



GREEN BELT TO RED STRIPE

Taekwon-Do Intermediates

Syllabus

Theory

Patterns notes

Beyond Green Belt...

Congratulations on your promotion to green belt. As always, each grading will be slightly harder than the one before. To prepare, please consider the following:

Sparring Kit

You will now take part in sparring drills and free sparring during gradings. You will need gloves, foot pads, shin pads, a head guard, gumshield and a groin guard (m)

HINT - Sparring during gradings isn't about winning or losing. It's about displaying skills, perseverance and control. Striking at an intensity that is too much for your partner, isn't sparring: it's bullying.

Korean Terminology

Linework in the intermediate and advanced gradings is called using Korean terminology. This is a big step up from previous gradings where the English terms have been used. Use flashcards to help you learn and have a family member test you.

Basics

It is important to always go over your basics. A green belt may still be required to perform yellow belt techniques on a grading. A blue belt may still be asked to perform white belt techniques.

Green Belt to Blue Stripe

LINEWORK

L stance twin forearm block, knife hand inward high strike

Niunja so sang palmok makgi, sonkal anuro napunde taerigi

During the inward strike, bring the opposite side fist to the shoulder and aim to 45°.

The fingertips of the attacking hand should reach eye height.

Between techniques bend the knees but do not move the feet.

Low front snap kick, walking stance reverse punch

Najunde ap cha busigi, gunnan so bandae jirugi

Hooking kick - jumping turning kick

Golcho chagi, twigi dollyio chagi

Performed from L stance guarding block. Without stepping, use the front leg to perform the hooking kick. Use the back heel.

Keep the kicking foot off the ground for a moment and jump, pivoting the hips, as you perform the jumping turning kick with the opposite leg. Use ball of the foot.

Bending ready stance, side piercing kick, L stance knife hand guarding block

Guburyo so, yop cha jirugi, niunja so sonkal daebi makgi

Perform a guarding block as you would normally, but bring the kicking foot to the knee of the standing leg whilst bending the standing leg.

Time the hands to finish at the same time as the feet.

Hold your kick for a moment to show good balance and strength.

Perform use a down-up-down motion before landing in the L stance knife hand guarding block.

Slow-motion side piercing kick

Chonchonhi yop cha jirugi

HINT - Ensure the arms, legs and breath all finish at the same time.

Jumping side piercing kick

Twiggi yop cha jirugi

Jump for height rather than distance. Show balance by landing on one leg before returning to an L stance guarding block. Use the foot sword and punch as you kick.

Walking stance circular block

Gunnan so dollymio makgi

SP = Hands knuckles up, at shoulder height.

As you dip the rear knee towards the floor, swing the blocking hand under the reaction hand, crossing with the knuckles facing up.

Finish as if performing an inner forearm middle block.

Turn the body half facing by pushing the opposite shoulder forward.

Back piercing kick - side piercing kick

Dwit cha jirugi, yop cha jirugi

Use the rear leg to perform the back piercing kick. Use a low chamber with the knee angled downwards.

HINT - Make sure you are looking over your shoulder so you can see the target. Angle to foot downwards so the toes are lower than the heel.

When you chamber for the second kick, lift the knee and change your body posture to side facing.

Green Belt to Blue Stripe

THEORY

What does Won Hyo mean?

Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686AD.

How many moves are in Won Hyo?

28

Describe fixed stance.

Fixed stance is longer than L stance by the width of a foot. It is 1.5 shoulder widths long measured from the toes to the reverse foot sword. The weight distribution is 50% on each leg.

What is a circular block used for?

This technique is to block a combination of hand and foot attack. Alternatively, it can be used to scoop a foot attack from the front.

HINT - put this into your own words and choose example attacks that could be defended against.

Name 5 blocks in Korean.

Use these booklets to choose 5 blocks.

What height are the SPKs in Won Hyo?

Use the patterns notes to find the answer.

Is circular block half facing or full facing?

Use the linework notes to find the answer.

WON HYO

Ready posture: Close Stance A (Moa Sogi A)

HINT - Feet together. Wrap the left hand over the right. The hands should be in line with theiltrum and should be 30cm from the face.

1. Turn 90° left. Right L stance. Twin forearm block.
2. Remain in the same stance. Knife hand high inward strike.
3. Slip the left leg in slightly, then back out to form a left fixed stance middle punch.
HINT - Do no pull the foot in too far. The feet should not meet.
4. Bring the left foot to the right foot, then repeat the first three techniques to the right. (4,5,6)
7. Bring the right foot to the left, then lift the left leg into a right bending ready stance facing the front.
8. Middle side piercing kick to the front. **HINT** - Middle = shoulder height.
9. Land in a right L stance knife hand guarding block.
10. Step forward. Left L stance. Knife hand guarding block.
11. Step forward. Right L stance. Knife hand guarding block.
12. Step forward. Right walking stance. Straight finger tip thrust.
13. Pivot 270° and perform the first three techniques again. (13,14,15)
16. Bring the left foot to the right foot, and perform the first three techniques to the right. (16,17,18)
19. Bring the right foot to the left. Step forward (towards the back) with the left leg. Left walking stance. Circular block.
20. Right low front snap kick. **HINT**- Same heigh as your belt.
21. Right walking stance. Left middle punch. **HINT** - timing!
22. Remain in the same stance. Circular block.
23. Left low front snap kick.
24. Left walking stance. Right middle punch.
25. Lift the right leg into a left bending ready stance.
26. Right middle side piercing kick.
27. Lower the foot 1 shoulder width in front, then pivot 270° to a right L stance, forearm guarding block.
28. Bring the left foot to the right foot. Then left L stance, forearm guarding block.

Blue Stripe to Blue Belt

LINEWORK

Walking stance palm hooking block, reverse palm hooking block, obverse punch

Gunnan so sonbadak golcho makgi, bandae sonbadak golcho makgi, baro jirugi

SP = back to back, blocking hand on top. All three techniques are shoulder height. Perform the first hooking block as normal, then the next two moves are in connecting motion which means they share one 'sine wave' and one breath. The hooking blocks are half facing and the arm is bent 25°.

Bending ready stance, side piercing kick, walking stance front elbow strike

Guburyo so, yop cha jirugi, gunnan so ap palkup taerigi

HINT - Be sure to land in a correct walking stance.

After kicking with the right, use the left elbow and vice versa.

L stance twin knife hand block

Niunja so san sonkal makgi

This starts the same as a twin forearm block. As the hands approach the end of the movement, open them to form knife hands.

HINT - The fingertips of the front hand should be shoulder height. The knife hand of the rising block should be on the centre line.

Walking stance double forearm high side block

Gunnan so doo palmok napunde yop makgi

This block is half facing and is performed to the high section in the coloured belt patterns. Bring the knuckle of the little finger to the elbow of the blocking arm.

Downward kick

Naeryo chagi

Performed from niunja so palmok daebi magki. This kick travels upwards in a slight arc but vertically down from the apex of the kick.

Use the back heel during line work and the sole of the foot in sparring.

Reverse turning kick

Bandae dollyo chagi

Keep the kicking leg straight until the kick is complete. Hold the kick for a moment before retracting the leg to a side piercing kick chamber.

Use the back heel, though in sparring you can point the foot.

Jumping back piercing kick

Twigwi dwit cha jirugi

HINT - Jump upwards not forwards. You shouldn't land any further forward than would during a regular front snap kick.

Slow motion double side piercing kick

Chonchonhi yop cha jirugi

Fully reamber between kicks to avoid your side piercing kick looking like a turning kick. Use the foot sword and punch while kicking.

Blue Stripe to Blue Belt

THEORY

Yul-Gok.

Yul-Gok is the pseudonym of a great philosopher and scholar Yi I (1536-1584) nicknamed the 'Confucius of Korea'. The 38 movements of this pattern refer to his birthplace on 38° latitude and the diagram represents 'scholar'.

How many moves are in Yul-Gok?

38

What is connecting motion?

Yon Gyo Tongjak. Two techniques using opposite arms share one breath and one sine wave.

What is a palm hooking block used for?

This is used to block the back forearm in the case of a punch or the outer tibia in the case of a side piercing kick.

What does blue belt signify?

Blue signifies heaven, toward which the plant matures into a towering tree as training in taekwon-do progresses.

What height are the FSKs in Yul Gok?

Use the patterns notes to find out.

Yul Gok

Ready posture: Parallel ready stance (Narani jumbi so)

1. In slow motion, move the left foot out into a sitting stance and measure for a left middle punch.
HINT - measure to the shoulder line.
- 2 and 3. Perform two punches in fast motion. Right then left.
- 4, 5 and 6. Bring the left foot to the right, then move the right foot out and repeat moves 1-3 on the opposite side.
7. Move the right foot forwards to 45°. Right walking stance. Right inner forearm middle block.
8. Left low front snap kick.
- 9 and 10. Land in a left walking stance. Perform two punches in fast motion. Left then right.
- 11, 12, 13, 14. Move the left leg to 45° on the left to form a left walking stance. Repeat moves 7-10 on the other side.
15. Move the right leg towards the front. Right walking stance. Right palm hooking block.
- 16 and 17. Remain in the same stance. Perform a reverse palm hooking block and an obverse punch in connecting motion. **HINT** - exaggerate the difference between half facing and full facing.
- 18, 19, 20. Step forward and repeat moves 15-17.
21. Step forward. Right walking stance. Right middle punch.
22. Lift the left leg into a right bending ready stance.
23. Left middle side piercing kick.
24. Land in a left walking stance. Right front elbow strike.
- 25, 26 and 27. Pivot to face the back. Lift the right foot into a left bending ready stance and repeat moves 22-24 facing the back.
28. Move the left foot to the left. Right L stance. Twin knife hand block.
29. Step forward. Right walking stance. Straight fingertip thrust.
- 30 and 31. Turn 180° to the right. Left L stance. Repeat moves 28 and 29.
32. Move the left foot towards the back. Left walking stance. Left outer forearm high side block.
33. Remain in the same stance. Right middle punch.
- 34 and 35. Step forward into a right walking stance. Repeat moves 32 and 33.
36. Jump forward into a left X-stance. Left back fist high side strike.
37. Pivot 270°. Right walking stance. Double forearm high side block.
38. Move the right foot to the left foot, then step out to the opposite side. Left walking stance. Double forearm high side block.

Blue Belt to Red Stripe

LINWORK

L stance reverse knife hand middle block, side front snap kick, rear foot stance palm upward block

Ninuja so sonkal dung kaunde makgi, yobap cha busigi, dwit bal so sonbadak ollyo makgi

The middle block is performed the same as an inner forearm middle block.

Open the blocking hand to form a reverse knife hand before the moment of impact.

The fingertips should be shoulder height.

This kick is performed the same as a front snap kick but the standing foot points to the side.

HINT - Keep the hands in the middle block while kicking.

Rear foot stance is 1 shoulder width long from the front toes to the rear foot sword. Almost all the body weight is on the rear foot. (90%-10%).

If the weight is on the right foot, it is a right rear foot stance.

Palm upward block starts with the palms facing down. The palm reaches the target in a circular motion.

L stance knife hand guarding block, walking stance upward elbow strike

Niunja so sonkal daebi makgi, gunnan so wi palkup taerigi

Use the front hand of the guarding block to aim before performing the elbow strike.

Ensure both the L stance and walking stance are correct.

L stance back fist strike. Break release.

Walking stance reverse high punch

Niunja so dung joomuk taerigi, jap yul sul tae, gunnan so bandae napunde jirugi

After the back fist strike, pull the arm downwards so the back fist faces the ground. Lengthening the stance at the same time and turn the back foot to point forward.

As you punch, lower the back heel to the ground.

Fixed stance U shape block

Gojung so digutcha makgi

This block is used to defend against a staff or pole. Keep both hands in a vertical line with the front foot.

The lower elbow should be flush with the hip.

The blocking tool is the reverse knife hand. You will need to angle the wrists so the reverse knife hand faces forwards.

Turning kick, reverse turning kick

Dollyio chagi, bandae dollyio chagi

Perform the turning kick using the front leg, place the foot back down, then perform the reverse turning kick with the rear leg.

Hold the reverse turning kick for a moment before pulling the knee back into a side piercing kick chamber.

Side piercing kick, front snap kick, hooking kick

Yop cha jirugi, ap cha busigi, golcho chagi

Think about the standing foot during this combination. It needs to point to the rear for the side piercing kick, to the front for the front snap kick, then to the side for the hooking kick.

You need to punch with the side piercing kick and maintain a guard for the other two kicks.

Use the foot sword, the ball of the foot, then the rear heel.

Side piercing kick, jumping side piercing kick

Yop cha jirugi, twigi yop cha jirugi

This combination is performed with the same leg.

After the first kick, maintain the chamber position before jumping for the second kick. Don't put the foot down between kicks.

Front snap kick - using different tools

Ap cha busigi

During this grading, we would like to see you use the following kicking tools:

Ball of the foot - *Ap kumchi*

Instep - *Baldung*

Knee - *Moorup*

Blue Belt to Red Stripe

THEORY

Jhoon Gun

Joong-Gun is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger.

How many moves are in Jhoon-Gun?

There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed in a Lui-Shung prison (1910).

What does red belt signify?

Danger, cautioning the student to exercise control and warning the opponent to stay away.

What is U shape block used for?

Use the linework notes to find the answer.

Name 3 strikes in Korean.

Use these booklets to choose 3 strikes.

Describe rear foot stance

Use the linework notes to find the answer.

Describe slow motion

Chonchonhi. Used to develop balance, breath control and timing. Can be used for a single technique with one sine wave and one breath control.

Jhoon Gun

Ready posture: Close stance B (*Moa sogi B*)

HINT - As moa sogi B, but with the hands 15cm from the umbilicus.

1. Turn to the left. Right L stance. Reverse knife hand middle block.
2. Keep the hands as they are. Left side front snap kick.
3. Lower the foot and step forward. Left rear foot stance. Right palm upward block.
- 4, 5, 6. Pivot 180° and repeat moves 1-3 on the right side.
7. Move the left leg to the front. Right L stance. Knife hand guarding block.
8. Lengthen the stance. Left walking stance. Right upward elbow strike.
- 9 & 10. Step forward and repeat moves 7 & 8.
11. Step forward. Left walking stance. Twin fist vertical punch. (*Sang joomuk sewo jirugi*)
12. Step forward. Right walking stance. Twin fist upset punch. (*Sang joomuk dwijibo jirugi*)
13. Perform a centre point turn (as in Do San) to face the back. Left walking stance. X fist rising block. (*Kyocha joomuk chookyo magki*) - Used to defend against downward attacks. **HINT** - In a left walking stance, the left hand should be in front.
14. Move the left foot to your left. Right L stance. Left back fist high side strike.
15. Pull the left hand down and slip the front foot forward to lengthen the stance.
16. Perform a high punch with the right hand. (Perform 15 & 16 in fast motion)
- 17, 18, 19. Move foot to foot and repeat moves 14-16 on the right side.
20. Bring the right foot to the left. Stepping towards the back form a left walking stance. Double forearm high side block.
21. Moving the front foot. Right L stance. Left punch. (**HINT** - although the left leg is in front, and the left hand is punching, this constitutes a reverse punch as it is a right L stance and a left punch)
22. Right middle side piercing kick.
- 23, 24, 25. Lower the kicking leg to form a right walking stance. Repeat moves 20-22.
26. Lower the kicking foot to form a right L stance. Forearm guarding block.
27. Lengthen the stance. Left low stance. Right palm pressing block. (*Sonbadak noolo magki*) **HINT** - this is performed with a left palm upward block.
- 28 & 29. Step forward in to a left L stance. Repeat moves 26 & 27.
30. In slow motion, bring the left foot to the right foot while turning 90° to the left. Form a close stance. Right angle punch.
31. Move the right foot forwards to form a right fixed stance. U shape block.
32. Move foot to foot. Left fixed stance. U shape block.

STANCES

Attention stance - 45°

Charyott so

Parallel stance - shoulder width from foot sword to foot sword

Narani so

Sitting stance - 1.5 shoulder widths between the reverse foot swords

Annun so

Walking stance - 1.5 shoulder widths from toes to toes

Gunnan so

L stance - 1.5 shoulder widths from front toes to rear foot sword. 70% / 30%

Ninunja so

Parallel ready stance - Arms form a circle

Narani jumbi so

Walking ready stance - Arms in the same position as attention stance

Gunnan jumbi so

Close stance - Feet together

Moa so

Fixed stance - 1.5 shoulder widths from front toes to reverse foot sword. 50% / 50%

Gojung so

Bending ready stance

Guburyo jumbi so

X stance - When stepping, place the second foot in front. When jumping place the second foot behind.

Kyocho so

Rear foot stance - 1 shoulder width from front toes to foot sword. 90% / 10%

Dwit bal so

Low stance - 1.5 shoulder from front heel to rear toes.

Nacho so

TOOLS

Fore fist

Ap joomuk

Side fist

Yop joomuk

Back fist

Dung joomuk

Knife hand

Son kal

Reverse knife hand

Son kal dung

Inner forearm

An palmok

Outer forearm

Bakat palmok

Palm

Sonbadak

Fingertips

Sun kut

Elbow

Palkup

Ball of the foot

Ap kumchi

Instep

Baltdung

Foot sword

Bal kal

Back heel

Dwitchook

Heel sole

Dwit kumchi

Knee

Moorup