

STUDENT MANUAL



www.northeasterntkd.com

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To Students

To Our Existing Students,

We have compiled revision 1 of our student manual. Our objectives were to clarify requirements for training and rank promotion. As you'll see, we have compiled sound guidelines to prepare you for each progressive step. Beyond these guidelines, there are individual merits that can only be measured on a personal basis.

I purposely left a wealth of elbowroom for students to develop based on their own strengths and abilities. I will use kicking as an example. Some students come to us with incredible natural abilities in tae kwon do. In my early days of studying tae kwon do, I was fortunate to train with the most remarkable kicking technicians I have ever seen. This compares to our present Olympic acrobats. Fortunately, I was able to observe and learn from the best. Unfortunately, everybody was measured to the same sticks (or kicks, if you will). If you couldn't kick as well as these technicians you were not a good tae kwon do stylist. My early instructors and I were quite naïve about tae kwon do and the martial arts. The abilities you learn and grow on are not as simple as kicking. There is a circular series of abilities, some learned, some natural and some innate, that measure your individual progress in tae kwon do and in life. Tae kwon do is a way of life. Tae kwon do is training in all these areas; some physical, some mental. Many are the mind and body working together. Ultimately, we strive to unify our mind, body and spirit.

To Our New Students,

Congratulations to you, the new student. You are beginning a journey. For some of you it may be a short road. For others it will be a path you follow for the rest of your life. Tae kwon do is a way of life. It is the path of the martial artist. When you follow this path you will realize that the strengths and skills you develop will impact and improve all areas of your life. The martial artist promotes a friendly relationship among all people. The martial artist perseveres in the face of adversity.

It is my sincerest wish that your journey be long and rewarding.

Norman McLinden
Chief Instructor
NorthEastern Tae Kwon Do

Acknowledgements

No work of this magnitude is done alone. The following people designed, developed and continuously improve our academy's curriculum:

- This student manual was 5 years in the making. Keith McLinden supplied the original draft in October, 1992. That draft turned out to be the foundation of this manual.
- We have also been influenced by the guidance of Scott Kopperud, President of Unified Tae Kwon Do International. Grand Master Kopperud was our mentor as we went through the growing pains of developing our academy. Master Kopperud is my tae kwon do instructor. His technical expertise has proven invaluable. What was at first a long distance telephone call to Canada has developed into a cherished friendship. Such is the way of tae kwon do.
- Our instructors and assistant instructors who devote their time and expertise to their students and this academy.
- Our students whose determination, challenging questions and special needs inspire us.
- And a special "thanks" to our editor, Pam Perry, who devoted many hours to make this manual possible.

NorthEastern Tae Kwon Do Academy Mission Statement

___NorthEastern Tae Kwon Do Academy is founded with the express purpose of providing the highest quality of training and education for students of the martial arts.

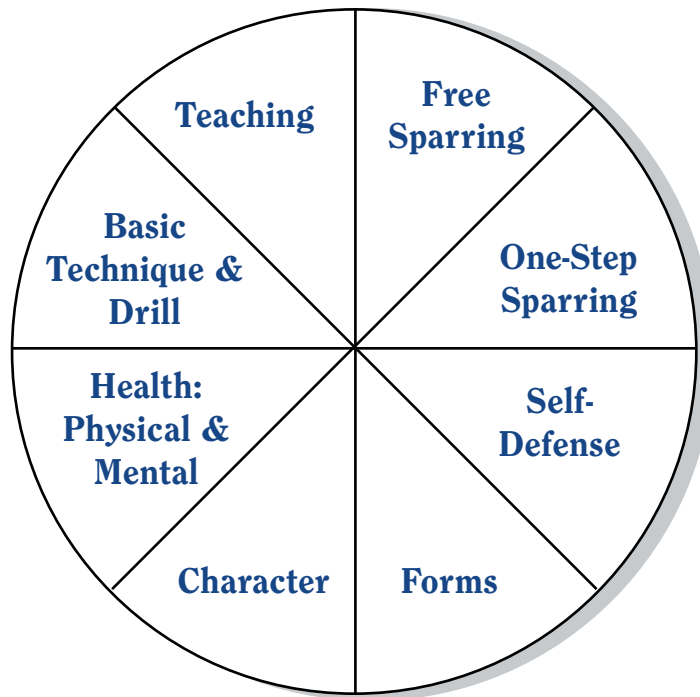
Our students will consist of the young, the old, male and female, those gifted with natural abilities and those who find the martial arts a challenge at every level. Tae kwon do is an art for anyone who strives for continuous improvement, and recognizes the emphasis on sound techniques and their physical mastery to find their indomitable spirit.

Our students, who express the desire for continuous improvement of themselves, are the serious martial artists for which this academy dedicates its goals. Our goals are:

- To provide world class training and education through internal and external affiliates.
- To provide the continuous improvement of our students by individual attention and mentoring.
- To help guide students on the path where tae kwon do becomes a way of life.

Norman L. McLinden
Chief Instructor
NorthEastern Tae Kwon Do

Tae Kwon Do is training in all these areas:



Concentrate, learn and progress in all these areas. You will find you do better in some than others. Take advantage of your strengths, recognize and work on your weaknesses. We are all very unique individuals, and we cannot all be measured by the same yardstick. We can all have a shared goal. Tae kwon do is for everyone who shares that goal—the continuous improvement of yourself as a martial artist and a person. Tae kwon do is a way of life.

Definitions

Basics and Drills:

Basics include do-jang etiquette, stretching, and introduction to stances, techniques and drills. As students advance through the system, techniques and drills become more challenging. Through repetition basics become the foundation of your practice.

One-Step Sparring:

A series of counter moves in response to an opponent's attack. This is done to refine techniques, judge distance with attacker and understand movement of the human body. Advanced techniques may include 2- and 3-step sparring.

Forms:

Forms, also known as hyungs or patterns, are known in other systems as kata. They are the purest form of the martial arts. Forms are a set series of stances utilizing both defensive and offensive techniques to fend off imaginary opponents. Objectives of forms are to train you to fight in different directions when attacked by 2 or more opponents, to use and understand the application of traditional techniques, to build power in technique, to refine and strengthen your stances and to physically express traditional Tae Kwon Do values. Note the forms are named for philosophical expression (e.g. Chon Ji), patriots (Chung Gun), Korean military leaders (Gae Beck), religious leaders (Won Yo), and important dates in Korean history (Sam Ill, similar to our 4th of July).

Self-Defense:

With the growing violence of our times this area is of particular importance. We take from our root, traditional techniques and expand and evolve them to modern realistic self-defense situations. All instructors have a shared goal. Our students learn to defend themselves and their families should the occasion arise. We are a self-defense school. Instructors continuously emphasize both traditional techniques and practical self-defense techniques. We consider this area of such importance we have expanded our curriculum to include the Combat Hapkido Self-Defense System.

Free Sparring:

Free sparring was developed in tae kwon do to take the techniques you learn in basic drills, one-steps and forms, and utilize them in free-form fighting. There are several categories:

- *Pre-arranged*— Working with a partner practicing specific techniques.
- *Silent Sparring*— Objective is to get comfortable in the free sparring ring, utilizing free flow of hand and foot techniques. No contact is allowed.
- *Point Sparring*— Used in tournament training for sport competition purposes. Special note: we do not compete against each other in the do-jang. We train with one another to prepare for sport competitions.
- *Free Sparring*— Free flow of kicking and punching techniques in a controlled manner.

The objective of all forms of sparring is to gain fighting strategy, to understand distancing and power of technique, the importance of control, and to show the ability to work with other students in an intense situation. Required equipment includes handpads and footpads, shin pads, mouthpieces, and cups. The school has headgear and chest protectors available (or you may bring your own). You will not be allowed to free spar without proper equipment. Free sparring is on a volunteer-only basis.

Breaking:

Breaking techniques, (breaking of boards, cement blocks, etc.), are an outward display of the inner power of tae kwon do. Breaking stresses the importance of technique, power, and positive mental attitude all working together. The student is instructed to make the break in their mind first, then display the physical break (also known as destruction technique). Breaking enhances self-esteem and confidence. The tae kwon do practitioner also realizes how powerful their techniques are.

Special note: Children have cartilaginous frameworks that gradually harden to bone. Cartilage is soft and can deform easily. For this reason and for the sake of common sense children are not required to do breaking techniques.

Health Physical/Mental:

All students train to maintain and strengthen their physical health. Tae kwon do provides many opportunities to improve flexibility, balance and strength. Some of our instructors also have an excellent background in nutrition. Please ask for information on this issue. Tae kwon do is a great stress reliever. It provides many opportunities for goal setting and positive thinking. As a student at NorthEastern Tae Kwon Do you will train with a group of supportive friends. You are not alone.

Teaching:

There are three basic requirements: (1) Capability in tae kwon do, which is usually specified by rank level; brown belts and above are frequently asked to share their expertise. (2) You want to. When you are asked to share your knowledge it is not meant to take time away from your training. You will find that, when you teach a technique, you learn it better yourself. Only students who want to teach will be asked. This is a personal growth goal for students who want to teach. (3) You love to! A person's enthusiasm can be measured by how much they love their assignments. If a person loves to teach tae kwon do, chances are the students are going to enjoy their class. Having a black belt does not make someone a great instructor; having the desire to teach makes someone a great instructor.

Character:

Volumes could be written on tae kwon do's contribution to self-improvement. It was written in much simpler terms long ago. It goes like this:

Modesty
Perseverance
Self Control
Indomitable Spirit
Walk the Talk!

Basic Rules of Etiquette

- Bow when entering and exiting the training hall. (No shoes on floor unless specified for training purposes.)
- Address instructors as Sir or Ma'am.
- If students arrive for class early, they are allowed to work out *quietly* on their own (stretch, forms, one-steps, self-defense).
- When the instructor calls class to order line up quickly and by rank, then age.
- Follow instructors' commands.
- If a student needs to leave class, he/she should raise his/her hand and ask for instructors permission.
- When returning, student must wait for instructor's permission to return; bow when reentering.
- When class is dismissed, bow when leaving the do-jang and leave quietly.

Uniforms

Student Dress Code

From Memorial Day through Columbus Day students may wear a Northeastern Tae Kwon Do Academy tee-shirt *tucked into* do-bulk pants. The rest of the year, students will wear a clean do-bulk top and bottom.

White belt to blue belt: white do-bulk required

Brown belt to black belt: white do-bulk top may be worn with black pants

Black belt: black do-bulk may be worn.

Full uniforms are required at all tests (not tee-shirts). (All white uniform is preferable but not required.)

Patches

Uniforms are required to have a complete set of patches consisting of a school patch on the left chest, Korean Flag (red up) on left arm, American flag on right arm. Unified Tae-Kwon-Do members will wear UTI patch under American flag.

Hygiene:

Students are expected to maintain high standards of cleanliness in both uniforms and body. We work in relatively close quarters (e.g. self-defense, one-step sparring), so please be considerate of your training partners. Excessive body odor or uniforms not frequently cleaned are unacceptable. Use both deodorant and common sense. Fingernails/toenails should be cut short to avoid cutting and scratching your training partners.

Jewelry:

Students are expected to remove any excessive jewelry before working out. Excessive jewelry worn during training can cause injury or the jewelry could become damaged.

Free Sparring Regulations

In order to insure the safety of our students and to comply with insurance regulations, NorthEastern Tae Kwon Do Academy will enforce the following policy regarding freesparring. (These rules are based on conversations with our international affiliates as well as advice from legal counsel.)

- There will be no unsupervised free sparring. An instructor must be present.
- Free sparring is on a volunteer-only basis. No one will be forced to freespar.
- Students must be a yellow belt or above to freespar.
- This is a non-contact school; techniques will be placed accordingly.
- In order to spar, at least the following equipment must be worn:
 - Handpads
 - Footpads
 - Mouthpiece
 - Cup

The academy provides headgear and chest protectors.

If students desire to train in more full contact aspects of this sport, the chief instructor will provide references of reputable schools of this nature in the area.

Failure to comply with any of these regulations will result in dismissal from this academy.

These rules apply to all students, instructors and guests.

Student **Yellow/Green/Blue** Stripe Evaluation Process

Introduction

The following system has been instituted for young students with white, yellow and green belts. The requirements in this handbook for rank advancement at the white to yellow, yellow to green, and green to blue belt levels have been broken down into four separate areas or components (similar to the pie chart shown earlier in the manual). Each component is represented by a different color stripe, as follows:

- Basic Techniques—Blocks & Strikes — **BLUE** stripe
- Form & Kick Drill—**BROWN** stripe
- One-Step Sparring & Self-Defense — **RED** stripe
- Terminology — **BLACK** stripe

When a student has demonstrated proficiency in one of these areas, he/she will receive the corresponding colored stripe on their belt. Once the student has earned all four stripes, he/she will be invited to test for full rank advancement. (When a student reaches green belt with four stripes, he/she will be invited to test for blue belt at a regular Saturday/Sunday test, and from that point forward, will follow the existing rank advancement system.)

Reasons for this are as follows:

- ***To put the rate of training and progression into the student's hands.*** If a student feels that he/she has the knowledge/ability to be reviewed in a certain area, they may approach an instructor and request a review. The instructor will review the student and either apply the appropriately colored stripe to the student's belt, or provide feedback on what the student should work on. At the same time, the student will determine how much time they need to incorporate the recommendations, and a time will be set up for the follow-up review.
- So that we can ensure comprehensive training from student to student to help avoid gaps in learning the curriculum. (It's much easier to learn something correctly the first time, at the appropriate rank, than it is to try to correct it or play catch-up on missed material later.
- To make it easy for both student and instructor to tell at a glance, what the student needs to work on in his/her training by the different colored stripes on their belt.

Once a student receives a stripe in one area, he/she must still be sharp in this area as they move through the other components, and, of course, he/she must be sharp in all four areas to test for full rank advancement once he/she has earned the four stripes in the individual areas of the curriculum. Students may request a review for an individual component, but they must be invited by an instructor to test for full rank advancement.

TEST REQUIREMENTS: WHITE BELT TO YELLOW BELT (The Circle Begins)

Basic Blocks:

Down Block
Rising Block
Outer Forearm Block
Inner Forearm Block
Knifehand Guarding Block

Basic Hand Attacks:

Lunge Punch
Knifehand strike
Reverse Punch
Backfist

Basic Kicks:

Front snap
Front Turning
Stepping over side snap

Basic Self-Defense Moves:

1 Wrist grab release
1 Lapel grab
1 Grab from behind

Basic Knowledge

- Tae Kwon Do: The art of smashing and kicking with the hands and feet.
- Aims to Achieve: Modesty, Perseverance, Self-Control, Indomitable Spirit (and meaning of each).
- Count to 4 in Korean: Ha-na, Tul, Set, Net.
- Our Pledge:
 - To train both mind and body through tae kwon do
 - To be a courageous opponent against untruth
 - To promote a friendly relationship amongst all people
 - To obey the rules of tae kwon do and the instructor
- American Flag
 - Number of stars - There are 50 stars; one for each of the States in the Union.
 - Number of stripes - There are 13 stripes; one for each of the original 13 colonies.

Terminology:

Instructor.....Sah-Bum-Nim
UniformDo-Bulk
GymDo-Chang
AttentionCharyot
Ready Position.....Jhoon-Bee
YellKiyap

First 6 One Step Sparring Techniques (See page 20)

Kick Drill: 4-direction front snap kick kicking drill (see page 21, #1)

The Form: Chon-Ji Form — 19 movements

Definition: Chon-Ji means literally the Heaven and the Earth. In the Orient, it is interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts, one to represent Heaven and the other, Earth.

Meaning of Belt Color:

White signifies innocence, as that of a beginning student who has no previous knowledge of tae kwon do.

TEST REQUIREMENTS: **YELLOW BELT TO GREEN BELT**

All information required for previous advancement as well as the following new material:

Terminology:

Kyung-nae	Bow
She-jak.....	Start, Begin
Ko-man.....	Stop
Turo-dorah.....	About face
Baro	End, Return
Shuit.....	At ease
Hyung	Form

Numbers from one to ten:

One	Ha-na
Two.....	Tul
Three.....	Set
Four	Net
Five.....	Tah-sot
Six.....	Yo-sot
Seven	Il-gohp
Eight	Yoh-dul
Nine	A-hop
Ten.....	Yuhl

Basic Knowledge:

Korean Flag

The center symbol stands for Yin and Yang, opposites yet mutual compliments. In Korean it would be pronounced “Um/Yang.”

One step Sparring:

3 kicking one-step sparring techniques to add to the first six learned to achieve yellow belt.

Self-Defense:

Be able to show 3 defense techniques from a club attack.

Free Sparring:

Get comfortable with free sparring; suggested minimum 10 matches. Display silent sparring match.

Kicking Drills:

Be able to perform four-direction side snap kick kicking drill (see page 21, #2)

The Form: Dan-Gun—21 movements

Definition: Dan-Gun is named after the Holy Dan-Gun, legendary founder of Korea in the year 2333 BC.

Meaning of Belt Color:

Yellow signifies the earth from which a plant sprouts and takes root as the tae kwon do foundation is being laid.

Notes:

TEST REQUIREMENTS: **GREEN BELT TO BLUE BELT**

All information required for previous advancement as well as the following new material:

Terminology:

Kick Chagi
Front snap kick Ap chagi
Side kick Yop chagi

One Step Sparring:

Be able to perform the 6 basic one-steps, 2 take-down maneuvers, and 2 structured class techniques.

Self-Defense

Be able to show counter-moves from attacks by club, lapel grabs and hair pulls.

Free Sparring:

Show confidence in your abilities in the free sparring ring. You will be monitored closely with an emphasis on control. Silent sparring and controlled free sparring.

Kicking Drills:

Be able to perform four-direction front turn kick kicking drill (see page 21, #3).

The Form: Do San— 24 movements

Definition: Do San is the pseudonym of the patriot Ahn Chang Ho (1876-1938) who devoted his entire life to furthering the education of Korea, and to it's independence movement.

Meaning of Belt Color:

Green signifies the plants growth as tae kwon do skills begin to develop.

Notes:

TEST REQUIREMENTS: BLUE BELT TO BLUE BELT STRIPE

All information required for previous advancement as well as the following new material:

One Step Sparring:

Be able to perform the 6 basic one-steps, 3 take-down maneuvers, and 3 structured class techniques.

Self-Defense:

Be able to show counter-moves from attacks by club, lapel grabs, hair pulls and cross-hand grabs.

Be able to perform some innovative techniques.

Free Sparring:

Show confidence in your abilities in the free sparring ring. Maintain good control, and display a variety of kicks and sparring combinations. Silent spar, free spar and point spar.

Kicking Drills:

Be able to perform back-turn kick kicking drill (see page 21, #4).

The Form: Won-Hyo— 28 movements

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

Meaning of Belt Color:

Blue signifies the Heaven towards which the plant matures into a towering tree as training in tae kwon do continues.

Notes:

TEST REQUIREMENTS: BLUE BELT STRIPE(S) TO BROWN BELT

All information required for previous advancement as well as the following new material:

Terminology:

BlockBong-o

One Step Sparring:

Be able to perform the 6 basic one-steps, 4 take-down maneuvers, and 4 structured class techniques.

Self-Defense:

Be able to show counter-moves from attacks by knife, club, same-hand and cross-hand grabs.

Free Sparring:

Show confidence in your abilities in the free spar ring. Be able to defend against more than 1 attacker. Excellent control, good ability to coach lower ranks, free sparring and point sparring.

Kicking Drills:

Be able to perform the jump front snap kick kicking drill (see page 21, #5).

The Form: Yul-Gok — 38 movements

Definition: Yul-Gok is the pseudonym of the great philosopher and scholar Yi I (1536 - 1584), nicknamed the “Confucius of Korea.” The 38 movements of this pattern refer to his birthplace on the 38th latitude and the diagram (plus over minus) represents “scholar.”

Meaning of Belt Color:

Brown represents the seasoned mature student. It pays recognition to other martial arts systems that the student should be incorporating into his/her tae kwon do training.

Self-directed Learning Project:

It may be an essay, learning a weapon, new technique, martial art history, etc. Please review this project with Chief Instructor McLinden.

Student must be able to stretch out a class.

Notes:

TEST REQUIREMENTS: BROWN BELT TO BROWN BELT 1ST STRIPE

All information required for previous advancement as well as the following:

Terminology:

An-Ho Sit down

One Step Sparring:

Perform the first 6 basic one-steps, 3 innovative techniques, 4 take-downs and 5 structured class techniques.

Self-defense:

Be able to show counter-moves from attacks by bear hugs, tackles and headlocks. Perform a self-defense routine with a partner or partners.

Free Sparring:

You will be observed for confidence, excellent control, excellent ability to coach lower ranks in any or all sparring. Silent sparring, free sparring, point sparring, semi-contact, and goon squad.

Kicking Drills:

Be able to perform jumping side kick kicking drill (see page 21, #6).

The Form: Joong-Gun — 32 movements

Definition: Joong-Gun is named after the patriot An Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading role in the Korea-Japan merger. The 32 movements in this pattern represent Mr. An's age when he was executed in Lui-Shung prison in the year 1910.

Meaning of Belt Color:

Brown represents the seasoned mature student. It pays recognition to other martial arts systems that the student should be incorporating into his/her tae kwon do training.

Notes:

TEST REQUIREMENTS: BROWN BELT 1ST STRIPE TO BROWN BELT 2ND STRIPE
All information required for previous advancement as well as the following new material:

One Step Sparring:

Perform the first 6 basic one-steps, 4 take-downs, 6 structured class techniques, and 4 innovative techniques.

Self-Defense:

Be able to show defensive moves against all garment grabs, hostile handshake and attacks by knife and club.

Free Sparring:

You will be observed for confidence, excellent control, excellent ability to coach lower ranks in any or all sparring. Situations may be displayed. Silent sparring, free sparring, point sparring, semi-contact, goon squad.

Kicking Drills:

Be able to perform jump front turn kick kicking drill (see page 21, #7).

The Form: Toi-Gye — 37 movements

Definition: Toi-Gye is the pen name of the noted scholar Yi Hwang (16th century AD) an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on the 37th latitude, and the diagram (plus over minus) represents “scholar.”

Meaning of Belt Color:

Brown represents the seasoned mature student. It pays recognition to other martial arts systems that the student should be incorporating into his/her tae kwon do training.

Notes:

TEST REQUIREMENTS: BROWN BELT 2ND STRIPE TO RED BELT

All information required for previous advancement as well as the following new material:

One Step Sparring:

Perform the first 6 basic one-steps, 5 take-downs, 7 structured class techniques, and 4 innovative techniques.

Self-Defense:

Be able to show defensive moves against chokes and kicks. The student will also be able to execute submission holds and chokes.

Free Sparring:

You will be observed for confidence, excellent control and excellent ability to coach lower ranks in any or all sparring. Situations may be displayed. Silent sparring, free sparring, point sparring, semi-contact, goon squad.

Kicking Drills:

Be able to perform jump back turn kick kicking drill (see page 21, #8).

The Form: Hwa-rang — 29 movements

Definition: Hwa-rang is named after the Hwa-rang youth group, which originated in the Silla Dynasty about 1350 years ago. This group eventually became the actual driving force for the unification of the three kingdoms of Korea: the Silla, the Paekche, and the Koguryo. The 29 movements refer to the 29th Infantry Division, where tae kwon do developed into maturity.

Meaning of Belt Color:

Red represents danger, cautioning the student to exercise control. It is at this point the student must persevere and develop confidence in themselves to make their next progressive steps.

The student will be responsible for a display of personal learning. Examples of this include weapons, techniques, health, nutrition, philosophy or art. Chief Instructor McLinden will advise you on your project.

A breaking demonstration is required. This demonstration will be agreed upon with instructors prior to the exam.

Notes:

TEST REQUIREMENTS: RED BELT TO RED BELT STRIPE

All information required for previous advancement as well as the following new material:

Terminology:

All previous terminology

One Step Sparring:

Perform the first 6 basic one-steps, 6 take-downs, 7 structured class techniques and 3 innovative techniques.

Self-Defense:

Demonstrate a full display of all self-defense techniques using a partner or partners in a realistic scenario.

Free Sparring:

You will be observed for confidence, excellent control and excellent ability to coach lower ranks in any or all sparring. Situations may be displayed. Any combination of silent sparring, free sparring, prearranged sparring, semi-contact, 2 on 1 sparring, and goon squad.

Kicking Drills:

Be able to perform jump spin hook kick kicking drill (see page 21, #9).

The Form: Chung-Mu — 30 movements

Definition: Chung-Mu was the name given to the great Admiral Yi Sun-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (kobukson) which was the precursor of the present day submarine, in 1592 A.D. This pattern ends with a left-hand attack to symbolize his regrettable death, having had no chance to show his unrestrained potentiality, checked by the forced reservation of his loyalty to the king.

Meaning of Belt Color:

Red represents danger, cautioning the student to exercise control. It is at this point the student must persevere and develop confidence in themselves to make their next progressive steps.

A breaking demonstration is required. This demonstration will be agreed upon with instructors prior to the exam.

Notes:

TEST REQUIREMENTS: RED BELT STRIPE TO BLACK BELT (The Circle Continues)
All information required for previous advancement. Truly display and be a role model of the following:
(Walk the Talk)

Modesty
Perseverance
Self Control
Indomitable Spirit

Train both mind and body through tae kwon do
Be a courageous opponent against untruth
Promote a friendly relationship among all people
Obey the rules of tae kwon do and the instructor

One Step Sparring:

Perform the first 6 basic one-steps, 7 take-downs, 7 structured class techniques and 4 innovative techniques.

Self-Defense:

Full display of all self-defense techniques using a partner or partners in a realistic scenario. Demonstrate the ability to respond quickly to instructor-created scenarios.

Free Sparring:

You will be observed for confidence, excellent control and excellent ability to coach lower ranks in any or all sparring. Situations may be displayed. Any combination of silent sparring, free sparring, prearranged sparring, semi-contact, 2 on 1 sparring, and goon squad.

Kicking Drills:

Be able to perform ALL kicking drills (see page 21).

The Form:

The student is responsible for ALL nine forms and definitions. Be prepared to display applications.

Meaning of Belt Color:

Black is the opposite of white, therefore signifying maturity and proficiency in tae kwon do. It also indicates the wearer's imperviousness to darkness and fear. It signifies "coming into the light." The student now begins serious training.

- Essay required (discuss with Mr. McLinden).
- Demonstration of the student's personal area of expertise
- Breaking demonstration using both hands and both feet. This will be agreed upon with instructors prior to the exam.

First Six (6) Basic One-step Sparring Techniques **(Required for yellow belt)**

All one-steps begin in joonbi position. Defender kiyaps to signal attacker to begin attack; defender kiyaps to signal end of defensive techniques; both return to joonbi position.

1. Step to left to avoid, bringing hands up to protect head.
Right leg side snap kick to opponent's side/ribs.

2. Step in toward opponent with right foot, land in riding stance.
Right hand middle inside block moves opponents arm to (your) left.
Right hand strike opponent's temple with back fist.

- 2b. Same as above; follow back fist to head with a back fist to groin.

3. Front snap kick toward opponent.
Left outer forearm block moves opponent's arm to (your) left.
Right hand punch to midsection.

4. Step to left.
Right arm outer forearm block moves opponent's arm to (your) right.
Left hand middle punch to ribs.
Right hand middle punch to ribs
Right leg front turning kick to midsection.

5. Step in toward opponent with right leg landing in horse riding stance.
Right arm outer forearm inside block moves opponents arm to (your) left.
Right elbow strike to opponent's ribs.
Twist to left and left elbow strike to opponent's left ribs.

6. Step outside turning to left with right leg back to opponent
Left arm capture opponent's right wrist.
While still holding opponent, twist to right, right elbow strike to opponent's back.
Right backfist (or elbow strike) to back of opponent's head.

Four-Direction Kick Drills

All kick drills begin in joonbi stance.

1. 4-direction Front Snap Kick
 1. Right foot back to form left forward stance right hand down block
 2. Right foot front snap kick, land in right forward stance
 3. Right arm rising block
 4. Left hand reverse punch
2. 4-direction Side Snap Kick
 1. Right foot back to right back stance, left arm inner forearm block
 2. Right foot sidekick to front land in left back stance
 3. Double knife hand guarding block
 4. Shift right foot to right forward stance with left hand high reverse punch
3. 4-direction Front Turn Kick
 1. Right foot back to left forward stance, left arm outer forearm block
 2. Right hand reverse punch
 3. Right foot front turning kick with ball of foot
 4. Land in horse riding stance, knifehand strike with right hand
4. 4-direction Back Turn Kick
 1. Right foot back in right back stance, twin forearm block
 2. Back turning kick right foot land in left back stance
 3. Right high side backfist strike, left fist to hip
 4. Shift right foot to right forward stance, right middle vertical spear hand
5. 4-direction Jump Front Snap Kick
 1. Left foot back to right forward stance, right hand palm hooking block
 2. Left hand reverse middle punch
 3. Right foot jumping front snap kick
 4. Land in left extended stance right hand middle side punch
 5. Right foot to right forward stance, left elbow strike to right open palm
 6. Right foot to left foot (close stance), right hand knife hand strike
6. 4-direction Jump Side Kick (turning clockwise)
 1. Left foot back to right forward stance, twin palm-pressing block
 2. Left foot to left back stance, right hand middle knifehand block
 3. Right foot jump sidekick
 4. Land in right forward stance, left upper elbow strike
 5. Right foot back to left rear foot stance, right hand palm scooping block
 6. Right foot to left foot, left hand front elbow strike (right elbow to rear)
7. 4-direction Jump Front Turn Kick
 1. Right foot back to left forward stance, low x-forearm block
 2. Twin temple attack
 3. Right foot to right back stance, left-hand low double forearm block
 4. Right foot jumping front turning kick
 5. Land on left foot, jump to right x-stance, x-press block
 6. Step into horse riding stance with mountain block
8. 4-direction Jump Back Turn Kick
 1. Right foot back to right rear foot stance
 2. Left hand middle inside palm block
 3. Slide left foot forward to form RBS right hand reverse middle punch
 4. Right foot jumping back turning kick
 5. Land in right back stance, right middle elbow to rear
 6. Shift to left back stance, left-hand uppercut, right hand to left shoulder
 7. Right foot to left foot, right hand inner forearm and left hand low block
9. 4-direction Jump Spin Hook Kick (turning clockwise)
 1. Left hand front back fist strike to front, remain in parallel ready stance
 2. Right foot back to RBS, side back fist strike to front with left hand
 3. Jump spin hook kick with right leg landing in RBS X-fore arm block
 4. Right foot moves to form left forward stance twin palm scooping block
 5. Right hand arc hand strike.