

BEDFORD AND WIXAMS



GRADING THEORY
INFORMATION

10TH KUP TO 2ND KUP
SAJU JIRUGI EXERCISE
3 STEP SPARRING
2 STEP SPARRING

DEAR STUDENT,

THIS EBOOK 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 FREE
BOOK 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

Grading Information For 10th Kup

Please note: *Italic* Text signifies Theory that you are less likely to be questioned about in your grading. Focus on knowing non-italic theory first.

Practical (what you will actually do in your grading)

Sitting stance, front punch

(Annun 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 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, **I**ntegrity, **P**erseverance, **S**elf Control,

Indomitable spirit

Memory tip: Tenet initials= C.I.P.S.I ("Sip-see!")

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?
Mr Adrian Felice, 4th Degree Black Belt

What does T.A.G.B. stand for?
Taekwondo Association of Great Britain

General terms:

Walking Stance: *Gunnun Sogi*

Walking Ready Stance: *Gunnun Junbi Sogi*

Sitting Stance: *Annun Sogi* Training hall: *Dojang*

Training suit: *Dobok* High section: *Nopunde*

Middle section: *Kaunde* Low section: *Najunde*

Outer forearm: *Bakat palmok* Inner forearm: *An palmok*

Forefist: *Ap joomuk* Block: *Makgi*

Punch: *Jirugi* Stance: *Sogi*

Saju Jirugi

'Four Directional Punching'

Sajo 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 Sajo Jirugi being:

Number 1, right way

Number 1, left way

Number 2, right way

Number 2, left way

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

#1: 1st 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'.

Grading Information for 9th Kup

Practical

Sitting stance double punch
(Annun sogi, Doo jirugi)
Front kick, walking ready stance
(Ap chagi, Gunnan 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)

Chon Ji 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

Forearm guarding block: *Palmok daebi makgi*

Walking ready stance: Gunnun junbi sogi

Rising block: Chookyo makgi

Double punch: Doo jirugi

Obverse (then) reverse punch: *Baro bandae jirugi*

Front kick: Ap chagi

Knifehand strike: Sonkal Taerigi

Ball of the foot: *Ap kumchi*

Knifehand: Sonkal

Grading Information for 8th Kup

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

Grading Information for 7th Kup

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 (Gunnan 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: *Bandae jirugi*

Inwards knifehand strike: *Anaero sonkal taerigi*

Middle outer forearm block: *Kaunde bakat palmok makgi*

Grading Information for 6th Kup

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
1st 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*

Fixed stance: *Gojung sogi*

Bending ready stance: *Guburyo junbi sogi*

Vertical stance: *Soojik sogi*

Circular block: *Dollimyo makgi*

Waist block: *Hori makgi*

Inward palm pushing block: *Anaero sonbadak miro makgi*

Inward knife hand strike: *Anaero sonkal taerigi*

Side punch: *Yop jirugi*

Reverse knifehand strike: *Sonkal dung taerigi*
(‘Reverse knifehand’ refers to the index finger edge of your hand)

Back kick: *Dwit chagi*

Foot shifting: *Jajun bal*

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.

Grading Information for 5th Kup

Practical

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

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 38th 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

X fist pressing block: Kyocha joomuk noollo makgi

Upward palm block: Ollyo sonbadak makgi

Double forearm block: Doo palmok makgi

Hooking block: Golcho makgi

Twin knifehand block: Sang sonkal makgi

Waist block: Hori makgi

Front elbow strike: Ap palkup taerigi

Twin upset punch: Sang dwijibo jirugi

Flat fingertip thrust: Opun sonkut tulgi

Twin vertical punch: Sang sewo jirugi

Knee kick: Moorup chagi

Back kick: Dwit chagi

Reverse turning kick: Badae 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.

Grading Information for 4th Kup

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: *Mongdungi makgi*

X fist rising block: *Kyocho 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.

Grading Information for 3rd Kup

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 (16th 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, 8th Degree Black Belt, Treasurer of the TAGB.

General terms

Jumping: *Twigi*

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.

Grading Information for 2nd Kup

Practical

Line work examiners choice, variable but likely to include:

Turning kick, reverse turning kick combination

1st 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 29th 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? (1983)

What year was Tae Kwon Do introduced to the UK? (1967)

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*

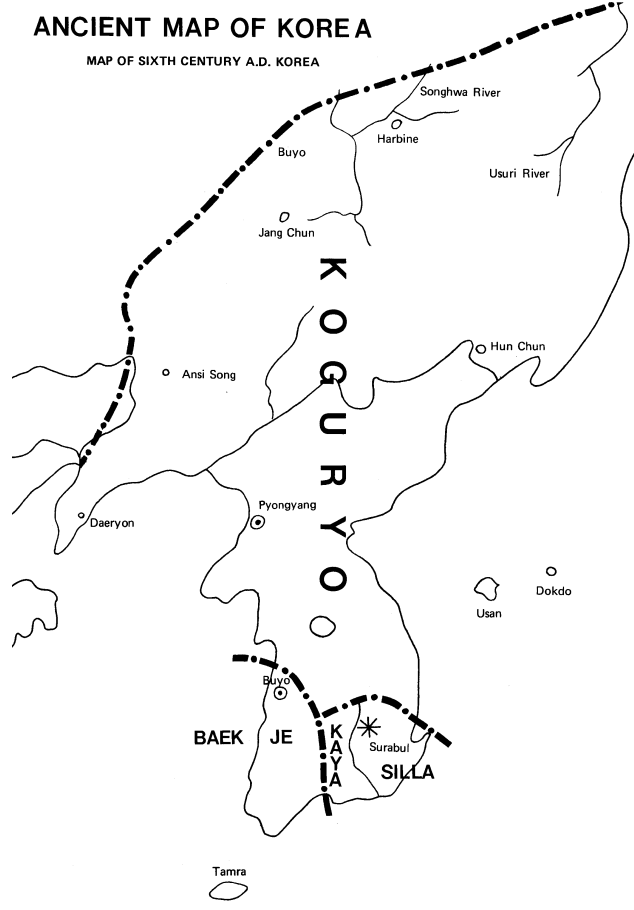
Hooking kick: *Golcho chagi*

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



THREE STEP SPARRING (Sambo Matsoki) 1-10

Used to learn Focus, Distance & Timing

| | |
|---------|--|
| 1 | Back on right leg walking stance Middle inner forearm block X 3 |
| Counter | Turn over left hand Middle reverse punch |
| 2 | Back on left leg, L-stance Middle inner forearm block X 3 |
| Counter | Step out with left leg, across with right Knifehand strike |
| 3 | Back on left leg, L-stance Inward outer forearm block X 3 |
| Counter | Slip feet forward, backfist strike |
| 4 | Back on left leg, L-stance Middle inner forearm block X 3 |
| Counter | 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 |
| Counter | Combination turning punch & outer Forearm block |

| | |
|---------|--|
| 6 | Same as 5, except knifehand block |
| Counter | Combination knifehand block (left hand) & inward moving knifehand strike |
| 7 | Back on right leg, L-stance Middle outer forearm block X 2 <u>Final step:</u> slide back into right L-stance guarding block |
| Counter | Middle front kick, land in walking stance Obverse-reverse punch |
| 8 | Back on right leg, L-stance Middle knifehand block X 2 <u>Final step:</u> slide back into right L-stance knifehand guarding block |
| Counter | 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 <u>Final step:</u> back on left angle into Right L-stance forearm guard block |
| Counter | 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 <u>Final step:</u> slide back into right L-stance, knifehand guard block |
| Counter | Middle reverse side kick, land with Right leg forward in walking stance and execute a ridge hand strike to the neck with left hand. |

TWO STEP SPARRING (Ibo Matsoki)

| | Attack | Defence |
|---------|---|--|
| 1 | High punch Front kick | L. Leg back, walking stance, rising block R. Leg back, walking stance, X-fist pressing block |
| Counter | | 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 |
| Counter | | 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 |
| Counter | | 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 |
| Counter | | 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 |
| Counter | | 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) |
| Counter | | 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 |
| Counter | | 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) |
| Counter | | Jump forward into L. X-stance (R. foot crossing behind L.) high side backfist strike to temple |

태권도