

Burntwood and Cannock Tae-Kwon-Do

Black Belt Grading Sheets – First Dan





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What is Tae-Kwon-Do?

It is a version of an ancient form of unarmed combat practised for many centuries in the orient. Tae-Kwon-Do became perfected in its present form in Korea. Translated from Korean, Tae literally means to jump, kick or smash with the foot. Kwon means a fist, chiefly to punch or destroy with the hand or fist. Do means art, way or method.

Tae-Kwon-Do indicates the technique of unarmed combat for self-defence, involving the skilled application of punches, kicks, blocks, dodges and interception with the hand, arms and feet to the rapid destruction of the opponent.

Tenets of Tae-Kwon-Do

Courtesy
Integrity
Perseverance
Self-control
Indomitable spirit

The foundation of Tae-Kwon-Do

Tae-Kwon-Do was inaugurated in South Korea on the 11th April 1955 following extensive research and development by the founder Major General Choi Hong 9th degree black belt.

Tae-Kwon-Do was introduced into the UK in 1967.

The T.A.G.B. was formed in August 1983.

The British Tae-Kwon-Do council was formed on the 21st April 1988 and is the governing body recognised by the British Sports council.

Tae-Kwon-Do International was inaugurated on November 13th 1993.



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Meaning of patterns

What is a pattern?

A pattern is a set of fundamental movements, mainly defence and attack, set in a logical sequence to deal with one or more imaginary opponents. Patterns are an indication of a student's progress.

Why do we perform patterns?

We practise patterns to improve and develop sparring techniques, flexibility of movement, master body shifting and to develop muscles, breathing and balance.

Why do we learn the meaning of patterns?

To draw inspiration from the heroic figures in Korea or instances relating to historical events.

24 patterns

The reason for 24 patterns in Tae-Kwon-Do is, General Choi compared the life of a man with a day in the life of the earth and believed that some people should strive to a good spiritual legacy.



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Chon Ji – 19 movements

Literally means the heaven and earth. It is in the orient interpreted as the creation of the world or the beginning of human history, therefore it is the initial pattern played by the beginner. This pattern is split into two similar parts, one to represent the heaven and the other the earth.

Start in parallel ready stance (Narani Jumbi Sogi)

1. Turn 90° anticlockwise – left arm low outer forearm block (Najunde Bakat Palmok Makgi) in walking stance (Gunnun Sogi)
2. Step forward - right arm punch (Kaunde Ap Joomuk Jirugi) in walking stance (Gunnun Sogi)
3. Turn 180° clockwise - right arm low outer forearm block (Najunde Bakat Palmok Makgi) in walking stance (Gunnun Sogi)
4. Step forward - left arm punch (Kaunde Ap Joomuk Jirugi) in walking stance (Gunnun Sogi)
5. Turn 90° anticlockwise – left arm low outer forearm block (Najunde Bakat Palmok Makgi) in walking stance (Gunnun Sogi)
6. Step forward - right arm punch (Kaunde Ap Joomuk Jirugi) in walking stance (Gunnun Sogi)
7. Turn 180° clockwise - right arm low outer forearm block (Najunde Bakat Palmok Makgi) in walking stance (Gunnun Sogi)
8. Step forward - left arm punch (Kaunde Ap Joomuk Jirugi) in walking stance (Gunnun Sogi)
9. Turn 90° anticlockwise – left arm mid inner forearm block (Kaunde An Palmok Makgi) in L stance (Niunja Sogi)
10. Step forward - right arm punch (Kaunde Ap Joomuk Jirugi) in walking stance (Gunnun Sogi)
11. Turn 180° clockwise - right arm mid inner forearm block (Kaunde An Palmok Makgi) in L stance (Niunja Sogi)
12. Step forward - left arm punch (Kaunde Ap Joomuk Jirugi) in walking stance (Gunnun Sogi)
13. Turn 90° anticlockwise – left arm mid inner forearm block (Kaunde An Palmok Makgi) in L stance (Niunja Sogi)
14. Step forward - right arm punch (Kaunde Ap Joomuk Jirugi) in walking stance (Gunnun Sogi)
15. Turn 180° clockwise - right arm mid inner forearm block (Kaunde An Palmok Makgi) in L stance (Niunja Sogi)
16. Step forward - left arm punch (Kaunde Ap Joomuk Jirugi) in walking stance (Gunnun Sogi)
17. Step forward - right arm punch (Kaunde Ap Joomuk Jirugi) in walking stance (Gunnun Sogi)
18. Step Back - left arm punch (Kaunde Ap Joomuk Jirugi) in walking stance (Gunnun Sogi)
19. Step Back - right arm punch (Kaunde Ap Joomuk Jirugi) in walking stance (Gunnun Sogi)



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Dan Gun – 21 movements

Is named after the holy Dan Gun, the legendary founder of Korea in the year 2333 BC.

Start in parallel ready stance (Narani Jumbi Sogi)

1. Turn 90° anticlockwise – knife hand guarding block (Sonkal Daebi Makgi) in L stance (Niunja Sogi)
2. Step forward - right arm high obverse punch (Nopunde Ap Joomuk Jirugi) in walking stance (Gunnun Sogi)
3. Turn 180° clockwise - knife hand guarding block (Sonkal Daebi Makgi) in L stance (Niunja Sogi)
4. Step forward - left arm high obverse punch (Nopunde Ap Joomuk Jirugi) in walking stance (Gunnun Sogi)
5. Turn 90° anticlockwise - knife hand guarding block (Sonkal Daebi Makgi) in L stance (Niunja Sogi)
6. Step forward - right arm high obverse punch (Nopunde Ap Joomuk Jirugi) in walking stance (Gunnun Sogi)
7. Step forward - left arm high obverse punch (Nopunde Ap Joomuk Jirugi) in walking stance (Gunnun Sogi)
8. Step forward - right arm high obverse punch (Nopunde Ap Joomuk Jirugi) in walking stance (Gunnun Sogi)
9. Turn 270° anticlockwise – twin outer forearm block (Sang Bakat Palmok Makgi) in L stance (Niunja Sogi)
10. Step forward - right arm high obverse punch (Nopunde Ap Joomuk Jirugi) in walking stance (Gunnun Sogi)
11. Turn 180° clockwise - twin outer forearm block (Sang Bakat Palmok Makgi) in L stance (Niunja Sogi)
12. Step forward - left arm high obverse punch (Nopunde Ap Joomuk Jirugi) in walking stance (Gunnun Sogi)
13. Turn 90° anticlockwise – outer forearm block (Najunde Bakat Palmok Makgi) in walking stance (Gunnun Sogi)
14. Twist out and in – rising block (Chookyo Makgi)
15. Step forward - rising block (Chookyo Makgi)
16. Step forward - rising block (Chookyo Makgi)
17. Step forward - rising block (Chookyo Makgi)
18. Turn 270° anticlockwise – middle section left knife hand strike (Kaunde Sonkal Taerigi) in L stance (Niunja Sogi)
19. Step forward - right arm high obverse punch (Nopunde Ap Joomuk Jirugi) in walking stance (Gunnun Sogi)
20. Turn 180° clockwise - middle section right knife hand strike (Kaunde Sonkal Taerigi) in L stance (Niunja Sogi)
21. Step forward - left arm high obverse punch (Nopunde Ap Joomuk Jirugi) in walking stance (Gunnun Sogi)



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Do San – 24 movements

Is the pseudonym of the patriot Ahn Chang Ho (1876 1938) who devoted his entire life to furthering the education of Korea and its independent movement.

Start in parallel ready stance (Narani Jumbi Sogi)

1. Turn 90° anticlockwise – high outer forearm block (Nopunde Bakat Palmok Makgi) in walking stance (Gunnun Sogi)
2. Right arm middle reverse punch (Bandaep Ap Joomuk Jirugi)
3. Spot turn 180° clockwise - high outer forearm block (Nopunde Bakat Palmok Makgi) in walking stance (Gunnun Sogi)
4. Left arm middle reverse punch (Bandaep Ap Joomuk Jirugi)
5. Turn 90° anticlockwise – knife hand guarding block (Sonkal Daebi Makgi) in L stance (Niunja Sogi)
6. Step forward – Middle section straight fingertip thrust (Kaunde Sun Sonkut Tulgi) in walking stance (Gunnun Sogi)
7. Release move (Japp Yosul Tae) – Turn 360° anticlockwise – Back fist strike (Dung Joomuk Taerigi) in walking stance (Gunnun Sogi)
8. Step forward - Back fist strike (Dung Joomuk Taerigi) in walking stance (Gunnun Sogi)
9. Turn 270° anticlockwise - high outer forearm block (Nopunde Bakat Palmok Makgi) in walking stance (Gunnun Sogi)
10. Right arm middle reverse punch (Bandaep Ap Joomuk Jirugi)
11. Spot turn 180° clockwise - high outer forearm block (Nopunde Bakat Palmok Makgi) in walking stance (Gunnun Sogi)
12. Left arm middle reverse punch (Bandaep Ap Joomuk Jirugi)
13. Turn 135° anticlockwise – Wedging block (Hechyo Makgi) in walking stance (Gunnun Sogi)
14. Step forward – Middle section front snap kick (Ap Chabusigi)
15. Obverse (right arm) punch (Ap Joomuk Jirugi) in walking stance Gunnun Sogi
16. Reverse (left arm) punch (Ap Joomuk Jirugi)
17. Right foot in right foot out - Turn 90° clockwise - Wedging block (Hechyo Makgi) in walking stance (Gunnun Sogi)
18. Step forward – Middle section front snap kick (Ap Chabusigi)
19. Obverse (left arm) punch (Ap Joomuk Jirugi) in walking stance (Gunnun Sogi)
20. Reverse (right arm) punch (Ap Joomuk Jirugi)
21. Turn 45° anticlockwise – High rising block (Chookyo Makgi) in walking stance (Gunnun Sogi)
22. Step forward - High rising block (Chookyo Makgi) in walking stance (Gunnun Sogi)
23. Turn 270° anticlockwise – middle section left knife hand strike (Kaunde Sonkal Taerigi) in sitting stance (Anun Sogi)
24. Foot to Foot - middle section right knife hand strike (Kaunde Sonkal Taerigi) in sitting stance (Anun Sogi)



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Won Hyo – 28 movements

Was the noted monk who introduced Buddhism to the Silla dynasty in the year 686 AD.

Start in Closed ready position A (Moa Jumbi Sogi A)

1. Turn 90° anticlockwise – Twin forearm block (Sang Palmok Makgi) in L stance (Niunja Sogi)
2. High inward knife hand strike (Nopunde Anuro Sonkal Taerigi) in L stance (Niunja Sogi)
3. Slip left foot forward – Side punch (Yop Jirugi) in fixed stance (Gojung Sogi)
4. Foot to foot right 180° - Twin forearm block (Sang Palmok Makgi) in L stance (Niunja Sogi)
5. High inward knife hand strike (Nopunde Anuro Sonkal Taerigi) in L stance (Niunja Sogi)
6. Slip right foot forward – Side punch (Yop Jirugi) in fixed stance (Gojung Sogi)
7. Turn 90° anticlockwise – Forearm guarding block (Palmak Daebi Makgi) in bending ready stance (Guburyo Jumbi Sogi) on right leg
8. Left leg side piercing kick (Yop Cha Chagi)
9. Knife hand guarding block (Sonkal Daebi Makgi) in L stance (Niunja Sogi)
10. Step forward - Knife hand guarding block (Sonkal Daebi Makgi) in L stance (Niunja Sogi)
11. Step forward - Knife hand guarding block (Sonkal Daebi Makgi) in L stance (Niunja Sogi)
12. Step forward – Straight fingertip thrust (Kaunde Sun Sonkut Tulgi) in walking stance (Gunnun Sogi)
13. Turn 270° anticlockwise – Twin forearm block (Sang Palmok Makgi) in L stance (Niunja Sogi)
14. High inward knife hand strike (Nopunde Anuro Sonkal Taerigi) in L stance (Niunja Sogi)
15. Slip left foot forward – Side punch (Yop Jirugi) in fixed stance (Gojung Sogi)
16. Foot to foot right 180° - Twin forearm block (Sang Palmok Makgi) in L stance (Niunja Sogi)
17. High inward knife hand strike (Nopunde Anuro Sonkal Taerigi) in L stance (Niunja Sogi)
18. Slip right foot forward – Side punch (Yop Jirugi) in fixed stance (Gojung Sogi)
19. Turn 90° anticlockwise – Circular block (Dollimyo Makgi) in walking stance (Gunnun Sogi)
20. Step forward – Low front snap kick (Najunde Ap Chabusigi)
21. Reverse punch (Bandae Ap Joomuk Jirugi) in walking stance (Gunnun Sogi)
22. Circular block (Dollimyo Makgi) in walking stance (Gunnun Sogi)
23. Step forward – Low front snap kick (Najunde Ap Chabusigi)
24. Reverse punch (Bandae Ap Joomuk Jirugi) in walking stance (Gunnun Sogi)
25. Step forward – Forearm guarding block (Palmak Daebi Makgi) in bending ready stance (Guburyo Jumbi Sogi) on left leg
26. Right leg side piercing kick (Yop Cha Chagi)
27. Turn 270° anticlockwise - Forearm guarding block (Palmak Daebi Makgi) in L stance (Niunja Sogi)
28. Foot to foot right 180° - Forearm guarding block (Palmak Daebi Makgi) in L stance (Niunja Sogi)



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Yul Gok – 38 movements

Is the pseudonym of the great philosopher and scholar Yi I (1536 1584 AD) nicknamed the Confucius of Korea. The 38 movements in this pattern refer to his birthplace on a 38-degree latitude and the diagram represents scholar.

Start in parallel ready stance (Narani Jumbi Sogi)

1. Left slide – Left hand measure in sitting stance (Annun Sogi)
2. Right fast punch (Ap Joomuk Jirugi) in sitting stance (Annun Sogi)
3. Left fast punch (Ap Joomuk Jirugi) in sitting stance (Annun Sogi)
4. Right slide – Right hand measure in sitting stance (Annun Sogi)
5. Left fast punch (Ap Joomuk Jirugi) in sitting stance (Annun Sogi)
6. Right fast punch (Ap Joomuk Jirugi) in sitting stance (Annun Sogi)
7. Turn 45° clockwise – High inner forearm block (Nopunde An Palmok Makgi) in walking stance (Gunnun Sogi)
8. Step forward – Low front snap kick (Najunde Ap Chabusigi)
9. Fast obverse punch (Ap Joomuk Jirugi) in walking stance (Gunnun Sogi)
10. Fast reverse punch (Bandaep Ap Joomuk Jirugi) in walking stance (Gunnun Sogi)
11. Turn 90° anticlockwise – High inner forearm block (Nopunde An Palmok Makgi) in walking stance (Gunnun Sogi)
12. Step forward – Low front snap kick (Najunde Ap Chabusigi)
13. Fast obverse punch (Ap Joomuk Jirugi) in walking stance (Gunnun Sogi)
14. Fast reverse punch (Bandaep Ap Joomuk Jirugi) in walking stance (Gunnun Sogi)
15. Turn 45° clockwise – Obverse hooking block (Golcha Makgi) in walking stance (Gunnun Sogi)
16. Reverse hooking block (Bandaep Golcha Makgi) in walking stance (Gunnun Sogi)
17. Obverse punch (Ap Joomuk Jirugi) in walking stance (Gunnun Sogi)
18. Step forward - Obverse hooking block (Golcha Makgi) in walking stance (Gunnun Sogi)
19. Reverse hooking block (Bandaep Golcha Makgi) in walking stance (Gunnun Sogi)
20. Obverse punch (Ap Joomuk Jirugi) in walking stance (Gunnun Sogi)
21. Step forward - Obverse punch (Ap Joomuk Jirugi) in walking stance (Gunnun Sogi)
22. Forearm guarding block (Palmak Daebi Makgi) in bending ready stance (Guburyo Jumbi Sogi) on right leg
23. Left leg side piercing kick (Yop Cha Chagi)
24. Elbow front strike (Ap Palkup Taerigi) in walking stance (Gunnun Sogi)
25. Step left foot across and in opposite direction - Forearm guarding block (Palmak Daebi Makgi) in bending ready stance (Guburyo Jumbi Sogi) on left leg
26. Right leg side piercing kick (Yop Cha Chagi)
27. Elbow front strike (Ap Palkup Taerigi) in walking stance (Gunnun Sogi)
28. Turn 90° anticlockwise – Twin knife hand block (Sang Sonkal Makgi) in L stance (Niunja Sogi)
29. Step forward - Middle section straight fingertip thrust (Kaunde Sun Sonkut Tulgi) in walking stance (Gunnun Sogi)
30. Turn 180° clockwise - Twin knife hand block (Sang Sonkal Makgi) in L stance (Niunja Sogi)
31. Step forward - Middle section straight fingertip thrust (Kaunde Sun Sonkut Tulgi) in walking stance (Gunnun Sogi)
32. Turn 90° anticlockwise - outer forearm block (Najunde Bakat Palmok Makgi) in walking stance (Gunnun Sogi)
33. Reverse punch (Bandaep Ap Joomuk Jirugi) in walking stance (Gunnun Sogi)
34. Step forward - outer forearm block (Najunde Bakat Palmok Makgi) in walking stance (Gunnun Sogi)
35. Reverse punch (Bandaep Ap Joomuk Jirugi) in walking stance (Gunnun Sogi)
36. Jump forward – High back fist strike with left hand (Nopunde Dung Joomuk Taerigi) in X stance (Kyochoa Sogi)
37. Turn 270° clockwise – Double forearm block (Doo Palmok Makgi) in walking stance (Gunnun Sogi)
38. Turn 180° anticlockwise - Double forearm block (Doo Palmok Makgi) in walking stance (Gunnun Sogi)



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Joong Gun – 32 movements

Is named after the patriot an Joong Gun who assassinated Hiro Bumi Ito, the first Japanese Governor General of Korea, known as the man who played the leading part in the Korean Japan merger. There are 32 movements in this pattern to represent Mr Ans age when he was executed in Lui Shung prison in 1910.

Start in Closed ready position B (Moa Jumbi Sogi B)

1. Turn 90° anticlockwise – Reverse knife hand block (Sonkal Dung Makgi) in L stance (Niunja Sogi)
2. Low front snap kick (Najunde Ap Chabusigi)
3. Step forward – Palm upward block (Ollyo Sonbadak Makgi) in rear foot stance (Dwit Bal Sogi)
4. Turn 180° clockwise - Reverse knife hand block (Sonkal Dung Makgi) in L stance (Niunja Sogi)
5. Low front snap kick (Najunde Ap Chabusigi)
6. Step forward – Palm upward block (Ollyo Sonbadak Makgi) in rear foot stance (Dwit Bal Sogi)
7. Turn 90° anticlockwise - knife hand guarding block (Sonkal Daebi Makgi) in L stance (Niunja Sogi)
8. High upper elbow strike (Wi Palkup Taerigi) in walking stance (Gunnun Sogi)
9. Step forward – Knife hand guarding block (Sonkal Daebi Makgi) in L stance (Niunja Sogi)
10. High upper elbow strike (Wi Palkup Taerigi) in walking stance (Gunnun Sogi)
11. Step forward - High twin vertical punch (Nopunde Sang Joomuk Sewo Jirugi) in walking stance (Gunnun Sogi)
12. Step forward – Middle twin upset punch (Sang Dwijibon Jirugi) in walking stance (Gunnun Sogi)
13. Turn 180° anticlockwise – X fist rising block (Kyocha Joomuk Makgi) in walking stance (Gunnun Sogi)
14. Turn 90° anticlockwise – High fast back fist side strike (Nopunde Dung Joomuk Taerigi) in L stance (Niunja Sogi)
15. Fast release from grab (Japp Yosul Tae) in walking stance (Gunnun Sogi)
16. High reverse punch (Bandae Ap Joomuk Jirugi) in walking stance (Gunnun Sogi)
17. Turn 180° clockwise - High fast back fist side strike (Nopunde Dung Joomuk Taerigi) in L stance (Niunja Sogi)
18. Fast release from grab (Japp Yosul Tae) in walking stance (Gunnun Sogi)
19. High reverse punch (Bandae Ap Joomuk Jirugi) in walking stance (Gunnun Sogi)
20. Turn 90° anticlockwise / forward – High double forearm block (Doo Palmok Makgi) in walking stance (Gunnun Sogi)
21. Middle side punch (Yop Jirugi) in L stance (Niunja Sogi)
22. Side piercing kick (Yop Cha Chagi) stepping forward
23. High double forearm block (Doo Palmok Makgi) in walking stance (Gunnun Sogi)
24. Middle side punch (Yop Jirugi) in L stance (Niunja Sogi)
25. Side piercing kick (Yop Cha Chagi) stepping forward
26. Middle forearm guarding block (Palmak Daebi Makgi) in L stance (Niunja Sogi)
27. Widen stance – Slow palm pressing block (Sonbadak Noolyo Makgi) in low stance (Nachuo Sogi)
28. Step forward - Middle forearm guarding block (Palmak Daebi Makgi) in L stance (Niunja Sogi)
29. Widen stance – Slow palm pressing block (Palmak Daebi Makgi) in low stance (Nachuo Sogi)
30. Turn 90° anticlockwise – Slow turning punch (Dollyo Jirugi) in closed stance (Moa Sogi)
31. Step forward right foot – U-shape block (Mongdungi Makgi) in fixed stance (Gojung Sogi)
32. Foot to foot 180° anticlockwise - U-shape block (Mongdungi Makgi) in fixed stance (Gojung Sogi)



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Toi Gye – 37 movements

Is the pen name of the noted scholar Yi Hwang (16 century AD). An authority on neo-Confucianism. The 37 movements in this pattern refer to his birthplace on a 37-degree latitude and the diagram represents scholar.

Start in Closed ready position B (Moa Jumbi Sogi B)

1. Turn 90° anticlockwise – Inner forearm block (An Palmok Makgi) in L stance (Niunja Sogi)
2. Low upset fingertip thrust (Najunde Opun Sonkut Tulgi) in walking stance (Gunnun Sogi)
3. Turn 90° clockwise – Slow high back fist strike (Nopunde Dung Joomuk Taerigi) + low outer forearm block (Najunde Bakat Palmok Makgi) in close stance (Moa Sogi)
4. Turn 90° clockwise – Inner forearm block (An Palmok Makgi) in L stance (Niunja Sogi)
5. Low upset fingertip thrust (Najunde Opun Sonkut Tulgi) in walking stance (Gunnun Sogi)
6. Turn 90° anticlockwise – Slow high back fist strike (Nopunde Dung Joomuk Taerigi) + low outer forearm block (Najunde Bakat Palmok Makgi) in close stance (Moa Sogi)
7. Step forward – X fist pressing block (Kyocha Joomuk Noollo Makgi) in walking stance (Gunnun Sogi)
8. High twin vertical punch (Nopunde Sang Joomuk Sewo Jirugi) in walking stance (Gunnun Sogi)
9. Step forward – Middle front kick (Kaunde Ap Chagi)
10. Obverse punch (Ap Joomuk Jirugi) in walking stance (Gunnun Sogi)
11. Reverse punch (Bandae Ap Joomuk Jirugi) in walking stance (Gunnun Sogi)
12. Turn 90° anticlockwise – Slow posture move with fists on hips in close stance (Moa Sogi)
13. Turn 90° anticlockwise – High W shape block (Nopunde San Makgi) in sitting stance (Annun Sogi)
14. Turn 180° clockwise – High W shape block (Nopunde San Makgi) in sitting stance (Annun Sogi)
15. Turn 180° clockwise – High W shape block (Nopunde San Makgi) in sitting stance (Annun Sogi)
16. Turn 180° anticlockwise – High W shape block (Nopunde San Makgi) in sitting stance (Annun Sogi)
17. Turn 180° clockwise – High W shape block (Nopunde San Makgi) in sitting stance (Annun Sogi)
18. Turn 180° clockwise – High W shape block (Nopunde San Makgi) in sitting stance (Annun Sogi)
19. Step forward – Low double forearm pushing block (Najunde Doo Palmok Miro Makgi) in L stance (Niunja Sogi)
20. Grab to shoulders in walking stance (Gunnun Sogi)
21. Knee kick (Moorup Chagi)
22. Turn 180° anticlockwise – Knife hand guarding block (Sonkal Daebi Makgi) in L stance (Niunja Sogi)
23. Front snap kick (Najunde Ap Chabusigi)
24. High flat fingertip thrust (Nopunde Opun Sonkut Tulgi) in walking stance (Gunnun Sogi)
25. Step forward – Knife hand guarding block (Sonkal Daebi Makgi) in L stance (Niunja Sogi)
26. Front snap kick (Najunde Ap Chabusigi)
27. High flat fingertip thrust (Nopunde Opun Sonkut Tulgi) in walking stance (Gunnun Sogi)
28. Step backwards and look back – Right arm high back fist strike (Nopunde Dung Joomuk Taerigi) + Left arm outer forearm low block (Najunde Bakat Palmok Makgi) in L stance (Niunja Sogi)
29. Jump forward + turn 90° anticlockwise – Low X fist pressing block (Kyocha Joomuk Noollo Makgi) in X stance (Kyocha Sogi)
30. Turn 90° clockwise – High double forearm block (Nopunde Doo Palmok Makgi) in walking stance (Gunnun Sogi)
31. Turn 270° anticlockwise – Low knife hand guarding block (Najunde Sonkal Daebi Makgi) in L stance (Niunja Sogi)
32. Right arm inner forearm circular block (An Palmok Dollimyo Makgi) in walking stance (Gunnun Sogi)
33. Turn 180° clockwise – Low knife hand guarding block (Najunde Sonkal Daebi Makgi) in L stance (Niunja Sogi)
34. Left arm inner forearm circular block (An Palmok Dollimyo Makgi) in walking stance (Gunnun Sogi)
35. Right arm inner forearm circular block (An Palmok Dollimyo Makgi) in walking stance (Gunnun Sogi)
36. Left arm inner forearm circular block (An Palmok Dollimyo Makgi) in walking stance (Gunnun Sogi)
37. Turn 90° anticlockwise – Right punch (Ap Joomuk Jirugi) in sitting stance (Annun Sogi)



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Hwa rang – 29 movements

Is named after the Hwa Rang youth group which originated in the Silla dynasty about 1350 years ago. This group eventually became an actual driving force for the unification of the three kingdoms of Korea. The 29 movements in this pattern refer to the 29th infantry division, where Tae-Kwon-Do developed maturity.

Start in Closed ready position C (Moa Jumbi Sogi C)

1. Left slide – Palm pushing block (Sonbadak Miro Makgi) in sitting stance (Annun Sogi)
2. Double punch (Doo Ap Joomuk Jirugi) in sitting stance (Annun Sogi)
3. Turn 90° clockwise – Twin outer forearm block (Sang Bakat Palmok Makgi) in L stance (Niunja Sogi)
4. High upward punch (Ollyo Jirugi) in L stance (Niunja Sogi)
5. Right (forward) slide – Sliding side punch (Yop Jirugi) in fixed stance (Gojung Sogi)
6. Knife hand downward strike (Naeryo Sonkal Taerigi) in vertical stance (Soo Jik Sogi)
7. Step forward – Obverse punch (Ap Joomuk Jirugi) in walking stance (Gunnun Sogi)
8. Turn 90° anticlockwise – Outer forearm block (Bakat Palmok Makgi) in walking stance (Gunnun Sogi)
9. Step forward – Obverse punch (Ap Joomuk Jirugi) in walking stance (Gunnun Sogi)
10. Release from grab (bring left foot forward to right foot and arc left hand over to grab right wrist) (Japp Yosul Tae)
11. Side piercing kick (Yop Cha Chagi)
12. Knife hand strike (Sonkal Taerigi) in L stance (Niunja Sogi)
13. Step forward – Obverse punch (Ap Joomuk Jirugi) in walking stance (Gunnun Sogi)
14. Step forward – Obverse punch (Ap Joomuk Jirugi) in walking stance (Gunnun Sogi)
15. Turn 270° anticlockwise – Knife hand guarding block (Sonkal Daebi Makgi) in L stance (Niunja Sogi)
16. Step forward – Middle straight fingertip thrust (Kaunde Sun Sonkut Tulgi) in walking stance (Gunnun Sogi)
17. Turn 180° anticlockwise – Knife hand guarding block (Sonkal Daebi Makgi) in L stance (Niunja Sogi)
18. Step forward – High turning kick (Nopunde Dollyo Chagi)
19. Step forward – High turning kick (Nopunde Dollyo Chagi)
20. Turn 90° anticlockwise – Low outer forearm block (Najunde Bakat Palmok Makgi) in walking stance (Gunnun Sogi)
21. Switch – Obverse punch (Ap Joomuk Jirugi) in L stance (Niunja Sogi)
22. Step forward - Obverse punch (Ap Joomuk Jirugi) in L stance (Niunja Sogi)
23. Step forward - Obverse punch (Ap Joomuk Jirugi) in L stance (Niunja Sogi)
24. Turn out and in – X fist pressing block (Kyocha Joomuk Noollo Makgi) in walking stance (Gunnun Sogi)
25. Step forward and turn 180° anticlockwise and now going backwards – Middle side elbow thrust (Yop Palkup Taerigi) in L stance (Niunja Sogi)
26. Turn 90° anticlockwise – Right arm Inner forearm block (Kaunde An Palmok Makgi) with left arm outer forearm block (Najunde Bakat Palmok Makgi) in closed stance (Moa Sogi)
27. Left arm Inner forearm block (Kaunde An Palmok Makgi) with right arm outer forearm block (Najunde Bakat Palmok Makgi) in closed stance (Moa Sogi)
28. Knife hand guarding block (Sonkal Daebi Makgi) in L stance (Niunja Sogi)
29. Turn 180° clockwise - Knife hand guarding block (Sonkal Daebi Makgi) in L stance (Niunja Sogi)



Black Belt Grading Sheets – First Dan

Choong moo – 30 movements

Was the given name to the great Admiral Yi Sun Sin of the Yi dynasty. He was reputed to have invented the first armoured battleship (kobukson) which was the precursor to the present-day submarine, in 1592 AD. The reason this pattern ends with a left-hand attack is to symbolise his regrettable death having no chance to show his unrestrained potentiality checked by his forced reservation of his loyalty to the king.

Start in parallel ready stance (Narani Jumbi Sogi)

1. Turn 90° anticlockwise – High + Mid Twin knife hand block (Sang Sonkal Makgi) in L stance (Niunja Sogi)
2. Step forward - High guard (Nopunde Sonkal Makgi) / inward knife hand strike (Anuro Sonkal Taerigi) in walking stance (Gunnun Sogi)
3. Turn 180° clockwise - Knife hand guarding block (Sonkal Daebi Makgi) in L stance (Niunja Sogi)
4. Step forward - High flat fingertip thrust (Nopunde Opun Sonkut Tulgi) in walking stance (Gunnun Sogi)
5. Turn 90° anticlockwise – Knife hand guarding block (Sonkal Daebi Makgi) in L stance (Niunja Sogi)
6. Turn 180° clockwise – Forearm guarding block (Palmak Daebi Makgi) in bending ready stance (Guburyo Jumbi Sogi)
7. Side piercing kick to rear (Yop Cha Chagi)
8. Turn 180° anticlockwise – Knife hand guarding block (Sonkal Daebi Makgi) in L stance (Niunja Sogi)
9. Step forward then right leg flying side piercing kick (Twimyo Yop Cha Chagi) then land in Knife hand guarding block (Sonkal Daebi Makgi) in L stance (Niunja Sogi)
10. Turn 270° anticlockwise – Low outer forearm block (Najunde Bakat Palmok Makgi) in L stance (Niunja Sogi)
11. Twist – Grab opponents head in walking stance (Gunnun Sogi)
12. Knee kick (Moorup Chagi)
13. Turn 180° anticlockwise – High reverse knife hand strike (Bandaе Sonkal Taerigi) in walking stance (Gunnun Sogi)
14. High turning kick (Nopunde Dollyo Chagi)
15. Reverse side kick (Bandaе Yop Chagi)
16. Turn 180° clockwise – Forearm guarding block (Palmak Daebi Makgi) in L stance (Niunja Sogi)
17. To left 45° angle – Middle turning kick (Dollyo Chagi)
18. Turn 135° clockwise – High / Mid U shaped block (Mongdungi Makgi) in fixed stance (Gojung Sogi)
19. Jump 360° anticlockwise – Knife hand guarding block (Sonkal Daebi Makgi) in L stance (Niunja Sogi)
20. Step forward – Low upset fingertip thrust (Najunde Opun Sonkut Tulgi) in walking stance (Gunnun Sogi)
21. Step and look back – High back fist strike (Nopunde Dung Joomuk Taerigi) + Low outer forearm block (Najunde Bakat Palmok Makgi) in L stance (Niunja Sogi)
22. Step forward – Straight fingertip thrust (Kaunde Sun Sonkut Tulgi) in walking stance (Gunnun Sogi)
23. Turn 270° anticlockwise – Double forearm block (Doo Palmok Makgi) in walking stance (Gunnun Sogi)
24. Turn 90° anticlockwise – Front outer forearm block (Bakat Palmok Makgi) then back fist side strike (Dung Joomuk Tarigi) in sitting stance (Annun Sogi)
25. Turn 90° anticlockwise – Side piercing kick (Yop Cha Chagi)
26. Step forward - Side piercing kick (Yop Cha Chagi)
27. Turn 135° clockwise – X knife hand checking block (Kyocha Sonkal Momchau Makgi) in L stance (Niunja Sogi)
28. Step forward – Twin upward palm block (Sang Sonbadak Ollyo Makgi) in walking stance (Gunnun Sogi)
29. Turn 180° clockwise – Forearm rising block (Chookyo Makgi) in walking stance (Gunnun Sogi)
30. Middle reverse punch (Bandaе Ap Joomuk Jirugi) in walking stance (Gunnun Sogi)



Black Belt Grading Sheets – First Dan

Sparring

Definitions

Three Step Sparring

Sambo Matsoki

Is for practicing techniques safely but also helping you judge both focus distance and timing against a fore fist punch.

Two Step Sparring

Ibo Matsoki

Is similar to three step sparring but against differing attacks requiring a higher level of focus distance and timing.

Three Step Semi Free Sparring

Ban Jayoo Matsoki

Is for demonstrating three attacks of your choice in a forward attack you are expected to show a level of skill commensurate with your grade.

One Step Sparring

Ilbo Matsoki

Is for the practice of self-defence and the use of any valid attack is accepted.

Free Sparring

Jayoo Matsoki

Is the unprogrammed exchange of techniques between two partners.



Black Belt Grading Sheets – First Dan

Three Step Sparring - Sambo Matsoki

Is for practicing techniques safely but also helping you judge both focus distance and timing against a fore fist punch.

To start:

Attacker: Left arm low outer forearm block in left walking stance (right leg back)

Defender: Parallel ready stance

Both say kihap when ready to start

The attacker does 3 middle section obverse punches for each one.

The defender moving backwards does:

#	Move 1	Move 2	Move 3 / Counter	Counter
#1	Left walking stance (right foot back) with middle section inner forearm block	Right walking stance (left foot back) with middle section inner forearm block	Left walking stance (right foot back) with middle section inner forearm block	Don't move - Left walking stance (right foot back) with middle section reverse punch
#2	Left L stance (left foot back) with middle section inner forearm block	Right L stance (right foot back) with middle section inner forearm block	Left L stance (left foot back) with middle section inner forearm block	Move left leg to the left and right leg in to L stance outside of the attackers front foot then right hand knife hand strike to attackers neck
#3	Left L stance (left foot back) with middle section outer forearm inward block	Right L stance (right foot back) with middle section outer forearm inward block	Left L stance (left foot back) with middle section outer forearm inward block	Don't move – draw back blocking arm then slide forward as if to strike the attacker on the nose
#4	Left L stance (left foot back) with middle section inner forearm block	Right L stance (right foot back) with middle section inner forearm block	Left L stance (left foot back) with middle section inner forearm block	Move left foot until in sitting stance then measure a punch to attacker's middle section with left hand then quick double punch



Black Belt Grading Sheets – First Dan

Three Step Sparring - Sambo Matsoki (Continued)

#	Move 1	Move 2	Move 3 / Counter	Counter
#5	Right L stance (right foot back) with middle section outer forearm block	Left L stance (left foot back) with middle section outer forearm block	Sitting stance left arm outer forearm middle block and right arm high section punch to jaw	
#6	Right L stance (right foot back) with middle section knife hand block	Left L stance (left foot back) with middle section knife hand block	Sitting stance left arm knife hand middle block and right arm high section knife hand inward strike to neck	
#7	Right L stance (right foot back) with middle section outer forearm block	Left L stance (left foot back) with middle section outer forearm block	Slide out at 45° in to right L stance (right foot back) with middle section forearm guarding block	Right leg middle section front kick then in walking stance a middle section obverse then reverse punch
#8	Right L stance (right foot back) with middle section knife hand block	Left L stance (left foot back) with middle section knife hand block	Slide out at 45° in to right L stance (right foot back) with middle section knife hand guarding block	Right leg middle section side kick then in left L stance (left foot back) right arm knife hand strike to the right side of the attacker's neck
#9	Right L stance (right foot back) with middle section palm inward pushing block	Left L stance (left foot back) with middle section palm inward pushing block	Right L stance (right foot back) with middle section palm inward pushing block – as this is performed move to a slight angle to the left	Right leg middle section turning kick then chamber position for high section knife hand strike then high section knife hand strike in vertical stance to back right of attacker neck
#10	Right L stance (right foot back) with middle section knife hand block	Left L stance (left foot back) with middle section knife hand block	Slide out at 45° in to right L stance (right foot back) with middle section knife hand guarding block	Right leg middle section reverse side kick then walking stance (left leg back) high section reverse knife hand strike with the left arm to the right side of the attackers neck



Black Belt Grading Sheets – First Dan

Two Step Sparring - Ibo Matsoki

Is similar to three step sparring but against differing attacks requiring a higher level of focus distance and timing.

To start:

Attacker: Right L stance (right leg back) with forearm guarding block

Defender: Parallel ready stance

#1

Person	Move 1	Move 2	Counter
Attacker	Walking stance (right leg forward) – High obverse punch	Left leg front kick	
Defender	Walking stance (right leg back) – Outer forearm rising block	Walking stance – X fist pressing block	Chamber position – Walking stance – Twin vertical punch

#2

Person	Move 1	Move 2	Counter
Attacker	Fixed stance (right leg forward) – Side punch	Left leg turning kick	
Defender	L stance (right leg back) – Palm upward block	L stance – waist block	Slide left – L stance – side elbow thrust

#3

Person	Move 1	Move 2	Counter
Attacker	Right leg front snap kick	Walking stance – Twin vertical punch	
Defender	Walking stance (right leg back) – X fist pressing block	Walking stance – Outer forearm wedging block	Chamber position – Left leg front knee kick

#4

Person	Move 1	Move 2	Counter
Attacker	Walking stance (right leg forward) – High flat fingertip thrust	Left leg side kick	
Defender	Walking stance (right leg back) – Knife hand rising block	L stance – Palm pushing inward block (right hand) – Push attacker round 180°	Left leg front kick – Walking stance – Twin upset punch to kidneys



Black Belt Grading Sheets – First Dan

Two Step Sparring - Ibo Matsoki (Continued)

#5

Person	Move 1	Move 2	Counter
Attacker	Chamber position – Right leg middle section reverse side kick	Walking stance (left leg forward) – High section palm strike	
Defender	L stance (right leg back) – Palm waist block	L stance – Outer forearm inward block (right arm)	Walking stance – Middle section knife hand strike (left arm)

#6

Person	Move 1	Move 2	Counter
Attacker	Right leg high section turning kick	Walking stance (left leg forward) – High section arc hand strike (left hand)	
Defender	Sitting stance (left leg back) – Twin straight outer forearm checking block	L stance – Hooking block and grab	Left leg middle section side kick

#7

Person	Move 1	Move 2	Counter
Attacker	L stance (right leg forward) – Middle section side fist strike	Left leg middle section reverse turning kick	
Defender	L stance (left foot back) – Twin outer forearm block	L stance – Forearm guarding block	Right leg high section reverse turning kick

#8

Person	Move 1	Move 2	Counter
Attacker	Right leg middle section side kick	Chamber position – L stance (left foot forward) – High section spinning knife hand strike (left arm)	
Defender	L stance (right foot back) – Inner forearm inward waist block	Step back foot over foot in L stance (right foot back) – Forearm guarding block	Jump forward in to X stance – High section Back fist side strike (left fist to left side of attacker's head)



Black Belt Grading Sheets – First Dan

Meaning Of Belt Colours

White signifies innocence, as that of a beginning student who has no previous knowledge of Tae-Kwon-Do.

Yellow signifies earth from which a plant sprouts as the foundations of Tae-Kwon-Do are being laid.

Green signifies the plants growth as the Tae-Kwon-Do skill begins to develop.

Blue signifies the heaven toward which the plant matures into a towering tree as training in Tae-Kwon-Do progresses.

Red signifies danger, cautioning the student to take control and warning the opponent to stay away.

Black is opposite from white, therefore signifying the maturity and proficiency in Tae-Kwon-Do and also indicates the wearers imperviousness to darkness and fear.



Black Belt Grading Sheets – First Dan

Kicks

Front Kick	Ap Chagi
Front Rising Kick	Apcha Olligi
Low Front Snap Kick	Najunde Ap Chabusigi
Side Kick	Yop Chagi
Side Piercing Kick	Yop Cha Chagi
Jumping Side Kick	Dwimyo Yop Cha Chagi
Turning Kick	Dollyo Chagi
Jumping Turning Kick	Dwimyo Dollyo Chagi
Reverse Turning Kick	Bandae Dollyo Chagi
Reverse Side Kick	Bandae Yop Cha Chagi
Back Kick	Dwit Chagi
Crescent Kick	Bandal Chagi
Hook Kick	Golcha Chagi
Knee Kick	Moorup Chagi
Twist Kick	Bituro Chagi
Axe Kick	Naeryo Chagi
Flying Kick	Twimyo Chagi

Foot Striking Tools

Ball of the Foot	Ap Kumchi
Foot Sword	Balkal
Back Heel	Dwit Chook
Instep	Baldung
Toes	Balkut
Knee	Moorup



Black Belt Grading Sheets – First Dan

Blocks

Inner Forearm Block	An Palmok Makgi
Outer Forearm Block	Bakat Palmok Makgi
Circular Block	Dollimyo Makgi
Double Arc Hand Block	Doo Bandalson Makgi
Double Forearm Block	Doo Palmok Makgi
Double Forearm Pushing Block	Doo Palmok Miro Makgi
Downward Block	Naeryo Makgi
Forearm Guarding Block	Palmak Daebi Makgi
Knife Hand Guarding Block	Sonkal Daebi Makgi
Hooking Block	Golcha Makgi
Inward Block	Anuro Makgi
Low Outer Forearm Block	Najunde Bakat Palmok Makgi
Middle Inner Forearm Block	Kaunde An Palmok Makgi
Nine Shape Block	Gutja Makgi
Outer Forearm Outward Block	Bakat Palmok Bakuro Makgi
Palm Pressing Block	Sonbadak Noolyo Makgi
Palm Pushing Block	Sonbadak Miro Makgi
Palm Heel Hooking Block	Sonbadak Golcha Makgi
Middle Side X-Checking Block With Knife Hand	Kyocho Sonkal Momchau Makgi
Reverse Knife Hand Block	Sonkal Dung Makgi
Rising Block	Chookyo Makgi
Scooping Block	Duro Makgi
Twin Forearm Block	Sang Palmok Makgi
Twin Knife Hand Block	Sang Sonkal Makgi
Twin Straight Forearm Block	Sang Sun Palmok Makgi
Twin Upward Palm Block	Sang Sonbadak Ollyo Makgi
Upward Palm Heel Block	Ollyo Sonbadak Makgi
U Shape Block	Mongdungi Makgi
U Shape Grasp	Mongdungi Japgi
W Shape Block	San Makgi
Waist Block	Hori Makgi
Wedging Block	Hechyo Makgi
X Fist Block	Kyocho Joomuk Makgi
X Fist Pressing Block	Kyocho Joomuk Noollo Makgi



Black Belt Grading Sheets – First Dan

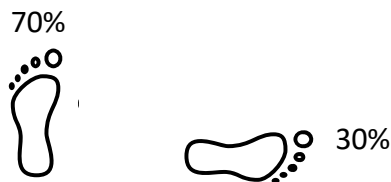
Stances

Attention Stance	Charyot Sogi
Parallel Ready Stance	Narani Jumbi Sogi
Sitting Stance	Annun Sogi
Walking Stance	Gunnun Sogi
L Stance	Niunja Sogi
Fixed Stance	Gojung Sogi
Close Stance	Moa Sogi
Close Ready Stance	Moa Jumbi Sogi
Low Stance	Nachuo Sogi
Rear Foot Stance	Dwit Bal Sogi
Vertical Stance	Soo Jik Sogi
Diagonal Stance	Sanun Sogi
X Stance	Kyocho Sogi
Bending Ready Stance	Guburyo Jumbi Sogi
One Leg Stance	Waebal Sogi
Parallel Stance With Heavenly Hand	Narani So Hanalson Sogi

L Stance (Niunja Sogi) – Additional Information

The L stance is called L stance because of the shape the feet make when in position. There is no direct translation for the Korean word 'Niunja' into English.

Both knees should be bent within the stance with the weight being 70% on the back knee and 30% on the front knee.



There are 3 reasons for this stance:

1. Gives the ability to kick with the front leg without having to adjust stance.
2. Gives stability in the stance should the attacker sweep / kick the front leg.
3. Allows you to leap forward off the back leg into an action against your attacker (for example, back fist).



Black Belt Grading Sheets – First Dan

Attacks

Forefist Punch	Ap Joomuk Jirugi
Side Punch	Yop Jirugi
Middle Knuckle Punch	Joongi Joomuk Jirugi
Fore Knuckle Punch	Inji Joomuk Jirugi
Back Fist Strike	Dung Joomuk Taerigi
Side Fist Strike	Yop Joomuk Taerigi
Upward Punch	Ollyo Jirugi
Upset Punch	Dwijibon Jirugi
Twin Upset Punch	Sang Dwijibon Jirugi
Vertical Twin Fist Punch	Sang Joomuk Sewo Jirugi
Crescent Punch	Bandal Jirugi
Turning Punch	Dollyo Jirugi
Downward Punch	Naeryo Jirugi
Horizontal Punch	Soopyung Jirugi
U Shape Punch	Digultja Jirugi
Front Elbow Strike	Ap Palkup Taerigi
Back Elbow Strike	Dwit Palkup Taerigi
Upward Elbow Strike	Wi Palkup Taerigi
Side Elbow Strike	Yop Palkup Taerigi
Downward Thrusting Elbow Strike	Naeryo Sun Palkup Taerigi
Knife Hand Strike	Sonkal Taerigi
Inward Knife Hand Strike	Anuro Sonkal Taerigi
Downward Knife Hand Strike	Naeryo Sonkal Taerigi
Flat Fingertip Thrust	Opun Sonkut Tulgi
Middle Section Fingertip Thrust	Kaunde Sun Sonkut Tulgi
Crosscut Flat Fingertip	Opun Sonkut
Horizontal Knife Hand Strike	Soopjong Sonkal Taerigi
Side Fist	Yop Joomuk
Hand	Son
Palm Heel Strike	Sonbadak Taerigi
Arc Hand Strike	Bandal Son Taerigi
Double Fingertip Thrust	Doo Songarak Tulgi
Knee Strike	Moorup Taerigi



Black Belt Grading Sheets – First Dan

Miscellaneous Korean

Training Hall	Dojang
Training Suit	Dobok
Belt	Ti
Bow	Kyong Ye
One	Hanna
Two	Dool
Three	Seth
Four	Neth
Five	Dasaul
Six	Yosaul
Seven	Ilgop
Eight	Yodoll
Nine	Ahop
Ten	Yoll
Low	Najunde
Middle	Kaunde
High	Nopunde
Obverse	Baro
Reverse	Bandae
Head	Mori
Inward	Anaero
Outward	Bakaero
Destruction	Gyokpa
Pattern	Tul
Choking Technique	Chil Sik Sul
Foot Parts	Hanbansin
Student	Jeja
Instructor	Sabum
Consecutive Kick	Yonso Chagi
Press Up	Momtang Bachia
Back Sole	Dwit Kumchi
Release From Grab	Japp Yosul Tae