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BRITISH BLACK BELT TAEKWONDO ACADEMY

STUDENT HANDBOOK

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Tae Kwon Do

Tae Kwon Do is known for its emphasis on kicking techniques, which distinguishes it from martial arts such as karate or southern styles of kung-fu. The rationale is that the leg is the longest and strongest weapon a martial artist has, and kicks thus have the greatest potential to execute powerful strikes without successful retaliation.

Tae Kwon Do, as a martial art is popular with people of both genders and all ages. Physically, Tae Kwon Do develops strength, speed, balance, flexibility, and stamina. An example of the union of mental and physical discipline is the breaking of wooden boards, bricks or tiles, which requires both physical mastery of the technique and the concentration to focus one's power.

Traditional Tae Kwon Do typically refers to the martial art as it was established in the 1950s and 1960s in the South Korean military, and in various civilian organisations, including schools and universities. In particular, the names and symbolism of the traditional patterns often refer to elements of Korean history, culture and religious philosophy.

'Sport Tae Kwon Do' has developed in the decades since the 1950s and may have a somewhat different focus, especially in terms of its emphasis on speed and competition (as in Olympic sparring).

Modern Tae Kwon Do differs greatly from other martial arts. In fact, no other martial art is so advanced with regard to the sophistication and effectiveness of its technique or the over-all physical fitness it imparts to its practitioners.

Promotion from one grade (Kup) to the next can proceed rapidly; our schools allow grade promotions every three or four months. Students of 10th Kup grade (White Belt) learn the most basic techniques first, and then move on to more advanced techniques as they approach 1st Degree Black Belt.

In contrast, promotion from one Black Belt Degree to the next can take years. The general rule is that a black belt may advance from one rank to the next only after the number of year's equivalent to the next rank. For example, a newly-promoted 3rd degree black belt may not be allowed to advance to 4th degree until four years have passed.

Tae Kwon Do pursues harmonious growth and improvement through its activities. Tae Kwon Do is not just a sport. Anyone of any age can practice Tae Kwon Do. It is uniquely adaptable to your age and gender. You can maintain your training throughout your life, as I have done. The benefits are obvious and otherwise life changing!



Throughout this hand book you will see warning boxes like this which contain some of our key Rules and Regulations. It is important that all students (and parents/guardians) read, understand and abide by them. Further and complete Rules and Regulations can be found on the reverse of the Licence Renewal form at www.blackbeltcentre.co.uk. ALL Rules and Regulations apply and are subject to change without prior notice.

Tae Kwon Do Stances



Throughout this hand book you will find various explanations for a number of stances used within Tae Kwon Do. There are strong similarities in stances throughout Tae Kwon Do schools, but individual instructors often have their own preferred style.

For example, in the Charyot Stance, feet are often at 45°, keeping eyes forward while bowing. However, many instructors prefer the feet parallel forward, with the eyes facing toward the floor while bowing (as a sign of respect and trust for those around them).

Grading Procedure

Please read carefully, to avoid losing valuable points in your exam

Please ensure your application is returned to your instructor by the deadline given NO LATE ENTRIES CAN BE ACCEPTED.

Your grading fee includes, exam, registration, belt and certificate

- All students will grade in bare feet. Students with a relevant medical condition may grade in plimssoles/indoor training shoes (check with your instructor on the suitability of your intended footwear). Your instructor must agree to you wearing footwear prior to the grading.
- Marks are awarded for presentation and students are encouraged to take pride in their uniform and have a neat, tidy and clean appearance.
- Parents and family are welcome to watch the grading, but sorry, no children under 6 years of age. Please turn all mobile phones off. We must have silence during the exam so as not to distract the students grading.
- Jewellery is not permitted for safety reasons; please tape over any items that cannot be removed. All students must be a licensed member with the BBTA before taking any grading exam.
- Official BBTA training uniforms are compulsory from Yellow stripe belt.
- Instructor approved safety equipment is compulsory from blue stripe belt.
- You will line up in order of grade when the grading starts, to be introduced to the grading examiner. (Master Thomas, 6th Dan BBTA Grading Examiner).
- After formalities you will be asked to move to the back and maintain absolute silence. If you need to warm-up, talk or practice please move quietly out of the exam area to do so, remembering to bow on exit and entry.
- You can, of course use the toilet if necessary but please let someone know where you are in case your name is called to grade.
- When your name is called you must come to attention stance and shout loudly 'Sir' or 'Ma'am'. When you are given your position, jog to it, stand and remain in relaxed stance, eyes front.
- A grading official will shout out "Name and Grade from position one".
- When instructed, from relaxed stance, come sharply to attention stance and shout your name and grade, followed by 'Sir' or 'Ma'am', then return to relaxed stance.
- Your practical grading will then begin.
- After your practical grading you will be called to the table to answer questions on theory. When called please remember to acknowledge the caller by shouting 'Sir' or 'Ma'am' and then jog to the line in front of the table. On reaching the table come to attention stance and bow, remain in relaxed stance whilst your questions are asked.
- On completion of your theory you will again come to attention stance and bow before jogging back to your original position.
- A grading official will dismiss you calling you to attention stance and bowing. Please shout 'Thank you Sir / Ma'am' as you bow.
- You are then free to move to the back and watch the rest of the grading or get changed and go home. Please time your exit when others are not grading as any noise can be disruptive.
- Grading results will be issued to your instructor in time for your next lesson.

Tae Kwon Do Students' Oath

- I shall observe the tenets of Tae Kwon Do.
- I shall respect the instructor and seniors.
- I shall never misuse Tae Kwon Do
- I shall be a champion of freedom and justice.
- I shall build a more peaceful world.

F.A.O. Parents

Throughout this hand book you will see smiley faces. These indicate the theory that any student under the age of 13 needs to learn. Students aged 13 and above need to learn ALL theory (or try to learn if nearly 13).

White Belt – 10th Kup – Beginner

Traditional students only

Practical Grading (floor work)

Presentation (ensure that you present yourself smartly)
Middle single punch in sitting stance (with kihap (shout) if instructors wish)
Middle outer forearm block – walking stance (adults stepping forward – children on the spot – both sides)
Lower outer forearm block – walking stance (adults stepping forward – children on the spot – both sides)
Front kick in lines (L stance – 10 each leg – on the spot)
SAJO JIRUGI (Four Directional Punching Number 1 and 2)
Press ups (children X 5 / adults X 10. Over 18's choice of palm or knuckle)
Questions (see table opposite)
Etiquette (be alert and show unprompted respect)

Combat students only

Practical Grading (floor work)

Presentation (ensure that you present yourself smartly)
Sitting stance – single punch (with shout)
Reverse punch on focus pads (alternating slow and fast). Start position: both arms in front of body guarding, walking stance)
One-for-one reverse punch with partner (L stance)
High outer forearm block (walking stance – with blocking poles, slow and fast)
Front kick in lines (walking stance – 10 each leg – on the spot)
One-for-one front kick with partner
Press ups (children X 5, adults X 10)
Questions (see table opposite)
Etiquette / Attitude / Discipline (be alert and show unprompted respect)



Meaning of White Belt

White signifies innocence, as that of a beginning student, who has no previous knowledge of Tae Kwon Do. 😊

Closed Stance



Moa Sogi means the feet are parallel and close together. It can be side facing or front facing to your opponent. There are four varieties, **Moa Sogi 'A'**, **Moa Sogi 'B'**, **Moa Sogi 'C'** and **Moa Sogi 'D'**.

SAJO JIRUGI (Four Directional Punching Number 1 and 2)

Sajo Jirugi Number 1: step with right leg – walking stance / middle punch / low section outer forearm outward block

Sajo Jirugi Number 1: opposite direction – step with left leg / middle punch / low section outer forearm outward block

Sajo Jirugi Number 2: step with right leg – walking stance / middle punch / high section outer forearm outward block

Sajo Jirugi Number 2: opposite direction – step with left leg / middle punch / high section outer forearm outward block.

The following terminology needs to be learnt for your 10th Kup grading:

Terminology for White Belt

Name of training suit	😊	Dobok
Name of training hall	😊	Dojang
BBTA Founder's name and grade		Master Phil Thomas, 6th degree
Tenets		Courtesy Integrity Perseverance Self control Indomitable spirit
Front Kick		Ap chagi
Fore-fist (show striking part of fist)	😊	Ap joomuk
What is the country of origin of TKD	😊	Korea
Four directional punching	😊	Sajo jirugi
Tae Kwon Do	😊	Foot fist art
Walking stance		Gunnun sogi

Attention Stance



Charyot Sogi is the formal, non-combat stance used in class when not training, during address, discussion etc. Feet are pointed outwards at slightly under a 45° angle with the heels close together. When bowing you should incline your head 15° forward, remembering to always keep your eyes fixed on your opponent.



THE NATURE OF TAE KWON DO CLASSES: Training in Tae Kwon Do involves physical contact and carries a risk of injury. Instructors try to mitigate such risks, but students MUST take responsibility for themselves especially during partner work. You can exclude yourself from any activity that you feel uncomfortable with. Immediately inform your instructor of any injury or other factor that may affect your ability to train. You may need to produce a doctor's certificate before you are permitted to train. Students and parents of students must accept that there will be physical contact between all students and instructors, particularly during sparring or when the instructor needs to correct techniques. Queries must be made at first instance to the instructor.

Yellow Stripe – 9th Kup

Traditional students only

Practical Grading (floor work)

Presentation (ensure that you present yourself smartly)
One-for-one kick (student choice of kicks taught to you by your instructor)
One-for-one rear leg turning kick (no blocking / change kicking leg after each kick)
Middle double punch in sitting stance (with kihap (shout) if instructors wish)
Middle outward, inner forearm block (stepping backwards in walking stance)
Single obverse punch (stepping forwards with kihap (shout) if instructors wish)
Pattern Chon Ji
Questions (see table opposite and all previous grade terminology)
Etiquette / Attitude / Discipline (be alert and show unprompted respect)

Interpretation of CHON JI (19 movements)



Chon Ji, 19 movement pattern – literally means ‘The Heaven and Earth’. In the Orient it is interpreted as the creation of the world or the beginning of human history, it is therefore the initial pattern performed by the beginner. The pattern consists of two similar parts, one to represent the Heaven, the other Earth.

Combat students only

Practical Grading (floor work)

Presentation (ensure that you present yourself smartly)
Sitting stance – double punch (with shout)
Obverse punch on focus pads (alternating slow and fast in walking stance)
One-for-one double punch with partner (walking stance)
Middle outward, inner forearm block (L stance – with blocking poles, alternating slow and fast)
Front kick (on pads)
Axe kick in lines (walking stance)
One-for-one axe kick with partner (walking stance)
Press ups (children X 5, adults X 10)
Questions (see table opposite and all previous grade terminology)
Etiquette / Attitude / Discipline (be alert and show unprompted respect)



DISCLAIMER OF LIABILITY: Instructors prepare classes immediately beforehand, therefore instructors are NOT responsible for students outside of the allotted training times. At ALL times, students are responsible for their own safety/welfare/conduct and those around them. Students under the age of 8 years must have a parent/guardian present at all times. The parent/guardian is responsible for the safety/welfare/conduct of that student. ALL attendees present must remain disciplined at all times. Unsupervised children running around is NOT accepted. Injuries sustained as a result is entirely the fault of the student/parent/guardian/attende. **BBTA is not a crèche.**

The 19 movements of CHON JI.

The first half of the pattern represents the Heaven, the second part represents the Earth. All the punches and low blocks are performed in walking stance and the 4 middle blocks are performed in L stance. The movements in this and all other patterns should be performed with realism, speed, power, focus, balance and good technique. Do not confuse speed and power with haste. Every movement and technique should be executed fully, do not rush between movements, complete each block and strike with maximum effort and accuracy. Performing your patterns in this way, will build confidence, improve fitness and develop and strengthen all the specific muscles required in generating the power and speed necessary in a real self defence situation.

Terminology for Yellow Stripe

L stance	Niunja sogi
Double punch	Dibo jirugi
Obverse punch	Baro jirugi
Reverse punch	Bandae jirugi
Front kick	Ap chagi
Outward	Bakaero
Middle section (outward) inner forearm block	Kaunde (bakaero) an palmok makgi
Turning kick	Dollyo chagi
One	Hanna
Two	Dool
Three	Seth
Four	Neth
Left	Wen
Right	Orun



Meaning of Yellow Belt



Yellow signifies the Earth, from which a plant sprouts and takes root, as the foundation in Tae Kwon Do is being laid.



Due to possible physical injury during the practice of Tae Kwon, instructors of BBTA Schools take all reasonable steps to minimise the likelihood of an accident, but you MUST acknowledge that the risk cannot be completely eliminated. The acceptance of your application for membership of BBTA and your participation in classes/events/gradings/competitions does not constitute, and should not be considered as constituting any form of acknowledgment by BBTA Schools or its instructors that you have the necessary skills or physical ability to safely participate. It's your sole responsibility to judge such matters. If you have any doubt whatsoever as to your ability to safely complete any exercise, it's your responsibility to withdraw. Neither BBTA Schools, nor its instructors accept any liability for injuries sustained in the course of practising and learning Tae Kwon Do or in the course or participation in these events.

Yellow Belt – 8th Kup

Traditional students only	Practical Grading (floor work)
	Presentation (ensure that you present yourself smartly)
	One-for-one front leg side kick (no blocking / change kicking leg after each kick)
	One Step Sparring Number 1 (see pages 11 and 12)
	Knife hand guarding block (stepping forwards in L stance)
	Twin forearm block – L stance (adults stepping forward – children on the spot – both sides)
	Double punch – walking stance (stepping forward – children single punch)
	Pattern Dan Gun
Questions (see table opposite and all previous grades terminology)	
Etiquette (be alert and show unprompted respect)	

Interpretation of DAN GUN (21 movements)



Dan Gun, 21 movement pattern – is named after the Holy Dan Gun, the legendary founder of Korea in the year 2333 BC.

Combat students only	Practical Grading (floor work)
	Presentation (ensure that you present yourself smartly)
	Walking stance – high side back fist strike (to focus pads)
	Double punch on focus pads (walking stance)
	Low outward forearm block (walking stance – with blocking poles, alternating slow and fast)
	Front leg side kick on spot (any leg – from L stance)
	One-for-one front leg side kick with partner (L stance)
	Axe kick (walking stance – on pads)
	One-for-one any technique learnt to date
Questions (see table opposite and all previous grades terminology)	
Etiquette / Attitude / Discipline (be alert and show unprompted respect)	

Improve fitness

Improving your fitness is necessary in all sports, not just Tae Kwon Do. But what most people do not realise is that Tae Kwon Do is a Sprint Sport, not an endurance sport. Instead of running for hours and hours, you need to concentrate on your sprint speed. Running 100m, 200m and 400m sprints not only make you fitter, it will also improve the speed of your kicking.

Terminology for Yellow Belt

High section fore-fist punch	Nopunde ap joomuk jirugi
Middle section (outward) knife-hand strike	Kaunde (bakaero) sonkal taerigi
Inward block	☹️ Anaero makgi
Inward knife-hand strike	Anaero sonkal taerigi
Knife-hand guarding block	Sonkal daebi makgi
Rising block	☹️ Chookyo makgi
Twin forearm block	Sang palmok makgi
One step sparring	Ilbo matsoki
Forearm guarding block	Palmok daebi makgi
Back fist strike (show striking part of fist)	☹️ Dung joomuk taerigi
Axe kick (also known as 'Downward kick')	☹️ Naeryo chagi

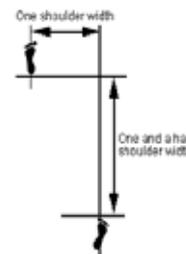
Interesting fact

The legends of the Holy Dan Gun vary. Some indicating him as a lawgiver and the founder of the first Korean kingdom, other stories are more mythical. One ancient legend describes Dan Gun as half-man, half-god.

The story begins with a bear longing to be human who asked for direction from the gods. She was told to simply eat a bunch of mugwort and twenty pieces of garlic and keep out of the sunlight for 100 days. Successfully completing the task the bear-woman married the heavenly king's youngest son. Wang Ung and their child was Dan Gun. He was born on Korea's highest mountain, Mount Bekdu, on the border with China and went on to establish his own kingdom, Josun, meaning 'morning freshness' or 'morning calm'.

This bear legend is similar to others found in Siberia and could indicate the true origination of Korea as people migrated out of Central Asia.

Walking Stance



Gunnun Sogi is used to approach or retreat in combat and patterns. Feet should be maintained shoulder width apart except when stepping, where the leading foot moves outwards marginally. To maintain a solid base, each step should put about a shoulder width between feet. When stopping in the middle of a step, the back foot should be inclined outwards slightly to aid balance.

The distance between both heels is about a shoulder width to one-half shoulder length. Rear toes are turned outward about 30°. The weight should be 50-50.

One Step Sparring (Ilbo Matsoki)

This procedure is designed for the beginner to learn the basic techniques such as proper distance, correct facing, forearm conditioning, correct blocks. The main objective is focus, distance and timing, as this is something that cannot be gained from practicing patterns or line work.

Please note: In one step sparring, your partner is placing their trust in you to focus your techniques correctly without injuring them. Therefore to break this trust is unacceptable and in a grading exam will result in failure.

Procedure for attack

1. Attacker starts in parallel ready stance. When you are ready to attack, shout.
2. When the defender shouts (Signalling they are ready), commence the attack.
3. Step forward with right leg, in walking stance, right middle section punch.
4. Return to ready stance and repeat the procedure with the left side.

Procedure for defence

The defender starts in parallel ready stance facing the attacker and shouts when they are ready to defend.

At the end of each sequence

The attacker steps back into parallel ready stance and the defender returns to parallel ready stance facing the attacker. The roles are then reversed.

One step sparring should be performed with power, accuracy and realism, concentrating on focus, distance and timing, ensuring that the correct blocking and attacking tools are used.

In advanced one step, ensure that your kicks and strikes are accurately focused, keeping good balance, posture and control, whilst maintaining an effective guard. It is important to use the correct striking parts of both the hands and feet when blocking AND attacking.



CONDUCT AND ETIQUETTE IN THE CLASSES: Instructors and students must conduct themselves in accordance with the tenets of Tae Kwon Do. Respect must be shown towards the instructor and fellow students. Disrespect or discrimination is not tolerated. Behaviour that is not conducive to training will not be tolerated and the instructor may ask the student to sit down or leave the class. You are expected to adhere to the discipline of the instructor.

Parents/guardians, their (non-practising) children and any other (non-practising) attendees must remain seated and out of the way of practising students? Loud parents, children running around and attendees on mobile phones or playing games with the volume audible to all is not acceptable and will be asked to leave the training hall. Disruption is distracting to our students and can lead to injury.

Instructors have full discretion as to whether to exclude a student/parent/guardian/attendee if codes of conduct are likely to be breached, are breached or if information is given which leads the instructor to believe that it would not be in the best interests of the BBTA for that person to remain part of BBTA Schools. Student's whose conduct endangers the welfare/safety/harmony/reputation of the BBTA will be reprimanded or have their membership suspended/cancelled. BBTA Schools shall be the sole judge of what constitutes such conduct. No refund of fees paid shall be made. The instructor has the right to prevent entry into the school for any student/parent/guardian/attendee deemed unsuitable.

One Step Sparring Defence Procedures

Number 1 (Yellow Belt)

Defence	Against right punch attack: Step back with the right leg into walking stance, middle section outer forearm outward block with the left arm.
Counter attack	Right reverse punch to the jaw with a shout.
	Reverse the procedure for the left punch attack.

Number 2 (Green Stripe)

Combined defence and counter attack	Against right punch attack: Step out with the right foot into sitting stance at a 60 degree angle (to attackers open side), simultaneously executing a left outer forearm outward block and a right punch to the jaw with a shout.
	Reverse the procedure for the left punch attack.

Number 3 (Green Belt)

Combined defence and counter attack	Against right punch attack: Step out with the right foot into sitting stance at a 30 degree angle (to attackers open side), simultaneously executing a left knife-hand cover block and a right inward knife-hand strike to the neck.
	Reverse the procedure for the left punch attack.

Number 4 (Blue Stripe)

Defence	Against right punch attack: Step forward with the left leg into L stance and execute a middle section inward palm heel block with the left arm.
Counter attack	Slip front leg into walking stance and execute right elbow strike to the ribs.
	Reverse the procedure for the left punch attack.

Number 5 (Blue Belt)

Defence	Against right punch attack: Jump back to the right 45 degrees, landing in L stance (right leg back), forearm guarding block.
Counter attack	Right middle section front kick, land right leg forward in walking stance, high section obverse punch, middle section reverse punch.
	Reverse the procedure for the left punch attack.

Number 6 (Red Stripe)

Defence	Against right punch attack: Step back to the right 45 degrees, landing in L stance (right leg back), knife-hand guarding block.
Counter attack	Middle section front leg side kick, land in L stance (left leg forward) and execute a left high back-fist side strike to the temple.
	Reverse the procedure for the left punch attack.

Number 7 (Red Belt)

Defence	Against right punch attack: Step forward with the left leg into walking stance and execute a right hooking block to the outside of the attackers arm keeping hold of the attackers wrist.
Counter attack	Right leg middle turning kick to the body and left elbow strike to the head.
	Reverse the procedure for the left punch attack.

Green Stripe – 7th Kup

Traditional students only

Practical Grading (floor work)

Presentation (ensure that you present yourself smartly)
One-for-one front leg hooking kick (no blocking / change kicking leg after each kick)
One Step Sparring Number 2 (see pages 11 and 12)
High wedging block (adults stepping backwards – children on the spot – both sides)
Middle fingertip thrust (adults stepping forward – children on the spot – both sides)
Semi free one-for-one (stepping forwards in walking stance)
Pattern Do San
Questions (see table opposite and all previous grades terminology)
Etiquette (be alert and show unprompted respect)

Interpretation of DO SAN (24 movements)



Do San, 24 movement pattern – is the pseudonym of the patriot Ahn Ch'ang Ho (1876-1938) who devoted his entire life to furthering the education of Korea and its independent movement.

Ahn Ch'ang Ho's philosophy was practised with diligence. He did not believe in pretension when dealing with others. The basis of this philosophy, later in 1913, became the corps of Hang Sadan, or the 'society for raising gentlemen'.

Combat students only

Practical Grading (floor work)

Presentation (ensure that you present yourself smartly)
L stance – knife hand strike to focus pads (alternating slow and fast)
Rising, outer forearm block (walking stance – alternating slow and fast)
Demonstrate balance skills (bending ready stance)
45 degree kick on spot – 10 each leg (L stance – using instep)
One-for-one 45 degree kick with partner (L stance – using instep)
Front leg side kick on pads (L stance – stepping through)
One-for-one any technique learnt to date
Questions (see table opposite and all previous grades terminology)
Etiquette / Attitude / Discipline (be alert and show unprompted respect)



Meaning of Green Belt

Green signifies the plant's growth as Tae Kwon Do skills begin to develop.



EQUIPMENT: To attend your second (or any subsequent) grading you need to have purchased an official BBTa training suit. ALL equipment used should be BBTa approved equipment.

Terminology for Green Stripe

Wedging block	☹️	Hechyo makgi
Side kick	☹️	Yop chagi
Hooking kick	☹️	Golcha chagi
High back-fist front strike		Nopunde dung joomuk ap taerigi
Middle straight fingertip thrust		Kaunde son sonkut tulgi
High back-fist side strike		Nopunde dung joomuk yop taerigi
High outer forearm (outwards) block		Nopunde bakat palmok (bakaro) makgi
Knife hand guarding block		Sonkal daebi makgi
Twisting release		Bitulmyo pulgi
Foot sword		Balkal
Ball of foot	☹️	Ap kumchi
Head		Mori

Semi-Free Sparring (Ban Jayoo Matsoki)

Techniques in semi-free sparring should be executed with accuracy and power, whilst maintaining good balance. A correct guarding posture should be maintained at all times (do not drop your hands when performing a kick or other attacking moves). Effective blocks for defence, including movement and dodging should be applied. The exercise is designed to improve your spatial awareness as well as improving your speed and reaction.

Semi-free sparring should not be hurried, however techniques should be executed in a dynamic way, the secret is reaction force and quick, intelligent movements. This is where the true art to sparring is learned.

Both students start in L stance, forearm guarding block with a shout (kihap). The attacker will then kihap to signal that they are ready and will then wait for the defender to respond with a kihap. When ready, the defender will kihap, signalling the attack to begin. At the end of the exercise, the students return to L stance, forearm guarding block before being called to attention stance.

Free Sparring (Jayoo Matsoki)

Semi-free sparring is useful in preparing the student for free sparring; however, the student now needs to incorporate strategy and forward thinking into the equation. Strategy needs to be constantly re-evaluated throughout each round of sparring, working with your strengths and more importantly your opponents' weaknesses and flaws. Sometimes defence techniques can be forgotten in free sparring, with the student focusing entirely on attack. You must always maintain a good defence and guard throughout, whilst applying a good counter strategy. Do not allow yourself to be drawn into your opponents counter attacks, keep calm, think clearly and act swiftly and decisively.

Green Belt – 6th Kup

Traditional students only	Practical Grading (floor work)
	Presentation and etiquette (show unprompted respect / present yourself smartly)
	Semi free sparring two-for-two (blocking / any technique learnt / change leg after kick)
	One-for-one outward axe kick (no blocking / change kicking leg after each kick)
	One Step Sparring Number 3 (see pages 11 and 12)
	Side punch (stepping forwards in fixed stance)
	Circular block (adults stepping forward – children on the spot – both sides)
	Pattern Won Hyo
Questions (see table opposite and all previous grades terminology)	

Interpretation of WON HYO (28 movements)



Won Hyo, 28 movement pattern – was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686AD.

Buddhism was introduced in Korea first into the Kingdom of Goguryeo and Baekjae in the 4th century AD, before moving into the Silla Kingdom. It has played an important part in nurturing the spiritualism of the nation and aiding its unification.

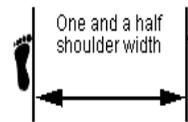
Combat students only	Practical Grading (floor work)
	Presentation (ensure that you present yourself smartly)
	Forearm guarding block (L stance)
	High palm strike on focus pads (alternating slow and fast – walking stance)
	One-for-one Knife hand strike with partner (L stance)
	Rear leg turning kick in lines – moving forward (L stance)
	One-for-one rear leg turning kick with partner (L stance)
	Three-for-three semi free sparring (any technique to date)
Questions (see table opposite and all previous grades terminology)	
Etiquette / Attitude / Discipline (be alert and show unprompted respect)	

The Three Kingdoms of Korea were Goguryeo, Silla and Baekje. The Silla Dynasty emerged around the 4th century AD. Its lands were in the South of the Korean Peninsula. It was the most successful of the three kingdoms because of its position for international trade. This commercial strength enabled the kingdom to seize control of Goguryeo and Baekjae.

Terminology for Green Belt

Vertical stance	Soojik sogi
Closed ready stance 'A'	Moa junbi sogi 'A'
Fixed stance	☺ Gojung sogi
Bending ready stance 'A'	Goburyo sogi 'A'
Low stance	Nachuo sogi
High inward knife-hand strike	Nopunde anaero sonkal taerigi
Side punch	☺ Yop jirugi
Twin fist vertical punch	Sang joomuk sewo jirugi
Knee kick	Moorup chagi
High flat fingertip thrust	Nopunde opun sonkut tulgi
Twin fist upset punch	Sang joomuk dwijibo jirugi
Circular block	☺ Dollimyo makgi
Waist block	☺ Hori makgi
X block	Kyocha makgi
Upward palm heel block	Olyo son badak makgi
Free sparring	☺ Jayoo matsoki
Semi-free sparring	Ban jayoo matsoki
Back heel	☺ Dwit chook
Back sole	Dwit kumchi

Sitting Stance



Annun Sogi is a low stance used in Tae Kwon Do and several other martial arts as a neutral position, which also enables an individual to practise punching.

Feet are placed wide, around two shoulder widths apart and the knees are deeply bent until the hamstrings lie parallel with the floor. The back is kept straight. Arms are bent with closed, upturned fists

held at the hips. As each punch is directed forward, the fist swivels 180° down to a natural position before impact, turning back up again as it is retracted to the sides. This is a very arduous position for the legs and lower back. While punches are being trained, other parts of the body are receiving a workout. As a student progresses, their hips will begin to open up and they will be able to achieve an even lower stance. Tests of martial endurance are often based around maintaining this position for protracted periods, holding other objects on outstretched arms or even balancing them on the head.

Blue Stripe – 5th Kup

Traditional students only	Practical Grading (floor work)
	Presentation and etiquette (show unprompted respect / present yourself smartly)
	One-for-one side kick off back leg (no blocking / change kicking leg after each kick)
	One Step Sparring Number 4 (see pages 11 and 12)
	High double forearm block (stepping forwards in walking stance, children on the spot)
	Hooking block (stepping backwards in walking stance, children on the spot)
	Semi free sparring three-for-three (blocking / any single or combination technique learnt)
	Pattern Yul Gok and Examiner's choice of any previous patterns
Questions (see table opposite and all previous grades terminology)	

Interpretation of YUL GOK (38 movements)

Yul Gok, 38 movement pattern – is the pseudonym of a great philosopher and scholar Yi I (1536 – 1584) nicknamed the Confucius of Korea. The 38 movements refer to his birthplace on 38th degrees latitude and the diagram of the pattern represents 'scholar'.

Combat students only	Practical Grading (floor work)
	Presentation (ensure that you present yourself smartly)
	High back fist, then reverse punch on pads (alternating slow and fast – walking stance)
	One-for-one high back fist, then reverse punch
	Rear leg side kick in lines – moving forward (L stance)
	Rear leg side kick on pads (L stance)
	One-for-one left leg front kick – right leg axe kick both kicks off rear leg (L stance)
	Low outward palm block (L stance – with blocking poles, alternating slow and fast)
	Three-for-three semi free sparring (with blocks and dodges – any technique learnt to date)
	Questions (see table opposite and all previous grades terminology)
Etiquette / Attitude / Discipline (be alert and show unprompted respect)	



Meaning of Blue Belt

Blue signifies the Heaven towards which the plant matures into a towering tree as training in Tae Kwon Do progresses.

Terminology for Blue Stripe		
X stance	☺	Kyocha sogi
Front elbow strike		Ap palkup taerigi
Back kick	☺	Dwit chagi
Palm-heel strike		Son badak taerigi
Arc hand strike		Bandalson taerigi
Reverse knife-hand strike		Sonkal dung taerigi
Side fist side strike		Yop joomuk yop taerigi
Reverse turning kick	☺	Bandae dollyo chagi
Palm-heel waist block		Son badak hori makgi
Hooking block	☺	Golcha makgi
Twin knife-hand block		Sang sonkal makgi
High double forearm block		Nopunde doo palmok makgi
Inner forearm inward waist block		An palmok anaero hori makgi
One step sparring	☺	Ilbo matsoki

Yul Gok as a philosopher believed that national opinion was the vitality of the state and the kingdom's survival depended on it. To this end, he was a prominent figure in the call for universal suffrage. He stated that a household would not sustain harmony unless every member is sufficiently sincere. Sincerity is the origin of reverence, showing the realism of heaven and is therefore the only true weapon against evil.

The 38° line of latitude has a more modern significance. At the end of the Second World War, Korea was liberated from the Japanese and divided by the US and Soviet Union, as it was then, into North and South along the 38° line forming a boundary between communism and capitalism.

Confucianism is the ethical system of the Chinese philosopher, Confucius, who was born in China in approximately 552 BC. It is not a religion that is based on the worship of a supernatural power, more a collection of teachings or analects emphasising devotion to the family, peace and justice. The name Confucius is derived from the family name 'Con' and 'Fut-su'. He was a scholar who spent much of his life travelling and it is his conversations with his followers that have been transformed into his analects. There are five teachings:

1. The Ruler and the Minister, which indicates righteousness.
2. Father and Son, which relates to affection.
3. Husband and Wife, which focuses on attention to their separate functions.
4. Old and Young, which symbolises the great order of things.
5. The relationship of friends from which can be seen faithfulness.

Tae Kwon Do Kicks – Hints and Tips

Slow kicking practice is **vital** to good kicking technique. Hold onto a wall if you need to and perform your kicks slowly. Pay attention to every little detail. Look at your standing (stationary) foot, your chamber, your body position and your arms. **Take time to get your technique right.** This work will really pay off. You will find your kicks are so much better when you come to do them at normal speed. As you practise your kicking techniques slowly, you build strength in your leg and core muscles. This is important conditioning. If your core is strong you can keep your body upright when you kick. And your legs can work independently of your body. You will stay balanced during your kicks and recover more quickly. Strong hip muscles are also important; these create stability and strength in the kick.

Another great way to improve your kicking technique is to work on your chamber or knee lift. When you bend your knee you can kick fast. When you don't bend your knee enough your kick is slower. It's also physically harder to kick if you don't bend your knee. If you lift your leg straight up in front of you it's hard work and ineffective, however if you bend our knee to your chest it's easier. The final part of the kick (the leg extension) is less effort once your knee is in the right place and more straight line power is produced. Lifting your knee high also helps you to get your kicks higher. So pay particular attention to the leg and chamber positions, **don't attempt to rush through to the 'end' of the kick.**

Your Tae Kwon Do kicking techniques won't work if your stationery foot doesn't pivot (rotate). It just won't happen. Your hip can't open up, you can't extend your leg properly and you will strain your standing knee and your kick will lack power and direction. Make sure on your side-kick and traditional turning kick that the stationery foot rotates almost 180 degrees. This will generate a more powerful kick with less stress on the joints (in particular the knee) reducing the risk of injuries!

Once we understand the physical mechanics of the kicks, it's important we maintain focus. Without focus your kicks will lack direction and power and furthermore speed will be reduced. Correct focus improves your balance and greatly increases the ultimate power of the kick. Poor focus is normally a result of the following: (1) Poor Balance. (2) Lack of control. (3) Poor concentration. (4) Distraction.

Finally, for the kick to have maximum impact, the correct part striking part of the foot must be used (please refer to the diagrams at the back of this hand book).

To summarise, the following qualities are required in executing effective powerful kicks: (1) Core muscle strength. (2) Flexibility. (3) Balance & posture. (4) Correct chamber position and rotation of stationery foot. (5) Focus. (6) Correct striking tool. (7) Speed and accuracy.



TUITION AND GRADING: BBTA classes follow a set syllabus. The instructor has full discretion as to what is taught and when. Eligibility to take grading exams is dependent upon the number of sessions trained and the mandatory syllabus being learned to a required standard. The instructor has full discretion over when and whether a student is eligible to grade.

Stretching

Why do we need to carry out stretching?

Stretching is an important part of any sports activity and should be part of any warm up or cool down. The benefits of stretching include the following;

- Prevent injury.
- Minimise muscle soreness.
- Improve efficiency and range of movement.

Stretching is an important part of any sports routine but particularly within Tae Kwon Do where students aim to perfect high kicks and explosive, powerful techniques.

Stretching should ideally be carried out following a light aerobic warm up when the muscles are 'warm' and the stretching more effective.

You will be familiar with a number of basic stretches during your classes already. The following paragraphs provide some information about the different types of stretching that can be carried out to maximise your training in the future.

Static stretching

A simple muscle stretch that goes just to the point of gentle tension and is held steadily for several seconds, without moving or bouncing, such as bending down to touch your toes.

Passive stretching

A term used to describe a static stretch in which an external force (such as the floor or another person) holds the performer in the static position. Within class you will often take part in partner stretches which would be classified as passive stretching.

Dynamic stretching

Dynamic stretching involves moving parts of your body and gradually increasing reach and speed of movement. There are no bouncy or jerky movements during dynamic stretching. Examples include leg swings and torso twists.

Isometric stretching

Isometric stretching is a type of static stretching which involves the resistance of muscle groups through isometric contractions (tensing) of the stretched muscles. The use of isometric stretching is one of the fastest ways to develop increased static-passive flexibility and is much more effective than either passive stretching or active stretching alone. An example would be having a partner hold your leg up high (and keep it there) while you attempt to force your leg back down to the ground.

Ballistic stretching

Ballistic stretching uses the momentum of a moving body or a limb in an attempt to force it beyond its normal range of motion. This is stretching, or 'warming up', by bouncing into (or out of) a stretched position, using the stretched muscles as a spring which pulls you out of the stretched position. (e.g. bouncing down repeatedly to touch your toes.) This type of stretching is not considered useful and can lead to injury. It does not allow your muscles to adjust to, and relax in, the stretched position. It may instead cause them to tighten up by repeatedly activating the stretch reflex

Blue Belt – 4th Kup

Traditional students only	Practical Grading (floor work)
	Presentation and etiquette (show unprompted respect / present yourself smartly)
	Free sparring (with full safety gear)
	Back kick one-for-one (no blocking / change kicking leg after each kick)
	Examiners choice of kicks on focus pads (Demonstrating focus, power and striking tool)
	One Step Sparring Numbers 4 / 5 (see pages 11 and 12)
	Line work appropriate for grade
	Pattern (student's choice, not Joong Gun)
Pattern Joong Gun and Examiner's choice of any previous patterns	
Questions (see table opposite and all previous grades terminology)	

Interpretation of JOONG GUN (32 movements)



Joong Gun, 32 movement pattern – 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 part in the Korea / Japan merger. The 32 movements in this pattern are to represent Mr. Ahn's age when he was executed at Lui-Shang prison (1910).

Combat students only	Practical Grading (floor work)
	Presentation (ensure that you present yourself smartly)
	Middle checking block – double outer forearm (sitting stance – with blocking poles, alternating slow and fast)
	High outward knife hand block (L stance – with blocking poles, alternating slow and fast)
	Middle back kick on pads (L stance)
	One-for-one middle back kick with partner (L stance)
	Two-for-two any kick with partner (with blocks and dodges – any technique to date)
	One-for-one any hand attack with partner (with blocks and dodges – any technique to date)
	Free sparring (with full safety equipment)
	Questions (see table opposite and all previous grades terminology)
Etiquette / Attitude / Discipline (be alert and show unprompted respect)	

Terminology for Blue Belt		
Closed ready stance 'B'	☹️	Moa junbi sogi 'B'
Rear foot stance	☹️	Dwit bal sogi
Low stance	☹️	Nachuo sogi
Closed stance	☹️	Moa sogi
Low front snap kick		Najunde apcha busigi
High upper elbow strike		Nopunde wi palkup taerigi
High vertical twin fist punch		Nopunde sang joomuk sewo jirugi
Twin fist upset punch		Sang joomuk dwijibo jirugi
High back-fist side strike		Nopunde dung joomuk yop taerigi
Middle side piercing kick		Kaunde yop cha jirugi
Middle side reverse knife hand block		Kaunde yop sonkal dung makgi
Upward palm-heel block		Oillyo son badak makgi
Knife-hand guarding block	☹️	Sonkal daebi makgi
'X' fist block	☹️	Kyocha joomuk makgi
High double forearm block		Nopunde doo palmok makgi
Middle forearm guarding block		Kaunde palmok daebi makgi
Palm pressing block		Son badak noollo makgi
U shape block	☹️	Digutcha makgi
Pulling release		Dangimyo Pulgi

L-Stance



Niunja Sogi is a standard L stance used in Tae Kwon Do to prepare for kicking. The body is turned to present only the side to the opponent and the legs are split one-and-a-half shoulder widths apart. The front foot points directly forwards while the back leg is turned out just under 90° and the feet are lined up along the heels. To make sure you have the L stance properly aligned, stand with your feet together, turn out the toes and step the back foot directly backwards into the stance. 70 percent of the weight should be on the back leg which means the front leg can be engaged in quick kicking and it will not unbalance the practitioner if swept.



WHAT IS BBTA?: BBTA provides the training syllabus and guidelines for BBTA instructors to run and organise tuition classes in Tae Kwon Do at venues and times advertised. You are entitled to train at any of the BBTA schools unless otherwise stated by your instructor.

Red Stripe – 3rd Kup

Traditional students only

Practical Grading (floor work)
Presentation and etiquette (show unprompted respect / present yourself smartly)
Free sparring (with full safety gear)
Reverse turning kick on kick shields
One-for-one kick demonstration (NO safety gear to demonstrate correct foot positions – students own choice of varied techniques)
Line work appropriate for grade
One Step Sparring Numbers 4 / 5 / 6 (see pages 11 and 12)
Pattern Toi Gye and Examiner's choice of any previous patterns
Power test on kick shield or optional breaking (over 18's student option to break / student's choice of technique / examiner's choice of boards)
Questions (see table opposite and all previous grades terminology)

Interpretation of TOI GYE (37 movements)

Toi Gye, 37 movement pattern – is the pen name of the noted scholar Yi Hwang (16th AD) and authority of neo-Confucianism. The 37 movements of the pattern refer to his birthplace on the 37th degree latitude. The diagram of the pattern represents scholar.

Combat students only

Practical Grading (floor work)
Presentation (ensure that you present yourself smartly)
Middle X fist checking block (L stance)
Front kick double punch (walking stance – moving forward in lines)
Reverse knife hand strike on pads (walking stance – alternating slow and fast)
Middle obverse hooking block (walking stance – with blocking poles, alternating slow and fast)
Front leg hooking kick (L stance – in lines)
One-for-one front leg hooking kick (L stance – with blocks and dodges)
Free sparring (with full safety equipment)
Questions (see table opposite and all previous grades terminology)
Etiquette / Attitude / Discipline (be alert and show unprompted respect)



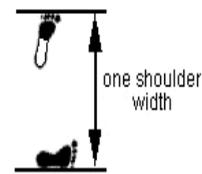
Meaning of Red Belt

Red signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

Terminology for Red Stripe

Low upset fingertip thrust	Najunde dwijibo sonkut tulgi
High back back-fist strike	Nopunde dwit dung joomuk taerigi
High vertical twin fist punch	Nopunde sang joomuk sewo jirugi
Middle front snap kick 	Kaunde apcha busigi
Middle fore-fist punch 	Kaunde ap joomuk jirugi
High flat fingertip thrust	Nopunde opun sonkut tulgi
Double fore-fist punch 	Dibo ap joomuk jirugi
Middle side inner forearm block	Kaunde yop an palmok makgi
Pressing 'X' fist block	Noollo kyocha joomuk makgi
Outer forearm 'W' shape block 	Bakat palmok san makgi
Low double forearm pushing block	Najunde doo palmok miro makgi
Knife-hand guarding block 	Sonkal daebi makgi
High double forearm block	Nopunde doo palmok makgi
Knee kick 	Moorup chagi
Breaking / destruction	Kyukpa
Inner forearm circular block	An palmok dollymio makgi

Rear Foot Stance



Dwit Bal Sogi, rear foot stance is like L Stance but much tighter, the feet are slightly over head width apart. 80 percent of the weight is placed on the back foot leaving the front leg ready to kick. Stand with your front foot facing forwards, the back foot turned 45° to the side and keep the feet quite close together. Shift most of your weight to the back foot, so the front foot is only for balance and you can kick from it with little body weight shifted. You should also stay on the ball of your front foot for perfect balance.

Warm-up exercises

Not every Tae Kwon Do class will start with an instructor led warm up. It is therefore very important for you to start warming up prior to class – this will help you to avoid causing an injury to yourself.

The level of fitness required in Tae Kwon Do increases as you progress through the grades, so it is important that you work hard to improve your fitness. Being fit will mean that you are able to perform more complex line-work and patterns (tuls), as well as spar more skillfully, effectively and to the best of your ability.

Please ensure you bring a drink to class to keep you hydrated.

Red Belt – 2nd Kup

Traditional students only	Practical Grading (floor work)
	Presentation and etiquette (show unprompted respect / present yourself smartly)
	Free sparring (with full safety gear)
	Examiners choice of kicks on focus pads (Demonstrating focus, power and striking tool)
	One Step Sparring Numbers 5 / 6 / 7 (see pages 11 and 12)
	One step sparring (students own)
	Examiners choice of line work
	Examiners choice of pattern
	Pattern Hwa Rang and Examiner's choice of any previous patterns
	Power test on kick shield or optional breaking (over 18's student option to break / student's choice of technique / examiner's choice of boards)
Questions (see table opposite and all previous grades terminology)	

Interpretation of HWA RANG (29 movements)



Hwa-rang, 29 movement pattern – is named after the Hwa Rang youth group, which originated in the Silla Dynasty about 600 AD. This group eventually became the actual driving force for the unification of the kingdoms of Korea. The 29 movements refer to the 29th infantry division, where Tae Kwon Do developed into maturity.

Combat students only	Practical Grading (floor work)
	Presentation (ensure that you present yourself smartly)
	Middle inward palm heel block, then reverse high palm heel strike
	Demonstration of student's choice of hand techniques on focus pads (alternating slow and fast)
	Students choice of one step sparring
	One-for-one hooking kick off rear leg (L stance)
	Reverse turning kick on pads (L stance)
	Students demonstration of blocks against an opponent (three attacks and three effective blocks – with full safety equipment)
	Free sparring (with full safety equipment)
	Questions (see table opposite and all previous grades terminology)
Etiquette / Attitude / Discipline (be alert and show unprompted respect)	

Terminology for Red Belt		
Closed ready stance 'C'	☺	Moa junbi sogi 'C'
Fixed stance	☺	Gojung sogi
Vertical stance		Soojik sogi
Closed stance	☺	Moa sogi
Upward punch		Ollyo jirugi
Middle side punch		Kaunde yop jirugi
Knife-hand downward strike		Sonkal naeryo taerigi
Middle knife-hand side strike		Kaunde sonkal yop taerigi
Middle straight fingertip thrust		Kaunde son sonkut tulgi
High turning kick		Nopunde dollyo chagi
Side elbow strike	☺	Yop palkup taerigi
Palm heel checking block		Son badak momchau makgi
Twin forearm block	☺	Sang palmok makgi
Low block	☺	Najunde makgi
Low knife-hand guarding block	☺	Najunde sonkal daebi makgi
'X' fist pressing block		Kyochoa joomuk noollo makgi

The Hwa Rang or 'Flower of the Youth Corps' were known as the Knights of Silla. They were a group of aristocratic teenagers who gathered together to learn the art of war and literature based on a set of philosophical and religious beliefs. They exemplified the principle of honour, loyalty and justice and although not part of the Korean army often led them into battle. One of their tenets was 'never to retreat in war'.

The Hwa Rang were masters of swordsmanship and archery but did not practise a martial art as we know it today. They were fanatically loyal to their ruler and expressed their support in songs and prayers dedicated to the prosperity of the country. The famous monk Wong Wang, who consolidated Buddhist and Confucian virtues into the group, aiding the growth and power of the Silla dynasty, postulated their objectives.

Parallel Ready Stance



Narani junbi Sogi is a neutral stance from where a variety of Tae Kwon Do kicks and punches may be thrown. The feet are both pointed forward and placed shoulder width apart. Arms are lightly bent with the clenched fist just under the navel and the muscles of the body should be lightly relaxed, ready to spring into action at any moment. This stance and its variants are most often used at the start of patterns. The student should be alert and aware, inhale and breathe out one-third of the air in their lungs.

Pre-Black Belt Assessment

Traditional students only	Practical Grading (floor work)
	Examiners choice of line work
	Examiners choice of patterns
	Pattern Choong Moo and Examiner's choice of any previous patterns
	Students choice of hand technique on focus pads (Demonstrating focus, power and striking tool)
	Students choice of kicks on focus pads (Demonstrating focus, power and striking tool)
	Student's choice of One Step Sparring
	Free sparring 10 rounds approximately (With full safety gear)
	Questions (see all previous grades terminology)
Breaking (student's choice of technique / examiner's choice of boards / juniors demonstrate on focus pads)	

Combat students only	Practical Grading (floor work)
	Presentation (ensure that you present yourself smartly)
	Examiners choice of line work – hand techniques
	Examiners choice of line work – kicking techniques
	Demonstration of student's choice of hand techniques on focus pads (Demonstrating power and speed)
	Students choice of one step sparring
	Demonstration of student choice kicks on pads (Displaying focus, power and striking tool)
	One-for-one jumping kick with partner (no blocking)
	Free sparring (with full safety equipment)
Questions (see all previous grades terminology)	
Etiquette / Attitude / Discipline (be alert and show unprompted respect)	

Interpretation of CHOONG MOO (30 movements)

Choong Moo, 30 movement pattern – is the given name for the great Admiral Yi Sun–Sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592 AD, which was the precursor of the present day submarine. The reason why this pattern ends in a left-hand attack is to symbolise Choong Moo's regrettable death, having no chance to show his unrestrained potential checked by the forced reservation of his loyalty to the king, (He refused to obey an order to intercept the Japanese fleet, which he knew to be a trap).

Translated, Kobukson means 'ship that looks like a tortoise'. It was heavily armoured and completely enclosed by a dome shaped shell from which protruded various spikes and knives. The shell was made of iron and the hull of the boat was made of wood. The ship was steered with the use of a periscope and carried the first form of long-range missiles – some carrying chemicals or gas.

Also, during this Yi dynasty, under the rule of Yi Ta-go, a new capital for Korea was built to break the restraints of the past. This new city was founded near the Han River, near the centre of the country and named Seoul, which means 'capital'. This new city unified the nation.



Meaning of Black Belt

Black is the opposite to white, therefore, signifying the maturity and proficiency in Tae Kwon Do. Also indicates the wearer's imperviousness to darkness and fear.

Study this book thoroughly as you will be expected to demonstrate and explain individual techniques, body parts and stances you have learned. You should also demonstrate a wider knowledge of taekwondo as a whole, including differences between the two major styles of Taekwondo. These are the sorts of questions that you could be asked either at the black belt grading or by lower grade students. Black belt status places a responsibility on the wearer to display knowledge, ability and humility and to stand as an example to all other students.

Good luck! And my very best wishes for a long and successful future in Tae Kwon Do.

Phil Thomas – Instructor 6th Degree

You and Your Body

Eat enough protein

Protein is the building blocks for muscle. When you train, you break down your muscle and need to repair it quickly to recuperate fast. If there is not enough protein available, then your body starts to eat itself, by taking protein from your muscles.

Stretch

Now this might seem a bit obvious for Tae Kwon Do students, but many do not realise the importance that stretching has for recuperation. When you stretch, you not only get the blood into your muscles to flush away all the waste products, but you also bring in nutrients and protein to help it recuperate faster. Tight muscles take longer to recover from training, so by stretching them you improve the blood flow, making it easier for the good stuff to get in and the bad stuff to be washed out.

Visualize yourself fitter

Now this may seem a bit 'out of the ordinary', but it has actually been proven that people who visualize themselves successfully training and winning actually increase the likelihood of doing so quite dramatically. This method can also be beneficial in improving your Tae Kwon Do techniques (visualise yourself performing perfect kicks, strikes and blocks). Using this technique with patterns not only enhances your performance, but is of great assistance when memorising the Tae Kwon Do Patterns.

Get quality sleep

We all need sleep. When we sleep we recuperate and repair our bodies. If we do not recuperate we are not effective in training or competition. By getting good quality sleep, we give our bodies the extra boost it needs to be able to train harder, longer and more often.

Hand Attacking Parts (Sang Bansin)

The hand creates so many types of tools that special care should be paid to the selection of the appropriate tool for the appropriate target.

Forefist (*ap joomuk*)



Ap joomuk is generally used for attacking the philtrum, ribs, solar plexus, chest, abdomen, jaw, etc. The main knuckles of the forefinger and middle finger are the punching parts. The top and the front of the fist should form a right angle so the punching parts can be closely contacted with the target. The wrist should not be bent when the fist is clenched.

Back fist (*dung joomuk*)



This is primarily used for attacking the skull, forehead, temple, philtrum and abdomen, with the floating ribs and epigastrium as secondary targets. The main knuckles of the forefinger and middle finger are the parts used.

Side fist (*yop joomuk*)



This is used for attacking the skull, elbow joint, ribs, solar plexus, philtrum and abdomen. It is occasionally used for blocking.

Forearm (*palmok*)



Palmok is used for blocking and is classified into outer, inner, back and under forearm. One-third of the arm, from the wrist to the elbow, is used.

Knifehand (*sonkal*)



Sonkal is very powerful attacking tool, especially against a side target, and is used for attacking the skull, neck artery, bridge of the nose, temple, philtrum, clavicle, shoulder and floating ribs. The knife-hand is also frequently used for blocking.

There are so many hand parts used for attacking that it is impossible to show them all in this Handbook. You will however learn the full range as your training in Tae Kwon Do progresses.

Foot Attacking Parts (Ha Bansin)

Ball of the foot (*ap kumchi*)



The toes are bent sharply upward at the moment of impact. It is used to attack the face, point of the chin, inner thigh, chest, solar plexus, floating ribs, scrotum, coccyx and lower abdomen, and occasionally is used for blocking in support of the back sole.

Side sole (*Yop bal badak*)



This form is created when the toes are properly bent upward while bending the ankle slightly upward. It is used in blocking.

Instep (*baldung*)



This technique is created by bending the ankle and the toes sharply downward. This technique is only used to attack the chin or groin. When shoes are worn, the face, solar plexus, ribcage and lower belly are also a target.

Footsword (*balkal*)



This is considered the most important tool of the foot and is used to attack the philtrum, bridge of the nose, neck, solar plexus, chin, temple, armpit, floating ribs, knee joint, ankle joint and instep. Frequently it is used for blocking. One-third of the edge, from the heel to the joint of the little toe, is the part used. Remember to push out the heel while bending the root of the toes back to properly tense the footsword at the moment of impact.

*Some other foot attacking parts, not shown here, are back heel (*dwit chook*), reverse footsword (*balkal dung*), the toes (*balkut*) and the knee (*moorup*). Your Instructor will demonstrate the use of these foot parts when your lesson requires it.*

Phil Thomas – A Brief History of the Person

I was born in the mid 50's into a large family. Following a long illness I sadly lost my Father when I was 5 years old. I spent several years at a strict convent school. During these years I found sport a form of escape from the strict discipline and rules. I was never that interested in being the best or the fastest, however I did love personal challenges and these gave me a sense of achievement (something that was frowned upon at the school – pride before a fall was indoctrinated).

Perseverance

I will never forget my first school trip to the mountains of the Lake District in the 1960's. I found this a real adventure and challenge (trips like this were very rare; in fact this would have been my first trip or holiday of any sort). We were accompanied by our then PE teacher, an ex-commando in the royal marines (whom later became a great influence and father figure in my early adult life). This outing was basically a 'boot camp'. My friends were constantly complaining about the physical regime, but I loved the challenges and personal battles between mind and body!

I met and married my Wife Susan in the 70's and we have been together for more than 40 years. Like many I watched the early martial arts films and was attracted, not so much with the fighting element but the skills and disciplines involved. I went along to a local demonstration of 'Korean Karate' (Tae Kwon Do). What initially impressed me about the class was the military style training (the first Tae Kwon Do Schools in the UK were opened at military bases). I couldn't wait to join!

Courtesy and Integrity

My first Instructor was Mr Bob Howe, he was the first student to achieve a black belt in the UK. Mr Howe is one of the most courteous people I have ever met, and had a way of getting the best out of you. I found the classes really demanding, almost brutal at times and many students dropped out, the few that remained built a strong bond and in my opinion, this is what Martial Arts is all about.

Indomitable Spirit

In the 80's I went on to take my early Dan grades and also raise a family. Like many parents, this carries its own challenges and responsibilities with joys, sorrows and sometimes tragedy along its journey. Above and beyond everything else, I firmly believe that, health, family and close friends are the most important and treasured things in life, there to support each other in good times and bad. It's the glue that holds us all together, moulding us into what we are.

During the 90's, I was unfortunate to suffer an injury that kept me hospitalised for several weeks and required surgery. I was 'told' by my consultant never, ever to attempt to train in Tae Kwon Do again, at the time of course I agreed. However following my recovery, I was encouraged by Master Ferguson 'not to waste my knowledge' and come along and just help out at his classes. This offered me a lifeline back into Tae Kwon Do and although difficult at first, I slowly recovered and regained some of my abilities and fitness.

The new millennium brought me success with my high Dan grades, achieving my 3rd, 4th, 5th and 6th Degree. It also brought with it new challenges along with the need to make important choices and decisions. I have not got everything right throughout my life and like many I have made an abundance of mistakes along the way. However I can say that Tae Kwon Do and the students I have met on my journey continue to inspire me, having a huge positive impact on my life. To me personally Tae Kwon Do is not just a sport or a martial art; it is truly a way of life.

Phil Thomas – 6th Degree

English to Korean translations

Counting

One	Hana
Two	Dool
Three	Set
Four	Net
Five	Dasut
Six	Yasut
Seven	Ilgope
Eight	Yardol
Nine	Ahop
Ten	Yoll

Sections

High	Nopunde
Middle	Kaunde
Low	Najunde
Left	Wen
Right	Orun
Jumping	Twigi
Flying	Twimyo

Hand Parts

Inner forearm	An palmok
Outer forearm	Bakat palmok
Back forearm	Dung palmok
Under forearm	Mit palmok
Fore-fist	Ap joomuk
Back-fist	Dung joomuk
Side-fist	Yop joomuk
Knifehand	Sonkal
Rev. knifehand	Sonkal dung
Fingertip	Sonkut
Palm	Sonbadak
Elbow	Palkup
Arc Hand	Bandalson
Back of hand	Son Dung
Base of Knifehand	Sonkal Batang
Thumb Ridge	Umji Batang
Fore knuckle fist	Inji joomuk
Middle Knuckle Fist	Joongji joomuk
Thumb knuckle fist	Umji joomuk

Foot Parts

Ball of foot	Ap kumchi
Foot sword	Balkal
Back heel	Dwit Chook
Instep	Baldung
Knee	Moorup

Sparring

1-step	Ilbo
Semi-free	Ban jayoo
Free	Jayoo

Stances

Attention	Charyot
Parallel ready	Narani Chunbi
Sitting	Annun
Walking	Gunnun
L	Niunja
Closed ready	Moa Chunbi
Fixed	Gojung
Bending	Guburyo
Rear foot	Dwit Bal
Low	Nachau

X	Kyocho
Vertical	Soo jik
1- leg	Waebal

Punch

Front	Ap
Obverse	Baro
Reverse	Bandae
Side	Yop
Double	Dibo
Twin vertical	Sang sewo
Turning	Dollyo
Upset	Dwijibo
Twin upset	Sang dwijibo
Upwards	Olyo
Downwards	Naeryo
Horizontal	Soopyong

Kicks

Rising	Chookyo
Front	Ap
Front snap	Ap Cha Busigi
Side	Yop
Turning	Dollyo
Back	Dwit
Hooking	Golcho
Reverse turning	Bandae dollyo
Reverse hook	Bandae dollyo goro
Axe / downward	Naeryo
Crescent	Bandal
Twisting	Bituro
Consecutive	Yonsok
Combination	Honap
Grabbing Knee	Butjaba Moorup
Pressing	Noollo
Side Pushing	Yop Cha Milgi

Strikes

Back fist	Dung joomuk
Knifehand	Sonkal
Reverse knifehand	Sonkal dung
Front elbow	Ap palkup
Side elbow	Yop palkup
Upper elbow	Wi palkup
Double elbow	Jau palkup

Blocks

Inward	Anuro
Outward	Bakuro
Low	Najunde
Middle	Kaunde
High	Nopunde
Rising	Chookyo
Forearm guarding	Palmok daebi
Knifehand guarding	Sonkal daebi
Twin forearm	Sang palmok
Twin knifehand	Sang sonkal
Wedging	Hechyo
Circular	Dollimyo
Waist	Hori
Hooking	Golcho
Double forearm	Doo palmok
Reverse knifehand	Sonkal dung
Upwards	Olyo
X-fist	Kyocho joomuk

Jirugi

Ap	Baro
Bandae	Yop
Dibo	Sang sewo
Dollyo	Dwijibo
Olyo	Naeryo
Soopyong	

Chagi

Chookyo	Ap
Ap Cha Busigi	Yop
Dollyo	Dwit
Golcho	Bandae dollyo
Bandae dollyo goro	Naeryo
Bandal	Bituro
Yonsok	Honap
Butjaba Moorup	Noollo
Yop Cha Milgi	

Taerigi

Dung joomuk	Sonkal
Sonkal dung	Ap palkup
Yop palkup	Wi palkup
Jau palkup	

Makgi

Anuro	Bakuro
Najunde	Kaunde
Nopunde	Chookyo
Palmok daebi	Sonkal daebi
Sang palmok	Sang sonkal
Hechyo	Dollimyo
Hori	Golcho
Doo palmok	Sonkal dung
Olyo	
Kyocho joomuk	

X-fist Rising	Kyocho joomuk chookyo
X-knifehand	Kyocho sonkal
Pressing	Noollo
U-Shape/Stick	Digutya/Mondungi
W-shape	San
Checking	Momchau
Pushing	Miro
Twin palm upward	Sang sonbadak ollyo
Double Arc Hand	Doo bandal son
9-Shaped	Gutchha

Thrusts

Flat fingertip	Opun sonkut
Straight fingertip	Son sonkut
Upset fingertip	Dwijibo sonkut

Body Targets

Philtrum	Injoong
Mandibular Joint	Tok gwanjol
Point of Jaw	Mit tok
Eyes	Angoo
Adam's Apple	Gyol hoo
Sternum	Hyung gol
Solar Plexus	Myong chi
Kidneys	Kyongpat
Floating Ribs	Nuk gol
Stomach	Bokboo
Coccyx	Migol
Groin	Sataguni
Knee	Moorup
Shin	Jong kwaeng-i
Chest	Gasum

Miscellaneous

Bow	Kyong ye
Start	Sijak
Stop	Goman
Return to ready	Barro
Break	Hechyo
Shout	Kihap
Training Hall	Dojang
Training Suit	Dobok
Belt	Ti
Pattern	Tul
Master	Sahyun
Instructor	Sabum
Student	Jeja
Breaking	Gyokpa
Forwards	Apro kaggi
About turn	Dwiyro torro
Backwards	Dwiyro kaggi
Turn	Dolgi
Opposites (Yin/Yang)	Um Yang
Body shift (single foot)	Milagi
Sliding	Mikulgi
Twisting Release	Bitulmyo pulgi
Pulling Release	Dangimyo pulgi

Tenets

Courtesy	Ye ui
Integrity	Yom chi
Perseverance	In nae
Self-control	Guk gi
Indomitable Spirit	Baekjul boolgool

The Instructor

Phil Thomas is a 6th Degree Black Belt with 40 years' experience in Martial Arts. Phil started training at Warwick Tae Kwon Do School in November 1973 and has never looked back since. Phil's first instructor was Mr Bob Howe, who was the first non-Korean Tae Kwon Do Black Belt in the U.K. Mr Bob Howe was one of the pioneers of Tae Kwon Do in the United Kingdom. Tae Kwon Do Grand Master Ree Ki Ha 9th Degree, graded Phil up to 1st Kup and Grand Master Hee Il Cho 9th Degree graded Phil to 1st and 2nd Degree.

Phil Thomas continued to train for many years at Warwick before moving to Banbury. Shortly after moving to Banbury in the late seventies a friend of Phil's – Master Ian Ferguson opened a new club, and Phil continued his training with him, until Ian decided to move north to Scotland. Phil's Higher Dan Grades were taken under Grand Master Dave Oliver 9th Degree. In 2014 Phil founded the BBTA (British Blackbelt Tae Kwon Do Academy).

Voted Instructor of the year on no less than 3 separate occasions, Phil is also an International Instructor and class A referee and has personally tutored over 100 Black belts up to the high rank of 5th degree. Phil is a coach to many World, European, British, English, Scottish and Welsh champions.

