



# White Belt 10th Gup Study Guide

## Ara's TaeKwondo - Martial Arts

[www.aratkd.com](http://www.aratkd.com)

### PROMOTION REQUIREMENTS

**Amount of Class Participation:** Min. 25 lessons

*Four Stripes*

ξ Board Breaking - Black

ξ Self Defense - Red

ξ Poomsae - Black

ξ Ready for Testing - White

### I. AREA OF LEARNING

ξ Physical Conditioning: minimum of 10 -15 Jumps, 10-15 Push Ups, 20-30 Sit Ups

ξ 4 Squatting Falls, 2 Stances, 5 Kick, Blocks

ξ Board Breaking: Front Kick

ξ Self Defense: All Blocks

ξ Poomsae (Form)

### TAE KWON DO

The literal meaning of Tae Kwon Do is: the art of foot and fist, the way of kicking and punching. *Tae: Foot, Kwon: Fist, Do: The way.*

The main feature of Tae Kwon Do is that it is a free fighting combat sport using the bare hands and feet to repel the opponent

KOREAN WORDS	KOREAN NUMBERS	KOREAN NUMBERS
Meaning	Sequential Numbers	Ordinal Numbers
KICHO - Basic or Foundation	1. Ha-Nah	1st Il
CHA-GI - Kick	2. Dul	2nd Yi
CHARIYUT - ATTENTION	3. Set	3rd Sam
JOON-BEE - Ready	4. Net	4th Sa
BAR-ROH - Return to Joon-Bee	5. Dasot	5th O
KYUNG-NAET - Bow	6. Yasot	6th Yuk
SABUNIM - TaeKwonDo Teacher	7. Il-gub	7th Chil
SI-JAK - Begin or Start	8. Yo-dol	8th Pa
HO-SIN-SOOL - Self Defense	9. Ahop	9th Ku
SOGI - Stance	10. Yeol	10th Sip

### WHITE BELT MEANING

The color symbolizes the purity of barren earth that is willing to accept the oak seed. The white belt represents a student who is empty of TaeKwonDo knowledge.



# High White Belt 9th Gup Study Guide Ara's

## TaeKwondo - Martial Arts

[www.aratkd.com](http://www.aratkd.com)

**Amount of Class Participation:** Min. 25 lessons

**Required Stripes (4):** PoomSae, Self Defense, Board Breaking & Sparring

**Attendance:** Consistent Class Participation to gain the Best Benefit.

### I. Core Curriculum

ξ Physical Conditioning: minimum of 15-20 Jump, 15-20 Push Ups, 30-40 Sit Ups

ξ Poomsae (Ki-cho PoomSae No.2)

ξ Self Defense (1&2)

ξ Board Breaking (Side Kick)

ξ Physical Conditioning: minimum of 15-20 Jump, 15-20 Push Ups, 30-40 Sit Ups

### II. Pre Test Curriculum

ξ PoomSae (Ki-cho Poomsae No.2) & Sparring (Target Sparring)

### III. Final Test Curriculum

ξ Self Defense (1&2), Board Breaking (Side Kick), and all questions below.

ξ Low position Falls (Front, Right, Left and Back)

### IV. Oral Exam

**QUESTION 1: Know how to pronounce all below words in Korean and understand them.**

<b>Soo Mool</b>	20	<b>Yi Seep</b>	20th
<b>Sur Hoon</b>	30	<b>Soom Seep</b>	30th
<b>Mar Hoon</b>	40	<b>Sa Seep</b>	40th
<b>She Hoon</b>	50	<b>Oh Seep</b>	50th
<b>Yae Soon</b>	60	<b>Yook Seep</b>	60th
<b>Il Hoo</b>	70	<b>Chil Seep</b>	70th
<b>Yeo Doon</b>	80	<b>Pal Seep</b>	80th
<b>Ah Hoon</b>	90	<b>Goo Seep</b>	90th
<b>Bek</b>	100	<b>Bek</b>	100th

**Question 2: Why do we Ki Hap?**

Answer: To Show our confidence and to increase our power and concentration, Sir!

**Question 3: Why do we Kyung Naet (Bow), and say “SIR” / “MA’AM”?**

Answer: To show sincerity of respect and universal gesture of politeness.

**Question 4: What is Poom Sae (Form/Pattern)?**

Answer: The PoomSae is a demonstration of self defense techniques against imaginary opponents, Sir!

**Question 5: What is Tae Kwon Do ?**

Answer: A Traditional Korean Martial Art for Self Defense and Discipline.

Tae - Foot Kwon-Hand Do-The Way or Art of combining one’s Mind and Body.

**Question 6: What is your Goal in Tae Kwon Do?**

Answer: Short Term-To make Yellow Belt, Sir! Long Term-To become one of the finest Black Belt, Sir!



# Yellow Belt 8th Gup Study Guide

## Ara's TaeKwondo - Martial Arts

[www.aratkd.com](http://www.aratkd.com)

**Amount of Class Participation:** Min. 25 lessons

**Required Stripes (4):** PoomSae, Self Defense, Board Breaking & Sparring

**Attendance:** Consistent Class Participation to gain the Best Benefit.

### I. Core Curriculum

ξ Physical Conditioning: minimum of 25 Jumps, 20- 25 Push Ups, 40-50 Sit Ups

ξ Poomsae (Tae Keuk IL Jang)

ξ Self Defense (1-4)

ξ Board Breaking (Jumping Snap Kick)

ξ Sparring (Contact Sparring for traditional Students, and Target Sparring for Recreational Students)

ξ Physical Conditioning: minimum of 25 Jumps, 20- 25 Push Ups, 40-50 Sit Ups

### II. Pre Test Curriculum

ξ PoomSae (Tae Keuk IL Jang) & Sparring (Contact or Target Sparring)

### III. Final Test Curriculum

ξ Self Defense (5), Board Breaking (Jumping Snap Kick), and all questions below.

ξ Mid position Falls (Front, Right, Left and Back) & Mid Position Spinning Side Fall (side roll and stop at side fall)

### IV. Oral Exam

**QUESTION 1:** Know how to pronounce all below phrases in Korean and understand them.

Ho Sin Sool	Self Defense	Chi Gi	Punch
Kyuk Par	Breaking	Mag Gi	Block
Kyo Ru Gi	Sparring	Goo Ru Gi	Rolls
Cha Gi	Kick	So Gi	Stance
Nock Bup	Falls	Jong Sin-Tongil	Meditation

#### ***Question 2: What is TAE KEUK?***

Answer: Name of the form, or pattern designed by the WTF, and there are 8 different Tae Keuk forms, Sir!

#### ***Question 3: What are the two predecessors of Tae Kwon Do?***

Answer: Tae Kyun and Soo Bocky, Sir!

#### ***Question 4: Why do we wear different color Belts?***

Answer: To symbolize increase of knowledge and the rank, Sir!

#### ***Question 5: What is the meaning of Yellow Belt?***

Answer: Color like the sun rising early in the morning and opening to gain knowledge, Sir!

#### ***Question 6: What is Ho Sin Hool?***

Answer: The method of defensive techniques against an attacker's movements and weapons, Sir!



# High Yellow Belt 7th Gup Study Guide Ara's TaeKwondo - Martial Arts [www.aratkd.com](http://www.aratkd.com)

**Amount of Class Participation:** Min. 25 lessons

**Required Stripes (4):** PoomSae, Self Defense, Board Breaking & Sparring

**Attendance:** Consistent Class Participation to gain the Best Benefit.

## I. Core Curriculum

ξ Poomsae (Tae Keuk Yi Jang)

ξ Self Defense (1-7)

ξ Board Breaking (Back Kick)

ξ Sparring (Contact Sparring for traditional Students, and Target Sparring for Recreational Students)

ξ Physical Conditioning: minimum of 25-30 Jumps, 25-30 Push Ups, 50-60 Sit Ups

## II. Pre Test Curriculum

ξ PoomSae (Tae Keuk Yi Jang) & Sparring (Contact or Target Sparring)

## III. Final Test Curriculum

ξ Self Defense (7), Board Breaking (Back Kick), and all questions below.

ξ Mid position Rolls (Front, Right, Left and Back)

## IV. Oral Exam

**QUESTION 1:** Know how to pronounce all below phrases in Korean and understand them.

Hello / How are you? Ahn Young, or Ahn Young Har Sim Nee Kah

Casual GoodBye Ahn Young \*Notice that it is the same as “Hello” but it means different.

Formal Good Bye 1 Host to Friend: Ahn Young Hee Kar Sip Si Yo.

Formal Good Bye 2 Friend to Host: Ahn Young Hee Keh Sip Si Yo.

Thank You! Ko Mop Soom Nee Dah! Or Gam Sa Hom Nee Dah!

You're Welcome! Churn Mon Hae Yo!

I'm Sorry Mi Ahn Hom Ni Dah

Good Morning! Jo Eun Ah Chim!

Have a Good Dat! Jo Eun Har Reu Dwae Sae Yo!

Good Night and Sleep Well Ahn Young Hee Ju Mu Sae Yo.

### ***Question 2: Bow to the Flags***

Answer: Kuki Yeh Dae Ha Yeou Kyung Naet.

### ***Question 3: Bow to the Instructor***

Answer: Sa Bum Nim Keh Kyung Naet.

### ***Question 4: Bow to the Master***

Answer: Sa Boo Nim Keh Kyung Naet.

### ***Question 5: Name of the five tenets of Tae Kwon Do***

Answer: COURTESY– INTEGRITY– PERSEVERANCE– SELF CONTROL– INDOMITABLE SPIRIT



# Green Belt 6th Gup Study Guide

## Ara's TaeKwondo - Martial Arts

[www.aratkd.com](http://www.aratkd.com)

**Amount of Class Participation:** Min. 25 lessons

**Required Stripes (4):** PoomSae, Self Defense, Board Breaking & Sparring

**Attendance:** Consistent Class Participation to gain the Best Benefit.

### I. Core Curriculum

ξ Poomsae (Tae Keuk Sam Jang)

ξ Self Defense (10)

ξ Board Breaking (Axe Kick)

ξ Sparring (Contact Sparring for traditional Students, and Target Sparring for Recreational Students)

ξ Physical Conditioning: minimum of 35 Jumps, 30-35 Push Ups, 60-70 Sit Ups

### II. Pre Test Curriculum

ξ PoomSae (Tae Keuk Som Jang) & Sparring (Contact or Target Sparring)

### III. Final Test Curriculum

ξ Self Defense (10), Board Breaking (Axe Kick), and all questions below.

ξ High position Rolls (Front, Right, Left and Back) & Spinning Side Fall

### IV. Oral Exam

**QUESTION 1:** Know how to pronounce all below phrases in Korean and understand them.

Happy Birthday!	Saeng Il Chukha Hae Yo?
Congratulations!	Chook Ha Hae Yo!
Wishing Someone the Best Health	Gun KAng Hae Sae Yo.
Can you speak English?	Mi Gook Mari Har Sae Yo?
Can you speak Korean?	Han Gook Mari Har Sae Yo?
Help!	Doe Wa Ju Sae Yo!

#### ***Question 2: The purpose of Stretching Exercises***

Answer: For Flexibility; The result of stretching, promotes youthful agility and a sense of well being. In Tae Kwon Do, flexibility allows a greater speed in execution of techniques resulting in more power and a greater range of possible targets on an opponent.

#### ***Question 3: What is the meaning of Green and High Green Belt?***

Answer: Color of the Spring and beginning to grow, Sir.



# High Green Belt 5th Gup Study Guide Ara's TaeKwondo - Martial Arts [www.aratkd.com](http://www.aratkd.com)

**Amount of Class Participation:** Min. 30 lessons

**Required Stripes (4):** PoomSae, Self Defense, Board Breaking & Sparring

**Attendance:** Consistent Class Participation to gain the Best Benefit.

## I. Core Curriculum

ξ Poomsae (Tae Keuk Sa Jang)

ξ Self Defense (13)

ξ Board Breaking (Spinning Back Hook Kick)

ξ Sparring (Contact Sparring for traditional Students, and Target Sparring for Recreational Students)

ξ Physical Conditioning: minimum of 40 Jumps, 35-40 Push Ups, 70-80 Sit Ups

## II. Pre Test Curriculum

ξ PoomSae (Tae Keuk Sa Jang) & Sparring (Contact or Target Sparring)

## III. Final Test Curriculum

ξ Self Defense (13), Board Breaking (Spinning Back Hook Kick), and all questions below.

ξ High position Rolls (Front, Right, Left and Back) & Jump Roll (Obstacle)

## IV. Oral Exam

**QUESTION 1: Know how to pronounce all below phrases in Korean and understand them.**

<b>Gar Jok</b>	Family	<b>Hyung, or Hyung Nim</b>	Older Brother
<b>Ah Bur Gee</b>	Father	<b>Noo Nar</b>	Boy calling older Sister
<b>Ah Par</b>	Dad	<b>Un Nee</b>	Girl calling older Sister
<b>Ur Mur Nee</b>	Mother	<b>Hal Ah Bur Gee</b>	Grandfather
<b>Um Mar</b>	Mom	<b>Hal Mur Nee</b>	Grandmother
<b>Som Choon</b>	Uncle	<b>Go Moe</b>	Aunt - Father's Sister
<b>Chin Goo</b>	Friend	<b>E Moe</b>	Aunt - Mother's Sister

**Question 2: Six Major Areas of Tae Kwon Do:**

1. **PoomSae (Form or Pattern):** Routines of defense and offense against imaginary multiple attackers.
2. **Ho Sin Sool (Self Defense):** The method of defense against an attacker (s)'s movement, skills and weapons.
3. **Weapon:** Tools used for Self protection and developing better hand and eye coordination.
4. **Kyoru Gi (Sparring or Fighting):** a practical application of kicks and strikes against an actual opponent.
5. **Kyupa (Breaking):** done to demonstrate power, precision, and mental concentration.
6. **Jong Sin-Tong il (Meditation):** a concentration practice to build an inner strength "Ki" and mental relaxation.



# Blue Belt 4th Gup Study Guide

## Ara's TaeKwondo - Martial Arts

[www.aratkd.com](http://www.aratkd.com)

**Amount of Class Participation:** Min. 30 lessons

**Required Stripes (4):** PoomSae, Self Defense, Board Breaking & Sparring

**Attendance:** Consistent Class Participation to gain the Best Benefit.

### I. Core Curriculum

ξ Poomsae (Tae Keuk Oh Jang)

ξ Self Defense (16)

ξ Board Breaking (Flying Side Kick)

ξ Sparring (Contact Sparring for traditional Students, and Target Sparring for Recreational Students)

ξ Physical Conditioning: minimum 45 Jumps, 40-45 Push Ups, 80-90 Sit Ups

### II. Pre Test Curriculum

ξ PoomSae (Tae Keuk Oh Jang) & Sparring (Contact or Target Sparring)

### III. Final Test Curriculum

ξ Self Defense (16), Board Breaking (Flying Side Kick), and all questions below.

ξ Tornado Kick, Spinning Hook Kick, Double Kicks, Triple Kicks

### IV. Oral Exam

**QUESTION 1: Know how to pronounce all below phrases in Korean and understand them.**

Han Guk	Korea	Han Kuk Sa Lom	Korean
Mi Guk	America	Byung Won	Hospital
Han Guk Ki/ Tae Keuk Ki	Korean Flag	Mi Gook Dae Sa Gwan	Us Embassy
Mi Guk Ki	American Flag	Jeun Wha	Telephone
Han Geul	Korean Language	Wha Jang Sil	Restroom
Young Uh	English Language	Sik Dang	Restaurant
Mi Kuk Sa Lom	American	Eun Hang	Bank

### Question 2: The Meaning of the American Flag



There are thirteen stripes in the American Flag. They represent the original 13 colonies. The 50 stars represent each of the 50 states.

There are three colors in the American Flag. **Red:** stands for courage, war and blood. **Blue:** stands for justice and ambition. **White:** stands for truth, freedom and purity.

### Question 3: What is the meaning of Blue Belt?

Answer: Color of the Sky, youth and ambition, Sir.





# High Blue Belt 3th Gup Study Guide Ara's

## TaeKwondo - Martial Arts

[www.aratkd.com](http://www.aratkd.com)

**Amount of Class Participation:** Min. 32 lessons

**Required Stripes (4):** PoomSae, Self Defense, Board Breaking & Sparring

**Attendance:** Consistent Class Participation to gain the Best Benefit.

### I. Core Curriculum

ξ Poomsae (Tae Geuk Yuk Jang)

ξ Self Defense (1-19)

ξ Board Breaking (Dive Rollo+Pp Step Front Kick to Tornado Kick)

ξ Sparring (Contact Sparring for traditional Students, and Target Sparring for Recreational Students)

ξ Physical Conditioning: minimum of 50 Jumps, 45-50 Push Ups, 90-100 Sit Ups

### II. Pre Test Curriculum

ξ PoomSae (Tae Keuk Yook Jang) & Sparring (Contact or Target Sparring)

### III. Final Test Curriculum

ξ Self Defense (19), Board Breaking (Dive Rollo+Pp Step Front Kick to Tornado Kick)

ξ Combination 1: RoundHouse Kick/RoundHouse Kick/Spinning Hook Kick (2Sets)

ξ Combination 2: RoundHouse Kick/RoundHouse Kick/Tornado Kick (2Sets)

ξ And questions below.

### IV. Oral Exam

**QUESTION 1:** Know how to pronounce all below phrases in Korean and understand them.

Mool	Water	Taxi	Taxi (Same as in English)
Kyung Chul Seo	Police Department	Ji Har Churl	Subway
Hok Kyo	School	Bee Hang Ki	Airplane
Hok Seng	Student	Gong Hang	Airport
Bus	Bus (Same as in English)	Woo Che Guk	Post Office

### Question 2: The Meaning of the Korean Flag



The Korean Flag symbolizes much of the thought, philosophy, and mysticism of the orient. The flag is called Tae Geuk Ki. Tae Geuk means origin of all things in the universe. Depicted on the flag is a circle divided equally and blocked in perfect balance. The circle is the center of the flag, it is divided into proportions of Red (yang) and Blue (um) by a horizontal "S". These two opposites express the dualism of the cosmos; Fire and Water; Day and Night; Dark and Light; Active and Passive; Heaven and Earth; Being and Not Being, and so on. There is also balance and harmony. It might signify a doctrine That man has two natures, physical and spiritual.





# Red Belt 2th Gup Study Guide

## Ara's TaeKwondo - Martial Arts

[www.aratkd.com](http://www.aratkd.com)

**Amount of Class Participation:** Min. 42 lessons

**Required Stripes (4):** PoomSae, Self Defense, Board Breaking & Sparring

**Attendance:** Consistent Class Participation to gain the Best Benefit.

### I. Core Curriculum

ξ Poomsae (Tae Keuk Chil Jang)

ξ Self Defense (1-22)

ξ Board Breaking (Creative Breaking: 4 kicks & 1 Hand Technique)

ξ Sparring (2 on 1 Contact Sparring for traditional Students, and Target Sparring for Recreational Students)

### II. Pre Test Curriculum

ξ PoomSae (Tae Keuk Chil Jang) & Sparring (2 on 1 Contact or Target Sparring)

### III. Final Test Curriculum

ξ Self Defense (22), Board Breaking (Creative Breaking: 4 kicks & 1 Hand Technique)

ξ Advance Kick 1: Jump Spinning Hook Kicks (5/Leg)

ξ Advance Kick 2: Jump Spinning Back Kicks (5/Leg)

ξ All questions below.

### IV. Oral Exam

**QUESTION 1:** Know how to pronounce all below phrases in Korean and understand them.

#### TOURNAMENT TERMS IN KOREAN

KYO RU GI	Sparring	IL WHAE JEON	1st Round
HO GOO	Chest Guard	YI WHAE JEON	2nd Round
CHUNG	Blue	SON WHAE JEON	3rd Round
HONG	Red	GU MAHN	Stop
IP JUNG	Enter the Ring	KAL YEO	Separate/Break
JOW OO-YANG OO	Face the Judges & Face Each Other	SEUNG	Win/Victory
SHI JACK	Begin/Start	KYONG GHO	Warning
KEH SHI	Stop Time (Injury)	GOM JEUM	Deduction (-1)
KU MAHN	Stop Time (Other)	KYONG YE	Bow
KAE SOK	Continue	BA QUO	Switch

#### Question 2: What is the significance of a Red Belt?

Answer: It stands for the color of the blood or the sun. The student is developing a strong foundation of his or her body nature. Red also signifies a warning for danger, Sir!



# High Red Belt 1st Gup Study Guide

## Ara's TaeKwondo - Martial Arts

[www.aratkd.com](http://www.aratkd.com)

**Amount of Class Participation:** Min. 48 lessons

**Required Stripes (4):** PoomSae, Self Defense, Board Breaking & Sparring

**Attendance:** Consistent Class Participation to gain the Best Benefit.

### I. Core Curriculum

ξ Poomsae (Tae Keuk Pal Jang plus all Previous Belt Forms)

ξ Self Defense (1-25)

ξ Board Breaking (Creative Breaking: 4 kicks & 1 Hand Technique plus 1 Power Breaking)

ξ Sparring (2 on 1 Contact Sparring for traditional Students, and Target Sparring for Recreational Students)

### II. Maintenance Test 1 Curriculum

ξ Poom Sae & Self Defense (White thru Red Belt Black Stripe), or Endurance

### IV. Maintenance Test 2 Curriculum

ξ Board Breaking (Creative Breaking: 4 kicks & 1 Hand Technique plus 1 Power Breaking)

ξ Sparring (2 on 1 Contact Sparring for traditional Students, and Target Sparring for Recreational Students)

ξ Physical Conditioning Preparation prior applying for Bodan Belt: minimum of 60 Jumps, 50-60 Push Ups, 120 Sit Ups

### V. Oral Exam

#### ***QUESTION 1: KNOW THE MEANING OF MOO DO.***

**MOO:** The physical ability to perform the art of Tae Kwon Do at one's best shape and standard.

**DO:** The ethical principles of Tae Kwon Do which stress respect, loyalty, discipline, self control, and honor to bring out the most moderation in our lives.

#### **SYMMETRY OF MOO AND DO:**

It is like the um and the yang meeting to create the perfect bonding in the circle of the Korean flag. It is like day and night harmonizing to create a complete day. A martial artist lacking moo or do will not be in balance, and will only be half perfect; half-effective