

Grading Theory for Colour Belt Grading

10th Kup White Belt (going for yellow tag)

- **What are the tenets of Taekwon-Do?** Courtesy, Integrity, Perseverance, Self Control, Indomitable Spirit.
- **What country does Taekwon-Do come from?** Korea
- **What is the training suit called in Korean?** Dobok
- **What is the training area/hall called in Korean?** Dojang
- **Who is your Instructor?** Mr Elliott Callahan
- **Who founded Taekwon-Do?** General Choi Hong Hi 9th Dan

9th Kup Yellow Tag (going for yellow belt)

- **What is the meaning of pattern Chon-Ji?** Means literally "the heaven and the earth". It is in the Orient, it is interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. The pattern consists of two similar parts; one to represent the Heaven and the other the Earth.
- **What is low block in Korean?** Najunde Makgi
- **What is the training suit called in Korean?** Dobok
- **What is the training area/hall called in Korean?** Dojang
- **What is walking stance in Korean?** Gunnun Sogi
- **What country is Taekwon-Do from?** Korea

8th Kup Yellow Belt (going for green tag)

- **What is the meaning of Dan-Gun?** Is named after the holy Dan-Gun, the legendary founder of Korea in the year 2333 B.C
- **Who invented (founded) Taekwon-Do?** General Choi Hong Hi 9th Dan
- **What does I.T.F stand for?** International Taekwon-Do Federation
- **What is middle block in Korean?** Kaunde Makgi
- **What does yellow belt mean?** Signifies the Earth from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.
- **What does U.T.A stand for?** Unified TaeKwon-Do Association

7th Kup Green Tag (going for green belt)

- **What is the meaning of Do-San?** Is the pseudonym of the patriot Ahn Chang-Ho (1876-1938). The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.
- **What does green belt mean?** Signifies the plant's growth as the Taekwon Do skill begins to develop.
- **What is walking stance called in Korean?** Gunnun Sogi
- **What is high block called in Korean?** Napunde Makgi
- **What is the name of your Tkd School?** Amity Taekwon-Do

- **What is L-stance called in Korean?** Niunja Sogi

6th Kup Green Belt (going for blue tag)

- **What is the meaning of Won-Hyo?** Was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.
- **What is knife hand called in Korean?** Sonkal
- **Who founded Taekwon-Do?** General Choi Hong Hi 9th Dan
- **What is fixed stance called in Korean?** Gojung Sogi
- **What do the words Tae, Kwon, and Do mean?** Translated literally "Tae" stands for jumping or flying, to kick or smash with the foot. "Kwon" denotes the fist-chiefly to punch or destroy with the hand or fist. "Do" means an art or way - the right way built and paved by the saints and sages in the past.
- **What is side kick called in Korean?** Yop Cha Jirugi

5th Kup Blue Tag (going for blue belt)

- **What is the meaning of Yul-Gok?** Is the pseudonym of a great philosopher and scholar Yi I (1536- 1584) nicknamed the "Confucius of Korea". The 38 movements of this pattern refer to his birth place on 38 degrees latitude and the diagram represents "scholar"
- **What is the meaning of blue belt?** Signifies the Heaven, towards which the plant matures into a towering tree as training in Taekwon Do progresses.
- **What is a punch called in Korean?** Jirugi
- **What is the training hall called in Korean?** Dojang
- **What is hooking block called in Korean?** Sonbadak Kaunde Golcha Makgi •
- **What is front elbow strike in Korean?** Ap Palkup Taerigi

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4th Kup Blue Belt (going for red tag)

- **What is the meaning of Joong-Gun?** Is named after the patriot Ahn Joong-Gun who assassinated Hirobumi 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 Ahn's age when he was executed at Lui Shung prison (1910).
- **What is rear foot stance in Korean?** Dwit Bal Sogi
- **What is upper elbow strike in Korean?** Wi Palkup Taerigi
- **What is front snap kick in Korean?** Ap Cha Busigi
- **What is the meaning of red belt?** Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.
- **What is reverse knife hand in Korean?** Sonkal Dung

3rd Kup Red Tag (going for red belt)

- **What is the meaning of Toi-Gye?** Is the pen name of the noted scholar Yi Hwang (16th Century), an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on 37 degrees latitude, the diagram represents "scholar".
- **What is the meaning of red belt?** Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.
- **What is finger tip in Korean?** Sonkut
- **What is three step sparring in Korean?** Sambo Matsogi
- **What is turning kick in Korean?** Dollyo Chagi
- **What is a flying kick in Korean?** Twimyo Chagi

2nd Kup Red belt (going for black tag)

- **What is the meaning of Hwa-Rang?** Is named after the Hwa-Rang youth group which originated in the Silla Dynasy in the early 7th century. The 29 movements refer to the 29th infantry Division, where Taekwon-do developed into maturity.
- **What is the meaning of black belt?** Opposite of white, therefore, signifying the maturity and proficiency in Taekwon Do. It also indicates the wearer's imperviousness to darkness and fear.
- **What are the 6 elements in the theory of power?** Reaction Force, Concentration, Equilibrium, Breath Control, Mass, Speed
- **What is closed stance in Korean?** Moa Sogi
- **What does Taekwon-do mean?** Translated literally "Tae" stands for jumping or flying, to kick or smash with the foot. "Kwon" denotes the fist-chiefly to punch or destroy with the hand or fist. "Do" means an art or way - the right way built and paved by the saints and sages in the past.
- **What is flying side piercing kick in Korean?** Twimyo Yop Cha Jirugi •

What is release from a grab called in Korean? Jappyosul Tae

- **What is the definition of Taekwon-Do?** To put it simply Taekwon-Do is a version of unarmed combat designed for the purpose of self-defence. It is more than just that, however. It is the scientific use of the body in the method of self-defence; a body that has gained the ultimate use of its facilities through intensive physical and mental training. It is a martial art that has no equal in either power or technique. Though it is a martial art, its discipline, technique and mental training are the mortar for building a strong sense of justice, fortitude, humility and resolve. It is this mental conditioning that separates the true practitioner from the sensationalist, content with mastering only the fighting aspects of the art. This is one of the reasons that Taekwon-Do is called an art of self-defence. It also implies a way of thinking and life, particularly in instilling a concept and spirit of strict self-imposed discipline and an ideal of noble moral rearmament. The nearest description of it is almost a cult. Translated literally "Tae" stands for jumping or flying, to kick or smash with the foot.

"Kwon" denotes the fist-chiefly to punch or destroy with the hand or fist. "Do" means an art or way - the right way built and paved by the saints and sages in the past. Thus taken collectively "Taekwon-Do" indicates the mental training and the techniques of unarmed combat for self-defence as well as health, involving the skilled application of punches, kicks, blocks and dodges with bare hands and feet to the rapid destruction of the moving opponent or opponents.

1st Kup Black Tag (going for 1st dan black belt)

- **What are the 6 elements of the theory of power?** Reaction Force, Concentration, Equilibrium, Breath Control, Mass, Speed
- **What is the training secret?** An old proverb says that even Heaven cannot make a diligent worker, poor. However, in Taekwon-Do diligence or intensive training alone does not produce quality techniques. On the contrary, instructions from a false or unqualified instructor would be worse than not being taught at all because unscientific movements not only reduce power but require a tremendous amount of time to correct. On the other hand, under the proper guidance of a competent instructor, a student who trains earnestly with dedication will learn the true techniques of Taekwon-Do in a comparatively short period of time with less effort. Students should keep in mind the following secrets:
 1. To study the theory of power thoroughly.
 2. To understand the purpose and method of each movement clearly.
 3. To bring the movement of eyes, hands, feet and breath into a single co-ordinated action.
 4. To choose the appropriate attacking tool for each vital spot.
 5. To become familiar with the correct angle and distance for attack and defence.
 6. Keep both arms and legs bent slightly while the movement is in motion.
 7. All movements must begin with a backward motion with very few exceptions.
However, once the movement is in motion it should not be stopped before reaching the target.
 8. To create sine wave during the movement by utilizing the knee spring properly.
 9. To exhale briefly at the moment of each blow except a connecting motion.
- **What is the meaning of Joong-Gun?** Is named after the patriot Ahn Joong-Gun who assassinated Hirobumi 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 Ahn's age when he was executed at Lui Shung prison (1910).
- **What is the meaning of Choong-Moo?** Was the name given to the great Admiral Yi Soon-Sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship (Kubukson) 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends in a left hand attack is to symbolise his regrettable death, having no chance to show his unrestrained potentiality checked

by the forced reservation of his loyalty to the king.

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It is a martial art that has no equal in either power or technique. Though it is a martial art, its discipline, technique and mental training are the mortar for building a strong sense of justice, fortitude, humility and resolve. It is this mental conditioning that separates the true practitioner from the sensationalist, content with mastering only the fighting aspects of the art. This is one of the reasons that Taekwon-Do is called an art of self-defence. It also implies a way of thinking and life, particularly in instilling a concept and spirit of strict self-imposed discipline and an ideal of noble moral rearmament. The nearest description of it is almost a cult.

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Thus taken collectively "Taekwon-Do" indicates the mental training and the techniques of unarmed combat for self-defence as well as health, involving the skilled application of punches, kicks, blocks and dodges with bare hands and feet to the rapid destruction of the moving opponent or opponents.

Taekwon-Do definitely enables the weak to possess a fine weapon together with confidence to defend him or herself and defeat the opponent as well. Of course, wrongly applied, Taekwon-Do can be a lethal weapon. Therefore mental training must always be stressed to prevent the student from misusing it.

As for women folk, they will undoubtedly find Taekwon-Do an invaluable asset in tackling and driving away "wolves", so to speak. When one is informed of the many instances where frail women effectively protected themselves, they may sound unbelievable. But really, they have been able to do so because they are well versed in the art of self-defence.

The feats of Taekwon-Do are great in number. To mention a few is probably pertinent: for instance, flying over a mounted motorcycle or eleven persons in line to attack a target with the foot; breaking an inch thick pine board placed at a height of ten or eleven feet with the foot; breaking two pieces of red brick with an open hand or knife-hand; smashing seven or eight pieces of two inch thick pine board at a single blow with the fist; attacking two targets with the same foot in succession while flying and so on. To the layman in the street, such feats may sound impossible, but to the serious students of Taekwon-Do and the exponents of this art, it is quite ordinary. Of course, by mastering this art it does not mean that you will be asked to do acts of impossibility. Particularly if someone should challenge you to kill a wild bull with your bare hands. Therefore it is clear that equivalent demonstrations of such effective use of pure somatic force is not to be seen in other forms of physical combat technique.

Incessant training is essential to keep oneself in top form and physical condition. In training, all the muscles of the human body will be used. From the use of one's muscles, it will be possible to harness all available power generated by every muscular contraction. It will then be necessary to deliver such power to the human target especially to where the most vulnerable points or vital spots of one's opponent are located, in particular when the opponent is in motion. At this point it is necessary to remind the students of Taekwon-Do that this art of self-defence is specially designed for swift retaliation against the moving aggressor.

Most of the devastating manoeuvres in Taekwon-Do are based specially on the initial impact of a blow plus the consequential additional force provided by the rebound of the opponent's moving part of the body. Similarly by using the attacker's force of momentum, the slightest push is all that is needed to upset his or her equilibrium and to topple him or her.

In the case of the students of Taekwon-Do who have been in constant practice or the experts themselves, they spend no time thinking, as such an action comes automatically to them. Their actions, in short, have become conditioned reflexes.

Hours spent on training will not be wasted; for surely you will reap a rich reward in the form of speedy reactions and deadly blows to rain down upon your enemy or in any case to save life if and when a need arises. Even if Taekwon-Do is practiced for the sake of exercise alone, the enjoyment derived will justify the time invested and spent. As an exercise, it is equally suitable for the old and young, male and female.