

# COLOUR BELT SYLLABUS

## 10TH KUP TO 1ST KUP



## WHITE BELT (10TH KUP) TERMINOLOGY

**White Belt Colour Meaning:** Signifies innocence.No previous knowledge of Taekwon-Do; as that of the beginner student.

### FOUR DIRECTION PUNCH EXERCISE (SAJU JIRUGI)

- Four Direction Punch Exercise consists of the following techniques:

### STANCES (SOGI)

- Attention (charyot)
- Parallel (narani)
- Walking (gunnun)

### DEFENSIVE TECHNIQUES

- Outer Forearm Low Block (bakat palmok najunde makgi)

### OFFENSIVE TECHNIQUES

- Forefist Middle Front Punch (ap joomuk kaunde ap jirugi)
- Four Direction Block Exercise (saju makgi)
- Four Direction Block Exercise consists of the following techniques

### STANCES (SOGI)

- Parallel (narani)
- Walking (gunnun)

### DEFENSIVE TECHNIQUES

- Knifehand Low Block (sonkal najunde makgi)
- Inner Forearm Middle Block (an palmok kaunde makgi)

## YELLOW TAG (9TH KUP)TERMINOLOGY

**Yellow Belt Colour Meaning:** Represents the earth where the seed of Taekwon-Do is planted as the foundation of Taekwon-Do is being laid.

### CHON-JI TUL

- Number of Movements: 19
- Pattern Meaning: Means literally "The Heaven, The Earth." It is, in the Orient, interpreted as the creation of the world or the beginning of human history.
- Pattern Chon Ji consists of the following techniques:

## STANCES (SOGI)

- Parallel (narani)
- Walking (gunnun)
- L-Stance (niunja sogi)

## DEFENSIVE TECHNIQUES

- Outer Forearm Low Block (bakat palmok najunde makgi)
- Inner Forearm Middle Block (an palmok kaunde makgi)

## OFFENSIVE TECHNIQUES

- Forefist Middle Front Punch (apjoomuk kaunde ap jirugi)

## YELLOW BELT (8TH KUP) TERMINOLOGY

**Yellow Belt Colour Meaning:** Represents the earth where the seed of Taekwon-Do is planted as the foundation of Taekwon-Do is being laid.

## DAN-GUN TUL

- Number of Movements: 21 Pattern meaning: Named after the Holy Dan-Gun, the legendary founder of Korea in the year 2,333 BC.
- Pattern Dan Gun consists of the following techniques

## STANCES (SOGI)

- Parallel (narani)
- L- (niunja)
- Walking (gunnun)

## DEFENSIVE TECHNIQUES

- Knifehand Middle Guarding Block (sonkal kaunde daebi makgi)
- Outer Forearm Low Block (bakat palmok najunde makgi)
- Twin Forearm Block (san palmok makgi)
- Outer Forearm Rising Block (bakat palmok chookyo makgi)

## OFFENSIVE TECHNIQUES

- Forefist High Punch (apjoomuk nopunde jirugi)
- Knifehand Side Strike (sonkal yop taerigi)
- Additional Techniques
- Continuous Motion (yonsok dongjak)

## GREEN TAG (7TH KUP) TERMINOLOGY

**Green Belt Colour Meaning:** Represents the green plant growing as the skills of Taekwon-Do develop.

### DO-SAN TUL

- Number of Movements: 24
- Pattern Meaning: The pseudonym of the patriot Ahn Chang-Ho. The twenty-four movements represent his entire life, which he devoted to furthering the education of Korea and its independence movement.
- Pattern Do San consists of the following techniques:

### STANCES (SOGI)

- Parallel(narani)
- Walking(gunnun)
- L- (niunja)
- Sitting (annun)

### DEFENSIVE TECHNIQUES

- Outer Forearm High Block (bakat palmok nopunde makgi)
- Knifehand Guarding Block (sonkal daebi makgi)
- Outer Forearm Wedging Block (bakat palmok hechyo makgi)
- Outer Forearm Rising Block (bakat palmok chookyo makgi)

### OFFENSIVE TECHNIQUES

- Forefist Punch (ap joomuk jirugi)
- Straight Fingertip Thrust (sun sonkut tulgi)
- Backfist High Side Strike (dung joomuk nopunde yop taerigi)
- Middle Front Snap Kick (kaunde apcha busigi)
- Knifehand Side Strike (sonkal yop taerigi)
- Additional Techniques
- Fast Motion (barun dongjak)
- Twisting Release (bitulmyo pulgi)

## GREEN BELT (6TH KUP) TERMINOLOGY

**Green Belt Colour Meaning:** Represents the green plant growing as the skills of Taekwon-Do develop.

## WON-HYO TUL

- Number of Movements: 28
- Pattern Meaning: Won Hyo was the noted Monk who introduced Buddhism to the Silla Dynasty in the year 686 AD.
- Pattern Won Hyo consists of the following techniques:

### STANCES (SOGI)

- Close (moa)
- L- (niunja)
- Fixed (gojung)
- Bending (guburyo)
- Walking (gunnun)

### DEFENSIVE TECHNIQUES

- Twin Forearm Block (sang palmok makgi)
- Knifehand Guarding Block (sonkal daebi makgi)
- Circular Block (dollimyo makgi)
- Forearm Guarding Block (palmok daebi makgi)
- Offensive Techniques
- Knifehand Inward Strike (sonkal anuro taerigi)
- Middle Side Piercing Kick (kaunde yopcha jirugi)
- Straight Fingertip Thrust (sun sonkut tulgi)
- Low Front Snap Kick (najunde apcha busigi)

## BLUE TAG (5TH KUP) TERMINOLOGY

**Blue Belt Colour Meaning:** Signifies the sky and the heavens, towards which the tree grows as Taekwon-Do training progresses.

## YUL-GOK TULA

- Number of Movements: 38
- Pattern Meaning: The pseudonym of the great philosopher and scholar, Yi I, nicknamed 'The Confucius of Korea.' The thirty-eight movements refer to his birth-place on the thirty-eighth degree of latitude.
- Pattern Yul Gok consists of the following techniques:

## STANCES (SOGI)

- Parallel (narani)
- Sitting (annun)
- Walking (gunnun)
- Bending (guburyo)
- L- (niunja)
- X- (kyocha)

## DEFENSIVE TECHNIQUES

- Inner Forearm Block (an palmok makgi)
- Palm Hooking Block (sonbadak golcho makgi)
- Twin Knifehand Block (sang sonkal makgi)
- Outer Forearm Block (bakat palmok makgi)
- Double Forearm Block (doo palmok makgi)

## OFFENSIVE TECHNIQUES

- Forefist Punch (ap joomuk jirugi)
- Front Snap Kick (apcha busigi)
- Side Piercing Kick (yopcha jirugi)
- Front Elbow Strike (ap palkup taerigi)
- Straight Fingertip Thrust (sun sonkut tulgi)
- Backfist Strike (dung joomuk taerigi)
- Additional Techniques
- Connecting Motion (euijin dongjak)
- Measuring (gueri jaegi)

## BLUE BELT (4TH KUP) TERMINOLOGY

**Blue Belt Colour Meaning:** Signifies the sky and the heavens, towards which the tree grows as Taekwon-Do training progresses.

## JOONG-GUN TUL

- Number of Movements: 32
- Pattern Meaning: Named after the patriot Ahn Joong-Gun who assassinated the first Japanese Governor-General of Korea. The thirty-two movements show the age of Mr Ahn when he was executed in the Lui-Shung Prison in 1910.

- Pattern Joong Gun consists of the following techniques:

### **STANCES (SOGI)**

- Close (moa)
- L- (niunja)
- Rearfoot (dwitbal)
- Walking (gunnun)
- Low (nachuo)
- Fixed (gojung)

### **DEFENSIVE TECHNIQUES**

- Reverse Knifehand Side Block (sonkal dung yop makgi)
- Palm Upward Block (sonbadak ollyo makgi)
- Knifehand Guarding Block (sonkal daebi makgi)
- X-Fist Rising Block (kyocha joomuk chookyo makgi)<sup>1</sup>
- Double Forearm Block (doo palmok makgi)
- Forearm Guarding Block (palmok daebi makgi)
- Palm Pressing Block (sonbadak noollo makgi)
- U-Shape Block (digutja makgi)

### **OFFENSIVE TECHNIQUES**

- Side-Front Snap Kick (yopapcha busigi)
- Upper Elbow Strike (wi palkup taerigi)
- Twin Vertical Punch (sang sewo jirugi)
- Twin Upset Punch (sang dwijibo jirugi)
- Backfist Strike (dung joomuk taerigi)
- High Punch (nopunde jirugi)
- Side Piercing Kick (yop cha jirugi)
- Side Punch (yop Jirugi)
- Angle Punch (giokja jirugi)

### **ADDITIONAL TECHNIQUES**

- Slow Motion (neurin dongjak)
- Twisting Release (bitulmyo pulgi)

# RED TAG (3RD KUP) TERMINOLOGY

**Red Belt Colour Meaning:** Signifies danger, cautioning the student to exercise control, and warning an opponent to stay away.

## TOI-GYE TUL

- Number of Movements: 37
- Pattern Meaning: The pen-name of the noted scholar Yi Hwang, an authority on Neo-Confucianism. The thirty-seven movements refer to his birthplace on the thirty-seventh degree of latitude.
- Pattern Toi Gye consists of the following techniques:

## STANCES (SOGI)

- Close (moa)
- L- (niunja)
- Walking (gunnun)
- Sitting (annun)
- X- (kyocha)

## DEFENSIVE TECHNIQUES

- Inner Forearm Block (an palmok makgi)
- X-Fist Pressing Block (kyocha joomuk noollo makgi)
- W-Shape Block (san makgi)
- Double Forearm Pushing Block (doo palmok miro makgi)
- Knifehand Guarding Block (sonkal daebi makgi)
- Outer Forearm Block (bakat palmok makgi)
- Knifehand Low Guarding Block (sonkal najunde daebi makgi)
- Forearm Circular Block (palmok dollimyo makgi)
- Double Forearm Block (doo palmok makgi)

## OFFENSIVE TECHNIQUES

- Upset Fingertip Thrust (dwijibun sonkut tulgi)
- Backfist Side-Back Strike (dung joomuk yopdwi taerigi)
- Twin Forefist Vertical Punch (sang joomuk sewo jirugi)
- Front Snap Kick (apcha busigi)
- Forefist Middle Punch (apjoomuk kaunde jirugi)



- Twin Side Elbow Thrust posture (sang yop palkup jase)
- Knee Upward Kick (moorup ollyo chagi)
- Side-Front Snap Kick (yopapcha busigi)
- Flat Fingertip Thrust (opun sonkut tulgi)

### **ADDITIONAL TECHNIQUES**

- Grabbing (japki)
- Stamping Motion (gurunun dongjak)

## **RED BELT (2ND KUP) TERMINOLOGY**

**Red Belt Colour Meaning:** Signifies danger, cautioning the student to exercise control, and warning an opponent to stay away.

### **HWA-RANG TUL**

- Number of Movements: 29
- Pattern Meaning: Named after the Hwa-Rang Youth Group which originated in the Silla Dynasty. The twenty-nine movements refer to the twenty-ninth infantry division where Tae Kwon Do developed to maturity.
- Pattern Hwa Rang consists of the following techniques:

### **STANCES (SOGI)**

- Close (moa)
- Sitting (annun)
- L- (niunja)
- Fixed (gojung)
- Vertical (soojik)
- Walking (gunnun)

### **DEFENSIVE TECHNIQUES**

- Palm Pushing Block (sonbadak miro makgi)
- Twin Forearm Block (sang palmok makgi)
- Outer Forearm Block (bakat palmok makgi)
- Knifehand Guarding Block (sonkal daebi makgi)
- X-Fist Pressing Block (kyocha joomuk noollo makgi)
- Inner Forearm Side-Front Block (an palmok yopap makgi)

## OFFENSIVE TECHNIQUES

- Forefist Middle Punch (apjoomuk kaunde jirugi)
- Forefist Upward Punch (apjoomuk ollyo jirugi)
- Knifehand Downward Strike (sonkal naeryo taerigi)
- Knifehand Side Strike (sonkal yop taerigi)
- Straight Fingertip Thrust (sun sonkut tulgi)
- High Turning Kick (nopunde dollyo chagi)
- L-Stance Obverse Punch (niunja so baro jirugi)
- Side Elbow Thrust (yop palkup tulgi)

## ADDITIONAL TECHNIQUES

- Pulling Release (dangimyo pulgi)
- Sliding (mikulgi)

## BLACK TAG (1ST KUP) TERMINOLOGY

**Black Belt Colour Meaning:** The opposite of white, therefore signifying a maturity and proficiency in Taekwon-Do. It also indicates the holder's imperviousness to darkness and fear.

## CHOONG-MOO TUL

- Number of Movements: 30
- Pattern Meaning: Choong-Moo was the name given to the great Admiral Yi Soon-Sin of the Lee Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.
- Pattern Choong Moo consists of the following techniques:

## STANCES (SOGI)

- Parallel Stance (narani sogij)
- L- (niunja)
- Walking (gunnun)
- Bending Stance (guburyo sogi)
- Fixed (gojung)

## DEFENSIVE TECHNIQUES

- Twin Knifehand Block (sang sonkal makgi)
- Knifehand Guarding Block (sonkal daebi makgi)
- Outer Forearm Block (bakat palmok makgi)
- Forearm Guarding Block (palmok daebi makgi)
- U-Shape Block (digutcha makgi)
- Double Forearm Block (doo palmok makgi)
- Middle Front Block (kaunde ap makgi)
- X-Knifehand Checking Block (kyocha sonkal momchau makgi)
- Twin Palm Upward Block (sang sonbadak ollyo makgi)

## OFFENSIVE TECHNIQUES

- Knifehand High Inward Strike (sonkal nopunde anuro taerigi)
- Flat Fingertip Thrust (opun sonkut tulgi)
- Middle Side Piercing Kick (kaunde yopcha jirugi)
- Flying Side Piercing Kick (twimyo yopcha jirugi)
- Knee Kick (moorup chagi)
- Reverse Knifehand High Front Strike (sonkal dung nopunde ap taerigi)
- High Turning Kick (nopunde dollyo chagi)
- Back Piercing Kick (dwitcha jirugi)
- Upset Fingertip Thrust (dwijibun sonkut tulgi)
- Backfist High Side Strike (dung joomuk nopunde yop taerigi)
- Straight Fingertip Thrust (sun sonkut tulgij)
- Forefist Middle Punch (apjoomuk kaunde jirugij)

## ADDITIONAL TECHNIQUES

- Grabbing (japki)
- Jumping (twiyo)

## BLACK BELT TERMINOLOGY

### BLACK I TO III DEGREE – NATIONAL/ASSISTANT INSTRUCTOR (BOO SABUM)

- Wear black piping along the lower edge of dobok shirt. Considered 'novice.'

### BLACK IV TO VI DEGREE – INTERNATIONAL INSTRUCTOR (SABUM)

- All grades from IV Degree wear additional black piping along sleeves and trouser legs. Considered 'Expert.'

## BLACK IV TO VI DEGREE – INTERNATIONAL INSTRUCTOR (SABUM)

- All grades from IV Degree wear additional black piping along sleeves and trouser legs. Considered 'Expert.'

## BLACK VII TO VIII DEGREE – MASTER (SAHYUN) IX DEGREE – GRAND MASTER (SASUNG)

- Considered 'the elite'. Grand Master denotes a full knowledge of Taekwon-do, and many decades of experience at the fore of teaching & promoting the art.

## KOREAN COUNTING

There are two different numbering systems that are used by Koreans. The first numbering system is used when counting, or when only speaking of the numbers themselves.

The first ten numbers in this system are as follows:

**1:** hanah

**2:** dool

**3:** set

**4:** net

**5:** dasot

**6:** yasot

**7:** ilgop

**8:** yadol

**9:** ahop

**10:** yool

The stress in "hanah", "dasot", and "yasot" is on the first syllable, in "ilgop", "yadol", and "ahop" on the second. In counting cadence in TaekwonDo, this is so emphasized that the other syllable frequently almost disappears (e.g., "han", "das", "yos", "lgop", "hop", etc.).

## TENETS OF TAEKWONDO

**ye ui** : courtesy

**yom chi** : integrity

**in nae** : perseverance

**guk gi** : self-control

**baekjool boolgool** : indomitable spirit

## BASIC BODY PARTS

**mom** : body

**kwanjeol** : joint

**mori** : head

**angoo** : eyeball

**katdung** : nose

**in joong** : philtrum

**mok** : neck

**eukhe** : shoulder

**myong chi** : solar plexus

**pal** : arm

**palkup** : elbow

**palmok** : forearm

**an palmok** : inner side of forearm  
**bakat palmok** : outer side of forearm  
**meet palmok** : palm side of forearm  
**wi palmok** : back side of forearm  
**dung palmok** : back of forearm  
**sonmok gwanjol** : wrist joint  
**son** : hand  
**sonkal** : outside edge of hand (knifehand)  
**sonkal dung** : inside edge of hand (ridgehand)  
**son dung** : back hand  
**joomuk** : fist  
**songarak** : finger  
**sonkut** : fingertip

**hori** : waist  
**sataguni** : groin  
**dari** : legs  
**moorup** : knee  
**jong kwaeng-i** : shin  
**bal mok** : ankle  
**bal** : foot (or feet)  
**baltung** : instep  
**bal kal** : outside edge of foot  
**ap kumchi** : ball of foot  
**dwit kumchi** : heel  
**dwit chook** : bottom of heel  
**balkut** : toes

## BODY MOVEMENTS

**makgi** : block  
**chagi** : kick  
**jirugi** : twist or punch  
**taerigi** : strike  
**gujari dolgi** : spot turn  
**twigi** : jumping  
**tulgi** : thrust  
**matsogi** : sparring  
**bituro** : twisting  
**omgyo didigi** : stepping  
**mikulgi** : sliding (also "mee kul gi")  
**japgi** : holding/grabbing

**donjigi** : throwing  
**pihagi** : dodging  
**hecho** : spreading

## BODY MOVEMENTS

**orun** : right  
**wen** : left  
**ap** : front  
**an** : inner  
**bakat** : outer  
**bandae** : reverse  
**dwi** : back  
**annuro** : inward  
**bakuro** : outward  
**wi** : high (up)  
**kaunde** : middle  
**nopunde** : high  
**najunde** : lo

## RANK

**kup** : grade  
**dan** : degree  
**Assistant instructor** : Boosabum  
**Grand Master** : Saesong  
**International Instructor** : Guk Jae Sabumnim  
**Master** : Sahyun  
**President** : Chung-Jae Sabumnim  
**Student** : Jeja  
**dan gup jedo** : system of rank

## HAND POSITIONS

**sonkal** : knifehand

**sonkal dung** : ridgehand

**sonbadak** : palm

**son dung** : back hand

**bandalson** : arc hand

**jipje son** : pincers hand

**joomuk** : fist

**dung joomuk** : back fist

**‘up joomuk** : side fist

**il ji joomuk** : forefinger

one-knuckle fist

**joongi joomuk** : mid-

dle-finger one-knuckle fist

**umji joomuk** : thumb knuckle fist

**pyun joomuk** : flat (or open) fist

## HAND ATTACKS

**baro jirugi** : straight (return) punch

**bandae jirugi** : reverse punch

**sewo jirugi** : vertical punch

**dwijibo jirugi** : upset punch

**naeryo jirugi** : downward punch

**ollyo jirugi** : upwards punch

**digutja jirugi** : ‘U’-shaped punch

## BLOCKS

**bakat palmok makgi** : outer forearm block

**an palmok makgi** : inner forearm block

**sang palmok makgi** : twin forearm block

**annuro makgi** : inward block

**bakuro makgi** : outward block

**chookyo makgi** : rising block

**daebi makgi** : guarding block

**gutja makgi** : ‘9’-shaped block (cross block)

**kyocha makgi** : ‘X’-shaped block (also “kyo cha mahki”)

**noollo makgi** : pressing block

## BLOCKS

**cha olligi** : rising (stretching) kick

**yopcha tulgi** : side thrusting kick

**ap chagi** : front kick

**yop chagi** : side kick

**dollyo chagi** : turning kick

**dwit chagi** : back kick

**bandae dollyo chagi** : reverse turning kick

**bandae dollyo goro chagi** : reverse hooking kick

**golcho chagi** : hook kick

**bandal chagi** : crescent kick

**naeryo chagi** : ax kick (downwards kick)

**yopcha milgi** : side pushing kick (also “mil gi chagi”)

**gokaeng-i chagi** : pick shaped kick  
**twimyo chagi** : flying kick  
**yonsak chagi** : combination (consecutive) kick

## STANCES

**sogi** : stance  
**narani junbi sogi** : parallel ready stance  
**annun sogi** : sitting stance  
**dwitbal sogi** : rear foot stance  
**gunnan sogi** : walking stance  
**niunja sogi** : sparring stance  
**nachuo sogi** : low stance  
**gojung sogi** : fixed stance  
**goburyo junbi sogi** : bending ready stance  
**moa sogi** : closed stance  
**sasun sogi** : diagonal stance  
**kyocha sogi** : `X'-stance  
**waebal sogi** : one-leg stance  
**soojik sogi** : vertical stance

## SPARRING

**jayu matsogi** : (free) sparring  
**ilbo matsogi** : one step sparring  
**ibo matsogi** : two step sparring  
**sambo matsogi** : three step sparring  
**ju ui** : warning  
**gam jum** : foul  
**sil kyuk** : disqualification  
**chong** : blue  
**hong** : red

## PATTERNS

**tul** : pattern

## UNIFORM

**tie** : belt  
**dobok** : uniform  
**ha'i** : training pants  
**sang'i** : training pants

## COMMANDS

<b>charyot</b> : attention	<b>gomman</b> : stop	<b>sijak</b> : begin
<b>junbi</b> : ready	<b>haesan</b> : class dismissed (also "hae cho")	<b>swiyo</b> : relax / at ease
<b>Pa-ro</b> : return to starting position	<b>kyong-ye</b> : bow	<b>gaesok</b> : continue
<b>dwiyo torra</b> : about turn	<b>koo ryung op see</b> : in your own time	