

West Sussex Tae Kwon Do

10th Kup White Belt

PRACTICAL

- Name and grade
- (SS) Single Punch x10
- Front raising exercise - facing the angle x5 each side
- Press ups x10
- 4 Directional Punching - Numbers 1 and 2

LINE WORK

- (WS) Middle Block
- (WS) Single Punch (obverse)
- (WS) Low Block/ Reverse Punch
- (WS) Middle Block and Reverse Punch

THEORY

Meaning of White Belt

White belt signifies innocence, as that of a beginning student who has no knowledge of Tae Kwon Do

Tenets of Tae Kwon Do - (See your Student Licence for interpretations of the Tenets)

- Courtesy
- Integrity
- Perseverance
- Self Control
- Indomitable Spirit

What is Tae Kwon Do

Tae Kwon Do is an ancient form of unarmed combat, perfected in its present form in Korea by General Choi Hong Hi

- "Tae" - To jump kick or smash with the foot
- "Kwon" - To punch or destroy with the hand
- "Do" - Means the art or way

English/Korean terminology

- Instructor - Sabum
- Student - Jeja
- Suit - Dobok
- Belt - Ti
- Training Hall- Dojang
- Stance - Sogi
- Attention - Charyot
- Parallel Ready Stance - Narani Junbi Sogi
- Sitting Stance - Annun Sogi

- Walking Stance - Gunnun Sogi

General Terms

- Forefist Punch - Ap Joomuk Jirugi
- Foot Fist Art - Tae Kwon Do
- Inner Forearm - An Palmok
- Outer Forearm - Bakat Palmok
- Front Rising Kick - Apcha Olligi
- Four Directional Punching - Saju Jirugi
- Block - Makgi
- Low Outer Forearm Block - Najunde Bakat Palmok Makgi
- Middle Inner Forearm Block - Kaunde An Palmok Makgi
- Bow - Kyong Ye

Sections of the Body

- High - Nopunde
- Middle - Kaunde
- Low - Najunde

9th Kup Yellow Tag

PRACTICAL

- Name and grade
- (SS) Single Punch x10
- Press ups x20
- 4 Directional Punching - Numbers 1 and 2
- Chon-Ji

LINE WORK

- (LS) Middle Block
- (WS) Front Kick
- (WS) Low Block/Rising Block
- (LS) Knifehand Strike SHOUT

THEORY

Meaning of Yellow Belt

Yellow signifies Earth, from which a plant sprouts and takes root as the Tae Kwon Do foundation is being laid.

Interpretation of pattern

Chon-Ji

Chon-Ji (19) - Literally means Heaven and Earth. In the orient it is interpreted as the creation of the world and the beginning of human history, therefore it is the initial pattern performed by the beginner. The pattern consists of two similar parts, one to represent heaven, the other earth

English/Korean terminology

Stances

- L Stance - Niunja Sogi

Parts of Body

- Ball of Foot - Ap Kumchi
- Footsword - Balkal
- Head - Mori
- Backfist - Dung Joomuk
- Knifehand - Sonkal

General Terms

- Double Punch - Ibo Jirugi
- Obverse Punch - Baro Jirugi
- Reverse Punch - Bandae Jirugi
- Forearm - Palmok
- Outward - Bakaero

- Inward - Anaero
- Rising Block - Chookyo Makgi
- Forearm Guarding Block - Palmok Daebi Makgi
- Knifehand Strike - Sonkal Taerigi
- Front Kick - Ap Chagi
- Side Kick - Yop Chagi
- Turning Kick - Dollyo Chagi
- Three Step Sparring - Sambo Matsoki
- Left - Wen
- Right - Orun
- Pattern - Tul
- Press Up - Momtong Bachia
- One - Hanna
- Two - Doo
- Three - Set
- Four - Net
- Five - Dasaul
- Six - Yasaul
- Seven - Ilgop
- Eight - Yodoll
- Nine - Ahop
- Ten - Yoll

8th Kup Yellow Belt

PRACTICAL

- Name and grade
- (SS) Double Punch x10
- Three Step Sparring - Numbers 1-4
- Chon-Ji
- Dan-Gun

LINE WORK

- (LS) Middle Section Outer Forearm Block
- (LS) Forearm Guarding Block
- (LS) Twin Forearm Block
- (WS) Front Kick/Double Punch
- (LS) Knifehand Guarding Block
- (LS) Turning Kick - Ball of Foot
- (LS) Inward Block/Downward Backfist Strike
- (WS) Backfist Side Strike SHOUT

THEORY

Interpretation of pattern

Dan-Gun

Dan-Gun (21) - Named after the Holy Dan Gun, the legendary founder of Korea in the year 2333 BC.

English/Korean terminology

Parts of Body

- Palmheel - Sonbadak
- Knifehand - Sonkal
- Backfist - Dung Joomuk

General Terms

- High Section Forefist Punch - Nopunde Ap Joomuk Jirugi
- Middle Section Outward Knifehand Strike - Kaunde Bakaero Sonkal Taerigi
- Knifehand Guarding Block - Sonkal Daebi Makgi
- Twin Forearm Block - Sang Palmok Makgi
- Inward Outer Forearm Block - Anaero Bakat Palmok Makgi
- Downward Backfist Strike - Naeryo Dung Joomuk Taerigi
- Semi Free Sparring - Ban Jayoo Matsoki

7th Kup Green Tag

PRACTICAL

- Name and grade
- Three Step Sparring - Numbers 5-7
- Chon-Ji
- Dan-Gun
- Do-San

LINE WORK

- (LS) Inward Palmheel Block
- (WS) Wedging Block
- (LS) Middle Section Knifehand Block
- (WS) Straight Fingertip Thrust
- Front Kick
- Side Kick
- Turning Kick
- Reverse Side Kick

THEORY

Meaning of Green Belt

Green Belt signifies the plants growth as the Tae Kwon Do skills begin to develop.

Interpretation of pattern

Do-San

Do-San (24) - Is the pseudonym of the patriot An Ch'ang Ho (1876-1938), who devoted his entire life to furthering the Education of Korea and its Independent movement

English/Korean terminology

Parts of Body

- Foot Sword - Balkal
- Ball of Foot - Ap Kumchi
- Heel - Dwit Kumchi
- Reverse Knifehand - Sonkal Dung
- Fingertips - Sonkut

Stances

- Verticle Stance - Soojik Sogi

General Terms

- Straight - Son
- Thrust - Tulgi
- Wedging Block - Hechyo Makgi
- Inward Palmheel Block - Anaero Sonbadak Makgi

- Wrist Release - Jappyosol Tae
- Straight Fingertip Thrust - Son Sonkut Tulgi
- High Backfist Side Strike - Nopunde Dung Joomuk Taerigi
- Waist Block - Hori Makgi
- Downward Block - Naeryo Makgi
- Back Kick - Dwit Chagi
- Shout - Kihap
- Begin - Si Jak
- Free Sparring - Jayoo Matsoki

6th Kup Green Belt

PRACTICAL

- Full safety equipment on
- Name and Grade
- Free Sparring
- Semi Free Sparring - Basic
- 3 Step Sparring - Numbers 8-10
- Dan-Gun
- Do-San
- Whon-Yo

LINE WORK

- B - (WS) Low X Block / Twin Vertical Punch
- F - (WS) Circular Block
- B - (LS) Upward Palmheel Block
- F - (FIXED) Side Punch
- B - (TURN) Front / Turning Kick
- F - (TURN) Side / Back Kick
- B - (TURN) Side / Turning Kick
- F - (TURN) Turning / Back Kick

THEORY

Interpretation of Pattern (Tul)

Whon-Yo (28) - was the noted Monk who introduced Buddhism to the Silla Dynasty in the year 686AD.

Note: The 38° Latitude is the dividing line between North and South Korea.

English / Korean Terminology

Stances

- Closed Ready Stance "A" - Moa Junbi Sogi A
- Bending Ready Stance - Goburyo Sogi
- Fixed Stance - Gojung Sogi
- Low Stance - Nachuo Sogi

Parts of the Body

- Back Heel - Dwit Chook
- Knee - Moorup

General Terms

- 2 Step Sparring - Ibo Matsoki
- Circular Block - Dollymio Makgi
- Waist Block - Hori Makgi
- "X" Block - Kyocha Makgi
- Upward Palmheel Block - Oillyo Sonbadak Makgi

- Side Punch - Yop Jirugi
- Twin Fist Vertical Punch - Sang Joomuk Sewo Jirugi
- Twin Upset Punch - Sang Joomuk Dwijibo Jirugi
- High Inward Knifehand Strike - Nopunde anaero Sonkal Taerigi
- High Flat Fingertip Thrust - Nopunde Opun Sonkut Tulgi
- Knee Kick - Moorup Chagi
- Return to Ready Stance - Barrol
- Break (in Sparring) - Hechyo

5th Kup Blue Tag

PRACTICAL

- Name and Grade
- Semi Free Sparring - Intermediate
- Free Sparring
- Move out and take gear off
- 2 Step Sparring - Numbers 1-4
- Examiner's Choice Pattern
- Student's Choice Pattern
- Yul-Gok

LINE WORK

- B - (LS) Twin Knifehand Block
- F - (WS) Hooking Block Obverse / Reverse / Obverse Punch
- B - (LS) Inward Block / (WS) Reverse Knifehand Strike
- F - (LS) Twin Forearm Block / Inward Knifehand Strike / (FIXED) Side Punch
- B - (LS) Inward Waist Block (Double Step) Knifehand Guarding Block
- F - (LS) Side Kick / Downward Backfist Strike
- B - (TURN) Turning / Back Kick
- F - (TURN) Axe Kick/ Reverse Punch SHOUT

THEORY

Meaning of Blue Belt

Blue Belt signifies the Heaven towards which the plant matures into a towering tree as training in Tae Kwon Do Progresses.

Interpretation of Pattern (Tul)

Yul-Gok (38) - Is the pseudonym of the great sixteenth Century Philosopher and Scholar - Yi I (1536-1584AD), nicknamed the Confucius of Korea. The 38 movements of the pattern refer to his Birthplace on the 38° Latitude, and the diagram of the Pattern represent Scholar.

Note: The 38° Latitude is the dividing line between North and South Korea.

English / Korean Terminology

Stances

- 'X' Stance - Kyocha Sogi

Parts of the Body

- Elbow - Palkup

General Terms

- Jumping - Twigi
- 1 Step Sparring - Ilbo Matsoki
- Palmheel Waist Block - Sonbadak Hori Makgi

- Hooking Block - Golcho Makgi
- Twin Knifehand Block - Sang sonkal Makgi
- Double Forearm Block - Doo Palmok Makgi
- Inner Forearm Inward Waist Block - An Palmok Anaero Hori Makgi
- Twin Straight Forearm Block - Sang Sun Palmok Makgi
- Checking Block - Momchau Makgi
- Front Elbow Strike - Ap Palkup Taerigi
- Axe (Downward) Kick - Naeryo Chagi
- Hooking Kick - Golcha Chagi
- Reverse Turning Kick - Bandae Dollyo Chagi
- Palmheel Strike - Sonbadak Taerigi
- Arc Hand Strike - Bandalson Taerigi
- Reverse Knifehand Strike - Sonkal Dung Taerigi
- Sidedist Side Strike - Yop Joomuk Yop Taerigi

4th Kup Blue Belt

PRACTICAL

- Name and Grade
- Semi Free Sparring - Advanced
- Free Sparring
- Move out and take gear off
- 2 Step Sparring - Numbera 5-8
- Examiner's Choice Pattern
- Student's Choice Pattern
- Choong-Gun

LINE WORK

- B - U-Shaped Block (Fixed Stance)
- F - Reverse Knifehand Block / Low Front Snap Kick / Upward Palmheel Block (Rear Foot Stance)
- B - Knifehand Guarding Block (LS) / Upward Elbow Strike (WS)
- F - Twin Upset Punch (WS)
- B - Forearm Guarding Block (LS) / Pressing Block (Low Stance)
- F - Side Kick/ Turning Kick / Reverse Punch / Forearm Guarding Block
- B - High Double Forearm Block (WS)
- F - Turning Kick / Reverse Turning Kick / Forearm Guarding Block

Pad Work - Basic

THEORY

Interpretation of Pattern (Tul)

Choong Gun (32) - is named after the patriot An Joong-Gun who Assassinated Hiro Bumi Ito, the first Japanese Governor General of Korea, known as the man who played the leading role in the Korea/ Japan merger. The 32 movements of this Pattern are to represent Mr An's age when he was Executed in Lui-Shung prison (1910).

English / Korean Terminology

Stances

- Closed Ready Stance 'B' - Moa Junbi Sogi
- Rear Foot Stance - Dwit Bal Sogi

Parts of the Body

- Arc Hand - Bandal Son

General Terms

- Rising 'X' Block - Kyocha Joomuk Chookyo Makgi
- Pressing Block - Noollo Makgi
- U-Shaped Block - Digutja Makgi
- Scooping Block - Duro Makgi
- Reverse Knifehand Block - Sonkal Dung Makgi
- Low Front Snap Kick - Najunde Apcha Busigi

- Side Piercing Kick - Yop Chajirugi
- Upper Elbow Strike - Wi Palkup Taerigi
- Twin Upset Punch - Sang Joomuk Dwijibo Jirugi
- Turning Punch - Dollyo Jirugi
- Wrist Release - Jappyosol Tae
- Grab - Japki