

Sparring Combinations

Sparring combinations are a versatile way of learning to combine different techniques for offense and defensive countering. Each technique has a variety of applications and can be practiced using a variety of drills, including partner drills, footwork drills, and target drills. The combinations are written using two types of connecting symbols. They are:

Symbol	Meaning
+	Perform the connected techniques smoothly, without pausing
&	Use a short pause to time your opponent's reaction and score the point

There are also three types of applications that may be associated with the techniques. They are:

Application	Meaning
Normal (No directions)	Perform the technique offensively
Counter (Against...)	Perform the technique defensively, reacting to your opponent
Trapping	Use a fake or initiating step to draw a reaction from your opponent

Many combinations can be practiced with more than one type of timing (connecting the techniques) and can be used in more than one of the three applications. For example, the Green Belt combination can be performed with different timing depending on the application:

Combination	Meaning
Cut step (front or rear) <u>±</u> Turning whip kick	Cut step closes the distance to your opponent and Turning whip kick is performed immediately
Cut step (front or rear) <u>&</u> Turning whip kick	Cut step initiates a trap for your opponent and Turning whip kick is performed after a slight pause to wait for your opponent's reaction.

The two options are indicated in the combination by the “/” symbol, meaning “or”; such as, Cut step (front or rear) +/- Turning whip kick. If more than two techniques are put together with “+/&”, then there should only be one pause in the combination and the other techniques should flow smoothly. The combinations for the different ranks are:

Rank	Combinations
White	Footwork: <ul style="list-style-type: none"> • Single and Double switches • Single step forward/backward
H. White	<ul style="list-style-type: none"> • Roundhouse kick (middle) + Roundhouse kick (high) • Roundhouse kick + Drop kick • Roundhouse kick + Back/Front punch

Yellow	Front leg cut +/& Single step forward + Turning back kick
H. Yellow	Fast step or Roundhouse kick + Turning back + Roundhouse kick
Green	Cut step (front or rear) +/& Turning whip kick (Trapping style)
H. Green	Fast kick +/& Single switch +/& Turning whip kick
Blue	Roundhouse or fast kick +/& 180 degree Tornado roundhouse kick
H. Blue	Turning whip kick +/& Single switch +/& Turning whip kick
Red	Counter back kick (Stationary position) Against: Running step, Fast kick, Roundhouse kick, One step in, Front leg drop kick, Front leg cut, Combination (Front cut + Roundhouse kick) Counter back kick drill (Trapping style): Set up opponent to take one step back & counter at open stance: Take one full step in and lead opponent to react above way, then same foot step back to be lined w/the other foot and execute the Back kick
H. Red	Footwork: <ul style="list-style-type: none"> • Shuffling forward + Shuffling backward + One step forward • Cut step + One step in + Shuffling backward • Running step + Shuffling backward + Reverse turning step Kicking <ul style="list-style-type: none"> • Double kick • Shuffling step back + Double kick (Against fast kick attack at close distance)
Deputy	Fast kick +/& Roundhouse kick +/& 180° Tornado roundhouse kick

Breaking and Holding

Breaking practice is a great way to improve accuracy and power in your techniques. Everyone loves to break, but holding is equally important. Without the proper holding technique, the breaker will not be able to complete the break. Here are some basic guidelines for holding boards for breaking.

- Make sure to hold at a good height for the person breaking. TKD students come in all different heights and all levels of flexibility.
- Keep your elbows straight, and lean slightly into the kick or technique to keep from being pushed back.
- Keep your fingers safe. Grip the board properly.
- Keep your body weight behind the board. Your palms should be against the opposite side from the kicking surface.
- Turn your face away from the board, in case anything slips out of your hands. (Sometimes a well-executed kick will break a board in three pieces!) However, always keep your eyes on the board.
- Encourage and help the breaker.
- Have fun!

White (Non Kub)

Safety Gear Week

Sparring

- Stance and posture
- Open and closed stances
- Footwork (Single and Double switches, Single step forward/backward)

Drill

- Kicking drill with above footwork, with or without shield
- How to hold a shield
- Sparring against a shield

Basics and Forms Week

Basics

- Hand positions #1 & #2
- Stances (Front, walking, ready, horseback)
- Blocks (Low, high, inside and outside)
- Blocks with front and walking stances (forward and turning movement)
- Differentiate punches beginning at hand position #1 & #2
- Kicks (front, side, roundhouse)

Forms

Ten steps #1

Self-Defense Week

One Step Self-Defense

- 1-5 techniques
- Confident verbal and physical expression
- Training drills in short distance and some floor exercises

Testing Requirements
Sparring Against a shield Stance Footwork
Form 10 steps #1
Self Defense 1-5 techniques
Breaking Front kick
Knowledge 10 Student Commitments Terms Counting numbers Meaning of White Belt

Knowledge and Power Training Week

Breaking

- Front kick
- Practice how to hold

Knowledge

- **Know** all knowledge requirements on the back of attendance card
- **Read** students rules and abide by them
- **Learn** how to tie belt
- **Know** all attendance system
- **Know** about testing procedure

TKD Etiquette

Review Week

Reviewing all topics above (fast pace but good for all)

➤ **To test:** *Your tuition payment must be on time.*

White Belt (None Kub) Study Guide

Ten Student Commitments

1. I will be loyal to my country.
2. I will honor my parents.
3. I will love my family and cooperate with them.
4. I will be faithful to my friends.
5. I will respect my elders and care for my juniors.
6. I will establish positive relationships with my teachers.
7. I will treat all living things with care.
8. I will never seek advantage of those who are weaker.
9. I will only use Tae Kwon-Do to benefit myself and others.
10. I will always finish what I start.

Terms

Cha-ryot	(châ ré ôt)	Attention
Joonbi	(jún bé)	Ready
Kyong-Ye	(k-yüing yë)	Bow
DoJhang	(dó jâng)	Workout Area
Dobok	(dó bök)	Uniform
Sa bom nim	(sâ bóm nîm)	Instructor
Sun bae nim	(sún bá nîm)	Senior Belt

Counting Numbers

Hana	(hânâ)	One
Dul	(düel)	Two
Set	(sêt)	Three
Net	(nêt)	Four
Dasot	(dâ sôt)	Five
Yasot	(yâ sôt)	Six
Elgub	(îl gûb)	Seven
Yodol	(yó dül)	Eight
Ahob	(â hâb)	Nine
Yol	(yül)	Ten

Meaning of White Belt

Pure, No knowledge, Humble

High White (9th Kub)

Review all White Belt requirements

Safety Gear Week

➤ *Hand and foot gear required*

Sparring

- Promise style
- How to hold a hand target

Drill

Combinations:

1. Roundhouse kick (middle) + Roundhouse kick (high)
2. Roundhouse kick + Drop kick
3. Roundhouse kick + Back/Front punch

Drill:

- Footwork & Kicks (w/ or w/o target, w/ or w/o partner)
- Backward step (shuffling or single step) + Roundhouse kick (closed and open stance)

Basics and Forms Week

Basics

Hand techniques: Knife Hand (one/two knife hand low and outside block)

Stance and footwork: Back stance (forward, backward and turning movement)

Form

Ten steps #2

Self-Defense Week

One Step Self-Defense

1-5 techniques (opposite side of White Belt)

Testing Requirements
Sparring Promise style 3 combinations
Form 10 steps #2
Self Defense 1-5 techniques Ho Sin Sool 1-3
Breaking Side kick
Knowledge TKD terms Counting numbers TKD facts

Self-Defense

- Ho Sin Sool 1-3
- Training drills in short distance and some floor exercises

Knowledge and Power Training Week

Breaking

- Side kick
- Practice how to hold

Knowledge

- **Know** all knowledge requirements on the back of attendance card
- **Learn** how to fold a Dobok

TKD Etiquette and Leadership

Review Week

Reviewing all topics above (fast pace but good for all)

➤ **To test:** *Your tuition payment must be on time.*

High White Belt (9th Kub) Study Guide

Terms

Barro	(ba ro)	Return to Joonbi
Guk-Gi	(guk-ke)	Flag
Gu-Mahn	(gu man)	Stop
Ki Hop	(ke hop)	Yell
Mook Nyom	(mok n-yom)	Meditation
Guk-gi yea dae hah yeo Kyong-ye		Bow to the Flag
Sa bom nim kae Kyong-ye		Bow to the Instructor
Sun bae nim kae Kyong-ye		Bow to Senior Belt

Counting Numbers

IL	(il)	First (1st)
EE	(e)	Second (2nd)
SAHM	(sam)	Third (3rd)
SAH	(sa)	Fourth (4th)
OH	(o)	Fifth (5th)
YUK	(yuk)	Sixth (6th)
CHIL	(chil)	Seventh (7th)
PAHL	(pal)	Eighth (8th)
KOO	(Ku)	Ninth (9th)
SIB	(sib)	Tenth (10th)

Tae Kwon-Do Facts

Country of origin	Korea; often mistakenly called "Korean-Karate"
History	Evolved since BC 37; therefore it is over 2,000 years old
Sports aspect	An official Olympic sport since the year 2000
Martial arts aspect	Self improvement through training of mind and body

Yellow (8th Kub)

Review all High White Belt requirements

Safety Gear Week

➤ *Full safety gear required*

Sparring

Theory: Logic of counter attack (Time & Space concept)

Practical: Friendly contact with full safety gear

Drill

Combination: Front leg cut +/& Single step forward + Turning back kick

Drill: Footwork & Kicks (w/ or w/o target, w/ or w/o partner)

Basics and Forms Week

Basics

Hand techniques: Reverse punch, Reverse inside block

Footwork: Turning to closed section

Kicks: Running & Fast step kicks (Front, Side, Roundhouse), Turning back kick

Form

Tae Geuk IL Jhang

Self-Defense Week

One Step Self-Defense

1-6 techniques

Floor

- Side fall
- Training drills in short distance and some floor exercises

Testing Requirements
Sparring Full safety gear Friendly contact Combination
Form Tae Geuk IL Jhang
Self Defense 1-6 techniques
Breaking Drop kick
Knowledge TKD terms Taekeuk Why do we bow? Significance of Tae Geuk IL Jhang

Knowledge and Power Training Week

Breaking

- Drop kick
- Practice how to hold

Knowledge

Know all knowledge requirements on the back of attendance card

TKD Etiquette and Leadership

Review Week

Reviewing all topics above (fast pace but good for all)

➤ ***To test: Your tuition payment must be on time.***

Yellow Belt (8th Kub) Study Guide

Terms

Cha Ki	(châ ké)	Kick
Mak Ki	(mâk ké)	Block
So Ki	(só ké)	Stance
Jiru Ki	(gé rü ké)	Punch
Chi Ki	(ché ké)	Strike
Dong Jak	(dông jâk)	Movement
In Jung	(ên jûng)	High Section Point
Myong Chi	(myông ché)	Middle Section Point
Nang Shim	(nâng shîm)	Low Section Point
Poomse	(pûm sê)	Pattern or Form

Tae Geuk (tê gûk)

Tae Geuk is the name of the Poomse (form or pattern) we practice. We practice eight (8) different Tae Geuk Poomse.

Why do we bow?

We bow to show sincerity of respect.

Bowing is the universal gesture of politeness.

Tae Geuk 1-Jhang

Represents **Sky** which is the principle of all living things in the universe. (18 pooms)

High Yellow (7th Kub)

Review all Yellow Belt requirements

Safety Gear Week

➤ *Full safety gear required*

Sparring

Theory: Understand and practice distance concept "Alert & Target zones"

Practical: Friendly contact with full safety gear

Drill

Combination: Fast step or Roundhouse kick + Turning back + Roundhouse kick

Drill: Footwork & Kicks (w/ or w/o target, w/ or w/o partner)

Basics and Forms Week

Basics

Kicks: Fast step Roundhouse kick combinations (Turning back kick, Fast kick push kick or Fast step pushing kick, Front leg Drop kick)

Form

Tae Geuk EE Jhang

Self-Defense Week

One Step Self-Defense

1-6 techniques (opposite side of Yellow Belt)

Self-Defense

- Ho Sin Sool 4-6
- Training drills in short distance and some floor exercises

Testing Requirements

Sparring

Full safety gear
Friendly contact
Combination

Form

Tae Geuk EE
Jhang

Self Defense

1-6 techniques
Ho Sin Sool 4-6

Breaking

Turning back kick

Knowledge

TKD terms
Why do we wear different color belts?
Why do we yell?
Significance of Tae Geuk EE Jhang

Knowledge and Power Training Week

Breaking

- Turning back kick
- Practice how to hold

Knowledge

Know all knowledge requirements on the back of attendance card

TKD Etiquette and Leadership

Review Week

Reviewing all topics above (fast pace but good for all)

➤ ***To test:*** Your tuition payment must be on time.

High Yellow Belt (7th Kub) Study Guide

Terms

Ahp Cha Ki	(âp châ ké)	Front Kick
Yop Cha Ki	(yâp châ ké)	Side Kick
Dolryo Cha Ki	(dûl ré-ó châ ké)	Roundhouse Kick
Aha Rae Mak Ki	(â-rá mâ ké)	Low Block
Eol gul Mak Ki	(él gú mâ ké)	High Block
Ahn Mak Ki	(âhn mâ ké)	Inside Block
Bakat Mak Ki	(bâk ât mâ ké)	Outside Block

Why do we wear different color belts?

We wear different color belts to symbolize our increase in knowledge with the darkness of color.

Why do we yell?

We yell to develop internal and spiritual strength, with concentration and confidence.

Tae Geuk 2-Jhang

Represents **Tae** which means internal strength, external gentleness. Perform this poomse gently, but when you strike or hit, move strongly. (18 pooms)

Green (6th Kub)

Review all High Yellow Belt requirements

Safety Gear Week

Sparring

Theory: Key factors in combination techniques are Rhythm and Tempo

Practical: Friendly contact with full safety gear

Drill

Combination: Cut step (front or rear) +/ & Turning whip kick (Trapping style)

Drill: Footwork & Kicks (w/ or w/o target, w/ or w/o partner)

Basics and Forms Week

Basics

Hand techniques: Knife hand neck attack, Front kick w/ double punches

Kicks: Whip kick (front, back, turning); Jump side kick (front leg)

Form

Tae Geuk Sahm Jhang

Self-Defense Week

One Step Self-Defense

1-6 techniques

Self-Defense

- Falling techniques (Front fall, Side fall)
- Training drills in short distance and some floor exercises

Knowledge and Power Training Week

Breaking

- Standing jump side kick
- Practice how to hold a target

Testing Requirements
Sparring Full safety gear Friendly contact Combination
Form Tae Geuk Sahm Jhang
Self Defense 1-6 techniques
Breaking Jump Side kick
Knowledge Terms Meaning of Green Belt Literal meaning of Tae Kwon-Do Significance of Tae Geuk Sahm Jhang

Knowledge

Know all knowledge requirements on the back of attendance card

TKD Etiquette and Leadership

Review Week

Reviewing all topics above (fast pace but good for all)

➤ **To test:** *Your tuition payment must be on time.*

Green Belt (6th Kub) Study Guide

Terms

Kyukpa	(kyûk-pâ)	Breaking
Kyorugi	(kérö-gî)	Sparring
Ho Sin Sool	(hó sîn söl)	Self-Defense
Yang Son Nal Aha Rae Mak Ki	(yâng sôn nâl â-rá mâ ké)	Two Knife Hand Low Block
Yang Son Nal Mom Tong Mak Ki	(yâng sôn nâl moum tong mâ ké)	Two Knife Hand Outside Block
Han Son Nal Bakat Mak Ki	(hân sôn nâl bâk ât mâ ké)	One Knife Hand Outside Block

Meaning and Significance of Green Belt

A green belt signifies the color of spring, starting to grow, the beginning.

Literal meaning of Tae Kwon-Do

Tae Means Foot

Kwon Means Hand

Do Is the way or the art of combining one's mind and body

Tae Geuk 3-Jhang

Represents **Sun or Fire** that is, the fire gives brightness and infinite hope. (20 poems)

High Green (5th Kub)

Review all Green Belt requirements

Safety Gear Week

Sparring

Theory: Purpose of doing combination techniques is to attack or to trap the opponents

Practical: Friendly contact with full safety gear

Drill

Combination: Fast kick +/& Single switch +/& Turning whip kick

Drill: Footwork & Kicks (w/ or w/o target, w/ or w/o partner)

Basics and Forms Week

Basics

Hand techniques: Spear hand thrust, Palm down block, Swallow form neck attack, Back fist, Back stance sliding inside block

Form

Tae Geuk Sah Jhang

Self-Defense Week

One Step Self-Defense

1-6 techniques (opposite side of Green Belt)

Self-Defense

- Ho Sin Sool 7-9
- Training drills in short distance and some floor exercises

Knowledge and Power Training Week

Breaking

- Turning whip kick
- Practice how to hold a target

Testing Requirements
Sparring Full safety gear Friendly contact Combination
Form Tae Geuk Sah Jhang
Self Defense 1-6 techniques Ho Sin Sool 7-9
Breaking Turning Whip kick
Knowledge Taekyon & Soobakhi How do we make power? Relaxation & Strength Exercises The American Flag Significance of Tae Geuk Sah Jhang

Knowledge

Know all knowledge requirements on the back of attendance card

TKD Etiquette and Leadership

Review Week

Reviewing all topics above (fast pace but good for all)

➤ **To test:** *Your tuition payment must be on time.*

High Green Belt (5th Kub) Study Guide

Taekyon & Soobakhi

The predecessor of Tae Kwon-Do

How do we make power?

Power is product of mass multiplied by acceleration ($f=ma$). In other words, the weight of the person times the speed with concentration, balance, confidence, and yelling produces power.

Relaxation & Strength Exercises

Effective kicks and punches begin with relaxation for speed and end with tightness for strength. Therefore, we practice each separately and then put them together. The strength exercise increases muscle tone and gathers energy. The relaxation exercise develops speed and agility.

The American Flag

The American Flag has 13 stripes and 50 stars

- Stars** Represent each of the 50 states
- Stripes** Represent each of original 13 colonies
- Red** Symbolize courage, war, and blood
- White** Symbolize truth, freedom, and purity
- Blue** Symbolize justice and ambition

Tae Geuk 4-Jhang

Represents **Thunder**. It is fearful and sharp, even frightening. Perform this poomse with a spirit of sincerity and calmness. (20 pooms)

Blue (4th Kub)

Review all High Green Belt requirements

Safety Gear Week

Sparring

Theory: Types of combination techniques in strategic concept

1. Crashing and chasing pattern; traveling distance is the key
2. To deliver multiple strikes to the opponents, including forward, stationary, and even backward

Practical: Friendly contact with full safety gear

Drill

Combination: Roundhouse or Fast kick +/ & 180 degree Tornado roundhouse kick

Drill: Footwork & Kicks (w/ or w/o target, w/ or w/o partner)

Basics and Forms Week

Basics

Hand techniques: Hammer fist, Elbow strike, Double inside block, Jump-dashing back fist

Kicks:

- 180 degree tornado roundhouse kick
- Jump side kick
- Jump front kick
- Crescent kick

Form

Tae Geuk Oh Jhang

Testing Requirements

Sparring

Full safety gear
Friendly contact
Combination

Form

Tae Geuk Oh
Jhang

Self Defense

1-6 techniques

Breaking

Jump Front kick

Knowledge

Student Credo
Basics and Forms
One Steps /
Promise Sparring
Stretching
Exercises
Significance of
Tae Geuk
Oh Jhang

Self-Defense Week

One Step Self-Defense

1-6 techniques

Self-Defense

- Falling techniques (Front fall, Side fall, Back fall)
- Training drills in short distance and some floor exercises

Knowledge and Power Training Week

Breaking

- Jump front kick
- Practice how to hold a target

Knowledge

Know all knowledge requirements on the back of attendance card

TKD Etiquette and Leadership

Review Week

Reviewing all topics above (fast pace but good for all)

➤ ***To test: Your tuition payment must be on time.***

Blue Belt (4th Kub) Study Guide

Student Credo

(memorize)

"We the students of this academy will...

1. Abide within the absolute spirit of the Martial Arts through stringent training of mind and body.
2. Stand solidly united in a common bond of disciplined fellowship.
3. Highly respect the rules of this academy and obey the instructor's commands
4. That we may bring only honor upon our academy and no dishonor upon ourselves."

Basics & Forms

We practice basics and forms to solidify our foundation in all areas of Tae Kwon-Do. We develop strength, coordination, agility and skill. Performing forms builds confidence and concentration.

One Steps / Promise Sparring

We practice them to develop effective precision, offensive and defensive tactics, reaction time, and control of distance.

Stretching Exercises

Flexibility is achieved with stretching exercises. Stretching promotes youthful agility and a sense of physical well-being. Flexibility results in a greater range of targets on an opponent.

Tae Geuk 5-Jhang

Represents **Wind**. It can be strong or weak. Begin this poomse like a breeze, then finish it like a strong wind. (20 pooms)

High Blue (3rd Kub)

Review all Blue Belt requirements

Safety Gear Week

Sparring

Theory: Types of combination techniques in strategic concept

1. Trapping pattern
2. Pre set up pattern

Practical: Friendly contact with full safety gear

Drill

Combination: Turning whip kick +/& Single switch +/& Turning whip kick

Drill: Footwork & Kicks (w/ or w/o target, w/ or w/o partner)

Basics and Forms Week

Basics

Hand techniques: Reverse knife hand outside block, Palm inside block, Two hand spreading low block

Kicks: Push kick/fast or running step push kick, Jump side kick

Form

Tae Geuk Yuk Jhang

Self-Defense Week

One Step Self-Defense

1-6 (opposite side of Blue Belt)

Self-Defense

- Ho Sin Sool 10-12
- Training drills in short distance and some floor exercises

Testing Requirements
Sparring Full safety gear Friendly contact Combination
Form Tae Geuk Yuk Jhang
Self Defense 1-6 techniques Ho Sin Sool 10-12
Breaking Flying Side kick --or-- Running Step Side kick
Knowledge The Significance of Blue Belt The Five Tenets of Tae Kwon-Do Basic Principle of Um & Yang Significance of Tae Geuk Yuk Jhang

Knowledge and Power Training Week

Breaking

- Choice of Flying side kick or Running step side kick
- Practice how to hold a target

Knowledge

Know all knowledge requirements on the back of attendance card

TKD Etiquette and Leadership

Review Week

Reviewing all topics above (fast pace but good for all)

➤ ***To test:*** *Your tuition payment must be on time.*

High Blue Belt (3rd Kub) Study Guide

The Significance of Blue Belt

A blue belt signifies the color of the sky, reaching high, youth and ambition.

The Five Tenets of Tae Kwon-Do

- Courtesy
- Integrity
- Perseverance
- Self Control
- Indomitable Spirit

Basic Principle of Um & Yang

In Tae Kwon-Do the circle of the Um & Yang symbol represents the unity of the forces in the universe. This unity is made up of two opposite but complimentary forces which we find in every object and every process. They are the forces of light and darkness, of left and right, of ebb and flow, positive and negative, male and female, matter and anti-matter, good and evil. We see them in the change of the seasons, in the movements of the tides, and in the existence of a harmonic universe.

The things that cannot exist without the other, they are the Um & Yang. Both are necessary in the universe and in our lives.

The boundary between these forces creates the harmony and balance from which everything is created. Um & Yang are symbolic of eternal change and the natural rhythms of life. The symbol for them is not static. It is kinetic and flowing. It depicts a serene cycle of constant flux.

Tae Geuk 6-Jhang

Represents **WATER**. Water always runs from top to bottom, continuously without pausing, without obstruction. Body movements should be like the flow of water. (23 pooms)

Red (2nd Kub)

Review all High Blue Belt requirements

Safety Gear Week

Sparring

Theory: Back kick and Whip kick are

1. Frequently used techniques after Trapping opponents
2. Better to learn as counter techniques rather than learning as attacking

Practical: Friendly contact with full safety gear

Drill

Combinations:

1. Counter back kick (Stationary position)
Against: Running step, Fast kick, Roundhouse kick, One step in, Front leg drop kick, Front leg cut, Combination (Front cut + Roundhouse kick)
2. Counter back kick drill (Trapping style):
Set up opponent to take one step back & counter at open stance
Take one full step in and lead opponent to react above way, then same foot step back to be lined w/the other foot and execute the back kick
Drill: Footwork & Kicks (w/ or w/o target, w/ or w/o partner)

Basics and Forms Week

Basics

Stance: Tiger stance

Hand techniques: Scissors block, Side punch, Crossing block, Knee strike, Inner forearm outside block

Kicks: Whip & Round combined kick, Jump turning back (stationary and while retreating)

Form

Tae Geuk Chil Jhang

Testing Requirements

Sparring

Full safety gear
Friendly contact
Combinations

Form

Tae Geuk Chil
Jhang

Self Defense

1-6 techniques

Breaking

Jump turning
back kick

Knowledge

Basic Principles
of Kee Energy
Significance of
Tae Geuk
Chil Jhang

Self-Defense Week

One Step Self-Defense

1-6 techniques

Self-Defense

- Other techniques: Sweeping, Waist toss
- Falling techniques (Jump-front fall, Back fall, Side fall)

Knowledge and Power Training Week

Breaking

- Jump turning back kick
- Practice how to hold a target

Knowledge

Know all knowledge requirements on the back of attendance card

TKD Etiquette and Leadership

Review Week

Reviewing all topics above (fast pace but good for all)

➤ ***To test: Your tuition payment must be on time.***

Red Belt (2nd Kub) Study Guide

Basic Principles of Kee Energy

Kee (energy) exists in the Universe. The whole Universe is composed of Kee (energy). The whole process of its creation, growth and decay is manipulated by the, harmony and principle of the Um & Yang.

In order to have a healthy body and mind, people need to gather vital Kee (energy) through effective methods of breathing. Using the nose for inhaling and exhaling is best recommended. The most beneficial way to breath is deeper, longer, gentler, quieter and smoother. Avoid chest breathing and practice abdominal breathing, which is the natural resting breath for human beings (like a newborn baby).

Abdominal conditioning is a necessary training regime in Korean Martial Arts. The lower abdomen, the life and energy source of the human body, is conditioned and strengthened by the combined effort of both external muscle exercise and the internal exercise of effective breathing.

Kee (energy) must be directed to the striking point and focused in the abdomen, while totally relaxing the rest of the body. This is the way that power is generated. Kee (energy) will flow more actively in a completely relaxed state and will ultimately contribute to greater flexibility, speed, quick reaction, increased endurance and power.

True happiness and better health begins by loving one's self, taking care of one's body through physical exercise, like Tae Kwon-Do, proper nutrition and Kee (energy) training.

When a person has achieved happiness, he or she will positively influence harmony in one's family and society and contribute to national and international peace.

Tae Geuk 7-Jhang

Represents **KAN**, it means clean cut or stopping action. 25 pooms)

High Red (1st Kub)

Review all Red Belt requirements

Safety Gear Week

Sparring

Theory: Backward counter skills vs. Forward counter in Space concept

Practical: Friendly contact with full safety gear

Drill

Combinations:

Footwork

- Shuffling forward + Shuffling backward + One step forward
- Cut step + One step in + Shuffling backward
- Running step + Shuffling backward + Reverse turning step

Kicking

- Double kick
- Shuffling step back + Double kick (Against Fast kick attack at close distance)

Drill: Footwork & Kicks (w/ or w/o target, w/ or w/o partner)

Basics and Forms Week

Basics

Hand techniques: Two hand fist block, Single mountain block, Elbow/back fist combo

Kicks: Double round air kick, Fast step double round air kick

Form

Tae Geuk Pahl Jhang

Testing Requirements

Sparring

- Full safety gear
- Friendly contact
- Combinations
 - Footwork
 - Kicks

Form

Tae Geuk Pahl Jhang

Self Defense

1-6 techniques
Ho Sin Sool 13-15

Breaking

Hand technique
Step in & same foot
Jump whip kick

Knowledge

Poomse (Pattern or Form)
Kyorugi (Sparring or Fighting)
Kyukpa (Breaking)
Ho Sin Sool (Self Defense)
Jung Sin Tong Il (Meditation)
One Step Self Defense
Significance of Tae Geuk
Chil Jhang

Self-Defense Week

One Step Self-Defense

1-6 techniques (opposite side of Red Belt)

Self-Defense

Ho Sin Sool 13-15

Knowledge and Power Training Week

Breaking

- **Hand:** Choose one (Knife hand, Hammer fist, Fist, Elbow, Palm)
- **Kick:** Step in & same foot Jump whip kick
- Practice how to hold a target

Knowledge

Know all knowledge requirements on the back of attendance card

TKD Etiquette and Leadership

Review Week

Reviewing all topics above (fast pace but good for all)

➤ ***To test: Your tuition payment must be on time.***

High Red Belt (1st Kub) Study Guide

Poomse (Pattern or Form)

A choreographed demonstration of the various kicks, blocks and hand techniques of Tae Kwon-Do, which students utilize with an imaginary opponent or opponents.

Kyorugi (Sparring or Fighting)

A practical application of various forms against an actual opponent.

Kyukpa (Breaking)

Done to practice and illustrate the formidable power, precision, and great mental concentration of the Tae Kwon-Do practitioner.

Ho Sin Sool (Self-Defense)

The study of how to use an attacker's strength or skill and weapons against him or her.

Jung Sin Tong Il (Meditation)

For the purpose of concentration practice in order to focus precision and power, visualize goals, and listen to one's conscience for internalizing important truths and moral standards.

One Step Self-Defense

Choreographed promised fighting at one step distance.

Tae Geuk 8-Jhang

Represents ***The Earth***, where all things exist, where all things are rooted and grow, then die. It is the last poomse for color belt students. (24 pooms)

Deputy (Bo Dan)

Review all High Red Belt requirements

Safety Gear Week

Sparring

Theory: Basic understanding of counter attacking theory

- Systematic fighting like game of Rock, Paper & Scissors
- Time & space/striking & recovery phases
- Counter attack is the technique to take advantage of opponent's weak, empty, and vulnerable side and movements

Practical: Friendly contact with full safety gear

Drill

Combination: Fast kick +/& Roundhouse kick +/& 180° Tornado roundhouse kick

Drill: Footwork & Kicks (w or w/o target, w/ or w/o partner)

Basics and Forms Week

Basics

Hand techniques: Pushing log, Tiger mouth hand strike, Palm down knife hand block, Palm target side punch, Inner forearm double outside block

Kicks:

- Jump turning whip kick
- Double side kick
- 180 degree Tornado roundhouse kick initiated by (Roundhouse kick, Fast kick, Turning back)
- Initiated by 180 degree tornado roundhouse kick (Roundhouse, Turning back, Front leg drop kick, 180 degree Tornado, Double round air)

Form

Koryo

Exam Requirements

Sparring

Full safety gear
Sparring 2 opponents

Basics & Forms

Tornado roundhouse kick and Jump turning whip kick
10 Steps #1 and #2
8 Tae Geuk Forms
Koryo Poomse

Self Defense

White Belt
1-5 techniques
All Color Belts:
1-6 techniques
Ho Sin Sool 1-15

Physical Training

Sit-ups, Push-Ups, and Long distance running

Breaking

3 stations (Create your own)

Leadership

26 classes
Form 11 member team

Knowledge

History of Tae Kwon-Do
Significance of Koryo Poomse

Self-Defense Week

One Step Self-Defense

1-6 techniques

Self-Defense

Floor exercises (Front fall, Side fall, Back fall, Front roll)

Leadership and Power Training Week

Basic Physical Training:

Push-ups, Sit-ups, and Long distance running

Breaking

Create your own (Three [3] station maximum)

- Power
- Speed
- Jump

Leadership & Responsibilities

1. 26 leadership classes required
2. Form an eleven member organization (one of each ranking, must include one non-member)
 - Motivate and guide them in Tae Kwon-Do for two months (One month before and after final exam)
 - In addition, all members need to attend testing and candle light ceremonies.

Knowledge

Know all knowledge requirements on the back of attendance card

TKD Etiquette

Review and Others Week

Reviewing all topics above (fast pace but good for all)

Pre Exam

Requires total of three (3) pre exams (see exam chart)

➤ **To test:** *Your tuition payment must be on time.*

Deputy Black Belt (Bo Dan) Study Guide

History Of Tae Kwon-Do

All animals as well as human beings have strong instincts to protect themselves, so the origin of Tae Kwon-Do goes back to the early days of human existence on earth. We do not have any historical evidence in the early human days. However, the oldest record in Tae Kwon-Do we can find are in the royal tombs in Koguryo dynasty in 37 BC. They are the paintings which show some of the Tae Kwon-Do postures. So Tae Kwon-Do is called the 2,000 year old ancient Korean martial art.

Here is some historical evidence of Tae Kwon-Do:

Koguryo Dynasty (37 B.C. - 668)	Mural paintings show Tae Kwon-Do postures in this period.
Silla Dynasty (16 B.C. - 935) (540 - 576)	Hwarang Do "youth organization" was created during the reign of king Jin Heung Tae Kwon-Do was their main subject. Keumkang Yeok Sa "stone engravings" show Tae Kwon-Do postures.
Baekjae (16 B.C. - 660)	Written Tae Kwon-Do song was found in the kingdom. (It is still handed down).
Koryo (918 - 1392)	Special military general was chosen from Tae Kwon-Do practitioners.
Yi (Lee) Dynasty (1392 - 1910)	Mooye Dobo Tongjee- The first martial arts text book (1790). Handed down Tae Kwon-Do through Koguryo, Silla, Baekjae, and Koryo. It was deeply rooted in the Yi Dynasty era and scientifically systemized.
Japanese rule (1910-1945)	Korea was colonized by Japan. No Korean martial arts were allowed to practice.
1945	Korea liberated from Japan in 1945. People began to practice Korean martial arts again.
1955	The birth of the name Tae Kwon-Do
In the 1970s	The birth of sports Tae Kwon-Do
In the mid 1970s	Started attracting younger ages in DoJhangs
In the early 1980s	The Olympic movement started. Universities in Korea started offering Tae Kwon-Do as one of the fields to major.
2000	Tae Kwon-Do became an official Olympic sport.

Koryo Poomse

Name derived from the kingdom named "**Koryeo**" about one thousand years ago in the Korean Peninsula, this poomse symbolized the high spirited Koryeo people and moderation in action. (30 pooms)

Pre-Exams (3)

White/Yellow Pre-Exam Requirements	Green/Blue Pre-Exam Requirements	Red/Black Pre-Exam Requirements
<p>Sparring</p> <p>White Belt through High Yellow Belt Combinations</p>	<p>Sparring</p> <p>Green Belt through High Blue Belt Combinations</p>	<p>Sparring</p> <p>Red Belt through Deputy Belt Combinations</p>
<p>Forms</p> <p>10 Steps #1 and #2 Tae Geuk IL Jhang Tae Geuk EE Jhang</p>	<p>Forms</p> <p>Tae Geuk Sahm Jhang Tae Geuk Sah Jhang Tae Geuk Oh Jhang Tae Geuk Yuk Jhang</p>	<p>Forms</p> <p>Tae Geuk Chil Jhang Tae Geuk Pahl Jhang Koryo Poomse</p>
<p>Self Defense</p> <p>White Belt 1-5 techniques Yellow Belt 1-6 techniques Ho Sin Sool 1-6</p>	<p>Self Defense</p> <p>Green Belt 1-6 techniques Blue Belt 1-6 techniques Ho Sin Sool 7-12</p>	<p>Self Defense</p> <p>Red Belt 1-6 techniques Deputy Black Belt 1-6 techniques Ho Sin Sool 13-15</p>