



2023

Tenets of Taekwon-Do

Courtesy
Integrity
Perseverance
Self-Control
Indomitable Spirit



Tenets of Taekwon-Do

Courtesy

– be polite

Integrity

– be honest

Perseverance

– keep trying

Self-Control

– don't get cross

Indomitable Spirit

– don't give up
even when it's tough



2023

Student Oath

- 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

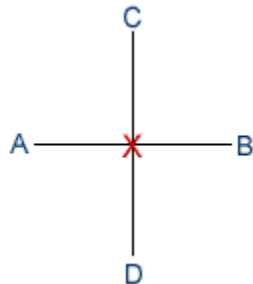


White belt – 10th Kup

(to achieve yellow tag)

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

- | | |
|-----------|-----------|
| 1 - Hana | 6 - Yasot |
| 2 - Dool | 7 - Ilgop |
| 3 - Set | 8 - Yadol |
| 4 - Net | 9 - Ahop |
| 5 - Dasot | 10 - Yool |



Saji Jirugi

4 direction punching

Saji Makgi

4 direction blocking

Tae

Smashing with the foot

Kwon

Smashing with the hand

Do

Martial art or Way of Life

Dojang

Training hall

Dobok

Suit

Ti

Belt

Sabum

Instructor

Jeja

Student

Kup

Colour grade

Tul

Pattern

Charyot

Attention

Kyong-ye

Bow



Yellow tag – 9th Kup

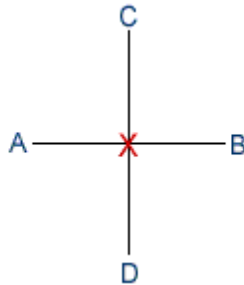
(to achieve yellow belt)

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

Yellow belt signifies Earth, in which a plant takes root and sprouts as Taekwon-Do foundations are laid.

nopunde - high
kaunde - middle
najunde - low

Chon-ji 19 moves



Chon-Ji means literally 'Heaven and 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 the Heaven and the other the Earth.

Narani junbi sogi

Parallel ready stance

Gunnun sogi

Walking stance

Niunja sogi

L stance

Annun sogi

Sitting stance

Ap joomuk kaunde
jirugi

Middle fore fist punch

Bakat palmok
najunde makgi

Low Outer forearm
block

An palmok kaunde
makgi

Middle Inner forearm
block

Ap chagi

Front kick

Yop chagi

Side kick

Jayu matsogi

Free sparring

Sambo matsogi

3 step sparring



Yellow belt – 8th Kup

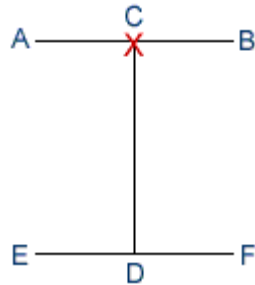
(to achieve green tag)

Yellow belt signifies Earth, in which a plant takes root and sprouts as Taekwon-Do foundations are laid.

Continuous motion –yonsok donjak

2 moves, 2 full sine waves, 1 continuing breath
e.g. low block to rising block

Dan-Gun 21 moves



Dan-Gun is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 B.C.

Ap joomuk nopunde
baro jirugi

High obverse fore fist
punch

Sang palmok makgi

Twin forearm block

Chookyo makgi

Rising block

Sonkal daebi makgi

Knife hand guarding block

Sonkal yop taerigi

Knife hand side strike

Dollyo chagi

Turning kick

Hosin sul

Self defense



Green tag – 7th Kup

(to achieve green belt)

Green belt signifies the plants growth as the TaeKwon Do skill begins to develop.

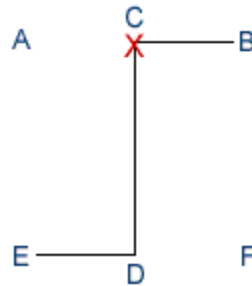
Fast motion – barun dongjak

Two or more techniques performed fast, with only half sine waves in the second or further techniques.

Ibo matsogi

2 step sparring

Do-San 24 moves



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.

Annun sogi

Sitting stance

Ap joomuk kaunde bandae jirugi

Forefist middle reverse punch

Bakat palmok nopunde yop makgi

Outer forearm high side block

Bakat palmok nopunde hechyo makgi

Outer forearm high wedging block

Dung joomuk nopunde yop taerigi

Back fist high side strike

Sonkal yop taerigi

Knife hand side strike

Sun sonkut tulgi

Straight finger tip thrust

Kaunde ap cha busigi

Middle front snap kick

Dwit chagi

Back kick

Bandae dollyo chagi

Reverse turning kick



Green belt – 6th Kup

(to achieve blue tag)

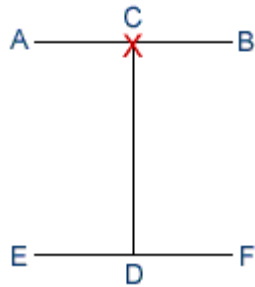
Green belt signifies the plants growth as the Taekwon Do skill begins to develop.

Slipping – not a motion but a specific method of transition from one stance to another.

In this pattern we slip from the knife-hand inward strike to the punch.

Remember – the front snap kick is low in this pattern.

Won-Hyo 28 moves



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

Moa sogi A

Close stance A

Gojung sogi

Fixed stance

Guburyo junbi sogi

Bending ready stance

ap joomuk kaunde
baro jirugi

Middle reverse fore
fist punch

ap joomuk kaunde
yop jirugi

Middle fore fist side
punch

Sonkal nopunde
anuro taerigi

Inward high knife
hand strike

An palmok dollimyo
makgi

Inner forearm circular
block

Palmok daebi makgi

Forearm guarding block

Kaunde yop cha jirugi

Middle side piercing kick

Twiggi ap chagi

Jumping front kick



Blue tag – 5th Kup

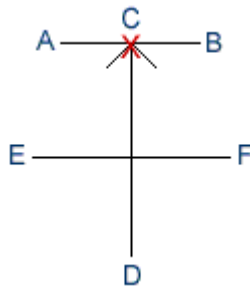
(to achieve blue belt)

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

Connecting motion – ierjin donjak

2 moves performed with only one sine wave; the first technique is usually a preparation for the second.
e.g. hooking block to punch

Yul-Gok 38 moves



Yul-Gok is the pseudonym of the great philosopher and scholar Yi I (1536-1584) nicknamed the 'Confucius of Korea'.

The 38 movements of this pattern refer to his birth place on the 38th latitude

The diagram represents scholar.

Kyocha sogi

X stance

Sonbadak golcho makgi

Palm hooking block

Sang sonkal makgi

Twin knife hand block

Doo palmok nopunde makgi

Double forearm block

Bakat palmok nopunde makgi

Outer forearm high block

Ap palkup taerigi

Front elbow strike

Dung joomuk nopunde taerigi

Back fist high strike

Twiggi yop chagi

Jumping side kick

Remember – first move is a measure



Blue belt – 4th Kup

(to achieve red tag)

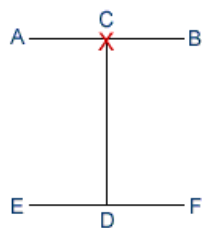
Blue belt signifies the heaven towards which the plant matures into a towering tree as training in TaeKwon Do progresses.

Slow motion – neurin dongjak

Unchanged technique but performed slowly.

Release from grab
– Jaep syl tae

Remember – side front
snap kick standing foot
pointing 15° like L stance



Joong-Gun 32 moves

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

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

Moa sogi B

Close stance B

Dwitbal sogi

Rear foot stance

Nachuo sogi

Low stance

Kyokcha jirugi

Front forefist angle punch

Wi palkup taerigi

Upper elbow strike

Sang joomuk nopunde
sewo jirugi

Twin fist high vertical
punch

Sang joomuk dwijibo jirugi

Twin fist upset punch

Dung joomuk nopunde yop
taerigi

High back fist side strike

Sonkal dung kaunde makgi

Reverse knife hand
middle block

Sonbadak ollyo makgi

Palm upward block

Sonbadak noollo makgi

Palm pressing block

Digutja makgi

U shaped block

Kyocho joomuk choockyo makgi

X fist rising block

Yop apcha busigi

Side front snap kick

Twiggi dollyo chagi

Jumping turning kick



Red tag – 3rd Kup

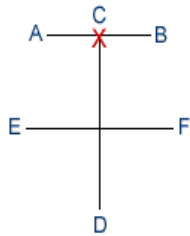
(to achieve red belt)

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

Stamping motion – gurunun dongjak

Lift the foot to at least knee height before stamping down to emphasise power in the technique.

Toi-Gye 37 moves



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 37 degree latitude. The diagram represents scholar.

Dwijibo sonkut
najunde bandae tulgi

Dung joomuk yopdwi
taerigi

Sang palkup yop tulgi

Opun sonkut
nopunde tulgi

San makgi

Doo palmok najunde
miro makgi

Sang Ap Japkee

Bakat palmok yop
makgi

Kyocha joomuk
noollo makgi.

Moorup ollyo chagi

Kaunde ap cha busigi

Upset fingertip thrust

Back fist side back
strike

Twin side elbow thrust

Flat fingertip high
thrust

W shaped block

Double forearm low
pushing block

Grab

Outer forearm side
block

X fist pressing block

Knee upward kick

Middle front snap kick



Red belt – 2nd Kup

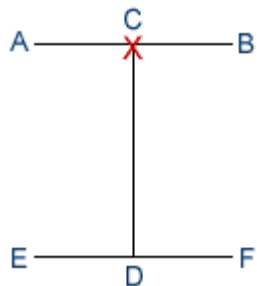
(to achieve black tag)

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

Sliding – mikulgi
1 shoulder width

Pull the foot when forming vertical stance and for the release

2 turning kicks in fast motion



Hwa-Rang 29 moves

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 Tae Kwon Do developed into maturity.

Moa Jumbi sogi C

Soojik sogi

Ollyo jirugi

Yop palkup tulgi

Sonkal naeryo taerigi

Sonkal kaunde yop taerigi

Sonbadak miro makgi

An palmok nopunde yopap makgi

Nopunde dollyo chagi

Bandae dollyo chagi

Close stance C

Vertical stance

Upward punch

Side elbow strike

Knife hand downward strike

Knife hand middle side strike

Palm pushing block

Inner forearm high side front block

High turning kick

Reverse turning kick



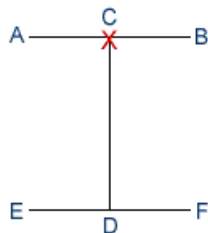
Black tag – 1st Kup

(to achieve black belt)

2023

Red belt signifies danger, cautioning the student to exercise control and warning the opponent to stay away. Black belt is the opposite of white, signifying maturity and proficiency in Tae Kwon Do. It indicates the wearers imperviousness to darkness and fear.

Choong-Moo 30 moves



Choong-Moo was the name given to the great Admiral Yi Soon-Sin of the Lee Dynasty.

He was reputed to have invented the first armoured battleship (Kobukson) in 1592, which is said to be the precursor of the modern-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.

Sonkal nopunde baro ap taerigi

Sonkal dung nopunde ap taerigi

Dung joomuk nopunde yopdwi taerigi

Doo palmok nopunde makgi

Palmok kaunde ap makgi

Kyocha sonkal kaunde momchau makgi

Sang sonbadak ollyo makgi

Kaunde dwitcha jirugi

Nopunde dollyo chagi

Twimyo yop chagi

Twimyo yop chagi

Knifehand obverse front strike

Reverse knifehand reverse high front strike

Back fist side back strike

Double forearm high block

Outer forearm middle front block

X knifehand checking block

Twin palm upward block

Middle back piercing kick

High turning kick

Flying side piercing kick

Flying side piercing kick



2023

Continuous motion –yonsok donjak

2 moves, 2 full sine waves, 1 continuing breath
e.g. low block to rising block

Fast motion – barun dongjak

Two or more techniques performed fast, with only half sine waves in the second or further techniques.

Slipping – not a motion but a specific method of transition from one stance to another.

In won-hyo we slip from the knife-hand inward strike to the punch.

Connecting motion – ierjin donjak

2 moves performed with only one sine wave; the first technique is usually a preparation for the second.
e.g. hooking block to punch

Slow motion – neurin dongjak

Unchanged technique but performed slowly.

Stamping motion – gurunun dongjak

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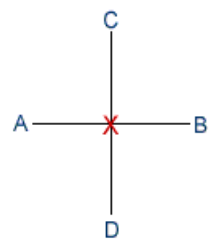
Sliding – mikulgi

1 shoulder width

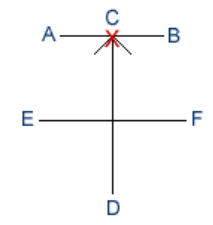


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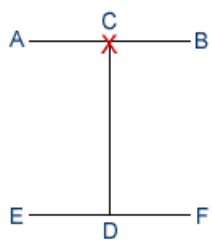
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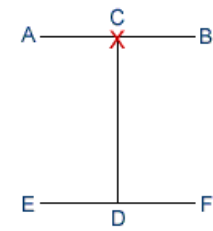
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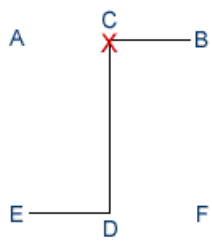
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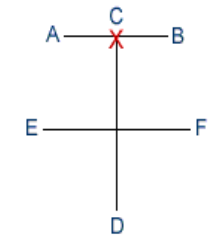
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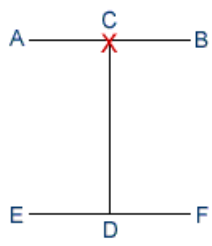
Do-San 24 moves



Toi-Gye 37 moves

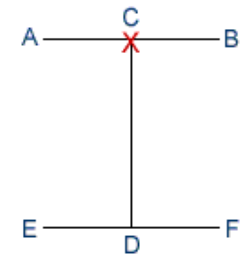


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Hwa-Rang 29 moves

Choong-Moo 30 moves



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This pattern consists of two similar parts; one to represent the Heaven and the other the Earth.

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