

**Author:** *Simon Wachon.*  
**Publisher:** *EvolutionTKD*  
**Project Editors:** *Simon Wachon, Terry Helliker.*  
**Designers:** *Simon Wachon, Terry Helliker.*  
**Photography:** *Simon Wachon, Terry Helliker.*



**“Welcome to Evolution Tae Kwon-Do”**

Hi, my name is Simon Wachon, the founder of “Evolution Tae Kwon-Do” and I would like to congratulate you on behalf of all the Evolution instructors on choosing us to teach you Tae Kwon-Do. Every student whether a beginner or experienced is very important to us within Evolution, because we truly believe that we are all equal in status and what ever our grade, we all have something to contribute to Tae Kwon-Do, but perhaps even more importantly to each other.

All the Evolution instructors and assistant instructors teach to a very high standard and have your best interests at heart so even when training gets tough, please try to complete exercises to the best of your abilities as your instructor probably has a good reason to ask you to perform them. If you have a problem with any exercise or with any aspect of Tae Kwon-Do, you should never be worried about approaching your instructor or asking questions as this is how we all progress in our development in and outside of Tae Kwon-Do. One of the most important things to remember when training is that everyone regardless of grade or experience, all started as a beginner and had to “learn” and “practice” to be able achieve things, so making a mistake is part of learning, in fact often the more mistakes you make and put right, the more you will improve.

Many people take up Tae Kwon-Do to learn Self -Defence or just to keep fit, but once you have started, you realise that it is about “Self” improvement and development, so when you are training, try not compare your abilities to that of the other students. Gauge your progress by your own improvements, no matter how small, and don’t be jealous of other peoples abilities, although you can emulate others techniques, in order to inspire yourself, in that way you will grow and develop your skills.

Tae Kwon-Do has many aspects, so you will be able to find parts which you enjoy, or excel at. You are now part of the Evolution Tae Kwon-Do “family”, where all the instructors and students are taught to respect each other, our aim is for you to develop both physically and mentally but most of all for you to enjoy your training, even when training gets physically demanding. We hope that at the end of each class you feel satisfied to have worked your body to higher limits or to have learned something new.

### **What is Tae Kwon-Do**

Tae Kwon-Do is a Korean Martial Art literally translated means the “foot, hand way”, “Tae” means to jump, kick or smash with the foot, “Kwon” means fist, or chiefly to punch or destroy with the hand or the fist and “Do” means art, way or method. Therefore Tae Kwon-Do is the scientific use of the mind and the body to effect the ultimate use of unarmed self-defence through intensive training.

Tae Kwon-Do has evolved from Martial Arts practiced since the earliest records of more than 2000 years ago. Today, Tae Kwon-Do has many followers throughout the world and is considered to be not only one of the most effective forms of self-defence, but also of self development, physically and mentally.

Tae Kwon-Do is now the National Sport of South Korea, and to the Korean people it is more than just the use of skilled movements efficient for self-defence, it is a way of life, and a way of thinking rich in the spirit of self-imposed discipline and the ideal of noble and moral actions.

In today’s climate of violence and intimidation Tae Kwon-Do acts as a shining beacon for the weak or the noble to possess confidence and a fine weapon in mind and body for them to defend themselves against an unprovoked attack, Tae Kwon-Do should be used wisely.

### **The Tae Kwon-Do Oath**

As a student of Tae Kwon-Do,

I shall observe the tenets of Tae Kwon-Do,

I shall respect my instructors and seniors,

I shall never misuse Tae Kwon-Do,

I shall be a champion of freedom and justice,

I shall build a more peaceful world.

### **The Tenets of Tae Kwon-Do**

- Courtesy: -** To be polite to instructors, seniors, fellow students, other Martial Artists and all who we meet.
- Integrity: -** To be honest to others, but especially to yourself, and be able to define right from wrong.
- Perseverance: -** Always striving to achieve your goals without giving up, and to carry on trying if you don't reach your goal the first time you try.
- Self-Control:-** Never lose your temper with others or your self, and keep your composure when all around you is wild.
- Indomitable Spirit: -** To show courage inside and promote courage to others, determination and self belief when pitted against overwhelming odds or in frightening situations.
- Modesty: -** Not letting your ego run away with you or needing to seek approval or acclaim from others, seek self satisfaction before satisfying others.

### **A History of Tae Kwon-Do**

The history of Tae Kwon-Do depends immensely on the perspective from which it's viewed, however from what I have learnt over the last 15 years, I will try to give a broad outline of the mixed and colourful roots of Tae Kwon-Do. This is my interpretation of a version of Tae Kwon-Do's history.

Tae Kwon-Do was officially named by Korean "General Choi Hong Hi 9th Dan" at a National Sports Association meeting held in Seoul South Korea April 11th 1955. General Choi is considered by many as the founder of Tae Kwon-Do but to others, he simply re-named Karate taught in Korea during the Japanese occupation of Korea. There were in fact five "Kwans" or "Martial Arts Stables" who all taught similar Arts to Karate before General Choi of the 29th Infantry Division, persuaded the Korean Sports Association with his Military influence, to give the name "Tae Kwon-Do" to all the practicing Korean "Kwans" to distinguish the Korean Martial Arts from the Japanese "forced" practice of Karate, in particular Shotokan Karate then called "Song Do Kwan" in Korean.

The given name “Tae Kwon-Do” was also justified as it was very similar to “Tae Kyon”, an ancient foot fighting game dating back as far as 400 AD which looks like a dance, but some say was a cover for the common person to practice Martial Arts without fear of reprisals from the “Noble families” and later on the Japanese who outlawed all Korean traditions at the start of their occupation in 1909.

Tae Kwon-Do’s background was further justified to be individual and different from Karate by its development in the “Hwa Rang Youth Group”, which originated in the “Silla Dynasty”, who adopted “Tae Kyon” as their fighting system, which proved to be effective during battle throughout the great periods of the 5th and 6th centuries. In the 7th century the “Hwa Rang”, who wanted their traditions to last, incorporated “five secular Commands” or “Principles” written by the Monk and scholar “Wong Gwang” into “Hwa Rang Ogye”. The five principles read, “loyalty to the king, filial piety in regards to parents, sincerity in relation to friends, not to retreat in battle and selectivity in the killing of living things”. These were important steps in the development of “Modern Tae Kwon-Do”, and the essence of the five principles which we follow today, “Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit,” and not forgetting the 6th tenet “Modesty” which “Evolution Tae Kwon-Do” has also adopted. The “Hwa Rang” later became the actual driving force for the unification of the three Kingdoms of Korea, but it was not until 1945 that the concept of “Tae Kwon-Do” developed into maturity in the 29th infantry division of the “Hwa Rang”.

Romance aside, although most of “Tae Kwon-Do’s” roots could be traced into the roots of “Tae Kyon” it is also true that around 1909 the Japanese had driven almost all Korean traditions to serious Decline, almost to the verge of extinction. The Japanese stamped out all Korean traditions to replace them with Japanese heritage in the hope of making them Japanese, even to the extent of teaching “Karate” to the Koreans, early Tae Kwon-Do patterns were actually “Karate Kata’s”, so what is the truth ..... ?

Koreans naturally wanted to find Tae Kwon-Do’s roots steeped deeply into Korean history, yet it would seem that there were huge Japanese influences in Tae Kwon-Do, which are still heavily present today even though the Koreans have certainly developed it into an adopted style and culture of their own. If we look into the roots of Karate, surprisingly, we will see key European influences on it and all the Martial Arts!

In conclusion, I would say that it's impossible for any one person to claim responsibility for Tae Kwon-Do's essence or that of any of the Martial Arts, as influences came from many people in every walk of life. In so naming "Tae Kwon-Do", "General Choi Hong Hi 9th Dan" by definition is the founder of the name "Tae Kwon-Do" but its elements would have come from many sources. Countless people throughout History and every Tae Kwon-Do practitioner are all responsible for the development of "Tae Kwon-Do".



*Children bowing during training in Chard, Somerset.*

On April the 11th 1955 General Choi Hong Hi named Tae Kwon-Do, in 1959 the "Korean Tae Kwon-Do Association, KTA" was formed in South Korea with General Choi as it's President. In 1966 the "International Tae Kwon-Do Federation, ITF" was formed, again with General Choi as it's President. In 1972 General Choi was asked to leave Korea (on political grounds) from where he went to Canada with his presidency of the "ITF" still in tact. In 1977, some 5 years later, the "World Tae Kwon-Do Federation, WTF" was formed and became the national governing body for Tae Kwon-Do in South Korea.. The "WTF" changed the training style and forms from that of the old "ITF" and made their style of Tae Kwon-Do into more of a Martial sport than a Martial Art. In 1967 "Master Ree Ki Ha 8th Dan" brought ITF Tae Kwon-Do to Great Britain and on January 27th 2002, "Evolution Tae kwon-Do" was founded by Mr Simon Wachon 4th Dan in order to further advance training, reclaim some of the lost and forgotten techniques, to freely express and the Art of "Tae Kwon-Do" and to try to build an association of students without prejudices or too much politics. The other founding Instructors of "Evolution" are Mr Christopher Smith 3rd Dan, Mr Steven Reynolds 3rd Dan, Mr Francis Miller 3rd Dan who suggested "Evolution's name, Mr Dean Glass 2nd Dan, Mr Sean Clarke 2nd Dan, Mr Gareth Price 2nd Dan and Mr Lewis Dunn 2nd Dan.

Credit also goes to "Grandmaster Hee Il Cho 9th Dan" and "Master Phillip Ameris" for being a large influence on the way "Evolution Tae Kwon-Do" is training and to Master Michael Dew 6th Dan for helping Tae Kwon-Do during the 1980's to grow in the South West of England.

## **Conduct in the Dojang**

### **The Dojang**

Literally speaking, the “Dojang” is the Hall, room or area in which your training is held, is not always limited to four walls, it can be in many places and everywhere philosophically speaking.

### **Bowing**

An “Evolution Bow” should be performed by bringing the Left foot in towards the right and placing the heels and toes together into a closed stance, the hands should simultaneously be placed with the palms on the outside of the thighs just below the hip joints with the fingers and thumbs tightly placed together, this position is called coming to attention. The actual Bow is then performed by keeping the hands at the sides and bending the body forward from the hips to approximately 45 degrees whilst keeping the eyes focused ahead. Before you bow, you should gain the attention of the person or people you are about to Bow to and stand at an appropriate distance from them. Bowing has many meanings and is a physical gesture showing respect, acceptance, cooperation, appreciation or, an apology, depending on what a given situation warrants:

- A) ***You should Bow upon entering a Dojang.***  
This Bow is usually performed as a Physical symbol of respect and can be done to the Korean and Host Country’s flag if the Dojang is able to display them. In essence the “Bow” upon entering the Dojang really means that you “accept” all the rules of the Dojang and will abide by them.
- B) ***You should Bow to your instructor before the start of each class.***  
This Bow is usually done in an organised line up of all the students attending that particular class as described later. It is performed in respect for whoever is acting as the instructor for that class or any instructor who is given the privilege of teaching any part of a class. Bowing to an instructor means that you will “accept” their rules and will also accept and be receptive to anything that the instructor is trying to teach you, it also means that you agree to perform or at least try to perform everything that you are shown or that is asked of you. In Bowing you are trusting your instructor. Your instructor should be consulted and permission must be given for any type of training that goes on in the Dojang, never assume that you can do your own thing without asking permission, this undermines the whole structure of discipline which essential to learn any Martial Art.

**C) *You should perform a personal bow to the instructor if you are late to a class.***

If you arrive late to a class for any reason, you must come to within an appropriate distance of your instructor and patiently await your instructors attention before Bowing to your instructor and asking for permission to join the class. In this instance, your Bow becomes an apology.

**D) *You should Bow to other students before any type of pair training.***

Preceding any type of training with a partner such as sparring, set sparring, self-defence, stretching, practice drills or any other, you should Bow as described above, maintaining eye contact with your partner. This is not only a sign of respect for your partner, but also an “agreement” that you will both abide to keep to the same rules to which your instructor has set to ensure your safety while training. This Bow is also an agreement that you both do exactly what your instructor has told you, without any deviation unless expressly given subsequent permission by your instructor. You should Bow to your partner in the same manner again when you have finished training with them, this time the Bow is out of respect and as a “thank you” for your partner abiding by the rules that you both accepted prior to working with each other.

**E) *You should ask your instructors permission if you need to leave the Dojang for any reason.***

If you need to step out from training or you need to leave the Dojang for any reason you should patiently await your instructors attention before Bowing to your instructor and asking for permission to leave the class. Upon rejoining the class you must come to within an appropriate distance of your instructor and patiently await your instructors attention before Bowing to your instructor and asking for permission to join the class.

**F) *You should Bow into the Dojang before exiting.***

Before you leave the Dojang you should Bow back towards the flags as described earlier, if they are displayed. If this is the last Bow before leaving the class completely it should be viewed as a sign of appreciation for all that has been learned and gained from the class. This Bow is usually done in an organised line up of all the students attending that particular class.

## **The Line Up**

Students should line up at the beginning and end of each class in strict grade order with the amount of students in each row set by the instructor or most senior grade. Looking from the instructors view at the front of the class, looking towards the class the most senior grade should be standing at front left of the line up with the students grades descending from left to right and as each new row is formed behind the front row, the same rule should be applied i.e. the most senior grade of each row at the left, descending in grade to the right. If two students are wearing the same colour grade, then the most senior grade is set by the student who has trained for the longest time.

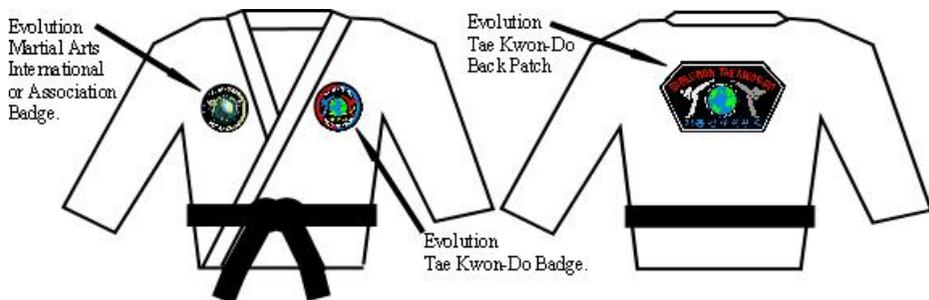
The most senior grade student in the class, should organised the line up of the class, and instruct the class to “bow in” to the instructor as a sign of respect and willingness to learn. At the end of each class, the most senior grade should once again organise the line up of the class and instruct the class to “bow out” to the instructor, as a sign of gratitude for what has been learned during the class. The second most senior grade student in the class, will then instruct the class to bow to the most senior grade student in honour of their efforts and inspiration during the class.

## **Uniform/Dobok**

White uniforms or “Doboks” are worn by “beginner grades” white through to 5th Kup Green belt Blue stripe. Badges should be displayed only in accordance the diagram shown opposite or by instructors directions and the uniform designated by the instructor should not be deviated from as the wearing, purpose and very essence of a uniform is to signify that all people in the Dojang are equal. Even the shapes which make up our uniforms have significant spiritual connections and a uniform should be treated with great respect, therefore you should not eat or drink in a complete uniform.

Senior colour belt students, from Blue Belt to Red, earn the privilege of wearing a Red Dobok displaying the same badge layout as when they wore a White Dobok.

When a student has matured and passed their Black Belt, they have earned the privilege of wearing a Black Dobok displaying the same badge layout as when they wore a White and Red Doboks.



### Changing in The Dojang

In order not to offend any body, changing in the Dojang should be avoided whenever possible in favour of changing in the designated changing facilities for each Dojang.

### Eating or Drinking in the Dojang

Eating or drinking in the Dojang is not allowed, unless you have been given express permission by your instructor. You should never eat or drink anywhere with you belt on and it is preferred that you do not eat while wearing your Dobok.

### Discipline

Discipline is simply the complete willingness to achieve a goal by following strict guidelines set by either yourself or the person you have chosen to teach you ..... your instructor. It can take many forms, but, the most common form used in Martial Arts training is to do exactly as you are asked, to the best of your ability and maintain this attitude throughout all of your classes without the need to do anything else other than what is asked of you. E.g. Do not run around and talk, when all you have been asked to do is stand still and listen. ***Shouting and talking amongst students without the instructors permission is rude and disruptive and is not allowed.***

A good student will ask relevant questions, in an appropriate courteous manner and will never be rude to the instructor or try to show the instructor up during a class. Providing that an exercise or move is safe to perform, a student should always do as the instructor says, and trust their experience. If a student wants to prove or test a particular point with an instructor, it should be done after a class in private, after all no one is perfect, so instructors can be wrong and are always willing to learn and change their ways if necessary.

Although there are no rules on what is deemed to be humorous, humour can make training more enjoyable for all students, as long as it's not to the detriment of anyone, and therefore used correctly can help people to learn. ***People who enjoy themselves, "learn more". Humour will be encouraged by instructors as long as it is not detrimental to teaching the students.***

Above all, discipline is necessary during all classes in order that it is to be "mirrored" within ones self. ***Discipline within mind and body equals success!***

## **What Are Grades And How Do We Obtain Them**

### **Grades**

In Tae Kwon-Do, Grades are depicted by coloured belts, each grade is given by an instructor as a way of recognising how much Tae Kwon-Do knowledge and physical performance of our syllabus has been achieved. Grades give a student "goals" to obtain to motivate them to learn and to want to progress forward onto a new goal each time the pass through a grading. Grades also let the instructor know exactly what each student should know, and what they need to know. In Evolution, grades are only awarded after a "Test" or "Grading Examination" has been successfully passed.

### **Grading Examinations (Gradings)**

A "Grading Exam", "Grading" for short, is usually held in a nearby town or at your own club every three months. It is a physical and mental "test" of your knowledge of the Tae Kwon-Do syllabus set out by Evolution Tae Kwon-Do. The test can be demanding and nerve racking and requires students to perform under a pressure situation. Usually the grading will be run and be scrutinised by a main high ranking Black Belt Examiner along with a panel senior Black belts and instructors.

### **Grading Etiquette**

Grading etiquette should be the same as your usual conduct in the Dojang except that the grading takes place in front of a long table, set out with a black cloth and the Evolution logo together with the Korean and the host country's flag. The main grading examiner along with the senior Black Belt grading panel sit behind the table and call out small groups of students in grade order to be tested. Each group may go up to perform more than once and students of all grades are required to stay for the whole duration of the grading, even if they have finished their grading earlier. A grading may last up to five hours and students and spectators must remain patient until the end, and should not interfere with the proceedings in any way whatsoever.

### **Who is Eligible to Grade ?**

Students who have waited a the minimum set period (usually three months) who have also trained consistently with over a sixty five percent attendance at their club's own classes may ask to grade. Senior grade students, especially those who are getting closer to taking their Black Belt gradings will be expected to have a near one hundred percent attendance at their own club and also to train at other near by Evolution Tae Kwon-Do clubs. Any deviation from these rules is strictly down to the discretion of the club instructor, who can also suspend students from their next grading if he or she thinks it is in the best interests of the student in question. Students must also be up to date with their training fee's, and must pay their grading fee at least one week prior to the grading to be eligible to grade. In some cases students will be required to miss out a grading because they may have passed their last grading but found it particularly difficult, scoring what we call a low pass mark. This is not done as a punishment, but rather to allow the student to "catch up" a higher standard for future gradings.



*Students grading in Bridport, Dorset.*

### **Is Your New Grade a Reward and is Taking Your Grading a Reward ?**

There is satisfaction in passing a grading as a new goal has been reached, but from an instructors point of view, grades are not given as rewards, they are merely markers or points in a students Tae Kwon-Do progression. There is reward in the form of self satisfaction from reaching a required level but the belts which students are presented are not trophies, just reminders of how far is left to go. No one ever stops learning, therefore no one can ever reach the top of the "Tae Kwon-Do ladder", you must just keep climbing, and the mark of a good student is one who stays on the ladder, eager to learn.

## **White Belt 10th Kup Syllabus**

**Press-ups** (Counting one to ten in Korean) *Momtong bachia*

### **Traditional Line Work**

Riding stance, mid section single punching. *Annun sogi, kaunde ap jirugi.*

Walking stance, mid section obverse punch. *Gunnun kaunde barro jirugi sogi.*

Walking stance, mid section reverse punch. *Gunnun sogi, kaunde bandae jirugi.*

Walking stance, low section outer forearm block. *Gunnun sogi, najunde bakat palmok makgi.*

Walking stance, mid section inner forearm block. *Gunnun sogi, kaunde an palmok makgi.*

### **Four Directional Punch 1 & 2**

Co-ordination exercise Sajo Jirugi must be performed.

### **Foot Work**

Done in fighting stance (with a boxing guard). *Matsoki sogi*

Left fighting stance, step forward then back with right foot (changing stance and guard each time). *Repeat the exercise from Right fighting stance.*

Left fighting stance, step backward then forward with left foot (changing stance and guard each time). *Repeat the exercise from Right fighting stance.*

Left fighting stance, Skip forward twice then back twice (maintaining stance and guard each time). *Repeat the exercise from Right fighting stance.*

Left fighting stance, side step twice to the West (maintaining stance and guard each time), change stance to Right fighting stance, side step twice to the East (maintaining stance and guard each time), change stance back to Left fighting stance. *Repeat the exercise from Right fighting stance, this time moving to East and back to West.*

**Line Work in Fighting Stance**

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

High section obverse fore fist snap jab. *Nopunde baro ap busigi jirugi.*

Mid section reverse fore fist snap punch *Kaunde bandae ap busigi jirugi.*

Rear leg front rising kick (ballistic stretch) *Ap chaolligi.*

Rear leg front snap kick *Ap chabusigi.*

Rear leg turning kick *Dollyo chagi*

Rear leg side piercing kick (side kick). *Yop chajirugi (yop chagi).*

Front leg side piercing kick (side kick). *Yop chajirugi (yop chagi).*

**White Belt Beginner Should Know the Following for Grading:-**

*The History of Tae Kwon-Do*

*The History of Evolution Tae Kwon-Do,*

*Who Their Instructors are,*

*How to Obtain Power in Their Movements,*

*The Tae Kwon-Do Oath and Tenets,*

*The Korean Terminology Listed in the White Belt Syllabus.*



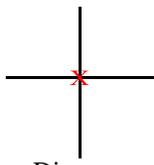
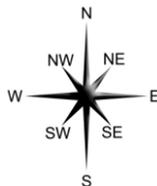


Diagram :

(For Sajo Jirugi No.2 use mid inner forearm Block in place of low outer forearm block.)  
(*Kaunde an palmok makgi*)



## Sajo Jirugi

### **Start from parallel ready stance.**

1. Right foot (N) right walking stance, mid section obverse fore fist punch.
2. Right foot (E) left walking stance, low section obverse outer forearm block.
3. Right foot (W) right walking stance, mid section obverse fore fist punch.
4. Right foot (N) left walking stance, low section obverse outer forearm block.
5. Right foot (S) right walking stance, mid section obverse fore fist punch.
6. Right foot (W) left walking stance, low section obverse outer forearm block.
7. Right foot (E) right walking stance, mid section obverse fore fist punch.
8. Right foot back to face (N) in parallel ready stance.
9. Left foot (N) left walking stance, mid section obverse fore fist punch.
10. Left foot (W) right walking stance, low section obverse outer forearm block.
11. Left foot (E) left walking stance, mid section obverse fore fist punch.
12. Left foot (N) right walking stance, low section obverse outer forearm block.
13. Left foot (S) left walking stance, mid section obverse fore fist punch.
14. Left foot (E) right walking stance, low section obverse outer forearm block.
15. Left foot (E) left walking stance, mid section obverse fore fist punch & yell.

**END: Bring the left foot back to a ready position.**

## *Student Requirements*

### Evolution Pattern & One Step Sparring Recommendations for Colour Grade & Black Belts

| <u>PATTERN</u>    | <u>MOVES</u> | <u>ONE STEP</u> | <u>GRADE/RANK</u> | <u>COLOUR BELT COMBINATIONS</u> |   |
|-------------------|--------------|-----------------|-------------------|---------------------------------|---|
| SAJO JIRUGI       | 15           | None            | 10th Kup          | White                           |   |
| CHON-JI           | 19           | 1 - 5           | 9th Kup           | White/Yellow Stripe             |   |
| DAN-GUN           | 21           | 6 - 10          | 8th Kup           | Yellow                          |   |
| DO-SAN            | 24           | 11 - 15         | 7th Kup           | Yellow/Green Stripe             |   |
| WON-HYO           | 28           | 16 - 20         | 6th Kup           | Green                           |   |
| YUL-GOK           | 38           | 21 - 25         | 5th Kup           | Green/Blue Stripe               |   |
| JOONG-GUN         | 32           | 26 - 30         | 4th Kup           | Blue                            |   |
| TOI-GYE           | 37           | 31 - 35         | 3rd Kup           | Blue/Red Stripe                 |   |
| HWA-RANG          | 29           | 1 - 5           | 2nd Kup           | Red                             |   |
| CHOONG-MOO        | 30           | 6 - 10          | 1st Kup "C"       | Red/1st Black Tag               |   |
| KWANG-GAE         | 39           | 11 - 15         | 1st Kup "B"       | Red/2nd Black Tag               |   |
| PO-EUN            | 36           | 16 - 20         | 1st Kup "A"       | Red/Black stripe                |   |
| GE-BAEK           | 44           | Free Practice   | 1st Degree        | Black                           |   |
| KO-DANG           | 39           | Free Practice   | 1st Degree        | Black                           |   |
| WEAPONS/GRAPPLING |              | Free Practice   | 1st Degree        | Black                           |   |
| EUI-AM            | 45           | Free Practice   | 2nd Degree        | Black                           |   |
| CHOONG-JANG       | 52           | Free Practice   | 2nd Degree        | Black                           |   |
| JUCHE             | 45           | Free Practice   | 2nd Degree        | Black                           |   |
| SAM-IL            | 33           | Free Practice   | 3rd Degree        | Black                           |   |
| YOO-SIN           | 68           | Free Practice   | 3rd Degree        | Black                           |   |
| CHOI-YONG         | 46           | Free Practice   | 3rd Degree        | Black                           |   |
| YONG-GAE          | 49           | Free Practice   | 4th Degree        | Black                           |   |
| UL-JI             | 42           | Free Practice   | 4th Degree        | Black                           |   |
| MOON-MOO          | 61           | Free Practice   | 4th Degree        | Black                           |   |
| SO-SAN            | 72           | Free Practice   | 5th Degree        | Black                           |   |
| SE-JONG           | 24           | Free Practice   | 5th Degree        | Black                           |   |
| TONG-IL           | 56           | Free Practice   | 6th Degree        | Black                           |  |

### What Will I Need For Training and What Do I Need To Do Next?

As a beginner, you are not required to have any level of fitness, flexibility or any previous knowledge of Martial Arts; this will naturally increase through training. When you first start it is best to wear baggy comfortable clothing in which you can freely move, kick and stretch about in. **Your first lesson is Free** but at the end of the lesson you must decide whether to officially join. **NEXT.....YOU SHOULD:-**

1. See your instructor to choose a Training Program & order a uniform & badges.
2. Have your bank or building society details handy so we can set up a standing order mandate for monthly membership training fees, together with any payment for your first month's membership fee and Martial Arts Licence.
3. Fill in and return a "Licence Application Form" including four passport photos.