



BLACK BELT AWARD SCHEME

Bronze Award

Syllabus

Line work

Patterns notes

SYLLABUS

PATTERNS:

Kwang Gae

Po Eun

Ge Baek

Four coloured belt patterns chosen at random

LINE WORK:

Nine items of black belt line work. See next page.

Four items of line work from the coloured belt syllabus.

Four technical kicking combinations from the coloured belt syllabus.

BOARD BREAK:

Foot technique of choice (F. min. blue. M. min brown).

Hand technique of choice (F. min. green. M. min blue).

APPLIED TECHNIQUE:

8 rounds of 90s sparring / 8 rounds of 90s pad work (over 35s)

1 step self-defence with double counter attacks.

TEACH:

Teach a class from one of the topics listed.

THEORY:

Complete the 1st dan pattern theory exam (Pass mark 70%).

Line work is conducted using Korean terminology

BE A ROLE MODEL: BLACK BELTS ARE EXPECTED TO...

Be punctual.

Be dressed correctly for class.

Wear full dobok regularly (once a fortnight minimum).

Follow the club rules and exhibit the tenets of Taekwon-Do.

Be involved beyond training. (gradings, boot camps etc).

Look out for lower grade students who are struggling.

LINE WORK

Dwit bal so son-kal napundae daebi makgi, gunnan so dwijibo jirugi.

Rear foot stance knife hand high guarding block, walking stance upset punch.

Gunnan so sonbadak ollyo makgi, moa so yop-joomuk naeryo taerigi.

Walking stance palm upward block (slow motion), close stance side fist downward strike (normal motion)

Gunnan so doo-palmok kaunde yop makgi, palmok najundae bandae makgi, noolo chagi - yop cha jirugi.

Walking stance double forearm middle side block, (shift to) forearm low reverse block, pressing kick - side piercing kick (consecutive kick) off the rear leg. (Land in next doo palmok yop magki)

Ninja so digutja japgi, gunnan so sonbadak noolo makgi.

L-stance U-shape grasp, walking stance palm pressing block.

Annun so an-palmok kaunde hetcho makgi, kyocha so najundae ap makgi, annun so soopyong jirugi.

Sitting stance inner forearm middle wedging block, X-stance low front block (moving rear foot, blocking with front hand, reaction hand coming to the side fist), sitting stance horizontal punch (moving same foot back).

Annun so dwit palkup tulgi, napundae bituro chagi.

Sitting stance rear elbow thrust, high twisting kick (using lead leg, place the foot before stepping forward into the next rear elbow thrust).

Najundae bituro chagi, gunnan so doo bandalson makgi.

Low twisting kick, walking stance double arc hand block.

Napundae dollyo chagi - twimyo yop cha jirugi, annun so gutja makgi.

High turning kick - flying side piercing kick, sitting stance nine-shape block.

Annun so dung-joomuk ap taerigi, dung-joomuk yop-dwit taerigi, gjokja jirugi.

Sitting stance back fist front strike, back fist side back strike (same hand as performed the front strike), angle punch (opposite hand).

KWANG-GAE is named after the famous Kwang-Gae-Toh-Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 A. D., the year he came to the throne.

Ready posture = Parallel stance and heaven hand. Narani so hannulson.

Move 1: Bring the left foot to the right foot forming close stance B, bringing both hands in a circular motion.

Move 2&3: Walking stance upset punch. Gunnan so dwijibun jirugi.

- Performed in slow motion
- Performed in a circular motion
- Elbow 5 cm from the body
- Fist slightly higher than the elbow
- SP - Back fists face upwards

Moves 4&6: Double stepping walking stance palm high hooking block.

Moves 8&9: Rear foot stance knife hand high guarding block.

Moves 10&11: Walking stance palm upward block, performed in slow motion.

Move 12: Close stance knife hand low front block. Moa so sonkal najunde ap makgi.

- Hitting the left palm.
- Performed in a circular motion
- Body is full facing
- Reaches the centre line

Moves 13&14, 17&18: Consecutive kick = when two kicks are executed in succession by the same foot in different directions and/or with different tools.

Pressing kick. Noolo chagi.

- Break the knee joint or shin bones
- Stationary knee locks at moment of impact
- Tool is the foot sword

Moves 16&20: Close stance side fist downward strike. Moa so yop joomuk naeryo taerigi.

- Level with the shoulders
- Arm straight
- SP - Crossed in front of the chest, back fists face upwards, striking hand underneath

Moves 21&22: Low stance palm pressing block. Nachuo so sonbadak noolo makgi.

- Performed in slow motion

Moves 24&28: Double forearm middle side block.

Moves 25&29: Forearm low reverse block, shifting, keep position of the other hand as it was in moves 24&28.

Moves 26&30: Low stance flat fingertip thrust. Nachuo so open sunkut tulgi.

- Performed in slow motion

PO-EUN is the pseudonym of a loyal subject Chong Mong-Chu (1400) who was a famous poet and whose poem "I would not serve a second master though I might be crucified a hundred times" is known to every Korean. He was also a pioneer in the field of physics. The diagram represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.

Ready stance - Parallel stance heaven hand. Narani so hannulson

Moves 3&21: Pressing Kick. Noolo chagi.

- Break the knee joint of shin bone
- Attacking tool is the foot sword
- Stationary leg is locked on impact

Moves 5&23: Angle Punch. Giokja Jirugi.

- Reaches opposite chest at moment of impact

Moves 6&7, 24&25: Fore fist pressing block and inner forearm side front block. Ap joomuk noolo jirugi ap palkup yop ap makgi .

Fore fist pressing block:

- Against low attack
- Instep is the main target, also inner ankle
- Used with an inner forearm side front block in sitting stance
- Side fist comes to the shoulder when performed in walking stance

Inner forearm side front block:

- Middle finger forms a straight line with the shoulder.
- 80 degree bend in the elbow.

Moves 8&26: Inner forearm middle wedging block. An palmok kaunde hecho makgi

Moves 9&11, 27&29: Back elbow thrust. Dwit palkup tulgi.

- Opponent approaching from the rear
- Strengthened by opposite finger belly
- Elbow slightly higher than the fist
- Back fist faces downward

Moves 12&30: Horizontal punch. Soopyong Jirugi.

- Attacks two targets
- When right arm is extended it is a right horizontal punch
- Other arm bent at 90 degrees
- Forearms are parallel and horizontal

Moves 13, 17, 31&35: Outer forearm low front block. Bakat palmok najunde ap makgi

- Full facing
- Centre line
- Finger belly to the under forearm (13&31)
- Finger belly to the side fist (17&35)

Moves 14&32: U shape grasp. Digutcha japggi

- Principle same as U shape block
- Grasp and twist weapon immediately after the block

Moves 15&33: Twin elbow horizontal thrust. Sang palkup soopyong tulgi

- Elbow horizontal with the shoulder
- Back fists face upwards
- Two opponents

Moves 16&34: Back fist side back strike, extending the arm to the side downwards.

Moves 18&36: Reverse knife hand low guarding block. Sonkal dung najunde daebi makgi.

- Performed in either a circular motion or a straight line. (Straight line in Po Eun)
- Reverse knife hands are parallel
- 3cm between knife hand and lower abdomen
- Forearm parallel to the thigh
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GE-BAEK is named after Ge-Baek, a great general in the Baek Je Dynasty (660 AD). The diagram represents his severe and strict military discipline.

X knife hand checking block. *Kyocha sonkal momchau makgi.*

- Defends against turning kick, reverse turning kick or hand attack to the solar plexus and above
- Crossed point is slightly higher than the elbows

Twisting kick. *Bituro chagi.*

- Attacking tool reaches the target in an outward curve
- In low and middle twisting kicks the tool is vertical to the target at the moment of impact
- Low twisting kicks are aimed forwards and target the inner thigh (as in Ge Baek)
- Middle twisting kicks are aimed to the side front and target the solar plexus
- High twisting kicks are aimed to the side rear and target the **face**

Double arc hand block. *Doo bandalson makgi.*

- Middle defends against attacks to the chest
- High defends against attack to the face
- Half facing

Scooping block. *Duro makgi*

- Puts opponent in vulnerable position by holding the foot
- Use a large circular motion
- Counter attack to mid section immediately after scooping

Back fist front strike. *Dung joomuk ap taerigi*

- Full facing
- Reaches the centre line
- Eye height
- Other back fist comes under the elbow
- Philtrum in the primary target

Nine shape block. *Gutja makgi*

- Used to break the elbow, wrist or ankle
- Can also block simultaneous hand and foot attacks
- If right hand is lower it is a right nine shape block

Moves 22&23: Middle turning kick and flying side kick in fast motion

Move 33: Move the left foot to A about a half shoulder width while executing a middle turning kick to C with the right foot.

Middle knuckle fist middle punch. *Joonji joomuk kaunde jirugi*

- Requires maximum snap and sharp twist of the fist
- Reaches solar plexus in an uppercut motion with the back fist facing down
- Opposite fist comes to the shoulder unless the fist is vertical to the target (i.e. Choi Yong)

TEACHING

Choose from the following themes:

Counter attacks.

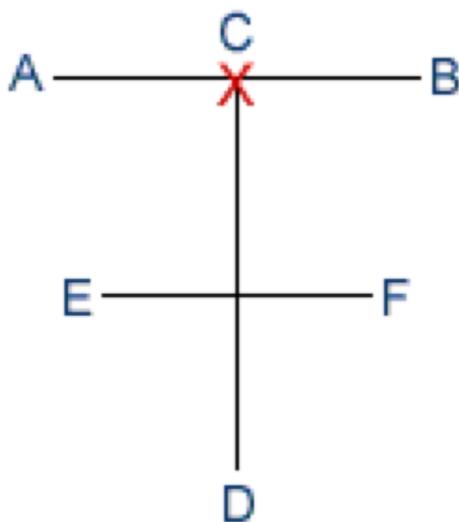
Perseverance.

Yop Chagi.

Spin to win.

PATTERN DIAGRAMS

KWANG GAE



GE BAEK



PO EUN

