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During class, the following courtesies should be followed at all times:

- a. Pay attention to the instructor.
- b. Hold your questions until the end of class and ask a black belt to help you.
- c. Always maintain the proper stance. If the class is at “attention,” then all students should be at “attention.” If the class is at the “ready,” then all students should be at the “ready.”
- d. When called to line up, students should move quickly - DO NOT MAKE THE INSTRUCTOR WAIT FOR YOU.
- e. When in line, stand at “Relaxed Attention” - a Ready Stance, holding your hands at your back.
- f. Class should never be disrupted by students.

All students and instructors should be treated with respect at all times. Above all, maintain a positive, winning attitude, and set an example for all students to follow.

### KID’S CLASS RULES

1. Homework First!
2. Be nice to someone every day!
3. Take care of your own uniform!
4. Do not use what you learn in class, on the playground, or at school!
5. Practice something every day!

### RANKING SYSTEM

| <u>KEUP RANK</u> | <u>BELT COLOR</u> | <u>TEST* FEE</u> | <u>MINIMUM** CLASS ATTENDANCE</u> |
|------------------|-------------------|------------------|-----------------------------------|
| 8th Keup         | White             |                  | beginner                          |
| 7th Keup         | Yellow            | \$10.00          | 16 Classes                        |
| 6th Keup         | Orange            | \$10.00          | 16+ Classes                       |
| 5th Keup         | Green             | \$10.00          | 24+ Classes                       |
| 4th Keup         | Blue              | \$10.00          | 32+ Classes                       |
| 3rd Keup         | Red               | \$10.00          | 32+ Classes                       |
| 2nd Keup         | Red I             | \$10.00          | 48+ Classes                       |
| 1st Keup         | Red II            | \$10.00          | 48+ Classes                       |
| Bo Dan           | Black/Red         | \$50.00          | *                                 |
| 1st Dan          | Black I           | \$300.00         | **                                |
| 2nd Dan          | Black II          | \$400.00         | 12 Months                         |
| 3rd Dan+         | Black III         | \$450.00         | 24 Months                         |

The minimum class attendance criteria is a GUIDE only. Some students may require less time, some more. Individual performance, motivation, and progress will determine when each student is ready to test. **As a general rule, young people require more time.**

# REQUIREMENTS FOR YELLOW BELT, 7TH KEUP

## 1. STANCES

- \_\_\_\_\_ BASIC READY STANCE
- \_\_\_\_\_ HORSE RIDING STANCE
- \_\_\_\_\_ WALKING STANCE
- \_\_\_\_\_ FRONT STANCE

- JUNBI*
- JUJUM SEOGI*
- AP SEOGI*
- AP KUBI*

BASIC READY STANCE



HORSE RIDING STANCE



WALKING STANCE



FRONT STANCE



## 2. BLOCKS

- \_\_\_\_\_ LOW (GROIN) BLOCK
- \_\_\_\_\_ MIDDLE (TRUNK) INSIDE BLOCK
- \_\_\_\_\_ MIDDLE (TRUNK) OUTSIDE BLOCK
- \_\_\_\_\_ HIGH (HEAD) BLOCK

- ARAE MAKKI*
- MOMTONG AN MAKKI*
- MOMTONG BAKKAT MAKKI*
- OLGUL MAKKI*

Low (Groin) Block



INSIDE (TRUNK) BLOCK



OUTSIDE (TRUNK) BLOCK



HIGH (HEAD) BLOCK



## 3. PUNCHES/STRIKES

- \_\_\_\_\_ MIDDLE PUNCH
- \_\_\_\_\_ SINGLE PUNCH
- \_\_\_\_\_ SUCCESSIVE DOUBLE PUNCH
- \_\_\_\_\_ SUCCESSIVE TRIPLE PUNCH

- MOMTONG JIREUGI*
- HAN BEON JIREUGI*
- DU BEON JIREUGI*
- SE BEON JIREUGI*

PUNCH



PUNCH



**REQUIREMENTS FOR YELLOW BELT, 7TH KEUP**

**4. KICKS**

\_\_\_\_\_ FRONT KICK

\_\_\_\_\_ SIDE KICK

\_\_\_\_\_ ROUND-HOUSE KICK

\_\_\_\_\_ BACK KICK

*AP CHAGI*

*YOP CHAGI*

*DOLLYO CHAGI*

*DWI CHAGI*

FRONT

SIDE

ROUND-HOUSE

BACK



**5. CONCEPTS**

\_\_\_\_\_ Hand, Foot, Eye Positions

\_\_\_\_\_ Directions (see Figure 5a)

\_\_\_\_\_ Wind-up

\_\_\_\_\_ Targeting (see Figure 5b)

**6. SELF-DEFENSE COMBINATIONS - (USING REQUIREMENTS)**

**7. FORMS**

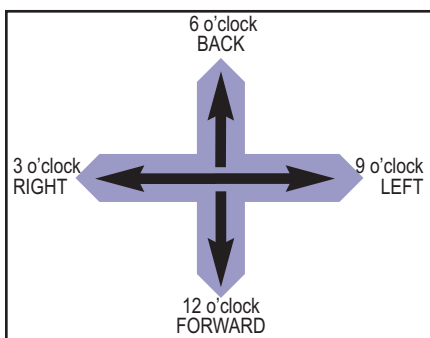
\_\_\_\_\_ 4 Directionals

\_\_\_\_\_ Taegeuk Il Jang

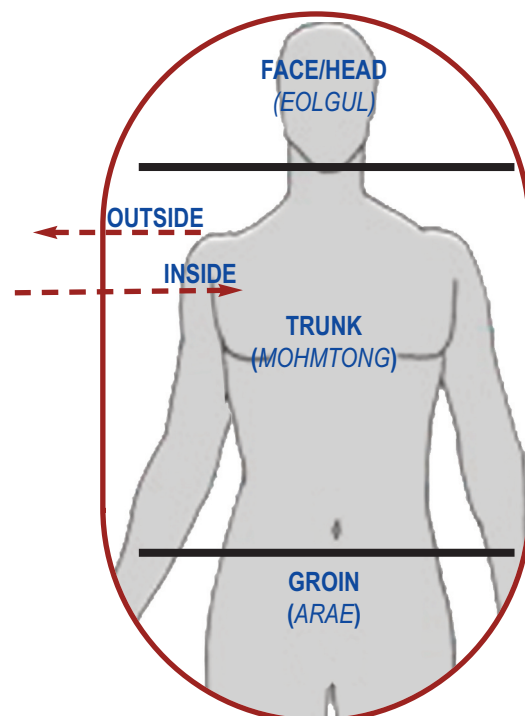
**8. SPARRING**

Not required.

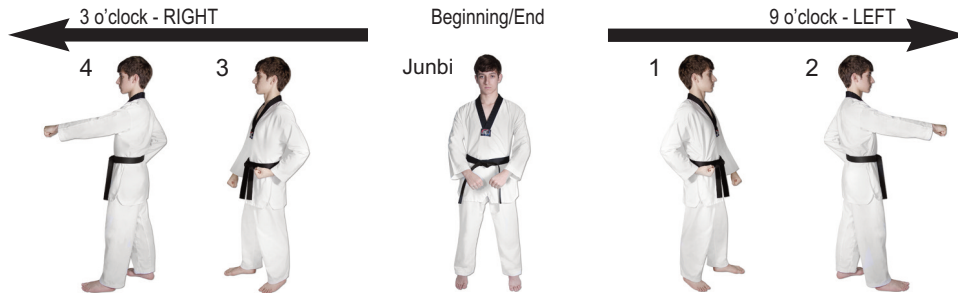
(Figure 5a)



(Figure 5b)



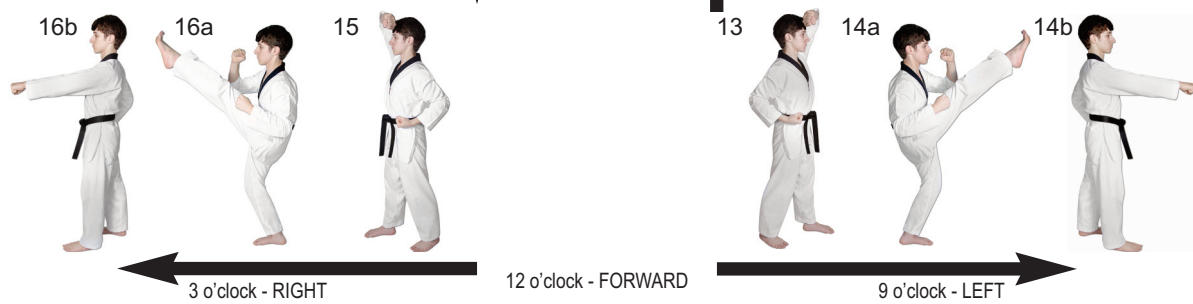
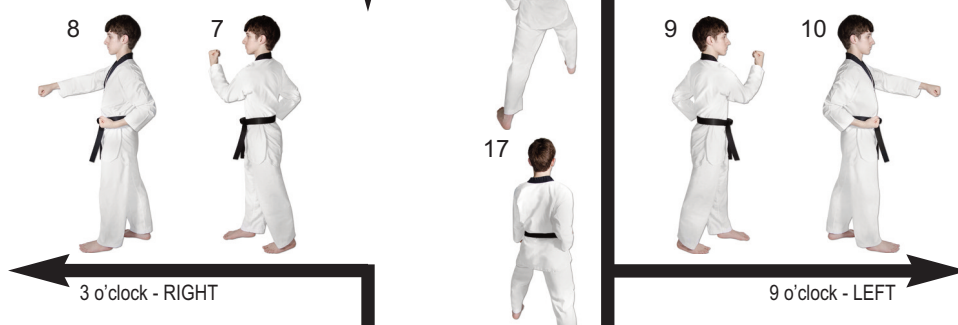
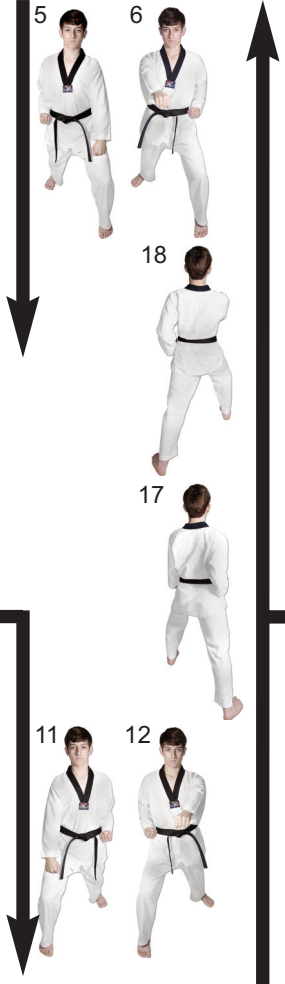
# TAEGUK IL JANG



The principle represented by TAEGUEK IL JANG is **KEON**, meaning Heaven and Light.

Keon symbolizes the beginning of all things in the universe.

This Poomsae should be executed with a serious mind in a solid foundation and attentive to the simultaneous basic hand and foot movements that begin the journey in Taekwondo.



## TAEGUK IL JANG

From the **READY STANCE**,

*JUNBI*

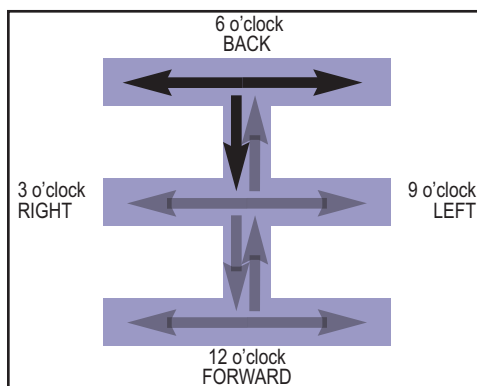
1. Turn left toward 9 o'clock by pivoting on your right foot into a **LEFT WALKING STANCE** and execute a **LEFT LOW BLOCK**.  
*WEN AP SEOGI, WEN ARAE MAKKI*
2. Step forward into a **RIGHT WALKING STANCE** and execute a **RIGHT PUNCH** to the mid-section.  
*OREUN AP SEOGI, OREUN MOMTONG JIREUGI*
3. Turn right toward 3 o'clock by pivoting on your left foot into a **RIGHT WALKING STANCE** and execute a **RIGHT LOW BLOCK**.  
*OREUN AP SEOGI, OREUN ARAE MAKKI*
4. Step forward into a **LEFT WALKING STANCE** and execute a **LEFT PUNCH** to the mid-section.  
*WEN AP SEOGI, WEN MOMTONG JIREUGI*



5. Turn left toward 12 o'clock by pivoting on your right foot into a **LEFT FRONT STANCE** and execute a **LEFT LOW BLOCK**.  
*WEN AP KUBI, WEN ARAE MAKKI*



6. Without stepping, execute a **RIGHT PUNCH** to the mid-section.  
*OREUN MOMTONG JIREUGI*





**TAEGUK IL JANG**

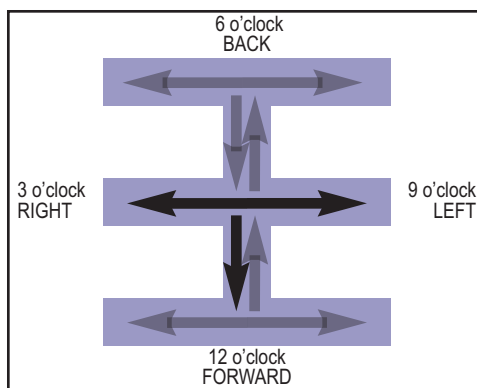
7. Turn right toward 3 o'clock by pivoting on your left foot into a **RIGHT WALKING STANCE** and execute a **LEFT INSIDE BLOCK** to the mid-section.  
*OREUN AP SEOGI, WEN MOMTONG AN MAKKI*
8. Step forward into a **LEFT WALKING STANCE** and execute a **RIGHT PUNCH** to the mid-section.  
*WEN AP SEOGI, OREUN MOMTONG JIREUIGI*
9. Turn left toward 9 o'clock by pivoting on your right foot into a **LEFT WALKING STANCE** and execute a **RIGHT INSIDE BLOCK** to the mid-section.  
*WEN AP SEOGI, OREUN MOMTONG AN MAKKI*
10. Step forward into a **RIGHT WALKING STANCE** and execute a **LEFT PUNCH** to the mid-section.  
*OREUN AP SEOGI, WEN MOMTONG JIREUIGI*



11. Turn right toward 12 o'clock by pivoting on your left foot into a **RIGHT FRONT STANCE** and execute a **RIGHT LOW BLOCK**.  
*OREUN AP KUBI, OREUN ARAE MAKKI*



12. Without stepping, execute a **LEFT PUNCH** to the mid-section.  
*WEN MOMTONG MOMTONG JIREUIGI*



**TAEGUK IL JANG**

13. Turn left toward 9 o'clock, pivoting on your right foot into a **LEFT WALKING STANCE** and execute a **LEFT HIGH BLOCK**.

*WEN AP SEOGI, WEN OLGUL MAKKI*

14. Execute a **RIGHT FRONT KICK**, land into a **RIGHT WALKING STANCE** and execute a **RIGHT PUNCH** to the mid-section.

*OREUNBAL AP CHAGI, OREUN AP SEOGI, OREUN MOMTONG JIREUGI*

15. Turn right toward 3 o'clock by pivoting on your left foot into a **RIGHT WALKING STANCE** and execute a **RIGHT HIGH BLOCK**.

*OREUN AP SEOGI, OREUN OLGUL MAKKI*

16. Execute a **LEFT FRONT KICK**, land into a **LEFT WALKING STANCE** and execute a **LEFT PUNCH** to the mid-section.

*WENBAL AP CHAGI, WEN AP SEOGI, WEN MOMTONG JIREUGI*



17. Turn right toward 6 o'clock by pivoting on your right foot into a **LEFT FRONT STANCE** and execute a **LEFT LOW BLOCK**.

*WEN AP KUBI, WEN ARAE MAKKI*



18. Step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT PUNCH** to the mid-section, **KIHAP!**

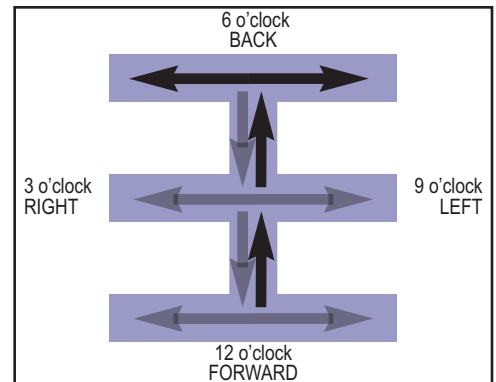
*OREUN AP KUBI, OREUN MOMTONG JIREUGI, KIHAP!*

*See Figure 5*

*See Figure 6*

When the command **RETURN** is given, turn left toward 12 o'clock by pivoting on your right foot and assume a **READY STANCE**.

*BARO, JUNBI*



**REQUIREMENTS FOR ORANGE BELT, 6TH KEUP**

**1. STANCES**

- \_\_\_\_\_ TIGER STANCE
- \_\_\_\_\_ BACK STANCE

*BEOM SEOGI  
DWIT KUBI*

BACK STANCE

TIGER STANCE



**2. BLOCKS**

- \_\_\_\_\_ DOUBLE BLOCK OUTSIDE MIDDLE
- \_\_\_\_\_ DOUBLE BLOCK LOW

*DU BOHN MOMTONG MAKKI  
DU BOHN ARAE MAKKI*

**3. PUNCHES/STRIKES**

- \_\_\_\_\_ SIDE PUNCH
- \_\_\_\_\_ CROSS PUNCH
- \_\_\_\_\_ DOWN PUNCH
- \_\_\_\_\_ BACK PUNCH

*YOP JIREUGI  
DOLLYO JIREUGI  
NAERYO JIREUGI  
DWI JIREUGI*

**4. KICKS**

- \_\_\_\_\_ INSIDE/OUTSIDE CRESCENT KICK
- \_\_\_\_\_ OUTSIDE/INSIDE CRESCENT KICK
- \_\_\_\_\_ AXE KICK-INSIDE, OUTSIDE, FRONT
- \_\_\_\_\_ HOOK KICK

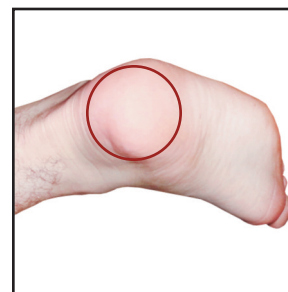
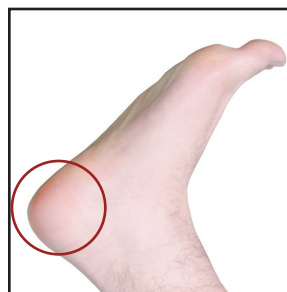
*ANESO/PAKURO CHAGI  
PAKESO/ANURO CHAGI  
NAERYU CHAGI, ANESO, PAKURO, AP  
HOORYO CHAGI*

CRESCENT (IN TO OUT)

CRESCENT (OUT TO IN)

AXE

Hook



**5. CONCEPTS**

- \_\_\_\_\_ Stepping
- \_\_\_\_\_ Turning

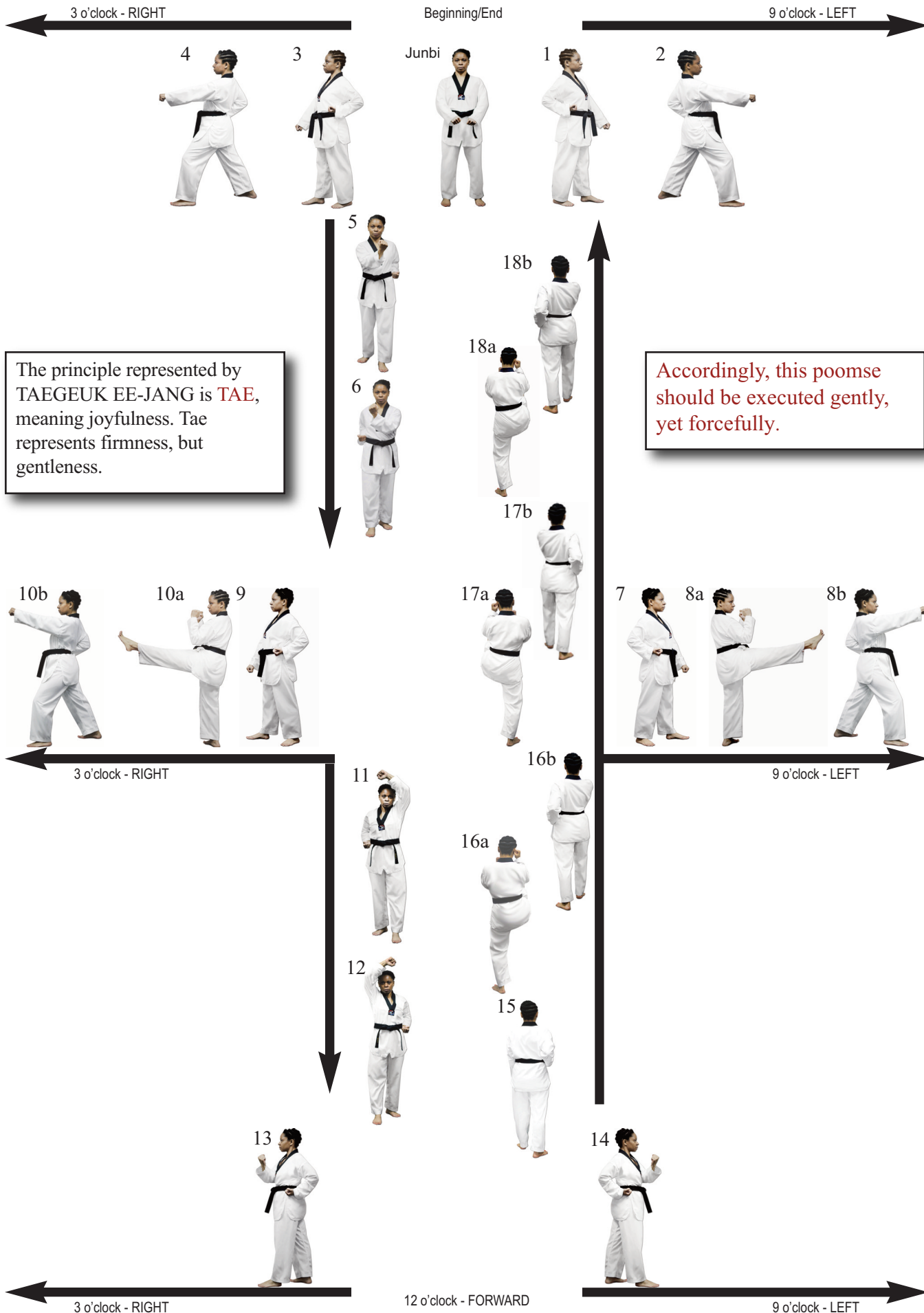
**6. SELF-DEFENSE COMBINATIONS - (USING REQUIREMENTS)**

**7. FORMS**

- \_\_\_\_\_ 4 Directionals
- \_\_\_\_\_ Taegeuk Il Jang
- \_\_\_\_\_ Taegeuk Ee Jang

**8. SPARRING**

# TAEGUK EE JANG



## TAEGUK EE JANG

From the **READY STANCE**,  
*JUNBI*

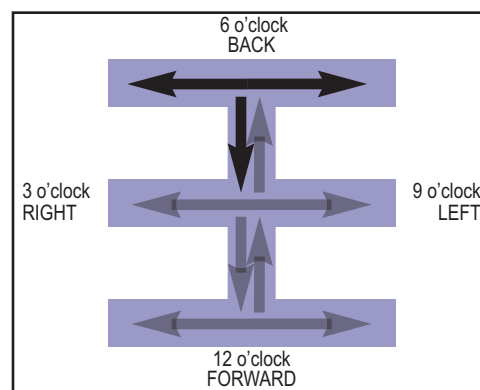
1. Turn left toward 9 o'clock by pivoting on your right foot into a **LEFT WALKING STANCE** and execute a **LEFT LOW BLOCK**.  
*WEN AP SEOGI, WEN ARAE MAKKI*
2. Step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT PUNCH** to the mid-section.  
*OREUN AP KUBI, OREUN MOMTONG JIREUGI*
3. Turn right toward 3 o'clock by pivoting on your left foot into a **RIGHT WALKING STANCE** and execute a **RIGHT LOW BLOCK**.  
*OREUN AP SEOGI, OREUN ARAE MAKKI*
4. Step forward into a **LEFT FRONT STANCE** and execute a **LEFT PUNCH** to the mid-section.  
*WEN AP KUBI, WEN MOMTONG JIREUGI*



5. Turn left toward 12 o'clock, pivoting on your right foot into a **LEFT WALKING STANCE** and execute a **RIGHT INSIDE BLOCK** to the mid-section.  
*WEN AP SEOGI, OREUN MOMTONG AN MAKKI*



6. Step forward into a **RIGHT WALKING STANCE** and execute a **LEFT INSIDE BLOCK** to the mid-section.  
*OREUN AP SEOGI, WEN MOMTONG AN MAKKI*



**TAEGUK EE JANG**

7. Turn left toward 9 o'clock by pivoting on your right foot into a **LEFT WALKING STANCE** and execute a **LEFT LOW BLOCK**.

*WEN AP SEOGI, WEN ARAE MAKKI*



8. Execute a **RIGHT FRONT KICK**, step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT HIGH PUNCH** to the face.

*OREUNBAL AP CHAGI, OREUN AP KUBI, OREUN OLGUL JIREUGI*



9. Turn right toward 3 o'clock by pivoting on your left foot into a **RIGHT WALKING STANCE** and execute a **RIGHT LOW BLOCK**.

*OREUN AP SEOGI, OREUN ARAE MAKKI*

10. Execute a **LEFT FRONT KICK**, step forward into a **LEFT FRONT STANCE** and execute a **LEFT HIGH PUNCH** to the face.

*WENBAL AP CHAGI, WEN AP KUBI, WEN OLGUL JIREUGI*

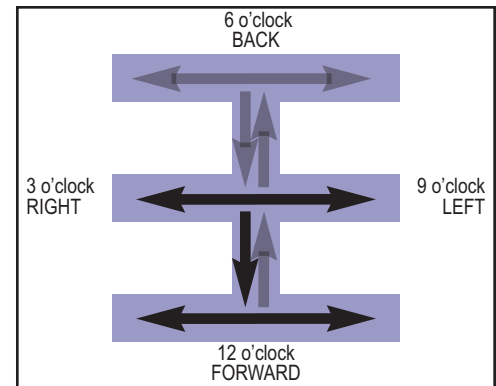
11. Turn left toward 12 o'clock by pivoting on your right foot into a **LEFT WALKING STANCE** and execute a **LEFT HIGH BLOCK**.

*WEN AP SEOGI, WEN OLGUL MAKKI*



12. Step forward into a **RIGHT WALKING STANCE** and execute a **RIGHT HIGH BLOCK**.

*OREUN AP SEOGI, OREUN OLGUL MAKKI*



13. Turn left toward 3 o'clock by pivoting on your right foot into a **LEFT WALKING STANCE** and execute a **RIGHT INSIDE BLOCK** to the mid-section.

*WEN AP SEOGI, OREUN MOMTONG AN MAKKI*

14. Turn right toward 9 o'clock by pivoting on your left foot into a **RIGHT WALKING STANCE** and execute a **LEFT INSIDE BLOCK** to the mid-section.

*OREUN AP SEOGI, WEN MOMTONG AN MAKKI*

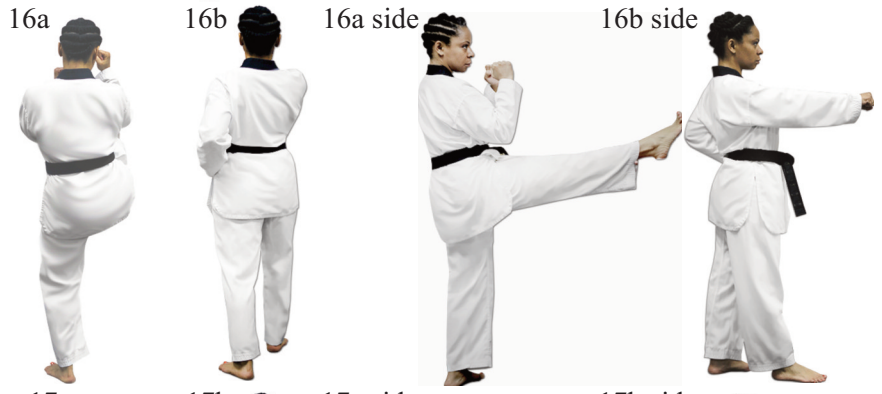


**TAEGUK EE JANG**

15. Turn left toward 6 o'clock by pivoting on your right foot into a **LEFT WALKING STANCE** and execute a **LEFT LOW BLOCK**.  
*WEN AP SEOGI, WEN ARAE MAKKI*



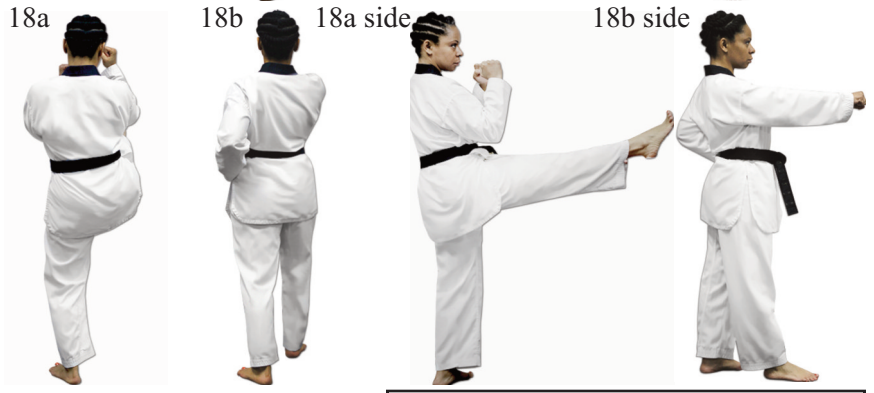
16. Execute a **RIGHT FRONT KICK**, step forward into a **RIGHT WALKING STANCE** and execute a **RIGHT PUNCH** to the mid-section.  
*OREUNBAL AP CHAGI, OREUN AP SEOGI, OREUN MOMTONG JIREUGI*



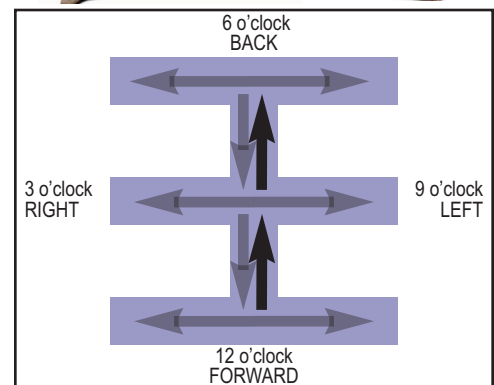
17. Execute a **LEFT FRONT KICK**, step forward into a **LEFT WALKING STANCE** and execute a **LEFT PUNCH** to the mid-section.  
*WENBAL AP CHAGI, WEN AP SEOGI, WEN MOMTONG JIREUGI*



18. Execute a **RIGHT FRONT KICK**, step forward into a **RIGHT WALKING STANCE** and execute a **RIGHT PUNCH** to the mid-section.  
*OREUNBAL AP CHAGI, OREUN AP SEOGI, OREUN MOMTONG JIREUGI*



When the command **RETURN** is given, turn left toward 12 o'clock by pivoting on your right foot and assume a **READY STANCE**.  
*BARO, JUNBI*







## REQUIREMENTS FOR GREEN BELT, 5TH KEUP

### 1. STANCES

### 2. BLOCKS

\_\_\_\_\_ SINGLE KNIFE-HAND BLOCK

*HAN SONNAL MAKKI*

### 3. PUNCHES/STRIKES

\_\_\_\_\_ BACK-FIST STRIKE

*DEUNG JUMEOK CHIGI*

\_\_\_\_\_ TO FRONT FACE

*DEUNG JUMEOK OLGUL AP CHIGI*

\_\_\_\_\_ TO SIDE FACE

*DEUNG JUMEOK OLGUL BAKKAT CHIGI*

\_\_\_\_\_ SPINNING BACK-FIST STRIKE

*DWI DOLLYO DEUNG JUMEOK BAKKAT CHIGI*

\_\_\_\_\_ KNIFE-HAND STRIKE

*SONNAL CHIGI*

\_\_\_\_\_ PALM UP TO THE INSIDE

*SONNAL MOK CHIGI*

\_\_\_\_\_ PALM DOWN TO THE OUTSIDE

*SONNAL BAKKAT CHIGI*

\_\_\_\_\_ SPINNING KNIFE-HAND STRIKE

*DWI DOLLYO SONNAL BAKKAT CHIGI*



### 4. KICKS

\_\_\_\_\_ SPIN BACK KICK

*DWI DOLLYO DWI CHAGI*

\_\_\_\_\_ SPIN SIDE KICK

*DWI DOLLYO YOP CHAGI*

\_\_\_\_\_ SPIN HOOK KICK

*DWI DOLLYO NAKKA CHAGI*

\_\_\_\_\_ SPIN HEEL KICK

*DWI DOLLYO HURYO*

\_\_\_\_\_ SPIN CRESCENT KICK

*DWI DOLLYO ANESO/PAKRO*

### 5. CONCEPTS

\_\_\_\_\_ Balance

\_\_\_\_\_ Foot Placement

### 6. SELF-DEFENSE COMBINATIONS - (USING REQUIREMENTS)

### 7. FORMS

\_\_\_\_\_ 4 Directionals

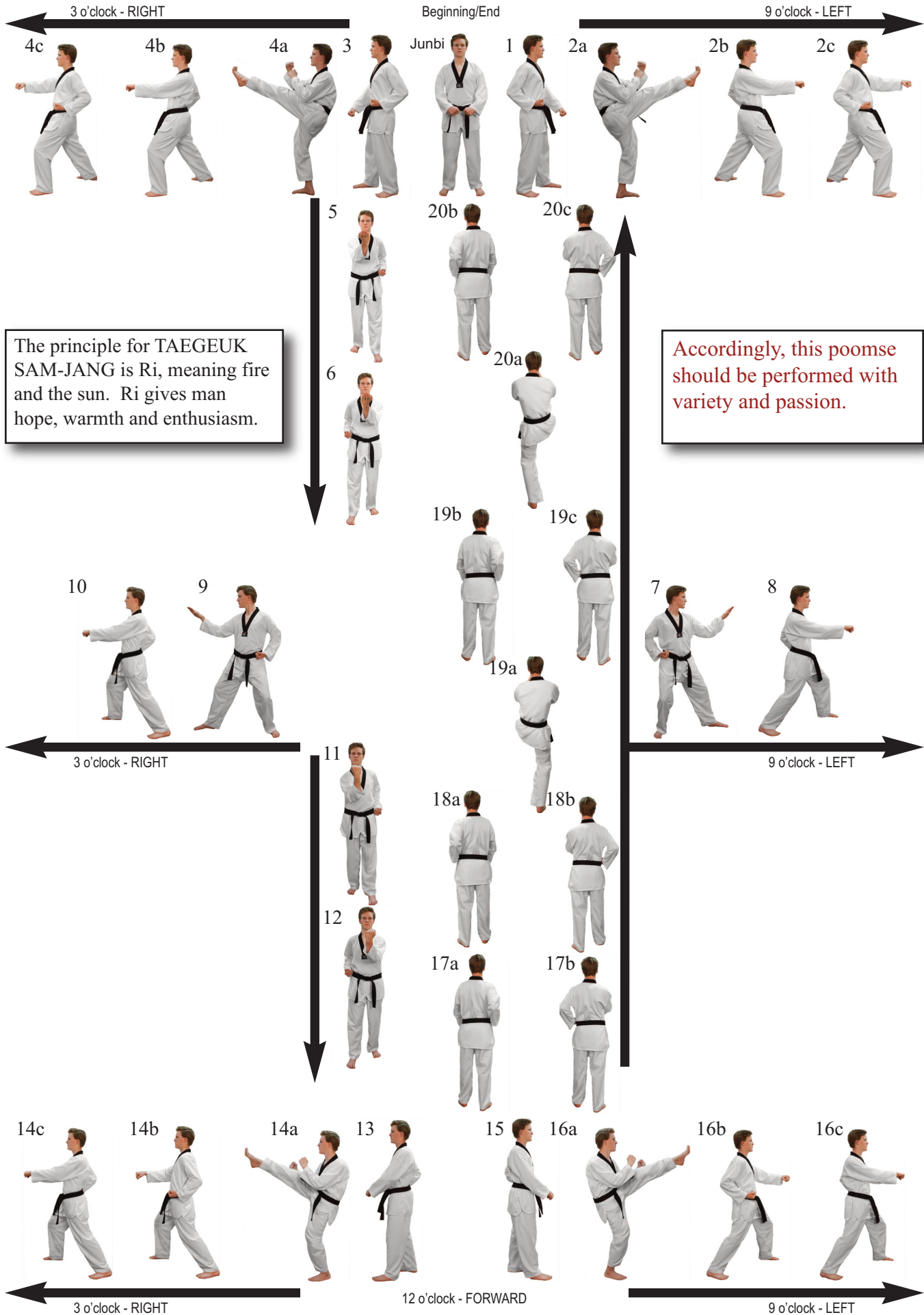
\_\_\_\_\_ Taegeuk Il Jang

\_\_\_\_\_ Taegeuk Ee Jang

\_\_\_\_\_ Taegeuk Sam Jang

### 8. SPARRING

# TAEGUK SAM JANG



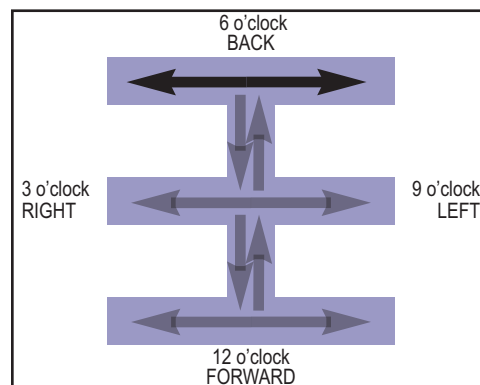
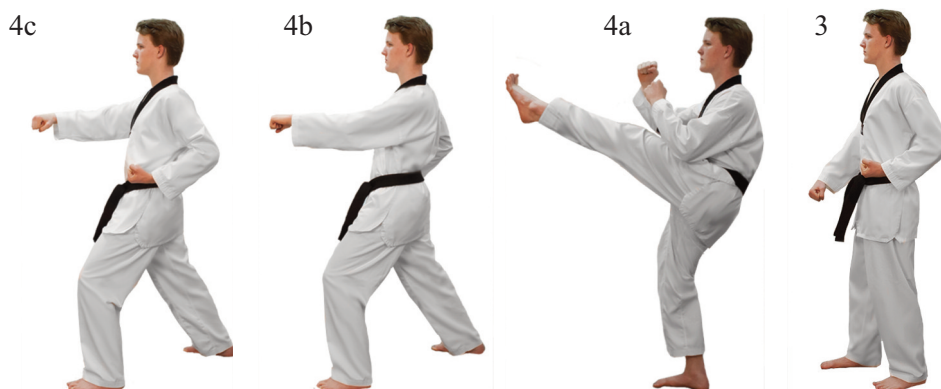
## TAEGUK SAM JANG

From the **READY STANCE**,  
*JUNBI*

1. Turn left toward 9 o'clock by pivoting on your right foot into a **LEFT WALKING STANCE** and execute a **LEFT LOW BLOCK**.  
*WEN AP SEOGI, WEN ARAE MAKKI*
2. Execute a **RIGHT FRONT KICK**, step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT/LEFT DOUBLE PUNCH** to the mid-section  
*OREUNBAL AP CHAGI, OREUN AP KUBI, OREUN/WEN MOMTONG DU BEON JIREUGI*



3. Turn right toward 3 o'clock by pivoting on your left foot into a **RIGHT WALKING STANCE** and execute a **RIGHT LOW BLOCK**.  
*OREUN AP SEOGI, OREUN ARAE MAKKI*
4. Execute a **LEFT FRONT KICK**, step forward into a **LEFT FRONT STANCE** and execute a **LEFT/RIGHT DOUBLE PUNCH** to the mid-section.  
*WENBAL AP CHAGI, WEN AP KUBI, WEN/OREUN MOMTONG DU BEON JIREUGI*



**TAEGUK SAM JANG**

5. Turn left toward 12 o'clock by pivoting on your right foot into a **LEFT WALKING STANCE** and execute a **RIGHT KNIFE HAND STRIKE** to the neck.  
*WEN AP SEOGI, OREUN HAN SONNAL MOK CHIGI*



6. Step forward into a **RIGHT WALKING STANCE** and execute a **LEFT KNIFE HAND STRIKE** to the neck.  
*OREUN AP SEOGI, WEN HAN SONNAL MOK CHIGI*

7. Turn left toward 9 o'clock by pivoting on your right foot into a **LEFT BACK STANCE**, and execute a **LEFT SINGLE KNIFE HAND BLOCK** to the outside.  
*WEN DWIT KUBI, WEN HAN SONNAL BAKKAT MAKKI*
8. Pivot on your right foot and slide your left foot forward into a **LEFT FRONT STANCE**, and execute a **RIGHT PUNCH** to the mid-section.  
*WEN AP KUBI, OREUN MOMTONG JIREUGI*

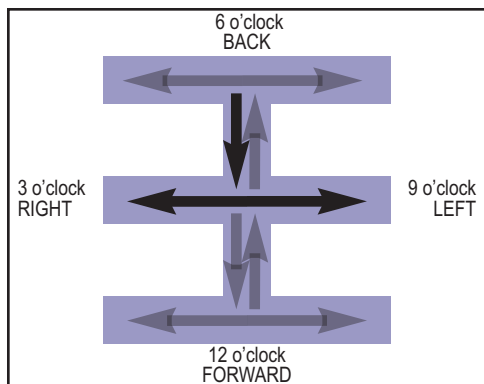


9. Turn right toward 3 o'clock, by bringing your left foot beside your right foot and extending your right foot into a **RIGHT BACK STANCE**, and execute a **RIGHT SINGLE KNIFE HAND BLOCK** to the outside.  
*OREUN DWIT KUBI, OREUN HAN SONNAL BAKKAT MAKKI*
10. Pivot on your left foot and slide your right foot forward into a **RIGHT FRONT STANCE**, and execute a **LEFT PUNCH** to the mid-section.  
*OREUN AP KUBI, WEN MOMTONG JIREUGI*

11. Turn left toward 12 o'clock by pivoting on your right foot into a **LEFT WALKING STANCE** and execute a **RIGHT INSIDE BLOCK** to the mid-section  
*WEN AP SEOGI, OREUN MOMTONG AN MAKKI.*



12. Step forward into a **RIGHT WALKING STANCE** and execute a **LEFT INSIDE BLOCK** to the mid-section  
*OREUN AP SEOGI, WEN MOMTONG AN MAKKI*



**TAEGUK SAM JANG**

13. Turn left toward 3 o'clock by pivoting on your right foot into a **LEFT WALKING STANCE** and execute a **LEFT LOW BLOCK**.

*WEN AP SEOGI, WEN ARAE MAKKI*

14. Execute a **RIGHT FRONT KICK**, step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT/LEFT DOUBLE PUNCH** to the mid-section.

*OREUNBAL AP CHAGI, OREUN AP KUBI, MOMTONG DU BEON JIREUGI*



15. Turn right toward 9 o'clock by pivoting on your left foot into a **RIGHT WALKING STANCE** and execute a **RIGHT LOW BLOCK**.

*OREUN AP SEOGI, OREUN ARAE MAKKI*

16. Execute a **LEFT FRONT KICK**, step forward into a **LEFT FRONT STANCE** and execute a **LEFT/RIGHT DOUBLE PUNCH** to the mid-section.

*WENBAL AP CHAGI, WEN AP KUBI, MOMTONG DU BEON JIREUGI*



17. Turn left toward 6 o'clock by pivoting on your right foot into a **LEFT WALKING STANCE** and execute a **LEFT LOW BLOCK**, followed immediately by a **RIGHT PUNCH** to the mid-section.

*WEN AP SEOGI, WEN ARAE MAKKI,*



**TAEGUK SAM JANG**

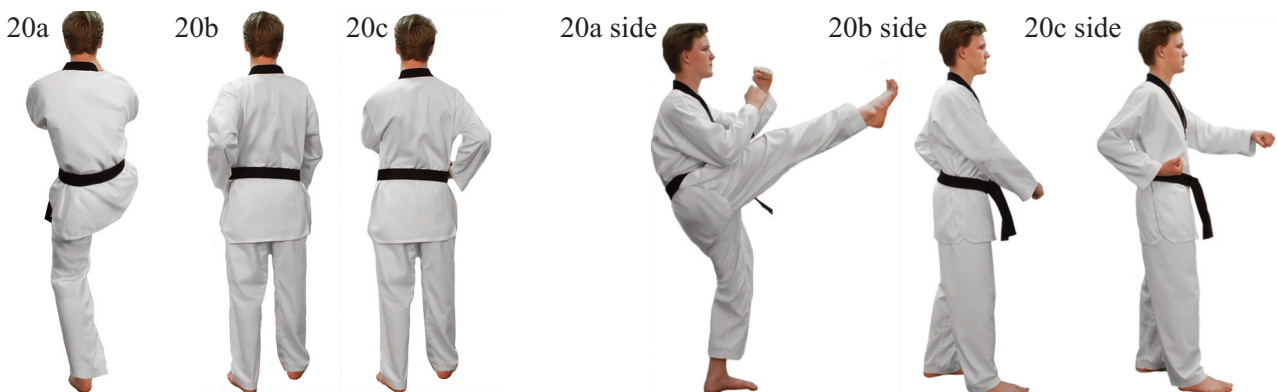
18. Step forward into a **RIGHT WALKING STANCE** and execute a **RIGHT LOW BLOCK**, followed immediately by a **LEFT PUNCH** to the mid-section.  
*OREUN AP SEOGI, OREUN ARAE MAKKI, WEN MOMTONG JIREUGI*



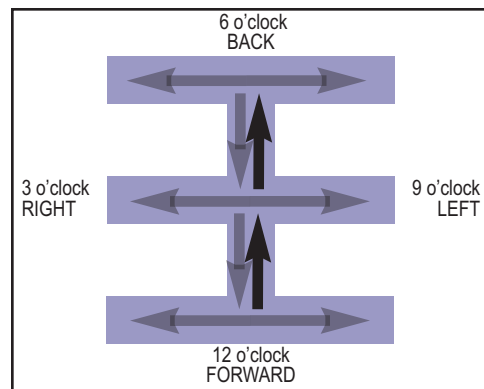
19. Execute a **LEFT FRONT KICK**, step forward into a **LEFT WALKING STANCE** and execute a **LEFT LOW BLOCK**, followed immediately by a **RIGHT PUNCH** to the mid-section.  
*WENBAL AP CHAGI, WEN AP SEOGI, WEN ARAE MAKKI, OREUN MOMTONG JIREUGI*



20. Execute a **RIGHT FRONT KICK**, step forward into a **RIGHT WALKING STANCE** and execute a **RIGHT LOW BLOCK**, followed immediately by a **LEFT PUNCH** to the mid-section, **KIHAP!**  
*OREUNBAL AP CHAGI, OREUN AP SEOGI, OREUN ARAE MAKKI, WEN MOMTONG JIREUGI, KIHAP!*



When the command **RETURN** is given, turn left toward 12 o'clock by pivoting on your right foot and assume a **READY STANCE**.  
*BARO, JUNBI*



## REQUIREMENTS FOR BLUE BELT, 4TH KEUP

### 1. STANCES

### 2. BLOCKS

- \_\_\_\_\_ DOUBLE KNIFE-HAND BLOCK *DU SONNAL MOMTONG MAKKI*
- \_\_\_\_\_ DOUBLE KNIFE-HAND LOW BLOCK *DU SONNAL ARAE MAKKI*

### 3. PUNCHES/STRIKES

- \_\_\_\_\_ SPEAR-HAND FINGERTIP THRUST *PYON SON KEUT TSZIREUGI*
- \_\_\_\_\_ HORIZONTAL PALM DOWN *PYON SON KEUT UPEO TSZIREUGI*
- \_\_\_\_\_ HORIZONTAL PALM UP *PYON SON KEUT JECHO TSZIREUGI*
- \_\_\_\_\_ VERTICAL *PYON SON KEUT SEWO TSZIREUGI*
- \_\_\_\_\_ RIDGE-HAND STRIKE *SONNAL DEUNG CHIGI*
- \_\_\_\_\_ SWALLOW NECK *JEBI POOM MOK CHIGI*
- \_\_\_\_\_ HIGH KNIFE-HAND BLOCK/  
\_\_\_\_\_ KNIFE-HAND NECK STRIKE *EOLGOOL SONNAL MAKKI/  
MOK CHIGI*

THRUST - PALM DOWN



THRUST - PALM UP



THRUST - VERTICAL



RIDGE HAND



### 4. KICKS

- \_\_\_\_\_ SINGLE JUMP KICKS - KICKING OFF BACK LEG
- \_\_\_\_\_ FRONT KICK *TWIO BAKKUWO AP CHAGI*
- \_\_\_\_\_ ROUND-HOUSE KICK *TWIO BAKKUWO DOLLYO CHAGI*
- \_\_\_\_\_ SIDE KICK *TWIO BAKKUWO YOP CHAGI*
- \_\_\_\_\_ SINGLE JUMP KICKS - KICKING OFF FRONT LEG
- \_\_\_\_\_ FRONT KICK *AP CHAGI*
- \_\_\_\_\_ ROUND-HOUSE KICK *TWIO DOLLYO CHAGI*
- \_\_\_\_\_ SIDE KICK *TWIO YOP CHAGI*

### 5. CONCEPTS

- \_\_\_\_\_ Distance
- \_\_\_\_\_ Redirection

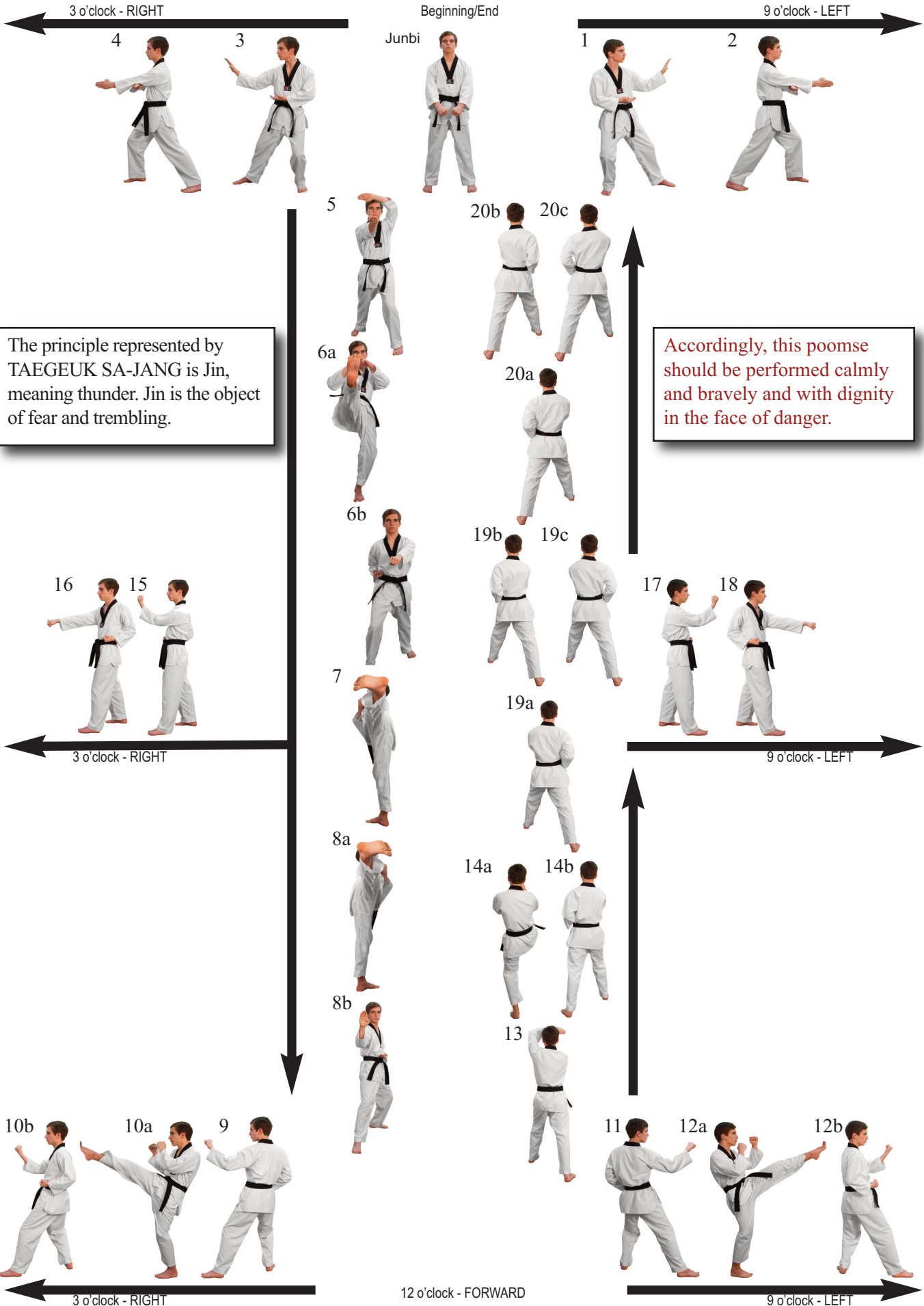
### 6. SELF-DEFENSE COMBINATIONS - (USING REQUIREMENTS)

### 7. FORMS

- \_\_\_\_\_ 4 Directionals
- \_\_\_\_\_ Taegeuk Il Jang
- \_\_\_\_\_ Taegeuk Ee Jang
- \_\_\_\_\_ Taegeuk Sam Jang
- \_\_\_\_\_ Taegeuk Sa Jang

### 8. SPARRING

# TAEGUK SA JANG





## TAEGUK SA JANG

From the **READY STANCE**,  
*JUNBI*

1. Turn left toward 9 o'clock, executing a **LEFT BACK STANCE**, and execute a **DOUBLE KNIFE HAND BLOCK**.

*WEN DWIT KUBI, DU SONNAL MOMTONG MAKKI*

2. Step forward into a **RIGHT FRONT STANCE** and execute a **LEFT PRESSING DOWN BLOCK SUPPORTING A RIGHT VERTICAL SPEAR HAND THRUST** (with the left hand under your right elbow) to the mid-section.

*OREUN AP KUBI, WEN NULLO MAKKI, PYONSONKEUT SEWO TZIREUGI*

3. Turn right toward 3 o'clock by pivoting on your left foot into a **RIGHT BACK STANCE**, and execute a **DOUBLE KNIFE HAND BLOCK**.

*OREUN DWIT KUBI, DU SONNAL MOMTONG MAKKI*

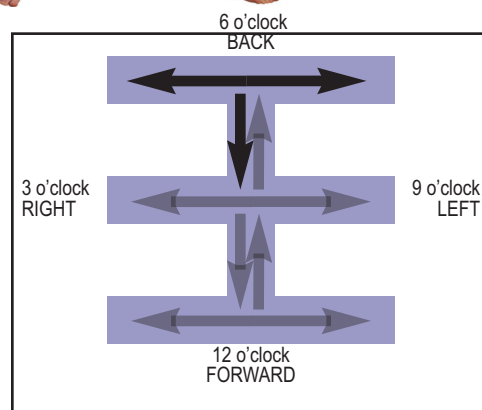
4. Step forward into a **LEFT FRONT STANCE** and execute a **RIGHT PRESSING DOWN BLOCK SUPPORTING A LEFT VERTICAL SPEAR HAND THRUST**.

*WEN AP KUBI, OREUN NULLO MAKKI, PYONSONKEUT SEWO TZIREUGI*



5. Turn left toward 12 o'clock by pivoting on your right foot into a **LEFT FRONT STANCE**, and execute a **LEFT HIGH BLOCK** with the **KNIFE HAND** and a **RIGHT KNIFE-HAND STRIKE** to the neck.

*WEN AP KUBI, WEN OLGUL SONNAL MAKKI, OREUN SONNAL MOK CHIGI*



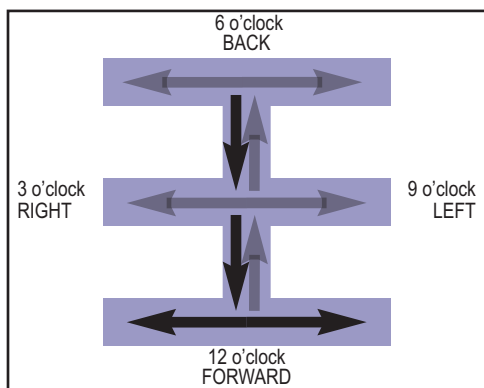
6. Execute a **RIGHT FRONT KICK**, step forward into a **RIGHT FRONT STANCE** and execute a **LEFT PUNCH**.







*OREUNBAL AP CHAGI, OREUN AP KUBI, WEN MOMTONG BARO JIREUGI*



## TAEGUK SA JANG

7. Moving forward, execute a **LEFT SIDE KICK**, landing in a **LEFT SIDE FIGHTING STANCE**.  
*WEN YOP CHAGI, WEN YOP SEOGI*
8. Moving forward, execute a **RIGHT SIDE KICK**, landing in a **RIGHT BACK STANCE**. As the kicking foot touches the floor, execute a **DOUBLE KNIFE HAND BLOCK** to the outside.  
*OREUNBAL YOP CHAGI, OREUN DWIT KUBI, DU SONNAL MOMTONG MAKKI*



- 10b  10a  9  9. Turn left toward 3 o'clock by pivoting on your right foot into a **LEFT BACK STANCE**, and execute a **LEFT OUTSIDE BLOCK** to the mid-section.  
*WEN DWIT KUBI, WEN MOMTONG BAKKAT MAKKI*
10. Execute a **RIGHT FRONT KICK**, return your right foot back to its original position in a **LEFT BACK STANCE**, and execute a **RIGHT INSIDE BLOCK** to the mid-section.  
*OREUNBAL AP CHAGI, WEN DWIT KUBI OREUN MOMTONG AN MAKKI*
11. Turn right toward 9 o'clock by pivoting on your left foot into a **RIGHT BACK STANCE**, and execute a **RIGHT OUTSIDE BLOCK** to the mid-section.  
*OREUN DWIT KUBI, OREUN MOMTONG BAKKAT MAKKI*
- 11  12a  12b  12. Execute a **LEFT FRONT KICK**, return your left foot back to its original position in a **RIGHT BACK STANCE**, and execute a **LEFT INSIDE BLOCK** to the mid-section.  
*WENBAL AP CHAGI, OREUN DWIT KUBI, WEN MOMTONG AN MAKKI*

**TAEGUK SA JANG**

13. Turn left toward 6 o'clock by pivoting on your right foot into a **LEFT FRONT STANCE**, and execute a **LEFT HIGH BLOCK** with the **KNIFE HAND** and a **RIGHT KNIFE HAND STRIKE** to the neck.

*WEN AP KUBI, JEBI POOM MOK CHIGI*



14. Execute a **RIGHT FRONT KICK**, step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT BACK-FIST STRIKE** to the face

*OREUNBAL AP CHAGI, OREUN AP KUBI, OREUN DEUNG JUMEOK AP CHIGI*



16



15



15. Turn left toward 3 o'clock by pivoting on the ball of the right foot into a **LEFT WALKING STANCE**, and execute a **LEFT INSIDE BLOCK** to the mid-section.

*WEN AP SEOGI, WEN MOMTONG AN MAKKI*

16. Execute a **RIGHT PUNCH** to the mid-section.

*OREUN MOMTONG JIREUGI*

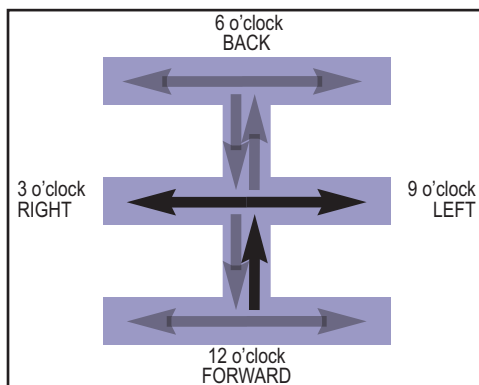
17. Turn right toward 9 o'clock by pivoting on the ball of the left foot into a **RIGHT WALKING STANCE**, and execute a **RIGHT INSIDE BLOCK** to the mid-section.

*OREUN AP SEOGI, OREUN MOMTONG AN MAKKI*



18. Execute a **LEFT PUNCH** to the mid-section.

*WEN MOMTONG JIREUGI*

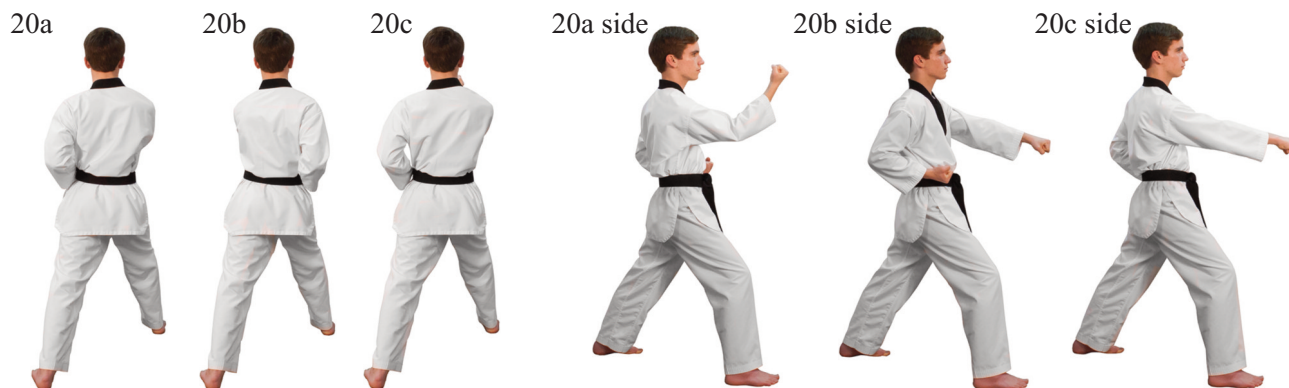


## TAEGUK SA JANG

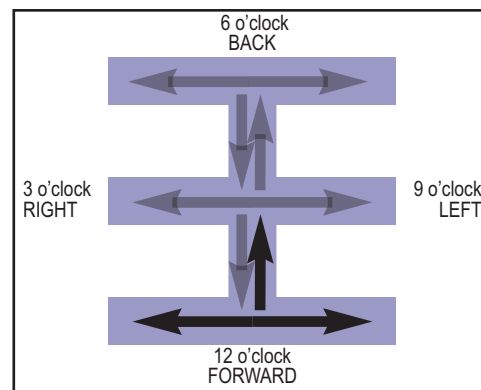
19. Turn left toward 6 o'clock by pivoting on the ball of the right foot into a **LEFT FRONT STANCE**, and execute a **LEFT INSIDE BLOCK** to the mid-section, followed immediately by a **RIGHT/LEFT PUNCH**.  
*WEN AP KUBI, WEN MOMTONG AN MAKKI, MOMTONG DU BEON JIREUGI*



20. Step forward into a **RIGHT FRONT STANCE**, and execute a **RIGHT INSIDE BLOCK** to the mid-section, followed immediately by a **LEFT/RIGHT PUNCH, KIHAP!**  
*OREUN AP KUBI, OREUN MOMTONG AN MAKKI, MOMTONG DU BEON JIREUGI, KIHAP!*



When the command **RETURN** is given, turn left toward 12 o'clock by pivoting on your right foot and assume a **READY STANCE**.  
*BARO, JUNBI*



## REQUIREMENTS FOR RED BELT, 3RD KEUP

### 1. STANCES

|       |              |                        |
|-------|--------------|------------------------|
| _____ | LEFT STANCE  | <i>WEN SEOGI</i>       |
| _____ | RIGHT STANCE | <i>OREUN SEOGI</i>     |
| _____ | CROSS STANCE |                        |
| _____ | BACK CROSS   | <i>DWI KKO A SEOGI</i> |
| _____ | FRONT CROSS  | <i>AP KKO A SEOGI</i>  |

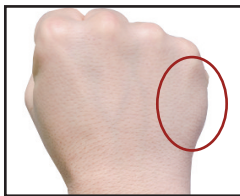
### 2. BLOCKS

|       |                            |                       |
|-------|----------------------------|-----------------------|
| _____ | C-BLOCK (DIAMOND MOUNTAIN) | <i>KEUMGANG MAKKI</i> |
|-------|----------------------------|-----------------------|

### 3. PUNCHES/STRIKES

|       |                     |                             |
|-------|---------------------|-----------------------------|
| _____ | HAMMER-FIST STRIKE  | <i>MAE JUMEOK CHIGI</i>     |
| _____ | ELBOW STRIKE        | <i>PALKUP CHIGI</i>         |
| _____ | ROUND ELBOW STRIKE  | <i>PALKUP DOLLYO CHIGI</i>  |
| _____ | SIDE ELBOW STRIKE   | <i>PALKUP YOP CHIGI</i>     |
| _____ | UP ELBOW STRIKE     | <i>PALKUP OLLYO CHIGI</i>   |
| _____ | TARGET ELBOW STRIKE | <i>PALKUP PYOJEOK CHIGI</i> |

HAMMER FIST



HAMMER FIST



ELBOW



### 4. KICKS

|       |                                   |                                  |
|-------|-----------------------------------|----------------------------------|
| _____ | JUMP OUTSIDE/INSIDE CRESCENT KICK | <i>TWIO PAKESO ANURO CHAGI</i>   |
| _____ | JUMP AXE                          | <i>MIREO CHAGI</i>               |
| _____ | DOUBLE JUMP FRONT KICK            | <i>DU BAL AP CHAGI</i>           |
| _____ | OFF BACK LEG                      | <i>TWIO BAKKUWO DOLLYO CHAGI</i> |
| _____ | DOUBLE JUMP ROUND-HOUSE           | <i>DU BAL DANGSEONG CHAGI</i>    |
| _____ | OFF BACK LEG                      | <i>TWIO BAKKUWO DOLLYO CHAGI</i> |
| _____ | SLIDING FRONT KICK                | <i>KURO AP CHAGI</i>             |

### 5. CONCEPTS

|       |        |
|-------|--------|
| _____ | Escape |
| _____ | Grab   |

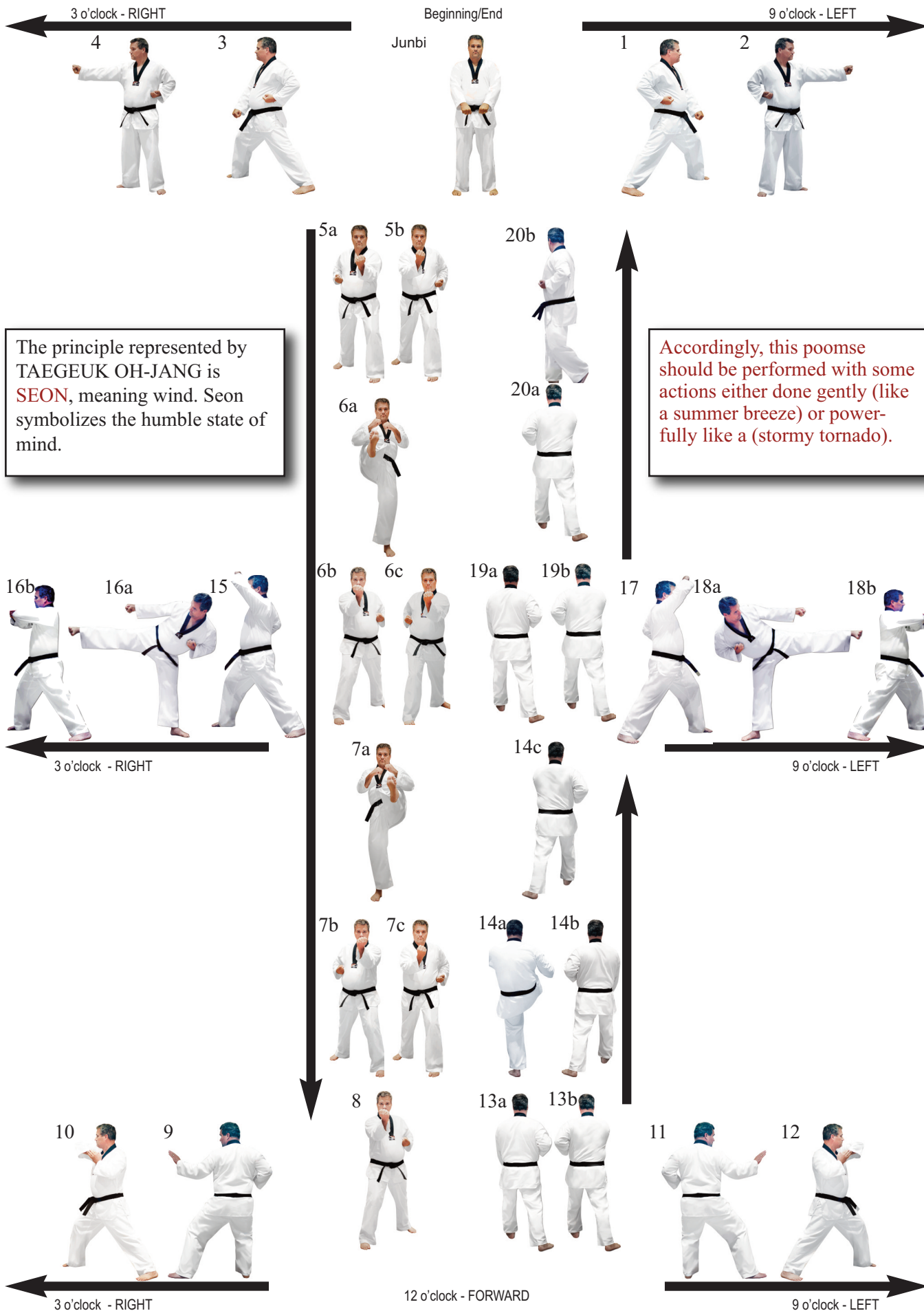
### 6. SELF-DEFENSE COMBINATIONS - (USING REQUIREMENTS)

### 7. FORMS

|       |                  |
|-------|------------------|
| _____ | Taegeuk Il Jang  |
| _____ | Taegeuk Ee Jang  |
| _____ | Taegeuk Sam Jang |
| _____ | Taegeuk Sa Jang  |
| _____ | Taegeuk Oh Jang  |

### 8. SPARRING

# TAEGUK OH JANG



The principle represented by TAEGEUK OH-JANG is **SEON**, meaning wind. Seon symbolizes the humble state of mind.

Accordingly, this poomse should be performed with some actions either done gently (like a summer breeze) or powerfully like a (stormy tornado).

## TAEGUK OH JANG

From the **READY STANCE**,  
*JUNBI*

1. Turn left toward 9 o'clock by pivoting on your right foot into a **LEFT FRONT STANCE** and execute a **LEFT LOW BLOCK**.  
*WEN AP KUBI, WEN ARAE MAKKI*
2. Immediately return to a **LEFT STANCE**, pull your left hand to your right shoulder and execute a **LEFT HAMMER-FIST STRIKE**.  
*WEN AP SEOGI, MAE JUMEOK NAERYO CHIGI*
3. Turn right toward 3 o'clock by pivoting on your left foot into a **RIGHT FRONT STANCE** and execute a **RIGHT LOW BLOCK**.  
*OREUN AP KUBI, OREUN ARAE MAKKI*
4. Immediately return to a **RIGHT STANCE**, pull your right hand to your left shoulder and execute a **RIGHT HAMMER-FIST STRIKE**.  
*OREUN AP SEOGI, MAE JOO MEOK NAERYO CHIGI*



5. Turn left toward 12 o'clock by pivoting on your right foot into a **LEFT FRONT STANCE**, and execute a **LEFT INSIDE BLOCK** to the mid-section,  
*WEN AP KUBI, WEN MOM-TONG AN MAKKI*



followed immediately by a **RIGHT INSIDE BLOCK** to the mid-section.  
*OREUN MOMTONG AN MAKKI*

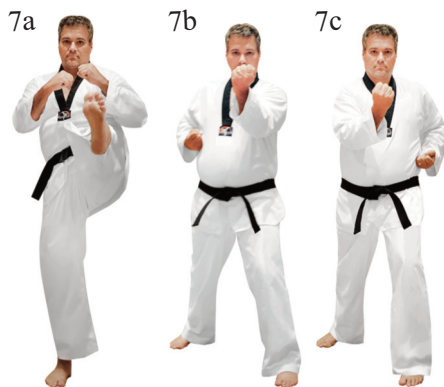
6. Execute a **RIGHT FRONT KICK**, step into a **RIGHT FRONT STANCE** and execute a **RIGHT BACK-FIST STRIKE** to the face,  
*OREUNBAL AP CHAGI, AP KUBI, OREUN DE-UNGJUMEOK AP CHIGI*



followed immediately by a **LEFT INSIDE BLOCK** to the mid-section.  
*WEN MOMTONG AN MAKKI*

**TAEGUK OH JANG**

7. Execute a **LEFT FRONT KICK**, step into a **LEFT FRONT STANCE**, and execute a **LEFT BACK-FIST STRIKE** to the face, *WENBAL AP CHAGI, WEN AP KUBI, WEN OLGPOOL DEUNG JUMEOK AP CHIGI*



followed immediately by a **RIGHT INSIDE BLOCK** to the mid-section. *OREUN MOMTONG AN MAKKI*

8. Step forward into a **RIGHT FRONT STANCE**, and execute a **RIGHT BACK-FIST STRIKE** to the face. *OREUN AP KUBI, OREUN OLGPOOL DEUNG JUMEOK AP CHIGI*

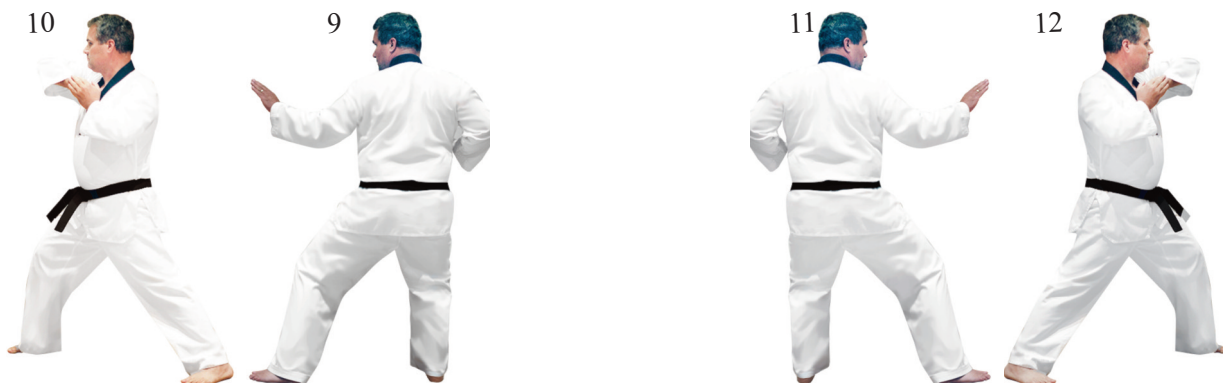


9. Turn left toward 3 o'clock by pivoting on your right foot into a **LEFT BACK STANCE** and execute a **LEFT SINGLE KNIFE HAND BLOCK** to the outside. *WEN DWIT KUBI, WEN HAN SONNAL BAKKAT MAKKI*

10. Step forward into a **RIGHT FRONT STANCE** and, catching your right fist in your left palm, execute a **RIGHT ROUND ELBOW STRIKE** to the face (jaw). *OREUN AP KUBI, OREUN PALKUP DOLLYO CHIGI*

11. Turn right toward 9 o'clock by pivoting on your left foot into a **RIGHT BACK STANCE** and execute a **RIGHT SINGLE KNIFE HAND BLOCK** to the outside. *OREUN DWIT KUBI, OREUN HAN SONNAL BAKKAT MAKKI*

12. Step forward into a **LEFT FRONT STANCE** and, catching your left fist in your right palm, execute a **LEFT ROUND ELBOW STRIKE** to the face (jaw). *WEN AP KUBI, WEN PALKUP DOLLYO CHIGI*





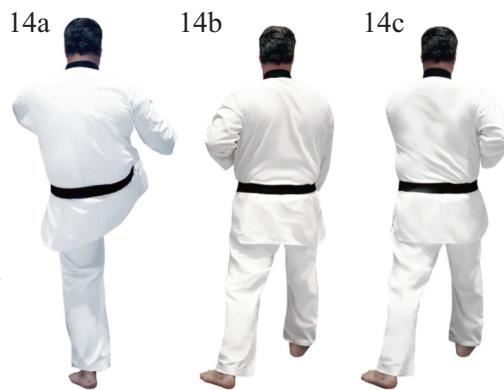
**TAEGUK OH JANG**

13. Turn left toward 6 o'clock by pivoting on your right foot into a **LEFT FRONT STANCE**, and execute a **LEFT LOW BLOCK**.  
*WEN AP KUBI, WEN ARAE MAKKI*



followed immediately by a **RIGHT INSIDE BLOCK** to the mid-section.  
*OREUN MOMTONG AN MAKKI*

14. Execute a **RIGHT FRONT KICK**, step forward into **RIGHT FRONT STANCE**, and execute a **RIGHT LOW BLOCK**,  
*OREUNBAL AP CHAGI, OREUN AP KUBI, OREUN ARAE MAKKI*



followed immediately by a **LEFT INSIDE BLOCK** to the mid-section.  
*WEN MOMTONG AN MAKKI*

15. Turn left toward 3 o'clock by pivoting on your right foot into a **LEFT FRONT STANCE**, and execute a **LEFT HIGH BLOCK**.  
*WEN AP KUBI, WEN OLGUL MAKKI*

16. Pivot on your left foot and execute a **RIGHT SIDE KICK** and a **RIGHT SIDE PUNCH** at the same time, step down into a **RIGHT FRONT STANCE**, and execute a **LEFT TARGET-ELBOW STRIKE** at the height of the solar plexus.  
*OREUNBAL YOP CHAGI, OREUN YOP JIREUGI, OREUN AP KUBI, WEN PALKOOP PYOJEOK CHIGI*



**TAEGUK OH JANG**

15. Turn left toward 3 o'clock by pivoting on your right foot into a **LEFT FRONT STANCE**, and execute a **LEFT HIGH BLOCK**.

*WEN AP KUBI, WEN OLGUL MAKKI*

16. Pivot on your left foot and execute a **RIGHT SIDE KICK** and a **RIGHT SIDE PUNCH** at the same time, step down into a **RIGHT FRONT STANCE**, and execute a **LEFT TARGET-ELBOW STRIKE** at the height of the solar plexus.

*OREUNBAL YOP CHAGI, OREUN YOP JIREUGI, OREUN AP KUBI, WEN PALKOOP PYOJEOK CHIGI*



19. Turn left toward 6 o'clock by pivoting on your right foot into a **LEFT FRONT STANCE**, and execute a **LEFT LOW BLOCK**,

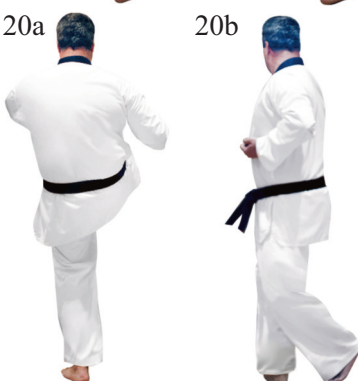
*WEN AP KUBI, WEN ARAE MAKKI*



followed immediately by a **RIGHT INSIDE BLOCK** to the mid-section.  
*OREUN MOMTONG AN MAKKI*

20. Execute a **RIGHT FRONT KICK**. Before the right foot lands on the floor, spring forward pounding right foot down, and cross left foot into a **BACK CROSS STANCE**.

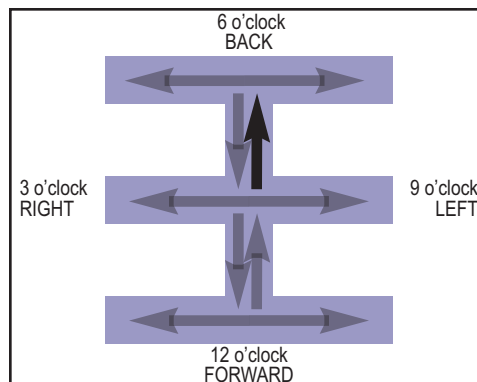
*OREUNBAL AP CHAGI, OREUN DWI KKO A SEOGI*



and execute a **RIGHT BACK-FIST STRIKE** to the face. **KIHAP!**  
*OREUN DEUNG JUMEOK OLGUL AP CHIGI, KIHAP!*

When the command **RETURN** is given, turn left toward 12 o'clock by pivoting on your right foot and assume a **READY STANCE**.

*BARO, JUNBI*



## REQUIREMENTS FOR RED I BELT, 2ND KEUP

### 1. STANCES

### 2. BLOCKS

- \_\_\_\_\_ DOWN BLOCK
- \_\_\_\_\_ PRESSING BLOCK (LOW)
- \_\_\_\_\_ PRESSING BLOCK (TRUNK)
- \_\_\_\_\_ TWISTED BLOCK

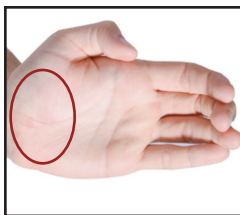
*BATANGSON NULLO MAKKI*  
*BATANGSON ARAE MAKKI*  
*BATANGSON MOMTONG MAKKI*  
*BITEURO MAKKI*

### 3. PUNCHES/STRIKES

- \_\_\_\_\_ PALM HEEL STRIKE
- \_\_\_\_\_ TO JAW
- \_\_\_\_\_ TO KNEE

*BATANGSON TEOK CHIGI*  
*BATANGSON MUREUP KEOKKI*

PALM HEEL



PALM HEEL



### 4. KICKS

- \_\_\_\_\_ DOUBLE ROUND HOUSE KICK
- \_\_\_\_\_ FLYING SIDE

*DU BAL DOLLYO CHAGI*

### 5. CONCEPTS

- \_\_\_\_\_ Power
- \_\_\_\_\_ Control

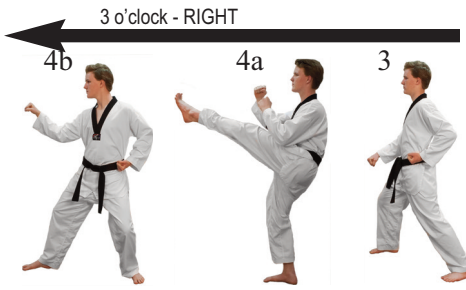
### 6. SELF-DEFENSE COMBINATIONS - (USING REQUIREMENTS)

### 7. FORMS

- \_\_\_\_\_ 4 Directionals
- \_\_\_\_\_ Taegeuk Il Jang
- \_\_\_\_\_ Taegeuk Ee Jang
- \_\_\_\_\_ Taegeuk Sam Jang
- \_\_\_\_\_ Taegeuk Sa Jang
- \_\_\_\_\_ Taegeuk Oh Jang
- \_\_\_\_\_ Taegeuk Yook Jang

### 8. SPARRING

# TAEGUK YOOK JANG



3 o'clock - RIGHT

4b

4a

3



Beginning/End

Junbi

1



9 o'clock - LEFT

2a

2b

The principle represented by TAEGEUK YOOK JANG is Gam, meaning water. Gam is liquid and flows smoothly, but has great power.

Accordingly, this poomse should be performed with fluidity and smoothness, but with powerful movements.



5



19a

19b



6a



18a

18b



3 o'clock - RIGHT

9b

9a

8b

8a

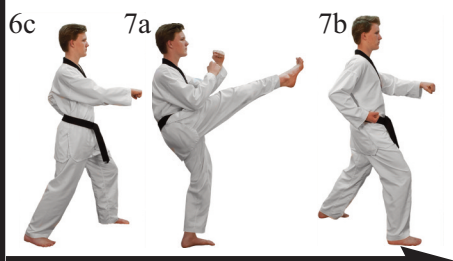


10

17



6b



9 o'clock - LEFT

6c

7a

7b



11



17



12a



16



3 o'clock - RIGHT

15b

15a

14

12 o'clock - FORWARD



12b



9 o'clock - LEFT

13a

13b

**TAEGUK YOOK JANG**

From the **READY STANCE**,  
*JUNBI*

1. Turn left toward 9 o'clock by pivoting on your right foot into a **LEFT FRONT STANCE** and execute a **LEFT LOW BLOCK**.

*WEN AP KUBI, WEN ARAE MAKKI*

2. Execute a **RIGHT FRONT KICK**, then return foot back into a **LEFT BACK STANCE**, and execute a **LEFT OUTSIDE BLOCK** to the mid-section.

*OREUNBAL AP CHAGI, WEN DWIT KUBI, WEN BAKKAT MAKKI*



3. Turn right toward 3 o'clock by pivoting on your left foot into a **RIGHT FRONT STANCE**, and execute a **RIGHT LOW BLOCK**.

*OREUN AP KUBI, OREUN ARAE MAKKI*

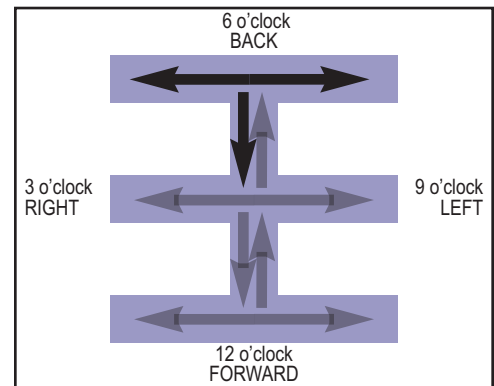
4. Execute a **LEFT FRONT KICK**, then return foot back into a **RIGHT BACK STANCE**, and execute a **RIGHT OUTSIDE BLOCK** to the mid-section.

*WENBAL AP CHAGI, OREUN DWIT KUBI, OREUN BAKKAT MAKKI*



5. Turn left toward 12 o'clock by pivoting on your right foot into a **LEFT FRONT STANCE**, while twisting your upper body to the left and execute **RIGHT OUTSIDE BLOCK** to the head with the **KNIFE HAND**.

*WEN AP KUBI, OREUN HAN SON-NAL OLGUL BITEURO MAKKI*



**TAEGUK YOOK JANG**

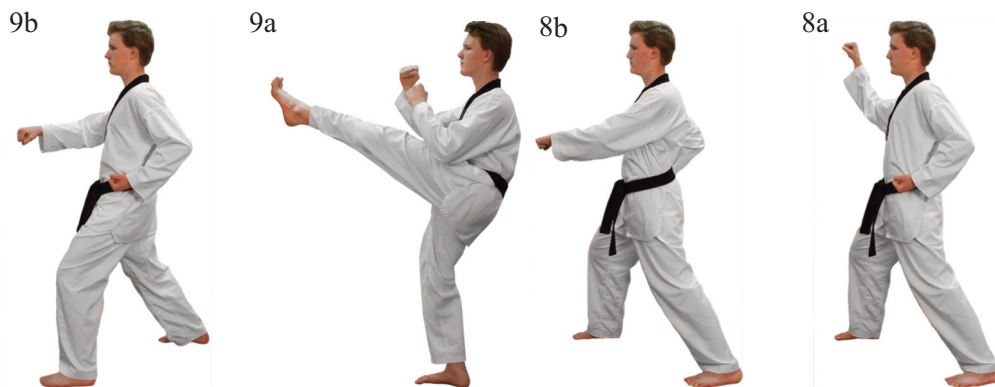
6. Execute a **RIGHT ROUND-HOUSE KICK** to the head and step into a **SIDE-STANCE** facing 9 o'clock. Follow immediately by stepping forward into a **LEFT FRONT STANCE** and executing a **LEFT OUTSIDE BLOCK** to the head, and a **RIGHT PUNCH** to the mid-section.  
*OREUNBAL OLGUL DOLLYO CHAGI, WEN AP KUBI, WEN OLGUL BAKKAT MAKKI, OREUN MOMTONG JIREUGI*

7. Execute a **RIGHT FRONT KICK**, stepping forward into a **RIGHT FRONT STANCE**, and execute a **LEFT PUNCH** to the mid-section.  
*OREUNBAL AP CHAGI, OREUN AP KUBI, WEN MOMTONG JIREUGI*

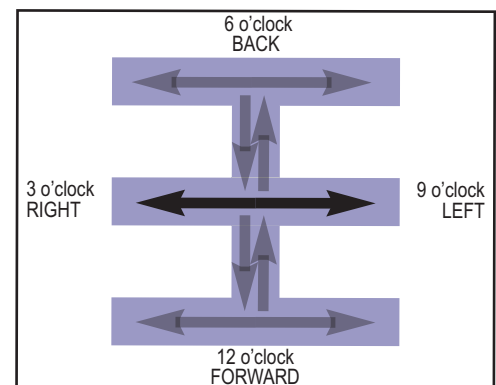


8. Turn right toward 3 o'clock, into a **RIGHT FRONT STANCE** and execute a **RIGHT OUTSIDE BLOCK** to the head and a **LEFT PUNCH** to the mid-section.  
*OREUN AP KUBI, OREUN OLGUL BAKKAT MAKKI, WEN MOMTONG JIREUGI*

9. Execute a **LEFT FRONT KICK**, stepping forward into a **LEFT FRONT STANCE**, and execute a **RIGHT PUNCH** to the mid-section.  
*WEN AP CHAGI, WEN AP KUBI, OREUN MOMTONG JIREUGI*



10. Turn left toward 12 o'clock by pivoting on your right foot into the **READY STANCE** and execute a **LOW SPREADING BLOCK** (slowly and powerfully) to the outside.  
*NARANHI SEOGI, ARAE HECHO MAKKI*

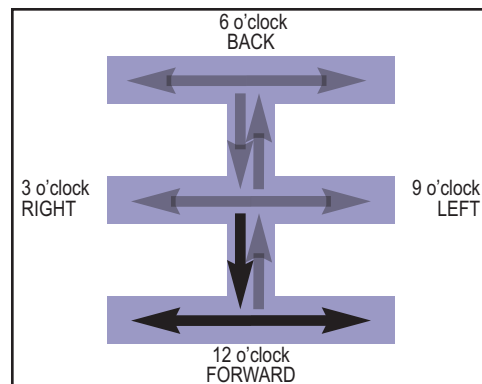


## TAEGUK YOOK JANG

11. Step forward into a **RIGHT FRONT STANCE**, while twisting your upper body to the right and execute a **LEFT OUTSIDE BLOCK** with the **KNIFE HAND**  
*OREUN AP KUBI, WEN HAN SONNAL OLGUL BITUERO MAKKI*
12. Execute a **LEFT ROUND-HOUSE KICK**, **KIHAP!**, stepping into a **SIDE STANCE** facing 3 o'clock. Turn right toward 9 o'clock by pivoting on your left foot into a **RIGHT FRONT STANCE**, and execute a **RIGHT LOW BLOCK**.  
*WENBAL DOLLYO CHAGI, KIHAP! OREUN AP KUBI, OREUN ARAE MAKKI*
13. Execute a **LEFT FRONT KICK** and step back into a **RIGHT BACK STANCE**, and execute a **RIGHT OUTSIDE BLOCK** to the mid-section.  
*WENBAL AP CHAGI, OREUN DWIT KUBI, OREUN MOMTONG BAKKAT MAKKI*



14. Turn left toward 3 o'clock by pivoting on your right foot into a **LEFT FRONT STANCE** and execute a **LEFT LOW BLOCK**.  
*WEN AP KUBI, WEN ARAE MAKKI*
15. Execute a **RIGHT FRONT KICK** and step back into a **LEFT BACK STANCE**, and execute a **LEFT OUTSIDE BLOCK** to the mid-section.  
*OREUNBAL AP CHAGI, WEN DWIT KUBI, WEN BAKKAT MAKKI*



**TAEGUK YOOK JANG**

16. Keeping your left foot in place, move your right foot counter-clockwise to six o'clock and pivot around to 12 o'clock, assuming a **LEFT BACK STANCE**, and execute a **LEFT DOUBLE KNIFE HAND BLOCK**  
*WEN DWIT KUBI, DU SONNAL MOMTONG MAKKI*



17. Step your left foot backward into a **RIGHT BACK STANCE**, and execute a **RIGHT DOUBLE KNIFE HAND BLOCK**.  
*OREUN DWIT KUBI, DU SONNAL MOMTONG MAKKI*

18. Step your right foot backward into a **LEFT FRONT STANCE**, and execute a **LEFT PALM HEEL MID-SECTION INSIDE BLOCK**,  
*WEN AP KUBI, BATANG SON MOMTONG AN MAKKI*

18a



18b



followed immediately by a **RIGHT PUNCH**.  
*OREUN MOMTONG JIREUGI*

19. Step your left foot backward into a **RIGHT FRONT STANCE**, and execute a **RIGHT PALM HEEL MID-SECTION INSIDE BLOCK**  
*OREUN AP KUBI, OREUN BATANG SON MOMTONG AN MAKKI*

19a



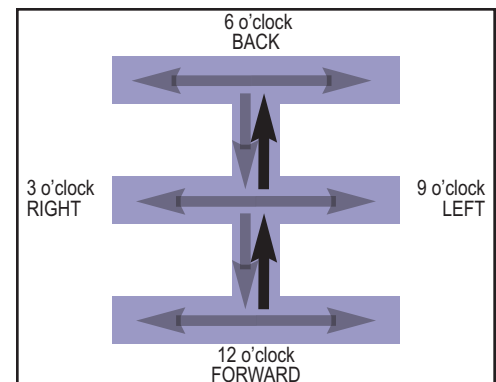
19b



followed immediately by a **LEFT PUNCH**.  
*WEN MOMTONG JIREUGI*

When the command **RETURN** is given, bring left forward facing 12 o'clock and assume a **READY STANCE**.  
*BARO, JUNBI*

Junbi





## REQUIREMENTS FOR RED II BELT, 1ST KEUP

### 1. STANCES

- \_\_\_\_\_ CLOSED FEET  
WITH L. HAND COVERING FIST

*MOA SEOGI*  
*BO JUMEOK JUNBI*

### 2. BLOCKS

- \_\_\_\_\_ SCISSOR BLOCK
- \_\_\_\_\_ CROSS BLOCK LOW
- \_\_\_\_\_ CROSS BLOCK HIGH
- \_\_\_\_\_ SPREADING BLOCK
- \_\_\_\_\_ OUTER FOREARM OUT
- \_\_\_\_\_ INNER FOREARM OUT

*KAWI MAKKI*  
*OTGOREO ARAE MAKKI*  
*OTGOREO OLGUL MAKKI*  
  
*HECHO MAKKI*  
*AN PALMEOK HECHO MAKKI*

### 3. PUNCHES/STRIKES

- \_\_\_\_\_ UPPERCUT PUNCH TO TRUNK
- \_\_\_\_\_ UPPERCUT PUNCH TO FACE
- \_\_\_\_\_ DOUBLE UPPERCUT PUNCH
- \_\_\_\_\_ DOUBLE PUNCH, SAME TIME

*JECHO JIREUGI*  
*CHI JIREUGI*  
*DU JUMEOK JECHO JIREUGI*  
*DU JUMEOK JIREUGI*

### 4. KICKS

- \_\_\_\_\_ KNEE STRIKE
- \_\_\_\_\_ TARGET KICK
- \_\_\_\_\_ CONTINUOUS JUMP FRONT KICKS

*MUREUP CHAGI*  
*PYOJEOK CHAGI*  
*TWIO APCHAGI*

KNEE



### 5. CONCEPTS

- \_\_\_\_\_ Tempo/Speed
- \_\_\_\_\_ Momentum

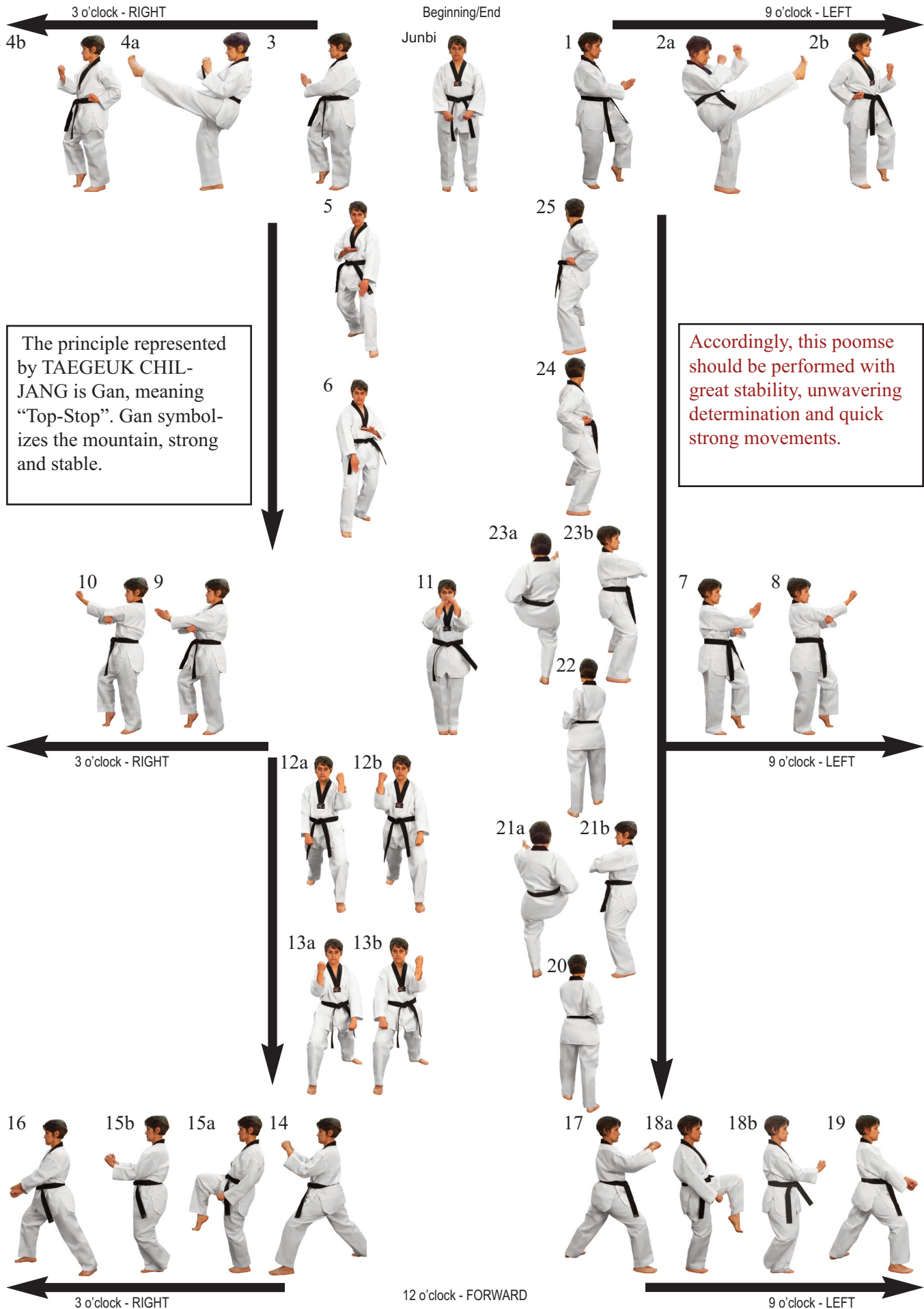
### 6. SELF-DEFENSE COMBINATIONS

### 7. FORMS

- \_\_\_\_\_ 4 Directionals
- \_\_\_\_\_ Taegeuk Il Jang
- \_\_\_\_\_ Taegeuk Ee Jang
- \_\_\_\_\_ Taegeuk Sam Jang
- \_\_\_\_\_ Taegeuk Sa Jang
- \_\_\_\_\_ Taegeuk Oh Jang
- \_\_\_\_\_ Taegeuk Yook Jang
- \_\_\_\_\_ Taegeuk Chil Jang

### 8. SPARRING

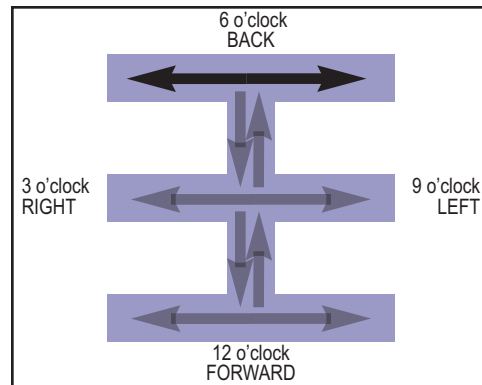
# TAEGUK CHIL JANG



## TAEGUK CHIL JANG

From the **READY STANCE**,  
*JUNBI*

Junbi



1. Turn left toward 9 o'clock into a **LEFT TIGER STANCE**, and execute a **RIGHT PALM HEEL INSIDE BLOCK** to the mid-section.  
*WEN BEOM SEOGI, OREUN BATANG SON MOMTONG AN MAKKI*



2. Execute a **RIGHT FRONT KICK**, bring your right foot back to its original position into a **LEFT TIGER STANCE**, and execute a **LEFT INSIDE BLOCK** to the mid-section.  
*OREUNBAL AP CHAGI, WEN BEOM SEOGI, WEN BATANG SON MOMTONG AN MAKKI*



3. Turn right by pivoting on your left foot into a **RIGHT TIGER STANCE**, and execute a **LEFT PALM HEEL INSIDE BLOCK** to the mid-section.  
*WEN BEOM SEOGI, OREUN BATANG SON AN MAKKI*

4. Execute a **LEFT FRONT KICK**, bring your left foot back to its original position into a **RIGHT TIGER STANCE**, and execute a **RIGHT INSIDE BLOCK** to the mid-section.  
*WENBAL AP CHAGI, WEN BEOM SEOGI, OREUN BATANG SON MOMTONG AN MAKKI*

5. Turn left by pivoting on you right foot into a **LEFT BACK STANCE**, and execute a **LEFT DOUBLE KNIFE-HAND LOW BLOCK**.  
*WEN BEOM SEOGI, OREUN BATANGSON MOMTONG AN MAKKI*



6. Step forward into a **RIGHT BACK STANCE** and execute a **RIGHT DOUBLE KNIFE-HAND LOW BLOCK**.  
*WEN BEOM SEOGI, OREUN BATANGSON MOMTONG AN MAKKI*



**TAEGUK CHIL JANG**

7. Turn left toward 9 o'clock by pivoting on your right foot into a **LEFT TIGER STANCE**. Using your left hand for support, execute a **RIGHT PALM HEEL INSIDE BLOCK** to the mid-section.  
*WEN BEOM SEOGI, OREUN BATANG SON AN MAKKI*



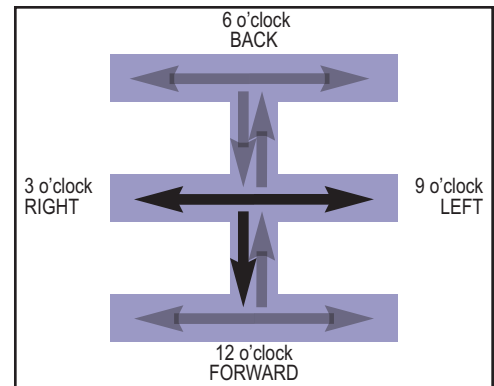
8. Execute a **RIGHT BACK-FIST STRIKE** to the face.  
*OREUN OLGUL DUNGJUMEOK CHIGI*



9. Turn right toward 3 o'clock by pivoting on your left foot into a **RIGHT TIGER STANCE**. Using your right hand for support, execute a **LEFT PALM HEEL INSIDE BLOCK** to the mid-section.  
*WEN BEOM SEOGI, OREUN BATANG SON AN MAKKI*

10. Execute a **LEFT BACK-FIST STRIKE** to the face.  
*WEN OLGUL DUNGJUMEOK CHJIGI*

11. Turn left toward 12 o'clock, bringing your right foot adjacent to your left foot and cup your right fist in your left hand in front of your face (slowly inhale). Rapidly extend your cupped hands away from your face.  
*MOA SEOGI, BO JUMEOK*



12. Step your left foot forward into a **LEFT FRONT STANCE**, executing a **DOUBLE SCISSOR BLOCK**.  
*WEN AP KUBI, KAWI MAKKI*



(**RIGHT LOW BLOCK/LEFT OUTSIDE BLOCK** followed by **LEFT LOW BLOCK/RIGHT OUTSIDE BLOCK**).

13. Step forward into a **RIGHT FRONT STANCE**, executing a **DOUBLE SCISSOR BLOCK**.  
*OREUN AP KUBI, KAWI MAKKI*



(**LEFT LOW BLOCK/RIGHT OUTSIDE BLOCK** followed by **RIGHT LOW BLOCK/LEFT OUTSIDE BLOCK**).

**TAEGUK CHIL JANG**

14. Turn left toward 3 o'clock by pivoting on your right foot into a **LEFT FRONT STANCE**, and execute an **OUTSIDE SPREADING BLOCK**.  
*WEN AP KUBI, MOMTONG HECHO MAKKI*

15. Execute a **RIGHT KNEE STRIKE**, then leap forward onto your right foot, landing in a **CROSS STANCE**, and execute a **DOUBLE UPPERCUT PUNCH** to the mid-section.  
*OREUN MUREUP CHAGI, DWI KKO A SEOGI, DU BEON JECHO JIREUGI*

16. Step back with your left foot into a **RIGHT FRONT STANCE** and execute a **LOW CROSS BLOCK** with the left fist over the right fist.  
*OREUN AP KUBI, ARAE OTKEORO MAKKI*



17. Turn right toward 9 o'clock by pivoting on your left foot into a **RIGHT FRONT STANCE**, and execute a **OUTSIDE SPREADING BLOCK** to the mid-section.  
*OREUN AP KUBI, MOMTONG HECHO MAKKI*

18. Execute a **LEFT KNEE STRIKE**, then leap forward onto your left foot, landing in a **CROSS STANCE**, and execute a **DOUBLE PUNCH** to the mid-section.  
*WEN MUREUP CHAGI, DWI KKO A SEOGI, DU BEON JECHO JIREUGI*

19. Step back with your right foot into a **LEFT FRONT STANCE** and execute a **LOW CROSS BLOCK** with the right fist over the left fist.  
*WEN AP KUBI, ARAE OTKOERO MAKKI*



20. Turn left toward 6 o'clock by pivoting on your right foot into a **LEFT WALKING STANCE**, and execute a **LEFT OUTSIDE BACK-FIST STRIKE** to the face.  
*WEN AP SEOGI, WEN OLGUL  
 DEUNG JUMEOK CHIGI*



**TAEGUK CHIL JANG**

21. Open your left palm making a target, execute an **OUTSIDE to INSIDE CRESCENT KICK** with the right leg  
*PAKESO ANRO CHAGI*



landing in a **HORSE-RIDING STANCE**, facing 3 o'clock, followed immediately by a **RIGHT TARGET ELBOW STRIKE**.  
*JUJUM SEOGI, OREUN PYEOJEOK PALKUP CHIGI*

22. Turn right toward 6 o'clock by pivoting on your right foot and pull your left foot forward into a **RIGHT WALKING STANCE** and execute a **RIGHT OUTSIDE BACK-FIST STRIKE** to the face.  
*OREUN AP SEOGI, OREUN OLGUL DEUNG JUMEOK CHIGI*



23. Open your right palm, making a target, execute an **OUTSIDE to INSIDE CRESCENT KICK** with the left leg  
*PAKESO ANRO CHAGI,*



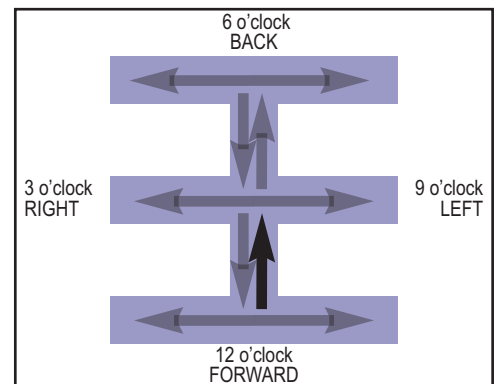
landing in a **HORSE-RIDING STANCE** facing 9 o'clock, followed immediately by a **LEFT TARGET ELBOW STRIKE**.  
*JUJUM SEOGI, WEN PYEOJEOK PALKUP CHIGI.*

24. With both feet fixed, execute a **LEFT SINGLE KNIFE-HAND BLOCK** to the outside.  
*WEN HANSONNAL MOMTONG YOP MAKKI*



25. Turn toward 3 o'clock by pivoting on your left foot into a **HORSE-RIDING STANCE** and execute a **RIGHT SIDE PUNCH**. **KIHAP!**  
*JUJUM SEOGI, OREUN MOMTONG YOPJIREUGI, KIHAP!*

When the command **RETURN** is given, turn left toward 12 o'clock by pivoting on your right foot and assume a **READY STANCE**.  
*BARO, JUNBI*



## REQUIREMENTS FOR DEPUTY BLACK, BO DAN

### BASIC TECHNIQUES

All previously learned techniques, as well as demonstrate an understanding of Taekwondo terminology, history, and philosophy.

#### 1. STANCES

\_\_\_\_\_ PUSHING TUBE *TONMILGI JUNBI*  
\_\_\_\_\_ KORYO READY STANCE *KORYO JUNBI*

#### 2. BLOCKS

\_\_\_\_\_ SKEWED MOUNTAIN BLOCK *WESANTEUL MAKKI*  
\_\_\_\_\_ MOUNTAIN BLOCK *SANTEUL MAKKI*

#### 3. PUNCHES/STRIKES

\_\_\_\_\_ PULLING OPPONENT TO YOU  
\_\_\_\_\_ UPPERCUT PUNCH TO JAW *DANGKYO TEOK JIREUGI*  
\_\_\_\_\_ BACKFIST TO JAW *DANGKYO TEOK CHIGI*  
\_\_\_\_\_ TARGET PUNCH *PYOJEOK CHIGI*

#### 4. KICKS

\_\_\_\_\_ JUMP SPINNING SIDE KICK *TWIO MOMDOLLYO YOP CHAGI*  
\_\_\_\_\_ JUMP SPINNING HOOK KICK *TWIO MOMDOLLYO HOORYO CHAGI*  
\_\_\_\_\_ JUMP SPINNING CRESCENT KICK *TWIO MOMDOLLYO ANESO/PAKRO CHAGI*  
\_\_\_\_\_ TORNADO KICKS *TWIO DU BAL PAKESO/ANURO CHAGI*

#### 5. CONCEPTS

\_\_\_\_\_ Focus  
\_\_\_\_\_ Retreat

#### 6. SELF-DEFENSE COMBINATIONS

#### 7. FORMS

\_\_\_\_\_ 4 Directionals  
\_\_\_\_\_ Taegeuk Il Jang  
\_\_\_\_\_ Taegeuk Ee Jang  
\_\_\_\_\_ Taegeuk Sam Jang  
\_\_\_\_\_ Taegeuk Sa Jang  
\_\_\_\_\_ Taegeuk Oh Jang  
\_\_\_\_\_ Taegeuk Yook Jang  
\_\_\_\_\_ Taegeuk Chil Jang  
\_\_\_\_\_ Taegeuk Pal Jang  
\_\_\_\_\_ Koryo (Familiarity only)

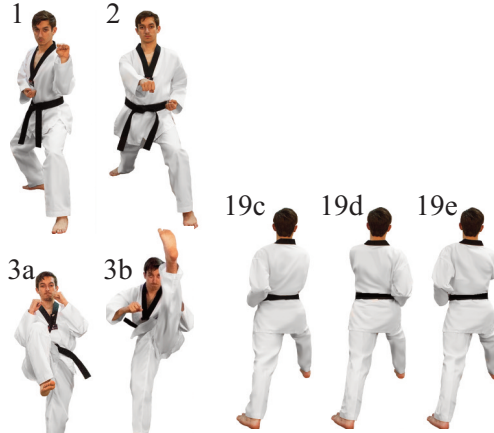
#### 8. SPARRING

# TAEGUK PAL JANG



The principle represented by TAEGEUK PAL-JANG is Gon, meaning Earth. Gon symbolizes the source of life from which we draw limitless energy.

Accordingly, this poomse should be performed with great energy and enthusiasm.



3 o'clock - RIGHT

9 o'clock - LEFT



3 o'clock - RIGHT

12 o'clock - FORWARD

9 o'clock - LEFT



# TAEGUK PAL JANG

Junbi

From the **READY STANCE**,  
*JUNBI*



1. Sstep forward into a **LEFT BACK STANCE**, and execute a **LEFT DOUBLE MID-SECTION BLOCK**.  
*WEN DWIT KUBI, WEN DU BOHN MOMTONG PAKKAT MAKKI*



2. Shift your left foot forward into a **LEFT FRONT STANCE** and execute a **RIGHT PUNCH**.  
*OREUN JIREUGI*

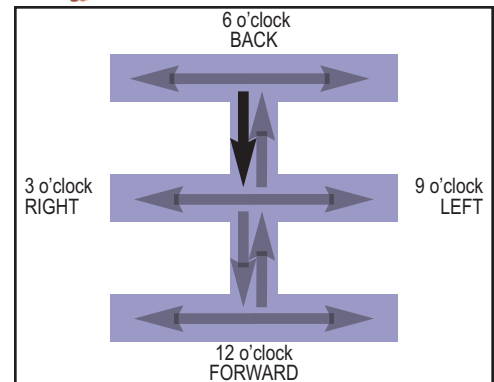
3. Execute a **LEFT DOUBLE JUMP FRONT KICK, KIHAP!** Land in **LEFT FRONT STANCE**, and execute a **LEFT INSIDE BLOCK** to the mid-section,  
*DU BAL DANG SEONG CHAGI, KIHAP! WEN MOMTONG AN MAKKI*



- Follow immediately by a **RIGHT/LEFT DOUBLE PUNCH**.  
*MOMTONG DU BEON JIREUGI*



4. Step forward into a **RIGHT FRONT STANCE**, and execute a **RIGHT PUNCH**.  
*OREUN AP KUBI, OREUN MOMTONG JIREUGI*



**TAEGUK PAL JANG**

5. Turn left toward 9 o'clock, by pivoting on your right foot into a **LEFT SKEWED MOUNTAIN BLOCK**  
*WEN WESANTEUL MAKKI*
6. Slowly and powerfully shift the body counterclockwise toward 3 o'clock into a **LEFT FRONT STANCE**, and execute a **GRABBING RIGHT UPPERCUT** (Speed up at impact)  
*WEN AP KUBI, DANGKYO TEOK JIREUGI*
7. Bring your left foot over your right foot making a **SIDE CROSS STANCE**, and immediately extend your right foot toward 9 o'clock, executing a **RIGHT SKEWED MOUNTAIN BLOCK**.  
*WEN AP KKOVA SEOGI, OREUN WESANTEUL MAKKI*
8. Slowly and powerfully shift the body counterclockwise toward 3 o'clock into a **RIGHT FRONT STANCE**, and execute a **GRABBING LEFT UPPERCUT** (Speed up before impact)  
*OREUN AP KUBI, DANGKYO TEOK JIREUGI*



9. Turn left toward 12 o'clock, by pivoting on your left foot into a **LEFT BACK STANCE**, and execute a **DOUBLE KNIFE HAND BLOCK** to the mid-section.  
*WEN DWIT KUBI, DU SONNAL MONTONG MAKKI*



10. Push your left foot into a **LEFT FRONT STANCE** and execute a **RIGHT PUNCH**.  
*WEN AP KUBI, OREUN MONTONG JIREUGI*

11. Execute a **RIGHT FRONT KICK**, and bring your right foot back to its original position.  
*OREUNBAL AP CHAGI*



- Immediately pull your left foot backward to assume a **RIGHT TIGER STANCE** and execute a **RIGHT PALM HEEL MID-SECTION INSIDE BLOCK**.  
*OREUN BEOM SEOGI, OREUN BATANG SON MONTONG MAKKI*

**TAEGUK PAL JANG**

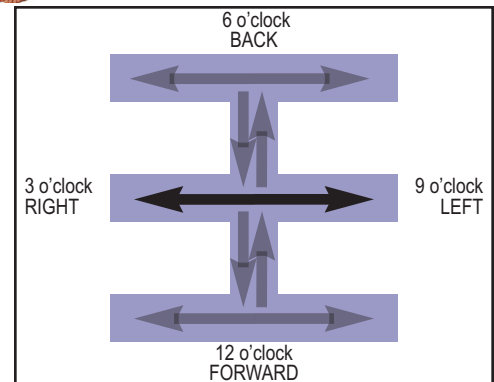
12. Turn left toward 9 o'clock by pivoting on your right foot into a **LEFT TIGER STANCE**, and execute a **LEFT DOUBLE KNIFE HAND BLOCK** to the mid-section.  
*WEN BEOM SEOGI, WEN DU SONNAL MOMTONG MAKKI*
13. Execute a **LEFT FRONT KICK**. Step into a **LEFT FRONT STANCE**, and immediately follow with a **RIGHT PUNCH**.  
*WENBAL AP CHAGI, WEN AP KUBI, OREUN MOMTONG JIREUGI*
14. Retreat your left leg assuming a **LEFT TIGER STANCE** and execute a **LEFT PALM HEEL MID-SECTION INSIDE BLOCK**.  
*WEN BEOM SEOGI, WEN BATANG SON MOMTONG MAKKI*



15. Turn right toward 3 o'clock, by pivoting on your left foot into a **RIGHT TIGER STANCE**, and execute a **RIGHT DOUBLE KNIFE HAND BLOCK** to the mid-section.  
*OREUN BEOM SEOGI, DU SONNAL MOMTONG MAKKI*
16. Execute a **RIGHT FRONT KICK**. Step into a **RIGHT FRONT STANCE**, and immediately followed by a **LEFT PUNCH**.  
*OREUNBAL AP CHAGI, OREUN AP KUBI, WEN MOMTONG JIREUGI*
17. Retreat your right leg assuming a **RIGHT TIGER STANCE** and execute a **RIGHT PALM HEEL MID-SECTION INSIDE BLOCK**.  
*OREUN BEOM SEOGI, OREUN BATANG SON MOMTONG AN MAKKI*



18. Turn right toward 6 o'clock, by pivoting on your left foot into a **RIGHT BACK STANCE**, and execute a **DOUBLE LOW BLOCK** with the fists  
*OREUN DWIT KUBI, DU BEON ARAE MAKKI*



**TAEGUK PAL JANG**

19. Execute a **LEFT FRONT KICK** and without stepping down, execute a **RIGHT JUMP FRONT KICK, KIHAP!**  
*WENBAL AP CHAGI, DU BAL DANG SONG CHAGI, KIHAP!*

19a



19b



Land in a **RIGHT FRONT STANCE** and execute a **RIGHT INSIDE BLOCK** to the mid-section. Follow immediately by a **LEFT/RIGHT DOUBLE PUNCH.**  
*OREUN AP KUBI, OREUN MOMTONG AN MAKKI, WEN/OREUN DU BEON MOMTONG JIREUGI*

19c



19d



19e



20. Turn left toward 9 o'clock, by pivoting on your right foot into a **LEFT BACK STANCE**, and execute a **SINGLE KNIFE HAND BLOCK** to the outside.  
*WEN DWIT KUBI, HANSONNAL MOMTONG BAKKAT MAKKI*

21. Pivot into a **LEFT FRONT STANCE**, while executing a **RIGHT ELBOW STRIKE.**  
*WEN AP KUBI, OREUN PALKUP DOLLYO CHIGI*

22. Without stepping, execute a **RIGHT BACK-FIST STRIKE** to the face.  
*OREUN OLGUL DEUNG JUMEOK AP CHIGI*

23. Without stepping, execute a **LEFT PUNCH.**

20



21



22



23



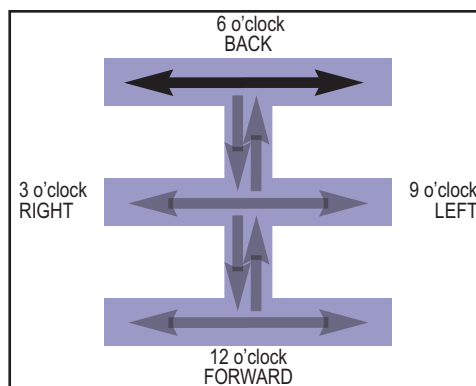
## TAEGUK PAL JANG

24. Slide your left foot to your right foot, turn toward 3 o'clock to the right again by pivoting on your left foot into a **RIGHT BACK STANCE**, and execute a **RIGHT SINGLE KNIFE HAND BLOCK** to the outside  
*OREUN DWIT KUBI, OREUN HANSONNAL MOMTONG BAKKAT MAKKI*
25. Pivot into a **RIGHT FRONT STANCE**, while executing a **LEFT ELBOW STRIKE**.  
*OREUN AP KUBI, WEN PALKUP DOLLYO CHIGI*
26. Without stepping, execute a **LEFT BACK-FIST STRIKE** to the face.  
*WEN OLGUL DEUNG JUMEOK AP CHIGI*
27. Without stepping, execute a **RIGHT PUNCH**.  
*OREUN MOMTONG JIREUGI*



When the command **RETURN** is given, turn left toward 12 o'clock by pivoting on your right foot and assume a **READY STANCE**.  
*BARO, JUNBI*

Junbi





## REQUIREMENTS FOR BLACK, DAN

### 1. STANCES

- \_\_\_\_\_ COVERED HAND
- \_\_\_\_\_ CRANE STANCE/  
\_\_\_\_\_ FISTS AT HIP OF STRAIGHT LEG
- \_\_\_\_\_ CLOSED STANCE W/ HANDS AT HIPS

*KYOPSON JUNBI*  
*HAKDARI SEOGI/*  
*DOLTSEOGI*  
*DUJUMEOK HEORI*

### 2. BLOCKS

- \_\_\_\_\_ CRANE STANCE/  
\_\_\_\_\_ DIAMOND BLOCK
- \_\_\_\_\_ LOW WEDGE BLOCK
- \_\_\_\_\_ MOUNTAIN BLOCK
- \_\_\_\_\_ SPREADING MOUNTAIN BLOCK
- \_\_\_\_\_ BULL BLOCK

*HAKDARI SEOGI/*  
*KEUMGANG MAKKI*  
*ARAE HECHO MAKKI*  
*SANTEUL MAKKI*  
*HECHO SANTEUL MAKKI*  
*BAWI MILGI*

### 3. PUNCHES/STRIKES

- \_\_\_\_\_ SPREAD EAGLE STRIKE/  
\_\_\_\_\_ DOUBLE ELBOW
- \_\_\_\_\_ HIGH BLOCK W/FRONT PUNCH
- \_\_\_\_\_ HIGH BLOCK W/SIDE PUNCH
- \_\_\_\_\_ KNEE BREAK

*MEONGYE CHIGI*  
  
*KEUMGANG AP JIREUGI*  
*KEUMGANG YOP JIREUGI*  
*MUREUP KKEOKI*

### 4. KICKS

### 5. CONCEPTS

### 6. SELF-DEFENSE COMBINATIONS

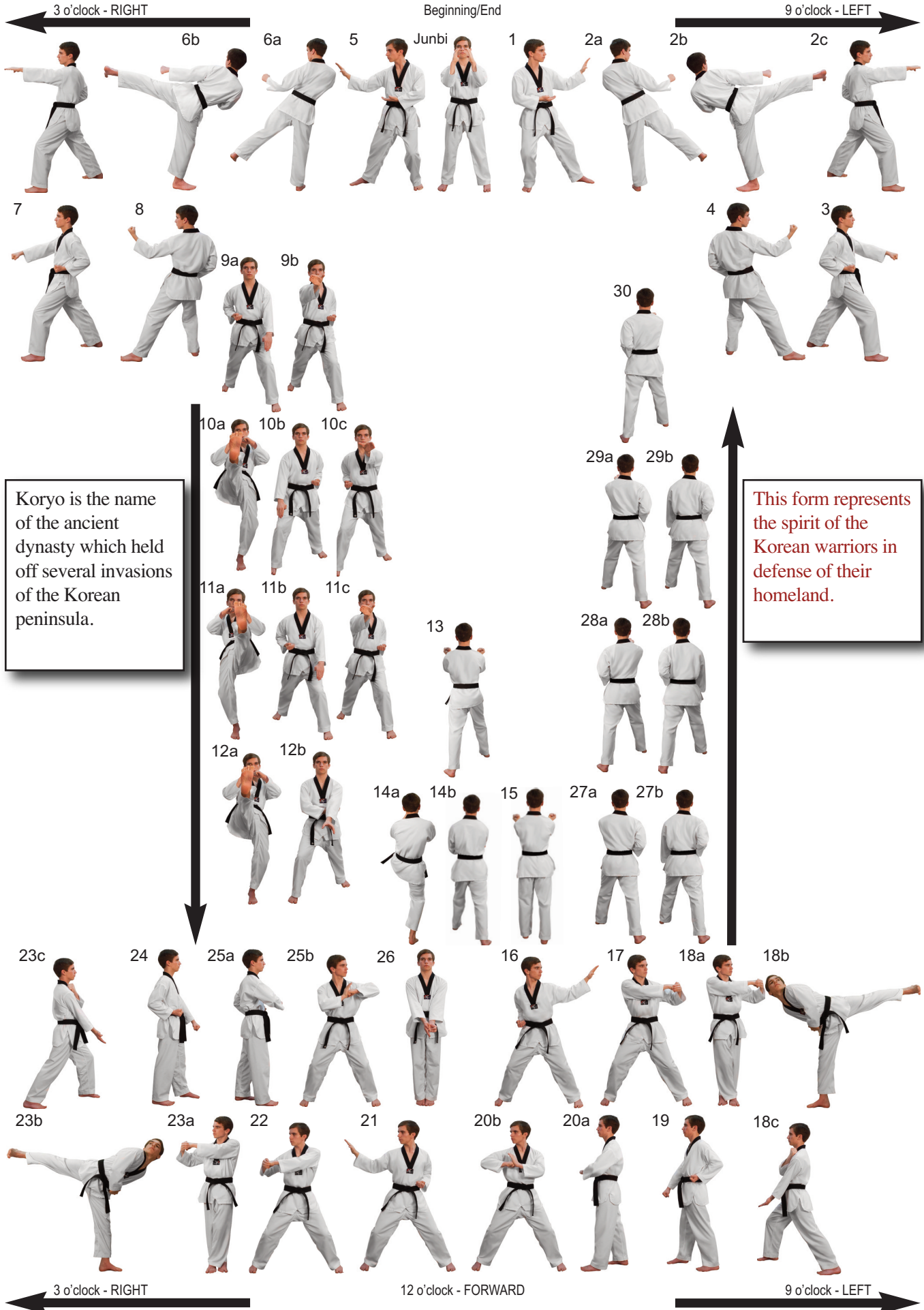
### 7. FORMS

Taegeuk 1-8  
Palgwe 1-8  
Dan forms

### 8. SPARRING

# KORYO

Beginning/End



Koryo is the name of the ancient dynasty which held off several invasions of the Korean peninsula.

This form represents the spirit of the Korean warriors in defense of their homeland.

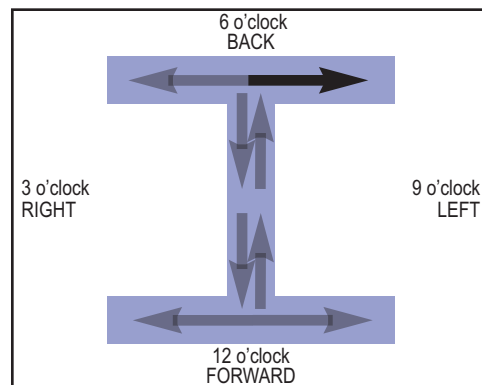
3 o'clock - RIGHT      12 o'clock - FORWARD      9 o'clock - LEFT



## KORYO

### STEPS IN EXECUTION:

From ATTENTION, execute a **PUSHING TUBE READY STANCE** slowly.  
*TONG MILGI JUNBI*

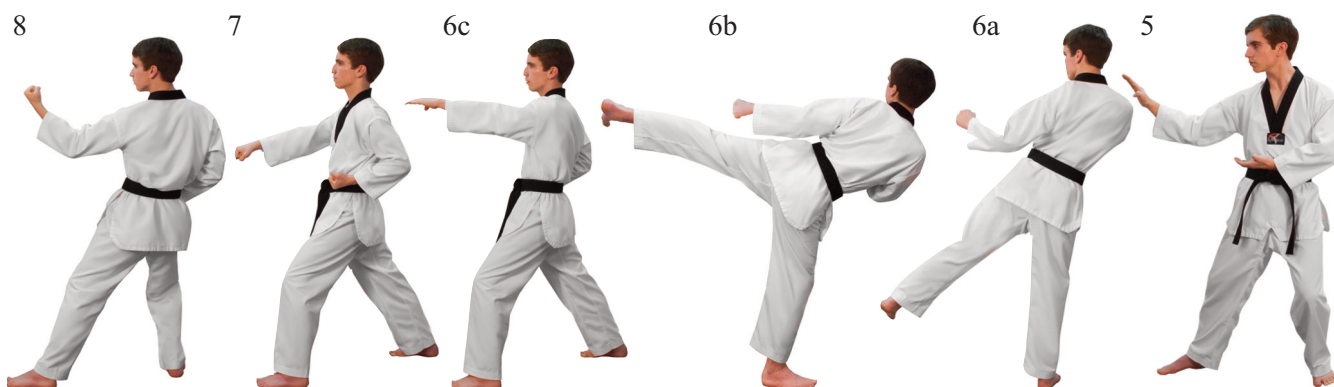


1. Turn left toward 9 o'clock by pivoting on your right foot into a **LEFT BACK STANCE** and execute a **DOUBLE KNIFE-HAND -BLOCK** to the mid-section.  
*WEN DWIT KUBI, WEN DU SONNAL MOMTONG MAKKI*
2. Execute a **RIGHT DOUBLE SIDE KICK** (one low/one high) and step into a **RIGHT FRONT STANCE** and execute a **RIGHT KNIFE-HAND STRIKE** to the outside.  
*WEN DWIT KUBI, ARAE/MOMTONG YOP CHAGI, OREUN AP KUBI, OREUN SONNAL BAKKAT CHIGI*
3. Execute a **LEFT PUNCH** to the mid-section.  
*WEN MOMTONG JIREUGI*
4. Pull your right foot back into a **RIGHT BACK STANCE** and execute a **RIGHT INSIDE BLOCK** to the mid-section.  
*WEN DWIT KUBI, MOMTONG AN MAKKI*



## KORYO

5. Turn right toward 3 o'clock by pivoting on your left foot into a **RIGHT BACK STANCE** and execute a **DOUBLE KNIFE-HAND BLOCK** to the mid-section.  
*OREUN DWIT KUBI, DU SONNAL MOMTONG MAKKI*
6. Execute a **LEFT DOUBLE SIDE KICK** (one low/one high) and step into a **LEFT FRONT STANCE** and execute a **LEFT KNIFE-HAND STRIKE** to the outside.  
*OREUN DWIT KUBI, ARAE/MOMTONG YOP CHAGI, WEN AP KUBI, WEN HAN SONNAL BAKKAT CHIGI*
7. Execute a **RIGHT PUNCH** to the mid-section.  
*WEN DWIT KUBI, OREUN MOMTONG JIREUGI*
8. Pull your left foot back into a **LEFT BACK STANCE** and execute a **LEFT INSIDE BLOCK** to the mid-section.  
*WEN DWIT KUBI, MOMTONG AN MAKKI*



9. Turn left toward 12 o'clock by pivoting on your right foot into a **LEFT FRONT STANCE** and execute a **LEFT LOW BLOCK** with the **KNIFE-HAND**.  
*WEN AP KUBI, WEN HANSONNAL ARAE MAKKI*

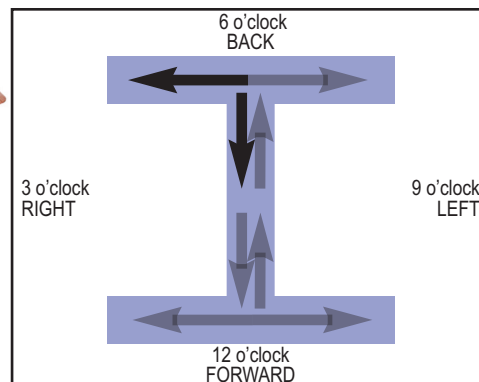


Follow immediately with a **RIGHT THROAT ATTACK** with the **ARC HAND**.  
*OREUN AGWISON KHALJAEBI*

10. Execute a **RIGHT FRONT KICK**, step into a **RIGHT FRONT STANCE** and execute a **RIGHT LOW BLOCK** with the **KNIFE-HAND**.  
*OREUNBAL AP CHIGI, OREUN AP KUBI, OREUN ARAE MAKKI*



Follow immediately with a **LEFT THROAT ATTACK** with the **ARC HAND**.  
*WEN AGWISON KHALJAEBI*



**KORYO**

11. Execute a **LEFT FRONT KICK**, 11a step into a **LEFT FRONT STANCE** and execute a **LEFT LOW BLOCK** with the **KNIFE-HAND**.  
*WENBAL AP CHAGI, WEN AP KUBI, WEN HAN SONNAL ARAE MAKKI*



Follow immediately with a **RIGHT THROAT ATTACK**, **KIHAP!**  
*OREUN AGWISON KHALJAEBI, KIHAP!*

12. Execute a **RIGHT FRONT KICK**, *OREUNBAL AP CHAGI, KIHAP!*



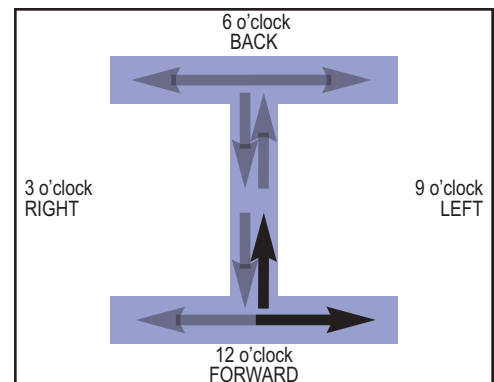
step into a **RIGHT FRONT STANCE** and execute a **LEFT KNEE BREAK** with the **ARC HAND**.  
*OREUN AP KUBI, WEN MUREUP KKUKKI, WEN AGWISON KHALJAEBI*

13. Turn right toward 6 o'clock by pivoting on your right foot into a **RIGHT FRONT STANCE**, and execute a **SPREADING BLOCK** with the inner forearms.  
*WEN DWIT KUBI, AN PALMEOK HECHO MAKKI*



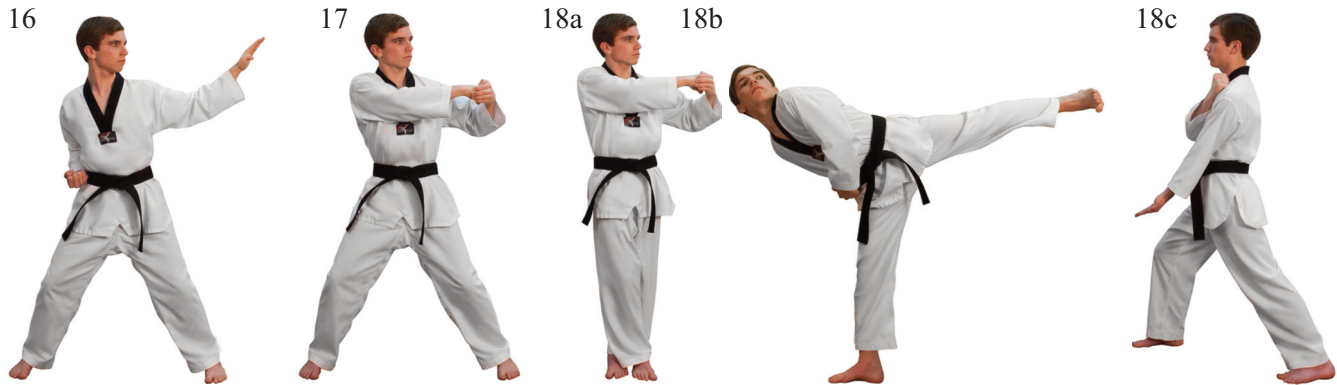
14. Execute a **LEFT FRONT KICK**, step into a **LEFT FRONT STANCE** and execute a **RIGHT KNEE BREAK** with the **ARC HAND**.  
*WEN AP CHAGI, WEN AP KUBI, OREUN MUREUP KKUKKI*

15. Pull your left foot back into a **LEFT WALKING STANCE** and execute a **SPREADING BLOCK** with the inner forearms.  
*WEN AP SEOGI, AN PALMOK MOMTONG HECHO MAKKI*



## KORYO

16. Turn right toward 9 o'clock by pivoting on your left foot into a **HORSE-RIDING STANCE** and execute a **LEFT SINGLE KNIFE-HAND BLOCK** to the mid-section.  
*JUJUM SEOGI, WEN HAN SONNAL MOMTONG YOP MAKKI*
17. Execute a **RIGHT CROSSING PUNCH**, using the left palm as a target.  
*JUJUM SEOGI, OREUN JUMEOK PYOJEOK JIREUGI.*
18. Cross the right foot over the left in a **FRONT CROSSING STANCE** and execute a **LEFT SIDE KICK**. Land in a **RIGHT FRONT STANCE** facing 3 o'clock and execute a **LEFT THRUST** to the groin while bringing the right fist to the left shoulder.  
*AP KKOA SEOGI, WENBAL YOP CHAGI, OREUN AP KUBI, WEN PYON SON KKEUT ARAE JECHO TZIREUGI*



19. Pull the right foot back into a **RIGHT WALKING STANCE** and execute a **RIGHT LOW BLOCK**.  
*OREUN AP SEOGI, OREUN ARAE MAKKI*
20. Step forward into a **LEFT WALKING STANCE** and execute a **LEFT DOWNWARD PRESSING BLOCK** to the mid-section. Step forward into a **HORSE-RIDING STANCE** facing 12 o'clock and execute a **RIGHT SIDE SUPPORTED ELBOW STRIKE**.  
*WEN AP SEOGI, WEN BATANGSON NULLO MAKKI, JUJUM SEOGI, OREUN PALKUP YOP CHIGI*



## KORYO

21. Look left toward 3 o'clock, maintaining the **HORSE-RIDING STANCE** and execute a **RIGHT SINGLE KNIFE-HAND BLOCK** to the mid-section.

*JOO JOOM SEOGI, OREUN HAN SONNAL MOMTONG YOP MAKKI*

22. Execute a **LEFT CROSSING PUNCH**, using the right palm as a target.

*WEN JOOMOK PYOJEOK JIREUGI*

23. Cross the left foot over the right in a **FRONT CROSSING STANCE** and execute a **RIGHT SIDE KICK**.

Land in a **LEFT FRONT STANCE** facing 9 o'clock and execute a **RIGHT THRUST** to the groin and bringing the left fist to the right shoulder.

*AP KKOA SEOGI, OREUNBAL YOP CHAGI, WEN AP KUBI, OREUN PYON SON KKEUT ARAE JECHO TZIREUGI.*



24. Bring the left foot back into a **LEFT WALKING STANCE** and execute a **LEFT LOW BLOCK**

*WEN AP SEOGI, ARAE MAKKI*

25. Step forward into a **RIGHT WALKING STANCE** and execute a **RIGHT DOWNWARD PRESSING BLOCK** to the mid-section. Step forward into a **HORSE-RIDING STANCE** facing 12 o'clock and execute a **LEFT SIDE SUPPORTED ELBOW STRIKE**.

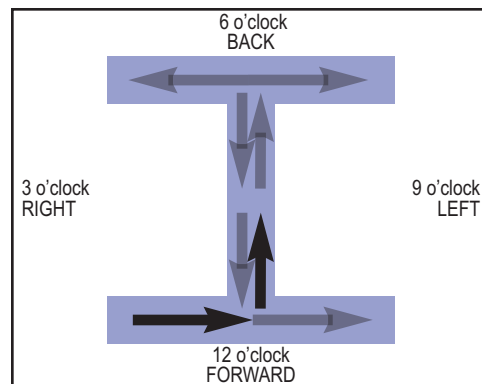
*OREUN AP SEOGI, OREUN BATANG SON NULLO MAKKI, JUJUM SEOGI, WEN PALKUP YOP CHIGI*



- 26 Bring the right foot alongside the left into a **CLOSED READY STANCE**, while circling

the arms up over the head then downward, striking the right

*MOA SEOGI, WEN MAE JOOMOK ARAE PYOJEOK CHIGI*



**KORYO**

27. Turn left toward 6 o'clock by pivoting on your right foot into a **LEFT FRONT STANCE** and execute a **LEFT OUTSIDE KNIFE-HAND STRIKE** to the neck. Follow immediately with a **LEFT LOW KNIFE-HAND BLOCK**.

*WEN AP KUBI, WEN HAN SONNAL BAKKAT CHIGI. WEN HAN SONNAL ARAE MAKKI*



28. Step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT KNIFE-HAND STRIKE** to the neck. Follow immediately with a **RIGHT LOW KNIFE-HAND BLOCK**.

*OREUN AP KUBI, OREUN HAN SONNAL MOK CHIGI. OREUN HAN SONNAL ARAE MAKKI*



29. Step forward into a **LEFT FRONT STANCE** and execute a **LEFT KNIFE-HAND STRIKE** to the neck. Follow immediately with a **LEFT LOW KNIFE-HAND BLOCK**.

*WEN AP KUBI, WEN HAN SONNAL MOK CHIGI. WEN HAN SONNAL ARAE MAKKI*



30. Step forward into a **RIGHT FRONT STANCE** and execute a **RIGHT THROAT ATTACK**.

**KIHAP!**

*WEN AP KUBI, OREUN KHALJAEBI KIHAP!*

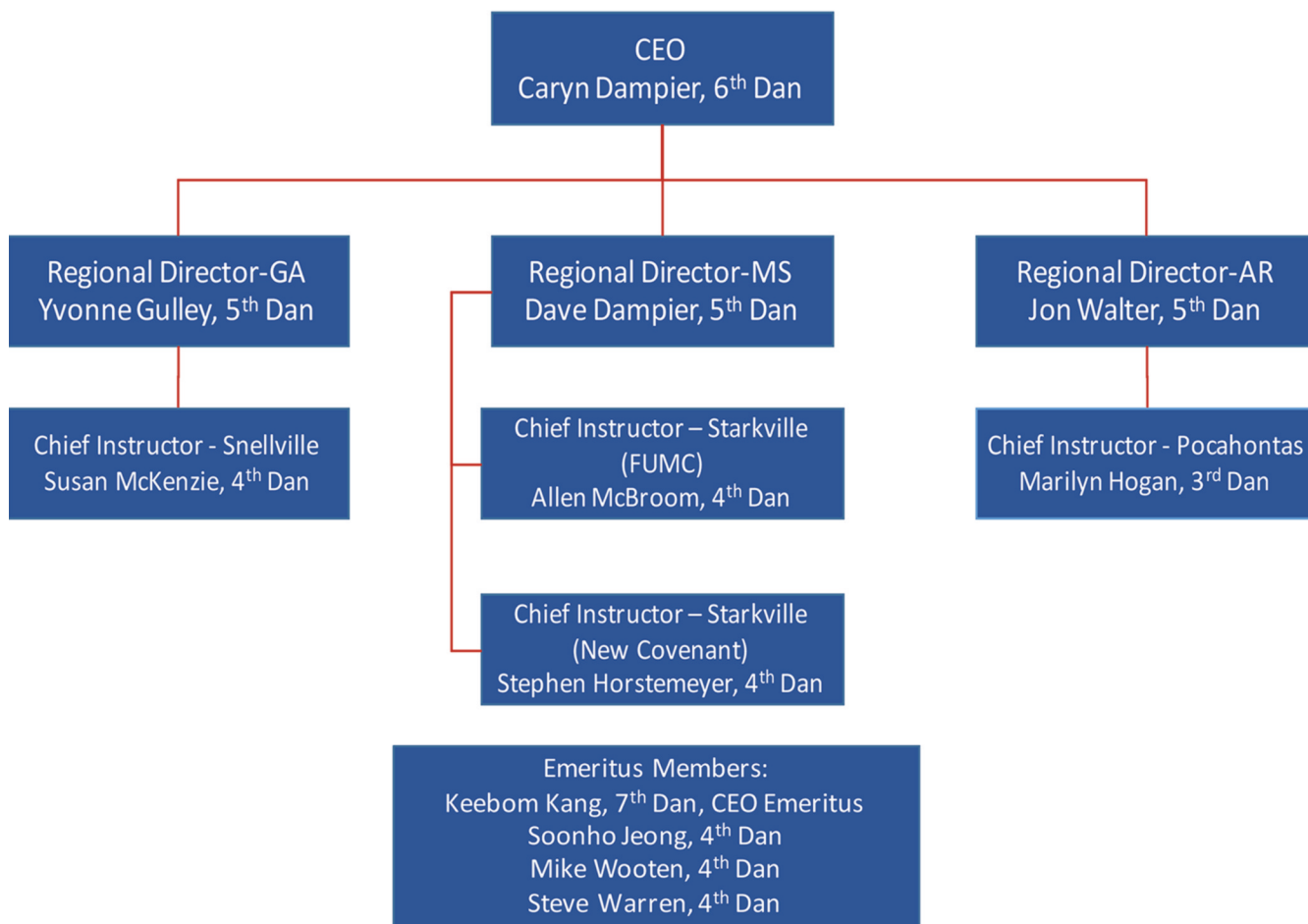
When the command **RETURN** is given, turn left toward 12 o'clock by pivoting on your right foot and assume a **PUSHING TUBE READY STANCE**.

*TONG MILGI JUNBI*



# NPS Taekwondo Association Board of Directors

## June 2016



Over 25 years ago, Captain David Dampier began a Taekwondo class in a racquetball court at the Naval Postgraduate School in Monterrey, CA where he was studying for his doctorate. The class held seven people.

Not long after, he met an NPS professor (a master in Taekwondo) and they began to work together. This was the beginning of a 25 year relationship that formed our organization. Working with Dr. Keebom Kang, David established a club for Taekwondo and wrote the first Student Manual.

Over the years, David began other Taekwondo clubs across the country, and mentored other Black Belt students to either support the local club they got their belt in, or begin a new one. His vision: to establish world class Taekwondo instruction as a service to families of the community, with costs being only for facilities and supplies.

***This idea of Taekwondo as a community service is the foundation and strength of our organization.***

From those seven people working out in a racquetball court, over 1,000 students have practiced Taekwondo with NPS, and hundreds have received black belt certifications.

So, with gratitude, this manual is dedicated to Dr. Dampier. We thank you for your vision and foresight.

*Ordinary people doing Extraordinary things*

