

# Centerline Martial Arts

## 1<sup>st</sup> Gup Red Belt Black Stripe Testing Requirements



# 1<sup>st</sup> Gup Black Stripe Testing

## Hwa-Rang Pattern Information:

Hwa-Rang is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7<sup>th</sup> Century. This group eventually became the actual driving force for the unification of the three kingdoms of Korea. The 29 movements refer to the 29<sup>th</sup> Infantry Division where Taekwon-Do developed into maturity.



Diagram: Capital “I”  
Moves: **29**

4-Directional Thrust (Saju Tulgi)

## Kicks:

Front Checking Kick (Apha Momchugi)

Used to restrict opponents movement when attempting to close in

Target: Chest and solar plexus

Blocking Tool: Back sole supported by ball of foot

Facing: Half facing at moment of impact

Location: Middle section application

Side Checking Kick (Yopcha Momchugi)

Used to restrict opponents movement when attempting to close in

Target: Knee and tibia

Blocking Tool: Side sole

Facing: Side facing

Location: Low section application

Outward Pressing Kick (Bakuro Noollo Chagi)

Used to break the knee joint or calf bone

Target: Knee and shin

Attacking Tool: Footsword

Facing: Side facing

Location: Low section application

Note: The supporting leg will lock at moment of impact

Inward Pressing Kick (Noollo Chagi Anure)

Used to break the knee joint or calf bone, but can be used for other purposes as well

Target: Fossa, inner knee joint, outer knee joint and tibia

Blocking Tool: Side sole

Facing: Half facing

Location: Low section application

Note: The kicking leg will lock at moment of impact

Stamping Kick (Cha Bapgi)

Used to attack opponents foot if held from front/behind, or if opponent has fallen down

Target: Instep and chest

Attacking Tool: Back sole and side sole

Facing: Full facing

Location: Low and middle section application

#### Back Snap Kick (Dwitcha Busigi)

Used to attack an opponent who is approaching from rear or who is holding with rear grab

Target: Scrotum

Attacking Tool: Back heel

Facing: Full facing

Location: Low section application

Note: Lean the body forward as striking opponent

#### Mid-Air 180 Reverse Hook Kick (Twio Dollmyo Bandae Dollyo Goro-chagi)

Used to kick and/or hook an opponent who moves in while in the act of kicking

Target: Skull, temple, philtrum, epigastrium, chest, heart, sternum and solar plexus

Attacking Tool: Back heel and ball of the foot

Location: Middle and high section application

Note: A mid-air kick is one performed in the air, like a flying kick, but executed with a directional spin. When executing a mid-air 180 kick, the rear leg is the kicking leg

#### Four Consecutive Kicks (Yonsuk Chagi)

The execution of 4 kicks (same or different kicks) with the same foot in the same direction

### **Hand Techniques:**

#### Palm Pushing Block (Sonbadak Miro Makgi)

Used to upset opponents balance

Target: Shoulder and hip

Blocking Tool: Palm

Facing: Full facing

Stances: Parallel, walking, sitting, closed and X-stance

#### Upward Punch (Ollyo Jirugi)

Used to attack the face or point of chin at close range

Target: Face and point of chin

Attacking Tool: Forefist knuckles

Facing: Full and half

Stance: Walking, L-stance, X-stance, rear foot, vertical and diagonal

#### Knife Hand Downward Strike (Sonkal Naeryo Taerigi)

Used to attack the skull and clavicle

Target: Skull and clavicle

Attacking Tool: Knife hand

Facing: Full, half and side

Note: The arm is straight at moment of impact

#### Inner Forearm Side Front Block (An Palmok Yobap Makgi)

Used to stop an attack from a side front angle toward the middle section and points above

Target: Inner wrist, outer wrist, achilles' tendon and tibia

Blocking Tool: Inner forearm

Facing: Full

Stances: Parallel, sitting, closed, X-stance and one-leg stance

Note: At the moment of blocking, the opposite hand extends downward

### Side Elbow Thrust (Yop Palkup Tulgi)

Used to attack an opponent at the side rear

Target: Philtrum, solar plexus, floating ribs and chest

Attacking Tool: Elbow

Facing: Half

Stances: L-stance, fixed and rear foot

Note: The opposite fist goes to the hip while thrusting. This technique is usually performed in a sliding motion.

### **Ho Sin Sul:**

Escort Arm Techniques

Demonstrate rear naked choke

Defend against stab with knife

Demonstrate six passive pressure points

Demonstrate two pressure points against attacking opponent

### **Step Sparring:**

Prearranged

3 Step (Sambo Matsogi)

2 Step (Ilbo Matsogi)

1 Step (Lilibo Matsogi)

Semi-Free (Ban Jayu Matsogi)

Free Sparring (Jayu Matsogi)

### **Breaking**

Power Foot Break – Select one

Any standing kick

5 board minimum male

3 board minimum female/junior

2 board minimum child

Technique Foot Break

Mid-Air 180 Reverse Hook kick

Hand Break – Select one

Downward Knife Hand Strike

The number of boards are to be determined by the instructor and shall be based on the students' abilities.

## Required Knowledge:

### Hwa-Rang Pattern Information:

Hwa-Rang is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7<sup>th</sup> Century. This group eventually became the actual driving force for the unification of the three kingdoms of Korea. The 29 movements refer to the 29<sup>th</sup> Infantry Division where Taekwon-Do developed into maturity.



Diagram: Capital “i”  
Moves: **29**

### The Five Parts Of The Hwa-Rang Warrior Code:

Be loyal to your king.  
Be obedient to your parents.  
Be honorable to your friends.  
Never retreat in battle.  
Make a just kill.

### The Three Kingdoms Of Ancient Korea:

Koguryo  
Baek-Je  
Silla

### The Six Factors In The Theory Of Power:

Reaction Force	Concentration
Breathe Control	Equilibrium
Speed	Mass

### New Stances:

Vertical Stance  
Closed ready stance “C”

# Closed Ready Stance “C”(Moa Junbi Sogi)

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**Length:** 0.0 shoulder width

**Measured From:**     **Front:** N/A  
                                  **Rear:** N/A

**Width:** 0.0 shoulder width

**Measured From:**     **Front:** N/A  
                                  **Rear:** N/A

**Weight Distribution (F/R):** 50% / 50%

**Available Facings:** Full

**Additional Notes:** Both feet are together and parallel with both knees locked. Both hands are knife-hands with fingers pointing down. The left knife-hand is on top of the right with the left-hand index finger on the right-hand ring finger. The hands are held 10cm (4.1 inches) in front of the lower abdomen.

# Vertical Stance (Soojik Sogi)

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1.0 L  
Big toe to inside big toe



**Length:** 1.5 shoulder width

**Measured From:**     **Front:** Tip of big Toe  
                              **Rear:** Inside of the big toe

**Width:** 0.0

**Measured From:**     **Front:** N/A  
                              **Rear:** N/A

**Weight Distribution (F/R):** 40% / 60%

**Available Facings:** Half

**Additional Notes:** Both knees are locked. The heel of the front foot is slightly inside the heel of the rear foot. The front foot point 15° in from the front and the back foot points 15° in from the side. This stance is named after the rear foot.

# FORCE CONTINUUM

## Formula for Effective Application of Force

- I. The role of defense in use of force is NEUTRALIZATION, not EQUALIZATION OR BRUTALIZATION. Anything less than or greater than NEUTRALIZATION is unacceptable!
  - II. Three types of aggression: The need for the application of force is the relationship between the need and the amount of force used.
    - A. Friend
    - B. Aggressor
    - C. Enemy
  - III. Three levels of force used to deal with aggression: The extent of injury or whether the force was applied in good faith or maliciously or sadistically.
    - A. Non-lethal
    - B. Less than Lethal
    - C. Lethal
  - IV. Three seconds to determine
    - A. Your future and theirs
    - B. Three types of aggression
    - C. Three levels to deal with aggression
  - V. Application of force is for protection only. There are three entities to consider in an aggression situation. They are:
    - A. Yourself
    - B. Public
    - C. Offender } - Consider in this order
  - VI. Three steps of protection
    - A. Remove vitals
    - B. Redirect the weapon
    - C. Control the entire area
  - VII. In order to apply the three steps of protection, you must be aware of:
    - A. Hands and feet
    - B. Weapons, actual and potential
    - C. Friends and associates
    - D. Escape routes
      1. Yours and theirs
      2. Legal and psychologically responsible
    - E. Terrain
  - VIII. Lethal or deadly force may only be used if ALL three of the following are demonstrated:
    - A. Ability
    - B. Capability
    - C. Intent
-



# PRESSURE POINTS CONCEPTS

## Three Minute Rule

If a person cannot learn the basic mechanics or a technique in three minutes or less, in all probability the person will not be able to retain or utilize the technique in the stress of an actual resistance.

## Nerve Pressure Points

Nerve Pressure Points are defined as sensory nerves close to the surface of the skin that can be used safely for pain compliance, requiring one to two pounds of fingertip pressure.

## Principles of Controlling Resistance

- I. **Pain Compliance:** The use of pain to influence resistive behavior  
Rules of Pain Compliance:
    - A. Stabilize *(Keep person from moving away.)*
    - B. Pressure/Counter pressure *(Use hand on the opposite side of pressure.)*
    - C. Repetitive, loud, verbal commands
    - D. Alleviate pressure when command is obeyed  
(student drill - touch pressure to infra orbital)
  
  - II. **Stunning:** Stimulation of overwhelming sensory input  
Rules of Creating Mental Stunning:
    - A. Average stun lasts 3 - 7 seconds
    - B. Stunning techniques require immediate follow up controlThe subject should be monitored and possibly receive medical attention if unconsciousness occurs.  
(student drill - backhand brachial stun)
  
  - III. **Balance Displacement:** Leverage should be applied above joints.
  
  - IV. **Motor Dysfunction:** Controlled striking techniques which overstimulate motor nerves, causing temporary muscle impairment.  
Rules of Creating Motor Dysfunction:
    - A. Strikes must be delivered to nerve motor points.
    - B. Strikes must utilize fluid shock wave principle.
    - C. Strikes should be delivered with total body rotation.  
(student drill - angle kick).
    - D. **Flex Reflex Response:** reflex mechanism causing involuntary flexation of affected limb.
    - E. **Sympathetic Reflex Response:** reflex mechanism causing an involuntary flexation of the unaffected limb.  
(student drill - knife hand strike to common peroneal nerve motor point)
-

## METHODS OF APPLICATION

### I. Touch Pressure:

Definition: Digital tip pressure applied until commands are obeyed

Principle Objective: Pain Compliance

Primary Pressure Points: Mandibular Angle  
Infra Orbital  
Hypoglossal  
Jugular Notch  
Brachial Plexus Origin  
Brachial Plexus Clavicle Notch

Applying Touch Pressure: Thumb supported by fist C-Clamp  
Fingertips unsupported

Technique Consideration: Ensure stabilization and Counter pressure

Utilize repetitive, loud, verbal, commands. Relax pressure upon compliance to prevent an adrenal rush or unconsciousness.

### II. Quick Penetration:

Definition: Touch and stab nerve pressure point

Principle Objective: Stunning

Primary Pressure Points: Mandibular Angle  
Hypoglossal  
Jugular Notch  
Brachial Plexus Clavicle Notch

Applying Quick Penetration: Thumb supported by fist  
Fingertips unsupported

Technique Consideration: Stun will last an average of 3 - 7 seconds

### III. Striking Techniques:

Definition: Mechanical strikes to nerve motor points using the fluid shock wave principle.

Principle Objective: Motor Dysfunction

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Primary Motor Points: Supracapular Nerve Motorpoint  
Brachial Plexus Tie-In  
Radial Nerve Median Nerve  
Common Peroneal Nerve  
Femoral Nerve Tibial Nerve

Applying Striking  
Techniques: Back of open hand  
Palm of heel  
Fist  
Back of forearm  
Inside of forearm  
Knee strike  
Angle kick  
Impact weapons

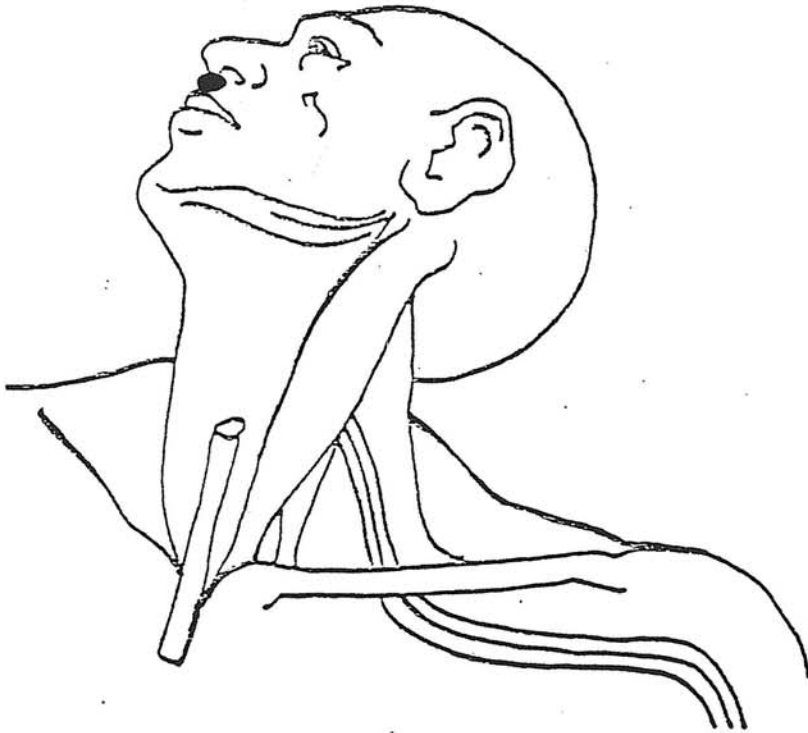
Technique Consideration: The Fluid Shock Wave should be utilized to ensure maximum kinetic energy transfer.

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# PRESSURE POINT CONTROL TACTICS

Notes

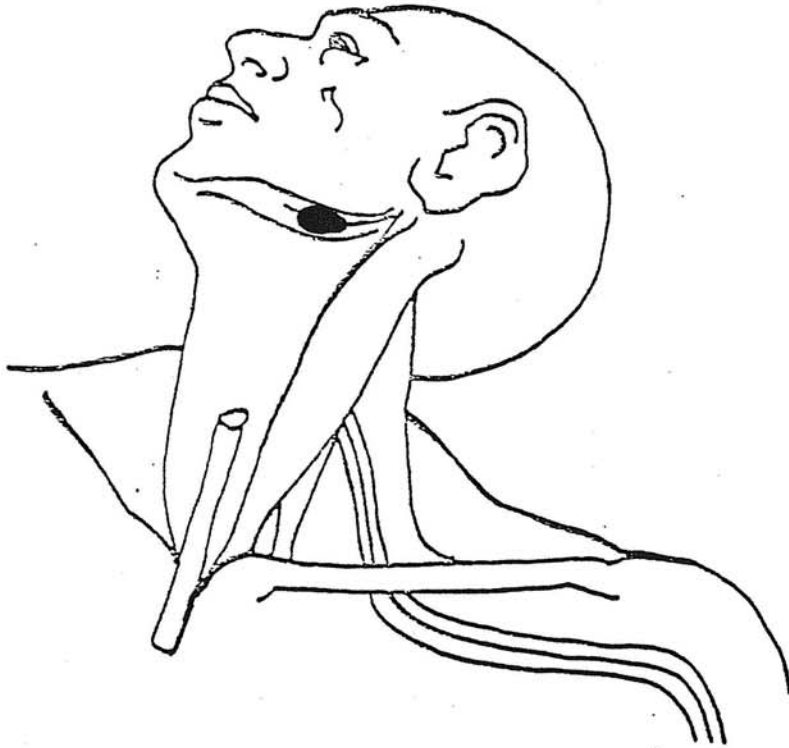
Infra Orbital Nerve



# PRESSURE POINT CONTROL TACTICS

Hypoglossal Nerve

Notes



# PRESSURE POINT CONTROL TACTICS

Notes

Mandibular Angle  
Hypoglossal Nerve  
Vagus Nerve  
Glossopharyngeal Nerve



# PRESSURE POINT CONTROL TACTICS

Notes

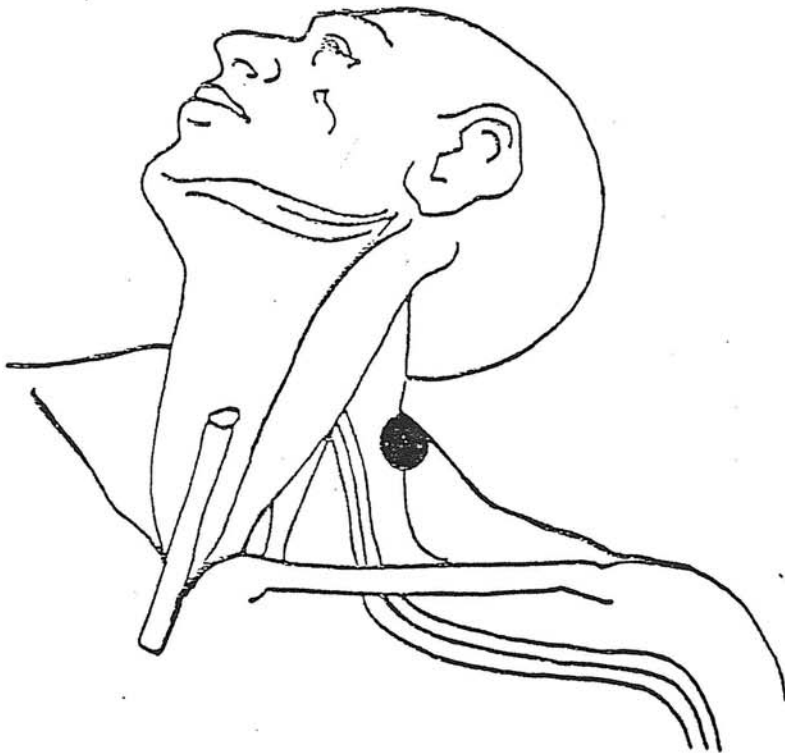
Brachial Plexus (Origin)



# PRESSURE POINT CONTROL TACTICS

Suprascapular Nerve Motorpoint

Notes

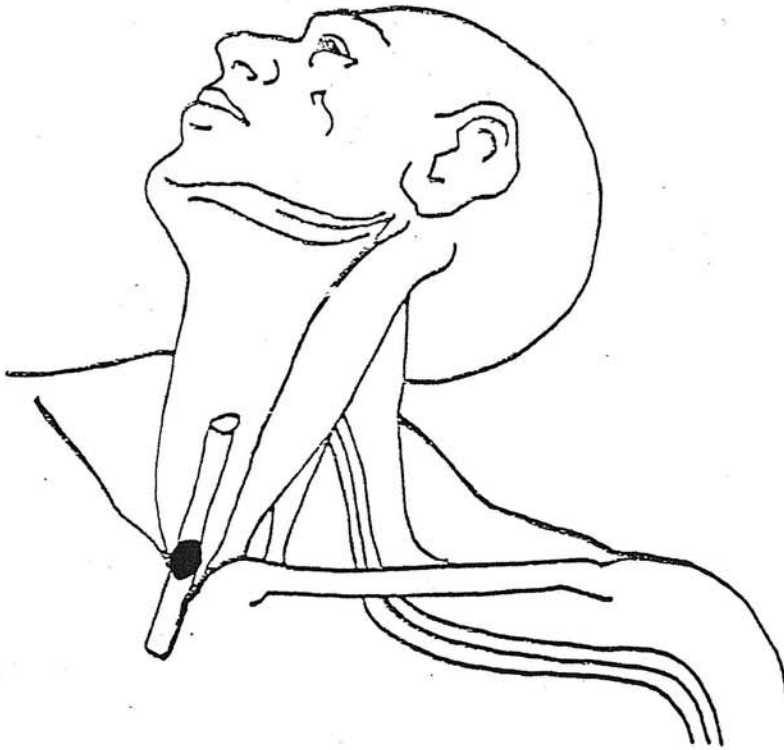




# PRESSURE POINT CONTROL TACTICS

Notes

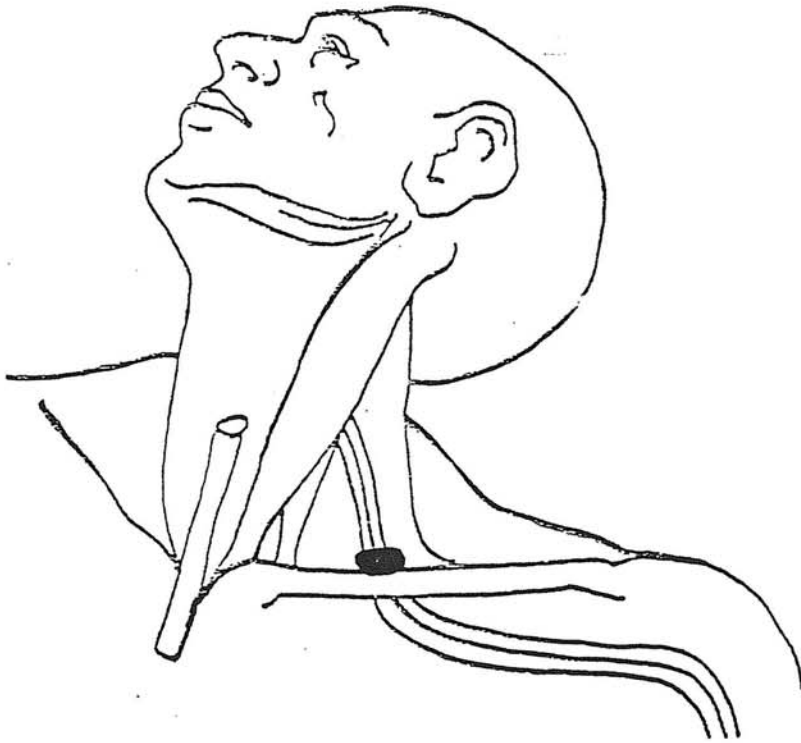
Jugular Notch



# PRESSURE POINT CONTROL TACTICS

Notes

Brachial Plexus (Clavicle Notch)

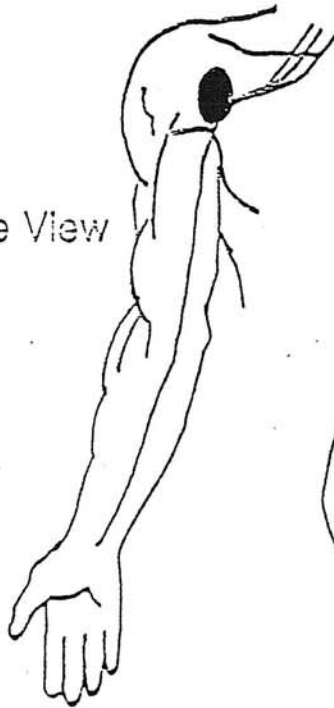


PRESSURE POINT CONTROL TACTICS

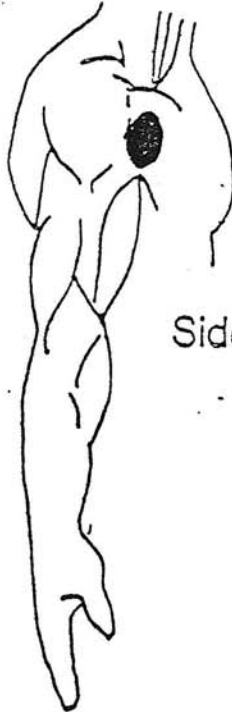
Brachial Plexus (Tie-In)

Notes

Inside View



Side View

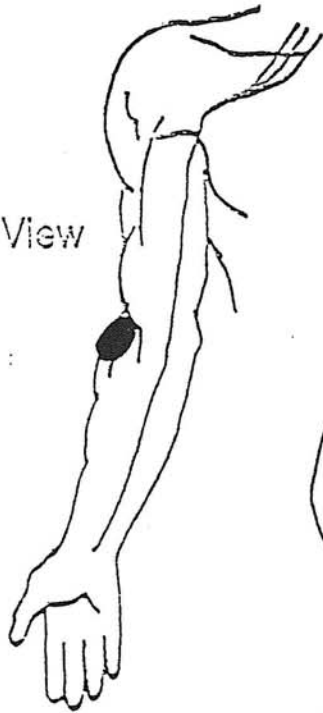


# PRESSURE POINT CONTROL TACTICS

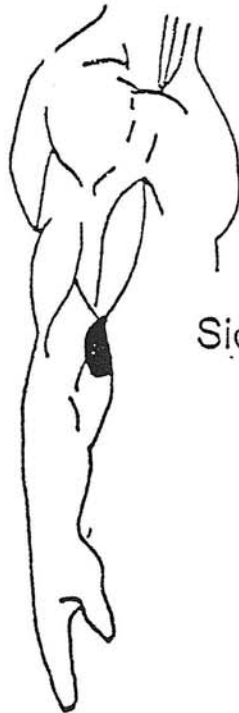
Radial Nerve

Notes

Inside View



Side View

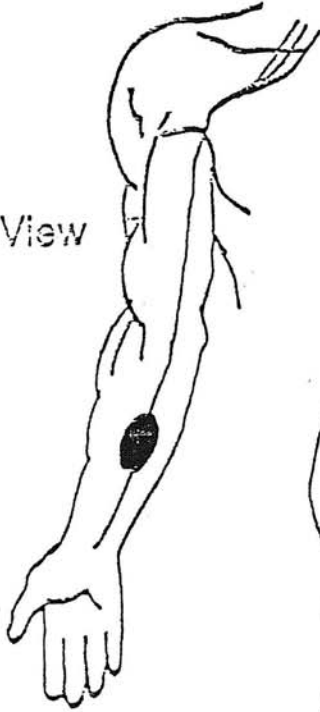


# PRESSURE POINT CONTROL TACTICS

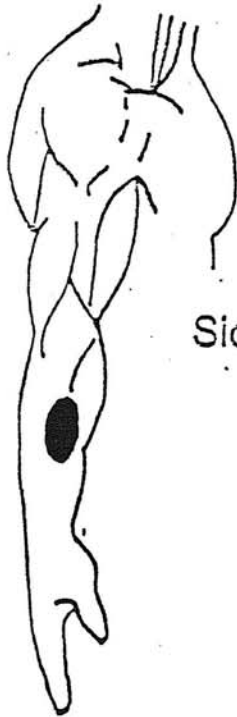
Median Nerve

Notes

Inside View



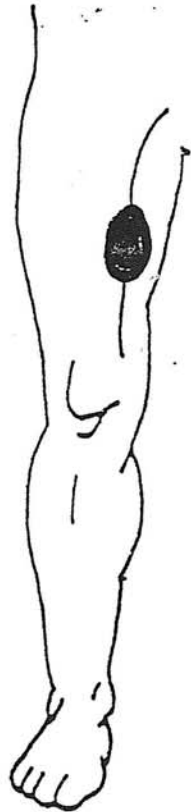
Side View



# PRESSURE POINT CONTROL TACTICS

Femoral Nerve

Notes



# PRESSURE POINT CONTROL TACTICS

Common Peroneal Nerve

Notes



Side View



Rear View

*BU*  
Upward and inward  
motion to stem  
or attack

# PRESSURE POINT CONTROL TACTICS

Tibial Nerve

Notes





# Additional Required Knowledge

## Meaning of White Belt

White signifies innocence as that of the beginning student who has no previous knowledge of Taekwon-Do.

## Taekwon-Do Color Belt System

10 <sup>th</sup> Gup	Low White		5 <sup>th</sup> Gup	High Green
9 <sup>th</sup> Gup	High White		4 <sup>th</sup> Gup	Low Blue
8 <sup>th</sup> Gup	Low Yellow		3 <sup>rd</sup> Gup	High Blue
7 <sup>th</sup> Gup	High Yellow		2 <sup>nd</sup> Gup	Low Red
6 <sup>th</sup> Gup	Low Green		1 <sup>st</sup> Gup	High Red

## Counting in Korean

Hana	1		Yasot	6
Dool	2		Ilgop	7
Set	3		Yodul	8
Net	4		Ahop	9
Daset	5		Yol	10

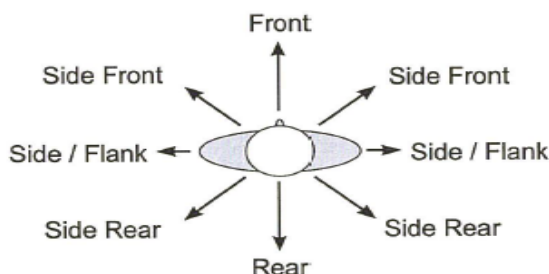
## Etiquette

- A proper bow is performed from attention stance, bending from the waist 15 degrees. Keep eyes fixed on senior or opponent.
- Bow before stepping onto and off of the dojang (gym) training floor.
- Greet and address seniors and juniors with proper salutation such as hello Mr. Keep, thank you sir or thank you Master McNamara
- Use words of respect such as thank you ma'am, yes sir, no sir, etc.
- Avoid turning your back to seniors.

## The Eight Parts Of The Training Secrets Of Taekwon-Do

1. To Study the theory of power thoroughly.
2. To understand the purpose and meaning of each movement clearly.
3. To bring the movement of eyes, hands, feet, and breathe into a single coordinated action.
4. To choose the appropriate attacking tool for each vital spot.
5. To become familiar with the correct angle and distance for attack and defense.
6. Keep both the arms and legs bent slightly while the movement is in motion.
7. All movements must begin with a backward motion with very few exceptions.
8. To create a sine wave during the movement by utilizing the knee spring properly.

## Directions of Attacks



## **Chon-Ji**

Chon-Ji means literally “the Heaven the Earth.” It is, in the orient interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts, one to represent heaven, the other the earth.

**+** Diagram: “plus” sign  
Moves: 19

## **Meaning Of Yellow Belt**

Yellow signifies the earth from which the plant sprouts and takes root as in the Taekwon-Do foundation that is being laid.

## **The country where Taekwon-Do originated**

Korea

## **The father of Taekwon-Do and his rank**

General Choi Hong Hi, 9<sup>th</sup> Dan Grand Master

## **The Literal Translation Of Taekwon-Do**

**Tae** – Jumping, flying, to kick or smash with the foot  
**Kwon** – Fist, to punch or destroy with the hand or fist  
**Do** – The art or way

**Taekwon-Do** – The mental training and technique of unarmed combat for self-defense as well as health. It involves the skilled application of punches, kicks, blocks and dodges with bare hands and feet for the rapid destruction of a moving opponent or opponents.

## **The Belt Rank System**

There are six colors of belts: White, Yellow, Green, Blue, Red and Black. They are divided into ten grade (gup) levels of color belts and nine degree (dan) levels of black belt. For the colored belts 10<sup>th</sup> gup low white belt is the lowest and the 1<sup>st</sup> gup high red belt is the highest. For the black belts 1<sup>st</sup> dan is the lowest and the 9<sup>th</sup> dan is the highest.

## **The Nine Points To Be Observed While Performing A Pattern**

1. Accuracy; a pattern should begin and end the same spot.
2. Correct posture and facing should be maintained at all times.
3. The muscles of the body should be tensed and relaxed at the proper moments.
4. A pattern should be performed in rhythmic movements with an absence of stiffness.
5. Moves should be accelerated or decelerated according to the instructions in the encyclopedia.
6. Each pattern should be perfected before going on to the next.
7. Students should know the purpose of each movement.
8. Students should perform each move with realism.
9. Attack and defense techniques should be equally distributed among left and right hands and feet.

## Dan-Gun

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



Diagram: Capital "i"  
Moves: 21

## The Student Oath Of Taekwon-Do

I shall observe the tenants of Taekwon-Do.  
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.

## The Tenants of Taekwon-Do

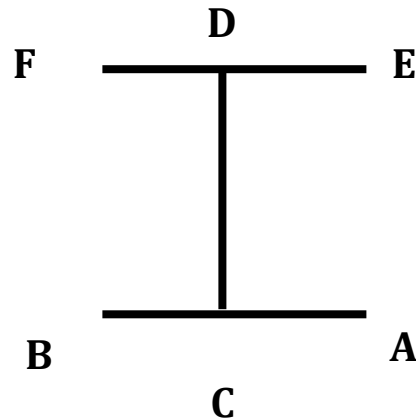
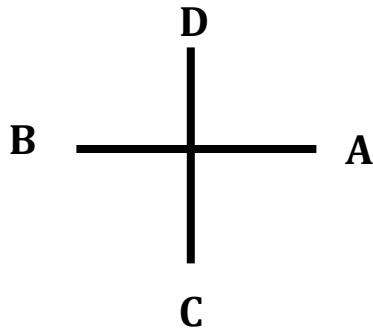
Courtesy (Ue-Ui)  
Integrity (Yom-Chi)  
Perseverance (In-Nae)  
Self-Control (Guk-Gi)  
Indomitable Spirit (Baek-Jul-Gool)

## The Classes Of Black Belts

1<sup>st</sup> – 3<sup>rd</sup> Novice (Boo sa-bum)  
4<sup>th</sup> – 6<sup>th</sup> Expert (Sa-bum)  
7<sup>th</sup> – 8<sup>th</sup> Master (Sa-hyung)  
9<sup>th</sup> Grand Master (Sa-sung)

## Pattern Diagram Directions

The student stands on the A-B line facing D.



## Do-San

Do-San is the pseudonym of the Patriot Ahn Chang-Ho (1876-1938). The 24 movements represent his entire life, which he devoted to furthering the education of Korea and to its independence movement.



Diagram: Right stair step

Moves: 24

## The Meaning of Green Belt

Green signifies the plant's growth as the Taekwon-Do skill begins to develop.

## The Nine Reasons For Practicing Courtesy

1. To promote the spirit of mutual concessions.
2. To be ashamed of one's vices, co tempting those of others.
3. To be polite to one another.
4. To encourage the sense of justice humanity.
5. To distinguish instructor from student, senior from junior, elder from younger.
6. To behave according to etiquette.
7. To respect others possessions.
8. To handle matters with fairness and sincerity.
9. To refrain from giving or accepting any gift when in doubt.

## Opening And Closing Ceremony For A Takewon-Do Class

### **Opening Ceremony**

Charyot	-- Attention stance
Kuk-ki-yea Tae-hae	-- Face the flags
Kyong-ye	-- Salute
Baro	-- Return to attention stance
Anj-oh	-- Kneel
Muk-nyom	-- Meditate
Baro	-- Return to attention stance
Charyot	-- Attention stance
Sa-bum Nim Gae	-- Face the instructor
Kyong-ye	-- Bow

### **Closing Ceremony**

Charyot	-- Attention stance
Kuk-ki-yea Tae-hae	-- Face the flags
Kyong-ye	-- Salute
Baro	-- Return to attention stance
Anj-oh	-- Kneel
Muk-nyom	-- Meditate
Baro	-- Return to attention stance
Charyot	-- Attention stance
Sa-bum Nim Gae	-- Face the instructor
Kyong-ye	-- Bow
Boo Sa-bum Nim Gae	-- Face the assistant instructor
Kyong-ye	-- Bow
Eesang	-- Dismissed
Ko-map Sum-nee-da	-- Thank you very much

## Won-Hyo

Won-Hyo was the noted Monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.



Diagram: Capital “i”  
Moves: **28**

## 24 Korean Words Used In Class

Assistant Instructor	Boo Sa-bum (1 <sup>st</sup> – 3 <sup>rd</sup> dan)
Attention	Charyot
At ease	Swiyo
Begin	Si-jak
Bow/Salute	Kyong-ye
Degree	Dan
Face the flags	Kuk-ki-yea Tae-hae
Finished	Ee-sang
Grade	Gup
Grand Master	Sa-sung (9 <sup>th</sup> dan)
Gymnasium	Do-jang
Instructor	Sa-bum (4 <sup>th</sup> – 6 <sup>th</sup> dan)
Instructor sir	Sa-bum Nim
Master Instructor	Sa-hyun (7 <sup>th</sup> – 8 <sup>th</sup> dan)
Meditate	Muk-nyom
Pattern	Tul
Ready position	Junbi
Return to ready	Baro
Sit/Kneel	Anj-ho
Stop	Guman
Thank you	Ko-map Sum-nee-da
Turn around	Tui-tora
Uniform	Do-bak
Yell	Ki-ap

## The Eight Examples Of Poor Integrity

1. The instructor who misrepresents himself and his art by presenting improper techniques to his students because of a lack of knowledge or apathy.
2. The student who misrepresents himself by “fixing” breaking materials before demonstrations.
3. The instructor who camouflages bad techniques with luxurious training halls and false flattery to his students.
4. The student who requests rank from an instructor or attempts to purchase it.
5. The student who gains rank for ego purposes or the feeling of power.
6. The instructor who teaches and promotes his art for materialistic gains.
7. The student whose actions do not live up to his words.
8. The student who feels ashamed to seek opinions from his juniors.

## Yul-Gok

Yul-Gok is the pseudonym of a great philosopher and scholar Yi L (1536-1584), nicknamed the “Confucius of Korea”. The 38 movements refer to his birthplace on 38° latitude and the pattern diagram represents the Chinese character for “scholar”.

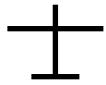


Diagram: “scholar” sign  
Moves: **38**

## The Meaning Of Blue Belt

Blue signifies the heaven toward which the plant matures into a towering tree as the training in Taekwon-Do progresses.

## The Five Disciplines Of Taekwon-Do Moral Culture Training

Travel  
Mountain climbing  
Cold showers  
Public service  
Etiquette

## The Five Parts Of The Physical Composition Of Taekwon-Do

Fundamental Exercise  
Self-defense  
Dallyon (equipment maintenance, “forging, stretching, running, weight training, etc.)  
Sparring  
Patterns



## **Joon-Gun**

Joon-Gun is named after the patriot Ahn Joon-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea. Ito was known as the man who played the leading part in the Korea-Japan merger. The 32 movements represent Mr. Ahn's age when he was executed at Lui-Shung prison in 1910.



Diagram: Capital "I"  
Moves: 32

## **The Ten Parts Of The Students Responsibility To The Student-Instructor Relationship**

1. Never tire of learning. A good student can learn anytime, anywhere. This is the secret of knowledge.
2. A good student must be willing to sacrifice for his art and his instructor. Many students feel that their training is a commodity that is bought with monthly dues and they are unwilling to take part in demonstrations, teaching, and working around the do-jang. An instructor can afford to lose this type of student.
3. Always set a good example for lower ranking students. It is only natural that they will attempt to emulate their seniors.
4. Always be loyal and never criticize the instructor, the art of Taekwon-Do, or the teaching methods.
5. If an instructor teaches a technique, practice it and attempt to utilize it.
6. Remember that a student's conduct outside the do-jang reflects on the art and his instructor.
7. If a student adopts a technique from another gym and the instructor disapproves of it, the student must discard it immediately or train at the other gym.
8. Never be disrespectful to the instructor. Though a student is allowed to disagree, the student must follow instructions first and discuss the matter later.
9. A student must always be eager to learn and ask questions.
10. Never betray a trust.

## **Toi-Gye**

Toi-Gye is the pen name of the noted scholar Yi Hwang (16<sup>th</sup> Century), an authority on neo-Confucianism. The 37 movements refer to his birthplace on the 37° latitude and the diagram represents the Chinese character for "scholar".

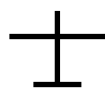


Diagram: "scholar" sign  
Moves: 37

## **The Meaning Of Red Belt:**

Red signifies danger, cautioning the student to exercise control and warning opponents to stay away.

## **Moral Culture Training Elements**

1. Humanity – The ability to feel sorrow for the misfortunes of fellow men and love them all equally as parents love their children equally.
2. Righteousness – The ability to feel ashamed of unjust acts and to do one's duty to others.
3. Propriety – The proper code of conduct between various social status.
4. Wisdom – The ability to judge right from wrong, not especially in matters concerning the right and wrong of others but in matters concerning oneself.
5. Trust – The ability to keep one's words and promises, not only to one's friends but to everyone in general. Without trust a person loses all principles and dignities and becomes a liar and a cheater.

# Attention Stance

---



**Length:** 0.0 shoulder width

**Measured From:**   **Front:** N/A  
                              **Rear:** N/A

**Width:** 0.0 shoulder width

**Measured From:**   **Front:** N/A  
                              **Rear:** N/A

**Weight Distribution (F/R):** 50% / 50%

**Available Facings:** Full

**Additional Notes:** The heels of the feet are together forming a 45° angle and both knees are locked. The arms are dropped naturally at the sides with the elbows partially bent. The hands are lightly clenched fists. The eyes face front slightly above the horizon.



# Bending Ready Stance “A”

---



**Length:** 0.0 shoulder width

**Measured From:**     **Front:** N/A  
                              **Rear:** N/A

**Width:** 0.0 shoulder width

**Measured From:**     **Front:** N/A  
                              **Rear:** N/A

**Weight Distribution (F/R):** 0% / 100%

**Available Facings:** Half

**Additional Notes:** The supporting foot faces the side and the supporting knee is bent. The non-supporting knee points in 15° from the front. The non-supporting foot is positioned by the knee of the supporting leg. The hands are performing a high guarding block with the outer forearms. This stance is named after the supporting foot.

# Closed Ready Stance “A”

---



**Length:** 0.0 shoulder width

**Measured From:**   **Front:** N/A  
                              **Rear:** N/A

**Width:** 0.0 shoulder width

**Measured From:**   **Front:** N/A  
                              **Rear:** N/A

**Weight Distribution (F/R):** 50% / 50%

**Available Facings:** Full

**Additional Notes:** Both feet are together and parallel with both knees locked. The left hand wraps around the right fist with the left-hand fingertips on the right-hand knuckles. The hands are held 30cm (12.2 inches) in front of the philtrum.

## Closed Ready Stance “B”

---



**Length:** 0.0 shoulder width

**Measured From:**     **Front:** N/A

**Rear:** N/A

**Width:** 0.0 shoulder width

**Measured From:**     **Front:** N/A

**Rear:** N/A

**Weight Distribution (F/R):** 50% / 50%

**Available Facings:** Full

**Additional Notes:** Both feet are together and parallel with both knees locked. The left hand wraps around the right fist with the left-hand fingertips on the right-hand knuckles. The hands are held 15cm (6.1 inches) in front of the umbilicus.

# Closed Ready Stance “C”

---



**Length:** 0.0 shoulder width

**Measured From:**     **Front:** N/A

**Rear:** N/A

**Width:** 0.0 shoulder width

**Measured From:**     **Front:** N/A

**Rear:** N/A

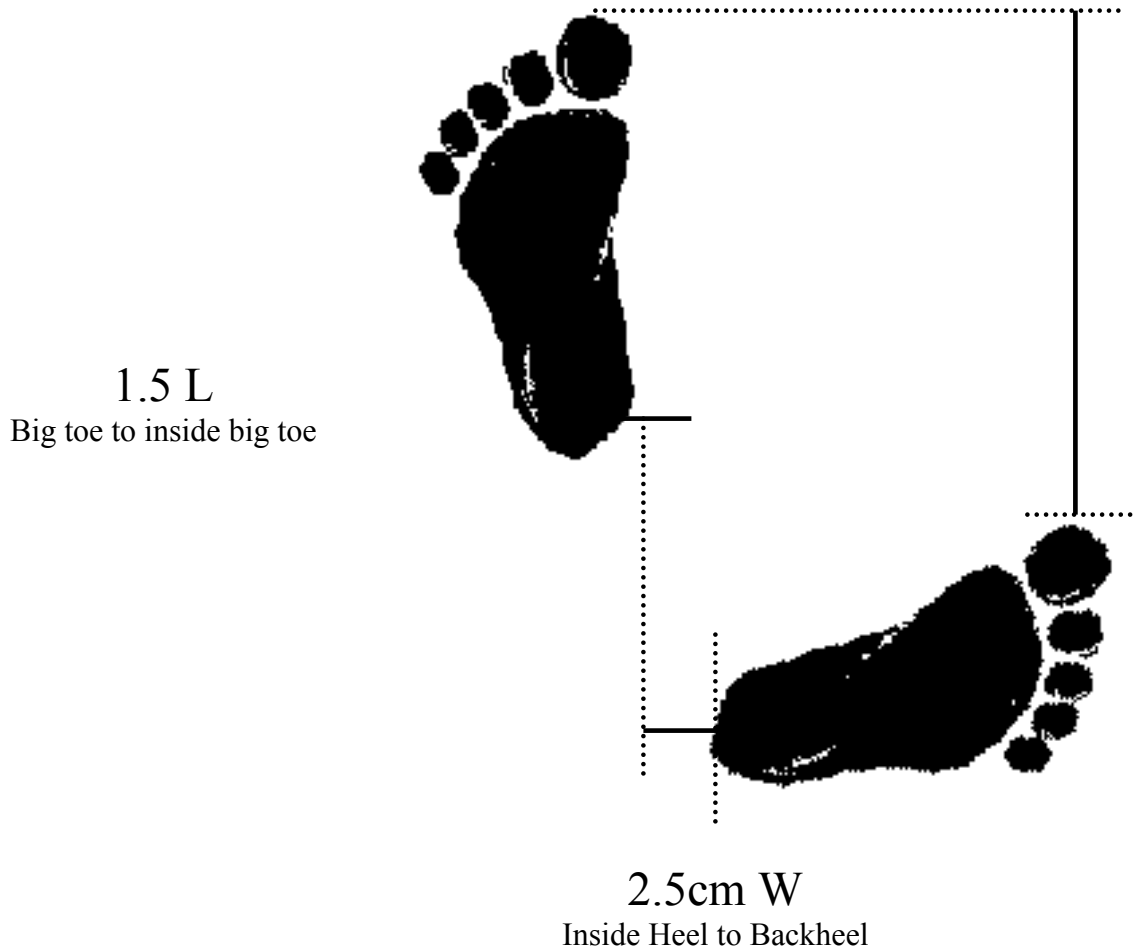
**Weight Distribution (F/R):** 50% / 50%

**Available Facings:** Full

**Additional Notes:** Both feet are together and parallel with both knees locked. Both hands are knife-hands with fingers pointing down. The left knife-hand is on top of the right with the left-hand index finger on the right-hand ring finger. The hands are held 10cm (4.1 inches) in front of the lower abdomen.

# Fixed Stance

---



**Length:** 1.5 shoulder width

**Measured From:**   **Front:** Tip of big Toe  
                              **Rear:** Inside of the big toe

**Width:** 2.5cm (1 inch)

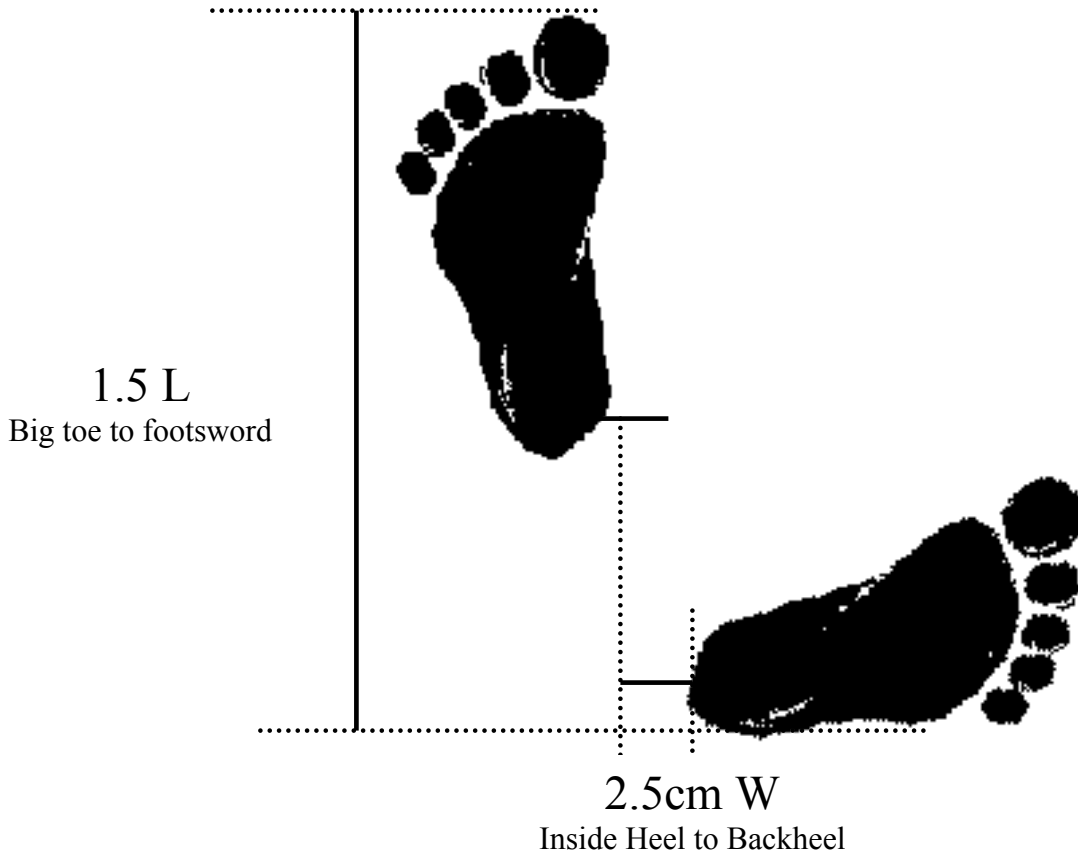
**Measured From:**   **Front:** Inside heel  
                              **Rear:** Backheel

**Weight Distribution (F/R):** 50% / 50%

**Available Facings:** Half

**Additional Notes:** The knees are bent evenly. The front foot points 15° in from the front and the back foot points 15° in from the side. This stance is named after the front foot.

## L - Stance



**Length:** 1.5 shoulder width

**Measured From:**     **Front:** Tip of big Toe  
                              **Rear:** Footsword

**Width:** 2.5cm/1 inch

**Measured From:**     **Front:** Inside heel  
                              **Rear:** Backheel

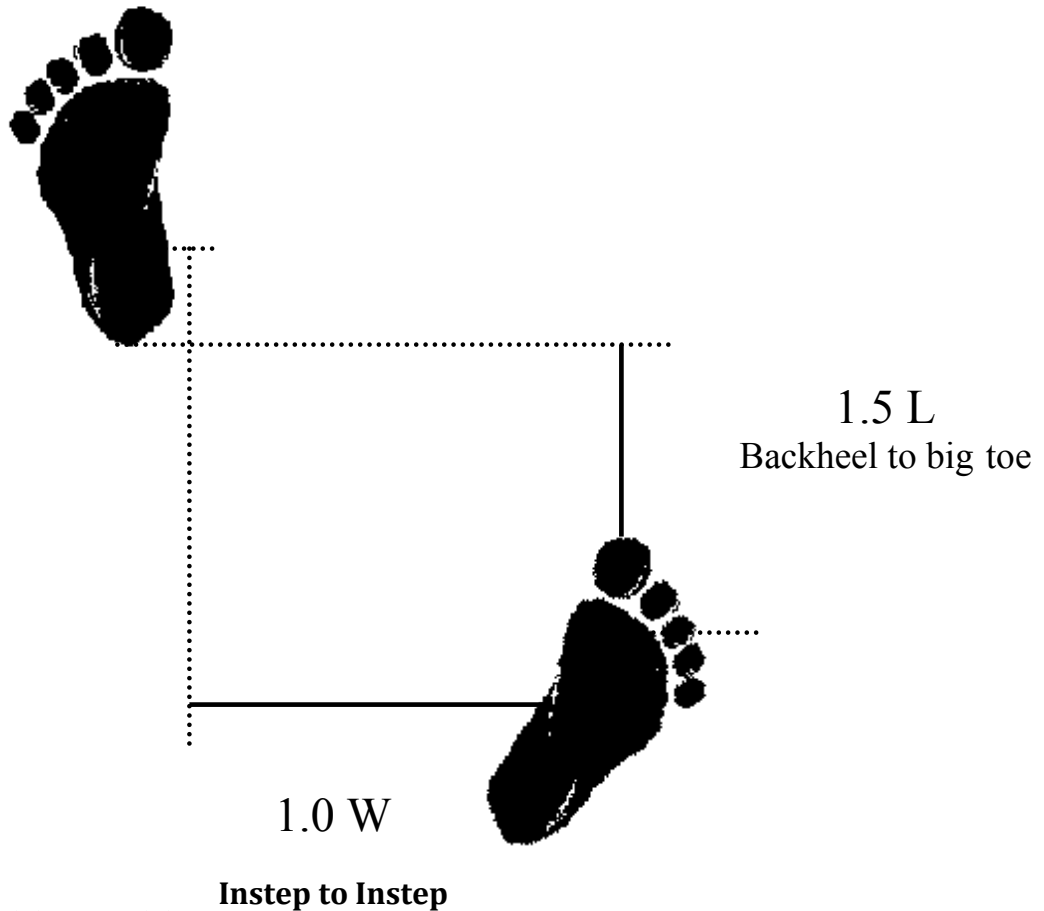
**Weight Distribution (F/R):** 30% / 70%

**Available Facings:** Half

**Additional Notes:** The back knee is bent so that the kneecap is over toes of the back foot and the front knee is bent proportionately. The rear hip is aligned with the inner knee joint of the rear knee. The front foot points 15° in from the front and the back foot points 15° in from the side. This stance is named after the rear foot.

# Low Stance

---



**Length:** 1.5 shoulder width

**Measured From:**   **Front:** Backheel  
                              **Rear:** Tip of big Toe

**Width:** 1.0 shoulder width

**Measured From:**   **Front:** Center of instep  
                              **Rear:** Center of instep

**Weight Distribution (F/R):** 50% / 50%

**Available Facings:** Full, or Half

**Additional Notes:** The back knee is locked and the front knee is bent so that the kneecap is over the heel of the front foot. The front foot points to the front and the back foot points no more than 25<sup>0</sup> outward from the front. The foot muscles are tensed as if to pull the feet together. This stance is named after the front foot.

# One-Leg Stance

---



**Length:** 0.0 shoulder width

**Measured From:**   **Front:** N/A  
                              **Rear:** N/A

**Width:** 0.0 shoulder width

**Measured From:**   **Front:** N/A  
                              **Rear:** N/A

**Weight Distribution (F/R):** 0% / 100%

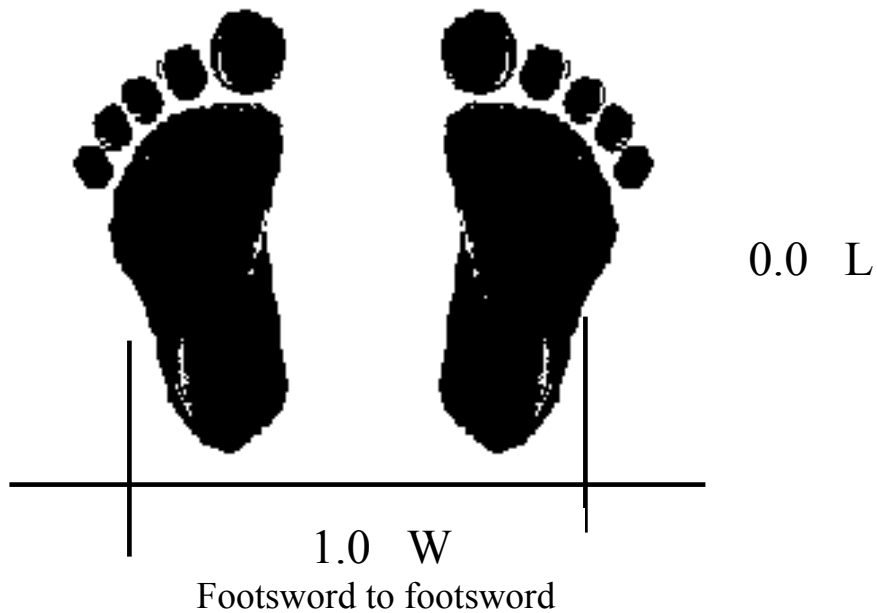
**Available Facings:** Full or side

**Additional Notes:** The supporting knee is locked. The non-supporting foot is in a front snap kick foot position and is held by the inside of the supporting knee or with the instep on the fossa of the supporting knee (dependent upon directions found in the encyclopedias).



# Parallel Ready Stance

---



**Length:** 0.0 shoulder width

**Measured From:**   **Front:** N/A  
                              **Rear:** N/A

**Width:** 1.0 shoulder width

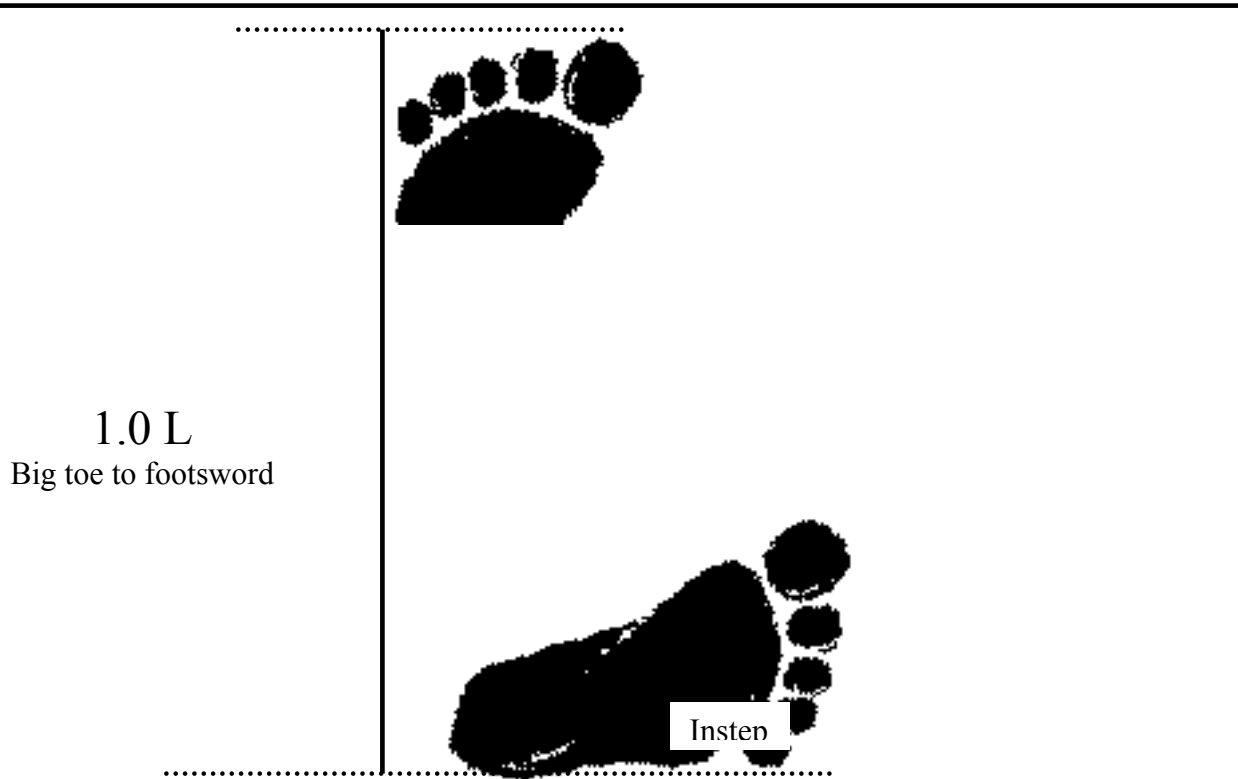
**Measured From:**   **Front:** Footsword  
                              **Rear:** Footsword

**Weight Distribution (F/R):** 50% / 50%

**Available Facings:** Full or Side

**Additional Notes:** The feet are even and parallel. The hands are lightly clenched fists. They are 5cm (2 inches) apart, and are 7cm (2.9 inches) from the abdomen. The elbows are 10cm (4.1 inches) from the floating ribs. The upper arms are forward at 30<sup>0</sup> and the lower arms are bent upward at 40<sup>0</sup>

# Rear Foot Stance



**Length:** 1.0 shoulder width

**Measured From:**     **Front:** Tip of big Toe  
                              **Rear:** Footsword

**Width:** 0.0 shoulder width

**Measured From:**     **Front:** N/A  
                              **Rear:** N/A

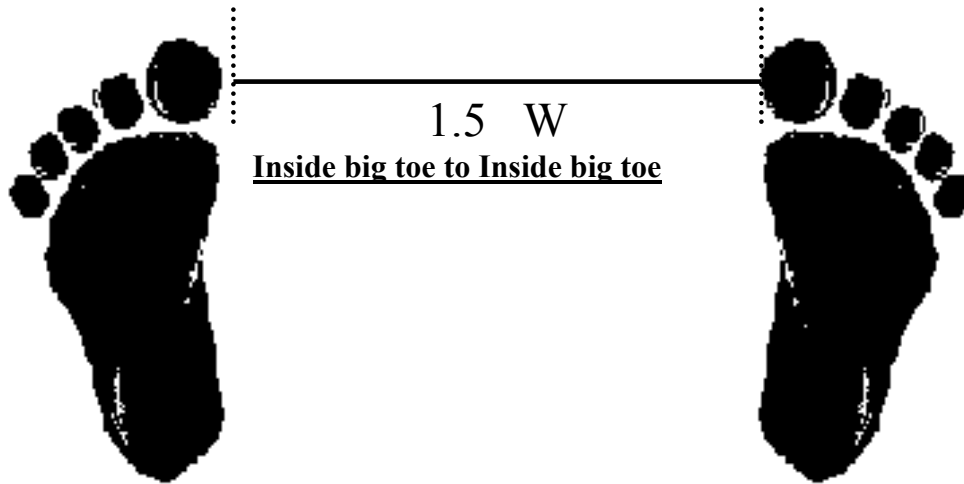
**Weight Distribution (F/R):** Most of the weight on the rear foot

**Available Facings:** Half

**Additional Notes:** The rear knee is bent so that the kneecap is over the toes of the rear foot. The front knee is bent proportionately with the ball of the foot lightly touching the floor. The heel of the front foot is above the ground and is slightly inside the heel of the rear foot. The front foot points 25° in from the front and back foot points 15° in from the side. This stance is named after the rear foot.

## Sitting Stance

---



**Length:** 0.0 shoulder width

**Measured From:**     **Front:** N/A  
                              **Rear:** N/A

**Width:** 1.5 shoulder width

**Measured From:**     **Front:** Inside big toe  
                              **Rear:** Inside big toe

**Weight Distribution (F/R):** 50% / 50%

**Available Facings:** Full or Side

**Additional Notes:** Both feet point to the front and are parallel with each other. Both knees are bent evenly so that the kneecaps are over the balls of the feet. The chest and abdomen are pushed out and the hips are pulled back.

# Vertical Stance

---

1.0 L  
Big toe to inside big toe



**Length:** 1.5 shoulder width

**Measured From:**     **Front:** Tip of big Toe  
                              **Rear:** Inside of the big toe

**Width:** 0.0

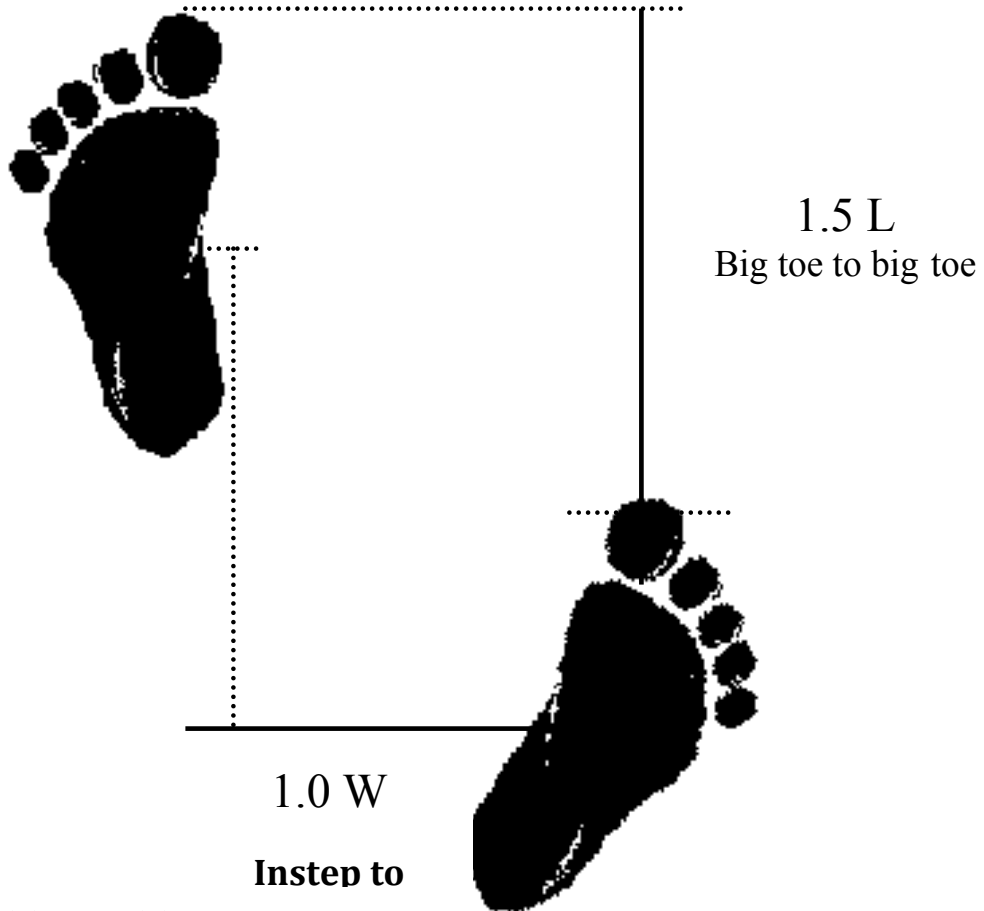
**Measured From:**     **Front:** N/A  
                              **Rear:** N/A

**Weight Distribution (F/R):** 40% / 60%

**Available Facings:** Half

**Additional Notes:** Both knees are locked. The heel of the front foot is slightly inside the heel of the rear foot. The front foot point 15° in from the front and the back foot points 15° in from the side. This stance is named after the rear foot.

# Walking Stance



**Length:** 1.5 shoulder width

**Measured From:**   **Front:** Tip of big Toe  
                              **Rear:** Tip of big Toe

**Width:** 1.0 shoulder width

**Measured From:**   **Front:** Center of instep  
                              **Rear:** Center of instep

**Weight Distribution (F/R):** 50% / 50%

**Available Facings:** Full, half or reverse half

**Additional Notes:** The back knee is locked and the front knee is bent so that the kneecap is over the heel of the front foot. The front foot points to the front and back foot points no more than 25<sup>0</sup> from the front. This stance is named after the front foot.

# X-Stance

---



**Length:** 0.0 shoulder width

**Measured From:**     **Front:** N/A  
                              **Rear:** N/A

**Width:** 0.0 shoulder width

**Measured From:**     **Front:** N/A  
                              **Rear:** N/A

**Weight Distribution (F/R):** 100% / 0%

**Available Facings:** Full, side, or half

**Additional Notes:** Both feet point in the same direction. Both knees are bent evenly. The ball of the non-supporting foot lightly touches the ground. The non-supporting leg crosses in front when the stance is done in a stepping motion and in back when done in a jumping motion. This stance is named after the supporting foot.

## PATTERN HWA-RANG

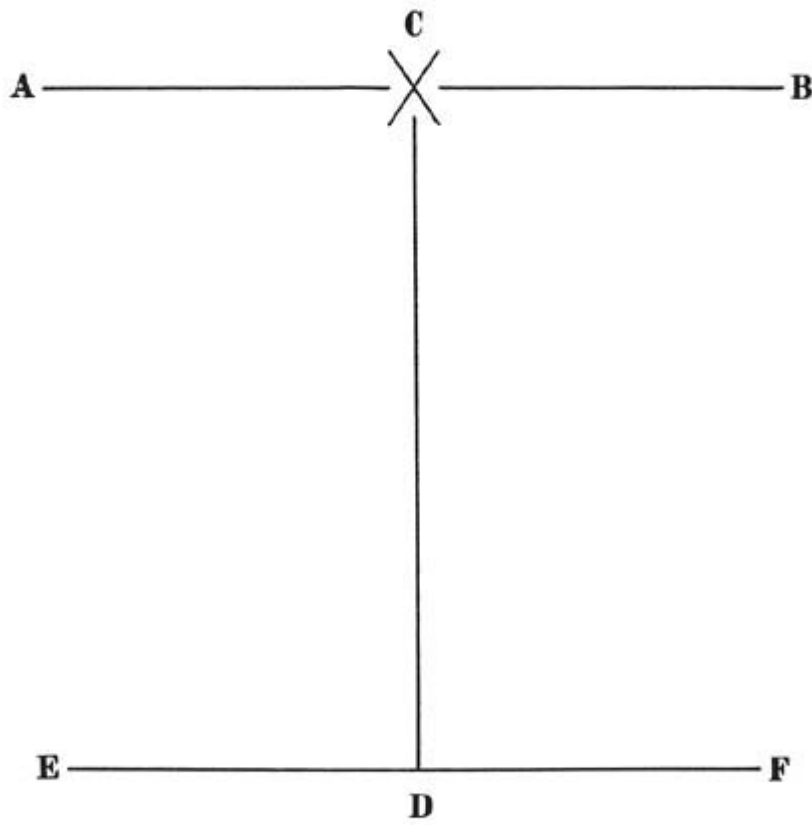
This pattern is practised by the 2nd grade holder and above.

Hwa-Rang is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7<sup>th</sup> Century. This group eventually became the actual driving force for the unification of the three kingdoms of Korea. The 29 movements refer to the 29<sup>th</sup> Infantry Division where Taekwon-Do developed into maturity.

MOVEMENTS: 29

READY POSTURE: CLOSE READY STANCE C.

**DIAGRAM** (*Yon Moo Son*)





**Ready Posture (*Junbi Jase*)**

**Close ready stance C toward D.**



1. Move the left foot to B to form a sitting stance toward D while executing a middle pushing block to D with the left palm.

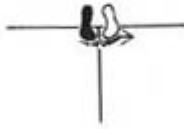


Sitting stance middle pushing block with the left palm toward D.

Side View



Ready Posture



Back View



Back View

2. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.



Sitting stance middle punch with the right fist toward D.



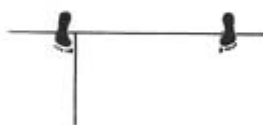
Side View



Previous Posture



Raise the body slightly.



Application



Side View

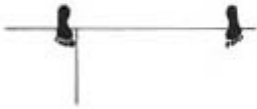
3. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.



Sitting stance middle punch with the left fist toward D.



Previous Posture



Raise the body slightly.



Side View



4. Execute a twin forearm block forming a left L-stance toward A, pivoting with the left foot.



Left L-stance twin forearm block toward A.

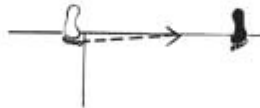




Front View



Previous Posture



Application

5. Execute an upward punch with the left fist while pulling the right side fist in front of the left shoulder.



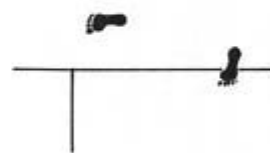
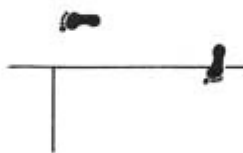
Left L-stance upward punch  
with left fist toward A.



**Previous Posture**



**Raise the body slightly.**



**Application**

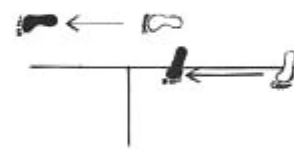
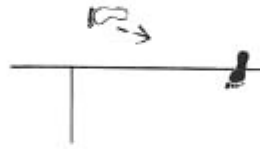
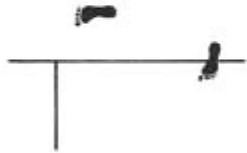
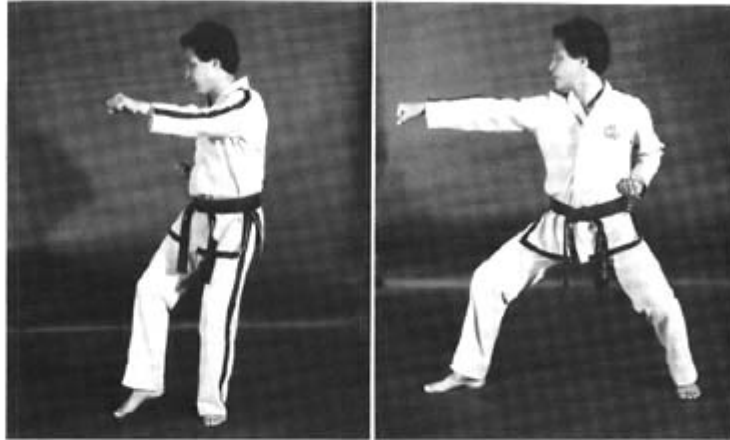
6. Execute a middle punch to A with the right fist while forming a right fixed stance toward A in a sliding motion.



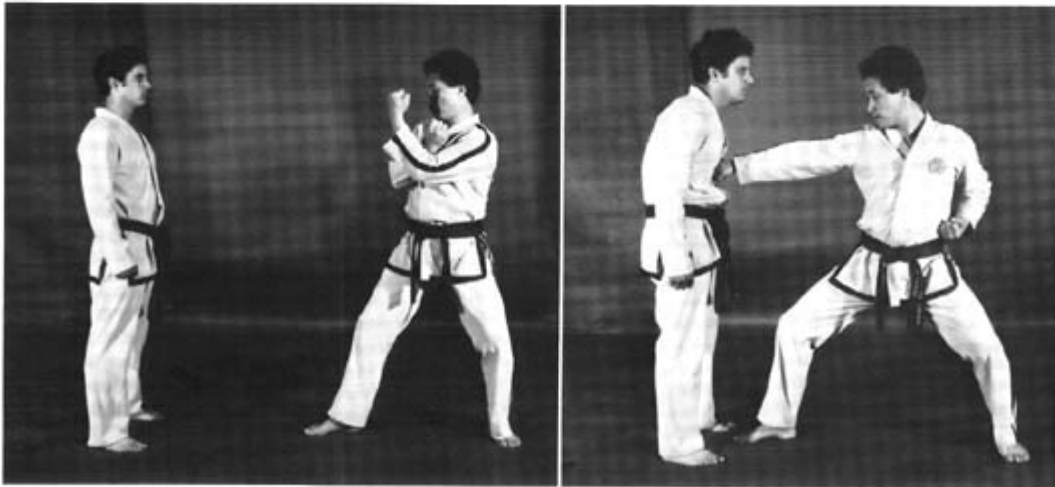
Right fixed stance middle punch with the right fist toward A.



Previous Posture



Application

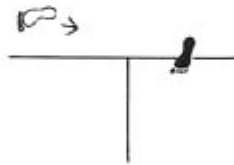


7. Execute a downward strike to A with the right knife-hand while forming a left vertical stance toward A, pulling the right foot.



Left vertical stance downward strike with the right knife-hand.

**Previous Posture**



**Application**



8. Move the left foot to A, forming a left walking stance toward A while executing a middle punch to A with the left fist.

Left walking stance middle punch with the left fist toward A.





**Previous Posture**



**Application**

9. Move the left foot to D, forming a left walking stance toward D while executing a low block to D with the left forearm.



Left walking stance low block with the left forearm toward D.



Previous Posture



10. Move the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.



Right walking stance middle punch with the right fist toward D.



Previous Posture



Top View

11. Pull the left foot toward the right foot while bringing the left palm to the right forefist, at the same time bending the right elbow about 45 degrees outward.





Previous Posture



Side View



Keep the left heel slightly off the ground, distributing about 70 percent of the body weight to that foot.

Application of No. 11

Grabbing



Top View



Side View



Pulling



12. Execute a middle side piercing kick to D with the right foot while pulling both hands in the opposition direction, and then lower it to D, forming a left L-stance toward D, at the same time executing a middle side strike to D with the right knife-hand.



Left L-stance middle side strike with the right knife-hand toward D.



Side View



Side View



Previous Posture



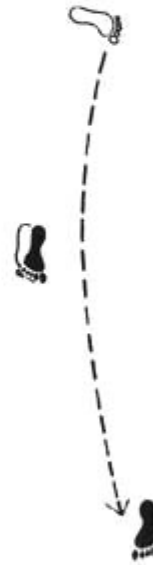
Application



Side View



13. Move the left foot to D, forming a left walking stance toward D while executing a middle punch to D with the left fist.



Left walking stance middle punch with the left fist toward D.

Previous Posture



Application



Side View

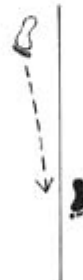


14. Move the right foot to D, forming a right walking stance toward D, at the same time executing a middle punch to D with the right fist.



Right walking stance middle punch with the right fist toward D.

Previous Posture



Application



Side View

15. Move the left foot to E, turning counter-clockwise to form a right L-stance toward E while executing a middle guarding block to E with a knife-hand.



Right L-stance knife-hand middle guarding block toward E.





Previous Posture



Application



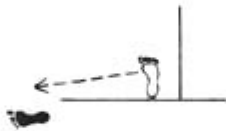
16. Move the right foot to E, forming a right walking stance toward E while executing a middle thrust to E with the right straight fingertip.



Right walking stance middle thrust toward E.



**Previous Posture**



**Application**

17. Move the right foot on line EF, forming a right L-stance toward F while executing a middle guarding block to F with a knife-hand.



Right L-stance knife-hand  
guarding block toward F.



Previous Posture



Application



18. Execute a high turning kick to DF with the right foot and then lower it to F.



High turning kick to DF with the right foot.

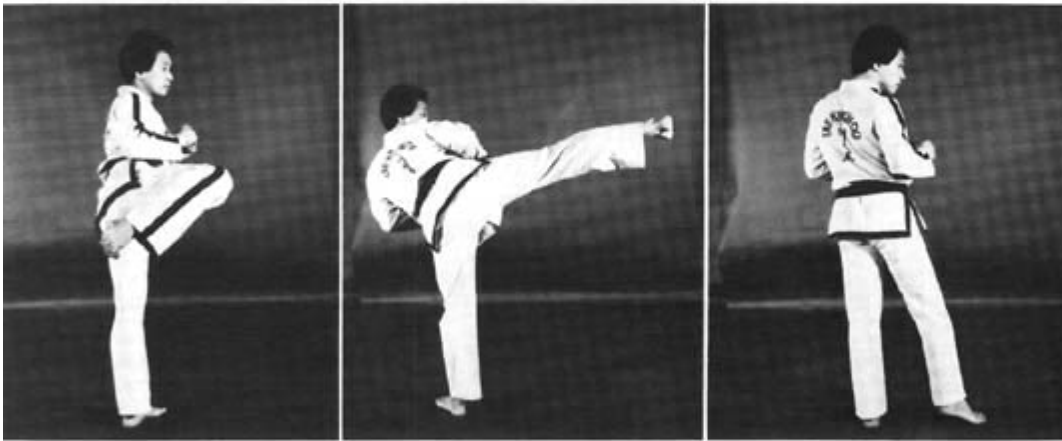
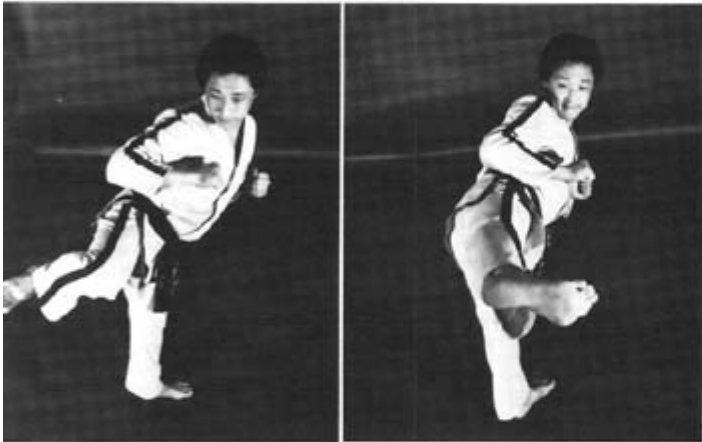


Application



Top View

Top View



**Previous Posture**

19. Execute a high turning kick to CF with the left foot and then lower it forming a right L-stance toward F while executing a middle guarding block to F with a knife-hand. Perform 18 and 19 in a fast motion.



**High turning kick to CF with the left foot.**



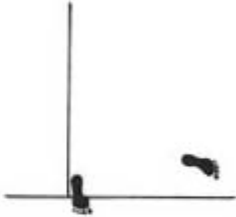




20. Move the left foot to C, forming a left walking stance toward C while executing a low block to C with the left forearm.



Left walking stance low block with the left forearm toward C.



**Previous Posture**



**Application**



**Other View**

**Top View**



21. Execute a middle punch with the right fist while forming a right L-stance toward C, pulling the left foot.

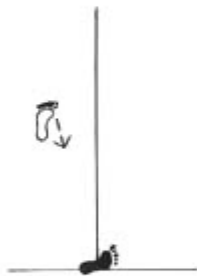


Right L-stance middle punch  
with the right fist toward C.

Previous Posture



Other View





**Application of No. 21**

**Application of No. 21**

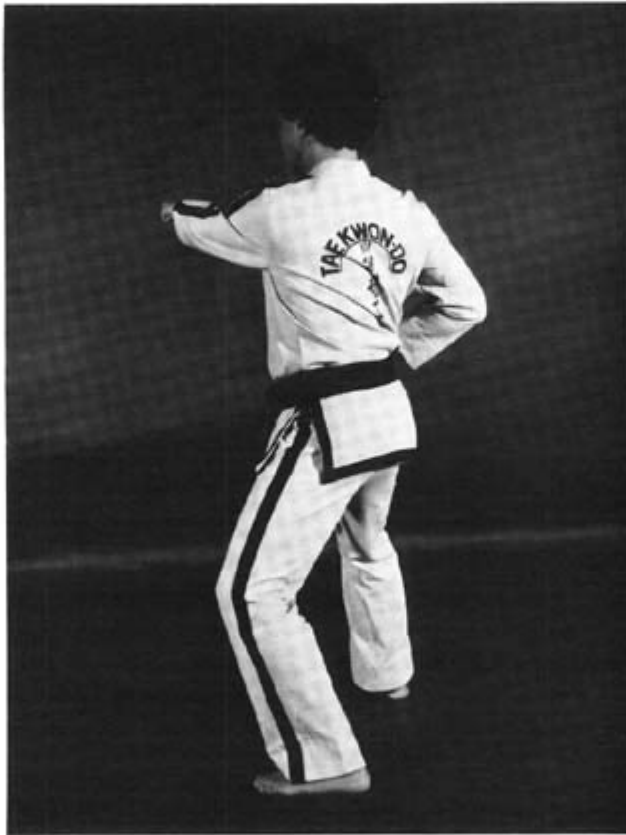


**Side View**



**Top View**

22. Move the the right foot to C, forming a left L-stance toward C while executing a middle punch to C with the left fist.



Left L-stance middle punch with the left fist toward C.





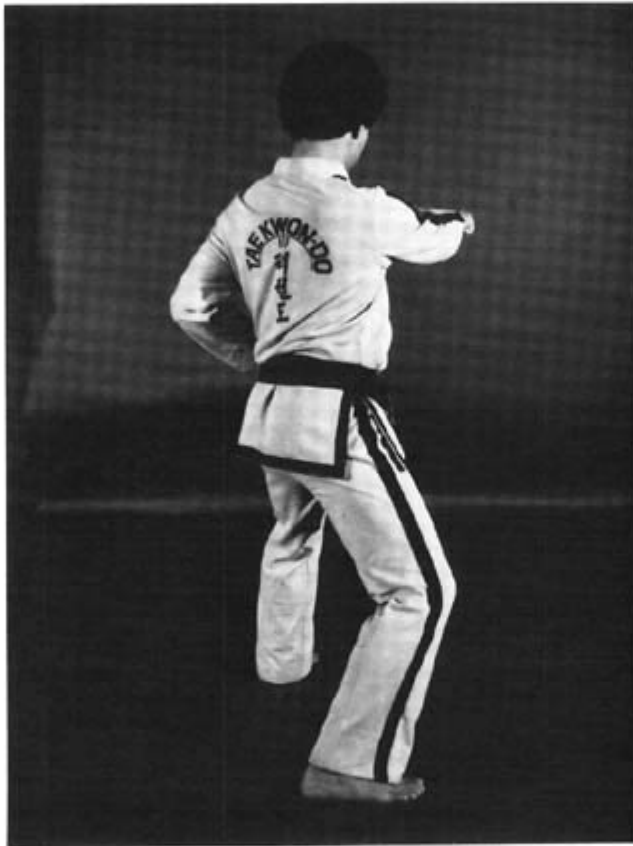
**Previous Posture**



**Top View**



23. Move the left foot to C, forming a right L-stance toward C, at the same time executing a middle punch to C with the right fist.



Right L-stance middle punch with the right fist toward C.

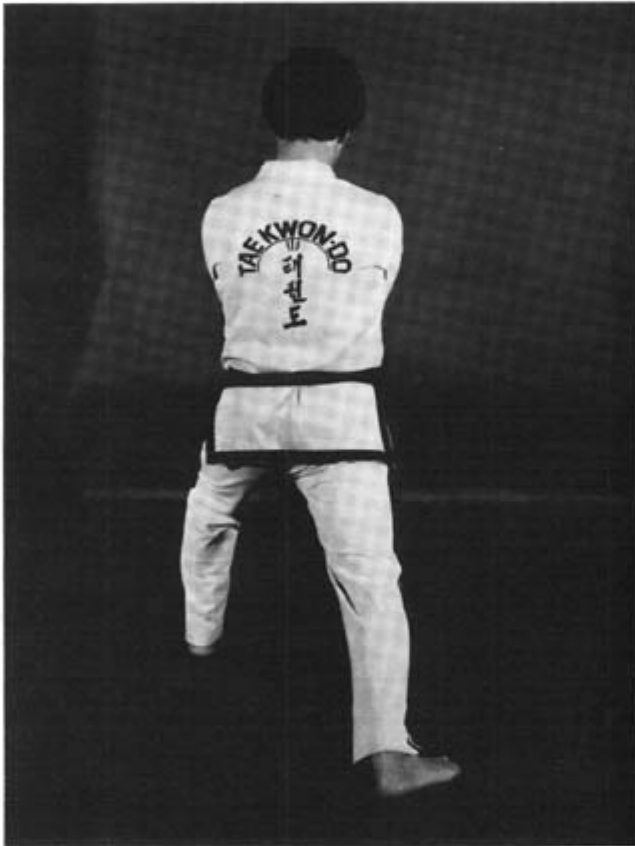
Previous Posture



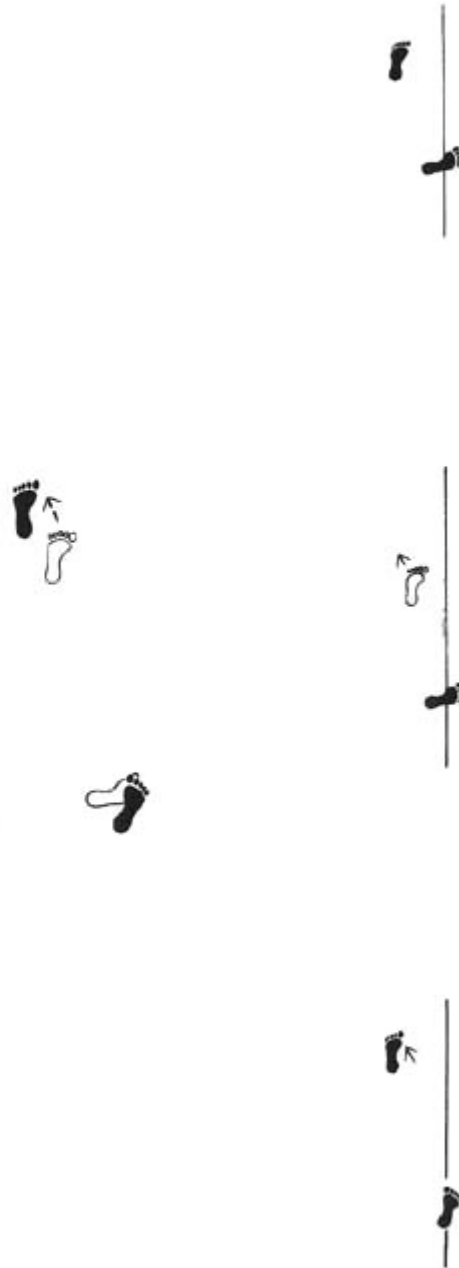
Other View



24. Execute a pressing block to C with an X-fist while forming a left walking stance toward C, slipping the left foot.



Left walking stance pressing block with an X-fist toward C.



**Previous Posture**



**Application**



**Side View**



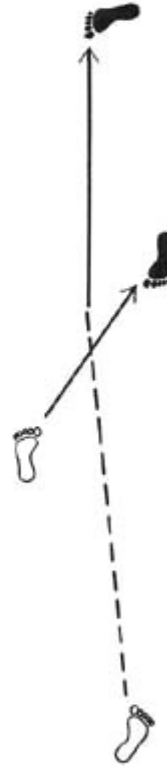
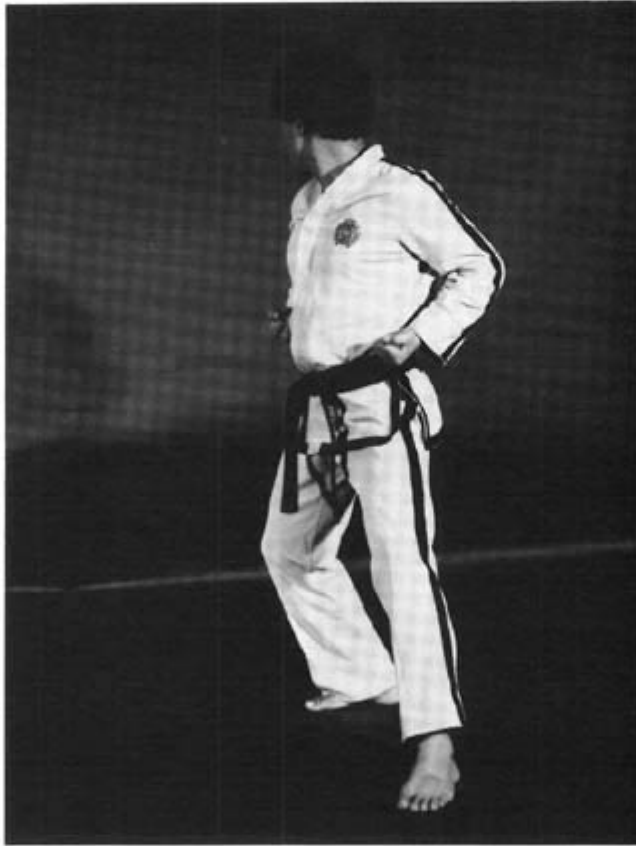
**Other View**



**Other View**

25. Move the right foot to C in a sliding motion, forming a right L-stance toward D while thrusting to C with the right side elbow.

Right L-stance right side elbow thrust in a sliding motion



**Previous Posture**



**Application**



**Side View**

26. Bring the left foot to the right foot, turning counter-clockwise to form a close stance toward B while executing a high side front block with the right inner forearm and a low block with the left forearm.

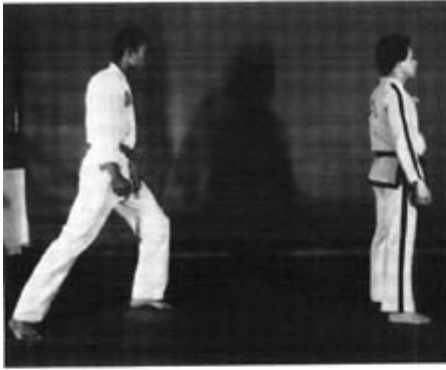


Close stance high side front block with the right inner forearm toward B.

Previous Posture







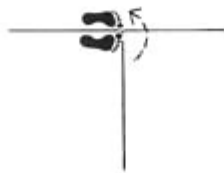
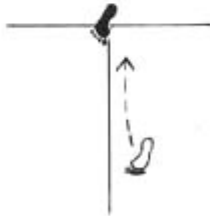
Application



Application



Top View



27. Execute a high side front block with the left inner forearm and a low block with the right forearm.



Close stance high side front block with the left inner forearm toward B.

**Previous Posture**



**Keep both heels slightly off the ground.**



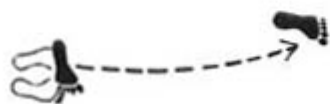
**Application**



28. Move the left foot to B, forming a right L-stance toward B, at the same time executing a middle guarding block to B with a knife-hand.



Right L-stance knife-hand guarding block toward B.



**Previous Posture**



**Application**



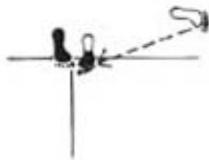
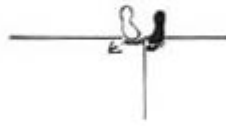
29. Bring the left foot to the right foot and then move the right foot to A, forming a left L-stance toward A while executing a middle guarding block to A with a knife-hand.

Left L-stance knife-hand guarding block toward A.





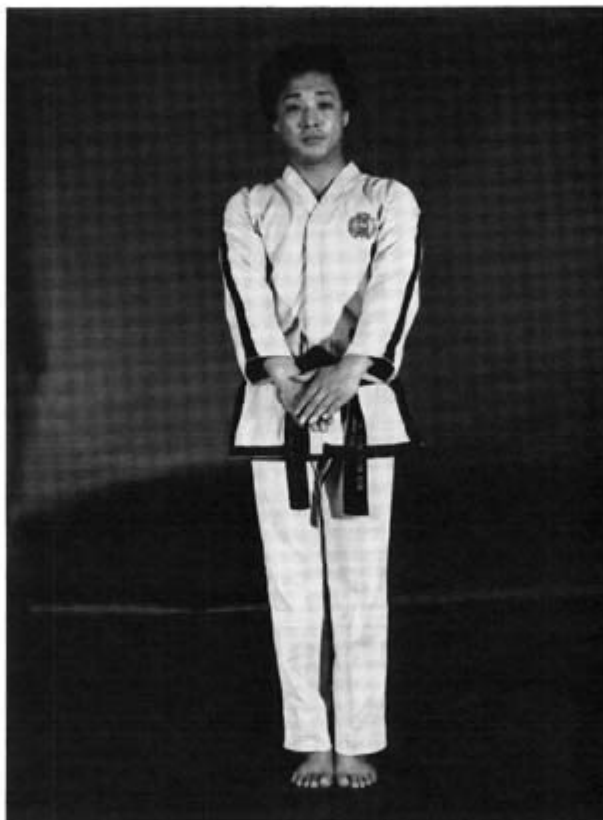
Previous Posture



Application



**END: Bring the right foot back to a ready posture.**



**Close ready stance C toward D**





Previous Posture



Side View



Back View



**ADDITIONAL TECHNIQUES  
FOR  
PATTERN HWA-RANG**

**Close Ready Stance C (*Moa Junbi Sogi C*)**



**Front View**

**Side View**



**Top View**

**Vertical Stance (*Soo Jik Sogi*)**



**Front View**

**Side View**



**Left vertical stance**

**Back View**



**Sitting Stance Palm Pushing Block**  
*(Anun So Sonbadak Miro Makgi)*



**Front View**



**Side View**

**L-Stance Upward Punch** *(Niunja So Ollyo Jirugi)*

**Front View**



**Side View**

**Vertical Stance Knife-hand Downward Strike**  
*(Soo Jik So Sonkal Naeryo Taerigi)*



**Front View**



**Back View**



**Side View**

- \* 1. The knife-hand reaches the target in a circular motion.
- 2. Keep the elbow straight at the moment of impact.

## High Turning Kick (*Nopunde Dollyo Chagi*)

Top View



The attacking tool reaches the eye level of the attacker.



**L-Stance Obverse Punch (*Niunja So Baro Jirugi*)**



**Front View**



**Back View**



**Top View**

**Side View**



- \* 1. The fist reaches the same level as the shoulder.
- 2. The right arm forms a parallel line with the left leg and vice-versa.

**L-Stance Side Elbow Thrust (*Niunja So Yop Palkup Tulgi*)**

**Front View**



**Side View**



**Top View**

**Back View**



**Close Stance Inner Forearm Middle  
Side Front Block**  
*(Moa So An Palmok Kaunde Yobap  
Makgi)*



**Front View**

**Top View**



**Side View**

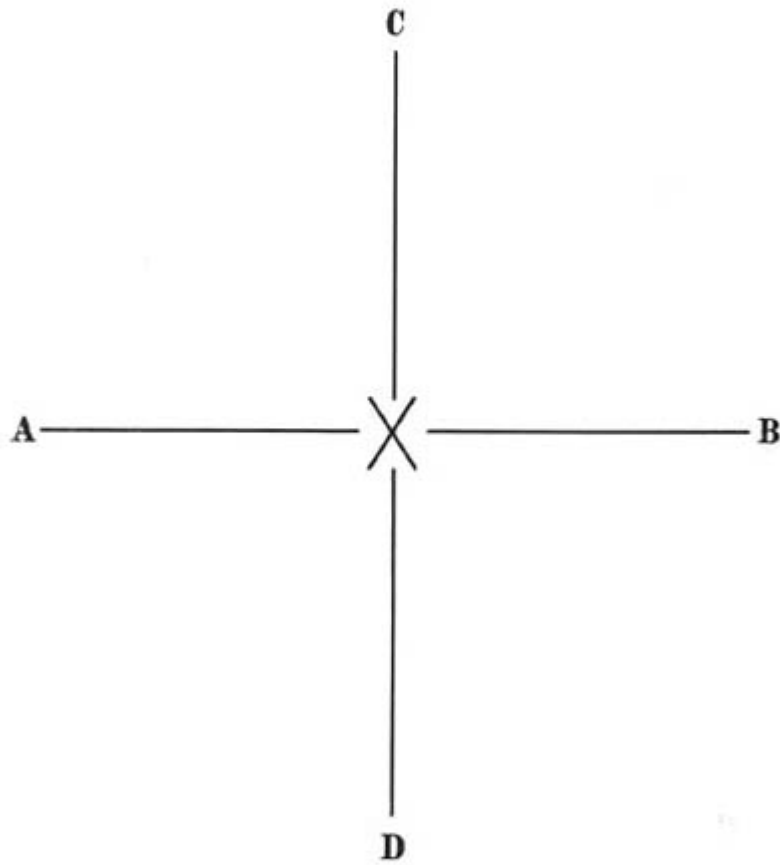


- \* 1. The fist reaches the same level as the defender's temple.
- 2. The outer forearm reaches the same level as the lower abdomen of the defender.

## **4-Directional Thrust**

**Four Direction Thrust (*Saju Tulgi*)**

**DIAGRAM (*Yon Moo Son*)**



**Ready Posture (*Junbi Jase*)**

**Close ready stance C toward D.**



1. Slide to D, forming a right L-stance toward C while thrusting to D with the right side elbow.



Right L-Stance right side  
elbow thrust toward C.



### Ready Posture

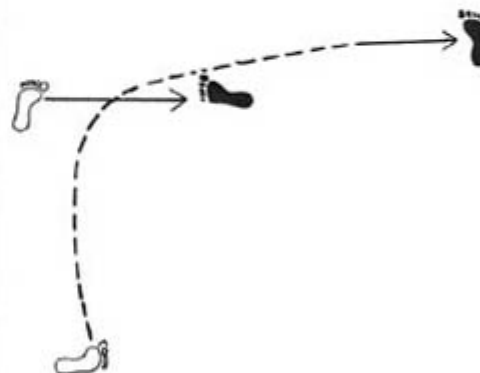


Keep both palms faced downward, placing the attacking one under the other.





2. Slide to B, forming a right L-stance toward A while thrusting to B with the right side elbow.



Right L-stance right side  
elbow thrust toward A.

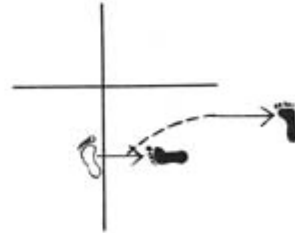
Previous Posture



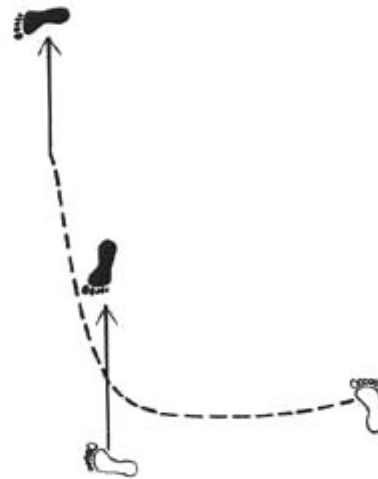
Top View



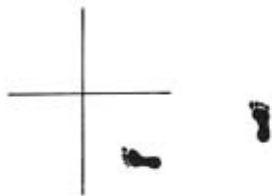
Keep both palms faced downward, placing the attacking one under the other.



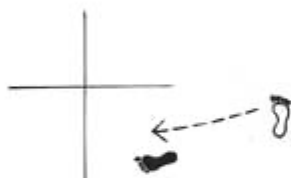
3. Slide to C, forming a right L-stance toward D while thrusting to C with the right side elbow.



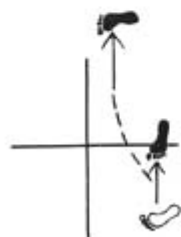
Right L-stance right side elbow thrust toward D.



Previous Posture



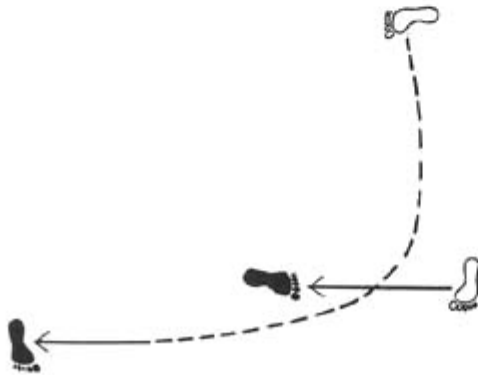
Keep both palms faced downward, placing the attacking one under the other.



4. Slide to A, forming a right L-stance toward B while thrusting to A with the right side elbow.

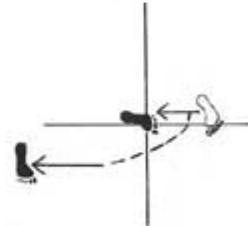


Right L-stance right side elbow thrust toward B.



**Previous Posture**

Keep both palms faced downward, placing the attacking one under the other.



**END: Bring the right foot back to a ready posture.**

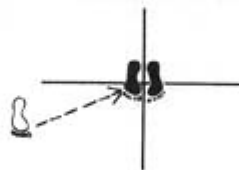
\* Exercise clockwise and counter-clockwise turning alternately.



Close ready stance C toward D.



**Previous Posture**



**Side View**

