

武道



***The Teacher opens the door,  
but the student must choose to enter***  
~ Chinese Proverb ~

*This manual belongs to:*  
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*Budo South Martial Arts Club*  
26 Alach Street, Tauranga

**BUDO SOUTH MARTIAL ARTS**

## Dojang Rules

- No chewing gum or smoking
- No jewelry
- Always bow to black belts and flags when entering and leaving dojang
- No horseplay before or after class, either in the dojang or outside of the dojang
- No kicking bags or using other equipment without permission from the instructor
- Always show respect to your parents, adults, instructors, black belts and senior students
- Do not speak when the instructor is speaking or giving instructions
- When entering class late, come to the front of class and bow to instructor and ask for permission to join the class
- Your uniform (dobok) should always be clean and tidy
- It is your responsibility, not your parents, to make sure your uniform is clean
- There is no "I can't" in Taekwondo. Always try and give it your best effort!
- Always follow the tenants of Welcome Bay Olympic Taekwondo: courtesy, integrity, perseverance, self-control and indomitable spirit

## KYORUGI - SPARRING

### RULE ONE

If any player has no pads or only feet or only arm then both players are restricted to light or non-contact.

Foot and arm pads. If both players have pads then players are restricted to semi contact.

Chest, Foot and Arm pads. Full contact sparring to the body may occur.

### RULE TWO

Head contact is permitted in club sparring. If head contact occurs, the player will sit out the rest of the sparring.

Taekwondo is a contact Martial Art. Head contact will occur.

## Performing your patterns

Palgwaes, Taegeuksand Poomsaes are ancient patterns of movements in which you attack and defend against several imaginary opponents simultaneously.

Through their constant repetition, you can develop balance, power and speed, build concentration and gain physical conditioning.

### **Rules for performing your patterns.**

1. Patterns should begin and end on the same spot.
2. Correct posture and facing direction must be maintained at all times.
3. The muscles of the body should be tensed or relaxed at the critical moments in the movements.
4. The movements should be performed in a powerful fashion with an absence of stiffness.
5. Movements should be accelerated and decelerated at the appropriate times for the nature of the action performed.
6. Each pattern should be perfected.
7. Know the purpose of each movement in a pattern.
8. Perform each movement with the realism of self defence in mind.
9. Finish each movement with a snap-100% acceleration and power.
10. If you are not sweating at the completion of your patterns, you are not trying hard enough.
11. The ultimate compliment in performing poomsae is to have people stop and watch your performance.



## White Belt Grading (10 to 9)

### Basics:

Basics No. 1

### Patterns:

None

### Break Falls:

2 x Break Falls

- Forwards
- Backwards

### Arranged Sparring:

4 x Arranged Sparring Junior Sequences (Right side)

### Self-Defence:

4 x Break aways

1. Walk Away
2. High Five
3. Radial Assisted
4. Hammer Fist Assisted

2 x Strike Techniques

1. Breaking out of easy grip (thumb) single hand twist, forearm only. Each side
2. Breaking out of extra strong grip. (Step in, break grip, back fist). Each side

### Power Test: (both sides)

9 x Techniques

- 3 x Hand Techniques

1. Punch, punch, punch
2. Knife hand strike (front hand), punch, back fist
3. Front kick, punch, turning back kick \* 2

- 3 x Kicking Techniques

Kicking Techniques

1. Front kick \*2
2. Side kick \*2
3. Round house kick \* 2

- 3 x Combination Techniques

Combination techniques

1. Front kick, side kick, step back Round House\* 2
2. Side kick, side kick, back kick \*2
3. 45 degree kick (front leg, back leg) \* 2



## Yellow Tip Grading (9 to 8)

### Basics:

Basics No. 1

### Patterns:

Palgwae 1

### Break Falls:

2 x Break Falls

- Forwards
- Backwards

### Arranged Sparring:

6 x Arranged Sparring Junior Sequences (Right side)

### Self-Defence:

4 x Break aways

1. Walk Away
2. High Five
3. Radial Assisted
4. Hammer Fist Assisted

4 x Strike Techniques For grading right side only

1. Breaking out of easy grip (thumb) single hand twist, forearm only. Each side
2. Breaking out of extra strong grip. (Step in, break grip, back fist). Each side
3. Double hand gripping one hand, other hand over top and pull up. Each side
4. Opposite hand grip. Each side

### Power Test: (both sides)

9 x Techniques

- 3 x Hand Techniques

1. Punch, punch, punch
2. Knife hand strike (front hand), punch, back fist
3. Front kick, punch, turning back kick \* 2

- 3 x Kicking Techniques

Kicking Techniques

1. Front kick \*2
2. Side kick \*2
3. Round house kick \* 2

- 3 x Combination Techniques

Combination techniques

1. Front kick, side kick, step back Round House\* 2
2. Side kick, side kick, back kick \*2
3. 45 degree kick (front leg, back leg) \* 2



## Yellow Belt Grading (8 to 7)

### Basics:

Basics No. 1

### Patterns:

Taeguk 1

### Break Falls:

2 x Break Falls

- Forwards
- Backwards

### Pre Arranged:

6 x Arranged Sparring Junior Sequences (Left side)

### Self-Defence:

4 x Break aways

1. Walk Away
2. High Five
3. Radial Assisted
4. Hammer Fist Assisted

4 x Strike Techniques

1. Breaking out of easy grip (thumb) single hand twist, forearm only. Each side
2. Breaking out of extra strong grip. (Step in, break grip, back fist). Each side
3. Double hand gripping one hand, other hand over top and pull up. Each side
4. Opposite hand grip. Each side

### Power Test: (both sides)

9 x Techniques

- 3 x Hand Techniques

1. Punch, punch, punch
2. Knife hand strike (front hand), punch, back fist
3. Front kick, punch, turning back kick \* 2

- 3 x Kicking Techniques

Kicking Techniques

1. Front kick \*2
2. Side kick \*2
3. Round house kick \* 2

- 3 x Combination Techniques

Combination techniques

1. Front kick, side kick, step back Round House\* 2
2. Side kick, side kick, back kick \*2
3. 45 degree kick (front leg, back leg) \* 2

-2 x Jumping kicks

1. Jumping front kick (stationary) \* 2
2. Jumping side kick (running) \* 2

### Free Sparring:

Sparring- non contact

- 1 x round of 1 1/2 minutes



## **Green Tip Grading (7 to 6)**

### **Basics:**

Basics No. 1 - No count

### **Patterns:**

Taeguk 1 and Taeguk 2

### **Break Falls:**

2 x Break Falls

- Forwards
- Backwards

### **Pre Arranged:**

8 x Arranged Sparring Junior Sequences (Right side)

### **Self-Defence:**

7 x Techniques For grading right side only

1. Breaking out of easy grip (thumb) single hand twist, forearm only. Each side
2. Breaking out of extra strong grip. (Step in, break grip, back fist). Each side
3. Double hand gripping one hand, other hand over top and pull up. Each side
4. Opposite hand grip. Each side
5. 2 Handed Chest grab (front) take down. Each side
6. 2 Handed Shoulder grab (behind) take down. Each side
7. Choke attack from behind (arm round throat) preserve airway break out. Each side

### **Power Test: (both sides)**

13 x Techniques

- 3 x Hand Techniques

(as for Yellow Belt)

- 4 x Kicking Techniques

(as for Yellow Belt) plus

4. Turning back kick, Turning back kick

- 4 x Combination Techniques

(as for Yellow Belt) plus

4. 45 degree kick, shoulder height Round house, turning back kick \*2

- 2 x Jumping Kicks

(as for Yellow Belt)

### **Free Sparring:**

Sparring- non contact

- 1 x round of 1 1/2 minutes



## **Green Belt Grading (6 to 5)**

### **Basics:**

Basics No. 2

### **Patterns:**

Taeguk 1, Taeguk 2 and Taeguk 3 (any order)- preferred 3, 2, 1

### **Break Falls:**

2 x Break Falls

- Forwards
- Backwards

### **Pre Arranged:**

8 x Arranged Sparring Junior Sequences (Left side)

### **Self-Defence:**

9 x Techniques- For grading left side only

1. Breaking out of easy grip (thumb) single hand twist, forearm only. Each side
2. Breaking out of extra strong grip. (Step in, break grip, back fist). Each side
3. Double hand gripping one hand, other hand over top and pull up. Each side
4. Opposite hand grip. Each side
5. 2 Handed Chest grab (front) take down. Each side
6. 2 Handed Shoulder grab (behind) take down. Each side
7. Choke attack from behind (arm round throat) preserve airway break out. Each side
8. Choke attack from front 1 hand, twist thumb to thumb. Each side
9. Choke attack from front 2 hands, double rising block, knee to groin. Each side

### **Power Test: (both sides)**

15 x Techniques

- 3 x Hand Techniques

(as for Green tip)

- 5 x Kicking Techniques

(as for Green tip) plus

5. Spinning hook kick \* 2

- 5 x Combination Techniques

(as for Green tip) plus

5. Double round house, double round house \* 2

- 2 x Jumping Kicks

(as for Green tip)

### **Free Sparring:**

Sparring- Semi contact with full gear

- 2 x rounds of 1 1/2 minutes



## **Blue Tip Grading (5 to 4)**

### **Basics:**

Basics No. 1 & 2

### **Patterns:**

Taeguk 4  
Taeguk 3  
Taeguk 2  
Taeguk 1

### **Break Falls:**

2 x Break Falls  
- Forwards  
- Backwards

### **Pre Arranged:**

8 x Arranged Sparring Junior Sequences (Both sides)

### **Self-Defence:**

11 x Techniques - For grading right side only

1. Breaking out of easy grip (thumb) single hand twist, forearm only. Each side
2. Breaking out of extra strong grip. (Step in, break grip, back fist). Each side
3. Double hand gripping one hand, other hand over top and pull up. Each side
4. Opposite hand grip. Each side
5. 2 Handed Chest grab (front) take down. Each side
6. 2 Handed Shoulder grab (behind) take down. Each side
7. Choke attack from behind (arm round throat) preserve airway break out. Each side
8. Choke attack from front 1 hand, twist thumb to thumb. Each side
9. Choke attack from front 2 hands, double rising block, knee to groin. Each side
10. Cross P- Step to outside, brush, coat hanger, rear leg side kick, hip throw. Each side
11. Cross P- Step inside, double knife hand, arm pit sword hand, spin, "4", takedown

### **Power Test: (both sides)**

16 x Techniques  
- 3 x Hand Techniques  
(as for Green Belt)  
- 5 x Kicking Techniques  
(as for Green Belt)  
- 5 x Combination Techniques  
(as for Green Belt)  
- 3 x Jumping Kicks  
(as for Green Belt) plus  
3. Jumping back kick

### **Free Sparring:**

Sparring Semi contact with full gear  
- 2 x rounds of 1 1/2 minutes





## Blue Belt Grading (4 to 3)

### Basics:

Basics No. 1 & 2- No count

### Patterns:

Taeguk 5

Taeguk 4

Taeguk 3

Taeguk 2

Taeguk 1

### Break Falls:

2 x Break Falls

- Forwards

- Backwards

### Pre Arranged:

8 x Arranged Sparring **Senior** Sequences (Right side)

### Self-Defence:

13x Techniques - For grading left side only for first 10

1. Breaking out of easy grip (thumb) single hand twist, forearm only. Each side
2. Breaking out of extra strong grip. (Step in, break grip, back fist). Each side
3. Double hand gripping one hand, other hand over top and pull up. Each side
4. Opposite hand grip. Each side
5. 2 Handed Chest grab (front) take down. Each side
6. 2 Handed Shoulder grab (behind) take down. Each side
7. Choke attack from behind (arm round throat) preserve airway break out. Each side
8. Choke attack from front 1 hand, twist thumb to thumb. Each side
9. Choke attack from front 2 hands, double rising block, knee to groin. Each side
10. Cross P- Step to outside, brush, coat hanger, rear leg side kick, hip throw. Each side
11. Cross P- Step inside, double knife hand, arm pit sword hand, spin, "4", takedown
12. Jab- Brush, Tap, Spin, Elbow or side kick to rear, Mask grip takedown
13. Hook- Step in Double knife hand, Grab, Slide arm over, head lock, take down

### Power Test: (both sides)

16 x Techniques

- 3 x Hand Techniques

1. Punch, upper cut, jab
2. Knife hand strike (front hand), elbow strike, back fist
3. Outer block, punch, high block, sword hand strike \* 2

- 5 x Kicking Techniques

(as per Blue tip)

- 6 x Combination Techniques

(as for Green Belt)

6. Round house kick, jumping spinning hook kick (stationary) \* 2

- 3 x Jumping Kicks

1. Jumping side kick turning back kick \* 2 (with pads)
2. Double Jumping front kick (stationary) \* 2 (right then left)
3. Jumping side kick (running) \* 2

### Free Sparring:

Sparring Full contact with full gear (non-head contact)

- 3 x rounds of 1 1/2 minutes

### Smashing:

4 boards- Dimensions listed in Grade 1 grading schedule



## Red Tip Grading (3 to 2)

### Basics:

Basics No. 3

### Patterns:

Taeguk 6  
Taeguk 5  
Taeguk 4  
Taeguk 3  
Taeguk 2  
Taeguk 1

### Break Falls:

3 x Break Falls  
- Forwards  
- Backwards  
- Diving Break fall over 1 person

### Pre Arranged:

8 x Arranged Sparring Senior Sequences (Left side)

### Self-Defence:

15 x Techniques For grading right side only for first 10

1. Breaking out of easy grip (thumb) single hand twist, forearm only. Each side
2. Breaking out of extra strong grip. (Step in, break grip, back fist). Each side
3. Double hand gripping one hand, other hand over top and pull up. Each side
4. Opposite hand grip. Each side
5. 2 Handed Chest grab (front) take down. Each side
6. 2 Handed Shoulder grab (behind) take down. Each side
7. Choke attack from behind (arm round throat) preserve airway break out. Each side
8. Choke attack from front 1 hand, twist thumb to thumb. Each side
9. Choke attack from front 2 hands, double rising block, knee to groin. Each side
10. Cross P- Step to outside, brush, coat hanger, rear leg side kick, hip throw. Each side
11. Cross P- Step inside, double knife hand, arm pit sword hand, spin, "4", takedown
12. Jab- Brush, Tap, Spin, Elbow or side kick to rear, Mask grip takedown
13. Hook- Step in Double knife hand, Grab, Slide arm over, head lock, take down
14. Choke attack from front 2 hands- Slap Ears, "X" arms, drop, push away
15. Choke attack from behind- secure elbow/fist. Spin backwards and out. Each side

### Power Test: (both sides)

18 x Techniques

- 3 x Hand Techniques - as per Black belt grading
- 6 x Kicking Techniques - as per Black belt grading
- 6 x Combination Techniques - as per Black belt grading
- 3 x Jumping Kicks - as per Black belt grading - any three of the six

### Free Sparring:

Sparring Full contact with full gear (non-head contact)  
- 3 x rounds of 1 1/2 minutes

### Smashing:

Optional- Dimensions listed in Grade 1 grading schedule



## Red Belt Grading (2 to 1)

### Basics:

Basics. 3 - No count,

### Patterns:

Taeguk 7

Taeguk 6

Taeguk 5

Taeguk 4

Taeguk 3

Taeguk 2

Taeguk 1

### Break Falls:

3 x Break Falls

- Forwards

- Backwards

- Diving Break fall over 1 person

### Pre Arranged:

16 x Arranged Sparring Junior and Senior Sequences (Right side)

### Self-Defence: For grading left side only for first 10

1. Breaking out of easy grip (thumb) single hand twist, forearm only. Each side
2. Breaking out of extra strong grip. (Step in, break grip, back fist). Each side
3. Double hand gripping one hand, other hand over top and pull up. Each side
4. Opposite hand grip. Each side
5. 2 Handed Chest grab (front) take down. Each side
6. 2 Handed Shoulder grab (behind) take down. Each side
7. Choke attack from behind (arm round throat) preserve airway break out. Each side
8. Choke attack from front 1 hand, twist thumb to thumb. Each side
9. Choke attack from front 2 hands, double rising block, knee to groin. Each side
10. Cross P- Step to outside, brush, coat hanger, rear leg side kick, hip throw. Each side
11. Cross P- Step inside, double knife hand, arm pit sword hand, spin, "4", takedown
12. Jab- Brush, Tap, Spin, Elbow or side kick to rear, Mask grip takedown
13. Hook- Step in Double knife hand, Grab, Slide arm over, head lock, take down
14. Choke attack from front 2 hands- Slap Ears, "X" arms, drop, push away
15. Choke attack from behind- secure elbow/fist. Spin backwards and out. Each side
16. Static knife to neck. Secure knife. Spin away, Arm bar / Wrist lock, takedown
17. Knife thrust-Lunge. Step to side, two hand grab, wrist lock takedown backwards.

### Power Test: (both sides)

18 x Techniques

- 3 x Hand Techniques - as per Black belt grading

- 6 x Kicking Techniques - as per Black belt grading

- 6 x Combination Techniques - as per Black belt grading

- 3 x Jumping Kicks - 1st three as per Black belt grading

### Free Sparring:

Sparring Full contact with full gear (non-head contact)

- 4 x rounds of 1 1/2 minutes

### Smashing:

Optional- Dimensions listed in Grade 1 grading schedule



# Grade 1 (From Red Belt Black Tip)

**Basics:** Basic No. 1,2 and 3 no count

**Pattern:** Tageuk No. 1 - 8

**Break Falls** 4 break falls

- Forwards
- Backwards
- Diving Break fall over 1 person
- Diving break fall over 2 person

## **Pre-Arranged Sparring:**

16 x Arranged Sparring Junior and Senior Sequences (Left side)

*\*Note: Grading Master may require both sides to be demonstrated.*

## **Self Defence:**

### **19 Self Defence Techniques**

1. Breaking out of easy grip (thumb) single hand twist, forearm only. Each side
2. Breaking out of extra strong grip. (Step in, break grip, back fist). Each side
3. Double hand gripping one hand, other hand over top and pull up. Each side
4. Opposite hand grip. Each side
5. 2 Handed Chest grab (front) take down. Each side
6. 2 Handed Shoulder grab (behind) take down. Each side
7. Choke attack from behind (arm round throat) preserve airway break out. Each side
8. Choke attack from front 1 hand, twist thumb to thumb. Each side
9. Choke attack from front 2 hands, double rising block, knee to groin. Each side
10. Cross P- Step to outside, brush, coat hanger, rear leg side kick, hip throw. Each side
11. Cross P- Step inside, double knife hand, arm pit sword hand, spin, "4", takedown
12. Jab- Brush, Tap, Spin, Elbow or side kick to rear, Mask grip takedown
13. Hook- Step in Double knife hand, Grab, Slide arm over, head lock, take down
14. Choke attack from front 2 hands- Slap Ears, "X" arms, drop, push away
15. Choke attack from behind- secure elbow/fist. Spin backwards and out. Each side
16. Static knife to neck. Secure knife. Spin away, Arm bar / Wrist lock, takedown
17. Knife thrust-Lunge. Step to side, two hand grab, wrist lock takedown backwards.
18. Sweeping knife. Step away. 2nd sweep. Step in. Arm lock. Drop to floor.
19. Overhead Knife stab. High Section double Cross block. Break arm. Stab the attacker.



# Grade 1 (From Red Belt Black Tip)

**Power Test:** 21 Power Techniques

Hand

1. Punch, upper cut, jab \* 2
2. Knife hand strike (front hand), elbow strike, back fist \* 2
3. Outer block, punch, high block, sword hand strike \* 2

Kicking Techniques

1. 45 degree kicks \* 4 and Counter Attack \*4
2. Round house kicks \* 4 and Counter Attack \*4
3. Round house kick, back kick \* 2
4. Side kick (back leg), skip forward, side kick (front leg) \* 2
5. Round kick, hook kick \* 2, [Counter attack] \* 2
6. 45 degree kick (back leg), Hammer kick (front leg) \* 2, [Counter attack] \* 2

Combination techniques

1. 45 degree kick, spinning instep kick \* 2, [Counter attack] \* 2
2. Spinning instep kick \* 2 (1 Each side), [Counter attack] \* 2 (1 Each side)
3. Double 45 degree kick (front leg, back leg) \* 2, [Counter attack] \* 2
4. 45 degree kick (back leg), hammer kick (front leg), back kick \* 2
5. Round house kick, jumping spinning hook kick (stationary) \* 2
6. Hammer kick (front), Round House (back) \* 2, [Counter attack] \* 2

Jumping Kicks

1. Double Jumping front kick (stationary) \* 2 (right then left)
2. Jumping side kick (running) \* 2
3. Jumping turning back kick (running) \* 2
4. Round house kick, Jumping turning back kick \*2
5. Double Split Kick
6. Jumping side kick turning back kick \* 2 (with pads)

**Free sparring:** Full contact with full gear (non-head contact)

1 \* 1 (2 Rounds) examiner may require additional rounds

1 \* 2 (1 round) two junior belts

1 \* 1 (2 Rounds) Black Belt

**Smashing:** Any four techniques-

- Board dimensions.

Width (30cm min. to 45cm max.)

Length (30cm min. to 45cm max.)

Depth (7.5mm - 1cm for Juniors, 1cm - 1.5cm for Seniors)



# First Dan to Second Dan

**Basics:** Basics No. 1, 2 and 3 no count

**Pattern:** *(In no particular order)*  
Palgwae No. 1 - 2  
Tageuk No. 1 - 8  
Koryo  
Keumgang  
Taebeek

**Knowledge:** Demonstration of one Tageuk pattern at half pace, with Attackers.  
Talk through techniques with respect to choice of technique, target of technique, possible outcome

**Break Falls** 4 break falls

**Arranged Sparring:**  
as per Black Belt Prearranged Syllabus

**Self Defence:**  
as per Black Belt Self Defence Syllabus

**Power Test:**  
as per Black Belt Power Test

**Free sparring**  
YES

**Smashing- any one or more of**

1. Punch
2. Knifehand strike
3. Palm strike

**any two or more of:**

1. Hammer kick (stationary)
2. Hook kick (standing or jumping)
3. Turning back kick (jumping)
4. Spinning instep kick (jumping)
5. Front kick (Jumping)

**any one of more of: double kick**

1. Round house kick, Jumping turning back kick \*2
2. Jumping side kick turning back kick \* 2 (with pads)
3. Double Split Kick

**Grading criteria:-**

- Syllabus *(Please confirm back what you have in mind as changes to the above can be made, but must be confirmed by the grading Master)*
- Knowledge
- Good Technique
- Etiquette



# Second Dan to Third Dan

**Basics:** Basics No. 1, 2 and 3 no count

**Pattern:** *(In no particular order)*  
Koryo  
Keumgang  
Taebeek  
Pyongwon  
Tageuk No. 1 - 8

**Break Falls** 4 break falls

**Arranged Sparring:**

as per Black Belt Prearranged Syllabus

**Self Defence:**

as per Black Belt Self Defence Syllabus

**Power Test:**

as per Black Belt Power Test

**Free sparring**

YES

**Smashing- any one or more of**

1. Punch
2. Knifehand strike
3. Palm strike

**any two or more of:**

1. Hammer kick (stationary)
2. Hook kick (standing or jumping)
3. Turning back kick (jumping)
4. Spinning instep kick (jumping)
5. Front kick (Jumping)

**any one of more of: double kick**

1. Round house kick, Jumping turning back kick \*2
2. Jumping side kick turning back kick \* 2 (with pads)
3. Double Split Kick

**Grading criteria:-**

- Syllabus *(Please confirm back what you have in mind as changes to the above can be made, but must be confirmed by the grading Master)*
- Knowledge
- Good Technique
- Etiquette

**Grading criteria:-**

- Syllabus *(Please confirm back what you have in mind as changes to the above can be made, but must be confirmed by the grading Master)*
- Knowledge
- Good Technique
- Etiquette

Note- **Attitude** and **Appearance** ARE always grading criteria



# Third Dan to Fourth Dan

**Basics:** Basics No. 1, 2 and 3 no count

**Pattern:** *(In no particular order)*  
Koryo  
Keumgang  
Taebaek  
Pyongwon  
Tageuk No. 1 - 8

**Knowlegde:** Demonstration of one Tageuk or Poomsae pattern at half pace, with Attackers. Talk through techniques with respect to choice of technique, target of technique, possible outcome

**Arranged Sparring:**

as per Black Belt Prearranged Syllabus

**Self Defence:**

as per Black Belt Self Defence Syllabus

**Power Test:**

as per Black Belt Power Test

**Free sparring**

YES

**Smashing- any one or more of**

1. Punch
2. Knifehand strike
3. Palm strike

**any two or more of:**

1. Hammer kick (stationary)
2. Hook kick (standing or jumping)
3. Turning back kick (jumping)
4. Spinning instep kick (jumping)
5. Front kick (Jumping)

**any one of more of: double kick**

1. Round house kick, Jumping turning back kick \*2
2. Jumping side kick turning back kick \* 2 (with pads)
3. Double Split Kick

**Grading criteria:-**

- Syllabus *(Please confirm back what you have in mind as changes to the above can be made, but must be confirmed by the grading Master)*
- Knowledge
- Good Technique
- Etiquette

Note- **Attitude** and **Appearance** ARE always grading criteria

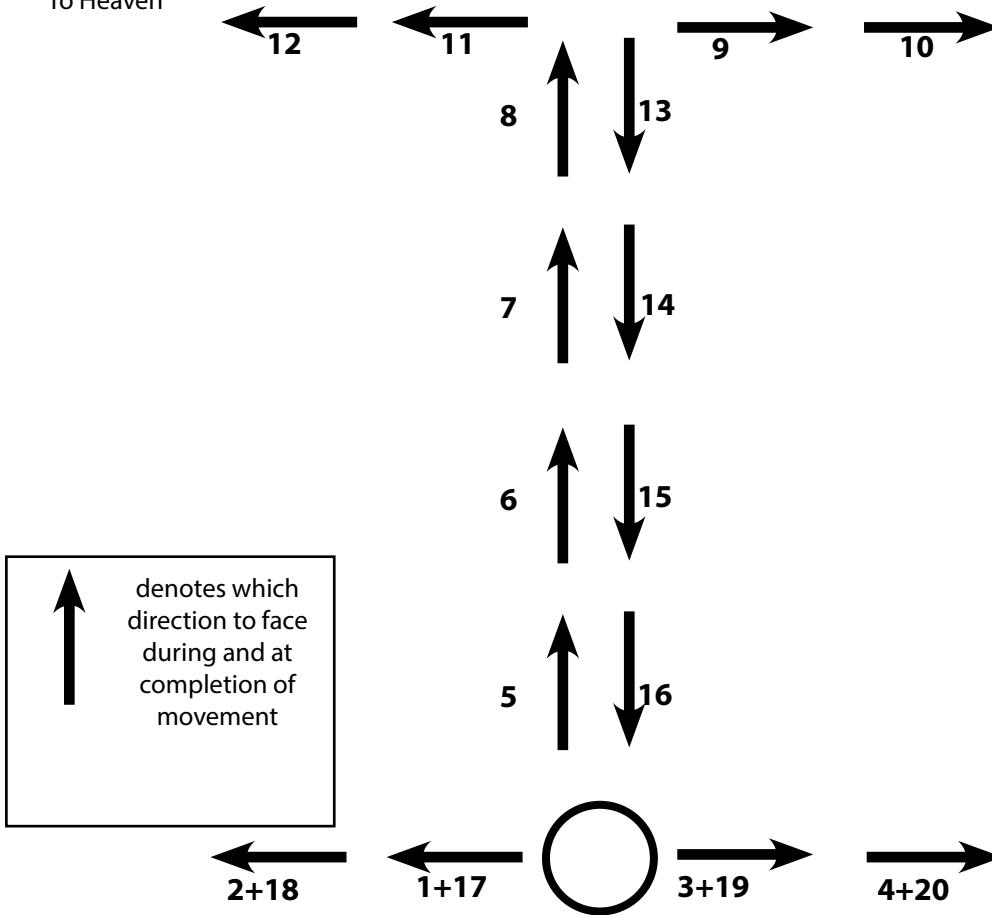




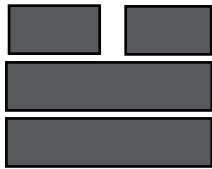


KEON  
To Heaven

# Palgwae 1 Il Jang

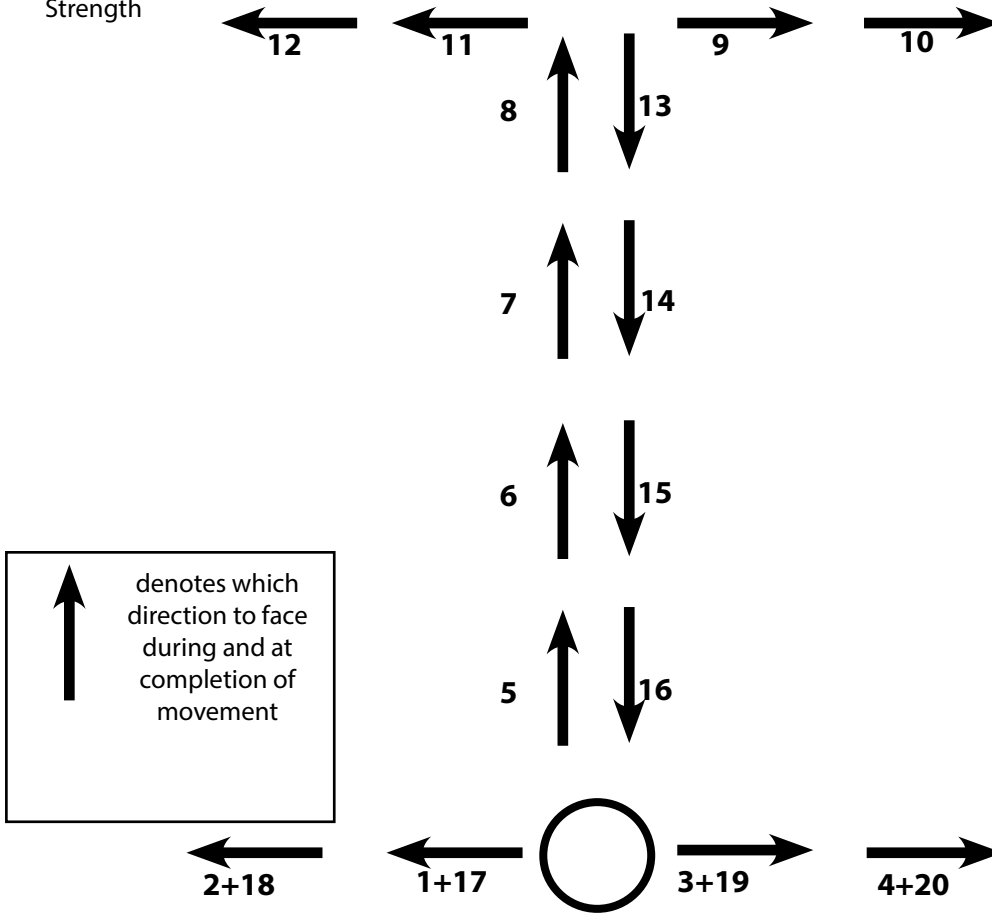


	Action(s) taken during this movement	Stance	Lead leg
1	Low Block	Forward	L
2	Outside Middle Block	Forward	R
3	Low Block	Forward	R
4	Outside Middle Block	Forward	L
5	Low Block	Forward	L
6	Outer Block	Back	R
7	Outer Block	Back	L
8	Mid Section Punch (kihap)	Forward	R
9	Double Knife Hand	Back	L
10	Outer Block	Back	R
11	Double Knife Hand	Back	R
12	Outer Block	Back	L
13	Low Block	Forward	L
14	Single Knife Hand	Forward	R
15	Single Knife Hand	Forward	L
16	Mid Section Punch (kihap)	Forward	R
17	Low Block	Forward	L
18	Outside Middle Block	Forward	R
19	Low Block	Forward	R
20	Outside Middle Block	Forward	L

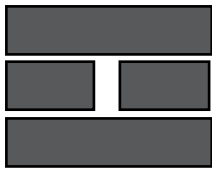


TAE  
Strength

# Palgwae 2 EE Jang

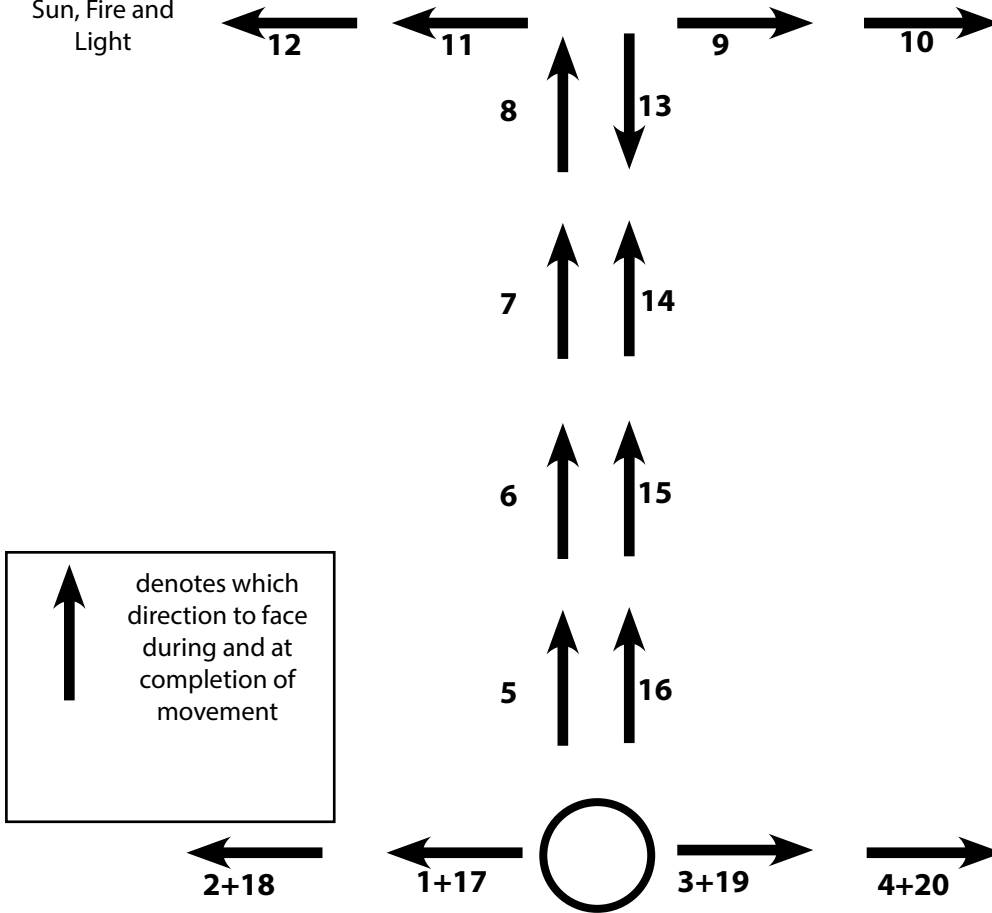


	Action(s) taken during this movement	Stance	Lead leg
1	High Block	Forward	L
2	Front Kick, Mid section punch	Forward	R
3	High Block	Forward	R
4	Front kick, Mid section punch	Forward	L
5	Double Knifehand- low setion- block	Back	L
6	Double Knifehand- mid setion- block	Back	R
7	High Block	Back	L
8	Mid Section Punch (kihap)	Forward	R
9	High Block	Forward	L
10	Front Kick, Mid section punch	Forward	R
11	High Block	Forward	R
12	Front kick, Mid section punch	Forward	L
13	Double Fist augmented- low setion- block	Back	L
14	Double Fist augmented- mid setion- block	Back	R
15	Outer Mid-section block	Back	L
16	Mid Section punch (kihap)	Forward	R
17	High Block	Forward	L
18	Front Kick, Mid section punch	Forward	R
19	High Block	Forward	R
20	Front kick, Mid section punch	Forward	L

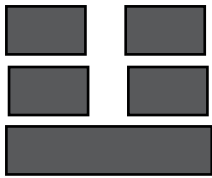


RI  
Sun, Fire and  
Light

# Palgwae 3 Sam Jang

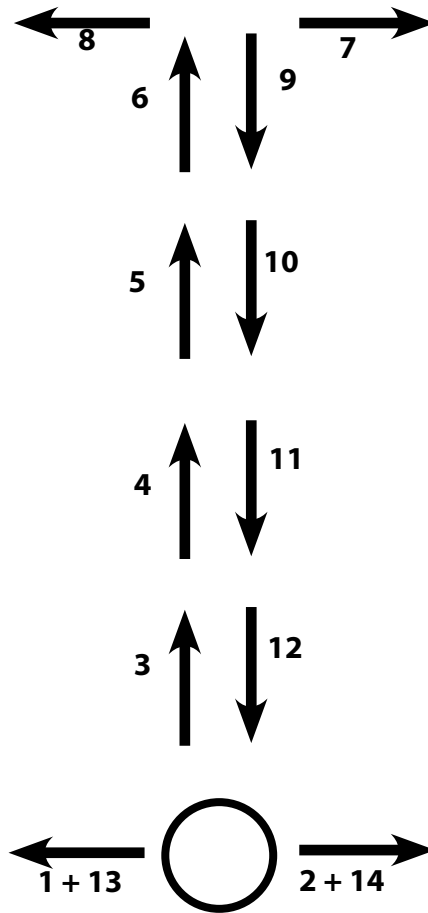


Action(s) taken during this movement		Stance	Lead leg
1	Low Block	Forward	L
2	Mid section punch	Forward	R
3	Low Block	Forward	R
4	Mid section punch	Forward	L
5	Low Block	Back	L
6	High Block	Back	R
7	High Block	Back	L
8	Head Punch (kihap)	Forward	R
9	Double Knife Hand	Forward	L
10	Double Knife Hand	Forward	R
11	Double Knife Hand	Forward	R
12	Double Knife Hand	Forward	L
13	(L) Outer Block, turn face front, Inner Block Mid-Section (R)	Back	L
14	Inner Block	Back	R
15	Inner Block	Back	L
16	Inner Block, 180deg pivot, outer block	Forward	R
17	High Block	Forward	L
18	Head punch	Forward	R
19	High Block	Forward	R
20	Head punch (kihap)	Forward	L



JIN  
Thunder  
and  
Power

# Palgwae 4 Sa Jang

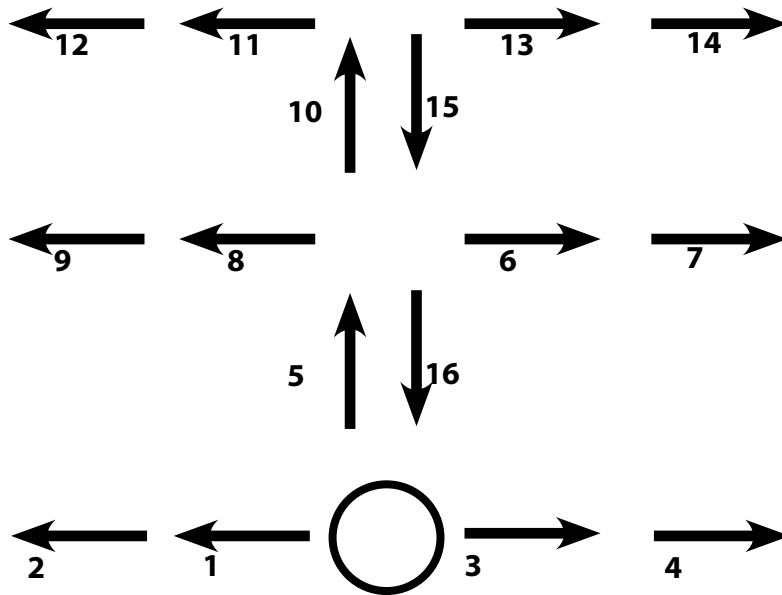


↑ denotes which direction to face during and at completion of movement

	Action(s) taken during this movement	Stance	Lead leg
1	Diamond Block, Upper Cut, Rev Knifehand strike	Forward	L
2	Diamond Block, Upper Cut, Rev Knifehand strike	Forward	R
3	MidSection Dble knifehand,	Forward	R
4	Front kick, Fingertip thrust	Forward	L
5	Arm down, twist frwd, outside hammer fist (L)	Back	L
6	Midsection Punch (R) kihap	Back	R
7	Diamond Block, Upper Cut, Rev Knifehand strike	Back	L
8	Diamond Block, Upper Cut, Rev Knifehand strike	Forward	R
9	MidSection Dble knifehand,	Forward	L
10	Front Kick, Fingertip thrust	Forward	R
11	Arm up, twist frwd, outside hammer fist (L)	Forward	R
12	Mid section Punch (R)- kihap	Forward	L
13	Horse ridinh stance-low block, twist Mid Section Punch (R)	Forward	L
14	Horse ridinh stance-low block, twist Mid Section Punch (L)	Forward	R



# Tageuk 1 (Il-Jang) Heaven



denotes which direction to face during and at completion of movement

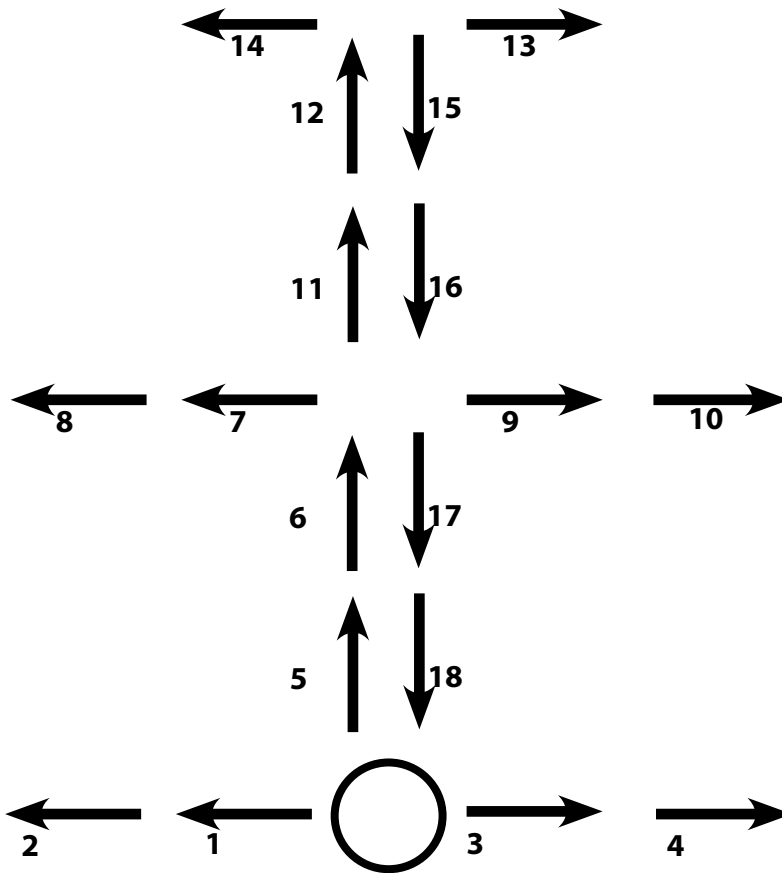
Il-Jang represents the KEON, which is symbolized by the heavens and light. This form represents the source of creation by presenting the most basic techniques. It, therefore, is the foundation from which the other forms build.

	<b>Action(s) taken during this movement</b>	<b>Stance</b>	<b>Lead leg</b>
1	Low block	Walking	L
2	Mid section punch	Walking	R
3	Low block	Walking	R
4	Mid section punch	Walking	L
5	Low block, Mid section punch	Forward	L
6	Mid section block	Walking	R
7	Mid section punch	Walking	L
8	Mid section block	Walking	L
9	Mid section punch	Walking	R
10	Low block, Mid section punch	Forward	R
11	High block	Walking	L
12	Front kick, mid section punch	Walking	R
13	High block	Walking	R
14	Front kick, mid section punch	Walking	L
15	Mid section block	Forward	L
16	Mid section punch (kihap)	Forward	R

**Pattern Diagram**



# Tageuk 2 (E-Jang) Lake



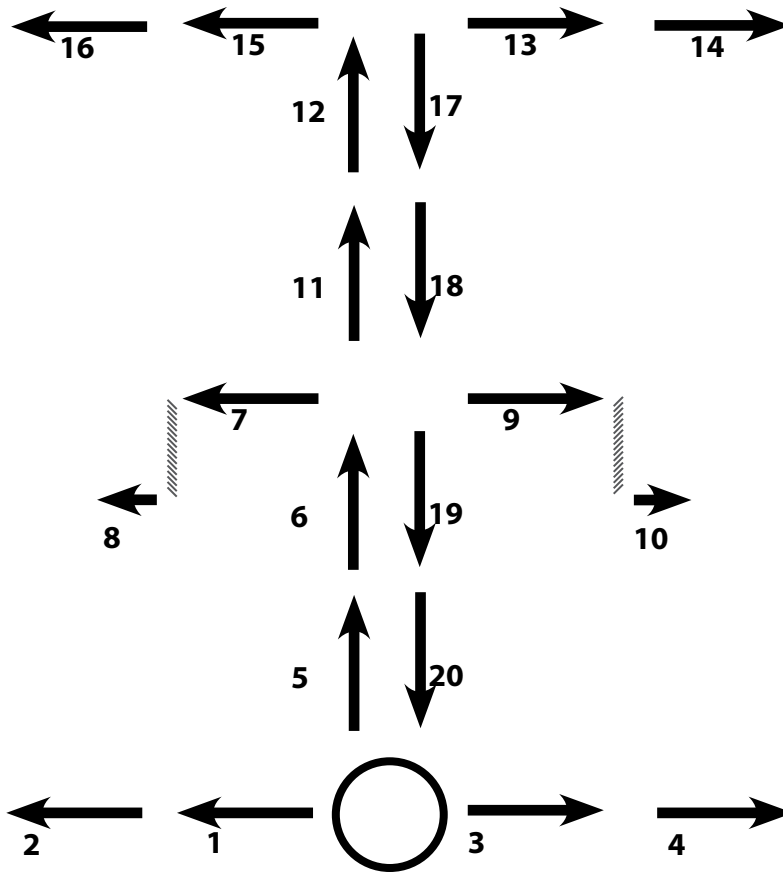
denotes which direction to face during and at completion of movement

E-Jang represents the TAE, which symbolizes strength of the mind. This represents a frame of mind which is serene and gentle, yet firm within the state from which true virtue smiles. This form consists of movements that are made softly yet firmly with control.

Action(s) taken during this movement		Stance	Lead leg
1	Low block	Walking	L
2	Mid section punch	Forward	R
3	Low block	Walking	R
4	Mid section punch	Forward	L
5	Middle block	Walking	L
6	Middle Block	Walking	R
7	Low Block	Walking	L
8	Front kick (rt), head punch (rt)	Forward	R
9	Low Block	Walking	L
10	Front kick (lt), head punch (lt)	Forward	R
11	High Block	Walking	L
12	High Block	Walking	R
13	Middle Block (across body rt)	Walking	L
14	Middle Block (across body lt)	Walking	R
15	Low Block (lt),	Walking	L
16	Front kick (rt), mid section punch (rt)	Walking	R
17	Front kick (lt), mid section punch (lt)	Walking	L
18	Front kick (rt), mid section punch (rt)-(kihap)	Walking	R



# Tageuk 3 (Sam-Jang) Fire



denotes which direction to face during and at completion of movement

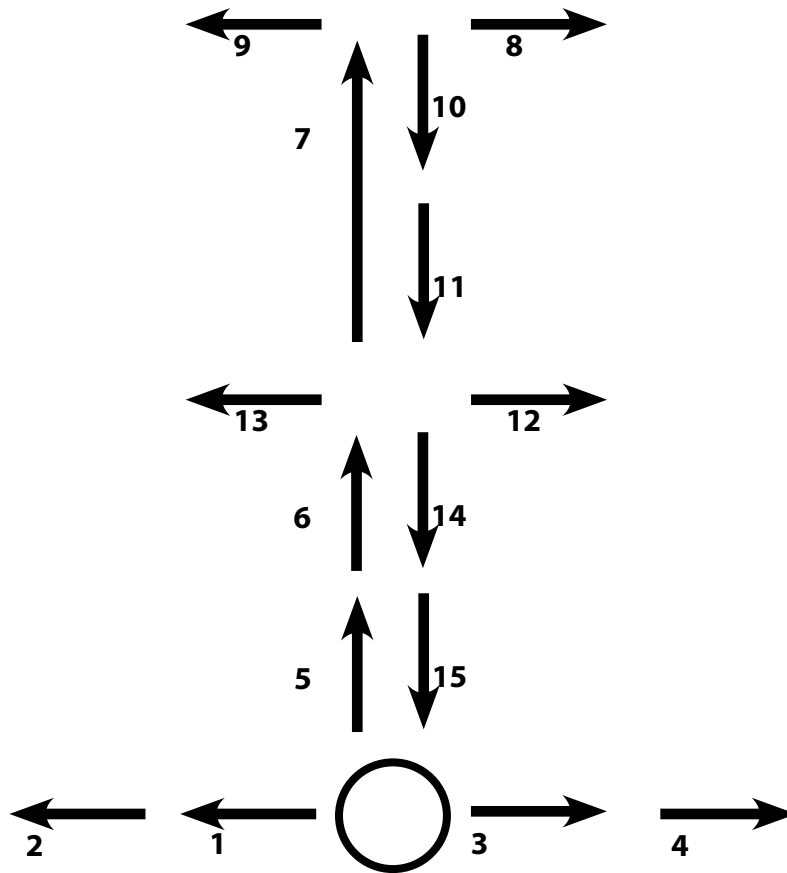
Sam-Jang represents the RI, Ri represents the characteristics of sun, fire, and light, light warmth, enthusiasm, and hope. Like fire, this form is filled with changing burst of power connected with a continuous flow of motion.

	Action(s) taken during this movement	Stance	Lead leg
1	Low block	Walking	L
2	Front kick, double/alternate mid section punch	Forward	R
3	Low block	Walking	R
4	Front kick, double/alternate mid section punch	Forward	L
5	Single knife hand (rt)	Walking	L
6	Single knife hand (lt)	Walking	R
7	High single knife hand outer block (lt)	Back stance	L
8	Mid section punch	Forward	L
9	High single knife hand outer block (rt)	Back stance	R
10	Mid section punch	Forward	R
11	Middle block	Walking	L
12	Middle block	Walking	R
13	Low block	Walking	L
14	Front kick, double/alternate mid section punch	Forward	R
15	Low block	Walking	R
16	Front kick, double/alternate mid section punch	Forward	L
17	Low Block mid section punch	Walking	L
18	Low Block mid section punch	Walking	R
19	Front kick (lt), low block (lt), mid section punch (rt)	Walking	L
20	Front kick (rt), low block (rt), mid section punch (lt)	Walking	R

Pattern Diagram



# Tageuk 4 (Sa-Jang) Thunder



denotes which direction to face during and at completion of movement

Sa-Jang represents the JIN. Thunder, combined with lightning, evokes fear and trembling but reminds us that danger, like a thunderstorm, passes as suddenly as it comes, leaving blue sky, sunshine, and rain freshened air in its wake. It teaches to act calmly and bravely in the face of loud and terrifying dangers, real or imagined, knowing that they, too, shall pass.

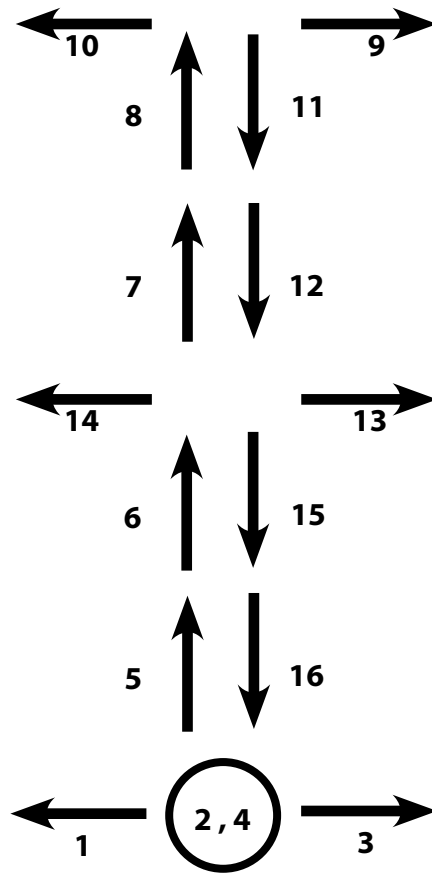
Action(s) taken during this movement	Stance	Lead leg
1 Double knife hand	Back	L
2 Rigid Hand Neck Sword thrust	Forward	R
3 Double knife hand	Back	R
4 Rigid Hand Neck Sword thrust	Forward	L
5 High Block open hand (lt) Blade hand (neck (rt))- Swallow block	Forward	L
6 Front Kick Mid section Punch	Forward	R
7. Side kick (lt), side kick (rt), Double knife hand outer block (rt)	Back	R
8. Outer Block (lt), Front kick in place (rt), Midsection Block (rt)	Back	L
9. Outer Block (rt), Front kick in place (lt), Midsection Block (lt)	Back	R
10. High Block open hand (lt) Blade hand (neck (rt))- Swallow block	Forward	L
11. Front kick, Backfist (rt)	Forward	R
12. Midsection block, Midsection punch	Walking	L
13. Midsection block, Midsection punch	Walking	R
14. Midsection block, Double/alternate punch (rt, lt)	Forward	L
15. Midsection block, Double/alternate punch (lt, rt)	Forward	R

**Pattern Diagram**





# Tageuk 5 (Oh-Jang) Wind

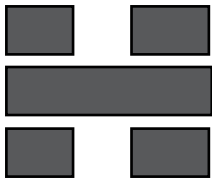


← denotes which direction to face during and at completion of movement

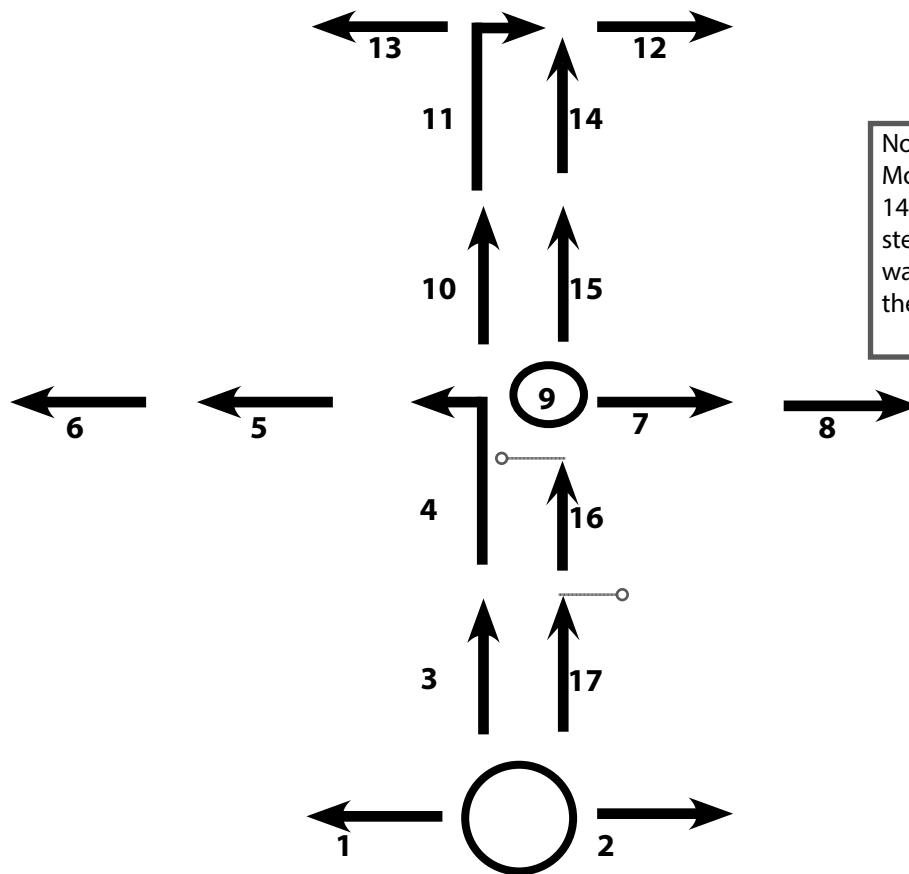
Oh-Jang represents the SEON which is Wind. Although there are horrible and destructive winds, such as the typhoon, hurricane, and tornado, the wind's true nature is gentle but penetrating. The wind teaches humility and good-natured actions. Like a gentle breeze, this form is simple. Yet like a storm, it is strong and powerful.

Action(s) taken during this movement	Stance	Lead leg
1 Low Block	Forward	L
2 Standing Hammer fist to head (lt)	"_l" Stance	-
3 Low Block (very long stance)	Forward	R
4 Standing Hammer fist to head (rt)	"l_" Stance	-
5 Midsection block (lt), Midsection block (rt)	Forward	L
6 Front kick (rt), back fist (rt), Midsection block (lt)	Forward	R
7 Front kick (lt), back fist (lt), Midsection block (rt)	Forward	L
8 Back fist (rt)	Forward	R
9 Knife hand block (lt)- (Back stance, step forward) elbow strike (lt)	Forward	R
10 Knife hand block (rt)- (Back stance, step forward), elbow strike (rt)	Forward	L
11 Low block (lt), Inside block (rt)	Forward	L
12 Front kick (rt), Low block (rt), Inside block (lt)	Forward	R
13 High block (lt), side kick+horizontal hammer fist(rt), elbow strike (lt)	Forward	R
14 High block (rt), side kick+horizontal hammer fist (lt), elbow strike (rt)	Forward	L
15 Low block (lt), inside block (rt)	Forward	L
16 Front kick (rt), skip forward-stomping foot + back fist (rt)-(kihap)	Assisted Crane (rt over lt)	-

Pattern Diagram



# Targeuk 6 (Yuk-Jang) Water



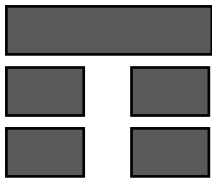
Note.  
Movements  
14,15,16 and 17 are  
stepping back-  
wards while facing  
the examiner.

← denotes which direction to face during and at completion of movement

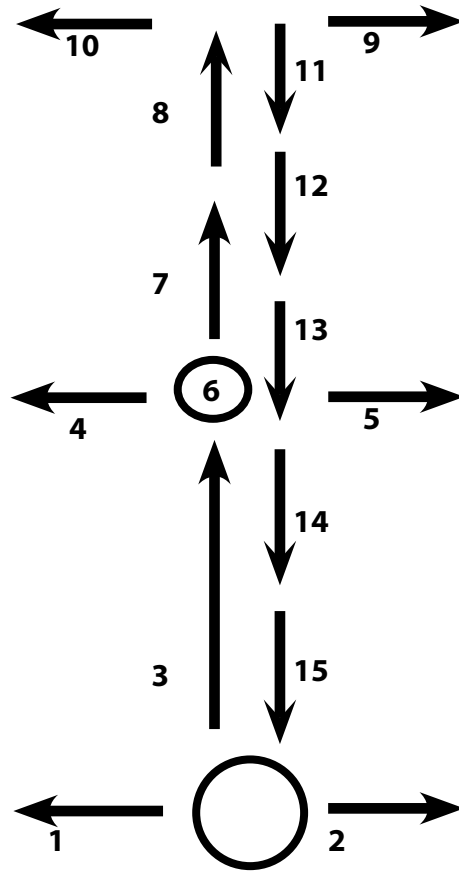
Yuk-Jang represents the GAM. Water always flows downward and, in time, can wear away the hardest granite. We learn that we can overcome every difficulty if we go forward with self-confidence and persistence. Like water, this form is gentle yet destructive. It teaches that man, when faced with a challenge, can overcome it by persistence and unwavering belief.

Action(s) taken during this movement	Stance	Lead leg
1 Low block (lt), Front kick (in place) (rt), Outer block (lt)- (in place)	Backstance	L
2 Low block (rt), Front kick (in place) (lt), Outer block (rt)- (in place)	Backstance	R
3 Left leg forward, single knife hand outer block (rt)	Forward	L
4 Round house kick (rt), 2 steps, end facing left	Forward	L
5 Midsection outer block (lt), Midsection punch (rt)	Forward	L
6 Front kick (rt), Mid section punch (lt)	Forward	R
7 Midsection outer block (rt), Midsection punch (lt)	Forward	R
8 Front kick (rt), Midsection punch (lt)	Forward	L
9 Slow Hi-Low DoubleOutside block (create a shield)	Joonbi	
10 Right leg forward, single knife hand outer block (lt)	Forward	R
11 Round house kick (lt) 2 steps- turning 270deg, end facing left	Forward	R
12 Low Block (rt), Front kick (lt), Outer Block (rt)	Backstance	R
13 Low Block(lt), Front kick (rt), Outer Block (lt)	Backstance	L
14 Double knife hand (lt hand forward)- facing front	Backstance	L
15 Double knife hand (rt hand forward)-- facing front	Backstance	R
16 Palm Block(lt), Mid section punch (rt)	Forward	L
17 Palm Block(rt), Mid section punch (lt) (ki-hap)	Forward	R

Pattern Diagram



# Tageuk 7 (Chil-Jang) Mountain

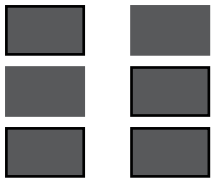


denotes which direction to face during and at completion of movement

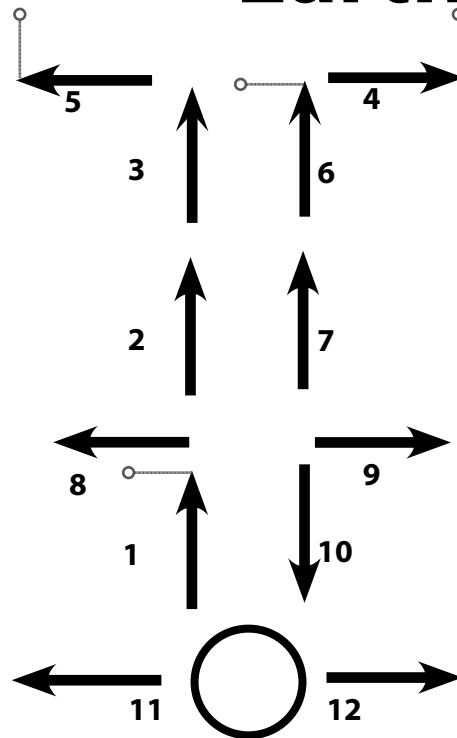
Chil-Jang represents the GAN. A Mountain is stable and cannot be moved. This form teaches us to move only when it is necessary to move - and then move rapidly - and stop suddenly and solidly, standing like a rock. It teaches commitment to notion and to immobility, for one must not waver.

Action(s) taken during this movement		Stance	Lead leg
1	Palm Block (rt across body), Front kick (rt), Forearm inside block (lt)	Cat stance	L
2	Palm Block (lt across body), Front kick (lt), Forearm inside block (rt)	Cat stance	R
3	Double knife hand (lt leg lead), double knife hand (rt leg lead)	Back	L
4	Rt hand Palm block (lt hand protection of elbow), rt back fist	Cat Stance	L
5	Lt hand Palm block (rt hand protection of elbow), lt back fist	Cat Stance	R
6	6 count (fists raising to eye height) - left over right	Standing	-
7	Scissor block (lt upper fist, finishing lt lower fist)	Forward	L
8	Scissor block (rt upper fist, finishing rt lower fist)	Forward	R
9	Double Outer block, grab, pull to knee (rt), dble fist "rib" punch pull back, low section holding block	Forward	R
10	Double Outer block, grab, pull to knee (lt), dble fist "rib" punch pull back, low section holding block	Forward	L
11	Standing straight arm side fist, head height (lt)	Walking	L
12	Crescent/Slap kick (rt) to hand (lt), rt elbow to lt hand.	Horse riding	R
13	Standing straight arm side fist, head height (rt)	Walking	R
14	Crescent/Slap kick (lt) to hand (rt), lt elbow to rt hand.	Horse riding	L
15	Knife hand block, grab and twist, midsection punch (kihap)	Horse riding	R

Pattern Diagram



# Tageuk 8 (Pal-Jang) Earth



Note.  
Movements 6,7 are stepping back-wards while facing the examiner.



denotes which direction to face during and at completion of movement

Pal-Jang represents the GON. The earth is receptive, gentle and nurturing. It signifies the infinite concentration of UM energy (UM is a passive, receptive force). The earth hugs and grows everything. It nurtures in silence and in strength. It teaches us the importance of the life force within ourselves and to respect life in all of its forms.

	Action(s) taken during this movement	Stance	Lead leg
1	Double Arm Mid Section block, Slide rt foot, Mid Section punch (rt)	Forward	L
2	Jumling Front kick- midsection (rt), Jumping Front kick- head (lt) <b>kihap</b> , Mid Section Inner block (lt), Double/alternate punch (rt-lt)	Forward	L
3	Punch (rt)	Forward	R
4	Mountain Block (slide lt foot long), Upper Cut chin (rt)	Forward	L
5	Mountain Block (slide rt foot long), Upper Cut chin (lt)	Forward	R
6	Double knife hand (lt lead), Punch (rt)	Forward	L
7	Front kick (rt), 2 steps back, Inner Palm Mid Section Block (rt)	Cat Stance	R
8	Double knife hand (lt lead), Front kick (lt), Punch (rt), Palm Block (lt)	Cat Stance	L
9	Double knife hand (rt lead), Front kick (rt), Punch (lt), Palm Block (rt)	Cat Stance	R
10	Double Fist low block, Front kick (lt), Jumping Front kick (rt) <b>kihap</b> , Mid Section Block (rt), Double/alternate punch (lt-rt)	Forward	R
11	Outer knife hand block (lt), Elbow strike (rt), Back fist (rt), Punch (lt)	Forward	L
12	Outer knife hand block (rt), Elbow strike (lt), Back fist (lt), Punch (rt)	Forward	R

# First Dan Black Belt

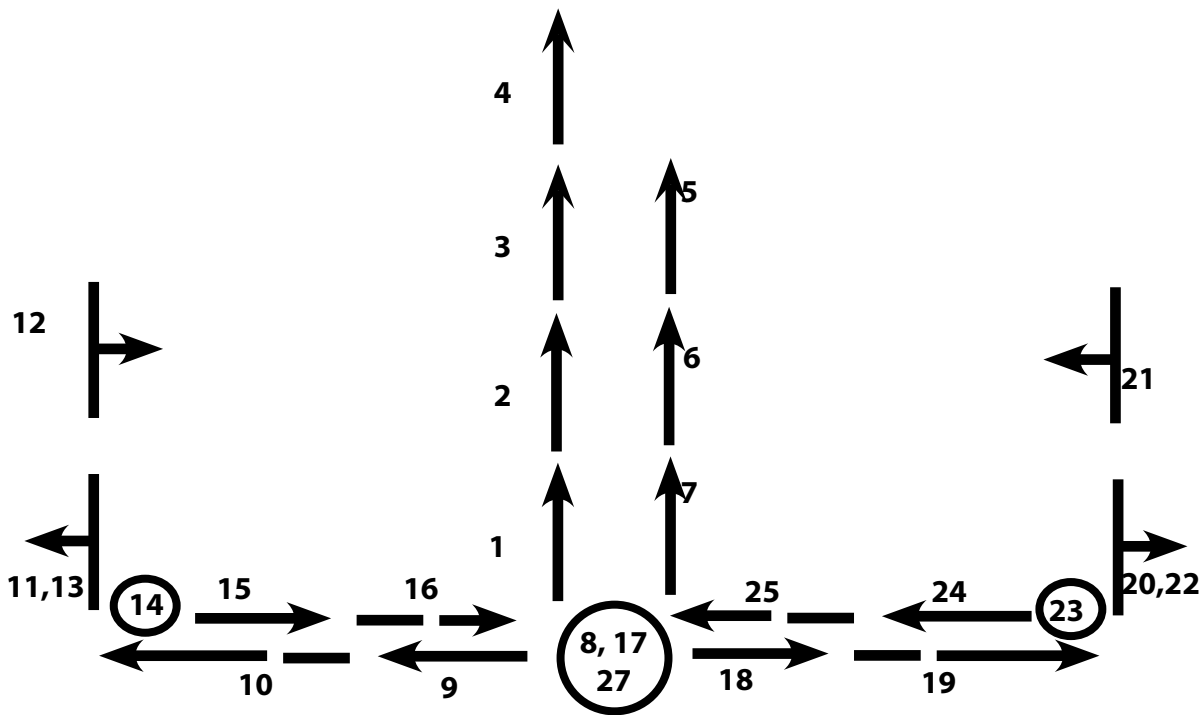
## (Koryo)

1. Bring both hands, open, to slightly above head level, palms forward. This is a "look to heaven"
2. Turn 90 degrees counterclockwise, dual middle knifehand blocks in left back stance
3. Step forward, right low side kick, followed by right high side kick without dropping leg
4. Right high knifehand strike (palm down) in right front stance  
Left hand middle reverse punch
5. Move left foot, right inward middle forearm block in right back stance
6. Turn 180 degrees clockwise, dual middle knifehand blocks in right back stance
7. Step forward, left low side kick, followed by left high side kick without dropping leg
8. Left high knifehand strike (palm down) in left front stance
9. Right hand middle reverse punch
10. Move right foot, left inward middle forearm block in left back stance
11. Turn 90 degrees counterclockwise, left low knifehand/forearm block in left front stance
12. Right hand reverse open hand thrust (done with the inner edge of the hand between thumb and first finger, and done as a strike to the throat)
13. Step forward, right front kick, on landing right low knifehand/forearm block in right front stance
14. Left reverse open hand thrust (as above)
15. Step forward, left front kick, then left low knifehand/forearm block in left front stance
16. Right reverse open hand thrust (as above). Yell! (Ki-Hap)
17. Step forward, right front kick, on landing knee break (grab opponent's heel with the right hand at belt level. Then pull that hand into your chest while, at the same time, pushing downward on the attacker's knee with the left hand) in right front stance
18. Turn 180 degrees clockwise, middle forearm spreading blocks in right front stance
19. Step forward, left front kick, on landing knee break (as above) in left front stance. Then middle forearm spreading blocks in same stance
20. Pivot on left foot, turn 90 degrees clockwise, withdrawing the right foot behind you into left horse stance, left outward knifehand block, right fist at belt
21. Remain in horse stance, right middle hook punch (draw it across body into the palm of the left open hand)
22. Move forward, cross the right foot over the left foot, chamber both fists to the right hip, left high side kick, drop the left foot in front, then rotate
23. Turn 180 degrees clockwise, left low reverse spear thrust (right fist at left shoulder to block) in right front stance
24. Remain in stance, pull slightly back, right low forearm block
25. Move forward, left middle inward palm block in left front stance
26. Move forward, right elbow strike (supporting right fist in left palm) in right horse stance
27. Remain in stance, right middle knifehand block (left fist chambered at belt)
28. Left middle hook punch (as above)
29. Move forward, cross left foot over right foot, chamber both fists to the left hip, right high side kick, drop the right foot in front, then rotate
30. Turn 180 degrees counterclockwise, right low reverse spear thrust (as above) in left front stance
31. Remain in stance, pull slightly back, left low forearm block
32. Move forward, right middle inward palm block in right front stance
33. Move forward, left elbow strike (supporting left fist in right palm) in left horse stance
34. Slide your left foot inward and adjacent to the right foot... Raise both hands (open) above your head in an arcing motion then, bring them down into a left low hammerfist strike (into the right palm) (Slowly & exhaling!)
35. Pivot on the right foot turn 180 degrees counterclockwise, left outward knifehand strike (to attacker's neck) in left front stance
36. Remain in stance, left low knifehand/forearm block
37. Move forward, right inward knifehand strike (head/neck level) in right front stance
38. Remain in stance, right low knifehand/forearm block
39. Move forward, left inward knifehand strike (head/neck level) in left front stance
40. Remain in stance, left low knifehand/forearm block
41. Move forward, right open hand thrust (to attacker's throat). Kihap





# 2nd Dan (Keumgang)



← denotes which direction to face during and at completion of movement

1. Step forward double low wedging block.
2. Step high palm strike.
3. Step high palm strike.
4. Step high palm strike.
5. Step back inward knife-hand chop.
6. Step back inward knife-hand chop.
7. Step back inward knife-hand chop.
8. Turn -90°, then in Crane stance, slow diamond block.
9. Step into horse-riding stance hook punch.
10. Step around 360°, into horse-riding stance hook punch.
11. Turn out to horse-riding stance 'Mountain' block, stamp & kihap.
12. Turn in 180° double outside wedge block, sliding feet together, slow double lower body block.
13. Turn out to horse-riding stance 'Mountain' block, stamp.
14. Turn 90°, then in Crane stance, slow diamond block.
15. Step into horse-riding stance hook punch.
16. Step around 360°, into horse-riding stance hook punch.
17. Crane stance, slow diamond block.
18. Step into horse-riding stance hook punch.
19. Step around 360°, into horse-riding stance hook punch.
20. Turn out to horse-riding stance 'Mountain' block, stamp & kihap.
21. Turn in 180° double wedge block., sliding feet together, slow double lower body block.
22. Turn out to horse-riding stance 'Mountain' block, stamp.
23. Turn 90°, then in Crane stance, slow diamond block.
24. Step into horse-riding stance hook punch.
25. Step around 360°, into horse-riding stance hook punch.

**Pattern Diagram**

# Taegeuks

**Il Jang - Heaven**

**Ee Jang - Lake**

**Sam Jang - Fire**

**Sa Jang - Thunder**

**Oh Jang - Wind**

**Yuk Jang - Water**

**Chil Jang - Mountain**

**Pal Jang - Earth**

**Koryo - Scholar**

**Keumgang - Mountain**

**Taebeck - Construction**

**Pyongwon - One**

**Shipjin - Ten**

**Jitae - Cyclic Change**

**Chonkwon - Universe or Sky**

**Hansu - Water**



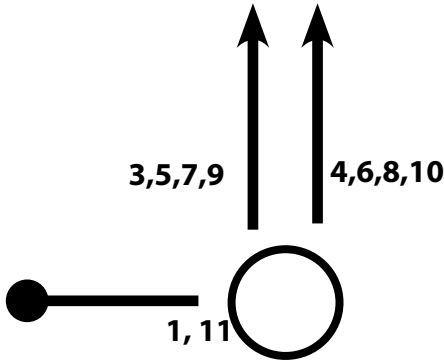
# Basic 1-TUNZ Style



1. Attention, Bow, Assume a ready stance.
2. Step out with the left leg assume a horse riding stance, execute a left low block to the left side, then execute a right low block to the right side
3. Maintain the riding stance, execute a left inside-out middle block to the left side, and then execute a right inside-out middle block to the right side.
4. Maintain the riding stance, execute a left high block to the front, then execute a right high block to the front.
5. Maintain the riding stance and execute six single middle punches to the front, (starting with the left arm, Kihap on the last (6th punch)), move the left leg backwards and return to the Joonbi position.
6. Step back with the right leg, execute a traditional double outside block and forward stance. Execute a right front kick then execute a traditional double outside block.
7. Execute a left front kick then execute a traditional double outside block, turn 180 degrees, execute a traditional double outside block.
8. Execute a left front kick then execute a traditional double outside block.
9. Execute a right front kick then execute a traditional double outside block, turn 180 degrees, execute a traditional low block.
10. Execute a right sidekick then execute a traditional double outside block.
11. Executing a left sidekick then execute a traditional double outside block, turn 180 degrees, execute a traditional double outside block.
12. Execute a left sidekick then execute a traditional double outside block.
13. Executing a right sidekick then execute a traditional double outside block, turn 180 degrees, execute a back stance with traditional guarding block.
14. Execute a right round kick then execute a back stance-guarding block.
15. Execute a left round kick then execute a back stance-guarding block, turn 180 degrees, execute a back stance guarding block.
16. Execute a left round kick then execute a back stance-guarding block.
17. Execute a right round kick then execute a back stance guarding block, turn 180 degrees, and execute a back stance guarding block.
18. Execute a right round kick then execute a back stance guarding block, execute a left back kick, execute a back stance guarding block, turn 180 degrees, execute a back stance guarding block.
19. Execute a left round kick then execute a back stance guarding block, execute a right back kick, execute a back stance guarding block, turn 180 degrees, execute a back stance guarding block.
20. Maintain the back stance and execute a left knife hand block.
21. Move the left leg forward assume a left front stance, execute a high reverse punch with the right hand, Kihap.
22. Move the right foot forward and step into a Joonbi position. Attention, Bow.



# Basic 1-NZTF Style



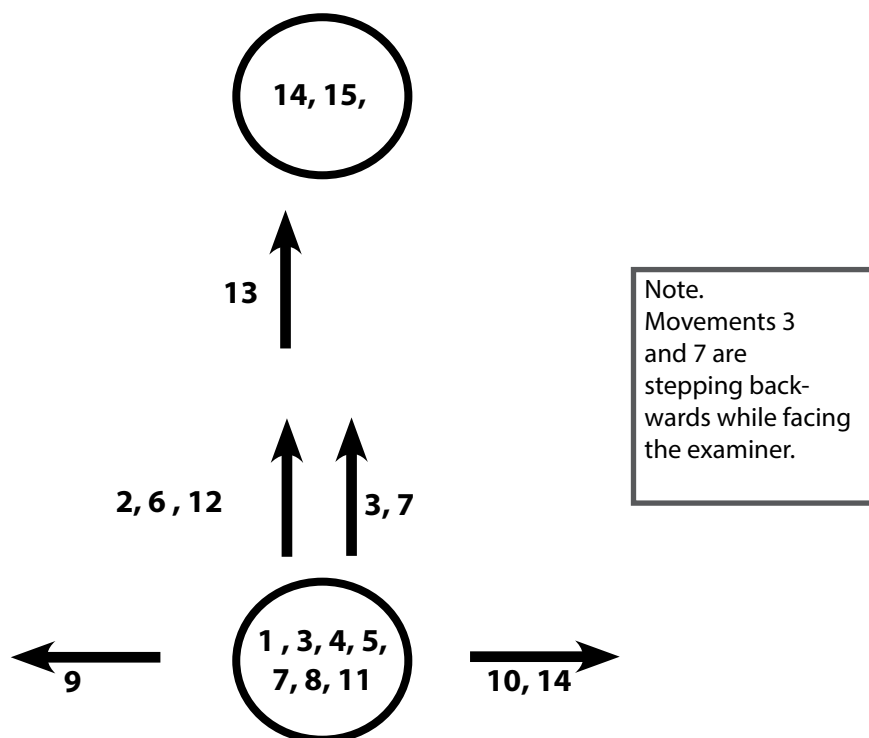
← denotes which direction to face during and at completion of movement		
Action(s) taken during this movement	Stance	Lead leg
1 5 single Mid section punches (kihap on first and fifth), followed by 3 set of double punches (kihap on the last of the double punches)	Horse riding	-
2 Joonbee. On Instructors command, right lead back fighting stance	Fighting	L
3 Front kick (rt), Front kick (lt), turn around	Fighting	R
4 Front kick (lt), Front kick (rt), turn around	Fighting	L
5 Side kick (rt), Side kick (lt), turn around	Fighting	R
6 Side kick (lt), Side kick (rt), turn around	Fighting	L
7 Round house (rt), Round house (lt), turn around	Fighting	R
8 Round house (lt), Round house (rt), turn around	Fighting	L
9 Round house (rt), Back kick (lt)	Fighting	R
10 Round house (lt), Back kick (rt)	Fighting	L
11 High single knife hand (open hand (lt)), lt leg slides to horse riding, lt hand grab, Head punch (kihap)	Horse riding	-

# Basic 2-TUNZ Style



1. Attention, Bow, Assume a ready stance.
2. Step out with the left leg assume a riding stance, execute an outside-in middle block to the front with the left arm followed by an outside-in middle block to the front with the right arm.
3. Pivot on the heels turn 45 degrees to the right, assume a front stance, and execute a left knife hand chop.
4. Pivot on the heels turn 90 degrees to your left, maintain a front stance, and execute a right knife hand chop.
5. Pivot on the heels turn 90 degrees to your right, maintain a front stance, and execute a left knife-hand low block to the front.
6. Pivot on the heels turn 90 degrees to your left, maintain a front stance, and execute a right knife-hand low block to the front.
7. Pivot on the heels turn 45 degrees to the right facing the front assume a riding stance, execute a left high punch then a right high punch, Kihap. Move the left leg and return to ready stance.
8. Step back with the right leg into a fighting stance, execute a outside-in crescent kick with the right leg, assume a fighting stance.
9. Execute an inside-out crescent kick with the left leg, assume a fighting stance, turn 180 degrees, assume a fighting stance.
10. Execute an outside-in crescent kick with the left leg, assume a fighting stance.
11. Execute an inside-out crescent kick with the right leg, assume a fighting stance, turn 180 degrees, assume a fighting stance.
12. Execute a right leg Double sidekick, assume a fighting stance.
13. Execute a left leg Double sidekick, assume a fighting stance, turn 180 degrees, assume a fighting stance.
14. Execute a left leg Double side kick, assume a fighting stance.
15. Execute a right leg Double side kick, assume a fighting stance, turn 180 degrees, assume a fighting stance.
16. Execute a right leg round kick followed by a left leg 360 degree spinning hook kick, then execute a left leg hammer kick, assume a fighting stance, turn 180 degrees, assume a fighting stance.
17. Execute a left leg round kick followed by a right leg 360 degree spinning hook kick, then execute a right leg hammer kick, assume a fighting stance, turn 180 degrees, assume a fighting stance.
18. Move forward six steps to execute a left leg jumping side kick, land and assume a fighting stance, turn 180 degrees, assume a fighting stance.
19. Move forward six steps to execute a right leg jumping side kick, land and assume a fighting stance, turn 180 degrees, assume a fighting stance.
20. Move the left leg forward to assume a back stance, execute a Double knife hand middle block, step forward with the left leg into a left front stance, execute a reverse middle punch, Kihap.
21. Move the right foot forward and assume a ready stance, Attention, Bow.

# Basic 2- NZTF Style



← denotes which direction to face during and at completion of movement

Action(s) taken during this movement	Stance	Lead leg
1 Guarding block, Mid section punch (kihap), Guarding block	Back	L
2 Front kick, Double punch	Forward	R
3 High Block, Knife hand strike, Guarding block	Back	L
4 Spinning Hook Kick	Back	L
5 Guarding block, Mid section punch (kihap), Guarding block	Back	R
6 Front kick, Double punch	Forward	L
7 High Block, Knife hand strike, Guarding block	Back	R
8 Spinning Hook Kick	Back	R
9 Strike (lt), Groin grab (rt), Strike (rt), Groin grab (lt), Outer Block (lt), Mid section punch (rt), Outer Block (rt), Mid section punch (lt), Scissor Block (upper), Scissor Block (lower) Fighting Stance	Fighting	L
10 Front kick, Side kick, Back Kick, Scissor Block (upper), Scissor Block (lower), Fighting Stance	Fighting	R
11 Front kick, Side kick, Back Kick, Outer Block	Cat Stance	R
12 Side kick (low) (rt), Side kick (mid) (rt) Outer Block	Cat Stance	L
13 Side kick (low) (rt), Side kick (mid) (rt) Strike (lt), Strike (rt)	Horse riding	-
14 Inner Crescent kick (to rt palm), Strike (lt), Inner Crescent kick (to lt palm), Strike (rt)	Horse riding	-
15 Low Block (groin), triple punch (kihap)	Horse riding	-

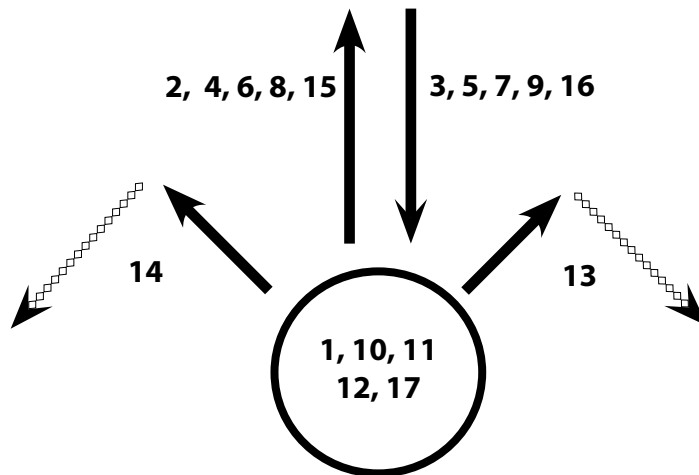
Pattern Diagram

# Basic 3- TUNZ Style



1. Attention, Bow, Ready stance.
2. Step out with the left leg assume a riding stance, execute a knife hand block to the left side then execute a knife hand block to the right side.
3. Maintain the riding stance execute a double knife hand low block to the left side then execute a double knife hand low block to the right side.
4. Maintain the riding stance execute a double knife hand middle block to the left side then execute a double knife hand middle block to the right side.
5. Maintain the riding stance, execute a right hand downward palm block to the front and execute a left-hand spear hand thrust to the front.
6. Maintain the riding stance, execute a left-hand downward palm block to the front and execute a right hand spear hand thrust to the front. Kihap, move the left leg to return to the ready stance.
7. Step back with the right leg into a fighting stance, execute a right leg mid section front kick, execute a left leg high section front kick, execute a left jumping front kick, assume a fighting stance, turn 180 degrees and assume a fighting stance.
8. Execute a left leg mid section front kick, execute a right leg high section front kick, execute a right jumping front kick, assume a fighting stance, turn 180 degrees and assume a fighting stance.
9. Execute a right leg round kick, execute a right leg 360 degree turning instep kick, execute a left leg back kick, assume a fighting stance, turn 180 degrees, assume a fighting stance.
10. Execute a left leg round kick, execute a left leg 360 degree turning instep kick, execute a right leg back kick, assume a fighting stance, turn 180 degrees, assume a fighting stance.
11. Move forward six steps to execute a left leg jumping back kick, land and assume a fighting stance, turn 180 degrees, assume a fighting stance.
12. Move forward six steps to execute a right leg jumping back kick, land and assume a fighting stance, turn 180 degrees, assume a fighting stance.
13. Move forward six steps to execute a jumping double front kick, land and step back with the right leg to assume a fighting stance, execute a 360 degree jumping spinning hook kick., turn 180 degrees, assume a fighting stance.
14. Move forward six steps to execute a jumping double front kick, land and step back with the left leg to assume a fighting stance, execute a 360 degree jumping spinning hook kick., turn 180 degrees, assume a fighting stance.
15. Move the left leg forward to assume a back stance, execute a double knife hand middle block, step forward with the left leg into a left front stance, execute a left downward palm block, execute a right hand spear hand to the front. Kihap.
16. Move the right foot forward and assume a ready stance, Attention, Bow.

# Basic 3- NZTF Style



← denotes which direction to face during and at completion of movement

Action(s) taken during this movement	Stance	Lead leg
1 Guarding Block, Low Block, Guarding Block	Back	L
2 Knife hand (lt), Knife hand (rt), Back kick, Back kick	Back	R
3 Knife hand (rt), Knife hand (lt), Back kick, Back kick	Back	L
4 Side kick, Skip (front foot) Hook kick, Back kick	Back	R
5 Side kick, Skip (front foot) Hook kick, Back kick	Back	L
6 Side kick (low), Side kick (high) (rt), Side kick (low), Side kick (high) (lt)	Back	R
7 Side kick (low), Side kick (high) (lt), Side kick (low), Side kick (high) (rt)	Back	L
8 Running Jumping Turning Back kick (lt)	Back	R
9 Running Jumping Turning Back kick (rt)	Back	L
10 Front kick, Side kick, Back kick, step back	Back	R
11 Front kick, Side kick, Back kick, Outer block	Cat Stance	R
12 Jumping Front kick (lt), Jumping Front kick (rt), 45deg Double lower block	Forward	R
13 Stepping side kick, Hook kick, Full Round house ending 45deg (lt) Double lower block	Forward	L
14 Stepping side kick, Hook kick, Full Round house ending facing front	Back	L
15 Running Jumping Split kick, Jumping Hook kick	Back	R
16 Running Jumping Split kick, Jumping Hook kick	Back	L
17 Step back into Cat stance, Double Open hand Outer Block High	Cat stance	L

**Pattern Diagram**

# Budo South MA Basics



- Modified from WT Basic Pattern and Kukkiwon Master Seminar

## All Belt levels

Movement	Stance	Action
1	Horse Riding	Mid Section Punch
2	Horse Riding	Triple Mid Section Punch
3	Horse Riding	Triple High Section Punch
4	Horse Riding	Left, Right Low Blocks
5	Horse Riding	Left, Right Inside Middle Blocks
6	Horse Riding	Left, Right High Blocks
7	Horse Riding	Left, Right Outside Middle Blocks
8	Standing	Joonbi
9	Forward	Low Block
10	Forward	Midsection Punch
11	Forward	Front Kick with guarding bock
12	Back	Outer block

## Recommended Additional for Green Belt to Blue Belt

Movement	Stance	Action
13	Forward	Inside Block
14	Forward	Head Punch
15	Forward	Side Kick with guarding bock
16	Back	Double knife hand block

## Recommended Additional for Red Tip and Red Belt

Movement	Stance	Action
17	Forward	High Block
18	Forward	Back Fist to head
19	Forward	Round House with guarding block
20	Back	Single Inside Block - knife hand

## Recommended Additional for Black Tip and all Black belts

Movement	Stance	Action
21	Forward	Swallow Block
22	Forward	Sword Strike with elbow guard
23	Forward	Back Kick with Guarding Block
24	Back	Inside Block, Double Punch
25	Standing	Joonbi

# NZTF Style



## Arranged Sparring: 3 Step No. 1

*Note: Catch phrase is Right, Right, Left (RRL)*

**Attack:** 3 x middle section punches (walking forward in front stance)

**Defence:** 1. Take Right leg back ( Left leg forward, standing in a back stance) inner forearm block left arm. Step back left leg (back stance) right arm block. Step back right leg (back stance) left arm block. Step forward off the front leg double punch to the floating rib (ki-hap on the last punch).

2. Take Right leg back ( Left leg forward, standing in a back stance) blocking down with open hand left arm. Step back left leg (back stance) right arm block. Step back right leg back (back stance) left arm block. Left arm grab of attackers right arm step in behind right leg, pull arm down leg sweep and palm hit to chest. hold arm as they go down stomp (ki-hap).

3. Take Left leg back ( Right leg forward, standing in a back stance) inner forearm block right arm. Step back right leg (back stance) left arm block. Step back left leg back (back stance) right arm block. Back fist right arm followed by side kick right leg to rib area (at least belt height-but no high than opponents shoulders) (ki-hap).

## Arranged Sparring: 3 Step No. 2

*Note: Catch phrase is Right, Right, Left (RRL)*

**Attack:** 3 x front kicks (right leg first kick)

**Defence:** 1. Take Right leg back ( Left leg forward, standing in a back stance) double forearm cross lower deflecting block 2. Step back left leg into a back stance double forearm lower deflecting block 3. Step back right leg into a back stance double forearm cross lower deflecting block.

**Counter:** Defender counter attacks with single front kick, attacker steps right leg backwards into a backstance and performs double forearm cross lower deflecting block

**Attack:** 3 x side kicks (right leg first kick)

**Defence:** 1. Step back right leg back into a back stance blocking down closed left hand (fist or knife hand) deflecting kick 2. Step back left leg into a back stance blocking down closed right hand (fist or knife hand) deflecting kick. 3. Step back right leg back into a back stance blocking down closed left hand (fist or knife hand) deflecting kick.

**Counter:** Defender counter attacks with single right leg side kick, attacker steps right leg backwards into a left leg forward backstance and blocks down closed left hand (fist or knife hand) deflecting kick.

**Attack:** 3 x round house kicks (right leg first kick)

**Defence:** 1. Take Left leg back ( Right leg forward, standing in a back stance) right arm blocking head (across body in "V"), left arm blocking groin step (almost straight arm). 2. Step right leg back to backstance left arm blocking head right arm blocking groin 3. Step left leg back to backstance, right arm blocking head left arm blocking groin.

**Counter:** Defender counter attacks with left leg back kick. Attacker slides in to block the thigh with left arm blocking groin right arm blocking head. Left arm secures leg with arm under thigh, right arm elbow strikes to knee/top of thigh (kihap).

# Budo South MA Style



## Arranged Sparring for Junior Belts

### Attacker.

1. Attacker moves into left leg forward front stance. On signal, attack moves right leg forward for mid-section punch. After completion of the technique, attacker and defender return to Joonbi position. Attack will then move to forward stance low block in preparation for the next technique.

### Defender.

*The defender is in control. The attacker may not move unless signalled by the defender.*

### All Junior Belts

1. Defender steps forward and to side with left leg. Left arm moves inwards (mid section inner block - arm to elbow or hand to elbow), Right fist punches to exposed outside rib cage. (Kihap).
2. Defender steps forward and to side with right leg. Left arm moves outwards (mid section outer block). Right fist punches to exposed inside rib cage. (Kihap).
3. Attacker steps forward with an overhead Hammer Fist strike. Defender steps forward and to side with right leg. Double knife hand block with left hand close to body deflecting Hammer Fist strike, and right hand attacking neck of opponent. (No Kihap).
4. Defender steps forward and to side with right leg. Double knife hand block with left hand close to body deflecting punch and grabbing wrist/sleeve of opponent, and right hand attacking elbow joint of opponent. Right elbow to head (Kihap). Right hand slide down arm to outside of wrist. Execute wrist lock. Lift arm high and bring down sharply to knee or hip.

### Additional for Yellow Belts and Green Tabs.

5. Defender steps forward and to side with left leg. Right hand (as knife hand) moves outwards (knife hand block) right hand grabs wrist/sleeve. Right round house kick to exposed outside rib cage. Left reverse puch to head (Kihap).
6. Defender steps forward and to side with right leg. Double knife hand block with left hand close to body deflecting punch and grabbing wrist/sleeve of opponent, and right hand or elbow attacking neck of opponent. Left hand stays to opponents right wrist. Swing wrist down and up. Complete full 360deg turn. Hold elevated wrist with left hand pulling down to effect elbow lock/break on shoulder, right elbow strikes back/rips (Kihap).

### Additional for Green Belts and Blue Tabs.

7. Defender steps forward and to side with left leg. Left Hand Knifehand-Palm Inner block to elbow, Right foot steps forward with Right elbow strike (with palm assist) to stomach. Right back fist to head. Left fist punches to exposed outside rib cage. (Kihap).
8. Defender steps forward and to side with right leg. Double knife hand block with left hand close to body deflecting punch and grabbing wrist/sleeve of opponent, and right hand attacking elbow joint of opponent. Right hand palm slap to opponents face. Hold left hand (opponents right hand) against hip. Push/Strike opponents left shoulder simultaneous to executing a right foot reverse (heel first) foot sweep : lowering opponent to the floor. Right foot side kick to prone opponent or kneeling right hand puch to face/body (Kihap).



# NZTF Style



## Arranged Sparring: 1 Step No. 1 (Right Leg)

**Attack:** Waiting in forward stance low block, right leg back. Come through punch (right arm) \* 10

**Defence:** 1. Waiting in Joonbi. Left leg slides out to side, upper outer block (right arm), side kick (right leg) to attackers right mid section.

2. Waiting in Joonbi. Left leg slides out to side, Upper outer block (right arm), double side kick (right leg) to attackers right knee and head.

3. Waiting in Joonbi. Step back (right leg) guarding block. Inner crescent kick (right leg) to block punch, side kick to mid section (right leg). Guarding block left leg back.

4. Waiting in Joonbi. Step back (right leg) guarding block. Inner crescent kick (right leg) to block punch, side kick to mid section (right leg), back kick to mid section (left leg). Guarding block right leg back.

5. Waiting in Joonbi. Left leg crescent kick, hook kick (right leg), round kick to head (right leg).

6. Waiting in Joonbi. Left leg slides out to side, upper outer block (right arm), round kick to mid section (right leg), step in behind attackers right leg, knife hand strike (right arm) to head (elbow onto extended punching arm, forcing punching arm down), left arm grabs clothing at back of attackers upper right arm, right leg sweeps attackers right leg while right arm pushes and left arm pulls while defenders body twists away from attacker. Take down. Right leg side kick to prone attackers head. Back stance (right leg back) with arm lock on attacker.

7. Waiting in Joonbi. Left leg slides out to side, upper outer block (right arm), jumping front kick (left leg) to right side of neck/head.

8. Waiting in Joonbi. Left leg slides out to side, upper outer block (right arm), jumping side kick (right leg) to right mid section. .

9. Waiting in Joonbi. Step back right leg, crescent kick inside knocking away punch (right leg), step back left leg, jumping hook kick (left leg) to head.

10. Waiting in Joonbi. Step back right leg, crescent kick inside knocking away punch (right leg), step back left leg, jumping spinning instep kick (right leg) to head

## Arranged Sparring: 1 Step No. 1 (Left Leg)

**Attack:** As above but switch right to left, and left to right.

**Defence:** As above but switch right to left, and left to right.

# NZTF Style



## **Arranged Sparring: 1 Step No. 2 (Right Leg)**

**Attack:** Waiting in back stance guarding block, right leg back. Step forward (right leg), punch (right arm) \* 6

**Defence:** 1. Waiting in back stance (right leg back). Step forward avoiding the punch, 45 degree kick (right leg) to mid section landing behind attacker, spinning hook kick (left leg), finishing in back stance guarding block (left leg back), on attackers left hand side behind shoulder.

2. As in 1. above, with skip forward side kick (front leg) to mid section

3. As in 1. above, with skip forward double side kick (front leg), low and high.

4. As in 1. above, with skip forward hook kick (front leg) at the head of attacker (right leg), pull all the way back to back stance.

5. As in 1. above, with skip forward hook kick (front leg) at the head of attacker (right leg), pull all the way back to back stance (right leg back), round kick (right leg) to face. Note: attackers hands guarding his/her face.

6. As in 1. above, with skip forward (front leg) side kick to back of knee, double knife hand to back (push face down, attacker does forward break fall), jumping side kick to back of attackers neck (landing either side of attackers head). Ki-hap on landing.

7. As in 1. above, with skip forward (front leg) side kick to back of knee, jumping hook kick to head.

8. Waiting in back stance (right leg back). Jumping Front kick (left leg), Jumping Spinning Back Kick (left leg), Jumping Full Round House to head (right leg).

## **Arranged Sparring: 1 Step No. 2 (Left Leg)**

**Attack:** As above but switch right to left, and left to right.

**Defence:** As above but switch right to left, and left to right.

# Budo South MA Style



## Arranged Sparring for All Senior Belts

### First two techniques are punch defence.

1. **Attacker** moves right leg forward for right hand mid-section punch. **Defender.** Right leg slides back to backstance. Front (left leg) outer crescent kick deflecting punch. Right leg (rear) Inner crescent kick. (Kihap).

2. **Attacker** moves right leg forward for right hand mid-section punch. **Defender.** Left leg slides back- fighting stance out of reach of the punch (optional), simultaneous to left hand inner palm block pushes attacker fist/arm away. Left leg front kick to exposed rib cage. Landing forward (behind and between opponent legs) with left foot, slide left arm over opponent right arm and palm slap/push to left shoulder (body slap). Rotate hips (perform an "Elvis" to drop opponent to floor. Step away into ready position.

### Final six techniques are kicking defence.

Attacker and defender are now starting from right leg back fighting stance.

3. **Attacker.** Round house (mid section). **Defender-** Slide out of range (right leg back), return with Round House (Right) - Turning back Kick (left).

4. **Attacker.** Slide forward. front leg (left) round house, back leg (right) round house. **Defender.** Slides back for first kick, pivots back out of range of second kick (Left leg back). Turning Back kick (left), Roundhouse (right), Hammer kick (Left).

5. **Attacker.** Spinning hook kick off back leg (Right). **Defender-** Pivot left leg back out of range. Left leg round house. Spinning hook kick (Right leg).

6 **Attacker.** Right leg round house (mid section). **Defender** pivots left leg back. Left leg turning back kick. **Attacker** slides back (left leg back). Returns with left leg roundhouse kick. **Defender** retaliates with right leg spinning hook kick.

7. **Attacker.** Right leg round house (mid section). **Defender** pivots out of range left leg back. Left leg turning back kick. **Attacker** slides back (left leg back.) Returns with left leg roundhouse kick. **Defender** retaliates with right leg jumping turning back kick.

8. **Attacker.** Right leg round house (head shot). **Defender** slides out of range right leg back. Spinning hook kick right leg (head shot), round house (foot sweep) with left foot. Opponent falls to ground. Finished with either a foot stomp or head punch (preferred).

# Self Defence



## Self defence- close in defensive techniques

-----WHITE BELT-----

### Break aways

- A. Walk Away
- B. High Five
- C. Radial Assisted
- D. Hammer Fist Assisted

-----YELLOW TIP-----

### Basic grips

- 1. Breaking out of easy grip (thumb) single hand twist, forearm only.
- 2. Breaking out of extra strong grip. (Step in, break grip, back fist).

-----YELLOW BELT-----

### Advanced grips

- 3. Double hand gripping one hand, other hand over top and pull up.
- 4. Opposite hand grip.

-----GREEN TIP-----

### Grabs

- 5. 2 Handed Chest grab (front) take down.
- 6. 2 Handed Shoulder grab (behind) take down.

-----GREEN BELT-----

### Head locks

- 7. Headlock attack from behind (arm round throat) preserve airway break out.
- 8. Defence Against Front Choke (Advanced)

-----BLUE TIP-----

### Chokes

- 9. Choke attack from front 1 hand, twist thumb to thumb.
- 10. 2 hand choke attack- Double rising block, knee to groin or head, and push away-down.

-----BLUE BELT-----

### Punches

- 11. Punch- Leg defence - foot sweep
- 12. Punch- Take down - sword hand strike

-----RED TIP-----

- 13. Defence Against Jab
- 14. Defence Against Hook

-----RED BELT-----

### Basic knife defence

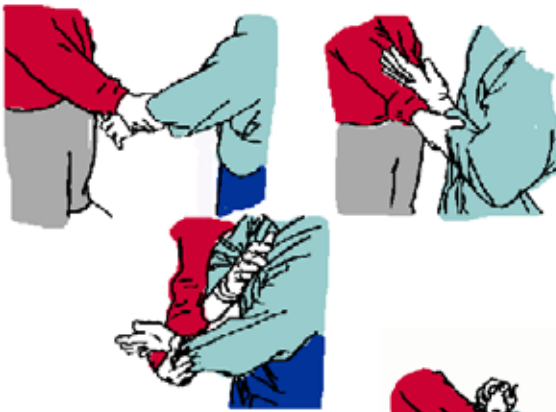
- 15. Static knife attack - Mugging:
- 16. Overhead knife Strike:

-----BLACK TIP-----

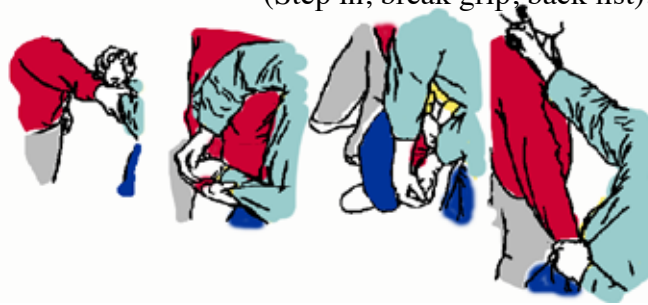
### Advanced knife defence

- 17. Side to side knife slash:
- 18. Knife stabbing lunge:

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More...

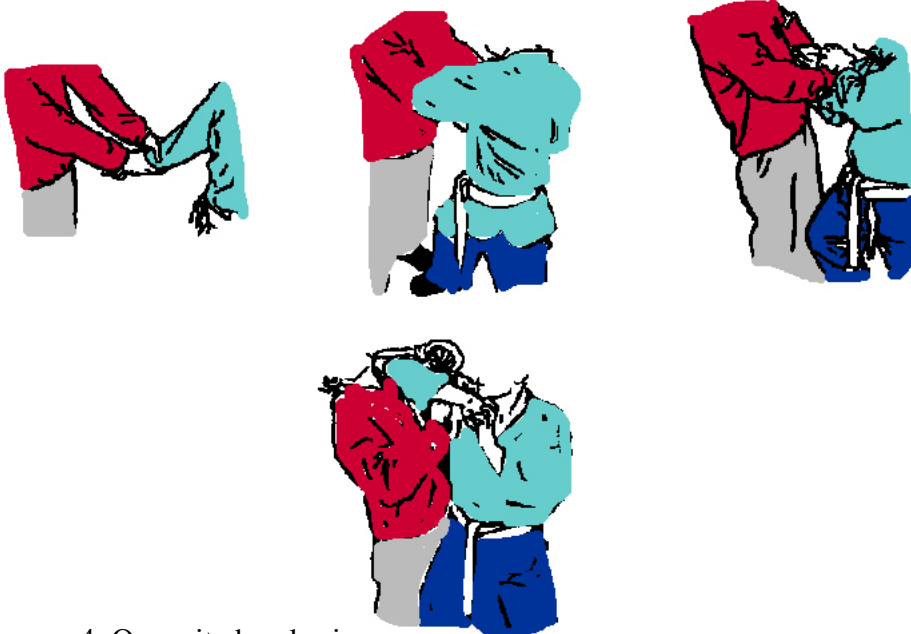


1. Breaking out of easy grip (thumb)  
single hand twist, forearm only.

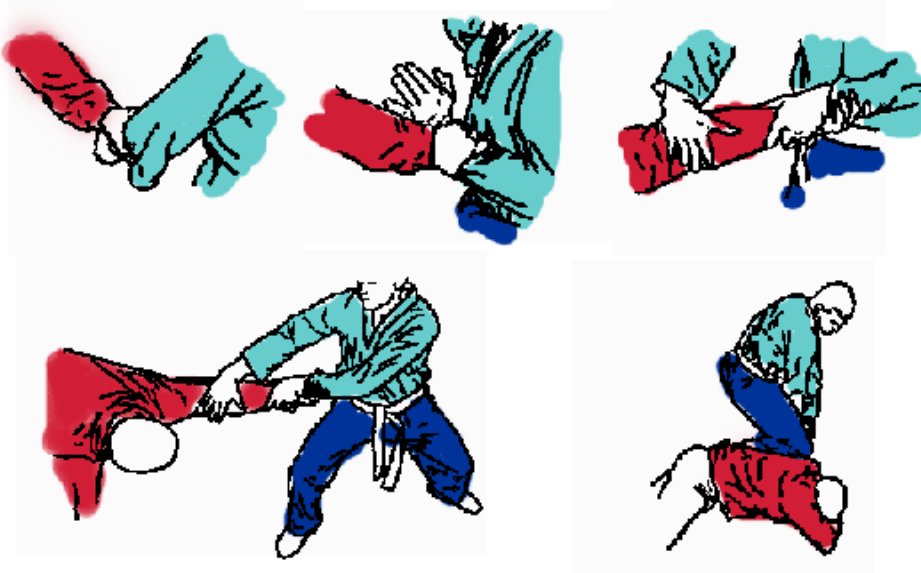


2. Breaking out of extra strong grip.  
(Step in, break grip, back fist).

3. Double hand gripping one hand, other hand over top and pull up.

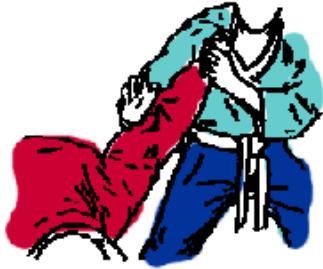


4. Opposite hand grip.

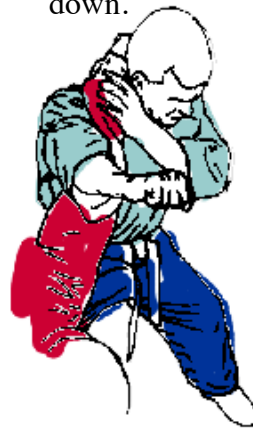




5. 2 Handed Chest grab (front) take down.

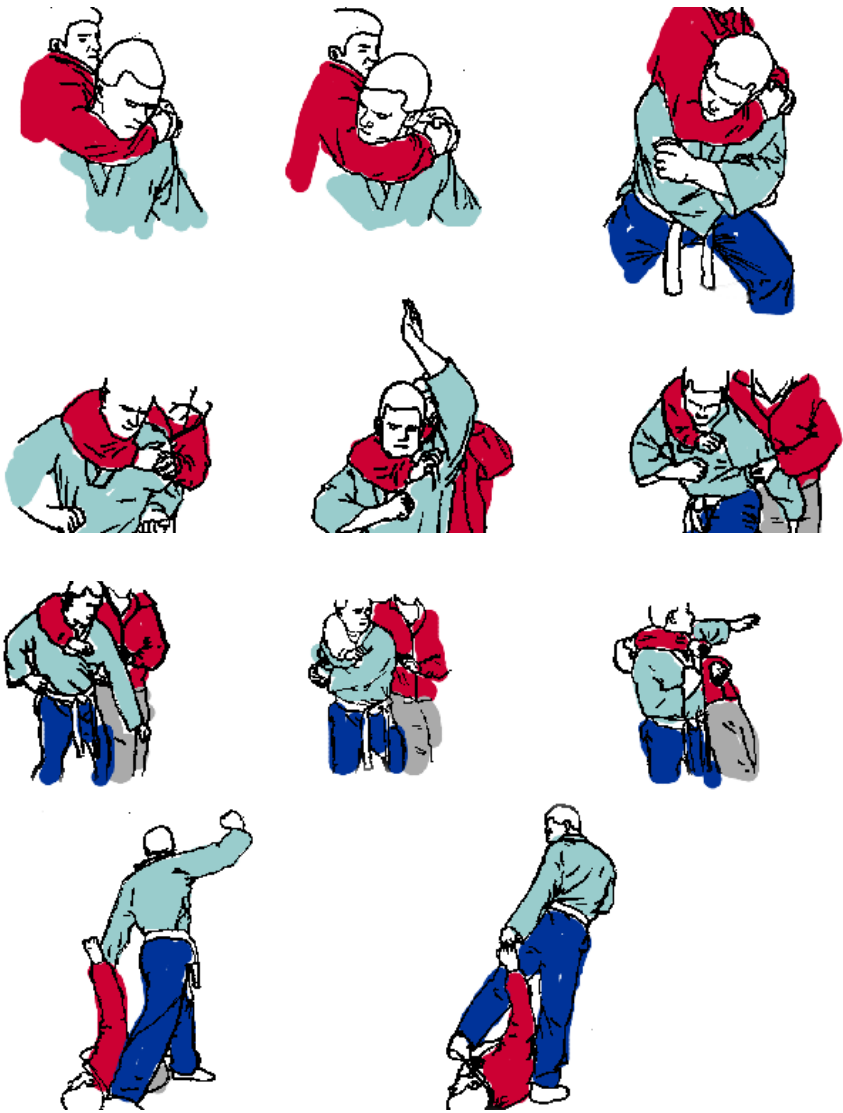


6. 2 Handed Shoulder grab (behind) take down.

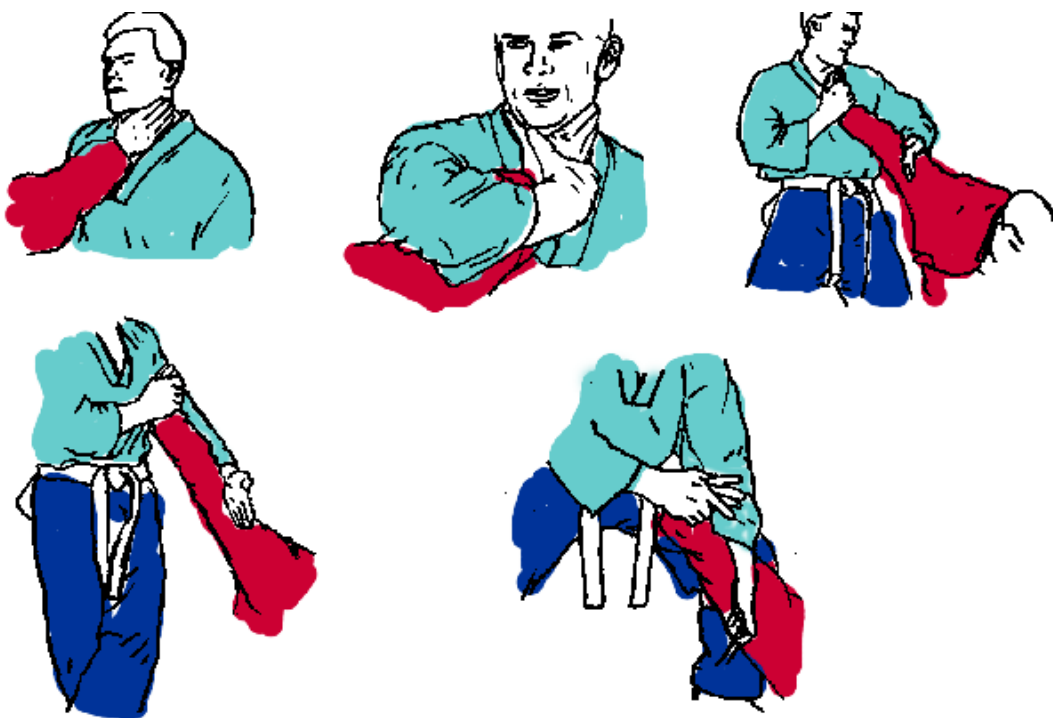




7. Choke attack from behind (arm round throat) preserve airway break out.

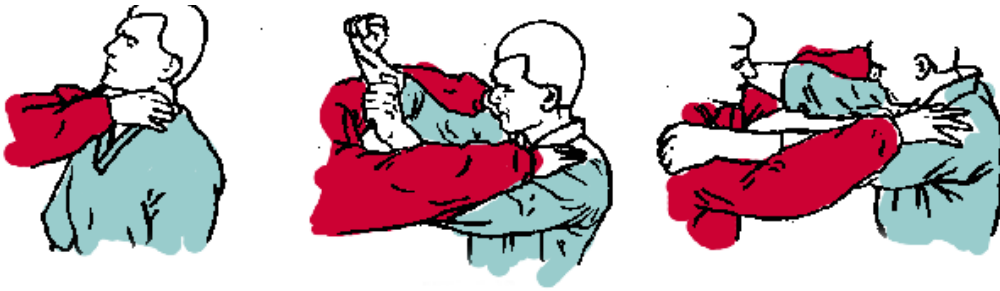


8. Choke attack from front 1 hand, twist thumb to thumb.





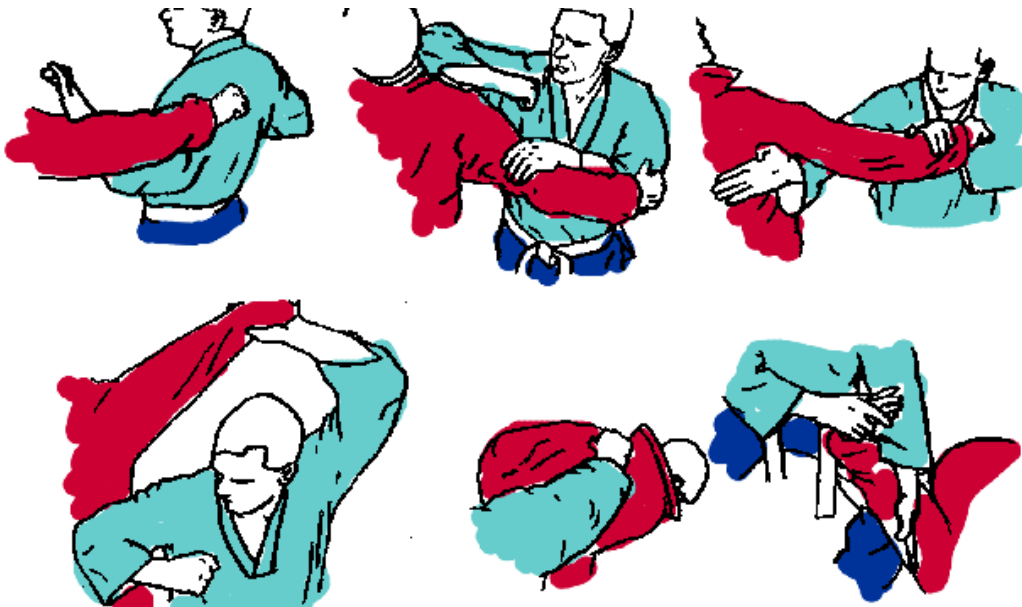
9. 2 hand choke attack- Double rising block, knee to groin, and push away-down.



10. Punch- Leg defence - foot sweep



11. Punch- Take down - sword hand strike

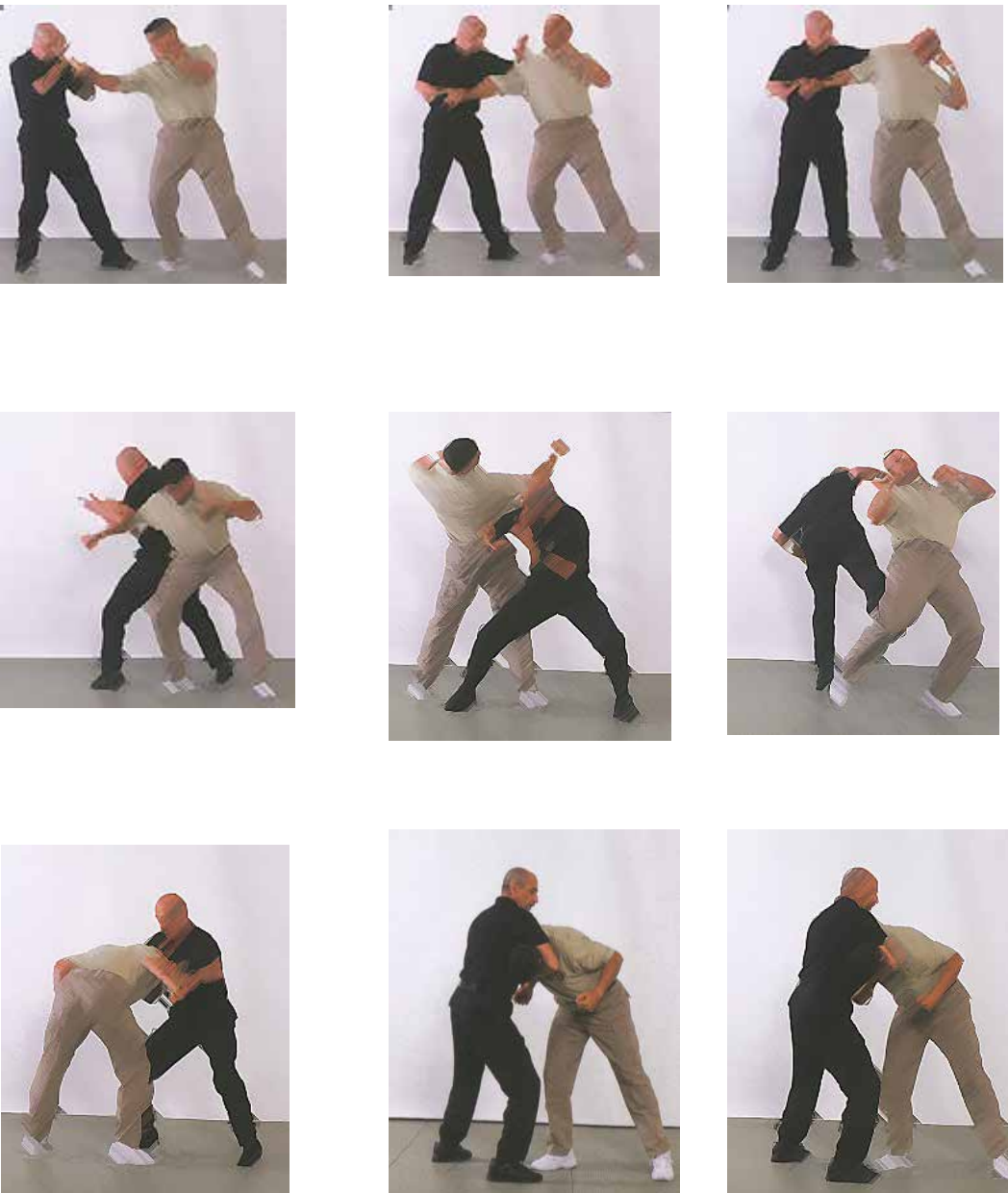




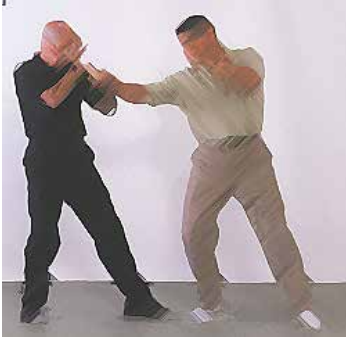
## 12. Defence Against Jab



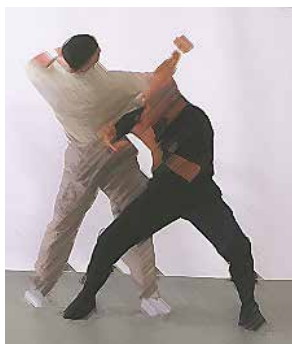
## 13. Defence Against Hook



## 14. Defence Against Front Choke (Advanced)



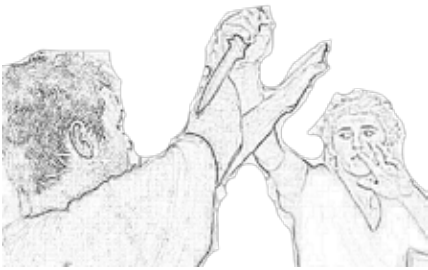
## 15. Defence Against Rear Choke (Advanced)



16. Static knife attack

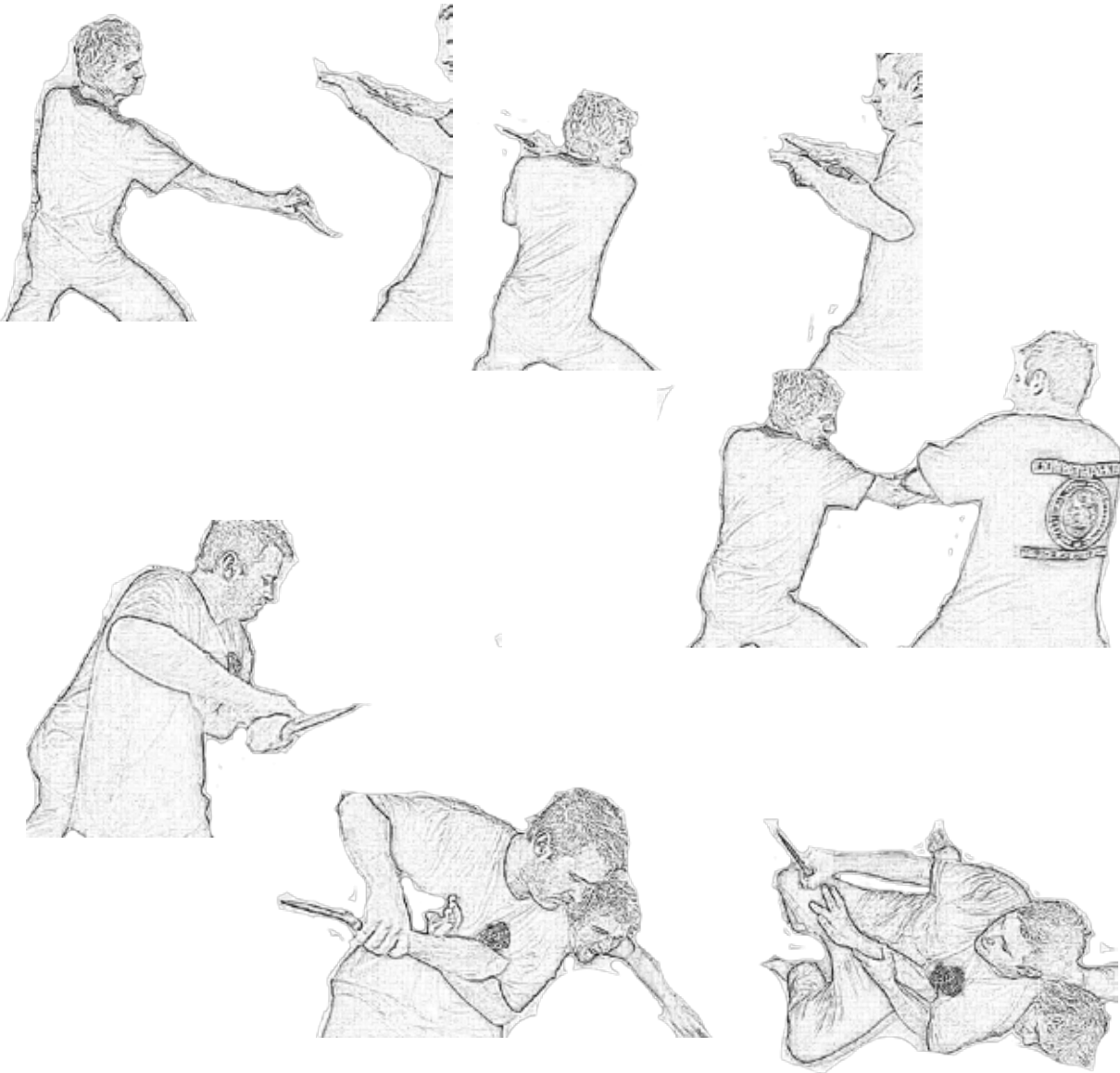


17. Overhead knife Strike: Rear take down

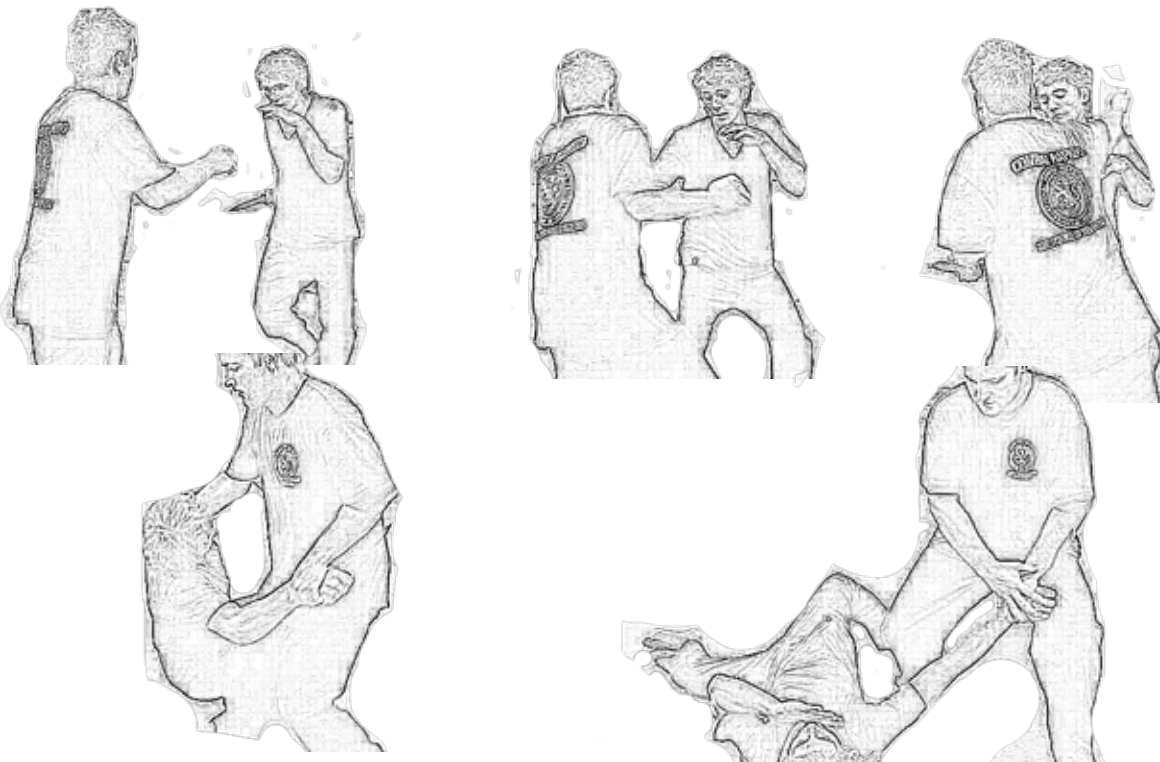




18. Side to side knife slash: Arm lock break



19. Knife lunge: slap down with elbow lock



# Power Test



## Hand Techniques

1. Punch, punch, punch (White)
  2. Knife hand strike (front hand), punch, back fist (White)
  3. Front kick, punch, turning back kick \* 2 (White)
- 
1. Punch, upper cut, jab (Blue Belt to Black Belt)
  2. Knife hand strike (front hand), elbow strike, back fist (Blue Belt to Black Belt)
  3. Outer block, punch, high block, sword hand strike \* 2 (Blue Belt to Black Belt)

## Kicking Techniques

1. Front kick \*2 (White)
  2. Side kick \*2 (White)
  3. Round house kick \* 2 (White)
  4. Turning back kick, Turning back kick (Green tip)
  5. Spinning hook kick \* 2 (Green Belt)
- 
1. 45 degree kicks \* 4 and Counter Attack \*4 (Red tip to Black Belt)
  2. Round house kicks \* and Counter Attack \*4 (Red tip to Black Belt)
  3. Round house kick, back kick \* 2 (Red tip to Black Belt)
  4. Side kick (back leg), skip forward, side kick (front leg) (Red tip to Black Belt)
  5. Round kick, hook kick \* 2, [Counter attack] \* 2 (Red tip to Black Belt)
  6. 45 degree kick (back lie), Hammer kick (front leg) \* 2, [Counter attack] \* 2 (Red tip to BBelt)

## Combination techniques

1. Front kick, side kick, step back Round House \* 2 (White)
  2. Side kick, side kick, back kick \*2 (White)
  3. 45 degree kick (front leg, back leg) \* 2 (White)
  4. 45 degree kick, shoulder height Round house, turning back kick \*2 (Green tip)
  5. Double round house, double round house \* 2 (Green Belt)
  6. Round house kick, jumping spinning hook kick (stationary) \* 2 (Blue Belt)
- 
1. 45 degree kick, spinning instep kick \* 2, [Counter attack] \* 2 (Red tip to Black Belt)
  2. Spinning instep kick \* 2 (one Each side), [Counter attack] \* 2 (Red tip to Black Belt)
  3. Double 45 degree kick (front leg, back leg) \* 2, [Counter attack] \* 2 (Red tip to Black Belt)
  4. 45 degree kick (back leg), hammer kick (front leg), back kick \* 2 (Red tip to Black Belt)
  5. Round house kick, jumping spinning hook kick (stationary) \* 2 (Red tip to Black Belt)
  6. Hammer kick (front), Round House (back), Hammer kick, Round House (back) \* 2 (RT2BB)

## Jumping Kicks

1. Jumping front kick (stationary) \* 2 (Yellow)
  2. Jumping side kick (running) \* 2 (Yellow)
  3. Jumping back kick (Blue Tip)
- 
1. Jumping side kick turning back kick \* 2 (with pads) (Blue Belt)
  2. Double Jumping front kick (stationary) \* 2 (right then left) (Blue Belt)
  3. Jumping side kick (running) \* 2 (Blue Belt)
- 
1. Jumping side kick turning back kick \* 2 (with pads) (Red tip to Black Belt)
  2. Double Jumping front kick (stationary) \* 2 (right then left) (Red tip to Black Belt)
  3. Jumping side kick (running) \* 2 (Red tip to Black Belt)
  4. Round house kick, Jumping Spinning Hook kick \* 2 (Red tip to Black Belt)
  5. Jumping turning back kick (running) \* 2 (Red tip to Black Belt)
  6. Round house kick, Jumping turning back kick \*2 (Red tip to Black Belt)

# Alternate Power Test



## Hand Techniques

1. Punch, punch, punch (White)
2. Knife hand strike (front hand), punch, back fist (White)
3. Front kick, punch, turning back kick \* 2 (White)

## Kicking Techniques

1. Front kick \*2 (White)
2. Side kick \*2 (White)
3. Round house kick \* 2 (White)
4. Turning back kick, Turning back kick (Green tip)
5. Spinning hook kick \* 2 (Green Belt)
6. 45 degree kicks \* 4 and Counter Attack \*4 (Blue Belt)
7. Round house kick, back kick \* 2 (Red tip)

## Combination techniques

1. Front kick, side kick, step back Round House \* 2 (White)
2. Side kick, side kick, back kick \*2 (White)
3. 45 degree kick (front leg, back leg) \* 2 (White)
4. 45 degree kick, shoulder height Round house, turning back kick \*2 (Green tip)
5. Double round house, double round house \* 2 (Green Belt)
6. Round house kick, jumping (not vets) spinning hook kick (stationary) \* 2 (Blue Tip)
7. 45 degree kick, spinning instep kick \* 2, [Counter attack] \* 2 (Blue Belt)
8. Hammer kick (front), Round House (back), Hammer kick, Round House (back) \* 2 (Red tip)

## Jumping Kicks

1. Jumping front kick (stationary) \* 2 (Yellow)
2. Jumping side kick (running) \* 2 (Yellow)
3. Jumping back kick (Blue Tip)
  
1. Jumping side kick turning back kick \* 2 (with pads) (Blue Belt)
2. Double Jumping front kick (stationary) \* 2 (right then left) (Blue Belt)
3. Jumping side kick (running) \* 2 (Blue Belt)
4. Jumping side kick turning back kick \* 2 (with pads) (Red tip)
5. Round house kick, Jumping turning back kick \*2 (Red tip)

# Taekwondo Language



## The disciplines of TaeKwonDo

Poomse	Style-forms
Hosinsul	Self-defense
Kyorugi	Sparring
Kyepka	Break test

## Do-Jang commands

Chareryot	Attention
Kyung-Rye	Bow
Joon-Bi	Ready
Shi-jak	Start/Begin
Shi-Yo	At ease-Rest
Bah-Ro	Return to Ready stance
Ki-Hap	Yell ( <i>either "Ki-ia" - Challenge or "Ai-ia" - dominance</i> )
Han Beon Deo	Once more

## Miscellaneous

Kihap	Powerful yell, to collect and focus internal energy
Chagi	Kick
Chigi	Attack with hand
Jiroegi	Punch
Makki	Block
Dan	Black belt: 1st - 10th degree
Geup	Coloured belt: 10th (white) to 1st (red-black)
Dobok	TaeKwonDo uniform
Dee	Belt
Dojang	Practise gym
Kwan	School
Sabeom Nim	Instructor
Anyoung-ha-seyo	Hello
Gum-sum-nida	Thank you
Anyoung-he-key-seo	Good-bye

## A Referees (match) commands

Kal-yeo	Break
Kyae-sok	Continue
Geu-man	Stop/Finish
Gong-geouk	Fight
Gam-Jeom	Penalty that automatically costs a contestant a point.
Woosee-Girok	Sudden Death Scoring
Seung	Victory
Chung	The contestant wearing <b>BLUE</b>
Hong	The contestant wearing <b>RED</b>

## Counting

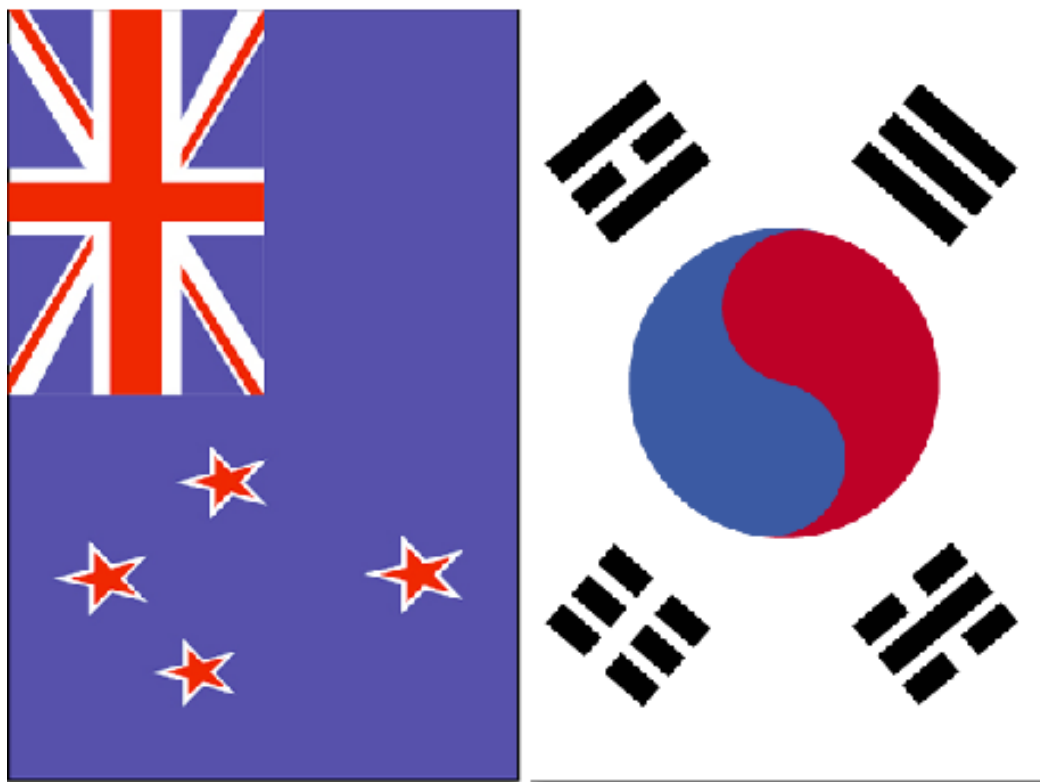
One	Two	Three	Four	Five	Six	Seven	Eight	Nine	Ten
Hana	Dool	Set	Net	Tasot	Yosot	Ilgop	Yodl	Ahop	Yol



You are looking at the wearer



*Viewed as looking towards the front*



**Miscellaneous Items**



## When you perform your Poomsae-Tageuk

### Power

When you perform your pattern you must put full power into all of your blocks and punches. In competition if it does not look powerful then you will lose points. In grading you lose marks. Imagine your arm and leg movements are like a whip. Put power into the end of the movement- imitating the flick of the whip.

### Balance

Your balance is very important because it shows you are standing correctly in your stances. This is one of the most obvious things a judge can see when you are performing. Practice your stances in and out of your club nights because if your feet aren't right then everything else will be wrong!

### Expression

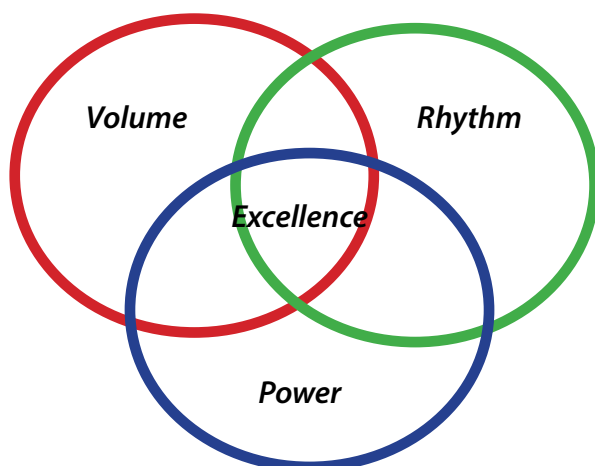
When you perform it will be as an expression of your mood. If you do it powerfully and you put a lot of effort into it then it will show in your performance. Do not pull a face or make a noise if you make a mistake. The Kiai is a prime example of your expression. Make it loud, proud and crisp.

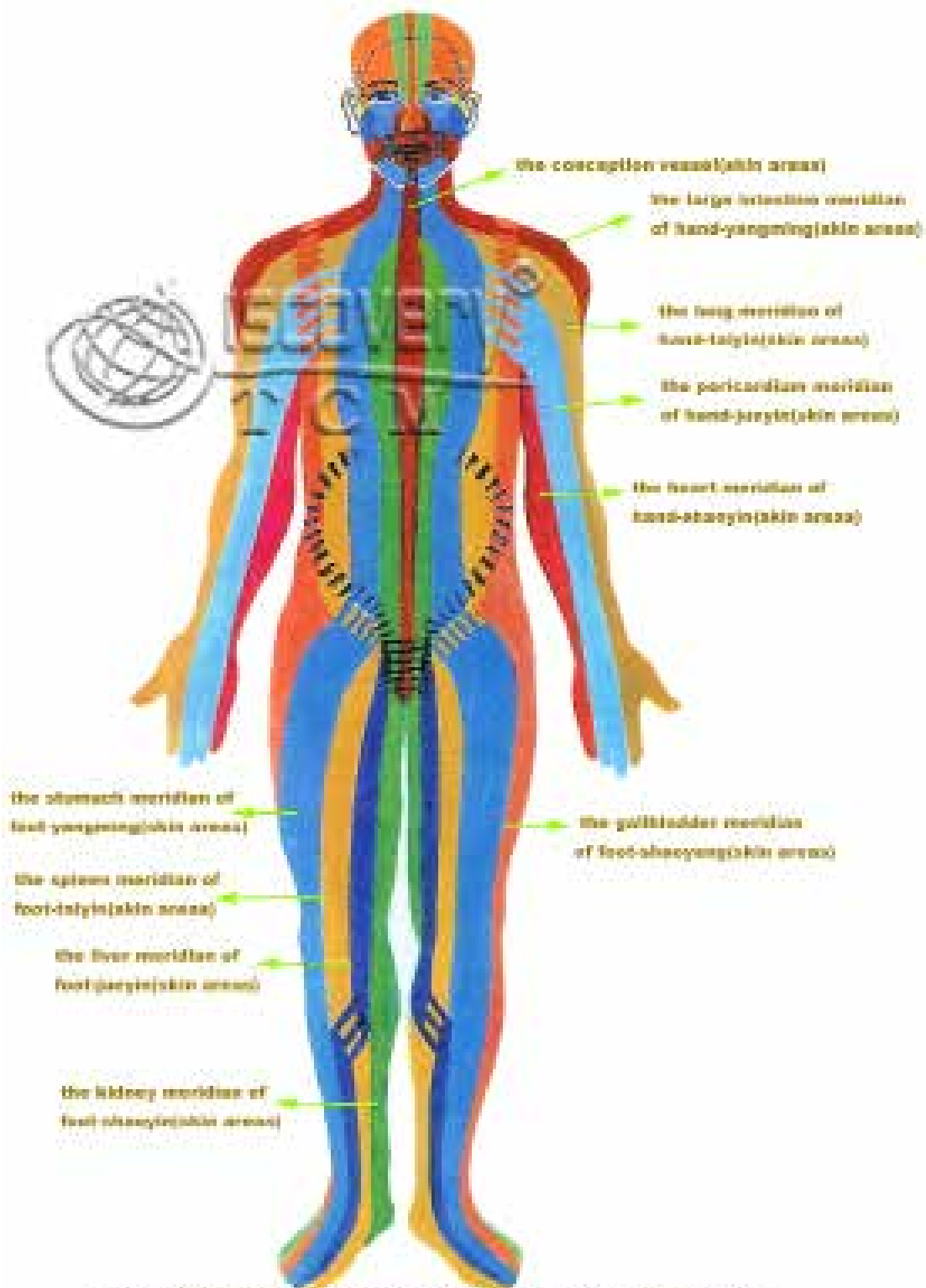
### Flow and rhythm

Make sure your patterns flow and go at the right speed for the actions you are performing. You do not want to look robotic. Your patterns should follow a rhythm similar to that of a self defence situation- defence then offence, pause defence then offence. Remember your speed of execution and power delivery. But there is a trade off. Too much speed and balance will suffer.

### Volume of movement

This is the volume of air your movement travels through. Big is Good. Too big and it affects power. Too little and the movement becomes constricted.

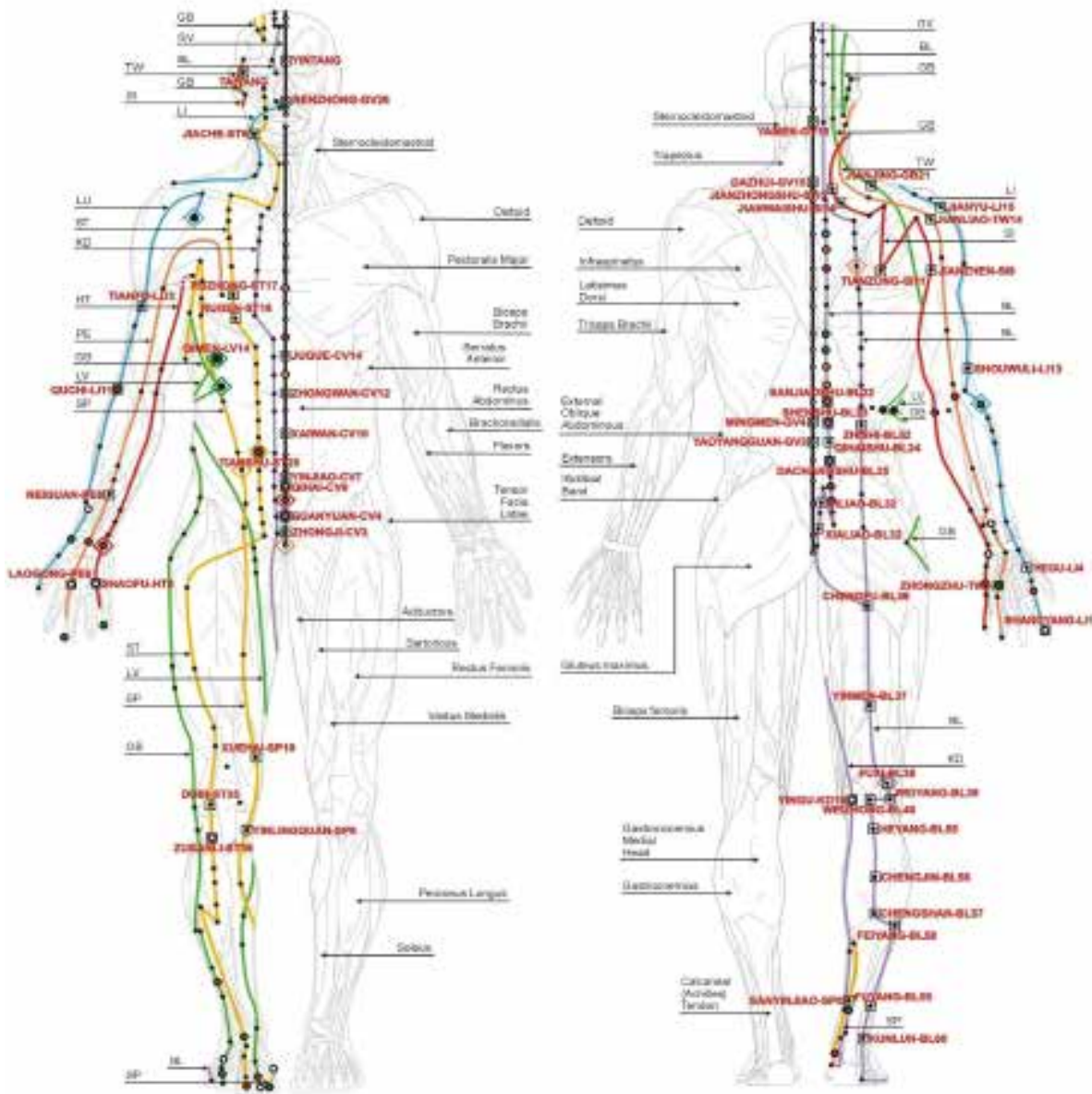




**The distribution block diagram of cutaneous regions of the fourteen meridians**



# Human body meridians



**ANTERIOR VIEW**  
 LEFT - YIN SUPERFICIAL MERIDIANS  
 RIGHT - SUPERFICIAL MUSCULATURE  
**ARM YIN MERIDIANS & SHICHEN**  
 LU - LUNG MERIDIAN 3 - 5 AM  
 HT - HEART MERIDIAN 11 AM - 1 PM  
 LV - LIVER MERIDIAN 1 - 3 AM  
 CV - CONCEPTION VESSEL (CENTRALING)  
**LEG YIN MERIDIANS & SHICHEN**  
 SP - SPLEEN MERIDIAN 9 - 11 AM  
 KD - KIDNEY MERIDIAN 5 - 7 PM  
 PC - PERICARDIUM MERIDIAN 7 - 9 PM

**POSTERIOR VIEW**  
 LEFT - SUPERFICIAL MUSCULATURE  
 RIGHT - YANG SUPERFICIAL MERIDIANS  
**ARM YANG MERIDIANS & SHICHEN**  
 LI - LARGE INTESTINE MERIDIAN 9 - 11 AM  
 SI - SMALL INTESTINE 1 - 3 PM  
 TW - TRIPLE WARMER 9 - 11 PM  
 CV - CONCEPTION VESSEL (CENTRALING)  
**LEG YANG MERIDIANS & SHICHEN**  
 ST - STOMACH MERIDIAN 7 - 9 AM  
 BL - BLADDER MERIDIAN 3 - 5 PM  
 GB - GALL BLADDER MERIDIAN 11 PM - 1 AM



- LEGEND**
- WOOD PHASE MERIDIAN
  - FIRE PHASE MERIDIAN
  - EARTH PHASE MERIDIAN
  - METAL PHASE MERIDIAN
  - WATER PHASE MERIDIAN
  - PRIME VESSEL
  - STIMULATION ACUPRESSURE POINT
  - RELAXATION ACUPRESSURE POINT
  - ELEMENTAL ACUPRESSURE POINT
  - ALARM ACUPRESSURE POINT
  - YU (ARMOCUPRESSURE) ACUPRESSURE POINT
  - SUPERFICIAL ACUPRESSURE POINT
  - SHICHEN MERIDIAN STRONG POINT
  - SHICHEN (ZHAO) 12 HOUR VITAL STRONG POINT
  - WREST PULSE
  - LEFT DEEP / SUPERFICIAL
  - RIGHT DEEP / SUPERFICIAL
  - GENITAL USE STRONG POINTS

Notes on Pressure Points