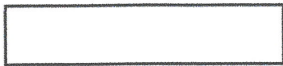


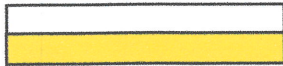
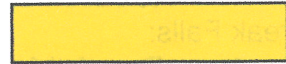
Rank Requirements

9th Gup High White to Gold Belt or White to Gold Belt

This rank includes white belt (adults) going to Gold Belt or 9th Gup High White going to Gold Belt



(Used for adults going from white to gold belt or high white belts going to gold)



All students must know all techniques on the orange and green pages!

Exercises/Pattern:
Chon-Ji
Line Techniques/Motions:
Techniques will be listed by stance , technique , height, then tool , in English, then Korean * = requires jump change
<ol style="list-style-type: none"> 1. Walking stance rising block with the outer forearm <ol style="list-style-type: none"> a. Gunnun sogi chookyo makgi bakat palmok 2. Walking stance reverse front elbow strike <ol style="list-style-type: none"> a. Gunnun sogi bandae ap palkup taerigi 3. (L-stance) Skip front (snap) kick* <ol style="list-style-type: none"> a. (Niunja sogi) duro gamyo apcha busigi 4. (L-stance) Side (piercing) kick <ol style="list-style-type: none"> a. (Niunja sogi) yopcha jirugi 5. (L-stance) Skip side (piercing) kick <ol style="list-style-type: none"> a. (Niunja sogi) duro gamyo yopcha jirugi 6. (L-stance) Jump front (snap) kick (sometimes called a jump high front kick) <ol style="list-style-type: none"> a. (Niunja sogi) Twigi apcha busigi 7. (L-stance) front kick; side (piercing) kick combination* <ol style="list-style-type: none"> a. (Niunja sogi) apcha busigi; yopcha jirugi honap 8. (L-stance) front kick, 1-2 punch (sparring style) <ol style="list-style-type: none"> a. (Niunja sogi) apcha busigi, hanna-dool jirugi (baro matsogi) 9. (L-stance) Launching backfist <ol style="list-style-type: none"> a. (Niunja sogi) twigi dung joomuk yop taerigi (baro matsogi)
Balance Techniques:
<ol style="list-style-type: none"> 1. Five-part side kick
Target Techniques:
<ol style="list-style-type: none"> 1. Lead leg side kick 2. Downward knife-hand 3. Front elbow strike
Force Shield Techniques:
<ol style="list-style-type: none"> 1. Front (snap) kick 2. Waling (obverse) stance punch

Rank Requirements

Self Defense (Hosin Sul)

Release:

1. Release from a front choke (two hands)

Break Falls:

1. Rear fall from a standing position
2. Side fall from a standing position

Step Sparring

Compulsory Step Sparring Routines (1-4 are green/orange)

5. **Attack** – Step forward into a right walking stance, executing a right center section punch. **Defense** – Step out and forward with the left foot into a left walking stance, executing a right reverse middle block with the outer forearm. **Counter Attack** – Adjust left into a sitting stance, executing a high section punch to the head (with the left hand).
6. **Attack** – Step forward into a right walking stance, executing a right obverse center section punch. **Defense** – Step back into a right L-stance, executing a middle guarding block with the knife-hand. **Counter Attack** – Bring the left foot back for room, executing a right turning kick, setting the foot down into a right walking stance. Execute a back fist to the head with the right fist.
7. **Attack** – Step forward into a right walking stance, execute a right obverse center section punch. **Defense** – Step back into a left L-stance, executing an inward block with the right inner forearm. **Counter Attack** – Bring the right foot back to the left foot (adjusting the distance), executing a back kick with the left leg, setting the foot down into a left walking stance executing a high section reverse punch.
8. **Attack** – Step forward into a right walking stance, executing a right obverse center section punch. **Defense** – Step out and forward with the left foot into a left walking stance, executing a right reverse middle block with the outer forearm. **Counter Attack** – Pivot into a right walking stance executing a palm strike to the head, grabbing the opponent's shoulder and upper arm executing a left front kick with the knee.
9. **Attack** – Execute a right middle front kick. **Defense** – Fade back into a right L-stance avoiding the kick. **Counter Attack** – Execute a left skip front kick followed by a mid-air front kick with the right leg, landing in a right walking stance, obverse middle punch. (Note: The attacker needs to begin in a right L-stance. Make sure to state this when you ask for the attack).

Beginner 3 Step sparring:

1. **Attack** - Three center section punches. **Defense** - Middle block with the inner forearm on each punch. **Counter Attack** – Make up your own counter attack.
2. **Attack** – Three low front kicks (just below the belt). **Defense** – Low block with the outer forearm for each kick. **Counter Attack** – Make up your own counter attack. (Note – Tell the attacker to start in an L-stance.)
3. **Attack** – Low front kick to the groin, center section punch, head-high punch. **Defense** – Low block with the knife-hand, middle block with the outer forearm, rising block with the forearm. **Counter Attack** – Make up your own counter attack with 2 attacks. (Note – Tell your attacker to start in an L-stance.)

Free Sparring:

- No contact free sparring

Rank Requirements

Breaking (ages 14 and up only):

1. Stomp break
2. Downward hammer fist

New Terms:

English

Rising block with the outer forearm
 Reverse front elbow strike
 Skip kick
 Skip front (snap) kick
 Skip side (piercing) kick
 Jump front kick
 Launching (jumping) back-fist, sparring style
 Combination

Korean

Bakat palmok chookyo makgi
 Bandae ap palkup taerigi
 Duro gamyo chagi
 Duro gamyo apcha busigi
 Duro gamyo yop cha jirugi
 Twigi yop cha jirugi
 Twigi dung joomuk yop taerigi, baro matsogi
 Honap

History:

- Oral test given by judge on technique, all previous history, and history included below
- Name the tenets of TKD
- Name of your instructor and their rank
- Who is Mrs. Shirley's instructor?
- Who is head of Maum Sin Yong?
- Where is Taekwon-Do from?
- Count to 10 in Korean
- What are the colors of the belts (in order)?
- Know what the tenets of Taekwon-Do mean?
- Who is Master Crochet?
- Who created TaeKwon-Do?
- What does Taekwon-Do mean?
- When was TKF founded?
- How do our feet move when we "slide"?
- What is the highest rank you can achieve in TKD while living?
- What style of Taekwon-Do do we practice?
- What does ITF stand for?
- What are the colors of the belts (in order)
- Know the tool and possible for targets for each technique (IE what part of the hand do you use to punch)
- Know the bolded "New terms" listed above

Information on history can be found online at quizlet.com (no www. in front of it), do a search for sheshirley23 (careful, there is a similar username; make sure you get the correct one). Go to the "Classes" tab and select the Beginner Class – Purple Group. Information is also posted on www.nocoinnaetkd.com under the resources tab. **You must also know history for the green and the orange groups!**

Rank Requirements

*****Please note that a student's ability to correctly perform the required technique is only one consideration in determining the student's readiness to test. General Choi, the founder of Taekwon-Do, ITF, Maum Sin Yong and In Nae Taekwon-Do have many other expectations for students as they increase in rank. Some, but not all of those considerations include: time at rank, attitude, conduct outside the dojang, abiding by the student oath and tenets of Taekwon-do, etc.. If you have questions about these, please see the class or head instructor. Also, please keep in mind that asking to test for rank (whether parents or students) is considered disrespectful and may postpone a student's test.**

Rank Requirements
8th Gup Yellow to 7th Gup High Yellow



Pattern:
Dan-Gun
Line Techniques/Motions: Techniques will be listed by stance , technique , height, then tool , in English, then Korean * = requires jump change
<ol style="list-style-type: none"> 1. L-stance stance (middle) single knife-hand block <ol style="list-style-type: none"> a. Niunja sogi (kaunde) sonkal yop makgi 2. L-stance middle guarding block with the knife-hand <ol style="list-style-type: none"> a. Niunja sogi kaunde sonkal daebi makgi 3. L-stance twin forearm block <ol style="list-style-type: none"> a. Niunja sogi sang palmok makgi 4. L-stance turning kick <ol style="list-style-type: none"> a. Niunja sogi dollyo chagi 5. L-stance back (piercing) kick <ol style="list-style-type: none"> a. Niunja sogi dwitcha jirugi 6. L-stance lead leg jump side kick* <ol style="list-style-type: none"> a. Niunja sogi ap dari yopcha jirugi 7. Walking stance low block with the outer forearm, rising block with the outer forearm (perform in a continuous motion) <ol style="list-style-type: none"> a. Gunnun sogi najunde bakat palmok makgi, bakat palmok chookyo makgi 8. (L-stance) Front kick, skip front kick* (same leg kicks) <ol style="list-style-type: none"> a. (Niunja sogi) Apcha busigi, duro gamyo apcha busigi 9. (L-stance) Turning kick; back (piercing) kick combination* (2 kicks, 2 legs) <ol style="list-style-type: none"> a. (Niunja sogi) Dollyo chagi; dwitcha jirugi honap
a. Balance Techniques:
<ol style="list-style-type: none"> 1. 5 part turning kick
Target Techniques:
<ol style="list-style-type: none"> 1. Front kick, 1-2 punch 2. Side kick 3. Side strike with the knife-hand
Force Shield Techniques
<ol style="list-style-type: none"> 1. Lead leg side kick 2. (Reverse) Front elbow strike 3. Downward strike with the knife-hand 4. Back kick

Rank Requirements

Self Defense (Hosin Sul)

Release:

1. Release from rear choke with 2 hands

Grappling:

1. Grapple opponent of similar size for 2 minutes (done in class, not at MSY test)

Break Falls:

1. Back shoulder roll (right and left) to a standing position

Sparring:

Compulsory Step Sparring:

10. **Attack** – Step forward into a right walking stance executing a twin straight choke. **Defense** – Step back into a right walking stance executing a high wedging block with the outer forearm. **Counter Attack** – Grab shoulders and execute a left front kick with the knee, setting the foot down in front into a fighting stance and execute a right upset punch.
11. **Attack** – Execute a right middle front kick. **Defense** – Adjust back into a left walking stance executing an obverse low block. **Counter Attack** – Adjust left foot back slightly to adjust for space, execute a low right front kick TO the knee, followed by a middle right side kick to the ribs, and then a right turning kick to the head, then set down the foot back into a right L-stance. **Note** – Ask the attacker to begin in a right L-stance. Make sure to state this when you ask for the attack. Also, these kicks are a demonstration of control.
12. **Attack** – Step forward into a right walking stance obverse high section punch. **Defense** – Step back into a left walking stance executing a high block with the left outer forearm. **Counter Attack** – Bring the left foot back to the right. Step forward into a right walking stance, obverse middle section punch, reverse middle section punch, obverse hooking punch to the jaw, reverse upset punch (pivoting the hips with each punch – four part punching).
13. **Attack** – Step forward into a right walking stance executing a right obverse middle section punch. **Defense** – Step back into a right L-stance executing a middle section single knife-hand block. **Counter Attack** – Adjust front foot back, execute a double turning kick (middle, then high).
14. **Attack** – Step forward into a right walking stance executing a twin lapel grab. **Defense** – Step back and execute twin downward forearm strikes to the opponent's elbows. **Counter Attack** – Execute a slow motion front kick to the groin. Then step back into a fighting stance.
15. **Attack** – Right turning kick to the lower mid-section (about belt level). **Defense** – Step left into the kick into a left walking stance, low block with the outer forearm. **Counter Attack** – Reverse palm strike to the chin. (Note – have your attacker start in a right L-stance.)
16. **Attack** – Execute a twin straight choke. **Defense** – Step back executing a palm strike to the lower chest (can be done from either side). **Counter Attack** – Execute a lead leg side kick followed by a skip side kick.
17. **Attack** – Execute a right front kick, followed by a right downward knife-hand strike. **Defense** – Step right into a left walking stance executing a left low block with the outer forearm and a left rising block with the forearm (perform in a continuous motion). **Counter Attack** – Bring the left foot back to the right, perform a right turning kick to the ribs, then a back kick. (Note – have your attacker start in a right L-stance.)

Rank Requirements

Step Sparring:

Come up with 3 of your own advanced 3 step sparring routines (forward with attacks, backwards defending, 2 or more counter attacks)

Free Sparring:

1. No contact free sparring

Breaking:

Hand Technique:

1. Side hammer fist (no children under 9)

Foot Technique:

1. Ages 14 and up - Consecutive kick – front kick, back kick (Phoenix Group standard)

New Terms:

English

Twin forearm block

Turning kick

Back (piercing) kick

Switch your feet (or stance)

In your time (at your own pace)

Korean

Sang palmock makgi

Dollyo chagi

Dwitcha jirugi

Bal bah kwah

Koo ryung op see

History:

- Oral test given by judge on technique, all previous history, new pattern history and details about the form
- Know the following Korean terms:
 - Strike
 - Knife-hand
 - Guarding
 - Middle guarding block with the knife-hand
 - Forearm
 - Any of the “New Terms” listed above
- Know the tool and possible for targets for each technique (IE what part of the hand do you use to punch)
- Information on history can be found online at quizlet.com (no www. in front of it), do a search for sheshirley23 (careful, there is a similar user name; make sure you get the correct one). Go to the “Classes” tab and select the Intermediate Class. Information is also posted on www.nocoinnaetkd.com under the resources tab.

*Requires jump change

***Please note that a student’s ability to correctly perform the required technique is only *one* consideration in determining the student’s readiness to test. General Choi, the founder of Taekwon-Do, ITF, Maum Sin Yong and In Nae Taekwon-Do have many other expectations for students as they increase in rank. Some, but not all of those considerations include: time at rank, attitude, ability to teach (green belt and above), conduct outside the dojang, abiding by the student oath and tenets of Taekwon-do, etc.. If you have questions about these, please see the head instructor. Also, please keep in mind that asking to test for rank is considered disrespectful and may postpone a student’s test.

Rank Requirements
7th Gup High Yellow to 6th Gup Green



Pattern:

Do-San

Line Techniques/Motions:

Techniques will be listed by **stance**, **technique**, height, then **tool**, in English, then Korean
* = requires jump change

1. **Sitting stance** side strike with the **knife-hand**
 - a. **Annun sogi** **sonkal** yop taerigi
2. **Walking stance** straight **fingertip** thrust
 - a. **Gunnun sogi** sun **sonkut** tulgi
3. **Walking stance** high side strike with the **back fist**
 - a. **Annun sogi** **dung joomuk** nopunde yop taerigi
4. **Walking stance** high wedging block with the **outer forearm**
 - a. **Annun sogi** nopunde hechyo makgi **bakat palmok**
5. **L-stance** lead leg turning kick*
 - a. **Niunja sogi** ap dari dollyo chagi
6. **L-stance** skip turning kick*
 - a. **Niunja sogi** duro gamyo dollyo chagi
7. **L-stance** jump side kick (Hint: hips/belt stay facing the way you start)
 - a. **Niunja sogi** twigi yopcha jirugi
8. **L-stance** inward crescent kick
 - a. **Niunja sogi** anuro vandal chagi
9. **L-stance** outward crescent kick
 - a. **Niunja sogi** bakuro vandal chagi
10. **L-stance** mid-air front kick
 - a. **Niunja sogi** twio dolmyo apcha busigi
11. **Walking stance** high block with the **outer forearm**, reverse punch
 - a. **Annun sogi** nopunde **bakat palmok** makgi, bandae jirugi
12. **Walking stance** high wedging block with the **outer forearm**, front kick, 1-2 punch*
 - a. **Annun sogi** nopunde **bakat palmok** hechyo makgi, apcha busigi, hanna-dool jirugi
13. **L-stance** front kick, turning kick (consecutive (same leg))
 - a. **Niunja sogi** apcha busigi, dollyo chagi (yonsok)
14. **L-stance** front kick; jump side kick (use the front kick as the step)*
 - a. **Niunja sogi** apcha busigi; twigi yopcha jirugi

Balance Techniques:

1. Four part back (piercing) kick
2. Front kick, turning kick consecutively in slow motion

Rank Requirements

Target Techniques:

1. Jump front kick
2. Back (piercing) kick
3. Skip side kick
4. Inward strike with the knife-hand
5. Jump high kick/jump front kick (above head height)

Force Shield Techniques:

1. Side kick
2. Side strike with the knife-hand
3. (Reverse) Downward dropping elbow

Sparring:

Compulsory Step Sparring:

18. **Attack:** Step right into a fighting (L-stance) executing a right obverse center section punch. **Defense:** Step back into a right L-stance, execute a middle guarding block with the knife-hand. **Counter Attack:** Execute a right front kick to the knee, turning kick to the ribs (consecutively), performed in slow motion or tension-style. Set the foot down then execute a lead left jump side kick, landing in an L-stance, middle guarding block (with the forearm).
19. **Attack:** Step right into a fighting stance executing a right obverse center section punch. **Defense:** Step back into a right L-stance executing a right inward crescent kick to check the punch. **Counter Attack:** Without setting the foot down, execute a high side kick to the chest. Set the foot down into a right walking stance, obverse downward knife-hand to the collar bone.
20. **Attack:** (Ask your partner to start in a right L-stance) Execute a right turning kick. **Defense:** Evade the kick with a stepping side kick (kicking with the left foot). **Counter Attack:** Set the left foot down towards your opponent into a left walking stance. Execute a reverse strike with the front elbow.

Step Sparring:

- 3 Advanced 3 step sparring routines (forward with attack, backwards defending, 2 counter attacks)

Free Sparring:

1. Point sparring with pads

Self Defense (Hosin Sul)

Release:

1. Spin and drop throw from a rear arm choke

Break Falls:

1. Front roll (left and right shoulders, to standing position)
2. Spin and drop throw from a rear arm choke

Breaking:

Hand Technique:

1. Front elbow strike

Foot Technique:

1. Lead leg side kick
2. Lead leg jump side kick (This is a Phoenix Group Standard. Phoenix Group expects 2 boards. Instructor/testing board to decide board color.)

Rank Requirements

New Terms:

English

Side strike with the knife-hand
 Straight fingertip thrust
 High side strike with the back fist
 High wedging block with the outer forearm
 Lead leg turning kick
 Skip turning kick
 Jump side kick
 Inward crescent kick
 Outward crescent kick
 Mid-air front kick
 High block with the outer forearm, reverse punch
 Consecutive

Korean

Sonkal yop taerigi
 Sun sonkut tulgi
 Dung joomuk nopunde yop taerigi
 Nopunde hechyo makgi bakat palmok
 Ap dari dollyo chagi
 Duro gamyo dollyo chagi
 Twigi yopcha jirugi
 Anuro vandal chagi
 Bakuro vandal chagi
 Twio dolmyo apcha busigi
 Nopunde bakat palmok makgi, bandae jirugi
 Yonsok

History:

- Oral test given by judge on technique, all previous history, new pattern history and details about the form
- Know the following Korean terms:
 - Thrust
 - Wedging block
 - Side (piercing) kick
 - Head
 - Neck
 - Any of the “New Terms” listed above
- Know the tool and possible for targets for each technique (IE what part of the hand do you use to punch)
- Information on history can be found online at quizlet.com (no www. in front of it), do a search for sheshirley23 (careful, there is a similar user name; make sure you get the correct one). Go to the “Classes” tab and select the Intermediate Class. Information is also posted on www.nocoinnaetkd.com under the resources tab.

*Requires jump change

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