

Rank	Requirements
White Belt	Saju-Jirugi, tennets.
1st Yellow Stripe	Saju-Magki, student oath.
2nd Yellow Stripe	The ability to perform white belt and yellow stripe techniques.
Yellow Belt	Chon-Ji, 3-Step #1, 2-Step #1
1st Green Stripe	Dan-Gun, 3-Steps # 1-2, 2-Steps # 1-2
2nd Green Stripe	Do-San, 3-steps # 1-3, 2-Steps # 1-3
Green Belt	Won-Hyo, 3-Steps # 1-4, 2-Steps # 1-4
Blue Stripe	Yul-Guk, 3-Steps # 1-5, 2-Steps # 1-5
Blue Belt	Joong-Gun 3-Steps # 1-6, 2-Steps # 1-6, 1-Step # 1
Red Stripe	Toi-Gye, 3-Steps #1-8, 2-Steps #1-6, 1-Steps # 1-2
Red Belt	Hwa-Rang 3-Steps #1-10, 2-Steps #1-8, 1-Steps # 1-3
Black Stripe	Choong-Moo, 3-Steps #1-12, 2-Steps #1-10, 1-Steps # 1-4

Terminology

Korean

Charyot
 Sahyun Nim Ke
 Sabum Nim Ke
 Boosabum Nim Ke
 Sim-Sa Qua Nim Ke
 Kyong Ye
 Do Jang
 Do Bok
 Charyot Sogi
 Narani Junbi Sogi
 Gunnun Sogi
 Niunja Sogi
 Annun Sogi
 Gojung Sogi
 Goburyo Sogi
 Kyocho Sogi
 Soojik Sogi
 Waebal Sogi
 Gunnun Junbi Sogi
 Moa Junbi Sogi
 Matsoge Junbi Sogi
 Up Chagi
 Doylo Chagi
 Yup Chagi
 Golcho Chagi
 Bandoe Dolyo Chagi
 Dwitcha Chagi
 Bituro Chagi
 Hana
 Dool
 Set
 Net
 Dasout
 Yasout
 Ilgop
 Yadul
 Ahop
 Yul

English

Attention
 To the Master
 To the Instructor
 To the Assistant Instructor
 To the Examiner (test)
 Bow
 Training Hall
 Uniform
 Attention Stance
 Parallel Ready Stance
 Walking Stance
 L-Stance
 Sitting Stance
 Fixed Stance
 Bending Stance
 X-Stance
 Vertical Stance
 One-Leg Stance
 Walking Ready Stance
 Closed Ready Stance
 Fighting Stance
 Front-Snap Kick
 Turning Kick
 Side Kick
 Hooking Kick
 Reverse Hooking Kick
 Back Kick
 Twisting Kick
 One
 Two
 Three
 Four
 Five
 Six
 Seven
 Eight
 Nine
 Ten

Meaning of Belt Colour

White: signifies innocence, as that of a beginning student who has no previous knowledge of Taekwon-Do.
 Yellow: signifies the Earth from which a plant sprouts and takes root as the Taekwon-Do foundations are being laid.
 Green: signifies the plant's growth as the Taekwon-Do skill begins to develop.
 Blue: signifies the Heaven, towards which the plant matures into a towering tree as training in Taekwon-Do progresses.
 Red: signifies danger, cautioning the student to exercise control and warning the opponent to stay away.
 Black: opposite of white, therefore signifying maturity and proficiency in Taekwon-Do. It also indicates the wearer's imperviousness to darkness and fear.



Student name: _____

Centre: _____

ITF Taekwon-Do

What is Taekwon-Do?



General Choi Hong Hi
 Father of Taekwon-Do
 1918-2002

To put it simply, Taekwon-Do is a version of unarmed combat designed by General Choi Hong Hi in 1955 for the purpose of self-defence. It is more than just that, however. It is the scientific use of the body in the method of self-defence: a body that has gained the ultimate use of its facilities through intensive mental and physical training. It is a martial art that has no equal in either power or technique. Though it is a martial art, its discipline, technique, and mental training are the mortar for building a strong sense of justice, fortitude, humility and resolve. It is this mental conditioning that separates true practitioners of Taekwon-Do from other sports. This is one of the reasons that Taekwon-Do is called an art of self-defence. It also implies a way of thinking and living, particularly in instilling a concept and spirit of strict self-imposed discipline and an ideal noble moral rearmament. Taekwon-Do definitely enables the weak to possess a fine weapon together with a confidence to defend himself or herself and defeat the enemy as well. Taekwon-Do is an excellent total body exercise and according to physical fitness experts, one of the fastest calorie-burning sports activities around.

Taken from the ITF Encyclopedia

Meaning of Patterns

Chon-Ji: means literally "the Heaven and the Earth". In the Orient it is 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 movements)

Dan-Gun: is named after the holy Dan-Gun, the legendary founder of Korea in the year 2,333 BC. (21)

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

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

Yul-Gok: is the pseudonym of the great philosopher and scholar Yil (1536-1584) nicknamed the "Confucius of Korea". The 38 movements of this pattern refer to his birthplace on the 38° latitude and the diagram represents scholar. (38)

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

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 birthplace on the 37° latitude, the diagram represents scholar. (37)

Hwa-Rang: is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7th century. The 29 movements of this pattern refer to the 29th Infantry Division, where Taekwon-Do developed into maturity. (29)

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 armoured 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)

3-Step Sparring	
Description	
#1 - Yellow Belt <i>Measuring off with right walking stance middle obverse punch, toe to defender's instep</i>	
Attack	Three walking stance middle obverse punches.
Defence	Steps back with your right leg in a left walking stance, left middle inner-forearm block. Continue with two more, stepping back. The counterattack is a stationary right middle reverse punch in left walking stance.
#2 - First Green Stripe <i>Measuring off with right walking stance middle obverse punch, toe to defender's instep</i>	
Attack	Three walking stance middle obverse punches.
Defence	Step back with your right leg into a left walking stance, performing a left middle knife-hand block. Continue with two more, stepping back. The counterattack is a stationary right high reverse flat fingertip thrust to the eye level.
#3 - Second Green Stripe <i>Measuring off with right L-stance stance middle reverse punch, toe to defender's instep</i>	
Attack	Three middle reverse L-stance punches.
Defence	The right leg steps back in a right L-stance while performing a left middle inner-forearm block. Continue with two more, stepping back. The counterattack is a stationary right middle reverse punch in left walking stance.
#4 - Green Belt <i>Measuring off with right walking stance middle obverse punch, toe to defender's instep</i>	
Attack	Three walking stance middle obverse punches.
Defence	The right leg steps back into a right L-stance while performing a left middle palm block. Then the left step steps back, performing a right middle palm block. The right leg then steps back and moves behind the left foot in a left X-stance while performing a left middle palm block. The left foot steps forwards to move behind the opponent and execute two low punches to the kidneys.
#5 - Blue Stripe <i>Measuring off with right walking stance middle obverse punch, toe to defender's instep</i>	
Attack	Three walking stance middle obverse punches.
Defence	The right leg steps back into a right L-stance while performing a left middle palm block. Then the left step steps back, performing a right middle palm block. The right leg then steps back into a left walking stance guarding block (<i>matsogi junbi sogi</i>). The counterattacks are a right front snap kick, stepping forward to land in a left L-stance while performing a left checking block followed by a right middle reverse punch.
#6 - Blue Belt <i>Measuring off with right walking stance middle obverse punch, toe to defender's instep</i>	
Attack	Three walking stance middle obverse punches.
Defence	The right leg steps back into a right L-stance while performing a left middle palm block. Then the left step steps back, performing a right middle palm block. The right leg then steps back a greater-than-normal distance, causing the left leg to slide to catch up and performing a proper right L-stance guarding block (sliding motion). The counterattacks are a right middle side kick followed by a right high turning kick, performed one after the other without placing the foot down, landing forward in a left L-stance guarding block.
#7 - Red Stripe <i>Measuring off with right walking stance middle obverse punch, toe to defender's instep</i>	
Attack	Three walking stance middle obverse punches.
Defence	The left leg steps back in a left L-stance while performing an inner-outer-forearm block (like palm but with the outer forearm). Continue, stepping backwards, performing two more. For the counterattack step in with the right foot, immediately landing in a right L-stance while performing a right rear elbow thrust to the opponent's abdomen. Perform in sliding motion. Pull up the right leg in a natural motion (whatever is necessary to gain proper distance) while performing a right back fist strike to the temple.
#8 - Red Stripe <i>Measuring off with right L-stance stance middle knife-hand strike, toe to defender's instep</i>	
Attack	Three L-stance knife hand strikes.
Defence	The left leg steps back in a left L-stance knife-hand guarding block (<i>daebi sonkal magki</i>). Step backwards performing two more. At this point your front (right) foot will be on the inside of your opponent's foot. For the counterattack, pull in the front leg, measuring off for a flat fingertip strike to the armpit, stepping out in a left L-stance on the outside of your opponent's foot.
#9 - Red Belt <i>Measuring off with right walking stance high obverse punch, toe to defender's heel</i>	
Attack	Three walking stance high obverse punches.
Defence	Step back with the right leg performing a left high-rising block in a left walking stance. Step back performing one more. Bring in the right leg halfway and step forward in a left L-stance while performing a right high side elbow strike to the opponent's face. Pivot clockwise on your right foot 180 degrees, landing in a left walking stance while performing a left rear elbow thrust to the opponent's abdominal region.
#10 - Red Belt <i>Measuring off with right L-stance stance middle flat-fingertip strike, toe to defender's instep</i>	
Attack	Three middle flat fingertip thrusts in L-stance
Defence	The left leg steps back in a left L-stance right middle knife-hand block. Perform two more. For the counterattack, pull the front leg back, then perform a left front snap kick to the groin, step down beside the other foot and perform a right high turning kick, landing in <i>matsogi junbi sogi</i> .
#11 - Black Stripe <i>Measuring off with right ready walking stance, toe to defender's heel</i>	
Attack	Three belt-level front snap kicks.
Defence	The right leg steps back into a left walking stance performing a low outer-forearm side block. Perform two more, stepping backwards. The right foot then steps back and away from the opponent at a 45 degree angle with the front (left) leg performing a middle section side kick.
#12 - Black Stripe <i>Measuring off with right ready walking stance toe to defender's heel</i>	
Attack	Three belt-level side kicks.
Defence	The left leg steps back into a left L-stance performing a right low knife-hand block. Step back performing two more. For the counterattack pull the front (right) leg back to the left foot and perform a left high reverse hooking kick.

2-Step Sparring	
Description	
Attack	Right leg steps forward into a right walking stance right middle punch, then the left leg performs a belt-level front snap kick, landing in a left L-stance fighting stance.
Defence	The right leg steps back in a left walking stance, performing a left middle outer-forearm block, followed by a stationary low X-pressing block. Then execute a twin vertical punch to the temples.
#2 - First Green Stripe	
Attack	Right leg steps forward into a right walking stance right middle punch, then the left leg performs a high-level turning kick, landing in a left L-stance fighting stance.
Defence	The right leg steps back in a right L-stance, left middle palm block. The left leg then pulls in with the right hand performing a checking block, then stepping forward with the left leg in a right L-stance left middle punch with the right hand still out in the blocking motion.
#3 - Second Green Stripe	
Attack	Right leg steps forward into a right walking stance right middle punch, then the left leg performs a belt-level side kick, landing in a left L-stance fighting stance.
Defence	The right leg steps back in a right L-stance, left middle palm block. The left leg steps in, performing a low knife-hand block in vertical stance, to then step forward in a right L-stance while performing a left knife-hand strike to the neck.
#4 - Green Belt	
Attack	Right leg steps forward into a right walking stance right middle punch, then the left leg performs a belt-level front snap kick, landing in a left L-stance fighting stance.
Defence	The left leg steps back in a left L-stance performing a right middle inner-outer forearm block. The right hand then performs a low outer-forearm side block, followed by a left stationary obverse L-stance punch while leaving the right hand out.
#5 - Blue Stripe	
Attack	Right belt-level front snap kick, landing by stepping forward in a right walking stance right middle punch.
Defence	The right leg steps back into a left walking stance performing a left low outer-forearm side block. The right leg then steps forward. When both feet are together, the left hand performs a middle checking block, with the right leg then stepping forward in a left L-stance while performing a right middle punch, with the left hand still out.
#6 - Blue Belt	
Attack	Right belt-level front snap kick, landing forward in a right walking stance middle punch.
Defence	The left leg steps back into a right walking stance while performing a low x-pressing block. The right foot then shifts into a left L-stance, while simultaneously performing a left middle checking block followed by a right middle punch.
#7 - Red Stripe	
Attack	Right middle side kick; step down beside your left foot, left middle back kick, landing in fighting stance.
Defence	The left leg steps back into a left L-stance, performing a left low knife-hand block. The right leg then pulls up while performing a right low reverse knife-hand block in vertical stance, to then step forward with your right leg into a left L-stance performing a right knife-hand strike to the neck.
#8 - Red Belt	
Attack	Right high turning kick; step down beside, left high reverse hooking kick.
Defence	The left leg steps back in a left L-stance, high inner-outer forearm block with the right hand. As soon as the kick is blocked, the left leg pulls up. Perform a left high knife-hand block in a right bending stance. Once the reverse hooking kick is blocked, perform a left low pressing kick to your opponent's knee.
#9 - Black Stripe	
Attack	Right middle side kick, stepping beside, followed by turning counter-clockwise then stepping forward with your left leg into a right L-stance middle knife-hand strike.
Defence	The left leg steps back in a left L-stance, performing a right low knife hand block. Pull in the right leg in, stepping forward in a right L-stance left middle knife-hand block. Grab the wrist of the knife-hand strike, stepping your left foot from the outside of your opponent's foot to the inside and landing in a left walking stance right reverse upset punch still holding their wrist in your left hand. Perform a left middle turning kick while pulling on their arm, stepping down in fighting stance.
#10 - Black Stripe	
Attack	Sliding forward into a left L-stance right middle punch. Pull the right leg up, then perform a high reverse hooking kick, landing in fighting stance.
Defence	The left leg steps back in a left L-stance, right middle palm block. Your head will then pull back, dodging the reverse hooking kick. Perform a right high turning kick, stepping down beside, then a left high reverse hooking kick.

