



Dragon Spirit Martial Arts  
Student Handbook

Dear Taekwondo Family,

Welcome to Dragon Spirit Martial Arts, where the spirit of Taekwondo thrives, and excellence is cultivated. It is our pleasure to extend a warm greeting to each student, both new and returning, as you embark on a journey of self-discovery, discipline, and martial arts mastery.

Taekwondo, the ancient Korean martial art, is not just a physical endeavor; it is a holistic pursuit that encompasses the mind, body, and spirit. At Dragon Spirit Martial Arts, we are dedicated to fostering an environment where each student can explore and develop their full potential. Our mission is not only to teach the techniques of Taekwondo but also to instill the values of courtesy, integrity, perseverance, self-control, and indomitable spirit.

This handbook serves as your guide to the principles, practices, and expectations that define our Taekwondo community. Whether you are a novice white belt or an experienced black belt, the information contained herein is designed to enhance your understanding of Taekwondo, provide clarity on our school's policies, and support your growth as a martial artist.

As you navigate through these pages, we encourage you to absorb not only the technical aspects of Taekwondo but also its rich history and philosophy. Embrace the challenges that come with training, for it is through dedication and perseverance that true martial artists are forged.

Thank you for choosing Dragon Spirit Martial Arts as your martial arts home. We are honored to guide you on your Taekwondo journey and look forward to witnessing your progress and achievements.

With respect and excitement,

Thomas Werner

Master Instructor

Dragon Spirit Martial Arts

## OVERVIEW OF TAEKWONDO AS A MARTIAL ART:

Taekwondo, translated as the "art of hand and foot," is a traditional Korean martial art renowned for its dynamic kicks, fluid movements, and philosophical foundations. Rooted in a history spanning over a millennium, Taekwondo has evolved into a globally practiced discipline that goes beyond physical prowess, emphasizing mental discipline, ethical conduct, and the pursuit of harmony.

## HISTORICAL ROOTS:

Taekwondo traces its origins to ancient Korean martial arts, with influences from indigenous fighting styles and Chinese martial arts. The earliest forms of Korean martial arts, known as Hwa Rang Do, laid the groundwork for the development of Taekwondo. However, the modern iteration of Taekwondo emerged in the mid-20th century as a standardized martial art.

## PHILOSOPHICAL FOUNDATIONS:

At its core, Taekwondo is not merely a system of physical combat but a way of life. It is guided by a set of ethical principles known as the Five Tenets: courtesy (Ye Ui), integrity (Yom Chi), perseverance (In Nae), self-control (Guk Gi), and indomitable spirit (Baekjool Boolgool). These tenets serve as a moral compass, shaping the character of practitioners both inside and outside the dojang (training hall).

## PHYSICAL TECHNIQUES:

Taekwondo is characterized by its dynamic and powerful kicks, often executed with high and precise movements. Hand techniques, blocks, strikes, and various forms of self-defense are also integral components. The combination of these elements creates a versatile and effective martial art that promotes agility, strength, and flexibility.

## BELT SYSTEM:

The belt system is a visual representation of a practitioner's skill level and progress within Taekwondo. Beginning with the white belt and progressing through various colors, the journey culminates in achieving the coveted black belt, symbolizing not just technical proficiency but also a deeper understanding of Taekwondo's philosophy and values.

## COMPETITION AND SPARRING:

Taekwondo is a sport as well as a martial art, with a global presence in competitions ranging from local tournaments to the Olympic Games. Olympic-style sparring, where athletes score points through controlled kicks and punches, showcases the strategic and athletic aspects of Taekwondo.

## CONTINUOUS LEARNING:

One of the enduring qualities of Taekwondo is its emphasis on lifelong learning. Practitioners are encouraged to approach each training session with an open mind, embracing challenges as opportunities for growth. The journey in Taekwondo is a continual evolution, fostering not only physical skill but also mental fortitude and personal development.

# TENANTS OF TAEKWONDO

Courtesy - Integrity - Self Control - Perseverance - Indomitable Spirit

"I WILL DEVELOP MYSELF IN A POSITIVE MANNER, AND AVOID ANYTHING THAT WILL REDUCE MY MENTAL GROWTH AND PHYSICAL HEALTH"

## STUDENT CREED

- I will develop myself in a positive manner and strive for personal excellence.
- I will cultivate discipline, respect, and integrity in all aspects of my life.
- I will show courtesy and respect to my instructors, fellow students, and all others.
- I will be humble and open-minded, willing to learn from others and accept constructive criticism.
- I will maintain a strong work ethic and persevere through challenges and setbacks.
- I will uphold the principles of fairness, sportsmanship, and ethical conduct in training and competition.
- I will use my martial arts skills for self-defense and to protect the weak and vulnerable.
- I will strive for mental and physical balance, promoting health and well-being.
- I will practice self-control and avoid using my skills to cause harm or engage in violence outside of self-defense.
- I will respect the traditions and history of my martial arts discipline and strive to preserve its integrity.

## MEMBERS OATH

- We will train our spirits and bodies according to the strict codes of etiquette.
- We are united in mutual friendship.
- We will comply with regulations and obey the instructors.

## GOALS OF TAEKWONDO

- To achieve a concentration of power
- To realize one's own true nature (this is the real meaning of enlightenment)
- To achieve the realization of the truth of enlightenment in everyday life

# DOJANG ETIQUETTE

- **Bow:** Always bow when entering and leaving the dojo. This shows respect for the training space and your instructors.
- **Greeting:** Greet your instructor and fellow students with a respectful bow or a "Hello" before and after class.
- **Uniform (Dobok):** Wear a clean and properly fitted dobok (uniform). Keep it in good condition and free of wrinkles.
- **Personal Hygiene:** Maintain good personal hygiene. Keep your nails trimmed and clean before entering the dojo.
- **Punctuality:** Arrive on time for class. Being punctual shows respect for your instructors and fellow students.
- **Cell Phones:** Turn off or silence your cell phone during training to avoid distractions.
- **Respect for Instructors:** Address your instructors as "Sir" or "Ma'am," and follow their instructions promptly and attentively.
- **Respect for Fellow Students:** Treat your fellow students with respect and courtesy. Avoid horseplay and help each other learn and improve.
- **Attention and Focus:** Pay attention during demonstrations and instruction. Show respect by not talking or engaging in unrelated activities while the instructor is speaking.
- **Hierarchy:** Higher-ranking students should be treated with deference. Address them by their appropriate title (e.g., "Senior" or "Black Belt").
- **Taking Care of the Dojo:** Help keep the training area clean and organized. Pick up after yourself and assist in maintaining the dojo's cleanliness.
- **No Ego:** Leave your ego at the door. Taekwondo is about continuous learning and improvement, not showing off or competing with others.
- **Safety:** Practice good sportsmanship and prioritize safety. Avoid unnecessary aggression or reckless behavior that could harm yourself or others.
- **Leave Personal Issues Behind:** When you enter the dojo, leave any personal problems or conflicts outside. Focus on your training and growth.
- **Participate Fully:** Engage fully in all aspects of training, including warm-ups, drills, techniques, and sparring.
- **Sitting Positions:** When waiting or listening, sit in a seiza (kneeling) position or a comfortable cross-legged position. Avoid sprawling out or slouching.
- **Water Breaks:** Take water breaks when allowed by the instructor but avoid excessive interruptions to the flow of the class.
- **Gratitude:** Thank your instructor and fellow students at the end of class. A bow and a "Thank you" are appropriate ways to express gratitude.

# TENANTS OF TAEKWONDO

Taekwondo, a Korean martial art, is built on five fundamental tenets, often referred to as the "Five Tenets of Taekwondo" or the "Five Principles of Taekwondo." These tenets emphasize the ethical and moral aspects of martial arts, guiding practitioners to develop not only physical skills but also a strong character. The five tenets are:

## COURTESY (YE-UI/예의)

Definition: Courtesy in Taekwondo involves showing politeness, respect, and consideration towards others. Practitioners are encouraged to display good manners both inside and outside the training environment. This tenet emphasizes the importance of fostering a positive and respectful attitude towards instructors, fellow students, and the broader community.

## INTEGRITY (YOM-CHI/염치)

Definition: Integrity is the quality of being honest and having strong moral principles. In Taekwondo, practitioners are expected to uphold a sense of integrity by being truthful, honorable, and maintaining a high standard of ethics. This tenet emphasizes the importance of doing what is right, even when faced with challenges or temptations.

## PERSEVERANCE (IN-NAE/인내)

Definition: Perseverance involves the ability to persist and endure in the face of difficulties or challenges. In Taekwondo, practitioners are encouraged to develop a strong will and determination to overcome obstacles and setbacks. This tenet highlights the importance of staying committed to one's goals and continuing to strive for improvement.

## SELF-CONTROL (GUK-GI/극기)

Definition: Self-control refers to the ability to restrain one's impulses and maintain discipline. In Taekwondo, practitioners are taught to exercise control over their actions, emotions, and reactions. This tenet emphasizes the importance of maintaining composure, avoiding

unnecessary aggression, and making thoughtful, well-controlled decisions both in and out of the training environment.

### INDOMITABLE SPIRIT (BAEK-JEOL-BUL-GUL/백절불굴)

Definition: Indomitable spirit is the unwavering determination and courage to face challenges and persevere, no matter the odds. In Taekwondo, practitioners are encouraged to develop a strong and resilient spirit that can withstand adversity. This tenet emphasizes the importance of facing difficulties with courage, maintaining a positive mindset, and never giving up.

These five tenets form the foundation of the moral and ethical aspects of Taekwondo, guiding practitioners on their journey to becoming not only skilled martial artists but also individuals of strong character and integrity.

# ETIQUETTE EXPECTATIONS BY RANK

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## WHITE BELT (10TH GUP)

Address instructors as "Sir" or "Ma'am", bow when entering and leaving the training area, show respect to higher ranking belts and instructors, listen attentively, and follow instructions.

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## GREY BELT (9TH GUP)

Greet instructors with a bow before and after class, keep fingernails and toenails trimmed, arrive on time for training sessions, treat fellow students with respect and courtesy.

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## YELLOW BELT (8TH GUP)

Line up in rank order during class, practice good hygiene and cleanliness, assist and support lower ranking students when appropriate, refrain from talking or disrupting the class during instruction.

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## ORANGE BELT (7TH GUP)

Show humility and modesty in your training, demonstrate proper sportsmanship during sparring sessions, acknowledge and accept feedback from instructors, encourage and motivate fellow students.

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## GREEN BELT (6TH GUP)

Show gratitude to training partners after practice, help maintain cleanliness in the training area, develop self-discipline and focus on personal improvement, participate actively and attentively in all aspects of training.

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## PURPLE BELT (5TH GUP)

Show respect to higher ranking belts and instructors, act as a role model for lower-ranking students, encourage and assist new students in their Taekwondo journey, be punctual and prepared for all training sessions.

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## BLUE BELT (4TH GUP)

Demonstrate good sportsmanship during competitions and sparring, respect the authority and decisions of referees and judges, maintain a positive attitude and perseverance in the face of challenges, continually strive for self-improvement and growth.

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## BROWN BELT (3RD GUP)

Treat all training equipment with care and respect, show appreciation to instructors and seniors for their guidance, act as a mentor and role model for junior students, uphold the principles of Taekwondo both inside and outside the training hall.

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**RED BELT (2ND GUP)**

Cultivate self-discipline and a strong work ethic, show respect to all members of the Taekwondo community, share knowledge and skills with fellow students when appropriate, display the values of integrity, humility, and perseverance.

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**RED/BLACK BELT (1ST GUP)**

Exhibit all tenants of Taekwondo and etiquette expectations.

# TERMINOLOGY

- **Dobok:** Taekwondo uniform.
- **Dojang:** Training hall or school.
- **Dan:** Black belt rank.
- **Kup:** Colored belt rank (white belt to brown belt).
- **Charyeot:** Attention stance.
- **Kyungye:** Bow.
- **Joonbi:** Ready stance.
- **Gyeorugi:** Sparring.
- **Poomsae:** Patterns or forms.
- **Gup:** The grading system.
- **Hosinsul:** Self-defense techniques.
- **Kihap:** Shout or yell.
- **Makki:** Blocking techniques.
- **Jireugi:** Punching techniques.
- **Chagi:** Kicking techniques.
- **Ap Chagi:** Front kick.
- **Dollyo Chagi:** Roundhouse kick.
- **Bandae Dollyo Chagi:** Reverse roundhouse kick.
- **Yop Chagi:** Side kick.
- **Twio Chagi:** Hook kick.
- **Huryeo Chagi:** Axe kick.
- **Dwit Chagi:** Back kick.
- **Sonkal:** Knife-hand.
- **Palkup:** Elbow.
- **Bakkat Palmok:** Reverse knife-hand block.
- **Ap Kumchi:** Front stance.
- **Dwit Kumchi:** Back stance.
- **Niunja Sogi:** Parallel stance.
- **An Palmok:** Inner forearm.
- **Bakat Palmok:** Outer forearm.
- **Me Joomuk:** Closed fist.
- **Ap Joomuk:** Front fist.
- **Dwit Joomuk:** Back fist.
- **Momtong:** Midsection.
- **Dwit Chukjeok:** Spinning kick.
- **Kyocho Sogi:** X-stance.
- **Dari:** Leg.
- **Sonnal:** Knife-hand strike with the edge of the hand.
- **Pyonhi:** Courtesy.
- **Taegeuk:** The name for the poomsae in Taekwondo, also represents the concept of the yin and yang.

# COUNTING IN KOREAN

## Native Korean

1	하나	hana
2	둘	dul
3	셋	set
4	넷	net
5	다섯	dasot
6	여섯	yosot
7	일곱	ilgop
8	여덟	yodol
9	아홉	ahop
10	열	yol
20	스물	seumun
30	서른	soreun
40	마흔	maheun
50	쉰	swon
60	예순	yesun
70	일흔	ilheun
80	여든	yodeul
90	아흔	aheun

## Sino Korean

1	일	il
2	이	ee
3	삼	sam
4	사	sa
5	오	o
6	육~륙	yuk~ryuk
7	칠	chil
8	팔	pal
9	구	ku
10	십	ship
100	백	baek
1000	천	chon
10000	만	man

# BELT TESTING RUN TIMES

1 MILE RUN TIMES BY AGE (MALE)						
10	15	20	25	30	35	40
11:16	09:45	09:25	09:25	09:26	09:35	09:55
1 MILE RUN TIMES BY AGE (FEMALE)						
10	15	20	25	30	35	40
12:29	11:12	10:40	10:40	10:40	10:44	10:57
1.5 MILE RUN TIMES BY AGE (MALE)						
10	15	20	25	30	35	40
17:28	15:07	14:37	14:37	14:37	14:52	15:22
1.5 MILE RUN TIMES BY AGE (FEMALE)						
10	15	20	25	30	35	40
19:18	17:19	16:29	16:29	16:29	16:36	16:56
2.0 MILE RUN TIMES BY AGE (MALE)						
10	15	20	25	30	35	40
23:42	20:31	19:49	19:49	19:50	20:10	20:51
2.0 MILE RUN TIMES BY AGE (FEMALE)						
10	15	20	25	30	35	40
26:08	23:27	22:20	22:20	22:20	22:28	22:56
3.0 MILE RUN TIMES BY AGE (MALE)						
10	15	20	25	30	35	40
36:17	31:24	30:21	30:21	30:21	30:50	31:57
3.0 MILE RUN TIMES BY AGE (FEMALE)						
10	15	20	25	30	35	40
39:59	35:53	34:10	34:10	34:10	34:23	35:06
4.0 MILE RUN TIMES BY AGE (MALE)						
10	15	20	25	30	35	40
49:08	42:31	41:03	41:03	41:03	41:35	43:01
4.0 MILE RUN TIMES BY AGE (FEMALE)						
10	15	20	25	30	35	40
54:27	48:35	46:15	46:15	46:16	46:40	47:42

# PATH TO BLACK BELT

(Students 6 years old to adult)

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## WHITE BELT (10TH GUP)

### BEGINNER RANK

Minimum Age: 6

Training Time: 20 hours

The starting point for beginners, this level focuses on introducing basic stances, techniques, and etiquette in martial arts.

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## GREY BELT (9TH GUP)

### BEGINNER RANK

Minimum Age: 6

Training Time: 30 hours

Min. Total Training Time: 50 hours

Continuing to build foundational skills, students learn more about basic strikes, blocks, and footwork.

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## YELLOW BELT (8TH GUP)

### BEGINNER RANK

Minimum Age: 6

Training Time: 40 hours

Min. Total Training Time: 90 hours

Progressing further, students refine their understanding of techniques and begin to demonstrate more control in their movements.

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## ORANGE BELT (7TH GUP)

### INTERMEDIATE RANK

Minimum Age: 6

Training Time: 50 hours

Min. Total Training Time: 140 hours

At this level, students continue to improve their techniques while exploring their understanding of martial art's principles.

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## GREEN BELT (6TH GUP)

### INTERMEDIATE RANK

Minimum Age: 7  
Training Time: 60 hours  
Min. Total Training Time: 200 hours

As skills develop, students delve into more advanced patterns (forms) and combinations, showcasing improved coordination.

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## PURPLE BELT (5TH GUP)

### INTERMEDIATE RANK

Minimum Age: 7  
Training Time: 70 hours  
Min. Total Training Time: 270 hours

Building on previous learning, students begin to incorporate more fluidity and power into their techniques.

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## BLUE BELT (4TH GUP)

### ADVANCED RANK

Minimum Age: 7  
Training Time: 80 hours  
Min. Total Training Time: 350 hours

At this stage, students deepen their understanding of patterns and techniques, aiming for precision and control.

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## BROWN BELT (3RD GUP)

### ADVANCED RANK

Minimum Age: 7  
Training Time: 90 hours  
Min. Total Training Time: 440 hours

As proficiency increases, students work on refining techniques and understanding the underlying concepts of martial arts.

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## RED BELT (2ND GUP)

### ADVANCED RANK

Minimum Age: 8

Training Time: 100 hours

Min. Total Training Time: 540 hours

With advanced skills, students focus on mastering patterns, demonstrating strong technique execution, and showcasing dedication.

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## RED / BLACK (1ST GUP)

### PREPARING FOR BLACK BELT TEST

Minimum Age: 9

Training Time: 120 hours

Min. Total Training Time: 660 hours

The final gup level before reaching the black belt ranks, students exhibit a high level of expertise and dedication, preparing for the transition to becoming a black belt.

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## WHITE BELT (10TH GUP)

### BLACK STRIPE

Stances: Attention, Bow, Ready, Horse, Front, Walking, Fighting  
Middle Punch  
Horse Stance with Punch  
Palm Strike  
Low Block  
High Block  
Kicks: Rising, Stomp, Front Push

### YELLOW STRIPE

Dynamic Boxing Strikes: Jab-Cross  
One Steps 1-3  
Face Contact: Mirror Drill

### GREEN STRIPE

Self-Defense: Wrist Release  
Sparring: Basic Footwork Drill  
Sparring: Single Technique  
Sparring: 1 round - 1 minute

### BLUE STRIPE

Bo Staff: Basic Grip and Stance

### RED STRIPE

Kicho Il-Bo

### FINAL TEST

Board Break: Stomp Kick

**Running Time:** Complete a 1-mile run at a comfortable pace (typically within 10-12 minutes).

**Minimum Push-ups:** 10 push-ups

**Minimum Sit-ups:** 10 sit-ups



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## GREY BELT (9TH GUP)

### WHITE STRIPE

Hammer Fist  
Outside Hammer Fist Strike  
High Punch  
Cross Block  
Middle Block  
Kicks: Front Snap, Roundhouse, Back, Axe

### YELLOW STRIPE

Dynamic Boxing Strikes: Jab-Cross-Hook  
One Steps 4-6  
Face Contact: Jab Cross Drill

### GREEN STRIPE

Self-Defense: Front Choke Defense  
Sparring: Combinations  
Sparring: Focus Mitt Drills  
Sparring: 1 round - 1.5 minutes

### BLUE STRIPE

Bo Staff: Basic Strikes

### RED STRIPE

Taeguk Il Jang

### FINAL TEST

Board Break: Hammer Fist  
Board Break: Front Snap Kick

**Running Time:** Complete a 1.5-mile run in approximately 12-15 minutes.

**Minimum Push-ups:** 15 push-ups

**Minimum Sit-ups:** 15 sit-ups

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## YELLOW BELT (8TH GUP)

### WHITE STRIPE

Knifehand Strike  
Reverse Knifehand Strike  
Knifehand Guarding Block  
Double Knifehand Down Block  
Double Fist Down Block  
Kicks: Fast, Side, Stepping Side, Flying Side, Crescent

### YELLOW STRIPE

Dynamic Boxing Strikes: Jab-Cross-Uppercut  
One Steps 7-9  
Face Contact: One Steps

### GREEN STRIPE

Self-Defense: Bear Hug Defense  
Sparring: Reaction Drills  
Sparring: Light Contact  
Sparring: 1 round - 2 minutes

### BLUE STRIPE

Bo Staff: Basic Blocks

### RED STRIPE

Taegeuk Ee Jang

### FINAL TEST

Board Break: Palm Strike  
Board Break: Side Kick

**Running Time:** Complete a 1.5-mile run in approximately 10-12 minutes.

**Minimum Push-ups:** 20 push-ups

**Minimum Sit-ups:** 20 sit-ups

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## ORANGE BELT (7TH GUP)

### WHITE STRIPE

Stances: Back  
Forearms Block  
Inside Elbow Strike  
Outside Elbow Strike  
Vertical Elbow Strike  
Rear Elbow Strike  
Twin Forearms Guarding Block  
Kicks: Jumping Front, Reverse Turning Back, Hook, Turning Hook, Turning Roundhouse

### YELLOW STRIPE

Dynamic Boxing Strikes: Jab-Cross-Hook-Cross  
One Steps 10-12  
Face Contact: Counterattack Drill

### GREEN STRIPE

Self-Defense: Side Headlock Defense  
Sparring: Counter Attacking Drills  
Sparring: Continuous Sparring  
Sparring: 1 round - 2.5 minutes

### BLUE STRIPE

Bo Staff: Basic Combinations

### RED STRIPE

Taegeuk Sam Jang

### FINAL TEST

Board Break: Elbow Strike - Inside, Outside, or Vertical  
Board Break: Jumping Front Kick or Spinning Back Kick

**Running Time:** Complete a 2-mile run in approximately 14-16 minutes.

**Minimum Push-ups:** 25 push-ups

**Minimum Sit-ups:** 25 sit-ups

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## GREEN BELT (6TH GUP)

### WHITE STRIPE

Outside Forearm Block  
Inside Forearm Block  
Single Knifehand Block  
Forward Backfist  
Knifehand High Section Block  
Single Knifehand Down Block  
Side Backfist  
Kicks: Jumping Roundhouse, Spinning Hook, Butterfly

### YELLOW STRIPE

Dynamic Boxing Strikes: Jab-Hook-Cross-Hook  
One Steps 13-15  
Face Contact: Combination Drill

### GREEN STRIPE

Self-Defense: Front Kick Defense  
Sparring: Point Sparring  
Sparring: 3-on-1 Sparring  
Sparring: 1 round - 3 minutes

### BLUE STRIPE

Bo Staff: Basic Forms

### RED STRIPE

Taegeuk Sa Jang

### FINAL TEST

Board Break: Vertical Elbow Strike  
Board Break: Rear Elbow Strike  
Board Break: Turning Side Backfist  
Board Break: Jumping Turning Kick or Flying Side Kick

**Running Time:** Complete a 2-mile run in approximately 12-14 minutes.

**Minimum Push-ups:** 30 push-ups

**Minimum Sit-ups:** 30 sit-ups

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## PURPLE BELT (5TH GUP)

### WHITE STRIPE

Ridge Hand Strike  
Twin Knife Guarding Block  
Outside Chest Block  
Spear Hand Strike  
Flat Spear Hand Strike  
Kicks: Jumping Double Roundhouse

### YELLOW STRIPE

Dynamic Boxing Strikes: Jab-Cross-Uppercut-Hook  
One Steps 16-18  
Face Contact: Rapid Fire Drill

### GREEN STRIPE

Self-Defense: Two Hand Wrist Grab Defense  
Sparring: Dynamic Sparring  
Sparring: Sparring with Handicap  
Sparring: 2 rounds - 2 minutes

### BLUE STRIPE

Bo Staff: Advanced Strikes

### RED STRIPE

Taegeuk Oh Jang

### FINAL TEST

Board Break: Ridge Hand  
Board Break: Jumping Spinning Hook Kick or Butterfly Kick

**Running Time:** Complete a 2.5-mile run in approximately 15-18 minutes.

**Minimum Push-ups:** 35 push-ups

**Minimum Sit-ups:** 35 sit-ups

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## BLUE BELT (4TH GUP)

### WHITE STRIPE

Inside Chest Block  
Jebbi Form  
Wrist Escape  
Kicks: Jumping Back, Flying Back

### YELLOW STRIPE

Dynamic Boxing Strikes: Jab-Cross-Uppercut-Hook-Cross  
One Steps 19-21  
Face Contact: Reaction Drill

### GREEN STRIPE

Self-Defense: Hair Grab Defense  
Sparring: Freestyle Sparring  
Sparring: Team Sparring  
Sparring: 2 rounds - 2.5 minutes

### BLUE STRIPE

Bo Staff: Advanced Blocks

### RED STRIPE

Taegeuk Yuk Jang

### FINAL TEST

Board Break: Multiple Board Breaks  
2 Hand Techniques - Reset Allowed  
2 Foot Techniques - (1 Turning Kick)

**Running Time:** Complete a 3-mile run in approximately 18-20 minutes.

**Minimum Push-ups:** 40 push-ups

**Minimum Sit-ups:** 40 sit-ups

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## BROWN BELT (3RD GUP)

### WHITE STRIPE

Stances: Cat, Twist  
Scissors Block  
X-fist Block  
X-knife Hand Block  
Pressing Block  
Palm Heel Block  
Kicks: Jumping Spin Hook

### YELLOW STRIPE

Dynamic Boxing Strikes: Jab-Cross-Hook-Cross-Uppercut  
One Steps 22-24  
Face Contact: Sparring Drills

### GREEN STRIPE

Self-Defense: Front Bear Hug Defense  
Sparring: High Intensity Sparring  
Sparring: Specialized Sparring  
Sparring: 3 rounds - 2 minutes

### BLUE STRIPE

Bo Staff: Advanced Combinations

### RED STRIPE

Taegeuk Chil Jang

### FINAL TEST

Board Break: Multiple Board Breaks  
3 Hand Techniques - (1 Reset Allowed - 2 Rapid Sequence)  
3 Foot Techniques - (1 Turning Kick)

**Running Time:** Complete a 3-mile run in approximately 16-18 minutes.

**Minimum Push-ups:** 50 push-ups

**Minimum Sit-ups:** 50 sit-ups

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## RED BELT (2ND GUP)

### WHITE STRIPE

Kicks: 540

### YELLOW STRIPE

Dynamic Boxing Strikes: Jab-Cross-Hook-Cross-Uppercut-Hook  
One Steps 25-27  
Face Contact: Advanced Sparring Drills

### GREEN STRIPE

Self-Defense: Ground Defense  
Sparring: 3 rounds - 2.5 minutes

### BLUE STRIPE

Bo Staff: Advanced Forms

### RED STRIPE

Taegeuk Pal Jang

### FINAL TEST

Board Break: Multiple Board Breaks  
4 Hand Techniques - (2 Reset Allowed - 2 Rapid Sequence)  
4 Foot Techniques - (2 turning kicks w/ direction change)

**Running Time:** Complete a 3.5-mile run in approximately 20-22 minutes.

**Minimum Push-ups:** 60 push-ups

**Minimum Sit-ups:** 60 sit-ups



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## RED / BLACK (1ST GUP)

### WHITE STRIPE

Kicks: 720  
Diamond Block  
Mountain Block  
Double Uppercut

### YELLOW STRIPE

One Steps 28-30  
Face Contact: Free Sparring

### GREEN STRIPE

Self-Defense: Multiple Attackers  
Sparring: 3 rounds - 3 minutes

### BLUE STRIPE

Bo Staff: Free Flow Sparring

### RED STRIPE

Taegeuk 1-8

### FINAL TEST

Board Break: Multiple Board Breaks with Advanced Techniques  
5 Hand Techniques - (Rapid Sequence - No Reset Allowed)  
5 Foot Techniques - (3 Turning Kicks w/ (2) direction changes)  
Board Break: Head Butt  
Board Break: Power Breaking

**Running Time:** Complete a 4-mile run in approximately 22-24 minutes.

**Minimum Push-ups:** 70 push-ups

**Minimum Sit-ups:** 70 sit-ups

# DYNAMIC BOXING

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## WHITE BELT (10TH GUP):

**JAB-CROSS:** Practicing a simple one-two combination, throwing a jab with the lead hand followed by a cross with the rear hand.

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## GREY BELT (9TH GUP):

**JAB-CROSS-HOOK:** Adding a hook punch after the jab-cross combination, incorporating a circular motion with the lead hand to target the side of the opponent's head or body.

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## YELLOW BELT (8TH GUP):

**JAB-CROSS-UPPERCUT:** Following up the jab-cross with an uppercut punch, targeting the opponent's chin or body with a vertical upward motion from either hand.

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## ORANGE BELT (7TH GUP):

**JAB-CROSS-HOOK-CROSS:** Combining the jab-cross with a hook punch and then finishing with another cross, creating a fluid and powerful combination.

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## GREEN BELT (6TH GUP):

**JAB-HOOK-CROSS-HOOK:** Starting with a jab and then throwing a hook punch followed by a cross and ending with another hook punch, incorporating lateral movements and weight shifts.

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## PURPLE BELT (5TH GUP):

**JAB-CROSS-UPPERCUT-HOOK:** Executing the jab-cross-uppercut combination and then adding a hook punch to create a longer and more dynamic combination.

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## BLUE BELT (4TH GUP):

**JAB-CROSS-UPPERCUT-HOOK-CROSS:** Building upon the previous combination by adding a final cross punch, increasing the complexity and impact of the combination.

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## BROWN BELT (3RD GUP):

**JAB-CROSS-HOOK-CROSS-UPPERCUT:** Incorporating an uppercut punch at the end of the previous combination, combining straight punches and hooks with an uppercut for added versatility.

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RED BELT (2ND GUP) AND ABOVE – ADVANCED LEVEL:

**JAB-CROSS-HOOK-CROSS-UPPERCUT-HOOK:** Extending the combination further by adding another hook punch at the end, allowing for continuous and fluid strikes.

# ONE-STEPS

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## WHITE BELT (10TH GUP):

1. Step out left leg at 45 degree angle into horse stance (kima suh-gi), while at the same time executing a left hand palm block. Right, then left punches to the side (kidney area), followed by left punch to the head. (all three actions in rapid sequence).
  2. Step out left leg into front stance (choon-gool suh-gi), while at the same time executing a high section block (chuk-kyo mak-gi) with the left arm, followed by a high reverse punch (sang-dan chi-gi) with the right fist to the face.
  3. Step out right leg into side stance (yup suh-gi) while at the same time executing a right arm middle block (mom-tong mak-gi) followed by a left arm spinning elbow strike to the solar plexus in side stance (yup-suh-gi).
- 

## GREY BELT (9TH GUP):

4. Step to the side with left leg, then instant Right leg side kick (yup cha-gi) to the right side of partner, ending in a double knife-hand guarding block (su-do ta-bi mak-gi).
  5. Left leg crossing kick (apcha-dol ri-ki), then pivot into a right leg roundhouse kick (tol-lyo cha-gi) to the left side of your partner's head.
  6. Step out right leg into side stance (yup suh-gi), and execute a right arm middle block (mom-tong mak-gi) followed by a right arm knife hand strike (su-do yup tae-ri-gi) to the neck (same stance.)
- 

## YELLOW BELT (8TH GUP):

7. Step out left leg into front stance (choon-gool suh-gi), while at the same time executing a high section block (chuk-kyo mak-gi) with the left arm, followed by a high reverse punch (sang-dan chi-gi) with the right fist to the face. Then step under blocked arm (to your left) and execute an elbow strike using your right elbow to your partner's side (kidney area). NOTE: This is very similar to #2.
8. Step out left leg at 45 degree angle into horse stance (kima suh-gi), while at the same time executing a left hand palm block. Right, then left, punches to the side (kidney area), followed by right punch to the head. (All three punches in rapid sequence). Then slide down the blocked arm and grab the wrist with your right hand, and execute a right leg roundhouse kick (tol-lyo cha-gi) to your partner's mid-section. NOTE: This is very similar to #1
9. Step to the side with left leg, then instant Right leg side kick (yup cha-gi) to partners right side, step right foot into a back stance (hoo-gul suh-gi) and execute a knife-hand strike (su-do yup tae-ri-gi) to the neck. NOTE: This is very similar to #4.

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ORANGE BELT (7TH GUP):

10. Left leg reverse crossing kick (panda ap-dol ri-ki) followed by a right arm spinning knife-hand strike through the target area, and ending in either a front (choon-gool suh-hi) or back stance (hoo-gul suh-gi). NOTE: You must ask your partner to duck before the spinning knife-hand strike
11. Step into a right leg front stance (choon-gool suh-gi), and execute a left outside forearm block (pak-ka pal-mok mak-ki) followed by a right arm reverse knife-hand strike (sohn-nal mok chi-ki) to the right side of your partners neck in the same stance.
12. Step out left leg into front stance (choon-gool suh-gi), while at the same time executing a high section block (chuk-kyo mak-gi) with the left arm, followed by a high reverse punch (sang-dan chi-gi) to the face. Then grab partners shoulders using both hands and pull your partner down while executing a right leg knee strike to the solar plexus. NOTE: This is very similar to #2.

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GREEN BELT (6TH GUP):

13. Step into a right leg front stance (choon-gool suh-gi), and execute a left arm outside forearm block (pak-ka pal-mok mak-ki) followed by a right arm middle punch (choong-dan chi-gi) in the same stance. Then change to back stance (hoo-gul suh-gi) and execute a right arm knife-hand strike (su-do yup tae-ri-ki) to the partners right side of the neck.
14. Left leg side kick (yup cha-gi) followed by a right leg spin side kick (pan-da di-tol-lyo yup cha-gi).
15. Right leg reverse crossing kick (pan-da ap-dol ri-ki) followed by a left leg spin side kick (pan-da di-tol-lyo yup cha-gi).

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PURPLE BELT (5TH GUP):

16. Step into a right front stance (choon-gool suh-gi), and execute a left hand single knife-hand guarding block (su-do ta-bi mak-ki) followed by a right arm reverse knife-hand strike (sohn-nal mok chi-ki), and a left arm reverse middle punch, all in the same stance.
17. Step out right leg into side stance (yup suh-gi), while at the same time executing a middle block (mom-tong mak-gi) with the right arm, followed by a right arm elbow strike to the ribs, and a right arm back fist strike to the head.
18. Step out left leg into front stance (choon-gool suh-gi), while at the same time executing a high section block (chuk-kyo mak-gi) with the left arm, followed by a right high reverse punch (sang-dan chi-gi) to the face. Then grab the right arm and shoulder using both hands and execute a right leg sweeping to your partner's right leg. NOTE: This is very similar to #2.

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BLUE BELT (4TH GUP):

19. Right leg reverse crossing kick (pan-da ap-dol ri-ki) set foot down in side stance (yup suh-gi), followed immediately by a right leg side kick (yup cha-gi) to the solar plexus.
20. Step into a left leg into 45 degree horse stance and execute a right hand single knife-hand guarding block (su-do ta-bi mak-ki). Grab the blocked punch (with your right hand), and follow with a right leg roundhouse kick (tol-lyo cha-gi) to the mid-section, set foot down, then a right leg drop kick (dee-chook do-ro chi-ki) in-to-out on your partner's right side.
21. Step out left leg at 45 degree horse stance, while at the same time executing a left hand pressure block. Kneel down and spin clockwise on your left knee, and execute a right hand knife-hand strike (su-do yup tae-ri-ki) to your partner's kidney area.

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BROWN BELT (3RD GUP):

22. Step out left leg into 45 degree horse stance, while at the same time executing a right knife-hand block/grab/twist on your partner's right arm. Follow with a left hand palm thrust to the elbow, wrap your left arm around your partner's extended arm, spin clockwise into a right arm elbow strike to the head.
23. Step out left leg into 45 degree horse stance, while at the same time executing a circular block with the right arm. While holding your partner's right arm, follow with a right leg drop kick (dee chook do-ro chi-ki), pull partner downward in the direction of the drop kick, and a left arm elbow strike to the base of the skull.
24. Right leg reverse crossing kick (panda ap-dol ri-ki), followed immediately by a left leg spinning crossing kick (dee-chu cha-gi).

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RED BELT (2ND GUP):

25. Step into a left leg front stance (choon-gool suh-gi) and Jebbi Form (jeb-bi form mak-ki). Grab the blocked arm and twist up, while executing a right hand palm strike to the locked elbow, followed by a left elbow strike to the face (all done in the same stance).
26. Step out right leg into front stance (choon-gool suh-gi), while executing a double middle block (left arm further extended than the right/wrist break. Left hand pressing block with a right arm side back fist to the head. Slide right hand down partner's right arm, step back and execute a right leg roundhouse kick (tol-lyo cha-gi) to partner's stomach.
27. Step out left leg at 45 degree angle into horse stance (kima suh-gi), execute a crossing block (kyo-cho ju-mok ma-ki) and roll over partner's right arm into a wrist lock. Execute a right leg roundhouse kick (tol-lyo cha-gi) and follow with a drop wheel kick (whea-chu cha-gi) from the left knee to the back of the partner's legs.

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RED/BLACK BELT (1ST GUP):

28. Step out left leg into front stance (choon-gool suh-gi) and execute a left knife-hand guarding block, then right elbow strike to the head (front of elbow), right elbow strike to the head (back of elbow), followed by head-lock with the right arm and right knee strike to the solar plexus.
29. Right leg reverse crossing kick (pan-da ap-dol ri-ki) and without putting right leg down, execute the following consecutive kicks to the head: right leg hook kick followed with right leg roundhouse (tol-lyo cha-gi).
30. Step out left leg at 45 degree angle into horse stance (kima suh-gi), while at the same time executing a left hand palm block. Execute a right arm reverse knife hand strike (sohnal-mok chi-ki) to the stomach followed with a left arm reverse knife-hand strike (sohnal-mok chi-ki) to the back of the neck (pressure head down with left hand) and finish with a dropping right arm elbow strike to the back of the neck.

# FACE CONTACTS

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## WHITE BELT (10TH GUP):

**MIRROR DRILL:** Stand facing a partner and take turns mirroring each other's movements. Focus on maintaining eye contact and synchronizing your actions.

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## GREY BELT (9TH GUP):

**JAB-CROSS DRILL:** Practice throwing basic jab and cross punches at your partner's target mitts or focus pads, ensuring that you make controlled contact with their hands.

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## YELLOW BELT (8TH GUP):

**ONE-STEP SPARRING:** Perform one-step sparring exercises with a partner, where one person initiates an attack (such as a punch or a kick) and the other defends by blocking or evading the strike.

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## ORANGE BELT (7TH GUP):

**COUNTERATTACK DRILL:** Take turns being the attacker and defender. The attacker throws a punch, and the defender blocks or evades the strike before immediately counterattacking with a punch or kick to the face.

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## GREEN BELT (6TH GUP):

**COMBINATION DRILL:** Practice executing various combinations of strikes to the face, such as jab-cross-hook or front kick-roundhouse kick, with a focus on accuracy and control.

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## PURPLE BELT (5TH GUP):

**RAPID-FIRE DRILL:** Stand facing a partner at a close distance and engage in a fast-paced drill, taking turns throwing rapid punches or kicks to the face while the partner focuses on blocking and evading.

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## BLUE BELT (4TH GUP):

**REACTION DRILL:** Use focus mitts or target pads and have your partner randomly call out a target (e.g., "face," "head," "left side"). React quickly by delivering the appropriate strike to the indicated target.

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**BROWN BELT (3RD GUP):**

**SPARRING DRILLS:** Engage in controlled sparring sessions with a focus on face contact techniques. Practice maintaining distance, timing, and accuracy while delivering punches, kicks, and combinations to the face.

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**RED BELT (2ND GUP):**

**ADVANCED SPARRING DRILLS:** Introduce more dynamic and challenging sparring drills that involve footwork, feints, and defensive maneuvers, with an emphasis on scoring clean and controlled face contact.

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**RED/BLACK BELT (1ST GUP):**

**FREE SPARRING:** Engage in full-contact sparring sessions with a focus on face contact techniques, applying the skills and techniques learned at previous ranks while demonstrating control, accuracy, and respect for your training partner.

# SELF DEFENSE TECHNIQUES

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## WHITE BELT (10TH GUP):

**WRIST RELEASE:** Learn how to escape from a basic wrist grab by turning your hand and breaking the grip.

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## GREY BELT (9TH GUP):

**FRONT CHOKE DEFENSE:** Practice stepping back while striking the attacker's groin with a knee and following up with a palm strike to the face.

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## YELLOW BELT (8TH GUP):

**BEAR HUG ESCAPE:** Learn to break free from a bear hug by stomping on your attacker's foot, striking the groin, and executing a backward elbow strike.

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## ORANGE BELT (7TH GUP):

**SIDE HEADLOCK DEFENSE:** Escape from a side headlock by striking the attacker's ribs or groin, and then performing a hip throw to take them down.

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## GREEN BELT (6TH GUP):

**FRONT KICK DEFENSE:** Block a front kick with a forearm block, counter with a low kick to the attacker's supporting leg, and finish with a strike to their face or body.

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## PURPLE BELT (5TH GUP):

**TWO-HAND WRIST GRAB DEFENSE:** Escape from a two-hand wrist grab by twisting your arm, striking the attacker's face with your other hand, and following up with a knee strike.

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## BLUE BELT (4TH GUP):

**HAIR GRAB DEFENSE:** Break free from a hair grab by using a circular motion with your hand, striking the attacker's face, and following up with a knee strike or a takedown.

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## BROWN BELT (3RD GUP):

**FRONT BEAR HUG DEFENSE:** Escape from a front bear hug by striking the attacker's groin, executing a knee strike, and then performing a throw or a joint lock.

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RED BELT (2ND GUP):

**GROUND DEFENSE:** Learn techniques to defend yourself when being attacked while on the ground, including how to escape from mounted positions and apply joint locks.

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RED/BLACK BELT (1ST GUP):

**MULTIPLE ATTACKERS:** Practice situational awareness, footwork, and target prioritization when facing multiple attackers, utilizing strikes, kicks, and evasive maneuvers.

# SPARRING

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## WHITE BELT (10TH GUP):

**BASIC FOOTWORK DRILL:** Practicing fundamental footwork movements such as stepping forward, backward, and sideways while maintaining a proper stance.

**SINGLE-TECHNIQUE SPARRING:** Engaging in controlled sparring sessions focusing on a single technique, such as practicing front kicks or straight punches.

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## GREY BELT (9TH GUP):

**COMBINATION SPARRING:** Performing pre-arranged combinations of strikes and kicks with a partner, taking turns as the attacker and defender.

**FOCUS MITT DRILLS:** Using focus mitts or pads, one partner holds the mitts while the other throws various strikes targeting the mitts.

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## YELLOW BELT (8TH GUP):

**REACTION DRILL:** One partner initiates attacks with different techniques, and the other partner practices evading or blocking the attacks in real-time.

**CONTROLLED SPARRING:** Engaging in sparring sessions with light contact, focusing on applying techniques with control and precision.

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## ORANGE BELT (7TH GUP):

**COUNTER-ATTACKING DRILL:** One partner initiates an attack, and the other partner practices countering with appropriate techniques and combinations.

**CONTINUOUS SPARRING:** Engaging in sparring sessions with continuous movement and fluidity, focusing on maintaining an offensive and defensive flow.

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## GREEN BELT (6TH GUP):

**POINT SPARRING:** Engaging in sparring sessions with a focus on scoring points by delivering controlled strikes to specific target areas.

**3-ON-1 SPARRING:** Practicing defensive techniques against multiple attackers, simulating real-world self-defense scenarios.

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**PURPLE BELT (5TH GUP):**

**DYNAMIC SPARRING:** Engaging in sparring sessions with varied intensity and speed, incorporating advanced techniques and combinations.

**SPARRING WITH HANDICAP:** Practicing sparring sessions where one partner has certain limitations, such as using only specific techniques or defending with one hand.

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**BLUE BELT (4TH GUP):**

**FREESTYLE SPARRING:** Engaging in sparring sessions with more freedom of movement, allowing for a wide range of techniques and strategies.

**TEAM SPARRING:** Participating in sparring sessions with multiple teammates, working together to strategize and defeat opponents.

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**BROWN BELT (3RD GUP) AND ABOVE – ADVANCED LEVEL:**

**HIGH-INTENSITY SPARRING:** Engaging in sparring sessions with increased speed, power, and intensity, simulating tournament or competitive environments.

**SPECIALIZED SPARRING:** Focusing on specific aspects of sparring, such as clinch work, ground fighting, or countering specific techniques.

# BO STAFF

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WHITE BELT (10TH GUP):

BASIC GRIP AND STANCE

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GREY BELT (9TH GUP):

BASIC STRIKES

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YELLOW BELT (8TH GUP):

BASIC BLOCKS

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ORANGE BELT (7TH GUP):

BASIC COMBINATIONS

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GREEN BELT (6TH GUP):

BASIC FORMS

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PURPLE BELT (5TH GUP):

ADVANCED STRIKES

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BLUE BELT (4TH GUP):

ADVANCED BLOCKS

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BROWN BELT (3RD GUP):

ADVANCED COMBINATIONS

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RED BELT (2ND GUP):

ADVANCED FORMS

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RED/BLACK BELT (1ST GUP):

FREE FLOW SPARRING

# TAEKWONDO BELT TESTING PROCEDURES

## PURPOSE:

The belt testing process in our Taekwondo school is designed to assess and recognize a student's progress and proficiency in the art of Taekwondo. It serves to advance through the ranks, demonstrating dedication, skill development, and a deep understanding of Taekwondo principles.

## ELIGIBILITY:

To be eligible for belt testing, students must meet the following criteria:

- Regular attendance in classes.
- Minimum training duration as specified by the school.
- Approval from the instructor.

## CURRICULUM KNOWLEDGE:

Students must demonstrate proficiency in the prescribed curriculum for their current belt level. This includes:

- **BASIC TECHNIQUES:** Display mastery of fundamental kicks, punches, blocks, and strikes. Ensure proper execution and understanding of the techniques associated with the current belt level.
- **ONE STEPS:** Execute one-step sparring techniques with a partner, emphasizing proper timing, distance, and control. Showcase a clear understanding of defensive and counterattacking movements.
- **FACE CONTACTS:** For advanced levels, demonstrate face contact techniques with controlled and precise strikes. Emphasize proper targeting, control, and execution, while maintaining safety protocols during practice and testing.
- **SELF-DEFENSE:** Demonstrate effective self-defense techniques relevant to the belt level. This includes escapes, counterattacks, and defense against various grabs and holds.
- **BO STAFF:** For students learning bo staff techniques, showcase proficiency in handling the bo staff.
  - Grip and stances: Demonstrate correct grip and stances when wielding the bo staff.
  - Strikes and spins: Perform a variety of strikes, spins, and combinations with the bo staff.
  - Forms: Execute prescribed bo staff forms with accuracy and fluidity.
- **POOMSAE (FORMS):** Perform assigned forms with precision, focusing on correct stances, techniques, and transitions. Each belt level will have specific poomsae requirements.
- **SPARRING:** Students will be evaluated on:
  - Control: Demonstrating controlled and precise techniques.
  - Strategy: Displaying effective use of footwork, timing, and combinations.
  - Respect: Maintaining proper etiquette and sportsmanship during sparring.
- **BREAKING TECHNIQUES:** Students should showcase:
  - Power: Breaking boards or materials with controlled and powerful techniques.
  - Precision: Striking the designated target accurately.

# TESTING DAY

## REGISTRATION AND CHECK-IN:

- Arrive at the testing venue at the specified time.
- Confirm registration details and payment.
- Submit testing application form and any applicable essay(s).

## WARM-UP AND PREPARATION:

- Participate in a group warm-up led by instructors.
- Review testing requirements and mentally prepare.

## INDIVIDUAL TESTING:

- Students will be called individually to perform the required components.
- Follow the instructions of the testing panel.

## RESULTS AND FEEDBACK:

- Results will be communicated immediately after testing.
  - (18-20 points) - Elite
  - (16-17 points) - Superior
  - (14-15 points) - Outstanding
  - (12-13 points) - Satisfactory
  - Below 12 points is a fail
- Students that successfully meet their age and gender run times will be awarded extra points.
- Instructors will provide constructive feedback and areas for improvement.

## PROMOTION CRITERIA:

- Students who successfully complete the testing requirements will be eligible for promotion to the next belt level.
- Final decisions are at the discretion of the testing panel and head instructor.

## BELT CEREMONY:

- Successful candidates will participate in a belt ceremony to officially receive their new rank.
- Certificates and any additional recognition will be awarded.