

1st DEGREE BLACK BELT THEORY

The Theory on these sheets is only a guide as to what you may be asked. You should expect to be asked questions on anything you have learned on your Taekwon-do journey to date. The Internet is a great resource; make use of it

Kwang Gae

(39 moves, left foot returns) is named after the famous Gwang-Gae-Toh-Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represents expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 A.D., the year he came to the throne.

Po-Eun

(36 moves, left foot returns) 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 might 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.

Ge-Baek

(44 moves, right foot returns) Is named after Ge-Baek, a great general in the Baek Je Dynasty (660 A.D.). The diagram represents his severe and strict military discipline.

Kwang Gae 39

Heaven Hand	Hanilson
Forward Double Stepping	Ibo Omgyo Didimyo Nagagi
Palm Upward Block	Sonbadak Ollyo Makgi
Outward Pressing Kick	Bakaero Nollyo Chagi
Backward Foot Shifting	Durogamyo Jajunbal
Forward Double Step Turning	Apro Ibo Didimyo Dolgi

Po-Eun 36

One legged Stance	Waebal Sogi
Horizontal Punch	Soopjung Jirugi
Twin Elbow Horizontal Thrust Sang	Palkup Soopjung Tulgi
Reverse Knifehand Low Guarding Block	Sonkaldung Najunde Daebi Makgi

Ge Baek 44

9 – Shape Block	Gutya Makgi
Scooping Block	Duro Makgi
Flat Fingertip High Obverse Thrust	Opun Sonkut Nopunde Baro Tulgi
Middle Knuckle Fist Middle Punch	Joongi Joomuk Kaunde Jirugi
Flat Fingertip High Reverse Thrust	Opun Sonkut Nopunde Bandae Tulgi
Double Arc Hand High block Doo	Bandalson Nopunde Makgi

2nd DEGREE BLACK BELT THEORY

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Eui-Am

(45 moves, right foot returns) Is the pseudonym of Son Byong Hi, leader of the Korean independence movement on March 1, 1919. The 45 movements refer to his age when he changed the name Dong Hak (Oriental Culture) to Chondo Kyo (Heavenly Way Religion) in 1905. The diagram represents his indomitable spirit, displayed while dedicating himself to the prosperity of his nation.

Choong-Jang

(52 moves, left foot returns) Is the pseudonym given to General Kim Duk Ryang who lived during the Yi Dynasty, 14th century. This pattern ends with a left-hand attack to symbolize the tragedy of his death at 27 in prison before he was able to reach full maturity.

Juche

(45 moves, right foot returns) Is a philosophical idea that man is the master of everything and decides everything, in other words, the idea that man is the master of the world and his own destiny. It is said that this idea was rooted in Baekdu Mountain which symbolizes the spirit of the Korean people. The diagram represents Baekdu Mountain.

EUI-AM 45 Moves

Ready Position: Close Ready Stance D

Moa Chunbi Sogi D

New Moves

Walking Stance Knife-Hand Low Inward Block

Gunnun So Sonkal Najunde Anuro Makgi

Walking Stance Outer Forearm Reverse High Side Block

Gunnun So Bakat Palmok Nopunde Bandae Yop Makgi

Walking Stance X-Fist Downward Block

Gunnun So Kyocha Joomuk Naeryo Makgi

Walking Stance Knife-Hand Reverse Rising Block

Gunnun So Sonkal Bandae Chookyo Makgi

X Stance Back Fist High Side Strike

Kyocha So Dung Joomuk Nopunde Yop

Taerigi

High Reverse Turning Kick

Nopunde Bandae Dollyo Chagi

Walking Stance High Crescent Punch

Gunnun So Nopunde Bandal Jirugi

Parallel Stance Middle Turning Punch

Narani So Kaunde Dollyo Jirugi

Walking Stance Knife-Hand Middle Wedging Block

Gunnun So Sonkal Kaunde Hecho Makgi

Walking Stance Reverse Knife-Hand Circular Block

Gunnun So Sonkal Dung Dollimyo Makgi

Rear Foot Stance Alternate Palm Downward Block

Dwitbal So Euhkallin Sonbadak Naeryo

Makgi

L Stance Reverse Knife-Hand Low Inward Block

Niunja So Sonkal Dung Najund Anuro

Makgi

Rear Foot Stance Forearm Middle Guarding Block

Dwitbal So Palmok Kaunde Daebi Makgi

CHOONG-JANG 52 Moves**New Moves**

Sitting Stance Inner Forearm High Side Front Block
 Makgi Walking Stance Back Fist Front Strike
 Walking Stance Double Finger Thrust
 L Stance Palm Scooping Block
 Rear Foot Stance Twin Palm Pressing Block
 Walking Stance Outer Forearm High Front Block

Annun So An Palmok Nopunde Yop Ap
 Gunnun So Dung Joomuk Ap Taerigi
 Gunnun So Doo Songarak Tulgi
 Niunja So Sonbadak Duro Makgi
 Dwitbal So Sang Sonbadak Noolo Makgi
 Gunnun So Bakat Palmok Nopunde Ap
 Makgi

L Stance Flat Fingertip High Reverse Thrust

Niunja So Opun Sonkut Nopunde Bandae
 Tulgi

L Stance Back Hand Downward Strike
 Walking Stance Back Fist Side Front Strike
 L Stance Reverse Knife-Hand Low Guarding Block
 Walking Stance 9 Shape Block
 Walking Stance Twin Knife-Hand Horizontal Strike
 Walking Stance Arc-Hand High Reverse Strike

Niunja So Sondung Naeryo Taerigi
 Gunnun So Dung Joomuk Yop Ap Taerigi
 Niunja So Sonkal Dung Najunde Daebi Makgi
 Gunnun So Gutja Makgi
 Gunnun So Sang Sonkal Soopyong Taerigi
 Gunnun So Bandalson Nopunde Bandae
 Taerigi

Close Stance Twin Fore-Knuckle Fist Crescent Punch
 Walking Stance Open Fist High Reverse Punch

Moa So Sang Inji Joomuk Bandal Jirugi
 Gunnun So Pyon Joomuk Nopunde Bandae
 Jirugi

JUCHE 45 Moves

Ready Position: Parallel Stance with Twin Side Elbow

Narani So Sang Yop Palkup

New Moves

Sitting Stance Inner Forearm Parallel Block
 One Leg Stance Outer Forearm Parallel Block
 X Stance Back Fist Downward Strike
 Hooking Kick
 Sitting Stance Flat Fingertip Outward Cross Cut
 X Stance Reverse Knife-Hand Low Front Block
 Walking Stance High Elbow Strike
 Knife-Hand Mid-Air Strike S
 Close Stance with a Heaven Hand Moa So
 Pick Shape Kick
 Walking Stance Arc-Hand Crescent Strike
 Rear Foot Stance Straight Elbow Downward Thrust
 Walking Stance Twin Knife-Hand Inward Strike
 Walking Stance Downward Punch
 L Stance Outer Forearm Downward Block
 Dodging Reverse Turning Kick

Annun So An Palmok Narani Makgi
 Waebal Sogi Bakat Palmok Narani Makgi
 Kyocha So Dung Joomuk Naeryo Taerigi
 Golcho Chagi
 Annun So Opun Sonkut Bakuro Gutgi
 Kyocha So Sonkal Dung Najunde Ap Makgi
 Gunnun So Nopunde Palkup Taerigi
 onkal Twio Dolmyo Taerigi
 Hanilson
 Gokgaeng-I Chagi
 Gunnun So Bandalson Bandal Taerigi
 Dwitbal So Sun Palkup Naeryo Tulgi
 Gunnun So Sang Sonkal Anuro Taerigi
 Gunnun So Naeryo Jirugi
 Niunja So Bakat Palmok Naeryo Makgi
 Pihamyong Bandae Dollyo Chagi

Flying Two Direction Kick
Diagonal Stance Twin Palm Rising Block
Rear Foot Stance Side Elbow Thrust
Bending ready Stance B
L Stance Back Fist Horizontal Strike
Parallel Stance Flat Fingertip Inward Cross Cut
Flying Consecutive Punch
Walking Stance Knife-Hand Front Downward Strike

Twimyo Sangbang Chagi
Sasun So Sang Sonbadak Chookyo Makgi
Dwitbal So Yop Palkup Tulgi
Guburyo Chunbi Sogi BKorean
Niunja So Dung Joomuk Soopyong Taerigi
Narani So Opun Sonkut Anuro Gutgi
Twimyo Yonsok Jirugi
Gunnun So Sonkal Ap Naeryo Taerigi

3rd DEGREE BLACK BELT THEORY

Sam-IL

(33 moves, right foot returns) denotes the historical date of the independence movement of Korea which began throughout the country on March 1, 1919. The 33 movements in the pattern stand for the 33 patriots who planned the movement.

Yoo-Sin

(68 moves, right foot returns) is named after General Kim Yoo Sin, a commanding general during the Silla Dynasty. The 68 movements refer to the last two figures of 668 A. D., the year Korea was united. The ready posture signifies a sword drawn on the right rather than left side, symbolizing Yoo Sin's mistake of following his king's orders to fight with foreign forces against his own nation.

Choi-Yong

(45 moves, right foot returns) is named after General Choi Yong, Premier and Commander-in-Chief of the Armed forces during the 14th century Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism, and humility. He was executed by his subordinate commanders headed by General Yi Sung Gae, who later become the first king of the Lee Dynasty.

Sam-il 33

Moves New

Walking Stance Knife-Hand High Side Reverse Block	Gunnun So Sonkal Nopunde Bandae Yop Makgi
Diagonal Stance Back Elbow Thrust	Sasun So Dwit Palkup Tulgi
Middle Twisting Kick	Kaunde Bituro Chagi
Sitting Stance Reverse Knife-Hand Middle Wedging Block	Annun So Sonkal Dung Kaunde Hechyo Makgi
L Stance Outer Forearm High Outward Block	Niunja So Bakat Palmok Nopunde Bakuro Makgi
L Stance Double Fist Low Punch	Niunja So Doo Joomuk Najunde Jirugi
L Stance Reverse Knife-Hand High Guarding Block	Niunja So Sonkal Dung Nopunde Daebi Makgi
Sweeping Kick	Suroh Chagi

YOO-SIN 68 Moves

New Moves

Warrior Ready Stance B	Moosa Chunbi Sogi
Sitting Stance Releasing Motion	Annun So Baegi
Sitting Stance Angle Punch	Annun So Giokja Jirugi

Fixed Stance U-Shape Punch
Waving Kick
Walking Stance X-Knife-Hand Rising Block
L Stance Reverse Knife-Hand High Block
Sitting Stance Outer Forearm High Outward Block
Makgi Sitting Stance Back Hand Horizontal Strike
Crescent Kick
Vertical Stance Side Fist Downward Strike

Gojong So Digutja Jirugi
Doro Chagi
Gunnun So Kyocha Sonkal Chookyo Makgi
Niunja So Sonkal Dung Nopunde Makgi
Annun So Bakat Palmok Nopunde Bakuro
Annun So Son Dung Soopyong Taerigi
Bandal Chagi
Soojik So Yop Joomuk Naeryo Taerigi

CHOI-YONG 46 Moves

New Moves

Rear Foot Stance Middle Knuckle Fist High Punch
Walking Stance Knife-Hand W-Shape Block
Reverse Hooking Kick
Parallel Stance Palm Hooking Block
Treble Step-Turning
X-Stance Back fist Side Strike

Dwitbal So Joongji Joomuk Nopunde Jirugi
Gunnun So Sonkal San Makgi
Bandaedollyo Goro Chagi
Narani So Sonbadak Golcho Makgi
Sambo Omgyo Didimyo Dolgi
Kyocha So Dung Joomuk Yop Taerigi

4th DEGREE BLACK BELT THEORY

Yon-Gae

(49 moves, right foot returns) is named after a famous general during the Koguryo Dynasty, Yon Gae Somoon. The 49 movements refer to the last two figures of 649 A. D., the Year he forced the Tang Dynasty to quit Korea after destroying nearly 300,000 of their troops at Ansi Sung.

UL-JI

(42 moves, left foot returns) is named after general Ul-Ji Moon Dok who successfully defended Korea against a Tang's invasion force of nearly one million soldiers led by Yang Je in 612 A.D., Ul-Ji employing hit and run guerilla tactics, was able to decimate a large percentage of the force. The diagram (L) represents his surname. The 42 movements represents the author's age when he designed the pattern.

Moon-Moo

(61 moves, left foot returns) honors the 30th king of the Silla Dynasty. His body was buried near Dae Wang Am (Great King's Rock). According to his will, the body was placed in the sea "Where my soul shall forever defend my land against the Japanese." It is said that the Sok Gul Am (Stone Cave) was built to guard his tomb. The Sok Gul Am is a fine example of the culture of the Silla Dynasty. The 61 movements in this pattern symbolize the last two figures of 661 A.D. when Moon Moo came to the throne.

YON-GAE 49 Moves

Ready Position: Warrior Ready Stance A

Moosa Chunbi Sogi A

New Moves

L Stance Reverse Knife-Hand Low Guarding Block
Walking Stance Long Fist High Punch
L Stance X-Fist Checking Block
Flying Knife-Hand Side Strike
Walking Stance Knife-Hand Low Reverse Outward Bl'k

Niunja So Sonkal Dung Najunde Daebi Makgi
Gunnun So Ghin Joomuk Nopunde Jirugi
Niunja So Kyocha Joomuk Momchau Makgi
Twimyo Sonkal Yop Taerigi
Gunnun So Sonkal Najunde Bandae Bakuro Makgi

Rear Foot Stance Inner Forearm Waist Block
Sitting Stance Reverse Knife-Hand WShape Block
X-Stance Back Fist Downward Strike
Sitting Stance Twin Straight Forearm Checking Block
X-Stance Forefist Upward Punch
L Stance Knife-Hand High Outward Strike
Walking Stance Reverse Knife-Hand Low Inward Block

Dwitbal So An Palmok Hori Makgi
Annun So Sonkal Dung San Makgi
Kyocha So Dung Joomuk Naeryo Taerigi
Annun So Sang Son Palmok Momchau Makgi
Kyocha So Ap Joomuk Ollyo Jirugi
Niunja So Sonkal Nopunde Bakuro Taerigi
Gunnun So Sonkal Dung Najunde Anuro Makgi

UL-JI 42 Moves

Ready Position: Parallel Stance with a X Back Hand

Narani So Kyocha Sondung

New Moves

Walking Stance Twin Side Fist Horizontal Strike

Gunnun So Sang Yop Joomuk Soopyong
Taerigi

Walking Stance Knife-Hand High Reverse Front Strike

Gunnun So Sonkal Nopunde Bandae Ap
Taerigi

Sitting Stance Front Elbow Strike

Annun So Ap Palkup Taerigi

Walking Stance Forearm Reverse Rising Block

Gunnun So Palmok Bandae Chookyo Makgi

Walking Stance High Reverse Punch

Gunnun So Nopunde Bandae Jirugi

Flying High Kick

Twimyo Nopi Chagi

Walking Ready Stance

Gunnun Chunbi Sogi

L Stance X-Fist Pressing Block

Niunja So Kyocha Joomuk Noollo Makgi

L Stance Inner Forearm Middle Wedging Block

Niunja So An Palmok Kaunde Hechyo Makgi

Fixed Stance Palm Pushing Block

Gojong So Sonbadak Miro Makgi

X Stance Twin Side Elbow Thrust

Kyocha So Sang Yop Palkup Tulgi

Fixed Stance X-Knife-Hand Middle Block

Gojong So Kyocha Sonkal Kaunde Makgi

L Stance Palm Upward Block

Niunja So Sonbadak Ollyo Makgi

Backward Double Step Jumping

Dwiro Ibo Omgyo Didimyo Twigi

MOON-MOO 61 Moves

Ready Position: Parallel Ready Stance

Narani Chunbi Sogi

New Moves

Sitting Stance Flat Fingertip Middle Thrust

Annun So Opun Sonkut Kaunde Tulgi

X Stance Knife-Hand Side Strike

Kyocha So Sonkal Yop Taerigi

One Leg Stance Knife-Hand Outward Block

Waebal So Sonkal Bakuro Makgi

Rear Foot Stance Palm Downward Block

Dwitbal So Sonbadak Naeryo Makgi

Sitting Stance Side Fist Middle Side Strike

Annun So Yop Joomuk Kaunde Yop Taerigi

Sitting Stance Knife-Hand Low Side Block

Annun So Sonkal Najunde Yop Makgi

Side Pushing Kick

Yopcha Milgi

High Twisting Kick

Nopunde Bituro Chagi

Side Checking Kick

Yopcha Momchoogi

Side Thrusting Kick

Yopcha Tulgi

X Stance Low Punch

Kyocha So Najunde Jirugi

Walking Stance Arc-Hand Reverse Rising Block

Gunnun So Bandalson Bandae Chookyo
Makgi

5th DEGREE BLACK BELT THEORY

So-San

(72 moves, left foot returns) is the pseudonym of the great monk Choi Hyong Ung (1520-1604) during the Lee Dynasty. The 72 movements refer to his age when he organized a corps of monk soldiers with the assistance of his pupil Sa Myung Dang. The monk soldiers helped repulse the Japanese pirates who overran most of the Korean peninsula in 1592.

Se-Jong

(24 moves, left foot returns) is named after the greatest Korean king, Se-Jong, who invented the Korean alphabet in 1443, and was also a noted meteorologist. The diagram (Z) represents the king, while the 24 movements refer to the 24 letters of the Korean alphabet.

SO-SAN 72 Moves

New Moves

Rear Foot Stance Forearm High Guarding Block
Walking Stance Middle Vertical Punch
Walking Stance Inner Forearm Middle Outward Block

Dwitbal So Palmok Nopunde Daebi Makgi
Gunnun So Kaunde Sewo Jirugi
Gunnun So An Palmok Kaunde Bakuro Makgi

Flying Front Snap Kick
Forward Double Step-Slide Turning
Walking Stance Knife-Hand High Inward Strike
Walking Stance Back Fist Reverse Front Strike

Twimyo Ap Cha Busigi
Apuro Ibo Omgyo Didigo Mikulmyo Dolgi
Gunnun So Sonkal Nopunde Anuro Taerigi
Gunnun So Dung Joomuk Bandae Ap Taerigi

SE-JONG 24 Moves

New Moves

Fixed Stance Forearm High Guarding Block
Diagonal Stance Twin Palm Pressing Block
One Leg Stance Forearm Outward Block
Walking Stance Palm Obverse Pressing Block
One Leg Stance Back Fist Side Front Strike
Fixed Stance Side Elbow Thrust
L Stance Knife-Hand High Guarding Block

Gojong So Palmok Nopunde Daebi Makgi
Sasun So Sang Sonbadak Noollo Makgi
Waebal So Palmok Bakuro Makgi
Gunnun So Sonbadak Baro Nollyo Makgi
Waebal So Dung Joomuk Yop Ap Taerigi
Gojong So Yop Palkup Tulgi
Niunja So Sonkal Nopunde Daebi Makgi

6th DEGREE BLACK BELT THEORY

Tong-IL

(42 moves, left foot returns) denotes the resolution of the unification of Korea which has been divided since 1945. The diagram (I) symbolizes the homogenous race.

TONG-IL 56 Moves

Ready Position: Parallel Stance With An Overlapped Back Hand New Moves Walking Stance Twin Fist

Middle Punch Gunnun	So Sang Joomuk Kaunde Jirugi
Rear Foot Stance Forearm Middle Inward Block	Dwitbal So Palmok Kaunde Anuro Makgi
Walking Stance Palm Low Inward Block	Gunnun So Sonbadak Najunde Anuro Makgi
L-Stance Back Hand High Outward Strike	Niunja So Sondung Nopunde Bakuro Taerigi
L Stance Twin Palm Horizontal Block	Niunja So Sang Sonbadak Soopyong Makgi
Outward Vertical Kick	Bakuro Sewo Chagi
Walking Stance Reverse Knife-Hand High Obverse Side Block	Gunnun So Sonkal Dung Nopunde Baro Yop Makgi
Walking Stance Reverse Knife-Hand Middle Reverse Side Block	Gunnun So Sonkal Dung Kaunde Bandae Yop Makgi
Downward Kick	Naeryo Chagi
L Stance Back Fist Downward Strike	Niunja So Dung Joomuk Naeryo Taerigi
Inward Vertical Kick	Anuro Sewo Chagi
Rear Foot Stance Bo Wrist Upward Block	Dwitbal So Sonmokdung Ollyo Makgi
Walking Stance Angle Fingertip High Thrust	Gunnun So Homi Sonkut Nopunde Tulgi
L Stance Reverse Knife-Hand Low Guarding Block	Niunja So Sonkal Dung Najunde Daebi Makgi
Sitting Stance Outer Forearm Sliding WShape Block	Annun So Bakat Palmok Mikulmyo San
Makgi Walking Stance Under Fist Front Strike	Gunnun So Mit Joomuk Ap Taerigi
Walking Stance Knife-Hand Circular Block	Gunnun So Sonkal Dollimyo Makgi
Close Stance Twin Side Back Elbow Thrust	Moa So Sang Yop Dwi Palkup Tulgi
Walking Stance Palm Middle Pushing Block	Gunnun So Sonbadak Kaunde Miro Makgi
Sitting Stance Side Punch	Annun So Yop Jirugi