



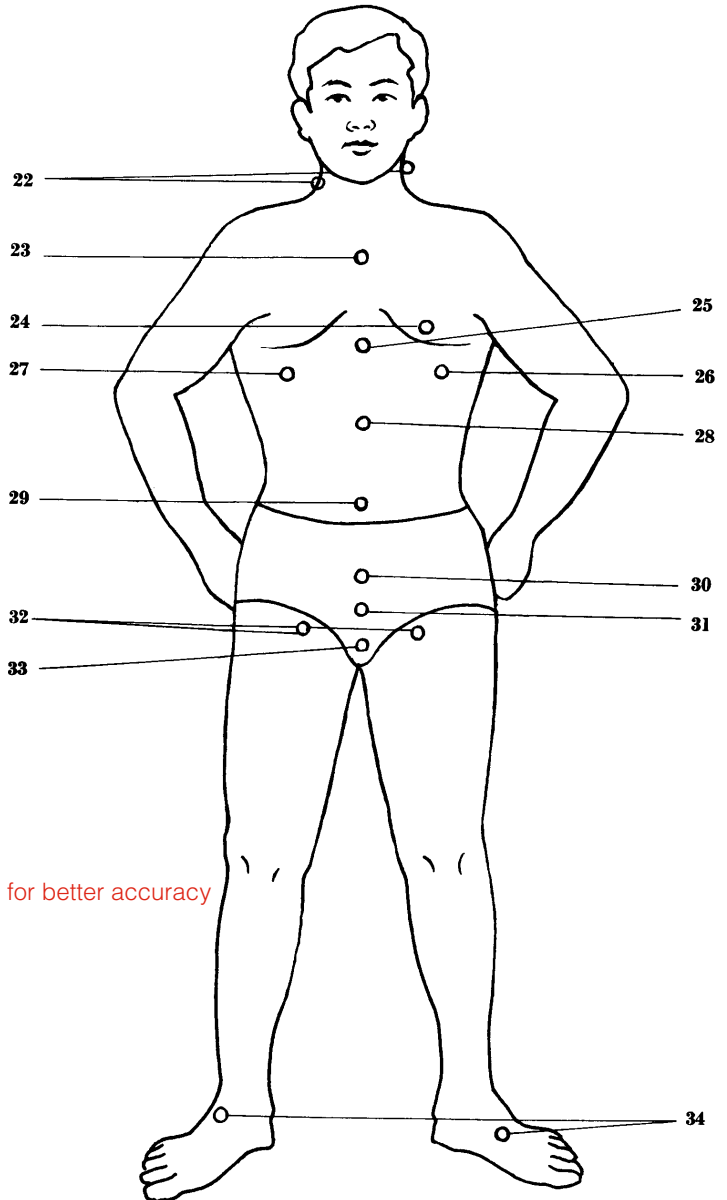
International[®]
Taekwon-Do

techniques handbook

Black Belt Techniques Syllabus

2012 Edition

Testing for 2nd dan



22. Neck artery

23. Sternum

24. Heart

25. Epigastrium

26. Spleen *Swapped for better accuracy*

27. Liver

28. Solar plexus

29. Umbilicus

30. Lower abdomen

31. Pubic region

32. Groin

33. Scrotum

34. Instep

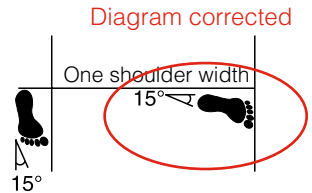
Bending stance (*guburyo sogi*)

This serves as a preparatory stance for side and back kicks, though it is frequently used for defence techniques.

- full facing or half facing
- body weight on the stationary foot
- when standing with the right foot it is a right stance, and vice versa

Vertical stance (*soojik sogi*)

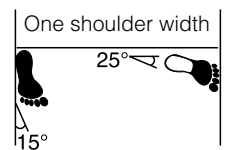
- always half facing
- 60 percent body weight on the rear leg and 40 percent on the front leg
- when the right leg is in the rear it is a right stance, and vice versa
- keep the legs straight



Rear foot stance (*dwitbal sogi*)

This is used for defence and occasionally for attack. The advantage of this stance is the ability to kick or adjust the distance from an opponent with the front foot which can move spontaneously without any additional shifting of the body weight to the rear foot.

- always half facing
- body weight mostly on the rear foot
- when the right leg is in the rear it is a right stance, and vice versa
- bend the rear leg until the knee comes over the toes, placing the heel slightly beyond the heel of the front foot
- bend the front leg, touching the ground slightly with the ball of the foot
- be sure to keep the knee of the rear leg pointing slightly inward



Low stance (*nachuo sogi*)

The advantage of this stance is the ease with which one can extend the attacking tool. It can also develop the leg muscles and is effective to adjust the distance to and from the target.

- full facing or half facing
- body weight even on both feet
- when the right leg is in the front it is a right stance, and vice versa

Black belt (3rd dan) for promotion to 4th dan

1. Time and age requirements:

An average of two 1½ hour training sessions per week for 3 years since being promoted to 3rd dan. Minimum age to grade to 4th dan is 21 (was 18. New ITF rule) years old at the grading date.

2. Stances: a. Warrior ready stance B (*moosa junbi sogi B*)

3. Defensive techniques:

- a. Foot lifting (*bal dulgi*)
- b. Body dropping (*mom nachugi*)
- c. High outward block and forearm low block (*nopunde bakuro makgi wa palmok najunde makgi*)
- d. Reverse knifehand guarding block (*sonkal dung daebi makgi*)
- e. X-knifehand rising block (*kyocha sonkal chookyo makgi*)
- f. W-shape block (two targets) (*san makgi*)
- g. Waving kick (*doro chagi*)

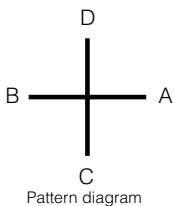
4. Offensive techniques:

- a. Double fist low punch (*doo joomuk najunde jirugi*)
- b. U-shaped punch (*digutja jirugi*)
- c. Backhand horizontal strike (*sondung soopyong taerigi*)
- d. Middle knuckle fist punch (*joongji joomuk jirugi*)
- e. Sweeping kick (*suroh chagi*)
- f. Foot tackling (*bal golgi*)
- g. Grasping kick (*butjapgo chagi*)
- h. Punching kick (*jirumyo chagi*)
- i. Striking kick (*taerimyo chagi*)
- j. Thrusting kick (*tulumyo chagi*)

- ## 5. Patterns:
- a. Sam-il Tul – 33 movements
 - b. Yoo-Sin Tul – 68 movements
 - c. Choi-Yong Tul – 46 movements

- 6. Sparring:**
- Model sparring (*mobum matsogi*)
Five routines. A pre-arranged partner is allowed.
 - Free sparring (*jayu matsogi*)
With partners of own rank and with more senior black belts, plus two onto one free sparring
- 7. Self defence:** Multiple Attackers
Non pre-arranged defence against multiple opponents. Approximately 1½ minutes in duration. Pre-arranged partners are allowed.
- 8. Destruction:** Power test:
- Hand - hand technique of own choice
Men: 3 boards. Women: 2 boards
 - Foot - foot technique of own choice
Men: 4 boards. Women: 3 boards
- Special technique:
- Specialty break
Men and Women: Break of your own choice. Degree of difficulty is taken into consideration.
- 9. Fitness:** Fitness test - see appendix D for details

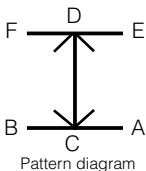
- 10. Theory:** All theory contained within the Coloured Belt Techniques Syllabus Handbook, general knowledge of Taekwon-Do, plus:



- a. Pattern meanings

Meaning of Sam-il

Sam-il denotes the historical date of the independence movement of Korea which began throughout the country on March 1, 1919. The 33 movements in the pattern stand for the 33 patriots who planned the movement.



Meaning of Yoo-Sin

Yoo-Sin is named after General Kim Yoo Sin, a commanding general during the Silla Dynasty. The 68 movements refer to the last two figures of 668 AD, the year Korea was united. The ready posture signifies a sword drawn on the right rather than left side, symbolizing Yoo Sin's mistake of following his king's orders to fight with foreign forces against his own nation.

Etiquette (*ye jol*):

A high degree of etiquette should be observed by students, both inside and outside the do jang. This should be applied by lower ranking students to senior students while training, by higher ranking students to elder students outside of the training hall (do jang), and by all students when visiting another do jang. In all cases, emphasis should be placed on correct and proper salutation. It is a form of respect and courtesy in Western as well as Oriental societies.

It is indeed poor taste for a black belt to slight a beginning white belt who might very well be the Instructor's senior in both age and station. Students visiting other do jangs, whether they be Taekwon-Do or other martial arts, must pay proper respect and observe the traits of modesty and courtesy at all times.

- 11. Thesis:** A study on any Taekwon-Do related topic which would be of value to other Instructors and students and may be suitable for publication. Should contain original material. Length at least 3000 words.
- 12. Credits:** Must accumulate a minimum of 15 contribution credits since being promoted to 3rd dan. The applicant must supply list of credits when applying for the grading, which will be verified by the Instructor or Regional Director. See appendix B for more details.
- 13. Qualifications:**
- a. Must be a qualified Umpire.
 - b. Must have officiated at 4 tournaments since last promotion.
 - c. Must have attended an ITF International Instructors' Course since last promotion.
 - c. ~~Must hold an Instructors' Certificate and be a current Instructor or Assistant Instructor.~~
- 14. Reference:** Must provide a character reference from two key people within your own region, e.g Regional Director or senior Instructor. The reference must be in support of your application to grade.

8. Destruction: Power test:

- a. Hand - hand technique of own choice
Men: 3 boards. Women: 2 boards
- b. Foot - foot technique of own choice
Men: 4 boards. Women: 3 boards

Special technique:

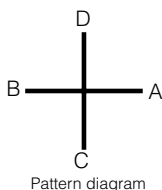
- a. Specialty break
Men and Women: Break of your own choice. Degree of difficulty is taken into consideration.

9. Fitness: Fitness test - see appendix D for details

10. Essay Candidates must write an essay on a topic specified by the examiners. Length for the essay is at least 1000 words.

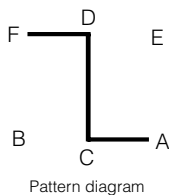
11. Theory: All theory contained within the Coloured Belt Techniques Syllabus Handbook, general knowledge of Taekwon-Do, plus:

a. Pattern meanings



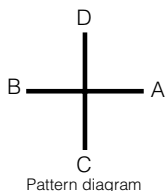
Meaning of Yon-Gae

Yon-Gae is named after a famous general during the Koguryo Dynasty, Yon Gae Somoon. The 49 movements refer to the last two figures of 649 AD, the year he forced the Tang Dynasty to quit Korea after destroying nearly 300,000 of their troops at Ansi Sung.



Meaning of UI-Ji

UI-Ji is named after general UI-Ji Moon Dok who successfully defended Korea against a Tang's invasion force of nearly one million soldiers led by Yang Je in 612 AD, UI-Ji employing hit and run guerilla tactics, was able to decimate a large percentage of the force. The diagram represents his surname. The 42 movements represents the author's age when he designed the pattern.



Meaning of Moon-Moo

Moon-Moo honors the 30th king of the Silla Dynasty. His body was buried near Dae Wang Am (Great King's Rock). According to his will, the body was placed in the sea "Where my soul shall forever defend my land against the Japanese." It is said that the Sok Gul Am (Stone Cave) was built to guard his tomb. The Sok Gul Am is a fine example of the culture of the Silla Dynasty. The 61 movements in this pattern symbolize the last two figures of 661 AD when Moon Moo came to the throne.

other techniques. Students who are forbidden to visit other *dojang* are likely to become rebellious. There are two advantages for allowing the students to visit other gyms: not only is there the possibility that a student may observe a technique that is ideally suited for him, but he may also have a chance to learn by comparing his techniques to inferior techniques.

8. All students should be treated equally, there should be no favourites. Student should always be scolded in private, never in front of the class.
9. If the Instructor is not able to answer a student's question, he should not fabricate an answer but admit he does not know and attempt to find the answer as soon as possible. All too often, will a lower degree black belt dispense illogical answers to his students merely because he is afraid of "losing face" because he does not know the answer.
10. An Instructor should not seek any favours such as cleaning the studio, doing repair works, etc. from his students.
11. An Instructor should not exploit his students. The only purpose of an Instructor is to produce both technically and mentally excellent students.
12. Always be honest with the students, and never break a trust.

12. Credits: Must accumulate a minimum of 20 contribution credits since being promoted to 4th dan. The applicant must supply list of credits when applying for the grading, which will be verified by the Instructor or Regional Director. See appendix B for more details.

13. Qualifications:

- a. Must be a qualified Umpire.
- b. Must have officiated at 5 tournaments since last promotion.
- c. Must have attended an ITF International Instructors' Course since last promotion.
- d. ~~Must hold an Instructors' Certificate and be a current Instructor or Assistant Instructor.~~

14. Reference: Must provide a character reference from two key people within your own region, e.g Regional Director or senior Instructor. The reference must be in support of your application to grade.

Black Belt (5th dan) for promotion to 6th dan

1. Time requirement:

An average of two 1½ hour training sessions per week for 5 years since being promoted to 5th dan.

2. Stances: a. One-leg stance with instep to hollow of knee (*waebal sogi*)

3. Defensive techniques:

- a. Knifehand low block and inner forearm middle outward block (*sonkal najunde makgi wa ap palmok kaunde bakuro maki*)
- b. Palm obverse pressing block (*sonbadak baro noollo makgi*)

4. Offensive techniques:

- a. Vertical punch (*sewo jirugi*)

5. Patterns: a. So-San Tul – 72 movements
b. Se-Jong Tul – 24 movements

6. Sparring: A good knowledge of all forms of sparring.
Testing requirements are at the discretion of the Examiners.

7. Self defence: Testing requirements are at the discretion of the Examiners.

8. Destruction: Power test:

- a. Hand - hand technique of own choice
Men: 3 boards. Women: 2 boards
- b. Foot - foot technique of own choice
Men: 5 boards. Women: 4 boards

Special technique:

- a. Specialty break
Men and Women: Break of your own choice. Degree of difficulty is taken into consideration.

9. Fitness: Fitness test - see appendix D for details

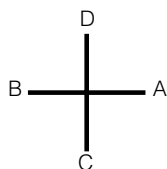
10. Essay

Candidates must write an essay on a topic specified by the examiners. Length for the essay is at least 1000 words.

11. Theory:

All theory contained within the Coloured Belt Techniques Syllabus Handbook, general knowledge of Taekwon-Do, plus:

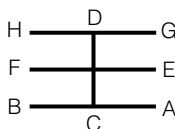
a. Pattern meanings



Pattern diagram

Meaning So-San

So-San is the pseudonym of the great monk Choi Hyong Ung (1520-1604) during the Lee Dynasty. The 72 movements refer to his age when he organized a corps of monk soldiers with the assistance of his pupil Sa Myung Dang. The monk soldiers helped repulse the Japanese pirates who overran most of the Korean peninsula in 1592.



Pattern diagram

Meaning of Se-Jong

Se-Jong is named after the greatest Korean king, Se-Jong, who invented the Korean alphabet in 1443, and was also a noted meteorologist. The diagram (≡) represents the king, while the 24 movements refer to the 24 letters of the Korean alphabet.

b. Philosophy of Taekwon-Do

In recent years, there has been an upsurge in violence and a loss of morality in all levels of society, especially among the young. There are, of course a number of reasons for this.

Many psychologists today feel that this problem stems from frustration. Analysts, on the other hand, point out that these misguided people are indeed a disillusioned segment of society searching for values and relevance in what they consider deceitful, materialistic, and absurd world of wars and decadence.

Unfortunately, however, instead of constructively channelling their extraordinary energy and potential, far too many strike out in blind anger, destroying rather than building, or merely running away from it all by isolating themselves with drugs and their own worlds of fantasy.

Presently, the tendency of "the stronger preying upon the weaker" appears to be at its peak. Frankly, the present world closely resembles a "corrupt age."

It is obvious that this phenomenon of society is not merely because of the struggle for survival, but mainly because of an overdeveloped material and scientific civilisation. The former misleads the young to the extreme materialism or egoism, while the latter seizes human beings with fear, though playing an essential role in public welfare.

5. Be a willing teacher to anyone regardless of religion, race or ideology.
6. Never yield to repression or threat in the pursuit of a noble cause.
7. Teach attitude and skill with action rather than words.
8. Always be yourself even though your circumstances may change.
9. Be the eternal teacher who teaches with the body when young, with words when old, and by moral precept even after death.

12. Credits:

Must accumulate a minimum of 25 contribution credits since being promoted to 5th dan. The applicant must supply list of credits when applying for the grading, which will be verified by the Instructor or Regional Director. See appendix B for more details.

13. Qualifications:

- a. Must be a qualified Umpire.
- b. Must have officiated at 6 tournaments since last promotion.
- c. Must have attended an ITF International Instructors' Course since last promotion.
- d. ~~Must hold an Instructors' Certificate and be a current Instructor or Assistant Instructor.~~

14. Reference:

Must provide a character reference from two key people within your own region, e.g Regional Director or senior Instructor. The reference must be in support of your application to grade.

Appendix A - Black belt grading information

Grading format

1st – 3rd dan gradings are conducted over a two day period. 4th – 6th dan gradings are conducted over a one day period. Only those grading for 7th degree and above are permitted to grade at an International Instructors' Course or other international event.

All members must grade by this local system unless approval is granted to grade overseas. Any member applying to grade overseas must first gain permission from the Technical Advisor, adhering to all the normal requirements such as credit points, umpiring and other certification.

Age considerations

For those under 18 years of age, hand destructions are not permitted, with the exception of the front elbow strike or in some cases, at the discretion of the instructor and sitting examiners.

For those over 40 years of age, or those with medical / physical reasons, **jumping is optional for destructions** the examiners may consider making adjustments to the breaking requirements, and in some cases accept substitute breaking techniques. In the case of substitute techniques, these must be submitted with the grading application for approval by the sitting examiners. Substitute techniques should be as close to the required techniques as possible. For example, the same kick performed at a lower height or modified in some way.

Grading details

Names of those approved to grade are published on the International Taekwon-Do website prior to the grading. The website will also give details of the grading venue, confirmation of the grading date and the name of the grading organiser. The grading organiser is responsible for the venue, breaking materials, and arranging for marshals, black belts and board holders to be present at the grading.

Grading fees

Grading fees can vary from time to time, depending on the overseas exchange rate. Please see the website for the current prices: www.itkd.co.nz/reference. The fee includes GST, the cost of the breaking materials, certificates, belt, venue expenses, examiners' fees and other expenses.

Notification of results

Results will be sent by email to each candidate and their Instructor. Results are also published on the International Taekwon-Do website.

Certificates

Both New Zealand and ITF certificates are issued. Official black belt and lapel badges are issued to those promoted to 1st dan. 1st to 3rd dan certificates are presented after they become available, at the next gup grading. Candidates must be in do bok to receive the certificate. 4th dans and above receive their certificates at the National award ceremony.

Appendix E - Fitness test

(For testing to 1st, 2nd and 3rd dan only)

The test is worth 16 points. Applicants should be prepared for the test on the first day of the black belt grading, and bring the appropriate clothing including running shoes.

1. Press-ups

Applicants must complete as many press-ups as they can with good form, without pausing for longer than one second. Hands should be a shoulder width apart and ensure the body is straight throughout the exercise. Women can place the knees on the floor.

Straighten arms fully on each rep and lower the body until the sternum touches the partner's fist placed on the floor.

max. 4 points



Front view of bottom position with partner's fist



2. Front Plank

Hold the front plank position with good form. Keep the body straight without dropping or lifting the hips.

max. 4 points

3. Pad work

Applicants are required to kick a pad continuously for three 2 minute rounds with a 1 minute break in between rounds. Kicks that are expected are turning kicks, front kicks, back kicks, pick-shape kick, side kicks and flying kicks. The holder of the pad moves around calling for the kicks to be performed. Points for pad work are awarded by the Examiners taking into account: power, endurance, technique and spirit.

max. 4 points

4. Run

Applicants run the 2.4 km course as fast as they can. Points are awarded for the time taken to complete the course according the scoring schedule.

max. 4 points

Fitness test scoring

Run (under times shown in minutes / seconds)

Points:	4	3.5	3	2.5	2	1.5	1	.5
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Male

Times adjusted and junior category removed

Under 40 years	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30
40 years & over	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30
50 years & over	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30

New age category

Female

Times adjusted and junior category removed

Under 40 years	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30
40 years & over	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30
50 years & over	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30

New age category

Press ups (number correctly completed)

Male & female	50	45	40	35	30	25	20	15
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Front Plank (minutes holding the position correctly)

Male & female	4	3.5	3	2.5	2	1.5	1	.5
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OLD RUN TIMES

Points:	4	3.5	3	2.5	2	1.5	1	.5
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Male

Juniors	9:30	10:00	10:30	11:30	12:30	13:30	14:30	15:30
Adults	9:00	9:30	10:00	11:00	12:00	13:00	14:00	15:00
40 years & over	10:00	10:30	11:00	12:00	13:00	14:00	15:00	16:00

Female

Juniors	11:30	12:00	12:30	13:30	14:30	15:30	16:30	17:30
Adults	11:00	11:30	12:00	13:00	14:00	15:00	16:00	17:00
40 years & over	12:00	12:30	13:00	14:00	15:00	16:00	17:00	18:00

Fitness test for 4th dan and above

The fitness test requirements change from year to year, but will normally include a 6 month monitored build-up of 2.4 km run, press ups, front plank and squat kicks. Fat percentage and other body composition testing may also be required.

For the current requirements please see:

www.itkd.co.nz/events/gradings/black-belts/senor-dan-requirements.php