

E v o l u t i o n T a e K w o n - D o

STUDENT HANDBOOK

Written by Simon Wachon
Published by Evolution TKD

Senior Red Syllabus (Red Belt all Grades)

Published By EvolutionTKD;

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Printed and bound in the United Kingdom

Red Belt 2nd Kup Syllabus

Traditional Line Work

“L” stance, twin forearm block, obverse upward punch, slide feet forward to fixed stance side punch, pull up, vertical stance, downward knife hand strike. *Niunja sogi, sang sonkal makgi, ollyo jurugi, gojong sogi, yop jurugi, soojik sogi, naeryo sonkal tirigi.*

Walking stance, obverse punch, grab fist & pull up to rear foot stance, front leg side kick, landing in “L” stance, reverse Knife hand strike. *Gunnun sogi, bandae jurugi, jappynosol tae, dwit bal sogi, yop chagi, niunja sogi, bandae sonkal makgi.*

“L” stance, knife hand guarding block, stepping forward twice with two consecutive high turning Kicks, land “L” stance, knife hand guarding block. *Niunja sogi, sonkal daebi makgi, yonsok nopunde dollyo chagi, niunja sogi, sonkal daebi makgi.*

Walking stance, low outer forearm block, pull the front foot back to “L” stance, obverse punch. *Gunnun sogi, najunde bakat palmok makgi, niunja sogi, kaunde bandae jurugi.*

Walking stance, low “X” block, sliding forwards into backward facing “L” stance, side elbow strike. *Gunnun sogi, najunde kyocha makgi, niunja sogi, yop palkup tirigi.*

Walking stance, obverse low outer forearm block, reverse rising knife hand block, pivot on front foot 180 reverse step, “L” stance knife hand guarding block, slip forward walking stance, reverse punch. *Gunnun sogi, barro najunde bakat palmok makgi, bandae chookyo sonkal makgi, niunja sogi, sonkal daebi makgi, gunnun sogi, bandae jurugi.*

Pattern / Form

Tul / Hyung / Pomse

Hwa Rang (29 movements) must be performed.

Line Work in Fighting Stance

All techniques to be performed in a fighting stance with a boxing guard maintained at all times.

Obverse jab, reverse punch. *Barro jurugi, bandae jurugi.*

Skip obverse jab, skip obverse back fist strike, stepping through overhead cross. *Barro jurugi, barro dung dumok tirigi, bandae jurugi.*

Jumping turning kick. *Twigidollyo chagi.*

Step in 180 or 360 flying reverse side kick. *Twimyo bandae yop chagi.*

Side step, ridge hand strike, rear leg turning kick, followed by flying reverse side kick.

*Sonkal dung tirigi, dollyo chagi,
twimyo bandae yop chagi.*

Obverse jab, reverse punch followed by flying side kick.

*Barro jurugi, bandae jurugi,
twimyo yop chagi.*

Rear leg high turning kick, rear leg high turning kick, high reverse turning kick, reverse punch.

*Yonsok dollyo chagi,
bandae dollyo chagi, bandae jurugi.*

Slip step, reverse (front hand) ridge hand strike, reverse (front leg) jumping turning kick.

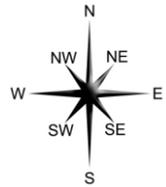
*Nopunde sonkal tirigi,
twigi dollyo chagi.*

One Step Sparring (Ilbo Matsoki) With Arranged Attack & Defence

Students should be expected to have gained sufficient knowledge to be able to perform random one step techniques between numbers 1 & 35.

Self Defence – Arranged attack with freestyle defence.

All attacks to be performed from left fighting stance with modern boxing guard, all the attacks are varied as written below. For directional reference please use compass points. Attacks are towards the North, defences are not set and are performed from parallel stance with the arms relaxed at the hips



(Numbers 1 Through to 5)

1. Skip forward (N) fighting stance, left jab.
2. Skip forward (N) fighting stance, right hand downwards side fist attack.
3. Step right leg (N) fighting stance, (novice style) haymaker punch.
4. 180° right leg back step (N) L stance, right knife hand strike.
5. Skip forward (N) left fighting stance, left collar grab whilst threatening punch with right hand.

Destruction/Power Testing (Focused at breakable boards)

Destruction is done to prove correct technique using the correct parts of the body to effect the breaking of a breakable joint in a specially designed plastic board. If the technique is proven to be carried out correctly, then minimum force will be felt by the student attempting to break, incorrect technique or attacking part of the body used to execute a break can result in pain or even injury to occur. Breaking, as well as showing effective technique, also shows correct focus of the body, speed through the break, accuracy, flexibility and most importantly of all, determination.

The following techniques are to be attempted at this level:

- | | |
|---|--------------------------|
| Execute a knife hand strike at solar plexus height. | <i>Sonkal tirigi,</i> |
| Execute a reverse side kick at middle section. | <i>Bandae Yop chagi,</i> |
| Free Sparring (& possibly Grappling & 2 against 1) | <i>Jayoo Matsoki</i> |

Red Belt Students Should Know

All of The Theory From Their previous

Gradings, Plus The Following “Extra” Terminology And Information :-

<p>Body Part, Attacking Tools</p> <p>Side fist <i>Yop Dumok.</i></p> <p>Hand Attacks</p> <p>Upward punch <i>Ollyo jurugi.</i></p> <p>Side elbow <i>Yop palkup.</i></p> <p>Stances</p> <p>Rear foot stance <i>Dwit bal sogi.</i></p>	<p>General Terms</p> <p>Front palm grasp <i>Ap sonbadak japki.</i></p> <p>Blocks</p> <p>Pushing Block <i>Mirro makgi.</i></p> <p>Downward knife hand strike <i>Naeryo sonkal tirigi.</i></p> <p>Downward side fist strike <i>Naeryo yop dumok tirigi.</i></p> <p>Downwards “X” block <i>Haeryo kyocha makgi.</i></p>
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The Colour Red Signifies :

Danger, and is a caution not only to an opponent to keep their distance and to be aware, but also to the wearer to be cautious and mindful of their abilities. In many ways, whilst wearing Red, a student is at their peak, training very hard for what they think is their ultimate goal, to obtain Black Belt ! A Red belt student is hungry and close to becoming a Black Belt, but however, they do not really know what becoming a Black will do or mean for them. They should be cautious and not expect anything other than a change of colour, and must be content to train hard and find out what Black means to them, when they get there.

Hwa Rang (29 movements)

Pattern / Form

Tul / Hyung / Pomse

HWA-RANG is named after the Hwa-Rang youth group, which originated in the Silla Dynasty in the early 7th century. This group eventually became the actual driving force for the unification of the three Kingdoms of Korea. The 29 movements refer to the 29th Infantry Division, where Tae Kwon-Do developed into maturity.

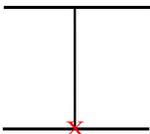
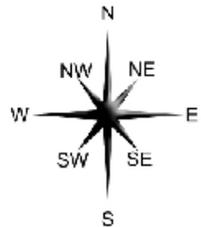


Diagram :

Hwa Rang



Ready Position - CLOSED READY STANCE C

1. Move the left foot to (W) to form a sitting stance toward (N) while executing a left middle palm pushing block to (N).
2. Execute a right middle fore fist punch towards (N) while maintaining a sitting stance to (N).
3. Execute a left middle fore fist punch towards (N) while maintaining a sitting stance to (N).
4. Slip the right foot and pivot and balance on the left foot forming a left L-stance toward (E) and perform a twin forearm block to (E).
5. Maintain a left L-stance toward (E) while executing a left upward punch to (E) while pulling the right side fist as reaction in front of the left shoulder.

6. Pushing from the left foot, slide both feet towards (E) forming a fixed stance towards (E) and execute a right middle fore fist side punch to (E).
7. Balance on the left foot and pull the right foot back into vertical stance towards (E) while executing a downward knife hand strike to (E).
8. Move the left foot towards (E) forming a left walking stance toward (E) while executing a left fore fist middle punch to (E).
9. Balance and pivot on the right foot and take the left foot towards (N) to form a left walking stance to (N) while performing a low section outer forearm block to (N).
10. Move the right foot forward towards (N) forming a right walking stance to (N) while executing a right middle fore fist punch to (N).
11. Pull the left foot forward toward the right foot while bringing the left palm to grasp horizontally around the right fore fist facing (N), at the same time bending the right elbow about 45 degrees outward.
12. Balancing on the left foot, execute a right middle side piercing kick to (N) while pulling both hands in the opposite direction and then lower the foot to (N) forming a left L-stance toward (N), while executing right middle section outward knife hand strike to (N).
13. Move the left foot towards (N) forming a left walking stance to (N) while executing a left middle fore fist punch to (N).
14. Move the right foot towards (N) forming a left walking stance to (N) while executing a right middle fore fist punch to (N).
15. Balance and pivot on the right foot while moving the left foot anti clockwise towards (E) to form a right L-stance to (E) while performing a knife hand guarding block to (E).
16. Move the right foot forward towards (E) forming a right walking stance to (E) while executing a right middle section straight and vertical fingertip thrust to (E).
17. Perform an about turn into L-stance towards (W) while performing a knife hand guarding block to (W).

18. Execute a right high turning kick at towards (W) and lower the foot forwards to (W).
19. Execute a left high turning kick at towards (W) and lower the foot forwards to (W) forming a right L-stance toward (W) while performing a middle section knife hand guarding block. Perform 18 and 19 in a consecutive fast motion.
20. Balance and pivot on the right foot and move the left foot to (S) into a left walking stance to (S).
21. Pull the left foot back into a right L-stance towards (S) and execute a right middle fore fist punch in line with your solar plexus.
22. Move the right foot forward towards (S) forming a left L-stance to (S) while executing a left middle punch in line with your solar plexus.
23. Move the left foot forward towards (S) forming a right L-stance to (S) while executing a right middle punch in line with your solar plexus.
24. Move the left foot forward to (S) forming a left walking stance to (S) while performing a low an X pressing block to (S).
25. Move the right foot towards (S) in a sliding motion to form a right L-stance toward (N) while executing a right back elbow strike towards (S).
26. Balance and pivoting on the right foot, bring the left foot to the right foot, turning anti-clockwise to form a closed stance toward (W) while performing a right middle inner forearm block and a left simultaneous low outer forearm block to (W).
27. Maintaining a closed stance to (W), perform a left middle inner forearm block and a right simultaneous low outer forearm block to (W).
28. Move the left foot towards (W) forming a right L-stance to (W) while performing a middle knife hand guarding block to (W).
29. Bring the left foot back to the right foot and then turning to face (E), move the right foot towards (E) forming a left L-stance to (E) while executing a middle knife hand guarding block to (E).

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

Red/Black Belt 1st Tag - 1st Kup C Syllabus

Traditional Line Work

“L” stance waist block, slip into walking stance reverse punch and pull back into “L” stance inward outer forearm block.

Niunja sogi hori makgi, gunnun sogi bandae jurugi, niunja sogi anaero bakat palmok makgi.

“L” stance, twin knife hand block, slip front foot to walking stance, reverse rising knife hand block and obverse high section inward knife hand block.

Niunja sogi, sang sonkal makgi, gunnun sogi bandae chookyo sonkal makgi, nopunde anaero sonkal tirigi.

“L” stance low section reverse outer forearm block slip front foot to walking stance double shoulder palm grab vertical knee strike.

Niunja sogi bandae najunde bakat palmok mokgi, gunnun sogi ap sonbadak makgi, ap morup tirigi.

Fixed stance “U” shaped block, jumping reverse spin into “L” stance knife hand guarding block.

Gojong sogi digutja makgi. Sonkal diebi makgi.

“L” stance twin “X” knife hand checking block, twisting kick, walking stance double upward palm block.

Niunja sogi sang sonkal kyocha moncha makgi, Bituro chagi, gunnun sogi Doo ollyo sonbadak makgi.

“L” stance, knife hand guarding block, chamber in to bending stance forearm guarding block side kick to south and land back down to “L” stance knife hand guarding block, then, double step jumping side kick landing “L” stance knife hand guarding block.

Niunja sogi sonkal diebi makgi, goburyo sogi palmok diebi makgi, niunja sogi, sonkal diebi makgi, twigi yop chagi, sonkal diebi makgi.

Pattern / Form

Tul / Hyung / Pomse

Choong-Moo (30 movements) must be performed.

Line Work in Fighting Stance

All techniques to be performed in a fighting stance with a boxing guard maintained at all times.

Obverse jab, obverse hook.

Barro jurugi, barro dollyo jurugi.

Obverse hook, reverse 180 reverse back fist, reverse upper cut.

Barro dollyo jurugi, bandae dung dumok tiregi, bandae ollyo jurugi.

Jumping side kick at 90.

Twigi yop chagi.

Step in jump scissor turning kick.

Twigido dollyo chagi.

Scissor front jump turning kick, followed by 360 reverse turning kick.

*Twigido dollyo chagi,
bandae dollyo chagi.*

Scissor front jump turning kick, 360 reverse turning kick, followed by jumping turning kick.

*Twigido dollyo chagi, bandae dollyo chagi,
twigido dollyo chagi.*

Consecutive scissor front leg jump turning kick, jumping turning kick, jumping turning kick.

*Yonsok twigido dollyo chagi,
twigido dollyo chagi twigido dollyo chagi.*

Slip step front leg turning kick, reverse side kick, reverse punch, obverse ridge hand strike.

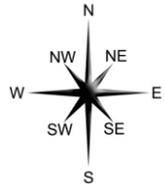
Dollyo chagi, bandae yop chagi, bandae jurugi, bandae sonkal dung tirigi.

One Step Sparring (Ilbo Matsoki) With Arranged Attack & Defence

Students should be expected to have gained sufficient knowledge to be able to perform random one step techniques between numbers 1 & 35.

Self Defence – Arranged attack with freestyle defence.

All attacks to be performed from left fighting stance with modern boxing guard, all the attacks are varied as written below. For directional reference please use compass points. Attacks are towards the North, defences are not set and are performed from parallel stance with the arms relaxed at the hips



(Numbers 6 Through to 10)

6. Skip forward (N) fighting stance, double wrist grab.
7. Skip forward (N) fighting stance, double collar grab.
8. Skip forward (N) fighting stance, double arm shoulder pin.
9. Skip forward (NW) fighting stance, right arm behind opponents head and forward head lock.
10. Skip forward and left foot back step, 90° avoid (NW) sitting stance, left arm behind opponents head and reversed head lock.

Destruction/Power Testing (Focused at breakable boards)

Destruction is done to prove correct technique using the correct parts of the body to effect the breaking of a breakable joint in a specially designed plastic board. If the technique is proven to be carried out correctly, then minimum force will be felt by the student attempting to break, incorrect technique or attacking part of the body used to execute a break can result in pain or even injury to occur. Breaking, as well as showing effective technique, also shows correct focus of the body, speed through the break, accuracy, flexibility and most importantly of all, determination.

The following techniques are to be attempted at this level:

Execute a side fist strike solar plexus height,
using the side fist. *Yop Dumok tirigi,*
Yop Dumok.

Execute a reverse turning kick at high section
using the back of the heel. *Bandae Dollyo chagi,*
Dwit Chook.

Free Sparring (& possibly Grappling & 2 against 1. *Jayoo Matsoki*

Red/Black Belt 1st Tag - 1st Kup C Students Should Know

All Of The Theory From Their previous Gradings,

Plus The Following "Extra" Terminology and Information:-

<p>Hand Attacks</p> <p>Front palm grasp <i>ap sonbadak japki.</i></p> <p>Inward ridge hand strike <i>Anaero sonkal dung tirigi.</i></p> <p>Inward outer forearm block <i>anaero bakat palmok makgi.</i></p> <p>Twin upward palm block <i>doo ollyo sonbadak makgi.</i></p> <p>Upset fingertip strike <i>dwigibung sonkut tirigi.</i></p>	<p>Blocks</p> <p>Waist block <i>hori makgi.</i></p> <p>Twin knife hand "X" checking block <i>sang sonkal kyocha moncha makgi.</i></p> <p>Body Part, Attacking Tools</p> <p>Palm <i>sonbadak.</i></p> <p>Knee. <i>Morup</i></p> <p>Kicks</p> <p>Front knee strike <i>ap morup tirigi</i></p>
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The Colour Black Signifies :

Full maturity in Tae Kwon-Do. Black, the opposite of white, shows full proficiency in Tae Kwon-Do and gives the impression that the wearer should be impervious to darkness and fear. In fact, the wearer is no different on the inside than from when they wore Red, the biggest difference is in the way people perceive a Black Belt to be and act! Handling the perception is how a new Black belt transforms from being just the colour Black, to a person who feels worthy of what they have achieved. Black belt students also give much more back into Tae Kwon-Do than they used to take from it!

Choong-Moo (30 movements)

Pattern / Form

Tul / Hyung / Pomse

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. Unjustly imprisoned and sentenced to death, he was pardoned by the King and assigned to battle as a soldier. 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.

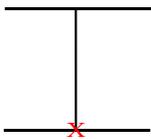
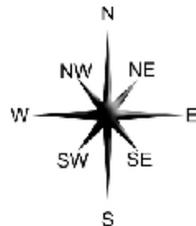


Diagram :

Choong-Moo



Ready Position - PARALLEL READY STANCE

1. Move left foot towards (W) forming a right L-stance to (W) while executing a twin knife-hand block to (W).
2. Move the right foot forward towards (W) forming a right walking stance to (W) while executing a high section inward knife hand strike to (W) while also bringing the left hand back forming a knife hand (palm downwards) as reaction in front of the forehead.
3. Balance and pivot on the left foot and turn clockwise moving the right foot into a left L-stance towards (E) while performing a middle knife-hand guarding block to (E).

4. Move the left foot forwards into a left walking stance toward (E) while executing a high section left flat finger tip strike to (E).
5. Balance and pivot on the right foot, moving the left foot anticlockwise into a right L-stance toward (N) while performing a middle section knife hand guarding block to (N).
6. Weight and balance to the left foot Turn the head to face (S) while forming a left bending ready stance A toward (S) and performing a forearm guarding block to (S).
7. Execute a right middle side piercing kick to (S).
8. Lower the right foot to (S) forming a right L-stance toward (N) while performing a middle knife hand guarding block to (N).
9. Execute a two step right flying side piercing kick towards (N), then land forming a left L-stance to (N) while performing a middle knife hand guarding block to (N).
10. Balance and pivot on the right foot and move the left foot anti clockwise towards (E) forming a right L-stance to (E) while performing a left low outer fore arm block to (E).
11. Balance on the right foot while slipping the left foot forward towards (E) forming a left walking stance toward (E) while extending both hands forward as if to grab the opponent's head .
12. Balance on the Left foot and execute a right upward knee strike to (E) while also pulling both hands downward.
13. Lower the right foot to closed stance (E) and then balance and pivot on the right foot moving the left foot anticlockwise towards (W) forming a left walking stance toward (W) while also executing a right high inward reverse knife hand strike to (W) and bringing the back of the left knife hand under the right elbow joint.
14. Execute a high turning kick to (NW) with the right foot.
15. Pivot on left foot and lower the right foot to closed stance (E) and execute a left middle reverse side piercing kick to (W). Perform 14 and 15 in a fast motion.

16. Lower the left foot to (W) forming a left L-stance towards (E) while performing a middle forearm guarding block to (E).
17. Execute a left middle turning kick to (NE).
18. Lower the left foot to a closed stance towards (E) balance on the left foot and move the right foot to (S) forming a right fixed stance toward (S) while executing a U-shape block toward (S).
19. Jump and spin around anticlockwise, landing the left foot on the same spot to form a left L-stance toward (S) while executing a middle knife hand guarding block to (S).
20. Move the left foot forwards towards (S) forming a left walking stance to (S) while executing a right low upset fingertip strike to (S).
21. Balance on the right foot and pull the left foot back into a right L-stance towards (S) while executing a right high section backfist strike to (N) whilst simultaneously performing a left low outer forearm block to (S). Face North briefly while executing the backfist strike and then face back to South.
22. Move the right foot forward towards (S) into a right walking stance to (S) while executing a right middle straight fingertip thrust to (S).
23. Balance and pivot on the right foot turning anticlockwise to form a left walking stance towards (W) while performing a left high double forearm block to (W).
24. Balance and pivot on the left foot moving the right foot towards (W) into a sitting stance toward (S) while performing a right inward middle outer forearm block to (S). Maintaining sitting stance to (S), execute a right high back fist strike to (N) facing (W).
25. Turn head to face (E) and execute a right middle side piercing kick to (E).
26. Lower right foot to (E) and execute a left middle side piercing kick to (E).
27. Lower the left foot to (E) forming a left L-stance to (W) while performing a middle x-knife hand checking block to (SW)
28. Move the left foot forwards towards (W) forming a left walking stance to (W) while performing a twin upwards palm block to (W).

29. Perform an about face turning clockwise towards (E) forming a right walking stance to (E) perform a right outer fore arm rising block to (E).
30. Maintain a right walking stance towards (E) and execute a left middle reverse fore fist punch to (E).

END: Bring the left foot back to a ready position



Great Admiral Yi Soon-Sin (Choong moo)

Red/Black Belt 2nd Tag – 1st Kup B Syllabus

Traditional Line Work

Walking stance, reverse upset punch.	<i>Gunnun sogi, barro dwijibung jurugi.</i>
Cross over step walking stance, hooking block slide back to “L” Stance, low knife hand guarding block.	<i>Gunnun sogi, golcha makgi, niunja sogi, najunde sonkal deibi makgi.</i>
“L” Stance, low knife hand guarding block.	<i>Niunja sogi, najunde bakat palmok makgi.</i>
Walking stance, reverse upwards palm block.	<i>Gunnun sogi, bandae ollyo sonbadak makgi.</i>
Sitting stance, back fist strike, walking stance double forearm block, reverse low outer forearm block, low walking stance, flat fingertip strike.	<i>Annun sogi, dung dumok tirigi, gunnun sogi doo palmok makgi, bandae najunde Bakat palmok makgi, nachuo sogi opun sonkut tulgi.</i>
Closed Stance, pressing kick & side kick, landing in “L” Stance, obverse inward knife hand strike.	<i>Moa sogi, noollo chagi yop chagi, niunja sogi, barro anaero sonkal tirigi.</i>

Pattern / Form

Tul / Hyung / Pomse

Kwang-Gae (39 movements) must be performed.

Line Work in Fighting Stance

All techniques to be performed in a fighting stance with a boxing guard maintained at all times.

Skip obverse jab, skip obverse jab.	<i>Barro jurugi, Barro jurugi.</i>
Obverse jab, reverse cross, obverse hook, reverse upper cut.	<i>Barro jurugi, bandae jurugi, barro dollyo jurugi, bandae ollyo jurugi.</i>
Jumping reverse side piercing kick.	<i>Twiggi bandae yop cha jurugi.</i>
Step in 360 or 540 jumping reverse turning kick.	<i>Twiggi bandae dollyo chagi.</i>
Overhead cross stepping through into 180 reverse back fist strike, rear leg turning kick, flying reverse side kick.	<i>Bandae jurugi, dung dumok tirigi, dollyo chagi, twimyo bandae yop chagi.</i>

Rear turning kick, 360 jumping spinning turning kick, 180 reverse turning kick.

Dollyo chagi, dera hoo twigi dollyo chagi, bandae dollyo chagi.

Slip step front ridge hand, front leg turning kick, reverse spinning back fist strike (keeping stance).

Sonkal dung tirigi, dollyo chagi, dera hoo dung dumok tirigi.

Jab punch, reverse ridge hand strike, rear turning, followed by 180 reverse turning kick.

Barro jurugi, bandae sonkal dung tirigi, dollyo chagi, bandae dollyo chagi.

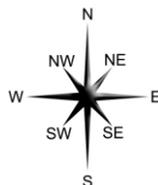
One Step Sparring (Ilbo Matsoki) With Arranged Attack & Defence

Random One Step between 1 & 35.

All attacks to be performed from left walking stance low section outer forearm block, stepping forward into right walking stance middle section obverse punch. For directional reference please use compass points. Attacks are from the North, defences are as shown below starting from parallel ready stance.

Self Defence – Arranged attack with freestyle defence.

All attacks to be performed from left fighting stance with modern boxing guard, all the attacks are varied as written below. For directional reference please use compass points. Attacks are towards the North, defences are not set and are performed from parallel stance with the arms relaxed at the hips



(Numbers 11 Through to 15)

11. Perform right front snap kick (N) landing forward in fighting stance.
12. Perform right leg turning kick (N) landing forward in fighting stance.
13. Step behind left side kick (N) landing forward in fighting stance.
14. Right leg reverse side kick (N) landing forward in fighting stance.
15. Right leg reverse turning kick (spinning heel kick) (N) landing forward in right fighting stance.

Destruction/Power Testing (Focused at breakable boards)

Destruction is done to prove correct technique using the correct parts of the body to effect the breaking of a breakable joint in a specially designed plastic board. If the technique is proven to be carried out correctly, then minimum force will be felt by the student attempting to break, incorrect technique or attacking part of the body used to execute a break can result in pain or even injury to occur. Breaking, as well as showing effective technique, also shows correct focus of the body, speed through the break, accuracy, flexibility and most importantly of all, determination.

The following techniques are to be attempted at this level:

Execute a fore fist punch, back fist or ridge hand strike.	<i>Ap Dumok tirigi, dung Dumok or sonkal dung tiregi.</i>
Execute a jumping side kick at middle section or jumping turning kick.	<i>Twiggi yop chagi or Twiggi dollyo chagi.</i>

Free Sparring (& possibly Grappling & 2 against 1) *Jayoo Matsoki*

Red/Black Belt 2nd Tag - 1st Kup B Students Should Know

All of The Theory From Their previous Gradings,

Plus The Following “Extra” Terminology and Information:-

<p>Body Part, Attacking Tools</p> <p>Side Fist <i>yop dumok</i></p> <p>Kicks</p> <p>Pressing kick <i>noollo chagi.</i></p>	<p>Hand Attacks</p> <p>Downward side fist strike <i>naeryo yop dumok tirigi.</i></p> <p>Reverse upset punch <i>bandae dwijibung jurugi.</i></p> <p style="text-align: center;">Hand Position</p> <p>Heaven Hand <i>hanulson</i></p>
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The Colour Black Signifies :

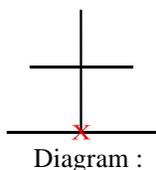
Full maturity in Tae Kwon-Do. Black, the opposite of white, shows full proficiency in Tae Kwon-Do and gives the impression that the wearer should be impervious to darkness and fear. In fact, the wearer is no different on the inside than from when they wore Red, the biggest difference is in the way people perceive a Black Belt to be and act! Handling the perception is how a new Black belt transforms from being just the colour Black, to a person who feels worthy of what they have achieved. Black belt students also give much more back into Tae Kwon-Do than they used to take from it!

Kwang-Gae (39 movements)

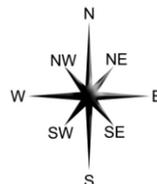
Pattern / Form

Tul / Hyung / Pomse

A pattern traditionally performed by 1st Dan Black Belts, KWANG-GAE is named after the famous Kwang-Gae-Toh-Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 A. D., the year he came to the throne.



Kwang-Gae



Ready Position - PARALLEL STANCE WITH A HEAVEN HAND

1. Balance on the right foot and send the left foot quickly outward before bringing it slowly inwards back to meet the right foot, forming a closed ready stance B toward (N), bringing both hands downwards in a large circular motion. (Break hands quickly for the first third of the circle, and slow downwards for the remaining two thirds of the circle.)
2. Move the left foot forwards towards (N), forming a left walking stance to (N) while executing a right reverse upset fore fist punch to (N). Perform in slow motion.
3. Move the right foot forwards towards (N), forming a right walking stance to (N) while executing a left reverse upset fore fist punch to (N). Perform in slow motion.
4. Move the left foot to the outside front of the right foot, and then move the right foot towards (N), forming a right walking stance to (N), at the same time performing a high hooking block to (N). Perform in a double stepping motion.
5. Move the right foot to (S) in a sliding motion to form a right L-stance toward (N), while executing a low knife hand guarding block to (N).
6. Move the right foot to the outside front of the left foot, and then move the left foot towards (N), forming a left walking stance to (N), at the same time performing a high hooking block to (N). Perform in a double stepping motion.

7. Move the left foot to (S) in a sliding motion to form a left L-stance toward (N), while executing a low knife hand guarding block to (N).
8. Move the left foot towards (N), forming a right rear foot stance to (N) while performing a high knife hand guarding block to (N).
9. Move the right foot towards (N), forming a left rear foot stance to (N) while performing a high knife hand guarding block to (N).
10. Move the left foot towards (N) as if to form another right rear foot stance and knife hand guarding block but instead balance and pivot on the left foot and move the right foot forwards anticlockwise to (N) slowly forming a left walking stance to (S) while also performing an right upwards palm block to (S) in slow motion.
11. Move the right foot towards (S), forming a right walking stance to (S) while executing an left upwards palm block to (S) in slow motion.
12. Bringing the left foot to the right foot to form a close stance toward (S) while taking the hands above the head and bring them down in a large circular motion to execute right knife hand strike to the left palm. (Move the hands slowly for the first third of the circle, and quickly downwards for the remaining two thirds of the circle.)
13. Execute a left pressing kick towards (W), keeping the position of the hands as they were in 12.
14. Execute a left middle side piercing kick towards (W), keeping the position of the hands as they were in 13. Perform 13 and 14 as consecutive kicks.
15. Lower the left foot towards (W), forming a right L-stance to (W) while executing a right high inward knife-hand strike to (W) and bringing the left side fist in front of the right shoulder as a reaction.
16. Execute a left downward side fist strike to (W) while pulling the left foot to the right foot forming a close stance toward (S).
17. Execute a right pressing kick towards (E), keeping the position of the hands as they were in 12.
18. Execute a right middle side piercing kick towards (E), keeping the position of the hands as they were in 17. Perform 17 and 18 as consecutive kicks.

19. Lower the right foot towards (E), forming a left L-stance to (E) while executing a left high inward knife-hand strike to (E) and bringing the right side fist in front of the left shoulder as a reaction.
20. Execute a left downward side fist strike to (E) while pulling the right foot to the left foot forming a close stance toward (S).
21. Move the left foot forwards towards (S), forming a left low walking stance to (S) while executing a right palm pressing block to (S). Perform in slow motion.
22. Move the right foot towards (S), forming a right low walking stance to (S) while executing a left palm pressing block to (S). Perform in a slow motion.
23. Balance and pivot on the left foot and move the right foot clockwise towards (N) in a stamping motion to form a sitting stance to (E) while executing a right high side back fist strike to (N).
24. Balance and pivot on the left foot and move the right foot into a walking stance towards (N) while performing a double forearm block to (N).
25. Maintaining a right walking stance toward (N) perform a left reverse low outer forearm block to (N) while shifting back to (S), keeping the position of the right hand as it was in 24.
26. Slip the right foot forward and form a low walking stance towards (N) while executing a right obverse high flat finger tip strike to (N). Perform in slow motion.
27. Balance and pivot on the right foot and move the left foot towards (S) in a stamping motion to form a sitting stance toward (W) while executing a left high side back fist strike to (S).
28. Balance and pivot on the left foot and move the right foot into a walking stance towards (S) while performing a double forearm block to (S).
29. Maintaining a left walking stance toward (S) perform a right reverse low outer forearm block to (S) while shifting back to (S), keeping the position of the left hand as it was in 28.
30. Slip the left foot forward and form a low walking stance towards (S) while executing a left obverse high flat finger tip strike to (S). Perform in slow motion.

31. Move the right foot forwards in a stamping motion into a right walking stance towards (S), while executing a high twin vertical punch to (S).
32. Balance and pivot on the right foot move the left anticlockwise in a stamping motion towards (E), forming a left walking stance to (E) while executing a twin upset punch to (E).
33. Execute a right middle front snap kick to (E), keeping the position of the hands as they were in 32.
34. Lower the right foot to the left in a closed stance towards (E), balance and pivot on the right foot and then move the left foot turning clockwise to face (W) forming a left L-stance to (W) while performing a middle knife-hand guarding block to (W).
35. Move the left foot forwards towards (W), forming a left walking stance to (W) while executing a left high forefist punch to (W).
36. Move the right foot forward in stamping motion towards (W), forming a right walking stance to (W) while executing a twin upset punch to (W).
37. Execute a left middle front snap kick to (W), keeping the position of the hands as they were in 36.
38. Lower the left foot to the right in a closed stance towards (W), balance and pivot on the left foot and then move the right foot turning anticlockwise to face (E) forming a right L-stance to (E) while performing a middle knife-hand guarding block to (E).
39. Move the right foot forward forming a right walking stance toward (E) while executing a right high obverse forefist punch to (E).

END: Bring the left foot back to a ready position



Red Belt Black Stripe – 1st Kup A Syllabus
Preparing for your 1st Degree Black Belt grading

Traditional Line Work

Sitting Stance, low outer forearm block and backward back fist strike.

Annun sogi, najunde bakat palmok makgi, dung dumok tirigi.

“X” Stance low side fist strike focused to the palm, followed by “L” Stance “U” shaped grasp.

Kyocho sogi, najunde yop dumok tirigi, niunja sogi, digutja japki.

Sitting Stance, side kick, reverse side kick, landing in sitting stance, low ridge hand guarding block.

Annun sogi, yop chagi, bandae yop chagi, annun sogi, najunde sonkal dung deibi makgi

“L” Stance, knife hand guarding block, 180 reverse turning kick & consecutive turning kick, landing “L” Stance, obverse punch, knife hand guarding block.

Niunja sogi, sonkal deibi makgi, 180 bandae dollyo chagi, yonsok dollyo chagi, niunja sogi, barro jurugi, sonkal deibi makgi.

Pressing kick, land Sitting Stance knife hand strike, middle section turning punch, followed by opposite consecutive downward punch blocks, outer forearm wedging block, back elbow strike followed by mid section front punch followed by opposite back elbow strike followed by turning punch and side punch.

Noollo chagi, niunja sogi, sonkal tirigi, annun sogi, dollyo jurugi, yonsop naryo jurugi makgi, kaunde hechyo makgi, dwit palkup tirigi, kaunde ap jurugi, dwit palkup tirigi, suppeon jurugi.

Pattern / Form

Tul / Hyung / Pomse

Po-Eun (36 movements) must be performed.

Line Work in Fighting Stance

All techniques to be performed in a fighting stance with a boxing guard maintained at all times.

Skip obverse jab, skip obverse ridge hand, stepping through overhead cross.

Barro jurugi, bandae sonkal dung tirigi, bandae jurugi.

Obverse back fist strike, stepping through overhead cross, reverse upper cut followed by reverse hook.

Barro dung dumok tirigi, bandae jurugi, bandae ollyo jurugi, bandae dollyo jurugi.

Two steps into flying side piercing kick.

Twimyo yop cha jurugi (yop chagi).

Step in 360 or 540 jump spinning turning kick.	<i>Twigi dera hoo dollyo chagi.</i>
Jumping reverse side kick, front leg axe kick, step behind front leg side kick, rear leg turning kick.	<i>Twigi bandae yop chagi, naeryo chagi, yop chagi, dollyo chagi.</i>
Front jab, jumping reverse side kick, jump spinning inwards axe kick, front back fist, reverse punch.	<i>Barro jurugi, twigi bandae yop chagi, twigi dera hoo anero naeryo chagi, dung dumok tirigi, bandae jurugi.</i>
Two forward steps to flying side kick, skipping 90 avoidance, reverse punch, front ridge hand, front leg turning kick to land in fighting stance to North.	<i>Twimyo yop chagi, bandae jurugi, barro sonkal dung tirigi, dollyo chagi.</i>
Slip step front leg axe kick, skipping 90 avoidance reverse punch, 270 reverse turning kick.	<i>Naeryo chagi, bandae jurugi, bandae dollyo chagi.</i>

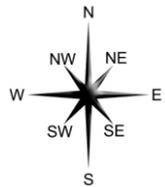
One Step Sparring (Ilbo Matsoki) With Arranged Attack & Defence

Random One Step between 1 & 35.

All attacks to be performed from left walking stance low section outer forearm block, stepping forward into right walking stance middle section obverse punch. For directional reference please use compass points. Attacks are from the North, defences are as shown below starting from parallel ready stance.

Self Defence – Arranged attack with freestyle defence.

All attacks to be performed from left fighting stance with modern boxing guard, all the attacks are varied as written below. For directional reference please use compass points. Attacks are towards the North, defences are not set and are performed from parallel stance with the arms relaxed at the hips.



Perform the following techniques against your opponent with their back turned towards you;

(Numbers 16 Through to 20)

16. Skip forward (N) fighting stance, left hand grab to opponents left wrist.
17. Skip forward (NW) fighting stance, right hand grab to opponents left wrist.

18. Skip forward (N) fighting stance, double hand shoulder grasp.
19. Skip forward (N) fighting stance, double arm shoulder pin.
20. Step right leg (N) fighting stance, perform right arm radial bone choke around opponents neck.

Destruction/Power Testing (Focused at breakable boards)

Destruction is done to prove correct technique using the correct parts of the body to effect the breaking of a breakable joint in a specially designed plastic board. If the technique is proven to be carried out correctly, then minimum force will be felt by the student attempting to break, incorrect technique or attacking part of the body used to execute a break can result in pain or even injury to occur. Breaking, as well as showing effective technique, also shows correct focus of the body, speed through the break, accuracy, flexibility and most importantly of all, determination.

The following techniques are to be attempted at this level:

Any choice of two hand techniques except elbow strike. *Hanbansin*

Any choice of standing kick and any choice of jumping kick. *Chagi / Twiggi chagi*

Free Sparring (& possibly Grappling & 2 against 1) *Jayoo Matsoki*

Red Belt Black Stripe - 1st Kup A Students Should Know

All of The Theory From Their previous Gradings,

Plus The Following “Extra” Terminology and Information:-

<p>Hand Attacks</p> <p>High section double upward punch. <i>Nopunde doo ollyo jurugi.</i></p> <p>Turning punch and side punch. <i>Suppeon jurugi.</i></p> <p>Twin side elbow Strike. <i>Sang yop palkup tirigi.</i></p> <p>Kicks</p> <p>Pressing kick <i>Noolo chagi.</i></p>	<p>Blocks</p> <p>Outer forearm wedging block. <i>An palmok. hechyo makgi</i></p> <p>Low inward inner forearm block. <i>Najunde anaero an palmok makgi</i></p> <p>“U” Shaped grasp. <i>Digutja japki.</i></p> <p>Downward punching Block. <i>Naeryo jurugi makgi.</i></p> <p>Low ridge hand guarding block. <i>Najunde sonkal Dung deibi makgi</i></p>
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Supplementary Terms

Kicks		Blocks	
Back kick	<i>Dwit chagi.</i>	Waist block	<i>Hori makgi.</i>
Front pushing kick	<i>Ap cha milgi.</i>	Footparts	
Side thrust kick	<i>Yop cha tulgi.</i>	Back sole	<i>Dwit kumchi.</i>
Strikes			
Upper elbow strike	<i>Wi palkup tirigi.</i>		

Extra Terms for Black Belts (for future reference).

Kicks		Blocks	
Sweeping kick	<i>Goro chagi.</i>	Sweeping block	<i>Hullyo makgi.</i>
Flying high kick	<i>Twyimyo nopi chagi.</i>	Scooping block	<i>Duro makgi.</i>
Twin foot kick	<i>Sang bal chagi.</i>	Double arc hand checking block	<i>Doo bandalson makgi</i>
Twisting kick	<i>Bituro chagi.</i>	Stances	
Vertical kick	<i>Sewo chagi.</i>	One leg stance	<i>Wae bal sogi.</i>
Stamping kick	<i>Cha bapgi.</i>	Foot parts	
Overhead kick	<i>Twio nomo chagi.</i>	Reverse Foot sword	<i>Baldal dung.</i>

The Colour Black Signifies :

Full maturity in Tae Kwon-Do. Black, the opposite of white, shows full proficiency in Tae Kwon-Do and gives the impression that the wearer should be impervious to darkness and fear. In fact, the wearer is no different on the inside than from when they wore Red, the biggest difference is in the way people perceive a Black Belt to be and act! Handling the perception is how a new Black belt transforms from being just the colour Black, to a person who feels worthy of what they have achieved.

Po-Eun (36 movements)

Pattern / Form

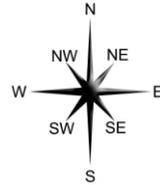
Tul / Hyung / Pomse

A pattern traditionally performed by 1st Dan Black Belts, PO-EUN is the pseudonym of a loyal subject Chong Mong-Chu (1400) who was a famous poet and whose poem "I would not serve a second master though I might be crucified a hundred times" is known to every Korean. He was also a pioneer in the field of physics. The diagram represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.



Diagram :

Po-Eun



Ready Position - PARALLEL STANCE WITH A HEAVEN HAND

1. Move the left foot towards (W), forming a right L-stance to (W) while executing a middle forearm guarding block to (W).
2. Pull the right foot to the left knee joint to form a left one-legged stance toward (W), at the same time lifting both fists punching upwards to (W) while turning the face toward (E). Arms shaped like a very high double forearm block.
3. Execute a right pressing kick to (E) keeping the position of the hands as they were in 2.
4. Lower the right foot towards (E) to form a sitting stance to (N) while executing a right middle side knife hand strike to (E).
5. Maintain a sitting stance toward (N) and execute a left middle turning forefist punch towards (N).
6. Maintain a sitting stance toward (N) and execute a left forefist pressing block to (N) while executing a right middle inner forearm block to (N). Bracing with the right inner forearm at solar plexus height as the left punch travels downward.
7. Maintain a sitting stance toward (N) and execute a right forefist pressing block to (N) while executing a left middle inner forearm block to (N). Bracing with the left inner forearm at solar plexus height as the right punch travels downward.
8. Maintain a sitting stance toward (N) and execute a middle inner forearm wedging block to (N).
9. Maintain a sitting stance toward (N) and execute a right back elbow strike to (S) supporting the right fore fist with the left finger belly, keeping facing (N).

10. Maintain a sitting stance toward (N) and execute a right middle forefist punch to (N) slipping the left palm up above the right elbow joint .
11. Maintain a sitting stance toward (N) and execute a left back elbow strike to (S) supporting the left fore fist with the right finger belly. keeping facing (N).
12. Maintain a sitting stance toward (N) while executing right middle horizontal side punch and a left middle turning punch (E). Perform 6 through 12 in a continuous motion.
13. Cross the left foot over the right foot moving (E) forming a right X-stance toward (N) while executing a right low inward front outer forearm block to (NE) bringing the left finger belly on to the right under forearm.
14. Move the right foot to (E) forming a left L-stance toward (E) at the same time executing a U-shaped grasp to (E).
15. Bring the left foot to the right foot forming a closed stance toward (N) while executing a twin middle horizontal side elbow strike, turning the face toward (W). Perform in slow motion.
16. Move the left foot toward (W) to form a sitting stance to (N) while executing a right side backfist strike to (S) and performing a left low outer forearm block to (N).
17. Cross the right foot over the left foot moving (W) forming a left X-stance toward (N) while executing a left low inward front outer forearm block to (NW) bringing the right finger belly on to the left sidefist. Perform with power.
18. Move the left foot to (W) to form a sitting stance toward (N) while executing a left low reverse knife hand guarding block to (NW).
19. Move the right foot towards (E), forming a left L-stance to (E) while executing a middle forearm guarding block to (E).
20. Pull the left foot to the right knee joint to form a right one-legged stance toward (E), at the same time lifting both fists punching upwards to (E) while turning the face toward (W). Arms shaped like a very high double forearm block.
21. Execute a left pressing kick to (W) keeping the position of the hands as they were in 2.

22. Lower the left foot towards (W) to form a sitting stance to (N) while executing a left middle side knife hand strike to (W).
23. Maintain a sitting stance toward (N) and execute a right middle turning forefist punch towards (N).
24. Maintain a sitting stance toward (N) and execute a right forefist pressing block to (N) while executing a left middle inner forearm block to (N). Bracing with the left inner forearm at solar plexus height as the right punch travels downward.
25. Maintain a sitting stance toward (N) and execute a left forefist pressing block to (N) while executing a right middle inner forearm block to (N). Bracing with the right inner forearm at solar plexus height as the left punch travels downward.
26. Maintain a sitting stance toward (N) and execute a middle inner forearm wedging block to (N).
27. Maintain a sitting stance toward (N) and execute a left back elbow strike to (S) supporting the left fore fist with the right finger belly. keeping facing (N).
28. Maintain a sitting stance toward (N) and execute a left middle forefist punch to (N) slipping the right palm up above the left elbow joint .
29. Maintain a sitting stance toward (N) and execute a right back elbow strike to (S) supporting the right fore fist with the left finger belly. keeping facing (N).
30. Maintain a sitting stance toward (N) while executing left middle horizontal side punch and a right middle turning punch (W). Perform 24 through 30 in a continuous motion.
31. Cross the right foot over the left foot moving (W) forming a left X-stance toward (N) while executing a left low inward front outer forearm block to (NW) bringing the right finger belly on to the left under forearm.
32. Move the left foot to (W) forming a right L-stance toward (W) at the same time executing a U-shaped grasp to (W).
33. Bring the right foot to the left foot forming a closed stance toward (N) while executing a twin middle horizontal side elbow strike, turning the face toward (E). Perform in slow motion.

34. Move the right foot toward (E) to form a sitting stance to (N) while executing a left side backfist strike to (S) and performing a right low outer forearm block to (N).
35. Cross the left foot over the right foot moving (E) forming a right X-stance toward (N) while executing a right low inward front outer forearm block to (NE) bringing the left finger belly on to the right sidefist. Perform with power.
36. Move the right foot to (E) to form a sitting stance toward (N) while executing a right low reverse knife hand guarding block to (NE).

END: Bring the left foot back to a ready position



*Harry Pestelle, Natasha Lee, Cayleigh Wachon
Some of Evolution's youngest Black Belt Students*

**Here Are a Selection of Theory Questions Which You
May be Asked During Your 1st Degree Grading**

What can you tell us about our association?

What is the history of Tae Kwon-Do (important dates, founder, etc.)?

What are the significance of the meanings of patterns, why perform them, & why do we learn them?

What are the Tenets of Tae Kwon-Do, their importance and what do they mean?

Which tenet do you use the most and why?

Ask any questions about Korean Terminology, stances, blocks, strikes, movements and body parts etc.

What is the difference between an athlete or sportsman, and a Martial Artist?

In what ways can we develop power in our moves?

What is the difference between Aerobic and Anaerobic exercise?

What different types of stretching muscles do you know?

What can you tell us about nutrition, & what is the no. 1 nutrient & how important is it for training?

What does taking this grading mean to you?

If you pass this grading, what will you do in your Martial Arts career from now on?

Should you fail this grading, how do you think it will effect you and your future Martial Arts Career?

Who, if anyone, do you admire, in or out of Tae Kwon-Do, and why?

What would you say are your best attributes as a Martial Artist?

What are your worst attributes as a Martial Artist & how do you think you could improve them?

What is the importance and purpose of “Yelling” or “Ki Hap”?

Why acknowledge commands by saying “Yes Sir” or “Yes Mam” to an instructor?

Why does a Martial Artist need to have and exercise discipline?

Why should we have respect for our instructors and fellow students?

Which part of training do you like the most, and why?

Which part of training do you dislike the most, and why?

Describe how to perform the perfect side kick to a beginner?

Why is it important not to judge other students?

How long do you think you will be a Martial Artist?



An Evolution Tae Kwon-Do Grading Panel