

1st Gup Study Sheet

Red Belt Black Stripe Level

New Patterns		New Stances	
<ul style="list-style-type: none"> 4-Direction Thrust Hwa-Rang 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 Taekwon-Do developed into maturity. 		<ul style="list-style-type: none"> Moa Junbi Sogi (Closed Ready Stance Type C) Soojik Sogi (Vertical Stance) 	
New Hand Techniques		Step Sparring	
<ul style="list-style-type: none"> Miro Makgi (Pushing Block) <ul style="list-style-type: none"> (Palm) Ollyo Jirugi (Upward Punch) Naeryo Taerigi (Downward Strike) <ul style="list-style-type: none"> (Knife-hand) 	<ul style="list-style-type: none"> Yobap Makgi (Side Front Block) <ul style="list-style-type: none"> (Inner Forearm) Yop Tulgi (Side Thrust) <ul style="list-style-type: none"> Wae Yop Palkup (Single Side Elbow) 	<ul style="list-style-type: none"> Ban Jayu Matsogi (Semi-Free Sparring) Jayu Matsogi (Free Sparring) 	
New Kicks		Hol Sin Sol	
<ul style="list-style-type: none"> Apcha Momchugi (Front Checking Kick) Yopcha Momchugi (Side Checking Kick) Noollo Chagi (Pressing Kick) <ul style="list-style-type: none"> Bakuro Chagi (Outward Kick) Anuro Chagi (Inward Kick) Cha Bapgi (Stamping Kick) Dwitcha Busigi (Back Snap Kick) <p>Mid-Air 180 Reverse Hooking Kick Four consecutive kicks, same direction</p>		<ul style="list-style-type: none"> Ground Defense Escape an opponent on top (Mount and Guard Position) Arm bar from mount position (Top) Arm bar from guard position (Bottom) Triangle choke from guard position (Bottom) Rear naked choke Guillotine choke Americana arm lock from mount & side control positions Kimura arm lock form guard position 	
Breaking			
Hand Technique (4 Boards Male / 3 Board Female or Junior / 1 Board Children)		Kicking (5 Boards Male / 4 Boards Female & Junior / 3 Boards Children)	
<ul style="list-style-type: none"> Front Punch Knife Hand Strike (outward, inward or downward) Front Strike with Elbow (2 boards children) 		<ul style="list-style-type: none"> Front Snap Kick Side Piercing Kick Turning Kick 	<ul style="list-style-type: none"> Back Piercing Kick Reverse Turning Kick
		Special Technique 2 Boards	
		<ul style="list-style-type: none"> Flying Front Snap, Side Piercing, High, or Turning Kick Mid-air 180 or 360 Back Piercing Kick 	

Required Knowledge

Kingdoms of Ancient Korea	Elements of the Theory of Power
<ul style="list-style-type: none"> Koguryo Baek-Je Silla 	<ul style="list-style-type: none"> Reaction force Concentration Equilibrium Breath Control Mass Speed
Five Parts of the Hwa-Rang Warrior Code	
<ul style="list-style-type: none"> Be loyal to your king Be obedient to your parents Be honorable to your friends Never retreat in battle Make a just kill 	

2nd Gup Study Sheet

Red Belt Level

New Patterns		New Stances	
<ul style="list-style-type: none"> Toi-Gye The pen name of the noted scholar Yi Hwang (16th Century), an authority on neo-Confucianism. The 37 movements refer to his birthplace on the 37th latitude and the diagram represents the Chinese character for Scholar. 		<ul style="list-style-type: none"> None, practice those from previous Gup levels 	
New Hand Techniques		Step Sparring	
<ul style="list-style-type: none"> Tulgi (Thrusting Technique) <ul style="list-style-type: none"> Upset Fingertip Thrust Flat Fingertip Thrust Yop Taerigi (Side Strike) <ul style="list-style-type: none"> Dung Joomuk (Back Fist) Sang Yop Palkup (Twin Side Elbow Thrust) San Makgi (W-Shape Block) 	<ul style="list-style-type: none"> Miro Makgi (Pushing Block) <ul style="list-style-type: none"> Double Forearm Noollo Makgi (Pressing Block) <ul style="list-style-type: none"> (X-Fist) Daebi Makgi (Guarding Block) <ul style="list-style-type: none"> Knife-hand Low 	<ul style="list-style-type: none"> Ban Jayu Matsogi (Semi-Free Sparring) Jayu Matsogi (Free Sparring) 	
New Kicks		Hol Sin Sol	
<ul style="list-style-type: none"> Apcha Olligi (Front Rising Kick) <ul style="list-style-type: none"> Defensive application Yopcha Olligi (Side Rising Kick) <ul style="list-style-type: none"> Defensive application Suroh Chagi (Sweeping Kick) Twimyo Chagi (Flying Kick) <ul style="list-style-type: none"> Bandae Dollyo Goro Chagi (Reverse Hooking Kick) Twio Dolmyo Chagi (Mid-Air Kick) <ul style="list-style-type: none"> Dwitcha Jirugi 360 degree (Back Piercing Kick) <p>Three consecutive kicks, multiple targets.</p>		<p>Ground Defense</p> <ul style="list-style-type: none"> Backward break-fall to kneeling and standing guarding position Side break-fall to kneeling and standing guarding position Front snap and checking kicks from ground Side piercing, pushing, and checking kicks from ground Turning kicks from ground Back piercing kicks from ground How to strike from the mount, guard and side control position 	
Breaking			
Hand Technique (3 Boards Male / 2 Board Female or Junior)		Kicking (4 Boards Male / 3 Boards Female & Junior / 2 Boards Children)	
<ul style="list-style-type: none"> Front Punch Knife Hand Strike (outward, inward or downward) (1 board children) Front Strike with Elbow (1 board children) 		<ul style="list-style-type: none"> Front Snap Kick Side Piercing Kick Turning Kick 	<ul style="list-style-type: none"> Back Piercing Kick Reverse Turning Kick
		Special Technique 1 Board	
		<ul style="list-style-type: none"> Flying Front Snap, Side Piercing, High, or Turning Kick Mid-air 180 Back Piercing Kick 	

Required Knowledge

Meaning of Red Belt

Red signifies danger, cautioning the student to exercise control and warning opponents to stay away.

Moral Culture Training Elements	
<ul style="list-style-type: none"> Humanity The ability to feel sorrow for the misfortunes of fellow men and love them all equally as parents love their children equally. Righteousness The ability to feel ashamed of unjust acts and to do one's duty to others. Propriety The proper code of conduct between various social statuses. 	<ul style="list-style-type: none"> Wisdom The ability to judge right from wrong, not specially in matters concerning the right and wrong of others, but in matters concerning one's self. Trust The ability to keep one's words and promises, not only to one's friends but to everyone in general. Without trust a person loses all principles and dignities and becomes a liar and a cheater.

3rd Gup Study Sheet

Blue Belt Red Stripe Level

New Patterns		New Stances	
<ul style="list-style-type: none"> Joong-Gun Named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea. He was known as the man who played the leading part in the Korea-Japan merger. 32 movements represent Mr. Ahn's age when he was executed in a Lue-Shung prison in 1910. 		<ul style="list-style-type: none"> Moa Junbi Sogi (Closed Ready Stance "B") Nachuo Sogi (Low Stance) Dwitbal Sogi (Rear Foot Stance) 	
New Hand Techniques		Step Sparring	
<ul style="list-style-type: none"> Yop Makgi (Side Block) <ul style="list-style-type: none"> (Reverse Knife-hand) Ollyo Makgi (Upward Block) <ul style="list-style-type: none"> Sonbadak (Palm) Wi Palkup Taerigi (Upper Elbow Strike) Sewo Jirugi (Vertical Punch) <ul style="list-style-type: none"> Sang Joomuk (Twin Fist) Dwijibo Jirugi (Upset Punch) <ul style="list-style-type: none"> Sang Joomuk (Twin Fist) 	<ul style="list-style-type: none"> Chookyo Makgi (Rising Block) <ul style="list-style-type: none"> Kyocha Joomuk (X-Fist) Noollo Makgi (Pressing Block) <ul style="list-style-type: none"> Sonbadak (Palm) Giokja Jirugi (Angle Punch) Digutja Jirugi (U-Shape Punch) 	<ul style="list-style-type: none"> Ban Jayu Matsogi (Semi-Free Sparring) Jayu Matsogi (Free Sparring) 	
New Kicks		Hol Sin Sol	
<ul style="list-style-type: none"> Duro Gamyo Chagi (Skip Kick) <ul style="list-style-type: none"> Yopcha Milgi (Side Pushing Kick) Yopcha Tulgi (Side Thrusting Kick) Sewo Chagi (Vertical Kick) <ul style="list-style-type: none"> (Foot Sword) (Reverse Foot Sword) Bandae Dollyo Chagi (Reverse Turning Kick) Twio Dolmyo Chagi (Mid-Air Kick) <ul style="list-style-type: none"> Dwitcha Jirugi 180 degree (Back Piercing Kick) <p>Three consecutive kicks, same direction.</p>		<p>Defense using Hip throw, Sweep or Take-down against 7 common attacks</p> <ul style="list-style-type: none"> Grab to lapel with one and both hands Single grab around neck from behind Headlock from side Bear hug over arms from behind (below elbows) Opponent grabbing and pushing from front Opponent grabbing and pulling from front 	
Breaking			
Hand Technique (3 Boards Male / 2 Board Female or Junior)		Kicking (4 Boards Male / 3 Boards Female & Junior / 2 Boards Children)	
<ul style="list-style-type: none"> Front Punch Knife Hand Strike (outward, inward or downward) (1 board children) Front Strike with Elbow (1 board children) 		<ul style="list-style-type: none"> Front Snap Kick Side Piercing Kick Turning Kick 	<ul style="list-style-type: none"> Back Piercing Kick Reverse Turning Kick
		Special Technique 1 Board	
		<ul style="list-style-type: none"> Flying Front Snap, Side Piercing, High, or Turning Kick Mid-air 180 Back Piercing Kick 	

Required Knowledge

Student's Responsibility to the Student-Instructor Relationship	
<ul style="list-style-type: none"> Never tire of learning. A good student can learn anytime, anywhere. This is the secret of knowledge. A good student must be willing to sacrifice for his art and his instructor. Many students feel that their training is a commodity that is bought with monthly dues and they are unwilling to take part in demonstrations, teaching, and working around the do jang. An instructor can afford to lose this type of student. Always set a good example for lower ranking students. It is only natural that they will attempt to emulate their seniors. Always be loyal and never criticize the instructor, the art of Taekwon-Do, or the teaching methods. 	<ul style="list-style-type: none"> If an instructor teaches a technique, practice it and attempt to utilize it. Remember that a student's conduct outside the do jang reflects on the art and his instructor. If a student adopts a technique from another gym and the instructor disapproves of it, the student must discard it immediately or train at the other gym. Never be disrespectful to the instructor. Though a student is allowed to disagree, the student must follow instructions first and discuss the matter later. A student must always be eager to learn and ask questions. Never betray the instructor.

4th Gup Study Sheet

Blue Belt Level

New Patterns	New Stances
<ul style="list-style-type: none"> Yul-Gok The pseudonym for the great philosopher Yi I (1536-1584), nicknamed the “Confucius of Korea”. The 38 movements refer to his birthplace on the 38th latitude and the pattern diagram represents the Chinese character for scholar. 	<ul style="list-style-type: none"> Kyocho Sogi (X Stance) <ul style="list-style-type: none"> Jumping
New Hand Techniques	Step Sparring
<ul style="list-style-type: none"> Golcho Makgi (Hooking Block) <ul style="list-style-type: none"> Sonbadak (Palm) Sang Sonkal Makgi (Twin Knife-hand Block) Doo Palmok Makgi (Double Forearm Block) 	<ul style="list-style-type: none"> Ibo Matsogi (Two-Step Sparring) Ilbo Matsogi (One-Step Sparring)
New Kicks	Hol Sin Sol
<ul style="list-style-type: none"> Bandae Dollyo Goro Chagi (Reverse Hooking Kick) Golcho Chagi (Hooking Kick) Bitro Chagi (Twisting Kick) Twimyo Chagi (Flying Kick) <ul style="list-style-type: none"> Dollyo Chagi (Turning Kick) <p>Two consecutive kicks, multiple targets Combination kicks, multiple targets</p>	<p>Defense against 5 common kicks (block, catch, and takedown)</p> <ul style="list-style-type: none"> Front Snap Kick Side Piercing Kick Turning Kick to the Body Turning Kick to the Head Back Piercing Kick
Breaking	
Hand Technique (2 Boards Male / 1 Board Female or Junior)	Kicking (3 Boards Adult & Junior / 2 Boards Children)
<ul style="list-style-type: none"> Front Punch Knife Hand Strike (outward, inward or downward) Front Strike with Elbow (1 board children) 	<ul style="list-style-type: none"> Front Snap Kick Side Piercing Kick Turning Kick Back Piercing Kick
	Special Technique 1 Board
	<ul style="list-style-type: none"> Flying Front Snap, Side Piercing, High, or Turning Kick

Required Knowledge

Meaning of Blue Belt

Blue signifies the Heaven, towards which the plant matures into a towering tree as training in Taekwon-Do progresses

Ways to refine one’s moral culture	Physical Composition of Taekwon-Do (The Circle of Taekwon-Do)
<ul style="list-style-type: none"> Travel Patriotism can be gained by traveling to noted or historical areas. Students should seek out these monuments, study and attempt to learn from them. Cold Showers and Baths By taking cold showers and baths or exercising on snow-covered ground in bare feet, students build tenacity and pride. Mountain Climbing This form of exercise not only develops important leg muscles, but also nourishes the spirit and promotes a feeling of victory and triumph. Public Service By contributing labor to the community, especially to the poor or disabled, the student learns charity, humility, comradeship, and tolerance. Etiquette A high degree of etiquette should be observed by students, both inside and outside the do jang. This should be applied by lower ranking students to senior students while training, by higher ranking students to elder students outside of the training hall (do jang), and by all students when visiting another do jang. In all cases, emphasis should be placed on correct and proper salutation. It is a form of respect and courtesy in Western as well as Oriental societies. 	<ul style="list-style-type: none"> Fundamental Movement Dallyon Patterns Sparring Self-defense <p style="text-align: center;">Cycle of Taekwon-Do (Soonhwan Do)</p>

5th Gup Study Sheet

Green Belt Blue Stripe Level

New Patterns	New Stances	
<ul style="list-style-type: none"> Won-Hyo The noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 CE. 28 movements. 	<ul style="list-style-type: none"> Moa Junbi Sogi A (Closed Ready Stance A) Gojung Sogi (Fixed Stance) Guburyo Junbi Sogi A (Bending Ready Stance A) 	
New Hand Techniques	Step Sparring	
<ul style="list-style-type: none"> Anuro Taerigi (Inward Strike) <ul style="list-style-type: none"> Sonkal (Knife Hand) Dollimyo Makgi (Circular Block) <ul style="list-style-type: none"> Bakatpalmok (Outer Forearm) Daebi Makgi (Guarding Block) <ul style="list-style-type: none"> Bakatpalmok (Outer Forearm) 	<ul style="list-style-type: none"> Ibo Matsogi (Two-Step Sparring) Ilbo Matsogi (One-Step Sparring) 	
New Kicks	Hol Sin Sol	
<ul style="list-style-type: none"> Bandae Dollyo Goro Chagi (Reverse Hooking Kick) Naeryo Chagi (Downward Kick) Bandal Chagi (Crescent Kick) Twimyo Chagi (Flying Kick) <ul style="list-style-type: none"> Nopunde Chagi (High Kick) Yopcha Jirugi (Side Piercing Kick) 	Defense using any combination of releasing, attacking and breaking motion against 7 common attacks <ul style="list-style-type: none"> Push from Front with one and both hands Straight and Haymaker (wide hook) Punch Single arm choke hold from behind Grab around waist from front and behind 	
Breaking		
Hand Technique (2 Boards Male / 1 Board Female or Junior)	Kicking (3 Boards Adult & Junior / 2 Boards Children)	
<ul style="list-style-type: none"> Front Punch or Knife Hand Strike (outward or inward) 	<ul style="list-style-type: none"> Front Snap Kick Side Piercing Kick 	<ul style="list-style-type: none"> Turning Kick Back Piercing Kick
	Special Technique 1 Board	
	<ul style="list-style-type: none"> Flying Front Snap, Side Piercing or High Kick 	

Required Knowledge

Eight Examples of Poor Integrity	
<ul style="list-style-type: none"> The instructor who misrepresents himself and his art by presenting improper techniques to his students because of a lack of knowledge or apathy. The student who misrepresents himself by “fixing” breaking materials before demonstrations. The instructor who camouflages bad techniques with luxurious training halls and false flattery to his students. The student who requests rank from an instructor or attempts to purchase it. 	<ul style="list-style-type: none"> The student who gains rank for ego purposes or the feeling of power’ The instructor who teaches and promotes his art for materialistic gains. The student whose actions do not live up to his words. The student who feels ashamed to seek opinions from his juniors.

Korean Vocabulary Used in Class

Assistant Instructor	Boo Sa-Bum-Nim	Instructor	Sa-Bum-Nim
Attention	Cha-Ryut	Master Instructor	Sa-Hyun-Nim
At ease	She-Uh	Pattern	Tul
Begin	Shi-Jak	Ready Position	Jun-Bi
Bow/Salute	Gyoung-Neh	Return to Ready	Baro
Face the Flag	Gooki-eh De-Ha-Yeo	Stop	Geu-Man
Face the Founder	Chong Shi-Ja-Nim-Keh	Thank you	Kam-Sa-Ham-Ni-Da
Dismissed	Hae-San	Turn around	Tue-Tora
Grade	Gup	Uniform	Do-Bok
Grand Master	Sa-Sung Nim	Yell	Kihap
Gymnasium	Do-Jang		

6th Gup Study Sheet

Green Belt Level

New Patterns	New Stances
<ul style="list-style-type: none"> Do San 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. 	<ul style="list-style-type: none"> Annun Sogi (Sitting Stance)
New Hand Techniques	Step Sparring
<ul style="list-style-type: none"> Yop Makgi (Side Block) Bakatpalmok (Outer Forearm) Tulgi (Thrusting Technique) Sun Sonkut (Straight Fingertip) Yop Taerigi (Side Strike) Dung Joomuk (Back Fist) Hechyo Makgi (Wedging Block) Bakatpalmok (Outer Forearm) 	<ul style="list-style-type: none"> Sambo Matsogi 3-Step (2 Way) Ibo Matsogi Two-Step Sparring
New Kicks	Hol Sin Sol
<ul style="list-style-type: none"> Yopcha Milgi (Side Pushing Kick) Yopcha Tulgi (Side Thrusting Kick) Twimyo Chagi (Flying Kick) <ul style="list-style-type: none"> Apcha Busigi (Front Snap Kick) Duro Gamyo Chagi (Skip Kick) <ul style="list-style-type: none"> Yopcha Jirugi (Side Piercing Kick) Yop Dollyo Chagi (Side Turning Kick) Yobap Cha Busig (Side Front Snap Kick) 	<p>Defense using any combination of releasing, attacking, and breaking motion against 7 common attacks</p> <ul style="list-style-type: none"> Bear hug over arms from behind (above elbows) Bear hug over arms from behind (below elbows) Headlock from side Single grab to shoulder or neck from behind Double grab to shoulders or neck from behind Single grab from front to hair Single grab from behind to hair
Breaking	
Hand Technique (2 Boards Male / 1 Board Female or Junior)	Kicking (2 Boards Adult and Junior / 1 Board Children)
<ul style="list-style-type: none"> Front Punch or Knife Hand Strike 	<ul style="list-style-type: none"> Front Snap Kick Side Piercing Kick Turning Kick Back Piercing Kick
	<ul style="list-style-type: none"> Special Technique 1 Board Flying Front Snap Kick

Required Knowledge

Meaning of Green Belt

Green signifies the plant's growth as the Taekwon-Do skill begins to develop

Nine Reasons for Practicing Courtesy			
<ul style="list-style-type: none"> To promote the spirit of mutual concessions To be ashamed of one's vices, contempting those of others To be polite to one another To encourage the sense of justice and humanity To distinguish instructor from student, senior from junior, and elder from younger 		<ul style="list-style-type: none"> To behave oneself according to etiquette To respect other's possessions To handle matters with fairness and sincerity To refrain from giving or accepting any gift when in doubt 	
Opening Ceremony		Closing Ceremony	
Attention	Cha-Ryut	Attention	Cha-Ryut
Face the flag	Gooki-eh De-Ha-Yeo	Face the flag	Gooki-eh De-Ha-Yeo
Salute	Gyoung-Neh	Salute	Gyoung-Neh
Return to ready	Baro	Return to ready	Baro
Face the founder	Chong Shi Ja Nim Ke	Face the Founder	Chong Shi Ja Nim-Keh
Bow	Gyong-Neh	Bow	Gyong-Neh
Face the Instructor	Sa-Bum-Nim-Keh	Face the Instructor	Sa-Bum-Nim-Keh
Bow	Gyong-Neh	Bow	Gyong-Neh
		Face the Assistant Instructor	Boo Sa-Bum-Nim-Keh
		Bow	Gyong-Neh
		Dismissed	Ee-Sang
		Thank you very much	Kam Sa-Ham Ni Da

7th Gup Study Sheet

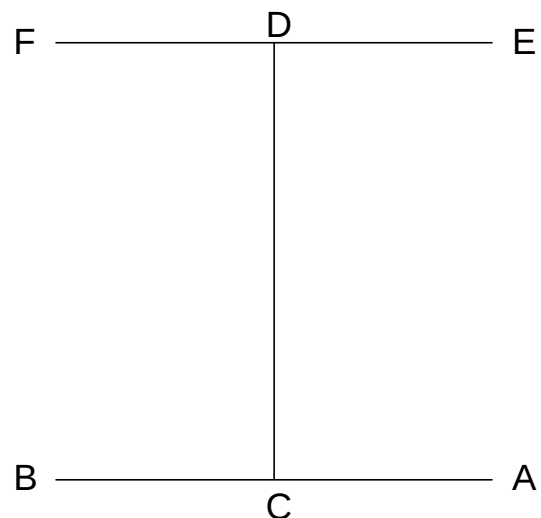
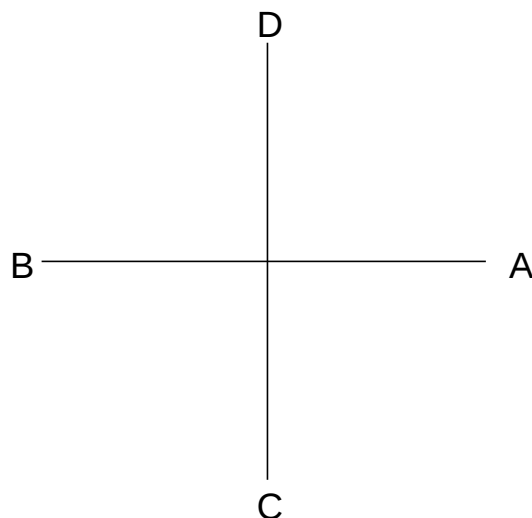
Yellow Belt Green Stripe Level

New Patterns	New Stances
<ul style="list-style-type: none"> Dan-Gun Named after the Holy Dan-Gun, the legendary founder of Korea in the year of 2,333 B.C. 	<ul style="list-style-type: none"> None, practice those from 8th Gup
New Hand Techniques	Step Sparring
<ul style="list-style-type: none"> Knife Hand Guarding Block Twin Forearm Block Rising Block with Forearm Knife Hand Side Strike 	<ul style="list-style-type: none"> Sambo Matsogi 3-Step (2 Way)
New Kicks	Hol Sin Sol
<ul style="list-style-type: none"> Cha Jirugi (Piercing Kicks) <ul style="list-style-type: none"> Dallyo Chagi (Turning Kick) Yop Dallyo Chagi (Side Turning Kick) Dwitcha Jirugi (Back Piercing Kick) 	<p>Defense using any combination of releasing, attacking, and breaking motion against 7 common grabs</p> <ul style="list-style-type: none"> Grab to wrist same and opposite sites and with both hands Grab to both wrists Grab to wrist with arm up Grab to lapel with one hand Grab to labels with both hands
Breaking	
Hand Technique <i>(2 Boards Male / 1 Board Female & Junior)</i>	Kicking <i>(2 Boards Adult & Junior / 1 Board Children)</i>
<ul style="list-style-type: none"> Front Punch or Knife Hand Strike 	<ul style="list-style-type: none"> Front Snap, Side Piercing, Turning, or Back Piercing

Required Knowledge

The Student Oath	Tenets of Taekwon-Do
<ul style="list-style-type: none"> I shall observe the tenets of Taekwon-Do I shall respect my instructors and seniors I shall never misuse Taekwon-Do I shall be a champion of freedom and justice I shall build a more peaceful world 	<ul style="list-style-type: none"> Courtesy Integrity Perseverance Self Control Indomitable Spirit
The Three Classes of Black Belt	
<ul style="list-style-type: none"> 1st to 3rd Dan (Boo sa-bum) Novice 4th to 6th Dan (Sa-bum) Expert 7th and 8th Dan (Sa-hyung) Master 9th Dan (Sa-Sung) Grand Master 	

Pattern Diagram Directions



8th Gup Study Sheet

Yellow Belt Level

New Patterns	New Stances
<ul style="list-style-type: none"> Chon Ji (The Heaven the Earth) 	<ul style="list-style-type: none"> None, practice those from 9th Gup
New Hand Techniques	Step Sparring
<ul style="list-style-type: none"> None, practice those from 9th Gup 	<ul style="list-style-type: none"> Sambo Matsogi 3-Step (1 Way)
New Kicks	Hol Sin Sol
<ul style="list-style-type: none"> Cha Jirugi (Piercing Kicks) <ul style="list-style-type: none"> Yopcha Jirugi (Side Piercing) 	Releasing motion against 6 common grabs <ul style="list-style-type: none"> Grab to wrist same/opposite sides and with both hands Grab to both wrists Grab to wrist with arm up Grab to lapels with both hands
Breaking	
Hand Technique (1 Board Adult)	Kicking (1 Board)
<ul style="list-style-type: none"> Front Punch 	<ul style="list-style-type: none"> Front Snap or Side Piercing Kick

Required Knowledge

Meaning of Yellow Belt

Yellow Signifies the Earth from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.

Taekwon-Do originated in the country of Korea	Literal Translation of Taekwon-Do
The founder of Taekwon-Do is General Choi Hong-Hi (9th Dan)	
Color Belt Gup Levels	
<ul style="list-style-type: none"> There are six colors: white, yellow, green, blue, red, and black The color belts are divided into 10 grade levels called Gups The color belts lowest level is 10th Gup (white), and the highest level is 1st Gup (red with black stripe) Black belts are divided into 9 degree levels called Dans Black belts lowest level is 1st Dan and the highest is 9th Dan 	<ul style="list-style-type: none"> Tae- Jumping, flying, to kick or smash with the foot Kwon- Fist, to punch or destroy with the hand or fist Do- The art or way Taekwon-Do- Indicates the mental training and the techniques of unarmed combat for self-defense as well as health, involving the skilled application of punches, kicks, blocks, and dodges with bare hands and feet to the rapid destruction of a moving opponent or opponents.

Points to Observe While Performing a Pattern	
<ul style="list-style-type: none"> Pattern should begin and end at exactly the same spot. This will indicate the performer's accuracy 	<ul style="list-style-type: none"> Each pattern should be perfected before moving to the next
<ul style="list-style-type: none"> Correct posture and facing must be maintained at all times 	<ul style="list-style-type: none"> Students should know the purpose of each movement
<ul style="list-style-type: none"> Muscles of the body should be either tensed or relaxed at the proper moments in the exercise 	<ul style="list-style-type: none"> Students should perform each movement with realism
<ul style="list-style-type: none"> The exercise should be performed in a rhythmic movement with an absence of stiffness 	<ul style="list-style-type: none"> Attack and defense techniques should be equally distributed among the right and left hands and feet
<ul style="list-style-type: none"> Movement should be accelerated or decelerated according to the instructions in the encyclopedia 	

9th Gup Study Sheet

White Belt Yellow Stripe Level

New Patterns	New Stances
<ul style="list-style-type: none"> Saju Jirugi (4 Direction Punch) Saju Makgi (4 Direction Block) 	<ul style="list-style-type: none"> Charyot Sogi (Attention) Narani Junbi Sogi (Parallel Ready) Gunnun Sogi (Walking)
New Hand Techniques	Step Sparring
<ul style="list-style-type: none"> Jirugi (Front Punch with Forefist) Kaunde Makgi (Inner Forearm Block) Najunde Makgi (Low Block): <ul style="list-style-type: none"> With Outer Forearm With Knife Hand 	<ul style="list-style-type: none"> Sambo Matsogi 3-Step Alone (1 Way)
New Kicks	Hol Sin Sol
<ul style="list-style-type: none"> Apcha Basigi (Front Snap Kick) Yobap Cha Basigi (Side Front Snap Kick) Front Rising Kick (stretching application) Side Rising Kick (stretching application) 	<ul style="list-style-type: none"> Breakfall to the front Breakfall to the back Breakfall to the side Forward and Backward Rolls
Breaking	
Hand Technique (1 Board Adult)	Kicking (1 Board)
<ul style="list-style-type: none"> Front Punch 	<ul style="list-style-type: none"> Front Snap Kick

Required Knowledge

Meaning of White Belt

White signifies innocence, as that of the beginning student who has no previous knowledge of Taekwon-Do.

Training Secrets of Taekwon-Do

<ul style="list-style-type: none"> To Study the theory of power thoroughly 	<ul style="list-style-type: none"> Keep both the arms and legs bent slightly while the movement is in motion
<ul style="list-style-type: none"> To understand the purpose and method of each movement clearly 	<ul style="list-style-type: none"> All movements must begin with a backward motion with very few exceptions. However, once the movement is in motion it should not be stopped before reaching the target
<ul style="list-style-type: none"> To bring the movement of eyes, hands, feet, and breath into a single coordinated action 	<ul style="list-style-type: none"> To create a sine wave during the movement by utilizing the knee spring properly
<ul style="list-style-type: none"> To choose the appropriate attacking tool for each vital spot 	<ul style="list-style-type: none"> To exhale briefly at the moment of each blow except a connecting motion
<ul style="list-style-type: none"> To become familiar with the correct angle and distance for attack and defense 	

Counting to ten in Korean	Color Belt Gup Levels	Directions of Attacks
Ha-na – One (1)	10 th Gup – White Belt	<p>The diagram illustrates the directions of attacks from a central point. It features a central blue circle with eight arrows pointing outwards to various directions: Front (up), Side Front (up-right), Side (right), Side Rear (down-right), Rear (down), Side Rear (down-left), Side (left), and Side Front (up-left).</p>
Dul – Two (2)	9 th Gup – White Belt Yellow Stripe	
Set – Three (3)	8 th Gup – Yellow Belt	
Net – Four (4)	7 th Gup – Yellow Belt Green Stripe	
Da-Seot – Five (5)	6 th Gup – Green Belt	
Yeo-Seot – Six (6)	5 th Gup – Green Belt Blue Stripe	
Il-Gop – Seven (7)	4 th Gup – Blue Belt	
Yeo-Deol – Eight (8)	3 rd Gup – Blue Belt Red Stripe	
Ah-Hop – Nine (9)	2 nd Gup – Red Belt	
Yeol – Ten (10)	1 st Gup – Red Belt black Stripe	