



TAEKWONDO AMERICA

STUDENT MANUAL



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TAEKWONDO INFORMATION

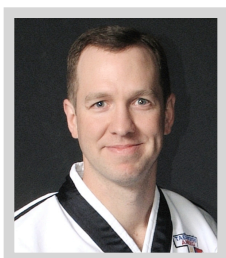
WHAT IS TAEKWONDO AMERICA?

Taekwondo America (TA) is a national organization of martial arts schools across the United States. All TA schools follow the same training program and follow the same procedures and guidelines that designate the standards of teaching and promoting students in rank. Taekwondo America holds national and regional events throughout the year, including camps, tournaments and special clinics.

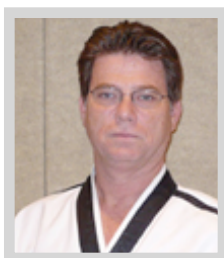


Taekwondo America's goal is to develop the most proficient martial artist possible. TA is committed to this philosophy by providing a program that is challenging, dynamic and fun.

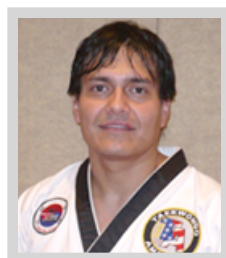
Taekwondo America's curriculum and standards are set by its Partners and Senior Partners. The Senior Partners are:



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8th Degree Black Belt
Treasurer



Mr. John Emmons
6th Degree Black Belt
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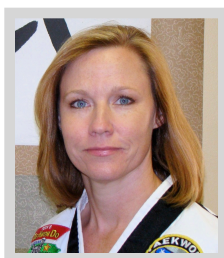
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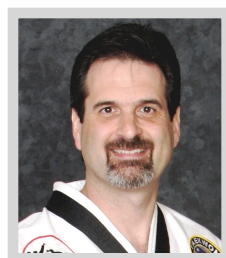
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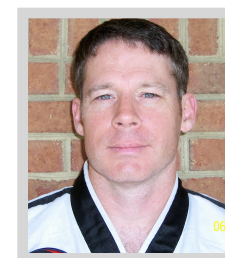
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Mr. David Perdue
6th Degree Black Belt
Secretary



Mr. Sean Wilson
6th Degree Black Belt



AN INTRODUCTION TO TAEKWONDO

태권도

Taekwondo is a Korean martial art whose origins, along with other martial arts, date back over 1300 years. However, it has experienced a considerable rebirth since the end of World War II. Today, Taekwondo has evolved into an effective method of self-defense and a fun way to maintain physical fitness. When literally translated, Taekwondo means foot (tae), fist (kwon), and way (do). It is most known for its jumping and spinning kicks. In fact legs are used about 70% of the time. The legs are utilized more frequently because they are longer and stronger than the arms and provide the element of surprise.

The challenge of Taekwondo lies in the adept use of techniques and learning how to control these techniques. Because of the refrain from hard body contact, injuries are almost non-existent, which makes it much safer than many other sports today. Blocking, kicking, striking, and punching techniques contribute to making Taekwondo an exciting sport that both children and adults can enjoy. Tremendous skill and control are required in its mastery.

HISTORY OF TAEKWONDO

ANCIENT ROOTS

Approximately 1,300 years ago, during the 6th century A.D., the Korean Peninsula was divided into three kingdoms: Silla, Koguryo, and Baek Je. Silla, the smallest of those kingdoms, was constantly under invasion and harassment by its two more powerful northern and western neighbors. During the reign of Chin Heung, the 24th king of Silla, the young aristocrats and warrior class formed an elite officer corps called Hwa Rang-Do. This warrior corps, in addition to the ordinary training in spear, bow, sword, and hook, also trained themselves by practicing mental and physical discipline, and various forms of hand and foot fighting (Soo Bak and Tae Kyon). To harden their bodies, they climbed rugged mountains, swam the turbulent rivers in the coldest months, and essentially drove themselves unmercifully to prepare for the task of defending their homeland. To guide themselves and to give purpose to their knighthood, they incorporated a five-point code of conduct set



**Hwa-Rang Do
Warrior**



forth by their country's greatest monk and scholar, Wan Kany. It follows: 1) be loyal to your king, 2) be obedient to your parents, 3) be honorable to your friends, 4) never retreat in battle, and 5) make a just kill.

The Hwa Rang-Do became known for their courage and skill in battle, gaining respect from even their foes. The strength derived from their respect to their code enabled them to attain feats of valor that became legendary. Many of these brave young warriors died on fields of battle in the threshold of their youth. Through their feats, they inspired the people of Silla to rise and unite; and from their victories, the Korean Peninsula became united for the first time in history.

During the period of Hwa Rang-Do, the original primitive art of foot fighting called Soo Bak was popular among the common people. The warriors of the Hwa Rang-Do added a new dimension to this national art of foot fighting by gearing it to a combative art and infusing the principles of the Hwa Rang-Do. The new martial art elevated simple foot fighting to an art that became Soo Bak-Gi.

During the Koguryo dynasty martial arts flourished. But later dynasties took an anti-military posture so anything that resembled military training was banned. By the end of the Yi dynasty, the martial arts appeared to have vanished from in Korea.

MODERN RENAISSANCE

Modern-day Taekwondo is influenced by many other martial arts. The most important of these arts is Japanese Karate. This is because Japan dominated Korea from 1910 until the end of World War II. During WWII, many Korean soldiers were trained in Japan. Throughout this occupation of Korea, the Japanese tried to erase all traces of the Korean culture, including the martial arts. The influence that Japan has given to Taekwondo are the quick, linear movements, which characterize the various Japanese systems.

With the liberation of Korea in 1945, the new Republic of Korea Armed Forces was organized. At this time, Choi Hong Hi, an army officer, began teaching his martial arts to some of his soldiers and within a few years it became one of the cornerstones of training. In April 1955, Taekwondo was chosen as the new name of the national martial art by a board of instructors, historians, and other prominent persons. The name was selected for its apt description of the art. Not only did this new name bear a close similarity to the ancient name of Taek Kyon, but also the name gave a new sense of nationalism to the art.



Now after 1,300 years, a Korean martial art has reached full maturity, and has spread from a small band of aristocratic warriors to practitioners in more than 60 countries with millions of students. The combinations of the old classical techniques and new modifications have resulted in a form of self-defense and mental conditioning unrivaled in the modern world.

From: Taekwondo-Do by General Choi Hong Hi

International Taekwondo Federation vs. World Taekwondo Federation

Gen. Choi established ITF-Taekwondo (which practices a more traditional form of Taekwondo) while WTF-Taekwondo (which has a strong emphasis on sparring) became an Olympic sport in 2000.

A good-will trip to North Korea in 1966 caused General Choi to fall out of favor with the South Korean Government. Choi resigned as president of the K.T.A. and founded the I.T.F. on March the 22nd of that same year. The headquarters of ITF were established in Canada.

ITF started concentrating on the forms developed by General Choi, while the KTA (which later, on May 28, 1973, became the WTF) concentrated on the Palgae Patterns. Later the WTF abandoned the Palgae patterns and started concentrating on Taeguk patterns. Also, the WTF changed their sparring rules to emphasize kicking over hand techniques.

Meanwhile, the ITF continued teaching the same patterns as developed by General Choi Hong Hi and focused more on the traditional way of Taekwondo. Since the break-up, even more styles of Taekwondo have been created by various masters around the world. While there have been many attempts to reunite WTF and ITF, there probably will never be a union within Taekwondo due to the large number of Taekwondo organizations that have been created. Taekwondo America practices the ITF system of forms and sparring rules but does not belong to the ITF.

General Choi Hong Hi



KOREAN LANGUAGE PRONUNCIATION

While we do not typically teach in Korean, we do use some of the traditional Korean commands in class. Letters in parenthesis behind another letter gives an alternative pronunciation to the letter immediately preceding; or if they follow word-ending vowels, the letters in parenthesis offer a “word stop” which is sometimes, but not always, heard in the pronunciation of a native Korean.

Meaning	Korean Word	Pronunciation
Attention	Charyot	Chah ree uh(t)
Bow	Kyong Ye	Kyung N(r)eh(t)
Ready	Jumbi	Ch(J)ooahn bee
Begin	Si-Jak	Shee Jack
Stop	Gunman	G(K) oh mahn
Return to Ready	Ba-Ro	Bah roh
At Ease	Shuit	Shee uh(t)
Forms (Patterns)	Hyung	Ung (Poom Sae)
Taekwondo Yell	Ki-Hap	Key hop
Uniform	Do-Bulk	Doe bahk
School	Do-Jang	Doe Ch(j)ahng
Instructor	Sa Bum Nim	Sah boom nim

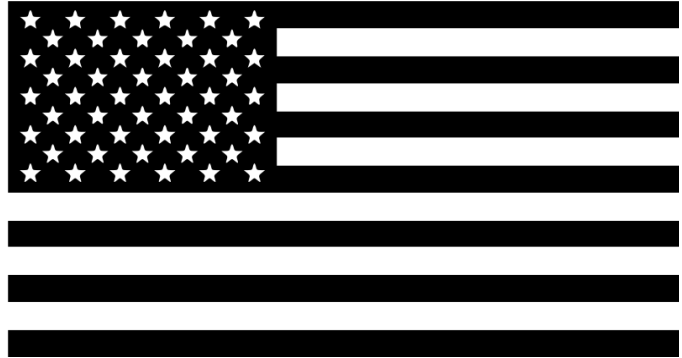


THE FLAGS

THE AMERICAN FLAG

To an American, there are few things more majestic or heart warming than seeing the American flag as it flutters in the wind. Betsy Ross is generally credited with helping to design and construct the first United States flag, and with being the first to suggest a five-point star instead of the traditional six-point star. In George Washington's words, "We

take the star from Heaven, the red from the Mother country, separating it by white, thus showing we have separated, and the white strips shall go down to posterity representing liberty". There are 13 stripes to represent the 13 original colonies and 50 stars to represent the 50 states.

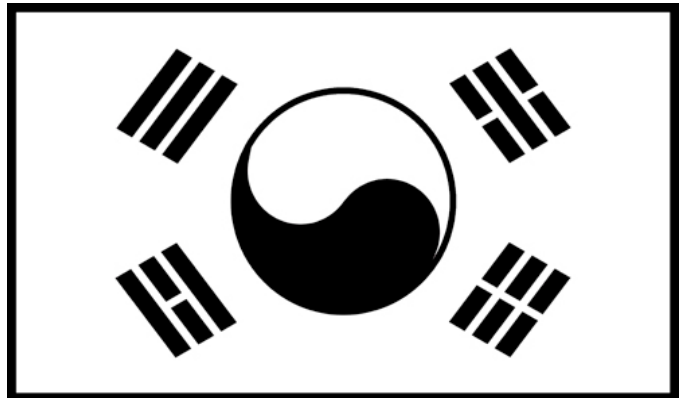


THE KOREAN FLAG

The "Tae Kook Gye" is the South Korean flag. "Tae Kook" means "origin of all things in the universe." The red and blue portions symbolize the Um and Yang theory of eternal duality which exists within nature (i.e. heaven and earth, light and darkness, hot and cold).

The four "Gye"(bar designs) in the corners of the flag represent the four points of the compass. Ee-Gye, in the lower left corner

indicates dawn and early sunlight. Kun-Gye, in the upper left corner represents bright sunshine. Kam-Gye, in the upper right corner represents twilight. Kon-Gye, in the lower right corner represents total darkness. Together, these symbols express the mysteries of the universe.



TAEKWONDO UNIFORM



Taekwondo America has a standard uniform for all students. Uniforms must be clean and in good repair with no pockets on pants. The sleeves may not be rolled up. The uniform is required for all formal events such as tournaments (both regional and national) and testings. In addition to the traditional, white uniform and colored rank belt, Taekwondo America has two national patches: the left side of the chest and back patch. Most schools have school patch worn on the right side of the chest. The right side of the uniform (school patch side) should be



typed beneath the left side (national patch side). Once a student has obtained the rank of Probationary Black Belt he/she should embroider his/her name and city on the back of the jacket.

The Back Patch is centered between the shoulders. The size of the back patch and how far it is to be dropped down from the collar is based on the size of the uniform (see table below). The embroidery of the name and city should be placed 1 inch below the back patch.

Uniform Size	In. from Top of Collar	Back Patch Size	Embroidered Name
000	2 Inches	7 Inch	Size 000 to 2 Uniforms will have 3/4 inch embroidery, Helvetica or Arial font, all caps with a maximum length of 8 inches.
00	2 Inches	7 Inch	
0	2 Inches	7 Inch	
1	2.5 Inches	7 Inch	
2	3 Inches	7 Inch	
3	3.5 Inches	10 Inch	Size 3 to 6 Uniforms will have 1 inch embroidery, Helvetica or Arial font, all caps with a maximum length of 10 inches.
4	4 Inches	10 Inch	
5	4.5 Inches	10 Inch	
6	5 Inches	10 Inch	



INSTRUCTOR UNIFORMS



Instructors, just like students, must advance in rank. There are uniform designations showing what Certification Level an Instructor has achieved.

A red stripe on the uniform collar represents Level 1 and Level 2 Instructors. Level 1 Instructors have a thin red collar, while Level 2 Instructors have a thick red collar. These are beginner Instructors who have been in the Taekwondo America Instructor Development Program for less than 1 year. Both Level 1 and Level 2 Instructors have passed a formal testing from Taekwondo America. However, a Level 2 Instructor has also passed a formal written test and has at least 6 months of experience. A black stripe on the uniform collar represents Level 3 and 4 Instructors. Level 3 Instructors have a thin black collar, while Level 4 Instructors have a thick black collar. These instructors are more experienced, have taught classes for over 1 year and participated in an Instructor Certification Seminar led by the Taekwondo America National Board of Examiners.

When a Black belt has a 1" Black stripe down the sides of their pant legs this signifies that the student has attained the rank of Fourth Degree Black Belt. When an Instructor has a 1" Black stripe down their arm sleeves this signifies that he/she has attained the rank of Sixth Degree Black Belt and is considered a Master Level Instructor.

All 1st Degree Decided Black Belts and above wear traditional black belts with their name embroidered on the left side and Taekwondo America with gold bars signifying rank on the right.



HOW TO TIE YOUR BELT

Wrap the rank side of the belt around your waist.



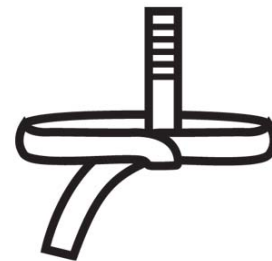
Wrap the rank side of the belt around your waist a second time.



Lay the rank side flat against the wrapped layers. Ensure both sides of the belt are equal length.



The rank side goes underneath both wrapped layers.



Cross the sides. Wrap the non-rank side up and around the rank side.



Pull both sides tight. The knot should point to the right. The rank should be displayed on the right.



TENETS AND STUDENT OATH

TENETS OF TAEKWONDO

COURTESY - **Be polite to one another**, encourage a sense of justice. Distinguish the instructor from the student. Everyone should be treated with the respect they deserve.

INTEGRITY - You must be able to **know right from wrong**, and have the conscience mind to make the right choice. You must be able to learn from your mistakes and use them as a tool for yourself in the future not to make the same mistakes again.

PERSEVERANCE - To achieve something, whether it is a higher degree or the perfection of a technique, you must set a goal then constantly strive for it. Never give on your convictions. One of the most important aspects in becoming a leader of Taekwondo is to overcome every difficulty through perseverance. **Keep trying, never give up.**

SELF-CONTROL - This tenet is extremely important inside and outside the school, whether conducting yourself in free sparring or in your personal affairs. A loss of self-control in free sparring can prove disastrous to both student and opponent. **Do not lose your temper.**

INDOMITABLE SPIRIT - A student of Taekwondo should at all times be modest and **maintain a positive attitude**. Though you may lose a sparring match or two, you must remain positive. Your spirit is what's truly unbeatable.

STUDENT OATH

I shall observe the tenets of Taekwondo

I shall respect Instructors and senior students

I shall never misuse Taekwondo

I will be a champion of freedom and justice

I will build a more peaceful world



CUSTOMS AND COURTESIES OF TAEKWONDO

As with most military based systems, Taekwondo America has a set of customs and courtesies that should be adhered to by Instructors, students and parents.

- All students should memorize the Tenets and Student Oath. They are the true basis of all of Taekwondo America's Customs and Courtesies.
- Students must be well groomed and clean with trimmed nails and gathered hair. Body odor can be distracting and rude to fellow students.
- Students must wear the correct Taekwondo uniform and belt, except with special permission. The full uniform is required for all testings and tournaments. For class, Taekwondo pants and a Taekwondo America t-shirt may be worn.
- No jewelry or head bands should be worn during class.
- Bowing is a form of greeting between students and instructors. It is also a sign of respect shown towards the flags.
- Be respectful in your speech when speaking with Instructors and higher ranks. Always address Instructors and students of a higher rank as "Sir" or "Ma'am". Instructors should be called Mr., Mrs. or Miss and their surname.
- Students should be on time for class. Being late is disrespectful and disrupts the class. Late students must ask permission to join class.
- Students should not enter or leave class without permission from the Instructor.
- Take care not to interrupt Instructors while he/she is working with a student. While on the workout floor, always walk around an instructor and his/her group.
- Parents and students should take care not to disrupt the class. The lobby/ waiting area is quiet by design, any unnecessary noise will distract both the instructor and the students. Parents and students should stay off the workout floor unless they are taking class.
- Practicing Taekwondo in the lobby/ waiting area is prohibited. Students should not kick, punch or horseplay while waiting for their class to begin.
- Students should take responsibility and keep the school, dressing rooms and lobby/ waiting area clean out of respect for their Instructor and fellow students



RANK ADVANCEMENT AND TESTING

Taekwondo America's curriculum is goal oriented. The rank system makes it easy for the students to set short-term, medium-term and long-term goals.

STRIPES

In the short-term, many Taekwondo America schools use stripes. These stripes breakdown the rank-specific curriculum into manageable portions. The stripes also allow Instructors to track the progress on an individual student. Once a student has earned all of his/her stripes he/she is ready to test.

PROMOTIONAL TESTING

The colored belts represent the medium-term goals. Taekwondo America holds formal promotional testings every two months. Each student is evaluated on his/her own abilities, attitude, focus and technical skill in relation to the Taekwondo America nationally accepted standards for each rank.

Promotional testing is a very formal occasion with its own etiquette that must be observed at all times. Failure to observe these rules could result in a student not passing the test.

- All students must wear their full Taekwondo America uniform. The uniform must be clean and in good repair with all appropriate patches and current rank belt. Female students must wear a plain, white t-shirt under their uniform jacket.
- All students should be on time to testing; being late is disrespectful and distracting. All students are expected to stay for the entire testing and are not allowed to leave early. Once all students have tested, the Instructor running the testing will formally dismiss all students.
- Remember that this is a formal event. Cheering, while encouraged at a tournament, is not acceptable at testing.
- Orange belts and above are required to bring their sparring gear. The sparring gear must be clear and in good repair. The Instructor running the testing will instruct students when to put on and when to take off their sparring gear. Students should not take off their sparring gear until they are instructed to do so.
- When called to perform at testing, students should answer loudly and move quickly.
- White through Red belt students receive 3 chances to perform their pattern and one-steps/ sparring combinations correctly. Senior Red belts and above receive 2 chances to perform their pattern correctly.
- Green belts and above spar 2 to 4 rounds and should not take off their sparring gear until instructed to do so.



- Brown belts and above are required to break boards (wood or plastic) as part of their testing. The student is expected to know what board size or color and what techniques they are required to break. Every student receives 3 chances to break his/her boards.
- Students should not ask about results prior to the awards ceremony. Students that do not pass will be contacted by their instructor prior to the awards ceremony.

BLACK BELTS

Earning a black belt and higher degrees is the long-term goal for all Taekwondo America students. The fastest that any student may earn their black belt is 2 and 1/2 years. However, it takes most students closer to 3 years. Earning a black belt is not the end of the journey, in fact it's the beginning. A black belt has mastered the basic techniques of Taekwondo and is ready for more advanced and complicated curriculum.

TOURNAMENTS

Friendly competition is a great thing! It inspires students to do their absolute best in order to win. The best part of Taekwondo America tournaments is that no one really loses. Yes, someone comes in first place, but everyone has fun and learns from the experience. Students become better martial artists by competing and testing their skills against other students.

All ranks and ages are encouraged to compete in tournaments, yes Lil' Dragons too! All ranks do their pattern at the tournament. White through Senior Orange belts compete in one-steps or sparring combinations. Green belts and above compete in point sparring.

Pattern competition is judged on a 1-10 scale using 1/4 point intervals. Each student receives 2 opportunities to perform his/her pattern. Students who take a second attempt to complete the pattern will receive a 1-point deduction off the **overall** score. Judges evaluate the pattern based on correct movements, timing, precision, balance, stances, power and focus. The competitor with the highest score wins. In the event of a tie, each student receives 1 opportunity to perform their pattern in a tie-breaker.

One-step, sparring combination and free sparring pairs two competitors against each other, with the winner advancing to the next round. One-steps and sparring combinations are judged similarly to forms. See the Green belt section for more details about tournament sparring.



WHITE BELT

PATTERNS

Patterns are an important aspect of training in Taekwondo. Patterns help develop proper technique and focus. Patterns also build muscle and improve both flexibility and accuracy. For each different colored belt, the pattern changes and becomes more complicated. The majority of the patterns (except Yul-Gok, Ul-Ji and Tong-Il) start with a defensive move, which emphasizes Taekwondo's defensive nature. All of the patterns start and end at the same location. This ensures that the practitioners' stances are the correct length, width, and in the proper direction.

There are 24 patterns in the ITF style of Taekwondo; this is symbolic of the 24 hours in a day. The names of these patterns typically refer either to events in Korean history or to important people in Korean history. Elements of the patterns; such as the number of moves, the diagram, or the way the pattern ends may also be historical references. Yells (ki-haps) are indicated in **BOLD**.

PATTERN

KI-BON

14 Movements

The first or beginning.

Ready Stance A

- | | | |
|----|-----------------------------------|--------------------|
| 1. | Left Low Block | Left Front Stance |
| 2. | Right Punch Middle | Right Front Stance |
| 3. | Right Low Block | Right Front Stance |
| 4. | Left Punch Middle | Left Front Stance |
| 5. | Left Inner Forearm Block | Left Back Stance |
| 6. | Right Punch Middle | Right Front Stance |
| 7. | Left High Block | Left Front Stance |
| 8. | Right Reverse Punch Middle | Left Front Stance |
| 9. | Right Inner Forearm Block | Right Back Stance |



10.	Left Punch Middle	Left Front Stance
11.	Right High Block	Right Front Stance
12.	Left Reverse Punch Middle	Right Front Stance
13.	Left Knifehand Strike Middle	Sitting Stance
14.	Right Knifehand Strike Middle	Sitting Stance

ONE-STEP SPARRING

One-step sparring is the most controlled method of sparring. Students practice fighting combinations with a stationary opponent without contact. One-step sparring teaches students how to hit critical target areas on the human body and encourages students to use a wide variety of fighting techniques. One-steps also help students develop physical control of these techniques and teach them the proper distance from a target that a technique should be executed. White and Yellow belts are required to learn pre-arranged one-steps as part of their training.

RULES OF ENGAGEMENT

- The proper distance for one-step sparring can be determined by having both students hold out their arms and touch fingertips.
- One student is the attacker and the other is the defender.
- The defender yells “attack” and the attacker executes a punch high in a front stance without making contact.
- The attacker should not move unless he/she is in danger of being struck.
- The defender executes the one-step without contact, except when executing any block, in which case the defender should make light contact when executing any block.
- The defender yells (Ki-Hap!) at the end of his/her one-step signaling he/she is finished.
- These steps are repeated for all one-steps with both students participating as both the attacker and defender until instructed to stop by the Instructor.
- When the Instructor calls to stop, the students should shake their partner’s hand and thank him/her.



ONE-STEPS

Juniors (up to 12 years old) perform 1-3. Adults (13 years old or older) perform 1-5. Yells (ki-haps) are indicated in **BOLD**.

- | | | |
|----|---|--------------------|
| 1. | Left High Block | Left Front Stance |
| | Right Reverse Punch Middle | Left Front Stance |
| | Right Front Kick | |
| 2. | Right Inner Forearm Block | Right Back Stance |
| | Right Backfist High | Right Back Stance |
| | Right Side Kick | |
| 3. | Left Crescent Kick | |
| | Right Side Kick | |
| | Right Knifehand Strike High | Right Back Stance |
| 4. | Right Front Kick | |
| | Left Side Kick | |
| | Left Horizontal Hammerfist Strike | Left Back Stance |
| | Right Reverse Punch Middle | Left Front Stance |
| 5. | Left Crescent Kick | |
| | Right Front Kick/ Side Kick Combination | |
| | Right Backfist High | Right Back Stance |
| | Left Reverse Punch Middle | Right Front Stance |



YELLOW BELT

PATTERN

DAN-GUN

21 Movements

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

Ready Stance A

- | | | |
|-----|------------------------------|--------------------|
| 1. | Left Double Knifehand Block | Left Back Stance |
| 2. | Right Punch High | Right Front Stance |
| 3. | Right Double Knifehand Block | Right Back Stance |
| 4. | Left Punch High | Left Front Stance |
| 5. | Left Low Block | Left Front Stance |
| 6. | Right Punch High | Right Front Stance |
| 7. | Left Punch High | Left Front Stance |
| 8. | Right Punch High | Right Front Stance |
| 9. | Left Square Block | Left Back Stance |
| 10. | Right Punch High | Right Front Stance |
| 11. | Right Square Block | Right Back Stance |
| 12. | Left Punch High | Left Front Stance |
| 13. | Left Low Block | Left Front Stance |
| 14. | Left High Block | Left Front Stance |
| 15. | Right High Block | Right Front Stance |
| 16. | Left High Block | Left Front Stance |
| 17. | Right High Block | Right Front Stance |
| 18. | Left Knifehand Strike High | Left Back Stance |
| 19. | Right Punch High | Right Front Stance |
| 20. | Right Knifehand Strike High | Right Back Stance |
| 21. | Left Punch High | Left Front Stance |



ONE-STEPS

Juniors (up to 12 years old) perform 1-3. Adults (13 years old or older) perform 1-5. Yells (ki-haps) are indicated in **BOLD**.

- | | | |
|----|--|----------------------|
| 1. | Left Front Kick | |
| | Left Outer Forearm Block | Left Front Stance |
| | Right Reverse Punch Middle | Left Front Stance |
| | Right Round Kick | |
| 2. | Left Crescent Kick | |
| | Right Front Kick/ Round Kick Combination | |
| | Left Spin Side Kick | |
| 3. | Right Outside Block | Right Sitting Stance |
| | Right Backfist High | Right Sitting Stance |
| | Left Side Kick | |
| | Left Spin Crescent Kick | |
| 4. | Left Reverse Outer Forearm Block | Right Front Stance |
| | Left Side Kick | |
| | Right Spin Crescent Kick | |
| | Left Double Round Kick | |
| | Left Backfist High | Left Back Stance |
| | Right Reverse Ridgehand Strike High | Left Front Stance |
| 5. | Left Double Knifehand Block | Left Back Stance |
| | Right Reverse Punch Middle | Left Back Stance |
| | Left Hook Punch High | Left Back Stance |
| | Left Side Kick | |
| | Right Spin Side Kick | |



ORANGE AND SENIOR ORANGE BELT

PATTERN

DO-SAN

24 Movements

Is the pseudonym of the patriot Ahn-Chang-Ho (1876 - 1938). The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.

Ready Stance A

- | | | |
|-----|--------------------------------------|--------------------|
| 1. | Left Outer Forearm Block | Left Front Stance |
| 2. | Right Reverse Punch Middle | Left Front Stance |
| 3. | Right Outer Forearm Block | Right Front Stance |
| 4. | Left Reverse Punch Middle | Right Front Stance |
| 5. | Left Double Knifehand Block | Left Back Stance |
| 6. | Right Spearhand Middle | Right Front Stance |
| | - Right Wrist Release | |
| 7. | Left Backfist | Left Front Stance |
| 8. | Right Backfist | Right Front Stance |
| 9. | Left Outer Forearm Block | Left Front Stance |
| 10. | Right Reverse Punch Middle | Left Front Stance |
| 11. | Right Outer Forearm Block | Right Front Stance |
| 12. | Left Reverse Punch Middle | Right Front Stance |
| 13. | Twin Outer Forearm Block | Left Front Stance |
| 14. | Right Front Kick | |
| 15. | Right Punch Middle | Right Front Stance |
| 16. | Left Reverse Punch Middle | Right Front Stance |
| 17. | Twin Outer Forearm Block | Right Front Stance |
| 18. | Left Front Kick | |
| 19. | Left Punch Middle | Left Front Stance |
| 20. | Right Reverse Punch Middle | Left Front Stance |
| 21. | Left High Block | Left Front Stance |
| 22. | Right High Block | Right Front Stance |
| 23. | Left Knifehand Strike Middle | Sitting Stance |
| 24. | Right Knifehand Strike Middle | Sitting Stance |



SPARRING COMBINATIONS

Taekwondo America uses Sparring Combinations to introduce the principles of free-sparring. It is a controlled method of sparring in which students practice fighting combinations with a moving partner while wearing gear and making light contact. Sparring Combinations encourage students to use a wide variety of fighting techniques. Students develop physical control of these techniques and learn the proper distance from a target that a technique should be executed. Orange belts are required to learn pre-arranged Sparring Combinations as part of their training.

BASIC RULES OF SPARRING COMBINATIONS

- Sparring Combinations should never be attempted without direct supervision of an Instructor and only red, Taekwondo America brand gear may be used. This includes hand gear, foot gear, head gear, shin guards, elbow pads, a mouthpiece and, for men, a groin protector.
- Before each match, the partners should bow and touch gloves. This is a show of respect and courtesy. It also indicates both partners are ready to begin.
- While fighting stances vary greatly, most follow the following principles:
 - Hands are up around the chin. This makes blocking techniques to the head much easier.
 - Body is turned sideways. This limits the surface area that is exposed to the opponent.
 - Light on your feet. This makes it easier to move and evade incoming techniques.
 - Eyes on your partner.
- Light contact is acceptable and encouraged. Impact, striking forcefully and which may result in injury, is not allowed and should be immediately addressed by the partners or instructors. If the level of control is exceeded, apologize sincerely and immediately.
- Legal target areas are the chest, above the belt, and the headgear. These areas may be struck with either the hands or feet.
- Striking with the knees or elbows is prohibited (though no sparring combination includes such a move). Any any contact to the throat, face, back or below the belt is strictly prohibited. Sweeps, takedowns, grabbing and grappling are also prohibited (though, again, no sparring combination includes such a move).
- Sparring combinations may be stopped at any time by either partner for any reason and is signaled by holding up both their hands.
- Never continue the combination if either partner is injured or can no longer defend themselves.
- At the end of each match, the partners should again bow and touch gloves.



RULES OF ENGAGEMENT

- All basic rules of Sparring and Sparring Combinations should be followed at all times.
- When performing sparring combinations, the attacker executes the prearranged fighting techniques making light contact. The defender should execute appropriate blocks to prevent the attacker's techniques from making contact.
- The attacker yells (Ki-Hap!) at the end of his/her sparring combinations.
- These steps are repeated for all sparring combinations with both students participating as both the attacker and defender until instructed to stop.
- When the Instructor calls to stop, the students should shake their partner's hand and thank him/her.



ORANGE BELT SPARRING COMBINATIONS

Juniors (up to 12 years old) perform 1-3. Adults (13 years old or older) perform 1-5. Yells (ki-haps) are indicated in **BOLD**.

1. #1 Round Kick
Lead Hand Punch
Reverse Punch
2 Round Kick
2. #3 Jump Side Kick
#2 Front Kick/ Round Kick Combinations
Lead hand Backfist
Reverse Punch
3. #3 Jump Front Kick
Lead Hand Punch
Reverse Punch
#2 Double Round Kick Combination
Spin Side Kick
4. Lead Hand Backfist
#1 Side Kick
Spin Side Kick
#2 Jump Round Kick
5. Lead Hand Punch
Reverse Punch
Lead Hand Hook Punch
#1 Side Kick
Spin Crescent Kick
#1 Round Kick



GREEN & SR. GREEN BELT

PATTERN

WON-HYO

27 MOVEMENTS

Was the noted Monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.

Ready Stance B

- | | | |
|-----|---|--------------------|
| 1. | Left Square Block | Left Back Stance |
| 2. | Right Reverse Outside Knifehand Strike High | Left Back Stance |
| 3. | Left Punch Middle | Left Fixed Stance |
| 4. | Right Square Block | Right Back Stance |
| 5. | Left Reverse Outside Knifehand Strike High | Right Back Stance |
| 6. | Right Punch Middle | Right Fixed Stance |
| 7. | Left Double Fist Block | Closed Stance |
| 8. | Left Side Kick | |
| 9. | Left Double Knifehand Block | Left Back Stance |
| 10. | Right Double Knifehand Block | Right Back Stance |
| 11. | Left Double Knifehand Block | Left Back Stance |
| 12. | Right Spearhand Middle | Right Front Stance |
| 13. | Left Square Block | Left Back Stance |
| 14. | Right Reverse Outside Knifehand Strike High | Left Back Stance |
| 15. | Left Punch Middle | Left Fixed Stance |
| 16. | Right Square Block | Right Back Stance |
| 17. | Left Reverse Outside Knifehand Strike High | Right Back Stance |
| 18. | Right Punch Middle | Right Fixed Stance |
| 19. | Right Reverse Inner Forearm Block | Left Front Stance |
| 20. | Right Front Kick | |
| 21. | Left Reverse Punch Middle | Right Front Stance |
| 22. | Left Reverse Inner Forearm Block | Right Front Stance |



- 23. Left Front Kick
- 24. Right Reverse Punch Middle Left Front Stance
- 25. **Right Side Kick**
- 26. Left Double Fist Block Left Back Stance
- 27. Right Double Fist Block Right Back Stance



FREE SPARRING

In Free Sparring, partners are not restricted by a set pattern of movements like One-steps or Sparring Combinations. Free Sparring allows students to test their skills against each other and encourages students to implement the skills and techniques practiced in class. All Green Belts and above practice Free Sparring in class, tournaments, and testings.

RULES OF ENGAGEMENT

- Note: The rules of Sparring are identical to that of Sparring Combinations. The only difference is that in free sparring, students are no longer restricted by a set pattern of movements.
- Sparring should never be attempted without direct supervision of an Instructor and only red, Taekwondo America brand gear may be used. This includes hand gear, foot gear, head gear, shin guards, elbow pads, a mouthpiece and, for men, a groin protector.
- Before each match, the partners should bow and touch gloves. This is a show of respect and courtesy and indicates both partners are ready to begin.
- While fighting stances vary greatly, most follow the following principles:
 - Hands are up around the chin. This makes blocking techniques to the head much easier.
 - Body is turned sideways. This limits the surface area that is exposed to the opponent
 - Light on your feet. This makes it easier to move and evade incoming techniques.
 - Eyes on your partner.
- Light contact is acceptable and encouraged. Impact, striking forcefully which may result in injury, is not allowed and should be immediately addressed by the partners or instructors. If the level of control is exceeded, apologize sincerely and immediately.
- Legal target areas are the chest, above the belt, and the headgear. Which may be struck with either the hands or feet.
- Striking with the knees or elbows is prohibited. Any contact to the throat, face, back or below the belt is strictly prohibited. Sweeps, takedowns, grabbing and grappling are also prohibited.
- Sparring may be stopped at any time by either partner for any reason and is signaled by holding up both of their hands.
- Never continue sparring if either partner is injured or can no longer defend themselves.
- At the end of each match, the partners should again bow and touch gloves.



TOURNAMENT SPARRING

Unlike Free Sparring, tournament sparring is designed to see which student is the better point sparrer. Due to the competitive nature of Tournament Sparring, judges watch the match and award points and assign warnings based on the techniques thrown and where the techniques make contact.

RULES OF ENGAGEMENT

- All Free Sparring Rules of Engagement should be followed, except **that punching to the head is prohibited.**
- The participants should follow the commands of the judges at all times. When a judge yells "Break!" the participants should immediately stop sparring and return to their original positions.
- Points are awarded for:
 - Punch or Kick to the body (1 point)
 - Kick to the head (2 points)
 - Jump or Spin Kick to the body (2 points)
 - Jump Spin Kick to the body (3 points)
 - Jump or Spin Kick to the head (3 points)
 - Jump Spin Kick to the head (4 points)
- Warnings are assigned for:
 - Striking an illegal target area, i.e. punching to the head or face, kicking to the back or below the belt (1 warning)
 - Excessive contact (1 warning)
 - Excessive contact to an illegal target area (2 warnings)
 - Contact that draws blood (3 warnings)
 - Unsportsmanlike or dangerous conduct (3 warnings)
- A majority of judges must agree to assign warnings. If a participant receives a warning their opponent receives a corresponding amount of points: 1 point for the first warning, 2 points for the second warning. Three warnings results in immediate disqualification.
- At the end of the one-minute match, the judges compare scores. A majority of judges must agree to award a victory. In the event of a tie, the match continues with a 15 second overtime and the judges compare scores again. Warnings are carried into overtime.



PURPLE AND SENIOR PURPLE BELT

PATTERN

YUL-GUK

36 Movements

Is the pseudonym of a great philosopher and scholar, Yi I (1536-1584 A. D.) nicknamed the "Confucius of Korea". The diagram (+) represents scholar. Diagrams provide a layout of the form from an aerial view.

Ready Stance A

- | | | |
|-----|--------------------------------------|--------------------|
| 1. | Left Punch Middle (Medium) | Sitting Stance |
| 2. | Right Punch Middle | Sitting Stance |
| 3. | Left Punch Middle | Sitting Stance |
| 4. | Right Punch Middle (Medium) | Sitting Stance |
| 5. | Left Punch Middle | Sitting Stance |
| 6. | Right Punch Middle | Sitting Stance |
| 7. | Right Inner Forearm Block | Right Front Stance |
| 8. | Left Front Kick | |
| 9. | Left Punch Middle | Left Front Stance |
| 10. | Right Reverse Punch Middle | Left Front Stance |
| 11. | Left Inner Forearm Block | Left Front Stance |
| 12. | Right Front Kick | |
| 13. | Right Punch Middle | Right Front Stance |
| 14. | Left Reverse Punch Middle | Right Front Stance |
| 15. | Right Hooking Block (Medium) | Right Front Stance |
| 16. | Left Reverse Hooking Block (Medium) | Right Front Stance |
| 17. | Right Punch Middle | Right Front Stance |
| 18. | Left Hooking Block (Medium) | Left Front Stance |
| 19. | Right Reverse Hooking Block (Medium) | Left Front Stance |
| 20. | Left Punch Middle | Left Front Stance |



- | | | |
|-----|--|--------------------|
| 21. | Right Punch Middle | Right Front Stance |
| 22. | Left Side Kick | |
| 23. | Right Reverse Horizontal Elbow Strike (to left palm) | Left Front Stance |
| 24. | Right Side Kick | |
| 25. | Left Reverse Horizontal Elbow Strike (to right palm) | Right Front Stance |
| 26. | Left Knifehand Square Block | Left Back Stance |
| 27. | Right Spearhand Middle | Right Front Stance |
| 28. | Right Knifehand Square Block | Right Back Stance |
| 29. | Left Spearhand Middle | Left Front Stance |
| 30. | Left Outer Forearm Block | Left Front Stance |
| 31. | Right Reverse Punch Middle | Left Front Stance |
| 32. | Right Outer Forearm Block | Right Front Stance |
| 33. | Left Reverse Punch Middle | Right Front Stance |
| 34. | Left Downward Backfist | Left X-stance |
| 35. | Right Double Inner Forearm Block | Right Front Stance |
| 36. | Left Double Inner Forearm Block | Left Front Stance |



BLUE BELT AND SENIOR BLUE BELT

PATTERN

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 Korea-Japan merger. There are 32 movements in this pattern to represent Mr. An's age when he was executed at Lui-Shin prison (1910).

Ready Stance B

- | | | |
|-----|---------------------------------------|--------------------|
| 1. | Left Ridgehand Block | Left Cat Stance |
| 2. | Left Front Kick | |
| 3. | Right Palm Heel Upset Strike | Right Back Stance |
| 4. | Right Ridgehand Block | Right Cat Stance |
| 5. | Right Front Kick | |
| 6. | Left Palm Heel Upset Strike | Left Back Stance |
| 7. | Left Double Knifehand Block | Left Back Stance |
| 8. | Right Reverse Upset Elbow Strike High | Left Front Stance |
| 9. | Right Double Knifehand Block | Right Back Stance |
| 10. | Left Reverse Upset Elbow Strike High | Right Front Stance |
| 11. | Twin Punch High | Left Front Stance |
| 12. | Twin Upset Punch Middle | Right Front Stance |
| 13. | Left X-Block High | Left Front Stance |
| 14. | Left Backfist High | Left Back Stance |
| 15. | Left Wrist Release | Left Back Stance |
| 16. | Right Reverse Punch High | Left Front Stance |
| 17. | Right Backfist High | Right Back Stance |
| 18. | Right Wrist Release | Right Back Stance |
| 19. | Left Reverse Punch High | Right Front Stance |
| 20. | Left Double Inner Forearm Block | Left Front Stance |



21.	Left Punch High	Left Back Stance
22.	Right Side Kick	
23.	Right Double Inner Forearm Block	Right Front Stance
24.	Right Punch High	Right Back Stance
25.	Left Side Kick	
26.	Left Double Fist Block	Left Back Stance
27.	Left Double Palm Heel Press Block (Medium)	Left Front Stance
28.	Right Double Fist Block	Right Back Stance
29.	Right Double Palm Heel Press Block (Medium)	Right Front Stance
30.	Right Horizontal Punch (Medium)	Closed Stance
31.	Right C-Block	Right Back Stance
32.	Left C-Block	Left Back Stance



BROWN AND SENIOR BROWN

PATTERN

HWA-RANG

31 Movements

Named after the Hwa-Rang youth group which originated in the Silla Dynasty about 1,350 years ago. This group eventually became the actual driving force for the unification of the three kingdoms of Korea.

Ready Stance C

- | | | |
|-----|---------------------------------|--------------------|
| 1. | Left Palm Heel Strike Middle | Sitting Stance |
| 2. | Right Punch Middle | Sitting Stance |
| 3. | Left Punch Middle | Sitting Stance |
| 4. | Right Square Block | Right Back Stance |
| 5. | Left Reverse Upset Punch High | Right Back Stance |
| 6. | Right Punch Middle | Right Fixed Stance |
| 7. | Right Downward Knifehand Strike | L Stance |
| 8. | Left Punch Middle | Left Front Stance |
| 9. | Left Low Block | Left Front Stance |
| 10. | Right Punch Middle | Right Front Stance |
| 11. | Left Hand Grab | Parallel Stance |
| 12. | Right Side Kick | |
| 13. | Right Knifehand Strike Middle | Right Back Stance |
| 14. | Left Punch Middle | Left Front Stance |
| 15. | Right Punch Middle | Right Front Stance |
| 16. | Left Double Knifehand Block | Left Back Stance |
| 17. | Right Spearhand Middle | Right Front Stance |
| 18. | Left Double Knifehand Block | Left Back Stance |
| 19. | Right Round Kick | |
| 20. | Left Round Kick | |
| 21. | Left Double Knifehand Block | Left Back Stance |



22.	Left Low Block	Left Front Stance
23.	Right Reverse Punch Middle	Left Fixed Stance
24.	Left Reverse Punch Middle	Right Fixed Stance
25.	Right Reverse Punch Middle	Left Fixed Stance
26.	Left X-Block Low	Left Front Stance
27.	Right Reverse Backward Elbow Strike	Left Back Stance
28.	Right Inner Forearm Block/Left Low Block	Closed Stance
29.	Left Inner Forearm Block/Right Low Block	Closed Stance
30.	Left Double Knifehand Block	Left Back Stance
31.	Right Double Knifehand Block	Right Back Stance

BOARD BREAKING

Board breaking is a part of testing used by the judges and instructors to measure the speed, power and accuracy of a kicking or striking technique. The best method of practicing board breaking is to strike a padded target. Consistent repetition of good technique is essential.

RULES OF ENGAGEMENT

- The student is responsible for knowing what techniques and what size or color board they should break. (See the chart below for details)
- At testing, the student receives 3 attempts to break his/her boards. If a student fails to break his/her board, he/she does not pass that testing.
- When setting up a board station, the board should be placed so that the student can deliver the most powerful techniques possible. It is the student's responsibility to ensure the grain of the board must be set to follow the striking surface of the techniques.
- A small amount of practice is encouraged to ensure proper board placement. Excessive practice can fatigue board holders. It is not counted as an attempt if the student breaks his/her board prior to bowing in.
- Once the student is ready to break, he/she is instructed to bow. After the bow, all movement towards the board counts as an attempt. Practicing after the bow is not allowed.
- After the student breaks his/her boards or exhausts his/her 3 attempts, the student should bow and shake hands with his/her board holders to thank them.



BOARD BREAKING REQUIREMENTS

Brown Belts must break with either a Front Kick or Side Kick and 1 approved hand technique.

MALES - AGE	RE-BREAKABLE BOARDS	WOOD BOARDS
5 and 6	White	3 Inch
7 and 8	Yellow	4.5 Inch
9 and 10	Orange	6 Inch
11 and 12	Orange/Green	7.5 Inch
13 and 14	Green	9 Inch
15	Blue	11 Inch
16 and above	Brown	11 Inch

FEMALES - AGE	RE-BREAKABLE BOARDS	WOOD BOARDS
5 and 6	White	3 Inch
7 and 8	Yellow	4.5 Inch
9 and 10	Orange	6 Inch
11 and 12	Orange/Green	7.5 Inch
13 and 14	Green	9 Inch
15 and above	Blue	9 Inch



RED AND SENIOR RED BELT

PATTERN

CHOONG-MOO

31 Movements

Was the name given to the great Admiral Hi Sun-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592 A.D., which was the precursor of the present day submarine in 1592 AD. This pattern ends with the left hand attack to symbolize his regrettable death, having no chance to show his unrestrained potential checked by the forced reservation of his loyalty to the king.

Ready Stance A

- | | | |
|-----|--|--------------------|
| 1. | Left Knifehand Square Block | Left Back Stance |
| 2. | Right Outside Knifehand Strike High/ Left Reverse Knifehand High Block | Right Front Stance |
| 3. | Right Double Knifehand Block | Right Back Stance |
| 4. | Left Horizontal Spearhand High | Left Front Stance |
| 5. | Left Double Knifehand Block | Left Back Stance |
| 6. | Right Side Kick | |
| 7. | Left Double Knifehand Block | Left Back Stance |
| 8. | Right Jump Side Kick | |
| 9. | Right Double Knifehand Block | Right Back Stance |
| 10. | Left Low Block | Left Back Stance |
| 11. | Twin Grab High | Left Front Stance |
| 12. | Right Knee Strike | |
| 13. | Right Reverse Ridgehand Strike High | Left Front Stance |
| 14. | Right Round Kick | |
| 15. | Left Spin Side Kick | |
| 16. | Right Double Fist Block | Right Back Stance |
| 17. | Left Round Kick | |
| 18. | Right C-Block | Right Back Stance |
| 19. | Right Double Knifehand Block | Right Back Stance |



20.	Right Reverse Spearhand Low	Left Front Stance
21.	Left Low Block/Right Reverse Downward Backfist	Left Back Stance
22.	Right Spearhand Middle	Right Front Stance
23.	Left Double Inner Forearm Block	Left Front Stance
24.	Right Supported Outside Block	Sitting Stance
25.	Right Backfist	Sitting Stance
26.	Right Side Kick	
27.	Left Side Kick	
28.	Right Knifehand X-Block Middle	Right Back Stance
29.	Twin Palm Upset Strike High	Left Front Stance
30.	Right High Block	Right Front Stance
31.	Left Reverse Punch High	Right Front Stance



BOARD BREAKING REQUIREMENTS

Red Belts must break with either a Round Kick or Side Kick and 1 approved hand technique.

MALES - AGES	RE-BREAKABLE BOARDS	WOOD BOARDS
5 and 6	Yellow	4.5 Inch
7 and 8	Orange	6 Inch
9 and 10	Orange/ Green	7.5 Inch
11 and 12	Green	9 Inch
13 and 14	Blue	11 Inch
15	Brown	2 x 11 Inch
16 and above	Black	2 x 11 Inch

FEMALES - AGE	RE-BREAKABLE BOARDS	WOOD BOARDS
5 and 6	Yellow	4.5 Inch
7 and 8	Orange	6 Inch
9 and 10	Orange/ Green	7.5 Inch
11 and 12	Green	9 Inch
13 and 14	Blue	11 Inch
15 and above	Blue/ Brown	11 Inch



Rank Advancement Requirement Chart

RANK	PATTERN	MIN. CLASSES	BREAKING TECHNIQUES		SPARRING
			KICK	STRIKE	
White	Ki Bon	none	none	none	One-steps
Yellow	Dan Gun	11	none	none	One-steps
Orange	Do San	12	none	none	Combinations
Sr. Orange	Do San	12	none	none	Combinations
Green	Won Hyo	13	none	none	Free
Sr. Green	Won Hyo	13	none	none	Free
Purple	Yul Guk	14	none	none	Free
Sr. Purple	Yul Guk	14	none	none	Free
Blue	Joong Gun	14	none	none	Free
Sr. Blue	Joong Gun	14	none	none	Free
Brown	Hwa Rang	15	Front/Side	1 Approved	Free
Sr. Brown	Hwa Rang	15	Front/Side	1 Approved	Free
Red	Choong Moo	16	Front/Round	1 Approved	Free
Sr. Red	Choong Moo	16	Front/Round	1 Approved	Free

