


Black Belt Grading
Terminology & Theory test



Farnham School of 
Tae Kwon Do

Section 1 – Body parts

Grading students will be asked 5 questions during the test on this section.

Body parts (attacking and blocking tools)

Hand/arm parts

- Hand **Son**
- Fore fist **Ap Joomuk**
- Back fist **Dung Joomuk**
- Side fist **Yop Joomuk**
- Knife hand **Sonkal**
- Reverse knife hand **Sonkal Dung**
- Outer forearm **Bakat Palmok**
- Inner forearm **An Palmok**
- Back forearm **Dung Palmok**
- Fingertips **Sonkut**
- Arc hand **Bandal Son**
- Palm **Sonbadak**
- Back of hand **Son Dung**
- Elbow **Palkup**
- Middle knuckle fist **Joongi Joomuk** * 1st dans and above only

Foot/leg parts

- Foot **Bal**
- Ball of foot **Ap Kumchi**
- Foot sword **Balkal**
- Reverse foot sword **Balkal Dung**
- Back sole **Dwit Kumchi**
- Back heel **Dwit Chook**
- Instep **Baldung**
- Toes **Balkut**
- Knee **Moorup**

Section 2 – Pattern meanings

Grading students will be asked 5 questions during the test on this section.

Patterns - interpretations & meanings

What is the interpretation of pattern Chon-Ji?

Chon-Ji literally means "Heaven and Earth". In the Orient it is interpreted as the creation of the world and the beginning of human history. Therefore, it is the first pattern learned by the beginner in tae kwon do. It has two parts - one to represent heaven and one to represent earth. 19 moves.

What is the interpretation of pattern Dan-Gun?

Dan-Gun is named after the holy Dan-Gun, legendary founder of Korea in the year 2333 BC. 21 moves.

What is the interpretation of pattern Do-San?

Do-San is the pen name of the patriot Ahn Chang-Ho who lived from 1878 to 1938 and who devoted his entire life to furthering the education of Korea and its independence movement. 24 moves.

What is the interpretation of pattern Won-Hyo?

Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD. 28 moves.

What is the interpretation of pattern Yul-Gok?

Yul-Gok is the pen name of a great philosopher and scholar Yi I (1536-1584) nicknamed the "Confucius of Korea". The 38 movements of this pattern refer to his birthplace on 38 degrees latitude and the diagram represents "scholar".

What is the interpretation of pattern Joong-Gun?

Joong-Gun is named after the patriot Ahn Joong-Gun, who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed at Lui-Shung prison in 1910.

What is the interpretation of pattern Toi-Gye?

It is the pen name of the noted 16th century scholar, Yi Hwang, an authority on neo-Confucianism. The 37 movements refer to his birthplace on the 37th degree of latitude. The diagram represents 'scholar'.

What is the interpretation of pattern Hwa-Rang?

It is named after the Hwa-Rang youth group (flowering youth), which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th infantry division of the Korean army, where tae kwon do developed into maturity.

What is the meaning of pattern Choong-Moo?

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 symbolise his regrettable death, having had no chance to show his potential, due to his forced loyalty to the king. 30 moves.

Patterns - interpretations & meanings - cont/d

1st dan grading for 2nd dan:

Any of the above plus;

Interpretation of 1st dan patterns

Kwang-Gae

It is named after the famous Kwang-Gae-Toh-Wang, the 19th king of the Koguryo kingdom, who regained all the lost territories including the greater part of Manchuria. The diagram of the pattern represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 AD, the year he came to the throne.

Po-Eun

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

Ge-Baek

It is named after a great admiral in the Baek Je dynasty (660 AD). The diagram of the pattern represents his severe and strict military discipline. 44 moves.

2nd dan grading for 3rd dan:

Any of the above kup grade and 1st dan pattern meanings plus;

Interpretation of 2nd dan patterns

Ko-Dang

Ko-Dang is the pseudonym of the patriot Cho Man Sik (1883-1950) who dedicated his life to the independence movement and education of his people. The 39 movements signify his times of imprisonment and his birthplace on the 39th parallel.

Eui-Am

Eui-Am (meaning righteousness) is the pseudonym of Son Byong Hi (1861 - 1922), leader of the Korean independence movement marches of March 1, 1919. The 45 movements refer to his age when he changed the name of Dong Hak (Oriental culture) to Chondo Kyo (Heavenly way religion) in 1905. The diagram represents his indomitable spirit, displayed while dedicating himself to the prosperity of his nation.

Choong-Jang

Choong-Jang is the pseudonym given to General Kim Duk Ryang who lived during the Yi Dynasty, 16th century (although some sources still say he was born in the 14th century). This pattern ends with a left-hand attack to symbolise the tragedy of his death at 27 (later research sources say his age at death was actually 29) in prison before he was able to reach full maturity. The pattern comprises 52 movements.

Please note, we require the extended meanings and details for the three 2nd dan patterns. Examples follow on the next page. However, you will be encouraged to do your own research. Ask your instructor if you need guidance in terms of where to look, i.e. for recommended publications.

2nd dan patterns - extended meanings - examples:

KO-DANG is the pseudonym of the patriot Cho Man Sik (1883-1950) who dedicated his life to the independence movement and education of his people. The 39 movements signify his times of imprisonment and his birthplace on the 39th parallel.

On 1st March 1919, he was one of 47,000 people arrested at the independence marches. Often referred to as the Gandhi of Korea, he actively promoted nationalism in the 1920s by encouraging the Korean people to buy Korean goods.

A Christian and elder of the Presbyterian Church, he was the first North Korean leader to stand up to the Soviet Union. In 1945, Kim Il Sung returned from exile to liberate Korea wearing a Soviet uniform and Cho Man Sik was forced to share the leadership of North Korea with him.

Cho Man Sik was later arrested along with other anti-Soviet nationalists and was executed in 1950, signalling the start of the persecution of Christians. In 1970, he was declared a martyr and honoured by the government of South Korea.

EUI-AM (meaning righteousness) is the pseudonym of Son Byong Hi (1861 - 1922), leader of the Korean independence movement marches of March 1, 1919. The 45 movements refer to his age when he changed the name of Dong Hak (Oriental culture) to Chondo Kyo (Heavenly way religion) in 1905. The diagram represents his indomitable spirit, displayed while dedicating himself to the prosperity of his nation.

He became a member of the Dong Hak at the age of 23 and had to recite the incantation of twenty one letters 30,000 times a day.

After three years of training he became a commander during the Peasant Revolution of 1894. Following years of persecution by the Japanese, Son Beyong Hi decided to modernise the religion, making it more open and transparent, creating a more legitimate religion in the eyes of the Japanese. This new religion was called Chondo Kyo or Heavenly Way.

In 1918, he was a key figure in the co-operation between Christians, Buddhists and Chondo Kyo that led to the declaration of independence on 1st March 1919. Son Byong Hi was one of 47,000 who were arrested and imprisoned. He became ill whilst in prison and died shortly after being released on compassionate grounds in 1922.

His respectful title, from which the pattern is named, is Eui Am Seong Sa.

CHOONG-JANG is the pseudonym given to General Kim Duk Ryang who lived during the Yi Dynasty, 16th century (although some sources still say he was born in the 14th century). This pattern ends with a left-hand attack to symbolise the tragedy of his death at 27 (later research sources say his age at death was actually 29) in prison before he was able to reach full maturity. The pattern comprises 52 movements.

General Kim Duk Ryang was born in 1567 not 1569 (if we accept that he was 29 and not 27 when executed). In 1594, as Commander in Chief of the Honam Province, he played a major role in repelling the Japanese from the province. The Japanese feared him so much, they named him General Ho Ik (Tiger Wing).

Despite his success in battle, Kim Duk Ryang still had enemies within the Korean leadership. Rivals implicated him in the murder of a slave girl and he was arrested and imprisoned in 1595.

Some sources say he was poisoned, despite receiving a pardon from the King, other sources say he died in prison after extreme torture, having had his shins broken and the skin peeled from his body.

65 years after his death, he was exonerated and his government position restored to him, after it was revealed that the charges against him were false.

He was posthumously awarded the title Minister of War in 1681 and later, in 1788, Head of Parliament.

Section 3 – Basic techniques

Grading students will be asked 5 questions during the test on this section.

Basic techniques

Blocks

- Forearm guarding block ***Palmok Daebi Makgi***
- Outer forearm low block ***Bakat Palmok Najunde Makgi***
- Inner forearm middle block ***An Palmok Najunde Makgi***
- Rising block ***Chookyo Makgi***
- Knifehand guarding block ***Sonkal Daebi Makgi***
- Twin outer forearm block ***Sang Bakat Palmok Makgi***
- Outer forearm wedging block ***Bakat Palmok Hetchyo Makgi***
- Outer forearm high block (first move of Do-San) ***Bakat Palmok Nopunde Makgi***
- Inner forearm circular block ***An Palmok Dollimyo Makgi***
- Palm hooking block ***Sonbadak Golcho Makgi***
- Twin knife hand block ***Sang Sonkal Makgi***
- Double forearm block ***Doo Palmok Makgi***
- X fist rising block (using back of the forearm) ***Kyocho Joomuk Chookyo Makgi***
- Upward palm block ***Ollyo Sonbadak Makgi***
- Palm pressing block ***Sonbadak Noollo Makgi***
- Double arc-hand U-shaped block ***Doo Bandalson Digutja Makgi***
- Double forearm pushing block ***Doo Palmok Miro Magki***
- Outer forearm W-shaped block ***Bakat Palmok San Makgi***
- Knifehand low guarding block ***Sonkal Najunde Daebi Makgi***
- X-fist pressing block (using back of the forearm) ***Kyocho Joomuk Noolo Makgi***
- Palm pushing block ***Sonbadak Miro Makgi***
- X-knifehand checking block ***Kyocho Sonkal Momchau Makgi***
- Twin upward palm block ***Sang Sonbadak Ollyo Makgi***
- Double arc hand block ***Doo bandalson makgi*** *1st dans & above only
- 9-shape block ***Gutja makgi*** *1st dans & above only
- Scooping block ***Duroh makgi*** *1st dans & above only

Punches

- Reverse punch ***Bandae Jirugi***
- Obverse punch ***Barro Jirugi***
- Double punch ***Doo Jirugi***
- Side punch ***Yop Jirugi***
- Twin vertical punch ***Sang Sewo Jirugi***
- Twin upset punch ***Sang Dwijibo Jirugi***
- Turning punch ***Dollyo Jirugi***
- Upward punch ***Ollyo Jirugi***
- Horizontal punch ***Soopyong Jirugi*** *1st dans & above only

Basic techniques - cont/d

Strikes & Thrusts (and release technique)

Knifehand side strike **Sonkal Yop Taerigi**

Inward knifehand strike **Annuro Sonkal Taerigi**

Knifehand downward strike **Sonkal Naeryo Taerigi**

Reverse knifehand inward strike **Sonkal Dung Anaero Taerigi**

Back fist strike **Dung Joomuk Taerigi**

High section back fist side strike **Dung Joomuk Yop Taerigi**

Back fist front strike **Dung Joomuk Ap Taerigi**

Side fist downward strike **Yop Joomuk Naerjo Taerigi** *1st dans & above only

Front elbow strike **Ap Palkup Taerigi**

Upper elbow strike **Wi Palkup Taerigi**

Straight finger tip thrust **Sun Sonkut Tulgi**

Upset fingertip thrust **Dwijibun Sonkut Tulgi**

High flat fingertip thrust **Nopunde Opun Sonkut Tulgi**

Side elbow thrust **Yop Palkup Tulgi**

Release technique **Jappyosul Tae**

Kicks

Front snap kick **Ap Cha Busigi**

Front rising kick **Ap Cha Olligi**

Turning kick **Dollyo Chagi**

Side kick **Yop Chagi (or Yop Cha Jirugi)**

Reverse turning kick **Bandae Dollyo Chagi**

Reverse side kick **Bandae Yop Chagi**

Knee kick **Moorup Chagi**

Crescent kick **Bandal Chagi**

Twisting kick **Bituro Chagi**

Hook kick **Golcho Chagi**

Downward kick **Naeryo Chagi**

Back kick **Dwit Chagi**

Flying side kick **Twimyo Yop Chagi (or Twimyo Yop Cha Jirugi)**

Pressing kick **Noollo chagi** *1st dans & above only

Basic techniques - cont/d

Stances

Attention stance **Charyot Sogi**

Parallel ready stance **Narani Chunbi Sogi**

Sitting stance **Annun Sogi**

Walking stance **Gunnun Sogi**

Walking ready stance **Gunnun Chunbi Sogi**

L stance **Niunja Sogi**

Closed ready stance A **Moa Chunbi Sogi A**

Fixed stance **Gojung Sogi**

Bending ready stance **Goburyo (Chunbi) Sogi**

X stance **Kyocho Sogi**

Rear foot stance **Dwit Bal Sogi**

Low stance **Nachuo Sogi**

Vertical stance **Soo Jik Sogi**

Closed ready stance B (or what is the ready stance in Toi Gye?) **Moa Chunbi Sogi B**

Closed ready stance C (or what is the ready stance in Hwa Rang?) **Moa Chunbi Sogi C**

Parallel stance with Heaven Hand **Narani Sogi Hanulson** *1st dans & above only

Section 4 – Black belt questions

Grading students will be asked 3 questions during the test on this section.

Black belt questions

1st kup grading for 1st dan:

- What does tae kwon do mean to you?
- What does becoming a black belt mean to you?
- How has tae kwon do helped you or changed your life?

1st dan grading for 2nd dan:

- What is the role of tae kwon do in modern life?
- Why is tae kwon do different to other non-martial art sports?
- Apart from the physical benefits, what does tae kwon do provide for you?
- What is the difference between 1st dan and 2nd dan?

2nd dan grading for 3rd dan:

- Why is tae kwon do important?
- How do you incorporate the tenets of tae kwon do into your everyday life?
- Why do you carry on with your tae kwon do training?
- Explain how you started in tae kwon do and the highlights of your tae kwon do career.

Section 5 – TKD knowledge

Grading students will be asked 5 questions during the test on this section.

Tae Kwon Do general knowledge

On what date was tae kwon do formed and formally recognised as a martial art? **11th April 1955**

Who was the founder and driving force of tae kwon do? **General Choi Hong Hi**

We practise the Chang Hon style of tae kwon do. The Chang Hon patterns system is named after the pen-name of General Choi Hong Hi. This is sometimes referred to as 'ITF style' but what do the initials ITF and the initials WT mean in tae kwon do? **ITF is International Taekwon-Do Federation. WT is World Taekwondo.**

What is a pattern? **A pattern is a set of fundamental movements, mainly defence and attack, set in a logical sequence to deal with one or more imaginary opponents.**

Why do we learn patterns? **To improve our tae kwon do techniques, to improve flexibility of movement, master body shifting, develop muscles, improve balance and improve breathing control. They also enable us to acquire techniques, which cannot be obtained from other forms of training.**

Meaning of the belt colours in tae kwon do:

- What is the meaning of white? **Innocence – no previous experience of tae kwon do.**
- What is the meaning of yellow? **Yellow signifies the earth from which the plant takes root as the foundations of tae kwon do are being laid.**
- What is the meaning of green? **Green signifies the plant's growth as tae kwon do skills begin to develop.**
- What is the meaning of blue? **Blue signifies the heaven toward which the plant matures into a towering tree as training in tae kwon do progresses.**
- What does red signify? **Red signifies danger, cautioning the student to exercise control and the opponent to stay away.**
- What is the meaning of black? **Black is opposite to white, signifying maturity and proficiency in tae kwon do, and rejection of darkness and fear.**