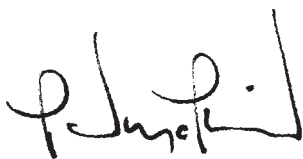


This handbook outlines the techniques and theory for each of the grades (gup) in International Taekwon-Do. It is designed to provide a basic reference source and a guideline for the grading requirements for coloured belts in New Zealand. Students should be familiar with all the techniques and terminology outlined for each grade up to and including their own level. **Yellow belts and above should also refer to the Self Defence Handbook for details of that syllabus.** For the dan grading requirements please see the black belt syllabus handbook.

The majority of material in this handbook is obtained from the 'Encyclopaedia of Taekwon-Do' by General Choi Hong Hi, and is based on a original concept by Master Evan Davidson.

I acknowledge the assistance of Mr Mark Banicevich who assisted with the compiling and proofing of this handbook.

I also wish to acknowledge the contribution and support of Mr Norman Ng, pioneer of Taekwon-Do in New Zealand, Instructor from 1970 to 1995 and former President of our organisation. His dedication to building a strong independent organisation has enabled us all to be practising the "Original Taekwon-Do" in New Zealand today.



Master Paul McPhail
Technical Advisor



Mr Norman Ng

White belt (10th gup) for promotion to 9th gup

1. **Stances:**
 - a. Attention stance (*charyot sogi*), bow (*kyong ye*)
 - b. Parallel stance (*narani sogi*), parallel ready stance (*narani junbi sogi*)
 - c. Walking stance (*gunnun sogi*), walking ready stance (*gunnun junbi sogi*)
 - d. Single stepping – forward (*nagagi*) and backward (*durogi*)

2. **Defensive techniques:**
 - a. Forearm low block (*palmok najunde makgi*)
 - b. Knifehand low block (*sonkal najunde makgi*)
 - c. Inner forearm side block (*an palmok yop makgi*)
 - d. Front rising kick (*apcha olligi*)

3. **Offensive techniques:**
 - a. Forefist high/middle/low front punch
(*ap joomuk nopunde/kaunde/najunde ap jirugi*)
 - b. Front snap kick (*apcha busigi*)

4. **Fundamental exercises:**
 - a. Four direction punch (*saju jirugi*)
 - b. Four direction block (*saju makgi*)

5. **Theory:**
 - a. Taekwon-Do terminology:
Training area – *do jang* Training uniform – *do bok*
High – *nopunde* Middle – *kaunde* Low – *najunde*
Punch – *jirugi* Block – *makgi* Kick – *chagi*
 - b. Founder of Taekwon-Do: General Choi Hong Hi (1918 – 2002)
 - c. Meaning of the white belt
White signifies innocence, as that of a beginning student who has no previous knowledge of Taekwon-Do.
 - d. Tenets of Taekwon-Do:
Courtesy, Integrity, Perseverance, Self Control, Indomitable Spirit
 - e. Student Oath:
I shall observe the tenets of Taekwon-Do
I shall respect the instructor and seniors
I shall never misuse Taekwon-Do
I shall be a champion of freedom and justice
I shall build a more peaceful world

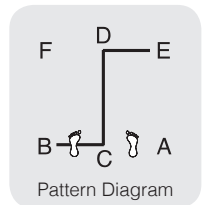
Green stripe (7th gup) for promotion to 6th gup

1. Defensive techniques:

- Outer forearm side block (*pakat palmok yop makgi*)
- Outer forearm wedging block (*pakat palmok hechyo makgi*)
- Outer forearm inward block (*pakat palmok anuro makgi*)

2. Offensive techniques:

- Reverse punch (*bandae jirugi*)
- Straight fingertip thrust (*sun sonkut tulgi*)
- Backfist side strike (*dung joomuk yop taerigi*)
- Back piercing kick (*dwitcha jirugi*)



3. Pattern: Do-San Tul – 24 movements

- ### 4. Sparring:
- Three step sparring (*sambo matsogi*)
 - One way, with companion, foot techniques
 - Two way, alone and with companion

Compulsory techniques (one way):

Front snap kick, turning kick, side piercing kick

Examples: [A = Attack D = Defence C = Counter attack]

[A] L-stance reverse punch [D] L-stance inner forearm block

[C] Side front snap kick (front foot)

[A] L-stance reverse punch [D] L-stance knifehand guarding block

[C] Dodge and turning kick (rear foot)

[A] L-stance knifehand strike [D] L-stance forearm inward block

[C] Side piercing kick (front foot)

- ### 5. Self-defence:
- Defence against grabs to the wrists
(Refer self-defence handbook)

Green belt (6th gup) for promotion to 5th gup

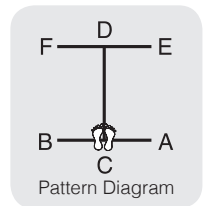
1. **Stances:**
- Bending stance (*guburyo sogi*), bending ready stance A (*guburyo junbi sogi A*)
 - Fixed stance (*gojung sogi*), fixed ready stance (*gojung junbi sogi*)
 - Close stance (*moa sogi*), close ready stance A (*moa junbi sogi A*)

2. **Defensive techniques:**

- Inner forearm circular block (*an palmok dollimyo makgi*)
- Palm downward block (*sonbadak naeryo makgi*)
- Crescent kick (*bandal chagi*)

3. **Offensive techniques:**

- Fixed stance **obverse** punch (*gojung so baro jirugi*)
- Knifehand inward strike (*sonkal anuro taerigi*)
- Downward kick (*naeryo chagi*)
- Pick shape kick (*gokaeng-i chagi*)
- Reverse turning kick (*bandae dollyo chagi*)
- Reverse hooking kick (*bandae dollyo gorochagi*)



4. **Pattern:** Won-Hyo Tul – 28 movements

5. **Sparring:**
- Two step sparring (*ibo matsogi*) – foot and hand techniques

Compulsory techniques:

Crescent kick, side turning kick, reverse turning kick

Examples: [A = Attack D = Defence C = Counter attack]

[A] W-stance middle punch, low front snap kick

[D] W-stance inner forearm block, W-stance **knifehand** low block

[C] Middle reverse punch

[A] Side piercing kick, step forward L-stance **reverse** punch

[D] L-stance palm downward block, **knifehand** guarding block

[C] Side piercing kick (front foot)

[A] L-stance **knifehand** side strike, side turning kick

[D] Crescent kick, dodge to L-stance forearm guarding block

[C] Reverse turning kick

- Free sparring (*jayu matsogi*)

- 6. Self-defence:** Defence against grabs from the front
(Refer self-defence handbook)
- 7. Theory:**
- a. Taekwon-Do terminology:
Forearm rising block – *palmok chookyo makgi*
Forearm guarding block – *palmok daebi makgi*
Knifehand guarding block – *sonkal daebi makgi*
Outer forearm wedging block – *pakat palmok hechyo makgi*
Twin forearm block – *sang palmok makgi*
Inner forearm circular block – *an palmok dollimyo makgi*
 - b. Meaning of Won-Hyo
Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.
 - c. Meaning of the green belt
Green signifies the plant's growth as the Taekwon-Do skill begins to develop.
 - d. Rules of conduct: Dress for training
 1. On arrival check your do bok and remove all accessories e.g. hats, headbands, rings (other than wedding bands that don't have raised stones) necklaces, watches, earrings and anything else that's dangerous. Religious items and cultural clothing that are non-removable must be covered and taped in a manner that keeps both the wearer and others safe.
 2. Do bok must always be clean, ironed and worn correctly. They should be in good repair. Students may wear a white singlet or T-shirt under their do bok top with the permission of their instructor. The do bok must also be of a good fit, hemmed appropriately and of a crisp white.
 3. Belts shall be worn by those qualified for them, wrapped around the waist once and tied in the correct manner. Care should be taken to ensure the colour of the belt is representative of the grade; some dyed belts often do not give a true colour.
 4. Black belt holders shall wear an official black belt and have 3-4cm wide black trimming around the bottom of the jacket. International Instructors have the addition of a vertical black stripe three centimetres wide on the outside of each sleeve of the do bok top and both of the pant-legs.
 5. The do bok top should have the ITF badge on the front left chest and the International Taekwon-Do badge on the right. A small school badge may be attached to the right sleeve for individual school identity. The ITF Tree logo should be on the rear of the do bok top.
 6. Do bok obtained at international events from overseas competitors maybe worn at school level, if permission is granted by the instructor however they may not be worn at any official event.
 7. If the do bok needs to be tidied up, students must turn to the left, away from the instructor to adjust.
 8. The do bok should not be worn outside the do jang unless travelling directly to or from training or on special occasions as specified by the instructor.
 9. Members who have participated in an authorised event of the Foundation shall be allowed to wear any specialised do bok worn for that event, for example members who wear the New Zealand Team do bok.

Blue stripe (5th gup) for promotion to 4th gup

1. **Stances:**
- X-stance (*kyocha sogi*), x-ready stance (*kyocha junbi sogi*)
 - Jumping (*twigi*)

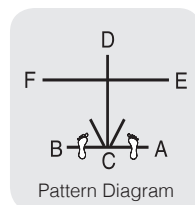
2. **Defensive techniques:**

- Twin knifehand block (*sang sonkal makgi*)
- Double forearm block (*doo palmok makgi*)
- Palm hooking block (*sonbadak golcho makgi*)
- Hooking kick (*golcho chagi*)

3. **Offensive techniques:**

- Front elbow strike (*ap palkup taerigi*)
- Back snap kick (*dwitcha busigi*)
- Side pushing kick (*yopcha milgi*)
- Vertical kick (*sewo chagi*)
– inward (*anuro*) and outward (*bakuro*)
- Twisting kick (*bituro chagi*)

4. **Pattern:** Yul-Gok Tul – 38 movements



5. **Sparring:**
- Two step sparring (*ibo matsogi*) – foot and hand techniques

Compulsory techniques:

Hooking kick, reverse hooking kick, twisting kick

Examples: [A = Attack D = Defence C = Counter attack]

[A] W-stance middle punch, low front snap kick

[D] W-stance inner forearm block, W-stance knifehand low block

[C] W-stance front elbow strike

[A] Side piercing kick, step forward L-stance reverse punch

[D] L-stance palm downward block, dodge to forearm guarding block

[C] Reverse hooking kick (front foot)

[A] L-stance knifehand side strike, side turning kick

[D] Right hooking kick, L-stance outer forearm inward block

[C] Step, twisting kick

- Free sparring (*jayu matsogi*)

6. **Self-defence:** Defence against grabs from the front
(Refer self-defence handbook)

Blue belt (4th gup) for promotion to 3rd gup

1. **Stances:**
- Low stance (*nachuo sogi*), low ready stance (*nachuo junbi sogi*)
 - Rear foot stance (*dwit bal sogi*), rear foot ready stance (*dwit bal junbi sogi*)
 - Close ready stance B (*moa junbi sogi B*)
 - Foot shifting (*jajun bal*) – single foot

2. **Defensive techniques:**

- Reverse knifehand side block (*sonkal dung yop makgi*)
- Palm upward block (*sonbadak ollyo makgi*)
- X-fist rising block (*kyocha joomuk chookyo makgi*)
- Palm pressing block (*sonbadak noollo makgi*)
- U-shape block (*digutja makgi*)

3. **Offensive techniques:**

- Upper elbow strike (*wi palkup taerigi*)
- Twin fist vertical punch (*sang joomuk sewo jirugi*)
- Twin fist upset punch (*sang joomuk dwijibo jirugi*)
- Angle punch (*giokja jirugi*)
- Flying kicks (*twimyo chagi*) as listed below

4. **Pattern:** Joong-Gun Tul – 32 movements

5. **Sparring:**
- One step sparring (*ilbo matsogi*) – flying kicks

Compulsory techniques:

Flying front snap kick, flying turning kick, flying side piercing kick

Examples: [A = Attack D = Defence C = Counter attack]

[A] W-stance punch [D] RF-stance palm upward block

[C] Flying turning kick

[A] W-stance flat fingertip thrust [C] Flying front snap kick

[A] Side turning kick [D] Slide to forearm guarding block

[C] Flying side piercing kick (front foot)

- Free sparring (*jayu matsogi*)

6. **Self-defence:** Defence against grabs from the rear
(Refer self-defence handbook)

