



Phantom Tiger Taekwondo
Junior Grading Syllabus



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- 5th kup to 4th kup (blue belt)
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- 3rd kup to 2nd kup (red belt)
- 2nd kup to 1st kup (black stripe)
- 1st kup to 1st degree (black belt)

What is Taekwondo?

Taekwondo is a *martial art*.

'Martial' means military, or like soldiers in an army do.

'Art' means it is a special kind of skill.

There are lots of different martial arts which were developed in different countries and each has particular ways of doing things which makes it unique. Taekwondo is quite a new martial art, and so when it was developed, the founder (General Choi) was able to build skills from several other older martial arts into it and make the best out of what people had spent many years learning and perfecting.

Taekwondo comes from the country of Korea, which is thousands of miles away from Britain on the other side of the world. People all over the world practise taekwondo, and we all learn the Korean words for the things we do so that we can all understand each other.

The Meaning of Taekwondo

Taekwondo literally translates as '***The art of kicking and punching***'.

Taekwondo comes from Korea, and Korean people write differently to British people. Instead of making words out of letters, they use symbols, a bit like mini-pictures, to represent words. To make things simpler for people who are not Korean so that we do not have to learn how to do all these pictures, we listen to what these words sound like when they are spoken, and then write down how that sound would be made in our own letters.

The word for 'Taekwondo' looks like this when it is written in Korean:



'***Tae***' Represents the foot being used for kicking, smashing and jumping.

'***Kwon***' Represents the hand being used for punching, striking, blocking and thrusting.

'***Do***' Represents the art, the way or the method.

Lots of other martial arts end in ‘-do’ too, like judo, which means ‘gentle way’ and kendo, which means ‘sword way’.

The Two Forms of Taekwondo

It can be quite confusing to people to hear that there are two different kinds of Taekwondo. This is because to start with, taekwondo was created to be like most of the older martial arts and to have different skills in it. These included learning about the language and history of taekwondo, practising patterns, doing self defence techniques and also doing sparring.

Later on, some people decided to take the sparring bit, leave out some other bits, and make a new sport. This new sport is still called taekwondo, and is in the Olympics. The people in charge of this sport are in an organisation called *World Taekwondo*, and this sport is called *WT-style Taekwondo*.

Other people stuck with all the traditional parts of taekwondo. The people in charge of this style of taekwondo are in an organisation called the *International Taekwondo Federation*, and this martial art is called *ITF-style Taekwondo*. ***Phantom Tiger Taekwondo is an ITF-style club.***

About Phantom Tiger Taekwondo

Phantom Tiger Taekwondo was founded in 2004 by Mr. Malcolm Armstrong. Although Mr. Armstrong retired from coaching in 2010, he is still the president of the club. Phantom Tiger is an ITF-style taekwondo club. Our club logo looks like this:



The **instructors** of Phantom Tiger Taekwondo are:

Head Coach-	Mr. Nick Bentley (3 rd degree)
Assistant Coaches-	Dr. Karen Mitchell (3 rd degree)
	Mrs. Rhona Warnock (3 rd degree)
	Mr. Paul Wood (2 nd degree)
	Mrs. Nicola Dodson (1 st kup)
	Mrs. Joanne Pollard (4 th kup)

Our Local Association

Phantom Tiger Taekwondo is part of a network of other ITF-style clubs in our local area. It is very important to have friendly clubs nearby, because it means we can share special training sessions and competitions with different people and learn more as well as making new friends. It also means that our coaches and black belt students can continue to learn from people who are even higher grades than they are. Our association has clubs in Bradford and Leeds in it, as well as Huddersfield.

Highest Grades in our area

The people in our association who have the highest grades in ITF-style taekwondo are Mr. Murray (6th degree), Mr. Caschetto (4th degree) and Mr. Pritchett (2nd degree). We are very lucky to have these people visit our club sometimes to teach us, as well as Mr. Cliffe, Mr AJ Lambert and Mr Collins (4th degrees) from another friendly local association.

Brief History of General Choi Hong Hi and the Development of Taekwondo



General Choi

Taekwondo was invented by a Korean soldier. His name was General Choi Hong Hi. (Korean people write their names the other way round from us, with the family name first and the person's own name second.)

General Choi lived from 9th November 1918 till 17th June 2002.

He spent his whole life creating Taekwondo and he left it to the world as his legacy (a gift people leave to other people when they die.)

Taekwondo was given its name on 11th April 1955, when very important Korean people met and decided together that it should be the national art of Korea.

Choi was born in North Korea on 9th November 1918. He was not a strong kid, but he had plenty of independent spirit and stood up for himself. His nickname was *Cheung Han* which is Korean for 'Blue Cottage'. I wonder why they called him that?

When Choi was a small boy, Japan ruled over Korea. The Japanese tried to stop Korean people from doing anything that was..... well, Korean! They tried to close all the schools or make the kids learn their lessons in Japanese instead, and they banned all martial arts except Japanese ones and all other things of Korean culture.

Choi was expelled from school for making trouble against the Japanese, so his dad sent him instead to study Calligraphy (fancy handwriting with a paintbrush) under a famous teacher called Han Il Dong. Mr. Han was also an expert in a very old Korean martial art called taekkyon. Mr. Han began to teach young Choi to build his strength

and good health, but obviously they had to be very sneaky and secret about it so the Japanese did not find out.

In 1937 Choi was sent to University at Tokyo in Japan. Just before he left though, he got into an argument with a giant wrestler called Mr. Hu. Mr. Hu threatened to tear Choi limb from limb when next he saw him, so Choi was probably glad to go at the time! While he was at university, Choi began to learn Karate with another Korean who was already a black belt. His name was Mr. Kim. Because of his training in taekkyon, Choi learned karate quickly, and he practised very hard and soon became a black belt himself. After he became a 2nd Dan black belt, he started his own class at the YMCA in Tokyo. General Choi used to tell a story about how he used to run through the streets of Tokyo kicking every lamp post he passed for practise, imagining that if he ever saw giant Mr. Hu again he would use these techniques against him.



The second world war began in 1939, and like a lot of Koreans, Choi was forced to join the Japanese Army, but soon afterwards he was sent to prison for making plans against the Japanese who were still ruling his country. While he was in prison, he kept practising his karate to keep himself fit and healthy, and his guard asked Choi to teach him karate too. Before long, the whole prison was involved in karate training! The war ended in 1945, and this meant that Choi was released from jail and avoided having to spend seven years in prison.

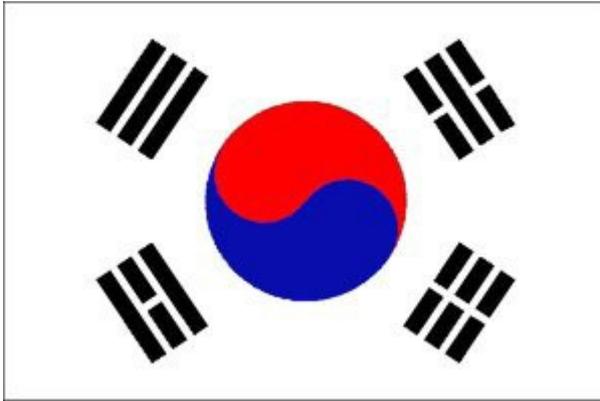


When Choi got back to Korea, he helped start a *Student Soldiers Party*. This was not the kind of party you have at birthdays, but a group of young people who were determined to rebuild their country after the Japanese invasion of 1905 and the war had done so much damage. Choi was commissioned as a second lieutenant and put in charge of a company of soldiers at a place called Kwang-Ju. He began to teach all his soldiers his martial art to make them stronger and fitter. General Choi was a very clever man. He soon got many promotions, and each time he was promoted and had even more soldiers under him, he had more people to teach.

In 1953, Choi was put in charge of the 29th Infantry Division on *Cheju Island*. This is where, with the help especially of Major Nam Tae Hi, he developed Taekwondo using techniques from karate and taekkyon and applying all he had learned and figured out about how different ways of moving can make people more powerful. This meant that his new art had a different style of movement and ways of kicking and hitting harder than before.

In 1955, General Choi was ready to show his new martial art to everybody, so he gathered together Master Instructors, historians and important leaders of Korean Society at a special meeting. The name Taekwondo which General Choi suggested was officially chosen.

Brief History of Korea



The South Korean flag contains the *taeuk* circle which represents yin(blue) and yang(red) which in the Orient means perfect harmony and balance. The white background stands for peace and purity, and the black bars stand for the four elements from which everything is made.

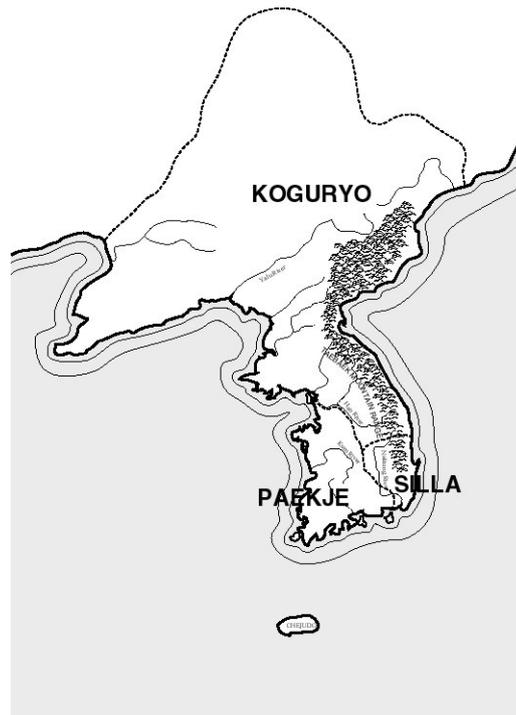
The Korean legend tells that Korea was founded in the year 2333BC. The legend says that at this time, animals could speak like humans. The god Hwanin sent his son Hwang Ung to the East to create a new country. Hwang Ung chose a place on Mount Paekdu at Lake Chon, the heavenly lake as in pattern Chon-Ji.

One day, a tiger and a bear came to Hwang Ung and asked to be changed into humans. After a lot of thought, Hwang Ung told them it would be possible and that they should take 20 cloves of garlic and some mugwort with them into a cave, and they must stay there for 100 days and pray all the time. After 20 days, the tiger got too hungry and left the cave to find something to eat, but the bear stuck it out. As 100 days got closer, the bear's fur started to fall out and it changed into a beautiful woman. The woman became known as Ung-Yo, which means 'the girl incarnated from a bear'.



Hwang Ung married the woman and they had a son, who they called Dan Gun, and so Dan Gun became the first ruler of Korea in 2333 BC. At that time Korea was called Go-Joseon; this later became Chosen, then Koryo, which sounds to our Western ears like Korea. Korean people call their country 'Hangeuk'. Korea means 'the land of high mountains and sparkling streams'.

Until about 1350 years ago, Korea was made up of 3 smaller kingdoms: Koguryo; Paekche and Silla. The 3 kingdoms were always at war with each other as well as with the other countries on their borders, China and Japan.



Silla was ruled by a Princess called Song. Song was a very wise woman and she befriended the Chinese Emperor, who was called Tang. Song sent soldiers to China to learn the Chinese culture and Chinese martial arts. When the soldiers returned to Silla they set up schools to teach the people martial arts. The martial art became known as 'Tang Soo Do' or The Hand of Tang. The Chinese Emperor was very impressed with this act of setting up schools for the people and China and Silla became friends.

Silla was a very powerful nation, despite its small size. It had a specially trained fighting force like the SAS. This force was made up of young men who were mainly the sons of noble men. The boys started to train from the age of about 12. The training was very tough, they had to swim in icy rivers in winter and run up mountains and they had to train to fight with bare hands and with weapons. As well as all the physical training they also had to learn military tactics, poetry and dancing. This fighting force was called the Hwarang which means 'The Knights of Flowering Manhood'.



In 668 A.D. Silla made a deal with China to gang up on Koguryo and Paekche. Many enormous battles were fought and Silla eventually won with the help of their Chinese allies. Unfortunately, the Chinese quite liked Korea and decided they would stay for a while so the Hwarang had to chase them out of the new country and back into China. The new country was renamed Chosen.



Korea is sandwiched between China and Japan and acts like a corridor between the two. For centuries China and Japan have tried to gain control of Korea to give themselves a route into each others' countries. The last time this happened was in 1905 when Japan tried to take control of Korea. A Japanese official called Hiro Bumi Ito made a plan to take over and run Korea. The Japanese successfully invaded Korea and took over. They destroyed all things Korean, tearing down Korean temples, closing Korean schools, making children do school lessons in Japanese and even stopping people practising Korean martial arts. Japan was still ruling Korea when General Choi was born.

Grading System

Taekwondo has a system of recognising how much a student has learned and how skilled he or she has become by allowing the student to wear different coloured belts as he or she progresses and becomes better in training. This means that anybody who does taekwondo can tell straight away what level of skill a person has and knows what to expect when sparring against them, which is safer for everybody. It also means that any instructor can teach the class without having to spend a long time finding out what the students know already. Best of all, it means that students have their efforts in training and practising recognised when they receive a new belt after passing a grading test.

What happens at a grading?

A grading is a kind of test for instructors to see how much their students have improved. It is not compulsory for students to take gradings if they do not want to. For gradings, the instructors will be quite strict and expect very good behaviour from the class. This is because in Korea, where taekwondo comes from, just like in most countries in that part of the world, respect and discipline are thought very much more important than in Europe. It is expected that students will behave very properly and formally towards each other and especially to their teachers and other adults, and it is a very bad thing to forget this. Sometimes, students or instructors from other clubs will be at your grading and since they do not already know you, this will be your only chance to make a good impression on them.



Students who have a yellow belt or higher grade must wear a clean and pressed white dobok at a grading. They must have short and clean finger and toenails, have their hair tied back if it is long, and be generally clean and tidy. Students who have their own sparring protective equipment should bring it with them. It is very important to arrive on time, and to put all your kit out ready so that you can do everything you are asked as quickly as possible to impress your instructor. The grading test lasts quite a long time and is quite a big work out. It is a good idea to bring a water bottle with you.



The instructors who are running the grading will tell you exactly what they want you to do, which will be things you have practised already in class. Sometimes you might be working with a person who has a higher grade than you and be asked to do things that are not needed for your grade. Do not worry if this happens; it is the other person who the instructor is testing when this happens, not you. You will be asked to do all the different parts of taekwondo- basic fitness exercises, patterns, line work, sparring, self defence, powerful techniques and theory questions. You will need to get 70% or higher to pass and move up a grade. Usually, you will have to wait till the next week to find out whether you have passed. You should always remember though that trying is the most important thing, and if there is part of the test that does not go well, you will be able to do it again soon and so you should not worry too much about the test!

Minimum Promotion Times

Students should remember that it is unusual for people to be able to pass grades as quickly as the table below, especially if they are training only once a week. What is important is not how soon you could be allowed to grade, but how well you have mastered your new techniques and pattern. Your instructor will tell you if you are ready to grade. Some students who learned other martial arts before or train and practise a lot might be allowed to jump a grade, but this is very unusual. At Phantom Tiger we run gradings approximately 3 times a year, but higher grade students in particular will not be able to grade every time.

The table below shows the minimum time allowed between gradings for an average student training every week and practising at home.

Grade	Training Time	Belt Colour
9 th kup	3 months	Yellow stripe
8 th kup	3 months	Yellow
7 th kup	3 months	Green stripe
6 th kup	3 months	Green
5 th kup	3 months	Blue stripe
4 th kup	4 months	Blue
3 rd kup	4 months	Red stripe
2 nd kup	5 months	Red
1 st kup	6 months	Black stripe
1 st degree	6 months	Black

Conduct in the training hall

Taekwondo comes from Korea, a country in Eastern Asia, which is a part of the world where people think that strict discipline (making sure people behave very well) and respect for teachers and people older or more skilled than you is very, very important. Because of this, the way that you will be expected to behave when at training is likely to be much stricter and old-fashioned than at some other sports or even at school. This is an important part of learning a martial art and one you will have to quickly get used to, as people who do not behave properly will not be allowed to train with the club. You must follow all the rules of the *dojang* (training hall) which are explained below.



Bow (kyong ye)

Rules of the Dojang

1. Make sure you do not need to go to the toilet during class.
2. Get changed in the changing room, not in the dojang.
3. Make sure your dobok (uniform) is clean and pressed and your belt is tied properly.
4. Make sure your nails are clipped short and clean.
5. When entering or leaving the dojang, bow to the flags and any instructor present.
6. When asked to line up in grade order, the senior (highest grade) student stands at the front on the right, and the next most senior next to them and so on. Adults stand before juniors of the same grade, and students with a dobok on stand before those with normal clothes on.
7. When the instructor asks, the senior student (or another if given the honour of being asked to by the instructor) will say the tenets and oath.
8. When asked to sit down, sit cross legged and do not fidget.
9. If you want to ask a question in class, stand to attention and raise your hand.
10. Always call your instructor 'Sir', 'Ma'am', 'Sabum' (Korean for Instructor) or by their surname, eg. 'Dr. Mitchell'.

Basic Commands Used in Taekwondo

Most of the simple instructions your instructor gives you will be spoken in Korean. This is because Taekwondo was invented in Korea, and so this is the original language that people learning taekwondo used. Now that taekwondo is practised around the world, we carry on using Korean so that we can all understand each other no matter where we come from. You should learn the commands below carefully.



Sit down (anjo)

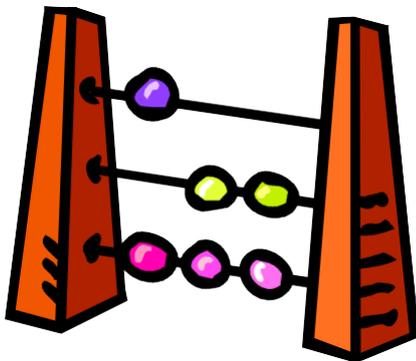
Because Korean writing is made of symbols, it takes a long time for people used to writing in our alphabet to learn. Instead, we write down the word the way it **sounds** to our ears. This means that you should say the Korean word just as it looks, and it is not wrong to spell the Korean version slightly differently.

English	Korean
Attention	Charyot
Bow	Kyong ye
Ready	Junbi
Start	Si Jak
Stop	Gumahn
Separate	Hechyo
Continue	Gessot
Return (go back to start)	Baro
In your own time	Kooryong-opshi
In my time	Kooryong-machoso
Stepping Forwards	Nagagi
Stepping Backwards	Duruogi
About Turn	Teero Torra
Left	Wen
Right	Orrun

Counting in Korean

Your instructor will often ask for you to count out loud while you are doing an exercise. He or she will expect you to do this in Korean. The Korean numbers sound very different to English, but are quite easy to learn. You can practise from this list:

- | | | |
|----------|-------------|--------------|
| 1. Hana | 8. Yodol | 15. Yoltasot |
| 2. Dool | 9. Ahop | 16. Yolyosot |
| 3. Set | 10. Yol | 17. Yolilgop |
| 4. Net | 11. Yolhana | 18. Yolyodol |
| 5. Tasot | 12. Yoldool | 19. Yolahop |
| 6. Yosot | 13. Yolset | 20. Samul |
| 7. Ilgop | 14. Yolnet | |



- 30. Sorun
- 40. Mahun
- 50. Chiun
- 60. Yesun
- 70. Irrun
- 80. Yodun
- 90. Ahun
- 100. Pek

The Tenets and Oath of Taekwondo

A **tenet** is a belief or a principle that a person should try to achieve and live by. All students of taekwondo should do their best to be guided by the five tenets of Taekwondo in everything they do every day (not just when training at taekwondo). This will help the student to know how to behave in any situation, and to become a better person.

An **oath** is a special kind of promise a person makes and swears to keep. Every person who trains at taekwondo all over the world makes the same international oath. This means that we are all trying to keep the same promise and unites us together. It is a very important promise because it is about doing our best to keep up the high standards expected of students of taekwondo and about trying to always be a good person and do the right things.

At the start of every lesson, the instructor will ask the class to all stand smartly at attention and raise their right hand up to show they are making a promise. He or she (or perhaps a senior student who the instructor has chosen for this job) will then say the tenets and oath out loud, one at a time, and the class will repeat them. This is a very serious part of the taekwondo lesson and the instructor will expect the students to pay close attention.

The International Taekwondo Oath

- *I shall observe the tenets of taekwondo*
- *I shall respect my instructor and seniors*
- *I shall never misuse taekwondo*
- *I shall be a champion of freedom and justice*
- *I shall help to build a more peaceful world*



The Five Tenets of Taekwondo

1. **COURTESY** (*ye ui*). This means having good manners and being polite and respectful to other people.
2. **INTEGRITY** (*yom chi*). This is being honest and trustworthy.
3. **PERSEVERANCE** (*in nae*). This means keeping on trying to finish what you have started and believing that what you are doing is right.
4. **SELF CONTROL** (*guk gi*). This is the ability to stay in control of what you are saying, thinking and doing, and not losing your temper or doing things you know you shouldn't.
5. **INDOMITABLE SPIRIT** (*beakjul boolgool*). This is your inner spirit which makes you have courage to deal with bad or unfair things, no matter how hard it seems this might be.

Training Suit (Dobok)

When training at taekwondo we wear a special kind of uniform. This is a training suit, which is called a **dobok** in Korean. This helps to show that taekwondo is a martial art which is not like other sports, and it is made to be loose so that it is comfortable for wearing when doing high kicks and fancy techniques. Wearing a dobok which is clean and ironed shows your respect for the art you are learning, and helps to make you proud that you do taekwondo.

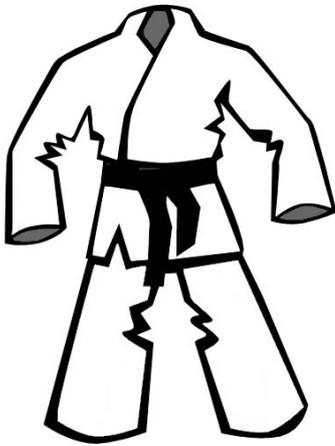
Taekwondo doboks are white, like the traditional national clothes of Korea. Black belt holders have black edges on their doboks, just like important high-up people did in Korea's history.



Sometimes you may see students wearing darker coloured uniforms to class (but *never* to a grading). This is because it is a privilege of the instructors to wear blue if they want to, and because sometimes the senior students will practise techniques from other martial arts too to help them learn about sparring with people from other clubs, and this might mean doing *groundwork* (a kind of wrestling on the floor) which would get their white doboks dirty.

Parts of the dobok

The training suit is made up of three parts:



1. Jacket (*ha i*)
2. Trousers (*sang i*)
3. Belt (*tee*)

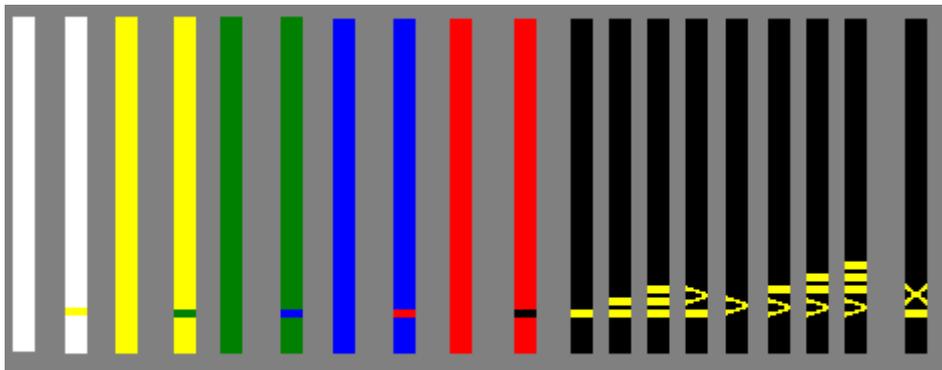
Under your training suit you wear your normal underwear, and a T-shirt if you want to. To go to a grading, if you wear a T-shirt it should be white. When you leave the training hall (*dojang*) you must put shoes on, so that you do not come into the training hall with dirty feet. This would make the mats dirty dangerous for everybody, and is a very rude thing to do in Korea.

Looking after your dobok

Your dobok is like a uniform and it is very rude to your instructors and disrespectful to taekwondo to come to class with it dirty or crumpled. You should look after your dobok with pride, keep it clean and fold it carefully when you are not wearing it.

Belt Colours and their Significance

The colours of the belts that we wear at Taekwondo were not chosen by accident. In the history of the Eastern parts of the world, getting older and more mature and grown up is shown by gradually darker colours. Blue, red and black used to be worn by the high-up people who ran the country in the days of the Koguryo and Silla dynasties. In the past, students did not get new belts regularly as this would have been very expensive. Instead they dyed their belts when they received a new grade, so it was sensible that the colours got darker each time.



Students wear different coloured belts so that everybody in the dojang can see from wherever they are how advanced a level of training they have reached. This is safer for everybody, because it means that higher graded students do not accidentally do techniques that are too hard or fast for the person they are practising with to block safely. It also means that anybody who is new to the club (or a visiting coach) can tell straight away what they should expect a student to know already, without having to keep asking all the time what the student has learned already.

Belt Colours Used in Taekwondo

It is important to know the meaning of the colour of the belt you are training towards by heart. You will be asked at your grading to tell the instructor this meaning word for word exactly.

- WHITE signifies the innocence of the beginner student, who has no previous knowledge of taekwondo.
 - YELLOW represents the earth where the seed of taekwondo is planted as the foundations of taekwondo are being laid.
 - GREEN represents the green plant growing as the skills of taekwondo develop.
 - BLUE signifies the sky and the heavens, towards which the tree grows as taekwondo training progresses.
 - RED signifies danger, cautioning the student to exercise control, and warning an opponent to stay away.
- BLACK is the opposite of white, therefore signifying a maturity and proficiency in taekwondo. It also indicates the holder's imperviousness to darkness and fear.

Black Belt and Instructor Grades

You do not stop learning taekwondo when you get your black belt! There are NINE grades of black belt, from 1st degree to 9th degree. In fact, it is said that when you get your black belt, you have only just finished learning the alphabet, and now you have to start learning to make words. High grade black belt holders have usually spent most of their lives learning taekwondo, and the very best continue to add wisdom and new techniques to the art.

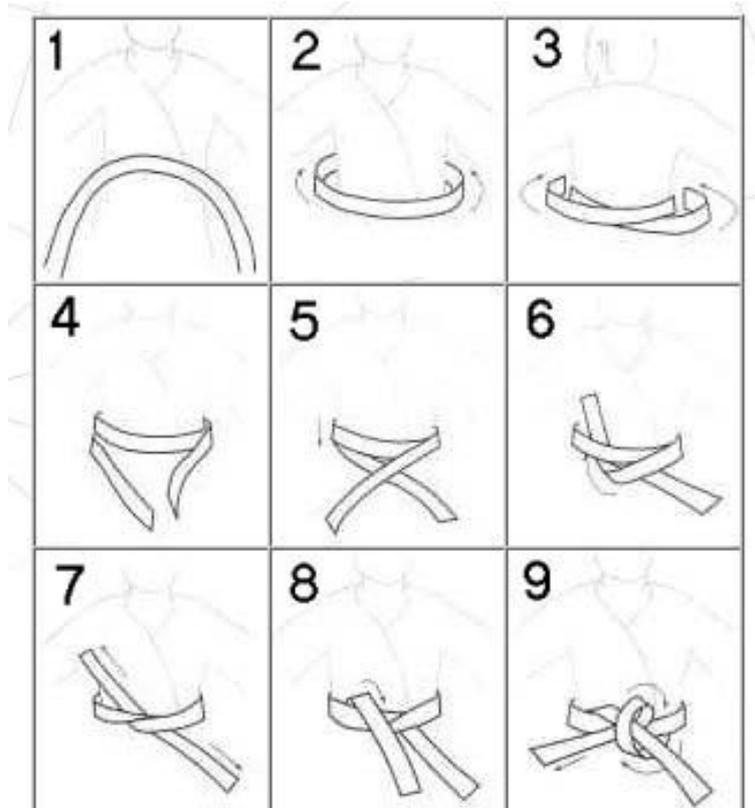


The black belt has gold-coloured stripes sewn on it to show what degree the holder has. Once you receive your black belt, it cannot be taken away, and instead of getting a new belt at successful gradings, a new stripe is added on. The dobok of a 1st to 3rd degree black belt has a black stripe round the bottom edge. 4th to 6th degree black belts also have black stripes down their sleeves, and 7th to 9th degree black belts have black stripes down their trousers.

There are different names for instructors who have different grades:

Degree	Classification
1 st -3 rd degree	National/Assistant Instructor (<i>Boo Sabum</i>)
4 th - 6 th degree	International Instructor (<i>Sabum</i>)
7 th -8 th degree	Master (<i>Sahyung</i>)
9 th degree	Grand Master (<i>Saseong</i>)

Tying the Belt



This is a tricky skill to begin with. Your instructor will show you how to tie your belt. The ends of your belt should be the same length, and just above your knees. When you have your black belt, instead of wrapping it round your waist twice before tying it, it will only go round once. This is to remind you to:

- **Serve ONE Master**
- **Pursue ONE Goal**
- **Gain victory with ONE blow**

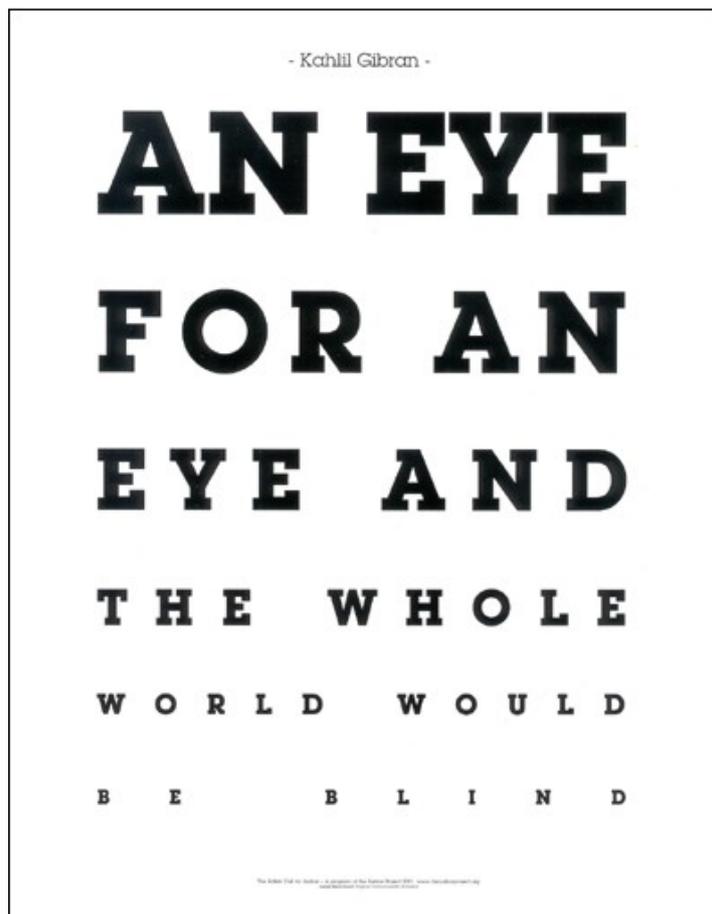
Patterns (Tuls)

A pattern is a set series of attacks and defences carried out against one or more imaginary attacker.

Patterns are a very important part of taekwondo. They are not like dances, where everyone adds their own little favourite extra bits. Patterns must be done perfectly, to show how well you have learned the new techniques in them, and realistically, as if you were actually fighting. You will need to know the definition of a pattern for your gradings word for word. There is one new pattern for each coloured belt grade, and you must also know the name and the interpretation of the pattern as well as how many moves it has in it. The club website has videos of each pattern on it for you to watch, and you can also watch World Champion Master Jaroslaw Suska on YouTube.

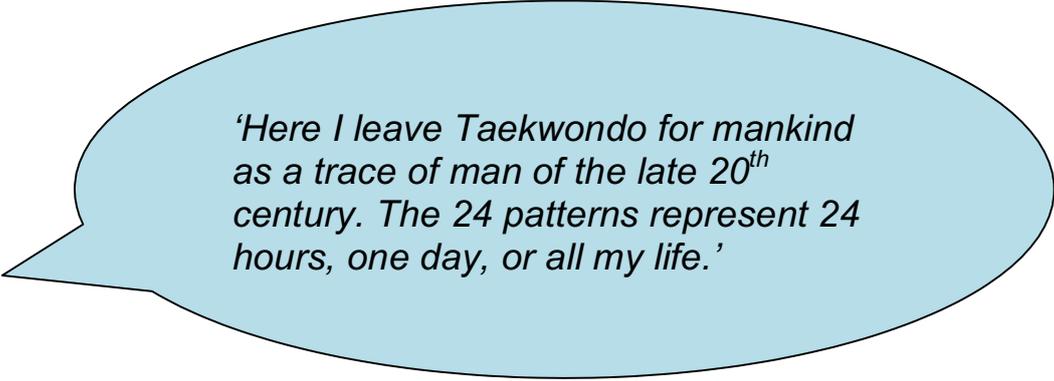
Why we practise patterns

Long ago in Korea there was a law called 'an eye for an eye and a tooth for a tooth'. This meant that if somebody hurt you, you were allowed to do the same back to them. It was impossible to practise martial arts properly then, because even when being careful, accidents happened and this led to everybody taking bigger and bigger revenge. Patterns were invented so that students could practise their techniques safely. The patterns are carefully designed to get harder as you go along and contain new stances, moves and techniques which will help you gradually build up a whole new set of skills. You will learn balance, good control of your breathing, flexibility, graceful smooth movements and power. Patterns are also a good way for any instructor to tell quickly how good a student is at taekwondo.



Why there are 24 patterns

Just before General Choi died, he said this:



'Here I leave Taekwondo for mankind as a trace of man of the late 20th century. The 24 patterns represent 24 hours, one day, or all my life.'

This is a very deep and meaningful thing to say. What General Choi meant was that he chose 24 patterns so there would be one for every hour of the day. A day is only a little part of a person's life, just like a person's life is only a tiny part of the history of the whole planet. Some people spend all their life getting as much money and expensive stuff as they can, but when they die nobody will remember how rich they were. Instead, people will remember whether they did anything in their life for other people's good. If you leave behind you something that carries on doing people good long after you die, they will keep remembering you for it, and so at least your memory will live forever. This is called your *legacy*. General Choi invented taekwondo, and the patterns contain all this knowledge. They are a way of putting all his life's work into a gift for other people. By teaching patterns, he made sure that this knowledge could be passed on to new people long after his death, like you for example!

General Information on performing a Pattern

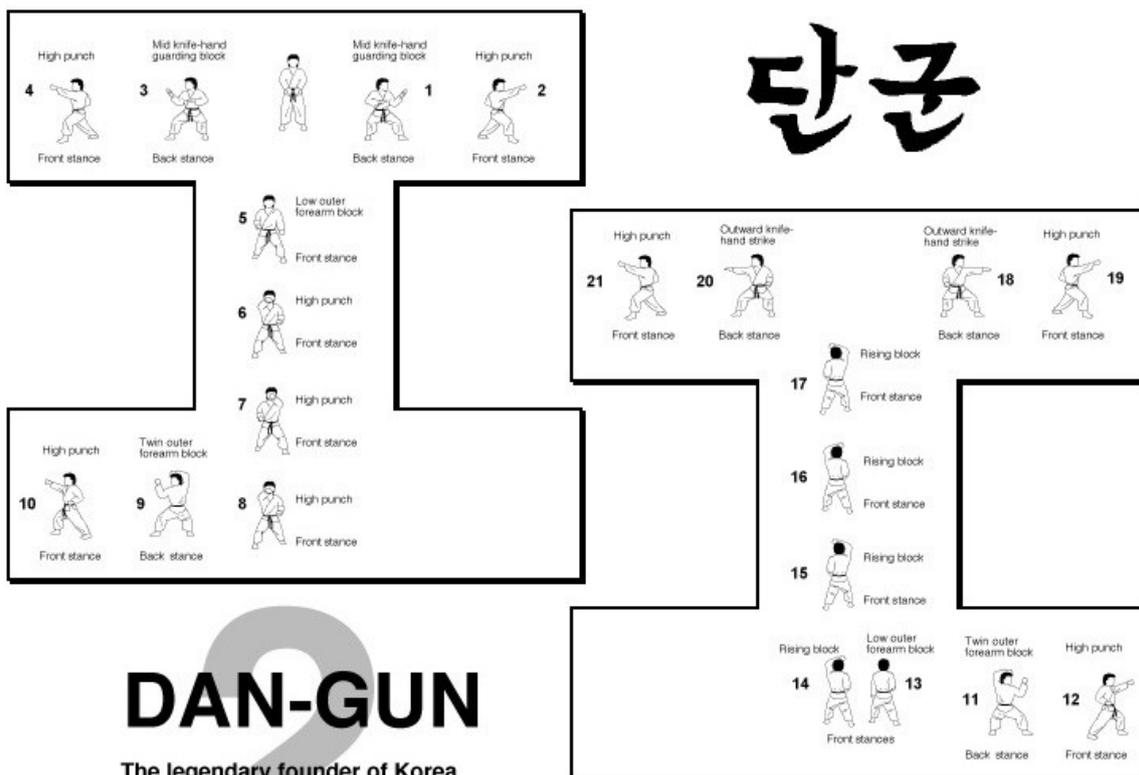
- ✓ The pattern should start and end on the exact same spot, to show how accurate the performer is.
- ✓ Correct posture (the way you stand) and facing (which direction your body is pointing in) must be maintained.
- ✓ Your muscles must be tightened up and loosened off at just the right moments.
- ✓ The pattern must be smooth not jerky.
- ✓ The techniques in the pattern must be done at the right speed.
- ✓ The attack or block you are doing must finish at just the same time as you land in the right stance.
- ✓ You should breathe in time with your movements and kihap on the last move of the pattern.
- ✓ All the students doing a pattern at one time must move in the same time, and this time is set by the most senior student. The pattern is not a race.
- ✓ Each pattern must be learned perfectly before a new one is started.
- ✓ You must understand exactly what each move in the pattern is for.
- ✓ You must do the pattern as if you are fighting for real.
- ✓ If you get in the way of a higher grade student, you must move quickly out of the way.

Names, meanings and shapes of the patterns

Each of the patterns is named after a famous place or person in the history of Korea. These people were chosen because they spent their lives doing things which made things better for the people of their country, not for themselves. It does not matter to people in other countries that they were all Korean. It is much more important that they were fine people and they set good examples to human beings everywhere.

As well as knowing the name of your pattern, you will need to know the **interpretation**. This tells us the reason why the pattern has its name, and why it is important for us to know about it. Usually, the number of moves that are in the pattern is connected to the interpretation as well.

When a pattern is done properly, the person who is doing it draws out an imaginary shape on the floor. This shape is often one of the symbols that Korean people use in their writing, and it means something to do with the pattern. Remembering the shape helps us to remember about the interpretation of the pattern, and to make sure we are doing it properly. The pattern Dan Gun (in the picture below) makes a shape like a capital **i** on the floor when it is done correctly.



DAN-GUN

The legendary founder of Korea
in the year 2333 B.C.
(21 movements)

Interpretations of the Patterns

- **Chon Ji – 19 movements**

Literally means 'Heaven and Earth'. In the orient it is interpreted as the creation of the world or the beginning of human history, therefore it is the first pattern learned by a beginner. The pattern consists of two similar parts, one representing Heaven and the other the Earth.



Lake Chon at the top of Mount Paekdu in Korea

- **Dan Gun – 21 movements**

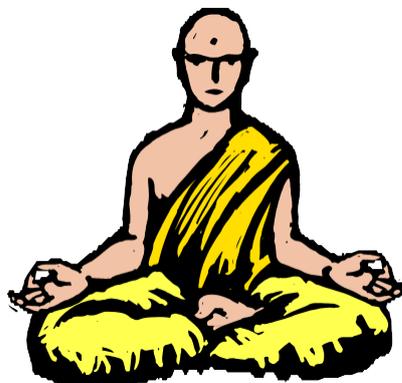
Dan Gun is named after the holy Dan Gun, the legendary founder of Korea in the year 2333BC.

- **Do San – 24 movements**

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

- **Won Hyo – 28 movements**

Won Hyo was the noted monk who introduced Buddhism to the Silla dynasty of Korea in the year 686AD.



A Buddhist Monk in his saffron-yellow robes

- **Yul Gok – 38 movements**

Yul Gok is the pen name of the great philosopher and teacher Yi I (1536 to 1584). He was nicknamed the Confucius of Korea. The 38 movements of this pattern refer to his birthplace on the 38th parallel and the diagram represents 'scholar'.



Confucius

- **Joong Gun – 32 movements**

Joong Gun is named after the patriot Ahn Joong Gun who assassinated Hiro Bumi Ito, the first Japanese Governor-General of Korea, who played a leading part in the Korea-Japan merger. The 32 movements of the pattern represent Mr. Ahn's age when he was executed in Lui-Shing prison in 1910.

- **Toi Gye – 37 movements**

Is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo-Confucianism. The 37 movements in the pattern represent his birthplace on the 37th parallel and the diagram represents the scholar.



Yi Hwang's picture is on a Korean bank note

- **Hwa Rang – 29 movements**

Hwa Rang is named after the Hwa Rang youth group that originated in the Silla dynasty in the early 7th century. The 29 movements refer to the 29th Infantry division commanded by General Choi in 1953 where taekwondo was developed into maturity.

- **Choong Moo -30 movements**

Was the name given to the great admiral Yi Soon-Sin of the Yi dynasty. He was reported to have invented the first armoured battleship (kobukson) in 1592, which is said to be the precursor of the present day submarine.

This pattern ends with a left-hand attack symbolising his regrettable death. He was never allowed to reach his full potential as he was forced to be loyal to the king.



The kobukson was also called a turtle ship because it had metal plates on the top like armour to make it stronger. This is what one would have looked like.

Helpful Information

1. *Buddhism is a religion started by Buddha. Its followers believe that man's suffering is caused by greed and hatred, and that if a person can learn not to be greedy and hate other people he will achieve perfect purity of the spirit.*
2. *Confucius was a great Chinese thinker who said all people should care for their family, including their dead relatives, and about peace and justice (doing things fairly and right.)*
3. *Neo-Confucianism is a modern form of the original ideas Confucius had.*
4. *Parallels in this case are the lines of latitude on the Earth (the imaginary circles we draw round the globe between the equator and the poles.)*
5. *A scholar is a person who spends their life studying and learning things.*

Theory of Power

One of the biggest aims of serious Taekwondo students is to be good enough to win with just one punch or kick. It is an important part of taekwondo that each of the techniques is designed to be very powerful and hit very hard. You might have chance to see senior students showing how good their techniques are by breaking boards or bits of wood into pieces by hitting or kicking them. General Choi thought for a long time about what can make punches and kicks more powerful, and the ways he worked out to do this are part of what makes Taekwondo different from other martial arts. When your instructor is very fussy about you doing your punches exactly right, it is because he or she is teaching you right from the beginning of your training to learn how to hit things hard without hurting yourself.



Mass and Speed

Your body mass is how much you weigh.

You can make your techniques more powerful if you put your whole weight into them. This means that when doing most techniques, you have to rise up on your toes a little bit as you are starting the technique, and then drop downwards just as you finish it. You might also twist your hips and make your knees springy too- even a punch starts off from the ground and comes all the way up to your fist if you want to make it hit hard. These movements can seem a bit strange to start with, especially to people who have done older martial arts before, but with practice you will soon get used to them! When you are older and your bones have finished growing, you will be able to do **destruction (board breaking)** like the seniors, and if you have practised doing things properly you will find it easier than you think.



Speed is even more important than body mass. This is good news because it means that small fast people can easily beat big heavy people! If you drop a tennis ball onto a glass greenhouse, it will probably bounce off, but if you throw the same ball at the greenhouse the glass will break (and you will be in trouble!) The faster a kick is

done, the more powerful it will be. However, it is important to remember that the kick will have to be done properly to be effective, so you need to practise doing it correctly first, and then you can practise doing it faster.



You also need good **balance** when you are doing your punches and kicks. If you have not got your feet in the right places or you are leaning over and wobbly, you will not be able to punch or kick hard, and it will be much easier for your opponent to knock you over. This is why we practise doing stances from the start, because different ways of standing are better for doing different attacks or blocks.

Reaction Force

A very famous scientist called Sir Isaac Newton discovered lots about the way things move. He came up with a rule which says that for every action, there is an equal and opposite reaction. We can use this rule in martial arts- for example if a judo player is thrown by his opponent, he hits out into the mat when he lands. This cancels out the effect of the mat hitting him, so that it does not hurt. This is called a *breakfall*. In taekwondo, whenever we do a punch or strike with one hand, we pull the other hand back in towards our body, and this **reaction force** makes the punch stronger.



Sir Isaac Newton worked out a lot about movement and gravity by watching an apple fall from a tree.

Breathing control and kihap

Learning to breathe properly is just as important in taekwondo as in playing the trumpet or swimming front crawl. If you do not take regular deep breaths in, you will not have enough oxygen in your body for you keep doing exercise. You need to train your brain to remember to breathe even when you are doing something that takes a lot of concentration like sparring, so that you don't get out of breath. If you are not in good control of your breathing, your opponent will be able to tell when you are getting tired and know that this is a good time to rush at you and win! If you listen carefully when you see black belts doing patterns, you will hear them breathe out as they finish every single move.



Breathing at the right time also helps to make your techniques harder. If you breathe out sharply just as you hit with your punch, it will make your body tense up for a moment and your punch stronger. When we do this sharp breath out, we shout out loud at the same time. This is called a **kihap**. Kihapping makes sure we are really breathing out hard and deep, it helps us get the timing right, and it can scare the other person too! It does not matter what you say when you kihap- everybody has their own special sound that comes naturally to them. Don't be shy about it because the louder you shout, the better it will work.

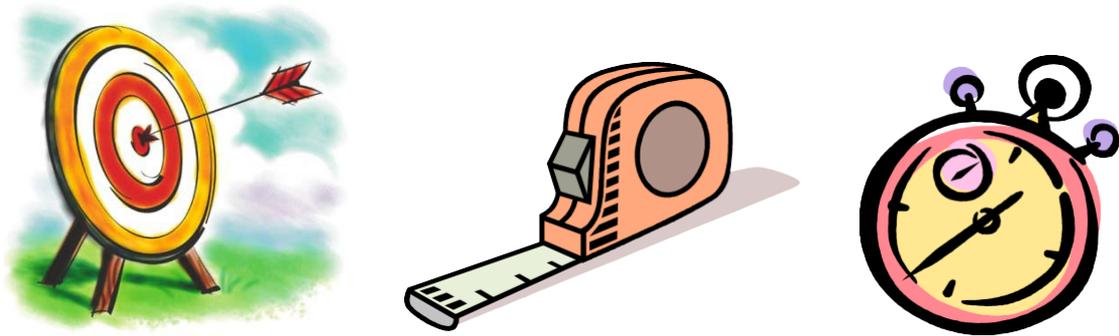


You should also breathe out just before a blow hits you if you are sparring or holding pads for your partner. This way your muscles will be tight so it will hurt less, and you can't have the breath knocked out of you and get winded either. Last of all, if you are remembering to breathe out at the right times, you will remember to breathe in as well. Training at taekwondo can be a very noisy business with people kihapping every time they hit things, which is much more fun than having to be quiet all the time!

Focus, distance and timing

For a punch or kick to work properly and have the effect it was meant to, the person doing the punch or kick has to get all these three things right. When you do preset sparring at a grading, the instructor is watching carefully because this is the time when you have the best chance to show that you can do this.

Focus in this case means hitting exactly the place you mean to. Attacking tools in taekwondo concentrate lots of power into a small area. An example of this is that a slap, where the whole palm of the hand hits you, hurts less than a punch to the same place, where the force of the blow is spread over the smaller area of just the knuckles. If you do not get the focus right, the technique will not work as well- like if for example you meant to kick your opponent in the tummy, but instead kicked their elbow and ended up hurting your own foot!



Distance means being exactly the right place for the technique to hit properly. If you try to kick a person who is standing just a few centimetres in front of you, the kick will not be a good one because your leg has not got space to straighten fully and get faster as it goes. You also cannot punch someone who is further away than the length of your arm, because you will miss!

When you are deciding what will be the best way to attack an opponent, you have to think about what the distance between you is, and either do a technique that will work at that distance, or move so that the distance is right for the technique you are planning. When you are doing preset sparring, like three-step sparring, you must show that you can judge the distance correctly by stopping your punch less than 3cm from the target. When you are hitting a pad, you should stand so that your attacking tool would finish up 3cm behind the front of the pad if the pad was not in the way so the punch will be as hard as possible.



This arrow is 3 centimetres long.

This is how close to your target you should finish!

We can also use what we know about the distance between the attacker and the defender to make it easier to hold pads for somebody to practise on. When somebody is practising hitting or kicking hard at training, the person who is holding the pad they are hitting could soon get quite sore if they just stood still. Instead, the pad holder will move the pad forward just a little bit as the other person punches or kicks, and make the distance between them a bit smaller. This will take the sting out of the blow because the punch or kick has not had time to get up to full power by the time it hits the pad.



Timing means doing the technique at exactly the right moment. It is very unlikely that the person you are sparring with is going to stand still and let you hit them! When you are trying to kick or punch a person who is moving around, you have to do it at just the right time to make sure you get round their guard and successfully land your attack. If you are too slow, the opportunity will have been lost and if you start too soon, they will not have got close enough to you and you will miss.

Parts of the body

When you reach your black belt grading, you will need to know all Korean names for the parts of the body that are in red in the list below. It is much easier to learn these words as you go along and get used to using them than to leave it till the last minute, so it is a good idea to look up the Korean name whenever you learn a new technique that uses or affects a different part of the body.

English

Head
Forehead
Eye
Nose
Jaw
Adams Apple
Neck
Clavicle
Chest
Sternum
Abdomen
Kidney
Coccyx
Groin
Armpit
Elbow
Outer Forearm
Inner Forearm
Wrist
Palm
Back of the Hand
Knifehand
Reverse Knifehand
Fore Fist
Back Fist
Arc Hand
Finger
Fingertip
Thumb
Knee
Shin
Ankle
Achilles Tendon
Back of the Heel
Sole of the Heel
Instep
Ball of the Foot
Footsword
Reverse Footsword
Toe

Korean

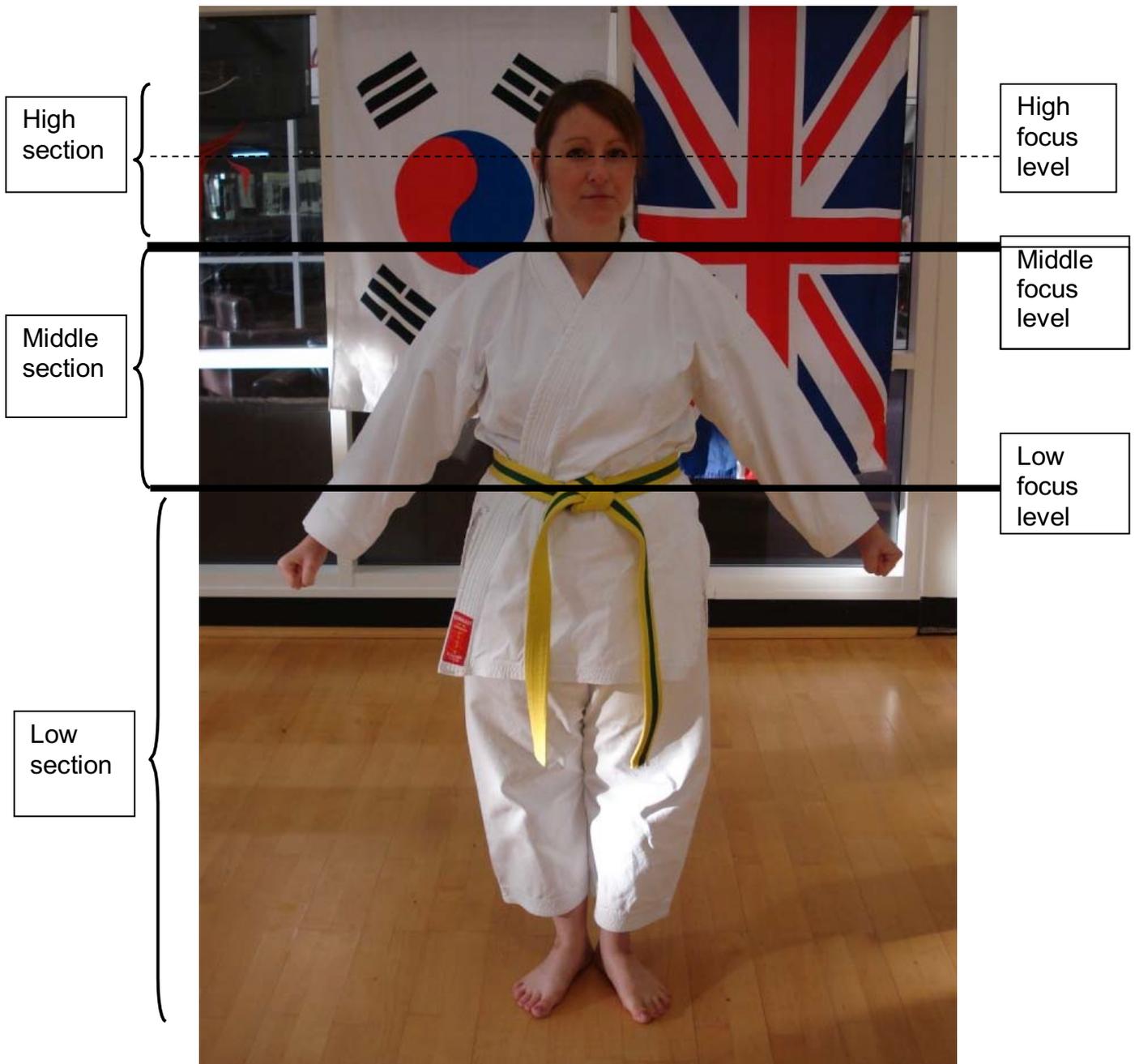
Mori
Ima
Angoo
Migan
Yop Tok
Gyol Hoo
Mok
Swe Gol
Gasum
Hyung Gol
Bokboo
Kong Pat
Migol
Sataguni
Gyodurang
Palkup
Bakat Palmok
An Palmok
Sonmok
Sonbadak
Son Dung
Sonkal
Sonkal Dung
Ap Joomuk
Dung Joomuk
Bandal Son
Songarak
Sonkut
Umji Songarak
Moorup
Gyong Gol
Balmok
Dwitchook Himjool
Dwitchook
Dwit Kumchi
Baldung
Ap Kumchi
Balkal
Balkal Dung
Balkut

Sections and Focus Levels

So that we can easily describe to each other where we want a technique to be aimed at, or what part of the body we would like a block to protect, we divide the body up into imaginary chunks or **sections**. This is very useful because it means that we know where to aim for when practise patterns or techniques against an imaginary opponent, or against our own reflection when **shadow boxing** in front of a mirror.

In each of these three sections, there is a **focus level** which is the exact place in that section where we aim for when practising.

This picture shows where the sections and focus levels are:



Vital Spots and Attacking Tools that can be used on them

Some parts of the body are much easier to hurt and damage than others. These places which are more sensitive or easily broken are called **vital spots**. Injury to a person's vital spots could cause serious harm, or even death, in major ones like the neck, brain eyes or windpipe, or pain and not being able to use them for a while, like the elbows and knees. We NEVER try to hurt our friends for real when we are training. We learn about these vital spots only in case we are ever attacked for real and need to defend ourselves. When we are practising, we only touch vital spots very lightly to show that we know what to do, without risking doing any harm.

People who practise any kind of martial art always have to trust their partner to look after them. Anybody who is not kind to their partner quickly finds out that nobody will train with them and they have no friends left. It is never big or clever to hurt your training partners. Any student who deliberately hurts other students or does not listen to warnings given to them by a coach or senior will be banned from the club.

Attacking Tool	Korean Name	Vital Spots it can be used on
Fore Fist	Ap Joomuk	Head/ face/ sternum/ chest/ ribs/ abdomen
Back Fist	Dung Joomuk	Head/ temple/ face/ floating ribs/ abdomen
Side Fist	Yop Joomuk	Face/ temple/ solar plexus
Under Fist	Mit Joomuk	Face/ temple/ solar plexus
Long Fist	Ghin Joomuk	Temple/ throat/ solar plexus
Knuckle Fist	Songarak Joomuk	Temple/ nose/ jaw/ throat/ solar plexus
Knifehand	Sonkal	Head/ temple/ throat/ face/ neck/ ribs/ collarbone
Reverse Knifehand	Sonkal Dung	Head/ temple/ throat/ face/ neck/ floating ribs/ solar plexus
Fingertip	Sonkut	Eye/ throat/ solar plexus/ groin
Elbow	Palkup	Face/ neck/ sternum/ solar plexus/ rib/ stomach/ groin
Footsword	Balkal	Head/ face/ neck/ armpit/ solar plexus/ heart/ ribs/ knee/ shin
Front sole (ball of foot)	Ap Kumchi	Head/ face/ sternum/ solar plexus/ heart/ ribs/ abdomen
Back Heel	Dwitchook	Head/ face / collarbone/ solar plexus/ heart/ ribs/ abdomen
Knee	Moorup	Face/ solar plexus/ stomach/ groin/ coccyx
Back Sole (bottom of heel)	Dwit Kumchi	Throat/ sternum/ heart/ solar plexus/ stomach/ abdomen
Instep (top of foot)	Baldung	Face/ neck/ groin
Reverse footsword (inside edge of foot)	Balkal Dung	Face/ solar plexus
Toes	Balkut	WITH SHOES ON Head/ chest/ ribs/ stomach/ groin/ inner thigh/ ankle

Stances Used in Taekwondo

What is a stance?

A stance is the position your whole body is in, not just where your feet are. Being in a strong position and choosing the best stance to do a technique from are very important, because a person's stance is like a building's foundations- if it is not strong and right for the job, then the person, like the building, will be unstable and risk falling over!

There are rules you can follow to make sure your stance is good:

1. Keep your back straight and don't lean over.
2. Keep your body relaxed and loose while you are moving and only tighten up when you actually land your attack or block.
3. Turn your body and shoulders the right amount towards the opponent.
4. Keep good balance while moving and while still.
5. Use your knees to spring and bounce a little bit.
6. Move your weight smoothly from one leg to the other, don't jerk.

Because the stance is the most important part of any technique just like the foundations are the most important part of any building, when you first start taekwondo and are doing your first gradings, this is the single most important thing you must get right. It is far better to get your stance absolutely right than to be able to do fancy kicks. Your instructor would rather see the wrong move done properly in your pattern than all the right moves done badly.

What the stances are used for:

Attention Stance (*charyot sogi*)

Used when listening to instructor or waiting to be told what to do next.

Parallel Ready Stance (*narani junbi sogi*)

Starting position for many exercises and patterns.

Walking Stance (*gunnun sogi*)

A strong stance for good balance for forward and backward moves. Can be full facing or side facing to opponent. Used for line work and practising techniques too.

L-stance (*niunja sogi*)

Ideal for defence because the body can be easily moved forward or backward and the front foot can quickly kick. Always half-facing the opponent.

Sitting Stance (*annun sogi*)

A stable stance for good balance for sideways moves, and good for building up the leg strength. Gets body weight low down for self defence. Can be full or side facing to the opponent.

Fixed Stance (*gojung sogi*)

Very good stance for attack and defence to the sides of you. Always half-facing the opponent.

X-stance (*gyochka sogi*)

Useful to let you move your hands quickly to front and sides, as a link between two other stances and to land a sideways jumping movement. When jumped into, the front foot is flat down, and when stepped into, the back foot is flat down.

Long Stance (*nachuo sogi*)

Like walking stance, but one foot-length longer. Can be full or half-facing. Useful to extend your reach so that you can attack or block slightly further in front of you.

Rearfoot Stance (*dwitbal sogi*)

Similar to L-stance but shorter and with the front heel lifted off the ground. Always half facing. Nearly all the weight on the back foot.

Bending Ready Stance (*guburyo sogi*)

Ready for a kick. Can be full or half facing.

Vertical Stance (*soojik sogi*)

Like rearfoot stance but with both feet flat and just over half the body weight on the back foot.

Close Ready Stance (*moa junbi sogi*)

Used as the beginning of several of the more advanced patterns. Has three different versions- A, B, and C.

Descriptions of Stances used and their Korean names

The diagrams on the next two pages show the positions your feet should be in when doing all of the stances you will learn as you progress through the patterns for the coloured belts, as well as how your body weight should be split between your feet.



Attention (*charyot sogi*)



Parallel (*narani sogi*)



Walking stance (*gunnun sogi*)



L-stance (*niunja sogi*)



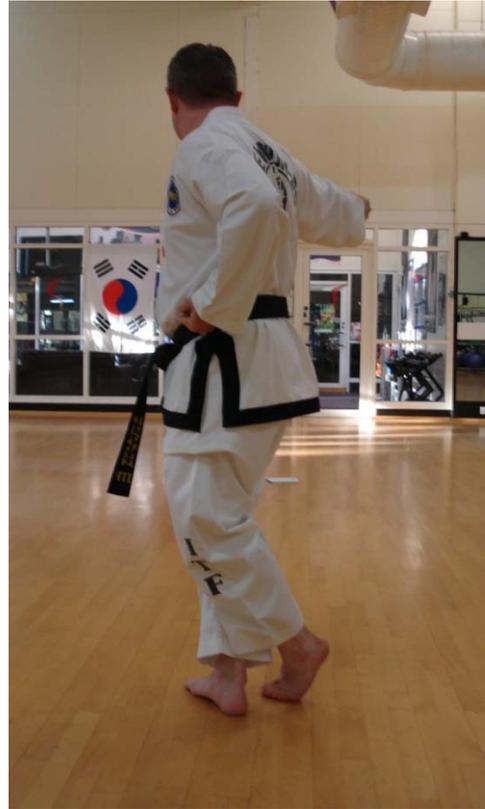
Sitting stance (*annun sogi*)



Fixed stance (*gojung sogi*)



Rearfoot stance (*dwitbal sogi*)



X-stance (*gyochka sogi*)

Bending stance (*guburyo sogi*)



Long stance (*nachuo sogi*)





Close Ready A (*moa junbi A*)



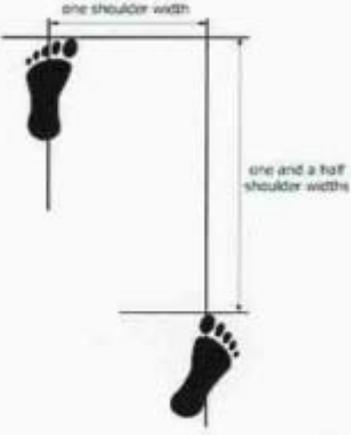
Close Ready B (*moa junbi B*)

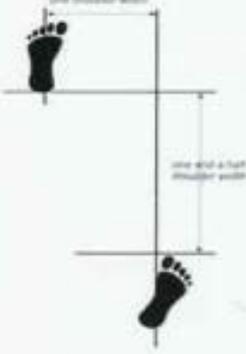
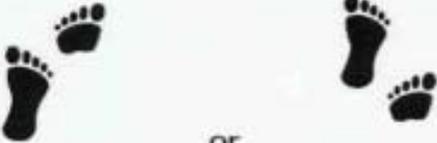
Vertical stance (*soojik sogi*)



Close ready C (*moa junbi C*)



	
<p>Charyot Sogi (Attention Stance). Weight Distribution = 50% - 50%. Leading Leg = None. Angle between feet = 45°.</p>	<p>Moa Sogi (Close Stance). Weight Distribution = 50% - 50%. Leading Leg = None. Stand with feet together.</p>
	
<p>Gunnun Sogi (Walking Stance). Weight Distribution = 50% - 50%. Leading Leg = Front Leg. Front foot points forward. Rear foot points 25° outward.</p>	<p>Niunja Sogi (L-Stance). Weight Distribution = 70% - 30% (70% on the rear leg). Leading Leg = Rear Leg. Toes of both feet point 15° inward.</p>
	
<p>Annun Sogi (Sitting Stance). Weight Distribution = 50% - 50%. Leading Leg = None. Feet Parallel.</p>	<p>Narani Sogi (Parallel Stance). Weight Distribution = 50% - 50%. Leading Leg = None. Feet Parallel.</p>

	
<p>Gojang Sogi (Fixed Stance). Weight distribution = 50%-50% Leading leg = Front leg. Toes of both feet point 15° inwards.</p>	<p>Nachuo Sogi (Low Stance). Weight distribution = 50%-50% Leading Leg = Front Leg Similar to walking stance but longer by one foot.</p>
 <p style="text-align: center;">or</p>	
<p>Kyocha Sogi (X- Stance). Weight distribution = almost 100% of the weight on the balancing foot. Leading Leg = the leg carrying the weight.</p>	<p>Guburyo Junbi Sogi A (Bending Ready Stance Type A). Weight distribution = 100% - 0% Leading Leg = the leg carrying the weight.</p>
	
<p>Soojik Sogi (Vertical Stance). Weight distribution = 60%-40% (60% on the rear leg). Leading Leg = Rear Leg Toes of both feet point 15° inward.</p>	<p>Dwit Bal Sogi (Rear Foot Stance). Weight distribution = 90%-10% (90% on the rear leg). Leading Leg = Rear Leg Front foot points 25° inwards. Rear foot points 15° inwards.</p>

Blocking Techniques used in Taekwondo

What is a block?

A block is a technique you use to defend yourself from an attacker by stopping the attack from reaching its target. In taekwondo, the blocks do not just simply get in the way of the attack like a tree which has fallen into the road. Instead, they are designed to cause pain or damage to the attacker as well, a bit like the spikes in the ground which not only stop a car from driving where it shouldn't but puncture its tyres too.

The whole of the blocking move has to be done right to make it work properly. This is because all the blocks in taekwondo twist into position to give them more power. When your instructor seems to be nagging you about doing your block right, he or she is only making sure that you get into good habits so that you don't have a nasty shock if your block doesn't work when you try it for real!

Blocking tools

A tool is a thing which you use to do a job. For example, a hammer is a tool which you use to knock nails in with. In taekwondo, the blocking tool is the part of your body that makes the block. This is the bit that will actually touch the attacker. For example, if you make a knifehand rising block to defend against a flat fingertip thrust, then the blocking tool is the knifehand and so the outside edge of your palm will be the bit that hits the attacker. In the same move, it will be the flat fingertips of your attacker (so the ends of their middle fingers when their palm faces the floor) that is the attacking tool. In this case you would use your block to hit the inside of the other person's wrist where it would be painful if you did it hard, so that you didn't just stop the thrust from hitting you but you also caused damage to the opponent.



Different tools are good at different jobs. You would use a saw to cut a plank of wood, not a screwdriver. In taekwondo just like in crafts and building you need to choose the right tool for the job. You would not use a rising block to defend against a fingertip thrust to the tummy, because you would have to shrink yourself to half your normal height to get your body down low enough! It would be much better to use a downward block or a low block in this case.



To choose the right blocking tool for the job, you have to think about where the attack is aiming for, what attacking tool is being used, and how powerful the attack will likely be. It is not always best to block every shot. Sometimes it is better to dodge the shot instead by just moving out of the way. If you watch the black belts sparring, you will see that they do this a lot. It is safer and uses less energy to dodge a skilful reverse turning kick than to try to stop such a powerful weapon.

Inside and outside blocks

An **inside block** (*an makgi*) hits the inside of the attacking tool and pushes it away from the middle of the body.

An **outside block** (*bakat makgi*) hits the outside of the attacking tool and pushes it across the front of the body.

It is usually better and safer to use an outside block if you can. This is because if you make an inside block on an attacker, they could still hit you with the other hand or foot. If you make an outside block, their other hand and foot are too far away to reach you.

Inward and outward blocks

An **inward block** (*anuro makgi*) starts with the blocking tool out to the side of the body and moves inwards to hit the attacking tool.

Example: Inward moving outer forearm block (*anuro bakat palmok makgi*)





The way the block is formed (started) is important, to give it twist and power.

For OUTER forearm blocks, the wrists are crossed in front of you, with the back of each wrist together, and the block hand starts NEAREST the body.



For INNER forearm blocks, the block is formed with the wrists crossed, and both palms facing downwards. The blocking hand starts FURTHEST from the body. Learning to form your blocks right from the start is really important.

An **outward block** (*bakuro makgi*) is the other way round- the blocking tool starts near the middle of your body and moves outward to hit the attacking tool.

Example: Outward moving inner forearm block (*bakuro an palmok makgi*)



Obverse Blocks and Reverse Blocks

An **obverse block** (*baro makgi*) is a block where the blocking tool is on the same side of the body as the primary (main) leg of the stance. An example of this would be making a low block with your left hand when you are standing in left walking stance.

Example: Obverse Low Block (*baro najunde bakat palmok makgi*)

A LOW block has the fist reach the level of the defender's lower abdomen (by the hem of the jacket).

A MIDDLE block reaches the defender's shoulder.

A HIGH block reaches the eye level of the defender.



A **reverse block (*bandae makgi*)** is a block where the blocking tool is on the opposite side of the body to the primary leg of the stance. An example of this would be making a right outward moving outer forearm block in left walking stance.

Example: Reverse low block (*bandae najunde makgi*)

Obverse and reverse blocks are often made quickly, one after the other. The stance is not changed, but it is important to make the second block gain power by rising up and then dropping back down into the block, so that you put all your body weight into the block.



Guarding Blocks (*Daebi makgi*)

Guarding blocks are blocks used when you think you are about to be attacked and want to be ready, and when you are about to spar. They make sure that your stance will let you quickly spring into action and your arms are placed where they can quickly protect as much of your body as possible.

Example: Knifehand guarding block (*sonkal daebi makgi*)



This block is made ready to start sparring. The shoulders are turned to half-face the opponent, making you smaller. The lower hand protects the ribs and elbow and the back of this fist faces down.



The block starts with both arms extended behind you, backs of fists upwards, and swings in fast.

Forearm guarding block and double forearm block start in the same way.

Twin blocks and double blocks

These are blocks where you use both arms at the same time. This could be because you are defending against more than one attacker, against two attacks at the same time from one person, or to make the block stronger.

A **twin block (*sang makgi*)** is one where the blocking tools that you make with your right and left sides are the same, (like twins). When you make a twin block, the block that is facing in the same direction as your stance is called the **primary block**.

Example: Twin Outer Forearm Block (*sang palmok makgi*)



This block can be used to separate the opponents' arms in a twin attack, or against two attacks at the same time.

The way the block is formed is decided by which part is the primary block. The hand making the primary block starts as if this was the only block you are doing, and the other hand starts facing the way it normally would for the block it is doing, but 'gives way' to the first hand.

A **double block** (*doo makgi*) is a block where the right and left hands are not doing the same thing. This is usually because one hand is being used to help the other and make the block stronger.

Example: Double Forearm Block (*doo palmok makgi*)



This block can be used to let you change quickly into another block with the support arm.

The main blocking tool is always the inner forearm, and the little finger of the other arm rests against the inside of the elbow.

Formed like a guarding block.

Blocking tools and their Korean names

These are the most common tools for making a block. Remember that some of them can be used to for attacking too, and the other way around.

1. Arc-Hand (*bandal son*)

Curve your thumb and your outer fingers a little bit to make the part of your hand between your index (first) finger and thumb nice and tight. The arc or crescent shape here is the part that makes the block. This can be changed into a grab after blocking if need be.



2. Palm (*sonbadak*)

Bend all your fingers back as far as you can to make your palm stronger. When you use the palm of your hand to block, you must be careful not to hurt your fingers.



3. Outer forearm (*bakat palmok*)

Curl your fist up tight and keep your wrist tight too so that the muscles in your forearm are as stiff as possible. The hard bony bit of your forearm just above the wrist on the outside (little finger side) makes the block.



4. Inner forearm (*an palmok*)

Curl your fist up tight and keep your wrist tight too. The bony bit of your forearm just above the wrist on the inside (thumb side) of your arm makes the block.



5. Knifehand (*sonkal*)

Press all your fingers together tight and bend your middle two fingers a little bit. Let your thumb stay relaxed next to your finger, don't push it in. The outside of your hand where it is most padded is the blocking part.



6. Reverse Knifehand/ Ridgehand (*sonkal dung*)

Press your fingers together and fold your thumb right into your palm so it is tucked out of the way. The knuckle where your index (first) finger joins your hand is the bit that makes the block.



Additional commonly used blocks

The first blocks you will learn are shown as examples in the section on types of block. You will gradually learn more blocks as you practise your new patterns and linework at class, including the ones below:

Rising Block (*chookyo makgi*)



Used to defend against a downward attack to the head or a high straight attack to the face.

Can use outer forearm, knife hand, x-fist, x-knifehand or arc hand as blocking tool.

Wedging Block (*hechyo makgi*)



Used to prevent a grab to the neck or collar or twin attack to the head or face.

Can use knifehand or outer forearm.

Hands/ fists in front of cheek bones, and elbows bent out at 35 degrees to make a wedge (pizza slice) shape.

Pressing Block (*noollo magki*)



Used only against low attacks.

CHECKS the attack only- that means, slows it and takes the sting out of it. Can use palm, forefist or x-fist.

Starts very slowly and suddenly speeds up at the moment the block is made.

Upward Block (*ollyo magki*)



Used to 'spring up' a punch or kick aimed at the solar plexus (top of the tummy) area.

Use the palm of the hand.

Focus (target point) is in front of the solar plexus; block reaches maximum power just here.

Hooking Block (*golcho makgi*)



Called hooking block because the blocking tool (which is usually the palm or arc hand) moves in an arc shape to hook the opponent's outer arm or shin.

Can be turned into a grab once the block has been made.
Formed like outward moving outer forearm block.

Circular Block (*dollimyo makgi*)



Can be used to scoop up a kick or to block against a combination attack. Usually has to be done as a reverse block and half-facing the attacker. The blocking hand moves in a big circle up to the defender's shoulder height. The reaction hand starts in front for protection and moves out once the attack is scooped up.

U-shape Block (*digutja makgi*)



This is a Robin Hood- style block to stop a stick being thrust at the defender upright.

The hands need to be in line, one above the other, and the lower elbow should be supported on the hip.

W-shape Block (*san makgi*)



Can use outer forearm or knifehand to block a high attack.

The foot is stamped to help make power from the hip.

The elbows are lower than the shoulders to make a shape like the letter 'W'

The hand moving forwards is the blocking hand, the other is the reaction hand.

Pushing Block (*miro makgi*)



This block is mainly to push an opponent off balance.

Sometimes a double technique can be used to make the block stronger.

Checking Block (*momchau makgi*)



This is a close range block (to stop an attack when the opponent is very near to the defender.)

Both hands are used to strengthen the block and take the speed out of the attack.

If the x-knifehand is used it can be turned into a grab.

Attacking Tools used in Taekwondo

Punches, kicks, strikes and thrusts

Just like blocking tools, different attacking tools are used for different reasons. You have to think about what part of the body you are trying to hit, and what would be the best way to way to damage it without hurting yourself. It would be very silly to hit a person in the back of the head with flat fingertips- you would do more damage to your fingers. It would also be silly to try to axe kick a person who is taller than you on the head- it would be easier to aim for their sternum (breastbone). If you were aiming for the other person's throat which is quite small and protected by their chin, you would have a better chance of doing so with your arc-hand than with a side kick.



There are different ways that you can use your hands to make attacking tools. These different ways will have different effects on the target too. The main ways that you will use when working your way up through the coloured belts are:

- **Punches** These cause bleeding inside the body rather than damage the outside surface, because the fist twists as it hits the target.
- **Strikes** These are designed to break bones and muscles where they hit because they are hard and direct.
- **Thrusts** These are designed to bore deep into soft vital spots without any twist, and they travel in a straight line like an arrow.



Kicks are used a lot in Taekwondo, which gives taekwondo its reputation for the high number of complicated and very powerful kicks learned. Legs are longer and stronger than arms, since we walk around holding our whole bodyweight up on them every day, so they make powerful weapons that can reach a long way. However, kicking is slower than punching and it much more tiring, so good students will learn and practice both just as much.

Attacking tools used in taekwondo

Remember that some of the tools you have already used to make blocks with can also be used for attacking. Here are some of the others that you will learn:

Forefist (*ap joomuk*)

Curl your hand up tight into a fist and fold your thumb outside the middle bits of your fingers where it is safe. Do not trap your thumb under your fingers. Use the first knuckles of your first and second fingers only to hit the target.



Backfist (*dung joomuk*)

Make your fist just like before, but swing your hand outwards so that the back of the first two knuckles hits the target.



Open fist / Heel palm (*pyon joomuk*)

Bend your wrist backwards and then bend your fingers back from your palm and fold them up tight so that you can strike with the palm of your hand without hurting your fingers. Don't press your thumb against your palm.



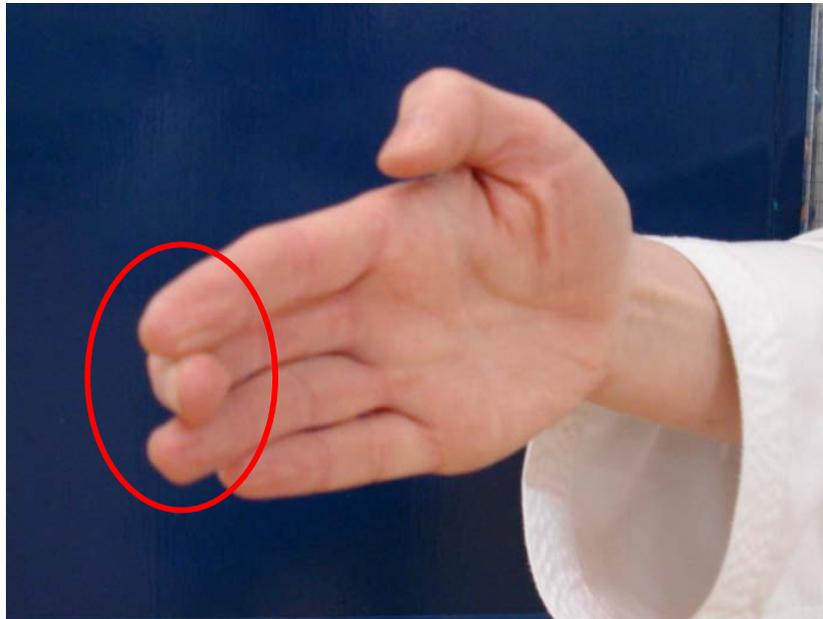
Flat Fingertips (*opun sonkut*)

Made just like a knifehand, but with the middle finger bent a bit more so that the three biggest fingers have their ends all level so that they strike the target at the same time, with the palm of your hand facing the ground.



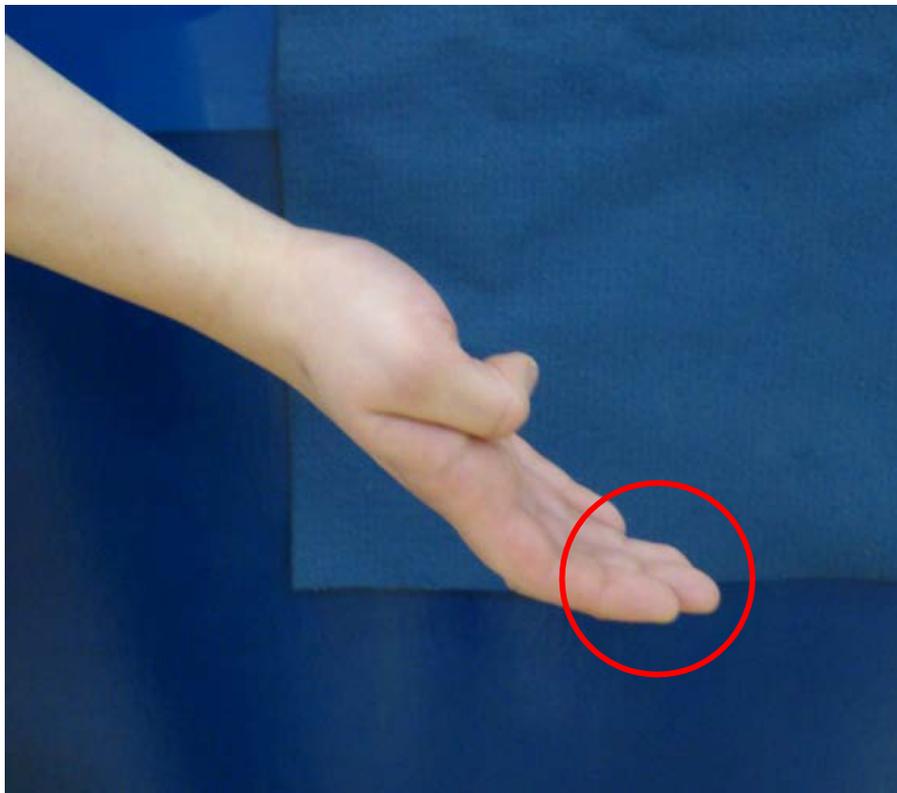
Straight Fingertips (*sun sonkut*)

Just like flat fingertips but with your hand turned so that your thumb is upwards and little finger towards the ground.



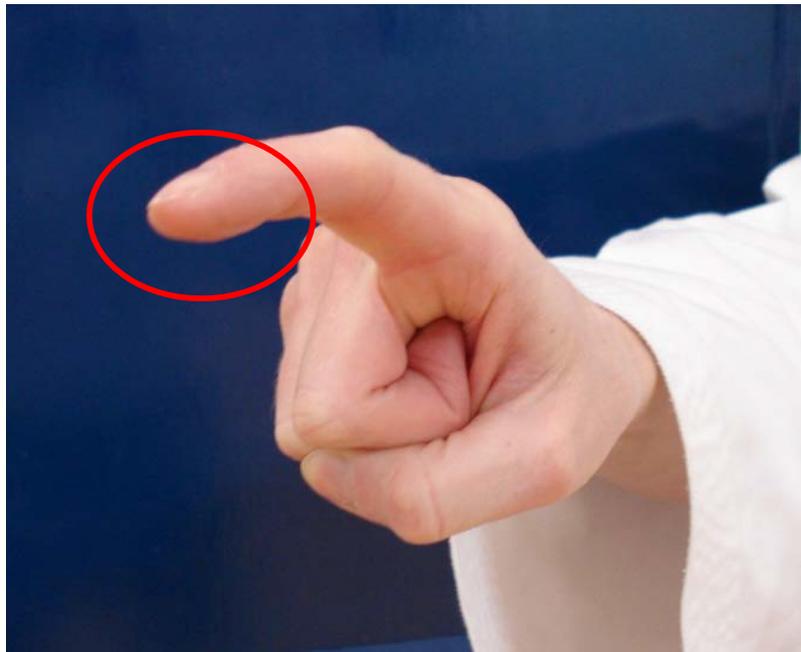
Upset Fingertip (*dwijibun sonkut*)

Just like flat fingertips but with the palm of the hand turned facing upwards.



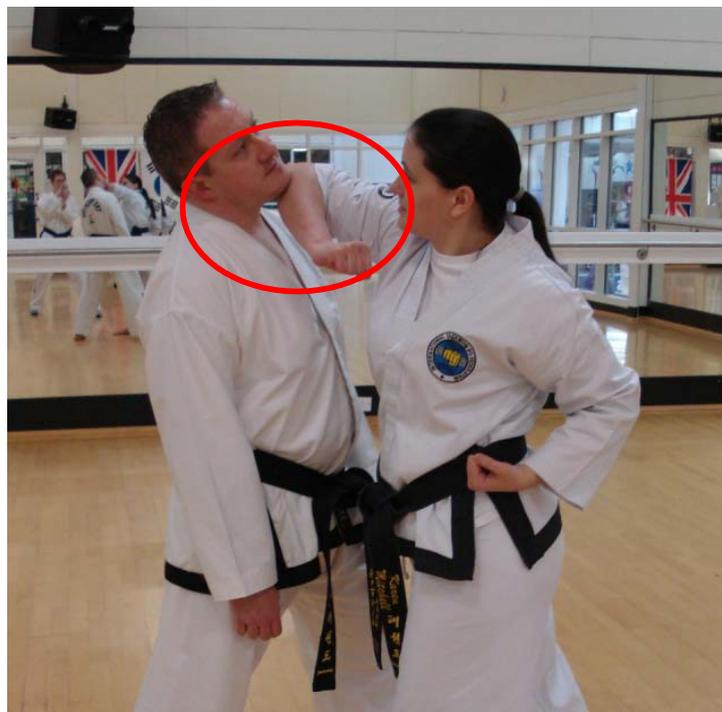
Fore Finger (*han songarak*)

Straighten your first finger out from your fist and bend it a little bit so you do not jar it. Press your thumb against your middle finger.



Elbow (*palkup*)

Bend your elbow up sharply so you can use the hard bones of your elbow to strike. There are lots of ways you can move your elbow to make slightly different strikes.



Knee (*moorup*)

Use your bent knee to strike with.



Middle knuckle fist (*joongji joomuk*)

Raise your middle knuckle from a tight fist and press your thumb against the base of the finger for support.



Footsword (*balkal*)

Pull your toes back and make sure your heel is a bit higher than your toes and your ankle stiff when you hit the target. Use the outside edge of your foot in the middle to hit the target.

Front sole (*ap kumchi*)

Bend your toes right back out of the way and straighten your ankle to poke your foot forward to kick or block with the ball of your foot.

Back Heel (*dwitchhook*)

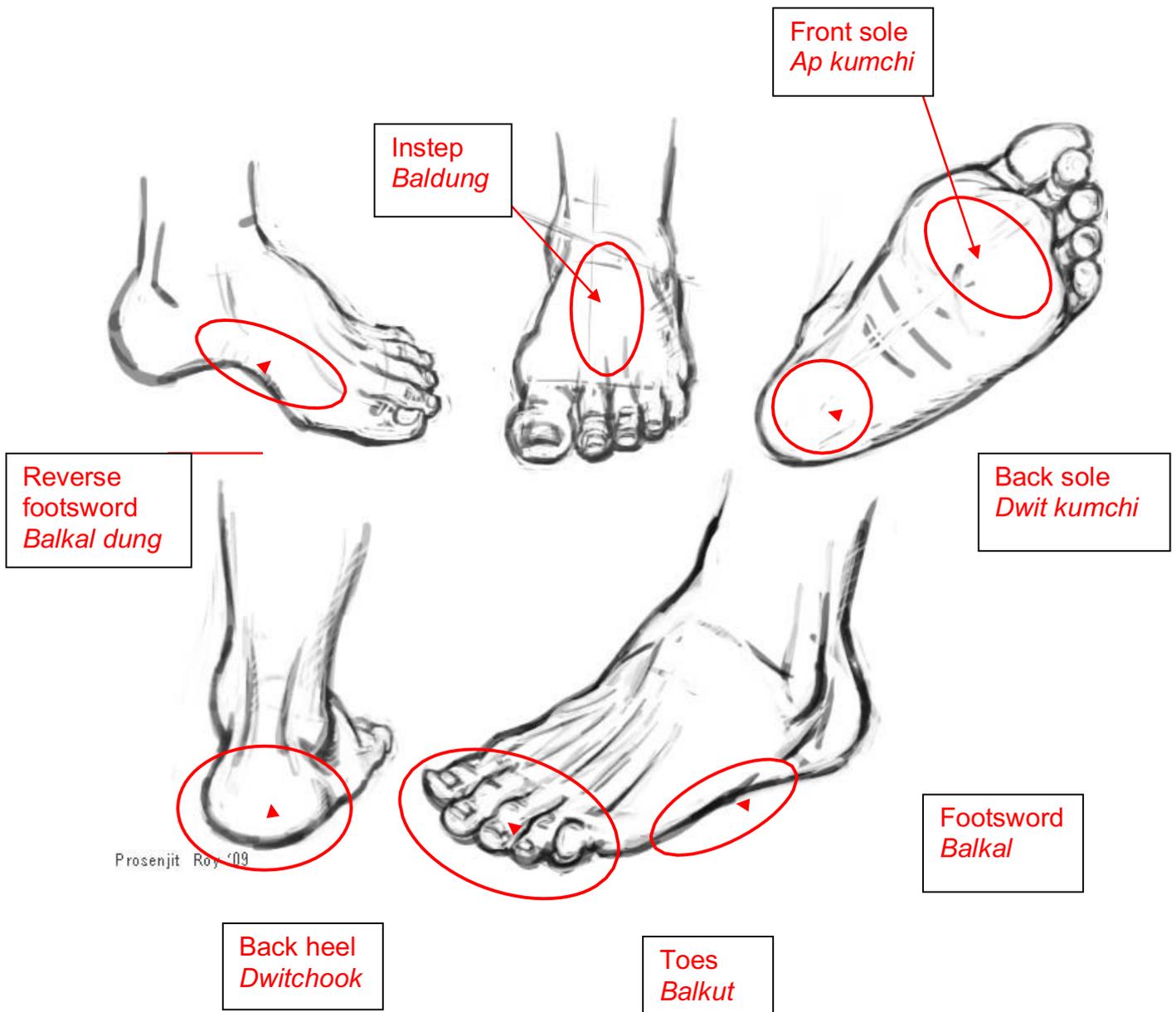
Keep your ankle bent and stiff while striking with the back of your heel.

Instep (*baldung*)

Stretch your ankle out and hit the target with the top of your foot.

Reverse Footsword (*balkal dung*)

Bend your ankle and pull your toes right back and use the inside edge of your foot where the arch is to hit the target.



Commonly used attacks

Since these attacks are fast moving and complicated to describe, the best way to learn them is in class and by watching the patterns videos on the website. A list of the Korean names for the attacking techniques in your coloured belt patterns is given below.

Attacking Technique in English	Korean Name
Obverse punch	Baro jirugi
Reverse punch	Bandae jirugi
Front punch	Ap jirugi
Side punch	Yop jirugi
Twin vertical punch	Sang sewo jirugi
Upset punch	Dwijibo jirugi
Upward punch	Ollyo jirugi
Downward punch	Naeryo jirugi
Inward knifehand strike	Anuro sonkal taerigi
Outward Knifehand strike	Bakuro sonkal Taerigi
Downward strike	Naeryo taerigi
Flat fingertip thrust	Opun sonkut tulgi
Straight fingertip thrust (spearhand)	Sun sonkut tulgi
Side piercing kick	Yopcha jirugi
Back piercing kick	Dwitcha jirugi
Pushing kick	Cha milgi
Front snap kick	Apcha busigi
Turning kick	Dollyo chagi
Reverse turning kick	Bandae dollyo chagi
Axe kick	Naeryo chagi
Reverse turning hooking kick	Bandae dollyo goro chagi
Twisting kick	Bituro chagi



Side-piercing kick
Yopcha jirugi



Turning kick
Dollyo chagi



Twisting kick
Bituro chagi



Axe kick
Naeryo chagi

Self Defence (Ho Sin Sul)

Self defence is looking after yourself if you are attacked. It is not the same as sparring. When we practise self defence, we are learning what we can do to protect ourselves if somebody really tried to hurt us. We practise ways of getting out of several different nasty situations. However, there are a few golden rules about self defence that must be remembered:

Golden Rules of Self Defence

1. Never go looking for trouble. Remember to follow the tenets of taekwondo.
2. Always be aware what is going on around you.
3. Running away from trouble is always best.
4. Draw attention by shouting loud.
5. If you have to defend yourself, use whatever force is reasonable.
6. As soon as you can, run away.
7. Tell a safe person what has happened straight away.

Being threatened or attacked for real is very different from practising sparring. You should never rely on your taekwondo to defend yourself against a real attacker. For all you know, they might know a martial art themselves or be carrying a weapon. Even people who don't are likely to be able to hurt you without much skill, especially if they are taller and heavier than you.

If you are ever unfortunate enough to be attacked or threatened, you will be frightened and this is likely to make you panic and forget everything. It is a good idea to take self defence practise seriously in class and do things over and over again so that it is well and truly stuck in your brain. This way, you have a better chance of being able to know what to do if you need to. This does NOT mean that you can hurt your training partner. It is the actions you need to practice, not the force. You must be able to do them quickly without having to stop and think about them.

Appropriate Use of Force

The law in this country says that you can use force to defend yourself or another person from being injured, but it also says that you can only use a reasonable amount of force. What this means is that what you do to defend yourself must be in proportion to what is done to you- you can't do something much worse back. For example, if a bigger kid grabs your sleeve and shouts at you, you cannot punch them to the ground and stamp on them, but you could nip them or bend their finger back to make them let go and then run away.

Preset Sparring

What is sparring and why do we practise it?

Sparring is a game based on fighting. It has strict rules that must be followed. It is a game that teaches us how to make our techniques better and faster, how to spot the right time and place to attack, and when it is best to defend. We also learn how to spot what the opponent's strengths and weaknesses are and to adjust our tactics against different people. Most importantly, we learn about our strengths and weaknesses and can learn what to do to improve.

Every single sparring bout is an opportunity to learn something. It is not a chance to prove you are better than the person you are sparring against. If you are sparring somebody who is much younger or a lower grade than you, you should be using the chance to practise combinations you have not quite mastered yet and things you have seen other people do successfully but not tried before yourself. You should not be bullying your opponent and preventing them from learning. If you do this, you will not improve yourself because you are not learning. Other people will improve faster and leave you behind. You will also find that nobody will train with you and this will be your own fault. Good taekwondo students help each other and remember their oath and tenets at all times.



Preset sparring is the first kind of sparring that you will learn and be graded on. This is a safe way to learn techniques and when and how to apply them, because in preset sparring both people know what is going to happen. There are different types of preset sparring with different rules, which must be strictly followed.

Higher grade students often do not practise their preset sparring enough, because they are keen to do free sparring. It is important to remember that preset sparring will be included in your grading right up to black belt level. This is because as students learn more taekwondo, they are expected to take the chance to show off their most advanced techniques in preset sparring. To do well at preset sparring, you need to get your **focus, distance and timing** perfect. When you have used the chance to practise your preset sparring enough, you will find it easy to transfer your new skills to free sparring without making mistakes and leaving big gaps in your defence.

Free Sparring (Jayu Matsogi)

Free sparring is the most advanced form of sparring. In free sparring, there is no set order of things, and both students can attack when they see a chance to score, using whatever technique or combination of techniques they want to (provided they are allowed in the rules.) A sparring match is called a **bout**, and in competitions each match is made up of several **rounds**, with a short rest between them. In training, students usually just practise one round with another person before switching to spar with somebody else, so that they can spar with lots of different people.

Sparring can be **point-stop**, when the referee will stop the bout every time a point is scored, until one person has scored enough points to win. Usually, one point is given for a successful punch, two for a kick to the body, and three for a kick to the head. More senior students may spar **continuously**, where the referees will keep count of points scored but will not stop the round, so that several points can be scored with a combination attack. The winner is the person who has the most points when the time is up.

Attacks will only score points if they land in the **scoring target area**. In taekwondo, this is above the belt, to the front and sides of the body only, and the forehead and sides of the head guard. Face shots are only allowed for adults. It is against the rules to hit or kick anywhere else. Points will not be scored if the attacker falls over. Points can also be given for effective blocks made in the correct way. In competition sparring, while it is allowed to sweep an opponent's leg away with a footsweep below the ankle, no points are scored, and it is not allowed to attack someone who has fallen, or to grab the other person and hold on. The referee will separate the two people sparring if he/she sees an illegal technique, and may take points away from the person who has done something wrong.

Rules of Junior free sparring at Phantom Tiger Taekwondo

- 1. All sparring is light contact only.***
- 2. Students must wear hand pads and head guards; shin pads, mouth guards and foot pads are strongly advised.***
- 3. Students MAY NOT practise sparring outside the dojang.***
- 4. Students will obey any instruction given by any senior member or coach.***
- 5. Students who fail to follow a warning will not be allowed to spar.***
- 6. Sparring is not compulsory at training, but will form part of the grading syllabus.***
- 7. Contact to the face, back of the head, back and below the belt is not permitted.***
- 8. Spinning back fist techniques, knee and elbow strikes and ridgehand techniques to the body are banned in free sparring.***
- 9. Failure to respect the referee is not tolerated.***

Contact levels in sparring

All junior sparring is light contact, which means that punches and kicks delivered using protective equipment should be felt but do not cause damage.

Parents and Guardians Please Note:

- Juniors may have opportunity to watch high grade senior students sparring, where they will see a range of contact levels in use, and may see students sparring two against one. ITF taekwondo practises semi-contact sparring unlike the WT, where knockout is aimed for. Phantom Tiger Taekwondo club rules permit senior students to spar at a pre-arranged contact level that all students involved in a bout are happy with, but does not permit knockout sparring under any circumstances.
- Seniors sparring with junior students are limited to touch contact only. Senior students will spar with junior students to ensure the safety of very young students who are not yet controlled enough to spar with each other, and to help more advanced junior students to progress. This sparring is arranged solely for the benefit of the juniors, is optional, and takes place in clear view of the instructors and any parents wishing to watch.
- While every effort is made to ensure children's safety while sparring, it is important to appreciate that the unpredictable nature of people's movements and reactions means that even when highly skilled and experienced practitioners spar, occasional accidents are inevitable. People unwilling to accept small risks of injury may be better suited to an alternative activity.

Sparring protective equipment

Junior students are not permitted to spar without headguard and handpads. Footpads, shin pads and a mouthguard are **STRONGLY RECOMMENDED**.

Phantom Tiger Taekwondo provides sufficient equipment for beginner students to use so that they may join in from the beginning of their training. However, there are limits to the number and range of sizes of equipment that it is possible for a club to provide, transport, store and maintain. Parents are encouraged to invest in personal equipment for their children as soon as it is reasonably sure the children will continue to train in order to make certain of availability and good fit.

Phantom Tiger has made arrangements for wholesale supply of good quality equipment at significantly below RRP, and prices are available from the club. Almost any martial arts supplies can be obtained at very reasonable prices, and since Phantom Tiger Taekwondo is a non-profit organisation, all proceeds are retained within the club.

Grading Requirements for each student (Kup) grade



10th Kup (white belt) to 9th Kup (yellow stripe)

Basic Exercises	10 Press ups 10 Sit ups 10 Squats 10 Front rising kicks with each leg Sitting stance, single middle section punch
Line Work	Walking stance, low section outer forearm block Walking stance, middle section outer forearm block Walking stance, rising block Walking stance, obverse punch Walking stance, reverse punch Walking stance, front snap kick, double front punch
Patterns	4 Directional blocking (left and right) 4 Directional punching (left and right)
Sparring	3 Step sparring
Self Defence	Release from single wrist grab Release from double wrist grab
Theory	Know the meaning of the words TAE KWON DO Know and understand the meaning of the Tenets and the Oath of Taekwondo Count up to 10 in Korean Know the significance of the colour white Know the Korean for the commands given in the Dojang Know the Korean for the parts of the Dobok



9th Kup to 8th Kup (yellow belt)

Basic Exercises	15 Press ups 15 Sit ups 15 Squats 10 Front rising kicks with each leg Sitting stance, single middle section punch Sitting stance, double middle section punch
Line work	As white belt plus L-stance, middle section inner forearm block L-stance, middle section forearm guarding block L-stance, middle section knifehand guarding block L-stance, rear foot side piercing kick
Patterns	As white belt plus Chon Ji Tul
Sparring	3 Step sparring
Self Defence	As white belt plus Release from single collar grab Release from double collar grab
Theory	As white belt plus Know the interpretation of the pattern Chon Ji and the number of movements in the pattern Know the Korean for all stances and techniques in the pattern Chon Ji Know the significance of the colour yellow Count up to 20 in Korean Know the different instructor grades



8th Kup to 7th Kup (green stripe)

Basic Exercises	20 Press ups 20 Sit ups 20 Squats 10 Front rising kicks with each leg Sitting stance, single middle section punch Sitting stance, double middle section punch Sitting stance, triple high/middle/low section punch
Line work	As yellow belt plus L-stance, side piercing kick/knifehand strike L-stance, turning kick/knifehand guarding block L-stance, twin forearm block
Patterns	As yellow belt plus Dan Gun Tul
Sparring	3 Step sparring Light contact free sparring
Self Defence	As yellow belt
Theory	As yellow belt plus Know the interpretation of the pattern Dan Gun and the number of movements in the pattern Know the Korean for all stances and techniques in the pattern Dan Gun Know the significance of the colour green Count up to 30 in Korean Know the basic history of Taekwondo



7th Kup to 6th Kup (green belt)

Basic Exercises work	As green stripe Line As green stripe plus Drills at the examiners discretion
Patterns	As green stripe plus Do San Tul
Sparring	3 Step sparring 1 Step sparring Light contact free sparring
Self Defence	As green stripe plus Release from bear hug, arms in Release from bear hug, arms out
Theory	As green stripe plus Know the interpretation of the pattern Do San and the number of movements in the pattern Know the Korean for all stances and techniques in the pattern Do San Count up to 40 in Korean



6th Kup to 5th Kup (blue stripe)

Basic Exercises	As green belt (30 press ups/30 sit ups/30 squats)
Line work	Drills at the examiner's discretion
Patterns	As green belt plus Won Hyo Tul
Sparring	3 Step sparring 1 Step sparring Light contact free sparring
Self Defence	As green belt plus Release from head lock Release from front choke hold
Theory	As green belt plus Know the interpretation of the pattern Won Hyo and the number of movements in the pattern Know the Korean for all stances and techniques in the pattern Won Hyo Know the significance of the colour blue Count up to 50 in Korean



5th Kup to 4th Kup (blue belt)

Basic Exercises	As blue stripe
Line work	Drills at the examiner's discretion
Patterns	As blue stripe plus Yul Gok Tul
Sparring	3 Step sparring 1 Step sparring Light contact free sparring
Self Defence	As blue stripe plus Release from rear choke
Theory	As blue stripe plus Know the interpretation of the pattern Yul Gok and the number of movements in the pattern Know the Korean for all stances and techniques in the pattern Yul Gok Count up to 60 in Korean
Power Techniques	One hand, one foot and one of candidate's choice On a pad for junior students



4th Kup to 3rd Kup (red stripe)

Basic Exercises	As blue belt (50 press ups/50 sit ups/50 squats)
Line work	Drills at the examiner's discretion
Patterns	As blue belt plus Joong Gun Tul
Sparring	3 Step sparring 1 Step sparring Light contact free sparring
Self Defence	As blue belt
Theory	As blue belt plus Know the interpretation of the pattern Joong Gun and the number of movements in the pattern Know the Korean for all stances and techniques in the pattern Joong Gun Know the significance of the colour red Count up to 70 in Korean
Power Techniques	As blue belt



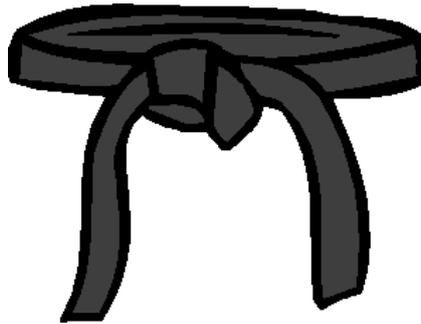
3rd Kup to 2nd Kup (red belt)

Basic Exercises	As red stripe
Line work	Drills at the examiner's discretion
Patterns	As red stripe plus Toi Gye Tul
Sparring	3 Step sparring 1 Step sparring Light contact free sparring
Self Defence	As red stripe
Theory	As red stripe plus Know the interpretation of the pattern Toi Gye and the number of movements in the pattern Know the Korean for all stances and techniques in the pattern Toi Gye Count up to 80 in Korean
Power techniques	As blue belt plus one technique of panel's choice May include jumping or flying techniques



2nd Kup to 1st Kup (black stripe)

Basic Exercises	As red belt
Line work	Drills at the examiner's discretion
Patterns	As red belt plus Hwarang Tul
Sparring	3 Step sparring 1 Step sparring Light contact free sparring
Self Defence	As red belt
Theory	As red belt plus Know the interpretation of the pattern Hwarang and the number of movements in the pattern Know the Korean for all stances and techniques in the pattern Hwarang Know the significance of the colour black Count up to 100 in Korean
Power Techniques	As red belt



1st Kup to 1st Degree (black belt) – Undertaken in front of a panel of senior Dan grades

	Fitness Test incorporating basic exercises at the examiners' discretion
	1 Minute traditional hand techniques
	1 Minute traditional leg techniques
	1 Minute freestyle combined hand and leg techniques (usually reserved for higher degree grades)
Patterns	Choong Moo Tul Hwarang Tul Pattern of the candidate's choice Pattern of the examiners' choice May include any previous learned pattern and may require eyes closed while performing
Self Defence	Defence against a haymaker Defence against the examiners' choice of attacks May include groundwork
Sparring	1 Step sparring 1-v-1 Sparring (4x2 minute rounds) 2-v-1 Sparring (3x90 second rounds, one as defender)
Power Techniques	Techniques at the examiners' discretion on pads May include use of both left and right sides for each
Theory	Interpretations of patterns and colour meanings Questions Write 'Taekwondo' in Korean

Please note:

Dan gradings should be expected to last for approximately 3 hours.

Students may be awarded a first or second degree black belt as juniors but are not permitted to grade beyond this until they become seniors. Many associations require extended inter-grade periods for junior black belts.

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