KWON'S

TAE KWON DO

Est. 2009

Color Belt
Exam Requirement
Study Guide

Philosophy

"Our highly motivated, professional staff is proud to promote self-esteem, goal-setting, focused energy, and motivation to improve the mental and physical well-being for all of our students."



Young Min Kwon, Master Instructor

STUDENT CREED

RESPECT

Always respect our parents, Sir!

INTEGRITY

Always set a good example, Sir!

COURTESY

Work to build a more peaceful community, Sir!

PERSEVERANCE

We will never give up, Sir!

STUDENT COMMITMENT

1. I will be loyal to my country.

2. I will honor my parent.

3. I will love and cooperate with my family.

4. I will be faithful to my friends.

5. I will respect my elders and care for my juniors.

6. I will establish a positive relationship with my teacher.

7. I will treat all living things with care.

8. I will never seek an advantage of those who are weaker.

9. I will only use Taekwondo to benefit others and myself.

10. I will always finish what I start.

DO-JANG RULES

1. Must attend classes regularly for their own good.
2. Be at the Do-Jang 5 minutes before the class and be in Do-Bok & Stretch.
3. Bow to the flags and Sa-bum-Nim (Master Instructor) when entering and leaving the *Do-Jang*.
4. Juniors will show respect to seniors and seniors will set a good example for them to follow.
5. Remove all jewelry and watches before class. These will interfere with class.
6. Must not enter or leave the class without permission from *Sa-Bum-Nim*
7. Yell energetically, answer loudly and move quickly during class.
8. If the Do-Bok becomes messy, turn away from the group and adjust the Do-Bok.
9. Keep the Do-Bok in clean and serviceable condition.
10. Must get *Sa-Bum-Nim's* permission to engage in free sparing.
11. Must use protective gear (head gear, chest protector, groin protector, shin instep guard, forearm guard, and mouth piece) to engage in free sparing. The only target permitted in free sparing is the area covered by the chest protector.
12. Do not spar with an emotional attitude but with a fighting spirit.
13. Must not participate in any tournament competition without *Sa-Bum-Nim's* permission.
14. Clean the Do-Jang and arrange the equipment before and after each class.
15. The practitioners will neither be arrogant nor complacent, but instead follow the rules of etiquette and be an example for other to follow in social activities.
16. Do not engage in any kind of street fight, offensive action or rude manner toward any family member, friend or any other person.

Disciplinary action will be taken for all violations of the above rules. Penalties will vary at the discretion of the *Sa-Bum-Nim*. Such penalties are: possible demotion of rank, suspension, or termination of training privileges.

CHILDREN

HOME RULES

1. Children must Show Respect to their Parents and Family Members at all times.
2. Children will greet their Parents when they enter the house and leave the house.
3. Children shall be honest at all times.
4. Children will maintain a good relationship with their brothers and sisters.
5. Children must help with household chores.
6. Children will keep their own room neat and clean.
7. Children must keep their body, hair, and teeth clean at all times.
8. Children will not interrupt Adult conversations.
9. Children will study well both at School and at Home.
10. Children must show respect for Teachers, Peers and all people at all times.

Children who do not obey their parents may be reduced in rank.

Code of Conduct in Kwon's

Dress code

- Do-Bok Must be clean at all times.
- A complete Do-Bok must be worn at all times.
- Only Kwon's T-shirts are allowed on the Do-Jang in place of a Do-Bok pants, except for Testing. T-shirts may only be worn in the summer months. Do-Bok tops must be worn at all other times of the year.
- The only patches that are allowed on the Do-Bok are those identifying Kwon's. All other patches must be approved by the Sa-Bum- Nim.
- No Jewelry, watches or other accessories are allowed during practice times. Please do not bring valuables to the Do-Jang. Kwon's will not be responsible for lost or stolen items.
- Write your full name inside your Do-Bok and safety equipment.

Safety

The most important concern in studying the martial arts is safety. A first aid kit is maintained on the premises. We request that every student watch out for items of danger, actions that may cause harm and attitudes that may elicit harmful situations. Please report anything that may be of danger to you or fellow students to the Kwon's staff members immediately. Our Kwon's staff members are all safety conscious, but they cannot always be aware of everything. Please help us keep our safety record intact.

Equipment

- All students must wear complete safety equipment in order to participate in sparring classes.
- MANDATORY EQUIPMENT FOR SPARRING : Head gear, chest pad, shin and forearm pads, mouth piece and groin protectors(females optional, required for male)

Attendance Card

All students will pick up their attendance card to the left of the door when entering the Do-Jang. We will collect the card at beginning of the class (after bowing in).

To ensure your success in the martial arts, it is required that you attend class at least twice a week.

Holiday Schedules

We are open most holidays. However, notification of all holiday schedules will be posted in Kwon's Do-Jang at least two weeks prior to the holiday.

Vacations or Extended Absences

If you will be missing class for vacation or illness for a period of more than one week, please notify your Sa – bum-nim BEFORE you leave. Classes that are missed can then be added to the end of your program or made up upon your return.

Lost and found

If you have left something behind, we have a lost and found. Please see your Sa- bum- nim or Staff and they will try to help you locate it. Kwon's is not responsible for any item left in the Do-Jang.

General Do-Jang Rules:

- Juniors are allowed to arrive 5 minutes before their classes and picked up no later than 10 minutes after their classes. Alternative arrangements can be made for special circumstances or in an emergency.
- Juniors must be aware that they should not leave the Do-Jang for any reason unless told by parents or Kwon's staff members.
- Please remind your children that they must show respect to their Sa-bum nim by saying good-bye before they leave the Do-Jang.
- No one is allowed to use the equipment without Permission from the Sa-bum nim.
- No gum or candy in the Do-jang.
- Any substitute Instructor shall be treated with the same respect and courtesy as your regular Sa-bum nim.
- Do not handle any weapons without a Sa-bum nim's permission.
- Profanity is prohibited at all times.
- Smoking is not allowed in Do-jang.
- Shoes will not be worn in Training area.
- Talking is not permitted in class, unless you have a question to ask.
- Fingernails and toenails must be kept trim.
- No jewelry of any kind can be worn during a class.
- No horseplay of any kind is allowed on or off the mat.
- Keep you Do-Bok clean and presentable at all times.

The Meaning of the Belt Stripes

All Little Tigers Students MUST Receive All 6 Color Stripes to Apply for a Belt Promotion.

When you get 6 color stripes: (Yellow, Blue, Red, Green, White, Black)
You are ready for the Promotion Test.

Focus Skills	**Green Stripe** (Basic Techniques)
Focus	**Yellow Stripe** Form (Poomsae)
Effort	**Blue Stripe** Kicking (Balchagi)
Confidence	**Red Stripe** Breaking (Kyukpa)
Knowledge	**White Stripe** Knowledge (Korean Terms)
Respect	**Best Attitude in Class** (Manner)

Our Goal is Black Belt Excellence!

Requirement for Promotions

1. Must have attended at least 6 classes for White Belt,
   10 classes for Yellow Belt and up.

2. Must be qualified according to the Instructors.

3. Must have 6 color strips.

4. Applications must be handed in one days before the testing.

5. Tuition payments must be current.

TERMINOLOGY

NUMBER

1	Ha na	10	Yeol
2	Dool	20	Sumul
3	Set	30	Sorun
4	Net	40	Mahun
5	Da sut	50	Shween
6	Yeo sut	60	Yesun
7	IL kop	70	Ilheun
8	Yo dol	80	Yodun
9	A hop	90	Ahun
10	Yeol	100	Baek

COMMANDS

Attention	Cha ryut
Bow	Kyun rea
Ready	Jun bi
Begin	Si jak
Return	Ba ro
Break	Kal yo
Continue	Kea sok
Stop	Gue mahn

BASIC STANCE

Walking stance	Ahp so gi
Long stance	Ahp gup i
Back stance	Dwi gup i
Horseback riding stance	Ju choom so gi
Tiger stance	Bum-so gi
Kicking stance	Bal-cha gi jun bi

BASIC KICKS

Front kick	Ahp cha gi
Round house kick	Dool ryo cha gi
Side kick	Yop cha gi
Ax kick	Naery cha gi
Back kick	Dwi cha gi
Back hook kick	Dwi hoo yo cha gi

BASIC BLOCKS

Down block	Ah re mak gi
High block	Eol gul mak gi
In block	Mom tong mak gi
Out block	Mom tong ba kat mak gi

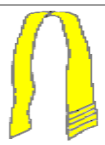
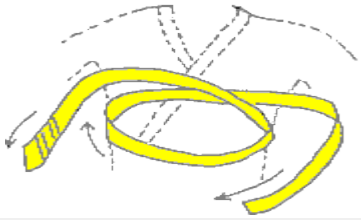
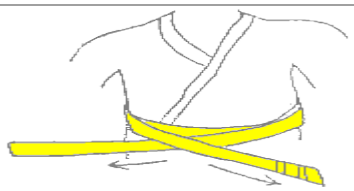
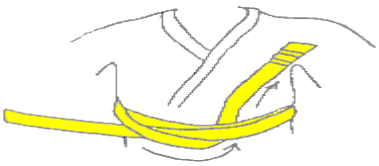
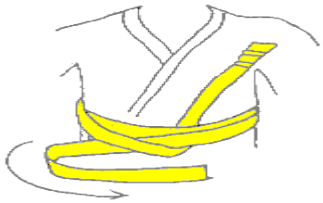
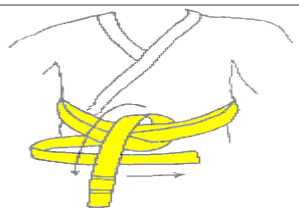
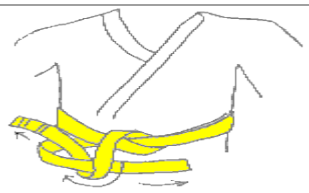
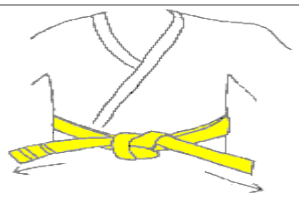
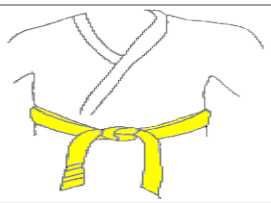
FOR THE BEGINNING OF CLASS

Thank you	Kam sa ham ni da
Hello, How are you?	An nyung ha se yo
Good-bye	An nyung hi ga se yo
Bow to the flag	Kuk ki ae dae ha yo kyung net
Bow to the Grand Master	Kwan jangnim kae kyung net
Bow to the Master	Sa bum nim kae kyung net

BASIC WORDS

Grand Master	Kan jang nim
Master	Sa bum nim
Instructor	Jo kyo nim
Senior	Sun bae nim
Junior	Hoo bae nim
Taekwondo School	Do jang
Flag	Kuk ki
Uniform	Do bok
Sparring	Gyo roo gi
Form	Poom sae
Self-defense	Ho shin sool
Breaking	Kyuk pa
Kicking	Bal cha gi

How to tie your belt

	Hold belt at its center, making the ends even, with stripes (if you have them) on the left side.
	Place center of belt on front center of top, about one inch below the naval (a location called the tanden). Wrap belt around your waist, crossing the right side over the left side at center of the back. Stripes will now be on your right side. Pull ends of belt forward and adjust so the ends are even.
	Lay the left side of belt over the tanden. Lay the right side of belt across the tanden. Stripes will now be on your left side.
	Slide the left side of belt (striped side) under and behind all the belt layers. Stripes will still be on your left side.
	Loop
	Bring left (striped) end of belt down and over the front of the U
	Loop striped end under and up through the U shape to form a knot.
	Pull ends of belt outward to tighten knot. Stripes will be on your right side.
	Adjust knot so the ends of belt are even and hang neatly.

How To Count To 100 in Korean

Korean	English		Korean	English
Hana	1 one		shween hana	51 fifty one
Dul	2 two		shween dul	52 fifty two
Set	3 three		shween set	53 fifty three
net	4 four		shween net	54 fifty four
dasot	5 five		shween dasot	55 fifty five
yasot	6 six		shween yasot	56 fifty six
illgop	7 seven		shween illgop	57 fifty seven
yodol	8 eight		shween yodol	58 fifty eight
ahope	9 nine		shween ahope	59 fifty nine
yul	10 ten		yesun	60 sixty
yul hana	11 eleven		yesun hana	61 sixty one
yul dul	12 twelve		yesun dul	62 sixty two
yul set	13 thirteen		yesun set	63 sixty three
yul net	14 fourteen		yesun net	64 sixty four
yul dasot	15 fifteen		yesun dasot	65 sixty five
yul yosot	16 sixteen		yesun yasot	66 sixty six
yul illgop	17 seventeen		yesun illgop	67 sixty seven
yul yodol	18 eighteen		yesun yodol	68 sixty eight
yul ahope	19 nineteen		yesun ahope	69 sixty nine
sumul	20 twenty		ilheun	70 seventy
sumul hana	21 twenty one		ilheun hana	71 seventy one
sumal dul	22 twenty two		ilheun dul	72 seventy two
sumal set	23 twenty three		ilheun set	73 seventy three
sumal net	24 twenty four		ilheun net	74 seventy four
sumal dasot	25 twenty five		ilheun dasot	75 seventy five
sumal yasot	26 twenty six		ilheun yasot	76 seventy six
sumal illgop	27 twenty seven		ilheun illgop	77 seventy seven
sumal yodol	28 twenty eight		ilheun yodol	78 seventy eight
sumal ahope	29 twenty nine		ilheun ahope	79 seventy nine
sorun	30 thirty		yodun	80 eighty
sorun hana	31 thirty one		yodun hana	81 eighty one
sorun dul	32 thirty two		yodun dul	82 eighty two
sorun set	33 thirty three		yodun set	83 eighty three
sorun net	34 thirty four		yodun net	84 eighty four
sorun dasot	35 thirty five		yodun dasot	85 eighty five
sorun yasot	36 thirty six		yodun yasot	86 eighty six
sorun illgop	37 thirty seven		yodun illgop	87 eighty seven
sorun yodol	38 thirty eight		yodun yodol	88 eighty seven
sorun ahope	39 thirty nine		yodun ahope	89 eighty nine
mahun	40 forty		ahun	90 ninety
mahun hana	41 forty one		ahun hana	91 ninety one
mahun dul	42 forty two		ahun dul	92 ninety two
mahon set	43 forty three		ahun set	93 ninety three
mahon net	44 forty four		ahun net	94 ninety four
mahon dasot	45 forty five		ahun dasot	95 ninety five
mahon yasot	46 forty six		ahun yasot	96 ninety six
mahon illgop	47 forty seven		ahun illgop	97 ninety seven
mahon yodol	48 forty eight		ahun yodol	98 ninety eight
mahon ahope	49 forty nine		ahun ahope	99 ninety nine
shween	50 fifty		baek	100
			ee baek	200

Korean Ordinal Numbers

Korean		English
il		first
ee		second
sam		third
sa		forth
oh		fifth
yuk		sixth
chil		seventh
pal		eighth
gu		ninth
ship		tenth

White Belt



10th Geup

Focus Skills

KI BON HA NA

FRONT KICK / AXE KICK

HAMMER FIST

Knowledge

Best Attitude in Class

WHITE



1



2



3



4

	Left Low block	Right middle punch	Left low block
Ready	Long stance	Long stance	Long stance



5



6



7

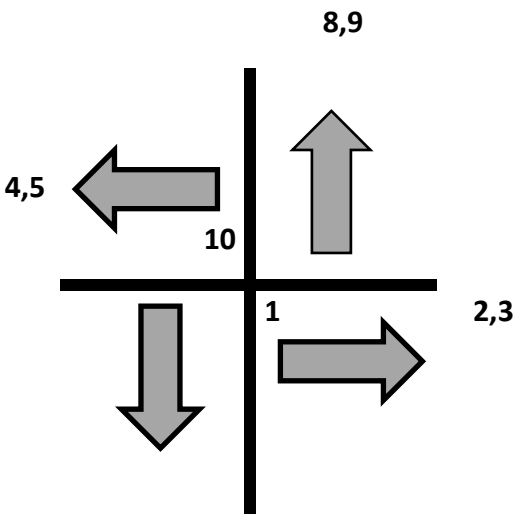


8



9

Right middle punch	Left low block	Right middle punch	Left low block	Right middle punch
Long stance	Long stance	Long stance	Long stance	Long stance
				KI HAP (Yelling)





10

Ready stance

Kwon's Taekwondo Beginner Course

10th Geup White Belt

Stances	Attention, Ready stance, Horseback riding stance, Walking stance, Long stance, Kicking stance
Blocks	Low block, In block, Out block, High block
Strikes	Punch (1,2,3), Knuckle fist, Spear finger, Knife hand, Back fist
Form **(Yellow Stripe)**	**KI BON HA NA (1)**
Kicking Techniques **(Blue Stripe)**	**FRONT KICK AXE KICK**
Board Breaking **(Red Stripe)**	**HAMMER FIST**
Kicking Combination	1. Foot work (Bounce, Switch foot, One Step Forward) 2. Front kick – front kick 3. Axe kick – axe kick 4. Front kick – axe kick – double punch
Korean Terms	1. **What is your master's name?**–Young Min Kwon Sir! 2. **What do you learn at this school?**–Tae Kwon Do Sir! 3. What are your parent names? 4. What is your parents phone number? 5. **SA BUM NIM** – Master instructor 6. **KAM SA HAM NI DA** – Thank you 7. **AN NYUNG HA SE YO?** – How are you? 8. **AN NYUNG HI GEI SHEEP SI YO** – Good bye 9. **CHA RYEOT** – Attention 10. **KYEUNG NAE** – Bow 11. **JOON BEE** – Ready 12. **SHI JAK** – Begin 13. **BA RO** – Return 14. **KI HAP** – Yelling 15. **Korean counting 1 – 10**

Testing for Yellow Belt

Student must have 3 color stripes (Yellow, Blue, Red)

Techniques you will be asked to demonstrate

- Basic stances, strikes, blocks
- Kicking Techniques / Kicking combinations
- KI BON HA NA (1)
- Board Breaking (Hammer fist)
- Korean Terms / Physical Fitness (10 Push up, 10 Sit up)

Yellow Belt



9th Geup

Focus Skills

KI BON HA NA

FRONT KICK / AXE KICK

HAMMER FIST

Knowledge

Best Attitude in Class

KI BON DOOL (기본 둘)






	1	2	3
	Low block	Middle punch	Low block
Ready	Long stance	Long stance	Long stance







8	7	6	5	4
Middle punch	Middle punch	Middle punch	Low block	Middle punch
Long stance	Long stance	Long stance	Long stance	Long stance
KI HAP (Yelling)				







	12	11	10	9
Return	Middle punch	Middle punch	Middle punch	Low block
Ready stance	Long stance	Long stance	Long stance	Long stance
	KI HAP (Yelling)			

Kwon's Taekwondo Beginner Course

9th Geup Yellow Belt

Stances	Attention, Ready stance, Horseback riding stance, Walking stance, Long stance, Kicking stance
Blocks	Low block, In block, Out block, High block
Strikes	Punch (1,2,3), Knuckle fist, Spear finger, Knife hand, Back fist
Form **(Yellow Stripe)**	**KI BON DOOL (2)**
Kicking Techniques **(Blue Stripe)**	**ROUNDHOUSE KICK**
Board Breaking **(Red Stripe)**	**AXE KICK**
Kicking Combination	1. Foot work (Bounce, Switch foot, One Step Forward) 2. Front kick – roundhouse kick - roundhouse kick 3. Roundhouse kick – roundhouse kick – axe kick 4. Front kick – roundhouse kick - axe kick - double punch
Korean Terms	1. **What is Tae Kwon Do?** – Korean Martial Arts 2. **What is the bow?**– The bow is a Korean form of greeting 3. **Why do we bow?**– We bow to show sincerity and respect 4. **When do we bow?** – We bow to the flags when we enter or exit the DO JANG, We bow to the Master and Instructor anytime and anywhere we see them, We bow to a higher level belt or senior and fellow Tae Kwon Do students anytime or anywhere we meet them, Sir! 5. What is your Family Birthday? 6. **KYO SA NIM**– Senior Instructor 7. **JO KYO NIM**– Assistance Instructor 8. **SUN BAE NIM**– Senior Belt 9. **Korean counting 11- 20**

Testing for Orange Belt

Student must have 3 color stripes (Yellow, Blue, Red)

Techniques you will be asked to demonstrate

- Basic stances, strikes, blocks
- Kicking Techniques / Kicking combinations
- KI BON DOOL (2)
- Board Breaking (Axe kick)
- Korean Terms / Physical Fitness (10 Push up, 10 Sit up)

Orange Belt



8th Geup

Focus Skills

KI BON HA NA

FRONT KICK / AXE KICK

HAMMER FIST

Knowledge

Best Attitude in Class

Kwon's Taekwondo (Taeguk Il Jang)



Kwon's Taekwondo Intermediate Course

8th Geup Orange Belt

Stances	Attention, Ready stance, Horseback riding stance, Walking stance, Long stance, Kicking stance
Blocks	Low block, In block, Out block, High block
Strikes	Punch (1,2,3), Knuckle fist, Spear finger, Knife hand, Back fist
Form **(Yellow Stripe)**	**TAE GEUK IL JANG (1)**
Kicking Techniques **(Blue Stripe)**	**SIDE KICK**
Board Breaking **(Red Stripe)**	**SIDE KICK**
Kicking Combination	1. Foot work (One Step Forward, One Step Backward) 2. Front kick - side kick - side kick - axe kick 3. Roundhouse kick - side kick - (switch feet) - roundhouse kick - side kick
Sparring	Free sparring **(WTF Olympic style with a safety equipment)**
Korean Terms	1. **What does Tae Kwon Do mean?** - Tae – Foot or kick - Kwon – Hand or fist - Do – The way or art of combining the mind and body 2. **Why do we yell in TKD?** –To develop spiritual strength with concentration, power and confidence Sir! 3. What is your parents name? 4. **Why do we take tests?** –We test to further our knowledge of Tae Kwon Do through test preparation and test experience, to gain confidence by performing under pressure, and to let a qualified judge determine the increase of our knowledge Sir! 5. **Can you tie your belt**? 6. **CHA GI**–Kick 7. **MAK GI** –Block 8. **SEO GI** –Stance 9. **KWON SOOL** –Hand techniques 10. **TAE SOOL** –Kicking techniques

Testing for Green Belt

Student must have 3 color stripes (Yellow, Blue, Red)

Techniques you will be asked to demonstrate

- Basic stances, strikes, blocks
- Kicking Techniques / Kicking combinations
- TAE GEUK IL JANG (1)
- Free sparring
- Board Breaking (Side kick)
- Korean Terms / Physical Fitness (20 Push up, 20 Sit up)

Green Belt



7th Geup

Focus Skills

KI BON HA NA

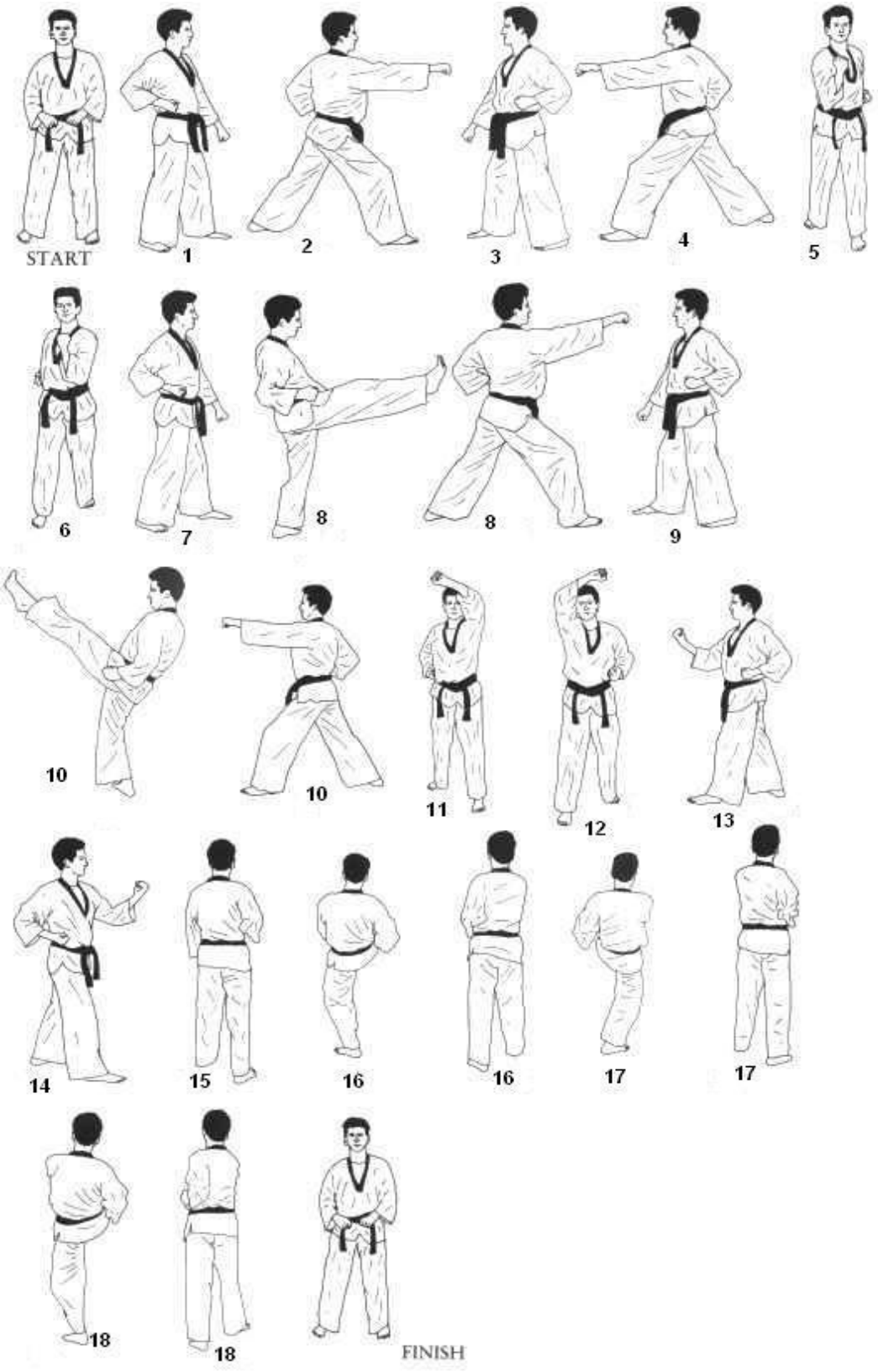
FRONT KICK / AXE KICK

HAMMER FIST

Knowledge

Best Attitude in Class

Kwon's Taekwo ndo (Taeguk Ee Jang)



Kwon's Taekwondo Intermediate Course

7th Geup Green Belt

Stances	Attention, Ready stance, Horseback riding stance, Walking stance, Long stance, Kicking stance
Blocks	Low block, In block, Out block, High block
Strikes	Punch (1,2,3), Knuckle fist, Spear finger, Knife hand, Back fist
Form **(Yellow Stripe)**	**TAE GEUK EE JANG (2)**
Kicking Techniques **(Blue Stripe)**	**STEP SIDE KICK**
Board Breaking **(Red Stripe)**	**STEP SIDE KICK**
Kicking Combination	1. Foot work (Slide Forward, Slide Backward) 2. Roundhouse kick - step side kick - roundhouse kick - step side kick 3. Front kick - step side kick - Axe kick - step side kick
Sparring	Free sparring **(WTF Olympic style with a safety equipment)**
Korean Terms	1. **How do we make power?** –Power in made by weight and speed combined with relaxation, concentration and confidence, Sir! 2. **Why are there different colored belts?** –The increase in knowledge an ability in symbolized by darkness of the colors in the belts as on advances, Sir! 3. **What is the TKD school phone number?**– 410-421-5255 4. **What is the TKD website address?**–www.kwontkd.us 5. **DO BOK** –Uniform 6. **KUK KI** – Flag 7. **DO JANG**– Workout area

Testing for Purple Belt

Student must have 3 color stripes (Yellow, Blue, Red)

Techniques you will be asked to demonstrate

- Basic stances, strikes, blocks
- Kicking Techniques / Kicking combinations
- TAE GEUK EE JANG (2)
- Free sparring
- Board Breaking (Step side kick)
- Korean Terms / Physical Fitness (20 Push up, 20 Sit up)

Purple belt



6th Geup

Focus Skills

KI BON HA NA

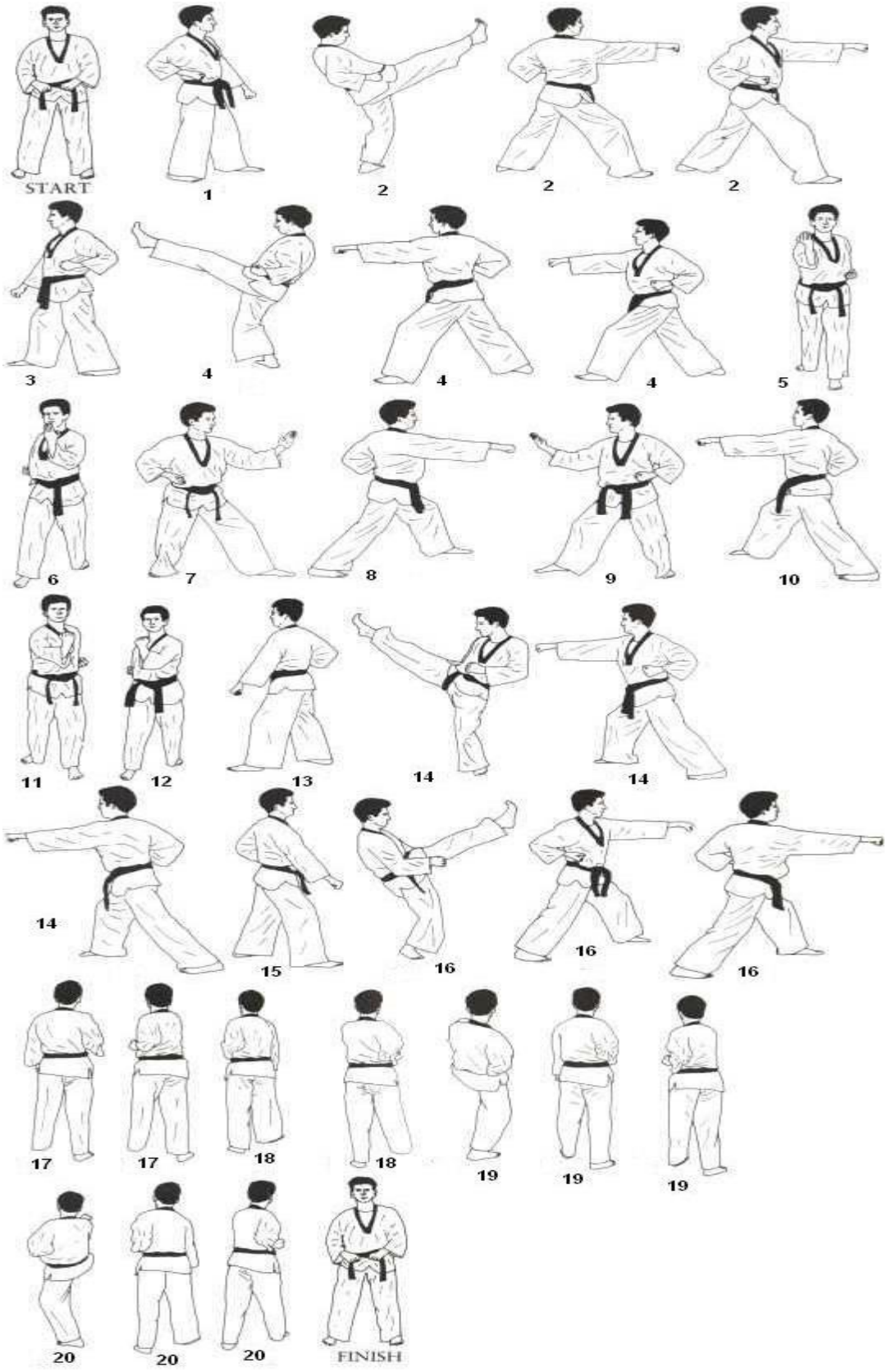
FRONT KICK / AXE KICK

HAMMER FIST

Knowledge

Best Attitude in Class

Kwon's Taekwondo (Tae guk Sam Jang)



Kwon's Taekwondo Intermediate Course

6th Geup Purple Belt

Stances	Attention, Ready stance, Horseback riding stance, Walking stance, Long stance, Kicking stance
Blocks	Low block, In block, Out block, High block
Strikes	Punch (1,2,3), Knuckle fist, Spear finger, Knife hand, Back fist
Form **(Yellow Stripe)**	**TAE GEUK SAM JANG(3)**
Kicking Techniques **(Blue Stripe)**	**JUMPING FRONT KICK**
Board Breaking **(Red Stripe)**	**KNIFE HAND**
Kicking Combination	1. Front kick - roundhouse kick - Jump front kick 2. Front kick - Jump front kick - front kick - jump front kick
Sparring	Free sparring **(WTF Olympic style with a safety equipment)**
Korean Terms	1. Where are the three attack points when you punch or kick? - High section –**IN JOONG,** - Middle section - **MYUNG CHI,** - Low section –**DAN JUN, Sir!** 2. In what countries did TKD, Karate, and Kung fu originates? **-TKD – Korea,** **- Karate – Japan,** **- Kung fu– China, Sir!)** 3.**TAE GEUK** (태극) -The name of the forms or patterns we do in class - There are eight different **TAE GEUKPOOM SAE** 4. **THE MEANING OF TAE GEUK** - The nature of the universe - The nature universe is created to be balanced by opposites, which is the basic rules of nature 5. **POOM SE**– Form 6. **KYUK PA**– Breaking 7. **GYO ROO GI**– Sparring 8. **HO SHIN SOOL**–Self – defense

Testing for Blue Belt

Student must have 3 color stripes (Yellow, Blue, Red)

Techniques you will be asked to demonstrate

- Basic stances, strikes, blocks
- Kicking Techniques / Kicking combinations
- TAE GEUK SAM JANG (3)
- Free sparring
- Board Breaking (Knife hand)
- Korean Terms / Physical Fitness (20 Push up, 20 Sit up)

Blue Belt



5th Geup

Focus Skills

KI BON HA NA

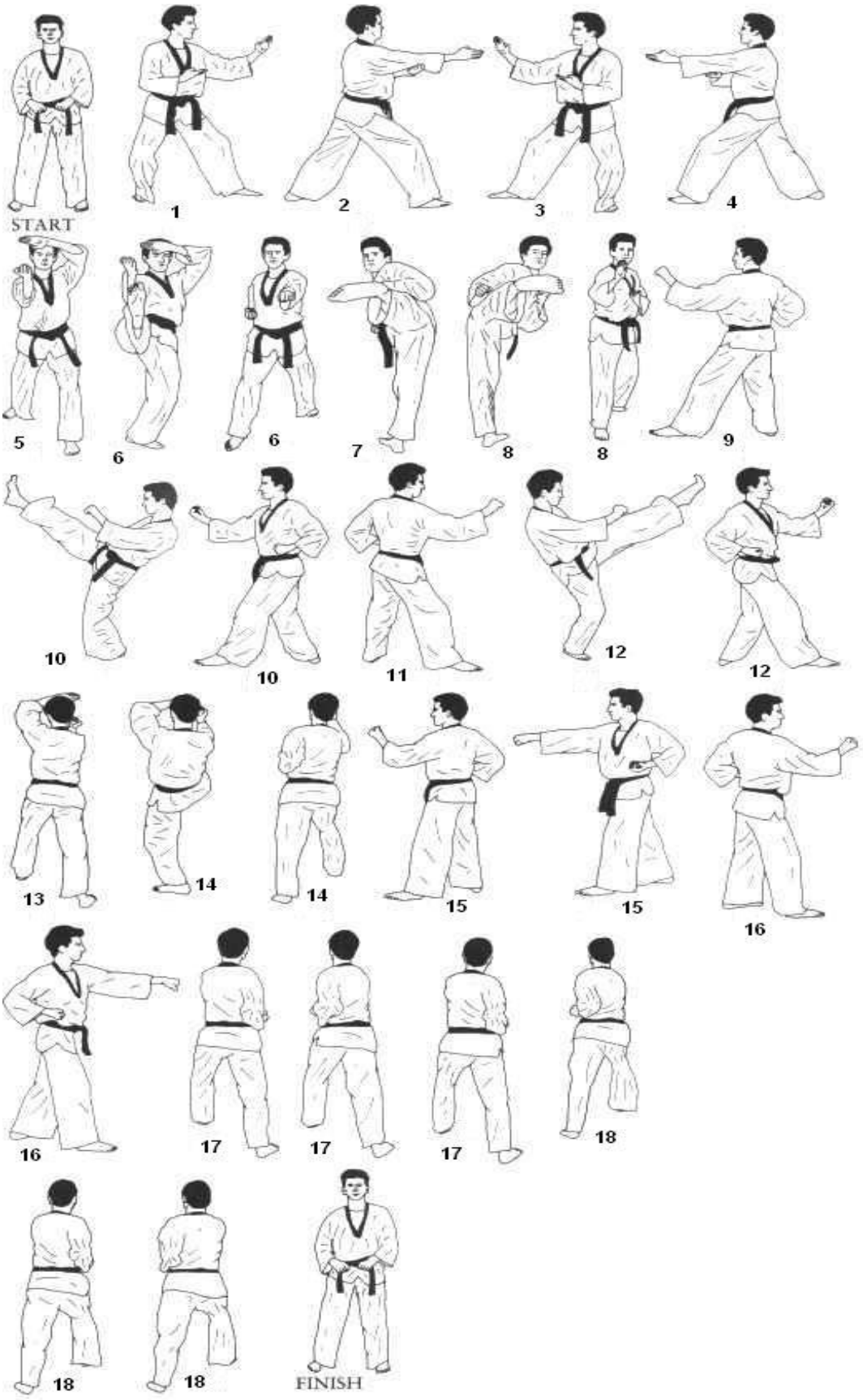
FRONT KICK / AXE KICK

HAMMER FIST

Knowledge

Best Attitude in Class

Kwon's Taekwondo (Tae guk Sa Jang)



Kwon's Taekwondo High Intermediate Course

5th Geup Blue Belt

Stances	Attention, Ready stance, Horseback riding stance, Walking stance, Long stance, Kicking stance, Back stance
Blocks	Low block, In block, Out block, High block, One knife hand, Back fist
Strikes	Punch (1,2,3), Knuckle fist, Spear finger, Knife hand, Back fist
Form **(Yellow Stripe)**	**TAE GEUK SA JANG(4)**
Kicking Techniques **(Blue Stripe)**	**BACK KICK**
Board Breaking **(Red Stripe)**	**BACK KICK**
Kicking Combination	1. Front kick - roundhouse kick - back kick 2. Roundhouse kick - back kick - (Switch feet) - roundhouse kick - back kick
Sparring	Free sparring **(WTF Olympic style with a safety equipment)**
Korean Terms:	**1. Why do we control ourselves in free sparring?** - To demonstrate mental discipline, physical control of ourselves, and to build self – confidence which indicates strong, mind, Sir! **2. What part of the foot do we use in these kick?** - Top of foot – Front snap kick, roundhouse - Bottom of the foot (side with heel) – Side kick - Heel of the foot – Back kick, Axe kick, Spinning hook kick **3. Can you tie another person's belt?** **4. AHP CAH GI –**Front kick **5. DOL O CHA GI**– Roundhouse kick **6. NAE YO CHA GI**– Axe kick **7. YEP CHA GI**– Side kick **8. DWEE CHA GI**– Back kick **9. DWEE HOOREE GI** –Spin back hook kick

Testing for Brown Belt

Student must have 3 color stripes (Yellow, Blue, Red)

Techniques you will be asked to demonstrate

- Basic stances, strikes, blocks
- Kicking Techniques / Kicking combinations
- TAE GEUK SA JANG (4)
- Free sparring
- Board Breaking (Back kick)
- Korean Terms / Physical Fitness (5 knuckle Push up, 15 push up, 30 Sit up)

Brown Belt



10th Geup

Focus Skills

KI BON HA NA

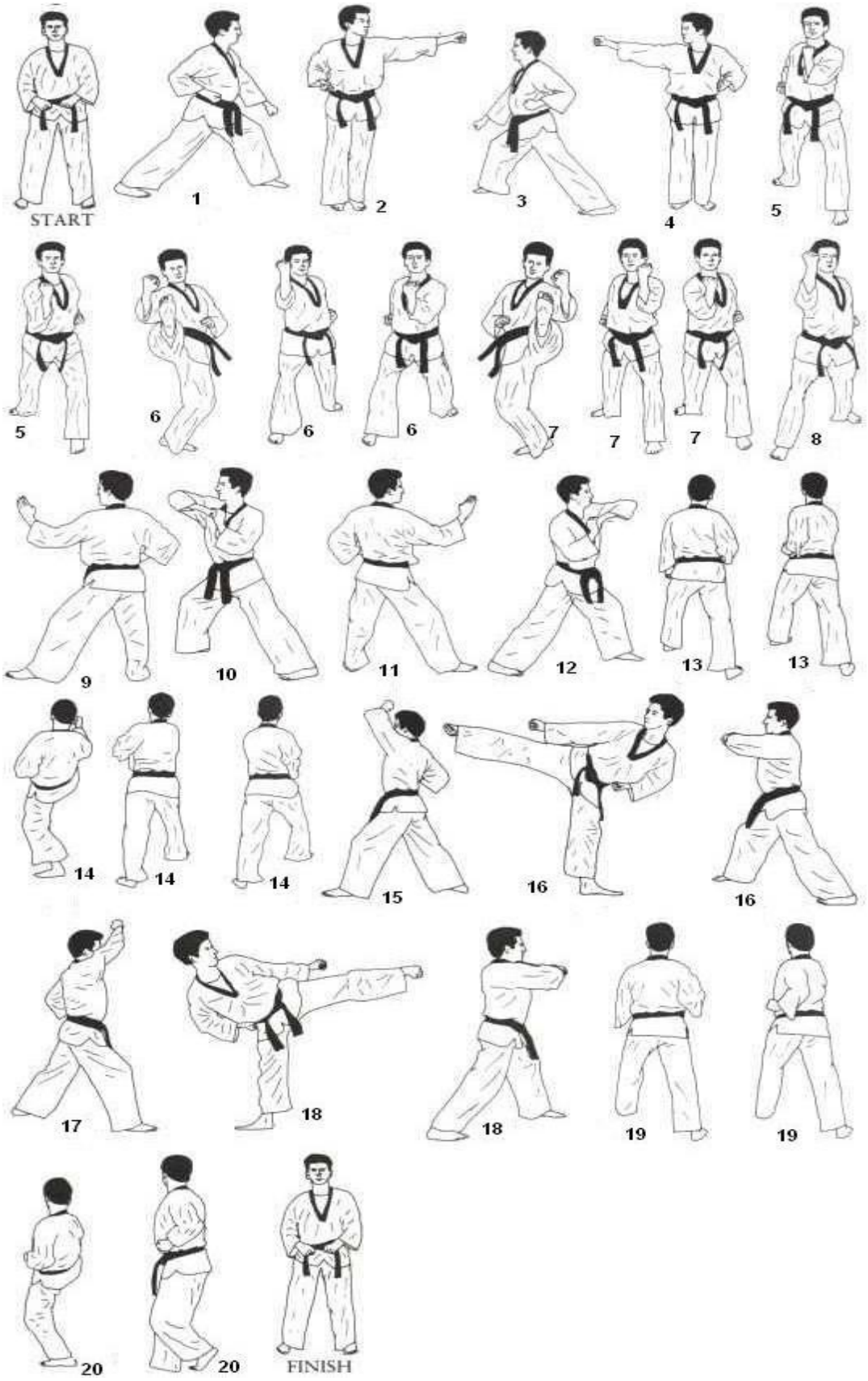
FRONT KICK / AXE KICK

HAMMER FIST

Knowledge

Best Attitude in Class

Kwon's Taekwondo (Taeguk Oh Jang)



Kwon's Taekwondo High Intermediate Course

4th Geup Brown Belt

Stances	Attention, Ready stance, Horseback riding stance, Walking stance, Long stance, Kicking stance, Back stance
Blocks	Low block, In block, Out block, High block, One knife hand block, Double knife and black, palm block
Strikes	Punch (1,2,3), Knuckle fist, Spear finger, Knife hand, Back fist
Form **(Yellow Stripe)**	**TAE GEUK OH JANG (5)**
Kicking Techniques **(Blue Stripe)**	**JUMPING ROUNDHOUSE KICK, TORNADO ROUNDHOUS KICK**
Board Breaking **(Red Stripe)**	**ELBOW STRIKE**
Kicking Combination	1. Roundhouse kick - turn roundhouse kick - roundhouse kick - tornado roundhouse kick 2. Roundhouse kick - jump roundhouse kick - back kick
Sparring	Free sparring **(WTF Olympic style with a safety equipment)**
Korean Terms	1. **What is a best student?** - A BEST student never gives up trying to learn what he or she needs to learn until it becomes second nature, both in technique and attitude, Sir! **2. What is an excellent student?** - An EXECELLENT student not only learns techniques but gains knowledge of expressive ability, and accepts hard work and sweat, realizing that results come from practice, Sir! **3. What is a good student?** - A GOOD student has the desire to learn and to achieve goals, Sir! **4. What is a poor student?** - A POOR student is lazy, lacks focus and expects results without sweat, Sir! **5. BAL BA KA SO –**Switch feet **6. BAL JIT GI –**Footwork **7. YUL LIM SEA –**Open stance **8. DA CHIM SAE –**Closed stance

Testing for Red Belt

Student must have 3 color stripes (Yellow, Blue, Red)

Techniques you will be asked to demonstrate

- Basic stances, strikes, blocks
- Kicking Techniques / Kicking combinations
- TAE GEUK OH JANG (5)
- Free sparring
- Board Breaking (Elbow strike)
- Korean Terms / Physical Fitness (5 knuckle Push up, 20 push up, 30 Sit up)

Red Belt



10th Geup

Focus Skills

KI BON HA NA

FRONT KICK / AXE KICK

HAMMER FIST

Knowledge

Best Attitude in Class

Kwon's Taekwondo (Taeguk Yuk Jang)



Kwon's Taekwondo High Intermediate Course

3rd Geup Red Belt

Stances	Attention, Ready stance, Horseback riding stance, Walking stance, Long stance, Kicking stance, Back stance
Blocks	Low block, In block, Out block, High block, One knife and block, Double knife hand black, Palm block
Strikes	Punch (1,2,3), Knuckle fist, Spear finger, Knife hand, Back fist
Form **(Yellow Stripe)**	**TAE GEUK YUK JANG (6)**
Kicking Techniques **(Blue Stripe)**	**JUMPING BACK KICK**
Board Breaking **(Red Stripe)**	**JUMPING BACK KICK**
Kicking Combination	1. Roundhouse kick - roundhouse kick - jump back kick 2. Roundhouse kick - jump back kick - (switch feet) - roundhouse kick - jump back kick
Sparring	Free sparring **(WTF Olympic style with a safety equipment)**
Korean Terms	1. **Can you explain why we practice "one on one" sparring and "one step" sparring?** - We practice "one on one" sparring and "one step" sparring to develop effective offense and defense, control of distance, precision, and reaction time, Sir! **2. Why do we practice breaking Technique?** - We practice breaking techniques to develop power, precision and concentration. We also practice to actually test the effectiveness of carious techniques, Sir! **3. KOOK GU YEA KYONG NAE**–Bow to the flag **4. SA BUM NIM KAE KYUNG NAE**–Bow to the Master **5. SUN BA NIM KAE KYUNG NAE**– Bow to the Senior Belt **6. JO KYO NIM KAE KYUNG NAE**– Bow to the Assistant Instructor

Testing for Bo Dan Belt

Student must have 3 color stripes (Yellow, Blue, Red)

Techniques you will be asked to demonstrate

- Basic stances, strikes, blocks
- Kicking Techniques / Kicking combinations
- TAE GEUK YUK JANG (6)
- Free sparring
- Board Breaking (Jumping back kick)
- Korean Terms / Physical Fitness (5 knuckle Push up, 25 push up, 30 Sit up)

Bo Dan Belt



12nd Geup

Focus Skills

KI BON HA NA

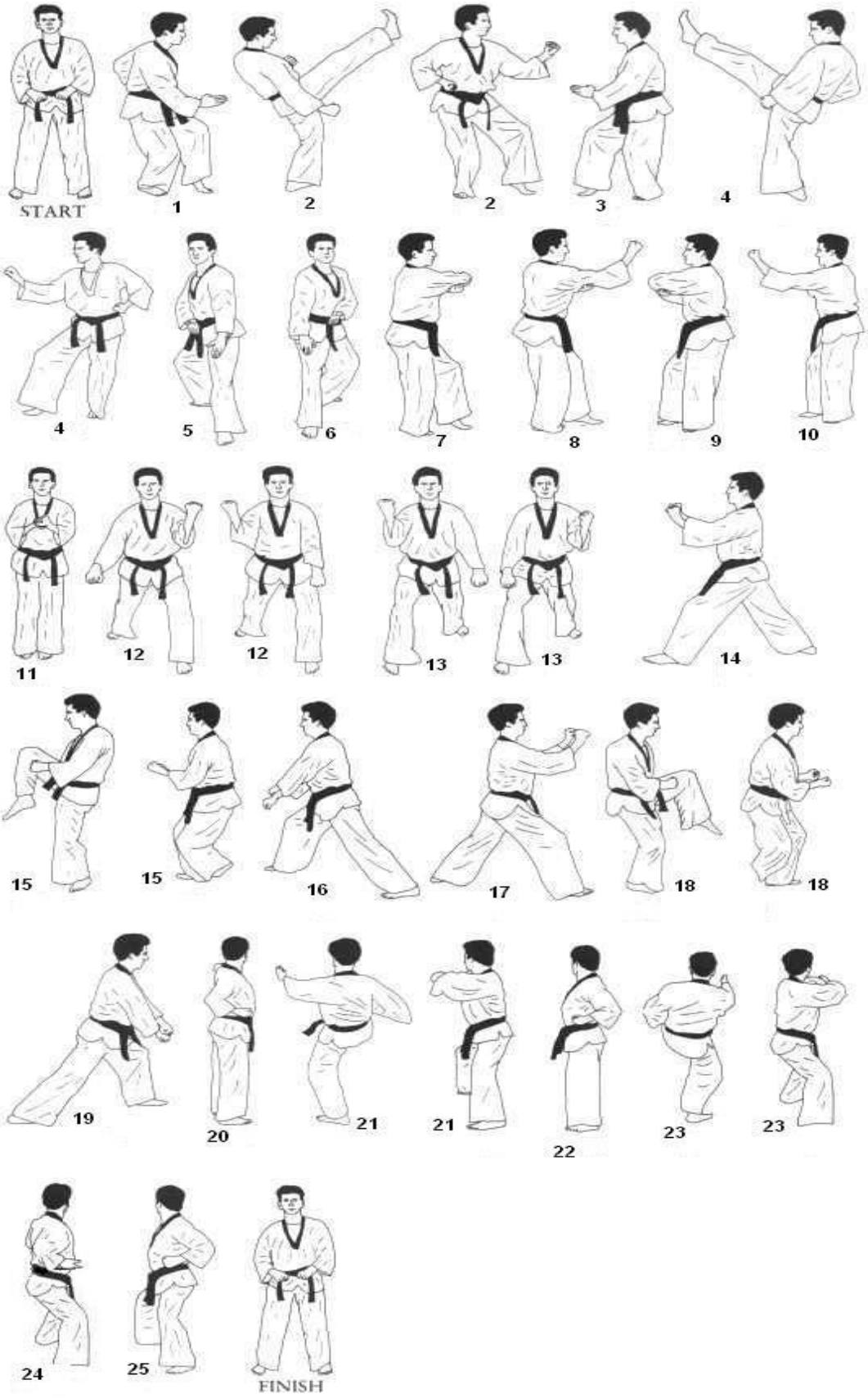
FRONT KICK / AXE KICK

HAMMER FIST

Knowledge

Best Attitude in Class

Kwon's Taekwondo (Taeguk Chil Jang)



Kwon's Taekwondo Advanced Course

2nd Geup Bo Dan Belt

Stances	Attention, Ready stance, Horseback riding stance, Walking stance, Long stance, Kicking stance, Back stance
Blocks	Low block, In block, Out block, High block, One knife hand block, Double knife hand block, Palm block, Scissors block, Double out block
Strikes	Punch (1,2,3), Knuckle fist, Spear finger, Knife hand, Back fist
Form **(Yellow Stripe)**	**TAE GEUK CHIL JANG (7)**
Kicking Techniques **(Blue Stripe)**	**STEP HOOK KICK or HOOK KICK**
Board Breaking **(Red Stripe)**	**STEP HOOK KICK or HOOK KICK**
Kicking Combinations	1. Roundhouse kick - step hook kick - roundhouse kick - step hook kick 2. Roundhouse kick - step hook kick - roundhouse kick - hook kick
Sparring	Free sparring **(WTF Olympic style with a safety equipment)**
Korean Terms	**1. What are the five points to remember when doing forms?** 1) One must first chamber for a block before executing it 2) Both hands twist together, One hand twists outwards while at the same time the other hand twists inward. 3) Your hand should move in a straight line towards your target. 4) Each block or punch should be delivered using waist power. 5)Use accurate distance and angle with explosive impact power, Sir! **2. Why is it necessary to practice basics and forms?** - Because they build a necessary solid foundation for achieving good results in all areas of Tae Kwon Do. They develop strength, coordination, agility and the skill with which individual techniques are performed. Performing forms builds confidence and concentration. **3. AHP SO GI** - Walking stance **4. AHP GUP I** - Long stance **5. DWI GUP I** - Back stance **6. JU CHOOM SO GI** - Horseback riding stance **7. BUM SO GI** - Tiger stance **8. BAL CHA GI JUN GI** - Kicking stance

Testing for Super Bo Dan Belt

Student must have 3 color stripes (Yellow, Blue, Red)

Techniques you will be asked to demonstrate

- Basic stances, strikes, blocks
- Kicking Techniques / Kicking combinations
- TAE GEUK CHIL JANG (7)
- Free sparring
- Board Braking (Step hook kick or hook kick)
- Korean Terms / Physical Fitness (10 knuckle Push up, 20 push up, 35 Sit up)

Super Bo Dan Belt



1st Geup

Focus Skills

KI BON HA NA

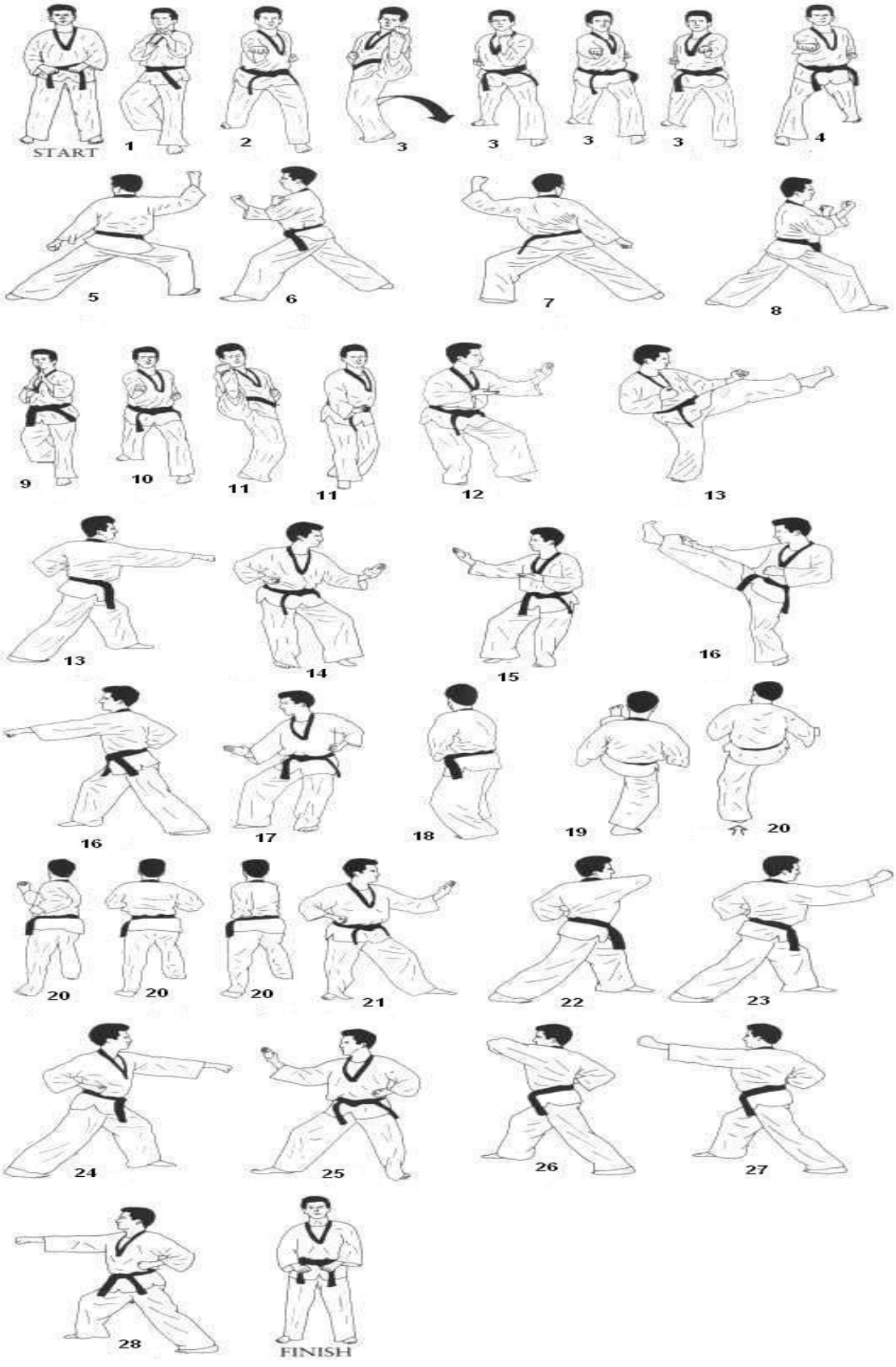
FRONT KICK / AXE KICK

HAMMER FIST

Knowledge

Best Attitude in Class

Kwon's Taekwondo (Taeguk Pal Jang)



Kwon's Taekwondo Advanced Course

1st Geup Super Bo Dan Belt

Stances	Attention, Ready stance, Horseback riding stance, Walking stance, Long stance, Kicking stance, Back stance
Blocks	Low block, In block, Out block, High block, One knife hand block, Double knife hand block, Palm block, Scissors block, Double out block, Mountain block
Strikes	Punch (1,2,3), Knuckle fist, Spear finger, Knife hand, Back fist
Form **(Yellow Stripe)**	**TAE GEUK PAL JANG (8)**
Kicking Techniques **(Blue Stripe)**	**BACK SPIN HOOK KICK**
Board Breaking **(Red Stripe)**	**BACK SPIN HOOK KICK**
Kicking Combinations	1. Roundhouse kick - back spin hook kick - roundhouse kick - back spin hook kick 2. Roundhouse kick - tornado roundhouse kick - back spin hook kick kicking combinations
Sparring	Free sparring **(WTF Olympic style with a safety equipment)**
Korean Terms	**1. Why do we practice breath control?** - To develop spiritual strength (GI) and endurance, Sir! **2. What is the meaning of the American flag?** The thirteen stripes in the American flag represent the thirteen original colonies, The stars represent the 50 stars represent the 50 states of our Union. **The colors stand for:** **Red:** Courage, war and blood **White:** Truth, freedom and purity **Blue:** Justice, loyalty and ambition, Sir! **3. What is the meaning of the Korean flag?** The white background is a traditional Korean color. It represents peace and purity. The circle in the middle is derived from the philosophy of yin and yang and represents the balance of the universe. The blue section represents the negative cosmic force, and the red section represents the opposing the positive cosmic forces, The trigram together represents the principle of movement and harmony. Each trigram (HANGUL: KWAE)represents one of the four classical elements, Sir!

Testing for Super Bo Dan Level 1

Student must have 3 color stripes (Yellow, Blue, Red)

Techniques you will be asked to demonstrate

- Basic stances, strikes, blocks
- Kicking combinations (White to Orange belt techniques)
- TAE GEUK PAL JANG (8)
- Free sparring
- Board Breaking (Spinning hook kick)
- Korean Terms / Physical Fitness (10 knuckle Push up, 20 push up, 35 Sit up)

Super Bo Dan Belt



Level 1

TAEGUK 1 JANG

TAEGUK 2 JANG

TAEGUK 3 JANG

TAEGUK 4 JANG

Kwon's Taekwondo Advanced Course
Super Bo Dan Level 1

Stances	Attention, Ready stance, Horseback riding stance, Walking stance, Long stance, Kicking stance, Back stance
Blocks	Low block, In block, Out block, High block, One knife hand block, Double knife hand block, Palm block, Scissors block, Double out block, Mountain block
Strikes	Punch (1,2,3), Knuckle fist, Spear finger, Knife hand, Back fist
Form	**TAE GEUK 1, 2, 3, 4**
Kicking Combinations	**WHITE BELT TO PURPLE BELT kicking combinations**
Board Breaking	**HAND, KICK, JUMPING (One each)**
Sparring	Free sparring **(WTF Olympic style with a safety equipment)**
Korean Terms	**1. JOO MUK** (주먹) – Fist **2. SOHN** (손) – Hand **3. SOHN NAL** (손날) – Knife hand **4. PAL** (팔) – Arm **5. PAL KOOM CHI** (팔굽) – Elbow **6. DA REE** (다리) – Leg **7. MOO REUP** (무릎) – Knee **8. BAL TUNG** (발등) – Instep **9. BAL NAL** (발날) – Outside edge of foot **10. AHP CHOOK** (앞축) – Ball of foot **11. DWEE CHOOK** (뒤축) – Bottom of heel 12. **Korean counting 10, 20, 30, 40, 50, 60, 70, 80, 90, 100**

Testing for Super Bo Dan Level 2

Student must have 4 color stripes (Orange, Green, Purple, Blue)

Techniques you will be asked to demonstrate

- Basic stances, strikes, blocks
- Kicking combinations (White to Purple belt techniques)
- TAE GEUK 1,2, 3, 4
- Free sparring
- Board Breaking (Hand, Kick, Jumping one each technique / one power)
- Korean Terms / Physical Fitness (10 knuckle Push up, 30 push up, 40 Sit up)

Super Bo Dan Belt



Level 2

TAEGUK 5 JANG

TAEGUK 6 JANG

TAEGUK 7 JANG

TAEGUK 8 JANG

Kwon's Taekwondo Advanced Course

Super Bo Dan Level 2

Stances	Attention, Ready stance, Horseback riding stance, Walking stance, Long stance, Kicking stance, Back stance
Blocks	Low block, In block, Out block, High block, One knife hand block, Double knife hand block, Palm block, Scissors block, Double out block, Mountain block
Strikes	Punch (1,2,3), Knuckle fist, Spear finger, Knife hand, Back fist
Form	**TAE GEUK 5, 6, 7, 8**
Kicking Combinations	**BLUE BELT TO POOM BELT kicking combinations**
Board Breaking	**HAND, KICK, JUMPING (One each)**
Sparring	Free sparring **(WTF Olympic style with a safety equipment)**
Korean Terms	**1. MUH REE** (머리) - Head **2. UL GUL** (얼굴) - Face **3. MOM TONG**(몸통) - Body **4. U KAE** (어깨) - Shoulder **5. NOON**(눈) - Eye **6. GUI** (귀) - Ear **7. KO** (코) - Nose **8. EEP** (입) - Mouth **9. TUCK** (턱) - Chin **10. MOK** (목) - Neck

Testing for Super Bo Dan Level 3

Student must have 8 color stripes (Orange, Green, Purple, Blue, Brown, Red, Yellow, White)

Techniques you will be asked to demonstrate

- Basic stances, strikes, blocks
- Kicking combinations (Purple to Poom belt techniques)
- TAE GEUK 5, 6, 7, 8
- Free sparring
- Board Breaking (Hand, kick, Jumping / one each technique / one power)
- Korean Terms / Physical Fitness (10 knuckle Push up, 40 push up, 50 Sit up)

Super Bo Dan Belt



Level 3

Review All Forms

Review All Kicks

Review All Breaking

Kwon's Taekwondo Advanced Course

Super Bo Dan Level 3

Stances	**Attention, Ready stance, Horseback riding stance, Walking stance, Long stance, Kicking stance, Back stance**
Blocks	**Low block, In block, Out block, High block, One knife hand block, Double knife hand block, Palm block, Scissors block, Double out block, Mountain block**
Strikes	**Punch (1,2,3), Knuckle fist, Spear finger, Knife hand, Back fist**
Form	**TAE GEUK 1, 2, 3, 4, 5, 6, 7, 8**
Kicking Combinations	**WHITE BELT TO POOM BELT kicking combinations**
Board Breaking	**HAND, KICK, SPIN JUMP, POWER (One each)**
Sparring	**1minues 30 second / 2 rounds**
Korean Terms	**Color Belts all terms**

Testing for BLACK BELT

Student must have 8 color tips

(Orange, Green, Purple, Blue, Brown, Red, Yellow, White)

Techniques you will be asked to demonstrate

- **Basic stances, strikes, blocks**
- **Kicking Techniques (White to Poom belt techniques)**
- **TAE GEUK 1, 2, 3, 4, 5, 6, 7, 8**
- **Free sparring (1minues 30 second / 2 rounds)**
- **Breaking Board (Hand, Kick, Spin, Jump, Power technique)**
- **Physical Fitness (1minute Push up, 1 minute Leg up Sit up, 1 mile Running)**
- **Korean Terms (Witten test)**
- **Essay**

Korean Terms 1

General Terms

CHARYEOT (차렷) Attention

JOON BEE (준비) Ready

SHI JAK (시작) Begin

KYEONG NAE (경례) Bow

AHP CHA GI (앞차기) Front Snap Kick

BA RO (바로) Return to ready/attention position

GEUP (급) Rank

DO JANG (도장) Workout Area

DO BOK (도복) Uniform

KUK KI (국기) Flag

SA BUM NIM (사범님) Master Instructor

KAM SA HAP NEE DA (감사합니다) Thank you

KOREAN NUMBERS:

HANA (하나) One

DUL (둘) Two

SET (셋) Three

NET (넷) Four

DASOT (다섯) Five

YUHSOT (여섯) Six

ILGOP (일곱) Seven

YODOL (여덟) Eight

AHOPE (아홉) Nine

YUL (열) Ten

DEFINITION OF Tae (태) Kwon (권) Do (도):

TAE Foot

KWON Hand or Fist

DO The way or art of combining the mind and body

Korean Terms 2

General Terms:

KI HAP (기합) Yelling

CHA GI (차기) Kick

MAK GI (막기) Block

KWON SOOL (권술) Hand techniques

TAE SOOL (태술) Kicking techniques

POOM SAE(품새) Form

SUN BAE NIM (선배님) Senior Belt

JO KYO NIM (조교님) Assistance Instructor

KYO SA NIM (교사님) Senior Instructor

KOREAN NUMBERS:

YUL HANA (열하나) 11

YUL DUL (열둘) 12

YUL SET (열셋) 13

YUL NET (열넷) 14

YUL DASOT (열다섯) 15

YUL YUHSOT (열여섯) 16

YUL ILGOP (열일곱) 17

YUL YODOL (열여덟) 18

YUL AHOPE (열아홉) 19

SUMUL (스물) 20

WHY DO WE BOW?

- We bow to show respect
- Also as a gesture of politeness

TAE GEUK (태극)

- The name of the forms or patterns we do in class
- There are eight different **TAE GEUKPOOM SAE**

THE MEANING OF TAE GUEK

- The nature of the universe
- The nature universe is created to be balanced by opposites, which is the basic rules of nature

KWON'S

TAE KWON DO

Est. 2009

TECHNICAL GUIDE

Body Parts Used

Basic Motions

Applications