

***BEDFORD AND WIXAMS***



***T.A.G.B.***

**COLOUR BELT GRADING SHEETS**

FROM 10<sup>TH</sup> KUP TO 2<sup>ND</sup> KUP AND  
INCLUDING 3 STEP SPARRING AND TWO  
STEP SPARRING

DEAR STUDENT,

THIS DOCUMENT IS MADE UP OF THE  
CURRENT THEORY SHEETS WHICH I  
PROVIDE FREE TO ALL MY STUDENTS.

AS SUCH IT IS NOT MEANT AS A  
REPLACEMENT FOR ANY OFFICIAL MANUAL  
BUT SIMPLY AS A REVISION AID.

PLEASE DO NOT PUT THIS ON THE  
INTERNET OR MAKE COPIES FOR STUDENTS  
WHO DON'T TRAIN IN MY SCHOOLS AS IT IS  
FOR THEIR INSTRUCTORS TO DECIDE WHAT  
THEORY IS APPROPRIATE FOR THEM TO BE  
LEARNING.

YOURS IN TAEKWONDO

ADRIAN FELICE

# BedfordTKD & WixamsTKD Schools of Tae Kwon Do

**TAGB – Tae Kwon Do Association of Great Britain**

**Instructor : Mr Adrian Felice – 4<sup>th</sup> Dan**  
**bedfordtkd@googlemail.com**  
**www.bedfordtkd.com**  
**www.wixamstk.com**



## GRADING INFORMATION FOR 10<sup>th</sup> KUP WHITE BELT

**Colour scheme:** (These are only guidelines!)

**Green** - Standard knowledge, appropriate for a student of this grade to know & may be asked about during grading.  
**Red** - More advanced or complex knowledge, still appropriate to be known but much less likely to be asked about.

**Practical** (what you will actually do in your grading)

Sitting stance, front punch (Anun sogi, baro ap joomuk jirugi)  
Front leg rising exercise (Ap cha olligi)  
10 press-ups  
Walking stance, middle forefist punch (Gunnun sogi, kaunde ap joomuk jirugi)  
Walking stance, outer forearm low block, reverse punch  
(Gunnun sogi, bakat palmok najunde makgi, bandae jirugi)  
Walking stance, inner forearm middle block, reverse punch  
(Gunnun sogi, an palmok kaunde makgi, badae jirugi)  
Saju jirugi (4-directional punching exercise)

**Theory** (things you may be asked about during your theory test)

DON'T LET THE KOREAN TERMS SCARE YOU! AT WHITE BELT YOU ARE MUCH MORE LIKELY TO BE ASKED ABOUT THE FOLLOWING:

What are the Five Tenets of Tae Kwon-Do? **Courtesy, Integrity, Perseverance, Self Control, Indomitable spirit**

Memory tip: Tenet initials= C.I.P.S.I

Where does Tae Kwon Do come from? **South Korea**

What does white belt represent? **Signifies innocence, having no previous knowledge of Tae Kwon Do**

What do the words 'Tae Kwon Do' mean? **Foot (Tae), Fist (Kwon), Way or Art (Do)**

What is your Instructor's name and grade? What does T.A.G.B. stand for?

**General terms:**

Walking Stance: **Gunnun Sogi**

Sitting Stance: **Anun Sogi**

High section: **Nopunde**

Outer forearm: **Bakat palmok**

Block: **Makgi**

Walking Ready Stance: **Gunnun Junbi Sogi**

Training hall: **Dojang**

Middle section: **Kaunde**

Inner forearm: **An palmok**

Punch: **Jirugi**

Training suit: **Dobok**

Low section: **Najunde**

Forefist: **Ap joomuk**

Stance: **Sogi**

## **Saju Jirugi** 'Four Directional Punching'

Saju Jirugi is not a pattern. It is simply an exercise and a form of introduction to the way in which patterns are conducted. It has no historical event or person attached.

There are four versions which can be easily constructed:

Number 1 – uses low outer forearm block.

Number 2 – uses middle inner forearm block.

Right way – only the right foot moves, all punches are right handed,  
all blocks are left handed.

Left way – only the left foot moves, all punches are left handed,  
all blocks are right handed.

(All movements in Saju Jirugi are performed in walking stance)

This leads to the four versions of Saju Jirugi being:

Number 1, right way

Number 1, left way

Number 2, right way

Number 2, left way

Whichever version of Saju Jirugi you are performing, you will follow the same basic progression:

- #1: 1<sup>st</sup> move: step forward and punch.
- #2: After you have performed a punch, look 90 degrees away from your punching arm (look left if you punched with your right hand and vice versa), bring your moving foot back to your fixed foot and rotate your body 90 degrees in the same direction.
- #3: After rotating your body, step back with your moving foot and block.
- #4: After blocking, step forward and punch.
- #5: Repeat #2, #3 and #4 until you have performed 4 punches in four directions, *kihap* (shout) on the fourth punch and remain in that position until given the order *barro* which means 'return to ready stance'.

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**www.wixamstkd.com**



## GRADING INFORMATION FOR 9<sup>th</sup> KUP YELLOW TAG

### Practical

Sitting stance double punch (Annun sogi, Doo jirugi)  
Front kick, walking ready stance (Ap chagi, Gunnun junbi sogi)  
Walking stance, double punch (Gunnun Sogi, baro bandae jirugi or doo jirugi)  
L-stance, middle block (Niunja Sogi, Kaunde An Palmok Makgi or Kaunde Makgi)  
L-Stance, Knifehand strike (Niunja Sogi, Sonkal Taerigi)  
Low outer forearm block, high rising block combination (najunde bakat palmok makgi, chookyo makgi)

### Chon-ji Pattern (19 movements)

Means literally "Heaven & Earth". It is, in the Orient interpreted as the creation of the world or the beginning of human history, therefore it the initial pattern performed by the beginner. It has two distinct halves, one to represent heaven and the other the earth.

### Theory

What does Yellow Belt represent?

Signifies the earth from which the plant sprouts and takes root, as the foundations of tae kwon do are laid.

How much of your weight is on each foot when you make an L-Stance?

70% on the rear foot, 30% on the front foot

### General terms

L-Stance: Niunja sogi

Walking ready stance: Gunnun junbi sogi

Double punch: Doo jirugi

Front kick: Ap chagi

Ball of the foot: Ap kumchi

Forearm guarding block: Palmok daebi makgi

Rising block: Chookyo makgi

Obverse (then) reverse punch: Baro bandae jirugi

Knifehand strike: Sonkal Taerigi

Knifehand: Sonkal

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## GRADING INFORMATION FOR 8<sup>th</sup> KUP YELLOW BELT

### Practical

Twin outer forearm block (Sang bakat palmok makgi)  
Front kick double punch (Ap chagi, doo jirugi)  
L stance, middle inward block (Niunja sogi, kaunde bakat palmok anaero makgi or Kaunde anaero makgi)  
Turning kick forearm guarding block (Dollyo chagi, palmok daebi makgi)  
L-Stance, forearm guarding block (Niunja sogi, palmok daebi makgi)  
  
3 step sparring (1-4) (Sambo matsoki)

### Dan Gun Pattern (21 movements)

Dan Gun is named after the Holy Dan Gun, legendary founder of Korea in 2333 BC

### Theory

Why do we do 3-step sparring? To improve our Focus, Distance and Timing.

### General terms

Knifehand guarding block: Sonkal daebi makgi  
Inward: Anaero                      Outward: Bakaero  
Backfist strike: Dung joomuk taerigi  
Backfist front downwards strike: Dung joomuk ap naeryo taerigi  
Ball of the foot: Ap kumchi

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## GRADING INFORMATION FOR 7<sup>th</sup> KUP GREEN TAG

### Practical

Walking Stance, high backfist side strike (Gunnun sogi, nopunde dung joomak yop taerigi)  
Turning kick, knifehand guarding block (Dollyo chagi, Sonkal daebi makgi)  
Walking stance, wedging block (Gunnun sogi, hechyo makgi)  
Side kick, forearm guarding block in L-Stance (Yop chagi, palmok daebi makgi, Niunja Sogi)  
Walking stance, straight fingertip thrust (Gunnun sogi, son sonkut tulgi)

3 step sparring (5-7) (Sambo matsoki)

### Do San Pattern (24 movements)

Do San is the pseudonym of the patriot An Chang Ho (1876-1938) who devoted his entire life to furthering the education of Korea and its independent movement.

### Theory

What does Green Belt represent?

Green belt signifies the plants growth as the Tae Kwon Do skills begin to develop.

### General terms

Release movement: Jap yasol tae

Outwards knifehand block: Bakaero sonkal makgi

High outer forearm block: Nopunde bakat palmok makgi

Straight fingertip thrust: Son sonkut tulgi

Footsword: Balkal

Sliding: Mikulgi

Reverse punch: Badae jirugi

Inwards knifehand strike: Anaero sonkal taerigi

Middle outer forearm block: Kaunde bakat palmok makgi

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## GRADING INFORMATION FOR 6<sup>th</sup> KUP GREEN BELT

### Practical

Line work and combinations, variable but likely to include:

Circular block in walking stance                      Turning kick, forearm guarding block  
Side kick, forearm guarding block                      1<sup>st</sup> three movements of Won Hyo  
Forearm guarding block in L-stance

3 step sparring (8-10) (Sambo matsoki)  
3 step semi free sparring (basic)      (Ban Jayoo Matsoki)  
Examiners choice pattern

### Won Hyo Pattern (28 movements)

Won Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD.

### Theory

Why do we do 3-step semi free sparring?

To practice more advanced techniques in a way that is closer to traditional free sparring.

What are the dimensions and weight distributions of fixed stance?

1½ shoulder widths long, 50% weight on each foot.

### General terms

Closed ready stance A: Moa junbi sogi A

Bending ready stance: Guburyo junbi sogi

Circular block: Dollimyo makgi

Inward palm pushing block: Anaero sonbadak miro makgi

Inward knife hand strike: Anaero sonkal taerigi

Reverse knifehand strike: Sonkal dung taerigi

('Reverse knifehand' refers to the index finger edge of your hand)

Foot shifting: Jajun bal

Fixed stance: Gojung sogi

Vertical stance: Soojik sogi

Waist block: Hori makgi

Side punch: Yop jirugi

Back kick: Dwit chagi

### 3 Step Semi-Free Sparring

3 Step semi-free sparring (Basic) introduces the student to a more realistic form of set sparring. All attacks are pre-arranged and performed in a safe and controlled manner to allow the student to learn the correct focus, distance and timing associated with this form of set sparring.

#### Attacker:

The attacker begins in forearm guarding block in a right L-Stance (right leg back)  
The attacker then performs the following three kicks in the following order, all aimed at middle height, taking one step forward for each kick:

Front kick, Side kick, Turning kick

#### Defender:

The defender starts in parallel ready stance and defends each kick with a waist block.  
The counter attack is a reverse punch aimed at the attackers solar plexus.

Both attacker and defender then change roles and repeat until told to stop.

Kihaps used throughout 3 step semi-free sparring to communicate and on counter-attacks in the same manner as for three-step sparring.

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**www.bedfordtkd.com**  
**www.wixamstkd.com**



## GRADING INFORMATION FOR 5<sup>th</sup> KUP BLUE TAG

### Practical

Hand or foot combinations, variable but likely to include:  
Obverse/Reverse hooking block, obverse punch in walking stance  
Front kick/turning kick combination  
Side kick, reverse side kick combination

Forearm guarding block  
Double forearm block

Students choice pattern  
Examiners choice pattern  
2 step sparring (1-4) (Ibo Matsoki)  
3 step semi free sparring (intermediate) (Ban Jayoo Matsoki)  
Free sparring (Jayoo Matsoki)

### Yul Gok Pattern (38 movements)

Yul Gok was the pseudonym of the great philosopher and scholar Yi I (1536-1584 AD) nicknamed the Confucious of Korea. The 38 movements in this pattern refer to his birthplace on 38 degrees latitude.

The number 38 also refers to the 38<sup>th</sup> parallel, the dividing line between North and South Korea.

### Theory

What does blue belt represent?

Blue belt signifies the heavens, towards which the plant matures into a towering tree as training in Tae Kwon Do progresses.

Why do we perform 2-step sparring?

To practice more complex combinations of attack and defence.

### General terms

X Stance: **Kyocha sogi**  
Upward palm block: **Ollyo sonbadak makgi**  
Hooking block: **Golcho makgi**  
Waist block: **Hori makgi**  
Twin upset punch: **Sang dwijibo jirugi**  
Twin vertical punch: **Sang sewo jirugi**  
Back kick: **Dwit chagi**

X fist pressing block: **Kyocha joomuk noollo makgi**  
Double forearm block: **Doo palmok makgi**  
Twin knifehand block: **Sang sonkal makgi**  
Front elbow strike: **Ap palkup taerigi**  
Flat fingertip thrust: **Opun sonkut tulgi**  
Knee kick: **Moorup chagi**  
Reverse turning kick: **Bandae dollyo chagi**

### 3 Step Semi-Free Sparring

3 step semi-free sparring (Intermediate) builds on skills required for the previous basic level.  
No fixed routines are taught for this level of semi-free sparring.

#### Attacker:

The attacker begins in forearm guarding block in a right L-Stance (right leg back)  
The attacker performs any three kicks from the following, in any order, all aimed at middle height.

Front kick, Side kick, Turning kick, Reverse Side kick or Back kick

After the first change-over the attacker may start with either leg back.

#### Defender:

The defender starts in parallel ready stance and defends each kick with a waist block.  
The counter-attack can be any hand technique as appropriate to grade.

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**www.bedfordtkd.com**  
**www.wixamstkd.com**



## GRADING INFORMATION FOR 4<sup>th</sup> KUP BLUE BELT

### Practical

Line work and combinations  
Students choice pattern  
Examiners choice pattern  
3 step semi free sparring (advanced)  
2 step sparring (5-8)  
Free sparring

### Joong Gun Pattern (32 movements)

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

### Theory

What are the dimensions and weight distribution of Low stance?  
1 shoulder width wide, 2 shoulder widths long, 50% weight on each foot.

### General terms

Closed ready stance B: **Moa junbi sogi B**  
Low stance: **Nachua sogi**  
Twin straight forearm checking block: **Sang sun palmok momchau makgi**  
U shape block: **Mongdunggi makgi**  
X fist rising block: **Kyocha joomuk chookyo makgi**  
Upward palm block: **Ollyo sonbadak makgi**  
Turning punch: **Dollyo jirugi**  
Palm strike: **Sonbadak taerigi**  
Front snap kick: **Ap cha busigi**  
Rear foot stance: **Dwit bal sogi**  
Palm pressing block: **Sonbadak noollo makgi**  
Palm waist block: **Sonbadak hori makgi**  
Side fist strike: **Yop joomkuk taerigi**  
Arc hand strike: **Bandal son taerigi**  
Upper elbow strike: **Wi palkup taerigi**

### 3 Step Semi-Free Sparring

3 step semi-free sparring (Advanced) builds on skills from the previous Intermediate level.  
No fixed routines are taught for this level of semi-free sparring.

#### Attacker:

The attacker begins in forearm guarding block in a right L-Stance (right leg back)  
The attacker performs any three hand and/or foot techniques except for jumping or flying techniques.

After the first change-over the attacker may start with either leg back.

#### Defender:

The defender starts in parallel ready stance and defends each attack with an appropriate blocking or avoiding manoeuvre.  
The counter attack can be any hand or foot technique appropriate to grade and suitable for the relative positions of attacker and defender. Jumping or spinning techniques may be used as long as they are properly controlled.

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**bedfordtkd@googlemail.com**  
**www.bedfordtkd.com**  
**www.wixamstkd.com**



## GRADING INFORMATION FOR 3<sup>rd</sup> KUP RED TAG

### Practical

Examiners Choice hand and foot combinations  
Students choice pattern  
Examiners choice pattern  
3 step semi free sparring (advanced)  
1 step sparring (basic) (Ilbo Matsoki)  
Free sparring

### Toi-Gye Pattern (37 movements)

Toi-Gye is the pen-name of the noted scholar Yi Hwang (16<sup>th</sup> Century AD), an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on a 37 degree latitude and the diagram represents scholar.

### Theory

What does Red belt represent?

Red belt signifies danger, cautioning the student to exercise control and warning the opponent to beware.

Who is your Area Representative?

Master Ron Sergiew, 8<sup>th</sup> Degree Black Belt, Treasurer of the TAGB.

### General terms

Jumping: **Twiggi**

Low knifehand guarding block: **Najunde sonkal daebi makgi**

W shape block: **San makgi**

Double forearm pushing block: **Doo palmok miro makgi**

Upset fingertip thrust: **Dwijibun sonkut tulgi**

You should also know all the terms for techniques you have learned at previous grades.

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**bedfordtkd@googlemail.com**  
**www.bedfordtkd.com**  
**www.wixamstkd.com**



## GRADING INFORMATION FOR 2<sup>nd</sup> KUP RED BELT

### Practical

Line work examiners choice, variable but likely to include:

Turning kick, reverse turning kick combination	1 <sup>st</sup> 3 moves of Won Hyo
Side kick, reverse side kick combination	Circular block
Front kick/turning kick, reverse punch, guarding block	Stationary jumping front kick

3 patterns (1 student's choice, 2 examiners choice)

Other set sparring (3 step sparring, 2 step sparring, or 3 step semi-free)

1 step sparring

Free sparring

### Hwa-Rang Pattern (29 movements)

Hwa-Rang is named after the Hwa-Rang Youth Group, which originated in the Silla Dynasty about 1350 years ago. This group eventually became the actual driving force for the unification of the three Kingdoms of Korea. The 29 movements refer to the 29<sup>th</sup> Infantry Division where Tae Kwon-Do developed into maturity.

**Note :** The three ancient kingdoms of Korea were Koguryo, Baek je and Silla.

### Theory

Name all the types of sparring.

Name six hand parts.

Name six foot parts

Name ten stances

Name at least six kicks

What is the difference between a strike and a thrust?

Name the founder members of the TAGB, their grades, and what their roles on the committee are.

Which patterns have release movements in them?

What year was the TAGB formed?

What year was Tae Kwon Do introduced to the UK?

### General terms

Upward punch: **Ollyo jirugi**

Downwards knifehand strike: **Naeryo sonkal taerigi**

Side piercing kick: **Yop cha jirugi**

Downwards kick: **Naeryo chagi**

Crescent kick: **Bandal chagi**

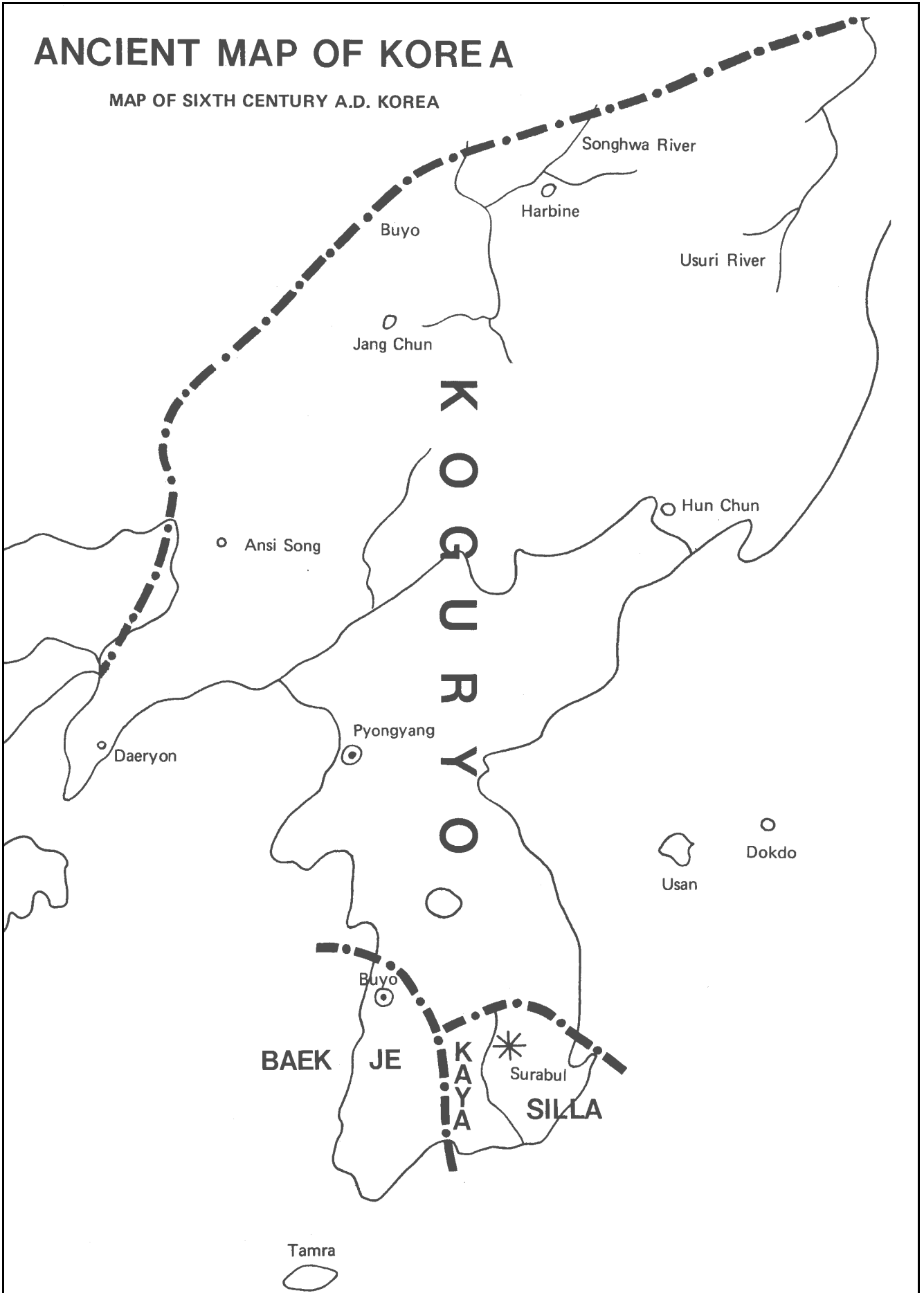
Hooking kick: **Golcho chagi**

Flying side kick: **Twimyo yop chagi**

Reverse turn hook kick: **Bandae dollyo goro chagi**

# ANCIENT MAP OF KOREA

MAP OF SIXTH CENTURY A.D. KOREA



# BedfordTKD & WixamsTKD Schools of Tae Kwon Do



## THREE STEP SPARRING (Sambo Matsoki) 1-10

Used to learn Focus, Distance & Timing

Number	Defence	Counter Attack
1	Back on right leg walking stance Middle inner forearm block X 3	Turn over left hand Middle reverse punch
2	Back on left leg, L-stance Middle inner forearm block X 3	Step out with left leg, across with right Knifehand strike
3	Back on left leg, L-stance Inward outer forearm block X 3	Slip feet forward, backfist strike
4	Back on left leg, L-stance Middle inner forearm block X 3	Step around with left leg into sitting Stance, measure with left handed punch Then double punch
5	Back on right leg, L-stance Middle outer forearm block X 2 Final step, step across with right leg into sitting stance	Combination turning punch & outer Forearm block
6	Same as 5, except knifehand block	Combination knifehand block (left hand) & inward moving knifehand strike
7	Back on right leg, L-stance Middle outer forearm block X 2 Final step: slide back into right L-stance guarding block	Middle front kick, land in walking stance Obverse-reverse punch
8	Back on right leg, L-stance Middle knifehand block X 2 Final step: slide back into right L-stance knifehand guarding block	Middle side kick, land in L-stance Knifehand strike with right hand
9	Back on right leg, L-stance Palm heel pushing block X 2 Final step: back on left angle into Right L-stance forearm guard block	Middle turning kick, place right leg behind partners and draw left leg up into vertical stance, executing knifehand strike to opponents neck.
10	Back on right leg, L-stance Knifehand block X 2 Final step: slide back into right L-stance, knifehand guard block	Middle reverse side kick, land with Right leg forward in walking stance and execute a ridge hand strike to the neck with left hand.

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## TWO STEP SPARRING (Ibo Matsoki)

No.	Attack	Defence	Counter
1	High punch Front kick	L. Leg back, walking stance, rising block R. Leg back, walking stance, X-fist pressing block	Twin vertical punch
2	Side punch, fixed stance Turning Kick	R. Leg back, L stance upward palm block L. leg back, L stance, waist block	Slide forward into R. L stance, right side elbow strike
3	Front kick Twin vertical punch	R. leg back, walking stance, X-fist pressing block L. leg back, walking stance, wedging block	Knee to midsection whilst making the motion of pulling on the opponents shoulders
4	Flat fingertip thrust Side kick	R. leg back, walking stance, knifehand rising block L. leg back, L stance, inward palm block	Front kick to coccyx, twin upset punch to kidneys
5	Right leg reverse side kick L. Walking stance, high palm strike	R. L stance, palm waist block L. L stance, inward moving outer forearm block	Slip R. foot out into walking stance, L. arm reverse knifehand strike to solar plexus (striking under attackers arm)
6	R. leg high turning kick L. leg walking stance, high arc hand strike	Sitting stance, twin straight forearm block R. L stance, hooking block (holding onto the arm)	L. leg middle side kick (pulling on the arm at the same time)
7	R. fixed stance, high side fist strike L. leg middle reverse turning kick	L. leg back, L stance, twin outer forearm block Step out of range into R. L stance, knifehand guarding block	R. leg, high reverse turning kick
8	R. middle side kick Spin anti-clockwise into R. L stance, high knifehand strike	R. leg back into L stance, inward moving inner forearm waist block R. leg back (moving foot-to-foot) knifehand guarding block (blocking knifehand strike)	Jump forward into L. X-stance (R. foot crossing behind L.) high side backfist strike to temple