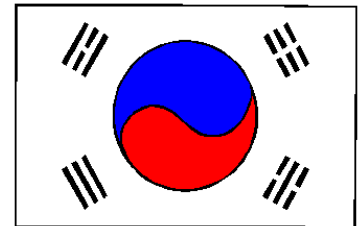


CHIMO TAEKWONDO



Student Handbook
White to Black Belt



Name: _____

Summer 2023

V 4.0

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WELCOME TO CHIMO TAEKWONDO

Thank you for choosing Chimo Taekwondo as *your* club. When the club was formed in 2003 it was to be a gathering place for friends and those about to become friends. It was to be a home for Taekwondo in the Spryfield area and a place of learning for people of all ages.

Well we have achieved those goals, and many more. I am proud of the club Chimo Taekwondo has become. I hope you share that pride since it is special because of you and your friends and family.

The information you will find in this booklet will help guide you through your Taekwondo belts and prepare you for testing at all levels. The information alone will not make you a good martial artist. That is up to you, your spirit and your commitment. The amount of effort you put into your Taekwondo practice will determine the speed with which you advance in rank and your success as a martial artist.

How to use this book

The only way to get better at Taekwondo is to practice, practice again, and then practice even more. This book does not take the place of practice or of your in-class lessons. You can not learn Taekwondo from a book. This manual will serve as a reminder of the lessons taught in the dojang.

Use this book to take notes about techniques, to spark your memory when you get stuck and as a guide when practicing at home. Any time you don't understand or need help, please ask me or one of the instructors for assistance – that's what we are here for.

Work hard and remember

PRACTICE ~ PRACTICE ~ PRACTICE

Master Instructor and Club Owner

Doug Large, MBA

6th Dan WTF Black Belt

Master Large has been active in athletics and coaching for more than 50 years. He began his Taekwondo studies in 1999 and brings to Chimo lessons taught by some of the world's best martial artists.

Master Large holds a 6th Dan Black Belt from the World Taekwondo Federation, has a Level 1 NCCP Coach Certification and has been a class 2 National Referee Certification. Master Large is also the first instructor in Nova Scotia to have completed the PATU (Pan American Taekwondo Union) Poomse Referee Certification course making him uniquely qualified to instruct in TKD Poomse (forms).

Chimo Taekwondo Instructor Team

Master Katie Berakos – 4th Dan

Master Berakos has been a student of Master Large's since the opening of the club and assumed the role of Head Instructor more than 10 years ago. In her 20 years of practice Master Katie has been a National level competitor and coach and shows her commitment to her students in every class. Master Berakos focuses on the teaching of Beginner and Adult students and is the primary Instructor for all test preparation.

It is her infectious passion and commitment to Taekwondo that ignites her student's interest and, in many cases, lifelong dedication to the martial arts.

Master Greg Drummond – 4th Dan

Master Drummond joined Chimo shortly after he and his family arrived in Halifax in 2015. He is a 4th Dan, a Nova Scotia Sparring & Poomsae Referee, and a board member of the Maritime Taekwondo Union.

He began Taekwondo in 1991 with his best friend by his side. Since then, he moved around a fair bit and found clubs to train and invest in every he lived. Yet, every place had the same remarkable component: family and friends training together! There is nothing like it. These 30 years of different clubs, Masters, friends, seminars, and competitions have contributed richness to his training and adaptability in the ways he passes on Taekwondo to students of all ages.

Jacob Scanlon - 3rd Dan

Mr. Scanlon began his training at Chimo at the age of 9 and has been a coach, competitor and Instructor for the club since 2013. Mr. Scanlon is also the club's web site administrator and designed a class registration app in use by Chimo and several other clubs across Canada. Mr. Scanlon is a graduate of the computer science program at Dalhousie and is working full time for a software company in Dartmouth.

Amelia Penny Crocker – 2nd Dan

Ms. Penny Crocker came to Chimo from another club and quickly established herself as a fine teacher and role model. Ms. Penny Crocker maintains a busy school schedule and is a climate change activist who delights in speaking truth to power no matter who is listening.

Mr. Jedrick De la Cruz (Jed) ~ 1st Dan WT Black Belt

A recent addition to the Chimo Instructor team, Jed was so taken with the club that he signed up all three of his children as well as restarted his own training after a 10-year absence from Taekwondo. Mr. De la Cruz has proven an invaluable backup to the Instructor team and excels at working with brand new students and igniting their love of Taekwondo.

Chris Perks – 2nd Dan (1987-2022 ~ Forever Honoured)

Mr. Perks was an imposing figure on the training floor but beloved by students big and small. His natural ability and gentle nature made him one of the club's most popular Instructors. Mr. Perks was Master Berakos' life partner and worked full time as a lineman for Nova Scotia Power in addition to playing his key role at Chimo TKD.

The ripples cast by Chris during his far too short life have deeply touched everyone who knew him. His laugh, his personality, his stories and his love for everyone he met filled every room he entered. He attacked every challenge and every opportunity with passion and that energy was infectious to those around him.

Many a new Taekwondo student who initially looked with fear at this huge, loud man soon learned to love him for his gentle soul and the personal interest he showed in everyone's growth and goals.

Students at Chimo honour Mr. Perks each day as they feel appropriate.

TENETS OF TAEKWONDO

COURTESY is the behavior that comes from a respectful attitude. Respect is the attitude that stems from humility. Each student must recognize how much there is to learn and that it is necessary to have someone teach the way. It is respect that will enable the student to be open to learning that comes from the instructor and from the deep places in the heart from where spirituality is nourished. This is why I bow to my Instructor; this is why I bow as I enter and leave the dojang; this is why I bow to myself whenever I practice alone before the wall of mirrors in the dojang or in my basement.

INTEGRITY is the completeness one attains from adhering to a code of values, i.e. sincerity, honesty and loyalty towards oneself and others. Wrong doing can lead to a path of personal deceit and destruction and the feeling of guilt is the conscious mind allowing one to see the error of his ways.

PERSEVERANCE is the nectar of sweat that yields the honey of accomplishment. The martial arts are a lifelong venture. This venture can be begun by the timid; but it can only be continued by those who discover perseverance within themselves. This quality can be learned as long as the student simply says "one more try." Perseverance means that one has learned the art of living with adversity while still keeping one's sights on goals.

SELF-CONTROL, mastery over one's behavior, is a vital component in the maturing process. So many children have benefited from their experience with martial arts because they have learned self-control. This enables them to direct their energies in creative ways as attaining better grades in school, more respect and acceptance of responsibility from teachers and parents, and develops a circle of friends based on the positive human values of gentleness and caring rather than rowdiness or intimidation.

INDOMITABLE SPIRIT is the will to do one's best with all one has, against even the most insurmountable odds. It reflects a personal desire to achieve, through setting goals and living with the results, and resetting goals with the values appreciated through failures.

In the final analysis, it is these five qualities of spirit that will keep the martial artist on a lifelong rewarding journey, regardless of the body's physical limitations. To develop and to cherish these qualities and then to practice them, will enable the martial artist to face any and all challenges.

RULES OF THE CHIMO DOJANG

Respect

- Show respect to your dojang. Remove street shoes at the front door. Always bow to the flags when entering or leaving the workout area.
- Greet the Master and Head Instructor with a bow as soon as shoes are off and before any other conversation.
- Show respect to all Masters, Instructors and Black Belts by bowing to them upon entering the dojang. Say Sir or Ma'am when addressed by your Master, Instructor or by another Black Belt. Proper bowing should be done to show respect.
- No horse-play (running or wrestling) before or after class or during breaks. This is a time to focus your mind through meditation, rehearse forms or other techniques or to warm up and stretch.
- A positive attitude is expected from all students at all times, no other attitude or behaviour will be tolerated. Saying "I can't" or "I won't" will not be tolerated in the dojang, they are defeatist and disrupt effective training. An enthusiastic approach to training and learning is expected and will yield the best results.
- Instructors assigned to teach all or part of any class have the same authority as the Head Instructor and are to be obeyed in a similar fashion.
- Behavior outside of the dojang is expected to be of Taekwondo nature, realizing that the student is an example of their Instructor, dojang, and martial art.
- A student should not stand with their hands on their hips or arms crossed in front of their chest, this is a sign of disrespect and/or improper attitude.
- Students will refrain from idle conversation while practicing. All commands by the Instructor will be answered with a loud "Yes Sir / Yes Ma'am"
- No student is allowed to teach techniques unless given approval in each case/class by the Instructor.
- Students should always (each class) ask permission to use any equipment that does not belong to them, before using it.

Sparring

- If you leave your sparring gear in the club it must be kept neat and in its gear bags at all times. Unattended gear will be claimed as "club gear".
- No sparring before or after class unless supervised by an instructor.
- Safety is very important while training, competing, or whatever the function, and must be applied at all times.
- Absolutely NO head kicks without express permission and supervision by Master Large.

Uniforms

- Always wear a clean dobok(uniform) and keep finger nails and toe nails clean and trimmed. Come to practice with a clean mind and body.
- Always bring ranking belt to class.
- No jewelry (watches, chains, rings, etc.) while working out.
- Uniforms are not costumes or play clothes and are to be worn for Taekwondo functions only!!
- Students may only wear a clean t-shirt under their dobok, no street clothes or sweats are permitted.
 - Exceptions are allowed for religious and cultural reasons.

- Your belt is a sign of achievement and respect. Your belt should never be discarded or used as a toy and you should make every effort not let your belt touch the ground.

General

- Put trash in proper place. Empty drink bottles and cans are to have caps removed and placed in blue recycling bins. Drinks and snacks are not allowed on the training floor at any time. Students and visitors are expected to clean up after themselves and put trash where it belongs.
- Always respect fellow students by observing the following: Never laugh at or make fun of a fellow student. Never display a bad temper toward a fellow student. Bullying or intimidation of fellow students will not be tolerated and will result in suspension of training privileges.
- No foul language is allowed or tolerated in this school.
- No candy, chewing gum, food or drinks on the workout area.
- Taekwondo is for self defense ONLY!! Any student found to be using any martial arts skills inappropriately will be disciplined up to and including expulsion from the club.
- Students that come in early for class, should stretch out **quietly**, practice **quietly**, or go over notes **quietly**, and not disturb the class that is already in progress.
- Master Large and Master Berakos, in consultation with appropriate Instructors, will assess when each student is ready for their next exam.
- Chimo Taekwondo is a family centered club and welcoming to any and all who wish to join and be a part of our family. Discrimination, intolerance, rudeness, or disrespect of any kind, for any reason, will not be tolerated and the offending party will be required to leave the club immediately.

Parents

- Parents are asked to encourage regular attendance at class.
- Parents are asked not to coach or call out to their children while class is in session. It is the responsibility of the Master or assigned Instructor to encourage and teach the students. Commands or calls from those observing confuse the students and distracts their attention from the Instructor. If you have a concern or question, please feel free to discuss these issues with Master Large or Master Berakos at a break or following the class.
- Please feel free to discuss your child's behaviour and needs, including those experienced outside the club, with Master Large or Master Berakos at any time.
- We maintain an open door policy at the club and encourage parents and students to ask any questions or discuss any issues that will enhance your experience at Chimo.

ADVANCING IN YOUR PRACTICE








For many people the study of the Martial Arts is a lifetime commitment, whether that study starts as a child or later in life. Throughout our lives as martial artists we set goals that we use to measure our advancement in ability and understanding of the techniques and tenants of Taekwondo. In order to signify to ourselves, our classmates and the world, the level of that advancement, belts are worn as part of our uniform. The colour of the belt signifies the degree to which our practice has advanced and in turn sets the goals for our further advancement.

Everyone beginning their study of the Martial Arts begins as a White Belt and moves through ten colour levels, followed by as many as ten black belt levels or “Dan”. Each colour has a particular meaning in Taekwondo.

Colour	Meaning
White	Signifies innocence and purity. The novice is eager to take in knowledge while viewing Taekwondo and its virtues through the eyes of the newcomer.
Yellow Stripe / Yellow	Denotes the sunrise and the dawning of knowledge. Profound changes begin to take place in the individual both physically and spiritually. Attainment of this rank brings a true sense of accomplishment.
Orange	Signifies the day. The student is now fully awake and taking in knowledge. Basic technique is beginning to blossom and the pupil is becoming more in tune with his or her body.
Green	Symbolizes the spring, the beginnings of growth as in the growth of a young plant with leaves reaching to the sky. More advanced techniques are introduced and the student must exhibit caution.
Blue	Typifies the colour of the sky and the youthful plant reaching up to it. Demonstrates ambition and a deep desire for complexity in technique. Humility and patience must awaken in the practitioner.
Red Stripe	The darkening of the sky, heavy with continuing knowledge. Advanced self-defense and kicking techniques are introduced at this level and the student must practice perseverance.
Red	Denotes fire, the sun, and above all, danger. The student is familiar with techniques, but still lacks the necessary control to execute them sagely in practice.
Black stripe	The first appearance of black in the belt signifying a candidate for black belt. Signifies a solid foundation of study and a knowledge of prior techniques.
Black Belt – 1 st Dan	The black belt signifies the concentration of knowledge and control. At this level the student’s true training begins. The black belt will eventually whiten with age showing the full cycle of training.

*Taekwondo Ancient Wisdom for the Modern Warrior, Doug Cook, 2001 – interpreted to reflect colour progression at CTKD.

BASIC STANCES

<p>JOONBI STANCE</p>		<p>ATTENTION STANCE "Char-yot"</p>	
<p>WALKING STANCE (WITH A LOW BLOCK)</p>		<p>LONG STANCE (WITH A HIGH PUNCH)</p>	
<p>BACK STANCE (W/ DOUBLE KNIFE HAND BLOCK)</p>		<p>JUCHUM SOHGI (HORSE RIDING STANCE W/ MIDDLE PUNCH)</p>	
<p>FIGHTING STANCE</p>			

FORMS / POOMSAE BY BELT

Yellow Stripe	10 basic Moves Kibon 1,2,3	Blue Belt	Taeguk 5
Yellow Belt	Taeguk 1	Red Stripe Belt	Taeguk 6
Orange Belt	Taeguk 2	Red Belt	Taeguk 7
Green Stripe	Taeguk 3	Black Stripe Belt	Taeguk 8
Green Belt	Taeguk 4	Black Belt	All TG forms + Koryo

FOOTWORK DRILLS

Belt	Lessons & Drills	Test (add to kick demo)
Yellow Stripe	<ul style="list-style-type: none"> • Bouncing in place • Switch 	<ul style="list-style-type: none"> • Switch • Fighting stance
Yellow Belt	<ul style="list-style-type: none"> • Double Switch intro • Single slide fwd/back • Step fwd / back intro 	<ul style="list-style-type: none"> • Switch • Slide fwd / back • Step forward / back
Orange Belt	<ul style="list-style-type: none"> • Double switch • Switch into slide • Slide into switch • Step fwd / back • Direction change slide intro 	<ul style="list-style-type: none"> • Double switch • Slide & switch combos
Green Stripe Belt	<ul style="list-style-type: none"> • Switch / Double switch into kick • Slide fwd into basic kicks • Slide back into kicks • Direction change slide • Direction change step intro 	<ul style="list-style-type: none"> • Switch into basic kick combos • Slide into basic kick combos • Step into basic kick combos • Double switch into basic kick combos • Direction change slide
Green Belt	<ul style="list-style-type: none"> • Back Switch intro • Slide & switch into advanced kicks (edan, double RH, back kick, hi sections, switch kick) • Direction change slide & step into kick 	<ul style="list-style-type: none"> • Switch into advanced kick combos • Slide into advanced kick combos • Step into advanced kick combos • Double switch into advanced kick combos • Direction change step • Direction change slide with kick
Blue Belt	<ul style="list-style-type: none"> • Back Switch • Front leg lift Forward slide intro • Back leg lift Back slide intro 	<ul style="list-style-type: none"> • Back switch • All switch and slide combos with advanced kick.
Red Stripe Belt	<ul style="list-style-type: none"> • Back Switch into basic kick • Front leg lift Forward slide • Back leg lift Back slide • Leg lift slide w/ direction change intro • Stutter step intro 	<ul style="list-style-type: none"> • Back switch into basic kicks • Front leg lift slide • Back leg lift slide • All slide and switch combos
Red Belt	<ul style="list-style-type: none"> • Back Switch into advanced kick • Front leg lift Forward slide into basic kick • Back leg lift Back slide intro into basic kick • All slide & step w/ direct io change and kick • Stutter step w/slide/step, w/kick, w/direction change • Stutter step fakes intro 	<ul style="list-style-type: none"> • Back switch into advanced kicks • Front / Back leg lift slide into basic kicks • Leg lift fwd/bk with direction change
Black Stripe Belt	<ul style="list-style-type: none"> • Back switch into back kick • Front leg lift Forward slide in to advanced kick • Back leg lift Back slide into advanced kick • Stutter step w/fakes into kicks etc. 	<ul style="list-style-type: none"> • Back Switch into Back Kick • Back Switch into Dbl RH
Black Belt	<ul style="list-style-type: none"> • All slides, steps, switches into all kicks 	<ul style="list-style-type: none"> • Combos of all switches, steps & slides with all kicks

HAND TECHNIQUE DRILLS

Belt	Lessons & Drills	Test (add to kick demo)
Yellow Stripe	<ul style="list-style-type: none"> • Front Punch – slow and fast • Double Punch • Triple Punch 	<ul style="list-style-type: none"> • Slow Punch • Fast Punch – no kihap • Fast Punch with kihap • Triple Punch
Yellow Belt (TG 1)	<ul style="list-style-type: none"> • Punch with no shoulder roll • Double Punch to target • Triple punch to target • Intro to 6 punch 	<ul style="list-style-type: none"> • Slow Punch • Fast Punch – no kihap • Fast Punch with kihap • Triple Punch • 6 Punch
Orange Belt (TG 2)	<ul style="list-style-type: none"> • Intro to knife hand strike • Intro to ridge hand strike 	<ul style="list-style-type: none"> • All punches <ul style="list-style-type: none"> ○ Punch break
Green Stripe Belt (TG 3)	<ul style="list-style-type: none"> • Knife hand strike • Ridge Hand strike • Intro to Back Fist • Intro to Spear Finger 	<ul style="list-style-type: none"> • Knife Hand Strike • Ridge Hand Strike <ul style="list-style-type: none"> ○ Knife Hand Break ○ Ridge hand Break
Green Belt (TG 4)	<ul style="list-style-type: none"> • Back Fist • Spear Finger • Intro to spinning back fist • Intro to Hammer Fist • Intro to Front Elbow strike 	<ul style="list-style-type: none"> • Back Fist <ul style="list-style-type: none"> ○ Back fist break • Spear Finger
Blue Belt (TG 5)	<ul style="list-style-type: none"> • Hammer fist • Front Elbow • Intro to Palm Strike/Block • Spinning back fist 	<ul style="list-style-type: none"> • Hammer Fist <ul style="list-style-type: none"> ○ Hammer Fist break • Front Elbow strike <ul style="list-style-type: none"> ○ Front Elbow break
Red Stripe Belt (TG 6)	<ul style="list-style-type: none"> • Palm Strike / Block • Intro to double collar break away • Intro to upper cut punch • Intro to double upper cut punch 	<ul style="list-style-type: none"> • Palm Strike / Block <ul style="list-style-type: none"> ○ Palm strike break ○ Spinning back fist break
Red Belt (TG 7)	<ul style="list-style-type: none"> • Intro to Palm block / strike • Applying strikes in various situations 	<ul style="list-style-type: none"> • Double collar break away / back fist • Upper cut punch • Double upper cut punch
Black Stripe Belt (TG 8)	<ul style="list-style-type: none"> • Intro to Elbow / Back Fist combo • Intro to Self-Defense scenarios 	<ul style="list-style-type: none"> • Upper Cut Punch • Double Upper Cut Punch <ul style="list-style-type: none"> ○ Upper Cut Punch Break
Black Belt All Forms + Koryo	<ul style="list-style-type: none"> • Demonstrate all strikes and hand techniques • Ox jaw strike • Design SD scenarios and solutions 	<ul style="list-style-type: none"> • 3 x Kick break combos • 3 x punch / Strike combo breaks • 3 x Three Punch / Kick combo breaks • 3 x Speed breaks • Power break (Palm strike) • 3-5 x Self-defense scenarios

SPARRING SKILLS

White - Yellow St.

Fighting stance (hands & feet)	Switch	Kihap	Slide Fwd / Slide Bk
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Yellow St - Yellow

Fighting stance - Side stance	Switch	Step Fwd / Bk	
Uses basic RH and push kick	Begins to show effective blocks		

Yellow - Orange

Begins to understand “fighting distance”	Uses two kick combinations
Introduction to the punch in defense	Begins to use the Edan RH
Begins to use slide & Step in attack and defense	Adds kick to slides & steps
Understands the rules of competitive Taekwondo	

Orange - Green St.

Continue development of fighting distance	Uses two different kick combinations
Continues to develop the punch in defense	Use the Edan RH effectively in attack
Uses Slide & Step effectively in attack and defense	Begins to use Switch Kick defense
Begins use of Back Kick in attack	Begins continuous bounce during match
Begins use of the “360”	Has “quiet” feet in attack

Green St.- Green

Effective use of fighting distance attack / defense	Begins to use three kick combinations in attack
Introduction to the punch in attack	Use Edan RH effectively in attack
Uses Slide & Step effectively in attack and defense	Continues develop Switch Kick defense
Continues use of Back Kick in attack	Begins use of fakes in attack
Begins direction changes in defense	Begins use of the “slide in” in defense
Develops the use of the 360 kick	

Green - Blue

Effective use of fighting distance attack / defense	Develop different three kick combinations in attack
Effective use of the punch in attack	Begins use of Double RH in attack
Begins use of punch / block in defense	Begins use of multiple Switch Kicks in defense
Effective use of Back Kick in attack	Continues developing fakes in attack
Begins use of Back Kick in Defense	Begins use of multiple kicks from same leg
Begins the use of the clinch	Develops use of the 360

Blue - Red St.

Effective use of fighting distance attack / defense	Uses three kick combinations attack / defense
Effective use of the punch in attack & defense	Begins use of Double RH in attack
Effective use of punch / block in defense	Uses multiple Switch Kicks in defense
Effective use of Back Kick in attack	Continues developing fakes in attack
Develops use of Back Kick in Defense	Continues use of multiple kicks
Continues develop the use of the clinch	Effective use of the 360

Red St. - Red

Effective use of fighting distance attack / defense	Uses three kick combinations attack / defense
Effective use of the punch in attack & defense	Effective use of Double RH in attack
Effective use of punch / block in defense	Uses multiple Switch Kicks in defense
Effective use of Back Kick in attack	Develops fakes in defense
Effective use of Back Kick in Defense	Effective use of multiple kicks
Continues develop the use of the clinch	Effective use of the 360
Begins understanding match / ring management	Fitness is such can fight full rounds @ 100%

Red- Black St.

Effective use of fighting distance attack / defense	Uses three kick combinations attack / defense
Effective use of the punch in attack & defense	Effective use of Double RH in attack
Effective use of punch / block in defense	Effective use of multiple Switch Kicks in defense
Effective use of Back Kick in Attack & Defense	Effective use of fakes in attack / defense
Effective use of the clinch	Effective use of the 360
Effective match / ring management	Fitness is such can fight full rounds @ 100%

Basic Korean Language and Taekwondo Terms

General Terms	Used in Sparring:	Counting:
Taekwondo School - Do-Jang	Begin - Shi-Jak	1 – Hana
Taekwondo Uniform - Do-Buk	Ready Position - Jhoon-Bi	2 – Dul
Attention - Cha-ryut	Return - Ba-ro	3 – Set
Bow - Kyung-nae	End – Keu-man	4 – Net
Degree - Dan	Yell - Ki Hap	5 – Dasot
Forms - Poomse	Stop - Kalyeo	6 – Yasot
Meditation - Mukyum	Continue - Ka-sok	7 – Ilgop
Sit down - Anja	Blue - Chung	8 – Yodul
Stand up - Ileona	Red - Hung	9 – Ahop
		10 – Yul

Fitness Training

A high level of fitness and body strength is essential to successful Taekwondo training and competition. The following fitness standards will be applied for each belt level.

Belt	Push ups	Sit ups	Jumping Jacks	Deep Knee Bends	Knees Up Run	Additional
Yellow Stripe	15	15	15	15	15	
Yellow	20	20	20	20	20	
Orange	25	25	25	25	25	
Green Stripe	30	30	30	30	30	
Green	35	35	35	35	35	
Blue	40	40	40	40	40	
Red Stripe	50	50	50	50	50	~30 sec. Plank ~50 Speed Kicks (60 sec.)
Red	60	60	60	60	60	~45 sec. Plank ~60 Speed Kicks (60 sec.)
Black Stripe	70	70	70	70	70	~ 60 sec Plank ~ 100 Speed Kicks (60 sec.)
Black Belt (*Fit test must be completed in 5 min)	100*	100*	100*	100*	100*	~120 sec Plank ~200 Speed Kicks (60 sec.)

YELLOW STRIPE BELT

Drills & Exercises Line runs Half Back Quarter back Duck walk Kihaps when running Bounce jump	Basic Kicks Front snap kick with retraction Front snap kick above the belt Round house kick above the belt Front Push Kick
Forms / Poomse 10 Basic Moves Kibon 1,2 &3	Sparring <ul style="list-style-type: none"> • Fighting stance • Switch • Slide Fwd / Slide Bk
Misc Count to ten in Korean Understand significance of the “White Belt”	Taekwondo School - Do-Jang Taekwondo Uniform - Do-Buk Attention - Cha-ryut Bow - Kyung-nae

Ten Basic Moves

Stand in Juchum Sohgi Stance – hands pulled to your belt and feet shoulder width apart, knees bent.

1. Low Block Left
2. Low Block Right
3. Inside Middle Block Left
4. Inside Middle Block Right
5. Outside Middle Block Left
6. Outside Middle Block Right
7. High Block Left
8. High Block Right
9. Double Punch Middle (yell “CHI-MO”)
10. Triple Punch - Middle, Middle, High (yell TAE-KWON-DO)

KIBON IL JANG (ONE)

1. Starting in the Joonbi (Ready) position...
2. Turn (90°) to the left while moving your left foot into a left walking stance and executing a low block with the left arm.
3. Move the right foot into a right walking stance while executing a middle-section punch with the right fist.
4. Pivoting on the ball of the left foot, turn to the right (180°). Move the right foot into a right walking stance while executing a low block with the right arm.
5. Move the left foot into a left walking stance while executing a middle-section punch with the left fist.
6. Turn to the left (90°) while sliding the left foot into a left forward stance and executing a low block with the left arm.
7. Step forward into a right walking stance while executing a right hand middle punch.
8. Pivoting on the left foot turn 180 with the right leg into a right leg walking stance while executing a right hand low block.
9. Step forward into a left walking stance while executing a left hand middle punch.
10. Step forward into a right walking stance while executing a right hand middle punch. Kihap

KIBON EE JANG (TWO)

1. Starting in the Joonbi position...
2. Turn (90°) to the left while moving your left foot into a left walking stance and executing a low block with the left arm.
3. Execute a front snap kick with the right foot into a right walking stance while executing a middle-section punch with the right fist.
4. Pivoting on the ball of the left foot, turn to the right (180°). Move the right foot into a right walking stance while executing a low block with the right arm.
5. Execute a front snap kick with the left foot into a left walking stance while executing a middle-section punch with the left fist.
6. Turn to the left (90°) while sliding the left foot into a left forward stance and executing a low block with the left arm.
7. Execute a front snap kick with the right foot into a right walking stance while executing a right hand middle punch.
8. Pivoting on the left foot turn 180 with the right leg into a right leg walking stance while executing a right hand low block.
9. Execute a front snap kick with the left foot into a left walking stance while executing a left hand middle punch.
10. Execute a front snap kick with the right foot into a right walking stance while executing a right hand middle punch. Kihap

KIBON SAM JANG (THREE)

1. Starting in the Joonbi position...
2. Turn (90°) to the left while moving your left foot into a left walking stance and executing a high block with the left arm.
3. Execute a front snap kick with the right foot into a right walking stance while executing a middle-section punch with the right fist.
4. Pivoting on the ball of the left foot, turn to the right (180°). Move the right foot into a right walking stance while executing a high block with the right arm.

5. Execute a front snap kick with the left foot into a left walking stance while executing a middle-section punch with the left fist.
6. Turn to the left (90°) while sliding the left foot into a left forward stance and executing a high block with the left arm.
7. Execute a front snap kick with the right foot into a right walking stance while executing a right hand middle punch.
8. Pivoting on the left foot turn 180 with the right leg into a right leg walking stance while executing a right hand high block.
9. Execute a front snap kick with the left foot into a left walking stance while executing a left hand middle punch.
10. Execute a front snap kick with the right foot into a right walking stance while executing a right hand middle punch. Kihap

NOTES

YELLOW BELT

Drills & Exercises Jimijack step Stride step Speed kicking on body shield	Basic Kicks Round house kick with retraction Front snap kick with retraction Drop kick - straight leg - minimum shoulder high
Forms / Poomse Taeguk 1 Stances - back, long, walking Blocks - low, high, body (inner), body (outer) 2 Basic Stances - walking, long	Sparring <ul style="list-style-type: none"> • Fighting stance - Side stance • Switch • Slide Fwd/Bk • Step Fwd / Bk • Uses basic round house and push kick • Begins to show effective blocks
Misc. <ul style="list-style-type: none"> • Understand the significance of the “Yellow Belt” • Familiar with Club Rules • Knows and can recite the three rules of Taekwondo training - Eye Focus, Mind Focus, Body Focus 	

TAEGUEK IL JANG (ONE)



1.

Starting in the ready position...



2.

Turn (90°) to the left while moving your left foot into a left walking stance and executing a low block with the left arm.



3.

Step the right foot into a right walking stance while executing a middle-section punch with the right fist.



4.

Pivoting on the ball of the left foot, turn to the right (180°) into a right walking stance while executing a low block with the right arm.



5.

Step the left foot into a left walking stance while executing a middle-section punch with the left fist.



6.

Turn to the left (90°) while sliding the left foot into a left long stance and executing a low block with the left arm.



Remain in the same position and execute a punch to the middle-section with the right fist.

7.



Remain in the same position and execute a punch to the middle-section with the left fist.

13.



Slide the right foot back into a walking stance while turning 90° to the right while executing an inside middle block with the left arm.

8.



Step to the left (90°) into a left walking stance while executing a high block with the left arm.

14.



Step forward with the left foot into a left walking stance while executing a middle-section punch with the right fist.

9.



Keeping the left foot fixed, execute a middle-section front-snap kick with the right foot.

15.



Step to the left (180°) with the left foot into a left walking stance while executing an inside middle block with the right arm.

10.



Step down into a right walking stance and execute a middle-section punch with the right fist.

16.



Step forward with the right foot into a right walking stance while executing a middle-section punch with the left fist.

11.



Turn to the right (180°) with the right foot into a right walking stance while executing a high block with the right arm.

17.



Turn to the right (90°) with right foot into a right long stance while executing a low block with the right arm.

12.



Keeping the right foot fixed, execute a middle-section front-snap kick with the left foot.

18.



19.

Step down into a left walking stance while executing a middle-section punch with the left fist.



20.

Step to the right (90°) with the left foot into a left forward stance while executing a low-section block with the left hand.



21.

Step forward with the right foot into a right forward stance while executing a middle-section punch with the right fist. Kihap!



22.

Turn to the left (180°) by pivoting on the right foot to end in a Joonbi position.

ORANGE BELT

Drills & Exercises Burpies Knees up jump Step behind (360)	Basic Kicks Edan Round House - finish in fighting stance Front snap kick - high section, with retraction Roundhouse kick - high section, with retraction
Misc. Begin learning to hold hand paddles	Terms Begin - Shi-Jak Ready Position - Jhoon-Bi Return - Ba-ro End - Keu-man Yell - Ki Hap Stop - Kalyeo Continue - Ka-sok Blue - Chung Red - Hung
Poomse <ul style="list-style-type: none"> • Taegeuk Ee Jang (Two) • Palgwue Ee Jang (Two) <p style="margin-left: 40px;">Stances - long, walking, back (random step from one to the other)</p> <p style="margin-left: 40px;">Blocks - low, high, body (I&O), knife hand (single, double)</p>	

Sparring

Begins to understand “fighting distance	Uses two kick combinations
Introduction to the punch in defense	Begins to use the Edna RH
Begins to use slide & Step in attack and defense	
Understands basic commands	

TAEGUEK EE JANG (Two)



1.

Starting in the ready position...



2.

Turn 90° to the left while sliding the left foot into a left walking stance and executing a low block with the left arm.



3.

Move the right foot into a right forward stance while executing a middle-section straight punch with the right fist.



4.

Pivoting on the ball of the left foot, turn to the right (180°) while sliding the right foot into a right walking stance and executing a low block with the right arm.



5.

Move the left foot into a left forward stance while executing a middle-section straight punch with the left fist.



6.

Pivoting on the ball of the right foot, turn to the left (90°) while sliding the left foot into a left walking stance and executing a middle-section inside block with the right hand.



7.

Move the right foot into a right walking stance while executing a middle-section inside block with the left hand.



8.

Pivoting on the ball of the right foot, turn to the left (90°) by moving the left foot into a left walking stance and executing a low-section block with the left hand.



9.

With the left foot fixed, execute a middle-section front-snap kick with the right foot.



10.

Drop into a right forward stance while executing a high-section straight punch with the right fist.



11.

Pivoting on the ball of the left foot, turn to the right (180°) while sliding the right foot into a right walking stance and executing a low-section block with the right hand.



12.

With the right foot fixed, execute a middle-section front-snap kick with the left foot.



13.

Drop into a left forward stance while executing a high-section straight punch with the left fist.



14.

Pivoting on the ball of the right foot, turn to the left (90°) by moving the left foot into a left walking stance and execute a high-section block with the left arm.



15.

With the left foot fixed, move the right foot one step forward into a right walking stance while executing a high-section block with the right arm.



16.

Pivoting on the ball of the right foot, turn to the left (270°) by moving the left foot into a left walking stance and execute a middle-section inside block with the right hand.



17.

Pivoting on the ball of the left foot, turn to the right (180°) by moving the right foot into a right walking stance and execute a middle-section inside block with the left hand.



18.

Pivoting on the ball of the right foot, turn to the left (90°) by moving the left foot into a left walking stance and execute a low-section block with the left hand.



19.

With the left foot fixed, execute a middle-section front-snap kick with the right foot.



20.

Drop into a right walking stance while executing a middle-section straight punch with the right fist.



21.

With the right foot fixed, execute a middle-section front-snap kick with the left foot.



22.

Drop into a left walking stance while executing a middle-section straight punch with the left fist.



23.

With the left foot fixed, execute a middle-section front-snap kick with the right foot.

24.



Drop into a right walking stance while executing a middle-section straight punch with the right fist. Kihap!

25.









Pivoting on the ball of the right foot, turn to the left (180°) and assume a ready position.

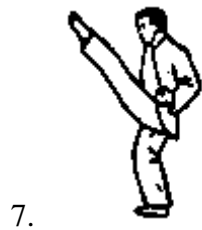
Notes:

GREEN STRIPE BELT

Drills & Exercises 6,4,2 - 911	Basic Kicks Double roundhouse Back Kick - Step FWD & Slide BK
Sparring <ul style="list-style-type: none"> • Begins using three kick combinations • Begins to effectively use the Back Kick in attack and defense • Combines blocking and punching in defense • Begins use of double RH • Footwork uses more of the ring - • Attack and defense with angles • Understands and uses “fighting distance” effectively • Experiments with 360 RH 	
Poomse <ul style="list-style-type: none"> • Taeguk Sam Jang (Three) • (Optional) Palgwue Sam Jang (Three) Stances - long, walking, back (random step from one to the other) Blocks - low, high, body (I&O), knife hand (single, double)	

TAEGUEK SAM JANG (THREE)

1.  Starting in the ready position...
2.  Turn to the left (90°) by moving the left foot into a left walking stance and executing a low-section block with the left arm.
3.  With the left foot fixed, execute a middle-section front-snap kick with the right foot.
4.  Drop into a right forward stance while executing a middle-section double punch starting with the right fist.
5.  Then punch with the left fist.
6.  Pivoting on the ball of the left foot, turn to the right (180°) by moving the right foot into a right walking stance and executing a low-section block with the right arm.



7.

With the right foot fixed, execute a middle-section front-snap kick with the left foot.



8.

Drop into a left forward stance while executing a middle-section double punch starting with the left fist.



9.

Then punch with the right fist.



10.

Turn to the left (90°) by moving the left foot into a left walking stance while executing a high-section inward knife-hand strike (neck level) with the right hand.



11.

With the left foot fixed, step into a right walking stance while executing an inward knife-hand strike to the high-section with the left hand.



12.

Turn to the left (90°) by moving the left foot into a right back stance while executing a middle-section knife-hand block with the left hand.



13.

Slide the left foot into a left forward stance while executing a middle-section punch with the right fist.



14.

Pivoting on the ball of the left foot, turn to the right (180°) by moving the right foot into a left back stance while executing a middle-section knife-hand block with the right hand.



15.

Slide the right foot into a right forward stance while executing a middle-section punch with the left fist.



16.

Turn to the left (90°) by moving the left foot into a left walking stance while executing a middle-section inside block with the right arm.



17.

Step forward with the right foot into a right walking stance while executing a middle-section inside block using the left arm.



18.

Pivoting on the ball of the right foot, turn to the left (270°) by moving the left foot into a left walking stance while executing a low-section block with the left arm.



19.

With the left foot fixed, execute a middle-section front-snap kick with the right foot.



25.

Then punch with the right fist.



20.

Drop down into a right forward stance while executing a middle-section double punch starting with the right fist.



26.

Turn to the left (90°) by moving the left foot into a left walking stance while executing a low-section block with the left arm.



21.

Then punch with the left fist.



27.

Follow immediately with a middle-section straight punch with the right fist.



22.

Pivoting on the ball of the left foot, turn to the right (180°) by moving the right foot into a right walking stance while executing a low-section block with the right arm.



28.

With the left foot fixed, move the right foot one step forward into a right walking stance while executing a low-section block with the right arm.



23.

With the right foot fixed, execute a middle-section front-snap kick with the left foot.



29.

Follow immediately with a middle-section straight punch with the left fist.



24.

Drop down into a left forward stance while executing a middle-section double punch starting with the left fist.



30.

With the right foot fixed, execute a middle-section front-snap kick with the left foot.

31.



Drop into a left walking stance while executing a low-section block with the left arm.

34.



Drop into a right walking stance while executing a low-section block with the right arm.

32.



Follow immediately with a middle-section straight punch with the right fist.

35.



Follow immediately with a middle-section straight punch with the left fist. Kihap!

33.



With the left foot fixed, execute a middle-section front-snap kick with the right foot.

36.



Pivoting on the ball of the right foot, turn to the left (180°) and return to a ready stance.

TAEGUEK SA JANG (FOUR)



1.

Starting in the ready position...



2.

Turn to the left (90°) by moving the left foot into a right back stance while executing a left double knife-hand block.



3.

Move the right foot into a right forward stance while executing a palm block with the left hand. Follow immediately with a middle-section fingertip strike with the right hand.



4.

Turn to the right (180°) by moving the right foot into a left back stance while executing a right double knife-hand block.



5.

Move the left foot into a left forward stance while executing a palm block with the right hand. Follow immediately with a middle-section fingertip strike with the left hand.



6.

Turn to the left (90°) by moving the left foot into a left forward stance while executing a high-section knife-hand strike with the right hand and a high-section block with the left knife-hand (a swallow shape knife-hand neck strike).



7.

With the left foot fixed, execute a middle-section front-snap kick with the right foot.



8.

Step down with the right foot into a right forward stance while executing a middle-section straight punch with the left fist.



9.

Using the right foot as the axis, execute a middle-section side kick with the left foot.



10.

Step down and quickly pivot on the ball of the left foot to execute a middle-section side kick with the right foot.



11.

Step down with the right foot into a left back stance while executing a middle-section double knife-hand block.



12.

Pivoting on the ball of the right foot, turn to the left (270°) by moving the left foot into a right back stance while executing an outward middle block with the left arm.



13.

Execute a middle-section front-snap kick with the right foot.



14. Step back into a right back stance while executing an inside arm block with the right arm.



15. Pivoting on the ball of the left foot, turn to the right (180°) by moving the right foot into a left back stance while executing an outward middle block.



16. Execute a middle-section front-snap kick with the left foot.



17. Step back with the left foot to assume a left back stance while executing an inside middle block with the left arm.



18. Pivoting on the ball of the right foot, turn to the left (90°) by moving the left foot into a left forward stance while executing a swallow shape knife-hand neck strike with the right hand and a high-section block with the left hand.



19. With the left foot fixed, execute a middle-section front-snap kick with the right foot.



20. Step down into a right forward stance while executing a right strike back fist with the right hand.



21. Pivoting on the ball of the right foot, turn to the left (90°) by moving the left foot into a left walking stance while executing an inside middle-section block with the left arm.



22. Keeping both feet fixed, execute a middle-section punch with the right fist.



23. Pivoting on the ball of the left foot, turn to the right (180°) by moving the right foot into a right walking stance while executing an inside middle-section block with the right arm.



24. Keeping both feet fixed, execute a middle-section punch with the left arm.



25. Turn to the left (90°) by sliding the left foot into a left forward stance while executing an inside middle block with the left arm.



26. Remaining in the same stance, execute a middle-section double punch starting with the right fist.



27. The punch with the left fist.

28.



With the left foot fixed, step forward into a right forward stance while executing an inside middle block with the right arm.

30.



Then punch with the right fist. Ki-hap!

29.



Remaining in the same stance, execute a middle-section double punch starting with the left fist.

31.



Pivoting on the ball of the right foot, turn to the left (180°) by moving your left foot and assume a ready stance.

BLUE BELT

Basic blocks and strikes	Riding stance – Juchoom-sogi Middle punch – left & right (slow) Double punch, Triple Punch, Six punch Spear hand / Hammer Fist	
Basic kicks	Double Round House Jumping / Counter Back Kick Crescent Kick I&O Round house (HS) Edan Drop kick	
Exercise	Number	Time
Score	Comments	
Plank		1 minute
Push ups	25 Toes	
Knuckle Push ups	10 Toes	
Sit ups (assisted)	25	1:15
Speed Kicks	85	1 minute
Jump Lunge	15	1 minute
Burpies	15	
Forms / Poomse	Taeguek Five (Oh Jang) Palgwae Five (Oh Jang)	
Sparring	Effective use of fighting distance attack / defense Effective use of the punch in attack Begins use of punch / block in defense Effective use of Back Kick in attack Begins use of Back Kick in Defense Begins the use of the clinch	Develop different three kick combinations in attack Begins use of Double RH in attack Begins use of multiple Switch Kicks in defense Continues developing fakes in attack Begins use of multiple kicks from same leg Develops use of the 360
		Score
		Comments
Treats parents, friends and team mates with respect		
Honours the rules of the club		
Treats the facility and equipment appropriately		
Knows and understands the Taekwondo Rules		
Knows the Taekwondo Aims for Achievement		
Maintains good school grades		
Understands the significance of the “Blue Belt”		
Breaks		
Front Punch / Front Elbow Strike Push Kick / Drop Kick		

TAEGUEK OH JANG (FIVE)



1.

Starting in the ready position...



2.

Turn to the left (90°) by moving the left foot into a left forward stance while executing a low block with the left arm.



3.

Slide back the left foot into a T-stance (right foot turned forward, left foot turned left) while executing a downward hammer fist strike with the left hand.



4.

Turn to the right (90°) by moving the right foot into a right forward stance while executing a low block with the right arm.



5.

Slide the right foot back into a T-stance (left foot turned forward, right foot turned right) while executing a downward hammer fist strike with the right hand.



6.

Step forward with the left foot into a left forward stance while executing an inside middle block with the left arm. Remain in the same stance and immediately execute a 2nd inside middle block with the right arm.



7.

With the left foot fixed, execute a middle-section front-snap kick with the right foot.



8.

Step down into a right forward stance while executing a high-section back-fist strike with the right hand.



9.

Remain in the same stance and execute an inside middle block with the left arm.



10.

With the right foot fixed, execute a middle-section front-snap kick with the left foot.



11.

Step down into a left forward stance while executing a high-section back-fist strike with the left hand.



12.

Remain in the same stance and execute an inside middle block with the right arm.



13.

With the left foot fixed, step forward with the right foot into a right forward stance while executing a high-section back-fist strike with the right hand.



14.

Pivoting on the ball of the right foot, turn to the left (270°) by moving the left foot into a right back stance while executing a middle-section single knife-hand block with the left hand.



15.

With the left foot fixed, cover the knuckles of the right fist with the left knife-hand and move the right foot forward into a right forward stance in order to execute an elbow strike with the right elbow.



16.

Pivoting on the ball of the left foot, turn to the left (180°) by moving the right foot into a left back stance while executing a single knife-hand block with the right hand.



17.

Cover the knuckles of the left fist with the right knife-hand and move the left foot forward into a left forward stance in order to execute an elbow strike with the left elbow.



18.

Turn to the left (90°) by sliding the left foot into a left forward stance while executing a low block with the left arm.



19.

Remain in the same stance and execute a middle-section inside block with the right arm.



20.

With the left foot fixed, execute a middle-section front-snap kick with the right foot.



21.

Step down into a right forward stance while executing a low block with the right arm.



22.

Remain in the same stance and execute a middle-section inside block with the left arm.



23.

Pivoting on the ball of the right foot, turn to the left (90°) by moving the left foot into a left forward stance while executing a high block with the left arm.



24.

With the left foot fixed, execute a middle-section side kick with the right foot.



25.

Step down into a right forward stance while executing a middle-section left elbow strike to the palm of the right hand.

26.



Pivoting on the ball of the left foot, turn to the right (180°) by moving the right foot into a right forward stance while executing a high block with the right arm.

30.



Remain in the same stance and execute an inside middle block with the right arm.

27.



With the right foot fixed, execute a middle-section side kick with the left foot.

31.



Execute a middle-section front-snap kick with the right foot.

28.



Step down into a left forward stance while executing a middle-section right elbow strike to the palm of the left hand.

32.



Jump forward into a right cross stance while executing a high-section back-fist strike with the right hand. Kihap!

29.



Turn to the left (90°) by sliding the left foot into a left forward stance while executing a low block with the left arm.

33.



Pivoting on the ball of the right foot, turn to the left (180°) into a ready position.

Notes:

RED STRIPE BELT

Basic blocks and strikes	Riding stance – Juchoom-sogi Middle punch – left & right (slow) Double punch Triple Punch Six punch		
Basic kicks	Step Spinning Hook Kick 360° RH Counter Round House Defensive Back Kick		

Belt	Combination #1	Combination #2
Yellow Stripe	front kick, front kick , punch	round house, push kick, punch
Yellow	round house , drop kick , punch	round house middle, round house high, punch
Orange	round house, back kick , punch	round house , edan round house , punch
Green Stripe	round house , double round house , punch	round house , side kick , punch
Green	double RH, push kick , punch	Fake , Edan SK, BK, punch
Blue	Step, Front Leg Snap RH, drop kick, punch	RH , 360 RH, Punch
Red Stripe	360 RH, Back kick, punch	RH, Slide back, RH, Punch
Red	Step over SK, BK, Punch	RH, Switch KickRH, RH













Exercise	Number	Time	Score	Comments
Plank		1:20		
Push ups	35 Toes			
Knuckle Push ups	15 Toes			
Sit ups (assisted)	30	1 minute		
Speed Kicks	125	1 minute		
Jump Lunge	15	1 minute		
Burpies	18			

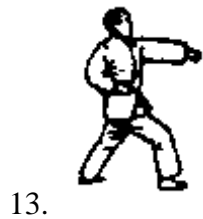
Forms / Poomse	Tae Geuk Six (Yuk Jang)		
	Palgwae Six (Yuk Jang)		
Misc.	Understands the significance of the “Red Stripe” belt		
Breaking (4)	Short Punch or One Inch Punch / Knife Hand Strike Edan Side Kick / Rear leg or Step Over Side Kick		

Sparring

Effective use of fighting distance attack / defense	Uses three kick combinations attack / defense
Effective use of the punch in attack & defense	Effective use of Double RH in attack
Effective use of punch / block in defense	Uses multiple Switch Kicks in defense
Effective use of Back Kick in attack	Develops fakes in defense
Effective use of Back Kick in Defense	Effective use of multiple kicks
Continues develop the use of the clinch	Effective use of the 360
Begins understanding match / ring management	Fitness is such can fight full rounds @ 100%

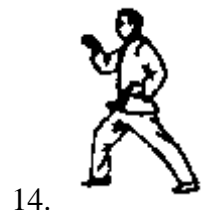
TAEGUEK YUK JANG (SIX)

- | | | | |
|--|--|---|---|
| 1.  | Starting in the ready position... | 7.  | Step back with the left foot into a left back stance while executing an outer arm block with the right arm. |
| 2.  | Turn to the left (90°) by moving the left foot into a left forward stance while executing a low block with the left arm. | 8.  | Turn to the left (90°) by sliding the left foot into a left forward stance while executing a body twist knife-hand block with the right hand. |
| 3.  | Execute a middle-section front-snap kick with the right foot. | 9.  | With the left foot fixed, execute a middle-section roundhouse kick with the right foot. |
| 4.  | Step back with the right foot into a right back stance while executing an outer arm block with the left arm. | 10.  | Turn 90° left and step down into an open stance, then move the left foot into a left forward stance while executing an outer block to the face with the left arm. |
| 5.  | Pivoting on the ball of the left foot, turn to the right (180°) by moving the right foot into a right forward stance while executing a low block with the right arm. | 11.  | Then execute a middle-section straight punch with the right fist. |
| 6.  | Execute a middle-section front-snap kick with the left foot. | 12.  | With the left foot fixed, execute a middle-section front-snap kick with the right foot. |



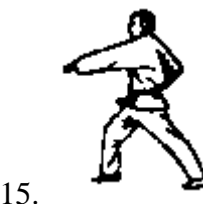
13.

Step down into a right forward stance while executing a middle-section straight punch with the left fist.



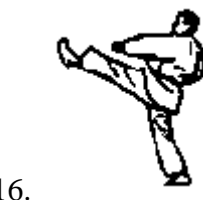
14.

Pivoting on the ball of the left foot, turn to the right (180°) by moving the right foot into a right forward stance while executing an outer block to the face with the right arm.



15.

Execute a middle-section straight punch with the left fist.



16.

With the right foot fixed, execute a middle-section front-snap kick with the left foot.



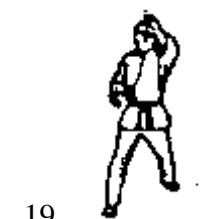
17.

Step down into a left forward stance while executing a middle-section punch with the right fist.



18.

Turn to the left (90°) by moving the left foot into an open stance crossing your arms under your chin. Lower your arms slowly in front of your body, then execute a low-section open block with both arms.



19.

With the left foot fixed, move the right foot forward into a right forward stance while executing a body twist knife-hand block with the left hand.



20.

With the right foot fixed, execute a middle-section roundhouse kick with the left foot. Ki-hap!



21.

Step down with the left foot. Pivoting on the ball of the right foot, turn to the right (270°) by moving the right foot into a right forward stance while executing a low-section block with the right arm.



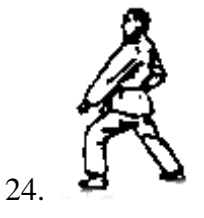
22.

Execute a middle-section front-snap kick with the left foot.



23.

Step down into a left back stance while executing an outer arm block with the right arm.



24.

Pivoting on the ball of the right foot, turn to the left (180°) by moving the left foot into a left forward stance while executing a low-section block with the left arm.



25.

Execute a middle-section front-snap kick with the right foot.



26.

Step back into a right back stance while executing an outer arm block with the left arm.



27.

Pivoting on the ball of the left foot, turn to the right (90°) into a right back stance while executing a double knife-hand block.



28.

Move the left foot back into a left back stance while executing a double knife-hand block.



29.

Step back with the right foot into a left forward stance while executing a middle-section palm block with the left hand.



30.

Remain in the same stance and execute a middle-section punch with the right fist.



31.

With the right foot fixed, step back with the left foot into a right forward stance while executing a middle-section palm block with the right hand.



32.

Remain in the same stance and execute a middle-section straight punch with the left fist.



33.

With the left foot fixed, move the right foot back and assume a ready stance.

Notes:

RED BELT

Basic blocks and strikes	Riding stance – Juchoom-sogi Middle punch – left & right (slow) Double punch, Triple Punch, Six punch			
Basic kicks (in addition to all kicks learned in previous belts)	RH (Middle, High, Edan, Double, Switch) Snap, Side, Push, Back Kicks		Step Spinning Hook Kick 360° RH (Slide back) Counter Round House Defensive Back Kick	
Exercise	Number	Time	Score	Comments
Plank		1:20		
Push ups	35 Toes			
Knuckle Push ups	15 Toes			
Sit ups (assisted)	30	1 minute		
Speed Kicks	125	1 minute		
Jump Lunge	15	1 minute		
Burpies	18			
Forms / Poomsae	Taeguk Seven (Chil Jang) Optional Palgwae Seven (Chil Jang)			

Sparring

Effective use of fighting distance attack / defense	Uses three kick combinations attack / defense
Effective use of the punch in attack & defense	Effective use of Double RH in attack
Effective use of punch / block in defense	Uses multiple Switch Kicks in defense
Effective use of Back Kick in attack	Develops fakes in defense
Effective use of Back Kick in Defense	Effective use of multiple kicks
Continues develop the use of the clinch	Effective use of the 360
Begins understanding match / ring management	Fitness is such can fight full rounds @ 100%

Breaking (4)















Back Elbow / Ridge Hand

Back Kick / Round House Kick

Has effectively taught the following:

- 10 Basic moves
- Basic stances (Joonbi, walking, long, back stances)
- Kicking and Punching Combinations White to Orange Belt
- Basic kicks - Round House, Push, Back kick
- Beginner fitness class

TAEGUEK CHIL JANG (SEVEN)

1.  Starting in the ready position...
2.  Turn to the left (90°) by moving the left foot into a left tiger stance while executing a palm block with the right hand.
3.  With the left foot fixed, execute a middle-section front-snap kick with the right foot.
4.  Step back into a left tiger stance while executing an inner arm block with the left arm.
5.  Turn to the right (180°) by moving the right foot into a right tiger stance while executing a palm block with the left hand.
6.  Execute a middle-section front-snap kick with the left foot.
7.  Step back into a right tiger stance while executing an inner arm block with the right arm.
8.  Turn to the left (90°) by moving the left foot into a right back stance while executing a low-section double knife-hand block.
9.  Step forward into a left back stance while executing a low-section double knife-hand block.
10.  Turn to the left (90°) by moving the left foot into a left tiger stance while executing a palm block with the right hand and moving the left fist under the right elbow.
11.  Remain in the same stance and execute a high-section back-fist strike with the right fist.
12.  Pivoting on the ball of the left foot, turn to the right (180°) by moving the right foot into a right tiger stance while executing a palm block with the left hand and moving the right fist under the left elbow.
13.  Remain in the same stance and execute a high-section back-fist strike with the left fist.
14.  Pivoting on the ball of the left foot, turn to the left (90°) into a close stance with the hands in a double low block to the sides. Raise the fists slowly to chin level at half arm's length in front of the body (count of nine).

15.



With the right foot fixed, step forward with the left foot into a left forward stance while simultaneously executing an outer arm block with the left arm and a low block with the right arm.

21.



Keeping the right foot fixed, step back with the left foot into a right forward stance while executing a low-section X block.

16.



Remaining in the same stance, execute an outer arm block with the right arm and a low block with the left arm.

22.



Pivoting on the ball of the left foot, turn to the right (180°) with the right foot into a right forward stance while executing an outer wedge block with both arms.

17.



With the left foot fixed, move the right foot into a right forward stance while simultaneously executing an outer arm block with the right arm and a low block with the left arm. Remaining in the same stance, execute an outer arm block with the left arm and a low block with the right arm.

23.



Execute a middle-section knee strike with the left knee.

18.



Pivoting on the ball of the right foot, turn left (270°) into a left forward stance while executing an outer wedge block using both arms.

24.



Jump forward into a left cross stance while executing a middle-section uppercut knuckle punch with both hands.

19.



Execute a middle-section knee strike with the right knee.

25.



Keeping the left foot fixed, step back with the right foot into a left forward stance while executing a low-section X block.

20.



Jump forward into a right cross stance while executing a middle-section uppercut knuckle punch with both hands.

26.



Pivoting on the ball of the right foot, turn to the left (90°) into a left walking stance while executing a high-section side back-fist strike with the left hand.

27.



Execute an inner crescent kick with the right foot to the left palm.

28.



Step down into a horse stance and execute an elbow strike to the left hand's palm with the right elbow.

32.



Keeping both feet fixed, execute a single knife-hand block with the left hand.

29.



Keeping the right foot fixed, slide the left foot back into a right walking stance while executing a high-section (side of the head) side back-fist strike with the right hand.

33.



With the left foot fixed, close the left hand into a fist (grabbing the opponent) and move the right foot in front (180°) into a horse stance while executing a middle-section side punch with the right fist. Ki-hap!

30.



Execute an inner crescent kick with the left foot to the right palm.

34.



Pivoting on the ball of the right foot, turn the body to the left and assume a ready stance.

31.



Step down into a horse stance while executing an elbow strike to the right hand's palm with the left elbow.

Notes:

PALGWAE CHIL JANG (SEVEN)



1.

Starting in a ready position...



2.

Move the left foot into a left forward stance while executing low blocks with both hands.



3.

With the left foot fixed, execute a high front snap kick with the right foot.



4.

Step down into a right forward stance while executing middle section blocks with both hands.



5.

With the right foot fixed, execute a front snap kick to the middle section with the left foot.



6.

Step down into a left forward stance while executing a high X block.



7.

Execute a middle section side kick with the right foot.



8.

Step down into a left back stance while executing a middle section double knife-hand block.



9.

Pivoting on the ball of the right foot, turn to the left (270°) by moving the left foot into a right back stance while executing an outward middle block with the left hand.



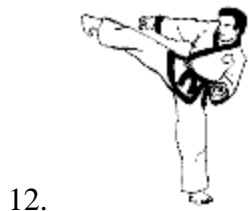
10.

With the right foot fixed, move the left foot into a left forward stance while executing a high section straight punch with the right fist.



11.

Staying in the same stance, execute a high block with the left arm.



Execute a middle section side kick with the right foot.

12.



Execute a middle section side kick with the left foot.

18.



Drop into a left back stance and execute a double knife-hand block to the low section.

13.



Step down into a right back stance while executing a double knife-hand block to the low section.

19.



Slide the right foot into a right forward stance while executing a middle section straight punch with the left fist.

14.



With the right foot fixed, move the left foot into a left forward stance while executing a middle section punch with the right fist.

20.



Pivoting on the ball of the left foot, turn to the right (180°) by moving the right foot into a left back stance while executing an outward middle block with the right arm.

15.



Pivoting on the ball of the right foot, turn to the left (90°) by moving the left foot into a left forward stance while executing a low X block.

21.



With the left foot fixed, move the right foot into a right forward stance while executing a high section straight punch with the left fist.

16.



Keeping your feet in the same stance, execute a high X block.

22.



Staying in the same stance, execute a high block with the right arm.

17.



Twisting your right hand as if to grab, pull it back toward your body and immediately execute a high section straight punch with the right fist. Kihap!

23.



24.

Pivoting on the balls of your foot, turn the body to the left (360°) as you shift into a horse stance while executing a low block.



28.

Slide right one step sideways while keeping the horse stance position. Execute a side block to the high section with the right hand and a side block to the low section with the left hand.



25.

With the right foot fixed, twist the upper body to the left and slide the left foot into a left forward stance while executing a high section outer knife-hand strike with the left hand.



29.

Slide sideways to the right once more. Shift your upper body into a right back stance while executing a middle section double knife-hand block.



26.

Pivoting on the ball of the left foot, turn to the left (90°) while executing a right inner crescent kick to the left palm.



30.

Keeping the right foot fixed, move the left foot into a left forward stance while executing a middle section punch with the right fist. Kihap!



27.

Drop the right foot into a horse stance while executing a right elbow strike.



31.

Bring the left foot back into a ready position.

BLACK STRIPE BELT

Basic blocks and strikes	Riding stance – Juchoom-sogi Middle punch – left & right (slow) Double punch Triple Punch Six punch			
Basic kicks	RH High section Switch Kick RH Edan Side kick	Spinning Hook Kick Jumping Back Kick		
Exercise	Number	Time	Score	Comments
Plank		1:30		
Push ups	40 Toes			
Knuckle Push ups	20 Toes			
Sit ups (assisted)	35	1 minute		
Speed Kicks	150	1 minute		
Jump Lunge	20	1 minute		
Burpies	18			
Forms / Poomse	Taeguk Eight (Pal Jang)			
	Palgwae Eight (Pal Jang)			
Breaking	Punch & Drop Kick Combo Ridge hand & Side Kick Combo Step or Standing Spinning Hook Kick			

Sparring Skills	
Effective use of fighting distance attack / defense	Uses three kick combinations attack / defense
Effective use of the punch in attack & defense	Effective use of Double RH in attack
Effective use of punch / block in defense	Effective use of multiple Switch Kicks in defense
Effective use of Back Kick in attack	Effective use of fakes in attack / defense
Effective use of Back Kick in Defense	Effective use of multiple kicks
Effective use of the clinch	Effective use of the 360
Effective match / ring management	Fitness is such can fight full rounds @ 100%

Write an essay (500 words)

















The meaning and importance of the Tenets of Taekwondo.
















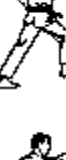


Meet all standards for the previous belt plus.....


Effectively teach the following:


- Intermediate fitness class
- Taeguk 1-5
- Advanced Stances (Horse Riding, Tiger)
- All Kicking Punching Combinations
- Advanced Kicks - Back Kick, 360 Round House, Spin hook Kick
- Basic sparring rules and commands


TAEGUEK PAL JANG (EIGHT)


1.  Starting in the ready position...
2.  Move the left foot one step forward into a right back stance while executing a double outer arm block.
3.  Slide the left foot into a left forward stance while executing a middle-section punch with the right fist.
4. No picture Execute a right leg knee attack to the front.
5.  Immediately execute a jumping front-snap kick with the left foot. Ki-hap!
6.  Land into a left forward stance while executing an inner arm block with the left forearm.
7.  Execute two rapid middle-section punches starting with the right fist.
8.  Then punch with your left fist.
9.  With the left foot fixed, step forward with the right foot into a right forward stance while executing a middle-section straight punch with the right fist.
10.  Pivoting on the ball of the right foot, turn to the left (180°) by moving the left foot in a circular manner to form a right forward stance. Simultaneously execute an outer arm block with the right forearm and a low block with the left forearm.
11.  Twist the body to the left to change the stance into a right forward stance while executing an uppercut punch with the right fist and bring the left fist to the right shoulder.
12.  Move the left foot behind the right foot and quickly twist the upper body to the right.
13.  Then step out with the right foot to form a left forward stance while simultaneously executing an outer arm block with the left arm and a low block with the right arm.
14.  Twist the body to the right to form a right forward stance while executing an uppercut punch with the left fist and bringing the right fist to the left shoulder.
15.  Pivoting on the ball of the left foot, turn to the left (180°) by moving the right foot into a right back stance while executing a middle-section double knife-hand block.
16.  Slide the left foot into a left forward stance while executing a middle-section punch with the right fist.
17.  Execute a middle-section front-snap kick with the right foot.


- | | | | | | |
|-----|---|---|-----|---|---|
| 18. |  | Drop the right foot back into its original position and step back with the left foot into a right tiger stance while executing a middle-section palm block with the right hand. | 27. |  | Pivoting on the ball of the left foot, turn to the right (90°) by moving the right foot into a left back stance while executing a low block with the right hand and protecting the solar plexus with the left fist. |
| 19. |  | Turn to the left (90°) by moving the left foot into a left tiger stance while executing a middle-section double knife-hand block. | 28. |  | Execute a middle-section front-snap kick with the left foot. |
| 20. |  | With the right foot fixed, execute a middle-section front-snap kick with the left foot. | 29. |  | Jump into the air and while both feet are off the floor, execute a high-section front kick with the right foot. Kihap! |
| 21. |  | Step down into a left forward stance while executing a middle-section punch with the right fist. | 30. |  | Land in a right forward stance while executing an inner arm block with the right arm. |
| 22. |  | Slide the left foot back into a left tiger stance while executing a middle-section palm block with the left hand. | 31. |  | Follow immediately with a middle-section punch with the left fist. Follow immediately with a middle-section punch with the right fist. |
| 23. |  | Turn to the right (180°) with the right foot into a right tiger stance while executing a double knife-hand block. | 32. |  | Pivoting on the ball of the right foot, turn to the left (270°) by moving the left foot into a right back stance while executing a middle-section knife-hand block with the left hand. |
| 24. |  | With the left foot fixed, execute a front-snap kick with the right foot. | 33. |  | With the right foot fixed, slide the left foot forward into a left forward stance while executing a high-section elbow strike with the right elbow. |
| 25. |  | Step down into a right forward stance while executing a middle-section straight punch with the left fist. | 34. |  | Remain in the same stance and execute a high-section back-fist strike with the right fist. |
| 26. |  | With the left foot fixed, slide the right foot back into a right tiger stance while executing a middle-section palm block with the right hand. | 35. |  | Follow immediately with a middle-section straight punch with the left fist. |

36.  With the left foot fixed, turn to the right (180°) by pulling the right foot back into a left back stance while executing a middle-section knife-hand block with the right hand.

37.  Slide the right foot forward into a right forward stance while executing a high-section elbow strike with the left elbow.

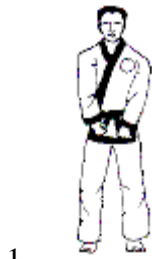
38.  Execute a high-section back-fist strike with the left fist.

39.  Follow immediately with a middle-section straight punch with the right fist.

40.  With the right foot fixed, move the left foot toward the right foot into a ready stance.

Notes:

PALGWAE PAL JANG (EIGHT)



1.

Starting in the ready position...



6.

Keeping the left foot in place, pull the right foot into a ease stance while you turn your upper body slightly to the right while executing a hammer fist with the right hand.



2.

Turn to the left (90°) by moving the left foot into a left forward stance while executing a low block with the left hand.



7.

With the right foot fixed, move the left foot into a left forward stance while executing a middle-section straight punch with the left fist.



3.

Keeping the right foot in place, pull the left foot back into an ease stance while you turn your upper body slightly to the left while executing a left hammer fist.



8.

Pivoting on the ball of the right foot, turn to the left (90°) by moving the left foot into a right back stance while executing a middle-section double knife-hand block.



4.

With the left foot fixed, move the right foot into a right forward stance while executing a middle-section straight punch with the right fist.



9.

With the left foot fixed, move the right foot into a right forward stance while executing a palm block with the left hand and a fingertip strike with the right hand.



5.

Pivoting on the ball of the left foot, turn to the right (180°) by moving the right foot into a right forward stance while executing a low block with the right hand.



10.

Keeping your feet in place, twist your upper body to the left...



11.

...and pull back your right hand to the right side of your body.



12.

Pivoting on the ball of the right foot, twist back (180°) and move the left foot into a right back stance while executing a back fist with the left hand



13.

With the left foot fixed, move the right foot into a right forward stance while executing a high-section straight punch with the right fist. Kihap!



14.

Pivoting on the ball of the right foot, turn to the left (270°) by moving the left foot into a right back stance. Bring the left fist to the left side of your body while the right arm comes across your chest.



15.

Execute an outer knife-hand strike with the left hand.



16.

With the right foot fixed, bring your left foot back into a horse stance while pulling your left hand toward your chest.



17.

With the right foot fixed, move the left foot slightly to the left, still keeping a horse stance, and execute a left elbow strike.



18.

With the right foot fixed, turn to the left (90°) by moving the left foot into a left forward stance while executing a middle-section outer block with the left arm.



19.

Keeping the same stance, execute a middle-section straight punch with the right fist.



20.

With the right foot fixed, turn to the right (90°) by sliding your left foot into a horse stance. Bring the left fist to the left side of your body while the right arm comes across your chest.



21.

With the left foot fixed, turn to the right (90°) by moving the right foot into a left back stance while executing an outer knife-hand strike with the right hand.



22.

With the left foot fixed, bring your right foot back into a horse stance while pulling your hand back toward your chest.



23.

With the left foot fixed, move the right foot slightly to the right, still keeping a horse stance, and execute a right elbow strike.



24.

Move the right foot into a right forward stance while executing an outward middle block with the right arm.



25.

Keeping the same stance, execute a middle-section punch with the left fist.



26.

Return to a horse stance by turning your body to the left (90°). Bring your right hand to the right side of your body while your left hand comes across your chest.



27.

Pivoting on your right foot, turn to the right (90°) and lift your left foot up to the knee-level of the right leg (crane stance).



28.

Simultaneously execute a side kick with the left foot and a punch with the left fist.



29.

Drop into a left forward stance and immediately execute a right elbow strike to the palm of the left hand.



30.

Turn the body to the right (90°) by pulling the right foot back into a horse stance. Bring your left hand to the left side of your body while your right arm comes across your chest.



31.

Lift your right foot up to the knee-level of your left leg (crane stance).



32.

Execute a middle-section side kick with your right foot as you punch with your right hand.



33.

Drop into a right forward stance and immediately execute a left elbow strike to the palm of your right hand.



34.

Move the left foot into a left forward stance while executing a middle-section spread block.

35.



...followed by a double upper punch to the ribs.

36.



Move the right foot into a right forward stance while executing a middle-section spread block.

37.



...followed by a double upper punch to the ribs.

38.



Step forward with the left foot into a right back stance while executing a middle-section inner knife-hand (ridge hand) with the left hand.

39.



Pivoting on the left foot, turn to the right (180°) into a horse stance while executing a right elbow strike. Kihap!

40.



Pivoting on the ball of the right foot, turn to the left (90°) and bring the left foot next to the right foot. At the chest level, cross your open hands together and slowly point them downward. At halfway to your navel level, snap your hands completely downward in a V shape.

41.



With the right foot fixed, move the left foot to the left until you are in a horse stance. Bring the upper arms in line with the shoulders--your fingertips barely touching, and your palms facing down.

42.



Slide to the right, still keeping the horse stance, and execute a left hand hook punch over the right shoulder and a backward right elbow strike.

43.



Slide to the left, still keeping the horse stance, and execute a right hand hook punch over the left shoulder and a backward left elbow strike. Kihap!

44.



Move your left foot back in and return to ready position..

1ST DAN BLACK BELT

Blocks and strikes	Riding stance – Juchoom-sogi Middle punch – left & right Triple Punch Six Punch Hammer fist / Knife hand / Ridge hand / Inside Block / Outside Block / Low Block / High Block		
Kicking demo	Snap / Drop / Push RH – middle & High Edan RH / Drop / Push Step back kick 360 RH	Inside Out Crescent Switch kick Cut Kick Jumping Back Step Spinning Hook	
Exercise	Number	Time	Score
Plank		2 minutes	
Push ups	50 Toes	1 minute	
Knuckle P/U	30 Toes		
Sit ups	45	1 minute	
Speed Kicks	200	1 minute	
Jump Lunge	25	1 minute	
Burpies	25		
Forms / Poomsae	All colour belt forms Koryo		
Self Defense	10 - 3 step sparring techniques		

Breaks	1 – speed break 3 – combination breaks 1 power break		
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Sparring

Effective use of fighting distance attack / defense	Uses three kick combinations attack / defense
Effective use of the punch in attack & defense	Effective use of Double RH in attack
Effective use of punch / block in defense	Effective use of multiple Switch Kicks in defense
Effective use of Back Kick in Attack	Effective use of fakes in attack / defense
Effective use of Back Kick in Defense	Effective use of multiple kicks
Effective use of the Clinch	Effective use of the 360 RH
Effective match / ring management	Fitness is such can fight 3 full rounds @ 100%

- Write an essay (500 words)
 - The role and responsibility of the Black Belt student in the life of the dojang.
- Has met the standards for all previous belts plus....
- *Effectively teach the following:*

Advanced / Competitive fitness class All colour belt forms All kicks	Intermediate Sparring techniques (kick combinations, movement and rules) Sparring rules and commands Sparring Judging
--	---

My Black Belt training notes

Topic	Notes
Self Defense	
Poomse	
Breaking	
Sparring	
Other	

ADDITIONAL BLACK BELT STANDARDS AND NOTES

2nd Dan Black Belt

Essay (500 words)

Open topic on the importance of Taekwondo in the community

Has effectively taught the following:

All of the above plus

All colour belt forms and Koryo

Advanced sparring techniques (Red belt and up)

Must accomplish the following:

Create and demonstrate an original Poomse

3rd Dan Black Belt

Essay (1000 words)

Open topic about Taekwondo.

Has effectively accomplished the following:

All of the above plus.....

Mentored lower ranked students for competitive and non-competitive practice

Create, teach and have demonstrated an original team Poomse

Notes: