

**Vermont Valley**

**Tae Kwon Do**

**Adult Handbook**



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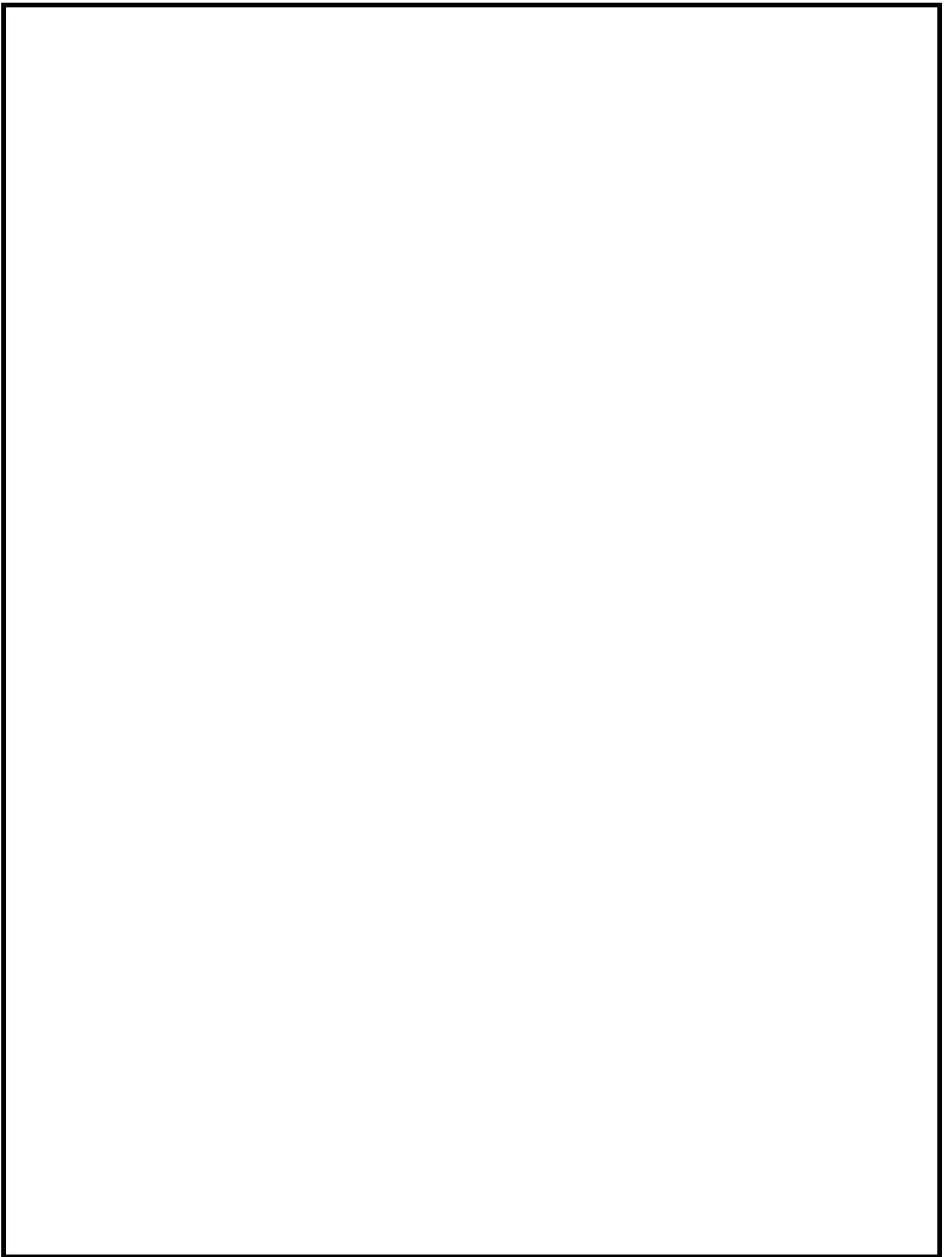
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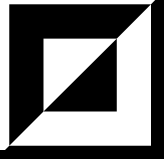
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Owners: Jeanette and Michael Linnehan

School started in Jacksonville, Vermont in 1990 by Jeanette Linnehan. It moved to Wilmington, Vermont at it's current location in 1992 and is run by both owners/instructors.

Both Owner/Instructors are Master Degree Black Belts in Tae Kwon Do who received their Black Belts from Green Mtn. Tae Kwon Do with Master F. Griffis.

They have both also received their Black Belts in Combat Hapkido.

The school is open to ages 4-adult, male and female.

Our philosophy is to teach everyone at their ability.

To teach students to reach for their dreams.

To show them they can achieve what they set out to do.

We believe that our school is one great big family here to support each other attain to the fullest of their potential.

All instructors are qualified.

Both Masters are CPR certified.

We encourage feedback.



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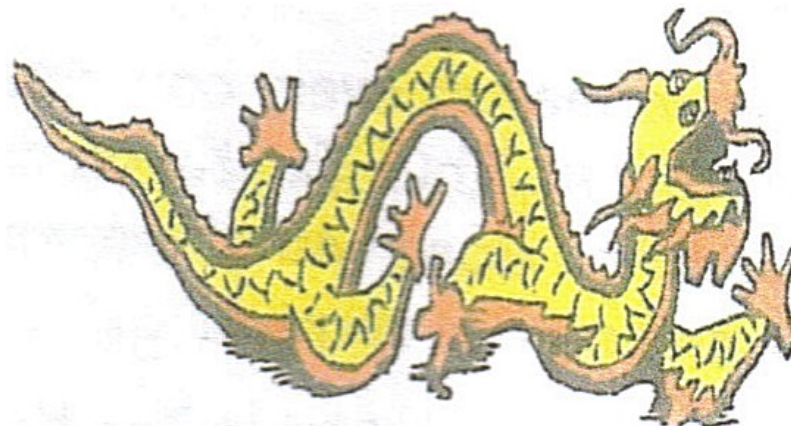
## Translation

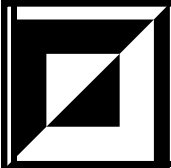
Literally translated the Korean word, “Tae” means “jumping or flying” or “squash with the foot”, “Kwan” implies a hand or fist to block, strike or destroy”, “Do” denotes as “art” or a “way”.

Thus “Tae Kwon Do” means the art of jumping or flying, to use the hand or fist to block, or strike, and the mental training and the techniques of unarmed combat for self defense as well as health. Called an art of self defense. A way of thinking of life.

Tae Kwon Do is a system of symmetrical body exercise (or a system of techniques) designed for self defense and counter attack in combat, making the use of hands and feet as weapons. However, Tae Kwon Do is not merely a physical fighting skill, it is a way of thought and life. Through strict discipline, Tae Kwon do trains both the mind and body, placing great emphasis on the development of moral character, In other words, control of the mind, self discipline, kindness and humility must accompany the physical grace.

Tae Kwon Do training consists of hardening the body through practice of the various attack and defense forms. This system of combat involves the skillful application of punching, jumping, kicking, dodging, blocking and sparring actions, directed toward the goal of neutralizing an aggressor. It’s techniques include both linear and circular movements, throwing and falling techniques. An essential characteristic used in meeting an opponent’s attack is the mastery of breathing and the development of jiptjung (power gathering) to unify force.





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

Tae Kwon Do is an art that implies thinking of life and particularly in instilling moral civilizations and generating the power of justice.

Tae Kwon Do is also known as one of the best means of developing and enhancing the emotional, perceptual and psychological characteristics that enable the younger generation, regardless of age, social status or sex to learn and participate effectively in the social demands of his/her peers.

Every movement of Tae Kwon Do is scientifically designed with a specific purpose. Constant repetition teaches patience and how to overcome any difficulty. The tremendous power generated from one's body develops the self confidence to meet any opponent, at any place and in any situation. Sparring teaches humility, courage, alertness, accuracy, and adaptability as well as self control. Forms teach flexibility, grace, balance and coordination, while the fundamental exercises develop precision and teach the method, principal and purpose.

Eventually, this training permeates every conscious and subconscious action of the student. Thus Tae Kwon Do offers a strict self imposed discipline along with the spirit of cooperation and mutual respect.

Obviously, the training a person receives in Tae Kwon Do has numerous advantages. It can be quite beneficial for preparing youth, not only for taking their places in society, but also for the academic life.





Courtesy (Ye Ui)

Perseverance (In Nae)

Self Control (Guk Gi)

Indomitable Spirit

Modesty

(Baek Jul Bool Gool)

Integrity (Yom Chi)

**Students Must know and show that they understand these tenants in order to test.**

The tenants should apply to your training but they should also be applied outside of class

### **Courtesy:**

Being helpful and respectful to instructors and fellow students. Calling and answering instructors by sir or ma'am. Following the dojang rules.

### **Self-Control:**

Staying calm and using your head if you get upset. Not doing things you know you shouldn't do. Staying focused on what you are doing even if someone else is distracting you.

### **Modesty:**

Not bragging or boasting about accomplishments. You don't try to gain respect because of your rank. You can gain respect by how you present and treat others.

### **Integrity:**

Being honest, having pride in what you do. Trying to do your techniques and stances the best that you can. You should always be trying to improve at what you are doing.

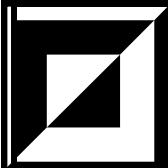
### **Perseverance:**

Not giving up no matter how hard things get or how tired you feel. You keep trying to do your best.

### **Indomitable Spirit:**

If you practice every day you will learn never to give up on anything. Once you learn this you will have a spirit that is indomitable, One will believe there is nothing they can't do, if you put your mind to it. When you are beat physically your willpower or spirit will keep you going, maybe even touch others to continue. Mentally you will keep going and believe.

**STUDENTS TESTING FOR BLACK BELT WILL HAVE TO ATTAIN AND RETAIN THESE QUALITIES TO TEST**



**Student Creed**

1. I intend to develop myself in a positive manner and avoid anything that will reduce my mental growth or physical health.
2. I intend to develop self discipline in order to bring out the best in myself and others.
3. I intend to use what I learn in class constructively and defensively; to help myself and others and never be abusive or offensive.

**Black Belt Oath**

- I Am Motivated
- I Am Dedicated
- I Am On A Quest To Be My Best

**Dragons Oath**

- I Will Obey My Parents
- I Will Clean My Room
- I Will Wear My Seat Belt
- I Will Brush My Teeth
- I Will Show Good Manners

**Black Belt Success**

- (a) Know what you want
- (b) Have a plan and a success coach
- (c) Take consistent action
- (d) Review you progress and renew your goals

**Olympic Theory**

3% makes Olympics, 97% are majority, don't make it. Be in the minority.

**Dojang Rules**

1. Students must bow to the flag when entering and leaving the training area.
2. Students must bow to the instructor when entering and leaving the training area.
3. All Black Belts will be addressed as, SIR or MA'AM.
4. Students must respect and obey their parents and instructor.
5. Students must not wear jewelry, chew gum or talk unnecessarily during class.
6. Students must attend class regularly and be on time for their own good.
7. Students must help keep the dojang clean.
8. Running and fooling around will not be permitted in the dojang.
9. These rules must be memorized and practiced at all times.

**If You Do Not Obey The Dojang Rules, You May Be Reduced In Rank.**

**Tae Kwon Do Sparring Rules.**

1. Students will not spar without instructor supervision.
2. When sparring all students will wear, headgear, padded kicking boots, padded gloves and mouth piece. Male students must also wear a groin cup.
3. No contact is permitted to the head, face, neck or groin, except for light contact to the headgear.
4. No striking below the belt will be allowed.
5. No striking to the back will be allowed.
6. Target areas are the front of the body and sides above the belt.
7. These rules must be followed for the safety of all students.





Patterns are various fundamental movements, most of which represent either attack or defense techniques, set to a fixed and logical sequence.

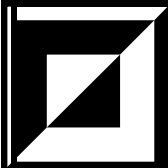
The student systematically deals with several imaginary opponents under various assumptions using every available attacking and blocking tool from different directions. Thus, pattern practice enables the student to, through many fundamental movements in a series, to develop techniques, improve flexibility of movements, master body shifting, build muscles and breath control, develop fluid and smooth motions, and gain rhythmical movements.

It also enables a student to acquire a certain special techniques which cannot be obtained from either fundamental exercises or sparring. In short patterns can be compared with a unit, tactic or word of fundamental movement, is an individual soldier's alphabet. Accordingly pattern, the ledger of every movement, is a series of sparring, power test, feats and characteristic beauty.

## Performing Patterns

1. Patterns should begin and end at the same spot. This will indicate the performers accuracy.
2. Correct posture and facing must be maintained at all times.
3. Muscles of the body should be either tensed or relaxed at the critical moments in the exercise.
4. The exercise should be performed in a rhythmic movement with an absence of stiffness.
5. Movement should be accelerated or decelerated according to the instruction.
6. Each pattern should be perfected before moving to the next.
7. Students should know the purpose of each movement.
8. Students should perform each movement with realism.
9. Attack and defense movements should be equally distributed among right and left hands and feet.





Instructor.....	Sah-Bum-Nim	<b>Counting</b>
Tae Kwon Do School.....	Do-Jang	One.....Na-Na
Tae Kwon Do Uniform.....	Do-Bak	Two.....Dool
Attention.....	Cha-Ryot	Three.....Set
Bow.....	Kyung-Niet	Four.....Net
Ready Position.....	Jhoon-Bee	Five.....Da-Suht
Begin.....	Shi-jak	Six.....Yuh-Suht
Stop.....	Goh-Man	Seven.....Ill-Gope
Pattern.....	Poomse or Hyung	Eight.....Yoh-Duhl
At Ease.....	Shi-to	Nine.....Ah-Hope
		Ten.....Yul

**Definition of Belt Colors**

- White      Innocence, the beginning student
- Yellow     Earth, plant sprouts and takes root
- Green      Plants Growth
- Blue        Heaven, towering tree
- Red         Danger, exercise control
- Black       Maturity and proficiency in Tae Kwon Do. Impervious to darkness of fear.

**Testing Schedule**

**Pre-Testing is done during the first week of the month.**

**Belt Testing will be conducted on the 3rd Saturday of the month.**

**If no students are ready, not enough are ready for testing or a holiday falls on that week-end then testing will commence the following month.**



<b>Color of Belt</b>	<b>Rank</b>	<b>Belt Test Fee</b>
White, White w/yellow	10-9th	No Charge
Yellow-Orange	8-7th	\$25
Green-Blue	6-5th	\$30
Purple-Red	4-3rd	\$40
Red w/brown-Brown	2-1st	\$50
Brown-Black	1A-9th Dan	\$60

## Minimum Testing Requirements

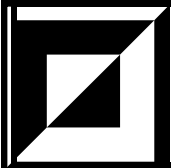
<b>Grade</b>	<b>Classes</b>	<b>Time in Months</b>
10th	12	1
9th	18	2-3
8th	24	3
7th	24	3
6th	24	3
5th	24	3
4th	24	3
3rd	24	3
2nd	24	3
1st	36	3-4
1-A	36	3-4
1-B	36	3-4
1st Dan	36	3-4
2nd Dan	200	2 Years
3rd Dan	200	3 Years
4th Dan	400	4 Years

Before students test for the next level, they must have the minimum classes and time for that rank and meet all the requirements for the rank they are Testing for.

(Patterns, Techniques, Skills, Control, Knowledge, Discipline, Etc.)

## Stars for report cards

We request that all students bring in their report cards. We would like to see how students are doing in school. If the student has good grades or their grades improve they receive a star that goes on the left sleeve of their uniform. Students getting five stars, then get an academic achievement patch for the right sleeve. If a student's grades drop below average they will not be eligible for promotion test until we are informed of improvement in their grades.



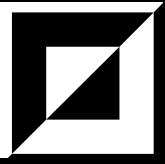
## Rules of Conduct

1. You must take off your shoes before entering the training area.
2. Insure that you take out your attendance card before class begins.
3. Students will line up according to: (A) rank (B) proper uniform (C) if you enter the training area after the instructor has called their students to ready position, you should line up at the end of the last line.
4. Students will only wear the authorized uniform, with only authorized patches and emblems on the uniform and only in the proper places on the uniform.
5. Should your uniform come undone during class, etiquette requires you to turn towards the back of the classroom and fix your uniform in the proper manner. Uniforms should be clean and in good repair at all times.
6. In the martial arts your word is your bond. Your integrity is an important part of your martial arts training. Never break your word.
7. No student should ever use what they have learned in their martial arts training outside of the school (Do-jang) offensively. The only valid reason is a defense situation. If you do not understand the above rule you must ask your instructor to explain this to you.

**If rule number 7 is violated you will immediately be dismissed from any additional classes.**

## Student Uniform Code

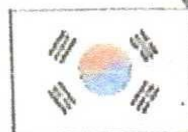
1. Student uniform is all white plus a belt.
2. Black Belt Uniform is white with black trim. Black pants are optional.
3. Black Belt Club members uniform, blue top with white pants or white top with blue pants.
4. S.W.A.T. Uniform is all blue.
5. All-star black belt club members uniform, red top with white pants or white top with red pants.
6. Black Belt S.W.A.T. uniform is all red.



Academic  
Achievement

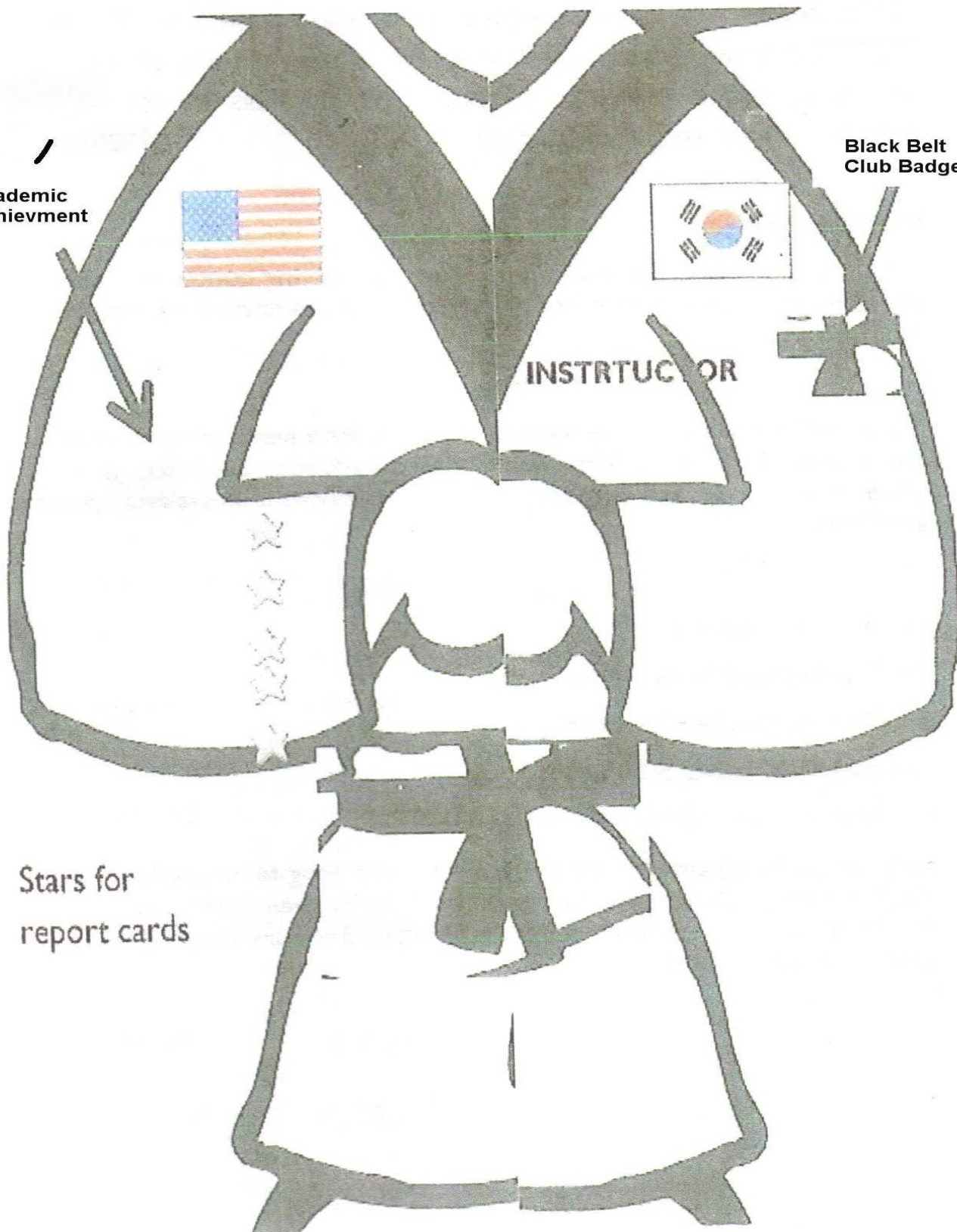


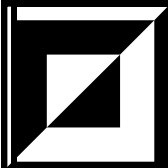
Black Belt  
Club Badge



INSTRUC OR

Stars for  
report cards





### **Class Times**

Please refer to your schedule for class times. We highly recommend you attend class at a rate of two times per week. If for some reason you are not able to attend class we ask you to call the school and inform us.

#### **Weather Changes**

In the event of inclement weather or bad driving conditions, please call ahead to verify class schedule or listen to the answering machine for updates.

#### **Vacations or extended absences**

If you will be missing class for vacation or illness for a period of two weeks or more, please let us know. Time you miss can be added to the end of your program as a credit. You are still responsible for payment unless arrangements are made.

#### **Family Memberships**

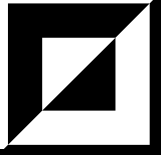
1st Family member Full Price














2nd Family member 25% Off

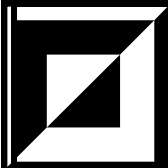
3rd Family member 50% Off

#### **Black Belt Club and Masters Program**

Special programs for those students with long term goals. Students must be approved for membership by their instructor. Members receive a discounted membership, discount on supplies and a special uniform.










Belt	Needed to Advance		Color
White		Drill #1	
White w/ Yellow	Chon Ji #1	Drill #1	
Yellow	Chon Ji #1	Drill #2	
Orange	Chon Ji #2	Drill #2	
Green	Dan Gun #1	Drill #3	
Blue	Dan Gun #2	Drill #3	
Purple	Do San #1	Drill #4	
Red	Do San #2	Drill #4	
Red w/ Brown	Won Hyo #1	Drill #5	
Brown	Won Hyo #2	Drill #5	
1A Brown and Black	Yul Kok #1	Drill #6	
1B Brown W/Black Stripe	Yul Kok #2	Drill #6	
Black	Chon Ji— Yul Kok	Drill #1— #6	

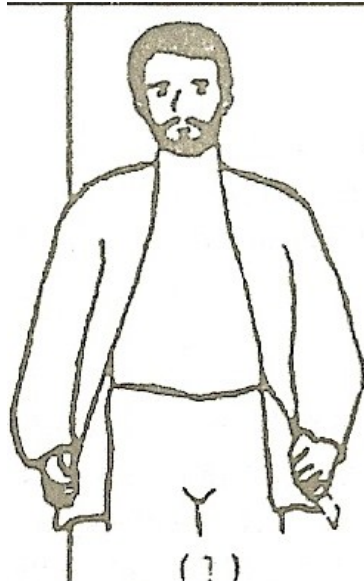
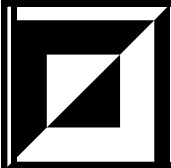


Belt	Needed to Advance		
White		Drill #1	
White w/Yellow		Drill #1	
Yellow	Chon Ji	Drill #2	
Orange	Dan Gun	Drill #3	
Green	Do San	Drill #4	
Blue	Won Hyo	Drill #5	
Purple	Yul Kok	Drill #6	
3rd Red	Joong Gun #1		
2nd Red/Brown	Joong Gun #2	Drill #7	
Brown	Toi Gye #1		
1A Brown w/Black	Toi Gye #2	Drill #8	
1B Brown w/Black Stripe	Hwa Wrang #1	Drill #9	
Junior Black	Hwa Wrang #2	Drill #9	
Junior Black Level 1	Choong Moo #1	Drill #10	
Junior Black Level 2	Choong Moo #2	Drill #10	
1st Dan	Koryo	Drill #11	

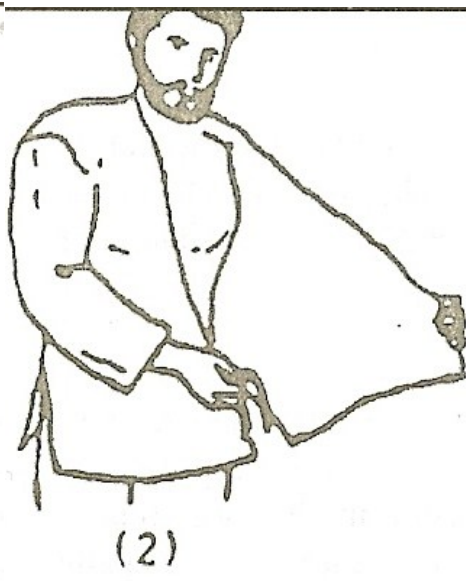




Belt	Needed to Advance		
White		Drill #1	
White w/Yellow		Drill #1	
Yellow	CHON JI	Drill #2	
Orange	DAN GUN	Drill #3	
Green	DO SAN	Drill #4	
Blue	WON HYO	Drill #5	
Purple	YUL GUK	Drill #6	
3rd Red	JOONG GUN	Drill #7	
2nd Red/Brown	TOI GYE	Drill #8	
Brown	HWA RANG	Drill #9	
1A Brown w/Black	CHOONG MOO	Drill #10	
1B Brown w/Black Stripe	KORYO	Drill#11	
1st Dan Black	Chonji-Koryo	Drill #1-11	
Black Level 1	Kwan Gae	Drill #12	
Black Level 2	Poe Uen	Drill #13	
Black Level 3	Gae Baek	Drill #14	
Recommended 2nd Dan	Kwan Gae-Gae Baek		
	Drill #12-14		



(1)

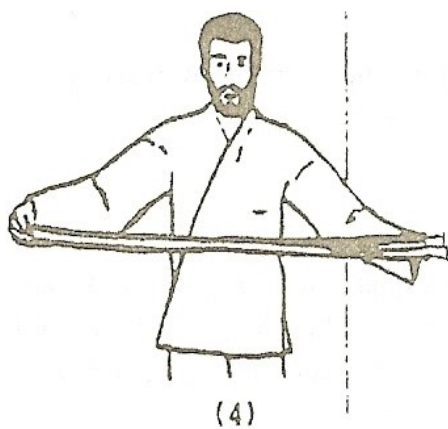


(2)



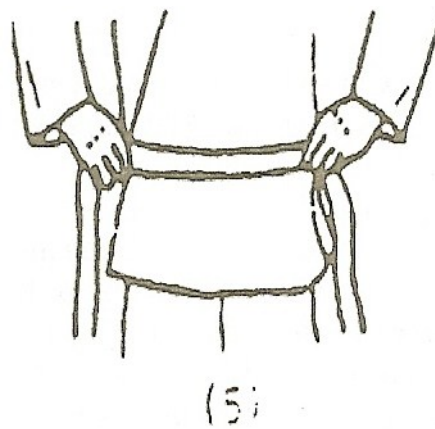
(3)

The belt is tied in a square knot. If it's your first try make sure that your jacket ties have been properly secured first.



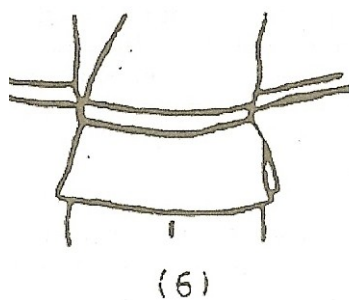
(4)

After you have folded the belt in half to determine the center.



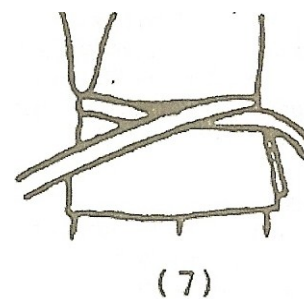
(5)

Place the center point at the front of your waist.



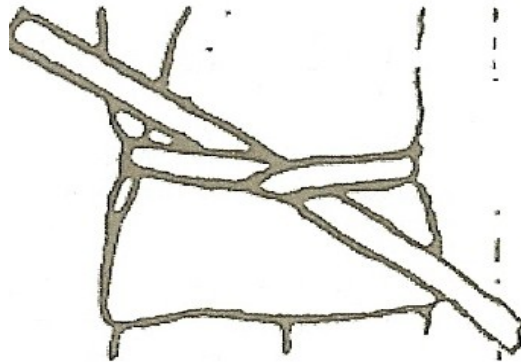
(6)

Then carry each end around the back of your body.



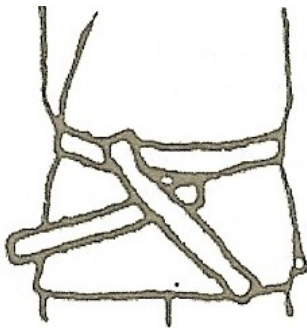
(7)

Then continue the ends to the front.

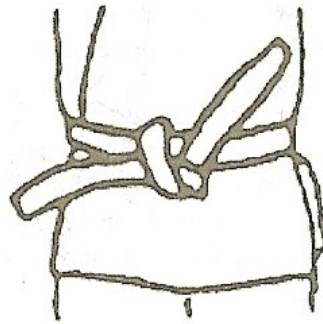


(8)

From there draw the overlapping ends of the belt up between the jacket and the belt.

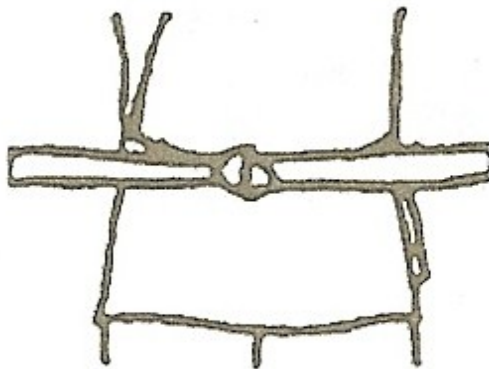


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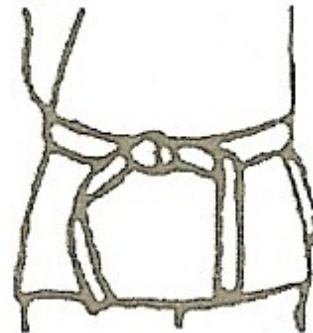


(10)

And complete the knot as shown.

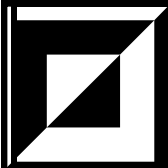


(11)



(12)

It is considered a matter of pride for the ends of the belt to be of equal length after the square knot is neatly tied.



**Chon Ji**

Consists of 19 movements and literally means “the Heaven and Earth”. It is interpreted in the Orient as the creation of the world or the beginning of human history. Initial pattern practiced by beginner. This pattern consists of two similar parts, one to represent the heaven and the other the earth.

**Dan Gun**

Consists of 21 movements and is named after the holy Dan-Gun, the legendary founder of Korea in the year 2333 B.C.

**Do San**

Consists of 24 movements and is the pseudonym of the patriot Ahn Chang-Ho (1876-1938). The 24 movements represent his entire life which he devoted to further the education of Korea and its independence movement.

**Won Hyo**

Consists of 28 movements and is named after the noted monk, Won-Hyo, who introduced Buddhism into the Silla Dynasty in the year 686 A.D.

**Yul-Guk**

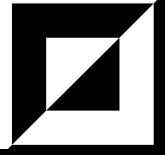
Consists of 38 movements and is the pseudonym of the great philosopher and scholar Yi (1536-1584) nicknamed the “Confucius of Korea”. The 38 movements of this pattern refer to his birth place on the 38th latitude and the diagram (+) represents scholar.

**Joong Gun**

Consists of 32 movements and is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor of Korea, known as the man who played the leading part in the Korea-Japan Merger. The 32 movements in this pattern represent Mr. Ahn’s age when he was executed at Lui-Shung prison (1910).

**Toi Gye**

Consists of 37 movements and is the pen name of the noted scholar Yi Hwang (16th Century), an authority on neo Confucianism. The 37 movements of this pattern refer to his birth place of 37 latitude and the diagram (+) represents “Scholar”.



## Hwa-Rang

Consists of 29 movements and is named after the Hwa Rang youth group which originated in the Silla dynasty in the early 7th century. The 29 movements refer to the 29th infantry division, where Tae Kwon Do developed into maturity.

## Choong-Moo

Consists of 30 movements and was the name given to the great Admiral Yi Soon-sin of the Yi Dynasty. He is reputed to have invented the first armored battleship (Kobukson) in 1392 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.

## Korvo

Consists of 45 movements and symbolizes the high spirited Koryo people. The Koryo people emphasized moderation in action.

## Kwang Gae

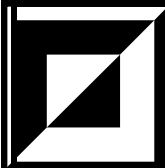
Consists of 39 movements and is named after the famous Kwang-Gae-Toe-Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 A.D., the year he came to the throne.

## Poe Eun

Consists of 36 movements and is the pseudonym of a loyal subject of 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.

## Gae Baek

Consists of 44 movements and is named after Ge-Baek, a great general in the Baek Je Dynasty (660 A.D.). The diagram represents his severe and strict military discipline.



**Drill # 1**

1. Low Block
2. Side Block
3. Rising Block
4. Front Punch

**Drill # 2**

1. Knifehand Guarding Block
2. Twin Forearm Block
3. Low Block—Rising Block
4. Knifehand Strike

**Drill # 3**

1. Outside Block (outer forearm) - Reverse Punch
2. Straight Fingertip Thrust
3. Wedging Block—Back Fist

**Drill # 4**

1. Inward Knife Hand Strike
2. Circular Block
3. Middle Forearm Guarding Block
4. Side Punch

**Drill # 5**

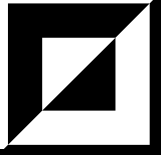
1. Outside Block (front) with Inner Forearm
2. Hooking Block, palm
3. Twin Knife Hand block
4. Double Forearm Block
5. Front Elbow Strike

**Drill # 6**

1. Side Block, Reverse Knifehand Strike
2. Upward Block (front) Palm
3. Upper Elbow Strike
4. X Fist Rising Block
5. U Shape block
6. Pressing Block
7. Twin fist Vertical Punch
8. Twin Fist Upset Punch

**Drill # 7**

1. Upset Finger Tip Thrust
2. Low block (front) + Back Fist (behind)
3. X Fist Pressing Block
4. W Shape Block
5. Low Pushing block (Double Forearm)
6. Low Knife Hand Guarding Block
7. Flat Finger Tip Thrust



## Drill #8

1. Pushing Block (Palm)
2. Upward Punch (To Sides)
3. Downward Knife Hand Strike
4. Outside Block w/Inner Forearm + Low Block (Front)
5. Side Elbow Thrust

## Drill #9

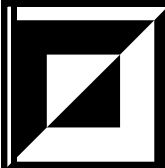
1. Forearm Low Block (To Sides)
2. Front Reverse Knife Hand Strike
3. Back Fist—Low Block (To Sides)
4. Inward Front Block + High Side Strike Back Fist
5. X Knife Hand Checking Block
6. Upward Block (Both Hands)
7. Inward Knife Hand Strike, Knife Hand Rising Block

## Drill #10

1. Outward Knife Hand Strike (Front)
2. Inward Forearm Block (To Side) w/Outer Forearm
3. Low Knife Hand Block (Front) - Arc Hand Strike
4. Knee Break
5. Outward Knife Hand Block (Side) - Reverse Side Punch
6. Palm Heal Pressing Block
7. Reinforced Elbow Strike
8. Inward Knife Hand Strike (High)

## Drill #11

1. Double Forearm block—Low Block
2. Upset Punch
3. Low Front Knife Hand Block
4. Downward Strike Side Fist



- #1. Two hand choke from front.
- #2. Two hand lapel grab from front.
- #3. One hand wrist grab straight ahead.
- #4. Two hand wrist grab.
- #5. One hand wrist grab across.
- #6. One hand lapel grab A.
- #7. One hand lapel grab B.
- #8. Two hand shoulder grab front.
- #9. Shoulder grab from side A.
- #10. Shoulder grab from side B.
- #11. Two hand shoulder grab.
- #12. One hand shoulder grab from behind.
- #13. Two hand choke from behind.
- #14. Head lock from front.
- #15. Head lock from side.
- #16. Choke lock from behind.
- #17. Bear hug from behind.
- #18. Bear hug from front with arms trapped.
- #19. Bear hug from front without arms trapped.
- #20. Full nelson.





- #21. Half nelson.
- #22. Attacker charging.
- #23. Defender lying on back.
- #24. Defender kneeling, Attacker choking from behind.
- #25. Defender sitting in chair, Attack from front.
- #26. Defender sitting in chair, Attack from behind.
- #27. Defender sitting in chair, Attack from side.
- #28. Defender sitting in chair, Attacker sitting beside.
- #29. Upward knife thrust.
- #30. Downward knife strike.
- #31. Attacker holding knife.
- #32. Knife held to back.
- #33. Attacker slashing knife.
- #34. Knife held against stomach.
- #35. Knife thrust at face.
- #36. Knife held to side.
- #37. Overhead club attack.
- #38. Club swung from side to side.
- #39. Club thrust.
- #40. Club held horizontal in front.
- #41. Club held horizontal from behind.



- #1 Snap Kick—Front Punch
- #2 Front Rising Kick—Front Punch
- #3 Turning Kick—Reverse Punch
- #4 Side Kick—Reverse Punch
- #5 Snap Kick w/Instep—Side Kick—Reverse Punch
- #6 Side Rising Kick—Knifehand Strike
- #7 Inside Axe Kick—Rising Block—Side Kick w/ Back Leg
- #8 Outside Axe Kick—Side Kick—Reverse Punch
- #9 Straight Fingertip Thrust—Snap Kick
- #10 Snap Kick—Turning Kick—Side Kick w/Back Leg—Reverse Punch
- #11 Turning Kick—Reverse Backside Piercing Kick + Reverse Punch
- #12 Step Inward Knifehand Strike—Turning Kick + Knifehand Strike
- #13 Jumping Snap Kick off the Front Leg + Reverse Punch
- #14 Turning Kick w/Ball—Jumping Side Kick w/Back Leg—Back Fist
- #15 Turning Kick w/Knee—Front Elbow Strike
- #16 Snap Kick w/Front Leg—Turning Kick—Reverse Punch
- #17 Jumping Snap Kick (Front then Back)
- #18 Skip Forward Inside Axe Kick(Front Leg) - Turning Kick—Snap Kick
- #19 Front Snap Kick—Back Hook Kick
- #20 Back Leg Thrust Kick—Alternate
- #21 Back leg Jump Turning Kick—Alternate
- #22 Turning Kick—Reverse Turning Kick—Back Leg Jumping Snap Kick



- #23 Reverse Jumping Side Kick—Pick Shape Kick + Back Fist
- #24 Step Twin Fist Upset Punch—Skip Forward Inside Axe Kick + Back Kick
- #25 Turning Kick w/Knee—Back Leg Jumping Turning Kick + Twin Fist Vertical Punch
- #26 Back Leg Jump Turning Kick—Flat Fingertip Thrust—Spin then do Jump snap Kick
- #27 Reverse Back Leg Side Piercing Kick Back—Jumping Side Kick—Back Fist
- #28 Jumping Snap Kick off each Leg—Upset Fingertip Thrust—Inside Crescent Kick
- #29 Jumping Hook Kick (either front or back) - X Fist Pressing Block—Jumping Crescent Kick
- #30 Step Front Punch—Reverse Hook Kick—Pick Shape Kick—Downward Knifehand Strike
- #31 Step Upward Punch—Knifehand Strike—Jump Back Piercing Kick
- #32 Turning Kick w/Knee—Side Elbow Thrust—Snap Kick w/Knee
- #33 Turning Kick—Reverse Hook Kick—Jumping Crescent Kick
- #34 Inside Crescent Kick—Snap Kick—rear Reverse Knifehand Strike
- #35 Outside Crescent Kick—reverse Backside Piercing Kick—Spinning Back Fist
- #36 Step Inward Knifehand Strike—Knifehand Rising Block—Jump Back Piercing Kick—Reverse Punch
- #37 Skip Step Inside Axe Kick—Turning Kick—Reverse Turning Kick—Rear Reverse Knifehand Strike
- #38 Step Front Leg Pressing Kick—Downstrike Side Fist
- #39 Pressing Kick—Side Piercing Kick—reverse inside Axe Kick—Reverse Punch
- #40 Step Reverse Upset Punch—Snap Kick—Hook Kick—Turning Kick
- #41 Favorite Jumping Kick Combination



**1st Black Stripe**

**Knowledge**

Dojang Rules and Rules of Conduct  
Bow and its meaning  
Meaning of White Belt

Concept: Focus  
3 Rules of Concentration  
Breathing, Attitude

**Kicks**

Snap Kick w/ Instep & Ball  
Rising Kick  
Four Count Snap Kick

**Sparring**

Sliding Forward & Back  
1 Step

**Stances**

Attention Stance  
Sitting Stance  
Self Defense Stance

Parallel Ready Stance  
Walking Stance  
Sparring Stance

**2nd Black Stripe**

**Drill #1**

**Hand Techniques in Stances**

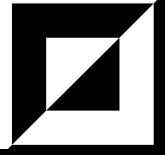
Low Block—Walking Stance  
Side Block—L Stance  
Rising Block—Walking Stance  
Front Punch—Walking Stance

**Self Defense**

#1—Two Hand Choke From Front  
#2—Two Hand Lapel Grab From Front

**Combinations**

#1) Snap Kick—Front Punch  
#2) Front Rising Kick—Front Punch



## 1st Black Stripe

### Knowledge

Dojang Rules and Rules of Conduct  
Bow and its meaning  
School Language

Concept: Focus  
3 Rules of Concentration  
Breathing, Attitude

### Kicks

Turning Kick  
Side Kick  
Four Count Snap Kick

### Sparring

Sliding Forward & Back  
1 Step

### Stances

Attention Stance  
Sitting Stance  
Self Defense Stance  
L-Stance

Parallel Ready Stance  
Walking Stance  
Sparring Stance

## 2nd Black Stripe

### Drill #1

### Hand Techniques in Stances

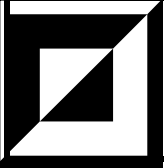
Low Block—Walking Stance  
Side Block—L Stance  
Rising Block—Walking Stance  
Front Punch—Walking Stance

### Self Defense

#3—One Hand Wrist Grab Straight Ahead  
#4—Two Hand Wrist Grab

### Combinations

#3) Turning Kick—Reverse Punch  
#4) Side Kick—Reverse Punch



**1st Black Stripe**

**Knowledge**

Essay: Tenant—Courtesy  
Definition of Yellow Belt

Understanding Discipline  
Student Creed #1

**Kicks**

Inside Axe Kick  
Outside Axe Kick  
Side Rising Kick

**Forms**

Chon Ji  
Meaning

**Sparring**

1 Step

**2nd Black Stripe**

**Drill #2**

**Hand Techniques in Stances**

Knifehand Guarding Block—L-Stance  
Twin Forearm Block—L-Stance  
Low Block-Rising Block—Walking Stance  
Knifehand Strike—L-Stance

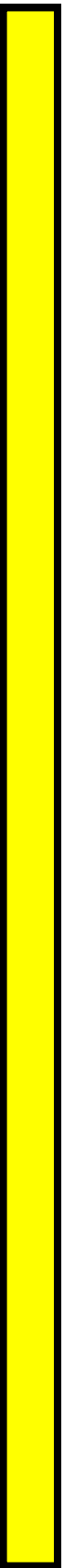
**Self Defense**

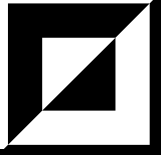
#5—One Hand Wrist Grab Across  
#6—One Hand Lapel Grab A  
#7—One Hand Lapel Grab B  
#8—Two Hand Shoulder Grab Front

**Combinations**

#5) Snap Kick w/Instep—Side Kick—Reverse Punch  
#6) Side Rising Kick—Knifehand Strike

Forward Roll





**1st Black Stripe**

**Knowledge**

Essay: Tenant—Self Control  
Black Belt Success

Rating on Scale 1-10  
Olympic Theory

**Kicks**

Inside Axe Kick  
Side Kick off the Back Leg

Outside Axe Kick

**Forms**

Dan Gun  
Meaning

**Sparring**

3 Step

**2nd Black Stripe**

**Drill #3**

**Hand Techniques in Stances**

Outside Block (Outer Forearm) - Reverse Punch—Walking Stance  
Straight Fingertip Thrust—Walking Stance  
Wedging Block—Back Fist—Walking Stance

**Self Defense**

#9—Shoulder Grab From Side A  
#10—Shoulder Grab From Side B  
#11—Two Hand Shoulder Grab  
#12—One Hand Shoulder Grab From Behind

**Combinations**

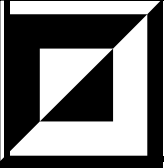
#7) Inside Axe Kick—Rising Block—Side Kick w/Back Leg  
#8) Outside Axe Kick—Side Kick—Reverse Punch  
#9) Straight Fingertip Thrust—Snap Kick—Reverse Punch  
#10) Snap Kick—Turning Kick—Side Kick w/Back Leg—Reverse Punch

**Weapons**

Chucks: Coordination

Backward Roll





**1st Black Stripe**

**Knowledge**

Essay: Tenant—Modesty  
Healthy Competition

Rating on Scale 1-10

**Kicks**

Back Piercing  
Jumping Snap (Instep and Ball)  
Jumping Side Kick (Front Leg)

Reverse Backside Piercing  
Jumping Thrust Kick  
Jump Turning Kick

**Stances**

Closed Ready Stance A  
Bending Ready Stance A

Fixed Stance

**Forms**

Do San  
Meaning

**Sparring**

1 Step  
2 Step

**Stances**

Closed Ready Stance A  
Bending Ready Stance B

Fixed Stance

**2nd Black Stripe**

**Drill #4**

**Hand Techniques in Stances**

Inward Knifehand Strike—L-Stance  
Circular Block—Walking Stance  
Middle Forearm Guarding Block—L-Stance  
Side Punch—Fixed Stance

**Self Defense**

#13—Two Hand Choke From Behind  
#14—Head Lock From Front  
#15—Head Lock From Side  
#16—Choke Lock From Behind

**Combinations**

#11) Turning Kick—Reverse Backside Piercing Kick—Reverse Punch  
#12) Step Inward Knifehand Strike—Turning Kick—Knifehand Strike  
#13) Jumping Snap Kick off the Front Leg—Reverse Punch

**Weapon**

Bow Staff Coordination  
Side Break Fall





## 1st Black Stripe

### Knowledge

Essay: First 3 Tenants—Courtesy, Self-Control, Modesty

### Kicks

Turning Kick w/ Ball

Turning Kick w/Knee

Jumping Side Kick with Front and Back Leg

Hook Kick (Front and Back)

Back Leg Thrust

Axe Kick Skip In

### Stances

X Stance

### Forms

Won-Hyo

Meaning

### Sparring

1 Step

2 Step

### Stances

X Stance

## 2nd Black Stripe

### Drill #5

### Hand Techniques in Stances

Outside Block (Front) w/Inner Forearm—Walking Stance

Hooking Block, Palm—Walking Stance

Twin Knifehand Block—L-Stance

Double Forearm Block—Walking Stance

Front Elbow Strike—Walking Stance

### Self Defense

#17—Bear Hug From Behind

#18—Bear Hug From Front with Arms Trapped

#19—Bear Hug From Front without Arms Trapped

#20—Full Nelson

### Combinations

#14) Turning Kick w/Ball—Jumping Side Kick w/Back Leg—Back Fist

#15) Turning Kick w/Knee—Front Elbow Strike

#16) Snap Kick w/Front Leg—Turning Kick—Reverse Punch

#17) Jumping Snap Kick (Front then Back)

#18) Skip Forward Inside Axe Kick (Front Leg) - Turning Kick—Snap Kick

#19) Front Snap Kick—Back Hook Kick

#20) Back Leg Thrust Kick—Alternate

#21) Back Leg Jump turning Kick—Alternate

### Weapon

Bow Staff Form



**1st Black Stripe**

**Knowledge**

Essay: Tenant—Integrity  
Rating on Scale 1—10

Breathing, Attitude

**Kicks**

Reverse Turning Kick  
Back Leg Reverse Side Kick  
Back Leg Jump Turning Kick  
Skip Forward Inside Axe Kick  
Back Leg Spinning Hook Kick

Pick Shape Kick  
Back Leg Jumping Snap Kick  
Back Leg Jumping Side Kick  
Reverse Jumping Side Kick

**Forms**

Yul-Guk  
Meaning

**Stances**

Closed Ready Stance B  
Low Stance

Rear Foot Stance  
Closed Stance

**2nd Black Stripe**

**Drill #6**

**Hand Techniques in Stances**

Side Block, Reverse Knifehand Strike—L-Stance  
Upward Block (Front) Palm—Rear Foot Stance  
Upper Elbow Strike—Walking Stance  
X Fist Rising Block—Walking Stance  
U Shape Block—L-Stance  
Pressing Block—Walking Stance  
Twin Fist Vertical Punch—Walking Stance  
Twin Fist Upset Punch—Walking Stance

**Self Defense**

#21—Half Nelson  
#22—Attacker Charging  
#23—Defender Lying On Back  
#24—Defender Kneeling, Attacker Choking From Behind

**Combinations**

#22) Turning Kick—Reverse Turning Kick—Back leg Jumping Snap + Upper Elbow Strike  
#23) Reverse Jumping Side Kick—Pick Shape Kick + Back Fist  
#24) Step Twin Fist Upset Punch—Skip Forward Inside Axe Kick+ Back Kick  
#25) Turning Kick w/Knee—Back Leg Jumping Turning Kick + Twin Fist Vertical Punch



## 1st Black Stripe

### Knowledge

Essay: Tenant—Perseverance

Breathing, Attitude

### Kicks

Jumping Hook Kick (Front & Back Leg)

Back & Front Leg Jump Turning Kick

Crescent Kick (Inside and Out)

Jumping Crescent Kick

Review Jumping Snap Kick

Review Jumping Side Kick

### Forms

Joong Gun

Meaning

### Sparring

1 Step

2 Step

## 2nd Black Stripe

### Drill #7

### Hand Techniques in Stances

Upset Finger Tip Thrust—L-Stance

Low Block (Front) + Back Fist (Behind) - L-Stance

X-Fist Pressing Block—Walking Stance

W Shape Block—Sitting Stance

Low Pushing Block (Double Forearm) - L-Stance

Low Knifehand Guarding Block—L-Stance

Flat Fingertip Thrust—Walking Stance

### Self Defense

#25—Defender Sitting in Chair, Attack From Front

#26—Defender Sitting in Chair, Attack From Behind

#27—Defender Sitting in Chair, Attack From Side

#28—Defender Sitting in Chair, Attacker Sitting Beside

### Combinations

#26) Back Leg Jump Turning Kick—Flat Finger Tip Thrust—Spin then do Jump Snap Kick

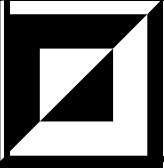
#27) Reverse Back Leg Side Piercing Kick Back—Jumping Side Kick—Back Fist

#28) Jumping Snap Kick off each Leg—Upset Fingertip Thrust—Inside Crescent Kick

#29) Jumping Hook Kick (either front or back) - X Fist Pressing Block—Jumping Crescent Kick

### Weapons

Escrima Drill



**1st Black Stripe**

**Knowledge**

Essay: Tenant—Indomitable Spirit  
General Book Knowledge

**Kicks**

Pick Shape Kick  
Snap Kick w/Knee  
Multiple Jumping Crescent Kicks

**Forms**

Toi Gye  
Meaning

**Stances**

Vertical Foot Stance

**2nd Black Stripe**

**Drill #8**

**Hand Techniques in Stances**

Pushing Block (Palm) - Sitting Stance  
Upward Punch (To Side) - L-Stance  
Downward Knifehand Strike—Vertical Foot Stance  
Outside Block w/Inner Forearm + low Block (Front) - Sitting Stance  
Side Elbow Thrust—L-Stance

**Self Defense**

#29—Upward Knife Thrust  
#30—Downward Knife Strike  
#31—Attacker Holding Knife  
#32—Knife held To Back

**Combinations**

#30) Step Front Punch—Reverse Hook Kick—Pick Shape Kick—Downward Knifehand Strike  
#31) Step Upward Punch—Knifehand Strike—Jump Back Piercing Kick  
#32) Turning kick w/Knee—Side Elbow Thrust—Snap Kick w/Knee  
#33) Turning Kick—Reverse hook Kick—Jumping Crescent Kick



## 1st Black Stripe

### Knowledge

Essay: Meaning of all forms

### Kicks

Reverse Crescent kick

Jump Back Piercing Kick

Jump Back Leg Spinning Reverse Crescent Kick

Back Leg Outside/Inside Reverse Crescent Kick

Multiple Jump Spinning Reverse Crescent Kicks

Multiple Jump Turning Crescent Kicks (360)

Multiple (Both Legs) Back Leg Jump Spinning Crescent Kick (360 land in back)

### Forms

Hwa Rang

Meaning

### Sparring

1 Step

2 Step

## 2nd Black Stripe

### Drill #9

### Hand Techniques in Stances

Forearm Low Block (To Side) - L-Stance

Front Reverse Knifehand Strike—Walking Stance

Back Fist—Low Block (To Sides) - L-Stance

Inward Front Block + High Side Strike Back Fist—Sitting Stance

X Knifehand Checking Block—L-Stance

Upward Block (Both Hands) - Walking Stance

Inward Knifehand Strike, Knifehand Rising Block—Walking Stance

### Self Defense

#33—Attacker Slashing Knife

#34—Knife Held Against Stomach

#35—Knife Thrust At Face

#36—Knife held To Side

### Combinations

#34) Inside Crescent Kick—Snap Kick—Rear Reverse Knifehand Strike

#35) Outside Crescent Kick—Reverse Back Side Piercing kick—Spinning Back Fist

#36) Step Inward Knifehand Strike—Knifehand Rising Block—Jump Back Piercing Kick—Reverse Punch

#37) Skip Step Inside Axe Kick—Turning Kick—Reverse Turning Kick—Rear Reverse Knifehand Strike

### Weapons

Scythe



1st Black Stripe

Kicks

Pressing Kick

Sweeping Kick

Flying Side Kick

Flying Scissors Kick

Forms

Choong Moo

Meaning

All Forms Form Chon Ji to Toi Gye

Sparring

1 Step

2 Step

3 Step

Stances

Closed Ready Stance C

Vertical Foot Stance

2nd Black Stripe

Drill #10

Hand Techniques in Stances

Outward Knifehand Strike (Front) - Walking Stance

Inward Forearm Block (To Side) w/Outer Forearm—L-Stance

Low Knifehand Block (Front)-Arc Hand Strike—Walking Stance

Knee Break—Walking Stance

Outward Knifehand Block (Side)-Reverse Side Punch—Sitting Stance

Palm Heal Pressing Block—Natural Walking Stance

Inward Knifehand Strike (High) - Walking Stance

Self Defense

#37—Overhead Club Attack

#38—Club Swung From Side To Side

#39—Club Thrust

#40—Club Held Horizontal in Front

#41—Club Held horizontal From Behind

Combinations

#38) Step Front Leg Pressing Kick—Downward Side Fist

#39) Pressing Kick—Side Piercing Kick—Reverse Inside Axe Kick—Reverse Punch

#40) Step Reverse upset Punch—Snap Kick—Hook Kick—Turning Kick

#41) Favorite Jumping Kick Combination

Weapons

Sai Form



**1st Black Stripe**

**Knowledge**

Essay: Why a Black Belt and Goals

**Kicks**

Jumping Rear Reverse Crescent Kick

Step Rear leg Jump Spinning Hook Kick

Step Jump Back Kick

**Forms**

Koryo

Meaning

**Sparring**

Free Sparring: with or without contact with control and accuracy

**Stances**

Backward Foot Shifting Walking

**2nd Black Stripe**

**Drill #11**

**Hand Techniques in Stances**

Double Forearm Block—Low Block—Backward Foot Shifting Walking Stance

Upset Punch—Walking Stance

Low Front Knifehand Block—Sitting Stance

Downward Strike Side Fist—L-Stance

**Self Defense**

All self defense from #1—#41

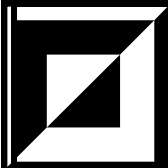
**Combinations**

All Combinations from #1—#40

**Weapons**

Sword Basics





**1st Black Stripe**

**Knowledge**

General Book Knowledge

**Kicks**

Be Familiar with all Kicks

**Forms**

All Forms from Chon Ji—Koryo  
Personal Pattern

**Sparring**

Free Sparring: with or without contact with control and accuracy

**2nd Black Stripe**

**Drill #1—#11**

Review of all drills

**Self Defense**

All Self Defense from #1—#41

**Combinations**

#1) Twisting Kick—Turning Punch—Pressing Kick—Horizontal Punch

#2) Side Thrusting Kick—Middle Punch w/Fist (Hand at Elbow)

#3) Jumping inside Crescent Kick—Side Piercing Kick—Knifehand Inward Strike

#4) Back Fist (Front Strike) - Reverse Crescent Kick—Middle Knuckle Fist Punch—  
Flying Side Kick





**1st Black Stripe**

**Knowledge**

General Book Knowledge  
Understand All 6 Tenants

**Kicks**

Review of all kicks

**Forms**

Kwang Gae  
Meaning

**Sparring**

Free Sparring: with or without contact with control and accuracy

**2nd Black Stripe**

**Drill #12**

**Hand Techniques in Stances**

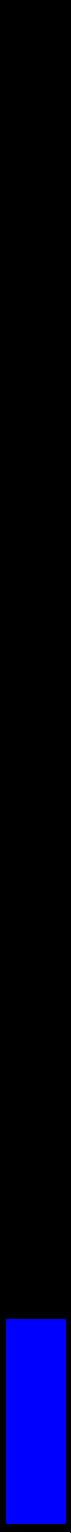
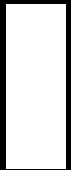
Turning Punch  
Middle Block (Inner Forearm) - Pressing Block—Forefist  
Middle Wedging Block  
Back Elbow (with Supported Forefist)  
Middle Punch (with Palm at Elbow)  
Horizontal Punch  
Low Block w/Outer Forearm (Finger Belly at Wrist)  
Inward Low Front Block w/Outer Forearm (Finger Belly at Wrist)  
U-Shape Grasp  
Twin Horizontal Elbow  
Low Guarding Reverse Knifehand Block

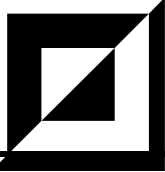
**Self Defense**

All Self Defense from #1—#41

**Combinations**

Review All Combinations





1st Black Stripe

Knowledge

General Book Knowledge  
Understand All 6 Tenants

Kicks

Review of all kicks

Forms

Poe Eun  
Meaning

Sparring

Free Sparring: with or without contact with control and accuracy

2nd Black Stripe

Drill #13

Hand Techniques in Stances

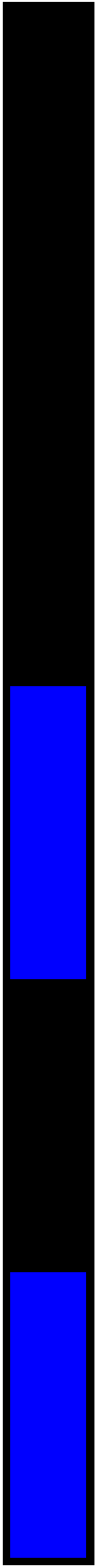
Double Arc Hand Block  
Scooping Block w/Palm  
Front Strike with the Back Fist  
9 Shape Block  
Middle Knuckle Fist Punch

Self Defense

All Self Defense from #1—#41

Combinations

Review All Combinations



**1st Black Stripe**

**Knowledge**

General Book Knowledge  
Understand All 6 Tenants

**Kicks**

Review of all kicks

**Forms**

Gae Baek  
Meaning

**Sparring**

Free Sparring: with or without contact with control and accuracy

**2nd Black Stripe**

**Drill #14**

**Hand Techniques in Stances**

Angle Punch  
Double Finger Thrust (High)  
Front Strike Back Fist (Fist Under Elbow)  
Twin Palm Pressing Block  
Downward Strike w/Back Hand  
Twin Knifehand Horizontal Strike  
Twin Fore Knuckle Fist Punch  
Open Fist Punch

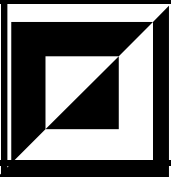
**Self Defense**

All Self Defense from #1—#41

**Combinations**

Review All Combinations





1st Black Stripe

Knowledge

General Book Knowledge  
Understand All 6 Tenants

Kicks

Review of all kicks

Forms

All Forms from Chon Ji—Gae Baek

2nd Black Stripe

Drills

All Drills from #1—#14

Self Defense

All Self Defense from #1—#41

Combinations

Review All Combinations

Sparring

All Sparring from 1 Step to Free Sparring





