



Taekwondo  
Ilyeo

Theory Book

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# Foreword

This booklet starts with some information about the exam, and the way it is done at Ilyeo. There will be some general tips for sparring, stretching, and more. The following sections are based on the belts. The booklet will end with an extra chapter containing explanations for Ilbo Taeryon, some history behind Taekwondo, and more. Most of this is not required for the exam, however if you are interested in some background knowledge, please take a look in this section as well.

To the people using this booklet: good luck preparing for your belt exam. Keep calm, prepare well and be confident. **If you are going to participate in an exam, the trainers are confident that you can pass and that you are worthy of the next belt. Hence, you should not doubt yourself.**

The first iteration of this theory booklet has been commissioned by the twelfth board of Ilyeo in February 2018 and was finished by the fourteenth board with the first issue being in December 2019. The goal of the booklet is to present the requirements for the belt exams of Eindhoven Studenten Taekwondo Vereniging Ilyeo, and help current and future members with their exam, by having all theory combined into one document.

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## Thank you!

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# Belt exam

A belt exam is an event that the association will try to organize twice a year, but this does not always happen. This chapter is to provide some insight about how to prepare for a belt exam.

At least one month before the exam will take place all the candidates for the belt exam will be informed by their trainer that they can participate in the belt exam. Candidates will get a form to fill in containing additional costs and further practical information.

During the preparation for the belt exam the candidate needs to find a training partner. For yellow and green belts this can be a person who trains for the same belt, but for the higher belts a more experienced partner is recommended.

Each exam starts around 9 or 10 o'clock in the morning. This means that the candidate should be completely warmed up by the time the exam starts. The hall is therefore opened in advance. It is advised to be present 30 minutes before the exam begins.

The exam consists of the following parts:

- theory exam (on paper and multiple choice)
- walking techniques (blocks, kicks and punches)
- demonstrating taegeuk
- kicking on pads
- sparring (either semi-contact or full-contact with protection)
- breaking test

The candidates will be judged by the black belts within the association, such that the experienced can supervise and comment on the growth of the candidates.

Depending on the belt level and how many candidates are attending the exam, the order of the different subjects is determined. It is therefore advised for the candidate to have some light food and drinks with them to keep the stomach from being completely empty and some extra clothing to keep the body from cooling down.

When the exam is finished all of the judges will evaluate the performances of the candidates. Subsequently they will assemble the candidates and announce the results.

# Exam Build-up

## Theory Exam

The exam starts with greeting and after that, the theory exam. This is a written multiple-choice test of the (Korean) names of learnt techniques and exam subjects. When going for a higher belt, it is expected that the theory from previous belts is also known. Questions on exams are asked in both directions of translation, we advise you to study the words both from English to Korean and vice versa.

## Display of Techniques

The second part of the exam is showing your techniques. You will stand in line with everyone going for the same belt as you. The examiner will tell you a technique in Korean to perform five times to the front after which you will turn around and do the same thing in the other direction. First will be hand techniques and stances, second will be kicking techniques. An example of a hand technique and stance is ap seogi, arae makki, which means: walking stance with a low block. If you are to display an attack, stand ready in fighting stance and kiap when making the attack.

## Taegeuks (style forms)

The third part of the exam is showing your known taegeuks, or style forms. Practice and study these well.

## Ilbo Taeryon (one-step sparring)

The fourth part of the exam is Ilbo Taeryon, or one-step sparring. One-step sparring is performed by you and your exam partner. Your partner steps back with his/her right leg in long stance with a left low block, when he/she is ready to attack, your partner will kiap. You, in this case, still standing in naranhi seogi, will make a kiap when you are ready. The attacker then steps forward with a right long stance and a right middle punch. You must block or otherwise avoid the punch with learnt techniques. After deflecting or avoiding the attack, a counter-attack must be made with a controlled kick, strike or punch, such that your attack stops just before you would hit your partner. You are allowed to use techniques that are not (yet) present in your learned taegeuks. An explanation of some Ilbo Taeryon is given from page 41 in this document. For video reference go to: <https://youtu.be/1tLadvS59Lw> & <https://youtu.be/DeJ2pOhO4l8>

## Hosinsul (self-defense)

The fifth part of the exam is hosinsul, or self-defense. In this part of the exam, you are to defend, retaliate and take control of a situation in which you are attacked. The attacks can be kicks and punches as well as the attacker grabbing hold of you or your dobok. Being grabbed by the arm, the lapels of the dobok, the neck or the entire body are often used. You discuss which attacks you want your partner to perform and how you are going to defend

against them. When you are grabbed you have to distract the attacker, for instance with a strike to the face (not actually causing harm to your partner of course), while simultaneously grabbing the limb available to you and initiating a joint lock, throw or push to get them to the ground, into submission or away from you. You have to finish the counter-attack with a strike, punch, or kick. The following hosinsul are the first 8 that you need to perform on your exams, you are allowed to pick different types of attacks if you need more than 8 hosinsul for your exam.

- 1. 1 hand or double hands cross hand grab**
- 2. 1 hand or double hand collar grab**
- 3. Front choke with straight arms (2 arms)**
- 4. Hair or head grab**
- 5. Both hands grab from behind**
- 6. Rear choke with straight arms (2 arms)**
- 7. Back bear hug**
- 8. Side choke (head being grabbed around the arm)**

## Ban-Chayu Taeryon

The sixth part of the exam is Ban-Chayu Taeryon, or sparring on the pad. This subject is required for people going for green belt or higher. You spar for a set amount of time with your partner who is holding two round pads. The aim is to show different kicking techniques and combos. Don't make one kick and then wait to make more singular kicks. Try as much as possible to make a combination of attacks. Of course, it also goes for your partner holding the pads to give you the opportunity to do so.

## Chokki Taeryon

The seventh part of the exam is Chokki Taeryon, or non-contact sparring with your partner. Both of you spar with techniques that are controlled. Try not to hit your partner and stop your attack just short of him/her. This means that you aim your attack just outside of their body. Do not aim for their body as you need to interrupt your attack to not hit them. Again, try to display combinations of attacks and don't make it a display wherein one attacks once, then the other once, and so on and so forth.

## Gyeo Rugi

When going for blue belt or higher, instead of Chokki Taeryon the seventh part of the exam will be Gyeo-Rugi, or sparring. This will be in full sparring gear. The rules used are specified in the section of that specific belt.

## Gyek Pa

The final part of the exam is Gyek Pa, or the breaking test. The breaking test is only for people going for green belt and higher. Which breaking tests have to be performed are specified in the section of that specific belt.



# Sparring

## Distance

Watch the distance! Always watch the distance.

Whether you are in the dangerous zone or in the safe zone, whether it is good enough to kick or too far away, knowing the distance can help you improve your game strategy.

## Combinations

It is advised to make at least two attacks but no more than four.

When you go in with an attack, the chance that you miss is really high and if you stop there, you have to start everything again leading to that energy will be wasted! This can be very bad in the game if you run out of energy before your opponent does. Making combo attacks in one go helps increase your chance of hitting your opponent with less energy spent, which is more efficient. Try to dominate the fight. Too many attacks also wear you out faster and help your opponent to read you easier. Having a few good combos and alternating them in the match helps to increase your winning chance.

## Energy/Stamina/Endurance

Stamina is one of the most important aspects of a sparring match. When you are tired, you become slow, your attacks become weak, you can't think straight and it makes you an easy target.

Of course, with training, you can increase your stamina. There are a lot of exercises that you can use, most basics are running, rope jumping, interval training...etc.

However, knowing how to conserve your energy in the match is even more important. You can easily fight and win against a stronger opponent if you know when to strike, when to stay defensive, and how to stay relaxed in the fight. If you are too tense, attacking constantly or only defending will wear you out quickly.

# Stretching

One of the most important elements in Taekwondo is flexibility. You can easily find a lot of stretching tips on the internet, but do not overdo it. You can do some light stretching throughout the day, but a more intense flexibility training session is not recommended on a daily basis, since too intense stretching can also injure you.

You should not feel the following when stretching:

- Pain in the joint
- Like the joint needs to 'crack'
- A strong 'line' of pull (this is often a nerve)
- Pain in another area (i.e., Pulling in the calf when you are trying to stretch your hamstrings)
- Pain on the opposite side of the joint (i.e., in the back of the hip during the splits - this will not get better with more pressure)
- Compression pain (i.e., in the front of the hip when pulling the knees to the chest)
- There should not be any pain the next day (no - not even a "good sore")
- Your joint shouldn't make a lot of popping noises or stiffen while stretching (This is mainly in the knee joints as it can be a sign of gradual wear of the joint tissue)

You must also be very careful with the timing of our flexibility work. "Cold" stretches should not be done intensively before class. If a muscle is held in a static stretch for longer than 30 seconds, it will not work at its full capacity for at least half an hour afterward. Students will often feel less controlled, which puts them at risk of injury.

# White belt / yellow stripe (9<sup>th</sup> Gup)

## Exam requirements

1. Basic techniques from the first style form (stances, punches, arm, and hand techniques).
2. Style form: Taegeuk 1 (Il-Jang)
3. Ibo Taeryon or 1-step sparring: 3 times
4. Hosinsul or self-defense: 2 times – first 4 in the list of 8 hosinsul that mentioned above.
5. Several basic kicks, ap, dollyo, yop chagi.
6. Chokki Taeryon, 1.5 minute, (non-contact sparring, according to WTF competition system)
7. Theory (see “Yellow Belt”)

# Yellow belt (8<sup>th</sup> Gup)

*Yellow represents the ground, and forms the base from which the rest of your taekwondo training is grown.*

## Exam requirements

1. Basic techniques from the first style form (stances, punches, arm, and hand techniques).
2. Style form 1; Taegeuk Il-Jang
3. Ibo Taeryon or 1-step sparring; 5 different kinds all responding to momtong jireugi (middle punch)
4. Hosinsul or self-defense – first 4 in the list of 8 hosinsul that mentioned above.
5. Several basic kicks: ap, dollyo, yop and naeryo chagi
6. Chokki Taeryon, 1.5-minute (non-contact sparring, only foot and leg techniques)
7. Theory: Words for techniques from practices 1, 2, 3, 5, 6.

# Theory

## Techniques in Taegeuk Il-Jang

English	Korean (romanization)
Style form	Taegeuk
1st (style form)	Il Jang
Walking stance	Ap seogi
Long stance	Ap kubi seogi
Shoulder width parallel stance	Naranhi seogi
Horse riding stance	Juchum seogi
Low block	Arae makki
Middle block	Momtong makki
High block	Olgul makki
Left (left hand/foot)	Wen
Right	Oreun
Punch	Jireugi
Kick	Chagi
Strike	Chigi

## Basic kicks

English	Korean (romanization)
Front kick	Ap chagi
Side kick	Yop chagi
Downward kick	Naeryo chagi
Roundhouse kick	Dollyo chagi

## Commands and basic words

English	Korean (romanization)
At attention	Charyeot
Bow	Gyeong-re
Start	Si-jak
Stop (intermediate)	Gallyeo
Continue	Gye-Sog
Stop (final)	Geoman
Taekwondo suit	Dobok
Belt	Ti
Grade	Gup
Shouts	Kiap
Turn around (with arae makki)	Tiro-tora
Self defence	Hosinsul
1 step sparring	Ilbo Taeryon
Non-contact sparring, only feet techniques	Chokki Taeryon
Training space	Dojang

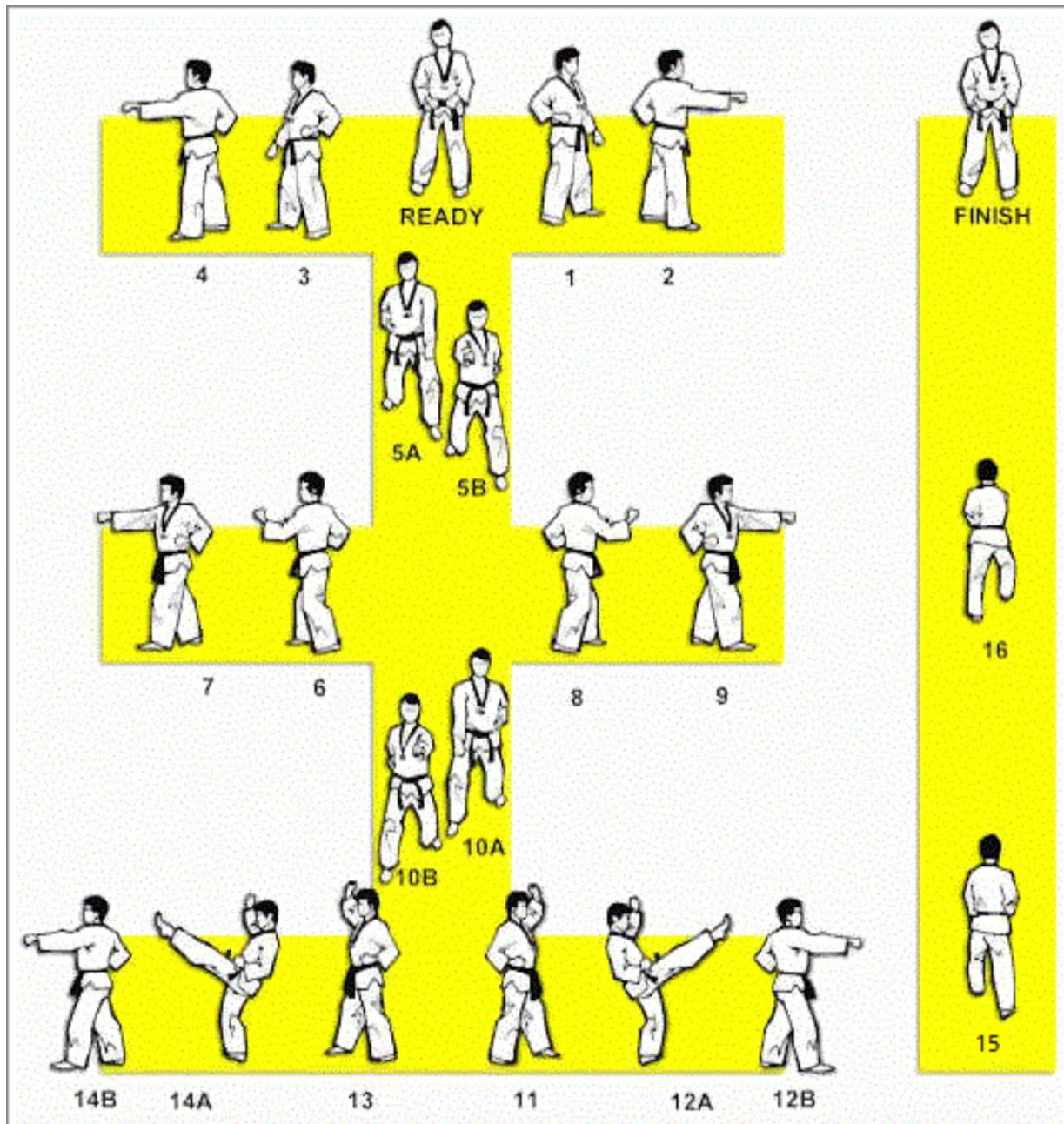
## Counting; You need to be able to count from 1-10 in Korean and 1-5 in Chinese

English	Korean (romanization)	Chinese (romanization)
One	Hana	Il
Two	Dul	I
Three	Set	Sam
Four	Net	Sa
Five	Tasot	Oh
Six	Yeosot	<i>Yuk</i>
Seven	Ilgop	<i>Chil</i>
Eight	Yodol	<i>Pal</i>
Nine	Ahop	<i>Jiu</i>
Ten	Yeol	<i>Shi</i>

## Taegeuk

For the yellow belt you need to know taegeuk 1 (Il-Jang).

### Taegeuk Il-Jang





Nr	Movement	Technique	Stance
Junbi	Place your left foot outwards so your stance is shoulder width, with your feet parallel.	Junbi	Naranhi Seogi
1	Turn your body 90 degrees to the left into a walking stance with a left low block.	Wen Arae Makki	Wen Ap Seogi
2	Place your right foot forward into a walking stance with a right forward punch.	Momtong Bandae Jireugi	Oreun Ap Seogi
3	Turn 180 degrees to your right on the ball of your foot into a walking stance with a right low block.	Oreun Arae Makki	Oreun Ap Seogi
4	Place your left foot forward into a walking stance with a left forward punch.	Momtong Bandae Jireugi	Wen Ap Seogi
5a	Turn 90 degrees to your left on your right foot into a long stance and a left low block.	Wen Arae Makki	Wen Ap Kubi Seogi
5b	Stay in place and make a right forward punch.	Momtong Baro Jireugi	Wen Ap Kubi Seogi
6	Place your back leg in front of you while turning 90 degrees to your right into a walking stance with a right middle block.	Oreun Momtong An Makki	Oreun Ap Seogi
7	Place your left foot forward into a walking stance with a right forward punch.	Momtong Baro Jireugi	Wen Ap Seogi
8	On the ball of your right foot make a 180 degree turn left to walking stance and a left middle block	Wen Momtong An Makki	Wen Ap Seogi
9	Place your right foot forward into a walking stance with a left forward punch.	Momtong Baro Jireugi	Oreun Ap Seogi
10a	Turn 90 degrees to your right on your left foot into a long stance and a right low block.	Oreun Arae Makki	Oreun Ap Kubi Seogi
10b	Stay in place and make a left forward punch.	Momtong Baro Jireugi	Oreun Ap Kubi Seogi
11	Place your back leg in front of you while turning 90 degrees to your left into a walking stance with a left high block.	Wen Olgul Makki	Wen Ap Seogi
12a	Make a right front kick.	Oreun Ap Chagi	
12b	Put your foot down into a walking stance with a right forward punch.	Momtong Bandae Jireugi	Oreun Ap Seogi
13	Turn 180 degrees to your right on the ball of your left foot into a walking stance with a right high block.	Oreun Olgul Makki	Oreun Ap Seogi



Nr	Movement	Technique	Stance
14a	Make a left front kick.	Wen Ap Chagi	
14b	Put your foot down into a walking stance with a left forward punch.	Momtong Bandaе Jireugi	Wen Ap Seogi
15	Turn 90 degrees to your right on your right foot into a long stance with a left low block.	Wen Arae Makki	Wen Ap Kubi Seogi
16	Place your right foot forward into a long stance with a right forward punch and make a kiap.	Momtong Bandaе Jireugi, Kiap	Oreun Ap Kubi Seogi
Geoman	Turn 90 degrees to your left on the ball of your right foot to the shoulder width stance.	Junbi	Naranhi Seogi

# Yellow belt / green stripe (7<sup>th</sup> Gup)

## Exam requirements

1. Basic techniques from the first and second style form (stances, punches, arm, and hand techniques).
2. Style form: Taegeuk 1 (Il-Jang), and 2 (I-Jang, see "Green Belt")
3. Ilbo Taeryon, 7 times
4. Hosinsul, 6 times – first 4 in the list of 8 hosinsul that mentioned above.
5. Several basic kicks, a.o.: nearyo, dwit en bandae chagi
6. Chokki Taeryon, 1.5-minute, (non-contact sparring, according to WTF competition system)
7. Theory (see "Green Belt")

## Green belt (6<sup>th</sup> Gup)

*Green represents the growth of a seed as it sprouts from the earth reaching towards the sun. As a growing plant you learn to further develop and refine your techniques.*

### Exam requirements

1. Basic techniques from the first, second, and third style form
2. Style form: Taegeuk 3 (Sam-Jang) and (by own choice) Taegeuk 1 up to 2.  
Examiners choose from Taegeuk 1 to 2.
3. Ilbo Taeryon, 9 different kinds
4. Hosinsul, 8 from the above-mentioned list.
5. Several new basic kicks: bandae, dwit, and twieo ap chagi
6. Ban-chayu Taeryon, 1 minute several kicking and punching techniques on a punching pillow that is held and moved.
7. Chokki Taeryon, 1.5-minute (non-contact sparring, only foot and leg techniques)
8. Gyek Pa, 1 breaking test with a leg technique.
9. Theory: Words for techniques from practices 1, 2, 3, 5, 6.

## Theory

### Commands and basic words

English	Korean (romanization)
Blue	Chong
Red	Hong
Focus pad sparring	Ban-Chayu Taeryon
Back foot same side as block/strike arm	Baro
Back foot opposite side as block/strike arm/ twisted	Bandae
Outwards	Bakkat
Inwards	An

## New techniques and stances in taegeuks

### DWIT KUBI SEOGI

Back stance: The two feet are aligned perpendicularly, with the back foot supporting the greater part of your weight. The back heel is just outside the line drawn through the direction of the other foot. The heel, knee, and hip joint of the back leg and the shoulder joint on that same side of the body should all be within the same vertical plane through the back foot. Note that in this case a 'left back stance' or 'Wen dwit kubi seogi' indicates a back stance with a left foot as back leg, where usually left or right indicates which foot should be in front.

### HAN SONNAL MOK AN CHIGI

Knife-hand neck strike: 'Han', meaning single, 'Sonnal' meaning knife-hand, 'Mok' indicating the neck and 'An' meaning inward. The knife hand is formed by straightening all fingers except the thumb, whose outermost phalanx is folded over the hand. The strike is not a circular swing, but travels mostly in a straight line from behind the shoulder/head (with a bent elbow) to the neck, striking with the pinky finger side of the hand and the palm facing up.

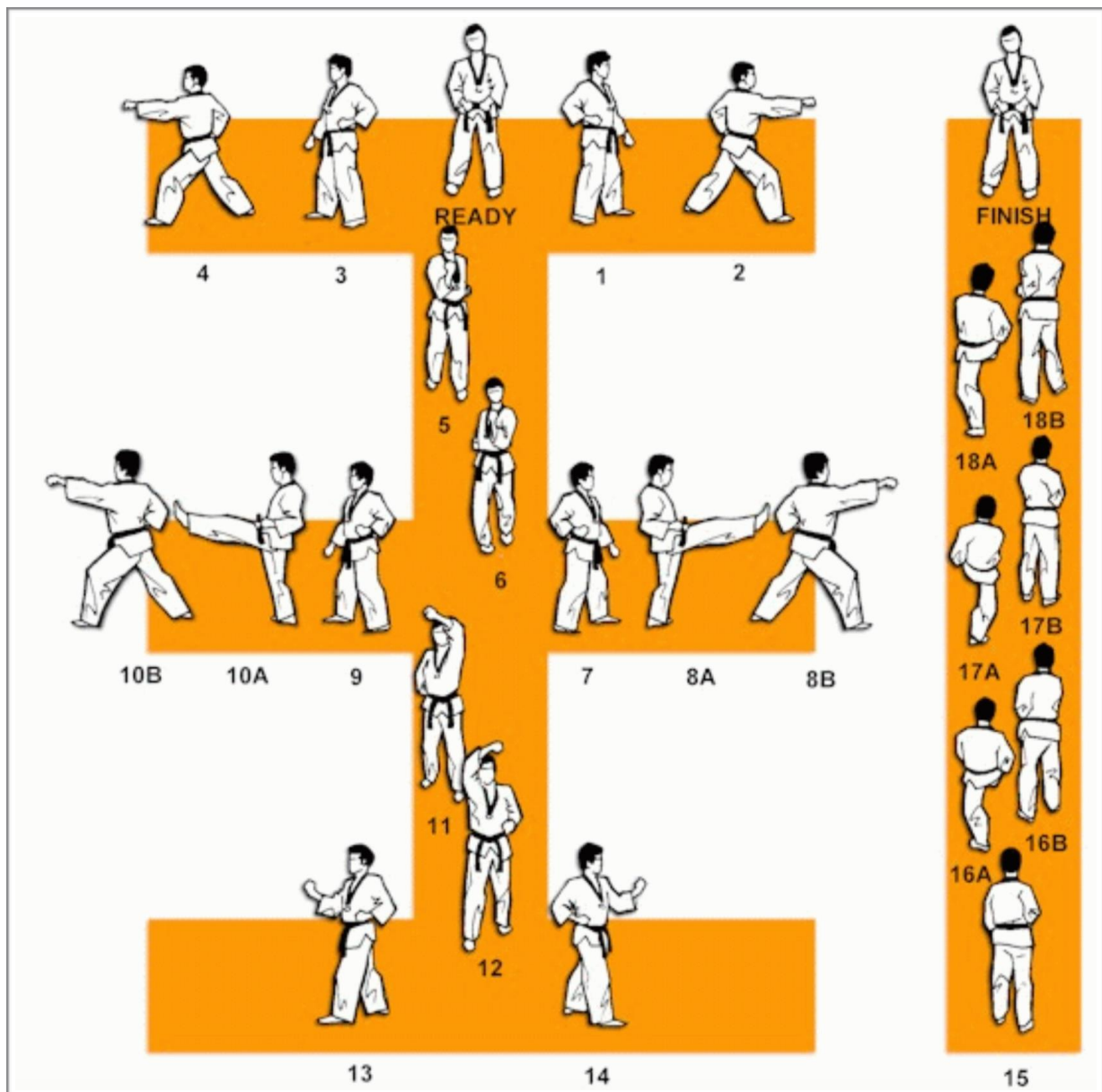
### HAN SONNAL MOMTONG BAKKAT MAKKI

Single knife-hand middle outward block: In most cases performed in a dwit kubi seogi, as is the case in the third taegeuk. An outward block performed with a knife-hand, again the movement of the blocking arm is not a circular swing, but of course it must be moving outward enough for it to deflect an attack. The other hand is pulled back to the hip as countermovement.

## Taegeuks

For the green belt one should know taegeuk 2 (I-Jang) and 3 (Sam-Jang).

### Taegeuk I-Jang

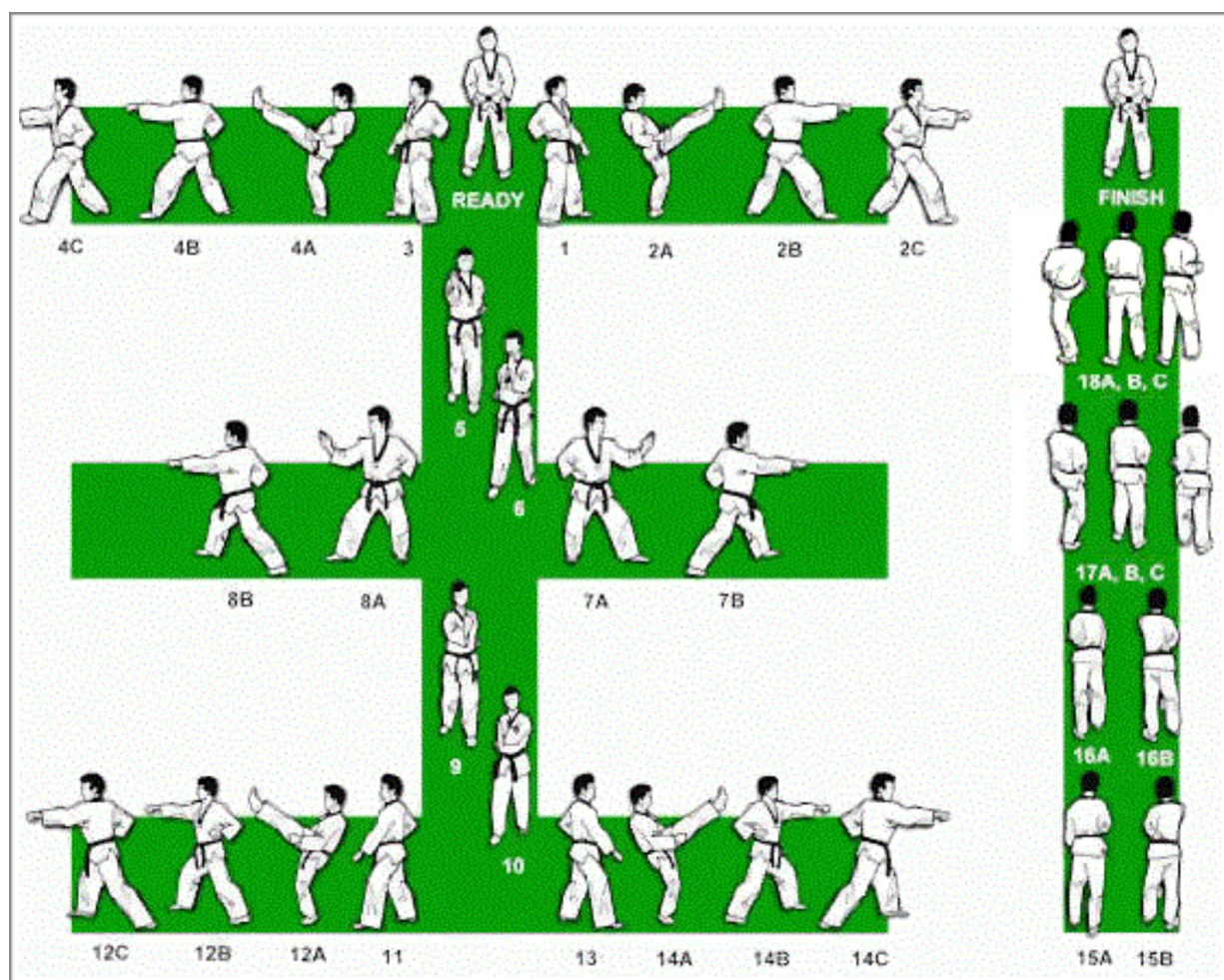


Nr	Movement	Technique	Stance
Junbi	Place your left foot outwards so your stance is shoulder width, with your feet parallel.	Junbi	Naranhi Seogi
1	Turn your body 90 degrees to the left into a walking stance with a left low block.	Wen Arae Makki	Wen Ap Seogi
2	Place your right foot forward into a long stance with a right forward punch.	Momtong Bandae Jireugi	Oreun Ap Kubi Seogi
3	Turn 180 degrees to your right on the ball of your left foot into a walking stance with a right low block.	Oreun Arae Makki	Oreun Ap Seogi
4	Place your left foot forward into a long stance with a left forward punch.	Momtong Bandae Jireugi	Wen Ap Kubi Seogi
5	Turn 90 degrees to your left on your right foot into a walking stance with a right middle block.	Oreun Momtong An Makki	Wen Ap Seogi
6	Place your right foot one step forward into a walking stance with a left middle block.	Wen Momtong An Makki	Oreun Ap Seogi
7	Turn 90 degrees to your left on your right foot into a walking stance with a left low block.	Wen Arae Makki	Wen Ap Seogi
8a	Make a right front kick.	Oreun Ap Chagi	
8b	Place your foot into a long stance with a right high punch	Olgul Bandae Jireugi	Oreun Ap Kubi Seogi
9	Turn 180 degrees to your right on your left foot into a walking stance with a right low block.	Oreun Arae Makki	Oreun Ap Seogi
10a	Make a left front kick	Wen Ap Chagi	
10b	Place your foot into a long stance with a left high punch	Olgul Bandae Jireugi	Wen Ap Kubi Seogi
11	Turn 90 degrees to your left on your right foot into a walking stance with a left high block.	Wen Olgul Makki	Wen Ap Seogi
12	Place your right foot one step forward into a walking stance with a right high block	Oreun Olgul Makki	Oreun Ap Seogi
13	Turn 270 degrees on your right foot to your left into a walking stance with a right middle block.	Oreun Momtong An Makki	Wen Ap Seogi
14	Turn 180 degrees to your right on your left foot into a walking stance with a left middle block.	Wen Momtong An Makki	Oreun Ap Seogi

Nr	Movement	Technique	Stance
15	Turn 90 degrees to your left on your right foot into a walking stance without moving your right foot with a left low block	Wen Arae Makki	Wen Ap Seogi
16a	Make a right front kick	Oreun Ap Chagi	
16b	Place your foot into a walking stance with a right forward punch	Momtong Bandae Jireugi	Oreun Ap Seogi
17a	Make a left front kick	Wen Ap Chagi	
17b	Place your foot into a walking stance with a left forward punch	Momtong Bandae Jireugi	Wen Ap Seogi
18a	Make a right front kick.	Oreun Ap Chagi	
18b	Place your foot into a walking stance with a right forward punch and Kiap	Momtong Bandae Jireugi, Kiap	Oreun Ap Seogi
Geoman	Turn 180 degrees to your left on the ball of your right foot to the shoulder width stance.	Junbi	Naranhi Seogi



## Taegeuk Sam-Jang





Nr	Movement	Technique	Stance
Junbi	Place your left foot outwards so your stance is shoulder width, with your feet parallel.	Junbi	Naranhi Seogi
1	Turn your body 90 degrees to your left into a walking stance with a left low block	Wen Arae Makki	Wen Ap Seogi
2a	Make a right front kick	Oreun Ap Chagi	
2b+c	Place your foot into a long stance with a right left forward punch	Momtong Dubeon Jireugi	Oreun Ap Kubi Seogi
3	Turn 180 degrees to your right on your left foot into a walking stance with a right low block	Oreun Arae Makki	Oreun Ap Seogi
4a	Make a left front kick	Wen Ap Chagi	
4b+c	Place your foot into a long stance with a left right forward punch	Momtong Dubeon Jireugi	Wen Ap Kubi Seogi
5	Turn 90 degrees to your left on your right foot into a walking stance with a right strike with a knife hand to the neck	Oreun Han Sonnal Mok An Chigi	Wen Ap Seogi
6	Place your right foot one step forward into a walking stance with a left strike with a knife hand to the neck	Wen Han Sonnal Mok An Chigi	Oreun Ap Seogi
7a	Keep your right foot in place while turning your body 90 degrees to your left into a short stance with a left outward middle block with knife hand	Wen Han Sonnal Momtong Bakat Makki	Oreun Dwit Kubi Seogi
7b	Keep your right foot in place while stepping into a long stance with your left foot with a right forward punch	Momtong Baro Jireugi	Wen Ap Kubi Seogi
8a	Keep your left foot in place while turning your body 180 degrees to your right into a short stance with a right outward middle block with knife hand	Oreun Han Sonnal Momtong Bakat Makki	Wen Dwit Kubi Seogi
8b	Keep your left foot in place while stepping into a long stance with your right foot with a left forward punch	Momtong Baro Jireugi	Oreun Ap Kubi Seogi
9	Turn 90 degrees to your left on your right foot into a walking stance with a right middle block	Oreun Momtong An Makki	Wen Ap Seogi
10	Place your right foot one step forward into a walking stance with a left middle block	Wen Momtong An Makki	Oreun Ap Seogi

Nr	Movement	Technique	Stance
11	Turn 270 degrees to your left on the ball of your right foot into a walking stance with a left low block	Wen Arae Makki	Wen Ap Seogi
12a	Make a right front kick.	Oreun Ap Chagi	
12b+c	Place your foot into a long stance with a right left forward punch	Momtong Dubeon Jireugi	Oreun Ap Kubi Seogi
13	Turn 180 degrees to your right on the ball of your left foot into a walking stance with a right low block	Oreun Arae Makki	Oreun Ap Seogi
14a	Make a left front kick	Wen Ap Chagi	
14b+c	Place your foot into a long stance with a left right forward punch	Momtong Dubeon Jireugi	Wen Ap Kubi Seogi
15a	Turn 90 degrees to your left on the ball of your right foot, without moving your right foot, into a walking stance and a left low block	Wen Arae Makki	Wen Ap Seogi
15b	Stay in place and make a right forward punch	Momtong Baro Jireugi	Wen Ap Seogi
16a	Place your right foot one step forward into a walking stance with a right low block	Oreun Arae Makki	Oreun Ap Seogi
16b	Stay in place and make a left forward punch	Momtong Baro Jireugi	Oreun Ap Seogi
17a	Make a left front kick	Wen Ap Chagi	
17b	Place your foot into a walking stance with a left low block	Wen Arae Makki	Wen Ap Seogi
17c	Stay in place and make a right forward punch	Momtong Baro Jireugi	Wen Ap Seogi
18a	Make a right front kick	Oreun Ap Chagi	
18b	Place your foot into a walking stance with a right low block	Oreun Arae Makki	Oreun Ap Seogi
18c	Stay in place and make a left forward punch and Kiap	Momtong Baro Jireugi, Kiap	Oreun Ap Seogi
Geom an	Turn 180 degrees to your left on the ball of your right foot to the shoulder width stance.	Junbi	Naranhi Seogi

# Green belt / blue stripe (5<sup>th</sup> Gup)

## Exam requirements

1. Basic techniques from the first, second, and third style form (stances, punches, arm and hand techniques).
2. Style form: Taegeuk 4 (Sa-Jang) and (by own choice) Taegeuk 1 up to 3.  
Examiners choose from Taegeuk 1 to 3
3. Ilbo Taeryon, 11 times
4. Hosinsul, 10 times – 8 from the aboved-mentioned list and 2 own choices.
5. Several basic kicks: momdollyo-dollyo, and jumping kicks
6. Ban-chayu Taeryon, 1 minute several kicking and punching techniques on a punching pillow that is held and moved.
7. Gyeo-rugi, 1.5-minute sparring according to WTF competition-rules, with the exception that foot contact on the head and hard contact on the body aren't allowed.
8. Gyeok Pa, 1 breaking test with a leg technique.
9. Theory (see "Blue Belt")

## Blue belt (4<sup>th</sup> Gup)

*Blue represents the heaven towards which the plant matures into a towering tree, signifying your taekwondo training progress.*

### Exam requirements

1. Basic techniques from the first, second, third, fourth and fifth style forms (Il-Jang, I- Jang, Sam-Jang, Sa-Jang, Oh-Jang)
2. Style form: Taegeuk 5 (Oh-Jang) and (by own choice) Taegeuk 1 up to 4.  
Examiners choose from Taegeuk 1 to 4
3. Ilbo Taeryon, 13 different kinds
4. Hosinsul, 12 different kinds - 8 from the aboved-mentioned list and 4 own choices.
5. Several new kicks: momdollyo-dollyo, momdollyo-bandaee, and jumping kicks.
6. Ban-chayu Taeryo, 1,5 minute several kicking and punching techniques on a punching pillow that is held and moved.
7. Gyeo-rugi, 1.5-minute sparring according to WTF competition-rules, with the exception that foot contact on the head and hard contact on the body aren't allowed.
8. Gyek Pa, 2 breaking tests; 1 leg technique and 1 hand technique executed in succession.
9. Theory: Words for techniques from practices 1, 2, 3, 5, 6.

## Theory

The theory involves the new techniques used in taegeuks Sa-Jang and Oh-Jang

English	Korean (romanization)
Spear hand	Pyonsonkkeut
Spear hand strike to the solar plexus	Pyonsonkkeut Sewo Jireugi
Simultaneous defense with open hand above the head, with an open hand strike to the neck	Jebi Poom mok chigi
Outward defense with a fist	Momtong bakkat makki
Inward defense with a fist	Momtong an makki
Very short stance with the front foot pointed slightly outward (also translated to left or right stance)	Wen/Oreun seogi
Hammer fist	Mejumeok naeryochigi
Turning strike with the elbow	Palkup dollyo chigi
Strike with the elbow to the middle, i.e. own hand in the taegeuk	Palkup pyojeokchigi
Stance with crossed legs	Kkoa seogi

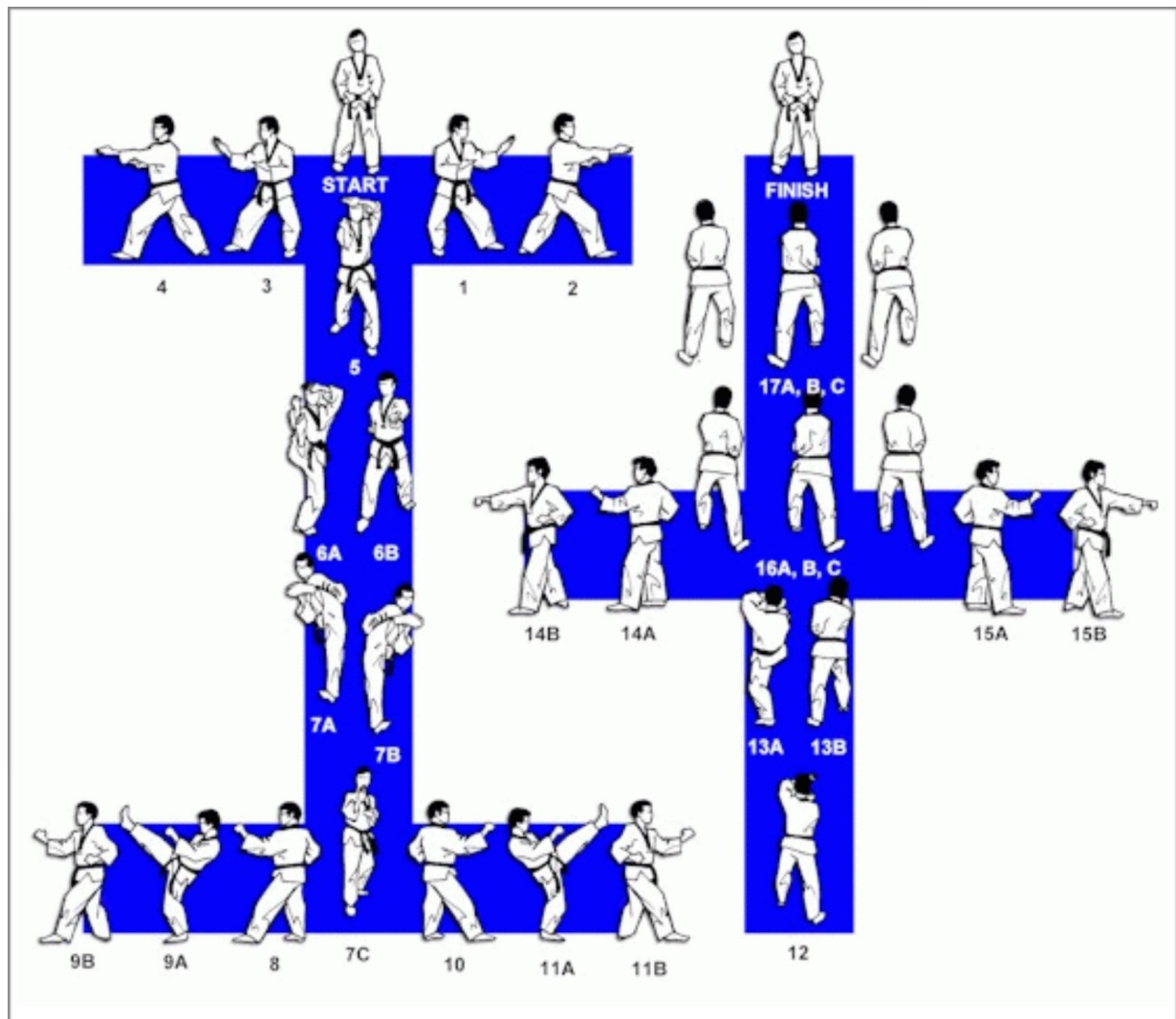
Other theory comes from more advanced kicks

English	Korean (romanization)
A turned kick with the back of the heel	momdollyo bandae chagi
A backward kick, with the bottom of the heel	dwit chagi
Horse riding stance	Juchum seogi

## Taegeuks

For the blue belt you should know taegeuk 4 (Sa-Jang) and 5 (Oh-Jang)

### Taegeuk Sa-Jang



Nr	Movement	Technique	Stance
Junbi	Place your left foot outwards so your stance is shoulder width, with your feet parallel	Junbi	Naranhi Seogi
1	Turn your body 90 degrees left into a walking stance with a left outward knife-hand middle block	Wen Sonnal Momtong Bakat Makki	Oreun Dwit Kubi Seogi
2	Place your right foot one step forwards in a long stance and a right vertical spear hand	Oreun Pyonsonkkeut Seweo Jireugi	Oreun Ap Kubi Seogi
3	Make half a right turn on your left foot in short stance and a right outward knife-hand middle block	Oreun Sonnal Momtong Bakat Makki	Wen Dwit Kubi Seogi
4	Place your left foot one step forward in long stance and a left vertical spear hand	Wen Pyonsonkkeut Seweo Jireugi	Wen Ap Kubi Seogi
5	Turn your body 90 degrees left into a long stance and a left high block with knife-hand and inwards stroke with knife-hand to the neck	Jebipoom Mok Chigi	Wen Ap Kubi Seogi
6	Make a right front kick then step into right long stance, left forwards punch	Oreun Ap Chagi Momtong Baro Jireugi	Oreun Ap Kubi Seogi
7a	Make a left sideways kick	Wen Yop Chagi	
7b	Then followed by a right-side kick	Oreun Yop Chagi	
7c	Step into short stance with the right foot, in short stance and a right outwards knife-hand middle block	Oreun Sonnal Momtong Bakat Makki	Wen Dwit Kubi Seogi
8	Turn the body on the ball of your right foot 270 degrees left in short stance and a left outward middle block	Momtong Bakat Makki	Oreun Dwit Kubi Seogi
9a	Make a right forwards kick	Oreun Ap Chagi	
9b	Place the right foot back in the first position in short stance and make a right middle block	Oreun Momtong An Makki	Oreun Dwit Kubi Seogi
10	Turn, without changing position, on both feet 180 degrees right in short stance and a right outwards middle block	Oreun Momtong Bakat Makki	Wen Dwit Kubi Seogi
11a	Make a left forwards kick	Wen Ap Chagi	

Nr	Movement	Technique	Stance
11b	Place the left foot back in the first position in short stance and make a left middle block	Wen Momtong An Makki	Oreun Dwit Kubi Seogi
12	Stay on the right foot and make a 90 degree turn left in long stance and make a left high block with knife-hand and middle stroke with knife-hand to neck	Jebipoom Mok Chigi	Wen Ap Kubi Seogi
13a	Hold the hands in the same position and make a right forwards kick	Oreun Ap Chagi	
13b	Make a long stance and right forwards stroke with the back of the fist to the head	Oreun Deung Jumeok Ap Chigi	Oreun Ap Kubi Seogi
14a	Stay on your right foot and place your left foot 90 degrees left in front of your right foot in walking stance and left middle block	Wen Momtong An Makki	Wen Ap Seogi
14b	Right forward punch	Momtong Baro Jireugi	Wen Ap Seogi
15a	Turn on your place on the ball of your right foot 180 degrees right in walking stance and right middle block	Oreun Momtong An Makki	Oreun Ap Seogi
15b	Left forward punch	Momtong Baro Jireugi	Oreun Ap Seogi
16a	Turn on your right foot 90 degrees left in long stance and a left middle block	Wen Momtong An Makki	Wen Ap Kubi Seogi
16b+c	Stay on the spot and make a right left forward's punch	Momtong Dubeon Jireugi	Wen Ap Kubi Seogi
17a	Place your right foot one step forwards in long stance and right middle block	Oreun Momtong An Makki	Oreun Ap Kubi Seogi
17b+c	Stay on the spot and make a left right forward's punch with Kiap	Momtong Dubeon Jireugi, Kiap	Oreun Ap Kubi Seogi
Geo man	Turn 180 degrees to your left on the ball of your right foot to the shoulder width stance.	Junbi	Naranhi Seogi



The diagram illustrates a Taekwondo Poomsae routine, showing 16 numbered positions (1A-16B) and their corresponding stances. The routine is laid out in a cross shape on a black background. The sequence starts at the top with 'READY' (1A, 1B), moves down through positions 2A, 2B, 3A, 3B, 4A, 4B, 4C, 5A, 5B, 5C, 6, 7A, 7B, 8A, 8B, then turns right through 9A, 9B, 10A, 10B, 10C, 11, 12A, 12B, 13, 14A, 14B, 15A, 15B, 16A, 16B, and ends at the top right with 'FINISH'.

**Positions and Stances:**

- 1A, 1B:** READY (Front stance)
- 2A, 2B:** (Front stance)
- 3A, 3B:** (Front stance)
- 4A, 4B, 4C:** (Front stance)
- 5A, 5B, 5C:** (Front stance)
- 6:** (Front stance)
- 7A, 7B:** (Front stance)
- 8A, 8B:** (Front stance)
- 9A, 9B:** (Front stance)
- 10A, 10B, 10C:** (Front stance)
- 11:** (Front stance)
- 12A, 12B:** (Front stance)
- 13:** (Front stance)
- 14A, 14B:** (Front stance)
- 15A, 15B:** (Front stance)
- 16A, 16B:** (Front stance)
- FINISH:** (Front stance)

Nr	Movement	Technique	Stance
Junbi	Place your left foot outwards so your stance is shoulder width, with your feet parallel.	Junbi	Naranhi Seogi
1a	Turn your body 90 degrees left in long stance and a left low block	Wen Arae Makki	Wen Ap Kubi Seogi
1b	Stay on your right foot to parallel stance with left feet at 90 degrees, stretch your body straight and make a left fist stroke in a big circle	Wen Me-Joomeok Naeryo Chigi	Wen Seogi
2a	Turn your body 90 degrees right to long stance and a right low block	Oreun Arae Makki	Oreun Ap Kubi Seogi
2b	Stay on your left foot to parallel stance with feet at 90 degrees, stretch your body straight and make a right fist stroke in a big circle	Oreun Me-Joomeok Naeryo Chigi	Oreun Seogi
3	Place your left leg one step forward in long stance and make a right middle block followed by a right middle block	Oreun Momtong An Makki	Wen Ap Kubi Seogi
4a	Make a right forwards kick	Oreun Ap Chagi	Oreun Ap Kubi Seogi
4b	In long stance make a right forwards stroke to the head with the back of the fist	Oreun Deung Jumeok Ap Chigi	Oreun Ap Kubi Seogi
4c	Stay in place in long stance and make a left middle block	Wen Momtong An Makki	Oreun Ap Kubi Seogi
5a	Make a left forwards kick	Wen Ap Chagi	Wen Ap Kubi Seogi
5b	In long stance make a left forwards stroke with the back of the fist	Wen Deung Jumeok Ap Chigi	Wen Ap Kubi Seogi
5c	Stay in place in long stance and make a right middle block	Oreun Momtong An Makki	Wen Ap Kubi Seogi
6	Place your right leg one step forward in a long stance and make a right forwards stroke with the back of the fist	Oreun Deung Jumeok Ap Chigi	Oreun Ap Kubi Seogi
7a	On your right foot make a 270 degree turn left in short stance and a left outwards knife-hand middle block	Wen Han Sonnal Momtong Bakat Makki	Oreun Dwit Kubi Seogi

Nr	Movement	Technique	Stance
7b	Place your right foot one step forwards in a long stance and a right forward turning elbow strike	Oreun Palkup Dollyo Chigi	Oreun Ap Kubi Seogi
8a	On your left foot make a 180 degree turn right in short stance and a right outwards knife-hand middle block	Oreun Han Sonnal Momtong Bakat Makki	Wen Dwit Kubi Seogi
8b	Place your left foot one step forwards in a long stance and a left forwards turning elbow punch	Wen Palkup Dollyo Chigi	Wen Ap Kubi Seogi
9a	Turn on your right foot 90 degrees left in a long stance with a left low block	Wen Arae Makki	Wen Ap Kubi Seogi
9b	Stay in place in long stance with a right middle block	Oreun Momtong An Makki	Wen Ap Kubi Seogi
10a	Make a right forwards kick	Oreun Ap Chagi	Oreun Ap Kubi Seogi
10b	In walking stance make a right low block	Oreun Arae Makki	Oreun Ap Kubi Seogi
10c	Stay in place and make a left middle block	Wen Momtong An Makki	Oreun Ap Kubi Seogi
11	Leave your right foot in place and turn with your left foot 90 degrees left in long stance with a left high block	Wen Olgul Makki	Wen Ap Kubi Seogi
12a	Make a right sideways kick with straight to the outside hammer fits	Oreun Yop Chagi	Oreun Ap Kubi Seogi
12b	Put your right leg down in front in long stance and a right forward's elbow strike to your other hand's palm	Oreun Palkup Pyojeok Chigi	Oreun Ap Kubi Seogi
13	On your left foot make a 180 degree turn right in long stance and a right high block	Oreun Olgul Makki	Oreun Ap Kubi Seogi
14a	Make a left sideways kick with straight to the outside hammer fist	Wen Yop Chagi	Wen Ap Kubi Seogi
14b	Put your left leg down in front in long stance and a left forward's elbow strike to your other hand's palm	Wen Palkoop Pyojeok Chigi	Wen Ap Kubi Seogi
15a	On your right foot make a 90 degree turn left in long stance and a left low block	Wen Arae Makki	Wen Ap Kubi Seogi

Nr	Movement	Technique	Stance
15b	Stay in place and make a right middle block	Oreun Momtong An Makki	Wen Ap Kubi Seogi
16a	Make a right forwards kick	Oreun Ap Chagi	
16b	Big step forwards in cross-stance with the left leg behind and a forward's stroke with the back of the right fist to the head, together with a Kiap	Oreun Deung Joomeok Olgul Ap Chigi	Dwit Kkoa Seogi
Geo man	Turn 180 degrees to your left on the ball of your right foot to the shoulder width stance.	Junbi	Naranhi Seogi

# Blue belt / red Stripe (3<sup>rd</sup> Gup)

## Exam Requirements

1. Basic techniques from the first until the sixth style form (stances, punches, arm and hand techniques).
2. Style form: Taegeuk 6 (Yuk-Jang, see “Red Belt”) and (by own choice) Taegeuk 3 up to 5. Examiners choose from Taegeuk 1 to 5
3. Ilbo Taeryon, 14 times
4. Hosinsul, 13 times – 8 from the aboved-mentioned list and 5 own choice.
5. Several kicks, a.o.: momdollyo, jumping and turning kicks, combination kicks: defense and counter.
6. Ban-chayu Taeryo, 1.5 minute several kicking and punching techniques on a punching pillow that is held and moved.
7. Gyeo-rugi, 1.5-minute sparring according to WTF competition-rules, with the exception that foot contact on the head and hard contact on the body aren’t allowed.
8. Gyeok Pa, 2 breaking tests; 1 leg technique and 1 hand technique executed in succession.
9. Theory (see “Red Belt”)

## Red belt (2<sup>nd</sup> Gup)

*Red represents danger and the sun, cautioning you to exercise control and warning your opponent to stay away*

### Exam requirements

1. Basic techniques from the first to the seventh style form
2. Style forms: Taegeuk 7 (Chil-Jang), by own choice one of Taegeuk 4-6.  
Examiners  
choose one from Taegeuk 1-6
3. Ilbo Taeryon, 15 different kinds
4. Hosinsul, 13 different kinds – 8 from the aboved-mentioned list and 5 own choice.
5. Several new kicks: o.a. momdollyo, jumping and turning kicks, combination kicks:  
defense and counter
6. Ban-chayu Taeryo, 1.5 minute several kicking and punching techniques on a  
punching pillow that is held and moved.
7. Gyeo-rugi, 1.5-minute sparring according to WTF competition-rules, with the  
exception that foot contact on the head and hard contact on the body aren't  
allowed.
8. Gyeok Pa, 3 breaking tests; 2 leg techniques and 1 hand technique executed in  
succession.
9. Theory: Words for techniques from practices 1, 2, 3, 5, 6.

## Theory

New techniques mostly from Taegeuk Chil-Jang

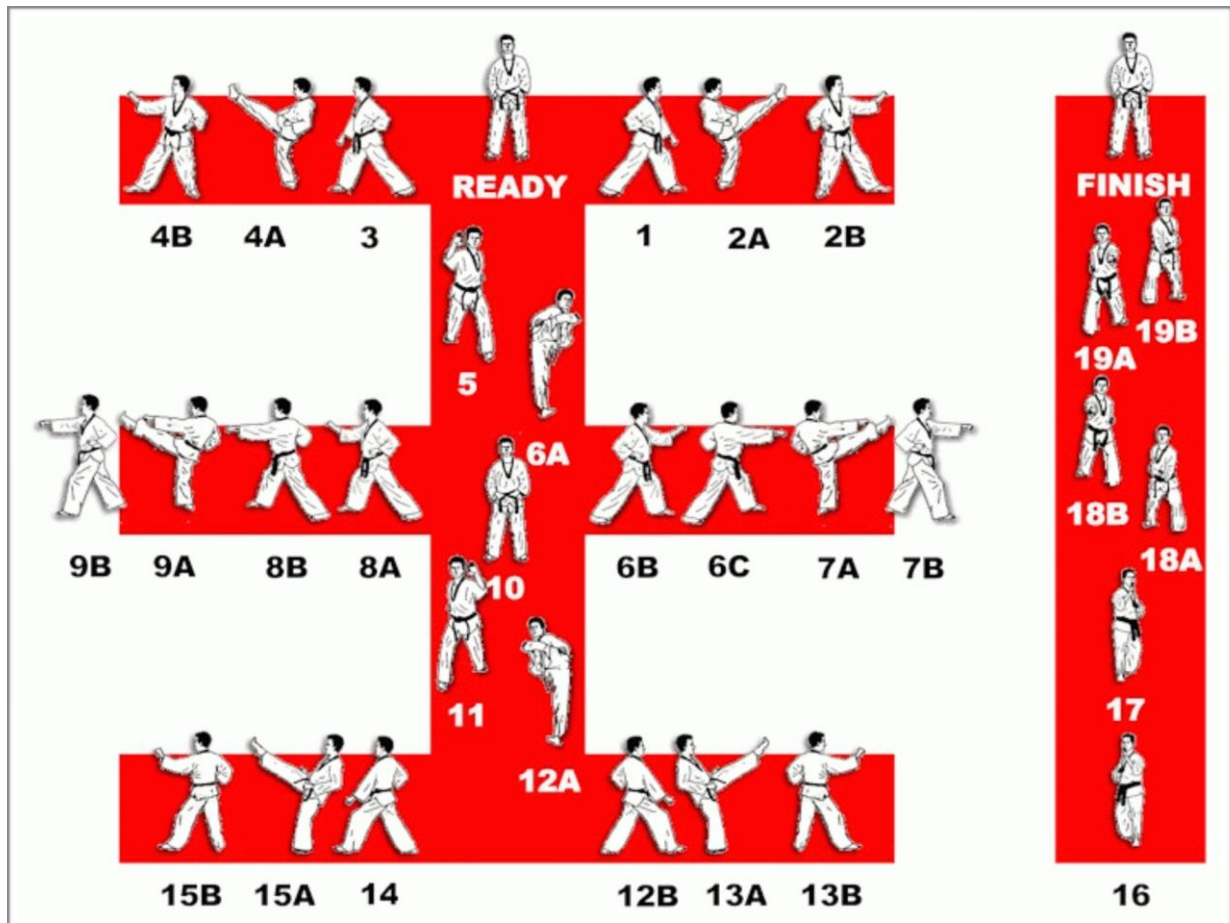
English	Korean (romanization)
Low block with knife hand	Sonnal arae makki
Inside palm block	Batangson momtong an makki
Strike to the face with the back of the palm	Deong jumeok ap chigi
Scissors block (low block and middle block simultaneously)	Kawi makki
Shoulder hight opening block	Momtong Hecho makki
Knee to the abdomen strike	Wenbal or Oreunbal Mureupchigi
Double fist strike to the abdomen	Dujumeok jecho jireugi
Low cross block	Otkoreo arae makki
High outward strike with the back of the fist	Deong jumeok olgul chigi
Target kick (to the hand)	Pyojeok chagi
Elbow strike (to hand)	Palkup pyojeok chigi



## Taegeuks

For the red belt you should know taegeuk 6 (Yuk-Jang) and 7 (Chil-Jang)

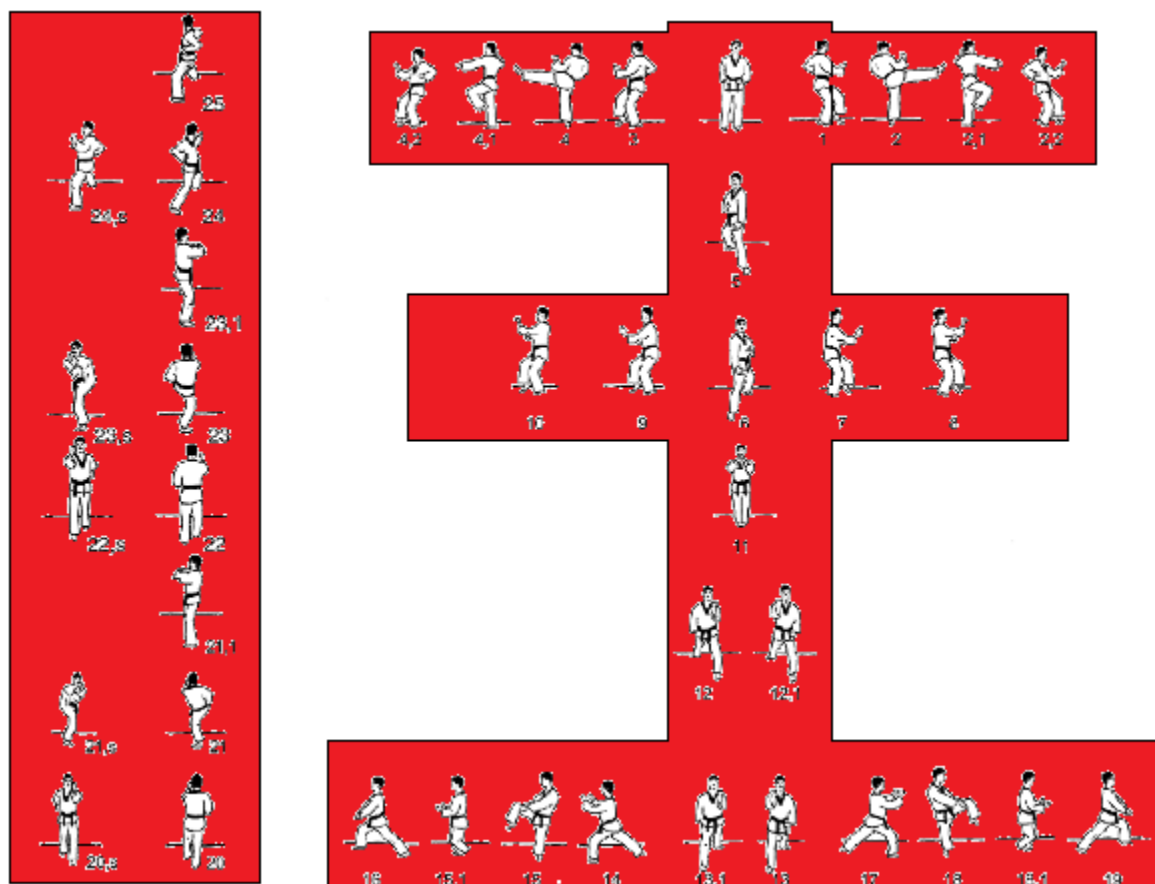
### Taegeuk Yuk-Jang



(No description provided in this version of the theory book)



## Taegeuk Chil-Jang



(No description provided in this version of the theory book)

# Red belt / black stripe (1<sup>st</sup> Gup)

*The requirements are as same as for Black belt (1<sup>st</sup> Dan)*

## Black belt (1<sup>st</sup> Dan)

*Black represents the opposite of white, meaning maturity. It signifies proficiency in taekwondo and your imperviousness to darkness and fear.*

### Note

#### **Black belt exams are not given within the club Ilyeo!**

Because black belt exams are not given within Ilyeo, this exam book does not contain the same level of description about what you will need. For a more detailed and up to date version you need to look online at the TBN (Taekwondo Bond Netherlands)

The red belt with a black mark is the highest belt you can get with an exam at the club Ilyeo. It has the same exam elements as the black belt exam, including the theoretical parts and the practical parts.

If you want to go on a black belt exam, your current Taekwondo techniques and abilities will be evaluated by the Ilyeo trainers at least 6 months in advance to see if you are ready – meaning, you would need to achieve a Red/Black belt from Ilyeo 6 months before participate in the Black belt exam.

**Please be aware:** in the Netherlands, you will only be allowed to go on the first Dan black belt exam after being registered with the TBN for 3 years.

There are 2 Dan exams organised by TBN every year, in June and December. Candidates must download the registration material on the TBN website, fill in their information, sign it and mail it back.

Before going on the 1<sup>st</sup> Dan exam, there is a “Sparring referee theory diploma” you need to sign up for and participate in. You will go through a basic referee course and TBN will judge if you could complete the request during the course. Please check on the website of TBN for more information.

About the exam partner. During the official Dan exam, pairing up with another 1st dan candidate is not allowed, as the candidate can be judged on the different fields or placed to be examined at the same time. Your partner must be red belt or higher, preferably in the same weight category as you. During the last 6 month of preparation, it's very important to make a good planning with your partner to train together, get used to his/her measurement and timing to maximize your quality of performance. Keep your partner up-to-date about the exam date and exam routines.

## What black belt means in Taekwondo?

Some of the symbols commonly attributed to the Black Belt include:

- Black is the opposite of White, thereby signifying maturity and proficiency.
- Black is a combination of all previous colors mixed, signifying proficiency in all the previously learned forms and techniques.
- Black symbolizes one's imperviousness to darkness, and hence to fear.
- Black symbolizes something that is well-worn over time, having grown darker as it ages.

## 1st Dan Exam

### Theory Exam

15 questions with multiple choice. Candidate must correctly answer a minimum of 9 questions.

(For the non-dutch candidate, it's possible to get help with translation from the TBN during the exam, please notify the TBN your info and request the help via email)

(\*according to the theory material on the TBN website)

1. General information about taekwondo in Korean
  - a. Name of the taegeuk, numbers
  - b. Name of the exam elements
2. Words for coordination, direction
3. Name of the body parts
4. Name of the stands
5. Name of the hand technique
  - a. Close hand technique
  - b. Open hand technique
6. Name of the kicking technique
7. Name of the referee order in sparring

### Part 1

Perform taegeuk 8

Perform a taegeuk of your choice from 4-7

Perform a taegeuk of the judges' choice from 1-7

### Part 2

#### ILBO TAERYON

Perform 15 one step sparring.

The candidate must show 5 hand techniques, 10 foot's techniques and at least 3 jumping kick techniques.

## Part 3

### HOSINSUL

Perform 12 self defence techniques, include grab, lock and kicking.  
The partner of you will act as attacker.

During the exam there are 8 attack techniques must be shown in the following order:

1. Grab wrist/forearm grab, with one hand or two hands.
8. Grasp the lapels with one hand or two hands.
9. Strangle the neck from the front with 2 stretched arms.
10. Grasp the head or hair.
11. Grasp both wrists of the defender from behind.
12. Strangle the neck from behind with 2 stretched arms.
13. Clamping from behind with 2 arms and closed.
14. Clamping the neck by standing at the side of defender, both head of the attacker and defender facing the same direction.

Other 4 attacks are free choice of the candidate. it must be place from attack 9 to attack 12.

## Part 4

### GYEO-RUGI

1.5 minutes of contact sparring with full protection, using variety of taekwondo sparring techniques.

#### Note:

The protection gears need to be certificated by WTF rules, including:

Helmet, mouth guard, body armor, forearm protection, shin protection

For safety, chose the protection gear that fit your size.

Be aware of the color, the **exam candidate** needs to wear **blue** and **the partner** needs to wear **red**.

*It is ok to not wear foot protector but as long as both the exam candidate and the partner not wearing them. For short: Either both wear it or not at all. Can not be that one person with foot protector and the other not.*

## Part 5

### GYEK PA

Breaking test that requests breaking 3 boards.

The technique that breaks the first board will be chosen by the judge, it must be one of the following techniques:

- Yop-chagi
- Dollyo-chagi
- Dwit-chagi

It must come from a back leg kick, start from dwit-kubi seogi or ap-kubi seogi. After the first kick is chosen, all 3 breaking techniques must be performed in one-go. You have 3 chances, if there is a board which is not broken, you must start the whole breaking routine again.

The breaking board size is important, to know which size you'll need look at the NTB requirements.

It's mandatory to prepare safety glasses for your board holders. (3 pairs)

## Evaluation Points of the Dan exam

### Taegeuk

- Perform the requested taegeuk • Stances
- Kicking techniques
- Arms techniques
- Correct breathing
- Correct posture and balance • Start point is the end point
- Facing direction
- Power, muscle tension
- Dynamics, elan, rhythm

### Ilbo Taeryon

- Perform following the exam requests
- Distance
- Timing, reaction
- Power
- Sense of reality
- Execution of the techniques

### Hosinsul

- Perform following the exam request
- Realistic
- Counter moment
- Candidate does not injure himself
- Perform the taekwondo techniques

### Gyo Rugi

- Perform following the exam request
- Perform with the competition regulations

- Realistic
- Kicking techniques
- Insight
- Score
- Variation in techniques, both left and right side • Condition

### Gyek Pa

- Perform following the exam request • Break the boards
- Controlled technic and balance
- Different level technic

# Extras

## Ilbo Taeryon Explained

### Basic

This list is obligated from White to Yellow (first 5) and Yellow to Green (from 1 to 9). All defenses are a response to the attack 'Momtong Jireugi'

For video reference go to: <https://youtu.be/1tLadvS59Lw>

1. Step back with right leg into walking stance, middle block inward with right arm -> middle punch with left arm.
2. Left leg stays, step back with right leg into horse riding stance, middle block inward with left arm -> Right leg stays, step forward with left leg into long stance, double punch (low, high).
3. Right leg stays, step back with left leg into horse riding stance, middle block inward with right arm -> Right leg slightly slides forward, right elbow to stomach with support from left hand -> Right leg slides back into ap seogi, strike to the face with the back of the right fist.
4. Step forward with right leg into horse riding stance, diagonal from the starting point, block (at the wrist) with left hand, punch to the chin with right hand -> Step right leg forward into long stance, reverse punch (back of the fist facing the ground) to the stomach.
5. Step back with right leg into dwit koobi seogi, block outward with left open hand -> Step forward with left leg into long stance, middle punch with right arm.
6. Slightly slide back with right leg to the back, move left foot from inside to outside to block/ push the punch (at the wrist) away -> Right ap chagi.
7. Slightly slide back with left leg to the back, move right foot from inside to outside to block/ push the punch (at the wrist) away -> Left dollyo chagi high.
8. Slightly slide back with right leg to the back, move left foot from outside to inside to block/ push the punch (at the wrist) away, immediately (without foot touch the floor) right yeop chagi high.
9. Slightly slide back to the right, diagonal from the starting point, with right leg to the back -> dwit chagi with the right leg.
10. Slightly slide back with right leg to the back, move left foot from inside to outside to block/ push the punch (at the wrist) away -> Double ap chagi (low high), start with back leg.



## Advanced

Green belt and above can use this list and the basic list as reference. All defenses are a response to the attack 'Momtong Jireugi'

For video reference go to: <https://youtu.be/DeJ2pOhO4I8>

1. Right leg stays, step back with left leg into horse riding stance, middle block inward with right arm -> turn to the back into walking stance, right leg back, strike to face with the back of left fist -> Open the left fist, kick to it with the bottom of right foot -> Put the right foot to the front into walking stance, strike to the face from outside to inside with right elbow.
2. Slide to the left into walking stance with right leg to the back, diagonal from the starting point -> Right dollyo chagi to stomach -> Right momdollyo bandae dollyo.
3. Take number 4 from the basic list then add the following: After the reverse punch -> Right leg stay, step forward with left leg and turn 3/4 of the circle into long stance with left leg to the back -> strike to the neck from inside to outside with right knife hand.
4. Step back with right leg into dwit koobi seogi, middle block from inside to outside with left open hand -> step outside with left leg into long stance, middle punch with right arm -> step back with left leg (to where right leg is), high ap chagi with right leg -> step forward with right leg into backward cross stance, left leg behind, strike to face with back of the right fist.
5. Step forward with right leg into horse riding stance, diagonal from the starting point, block (at the wrist) with left open hand and strike to the neck with right open hand -> step forward with right leg into long stance, stab with left spear hand to the groin and to the face with right spear hand.
6. Slightly slide back to the right, diagonal from the starting point, with right leg to the back -> Yop chagi, low high with right leg (without putting the foot the ground) -> switch to long stance with right foot to the front, middle punch with left hand.
7. Left leg stays, step back with right leg into horse riding stance, middle block inward with left arm -> Wrap the left hand around the attack's arm, left leg stays, turn backward into horse riding stance, right elbow to head -> Turn forward, right dollyo.
8. Slightly slide back to the left, diagonal from the starting point, left leg to the back -> double dollyo, left leg first -> Strike to the neck with left knife hand in walking stance.
9. Step back with left leg, left dwit chagi -> right naeryo chagi from outside to inside.
10. Step back with right leg -> move right foot from outside to inside to block/push the punch (at the wrist) away -> momdollyo dollyo chagi to the head.

# History

Korea has a long history, and the earliest form of Korean Martial Art was practiced by a group of an elite young man called HwaRang Do (Flower of Youth?). They served the kingdom Silla back in the Korean three kingdoms era. They played an important role in helping Silla to united all three kingdoms.

They practiced various forms of martial arts including Taekyon and Soo Bakh Do, which are believed to be two of the primitive forms of modern Taekwondo. Later, in the Koryo dynasty (918 AD-1392 AD), they were used in the military and became popular. The Japanese dominated Korea during 1910 until the end of WW2 and Korean martial arts could not be practiced openly during that period. After achieving independence, the modern Taekwondo Dojangs (kwans) appeared. [1]

There were 9 kwans, and they were requested to come together and establish a single Korean martial art. In 1955 a meeting was held to decide upon a single name for the newly integrated Korean martial art. The final decision could not be decided, though the name Tae Soo Do was favored. In 1957, the name Taekwondo was suggested and supported by General Choi Hong Hi.

The Korean Taekwondo Association (KTA), sponsored by South-Korea government's Ministry for Culture, Sports and Tourism, was formed in 1959 with the purpose to promote the newly integrated Korean martial art, Taekwondo. In the early 1960s, the KTA sponsored twelve expert practitioners (known as The Original Masters) to spread the art. General Choi Hong Hi decided to split from KTA in 1966 and found ITF (International Taekwondo Federation) and was supported by South Korea until 1972 for political reasons. During this time, Taekwondo became very popular in Korea and well-established worldwide.

Kukkiwon, the World Taekwondo Federation (WTF – or WT/World Taekwondo as recent change in June 2017) was established by the KTA's efforts in 1973. The first great achievements of the WTF was the introduction of Taekwondo to the 1988 Seoul Olympics as a demonstration sport. In 2000, Taekwondo made it into the summer Olympics in Sydney, Australia as a fully official sport. Taekwondo was the second martial art to be added to the Olympics after Judo in 1964.

Taekwondo as known today is the most popular martial art in the world with more than 70 million people practicing it in over 150 countries. Taekwondo may arguably trace its traditions back to almost 2000 years ago, but it is still an essentially modern martial art based on modern principles of biomechanics. [2]

# Respect

Bowing in martial arts is a very simple act but one that is extremely important. Many practitioners bow just because they were told to but do not understand the meaning behind it. Bowing between Instructors and students shows the respect felt among themselves and toward each other. When you bow, you are not bowing to that person but respecting the knowledge and skill that person has acquired, also to the rank that they have attained. When to bow and why:

## **TO YOUR INSTRUCTOR**

The most important person to bow to is your instructor, for they are the one that will teach you everything you will ever learn about the martial arts. For this you will be forever in their debt. This you can never repay but hopefully, one day you can pass your knowledge onto others. You should bow when you first meet your instructor and also when you say goodbye and also if they help you in any way. The bond between a student and their instructor is one that will last a lifetime and is based on respect, trust and loyalty. This is rare and should be cherished.

## **WHEN ENTERING THE DOJANG**

Bowing when entering the dojang has several meanings. Firstly, it symbolizes clearing your mind and leaving all your problems at the door. It allows you to have “you” time where you can concentrate solely on your martial art. This is fantastic for stress release and to get the most out of your training. When you bow you should also “empty your cup”. This means that you go into the lesson as a blank canvas and ready to learn whatever is taught that day. Students who arrive at lessons already thinking they know it all will develop big egos and this is against everything martial arts promote. Importantly you are bowing to what the room represents as an avenue to learn and grow and an environment of positive change.

## **WHEN YOU LEAVE THE DOJANG**

This signifies that your training has finished. Also, that you are grateful for the knowledge received that lesson from your instructor.

## **AT THE START/END OF THE LESSON**

The highest grade should always command the whole class to bow to the instructor as a sign of respect and gratitude at the start and the end of the lesson.

## **WHEN TRAINING WITH A PARTNER**

Partners should always shake hands as well after training. Bowing indicates that the practitioners are alert and ready and also that they wish no harm to their partner. Bowing after training together shows gratitude to the other person. Each person learns something about themselves during training and the ending bow is thanking the other person for the learning. [3]

# Taekwondo Bond Nederland (TBN)

If you practice Taekwondo in the Netherlands and want to attain their black belt, you must register for at least 3 years continuously with TBN. Although, exceptions can be made for foreigners but it is still recommended that you register with TBN. Normally, they would require you to prove that you are a foreigner and you have trained Taekwondo for at least more than 3 years (hence the requirement), though sometimes it is difficult to prove your Taekwondo training time. For convenience, it is recommended that you should contact TBN to check on your requirements before applying for the exam.

# References

- [1] [Online]. Available: [www.barrel.net/history.html](http://www.barrel.net/history.html).
- [2] [Online]. Available: <http://taekwondo.wikia.com/wiki/> .
- [3] [Online]. Available: <https://www.chungdokwantkd.co.uk/single-post/2015/07/12/Why-Do-We-Bow-In-Martial-Art>.