

## White Belts review for test

### Korean Terminology

One	hana	Six	yasot
Two	dool	Seven	ilgop
Three	set	Eight	yodul
Four	net	Nine	ahop
Five	daset	Ten	yol

### Meaning of white belt

White signifies innocence as that of a beginning student who has no previous knowledge of Taekwon-Do.

### ITF Color belt rank system

10 <sup>th</sup> gup	white	5 <sup>th</sup> gup	high green
9 <sup>th</sup> gup	high white	4 <sup>th</sup> gup	blue
8 <sup>th</sup> gup	yellow	3 <sup>rd</sup> gup	high blue
7 <sup>th</sup> gup	high yellow	2 <sup>nd</sup> gup	red
6 <sup>th</sup> gup	green	1 <sup>st</sup> gup	high red

### Self-defense requirement

Wrist Grab releases straight and cross grabs  
ex. Figure 8 escape  
ex. Pull away run away

### Sparring requirement

3-step sparring with opponent "One-way"

### Technique/Pattern requirement

4-directional block  
4-directional punch  
front snap kick  
side piercing kick  
middle punch with forefist  
middle block w/inner forearm  
low block w/outer forearm  
low block w/knife-hand  
attention stance  
parallel ready stance  
sitting stance  
walking stance  
forward motion  
backward motion

## High White Belt review for test

### Meaning of Yellow belt

Yellow signifies the earth from which a plant sprouts and takes root as in the Taekwon-Do foundation that is being laid.

### The Father of Taekwon-Do and his rank and title

General Choi Hong-Hi, 9<sup>th</sup> Dan black belt Grand Master

### Meaning of Taekwon-Do

Tae- jumping, flying, to kick or smash with the foot  
Kwon- fist, to punch or destroy with the hand or fist  
Do- the art or way

### Chon-Ji

Means literally "the Heaven the Earth". It is in the Orient, interpreted as the creation of the world or the beginning of human history. The first eight moves symbolize Heaven and the remaining eleven represents Earth. 19 moves.

### Self-defense requirement

Wrist Grab releases straight and cross grabs with a finish off technique  
ex. Figure 8 escape  
ex. Pull away run away  
ex. turn away punch, elbow strike or back kick

### Step-sparring requirement

3-step sparring "Two-way"

### Technique/Pattern requirement

Chon-Ji  
Pivot on lead leg counter clockwise turn  
Pivot on lead leg clockwise turn  
Pivot on rear leg counter clockwise turn  
Pivot on rear leg clockwise turn  
Spot turn  
side front kicking  
combination kicks  
L-stance

## Yellow Belts review for test

### The Students Oath of Taekwon-Do

I shall observe the Tenets of Taekwon-Do  
I shall respect the Instructor and seniors  
I shall never misuse Taekwon-Do  
I shall be a champion of freedom and justice  
I shall build a more peaceful world

### The Tenets of Taekwon-Do

Courtesy  
Integrity  
Perseverance  
Self-control  
Indomitable Spirit

### Korean Terminology

Sit/kneel	anj-oh
Stop	guman
Thank you	ko-map sum-nee-da
Turn around	tui-tora
Uniform	do-bok

### Dan-Gun

Is named after the holy Dan-Gun, the legendary founder of Korea in the year 2333 BC. 21 moves.

### Self-defense requirement

Lapel grab straight and bent arm no finish off techniques with control move

### Sparring requirement

3-step sparring defending against kicks, One-way  
No contact free sparring

### Technique/Pattern requirement

Dan-Gun  
turning kick  
side turning kick  
back piercing kick  
guarding block with the knife-hand  
twin block with outer forearm  
rising block with outer forearm  
outward strike with the knife-hand

## High Yellow Belt review for test

### Step sparring basic principles:

1. Both players stand at a full-length distance apart of the stance to be taken for attack, from the front half of the opponent's foot, facing each other.
2. Bow to each other before and after each exercise.
3. Gaze at the opponents eyes at all times.
4. Block should be executed just before the attacking tool reaches the vital spot with an appropriate blocking tool.
5. Counter-attack should be executed immediately after the last defense.
6. Apply only those techniques learned from either pattern or fundamental exercise.
7. Counter-attack should be limited to one time only.
8. The exercise should be conducted against an attacker whose height is the same as the defender. If height is similar players can use different stances to make the adjustment. If size is dramatically different the exercise should be practiced alone.
9. 3-step and 2-step may be performed One-way and Two-way.
10. Stance correctness and posture is of utmost importance. The distance of players is measured when the front feet overlap ½.

### Do-San

Is the pseudonym of the patriot Ahn Chang-Ho (1876-1938) who devoted his entire life to furthering the education of Korea and its independence movement. 24 moves.

### Self-defense requirement

Lapel grab straight and bent arm with finish off techniques  
ex. straight arm lapel grab single leg take down

### Sparring requirement

3-step sparring defending against kicks, Two-way  
No contact free sparring

### Technique/Pattern requirement

Do-San  
side pushing kick  
side thrusting kick  
skip side piercing kick  
skip turning kick  
flying front snap kick  
side block with the outer forearm  
thrust with the straight fingertip  
side strike w/back fist  
wedging block w/outer forearm  
board breaking with foot

## Green Belt review for test

### **Korean Terminology**

Assistant instructor	boo sa-bum
Attention	charyot
At ease	swiyo
Begin	si-jak
Bow/salute	kyong-ye
Degree	dan
Face the flags	kuk-ki-yea tae-hae
Finished	ee-sang
Grade	gup
Grand master	sa-sung (9 <sup>th</sup> Dan)

### **The meaning of green belt**

Green signifies the plant's growth as the Taekwon-Do skill begins to develop

### **Won-Hyo**

Was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD. 28 moves.

### **Self-defense requirement**

Double wrist and double lapel releases add distraction and finish off techniques

### **Sparring requirement**

2-step sparring "One-way"

No contact free sparring

### **Technique/Pattern requirement**

Won-Hyo

stepping hook kick offensive

outward downward kick

inward downward kick

crescent kick

flying side piercing kick

double kicks

consecutive kicking

inward strike with the knife-hand

circular block w/inner forearm

guarding block with outer forearm

fixed stance

bending ready stance

closed ready stance

board breaking (hand)

## High Green Belt review for test

### **The meaning of blue belt**

Blue signifies the heaven toward which the plant matures into a towering tree as training in Taekwon-Do progresses.

### **The five parts of the physical composition of Taekwon-Do**

Fundamental exercises

Patterns

Self-defense

Sparring

Dallyon (stretching, running, forging, weigh training)

### **Yul-Gok**

Is the pseudonym of the great philosopher and scholar Yi I (1536-1584 AD), nicknamed the "Confucius of Korea". The thirty-eight movements of this pattern refer to his birthplace on the 38th latitude and the diagram of the pattern represents scholar. 38 moves.

### **Self-defense requirement**

Front choke with two hands, release and finish technique

One hand choke from front, hip toss technique

### **Sparring requirement**

2-step sparring, "Two-way"

No contact free sparring

### **Technique/Pattern requirement**

Yul-Gok

reverse hook kick

hooking kick (defensive)

twisting kick

skip hook kick

flying turning kick

double kicks multiple targets

hooking block with the palm

front strike with the elbow

twin block with the knife-hand

double block with the inner forearm

X-stance-jumping motion

board breaking (foot)

## Blue Belt review for test

### Korean Terminology

Gymnasium	do-jang
Instructor	sa-bum
Instructor sir	sa-bum nim
Master instructor	sa-hyun
Meditate	muk-nyom
Pattern	tul
Ready position	junbi
Return to ready	baro

### Joong-Gun

Is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, who was the first Japanese governor-general of Korea, known as the man who played a leading part in the Korea-Japan merger. There are thirty-two movements in this pattern to represent Mr. An's age when he was executed at Lui-Shung prison in 1910. 32 moves.

### Self-defense requirement

Behind choke with bent arm choke release  
Side head lock release

### Sparring requirement

1-step sparring  
Free Sparring against one opponent

### Technique/Pattern requirement

Joong-Gun  
reverse turning kick                      skip twisting kick  
sweeping kick                              mid-air 180 degree back kick  
Vertical kick with the footsword  
Vertical kick with the reverse footsword  
side block with the reverse knife-hand  
vertical punch with the twin forefists  
upset punch with the twin forefists  
upward block with the palm  
upward strike with the elbow  
rising block with the x-fist  
pressing block with the palm  
angle punch with the forefist  
U-shaped block w/arch hands  
rear foot stance  
low stance  
tournament competition  
Board breaking (hand)

## High Blue Belt review for test

### The meaning of red belt

Red signifies danger, cautioning the student to exercise control and warning opponents to stay away.

### The nine points to be observed while performing a pattern

1. Accuracy, a pattern should begin and end at the same spot.
2. Correct posture and facing should be maintained at all times.
3. The muscles of the body should be tensed and relaxed at the proper moments.
4. A pattern should be performed in a rhythmic movements with an absence of stiffness
5. Moves should be accelerated or decelerated according to the instructions in the encyclopedia.
6. Each pattern should be perfected before going on to the next.
7. Students should know the purpose of each movement.
8. Students should perform each move with realism.
9. Attack and defense techniques should be equally distributed among left and right hands and feet.

### 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 the 37th latitude, the diagram for the pattern represents "scholar". 37 moves

### Self-defense requirement

Hair grab front and side  
Behind choke with two hands grasping the neck release

### Step-sparring requirement

1-step sparring  
Free Sparring against one opponent

### Technique/Pattern requirement

Toi-Gye  
front rising kick                              side rising kick  
skip hooking kick                              flying 360 back kick  
flying twisting kick                              mid-air lead leg hook kick  
triple kicks multiple targets                      upset thrust with the flat fingertip  
side thrust w/twin elbow  
w-shaped block w/outer forearm  
front strike with the flat fingertip  
pressing block with the x-fist  
double pushing block with the inner forearm  
board breaking (foot)

## Red Belt review for test

### The five parts of the Hwa-Rang warrior code

1. Be loyal to your king
2. Be obedient to your parents
3. Be honorable to your friends
4. Never retreat in battle
5. Make a just kill

### The three kingdoms of ancient Korea

Koguryo  
Baek-Je  
Silla

### The six factors in the theory of Power

Concentration	Reaction force
Equilibrium	Breath Control
Speed	Mass

### Hwa-Rang

Is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7th Century. This group eventually became the actual driving force for the unification of the three kingdoms of Korea. The 29 movements in this pattern refer to the 29th Infantry Division, where TaeKwon Do developed into maturity. 29 moves

### Self-defense requirement

Full nelson release  
Bear hug from behind release

### Sparring requirement

Semi-Free Sparring  
Free sparring against one opponent

### Technique/Pattern requirement

Hwa-Rang	4-directional thrust
front checking kick	side checking kick
inward pressing kick	stamping kick
back snap kick	
mid-air 180 reverse hook kick	
flying vertical kicks	
quadruple kicks	
pushing block with the palm	
upward punch with the forefist	
downward strike w/knife-hand	
side front block with the inner forearm	
side thrust w/elbow	
vertical stance	
tournament competition	
board breaking (hand and foot)	

## High Red Belt review for test

### The meaning of Black Belt

Black is the opposite of white, therefore, signifying the student's maturity and proficiency in Taekwon-Do. It also indicates the wearer's imperviousness to darkness and fear.

### Choong-Moo

Choong-Moo was the given name to the great Admiral Yi Sun-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592, which is said to be the precursor to the present day submarine. The reason for this pattern ending in a left-handed attack is to symbolize his regrettable death. Checked by the forced reservation of his loyalty to the king, Yi Sun-Sin was given no chance in his lifetime to show his unrestrained potentiality.

### Self-defense requirement

Ho sin sul, 2 minute routine against one opponent

### Sparring requirement

3-step, 2-step and 1-step sparring  
Semi-Free sparring  
Free sparring against one opponent

### Technique/Pattern requirement

Choong-Moo  
quadruple kicks, multiple directions  
four consecutive kicks  
flying side thrusting kick  
flying 360 reverse hook kick  
flying twin front snap kick - 1 or 2 targets  
flying twin side piercing kick - 1 target  
mid-air 360 back piercing kick  
inward strike w/knife-hand  
inward front strike w/reverse knife-hand  
inward block w/outer forearm  
checking block w/x-knife-hand  
upward block w/twin palms  
written test  
written paper  
autobiography  
20 hours community service  
CPR or First aid certified