





Black Belt 1st Degree Syllabus

A. Taekwondo Physical Testing for 1st Degree Black Belt

- All fundamental movements which are contained in the patterns
- All Patterns and training exercises as detailed in this document
- 3 Step Sparring – no need to remember specific numbered sequences but able to follow commands or create your own 3 Step sequences
- 2 Step Sparring
- 1 Step Sparring
- 1 Step Advanced Sparring
- Free Sparring
- 2 v 1 Free Sparring
- Applied Taekwondo (Self Defence)
- Self Defence from a Knife straight thrust
- Breaking: to be repeated both right and left hand sides

Ladies hand – choice hand technique (excluding elbow) white board

Ladies Feet - choice 2 kicks , 1 black board or white board

Men hand – choice of hand technique (excluding elbow and palm heel) 1 black board

Men Feet- choice of 2 kicks , 1 black board

B. Taekwondo Theory for 1st Degree Black Belt

The Theory Test for 1st Degree Black Belts is to know

- The Origins of Taekwondo
- The 5 Tenets of Taekwondo
- The Taekwondo Oath
- The meaning of all belt colours
- All pattern meanings
- The number of moves in each patterns
- Knowledge of the attacking tools
- Knowledge of the Target areas
- Knowledge of the fundamental stances and moves of Taekwondo
- The Theory of power
- 65 words of Korean
- Counting in Korean from 1-10

Five Tenets

Courtesy
Integrity
Perseverance
Self-Control
Indomitable Spirit

The five tenets of taekwondo are what we will strive to achieve or enhance through our training.

Taekwondo Oath

Courtesy, Integrity, Perseverance, Self-Control, Indomitable Spirit,
I shall observe the tenets of Taekwondo,
I shall respect my instructors and senior,
I shall never misuse Taekwondo,
I shall be a champion of freedom and justice,
I shall build a more peaceful world.

Tae Kwon-Do History

Tae Kwon-Do is the Korean Art of Self Defence and is the culmination of many styles of Martial Art, but the core techniques and philosophies date back over 2000 years throughout Korea's turbulent history. Tae means foot, Kwon means hand, and Do means way of. Tae Kwon-Do means The Way of Hand and Foot.

This name was invented by the founder of Tae Kwon-Do retired Major General Choi Hong Hi (9th Degree) on April 11th 1955. Tae Kwon-Do was developed from the Korean styles, such as Tae-Kyon and Soo Bak, but it also has strong influences from Shotokan Karate and even Western Boxing.

Belt Colour Meanings

WHITE	Signifies innocence of the beginner who has no knowledge of Tae Kwon-Do.
YELLOW	Signifies the earth in which the seed of Tae Kwon-Do is planted as the foundation of taekwondo is laid.
GREEN	Signifies the plants' growth as the Tae Kwon-Do skills begin to develop.
BLUE	Signifies the heavens towards which the plant matures into a towering tree.
RED	Signifies danger cautioning the student to exercise control and the opponent to stay away.

BLACK	Opposite to white and therefore signifies proficiency and maturity in Tae Kwon-Do Also signifies the wearer's imperviousness to darkness and fear.
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Common Stances

Within Taekwondo there are basic techniques. These can be a little boring to practise but it is important that they are learnt well. These are the building blocks on which all the more complex and fun techniques are based. Much like a house will not stand if its foundations are poor, so a Martial Artist will not be much good if their basics are poor. Some of the more traditional basics seem clumsy and impractical, and perhaps they are! However, they are an excellent training tool and help to develop strong muscles and co-ordination to assist with the more practical and realistic techniques. The most basic of the techniques are the Stances...

Taekwondo has various 'stances' or ways of standing on the floor. These are used primarily in the traditional line work and patterns but can be used in free forms, and to a certain extent sparring.

Attention Stance

Performed when an instructor shouts 'Charyot!', hands are placed straight down at the sides and the student stays perfectly still, chin up, eyes forward, abdominals tight, shoulders relaxed.



Ready Stance

Is one of the basic stances, performed usually when the instructor shouts 'Jumbi!' When performing this stance the student will Kiap. Weight distribution is 50-50, hands placed directly in front of the waist, fists clenched but relaxed. Note both feet face forwards, not splayed outwards.



Shoulder width

Sitting Stance

Weight distributed 50-50, feet parallel, one and one half shoulder widths apart, knees bent, back straight and upright. Sometimes this stance is referred to as horse riding stance because of the position of the legs. Prolonged time spent in this stance develops leg strength and muscle tone.



1½ Shoulder width

Walking Stance

Here the feet are both facing forwards with weight distributed 50-50. The stance is one shoulder width wide and approximately one and one half long. The front knee is bent so that the knee is over the leading foot and the back leg is locked out straight and braced.



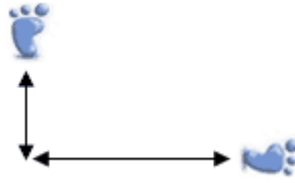
L-Stance

Feet are placed in an 'L' shape so that the front foot would just pass the back if it were pulled back. Weight distribution is 70% on the back leg and 30% on the front. This enables the front foot to be lifted quickly without a lot of posture change. This can be used to avoid attacks (leg sweeps) or to kick easily with using the front leg. It is quite a narrow stance but is between one and one and one half shoulder widths long. Both knees are kept bent.



Fixed Stance

Is similar to L-Stance but is slightly longer (one and one half to two shoulder widths long and the weight distribution is 50 – 50. Another way to think about it is as being the same as sitting stance except one foot is turned at 90



There are more stances which will be taught on the road to Black Belt. These are used in the higher level patterns. However and once the basic stances above are learnt, these others are easily absorbed.

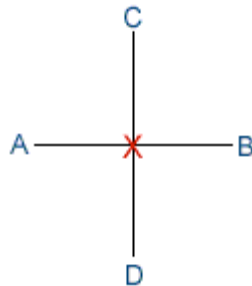
One more common stance is **Fighting Stance**. This stance is not a traditional stance and has no set position. It is a dynamic and changes along with the circumstances. It is also a matter of personal preference to the student how to stand when fighting (much as is how to hold their arms in a guard). As a rough guide however, a fighting stance would be roughly the same as an L-stance but a little wider and a little shorter. Weight would be 50 – 50 and the rear foot turned slightly forwards. This gives a flexible stance, able to change direction easily and maintain balance. As a consequence it is the most commonly used stance for practical purposes when sparring

Four Directional Punching

This is the first traditional exercise learnt by the Taekwondo student. It is not a pattern but is one of the requirements for the first grade from White to Yellow belt. The basic exercise is the same but can be varied by turning the other way (clockwise instead of anti-clockwise) and using different blocks.

Saju – Jirugi (No. 1) – Four Directional Punch

Number of Movements: 7



For this exercise assume that the student is standing on line AB and facing D.

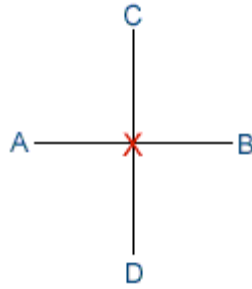
Starting Position: Parallel ready stance

1. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
2. Move the right foot to A forming a left walking stance toward B while executing a low block to B with the left forearm.
3. Move the right foot to B forming a right walking stance toward B while executing a middle punch to B with the right fist.
4. Move the right foot to D forming a left walking stance toward C while executing a low block to C with the left forearm.
5. Move the right foot to C forming a right walking stance toward C while executing a middle punch to C with the right fist.
6. Move the right foot to B forming a left walking stance toward A while executing a low block to A with the left forearm.
7. Move the right foot to A forming a right walking stance toward A while executing a middle punch to A with the right fist.

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

Saju – Jirugi (No. 2) – Four Directional Punch

Number of Movements: 7



For this exercise assume that the student is standing on line AB and facing D.

Starting Position: Parallel ready stance

1. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
2. Move the right foot to A forming a left walking stance toward B while executing a middle block to B with the left forearm.
3. Move the right foot to B forming a right walking stance toward B while executing a middle punch to B with the right fist.
4. Move the right foot to D forming a left walking stance toward C while executing a middle block to C with the left forearm.
5. Move the right foot to C forming a right walking stance toward C while executing a middle punch to C with the right fist.
6. Move the right foot to B forming a left walking stance toward A while executing a middle block to A with the left forearm.
7. Move the right foot to A forming a right walking stance toward A while executing a middle punch to A with the right fist.

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

One Step Sparring (ilbo matsoki)

This is a semi-free form of sparring which is a very useful training tool and is learned from blue belt upwards forming an important part of training. Techniques from the patterns can be practised here on a partner and close quarter timing, distancing, and movement can be honed. These techniques can be directly transferred to Self-Defence. NB. it is lot easier to defend against a swinging punch than a straight punch.

Each partner stands at arms' length apart facing each other. The participants take it in turn to attack each other with both the right hand-side and then the left hand-side. The defender must mirror their first defence on the off-side.

One-Step Sparring (Basic)

One partner attacks using an obverse punch in walking stance. The defender simultaneously defends and counters. Techniques should be appropriate for the grade with lower grades perfecting their distance, focus and timing. The use of strikes, thrusts, blocks and kicks are to be employed (not necessarily all at the same time!). The defender may not use take-downs.

One-Step Sparring (Intermediate)

One partner attacks using an obverse punch in walking stance, the defender should be able to block and counter efficiently and may use take-downs. The counter attacks must be realistic in terms of speed delivered, aggression and precision.

One-Step Sparring (Advanced)

Is the same as intermediate, however the attacker may choose any appropriate hand attack.

Taekwondo Patterns

Learn to pattern meanings in red and the number of moves in each pattern.

Chon – Ji

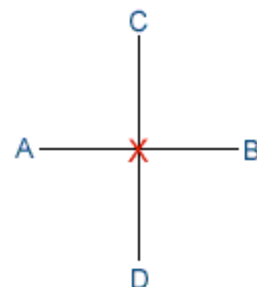
Number of Movements: 19

Meaning of Chon-ji:

CHON- JI means literally "the Heaven the Earth". It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts; one to represent the Heaven and the other the Earth.

The illustrations for this pattern assume that the student is standing on line AB and facing D.

1. Move the left foot to B forming a left walking stance toward B while executing a low block to B with the left forearm.
2. Move the right foot to B forming a right walking stance toward B make a middle punch to B with the right fist.



3. Move the right foot to A, turning clockwise to form a right walking stance toward A while executing a low block to A with the right forearm.
4. Move the left foot to A forming a left walking stance toward A while executing a middle punch to A with the left fist.
5. Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm.
6. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
7. Move the right foot to C turning clockwise to form a right walking stance toward C while executing a low block to C with the right forearm.
8. Move the left foot to C forming a left walking stance toward C while executing a middle punch to C with the left fist.
9. Move the left foot to A forming a right L-stance toward A while executing a middle block to A with the left inner forearm.
10. Move the right foot to A forming a right walking stance toward A while executing a middle punch to A with the right fist.
11. Move the right foot to B turning clockwise to form a left L-stance toward B while executing a middle block to B with the right inner forearm.
12. Move the left foot to B forming a left walking stance toward B while executing a middle punch to B with the left fist.
13. Move the left foot to C forming a right L-stance toward C while executing a middle block to C with the left inner forearm.
14. Move the right foot to C forming a right walking stance toward C while executing a middle punch to C with the right fist.
15. Move the right foot to D turning clockwise to form a left L-stance toward D while executing a middle block to D with the right inner forearm.
16. Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist.
17. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
18. Move the right foot to C forming a left walking stance toward D while executing a middle punch to D with the left fist.
19. Move the left foot to C forming a right walking stance toward D make a middle punch to D with the right fist.

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

Dan-Gun

Number of Movements: 21

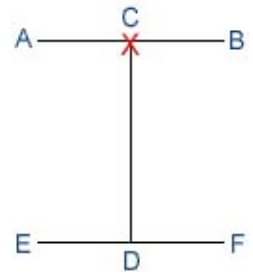
Meaning of Dan-Gun:

DAN-GUN is named after the holy Dan-Gun, the legendary founder of Korea in the year 2333 BC.

Starting Position: Parallel ready stance

1. Move the left foot to B forming a right L-stance toward B, at the same time executing a middle guarding block to B with a knife-hand
2. Move the right foot to B forming a right walking stance toward B while executing a high punch to B with the right fist
3. Move the right foot to A turning clockwise to form a left L-stance toward A, at the same time executing a middle guarding block to A with a knife-hand
4. Move the left foot to A forming a left walking stance toward A while executing a high punch to A with the left fist
5. Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm
6. Move the right foot to D forming a right walking stance toward D while executing a high punch to D with the right fist
7. Move the left foot to D forming a left walking stance toward D while executing a high punch to D with the left fist
8. Move the right foot to D forming a right walking stance toward D while executing a high punch to D with the right fist
9. Move the left foot to E, turning counter clockwise to form a right L-stance toward E while executing a twin forearm block to E
10. Move the right foot to E forming a right walking stance toward E while executing a high punch to E with the right fist
11. Move the right foot to F turning clockwise to form a left L-stance toward F while executing a twin forearm block to F
12. Move the left foot to F forming a left walking stance toward F while executing a high punch to F with the left fist
13. Move the left foot to C forming a left walking stance toward C while executing a low block to C with the left forearm
14. Execute a rising block with the left forearm, maintaining the left walking stance toward C. Perform 13 and 14 in a continuous motion
15. Move the right foot to C forming a right walking stance toward C, at the same time executing a rising block with the right forearm
16. Move the left foot to C forming a left walking stance toward C, at the same time executing a rising block with the left forearm
17. Move the right foot to C forming a right walking stance toward C, at the same time executing a rising block with the right forearm
18. Move the left foot to B turning counter clockwise to form a right L-stance toward B while executing a middle outward strike to B with the left knife-hand
19. Move the right foot to B forming a right walking stance toward B while executing a high punch to B with the right fist
20. Move the right foot to A turning clockwise to form a left L-stance toward A while executing a middle outward strike to A with the right knife-hand
21. Move the left foot to A forming a left walking stance toward A while executing a high punch to A with the left fist

END: Bring the left foot back to a ready posture

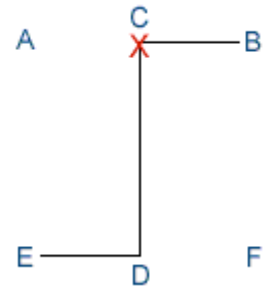


Do-San

Number of Movements: 24

Meaning of Do-San:

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.



Starting Position: Parallel ready stance

1. Move the left foot to B, forming a left walking stance toward B while executing a high side block to B with the left outer forearm
2. Execute a middle punch to B with the right fist while maintaining a left walking stance toward B
3. Move the left foot on line AB, and then turn clockwise to form a right walking stance toward A while executing a high side block to A with the right outer forearm
4. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A
5. Move the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand
6. Move the right foot to D forming a right walking stance toward D while executing a middle thrust to D with the right straight fingertip
7. Twist the right knife-hand together with the body counter clockwise until its palm faces downward and then move the left foot to D, turning counter clockwise to form a left walking stance toward D while executing a high side strike to D with the left back fist
8. Move the right foot to D forming a right walking stance toward D while executing a high side strike to D with the right back fist
9. Move the left foot to E, turning counter clockwise to form a left walking stance toward E while executing a high side block to E with the left outer forearm
10. Execute a middle punch to E with the right fist while maintaining a left walking stance toward E
11. Move the left foot on line EF, and then turn clockwise to form a right walking stance toward F while executing a high side block to F with the right outer forearm
12. Execute a middle punch to F with the left fist while maintaining a right walking stance toward F
13. Move the left foot to CE forming a left walking stance toward CE, at the same time executing a high wedging block to CE with the outer forearm
14. Execute a middle front snap kick to CE with the right foot, keeping the position of the hands as they were in 13
15. Lower the right foot to CE forming a right walking stance toward CE while executing a middle punch to CE with the right fist
16. Execute a middle punch to CE with the left fist while maintaining a right walking stance toward CE. Perform 15 and 16 in a fast motion
17. Move the right foot to CF forming a right walking stance toward CF while executing a high wedging block to CF with the outer forearm
18. Execute a middle front snap kick to CF with the left foot, keeping the position of the hands as they were in 17
19. Lower the left foot to CF forming a left walking stance toward CF while executing a middle punch to CF with the left fist
20. Execute a middle punch to CF with the right fist while maintaining a left walking stance toward CF. Perform 19 and 20 in a fast motion
21. Move the left foot to C forming a left walking stance toward C, at the same time executing a rising block with the left forearm
22. Move the right foot to C forming a right walking stance toward C while executing a rising block with the right forearm
23. Move the left foot to B, turning counter clockwise to form a sitting stance toward D while executing a middle side strike to B with the left knife-hand
24. Bring the left foot to the right foot and then move the right foot to A forming a sitting stance toward D while executing a middle side strike to A with the right knife-hand

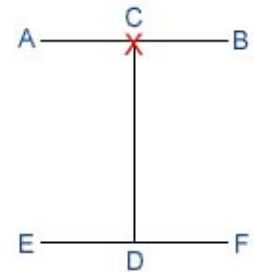
END: Bring the right foot back to a ready posture.

Won-Hyo

Number of Movements: 28

Meaning of Won-Hyo:

WON-HYO was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 AD



Starting Position: Closed ready stance A

1. Move the left foot to B forming a right L-stance toward B while executing a twin forearm block
2. Execute a high inward strike to B with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward B
3. Execute a middle punch to B with the left fist while forming a left fixed stance toward B, slipping the left foot to B
4. Bring the left foot to the right foot and then move the right foot to A, forming a left L-stance toward A while executing a twin forearm block
5. Execute a high inward strike to A with the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward A
6. Execute a middle punch to A with the right fist while forming a right fixed stance toward A, slipping the right foot to A
7. Bring the right foot to the left foot and then turn the face toward D while forming a right bending ready stance A toward D
8. Execute a middle side piercing kick to D with the left foot
9. Lower the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand
10. Move the right foot to D forming a left L-stance toward D while executing a guarding block to D with a knife-hand
11. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand
12. Move the right foot to D forming a right walking stance toward D while executing a middle thrust to D with the right straight finger tip
13. Move the left foot to E turning counter clockwise to form a right L-stance toward E, at the same time executing a twin forearm block
14. Execute a high inward strike to E with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward E
15. Execute a middle punch to E with the left fist while forming a left fixed stance toward E, slipping the left foot to E
16. Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a twin forearm block
17. Execute a high inward strike to F with the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward F
18. Execute a middle punch to F with the right fist while forming a right fixed stance toward F, slipping the right foot to F
19. Bring the right foot to the left foot and then move the left foot to C forming a left walking stance toward C while executing a circular block to CF with the right inner forearm
20. Execute a low front snap kick to C with the right foot, keeping the position of the hands as they were in 19
21. Lower the right foot to C forming a right walking stance toward C while executing a middle punch to C with the left fist
22. Execute a circular block to CE with the left inner forearm while maintaining a right walking stance toward C
23. Execute a low front snap kick to C with the left foot, keeping the position of the hands as they were in 22
24. Lower the left foot to C forming a left walking stance toward C while executing a middle punch to C with the right fist
25. Turn the face toward C forming a left bending ready stance A toward C
26. Execute a middle side piercing kick to C with the right foot
27. Lower the right foot on line CD and then move the left foot to B, turning counter clockwise to form a right L-stance toward B, at the same time executing a middle guarding block to B with the forearm
28. Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A while executing a middle guarding block to A with the forearm

END: Bring the right foot back to a ready posture

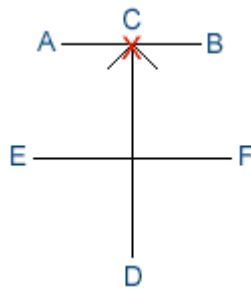
Yul-Gok

Number of Movements: 38

Meaning of Yul-Gok:

YUL-GOK is the pseudonym of a great philosopher and scholar Yi I (1536-1584) nicknamed the "Confucius of

Korea" The 38 movements of this pattern refer to his birthplace on 38° latitude and the diagram represents "scholar".



Starting Position: PARALLEL READY STANCE

1. Move the left foot to B forming a sitting stance toward D while extending the left fist to D horizontally.
2. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.
3. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D. Perform 2 and 3 in a fast motion.
4. Bring the left foot to the right foot and then move the right foot to A forming a sitting stance toward D while extending the right fist to D horizontally.
5. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.
6. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D. Perform 5 and 6 in a fast motion.
7. Move the right foot to Ad forming a right walking stance toward AD while executing a middle side block to AD with the right inner forearm.
8. Execute a low front snap kick to AD with the left foot keeping the position of the hands as they were in 7.
9. Lower the left foot to AD forming a left walking stance toward AD while executing a middle punch to AD with the left fist.
10. Execute a middle punch to AD with the right fist while maintaining a left walking stance toward AD. Perform 9 and 10 in a fast motion.
11. Move the left foot to BD forming a left walking stance toward BD at the same time executing a middle side block to BD with the left inner forearm.
12. Execute a low front snap kick to BD with the right foot keeping the position of the hands as they were in 11.
13. Lower the right foot to BD forming a right walking stance toward BD while executing a middle punch to BD with the right fist.
14. Execute a middle punch to BD with the left fist while maintaining a right walking stance toward BD. Perform 13 and 14 in a fast motion.
15. Execute a middle hooking block to D with the right palm while forming a right walking stance toward D, pivoting with the left foot.
16. Execute a middle hooking block to D with the left palm while maintaining a right walking stance toward D.
17. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D. Execute 16 and 17 in a connecting motion.
18. Move the left foot to D forming a left walking stance toward D while executing a middle hooking block to D with the left palm.
19. Execute a middle hooking block to D with the right palm while maintaining a left walking stance toward D.
20. Execute a middle punch to D with the left fist while maintaining a left walking stance toward D. Execute 19 and 20 in a connecting motion.
21. Move the right foot to D forming a right walking stance toward D at the same time executing a middle punch to D with the right fist.
22. Turn the face toward D forming a right bending ready stance A toward D.
23. Execute a middle side piercing kick to D with the left foot.
24. Lower the left foot to D forming a left walking stance toward D while striking the left palm with the right front elbow.
25. Turn the face toward C forming a left bending ready stance A toward C.
26. Execute a middle side piercing kick to C with the right foot.
27. Lower the right foot to C forming a right walking stance toward C while striking the right palm with the left front elbow.
28. Move the left foot to E forming a right L-stance toward E while executing a twin knife-hand block.

29. Move the right foot to E forming a right walking stance toward E while executing a middle thrust to E with the right straight finger tip.
30. Move the right foot to F turning clockwise to form a left L-stance toward F while executing a twin knife-hand block.
31. Move the left foot to F forming a left walking stance toward F while executing a middle thrust to F with the left straight finger tip.
32. Move the left foot to C forming a left walking stance toward C while executing a high side block to C with the left outer forearm.
33. Execute a middle punch to C with the right fist while maintaining a left walking stance toward C.
34. Move the right foot to C forming a right walking stance toward C while executing a high side block to C with the right outer forearm.
35. Execute a middle punch to C with the left fist while maintaining a right walking stance toward C.
36. Jump to C forming a left X-stance toward B while executing a high side strike to C with the left back fist.
37. Move the right foot to A forming a right walking stance toward A at the same time executing a high block to A with the right double forearm.
38. Bring the right foot to the left foot and then move the left foot to B forming a left walking stance toward B while executing a high block to B with the left double forearm.

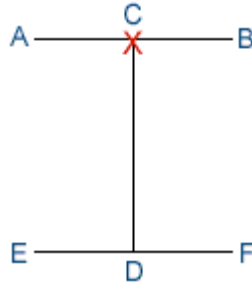
END: Bring the left foot back to a ready posture.

Joong-Gun

Number of Movements: 32

Meaning of Joong-Gun:

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 a Lui-Shung prison (1910).



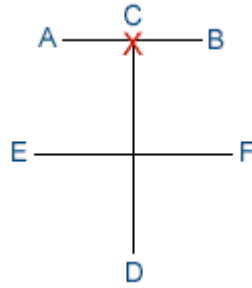
1. Move the left foot to B forming a right L-stance toward B while executing a middle block to B with the left reverse knife-hand.
2. Execute a low side front snap kick to B with the left foot, keeping the position of the hands as they were in 1.
3. Lower the left foot to B and then move the right foot to B forming a left rear foot stance toward B while executing an upward block with a right palm.
4. Move the right foot to A forming a left L-stance toward A, at the same time executing a middle block to A with a right reverse knife-hand.
5. Execute a low side front snap kick to A with the right foot, keeping the position of the hands as they were in 4.
6. Lower the right foot to A and then move the left foot to A forming a right rear foot stance toward A while executing an upward block with a left palm.
7. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
8. Execute a right upper elbow strike while forming a left walking stance toward D, slipping the left foot to D.
9. Move the right foot to D forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
10. Execute a left upper elbow strike while forming a right walking stance toward D, slipping the right foot to D.
11. Move the left foot to D forming a left walking stance toward D while executing a high vertical punch to D with a twin fist.
12. Move the right foot to D forming a right walking stance toward D while executing an upset punch to D with a twin fist.
13. Move the right foot on line CD and then turn counter clockwise to form a left walking stance toward C while executing a rising block with an X-fist.
14. Move the left foot to E forming a right L-stance toward E while executing a high side strike to E with the left back fist.
15. Twist the left fist counter clockwise until the back fist faces downward, at the same time forming a left walking stance toward E, slipping the left foot to E.
16. Execute a high punch to E with the right fist while maintaining a left walking stance toward E. Perform 15 and 16 in a fast motion.
17. Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a high side strike to F with a right back fist.
18. Twist the right fist clockwise until the back fist faces downward, at the same time forming a right walking stance toward F, slipping the right foot to F.
19. Execute a high punch to F with the left fist while maintaining a right walking stance toward F. Perform 18 and 19 in a fast motion.
20. Bring the right foot to the left foot and then move the left foot to C forming a left walking stance toward C while executing a high block to C with a left double forearm.
21. Execute a middle punch to C with the left fist while forming a right L-stance toward C, pulling the left foot.
22. Execute a middle side piercing kick to C with the right foot.
23. Lower the right foot to C forming a right walking stance toward C while executing a high block to C with the right double forearm.
24. Execute a middle punch to C with the right fist while forming a left L-stance toward C, pulling the right foot.
25. Execute a middle side piercing kick to C with the left foot.

26. Lower the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with the forearm.
27. Execute a pressing block with the right palm while forming a left low stance toward C, slipping the left foot to C. Perform in slow motion.
28. Move the right foot to C forming a left L-stance toward C while executing a middle guarding block to C with the forearm.
29. Execute a pressing block with the left palm while forming a right low stance toward C, slipping the right foot to C. Perform in a slow motion.
30. Bring the left foot to the right foot forming a closed stance toward A while executing an angle punch with the right fist. Perform in slow motion.
31. Move the right foot to A forming a right fixed stance toward A while executing a U-shape block to A.
32. Bring the right foot to the left foot and then move the left foot to B forming a left fixed stance toward B, at the same time executing a U-shape block to B.

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

Toi-Gye

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 37 latitude, the diagram represents "scholar".



TOI-GYE

Movements - 37

Ready Posture - CLOSED READY STANCE B

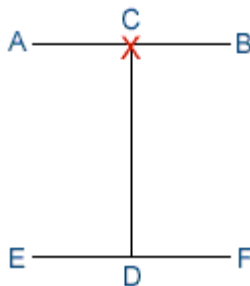
1. Move the left foot to B forming a right L-stance toward B while executing a middle block to B with the left inner forearm.
2. Execute a low thrust to B with the right upset finger tip while forming a left walking stance toward B, slipping the left foot to B.
3. Bring the left foot to the right foot to form a closed stance toward D while executing a side back strike to C with the right back fist, extending the left arm to the side downward. Perform in slow motion.
4. Move the right foot to A forming a left L-stance toward A while executing a middle block to A with the right inner forearm.
5. Execute a low thrust to A with the left upset finger tip while forming a right walking stance toward A, slipping the right foot to A.
6. Bring the right foot to the left foot to form a closed stance toward D while executing a side back strike to C with the left back fist, extending the right arm to the side downward. Perform in slow motion.
7. Move the left foot to D forming a left walking stance toward D while executing a pressing block with an X-fist.
8. Execute a high vertical punch to D with a twin fist while maintaining a left walking stance toward D. Perform 7 and 8 in a continuous motion.
9. Execute a middle front snap kick to D with the right foot, keeping the position of the hands as they were in 8.
10. Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
11. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D.
12. Bring the left foot to the right foot forming a closed stance toward F while executing a twin side elbow thrust. Perform in slow motion.
13. Move the right foot to F in a stamping motion forming a sitting stance toward C while executing a W-shape block to C with the right outer forearm.
14. Move the left foot to F in a stamping motion turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm.
15. Move the left foot to E in a stamping motion turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm.
16. Move the right foot to E in a stamping motion turning counter clockwise to form a sitting stance toward D while executing a W-shape block to D with the right outer forearm.
17. Move the left foot to E in a stamping motion turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm.
18. Move the left foot to F in a stamping motion turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm.
19. Bring the right foot to the left foot and then move the left foot to D forming a right L-stance toward D while executing a low pushing block to D with the left double forearm.
20. Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward D, slipping the left foot to D.
21. Execute an upward kick with the right knee while pulling both hands downward.
22. Lower the right foot to the left foot and then move the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand.
23. Execute a low side front snap kick to C with the left foot, keeping the position of the hands as they were in 22.

24. Lower the left foot to C forming a left walking stance toward C while executing a high thrust to C with the left flat finger tip.
25. Move the right foot to C forming a left L-stance toward C while executing a middle guarding block to C with a knife-hand.
26. Execute a low side front snap kick to C with the right foot, keeping the position of the hands as they were in 25.
27. Lower the right foot to C forming a right walking stance toward C while executing a high thrust to C with the right flat finger tip.
28. Move the right foot to D forming a right L-stance toward C while executing a side back strike to D with the right back fist and a low block to C with the left forearm.
29. Jump to C forming a right X-stance toward A while executing a pressing block with an X-fist.
30. Move the right foot to C forming a right walking stance toward C while executing a high block to C with the right double forearm.
31. Move the left foot to B forming a right L-stance toward B while executing a low guarding block to B with a knife-hand.
32. Execute a circular block to BD with the right inner forearm while forming a left walking stance toward B, slipping the left foot to B.
33. Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A, at the same time executing a low guarding block to A with a knife-hand.
34. Execute a circular block to AD with the left inner forearm while forming a right walking stance toward A, slipping the right foot to A.
35. Execute a circular block to CE with the right inner forearm while forming a left walking stance toward CE.
36. Execute a circular block to AD with the left inner forearm while forming a right walking stance toward A.
37. Move the right foot on line AB to form a sitting stance toward D while executing a middle punch to D with the right fist.

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

Hwa-Rang

HWA-RANG is named after the Hwa-Rang youth group, which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwondo developed into maturity.



HWA-RANG

Movements - 29

Ready Posture - CLOSED READY STANCE C

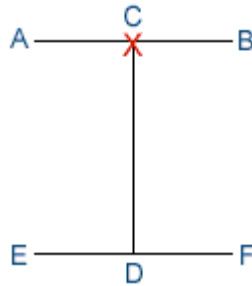
1. Move the left foot to B to form a sitting stance toward D while executing a middle pushing block to D with the left palm.
2. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.
3. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.
4. Execute a twin forearm block while forming a left L-stance toward A, pivoting with the left foot.
5. Execute an upward punch with the left fist while pulling the right side fist in front of the left shoulder, maintaining a left L-stance toward A.
6. Execute a middle punch to A with the right fist while forming a right fixed stance toward A in a sliding motion.
7. Execute a downward strike with the right knife-hand while forming a left vertical stance toward A, pulling the right foot.
8. Move the left foot to A forming a left walking stance toward A while executing a middle punch to A with the left fist.
9. Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm.
10. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
11. Pull the left foot toward the right foot while bringing the left palm to the right fore fist, at the same time bending the right elbow about 45 degrees outward.
12. Execute a middle side piercing kick to D with the right foot while pulling both hands in the opposite direction and then lower it to D forming a left L-stance toward D, at the same time executing a middle outward strike to D with the right knife-hand.
13. Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist.
14. Move the right foot to D forming a right walking stance toward D at the same time executing a middle punch to D with the right fist.
15. Move the left foot to E turning counter clockwise to form a right L-stance toward E while executing a middle guarding block to E with a knife-hand.
16. Move the right foot to E forming a right walking stance toward E while executing a middle thrust to E with the right straight finger tip.
17. Move the right foot on line EF forming a right L-stance toward F while executing a middle guarding block to F with a knife-hand.
18. Execute a high turning kick to DF with the right foot and then lower it to F.
19. Execute a high turning kick to CF with the left foot and then lower it to F forming a right L-stance toward F while executing a middle guarding block to F with a knife-hand. Perform 18 and 19 in a fast motion.
20. Move the left foot to C forming a left walking stance toward C while executing a low block to C with the left forearm.
21. Execute a middle punch to C with the right fist while forming a right L-stance toward C, pulling the left foot.
22. Move the right foot to C forming a left L-stance toward C while executing a middle punch to C with the left fist.
23. Move the left foot to C forming a right L-stance toward C while executing a middle punch to C with the right fist.
24. Execute a pressing block with an X-fist while forming a left walking stance toward C, slipping the left foot to C.
25. Move the right foot to C in a sliding motion forming a right L-stance toward D while thrusting to C with the right side elbow.
26. Bring the left foot to the right foot, turning counter clockwise to form a closed stance toward B while executing a side front block with the right inner forearm while extending the left forearm to the side downward.
27. Execute a side front block with the left inner forearm, extending the right forearm to the side downward while maintaining a closed stance toward B.
28. Move the left foot to B forming a right L-stance toward B at the same time executing a middle guarding block to B with a knife-hand.

29. Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A while executing a middle guarding block to A with a knife-hand.

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

Choong-Moo

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.



CHOONG-MOO

Movements - 30

Ready Posture - PARALLEL READY STANCE

1. Move the left foot to B forming a right L-stance toward B while executing a twin knife-hand block.
2. Move the right foot to B forming a right walking stance toward B while executing a high front strike to B with the right knife-hand and bring the left back hand in front of the forehead.
3. Move the right foot to A turning clockwise to form a left L-stance toward A while executing a middle guarding block to A with a knife-hand.
4. Move the left foot to A forming a left walking stance toward A while executing a high thrust to A with the left flat finger tip.
5. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
6. Turn the face to C forming a left bending ready stance A toward C.
7. Execute a middle side piercing kick to C with the right foot.
8. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
9. Execute a flying side piercing kick to D with the right foot soon after moving it to D and then land to D forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
10. Move the left foot to E turning counter clockwise to form a right L-stance toward E at the same time executing a low block to E with the left forearm.
11. Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward E, slipping the left foot.
12. Execute an upward kick to E with the right knee pulling both hands downward.
13. Lower the right foot to the left foot and then move the left foot to F forming a left walking stance toward F while executing a high front strike to F with the right reverse knife-hand, bringing the left back hand under the right elbow joint.
14. Execute a high turning kick to DF with the right foot and then lower it to the left foot.
15. Execute a middle back piercing kick to F with the left foot. Perform 14 and 15 in a fast motion.
16. Lower the left foot to F forming a left L-stance toward E while executing a middle guarding block to E with the forearm.
17. Execute a middle turning kick to DE with the left foot.
18. Lower the left foot to the right foot and then move the right foot to C forming a right fixed stance toward C while executing a U-shape block toward C.
19. Jump and spin around counter clockwise, landing on the same spot to form a left L-stance toward C while executing a middle guarding block to C with a knife-hand.
20. Move the left foot to C forming a left walking stance toward C at the same time executing a low thrust to C with the right upset fingertip.
21. Execute a side back strike to D with the right back fist and a low block to C with the left forearm while forming a right L-stance toward C, pulling the left foot.
22. Move the right foot to C forming a right walking stance toward C while executing a middle thrust to C with the right straight finger tip.
23. Move the left foot to B turning counter clockwise to form a left walking stance toward B while executing a high block to B with the left double forearm.

24. Move the right foot to B forming a sitting stance toward C while executing a middle front block to C with the right forearm and then a high side strike to B with the right back fist.
25. Execute a middle side piercing kick to A with the right foot turning counter clockwise and then lower it to A.
26. Execute a middle side piercing kick to A with the left foot turning clockwise.
27. Lower the left foot to A and then execute a checking block to B with an X-knife-hand while forming a left L-stance toward B pivoting with the left foot.
28. Move the left foot to B forming a left walking stance toward B while executing an upward block to B with a twin palm.
29. Move the left foot on line AB and then execute a rising block with the right forearm while forming a right walking stance toward A.
30. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A.

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

Individual Questions

As a Black Belt a student is expected to think for themselves and there may be some open ended questions where there is no single right answer, as it is up to the student to give their own view. Some examples to think about prior to the grading are shown below.

Why do you want to be a Black Belt?

What do you feel you have gained from practicing Taekwondo?

What ambitions do you have in Taekwondo if you pass your Black Belt?

Which aspect of Taekwondo do you enjoy most and Why?

Basic Korean Terminology

Only learn the words in red for 1st Degree Black Belt

A

Abdomen	BOKBOO
Alternate back hand	EUHKALLIN SONDUNG
Alternate forearm	EUHKALLIN PALMOK
Alternate palm	EUHKALLIN SONBADAK
Angle fingertip	HOMI SONKUT
Angle punch	GIOKJA JIRUGI
Arc-hand	BANDAL SON
Attack technique	GONG GYOKGI
Attention	CHARYOT
Attention stance	CHARYOT SOGI
Axe kick	NAERYO CHAGI

B

Back elbow
Back fist
Back forearm
Back hand
Back heel
Back piercing kick
Back pushing kick
Back snap kick
Back sole
Back tibia
Backwards
Ball of the foot
Base of the knifehand
Bear hand
Belt
Bending ready stance
Block/blocking
Body dropping
Bow
Bow posture
Bow wrist
Breath control

DWIT PALKUP
DUNG JOOMUK
DUNG PALMOK
SONDUNG
DWITCHOOK
DWIT CHAJIRUGI
DWIT CHA MILGI
DWIT CHABUSIGI
DWIT KUMCHI
DWIT KYONG GOL
DWIYO KAGGI
AP KUMCHI
SONKAL BATANG
GOMSON
TI
GUBURYO CHUNBI SOGI
MAKGI
MOM NACHUGI
KYONG YE
KYONG YE JASE
SONMOK DUNG
HOHUP JOJUL

C

Checking block
Checking kick
Chest
Circular block
Closed ready stance
Closed stance
Combination
Competition
Concentration
Consecutive attack
Consecutive kick
Counter
Courtesy
Covering
Crescent kick
Crescent punch
Crescent strike
Cross-cut
Crouched stance

MOMCHAU MAKGI
MOMCHAU CHAGI
GASUM
DOLLIMYO MAKGI
MOA CHUNBI SOGI
MOA SOGI
HONAP
KYONG GI
JIP JOONG
YONSOK GONG GYOK
YONSOK CHAGI
BADA
YE UI
KARIOOGI
BANDAL CHAGI
BANDAL JIRUGI
BANDAL TAERIGI
GHUTGI
OGURYO SOGI

D

Defence against an armed opponent
Defence technique
Demonstration
Diagonal stance
Dismissed
Dodging
Double arc hand block
Double attack

DAE MOOGI
BANG EAU GI
SIBUM
SASUN SOGI
HAESSAN
PIHAMYO
DOO BANDALSON MAKGI
I-JUNG GONG GYOK

Double finger
Double fist punch
Double forearm block
Double kick
Double-step
Downward
Downward block
Downward kick
Downward punch
Downward strike
Downward thrust
Dynamic stability

DOO SONGARAK
DOO JOOMUK JIRUGI
DOO PALMOK MAKGI
I-JUNG CHAGI
IBO OMGYO DIDIGI
NAERYO
NAERYO MAKGI
NAERYO CHAGI
NAERYO JIRUGI
NAERYO TAERIGI
NAERYO TULGI
DONGTCHUK ANJONG

E

Elbow
Equilibrium
Etiquette
Extremities

PALKUP
KYUN HYUNG
YE JOL
PAL GWA DARI

F

Finger belly
Finger pincers
Fingertips
Fixed stance
Flat fingertip
Flying
Flying double kick
Flying high kick
Flying scissors-shape kick
Flying side-twisting kick
Flying spiral kick
Flying triple kick
Flying twin foot kick
Flying two-direction kick
Focus shield
Foot lift
Foot parts
Foot shifting
Foot sparring
Foot tackling
Foot techniques
Forearm
Forefinger
Forefist
Forehead
Fore-knuckle fist
Forging post
Forwards
Four-directional block
Four-directional punch
Free sparring
Front block
Front checking kick
Front downward strike

SONGARAK BADAK
JIPGE SON
SONKUT
GOJONG SOGI
OPUN SONKUT
TWIMYO
TWIMYO I-JUNG CHAGI
TWIMYO NOPI CHAGI
TWIMYO KAWI CHAGI
TWIMYO YOP BITURO CHAGI
TWIMYO RASONSİK CHAGI
TWIMYO SAMJUNG CHAGI
TWIMYO SANGBAL CHAGI
TWIMYO SANGBANG CHAGI
CHOTJUM BANGPAE
BAL DULGI
HABANSIN
JAJUN BAL
BAL MATSOKI
BAL GOLGI
BAL GISOOL
PALMOK
HAN SONGARAK
AP JOOMUK
IMA
INJI JOOMUK
DOLLYON JOO
APRO KAGGI
SAJO MAKGI
SAJO JIRUGI
JAYOO MATSOKI
AP MAKGI
AP MOMCHAU CHAGI
AP NAERYO TAERIGI

Front elbow strike
Front rising kick
Front snap kick
Front strike
Fundamental exercises

AP PALKUP TAERIGI
AP CHAOLLIGI
AP CHABUSIGI
AP TAERIGI
GIBON YONSUP

G

Grasp
Grasping block
Grasping kick
Ground
Guarding block

JAPGI
BUTJABA MAKGI
BUTJAPGO CHAGI
NOOWO
DAEBI MAKGI

H

Hand parts
Hand techniques
Head
High
Holding
Hooking kick
Hooking block
Horizontal block
Horizontal punch
Horizontal thrust
Humanity

SANG BANSIN
SON GISOOL
MORI
NOPUNDE
BACHIGI
GOLCHO CHAGI
GOLCHO MAKGI
SOOPYONG MAKGI
SOOPYONG JIRUGI
SOOPYONG TULGI
IN

I

Indomitable spirit
Inner ankle joint
Inner forearm
Inner tibia
Inside block
Instep
Instructor
Integrity
Inward

BAEKJUL BOOLGOOL
AN BALMOK GWANJOL
AN PALMOK
AN KYONG GOL
AN MAKGI
BALDUNG
SABUM
YOM CHI
ANURO

J

Jumping

TWIGI

K

Kick
Knee
Knifehand
Knuckle fist

CHAGI
MOORUP
SONKAL
SONGARAK JOOMUK

L

Left
Long fist
Low
Low stance
L-stance
Luring block

WEN
GHIN JOOMUK
NAJUNDE
NACHUO SOGI
NIUNJA SOGI
YUIN MAKGI

M

Mid-air
Middle
Middle knuckle fist
Mirror
Moral culture
Mountain
Mountain climbing

TWIO
KAUNDE
JOONGII JOOMUK
KO UL
JUNGSHIN SOOYANG
SAN
DUNG SAN

N

Neck
Nine (9) shape block

MOK
GUTJA MAKGI

O

Occiput
One-leg stance
One-step sparring
Open fist
Open ready stance
Outer ankle joint
Outer forearm
Outer tibia
Outside block
Outward
Overhead kick
Overlapped back hand

HUDOO
WAE BAL SOGI
ILBO MATSOKI
PYON JOOMUK
PALJA CHUNBI SOGI
BAKAT BALMOK GWANJOL
BAKAT PALMOK
BAKAT KYONG GOL
BAKAT MAKGI
BAKURO
TWIO NOMO CHAGI
POGAEN SONDUNG

P

Palm
Parallel
Parallel block
Parallel ready stance
Pattern
Perseverance
Philosophy
Piercing kick
Press finger
Press-ups

SONBADAK
NARANI
NARANI MAKGI
NARANI CHUNBI SOGI
TUL
IN NAE
CHUL HAK
CHA JIRUGI
JIAP
MOMTONG BACHIA

Pressing
Pressing block
Pressing kick
Punch
Pushing block

NOOLLO
NOOLLO MAKGI
NOOLLO CHAGI
JIRUGI
MIRO MAKGI

Q

R

Reaction force
Ready
Rear foot stance
Reflex kick
Relax
Release from grab
Return to ready stance
Reverse
Reverse footsword
Reverse knifehand
Right
Righteousness
Rising block
Rising kick

BANDONG RYOK
CHUNBI
DWIT BAL SOGI
BANSAL CHAGI
CHO'S
JAPIO SUL TAE
BARROL
BANDAE
BALKAL DUNG
SONKAL DUNG
ORUN
UI
CHOOKYO MAKGI
CHAOLLIGI

S

Scooping block
Section of the body
Self-control
Self-defence techniques
Semi-free sparring
Shift-step
Shin
Shoulder
Side
Side elbow
Side fist
Side instep
Side kick
Side-piercing kick
Side punch
Side-rising kick
Side sole
Side thrust kick
Single
Sitting stance
Skip kick
Sliding
Sparring
Speed
Spot turn

DURO MAKGI
MOM DUNGBOON
GUK GI
HOSIN SUL
BAN JAYOO MATSOKI
JAJUNBAL OMGYO DIDIGI
JONG KWAENG-I
EUHKE
YOP
YOP PALKUP
YOP JOOMUK
YOP BALDUNG
YOP CHAGI
YOP CHAJIRUGI
YOP JIRUGI
YOP CHAOLLIGI
YOP BAL BADAQ
YOP CHA TULGI
WAE
ANNUN SOGI
DURO GAMYO CHAGI
MIKULGI
MATSOKI
SOKDO
GUJARI DOLGI

Stability
Stamping kick
Stance
Start
Static
Stepping
Stop
Straight
Straight elbow
Straight fingertip thrust
Strike
Student
Sweeping block
Sweeping kick

ANJONG
CHA BAPGI
SOGI
SIJAK
JUNGTCHUK
OMGYO DIDIGI
GOMAN
SON
SON PALKUP
SON SONKUT TULGI
TAERIGI
JEJA
HULLYO MAKGI
GORO *or* SUROH CHAGI

T

Tenet
Thank you
(You're welcome)
Theory of power
Three-step sparring
Thrust
Thumb
Thumb knuckle fist
Thumb ridge
Tibia
Toe edge
Toes
Training
Training hall
Training suit
Treble step
Triple
Trust
Tumbling kick
Turn
Turning kick
Turning punch
Twin
Twin elbow
Twin forearm block
Twin knifehand block
Twin palm block
Twin upset punch
Twin vertical punch
Twisting kick
Two-direction kick
Two-step sparring

JUNGSHIN
KAM SA HAMNIDA
CHEON MANEYO
HIM UI WOLLI
SAMBO MATSOKI
TULGI
UMJI
UMJI JOOMUK
UMJI BATANG
KYONG GOL
BALGARAK NAL
BALKUT
SOORYON
DOJANG
DOBOK
SAMBO OMGYO DIDIGI
SAMJUNG
SHIN
JOMA CHAGI
DWIYO TORRO
DOLLYO CHAGI
DOLLYO JIRUGI
SANG
SANG PALKUP
SANG PALMOK MAKGI
SANG SONKAL MAKGI
SANG SONBADAK MAKGI
SANG DWIJIBO JIRUGI
SANG SEWO JIRUGI
BITURO CHAGI
SANGBANG CHAGI
IBO MATSOKI

U

Under fist
Under forearm

MIT JOOMUK
MIT PALMOK

Upper elbow strike
Upset fingertip thrust
Upset punch
Upward
U-shape block
U-shape grasp
U-shape punch

WI PALKUP TAERIGI
DWIJIBUN SONKUT TULGI
DWIJIBO JIRUGI
OLLYO
DIGUTJA MAKGI
DIGUTJA JAPGI
DIGUTJA JIRUGI

V

Vertical kick
Vertical punch
Vertical stance

SEWO CHAGI
SEWO JIRUGI
SOOJIK SOGI

W

Waist block
Walking ready stance
Walking stance
Warrior ready stance
Waving kick
Wedging block
Wisdom
W-shape block

HORI MAKGI
GUNNUN CHUNBI SOGI
GUNNUN SOGI
MOOSA CHUNBI SOGI
DORO CHAGI
HECHYO MAKGI
JI
SAN MAKGI

X

X-fist
X-knifehand
X-stance

KYOCHA JOOMUK
KYOCHA SONKAL
KYOCHA SOGI

Y

Z