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## **INTRODUCTION**

The purpose of this booklet is to help Revolutionary Martial Arts students begin classes successfully and learn what is required to progress through the belt ranks.

Prior to your 1<sup>st</sup> lesson please read the following:

- Official Rules and Regulations at Revolutionary Martial Arts
- Basic Korean Terminology
- Class Schedule

During the 1<sup>st</sup> lesson an instructor will cover:

- Uniform and Belt – proper attire
- Attendance Card
- Bowing Procedure
- Class Position / Line-up
- Warm-up Exercises

\*Remember, even the longest journey starts with the FIRST STEP.  
Congratulations on your new beginning and I look forward to seeing you achieve your Black Belt.

*Master Buck*

## Official Rules and Regulations

1. Take shoes off and bow to the Master and to the Flags when entering and leaving the training floor.
2. Always address other instructors or senior ranking members Sir or Ma'am.
3. When given permission, upper ranks are responsible for instructing lower ranks in discipline, manners, techniques, terminology, rules, and general information.
4. Do not teach other martial art techniques or higher rank techniques to lower ranks without the permission from the Master.
5. When at the Do Jang (Studio), do not practice any techniques that have not been shown to you by the Master or class instructor.
6. Please turn away from the Master, flags, and other students when adjusting your Do Bok (uniform) and belt.
7. Injuries are to be reported to the Master or class Instructor immediately.
8. Ask permission and enter or leave the Do Jang floor when class is in session.
9. No personal business is to be conducted during class time.
10. Students must obtain permission from the Master before participating in any outside tournaments, demonstrations, or private instruction.
11. Students must attend at least two classes per week.
12. Profanity, idle talk, and horseplay are not permitted.
13. Cell phones must be turned off.
14. Eating, drinking, gum chewing, wearing shoes (unless special shoes) or jewelry are prohibited in the Do Jang.
15. Any damaged equipment must be paid for by the person or persons responsible.
16. Keep your Do Bok (uniform) clean at all times.
17. Keeping the Studio clean and returning equipment to its proper place part of martial arts discipline. All students are expected to do their share.
18. Lesson payments must be current.
19. Free sparring is to be with good technique, precision, and control. All students who wish to engage in free sparring must do so only under the supervision of the Master or class instructor.
20. Protective equipment must be worn by all students who engage in free sparring. **The necessary equipment shall consist of: Headgear, mouthpiece, foot boots, and groin protector. Optional equipment can be worn and is recommended.**
21. There will be no contact above the shoulders or to the groin. Only light contact to the headgear is permitted.
22. I pledge myself to waive any and all rights to claims against the owner, instructors, and my fellow students for injuries I may receive while practicing martial arts or using and equipment in the Studio.
23. I have read and I understand all of the rules and regulations and agree to abide by them.

*Master Buck*

## **Korean Terminology**

### **Instructors**

#### **English**

#### **Korean**

7<sup>th</sup> - 9<sup>th</sup> Dan

Kwan Chang Nim (Grand Master)

5<sup>th</sup> & 6<sup>th</sup> Dan

Sa Bum Nim (Master Instructor)

1<sup>st</sup> – 4<sup>th</sup> Dan

Gyo Sa Nim (Instructor)

2<sup>nd</sup> – 1<sup>st</sup> Gup

Cho Gyo Nim (Assistant)

Deputy Black Belt

Joon Gyo Sa Nim

Junior Black Belt

Joon Gyo Sa Nim

### **Commands**

#### **English**

#### **Korean**

Attention

Cha Reut

Bow or Salute

Kyung Yeah

Return

Ba Roe

Meditation

Moong Yum

Ready

Joon Be

At Ease

Show

#### **English**

#### **Korean**

Sit Down

Ahn Jo

Stand Up

Ehro Set

Turn

Torah

Turn to Rear

Dwee Ro Torah

Begin

She Chak

Stop (End)

Goo Mahn

Continue

Kae Sok

### **General**

Training Hall

Do Jang

Training Uniform

Do Bok

Belt

Dee

Student Rank

Gup

Black Belt Degree

Dan

Shout -

(Express Spirit)

Ki Ap

Front Stance

Ap Coe Be

Back Stance

Dwee Coe Be

Side Stance

Chew Choom So Gi

Sparring

Kyo Rugi

Form

Poom Sae

Martial Arts

Moo Sool

Way or Path

Do

Hand (fist)

Kwon

Foot (heel)

Tae

Mind and Body

Sim Sin

Peaceful

Pyong Ahn

Basic Form

Kicho Hyung

Trust, Respect

Cooperation, Help

Don Gyo

Thank you

C'aam Sa Hamni Da

You're Welcome

Chun Man Nay-yo

## **Korean Terminology (continued)**

### **Beginning Class Procedure**

Students line up by rank, facing the flags.

Class Assistant or Instructor gives the commands:

1. Cha Reut (Attention)
2. Kuk Ki Dae, Kyung Yeah (R hand on heart salute)
3. Ahn Jo (Sit Down)
4. Moong Yum (Meditation)
5. Ba Roe (Return to attentive mental state)
6. Ehro Set (Stand Up)
7. Sah Bum Nim Gae, Kyung Yeah (All Bow and say Don Gyo!) (Trust, Respect, Cooperation, Help)

### **Ending Class Procedure**

Students link up by rank, facing the flags.

(Instructor will ask you to turn and adjust uniform)

Class Assistant or Instructor gives the commands:

1. Cha Reut (Attention)
2. Kuk Ki Dae, Kyung Yeah (R hand on heart salute)
3. Ahn Jo (Sit Down)
4. Moong Yum (Meditation)
5. Ba Roe (Return to attentive mental state)
6. Ehro Set (Stand Up)
7. Sah Bum Nim Gae, Kyung Yeah (All Bow and say C'aam Sa Hamni Da) (Thank you)

**WHITE BELT**  
**10<sup>TH</sup> GUP / TESTING REQUIREMENTS**

- I.) Attendance – Minimum 16 classes
- II.) Verbal – Memorize and recite
  - A.) All ages
    - 1. Count from 1 – 10 in Korean
    - 2. Tae Kwon do Oath
  - B.) Ages 13 years and up
    - 1. Count from 1 – 10 in Korean
    - 2. Tae Kwon Do Oath
- III.) Forms –
  - A.) Ages 5 -12 years:
    - 1. Basic Form #1
  - B.) Ages 13 years and up:
    - 1. Basic forms #1 and #2
- IV.) Sparring –
  - A.) All ages:
    - 1. One Step Sparring
    - 2. Three Kick Combination
    - 3. Side Kick

**Korean Counting**

Hana.....1	Yo Sut.....6
Dul.....2	Eel Gope.....7
Set.....3	Yo Dul.....8
Net.....4	Ah Hope.....9
Da Sut.....5	Yul.....10

**The Tae Kwon Do Oath**

- 1. I will be respectful to my instructors and seniors.
- 2. I will be cooperative with my fellow students.
- 3. I will never misuse the art of Tae Kwon Do.
- 4. I will be dedicated to my goal of self-improvement.

**YELLOW BELT**  
**9<sup>TH</sup> GUP / TESTING REQUIREMENTS**

- I.) Attendance – Minimum 16 classes
- II.) Verbal – Memorize and recite:
  - A.) All ages
    - 1. Count from 11– 20 in Korean
    - 2. Charter of Moo Sool Do
  - B.) Ages 13 years and up:
    - 1. Count from 11 – 20 in Korean
    - 2. Charter of Moo Sool Do
    - 3. Six Requisites on Mental Training\*
- III.) Forms –
  - A.) Ages 5 -12 years:
    - 1. Basic Form #2
  - B.) Ages 13 years and up:
    - 1. Basic forms #3 and #4
- IV.) Sparring –
  - B.) All ages:
    - 1. One Step Sparring
    - 2. Free Sparring, No Touch
    - 3. Front Kick

**Korean Counting**

Yul Hana.....	11	Yul Yo Sut.....	16
Yul Dul.....	12	Yul Eel Gope.....	17
Yul Set.....	13	Yul Yo Dul.....	18
Yul Net.....	14	Yul Ah Hope.....	19
Yul Da Sut.....	15	Soo Mul.....	20

**\*Note:** Verbal requirements continued on next page

## **Charter of Moo Sool Do**

The Charter of Moo Sool Do charges its members to have reverence for life; to respect life; and to have as a goal the preservation of life, even that of an enemy. It is also a goal of Moo Sool training to develop an appreciation for beauty; beauty of nature; of skill; and of rightness of action. The goals set forth in this charter serve not only to protect life, but to enhance its quality.

### **Six Requisites on Mental Training**

- |                    |                 |
|--------------------|-----------------|
| 1. Conscience      | 2. Awareness    |
| 3. Alertness       | 4. Experience   |
| 5. Reading Ability | 6. Self Control |

**PURPLE BELT**  
**8<sup>TH</sup> GUP / TESTING REQUIREMENTS**

- I.) Attendance – Minimum 16 classes
- II.) Verbal – Memorize and recite:
  - A.) All ages 5-12 years
    - 1. Count from 21– 30 in Korean
    - 2. The Tenets of Tae Kwon Do (includes definitions)\*
  - B.) Ages 13 years and up:
    - 1. Count from 21– 30 in Korean
    - 2. The Tenets of Tae Kwon Do (includes definitions)\*
    - 3. 10 Articles of Faith on Mental Training\*
- III.) Forms –
  - A.) Ages 5 -12 years:
    - 1. Tae Geuk #1
  - B.) Ages 13 years and up:
    - 1. Tae Geuk #1
    - 2. Sim Sin #1
    - 3. 10 Basic Motions
- IV.) Sparring –
  - A.) All ages:
    - 1. Three Step Sparring
    - 2. Free Sparring
      - a. Note: Bring All Safety Equipment
- V.) Other Techniques –
  - A.) All ages:
    - 1. Demonstrate flexibility
    - 2. Board breaking with Back Kick (7 years and under is optional)

**Korean Counting**

Soo Mui Hana.....	21	Soo Mui Yo Sut.....	26
Soo Mui Dui.....	22	Soo Mui Eel Gope.....	27
Soo Mui Set.....	23	Soo Mui Yo Dul.....	28
Soo Mui Net.....	24	Soo Mui Ah Hope.....	29
Soo Mui Da Sut.....	25	Sah Run.....	30

**\*Note:** Verbal requirements continued on next page

## **The Tenets of Tae Kwon Do**

1. Courtesy: Politeness, consideration of others, respectfulness.
2. Integrity: Personal pride, honor, morality, wholeness.
3. Perseverance: Continuing to try to achieve a goal in spite of obstacles, persistence.
4. Self Control: Being responsible for one's own actions and behavior.
5. Indomitable Spirit: Strength of mind and soul

## **Ten Articles of Faith on Mental Training**

- |   |                                     |
|---|-------------------------------------|
| 1. Be loyal to your country.                | 2. Be obedient to your parents.     |
| 3. Be loving between husband and wife.      | 4. Be cooperative between brothers. |
| 5. Be faithful between friends.             | 6. Be respectful to elders.         |
| 7. Be faithful between teacher and student. | 8. Be discreet in killing.          |
| 9. Never retreat in battle.                 | 10. Always finish what you start.   |

**ORANGE BELT**  
**7<sup>TH</sup> GUP / TESTING REQUIREMENTS**

- I.) Attendance – Minimum 16 classes
- II.) Verbal – Memorize and recite:
  - A.) All ages 5-12 years
    - 1. 11 Points of Emphasis On Spiritual Development\*
    - 2. Count from 31 to 40 in Korean
  - B.) Ages 13 years and up:
    - 1. 11 Points of Emphasis On Spiritual Development\*
    - 2. Count from 31 to 40 in Korean
    - 3. Laws of Martial Arts\*
- III.) Forms –
  - A.) Ages 5 -12 years:
    - 1. Tae Geuk #2
  - B.) Ages 13 years and up:
    - 1. Tae Geuk #2
    - 2. Sim Sin #2
    - 3. 10 Basic Motions with Korean Terminology\*
- IV.) Sparring –
  - A.) All ages:
    - 1. Three Step Sparring
    - 2. Free Sparring
      - a. Note: Bring All Safety Equipment
- V.) Other Techniques –
  - A.) All ages:
    - 1. Demonstrate flexibility
    - 2. Board breaking with Ax Kick (7 years and under is optional)

**Korean Counting**

Sah Run Hana.....	31	Sah Run Yo Sut.....	36
Sah Run Dui.....	32	Sah Run Eel Gope.....	37
Sah Run Set.....	33	Sah Run Yo Dul.....	38
Sah Run Net.....	34	Sah Run Ah Hope.....	39
Sah Run Da Sut.....	35	Ma Hun.....	40

**\*Note:** Verbal requirements continued on next page

## **11 Points of Emphasis on Spiritual Development**

1. Reverence for nature
2. Oneness with nature
3. Courtesy
4. Modesty
5. Thankfulness
6. Cultivation of Courage
7. Self-sacrifice
8. Inner strength / Outer calm
9. Endurance
10. Chastity
11. Morality

## **Laws of Martial Arts**

ALL MEMBERS OF THIS ACADEMY MUST.....

1. Show respect to Master Instructor upon arrival and departure.
2. Respect each other's ideals.
3. Always strive for mental and physical development and control.
4. Respect the elders.
5. Show respect and obedience to the duly appointed class instructor regardless of rank.
6. Respect each other as individuals.
7. Respect and honor all senior belts.
8. Respect the tradition of Korean Martial Arts. (Moo Sool Do)
9. Preserve life and have reverence for nature.
10. Discipline themselves in the Article of Korean Martial Arts. (Moo Sool Do)

## **Ten Basic Motions and Tae Kwon Do Terminology**

1. Ah Rae Mockee – Low Block, Front Stance
2. Moom Tong Chirugi – Middle Punch, Front Stance
3. All Gool Mockee – High Block, Front Stance
4. All Gool Chirugi – High Face Punch, Front Stance
5. Yup Mockee – Side Block, Back Stance
6. Moom Tong Yup Chirugi – Middle Side Punch, Side Stance (Turn around, repeating – Moom Tong Yup Chirugi, Dwee Ro Torah, Ki Ap)
7. Ap Cha Gi - Front Kick, Back Stance
8. Yup Cha Gi – Side Kick, Back Stance
9. Dwee Cha Gi – Back Kick, Back Stance
10. Tollyo Cha Gi – Round House Kick, Back Stance (Dwee Ro Torah, Ki Ap – Turn around into Back Stance)

Ten Basic motions should be practiced to be performed with both right and left sides when starting from the #1 position (Low Block, Front Stance). Alternate legs when performing kicks.

**GREEN BELT**  
**6<sup>TH</sup> GUP / TESTING REQUIREMENTS**

- I.) Attendance – Minimum 32 classes
- II.) Verbal – Memorize and recite:
  - A.) All ages
    - 1. 5 Requisites of Physical Development
    - 2. Count from 41 to 50 in Korean
- III.) Forms –
  - A.) Ages 5 -12 years:
    - 1. Tae Geuk #3
  - B.) Ages 13 years and up:
    - 1. Tae Geuk #3
    - 2. Sim Sin #3
    - 3. 10 Basic Motions with Korean Terminology
- IV.) Sparring –
  - A.) All ages:
    - 1. Three Step Sparring
    - 2. Free Sparring
      - b. Note: Bring All Safety Equipment
- V.) Other Techniques –
  - A.) All ages:
    - 1. Demonstrate flexibility
    - 2. Demonstrate Jump Kicks
    - 3. Demonstrate Grabbing Self-defense
    - 4. Board breaking Spin Hook Kick (7 years and under is optional)

**Korean Counting**

Ma Hun Hana.....	41	Ma Hun Yo Sut.....	46
Ma Hun Dui.....	42	Ma Hun Eel Gope.....	47
Ma Hun Set.....	43	Ma Hun Yo Dul.....	48
Ma Hun Net.....	44	Ma Hun Ah Hope.....	49
Ma Hun Da Sut.....	45	Shi Eun.....	50

**5 Requisites of Physical Development**

- 1. Contact with natural surroundings
- 2. Contact with diverse physical conditions
- 3. Suitable nourishment
- 4. Suitable exercise
- 5. Suitable rest

**BLUE BELT**  
**5<sup>TH</sup> GUP / TESTING REQUIREMENTS**

- I.) Attendance – Minimum 32 classes
- II.) Verbal – Memorize and recite:
  - A.) All ages
    - 1. 10 Articles of Emphasis on Physical Training\*
    - 2. Count from 51 to 60 in Korean
- III.) Forms –
  - A.) Ages 5 -12 years:
    - 1. Tae Geuk #4
  - B.) Ages 13 years and up:
    - 1. Tae Geuk #4
    - 2. Sim Sin #4
    - 3. 21 Basic Motions
- IV.) Sparring –
  - A.) All ages:
    - 1. Three Step Sparring
    - 2. Free Sparring
      - a. Note: Bring All Safety Equipment
- V.) Other Techniques –
  - A.) All ages:
    - 1. Demonstrate flexibility
    - 2. Demonstrate Jump Kicks
    - 3. Demonstrate Grabbing Self-defense
    - 4. Board breaking with Speed Break (7 years and under is optional)

**Korean Counting**

Shi Eun Hana.....	51	Shi Eun Yo Sut.....	56
Shi Eun Dui.....	52	Shi Eun Eel Gope.....	57
Shi Eun Set.....	53	Shi Eun Yo Dul.....	58
Shi Eun Net.....	54	Shi Eun Ah Hope.....	59
Shi Eun Da Sut.....	55	Ye Sun.....	60

**\*Note:** Verbal requirements continued on next page

### **10 Articles of Emphasis on Physical Training**

1. Vocal exhalation, for thoracic strength (Ki Ap)
2. Eye-Line of sight (Glance)
3. Continuous balance during movements
4. Flexibility of the body
5. Correct muscle tone for maximum power
6. High and low speed techniques
7. Accuracy of techniques
8. Adjustment for proper distance
9. Proper breathing for endurance
10. Conditioning hands and feet

**BROWN BELT**  
**4<sup>TH</sup> GUP / TESTING REQUIREMENTS**

- I.) Attendance – Minimum 48 classes
- II.) Verbal – Memorize and recite:
  - A.) All ages
    - 1. Meaning of the Belt Colors\*
    - 2. Count from 61 to 70 in Korean
- III.) Forms –
  - A.) Ages 5 -12 years:
    - 1. Tae Geuk #5
  - B.) Ages 13 years and up:
    - 1. Tae Geuk #5
    - 2. Sim Sin #5
    - 3. 21 Basic Motions with terminology
- IV.) Sparring –
  - A.) All ages:
    - 1. Three Step Sparring
    - 2. Free Sparring
      - a. Note: Bring All Safety Equipment
- V.) Other Techniques –
  - A.) All ages:
    - 1. Demonstrate flexibility
    - 2. Demonstrate Jump Kicks
    - 3. Demonstrate Grabbing Self-defense
    - 4. Board breaking (7 years and under is optional)
      - a. Adult technique ages 16 years and up – Knife Hand Chop
      - b. Child technique ages 8-16 years – Palm Heel Strike

**Korean Counting**

Ye Sun Hana.....	61	Ye Sun Yo Sut.....	66
Ye Sun Dui.....	62	Ye Sun Eel Gope.....	67
Ye Sun Set.....	63	Ye Sun Yo Dul.....	68
Ye Sun Net.....	64	Ye Sun Ah Hope.....	69
Ye Sun Da Sut.....	65	Ee Run.....	70

\***Note:** Verbal requirements continued on next page

## Meaning of Belt Colors

Life is cyclical, having no beginning and no end. This is symbolized by the Ying and Yang (the red and blue circle in the middle of the Korean flag). Life is the perpetual and dynamic alternation of opposites (sky and earth, man and woman, day and night). This philosophy is the meaning behind the colors of the belts. The colors represent the cycle of life of animals and plants.

**\*WHITE** – White indicates a novice or beginner. White is the color of purity and freshness, like the first winter snow. White is the seed which has the potential to grow.

**\*YELLOW** – Yellow represents the sun's warmth that melts the snow and allows the seed to germinate.

**\*PURPLE** – Purple is the color of loyalty. This is when a student begins to awaken.

**\*ORANGE** – This is the final stage of a beginner. A clear perspective begins to form, questions are starting to be answered.

**\*GREEN** – Green represents Spring and growth.

**\*BLUE** – The sky and deep water are two natural colors of blue. This represents the high and low of Tae Kwon do. Blue belt is the last phase of intermediate training and the start of advanced training.

**\*BROWN** – Brown symbolizes Fall and a time of maturation.

**\*RED** – Red is a sign of caution. This is a critical time for the Tae Kwon Do student because he / she has learned enough physically to be dangerous, but has not trained long enough to develop total self-control. Red symbolizes the heat of Summer and excitement.

**\*BLACK** – Black is the color of respect. No color added to it can change or improve it. Black signifies the completion of a cycle and the start of a new cycle.

## TWENTY-ONE BASIC MOTIONS AND KOREAN TERMINOLOGY

1. Ah Rae Mockee – Low Block, Front Stance
2. Moom Tong Chirugi – Middle Punch, Front Stance
3. All Gool Mockee – High Block, Front Stance
4. All Gool Chirugi – High Punch, Front Stance
5. Yup Mockee – Sideward Block, Back Stance
6. Ahnoo Ro Mockee – Inward Block, Front Stance
7. Pahkoo Ro Mockee, Dwee Ro Toroh, Ki Ap = (Turn Around) Outward Block, Front Stance (Ki Ap)
8. Moom Tong Yup Chirugi – Sideward Middle Punch, Side Stance
9. Moom Tong Geutdeuro Mockee- Reinforced, Double Fisted Middle Block, Front Stance
10. Ut Georeo Ah Rae – All Gool Mockee – Low Then High Double Fisted “X” Block, Front Stance
11. Doo Sown Noll All Gool Mockee – High Double Knife Hand Block, Back Stance
12. Doo Down Nool Ah Rae Mockee – Low Double Knife Hand Block, Back Stance
  - Doo Sown Noll Ah Rae Mockee, Dwee Ro Torah, Ki Ap (Turn Around)  
Low Double Knife Hand Block, Back Stance (Ki Ap)
13. Ap Alegi – Front Stretch Kick
14. Ap Cha Gi – Tweoh Ap Cha Gi – Front Kick, Jump Front Kick
15. Yup Olegi – Side Stretch Kick
16. Yup Cha Gi – Tweoh Yup Cha Gi – Side Kick, Jump Power Side Kick
17. Dwee Cha Gi – Back Kick
18. Tollyo Cha Gi – Round House Kick
19. Yuk Jin Moom Tong Yup Chirugi, Dwee Ro Toroh, Ki Ap – (Turn Around)  
Knife Hand Chop, Reverse Middle Punch, Back Stance, Sideward Middle Punch, Side Stance (Ki Ap)
20. Yuk Jin, Ki Ap – Knife Hand Chop, Reverse Middle Punch, Back Stance (Ki Ap)
21. Baro Chirugi – Reverse Middle Punch, Back Stance
  - Hanna – One
  - Dui – Two
  - Set – Three
  - Net – Four
  - Da Sut – Five
  - Yuk Jin, Dwee Ro Toroh, Ki Ap
  - (Turn Around)  
Knife Hand Chop, Reverse Middle Punch, Back Stance (Ki Ap)

Twenty-one Basic Motions should be practiced to be performed with both right and left side when starting from the #1 position (Low Block, Front Stance). Alternate legs when performing kicks.

**BROWN / WHITE BELT**  
**3<sup>RD</sup> GUP / TESTING REQUIREMENTS**

- I.) Attendance – Minimum 48 classes
- II.) Verbal – Memorize and recite:
  - A.) All ages
    - 1. 14 Important Training Guidelines\*
    - 2. Count from 71 to 80 in Korean
- III.) Forms –
  - A.) Ages 5 -12 years:
    - 1. Tae Geuk #6
  - B.) Ages 13 years and up:
    - 1. Tae Geuk #6
    - 2. Bassai
- IV.) Sparring –
  - A.) All ages:
    - 1. Three Step Sparring
    - 2. Free Sparring
      - a. Note: Bring All Safety Equipment
- V.) Other Techniques –
  - A.) All ages:
    - 1. Demonstrate Jump Kicks
    - 2. Demonstrate Grabbing Self-defense
    - 3. Board breaking – (7 years and under is optional)
      - a. Master Instructor's choice

**Korean Counting**

Ee Run Hana.....	71	Ee Run Yo Sut.....	76
Ee Run Dui.....	72	Ee Run Eel Gope.....	77
Ee Run Set.....	73	Ee Run Yo Dul.....	78
Ee Run Net.....	74	Ee Run Ah Hope.....	79
Ee Run Da Sut.....	75	Yo Dun.....	80

**\*Note:** Verbal requirements continued on next page

## **14 Important Training Guidelines**

1. Purpose of training should be enhancement of the mental and physical self.
2. Sincerity is necessary.
3. Effort is necessary.
4. Maintain a consistent schedule during practice.
5. Do your best when training.
6. It is necessary to train in the basic spirit of Tae Kwon Do.
7. Obey without objection the word of instructors and seniors.
8. Don't be overly ambitious.
9. Pay attention to every aspect of your training.
10. Pay attention to the order of the training.
11. Get instruction step by step in new form and techniques.
12. Try to conquer when you feel idleness.
13. Cleanliness is desired before and after practice.
14. Take care of your equipment, and always bring it.

**RED BELT**  
**2<sup>ND</sup> GUP / TESTING REQUIREMENTS**

- I.) Attendance – Minimum 48 classes  
\*Student Red Belt testing is combined with Black Belt testing, held twice yearly.
- II.) Verbal – Memorize and recite:
  - A.) All ages
    - 1. What Is The Philosophy of Tae Kwon Do?\*
    - 2. Count from 81 to 90 in Korean
- III.) Forms –
  - A.) Ages 5 -12 years:
    - 1. Tae Geuk #1 through #7 non-stop
  - B.) Ages 13 years and up:
    - 1. Tae Geuk #1 through #7 non-stop
    - 2. Pyung Ahn #1 and #2
- IV.) Sparring –
  - A.) All ages:
    - 1. Three Step Sparring
    - 2. Free Sparring
    - 3. Multiple Opponent Sparring
      - a. Note: Bring All Safety Equipment
- V.) Other Techniques –
  - A.) All ages:
    - 1. Demonstrate Jump Kicks
    - 2. Demonstrate Grabbing Self-defense
    - 3. Board breaking – (7 years and under is optional)
      - a. Master Instructor's choice

**Korean Counting**

Yo Dun Hana.....	81	Yo Dun Yo Sut.....	86
Yo Dun Dui.....	82	Yo Dun Eel Gope.....	87
Yo Dun Set.....	83	Yo Dun Yo Dul.....	88
Yo Dun Net.....	84	Yo Dun Ah Hope.....	89
Yo Dun Da Sut.....	85	Ah Hun.....	90

**\*Note:** Verbal requirements continued on next page

## **What is the Philosophy of Tae Kwon Do?**

A human being has a body, a mind, and a spirit. It is the philosophy of Tae Kwon Do that all three must be strong and healthy and that the well-being of each is dependent upon the other two. For this reason, Tae Kwon Do aims at developing the whole person.

The body is developed through regular exercise. The purpose of this is not to build huge muscles, but to improve their tone and flexibility. Once a state of physical fitness is achieved, the focus shifts to developing speed, control, and endurance. It is necessary to practice the techniques of Tae Kwon Do until they become almost automatic.

To do this, one must develop a strong mind. One must learn to concentrate on an objective. One must learn to use the mind to control the movements of the body, using only the muscles necessary to a particular movement and keeping the others relaxed and ready for use at any given time. Economy of movement saves strength. One must learn to focus all of one's energy at a specific instant toward a specific point to achieve the most powerful effect.

In addition to the beneficial effects of a strong mind and body, the code of the Hwarang warriors is an excellent tool for building spiritual strength. Although the five precepts that form the base of this code were written almost two thousand years ago, their value is ageless and can easily be adapted to today's world.

They are as follows:

- 1.) Loyalty to the country
- 2.) Respect for parents
- 3.) Loyalty to friends
- 4.) Courage in battle
- 5.) Avoidance of unnecessary violence and killing

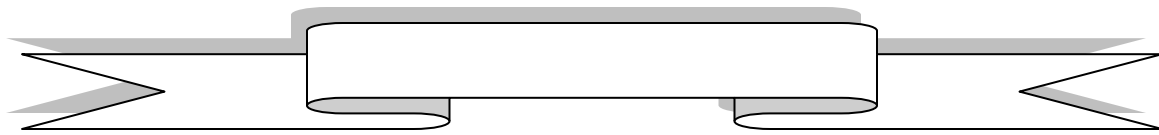
Following this code allows one to rise above petty hatreds and frustrations. It provides a set of guidelines to enable one to act correctly in almost any situation, thus eliminating indecision or uncertainty and building confidence and self-respect. It is important to remember that the development of the body, mind, and spirit occurs simultaneously; each contributing to the development of the others in an ever upward cycle.

**RED / WHITE BELT**  
**1<sup>ST</sup> GUP / TESTING REQUIREMENTS**

- I.) Attendance – Minimum 48 classes  
\*Student Red / White Belt testing is combined with Black Belt testing, held twice yearly.
- II.) Verbal – Memorize and recite:
  - A.) All ages
    - 1. Brief History of Tae Kwon Do and Korea
    - 2. Count from 91 to 100 in Korean
- III.) Forms –
  - A.) Ages 5 -15 years:
    - 1. Tae Geuk #1 through #8 non-stop
  - B.) Ages 16 years and up:
    - 1. Tae Geuk #1 through #8 non-stop
    - 2. Pyung Ahn #1 through #5 non-stop
- IV.) Sparring –
  - A.) All ages:
    - 1. Three Step Sparring
    - 2. Free Sparring
    - 3. Multiple Opponent Sparring
      - a. Note: Bring All Safety Equipment
- V.) Other Techniques –
  - A.) All ages:
    - 1. Demonstrate Jump Kicks
    - 2. Demonstrate Grabbing Self-defense
    - 3. Board breaking – (7 years and under is optional)
      - a. Master Instructor's choice

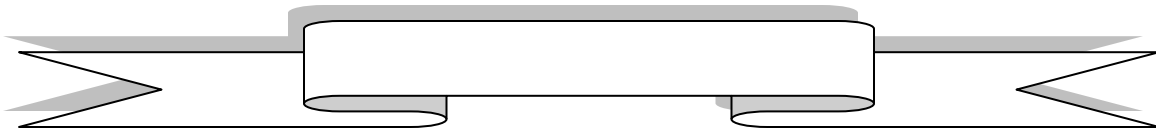
**Korean Counting**

Ah Hun Hana.....	91	Ah Hun Yo Sut.....	96
Ah Hun Dui.....	92	Ah Hun Eel Gope.....	97
Ah Hun Set.....	93	Ah Hun Yo Dul.....	98
Ah Hun Net.....	94	Ah Hun Ah Hope.....	99
Ah Hun Da Sut.....	95	Beck.....	100



**Upon successful completion of 1<sup>st</sup> GUP testing, all students ages 15 and under will ADVANCE to “Junior” 1<sup>st</sup>. POOM / Black Belt status.**

**Students ages 16 and older will gain status of “Probationary Black Belt”. This is a Six month review period which is followed by a cumulative test. Successful completion of this test will result in promotion to adult 1<sup>st</sup> DAN / Black Belt status.**



### **Brief History of Tae Kwon Do and Korea**

The Korean peninsula has been coveted by many nations for thousands of years for its strategic location in Eastern Asia. To the west, across the Yellow Sea, lies China. To the north lie Manchuria and Russia, and to the southeast, across the Sea of Japan and the Korea Straits, lies the nation of Japan. This central position combined with her matchless coastline facing three directions has made Korea a rich prize for any nation capable of taking her. For this reason, the Korean people have had little peace throughout history.

Korea found it necessary to develop methods of defense from her earliest history. In ancient times defense against wild animals was developed by imitation of their defensive and offensive positions. These movements developed into games and sports activities used in religious rites and exercises to improve strength and skill. The various tribes which were the forerunners of the Korean nation developed many different styles of ritualized combat.

The traditional beginning of Korea's history, according to legend, is 2332 B.C. when soldier King Tan-Gun forged these tribes into a unified kingdom Ko-Chosun (that this kingdom did exist is documented in Chinese records written two to three thousand years B.C. which refer to the kingdom named Chosun). Throughout the centuries bloodlines, agriculture, social relationships, and religious practices were developed, establishing a unique culture. The use of primitive weapons and refinement of the skills of unarmed combat were also part of the development, necessary for the protection of Chosun from raids by nomadic tribes of the north. These skills were an early form of Tae Kwon Do called Taekyon.

**Deputy Black Belt to 1<sup>st</sup> Dan / Adult Black Belt**  
**TESTING REQUIREMENTS**

- I.) Attendance – Minimum twice weekly for six months  
\*Student Black Belt testing is held twice yearly.
  
- II.) Verbal – Outline and Summarize (2 Minute Speech)
  - A.) Ages 16 and up:
    - 1. History of Korea and 3 Kingdoms\*
  
- III.) Forms –
  - A.) Ages 16 years and up:
    - 1. Tae Geuk #1 through #8
    - 2. Pyung Ahn #1 through #5 non-stop
    - 3. Sim Sin #1 thru #5 non-stop
    - 4. Forty-two Motions (42 Do Soo Koong Bong)
    - 5. Bassai
    - 6. Fast for Three Days
  
- IV.) Sparring –
  - A.) Ages 16 and up:
    - 1. Three Step Sparring
    - 2. Free Sparring
    - 3. Multiple Opponent Sparring
      - a. Note: Bring All Safety Equipment
  
- V.) Other Techniques –
  - A.) Ages 16 and up:
    - 1. Demonstrate Jump Kicks
    - 2. Demonstrate Grabbing Self-defense
    - 3. Board breaking
      - a. Spin Hook Kick – Speed break

**\*Note:** Verbal requirements continued on next page.

## History of Korea and Three Kingdoms

The next major event, in both the history of Korea and Tae Kwon Do, was the invasion of the Korean peninsula by the Chinese emperor Wu of the Han dynasty in 108 B.C. The Korean population resisted his attempt to occupy and absorb their homeland. However, Korea was not politically unified and, although three of the four administrative districts established by the Chinese were forced out, the one at Nang Nang remained. The struggle for political unity and to drive out the Chinese invaders provided the impetus for the formation of three major power bases, or kingdoms. The first kingdom, Silla (57 B.C.), was situated in the southeastern part of the peninsula, the second kingdom, Baek Je (18 B.C.), was situated in the southeastern west, and the third kingdom, Koguryo (37 B.C.), in northern Korea and southern Manchuria.

Korea remained torn by conflict for over seven hundred years, not only with the Chinese, but by the internal struggle between the three kingdoms for domination over the entire peninsula. During this time, the kingdoms became quite different in character. The early form of Taekyon also developed somewhat differently in each (although archeological evidence such as mural paintings, stone sculptures, and written documents from the three kingdoms show many studies of fighting stances, skills, and formalized movements much like those of present-day Tae Kwon Do.)

Koguryo, initially the largest and most powerful of the three became a highly aggressive and warlike state. Dedicated to the expulsion of the Chinese from its peoples' original territory, driven by the need to conquer and absorb areas more suited to agriculture than its harsh steppe lands and harassed by the savage, nomadic tribes of Central Asia, Koguryo was forced to develop great military skill to survive.

Baek Je, established by a contingent of the population driven south by the aggressiveness of the Koguryo, was in such a position as to be open to outside influences. The continuing threat of a Koguryo advance forced Baek Je to seek all possible allies, one of which was Japan. Thus Baek Je became the route through which Chinese and Korean culture reached the Japanese people.

Of the three kingdoms, it was Silla that remained truest to Chosun's ancient characteristics, institutions, and practices. It was Silla that produced one of the highest expressions of the Korean spirit – the Hwarang. Established by King Jin Heung, one of a line of wise, compassionate kings, the Hwarang was made up of noble youths, highly trained in martial arts. Not only were they skillful in combat, they were also highly educated in philosophy, morality, and the arts. Their skill and intelligence, combined with a strong code of ethics, made the Hwarang a valuable asset to Silla. It is from the code of the Hwarang warriors based on loyalty to friends and country, respect for parents, courage in battle and avoidance of unnecessary violence and killing, that the philosophy of present-day Tae Kwon Do was

developed. Japanese Bushido was also based on the Korean Hwarang code although there were a few major differences.

History of Korea and Three Kingdoms continued.....

In the fourth century A.D., Koguryo succeeded in driving the Chinese out of northern Korea. It then, turned on the remaining two kingdoms, twice forcing Baek Je to move its capitol south. Silla, which Koguryo initially thought to be the smallest and most vulnerable, was never taken. Silla's Hwarang warriors provided the leadership and martial valor to repel the highly trained military of Koguryo.

By the seventh century, the three kingdoms were in a relative state of balance. Then the Sui dynasty of China launched another invasion of Koguryo with an army of more than a million men. China was so severely defeated by the martial arts skills of the three kingdoms that the dynasty fell to be replaced by the T'ang, one of the most glorious of all the Chinese dynasties.

The T'ang dynasty resumed war with Koguryo but was also unsuccessful until Silla made a skillful diplomatic move. It enlisted the aid of the Chinese in defeating Baek Je and Koguryo. This was accomplished by 668 A.D. China then attempted to conquer Silla but was unable to do so. Finally, an agreement was reached whereby Silla controlled the Korean peninsula but agreed to acknowledge the Chinese emperor so long as China refrained from interfering with Korea's internal affairs. Thus, Silla reunited the three kingdoms after almost eight hundred years of war.

The Silla dynasty lasted from 661 to 935 A.D., nearly three hundred years – a period of peace and prosperity. The government was concerned with protection and welfare of the people. Learning, religion, and the arts flourished. Scholars and monks traveled freely between China, Korea, and Japan, and monasteries of all sects were established, although Buddhism remained the most influential. The martial arts expanded from training of the military to become regular features of athletic competitions and festivals. That Korea was able to integrate so many foreign ideas and aspects of culture without losing her unique spirit and identity was largely due to the Hwarang Do which provided a unifying base for Korean philosophy.

However, toward the end of the Silla dynasty, the government began to disintegrate due to several unfortunate circumstances. The last two rulers of Silla were weak and dissolute. The T'ang dynasty of China collapsed leaving China in chaos, so there was no support available from there. The over-burdened middle class strongly resented the tax-exempt status of monastic and aristocratic landholders and began refusing to pay its taxes. In addition, the ineffectual government could not control the bands of roving bandits that began to plague the country and loss of faith in the rulers demoralized the people.

## **Koryo Dynasty (918 to 1392 A.D.)**

The Koryo dynasty (918 to 1392 A.D.) lasted almost five centuries. Its founder, Wang Kon, better known as King T'aejo was well-educated and skillful in the martial arts (then called Su Bak). He instituted many major reforms such as redistribution of the land so that each farmer owned a piece, relieving the middle class of excessive taxes, universal education, and a rank system of authority based on merit. He also created a balance system in the government by arranging officials into two ranks called Yangban. The Yangban consisted of the Tangban (civilian) and the Soban (military) branches, which were relatively equal in power. He also actively supported Buddhism which was still very prominent in Korea.

Su Bak became extremely popular in the Koryo period. Military personal were required to have skill in unarmed combat as part of their training, and it was also a very popular sports activity. Training schools were established with leading masters of the art and a unified system of teaching was organized.

At this point in Korea's history, her strategic position in the Far East began to have a powerful effect. Almost from its beginning, the Koryo dynasty was under attack. First it was by powerful nomadic tribes from the north. These attacks became especially frequent during the eleventh and twelfth centuries, causing the Koryo military to rise to great power. The government became decentralized as military officials moved to fortified cities along the frontier and to large monastic centers to organize defense of the country. The central civilian government whose officials were less able descendants of King T'aejo was under the cautious, conservative influence of Confucianism. As a result of this decentralization, although military skill and cultural achievements increased, the governmental structure weakened.

In the early thirteenth century, the Mongols began a series of invasions against Koryo. Having already conquered much of the Asian continent and slaughtered more than twenty million people, the Mongols were the most savage and powerful military force on Earth. Yet, Korea repelled them time and time again. The Hwarang spirit refused to submit. It was not until the Mongols united under Kublai Khan (who was greatly civilized by Confucianism) that Koryo opened relations with them.

The Mongols allied themselves with the Koryo ruling house by marriage and established an over-lordship that was to last a hundred years. During this time, they forced the Koreans to build two huge fleets of ships for their attempted invasion of Japan. The invasion was unsuccessful, the fleets were lost, and finally, Mongol power began to wane. The result was more war, with large armies struggling to break the yoke of Mongol rule all over Central Asia and Korea. With Mongol power weakened, the Japanese stepped up with their harassment of Koryo's coastal areas by organized pirate raids. Exhausted by centuries of invasion and a hundred years of Mongol domination, Koryo's government and social structures were badly disintegrated.

## **Yi Dynasty (1392-1910)**

But the Hwarang spirit was still strong. Again a great military leader, Yi Song-gye, arose to reunify the Korean people. He qualified the Japanese pirate raids and the Manchu invaders, and instituted many reforms that again consolidated the country. He also re-opened relations with China. Yi Song-gye strongly supported Confucianism and when he re-established the central government, he provided the king with Confucian advisors. Thus, Confucianism began to replace Buddhism as a strong cultural force in Korea.

The shift from Buddhism to Confucianism was to have a serious effect on the martial arts and, thus, on Korea. Although cultural achievements such as the development of the Korean alphabet, centers of advanced learning, and native literature flourished, the Confucian philosophy was basically non-military. Training centers for the martial arts were not encouraged or supported by the government. Military skill suffered and the popularity of Su Bak as a sport declined as the public grew disinterested. Eventually, organized instruction became unavailable and the martial arts were kept alive only by the dedication of the masters, who handed down the forms in secret.

Korea suffered and resisted more invasions during the Manchu conquest of China a generation later but resumed relations with China after the war. At this point, Korea began a period of isolationism, closing her borders to all foreigners in an attempt to secure some peace. Confucianism remained dominant and martial arts continued to be actively discouraged despite their proven value. One famous book (Muye Dobo Tongji) on martial arts was published in the late seventeenth century by King Chongjo, but their decline in favor continued. Again the martial arts were learned and practiced in secret.

In 1894, Japan and China went to war for possession of Korea, with the Japanese promising Korea freedom if they were victorious. Japan won but did not keep its promise. Korea was under Japanese control. Russia, which had a growing interest in Korea for some time, seized on Japan's broken promise to Korea as an excuse for military intervention and went to war with Japan in 1904. Japan emerged victorious and Korea was left under even tighter control than before. Japan had moved many more troops into it, strengthening their military forces. Then in 1910, the Japanese formally annexed Korea and renamed it Chosun.

Korea had virtually no army with which to defend itself because of the Confucian government's lack of concern for military development and the Yi dynasty fell. The Japanese colonial government was severely repressive and all forms of Korean martial arts were banned, even as sport. In spite of the very real threat of torture or death, "Independence Armies: of Koreans skilled in the martial arts sprang up all over the country." Some came from other countries where they had been living to join in the attempt drive the Japanese from their homeland. However, the resistance was disorganized because of its underground nature, and Korea could not free herself without foreign intervention. Japan remained in control until the end of World War Two in 1945, when Korea was divided into two sections, north and south, by the five powers who established a trusteeship. Then, in 1950, the United States intervened in

Korea to help establish a balance of power. Korea's history from this point is so recent as to be common knowledge, so it will not be discussed further here but it is from this period that the Korean martial art known as Tae Kwon Do began to take its present shape.

### **Modern Day Tae Kwon Do**

After Korea's liberation from Japan in 1945, the martial arts again began to grow in popularity, particularly as a sport. Many dojangs (martial arts schools) were opened teaching various forms of unarmed combat such as Kong Soo Do, Kwon Bup, Tang Soo Do, Su Bak Do, etc. The Korean Su Bak Do (Tang Soo Do) Association was also opened during this time. In July of 1946 the first conference of Tae Kwon Do was held in an attempt to unify the various styles. It was unsuccessful, but the attempts continued. Several leaders of major schools, after much research and discussion, came up with the term Tae Kwon Do. In 1961 a government decreed commission was set up to unify the dojangs and the Korea Tae Soo Do Association became an official member of the Korea Amateur Sports Association which regulated all sports in Korea. In 1965 the Korea Tae Soo Do Association was officially renamed the Korea Tae Kwon Do Association and Tae Kwon Do became a national sport. At this time Tae Kwon Do also became the official name for the Korean Martial Arts.

In 1971, Dr. Un Yong Kim was elected president of the organization and through his leadership, Tae Kwon Do has become a worldwide sport. In 1973, he organized the World Tae Kwon Do Federation with 78 countries as members. In October of 1974, Tae Kwon Do was admitted as a sport to the United States Amateur Athletic Union (AAU). It has also recently been recognized by the International Military Sports Council (CISM) and the General Assembly of the International Sports Federation (FAIF). Tae Kwon Do will soon become part of the World Olympic Games.

Tae Kwon Do is a very unique art. No other martial art form has been so influential in the country of its origin as has Tae Kwon Do in Korea. No other martial art is so true an expression of the spirit of its developers. Tae Kwon Do's techniques and philosophy are now included in every school curriculum in Korea and are part of the basic training for Korea's armed forces.

In 1980, at the Moscow Olympic Games, it was determined by the International Olympic Committee Assembly that the only martial art recognized for Olympic competition was Tae Kwon Do. Since then, the Tae Kwon Do movement, under the U.S. Olympic Committee, has expanded to the Pan American games, Junior Olympic Games, Asian Games, and European Games. In the 1988 Olympics held in Seoul, Korea, Tae Kwon Do debuted as an Olympic

Demonstration Championship. At the present time there are a total of 115 countries that are recognized by the I.O.C. as members of the World Tae Kwon Do Federation. At the 2000 Olympics in Sydney, Australia, Tae Kwon Do was included as a medal sport. This means that any medals won by Tae Kwon Do competitors will count towards country standings.

## 42 Do Soo Koong Bong

1. Kyu Ru Gi Joon Be – Fighting Position / Back Stance
2. Beet Cha Gi – (R) Inside – Out Front Kick
3. Tollyo Cha Gi – (L) Round House Kick
4. Tweoh Dwee Cha Gi, Ki-Ap – ® 2 Foot Jump Back Kick, Ki-Ap
5. Han Son Nal Yup Mockee – (L) Single Knife Hand Block, Back Stance
6. Baro Chirugi – (R) reverse Punch (remain in Back Stance)
7. All Gool Mockee – (L) Face Block (remain in Back Stance)
8. All Gool Chirgui – (R) Reverse Face Punch (make transition to Front Stance with Left Foot)
9. Yup Cha Gi – (R) Side Kick
10. Tweoh Yup Cha Gi – (R) Jump Power Side Kick
11. Dwee Ro Toroh – Kyo Ru Gi Joon Be – Turn Back Around, Fighting Position / Back Stance
- \*\* (Repeat Motions 2-10)
12. Beet Cha Gi
13. Tollyo Cha Gi
14. Tweoh Gwee Cha Gi, Ki-Ap
15. Han Son Nal Yup Mockee
16. Baro Chirugi
17. All Gool Mockee
18. All Gool Chirugi
19. Yup Cha Gi
20. Tweoh Yup Cha Gi
- \*\*
21. Dwee Ro Torah – Han Son Nal Yup Mockee – Turn Around, (L) Back Stance, Single Knife Hand Block
22. Han Son Nal Ahn Uoo Ro Mockee – (R) 90 degrees, Modified Side Stance, (R) Single Outside In Knife Hand Block
23. Dwee Ro Torah – Ah Rae Mockee – Turn Around, (L) Low Block
24. Han Son Nal Pahk Uoo Ro Mockee – Remain in (L) Front Stance, (R) Reverse Circle Block
25. Oh Run Bahl Ban Dol Cha Gi – (R) Outside-in Crossing Kick
26. Hae Oh Ree Ba Ram Cha Gi – (L) Spin Crescent, (R) Jump Crossing Kick
27. Win Bahl Ban Dol Cha Gi – (L) Outside-in Crossing Kick
28. Hae Oh Ree Ba Rum Cha Gi – (R) Spin Crescent, (L) Jump Crossing Kick
29. Hae Oh Ree Ba Rum Han Son Nal Pahk Uoo Ro Mockee – (R) Spin, (R) Single Knife Hand Outward Block, Front Stance
30. Hoo Jin Han Son Nal Ah Rae Mockee – Turn (R) Low Reverse Front Stance, (L) Low Single Knife Hand
31. De Dorah Han Son Nal Yup Mockee – Stand to (R) Back Stance, Sing Knife Hand Block
32. Ba Ro Chirugi \_ Stay in (R) Back Stance, Reverse Punch
33. Oh Run Son Han Ju Mok Pahk Uoo Ro Mockee – Stay in Back Stance, (R) Outer Forearm Block
34. Win Son Han Ju Mok Pahk Uoo Ro Mockee- Stay in Back Stance, (L) Outer Forearm Block
35. Ohnoo Ro Mockee – Stay in Back Stance, (R) Outside – In Block
36. Kwon Soo Chirugi – (L) Front Stance, (L) Reinforced Spear Strike
37. Kwon Soo Dwee Chirugi – Stay in (L) Front Stance, (L) Reinforced Back Spear Strike Over (L) Shoulder
38. De Dorah Han Son Nal Yup Mockee – Spin 360 degrees, (R) Back Stance, Single Knife Hand Block
39. Pal Goop Chy Gi – Stay in Back Stance, (L) Forearm / Elbow Into Right Palm
40. Doo Ju Mok Joon Be Ja Jae – Stay in Back Stance, (L) Back Elbow, (R) Hand Over Left
41. Moom Tong Yup Chirugi, Ki-Ap – Step in (L), Side ward Middle Punch, Side Stance, Ki-Ap
42. Hae Oh Ree Ba Rum Doo Son Nai All Gool Mockee – (R) 1 ½ Spin, Double Knife Hand Block

**1<sup>st</sup> Poom to 2<sup>nd</sup> Poom / Junior Black Belt**  
**TESTING REQUIREMENTS**

- I.) Attendance – Minimum twice weekly for six months  
\*Student Black Belt testing is held twice yearly.
- II.) Verbal – Outline and Summarize (2 Minute Speech) – Final Test Only!
  - A.) Ages 8 to 15 years old:
    - 1. History of Korea and 3 Kingdoms
- III.) Forms –
  - A.) Ages 8 to 13 years old:
    - 1. Tae Geuk #1 through #8
    - 2. Koryo
    - 3. Basic Bo form #1, #2, #3 and #4
  - B.) Ages 13 to 15 years old:
    - 1. Tae Geuk #1 through #8
    - 2. Pyung Ahn #1 through #5 non-stop
    - 3. Sim Sin #1 through #5 non-stop
    - 4. Forty-two Motions
    - 5. Bassai
    - 6. Koryo
    - 7. Nai Han Ji 1, 2, & 3 (Student will learn 1 for after each pre-test)
- IV.) Sparring –
  - A.) Ages 8 to 15 years old:
    - 1. Three Step Sparring
    - 2. Free Sparring
    - 3. Multiple Opponent Sparring
      - a. Note: Bring All Safety Equipment
- V.) Other Techniques –
  - A.) Ages 8 to 15:
    - 1. Demonstrate Jump Kicks
    - 2. Demonstrate Grabbing Self-defense
    - 3. Board breaking – Instructor's Choice

**1<sup>st</sup> Dan to 2<sup>nd</sup> Dan / Adult Black Belt**  
**TESTING REQUIREMENTS**

- I.) Attendance – Minimum twice weekly for six months

The minimum time requirement from 1<sup>st</sup> to 2<sup>nd</sup> Dan is 2 years. The student will take pre-test evaluations every 6 months. There will be 3 pre-tests and then the 4<sup>th</sup> test will be for 2<sup>nd</sup> Dan. There are no verbal or written requirements for pre-tests!

- II.) Black Belts must do both requirements for the final test!

Verbal –

- A.) Ages 16 years and up:

1. 2 Minute Speech on “How Martial Arts Develops Inner Peace & Happiness”

Written –

- B.) Ages 16 years and up:

1. 2 page Essay on “How To Set & Reach Goals”

- III.) Forms –

- A.) Ages 16 years and up:

1. Tae Geuk #1 through #8
2. Pyung Ahn #1 through #5 non-stop
3. Sim Sin #1 through #5 non-stop
4. Forty-two Motions
5. Bassai
6. Koryo
7. Nai Han Ji 1, 2, & 3 (Student will learn 1 form after each pre-test)
8. Bo Form #1
9. Senior, Cane Form #1

- IV.) Sparring –

- A.) Ages 16 and up:

1. Three Step Sparring
2. Free Sparring
3. Multiple Opponent Sparring
  - a. Note: Bring All Safety Equipment

- V.) Other Techniques –

- A.) Ages 16 and up:

1. Demonstrate Jump Kicks
2. Demonstrate Grabbing Self-defense
3. Board breaking – Instructor’s Choice

**2<sup>nd</sup> Dan to 3<sup>rd</sup> Dan / Adult Black Belt**  
**TESTING REQUIREMENTS**

I.) Attendance – Minimum twice weekly for six months

The minimum time requirement from 2<sup>nd</sup> to 3<sup>rd</sup> Dan is 3 years. The student will take pre-test evaluations every 6 months. There will be 5 pre-tests and then the 6<sup>th</sup> test will be for 3<sup>rd</sup> Dan. There are no verbal or written requirements for pre-tests!

II.) Black Belts must do both requirements for the final test!

Verbal –

A.) Ages 16 years and up:

1. 2 Minute Speech on “What is Loyalty”

Written –

B.) Ages 16 years and up:

1. 5 page Essay on “Leadership”

III.) Forms –

A.) Ages 16 years and up:

1. Tae Geuk #1 through #8
2. Pyung Ahn #1 through #5 non-stop
3. Sim Sin #1 through #5 non-stop
4. Forty-two Motions
5. Bassai
6. Koryo
7. Nai Han Ji 1, 2, & 3
8. Keum Gan
9. Sip Soo
10. Bo form #2

Note: Continue on next page.....

IV.) Sparring –

A.) Ages 16 and up:

1. Three Step Sparring
2. Free Sparring
3. Multiple Opponent Sparring
  - a. Note: Bring All Safety Equipment

V.) Other Techniques –

A.) Ages 16 and up:

1. Demonstrate Jump Kicks
2. Demonstrate Grabbing Self-defense & Knife Self-Defense
3. Board breaking – Instructor's Choice
4. Special Demonstration – Student will create and perform

**3<sup>rd</sup> Dan to 4<sup>th</sup> Dan / Adult Black Belt**  
**TESTING REQUIREMENTS**

- I.) Attendance – Minimum twice weekly for six months  
The minimum time requirement from 3<sup>rd</sup> to 4<sup>th</sup> Dan is 4 years. The student will take pre-test evaluations every 6 months. There will be 7 pre-tests and then the 8<sup>th</sup> test will be for 4<sup>th</sup> Dan. There are no verbal or written requirements for pre-tests!
  
- II.) Black Belts must do both requirements for the final test!  
Verbal –
  - A.) Ages 16 years and up:
    - 1. 2 Minute Speech on “Wisdom”
  - Written –
    - B.) Ages 16 years and up:
      - 1. 10 page Essay on “History of the Martial Arts”
  
- III.) Forms –
  - A.) Ages 16 years and up:
    - 1. Tae Geuk #1 through #8
    - 2. Pyung Ahn #1 through #5 non-stop
    - 3. Sim Sin #1 through #5 non-stop
    - 4. Forty-two Motions
    - 5. Bassai
    - 6. Koryo
    - 7. Nai Han Ji 1, 2, & 3
    - 8. Keum Gan
    - 9. Sip Soo
    - 10. Tae Baek
    - 11. Shinto
    - 12. Sword Form #1
  
- IV.) Sparring –
  - A.) Ages 16 and up:
    - 1. Three Step Sparring
    - 2. Free Sparring
    - 3. Multiple Opponent Sparring
      - a. Note: Bring All Safety Equipment
  
- V.) Other Techniques –
  - A.) Ages 16 and up:
    - 1. Demonstrate Jump Kicks
    - 2. Demonstrate Grabbing Self-defense & Knife Self-Defense
    - 3. Board breaking – Instructor’s Choice
    - 4. Special Demonstration – Student will create and perform

## Forms to Learn:

### Sword:

1. Single Sword
2. Double Sword
3. Fearless Sword

### Bo Forms:

Basic: #1,#2,#3,#

Bo: #1.#2.#3

### Knife Forms:

Single Knife

Double Knife

### Cane Forms:

Cane #1

Cane #2

Double Cane