Taekwon-Do Revision Guide

10th Kup

White Belt meaning:
Signifies innocence, as in a person who has no previous knowledge of Taekwon-Do.

Pattern: **Sajo Jirugi and Sajo Makgi**
Movements: **15 (Sajo Jirugi) 17 (Sajo Makgi)**
Diagram Shape: + **(Cross Shape)**
Pattern Meaning:
Sajo means “exercise”, jirugi means “punch” and makgi means “block”. Sajo Jirugi and Sajo Makgi are short exercises to practice the basic punching, blocking and stance techniques.

Stances

Attention Stance	**Charyot Sogi**
Parallel Stance	**Narani Sogi**
Walking Stance	**Gunnun Sogi**

Defensive Techniques

Outer Forearm Low Block	**Bakat Palmok Najunde Makgi**
Inner Forearm Middle Block	**An Palmok Kaunde Makgi**
Knifehand Low Block	**Sonkal Najunde Makgi**

Offensive Techniques:

Fore Fist Middle Front Punch	**Ap Joomuk Kaunde Ap Jirugi**

Taekwon-Do Revision Guide

9th Kup

Yellow Belt meaning:
Represents the earth where the seed of Taekwon-Do is planted as the foundation of Taekwon-Do is being laid.

Pattern: **Chon Ji**
Movements: **19**
Diagram Shape: + **(Cross Shape)**
Pattern Meaning:
Literally mean heaven and earth. In the orient this is interpreted as the creation of the world or the beginning of human history, therefore it is the first pattern learnt by a beginner. The pattern consists of two similar parts, one representing earth and the other heaven.

Stances

Parallel Stance	**Narani Sogi**
Walking Stance	**Gunnun Sogi**
L Stance	**Niunja Sogi**

Defensive Techniques

Outer Forearm Low Block	**Bakat Palmok Najunde Makgi**
Inner Forearm Middle Block	**An Palmok Kaunde Makgi**

Offensive Techniques:

Forefist Middle Punch	**Ap Joomuk Kaunde Ap Jirugi**

Taekwon-Do Revision Guide

8th Kup

Yellow Belt meaning:
Represents the earth where the seed of Taekwon-Do is planted as the foundation of Taekwon-Do is being laid.

Pattern: **Dan Gun**
Movements: **21**
Diagram Shape: I **(Capital I Shape)**
Pattern Meaning:
Dan Gunis named after the Holy Dan Gun, the legendary founder of Korea in the year 2333 BC

Stances

Parallel Stance	**Narani Sogi**
L Stance	**Niunja Sogi**
Walking Stance	**Gunnun Sogi**

Defensive Techniques

Knifehand Middle Guarding Block	**Sonkal Kaunde Daebi Makgi**
Outer Forearm Low Block	**Bakat Palmok Najunde Makgi**
Twin Forearm Block	**San Palmok Makgi**
Outer Forearm Rising Block	**Bakat Palmok Chookyo Makgi**

Offensive Techniques:

Forefist High Punch	**Ap Joomuk Nopunde Jirugi**
Knifehand Outward Strike	**Sonkal Bakuro Taerigi**

Movement:

Continuous Motion	**Gaesok Dongjak**

Taekwon-Do Revision Guide

7th Kup

Green Belt meaning:
Represents the green plant growing as the skills of Taekwon-Do develop.

Pattern: **Do San**
Movements: **24**
Diagram Shape: S **(Capital S Shape)**
Pattern Meaning:
Do San is the pseudonym (or pen name) for the patriot Ahn Chang-Ho (1876 – 1938). The 24 movements represent his life, which he devoted to furthering the education of Korea and its independence movement.

Stances

Parallel Stance	**Narani Sogi**
L Stance	**Niunja Sogi**
Walking Stance	**Gunnun Sogi**
Sitting Stance	**Annun Sogi**

Defensive Techniques

Outer Forearm High Block	**Bakat Palmok Nopunde Makgi**
Knifehand Middle Guarding Block	**Sonkal Kaunde Daebi Makgi**
Outer Forearm Wedging Block	**Bakat Palmok Hechyo Makgi**
Outer Forearm Rising Block	**Bakat Palmok Chookyo Makgi**

Offensive Techniques:

Forefist Punch	**Ap Joomuk Jirugi**
Sraight Fingertip Thrust	**Sun Sonkut Tulgi**
Backfist High Side Strike	**Dung Joomuk Nopunde Yop Taerigi**
Middle Front Snap Kick	**Kaunde Ap Cha Busigi**
Knifehand Side Strike	**Sonkal Yop Taerigi**

Movement:

Fast Motion	**Barun Dongjak**

Taekwon-Do Revision Guide

6th Kup

Green Belt meaning:
Represents the green plant growing as the skills of Taekwon-Do develop.

Pattern: **Won Hyo**
Movements: **28**
Diagram Shape: I **(Capital I Shape)**
Pattern Meaning:
Won Hyo is the noted monk who introduced Buddhism to the Silla Dynasty in 686 AD.

Stances

Close Ready Stance "A"	**Moa Chunbi Sogi "A"**
L Stance	**Niunja Sogi**
Walking Stance	**Gunnun Sogi**
Bending Stance	**Guburyo Sogi**
Fixed Stance	**Gojung Sogi**

Defensive Techniques

Twin Forearm Block	**Sang Palmok Makgi**
Knifehand Guarding Block	**Sonkal Daebi Makgi**
Circular Block	**Dollimyo Makgi**
Forearm Guarding Block	**Palmok Daebi Makgi**

Offensive Techniques:

Knifehand Inward Strike	**Sonkal Anuro Taerigi**
Straight Fingertip Thrust	**Sun Sonkut Tulgi**
Middle Side Piercing Kick	**Kaunde Yopcha Jirugi**
Low Front Snap Kick	**Najunde Ap Cha Busigi**

Taekwon-Do Revision Guide

5th Kup

Blue Belt meaning:
Signifies heaven, towards which the tree grows as Taekwon-Do training progresses.

Pattern: **Yul Gok**
Movements: **38**
Diagram Shape: I **(Capital I Shape)**
Pattern Meaning:
Yul Gok is the pseudonym (or pen name) of the great philosopher and teacher Yi I (1536 – 1584). He was nicknamed the Confucius of Korea. The 38 movements represent his birthplace on the 38th degree latitude and the diagram represent the "Scholar".

Stances

Parallel Stance	**Narani Sogi**
Sitting Stance	**Annun Sogi**
L Stance	**Niunja Sogi**
Walking Stance	**Gunnun Sogi**
Bending Stance	**Guburyo Sogi**
X Stance	**Kyocha Sogi**

Defensive Techniques

Inner Forearm Block	**An Palmok Makgi**
Palm Hooking Block	**Sonbadak Golcho Makgi**
Twin Knifehand Block	**Sang Sonkal Makgi**
Outer Forearm Block	**Bakat Palmok Makgi**
Double Forearm Block	**Doo Palmok Makgi**

Offensive Techniques:

Forefist Punch	**Ap Joomuk Jirugi**
Front Snap Kick	**Ap Cha Busigi**

Side Piercing Kick	**Yopcha Jirugi**
Front Elbow Strike	**Ap Palkup Taerigi**
Straight Fingertip Thrust	**Sun Sonkut Tulgi**
Backfist Strike	**Dung Joomuk Taerigi**

Movement:

Fast Motion	**Barun Dongjak**
Connecting Motion	**Ierjin Dongjak**

Taekwon-Do Revision Guide

4th Kup

Blue Belt meaning:
Signifies heaven, towards which the tree grows as Taekwon-Do training progresses.

Pattern: **Joong Gun**
Movements: **32**
Diagram Shape: I **(Capital I Shape)**
Pattern Meaning:
Joong Gun is named after the patriot Ahn Joong Gun who assassinated Hiro Bumi Ito, the first Japanese Governor-General of Korea, who played a key role in the Korea – Japan merger. The 32 movements represent Ahn Joong Gun's age when he was executed in Lui-Shing prison in 1910.

Stances

Close Ready Stance "B"	**Moa Chunbi Sogi "B"**
L Stance	**Niunja Sogi**
Walking Stance	**Gunnun Sogi**
Rearfoot Stance	**Dwitbal Sogi**
Low Stance	**Nachuo Sogi**
Fixed Stance	**Gojung Sogi**

Defensive Techniques

Reverse Knifehand Side Block	**Sonkal Dung Yop Makgi**
Palm Upward Block	**Sonbadak Ollyo Makgi**
Knifehand Guarding Block	**Sonkal Daebi Makgi**
X-Fist Rising Block	**Kyocha Joomuk Chookyo Makgi**
Double Forearm Block	**Doo Palmok Makgi**
Forearm Guarding Block	**Palmok Daebi Makgi**
Palm Pressing Block	**Sonbadak Noollo Makgi**
U-Shape Block	**Digutcha Makgi**

Offensive Techniques:

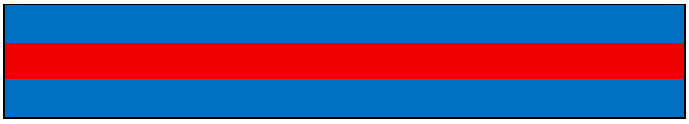
Side Front Snap Kick	**Yop Ap Cha Busigi**
Upper Elbow Strike	**Wi Palkup Taerigi**
Twin Vertical Punch	**Sang Sewo Jirugi**
Twin Upset Punch	**Sang Dwijibo Jirugi**
Backfist Strike	**Dung Joomuk Taerigi**
High Punch	**Nopunde Jirugi**
Side Piercing Kick	**Yop Cha Jirugi**
Side Punch	**Yop Jirugi**
Angle Punch	**Giokja Jirugi**

Movement:

Fast Motion	**Barun Dongjak**
Slow Motion	**Neurin Dongjak**

Taekwon-Do Revision Guide

3rd Kup



Red Belt meaning:
Signifies danger, cautioning the student to exercise control, and warning an opponent to stay away.

Pattern: **Toi Gye**
Movements: **37**
Diagram Shape: I **(Capital I Shape)**
Pattern Meaning:
Toi Gye is the pseudonym (or pen name) of the noted scholar Yi Hwang (16th Century), an authority on neo-Confucianism. The 37 movements represent his birthplace on the 37th degree latitude and the diagram represent the “Scholar”.

Stances

Close Ready Stance “B”	**Moa Junbi Sogi “B”**
L Stance	**Niunja Sogi**
Walking Stance	**Gunnun Sogi**
Sitting Stance	**Annun Sogi**
X Stance	**Kyocha Sogi**

Defensive Techniques

Inner Forearm Block	**An Palmok Makgi**
X-Fist Pressing Block	**Kyocha Joomuk Noolo Makgi**
W-Shape Block	**San Makgi**
Double Forearm Pushing Block	**Doo Palmok Miro Makgi**
Knifehand Guarding Block	**Sonkal Daebi Makgi**
Outer Forearm Block	**Bakat Palmok Makgi**
Knifehand Low Guarding Block	**Sonkal Najunde Daebi Makgi**
Forearm Circular Block	**Palmok Dollimyo Makgi**
Double Forearm Block	**Doo Palmok Makgi**

Offensive Techniques:

Upset Fingertip Thrust	**Dwijibun Sonkut Tulgi**
Backfist Side-Back Strike	**Dung Joomuk Yop-Dwi Taerigi**
Twin Forefist Vertical Punch	**Sang Joomuk Sewo Jirugi**
Front Snap Kick	**Ap Cha Busigi**
Forefist Middle Punch	**Ap Joomuk Kaunde Jirugi**
Twin Side Elbow Thrust Posture	**Sang Yop Palkup Jase**
Knee Upward Kick	**Moorup Ollyo Chagi**
Side-Front Snap Kick	**Yop-Ap Cha Busigi**
Flat Fingertip Thrust	**Opun Sonkut Tulgi**

Movement:

Slow Motion	**Neurin Dongjak**
Continuous Motion	**Gaesok Dongjak**
Stamping Motion	**Gurunun Dongjak**

Taekwon-Do Revision Guide

2nd Kup

Red Belt meaning:
Signifies danger, cautioning the student to exercise control, and warning an opponent to stay away.

Pattern: **Hwa Rang**
Movements: **29**
Diagram Shape: I **(Capital I Shape)**
Pattern Meaning:
Hwa Rang is named after the Hwa Rang youth group that originated in the Silla dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division commanded by General Choi in 1953 where Taekwon-Do was developed into maturity.

Stances

Close Ready Stance "C"	**Narani Sogi**
L Stance	**Niunja Sogi**
Walking Stance	**Gunnun Sogi**
Vertical Stance	**Soojjik Sogi**
Fixed Stance	**Gojung Sogi**

Defensive Techniques

Palm Pushing Block	**Sonbadak Miro Makgi**
Twin Forearm Block	**Sang Palmok Makgi**
Outer Forearm Block	**Bakat Palmok Makgi**
Knifehand Guarding Block	**Sonkal Daebi Makgi**
X-Fist Pressing Block	**Kyocha Joomuk Noollo Makgi**
Inner Forearm Side-Front Block	**An Palmok Yop Ap Makgi**

Offensive Techniques:

Forefist Middle Punch	**Ap Joomuk Kaunde Jirugi**
Forefist Upward Punch	**Ap Joomuk Ollyo Jirugi**
Knifehand Downward Strike	**Sonkal Naeryo Taerigi**
Knifehand Side Strike	**Sonkal Yop Taerigi**

Straight Fingertip Thrust	**Sun Sonkut Tulgi**
High Turning Kick	**Nopunde Dollyo Chagi**
L-Stance Obverse Punch	**Niunja So Baro Jirugi**
Side Elbow Thrust	**Yop Palkup Tulgi**

Movement:

Fast Motion	**Barun Dongjak**

Taekwon-Do Revision Guide

1st Kup

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

Pattern: **Choong Moo**
Movements: **30**
Diagram Shape: I **(Capital I Shape)**
Pattern Meaning:
Choong Moo was the name given to the great Admiral Yi Soon-Sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592, which is said to be the precursor of the present-day submarine. The reason why this pattern ends with a left-hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potential checked by the forced reservation of his loyalty to the king.

Stances

Parallel Stance	**Narani Sogi**
L Stance	**Niunja Sogi**
Walking Stance	**Gunnun Sogi**
Bending Stance	**Guburyo Sogi**
Fixed Stance	**Gojung Sogi**

Defensive Techniques

Twin Knifehand Block	**Sang Sonkal Makgi**
Outer Forearm Block	**Bakat Palmok Makgi**
Forearm Guarding Block	**Palmok Daebi Makgi**
U-shape Block	**Digutcha Makgi**
Double Forearm Block	**Doo Palmok Makgi**
Middle Front Block	**Kaunde Ap Makgi**
X-Knifehand Checking Block	**Kyocha Sonkal Momchau Makgi**
Twin Palm Upward Block	**Sang Sonbadak Ollyo Makgi**

Offensive Techniques:

Knifehand High Inward Strike	**Sonkal Nopunde Anuro Taerigi**
Flat Fingertip Thrust	**Opun Sonkut Tulgi**
Middle Side Piercing Kick	**Kaunde Yopcha Jirugi**
Flying Side Piercing Kick	**Twimyo Yopcha Jirugi**
Knee Kick	**Moorup Taerigi**
Reverse Knifehand High Front Strike	**Sonkal Dung Nopunde Ap Taerigi**
High Turning Kick	**Nopunde Dollyo Chagi**
Back Piercing Kick	**Dwitcha Jirugi**
Upset Fingertip Thrust	**Dwijibun Joomuk Nopunde Yop Taerigi**
Backfist High Side Strike	**Dung Joomuk Nopunde Yop Taerigi**
Straight Fingertip Thrust	**Sun Sonkut Tulgi**
Forefist Middle Punch	**Ap Joomuk Kaunde Jirugi**

Movement:

Fast Motion	**Barun Dongjak**