

# 10th KUP WHITE BELT

Sitting stance middle punch x 10 (Instructor's time)

Walking ready stance & Front rising kicks x 10. Change legs and repeat (Instructor's time)

Push-ups x 10

Walking stance middle punch x 4 forwards and backwards (Instructor's time)

Walking stance low block on the spot x 4. Change legs and repeat

Walking stance middle block on the spot x 4. Change legs and repeat

Sajo Jirugi (4 Directional Punch and Block) Parts 1 + 2

## **Theory**

Training hall – Dojang

Training suit – Dobok

Sitting Stance – Annun Sogi

Walking Stance – Gunnun Sogi

Inner Forearm Block – An Palmok Makgi

Front Rising Kick – Ap Cha Oligi

Belt – Ti

What's your Instructor's name and grade? – Mr Williams 7<sup>th</sup> Dan

What does White Belt signify? - Innocence, having no previous knowledge of Taekwondo

What does TAGB stand for? – Taekwondo Association of Great Britain

What country does Taekwondo come from? – Korea

## 9th KUP YELLOW STRIPE

Sitting stance double punch x 10 (Instructor's time)

Walking ready stance & front snap kick x 4. Change legs and repeat (Instructor's time)

Walking stance double punch (on the spot) x 4 (Instructor's time)

Walking stance low block x 4. Change legs and repeat

Walking stance rising block x 4. Change legs and repeat

L stance middle block on the spot x 4. Change legs and repeat

Chon Ji

### THEORY

Chon-Ji literally means Heaven and Earth. It is, in the Orient, interpreted as the creation of the World or the beginning of human history, and therefore is the initial pattern played by the beginner. The pattern consists of two similar parts, one representing Heaven, and the other, Earth. (19 moves)

What does Yellow Belt signify? – Yellow signifies the Earth from which the plant sprouts, as Taekwondo foundations are being laid.

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L Stance – Niunja Sogi

Ball Of Foot – Ap Kumchi

Rising Block – Chookyo Makgi

Forearm Guarding Block – Palmok Daebi Makgi

Front Snap Kick – Ap Cha Busigi

Walking Stance – Gunnun Sogi

Forefist – Ap Joomok

Footsword – Balkal

## 8th KUP YELLOW BELT

Twin forearm block in L stance x 4 forwards

Inward block in L stance x 4 backwards

Front snap kick double punch x 4 forwards

Low block, rising block in walking stance x 4 backwards

Turning kick knifehand guarding block in L stance x 4 forwards

Knifehand guarding block x 4 backwards

Patterns - Chon Ji and Dan Gun

### THEORY

Dan Gun is named after the Holy Dan Gun, the legendary founder of Korea in 2333BC. (21 moves)

What does Yellow Belt signify? – Yellow signifies the Earth from which the plant sprouts, as Taekwondo foundations are being laid.

Twin Forearm Block – Sang Palmok Makgi

Footsword - Balkal

Backfist Strike – Dung Joomok Taerigi

Knifehand Guarding Block – Sonkal Daebi Makgi

Palm – Sonbadak

Knifehand Strike - Sonkal Taerigi

L Stance – Niunja Sogi

## 7th KUP GREEN STRIPE

Walking stance straight fingertip thrust (as in Do San) x 4 forwards

Walking stance Back-fist Strike (as in Do San) x 4 backwards

Turning kick Knifehand guarding block x 4 forwards

Wedging block in walking stance x 4 backwards

Side kick forearm guarding block x 4 forwards

Outer forearm block & reverse punch (1st two moves of Do San) x 4 backwards

Patterns - Dan Gun and Do San

### THEORY

Do San is the pseudonym for the patriot Ahn Chang-Ho (1876 to 1938) who devoted his entire life to furthering the education of Korea and its independence movement. (24 Moves)

What does Green Belt signify? – Green represents the plant's growth as Taekwondo skills begin to develop.

Wedging Block – Hechyo Makgi

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Turning Kick – Dollyo Chagi

Straight Spear Finger Thrust – Son Sonkut Tulgi

Release from Grab – Jappyo Sol Tae

3 Step Sparring – Sambo Matsogi

Outer Forearm Block – Bakat Palmok Makgi

## 6th KUP GREEN BELT

First 3 moves of Won Hyo x 4 forwards

Circular block in Walking stance x 4 backwards

Straight fingertip thrust in walking stance x 4 forwards

Knife-hand block in L stance x 4 backwards

Side kick, knifehand guarding block in L stance x 4 forwards

Inward block in L stance x 4 backwards

Patterns - Dan Gun, Do San, Won Hyo

### THEORY

Won Hyo was the noted monk who introduced Buddhism to The Silla Dynasty in the year 686 AD. (28 moves)

What does Green Belt signify? – Green represents the plant's growth as Taekwondo skills begin to develop.

Circular Block – Dollymio Makgi

Waist Block – Hori Makgi

Bending Stance – Goboryo Sogi

Close Stance – Moa Sogi A

3 Step Sparring – Sambo Matsogi

Reverse Turning Kick – Badae Dollyo Chagi

Vertical Punch – Sewo Jirugi

Vertical Stance – Soo Jik Sogi

Side Kick – Yop Chagi

## 5th KUP BLUE STRIPE

X fist pressing block, then Twin fist punch x 4 forwards (Instructor's time)

Twin knifehand block in L stance x 4 backwards

Hooking block, Hooking block, Obverse punch in walking stance x 4 forwards

Double forearm block in Walking stance x 4 backwards

Sidekick then Back kick into L stance guarding block (one kick with each leg, in Instructor's time)

Step turn, then Reverse side kick x 4 (Instructor's time)

Patterns – Your choice, Instructor's choice, and Yul Gok

### THEORY

Yul Gok is the pseudonym of a great philosopher and scholar, Yi I (1536 – 1584) nicknamed the 'Confucious of Korea'. The 38 movements of this pattern refer to his birthplace on 38<sup>th</sup> degree latitude, and the diagram represents 'scholar'.

'Blue Belt' signifies the heaven towards which the plant matures into a towering tree, as training in Taekwondo progresses

Double forearm block – Doo Palmok Makgi

Hooking block – Golcho Makgi

Hooking kick – Golcho Chagi

Elbow – Palkup

Elbow Strike – Palkup Taerigi

Bending stance – Guburyo Sogi

X stance – Kyocha Sogi

Upset punch – Dwijibo Jirugi

Jumping – Twigi

Twin Knifehand Block – Sang Sonkal Makgi

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## 4th KUP BLUE BELT

FREE SPARRING in your sparring gear.

Reverse knife-hand block in L stance x 4 forwards

Twin fist punch in Walking stance x 4 backwards

Back kick x 4 forwards

Knife-hand guarding block in L stance, upper elbow strike in Walking stance (as in Joong Gun) x 4 backwards

Turning kick, L stance guarding block x 4 forward

Backfist strike in L stance, release to walking stance, reverse punch (as in Joong Gun) x 4 backwards

Front snap kick, turning kick (same leg) x 4 forwards

U shaped block in fixed stance x 4 backwards

Patterns – Your choice, Instructor's choice, and Joong Gun

### THEORY

Joong-Gun is named after the patriot Ahn 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. Ahn's age when he was executed in Lui-Shung prison in 1910.

You may also be asked for a previous pattern meaning

Rear Foot Stance – Dwit Bal Sogi

Turning Punch – Dollyo Jirugi

Back Kick – Dwit Chagi

Upper Elbow Strike – Wi Palkup Taerigi

Pressing Block – Noolyo Makgi

Low Stance – Naturo Sogi

Downward (Axe) Kick – Naeryo Chagi

Downward Block – Naeryo Makgi

2 Step Sparring – Ibo Matsogi

X Block – Kyocha Makgi

Twin Upset Punch – Dwychibo Doo Jirugi

Arc Hand – Bandalson

## 3rd KUP RED STRIPE

FREE SPARRING in your sparring gear

First 2 moves of Toi Gye x 4 forwards

X fist pressing block, twin fist punch in walking stance x 4 backwards

Knifehand guarding block, snap kick with front leg, flat fingertip strike (as in Toi Gye) x 4 forwards

Low knifehand guarding block in L stance, into Walking stance circular block x 4 backwards

Reverse turning kick, L stance guarding block x 4 forwards

Low section Double forearm block in L stance x 4 backwards

Axe kick, reverse punch, then back to L stance guarding block x 4 forwards

Waist forearm block in L stance x 4 backwards

Patterns – Your choice, Instructor's choice, and Toi Gye

1 Step Sparring

### THEORY

Toi-Gye is the pen name of the noted scholar Yi Hwang (16th century A.D), who was an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on 37<sup>th</sup> degree latitude, and the diagram represents 'Scholar'.

'Red Belt' signifies danger, cautioning the student to exercise control, whilst warning the opponent to stay away.

Upset Fingertips – Dwijibun Sonkut

Reverse Side Kick – Badae Yop Chagi

W Shape Block – San Makgi

Twin Vertical Punch – Sang Sewo Jirugi

Upset Fingertips – Dwijibo Sonkut

Reverse Turning Kick – Badae Dollyo Chagi

Circular Block – Dollymio Makgi

U Shape Block – Digutja Makgi

Sitting Stance – Annun Sogi

Knee – Murup

L Stance – Niunja Sogi

X Pressing Block – Kyocha Noolio Makgi



## 2nd KUP RED BELT

FREE SPARRING in your sparring gear

Low block, rising block, reverse punch in Walking stance x 4 forwards

First 2 moves of Toi Gye x 4 backwards

Turning kick, reverse hook kick x 4 forwards

First 3 moves of Won Hyo x 4 backwards

Using back leg, hook kick, sidekick, L stance, lead ridge hand, back to guarding block x 4 forwards

Back fist strike in L stance, release to walking stance, reverse punch (as in Joong Gun) x 4 backwards

Side kick, reverse side kick x 4 forwards

X knife hand low block, X knife hand rising block in walking stance x 4 backwards

Jumping front snap kick x 4

Patterns – Your choice, Instructor's choices, and Hwa Rang

2 step sparring 1 - 4, 1 step sparring

**Theory** on next page...

## 2nd KUP RED BELT (Continued)

### THEORY

Hwa-Rang is named after the Hwa-Rang youth group which originated in the Silla Dynasty about 600 A.D. This group eventually became the driving force for the unification of the three kingdoms of Korea . The 29 movements refer to the 29th Infantry Division, where Tae Kwon-Do developed into maturity.

You may also be asked for a previous pattern meaning

'Red Belt' signifies danger, cautioning the student to exercise control, whilst warning the opponent to stay away.

'Black' is the opposite of white, therefore signifying maturity and proficiency in Taekwondo. It also indicates the wearer's imperviousness to darkness and fear.

Flat Fingertip Thrust – Opun Sonkut Tulgi      2 Step Sparring – Ibo Matsogi

Twisting Kick – Bituro Chagi      L Stance – Niunja Sogi

What has Taekwondo Done For You?      Reverse Knifehand – Sonkal Dung

Reverse Footsword – Balkal Dung      1 Step Sparring – Ilbo Matsogi

Back Kick – Dwit Chagi      W Shape Block – San Makgi

Flying High Kick – Twimyo Nopi Chagi      Walking Stance – Gunnun Sogi

Pushing Block – Miro Makgi      Rear Foot Stance – Dwit Bal Sogi

Inner Forearm Block – An Palmok Makgi

Reverse Side Kick – Bandae Yop Chagi

Reverse Turning Kick – Bandae Dollyo Chagi

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# FLOORWORK FOR 1ST KUPS

(As done at BRISTOL ACADEMY)

WS Low block, rising block, reverse punch (forwards)

LS Knife hand guarding block, WS upward elbow strike (backwards)

Rear leg front kick, turning kick, LS forearm guarding block (forwards)

First 3 moves of Won-Hyo (backwards)

Side kick, reverse side kick, LS forearm guarding block (forwards)

WS Hooking block, hooking block, obverse punch (backwards)

Knife hand guarding block, front leg front kick, flat fingertip thrust (forwards)

First 2 moves of Toi Gye (backwards)

Turning kick, reverse turning kick, LS forearm guarding block (forwards)

WS X fist pressing block, Twin vertical punch (backwards)

Rear leg Jumping front kick, LS forearm guarding block (on the spot)

Front leg Jumping side kick, LS forearm guarding block (on the spot x2 then change legs and repeat)

Patterns – Your choice, Set Patterns (they choose), Choong Moo

2 Step Sparring 1 - 8, 1 Step Sparring

Choong-Moo was the name given to the great Admiral Yi Sun Sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592, which was the precursor of the present day submarine. The reason that 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.