

Freedom Martial Arts

Student Workbook Volume 1

A Journey to Black Belt



F R E E D O M
M a r t i a l A r t s

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Student Name: _____

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Introduction

The staff at Freedom Martial Arts welcome you to an exciting new experience. Whether you have studied martial arts before or are just beginning, you have made an important decision for yourself or your loved ones. Many people try martial arts for a number of reasons ranging from looking for something fun for the family to discipline, self-confidence, physical fitness or even self-defense. No matter what the reason, our staff is dedicated to providing a well-rounded, safe, and highly effective program filled with success. Freedom Martial Arts, the staff, and Instructors are an independent martial arts training facility specializing in the Korean Martial Art of TaeKwonDo using the Chang Hon set of patterns. We believe very strongly in American Family values as well as the value provided through the study and spirit of the Ancient Art of TaeKwonDo.

Information found in this manual has been learned or developed over years of experience with Artist and Instructors from numerous organizations as well as publicly printed or purchased documents, conventions, seminars and internet research. This document has been prepared by Lewis and has not been directly copied except where some parts have been found as free to the public on the internet.

Reference Materials

A number of documents presenting similar information have been summarized, combined or copied in part. Some of the documents used in research to create this workbook listed in detail their sources which can be found as part of those documents listed below.

- 1) *"A Brief History of Taekwondo", By Ronald A. Southwick (found online)*
- 2) *"TaeKwonDo", Wikipedia, the free encyclopedia (found online)*
- 3) *"The History of TaeKwonDo", by Glen R. Morris (found online)*
- 4) *"CHANG HON KWON TAEKWON-DO, article/page CHANG HON", by CH TKD (found online)*
- 5) *"TaeKwonDo Terms", by LehighTaeKwonDo (found online)*
- 6) *"Webster's Ninth New Collegiate Dictionary" and www.m-w.com*

Statement of Purpose

This document is not meant to serve as a substitute for an instructor led program. Rather it is a reference guide and log document to be used interactively to assist the student with technique, requirements and goals. This workbook should be used by the student, parents and instructors to log notes related to areas that need improvement or are of concern. This workbook will also be used to identify and document goals as they are set, met or re-addressed. Bring this workbook to class regularly and particularly to any clinic or private lesson. Use this document to note milestones in your training and personal achievements. You should make notes regarding comments from your instructor and fellow students that help you improve or serve as retention phrases.

There are 24 patterns in the Chang-Hon pattern set. Few martial arts organizations include all 24 in their curriculum. Freedom Martial Arts practices 16 of the most comprehensive patterns which you will find documented in Freedom Martial Arts Student Workbook Vol1 and Student Workbook Vol2.

TaeKwonDo History

Taekwondo is a martial art that has evolved by combining many different styles of martial arts that existed in Korea over the last 2,000 plus years and some martial arts styles from countries that surround Korea. The earliest records of Taekwondo practice date back to about 50 B.C. During this time, Korea was divided into three kingdoms. Koguryo was the largest kingdom occupying the southern section of Manchuria and the northern section of the Korean peninsula. Paekje (or Paekche) was situated along the Han River and in southwestern Korea. Silla was originally the smallest of the three kingdoms and was located on the southeastern tip of the Korean peninsula. Silla predates the other kingdoms starting around 57 B.C. and ending in 936 A.D.

Archeological findings during these times such as the mural paintings on the royal tombs during the Koguryo period, stone sculptures at pagodas during the Silla period and documents written in the Paekje period, show techniques and fighting stances that were probably the first forms of Taekwondo.

While the three kingdoms often fought among themselves there was another enemy in the Japanese. Silla was the smallest of the three kingdoms and was always under attack by Japanese Pirates. Silla got help from King Gwanggaeto and his soldiers from the Koguryo kingdom to drive out the pirates. During this time a few select Sillan warriors were given training in Taek Kyon by the early masters from Koguryo. The Taek Kyon trained warriors then became known as the Hwarang. The Hwarang set up a military academy for the sons of royalty in Silla. This academy was called Hwarang-do. The Hwarang studied Taek Kyon, history, Confucian Philosophy, ethics, Buddhist Morality, and military tactics. The makeup of the Hwarang-do education was based on fundamental education, Taek Kyon, social skills and the Five Codes of Human Conduct written by a Buddhist scholar.

TaeKwonDo History (continued)

In 1909 the Japanese invaded Korea and occupied the country for 36 years. To control Korea's patriotism, the Japanese banned the practice of all military arts. This ban was responsible for renewed interest in Subak which is another name for Taek Kyon. Many Koreans organized themselves into underground groups and practiced the martial arts in remote Buddhist temples. Many people left Korea to study the martial arts in other countries like China and Japan. In the last few years before liberation, there were many different variations of Subak/Taek Kyon in Korea. This was due to the influence of still yet many other martial arts.

Within Korea there were five major martial art academies or Kwans. They were called Mooduk Kwan, Jido Kwan, Changmu Kwan, Chungdo Kwan, and Songmu Kwan. Within these schools lie a variety of styles such as KongSooDo, Tae Kyon, SooBakDo, TangSooDo, KwonPup, etc. The way of teaching and employing many of the techniques varied as much as the schools themselves and in 1946 an attempt was made to unify the schools and standardize instructional methods. Some of the leaders wanted to uphold the martial art character of the schools while others wished to create a combat sport.

The greatest turning point for Korean martial arts started in 1952 during the height of the Korean War when President Syngman Rhee watched a demonstration by Korean martial arts masters. He was especially impressed when Tae Hi Nam broke 13 roof tiles with a single punch. After the demonstration Rhee talked with then Lieutenant Hong Hi Choi (also written as Choi Hong Hi) about the martial arts and soon ordered his military chiefs of staff to require all Korean soldiers to receive training in the martial arts. This caused a tremendous surge in Taek Kyon schools and students.

On April 11, 1955 at a conference of kwan masters, historians, and Taek Kyon promoters, most of the kwan masters decided to

TaeKwonDo History (continued)

merge their various styles for mutual benefit of all schools.

The name "Tae Soo Do" was accepted by a majority of the kwan masters. Two years later the name was changed again, this time to "Taekwondo". The name was suggested by General Hong Hi Choi (who is considered the father of Taekwondo). "Taekwondo" was suggested by Choi because of its resemblance to Taek Kyon, and so provides continuity and maintains tradition. Further, it describes both hand and foot techniques.

Dissension among the various kwans that did not unify carried on until September 14, 1961. Then by official decree of the new military government, the kwans were ordered to unify into one organization called the Korea Taekwondo Association (KTA), with General Hong Hi Choi elected as its first president. The KTA sent instructors and demonstration teams all over the world. Jhoon Ree (who is considered the father of American Taekwondo) attended San Marcos Southwest Texas State College, and later taught a Taekwondo course at the college and formed a public Taekwondo club.

Separate from the various taekwondo organizations, there have been two general branches of taekwondo development: traditional and sport. The term "traditional taekwondo" typically refers to the martial art as it was established in the 1950s and 1960s; in particular, the names and symbolism of the traditional patterns often refer to elements of Korean history. Sport Taekwondo has evolved in the decades since then and has a somewhat different focus, especially in terms of its emphasis on speed and competition. Traditional Taekwondo tends to emphasize power and self-defense. The two are not mutually exclusive and the distinctions between them are often blurred.

TaeKwonDo History (continued)

Taekwondo training generally includes a system of blocks, kicks, punches, open-handed strikes and may also include various take-downs or sweeps, throws, and joint locks. Some taekwondo instructors also incorporate the use of pressure points as well as grabbing and self-defense techniques borrowed from other martial arts, such as Hapkido and Judo.

Though it is a combat martial art, its discipline, techniques and mental training are the basis for building a strong moral character as defined in the personal qualities contained in the original Tenets of TaeKwonDo **Courtesy, Integrity, Perseverance, Self Control, and Indomitable Spirit**. It is this mental conditioning that separates the true practitioner of a traditional martial art from the sport enthusiast, usually content with mastering only the fighting aspects taught in a class.

This is one of the reasons that traditional TaeKwonDo is considered the 'ART' of self-defense. It also implies that the practitioner is pursuing a way of thinking and life, particularly in the development of strict self-imposed discipline and improved personal character. For the true martial artist, TaeKwonDo is a way of life.

Chang-Hon

The late General Choi Hong-Hi, founder of the International Taekwon-Do Foundation and widely accepted as the father of Taekwon-Do, developed a martial art based on scientific principles and 5,000 years of Korean heritage. He introduced this art to the world in his historic book “Taekwon-Do - The Art of Self Defense” in 1965. General Choi developed a comprehensive scientific and methodical structure for this new martial art. His art included detailed technical approaches, training outlines, as well as a set of patterns. This set of patterns, called the **Chang-Hon** pattern set, is named for the founder’s pen name.

School Tenets

- Honor -** Honor is the sum of all the tenets and therefore our ultimate goal. With Honor you are complete.
- Courtesy -** To be polite, courtesy is the first impression one makes on another person. Showing courtesy is more than just saying yes sir/ma'am, it requires action as well.
- Perseverance -** To never give up, physically or mentally
- Self-control -** Don't get mad, not at others or yourself, think first.
- Courage -** To face your challenge, not only with an opponent but to strive to conquer your own.
- Integrity -** To be honest with others and yourself.

What is a Tenet?

A principle, belief, or doctrine generally held to be true; *especially*: one held in common by members of an organization, movement, or profession. The tenets above are those held to be true by Freedom Martial Arts and are derived from the original 3 or 5 tenets of TaeKwonDo depending on where you find your information.

Recommended Training Aids

White Belt - Student Workbook Vol. 1 (White – Sr. Red)

Yellow Belt - Focus Pad (Target Pad) - Used in class and at home to work on accuracy of striking techniques.

Green Belt – Sparring Equipment – All sparring gear must be purchased through Freedom Martial Arts. Mr. Lewis understands that there may sometimes be special circumstances such as family members providing used gear previously purchased from FREEDOM MARTIAL ARTS. Even gear previously purchased through FREEDOM MARTIAL ARTS must receive prior approval. Please set a time to allow Mr. Lewis to inspect gear for you. NO EXCEPTIONS.

Brown Belt - Re-Breakable Boards

These can be purchased as early as Green Belt but should be purchased for Brown and above.

Any Rank - Private lessons are always a good idea. Remember you don't have to "*NEED*" help to request skill specific assistance. Many students will schedule a private lesson week prior to tournaments or testing to improve their performance rather than using one at the last moment to address trouble spots in their performance. See our Staff for current price information and available time slots.

Items above can be purchased at any time but should only be used following proper introduction by your instructor. Having the right tools for the job is important and allows our students to reach higher goals.

School Policies

Policies stated below apply to persons involved with Freedom Martial Arts including but not limited to visitors, prospective students, students, member families, instructors and staff.

VISITORS (non-students) – all visitors must be accompanied by members at all times and should be introduced to the Senior Instructor upon arrival. Parents may not leave any junior visitor without adult supervision.

ARRIVAL/DEPARTURE – parents may drop their children as much as 15 minutes before class and should pick them up no later than 15 minutes after the scheduled end of class. Parents are responsible to verify that the required number of adults is present prior to leaving or dropping off their children. Siblings that attend different classes may ARRIVE and DEPART together. In the case of special circumstances or specific scheduling needs the director will try to work out temporary exceptions.

PARTICIPATION – any individual participating in FREEDOM MARTIAL ARTS activities must be on a current membership or activities registration and hold harmless agreement.

LATE PAYMENTS – Membership dues and late fees are owed per the membership agreement regardless of attendance. Students with monthly tuition 25 days past due may not be permitted to participate in testing, tournament, clinics or other events. In addition, class privileges may be suspended until notification of payment is verified.

SUBSTANCE ABUSE – no alcohol or drugs are permitted on FREEDOM MARTIAL ARTS property. Anyone suspected of being under the influence of alcohol or drugs will not be permitted on FREEDOM MARTIAL ARTS property.

School Policies (continued)

CONDUCT UNBECOMING – rude, abusive or hostile conduct of any nature will not be tolerated. Disciplinary actions could range from verbal reprimands to membership cancellation and even legal consequences.

SMOKING – No Smoking in the school or near the doors. No Smoking in uniform.

RETEST – Students may attend a formal retest the week following regular testing. The student is only required to perform the sections for which they received a retest score (no-change).

PROPER ADDRESS – All black belts and Instructors should be referred to as Sir, Ma'am or Mr., Ms., Miss., or Mrs. and their last name regardless of age.

TRAINING AIDS AND EQUIPMENT – A list of training aids are provided at enrollment and also contained in this workbook. Students are required to purchase all training aids and equipment through Freedom Martial Arts. Training aids and equipment are an important part of a quality martial arts education. Specific equipment will be needed at different times throughout the student's education.

How to Tie The Rank Belt

Tying the Belt on a Student: (Facing the student)

1. With your left hand, place one end of the belt on student's spine behind their right elbow and hold it with your right hand.
2. Use your left hand to wrap the belt around their waist 2 times going counter clockwise. (Make sure the belt does not twist while wrapping and the belt will be stacked or layered on top of itself.)
3. At their navel, take the long end of the belt and tuck it under (from bottom to top) between the belt and the student's uniform.
4. At this point, you can pull the end of the belt that is at the small of the student's back downward and out from under the layers of wrapped belt. Pull this end of the belt out until it is free to a point in the center of their body at the navel.
5. You should now have a crossed area at your navel.
6. Extend both ends in front toward you to make sure they are even. If they are not even, adjust the belt so that the ends are even, and the crossing is at the navel.
7. Tie the belt in a square knot and tighten by pulling on both ends. (8 – 12 below)
8. With your left hand, take hold of the end of the belt that is coming upward to your right shoulder (student's left).
9. With your right hand, take hold of the end of the belt that is coming downward to your left.
10. Cross the end of the belt that is in your left hand over the end of the belt that is in your right hand, creating a circle or loop.
11. Take your right hand and flip the end of the belt over the front and down through the center of the loop and hold it again with the right hand.
12. Pull both ends of the belt down and out from the center watching to make sure the loop does not twist the belt.
13. The knot should be flat and may have to be loosened and re-tightened.
14. The correctly tied belt will have the following characteristics:
 - The ends of the belt should be even in length.
 - The opening of the square knot should be pointed to the students left.
 - The layers of the wrapped belt around the waist should be overlapped and not twisted.

How to Tie The Rank Belt (continued)

Tying the Belt on Yourself: (Method 1, wrap right to left)

1. With your right hand, place one end of the belt on your spine at the small of your back.
2. While continuing to hold on to the end with the right hand, use your left hand to wrap the belt around your waist 2 times going counter clockwise. (make sure the belt does not twist while wrapping)
3. At your navel, take the long end of the belt and tuck it under (from bottom to top) all layers of wrapped belt that are around you waist.
4. At this point, you can pull the end of the belt that is at the small of your back downward and out from under the layers of wrapped belt. Pull this end of the belt out until it is free to a point in the center of your body at your navel.
5. You should now have a crossed area at your navel.
6. Extend both ends in front of you to make sure they are even. If they are not even, adjust the belt so that the ends are even, and the crossing is at your navel.
7. Tie the belt in a square knot and tighten by pulling on both ends. (8 – 12 below)
8. With your left hand, take hold of the end of the belt that is coming upward to your left shoulder.
9. With your right hand, take hold of the end of the belt that is coming downward to your right.
10. Cross the end of the belt that is in your left hand over the end of the belt that is in your right hand, just a few inches from the navel creating a circle or loop.
11. Take your right hand or fingers flip the end of the belt over the front and down through the center of the loop (hands traded ends).
12. Pull both ends of the belt down and out from the center toward the sides watching to make sure the loop does not twist the belt.
13. The knot should be flat and may have to be loosened and re-tightened.
14. The correctly tied belt will have the following characteristics:
 - The ends of the belt should be even in length.
 - The opening of the square knot should be pointed to the students left.
 - The layers of the wrapped belt around the waist should be overlapped and not twisted.

How to Tie The Rank Belt (continued)

Tying the Belt on Yourself: (Method 2, from the center)

1. Find the center of the belt by matching the two ends until they are even.
2. Place center of the belt at your navel in the center of your body rank stripes on left.
3. Wrap both ends around your waist to the back and cross the left hand above the right hand before changing hands.
4. Change hands and continue wrapping each belt end around your waist until they are back in front of your body.
5. Starting from the navel and going clockwise, run your hands completely around the belt wrapping to ensure that the belt closest to your body remains underneath to prevent a twisting of the belt in the back.
6. Take the end of the belt that is on the outside (coming from the right) and tuck it under both layers of the wrapped belt (from bottom to top).
7. With the right hand pull the inner most layered end down (free).
8. Extend both ends in front of you to make sure they are even. If they are not even, adjust the belt so that the ends are even, and the crossing is at your navel.
9. With your left hand, take hold of the end of the belt that is coming upward to your left shoulder.
10. With your right hand, take hold of the end of the belt that is coming downward to your right.
11. Cross the end of the belt that is in your left hand over the end of the belt that is in your right hand, just a few inches from the navel creating a circle or loop.
12. Take your right hand or fingers flip the end of the belt over the front and down through the center of the loop (hands traded ends).
13. Pull both ends of the belt down and out from the center toward the sides watching to make sure the loop does not twist the belt.
14. The knot should be flat and may have to be loosened and re-tightened.
15. The correctly tied belt will have the following characteristics:
 - The ends of the belt should be even in length.
 - The opening of the square knot should be pointed to the students left.
 - The layers of the wrapped belt around the waist should be overlapped and not twisted.

Stances

Attention: Feet together standing straight with hands flat to sides of legs. (no diagram)

Ready Stance 1: Feet are shoulder width apart and pointed forward. Knees are naturally straight with hands in fist at knot of belt. This is the most common ready stance and is the standard ready position for all class drills. When the command Chum Be is given, this is the stance that should be taken unless preparing to start forms with a specifically designed ready stance.



Ready Stance 2: Feet are together heels and toes touching, knees slightly bent. Left open hand is curved around but not touching right fist approximately 3 inches in front of the chin, elbows angled down 45°.

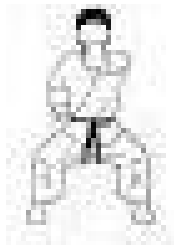


Ready Stance 3: Feet are together heels and toes touching, knees slightly bent. Both hands open, fingers closed, left palm over right palm covering the groin, elbows bent slightly.

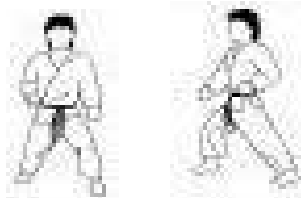


Stances (continued)

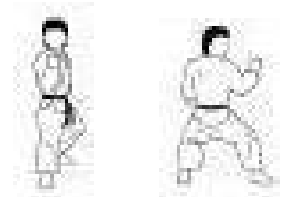
Sitting Stance: Feet are twice the width of your shoulders and pointed forward with knees deeply bent. (Also known as Horse Stance)



Front Stance: Feet are shoulder width apart with front foot pointed forward in the fourth foot position ahead of the back foot. Front knee is directly above the front foot. Back foot is pointed 45° to side with back leg straight and hips squarely facing front and upper body straight. 60% weight on front leg

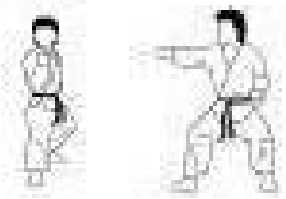


Back Stance: Front foot, front knee, front hip and face point forward. Back foot, back knee and body point toward side as if feet form the letter "L". Both knees are deeply bent. Feet are two lengths apart heel to toe. 70% weight on back leg

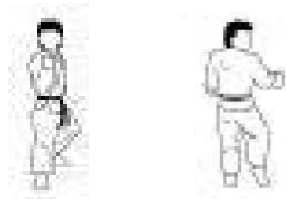


Stances (continued)

Fixed Stance: Front foot, front knee, front hip and face point forward. Back foot, back knee and body point toward side as if feet form the letter “L”. Both knees are deeply bent. Feet are three lengths apart heel to toe (or fourth foot position) 60% weight on back leg. (Same as Back Stance but longer)



Cat Stance: Front foot, front knee, front hip and face point forward. Back foot, back knee and body point toward side as if feet form the letter “L”. Both knees are deeply bent. Feet are 1 ½ lengths apart heel to toe with 70% weight on back leg. Shorter than a back stance and the front foot heel and ankle are lifted directly above the ball of the foot. The front foot rests on the ball and bottom of toes.



Notes:

Technique Introduction and Responsibility

	Technique	Responsibility
INIT	BLOCKS	Responsibility
	Low	White - Black
	High	White - Black
	Inner Forearm	White - Black
	Outer Forearm	White - Black
	Outside	White - Black
	Double Knife	Yellow - Black
	Double Fist	Yellow - Black
	Square	Yellow - Black
	Hooking	Yellow - Black
	Double Inner Forearm	Brown - Black
	Nine Block	Brown - Black

INIT	STRIKES	Responsibility
	Punch (straight or hook)	White – Black
	Palm	White – Black
	Knife Hand Strike	White – Black
	Hammer Fist (Bottom Fist)	White – Black
	Ridge Hand Strike	Yellow - Black
	Back Fist	Yellow - Black
	Double Fist	Yellow - Black

Technique Introduction and Responsibility (continued)

INIT	KICKS	Responsibility
	Crescent	White – Black
	Front	White – Black
	Side	White – Black
	Round	Yellow – Black
	Hook	Green – Black
	Heel	Green – Black
	Twist	Brown – Black
	Spin Crescent	Yellow – Black
	Spin Side	Green – Black
	Spin Hook	Green – Black
	Spin Heel	Green – Black
	Jump Side	Green – Black
	Jump Change Round	Green – Black
	Jump Spin Crescent	Brown - Black
	Jump Spin Side	Brown - Black
	Jump Spin Hook	Brown - Black
	Jump Spin Heel	Brown - Black

Notes: _____

White Belt Form and Meaning

Ki-Bon

(14 movements): Ki-Bon literally means "the Beginning". It is, in the Orient, interpreted as the beginning of human history. Therefore it is the initial pattern done by the beginner.

All hand strikes middle level target.

Chum Be - Ready 1

- | | |
|-------------------|--------------------------------|
| 1. Left low block | Turn Left to Left Front Stance |
| 2. Right punch, | Right Front Stance |

Right turn 180 degrees to Right Front Stance

- | | |
|---------------------|--------------------|
| 3. Right low block, | Right Front Stance |
| 4. Left punch, | Left Front Stance |

Left turn 90 degrees to Left Back Stance

- | | |
|--------------------------------------|------------------------------------|
| 5. Left inner forearm block, | Left Back Stance |
| 6. Right punch, | Right Front Stance |
| 7. Left high block, | Left Front Stance |
| 8. Right reverse punch (yell) | Left Front Stance (no step) |

Turn right, 180 degrees to a Right Back Stance

- | | |
|--------------------------------------|-------------------------------------|
| 9. Right inner forearm block, | Right Back Stance |
| 10. Left punch, | Left Front Stance |
| 11. Right high block, | Right Front Stance |
| 12. Left reverse punch (yell) | Right Front Stance (no step) |

Turn 270 degrees and land in a left sitting stance

- | | |
|------------------------------|--|
| 13. Left knife hand strike, | Left Sitting Stance |
| 14. Right knife hand strike, | Slide step Right to Right Sitting Stance |

White Belt

One Step Sparring

Attacker: States “ready Sir / Ma’am, Steps right foot, right hand punch face high when instructed to attack.

Defender: Yells “attack” then executes techniques below aiming to within approximately 2 inches of the specific target areas. Yelling on last technique signifies defender has completed drill.

One Step Sparring – White

- 1) Left middle front kick left front stance, left outer forearm block, right reverse palm heel face, stepping left foot back right front kick (**yell**) right front stance. Escape slide right foot back to left and step left foot back to right back stance hands guard.
- 2) Left outside crescent kick landing left closed stance, right side kick middle, right knife hand high back stance, hop change left hook punch high (**yell**) left back stance. Escape slide left foot back to right and step right foot back to back stance hands guard.
- 3) Left front stance 45° right inner forearm block, right double side kick ribs, left reverse punch ribs (**yell**) right front stance. Escape slide right foot back to left and step left foot back to right back stance hands guard.

White Belt

Progress Stripes and Rank Test Requirements

Green Stripe – Awarded indicating the student can demonstrate and relate basic elements of the five (5) beginner stances to the instructor team.

- 1) Attention – feet together, standing straight, palms at outside of legs, eyes forward
- 2) Chum Be – feet same width as shoulders, knees naturally straight, fist at knot of belt
- 3) Front stance – feet same width as shoulders, front knee bent, back leg straight, hips and shoulders square
- 4) Sitting – feet twice as wide as shoulders, both knees bent feet point forward
- 5) Back stance – feet form the letter “L” and are two lengths apart heel to toe, both knees bent, back foot, back knee and belly button point to the wall, front foot, front knee and face, face the front

Blue Stripe – Awarded indicating the student can demonstrate and relate all moves of the assigned form by the student’s count without mistake or assistance. The student must also know the name, meaning and number of moves.

Red Stripe – Awarded indicating the student can demonstrate all assigned One Step Sparring combinations including the correct attack for each One Step. Students will only be tested for progress stripes and rank using a right hand attack even though both may be practiced in class at times.

Rank Test - Will require students to perform each of the skills for which the Blue Stripe and Red Stripe are awarded but may be asked bonus questions from the workbook or to perform other progress skills throughout his/her rank. Each student must have his/her own workbook. Students will also be required to have ten (10) class credits prior to the end of the testing cycle.

Notes: _____

Yellow Belt Form and Meaning

Dan-Gun

(21 movements): Dan-Gun is named after the Holy Dan Gun, the legendary founder of Korea in the year 2333 B.C. Pronounced Don Goon, this form has 21 moves but only counts to 20 due to the introduction of combination on move 13.

All hand strikes high level target.

Chum Be - Ready 1

- | | |
|----------------------------------|-------------------------------|
| 1. Left double knife hand block | Turn left to left back stance |
| 2. Right punch | Right front stance |
| 3. Right double knife hand block | Right back stance |
| 4. Left punch | Left front stance |
| 5. Left low block | Left front stance |
| 6. Right punch | Right front stance |
| 7. Left punch | Left front stance |
| 8. Right punch (yell) | Right front stance |

Spin step left 270 degree turn to left front stance

- | | |
|------------------------|--------------------|
| 9. Left square block | Left back stance |
| 10. Right punch | Right front stance |
| 11. Right square block | Right back stance |
| 12. Left punch | Left front stance |

Turn left 90 degrees to a left front stance

- | | |
|-------------------------------------|-----------------------------|
| 13. Left low block | Left front stance |
| 14. Left high block | Left front stance (No step) |
| 15. Right high block, | Right front stance |
| 16. Left high block, | Left front stance |
| 17. Right high block (yell), | Right front stance |

Back foot picks up and turn 270 degrees into left back stance

18. Left knife hand strike
19. Right punch
20. Right knife hand strike
21. Left punch

- Left back stance
- Right front stance
- Right back stance
- Left front stance

Yellow Belt

One Step Sparring

Attacker: States “ready Sir / Ma’am, Steps right foot, right hand punch face high when instructed to attack.

Defender: Yells “attack” then executes techniques below aiming to within approximately 2 inches of the specific target areas. Yelling on the last technique signifies the defender has completed drill.

One Step Sparring – Yellow

- 1) Left middle front kick left front stance, left palm block downward, right reverse ridge hand high (**yell**). Escape left foot steps back to right back stance hands guard.
- 2) Left front stance 45° right reverse hooking block, right middle double round kick, right foot landing behind and shifting left foot to left back stance, discard attackers hand to your left. Left back fist, left #3 jump front kick (**yell**) land kicking foot in front making left back stance Escape left foot steps back to right back stance hands guard.
- 3) Step right front stance 45° left outer forearm, right middle punch, left foot steps through, right spin outside crescent kick, left round kick (**yell**) land kicking foot in front making left back stance. Escape left foot steps back to right back stance hands guard.

Yellow Belt

Progress Stripes and Rank Test Requirements

Green Stripe – Awarded indicating the student can demonstrate 10 basic techniques by name.

- 1) Outside Block, Double Knife Hand Block, Square Block
- 2) Knife Hand Strike, Palm Heel Strike, Ridge Hand Strike
- 3) Side Kick, Round Kick, Spin Crescent Kick, Front Kick

Blue Stripe – Awarded indicating the student can demonstrate and relate all moves of the assigned form by the student's count without mistake or assistance. The student must also know the name, meaning and number of moves.

Red Stripe – Awarded indicating the student can demonstrate all assigned One Step Sparring combinations including the correct attack for each One Step. Students will only be tested for progress stripes and rank using a right hand attack even though both may be practiced in class at times.

Black Stripe – Awarded once the student has received current green, blue, and red progress stripes and has demonstrated proficiency of all previous Red Stripe drills. This stripe is not required for testing but is a major contributing factor in retention of past skills.

Rank Test – Will require students to perform each of the skills for which the Blue Stripe and Red Stripe are awarded but may be asked bonus questions from the manual or to perform other progress skills throughout his/her rank. Students will also be required to have twelve (12) class credits prior to the end of the testing cycle and have received each progress stripe for their current rank.

Green and Senior Green Belt Form and Meaning

Do-San

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

Chum Be - Ready 1

1. Left outer forearm block, Turn left to left front stance
2. Right reverse punch, Left front stance (No Step)

Two step turn to right front stance

3. Right outer forearm block, Right front stance
4. Left reverse punch. Right front stance (No Step)

Back foot steps up into left back stance

5. Left double knife hand block, Left back stance
6. **Right spear hand (yell), Right front stance**

Spin step left 360 degree turn to left front stance

7. Left high backfist, Left front stance
8. Right high backfist, Right front stance

Spin step left 270 degree turn to left front stance

9. Left outer forearm block, Left front stance
10. Right reverse punch, Left front stance (No Step)

Two step turn to right front stance

11. Right outer forearm block, Right front stance
12. Left reverse punch, Right front stance (No Step)

Shift 135 degrees with the back leg to the left into a left front stance.

13. Twin outer forearm block, Left front stance
14. Right front kick Right front stance

- 15. Right punch Right front stance (No step)
- 16. Left reverse punch Right front stance (No step)

Shift right 90 degrees and “x and out”

- 17. Twin outer forearm block Right front stance
- 18. Left front kick Left front stance
- 19. Left punch Left front stance (No step)
- 20. Right reverse punch Left front stance (No step)

Pick front foot up and shift 45 degrees left to left front stance

- 21. Left high block, Left front stance
- 22. Right high block Right front stance

Back foot picks up and spin turn 270 degrees into left sitting stance

- 23. Left knife hand strike Left sitting stance

Slide step right into a right sitting stance

- 24. Right knife hand strike (yell) Right sitting stance**

Green and Senior Green Belt Target Combinations

Green Belts are responsible for number 1 and 2 below. Senior Green Belts are responsible for all 3 target combinations below. Green Belts and Senior Green Belts are responsible for both right and left side execution.

1) Hook/Hook: Back stance, #1 Hook kick (front leg), landing back stance kicking leg in front, hook punch (same leg, same hand).

Emphasis on base foot pivot for reach and safety, pulling hook kick through, hand/foot timed with landing and proper guarding and body position.

(Green and Sr. Green Belts)

2) Round/Knife: Back stance, #2 double round kick (back leg), land in back stance knife hand strike.

Emphasis is placed on reaching without stepping through pivoting, body position, retraction, stances and hand and foot timing. (Green and Sr. Green Belts)

3) Kick/Block/Punch: Back Stance, #3 Jump side kick, landing front stance, outer forearm block (doesn't hit target), reverse punch (strikes target).

Emphasis on sparring stance jumping, hands ready to react with landing. Use correct weight distribution. (Sr. Green Belts)

Green and Senior Green Belt

Progress Stripes and Rank Test Requirements

Blue Stripe – Awarded indicating the student can demonstrate and relate all moves of the assigned form by the student's count without mistake or assistance. The student must also know the name, meaning and number of moves.

Red Stripe – Awarded indicating the student can demonstrate all assigned target combinations, right and left side. Green Belts are responsible for 1 and 2. Senior Green Belts are responsible for 1 – 3.

Black Stripe – Awarded once the student has received current blue and red progress stripes and has demonstrated proficiency of all previous Red Stripe drills. This stripe is not required for testing but is a major contributing factor in retention of past skills.

Gold Stripe – Awarded once the student has received current blue and red progress stripes and has demonstrated proficiency of all previous Forms. This stripe is not required for testing but is a major contributing factor in retention of past skills and all decided rank Black Belts are required to perform one random past form when testing for new rank.

Rank Test – Will require students to perform each of the skills for which the Blue Stripe and Red Stripe are awarded but may be asked bonus questions from the manual or to perform other progress skills throughout his/her rank. Students will spar three one minute rounds. Students will also be required to have fourteen (14) class credits prior to the end of the testing cycle in which they wish to test and have received each progress stripe for their current rank. Students must have the appropriate target training aid.

Note 2: See section **Sparring Rules and Goals** for information on types of sparring, expectations and general sparring information.

Purple and Senior Purple Belt Form and Meaning

Won-Hyo

(28 movements): Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD.

Chum Be - Ready 2, feet closed, right fist cupped in left at chin

- | | | |
|---|--|-----------------------------|
| 1 | Left square block | Left Back Stance |
| 2 | Right reverse knife hand strike inward | Left Back Stance (No Step) |
| 3 | Left middle punch | Left fixed stance (Shift) |
| 4 | Right square block | Right back stance |
| 5 | Left reverse knife hand strike inward | Right back stance (No Step) |
| 6 | Right middle punch | Right fixed stance (Shift) |

Right return step to left closed stance

- | | | |
|----|--|----------------------------|
| 7 | Left double fist block | Closed stance |
| 8 | Left side kick, | Land in left back stance |
| 9 | Left double knife hand block | Left back stance (No Step) |
| 10 | Right double knife hand block | Right back stance |
| 11 | Left double knife hand block | Left back stance |
| 12 | Middle spear hand strike (yell) | Right front stance |

Spin step left 270° to left back stance

- | | | |
|----|--|-----------------------------|
| 13 | Left square block | Left back stance |
| 14 | Right reverse knife hand strike inward | Left back stance (No Step) |
| 15 | Left middle punch | Left fixed stance (Shift) |
| 16 | Right square block | Right back stance |
| 17 | Left reverse knife hand strike inward | Right back stance (No Step) |
| 18 | Right middle punch | Right fixed stance (Shift) |

Right return two step sliding together to left front stance

- | | | |
|----|-----------------------------------|------------------------------|
| 19 | Right reverse inner forearm block | Left front stance |
| 20 | Right front kick | Land in right front stance |
| 21 | Left reverse middle punch | Right front stance (No Step) |
| 22 | Left reverse inner forearm block | Right front stance (No Step) |

- 23 Left front kick
- 24 Right reverse middle punch
- 25 **Right side kick (yell)**
- 26 Left double fist block
- 27 Right double fist block

- Land in left front stance
- Left front stance (No Step)
- Land in closed stance facing front**
- Left Back Stance
- Right back stance

Purple and Senior Purple Belt Sparring Combinations

Purple Belts are responsible for number 1 and 2 below. Senior Purple Belts are responsible for all 3 Sparring Combinations below.

Note: Sparring combinations should maintain sparring posture, hands up, eye contact, accuracy and stances just as someone would while sparring.

1) **Stick'em, Bing, Bang Boom:**

- 1) Back stance, #1 Front kick (front leg)
- 2) Front hand punch (jab)
- 3) Back hand punch (reverse punch)
- 4) #2 Round kick (back leg)
- 5) **Double Knife Hand block, back stance (yell)**

2) **Hook Ridge:**

- Back stance, Front hand low block
- #2 Round kick (back leg)
- Spin Hook Kick, Reverse Ridge hand strike, front stance
- **Front hand punch (Jab) as shifting to back stance (yell)**

3) **The Big One:**

- Back Stance, #3 Outside Crescent kick (back foot slides together)
- Knife Hand strike, Reverse Ridge Hand strike (front hand, back hand)
- #2 Front Kick, Round kick (back leg)
- **Jump Spin Side Kick, back stance (yell)**

Notes: _____

Purple and Senior Purple Belt Progress Stripes and Rank Test Requirements

Blue Stripe – Awarded indicating the student can demonstrate and relate all moves of the assigned form by the student’s count without mistake or assistance. The student must also know the name, meaning and number of moves.

Red Stripe – Awarded indicating the student can demonstrate all assigned sparring combinations. Purple Belts are responsible for 1 and 2. Senior Purple Belts are responsible for 1 – 3.

Black Stripe – Awarded once the student has received current blue and red progress stripes and has demonstrated proficiency of all previous Red Stripe drills. This stripe is not required for testing but is a major contributing factor in retention of past skills.

Gold Stripe – Awarded once the student has received current blue and red progress stripes and has demonstrated proficiency of all previous Forms. This stripe is not required for testing but is a major contributing factor in retention of past skills and all decided rank Black Belts are required to perform one random past form when testing for new rank.

Rank Test – Will require students to perform each of the skills for which the Blue Stripe and Red Stripe are awarded but may be asked bonus questions from the manual or to perform other progress skills throughout his/her rank. Students will spar three one minute rounds. Students will also be required to have fourteen (14) class credits prior to the end of the testing cycle in which they wish to test and have received each progress stripe for their current rank.

Notes: _____

Blue and Senior Blue Belt Form and Meaning

Hwa-Rang

(29 movements): Hwa Rang is named after the Haw Rang youth group which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th infantry Division, where Tae Kwon Do developed into maturity.

Chum Be - Ready 3, feet closed, knife hands left over right below belt

- | | | |
|---|----------------------------------|--------------------------------------|
| 1 | Left cross palm block | Step to the Left into sitting stance |
| 2 | Right middle punch | Sitting Stance (No step) |
| 3 | Left middle punch (quick) | Sitting Stance (No step) |
| 4 | Right square block | Right back stance |
| 5 | Left reverse up-turn punch | Right back stance (No step) |
| 6 | Right middle punch | Right fixed stance (Shift) |
| 7 | Right knife hand downward strike | Right return step heels together |
| 8 | Left middle punch | Left front stance |

Turn left 90 degrees

- | | | |
|----|---|--|
| 9 | Left low block | Left front stance |
| 10 | Right middle punch | Right front stance |
| 11 | Left hand grab right fist
Pull hand to make a square | Right front stance (No step)
Shift to feet as wide as shoulders |
| 12 | Right side kick | Land in Right back stance |
| 13 | Right middle knife hand strike | Right back stance (No step) |
| 14 | Left middle punch | Left front stance |
| 15 | Right middle punch (yell) | Right front stance |

Spin 270° to a left back stance

- | | | |
|----|------------------------------|--------------------|
| 16 | Left double knife hand block | Left back stance |
| 17 | Right middle spear hand | Right front stance |

Right foot steps left turning to left back stance

- | | | |
|----|------------------------------|---------------------------|
| 18 | Left double knife hand block | Left back stance |
| 19 | Right round kick | Land in Right back stance |
| 20 | Left round kick | Land in left back stance |

- | | | |
|----|---|---|
| 21 | Double knife hand block (quick) | Left back stance (No step) |
| | <i>Turn 90 degrees to the left into a left front stance</i> | |
| 22 | Left low block | Left front stance |
| 23 | Right reverse middle punch | Left fixed stance (Shift) |
| 24 | Left reverse middle punch | Right fixed stance |
| 25 | Right reverse middle punch | Left fixed stance |
| 26 | Left low 'X' block | Left front stance (Shift) |
| 27 | Right low back elbow strike (yell) | Step through to left back stance |
| 28 | Left low block/right inner forearm | Spin left 90° closed stance |
| 29 | Right low block/left inner forearm | Closed stance (No step) |
| 30 | Left double knife hand block | Left back stance |
| 31 | Right double knife hand block | Right back stance |

Notes: _____

Blue and Senior Blue Belt Non-Combative Self-Defense

Blue Belts are responsible for number 1 and 2 below from each category. Senior Blue Belts are responsible for all 3 Non-Combative Self-Defense Combinations from each category.

Release or Escape:

- 1) **Pop Top** - From double choke or shoulder grab, hook both index fingers around attackers jaw bone, pushing thumbs under chin
- 2) **Nose Up** - From head lock, reach inside arm behind and over attackers nearest shoulder, to place open hand middle knuckles under attacker's nose and slide straight over attacker's forehead.
- 3) **Butt Out** - Double wrist grab from behind, bend at waist (butt out) squat down and back out turning face toward attacker as hands thrust down turning away.

Lock or Control:

- 1) **Shoulder Lock** - From double choke or shoulder grab, left hand reaches over attacker's right hand grabbing attacker's left palm with four fingers as your right hand pushes attacker's wrist up and loose. Pull attacker's arm straight and anchor at your left shoulder while sliding your right forearm to back of attackers shoulder joint. Apply pressure down with right forearm while holding attacker's right hand at your left shoulder and stepping back with left foot.
- 2) **Down U Go** - From right straight wrist or forearm grab use your free hand (right) to grab attacker's forearm lifting attacker's elbow as you step under and spin behind attacker standing close. Pull trapped hand (left) down and free, grab base of attackers upper arm at elbow (right). Pull straight down toward attacker's right heel as you spin them in place toward the back of heel.
- 3) **Snake Lock** – From right diagonal wrist or forearm grab, rotate right hand fingers first one full clockwise turn stepping same foot in, trapping attackers arm between your right bicep and ribs with edge of knife hand applying slight pressure just above attacker's elbow. Place left hand on back of attacker's bicep, lock your right hand to your left wrist and apply slight pressure down and toward attacker while backing away, careful to stay in front of attacker.

Blue and Senior Blue Belt Progress Stripes and Rank Test Requirements

Blue Stripe – Awarded indicating the student can demonstrate and relate all moves of the assigned form by the student’s count without mistake or assistance. The student must also know the name, meaning and number of moves.

Red Stripe – Awarded indicating the student can demonstrate all assigned NCSD techniques. Blue Belts are responsible for 1 and 2. Senior Blue Belts are responsible for 1 – 3.

Black Stripe – Awarded once the student has received current blue and red progress stripes and has demonstrated proficiency of all previous Red Stripe drills. This stripe is not required for testing but is a major contributing factor in retention of past skills.

Gold Stripe – Awarded once the student has received current blue and red progress stripes and has demonstrated proficiency of all previous Forms. This stripe is not required for testing but is a major contributing factor in retention of past skills and all decided rank Black Belts are required to perform one random past form when testing for new rank.

Rank Test – Will require students to perform each of the skills for which the Blue Stripe and Red Stripe are awarded but may be asked bonus questions from the manual or to perform other progress skills throughout his/her rank. Students will spar three one minute rounds. Students will also be required to have fourteen (14) class credits prior to the end of the testing cycle in which they wish to test and have received each progress stripe for their current rank.

Notes: _____

Brown and Senior Brown Belt Form and Meaning

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, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed at Lui-Shung in 1910.

Chum Be - Ready 2, feet closed, right fist cupped in left hand at chin

- | | | |
|---|-------------------------|---------------------------|
| 1 | Left ridge hand block | Left cat stance |
| 2 | Left front kick | Left cat stance (No step) |
| 3 | Right upward palm block | Right back stance |

Turn right 180° to a right cat stance

- | | | |
|---|------------------------|----------------------------|
| 4 | Right ridge hand block | Right cat stance (No step) |
| 5 | Right front kick | Right cat stance (No step) |
| 6 | Left upward palm block | Left back stance |

Turn left 90 degrees

- | | | |
|----|-----------------------------------|----------------------------------|
| 7 | Left double knife hand block | Left back stance |
| 8 | Right reverse upward elbow | Left front stance (Shift) |
| 9 | Right double knife hand block | Right back stance |
| 10 | Left reverse upward elbow | Right front stance (Shift) |
| 11 | Twin high punches | Left front stance |
| 12 | Twin middle upturn punches | Right front stance (yell) |

One step turning left 180 degrees

- | | | |
|----|-----------------------------|-----------------------------|
| 13 | High X block | Left front stance |
| 14 | Left high back fist | Left back stance |
| 15 | Pull left fist to right hip | Left front stance (No step) |
| 16 | Right reverse high punch | Left front stance (Shift) |
| 17 | Right high back fist | Right back stance |
| 18 | Pull right fist to left hip | Right back stance |

- | | | |
|----|---|---|
| 19 | Left reverse high punch | Right front stance (Shift) |
| 20 | Left double inner forearm block | Left front stance |
| 21 | Left punch (High) | Left back stance |
| 22 | Right side kick | Land in right front stance |
| 23 | Right double inner forearm block | Right front stance |
| 24 | Right punch (High) | Right back stance (Shift) |
| 25 | Left side kick | Land in left back stance |
| 26 | Double fist block | Left back stance |
| 27 | Double pressing opposing palm blocks (Slow) | Left front stance (Shift) |
| 28 | Right double fist block, right back stance | |
| 29 | Double pressing opposing palm blocks (Slow) | Right front stance (Shift) |
| 30 | Right horizontal punch | Left balance turn 90° to closed stance |
| 31 | Right vertical pole block | Right back stance |
| 32 | Left vertical pole block | Sliding left 180° to left back stance (yell) |

Notes: _____

Brown & Sr. Brown Belt

Progress Stripes and Rank Test Requirements

Blue Stripe – Awarded indicating the student can demonstrate and relate all moves of the assigned form by the student’s count without mistake or assistance. The student must also know the name, meaning and number of moves.

Red Stripe – Awarded indicating the student can demonstrate both knowledge of specific break techniques for current rank and has demonstrated successful breaking skills. This will also include knowledge of rank testing break procedures outlined in the Testing Break Procedure section of this workbook.

Black Stripe – Awarded once the student has received current blue and red progress stripes and has demonstrated proficiency of all previous Red Stripe drills. This stripe is not required for testing but is a major contributing factor in retention of past skills.

Gold Stripe – Awarded once the student has received current blue and red progress stripes and has demonstrated proficiency of all previous Forms. This stripe is not required for testing but is a major contributing factor in retention of past skills and all decided rank Black Belts are required to perform one random past form when testing for new rank.

Rank Test - Will require students to perform each of the skills for which the Blue Stripe and Red Stripe are awarded but may be asked bonus questions from the workbook or to perform other progress skills throughout his/her rank including Testing Combinations.

Students will also spar 3 or 4 rounds lasting approximately one minute each. Each student must have his/her own rank appropriate workbook.

Students are required to have sixteen (16) class credits prior to the end of the testing cycle in which the student will be testing. Please note class credits for White – Sr. Red do not carry forward when a student elects not to test.

Break Requirements –

RANK	FOOT	HAND	NOTES
Brown - Sr. Brown	Front , Side	Hammer Fist, Palm Heel, Elbow	Choose 1 Foot and 1 Hand

Red and Senior Red Belt Form and Meaning

Choong-Moo

(30 movements): Choong-Moo was the name given to the great Admiral Yi Soon-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. This pattern ends with a left hand attack, to symbolize his regrettable death. He was noted for his unrestrained loyalty to the King.

Chum Be - Ready 1

- | | | |
|---|---|--------------------|
| 1 | Left knife hand square block | Left back stance |
| 2 | Right inward knife hand strike/left reverse knife hand high block | Right front stance |

Turning right 180°

- | | | |
|---|-------------------------------|-------------------|
| 3 | Right double knife hand block | Right back stance |
| 4 | Left high finger-tip strike | Left front stance |

Turning left 90°

- | | | |
|---|--|----------------------------------|
| 5 | Left double knife hand block | Left back stance |
| 6 | Right side kick (rear) | Land in left back stance |
| 7 | Left double knife hand block (front) | Left back stance |
| 8 | Right run jump side kick (yell) | Land in Right back stance |
| 9 | Double knife hand block | Right back stance |

Spin left 270°

- | | | |
|----|---------------------------|---------------------------|
| 10 | Left low block | Left back stance |
| 11 | Left two handed head grab | Left front stance (Shift) |
| 12 | Right knee strike | Land in closed stance |

Turn left 180°

- | | | |
|----|--------------------------|-----------------------------|
| 13 | Right reverse ridge hand | Left front stance |
| 14 | Right round kick | Land in closed stance |
| 15 | Left spin side kick | Right back stance |
| 16 | Right double fist block | Right back stance (No step) |
| 17 | Left round kick | Land in closed stance |

- | | | |
|----|---|--------------------------|
| 18 | Right vertical pole block | Right back stance |
| | <i>Jump spin 360° (counter clockwise) land in right back stance</i> | |
| 19 | Right double knife hand block | Right back stance |
| 20 | Right reverse finger-tip strike low | Left front stance |
| 21 | Left low block/right high back fist, | Left back stance (Shift) |
| 22 | Right spear hand | Right front stance |

Spin left 270°

- | | | |
|----|--|---------------------------------------|
| 23 | Left double inner forearm block | Left front stance |
| 24 | Right outside block/right high back fist | Right sitting stance |
| 25 | Right #2 side kick | Right back stance |
| 26 | Left #2 side kick
direction) | Right back stance (Going in opposite) |
| 27 | Knife hand X block | Right back stance (No step) |
| 28 | Twin middle upward palm blocks | Left front stance |

Right 2 step turn land in right front stance

- | | | |
|-----------|--------------------------------|----------------------------------|
| 29 | Right high block | Right front stance |
| 30 | Left reverse high punch | Right front stance (yell) |

Red & Sr. Red Belt Progress Stripes and Rank Test Requirements

Blue Stripe – Awarded indicating the student can demonstrate and relate all moves of the assigned form by the student's count without mistake or assistance. The student must also know the name, meaning and number of moves.

Red Stripe – Awarded indicating the student can demonstrate both knowledge of specific break techniques for current rank and has demonstrated successful breaking skills. This will also include knowledge of rank testing break procedures outlined in the Testing Break Procedure section of this workbook.

Black Stripe – Awarded once the student has received current blue and red progress stripes and has demonstrated proficiency of all previous Red Stripe drills. This stripe is not required for testing but is a major contributing factor in retention of past skills.

Gold Stripe – Awarded once the student has received current blue and red progress stripes and has demonstrated proficiency of all previous Forms. This stripe is not required for testing but is a major contributing factor in retention of past skills and all decided rank Black Belts are required to perform one random past form when testing for new rank.

Rank Test - Will require students to perform each of the skills for which the Blue Stripe and Red Stripe are awarded but may be asked bonus questions from the workbook or to perform other progress skills throughout his/her rank including Testing Combinations.

Students will also spar 3 or 4 rounds lasting approximately one minute each. Each student must have his/her own rank appropriate workbook.

Students are required to have sixteen (16) class credits prior to the end of the testing cycle in which the student will be testing. Please note class credits for White – Sr. Red do not carry forward when a student elects not to test.

Break Requirements –

CURRENT RANK	FOOT	HAND	NOTES
Red – Sr. Red	Side, Round	Hammer Fist, Palm Heel, Elbow	Choose 1 Foot and 1 Hand

Sparring Rules and Goals

Many students are initially apprehensive about sparring, either for fear of being hit and kicked or for the fear of hurting someone else. Accidents can occur, but following school policies and good sparring protocol will minimize injuries.

Sparring Rules:

1. Only Green Belts and above ranks are permitted to spar.
2. Only Freedom Martial Arts approved sparring equipment can be used.
3. Only sparring gear in good condition may be used (no taped or badly torn gear).
4. All gear must be worn while sparring in regular lessons, private lessons and testing.
5. Only light to medium contact is permitted (see glossary).
6. If you feel uncomfortable, sick or nervous you should first get the attention of your partner, then your instructor and move to the side away from sparring activities.
7. Maintain a safe distance from other sparring groups.
8. Do not run to or from your partner.
9. Higher rank will start the sparring action and demonstrate the level of sparring proficiency to follow. (How hard and how fast.)
10. If one or both partners stop for any reason, the other guards for their safety.
11. Always bow before starting to spar.
12. Never spar when mad or for revenge. (No Pay Backs)
13. Only use techniques introduced by your instructor team.
14. Strike only with approved techniques and the padded surface of sparring equipment. (except when using kicks designated for the bottom of the heel or ball of the foot)
15. Respect your partner. (block, no cheap shots, don't celebrate or taunt)
16. Only target approved (legal) areas of your partner.
(see diagram **Approved Sparring Targets**)

Notes: _____

Sparring Rules and Goals (continued)

Both class room and testing sparring are an opportunity to demonstrate control of sparring technique while developing true self-defense skills. Of course the ultimate goal would be to never get hit but realistically this is unlikely. For several months the new student has practice blocking and striking techniques at a static target or with minimal movement. TaeKwonDo sparring involves the exchange of hand and foot striking techniques as well as blocking and avoiding techniques.

Class Sparring Goals:

1. Demonstrate each technique appropriate through current rank.
2. Use smooth fluid movements to conserve energy while delivering techniques.
3. Maintain body position.
4. Keep moving, do not spar flat footed.
5. Use appropriate level of speed and force in relation to your rank and skill level as well as your partner's rank and skill level.
6. Intermediate students should aim striking techniques between 1" - 4" (inches) of your partner with light contact acceptable.
7. Advanced students should aim striking techniques between 1" - 2" (inches) of your partner with light to medium contact acceptable between advanced students.
8. Advanced students should regularly spin, jump and jump spin mixing in hands, feet, and blocking to create openings.

Notes: _____

Sparring Rules and Goals (continued)

Intermediate Testing Sparring Should Demonstrate (Green – Senior Blue):

1. A majority of techniques through current rank.
2. Both right and left side techniques.
3. Maintain body position.
4. Keep moving, do not spar flat footed.
5. Attempts to block and guard with hands.
6. Some spins and/or jumps.
7. Some elementary combinations.

Notes: _____

Advanced Testing Sparring Should Demonstrate (Brown – Black):

1. A majority of techniques through current rank.
2. Both right and left side techniques.
3. Maintain body position.
4. Keep moving, do not spar flat footed.
5. Effective blocks and guarding with hands.
6. Regular spinning, jumps and some jump-spin techniques.
7. Effective combinations.

Notes: _____

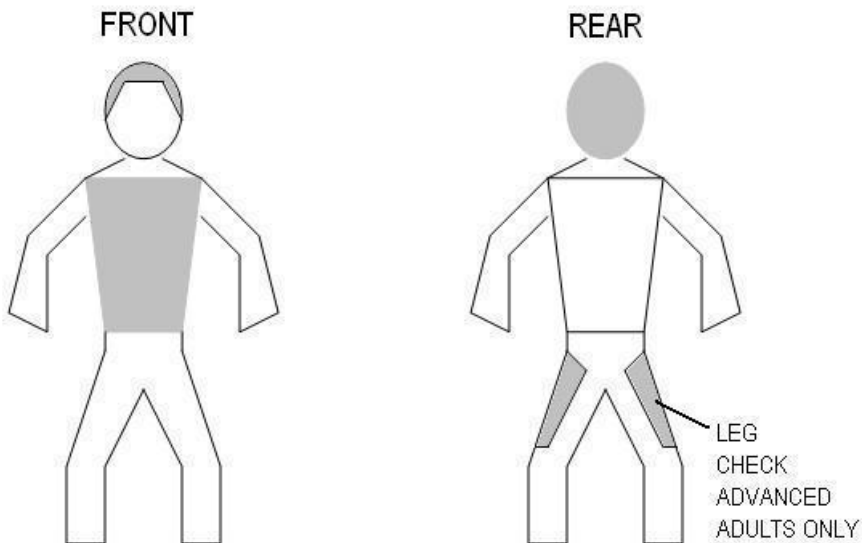
Sparring Rules and Goals (continued)

Approved Sparring Targets:

1. Shaded areas may have light – medium contact.
2. Facial area may be targeted without contact.
3. Upper body sides, chest and stomach above the belt, below the throat.
4. Advanced Adults may target the back of thigh (front leg) below the buttocks approximately 3 inches above the knee. (leg check)

Light Contact – touching the target with up to approximately 1.5 inches of penetration.

Medium Contact – touching the target with up to approximately 2.5 inches of penetration.



Sparring Rules and Goals (continued)

Areas That Should Not Be Targeted:

1. Throat or neck.
2. Back.
3. Any area below the belt, particularly the groin and knees.
(excluding Leg Check used by advanced Adults)

Note: It is generally accepted that sparring partners of all levels will periodically strike or contact an area of their partner that is not approved. This is one of the reasons we stress that contact is not necessary. If someone aims to make contact and misses their intended target by a greater margin the resulting penetration could be excessive. With both parties moving, one could move in an unexpected direction or someone could lose balance.

As partners become more proficient and comfortable with each other they may enjoy a greater degree of contact (light – medium only). The experienced student often demonstrates the ability to “pull” technique should they recognize a threat to their partner. Still, accidents may happen and all parties must remain calm always respecting the abilities and intentions of their partner.

Notes: _____

Breaking Techniques

Board Breaking is a test of power which involves striking the target correctly with sufficient force to break. We use two types of boards to test our power. First is the plastic re-breakable board available through the pro-shop at Freedom Martial Arts. Second is the #2 pine boards. While this board type is available at many hardware centers, it is strongly recommended that students purchase boards at Freedom Martial Arts because your Instructor team has many years of experience selecting safe boards for students to practice with.

All boards are either manufactured (color coded) or cut to size for a safe strength based on the age of the student and bone density. Students should never try new techniques on boards without Instructor supervision. The chart (**Breaking Techniques by Rank**) is a guide showing approximately when a student may be ready to practice specific techniques. Not all students will be ready for each technique at the listed level and some may be capable earlier. Students may practice at home once your Instructor Team has provided counseling with the student or parents of younger students and acknowledged basic proficiency for specific skills. Board Breaking is a difficult Art and must be practiced with absolute discipline. Injuries can occur even with students that have been breaking for years.

Board Breaking Clinics and Private Lessons are an excellent way to gain knowledge and confidence needed to provide a positive breaking experience.

Students should use the chart below (**Breaking Techniques by Rank**) to record new breaking goals as they are achieved.

Notes: _____

Breaking Techniques by Rank

Technique (hand)	Approved Rank
Palm Heel	Green – Black
Hammer Fist (Bottom Fist)	Green – Black
Elbow (Forearm)	Green – Black
Knife Hand Strike	Green – Black Adult Only
Ridge Hand Strike	Green – Black Adult Only
Punch (straight or hook)	Green – Black Adult Only
Technique (foot)	Approved Rank
Front	Green – Black
Side	Green – Black
Round	Purple – Black
Jump Side	Purple – Black
Axe	Purple – Black
Heel	Purple – Black
Spin Side	Purple – Black
Spin Heel	Purple – Black
Spin Hook	Purple – Black
Jump Spin Side	Brown – Black
Jump Spin Heel	Brown – Black
Jump Spin Hook	Brown - Black

Board Strength Chart and Testing Guidelines

<u>Age and/or Sex</u>	<u>Wood Board Width</u>	<u>Plastic Board</u>	<u>Equivalent # of Wood Boards</u>
5, 6	3 inches	White	1
7, 8, 9	5 inches	Yellow	1
10, 11	7 inches	Orange	1
Men 12 - 14 Women 12 - 14 Women 35 up	9 inches	Green	1
Women 15 - 34 and 3 rd Degree Feet Men 15, 16 and 35 up	11 inches	Blue	1
Women 18 – 34 3 rd Degree Feet Men 17 - 34 Hands and 3 rd Degree 35 up Feet	11 inches	Brown	1.5 - 2
Men 18 to 34 3 rd Degree Feet	11 inches	Black	2.5 – 3

Notes: _____

Glossary

Korean Terms:

BARO [ba-ro] - Return to ready stance

CHARYEOT or CHA-RYOT [cha-ryut] - Attention

DO BOK [dough bock] - Uniform

DO JANG [dough jung] - Training facility

JOONBE or CHUM-BE [june-bee] or [choom-bee] - Ready

KIHAP [key op] - Yell

KUMAHN or GU-MAHN [koo-man] - Stop

KYEONG YE or KEUNG-YEA [kee-young-e] - Bow

SHIJAK [she-jak] - Begin

SHOOK [shuk] - At ease or relax

TAE KWON DO - from tae "kick" + kwon "fist" + do "art, way, method."
Translated as foot-hand-art or the art of hand and foot fighting.

Notes on Spelling and Pronunciation:

Spelling and pronunciation may vary depending on where the terminology is taught. Common variations occur with the following letters:

- K and G (*Kup* or *Gup*)
- CH and J (*Chireugi* or *Jireugi*) — Jireugi is pronounced shorter
- T and D (*Tasut* or *Dasut*)
- P and B (*Pam* or *Bam*)

Glossary (continued)

Class Room Terms:

Light Contact – touching the target with up to approximately 1.5 inches of penetration.

Medium Contact – touching the target with up to approximately 2.5 inches of penetration.

Side 1 - The row or line of students on the same side as the ranking student who will be right most and forward when bowing class in. Side 1 and Side 2 usually are distinguished for assignment of practice partners for specific drills. Two lines will turn and face each other.

Side 2 – The row or line of students opposite side 1 to the left. Side 1 and Side 2 usually are distinguished for assignment of practice partners for specific drills. Two lines will turn and face each other.

One Step Sparring – A combination of basic blocking, striking and/or kicking techniques designed to develop proficiency and accuracy prior to Sparring.

Sparring – (Also know as free sparring) is an exchange of kicking, striking, blocking and avoidance techniques. Some styles will refer to this as free fighting (we won't).

Theory of Power – Power and strength are not the same with respect to their application in Tae Kwon Do. There are 5 generally agreed upon principals that when applied together provide power. These principals are: **Speed, Equilibrium, Breath Control, Concentration** and **Reaction Force**.

- Theory of Power Speed - Accelerated movement, Force = Mass x Acceleration, a technique should accelerate quickly and be at its maximum acceleration at the moment of impact. Even the smallest items traveling at high speed can cause much damage.

Glossary (continued)

- Theory of Power Equilibrium - Balance should be maintained at all times - when moving or stationary. All muscles are working together to reinforce each other. For example proper balance whether it is 50/50 or 70/30 allows the student to react quickly because there is no need to shift weight. In addition proper balance means the student is prepared to properly block incoming techniques without being pushed out of position.
- Theory of Power Breath Control - Periodic sharp exhalations (yells) at the moment a technique is performed will temporarily tense the body to make techniques more powerful and/or diminish the impact of any blow received. Regular smooth patterns of breath conserves energy and helps with balance.
- Theory of Power Concentration – ($\text{Pressure} = \text{Force}/\text{Area}$) Tae Kwon Do techniques often focus efforts to use smaller striking surfaces for contact with a target. For example, a TaeKwonDo punch uses only the bottom two knuckles of the index and middle fingers thus channeling connective energy through a more precise area of impact for greater penetration and target grade.
- Theory of Power Reaction Force – for each action there is an equal and opposite reaction. There are two applications of reaction force. The first example would demonstrate the use of both sides of the body in harmony while executing a punch. If the right fist is used to execute a punch the left fist should be drawn backward to the hip with the same speed and approximately same travel improving timing and increasing speed. The second example is demonstrated with a knife hand strike. The knife hand strike travels in a circular motion and the retracting hand would counter balance the strike allowing for improved control and accuracy.

Notes: _____

