

태권도

Safe Kids USA LLC Blue Dragon Taekwondo

Student Handbook



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The purpose of the following literature is to assist our students to reach their fitness and training goals while practicing the sport & art of Taekwondo. At the same time, will contribute to establish and develop life forming skills that would reflect the character of a true Taekwondo practitioner. This publication is intended for the use of students and instructors of the Blue Dragon Taekwondo School, and its purpose is to help as a written guide and quick reference during their martial arts training. This manual is not intended for sale, and it will be provided to our students as part of their enrollment materials. No part of this publication may be reproduced, stored in a retrieval system, copied or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the writing permission of the Kids Safe USA LLC/Blue Dragon Taekwondo Control Board.

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Dedication

We would like to respectfully dedicate this book to the memory of Grand Master Young Soo Do, for his commitment, teaching excellence and great contributions to the sport and the art of Taekwondo. His legacy lives on.



Grand Master Young Soo Do
1945-2007

Special thanks to our instructor, Sa Bum Nim Marshal Hale. By his vision we are lead.



Sa Bum Nim Marshal Hale

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“For myself, for my school, for my country”

Introduction



Welcome to the Blue Dragon School of Taekwondo. We like to congratulate you on your decision of enrolling into our school, and on your desire of pursuing Taekwondo training.

Every student starting Martial Arts embarks on a journey in which he/she will acquire knowledge and learn new skills. With time, hard work, practice and determination, these skills will develop, be perfected and eventually, will be passed on to others. The reasons for the journey and its destination are as diverse as each individual, and like so, they have a different meaning to every traveler. Many will find their destination just by practicing the sport, some by reaching color belts, few by reaching Black Belt, but for even fewer, a Black Belt will be just the beginning.

Whatever the reason you may have to start your Taekwondo training: lose weight, manage stress, learn self-defense, achieve discipline, gain flexibility, have more energy, boost self-confidence or a combination of these, we sincerely hope that this book will assist you on achieving your goals. We also hope that it will help you become a better person and a great martial artist, being able to face life with total confidence and respect for others.

The material in this Handbook should give you a good foundation to build on, and together with your Do Jang training, conditioning and instructors guidance, will assist you on reaching Taekwondo greatness.

"Everyone is on his or hers own journey when it comes to practicing Taekwondo. My job is just to show them the path for you to follow".

-Sa Bum Nim Marshall Hale-

Sincerely, www.bluedragontkd.net

The Safe Kids USA LLC/Blue Dragon Taekwondo School Board

A Brief Description and History of Taekwondo

Taekwondo is one of the most systematic and scientific Korean traditional martial arts. It traces its roots back to early 600 AD tribal and royal court fighting systems. Some early precursors to Taekwondo were Soo Bahk, Tae Kyun, and Kwin Bup.



Ancient Hwarang warriors painting. The Hwarangs or "flowering knights", were an elite youth order of the Silla kingdom during the Three-Kingdoms Period, in what is now Korea. They were mostly from aristocratic families, who were educated in artistic, academic, and martial fields of study, where Taekwondo originated.

Taekwondo teaches more than physical fighting skills. It is a discipline that shows ways of enhancing spirit and life through training our body and mind. Today, it has become a global sport that has gained international reputation, and stands among the official games represented in the Olympic Games.

Let's take a closer look at the meaning of the word Taekwondo. It is composed of three parts, as is frequently shown in the English spelling, though it is one word in Korean. "Tae" means "foot," "leg," or "to step on"; "Kwon" means "fist," or "fight"; and "Do" means the "way" or "discipline." If we put these three parts together, we can see two important concepts behind "Tae Kwon Do".

First, Taekwondo is the right way of using Tae and Kwon 'fist and feet', or all the parts of the body that are represented by the fist and the feet. Second, it is a way to control or calm down fights and keep the peace. This concept comes from the meaning of Tae Kwon 'to put fists under control' (or 'to step on fist'). Thus Taekwondo means: "the right way of using all parts of the body to stop fights, and help to build a better and more peaceful world."

TAEKWONDO - "The Art of Kicking and Punching...for a better world!"

跆拳道	태 TAE	means "Foot", "Leg", or "to step on"
	권 KWON	means "Fist" or "Fight"
	도 DO	means "Way" or "Discipline"

www d.net

Modern Taekwondo started to emerge in the late 1940's with the liberation of Korea from Japanese occupation. Many martial arts Masters had exiled themselves from Korea or gone underground during the occupation. When Korea was liberated, these

Masters began teaching their arts openly again. Many had gone to China or Japan, and incorporated martial arts techniques from these countries into their systems. This gave the Korean martial arts a unique flavor and style. There are open and closed hand strikes and blocks, straight line and circular techniques, hard and soft techniques, holds and grappling techniques. Of course, there are the kicks, and some of these kicks are simply amazing! Taekwondo is best known for its fantastic kicking style: Stationary, spinning, jumping and flying kicks that come from all angles and all speeds. Almost all martial arts today have borrowed the Korean style of kicking and added them to their own.

The early Do Jangs (training halls) were called Kwans. There were five major Kwans to develop in the late 1940's early 1950's. They were Moo Duk Kwan, Jidokwan, Chung Do Kwan, Chang Moo Kwan, and Song Moo Kwan. There were also several minor Kwans including Moo Sul Kwan, Yun Moo Kwan, Kang Duk Won, Han Moo Kwan, Oh Do Kwan (Korean Army) and Mun Moo Kwan (Korean Air Force). While the Kwans all practiced similar martial arts, there were philosophical and technical differences. In 1955 many of the Kwan leaders (called Kwan jang or directors), met under the direction of General Choi Hong Hi, and unified under the name Taekwondo. They formed the Korean Taekwondo Association and later the International Taekwondo Federation (ITF).



**General Choi Hong Hi, considered by many, "The father of Taekwondo"
(1918 - 2002)**

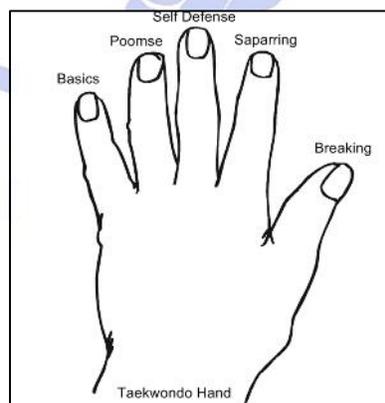
Taekwondo has something to offer to everyone. There are forms or Poomses (choreographed patterns), self-defense, grappling and holds, hand techniques, breaks, and of course awesome kicking techniques. Taekwondo is for the young and not so young, the competitor, the fitness buff, the person looking for self-defense, the parent looking for a good disciplined environment, and especially, for the family looking for a great group activity to participate, they all can find something in Taekwondo.

For more information, you can search Taekwondo on the web, but be prepared for thousands of hits, since Taekwondo is America's most popular martial art.

5 Major Aspects or Componentes of Taekwondo

The Blue Dragon Taekwondo School focuses on 5 major aspects of Taekwondo:

1. **Basics:** Basics by definition are the fundamental steps, principles, knowledge or ingredients necessary for something to exist. Applying this to Taekwondo, the basics are the building blocks of the art, and they include a series of stances, strikes, blocks, punches, prearranged motions, body targets and state of mind, among other things. In order to be a successful martial artist, you have to learn the basics of your art, by doing so, you will be able to apply the learned techniques in an efficient, effective and safe manner.
2. **Poomse** (Taekwondo patterns or forms): Choreographed demonstrations of the various kicks, blocks and hand techniques of Taekwondo, practiced against an imaginary opponent. Forms are used to develop concentration, balance, precision, reflex action, muscle memory, power, speed and agility.
3. **Hosinsool** (Self-Defense): The study of how to protect oneself by using an attacker's strength, skill and/or weapons against him/her. Most self-defense techniques teach a student how to overcome an attacker with moves to disable or disarm the person in order to get away from the situation and then let the proper authorities sort out the details. Self-defense is the original reason Taekwondo was developed – see the History of Taekwondo for more info.
4. **Kyoruggi** (Sparring/Fighting): The practical application of kicks, punches and blocks against an actual opponent in a controlled, safe environment. In a sparring competition, speed, skill, precision and confidence are the deciding factors. You will find different kinds of sparring at different Dojangs, depending on the style of training, the skill level, and the type of training. WTF Dojangs teach “sport” or Olympic Taekwondo sparring.
5. **Kyukpa** (Breaking): Demonstrations of skill and power in breaking boards, bricks and other material items. Breaking focuses on mental power, concentration, and speed, demonstrated on a material object because it cannot be demonstrated on a human being in a practical manner.



Jidokwan Brief History

지도관 (智道館)

Jidokwan is one of the original nine schools or Kwans of the modern Korean martial arts that became Taekwondo, and was founded in what is now South Korea at the end of the Second World War. Its name translates as "School of Wisdom", "The Way of Wisdom" or "The Right Way".

The Jidokwan in Korea still exists today and it functions as a social fraternal order. Jidokwan supports and endorses the Kukkiwon methodology of Taekwondo, and supports the World Taekwondo Federation (WTF). The President of the Jidokwan, Seung Wan Lee was recently elected as the new Kukkiwon President.

Initiative role for the Kwan Unity: For myself, for the Kwan, for the country, based on these three words, Jidokwan was founded on March 3rd of 1946. The Jidokwan was first titled as Cho Sun Yun Moo Kwan Kong Soo Do Bu. The Cho Sun Yun Moo Kwan first founded by CHUN, Sang Sup, the first grandmaster of Jidokwan.

Philosophy

Taekwondo Jidokwan's philosophy is as follows (as published in the 2006 Jidokwan 60th Anniversary Handbook):

Leadership (Jidoja)

1. A leadership imbued with wisdom and refinement.
2. A courageous activist who thinks before his actions.
3. A patriot who is devoted to the welfare of his/her nation.

The objectives of Instructor Education

1. To help maintain self-perfection, this is respected by the public.
2. To help form an avant-garde in organizing national force to stop the aggressors.
3. To help achieve ideological innovation in Taekwondo spirit.
4. To help actively participate in the service to the public for the community development.
5. To help foster high hopes and great ambition by encouraging savings.

The Spirit of the Eight Manners of Solemnity of Jidokwan

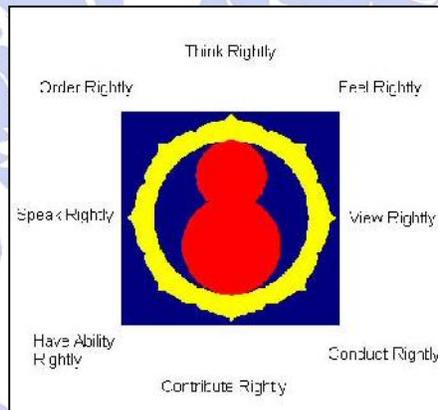
1. View Rightly
2. Feel Rightly
3. Think Rightly
4. Speak Rightly
5. Order Rightly
6. Contribute Rightly
7. Have Ability
8. Conduct Rightly

Credo of Taekwondo Jidokwan

1. Taekwondo for myself.
2. Taekwondo for the Jidokwan (my school).
3. Taekwondo for our country.

Jidokwan Pledge

1. I will observe the rules and absolutely obey the order of Jidokwan.
2. I will attain physical and mental discipline in the spirit of Jidokwan.
3. I will devote myself to the creation of new tradition and achievement of Jidokwan.



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Tenets of Taekwondo

What is a Tenet?

A principle or belief held in common by members of a club or an organization. Taekwondo is based on five Tenets:

1. **Courtesy/Etiquette (Ye Ui):** Respect to both one's superiors and one's subordinates. In Taekwondo there is obviously a strong amount of respect for authority and teachers, but there is also a strong emphasis upon courtesy towards those of lesser grades or training status. By being polite and courteous to others, regardless of who they are, we also learn how to practice humility.

여의

2. **Integrity/Modesty (Yom Chi):** It involves a student realizing from within what is right or wrong, and acting accordingly. This integrity does not require others to agree that you are acting correctly, merely the decision of the student to always do what is right regardless of circumstance and consequence. In a practical sense, a student learns from really wishing to correct a move or kick from within – seeking guidance where necessary – and not merely wishing to look 'flashy', show of or sound 'tough'. In a grander sense the same is true, the student will attempt to act in accordance with what is 'right' in any given situation, learning from his betters or elders how to act for the best along the way.

염치

3. **Perseverance (In Nae):** A continued effort to do or achieve something despite of difficulties, failures or opposition. Setting realistic goals, making plans and then carrying them out to successful completion. From Taekwondo, you will learn that most things are possible, if you are realistic on your goals and if you are determined to achieve them.

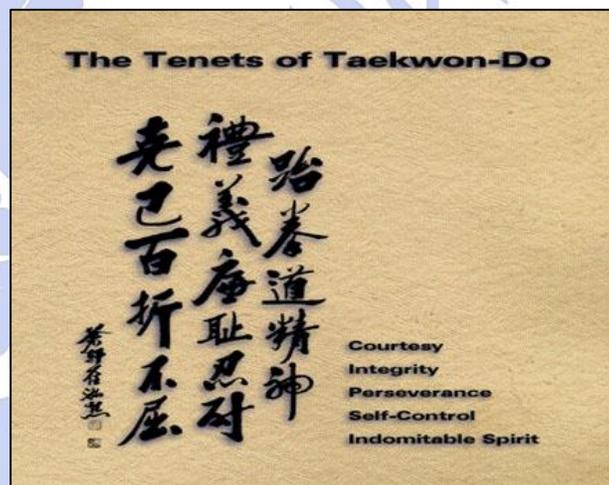
인내

4. **Self-Control (Guk Gi):** Self Control is the most crucial of the five tenets. Think before you act, and do no harm to others. Do not act out of anger or revenge, and always do what is in the best interests of others. The Taekwondo practitioners new found confidence and self-respect acquired through training, helps the student to have the confidence to walk away from a fight, be it physical or not.

극기

5. **Indomitable Spirit (Baekjul Boolgool):** This is the most important tenet of them all. Indomitable Spirit is a hard tenet to grasp, but at the same time once understood it is the easiest to 'feel', work and aim for. It is the ability, capacity and drive to be the best, no matter what obstacles are in the way. Broken down we can see 'Indomitable' as being unable to be overcome or undefeatable, no matter what the situation. 'Spirit' can be seen as our spirit, personality, soul and, in the Do Jang, as team spirit. Any time you have seen or heard of someone being beaten down, attacked, oppressed, abused, etc... but having got back up to fight, or continue to strive on despite their pain – that is Indomitable Spirit.

백절불굴



"Seven times down, eight times up"

-Buddhist saying-

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Our Flags - Our Pride and Respect

What is a flag?

According to the dictionary, a flag is a piece of cloth, varying in size, shape, color, and design, usually attached at one edge to a staff or cord, and used as the symbol of a nation, state, or organization, as a means of signaling, etc.; ensign; standard; banner; pennant.

Why do we display both the American Flag and South Korean Flag in the Do Jang?

The American Flag is displayed to show pride in our great country!

The South Korean Flag is displayed to show respect to Taekwondo's Korean origins.

The American Flag



The national flag of the United States of America (or the American flag) consists of thirteen equal horizontal stripes of red (top and bottom) alternating with white, with a blue rectangle in the canton (referred to specifically as the "union") bearing fifty small, white, five-pointed stars arranged in nine offset horizontal rows of six stars (top and bottom) alternating with rows of five stars. The fifty stars on the flag represent the 50 states and the 13 stripes represent the thirteen colonies that rebelled against the British monarchy and became the first states in the Union. Nicknames for the flag include the "Stars and Stripes", "Old Glory", and "The Star-Spangled Banner" (also the name of the national anthem).

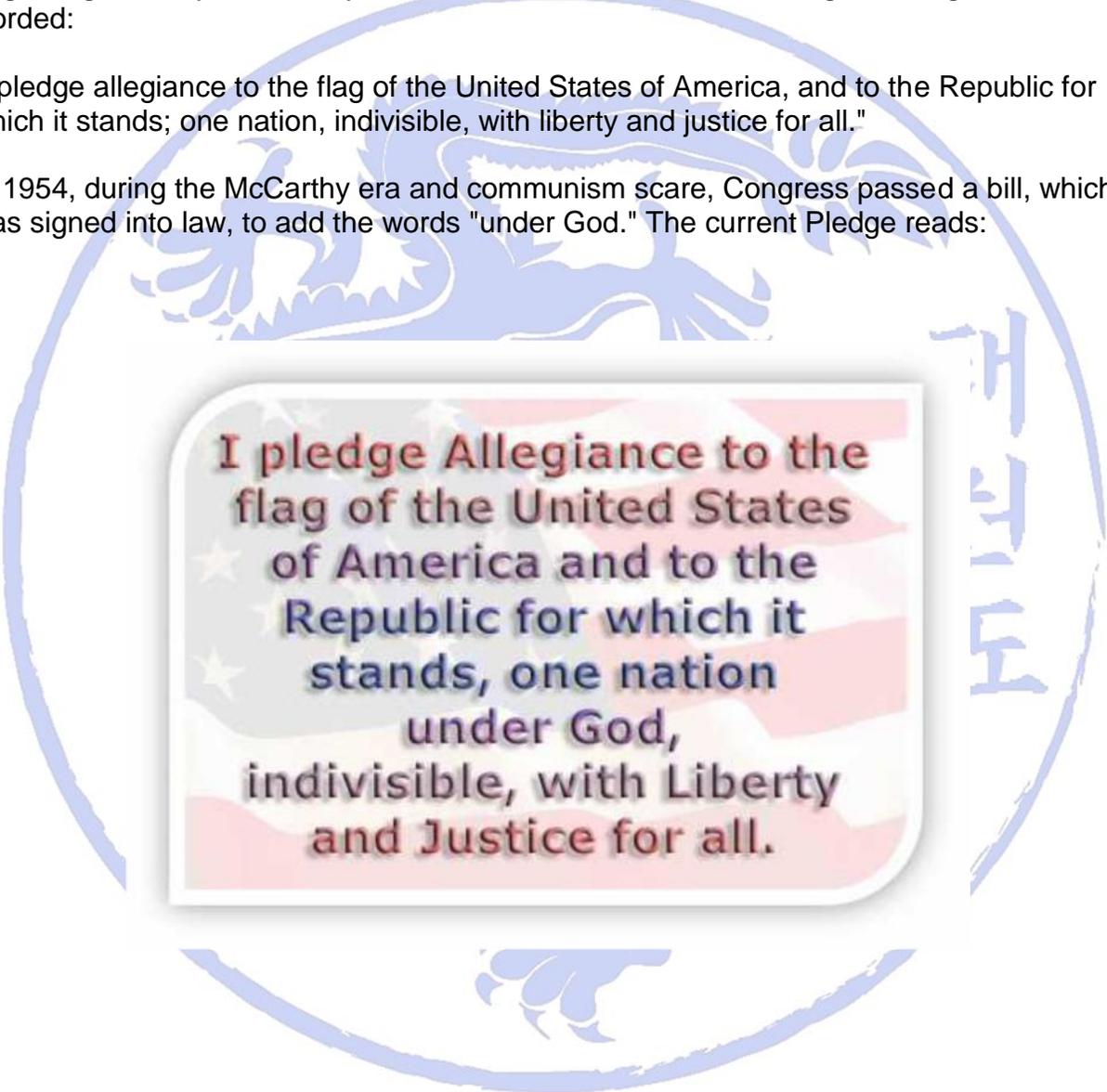
Pledge of Allegiance

The Pledge of Allegiance of the United States is an oath of loyalty to the federal flag and the Republic of the United States of America, originally composed by Francis Bellamy in 1892 and formally adopted by Congress as the pledge in 1942. The Pledge has been modified four times since its composition, with the most recent change adding the words

"under God" in 1954. Congressional sessions open with the recital of the Pledge, as do government meetings at local levels, meetings held by the National Exchange Club, Knights of Columbus, Royal Rangers, Boy Scouts of America, Girl Scouts of the USA, Fraternal Order of Eagles, Freemasons, Lions Club, Rotary Club and their concordant bodies, as well as other organizations. It is also commonly recited in school at the beginning of every school day. Between 1924 and 1954, the Pledge of Allegiance was worded:

"I pledge allegiance to the flag of the United States of America, and to the Republic for which it stands; one nation, indivisible, with liberty and justice for all."

In 1954, during the McCarthy era and communism scare, Congress passed a bill, which was signed into law, to add the words "under God." The current Pledge reads:



**I pledge Allegiance to the
flag of the United States
of America and to the
Republic for which it
stands, one nation
under God,
indivisible, with Liberty
and Justice for all.**

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The Korean Flag



Many people have the Korean Flag on their suits, without knowing that it has a more meaningful background than most common flags.

The meaning of Korean National Flag is very philosophical. The origin comes from the Oriental philosophy called Eum-Yang, in Chinese pronunciation Yin-Yang. In Korea, the symbol of 'Yin and Yang', and sometimes the flag itself, is called Taeguk and summarizes the thoughts of 'I Ching' (called 'Yeok' in Korean). The name means as much as the flag of 'Great Extremes'.

The flag consists of three parts: The white background, the red and blue circle in the center and four trigrams, one in each corner of the flag.

The white background of the flag symbolizes the purity of the Korean people and their peace-loving spirit.

The red and blue circle in the center is called 'Taeguk', the origin of all things in the universe. The central thought is perfect harmony and balance: A continuous movement within the sphere of infinity, resulting in one unit. The blue part of 'Taeguk' is called 'Eum' and represents all negative aspects of the balance that is typical for the symbol. The red part is called 'Yang' and describes all positive aspects.

Yin means dark and cold, while Yang means bright and hot. A very old book called Choo-Yuk which is written by a Chinese claims all objects and events in the world are expressed by the movement of Yin and Yang. For example, the moon is Yin while the sun is Yang. The earth is Yin and the sky is Yang. The night is Yin and the day is Yang. The winter is Yin and the summer is Yang.

The four trigrams at the corners (called 'Kwe' in Korean) also represent the concept of opposites and balance. The trigrams are heaven (upper-left) and at the other corner earth, water (upper-right) and at the other corner fire. Looking at symbols of the trigrams, you can see that they are opposites as well. Three unbroken bars (heaven) vs. three broken bars (earth), etc.

	Kun	Heaven
	Yi	Fire
	Kan	Water
	Kon	Earth

For the Korean people their flag of T'aeGuk-Ki is a source of pride and inspiration. During the Japanese occupation period beginning in 1910 the Korean flag was outlawed in public places and for about thirty five years the T'aeGuk flags were kept hidden until Liberation Day in 1945. The Korean flag has been a symbol of this country's struggle for independence and freedom.



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Uniform- Dobok and Personal Appearance



Your Taekwondo uniform is called traditionally Dobok. *Do* means “way” and *Bok* means “clothing”. A traditional Taekwondo uniform is white in color, but a black stripe around the V-neck of the shirt is used by Black Belts and Poom Belts in some schools.

A Dobok has three main parts:

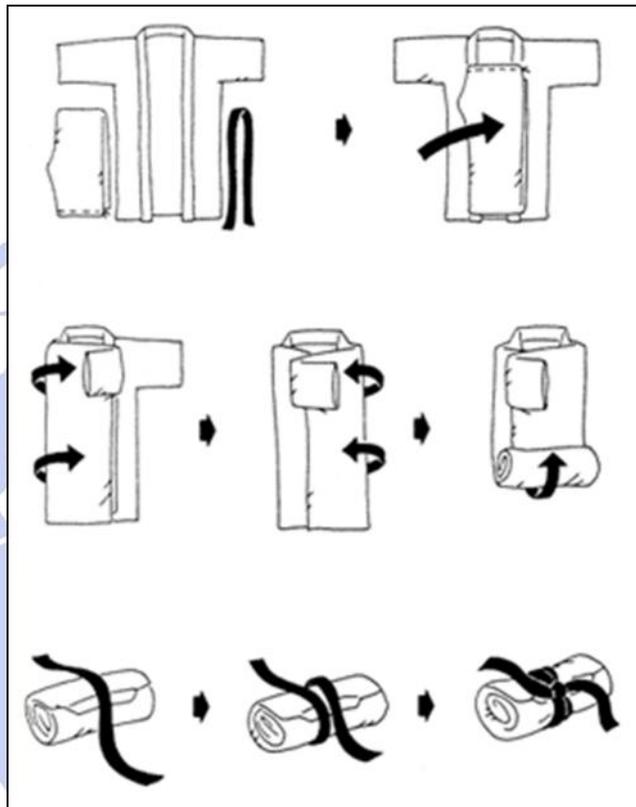
1. Pants (**Ha'i**).
2. V-neck shirt or pullover (**Shyeochu**).
3. Belt (**Dhee**).

Your uniform is an important part of your Taekwondo experience because not only represents your art, it also represents your school, your teacher, your rank, and years of history and tradition. You should wear your Dobok with pride and honor.

Your Uniforms should always be kept clean and neat, do not leave them lying around unattended. When not in use, they should be folded neatly and putted away.



How to fold your Dobok



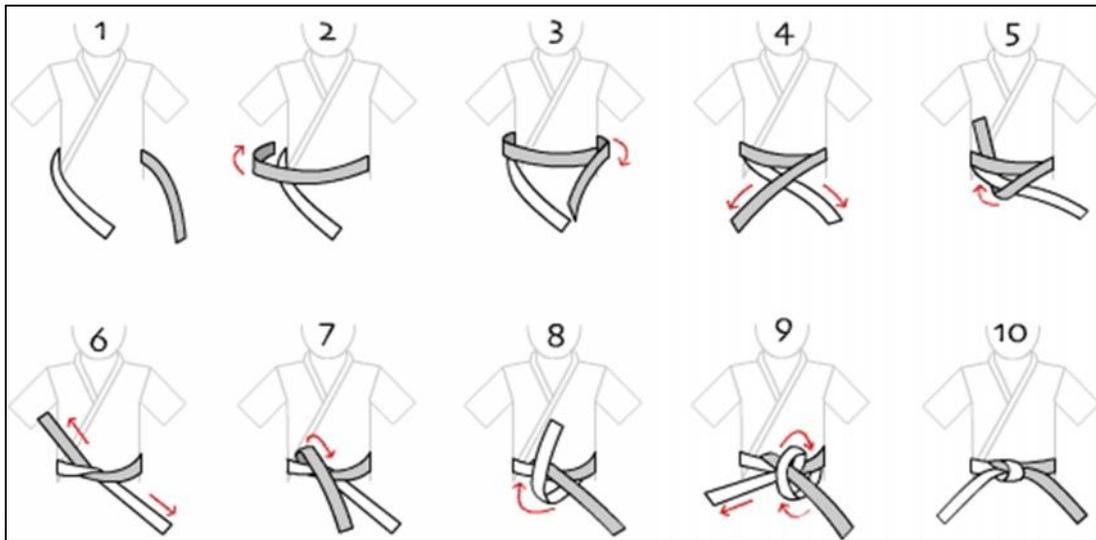
Your Belt or Dhee

A Taekwondo belt reveals the experience and skill level of the martial artist. It is worn at all times at the Do Jang for everyone to see. Your belt is a reward for hard work and dedication. Earning them requires study, time and practice. Traditionally, a student's belt should never touch the ground, it should never be worn outside of the Do Jang, and it should never be washed.

The belt is a very important part of the uniform, never forget to bring it to class, without it your uniform will be incomplete.

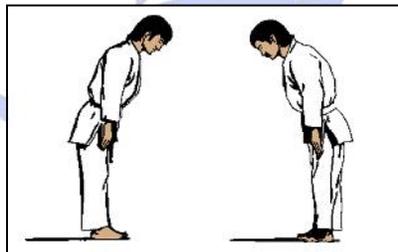
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How to tie your Dhee



Personal Hygiene

Always observe the highest standard of personal cleanliness in class. Personal hygiene is very important. Keep nails on both hands and feet trimmed back to protect both yourself and your others. Always wash or bathe before and after class.



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Do Jang Etiquette



Your Taekwondo Do Jang is simply the place where you train. 'Do' means 'way' or 'path' and 'Jang' means 'place'. Put them together, and you get the 'place where you practice the way'. In our case, the way of the hand and foot- **Taekwondo**.

By definition, Etiquette is a code of behavior that delineates expectations for social actions, according to contemporary conventional norms within a society, social class, or group. In other words, Etiquette is a set of rules or "things to do or don't", in certain places and situations. Even easier to understand, "your manners".

It is funny, but in French Etiquette means ticket or admission, so to "belong" or to come in, sometimes we have to mind our manners.

Etiquette plays a significant role in Martial Arts training regardless of style. All martial arts students will encounter and adhere to some form of etiquette whether they practice Taekwondo, Karate, Chinese Kung Fu, Aikido, Judo, or one of the many other styles of martial arts.

Martial arts etiquette is a prescribed set of standards for a person's conduct and attitude toward themselves and others. Etiquette in the Do Jang ensures a positive and safe environment that is necessary to accompany the physical aspects of Taekwondo training.

Bowing

Bowing is a strong tradition in the martial arts. It is a sign of respect and humility. The martial artist bows towards the flags before entering and leaving the training area, as well as before and after practice with a partner. The Asian custom of bowing is comparable to the western handshake.

How to bow correctly:

Stand with your feet together and hands at your the sides of your legs. Bend over at the waist 30-45 degrees while keeping your back straight.

It is Korean tradition not to look up at the person to whom you are bowing - this implies a lack of trust. A lower belt should wait for the senior belt to straighten first.



Handshaking

The bow is the traditional Korean greeting, although it is often accompanied by a handshake. To show respect when bowing and shaking hands, support your right forearm with the back of your left hand under your elbow. Junior students should always wait for the senior to extend his/her hand first.



Behavior in the Do Jang

- Shoes and socks should always be removed before entering the training area.
- When entering and leaving the Do Jang, salute the flag and bow to all Black Belts and Instructors.
- All students should help keep the Do Jang neat and orderly.
- Students should arrive to class on time. If you arrive late, wait at the side of the Do Jang where you can be seen by the instructor and wait to be called in to join the class. Apologize for being late as this often interrupts the lesson. Students who are late need to ask permission to join class before participating in the class in session. When given permission to join, **never** walk in front of the class, always access your place from behind.
- During class students should maintain a level of respect and seriousness. Unnecessary noise or talking from students practicing on their own is unfair to the students in class and the instructor. **Never disturb a class in progress.**
- Never tie your belt or straighten your uniform while facing the flags or other students, especially higher-ranking belts. In some Do Jangs, it is considered disrespectful to stand with your hands on your hips or with your arms crossed while in class.
- Respect your uniform and belt. Keep your uniform clean and never wash your belt. Your belt is not to be worn outside of the Do Jang.
- It is important to keep your fingernails and toenails trimmed and kept short. Long nails can cause scrapes, cuts and torn nails during a workout.

- If you need to excuse yourself from class, bow to the instructor and bow to the class, then exit from the back of the class, never walking in front of anybody.
- If a Black Belt enters the school at any time all students will acknowledge and bow to the entering Black Belt.
- All Instructors and other Black Belts should be addressed by their respective titles. Use "sir" or "ma'am" or the title "Mr." Or "Ms." With the last name.
- No free-sparring or contact is allowed without Black Belt supervision. Do not attempt to practice or execute techniques in sparring which you have not been shown directly by your Master or Instructor.
- Students are responsible for their own equipment - take care of it.
- Always show respect for others and take it upon yourself to help and encourage others. Be courteous to other people's time and space.
- Cell phones. Use common sense. Turn your cell phone off or on mute before class, if this is not possible, take conversations respectfully outside the Do Jang.
- No food or drinks allowed in the Do Jang, water is OK, but only drink during break time, before or after class, never in the middle of a session.
- Chewing gum or other candy should not be brought in to the Do Jang, not only is disrespectful, in can also become a choking hazard.
- Remove jewelry before entering the Do Jang. Watches, rings, earrings, necklaces and pendants can be damaged while in class. Also these items can injure you and others, so is best to remove them before class.
- When receiving certificates, awards belts etc. from your instructor and examiner, receive with both hands while bowing.
- Many outside behaviors are not accepted in the Do Jang. Respect your instructors and fellow students by: paying attention, working hard, not disrupting class and not using profanity.



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Belt Ranking System

The color of the belt is an indication of the skill level of a Taekwondo student. Sometimes belts can be gained by winning competitions, but the common way is by completing an exam.

The different belt colors signify rank, skill and to some extent, time in training. Much like being called a freshman, sophomore, Jr. or Sr. It merely represents where you are at the moment. The belt system is also a way to break the larger goal of Black Belt into smaller, short-term goals so that students can gauge their progress.

Blue Dragon Taekwondo, follows the World Taekwondo Federation (WTF) guidelines, and like them, awards belt ranks low and high for each color belt, except for white, in the following order:



White, Yellow, Green, Blue, Red, Black

Have you ever heard the expression Geup (or Gup, or Kup) grade?

It means a Taekwondo colored belt. So students wearing belts like white, yellow, green, blue or red are Geup grade students.

A Taekwondo student wearing a white belt is a 9th Geup student, and a student one grade away from black belt is a 1st Geup.

A student wearing a Taekwondo black belt is known as a Dan grade and in some schools, a Poome grade if they are under 16.

In the WTF, there are 9 Geups, starting from the 9th Geup (white belt) and ends with the 1st Geup (red-black belt). The term "Geup" means degree. The term "Dan" means phase. There are 9 Dan degrees, starting with the first and ending with the 9th. All Dan-degrees are represented by a black belt.

There are two additional "levels" of Yellow through Red Belt: low-ranking and high-ranking. Two months between examinations, working out 2 - 3 days per week, allows most students to progress smoothly.

It takes the average student 90 - 120 hours, spread out over 15 -18 months of in-class training under the supervision of a Certified Instructor to achieve the rank of Red Belt. At this point, self-defense should be automatic and instinctive. After Red Belt it takes 9 -14 months or even longer, to earn the rank of Black Belt.

Our school does not have "junior" black belts. If a student has successfully completed the Black Belt testing requirements, he or she is a Black Belt regardless of age. However, you must be at least 13 years old to test for Second Degree Black Belt.

Other organizations and schools may use different colors, more colors, or fewer colors. There is no great significance to this.

Did you know that originally there was only one color of belt?

In the beginnings of the art, a student would receive a white belt only, he or she, would never wash this belt! Through years of training, the white belt would become soiled with dirt, grime and blood becoming darker and hence a *black belt*.



Most people believe black belt is the pinnacle or the end. Not True! There are actually 10 levels or degrees of black belt, and so much more learning to do. No living person reaches beyond 9th degree. The 10th degree is a posthumous award, or an award that is given after the recipient's death.

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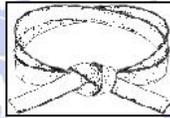
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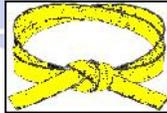
What do the belt colors mean?

Everyone starts out as a Taekwondo white belt. Even your instructor was a white belt once! You don't usually have to do a test to get a white belt.

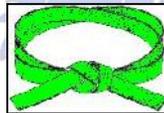
White – Represents innocence, a birth or beginning. Here is where the seed is planted. A white belt student is a beginner searching for knowledge of the Art.



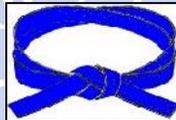
Yellow - Represents the first beam of sunlight which shines upon the seed giving it new strength with the beginning of new life. This symbolizes the evolutionary path of Taekwondo.



Green – Represents the continuous growth of knowledge and skill as the Taekwondo skills begins to develop, just like a growing plant.



Blue - Represents the heavenly sky towards which the plant grows and matures into a tree. This signifies the continuous progression of Taekwondo.



Red - Represents Danger, it signifies the use of control the student must develop, warning the opponent to keep their distance.



Black – Black is the opposite of white, where all the previous belt colors merge into one. A black belt signifies proficiency and maturity in taekwondo knowledge and skill; it also represents the wearer's imperviousness to darkness and fear.



Testing and Grade Promotion



Grading is a physical examination that martial artists need to take to attain their next belts or grade.

Each grading starts with a warm-up, basic punching and kicking and technique drills. It then moves onto patterns specific for each grade. The higher the grade, the more patterns or forms a student will have to display. The grading also includes free style sparring and set 'one step' sparring. These exercises allow the student to demonstrate a variety of techniques that are executed with control. Higher grades will also usually be required to break wooden boards in order to display the accuracy of their technique.

To move up from one belt to the next, students must demonstrate competency during a grading in front of a panel of judges or an instructor. Grading formats may vary between clubs, but generally include the display of patterns, which use various techniques and sequence, breaking boards or wood, which demonstrates the use of techniques with power and control, self-defense, and sparring to show the application and control of techniques. There may also be theory and questions on history and techniques. This demonstrates understanding of the art. At higher dan tests, a student may take a written test as well as taking the practical grading.

The typical student needs between three and six months before moving up each Gup rank. The average student who trains two or three times per week could expect to have achieved green belt rank after one year, red belt after the second year and then black belt after more than three years of regular training. In reality many students can take up to five years to achieve their 1st dan black belt, but this depends on the individual.

However grading between dans, may take several years. The general rule is that a black belt may advance from one rank to the next only after the number of years equivalent to the current rank. For example, a second degree black belt may not progress to third degree until two years have passed. Some organizations also have junior black belt ranks for students under 16 year olds rather than dan ranks.

After achieving black belt grade (1st dan), there are further degrees up to ninth dan. Once the practitioner has passed sixth dan, they may be known as a master of taekwondo.

Belt Requirements

White Low Yellow

- Basics: Basic Kicks, Front Stance Basics, Front Kick-Turning Kick Combination
- Poomse: Tae Geuk Il Jang (#1)
- Breaking: Spinning Kick (1 board)
- Time/Class Requirement: Minimum 15 Classes

Low Yellow High Yellow

- Basics: add Back Stance Basics, Front Kick-Side Kick Combination
- Poomse: Tae Geuk Ee Jang (#2)
- Breaking: Jumping Back Side Kick
- Sparring: Demonstrate basic understanding of sparring
- Time/Class Requirement: Minimum 25 classes

High Yellow Low Green

- Basics: add Side Kick turn around Side Kick Combination
- Poomse: Tae Geuk Sam Jang (#3)
- Breaking: Flying Side Kick
- Time/Class Requirement: Minimum 25 classes

Low Green High Green

- Basics: add Front Stance Double Basics, 3 Kick Combination, Basic Terminology (Stances)
- Poomse: Tae Geuk Sah Jang (#4)
- Breaking: 360 Back Side Kick
- Time/Class Requirement: Minimum 25 classes

High Green Low Blue

- Basics: ALL BASICS and Kicking Combinations, Basic Terminology (Kicks)
- Poomse: Tae Geuk Oh Jang (#5)
- Breaking: 360 Back Side Kick – POWER (2 boards for children, 3 boards for adults)
- Time/Class Requirement: Minimum 25 classes

Low Blue High Blue

- Basics: ALL BASICS and Kicking Combinations, Basic Terminology (Kicks, Stances)
- Poomse: Tae Geuk Yook Jang (#6)

- Breaking: Jumping Front Kick – HEIGHT
- Time/Class Requirement: Minimum 25 classes

High Blue Low Red

- Basics: ALL BASICS and Kicking Combinations, Basic Terminology (Kicks, Stances, Basic Hand Motions)
- Poomse: Tae Geuk Chil Jang (#7)
- Breaking: Jumping Front Kick - POWER (2 boards children, 3 boards adults)
- Time/Class Requirement: Minimum 25 classes

Low Red High Red

- Basics: ALL BASICS and Kicking Combinations, Basic Terminology
- Poomse: Tae Geuk Pal Jang (#8)
- Breaking: Jumping Technique of your choice (Power- 3 boards)
- Time/Class Requirement: Minimum 25 classes

High Red Black 1st Dan/Poom

- Basics: ALL BASICS and Kicking Combinations, ALL Basic Terminology, Counting to 100 in Korean, ALL MEANINGS
- Poomse: Tae Geuk #1- #8
- Breaking: any Jumping technique excluding flying side kick (3 boards)
- Competition: participation in 1 tournament (at least 1 event at any level)
- Time/Class Requirement: Pass 3 elimination phases

Black 1st Dan/Poom Black 2nd Dan/Poom

- Number of Eliminations: Must pass 6 elimination phases; must include, but not limited to:
 - Breaking: includes speed breaking, power breaking, timed breaking
 - Poomses: 8 Pal Gwe Forms, Koryo, Keumgang
 - Knowledge: Know Standards for all basics
- Breaking: Concrete Breaking
- Time/Class Requirement: 2 years from graduating to 1st Dan/Poom
- Community Service: Demonstrate commitment to Young TKD: assist in teaching classes, assist with work around the school, one-on-ones, volunteering at school events: 10 hours

Black 2st Dan/Poom Black 3rd Dan/Poom

- Number of Eliminations: Must pass 10 elimination phases; must include, but not limited to:
 - Breaking: includes speed breaking, power breaking, timed breaking
 - Poomses: 8 Pal Gwe Forms, Koryo, Keumgang, TaeBeck
 - Knowledge: Know Standards for all basics and all poomses, self-defense/step sparring
- Breaking: Concrete Breaking
- Time/Class Requirement: 3 years from graduating to 2nd Dan/Poom
- Community Service: 20 hours

Black 3st Dan/Poom Black 4nd Dan

1. Number of Eliminations: Must pass 14 elimination tphases; must include, but not limited to:
 - Breaking: includes speed breaking, power breaking, timed breaking
 - Poomses: 8 Pal Gwe Forms, Koryo, Keumgang, TaeBeck
 - Knowledge: Know Standards for all basics and all poomses, self-defense/step sparring
2. Breaking: Concrete Breaking
3. Age Minimum: 18 years old
4. Demonstration of Instruction, 10 page Thesis, 20 hours of community service, 15 hours of instruction, discretion of Master Instructors
5. Time/Class Requirement: 4 years from graduating to 3rd Dan/Poom

For specific requirements for every belt, please see the color belt inserts.

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Poomse or Form

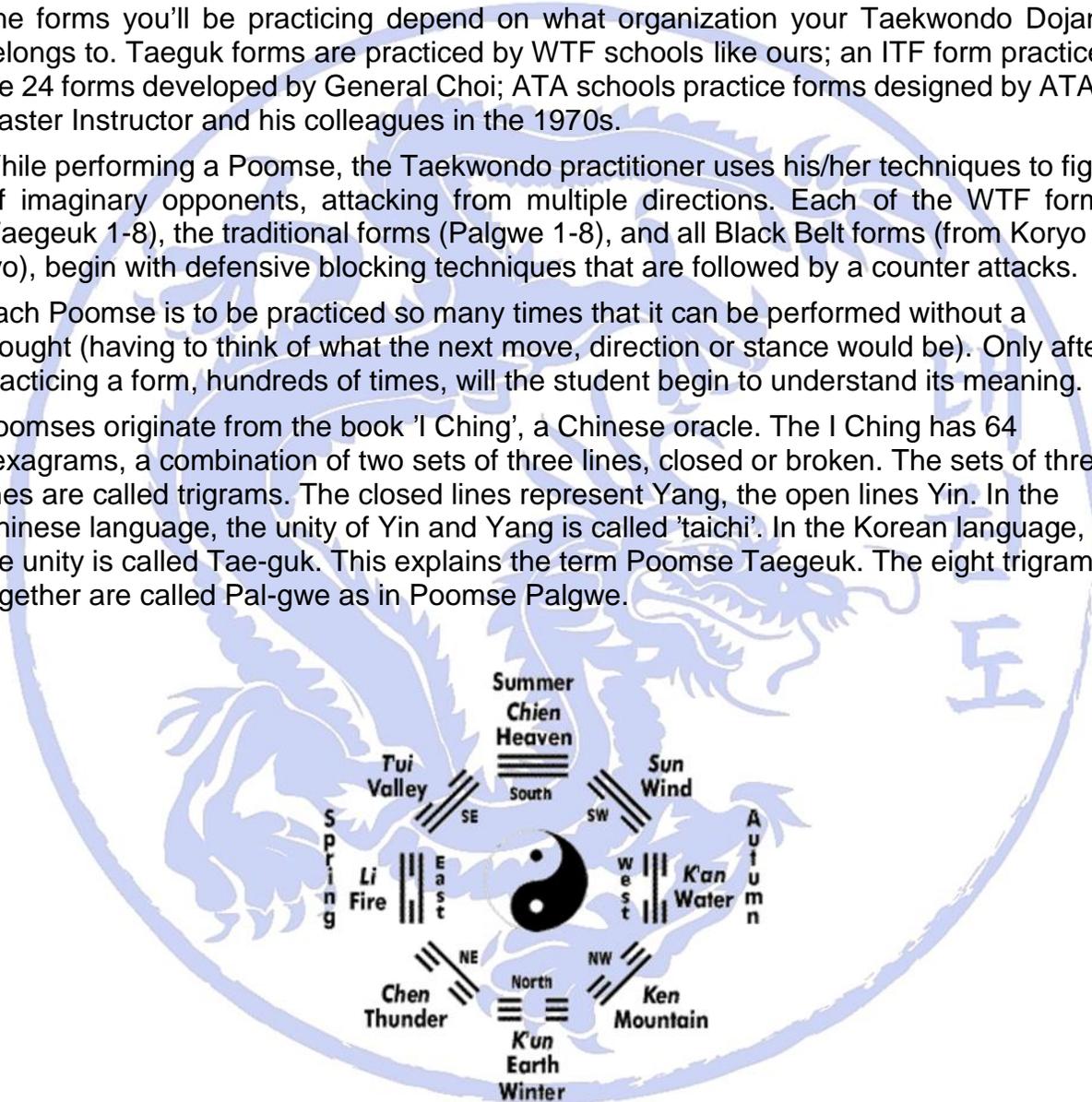
A Poomse is a pattern of pre-arranged Taekwondo moves, consisting of stances, blocks, strikes and kicks.

The forms you'll be practicing depend on what organization your Taekwondo Dojang belongs to. Taeguk forms are practiced by WTF schools like ours; an ITF form practices the 24 forms developed by General Choi; ATA schools practice forms designed by ATA's Master Instructor and his colleagues in the 1970s.

While performing a Poomse, the Taekwondo practitioner uses his/her techniques to fight off imaginary opponents, attacking from multiple directions. Each of the WTF forms (Taeguk 1-8), the traditional forms (Palgwe 1-8), and all Black Belt forms (from Koryo to Ilyo), begin with defensive blocking techniques that are followed by a counter attacks.

Each Poomse is to be practiced so many times that it can be performed without a thought (having to think of what the next move, direction or stance would be). Only after practicing a form, hundreds of times, will the student begin to understand its meaning.

Poomses originate from the book 'I Ching', a Chinese oracle. The I Ching has 64 hexagrams, a combination of two sets of three lines, closed or broken. The sets of three lines are called trigrams. The closed lines represent Yang, the open lines Yin. In the Chinese language, the unity of Yin and Yang is called 'taichi'. In the Korean language, the unity is called Tae-guk. This explains the term Poomse Taeguk. The eight trigrams together are called Pal-gwe as in Poomse Palgwe.



You also might have noticed, while visiting other Dojangs or by watching Poomse videos online, that some of the motions, blocks and punches shown, are a little different than the ones we learned in class. This is because there are 2 "types" of Poomse or forms according to the school: One, the oldest practiced, is called traditional form, and the second and "newest", it's called the standard form. At the Blue Dragon Taekwondo School, we study, learn and practice the traditional style of these forms.

Taegeuk

Taegeuk, when loosely translated, means Great Eternity or Eternal Greatness. The idealisms of Taegeuk, which every student should learn are: pacifism, unity, creative spirit, future spirit, and eternity. The Taegeuk has the same symbolism as the Palgwe. J. R. Kim (Taekwondo: Basic Techniques Taegeuk Poomse) says the "Taegeuk Poomse integrates the methods of attack, defense, forward movement and retreat, control of the speed of movements, and the intensity of the actions. The directions and lines of movement are represented by the eight symbols of 'Palgwe.' The overall purpose of Poomse is to control the breathing to be synchronized while executing techniques requiring great speed.



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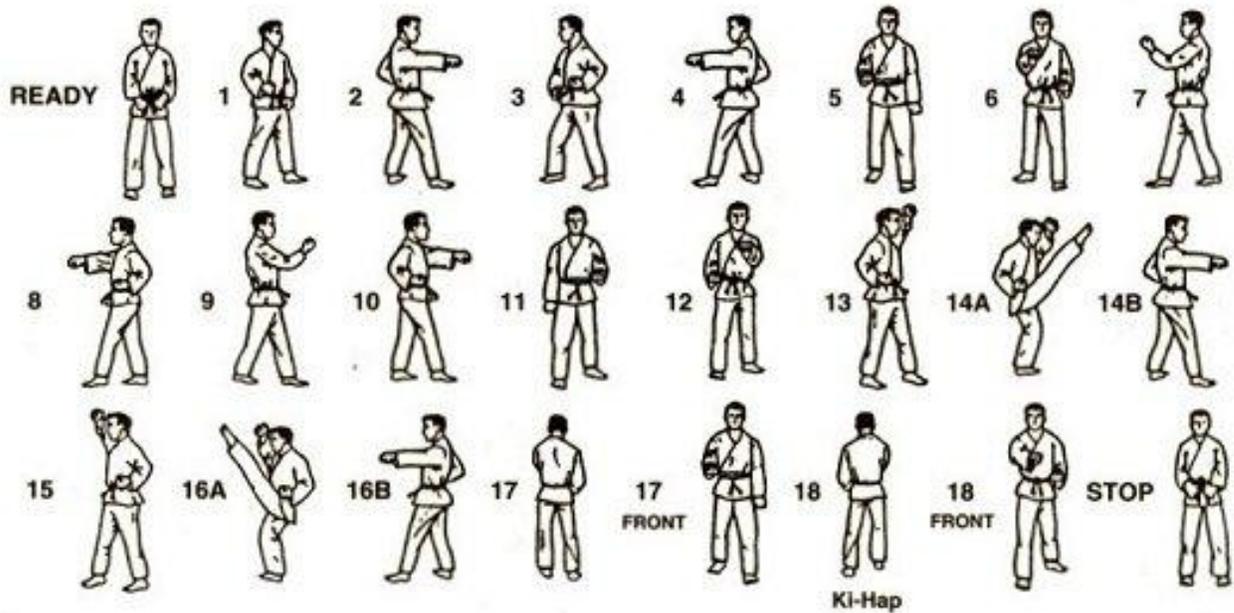
Taegeuk Il Jang (8th Geup) - Heaven

Meaning: Beginning of all things, the birth of the martial artist into Taekwondo.
The associated trigram represents Yang (heaven, light), therefore, this Poomse should be performed with the greatness of Heaven.

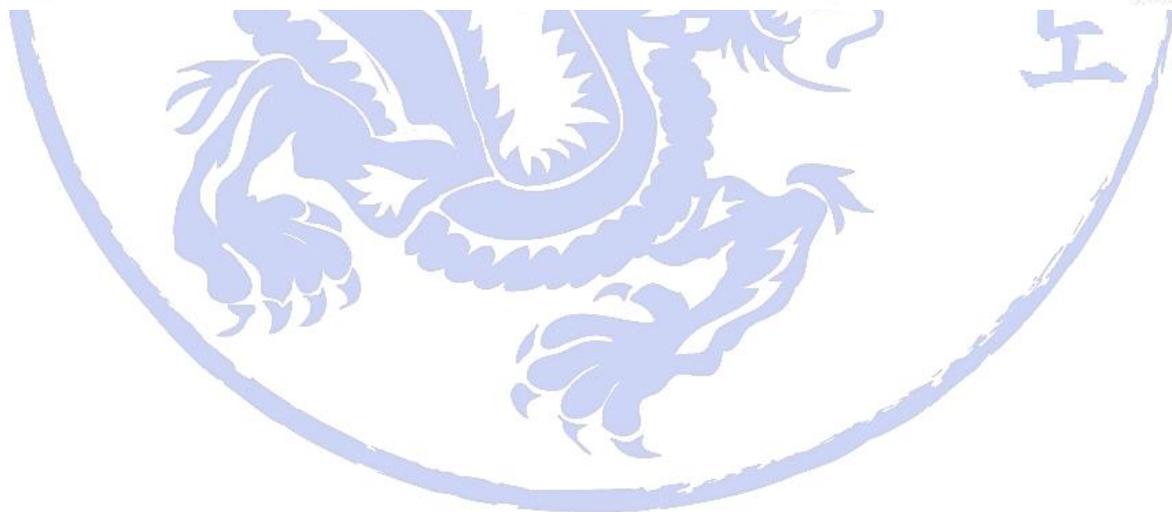
18 Movements, 2 kicks, 9 punches, 1 keup.

1. Start in the ready stance, turn left 90 degrees into a walking stance with left foot forward, left low block (**Ap seogi Arae Makki**).
2. Step forward into walking stance with right foot forward, right hand middle punch (**Ap seogi Momtong Badae Jireugi**).
3. Turn right 180 degrees into a walking stance with right foot forward, right low block (**Ap seogi Arae Makki**).
4. Step forward into walking stance with left foot forward, left hand middle punch (**Ap seogi Momtong Badae Jireugi**).
5. Turn left 90 degrees into a front stance with left foot forward, left low block (**Ap koobi Arae Makki**).
6. Maintain left front stance and execute right middle punch (**Momtong Baro Jireugi**).
7. Turn right 90 degrees into a walking stance with right foot forward, execute left outside block (**Ap seogi Palmok Momtong Makki**).
8. Step forward into walking stance with left foot forward, right hand middle punch (**Ap seogi Momtong Baro Jireugi**).
9. Turn left 180 degrees into a walking stance with left foot forward, right outside block (**Ap seogi Palmok Momtong Makki**).
10. Step forward into walking stance with right foot forward, left hand middle punch (**Ap seogi Momtong Baro Jireugi**).
11. Turn right 90 degrees into a front stance with right foot forward, right hand low block (**Ap koobi Arae Makki**).
12. Maintain a front stance and execute left middle punch (**Momtong Baro Jireugi**).
13. Turn left 90 degrees into a walking stance with left foot forward, left high block (**Ap seogi Eolgool Makki**).
14. Right front kick, foot placed down into walking stance with right foot forward, right middle punch (**Ap Chagi, Ap seogi Momtong Badae Jireugi**).
15. Turn right 180 degrees into a walking stance with right foot forward, right high block (**Ap seogi Eolgool Makki**).
16. Left front kick, foot placed down into walking stance with left foot forward, left middle punch (**Ap Chagi, Ap seogi Momtong Badae Jireugi**).
17. Turn right 90 degrees into a front stance with left foot forward, left low block (**Ap koobi Arae Makki**).
18. Step forward into a front stance with right foot forward, right middle punch, yell keup!
Bring Right leg back turning 180 degrees, facing to the front in a ready stance, ending at the same place you started (**Ap koobi Momtong Badae Jireugi KI-UP**).

TAEGEUK IL JANG 1



MADE IN KOREA



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Taegeuk Yee Jang (7th Geup) - Lake

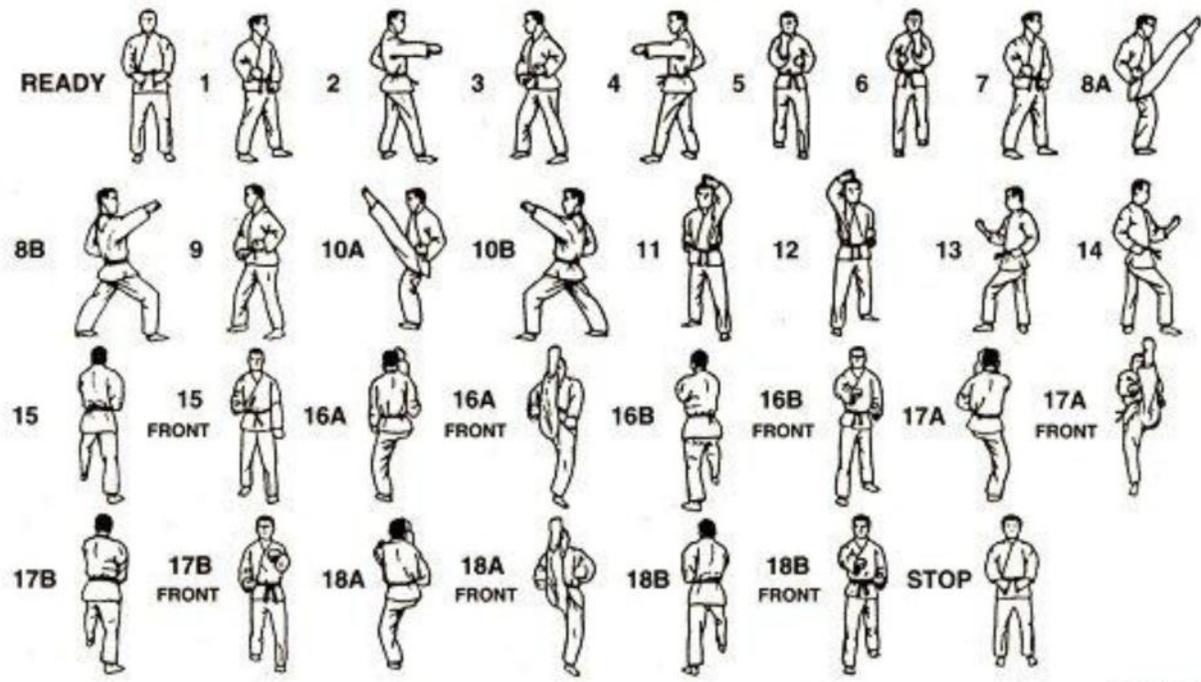
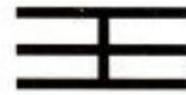
Meaning: Inside strong, outside fragile.

In the depths of the lake are treasures and mysteries. The movements of this Poomse should be performed knowing that man has limitations, but that we can overcome these limitations. This should lead to a feeling of joy, knowing that we can control our future.

18 Movements, 5 kicks, 7 punches, 1 keup.

1. Start in the ready or "Joon Bi" stance, turn 90 degrees to the left into a walking stance with left foot forward, left hand low block (**Ap seogi Arae Makki**).
2. Step forward into front stance with right foot forward, right arm middle punch (**Ap koobi Momtong Badae Jireugi**).
3. Turn 180 degrees to the right into walking stance with right foot forward, right hand low block (**Ap seogi Arae Makki**).
4. Step forward into front stance with left foot forward, left arm middle punch (**Ap koobi Momtong Badae Jireugi**).
5. Turn 90 degrees to the left into walking stance with left foot forward, right arm outside block (**Ap seogi Palmok Momtong Makki**).
6. Step forward into walking stance with right foot forward, left arm outside block (**Ap seogi Palmok Momtong Makki**).
7. Turn 90 degrees to the left into walking stance with left foot forward, left hand low block (**Ap seogi Arae Makki**).
8. Right foot front snap kick, landing in front stance with right foot forward, right arm high punch (**Ap Chagi, Ap koobi Eolgool Badae Jireugi**).
9. Turn 180 degrees to the right into walking stance with right foot forward, right arm low block (**Ap seogi Arae Makki**).
10. Left foot front snap kick, landing in front stance with left foot forward, left arm high punch (**Ap Chagi, Ap koobi Eolgool Badae Jireugi**).
11. Turn 90 degrees to the left into walking stance with left foot forward, left arm high block (**Ap seogi Eolgool Makki**).
12. Step forward into walking stance with right foot forward, right arm high block (**Ap seogi Eolgool Makki**).
13. Turn 270 degrees (counter clockwise) to the left into walking stance with left foot forward, right arm outside block (**Ap seogi Palmok Momtong Makki**).
14. Turn left 180 degrees into right walking stance with right foot forward, left arm outside block (**Ap seogi Palmok Momtong Makki**).
15. Turn 90 degrees to the left into walking stance with left foot forward, left arm low block (**Ap seogi Arae Makki**).
16. Right foot front snap kick, landing in walking stance with right foot forward, right arm middle punch (**Ap Chagi, Ap seogi Momtong Badae Jireugi**).
17. Left foot front snap kick, landing in walking stance with left foot forward, left arm middle punch (**Ap Chagi, Ap seogi Momtong Badae Jireugi**).
18. Right foot front snap kick, landing in walking stance with right foot forward, right arm middle punch, yell KEUP! Bring Right leg back turning 180 degrees, facing to the front in a ready stance, ending at the same place you started (**Ap Chagi, Ap seogi Momtong Badae Jireugi, KEUP**).

TAEGEUK YI JANG 2



MADE IN KOREA



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Taegeuk Sam Jang (6th Geup) - Fire

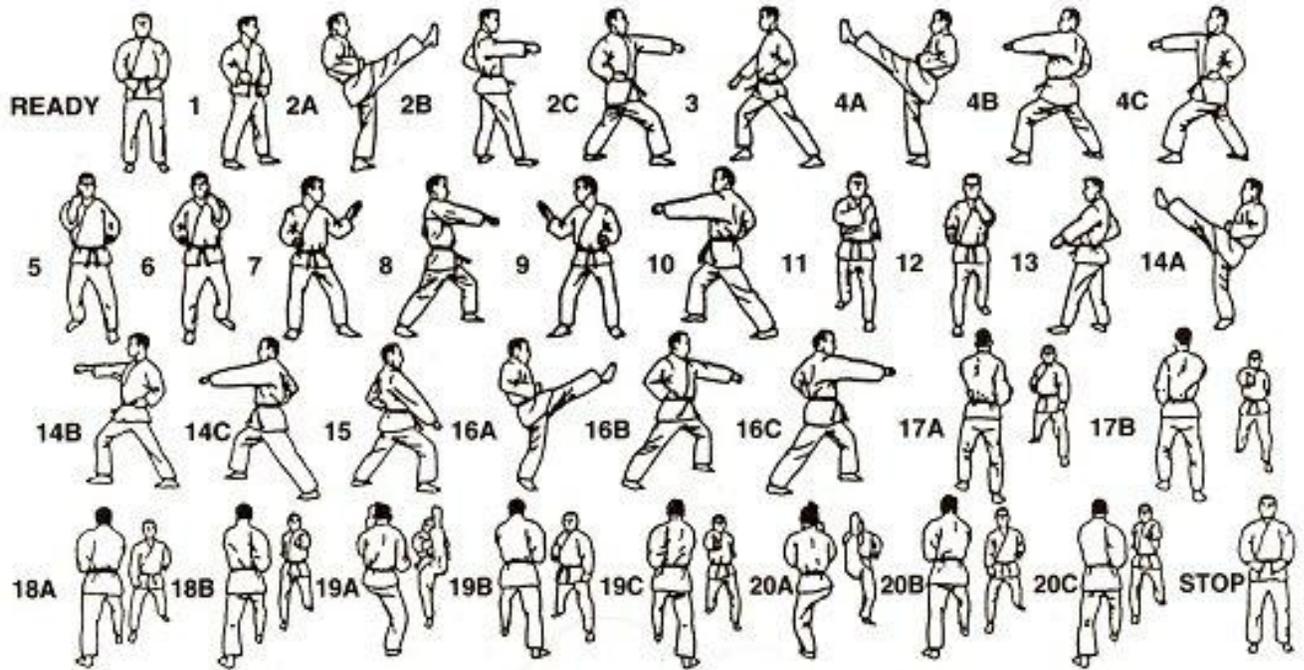
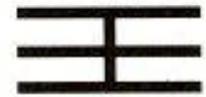
Meaning: Hot and bright like fire.

Fire contains a lot of energy. Fire helped man to survive, but on the other hand had some catastrophic results. This form should be performed rhythmically, with some outbursts of energy.

20 Movements, 6 kicks, 14 punches, 1 keup.

1. Start in the ready or "Joon Bi" stance, turn left 90 degrees, left low block (**Ap seogi Arae Makki**).
2. Right front kick, right punch, left punch (**Ap Chagi, Ap koobi Momtong Doobeon Jireugi**).
3. Turn right 180 degrees into right walking stance, right low block (**Ap seogi Arae Makki**).
4. Left front kick into left front stance, left punch, right punch (**Ap Chagi, Ap koobi Momtong Doobeon Jireugi**).
5. Turn left 90 degrees, into a left walking stance, right hand knife strike to the neck (**Ap seogi Mok Soonal Chigi**).
6. Step forward into right walking stance, left hand knife strike to the neck (**Ap seogi Sonnal Mok Chigi**).
7. Move left foot into a horse riding side stance, simultaneously execute a left side, knife hand block to the left (**Joochoom seogi Hansonnal Momtong Bakat Makki**).
8. Step down to left front stance and execute a right hand middle punch (**Ap koobi Momtong Baro Jireugi**).
9. Move left foot to a side horse riding stance and execute a right hand, knife block to the right side (**Joochoom seogi Hansonnal Momtong Bakat Makki**).
10. Step down to right front stance and execute a left hand middle punch (**Ap koobi Momtong Baro Jireugi**).
11. Turn left 90 degrees, right inside block (**Ap seogi Bakat Makki**).
12. Step forward into right walking stance, left outside block (**Ap seogi Bakat Makki**).
13. Turn right 270 degrees, left hand low block (**Ap seogi Arae Makki**).
14. Right front kick into a right front stance; execute right punch and left middle punch (**Ap Chagi, Ap koobi Momtong Doobeon Jireugi**).
15. Turn right 180 degrees, into a right walking stance, right hand low block (**Ap seogi Arae Makki**).
16. Left front kick landing in a left front stance, execute left and right middle punches (**Ap Chagi, Ap koobi Momtong Doobeon Jireugi**).
17. Turn left 90 degrees into left walking stance, left hand low block, right hand middle punch without changing stance (**Ap seogi Arae Makki**).
18. Step forward into right walking stance, right hand low block, left hand middle punch without changing stance (**Ap seogi Arae Makki, Momtong Baro Jireugi**).
19. Left front kick landing in a left walking stance, left hand low block, then execute right hand middle punch (**Ap Chagi, Ap seogi Arae Makki, Momtong Baro Jireugi**).
20. Right front kick landing in a right walking stance, right hand low block, left middle punch and yell keup! Bring Right leg back turning 180 degrees, facing to the front in a ready stance, ending at the same place you started (**Ap Chagi, Ap seogi Arae Makki, Momtong Baro Jireugi, KI-UP**).

TAEGEUK SAM JANG 3



MADE IN KOREA



Taegeuk Sa Jang (5th Geup) - Thunder

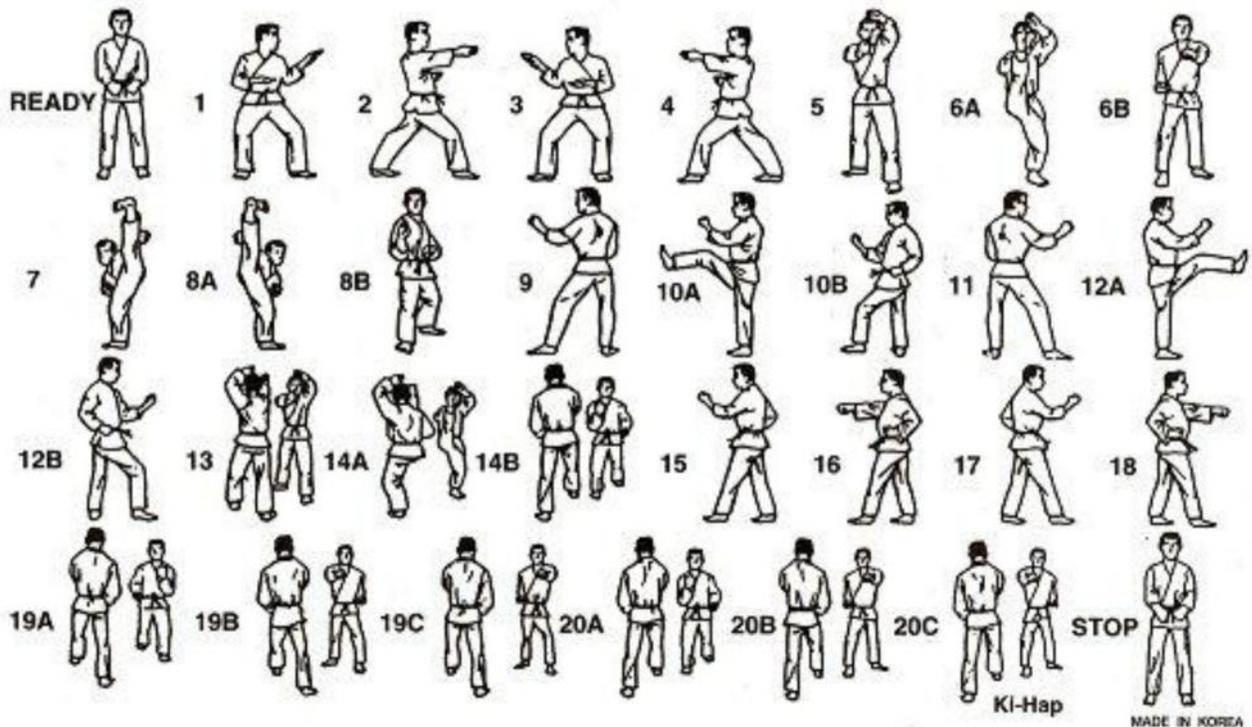
Meaning: Pious attitude, yet dignified. Always keeping a pious state of mind, like thunder. Thunder comes from the sky and is absorbed by the earth. Thunder is one of the most powerful natural forces, circling, gyrating. This Poomse should be performed with this in mind.

20 Movements, 6 kicks, 7 punches, 1keup.

1. Start in the ready or "Joon Bi" stance, turn left 90 degrees into left back stance, execute left double knife hand middle block (**Dwit koobi Sonnal Momtong Makki**).
2. Step up to right front stance, execute right hand spear finger strike. Simultaneously place your left hand palm down under your right elbow (palm down block), (**Ap koobi Seon Sonkeut Jireugi**).
3. Turn right 180 degrees into right back stance, execute right double knife hand middle block (**Dwit koobi Sonnal Momtong Makki**).
4. Step up to left front stance, and execute left hand spear finger strike. Simultaneously place your right hand palm down under your left elbow (palm down block), (**Ap koobi Seon Sonkeut Jireugi**).
5. Turn left 90 degrees into left front stance and execute a right hand knife hand strike, left hand knife hand left block (**Ap koobi Jebipoom Mok Chigi**).
6. Right front kick into a right walking stance, after landing execute a left hand middle punch (**Ap Chagi, Ap seogi Baro Jireugi**).
7. Execute a left side kick (**Yeop Chagi**).
8. Execute right side kick into right back stance, simultaneously, execute a double knife hand block (**Yeop Chagi, Dwit koobi An Palmol Momtong Makki**).
9. Turn left 270 degrees (counter clockwise) into a right back stance and execute reverse inside block (**Dwit koobi Momtong An Makki or Pakan Makki**).
10. Right front kick (don't move forward), right foot back to original position; execute a right hand outside block (**Ap Chagi, Dwit koobi Momtong An Makki or Pakkan Makki**).
11. Turn right 180 degrees into a left back stance, right hand reverse inside block (**Dwit koobi An Palmok Momtong Makki**).
12. Left front kick (don't move forward), left foot back to its original position, left hand outside block (**Ap Chagi, Dwit koobi Momtong An Makki or Pakkan Makki**).
13. Turn left 90 degrees execute right hand knife hand strike, at the same time left hand knife hand high block (**Ap koobi Jebipoom Mook Chigi**).
14. Right front kick into right front stance, right hand inside block (**Ap Chagi, Ap koobi Deun Joomeok**).
15. Turn left 90 degrees into a left walking stance and execute left hand outside block (**Ap seogi Palmok Momtong Makki**).
16. Keep both feet fixed, right hand middle punch (**Momtong Baro Jireugi**).
17. Turn right 180 degrees into a right walking stance, right hand outside block (**Ap seogi Palmok Momtong Makki**).
18. Keeping both feet fixed left middle punch (**Momtong Baro Jireugi**).
19. Pivot on right foot, move left foot into a left front stance and execute left outside block. Keep both feet fixed and execute right and left middle punches (**Ap koobi Palmok Momtong Makki, Momtong Baro Jireugi, Momtong Baro Jireugi**).

20. Step up into a right front stance and execute right outside block. Keep both feet fixed. Execute left and right middle punches and yell *keup!* Bring Right leg back turning 180 degrees, facing to the front in a ready stance, ending at the same place you started (**Ap koobi Palmok Mmtong Makki, Momtong Baro Jireugi, Momtong Baro Jireugi KI-UP**).

TAEGEUK SA JANG 4



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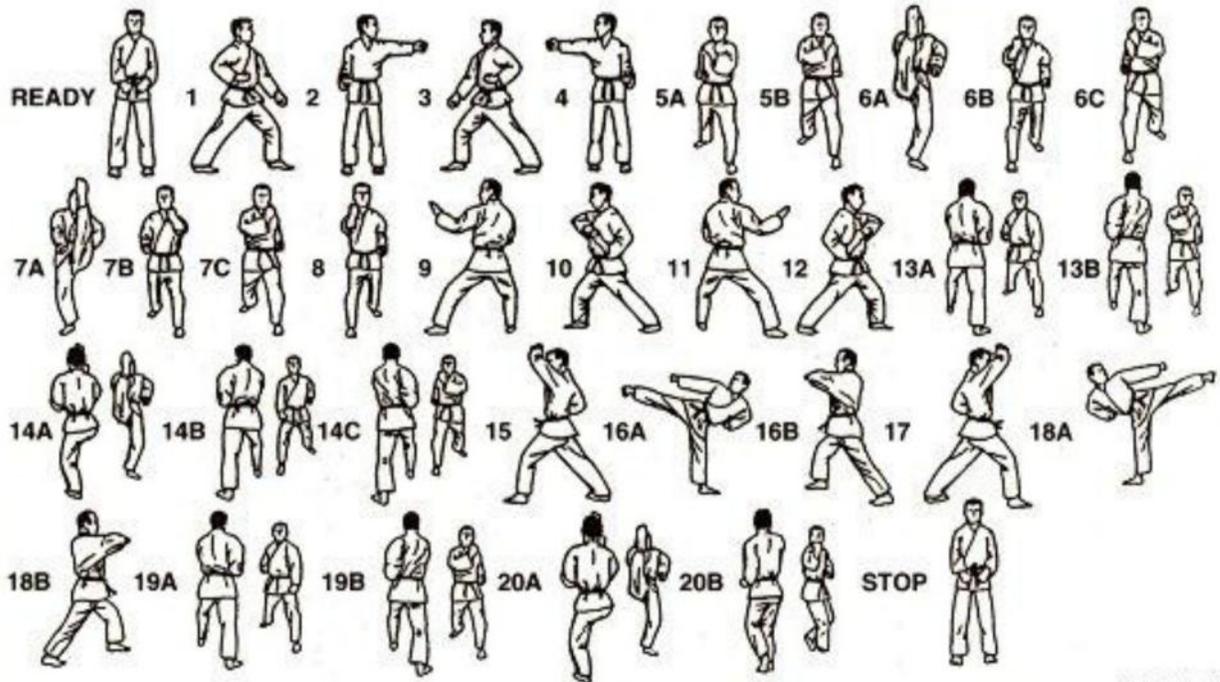
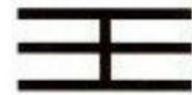
Taegeuk Oh Jang (4th Geup) - Wind

Meaning: Breeze and strong wind. Breeze means calm, silent. Strong wind means authority.

20 Movements, 6 kicks, 0 punches, 2 keups.

1. Start in the Ready or "Joon Bi" stance. Turn left into front stance, left low block (**Ap koobi Arae Makki**).
2. Left foot comes back next to the right foot, left hand hammer fist downwards (**Pyeonhi seogi Mok Joomeok**).
3. Turn right 180 degrees into right front stance, right hand low block (**Ap koobi Arae Makki**).
4. Right foot comes back next to the left foot, right hand hammer fist downwards (**Pyeonhi seogi Mok Joomeok**).
5. Advance forward into left front stance, left outside block, right back fist (**Ap koobi Palmok Momtong Makki, Deung Joomeok**).
6. Right foot front kick into right front stance, right hand inside block, left back fist (**Ap Chagi, Ap koobi Palmok Momtong Makki, Deung Joomeok**).
7. Left foot front kick into left front stance, left hand inside block, right back fist (**Ap Chagi, Ap koobi Palmok Momtong Makki, Deung Joomeok KI-UP**).
8. Advance right foot forward into right front stance, right hand back fist and keup! (**Ap koobi Deung Joomeok**).
9. Moving left foot, turn 270 degrees (counter clockwise) to the left into right back stance, single knife hand middle block with left hand (**Dwit koobi Hansonnal Momtong Chigi**).
10. Step into right front stance, right elbow swing pulling with left hand (**Ap koobi Palkoop Momtong Chigi**).
11. Moving right foot, turn 180 degrees all the way to the right into left back stance, single knife hand middle block (**Dwit koobi Hansonnal Momtong Makki**).
12. Step into left front stance, left elbow swing pulling with right hand (**Ap koobi Arae Makki**).
13. Turn left 90 degrees into left front stance, left hand low block, right inside block (**Ap koobi Arae Makki, Palmok Momtong Makki**).
14. Right foot kick into right front stance, right hand low block, left outside block (**Ap Chagi, Ap koobi Arae Makki, Palkoop Momtong Makki**).
15. Turn left 90 degrees into left front stance, left high block (**Ap koobi Eolgool Makki**).
16. Right side kick landing on a right front stance, left elbow strike into right open hand (**Yeop Chagi, Ap koobi Palkoop Momtong Pyo Jeok Chigi**).
17. Turn right 180 degrees into right front stance, right high block (**Ap koobi Eolgool Makki**).
18. Left side kick landing on a left front stance, right elbow strike into open left hand (**Yeop Chagi, Ap koobi Palkoop Momtong Pyo Jeok Chigi**).
19. Turn left 90 degrees into left front stance, left low block, right outside block (**Ap koobi Arae Makki, Palmok Momtong Makki**).
20. Right front kick, hop forward and land in a cross legged stance while executing a right back fist to the nose. The right foot is flat and the left foot should be on the ball of foot, yell keup! Turn 180 degrees and face the front, ending at the same place you started (**Ap Chagi Koa seogi Deung Joomeok KI-UP**).

TAEGEUK OH JANG 5



MADE IN KOREA

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Taegeuk Yook Jang (3th Geup) - Water

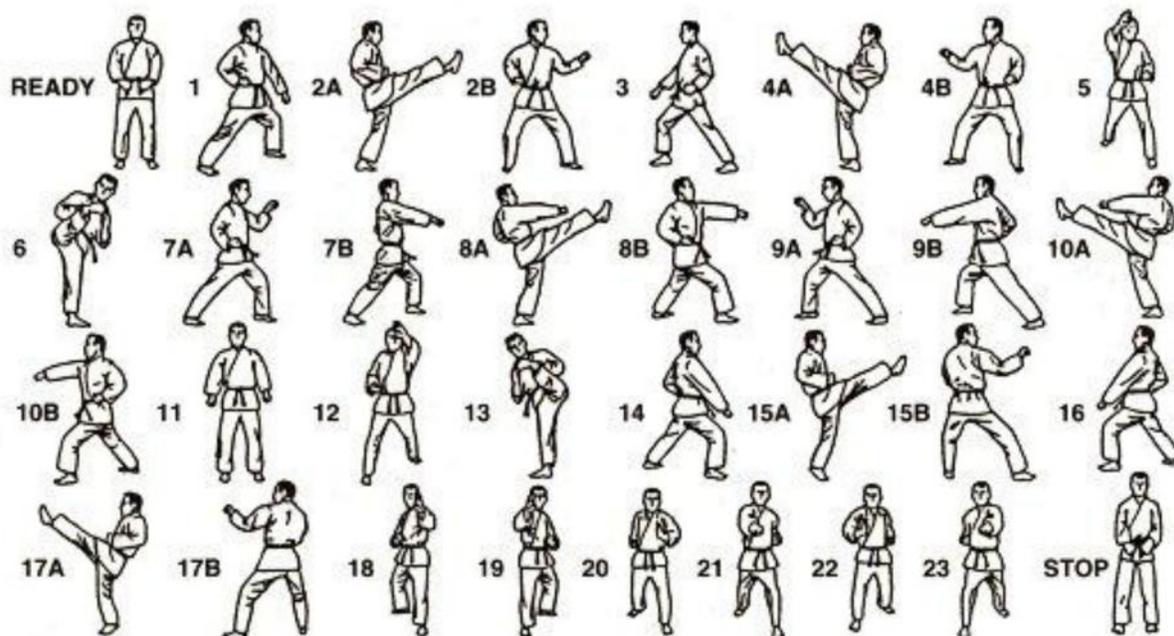
Meaning: Flexible-Pliable like water.

23 Movements, 8 kicks, 6 punches, 2 keup.

1. Start in the Ready or "Joon Bi" stance, turn left 90 degrees into left front stance, execute left hand low block (**Ap koobi Arae Makki**).
2. Keep left foot fixed, right leg front kick, place right foot back behind you into left back stance, execute reverse inside block (**Ap chagi, Dwit koobi An Bakat Palmok Momtong Makki**).
3. Turn right 180 degree into right front stance, right low block (**Ap koobi Arae Makki**).
4. Keeping right foot fixed, left front kick, then place left foot back behind you into a right back stance, and execute a right reverse inside block (**Ap chagi, Dwit koobi An Bakat Palmok Momtong Makki**).
5. Turn left 90 degrees into a left front stance, right knife hand high block (**Ap koobi Hansonnal Eolgool Bakat Makki**).
6. Execute right roundhouse kick turning 90 degrees when you finish the roundhouse kick, drop your right foot behind you, so you are in a left front stance (**Dollyochagi**).
7. Execute left reverse inside block, then right middle punch (**Ap koobi Bakat Palmok Eolgool Bakat Makki, Momtong Baro Jireugi**).
8. Right front kick and land in a right front stance, left middle punch (**Ap chagi 8b. Ap koobi Momtong Baro Jireugi**).
9. Turn right 180 degrees into right front stance, execute a right reverse inside block, then a left middle punch (**Ap koobi Bakat Palmok Eolgool Bakat Makki, Momtong Baro Jireugi**).
10. Left front kick landing in a left front stance, right middle punch (**Ap chagi, Ap koobi Momtong Baro Jireugi**).
11. Turn left 90 degrees into a joon bi/ready stance, cross both hands over your head on a X block, and execute a slow double low block (**Pyeon seogi Arae Hechyo Makki**).
12. Step forward into a right front stance, left knife hand high block (**Ap koobi Hansonnal Eolgool Bakat Makki**).
13. Left roundhouse kick and yell keup! Drop your left foot so you are approximately 270 degrees into a right turn (**Dollyochagi KI-UP**).
14. Complete the turn by moving your right leg into a right front stance and execute a right hand low block (**Ap koobi Arae Makki**).
15. Keeping right foot fixed, left front kick, then place left foot behind you, so you are in a right back stance. Execute a right reverse inside block (**Ap chagi, Dwit koobi An Bakat Palmok Momtong Makki**).
16. Turn left 180 degrees into left front stance, left low block (**Ap koobi Arae Makki**).
17. Keeping left foot fixed, right front kick, then place right foot behind you into a left back stance, and execute a left reverse inside block, step back into left back stance, left hand reverse inside block (**Ap chagi, Dwit koobi An Bakat Palmok Momtong Makki**).
18. Pivot on left foot turning left 90 degrees into a left back stance, double knife hand middle block (**Dwit koobi Sonnal Momtong Makki**).

19. Stepping back into right back stance, double knife hand middle block (**Dwit koobi Sonnal Momtong Makki**).
20. Stepping back into left front stance, left down palm block (**Ap koobi Batangson Momtong Makki**).
21. Execute right middle punch (**Momtong Baro Jireugi**).
22. Left foot steps back into right front stance, right hand palm down block (**Ap koobi Batangson Momtong Makki**).
23. Execute left middle punch and keup! Move your right foot forward (in line with your left foot) and go into a ready stance (**Momtong Baro Jireugi KI-UP**).

TAEGEUK YOOK JANG 6



MADE IN KOREA

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Taegeuk Chil Jang (2nd Geup) - Mountain

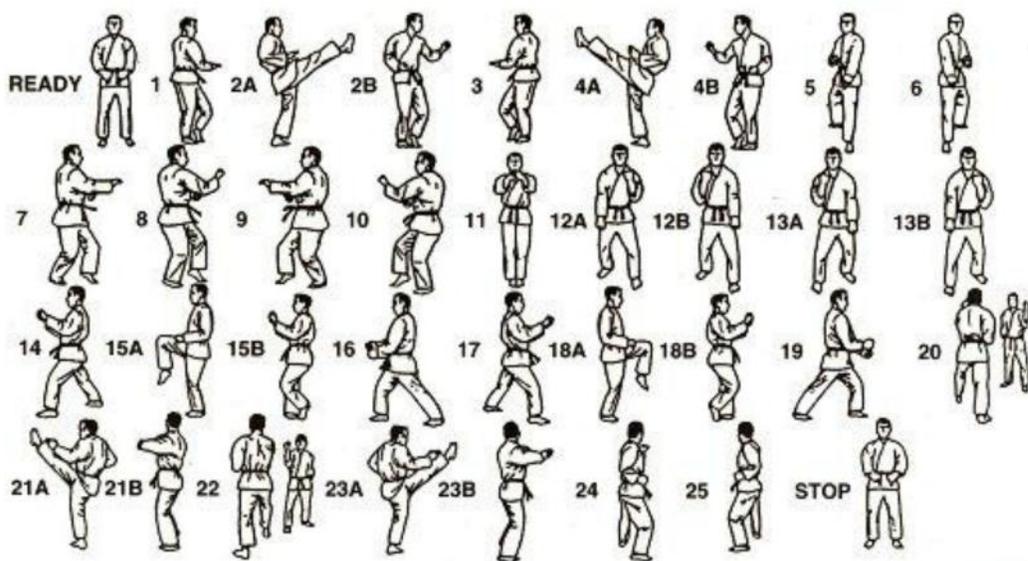
Meaning: Mountain- Massive or great

25 Movements, 4 kicks, 1 punch, 1 keup.

1. Start in the ready or "Joon Bi" stance; turn left 90 degrees into left Tiger stance, right palm down strike (**Beom seogi Batangson Momtong Makki**).
2. Right front kick, after the kick, place right leg back behind you, so you are in a left back stance, execute left hand reverse inside block (**Ap chagi, Dwit koobi An Palmok Momtong Makki**).
3. Turn right 180 degrees into right tiger stance, left palm down block (**Beom seogi Batangson Momtong Makki**).
4. Left front kick, after the kick, place right leg behind you, so you are in a right back stance. Execute a right and reverse inside block (**Ap chagi, Dwit koobi An Palmok Momtong Makki**).
5. Turn left 90 degrees, move into left back stance, left double knife hand low block (**Dwit koobi Sonnal Arae Makki**).
6. Step forward into right back stance, right double knife hand low block (**Dwit koobi Sonnal Arae Makki**).
7. Turn left 90 degrees, move into left Tiger stance, right palm down block, with your left palm side down under the right elbow (**Beom seogi Batangson Momtong Makki**).
8. Immediately execute a reverse back-fist strike by pivoting your elbow, without changing your stance (**Teengeo Chigi**).
9. Turn right 180 degrees into right Tiger stance, execute left palm down block, with your right palm side down under the left elbow (**Beom seogi Batangson Momtong Makki**).
10. Immediately execute a left back fist strike, by pivoting your arm at the elbow, without changing your stance (**Teengeo Chigi**).
11. Turn left 90 degrees, place left foot next to right foot, bring both hands into a chamber position by placing your right fist in your left palm, now position them both together in front of your chest. After about 2 seconds, extend them approximately 12 inches in front of your chest (**Moa seogi Pojoomak**).
12. Step forward with left foot into left front stance, execute a right hand low block and at the same time a left hand inside block. Simultaneously, without changing stance, execute left low block and a right hand inside block (**Ap koobi San Gawe Makki, San Gawe Makki**).
13. Step forward with right foot into right foot stance, execute a left hand low block and at the same time a right hand inside block. Simultaneously, without changing stance, execute a right low block and a left hand inside block (**Ap koobi San Gawe Makki, San Gawe Makki**).
14. Moving left foot, turn left 270 degrees into left front stance and execute a double middle outside block (breaking your opponent's grip on your neck or shoulders) with your palm part of your fist outward (**Ap kobi Momtong Hechyo Makki**).
15. Reach up and grab head of your imaginary opponent with both hands, bring hands down & bring right knee up (knee strike to opponent's head), hop forward land with right foot with left foot crossed behind, throw a double uppercut (palm up) to opponent's ribs (**Mooreup Chigi, Koa seogi Jeochyo Jireugi**).

16. Move left foot back and go into right front stance, double crossed low block (**Ap koobi Eotgeoreo Arae Makki**).
17. Move right foot, turn right 180 degrees into right front stance, execute a double outside block (breaking your opponent's grip on your neck or shoulders), (**Ap koobi Momtong Hechyo Makki**).
18. Reach up and grab head of your imaginary opponent with both hands, bring hands down & bring left knee up (knee strike to opponent's head), hop forward land with left foot with right foot crossed behind, throw a double uppercut (palm up) to opponent's ribs (**Mooreup Chigi, Koa seogi Momtong Jeochyo Jireugi**).
19. Move right foot back and go into left front stance, double crossed low block (**Ap koobi Eotgeoreo Arae Makki**).
20. Left foot steps back into a side walking stance, execute a left back fist (**Pyeonhi seogi Deung Joomeok Eolgool Bakat Chigi**).
21. Open fist and execute face kick with right foot to left palm, stepping into a side horse riding stance, then execute right elbow strike hitting the contact area with your left palm. Bring right leg back into a standing position (**Pyojeok Chagi, Deung Joomeok Eolgool Bakat Chigi**).
22. Execute right back fist then open your hand and execute a left face kick with left foot to right palm. Then stepping into a horse riding stance (**Pyeonhi seogi Deung Joomeok Eolgool Bakat Chigi**).
23. Execute left elbow strike, hitting the contact area with your right palm (**Joochoom seogi Palkoop Jyojeok Chigi**).
24. Staying in the horse riding stance, execute left hand knife hand block (**Hansonnal Momtong Yeop Makki**).
25. Clench the knife hand block into a fist, then step up into a side stance executing a right side punch and keup! Bring your left leg back to the original position (**Joochoom seogi Joomeok Yeop Kireugi KI-UP**).

TAEGEUK CHIL JANG 7



MADE IN KOREA

Taegeuk Pal Jang (First Geup) - Earth

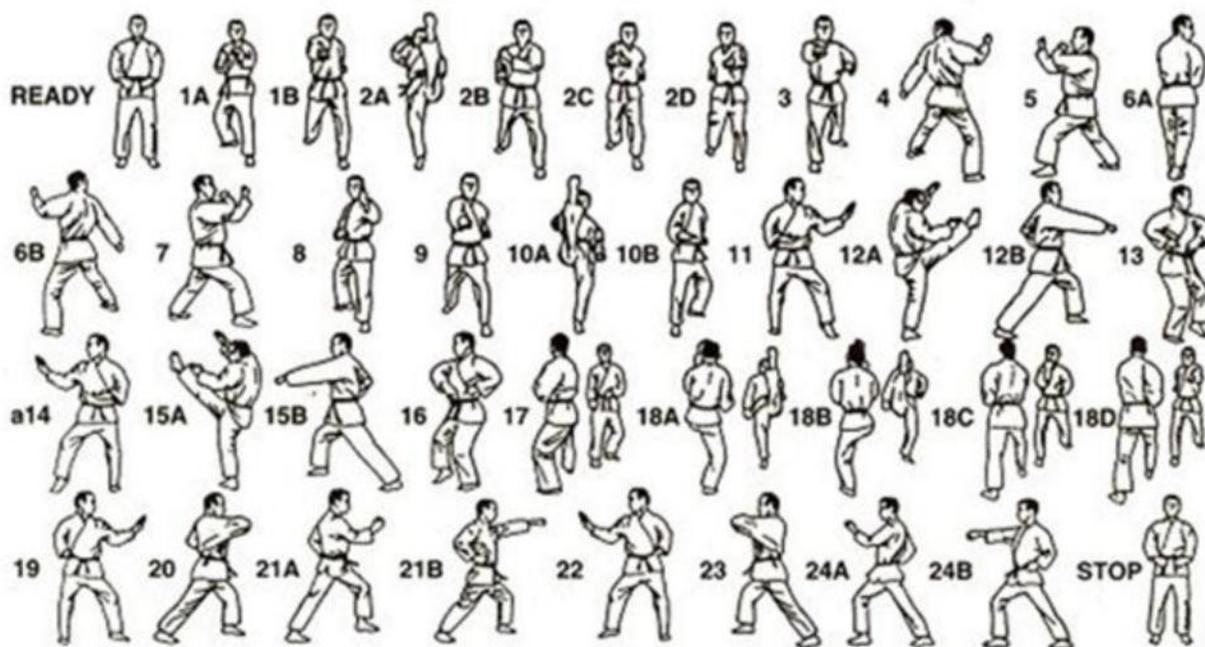
Meaning: The foundation of all life, where such life forms get their beginning at birth and then return in the end. The Earth is where the creative force of heaven and light are realized into physical form. The earth is that from which all life springs, matures, and dies.

24 Movements, 6 kicks, 12 punches, 2 keup.

1. Start in the ready or "Joon Bi" stance. Step forward with left foot into left back stance, double fist middle block. Then step down into left front stance and execute a right middle punch (**Dwit Koobi Bakat Palmok Momtong Geodeureo Makki, Ap koobi Momtong Baro Jireugi, Ap koobi Momtong Baro Jireugi**).
2. Execute a right front kick, without touching the ground, execute a left jumping front kick and keup! Step up with your left foot so you are in a left forward stance and execute left outside block. Execute right middle punch, then a left middle punch (**Dangsang Ap chagi, Ap koobi Momtong Bakat Makki, Momtong Doobeon Bandae Jireugi**).
3. Step forward with your right foot into a right front stance and execute a right middle punch (**Ap koobi Momtong Bandae Jireugi**).
4. Left leg moves 90 degrees behind you, so you are in a right front stance facing east. Looking west execute a left hand low block and a right hand side head block (**Ap koobi Oesanteul Makki**).
5. Step down into a left front stance and execute a right hand upper-cut. Bringing left arm in to protect face (**Ap koobi Dangyo Teok Jireugi**).
6. Step left leg over right into left front stance facing west. Looking east, execute a right hand low block and left hand side head block (**Koaseogi, Ap koobi Oesanteul Makki**).
7. Step down into a right front stance and execute a left hand upper-cut bringing right arm in to protect face (**Ap koobi Dangyo Teok Jireugi**).
8. Left turn 90 degrees into a left back stance so you are facing north. Execute a double knife hand middle block (**Dwit koobi Sonnal Momtong Makki**).
9. Step down into a left front stance and execute a right punch (**Ap koobi Momtong Baro Jireugi**).
10. Right foot front snap kick, step back two steps. Step back with left leg into a right tiger stance and execute a right palm down block (**Ap Chagi, Beum seogi Batangson Momtong Makki**).
11. Turn left 90 degrees (West) into a left tiger stance, and execute a double knife hand middle block (**Beum seogi Sonnal Momtong Makki**).
12. Left front kick into a left front stance and execute right punch (**Ap chagi, Ap koobi Momtong Baro Jireugi**).
13. Left leg steps back into a left tiger stance and execute a right palm down block (**Beum seogi Batangson Momtong Makki**).
14. Right turn 180 degrees (East) into a right tiger stance and execute a double knife hand middle block (**Beum seogi Sonnal Momtong Makki**).
15. Right front kick into a right front stance and execute a left middle punch (**Ap chagi, Ap koobi Momtong Baro Jireugi**).
16. Right leg steps into a tiger stance and execute a right hand down block (**Beum seogi Batangson Momtong Makki**).
17. Right turn 90 degrees (South) into a right back stance and execute a double hammer fist low block (**Dwit koobi Geodeureo Arae Makki**).

18. Execute a left front kick and then a right jumping front kick. While your left leg is still in the air land in a right front stance. Execute a right hand outside block, then a left middle punch and keup! (**Kuro Chagi, Ap koobi Palmok Momtong Makki, Momtong Doobeon Jireugi KI-UP**).
19. Left turn 270 degrees (West) into a left back stance and execute a single left knife hand block (**Dwit koobi Hansonnal Momtong Makki**).
20. Step down into a left front stance and execute right elbow strike (**Ap koobi Palkoop Eolgool Dollyo Chigi**).
21. Execute a right back fist then execute a left punch without changing stance (**Deung Jomeok Eolgool Chigi, Momtong Bandoe Jireugi**).
22. Right turn 180 degrees (East) into a right back stance and execute a single right knife hand block (**Dwit koobi Hansonnal Momtong Makki**).
23. Step down into a right front stance and execute a left elbow strike (**Ap koobi Palkoop Eolgool Dollyo Chigi**).
24. Execute a left back fist then a right punch. Right leg steps up in to a ready stance (**Deung Joomeok Eolgool Chigi, Momtong Bandoe Jireugi**).

TAEGEUK PAL JANG 8



MADE IN KOREA

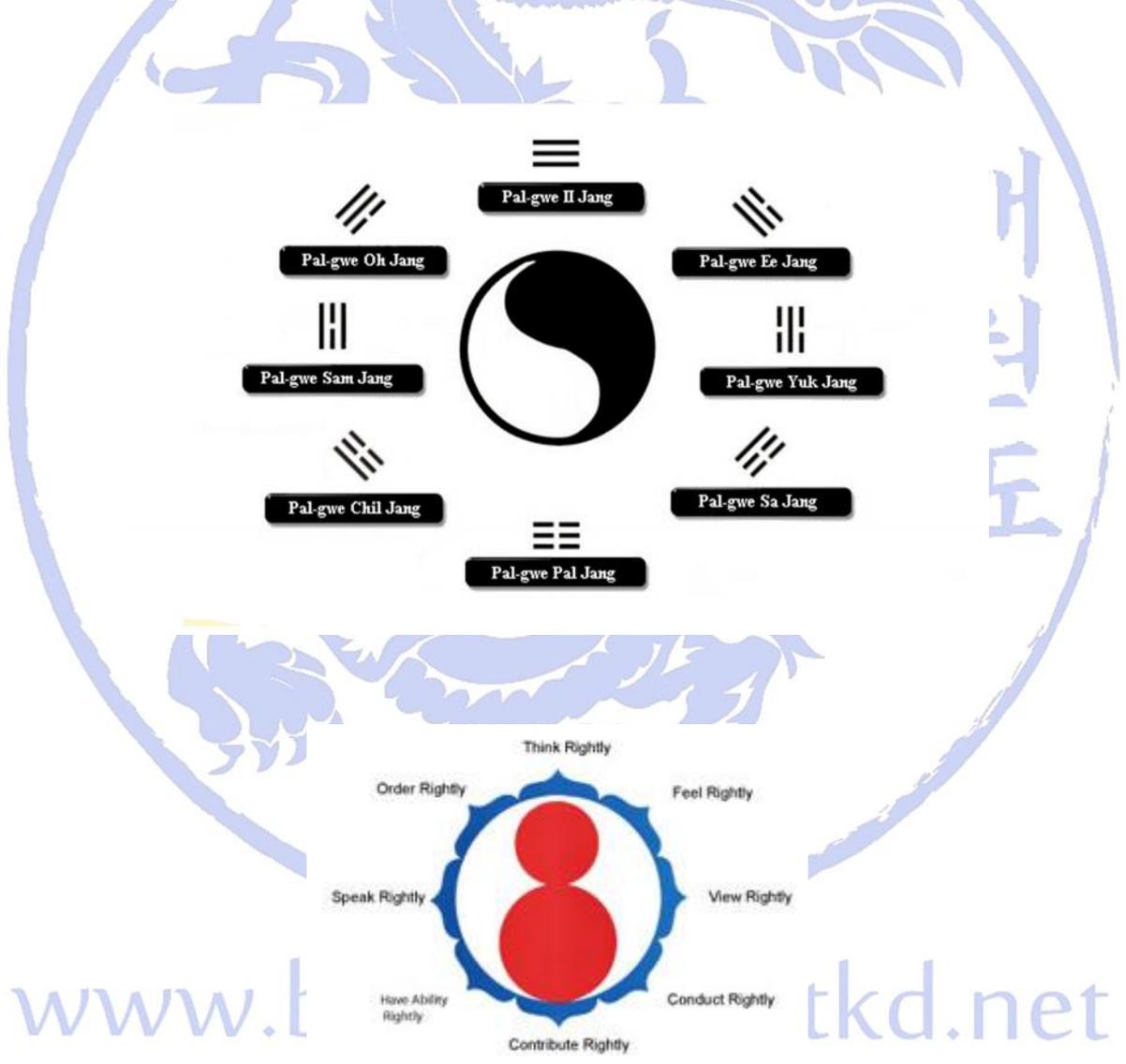
www.dongguk.ac.kr

Taegeuk Forms Compressed

Taegeuk Name	Meaning	Motions	Kicks	Punches	Kiups	Keon Trigram
1. Il Jang	The beginning of the universe.	18	2	9	1	Heaven 
2. Ee Jang	Inside strong, outside fragile.	18	5	7	1	Lake 
3. Sam Jang	Hot and bright like fire.	20	6	14	1	Fire 
4. Sa Jang	Pious attitude, yet dignified.	20	6	7	1	Thunder 
5. Oh Jang	Wind, breeze and strong wind.	20	6	0	2	Wind 
6. Yook Jang	Flexible, pliable like water.	23	8	6	2	Water 
7. Chil Jang	Mountain, massive or great.	25	4	1	1	Mountain 
8. Pal Jang	The ground (Earth), sky and land.	24	6	12	2	Earth 

Palgwe

The term Palgwe is loosely translated as Eight Powers of the Universe, and these eight Palgwe poomse are based on these conceptual powers of Heaven, Mind, Fire, Thunder, Wind, Water, Mountain, and Earth. According to K. M. Lee (Tae Kwon Do: Techniques & Training, 1996), "The idea of Palgwe embraces different symbols and includes all opposing concepts and images. They grow through the process of constant change...in an endless state of development. These forms are meant to give the student an understanding of the basic principles of Taekwondo, which are characterized by contrast-change and coming together, conflict and harmony-thereby corresponding to the idea of Palgwe".



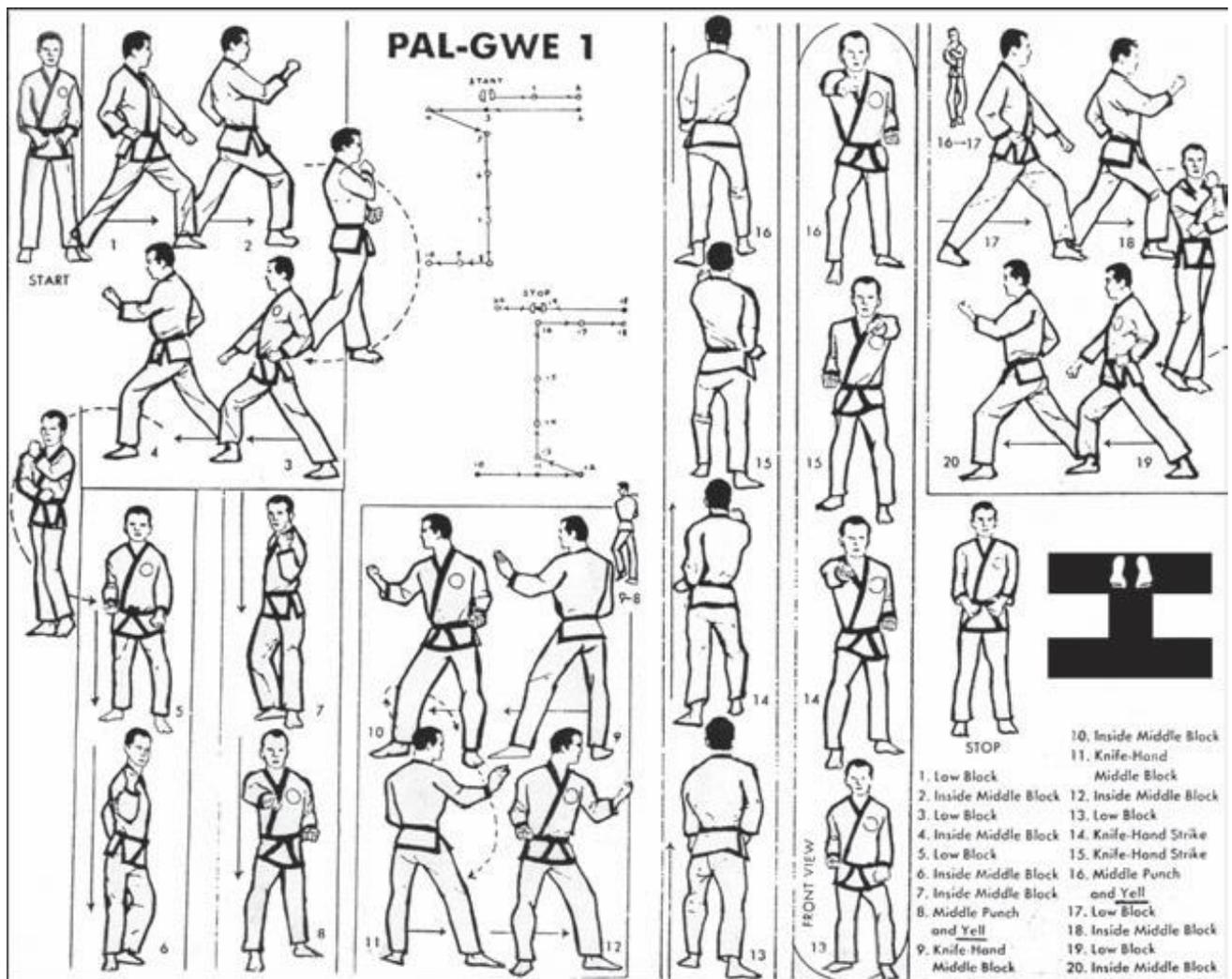
Palgwe Il Jang # 1

Meaning: "View Rightly".

The associated trigram represents Yang (heaven, light), therefore, this Poomse should be performed with the greatness of Heaven.

20 Movements, 0 kicks, 2 punches, 2 keup.

1. Start on a ready stance (Joonbi). Left turn 90° (West), left front stance, left hand low block.
2. Step up right front stance, right hand outside block.
3. Right turn 180° (East), right front stance, right hand low block.
4. Step up left front stance, left hand outside block
5. Left turn 90° (North), left front stance, left hand outside block.
6. Step up right back stance, right hand outside block.
7. Step up left back stance, left hand outside block.
8. Step up right front stance, right hand middle punch. KEUP!
9. Left turn 270° counter clockwise (East), Left back stance, double knife hand middle block.
10. Step up right back stance, right hand outside block.
11. Right turn 180° (West), right back stance, double knife hand middle block.
12. Step up left back stance, left hand outside block.
13. Left turn 90° (South), left front stance, left hand low block.
14. Step up right front stance, right single knife hand.
15. Step up left front stance, left single knife hand.
16. Step up right front stance, right hand middle punch. KEUP!
17. Left turn 270° counter clockwise (West), left front stance, left hand low block.
18. Step up right front stance, right hand outside block.
19. Right turn 180° (East), right front stance, right hand low block.
20. Step up left front stance, left hand outside block. Left turn 90 degrees to starting point, and assume ready stance (Joonbi), left foot steps back.



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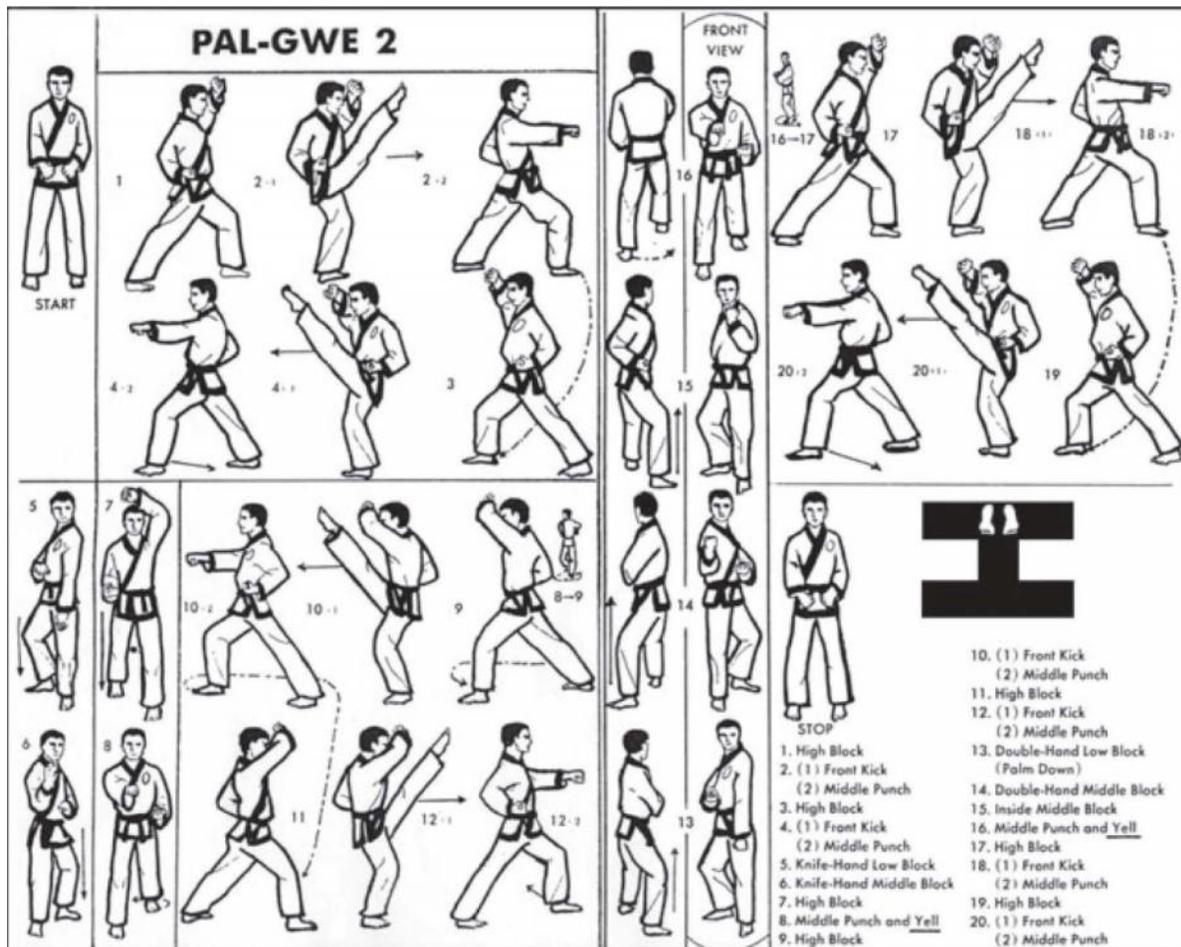
Palgwe Ee Jang # 2

MEANING: "FEEL RIGHTLY"

In the depths of the lake are treasures and mysteries. The movements of this palgwe should be performed knowing that man has limitations, but that we can overcome these limitations. This should lead to a feeling of joy, knowing that we can control our future.

20 Movements, 6 kicks, 8 punches, 2 keup

1. Left turn 90° (West), left front stance, left hand high block.
2. Front kick with right foot, land with the right foot in a right front stance position, right middle punch.
3. Right turn 180° (East), right front stance, right hand high block.
4. Front kick with left foot, land on the left foot in a left front stance, left middle punch.
5. Left turn 90° (North), left back stance, double knife hand middle block.
6. Step up right back stance, double knife hand middle block.
7. Step up left front stance, left hand high block.
8. Step up right front stance, right middle punch. KEUP!
9. Left turn 270° counter clockwise (East), left front stance, left hand high block.
10. Front kick with right foot, land in a right front stance position, right middle punch.
11. right turn 180° (West), right front stance, right hand high block.
12. Front kick with left foot, land in a left front stance position, left middle punch.
13. Left turn 90° (South), left back stance, double hammer low block.
14. Step up right back stance, double hammer middle block.
15. Step up left front stance, left hand outside block.
16. Step up right front stance, right hand middle punch. KEUP!
17. Left turn 270° counter clockwise (West), left front stance, left hand high block.
18. Front kick with front right foot, land on a right front stance position, right middle punch.
19. Right turn 180° (East), right front stance, right hand high block.
20. Front kick with left foot, landing on a left front stance position, left middle punch. Left turn 90° (North) to starting point, left foot steps back. Assume ready stance.



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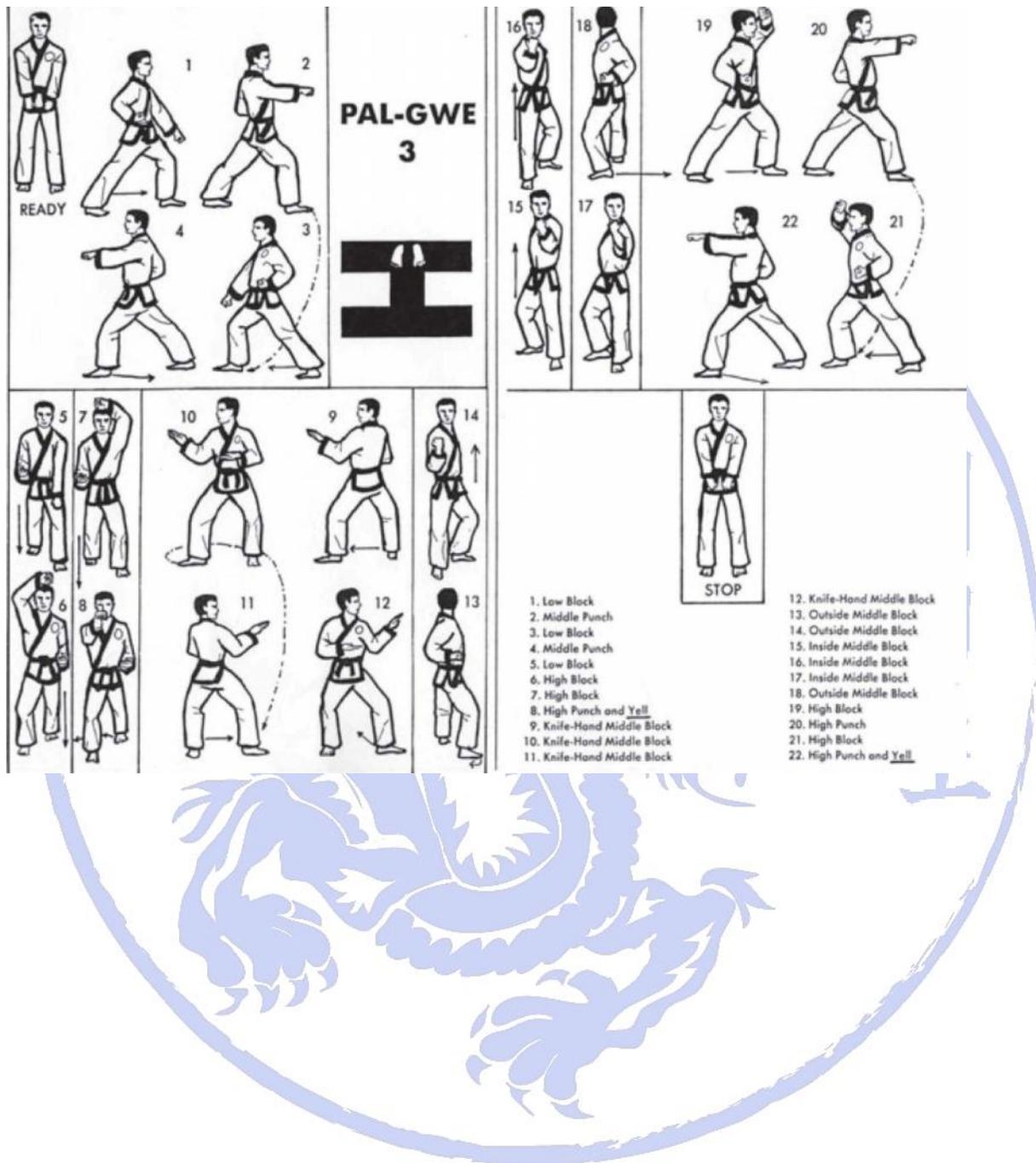
Palgwe Sam Jang # 3

MEANING “THINK RIGHTLY”

Fire contains a lot of energy. Fire helped man to survive, but on the other hand had some catastrophic results. This form should be performed rhythmically, with some outbursts of energy.

22 Movements, 2 kicks, 5 punches, 2 keup.

1. Left turn 90° (West), left front stance, left hand low block.
2. Step up right front stance, right middle punch.
3. Right turn 180° (East), right front stance, right hand low block.
4. Step up left front stance, left hand middle punch.
5. Left turn 90° (North), left front stance, left low block.
6. Step up right front stance, right hand high block.
7. Step up left front stance, left hand high block.
8. Step up right front stance, right hand high punch. KEUP!
9. Left turn 270° counter clockwise (East), left back stance, double knife hand middle block.
10. Step up right back stance, double knife hand middle block.
11. Right turn 180° (West), right back stance, double knife hand middle block.
12. Step up left back stance, double knife hand middle block.
13. 90° left turn (South), left back stance, left inside block.
14. 180° right turn (North), right back stance, right inside block.
15. Step back left back stance, left hand outside block.
16. Step back right back stance, right hand outside block.
17. Step back left back stance, left hand outside block.
18. Right turn 180° (South), right back stance, right inside block.
19. Left turn 270° (West), left front stance, left hand high block.
20. Step up right front stance, right hand high punch.
21. Right turn 180° (East), right front stance, right hand high block.
22. Step up left front stance, left hand high punch. KEUP! Left turn 90° (North) to starting point, left foot steps back. Assume ready stance.



- 1. Low Block
- 2. Middle Punch
- 3. Low Block
- 4. Middle Punch
- 5. Low Block
- 6. High Block
- 7. High Block
- 8. High Punch and Yell
- 9. Knife-Hand Middle Block
- 10. Knife-Hand Middle Block
- 11. Knife-Hand Middle Block
- 12. Knife-Hand Middle Block
- 13. Outside Middle Block
- 14. Outside Middle Block
- 15. Inside Middle Block
- 16. Inside Middle Block
- 17. Inside Middle Block
- 18. Outside Middle Block
- 19. High Block
- 20. High Punch
- 21. High Block
- 22. High Punch and Yell

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Palgwe Sa Jang # 4

MEANING “SPEAK RIGHTLY”

Thunder comes from the sky and is absorbed by the earth. Thunder is one of the most powerful natural forces, circling, gyrating. This palgwe should be performed with this in mind.

24 Movements, 2 kicks, 8 punches, 2 keup.

1. Ready stance (**Joonbi**). Assume a closed stance (**Moaseogi**). Chamber hands at right hip, left fist over right. Turn toward 9 o'clock. Assume a right back stance (**Oreun Dwitkoobi**). Execute a diamond mountain middle block (**Keumgang Momtong Makki**).
2. Pull the left fist under the right arm. Execute a right uppercut (**Oreun Dangyo Teok Chireugi**).
3. Bring the left foot toward the right foot. Face and look towards 12 o'clock. Assume a closed stance (**Moaseogi**). Execute a left knife hand strike to the side (**Oen Hansonnal Bakat Chigi**).
4. Assume a closed stance (**Moaseogi**). Chamber hands at left hip, right fist over left. Move the right foot toward 3 o'clock assuming a left back stance (**Oen Dwitkoobi**). Execute a diamond mountain middle block (**Keumgang Momtong Makki**).
5. Pull the right fist under the left arm. Execute a left uppercut (**Oen Dangyo Teok Chireugi**).
6. Bring the right foot inward to assume a closed stance (**Moaseogi**). Face and look towards 12 o'clock. Execute a right side knife hand strike to the side (**Oen Hansonnal Bakat Chigi**).
7. Move the left foot toward 12 o'clock. Assume a right back stance (**Oreun Dwitkoobi**). Execute a left double knife hand middle block (**Oen Sonnal Momtong Makki**).
8. Execute a right front kick (**Oreun Apchagi**). Assume a right forward stance (**Oreun Apkoobi**) and execute a left pressing block and right spear hand strike (**Oreun Pyeonsonkeut Seweo Chireugi**).
9. Press hand forward by shifting your weight toward 12 o'clock. Quickly retract hand as if escaping from a grab. Place behind the lower back. As you retract your hand turn 360° counterclockwise to 12 o'clock, pivoting on the ball of the right foot, end in a left forward stance (**Oen Apkoobi**). Execute a left hammerfist strike (**Oen Me Joomeok Bakat Chigi**) at the completion of the turn.
10. Advance assuming a right forward stance (**Oreun Apkoobi**). Execute a right middle punch (**Oreun Momtong Banae Chireugi**). Yell (**Kihap**).
11. Turn counterclockwise to 3 o'clock. Assume a closed stance (**Moaseogi**). Chamber hands at right hip, left fist over right. Assume a right back stance (**Oreun Dwitkoobi**). Execute a diamond mountain middle block (**Keumgang Momtong Makki**).
12. Bring the left fist under the right arm. Execute a right uppercut (**Oreun Dangyo Teok Chireugi**).
13. Assume a closed stance (**Moaseogi**). Face and look towards 6 o'clock. Execute a left knife hand side strike (**Oen Hansonnal Bakat Chigi**).

14. Assume a closed stance (**Moaseogi**). Chamber hands at left hip, right fist over left. Move the right foot toward 9 o'clock, assuming a left back stance (**Oen Dwitkoobi**). Execute a diamond mountain middle block (**Keumgang Momtong Makki**).
15. Bring the right fist under the left arm. Execute a left uppercut (**Oen Dangyo Teok Chireugi**).
16. Bring the right foot inward. Assume a closed stance (**Moaseogi**). Execute a right knife hand side strike (**Oreun Hansonnal Bakat Chigi**).
17. Move the left foot toward 6 o'clock assuming a right back stance (**Oreun Dwitkoobi**). Execute a left double knife hand middle block (**Oen Sonnal Momtong Makki**).
18. Execute a right front kick (**Oreun Apchagi**). Assume a right forward stance. Execute a left pressing block and right spear hand strike (**Oreun Pyeonsonkeut Seweo Chireugi**).
19. Press hand forward by shifting your weight toward 6 o'clock. Quickly retract hand as if escaping from a grab. Place hand to left side of head, palm in. As you retract your hand turn 360° counterclockwise to 6 o'clock, pivoting on the ball of the right foot, end in a left forward stance (**Oen Apkoobi**). Execute a left hammerfist strike (**Oen Me Joomeok Bakat Chigi**) at the completion of the turn.
20. Advance assuming a right forward stance (**Oreun Apkoobi**). Execute a right middle punch (**Oreun Momtong Badae Chireugi**). Yell (**Kihap**).
21. Pivot on the ball of the right foot. Assume a straddle stance, facing 12 o'clock (**Joochoomseogi**). Look toward 9 o'clock and execute a left side down block (**Oen Arae Yeop Makki**).
22. Shift the left foot toward 9 o'clock. Assume a left forward stance (**Oen Apkoobi**). Execute a right middle punch (**Oreun Momtong Baro Chireugi**).
23. Assume a ready position (**Joonbichasay**) facing 12 o'clock, hold for a moment then move the right foot toward 3 o'clock to assume a straddle stance (**Joochoomseogi**). Execute a right side down block (**Oreun Arae Yeop Makki**).
24. Shift the right foot toward 3 o'clock. Assume a right forward stance (**Oreun Apkoobi**). Execute a left middle punch (**Oen Momtong Baro Chireugi**). Ready stance (**Geuman**) Keep left foot fixed, move right foot toward left.

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PAL-GWE 4

READY

STOP

1 Double-Hand High Middle Block
2 Pull and Reverse Upper-Cut
3 Knife-Hand Strike
4 (1) Close-Step
12 Double-Hand High Middle Block
5 Pull and Reverse Upper-Cut
6 Knife-Hand Strike
7 (1) Close-Step
8 (1) Front Kick
11 Twist Spear-Hand and Turn
12 Hammer-Fist Strike (Outward)
9 (1) Close-Step
10 Middle Punch and Yell
11 Double-Hand High Middle Block
12 Pull and Reverse Upper-Cut
13 Knife-Hand Strike
14 (1) Close-Step
12 Double-Hand High Middle Block
15 Pull and Reverse Upper-Cut
16 Knife-Hand Strike
17 (1) Close-Step
12 Knife-Hand Middle Block
18 (1) Front Kick
12 Palm-Heel Center Block and Spear-Hand Thrust
19 (1) Twist Spear-Hand and Turn
20 Hammer-Fist Strike (Outward)
21 Middle Punch and Yell
22 Reverse Middle Punch
23 (1) Ready Stance
21 Low Block to the Right in Horseback Stance
24 Reverse Middle Punch

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Palgwe Oh Jang # 5

MEANING "ORDER RIGHTLY"

Wind is a gently force, but can sometimes be furious, destroying everything in it's path. Palgwe Oh Jang should be performed like the wind: gently, but knowing the ability of mass destruction with a single movement.

35 Movements, 2 kicks, 9 punches, 2 keup.

1. Ready stance (**Joonbi**). Move the left foot to the rear assuming a right forward stance (**Oreun Apkoobi**). Execute a right scissor block (**Oreun Gawi Makki**).
2. Move the left foot toward 9 o'clock assuming a right back stance (**Oreun Dwitkoobi**). Execute a left double knife hand down block (**Oen Sonnal Arae Makki**).
3. Advance assuming a left back stance (**Oen Dwitkoobi**). Execute a right double knife hand middle block (**Oreun Sonnal Momtong Makki**).
4. Retreat assuming a right back stance (**Oreun Dwitkoobi**). Execute a left middle pressing palm block (**Oen Batangson Nooleo Makki**).
5. Advance to a right forward stance (**Oreun Apkoobi**). Execute a right middle punch (**Oreun Momtong Badae Chireugi**).
6. Turn clockwise to 3 o'clock. Assume a left back stance (**Oen Dwitkoobi**). Execute a right double knife hand down block (**Oreun Sonnal Arae Makki**).
7. Advance to a right back stance (**Oreun Dwitkoobi**). Execute a left double knife hand middle block (**Oen Sonnal Momtong Makki**).
8. Retreat to a left back stance (**Oen Dwitkoobi**). Execute a right middle pressing palm block (**Oreun Batangson Nooleo Makki**).
9. Advance to a left forward stance (**Oen Apkoobi**). Execute a left middle punch (**Oen Momtong Badae Chireugi**).
10. Turn counterclockwise to upper 12 o'clock. Assume a left forward stance (**Oen Apkoobi**). Execute a left scissor block (**Oen Gawi Makki**).
11. Advance to a right forward stance (**Oreun Apkoobi**). Execute a right augmented middle block (**Oreun Momtong Geodeureo Bakat Makki**).
12. Advance to a left forward stance (**Oen Apkoobi**). Execute a left augmented middle block (**Oen Momtong Geodeureo Bakat Makki**).
13. Advance to a right forward stance (**Oreun Apkoobi**). Execute a left palm pressing middle block and a right spear hand strike (**Oreun Pyeonsonkeut Seweo Chireugi**). Yell (**Kihap**).
14. Turn counterclockwise to 9 o'clock. Pivot on the right foot. Assume a left forward stance (**Oen Apkoobi**). Execute a left inside-outside middle block (**Oen An Palmok Momtong Bakat Makki**).
15. Maintaining the same stance, execute a double middle punch, right fist first (**Momtong Doobeon Chireugi**).
16. Keep the right foot fixed; raise the left foot to assume a right crane stance (**Oreun Haktari Seogi**). Bring the right fist (palm up) to the right side. The left fist is held palm toward the middle over the right one.

17. Execute a left side kick (**Oen Yeopchagi**) toward 3 o'clock. Assume a left forward stance (**Oen Apkoobi**). Execute a right elbow middle strike (**Oreun Palkoop Pyojeok Chigi**).
18. Advance toward 3 o'clock. Assume a left back stance (**Oen Dwitkoobi**). Execute a right double knife hand middle block (**Oreun Sonnal Momtong Makki**).
19. Pivot on the ball of the left foot. Turn clockwise toward 9 o'clock. Assume a right forward stance (**Oreun Apkoobi**). Execute a right inside-outside middle block (**Oreun An Palmok Momtong Bakat Makki**).
20. Maintain the same stance. Execute a double middle punch, left fist first (**Momtong Doobeon Chireugi**).
21. Keep the left foot fixed. Raise the right foot to assume a left crane stance (**Oen Haktari Seogi**). Bring fists to the left hip.
22. Execute a right side kick (**Oreun Yeopchagi**) toward 9 o'clock. Assume a right forward stance (**Oreun Apkoobi**). Execute a left elbow middle strike (**Oen Palkoop Pyojeok Chigi**).
23. Advance to a right back stance (**Oreun Dwitkoobi**). Execute a left double knife hand middle block (**Oen Sonnal Momtong Makki**).
24. Turn counterclockwise toward 6 o'clock. Assume a left forward stance (**Oen Apkoobi**). Execute a left scissor block (**Oen Gawi Makki**).
25. Advance to a left back stance (**Oen Dwitkoobi**). Execute a right double fist down block (**Oreun Geodeureo Arae Makki**).
26. Advance to a right back stance (**Oreun Dwitkoobi**). Execute a left double fist down block (**Oen Geodeureo Arae Makki**).
27. Advance to a right forward stance (**Oreun Apkoobi**). Execute a right middle punch (**Oreun Momtong Badae Chireugi**). Yell (**Kihap**).
28. Turn counterclockwise to 9 o'clock. Assume a right back stance (**Oreun Dwitkoobi**). Execute a left double knife hand down block (**Oen Sonnal Arae Makki**).
29. Advance to a left back stance (**Oen Dwitkoobi**). Execute a right double knife hand middle block (**Oreun Sonnal Momtong Makki**).
30. Retreat to a right back stance (**Oreun Dwitkoobi**). Execute a left pressing block (**Oen Batangson Nooleo Makki**).
31. Advance to a right forward stance (**Oreun Apkoobi**). Execute a right middle punch (**Oreun Momtong Badae Chireugi**).
32. Turn clockwise to 3 o'clock assuming a left back stance (**Oen Dwitkoobi**). Execute a right double knife hand down block (**Oreun Sonnal Arae Makki**).
33. Advance to a right back stance (**Oreun Dwitkoobi**). Execute a left double knife hand middle block (**Oen Sonnal Momtong Makki**).
34. Retreat to a left back stance (**Oen Dwitkoobi**). Execute a right pressing palm block (**Oreun Batangson Nooleo Makki**).
35. Advance to a left forward stance (**Oen Apkoobi**). Execute a left middle punch (**Oen Momtong Badae Chireugi**). Ready stance (Geuman) Pivot on right foot, turn body to the left.

PAL-GWE 5

1. Scissors Block
 2. Knife-Hand Low Block
 3. Knife-Hand Middle Block
 4. Palm-Heel Center Block
 5. Middle Punch
 6. Knife-Hand Low Block
 7. Knife-Hand Middle Block
 8. Palm-Heel Center Block
 9. Middle Punch
 10. Scissors Block
 11. Double-Hand Middle Block
 12. Double-Hand Middle Block
 13. Palm-Heel Center Block and Spear-Hand Thrust and Yell
 14. Outside Middle Block
 15. 11 - Middle Punch
 12 - Middle Punch
 16. Crane Stance
 17. 11 - Side Kick
 12 - Elbow Strike
 18. Knife-Hand Middle Block
 19. Outside Middle Block
 20. 11 - Middle Punch
 12 - Middle Punch
 21. Crane Stance
 22. 11 - Side Kick
 12 - Elbow Strike
 23. Knife-Hand Middle Block
 24. Scissors Block
 25. Double-Hand Low Block / Palm Down
 26. Double-Hand Low Block / Palm Down
 27. Middle Punch and Yell
 28. Knife-Hand Low Block
 29. Knife-Hand Middle Block
 30. Palm-Heel Center Block
 31. Middle Punch
 32. Knife-Hand Low Block
 33. Knife-Hand Middle Block
 34. Palm-Heel Center Block
 35. Middle Punch

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Palgwe Yook Jang # 6

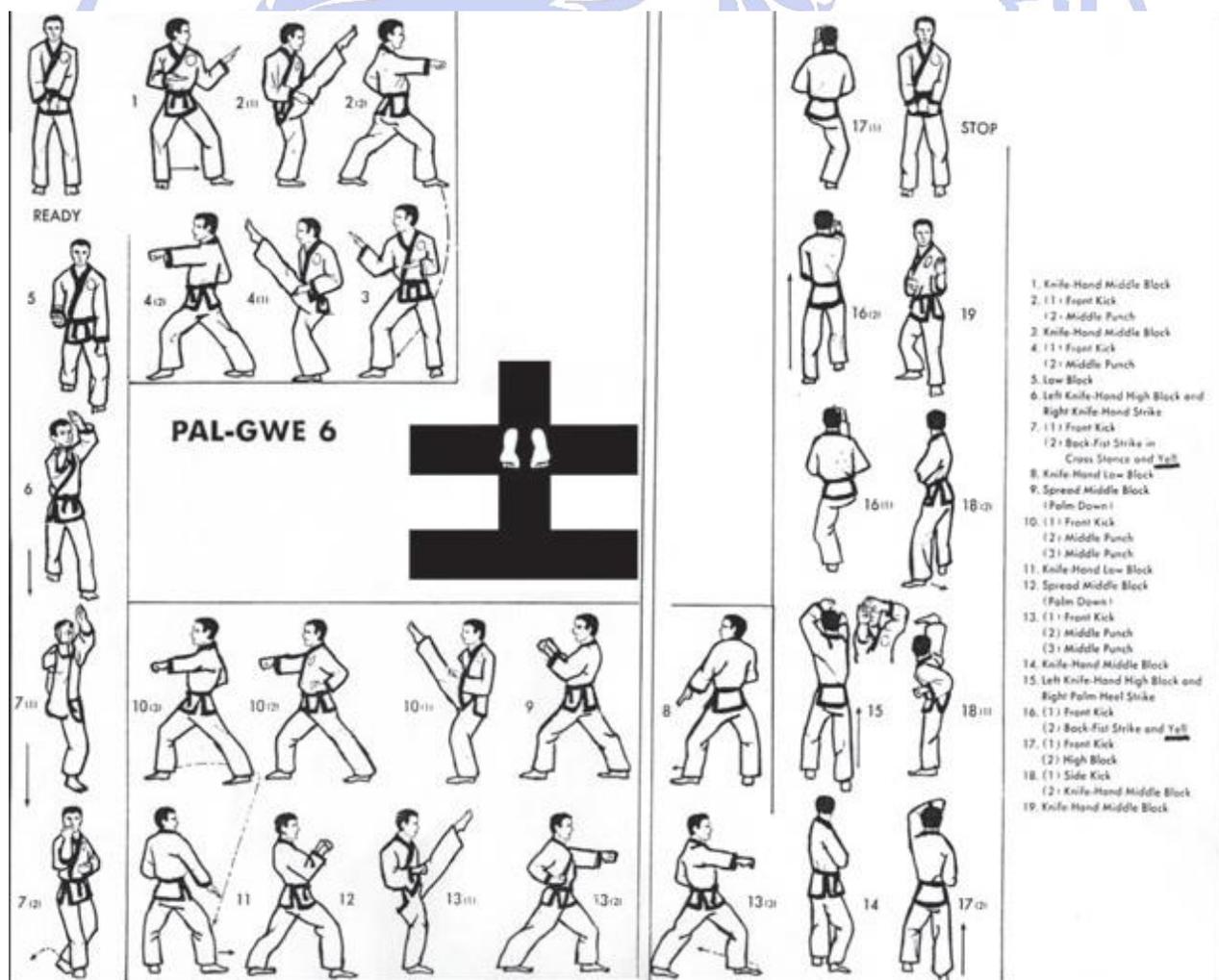
Meaning: "Contribute Rightly".

Water can move a mountain. The movements of this Poomse should be performed like water. Sometimes standing still like water in a lake, sometimes thriving as a river.

19 Movements, 8 kicks, 7 punches, 2 keup.

1. Ready stance (**Joonbi**). Turn to 9 o'clock. Assume a right back stance (**Oreun Dwitkoobi**). Execute a left double knife hand middle block (**Oen Sonnal Momtong Makki**).
2. Execute a right front kick (**Oreun Apchagi**). Assume a right forward stance (**Oreun Apkoobi**). Execute a right middle punch (**Oreun Momtong Banae Chireugi**).
3. Turn clockwise to 3 o'clock. Assume a left back stance (**Oen Dwitkoobi**). Execute a right double knife hand middle block (**Oreun Sonnal Momtong Makki**).
4. Execute a left front kick (**Oen Apchagi**). Assume a left forward stance (**Oen Apkoobi**). Execute a left middle punch (**Oen Momtong Banae Chireugi**).
5. Turn counterclockwise toward 12 o'clock. Assume a left forward stance (**Oen Apkoobi**). Execute a left down block (**Oen Arae Makki**).
6. With the feet in the same positions, twist the middle to the left and execute a right knife hand neck strike and left open hand upper block simultaneously (**Jebipoom Mok Chigi**).
7. Execute a right front kick (**Oreun Apchagi**) with the hands in the same position. As the kicking leg comes down, push off with the left leg and jump forward landing in a crossed stance, right foot forward (**Oreun Koaseogi**). At the instant you land, execute a right augmented backfist to the philtrum (**Oreun Geodeureo Deung Joomeok Eolgool Ap Chigi**). The left fist is held at the right elbow. Yell (**Kihap**).
8. Pivot on the right foot. Turn counterclockwise toward 3 o'clock. Assume a right back stance (**Oreun Dwitkoobi**). Execute a left double knife hand down block (**Oen Sonnal Arae Makki**).
9. Shift the left foot to assume a left forward stance (**Oen Apkoobi**). Execute a palm outward wedge block (**Bakat Palmok Momtong Hechyo Makki**).
10. Execute a right front kick (**Oreun Apchagi**). Assume a right forward stance (**Oreun Apkoobi**). Execute a double middle punch (**Momtong Doobeon Chireugi**), right fist first.
11. Turn clockwise to 9 o'clock. Assume a left back stance (**Oen Dwitkoobi**). Execute a right double knife hand down block (**Oreun Sonnal Arae Makki**).
12. Move the right foot, assuming a right forward stance (**Oreun Apkoobi**). Execute a palm outward wedge block (**Bakat Palmok Momtong Hechyo Makki**).
13. Execute a left front kick (**Oen Apchagi**). Assume a left forward stance (**Oen Apkoobi**). Execute a double middle punch (**Momtong Doobeon Chireugi**), left fist first.
14. Pivot on the right foot. Turn counterclockwise to 6 o'clock. Assume a right back stance (**Oreun Dwitkoobi**). Execute a left double knife hand middle block (**Oen Sonnal Momtong Makki**).

15. Shift the left foot to assume a left forward stance (**Oen Apkoobi**). Execute a right palm heel strike to the chin and a left open hand upper block (**Jebipoom Teok Chigi**) simultaneously.
16. Execute a right front kick (**Oreun Apchagi**). Assume a right forward stance (**Oreun Apkoobi**). Execute a right backfist to the philtrum (**Oreun Deung Joomeok Eolgool Chigi**). Yell (**Kihap**).
17. Execute a left front kick (**Oen Apchagi**). Assume a left forward stance (**Oen Apkoobi**). Execute a left upper block (**Oen Eolgool Makki**).
18. Execute a right side kick (**Oreun Yeopchagi**) toward 6 o'clock. Assume a left back stance (**Oen Dwitkoobi**). Execute a right double knife hand middle block (**Oreun Sonnal Momtong Makki**).
19. Keep the feet in the same position. Shift counterclockwise to upper 12 o'clock Assume a right back stance (**Oreun Dwitkoobi**). Execute a left double knife hand middle block (**Oen Sonnal Momtong Makki**). Ready stance (**Geuman**) Keep left foot fixed, move right foot to the front.



Palgwe Chil Jang # 7

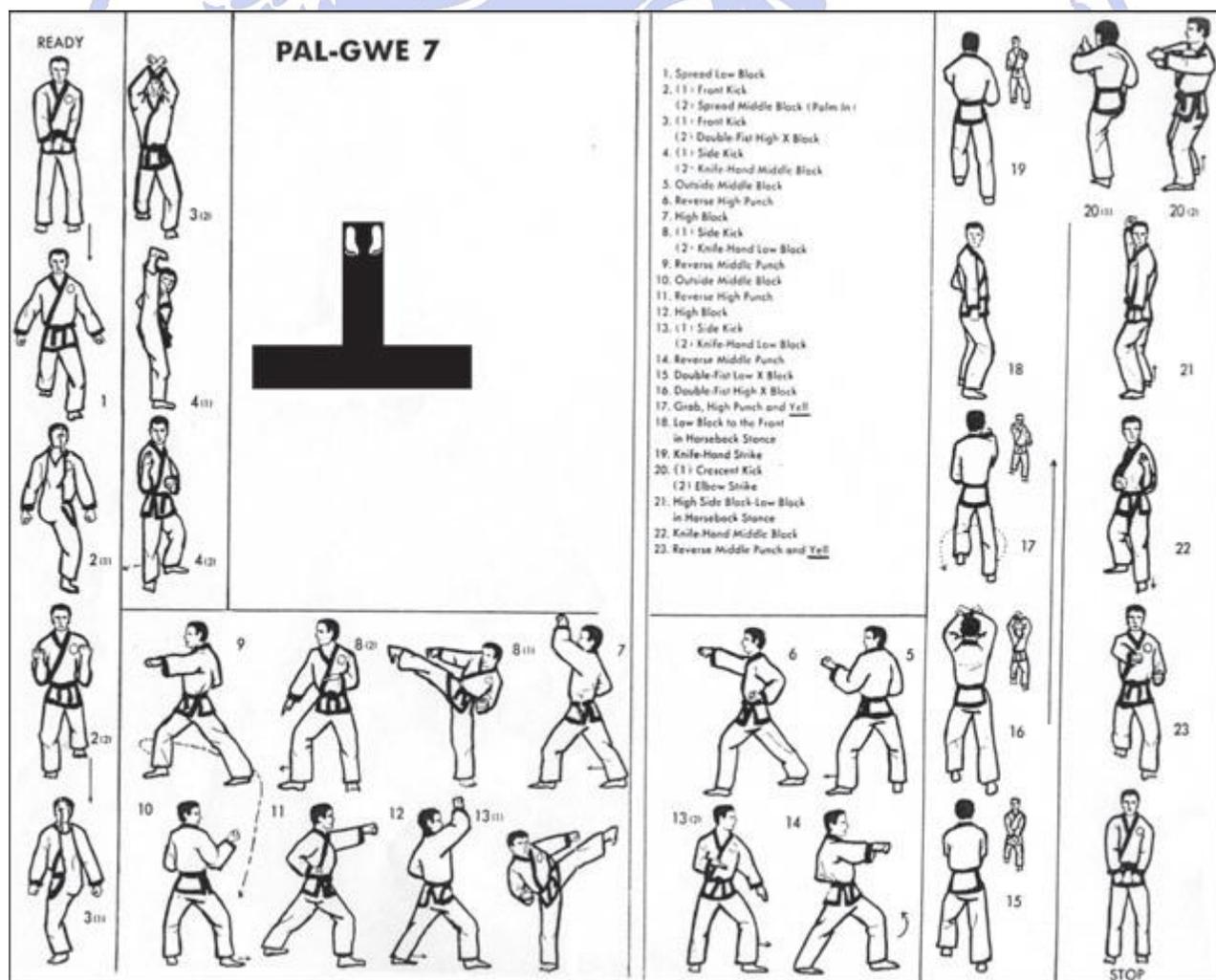
MEANING: "HAVE ABILITY"

Mountains will always look majestic, no matter the size. This Poomse should be performed with the feeling that all movements are this majestic and deserved to be praised.

23 Movements, 6 kicks, 6 punches, 2 keup.

1. Ready stance (**Joonbi**) Advance toward 12 o'clock. Assume a left forward stance (**Oen Apkoobi**). Execute a down wedge block (**Arae Hechyo Makki**) with the fists closed.
2. Execute a right front kick (**Oreun Apchagi**). Assume a right forward stance (**Oreun Apkoobi**). Execute a palm inward middle wedge block (**An Palmok Momtong Hechyo Makki**).
3. Execute a left front kick (**Oen Apchagi**). Assume a left forward stance (**Oen Apkoobi**). Execute a high X block (**Eotgeoreo Eolgool Makki**).
4. Execute a right side kick (**Oreun Yeopchagi**) toward 12 o'clock. Assume a left back stance (**Oen Dwitkoobi**). Execute a right double knife hand middle block (**Oreun Sonnal Momtong Makki**).
5. Pivot counterclockwise toward 3 o'clock assuming a right back stance (**Oreun Dwitkoobi**). Execute a left inside-outside middle block (**Oen An Palmok Momtong Yeop Makki**).
6. Shift the left foot to assume a left forward stance (**Oen Apkoobi**). Execute a right upper punch (**Oreun Eolgool Baro Chireugi**).
7. Keep both feet fixed. Execute a left upper block (**Oen Eolgool Makki**).
8. Execute a right side kick (**Oreun Yeopchagi**) toward 3 o'clock. Assume a left back stance (**Oen Dwitkoobi**) and execute a right double knife hand down block (**Oreun Sonnal Arae Makki**).
9. Shift the right foot to a right forward stance (**Oreun Apkoobi**). Execute a left middle punch (**Oen Momtong Baro Chireugi**).
10. Pivot on the left foot. Turn clockwise to 9 o'clock. Assume a left back stance (**Oen Dwitkoobi**). Execute a right inside-outside middle block (**Oreun An Palmok Momtong Yeop Makki**).
11. Shift the right foot to assume a right forward stance (**Oreun Apkoobi**). Execute a left upper punch (**Oen Eolgool Baro Chireugi**).
12. Keep the feet fixed. Execute a right upper block (**Oreun Eolgool Makki**).
13. Execute a left side kick (**Oen Yeopchagi**) toward 9 o'clock. Assume a right back stance (**Oreun Dwitkoobi**). Execute a left double knife hand down block (**Oen Sonnal Arae Makki**).
14. Shift the left foot to assume a left forward stance (**Oen Apkoobi**). Execute a right middle punch (**Oreun Momtong Baro Chireugi**).
15. Turn counterclockwise to 6 o'clock. Assume a left forward stance (**Oen Apkoobi**). Execute a down X block (**Eotgeoreo Arae Makki**).
16. Stay in the same stance. Execute an upper X block (**Eotgeoreo Eolgool Makki**).
17. Stay in the same stance. Bring both hands to the hips and execute a right upper punch (**Oreun Eolgool Baro Chireugi**). Yell (**Kihap**).

18. Pivot on the left foot turning counterclockwise. Stumping with the right foot, assume a straddle stance (Joochoomseogi) looking toward 9 o'clock. Execute a right down side block (**Oreun Arae Yeop Makki**).
19. Execute a left, palm down, knife hand strike (**Oen Hansonnal Eologool Bakat Chigi**) toward 6 o'clock from a left forward stance (**Oen Apkoobi**).
20. Execute a right outside-inside crescent kick (**Oreun Pyojeok Chagi**), striking the left hand. Facing 3 o'clock, assume a straddle stance (**Joochoomseogi**). Execute a right elbow middle strike (**Oreun Palkoop Pyojeok Chigi**).
21. Shift to the rear, assume a right back stance (**Oreun Dwitkoobi**) and execute a part mountain shape block (**Oesanteul Makki**) toward 12 o'clock.
22. Shift to the rear assuming a right back stance (**Oreun Dwitkoobi**). Execute a left double knife hand middle block (**Oen Sonnal Momtong Makki**) toward 12 o'clock.
23. Shift forward toward 12 o'clock. Assume a left forward stance (**Oen Apkoobi**). Execute a right middle punch (**Oreun Momtong Baro Chireugi**). Yell (**Kihap**). Ready stance (**Geuman**) Keep right foot fixed, move the left foot to the rear.



Palgwe Pal Jang # 8

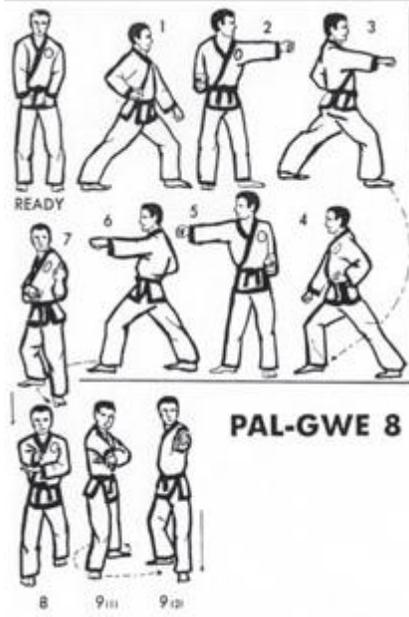
MEANING: "Conduct Rightly"

The associated trigram of this Poomse is Yin: the end of the beginning, the evil part of all that is good. Even in this darkness, there is still some light. Performing this palgwe, one should be aware that this is the last palgwe to be learned, it also is the end of a circle, and therefore it is also the first, the second etc.

35 Movements, 2 kicks, 7 punches, 2 keup.

1. Ready stance (**Joonbi**). Moving left foot, turn to the left into a left forward stance (**Ap Kubi**). Execute a left down block (**Arae Makki**).
2. Retract the left foot. Assume a left ease stance (**Wen Seogi**). Execute a left downward hammer fist strike (**Me Jumeok Naeryo Chigi**).
3. Step forward into a right forward stance (**Ap Kubi**). Execute a right middle punch (**Momtung Jireugi**).
4. Moving the right foot, turn 180° into a right forward stance (**Ap Kubi**). Execute a right down block (**Arae Makki**).
5. Retract the right foot to assume a right ease stance (**Oreun Seogi**). Execute a right downward hammerfist strike (**Me Jumeok Naeryo Chigi**).
6. Step forward into a left forward stance (**Ap Kubi**). Execute a left middle punch (**Momtung Jireugi**).
7. Moving the left foot, turn 90° counterclockwise into a right back stance (**Dwit Kubi**). Execute a left double knife hand middle block (**Sonnal Momtung Makki**).
8. Advance to a right forward stance (**Ap Kubi**). Execute a left palm heel pressing middle block and a right spear hand strike (**Pyeon Sonkkeut Sewo Jireugi**).
9. Push the right hand slightly forward and twist the body counterclockwise. Quickly retract hand as if escaping from a grab, then place behind the lower back. As you retract your hand turn 360° counterclockwise, pivoting on the ball of the right foot, at the completion of the turn assume a right back stance (**Dwit Kubi**) and execute a left back fist (**Deung Jumeok Bakkat Chigi**).
10. Advance to a right forward stance (**Ap Kubi**). Execute a right upper punch (**Eolgool Jireugi**). Yell (**Kihap**).
11. Moving left foot, turn 270° counterclockwise into a right back stance (**Dwit Kubi**). Execute a left knife hand strike (**Sonnal Bakkat Chigi**).
12. Turn to the right; shift the left foot inward slightly. Pull the elbow across the middle, the left knife hand aligned with the right shoulder to escape from a grab.
13. Slide the left foot slightly forward into a horse riding stance (**Juchoom Seogi**). Execute a left side elbow strike (**Palkup Yop Chigi**).
14. Shift the left foot assuming a left forward stance (**Ap Kubi**). Execute a left outward middle block (**Momtung Bakkat Makki**).
15. Keep the feet in the same stance. Execute a right middle punch (**Momtung Jireugi**).
16. Turn the body clockwise and step with the left foot up into a horse riding stance (**Juchum Seogi**). Place the fists at the left hip and execute a hinge block (**Doltzeogi**).

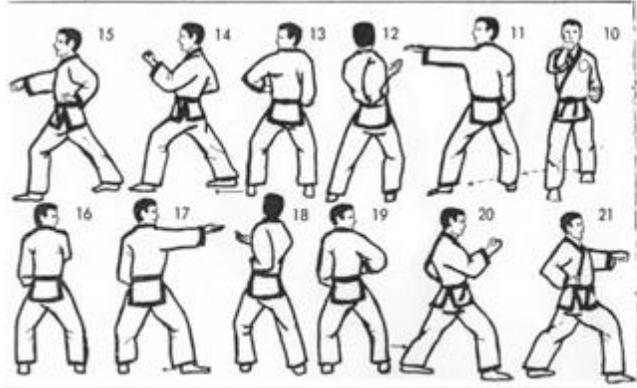
17. Bring the left foot toward the right, into a close stance (**Moa Seogi**) then move the right toward into a left back stance (**Dwit Kubi**). Execute a right knife hand strike (**Sonnal Bakkat Chigi**).
18. Shift to the left, move the right foot inward and pull the elbow across the middle, the knife hand aligning with the left shoulder to escape a grab.
19. Slide the right foot slightly forward into a horse riding stance (**Juchum Seogi**). Execute a right side elbow strike (**Palkup Yop Chigi**).
20. Shift the right foot, assuming a right forward stance (**Ap Kubi**). Execute a right outward middle block (**Momtung Bakkat Makki**).
21. Staying in the same stance, execute a left middle punch (**Momtung Jireugi**).
22. Draw the right foot a horse riding stance (**Juchum Seogi**), place both fists on the right hip and execute a right hinge block (**Doltzeogi**).
23. Bring the left foot to the right into a close stance (**Moa Seogi**). Raise the left foot into a right crane stance (**Hakdari Seogi**), continuing to execute a right hinge block (**Doltzeogi**).
24. With the right foot fixed, execute simultaneously a left punch (**Jireugi**) and a left side kick (**Yop Chagi**), landing in a left forward stance (**Ap Kubi**). Execute a right elbow target strike (**Palkup Pyojeok Chigi**).
25. Moving the left foot, turn 180° clockwise into a horse riding stance (**Juchum Seogi**). Place both fists on the left hip and execute a left hinge block (**Doltzeogi**).
26. Raise the right foot into a left crane stance (**Hakdari Seogi**), continue to execute a left hinge block (**Doltzeogi**).
27. With the left foot fixed, execute simultaneously a right punch (**Jireugi**) and a right side kick (**Yop Chagi**). Land into a right front stance (**Ap Kubi**), and execute a left elbow target strike (**Palkup Pyojeok Chigi**).
28. Moving the left foot, turn 180° counterclockwise into a left forward stance (**Ap Kubi**) and execute mid section opening block (**Momtung Hecho Makki**). Immediately execute a double fist uppercut (**Du Jumeok Jecho Jireugi**).
29. Advance to a right forward stance (**Ap Kubi**). Execute middle section opening block (**Momtung Hecho Makki**). Immediately execute a double fist uppercut (**Du Jumeok Jecho Jireugi**).
30. Advance to a right back stance (**Dwit Kubi**). Execute a left knife single hand middle section inward block (**Hanssonal Momtung An Makki**).
31. The left hand grabs and twist the opponent's wrist, pulling it to the waist. Moving the right foot, turn 180° clockwise into a horse riding stance (**Juchum Seogi**). Execute a right rear elbow strike (**Palkup Dwit Chigi**).
32. Slide left foot to the right into an overlapping hands close stance (**Kyopson Moaseogi**), with the open hands crossed in front of the groin area, left hand over right.
33. Move the left foot to assume a horse riding stance (**Juchum Seogi**). Raise the elbows to escape from a rear grab (**Meongeppaegi**).
34. Sliding the right foot slightly to the the right, execute a right rear punch over the left shoulder (**Dwit Jireugi**), while looking over left shoulder.
35. Sliding the left foot slightly to the left, execute a left rear punch over the right shoulder (**Dwit Jireugi**), while looking over the right shoulder, yell (**Kihap**). Ready stance (**Geuman**) Keep right foot fixed, move left foot in.



PAL-GWE 8



1. Low Block
2. Pull Free and Hammer-Fist Strike (Downward)
3. Middle Punch
4. Low Block
5. Pull Free and Hammer-Fist Strike (Downward)
6. Middle Punch
7. Knife-Hand Middle Block
8. Palm-Heel Center Block and Spear-Hand Thrust
9. (1) Twist Spear-Hand and Turn (2) Back-Fist Strike
10. High Punch and Yell
11. Knife-Hand Strike
12. Twist and Pull Free
13. Elbow Strike in Horseback Stance



14. Outside Middle Block
15. Reverse Middle Punch
16. Turn to the Left in Horseback Stance
17. Knife-Hand Strike
18. Twist and Pull Free
19. Elbow Strike in Horseback Stance
20. Outside Middle Block
21. Reverse Middle Punch
22. Turn to the Center in Horseback Stance
23. Crane Stance
24. (1) Side Kick (2) Elbow Strike
25. Turn to the Front in Horseback Stance
26. Crane Stance
27. (1) Side Kick (2) Elbow Strike
28. (1) Spread Middle Block (Palm Down) (2) Double Middle Upper-Cut
29. (1) Spread Middle Block (Palm Down) (2) Double Middle Upper-Cut
30. Knife-Hand Middle Block (Outside-to-Inside)
31. Spin and Backward Elbow Strike in Horseback Stance
32. Turn to the Front in Normal Stance
33. Double Elbow Release in Horseback Stance
34. Backward Right Elbow Strike and Over-the-Shoulder Left High Hook Punch
35. Backward Left Elbow Strike and Over-the-Shoulder Right High Hook Punch and Yell



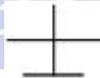
Palgwe Forms Compressed

Palgwe Name	Meaning	Motions	Kicks	Punches	Kiups	Keon Patern
1. Il Jang	View Rightly	20	2	0	2	Heaven 
2. Ee Jang	Feel Rightly	20	8	6	2	Lake 
3. Sam Jang	Think Rightly	22	5	0	2	Fire 
4. Sa Jang	Speak Rightly.	24	8	2	2	Thunder 
5. Oh Jang	Order Rightly	35	9	2	2	Wind 
6. Yook Jang	Contribute Rightly	19	7	8	2	Water 
7. Chil Jang	Have Ability	23	6	6	2	Mountain 
8. Pal Jang	Conduct Rightly.	35	7	2	2	Earth 

Black Belt Forms

The color black is created when all the colors of the light spectrum have been absorbed into an object. That object has "taken control" of the colors and retained them. If one color was to "escape", the object would no longer be black. The student has mastered the nine grades of Taekwondo. He/she has "absorbed" all the knowledge of the color ranks and has overcome or "mastered" those levels of training.

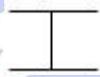
KORYO (Korea) is the name of an ancient dynasty (AD 918-1392) in Korea from which the English word "Korea" originated. Koryo poomsae symbolizes "seonbae" which means a learned man who is characterized by a strong martial spirit as well as a righteous learned man's spirit. The spirit had been inherited through the ages of Koguryo, Pahaе and down to Koryo, which is the background of organizing the Koryo poomsae. The line of the poomsae represents the Chinese letter which means "seonbae" or "seonbi," a learned man or a man of virtue in the Korean language.



KEUMGANG (meaning diamond) signifies "hardness" and "ponderousness." The mountain Keumgang on the Korean Peninsula is regarded as the center of national spirit. "Keumgang yoksa" (Keumgang warrior) named by Buddha represents the mightiest of warriors. The poomsae line symbolizes the Chinese letter for mountain. The movements should be powerful, well-balanced and dignified.



TAEBAEK is the name of a mountain with the meaning "bright mountain" where Tangun, the founder of the nation of Korean people, ruled the country. The bright mountain symbolizes sacredness of soul and Tangun's thought of "honik ingan" (humanitarian ideal). There are many sites known as Taebaek, but Mt. Paektu, which is known as the cradle of the Korean people, is the reference here.



PYONGWAN means a plain which is a vast, stretched-out land. It is the source of life for all creatures and the fields where human beings live their lives. The poomsae Pyongwan was based on the idea of peace and struggle. The joon-be is an overlapping of hands which requires concentration of force in the lower abdomen, the source of body strength, as the land is the source of human life. The line of the poomsae means the origin and transformation of the plain. There are many sites known as Taebaek, but Mt. Paektu, which is known as the cradle of the Korean people, is the reference here.



SIPJIN was derived from the concept of 10 longevity which states that there are 10 creatures of long life: sun, moon, mountain, water, stone, pine tree, herb of eternal youth, tortoise, deer and crane. There are 2 heavenly bodies, 3 natural objects, 2 plants, and 3 animals, all giving to human beings faith, hope and love. The poomsae

Sipjin symbolizes these things. The Chinese letter meaning ten is the form of the poomsae line, which signifies an infinite numbering of the decimal system and ceaseless development.



JITAE means a man with both feet on the ground who is looking at the sky. A man on the earth represents the ways of struggling for human life, such as kicking, walking and jumping on the ground. Therefore, the poomsae symbolizes various aspects occurring in the course of a human being's struggle for existence. The poomsae line signifies a man standing on the earth to spring up toward the heavens.



CHONKWON means the Heaven's Great Mighty, which is the origin of all creatures and the cosmos itself. Its infinite competence signifies creation, change and completion. Human beings have used the name of Heaven for all principal earthly shapes and meanings because they felt afraid of the Heaven's Mighty. Over 9,000 years ago, the founder of the Korean people, "Hwanin" (Tangun) was created by the heavenly king. He settled down in the "heavenly" town, the capitol, near the heavenly sea and the heavenly mountain where the Han people, the heavenly race, gave birth to the proper thought and actions from which Taekwondo originated. The poomsae Chonkwon is based on such sublime history and thoughts. The characteristics of movements are large actions and arm actions forming gentle curves, thus symbolizing the greatness of chonkwon thought. The poomsae line "T" symbolizes a man coming down from heaven, submitting to the will of heaven, being endowed with power by heaven and worshipping heaven, which means the oneness between Heaven and a human being.



HANSOO This poomse is derived from the fluidity of water which easily adapts within nature.



ILYO The state of spiritual cultivation in Buddhism is called 'Ilyo' which means more or less 'oneness'. In Ilyo, body and mind, spirit and substance, I and you are unified. The ultimate ideal of taekwondo can be found in this state. It is a discipline in which we concentrate on every movement leaving all materialistics thoughts, obsessions and external influences behind.

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"The tree has reached maturity and overcome darkness. It must now begin to plant seeds for the future."

“KORYO” (KOREA)

Koryo (Korea) is the name of an old Korean Dynasty. The people from the Koryo-period defeated the Mongolian aggressors. Their spirit is reflected in the movements of the Poomse Koryo. Each movement of this Poomse represents the strength and energy needed to control the Mongols.

30 Motions, 10 Kicks, 4 Punches, 2 KEUP.

Koryo Choongi Position

• Slowly (over 7 seconds) and powerfully bring both knife-hands up from waist level, palms up, fingers pointing toward each other, up to the chest, while inhaling. Turn palms outward toward opponent, and slowly begin pushing knife hands forward, while exhaling, then forcefully complete the movement with both arms out in front, knife-hands pointing 45 degrees in and up, as if pushing someone away (**Tongmilgi Junbi Seogi**)

1. Turn 90° left, moving left foot into a left back stance (**Dwit Kubi**), execute a double knife-hand block (**Sonnal Momtong Makki**).
2. Pivot on left foot, right leg low side kick (attacking the knee), right leg side kick to upper body, immediately after first kick, without touching foot down (**Kodeup Yop Chagi**). Step down with right foot into right forward stance (**Ap Kubi**), right single knife-hand in-to-out strike to upper body (**Sonnal Bakkat Chigi**).
3. Staying in a front stance (**Ap Kubi**), perform a left hand center punch (**Momtong Jireugi**).
4. Shift weight and feet back into a right back stance (**Dwit Kubi**), perform a right arm out-to-in block (**Montom Makki**).
5. Step back with right foot and turn 180° right (pivoting on left foot), moving right foot into a right back stance (**Dwit Kubi**), double knife-hand block (**Sonnal Montom Makki**).
6. Pivot on right foot, left leg side kick (attacking the knee), left leg side kick to upper body (**Kodeup Yop Chagi**), step down with left foot into left forward stance (**Ap Kubi**), left single knife-hand in-to-out strike to upper body (**Sonnal Bakkat Chigi**).
7. In the same stance (**Ap Kubi**), perform a right hand center punch (**Momtong Makki**).
8. Shift back into a left back stance (**Dwit Kubi**), left arm out-to-in block (**Momtong Makki**).
9. Turn 90° left, moving left foot into a left forward stance (**Ap Kubi**), left arm low knife-hand block (**Han Sonnal Arae Makki**), perform an arc-hand attack to the throat (**Khaljaebi**).
10. Perform a right leg front snap kick (**Ap Chagi**), step down with right foot into right forward stance (**Ap Kubi**), right arm low knife-hand block (**Han Sonnal Arae Makki**), left arc-hand attack to the throat (**Khaljaebi**).
11. Perform a left leg front snap kick (**Ap Chagi**), step down with left foot into left forward stance (**Ap Kubi**), left arm low knife-hand block (**Han Sonnal Arae Makki**), right arc-hand attack to the throat (**Khaljaebi**), **KEUP!**
12. Perform a right leg front snap kick (**Ap Chagi**), step down with right foot into right forward stance (**Ap Kubi**), break the opponent's knee with left low arc-hand, holding the foot against your ribcage with right hand (**Mureup Kkeokki**). Advance the left foot in a step

forward, and pivot on right foot, turning body 180° right so that right foot is now forward, facing South.

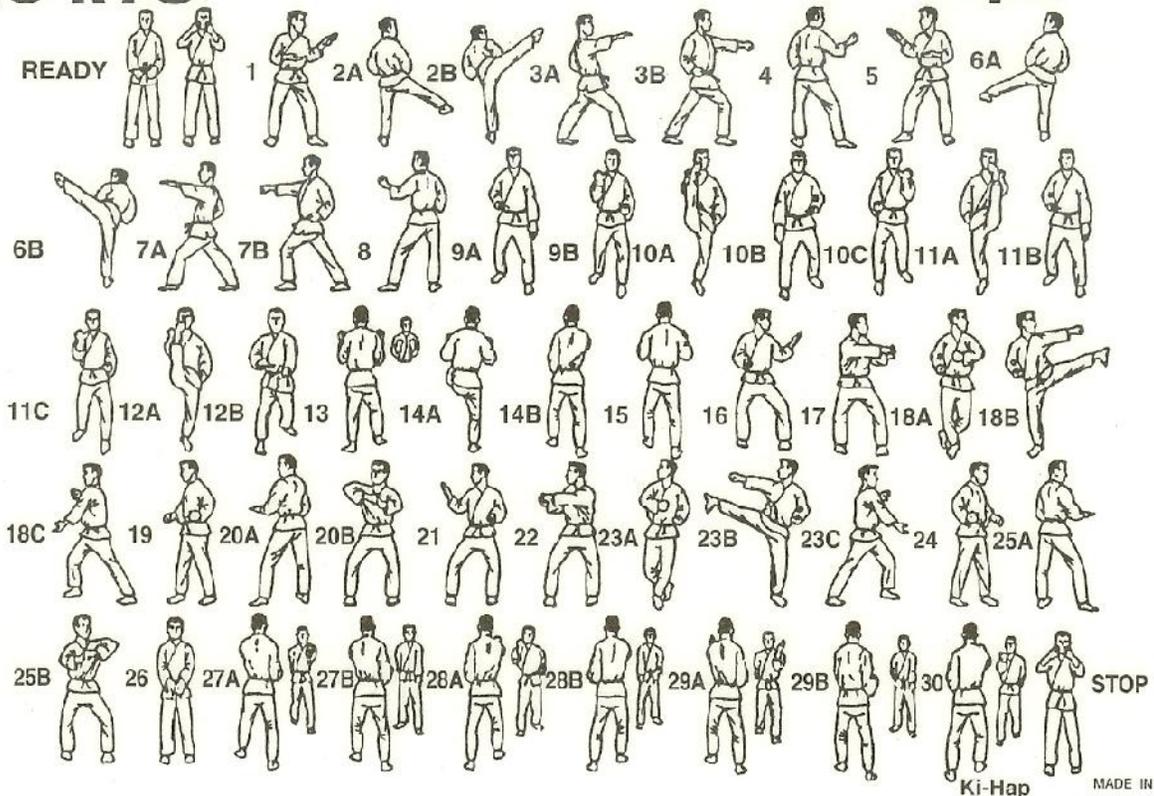
13. Step down and back with left foot into a right forward stance (**Ap Kubi**), double outside body block (**Anpalmok Momtong Hecho Makki**)
14. Left leg front snap kick (**Ap Chagi**), step down with left foot into a left forward stance (**Dwit Kubi**), break the opponent's knee with right low arc-hand, holding the foot against your ribcage with left hand (**Mureup Kkeokki**).
15. Pull left foot back into a left walking stance (**Ap Seogi**), double outside body block (**Anpalmok Momtong Hecho Makki**).
16. Turn 180° right (using left foot as axis), moving right foot into horse riding stance (**Juchum Seogi**), left arm single knife-hand side block (**Hanssonal Momtong Yopmakki**).
17. Still on a horse riding stance (**Juchum Seogi**), right hand cross-body side punch to upper body, using left hand as target (**Jumeok Pyojeok Jireugi**).
18. Sidestep, crossing right foot in front of left foot (**Ap Kkoa Seogi**), cross-body close front punch: forcefully move right fist (palm-up) to right hip (as if performing rear elbow strike), and move left fist across front of body toward right hip, palm-down, elbow bent 90 degrees, left foot side kick (**Yop Chagi**), step down with left foot, turn body to the right to East direction, assuming right forward stance, left spear-hand (palm-up) attack to the groin while pulling opponent's arm to your upper shoulder with right hand (**Pyon Sonkkeut Arae Jecho Tzireugi**).
19. Pull the right foot back into a right walking stance (**Ap Seogi**), right arm lower block (**Arae Makki**).
20. Step forward with left foot into a left walking stance (**Ap Seogi**), left hand low palm-fist block (**Batangson Nullo Makki**), after palm-fist block, step forward with right foot and turn hips toward North into a horseback riding stance (**Juchum Seogi**), right arm side elbow strike (**Palkup Yop Chigi**), supporting the right fist with left knife hand's palm
21. In a horse riding stance (**Juchum Seogi**), right arm single knife-hand side block (**Han Sonnal Momtong Yop Makki**).
22. In a horse riding stance (**Juchum Seogi**), left hand cross-body side punch to upper body, using right hand as target (**Jumeok Pyojeok Jireugi**)
23. Sidestep, crossing left foot in front of right foot (**Ap Kkoa Seogi**), cross body close front punch: fix left fist palm-up at left hip, and move right fist across front of body near left hip, palm-down, elbow bent 90 degrees, right foot side kick (**Yop Chagi**), step down with right foot, and turn body to the left (to West), assuming left forward stance (**Ap Seogi**), right spear-hand (palm-up) attack to the groin while pulling opponent's arm to your upper shoulder with left hand (**Pyonsonkkeut Arae Jecho Tzireugi**).
24. Pull left foot back into a left Short stance (**Ap Seogi**), left arm lower block (**Arae Makki**)
25. Step forward with right foot into a right Short stance (**Ap Seogi**), right hand low palm-fist block (palm-down, blocking low front kick), after palm-fist block, step forward with left foot into a horseback riding stance (**Juchum Seogi**), left arm side elbow strike, supporting the left fist with right knife hand's palm (**Palkup Yop Chigi**).
26. Perform this movement slowly, with good balance, concentration, and power. Slowly pull right foot inward to the left foot into a ready upright stance (**Moa Seogi**), bring both arms up over head, outstretched, with left hand in hammer-fist, right hand in knife fist. Slowly move arms outward to the sides and down in a large circle, and attack waist level with

left hammer-fist, using right knife-hand palm as target. (**Mejumeok Arae Pyojeok Chigi**). Feet and hands should come together at the same time.

27. Turn 180° to the left (pivot on right foot), moving the left foot around into a left forward stance (**Ap Kubi**), left hand single knife-hand in-to-out strike to the neck (**Han Sonnal Bakkat Chigi**), left arm knife-hand lower block, palm-down (**Han Sonnal Arae Makki**).
28. Step forward with the right foot into a right forward stance (**Ap Kubi**), right hand out-to-in knife-hand attack to the neck (**Sonnal Mok Chigi**), arm knife-hand lower block (**Han Sonnal Arae Makki**).
29. Step forward with left foot into a left forward stance (**Ap Kubi**), left hand out-to-in knife-hand attack to the neck (**Sonnal Mok Chigi**), arm knife-hand lower block (**Han Sonnal Arae Makki**).
30. Step forward with right foot into a right forward stance (**Ap Kubi**), right arc-hand attack to the neck (**Khaljaebi**), **KEUP!**

Return to Koryo Choonbi Position (**Tongmilgi Junbi Seogi**).

KO-RYO



“KEUMGANG” (DIAMOND)

The word “Keumgang” has originally the meaning of being too strong to be broken. Also in Buddhism, what break off every agony of mind with the combination of wisdom and virtue is called “Keumgang”

The Korean people have named the most beautiful mountain in the Korean peninsula Keumgang-san which is located in the Taebaek range of mountains, and call diamond the hardest known substance, Keumgang-seok.

Accordingly, “Keumgang” in Taekwondo means movement based on spiritual strength that is as beautiful and majestic as the Diamond Mountains and hard and adamant as diamond. The movements of this form should be performed powerfully to represent the immovable majesty of the mountain

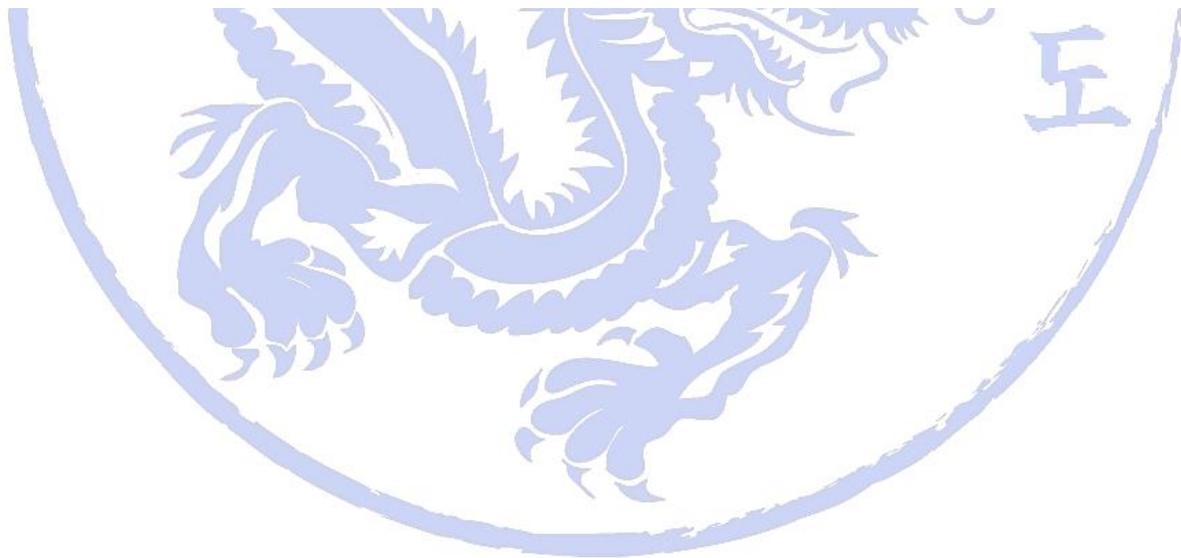
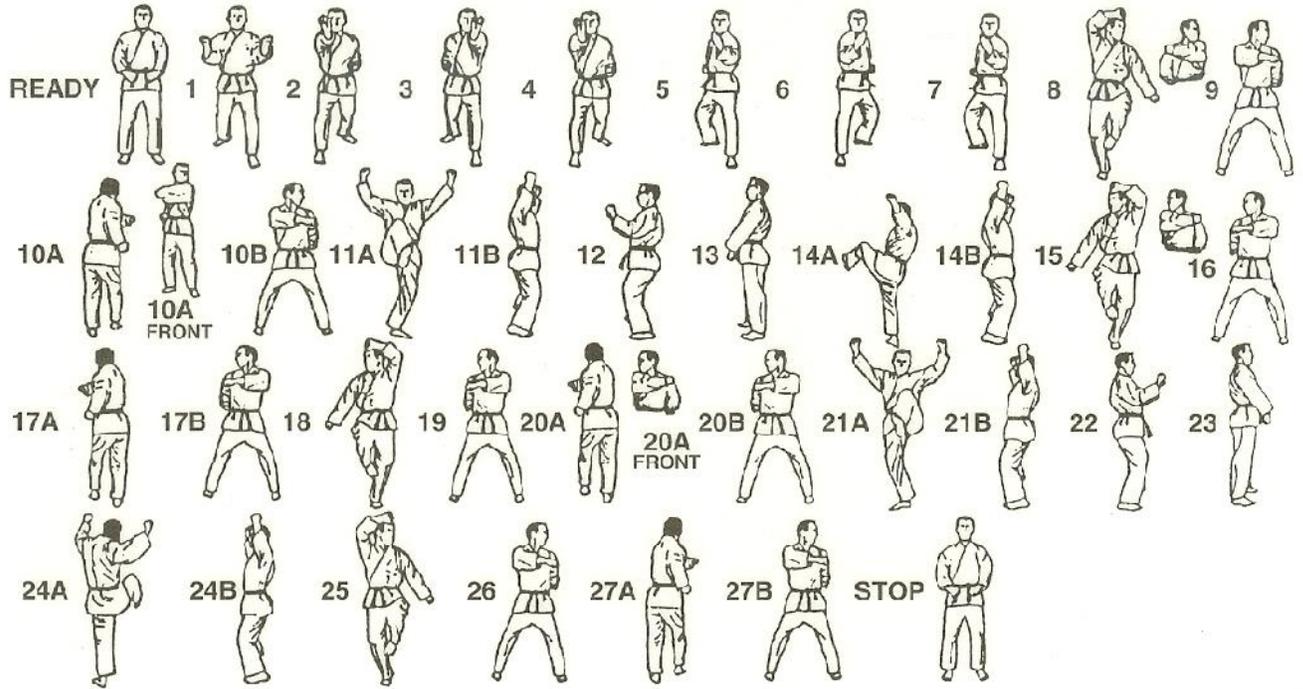
27 Motions, 0 Kicks, 0 Punches, 2 KEUP.

- 1 Step forward with the left foot into a left front stance (**Ap Kubi**) and execute a double outer arm blocks (**An Palmock Momtong Hecho Makki**) very slowly.
- 2 Step forward with the right foot into a right front stance (**Ap Kubi**) and execute a palm strike to the face (**Batangson Teok Chigi**) with the right hand, very slowly.
- 3 Step forward with the left foot into a left front stance (**Ap Kubi**) and execute a palm strike to the face using the left hand very slowly (**Batangson Teok Chigi**).
- 4 Step forward with the right foot into a right front stance (**Ap Kubi**) and execute a palm strike to the face with the right hand, very slowly (**Batangson Teok Chigi**).
- 5 Step back with the right foot into a left back stance (**Dwit Kubi**) and execute an inner left knife hand block (**Hanssonal Momtong An Makki**).
- 6 Step back with the left foot into a right back stance (**Dwit Kubi**) and execute an inner right knife hand block (**Hanssonal Momtong Makki**).
- 7 Step back with the right foot into a left back stance (**Dwit Kubi**) and execute an inner left knife hand block (**Hanssonal Momtong An Makki**).
- 8 With the right foot fixed push the right arm upward and the left arm downward slowly and forcefully. Draw the left foot upward to form a crane stance (**Hakdari Seogi**) and at the same time execute a diamond block (**Keumgang Makki**).
- 9 Put down the left foot stepping out one step forward into a horse stance (**Juchum Seogi**) and execute a simultaneously hook punch with the right fist and backward elbow strike with the left elbow (**Kheun Doltzeogi**).
- 10 Step across the left foot and spin 360°. Step down from spin with left foot into a horse riding stance (**Juchum Seogi**) and execute a simultaneous hook punch with the right fist and backward elbow strike with the left elbow (**Kheun Doltzeogi**).
- 11 Step forward with the right foot into a horse stance (**Juchum Seogi**) and execute a mountain block (**Santeul Makki**) and **KEUP!**
- 12 Turn to the right on the ball of the right foot into a horse stance (**Juchum Seogi**) and execute simultaneous outer arm blocks (**An Palmok Momtong Hecho Makki**).
- 13 Slowly slide the left foot back toward the right until feet are shoulder width apart (**Naranhi Seogi**) and stand in an upright position. At the same time, fists are brought down and to the side in slow down blocks to the outside (**Arae Hecho Makki**). The entire movement should take five seconds.
- 14 Pivoting on the ball of the right foot, turn to the right. Pound the left foot into a horse stance (**Juchum Seogi**) and execute a mountain block (**Santeul Makki**).

- 15 Turning to the right on the ball of the left foot, draw the right foot upward to form a crane stance (**Hakdari Seogi**) and execute a diamond block (**Keumgang Makki**).
- 16 With the left foot fixed, the right foot steps forward into a horse stance (**Juchum Seogi**) and execute a simultaneous hook punch with the left fist and backward elbow strike with the right elbow (**Kheun Doltzeogi**).
- 17 Step across the right foot and spin 360°. Step down with the right foot into a horse stance (**Juchum Seogi**) and execute a simultaneous hook punch with the left fist and a backward elbow strike with right elbow (**Kheun Doltzeogi**). These movements should be made swiftly.
- 18 Bring right foot up into a crane stance (**Hakdari Seogi**), execute a diamond block (**Keumgang Makki**).
- 19 The right foot steps forward into a horse stance (**Juchum Seogi**) and execute a simultaneous hook punch with the left fist and a backward elbow strike with the right elbow (**Kheun Doltzeogi**).
- 20 Step across the right foot and spin 360° into a horse stance (**Juchum Seogi**) and execute a simultaneous hook punch with the left fist and a backward elbow strike with the left elbow (**Kheun Doltzeogi**).
- 21 Turn the body to the right on the ball of the right foot into a horse stance (**Juchum seogi**) and execute a mountain block (**Santeul Makki**). **KEUP!**
- 22 Turn to the left on the ball of the left foot into a horse stance (**Juchum Seogi**) and execute two outer arm blocks (**An Palmok Momtong Hecho Makki / Arae Hechyo Makki**).
- 23 Slowly slide the right foot back toward the left foot, feet are shoulder width apart into a parallel stance (**Naranhi Seogi**) and stand in an upright position. At the same time, fists are brought down and to the side in slow motion down blocks to the outside (**Arae Hecho Makki**). The entire movement should take five seconds.
- 24 Turn to the left on the ball of the foot and shift the right foot stomping into a horse stance (**Juchum Seogi**) and execute a mountain block (**Santeul Makki**).
- 25 Turning to the left on the ball of the right foot, draw the left foot upward to form a crane stance (**Hakdari Seogi**) and execute a diamond block (**Keumgang Makki**).
- 26 With the right foot fixed move the left foot one step forward into a horse stance (**Juchum Seogi**) and execute a simultaneous hook punch with the right fist and a backward elbow strike with the left elbow (**Kheun Doltzeogi**).
- 27 Step across right foot and spin 360°. Step down from spin with left foot into a horse stance (**Juchum Seogi**) and execute a simultaneous hook punch with the right fist and a backward elbow strike with the left elbow (**Kheun Doltzeogi**). With the right foot fixed draw in the left foot into **Junbi** stance.

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KEUM-GANG



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“TAEBAEK” (BRIGHT MOUNTAIN)

Taebaek is the name of a mountain with the meaning of "bright mountain" Where Tangun, the founder of the nation of Korean people, reined the country, and the bright mountain symbolizes sacredness of soul and Tangun's thought of "hongik ingan"(humanitarian ideal). There are numerous sites known as Taebaek, but Mt Paektu, which has been typically known as the cradle of Korean people. The line of poomsae is like a Chinese letter, which symbolizes the bridge between the Heaven and the earth, signifying human beings founded a nation by the Heaven's order.

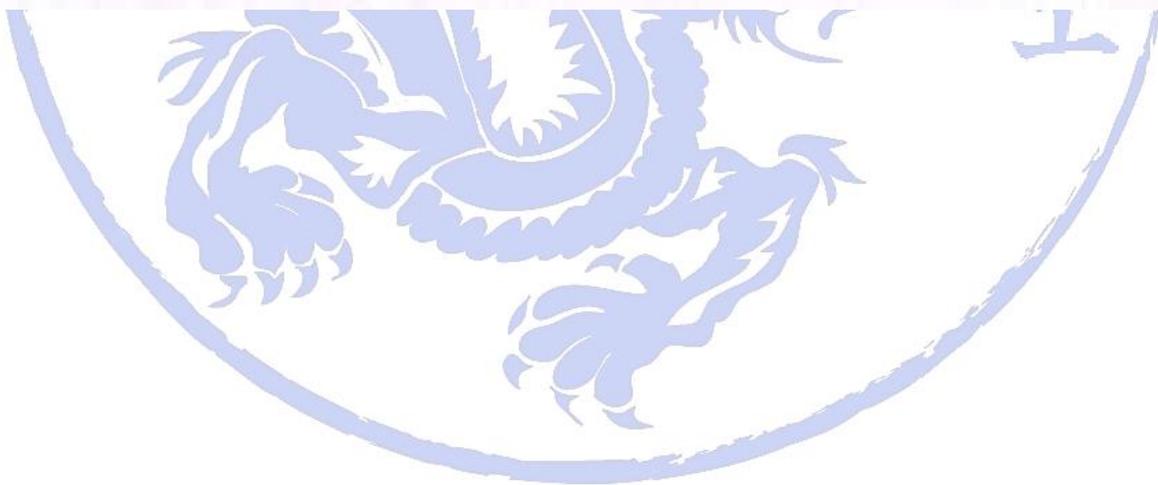
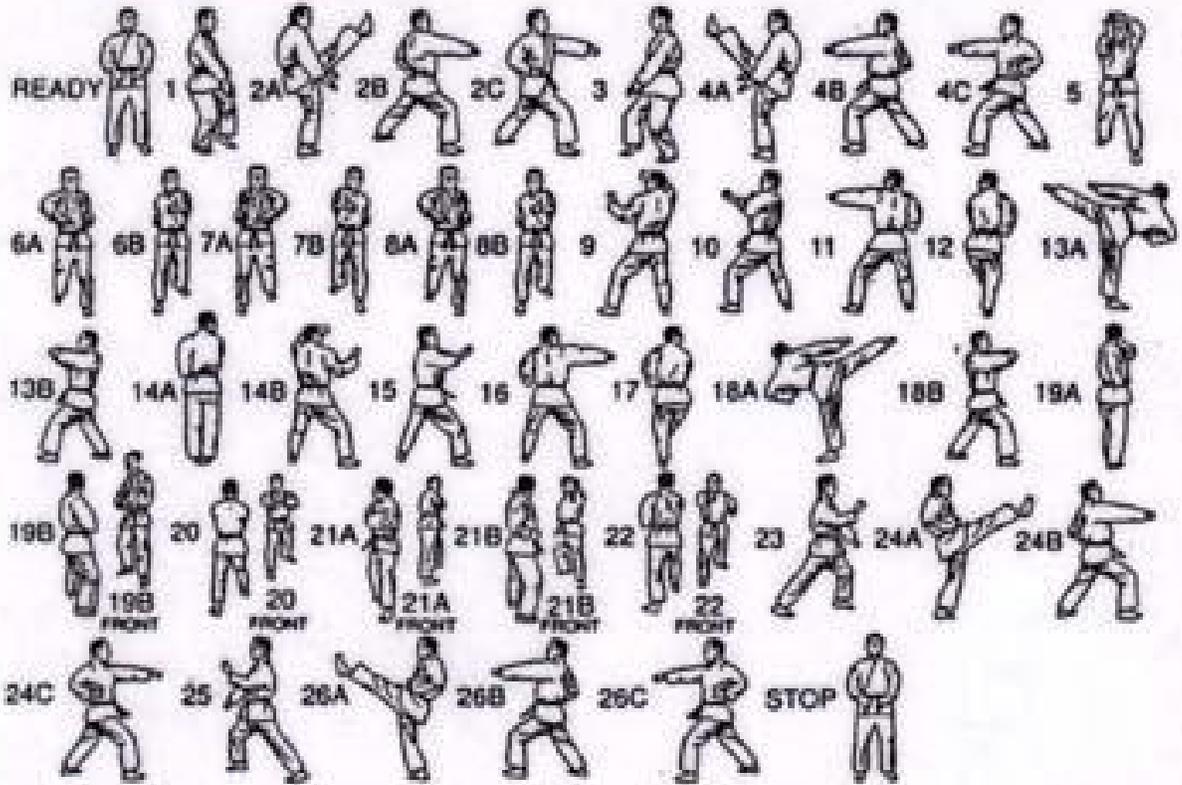
READY STANCE: Parallel ready stance (**Naranhi Seogi**).

1. Move left foot into a left Tiger stance (**Beom Seogi**) while executing a low knife hand spreading block (**Sonnal Area Hecho Maki**).
2. Execute a right front snap kick (**Ap Chagi**), lower foot into a right front stance (**Ap Kubi**) execute a right punch; execute a left punch (**Momtung Dubeon Jireugi**).
3. Pivot on left foot, clockwise into a right Tiger Stance (**Beom Seogi**) while executing a low knife hand spreading block (**Sonnal Area Hecho Makki**).
4. Execute a left front snap kick (**Ap Chagi**) lower foot into a left front stance (**Ap Kubi**), execute a left punch; execute a right punch (**Momtung Dubeon Jireugi**).
5. Pivoting on the ball of the right foot, turn the body to the left and move the left foot into a left front stance (**Ap Kubi**), while executing a simultaneous left high block and right palm-up knife hand to neck level (**Jebi-poom Mok Chigi**).
6. Pull the right hand downward and turn palm down into a scooping block to the right side-front, step forward with right foot into a right front stance (**Ap Kubi**) with a left reverse punch (**Momtung Baro Jireugi**).
7. Pull the left hand downward and turn palm down into a scooping block to the left side-front, step forward with the left foot into a left front stance (**Ap Kubi**) with a right reverse punch (**Momtung Baro Jireugi**).
8. Pull the right hand downward and turn palm down into a scooping block to the right side-front, step forward with the right foot into a right front stance (**Ap Kubi**) with a left reverse punch (**Momtung Baro Jireugi**), **KEUP!**
9. Turn counter-clockwise by pivoting on the right foot 270 degrees, while executing a diamond- mountain body block (**Keumgang Momtung Makki**) in a right back stance (**Dwit Kubi**).
10. Maintain the back stance and execute a right uppercut to chin level while bringing the left side fist to the right shoulder (**Dangkyo Teok Jiregi**).
11. In the same stance (**Dwit Kubi**), execute a left side punch (**Yop Jiregi**).
12. With the right foot fixed, move the left foot up to the right back knee, into a right crane stance (**Hakdari Seogi**) and bring both fists to the right hip (**Jageun Doltzeogwi**).
13. Execute a middle left side kick (**Yop Chagi**), lower left foot into a left front stance (**Ap Kubi**) and execute a right elbow smash (**Palkup Pyojeok Chigi**).
14. With the right foot fixed, draw the left foot inward to assume an attention stance (**Jumbi Seogi**), keep both fists on the left side at chest level, left fist is palm up and right fist is palm inward toward chest. Move the right foot into a left back stance (**Dwit Kubi**) and execute a diamond-mountain block (**Keumgang Momtung Makki**).
15. Maintain the back stance and execute a left uppercut to chin level while bringing the right side fist to the left shoulder (**Dasngkyo Teak Jureugi**).

16. Keeping the stance (**Dwit Kubi**), execute a right side punch (**Yop Jireugi**).
 17. With the left foot fixed, move the right foot up to the left back knee, into a left crane stance (**Hakdari Seogi**) and bring both fists to the left hip (**Jageun Doltzeogwi**).
 18. Execute a right side thrust kick (**Yop Chagi**), lower the right foot into a right front stance (**Ap Kubi**) and execute a left elbow smash (**Palkup Pyojeok Chigi**).
 19. Draw the right foot back to the left and then move the left into a right back stance (**Dwit Kubi**), while executing a twin knife hand guarding block (**Sonnal Momtong Makki**).
 20. Step into a right front stance (**Ap Kubi**) and execute a right middle spear hand strike (**Nulllo Makki**) with the left palm facing downward under the right elbow (**Pyonsonkkeut Sewo Tziereugi**).
 21. Turn 360 degrees counter-clockwise, pivoting on the left foot, bending the right arm behind the back. Turn low and spring back to assume a right back stance (**Dwit Kubi**) and execute a left back fist to face (**Deung Jumeok Bakkat Chigi**).
 22. Step into a right front stance with a right straight punch (**Mommtong Badae Jireugi**) and "**KI-YAP!**"
 23. Pivot on right foot and turn counter-clockwise into a left front stance (**Ap Kubi**) with a scissors block, right in-out block and left low block (**Kawi Makki**).
 24. Execute a right front snap kick (**Ap Chagi**), land on the right foot into a right front stance (**Ap Kubi**) and execute two middle punches starting with the right fist and following with the left (**Mommtong Dubeon Jireugi**).
 25. Pivot clockwise on left foot into a right front stance (**Ap Kubi**) with a scissors block, left in-out block, right low block (**Kawi Makki**).
 26. Execute a left front snap kick (**Ap Chagi**) landing on left foot into a left front stance (**Ap Kubi**), execute two middle punches starting with the left fist, and following with the right (**Mommtong Dubeon Jireugi**).
- Pivoting on the ball of the right foot, turn your body to the left shifting the left foot into ready stance (**Pyeonhi Seogi Joonbi**).

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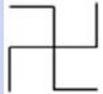
TAEBAEK



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Black Belt Forms Compressed

Black Belt Form Name	Grade	Meaning	Represents	Patern
1. Koryo	First Dan	Korea	Chinese letter which means "seonbae" or "seonbi," a learned man or a man of virtue in the Korean language.	
2. Keumgang	Second Dan	Diamond	The poomsae line symbolizes the Chinese letter for mountain. Signifies "hardness" and "ponderousness."	
3. Taebaek	Third Dan	Is the name of a mountain with the meaning "bright mountain".	The poomsae line symbolizes the Chinese letter for mountain. The movements should be powerful, well-balanced and dignified.	
4. Pyongwan	Fourth Dan	It means a plain which is a vast, stretched-out land.	The source of life for all creatures and the fields where human beings live their lives.	
5. Sip Jin	Fifth Dan	Was derived from the 10 creatures of long life: sun, moon, mountain, water, stone, pine tree, herb of eternal youth, tortoise, deer and crane.	The Chinese letter meaning ten is the form of the poomsae line, which signifies an infinite numbering of the decimal system and ceaseless development.	
6. Jitae	Sixth Dan	Means a man with both feet on the ground that is looking at the sky. A man on the earth represents the ways of struggling for human life, such as kicking, walking and jumping on the ground.	The poomsae line signifies a man standing on the earth to spring up toward the heavens.	
7. Chonkwon	Seventh Dan	Means the Heaven's Great Mighty, which is the origin of all	The poomsae line "T" symbolizes a man coming down from heaven, submitting to	

		creatures and the cosmos itself.	the will of heaven, being endowed with power by heaven and worshipping heaven, which means the oneness between Heaven and a human being.	
8. Hansoo	Eight Dan	Water	This poomse is derived from the fluidity of water which easily adapts within nature.	
9. Ilyo	Ninth Dan	'Oneness'	In Ilyo, body and mind, spirit and substance, I and you are unified. The ultimate ideal of taekwondo can be found in this state. It is a discipline in which we concentrate on every movement leaving all materialistic thoughts, obsessions and external influences behind.	

MAKING A FIST



Hand is extended with fingers together



Bend the four fingers inward and touch the tips to the top of your palm.



Continue rolling your fingers towards the centre of your palm.



Secure your fist by placing your thumb perpendicularly over your first two fingers.



For your fist to be in a strong position make sure the back of your hand is flat.

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SafeKids USA/Blue Dragon Taekwondo School Belt Requirements



The color of the belt is an indication of the skill level of a Taekwondo student. Sometimes belts can be gained by winning competitions, but the common way is by completing an exam.

The different belt colors signify rank, skill and to some extent, time in training. Much like being called a freshman, sophomore, Jr. or Sr. It merely represents where you are at the moment. The belt system is also a way to break the larger goal of Black Belt into smaller, short-term goals so that students can gauge their progress.

The SafeKids USA/Blue Dragon Taekwondo School follows the World Taekwondo Federation (WTF) guidelines, and like them, awards belt ranks low and high for each color belt, except for white, in the following order: **White, Yellow, Green, Blue, Red and Black.**

Geup (or Gup, or Kup) grade

In the WTF, there are 9 Geups, starting from the 9th Geup (white belt) and ends with the 1st Geup (red to black belt). The term "Geup" means degree. There are two additional "levels" of Yellow through Red Belt: low-ranking and high-ranking. Geup means a Taekwondo colored belt, so students wearing belts like white, yellow, green, blue or red are Geup grade students. A Taekwondo student wearing a white belt is a 9th Geup student, and a student one grade away from black belt is a 1st Geup. Three months between testings, working out 2 - 3 days per week, allows most students to progress smoothly.

The term "Dan" means phase. There are 9 Dan degrees, starting with the first and ending with the 9th. All Dan-degrees are represented by a black belt. A student wearing a Taekwondo black belt is known as a Dan grade and in some schools, a Poome grade if they are under 16.

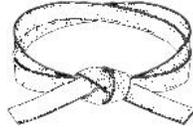
It takes the average student 90 - 120 hours, spread out over 15 -18 months of in-class training under the supervision of a Certified Instructor to achieve the rank of Red Belt. At this point, self-defense should be automatic and instinctive. After Red Belt it takes 9 -14 months or even longer, to earn the rank of Black Belt.

Our school does not have "junior" black belts. If a student has successfully completed the Black Belt testing requirements, he or she is a Black Belt regardless of age.

Other organizations and schools may use different colors, more colors, or fewer colors. There is no great significance to this.



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White Belt or 9th Geup

White belt is the beginning of your Taekwondo journey, and perhaps, it is the **most important** step you will take on your Taekwondo path!

The color white or "lack of color", symbolizes purity, indicating that a person is "innocent" and has no knowledge of Taekwondo.

By realizing that you need guidance, your willingness to learn, and by showing your commitment by enrolling on a Taekwondo school, you had already earned the color white of your belt.

Most people see the color white belt with less importance than the other colored belts. But the truth is that without white belt students, Taekwondo or any other martial art, will cease to be. Without new students and with the pass of time, there will be less and less active black belts. Eventually, when the last one passes on, Taekwondo or any other martial art will also vanish.

As you can see, white belt students are the most important part of Taekwondo, and the reason for the existence of the art. So wear your white belt with pride, determination and congratulations on taking the first and most important step of your journey!

Requirements:

1. Enrolling on a Taekwondo school
2. Uniform or Dobok
3. Willingness to learn
4. Understanding of the basic Taekwondo techniques

Basic Techniques to be learned

Stances or Seogi

- Attention (Charyot)
- Ready Stance (Joonbe Seogi)
- Horseback Stance (Joochoom Seogi)
- Front Stance (Ap Koobi)
- Fighting Stance (Ut Seogi, Gyoorugi Junbi)
- Walking Stance (Ap Seogi)

Blocks or Makki

- Down Block (Are Makki)
- Middle Block (Momtong Makki)
- Overhead Block (Eulgool Makki)
- Outside Block (Packan Makki or Bakkat Makki)
- Inside Block (An Makki)
-

Strikes or Chigi

- Middle Punch (Momtong Jireuki)

Kicks or Chagi

- High stretch front leg kick (Ap Ollyo Chagi)
- Half Moon Kick (Bandal Chagi)
- Front Kick (Ap Chagi)
- Roundhouse Kick (Ap Dollyo Chagi)
- Side Kick (Yop Chagi)

Breaking Technique

- Spining kick

Sparring or Gyoroogi

- Non contact sparring only, closely supervised by a certified Black Belt

Form or Poomse

- Taegeuk Ill Jang



"Every Journey Begins With a Single Step"

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