



STUDENT HANDBOOK

태권도

School Rules

- 1) All students will address Black Belt Instructors as Sir or Ma'am.
- 2) No gum chewing in class.
- 3) No horseplay allowed in or around the classroom.
- 4) No street shoes allowed on the workout area.
- 5) No leaning on, striking of, or kicking of the walls.
- 6) No leaving the workout area during class without permission of the instructor or ranking student in charge.
- 7) No alcoholic consumption before class; students with alcohol on their breath will be excused from class.
- 8) No marking of any kind on the uniform without prior permission of the Master Instructor.
- 9) No vulgar language in the classroom.
- 10) Fingernails and toenails must be kept trimmed.
- 11) All students will learn basic commands in Korean and will be ready to help lead class, if asked to do so.
- 12) No jewelry in class except wedding bands.
- 13) Promotions will be based on class attendance, general attitude toward Tae Kwon Do and physical ability.
- 14) No student will teach Tae Kwon Do to anyone outside of class unless said student is under supervision of the Master Instructor, or in training to qualify for an instructor rating.
- 15) No Student will speak of another school, style, instructor, or student in a degrading manner.
- 16) Each student must wash his or her uniform at least once a week.
- 17) Each student must maintain an acceptable academic standing; failure to do so could result in suspension from the class.
- 18) Students who persist in breaking rules will be expelled.

Children Home Rules

Children shall...

- 1) greet their parents when they enter the house and say goodbye when they leave.
- 2) be respectful to their parents and their grandparents.
- 3) at all times be truthful.
- 4) strive for a good relationship with their brothers and sisters.
- 5) willingly help with household chores.
- 6) report to their parents that they have completed assigned tasks.
- 7) be responsible for the upkeep and neatness of their room.
- 8) practice daily cleanliness in the matters of hair, teeth, and body.
- 9) abide by their parents' decisions.
- 10) not interrupt adult conversations.
- 11) refrain from rowdy behavior at home.
- 12) possess an active mind, body, and spirit.
- 13) diligently study their schoolwork at home and at school.
- 14) at all times show respect for their school, teachers, and peers.

Action for Dismissal

Any member (including students, staff, and other associates of St. Louis Tae Kwon Do (STLTKD) Academy) will be dismissed if one or more of the following cases are applicable:

- 1) Not giving a reason for absence from regularly scheduled classes for a two-month period.
- 2) Failing to attend two consecutive scheduled promotional tests.
- 3) Receiving two warnings for various reasons from any STLTKD Academy and failing to correct his/her behavior or attitude.
- 4) Speaking badly of, spreading rumors about, or underrating the reputation of other students, the school, or instructors of STLTKD Academy.
- 5) Engaging in an illegal or immoral activity on or off the school premises.
- 6) Any student with multiple complaints against him/her from fellow students will have his/her membership to the school decided by a special session made up of the school black belt ranked students. A fair opportunity to be heard will be given to both parties, but no more than two persons will make up the special session hearing the complaint and explanation.
- 7) Any parent or guardian who interferes with the student's learning process or who speaks about the reputation of the school may cause the dismissal of the student for the protection of the school.

Tenets of Tae Kwon Do

- | | | |
|----|--------------------|--------------------|
| 1) | Courtesy | (Ye Ui) |
| 2) | Integrity | (Yom Chi) |
| 3) | Perseverance | (In Nae) |
| 4) | Self-Control | (Guk Gi) |
| 5) | Indomitable Spirit | (Backjul Boolgool) |

The True Student

- 1) Loyal to the school and instructor
- 2) Good martial art attitude
- 3) Student harmony
- 4) Good attendance
- 5) Clean technique

My Pledge

- 1) I will observe the Tenets of Tae Kwon Do.
- 2) I will respect the instructor and all senior ranks.
- 3) I will never misuse Tae Kwon Do
- 4) I will be a champion of freedom and justice.
- 5) I will build a more peaceful world.

Explanation of Tenets of Tae Kwon Do

Courtesy

Martial artists are expected to conduct themselves modestly and politely in all personal interactions. We must be slow to anger and quick to forgive. We should strive to be leaders in our communities, schools, and places of business, setting examples for others. Our lives should be full of good deeds, both large and small, as a reflection of standards we have set for ourselves.

Integrity

Tradition holds that those who seek knowledge in the martial arts are persons of high character. In China, many of the most highly skilled “masters” had deep moral and religious belief systems. In Japan, those who were in the rank of warrior class were people of high character and lived by strict codes of ethics. In Korea, the heritage of the Hwa-Rang-Do youth group helped unify the three kingdoms of Korea in the year 688 A.D. They traveled throughout the country with the purpose of cultivating moral and patriotic ideas among the Korean youth. Those who decide to follow in the footsteps of other martial artists must be honest and pure of mind and spirit, seeking to rid themselves of vice and impure motives in their lives.

Perseverance

The very nature of martial arts training requires the student to demonstrate perseverance, while also strengthening it daily. Each day there are new challenges before us, both in and out of the training hall. From the success earned through daily achievements, we are rewarded with high levels of perseverance that are transposed to all areas of our lives.

Self-Control

With each passing year, the practicing martial artist becomes more skilled, soon possessing an extraordinary arsenal of martial techniques and skill. As such, we must also possess high levels of self-control in order to keep our gifts harnessed until required to protect others or ourselves from harm in the face of aggression and violence.

Indomitable Spirit

This is perseverance fully matured. Even in the face of certain defeat, overwhelming odds, and death, the martial artist must be bold of spirit and face the challenge with tenacity and conviction. The martial artist understands that there are some things that cannot be avoided and require confrontation even though defeat is certain. This is the glory of the martial spirit and even in defeat there is no shame.

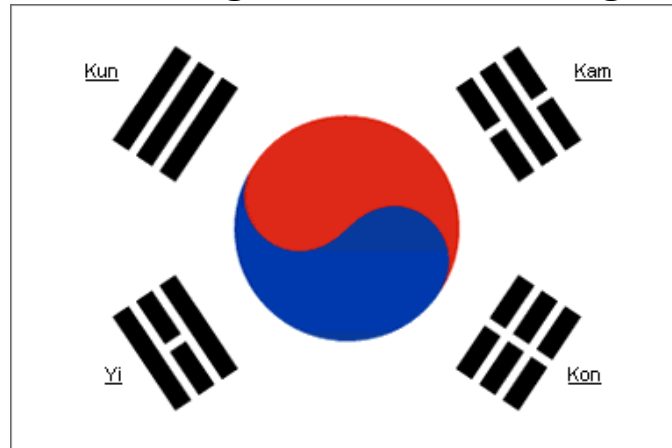
Korean Numbers

1	ha na	11	yul ha na	21	sumul ha na	31	sorun ha na	41	ma hun ha na
2	dool	12	yul dool	22	sumul dool	32	sorun dool	42	ma hun dool
3	set	13	yul set	23	sumul set	33	sorun set	43	ma hun set
4	net	14	yul net	24	sumul net	34	sorun net	44	ma hun net
5	da sot	15	yul da sot	25	sumul da sot	35	sorun da sot	45	ma hun da sot
6	yo sot	16	yul yo sot	26	sumul yo sot	36	sorun yo sot	46	ma hun yo sot
7	il gop	17	yul il gop	27	sumul il gop	37	sorun il gop	47	ma hun il gop
8	yo dul	18	yul yo dul	28	sumul yo dul	38	sorun yo dul	48	ma hun yo dul
9	a hop	19	yul ah hop	29	sumul a hop	39	sorun a hop	49	ma hun a hop
10	yul	20	sumul	30	sorun	40	ma hun	50	shee hun

Korean Terms

Attention	Cha Ryut	Instructor	Sa Bom Nim
Bow	Kyung Yet	Senior Student	Sun Beh
Ready	Chung Be	Senior Teacher	Sun Sang Nim
Begin	Shi Jak	1st To 3rd Dan	Kae Sa Nim
Stop	Kuman	Training Hall	Do Jang
Return	Ba Ro	Uniform	Do Bak
Rest	Shi Oh	Belt	Twee
Sit Down	Ahn Jo	Form	Poomse
Stand Up	Yi Ro Sut	Sparring	Gyroogi
Continue	Kae So	Self Defense	Ho Sin Sool
Turn To The Rear	Dwi Ro Do Ra	Thank You	Gam Sa Ham Ne Da

Meaning of the Korean Flag



Colors

The white background color of the flag represents the land, the purity of the Korean people, and their peace-loving spirit. Korean people have preferred to wear white clothing, hence, Korea has been called the "white-clad" nation. The eum-yang circle represents the people; the red upper half (yang) represents male and the blue lower half (eum) represents female. Yellow (gold)

Eum-Yang (Ying-Yang in Chinese)

The eum-yang symbol expresses the dualism of the universe, the perfect harmony and balance among opposites, and the constant movement within the sphere of infinity. Eum (blue portion of the symbol) means dark, cold, or negative, while yang (red portion of the symbol) means bright, hot, or positive.

Kun

Name: Heaven

Meaning: All three lines of the trigram are solid representing the completeness of life. As heaven is greater than the earth, this trigram is first on the flag.

Kam

Name: Water

Meaning: The trigram is completely open. The center is open because she is not yet viewed as fertile, because she has bore no children. The top and bottom are open to represent her coming role as the provider of earthly necessities for her future family.

Yi

Name: Fire

Meaning: Trigram is closed at the top and bottom, showing that a son must be well grounded in the heavenly and scholarly ways for his coming role as the father of his family. The center line is open because the son has not yet fathered a child and he so is viewed as incomplete.

Kon

Name: Earth

Meaning: Earth and mothers are the source of life. The top and bottom line of the trigram are open indicating a mother's receptiveness and the incompleteness of life on earth. The center is filled representing the completeness and perfection of motherhood. The role of the mother is to provide for the earthly necessities of life. The top and bottom lines are open representing openness.

Testing Requirements

All belt promotions are at the discretion of the Instructor

- 1) Good Attitude
 - i. It is the expectation of the instructors that you will come to the test full of energy and appreciating the opportunity to test.
 - ii. Full power, excellent technique, and loud yells are critical.
- 2) All Techniques found in this Handbook (for student's current rank and all prior Techniques).
- 3) The Pattern (Form) for your belt rank. Brown belts are also responsible for Chon Ji through Won Hyo, red belts are also responsible for Yul Guk through Hwa Rang.
- 4) All Self-Defense Techniques
 - i. This handbook mandates the self-defense techniques required for belts white through high green.
 - ii. All ranks blue and above are expected to create five self-defense techniques that demonstrate more advanced techniques appropriate for your belt rank. These should include at least one of each of the following:
 - i. A take-down
 - ii. A break-away
 - iii. An aerial kick
- 5) History from this Handbook (for student's current rank and all prior history).
- 6) Board Breaks are required for belts brown and above
- 7) The general information from this handbook
- 8) Sparring is required for belts green and above
- 9) 16 classes attended (minimum)
- 10) Instructor's permission to test
- 11) Testing Fee

Black Belt Testing Requirements

All belt promotions are at the discretion of the Instructor

- 1) Good Attitude
- 2) All techniques from this Handbook
- 3) All Patterns (Forms) from white to black belts
- 4) Minimum of 7 self-defense techniques including a take-down, break-away, and aerial kick
- 5) Weapon Pattern (Form)
- 6) All History from this Handbook
- 7) The general information from this handbook
- 8) Sparring
- 9) Instructor's permission to test
- 10) Board Breaks and a brick break
- 11) Testing Fee

White Belt

History

Required to know:

- 1) There are 19 movements in the Chon Ji pattern
- 2) Chon Ji means the “Heaven and Earth”
- 3) White Belt means the student is pure and without knowledge of Tae Kwon Do
- 4) Tae Kwon Do translates to the “Art of Hand and Foot Fighting”
- 5) Korea is the home country of Tae Kwon Do
- 6) Tenets of Tae Kwon Do (page 5, English only)

Should be familiar with:

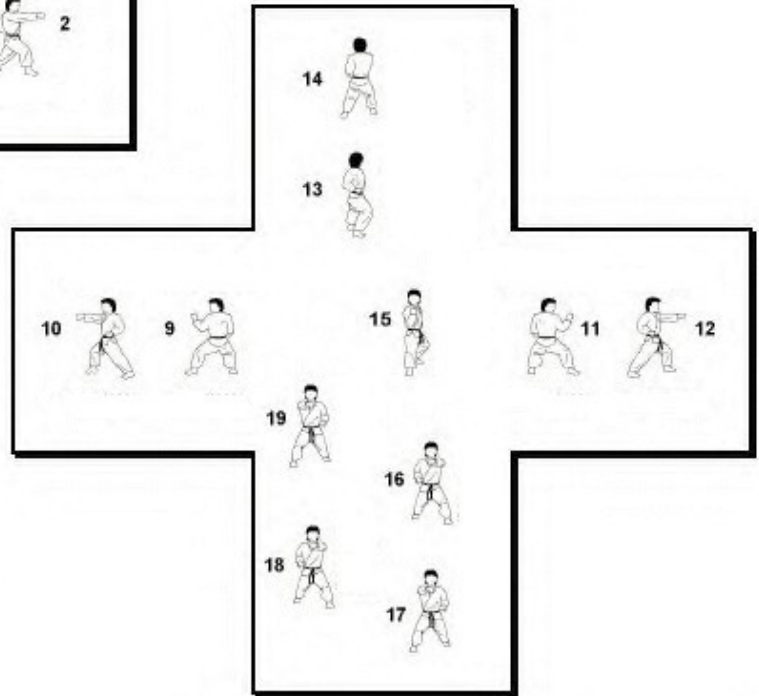
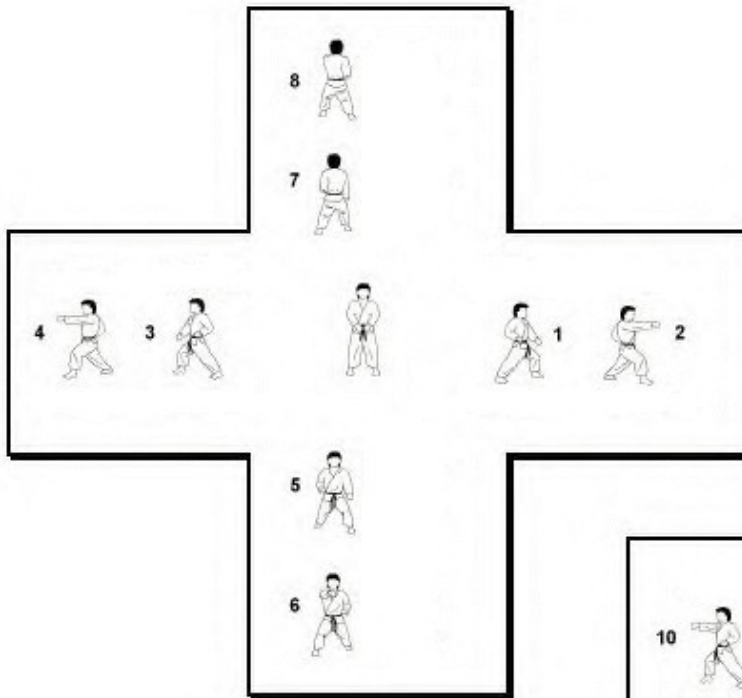
- 1) Tae Kwon Do – Tae Kwon Do is the ancient Korean art of unarmed combat passed down for many centuries from Masters to devoted students. “Tae” means to smash or kick with the foot. “Kwon” means to punch or attack with the hand. “Do” means art or way. Literally translated Tae Kwon Do means the art of hand and foot fighting.
- 2) Chon Ji – Literally the “Heaven and Earth.” It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. The pattern consists of two similar parts – one to represent the Heaven and the other to represent the Earth.
- 3) Be able to count 1 through 10 in Korean
- 4) The True Student (page 5)
- 5) My Pledge (page 5)

Techniques

- a) Cha Ree yout (attention)
- b) Kyung Neh (bow)
- c) Chung Be (ready position)
- d) Bahro (back to ready position)
- e) Ki Hap (yell)
- f) Horse stance
- g) Front stance
- h) Back stance
- i) Fighting stance
- j) Center punch
- k) Knife hand strike
- l) High block
- m) Outer Forearm block (palm up and palm down)
- n) Low block
- o) Double fist guarding block
- p) Front kick
- q) Round kick
- r) Crescent kick (Outside and Inside)
- s) Step Through Side kick

White Belt Form

천지



1 CHON-JI

Means "Heaven and Earth."
(19 movements)

TaeKwon-Do Hyung Diagrams ©1997, KMA/Master P. Curell

White Belt Self Defense

- 1) Step left leg forward into a front stance while performing a high block with the left arm, single reverse punch to the head with the right hand. Step left leg back into a fighting stance and Ki Hap.
- 2) Step left leg forward into a back stance while performing a left outer block (palm up), single reverse punch to the stomach with the right hand. Step left leg back into a fighting stance and Ki Hap.
- 3) Left leg outside crescent kick to block the punch, right leg front kick to the stomach. Step right leg back into a fighting stance and Ki Hap.
- 4) Defend against a two-handed wrist grab (opponent uses both of their hands to grab one of your wrists, you must break away).

Yellow Belt

History

Required to know:

- 1) There are 21 movements in the Dan Gun pattern
- 2) Yellow Belt means the student is like a seed beginning to see the sun
- 3) Be able to count 1 through 10 in Korean
- 4) Do Bak – Korean term for uniform
- 5) Twee – Korean term for belt
- 6) The True Student (page 5)

Should be familiar with:

- 1) Dan Gun – is named after the holy Dan-Gun, the legendary founder of Korea in the year 2333 B.C.
- 2) My Pledge (page 5)

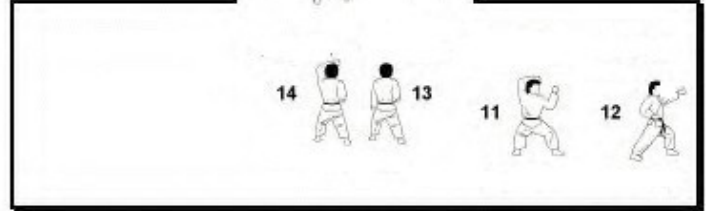
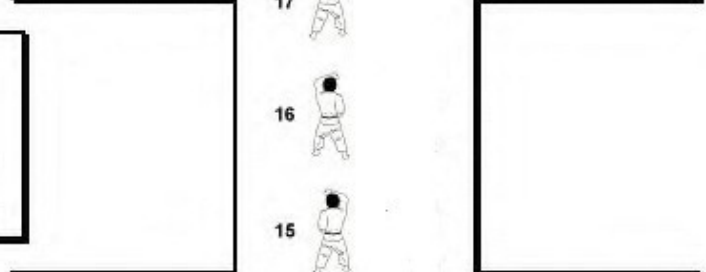
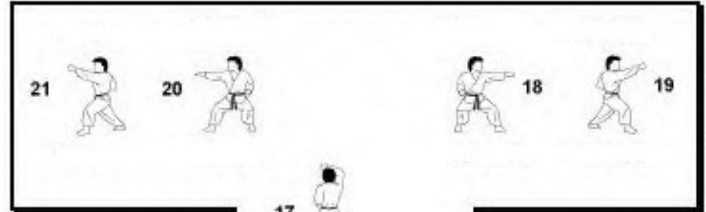
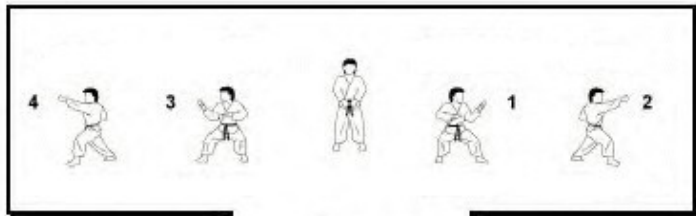
Techniques

- a) Back fist
- b) Double knife hand guarding block
- c) Square block (C block)
- d) Inner Forearm block
- e) Side kick
- f) Double front kick (same leg)
- g) Double round kick (same leg)
- h) Double side kick (same leg)
- i) Spin side kick (Back Pivot kick)
- j) Spin crescent kick
- k) Jump front kick (single leg)
- l) Tension kicks

Yellow Belt Form

Visual representations of forms courtesy of George Petrotta

단군



DAN-GUN

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

TaeKwon-Do Hyung Diagrams ©1997, KMA/Master P. Curell

Yellow Belt Self Defense

- 1) Step left leg forward into a back stance while performing a double knife hand guarding block followed by a left hand back fist to the side of the head. Step left leg over into a front stance and deliver a right punch to the stomach. Step left leg back into a fighting stance and Ki Hap.
- 2) Right leg front kick to the head, and then left leg round kick to the stomach. Step down into a back stance (left leg forward) while executing a left hand knife hand strike to the head. Step left leg back into a fighting stance and Ki Hap.
- 3) Step right leg back into a fighting stance, and then perform a left leg step through sidekick to the stomach. Rechamber the kick, then step the left foot down into a front stance while delivering a right hand punch to the head. Step left leg back into a fighting stance and Ki Hap.
- 4) Defend against same side single wrist grab (opponent uses their left hand to grab your right wrist, you must break away).

High Yellow Belt

History

Required to know:

- 1) There are 24 moves in the Do San Pattern
- 2) Yellow Belt means the student is like a seed beginning to see the sun
- 3) Do Jang – Korean term for training hall
- 4) Gam Sa Ham Ne Da – Korean term for thank you
- 5) My Pledge (page 5)

Should be familiar with:

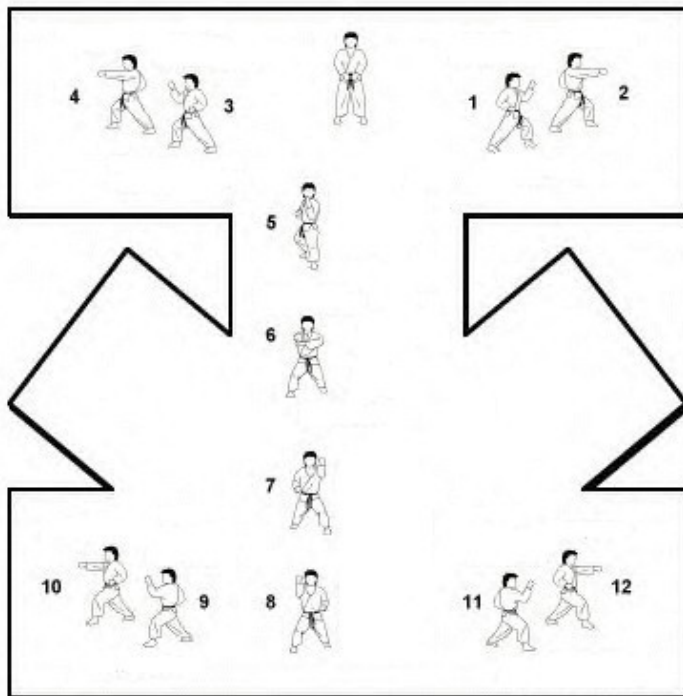
- 1) Do San – is the pseudonym of the patriot Ahn Chang Ho (1876 – 1938) who devoted his entire life to furthering the education of Korea and its independent movement.

Techniques

- a) Spear hand strike
- b) Elbow strike
- c) Knee strike
- d) Hammer fist
- e) Palm heel strike / block
- f) Wedge block
- g) Front kick / round kick combo (same leg)
- h) Front kick / side kick combo (same leg)
- i) Jump tuck front kick
- j) Spin heel kick (Back wheel kick)

High Yellow Belt Form

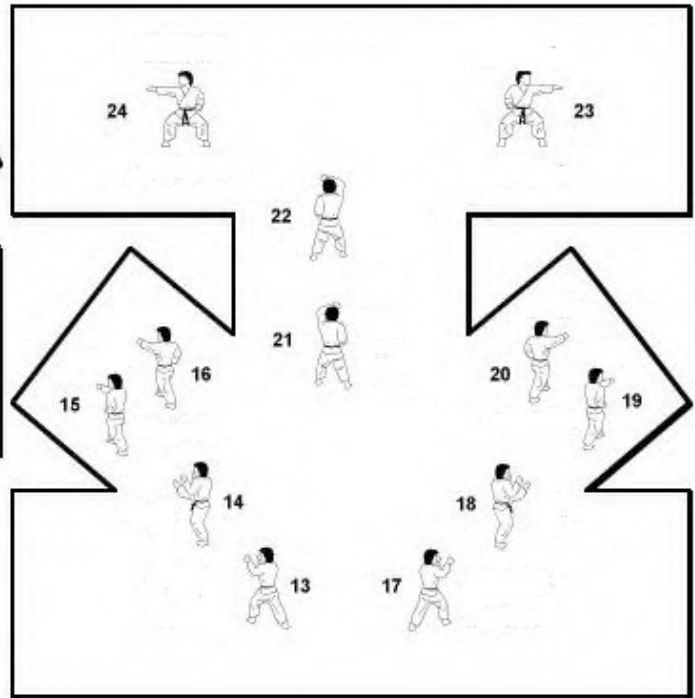
Visual representations of forms courtesy of George Petrotta



도선

DO-SAN

The pen name of Ahn Ch'ang Ho, a Korean patriot who devoted his life to furthering education in Korea.
(24 movements)



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High Yellow Belt Self Defense

- 1) Step out to a 45-degree angle with left leg in a horse stance while executing a palm block with the left hand, then palm strike to the head with the right hand, then hammer fist to the side of the head with the left hand. Step the left leg back into a fighting stance and Ki Hap.
- 2) Deliver a right leg outside crescent kick to block the opponent's right arm, followed by a left leg round kick to the side of the stomach. Step the left foot down (close to the right foot), then perform a back wheel kick to the head with the right leg. The right leg should land in back into a fighting stance and Ki Hap.
- 3) Step left leg forward into a front stance while performing a left hand high block. Keeping the arm in a high block grab their arm while delivering a right elbow strike to the head (across the face) then a back elbow strike across the other side of the face. Right hand grabs the right side of the opponent's neck, pulling down into a head smash against the right knee. Step the right leg down into a fighting stance and Ki Hap.
- 4) Defend against cross-grip single wrist grab (opponent's right hand grabs your right wrist, you must break away).

Green Belt

History

Required to know:

- 1) There are 28 moves in the Won Hyo pattern
- 2) Green Belt means the student is like a plant beginning to grow
- 3) April 1955 is when the term “Tae Kwon Do” was officially recognized for our Martial Art

Should be familiar with:

- 1) Won Hyo – was the noted monk who introduced Buddhism to the 6th Silla Dynasty in the year of 686 A.D.

Techniques

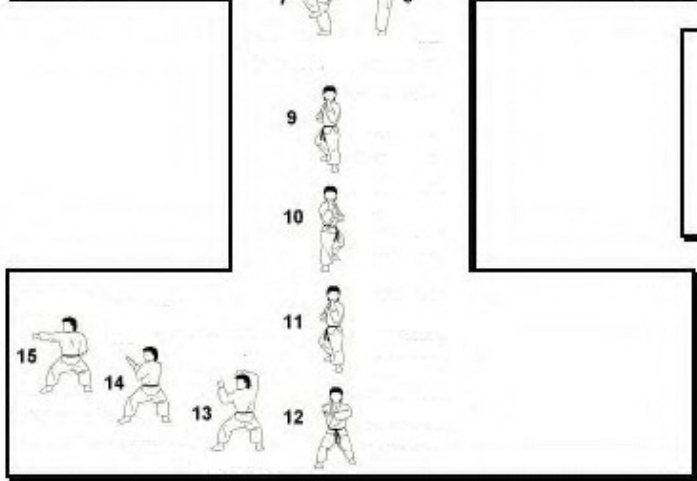
- a) Ready position “A”
- b) Side punch
- c) Inverted knife hand strike
- d) Ridge hand strike
- e) Open hand square block (C block)
- f) Stomp kick
- g) Hook kick
- h) Spin crescent kick
- i) Axe kick
- j) Tornado kick

Green Belt Form

Visual representations of forms courtesy of George Petrotta



원효



WON-HYO

A noted monk who helped spread Buddhism throughout Korea, during the Silla Dynasty in the year 686 A.D.
(28 movements)

TaeKwon-Do Hyung Diagrams ©1997, KMA/Master P. Curell

Green Belt Self Defense

- 1) Step left leg forward into a front stance while performing a right hand outer block (palm up), double punch to the kidney (left, then right). Next execute a left downward palm block and then a right ridge hand to the head. Step left leg back to fighting stance and Ki Hap.
- 2) Left leg side kick to the head, right leg spin side kick (back pivot kick) to the stomach, step down into a back stance (right leg forward) while executing a right knife hand strike to the head. Shift the right leg over to a front stance while performing a reverse (left) punch to the stomach. Step the right leg back into a fighting stance and Ki Hap.
- 3) Step left leg forward into a back stance, while executing a "C" block, right reverse knife hand strike to the neck. Step left leg back to a left close ready stance, then execute a right leg double round kick (first to the stomach, then head). Step right leg back into a fighting stance and Ki Hap.
- 4) Defend against a front double handed choke on neck (opponent grabs your neck with both hands from the front, you must break away).

High Green Belt

History

Required to know:

- 1) There are 38 moves in the Yul Gok pattern
- 2) Green Belt means the student is like a plant beginning to grow
- 3) Tae Kwon Do became an official Olympic medal sport in the year 2000
- 4) General Choi Hong Hi is the man responsible for the term “Tae Kwon Do” and for bringing it to America

Should be familiar with:

- 1) Yul Gok – is the pseudonym of a great philosopher and the scholar Yi I (1536 – 1584 A.D.) nick named the “Confucius of Korea.” The 38 movements of this pattern refer to his birthplace on the 38-degree latitude and the diagram (+) which represents scholar.

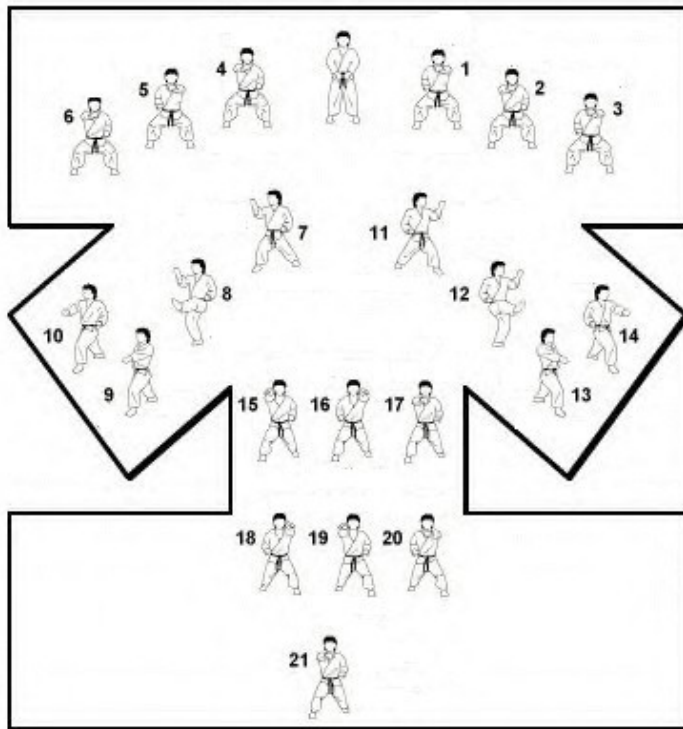
Techniques

- a) X stance
- b) Front roll
- c) Tension punch
- d) Jump back fist
- e) Double forearm block (Tsong-Su block)
- f) Jump round kick
- g) Jump side kick

High Green Belt Form

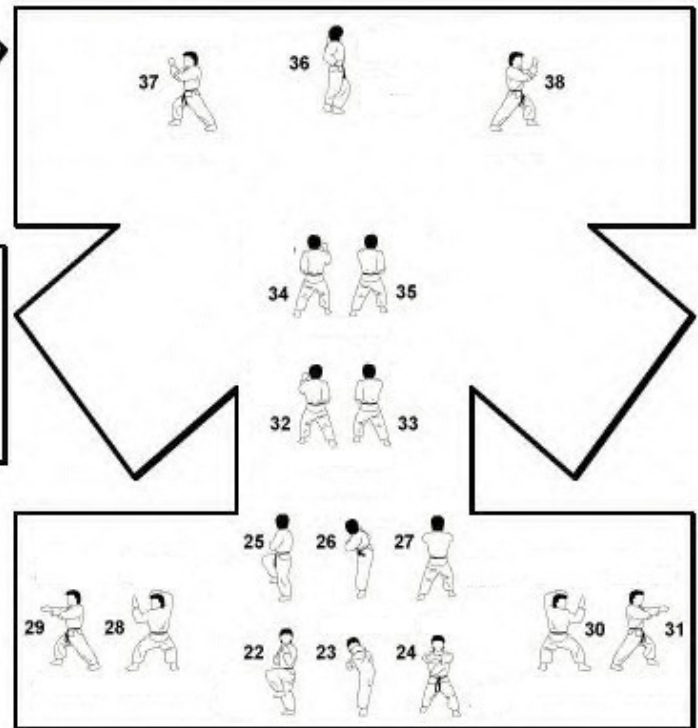
Visual representations of forms courtesy of George Petrotta

율곡



YUL-GUK

The pen name of Yi I, a philosopher and scholar who was nick-named Confucius of Korea.
(38 movements)



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High Green Belt Self Defense

- 1) Right leg inside crescent kick to block opponent's right arm, rechamber and pivot to execute a side kick to the body (both kicks on same leg without stepping the foot down in between kicks). Leap forward to execute a jump back first to the head with the right hand. Step the right leg back to fighting stance and Ki Hap.
- 2) Step left leg forward into a front stance and execute a double forearm block (tsong-su block). Execute a left leg front kick to the stomach and then a right leg jump round house kick to the head. Step the right leg back into a fighting stance and Ki Hap.
- 3) Step the left leg forward into a front stance while executing an upper block with the left arm and right hand punch to the head (all at the same time). Next grab your opponent (left hand grabs their right arm, right hand grabs their left lapel/shoulder) and perform an outside leg sweep (your right foot behind the opponent's right foot). Kneel down on the right knee while executing a right punch to the face. Stand up and step the left leg back into fighting stance and Ki Hap.
- 4) Defend against a standing "bully" headlock (while you are bent forward opponent uses their arm to wrap around your head and lock it against the side of their body, you must break away).

Blue Belt

History

Required to know:

- 1) There are 32 moves in the Joong Gun pattern
- 2) Blue Belt means the student is like a plant reaching towards the sky
- 3) Tae Kwon Do, Hapkido, and Tang Soo Do are the three major martial arts from the country of Korea
- 4) Grandmaster Jhoon Rhee was the first known Korean to teach Tae Kwon Do in America. He was also good friends with Bruce Lee.

Should be familiar with:

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

Techniques

- a) Ready position "B"
- b) Cat stance
- c) Double fist punch
- d) Double upset punch
- e) Upward elbow strike
- f) Upward palm heel block
- g) X block
- h) Stick block (Pole block)
- i) Double pressing block

Blue Belt Form

Visual representations of forms courtesy of George Petrotta



충군



CHOONG-GUN

A Korean patriot who assassinated the first
Japanese Governor-General of Korea.
(32 movements)



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High Blue Belt

History

Required to know:

- 1) There are 37 moves in the Toi Gye pattern
- 2) Blue Belt means the student is like a plant reaching towards the sky
- 3) The 5 elements of power: Speed, Breath Control, Equilibrium, Concentration, and Reaction Force
- 4) Korean Tae Kwon Do Association was the first major Tae Kwon Do organization

Should be familiar with:

- 1) Toi Gye – is the penname of noted scholar Yi Hwang (16th century A.D.), an authority on neo-confucianism. The 37 movements of the pattern refer to his birthplace on 37th degree latitude, the diagram represents scholar.

Techniques

- a) Reverse palm heel strike
- b) Head smash
- c) E block
- d) Jumping X block
- e) Inverted twist kick
- f) Flying side kick
- g) Jump spin side kick
- h) Jump spin hook kick

High Blue Belt Form

Visual representations of forms courtesy of George Petrotta

대계



TOI-GYE

Pen name of Yi Hwang, a noted scholar and an authority on Neo-Confucianism.
(37 movements)

Scroll down to see step-by-step instructions

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Brown Belt

History

Required to know:

- 1) There are 29 moves in the Hwa Rang pattern
- 2) Brown Belt represents Earth, the student has a strong foundation
- 3) The highest rank in Tae Kwon Do is 9th degree (Grandmaster)
- 4) Blue Collar on a black belt's uniform means Junior Assistant Instructor
- 5) Red Collar on a black belt's uniform means Assistant Instructor
- 6) Black Collar on a black belt's uniform means Certified Instructor

Brown Belts do not need to know information in this section word for word, but should be familiar enough with it to answer questions about the content:

- 1) Hwa Rang – is named after the Hwa-Rang youth group, which originated in the Silla Dynasty about 1350 years ago. This group eventually became the actual driving force for the unification of the three kingdoms of Korea.

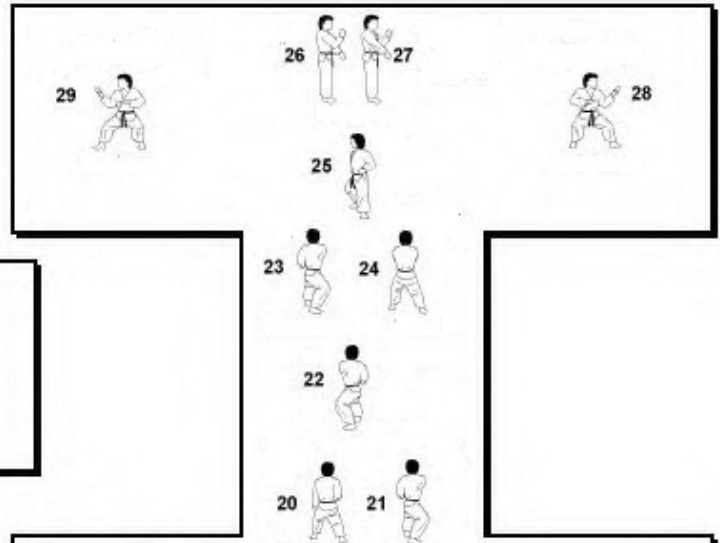
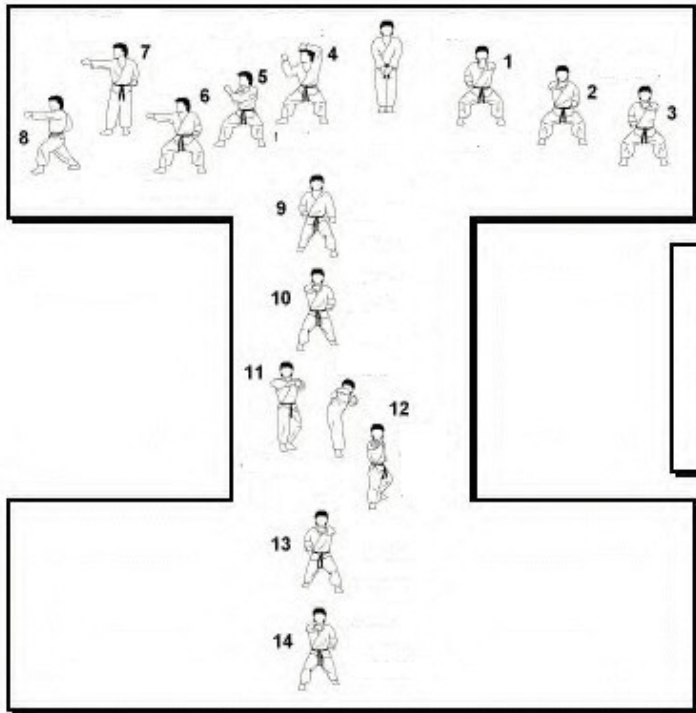
Techniques

- a) Ready position "C"
- b) Downward knife hand strike
- c) Jump double elbow strike
- d) Leg sweeps
- e) Triple kicks (front, round, side)
- f) Jump split kick

Brown Belt Form

Visual representations of forms courtesy of George Petrotta

화랑



HWA-RANG

The youth group which originated in the Silla dynasty and became the main force in the unification of the three kingdoms of Korea.
(29 movements)

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Red Belt

History

Required to know:

- 1) There are 30 moves in the Choong Moo pattern
- 2) Red belt represents danger, the student has good technical knowledge but lacks control and discipline
- 3) The Ying and Yang symbol in the middle of the flag refer to opposites (red meaning negative or hot, and blue meaning positive or cold)

Red Belts do not need to know information in this section word for word, but should be familiar enough with it to answer questions about the content:

- 1) Choong Moo – was the given name to the great Admiral Yi Sun Sin of the Lee Dynasty. He was reputed to have invented the first armored battleship (Kobukson) which was the precursor of the present-day submarine in 1592 A. D. The reason why this ends up with left hand attack is to symbolize his regrettable death having no chance to show his unrestrained potentiality checked by forced reservation of his loyalty to the king.

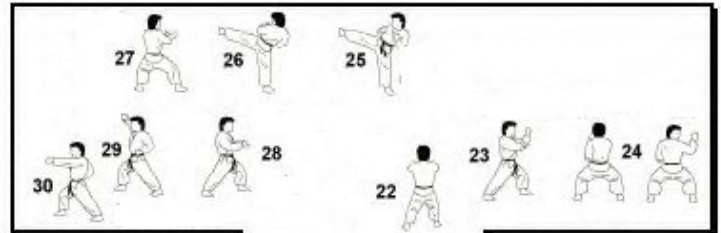
Techniques

- a) Open hand high block
- b) Open hand X block
- c) Jump 360 stick block (pole block)
- d) Jump 360 kicks (side, crescent, hook, wheel)
- e) Flying side kick

Red Belt Form

Visual representations of forms courtesy of George Petrotta

충무



CHOONG-MOO

The given name of Admiral Yi Sun-Sin,
inventor of the first armored battleship
in the year 1592 A.D.
(30 movements)



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Black Belt

History

Required to know:

- 1) There are 39 moves in the Kwang Gae pattern
- 2) There are nine degrees of black belt, symbolizing the coming together of all the previous color belts and all grade knowledge to form a degree

Black Belts do not need to know information in this section word for word, but should be familiar enough with it (and all information from previous ranks) to answer questions about the content:

- 1) Kwang Gae – is named after the famous Kwang-Gae T'o Wang, the 19th king of the Koguryo Dynasty, who regained all the lost territory. The 39 movements refer to his reign for 39 years.
- 2) Reason for the 24 Patterns – The life of a human being, perhaps 100 years, can be considered as a day when compared with eternity. Therefore, we, mortals are no more than simple travelers who pass by the eternal years of an eon in a day. It is evident that no one can live more than a limited amount of time. Nevertheless, most people foolishly enslave themselves to materialism as if they could live for thousands of years. And some people strive to bequeath a good spiritual legacy for coming generations, this way they gain immortality. Obviously, the spirit is perpetual while material is not. Therefore, what we can do to leave behind something for the welfare of mankind is, perhaps, the most important thing in our lives. Here I leave Tae Kwon Do for mankind as a trace of man of the late 20th century.

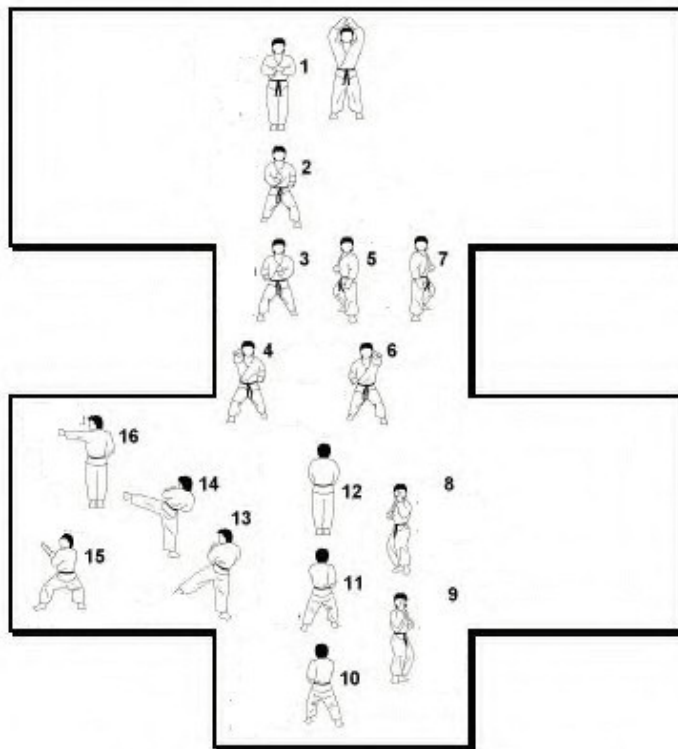
Techniques

- a) All Previous Techniques

Black Belt Form

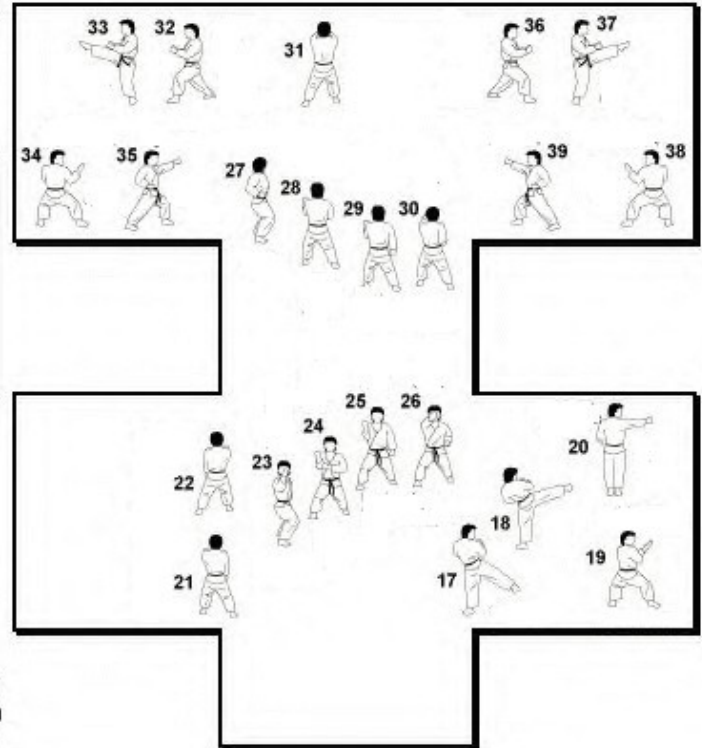
Visual representations of forms courtesy of George Petrotta

광계



KWANG-GAE

The 19th king of the Koryŏ Dynasty. He recovered all the lost territories including the greater part of Manchuria. The foot diagram represents the expansion and recovery of the lost territory.
(39 movements)



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