

# 태권도

## Recommended Reading:

*Taekwon-Do (Condensed Encyclopedia)* by General Choi Hong-Hi

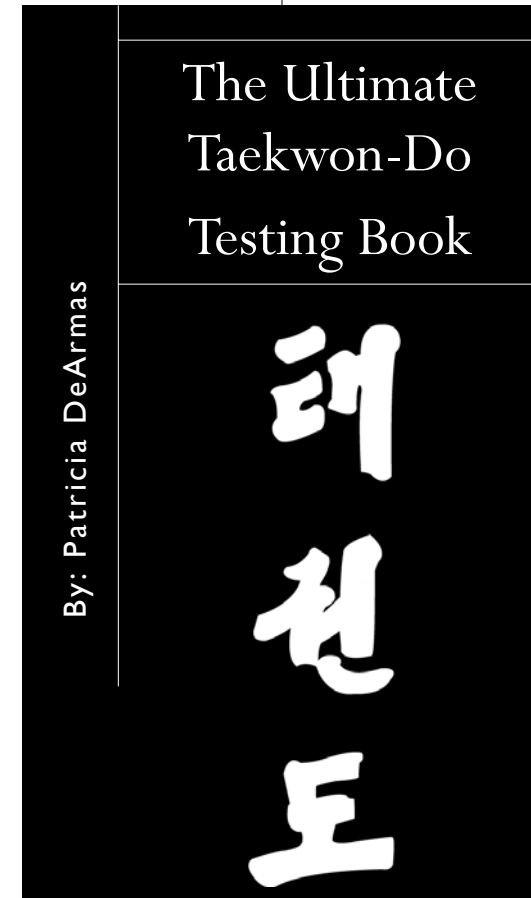
*The Encyclopedia of Taekwon-Do* by General Choi Hong-Hi

*Taekwon-Do and I* by General Choi Hong-Hi

## About the Author:

Patricia DeArmas was a 1<sup>st</sup> degree black belt when she wrote this book. She enjoys cooking, reading, writing, and Taekwon-Do! Most of her family also takes Taekwon-Do.

Las Vegas Taekwon-Do  
Master Gary Bossé





### Introduction:

When one tests for his or her next belt or stripe, the student performs everything they have learned at their current belt level. Patterns, step sparring, board breaking, and answers to questions are all things one should know for their test, and after a student has been his or her current belt level for a certain amount of time and is ready, he or she will test. In this book, you'll learn many things you'll need when testing, from your gold stripe test to your black belt test, including answers to questions, and about which kick you will break a board with. The questions written in this book according to belt level may be asked at other tests besides just the ones they are listed under. The usual test goes as written below:

- The students who are testing line up according to belt level.
- The students perform their patterns, lowest belts go first.
- The students perform their free sparring patterns, lowest belts first.
- The students are asked questions they should know the answers to at their belt level.
- The students do their step sparring or releases with their partner.
- The students spar each other and/or others who are not testing.
- The students get in a line according to belt level (lowest in front) and break boards.
- The test results are announced.

When one passes his or her test, the new belt or colored stripe will be awarded the following class along with a certificate, except for on your black belt test, when you will get your new belt the day you test. When asked how you are doing, you should always say you feel fantastic (or better). The scores one can get on a test are as written below:

- 5.5 – Needs some work, stumbled through
- 6.0 – Minimum standards (passing)
- 6.5 – Good
- 7.0 – Very good
- 7.5 – Excellent
- 8.0 – Perfect. Not given out.

### Patterns:

Patterns should have concentration of power, smooth, flowing motion and accuracy of technique. You should end up in the exact same place you started from when you began once you finish your pattern. Each pattern has a certain diagram, number of movements, and special meaning, which one should know for their test. Be sure to exhale on each movement, but do not kihap.

### Free Sparring Patterns:

Originally invented by a man named Master Park, Free Sparring Patterns are now only taught by Master Bossé. They too should have good technique, stances, power, and speed, and when finished you should end where you started. Be sure to kihap on each punch, and breathe on each movement. Free Sparring Patterns do not have a meaning. They are a training vehicle only. Difficult, but awesome.

### Step Sparring and Releases

Releases and step sparring are done with a partner. In the releases, on every grab, one must kihap, and when one releases themselves, they must kihap also. In step sparring, the attacker steps back and kihaps, and the defender kihaps while in a junbi stance to show that they're ready, except for in the black stripe Ho-Sin-Sul and knife attacks. On every movement, one should kihap. Step sparring is to develop distance, timing, and focus.

### Board Breaking:

When breaking a board, one should kihap, do your technique with good speed and power, and kick, punch, or strike, not *on* the board, but *through* the board. If the board breaker is scared or nervous, it is unlikely they will break the board as well, or maybe not at all. If your movement doesn't have good technique, the board won't break, and it's possible you could hurt yourself.

### Memorization:

When one tests, he or she will attempt to memorize the answers to questions that will most likely be asked on the day of the test. Depending on how quick you can memorize things, you should try to memorize the answers at least a few days before the test, and not wait until the last minute. To help memorize the words, read the lines over and over. Then pause, stop looking at the page with the words on it, and recite as much as you can by memory. Repeat this until you have the whole thing memorized. It may also help to memorize line-by-line rather than memorizing the whole thing. Or take your pattern meaning, belt color meaning, etcetera with you everywhere, by printing it on a bookmark or piece of paper. Read while in the car while someone else is driving, or in line at the grocery store. For younger kids, make up a tune to the question's answer. Soon, you'll have

### Notes:

Notes:

everyone singing the meaning of Dan-Gun or the good old “April 11<sup>th</sup>, 1955” song! Try not to forget the answers to questions after you test! It’s good to know all of the knowledge printed in this book, and not just for testing.

Book Key: If you see the name of the belt written like this: “**10<sup>th</sup> Gup White Belt** (to test for 9<sup>th</sup> Gup gold stripe)” that marks the beginning of a chapter. There, you will learn all the required knowledge for the test listed, as well as the patterns and techniques you learned up until your test. An underlined word is normally a question, which the answer is printed next to, but this is also a small category, as shown in the case of “Board Breaking.” A **bold word** is the main answer to a question. For example, the **opposite of white** is the quick, main point of the more detailed explanation on the meaning of black belt. I hope that this book will help the Taekwon-Do student prepare for his or her test, and that they will have fun and do fantastic!

Happy Reading!

## The Ultimate Taekwon-Do Testing Book

**10<sup>th</sup> Gup White Belt:** (to test for 9<sup>th</sup> Gup gold stripe) - 18 Classes

### New Patterns for White Belt:

Four-Direction Punch

White Belt Free Sparring Pattern 1

### New Techniques for White Belt:

#### Hand Techniques:

Forefist punch (sitting and walking stance)

Low section outer forearm block (walking stance)

Guarding block (L-stance)

Obverse and reverse punch

#### Foot Techniques:

Front leg rise

Crescent kick

Front kick and jumping front kick

Side kick and flying side kick

#### Stances:

Attention stance

Parallel ready stance

Sitting stance

Walking stance

L-stance

#### Releases:

Strait across wrist grab

Cross hand wrist grab

Two hands on two hands wrist grab

Two hands on one hand wrist grab

Shirt grab

**Board Breaking:** When you test for gold stripe, after performing Four Direction Punch, Free Sparring Pattern 1, and your releases, you'll be given a chance to break one board with a **front kick**. The color of the board depends on your age and skill level. Green is easier to break than a blue board, and blue is easier to break than a black board.

### Teaching Tips:

- Make sure that when counting while doing the leg lifts and the other similar exercises you always count before you kick.
- The reason you have others count after you is so that they can participate. This also helps white belts learn how to breath and count in Korean.
- Be sure to do your best when teaching so you can set an example for other students. No lazy kicks or bad punches. You wouldn't want them to learn incorrect techniques from watching you! Besides, you should always try to do your best, anyway!
- Make sure that you talk loudly so that others can hear you nice and clear.
- You're the mirror of whoever you're teaching. So if you tell the class to do "Arm and chest exercises, left hand first" you'll do the opposite, right hand first.
- If you don't know the answer to a question, it's perfectly fine to say that you don't know and go ask your instructor, instead of guessing or making up an untrue answer.

Here is a list of the warm-up exercises sometimes done at the beginning of class, as well as a few teaching tips for higher belts.

### Warm-Up Exercises

1. Neck Exercises (Front to rear)
2. Neck Exercises (Left to right)
3. Neck Exercises (All the way around)
4. Arm and chest exercises
5. Side exercises
6. Hip exercises
7. Back and abdomen
8. Knee exercises (circular motion)
9. Double count
10. Knee low (half way down)
11. Leg stretching (both feet strait)
12. Left foot out (leg stretching- slow count)
13. Knee low (all the way down-slow count)
14. Knee rising exercises
15. Jumping exercises
16. Breathing exercises (in through the nose, out through the mouth)

### Front leg rises, crescent kicks and front thrusting kicks

- Left foot forward, double low forearm block, kihap
- Front leg rises
- Switch your feet, kihap
- Front leg rises other way
- Switch your feet, kihap
- Crescent kicks inside and out (outside crescent kicks)
- Switch your feet, kihap
- Crescent kicks other way
- Switch your feet, kihap
- Front thrusting kicks
- Switch your feet, kiap
- Front thrusting kicks other way
- Baro
- Swiyo

### Required Knowledge:

The meaning of white belt: White belt signifies **innocence**. The beginning student is innocent like a newborn baby who has no knowledge yet of anything, just as the student has no previous knowledge of Taekwon-Do.

The meaning of Taekwon-Do: *Tae* is the foot, *Kwon* is the fist or hand, *Do* is the way or the art, Taekwon-Do meaning **'The Way of the Hands and the Feet.'**

Who invented Taekwon-Do? **General Choi Hong-Hi.**

Which country was Taekwon-Do started in? **Korea.**

When is Taekwon-Do's birthday? Taekwon-Do was founded on **April 11<sup>th</sup>, 1955.**

What is the meaning of Four Direction Punch? The *Four* signifies the four ways of the compass (North, South, East and West) The *Direction* symbolizes the direction in life you want to go, and the *Punch* means to be aggressive to achieve your goals.

How many patterns are there in Taekwon-Do? **24**, one for each hour of the day, which represents your entire life.

Where does power come from? **Bodyweight and speed**

Sections of the body: **High, middle and low**

Counting to 10 in Korean:

Hana (one)

Dool (two)

Set (three)

Net (four)

Daset (five)

Yasot (six)

Ilgop (seven)

Yodul (eight)

Ahop (nine)

Yol (ten)

**9<sup>th</sup> Gup Gold Stripe:** (to test for 8<sup>th</sup> Gup gold belt) - 18 Classes

New Patterns for Gold Stripe:

Four-Direction Block

Chon-Ji

Gold Stripe Free Sparring Pattern 2

New Techniques for Gold Stripe:

Hand Techniques:

Low section knife hand block (walking stance)

Inner forearm side block (walking and L-stance)

Slip punch (L-stance)

Foot Techniques:

Turning kick

Jumping side kick

Releases:

Choking from front

Hair grab from front

Hand choking from rear

Arm choke from rear

Bear hug from rear

Required Knowledge:

The meaning of gold belt: Gold represents **the earth**. Being a gold stripe, you may also be asked the meaning of white belt (innocence). This is true for all tests, so be sure to know the meanings of the belts, *at least* the ones before and after yours.

The meaning of Chon-Ji: Chon-Ji means '**Heaven and Earth**.' The first part of the pattern represents Heaven and the second part means Earth.

Chon-Ji's diagram and movements: The pattern Chon-Ji's diagram is **a cross or plus sign (+)**. It has **19 movements**.

When is General Choi Hong-Hi's birthday? **November 9<sup>th</sup>, 1918**

How many belt colors are there? **6**, which are white, gold/yellow, green, blue, red and black.

Board Breaking: You will break a board with a **step-to-the-rear side kick**.

What are the six factors in the theory of power?

Reaction force

Mass

Concentration

Balance

Breath control

Speed

What are the meanings of the belt colors?

White: Innocence

Gold: The earth

Green: Growth

Blue: The sky

Red: Danger

Black: The opposite of white

What is the main thing that separates Taekwon-Do from other martial arts?

The jumping and flying kicks + the application of techniques.

Then you will write your name, signature and the date, and hand the test in to your instructor. Any mistake or unwritten answer equals a minus point, except for if you only answer half the question (for example:

"What is the foot distance and weight distribution of the following stances?

-1/2 Parallel Stance: 50-50"

You have only answered half, which means you only get half a minus point)

Black Belt Test Patterns: At your black belt test, you will be asked to do all the patterns you have learned, from Chong-Ji to Choong-Moo. You'll be required to do Free Sparring Pattern 10 as well. You don't do releases or step sparring, only your black stripe Ho-Sin-Sul and knife attacks.

Your black belt test is not the last test you will ever take. You will test for 2<sup>nd</sup> degree, 3<sup>rd</sup> degree, and so on. Continue working your hardest, trying your best, and never giving up!

Taekwon



## 1<sup>st</sup> Gup Black Stripe (to test for 1<sup>st</sup> Dan (degree) black belt) Cont'd

What is the foot distance and weight distribution of the following stances?

Parallel Stance: 50-50, shoulder width apart, outside of feet

Sitting Stance: 50-50, 1 ½ shoulder width apart. Inside of feet.

Walking Stance: 50-50, shoulder width at center of feet; 1 ½ shoulder long. Toe to toe.

L-Stance: 70-30, 1 inch wide, 1 ½ shoulder long. Front toe to outside back foot.

Fixed Stance: 50-50, 1 ½ shoulder long toe to heel; 1 inch wide. Front toe to inside back foot.

Rear-Foot Stance: 90-10, 1 shoulder width long, heel to toe

What is the difference between a parallel and a parallel ready stance?

The position of the hands.

Name the three sections of the body:

1. High    2. Middle    3. Low

Name five hand attacking parts:

Reverse knife-hand

Fore fist

Back fist

Finger tip

Knife-hand

Name four foot attacking parts:

Heel

Ball of your foot

Foot sword

Instep

What is the difference between an inward and an outward block?

The direction of the block.

## 8<sup>th</sup> Gup Gold Belt (to test for 7<sup>th</sup> Gup green stripe) - 18 Classes

New Patterns for Gold Belt:

Dan-Gun

Gold Belt Free Sparring Pattern 3

New Techniques for Gold Belt

Hand Techniques

Knife-hand guarding block (L-stance)

Outer forearm rising block (walking stance)

Twin forearm block (L-stance)

Knife-hand side strike (L-stance)

Foot Techniques:

Back kick

Slipping side kick

Diagonal kick

Fake turning kick

Releases:

Shoulder grab from behind

Double wrist grab from behind

Step-Sparring:

3-step 1-4

Board Breaking: You will break one board with a **turning-kick**.

Required Knowledge:

The meaning of Dan-Gun: Dan-Gun is named after the holy Dan-Gun, the legendary founder of Korea in the year 2,333 B.C.

Dan-Gun's diagram and movements: Dan-Gun's diagram is a **capital I**, and it has 21 movements.

The Tenets of Taekwon-Do:

Courtesy

Integrity

Perseverance

Self-Control

Indomitable Spirit

The Student Oath:

I shall observe the Tenets of Taekwon-Do.

I shall respect the instructor and seniors.

I shall never misuse Taekwon-Do.

I shall be a champion of freedom and justice.

I shall build a more peaceful world.

## 7<sup>th</sup> Gup Green Stripe (to test for 6<sup>th</sup> Gup green belt) - 18 Classes

### New Patterns for Green Stripe:

Do-San

Green Stripe Free Sparring Pattern 4

### New Techniques for Green Stripe:

#### Hand Techniques:

Outer forearm outward block- reverse punch (walking stance)

Strait finger tip thrust (walking stance)

Back fist side strike (walking stance)

Outer forearm wedging block (walking stance)

Jumping back fist punch (mid air)

#### Foot Techniques:

Jumping back kick

Reverse sweep

Turning kick/ back kick (consecutive kicks)

Crescent kick/side kick (consecutive kicks)

Diagonal kick/turning kick (consecutive kicks)

#### Releases:

Double wrist grab, both hands (two people)

Bear hug from rear- attack from front (two people)

#### Step Sparring:

2-step 1-4


Board Breaking: you will break a board with a **back-kick**.

#### Required Knowledge

The meaning of green belt: Green is for **growth**, just like all the green plants grow up from the Earth, the student's Taekwon-Do skills grow.

The meaning of Do-San: Do-San is the pseudonym (alias) of the patriot Ahn Chang-Ho (1876 to 1938). The 24 movements represent his entire life, which he devoted to furthering the education of Korea and to its independence movement.


### How many movements and what is the diagram of each pattern?

Chon-Ji 19 a cross 


Dan-Gun 21 capital I

Do-San 24 right stair step 

Won-Hyo 28 capital I

Yul-Guk 38 scholar sign 

Joong-Gun 32 capital I

Toi-Gye 37 scholar sign 

Hwa-Rang 29 capital I

Choong-Moo 30 capital I

### What is the meaning of Four-Direction-Punch?

Four- the four ways of the compass (N-S-E-W)

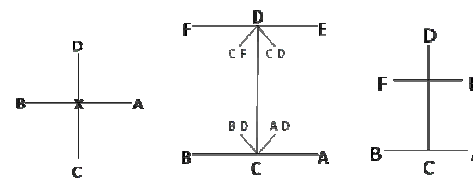
Direction- the direction in life you want to go

Punch- to be aggressive to achieve your goals.

### What is the meaning of Choong-Moo?

Choong-Moo was the name given to the great Admiral Yi Soon-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in the year 1592, which is said to be the precursor to the present day submarine. The reason for this pattern ending in a left-hand attack is to symbolize his regrettable death. Checked by the forced reservation of his loyalty to the king, Yi Soon-Sin was given no chance in his lifetime to show his unrestrained potentiality.

### Place the letters A B C D in the appropriate places:



Facing D

### **1<sup>st</sup> Gup Black Stripe** (to test for 1<sup>st</sup> Dan (degree) black belt) **Cont'd**

Choong-Moo's diagram and movements: Choong-Moo's diagram is a **capital I** and it has **30 movements**.

#### The Written Test:

When you test for black belt you will be given a written test as well. You *are* allowed to look up the answers. The highest score you can get on the written test is a 100. The test is as written below:

#### What does Taekwon-Do mean?:

The way of the hands and the feet.

#### When was Taekwon-Do founded and by whom?

General Choi Hong Hi founded Taekwon-Do on April 11<sup>th</sup>, 1955.

#### Write down the Student Oath:

I shall observe the Tenets of Taekwon-Do.

I shall respect the instructor and seniors.

I shall never misuse Taekwon-Do.

I shall be a champion of Freedom and Justice.

I shall build a more peaceful world.

#### Name the Tenets of Taekwon-Do:

Courtesy

Integrity

Perseverance

Self-Control


Indomitable Spirit

#### What is the purpose of patterns?

To practice techniques as you would use them against imaginary opponents.

#### How many patterns are there in Taekwon-Do and why?

24, one for each hour of the day, which represents your entire life.

Do-San's diagram and movements: the pattern Do-San's diagram is a **right stair step or backwards Z**,  and it has **24 movements**.

#### Korean Words:

Charyot - To be at attention

Kyong-ye - To salute, but in Taekwon-Do it means to bow

Ko-map sum-nee-da - Thank you very much

Junbi - Ready position

Baro—Return to ready position

Si-jak - Begin

Swiyo - Relax

Guman - Stop

Kihap - Taekwon-Do yell

Dan - Degree of black belt

Gup - Color belt grade

Do-bok - Taekwon-Do uniform

Do-jang - Taekwon-Do gymnasium

(the Korean words' meanings are rarely asked at tests, but it is still very good to know what they mean, as they are often used in class)

## 6<sup>th</sup> Gup Green Belt (to test for 5<sup>th</sup> Gup blue stripe) - 24 Classes

### New Patterns for Green Belt:

Won-Hyo

Green Belt Free Sparring Pattern 5

### New Techniques for Green Belt:

#### Hand Techniques:

Knife hand inward strike (L-stance)

Circular block (walking stance)

Upset punch (walking stance)

#### Foot Techniques:

Hook kick and fake hook kick

Crescent kick/back kick (consecutive kick)

Turning kick/side kick (consecutive kick)

Jumping inside crescent kick

#### Stances:

Bending ready stance A

Closed ready stance A

Fixed stance

#### Step Sparring:

2-step 5-8

Board Breaking: For this test, you will break a board with a **jumping back kick**.

#### Required Knowledge:

The meaning of Won-Hyo: Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.

Won-Hyo's diagram and meaning: Won-Hyo's diagram is a **capital I** and it has **28 movements**.

## 1<sup>st</sup> Gup Black Stripe (to test for 1<sup>st</sup> Dan (degree) black belt) - 48 Classes or 6 months

### New Patterns for Black Stripe:

Choong-Moo

Black Stripe Free Sparring Pattern 10

### New Techniques for Black Stripe:

#### Hand Techniques:

Reverse knife-hand inward strike (walking stance)

X-knife-hand checking block (L-stance)

Twin palm upward block (walking stance)

Jumping fade away 2 back fist-punch (mid air)

#### Foot Techniques:

Flying fake side kick

Jumping fade away back kick

Jumping inside crescent kick

#### Knife Attacks:

1-6

#### Ho-Sin-Sul:

1-10

Board Breaking: when testing for black belt, you'll break either a wooden board or tile with a downward knife-hand strike, and have a choice of which other breaks you can do. You can break a board with a double jumping front kick, break a board with a 360 back kick, and a break a suspended board with the kick of your choice. **One power-hand break, one power-foot break, and one specialty break.**

#### Required Knowledge:

The meaning of black belt: **The opposite of white**, meaning the maturity and proficiency in Taekwon-Do. It also signifies the wearer's imperviousness to darkness and fear.

The meaning of Choong-Moo: Choong-Moo was the name given to the great Admiral Yi Soon-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in the year 1592, which is said to be the precursor to the present day submarine. The reason for this pattern ending in a left-hand attack is to symbolize his regrettable death. Checked by the forced reservation of his loyalty to the king, Yi Soon-Sin was given no chance in his lifetime to show his unrestrained potentiality.

## 2<sup>nd</sup> Gup Red Belt (to test for 1<sup>st</sup> gup black stripe) - 36 Classes

### New Patterns for Red Belt:

Hwa-Rang

Red Belt Free Sparring Pattern 9

### New Techniques for Red Belt:

#### Hand Techniques:

Palm pushing block (sitting stance)

Upward punch (L-stance)

Double elbow side thrust (L-stance)

Downward knife-hand vertical strike (vertical stance)

#### Foot Techniques:

360 back kick

360 reverse hook kick

#### Stances:

Closed ready stance C

Vertical stance

#### Step Sparring:

1-10 (3 with one counter, 3 with 2 counters, 3 with 3 counters, 1 with 4 counters – all created by student)

Board Breaking: You will break a board with a **twisting kick**.

#### Required Knowledge:

The meaning of Hwa-Rang: Hwa-Rang is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7<sup>th</sup> Century. This group eventually became the actual driving force of the unification of the three kingdoms of Korea. The 29 movements refer to the 29<sup>th</sup> Infantry Division, where Taekwon-Do developed into maturity.

Hwa-Rang's diagram and movements: Hwa-Rang's diagram is a **capital I** and it has **29 movements**.

## 5<sup>th</sup> Gup Blue Stripe (to test for 4<sup>th</sup> Gup blue belt) - 24 Classes

### New Patterns for Blue Stripe:

Yul-Guk

Blue Strip Free Sparring Pattern 6

### New Techniques for Blue Stripe:

#### Hand Techniques:

Palm Hooking block (walking stance)

Front elbow strike (walking stance)

Twin knife hand block (L-stance)

X-stance back fist side strike

Double forearm pushing block (walking stance)

Vertical punch

#### Foot Techniques:

Reverse hook kick

Reverse hook kick/turning kick (consecutive kick)

Diagonal kick/reverse hook kick (consecutive kick)

Skip turning kick

#### Stances:

X-stance

#### Step Sparring:

1 step 1-4

Breaking: You will break a board with a **step-to-the-rear hook kick**.

#### Required Knowledge:

The meaning of blue belt: **The sky**, which the green plants grow towards as our knowledge and our skill in Taekwon-Do grows as well.

The meaning of Yul-Guk and its diagram and movements: Yul-Guk is the pseudonym of the great philosopher and scholar Yi I (1536 to 1584), nicknamed "The Confucius of Korea." The 38 movements of this pattern refer to his birthplace on the 38<sup>th</sup> latitude and the pattern diagram represents the Chinese character for scholar. 士

#### 4<sup>th</sup> Gup Blue Belt (to test for 3<sup>rd</sup> Gup red stripe) - 36 Classes

##### New Patterns for Blue Belt:

Joong-Gun

Blue Belt Free Sparring Pattern 7

##### New Techniques for Blue Belt:

##### Hand Techniques:

Reverse knife-hand side block (L-stance)

Palm upward block (rear foot stance)

Upward elbow strike (walking stance)

Twin vertical punch (walking stance)

Twin upset punch (walking stance)

High section X-block (walking stance)

Palm pressing block (walking stance)

U-shape (stick) block (fixed stance)

##### Foot Techniques:

Reverse turning kick

Skipping side kick

Side kick/hook kick (consecutive kick)

Jumping outside crescent kick

##### Stances:

Closed ready stance B

##### Step Sparring (Reverse Attacks):

1-4

Board Breaking: You will break a board with a **jumping-high-over-the-head front-kick**.

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

(Hiro-Bumi Ito is pronounced Heedo Boomi Eato)

Joong-Gun's diagram and movements: Joong-Gun's diagram is a **capital I** and it has **32 movements**.

#### 3<sup>rd</sup> Gup Red Stripe (to test for 2<sup>nd</sup> Gup red belt) - 36 Classes

##### New Patterns for Red Stripe:

Toi-Gye

Red Stripe Free Sparring Pattern 8

##### New Techniques for Red Stripe:

##### Hand Techniques:

Flat fingertip thrust (walking stance)

X-fist pressing block (walking stance)

W-shape block (sitting stance)

##### Feet Techniques:

Inside sweep

Twisting kick

Jumping reverse hook kick

Jumping front kick-turning kick (combination)

Knee strike


##### Step Sparring (Reverse Attacks):

5-8

Board Breaking: for this test, you will break a board with a **reverse turning-kick**.

##### Required Knowledge:

The meaning of red belt: Red means **danger**, because most red belts have good technique but no control.

The meaning of Toi-Gye and its diagram and movements: Toi-Gye is the pen name of the noted scholar Yi Hwang (16<sup>th</sup> century) an authority on neo-Confucianism. The 37 movements refer to his birthplace on the 37<sup>th</sup> latitude, and the diagram represents the Chinese character for scholar. 

The Classes of Black Belt: 1<sup>st</sup> to 3<sup>rd</sup> dan (degree): novice. 4<sup>th</sup> to 6<sup>th</sup> dan: expert. 7<sup>th</sup> and 8<sup>th</sup> dan: master. 9<sup>th</sup> dan: grandmaster.