

WHITE BELT

10th Gup

Belt Color Meaning: Signifies innocence, as that of a beginning student who has no previous knowledge of Taekwondo.

Hyung: CHON-JI

means “Heaven and Earth”. In the Orient, it is interpreted as the creation of the world or the beginning of human history. Therefore, it is the initial pattern learned by the beginner. This pattern consists of two similar parts – one to represent the Heaven and the other Earth.

19 Movements

Hand Technique

1. Down block front stance.
2. Rising block front stance.
3. Outer forearm block front stance.
4. Solar plexus punch front stance.
5. Inner forearm block back stance.

Foot Technique

1. Front kick.
2. Roundhouse kick.
3. Side kick.

One Steps

1. Step back R leg, L arm rising block, reverse solar plexus punch front stance.
2. Step back R leg, grab wrist w/L hand, R leg roundhouse kick.
3. Side kick from ready stance.
4. Step out w/L leg, L hand push block, double punch ribs, R punch face, horse riding stance.
5. Step back R leg, left arm inner forearm block back stance, R leg front kick.

Breaking Technique - Stepping side kick.

Kicks to Learn

1. Rising kick
2. Crescent kicks (inside & outside)
3. Stepping side kick.
4. Flying side kick.

YELLOW BELT

8th Gup

Belt Color Meaning: Signifies Earth, from which a plant sprouts and takes root as Taekwondo's foundation is being laid.

Hyung: DAN-GUN

was named after Dan-Gun, the legendary founder of Korea in the year 2333 B.C.

21 movements

Hand Technique

1. Down block, reverse punch.
2. Rising block, reverse punch.
3. Knife hand guarding block back stance.
4. Twin forearm guarding block back stance.
5. Knife hand strike (back stance).

Foot Technique

1. Jab, reverse punch, back leg roundhouse kick.
2. Step into side kick.
3. Back leg roundhouse kick, spin side kick.

One Steps

1. Step out w/L leg (behind punch), L hand push block, reverse punch, R leg round kick to midsection.
2. Step out R leg, L hand knife hand block, R hand knife hand strike to neck (horseriding stance).
3. Step back R leg, grab w/L hand, R leg front kick, elbow strike under chin while stepping forward.
4. Sidekick w/R leg, R knife hand strike to neck (behind punch).
5. Step in R foot horse riding stance, inner forearm block R arm, slap chest w/L, L hand grab wrist R knife hand to neck, reach behind neck slide L leg up, R knee to face.

Breaking Technique - Spinning sidekick.

Kicks to Learn

1. Spinning sidekick.
2. Jumping front kick.

ORANGE BELT

7th Gup

Hyung: DO-SAN

was the pseudonym of the patriot Ahn Ch'ang-Ho (1876-1938) who devoted his entire life to furthering the education of Korea and it's independence movement.

24 Movements

Hand Technique

1. Down block, reverse punch.
2. Rising block, reverse punch.
3. Outer forearm block, reverse punch.
4. Spear finger.
5. Knife hand strike (back stance).

Foot Technique

1. Back leg double round kick.
2. Step into hook kick, reverse punch.
3. Back leg roundhouse kick, spin sidekick, reverse punch.

One Steps

1. Step out to side, push block, and reverse punch, back leg inside out crescent kick.
2. Inside out crescent kick, other leg double round kick.
3. Step out to L side w/L leg and grab wrist w/R hand, R leg round kick to midsection, then sweep w/R leg and punch w/L hand.
4. Step back w/R leg and push block w/L hand, R leg spin sidekick.
5. Jump up R leg front kick, come down L hand outer forearm block and R hand face punch at the same time.

Breaking Technique Any hand or elbow technique.

Kicks to Learn

1. Double roundhouse kick.
2. Stepping hook kick.
3. Step jump front kick.

GREEN BELT

6th Gup

Belt Color Meaning: signifies the plant's growth as the Tae Kwon Do skill begins to develop.

Hyung: WON-HYO

was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.

28 Movements

Hand Technique

1. Down block, double punch.
2. Rising block, double punch.
3. Knife hand guarding block back stance, switch to front stance, reverse punch.
4. Twin fore arm block, reverse knife hand slap chest, punch in back stance.
5. Outer forearm block, down block, reverse punch (front stance).

Foot Technique

1. Double front kick, reverse punch.
2. Switch feet back leg round kick, spin hook kick all the way around, reverse punch.
3. Switch feet back leg front kick, spin crescent kick all the way around, reverse punch.

One Steps

1. Outside in crescent kick, same leg side kick w/o foot touching ground.
2. Outside in crescent kick, other leg spin hook kick all the way around.
3. Step in R foot, R elbow to head and L outer block, then grab head, head butt, L round knee to ribs.
4. Step behind hook heels, same time L outer block, then hand moves behind head and R elbow, hand moves to shoulder, push w/hand and pull w/leg to takedown then round kick w/R foot.
5. Step out w/L leg and circle down w/L hand, then R ridge hand to temple.

Breaking Technique Spin hook or heel kick.

Kicks to Learn

1. Spin crescent kick
2. Spin hook kick
3. Spin heel kick.

PURPLE BELT

5th Gup

Hyung: YUL -GOK

was the pseudonym of a great philosopher and scholar Yi Il (1536-1584), nicknamed the “Confucius of Korea”. The 38 movements of this pattern refer to his birthplace on 38 degrees latitude and the diagram represents “scholar”.

38 Movements

Hand Technique

1. Down block rising block back stance, switch to front stance reverse punch.
2. Open hand circle down, reverse ridge hand (front stance).
3. Searching block twice-punch (front stance).
4. Knife hand guarding block, outer forearm block back stance, switch to front stance reverse punch.
5. Knife hand strike horse riding stance, square punch, front punch (alternate hands).

Foot Technique

1. Rear leg front kick waist, round kick head, reverse punch.
2. Step in hook kick round kick, reverse punch.
3. Switch feet axe kick, jump spin side kick, reverse punch.

One Steps

1. Hook kick round kick, other leg spin hook kick all the way around.
2. Jump up round kick.
3. Grab wrist w/L hand, step in w/L foot lift arm up and knuckle uppercut to ribs, sweep leg w/L foot R leg axe kick to solar plexus.
4. Step in R leg w/R outer block, back fist, slide in w/R elbow to midsection.
5. Knee up and outer block to outside of arm, step down and R elbow to midsection, pull foot back knife hand strike to neck.

Breaking Technique - Step in hook kick (one hand hold for “extra credit”).

Kicks to Learn

1. Front kick, round kick (same leg).
2. Switch feet axe kick.
3. Step in hook kick, round kick.
4. Jump spin sidekick.

BLUE BELT

4th Gup

Belt Color Meaning: Signifies the Heaven towards which the plant matures into a towering tree as training in Taekwondo progresses.

Hyung: JOON-GUN

was named after the patriot Ahn Joong – Gun, who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part of the Korea-Japan merger. The 32 movements in the pattern represent Mr. Ahn's age when he was executed at Lui-Shung prison (1910).

32 Movements

Hand Technique

1. Down block, palm heel, punch low, punch high (alternate hands w/ea. technique) all done in front stance.
2. Down block back stance, switch to front stance reverse knife hand, punch low, punch high.
3. Reverse ridge hand back stance, front leg front kick, then step forward with circular upper pressing block in cat stance.
4. Lower cross block, twin vertical punch, rear elbow strike (front stance).
5. Rear leg side kick, knife hand strike horse riding stance, square punch, then front punch.

Foot Technique

1. Step into jump round kick.
2. Step into jump inside out crescent kick.
3. Back leg double round kick, spin sidekick, jump spin crescent kick (alternate legs ea. kick).

One Steps

1. Jumping sidekick.
2. Drop to L knee, R round kick to mid., sweep w/same leg, then L hand punch.
3. X block (open hands, R hand on top) while stepping back w/R foot, fold R hand over, twist clockwise to force opponent to bend over, then R front kick to face, and finish w/ R. elbow to spine.
4. L hand push block, L foot double round kick, other leg jump spin crescent kick.
5. Step in w/R foot and R hand outer block, back fist, turn back L elbow to body, turn back R elbow to head.

Breaking Technique -Jump into round kick.

Kicks to Learn

1. Jump spin crescent kick.
2. Step into jump round kick.
3. Step into jump inside out crescent kick.

RED BELT

3rd Gup

Belt Color Meaning: Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

Hyung: TOI-GYE

was the penname of the scholar Yi Hwang (16 A.D.), an authority on neo-confucianism. The 37 movements of the pattern refer to his birthplace on 37 degrees latitude, the diagram represents “scholar”.

37 Movements

Hand Technique

1. Double augmented block back stance, switch to front stance front hand inner forearm block, other arm down block.
2. Down block back stance, switch to front stance reverse arm down block, switch to back stance reverse arm outer block, then knife hand strike with front hand.
3. Low knife hand guarding block back stance, switch to front stance circle block.
4. Down block low front stance, twin vertical punch, back leg front kick, reverse punch, front punch.
5. Double punch front stance, spin knife hand strike back stance.

Foot Technique

1. Step into side kick round kick, reverse punch.
2. Round kick high side kick low, reverse punch.
3. Tornado kick, spin hook kick all the way around, reverse punch.

One Steps

1. Step back push block, jump spin side kick.
2. Drop to right on left knee, right foot spinning sweep.
3. Step back push block, tornado kick, spin hook kick.
4. Step back right leg left rising block, right groin attack in back stance, switch to front stance right eye attack.
5. Catch punch with left hand on top right on bottom, twist and break arm over left elbow, left elbow strike, then pull over right shoulder.
6. Step in right foot and right outer block, right back fist, spin left back fist, spin right hook kick.

Breaking Technique - Jump spin sidekick. (2 boards)

Kicks to Learn

1. Step into round kick.
2. Tornado kick.
3. Round kick sidekick.
4. Side kick round kick.

BROWN BELT

2nd Gup

Hyung: HWA-RANG

was named after the Hwa-Rang youth group which originated in the Silla Dynasty about 1350 years ago. This group eventually became the actual driving force for the unification of the three kingdoms of Korea. The 29 movements refer to the 29th Infantry Division, where Tae Kwon Do developed into maturity.

29 Movments

Hand Technique

1. Jab in a fighting stance, move forward circling knife hand strike down in a back stance.
2. From fighting stance, move forward jab, front hook, reverse uppercut, reverse hook punch.
3. Double palm heel strikes to the face, double knife hand strikes to the sides looking to the front side then reverse arm side, then looking forward twin reverse knife hand strikes to the neck.
4. Jump spin knife hand strike, reverse punch (twist hips into punch).

Foot Technique

1. Spin round kick, put the leg down forward, front leg round kick high, round kick mid, then reverse punch.
2. Spin side kick low, round kick high, put leg down forward, reverse uppercut, front hand hook punch.
3. Switch feet rear leg hook kick, put leg down forward, jump spin hook kick all the way around, reverse cross elbow.
4. Switch feet front kick using the power of the hips, spin hook kick round kick, put the leg down forward, front hand open to the face, reverse punch same time (blast forward).

One Steps

1. Double side kick, spin double sidekick.
2. Step back push block, jump spin hook kick.
3. Step back push block, spin side kick low, same leg round kick high.
4. Outside in crescent kick, spin hook kick round kick.
5. Drop down on left knee, hands on floor, R leg round kick to body, same leg behind forward leg, jump up spin left leg to midsection (scissors action legs) (takedown), right ridge hand to face.

Breaking Technique - Any two techniques combining minimum of 3 boards or one technique with 4 boards.

Kicks to Learn

1. Spin double sidekick.
2. Spin side kick round kick.
3. Spin hook kick round kick.
4. Spin round kick
5. Tornado round kick.
6. Jump spin hook kick.

BROWN BELT BLACK STRIPE

1st Gup

Hyung: CHOONG-MOO

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

Hand Technique

1. Reverse arm push down block front stance, step up behind front foot with rear leg to ball of foot, reverse punch across body, then step forward with front foot, hook punch reverse punch.
2. Double down block, double inner forearm block, reverse arm palm heel strike to face (front stance), reverse punch midsection, then front punch to face.
3. Front hand reverse knife hand strike to collar bone, pull back eye attack, jump spin hook kick, drop spin leg sweep, reverse punch.
4. Front stance reverse ridge hand with front hand, reverse hand knife hand down block, then switch hands, drop spin side kick, reverse punch, then up to fighting stance.

Foot Technique

1. 360° sidekick.
2. Front leg jump hook, front leg side kick round kick hook kick, blasting forward reverse punch.
3. Tornado round kick, front hand jab and hook punch, reverse uppercut and hook punch.
4. Jump spin round kick, dropping the kicking leg forward spin hook kick round kick head level, side kick belt level.

One Steps

1. Left leg front kick low, right leg round kick high (in air).
2. Jumping inside out crescent kick, opposite leg outside in crescent kick, double punch.
3. Jumping up hook kick.
4. Step out to left with left leg, grab right hand, right leg side kick to under arm then side kick to knee breaking knee (behind knee for take down).
5. Step back low knife hand guarding block, 360° side kick.

* Also two one steps of choice of every belt color (16 extra).

Breaking Technique - 1. Jump spin hook kick (1 board, single hand hold).

2. 360° side kick (2 boards).

3. Palm heel strike (brick or boards as determined by instructors)

Kicks to Learn

1. 360°-side kick.
2. Jump spin round kick.
3. Spin hook kick, round kick, sidekick

BLACK BELT REPORT AND SPARRING

The Taekwondo report will consist of 5-8 pages. Single sided, double-spaced. First few pages will consist of the history of martial arts and mostly Taekwondo. The last couple of pages will consist of student's essay on their own experiences of Taekwondo.

What they thought of before they started, why they started. Was it different than your expectations? What was happening during the transformation of a beginner student, to intermediate, to a black belt? What does black belt mean to you? What did Taekwondo do for you? What do you see happening with you and Taekwondo in the future?

The report needs a title page, bibliography, and a plastic sheet protector binder.

The rough draft needs to be handed in a minimum of one month before student intends to test, so the instructor can proof read it and give it back for corrections if needed.

Any student testing for any level of black belt needs to give their intentions of testing to their instructor a minimum of 2 months of projected test date.

A black belt should have the best control of any student. **SELF CONTROL IS OF UTMOST IMPORTANCE!** Our Northland Karate rule will be no head contact whatsoever with any student that is a blue belt or lower in rank. Self-control is always needed and especially when the sparring partner is of lesser ability. The discipline of oneself to perform pushups immediately after accidental contact after an apology and insurance of the other being all right will be our necessary action if we are a sparring student. Someone that likes to "hit", will also be able to "take a hit".

Always remember to take pride in self-control, that it takes extremely more skill to come close to the target with a quick technique, than actually hitting that target.

DEPUTY BLACK BELT OR PROBATIONARY BLACK BELT

NOTE: This belt can be taken away from the student by the promotion board if determined necessary.

KORYO

World Tae Kwon Do Federation Black Belt Poomse (word for form).

The English word Korea comes from the ancient dynasty called Koryo.

The people of Koryo were known for great fortitude and they persistently defeated the Mongolian hordes that swept over most of the known world of that time. Koryo embodies the spirit of strong conviction.

48 Movements

One Steps

Taekwondo students make up their own one steps and three steps. Two that are submission, two take downs, and two free style. Three steps may incorporate the technique used for the one step.

All previous belt one steps (46)

Kicks

360 Crescent kick

360 Hook kick

Flying double side kick

Jumping front kick

Breaking

Flying double side kick on heavy bag

Jumping front kick

Two bricks

Other breaks as determined by examining board.

Minimum six months training time. Black belt should be teaching beginner students.

Reading of the book, "A Book of Five Rings".