



***International  
Taekwon-Do***<sup>®</sup>

techniques handbook

Coloured Belt Techniques Syllabus

***For Kids***

*Write your name here*



Name .....

Membership No. ....

*Hi kids*

*This is the ITKD techniques handbook just for you! It will give you all the information you need to know for your training and gradings. Look for the pages that shows your belt colour at the top. These pages will list the techniques you should know at your belt level.*

*Taekwon-Do is a Korean martial art, so we also learn some history and Korean words at each belt level. The theory you need to learn is in **BLUE**.*

*If you have any questions please just ask your instructor.*

*Enjoy your training!*

## Message to Parents

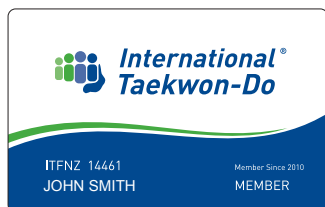
Thank you for enrolling your child in International Taekwon-Do. Our organisation has classes offering energetic and fun activities that aim to give your child a positive experience in physical fitness and martial arts. Not only will children see improvements in their fitness through regular participation in International Taekwon-Do, but they will also learn how their bodies work and how important it is to be active. We hope to encourage a positive attitude through Taekwon-Do that will benefit children throughout their adult lives with increased concentration, perseverance and self control.

All our instructors are fully qualified and continue to be trained and kept up to date with current research about children's health and fitness, as well as teaching methods that are effective and safe.

Our standard Techniques Handbook has been simplified and presented in this format, making it easy for the children to read and follow. It is designed for children up to the age of about ten. Older children are expected to learn the theory contained in the normal Techniques Handbook, available from the Instructor.



**Grand Master Paul McPhail**  
Technical Advisor



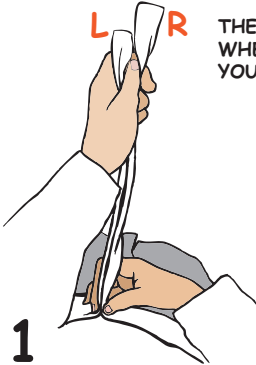
*All members of International Taekwon-Do must hold a membership card like the one shown. If your child does not have one, please check with your instructor.*

## Before you start...

Once you get your uniform (do bok), you will need to know how to tie your belt properly. First remove all jewellery, watches, hats and shoes. Make sure your uniform is always clean and ironed.

### HOW TO TIE YOUR BELT

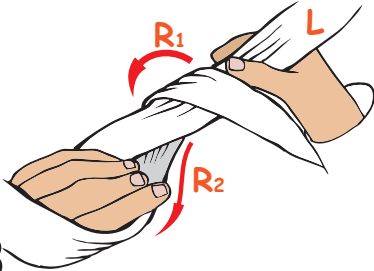
**L** **R** THE PICTURES BELOW MATCH WHAT **YOU SEE** WHEN YOU LOOK DOWN AT THE BELT AROUND YOUR WAIST ©Malcolm Doidge



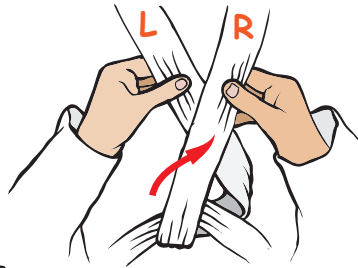
**1**  
TAKE THE ENDS OF YOUR BELT AND PINCH THEM TOGETHER. THE RIGHT SIDE IS 6 CM LONGER



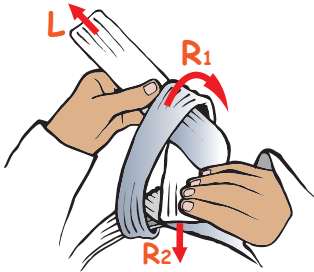
**2**  
BRING THE **R**IGHT END OF THE BELT ACROSS ACROSS THE **L**EFTHAND END AND...



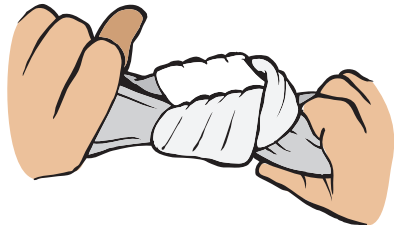
**3**  
...TAKE THE **R**IGHT END UNDER AND THROUGH THE LEFT SIDE OF THE BELT, PULL TIGHT AROUND YOUR WAIST.



**4**  
BRING **R**IGHT ACROSS **L**EFTHAND AGAIN...



**5**  
AND TUCK UNDER THE **L**EFTHAND



**6**  
PULL BOTH ENDS TIGHT.

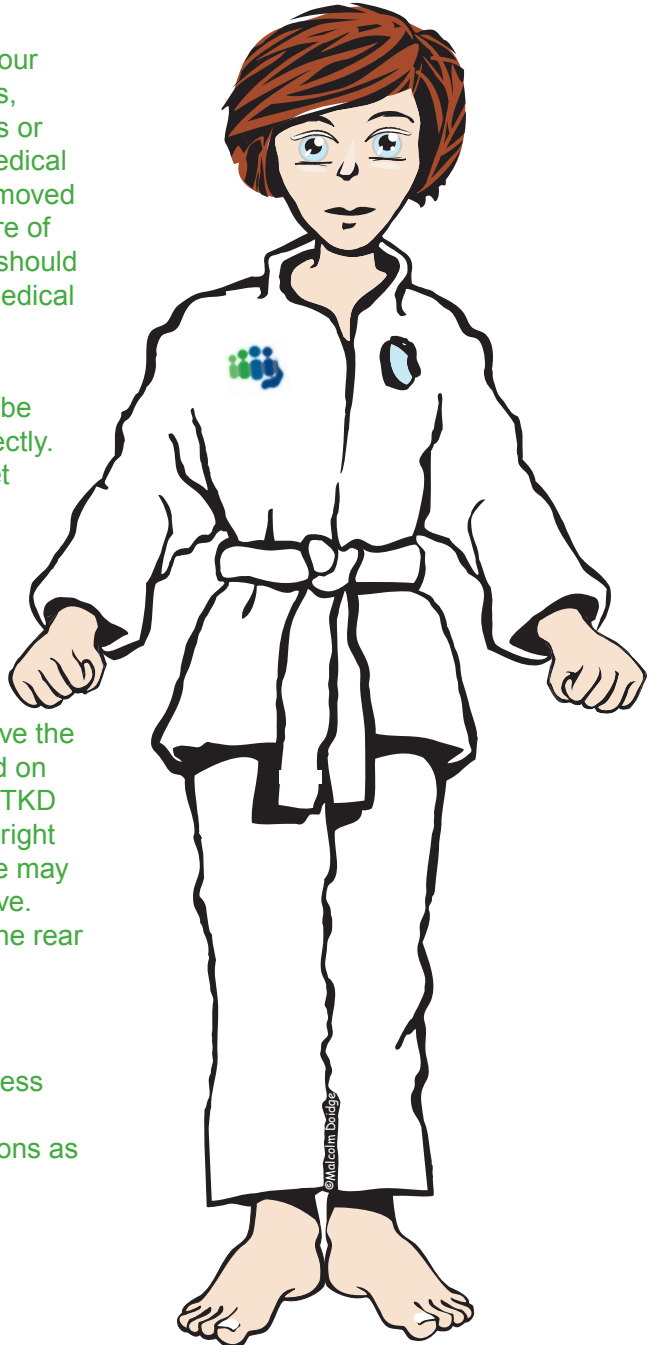
▶ When you arrive, check your do bok and remove any rings, necklaces, watches, earrings or anything else dangerous. Medical Alert bracelets should be removed but the instructor made aware of their location (the instructor should be clearly informed of any medical matters).

▶ Your do bok must always be clean, ironed and worn correctly. You may wear a white singlet under your do bok top.

▶ Belts should be wrapped around the waist once and tied properly.

▶ The do bok top should have the ITF badge correctly mounted on the front left breast and the ITKD badge mounted on the front right breast. A small school badge may be attached to the right sleeve. The ITF Tree should be on the rear of the do bok top.

▶ 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.



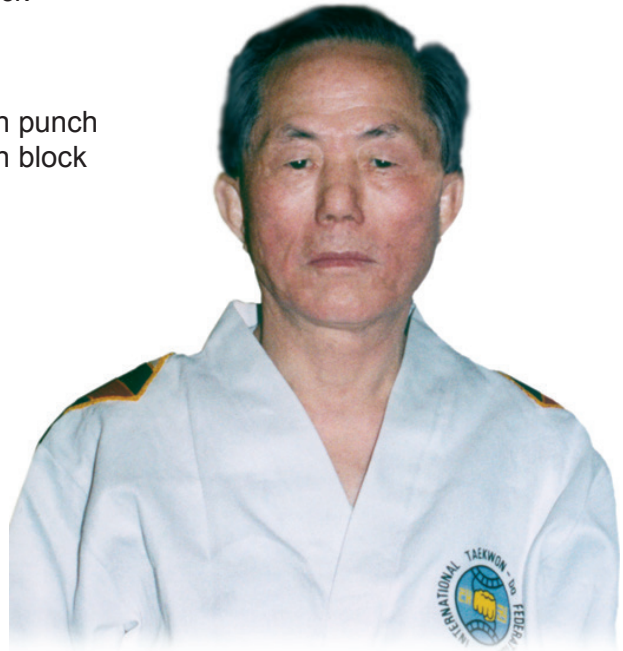
## *Techniques you will learn*

- Stances**
- Attention stance and bow
  - Parallel stance, parallel ready stance
  - Walking stance, walking ready stance
  - Single stepping – forward and backward

- Blocks**
- Forearm low block
  - Knife-hand low block
  - Inner forearm side block
  - Front rising kick

- Attacks**
- Forefist front punch (high, middle and low)
  - Front snap kick

- Exercises**
- Four direction punch
  - Four direction block



## *Theory to learn* – Learn the theory shown in blue

**Korean words** (You can hear these on our website: [www.itkd.co.nz/terminology](http://www.itkd.co.nz/terminology))

Training area – <i>do jang</i>	Uniform – <i>do bok</i>
High – <i>nopunde</i>	Middle – <i>kaunde</i>
Low – <i>najunde</i>	Punch – <i>jirugi</i>
Block – <i>makgi</i>	Kick – <i>chagi</i>

### **Founder of Taekwon-Do**

Taekwon-Do was first named in 1955. It was invented by a man called **General Choi Hong Hi** (said “Choi Hong Hee”). He was born in 1918 and died in 2002.

### **Meaning of the white belt**

*Each belt colour has a special meaning, which you need to learn.*

White stands for innocence, like a beginning student who knows nothing about Taekwon-Do.

### **Tenets of Taekwon-Do**

Courtesy (*being polite*)  
Integrity (*being honest*)  
Perseverance (*keeping going even when it gets hard*)  
Self Control (*keeping in control of yourself*)  
Indomitable Spirit (*doing something because you know it is the right thing to do, even if it isn't easy*)

**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

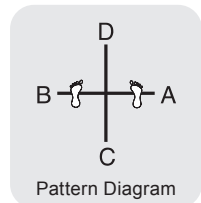
## *Techniques you will learn*

- Stances**
- Sitting stance, sitting ready stance
  - L-stance, L-ready stance
  - Spot turning and step turning

- Blocks**
- Forearm guarding block
  - Side rising kick

- Attacks**
- Side front snap kick
  - Turning kick
  - Flat fingertip thrust

**Pattern** Chon-Ji Tul – 19 movements



**Sparring** Three step sparring

- One way, alone, using hand techniques

### *Techniques you must use:*

Inner forearm block, front punch, flat fingertip thrust

*See the step sparring section at the back of this handbook for examples of the techniques you can use.*

## *Theory to learn* – Learn the theory shown in blue

### Korean Words

1 – *hana*    2 – *dool*    3 – *set*    4 – *net*    5 – *dasot*  
6 – *yosot*    7 – *ilgop*    8 – *yodul*    9 – *ahop*    10 – *yol*

Attention stance – *charyot sogi*

Bow – *kyong ye*

Parallel stance – *narani sogi*

Walking stance – *gunnun sogi*

Sitting stance – *annun sogi*

L-stance – *niunja sogi*

### The Meaning of Chon-Ji

*Each pattern we learn has a special meaning, explaining some reasons why the pattern has a particular shape or has certain movements in it.*

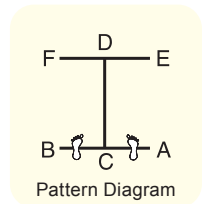
Chon-Ji means “The Heaven-The Earth”, or the beginning of the world. It is the first pattern learnt by a beginner. It has two parts; one is the heaven and the other is the earth. It has 19 movements.



*In Korea there is a lake named Chon-ji*

## *Techniques you will learn*

- Blocks**
- Forearm rising block
  - Knife-hand side block
  - Twin forearm block
  - Knife-hand guarding block
- Attacks**
- Knife-hand side strike
  - Reverse knife-hand front strike
  - Side turning kick
  - Side piercing kick
- Pattern** Dan-Gun Tul – 21 movements
- Sparring** Three step sparring



One way, with a partner using hand techniques

*Techniques you must use:*

Knife-hand side block, knife-hand side strike and reverse knife-hand strike.

*See the step sparring section at the back of this handbook for examples of the techniques you can use.*

**Self-defence** Defence against grabs to the wrists

*See self-defence handbook*

## *Theory to learn* – Learn the theory shown in blue

- Korean Words**
- Forefist – *ap joomuk*
  - Back fist – *dung joomuk*
  - Knife-hand – *sonkal*
  - Reverse knife-hand – *sonkal dung*
  - Fingertip – *sonkut*
  - Elbow – *palkup*

## Meaning of Dan-Gun

*This pattern is named after a legend of the person who started the country of Korea more than four thousand years ago.*

Dan-Gun is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 B.C.

## Meaning of the yellow belt

*Learning Taekwon-Do can be compared to how a tiny seed grows into a large tree.*

Yellow stands for the earth where a seed begins to grow.

## Rules for the do jang

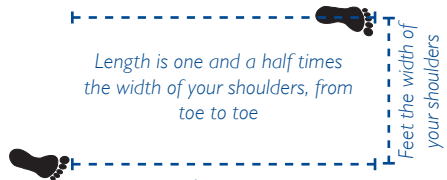
1. Have a clean do bok and remove your jewellery.
2. Let seniors and adults through the door first.
3. Take off your shoes before you come in.
4. Bow as you go in or out of the do jang.
5. Bow to your instructor, seniors and adults.
6. Call your instructor and seniors by "Sir", "Ma'am", etc.
7. If you are late, stand at attention at the side of the class until the instructor bows to you, then join in at the back.

## Basic stance positions



*Heels together, toes apart.*

**Attention stance**



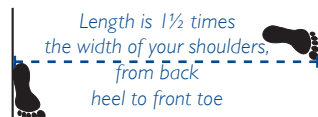
*Length is one and a half times the width of your shoulders, from toe to toe*

**Walking stance**



*Outsides of your feet the width of your shoulders*

**Parallel stance**



*Length is 1½ times the width of your shoulders, from back heel to front toe*

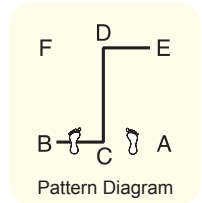
**L-stance**

## *Techniques you will learn*

- Blocks**
- Outer forearm side block
  - Outer forearm wedging block
  - Outer forearm inward block

- Attacks**
- Reverse punch
  - Straight fingertip thrust
  - Back fist side strike
  - Back piercing kick

**Pattern** Do-San Tul – 24 movements



**Sparring** Three step sparring

- One way, with a partner using foot techniques
- Two way, alone and with a partner using hand techniques

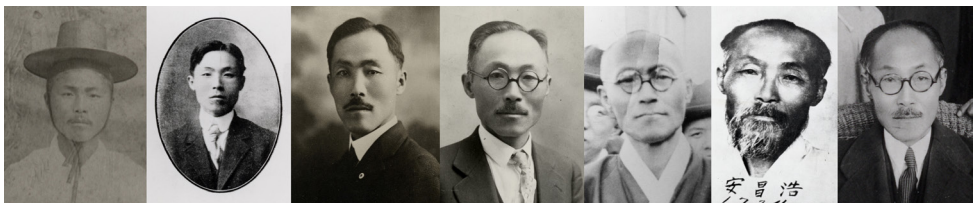
### *Techniques you must use:*

Front snap kick, turning kick, side piercing kick

*See the step sparring section at the back of this handbook for examples of the techniques you can use.*

**Self-defence** Defence against grabs to the wrists

*See self-defence handbook*



*Ahn Chang Ho – through the years of his life.*

## Korean Words

Front rising kick – *apcha olligi*  
Front snap kick – *apcha busigi*  
Side rising kick – *yopcha olligi*  
Side piercing kick – *yopcha jirugi*  
Turning kick – *dollyo chagi*  
Side turning kick – *yop dollyo chagi*

## Meaning of Do-San

*This pattern is named for a very loyal Korean, who hated the way that the Japanese controlled his country and prevented his countrymen from educating their young people properly.*

Do-San was the nickname of Ahn Chang Ho. The 24 movements of the pattern stand for his whole life, which he spent improving education in Korea and fighting to free his country from Japanese control.

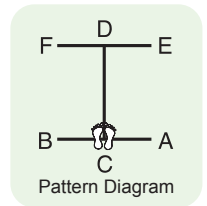
## Rules for the do jang

1. Help the instructor carry their things in.
2. Help the instructor set up and put away equipment.
3. Ask the instructor's permission to leave the class.
4. Turn to the left to tidy your do bok.
5. Do not make any unnecessary noise.
6. Do not argue with the instructors or seniors.
7. Unless your instructor gives special permission, only wear your dobok at training and International Taekwon-Do events.

## *Techniques you will learn*

- Stances**
- Bending stance, bending ready stance A
  - Fixed stance
  - Close stance
- Blocks**
- Inner forearm circular block
  - Palm downward block
  - Crescent kick
- Attacks**
- Fixed stance obverse punch
  - Knife-hand inward strike
  - Downward kick
  - Pick shape kick
  - Reverse turning kick
  - Reverse hooking kick

**Pattern** Won-Hyo Tul – 28 movements



- Sparring**
- Two step sparring – foot or hand techniques

*Techniques you must use:*

Crescent kick, side turning kick, reverse turning kick

*See the step sparring section at the back of this handbook for examples of the techniques you can use.*

- Free sparring

**Self-defence** Defence against grabs from the front

*See self-defence handbook*

## *Theory to learn* – Learn the theory shown in blue

**Korean Words** Forearm rising block – *palmok chookyo makgi*  
Forearm guarding block – *palmok daebi makgi*  
Knife-hand 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*

### Meaning of Won-Hyo

*Many of the ideas of Buddhism from 1500 years ago are still important to Korean people. General Choi used the ideas of many different people in creating Taekwon-Do, because he believed that these ideas were common to all people.*

Won-Hyo was the famous monk who brought Buddhism to the Silla (*said shilla*) Kingdom in 686 A.D.



*Portrait of Won-Hyo*

### Meaning of the green belt

*A seedling grows into a sapling and then a tree, getting stronger, bigger and more complex. We learn more Taekwon-Do skills like a healthy young tree sprouts more and more green leaves.*

Green stands for a plant's growth, as our skill in Taekwon-Do begins to improve.

## Rules for the Do bok

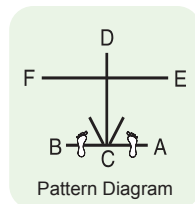
1. Take off all jewellery, watches, headbands and anything that might be dangerous. Don't forget the earrings!
2. The do bok should be clean, with no rips or holes. A plain white top can be worn underneath if you want to.
3. Wear the correct belt for your grade. Belts wraps around only once, tied correctly with the ends even.
4. Black Belts have a 3-4cm black trim on the bottom of the jacket, and an embroidered black belt. International Instructors also have a black stripe down the sleeves and trousers.
5. The ITF Badge goes on the left, the ITKD badge on the right. A small club badge is worn on the right sleeve. The ITF tree goes on the back of the jacket, and the letters ITF are on the outside of the trouser legs.
6. When your do bok needs tidying up, turn to the left and fix it!
7. The do bok should not be worn outside training times except with permission from your instructor
8. Different ITKD do bok made for special events are allowed to be worn, for example, the New Zealand Team do bok.



## *Techniques you will learn*

- Stances**
- X-stance
  - Jumping
- Blocks**
- Twin knife-hand block
  - Double forearm block
  - Palm hooking block
  - Hooking kick
- Attacks**
- Front elbow strike
  - Back snap kick
  - Side pushing kick
  - Vertical kick – inward and outward
  - Twisting kick

**Pattern** Yul-Gok Tul – 38 movements



**Sparring** a. Two step sparring – foot or hand techniques

*Techniques you must use:*

Hooking kick, reverse hooking kick, twisting kick

*See the step sparring section at the back of this handbook for examples of the techniques you can use.*

b. Free sparring

**Self defence** Defence against grabs from the front

*See self-defence handbook*

## *Theory to learn* – Learn the theory shown in blue

**Korean Words** Back piercing kick – *dwitcha jirugi*  
Downward kick – *naeryo chagi*  
Vertical kick – *sewo chagi*  
Crescent kick – *bandal chagi*  
Twisting kick – *bituro chagi*  
Reverse turning kick – *bandae dollyo chagi*

### Meaning of Yul-Gok

*Many famous Koreans were better known by a nickname instead of their real name; some even had two different ones.*

Yul-Gok is the nickname of a great thinker and scholar called Yi-I (said yee ee). He was also known as “The Confucius of Korea”. He lived from 1536 to 1584.

The number of movements in the pattern (38) refer to where Yul-Gok was born and the shape of the pattern is the same as the symbol for scholar.

### What is Taekwon-Do?

Taekwon-Do is a type of Self-defence that comes from Korea. It is the scientific use of the body to get the best use out of it by using intense physical and mental training. It is not just a physical sport; learning to concentrate, focus and persevere are just as important as the techniques learnt.

**Tae** means jumping or flying, kicking or smashing with the foot

**Kwon** means to punch or destroy with the fist

**Do** means art or way

## Student / Instructor Relationship

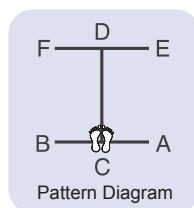
*A Good Student is someone who.....*

1. Never gets tired of learning.
2. Makes extra time for Taekwon-Do when it is needed or asked of them.
3. Sets a good example for lower grades.
4. Is loyal to their instructor.
5. Practices new things they have been taught.
6. Behaves well outside of the do jang as well as inside it.
7. Is never disrespectful to their instructor.
8. Is eager to learn and ask questions.



## *Techniques you will learn*

- Stances**
- Low stance
  - Rear foot stance
  - Close ready stance B
  - Foot shifting
- Blocks**
- Reverse knife-hand side block
  - Palm upward block
  - X-fist rising block
  - Palm pressing block
  - U-shape block
- Attacks**
- Upper elbow strike
  - Twin fist vertical punch
  - Twin fist upset punch
  - Angle punch
  - Flying kicks
- Pattern** Joong-Gun Tul – 32 movements
- Sparring**
- One step sparring – flying kicks



### *Techniques you must use:*

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

*See the step sparring section at the back of this handbook for examples of the techniques you can use.*

- Free sparring

**Self-defence** Defence against grabs from the rear

*See self-defence handbook*

**Breaking** Front elbow strike

## *Theory to learn* – Learn the theory shown in blue

**Korean Words** Bending stance – *guburyo sogi*  
Fixed stance – *gojung sogi*  
Close stance – *moa sogi*  
X-stance – *kyocha sogi*  
Rear foot stance – *dwit bal sogi*  
Vertical stance – *soojik sogi*

### **Meaning of Joong-Gun**

*Japan invaded Korea more than 100 years ago and made it part of the Japanese Empire. Many Koreans fought very hard to get their country back. They were known as patriots and many of them died fighting for the freedom of their country.*

Joong-Gun was named after the patriot Ahn Joong-Gun. Joong-Gun was arrested and executed for killing Hiro Bumi Ito, who had been put in charge of the new Japanese Korea.

Ahn Joong Goong was 32 when he was put to death which is why this pattern has 32 movements.

### **Meaning of the blue belt**

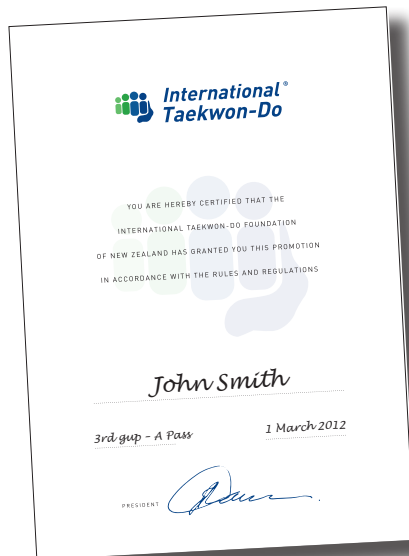
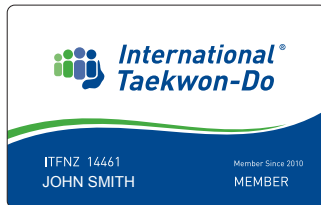
*As we learn more difficult skills in Taekwon-Do, we are like a tree that is growing more and more branches and getting bigger, stronger and taller.*

Blue means the Heaven, towards which the plant grows into a towering tree as training in Taekwon-Do continues.

## Taekwon-Do in New Zealand

Taekwon-Do is very strong in New Zealand, with around one hundred clubs throughout the country. The first of these was established by Mr Norman Ng (said "ing") in Palmerston North, 1970. The birth date of International Taekwon-Do as an organisation is 28 March 1981.

The clubs get together regularly for gradings, seminars, camps and tournaments. Our organisation hosted the ITF World Championships in Wellington, 2011, winning best overall country.

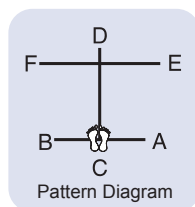


## *Techniques you will learn*

- Blocks**
- X-fist pressing block
  - W-shape block
  - Double forearm low pushing block
  - Knife-hand low guarding block
  - Flying crescent kick

- Attacks**
- Upset fingertip thrust
  - Back fist side back strike
  - Twin side elbow thrust
  - Upward kick
  - Flying kicks

**Pattern** Toi-Gye Tul – 37 movements



- Sparring:**
- One step sparring – flying techniques

*Techniques you must use:*

Flying back piercing kick, flying reverse turning kick,  
flying vertical kick

*See the step sparring section at the back of this handbook  
for examples of the techniques you can use.*

- Free sparring

**Self-defence** Defence against grabs from the rear

*See self-defence handbook*

**Breaking** Front snap kick, turning kick, side piercing kick

## *Theory to learn* – Learn the theory shown in blue

### **Korean Words**

Palm hooking block – *sonbadak golcho makgi*

X-fist rising block – *kyocha joomuk chookyo makgi*

W-shape block – *san makgi*

Double forearm low pushing block – *doo palmok najunde miro makgi*

Knife-hand low guarding block – *sonkal najunde daebi makgi*

Flying crescent kick – *twimyo bandal chagi*

### **Meaning of Toi-Gye**

*A pen name is used by someone when they publish their writings. The name “Toi-Gye” means “retreating stream”. Toi-Gye wanted to use the teachings of Confucius in a new way to keep government officials honest and make them work better for all the people in Korea .*



*Portrait of Yi Hwang*

Toi-Gye is the pen name of Yi Hwang who lived in the 16th century. He was an expert on neo-Confucianism. The number of movements in the pattern (37) refer to where Toi-Gye was born and the shape of the pattern is the same as the symbol for scholar.

## Meaning of the Tenets


### Courtesy

*Courtesy is using good manners, but it's also about following the rules in your home, your do jang, your town and your country*

1. Being polite by using manners.
2. Respecting adults, teachers and parents.
3. Respecting other people's things.

### Integrity

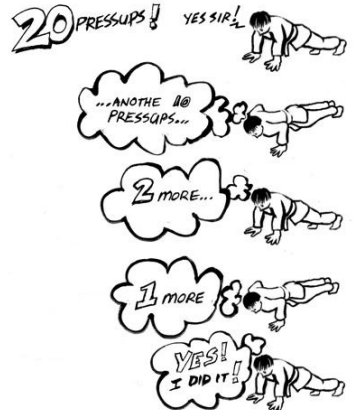
*Integrity is being honest, and it is also about realising when you have done something wrong, feeling sorry about it and making an effort to put things right. It is about learning from your mistakes and being as fair to everyone as you can.*

1. Being honest and knowing the difference between right and wrong.
  2. Following the rules, waiting your turn and being fair to everyone.
  3. Keeping your promises and saying sorry if you have hurt someone's feelings or damaged their things.
- 

## Perseverance

*Perseverance is about setting goals and never giving up trying to achieve them. It is being patient, rather than wanting everything right NOW!*

1. Trying hard and never giving up even when it is difficult.
2. Finishing what you start.
3. Doing your best in everything that you do.



## Self Control

*Self control is about making good choices about what you say and how you act. It is important to think about what might happen if you behave a certain way, before you do it.*

1. Thinking before you do or say anything.
2. Controlling your feelings.
3. Not mis-using skills you learn at Taekwon-Do.

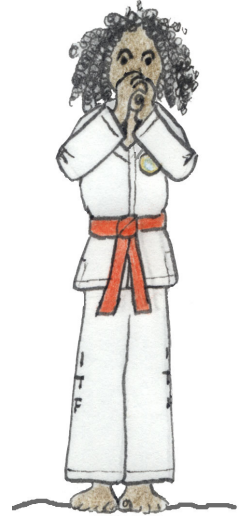
## Indomitable Spirit

*Indomitable spirit is having the courage to stand up for what you believe in and doing what you know is right. It needs courage because often the right thing to do is the hardest thing to do.*

1. Being brave and admitting mistakes.
2. Standing up for people who are being bullied.
3. Telling someone you trust about something that is worrying you.

## *Techniques you will learn*

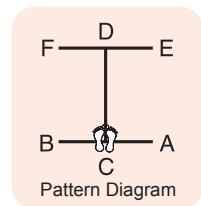
- Stances**
- a. Vertical stance
  - b. Close ready stance C
  - c. Sliding
- Blocks**
- a. Palm pushing block
  - b. Side front block
  - c. Front checking kick
  - d. Side checking kick
- Attacks**
- a. Upward punch
  - b. Knife-hand downward strike
  - c. Side elbow thrust
  - d. Mid-air kick
  - e. Flying kicks



### **Fundamental exercise**

Four direction thrust (*saju tulgi*)

**Pattern** Hwa-Rang Tul – 29 movements



## Sparring

- a. One step sparring (*ibo matsogi*)

*Techniques you must use:*

Flying reverse hooking kick, flying twisting kick, mid-air kick

*See the step sparring section at the back of this handbook for examples of the techniques you can use.*

- b. Free sparring

## Self-defence

Defence against common attacks

*See self-defence handbook*

## Breaking

Flying turning kick, flying side piercing kick,  
flying back piercing kick



*The statue of Kumkang-Yuksa, a famous warrior in Sukulam, a stone cave built in the age of the Silla Dynasty*

## Korean Words

Face the Instructor (1st – 3rd dan) – *boosabum nim kke*

Face the Instructor (4th – 6th dan) – *sabum nim kke*

Face the Master (7th & 8th dan) – *sahyun nim kke*

Face the Grand Master (9th dan) – *saseong nim kke*

Face the Examiner – *simsa nim kke*

Ready – *junbi*

Start – *si jak*

Stop – *guman*

At ease – *swiyo*

Repeat – *tashi*

Return – *baro*

Yell – *kihap*

About turn – *twiro tora*

Class dismissed – *hae san*

## Meaning of Hwa-Rang

*The meaning of Hwa-Rang has two very different parts; the first from the history of Korea, and the second from the history of Taekwon-Do.*

*Part 1: Chin Hung, the 24th King of the Silla Dynasty, set up a school to train young men as Hwa Rang (Flowering Youth). They were trained in combat and the arts to be great warriors and also useful citizens.*

*Part 2: General Choi developed Taekwon-Do into a completely new martial art with men under his command in the 29th Division of the Korean army.*

Hwa-Rang is named after the Hwa-Rang youth group from the early 7th century. The 29 movements refer to the 29th Army Division, where Taekwon-Do developed.

## Meaning of the red belt

*Red is known all over the world as a sign of danger .  
As a red belt you know enough technique and skill to  
be dangerous.*

Red means danger, reminding you to have good control and warning the opponent to stay away.

## History of Taekwon-Do

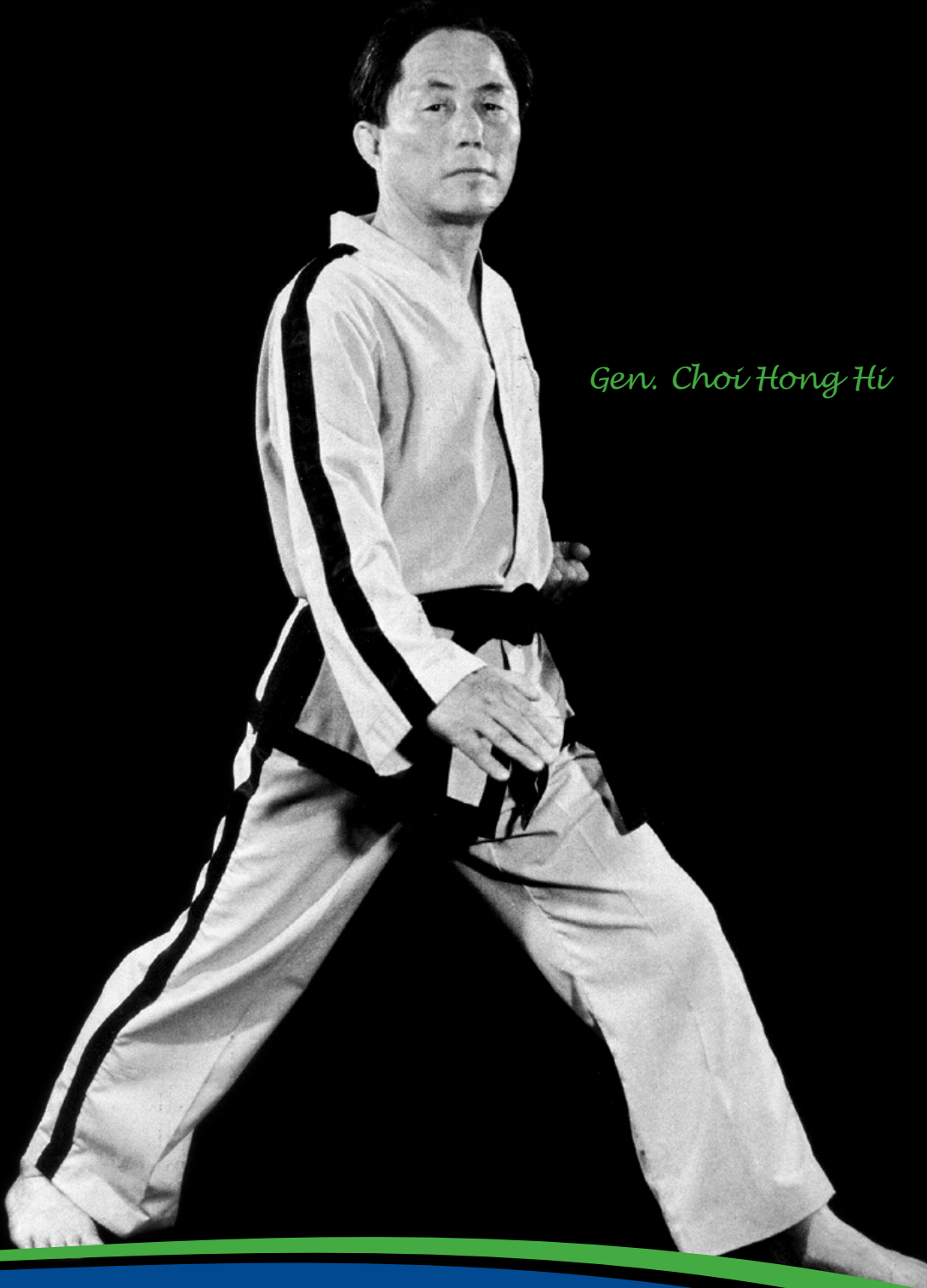
Gen. Choi learned Shotokan karate as a student in Japan. Over many years he studied and changed the techniques, and created a completely new Korean martial art.

In the army, General Choi began to teach Karate to his soldiers, then went on to develop completely original new techniques. He created the patterns, techniques and theories that we know as Taekwon-Do today. Taekwon-Do was officially named on 11 April 1955 by General Choi Hong Hi.

General Choi led a demonstration tour all over the world to show other countries about Taekwon-Do, and the International Taekwon-Do Federation was formed in 1966.

The ITF headquarters moved to Canada in 1972 when General Choi left Korea for good, and later went to Vienna. At the same time some people in Korea continued with their own style of Taekwon-Do, creating the World Taekwon-Do Federation. They changed a lot of the techniques and patterns to do it their own way. Everyone in the International Taekwon-Do Federation learns the Chang-Hon or original style of Taekwon-Do, because it is the same as General Choi originally invented.

General Choi died on June 15th 2002.



*Gen. Choi Hong Hi*

# Step Sparring

Here are some examples you can use for your step sparring.

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

## Three step sparring (Yellow stripe alone & Yellow belt with a partner)

- [A] Walking stance punch
- [D] Walking stance inner forearm block
- [C] Walking stance flat fingertip high thrust
  
- [A] Walking stance flat fingertip high thrust
- [D] Walking stance knife-hand high side block
- [C] Sitting stance reverse knife-hand front strike
  
- [A] Walking stance front snap kick
- [D] Walking stance forearm low block
- [C] L-stance knife-hand strike

## Three step sparring (Green stripe to green belt)

- [A] L-stance reverse punch
- [D] L-stance inner forearm block
- [C] Side front snap kick (front foot)
  
- [A] L-stance flat fingertip high thrust
- [D] L-stance knife-hand high side block
- [C] Dodge and turning kick (rear foot)
  
- [A] L-stance knife-hand strike
- [D] L-stance outer forearm inward block
- [C] Side piercing kick (front foot)

## Two step sparring (Green belt to blue stripe)

- [A] Walking stance middle punch, low front snap kick
- [D] Walking stance inner forearm block, walking stance knife-hand low block
- [C] Middle reverse punch
  
- [A] Side piercing kick, step forward L-stance reverse punch
- [D] L-stance palm downward block, knife-hand guarding block
- [C] Side piercing kick (front foot)
  
- [A] L-stance knife-hand side strike, side turning kick
- [D] Crescent kick, dodge to L-stance forearm guarding block
- [C] Reverse turning kick

## Two step sparring *(Blue stripe to blue belt)*

- [A] Walking stance middle punch, low front snap kick
- [D] Walking stance inner forearm block, walking stance knife-hand low block
- [C] Walking 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 knife-hand side strike, side turning kick
- [D] Right hooking kick, L-stance outer forearm inward block
- [C] Step, twisting kick

## One step sparring *(Blue belt to red stripe)*

- [A] Walking stance punch
- [D] Rear foot stance upward block
- [C] Flying turning kick
  
- [A] Walking stance flat fingertip thrust
- [C] Flying front snap kick
  
- [A] Side turning kick
- [D] Dodge to forearm guarding block
- [C] Flying side piercing kick (front foot)

## One step sparring *(Red stripe to red belt)*

- [A] Walking stance punch
- [D] Hooking kick
- [C] Flying inward vertical kick
  
- [A] Walking stance upset fingertip thrust
- [D] Dodge to knife-hand low guarding block
- [C] Flying back piercing kick
  
- [A] Side piercing kick
- [D] Crescent kick
- [C] Flying reverse turning kick

## One step sparring *(Red belt to black stripe)*

- [A] Walking stance punch
- [D] L-stance palm downward block
- [C] Flying reverse hooking kick (front foot)
  
- [A] Walking stance flat fingertip thrust
- [D] Dodge to L-stance guarding block
- [C] Mid-air kick
  
- [A] Back piercing kick
- [C] Flying twisting kick

# My Gradings

Write in the dates you earn your belts and have your instructor sign each one.

Date	Examiner	Instructor's Signature
9th gup .....	.....	.....
8th gup .....	.....	.....
7th gup .....	.....	.....
6th gup .....	.....	.....
5th gup .....	.....	.....
4th gup .....	.....	.....
3rd gup .....	.....	.....
2nd gup .....	.....	.....
1st gup .....	.....	.....

# My First...

	Date	Details
Board Break	.....	.....
Demonstration	.....	.....
Camp	.....	.....

# My Credits



*Keep a record of all the events you attend such as seminars, camps and tournaments or fund-raisers.*

Date

Courses or seminars I have attended

.....	.....
.....	.....
.....	.....
.....	.....
.....	.....

Date

Tournaments I have attended

.....	.....
.....	.....
.....	.....
.....	.....
.....	.....

Date

Other events I have attended

.....	.....
.....	.....
.....	.....
.....	.....



#### THANKS

Graphics by Malcolm Doidge, Dave Sauvage and Shirley Pygott.

Photos by Doug Hanna and Craig Oliver.

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Special thanks to Mrs Shirley Pygott for the kid-friendly re-wording of the theory.

2024 Edition

Technical Advisor Group

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