



WHITE BELT TO GREEN BELT

Taekwon-Do Beginners

Syllabus

Theory

Patterns notes



White Belt to Yellow Stripe

LINEWORK

Parallel stance middle punch

Narani so kaunde jirugi

Feet shoulder width.

Point toes forward.

Rise up onto tiptoes between techniques.

Punch shoulder height.

Punch to the centre line.

Form fists correctly.

Walking stance inner forearm middle block

Gunnan so an palmok kaunde makgi

Stance 1.5 shoulder widths long.

Stance is shoulder-width wide.

Back toes angled 25° outward.

Fist reaches shoulder height.

SP = back fists face upwards, blocking hand underneath.

Parallel stance rising block

Narani so chookyo makgi

SP = Back to back with blocking hand on top.

Bring forearm to the centre line.

Angle arm upwards 45°

Walking stance outer forearm low block

Gunnan so bakat palmok najunde makgi

SP = Back to back with blocking hand on top.

The blocking arm is bent 25°.

Sitting stance middle punch

Annun so kaunde jirugi

Feet 1.5 shoulder widths wide.

Feet parallel.

Keep feet flat on the floor.

Bend knees in a down-up-down motion.

Front rising kick

Ap cha oligi

Performed from walking ready stance.

Keep the leg straight during the kick.

HINT: It is better to kick low and keep the leg straight than kick high and bend the leg.

Sitting stance double punch

Annun so doo jirugi

Perform the first punch as normal.

Speed up the second punch by skipping the initial 'down' motion.

Front snap kick

Ap cha busigi

Performed from walking ready stance.

Point the foot but retract the toes so you are using the ball of the foot.

Bring hands into a guard during the kick.
Re-chamber after kicking.

White Belt to Yellow Stripe

THEORY

What are the 5 tenets of taekwon-do?

Courtesy / *Yi ui*

Integrity / *Yom chi*

Perseverance / *In nae*

Self-control / *Guk gi*

Indomitable spirit / *Baekjool bool gool*

What does white belt signify?

Innocence, as that of the beginning student who has no previous knowledge of Tae Kwon-Do.

HINT - Don't just answer 'innocence.'

What are the Korean terms for kick, block and punch?

Kick = *chagi*

Block = *makgi*

Punch = *jirugi*

Count to ten using Korean terminology

1 하나 *hana*

2 둘 *dul*

3 셋 *set*

4 넷 *net*

5 다섯 *daseot*

6 여섯 *yeoseot*

7 일곱 *ilgop*

8 여덟 *yeodeol*

9 아홉 *ahop*

10 열 *yeol*

Saju Jirugi

Ready posture: Parallel ready stance (Narani jumbi so)

1. To the front. Right walking stance. Right punch.
2. Turn 90° left. Left walking stance. Left low block.
3. Step forward. Right walking stance. Right punch.
4. Turn 90° left. Left walking stance. Left low block.
5. Step forward. Right walking stance. Right punch.
6. Turn 90° left. Left walking stance. Left low block.
7. Step forward. Right walking stance. Right punch.
8. Return to ready posture.
9. To the front. Left walking stance. Left punch.
10. Turn 90° right. Right walking stance. Right low block.
11. Step forward. Left walking stance. Left punch.
12. Turn 90° right. Right walking stance. Right low block.
13. Step forward. Left walking stance. Left punch.
14. Turn 90° right. Right walking stance. Right low block.
15. Step forward. Left walking stance. Left punch.

HINT - During the first half of the pattern, keep the left foot on the floor at all times. You can pivot it during the turns, but it should remain in the same place. During the second half, do the same thing with the right foot.

HINT - Take your time! Those who rush tend to either miss out the starting positions or don't finish their stances correctly. This results in low marks.

Yellow Stripe to Yellow Belt

LINEWORK

Walking stance outer forearm low block, reverse punch

*Gunnan so batak palmok najundae
makgi, bandae jirugi*

If stepping forward with the left leg,
block using the left arm.

Hold the block for a moment, then
punch with the opposite arm.

Don't take a step between techniques.

Use a 'down-up-down' motion by
bending the back knee.

L stance inner forearm middle block, walking stance reverse punch

*Niunja so an palmok kaunde magki,
gunnan so bandae jirugi*

The stance is 1.5 shoulder widths long.
Weight distribution is 70% on the back
leg and 30% on the front leg.

If the right leg is behind, it is called a
right L stance.

Shift from L to walking stance by
sliding the front leg in slightly, then
back out. Remember to turn the back
toes.

HINT - Don't rush. Use this technique
to show you can perform both stances
correctly.

Front snap kick, walking stance double punch

Ap cha busigi, gunnan so doo jirugi

HINT - Don't rush the first punch.

Turning kick

Dollyo chagi

Performed from L stance
guarding block (*daebi magki*).

Aim to 45°.

Use ball of the foot by
fully retracting the foot.

Aim slightly downwards at the
moment of impact.

Front snap kick - turning kick

Ap cha busigi - dollyo chagi

HINT - Make sure the standing foot
points forward during the front snap
kick, then pivot for the turning kick.

Jumping front snap kick

Twigi ap cha busigi

Form the foot so you kick
using the ball of the foot.

Keep arms in a guard during the kick.

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

Yellow Stripe to Yellow Belt

THEORY

Chon-Ji.

Chon-Ji literally means "the heaven and the Earth". It is, in the orient interpreted as the creation of the world or the beginning of human history, therefore it is the initial pattern played by the beginner. This pattern consists of two similar parts: one to represent Heaven and the other Earth.

HINT - Answer more than just 'heaven and Earth.'

How many moves are in Chon-Ji?

19

What is the weight distribution of L Stance?

70% - 30% with 70% placed on the leg to the rear.
If the right leg is supporting 70% of your weight, it is a right L stance.

Name 5 stances in Korean.

See chart on page 14.

What does yellow belt signify?

The earth from which a plant sprouts and takes root as the foundations of taekwon-do are being laid

Chon-Ji

Ready posture: Parallel ready stance (Narani jumbi so)

1. Turn 90° left. Left walking stance. Left outer forearm low block.
2. Step forward. Right walking stance. Right middle punch.
3. Turn 180° right. Right walking stance. Right outer forearm low block.
4. Step forward. Left walking stance. Left middle punch.
5. Turn 90° left. Left walking stance. Left outer forearm low block.
6. Step forward. Right walking stance. Right middle punch.
7. Turn 180° right. Right walking stance. Right outer forearm low block.
8. Step forward. Left walking stance. Left middle punch.
9. Turn 90° left. Right L stance. Left inner forearm middle block.
10. Step forward. Right walking stance. Right middle punch.
11. Turn 180° right. Left L stance. Right inner forearm middle block.
12. Step forward. Left walking stance. Left middle punch.
13. Turn 90° left. Right L stance. Left inner forearm middle block.
14. Step forward. Right walking stance. Right middle punch.
15. Turn 180° right. Left L stance. Right inner forearm middle block.
16. Step forward. Left walking stance. Left middle punch.
17. Step forward. Right walking stance. Right middle punch.
18. Step backwards. Left walking stance. Left middle punch.
19. Step backwards. Right walking stance. Right middle punch.

HINT - Remember that a right L stance has the right leg to the rear and a right walking stance has the right leg in front!

HINT - After punching with the left hand, you always pivot 90° to the left. Think 'left little turn.' After punching with the right hand, you always pivot 180° to the left. Think 'right the way around.'

HINT - Take your time and show the examiner that you understand the difference between L stances and walking stances.

Yellow Belt to Green Stripe

LINEWORK

Knife hand middle guarding block

Sonkal kaunde daebi makgi

Start this block the same as you would a forearm guarding block.

As you block, open up the fists to form knife hands.

The reaction hand should come 3cm from the chest.

The fingertips of the blocking hand should be shoulder height.

Twin forearm block

Sang palmok makgi

Used to defend against simultaneous attacks from the front and side.

Cross your arms in front of the chest with the rising block arm on the outside and the front block arm on the inside.

Perform a rising block (*chookyo makgi*) and a front block (*ap makgi*) at the same time.

The front block is the primary block and the knuckles of the front block should come to shoulder height.

Walking stance outer forearm low block & walking stance outer forearm rising block in continuous motion.

Use the same hand to perform both blocks.

SP = 'back to back' with the blocking hand on top for both blocks.

Use a down-up-down motion between blocks.

Change the shoulders from half-facing to full facing.

Front snap kick - double turning kick

Ap cha busigi - doo dollyo chagi

use ball of the foot for both kicks. Don't pivot the standing leg until the first kick is complete.

Side piercing kick

Yop cha jirugi

Chamber the kick by pulling your knee up high and rotating on your standing foot until your hips pivot and allow the kicking ankle to be raised up in line with the knee.

Your foot should already be formed into a foot sword.

Kick towards the target making sure to lead with the foot sword.

Hold your kick for a second before returning to the chamber.

Maintain a guard whilst chambering the leg and punch out whilst kicking.

The standing foot should point away from the target.

HINT - This kick should not resemble a turning kick. Try to understand the differences between the two.

Jumping turning kick

Twiggi dollyo chagi

Use the ball of the foot and keep the arms in a guard.

Aim to 45°.

Jump for height, not distance.

Land correctly in L stance.

Yellow Belt to Green Stripe

THEORY

Dan-Gun

Dan-Gun is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2333 B.C.

How many moves are in Dan Gun?

21

Name 3 hand parts in Korean.

See chart on page 14.

What is a twin forearm block used for?

This block is used to defend against simultaneous attacks from the front and side. Try to think of an example for each.

What is continuous motion?

lojin Tongjack. This is performed as usual with the exception that there is no pause between the end of one movement and the start of the next. You should have one breath control for each technique but without a pause. Continuous motion always starts with a block. The main reason for using this kind of motion is to allow an instant response to the attack, by either blocking the next technique or issuing your own counter.

Dan-Gun

Ready posture: Parallel ready stance (Narani jumbi so)

1. Turn 90° left. Right L stance. Knife hand middle guarding block.
2. Step forward. Right walking stance. Right high punch.
3. Turn 180° right. Left L stance. Knife hand middle guarding block.
4. Step forward. Left walking stance. Left high punch.
5. Turn 90° left. Left walking stance. Left outer forearm low block.
6. Step forward. Right walking stance. Right high punch.
7. Step forward. Left walking stance. Left high punch.
8. Step forward. Right walking stance. Right high punch.
9. Turn 270° anti-clockwise. Right L stance. Twin forearm block.
10. Step forward. Right walking stance. Right high punch.
11. Turn 180° right. Left L stance. Twin forearm block.
12. Step forward. Left walking stance. Left high punch.
13. Turn 90° left. Left walking stance. Left outer forearm low block.
14. Remain in same stance. Left rising block. (Continuous motion)
15. Step forward. Right walking stance. Right rising block.
16. Step forward. Left walking stance. Left rising block.
17. Step forward. Right walking stance. Right rising block.
18. Turn 270° anti-clockwise. Right L stance. Left knife hand side strike.
19. Step forward. Right walking stance. Right high punch.
20. Turn 180° right. Left L stance. Right knife hand side strike.
21. Step forward. Left walking stance. Left high punch

HINT - All the punches are high, meaning they should all be eye-height.

HINT - For the 270° turns, leave the right foot on the floor. Move the left foot in an arc behind you until it reaches the wall to your right.

Green Stripe to Green Belt

LINEWORK

Walking stance outer forearm high side block, reverse punch.

Gunnan so bakat palmok napundae yop makgi, bandae jirugi

Cross the arms in front of the chest with the back forearms facing each other and the blocking hand on top of the reaction hand. The knuckles of the blocking hand should reach eye height.

The body should be half-facing for the block. Use a down-up-down motion and punch to the centre line, turning from half-facing to full-facing.

Straight fingertip thrust

Son sunkut tulgi

A thrust is delivered with the intention to cut through the vital spots with less twisting of the attacking tool.

The target is the solar plexus.

The body should be full facing.

In pattern Do-San this is accompanied by a palm downward block.

Back fist high side strike

Dung joomuk napunde yop taerigi

The target is usually the temple.

The body should be half facing.

SP = back fists face upwards, blocking hand underneath.

The strike should finish at eye height.

Outer forearm high wedging block

Bakat palmok napunde hechyo makgi

Defends against twin fist vertical punch and twin knife hand inward Strike.

It can also be used to prevent the neck, head or lapels from being grabbed.

The blocking tools should finish shoulder-width apart.

The elbows should point 35° outward.

SP = Knuckles facing away from the chest.

Double side piercing kick

Doo yop cha jirugi

Fully rechamber between both kicks.

Both kicks should 'push' to avoid one or both kicks from resembling a turning kick.

Punch with both kicks.

Front snap kick -turning kick - side piercing kick

Ap cha busigi - dollyio chagi - yop cha busigi

Keep the standing foot facing forward during the front snap kick.

Aim to 45° for the turning kick.

Form the feet correctly for each kick.

Maintain a guard for the first two kicks, punch with the side piercing kick.

Jumping side piercing kick

Twiggi yop cha busigi

Jump for height, not distance.

Punch with the kick.

Land correctly in L stance.

Green Stripe to Green Belt

THEORY

What does Do San mean?

Do-San is the pseudonym of the patriot Ahn Chang-Ho (1876-1938). The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.

How many moves are in Do San?

24

What is fast motion?

Balli. There is a split-second pause between the end of one movement and the start of the next. The sine wave is performed as usual for the first movement but the second movement has less initial downward motion to save time. You should breathe normally and have one breath for each technique.

What is wedging block used for?

To defend against twin fist vertical punch, twin inward knife hand strike or lapel and shoulder grabs.

What does green belt signify?

Signifies the plant's growth as taekwon-do skills begin to develop.

Do-San

Ready posture: Parallel ready stance (Narani jumbi so)

1. Turn 90° left. Left walking stance. Left outer forearm high side block.
2. Remain in same stance. Right middle punch.
3. Centre point turn: Move the left foot in slightly to shorten the stance, turn to face the opposite direction and move the right foot out to lengthen the stance back to the required length. Right walking stance. Right outer forearm high side block.
4. Remain in same stance. Left middle punch.
5. The right foot stays still. The left foot moves towards the front of the room. Right L stance. Knife hand middle guarding block.
6. Step forwards. Right walking stance. Right straight fingertip thrust (with a palm downward block).
7. Twist the right hand together with the body counterclockwise until the palm faces downward and the feet point to your left. Then turn counter-clockwise, moving the left foot. Left walking stance towards the front. Left back fist high side strike.
8. Step forwards. Right walking stance. Right back first high side strike.
9. Pivot 270°. Left walking stance. Left outer forearm high side block.
10. Remain in same stance. Right middle punch.
11. Centre point turn. Right walking stance. Right outer forearm high side block.
12. Remain in same stance. Left middle punch.
13. Move the left foot to 45°. Left walking stance. High wedging block.
14. Right middle front snap kick.
15. Step forward. Right walking stance. Right middle punch.
16. Remain in stance. Left middle punch. (Fast motion)
17. Move the right foot to 45° on the other side. Right walking stance. High wedging block.
18. Left middle front snap kick.
19. Step forward. Left walking stance. Left middle punch.
20. Remain in stance. Right middle punch. (Fast motion)
21. Move the left foot so you are facing the back. Left walking stance. Left rising block.
22. Step forward. Right walking stance. Right rising block.
23. Pivot 270°. Sitting stance. Left knife hand side strike.
24. Step in with left foot, then out with the right foot. Sitting stance. Right knife hand side strike.

HINT - Pay attention to which techniques are high and which are middle.

STANCES

Attention stance

Charyott so

Parallel stance

Narani so

Sitting stance

Annun so

Walking stance

Gunnan so

L stance

Ninunja so

Parallel ready stance

Narani jumbi so

Walking ready stance

Gunnan jumbi so

ATTACKING & BLOCKING TOOLS

Forefist

Ap joomuk

Back fist

Dung joomuk

Knife hand

Sonkal

Fingertips

Sunkut

Outer forearm

Bakat palmok

Inner forearm

An palmok

Ball of the Foot

Ap kumchi

Foot sword

Balkal