



A Black Belt's Journey

Learn Now, Use For Life!





Introduction

South East Sports Taekwondo (SESTKD) was established in the City of Casey in 2009 providing martial arts training and instruction to kids aged 6+, teens and adults to the areas of Narre Warren and surrounding suburbs.

At **South East Sports Taekwondo (SESTKD)**, we understand that this is an important long-term goal that requires dedication from the student as well as the parent. We offer a guided program that ensures reaching this long-term goal achievable for you or your child/children.

Our Junior stripes program nurtures students and offers continual encouragement to maintain enthusiasm and our team of dedicated instructors are focused on a student's progression across all levels of Taekwondo ensuring that you reach a Black Belt level with utmost confidence.

If you or your child are looking for a way to increase your fitness, learn something new and become a part of a welcoming community.

Taekwondo is an ancient Korean martial art of self-defence, which utilises all parts of the body, but can be identified by its distinctive footwork and kicking style. The word Taekwondo is translated as Tae (meaning foot), Kwon (meaning fist) and Do (the way of martial arts). Taekwondo is also an exciting Olympic Sport that provides the opportunity to travel, train and compete both nationally and internationally.

Taekwondo is not merely a means of fighting – it also develops one's character. Taekwondo has a training ethic where progression is based on individual merit earned over time-spent training.

What are the benefits of chasing a Black Belt dream?

Being a Black Belt is universally respected, it demonstrates a person's character, their willingness to persevere, to learn and train and be dedicated to a goal that takes years to master. For a child learning Martial Arts, it moulds them and provides them life skills and sets them on a path to success in all areas of life.

Physical Benefits

For starters, Martial Arts promotes fitness. We want to get people off their screens (adults and kids) and get them moving. It is recommended we complete 30 minutes of physical activity a day and our programs are 45 minutes and 60 minutes long twice a week. For our senior students and for the junior parents, we run an Xtreme fit program that is designed to increase fitness levels in a fun, safe environment.

The benefit of choosing a Martial Arts sporting activity is that is specifically focused on coordination, balance and flexibility. As a student, you will become more aware of your body and notice muscle development throughout your journey.

Psychological Benefits

When we exercise, we create endorphins and this is fantastic because the endorphins make us happy and reduce stress! We feel good about ourselves as we gain confidence in our skills and find happiness in new friendships made within the community. Through Martial Arts, we also develop our concentration and discipline as we learn to commit ourselves to obtain our goals and push ourselves to keep going back. **We like to refer to this a Grit, the passion and perseverance for long-term and meaningful goals.** In addition to this, students also develop patience, emotional control and improved behaviour as these are Martial Arts values that go hand in hand with the practice.

Social Benefits

We are a community, a family, therefore joining us you will soon realise how loyal we are and that there is a deep respect for instructors, students and parents.

Comradery and teamwork is also something that goes hand in hand with Martial Arts as you learn to use the people in your community towards reaching your goal and assist them with theirs.

The road to Black Belt is much more than you would expect and the benefits you obtain along the way are far greater as well.



Taekwondo History

- 37B.C.E.** Taekwondo was derived in Korea from some of the world's martial arts dating back over 2000 years. Two of Taekwondo's original names during the Three Kingdoms (Silla, Baejeaek and Koryo) period were Subak and Taekkyon.
- 1920:** Japan invaded Korea and Taekwondo was outlawed.
- 1945:** Korea regains its independence.
- 1946:** A conference was held in Korea to organise what was then called Korean Karate to be taught in schools, Kwans and the military.
- 1955:** Taekwondo, which means 'The Art of Hand and Foot Fighting', was chosen as the name for the martial art that would become Korea's national sport.
- 1961:** The Korean Taekwondo Association (KTA) was formed.
- 1972:** The World Taekwondo Headquarters formed, known as the Kukkiwon.
The Australian Taekwondo Association was formed.
- 1973:** The 1st World Taekwondo Championships was held.
The World Taekwondo Federation (WTF) was formed.
- 1976:** 2nd Asian Taekwondo Championships was held in Melbourne.
- 1980:** Taekwondo was recognised as an Olympic sport.
- 1988:** Olympic demonstration sport in Korea, Spain and Atlanta.
- 1995:** Taekwondo Australia formed at the Unification Games between the ATA, ATU and the ATF.
Founding President of Taekwondo Australia was Mr Young Dai Cho, 9th Dan.
- 1996:** Asian Taekwondo Championships was held in Melbourne for a second time.
- 2000:** Taekwondo becomes an official medal Olympic sport in Sydney.
Lauren Burns won Gold for Australia.
- 2009:** South East Sports TKD was established in Narre Warren Victoria.
- 2014:** The 2 Australian Taekwondo bodies, 'Taekwondo Australia and Sports Taekwondo Australia' merged on the 17th September to form the new National Sporting Organisation under Chairman Mr John Walker.
- 2018:** South East Sports TKD opens a full time Dojang in July 2018 at Vesper Drive Narre Warren.



Philosophy of Taekwondo

Taekwondo is much more than physical training.

Taekwondo embraces:

1. Honour and Integrity
2. Respect and Loyalty
3. Modesty and Compassion

5 Tenets of Taekwondo

1. Courtesy

Tae Kwon Do students should attempt to be polite to one another and to respect others. Students should address instructors as *Sabomnim* and to bow to the instructors before and after classes. Turning up early or on time for classes is also an aspect of courtesy.

2. Integrity

One who has integrity is able to define what is right or wrong and have the conscience, if wrong, to feel guilt. Tae Kwon Do students should strive to be honest and to live by moral principles.

3. Perseverance

Perseverance means having patience. One of the most important secrets of becoming a leader in Tae Kwon Do is to overcome every difficulty by perseverance. Confucius said, "One who is impatient in trivial matters can seldom achieve success in matters of great importance."

4. Self-Control

Without self-control, a Tae Kwon Do student is just like any fighter in the street. Loss of self-control is disastrous both in sparring and personal affairs. "The term of stronger is the person who wins over oneself rather than someone else"

5. Indomitable Spirit

A true student of Tae Kwon Do will never give up, not even when faced with insurmountable odds. The most difficult goals can be achieved with indomitable spirit.

Taekwondo Oath

I shall observe the tenets of Tae Kwon Do
I shall respect instructors and seniors
I shall never misuse Tae Kwon Do
I will build a more peaceful world



Poomsae

Each Poomsae in Taekwondo has a meaning that is closely associated with it. These meanings should be portrayed in the presentation of the Poomsae. Each student is required to know the meaning of their Poomsae when they grade.

Poomsae Guidelines and Tips

The ready position at the start and the end of the Poomsae should be accompanied by a deep in breath and breathing some of the air out.

- Eyes should be kept forward (unless otherwise stated) and slightly above the horizon.
- Keep the body stable when doing Poomsae. Do not bob up and down when avoidable.
- Slide the feet between stances. Do not lift the feet and step.
- All ready positions for actions should be relaxed. The delivery of all actions should snap to position. (Except for slow movements)
- Most single handed actions should be accompanied by the other hand simultaneously returning to the hip.
- When an action is performed, the finished position should be held with as little movement as possible.
- Landing and stance and the finish of the hand action should be performed simultaneously.
- Kicks should be delivered to mouth height for maximum score. Kicks should be between hip height and the top of the head.
- Both hands should be raised to a natural, relaxed position in front of the chest when kicking.
- KIA, in the appropriate places in the Poomsae. The Kia should be short, sharp and loud.

Meaning of Poomsae

Poomsae is the method of solo training for developing and practicing movements against an imaginary opponent. The Poomsae directions are based on symbols or Chinese Characters.

Meaning of Taegeuk

Translates as “The Great Absolute” The blue and red Um and Yang symbol represents the principles of Taegeuk, which are the balance of harmony between all life forces. The character for Taegeuk means “a King”.

Meaning of coloured Taegeuk Poomsae

Taegeuk il Jang

Symbolises heaven and the basic actions of Taekwondo.

Taegeuk E Jang

Signifies internal strength and external gentleness.

Taegeuk Sam Jang

Symbolises fire, meaning development of the training attitude.

Taegeuk Sa Jang

Represents thunder, meaning great power and dignity.

Taegeuk O Jang

Symbolises wind, meaning both mighty force and calmness.

Taegeuk Yuk Jang

Signifies water, constant flow and flexibility.

Taegeuk Chil Jang

Represents the mountain, meaning the spirit of firmness and strength.

Taegeuk Pal Jang

Symbolises earth, meaning the beginning and the end.



Meaning of Black Belt Poomsae

Koryo

Koryo Poomsae is represented by the Character 'Seonbae', which symbolises a learned person who is characterised by a strong martial spirit as well as a virtuous spirit.

Keumgang

Keumgang Poomsae is represented by the character meaning 'A Mountain', and was named after Mount Keumgang (Diamond) in the Korean Peninsula. It is interpreted as signifying hardness and ponderosity.

Taebaek

Taebaek is the name of a mountain meaning 'Bright Mountain', and is considered to be where the Korean Nation was founded. Taebaek Poomsae is represented by the Chinese character symbolising humanitarian ideals.

Pyongwon

Pyongwon Poomsae is represented by the character meaning 'One', symbolising a vast, stretched out plain, the place where human beings live there life.

Sipjin

The character for Sipjin Poomsae means 'Ten', and was derived from the principal of longevity, which advocated there are ten aspects of long life. The Poomsae Sipjin symbolizes ceaseless development.

Significance of Belt Colours

White signifies the birth of beginning (the ultimate source). It is the central colour of the three primary colours and a base of all. **Yellow** symbolises a new birth, **Blue** rebirth, **Red** passion and **Black** completion.



Rules and Etiquette

Use your skills in Taekwondo respectfully.

Only use actions you have learnt in Taekwondo in self-defence.

Never use force that is excessive to your protection and the protection of others.

Uphold the 3 self-defence steps;

1. Walk away, remove yourself from the situation
2. Talk, calm the situation, call for help
3. Only use self-defence if and when required.

Any time you are wearing a Dobok (Uniform) or any SES TKD logos you should act with all the values of the club. Remember that you are representing the club and Taekwondo.

IN THE DOJANG

Bow when you enter and exit the Dojang. (Before stepping on and off the training area)

Bow at the start and the end of a class.

Bow to any Instructor and/or assistant Instructor that has been instructing you.

Bow to any training partner that you have finished training with.

Bow to any training partner when passing equipment to one another.

When lining up, more senior belt levels stand to the front and right and more junior levels stand to the rear and left.

Line up in order of rank, date of grading and age.

EQUIPMENT

Respect all Taekwondo equipment.

Do not throw, miss treat or break equipment.

Always place equipment back in its rightful place when asked to do so.

RESPECT

Do not talk or miss behave while an Instructor is talking.

Always face towards an Instructor and listen to the demonstration and explanation.

Uniforms should be neat and belts tied correctly.

Always face away from an Instructor to fix or adjust a uniform or belt.

No watches or necklaces are to be worn during a class.

No swearing.

No food or drink while training unless the Instructor has indicated otherwise.

No shoes or socks while training unless the Instructor has indicated otherwise.

No leaning on the walls.

No sitting down.

No standing with hands on hips or with crossed arms.



9th Gup White Belt – Yellow I

TECHNICAL

Words – Terminology (All students are to know and understand the meanings of each)

1. **Sabomnim:** Instructor 2. **Dojang:** Training Centre 3. **Dobok:** Uniform 4. **Dee:** Belt

Stances – Seogi (Students to demonstrate when asked)

1. **Charyeot:** Attention
2. **Kyongre:** Bow
3. **Narahni Seogi:** Ready
4. **Juchum Seogi:** Horseback

Blocking – Makki (First Stationary x 10 and then Walking x 5 steps forwards on each)

1. **Arae Makki:** Lower Block
2. **Momtong Makki:** Body Block
3. **Olgul Makki:** Face Block

Punching – Jireugi x 10 (All in Juchum Seogi - Horseback Stance)

1. **Momtong Jireugi:** Body Punch
2. **Olgul Jireugi:** Face Punch
3. **Dubon Momtong Jireugi:** Double Body Punch

Kicking – Chigi x 10 (All in Ap Gubi - Long Forward Stance)

1. **Ap Chagi:** Front Push Kick
2. **Dolyo Chagi:** Roundhouse Kick

SPORTS

Kicking – Chagi (Walking and Bouncing in Fighting Stance)

1. **Ap Chagi:** Front Push Kick
2. **Dollyo Chagi:** Roundhouse Kick

Fitness Test x 10 of each

1. Push Ups
2. Sit Ups
3. Roundhouse kicks (both legs)

SELF-DEFENCE

Wrist Grabs: (KIA to be used along with strength)

1. **Right hand grabs left wrist:** Lift up and pull down with force – KIA!
2. **Right hand grabs right wrist:** Circle wrist inside to out (Momtong Bakkat-Makki) to push away – KIA!



8th GUP Yellow I – Yellow 2

TECHNICAL

Poomsae

Basic Pattern (Juniors 8 step & Seniors 16 step)

Words – Terminology (All students are to know and understand the meanings of each)

- | | | | |
|---------------------------|-----------------------------|--------------------------|--|
| 1. Makki: Blocking | 2. Jireugi: Punching | 3. Chagi: Kicking | 4. Ap Kubi: Long Forward Stance |
| 5. Olgul: Face | 6. Momtong: Body | 7. Keuman: Finish | 8. Kalyeo: Stop |

Blocking – Makki (In Juchum Seogi Horseback Stance - Stationary x 10)

1. **Momtong An Makki:** Inside Body Block
2. **Momtong Bakkat Makki:** Outside Body Block

Stances – Seogi (Students to demonstrate when asked)

1. **Kyruigi Seogi:** Fighting Stance
2. **Ap Kubi:** Long Forward Stance
3. **Ap Seogi:** Short Walking Stance

Punching – Jireugi (Walking - all in Ap Kubi – Long Forward Stance)

1. **Momtong Jireugi:** Body Punch
2. **Olgul Jireugi:** Face Punch
3. **Dubon Momtong Jireugi:** Double Body Punch (1 step with 2 punches)

Kicking – Chigi (Walking - all in Ap Kubi – Long Forward Stance)

1. **Dollyo Chagi:** Roundhouse Kick
2. **Yop Chagi:** Side Kick

SPORTS

Kicking – Chagi (Walking and Bouncing in Fighting Stance x 2 on same leg)

1. **Dollyo Chagi:** Round House Kick
2. **Yop Chagi:** Side Kick

Fitness Test

1. 10 x Push Ups
2. 10 x Front Push Kick & Punch (Right Kick Right Punch/Left Kick Left Punch)
3. 10 x Roundhouse kicks (both legs)

SELF-DEFENCE

Punching – (Fighting stance – hands up like a boxer – strike and retract)

1. Hook Punch (Lead Hand)
2. Upper Cut Punch (Lead Hand)
3. Jab/Cross Combination x 5 (Left Hand/Lead Hand)

Wrist Grabs: (KIA to be used along with strength)

1. **Attack:** Right hand grabs left shoulder **Defense:** Wrist lock 1
2. **Attack:** Right hand grabs right shoulder **Defense:** Wrist lock 2



7th GUP Yellow 2 – Yellow 3

TECHNICAL

Poomsae

Perform: Taegeuk iL Jang

Meaning of iL Jang: Symbolises heaven and the basic actions of Taekwondo.

Words – Terminology

1. **Dwit Kubi:** Back Stance 2. **Sonnal:** Knife Hand 3. **Boem Seogi:** Cat Stance 4. **Ap:** Front
5. **Olgul Makki:** Face Block 6. **Momtong Makki:** Body Block

Blocking – Makki (In Dwit Kubi Back Stance - Stationary x 5)

1. **Hansonnal Momtong Makki:** Single Knife Hand Block
2. **Sonnal Momtong Makki:** Double Knife Hand Body Block

Stances – Seogi (Students to demonstrate when asked)

1. **Dwit Kubi:** Back Stance
2. **Boem Seogi:** Cat Stance

Striking – Jireugi (In Juchum Seogi Horseback Stance)

1. **Sonnal Mok Chigi:** Knife Hand Neck Strike
2. **Pyonson Keut Jireugi:** Spear Hand to the Body

Kicking – Chigi (Walking - all in Ap Kubi – Long Forward Stance)

1. **Ap Chagi to Dollyo Chagi:** Front Kick to Roundhouse Kick
2. **Dollyo Chagi to Yop Chagi:** Round House Kick to Side Kick

SPORTS

Kicking – Chagi (Walking and Bouncing in Fighting Stance, changing legs)

1. **Ap Chagi & Dollyo Chagi:** Front Push Kick/Round House Kick
2. **Dollyo Chagi & Yop Chagi:** Round House Kick/Side Kick
3. **Dollyo Chagi & Dwit Chagi:** Roundhouse Kick/Back Kick

Fitness Test

1. 10 x Push Ups
2. 50 x Body Punch (Horseback Stance)
3. 10 x Double Roundhouse single leg - switch (both legs)

SELF-DEFENCE

Punching – (Fighting stance – hands up like a boxer – strike and retract)

1. Jab/Cross/Hook Combination x 5 (Left/Right/Left)
2. Jab/Cross/Upper Cut Combination x 5 (Left/Right/Left)

Punch Attacks: (KIA to be used along with strength)

Please note: Juniors are not to be taught to strike. Use pushing actions as an alternative.

1. **Attack:** Single body punch stepping in **Defense:** Outside Body Block & strike to finish – KIA!
2. **Attack:** Single face punch stepping in **Defense:** Face block & strike to finish – KIA!



6th GUP Yellow 3 – Blue 1

TECHNICAL

Poomsae

Perform: Taegeuk E Jang

Meaning of E Jang: Signifies internal strength and external gentleness.

Words – Terminology

- | | | |
|--------------------------------|------------------------------------|----------------------------------|
| 1. Kukkiwon: WTF Head Quarters | 2. WTF: World Taekwondo Federation | 3. Han Sonnal: Single Knife Hand |
| 4. Yop Chagi: Side Kick | 5. Dwit Chagi: Back Kick | 6. Momtong: Body |

Counting 1-10: Hana, Dool, Set, Net, Dasot, Yosot, Ilgop, Yeodul, Ahop, Yeol.

Blocking – Makki (In Dwit Kubi Back Stance - Stationary x 5 each side)

- | | |
|-----------------------------|------------------------------|
| 1. Hansonnal Momtong Makki: | Single Knife Hand Block |
| 2. Sonnal Momtong Makki: | Double Knife Hand Body Block |

Stances – Seogi (Students to demonstrate when asked)

- | | |
|------------------|---|
| 1. Kyrugi Seogi: | Fighting Stance and switching left to right |
| 2. Kyrugi Seogi: | Inching forwards and backwards |
| 3. Kyrugi Seogi: | Sliding forwards and backwards |

Striking – Jireugi (In Juchum Seogi Horseback Stance)

- | | |
|-----------------------------|--------------------------------|
| 1. Batangson Tok Chigi: | Heel Palm Strike to Chin |
| 2. Sonnal Bakkat Mok Chigi: | Outside Knife Hand Neck Strike |

Kicking & Punching – Chigi & Jireugi (Walking - all in Ap Kubi – Long Forward Stance)

- | | |
|--------------------------------|---------------------------------|
| 1. Ap Chagi/Momtong Jireugi: | Front Kick & Body Punch |
| 2. Dollyo Chagi/Olgul Jireugi: | Roundhouse Kick & Face Punch |
| 3. Yop Chagi/Dubon Jireugi: | Side Kick and Double Body Punch |

Board Breaking – Gyokpa 1 x Single Kick

SPORTS

Kicking – Chagi (Walking and Bouncing in Fighting Stance x 2 on same leg)

- | | |
|--------------------------|--------------------------|
| 1. Running Ap Chagi: | Running Front Push Kick |
| 2. Running Dollyo Chagi: | Running Round House Kick |
| 3. Running Yop Chagi: | Running Side Kick |

Fitness Test

- 10 x Push Ups
- 10 x Sit Ups
- 10 x Double Roundhouse Right/Left

SELF-DEFENCE

Punching – (Fighting stance – hands up like a boxer – strike and retract)

- Jab/Cross/Front Foot Roundhouse Combination x 5
- Jab/Cross/Rear Leg Roundhouse Combination x 5

Over Arm Bear Hugs: (KIA to be used along with strength)

- | | |
|---------------------------------|--|
| 1. Attack: Bear Hug From Behind | Defense: Step on Foot and Break Hold – KIA! |
| 2. Attack: Bear Hug From Front | Defense: Head But Face and Break Hold – KIA! |



5th GUP Blue 1 – Blue 2

TECHNICAL

Poomsae

Perform: Taegeuk Sam Jang

Meaning of Sam Jang: Symbolises fire, meaning development of the training attitude

Words – Terminology

1. **Gyokpa:** Breaking 2. **Yong-o:** Korean Terminology 3. **Nagko Chagi:** Axe Kick 4. **Dubon Jireugi:** Double Puch
5. **Sonnal Mok Chigi:** Knife Hand Neck Strike 6. **Dwit Chagi:** Back Kick

List the 5 Tenets of Taekwondo: Courtesy, Integrity, Perseverance, Self-Control & Indomitable Spirit

Blocking – Makki (In Dwit Kubi Back Stance – Moving Forwards x 5)

1. **Hanssonal Momtong Makki:** Single Knife Hand Block
2. **Sonnal Momtong Makki:** Double Knife Hand Body Block
3. **Sonnal Arae Makki:** Double Knife Hand Lower Block

Striking – Jireugi (In Juchum Seogi Horseback Stance)

1. **Dungjumok Olgul Chigi:** Backfist to Face
2. **Palgup Tok Chigi:** Elbow Strike to Chin (Step Forwards Then Return)
3. **Palgup Momtong Chigi:** Elbow Strike Behind (Step Back Then Return)

Kicking – Chigi (Stationary in Fighting Stance x 5 Each Side)

1. **Dwit Chagi:** Back Kick
2. **Mom Dollyo Chagi:** Spinning Turning Roundhouse
3. **Dubon Dollyo Chagi:** Double Roundhouse Kick

Board Breaking - Gyokpa

1. Single Kick

SPORTS

Kicking – Chagi (Walking and Bouncing in Fighting Stance x 2 on same leg)

1. Single Roundhouse to Double Roundhouse
2. Single Roundhouse to Back Kick
3. Single Roundhouse to Spinning Turning Roundhouse

Fitness Test

1. 10 x Push Ups
2. 10 x Burpees
3. 10 x Round House/Roundhouse/Back Kick

SELF-DEFENCE

Punching – (Fighting stance – hands up like a boxer – strike and retract)

1. Jab/Cross/Uppercut Front Foot Roundhouse Combination x 5
2. Jab/Cross/Uppercut Rear Leg Roundhouse Combination x 5

Under Arm Bear Hugs: (KIA to be used along with strength)

1. **Attack:** Bear Hug From Behind **Defense:** Step on Foot and Break Hold – KIA!
2. **Attack:** Bear Hug From Front **Defense:** Head But Face and Break Hold – KIA!



4th GUP Blue 2 – Blue 3

TECHNICAL

Poomsae

Perform: Taegeuk Sa Jang

Meaning of Sam Jang: Represents thunder, meaning great power and dignity

Words – Terminology

1. **Pyonsonkeut:** Spear Hand 2. **Deungjumok Ap Chigi:** Back Fist Front Strike 3. **Hullryo Chagi:** Spin Hook
4. **Jebipoom Mok Chigi:** Knife Hand Face Block/Knife Hand Neck Strike 5. **Sonnal Makki:** Double Knife Hand Block
6. **Momtong Bakkat Makki:** Outside Body Block

Recite the Philosophy of Taekwondo: Taekwondo is much more than physical training. Taekwondo embraces:

1. Honour & Integrity 2. Respect & Loyalty 3. Modesty & Compassion

Blocking – Makki (In Ap Kubi – Moving Forwards x 5)

1. **Jebipoom Mok Chigi:** Knife Hand Face Block/Knife Hand Neck Strike
2. **Dubon Momtong Makki:** Double Body Block

Striking – Jireugi (In Ap Kubi – Moving Forwards x 5)

1. **Momtong Makki/Momtong Jireugi** Body Block to Body Punch
2. **Yop Chagi/Momtong Jireugi:** Side Kick to Body Punch

Kicking – Chagi (In Ap Kubi – Moving Forwards x 5)

1. **Sonnal Makki/Yop Cahgi:** Double Knife Hand Block/Side Kick
2. **Sonnal Makki/Ap Chagi:** Double Knife Hand Block/Front Kick

Board Breaking - Gyokpa

2. Single Kick

SPORTS

Kicking – Chagi (Walking and Bouncing in Fighting Stance x 2 on same leg)

1. Roundhouse to Axe Kick
2. Running Roundhouse to Axe Kick
3. Running Roundhouse to Axe Kick to Single Roundhouse

Fitness Test

1. 10 x Push Ups
2. 10 x Squat Jumps
3. 10 x Round House/Roundhouse/Double Roundhouse

Sparring: Non-Contact

SELF-DEFENCE

Punching – (Fighting stance – hands up like a boxer – strike and retract)

1. Jab/Cross/Hook Front Leg Knee Combination x 5
2. Jab/Cross/Hook Rear Leg Knee Combination x 5

Choke Holds: (KIA to be used along with strength)

1. **Attack:** 2 hand Choke From Front **Defense:** Step on Foot and Break Hold – KIA!
2. **Attack:** Forearm Choke From Behind **Defense:** Head But Face and Break Hold – KIA!



3rd GUP Blue 3 – Red 1

TECHNICAL

Poomsae

Perform: Taegeuk Oh Jang

Meaning of Oh Jang: Symbolises wind, meaning both mighty force and calmness.

Words – Terminology

1. **Dwitkoa Seogi:** Backwards Cross Stance 2. **Mureup Chigi:** Knee Strike 3. **Mejumeok Naryo Chigi:** Hammer Fist Down Strike
4. **Palgup Pyojeok Chigi:** Elbow Target Strike 5. **Palgup Dollyo Chigi:** Elbow Turning Strike

Taekwondo History: The Beginning 37 B.C.E.

Taekwondo was derived in Korea from some of the world's martial arts dating back over 2000 years. Two of Taekwondo's original names during the Three Kingdoms (Silla, Baekje and Goryeo) period were Subak and Taekkyon.

Combination Blocking/Striking - (In Ap Kubi – Moving Forwards x 5)

Chagi/Makki/Jireugi

1. Front Kick/Lower Block
2. Roundhouse Kick/Lower Block/Body Punch
3. Side Kick/Body Block/Double Punch

Combination Striking - (In Ap Kubi – Moving Forwards x 5)

Jireugi/Chagi

1. Back Fist to Face/Body Block/Rear Leg Roundhouse
2. Back Fist to Face/Body Block/Rear Leg Roundhouse

Board Breaking – Gyokpa 2 Boards

3. Single Kick
4. Jumping Kick

SPORTS

Kicking – Chagi (Moving Forwards)

1. 45 Slide/Front Foot Dollyo Chagi (Switch)
2. 45 Slide/Lower Block/Body Punch (Switch)
3. 45 Slide Front Foot Dollyo Chagi/Inside Crescent Kick
4. Running Roundhouse/Running Roundhouse/Rear Leg Roundhouse

Fitness Test

1. 20 x Push Ups
2. 20 x Sit Ups
3. 10 x Round House/Roundhouse/Spin Hook

Sparring: Non-Contact

SELF-DEFENCE

Demonstrate Pressure Points:

Eyes, Ears, Shoulders, Throat, Jaw, Nose

Grabs: (KIA to be used along with strength)

1. **Attack:** 2 hand Arm Drag **Defense:** Pull away/step back in towards/strike to face & pull hand out – KIA!
2. **Attack:** 2 Hand Chest/Clothes Grab **Defense:** Single strike/break arms away– KIA!



2nd GUP Red 1 – Red 2

TECHNICAL

Poomsae

Perform: Taegeuk Yuk Jang

Meaning of Yuk Jang: Signifies water, constant Flow and Flexibility.

Words – Terminology

1. **Arae Hechyo Makki:** Double Lower Block 2. **Hanssonal Bitureo Makki:** One Hand Blade Twist Block
3. **Momtong Yop Jireugi:** Body Side Punch 4. **Tweio Chagi:** Jumping Kick 5. **Hanbon Kyorugi:** One Step Sparring

Taekwondo History:

1920: Japan invaded Korea & Taekwondo was outlawed

1945: Korea Regains its independence

Combination Blocking/Striking - (In Ap Kubi – Moving Forwards x 5)

Chagi/Makki/Jireugi

1. Outside Body Block/Body Punch
2. Roundhouse Kick/Outside Body Block/Body Punch
3. Blade Twist Block/Roundhouse Kick

Combination Blocking/Striking - (In Ap Kubi – Moving Forwards x 5)

Makki/Dubon Chagi

1. Double Knife Hand Block/Side Kick (Low-High Same Leg)
2. Double Knife Hand Block/Front Kick/Side Kick (Same Leg)

Board Breaking – Gyokpa 3 Boards

1. Single Kick
2. Jumping Kick
3. Students Choice

SPORTS

Kicking – Chagi (Moving Forwards)

1. 45 Slide/Lead Hand Punch (Switch)
2. 45 Slide/Lead Hand Punch/Crescent Kick (Switch)
3. Running Roundhouse/Running Roundhouse/Rear Leg Roundhouse
4. Running Roundhouse/Inside Crescent Kick/Rear Leg Roundhouse

Fitness Test

1. 20 x Push Ups
2. 10 x Round House Kicks each leg
3. 10 x Round House/Spin Roundhouse

Sparring: Non-Contact

SELF-DEFENCE

Grappling/Tripping: (KIA to be used along with strength)

1. **Attack:** One hand on shoulder/one hand on hip **Defense:** Break shoulder grab, step through & take down– KIA!
2. **Attack:** Headlock from the side **Defense:** Strike & take down– KIA!



1st GUP Red 2 – Red 3

TECHNICAL

Poomsae

Perform: Taegeuk Chil Jang

Meaning of Chil Jang: Represents the mountain, meaning the spirit of firmness and strength.

Words – Terminology

- 1. Gawi Makki:** Double Cross Block **2. Bojumok:** Covered Fist **3. Jecho Jireugi:** Double Uppercut Punch
4. Hansonnal Yop Makki: One Hand Side Blade Block **5. Batangson Momtong Makki:** Heel Palm Body Block

Taekwondo History:

1946: A conference was held in Korea to organise what was then called Korean Karate to be taught in schools, Kwans and the military.

1955: Taekwondo, which means ‘The Art of Hand and Foot Fighting’, was chosen as the name for the martial art that would become Korea’s national sport.

Combination Blocking/Striking - (In Ap Kubi & Dwit Kubi– Moving Forwards x 5)

Makki/Chagi

1. Twisted Knife Hand Body Block/Rear Leg Roundhouse
2. Heel Palm Body Block/Front Foot Kick
3. Single Knife Hand Block/Elbow/Backfist/Body Punch

Combination Striking - (In Ap Kubi – Moving Forwards x 5)

Chagi

1. Double Shoulder Grab/Knee to Body
2. Inside Crescent Kick/Elbow to Face (Land In Juchum Seogi – Horseback Stance)

Board Breaking – Gyokpa 3 Boards

1. Single Kick
2. Jumping Kick
3. Arm Technique

SPORTS

Kicking – Chagi (Moving Forwards)

1. Running Roundhouse/Side Kick/Back Kick
2. Outside Crescent Kick/Lead Hand Punch
3. Running Roundhouse/45 slide/Roundhouse
4. Double Roundhouse/Inside Crescent/Outside Crescent

Fitness Test

1. 20 x Push Ups
2. 30 x Round House Kicks each leg
3. 100 x Body Punches

Sparring: Light-Contact

SELF-DEFENCE

Wall Attacks: (KIA to be used along with strength)

1. **Attack:** Using 2 hands hold defender against the wall **Defense:** Break attack, takedown or retreat– KIA!
2. **Attack:** Forearm in the throat **Defense:** Strike to chest and take down or retreat– KIA!



Cho Dan Bo – Probationary Black Belts

TECHNICAL

Poomsae

Perform: Taegeuk Pal Jang

Meaning of Pal Jang: Represents the mountain, meaning the spirit of firmness and strength.

Words – Terminology

1. Recitation of Taegeuk Pal Jang in Korean
2. All Taekwondo History

Combination Blocking/Striking - (In Ap Kubi & Dwit Kubi– Moving Forwards x 5)

Makki/Chagi/Jireugi

1. Front Kick/Lower Block/Double Body Punch
2. Side Kick/Outside knife Hand Neck Strike/Body Punch
3. Roundhouse Kick/Double Knife Hand Body Block/Body Punch
4. Side Kick with Hammer Fist/Elbow Strike to Face
5. Heel Palm Body Block/Front Kick/Knife Hand Neck Strike/Spear Hand
6. In Horseback Stance- Single Knife Hand Block/Punch to face/Side Kick

Board Breaking – Gyokpa 4 Boards

1. Single Kick
2. Jumping Kick
3. Arm Technique
4. Students Choice

SPORTS

Fitness Test

1. 20 x Push Ups
2. 20 Sit Ups
3. 20 x Round House Kicks each leg

Mitt Reaction Sparring: Partner Holds and Presents Mitt In Any Combination.

Sparring: All Protective Equipment Must Be Worn.

Full-Contact 1on 1

Full Contact 2 on 1

SELF-DEFENSE

Stick Attack: (KIA to be used along with strength)

1. **Attack:** Over Head Swing **Defense:** Students Choice

Knife Attack: (KIA to be used along with strength)

1. **Attack:** Lunging Stab Attack **Defense:** Students Choice

3 x Freestyle Self Defense Scenarios

Instructors Choice



Taegeuk pal jang in Korean

Count	Stance	Leg Action	Arm Action
Ready	Naranhi seogi		Kibon jumbi seogi
1	Dwit kubi		Kodureo bakkat makki
2	Ap kubi		Momtong jireugi
3		Dangseong ap chagi (kihap)	
	Ap kubi		Momtong makki
			Momtong dubon jireugi
4	Ap kubi		Momtong jireugi
5	Ap kubi		Santeul makki
6	Ap kubi		Dangkyo teok jireugi
7		Apkoa seogi	
	Ap kubi		Santeul makki
8	Ap kubi		Dangkyo teok jireugi
9	Dwit kubi		Sonnal momtong makki
10	Ap kubi		Momtong jireugi
11		Ap chagi	
	Bom seogi		Batangson momtong makki
12	Bom seogi		Sonnal momtong makki
13		Ap chagi	
	Ap kubi		Momtong jireugi
	Bom seogi		Batangson momtong makki
14	Bom seogi		Sonnal momtong makki
15		Ap chagi	
	Ap kubi		Momtong jireugi
	Bom seogi		Batangson momtong makki
16	Dwit kubi		Kodureo arae makki
17		Ap chagi X 2 (kihap)	
	Ap kubi		Momtong makki
			Momtong dubon jireugi
18	Dwit kubi		Hanssonal momtong makki
19	Ap kubi		Palgup dollyo chigi
			Deungjumeok ap chigi
			Momtong jireugi
20	Dwit Kubi		Hanssonal momtong makki
21	Ap kubi		Palgup dollyo chigi
			Deungjumeok ap chigi
			Momtong jireugi
Finish	Naranhi seogi		Kibon jumbi seogi



Taekwondo Terminology

Section One – 9th Gup

Sabomnim	Instructor
Dojang	Training Centre
Dobok	Uniform
Dee	Belt
Charyeot	Attention
Kyongre	Bow
Juchum Seogi	Horse Back Stance

Section Two – 8th Gup

Makki	Blocking
Jireugi	Punching
Sonnal	Knife Hand
Chagi	Kicking
Momtong	Body
Olgul	Face
Arae	Lower
Jumbi	Ready
Sijak	Start
Keuman	Finish
Kalyeo	Stop
Ap Kubi	Long Forward Stance

Section Three – 7th Gup

Arae Makki	Lower Block
Momtong Jireugi	Body Punch
Momtong Makki	Body Block
Olgul Makki	Face Block
Ap Chagi	Front Kick
Yop Chagi	Side Kick
Ap Seogi	Short Walking Stance
Poomsae	Form
Hosinsul	Self Defence
Gyrugi	Sparring
Kia	Shout

Section Four – 6th Gup

Chigi	Striking
Olgul Jireugi	Face Punch
Dollyo Chagi	Round House Kick
Dwit Chagi	Back Kick
WTF	World Taekwondo Federation
Kukkiwon	WTF Headquarters

Counting 1-10 in Korean

Hana, Dool, Set, Net, Dasot, Yosot, Ilgop, Yeodul, Ahop, Yeol.



Counting Belt Levels

Il, E, Sam, Sa, Oh, Yuk, Chil, Pal, Gu, Ship

Section Five – 5th Gup

Hanssonal Makki	Single Knife Hand Block
Sonnal Mok Chigi	Knife Hand Neck Strike
Dubon Jireugi	Double Body Punch
Dubon Chagi	Double Kick
Nagko Chagi	Axe Kick
Dwit Kubi	Back Stance
Gyokpa	Breaking
Yong-o	Korean Terminology

Section Six – 4th Gup

An Makki	Inside Wrist Block
Bakkat Makki	Outside Wrist Block
Sonnal Makki	Double Knife Hand Block
Pyonsonkeut	Spear Hand
Deungjumok Ap Chigi	Back Fist Front Strike
Jebipoom Mok Chigi	Knife hand Face Block/Knife Hand Neck Strike
Hullryo Chagi	Spinning Heel Kick

Section Seven – 3rd Gup

Palgup Dollyo Chigi	Elbow Turning Strike
Palgup Pyojeok Chigi	Elbow Target Strike
Mejumeok Naryo Chigi	Hammer Fist Down Strike
Mureup Chigi	Knee Strike
Dwitkoa Seogi	Backward Cross Stance

Section Eight – 2nd Gup

Arae Hechyo Makki	Double Lower Block
Hanssonal Bitureo Makki	One Hand Blade Twist Block
Momtong Yop Jireugi	Body Side Punch
Tweio Chagi	Jumping Kick
Hanbon Kyorugi	One Step Sparring

Section Nine – 1st Gup

Batangson Momtong Makki	Heel Palm Body Block
Batangson Kodureo Makki	Heel Palm Assisted Block
Deungjumeok Olgul Ap Chigi	Back Fist Front Face Strike
Bojumeok	Covered Fist
Gawi makki	Double Cross Block
Hechyo Momtong Makki	Double Body Block
Jecho Jireugi	Double Uppercut Punch
Otgoreo Arae Makki	Crossed Lower Bock
Deungjumok Bakkat Chigi	Back Fist Outer Strike
Hanssonal Yop Makki	One Hand Side Blade Block
Bom Seogi	Cat Stance