

# CHON-JI



**Chon-Ji means literally “the Heaven the Earth”. It is interpreted as the creation of the world of the beginning of human history, therefore, it is the initial pattern practiced by the beginner.**

## **List of Movements: \*\*7 & 8 yr. old requirements in RED\*\***

- start in ready stance
- turn left & left low block
- step right & right middle punch(kihap)
- turn right & right low block
- step left & left middle punch
- turn left & left low block
- step right & right middle punch
- turn right & right low block
- step left & left middle punch
- turn left & left middle block
- step right & right middle punch
- turn right & right middle block
- step left & left middle punch
- turn left & left middle block
- step right & right middle punch
- turn right & right middle block
- step left & left middle punch
- step right & right middle punch
- step back right & left middle punch
- step back left & right middle punch(kihap)
- left foot return to ready stance

## **Kicking Requirements:**

### **White Belt**

- Front Snap
- Roundhouse
- Side

### **Yellow Belt**

- Skip Front Snap
- Skip Roundhouse
- Skip Side

### **Yellow-Green Belt**

- Back Pivot Roundhouse
- Back Side
- Hook Kick

## **Board Break Requirement:**

- **White Belt** – Side
- **Yellow Belt** – Skip Side
- **Yellow-Green Belt** – Back Side

# DAN-GUN



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

## **List of Movements: \*\*7 & 8 yr. old requirements in RED\*\***

- start in ready stance
- turn left & double knife block
- step right & right high punch(kihap)
- turn right & double knife block
- step left & left high punch
- turn left & left low block
- step right & right high punch
- step left & left high punch
- step right & right high punch(kihap)
- turn backward left & double high forearm block
- step right & right high punch
- turn right & double high forearm block
- step left & left high punch
- turn left & left low block + left high block
- step right & right high block
- step left & left high block
- step right & right high block
- turn backward left & left single knife block
- step right & right high punch
- turn right & right single knife block
- step left & left high punch(kihap)
- right foot return to ready stance

## **Kicking Requirements:**

### **White Belt**

- Front Snap
- Roundhouse
- Side

### **Yellow Belt**

- Skip Front Snap
- Skip Roundhouse
- Skip Side

### **Yellow-Green Belt**

- Back Pivot Roundhouse
- Back Side
- Hook Kick

## **Board Break Requirement:**

- **White Belt** – Side
- **Yellow Belt** – Skip Side
- **Yellow-Green Belt** – Back Side

# TO-SAN



**To-San is the pseudonym of the patriot Ahn Chang-Ho (1878–1938). He devoted his life to furthering the education of Korea and its independence movement.**

**List of Movements: \*\*7 & 8 yr. old requirements in RED\*\***

- start in ready stance
- turn left & left forearm block
- right middle punch(kihap)
- slide back, turn right & right forearm block
- left middle punch
- turn left & double knife block
- left pressing block
- step right & right spear hand(turn thumb down)
- left back pivot & left back fist
- step right & right back fist(kihap)
- turn backward left & left forearm block
- right middle punch
- slide back, turn right & right forearm block
- left middle punch
- turn to left corner & high spreading block
- right front snap kick
- right & left middle punch
- turn to right corner & high spreading bock
- left front snap kick
- left & right middle punch
- turn left & left high block
- step right & right high block
- turn backward left & left knife strike
- slide back, step right & right knife strike(kihap)
- right foot return to ready stance

**Kicking Requirements:**

**White Belt**

- Front Snap
- Roundhouse
- Side

**Yellow Belt**

- Skip Front Snap
- Skip Roundhouse
- Skip Side

**Yellow-Green Belt**

- Back Pivot Roundhouse
- Back Side
- Hook Kick

**Board Break Requirement:**

- **White Belt** – Side
- **Yellow Belt** – Skip Side
- **Yellow-Green Belt** – Back Side

# WON-HYO



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

**List of Movements: \*\*7 & 8 yr. old requirements in RED\*\***

- start in ready stance
- slide left foot to close up A
- turn left & double high forearm block
- right knife strike & left side punch(kihap)
- slide back, turn right & double high forearm block
- left knife strike & right side punch
- slide back & left side kick
- land forward & double knife block
- step right & double knife block
- step left & double knife block
- left pressing block
- step right & right spear hand(kihap)
- turn backward left & double high forearm block
- right knife strike & left side punch
- slide back, turn right & double high forearm block
- left knife strike & right side punch
- slide back, step left & right middle block
- right front snap & left middle punch
- left middle block, left front snap & right middle punch
- right side kick(land feet together)
- turn backward left & double middle block
- slide back, turn right & double middle block(kihap)
- right foot return to close up A
- left foot return to ready stance

**Kicking Requirements:**

**Green Belt**

- Axe Kick
- Skip Axe
- Double (roundhouse)

**Green-Blue Belt**

- Tornado Kick
- Pada
- Triple (roundhouse)

**Blue Belt**

- Jump Front Snap
- Jump Roundhouse
- Jump Back Kick

**Board Break Requirement:**

- **Green Belt** – Axe Kick
- **Green-Blue Belt** – Hook Kick
- **Blue Belt** – Jump Back Snap

# YUL-GOK



Yul-Gok is the pseudonym of the great philosopher Yi I (1536–1584).

## List of Movements: \*\*7 & 8 yr. old requirements in RED\*\*

- start in ready stance
- step left & left power punch
- right & left middle punch(kihap)
- slide back, step right & right power punch
- left & right middle punch
- shift right & right middle block
- left front snap & left/right middle punch
- step left & left middle block
- right front snap & right/left middle punch
- step right, right/left single knife & right middle punch
- step left, left/right single knife & left middle punch
- step right & right middle punch(kihap)
- left step together & left side kick
- land forward & right elbow strike
- right step together & right side kick
- land forward & left elbow strike
- turn left & double high knife block
- step right, left pressing block & right spear
- turn right & double high knife block
- step left, right pressing block & left spear
- turn left, left back fist, shift & right middle punch
- step right, right back fist, shift & left middle punch
- step left to scissor stance & left back fist(kihap)
- turn backward right & right assisted middle block
- slide back, step left & left assisted middle block(kihap)
- left foot return to ready stance

## Kicking Requirements:

### Green Belt

- Axe Kick
- Skip Axe
- Double (roundhouse)

### Green-Blue Belt

- Tornado Kick
- Pada
- Triple (roundhouse)

### Blue Belt

- Jump Front Snap
- Jump Roundhouse
- Jump Back Kick

## Board Break Requirement:

- **Green Belt** – Axe Kick
- **Green-Blue Belt** – Hook Kick
- **Blue Belt** – Jump Back Snap



# JOON-GUN



Joon-Gun is named after Ahn Joon-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger.

## List of Movements: \*\*7 & 8 yr. old requirements in RED\*\*

- start in ready stance
- slide left foot to close up B
- turn left & left ridge block
- left front snap, step right & right low spear(kihap)
- turn right & right ridge block
- right front snap, step left & left low spear
- turn left, double knife, shift & right upward elbow
- step right, double knife, shift & left upward elbow
- step left & double high vertical punch
- step right & double upset punch(kihap)
- pivot left & high X block
- turn left, left back fist
- shift, middle block & right middle punch
- slide back, turn right & right back fist
- shift, right middle block & left middle punch
- slide back, turn left & left assisted middle block
- shift, left side punch, & right side kick
- land forward & right assisted middle block
- shift, right side punch & left side kick
- land forward & double middle block
- shift & double palm press
- step right & double middle block
- shift & double palm press
- turn left, feet together, turn right & staff block
- slide back turn left & staff block(kihap)
- left foot return to close up B
- left foot return to ready stance

## Kicking Requirements:

### Green Belt

- Axe Kick
- Skip Axe
- Double (roundhouse)

### Green-Blue Belt

- Tornado Kick
- Pada
- Triple (roundhouse)

### Blue Belt

- Jump Front Snap
- Jump Roundhouse
- Jump Back Kick

## Board Break Requirement:

- **Green Belt** – Axe Kick
- **Green-Blue Belt** – Hook Kick
- **Blue Belt** – Jump Back Snap

# TOI-GYE



**Toi-Gye is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo-Confucianism.**

## **List of Movements: \*\*7 & 8 yr. old requirements in RED\*\***

- start in ready stance
- slide left foot to close up B
- turn left, left back fist, shift & right low knife(kihap)
- left slide back, left low block & right back fist(power)
- turn right, right back fist, shift & left low knife
- right slide back, right low block & left back fist(power)
- step left, low X block & double high vertical punch
- right front snap kick & right/left middle punch(kihap)
- left slide up(superman pose)
- mountain block 6x
- right slide in, step left & double low block
- shift, grab shoulders & right knee strike
- land forward, pivot left & double knife
- left front snap & left hand spear
- step right & double knife
- right front snap & right spear
- right step back, left low block & right back fist
- jump to scissor & low X block(kihap)
- step right & right assisted middle block
- turn backward left & double low knife
- shift & right power middle block
- slide back, turn right & double low knife block
- shift & left power middle block
- shift & right power middle block
- shift & left power middle block
- shift to horse & right middle punch(kihap)
- right foot return to close up B
- left foot return to ready stance

## **Kicking Requirements:**

### **Blue-Red Belt**

- Back Spin
- Jump Crescent
- Twist Kick

### **Red Belt**

- Jump Back Spin
- Tornado Crescent
- Tornado Axe

### **Red-Black Belt**

- 2-Step Side
- Reverse Tornado
- Double Side

## **Board Break Requirement:**

- **Blue-Red Belt** – Tornado
- **Red Belt** – Back Spin
- **Red-Black Belt** – 2 Step Side

# HWA-RANG



**Hwa-Rang is named after the Hwa-Rang Do youth group, which originated in the Silla Dynasty in the early 7th century.**

## **List of Movements: \*\*7 & 8 yr. old requirements in RED\*\***

- start in ready stance
- slide left foot to close up C
- step left, left power palm & right/left middle punch(kihap)
- slide back, turn right & double high forearm block
- left uppercut & right side punch
- right slide back, walking stance & right downward knife
- right c-grip, step left & left middle punch
- turn left, left low block, step right & right middle punch
- left grab, slide up & right side kick
- right single knife block
- step left & left middle punch
- step right & right middle punch(kihap)
- turn backward left & double knife block
- step right, left pressing block & right spear
- pivot left & double knife block
- right roundhouse, left roundhouse & double knife block
- turn left & left low block
- shift & right twist punch
- step right & left twist punch
- step left & right twist punch
- shift & low X block
- step right, pivot to cat stance & right back elbow strike(kihap)
- turn backward left, feet together & power scissor block
- scissor 2x, step left & double knife block
- slide back, turn right & double knife block(kihap)
- right foot return to close up C
- left foot return to ready stance

## **Kicking Requirements:**

### **Blue-Red Belt**

- Back Spin
- Jump Crescent
- Twist Kick

### **Red Belt**

- Jump Back Spin
- Tornado Crescent
- Tornado Axe

### **Red-Black Belt**

- 2-Step Side
- Reverse Tornado
- Double Side

## **Board Break Requirement:**

- **Blue-Red Belt** – Tornado
- **Red Belt** – Back Spin
- **Red-Black Belt** – 2 Step Side



# CHOONG-MOO



**Choong-Moo is the name given to Admiral Yi Soon-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship(Kobukson) in 1592, which is said to be the precursor of the present-day submarine.**

## **List of Movements: \*\*7 & 8 yr. old requirements in RED\*\***

- start in ready stance
- turn left & double high forearm block
- step right, left high knife & right knife strike(kihap)
- turn right & double knife block
- step left & left spear
- turn left & double knife
- right slide up & right side kick
- land back & double knife
- 2 step side kick(kihap) & double knife
- turn backward left & double low block
- shift, grab shoulders & right knee strike
- pivot left, left single knife, shift & right ridge strike
- right roundhouse & left back side kick
- land facing right & double middle block
- left roundhouse(land feet together)
- turn right & staff block
- slide back, 360 jump & double knife block
- step left & right low spear
- walking stance & left low block
- left pressing block, step right & right spear(kihap)
- turn backward left and left assisted middle block
- step right to horse, right hammer strike & right back fist
- right & left side kick, land facing right & high X block
- step left & double palm block
- power lift, slide back & pull back
- turn right, right high block & left middle punch(kihap)
- right foot return to ready stance

## **Kicking Requirements:**

### **Blue-Red Belt**

- Back Spin
- Jump Crescent
- Twist Kick

### **Red Belt**

- Jump Back Spin
- Tornado Crescent
- Tornado Axe

### **Red-Black Belt**

- 2-Step Side
- Reverse Tornado
- Double Side

## **Board Break Requirement:**

- **Blue-Red Belt** – Tornado
- **Red Belt** – Back Spin
- **Red-Black Belt** – 2 Step Side

# KORYO



**Koryo symbolizes “seonbae” which means a wise man, who is characterized by a strong martial spirit as well as a righteous wise man’s spirit. Koryo was also an ancient Korean Dynasty.**

## **List of Movements:**

- start in ready stance & close up(tongmilgi)
- turn left & double knife block
- right double side kick
- right knife strike, left middle punch, shift & right hammer
- turn right & double knife block
- left double side kick
- left knife strike, right middle punch, shift & left hammer
- turn left, left low knife, right throat strike, right front snap
- right low knife, left throat strike, left front snap
- left low knife, right throat strike(kihap), right front snap
- right grab & left knee break
- step left, pivot right & spreading bock
- left front snap, left grab & right knee break
- shift to walking stance & spreading block
- turn backward right to horse & left single knife
- right punch left palm, right step & left side kick
- left low spear, shift & right low block
- step left, left pressing block, step right & right elbow
- right single knife, left punch right palm, left step & right side kick
- right low spear, shift & left low block
- step right, right pressing block, step left & left elbow
- slide right to left & close up(6 seconds)
- turn back left & left high/low knife
- step right & right high/low knife
- step left & left high/low knife
- step right & throat strike(kihap)
- turn left, close up(tongmilgi)
- return to ready stance

## **Kicking Requirements:**

Students at this rank should be honing every kick they’ve learned since white belt in preparation for their black belt exam.

## **Board Break Requirement:**

Students at this rank should be creating their own board break routine to showcase their skills for their black belt exam.

