



# HED TKD

## TAE KWON-DO SCHOOLS

### GRADING INFORMATION

#### 1<sup>ST</sup> DAN BLACK BELT

##### PRACTICAL

Basics & combinations from all Patterns & Set sparring from all previous syllabus

Choice coloured belt pattern(s)

Set coloured Belt Pattern(s)

Black belt patterns (Kwang Gae, Po Eun, Gae Baek)

Breaking techniques (H & F)

All Set Sparring (One step to includes locks & take downs)

Free Sparring

##### NEW TERMINOLOGY

About Turn      Dwiyro Torro      (This is normally only used by instructors)

Breaking          Gyopka

Flying            Twimyo

##### Kwang Gae      (39 moves)

Kwang Gae is named after king Kwang Gae To Wang, 19<sup>th</sup> ruler of Korea's Koruyo dynasty. King Kwang Gae re-took many of the territories lost to Korea, including the greater part of Manchuria. The movement plan represents this recovery and expansion. The 39 moves represent his 39 year reign.

Parallel stance (with Heaven hand)	Narani Sogi - Hanulson
Forward	Apro
Backward	Dwiyro
Double stepping	Ibo Omgyo Didimyo
Double Step Turn	Ibo Omgyo Didimyo Dolgi
Side Fist Downward Strike	Yop Joomuk Naeryo Taerigi
Knife Hand Front Block	Sonkal Najundi Ap Magki
Consecutive Kick	Yonsok Chagi
Outward Pressing Kick	Bakuro Noollo Chagi
High Inward Knife Hand Strike	Nopunde Anuro Sonkal Taerigi
Low Stance	Nachuo Sogi

##### Po Eun          (36 Moves)

Po Eun is the pseudonym of a 15<sup>th</sup> century Korean poet and scientist called Choong Moong Chu. He was also known as a great patriot having penned the line "I would not serve a second master though I might be crucified one hundred times". The movement plan denotes his loyalty to both king and country towards the end of the Koruyo dynasty.

One Leg Stance	Waebal Sogi
Fore fist Pressing block	Ap Joomuk Noollo Magki
Back Elbow Strike	Dwit Palkup Tulgi
Horizontal Punch	Soopyong Jurigi
Reverse Knife Hand Low Guarding Block	Sonkal Dung Najundi Daebi Magki
Finger Belly	Songarak Badak
U-shaped Grasp	Mongdung-i Jaggi

##### Gae Baek        (44 Moves)

Gae Baek is named after General Gae Baek of the Baek Je dynasty (660 AD). The movement plan represents his strict military discipline.

Low Section Twisting Kick	Najunde Bituro Chagi
Double Arc hand High Block	Doo Bandalson Nopunde Magki
Scooping Block	Duro Magki
Nine Shape Block	Gutja Magki
Middle Knuckle Middle Punch	Joongi Joomuk Kaunde Jurigi
Spot Turn	Gujari Dolgi
	<i>(Note: many forms of Spot &amp; step turn occur in previous patterns)</i>