

KICKS

TAEKWON-DO ACADEMY

ITF Grading Information 1st Dan – Black Belt

Practical

Three Step Sparring

Two Step Sparring

One Step Sparring

Free Sparring

2 on 1 Free Sparring

Self Defence:

- Standard Release
- Attack Release
- Break Release

Destruction:

- Students Choice of Hand Technique & Material
- Students Choice of Foot Technique & Material

Grading Examiners choice of colour belt patterns

Kwang-Gae

Po-Eun

Ge-Baek

Theory

What is the meaning of Kwang-Gae?

39 movement pattern – Is named after the famous Kwong-Gae-Toh-Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 AD, the year he came to the throne.

What is the meaning of Po-Eun?

36 Movement pattern – Is the pseudonym of a loyal subject Chong Mong-Chu (1400) who was a famous poet and whose poem “I would not serve a second master though I might be crucified a hundred times” is known to every Korean. He was also a pioneer in the field of physics. The diagram represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.

What is the meaning of Ge-Baek?

44 Movement pattern – Is named after Ge-Baek, a great general in the Baek Je Dynasty (600 AD). The diagram represents his severe and strict military discipline

Terminology

General

Heaven Hand	Hanulson
Double stepping forward	Ibo omgyo didimyo nagagi
Consecutive	Yonsok
Foot Shifting Backward	Durogamyo Jajunbal
Forward double step turning	Apuro ibo omgyo didimyo dolgi

Stances

One-leg stance	Waebal sogi
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Attacks

Upset Punch	Dwijibo jirugi
Side fist downward strike	Yop joomuk naeryo taerigi
Consecutive kick	Yonsok changi
Outward Pressing Kick	Bakuro noollo chagi
Knife-hand low reverse block	Sonkal najundi bandae makgi
Back elbow thrust	Dwit palpuk tulgi
Horizontal punch	Soopyong jirugi
Twin side elbow thrust	Sang yop palkup tulgi
Back fist side back strike	Dung jomuk yop dwi taerigi
Back fist front strike	Dung jomuk ap taerigi
Low twisting kick	Najunde bituro chagi
Middle knuckle fist middle punch	Joongji joomuk kaunde jirugi

Defences

Knife-hand high guarding block	Sonkal nopunde daebi makgi
Palm upward block	Sonbadak ollyo makgi
Knife-hand low front block	Sonkal nojunde ap makgi
Forearm low reverse block	Palmok najunde bandae makgi
Forefist pressing block	Ap joomuk noollo makgi
Inner forearm wedging block	An palmok hechyo makgi
Forearm low front block	Palmok najunde ap makgi
U-shape grasp	Mongdunggi jaggi
Reverse knife-hand low guarding block	Sonkal dung nojunde daebi makgi
Double arc-hand high block	Doo bandalson nopunde makgi
Scooping block	Duro makgi
9-shape block	Gutja makgi
Double forearm high block	Doo palmok nopunde makgi