

Put your left leg out into **Sitting Stance** and perform 10 **double punches** (counting out loud)

Start in a **walking ready stance** and perform 10 **front kicks** (counting out loud)

Step forwards in a **walking stance** performing **double punch**

Step backwards in an **L stance** performing **inner forearm middle block**

Step forwards in an **L stance** performing **knifehand strike**

Step backwards in a **walking stance** performing **low block** with the outer forearm then a **rising block**

Perform pattern **Chon Ji**

8th Kup (yellow belt)

Patterns up to: Dan Gun

Sparring: 3 step (sambo matsoki) 1-4
3 Step Sparring is used to practise focus, distance, timing

Theory:

- The TAGB (Taekwon-Do Association of Great Britain) formed in August 1983. The TAGB is the largest and most successful Taekwon-Do organisation in Britain.
- The BTC formed on 21st April 1988. The TAGB helped found the BTC (British Taekwon-Do Council) in 1988 this being the only governing body of Taekwon-Do to be recognised by the sports council.
- TI (Taekwon-Do International) was formed in 1993. The TAGB also helped to found TI. The aims are to unite Taekwon-Do practitioners worldwide. This is a non-political organisation and is now one of the largest world Taekwon-Do bodies
- Meaning of the colour yellow
- Rising Block – *chookyo makgi*
- Sang – *Twin*
- Anaero - *Inward*
- Bakaero – *Outward*

Techniques

- Knifehand guarding block – *Sonkal daebi makgi*
- High section punch – *Nopunde jirugi*
- Twin forearm block – *Sang palmok makgi*
- Outer forearm inward block – *Bakat palmok anaero makgi*
- Dollyo chagi – *Turning kick*
- Forearm guarding block – *Palmok daebi makgi*
- Backfist downward strike - *Dung joomuk naeryo taerigi*
- Front snap kick, double punch – *Ap cha busigi, doo jirugi*
- Chookyo makgi – *Rising block*
- Knifehand side strike – *Sonkal yop taerigi*
- Yop chagi – *Side kick (Yop cha jirugi = side piercing kick)*
- Yop Cha Jirugi – *Side piercing kick*
- Bandae yop chagi - *Reverse side kick*
- Bandae yop cha jirugi - *Reverse side piercing kick*

Stances No new stances

Yellow Belt (8th Kup) Grading

State your name and grade

Step forwards in a **walking stance** performing a **middle punch**

Step backwards in a **walking stance** performing a **twin forearm middle block**

Step forwards in a **walking stance** performing a **front kick** then a **double punch**

Step backwards in an **L stance** performing **outer forearm inward block**

Step forwards in an **L stance** performing a **turning kick** then land in a **forearm guarding block**

Step backwards in an **L stance** performing a **forearm guarding block**

Perform pattern **Dan Gun**

3 Step Sparring (1-4)

7th Kup (green stripe)

Patterns up to: Do San

Sparring: 3 step (*sambo matsoki*) 5-7
Continue to practice 3 step 1-4

Theory:

- Definition of consecutive kicking
- Know about different types of motion
- Describe stances, weight ratios and obverse/reverse techniques
- Meaning of the colour green (See 'belt meaning')
- Palkup – *Elbow*
- Sun – *Straight*
- Sonkut – *Fingertip*
- Tulgi - *thrust*

Advanced

- Describe the difference between thrusts, strikes and pushing techniques
- Dwitchook – *Heel*

Techniques

- Outer forearm high section block– *Bakat palmok nopunde makgi*
- Straight fingertip thrust – *Sun sonkut tulgi*
- Release from a grab – *Jappyosul Tae*
- Backfist high side strike – *Dung joomuk nopunde yop taerigi*
- Outer forearm high wedging block – *Bakat palmok nopunde hechyo makgi*
- Sitting stance knifehand side strike – *Annun sogi sonkal yop taerigi*
- Knifehand block – *Sonkal Makgi (as used in 3-step sparring)*
- Knifehand inward high strike – *Sonkal anuro nopunde taerigi*
- The 45 degree kick should be learnt for sparring purposes

Stances

No new stances

Green Stripe (7th Kup) Grading

State your name and grade

Step forwards in a **walking stance** performing a **middle punch**

Step backwards in a **walking stance** performing a **backfist high side strike**

Step forwards performing a **middle section turning kick** landing in an **L stance knifehand guard**

Step backwards in a **walking stance** performing an **outer forearm wedging block**

Step forwards performing a **middle section side kick** landing in an **L stance forearm guard**

Step backwards in a **walking stance** performing a **straight fingertip thrust**

Perform pattern **Do San**

3 Step Sparring (5-7)

6th Kup (green belt)

Patterns up to: Won Hyo

Sparring: 3 step (*sambo matsoki*) 8-10
Continue to practice 3 step 1-7

3 Step Semi-Free Basic (Ban jayoo matsoki)

Basic free sparring (very light contact, get used to movement and combinations of techniques. You are learning the theory of sparring rather than practical)

Theory: Meaning of green belt

- You should be able to count to 99 in Korean

1 - Hana	10 – Yol
2 - Dool	20 – Sumul
3 – Set	30 – Surhun
4 – Net	40 – Mahun
5 – Daset	50 – Swin
6 – Yasot	60 – Yesun
7 – Ilgop	70 – Irhun
8 - Yodul	80 – Yudun
9 - Ahop	90 – Ahun

- Sonkal Dung Nopunde Bandae Taerigi – *Reverse knifehand high reverse strike*
- *Sonbadak – Palm*
- *Ban Jayoo Matsoki - Semi-free sparring*

Advanced

- *Dwit – Back (dung is also back but normally refers to a technique rather than a direction)*
- *Dwit kumchi – Back Sole*
- *Habansin – Foot parts*
- *Sang Basin – Hand parts*

Techniques

- *Jajun bal – foot shifting*
- *An palmok dollimyo Makgi - Inner forearm circular block*
- *Sonbadak Anuro Makgi – Palm inward block*
- *Hori Makgi – Waist block*
- *Fixed stance side punch – Gojung Sogi Yop Jirugi*
- *Reverse knifehand high reverse strike – Sonkal dung nopunde bandae*

taerigi

- Reverse turning kick – *Bandae Dollyo Chagi*
- Reverse side piercing kick – *Bandae Yop Cha Jirugi*
- Knifehand inward strike – *Sonkal Anuro Taerigi*

Stances

1. Vertical stance (*soo jik sogi*)
T shaped stance with approximately half a shoulder width between the heels. Both legs straight with 60% of the weight on the rear leg
2. Close Stance 'A' (*Moa junbi sogi A*)
Feet together with 50/50 weight distribution and hands ~30 cm in front of the philtrum
3. Fixed stance (*Gojung sogi*)
Similar to L stance with 50/50 weight distribution and 1.5 shoulder widths measured from the inside of the back foot
4. Bending ready stance 'A' (*Goburyo junbi sogi A*)
Bend the standing leg in line with the knee, don't rest the kicking foot on the standing leg

Green Belt (6th Kup) Grading

State your name and grade

Examiner's choice line work

Examples: First 3 moves from won hyo, knifehand guarding block, bending ready stance side kick, forearm guarding block, turning kicks, circular block

Examiner's choice pattern

Pattern: **Won-Hyo**

3 Step Sparring (8-10)

3 Step Semi-Free Sparring (basic – front kick, side kick, turning kick, waist blocks and reverse punch to counter)

5th Kup (blue stripe)

Patterns up to: Yul Gok

Sparring: 3 Step Semi-Free Intermediate (Ban jayoo Matsoki)
2 Step (1-4) – see definition of 2 step sparring (Ibo Matsoki)
Two step sparring perfects focus, distance, timing against co-ordinated hand and foot attacks

Continue to practice 3 step 1-10, 3 Step Semi-Free (Basic) and basic free sparring

- Theory:
- Meaning of the colour blue (See 'belt meanings')
 - Describe the principle of free sparring (Jayoo Matsoki) and how scoring works
 - Jumping – *Twiggi*
 - San Sewo Jirugi - *Twin vertical punch*
 - Downward *Naeryo*
 - Upward *Ollyo*

Advanced

- Flying – *Twimyo*

- Techniques
- Palm high hooking block - *Sonbadak Nopunde Golcho Makgi*
 - Front elbow strike - *Ap palkup taerigi*
 - Twin knifehand block - *Sang sonkal makgi*
 - Double forearm high block - *Doo palmok nopunde makgi*
 - X fist pressing block - *Kyocho joomuk noollo makgi*
 - Palm upward block - *Sonbadak ollyo makgi*
 - Side elbow thrust - *Yop Palkup tulgi*
 - Flat fingertip thrust - *Opun sonkut tulgi*
 - Knee kick – *Moorup chagi*
 - Twin upset punch - *Sang Dwijibo jirugi*
 - Reverse turning kick – *Bandae Dollyo Chagi*
 - Hooking kick – *Golcho chagi*

- Stances
1. X Stance (*Kyocho Sogi*)
Load bearing leg flat on the floor carrying most of the weight. If jumping, the load bearing leg goes in front, when stepping it braces.

Blue Stripe (5th Kup) Grading

State your name and grade

Examiner's choice line work

Examples: First 3 moves from won hyo, front elbow strike, turning kick reverse turning kick, hooking block x2 and obverse punch, side kick reverse side kick, knifehand guard

Examiner's choice pattern

Student's choice pattern

Pattern: **Yul Gok**

2 Step Sparring (1-4)

3 Step Semi-Free Sparring (intermediate – front kick, side kick, turning kick, reverse side kick any order, wait blocks and reverse punch to counter)

Free Sparring

4th Kup (blue belt)

Patterns up to: Joong Gun

Sparring: *3 Step Semi-Free advanced (Ban Jayoo matsoki)*
2 Step (5-8) Ibo Matsoki
Intermediate free sparring, Jayoo Matsoki, (you can add some light contact into the techniques and should using good positioning and combinations of more advanced moves including jumping techniques)
Continue to practice 3 step (sambo Matsoki) 1-10, 3 Step Semi-Free (Basic and intermediate), 2 step 1-4 and basic free sparring

Theory:

- Define double stepping (ibo omgyo didigi)
- Define single stepping (ilbo omgyo didigi)
- Describe slow motion
- Baldung – Instep (top of the foot)

Advanced

Techniques

- Turning punch – *Dollyo jirugi*
- Crescent punch - *Bandal jirugi*
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- Open Fist High Punch – *Pyon Joomuk Nopunde Jirugi*
- Arc Hand High Strike – *Bandal Son Nopunde Taerigi*
- Twin Straight Forearm Checking Block – *Sang Sun Palmok Momchau Makgi*
- Side Fist Side Strike – *Yop Joomuk Yop Taerigi*
- Palm Waist Block – *Sonbadak Hori Makgi*
- Reverse Turning Kick – *Bandae Dollyo Chagi*
- Inner Forearm Inward Waist Block – *An Palmok Anuro Hori Makgi*
- Pad routine
- Reverse Knifehand Block – *Sonkal Dung Makgi*
- Upper Elbow Strike – *Wi Palkup Taerigi*
- X-Fist Rising Block – *Kyocho Joomuk Chookyo Makgi*
- Palm Pressing Block – *Sonbadak Noollo Makgi*
- Angle Punch – *Giokja Jirugi*
- U-Shape Block – *Digutja Makgi*
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- A 'power test' is required because breaking boards is no longer permitted at this level. The test is normally your choice of:
 - i. Front kick
 - ii. Turning kick
 - iii. Side kick
 - iv. Reverse side kick

You should be able to perform at least two of the above well with

both feet. Make sure you take a measure, show the correct foot shape and perform a powerful kick that finishes behind the pad.

Stances

1. Rear foot stance (*Dwitbal Sogi*)
Most of the weight on the back foot, ball of the front foot resting on floor, one shoulder width long
2. Low stance (*Nachuo Sogi*)
As walking stance but once foot's length longer
3. Close ready stance 'B' (*Moa junbi sogi B*)
Feet together, 50/50 weight and hands in front of the navel

Blue Belt (4th Kup) Grading

State your name and grade

Examiner's choice pattern

Student's choice pattern

Pattern: **Joong-Gun**

3 Step Semi-Free Sparring (advanced – any hand or foot technique excluding flying, any block and counter including flying techniques)

2 Step Sparring (5-8)

Power Test, choice technique

Free Sparring

3rd Kup (red stripe)

Patterns up to: Toi Gye

Sparring: 1 step sparring (Ilbo Matsoki)

One step sparring perfects efficient defence and accurate, decisive counter attacks.

Continue to practice 3 step (Sambo) 1-10, 3 Step Semi-Free (Ban Jayoo) basic, intermediate and advanced, 2 step (Ibo) 1-8 and free (Jayoo) sparring (basic and intermediate)

Theory:

- Meaning of the colour red
- Understand and use a student focus shield (Jeja chotjum bangpae)
- Explain the difference between punches, strikes and thrusts
- Describe stamping motion and its purpose

Advanced

- Identify the target areas for all attacks

Techniques

- Upset Fingertip Thrust – *Dwijibun Sonkut Tulgi*
- Side Back Strike – *Yopdwi Taerigi*
- Twin Elbow Side Thrust – *Sang Palkup Yop Tulgi*
- W-Shape Block – *San Makgi*
- Double Forearm Pushing Block – *Doo Palmok Miro Makgi*
- Knee Upward Kick – *Moorup Ollyo Chagi*
- Twisting Kick – *Bituro Chagi*
- Side front snap kick – *Yopap Cha Busigi*

Stances

No new stances

Red Stripe (3rd Kup) Grading

State your name and grade

Examiner's choice pattern

Student's choice pattern

Pattern: **Toi-Gye**

3 Step Semi-Free Sparring (advanced – any hand or foot technique excluding flying, any block and counter including flying techniques)

1 Step Sparring

Pad Routine (45, skip 45, turning kick, downward kick)

Free Sparring

2nd Kup (red belt)

Patterns up to: Hwa Rang

Sparring: *Advanced free sparring – use all techniques in your arsenal and find partners who are happy to train with full contact sparring. You should now be confident against a wide range of opponents with various skill sets*

Continue to practice 3 step 1-10, 3 Step Semi-Free (Basic, intermediate and advanced), 2 step 1-8, free sparring (basic and intermediate) and 1 step sparring

Theory:

- Know the TAGB officers and their ranks
- Know and understand the Theory of power
- You should be able to name a selection of hand/foot parts
- Describe all stances and how they are performed

Advanced

- Stamping kick – *Cha baggi*
- Reverse hooking kick - *Bandae golcho chagi*
- Pressing kick – *Noolo chagi*
- Downward kick – *Naeryo chagi*
- Vertical kick – *sewo chagi*
- Crescent kick – *Bandal chagi*

Techniques

- Palm Pushing Block (exhale throughout) - *Sonbadak Miro Makgi*
- Upward Punch - *Ollyo Jirugi*
- Sliding - *Mikulgi*
- Knifehand Downward Strike - *Sonkal Naeryo Taerigi*
- Inner Forearm Side Front Block - *An Palmok Yopap Makgi*
- Vertical Stance Knifehand Downward Strike – *Soo Jik So Sonkal Naeryo Taerigi*
- L stance obverse punch – *Niunja So Baro Jirugi*

Stances

1. Close stance 'C' (*Moa Junbi Sogi C*)
3 middle fingers overlap in front of the navel

Red Belt (2nd Kup) Grading

State your name and grade

Examiner's choice pattern(s)

Student's choice pattern

Pattern: **Hwa Rang**

Any of 3 step, 2 step and 1 step sparring

Free Sparring

At red belt, you are graded differently to when you are a lower grade colour belt. These gradings are *only* with other red belts and you should be preparing for your black belt now. The format is more fluid as you are expected to know everything you have covered on previous gradings.

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)

Knifehand
Reverse knifehand
Backfist
Underfist
Elbow
Arc hand

Side strikes (yop taerigi)

Knifehand
Sidefist
Backfist
Backhand

Outward strikes (bakuro taerigi)

Knifehand
Backfist
Sidefist

Inward strikes (anuro taerigi)

Knifehand
Reverse knifehand
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*

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- 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

1	Moa	<i>Closed</i>
2	Charyot	<i>Attention</i>
3	Narani	<i>Parallel</i>
4	Annun	<i>Sitting</i>
5	Soo Jik	<i>Vertical</i>
6	Dwit Bal	<i>Rear Foot</i>
7	Niunja	<i>L</i>
8	Gojung	<i>Fixed</i>
9	Gunnon	<i>Walking</i>
10	Nachuo	<i>Low</i>
11	Guboryo	<i>Bending</i>
12	Kyocha	<i>X</i>
13	Waebal	<i>One Leg</i>
14	Sasun	<i>Diagonal</i>
15	Palja	<i>Open (Not used in the TAGB)</i>
16	Oguryo	<i>Crouched (Not used in the TAGB)</i>

Hand Parts (Sang Basin) Revision

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

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

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

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
 *$P = \frac{1}{2}MV^2$ and $F=MA$
Power = $\frac{1}{2}$ 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, $3 \times 3 = 9$ 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 kyon (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 'Tenets 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.