



RED STRIPE TO BLACK BELT

Taekwon-Do Advanced

Syllabus

Theory

Patterns notes



Red Stripe to Red Belt

LINWORK

L stance inner forearm middle block, walking stance upset fingertip thrust

Niunja so an palmok kaunde makgi, gunnan so dwijibo sunkut tulgi

After performing the L stance technique, shift the front foot in slightly before lengthening the stance to create a walking stance.

This thrust can be aimed at the low or middle sections.

The target is the pubic region when performed to the low section.

The target is the armpit when performed to the middle section.

The opposite side fist is brought to the shoulder.

Walking stance X-fist pressing block, twin fist vertical punch

Gunnan so kyocha joomuk noolo makgi, sang joomuk sewo jirugi

These techniques are performed in continuous motion.

The X-fist pressing block is used to defend against an attack on the lower abdomen, the target is the tibia, and The fists start eye height with the back fists facing to the rear.

Sitting stance W-shape block

Annun so san makgi

This technique defends against a foot or hand attack to the philtrum or above.

It is performed in stamping motion in Toi Gye.

The forearms should be eye height.

- The fists should be slightly further out than the elbows.

The elbows are bent to 45 degrees and should be slightly lower than the shoulders.

L stance double forearm low pushing block

Niunja so doo palmok najunde miro makgi

The fists start with the knuckles facing upwards and travel in a circular motion, rotating so the knuckles face downwards as they reach the target.

Side piercing kick, back piercing kick, side piercing kick

Yop cha jirugi, dwit cha jirugi, yop cha jirugi

Perform the first kick using the front leg.

Use the rear leg to perform the second and third kicks.

HINT - emphasise the difference between the side and back piercing kick chambers and kicking tools.

Three height turning kick

Samluta Dollyio chagi

Turning kick, spinning hooking kick, turning kick

Dollyio chagi, bandae dollyio goro chagi, dollyio chagi

Perform the first kick using the front leg,

Use the rear leg to perform the second and third kicks.

Spinning hooking kick is a combination of reverse turning kick (*bandae dollyio chagi*) and the hooking kick (*golcho chagi*).

Spin in the same way you would for a reverse turning kick. Just before reaching the target, hook the foot back towards your body.

The back heel is the kicking tool but during sparring and pad work you may point the toes to gain more reach.

Turning kick - using different tools

Dollyio chagi

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

Ball of the foot - *Ap kumchi*

Instep - *Baldung*

Knee - *Moorup*

Red Stripe to Red Belt

THEORY

Toi Gye

Toi-Gye is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on 37° latitude, the diagram represents "scholar".

How many moves are in Toi-Gye?

37

Name 5 kicks in Korean

Use these booklets to choose 5 kicks.

Name the tenets of taekwon-do in Korean

Courtesy (*Yi Ui*)

Integrity (*Yom Chi*)

Perseverance (*In Nae*)

Self-Control (*Guk Gi*)

Indomitable Spirit (*Baekjul Boolgool*)

What is 'knee' in Korean?

Moorup

Name the 3 kicks in Toi Gye

Use the pattern notes to find the answer.

Do you jump for height or for distance when performing the X stance X fist pressing block in Toi Gye?

Just for height rather than distance.

Toi-Gye

Ready posture: Close stance B (Moa sogi B)

1. Turn 90° left. Right L stance. Inner forearm middle block.
2. Slip the left foot to form a left walking stance. Right upset finger tip thrust.
3. Slide the left foot to the right foot and face forwards. Close stance. Right back-fist side back strike.
HINT - This strike attacks an opponent standing at the side rear angle. In Toi Gye it is performed whilst extending the other arm to the side downward. The starting position is the same as back fist side strike.
4. Repeat the first three techniques to the right. (4,5,6)
7. Step the left foot to the front. Left walking stance. X-fist pressin gblock.
8. Remain in the same stance. In continuous motion, change to twin fist vertical punch.
9. Right middle front snap kick. **HINT** - Keep the hands in the vertical punch position.
10. Place the right foot to the front. Right walking stance. Right middle punch.
11. Remain in the same stance. Left middle punch. (**Normal motion, not fast motion**)
12. Slide the left foot to the right foot while pivoting to face the left. Close stance. Twin side elbow thrust. Performed in slow motion. **HINT** - The target is the solar plexus and the side fists face downward at the moment of impact.
13. The next six techniques are all W-shape blocks. Perform two to the left, moving the right foot first. Then three to the right. Then one to the left. (13-18)
19. Bring the right foot to the left then step towards the front with the left. Right L stance. Left double forearm low pushing block.
20. Slip the left foot forward. Left walking stance. Extend the hands upwards in a grab.
21. Right upward kick using the knee.
22. Place the right foot next to the right, then pivot to face the back. Right L stance. Knife hand guarding block.
23. Left low side front snap kick. **HINT** - Keep the hands in the guarding block.
24. Land in a left walking stance. Left flat fingertip thrust. (**Open sun kut tulgi**)
25. Step forward into a left L stance and repeat the guarding block, side front snap kick, flat fingertip combination. (25, 26, 27)
28. Step backwards. Right L stance. Right back fist side back strike and left low forearm block.
29. Jump and turn 90°. Land in right X-stance. X-fist pressing block.
30. Face the back. Right walking stance. Double forearm high side block.
31. Pivot 270°. Right L stance. Knife hand low guarding block. **HINT** - The knife hands form a parallel line and the blocking arm is parallel to the thigh. Bring the opposite knife hand 3cm from the lower abdomen. The elbow is bent 15 degrees outward.
32. Slip the left foot into a left walking stance. Circular block.
33. Bring the left foot to the right foot then repeat 31 & 32 to the other side. (33,34)
35. Pivot to face the rear foot. Left walking stance. Circular block.
36. Pivot to face the rear foot. Right walking stance. Circular block.
37. Move the right foot to form a sitting stance facing the front. Right middle punch.

Red Belt to Black Stripe

LINWORK

Sitting stance palm pushing block

Annun so sonbadak miro magki

As with other pushing blocks, this is designed to put the opponent off balance. It is performed against the shoulder and reaches the shoulder line of the defender.

L stance upward punch

Niunja so ollyo jirugi

The target is the face or the point of the chin. The opposite side fist comes to the shoulder as power is reduced if the reaction hand is taken to the waist or the hip. The knuckles should be eye height in the finished position.

Vertical stance knife hand downward strike

Soojik so sonkal naeryo taerigi

The attacking tool should come level with the shoulders.

The starting position is the same as an inner forearm middle block or a back fist side strike with the arms crossed, the back fists facing up and the striking hand underneath.

Vertical stance is like a small L stance or small fixed stance as the angles of the feet are the same (15 degrees inwards).

Vertical stance is only one shoulder width long from the front toes to the rear reverse foot sword.

The weight distribution is 60% / 40%.

A right vertical stance is one in which the right leg is to the rear.

Walking stance middle punch - side piercing kick - L stance knife hand side strike

Gunnan so kaunde jirugi - yop cha jirugi - niunja so sonkal yop taerigi

Reverse turning kick, triple side piercing kick

Bandae dollyo chagi, samluta yop cha jirugi

HINT - emphasise the chamber between kicks. Ensure a good foot sword for the side piercing kicks. Work on flexibility to prevent over-rotating into a backkick position.

Twin front snap kick

Sang ap cha busigi

This is one of the most fun but most demanding kicks to perform.

Use the ball of the foot.

This can be performed against a single target or against two targets.

Twisting kick

Bituro chagi

A twisting kick is one in which the attacking tool reaches the target in an outward curve.

A low twisting kick is aimed at the front and the target is the inner thigh.

A middle twisting kick is aimed to the side front and the solar plexus is the main target.

A high twisting kick is aimed to the side rear and the face is the target.

The ball of the foot is the kicking tool. If you were wearing shoes then the toes could also be used.

Side kicks

Yop chagi

In this grading, show the differences between:

Side piercing kicks - Yop cha busigi - foot sword

Side thrusting kicks - Yop cha tulgi - ball of the foot

Side pushing kick - Yop cha milgi - foot sword or heel sole

Pressing kicks - Noolo chagi - foot sword - target is the knee

Red Belt to Black Stripe

THEORY

Hwa-Rang

Hwa-Rang is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwon-Do developed into maturity.

How many moves are in Hwa-Rang?

29

Describe vertical stance

Answer in linework notes.

What does black belt signify?

Opposite of white, therefore signifying maturity and proficiency in taekwon-do. It also indicates the wearer's imperviousness to darkness and fear.

Name as many hand parts as you can.

Use the charts at the back of this booklet to practice.

Name as many foot parts as you can.

Use the charts at the back of this booklet to practice.

Name as many stances as you can.

Use the charts at the back of this booklet to practice.

Hwa-Rang

Ready posture: Close stance C (Moa sogi C)

HINT- This ready posture is the same as close stance A and B, however, the left palm should be placed over the right backhand with the middle fingertips overlapping. The hands should be 10cm from the abdomen.

1. Move the left foot to the left. Sitting stance. Left palm pushing block.
2. Remain in the same stance. Right middle punch.
3. Remain in the same stance. Left middle punch.
4. Turn to face the right. Form a left L stance. Twin forearm block.
5. Remain in the same stance. Left upward punch.
6. Slide forwards. Right fixed stance. Right middle punch.
7. Pull the right leg back towards the left. Left vertical stance. Right knife hand downward strike.
8. Step forward. Left walking stance. Left middle punch.
9. Turn 90° to face the front. Left walking stance. Left outer forearm low block.
10. Step forward. Right walking stance. Right middle punch.
11. Pull the left foot toward the right foot. Bring the left palm to the right fore fist. **HINT** - Bend both arms and both legs. Feet do not touch.
12. Right middle side piercing kick, while pulling the hands in the opposite direction. Land in a left L stance. Right knife hand side strike.
13. Step forward. Left walking stance. Left middle punch.
14. Step forward. Right walking stance. Right middle punch.
15. Turn 270°. Right L stance. Knife hand guarding block.
16. Step forward. Right walking stance. Right straight fingertip thrust.
17. Centre point turn (like Do San). Facing the opposite direction, right L stance. Knife hand guarding block.
18. Right **HIGH** turning kick.
19. Left **HIGH** turning kick. Land in a right L stance. Knife hand guarding block.
20. Pivot 90° to face the back. Left walking stance. Left outer forearm low block.
21. Slip the front foot. Right L stance. Right middle punch.
22. Step forward. Left L stance. Left middle punch.
23. Step forward. Right L stance. Right middle punch.
24. Slip the left foot to form a left walking stance. X-fist pressing block.
25. Step forward and pivot 180° so you are facing the front but sliding towards the back. Right L stance. Right side elbow thrust.
26. Turn counter-clockwise 90°. Close stance. Right inner forearm side front block.
27. Remain in the same stance. Left inner forearm side front block.
28. Step the left foot forward. Right L stance. Knife hand guarding block.
29. Bring the left foot to the right foot then step out to the opposite side. Left L stance. Knife hand guarding block.

Black Stripe to Black Belt

LINEWORK

Knife hand high front strike

Sonkal Napunde Ap Taerigi

The body should be full facing for this strike.

The attacking tool reaches the centre line. Aim by reaching forward with the reaction hand before bringing it in front of the forehead.

The reaction hand comes in front of the forehead, rather than to the hip, to prevent over rotation.

Reverse knife hand high front strike

Sonak dung napunde ap taerigi

Similarly to the above strike. The body should be full facing and the attacking tool should come to the centre line.

Outer forearm middle front block

Bakat palmok kunde ap makgi

In pattern Choong Moo, this block is performed in sitting stance. Bring the blocking tool to the centre line and remain full facing.

X knife hand checking block

Kyocho sonkal momchau makgi

This block is used to defend against turning kicks, reverse turning kicks or hand techniques aimed at the solar plexus and above.

The crossed point is slightly higher than the elbows.

Technical kicking

The combinations on the black belt grading are not revealed in advance. You should be able to perform combinations using the following kicks:

Front rising kick - Ap cha olligi

Front snap kick - Ap cha busigi

Cresecent kick - Bandal chagi

Turning kick - Dollyio chagi

Reverse turning kick - Bandae dollyo chagi

Golcho chagi - Hooking kick

Reverse hooking kick - Bandae dollyo goro chagi

Side piercing kick - Yop cha jirugi

Side rising kick - Yop cha olligi

Pressing kick - Noolo chagi

Side thrusting kick - Yop cha tulgi

Side pushing kick - Yop cha milgi

Back piercing kick -Dwit cha jirugi

Downward kick - Naeryo chagi

Twisting kick - Bituro chagi

Twin front snap kick - Sang ap cha busigi

Black Stripe to Black Belt

THEORY

Choong Moo

CHOONG-MOO was the name given to the great Admiral Yi Soon-Sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.

PREPARING FOR BLACK BELT

The black belt grading is designed to be extremely demanding. Participants should prepare physically, mentally and emotionally. Fitness should be made a priority. On top of their taekwon-do training, participants should make time for additional cardio, conditioning and flexibility training.

In addition to the physical and mental parts of the black belt grading, we expect our black belts and soon-to-be black belts to uphold the tenets of taekwon-do. Lower grades look up to you so we expect you to set a good example.

The black belt grading consists of four parts:

1. A demonstration of teaching skills
2. A sparring and fitness test (the shark tank)
3. A technical exam (patterns, technical kicking, step sparring)
4. A 100-question theory test

When your instructor feels you are ready for such a challenge, you will be handed a letter with further details and grading dates.

Choong Moo

Ready posture: Parallel ready stance (*Narani jumbo sogi*)

1. Turn 90° left. Right L stance. Twin knife hand block.
2. Step forward. Right walking stance. Right knife hand high front strike.
3. Turn 180° counter clockwise. Left L stance. Knife hand guarding block.
4. Step forward. Left walking stance. Left flat fingertip thrust.
5. Turn 90° left, to face the front. Right L stance. Middle knife hand guarding block.
6. Shift the weight onto the left leg. Turn to face the back, lifting the right leg up into a left bending ready stance.
7. Middle side piercing kick.
8. Land facing the front again. Right L stance. Knife hand guarding block.
9. Right flying side piercing kick. Land in left L stance. Knife hand guarding block. **HINT** - step forward with the right foot, lift the left foot, then kick with the right. **HINT** -Tuck the non kicking leg under you to create the illusion of more height.
10. Turn 270° counter clockwise. Right L stance. Left outerforearm low block.
11. Shift the left foot to form a walking stance. Reach up as if grabbing the head.
12. Right upward kick. **HINT** - Pull the hands towards the stomach, rather than down over your knee.
13. Lower the right foot to the left foot. Turn 180° counter clockwise. Step the left foot forwards. Left walking stance. Right reverse knifehand high front strike. Bring the left hand under the right elbow.
14. Right **HIGH** turning kick. Lower the foot next to the left foot.
15. Left middle back piercing kick. (Moves 14 & 15 are performed in fast motion)
16. Face the opposite direction. Left L stance. Forearm guarding block.
17. Left **MIDDLE** turning kick. Lower the foot next to the right foot.
18. Facing the back. Step forward with right foot. Right fixed stance. U Shape block.
19. Jump counter clockwise 360°. Land in left L stance. Knife hand guarding block.
20. Step forward. Left walking stance. Right upset fingertip thrust.
21. Pull the left foot back slightly. Right L stance. Right back fist side back strike. Left outer forearm low block.
22. Step forward. Right walking stance. Right straight fingertip thrust.
23. Turn 270°. Left walking stance. Double forearm high side block.
24. Step forward into a sitting stance facing the back. Right inner forearm front block. Then right back fist side strike.
25. Face the opposite direction. Right middle side piercing kick.
26. Left middle side piercing kick.
27. Place the left foot in front then turn to face the opposite direction. Slide the right foot forward to form a left L stance. Knife hand checking block.
28. Step forward. Left walking stance. Twin palm upward block.
29. Centre point turn. Right walking stance. Right outer forearm rising block.
30. Remain in same stance. Left middle punch.

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

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

Vertical stance - 1 shoulder width from front toes to reverse foot sword. 60%/40%

Soojik 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

Reverse foot sword

Balkal dung

Back heel

Dwitchook

Heel sole

Dwit kumchi

Knee

Moorup

Toes

Balkut