

Rank Requirements  
6<sup>th</sup> Gup Green to 5<sup>th</sup> Gup High Green

Pattern:

Won-Hyo

Line Techniques/Motions:

Techniques will be listed by **stance**, **technique**, height, then **tool**, in English, then Korean

\* = requires jump change

1. **L-stance** high inward strike with the **knife-hand**
  - a. **Niunja sogi** nopunde **anuro sonkal taerigi**
2. **Fixed stance** middle section punch
  - a. **Gojung sogi** kaunde **jirugi**
3. **Walking stance** reverse circular block with the **inner forearm**
  - a. **Gunnun sogi** bandae **an palmok dollimyo makgi**
4. **L-stance** middle guarding block
  - a. **Niunja sogi** kaunde **daebi makgi**
5. **Lead leg hook kick**
  - a. **Ap dari huryeo chagi**
6. **Hook kick (rear leg)**
  - a. **Huryeo chagi**
7. **Tornado style back (piercing) kick\***
  - a. **Dolgae dwitcha jirugi**
8. **Twisting kick**
  - a. **Bituro chagi**
9. **Jump turning kick**
  - a. **Twigu dollyo chagi**
10. **Front kick, jump front kick (same leg using front kick as a step)**
  - a. **Apcha busigi, twigu apcha busigi**
11. **Inward crescent kick; back (piercing) kick (combination)\***
  - a. **Anuro bandal chagi; dwitcha jirugi (honap)\***
12. **Rear leg stepping side kick\***
  - a. **Dung dari omgyo didigi yopcha jirugi\***
13. **Front leg stepping side kick\***
  - a. **Ap dari omgyo didigi yopcha jirugi\***
14. **Reverse front elbow strike, sparring style (return to fighting stance)\***
  - a. **Bandae ap palkup taerigi, baro matsogi\***

Balance Techniques:

1. 3-part hook kick (rear leg)
2. Bending ready stance A, side kick (one technique per count)

## Rank Requirements

<b>Target Techniques:</b>	
<ol style="list-style-type: none"> <li>1. Inward crescent kick <i>on clapper pad</i></li> <li>2. Outward crescent kick <i>on clapper pad</i></li> <li>3. Turning kick with the instep</li> <li>4. Turning kick with the ball of the foot</li> <li>5. Jump side kick (gold belt force shield technique)*</li> </ol>	
<b>Force Shield Techniques:</b>	
<ol style="list-style-type: none"> <li>1. Skip side kick*</li> <li>2. Back (piercing) kick</li> <li>3. Obverse high inward strike with the knife-hand</li> </ol>	
<b>Sparring:</b>	
<b>Step Sparring:</b> Create 5 advanced 2-step routines of your own (2 steps, at least 2 counter attacks)	
<b>Free Sparring:</b> <ol style="list-style-type: none"> <li>1. Point sparring with pads</li> </ol>	
<b>Self Defense (Hosin Sul)</b>	
<b>Release/throw:</b> <ol style="list-style-type: none"> <li>1. Spin and drop throw from a single lapel grab</li> </ol>	
<b>Break Falls:</b> <ol style="list-style-type: none"> <li>1. Front diving roll (left and right shoulders, to standing position)</li> </ol>	
<b>Breaking (all ages required to break):</b>	
<b>Hand Technique:</b> <ol style="list-style-type: none"> <li>1. Downward strike with the knife-hand</li> </ol>	
<b>Foot Technique:</b> <ol style="list-style-type: none"> <li>1. Side kick (rear leg)</li> <li>2. Jump high/jump front kick (This is a Phoenix Group Standard.)</li> </ol>	
<b>New Terms:</b>	
<b>English</b>	<b>Korean</b>
High inward strike with the knife-hand	Nopunde anuro sonkal taerigi
Fixed stance	Gojung sogi
Reverse circular block	Bandae dollimyo makgi
Hook kick	Huryeo chagi
Stepping	Omgyo didigi
Twisting kick	Bituro chagi

## Rank Requirements

### History:

- Oral test given by judge on technique, all previous history, new pattern history and details about the form
- Know the tool and possible for targets for each technique (IE what part of the hand do you use to punch)
- Know the “New Terms” listed above

Information on history can be found online at [quizlet.com](http://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](http://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  
5<sup>th</sup> Gup High Green to 4<sup>th</sup> Gup Blue



Pattern:

Yul-Gok

Line Techniques/Motions:

Techniques will be listed by **stance**, **technique**, height, then **tool**, in English, then Korean

\* = requires jump change

1. **Walking stance** high block with the double forearm
  - a. **Gunnun sogi** nopunde doo palmok makgi
2. **L-stance** twin knife-hand block
  - a. **Niunja sogi** sang sonkal makgi
3. **Jump X-stance** high side strike with the back fist
  - a. **Twigu kyocha sogi** dung joomuk nopunde yop taerigi
4. **Walking stance** high hooking block with the palm
  - a. **Gunnun sogi** nopunde sonbadak golcho makgi
5. **Walking stance** reverse strike with the reverse knife-hand
  - a. **Gunnun sogi** bandae sonkal dung taerigi
6. **(L-stance)** arcing kick
  - a. **(Niunja sogi)** bit chagi
7. **(L-stance)** vertical kick
  - a. **(Niunja sogi)** sewo chagi
8. **(L-stance)** reverse hook kick
  - a. **(Niunja sogi)** bandae huryeo chagi
9. **(L-stance)** 180° back (piercing) kick
  - a. **(Niunja sogi)** twigu dwitcha jirugi (jumping back (piercing) kick)
10. **Bending ready stance A**, piercing side kick; reverse strike with the front elbow
  - a. **Guburyo junbi sogi A**, yopcha jirugi, bandae ap palkup taerigi
11. **Walking stance** high hooking block with the palm, reverse high hooking block with the palm, obverse punch
  - a. **Gunnun sogi** nopunde sonbadak golcho makgi, bandae nopunde sonbadak golcho makgi, baro jirugi
12. **Sparring stance/L-stance**, four-part punching (sparring style)\*
  - a. **Matsogi** net yung seuk jirugi (baro matsogi)\*
13. **(L-stance)** turning kick, side (piercing) kick (consecutive)\*
  - a. **(Niunja sogi)** dollyo chagi, yopcha jirugi (yonsok)\*
14. **(L-stance)** side (piercing) kick, turning kick (consecutive)\*
  - a. **(Niunja sogi)** yopcha jirugi, dollyo chagi (yonsok)\*

Balance Techniques:

1. Double side kick (slow motion, kicks at different levels)
2. Double turning kick (slow motion, kicks at different levels)
3. 5-part twisting kick

## Rank Requirements

<b>Clapper Techniques:</b>
<ol style="list-style-type: none"> <li>1. Lead leg hook kick</li> <li>2. Hook kick (with the rear leg)</li> </ol>
<b>Target Techniques:</b>
<ol style="list-style-type: none"> <li>1. Twisting kick</li> <li>2. 180° back (piercing) kick</li> <li>3. Reverse strike with the reverse knife-hand</li> </ol>
<b>Force Shield Techniques:</b>
<ol style="list-style-type: none"> <li>1. Front kick with the knee</li> <li>2. Turning kick with the knee</li> <li>3. Jump side kick (high gold belt technique)</li> </ol>
<b>Sparring:</b>
<b>Step Sparring:</b> <ol style="list-style-type: none"> <li>1. Create 7 intermediate 2-step sparring routines: 2 attacks in 2 steps, 2 defenses, 2+ counter attacks</li> </ol>
<b>Free Sparring:</b> <ol style="list-style-type: none"> <li>1. Continuous free sparring with pads</li> </ol>
<b>Self Defense (Hosin Sul)</b>
<b>Release/throw:</b> <ol style="list-style-type: none"> <li>1. Fall from a spin and drop throw</li> </ol>
<b>Break Falls:</b> <ol style="list-style-type: none"> <li>1. Basic hip throw from a judo-style ready position</li> </ol>
<b>Breaking:</b>
<b>Hand Technique:</b> <ol style="list-style-type: none"> <li>1. Side strike with the knife-hand (fist if under 13)</li> </ol>
<b>Power Foot:</b> <ol style="list-style-type: none"> <li>1. Back (piercing) kick</li> </ol>
<b>Specialty Foot:</b> <ol style="list-style-type: none"> <li>1. Step/Sliding side kick (This is a Phoenix Group Standard and MSY Standard)</li> </ol>

## Rank Requirements

### New Terms:

#### English

High block with the double forearm  
 Twin knife-hand block  
 Jump X-stance  
 Side strike with the back fist  
 Hooking block with the palm  
 Reverse strike with the reverse knife-hand  
 Arcing kick  
 Vertical kick  
 Reverse hook kick  
 180° back (piercing) kick (jumping back (piercing) kick)  
 Bending ready stance A  
 Sparring style (return to fighting stance)  
 Four-part punching

#### Korean

Nopunde doo palmok makgi  
 Sang sonkal makgi  
 Twigi kyocha sogi  
 Dung joomuk nopunde yop taerigi  
 Sonbadak golcho makgi  
 Sonkal dung bandae taerigi  
 Bit chagi (pronounced Peet - soft t)  
 Sewo chagi  
 Bandae huryeo chagi  
  
 Twigi dwitcha jirugi  
 Guburyo junbi sogi A  
 Baro matsogi  
 Net yung seuk jirugi

### History:

- Oral test given by judge on technique, all previous history, new pattern history, and details about the form
- Know the “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 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](http://www.nocoinnaetkd.com) under the resources tab.

\*Requires jump change

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Rank Requirements  
4<sup>th</sup> Gup Blue to 3<sup>rd</sup> Gup High Blue



Pattern:
Joong-Gun
Line Techniques/Motions: Techniques will be listed by <b>stance</b> , <b>technique</b> , height, then <b>tool</b> , in English, then Korean * = requires jump change
<ol style="list-style-type: none"> <li>1. <b>L-stance</b> middle block with the reverse knife-hand             <ol style="list-style-type: none"> <li>a. Niunja sogi kaunde sonkal dung makgi</li> </ol> </li> <li>2. <b>Rear foot stance</b> upward block with the palm             <ol style="list-style-type: none"> <li>a. Dwitbal sogi sonbadak ollyo makgi</li> </ol> </li> <li>3. <b>Fixed stance</b> U-shape block             <ol style="list-style-type: none"> <li>a. Gojung sogi digutja makgi</li> </ol> </li> <li>4. Reverse (outward) crescent kick             <ol style="list-style-type: none"> <li>a. Bandae (bakuro) bandal chagi</li> </ol> </li> <li>5. Tornado style turning kick             <ol style="list-style-type: none"> <li>a. Dolgae dollyo chagi</li> </ol> </li> <li>6. Jump twisting kick             <ol style="list-style-type: none"> <li>a. Twigi bituro chagi</li> </ol> </li> <li>7. Jump vertical kick             <ol style="list-style-type: none"> <li>a. Twigi sewo chagi</li> </ol> </li> <li>8. <b>L-stance</b> low guarding block with the knife-hand; shifting into a walking stance, upset punch with the twin fist             <ol style="list-style-type: none"> <li>a. Niunja sogi najunde sonkal daebi makgi; jajunbal omgyo didigi gunnun sogi, sang joomuk dwijibo jirugi</li> </ol> </li> <li>9. Front kick, outward crescent kick, inward crescent kick (consecutive)             <ol style="list-style-type: none"> <li>a. Apcha busigi, bakuro bandal chagi, anuro bandal chagi (yonsok)</li> </ol> </li> <li>10. Triple side kick; triple back (piercing) kick (middle/low/high) (combination)*             <ol style="list-style-type: none"> <li>a. Samjung yopcha jirugi; samjung dwitcha jirugi (kaunde/najunde/nopunde) (honap)*</li> </ol> </li> <li>11. Reverse hook kick, turning kick (consecutive)             <ol style="list-style-type: none"> <li>a. Bandae huryeo chagi, dollyo chagi (yonsok)</li> </ol> </li> <li>12. <b>Walking stance</b> flat upset fingertip thrust, walking stance strike with the upper elbow             <ol style="list-style-type: none"> <li>a. Gunnun sogi opun dwijibun sonkut tulgi, gunnun sogi wi palkup taerigi</li> </ol> </li> <li>13. <b>Walking stance</b> rising block with the X-fist, low stance pressing block with the palm             <ol style="list-style-type: none"> <li>a. Gunnun sogi kyocha joomuk chookyo makgi, nachuo sogi sonbadak noollo makgi</li> </ol> </li> </ol>
Balance Techniques:
<ol style="list-style-type: none"> <li>1. Turning kick, side kick (consecutively in slow motion)</li> <li>2. Side kick, turning kick (consecutively in slow motion)</li> </ol>

## Rank Requirements

<b>Clapper Technique:</b>
<ol style="list-style-type: none"><li>1. Reverse hook kick</li><li>2. High inward knife-hand strike</li></ol>
<b>Target Techniques:</b>
<ol style="list-style-type: none"><li>1. Vertical kick</li><li>2. Downward punch</li><li>3. Arcing kick</li><li>4. 360° back (piercing) kick</li></ol>
<b>Force Shield Techniques:</b>
<ol style="list-style-type: none"><li>1. Turning kick with the ball of the foot</li><li>2. Turning kick with the instep of the foot</li><li>3. 180° back (piercing) kick</li></ol>
<b>Sparring:</b>
<b>Step-Sparring:</b> Create 7 advanced 2 step sparring routines: 3 attacks in 2 steps, 2+ counter attacks
<b>Free Sparring:</b> Continuous free sparring with pads
<b>Self Defense (Hosin Sul)</b>
<b>Release/throw:</b> <ol style="list-style-type: none"><li>1. Judo-style hip throw from a single lapel grab</li></ol>
<b>Break Falls:</b> <ol style="list-style-type: none"><li>1. Fall from a rear leg sweep</li></ol>
<b>Breaking:</b>
<b>Power Hand</b> <ol style="list-style-type: none"><li>1. Inward strike with the knife-hand</li></ol>
<b>Power Foot:</b> <ol style="list-style-type: none"><li>1. Front kick</li></ol>
<b>Specialty Foot:</b> <ol style="list-style-type: none"><li>1. Jump side kick (high gold belt line motion)</li><li>2. Double side kick or side/turning kick (This is a Phoenix Group Standard.)</li></ol>

## Rank Requirements

### New Terms:

#### English

Middle block with the reverse knife-hand  
 Rear foot stance  
 Upward block with the palm  
 U-shape block  
 Reverse crescent kick  
 Tornado style turning kick  
 Upset punch with the twin fist  
 Triple kick  
 Flat upset fingertip thrust  
 Strike with the upper elbow  
 Low stance  
 Pressing block with the palm

#### Korean

Kaunde sonkal dung makgi  
 Dwitbal sogi  
 Sonbadak ollyo makgi  
 Digutja makgi  
 Bandae bandal chagi  
 Dolgae dollyo chagi  
 Dwijibo sang joomuk jirugi  
 Samjung chagi  
 Opun dwijibun sonkut tulgi  
 Wi palkup taerigi  
 Nachuo sogi  
 Sonbadak noollo makgi

### History:

- Oral test given by judge on technique, all previous history, new pattern history and details about the form
- Know the following Korean terms:
  - Foot parts
  - Ball of the foot
  - Heel/back sole of the foot
  - Back of the heel
  - Instep of the foot
  - Toes
  - Any "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)
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\*Requires jump change

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Rank Requirements  
3<sup>rd</sup> Gup High Blue to 2<sup>nd</sup> Gup Red



Pattern:

Toi-Gye

Line Techniques/Motions:

Techniques will be listed by **stance**, **technique**, height, then **tool**, in English, then Korean

\* = requires jump change

1. **Sitting stance** W-shape block with the **outer forearm**
  - a. **Annun sogi** **bakat palmok san makgi**
2. **L-stance** low **pushing block** with the **double forearm**
  - a. **Niunja sogi** najunde **doo palmok miro makgi**
3. **L-stance** low **block** with the **(outer) forearm** **and** high **side strike** with the **back fist**  
**Niunja sogi** najunde **bakat palmok makgi**, nopunde **dung joomuk yop taerigi**
4. **L-stance**, **outward downward kick** (axe kick)
  - a. **Niunja sogi**, **bakuro naeryo chagi**
5. **(L-stance)** **inward downward kick**
  - a. **(Niunja sogi)** **anuro naeryo chagi**
6. **(L-stance)** **reverse turning kick**
  - a. **(Niunja sogi)** **bandae dollyo chagi**
7. **Walking stance** **pressing block** with the **X-fist**, high **vertical punch** with the **twin fist**
  - a. **Gunnun sogi** **kyocha joomuk noollo makgi**, nopunde **sang joomuk sewo jirugi**
8. **(Walking stance)** **Reverse front elbow strike**, **reverse crosscut** with the **fingertip**,  
**upward reverse strike** with the **reverse knife-hand** (sparring style)
  - a. **(Gunnun sogi)** **bandae ap palkup taerigi**, **bandae sonkut ghutgi**, **bandae ollyo sonkal dung taerigi** (baro matsogi)
9. **(L-stance)** **inward crescent kick**, **side kick**; **reverse crescent kick**\*
  - a. **(Niunja sogi)** **anuro bandal chagi**, **yopcha jirugi**; **bandae bandal chagi**\*
10. **L-stance** **middle guarding block** with the **knife-hand**, **lead leg low front (snap) kick**,  
**walking stance** **high obverse thrust** with the **flat fingertip**
  - a. **Niunja sogi** **kaunde sonkal daebi makgi**, **ap dari najunde apcha busigi**, **gunnun sogi** nopunde **baro opun sonkut tulgi**
11. **X-stance jump** (back foot ball of the foot) **pressing block** with the **X-fist** (if right leg is back, right hand is on top), **walking stance** **high block** with the **double forearm**
  - a. **Kyocha sogi twigi kyocha joomuk noollo makgi**, **gunnun sogi** nopunde **doo palmok makgi**
12. **Middle thrusting front kick** with the **heel**, low **pressing side kick**, low **turning kick** with the **shin**
  - a. **Kaunde dwitkumchi tulumyo ap chagi**, najunde **noollo yop chagi**, najunde **jong kwaeng-i dollyo chagi**
13. **(L-stance)** **hook kick**, **side kick**; **mid-air side (piercing) kick** (**setting the foot down**)\*
  - a. **(Niunja sogi)** **huryeo chagi**, **yopcha jirugi**; **twio dolmyo yopcha jirugi**\*
14. **(L-stance)** **inward downward kick**; **back (piercing) kick**, **lead leg jump side kick**\*
  - a. **(Niunja sogi)** **anuro naeryo chagi**; **dwitcha jirugi**, **ap dari twigi yopcha jirugi**\*

## Rank Requirements

<p>15. Inward crescent kick, jump 360° inward crescent kick (Butterfly kick)</p> <p>a. Anuro bandal chagi, twigi 360° anuro bandal chagi (jumping 360° spinning crescent kick)</p>
<p><b>Balance Techniques:</b></p>
<ol style="list-style-type: none"> <li>1. Reverse turning kick</li> <li>2. Thai-boxer turning kick</li> </ol>
<p><b>Clapper Technique:</b></p>
<ol style="list-style-type: none"> <li>1. Reverse strike with the reverse knife-hand</li> <li>2. Reverse crescent kick</li> <li>3. Jump 180 reverse turning kick (must attempt) (This is a Phoenix Group Standard FOR BREAKING with a suspended board. In Nae is using this as a target technique.)</li> </ol>
<p><b>Target Techniques:</b></p>
<ol style="list-style-type: none"> <li>1. Downward kick (inward and outward)</li> <li>2. Turning kick, side kick</li> <li>3. Front kick, arcing kick, turning kick</li> <li>4. Side kick, turning kick</li> </ol>
<p><b>Force Shield Techniques:</b></p>
<ol style="list-style-type: none"> <li>1. Arcing kick</li> <li>2. Downward punch</li> <li>3. 360° back (piercing) kick</li> </ol>
<p><b>Sparring:</b></p>
<p><b>Step-Sparring:</b> 10 Advanced 2 Step sparring routines: 3 attacks in 2 steps, at least 3 counter attacks</p> <p><b>Free Sparring:</b> Mini meat-grinder (3 consecutive 1-person, 30 second sparring matches)</p>
<p><b>Self Defense (Hosin Sul)</b></p>
<p><b>Release/throw:</b> 1. Circle throw from a single hand grab</p> <p><b>Break Falls:</b> 1. Fall from a hip throw</p>
<p><b>Breaking:</b></p>
<p><b>Power Hand</b> 1. Fore-fist punch</p> <p><b>Power Foot:</b> 1. Turning kick</p> <p><b>Specialty Hand:</b> 1. Suspended high inward strike with the knife-hand (if under 12, strike is required, but use ½" boards where appropriate)</p>

## Rank Requirements

### New Terms:

English	Korean
W-shaped block	San makgi
Pushing block with the double forearm	Doo palmok miro makgi
Outward downward kick	Bakuro naeryo chagi
Inward downward kick	Anuro naeryo chagi
Reverse turning kick	Bandae dollyo chagi
Pressing block	Noollo makgi
X-fist	Kyocho joomuk
Vertical punch with the twin fist	Sang joomuk sewo jirugi
Crosscut with the fingertip	Sonkut ghutgi
Thrust with the flat fingertip	Opun sonkut tulgi
Thrusting front kick with the heel	Dwitkumchi tulumyo ap chagi
Pressing side kick	Noollo yop chagi
Shin	Jong kwaeng-i
Mid-air side (piercing) kick	Twio dolmyo yopcha jirugi

### History:

- Oral test given by judge on technique, all previous history, new pattern history and details about the form
- Know the “New terms” 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](http://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 Beginner Class – Green Group. Information is also posted on [www.nocoinnaetkd.com](http://www.nocoinnaetkd.com) under the resources tab.
- **You will be required to do a written test in class covering history (all ranks to your current rank). This test is written and administered by In Nae TKD. You will not have permission to test until this test is successfully passed. You must have 80% or better to pass.**

\*Requires jump change

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Rank Requirements  
2<sup>nd</sup> Gup Red to 1<sup>st</sup> Gup High Red

Pattern:
Hwa-Rang
Line Techniques/Motions: Techniques will be listed by <b>stance</b> , <b>technique</b> , height, then <b>tool</b> , in English, then Korean * = requires jump change
<ol style="list-style-type: none"> <li>1. <b>Sitting stance</b> pushing block with the <b>palm</b> <ol style="list-style-type: none"> <li>a. <b>Annun sogi sonbadak</b> miro makgi</li> </ol> </li> <li>2. <b>(L-stance)</b> Thai boxer turning kick           <ol style="list-style-type: none"> <li>a. <b>(Niunja sogi)</b> Taegug dollyo chagi</li> </ol> </li> <li>3. <b>L-stance</b> twin <b>forearm</b> block, <b>L-stance</b> upward punch, sliding <b>Fixed stance</b> punch, <b>Vertical stance</b> downward strike with the <b>knife-hand</b> <ol style="list-style-type: none"> <li>a. <b>Niunja sogi sang palmok</b> makgi, <b>Niunja sogi</b> ollyo jirugi, mikulgi <b>Gojung sogi</b> jirugi, <b>Soojik sogi sonkal</b> naeyro taerigi</li> </ol> </li> <li>4. <b>(L-stance)</b> reverse crescent kick, front (snap) kick, vertical kick, twisting kick           <ol style="list-style-type: none"> <li>a. <b>Niunja sogi</b>, bandae bandal chagi, apcha busigi, sewo chagi, bituro chagi</li> </ol> </li> <li>5. <b>Walking stance</b> low <b>outer forearm</b> block, <b>L-stance</b> obverse punch           <ol style="list-style-type: none"> <li>a. <b>Gunnun sogi</b> najunde <b>bakat palmok</b> makgi, <b>niunja sogi</b> baro jirugi</li> </ol> </li> <li>6. <b>Walking stance</b> obverse punch, <b>palm</b> to <b>forefist</b>, lead leg middle side (piercing) kick, <b>L-stance</b> middle <b>knife-hand</b> strike           <ol style="list-style-type: none"> <li>a. <b>Gunnun sogi</b> baro jirugi, <b>sonbadak</b> eul ap joomuk, ap dari kaunde yopcha jirugi, <b>Niunja sogi</b> kaunde <b>sonkal</b> taerigi</li> </ol> </li> <li>7. <b>(L-stance)</b> Lead hand vertical punch, <b>spinning</b> back fist, low upward strike with the <b>side fist</b>, <b>rear elbow</b> upward strike, downward strike with the <b>claw-fist</b> (sparring style)           <ol style="list-style-type: none"> <li>a. <b>(Niunja sogi)</b> ap sang sewo jirugi, dolmyo dung joomuk, najunde ollyo <b>yop joomuk</b> taerigi, <b>dwit palkup</b> ollyo taerigi, naeryo <b>jep gae son</b> taerigi, baro matsogi</li> </ol> </li> <li>8. <b>(L-stance)</b> lead leg inward sweep, reverse sweep; mid-air turning kick           <ol style="list-style-type: none"> <li>a. <b>(Niunja sogi)</b> ap dari anuro suroh, bandae suroh; twio dolmyo dollyo chagi</li> </ol> </li> <li>9. <b>(L-stance)</b> front (snap) kick; 180° back (piercing) kick (setting the foot down into an L-stance)           <ol style="list-style-type: none"> <li>a. <b>(Niunja sogi)</b> apcha busigi; Twio dwitcha jirugi</li> </ol> </li> <li>10. <b>(L-stance)</b> 180° back kick, 360° back kick           <ol style="list-style-type: none"> <li>a. <b>(Niunja sogi)</b> Twio dwitcha jirugi, twio 360° dwitcha jirugi</li> </ol> </li> </ol>
Balance Techniques:
1. Reverse turning kick, twisting kick
Clapper Technique:
1. Reverse turning kick

## Rank Requirements

### Target Techniques:

1. Jump vertical kick
2. Jump twisting kick
3. Tornado style back kick

### Force Shield Techniques:

1. Twin foot front kick
2. Vertical kick
3. Reverse strike with the reverse knife-hand

### Sparring:

#### Step-Sparring:

Advanced 1 step: 2 attacks in one step, multiple counterattacks

#### Free Sparring:

Mini meat-grinder (5 consecutive 1-person, 30 second sparring matches)

### Self-Defense (Holsin Sul)

1. One minute Hol Sin Sul Routine defending against the following attacks:
  - Front kick   - Back fist strike   - Front punch
  - 2 hand choke from rear   - Single grab from front

### Breaking:

#### Power Hand

1. Downward fore-fist punch

#### Suspended Hand:

1. Side strike with the knife-hand

#### Power Foot:

1. Downward kick
2. Lead leg jump side kick - max boards (This is a Phoenix Group Standard, 4 boards)

### New Terms:

#### English

Pushing block with the palm

Thai boxer turning kick

Upward punch

Sliding

Forefist

Vertical punch

Spinning

Downward

Claw-fist strike

Sweep/sweeping

#### Korean

Sonbadak miro makgi

Taegug dollyo chagi

Ollyo jirugi

Mikulgi

Ap joomuk

Sewo jirugi

Dolmyo

Naeryo

Jep gae son taerigi

Suroh

## Rank Requirements

### History:

- Oral test given by judge on technique, all previous history, new pattern history and details about the form
- Know 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](http://quizlet.com) (no www. in front of it), do a search for sheshirley23. Information is also posted on [www.nocoinnaetkd.com](http://www.nocoinnaetkd.com) under the resources tab.
- **You will be required to do a written test in class covering history (all ranks to your current rank). This test is written and administered by In Nae TKD. You will not have permission to test until this test is successfully passed. You must have 80% or better to pass.**

\*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  
1<sup>st</sup> Gup High Red to 1<sup>st</sup> Dan Black

Pattern:

Choong-Moo & Kwang-Gae (Kwang-Gae is a MSY requirement, not Phoenix Group)

Line Techniques/Motions:

Techniques will be listed by **stance**, **technique**, height, then **tool**, in English, then Korean

\* = requires jump change

1. **Walking stance** high obverse **inward strike** with the **knife-hand** and reverse rising **block** with the **knife-hand**
  - a. **Gunnun sogi** nopunde baro **anuro sonkal makgi** hago bandae **sonkal chookyo makgi**
2. **(L-stance)** 180° **Hook kick**
  - a. **Niunja sogi** twigi bandae **huryeo chagi** (jumping reverse hook kick)
3. **(L-stance)** flying **side kick** with the **double motion**
  - a. **(Niunja sogi)** twimyo yopcha jirugi (description used in Choong-Moo)
4. **L-stance** low **block** with the **forearm**; upward **kick** with the **knee**
  - a. **Niunja sogi** **palmok** najunde makgi; **moorup ollyo chagi**
5. **(L-stance)** triple **side kick**; triple **turning kick** (middle/low/high)
  - a. **(Niunja sogi)** samjung yopcha jirugi; **samjung dollyo chagi** (kaunde, najunde, nopunde)
6. **(L-stance)** reverse **hook kick**, **turning kick**, **side (piercing) kick** (consecutive)
  - a. **(Niunja sogi)** bandae **huryeo chagi**, **dollyo chagi**, **yopcha jirugi** (yonsok)
7. **(L-stance)** outward **crescent kick**, **double turning kick**; **hook kick**
  - a. **(Niunja sogi)** bakuro vandal chagi, i-jung dollyo chagi; **huryeo chagi**
8. **Fixed stance** U-shape **block**, 360° **jump**, middle **guarding block** with the **knife-hand**
  - a. **Gojung sogi** digutja makgi, twigi 360°, **sonkal daebi makgi**
9. **(L-Stance)** arcing **kick**, **turning kick** with the **instep**, **side (thrusting) kick** with the **ball of the foot** (the point is to make sure we can differentiate all the kicks)
  - a. **(Niunja sogi)** bit (pronounced beet (soft t) chagi, **baldung dollyo chagi**, **apkumchi yopcha tulgi**
10. **L-stance** middle **block** with the **X knife-hand**; shifting into a **walking stance** upward **block** with the **twin palm** (if right leg is back, right arm is closest to body)
  - a. **Niunja sogi** kaunde **sonkal kyochal makgi**; jajunbal anro **gunnun sogi sang sonbadak ollyo makgi**
11. **(L-stance)** reverse **hook kick**, **twisting kick**, **side (piercing) kick** (consecutive)
  - a. **(Niunja sogi)** bandae **huryeo chagi**, **bituro chagi**, **yopcha jirugi** (yonsok)
12. **(L-stance)** shuffle **step outward downward kick**, **sliding side kick**
  - a. **(Niunja sogi)** Bal bah kwah (switch your feet) **bakuro naeryo chagi**, **mikulgi yopcha jirugi**
13. **Rear foot stance** front **strike** with the **back fist**; flat **fingertip thrust** (with the back hand); sliding into an **L-stance** reverse **vertical punch** (perform in a continuous motion)
  - a. **Dwitbal sogi** **dung joomuk** ap taerigi; opun sonkut; mikulgi anro **niuja sogi bandae sewo jirugi** (iojin tongjak)

## Rank Requirements

14. (L-stance) lead leg turning kick, side step inward block with the knife-hand; downward strike with the reverse knife-hand
  - a. (Niunja sogi) ap dari dollyo makgi, yop omgyo sonkal anuro makgi; sonkal dung naeryo taerigi
15. Rear foot stance inward block with the palm, front strike with the bow-wrist, adjusting into an L-stance obverse high inward strike with the knife-hand
  - a. Dwitbal sogi sonbadak anuro maekgi, sonmok dund ap taerigi, ro georgeng anro niunja sogi baro nopunde sonkal anuro taerigi
16. Walking stance reverse upset punch; walking stance high hooking block with the palm (perform in a double stepping motion)
  - a. Gunnun sogi bandae digutja chagi; gunnun sogi nopunde sonbadak golcho makgi (ibo omgyo didigi)
17. Close stance low front block with the knife-hand; pressing kick, middle side (piercing) kick, L-stance high inward strike with the knife-hand; noollo chagi, kaunde yopcha
  - a. Moa sogi najunde sonkal ap makgi; noollo chagi, yopcha jirugi, niunja sogi nopunde sonkal anuro taerigi
18. Sitting stance high side strike with the back fist, walking stance middle block with the double forearm, reverse low block with the forearm, low stance high thrust with the flat fingertip
  - a. Anun sogi nopunde dung joomuk yop taerigi, gunnun sogi kaunde doo palmok makgi, bandae palmok najunde makgi, nachuo sogi nopunde opun sonkut tulgi

### Clapper Technique:

1. Punch
2. Thai-boxer turning kick
3. Butterfly kick

### Target Techniques:

1. Flying side kick over barriers
2. 180° back kick, 360° back kick
3. Choice of block 4<sup>th</sup> Gup or higher
4. Reverse crescent kick, front kick, vertical kick, twisting kick

### Force Shield Techniques:

1. Twin side kick
2. Middle block with the reverse knife-hand

### Sparring:

#### Step Sparring:

1. Three-step sparring – 2 defense/counterattack sequences
2. Two-step sparring – 2 defense/counterattack sequences
3. One-step sparring – 5 defense/counterattack sequences

#### Free Sparring:

Discuss opponents and strategy before matches. Approx. 3 matches

## Rank Requirements

### Self Defense (Hosin Sul)

1. Four 30 second routines in which you defend against the following attacks:

- Side kick
- Turning kick
- Back kick
- Jump kick of your choice
- Reverse knife-hand
- Elbow strike of your choice
- Two hand choke from front
- Front or turning kick with the knee (your choice)
- Single lapel grab
- Arm choke from rear
- Straight grab from the front

You must also incorporate the following:

- A throw
- A throw/re-throw (or reversal)

**2. Combine the four 30 second routines into a full two minute routine (for testing)**

### Breaking:

Station Breaks – One board each, 2 handed (one person) holds, cannot do the same break on both left and right sides (Suggestion, don't go too fancy; pick breaks you can consistently break on your first try)

1. Right Hand
2. Left Hand
3. Kick (which ever leg you will NOT be using for your power foot break)

Power Hand:

1. Cement Tiles (maximizing number of tiles)

Power Foot:

1. Lead leg side kick (This is a MSY and Phoenix Group Standard, 4 boards (varies depending on weight))

### New Terms:

English	Korean	English	Korean
Flying	Twimyo	Fast motion	Balli tongjak
Double kick	I-jung chagi	Slow motion	Chonchonhi tongjak
Instep of the foot	Baldung	Side step	Yop omgyo
Ball of the foot	Apkumchi	Rear foot stance	Dwitbal sogi
Side thrusting kick	Yopcha tulgi	Bow-wrist	Sonmok dung
X knife-hand	Sonkal kyochal makgi	Adjusting	Ro georgeng
Shifting	Jajunbal	Double stepping motion	Ibo omgyo didigi
Sliding	Mikulgi	Close stance	Moa sogi
Continuous motion	lojin tongjak	Front block	Ap makgi
Connecting motion	Yon gyol tongjak	Pressing kick	Noollyo chagi
Normal motion	Potonguro tongjak		

## Rank Requirements

### History:

- Know 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](http://quizlet.com) (no www. in front of it), do a search for sheshirley23. Information is also posted on [www.nocoinnaetkd.com](http://www.nocoinnaetkd.com) under the resources tab.
- **You will be required to do a written test in class covering history (all ranks to your current rank). This test is written and administered by In Nae TKD. You will not have permission to test until this test is successfully passed. You must have 80% or better to pass.**
- You will be required to do a written test written by The Phoenix Group. You must successfully pass this test with 80% or better before you may step on the floor for your demonstration of techniques. The test covers history, philosophy, and theory.
- Information on history can be found online at [quizlet.com](http://quizlet.com) (no www. in front of it), do a search for sheshirley23. Information is also posted on [www.nocoinnaetkd.com](http://www.nocoinnaetkd.com) under the resources tab.

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