

WHITE BELT TO YELLOW BELT TESTING REQUIREMENTS

10TH Keup to 9th Keup (low white to high white belt)

9th Keup to 8th Keup (high white to low yellow belt)



THIS BOOK BELONGS TO:

MEMBER #: _____

DATE YOU STARTED YOUR CLASSES: _____

AGE: _____

HEIGHT: _____ **WEIGHT:** _____ **UNIFORM SZ** _____

DATE I RECEIVED 10TH KEUP: _____

Date received 1st Stripe for 9th Keup: _____

Date received 2nd Stripe for 9th Keup: _____

Date received 3rd Stripe for 9th Keup: _____

DATE I RECEIVED MY 9TH KEUP: _____

Date received 1st Stripe for 8th Keup: _____

Date received 2nd Stripe for 8th Keup: _____

Date received 3rd Stripe for 8th Keup: _____

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10th Keup to 9th Keup (Low White Belt to High White Belt Yellow Stripe)

SECTION 1 – REQUIRED KNOWLEDGE

1a. the meaning of white belt (hin-tti): *The white belt signifies the innocence of a beginning student who has no previous knowledge of martial arts. White belt represents purity; the innocence of an individual about the art itself and about the specific system that each particular instructor teaches.*

1b. a white belt student is introduced to Taekwon-Do, Kenpo, Hapkido & Kido Kwan™ Martial Arts system while devolving a working knowledge of the basics – the foundation of the Art.

1c. What does Taekwon-Do mean? **Tae** is the foot, such as smash, kick, or jump. **Kwon** means hand and **Do** is Art/Way. So **Taekwon-Do is the Art of Kicking & punching.**

What country does Taekwon-Do come from? **Korea.**

Who is the “father” or founder of Taekwon-Do? **Gen. Choi, Hong-hi**

What is the highest Grade in Taekwon-Do & Kido Kwan™? **9th Degree Black Belt.**

When was Taekwon-Do first named? **11 April 1955.**

What does Kenpo mean? **Fist Law/Fist Method**

Who was the founder of American Kenpo? **Ed Parker**

What does Hapkido mean? *Hap means coordinating, Ki means energy, and Do means Art/Way. So Hapkido means the **Way/Art of coordinating energy.***

Who is the founder of Hapkido? **Choi, Young-sool**

STUDENT OATH (Beginning of class)

BOTH OATHS NEEDED FOR 1st KNOWLEDGE STRIPE

SIR/MA'AM

I shall observe the tenets of Taekwon-Do. Courtesy, Integrity, Perseverance, Self-Control, and Indomitable Spirit.

I shall respect my instructors and seniors.

I shall never misuse Taekwon-Do.

I shall be a champion of freedom and justice.

I shall build a more peaceful world.

SIR/MA'AM

STUDENT OATH (End of class)

SIR/MA'AM

We, as members, train our spirits and body according to the strict code.

We, as members, are united in mutual friendship.

We, as members, will comply with all regulations and obey our instructors.

SIR/MA'AM

CODE OF HWA RANG DO (Strict Code)

Loyalty to one's king.

Obedience to one's parents

Sincerity, trust, and brotherhood among friends

Never retreat in battle

Justice in the killing of all living things

If. Bowing: Bowing in any martial art is a sign of respect and should be a sincere slow bow. It is more disrespectful to bow incorrectly than to not bow at all as this is a sign that you do not understand the reason behind the gesture.

Some martial arts may differ but in Taekwon-Do, you must always be in attention position when you bow. So make sure you have no gaps between your feet and your hands are placed smartly at the sides of your body.

From your waist bend 45 ° and lower your eyes to the floor. Hold the position for a split second before coming back to your original standing position.

Things to remember when bowing:

- **Bow from the attention position with your feet touching.**
- **Looking at your instructor or partner (in Taekwondo) shows mistrust, so ensure you always lower your eyes.**
- **Bow 45 ° from your waist slowly.**
- **Never bow while you are moving. Always stop and stand in the attention position.**

You must also know and understand the correct time to bow. Sometimes you see students bowing all the time without understanding what they are doing. Bowing constantly makes bowing meaningless. It is often just seen as something you have to do and go through the motions of before and after a lesson.

When you bow to someone you are making a public gesture that you respect them as a person in the martial arts and what they stand for. That is why every time you bow it should mean something both to you and the other person. Halfhearted bows or a simple nod of the head don't symbolically mean anything it is a lack of etiquette if anything.

Bowing, especially for adults, is also a very humbling experience. To acknowledge that someone else, irrespective of age, has more experience and knowledge than you can sometimes be quite difficult

to grasp. Also bowing when you enter and leave the Dojang is not for anyone else but you. This simple action reminds you that you are there to listen to the advice of the instructor and approach learning with an empty cup.

Ask yourself this question:

Would you bow as you entered or left the Dojang if you were the only one there?

Always remember that a bow is a physical gesture of your inner self. If you do not respect someone for a valid reason do not bow. A false bow or an incorrect bow is worse than no bow at all and every time you must bow it is genuine and means something to you. Bear in mind that you do not have to like a person to respect them in the martial arts. To like someone is only a bonus.

When to bow:

- **When greeting your instructor, whether inside the Dojang or not.**
- **When wanting advice or help from your instructor or a higher grade.**
- **When entering and leaving the Dojang.**
- **When your instructor has given you advice whether individually or as a class.**
- **Before and after working with a training partner.**

SECTION 2 – New Stances *Sogi* 서기

Attention Stance – *Charyeot* 차렷 This stance, the arms and legs are straight with hands made into “knife hands” on side of thighs. Feet together. This is always full-facing.

Ready Stance - *Jun Bi* 준비 In this stance the legs are straight with toes pointing forward. Feet are 1 shoulder-width apart, closed fists, and elbows bent about 45 ° and about six inches in front of the belt.

Forward Stance (front walking) – *Ap Gubi* 앞굽이 This stance the legs are 1 and ½ to 2 shoulders width wide, and 2 shoulders width long. The front leg is bent with about 75% of the weight on it. The back leg is straight. This is usually used full facing but can be used in half facing and reverse half facing.

Sitting Stance (horse stance) In this stance your legs are 2 shoulders widths wide with feet facing forward. Knees bent. 50% of the weight on each leg. Hips under shoulders. This is full facing or side facing.

L Stance (back stance) *Dwit Gubi* 뒤굽이 In this stance, one foot is in front of the other, with the back foot pointed 90 ° from the front, which is point straight to front. The weight is 70% rear leg. This stance is 1 and ½ to 2 shoulder width long. All techniques in this stance are half facing.

SECTION 4 – Blocks **막기**

Forearm Low Block –

Low Block –

Deflecting Low Block –

High Block –

Side Block -

SECTION 5 – New Kicks 차기

Front (Snap) Kick - *Ap-Chagi* 앞차기 Lift the knee and point at the target (usually your waist level) extend the leg out, pulling the toes back to hit with the ball of the foot. When first learning this is done in four parts.

Side Kick - *Yop-Chagi* 옆차기 is performed by turning the body sideways with the hip turned slightly over; chamber the kicking leg diagonally across the body, then linearly extend the leg toward the target. The kick's motion is linear, unlike most kicks in which the kick is performed in some sort of arc. When perming for patterns the striking surface is always the knife-edge of the foot for self-defense it is always the heel.

Turning Kick - *Dollyeo-Chagi* 돌려차기 is performed by first raising the knee of the kicking leg so that the knee is aimed toward the target, as with a Front Kick. You then pivot on the balls of the non-kicking foot and turn the hip over slightly so that your body is turned sideways toward the target. The leg is then straightened to kick so that the shin of the leg is moving in an arc that is parallel to the ground as you are kicking.

The numbering system for kicks:

- #1 Kicking with the front leg (closest to the target)
- #2 Kicking with the back leg (furthest from the target)
- #3 Moving the back leg and kicking with the front leg
- #4 Moving the front leg and kicking with the back leg

SECTION 6 – Patterns/Exercises

NEEDED FOR 2nd KNOWLEDGE STRIPE

Kata 型 - Hyung 형 - Poomse 품세 - Tul 틀

BLOCKING SET #1 (Star Block)

Blocking Set #1 is the first of all Kenpo Sets to be learned. It is a basic set that keeps you in place and using one arm at a time introduces you to some of the blocks of American Kenpo. As you learn these blocks you also learn how to make your blocks flow from one into the next while being introduced to the Kenpo concept called 'Point of Origin'. At the midpoint, you are introduced to moving both arms simultaneously and rather performing two actions at once. It is important to remember that while performing this set on each side, you do not re-cock your arm between blocks. Your next block begins where your previous block ended or rather you perform the block from the point of origin.

READY STANCE – Meditative Horse Stance

Section 1: (Right Side)

1. Deliver a right high block.
2. Deliver a right hammering inward block.
3. Deliver a right extended outward block.
4. Deliver a right outward downward block.
5. Deliver a right rear elbow block. Deliver a right push-down block. Chamber your right hand on your hip.

Section 2: (Left Side)

6. Deliver a left High block.
7. Deliver a left hammering inward block.
8. Deliver a left extended outward block.
9. Deliver a left downward block.
10. Deliver a left rear elbow block. Deliver a left push-down block. Chamber your left hand on your hip.

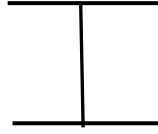
▪ Closing:

- Cover your right fist with your left hand.
- Close your meditative horse stance.

KI CHO HYUNG IL BU 기 초 형 일 부

Number of Moves: 20

Ready Posture: Parallel Ready Stance



1. Look to the left, and turn 90° stepping in a left forward stance, execute the left low block.
2. Step forward in right forward stance, execute a right middle punch.
3. Look to the right and turn 180° to the right in a right forward stance, executing a right low block.
4. step forward in a left forward stance, execute a left middle punch.
5. Turn to the left 90° into a left forward stance, execute a left low block.
6. Step forward in a right forward stance, execute a right middle punch.
7. Step forward in a left forward stance, execute a left middle punch.
8. Step into a right forward stance, execute a right middle punch, and **Ki-ap**.
9. Turn to the left 270° into a left forward stance, execute a left low block.
10. Step forward into a right forward stance, execute a right middle punch.
11. Turn 180° to the right into a right forward stance, execute a right low block.
12. Step forward into a left forward stance, execute a left middle punch.
13. Turn to the left 90° into a left forward stance, execute a left low block.
14. Step forward into a right forward stance, execute a right middle punch.

15. Step forward into a left forward stance, execute a left middle punch.
16. Step forward into a right forward stance, execute a right middle punch, and **Ki-ap**.
17. Turn to the left 270° into a left forward stance, execute a left low block.
18. Step forward into a right forward stance, execute a right middle punch.
19. Turn to the right 180° into a right forward stance, execute a right low block.
20. Step forward into a left forward stance, execute a left middle punch. Return to the ready position

KI CHO HYUNG Yi BU 기 초 형 이 부

Number of Moves: 20

Ready Posture: Parallel Ready Stance

Joon Bi (Ready Stance)



1. Look to the left and turn 90° stepping in a left forward stance, execute left low block.
2. Step forward in the right front, execute a right high punch.
3. Look to the right and turn 180° to the right in a right forward stance, executing a right low block.
4. Step forward in a left forward stance, execute a left high punch.
5. Turn to the left 90° into a left forward stance, execute a left low block.
6. Step forward in a right forward stance, execute a right high punch.

7. Step forward in a left forward stance, execute a left high punch.
8. Step into a right forward stance, execute a right high punch, and **Ki-ap**.
9. Turn to the left 270° into a left forward stance, execute a left low block.
10. Step forward into a right forward stance, execute a right high punch.
11. Turn 180° to the right into a right forward stance, execute a right low block.
12. Step forward into a left forward stance, execute a left high punch.
13. Turn to the left 90° into a left forward stance, execute a left low block.
14. Step forward into a right forward stance, execute a right high punch.
15. Step forward into a left forward stance, execute a left high punch.
16. Step forward into a right forward stance, execute a right high punch, and **Ki-ap**.
17. Turn to the left 270° into a left forward stance, execute a left low block.
18. Step forward into a right forward stance, execute a right high punch.
19. Turn to the left 180° into a right forward stance, execute a right low block.
20. Step forward into a left forward stance, execute a left high punch. Return to the ready position.

KI CHO HYUNG SAM BU 기 초 형 삼 부

Number of Moves: 20

Ready Posture: Parallel Ready Stance



Ready stance – Joon Bi

1. Turn to the left 90° in a right L-Stance, execute a left in-out middle block.
2. Step forward in a right front stance, execute right middle punch.
3. Turn to the left 180° degrees in a left L-Stance, execute a right in-out middle block.
4. Step forward in a left front stance, execute a left middle punch.
5. Turn to the left 90° into a left front stance, execute a left low block.
6. Step forward into right sitting stance, execute a right middle punch.
7. Step forward with a left sitting stance, execute a left middle punch.
8. Step forward with the right sitting stance and execute a right middle punch and **Ki-hap**.
9. Turn to the left 270°, into a right L-Stance, execute an in-out left middle block.

10. Step forward in a right front stance, execute a right middle punch.
11. Turn 180° to the right, into a left L-Stance, execute a right in-out middle block.
12. Step forward in a left front stance, execute a left middle punch.
13. Turn 90° to the left, into a left front stance, execute a left low block.
14. Step forward with right sitting stance, execute a right middle punch.
15. Step forward with a left sitting stance, execute a left middle punch.
16. Step forward with right middle stance, execute a right middle punch, and **Ki-hap**.
17. Turn to the left 270° into a right L-Stance, execute the in-Out middle block.
18. Step forward in a right front stance, execute a right middle punch.
19. Turn 180° to the right into a right L-Stance, execute a left in-out middle block.
20. Step forward in the left front stance, execute a left middle punch. Return to the ready position.

End: Bring the left foot back to a ready position

Kicho (基本) is a Korean term meaning “basics” or “fundamentals.” The term is used to refer to the basic techniques that are taught and practiced as the foundation of most Korean & Japanese striking martial arts. It is also known as Taegeuk 1 in the Chung Do Kwan schools under the World Taekwondo Association led by Son, Duk-sung; in Japanese Shotokan Karate it is known as Taikyoku Sho-dan.

The practice and mastery of Kicho are essential to all advanced training and include the practice of correct body form and breathing while practicing basics such as stances, punches, kicks, blocks, and thrusts, but it also includes basic representative Hyung (*kata*.)

Kicho is not only practicing techniques but also the mudo-in (budō-ka) fostering the correct spirit and attitude at all times.

Kicho techniques tend to be practiced often, in many cases during each practice session. They are considered fundamental to the mastery and improvement of all movements of greater complexity. Kicho in martial arts can be seen as analogous to basic skills in, for example, basketball. Professional NBA players continue to practice dribbling, passing, free throws, jump shots, etc. to maintain and perfect the more complex skills used during a basketball game.

SECTION 7 Hoshin Sul (Self Defense) 호신술

NEEDED FOR 3rd KNOWLEDGE STRIPE

A = Attacker & D = Defender

1. Delayed Sword

- **1 A.** Right Hand Lapel Grab. **D.** Step 1
 - Step back toward 6:00 with your left foot to form a right neutral forward bow stance facing 12:00. Deliver a right inward block. Left-hand covers low.
- Step 2
 - Slide your right foot back into a transitional right 45° cat stance. Immediately execute a right front snapping ball kick to the attacker's groin.
- Step 3
 - Plant your right foot forward at 12:00 forming a right neutral bow stance. Deliver a right snapping outward downward diagonal hand sword strike to the right side of the attacker's neck.
- Step 4
 - Cover toward 6:00.

The name for the technique comes from the sequence of movements. The hand **sword** strike is **delayed** until after the kick.

2. Alternating Maces

- **2 A.** Front two-handed push to shoulders **D.** Step 1
 - Step toward 6:00 with your left foot to form a right neutral forward bow stance, Deliver a right lowercase inward block, Left-hand covers low.

- Step 2
 - Collapse your right arm across the top of your opponent's arms, checking horizontally, Pivot clockwise into a right forward bow stance.
 - Deliver a left vertical thrust punch.
- Step 3
 - Collapse your left arm across the top of your opponent's arms, checking horizontally, Pivot counterclockwise into a right neutral bow stance. Deliver a right outward whipping back knuckle strike.
- Step 4 Cover toward 6:00.

The name **Alternating Maces** starts with the similarity of the arm/hand with a weapon called a mace. A traditional mace is a club usually with heavier and larger striking ends. When you clench your fist your arm from the elbow down becomes the shaft of the mace with your fist serving as the weighted end. With the understanding our fists are identified as maces, the fact that we are alternating our fists in this technique gives us the name **Alternating Maces**.

3. Sword of Destruction

- **3. A. Left Roundhouse Punch D. Step 1** Step toward 6:00 with your left foot to form a right neutral bow stance, deliver a right extended outward block, Left-hand covers low.
- **Step 2** Deliver a right front snapping kick.
- **Step 3** Plant your right foot forward into a right neutral bow stance. Deliver a right snapping inward downward diagonal hand sword strike.
- **Step 4** Cover toward 6:00.

In American Kenpo Names the term *destruction* is used to symbolize an action coming from or going to the left side of the body. In this technique, your defense ends with a hand sword (*sword*) strike to the left side (*destruction*) of the opponent's neck. Thus, *Sword of Destruction* serves as a reminder of the main elements of this technique; a hand sword (*sword*) strike to the left side (*destruction*) of the opponent's neck.

4. Deflecting Hammer

- **4. A.** Right Front Thrust Kick. **D.** Step 1
 - Step towards 7:30 with your left foot to form a right neutral bow stance, Deliver a right outward downward diagonal block (from 11:00 to 5:00) to the outside of your opponent's right leg.
- Step 2
 - Execute a forward shuffle. Deliver a left thrusting heel palm to your opponent's right arm between the elbow and shoulder. Have your right arm continue on its path past the kick into a right inward horizontal elbow strike to your opponent's ribs or face.
- Step 3
 - Cover toward 6:00.

The name comes from the idea that you are **deflecting** your opponent's kick with a downward block in a **hammering** motion.

5. Captured Twigs

- **5. A.** Rear Bear Hug with Arms Pinned. **D.** Step 1:
 - Step toward 9:00 with your left foot to form a horse stance, left-hand pins the opponent's hands, Deliver a right back hammer fist strike to the groin.
- Step 2:
 - Slide your right foot back as you face 3:00 to form a right 90° cat stance facing 3:00 With your left pinning hand, execute a left push-down block to clear your opponent's arms down and away from you Deliver a right upwards snapping obscure elbow strike.
- Step 3:
 - Immediately deliver a right heel stomping kick to the instep of the arch.
- Step 4:

- Cover toward 12:00. Twigs is a symbolic term for arms. In this technique, your arms are pinned against your body thus captured. Hence the name Captured Twigs.

NOTES:

SECTION 8 – Breaking 격파

There are no breaking requirements at this rank.

SECTION 9 – Competition 겨루기 / 맞서기

Tournaments competition is not required at this level, however, if a tournament is available we recommend that every student at least attends as a spectator, this could be local “open” tournaments or any sanctioned Kido Kwan™ event.

ETIQUETTE 리켓

1. Students must always be courteous. Advanced students must always set a good example for new students and assist in any way possible.
2. Disrespect will not be tolerated by any student, beginner or advanced.
3. When addressing your instructor(s), bow and refer to them by sir or ma'am or by their last name followed by their instructor's title. Example Smith Sabom-nim.
4. Bow before entering and leaving the dojang floor.
5. Do not turn your back on your instructor. To adjust your uniform always turn towards your right so you're left side is facing the

instructor.

6. Students should wear a clean uniform at all times.
7. No smoking, drinking, or drugs will be permitted while in uniform.
8. When returning from meditation in the opening and closing ceremonies the students must not return to their feet before the instructor or seniors.
9. If entering the Do-Jang late, you must bow to the instructor and get his or her permission to join the class. And no matter if you're senior to the other students you must line up in the back of class unless otherwise instructed.
10. When seated and an instructor addresses you, you must stand in the position of attention to answer him or her.

TIME REQUIREMENTS

At this level, a student will have a minimum of 30 hours total training time as a 10th Keup White Belt to be able to test to 9th Keup White Belt.

TESTING

Testing is not a requirement. However, it is used for students interested in advancing in martial arts. It is also used to keep the student interested and gives the martial arts process structure. Without this structure, more advanced techniques would be practiced before the students have developed the proper training tools. Thus causing frustration and malcontent. All testings must be approved by your instructor, never assume you can test, your instructor will tell you when he or she feels you are ready to test. Never ask to test, however, always feel free to ask your instructor what you need to work on to get ready for your next test. * Home training can be considered based on each person's level of comprehension!

There are two types of stripes you will see on rank belts. Stripes running down the center indicate a high rank for the color belt. So a high white belt (9th Keup) will be a white belt with a yellow stripe running down the center. Then there are knowledge stripes. There will be up to three stripes on the left-hand side which are known as

“knowledge” stripes. The knowledge stripes will be black for white belts, and the 1st one indicates that the student has learned the basic stances, strikes, punches, and kicks and will say “basic” in Korean & English and or the “Required Knowledge” section here within. The 2nd stripe indicates that the student has learned the required patterns for their current rank, and the 3rd stripe indicates they currently know the step sparring and or self-defense for the current rank.

A lot of times people ask, "*How long does it take to get to the black belt*" Well there is no one answer to this, as everyone is different! The average is about two years to three years; however, General Choi had laid out that to reach 1st Degree Black Belt it should take no less than 940 hours of training time with the ideal training time to be 1250 hours' worth of training. The Kido Kwan™ requirement is no less than 1050 hours total training to reach 1st Degree Black Belt!

9th Keup to 8th Keup
(High White belt high to Yellow Stripe –Low Yellow Belt)

SECTION 1 – REQUIRED KNOWLEDGE

NEEDED FOR 1st KNOWLEDGE STRIPE 1-10 in Korean

Native	Hangeul	Sino-Korean	Hangeul	Hanja	
1	Hana	하나	il	일	一
2	dul	둘	i ("yee")	이	二
3	set	셋	sam	삼	三
4	net	넷	sa	사	四
5	daseot	다섯	o ("oh")	오	五
6	yeoseot	여섯	yuk	육	六
7	ilgop	일곱	chil	칠	七
8	yeodeol	여덟	pal	팔	八
9	ahop	아홉	Ku	구	九
10	yeol	열	sip	십	十

SECTION 3 – New Kicks 차기

No new kicks at this level

SECTION 4 – Blocks 막기

NO new blocks at this level

SECTION 5 – New Stances Sogi 서기

No new stances at this level

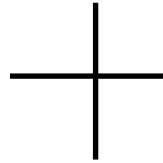
SECTION 6 – Patterns/Exercises

NEEDED FOR 2nd KNOWLEDGE STRIPE

Kata 型 - Hyung 형 - Poomse 품세 - Tul 틀

FOUR DIRECTION PUNCH SAJU JIRUGI

Number of Moves: 14



Ready Posture - PARALLEL READY STANCE

1. Move the right foot forward forming a right forward stance while executing a middle punch with the right fist.
 2. Move the right foot to A forming a left forward stance toward B while executing a low block to B with the left forearm.
 3. Move the right foot to B forming a right forward stance toward B while executing a middle punch to B with the right fist.
 4. Move the right foot to D forming a left forward stance toward C while executing a low block to C with the left forearm.
 5. Move the right foot to C forming a right forward stance toward C while executing a middle punch to C with the right fist.
 6. Move the right foot to B forming a left forward stance toward A while executing a low block to A with the left forearm.
 7. Move the right foot to A forming a right forward stance toward A while executing a middle punch to A with the right fist.
- END:** Bring the right foot back to a ready posture.

FOUR DIRECTION BLOCK
SAJU MAKGI
Ready Posture - PARALLEL READY STANCE



Number of Moves: 16

- 1.** Move the right foot to C forming a left forward stance toward D while executing a low block to D with the left knife hand.
 - 2.** Move the right foot to D forming a right forward stance toward D while executing a middle side block to D with the right inner forearm.
 - 3.** Move the right foot to A forming a left forward stance toward B while executing a low block to B with the left knife hand.
 - 4.** Move the right foot to B forming a right forward stance toward B while executing a middle side block to B with the right inner forearm.
 - 5.** Move the right foot to D forming a left forward stance toward C while executing a low block to C with the left knife hand.
 - 6.** Move the right foot to C forming a right forward stance toward C while executing a middle side block to C with the right inner forearm.
 - 7.** Move the right foot to B forming a left forward stance toward A while executing a low block to A with the left knife hand.
 - 8.** Move the right foot to A forming a right forward stance toward A while executing a middle side block to A with the right inner forearm.
- END:** Bring the right foot back to a ready posture.

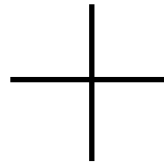
Practice this fundamental exercise clockwise and counter-clockwise, turning alternately.

Chon-Ji Tul **천지**

Chon-Ji means “Heaven and the Earth.” In the orient, it is interpreted as a creation of the world or the beginning of human history. This pattern consists of two parts, one representing heaven, the other earth.

Pattern Timing is: Standard, timing is one movement per beat; a beat is roughly one second.

Number of Moves: 19



Ready Posture: Parallel Ready Stance

1. Move the left foot 90° to the left forming a left forward stance toward B while executing a left forearm low block. Full facing.
2. Move the right foot forming a right forward stance while executing a middle punch the right fist. Full facing.
3. Move the right foot 180°, turning clockwise to form a right forward stance while executing a right forearm low block. Full facing.
4. Move the left foot forward forming a left forward stance while executing a middle punch with the left fist. Full facing.

5. Move the left foot 90° forming a left forward stance while executing a left forearm low block. Full facing.
6. Move the right foot forward forming a right forward stance while executing a middle punch with the right fist. Full facing.
7. Move the right foot 180° turning clockwise to form a right forward stance while executing a right forearm low block. Full facing.
8. Move the left foot forward forming a left forward stance while executing a middle punch with the left fist. Full facing.
9. Move the left foot 90° forming a right L-stance while executing a left inner forearm middle block. Half facing.
10. Move the right foot forward forming a right forward stance while executing a middle punch with the right fist. Full facing.
11. Move the right foot 180° turning clockwise to form a left L-stance while executing a right inner forearm middle block. Half facing.
12. Move the left foot forward forming a left forward stance while executing a middle punch with the left fist. Full facing.
13. Move the left foot 90° forming a right L-stance while executing a left inner forearm middle block. Half facing.
14. Move the right foot forward forming a right forward stance while executing a middle punch with the right fist. Full facing.

15. Move the right foot 180° turning clockwise to form a left L-stance while executing a right inner forearm middle block. Half facing.

16. Move the left foot forward forming a left forward stance while executing a middle punch with the left fist. Full facing.

17. Move the right foot forward forming a right forward stance while executing a middle punch with the right fist. Full facing.

18. Move the right foot stepping backward forming a left forward stance while executing a middle punch with the left fist. Full facing.

19. Move the left stepping backward forming a right forward stance while executing a middle punch with the right fist. Full facing. Shout **CHON-JI**

End: Bring the left foot back to a ready position.

SECTION 7 – Hoshin Sul (Self Defense) 호신술

NEEDED FOR 3rd KNOWLEDGE STRIPE

1-10 is required

A = Attacker & D = Defender

You must do the 1-5 from 10th Keup as well

6. Grasp of Death

- **6 A. Right Arm Headlock D. Step 1:**
 - Tuck your chin to the left against your chest. Pull your opponent's right wrist with your right hand, anchoring the elbow.
 - Step forward with your right foot towards 12:00 forming a right close kneel stance.
 - With your left-hand reach between your opponent's legs to grab the right inner thigh and pinch the fleshy area.
- **Step 2:**
 - Bring your opponent's right arm over your head and in front of your body pulling his right wrist to your right hip.
- **Step 3:**
 - Step toward 10:30 with your left foot to form a left neutral bow stance.
 - Strike the back of your opponent's right elbow with a left hammering inward block-pushing forward and down creating a right armbar. Slap your left hand over your opponent's right elbow for better control.
- **Step 4:**

- Hugging your opponent's right arm against your body with your left hand.
- Deliver a right snapping inverted vertical punch to the base of your opponent's skull
- Step 4:
 - Cover toward 1:30.

The name of the technique, **The Grasp of Death**, is derived from the severe nature of the attack as the attacker's **grasp** can prove fatal if not properly and quickly defended against.

7. Checking the Storm

- **7 A.** Right Step Through Overhead Club Attack.
 - D.** Step 1:
 - Step toward 3:00 with your right foot to form a horse stance, Deliver a right inward parry. Slide your left foot toward 3:00 to form a left 45° cat stance, Deliver a left extended outward block.
 - Step 2:
 - Deliver a left front snapping ball kick to the groin.
 - Step 3:
 - Plant your left foot down towards 10:00 into a left front twist stance. Deliver a right snapping knife-edge kick to the inside of your opponent's right knee.
 - Step 4:
 - Plat your right foot down towards 10:00 into a right neutral bow, Deliver a right outward whipping back knuckle strike to your opponent's temple.
 - Step 5:
 - Cover toward 6:00.

In American Kenpo, the term 'storm' is used to symbolize a club attack. Anything that has the word storm will involve a club

attack. Checking is a Kenpo principle that is used to restrain, hinder or prevent an opponent from acting. In Checking the Storm,

you will employ the checking principle to hinder your opponent's overhead club strike.

8. Mace of Aggression

- **8. A. Two-Hand Lapel Grab (pulling in) D. Step 1**
 - With your left-hand reach across and pin both your opponent's hands to your chest.
 - Step forward towards 12:00 planting with a right downward stomp kick to the top of your opponent's right foot. Execute a right inward downward diagonal raking hammer fist strike, towards 10:30, across your opponent's left eye and bridge of the nose.
- **Step 2**
 - Allow your right arm to continue on its counterclockwise path so it strikes your opponent's forearms. Pull the opponent's arms down with your right arm, anchoring your elbow. Deliver a right inward horizontal elbow strike to the left side of the face.
- **Step 3**
 - Push-drag shuffle forward. Deliver a right outward horizontal elbow strike to your opponent's face.
- **Step 4 Cover toward 6:00.**

As we learned in Alternating Maces, our fists are symbolized as maces. As we are pulled in towards our opponent we take the aggressive stance and quickly move into the attacker as we strike with our fist (mace) thus the term Alternating Maces.

9. Attacking Mace

- **9. A. Right Step Through Punch D. Step 1:**
 - Step back toward 6:00 with your right foot to form a left neutral bow stance.
 - Deliver a left inward block to the outside of your opponent's right arm. Cock your right hand at your right hip.
- Step 2:
 - Pivot counterclockwise into a left forward bow stance. Deliver a right straight thrust punch to your opponent's right rib cage.
 - Check high with your left hand.
- Step 3:
 - Circle your right hand under and outside your opponent's right arm to grab and pull your opponent's arm with your right hand.
 - Deliver a right front snapping ball kick to the groin.
- Step 4:
 - Plant your right foot forward towards 12:00 checking the inside of your opponent's right knee. Deliver a left snapping vertical punch to your opponent's kidney.
- Step 5:
 - Cover toward 6:00.

As previously stated, the mace is symbolic of the fist. The name here derives from your opponent's attacking fist.

10. Sword and Hammer

- **9. A. Right Flank Left Hand Shoulder Grab D. Step 1: Step 1:**

- Pin the opponent's left hand to your shoulder with your left hand.
- Step toward 3:00 with your right foot to form a horse stance. Deliver a right outward hand sword strike to the opponent's throat.
- Step 2:
 - Finish with a right downward rear hammer fist strike to your opponent's groin.
- Step 3:
 - Cover toward 9:00.

The name, Sword and Hammer, derives from the weapons used in defense as well as the order they are deployed. The first weapon you use is a hand sword strike represented by the word **Sword**. This is immediately followed by a hammer fist strike thus the word **Hammer**

NOTES

SECTION 8 – Breaking

No new break, but you can break with any type of kick learned at this point.

SECTION 9 – Competition

Tournament competition is not required at this level, however, if a tournament is available we recommend that every student at least attends as a spectator, this could be local “open” tournaments or any sanctioned Kido Kwan™ event.

TIME REQUIREMENTS

At this level, a student will have a **minimum** of 30 hours total training time as a 9th Keup White Belt to be able to test to 8th Keup Yellow Belt. * Home training can be considered based on each person’s level of comprehension!



CONDENSED HISTORY OF TAEKWON-DO

Taekwon-Do was first named by General Choi, Hong-hi with a committee of other martial artists and South Korean government officials and made official 11 April 1955. Before this name was chosen the Korean striking arts went by such names as Tang Soo Do (Way of China Hand), Tae Soo Do (Foot, Hand Way), Kong Soo Do (Empty Hand Way), Kwon-Bup (Kenpo). These terms are mostly still in use today with Tang Soo Do being the most popular.

Taekwon-Do can be written in English in many different ways. TaeKwon-Do, Tae Kwon Do, Taekwondo. When written in Hangul (Korean) or Hanja (Chinese) no space or dash are used. We use “Taekwon-Do” with the dash as with a personal conversation with the founder (June 1998) Gen. Choi told the author personally that he wants the dash to separate the physical art “Taekwon” from the spiritual/moral part “Do.” Taekwon-Do today is arguably the most popular martial art worldwide.

The first Taekwon-Do organization was of course the Korea Taekwon-Do Association founded in Seoul, South Korea with the first President, of course, being Gen. Choi. Founded in 1959. March 22, 1966, was the first international organization also under Gen. Choi the International Taekwon-Do Federation® (ITF).

Today there are three “major” camps in the Taekwon-Do world. The first of course being the ITF® and when the KTA came under the leadership of younger Korean masters they soon formed the World Taekwondo Federation (WTF), now just called World Taekwondo® (WT). The third camp is the many original Kwan (schools) leaders who either remained with their

original Kwan's (schools) or broke from the ITF or WTF over the years and kept their original teachings especially regarding patterns (Hyung, Poomse, Tul). It was the individuals Kwan's that formed many of the organizations, but not all members joined the ITF or WTF.

There are 9 original Kwan's that have formed Taekwon-Do. The first 9 Kwan's were:

Chung Do Kwan was founded by *Lee, Won-kuk* in 1944

Chang Moo Kwan founded by *Ro, Byung-jik* in 1944

Moo Duk Kwan was founded by *Hwang, Kee* in 1946

Chang Moo Kwan founded by *Yoon, Byung-in* 1946

Ji Do Kwan was founded by *Chung, Sang-sup* in 1946

Then in the 50s four other major Kwan's were formed:

Kang Duk Kwan was founded by *Park, Chul-hee* in 1953

Han Moo Kwan was founded by *Lee, Kyo-yoon* in 1954

Oh Do Kwan was founded by *Choi, Hong-hi* in 1955

Jung Do Kwan was founded by *Lee, Yong-woo* in 1956

There have been more Kwan's formed since these original nine, but these are the schools that all modern-day schools can trace their lineage to. Our Kwan the Kido Kwan™ has lineage in the Chung Do Kwan and Moo Duk Kwan.

There major differences in the major three groups of Taekwon-Do are their patterns and competition formats. The ITF created their patterns to be of "Korean" origin as Gen. Choi wanted to distance the art from its Japanese Karate roots. So he created what is called the ChangHon set of patterns generally called the "Chong Ji" set named after its first form of the 24 series of ITF® patterns.

The WTF via the Kukkiwon and KTA created their patterns called “poomse” the Palgwe series in the mid-60s to the Taeguk series replaced them in the early 70s after the WTF formation. The Kwan or old-style still uses the patterns that are of Japanese influence as Japan occupied Korea for three decades and so heavily influenced the Korean martial arts. The Kido Kwan™ main schools teach all three major sets of patterns.



CHOI, Hong-hi

09 November 1918

15 June 2002

VOCABULARY

Attention	Charyeot 차렷
Basic	Kicho 기초
Begin	Sijak 시작
Block	Maki 막기
Bow/Salute	Kyung-yea 경례
Grandmaster	Sa Sung-Nim 사성님
Instructor	Sabom-nim 사범님
Kick	Cha-Gi 차기
Master	Sa Hyun-Nim 세현님
Pattern/Form	Hyung 형 Poomse 품세 Tul 들
Punch	Jirugi 지르기
Return	Baro 바로
School	Dojang 도장
Self Defense	Hoshinsool 호신술
Stance	Sogi 서기
Stop	Geuman 그만
Thank you	Gomapseumnida 고맙습니다
Uniform	Dobahk 도복
Yell	Kihap 기합