

# Training Manual

Volume II: Black Belts



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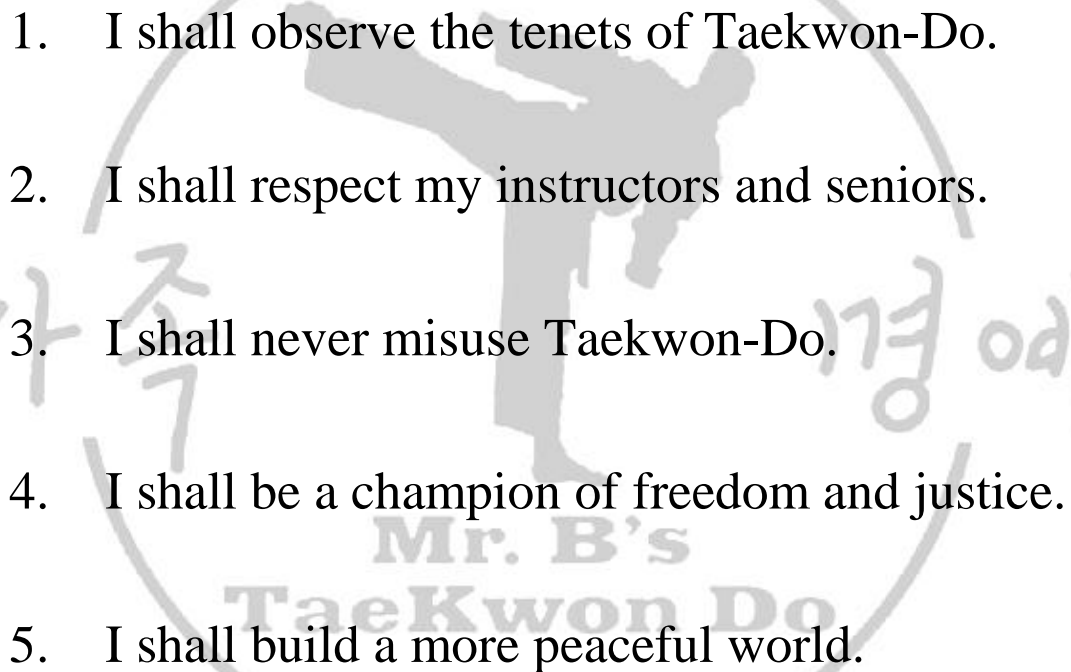
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# Review Sheets

## Student Oath

1. I shall observe the tenets of Taekwon-Do.
  2. I shall respect my instructors and seniors.
  3. I shall never misuse Taekwon-Do.
  4. I shall be a champion of freedom and justice.
  5. I shall build a more peaceful world.
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# Review Sheets

## Taekwon-Do Tenets -- *Taekwon-Do Jungshin*

1. Courtesy -- *Ye Ui*
2. Integrity -- *Yom Chi*
3. Perseverance -- *In Nae*
4. Self Control -- *Guk Gi*
5. Indomitable Spirit -- *Baekjool Boolgool*

### EXPLANATION OF TENETS

Needless to say, the success or failure of Taekwon-Do training depends largely on how one observes and implements the tenets of Taekwon-Do which should serve as a guide for all serious students of the art.

#### COURTESY (Ye Ui)

It can be said that courtesy is an unwritten regulation prescribed by ancient teachers of philosophy as a means to enlighten human beings while maintaining a harmonious society. It can be further defined as an ultimate criterion required of a mortal.

Taekwon-Do students should attempt to practice the following elements of courtesy to build up their noble character and to conduct the training in an orderly manner as well.

- 1) To promote the spirit of mutual concessions
- 2) To be ashamed of one's vices, contemning those of others
- 3) To be polite to one another
- 4) To encourage the sense of justice and humanity
- 5) To distinguish instructor from student, senior from junior, and elder from younger
- 6) To behave oneself according to etiquette
- 7) To respect others' possessions
- 8) To handle matters with fairness and sincerity
- 9) To refrain from giving or accepting a gift when in doubt

#### INTEGRITY (Yom Chi)

In Taekwon-Do, the word integrity assumes a looser definition than the one usually presented in Webster's dictionary. One must be able to define right and wrong and have a conscience, if wrong, to feel guilt. Listed are some examples where integrity is lacking:

- 1) The instructor who misrepresents himself and his art by presenting improper techniques to his

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students because of a lack of knowledge or apathy.

- 2) The student who misrepresents himself by "fixing" breaking materials before demonstrations.
- 3) The instructor who camouflages bad technique with luxurious training halls and false flattery to his students.
- 4) The student who requests ranks from an instructor, or attempts to purchase it.
- 5) The student who gains rank for ego purposes or the feeling of power.
- 6) The instructor who teaches and promotes his art for materialistic gains.
- 7) The students whose actions do not live up to his words.
- 8) The student who feels ashamed to seek opinions from his juniors.

## PERSEVERANCE (In Nae)

There is an old Oriental saying, "Patience leads to virtue or merit, One can make a peaceful home by being patient for 100 times." Certainly happiness and prosperity are most likely brought to the patient person. To achieve something, whether it is a higher degree or the perfection of a technique, one must set his goal, then constantly persevere. Robert Bruce learned his lesson of perseverance from the persistent efforts of a lowly spider. It was this perseverance and tenacity that finally enabled him to free Scotland in the fourteenth century. One of the most important secrets in becoming a leader of Taekwon-Do is to overcome every difficulty by perseverance. Confucius said, "one who is impatient in trivial matters can seldom achieve success in matters of great importance."

## SELF CONTROL (Guk Gi)

This tenet is extremely important inside and outside the dojang, whether conducting oneself in free sparring or in one's personal affairs. A loss of self-control in free sparring can prove disastrous to both student and opponent. An inability to live and work within one's capability or sphere is also a lack of self-control.

According to Lao-Tzu "the term of stronger is the person who wins over oneself rather than someone else."

## INDOMITABLE SPIRIT (Baekjool Boolgool)

"Here lie 300, who did their duty," a simple epitaph for one of the greatest acts of courage known to mankind. Although facing the superior forces of Xerxes, Leonidas and his 300 Spartans at Thermopylae showed the world the meaning of indomitable spirit. It is shown when a courageous person and his principles are pitted against overwhelming odds.

A serious student of Taekwon-Do will at all times be modest and honest. If confronted with injustice, he will deal with the belligerent without any fear or hesitation at all, with indomitable spirit, regardless of whosoever and however many the number may be.

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<b>SELF DEFENSE COMBINATIONS</b>	<b>3 STEP SPARRING</b>
<p style="text-align: center;"><b>HIGH WHITE</b></p> <ol style="list-style-type: none"> <li>1. Knife-hand Block/Punch/Guard in an L-Stance</li> <li>2. Inner Forearm Block/Punch/ Guard in an L-Stance</li> <li>3. Outer Forearm Block/Punch/Guard in a Walking Stance</li> <li>4. Step to the inside Knife-hand Block with Punch/Guard in a Sitting Stance</li> <li>5. Step to the outside Knife-hand Block/Double Punch/Guard in a Sitting Stance</li> </ol> <p style="text-align: center;"><b>YELLOW</b></p> <ol style="list-style-type: none"> <li>6. Step to the inside to sitting stance; knife-hand block inner knife-hand strike combination</li> <li>7. Stationary palm block; step in L stance; mid-section elbow strike</li> <li>8. Step to the inside sitting; knife block/high-section punch: step forward towards punch grabbing; reverse punch</li> </ol> <p style="text-align: center;"><b>GREEN</b></p> <ol style="list-style-type: none"> <li>9. Step to the inside sitting stance; palm block: back fist: double punch.</li> <li>10. Stationary crescent kick block; jump forward into sitting stance with knife-hand block/high section punch.</li> <li>11. Stationary reverse crescent block; opposite leg high-section front turning kick.</li> </ol> <p style="text-align: center;"><b>HIGH GREEN</b></p> <ol style="list-style-type: none"> <li>12. Jump forward into sitting stance; Knife-hand block and high-section inward knife- hand strike combination; step forward grabbing opponent's wrist and shoulder; foot sweep; reverse punch with yell.</li> <li>13. Jump forward into sitting stance; knife-hand block and high-section inward knife-hand strike combination; bring foot back and high-section knife-hand at the same time.</li> <li>14. (Opponent punches high-section) Drop forward into walking stance; high-section block and high-section inward knife- hand strike combination.</li> </ol> <p style="text-align: center;"><b>BLUE</b></p> <ol style="list-style-type: none"> <li>15. Stationary inward palm block: slide forward into L stance with elbow strike follow with elbow strike</li> <li>16. Jump forward into sitting stance; palm block; 1-2 punch; grab opponent's shoulder; mid-section front turning kick; foot sweep; reverse punch with yell</li> <li>17. Stationary inward palm block; slide forward into L stance; elbow strike; elbow strike; high section elbow strike</li> </ol> <p style="text-align: center;"><b>HIGH BLUE</b></p> <ol style="list-style-type: none"> <li>18. Stationary crescent block; high-section sidekick</li> <li>19. Stationary reverse crescent block; mid-section/high-section double front turning kick</li> <li>20. Step to the inside; high-section sidekick; high-section back kick</li> <li>21. Step into walking stance with knife-hand block; mid-section sidekick</li> </ol> <p style="text-align: center;"><b>RED</b></p> <ol style="list-style-type: none"> <li>22. Step outside to walking stance with knife-hand block: high-section sidekick</li> <li>23. Jump outside into sitting stance: palm block; double punch: grab shoulder mid- section front turning kick: high section reverse turning kick; leg sweep; punch with kihap</li> <li>24. Jump to the side with mid-section front turning kick</li> </ol> <p style="text-align: center;"><b>HIGH RED</b></p> <ol style="list-style-type: none"> <li>25. Stationary crescent block, high-section spin kick (may use either leg)</li> <li>26. Stationary crescent kick; high-section back kick (may use either leg)</li> <li>27. (Opponent punches high) Drop forward into walking stance, high-section knife-hand block with high-section inward knife-hand strike combination, push opponent's arm back with hand as you sweep the leg, reverse punch with yell.</li> <li>28. Stationary reverse crescent block, ball of foot turning kick (in front of face)</li> <li>29. Step forward into walking stance with hooking grab to shoulder, mid-section double front turning kick, high-section ax kick take down, punch with yell</li> <li>30. Jump into sitting stance with palm block, 1-2 punch, grab to shoulder, mid-section double front turning kick, high-section ax kick take down, reverse punch with yell</li> <li>31. Stationary reverse crescent block, mid/high-section double front turning kick, high-section hooking kick (without dropping your leg)</li> <li>32. (Opponent punches high-section) Step forward into walking stance with high-section knife hand block and mid-section upset punch combination followed by high-section inward knife hand strike (in fast sequence), push opponent's arm back as you sweep the leg with your hand, reverse punch with yell</li> <li>33. Vertical jumping, high-section front turning kick</li> <li>34. Jump forward into sitting stance, knife-hand block and high-section attack of your choice combination, palm strike to face with foot sweep, reverse punch with yell.</li> </ol>	<p style="text-align: center;"><b>WHITE</b></p> <ol style="list-style-type: none"> <li>1. Low Block (Punch)</li> <li>2. Outer Forearm (Punch)</li> <li>3. Knife-hand (Punch)</li> <li>4. Inner Forearm (Punch)</li> </ol> <p style="text-align: center;"><b>YELLOW</b></p> <ol style="list-style-type: none"> <li>5. Guarding Blocks (punch)</li> <li>6. Rising Blocks (punch)</li> <li>7. Low Block/Rising Block combination (punch)</li> </ol> <p style="text-align: center;"><b>GREEN</b></p> <ol style="list-style-type: none"> <li>8. Wedging block against grabs (front kick or knee strike)</li> <li>9. Alternate downward palms against side kicks (punch)</li> </ol> <p style="text-align: center;"><b>HIGH GREEN</b></p> <ol style="list-style-type: none"> <li>10. Twin forearm block (punch/inner knife-hand)</li> <li>11. Circular blocks against front kicks (front kick)</li> <li>12. Bending ready stance A (side kick)</li> </ol> <p style="text-align: center;"><b>BLUE</b></p> <ol style="list-style-type: none"> <li>13. Twin knife-hand block (spear hand)</li> <li>14. Double Forearm Block (Front Punch)</li> <li>15. Hooking Block grab attackers upper forearm (punch)</li> </ol> <p style="text-align: center;"><b>HIGH BLUE</b></p> <ol style="list-style-type: none"> <li>16. Knife-hand Guarding Block (upper elbow strike)</li> <li>17. Rising Block with the X fist (front kick)</li> </ol> <p style="text-align: center;"><b>RED</b></p> <ol style="list-style-type: none"> <li>18. Low pressing block (twin punch)</li> <li>19. Low pushing block (head grab)</li> </ol> <p style="text-align: center;"><b>HIGH RED</b></p> <ol style="list-style-type: none"> <li>20. Palm Pushing Block (back fist/punch)</li> <li>21. Inner forearm/Low Block (turning kick/turning kick)</li> </ol> <p style="text-align: center;"><b>REC BLACK BELT</b></p> <ol style="list-style-type: none"> <li>22. Twin palm upward block (front kick)</li> <li>23. Front Block (back fist)</li> </ol>

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<p><b>SPARRING COMBINATIONS</b></p> <p style="text-align: center;"><b>HIGH WHITE</b></p> <ol style="list-style-type: none"> <li>1. Double Punch</li> <li>2. Double punch; Rear leg Front Kick</li> <li>3. Double Punch; Rear Leg Front Kick; Back Fist</li> <li>4. Front Leg Front Kick; Back Fist</li> </ol> <p style="text-align: center;"><b>YELLOW</b></p> <ol style="list-style-type: none"> <li>5. Double punch; crescent kick</li> <li>6. Double punch; reverse crescent kick</li> <li>7. Double punch; rear leg front turning kick</li> <li>8. Double punch; ax kick</li> </ol> <p style="text-align: center;"><b>GREEN</b></p> <ol style="list-style-type: none"> <li>9. Back fist; front leg sidekick; reverse punch.</li> <li>10. Back fist; front foot front kick; reverse punch.</li> <li>11. Back fist; reverse punch; ax kick</li> <li>12. Reverse punch; rear leg front kick; same leg step behind sidekick.</li> </ol> <p style="text-align: center;"><b>HIGH GREEN</b></p> <ol style="list-style-type: none"> <li>13. Front foot front turning kick; same leg side kick; back fist; reverse punch.</li> <li>14. Back fist; front foot sidekick; reverse punch; rear leg front turning kick.</li> <li>15. Reverse punch; rear leg front turning kick; back kick.</li> <li>16. Rear leg sidekick; back kick.</li> </ol> <p style="text-align: center;"><b>BLUE</b></p> <ol style="list-style-type: none"> <li>17. Front foot reverse crescent kick; rear leg front turning kick; back fist reverse punch</li> <li>18. Front foot reverse crescent kick; rear leg front turning; back kick</li> <li>19. Front foot reverse crescent kick; rear leg ax kick; double punch</li> <li>20. Front foot reverse crescent kick; rear leg double front turning kick</li> </ol> <p style="text-align: center;"><b>HIGH BLUE</b></p> <ol style="list-style-type: none"> <li>21. Front foot front turning kick, spin-hooking kick</li> <li>22. Double punch, rear leg crescent kick, spin-hook kick</li> <li>23. Double punch, rear leg sidekick, same leg hook kick</li> <li>24. Front foot hook kick, back fist reverse knife-hand</li> </ol> <p style="text-align: center;"><b>RED</b></p> <ol style="list-style-type: none"> <li>25. Front foot reverse turning kick; rear leg front turning kick; back fist; reverse knife-hand</li> <li>26. Spin reverse crescent kick; ax kick; double punch</li> <li>27. Front foot ax kick, rear leg turning kick; back fist</li> <li>28. Double punch rear leg front turning kick; same leg hook kick (without dropping)</li> </ol> <p style="text-align: center;"><b>HIGH RED</b></p> <ol style="list-style-type: none"> <li>29. Front punch, spin back kick</li> <li>30. Front leg side kick, jump back kick</li> <li>31. Front foot hook kick, same leg turning kick (without dropping), spin back kick</li> <li>32. Front foot ax kick, rear leg turning kick, spin hook kick</li> </ol>	<p><b>Theory of Power</b></p> <ol style="list-style-type: none"> <li>1. Speed (SOKDO) (P=MV)</li> <li>2. Concentration (JIP JOONG)</li> <li>3. Reaction Force (BANDONG RYOK)</li> <li>4. Mass (ZILYANG)</li> <li>5. Breath Control (HOHUP JOJUL)</li> <li>6. Equilibrium (KYUN HYUNG)</li> </ol> <p><b>Tenets of TKD</b></p> <p>Courtesy (YE UI)          Integrity (YOM CHI)          Perseverance (IN NAE)          Self Control (GUL GI)          Indomitable Spirit (BAEKJUL BOOLGOOL)</p> <p><b>History of TKD</b></p> <p>4/11/55 – Gen Choi founded TKD          1959 - TKD to China/Vietnam          1965 – TKD Korea’s National Martial Art          1966 – ITF Founded          1968 – TKD to France adopted by CISM          1969 – 1st Asian TKD Championship          1974 - 1st World TKD – Montreal CA          1979 – ALL Europe TKD Federation</p> <p><b>Belts</b></p> <p>White – Innocence - beginning student w/o knowledge of TKD</p> <p>Yellow – The Earth – from which a plant sprouts and takes root as TKD foundation</p> <p>Green – Plants Growth – as TKD student starts to develop</p> <p>Blue – The Heaven – Plant matures into tree as training in TKD progresses</p> <p>Red – Danger - cautioning the student to exercise control and warning the opponent to stay away</p>
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**Grandmaster Kwang S. Hwang** – 9th Degree master instructor. Born: Sept 13, 1942. TKD at age 11 BS-Political Science, Law degree. Instructor Tiger division Korean Army – TKD to USMC; 1st Grad from ITF instructor course. Member ITF Policy committee; Chairman of ITF Merger committee; President of KATU Came to US at General’s request

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## PATTERNS

**Saju Jirugi-** Four direction punch

**Saju Makgi** - Four direction block

**Chon-Ji:** means literally the "Heaven and the Earth". It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts, one to represent the Heaven and the other the Earth. (19)

**Dan Gun:** Named after the Holy Dan Gun, the legendary founder of Korea in 2333 BC (21)

**Do-San:** is the Pseudonym of the Patriot Ahn Ch'Ang-Ho (1876-1938) who devoted his entire life to furthering the education of Korea and its independence movement (24)

**Won-Hyo:** was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D. (28)

**Yul-Gok:** is the pseudonym of the great philosopher and scholar YI I (1536-1584) who was nicknamed the "Confucius of Korea". The 38 movements refer to his birthplace on the 38th Latitude. The Diagram (+/-) represents scholar.

**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 the "pattern" which represent Mr. An's age when he was executed at Lui-Shung prison in 1910.

**Toi-Gye:** is the pen name of the noted scholar Yi Hwang (16th century) an authority on Neo-Confucianism. The 37 movements of the pattern refer to his birth place on the 37th latitude. The diagram (+/-) represents scholar.

**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 unification of the three Kingdoms of Korea. The 29 movements refer to the Infantry Division, where Taekwon-Do developed into maturity.

**Choong Moo** was the name given to the great Admiral Yi Soon-Sin of the Lee Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king. (30)



# First Degree Black Belt

## Black Belt: Expert or Novice

One of the greatest misconceptions within the martial arts is the notion that all black belt holders are experts. It is understandable that those unacquainted with the martial arts might make this equation. However, students should certainly recognize that this is not always the case. Too often, novice black belt holders advertise themselves as experts and eventually even convince themselves.

The black belt holder has usually learned enough technique to defend themselves against single opponents of average ability. They can be compared to a fledgling that has acquired enough feathers to leave the nest and fend for themselves. The first degree is a starting point. The student has merely built a foundation. The job of building the house lies ahead.

The novice black belt holder will now really begin to learn technique. Now that they have mastered the alphabet, they can now begin to read. Years of hard work and study await them before they can even begin to consider themselves an instructor or expert. A good student will, at this stage, suddenly realize how very little they know.

The black belt holder also enters a new era of responsibility. Though a freshman, they have entered a strong honorable fraternity of the black belt holders of the entire world; and their actions inside and outside the training hall will be carefully scrutinized. Their conduct will reflect on all black belt holders and they must constantly strive to set an example for all grade holders.

Some will certainly advance into the expert stages. However, far too many will believe the misconception and will remain a novice, mentally and technically.

TaeKwon Do

# First Degree Black Belt

## Techniques

1. Parallel ready stance with the Heaven hands
2. Single upset punch
3. Low front block with the inward knife-hand
4. Downward strike with the side fist
5. Twin upward punch
6. Pressing block with the fore fist
7. Inner forearm wedging block
8. Horizontal punch
9. High-section twin side elbow
10. Low front block with the side fist
11. Low front block with the outer forearm
12. U-shaped grasp
13. Low section guarding block with the reverse knife-hand
14. Double arc hand block
15. Front strike with the back fist
16. Nine shaped block
17. Middle knuckle strike
18. Pressing kick
19. Stepping back kick
20. Stepping spin hooking kick
21. Turning kick followed by jumping side kick
22. Twisting kick
23. Jump spin hooking kick
24. Jump spin reverse crescent kick
25. Jump spin reverse turning kick
26. Crescent kick followed by jump spin crescent kick
27. Jump spin front foot front turning kick
28. Front turning kick followed by jumping front turning kick
29. Side kick followed by spin hooking kick
30. Jumping back kick

## Board Breaking

1. Jump back kick
2. Spin kick (multiple boards)
3. Multiple board hand technique
4. Multiple board foot technique
5. Reverse turning kick
6. Turning kick
7. Speed hand technique
8. Speed foot technique

# First Degree Black Belt

## Three Step Sparring

24. Mid-section pressing block with the X knife-hands with a twisting kick defense. (L = Forward/Backward)
25. Nine shaped block with a front kick defense. (Walking = Forward, L = Backward)
26. U-shaped grasp with high-section twin side elbow defense. (L = Forward/Backward)
27. Low section reverse knife-hand guarding block with head grab knee strike defense. (L = Forward/Backward)
28. Double arc hand block with a turning kick defense. (Walking = Forward/Backward)
29. Low front block with the outer forearm with a front strike with the back fist defense. (Walking = Forward, L = Backward)
30. Double forearm shift to inner forearm/low block with front kick then side kick defense. (Walking = Forward/Backward)
31. Low front block with the inward knife-hand with jumping back kick defense. (Walking = Forward, L = Backward)

## One Step Self Defense

35. Attack--Step in with high front punch  
Response--Duck under the attack, blocking with a left rising block, attack with right arc hand to neck. Continue forward, pushing the attacker's arm up and to the left, pulling down on the inner elbow with the right hand, sweeping with the right foot.
36. Attack--step in with a high front punch.  
Response--Trap the punch with a high-section pressing block with X knife-hand, Kick to attacker's head with a high front kick.
37. Attack--Low front kick.  
Response-- Block and trap with low pressing block with X fist, step between attacker's legs holding attacker's right leg with left hand. Hit attacker to the face, then grab attacker's uniform and sweep with the right leg.
38. Attack--Rear leg mid-section side kick.  
Response--Step to the left, block with left palm upward block. Hold leg up with the left arm, step in and sweep with the right foot.
39. Attack--Step in with mid front punch.  
Response--Step to the left, block with a right knife-hand. Step in with the left foot grabbing the attacker's wrist with both hands, twisting the wrist away at the same time. Place the attacker's upturned elbow in your armpit and drop straight down, sliding your feet out in front. Pull up on the attacker's wrist, breaking the elbow.
40. Attack--Step in with mid front punch.  
Response--Step to left, block with a right knife-hand. Grab the attacker's wrist with both hands, and attack to the high-section with a left crescent kick. (Attacker ducks head

# First Degree Black Belt

forward) Follow through with crescent kick and drop it in front of the attacker, twisting the wrist away at the same time, sitting on the upturned elbow. Pull the attacker's arm and break it.

41. Attack--Step in with a high front punch.

Response--Jump to left, both feet at the same time, kicking attacker to the chest with a right front turning kick, immediately deliver right hook kick to back of attacker's head.

42. Attack--Step in with mid front punch.

Response--Block with left reverse crescent kick. Kick to attacker's low section with right front snap kick, followed immediately by high right side kick.

43. Attack--Step in with high front punch.

Response--Step back into right knife-hand guarding block position kick attacker's low section with front snap kick, and do not put foot down. Jump up and deliver a high right front snap kick to attacker's face.

44. Attack--Step in with mid front punch.

Response--Block punch with left reverse crescent kick. Deliver right front turning kick to attacker's ribs, followed immediately by high-section front turning kick to attacker's neck. Leave the kick hooking the attacker's neck, and finish with a palm strike to attacker's face.

## Sparring Combinations

33. Front foot reverse crescent kick, same leg front turning kick, same leg hooking kick. All done without dropping the foot.

34. Front leg side kick, same leg front turning kick (without dropping the foot), then back kick.

35. Front foot ax kick hit the floor, same leg front turning kick, same leg hooking kick (without dropping the foot).

36. Reverse punch, rear leg crescent kick, same leg side kick, then back kick.

37. Defensive sparring against a side kick: push side kick down/sideways follow with front leg hooking kick when in closed stance or front leg twisting kick, front turning kick combination if in open stance.

38. Defensive sparring against front turning kick: spin back kick if in open stance or move to side with front kick or front turning kick if in closed stance.

39. Defensive sparring against back kick: push kick down/sideways moving to side with a front kick or turning kick.

40. Defensive sparring against attack of your choice: make up a counter attack against any attack.

# First Degree Black Belt

## Pattern

1. All lower belt patterns
2. Kwang-Gae
3. Po-Eun
4. Gae-Baek

## Vocabulary

1. Black Belt is the opposite of white; therefore, signifying one's maturity and proficiency in Taekwon-Do. It also indicates the wearer's imperviousness to darkness and fear.
2. Kwang-Gae is named after the famous Kwang-Gae-Toh-Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of the lost territories. The 39 movements refer to the first two figures of 391 A.D., the year he came to the throne.
3. Po-Eun is the pseudonym of a loyal subject Chong Mong-Chu (1400) who was a famous poet and whose poem "I would not serve a second master though I might be crucified a hundred times" is known to every Korean. He was also a pioneer in the field of physics. The diagram represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty. 36 movements.
4. Gae-Baek is named after Ge-Baek, a great general in the Baek Je Dynasty (660 AD). The diagram represents his severe and strict military discipline. 44 movements
5. Grandmaster Hwang's written history of Taekwon-Do.
6. General Choi's biography

## Written Requirement

Write a 2-3 page explanation of your understanding of "Black Belt in life for life".

# First Degree Black Belt

## What to expect from this belt

This rank is where the deeper aspects of training begin to happen. Students that achieve their black belt usually feel a combination of confidence and vulnerability, largely because they see their own ability but also see that they have only learned a small amount of what Taekwon-Do really has to offer. The excitement that accompanies earning a black belt is also a significant piece of training because black belts are the leaders of the school and are called upon to act as such when in class and when outside of class.

One of the challenges that can arise at this level is stagnation due to the length of time between tests, and the continued practice of techniques learned several years earlier. This is difficult because at the black belt level students are learning new material but also focusing on the basic techniques that are fundamental to all of Taekwon-Do. *This is especially difficult for children because it is not always easy to understand why there is need to repeat a technique or pattern; in addition to, the fact that the deeper applications of techniques can sometimes be quite complicated.*

*Another challenge that is not as common, but does occur at the black belt level, is the struggle with overconfidence and an inflated ego. Specifically, black belts sometimes forget that they are not omniscient, leading to a sense of not needing to learn anything further. When this occurs, students can feel as though they are “above” coming to basic classes and feel as though they can lead others without continuing to train on their own material. **This particular struggle can be very serious if the student is not able to work through it because it can significantly impact a black belt’s ability to lead and maintain respect from other students. This struggle is a true test of all the Tenets, Courtesy: toward peers, students, and the Instructor, Integrity: as stated earlier, we all can learn from everyone we come in contact with, regardless of age, rank, or ability, Perseverance: patience for our own learning processes and continuing to practice and attend classes, Self Control: with classmates who may not be as advanced, in other words, refraining from constant critiquing, Indomitable Spirit: believing in own ability without the need to be seen as great.***

**ALL** black belts struggle with training, in some way, at different stages throughout their Taekwon-Do career. The best feeling is coming through a struggle and feeling the progress that has actually been made. Struggles and stagnation are about growth and should be treated as such so that the lessons are not lost. Being a black belt is more than just wearing a belt and being good at punching and kicking. When a person makes the connections between the mental, spiritual and physical aspects of Taekwon-Do and strives to live the “Way” of the Tenets both in class and outside of class is when they truly become a black belt. *As “preachy” as this may sound it is extremely important and valid. I have seen many black belts lose their way because they did not maintain their humility and did not live up to the demands of being a true black belt.*

The last notion to ponder at this level is the rationale behind, literally, wearing a black belt. Beyond the symbol of the color black, students earn the black belt and are to wear one black belt for the rest of their lives. The reason for this is that the black wears out over time and actually begins to lighten in color, turning to light black, then to grey and eventually back to

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white reminding the wearer that there is no end to knowledge. Now, most black belts update their belts as they advance in degree so it is especially important to remember this point each and every time you tie your belt.

## The History of Taekwon-Do

Written by: Grandmaster Hwang, Kwang Sung, K-9-1

Taekwon-Do was brought into this world on April 11, 1955. Before this time there was no Taekwon-Do, no Chon-Ji or Dan-Gun tul; the original Taekwon-Do patterns.

In 1957, General Choi Hong Hi, who was also elected as its first president, established the Korean Taekwon-Do Association. It is impossible to explain the history of Taekwon-Do without mentioning General Choi Hong Hi, the president of ITF.



General Choi was born in 1918 in a small, rural village called Ham Kyung Buk Do, Myung Chun Gun Hwa Dae Myun in what is now North Korea. When he was young, his parents were concerned because his body was frail and weak, although he was independent and very responsible. The young boy, like the future General he would one day become, was strong on the inside in mind and spirit. When he was 12 years old, he was expelled from school for being an agitator to the Japanese authorities. Japan occupied the Korean peninsula at the time. His parents enrolled him in a private school where he studied calligraphy under the renowned Mr. Han IL Dong. Coincidentally, Han also happened to be a Master of Taekyon, the Korean art of foot fighting. Taekyon dates back to about 200-300 years ago because Taekyon can only be written with the Korean alphabet. The Korean alphabet was developed only several hundred years ago. But the history of Korea and other martial arts, such as Soo Bak Gi, have been practiced since ancient times.

While General Choi was in Kyoto, Japan, he met a fellow Korean by the name of Mr. Kim Hyun Soo. Mr. Kim introduced karate to General Choi. This experience, along with his knowledge of Taekyon, influenced his development of the new Korean martial art of “Taekwon-Do.”

Taekwon-Do movements and techniques are scientifically designed to create power. Compared with other martial arts, Taekwon-Do is well structured, using descriptive terminology for the anatomy and physics, with well-established rules of competition. However, Taekwon-Do is similar to other martial arts in its original purpose. Large or small, young or old, male or female, anyone can benefit from and enjoy practicing Taekwon-Do and learn to create maximum power. All the techniques and theories of Taekwon-Do are contained in a 15-volume encyclopedia originally published in 1980. General Choi not only proposed the name “Taekwon-Do,” but also developed the techniques, terminology, and its system for teaching and training.

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His comprehensive book on Taekwon-Do allowed him to reach millions of students throughout the world. General Choi personally taught Taekwon-Do himself throughout the world, gaining many faithful students.

When World War II broke out, General Choi was drafted against his will into the Japanese army as a “student soldier.” While stationed at Pyongyang, North Korea, he planned an insurrection as part of the Korean Independence Movement called the Pyongyang Students Soldiers' Movement. He was turned into Japanese authorities and was interned at a Japanese prison camp. He was freed the day after Japan surrendered, August 15, 1945, ending World War II. That was how he saved his life and began a second life. While in the solitude of his jail cell,



he practiced martial arts training with his bare hands and feet on a cold concrete floor. He promised himself that if he were ever to live in freedom, he would dedicate his entire life to building Korea's martial arts program.

There is an oriental expression that disaster will turn to happiness and happiness will turn to disaster. If General Choi had been a nine-foot tall giant, Taekwon-Do would probably not exist. If Korea had not endured 36 years of occupation by the Japanese, General Choi might not have developed patience; the patience that enabled him to establish Korea's own martial arts. It is difficult to imagine but Japan's attempt to destroy Korean culture inspired General Choi to create a martial art for 20 million Koreans.

Taekwon-Do has twenty-four unique patterns developed by General Choi. The reason for this is that when you consider eternity, the lifetime of one person, perhaps one hundred years; is only one day. Therefore, the twenty-four patterns represent twenty-four hours of the day, or the lifetime of General Choi, his legacy to the human race. The first of these patterns is named Chon-Ji, which means “heaven and earth.” It is interpreted in the Orient as the creation of the universe and the beginning of human history; therefore, it is the pattern practiced by the beginner. The next pattern is Dan-Gun, and as any Korean is well aware, Dan-Gun is the legendary founder of Korea. The next pattern is called Do-San. Do-San is the pseudonym of the patriot Ahn-Chang-ho (1876 – 1938) who devoted his entire life to the education of Korea and its independence movement. The patterns are Won-Hyo, a noted monk, and Yol-Gok, a great philosopher. Joong-Gun, the next pattern, was named after the patriot Ahn-Joong Gun. The 32 movements in this pattern represent his age when he was executed in Lui Shung prison in 1910. Subsequent patterns are Tae-Gae, Hwa-Rang and Choong-Moo, the name given to Admiral Yi Soon-Sin. The final pattern is called Tong-il. Tong-il denotes the reunification of Korea, which was General Choi's lifetime wish.

As I speak of the origin of Taekwon-Do, I must mention the period of Japanese occupation of Korea. It was a time of great hardship for the Korean people. It is not my intention to offend our neighboring country, but this period deeply influenced General Choi and the development of Taekwon-Do and I am compelled to discuss its impact. From 1946 to 1954,



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General Choi studied and developed this new Korean martial art. On April 11, 1955, General Choi convened a meeting of prominent Koreans including leaders in Congress, politicians, military generals, historians, artisans, and martial art experts, for the purpose of naming this art. General Choi proposed the name “Taekwon-Do” and it was unanimously accepted. These were the circumstances under which Taekwon-Do was born and became Korean's new martial art.

In 1959, General Choi established the Korean Taekwon-Do Association and was elected as its first president. He was a founding member of the Korean military and served as Commander of the Infantry Division, Commander of Army Training Center and Commander of Army Corps. Through these positions, General Choi incorporated Taekwon-Do into the daily training regimen of the entire Korean military.

In 1961, Taekwon-Do spread to colleges, government offices and police academies. This started a real boom in the expansion of Taekwon-Do. Finally, in 1965, Taekwon-Do became the official Korean national martial art. The International Taekwon-Do Federation (ITF) was founded on March 22, 1966. The original member countries were: United States, West Germany, Italy, Egypt, Turkey, Malaysia, Singapore, Vietnam and Korea. The ITF was the first international organization headquartered in Korea.

Unfortunately, several military dictatorships governed Korea for over 30 years. This marked the beginning of a period of trials for Taekwon-Do. Using the name Taekwon-Do, many phony organizations appeared as political tools, cheapening Taekwon-Do into a commercial sport. Every student of Taekwon-Do must endeavor to sacrifice for the unification of Taekwon-Do. Martial artists, not politicians, must decide the destiny of Taekwon-Do. The unification of Taekwon-Do is inevitable. Taekwon-Do is our life and we must pass a single, united Taekwon-Do down to the next generation. All martial arts should insist that the influence of politicians should be removed from martial arts organizations. We must rebuild our martial arts organizations with martial artists only. We cannot ask anyone else to conduct our business or define our mission. We cannot pass this responsibility to others. We must ensure the next generation receives its rightful inheritance.

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## **The Founder of Taekwon-Do**

### **General Choi Hong Hi**

**November 9, 1918 - June 15, 2002**

General Choi Hong Hi was born on November 9th, 1918 in the rugged and harsh area of Hwa Dae, Myong Chun District in what is now D.P.R of Korea. In his youth, he was frail and quite sickly, a constant source of worry for his parents.

Even at an early age, however, the future general showed a strong and independent spirit. At the age of twelve he was expelled from school for agitating against the Japanese authorities who were in control of Korea. This was the beginning of what would be a long association with the Kwang Ju Students' Independence Movement.

After his expulsion, young Choi's father sent him to study calligraphy under one of the most famous teachers in Korea, Mr. Han II Dong. Han, in addition to his skills as a calligrapher, was also a master of Taek Kyon, the ancient Korean art of foot fighting. The teacher, concerned over the frail condition of his new student, began teaching him the rigorous exercises of Taek Kyon to help build up his body.

In 1937, Choi was sent to Japan to further his education. Shortly before leaving, however, the youth had the misfortune to engage in a rather heated argument with a massive professional wrestler who promised to literally tear the youth limb from limb at their next encounter. This threat seemed to give a new impetus to young Choi's training in the martial arts.

In Kyoto, Choi met a fellow Korean, Mr. Kim, who was engaged in teaching the Japanese martial art, Karate. With two years of concentrated training, Choi attained the rank of first degree black belt. These techniques, together with Taek Kyon (foot techniques), were the forerunners of modern Taekwon-Do.

There followed a period of both mental and physical training, preparatory school, high school, and finally the University in Tokyo. During this time, training and experimentation in his new fighting techniques were intensified until, with attainment of his second degree black belt, he began teaching at a YMCA in Tokyo, Japan.

Choi recounts a particular experience from this period of time. There was no lamp-post in the city that he didn't strike or kick to see if the copper wires ahead were vibrating in protest. "I would imagine that these were the techniques I would use to defend myself against the wrestler, Mr. Hu if he did attempt to carry out his promise to tear me limb from limb when I eventually returned to Korea."

With the outbreak of World War II, the author was forced to enlist in the Japanese army through no volition of his own. While at his post in Pyongyang, North Korea, the author was implicated as the planner of the Korean Independence Movement and interned at a Japanese prison during his eight month pretrial examination.

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While in prison, to alleviate the boredom and keep physically fit, Choi began practicing this art in the solitude of his cell. In a short time, his cellmate and jailer became students of his. Eventually, the whole prison courtyard became one gigantic gymnasium.

The liberation in August 1945 spared Choi from an imposed seven year prison sentence. Following his release, the ex-prisoner journeyed to Seoul where he organized a student soldier's party. In January of the following year, Choi was commissioned as a second lieutenant in the new South Korean army, the "Launching Pad" for putting Taekwon-Do into a new orbit.

Soon after, he made company commander in Kwang-Ju where the young second lieutenant lighted the torch of this art by teaching his entire company and was then promoted to first lieutenant and transferred to Tae Jon in charge of the Second Infantry Regiment. While at his new post, Choi began spreading the art not only to Korean soldiers but also to the Americans stationed there. This was the first introduction to Americans of what would eventually become known as Taekwon-Do.

1947 was a year of fast promotion. Choi was promoted to captain and then major. In 1948, he was posted to Seoul as the head of logistics and became Taekwon-Do instructor for the American Military Police School there. In late 1948, Choi became a lieutenant colonel.

In 1949, Choi was promoted to full colonel and visited the United States for the first time, attending the Fort Riley Ground General School. While there, this art was introduced to the American public. And in 1951, Choi was promoted to brigadier general. During this time, he organized the Ground General School in Pusan as Assistant Commandant and Chief of the Academic Department. Choi was appointed as Chief of Staff of the First Corps in 1952 and was responsible for briefing General MacArthur during the latter's visits to Kang Nung. At the time of armistice, Choi was in command of the 5th Infantry Division.

The year 1953 was an eventful one for the General, in both his military career and in the progress of the new martial art. He became the author of the first authoritative book on military intelligence in Korea. He organized and activated the crack 29th Infantry Division at Cheju Island, which eventually became the spearhead of Taekwon-Do in the military and established the Oh Do Kwan (Gym of My Way) where he succeeded not only in training the cadre instructors for the entire military but also developing the Taek Kyon and Karate techniques into a modern system of Taekwon-Do, with the help of Mr. Nam Tae Hi, his right hand man in 1954.

In the latter part of that year, he commanded Chong Do Kwan (Gym of the Blue Wave), the largest civilian gym in Korea; Choi was also promoted to major general.

On the 11th of April 1955, the board summoned by Gen. Choi, decided on the name of Taekwon-Do which had been submitted by him. This single unified name of Taekwon-Do replaced the different and confusing terms; Dang Soo, Gong Soo, Taek Kyon, Kwon Bup, etc.

In 1959, Taekwon-Do spread beyond its national boundaries. The father of Taekwon-Do and nineteen of his top black belt holders toured the Far East. The tour was a major success, astounding all spectators with the excellence of the Taekwon-Do techniques. In this year, Choi

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was elevated to two illustrious posts; President of his newly formed Korea Taekwon-Do Association and deputy commander of the 2nd Army in Tae Gu.

1960 Took military course in Texas. While there, he visited Jhoon Rhee's Karate Club where he convinced the instructor and students to use the term Taekwon-Do. Marked beginning of TKD in the U.S. Assigned to command largest ROC Training Ctr. in Korea and newly assigned 6th Army Corps.

1961 TKD introduced into the curriculum at West Point. Promoted TKD as a compulsory subject for all S. K. armed and police forces.

1962 Appointed Ambassador to Malaysia, TKD Demonstration at the United Nations in New York City. TKD grows in Malaysia, Singapore and Brunei.

1963 TKD introduced to Vietnam when Gen. Choi demonstrates perfected forms to instructors. The new forms eliminated the remaining vestiges of Karate in the Art. Re-elected President of Korea Taekwon-Do Association.

1965 Ambassador Choi, retired two-star general, appointed by Korean Government to lead a goodwill mission to West Germany, Italy, Turkey, United Arab Republic, Malaysia, and Singapore and to introduce TKD as the national martial art of Korea.

On the 22nd of March 1966, the International Taekwon-Do Federation was formed with associations in Vietnam, Malaysia, Singapore, West Germany, the United States, Turkey, Italy, Arab Republic of Egypt and South Korea.

1967 Received First Class Distinguished Service Medal from Vietnam and helped form Korea-Vietnam TKD Foundation. Visited Hong Kong and the U. S.

1968 Attended Sports Military Symposium in Paris as Korean delegate. Also visited Spain, the Netherlands, Canada, Belgium, India.

1969 Toured Southeast Asia for preparation of First Asian TKD Tournaments. Toured 29 countries to spread TKD and collect material for his book

1970 Toured 20 countries throughout SE Asia, Canada, Europe, and the Middle East.

1971 Visited Malaysia and selected TKD instructors to be sent to train Rep. Of Iran Armed Forces

1972 World tour to introduce TKD to heads of states of Bolivia, Dominican Republic, Haiti, and Guatemala. This year Gen. Choi moved to Canada, and ITF headquarters also moved to Toronto to facilitate the spread of TKD to Eastern Europe. He overcame many difficulties to develop Taekwon-Do.

1973 Led ITF Demonstration Team to Europe, the Middle East, Africa, and the Far East (more than 100,000 attended in Egypt alone).

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1974 First World TKD Championships in Montreal. Led top instructor demo team to Jamaica, Curacao, Costa Rica, Columbia, Venezuela, and Surinam.

1975 TKD demonstrated at the Sydney Opera House in Australia, Visits Greece and Sweden to conduct seminars.

1976 Visits Iran, Malaysia, Indonesia, and Europe to conduct seminars. Visits Holland to open the First European TKD Championships

1977 Visits Malaysia, New Zealand, Australia, and Sweden and Denmark to help form national organizations.

1978 Visits Malaysia, Pakistan, Kenya and South Africa, Sweden, Poland, Hungary, Yugoslavia, and the U. S. 1979 Visits Sweden, Denmark, West Germany, France, Greenland and Argentina.

1980 First visit to the Democratic People's Republic of Korea to introduce Taekwon-Do to North Korea.

1981 Visits Australia and Japan. Presents a united North and South Korean Taekwon-Do team in Vienna, Austria.

1982 Taekwon-Do dojang opens in Japan, a monumental point in the General's life. Visits Greenland, the United Kingdom, West Germany, Austria, Denmark, Poland, Hungary, Yugoslavia, Czechoslovakia, Finland, and Italy.

1983 Visits Argentina, Columbia, Panama, Honduras, the United States, Yugoslavia, and Italy.

1984 Visits Scotland, North Korea and Hungary where the first large-scale TKD competition was held in a socialist country.

1985 Publication of Encyclopedia of Taekwon-Do by General Choi. Visits Puerto Rico and Norway. 30th Anniversary of the beginning of TKD.

1986 Visits China with the ITF Taekwon-Do delegation. The delegation made great success to show original Taekwon-Do in the city of Beijing, Xian and Jinan. The brilliant performance of Taekwon-Do moved Chinese people and created a sensation of Taekwon-Do.

1987 Visits Greece with 5th Worlds.

1988 World Championships televised via satellite throughout Europe. TKD introduced to Russia.

1989 Published condensed version of TKD Encyclopedia. Visits China to help organize national TKD association.

1990 Visits Uzbekistan, Russia, Vietnam, and China.

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1991 Lectures at Lenin Central University in Russia. TKD adopted as a four-year credit course at the University.

1992 Received honorary Doctorate from Lenin Central Univ. Encyclopedia Britannica references General Choi as the "Principal Founder of Taekwon-Do.

1993 Visits Moscow and Uzbekistan.

1994 Visits the Ukraine.

1995 Visits Tajikistan and meets with instructors from Tajikistan, Kirghizstan, Moldova, and Russia.

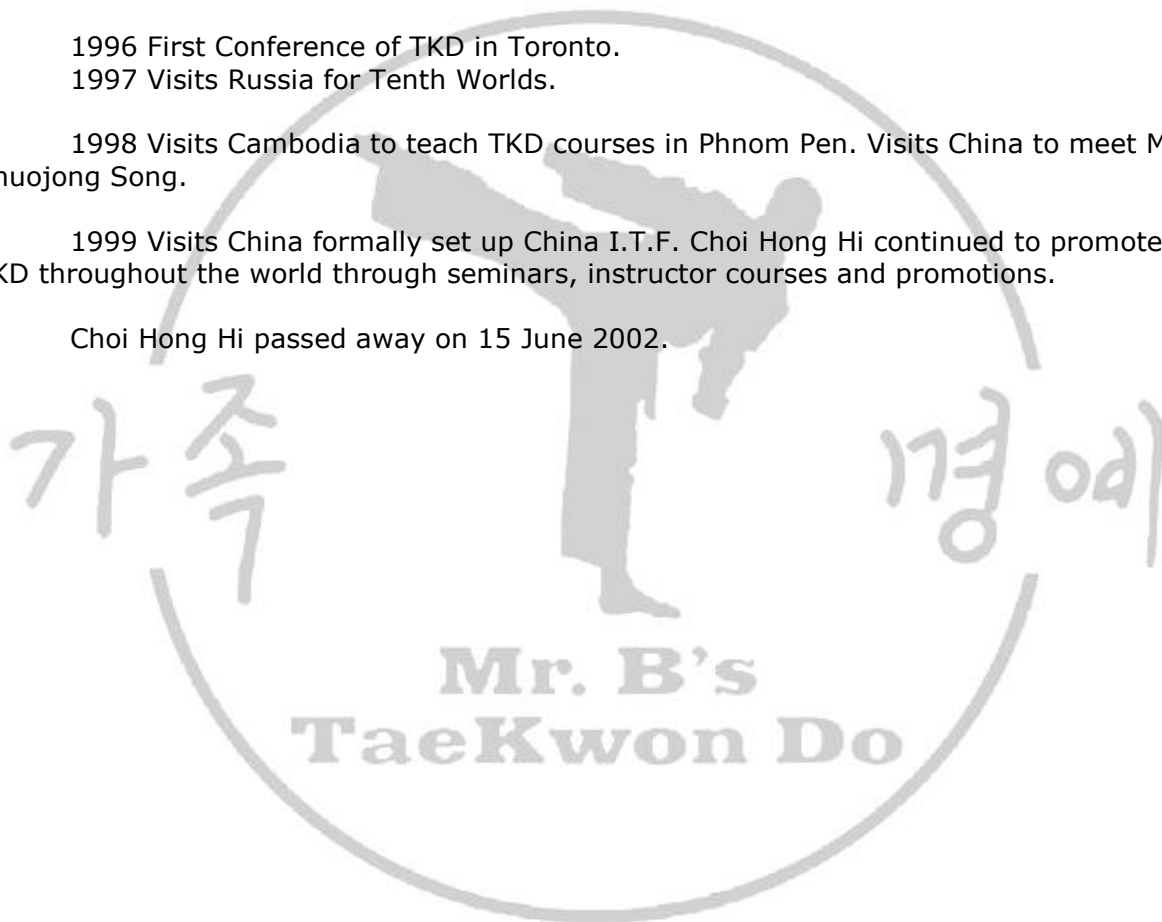
1996 First Conference of TKD in Toronto.

1997 Visits Russia for Tenth Worlds.

1998 Visits Cambodia to teach TKD courses in Phnom Pen. Visits China to meet Mr. Shuojong Song.

1999 Visits China formally set up China I.T.F. Choi Hong Hi continued to promote TKD throughout the world through seminars, instructor courses and promotions.

Choi Hong Hi passed away on 15 June 2002.

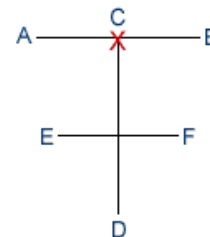


# First Degree Black Belt

**Kwang-Gae**

**First Degree Black/1st Dan**

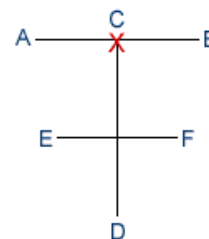
**Movements: 39 Ready Posture: Parallel Ready Stance with Heaven Hands**



1. Bring the left foot to the right foot, forming a close ready stance B toward D, bringing both hands in a circular motion.
2. Move the left foot to D, forming a left walking stance toward D while executing an upset punch to D with the right fist. Perform in slow motion.
3. Move the right foot to D, forming a right walking stance toward D while executing an upset punch to D with the left fist. Perform in slow motion.
4. Move the left foot to the side front of the right foot, and then move the right foot to D, forming a right walking stance toward D, at the same time executing a high hooking block to D with the right palm. Perform in a double stepping motion.
5. Move the right foot to C in a sliding motion to form a right L-stance toward D, at the same time executing a low guarding block to D with a knife-hand.
6. Move the right foot to the side front of the left foot and then move the left foot to D, forming a left walking stance toward D while executing a high hooking block to D with the left palm. Perform in a double stepping motion.
7. Move the left foot to C in a sliding motion forming a left L-stance toward D while executing a low guarding block to D with a knife-hand.
8. Move the left foot to D, forming a right rear foot stance toward D while executing a high guarding block to D with a knife-hand.
9. Move the right foot to D, forming a left rear foot stance toward D while executing a high guarding block to D with a knife-hand.
10. Move the left foot to the side front of the right foot and then turn counter-clockwise, pivoting with the left foot, to form a left walking stance toward C while executing an upward block to C with the right palm. Perform in a slow motion.
11. Move the right foot to C, forming a right walking stance toward C while executing an upward block to C with the left palm. Perform in a slow motion.
12. Execute a low front block with the right knife-hand in a circular motion, hitting the left palm while bringing the left foot to the right foot to form a close stance toward C.
13. Execute a pressing kick to E with the left foot, keeping the position of the hands as they were in 12.

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14. Execute a middle side piercing kick to E with the left foot, keeping the position of the hands as they were in 13. Perform 13 and 14 in a consecutive kick.



15. Lower the left foot to E, forming a right L-stance toward E while executing a high inward strike to E with the right knife-hand and bringing the left side fist in front of the right shoulder.

16. Execute a downward strike to E with the left side fist while forming a close stance toward C, pulling the left foot to the right foot.

17. Execute a pressing kick to F with the right foot, keeping the position of the hands as they were in 16.

18. Execute a middle side piercing kick to F with the right foot, keeping the position of the hands as they were in 17. Perform 17 and 18 in a consecutive kick.

19. Lower the right foot to F, forming a left L-stance toward F while executing a high inward strike to F with the knife-hand and bringing the right side fist in front of the left shoulder.

20. Execute a downward strike to F with the right side fist while forming a close stance toward C, pulling the right foot to the left foot.

21. Move the left foot to C, forming a left low stance toward C while executing a pressing block with the right palm. Perform in slow motion.

22. Move the right foot to C, forming a right low stance toward C while executing a pressing block with the left palm. Perform in a slow motion.

23. Move the right foot to D in a stamping motion to form a sitting stance toward F while executing a high side strike to D with the right back fist.

24. Execute a middle block to D with the right double forearm while forming a right walking stance toward D, pivoting with the left foot.

25. Execute a low block to D with the left forearm while shifting to C, maintaining a right walking stance toward D, keeping the position of the right hand as it was in 24.

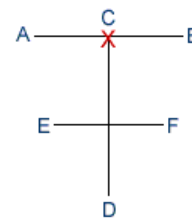
26. Execute a high thrust to D with the right flat fingertip while forming a right low stance toward D, slipping the right foot to D. Perform in slow motion.

27. Move the left foot on lone CD in a stamping motion to form a sitting stance toward F while executing a high side strike to C with the left back fist.



# First Degree Black Belt

28. Execute a middle block to C with the left double forearm while forming a left walking stance toward C, pivoting with the left foot.



29. Execute a low reverse block to C with the right forearm while shifting to D, maintaining a left walking stance toward C, keeping the position of the left hand as it was in 28.

30. Execute a high thrust to C with the left flat fingertip while forming a left low stance toward C, slipping the left foot to C.

31. Move the right foot to C in a stamping motion, forming a right walking stance toward C while executing a high vertical punch to C with a twin fist.

32. Move the left foot to A in a stamping motion, forming a left walking stance toward A while executing an upset punch to A with a twin fist.

33. Execute a middle front snap kick to A with the right foot, keeping the position of the hands as they were in 32.

34. Lower the right foot to the left foot, and then move the left foot to A to form a left L-stance toward B while executing a middle guarding block to B with a knife-hand.

35. Move the left foot to B, forming a left walking stance toward B while executing a high punch to B with the left fist.

36. Move the right foot to B in stamping motion, forming a right walking stance toward B while executing an upset punch to B with a twin fist.

37. Execute a middle front snap kick to B with the left foot, keeping the position of the hands as they were in 36.

38. Lower the left foot to the right foot, and then move the right foot to B to form a right L-stance toward A at the same time executing a middle guarding block to A with a knife-hand.

39. Move the right foot to A, forming a right walking stance toward A while executing a high punch to A with the right fist.

**END:** Bring the left foot back to a ready posture.

# First Degree Black Belt

**Po-Eun**

**First Degree Black/1st Dan**

**Movements: 36 Ready Posture: Parallel Ready Stance with Heaven Hands**



1. Move the left foot to B, forming a right L-stance toward B while executing a middle guarding block to B with the forearm.
2. Pull the right foot to the left knee joint to form a left one-leg stance toward D, at the same time lifting both fists while turning the face toward A.
3. Execute a pressing kick to A with the right foot keeping the position of the hands as they were in 2.
4. Lower the right foot to A to form a sitting stance toward D while executing a middle side strike to A with the right knife-hand.
5. Execute an angle punch with the left fist while maintaining a sitting stance toward D.
6. Execute a pressing block with the left, fore fist while executing a side front block with the right inner forearm, maintaining a sitting stance toward D.
7. Execute a pressing block with the right fore fist and a side front block with the left inner forearm while maintaining a sitting stance toward D.
8. Execute a middle wedging block with the inner forearm while maintaining a sitting stance toward D.
9. Thrust to C with the right back elbow supporting the right fore fist with the left palm keeping the face as it was in 8 while maintaining a sitting stance towards D.
10. Execute a middle punch to D with the right fist slipping the left palm up to the right elbow joint while maintaining a sitting stance toward D.
11. Thrust to C with the left back elbow supporting the left fore fist with right palm, keeping the face as it was in 10 while maintaining a sitting stance toward D.
12. Execute a right horizontal punch to A while maintaining a sitting stance toward D. Perform 6 through 12 in a continuous motion.
13. Cross the left foot over the right foot forming a right X-stance toward D while executing a low front block to D with the right outer forearm and bringing the left finger belly on the right under forearm.
14. Move the right foot to A forming a left L-stance toward A at the same time executing a U-shape grasp to A.

# First Degree Black Belt

15. Bring the left foot to the right foot forming a closed stance toward D while executing a horizontal thrust with a twin elbow, turning the face toward B. Perform in slow motion.



16. Move the left foot to B to form a sitting stance toward D while executing a side back strike to C with the right back fist and extending the left arm to the side downward.
17. Cross the right foot over the left foot forming a left X-stance toward D while executing a low front block with the left outer forearm and bringing the right finger belly to the left side fist.
18. Move the left foot to B to form a sitting stance toward D while executing a low guarding block to B with a reverse knife-hand.
19. Execute a forearm middle guarding block to A while forming a left L-stance toward A pivoting with left foot.
20. Pull the left foot to the right knee joint to form a right one-leg stance toward D, at the same time lifting both fists while turning the face toward B.
21. Execute a pressing kick to B with the left foot keeping the position of the hands as they were in 20.
22. Lower the left foot to B to form a sitting stance toward D while executing a middle side strike to B with the left knife-hand.
23. Execute an angle punch with the right fist while maintaining a sitting stance toward D.
24. Execute a pressing block with the right, fore fist while executing a side front block with the left inner forearm, maintaining a sitting stance toward D.
25. Execute a pressing block with the left fore fist and a side front block with the right inner forearm while maintaining a sitting stance toward D.
26. Execute a middle wedging block with the inner forearm while maintaining a sitting stance toward D.
27. Thrust to C with the left back elbow supporting the left fore fist with the right palm keeping the face as it was in 26 while maintaining a sitting stance towards D.
28. Execute a middle punch to D with the left fist slipping the right palm up to the left elbow joint while maintaining a sitting stance toward D.
29. Thrust to C with the right back elbow supporting the right fore fist with left palm, keeping the face as it was in 28 while maintaining a sitting stance toward D.

# First Degree Black Belt

30. Execute a left horizontal punch to B while maintaining a sitting stance toward D. Perform 24 through 30 in a continuous motion.



31. Cross the right foot over the left foot forming a left X-stance toward D while executing a low front block to D with the left outer forearm and bringing the right finger belly on the left under forearm.

32. Move the left foot to B forming a right L-stance toward B at the same time executing a U-shape grasp to B.

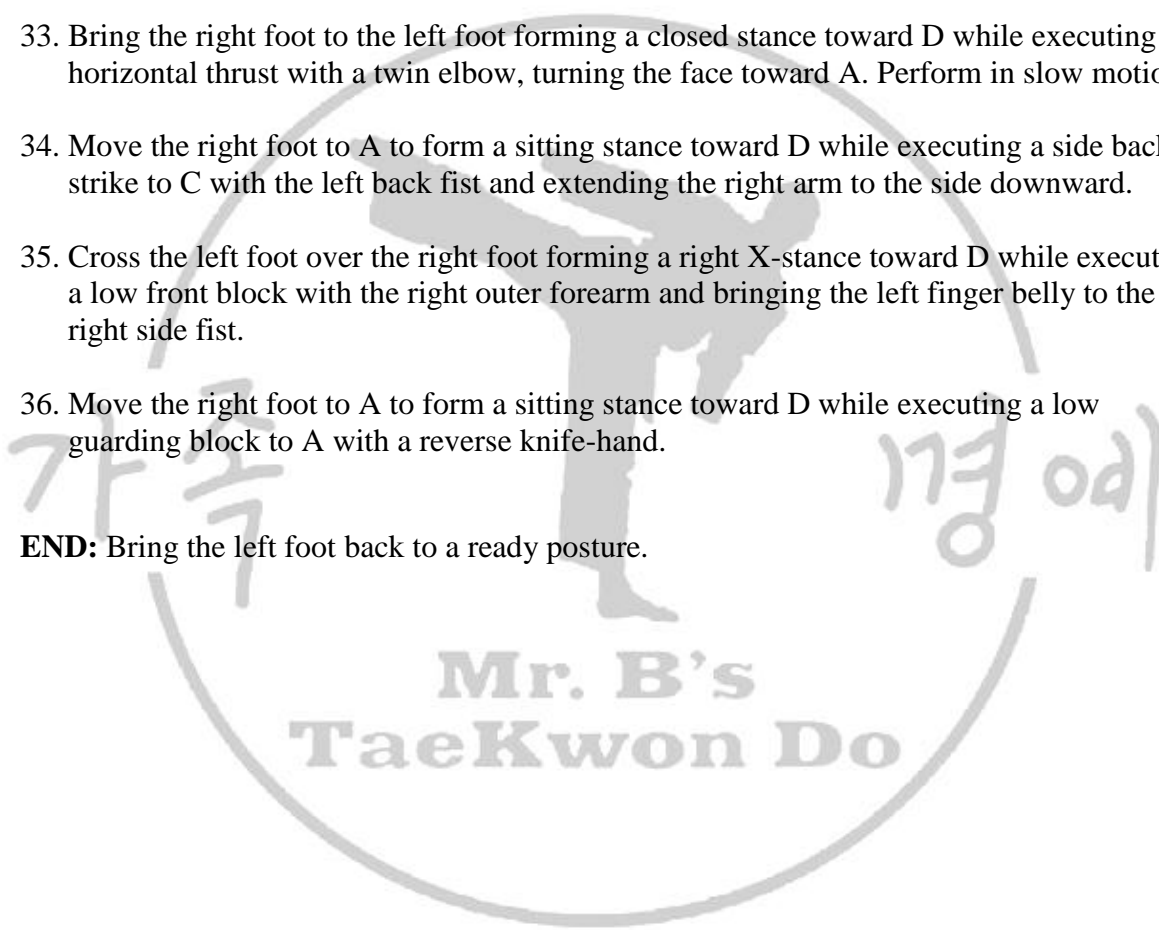
33. Bring the right foot to the left foot forming a closed stance toward D while executing a horizontal thrust with a twin elbow, turning the face toward A. Perform in slow motion.

34. Move the right foot to A to form a sitting stance toward D while executing a side back strike to C with the left back fist and extending the right arm to the side downward.

35. Cross the left foot over the right foot forming a right X-stance toward D while executing a low front block with the right outer forearm and bringing the left finger belly to the right side fist.

36. Move the right foot to A to form a sitting stance toward D while executing a low guarding block to A with a reverse knife-hand.

**END:** Bring the left foot back to a ready posture.



# First Degree Black Belt

## Gae-Baek

### First Degree Black/1st Dan

#### Movements: 44 Ready Posture: Parallel Ready Stance



1. Move the right foot to C forming a right L-stance toward D while executing a checking block D with an X-knife-hand.
2. Execute a low twisting kick to D with the right foot keeping the position of the hands as they were in 1.
3. Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
4. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D. Perform 3 and 4 in a fast motion.
5. Move the right foot to C forming a left walking stance toward D while executing a rising block with the left forearm.
6. Execute a low block to D with the left forearm while maintaining a left walking stance toward D. Perform 5 and 6 in a continuous motion.
7. Execute a high block to AD with a double arc hand while looking through it maintaining a left walking stance toward D.
8. Turn the face toward D while forming a right bending ready stance A toward D.
9. Lower the left foot to AD to form a sitting stance toward AC while executing a scooping block to AC with the left palm.
10. Execute a middle punch to AC with the right fist while maintaining a sitting stance toward AC. Perform 9 and 10 in a connecting motion.
11. Execute a front strike to AC with the left back fist while maintaining a sitting stance toward AC.
12. Move the right foot on line AB and then move the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand.
13. Execute a low side front snap kick to C with the left foot keeping the position of the hands as they were in 12.
14. Lower the left foot to C forming a left low stance toward C while executing a high thrust to C with the left flat fingertip.
15. Execute a high thrust to C with the right flat fingertip while maintaining a left low stance toward C.

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16. Execute a middle side piercing kick to C with the right foot while pulling both hands in the opposite direction.
17. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with the forearm.
18. Move the right foot to D turning counter clockwise to form a right L-stance toward C while executing a middle guarding block to C with the forearm.
19. Move the left foot to D turning counter clockwise to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
20. Move the left foot on line CD to form a sitting stance toward A while executing a right 9-shape block.
21. Move the right foot to D, turning counter-clockwise to form a left walking stance toward C while executing a low block to C with the left knife-hand.
22. Execute a middle turning kick to BC with the right foot and then lower it to C.
23. Execute a flying side piercing kick to C with the right foot. Perform 22 and 23 in a fast motion.
24. Land to C to form a right walking stance toward C while executing a high vertical punch to C with a twin fist.
25. Execute a high block to AC with a double arc-hand while looking through it maintaining a right walking stance toward C.
26. Execute an upset punch to C with the left fist while maintaining a right walking stance toward C.
27. Move the right foot on line CD, forming a left walking stance toward D while striking the left palm with the right front elbow.
28. Jump to D, forming a right x-stance toward BD while executing a high block to D with the right double forearm.
29. Move the left foot to BC to form a sitting stance toward BD, at the same time executing a scooping block to BD with the right palm.
30. Execute a middle punch to BD with the left fist while maintaining a sitting stance toward BD. Perform 29 and 30 in a connecting motion.
31. Execute a front strike to BD with the right back fist while maintaining a sitting stance toward BD.
32. Move the left foot to C, forming a left walking stance toward C, at the same time executing a high front strike to C with the right reverse knife-hand.



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33. Move the left foot to A about half a shoulder width while executing a middle turning kick to C with the right foot.



34. Lower the right foot to C, and then turn counter-clockwise to form a left walking stance toward D, pivoting with the right foot while executing a high vertical punch to D with a twin fist.

35. Execute a middle punch to D with the right middle knuckle fist, bringing the left side first in front of the right shoulder while forming a right L-stance toward D pulling the left foot.

36. Move the right foot to D to form a sitting stance toward B, at the same time executing left 9-shape block.

37. Execute a low guarding block to C with a reverse knife-hand while maintaining a sitting stance toward B.

38. Execute a low guarding block to D with a knife-hand while maintaining a sitting stance toward B. Perform 37 and 38 in a continuous motion.

39. Move the left foot to D in a stamping motion to form a sitting stance toward A while executing a W-shape block with the outer forearm.

40. Move the left foot to C in a stamping motion to form a sitting stance toward B while executing a W-shape block with the outer forearm.

41. Move the right foot to C forming a right walking stance toward C while executing a rising block with the right forearm.

42. Execute a middle punch to C with the left fist while maintaining a right walking stance toward C.

43. Move the right foot on line CD forming a left walking stance toward D while executing a rising block with the left forearm.

44. Execute a middle punch to D with the right fist while maintaining a left walking stance toward D.

**END:** Bring the right foot back to a ready posture.

# Second Degree Black Belt

## Techniques

1. Closed ready stance D
2. Diagonal stance
3. Crescent punch
4. Wedging block with the knife-hands
5. Circular block with the reverse knife-hand
6. Downward block with the alternate palm
7. Two finger strike
8. Twin palm pushing block
9. Downward back hand strike
10. Arc hand strike
11. Fore knuckle strike
12. Crescent punch with the fore knuckle
13. Open fist strike
14. Parallel block with the outer forearm
15. Cross cut strike
16. Jumping, spinning knife-hand strike
17. Downward elbow strike
18. Twin inward knife-hand strike
19. Twin palm rising block
20. Pick shaped kick
21. Jumping two directional kick with twisting kick and side kick
22. Jumping reverse turning kick
23. Jumping twin front kick
24. Jumping twin side kick
25. Jumping, fading back kick
26. Jumping fading reverse turning kick
27. Jumping, assisted back kick
28. Jumping, assisted spin kick
29. Side kick followed by jumping spin kick
30. Turning kick followed by jumping spin kick
31. Slow motion side kick
32. Slow motion back kick

## Board Breaking

1. Multiple board jumping kick
2. Jumping, spinning knife-hand strike
3. Jumping front kick
4. Multiple station breaks
5. Twisting kick
6. Jumping double front kick
7. Jumping twin front kick



# Second Degree Black Belt

## Three Step Sparring

32. Wedging block with the knife-hands with an arc hand strike defense. (Walking = Forward/Backward)
33. Circular block with the reverse knife-hand with a reverse crescent kick defense. (Walking = Forward/Backward)
34. Downward block with the alternate palms with a turning kick defense. (Rear foot stance = Forward, L = Backward)
35. Twin palm pushing block with a reverse knife or cross cut defense. (Rear foot stance = Forward, L = Backward)
36. Parallel block with the outer forearms with turning kick/spin reverse turning kick defense. (One leg stance = Forward, Walking = Backward)
37. Twin palm rising block followed with a middle section back elbow strike/downward elbow strike defense. (Walking = Forward/Backward)

## One Step Self Defense

45. Attack – Step in with mid-section punch  
Response – Step to outside of punch with a knife-hand block, grab wrist with right hand, bend elbow with left hand pushing punch toward attacker's body making a 90 degree wrist lock covering attacker's elbow with left hand, finish with leg sweep take down then punch.
46. Attack – Step in with mid-section punch  
Response – Step to outside of punch with a knife-hand block followed by reverse knife-hand strike to face then cross leg sweep attackers foot while pushing attacker's shoulder with right hand, finish with punch.
47. Attack – Downward strike with knife  
Response – Step back with high-section pressing block with x-fists, grab wrist then bring attacker's wrist down and back up in a rolling motion to expose the shoulder, knee strike to attackers shoulder, downward elbow strike to neck, grab attacker's waist line, push attackers arm while pulling waistline forward throwing attacker to ground.
48. Attack – Upward strike with knife  
Response – Step back with low pressing block with x-fists, grab wrist, raise attackers arm stepping under arm pull attacker's hand to attacker's mid-section, reach around attackers mid-section pulling attacker's strike into attacker's mid-section, reach down to attacker's ankles and pull back/up while pushing attacker's waist with shoulder.
49. Attack – Mid-section straight attack with knife  
Response – Step to outside of attack with left hand palm block then grab, pull left hand back while striking back of attacker's hand with right palm, wrist lock, and step back pulling attacker's hand down for takedown, finish with strike and/or break.

# Second Degree Black Belt

50. Attack – Front diagonal slash with knife  
Response – Step to inside of strike with parallel forearm block, grab wrist with left hand, right elbow to attacker's mid-section, right back fist to attacker's face, bring attacker's arm to shoulder pulling down to dislocate the elbow.
51. Attack – Back diagonal slash with knife  
Response – Step to outside with parallel forearm block grabbing attacker's wrist and shoulder, continue stepping around attacker bringing attacker's arm down to floor for a takedown, finish with strike to neck/face/shoulder.
52. Attack – Mid-section straight attack with knife  
Response – Pivot hips in place grabbing the inside of attacker's wrist with right hand, forearm strike with the left arm to attacker's elbow, left elbow strike to attacker's mid-section or high-section, finish with knee strike to attacker's mid-section.
53. Attack – Choke from behind  
Response – Turn chin into elbow joint, elbow strike to attacker's ribs dropping into sitting stance, pull down on attacker's arm with both hands dropping outside knee to floor while turning inward, finish with counter attack.
54. Attack – Choke from side with defender bending over  
Response – Turn chin into attacker's body, reach up with inside hand grabbing attacker's shoulder/ear/neck/face while grabbing back of attacker's knee with outside hand, pull attacker's shoulder/ear/neck/face backward while pushing attacker's knee forward while raising own body upward, finish with strike to attacker's back/head/neck.

## Sparring Combinations

41. Side kick followed by jumping spin kick.
42. Rear leg twisting kick, same leg front turning kick (done without dropping leg), then back kick.
43. Front punch, spin kick, touch floor same leg front turning kick then hook kick without dropping leg.
44. Front foot front turning kick, double punch, rear leg front turning kick.
45. Front foot hooking kick with a slide while partner steps back, then same leg front turning kick, back kick.
46. Front foot front kick, same leg side kick, same leg front turning kick without dropping leg.
47. Front foot reverse crescent kick with a slide while partner steps back, then double punch, crescent kick.
48. Rear leg fake with front kick tuck followed by front turning kick, back kick.

# Second Degree Black Belt

## Pattern

1. All lower belt patterns
2. Eui-Am
3. Choong-Jang
4. Juche

## Vocabulary

1. Eui- Am is the pseudonym of Son Byong Hi, leader of the Korean independence movement on March 1, 1919. The 45 movements refer to his age when he changed the name of Dong Hak (Oriental culture) to Chondo Kyo (Heavenly way religion) in 1905. The diagram represents his Indomitable Spirit, displayed while dedicating himself to the prosperity of his nation.
2. Choong-Jang is the pseudonym given to General Kim Duk Ryang who lived during the Lee Dynasty, 14th century. This pattern ends with a left-hand attack to symbolize the tragedy of his death at 27 in prison before he was able to reach full maturity. 52 movements.
3. Juche is a philosophical idea that man is the master of everything and decides everything. In other words, the idea that man is the master of the world and his own destiny. It is said that this idea was rooted in Baekdu Mountain which symbolizes the spirit of the Korean people. The diagram represents Baekdu Mountain. 45 movements.
4. General Choi's Last Words
5. The Philosophy of Taekwon-Do
6. Composition of Taekwon-Do

## Written Requirements

Write a 2-3 page essay on your understanding of "The Way". What is it? How do you follow it, see it, find it, etc.?

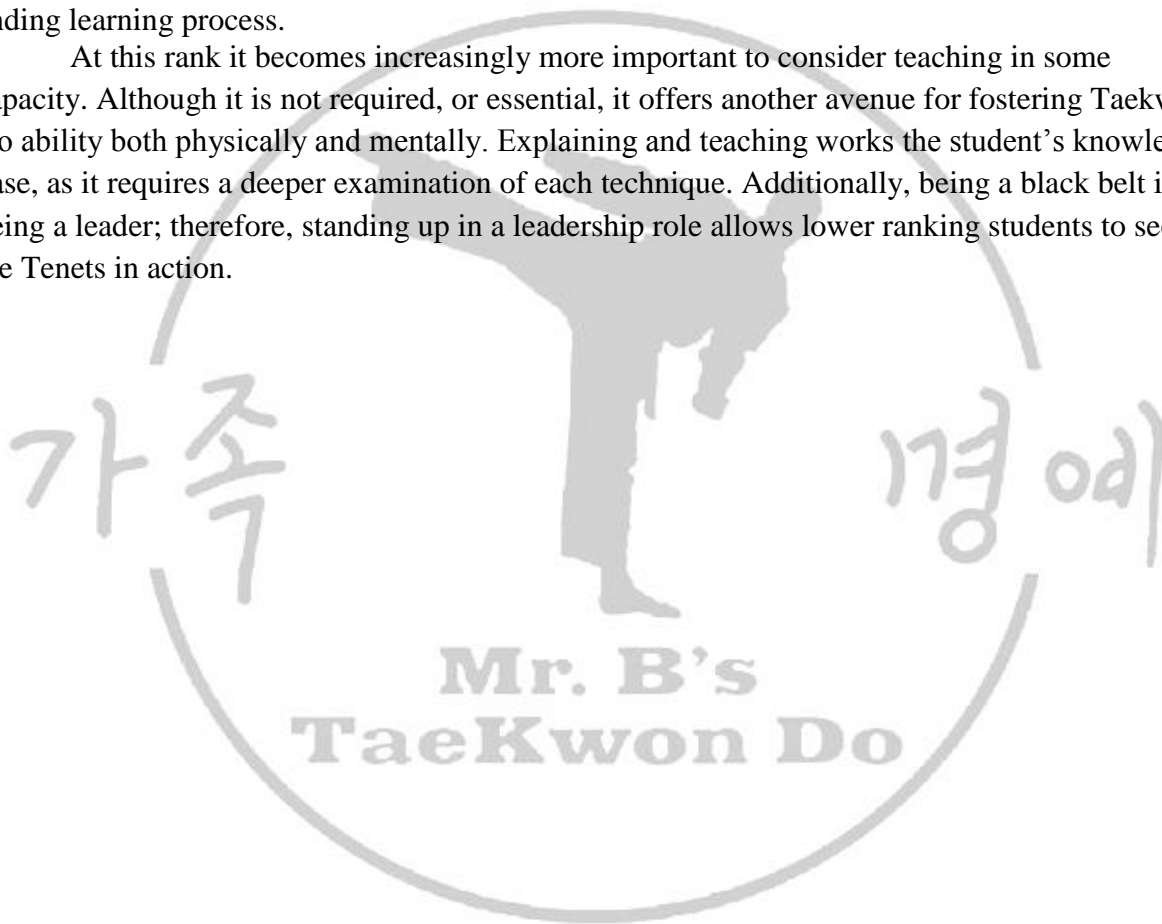
# Second Degree Black Belt

## What to expect from this belt:

Students that earn their second degree face struggles but, for the most part, there are few new challenges for the life-long student as he/she has likely experienced many of the probable challenges at some point in their training. Therefore, re-examining all lower rank challenges is wise because the path through the challenges remains largely the same, regardless of rank.

In most cases, second degree black belts find their technical understanding improves profoundly, as does their physical ability. Additionally, being challenged by newer and significantly more difficult techniques, combinations, patterns, and basics does not seem to be nearly as daunting because students have grown accustomed to, and look forward to, the never ending learning process.

At this rank it becomes increasingly more important to consider teaching in some capacity. Although it is not required, or essential, it offers another avenue for fostering Taekwon-Do ability both physically and mentally. Explaining and teaching works the student's knowledge base, as it requires a deeper examination of each technique. Additionally, being a black belt is being a leader; therefore, standing up in a leadership role allows lower ranking students to see the Tenets in action.



# Second Degree Black Belt

## **The Last Words Of General Choi Hong Hi**

November 9, 1918 - June 15, 2002

I am the man who has the most followers in the world.

I am the happiest man who has done everything to do in my life.

It is fortunate you have come.

Is Mr. Chang Ung here?

Mr. Rhee Ki Ha, it is good that you have come. I am glad that my son and daughters like you the most.

You probably might know Mr. Chang Ung is the tallest in the highest position in the ITF.

If only I had been as tall as Mr. Chang Ung, I could have had less opponents; however, as my body was so tiny that there were many opponents. Thus, all alone, I could not but fight against them for so long.

But I have never been worn out for the justice was on my side.

I have always worried about a successor to the president; however, my mind is set at ease for there is Mr. Chang Ung.

Mr. Hwang Kwang Sung, your duty is very big and important as a spokesman and the Chairman of the Merger Committee. It was my wish to merge the Taekwon-Do into one. Please get on your own duty responsibly.

Mr. Park Jong Soo had immigrated into Canada in 1967.

Before that he educated Taekwon-Do in Europe.

In 1972, I went to Canada where Mr. Park Jong Soo resided leaving my children behind without informing them.

In those days Taekwon-Do was not widely spread, so that I used to say to carve the words of Taekwon-Do on my coffin.

Now Taekwon-Do has developed on a large scale.

I love Mr. Tom MacCallum.

I have always worried if he might die before me. In case he dies first, I have been thinking how to help his family.

He has given the special contributions to the ITF.

I have no secrets to him.

Thank you very much for what you have done.

# Second Degree Black Belt

I love you.

Mr. Leong Wai Meng is a man of conscience indeed.

He has given a great contribution to educating the Taekwon-Do.

As I thought of his finance is in good condition, I drew his name out on the stockholders' list of the Chang Hon Foundation.

Mr. Hwang Jin is doing well on the way of Mr. Chon Jin Sik.

So I appointed him as a member of the Consultative Committee.

Please enlarge the Consultative Committee into 9 members. Here I appoint Mr. Jong Jae Hun.

My followers,

Taekwon-Do never exists without the D.P.R. of Korea.

You should know this.

The ITF is an international organization and does it need to argue about ideology?

Does the United Nations belong to the Negroes because the Secretary General is a Negro?

Please give up this kind of idea.

Taekwon-Do must be Korean-centered.

You ought to tell the public through the Internet that I did not forgive Jung Hwa. I forgave him as a father, but the Taekwon-Doists would never forgive him.

Before Jung Hwa apologizes Taekwon-Doists the world over, he will never be forgiven. While I am still alive, you should send the message to the Internet the soonest as possible.

The Taekwon-Do will exist forever.

(16.30 ~ 17.10) June 11, 2002

At the Hospital in Pyongyang,

The Democratic People's Republic of Korea

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## THE PHILOSOPHY OF TAEKWON-DO (Taekwon-Do Chul hak)

In recent years, there has been an upsurge in violence and a loss of morality in all levels of society, especially among the young. There are, of course a number of reasons for this.

Many psychologists today feel that this problem stems from frustration. Analysts, on the other hand, point out that these misguided people are indeed a disillusioned segment of society searching for values and relevance in what they consider deceitful, materialistic, and absurd world of wars and decadence.

Unfortunately, however, instead of constructively channeling their extraordinary energy and potential, far too many strike out in blind anger, destroying rather than building, or merely running away from it all by isolating themselves with drugs and their own worlds of fantasy. Presently, the tendency of "the stronger preying upon the weaker" appears to be at its peak. Frankly, the present world closely resembles a "corrupt age."

It is obvious that this phenomenon of society is not merely because of the struggle for survival, but mainly because of an overdeveloped material and scientific civilization. The former misleads the young to the extreme materialism or egoism, while the latter seized human beings with fear, though playing an essential role in public welfare.

Then what would be the remedy? Needless to say it is the development of moral civilization - the proper mental states of a human being as the lord of creation, enough to prevail or at least keep abreast with the development of material and scientific civilization.

The utmost purpose of Taekwon-Do is to eliminate fighting by discouraging the stronger's oppression of the weaker with a power that must be based on humanity, justice, morality, wisdom and faith, thus helping to build a better and more peaceful world.

All men, regardless of age, have felt that death is a shame, and lamented that they cannot live as long as the pine trees or the turtles that seem to live a thousand years. Righteous men, on the other hand, deplore the fact that justice does not always triumph over the tyranny of power. However, there are two ways to deal with these problems: The former, through mental discipline, the latter, through physical training. It is my firm belief that through Taekwon-Do, anyone can garner enough strength to become a guardian of justice, to challenge social disunity and, to cultivate the human spirit to the highest level attainable. It is in this spirit, I am dedicating the art of Taekwon-Do to the people of the world.

The philosophy of Taekwon-Do is based on the ethical, moral, and spiritual standards by which men can live together in harmony, and its art patterns are inspired by the ideals and exploits of great men from Korean history. Korea's famous military and civil leaders who in nearly five thousand years of Korean history have never invaded their neighbor yet who fought

# Second Degree Black Belt

bravely and made great self-sacrifices to defend their homeland against invading enemies. I also include the names of patriots who willingly gave up their lives to regain Korea's freedom and independence from the Japanese occupation.

Each Tul (pattern) of Taekwon-Do expresses the thoughts and the actions of these great men, so the students of Taekwon-Do must reflect the true intentions of those whose name each Tul bears. Therefore, under no circumstances should Taekwon-Do be used for any commercial or political purpose whatsoever.

I have set forth the following philosophy and guidelines which will be the cornerstone of Taekwon-Do and by which all serious students of this art are encouraged to live.

1. Be willing to go where the going may be tough and do the things that are worth doing even though they are difficult.
2. Be gentle to the weak and tough to the strong.
3. Be content with what you have in money and position but never in skills.
4. Always finish what you begin, be it large or small.
5. Be a willing teacher to anyone regardless of religion, race or ideology.
6. Never yield to repression or threat in the pursuit of a noble cause.
7. Teach attitude and skill with action rather than words.
8. Always be yourself even though your circumstances may change.
9. Be the eternal teacher who teaches with the body when young, with words when old, and by moral precept even after death.



Mr. B's  
TaeKwon Do



# Second Degree Black Belt

## COMPOSITION OF TAEKWON-DO (Taekwon-Do Goosung)

Taekwon-Do is composed of fundamental movements, patterns, dallyon, sparring and self-defense techniques that are so closely related that it is impossible to segregate one phase of instruction from another. Fundamental movements are necessary for sparring and patterns, while both patterns and sparring are indispensable for perfection of fundamental movements.

In the illustration (page 725 of the Condensed Encyclopedia), one can see it is difficult to distinguish the beginning of the cycle from the end. There is, in fact, like the Deity, no beginning or end. A student will find that he will have to return time and time again to the beginning fundamental movements to perfect his advanced sparring and self-defense techniques.

Each fundamental movement, in most cases, represents an attack or defense against a particular target area or definite action of an imaginary opponent or opponents. It is necessary to learn as many fundamental movements as possible and fit them into complete proficiency so the student can meet any situation in actual combat with confidence. The pattern actually places the student in a hypothetical situation where he must avail himself to defense, counterattack, and attack motions, against several opponents. Through constant practice of these patterns, the attack and defense become a conditioned reflex movement. Power and speed must be developed to such a high degree that only one single blow is needed to stop an opponent, so the student can shift stance and block or attack another opponent. Each pattern is different from the other in order to develop reaction against changing circumstances.

Once the basic patterns are mastered, the student then begins to physically apply the skill obtained from fundamental patterns and movements to sparring against actual moving opponents.

Collaterally with sparring, the student must begin to develop his body and toughen his attacking and blocking tools so he is able to deliver maximum damage in actual combat. Once a student has applied himself to fundamental movements, patterns, sparring and dallyon, then the time has arrived for the student to test his coordination, speed, balance, and concentration against spontaneous attacks: i.e. Self-defense. The student will constantly find himself returning, however, to his fundamentals even when he has achieved the highest possible degree of self-defense techniques. As in military training, Taekwon-Do progression follows a certain parallel:

1. Fundamental Movements
2. Dallyon (defined later in manual)
3. Patterns
4. Sparring

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5. Self-defense = Individual soldiers' basic training = Maintenance of equipment (your body and mind) = Platoon tactics = Field exercises in simulated combat conditions = Actual Combat

Dallyon is the Korean word for "equipment maintenance". In Taekwon-Do equipment refers to our bodies. Dallyon is the maintenance of our bodies, consisting of:

Forging - The toughening of our attacking and blocking tools, such as hands and feet.

Stretching - Flexibility helps prevent injury and promotes great technique and overall health. It's very important that we never underestimate the importance of flexibility.

Running - Our bodies need to be conditioned to handle extended lengths of rigorous activity. Endurance and stamina are crucial in sparring, exercising and the possibility of self-defense. We hope that we never have to use our self-defense training outside the dojang but if the situation does arise we need to be able to last longer and fight harder than our attacker.

Weight training - Strong muscles create strong technique. Whether your punching, kicking or blocking an attacker, every move should be capable of disabling an attacker. Strong muscles are also important in preventing injury by promoting strong limbs, joints and bones.



Mr. B's  
TaeKwon Do

# Second Degree Black Belt

## Eui-Am

### Second Degree Black/2nd Dan

#### Movements: 45 Ready Posture: Closed Ready Stance D



1. Move the right foot to C forming a left walking stance toward D while executing a low inward block to D with the right knife-hand.
2. Move the left foot to C forming a right walking stance toward D while executing a high side block to D with the left outer forearm.
3. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D.
4. Execute a low twisting kick to D with the left foot keeping the position of the hands as they were in 3.
5. Lower the left foot to D forming a left walking stance toward D while executing a downward block with an x-fist.
6. Execute a rising block with the right knife-hand, maintaining a left walking stance toward D. Perform 5 and 6 in a continuous motion.
7. Jump to D, forming a right x-stance toward BD while executing a high side strike to D with the right back fist bringing the left finger belly to the right side fist.
8. Move the left foot to C forming a right L-stance toward C while executing a middle punch to C with the left fist.
9. Execute a middle reverse turning kick to AC with the right foot.
10. Lower the right foot to C in a stamping motion to form a sitting stance toward A while executing a middle side strike to C with the right knife-hand.
11. Execute a middle side piercing kick to C with the left foot while turning clockwise pulling both hands in the opposite direction.
12. Lower the left foot to C forming a left walking stance toward C while executing a high crescent punch with the right fist.

# Second Degree Black Belt



13. Execute a middle turning punch with the left fist while forming a parallel stance toward C pulling the right foot. Perform in slow motion.
14. Move the left foot to D forming a right walking stance toward C while executing a low inward block with the left knife-hand.
15. Move the right foot to D forming a left walking stance toward C at the same time executing a high side block to C with the right outer forearm.
16. Execute a middle punch to C with the left fist while maintaining a left walking stance toward C.
17. Execute a low twisting kick to C with the right foot, keeping the position of the hands as they were in 16.
18. Lower the right foot to C forming a right waling stance toward C while executing a downward block with an x-fist.
19. Execute a rising block with the left knife-hand while maintaining a right walking stance toward C. Perform 18 and 19 in a continuous motion.
20. Jump to C forming a left x-stance toward BC while executing a high side strike to C with the left back fist and bringing the right finger belly to the left side fist.
21. Move the right foot to D, forming a left L-stance toward D while executing a middle punch to D with the right fist.
22. Execute a middle reverse turning kick to AD with the left foot.
23. Lower the left foot to D in a stamping motion to form a sitting stance toward A at the same time executing a middle side strike to D with a left knife-hand.
24. Execute a middle side piercing kick to D with the right foot while turning counter-clockwise pulling both hands in the opposite direction.
25. Lower the right foot to D forming a right walking stance toward D while executing a high crescent punch with the left fist.

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26. Execute a middle turning punch with the right fist while forming a parallel stance toward D pulling the left foot. Perform in slow motion.
27. Move the right foot to D forming a right walking stance toward D at the same time executing a middle wedging block with a knife-hand.
28. Execute a circular block to BD with the left reverse knife-hand while maintaining a right walking stance toward D.
29. Execute a downward block with an alternate palm while forming a left rear foot stance toward D pulling the right foot.
30. Execute a middle punch to D with the left fist while forming a left L-stance toward D slipping the right foot.
31. Execute a low inward block to D with the right reverse knife-hand while shifting to C maintaining a left L-stance toward D.
32. Move the left foot to D forming a left walking stance toward D while executing a middle wedging block with a knife-hand.
33. Execute a circular block to AD with the right reverse knife-hand while maintaining a left walking stance toward D.
34. Execute a downward block with an alternate palm while forming a right rear foot stance toward D pulling left foot.
35. Execute a middle punch to D with the right fist while forming a right L-stance toward D slipping the left foot.
36. Execute a low inward block to D with the left reverse knife-hand while shifting to C maintaining a right L-stance toward D.
37. Execute a high reverse turning kick to BD with the right foot.
38. Lower the right foot to D forming a left rear foot stance toward D while executing a middle guarding block to D with the forearm.
39. Execute a high reverse turning kick to AD with the left foot.



## Second Degree Black Belt

40. Lower the left foot to D forming a right rear foot stance toward D while executing a middle guarding block to D with the forearm.
41. Move the left foot to the side rear of the right foot and then the right foot to C forming a right L-stance toward D while executing a low outward block to D with the left knife-hand.



42. Execute a middle punch to D with the right fist while forming a left walking stance toward D slipping the right foot.
43. Move the left foot to C forming a left L-stance toward D while executing a low block to D with the right knife-hand.
44. Execute a middle punch to D with the left fist while forming a right walking stance toward D slipping the left foot.
45. Execute a high punch to D with the right fist while maintaining a right walking stance toward D.

END: Bring the right foot back to a ready posture.

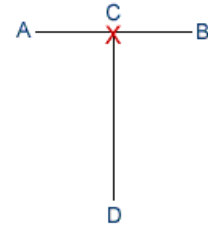


# Second Degree Black Belt

## Choong-Jang

### Second Degree Black/2nd Dan

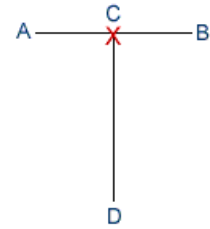
Movements: 52 Ready Posture: Closed Ready Stance A



1. Move the right foot to A to form a sitting stance toward D while executing a side front block with the right inner forearm and extending the left forearm side-downward.
2. Execute a side front block with the left inner forearm extending the right forearm side downward while maintaining a sitting stance toward D.
3. Bring the right foot to the left foot forming a closed stance toward D while executing an angle punch with the left fist. Perform in slow motion.
4. Move the left foot to D to form a left walking stance toward while executing a high thrust to D with the right double finger.
5. Move the right foot to D to form a right walking stance toward while executing a high thrust to D with the left double finger.
6. Execute a front strike to D with the right back fist while maintaining a right walking stance toward D.
7. Move the left foot to D forming a left walking stance toward D while executing a rising block with the left forearm.
8. Move the right foot to D to form a right walking stance toward D at the same time executing a middle punch to D with the right fist.
9. Move the right foot to C turning counter clockwise and then slide to C to form a right L-stance toward D while executing a middle guarding block to D with the forearm.
10. Execute a low front snap kick to D with the right foot keeping the position of the hands as they were in 9.
11. Lower the right foot to D forming a right low stance toward D while executing a high thrust to D with the right flat finger tip.
12. Execute a high turning kick to D with the right foot supporting the body with both hands and the left knee.
13. Lower the right foot to D and then execute a high punch to D with the right fist while pressing the ground with the left palm.
14. Move the left foot to D turning clockwise to form a left L-stance toward C while thrusting to D with the left side elbow.

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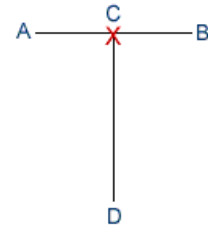
15. Move the left foot to C turning clockwise to form a left L-stance toward D at the same time executing a middle guarding block to D with the forearm.
16. Move the right foot to C forming a right L-stance toward D while executing a scooping block with the left palm.
17. Move the left foot to C forming a left L-stance toward D while executing a middle outward strike to D with the right knife-hand.
18. Execute a pressing block with an X-fist while forming a left walking stance toward C pivoting with the right foot.
19. Execute a low front snap kick to C with the right knee while pulling both hands in the opposite direction as if grabbing the opponent's leg.
20. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
21. Move the right foot to D in a sliding motion to form a right L-stance toward C while thrusting to D with the right side elbow.
22. Execute a middle guarding block to D with a knife-hand while forming a left L-stance toward D pivoting with the left foot.
23. Execute a middle side piercing kick to D with the right foot while pulling both hands in the opposite direction.
24. Lower the right foot to D and then execute a pressing block with a twin palm while forming a right rear foot stance toward C, pivoting with the right foot.
25. Move the right foot to C to form a right walking stance toward C while executing a high front block to C with the right outer forearm and then a high side strike to C with the right back fist, maintaining a right walking stance toward C.
26. Execute a high thrust to D with the left flat fingertip while forming a right L-stance toward D pivoting with the right foot.
27. Execute a low front snap kick to D with the right foot while bring the right palm on the left back hand.





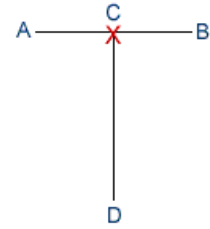
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28. Lower the right foot to D to form a left walking stance toward C pivoting with the left foot while thrusting to D with the right back elbow, placing the left side fist on the right fist. Perform in slow motion.
29. Execute a downward strike with the left back hand while forming a right L-stance toward C, pivoting with the right foot. Perform in a stamping motion.
30. Punch the left palm with the right fist while maintaining a right L-stance toward C.
31. Move the right foot to C in a stamping motion to form a left L-stance toward C while executing a downward strike with the right back hand.
32. Punch the right palm with the left fist while maintaining a left L-stance toward C.
33. Execute a middle outward strike to D with the left knife-hand while forming a right L-stance toward D, pivoting with the right foot. Perform in a stamping motion.
34. Execute a high side front strike to D with the right back fist striking the left palm with the right elbow while forming a left walking stance toward D, slipping the left foot.
35. Move the right foot to D forming a left L-stance toward D while executing a middle outward strike to D with the right knife-hand. Perform in a stamping motion.
36. Execute a high side front strike to D with the left back fist striking the right palm with the left elbow while forming a right walking stance toward D, slipping the right foot.
37. Execute a low guarding block to C with a reverse knife-hand while forming a right L-stance toward C pivoting with the right foot.
38. Execute a right 9-shape block while forming a left walking stance toward C slipping the left foot.
39. Move the right foot to C forming a left L-stance toward C while executing a low guarding block to C with a reverse knife-hand.
40. Execute a left 9-shape block while forming a right walking stance toward C slipping the right foot.
41. Move the right foot to D forming a left walking stance toward C while executing a horizontal strike with a twin knife-hand.
42. Execute a high strike to C with the right arc-hand while maintaining a left walking stance toward C.



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43. Execute a middle front snap kick to C with the right foot keeping the position of the hands as they were in 42.
44. Lower the right foot to C forming a right walking stance toward C while executing a high strike to C with the left arc-hand.
45. Execute a middle front snap kick to C with the left foot keeping the position of the hands as they were in 44.



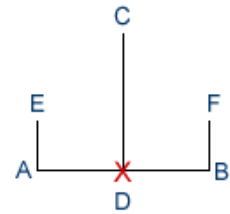
46. Lower the left foot to C forming a left walking stance toward C while executing a middle punch to C with the right fist.
  47. Execute a middle punch to C with the left fist while maintaining a left walking stance toward c. Perform 46 and 47 in a fast motion.
  48. Bring the right foot to the left foot to form a close stance toward C while executing a high crescent punch with a twin for-knuckle fist.
  49. Move the left foot to B turning counter-clockwise to form a left walking stance toward B while executing a low block to B with the left knife-hand.
  50. Execute a high punch to B with the right open fist while maintaining a left walking stance toward B.
  51. Move the left foot on line AB forming a right walking stance toward A while executing a low block to A with the right Knife-hand.
  52. Execute a high punch to A with the left open fist while maintaining a right walking stance toward A.
- END:** Bring the left foot back to a ready posture

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## Juche

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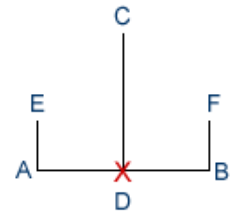
**Movements: 45 Ready Posture: Parallel Stance with the Twin Side Elbow**



1. Move the left foot to B forming a sitting stance toward D while executing a parallel block with the inner forearm.
2. Execute a middle hooking block to D with the right palm while standing up toward D.
3. Execute a middle punch to D with the left fist while forming a sitting stance toward D.
4. Pull the right reverse footsword to the left knee joint forming a left one-leg stance toward D while executing a parallel block with the outer forearm.
5. Execute a middle side piercing kick to A and then a high reverse hooking kick to B consecutively with the right foot keeping the position of the hands as they were in 4. Perform in slow motion.
6. Lower the right foot to B in a jumping motion to form a right X-stance toward F while executing a downward strike to B with the right back fist.
7. Execute a middle hooking kick and then a high side piercing kick to F consecutively with the left foot while pulling both fists in front of the chest.
8. Lower the left foot to F in a stamping motion to form a sitting stance toward B while executing a high outward cross-cut to F with the left flat finger tip.
9. Execute a right high elbow strike to BF pressing the right side fist with the left palm while forming a left walking stance toward BF.
10. Cross the left foot over the right foot to form a right X-stance toward B while executing a low front block to B with the left reverse knife-hand, bringing the right finger belly on the left back forearm.
11. Move the right foot to A forming a left L-stance toward A while executing a middle guarding block to A with a knife-hand.
12. Execute a mid-air strike to A with a left knife-hand while spinning counter clockwise and then land to A forming a right L-stance toward A with the left arm extended.
13. Move the right foot to A to form a sitting stance toward D while executing a parallel block with the inner forearm.

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14. Execute a middle hooking block to D with the left palm while standing up toward D.



15. Execute a middle punch to D with the right fist while forming a sitting stance toward D.

16. Pull the left reverse footsword to the right knee joint forming a right one-leg stance toward D while executing a parallel block with the outer forearm.

17. Execute a middle side piercing kick to B and then a high reverse hooking kick to A consecutively with the left foot keeping the position of the hands as they were in 16. Perform in slow motion.

18. Lower the left foot to A in a jumping motion to form a left X-stance toward E while executing a downward strike to A with the left back fist.

19. Execute a middle hooking kick and then a high side piercing kick to E consecutively with the right foot while pulling both fists in front of the chest.

20. Lower the right foot to E in a stamping motion to form a sitting stance toward A while executing a high outward cross-cut to E with the right flat finger tip.

21. Execute a left high elbow strike to AE pressing the left side fist with the right palm while forming a right walking stance toward AE.

22. Cross the right foot over the left foot to form a left X-stance toward A while executing a low front block to A with the right reverse knife-hand, bringing the left finger belly on the right back forearm.

23. Move the left foot to B forming a right L-stance toward B while executing a middle guarding block to B with a knife-hand.

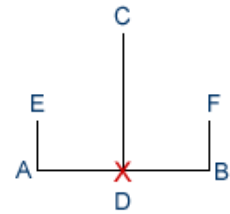
24. Execute a mid-air strike to B with a right knife-hand while spinning clockwise and then land to B forming a left L-stance toward B with the right arm extended.

25. Execute a pick-shape kick to B with the left foot and then lower it to B forming a right rear foot stance toward B while executing a middle guarding block with the forearm.

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26. Bring the right foot to the left foot forming a closed stance with a heaven hand toward D Perform in slow motion.

27. Slide to C to form a left rear foot stance toward D while executing a downward thrust with the right straight elbow.



28. Execute a high crescent strike with the left arc-hand while forming a right walking stance toward D, slipping the right foot.

29. Slide to C to form a right rear foot stance toward D while executing a downward thrust with the left straight elbow.

30. Execute a high crescent strike with the right arc-hand while forming a left walking stance toward D, slipping the left foot.

31. Move the left foot to C forming a right walking stance toward D while executing a high inward strike to D with a twin knife-hand.

32. Move the right foot to C forming a left walking stance toward D while executing a downward punch with the right fist.

33. Move the left foot to the side rear of the right foot and then slide to C forming a right L-stance toward D while executing a downward block with the left outer forearm.

34. Execute a dodging reverse turning kick to D with the right foot while flying away from D and then land to C to form a left L-stance toward D at the same time executing a middle guarding block to D with the forearm.

35. Move the right foot to the side rear of the left foot and then slide to C forming a left L-stance toward D while executing a downward block with the right outer forearm.

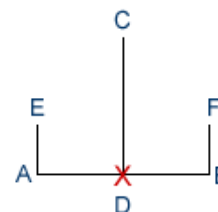
36. Execute a dodging reverse turning kick to D with the left foot while flying away from D and then land to C to form a right L-stance toward D at the same time executing a middle guarding block to D with the forearm.

37. Move the right foot to D and then the left foot to D then execute a flying two direction kick (twisting kick with the left foot, side piercing with the right foot) while flying to D.

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38. Land to D to form a left diagonal stance toward D while executing a rising block with a twin palm.

39. Slide to D forming a right rear foot stance toward C while executing a side thrust to D with the right elbow.



40. Turn the face to D while forming a right bending ready stance B toward C and then execute a middle back piercing kick to D with the left foot. Perform in slow motion.

41. Lower the left foot to D in a stamping motion forming a right L-stance toward D at the same time executing a horizontal strike to D with the left back fist.

42. Execute a high inward cross-cut to D with the right flat finger tip while forming a parallel stance toward D, pulling the right foot.

43. Execute a front punch and an upset punch to D consecutively with the right fist while flying to D and then land to D forming a closed stance toward D with the right fist extended.

44. Move the right foot to D forming a right walking stance toward D while executing a front downward strike with the left knife-hand.

45. Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the right fist.

**END:** Bring the right foot back to a ready posture.

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## Techniques

1. High side block with knife hand- other hand on forearm
2. Sitting stance reverse knife hand middle wedging block
3. L stance outer forearm high outward block
4. L stance double fist low punch
5. Reverse knife hand high guarding block
6. Sweeping kick
7. Diagonal stance back elbow thrust
8. Low block with other fist under armpit
9. Middle punch with other fist over shoulder
10. Warrior stance B
11. Sitting stance releasing motion
12. Sitting stance angle punch
13. Middle punch slipping other hand to elbow joint
14. Fixed stance u- shape punch
15. Waving kick
16. Back hand Horizontal strike
17. Outer forearm high outward block
18. Reverse knife-hand high block
19. Side fist downward strike
20. Middle knuckle fist high punch
21. Knife-hand w-shape block
22. Reverse hooking kick

## One Step Self Defense

55. Attack= cross wrist grab  
Defense= expand fingers and drive hand across own body then twist in the opposite direction
56. Attack= lapel grab with stiff arms  
Defense= grab across body on top of arms to attacker's fist, slightly turn body toward grab then twist back while twisting fist and striking attacker's elbow. Should be done both left and right.
57. Attack= lapel grab with bent arms  
Defense= bring both arms straight up then strike down with elbows to attacker's arms followed by arc hand attack to attacker's throat, grabbing with opposite hand to back of head twisting for take down.
58. Attack= lapel grab with bent arms  
Defense= twist body to one side then twist back stepping slightly toward attacker with elbow to attacker's head, follow with second elbow to attackers head
59. Attack= gun to back of head  
Defense= wave hands, spin to the outside with a hooking grab to wrist followed by a strike to attackers elbow

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60. Attack= gun to back of head  
Defense= wave hands, spin inward with a knife hand block or hooking grab to wrist, strike to attacker's face
61. Attack= gun to back  
Defense= wave hands and spin inside with elbow to wrist then drop hand rolling around attacker's arm, use knife hand down on attacker's wrist, grab gun with free hand twisting toward attacker's head, finish with strike.
62. Attack= gun to back  
Defense= spin inside rolling arm around top of attacker's wrist bring forearm up under attacker's wrist, strike to attacker face/throat
63. Attack= gun to back  
Defense= spin to outside with elbow to attacker's wrist dropping own forearm, use opposite hand to bend attacker's elbow, wrap first arm around attacker's head trapping attacker's own arm on their neck, bend back and break attacker's neck
64. Attack= gun to face  
Defense= wave arms, strike to inside of attacker's wrist with knife hand while simultaneously grabbing barrel of gun with opposite hand twisting barrel away from face, counter attack to head.
65. Attack= gun to stomach  
Defense= wave hands, grab attacker's wrist, with opposite hand than attacker's hand, and top of gun, grab with other hand to opposite side of attacker's hand, twist wrist up and then straight down, counter attack to head
66. Attack= gun to stomach  
Defense= wave hands, grab attacker's wrist, with same hand as attacker's hand, and top of gun, grab opposite side of attacker's hand with opposite hand, twist wrist up then straight down, counter attack to head
67. Attack= knife to knife attack with a middle section back slash  
Defense= push hips back, parry block with empty hand, cut across attacker's forearm with knife, add another knife attack to attacker's body
68. Attack= knife to knife with a middle front slash  
Defense= push hips back, parry block with empty hand, cut across attacker's forearm with knife, add another knife attack to attacker's body
69. Attack= knife to knife attack with high backslash  
Defense= step outside with outer forearm to upper arm and block with knife to wrist, back slash to middle of body then slash to leg or face
70. Attack= knife to knife with high front slash  
Defense= step inside block with outer forearm to wrist and knife to bicep, then attack to attacker's leg and body



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## Pattern

1. Sam-Il
2. Yoo-Sin
3. Choi-Yong

## Vocabulary

1. SAM-IL denotes the historical date of the independence movement of Korea which began throughout the country on March 1, 1919. The 33 movements in the pattern stand for the 33 patriots who planned the movement.
2. YOO-SIN is named after General Kim Yoo Sin, a commanding general during the Silla Dynasty. The 68 movements refer to the last two figures of 668 A.D., the year Korea was united. The ready posture signifies a sword drawn on the right rather than left side, symbolizing Yoo Sin's mistake of following his King's orders to fight with foreign forces against his own nation.
3. CHOI-YONG is named after General Choi Yong, premier and commander in chief of the armed forces during the 14th century Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism, and humility. He was executed by his subordinate commanders headed by general Yi Sung Gae, who later became the first King of the Lee Dynasty.
4. History of Korea as told through the patterns of TaeKwon-Do

Mr. B's  
TaeKwon Do

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## Tae Kwon Do Hangung Ui Yeogsa

### Part 1

Loosely translated the title means 'a history of Korea as told through the patters of Tae Kwon Do.' It must be said that this is an effort to bring together many, often conflicting, sources and any inaccuracies are merely the result of these conflicts rather than any bias or agenda.

#### **Formation of a nation**

Throughout its history Korea has often been a land in turmoil having twice suffered occupation by its neighbor Japan and spent much of its history as a tributary to China. The Japanese occupations sought to assimilate the Korean people by destroying their history, culture and system of education. Although relations with China where mostly peaceful Korea's position as a subordinate to its neighbor in the West undoubtedly left Korea open to adopting much of Chinese culture as its own.

Modern day Korea is at war with itself after being split in two by cold war super powers Russia and America. It is two nations made up of one people divided into North and South by the infamous '38th parallel'.

As such it seems much of the true history of the Korean people has been lost and thus history and myth have blended together to form the founding story of these resilient people. This appears to be the case with Dan Gun who is known to the Korean people as the founder of their nation.

His story begins in ancient times when it was believed that the gods walked amongst men and animals could speak as humans. This time was one where the lines between heaven and earth where obscure.

As legend has it the god Hwang-Ung was sent by his father Hwanin to the east to build a new country. He settled on Paektu Mountain current sight of Chon-Ji lake. Paektu Mountain (often referred to as Baekdu) is a dormant volcano located in Ryanggang Province of North Korea and is believed by many to have formed the Korean peninsula. Its crater has since filled with water with a surprising maximum depth of 1,260ft creating a crystal clear lake. This clarity creates a mirror-like affect which gives the illusion that the heavens can be seen in it. With Paektu Mountain's peak being the highest in Korea this lake was naturally thought to be the point where the heavens meet the earth and thus the lake became named 'Chon-Ji' lake. This lake still holds mythical significance in modern times being home to the fabled Lake Tianchi Monster (Tianchi being the Chinese name for the lake). Further demonstrating the importance of this lake

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Kim Jong-Il claims to have been born on the mountain in an effort to legitimize his dictatorship of North Korea.

The lake of heaven and earth being located on the mountain top of the volcano which created Korea addresses the reference to creationism in the pater Chon-Ji. Furthermore the belief that Dan-Gun, founder of the Korean nation (then named Chosun), lived on Chon-Ji lake explains the reference to the beginnings of human history.

This theory is not unique to the people of Korea, in fact it likely originated in China as it is found in the classic I Ching (the book of changes). A somewhat ubiquitous concept of heaven and earth is an essential part of the Yin-Yang ideology in China which is remarkably similar to the Um-Yang concept in Korea. Um-Yang is still a philosophy studied in Korea today, in fact four of its symbols can be found on the South Korean flag.

According to legend one day a tiger and a bear approached Hwan-Ung and asked him to make them human. After some deliberation he agreed and sent both to stay in a cave to pray earnestly while eating cloves of garlic and mugwort. There are two conflicting accounts as to how long they were instructed to pray in these caves, one stating it was 100 days, the other 21. In both tales these animals were given 21 cloves of garlic and as there are 21 movements in the pattern of Dan-Gun it can be presumed that this is the tale which General Choi Hung Hi preferred.

In either tale the tiger who was fierce and aggressive left the cave early and finished his life as a tiger but the bear who symbolized patience and reverence emerged after the allotted time a beautiful human woman. Hwan-Ung named her Ung-Yo which means 'the girl incarnated from a bear' and was so taken by her that he married her. Ung-Yo later gave birth to Hwan-Ung's son which they named Dan Gun.

While sitting under a Pak-Tal (Sandalwood) tree on Chon Ji lake Dan Gun was approached by the 'Nine Wild Tribes' known as the Ku-I which inhabited the peninsula. He unified these tribes teaching them the rite of marriage, the subject-king relationship, cooking, house building, agriculture, how to bind their hair with cloth and religious worship. The peninsula now known as Korea he named Chosun which means 'Land of the Morning Calm'.

The great literary work Samguk Yusa, a thirteenth century Korean accounting of its history, credits Dan Gun's father, Hwan-Ung, for being the one who unified the tribes under the sandalwood tree. It states that he also built a city on T'aebaek Mountain known as Sin-si (city of god) and took the title of Hwan-Ung Cho'onwang (heavenly king). However, even this account which blends history and mythology credits Dan Gun for founding Chosun in 2333bc.

Dan Gun ruled Chosun until 1122BC when Emperor Ki-Ja of China and migrated to the peninsula with his armies to avoid being overthrown in his own country. Dan Gun is said to have fled to Kuwol-San (Nine Moons Mountain) in Pyongyang where he retired as a mountain

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spirit. Other legends state that he fled to the heavens and joined his father. Either way, Dan Gun is celebrated as Korea's founding father and to this day October 3rd is a national holiday commemorating him.

## Introduction of Buddhism

While Won-Yo is commonly credited with bringing Buddhism to the Silla Dynasty in 686 AD this is not technically correct. Buddhism was introduced to the Koguryo in 372 AD, the Paecche in 384 AD and to the Silla in 417 AD by a monk named A-tow. It is more correct to say that Won-Yo's life's work and his passing in 686 AD enhanced Buddhism from small cult status to dominant religion on the peninsula.

When we think of Buddhist monks we think of quiet peaceful men that show a reverence for life. Surprisingly this was not his original path. Won Yo was born Sol Sedang in 617 AD. His nickname as a youth was 'Sedak' which means 'dawn' as does his later pen name of Won Yo. Sol's original occupation was soldier, a life he abandoned at the age of twenty after seeing many of his friends killed in battle. Warfare was endemic at this time as the three kingdoms sought to dominate one another.

Upon entering the Buddhist priesthood Sol converted his home into a temple and acquired the name Won-Yo. As Buddhism was a minor religion at the time it was thought necessary to acquire training in China to competently perform his duties. As such in 650 AD he set out to China to train in the ways of Buddhism.

To enter China meant to cross over large stretches of land held by enemies of the Silla which proved to be dangerous for even a Buddhist monk. He was mistaken for a spy by the Koguryo and forced to flee home in order to save himself from torture and death. One night while fleeing he was forced to hide in a cave. Exhausted, starved and thirsty he prayed for some relief to his pain. Searching about the cave in the dark he found a cup filled with water which quenched his thirst. Won-Yo awoke the next morning to find this was not a cup of water at all but rather a human skull filled with maggots.

This would prove to be a turning point in his career as Won-Yo had an epiphany at this moment. His enlightenment revealed to him that 'all things are created by the human mind alone' and he returned home no longer believing he needed to train under a master now that he understood life and death. Won-Yo left his home a monk of little note and would return ready to become the most important religious figure in Korea for centuries to come.

Upon returning home to Silla Won-Yo worked tirelessly to unify the five existing sects of Buddhism as well as introducing the Chinpyo and Popsong. These new sects were based on the 'Harmonious Understanding of the Ten Doctrines'. Blending Indian and Chinese Buddhist

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doctrine, Won-Yo formed the 'Pure Land' sect which brought Buddhism to the laypeople of Korea. This was important because before the Pure Land Sect Buddhism was a luxury of the privileged.

Won-Yo was also a prolific writer having published over 100 different kinds of literature totaling over 240 total volumes. His most notable literary achievement was a poem in the Hyan-Ga tradition titled Hwaorm-Ga, a poetic praising of the illustrious dead.

Won-Yo's work caught the attention of King Muyo who had invited him to live at the royal palace in 660 AD. While living in the palace he met and later married the princess Kwa, having a son Sol-Chong. Sol-Chong would go on to become one of the Ten Confucian Sages of the Silla Dynasty.

Soon after Sol-Chong's birth Won-Yo left the palace and began traveling Korea teaching his philosophies. In 661 AD he had yet another revelation which led to the development of the Chongto-Gyo (pure land sect). He would spend the rest of his life teaching and bringing Buddhism to the lower classes in Korea. Upon his death in 686 AD he was laid to rest in Punhwang-Sa temple, a great honor.

Despite Won-Yo's revered status amongst the Korean people his most notable achievements may have come outside of the nation's borders. There is much evidence to support the fact that Won-Yo's teachings were influential on Chinese Buddhist scholars such as Fazang who in turn influenced Tibetan Buddhism. This reverse influence into the heartland of Buddhism from a man who never received proper Chinese training demonstrates Won-Yo's exceptional intellect and importance in Korean history.

## **Competing Philosophies; Yul-Gok and Toi-Gye.**

In the ancient orient philosophy was as intertwined with its culture as capitalism is with American culture today. In 16th century Korea two philosophies dominated; Confucianism and Neo-Confucianism.

In Confucian belief human beings are teachable, improvable and perfectible through personal and communal endeavor. A main ideology of Confucianism is the cultivation of virtue and development of moral perfection and upholding the moral values of *ren* and *yi*. Neo-Confucianism is a less strict ideology blending Confucian beliefs with Buddhism and Taoism and would become the dominant ideology during the Joseon dynasty. Despite Japanese attempts to eradicate Korean culture during the occupation of the late 16th century they would actually export neo-Confucian philosophy from Korea and develop Japan's neo-Confucian belief system.

Yi I was born on December 26th 1536 at Ojuk-Hon shrine and is best known by his pen name, Yul-Gok (meaning valley of chestnuts). His father was a Fourth State Councilor and his

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mother an accomplished artist and calligrapher. Although he would later become known as the 'Confucius of Korea', Yi I was first known as a childhood prodigy. He learned to read and write Chinese script at the age of 3, completed his lessons in Confucian classics by age 7 and passed the civil service exam at age 13.

Yi I's young adulthood was one filled with excellence in learning and literature. He demonstrated mastery over the complex philosophies such as Confucianism and Taoism. However, the accomplishments which would truly mark the life of Yi I did not begin until tragedy struck. At the age of 36 he fell grief stricken at the loss of his mother, renouncing the world and entering a Buddhism Monastery.

Re-entering the world at the age of 40 he wrote his greatest work, 'The Essentials of Confucianism' and soon after acquired the pen name Yul-Gok. Yul-Gok would spend the rest of his life authoring great works while promoting sincerity, loyalty and the moral improvement of the individual. His final act of service was ignored at great peril to the Korean people. A year before his death he proposed the creation of a 100,000 man standing army, a proposal which was ignored despite his considerable resume. Just nine years later Japan occupied Korea, a hardship that Yul-Gok's army may have spared the Korean people.

Born in 1501 Yi-Hwang's life had many parallels to Yi-I's. Like Yi-I he was an accomplished scholar boasting impressive scores in civil service exams at a young age. During his time of service he authored the great work Seonghaksipdo for King Seonjo in 1568. Although he held many government positions he preferred to dedicate himself to his studies.

It would seem his life would be remarkable only by his scholarly achievements until he and Yi-I would become caught up in a philosophical schism which would engulf much of the nation. At one time this would seem an unlikely scenario as Yi-I once visited and discussed philosophy with Yi-Hwang. At the heart of their discussion was the 'chi' (matter or vital force) and 'li' (reason or abstract form). Yi-Hwang believed that the 'li' controlled the 'chi' while Yi-I believed the 'chi' controlled the 'li'. This argument is also essential to differentiate Confucianism and Neo-Confucianism.

Some years later beginning in 1575 the fundamental differences in their beliefs would become incorporated into Korea's political turmoil tearing the government apart. Two men; Sim Ui-Gyom and Kim Hyo-Won's personal quarrel polarized the government causing officials to take sides. Before long this feud was not only political but also philosophical. Kim's faction followed the teachings of Yi-Hwang and Neo-Confucianism while Sim's followed the teachings of Yi-I. Since Sim lived on the east side of Seoul his faction became known as the 'Easterners' while Kim's, who lived on the west side of Seoul, became known as the 'Westerners'. These conflicts, secretly influenced by the Japanese government looking to weaken Korea for invasion, often became violent and left the Korean government unable to function.

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Both Yi-I and Yi-Hwang are influential in modern day Korea. Yi-Hwang is celebrated even today in many ways including the Toegye Studies Institute in Seoul, a second and third such institute at Kyngpook National University and Dankook University. Yi-Hwang is represented on the 1,000 won note. Not to be outdone Yi-I is honored in modern culture as well. He has a street named after him in Seoul and is represented on the 5,000 won note. Most notably, however, is the 'Yulgok Project' which is an effort to modernize the South Korean military; the heeding of a suggestion he had made over 500 years ago.

## **Korean Military Brilliance, Hwa-rang and Chong Moo**

With the Korean peninsula being strategically vital militarily and for sea going trade it has been a hot bed for conflict over the generations. The first significant conflict is perhaps the invasion of Korea by Chinese Ki-Ja forces in 1122BC which allegedly drove Dan-Gun out of the peninsula after his 1,211 year reign. From this point on Korea would enjoy precious few years of peace.

Korea was a divided nation until 668 AD until the small but strong Silla Dynasty from the south would conquer the peninsula and form a unified nation. This conquest would mark the end of the Three Kingdoms period which ran from 57 BC until 668AD. At the heart of this unification was the legendary Hwa-rang Do warrior.

The origins of the Hwa-rang can be traced to 540 AD when the 24th king of the Silla Dynasty, Chin Hung, decided to hold a beauty contest based on his belief in the Sin-Sun and Sun-Nyo. The Sin-Sun and Sun-Nyo were mythical beings of extreme grace and beauty and he sought women who emulated them. These women were taught the virtues of modesty, sincerity, loyalty and filial piety and were given the name Won-Hwa (original flowers). In the inaugural contest two women emerged in a deadlock, Nam-Mo and Joon-Jung. To win the contest Joon-Jung got Nam-Mo drunk and killed her by crushing her skull with a rock. Upon the king's discovery of this Joon-Jung was put to death and the Won-Hwa disbanded.

While this incident seems insignificant in a discussion of Korean military brilliance it was the driving force behind the creation of the Hwa-rang. Years after the disbanding of the Won-Hwa the king created the Hwa-rang based on many of the same principles. Young men were chosen for their grace, nobility, character and virtue. Many of these principles mirrored those of the Won-Hwa. The name Hwa-rang is derived from Hwa meaning flower and Rang meaning youth or manhood. Thus Hwa-rang is translated as 'flower of manhood'.

Candidates were chosen at the age of ten and subjected to a rigorous ten year training period in which they were taught dance, literature, arts, sciences, chariot, archery and hand to hand combat. To harden their bodies they climbed rugged mountains, swam turbulent rivers in cold months and were driven mercilessly to the brink of collapse to harden both body and mind.

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The unarmed combat common to the three kingdoms was known as Subak which focused attention to kicks more than many of the other martial arts at this time. It is alleged that the Hwa-rang developed Taekkyon in training to develop their techniques, however, other evidence for the origins of Taekkyon contradict this claim. What is in solid evidence is the Hwa-rang's lethal kicking ability. Stories of their feet being as deadly as swords and Hwa-rang warriors knocking enemies off of horseback with powerful jumping kicks were common in the Three Kingdoms period.

While the impact the Hwa-rang had on modern Tae Kwon Do is obvious, it is not the only system of combat shaped by the Hwa-rang. In the 6th century two noted Hwa-rang warriors, Kwi-San and Chu-Hang sought the warrior monk Wong-Gwang Popsa and asked him to give the order lifetime commandments. These commandments were given based on Buddhist and Confucian principles which were divided into five rules

Loyalty to king and country (Sagun Ichung)

Obedience to one's parents (Sachin Ihyo)

Trust and brotherhood amongst friends (Gyo-U-Isin)

Never retreat in battle (Imjeon Mutwae)

Make a just kill (Salsaeng Yutaek)

He also bestowed upon them nine virtues: humanity, justice, courtesy, wisdom, trust, goodness, virtue, loyalty and courage. The Hwarang were also required to learn the Six Arts, Three Scholarly Occupations and the Six Ways of Government Service as well as both armed and unarmed combat.

In the 7th century a major Baekje expedition led to the establishment of Japan's first dynasty, the Yamato. It is believed they took with them the principles of the Hwa-rang which became the foundation of samurai Bushido centuries later. Such exportation of culture to Japan was not uncommon as at this time much of Japanese social culture had crossed the sea from Korea. Even the Japanese martial art of Jujitsu can possibly trace its history back to the Hwarang as founder Shinna Sabro's name pronounced in Korean means 'Silla Samrang'.

The dedication and fearlessness of the Hwarang was legendary. Many tales had spread throughout the three kingdoms of Hwarang warriors heroic deeds. In one such tale a sixteen year old Hwarang commander, Kwan Ghang, was captured in battle. He was brought before the great general Gae-Baek who let him go because Kwan Chang bore a resemblance to his own son. Kwan Chang immediately rejoined the battle and was captured again and this time was put to death. Of the incident Gae-Baek would say: "Alas, how can we match the army of Silla! Even a young boy like this has such courage not to speak of Silla's men."



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Despite the Hwarang's unmatched courage and superior training the Silla dynasty was the smallest of the three kingdoms and they were unable to consolidate the peninsula on their own. In fact in 655 Baekje and Koguryeo forces allied to attack the Silla. They would have been successful had the powerful Tang dynasty of China not come to the aid of the Silla. The Silla Dynasty and the Hwarang would not consolidate the Three Kingdoms until they had gained military support from the Tang.

Much like the Samurai Bushido would remain part of Japanese culture until the end of WWII (and arguably through modern day) the spirit of the Hwarang warrior would become part of the unified Korean culture with its influence still in existence today.

Such a fighting spirit would be paramount to the survival of the Korean nation during the time of the Japanese invasion known as the Imjin War in the late 16th century. This was a time of much political turmoil in Korea leaving the country ripe for conquest. As any invasion from Japan would have to come by sea the stage would be set in 1592 for the rise of one of Korea's most decorated military figures, Chong Moo.

Chong Moo was born Yi Sun Sin in Seoul on April 28, 1545 to a noble family. He was a military scholar well versed in the works such as 'The Art of War' as well as being an accomplished naval architect. Surprisingly his military career began as a soldier, not a naval commander. As a soldier it seemed that his career may be stalled to do an injury he sustained in his first military training. This injury left him the oldest of the junior officers which threatened to impose a ceiling to his advancement. However, his constant heroics against the Jurchen marauders earned him an assignment as the commander of Left Jeolla Province Naval District. He would rapidly promote from this position after continually demonstrating his military brilliance until he reached the position of admiral.

To oppose the overwhelming Japanese force, Admiral Yi Sun-Sin built a small fleet of armored battleships known as 'Kobukson'. These heavily armored but fast sailing ships were far superior to anything the Japanese navy could set against the Koreans. In May of 1592 Yi Sun-Sin and a fleet of 80 Kobukson engaged a Japanese fleet of over 800 ships at Okpa. The small Korean fleet overwhelmed the Japanese and Yi Sun-Sin had a great victory. As a result of his tactical genius and superior ships the admiral would score numerous victories against numerically superior foes. Admiral Yi Sun-Sin combined his technologically superior warships with tactical brilliance learned from Sun Tzu to earn him an almost mythical aura amongst both the Korean people and his Japanese enemies. He took advantage of this mystique fashioning dragon heads to the bow of his ships which billowed smoke. The mere sight of these fire breathing Kobukson caused several Japanese fleets to run despite outnumbering the admiral's fleet.

The admiral seemed unstoppable until the greatest adversary of the Korean people throughout the history of their nation would rise against him; political turmoil. A Japanese spy

## Third Degree Black Belt

named Yosira had infiltrated the Korean government and convinced General Kim and King Sun-Jo to send Yi Sun-Sin to engage a Japanese fleet off of a rocky coastline which would have been a danger to his Kobukson ships. Knowing this to be false intelligence Yi Sun-Sin declined and as a result was relieved of his command and reduced to the rank of common foot soldier. Yi Sun-Sin accepted this punishment as if it were a just one and dedicated himself to becoming an exceptional foot soldier. By all accounts he did just this.

With Admiral Yi Sun-Sin out of the picture the Japanese quickly took control of the seas and destroyed most of the Korean fleet. Fearing collapse of his empire King Sun-Jo reinstated Yi Sun-Sin who immediately rallied the remainder of the Korean fleet and set sail to battle the Japanese. The two forces collided at Myongyang where the Admiral and his 12 ships defeated a Japanese fleet of over 100 ships.

In 1598 the admiral died in battle while engaging a Japanese fleet evacuating Korea. A stray bullet struck the great admiral down, his final words "Do not let the rest know I am dead, it will spoil the fight." Although Japan failed to conquer Korea during the seven year war it effectively destroyed the Korean nation. After the war Korea suffered political strife, famine and a disrupted social system. The Japanese had leveled nearly every city in Korea as well as much of its history, destroying thousands of rare books.

Despite this tragedy a national hero emerged in Korea. Yi Sun-Sin was given the name Chong-Moo (meaning 'Loyalty-Chivalry') in 1643. Today the Distinguished Military Service Medal of the Republic of Korea is named after this title. Chong-Moo has been praised in numerous books and in 1968 a 55 foot tall statue was dedicated to him in Seoul Korea. Even today his loyalty and patriotism remain an inspiration to the Korean people.

### **Korean Patriots, Do San and Joong-Gun**

In the late 19th and early 20th centuries the Japanese again sought to occupy and control the Korean Peninsula. In 1876 the Japanese signed the Treaty of Ganghwa with the Korean Joseon Dynasty giving them some limited rights in Korea. In 1895 the Japanese hatched a successful plot to assassinate Empress Myeongseong (known as 'Queen Min') which became a precursor to Korea becoming a Japanese protectorate in 1905 under the Eulsa Treaty. In 1910 through the Annexation Treaty Korea became officially annexed into the Empire of Japan.

During this time of occupation the Japanese sought to completely incorporate the Korean people by eradicating as much of their culture as possible. Amongst many other measures to destroy their culture, Koreans were only allowed to study in Japanese schools, they were forced to take Japanese names and forbidden to practice Korean martial arts. This time of hardship is the backdrop for two Korean patriots, Do San and Joong-Gun.

# Third Degree Black Belt

Joong-Gun was born in 1879 in the town of Hae-Ju. He was a noted teacher having founded the Sam-Heung or 'Three Success School'. Unfortunately for Joong-Gun he did so in a time of Korean political instability and Japanese occupation. As such a man to whom Joong-Gun's legacy would forever be tied, Japanese Hiro Bumi-Ito became the first Japanese Resident General of Korea in 1905. With the closing of Korean schools and the selling of Korean land to Japanese citizens many guerrilla rebel groups arose.

With few options Joong-Gun closed his school and went into exile in Manchuria with his brother forming a rebel group of about 300 men. He and his brother terrorized Japanese occupiers for over three years until a unique opportunity presented itself. Manchuria had served as a buffer between long time rivals Japan and Russia and tensions between the two powers had been heating up as both made their intentions on controlling Manchuria's rich resources known. As a result Manchuria appeared to be a powder keg from which a war between Russia and Japan could explode.

A meeting was set on October 26th, 1909 between Ito and Russian General Kokotseff to discuss a treaty to ensure tensions over Manchuria did not escalate. Joong-Gun had knowledge of this meeting in Harbin Manchuria and decided this is where he would strike.

Hiro Bumi Ito stepped off the train at Harbin station at 9:00 a.m. where Joong-Gun immediately shot and killed him. Joong-Gun was promptly captured and imprisoned at Port Arthur where he was tortured for five grueling months. Joong-Gun was executed at 10:00 a.m. on March 26th 1910 at Lui-Shung prison.

Although Joong-Gun became a hero patriot this assassination did not break the Japanese resolve to occupy Korea. Ito's successor, Akashi Genjiro was given the higher position of Governor General of Korea. Japan tightened its grip on Korea and would not relinquish it until after WWII.

While most Korea rebels chose the way of violent rebellion, Ahn Chan-Ho sought to bring his people freedom by non-violent means. Born in 1878 he became a member of the Tongnip Hyophoe or 'Independence Association'. Even though this group sought independence from Japan through non-violent actions he was forced into exile by the Korean government. This reaffirmed Mr. Ahn's belief that Koreans were responsible for their own failures and their independence would be something that would have to come from within.

A couple years later Mr. Ahn would return to his home town and establish the Chomjin School, the first modern private school in Korea. He returned to the United States again in 1902, a year later establishing the Korean National Association and starting a newspaper the Kongnip Shinmun. Following the Russo-Japanese war, which established Korea as a Japanese protectorate, Mr. Ahn returned home in 1906 leaving his association and paper in the hands of the man who would later become the Republic of Korea's first president, Rhee Syngman. In a notable but painful irony for the Korean people this protectorate was the result of the Treaty of

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Portsmouth negotiated by American President Theodore Roosevelt at the Portsmouth Naval Shipyard in Kittery Maine. This treaty earned President Roosevelt a Nobel Peace Prize despite subjecting millions of Koreans to enslavement to a foreign power.

In 1907 Mr. Ahn established the Shinmin-Hoe or New People's Association as an underground independence movement to free the people of Korea from Japanese occupation. Unlike patriots such as Joong-Gun who used violence to free Korea, Mr. Ahn's Shinmin-Hoe was dedicated to the recovery of Korean independence through the cultivation of nationalism, education, business and culture. A year later he established the Tae-Song ('large achievement') school which provided youth an education based on national spirit.

Although they sought different paths to Korean independence and there is no evidence the two men had ever met Joong-Gun and Ahn Chang-Ho's fates would forever be tied in 1910. Joong-Gun's assassination of Hiro Bumi Ito brought about more strict governing of the Korean protectorate. Ito's successor would dedicate himself to sniffing out and destroying any and all movements for Korean independence. This included a clever ruse to implicate the peaceful Shinmin-Hoe in an assassination plot and arrest them at Amnok River. From there Governor General Terauchi launched an assault on the Korea education system passing the Education Act and closing Korean schools.

Mr. Ahn once again was forced to flee Korea for the United States where he continued his struggle for Korean independence. As a Christian Mr. Ahn felt it was his moral obligation to seek independence through non-violent means. He and Rhee Syngman started various organizations designed to pressure American President Woodrow Wilson into interceding on the Korean people's behalf. While in 1918 a Korean exile was allowed to attend the Paris Peace Talks nothing came of this effort. Mr. Ahn would labor in the United States until 1922 when he left for Manchuria. While in Manchuria Mr. Ahn established a village for Korean refugees as well as compiling all available resources regarding the occupation of Korea by the Japanese.

In 1932 Japanese authorities wrongfully linked Mr. Ahn to a bombing incident and imprisoned him in Taejon. He died on March 10 1938 never seeing a free and independent Korea. His family which he left behind in America included Philip Ahn who would play Master Kan in the 1970's television series 'Kung Fu' starring David Carradine. While this fact seems little more than quaint trivia, the show Kung Fu would help pave the way for the spread of Tae Kwon Do in America as it, along with other pioneers such as Bruce Lee, sparked great interest in the Asian Martial Arts in the United States.

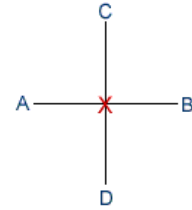
Korean independence would be established following the Japanese surrender ending WWII, however, to this day a free and unified Korea remains just a hopeful dream.

# Third Degree Black Belt

## Sam-II

### Movements - 33

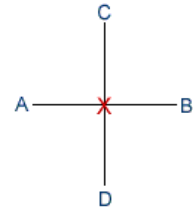
#### Ready Posture - CLOSED READY STANCE C



1. Slide to D forming a right L-stance toward D while executing a middle guarding block to D with the forearm.
2. Move the right foot to D forming a right walking stance toward D while executing a high block to D with the right double forearm.
3. Move the left foot to D forming a left walking stance toward D while executing a high side block to D with the right knife-hand and bringing the left palm on the right back forearm.
4. Execute a middle twisting kick to A with the right foot keeping the position of the hands as they were in 3.
5. Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
6. Move the right foot on line CD to form a sitting stance toward B while executing a middle wedging block with a reverse knife-hand.
7. Execute a low thrust to C with a right upset finger tip while forming a left walking stance toward C, pivoting with the right foot.
8. Execute a high outward block to D with the right outer forearm and a low block to C with the left forearm while forming a right L-stance toward C pulling the left foot.
9. Move the right foot to C to form a sitting stance toward A while executing a middle wedging block with a reverse knife-hand.
10. Execute a low punch to C with the right double fist while forming a left L-stance toward C, pulling the right foot.
11. Move the left foot to C forming a left walking stance toward C while executing a high block to BC with a double arc-hand and looking through it.
12. Move the right foot to C forming a right walking stance toward C while executing a middle punch to C with the left fist.
13. Move the right foot on line CD to form a right L-stance toward D while executing a low punch to D with the left double fist.
14. Move the left foot to B forming a right L-stance toward B while executing a high guarding block to B with a reverse knife-hand.

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15. Execute a U-shape block to B while forming a left fixed stance toward B, slipping the left foot.



16. Execute a sweeping kick to B with the right side sole and then lower it to B forming a right fixed stance toward B while executing a U-shaped block to B.

17. Jump and spin counter clockwise, landing on the same spot to form a left L-stance toward B while executing a middle guarding block to B with a knife-hand.

18. Execute a middle side piercing kick to B with the right foot while forming a knife-hand guarding block.

19. Lower the right foot to the left foot and then move the left foot to A forming a left walking stance toward A while striking the left palm with the right front elbow.

20. Move the right foot to A turning counter clockwise to form a left diagonal stance toward D at the same time thrusting to C with the left back elbow supporting the left forefist with the right palm and turning the face to C.

21. Execute a pressing block with an X-fist while forming a right walking stance toward AD.

22. Move the left foot to A in a stamping motion to form a sitting stance toward C while executing a W-shape block with the outer forearm.

23. Execute a middle side piercing kick to A with the left foot while forming a forearm guarding block.

24. Lower the left foot on line A and then execute a low guarding block to B with a knife-hand while forming a left L-stance toward B, pivoting the left foot.

25. Move the left foot to B forming a right rear stance toward B while executing an upward block with a left palm.

26. Move the right foot to B forming a left rear foot stance toward B while executing a pressing block with a twin palm.

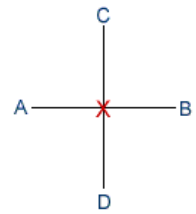
27. Move the left foot to C in a stamping motion to form a left walking stance toward C while executing an upset punch to C with a twin fist.

28. Move the right foot to C forming a left L-stance toward C while executing a low block to C with the right forearm, pulling the left fist under the left armpit.

29. Execute a middle punch to C with the left fist while maintaining a left L-stance toward C bringing the right fist over the left shoulder.

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30. Execute a middle front block with the right forearm while forming a left walking stance toward D, pivoting with the right foot.

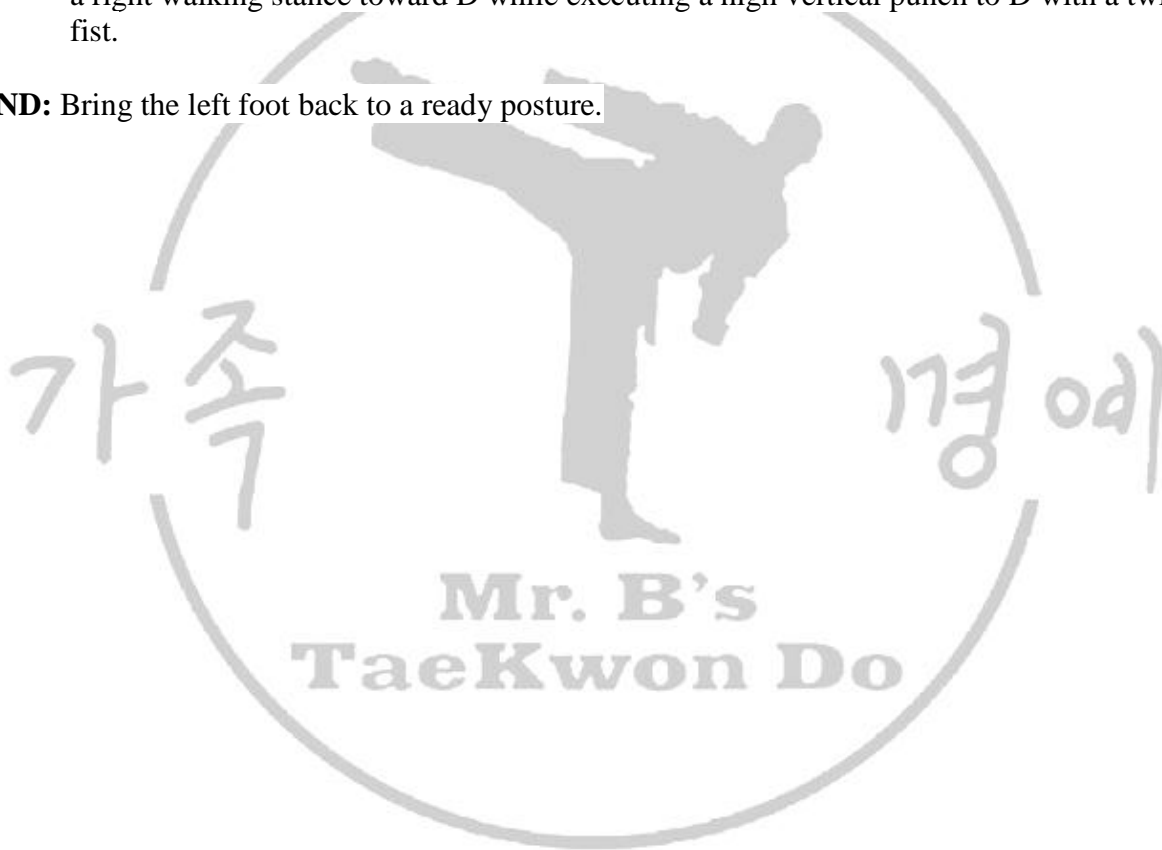


31. Execute a high punch to D with the left fist while maintaining a left walking stance toward D. Perform 30 and 31 in a continuous motion.

32. Execute a low front snap kick to D with the left foot keeping the position of the hands as they were in 31.

33. Lower the left foot to D and then move the right foot to D in a stamping motion forming a right walking stance toward D while executing a high vertical punch to D with a twin fist.

**END:** Bring the left foot back to a ready posture.



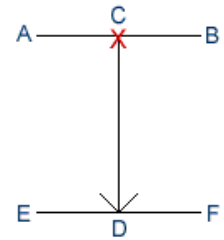
# Third Degree Black Belt

## Yoo-Sin

### Movements - 68

#### Ready Posture - WARRIOR READY STANCE B

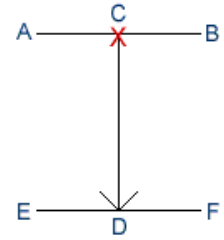
1. Move the left foot to B to form a sitting stance toward D while extending both elbows to the sides horizontally.
2. Execute an angle punch to C with the left fist while sliding to A, maintaining a sitting stance toward D.
3. Execute an angle punch to C with the right fist while sliding to B, maintaining a sitting stance toward D. Perform 2 and 3 in a fast motion.
4. Execute a middle hooking block to D with the right palm while standing up toward D.
5. Execute a middle punch to D with the left fist while forming a sitting stance toward D.
6. Execute a middle hooking block to D with the left palm while standing up toward D.
7. Execute a middle punch to D with the right fist while forming a sitting stance toward D.
8. Move the left foot to BD to form a left walking stance toward BD while executing a high side block to BD with the left outer forearm.
9. Execute a circular block to D with the right inner forearm while maintaining a left walking stance toward BD.
10. Execute a scooping block with the left palm while forming a sitting stance toward AD.
11. Execute a middle punch to AD with the right fist while maintaining a sitting stance toward AD. Perform 10 and 11 in a connecting motion.
12. Bring the left foot to the right foot, and then move the right foot to AD to form a right walking stance toward AD while executing a high side block to AD with the right outer forearm.
13. Execute a circular block to D with the left inner forearm while maintaining a right walking stance toward AD.
14. Execute a scooping block with the right palm while forming a sitting stance toward BD.
15. Execute a middle punch to BD with the left fist while maintaining a right walking stance toward BD. Perform 14 and 15 in a connecting motion.
16. Execute a high hooking block to BC with the right palm while forming a left walking stance toward BC.



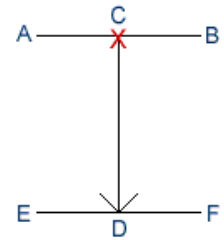


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17. Execute a middle punch to BD with the left fist while forming a sitting stance toward BD.
18. Execute a high hooking block to AD with the left palm while forming a right walking stance toward AD.
19. Execute a middle punch to BD with the right fist while forming sitting stance toward BD. Perform 16, 17, 18 and 19 in a continuous motion.
20. Move the right foot to C, forming a left walking stance toward D at the same time executing a pressing block with an X-fist.
21. Execute a rising block with an X-knife-hand while maintaining a left walking stance toward D. Perform 20 and 21 in a continuous motion.
22. Execute a middle punch to D with the right fist, slipping the left palm up to the right elbow joint while maintaining a left walking stance toward D.
23. Execute a low front snap kick to D with the right foot, keeping the position of the hands as they were in 22.
24. Lower the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the left fist.
25. Execute a pressing block with an X-fist while maintaining a right walking stance toward D.
26. Execute a rising block with an X-knife-hand while maintaining a right walking stance toward D. Perform 25 and 26 in a continuous motion.
27. Execute a middle punch to D with the left fist slipping the right palm up to the left elbow joint while maintaining a right walking stance toward D.
28. Execute a low front snap kick to D with the left foot, keeping the position of the hands as they were in 27.
29. Lower the left foot to D to form a left walking stance toward D while executing a middle punch to D with the right fist.
30. Move the right foot to D, forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
31. Move the left foot to D to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand.



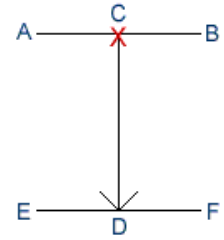
# Third Degree Black Belt



32. Move the left foot to C, forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
33. Move the right foot to C to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
34. Move the right foot to D, forming a right walking stance toward D while executing a high block to D with the right double forearm.
35. Execute a low block to D with the left forearm, keeping the right forearm as it was in 34 while maintaining a right walking stance toward D. Perform 34 and 35 in a fast motion.
36. Move the left foot to D to form a left walking stance toward D while executing a high block to D with the left double forearm.
37. Execute a low block to D with the right forearm, keeping the left forearm as it was in 36 while maintaining a left walking stance toward D. Perform 36 and 37 in a fast motion.
38. Move the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.
39. Move the left foot on line CD, and then turn counter-clockwise, pivoting with the left foot to form a right L-stance toward C while executing a high block to C with the left reverse knife-hand.
40. Bring the right foot to the left foot to form a closed ready stance C toward C.
41. Move the right foot to CF in a stamping motion to form a right walking stance toward CF at the same time executing an upset punch to CF with a twin fist.
42. Bring the right foot to the left foot, and then move the left foot to CE in a stamping motion, forming a left walking stance toward CE while executing an upset punch to CE with a twin fist.
43. Bring the left foot to the right foot, and then move the right foot to F to form a left L-stance toward F while executing a middle block to F with the right inner forearm.
44. Execute a middle punch to F with the left fist while maintaining a left L-stance toward F.
45. Bring the left foot to the right foot to form a closed stance toward C while executing an angle punch with the right fist. Perform in a slow motion.

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46. Move the left foot to E to form a right L-stance toward E while executing a middle block to E with the left inner forearm.
47. Execute a middle punch to E with the right fist while maintaining a right L-stance toward E.
48. Bring the right foot to the left foot to form a close stance toward C while executing an angle punch with the left fist. Perform in a slow motion.
49. Move the left foot to E to form a left fixed stance toward E while executing a U-shape punch to E.
50. Bring the left foot to the right foot, and then move the right foot to E, forming a right fixed stance toward E while executing a U-shape punch to E.
51. Move the right foot on line CD in a stamping motion to form a sitting stance toward E while executing a front strike to E with the right back fist.
52. Execute a waving kick to D with the right foot, and then a high outward block to AC with the right outer forearm, keeping the position of the hands as they were in 51 while forming a sitting stance toward E.
53. Execute a waving kick to C with the left foot, and then a high front block to ED with the right outer forearm, keeping the position of the hands as they were in 52 while forming a sitting stance toward E.
54. Execute a horizontal strike to C with the right back hand while maintaining a sitting stance toward E.
55. Execute a middle crescent kick to the right palm with the left foot.
56. Execute a middle side piercing kick to C with the left foot forming a forearm guarding block. Perform 55 and 56 in a consecutive kick.
57. Lower the left foot to C to form a sitting stance toward B while executing a horizontal strike to C with the left back hand.
58. Execute a middle crescent kick to the left palm with the right foot.
59. Execute a middle side piercing kick to C with the right foot, forming a forearm guarding block. Perform 58 and 59 in a consecutive kick.
60. Lower the right foot to C, forming a sitting stance toward A while executing a right 9-shape block.



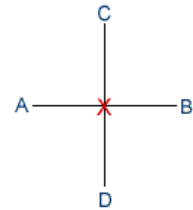


# Third Degree Black Belt

## CHOI-YONG

### Movements - 46

#### Ready Posture - CLOSED READY STANCE C



1. Move the left foot to D to form a right rear foot stance toward D while executing a middle guarding block to D with the forearm.
2. Execute a high punch to D with the left middle knuckle fist while maintaining a right rear foot stance toward D
3. Move the left foot on line CD to form a left rear foot stance toward C while executing a middle guarding block to C with the forearm.
4. Execute a high punch to C with the right middle knuckle fist while maintaining a left rear foot stance toward C
5. Move the right foot on line CD to form a left walking stance toward D while executing a rising block with the left knife-hand.
6. Execute a circular block to AD with the right inner forearm while maintaining a left walking stance toward D.
7. Execute a middle punch to D with the left fist while maintaining a left walking stance toward D.
8. Move the left foot on line CD to form a right walking stance toward C while executing a rising block with the right knife-hand.
9. Execute a circular block to AC with the left inner forearm while maintaining a right walking stance toward C.
10. Execute a middle punch to C with the right fist while maintaining a right walking stance toward C.
11. Move the right foot on line CD to form a right L-stance toward D while executing a low guarding block to D with a knife-hand.
12. Execute a middle turning kick to AD with the right foot and then lower it to the side front of the left foot.
13. Execute a high reverse hooking kick to D with the left foot.
14. Execute a middle side piercing kick to D with the left foot, pulling both hands in the opposite direction. Perform 13 and 14 in a consecutive kick.

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15. Lower the left foot to D forming a left walking stance toward D while striking the left palm with the right front elbow.

16. Move the left foot on line CD to form a left L-stance toward C while executing a low guarding block to C with a knife-hand.

17. Execute a middle turning kick to AC with the left foot and then lower it to the side front of the right foot.

18. Execute a high reverse hooking kick to C with the right foot.

19. Execute a middle side piercing kick to C with the right foot, pulling both hands in the opposite direction. Perform 18 and 19 in a consecutive kick.

20. Lower the right foot to C forming a right walking stance toward C while striking the right palm with the left front elbow.

21. Move the left foot to C to form a left walking stance toward C while executing a pressing block with the right palm.

22. Move the right foot to C forming a right walking stance toward C while executing a pressing block with the left palm. Perform 21 and 22 in a fast motion.

23. Move the right foot to D and then the left foot to D, turning counter clockwise to form a left walking stance toward D while executing a W-shape block with a knife-hand.

24. Execute a middle front snap kick to D with the right foot keeping the position of the hands as they were in 23.

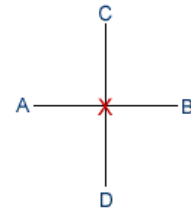
25. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with the forearm.

26. Move the right foot to D to form a right walking stance toward D while executing a W-shape block with a knife-hand.

27. Execute a middle front snap kick to D with the left foot keeping the position of the hands as they were in 26.

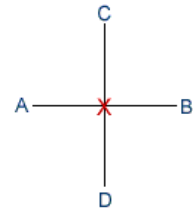
28. Lower the left foot to d forming a left L-stance toward C while executing a middle guarding block to C with the forearm.

29. Move the left foot to C and the right foot to C then slide to C turning clockwise to form a left L-stance toward D while executing a middle guarding block to D with the forearm.



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30. Move the left foot to D forming a left walking stance toward D while executing a high thrust to D with the left flat fingertip.
31. Move the left foot on line CD forming a right walking stance toward C while executing a high thrust to C with the right flat fingertip.
32. Move the right foot to D turning clockwise to form a parallel stance toward B while executing a middle hooking block to B with the right palm.
33. Execute a middle punch to B with the left fist while maintaining a parallel stance toward B.
34. Turn the face toward A while forming a left bending ready stance A toward A.
35. Execute a middle side piercing kick to A with the right foot forming a forearm guarding block.
36. Lower the right foot to A in a jumping motion to form a right X-stance toward AD while executing a high side strike to A with the right back fist and bringing the left finger belly to the right side fist.
37. Execute a high reverse hooking kick to B with the right foot.
38. Lower the right foot to B in a stamping motion to form a left L-stance toward B while executing a middle outward strike to B with the right knife-hand.
39. Move the left foot to D turning counter-clockwise to form a parallel stance toward A at the same time executing a middle hooking block to A with the left palm.
40. Execute a middle punch to A with the right fist while maintaining a parallel stance toward A.
41. Turn the face to B while forming a right bending ready stance A toward B.
42. Execute a middle side piercing kick to B with the left foot forming a forearm guarding block.
43. Lower the left foot to B in a jumping motion forming a left X-stance toward BD while executing a high side strike to B with the left back fist and bringing the right finger belly to the left side fist.
44. Execute a high reverse hooking kick to A with the left foot.

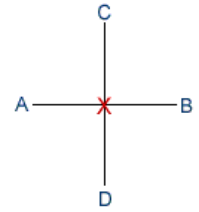


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**45.** Lower the left foot to A in a stamping motion to form a right L-stance toward A while executing a middle outward strike to A with the left knife-hand.

**46.** Slide to A to form a right fixed stance toward A while executing a middle punch to A with the right fist.

**END:** Bring the right foot back to a ready posture.





# Fourth Degree Black Belt

## Techniques

1. Parellel Ready Stance with x back-hands
2. Twin side fist horizontal strike
3. Knife hand high reverse front strike (w/opposite palm to elbow joint)
4. L stance inner forearm middle wedging block
5. Fixed stance palm pushing block
6. X stance twin elbow horizontal thrust
7. Backward double step-jumping
8. Inner forearm middle wedging block w/middle front kick
9. Middle outward block w/middle pushing block
10. Jumping guarding block

## Board Breaking

## Three Step Sparring

## One Step Self Defense

## Sparring Combinations

## Pattern

1. Yong-Gae
2. Ul-Ji
3. Moon-Moo

## Vocabulary

1. Yong-Gae is named after a famous general during the Koguryo Dynasty, Yon Gae Somoon. The 49 movements refer to the last two figures of 649 A.D., the year he forced the Tang Dynasty to quit Korea after destroying nearly 300,000 of their troops at Ansi Sung. .
2. Ul- Ji is named after general Ul-Ji Moon Dok who successfully defended Korea against a Tang's invasion force of nearly one million soldiers led by Yang Je in 612 A.D., Ul-Ji employing hit and run guerilla tactics, was able to decimate a large percentage of the force. The diagram represents his surname. The 42 movements represent the author's age when he designed the pattern. .
3. Moon-Moo honours the 30th King of the Silla Dynasty. His body was buried near Dae Wang Am (Great King's Rock). According to his will, the body was placed in the sea "where my soul shall forever defend my land against the Japanese." It is said that the Sok

## Fourth Degree Black Belt

Gul Am (Stone cave) was built to guard his tomb. The Sok Gul Am is a fine example of the culture of the Silla Dynasty. The 61 movements in this pattern symbolize the last two figures of 661 A.D. when Moon Moo came to the throne.

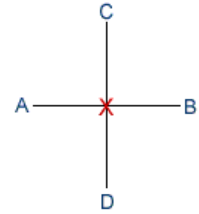


# Fourth Degree Black Belt

## YONG-GAE

### Movements - 49

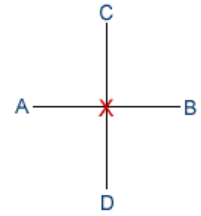
#### Ready Posture - WARRIOR READY STANCE A



1. Slide to C to form a right L-stance toward D while executing a low guarding block to D with a reverse knife-hand. Perform in a circular motion.
2. Execute a high punch to D with the right long fist while forming a left walking stance toward D pivoting with the left foot. Perform in slow motion.
3. Slide to C forming a left L-stance toward D while executing a middle guarding block to D with the forearm.
4. Execute a middle outward strike to D with the right knife-hand while flying to D and then land to D forming a left L-stance toward D with the right knife-hand extended to D.
5. Shift to C maintaining a left L-stance toward D while executing a checking block to D with an X-fist.
6. Execute a high outward cross-cut to D with the right flat finger tip while forming a right walking stance toward D, slipping the right foot.
7. Execute a downward thrust with the right straight elbow while forming a left rear foot stance toward D, pulling the right foot.
8. Jump to D forming a left X-stance toward AD while executing a high side strike to D with the left back fist.
9. Move the right foot to C to form a left walking stance toward D while executing a low outward block to D with the right knife-hand.
10. Move the right foot on line AB to form a parallel stance toward D while executing a middle hooking block to D with the left palm.
11. Execute a middle punch to D with the right fist while maintaining a parallel stance toward D.
12. Slide to C forming a left L-stance toward D while executing a low guarding block to D with a reverse knife-hand. Perform in a circular motion.

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**13.** Execute a high punch to D with the left long fist while forming a right walking stance toward D, pivoting with the right foot. Perform in slow motion.



**14.** Slide to C forming a right L-stance toward D while executing a middle guarding block to D with the forearm.

**15.** Execute a middle outward strike to D with the left knife-hand while flying to D and then land to D forming a right L-stance toward D with the left knife-hand extended to D.

**16.** Shift to C maintaining a right L-stance toward D while executing a checking block to D with an X-fist.

**17.** Execute a high outward cross-cut to D with the left flat finger tip while forming a left walking stance toward D, slipping the left foot.

**18.** Execute a downward thrust with the left straight elbow while forming a right rear foot stance toward D, pulling the left foot.

**19.** Jump to D forming a right X-stance toward D while executing a high side strike to A with the right back fist.

**20.** Move the left foot to C to form a right walking stance toward D while executing a low outward block to D with the left knife-hand.

**21.** Move the left foot on line AB to form a parallel stance toward D while executing a middle hooking block to D with the right palm.

**22.** Execute a middle punch to D with the left fist while maintaining a parallel stance toward D.

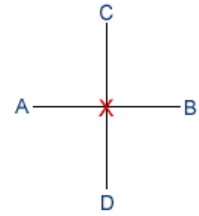
**23.** Move the right foot to A to form a sitting stance toward D while executing a W-shape block with the reverse knife-hand.

**24.** Cross the left foot over the right foot to form a right X-stance toward D while executing a horizontal thrust with a twin elbow.

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**25.** Move the right foot to A forming a sitting stance toward D while executing a checking block to D with a twin straight forearm.

**26.** Cross the left foot over the right foot to form a right X-stance toward D while executing an upward punch with the right fist, pulling the left side fist in front of the right shoulder.



**27.** Execute a high reverse hooking kick to B with the right foot.

**28.** Lower the right foot to B and then execute a high side piercing kick to B with the left foot pulling both hands in front of the chest while turning clockwise.

**29.** Lower the left foot to B in a jumping motion to form a left X-stance toward D while executing a downward strike to B with the left backfist.

**30.** Move the left foot to B to form a sitting stance toward D while executing a W-shape block with the reverse knife-hand.

**31.** Cross the right foot over the left foot to form a left X-stance toward D while executing a horizontal thrust with a twin elbow.

**32.** Move the left foot to B forming a sitting stance toward D while executing a checking block to D with a twin straight forearm.

**33.** Cross the right foot over the left foot to form a left X-stance toward D while executing an upward punch with the left fist, pulling the right side fist in front of the left shoulder.

**34.** Execute a high reverse hooking kick to A with the left foot.

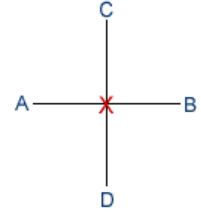
**35.** Lower the left foot to A and then execute a high side piercing kick to A with the right foot pulling both hands in front of the chest while turning counter clockwise.

**36.** Lower the right foot to A in a jumping motion to form a right X-stance toward AD while executing a downward strike to A with the right backfist.

**37.** Move the left foot to C forming a left L-stance toward D while executing a middle guarding block to D with the forearm.

# Fourth Degree Black Belt

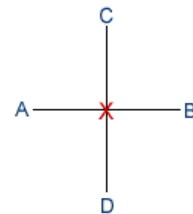
38. Move the left foot to D turning counter clockwise to form a left rear foot stance toward C while executing a waist block to C with the right inner forearm.
39. Move the right foot to C slightly and then the left foot to D in a stamping motion to form a right L-stance toward D while executing a high outward strike to D with the left knife-hand.
40. Shift to C maintaining a right L-stance toward D while executing a middle guarding block to D with the forearm.
41. Move the right foot to D turning clockwise to form a right rear foot stance toward C while executing a waist block to C with the left inner forearm.
42. Move the left foot to C slightly and then the right foot to D in a stamping motion to form a left L-stance toward D while executing a high outward strike to D with the right knife-hand.
43. Move the right foot to C turning counter clockwise to form a right L-stance toward D while executing a middle guarding block to D with the forearm.
44. Jump to execute a mid-air kick to D with the right foot while spinning clockwise and then land to D to form a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
45. Jump to execute a mid-air kick to D with the left foot while spinning counter clockwise and then land to D to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
46. Execute a low inward block to D with the right reverse knife-hand pulling the left side fist in front of the right shoulder while forming a left walking stance toward D, slipping the right foot to C.
47. Slide to C to form a left L-stance toward D while thrusting to C with the left side elbow.
48. Execute a low inward block to D with the left reverse knife-hand pulling the right side fist in front of the left shoulder while forming a right walking stance toward D, slipping the left foot to C.



## Fourth Degree Black Belt

49. Slide to C forming a right L-stance toward D while thrusting to C with the right side elbow.

**END:** Bring the right foot back to a ready posture.

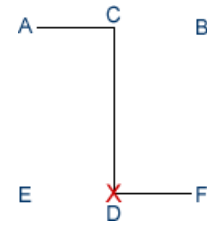


# Fourth Degree Black Belt

UL-JI

Movements - 42

Ready Posture - PARALLEL STANCE WITH AN X-BACK HAND

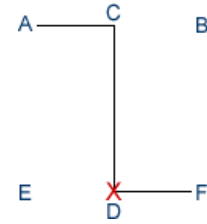


1. Move the left foot to C forming a right walking stance toward D while executing a horizontal strike with twin side fists.
2. Move the right foot to C to form a left walking stance toward D while executing a pressing block with an X-fist.
3. Execute a rising block with an X-knife-hand while maintaining a left walking stance toward D. Perform 2 and 3 in a continuous motion.
4. Execute a high front strike to D with the right knife-hand bringing the left palm on the right elbow joint while maintaining a left walking stance toward D.
5. Move the left foot to C to form a sitting stance toward B while executing a horizontal strike to C with the left back hand.
6. Execute a middle crescent kick to the left palm with the right foot.
7. Lower the right foot to C, forming a sitting stance toward A while striking the left palm with the right front elbow.
8. Thrust to B with the left back elbow placing the right side fist on the left fist while maintaining a sitting stance toward A.
9. Execute a side back strike to B with the right back fist and extending the left arm to the side-downward while maintaining a sitting stance toward A.
10. Bring the left foot to the right foot, forming a close stance toward D, at the same time thrusting with a twin side elbow.
11. Cross the left foot to the right foot, forming a close stance toward D while turning the face to A, Keeping the position of the hands as they were in 10. Perform in a fast motion.
12. Execute a middle side piercing kick to A with the right foot keeping the position of the hands as they were in 11.



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13. Lower the right foot to A, and then cross the left foot over the right foot, forming a right X-stance toward D while executing a horizontal thrust with a twin elbow.



14. Move the right foot to A to form the sitting stance toward D while executing a right horizontal punch to A.

15. Execute a high front strike to D with right knife-hand, bringing the left back hand in front of the forehead while standing up toward D.

16. Execute a twin knife-hand block to B while forming a right L-stance toward B, pivoting with the right foot.

17. Jump to execute a mid-air kick to B with the right foot while spinning clockwise.

18. Land to B forming a right walking stance toward B while executing a middle block to B with the right double forearm.

19. Bring the left foot to the right foot to form a closed ready stance B toward D.

20. Jump to D forming a right X-stance toward BD while executing a high side strike to B with the right back fist bringing the left finger belly to the right side fist.

21. Move the left foot to C to form a right walking stance toward D while executing a rising block with the left forearm.

22. Execute a middle front snap kick to D with the left foot keeping the position of the hands as they were in 21.

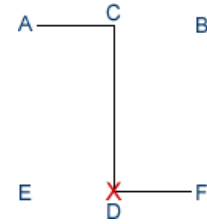
23. Lower the left foot to D forming a left walking stance toward D while executing a high punch to D with the right fist.

24. Move the right foot to D to form a right walking stance toward D while executing a middle thrust to D with the right straight fingertip.

25. Move the left foot to D turning counter-clockwise to form a sitting stance toward A while executing a high side strike to D with the left back fist.

# Fourth Degree Black Belt

26. Move the right foot to F turning counter-clockwise to form a right walking ready stance toward F.



27. Jump to execute a flying high kick to F with the right foot.

28. Land to F to form a right fixed stance toward F while executing a checking block to F with an X-knife hand.

29. Move the left foot to F forming a right L-stance toward F while executing a pressing block with an X-fist.

30. Execute a middle side front snap kick to F with the left foot while executing a middle wedging block with the inner forearm.

31. Lower the left foot to F forming a left walking stance toward F while executing a high vertical punch to F with a twin fist.

32. Move the right foot to F to form a right fixed stance toward F while executing a middle outward block with the right knife hand and a middle pushing block with the left palm.

33. Slide to F forming a right L-stance toward F while executing a middle punch to F with the left fist.

34. Move the left foot to the side rear of the right foot and the right foot to E to form a right L-stance toward F and then jump to E maintaining a right L-stance towards F while executing a middle guarding block to F with the forearm.

35. Execute a middle turning kick to DF with the right foot.

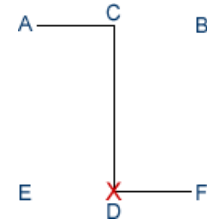
36. Lower the right foot to F and then execute a middle back piercing kick to F with the left foot.

37. Lower the left foot to F to form a right L-stance toward F while executing a middle guarding block to F with the forearm.

38. Move the left foot to E forming a left l-stance toward F while executing an upward block to F with the right palm.

# Fourth Degree Black Belt

39. Move the right foot to E forming a right walking stance to E while executing a circular block to ED with the left inner forearm.

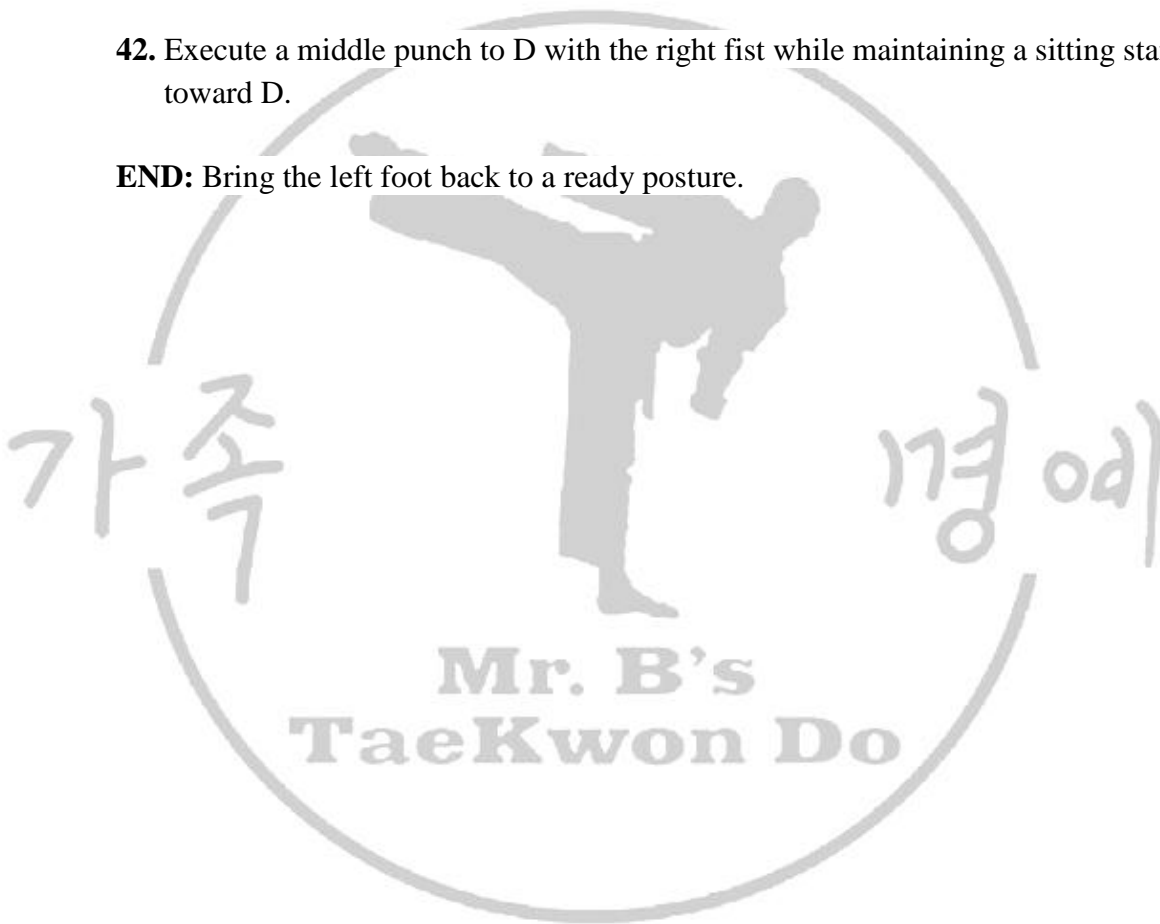


40. Execute a circular block to DE with the right inner forearm while forming a right walking stance toward DF.

41. Move the left foot on line EF to form a sitting stance toward D while executing a middle punch to D with the left fist.

42. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.

**END:** Bring the left foot back to a ready posture.

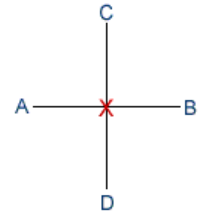


# Fourth Degree Black Belt

## MOON-MOO

### Movements - 61

#### Ready Posture - PARALLEL READY STANCE

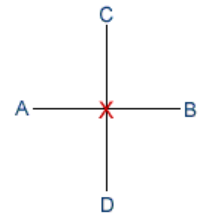


1. Turn the face to B while forming a right bending ready A toward B. Perform in a slow motion.
2. Execute a high side piercing kick to B with the left foot. Perform in a slow motion.
3. Execute a high side piercing kick to B with the left foot. Perform 2 and 3 in a double kick.
4. Lower the left foot to B to form a sitting stance toward D while executing a middle thrust to D with the right flat fingertip.
5. Execute a high reverse hooking kick to B with the right foot. Perform in a slow motion.
6. Lower the right foot to B in a jumping motion to form a right X-stance toward C while executing a middle side strike to B with the right knife-hand.
7. Move the left foot to A forming a left walking stance toward A while executing a pressing block to A with the right palm.
8. Move the right foot to A to form a right walking stance toward A at the same time executing a pressing block with the left palm.
9. Execute a high side block to B with the left knife-hand and a low side block to A with the right knife-hand while forming a right one-leg stance toward D, pulling the left reverse footsword to the right knee joint. Perform in slow motion.
10. Lower the left foot to the right foot and then turn the face to A while forming a left bending ready stance A toward A. Perform in slow motion.
11. Execute a high side piercing kick to A with the right foot. Perform in a slow motion.
12. Execute a high side piercing kick to A with the right foot. Perform 11 and 12 in a double kick.
13. Lower the right foot to a to form a sitting stance toward D while executing a middle thrust to D with the left flat fingertip.

# Fourth Degree Black Belt

14. Execute a high reverse hooking kick to A with the left foot. Perform in a slow motion.

15. Lower the left foot to A in a jumping motion to form a left X-stance toward C while executing a middle side strike to A with the left knife-hand.



16. Move the right foot to B forming a right walking stance toward B while executing a pressing block to B with the left palm.

17. Move the left foot to B to form a left walking stance toward B at the same time executing a pressing block with the right palm.

18. Execute a high side block to A with the right knife-hand and a low side block to B with the left knife-hand while forming a left one-leg stance toward D, pulling the right reverse footsword to the left knee joint. Perform in slow motion.

19. Turn the face to C while forming a left bending ready stance B toward D.

20. Execute a high back piercing kick to C with the right foot. Perform in slow motion.

21. Lower the right foot to C to form a left walking stance toward D while executing a middle punch to D with the right fist.

22. Turn the face to C while forming a right bending ready stance B toward D.

23. Execute a high back piercing kick to C with the left foot. Perform in slow motion.

24. Lower the left foot to C to form a right walking stance toward D while executing a middle punch to D with the left fist.

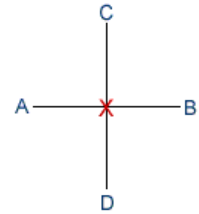
25. Slide to C forming a right rear foot stance toward D while executing a downward block with the left palm.

26. Execute a middle side front snap kick to D with the left foot keeping the position of the hands as they were in 25.

27. Lower the left foot to D and then move the right foot to C in a stamping motion to form a sitting stance toward A while executing a middle side strike to C with the right side fist.

# Fourth Degree Black Belt

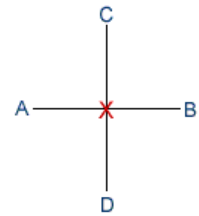
28. Slide to C maintaining a sitting stance toward A while executing a scooping block with the left palm.
29. Execute a middle punch to A with the right fist while maintaining a sitting stance toward A. Perform 28 and 29 in a connecting motion.
30. Execute a low side block to D with the left knife-hand while maintaining a sitting stance toward A.
31. Move the left foot just beyond the right foot in a quick motion while executing a middle side pushing kick to C with the right foot.
32. Lower the right foot to C and then execute a high reverse turning kick to C with the left foot.
33. Lower the left foot to C to form a left walking stance toward C while executing a high side block to C with the left knife-hand.
34. Slide to D forming a left rear foot stance toward C while executing a downward block with the right palm.
35. Execute a middle side front snap kick to C with the right foot keeping the position of the hands as they were in 34.
36. Lower the right foot to C and then move the left foot to D in a stamping motion to form a sitting stance toward A while executing a middle side strike to D with the left side fist.
37. Slide to D maintaining a sitting stance toward A while executing a scooping block with the right palm.
38. Execute a middle punch to A with the left fist while maintaining a sitting stance toward A. Perform 37 and 38 in a connecting motion.
39. Execute a low side block to C with the right knife-hand while maintaining a sitting stance toward A.
40. Move the right foot just beyond the left foot in a quick motion while executing a middle side pushing kick to D with the left foot.



# Fourth Degree Black Belt

41. Lower the left foot to D and then execute a high reverse turning kick to D with the right foot.

42. Lower the right foot to D to form a right walking stance toward D while executing a high side block to D with the right knife-hand.



43. Move the left foot to D and then execute a high twisting kick to AD with the right foot.

44. Lower the right foot to C forming a left walking stance toward D while executing a side back strike to C with the right back fist and extending the left fist to D.

45. Execute a front strike to D with the right back fist while shifting to C maintaining a left walking stance toward D.

46. Move the right foot to D and then execute a high twisting kick to BD with the left foot.

47. Lower the left foot to C to form a right walking stance toward D while executing a side back strike to C with the left back fist and extending the right fist to D.

48. Execute a front strike to D with the left back fist while shifting to C maintaining a right walking stance toward D.

49. Execute a sweeping kick to D with the left side sole keeping the position of the hands as they were in 48 and then lower it to D forming a right L-stance toward D while executing a middle guarding block to D with the forearm.

50. Execute a side checking kick to D and then again a middle side thrusting kick to D with the left foot forming a forearm guarding block. Perform in a consecutive kick.

51. Lower the left foot to D forming a right L-stance toward D while executing a middle outward strike to D with the left knife-hand.

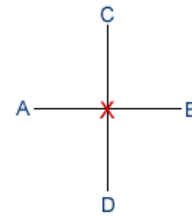
52. Execute a sweeping kick to D with the right side sole and then lower it to D to form a left L-stance toward D while executing a middle guarding block to D with the forearm.

53. Execute a side checking kick to D and then again a middle side thrusting kick to D with the right foot forming a forearm guarding block. Perform in a consecutive kick.

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54. Lower the right foot to D forming a left L-stance toward D while executing a middle outward strike to D with the right knife-hand.

55. Move the right foot to C and then turn counter clockwise pivoting with the right foot to form a left walking stance toward C while executing a middle punch to C with the right fist.



56. Jump to C to form a right X-stance toward AC while executing a low punch to C with the left fist and bringing the right fist on the left shoulder.

57. Jump to D forming a left X-stance toward AD while executing a low punch to D with the right fist and bringing the left fist on the right shoulder.

58. Jump to execute a mid-air kick to D with the right foot while spinning clockwise.

59. Land to D to form a left L-stance toward D while executing a middle guarding block to D with a knife-hand.

60. Move the right foot to the side rear of the left foot and then the left foot to C to form a right walking stance toward D while executing a rising block with the left arc-hand.

61. Execute a high punch to D with the right fist while maintaining a right walking stance toward D.

**END:** Bring the right foot back to a ready posture.