

# **KICKS**

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## **TAEKWON-DO ACADEMY**

### **ITF Grading Information** **1<sup>st</sup> Dan – Black Belt**

#### **Practical**

**Kwang-Gae**

**Po-Eun**

**Ge-Baek**

**Grading Examiners choice of colour belt patterns**

**One Step Sparring**

**Two Step Sparring**

**Three Step Sparring**

**Semi Free Sparring**

**Free Sparring**

**Two on One Free Sparring**

**Self Defence:**

**Standard Release**

**Attack Release**

**Break Release**

**Destruction:**

**Students Choice of Hand Technique & Material**

**Students Choice of Foot Technique & Material**

#### **Theory**

##### **What is the meaning of Kwang-Gae?**

39 movement pattern – Is named after the famous Kwong-Gae-Toh-Wang, the 19<sup>th</sup> King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 AD, the year he came to the throne.

##### **What is the meaning of Po-Eun?**

36 Movement pattern – Is the pseudonym of a loyal subject Chong Mong-Chu (1400) who was a famous poet and whose poem "I would not serve a second master though I be crucified a hundred times" is known to every Korean. He was also a pioneer in the field of physics. The diagram represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.

##### **What is the meaning of Ge-Baek?**

44 Movement pattern – Is named after Ge-Baek, a great general in the Baek Je Dynasty (600 AD). The diagram represents his severe and strict military discipline

## **What is the meaning of Black Belt?**

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

## **Terminology**

### **General**

|                             |                               |
|-----------------------------|-------------------------------|
| Heaven Hand                 | Hanulson                      |
| Double stepping forward     | Ibo omgyo didimyo nagagi      |
| Consecutive                 | Yonsok                        |
| Foot Shifting Backward      | Durogamyo Jajunbal            |
| Forward double step turning | Apuro ibo omgyo didimyo dolgi |

### **Stances**

|                |             |
|----------------|-------------|
| One-leg stance | Waebal sogi |
|----------------|-------------|

### **Attacks**

|                                  |                              |
|----------------------------------|------------------------------|
| High knife-hand front strike     | Nopunde sonkal ap taerigi    |
| Downwards side fist strike       | Naeryo yop joomuk taerigi    |
| Outward Pressing Kick            | Bakuro noollo Chagi          |
| Low knife-hand front block       | Najunde sonkal ap makgi      |
| Back elbow thrust                | Dwit palku tulgi             |
| Horizontal punch                 | Soopyong jirugi              |
| Twin side elbow thrust           | Sang yop palkup tulgi        |
| Low twisting kick                | Najunde bituro chagi         |
| Middle knuckle fist middle punch | Joongji joomuk kaunde jirugi |

### **Defences**

|                                       |                                 |
|---------------------------------------|---------------------------------|
| High knife-hand guarding block        | Nopunde sonkal daebi makgi      |
| Low forearm reverse block             | Najunde palmok bandae makgi     |
| Forefist pressing block               | Ap joomuk noollo makgi          |
| Inner forearm wedging block           | An palmok hechyo makgi          |
| Low forearm front block               | Najunde palmok ap makgi         |
| U-shape grasp                         | Mongdungi Japgi                 |
| Low reverse knife-hand guarding block | Najunde sonkal dung daebi makgi |
| High double arc-hand block            | Nopunde doo bandalson makgi     |
| Scooping block                        | Duro makgi                      |
| 9-shape block                         | Gutja makgi                     |