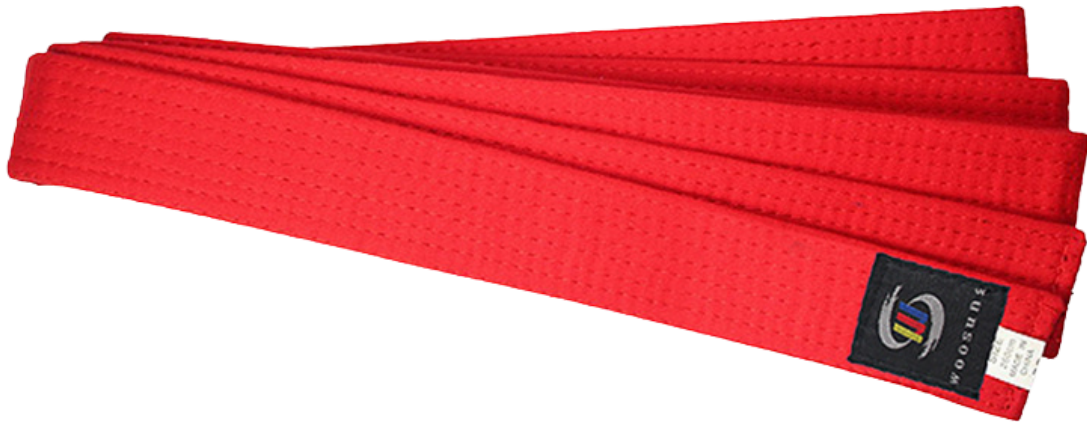


# WARRIOR CODE

TAEKWONDO ACADEMY



## RED BELT LEVEL

*2nd Kup*

### Requirements to move up to the next level:

Minimum Age: 11 years old

#### Fast Track:

Participation in 80 Classes  
8 months of consistent training  
3-physical stripes  
1-knowledge (homework) stripe  
2-competition stripe  
2-tournament stripe

#### Regular Track:

Participation in 96 Classes  
12 months of consistent training  
3-physical stripes  
1-knowledge (homework) stripe

*Students must complete 2 competitions and 2 seminars before applying for Black Belt (from Red Belt)*

Looking ahead: Minimum age for Black Belt is 12 years old



## STUDY GUIDE

### A. What is the meaning of Red Belt?

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

### B. Moral Culture of Taekwon-Do

*The idea of studying the moral culture of Taekwon-Do is to aim for oneself to push through the endeavors and processess to become an exemplary person such as Confucius (552 to 479 BC). To become such a person, one has to first find themselves and acquire a moral character which is respected by all.*

*This can only be achieved through constant practice of mental discipline. Thus, if times call for it, the mentally disciplined person can contribute to an ideal society through wise council to the government and even after death through their everlasting examples. Confucius said "to promote the sense of morality, one must treat others with the faithfulness and sincerity based on righteousness, and to eliminate completely vicious thinking".*

*No doubt the following lessons may be somewhat hard to fully undertand; however it would behove the serious student of Taekwon-Do to read, digest and attempt to grasp these very fundamental essences of moral culture.*

**A - RETURN TO BASIC NATURE** - Mencius gave the following analogy when he reasoned that mankind is basically good:

*Even a ruthless robber coming upon an innocent child about to fall into a well, will try and save the child, forgetting for the moment his intention to rob the house. The good nature becomes obscured or completely lost by greed for money and power.*

**B - BE VIRTUOUS** - It is difficult to define what virtue is. However, these are five human qualities which have been recognized as virtues since ancient times:

- Humanity - Righteousness - Courtesy - Wisdom - Trust

*Confucius said "Virtue is like a north star. All the other stars revolve around it in an orderly fashion". Therefore, people who surround the virtuous person, naturally will act for the betterment of society.*

*"When the world is against me I shall happily indulge myself in self-improvement and when the world finally recognizes me and requires my service, I shall proudly avail myself for assistance"*

*-General Choi Hong Hi*



## STUDY GUIDE

(Continuation from the Moral Culture Section)

### **PART ONE - HUMANITY**

Confucius defined Humanity in the following ways:

- a) To love people, especially one's parents
- b) Not to ask others to do what you would rather not do
- c) To behave automatically with the nature of propriety by promoting moral sense
- d) To have unbending desire to accomplish what is right regardless of how insignificant the result may initially seem when compared to the amount of effort put forth.
- e) To value others' honor before your own
- f) To put others' freedom before your own

### **PART TWO - RIGHTEOUSNESS**

The ability to feel ashamed of unjust acts and to do one's duty to others.

Mencius said "for the ordinary person, life and death are the most important in the life. However for the virtuous person to live and to die for righteousness is far more important than life and death themselves." Righteousness is well defined in the act of a certain army general depicted in the book "War Manual" written over 2400 years ago:

A General was taking a break from the gruelling war with his soliders by a river bank when an aide brought him a small carafe of wine for refreshment. He took the carafe and slowly emptied it into the flowing river in full view of the puzzled soliders and invited them to share thne wine with him by taking a sip of the water from the river.

In the study guide for Black Stripe (1st Kup) we will cover Propriety, Wisdom & Trust.

#### **D. What is the meaning of Hwa-Rang?**

Hwa-Rang is named after the Hwa Rang Youth Group which originated in the Silla Dynasty in the early 7th Century. The 29 Movements represent the 29th Infantry Division where Taekwon-Do was developed into maturity.

#### **F. Which are the attacking tools are found in the leg / foot?**

You should become familiar with the following attacking and blocking tools in the leg / foot:

##### **ATTACKING TOOLS:**

- a) The Instep
- b) The Ball of the foot
- c) The Footsword
- d) The Reverse Footsword
- e) The Back Heel
- f) The Back Sole
- g) The Toes
- h) The Knee

##### **BLOCKING TOOLS:**

- a) The Ball of the foot
- b) The Footsword
- c) The Side Instep
- d) The Side Sole



## STUDY GUIDE

### **G. What are vital spots?**

***Vital spots are specific areas of the body that do not have any special protection from muscle or bone; and if attacked, would cause severe damage or negative effect to a person's physical health.***

***It is important to learn about as many vital spots as well as their located and what techniques could be applied effectively to those areas. Here is a basic list of vital spots as well as what upperbody attacking tools can be used to those targets:***

### **Main Vital Spots in the Middle Section** (between the navel/belly button & the shoulder level)

**a) THE CENTER CHEST** (located right in the center of the chest)

***This area can be attacked with forefist, backfist, Side fist, knife-hand, reverse knife-hand, palm and elbow***

**b) STERNUM** (elongated bone in the centre of the chest)

***This area can be attacked with forefist, backfist, Side fist, knife-hand, reverse knife-hand, palm and elbow***

**c) SOLAR PLEXUS** (located right below the sternum and right at the top of the abdomen)

***The eyes can be easily attacked with the fingertips, forefist & side fist***

**d) THE SPLEEN** (in the upper left side of your abdomen, next to your stomach & behind the left ribs)

***This area can be attacked with forefist, side fist, knife-hand, reverse knife-hand & elbow***

**e) THE LIVER** (it's in the upper right area of the abdomen, beneath the diaphragm)

***This area can be attacked with forefist, side fist, backfist, knife-hand, reverse knife-hand & elbow***

**f) THE FLOATING RIBS** (The last two pairs of ribs at the very bottom of the rib cage)

***This area can be attacked with forefist, backfist, side fist, knife-hand, reverse knife-hand & elbow***

**g) THE KIDNEYS** (either side of your spine, below your ribs and behind your belly)

***This area can be attacked with the forefist, side fist, knife-hand, reverse knife-hand & elbow***

**Please Note: In this chapter we limited the information to the middle section vital spots (not all of them) as well as which attacking tools can hit those areas (in the arm/hand only)**