



WLS Taekwondo

Students Syllabus

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Introduction

Welcome to the WLS Taekwondo syllabus booklet. This booklet has been written for the benefit of WLS Taekwondo members but is available as a reference source for anyone including parents/guardians of WLS Taekwondo members. The techniques used are based on the current International Taekwondo Federation (ITF) syllabus.

In this booklet you will find all the necessary information regarding training and progressing to the 2nd Degree Black Belt with WLS Taekwondo. If you are unsure about any aspect of your training then please ask your instructor or any of the Black Belts and senior students. The answers to most questions can be found in this guide.

This is not an exhaustive guide to Taekwondo training. This guide is a quick reference tool for WLS Taekwondo students to aid training. Full information on all aspects of the Taekwondo syllabus and Taekwondo training can be found in the online ITF Taekwondo encyclopaedia. It is recommended that students familiarise themselves with the contents of the online ITF Taekwondo encyclopaedia. This will ensure the student progresses efficiently with the correct knowledge required for all techniques.

Membership card

Each student member is issued with a membership card. This must be brought to all lessons and placed in the card holder for the duration of the lesson. It is the responsibility of the member to scan the card correctly to log their attendance on our computer. This will record your attendance at the lesson and count towards your grading eligibility.

Students arriving for a lesson without their membership card must inform the instructor before the lesson commences and fill in a temporary attendance card. This attendance will *not* count towards your grading total. Alternatively, the student can log their attendance in the lesson using the QR code generator feature of the DojoLogin app. The student or parent/guardian of the student must inform the instructor of this and fill in the temporary attendance card. Please do not send requests for lessons attended without the membership card to be added to the grading total. New membership cards can be ordered for a small fee.

Membership terms and conditions

All WLS Taekwondo members are expected to behave in a correct and fitting manner appropriate to being a martial artist. All members or parents/guardians of members sign our current membership terms and conditions at enrolment. These membership terms and conditions are to help you understand how the club works and your responsibilities as a club member or parent/guardian of a club member. The membership terms and conditions are updated occasionally so please keep up to date with the latest version online. Printed copies are available on request. Each time a member signs into a class with their membership card they are accepting the latest version of the membership terms and conditions. If you have any questions regarding our current membership terms and conditions please feel free to ask for an explanation.

Standard or Junior programme

There are two basic training programmes available to students; Standard or Junior.

Junior

All students who are under the age of 8yrs at enrolment are placed on the junior programme. The main differences between the programmes are the extra tag grades between White Belt and Blue Belt in the Junior programme. This gives the younger members a chance to perfect their 10th to 4th Kup techniques before moving on to the higher grades. A solid foundation in the Taekwondo basic techniques is essential if the student is to successfully progress to Black Belt.

Once the student turns 8 years of age they are converted to the corresponding standard grade.

Standard

This is the normal training programme for adults and children over 8 years of age. The progression through the grades is the standard ITF (International Taekwondo Federation) grade progression.

Grade syllabus

The following pages list the required information for each grade. Students are required to learn all the terminology and techniques listed up to their present grade. Provided the student has applied themselves to learning the terminology and techniques then the Black Belt grading can be taken with confidence. Each grade progression builds upon the foundation set at White Belt with increasing levels of difficulty. It is imperative that the student perfects the techniques at their present grade before attempting the techniques of the grade above.

White belt 10th kup

Taekwondo - Literally means 'Tae' to kick or smash with the foot, 'Kwon' to punch or break with the fist, 'Do' the art of. Taekwondo is a version of unarmed combat designed for the purpose of self-defence.

General Choi Hong Hi - Is the father and founder of Taekwondo. It is a modern, Korean, self-defence martial art. Taekwondo was formally recognised as a martial art on April 11th 1955. The international Taekwondo Federation 'ITF' was formed in 1966.

Face the instructor - Sabum nim keh

Attention - Charyot

Bow - Kyong Ye

Tenets of Taekwondo - Courtesy, Integrity, Perseverance, Self-Control & Indomitable Spirit.

The Taekwondo Oath -

1. I shall observe the tenets of Taekwondo.
2. I shall respect the instructor and seniors.
3. I shall never misuse Taekwondo.
4. I shall be a champion of freedom and justice.
5. I shall strive to build a more peaceful world.

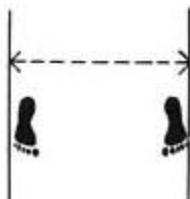
White belt - Signifies innocence, as that of a beginning student who has no previous knowledge of Taekwondo.

Four direction punch - Saju Jirugi

Four direction block - Saju Makgi

Parallel ready stance - Narani Junbi Sogi

- Place fists naturally over the abdomen.
- Feet are one shoulder width apart.



Punch - Jirugi

Forefist - Ap joomuk

Front snap kick - Apcha busigi

Front rising kick - Apcha olligi

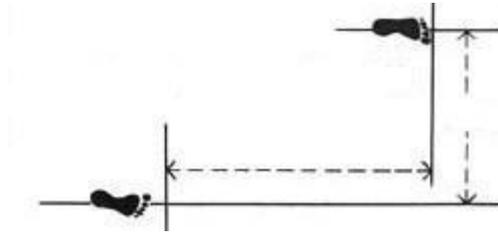
Ball of the foot - Apkumchi

Block - Makgi

Forearm - Palmok

Walking stance - Gunnun Sogi

- One shoulder width wide.
- One and a half shoulder width long.
- Weight distributed evenly on both feet.
- Front foot pointing forward with the rear foot turned outwards by 25 degrees.
- When the right leg is bent it is called a right walking stance and vice versa.



Walking stance middle front punch - Gunnun so kaunde ap jirugi

- The fist forms a vertical line with the toes, reaches the same level as the attacker's shoulders and reaches the centreline of the attacker's body.

Numbers

1. Hana
2. Dool
3. Set
4. Net
5. Dasot
6. Yosot
7. Ilgop
8. Yodul
9. Ahop
10. Yool

Training secret of Taekwondo

Students should keep in mind the following training secrets:

1. To study the theory of power thoroughly.
2. To understand the purpose and method of each movement clearly.
3. To bring the movement of eyes, hands, feet and breath into a single coordinated action.
4. To choose the appropriate attacking tool for each vital spot.
5. To become familiar with the correct angle and distance for attack and defence.
6. Keep both the arms and legs bent slightly while the movement is in motion.
7. All movements must begin with a backward motion with very few exceptions. However, once the movement is in motion it should not be stopped before reaching the target.
8. To create a sine wave during the movement by utilizing the knee spring properly.
9. To exhale briefly at the moment of each blow except in a connecting motion.

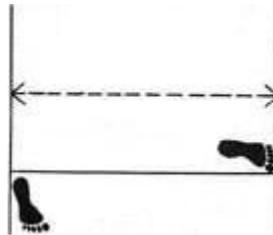
Yellow tag 9th kup

Sitting stance - Annun sogi

- Weight distributed evenly on both feet.
- One and a half shoulder width wide.

L stance - Niunja Sogi

- The weight distribution is 70% on the rear leg and 30% on the front leg.
- The rear leg is the leading leg.
- One and a half shoulder width long from toe to heel.
- Rotate both feet inwards by 15 degrees.
- The body is half facing.



Front - Ap

Side - Yop

Low section - Najunde

- The low section of the body is all areas below the navel.

Middle section - Kaunde

- The middle section of the body is all areas between the navel and the shoulders.

High section - Nopunde

- The high section of the body is all areas above the shoulders.

Side kick - Yop Chagi

Side piercing kick - Yop Cha Jirugi

- The footsword is the attacking tool used.
- Keep the toes of the kicking foot faced slightly downwards and the toes of the stationary foot pointed about 75 degrees outwards at the moment of impact.

Footsword - Balkal

Low block - Najunde makgi

- The purpose of this technique is to intercept an opponent's attacking foot or hand directed against the low abdomen or points below.
- The blocking tool, with rare exceptions, must make impact with the attacker's foot or hand at the same level as the target area.

Middle block - Kaunde makgi

- If the fist or fingertip reaches the same level of the defender's shoulder at the moment of block it is called a middle block.
- It is used to intercept the opponent's attacking tool directed toward the solar plexus and points above.

High block - Nopunde makgi

- If the fist or fingertip reaches the same level of the defender's eyes at the moment of block it is called a high block.

- It is used to intercept the opponent's attacking tool directed toward the neck and points above.

Outer forearm - Bakat palmok

Inner forearm - An palmok

Side block - Yop Makgi

- When the body is half or side facing the opponent at the moment of block, regardless of the blocking tool, stance used, or previous position of the opponent, it is called a side block.
- The blocking tool is focused toward the centre of the defender's shoulders.

Yellow belt 8th kup

Yellow belt - Signifies the Earth from which a plant sprouts and takes root as the Taekwondo foundation is being laid.

Obverse - Baro

Reverse - Bandae

Turning kick - Dollyo chagi

- The ball of the foot (apkumchi) is the main attacking tool.
- The instep (baldung) and the knee (moorup) can also be used.
- The toes (balkut) can be used if wearing shoes.
- The toes of the stationary foot should point 45 degrees outward at the moment of impact.
- The arms must be kept within sight while kicking.
- The heel must remain higher than the ball of the foot at the moment of impact.

Instep - Baldung

Knifehand - Sonkal

Strike - Taerigi

Knifehand side strike - Sonkal yop taerigi

Guarding block - Daebi makgi

- Keep the blocking tool half facing the target at the moment of blocking.
- Bring the opposite knifehand or side fist in front of the chest 3cm from the body.
- The guarding hands should be flexible enough to protect the whole body against an attack.
- Keep the body half facing the target at all times.

Knifehand guarding block - Sonkal daebi makgi

Twin forearm block - Sang palmok makgi

Front block - Ap makgi

- If the body is full facing the target and the blocking tool stays at the centre of the defender's body, regardless of the blocking tool, stance used or previous position of the opponent, the block is called a front block.

Rising block - Chookyo makgi

- Keep the body full facing towards the attacker.

Inner forearm - An palmok

High punch - Nopunde jirugi

- The fist reaches the same level as the attacker's eyes.

Outer forearm - Bakat palmok

Sparring - Matsogi

3 Step sparring - Sambo matsogi

- Three Step Sparring Ready Position :
 - Attacker (A) - Walking stance low forearm block
 - Defender (D) - Parallel ready stance

Free sparring - Jayu matsogi

Green tag 7th kup

Thrust - Tulgi

Strike - Taerigi

Fingertip - Sonkut

Straight fingertip thrust - Sun sonkut tulgi

Backfist - Dung joomuk

Backfist strike - Dung joomuk taerigi

Walking stance backfist high side strike - Gunnun so dung joomuk nopunde yop taerigi.

- The fist reaches the eye level of the attacker.
- The fist and body become half facing the opponent.

Outer forearm high section side block - Bakat palmok nopunde yop makgi.

- The fist reaches the eye level of the defender.

Outer forearm high section wedging block - Bakat palmok nopunde hechyo makgi

- The fists reach the same level as the eyes of the defender.
- The distance between the fists is equal to one shoulder width.

Spot turning - Gujari dolgi

Spot Turning Procedure

1. Right walking stance.
2. Move ball of right foot to centreline of body, in line with rear of heel in walking stance.
3. Turn your body counter clockwise to form a left walking stance in the opposite direction.



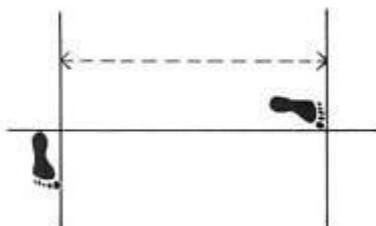
- Procedure is reversed for turning from left walking stance to right.

Green belt 6th kup

Green belt - Signifies the plant's growth as the Taekwondo training continues.

Fixed stance - Gojang sogi

- This is an effective stance for attack and defence to the side.
- The body weight is distributed evenly on both legs.
- When the right leg is advanced it is a right fixed stance and vice versa.
- The distance between the toes is one and a half shoulder widths.
- The body is half facing.



Close ready stance type A - Moa junbi sogi A

- The distance between the fists and the philtrum is about 30 centimetres.

Bending ready stance type A - Goobooryo junbi sogi A

- When standing on the right foot it is a right bending ready stance type A and vice versa.

L-stance knifehand high inward strike - Niunja so sonkal nopunde anuro taerigi

- The knifehand reaches the same level as the neck of the attacker.
- The attacking tool (knifehand in this instance) reaches the chest line at the moment of impact.

Walking stance reverse punch - Gunnun so bande jirugi

Forearm circular block - Palmok dollimyo makgi

- The inner forearm is the blocking tool.
- The fist reaches the same level as the defender's shoulder.
- This shoulder should be slightly lower than the opposite one.

L-stance forearm middle guarding block - Niunja so palmok kaunde daebi makgi.

Middle side piercing kick - Kaunde yop cha jirugi

- The footsword reaches the same level as the shoulder of the attacker,
- Perform a high punch while kicking.

Low front snap kick - Najunde ap cha busigi

- The foot reaches the same level as the lower abdomen of the attacker.

Blue tag 5th kup

Turn to face the instructor - Sabum nim keh

Attention - Charyot

Bow - Kyong ye

X-stance - Kyocha sogi

- Place the ball of the foot either in front, or behind (depending on the application) of the other leg. Body weight is rested on the stationary leg. When the weight is rested on the right foot it is a right x-stance and vice versa.

Sitting stance middle punch - Annun so kaunde jirugi

- Punch reaches the same level as the attacker's shoulders.

L-stance twin knifehand block - Niunja so sang sonkal makgi

Palm - Sonbadak

Hooking block - Golcho makgi

Walking stance palm hooking block - Gunnun so sonbadak golcho makgi

Elbow - Palkup

Front elbow strike - Ap palkup taerigi

Walking stance front elbow strike - Gunnun so ap palkup taerigi

X-stance high backfist side strike - Kyocha so nopunde dung joomuk yop taerigi

- The body becomes half facing the opponent. The fist reaches the eye level of the attacker and is half facing the opponent.

Double forearm high block - Doo palmok nopunde makgi

- The body becomes half facing the opponent.
- The fist reaches the eye level of the defender.

Reverse turning kick - Badae dollyo chagi

- This is a reverse form of the turning kick.
- It is mainly performed with the back heel but occasionally the ball of the foot is used.
- Keep the kicking leg straight always.

Blue belt 4th kup

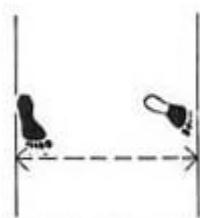
Blue belt - Signifies the heaven towards which the plant matures into a towering tree as training in Taekwondo progresses.

Close ready stance B - Moa junbi sogi B

- The fists reach the same level as the navel.

Rear foot stance - Dwitbal sogi

- Stance is one shoulder width wide.
- Most of the weight on the rear leading leg.



Low stance - Nachuo sogi

- One and a half shoulder width long from the heel of the front foot to the toe of the rear foot.
- Weight distribution is even.
- When the right foot is advanced it is a right low stance and vice versa.
- The body can be either full or half facing.

L-stance reverse knifehand outward block - Niunja so sonkal dung bakuro makgi

Side front snap kick - Yobap cha busigi

Rear foot stance palm upward block - Dwitbal so sonbadak ollyo makgi

- The palm reaches the same level as the solar plexus of the defender.

Elbow - Palkup (upper elbow - wipalkup)

Walking stance upper elbow strike - Gunnun so wipalkup taerigi

Walking stance twin fist high vertical punch - Gunnun so sang joomuk sewo jirugi

- The fist reaches the same level as the philtrum of the attacker.
- The elbows form straight lines with the shoulders of the attacker.

Walking stance twin fist upset punch - Gunnun so sang joomuk dwigibo jirugi

- The back fist reaches the same level as the elbow joint.

X-Fist rising block - Kyocha joomuk chookyo makgi

L-Stance backfist high side strike - Niunja so dung joomuk nopunde yop taerigi

- The fist reaches the eye level of the attacker.

Low stance palm pressing block - Nachuo so sonbadak noollo makgi

- The palm reaches the same level as the defender's abdomen.
- The other palm reaches the same level as the solar plexus.

Arc hand - Bandalson

Fixed stance u-shape block - Gojang so digutja makgi

- The arc-hands form a vertical line with the knee.

Angle punch - Giokja jirugi

Two step sparring - lbo matsogi

- Two Step Sparring Ready Position:
 - Attacker (A) - L-stance forearm guarding block.
 - Defender (D) - Parallel ready stance.

Red tag 3rd kup

Walking stance upset fingertip low thrust - Gunnun so dwijibun sonkut najunde tulgi

- The fingertip reaches the same level as the pubic region.

Close stance backfist side back strike - Moa so dung joomuk yopdwi taerigi

- The backfist reaches the eye level of the attacker.

Walking stance x-fist pressing block - Gunnun so kyocha joomuk noollo makgi

- The crossed point reaches the same level as the lower abdomen of the defender.

Sitting stance outer forearm w-shape block - Annun so bakat palmok san makgi.

- The outer forearm reaches the same level as the philtrum of the defender.

Knee upward kick - Moorup ollyo chagi

- The palms become level with the elbows.

Walking stance flat fingertip high thrust - Gunnun so opun sonkut nopunde tulgi

- The fingertip reaches the same level as the forehead of the attacker.

L-stance double forearm low pushing block - Niunja so doo palmok najunde miro makgi

- The inner forearm reaches the same level as the lower abdomen of the defender.

L-stance backfist high strike - Niunja so dung joomuk nopunde taerigi

- The back fist reaches slightly above the temple of the attacker.

X-stance x-fist pressing block - Kyocha so kyocha joomuk noollo makgi

- The cross point reaches the same level as the lower abdomen.

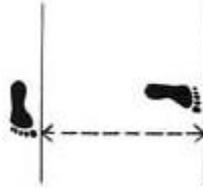
L-stance knifehand low guarding block - Niunja so sonkal najunde daebi makgi

Red belt 2nd kup

Red belt - Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

Vertical stance - Soojik sogi

- Distance between toes is one shoulder width.



Sitting stance palm pushing block - Annun so sonbadak miro makgi

L-stance upward punch - Niunja so ollyo jirugi

Vertical stance knifehand downward strike - Soojik so sonkal naeryo taerigi

- The knifehand reaches the target in a circular motion.
- Keep the elbow straight at the moment of impact.

L-stance obverse punch - Niunja so baro jirugi

- The fist reaches the same level as the shoulder.
- The right arm forms a parallel line with the left leg and vice versa.

L-stance side elbow thrust - Niunja so yop palkup tulgi

Close stance inner forearm side front block - Moa so an palmok yobap makgi

- The fist reaches the same level as the defender's temple.
- The outer forearm reaches the same level as the abdomen of the defender.

Black tag 1st kup

Black belt - Opposite of white, therefore, signifying the maturity and proficiency in Taekwon-do. It also indicates the wearer's imperviousness to darkness and fear.

Walking stance knifehand high front strike - Gunnun so sonkal nopunde ap taerigi

- The fingertip reaches the eye level of the attacker.
- The body becomes full facing the opponent and the knife hand reaches the centre of the attacker's body.

Flying side piercing kick - Twimyo yop cha jirugi

- The foot should be slightly lower than the attacker's hip.

L-stance forearm low block - Niunja so najunde palmok makgi

Walking stance reverse knifehand high front strike - Gunnun so sonkal dung nopunde ap taerigi

- The reverse knife hand reaches the same level as the philtrum of the attacker.
- The body becomes full facing the opponent and the reverse knife hand reaches the centre of the attacker's body.

Middle back piercing kick - Kaunde dwit cha jirugi

- The foot reaches the same level as the shoulder of the attacker.
- Keep the toes of the stationary foot pointed to the front.
- Footsword is the attacking tool.

Sitting stance forearm middle front block - Annun so palmok kaunde ap makgi

- The forearm reaches the centre of the body.

Sitting stance backfist high side strike - Annun so dung joomuk nopunde yop taerigi

- The back fist should be half facing the opponent.

L-stance X knifehand middle side block - Niunja so kyocha sonkal kaunde yop makgi

- The fingertip reaches the same level as the shoulder of the defender.

Walking stance double palm upward block - Gunnun so doo sonbadak ollyo makgi

- The blocking tool reaches the target in a circular motion.
- The palms reach the same level as the elbows of the defender.

Black belt 1st degree

Parallel stance with a heaven hand - Narani so hanulson

Rear foot stance knifehand guarding block - Dwitbal so sonkal nopunde daebi makgi

- The fingertip reaches the eye level.

Walking stance upset punch - Gunnun so dwijibo jirugi

- The back fist reaches the same level as the elbow joint.

Walking stance palm upset block - Gunnun so sonbadak ollyo makgi

- The palm reaches the same level as the solar plexus of the defender.

Close stance side fist downward strike - Moa so yop joomuk naeryo taerigi

- The attacking tool reaches the target in a circular motion.

Outward pressing kick - Bakuro noollo chagi

Close stance knife hand low front block - Moa so sonkal najunde ap makgi

- The blocking tool reaches the target in a circular motion.

Walking stance forearm low reverse block - Gunnun so palmok najunde bandae makgi

- The body becomes half facing the opponent.

Walking stance high reverse punch - Gunnun so nopunde bandae jirugi

- The fist reaches the eye level of the attacker.

One leg stance - Waebal sogi

Sitting stance angle punch - Annun so giokja jirugi

- The fist reaches up to the chest.

Sitting stance fore fist pressing block - Annun so ap joomuk noollo makgi

- The fist stays at the centre of the defender's body.

Sitting stance inner forearm wedging block - Annun so an palmok hechyo makgi

- The fist reaches the same level as the shoulder of the defender.

Sitting stance back elbow thrust - Annun so dwit palkup tulgi

Sitting stance horizontal punch - Annun so soopyong jirugi

X-stance forearm low front block - Kyocha so palmok najunde ap makgi

- The forearm reaches the same level as the lower abdomen of the defender.
- The body becomes full facing the opponent.

L-stance u-shape grasp - Niunja so digutja yapgi

- The blocking tool forms a vertical line with the knee.
- Keep the palm of the top hand facing upward.

Close stance twin elbow thrust - Moa so sang palkup soopyong tulgi

- The attacking tools form a horizontal line.
- Keep both back fists facing upward at the moment of impact.

Sitting stance back fist front strike - Annun so dung joomuk ap taerigi

- The attacking tool stays at the centre of the attacker's body.

Sitting stance reverse knife hand low guarding block - Annun so sonkal dung najunde daebi makgi

- The hands generally form a parallel line.
- Blocking tool reaches the target in a straight line.

Low twisting kick - Najunde bituro chagi

- The ball of the foot is the attacking tool.

Double arc hand high block - Doo Bandalson nopunde makgi

Sitting stance scooping block - Annun so duro makgi

- The palm reaches the same level as the solar plexus of the defender in a circular motion.

Sitting stance back fist side front strike - Annun so dung joomuk ap taerigi

- The attacking tool stays at the centre of the attacker's body.

Sitting stance nine shape block - Annun so gutja makgi

L-Stance middle knuckle fist middle upset punch - Niunja so joongji joomuk kaunde dwijibo jirugi

- The fist reaches the solar plexus of the attacker in an uppercut motion.

X-Stance double forearm high block - Kyocho so doo palmok nopunde makgi

Low stance flat fingertip high obverse thrust - Nachuo so opun sonkut nopunde baro tulgi

Low stance flat fingertip high reverse thrust - Nachuo so opun sonkut nopunde bandae tulgi

Sitting stance knife hand low guarding block - Annun so sonkal najunde daebi makgi

Patterns (Tuls)

Definition of a pattern

A pattern is a set of fundamental movements both offensive and defensive against one or more imaginary opponents. The student systematically deals with several imaginary opponents under various assumptions, using every available attacking and blocking tool from different directions. Thus, pattern practice enables the student to go through many fundamental movements in series, to develop sparring techniques, improve flexibility of movements, master body shifting, build muscles and breath control, develop fluid and smooth motions, and gain rhythmical movements.

The patterns should be performed considering the following points:

- The pattern should begin and end at exactly the same spot. This will indicate the performer's accuracy.
- Correct posture and facing must be maintained at all times.
- Muscles of the body should be either tensed or relaxed at the proper critical moments in the exercise.
- The exercise should be performed in a rhythmic movement with an absence of stiffness.
- Movement should be accelerated or decelerated according to the instructions given.
- Each pattern should be perfected before moving to the next.
- Students should know the purpose of each movement.
- Students should perform each movement with realism.
- Attack and defence techniques should be equally distributed among right and left hands and feet.
- The patterns are performed under the assumption the student is facing "D" (see pattern diagrams).
- There are a total of twenty four patterns in Taekwondo.

The reason for twenty four patterns

"The life of a human being, perhaps 100 years, can be considered as a day when compared with eternity. Therefore, we mortals are no more than simple travellers who pass by the eternal years of an aeon in a day.

It is evident that no one can live more than a limited amount of time. Nevertheless, most people foolishly enslave themselves to materialism as if they could live for thousands of years. Some people strive to bequeath a good spiritual legacy for coming generations, in this way, gaining immortality. Obviously, the spirit is perpetual while material is not.

Therefore, what we can do to leave behind something for the welfare of mankind is, perhaps, the most important thing in our lives.

Here I leave Taekwon-Do for mankind as a trace of man in the late 20th century.

The 24 patterns represent 24 hours, one day, or all my life."

General Choi Hong Hi

Pattern schedule

All patterns are linked closely with the fundamental exercises. Students should therefore practice the patterns according to the following schedule. This will lead to the greatest results with the least effort.

Name of Pattern (Tul)	Grade	Order of Belt
Chon-Ji	9th kup	Yellow tag
Dan-Gun	8th kup	Yellow
Do-San	7th kup	Green tag
Won-Hyo	6th kup	Green
Yul-Gok	5th kup	Blue tag
Joong-Gun	4th kup	Blue
Toi-Gye	3rd kup	Red tag
Hwa-Rang	2nd kup	Red
Choong-Moo	1st kup	Black tag
Kwang-Gae Po-Eun Ge-Baek	1st Degree	Black
Eui-Am Choong-Jang Juche	2nd Degree	Black
Sam-Il Yoo-Sin Choi-Yong	3rd Degree	Black
Yon-Gae Ul-Ji Moon-Moo	4th Degree	Black
So-San Se-Jong	5th Degree	Black
Tong-Il	6th Degree	Black

Chon-Ji

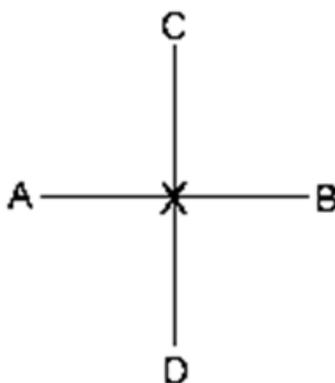
Pattern - Tul

Chon-Ji - Means literally 'The heaven, the Earth'. It is, in the orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts, one to represent the Heaven and the other the Earth.

Ready Posture - Narani Junbi Sogi

Movements - 19

Diagram -



The following movements assume the student is in the ready posture standing on line AB facing towards D. This start position is the same for all following patterns.

1. Move the left foot to B, forming a left walking stance toward B while executing a low block to B with the left forearm.
2. Move the right foot to B, forming a right walking stance toward B while executing a middle punch to B with the right fist.
3. Move the right foot to A, turning clockwise to form a right walking stance toward A while executing a low block to A with the right forearm.
4. Move the left foot to A, forming a left walking stance toward A while executing a middle punch to A with the left fist.
5. Move the left foot to D, forming a left walking stance toward D while executing a low block to D with the left forearm.
6. 6. Move the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.
7. Move the right foot to C, turning clockwise to form a right walking stance toward C while executing a low block to C with the right forearm.
8. Move the left foot to C, forming a left walking stance toward C while executing a middle punch to C with the left fist.
9. Move the left foot to A, forming a right L-stance toward A while executing a middle block to A with the left inner forearm.
10. Move the right foot to A, forming a right walking stance toward A while executing a middle punch to A with the right fist.
11. Move the right foot to B, turning clockwise to form a left L-stance toward B while executing a middle block to B with the right inner forearm.
12. Move the left foot to B, forming a left walking stance toward B while executing a middle punch to B with the left fist.

13. Move the left foot to C, forming a right L-stance toward C while executing a middle block to C with the left inner forearm.
 14. Move the right foot to C, forming a right walking stance toward C while executing a middle punch to C with the right fist.
 15. Move the right foot to D, turning clockwise to form a left L-stance toward D while executing a middle block to D with the right inner forearm.
 16. Move the left foot to D, forming a left walking stance toward D while executing a middle punch to D with the left fist.
 17. Move the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.
 18. Move the right foot to C, forming a left walking stance toward D while executing a middle punch to D with the left fist.
 19. Move the left foot to C, forming a right walking stance toward D while executing a middle punch to D with the right fist.
- END. Bring the left foot back to the ready position.

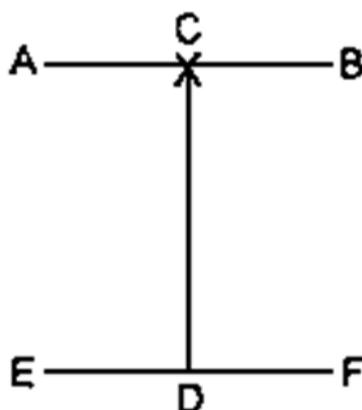
Dan-Gun

Dan-Gun - Is named after the holy Dan Gun, the legendary founder of Korea in the year 2,333b.c.

Ready Posture - Narani Junbi Sogi

Movements - 21

Diagram -



1. Move the left foot to B forming a right L-stance toward B, at the same time executing a middle guarding block to B with a knife-hand.
2. Move the right foot to B forming a right walking stance toward B while executing a high punch to B with the right fist.
3. Move the right foot to A turning clockwise to form a left L-stance toward A, at the same time executing a middle guarding block to A with a knife-hand.
4. Move the left foot to A forming a left walking stance toward A while executing a high punch to A with the left fist.
5. Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm.
6. Move the right foot to D forming a right walking stance toward D while executing a high punch to D with the right fist.
7. Move the left foot to D forming a left walking stance toward D while executing a high punch to D with the left fist.
8. Move the right foot to D forming a right walking stance toward D while executing a high punch to D with the right fist.
9. Move the left foot to E, turning counter clockwise to form a right L-stance toward E while executing a twin forearm block to E.
10. Move the right foot to E forming a right walking stance toward E while executing a high punch to E with the right fist.
11. Move the right foot to F turning clockwise to form a left L-stance toward F while executing a twin forearm block to F.
12. Move the left foot to F forming a left walking stance toward F while executing a high punch to F with the left fist.
13. Move the left foot to C forming a left walking stance toward C while executing a low block to C with the left forearm.
14. Execute a rising block with the left forearm, maintaining the left walking stance toward C. Perform 13 and 14 in a continuous motion.
15. Move the right foot to C forming a right walking stance toward C, at the same time executing a rising block with the right forearm.

16. Move the left foot to C forming a left walking stance toward C, at the same time executing a rising block with the left forearm.
 17. Move the right foot to C forming a right walking stance toward C, at the same time executing a rising block with the right forearm.
 18. Move the left foot to B turning counter clockwise to form a right L-stance toward B while executing a middle outward strike to B with the left knife-hand.
 19. Move the right foot to B forming a right walking stance toward B while executing a high punch to B with the right fist.
 20. Move the right foot to A turning clockwise to form a left L-stance toward A while executing a middle outward strike to A with the right knife-hand.
 21. Move the left foot to A forming a left walking stance toward A while executing a high punch to A with the left fist.
- END. Bring the left foot back to a ready posture.

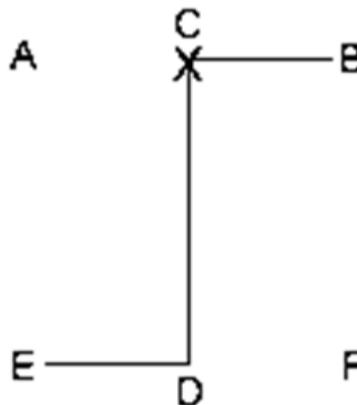
Do-San

Do-San - Do-San is the pseudonym of the patriot Ahn Chang-Ho (1876-1938). The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.

Ready Posture - Narani Junbi Sogi

Movements - 24

Diagram -



1. Move the left foot to B, forming a left walking stance toward B while executing a high side block to B with the left outer forearm.
2. Execute a middle punch to B with the right fist while maintaining a left walking stance toward B.
3. Move the left foot on line AB, and then turn clockwise to form a right walking stance toward A while executing a high side block to A with the right outer forearm.
4. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A.
5. Move the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
6. Move the right foot to D forming a right walking stance toward D while executing a middle thrust to D with the right straight fingertip.
7. Twist the right knife-hand together with the body counterclockwise until its palm faces downward and then move the left foot to D, turning counter clockwise to form a left walking stance toward D while executing a high side strike to D with the left back fist.
8. Move the right foot to D forming a right walking stance toward D while executing a high side strike to D with the right back fist.
9. 9. Move the left foot to E, turning counter clockwise to form a left walking stance toward E while executing a high side block to E with the left outer forearm.
10. Execute a middle punch to E with the right fist while maintaining a left walking stance toward E.
11. Move the left foot on line EF, and then turn clockwise to form a right walking stance toward F while executing a high side block to F with the right outer forearm.
12. Execute a middle punch to F with the left fist while maintaining a right walking stance toward F.
13. Move the left foot to CE forming a left walking stance toward CE, at the same time executing a high wedging block to CE with the outer forearm.
14. Execute a middle front snap kick to CE with the right foot, keeping the position of the hands as they were in 13.

15. Lower the right foot to CE forming a right walking stance toward CE while executing a middle punch to CE with the right fist.
 16. Execute a middle punch to CE with the left fist while maintaining a right walking stance toward CE. Perform 15 and 16 in a fast motion.
 17. Move the right foot to CF forming a right walking stance toward CF while executing a high wedging block to CF with the outer forearm.
 18. Execute a middle front snap kick to CF with the left foot, keeping the position of the hands as they were in 17.
 19. Lower the left foot to CF forming a left walking stance toward CF while executing a middle punch to CF with the left fist.
 20. Execute a middle punch to CF with the right fist while maintaining a left walking stance toward CF. Perform 19 and 20 in a fast motion.
 21. Move the left foot to C forming a left walking stance toward C, at the same time executing a rising block with the left forearm.
 22. Move the right foot to C forming a right walking stance toward C while executing a rising block with the right forearm.
 23. Move the left foot to B, turning counter clockwise to form a sitting stance toward D while executing a middle side strike to B with the left knife-hand.
 24. Bring the left foot to the right foot and then move the right foot to A forming a sitting stance toward D while executing a middle side strike to A with the right knife-hand.
- END: Bring the right foot back to a ready posture.

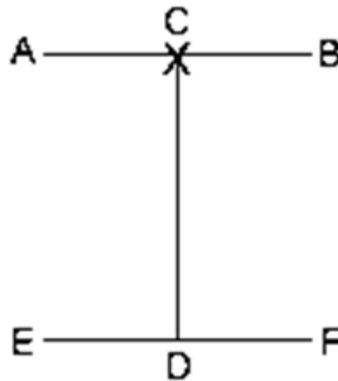
Won-Hyo

Won-Hyo - Was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.

Ready Posture - Moa Junbi Sogi (Type A)

Movements - 28

Diagram -



1. Move the left foot to B forming a right L-stance toward B while executing a twin forearm block.
2. Execute a high inward strike to B with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward B.
3. Execute a middle punch to B with the left fist while forming a left fixed stance toward B, slipping the left foot to B.
4. Bring the left foot to the right foot and then move the right foot to A, forming a left L-stance toward A while executing a twin forearm block.
5. Execute a high inward strike to A with the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward A.
6. Execute a middle punch to A with the right fist while forming a right fixed stance toward A, slipping the right foot to A.
7. Bring the right foot to the left foot and then turn the face toward D while forming a right bending ready stance A toward D.
8. Execute a middle side piercing kick to D with the left foot.
9. Lower the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
10. Move the right foot to D forming a left L-stance toward D while executing a guarding block to D with a knife-hand.
11. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
12. Move the right foot to D forming a right walking stance toward D while executing a middle thrust to D with the right straight finger tip.
13. Move the left foot to E turning counter clockwise to form a right L-stance toward E, at the same time executing a twin forearm block.
14. Execute a high inward strike to E with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward E.
15. Execute a middle punch to E with the left fist while forming a left fixed stance toward E, slipping the left foot to E.

16. Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a twin forearm block.
 17. Execute a high inward strike to F with the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward F.
 18. Execute a middle punch to F with the right fist while forming a right fixed stance toward F, slipping the right foot to F.
 19. Bring the right foot to the left foot and then move the left foot to C forming a left walking stance toward C while executing a circular block to CF with the right inner forearm.
 20. Execute a low front snap kick to C with the right foot, keeping the position of the hands as they were in 19.
 21. Lower the right foot to C forming a right walking stance toward C while executing a middle punch to C with the left fist.
 22. Execute a circular block to CE with the left inner forearm while maintaining a right walking stance toward C.
 23. Execute a low front snap kick to C with the left foot, keeping the position of the hands as they were in 22.
 24. Lower the left foot to C forming a left walking stance toward C while executing a middle punch to C with the right fist.
 25. Turn the face toward C forming a left bending ready stance A toward C.
 26. Execute a middle side piercing kick to C with the right foot.
 27. Lower the right foot on line CD and then move the left foot to B, turning counter clockwise to form a right L-stance toward B, at the same time executing a middle guarding block to B with the forearm.
 28. Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A while executing a middle guarding clock to A with the forearm.
- END: Bring the right foot back to a ready posture.

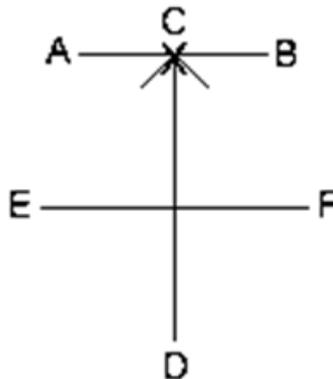
Yul-Gok

Yul-Gok - is the pseudonym 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 latitude and the diagram represents "scholar".

Ready Posture - Narani Junbi Sogi

Movements - 38

Diagram -



1. Move the left foot to B forming a sitting stance toward D while extending the left fist to D horizontally.
2. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.
3. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D. Perform 2 and 3 in a fast motion.
4. Bring the left foot to the right foot and then move the right foot to A forming a sitting stance toward D while extending the right fist to D horizontally.
5. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.
6. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D. Perform 5 and 6 in a fast motion.
7. Move the right foot to AD forming a right walking stance toward AD while executing a middle side block to AD with the right inner forearm.
8. Execute a low front snap kick to AD with the left foot keeping the position of the hands as they were in 7.
9. Lower the left foot to AD forming a left walking stance toward AD while executing a middle punch to AD with the left fist.
10. Execute a middle punch to AD with the right fist while maintaining a left walking stance toward AD. Perform 9 and 10 in a fast motion.
11. Move the left foot to BD forming a left walking stance toward BD at the same time executing a middle side block to BD with the left inner forearm.
12. Execute a low front snap kick to BD with the right foot keeping the position of the hands as they were in 11.
13. Lower the right foot to BD forming a right walking stance toward BD while executing a middle punch to BD with the right fist.
14. Execute a middle punch to BD with the left fist while maintaining a right walking stance toward BD. Perform 13 and 14 in a fast motion.

15. Execute a middle hooking block to D with the right palm while forming a right walking stance toward D, pivoting with the left foot.
16. Execute a middle hooking block to D with the left palm while maintaining a right walking stance toward D.
17. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D. Execute 16 and 17 in a connecting motion.
18. Move the left foot to D forming a left walking stance toward D while executing a middle hooking block to D with the left palm.
19. Execute a middle hooking block to D with the right palm while maintaining a left walking stance toward D.
20. Execute a middle punch to D with the left fist while maintaining a left walking stance toward D. Execute 19 and 20 in a connecting motion.
21. Move the right foot to D forming a right walking stance toward D at the same time executing a middle punch to D with the right fist.
22. Turn the face toward D forming a right bending ready stance A toward D.
23. Execute a middle side piercing kick to D with the left foot.
24. Lower the left foot to D forming a left walking stance toward D while striking the left palm with the right front elbow.
25. Turn the face toward C forming a left bending ready stance A toward C.
26. Execute a middle side piercing kick to C with the right foot.
27. Lower the right foot to C forming a right walking stance toward C while striking the right palm with the left front elbow.
28. Move the left foot to E forming a right L-stance toward E while executing a twin knife-hand block.
29. Move the right foot to E forming a right walking stance toward E while executing a middle thrust to E with the right straight finger tip.
30. Move the right foot to F turning clockwise to form a left L-stance toward F while executing a twin knife-hand block.
31. Move the left foot to F forming a left walking stance toward F while executing a middle thrust to F with the left straight finger tip.
32. Move the left foot to C forming a left walking stance toward C while executing a high side block to C with the left outer forearm.
33. Execute a middle punch to C with the right fist while maintaining a left walking stance toward C.
34. Move the right foot to C forming a right walking stance toward C while executing a high side block to C with the right outer forearm.
35. Execute a middle punch to C with the left fist while maintaining a right walking stance toward C.
36. Jump to C forming a left X-stance toward B while executing a high side strike to C with the left back fist.
37. Move the right foot to A forming a right walking stance toward A at the same time executing a high block to A with the right double forearm.
38. Bring the right foot to the left foot and then move the left foot to B forming a left walking stance toward B while executing a high block to B with the left double forearm.

END: Bring the left foot back to a ready posture.

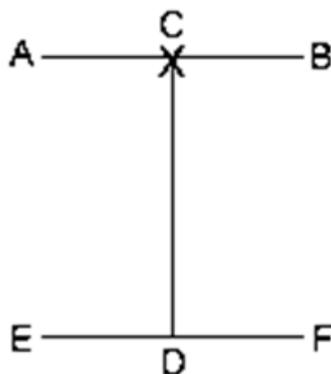
Joong-Gun

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 in a Lui-Shung prison (1910).

Ready posture - Moa Junbi Sogi B

Movements - 32

Diagram -



1. Move the left foot to B forming a right L-stance toward B while executing a middle block to B with the left reverse knife-hand.
2. Execute a low side front snap kick to B with the left foot, keeping the position of the hands as they were in 1.
3. Lower the left foot to B and then move the right foot to B forming a left rear foot stance toward B while executing an upward block with a right palm.
4. Move the right foot to A forming a left L-stance toward A, at the same time executing a middle block to A with a right reverse knife-hand.
5. Execute a low side front snap kick to A with the right foot, keeping the position of the hands as they were in 4.
6. Lower the right foot to A and then move the left foot to A forming a right rear foot stance toward A while executing an upward block with a left palm.
7. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
8. Execute a right upper elbow strike while forming a left walking stance toward D, slipping the left foot to D.
9. Move the right foot to D forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
10. Execute a left upper elbow strike while forming a right walking stance toward D, slipping the right foot to D.
11. Move the left foot to D forming a left walking stance toward D while executing a high vertical punch to D with a twin fist.
12. Move the right foot to D forming a right walking stance toward D while executing an upset punch to D with a twin fist.
13. Move the right foot on line CD and then turn counter clockwise to form a left walking stance toward C while executing a rising block with an X-fist.
14. Move the left foot to E forming a right L-stance toward E while executing a high side strike to E with the left back fist.

15. Twist the left fist counter clockwise until the back fist faces downward, at the same time forming a left walking stance toward E, slipping the left foot to E.
 16. Execute a high punch to E with the right fist while maintaining a left walking stance toward E. Perform 15 and 16 in a fast motion.
 17. Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a high side strike to F with a right back fist.
 18. Twist the right fist clockwise until the back fist faces downward, at the same time forming a right walking stance toward F, slipping the right foot to F.
 19. Execute a high punch to F with the left fist while maintaining a right walking stance toward F. Perform 18 and 19 in a fast motion.
 20. Bring the right foot to the left foot and then move the left foot to C forming a left walking stance toward C while executing a high block to C with a left double forearm.
 21. Execute a middle punch to C with the left fist while forming a right L-stance toward C, pulling the left foot.
 22. Execute a middle side piercing kick to C with the right foot.
 23. Lower the right foot to C forming a right walking stance toward C while executing a high block to C with the right double forearm.
 24. Execute a middle punch to C with the right fist while forming a left L-stance toward C, pulling the right foot.
 25. Execute a middle side piercing kick to C with the left foot.
 26. Lower the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with the forearm.
 27. Execute a pressing block with the right palm while forming a left low stance toward C, slipping the left foot to C. Perform in slow motion.
 28. Move the right foot to C forming a left L-stance toward C while executing a middle guarding block to C with the forearm.
 29. Execute a pressing block with the left palm while forming a right low stance toward C, slipping the right foot to C. Perform in a slow motion.
 30. Bring the left foot to the right foot forming a closed stance toward A while executing an angle punch with the right fist. Perform in slow motion.
 31. Move the right foot to A forming a right fixed stance toward A while executing a U-shape block to A.
 32. Bring the right foot to the left foot and then move the left foot to B forming a left fixed stance toward B, at the same time executing a U-shape block to B.
- END: Bring the left foot back to a ready posture.

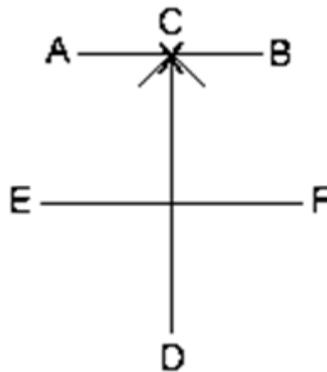
Toi-Gye

Toi-Gye - is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo Confucianism. The 37 movements of the pattern refer to his birthplace on 37 latitude, the diagram represents "scholar".

Movements - 37

Ready Posture - Moa Junbi Sogi B

Diagram -



1. Move the left foot to B forming a right L-stance toward B while executing a middle block to B with the left inner forearm.
2. Execute a low thrust to B with the right upset finger tip while forming a left walking stance toward B, slipping the left foot to B.
3. Bring the left foot to the right foot to form a closed stance toward D while executing a side back strike to C with the right back fist, extending the left arm to the side downward. Perform in slow motion.
4. Move the right foot to A forming a left L-stance toward A while executing a middle block to A with the right inner forearm.
5. Execute a low thrust to A with the left upset finger tip while forming a right walking stance toward A, slipping the right foot to A.
6. Bring the right foot to the left foot to form a closed stance toward D while executing a side back strike to C with the left back fist, extending the right arm to the side downward. Perform in slow motion.
7. Move the left foot to D forming a left walking stance toward D while executing a pressing block with an X-fist.
8. Execute a high vertical punch to D with a twin fist while maintaining a left walking stance toward D. Perform 7 and 8 in a continuous motion.
9. Execute a middle front snap kick to D with the right foot, keeping the position of the hands as they were in 8.
10. Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
11. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D.
12. Bring the left foot to the right foot forming a closed stance toward F while executing a twin side elbow thrust. Perform in slow motion.
13. Move the right foot to F in a stamping motion forming a sitting stance toward C while executing a W-shape block to C with the right outer forearm.

14. Move the left foot to F in a stamping motion turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm.
 15. Move the left foot to E in a stamping motion turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm.
 16. Move the right foot to E in a stamping motion turning counter clockwise to form a sitting stance toward D while executing a W-shape block to D with the right outer forearm.
 17. Move the left foot to E in a stamping motion turning clockwise to form a sitting stance toward C while executing a W-shape block to C with the left outer forearm.
 18. Move the left foot to F in a stamping motion turning clockwise to form a sitting stance toward D while executing a W-shape block to D with the left outer forearm.
 19. Bring the right foot to the left foot and then move the left foot to D forming a right L-stance toward D while executing a low pushing block to D with the left double forearm.
 20. Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward D, slipping the left foot to D.
 21. Execute an upward kick with the right knee while pulling both hands downward.
 22. Lower the right foot to the left foot and then move the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand.
 23. Execute a low side front snap kick to C with the left foot, keeping the position of the hands as they were in 22.
 24. Lower the left foot to C forming a left walking stance toward C while executing a high thrust to C with the left flat finger tip.
 25. Move the right foot to C forming a left L-stance toward C while executing a middle guarding block to C with a knife-hand.
 26. Execute a low side front snap kick to C with the right foot, keeping the position of the hands as they were in 25.
 27. Lower the right foot to C forming a right walking stance toward C while executing a high thrust to C with the right flat finger tip.
 28. Move the right foot to D forming a right L-stance toward C while executing a side back strike to D with the right back fist and a low block to C with the left forearm.
 29. Jump to C forming a right X-stance toward A while executing a pressing block with an X-fist.
 30. Move the right foot to C forming a right walking stance toward C while executing a high block to C with the right double forearm.
 31. Move the left foot to B forming a right L-stance toward B while executing a low guarding block to B with a knife-hand.
 32. Execute a circular block to BD with the right inner forearm while forming a left walking stance toward B, slipping the left foot to B.
 33. Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A, at the same time executing a low guarding block to A with a knife-hand.
 34. Execute a circular block to AD with the left inner forearm while forming a right walking stance toward A, slipping the right foot to A.
 35. Execute a circular block to CE with the right inner forearm while forming a left walking stance toward CE.
 36. Execute a circular block to AD with the left inner forearm while forming a right walking stance toward A.
 37. Move the right foot on line AB to form a sitting stance toward D while executing a middle punch to D with the right fist.
- END: Bring the right foot back to a ready posture.

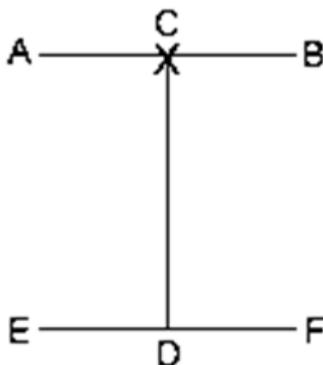
Hwa-Rang

Hwa-Rang - is named after the Hwa-Rang youth group, which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwon-Do developed into maturity.

Movements - 29

Ready posture - Moa Junbi Sogi C

Diagram -



1. Move the left foot to B to form a sitting stance toward D while executing a middle pushing block to D with the left palm.
2. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.
3. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.
4. Execute a twin forearm block while forming a left L-stance toward A, pivoting with the left foot.
5. Execute an upward punch with the left fist while pulling the right side fist in front of the left shoulder, maintaining a left L-stance toward A.
6. Execute a middle punch to A with the right fist while forming a right fixed stance toward A in a sliding motion.
7. Execute a downward strike with the right knife-hand while forming a left vertical stance toward A, pulling the right foot.
8. Move the left foot to A forming a left walking stance toward A while executing a middle punch to A with the left fist.
9. Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm.
10. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
11. Pull the left foot toward the right foot while bringing the left palm to the right forefist, at the same time bending the right elbow about 45 degrees outward.
12. Execute a middle side piercing kick to D with the right foot while pulling both hands in the opposite direction and then lower it to D forming a left L-stance toward D, at the same time executing a middle outward strike to D with the right knife-hand
13. Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist.
14. Move the right foot to D forming a right walking stance toward D at the same time executing a middle punch to D with the right fist.
15. Move the left foot to E turning counter clockwise to form a right L-stance toward E while executing a middle guarding block to E with a knife-hand.

16. Move the right foot to E forming a right walking stance toward E while executing a middle thrust to E with the right straight finger tip.
 17. Move the right foot on line EF forming a right L-stance toward F while executing a middle guarding block to F with a knife-hand.
 18. Execute a high turning kick to DF with the right foot and then lower it to F.
 19. Execute a high turning kick to CF with the left foot and then lower it to F forming a right L-stance toward F while executing a middle guarding block to F with a knife-hand. Perform 18 and 19 in a fast motion.
 20. Move the left foot to C forming a left walking stance toward C while executing a low block to C with the left forearm.
 21. Execute a middle punch to C with the right fist while forming a right L-stance toward C, pulling the left foot.
 22. Move the right foot to C forming a left L-stance toward C while executing a middle punch to C with the left fist.
 23. Move the left foot to C forming a right L-stance toward C while executing a middle punch to C with the right fist.
 24. Execute a pressing block with an X-fist while forming a left walking stance toward C, slipping the left foot to C.
 25. Move the right foot to C in a sliding motion forming a right L-stance toward D while thrusting to C with the right side elbow.
 26. Bring the left foot to the right foot, turning counter clockwise to form a closed stance toward B while executing a side front block with the right inner forearm while extending the left forearm to the side downward.
 27. Execute a side front block with the left inner forearm, extending the right forearm to the side downward while maintaining a closed stance toward B.
 28. Move the left foot to B forming a right L-stance toward B at the same time executing a middle guarding block to B with a knife-hand.
 29. Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A while executing a middle guarding block to A with a knife-hand.
- END: Bring the right foot back to a ready posture.

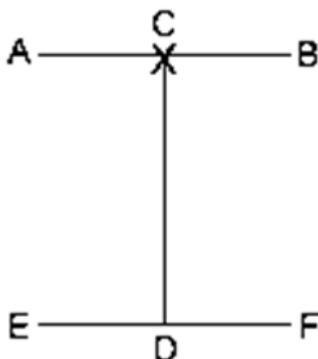
Choong-Moo

Choong-Moo - was the name given to the great Admiral Yi Soon-Sin of the Lee 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 potentiality checked by the forced reservation of his loyalty to the king.

Movements - 30

Ready posture - Narani junbi sogi.

Diagram -



1. Move the left foot to B forming a right L-stance toward B while executing a twin knife-hand block.
2. Move the right foot to B forming a right walking stance toward B while executing a high front strike to B with the right knife-hand and bring the left back hand in front of the forehead.
3. Move the right foot to A turning clockwise to form a left L-stance toward A while executing a middle guarding block to A with a knife-hand.
4. Move the left foot to A forming a left walking stance toward A while executing a high thrust to A with the left flat finger tip.
5. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
6. Turn the face to C forming a left bending ready stance A toward C.
7. Execute a middle side piercing kick to C with the right foot.
8. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
9. Execute a flying side piercing kick to D with the right foot soon after moving it to D and then land to D forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand.
10. Move the left foot to E turning counter clockwise to form a right L-stance toward E at the same time executing a low block to E with the left forearm.
11. Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward E, slipping the left foot.
12. Execute an upward kick to E with the right knee pulling both hands downward.
13. Lower the right foot to the left foot and then move the left foot to F forming a left walking stance toward F while executing a high front strike to F with the right reverse knife-hand, bringing the left back hand under the right elbow joint.
14. Execute a high turning kick to DF with the right foot and then lower it to the left foot.
15. Execute a middle back piercing kick to F with the left foot. Perform 14 and 15 in a fast motion.

16. Lower the left foot to F forming a left L-stance toward E while executing a middle guarding block to E with the forearm.
17. Execute a middle turning kick to DE with the left foot.
18. Lower the left foot to the right foot and then move the right foot to C forming a right fixed stance toward C while executing a U-shape block toward C.
19. Jump and spin around counterclockwise, landing on the same spot to form a left L-stance toward C while executing a middle guarding block to C with a knife-hand.
20. Move the left foot to C forming a left walking stance toward C at the same time executing a low thrust to C with the right upset fingertip.
21. Execute a side back strike to D with the right back fist and a low block to C with the left forearm while forming a right L-stance toward C, pulling the left foot.
22. Move the right foot to C forming a right walking stance toward C while executing a middle thrust to C with the right straight finger tip.
23. Move the left foot to B turning counter clockwise to form a left walking stance toward B while executing a high block to B with the left double forearm.
24. Move the right foot to B forming a sitting stance toward C while executing a middle front block to C with the right forearm and then a high side strike to B with the right back fist.
25. Execute a middle side piercing kick to A with the right foot turning counter clockwise and then lower it to A.
26. Execute a middle side piercing kick to A with the left foot turning clockwise.
27. Lower the left foot to A and then execute a checking block to B with an X-knife-hand while forming a left L-stance toward B pivoting with the left foot.
28. Move the left foot to B forming a left walking stance toward B while executing an upward block to B with a twin palm.
29. Move the left foot on line AB and then execute a rising block with the right forearm while forming a right walking stance toward A.
30. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A.

END: Bring the left foot back to a ready posture.

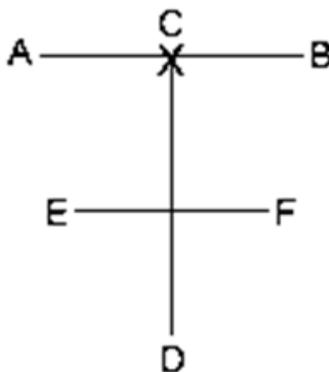
Kwang-Gae

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

Ready Posture - Parallel Ready Stance with a Heaven Hand

Movements - 39

Diagram -



1. Bring the left foot to the right foot, forming a close ready stance B toward D, bringing both hands in a circular motion.
2. Move the left foot to D, forming a left walking stance toward D while executing an upset punch to D with the right fist. Perform in slow motion.
3. Move the right foot to D, forming a right walking stance toward D while executing an upset punch to D with the left fist. Perform in slow motion.
4. Move the left foot to the side front of the right foot, and then move the right foot to D, forming a right walking stance toward D, at the same time executing a high hooking block to D with the right palm. Perform in a double stepping motion.
5. Move the right foot to C in a sliding motion to form a right L-stance toward D, at the same time executing a low guarding block to D with a knife-hand.
6. Move the right foot to the side front of the left foot and then move the left foot to D, forming a left walking stance toward D while executing a high hooking block to D with the left palm. Perform in a double stepping motion.
7. Move the left foot to C in a sliding motion forming a left L-stance toward D while executing a low guarding block to D with a knife-hand.
8. Move the left foot to D, forming a right rear foot stance toward D while executing a high guarding block to D with a knife-hand.
9. Move the right foot to D, forming a left rear foot stance toward D while executing a high guarding block to D with a knife-hand.
10. Move the left foot to the side front of the right foot and then turn counter-clockwise, pivoting with the left foot, to form a left walking stance toward C while executing an upward block to C with the right palm. Perform in a slow motion.
11. Move the right foot to C, forming a right walking stance toward C while executing an upward block to C with the left palm. Perform in a slow motion.
12. Execute a low front block with the right knife-hand in a circular motion, hitting the left palm while bringing the left foot to the right foot to form a close stance toward C.
13. Execute a pressing kick to E with the left foot, keeping the position of the hands as they were in 12.

14. Execute a middle side piercing kick to E with the left foot, keeping the position of the hands as they were in 13. Perform 13 and 14 in a consecutive kick.
15. Lower the left foot to E, forming a right L-stance toward E while executing a high inward strike to E with the right knife-hand and bringing the left side fist in front of the right shoulder.
16. Execute a downward strike to E with the left side fist while forming a close stance toward C, pulling the left foot to the right foot.
17. Execute a pressing kick to F with the right foot, keeping the position of the hands as they were in 16.
18. Execute a middle side piercing kick to F with the right foot, keeping the position of the hands as they were in 17. Perform 17 and 18 in a consecutive kick.
19. Lower the right foot to F, forming a left L-stance toward F while executing a high inward strike to F with the knife-hand and bringing the right side fist in front of the left shoulder.
20. Execute a downward strike to F with the right side fist while forming a close stance toward C, pulling the right foot to the left foot.
21. Move the left foot to C, forming a left low stance toward C while executing a pressing block with the right palm. Perform in slow motion.
22. Move the right foot to C, forming a right low stance toward C while executing a pressing block with the left palm. Perform in a slow motion.
23. Move the right foot to D in a stamping motion to form a sitting stance toward F while executing a high side strike to D with the right back fist.
24. Execute a middle block to D with the right double forearm while forming a right walking stance toward D, pivoting with the left foot.
25. Execute a low block to D with the left forearm while shifting to C, maintaining a right walking stance toward D, keeping the position of the right hand as it was in 24.
26. Execute a high thrust to D with the right flat fingertip while forming a right low stance toward D, slipping the right foot to D. Perform in slow motion.
27. Move the left foot on line CD in a stamping motion to form a sitting stance toward F while executing a high side strike to C with the left back fist.
28. Execute a middle block to C with the left double forearm while forming a left walking stance toward C, pivoting with the left foot.
29. Execute a low reverse block to C with the right forearm while shifting to D, maintaining a left walking stance toward C, keeping the position of the left hand as it was in 28.
30. Execute a high thrust to C with the left flat fingertip while forming a left low stance toward C, slipping the left foot to C.
31. Move the right foot to C in a stamping motion, forming a right walking stance toward C while executing a high vertical punch to C with a twin fist.
32. Move the left foot to A in a stamping motion, forming a left walking stance toward A while executing an upset punch to A with a twin fist.
33. Execute a middle front snap kick to A with the right foot, keeping the position of the hands as they were in 32.
34. Lower the right foot to the left foot, and then move the left foot to A to form a left L-stance toward B while executing a middle guarding block to B with a knife-hand.
35. Move the left foot to B, forming a left walking stance toward B while executing a high punch to B with the left fist.
36. Move the right foot to B in stamping motion, forming a right walking stance toward B while executing an upset punch to B with a twin fist.
37. Execute a middle front snap kick to B with the left foot, keeping the position of the hands as they were in 36.

38. Lower the left foot to the right foot, and then move the right foot to B to form a right L-stance toward A at the same time executing a middle guarding block to A with a knife-hand.

39. Move the right foot to A, forming a right walking stance toward A while executing a high punch to A with the right fist.

End. Bring the left foot back to a ready posture.

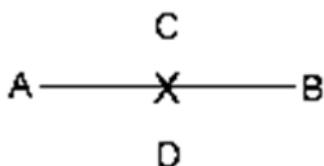
Po-Eun

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

Ready Posture - Parallel Ready Stance With Heaven Hand

Movements - 36

Diagram -



1. Move the left foot to B, forming a right L-stance toward B while executing a middle guarding block to B with the forearm.
2. Pull the right foot to the left knee joint to form a left one-leg stance toward D, at the same time lifting both fists while turning the face toward A.
3. Execute a pressing kick to A with the right foot keeping the position of the hands as they were in 2.
4. Lower the right foot to A to form a sitting stance toward D while executing a middle side strike to A with the right knife-hand.
5. Execute an angle punch with the left fist while maintaining a sitting stance toward D.
6. Execute a pressing block with the left, fore fist while executing a side front block with the right inner forearm, maintaining a sitting stance toward D.
7. Execute a pressing block with the right fore fist and a side front block with the left inner forearm while maintaining a sitting stance toward D.
8. Execute a middle wedging block with the inner forearm while maintaining a sitting stance toward D.
9. Thrust to C with the right back elbow supporting the right fore fist with the left palm keeping the face as it was in 8 while maintaining a sitting stance towards D.
10. Execute a middle punch to D with the right fist slipping the left palm up to the right elbow joint while maintaining a sitting stance toward D.
11. Thrust to C with the left back elbow supporting the left fore fist with right palm, keeping the face as it was in 10 while maintaining a sitting stance toward D.
12. Execute a right horizontal punch to A while maintaining a sitting stance toward D. Perform 6 through 12 in a continuous motion.
13. Cross the left foot over the right foot forming a right X-stance toward D while executing a low front block to D with the right outer forearm and bringing the left finger belly on the right under forearm.
14. Move the right foot to A forming a left L-stance toward A at the same time executing a U-shape grasp to A.
15. Bring the left foot to the right foot forming a closed stance toward D while executing a horizontal thrust with a twin elbow, turning the face toward B. Perform in slow motion.
16. Move the left foot to B to form a sitting stance toward D while executing a side back strike to C with the right back fist and extending the left arm to the side downward.

17. Cross the right foot over the left foot forming a left X-stance toward D while executing a low front block with the left outer forearm and bringing the right finger belly to the left side fist.
 18. Move the left foot to B to form a sitting stance toward D while executing a low guarding block to B with a reverse knife-hand.
 19. Execute a forearm middle guarding block to A while forming a left L-stance toward A pivoting with left foot.
 20. Pull the left foot to the right knee joint to form a right one-leg stance toward D, at the same time lifting both fists while turning the face toward B.
 21. Execute a pressing kick to B with the left foot keeping the position of the hands as they were in 20.
 22. Lower the left foot to B to form a sitting stance toward D while executing a middle side strike to B with the left knife-hand.
 23. Execute an angle punch with the right fist while maintaining a sitting stance toward D.
 24. Execute a pressing block with the right, fore fist while executing a side front block with the left inner forearm, maintaining a sitting stance toward D.
 25. Execute a pressing block with the left fore fist and a side front block with the right inner forearm while maintaining a sitting stance toward D.
 26. Execute a middle wedging block with the inner forearm while maintaining a sitting stance toward D.
 27. Thrust to C with the left back elbow supporting the left fore fist with the right palm keeping the face as it was in 26 while maintaining a sitting stance towards D.
 28. Execute a middle punch to D with the left fist slipping the right palm up to the left elbow joint while maintaining a sitting stance toward D.
 29. Thrust to C with the right back elbow supporting the right fore fist with left palm, keeping the face as it was in 28 while maintaining a sitting stance toward D.
 30. Execute a left horizontal punch to B while maintaining a sitting stance toward D. Perform 24 through 30 in a continuous motion.
 31. Cross the right foot over the left foot forming a left X-stance toward D while executing a low front block to D with the left outer forearm and bringing the right finger belly on the left under forearm.
 32. Move the left foot to B forming a right L-stance toward B at the same time executing a U-shape grasp to B.
 33. Bring the right foot to the left foot forming a closed stance toward D while executing a horizontal thrust with a twin elbow, turning the face toward A. Perform in slow motion.
 34. Move the right foot to A to form a sitting stance toward D while executing a side back strike to C with the left back fist and extending the right arm to the side downward.
 35. Cross the left foot over the right foot forming a right X-stance toward D while executing a low front block with the right outer forearm and bringing the left finger belly to the right side fist.
 36. Move the right foot to A to form a sitting stance toward D while executing a low guarding block to A with a reverse knife-hand.
- End. Bring the left foot back to a ready posture.

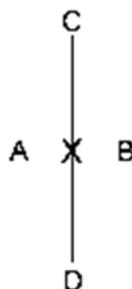
Ge-Baek

Ge-Baek - is named after Ge Baek, a great general in the Baek Je Dynasty (660 AD). The diagram represents his severe and strict military discipline.

Ready Posture - Parallel Ready Stance

Movements - 44

Diagram -



1. Move the right foot to C forming a right L-stance toward D while executing a checking block D with an X-knife-hand.
2. Execute a low twisting kick to D with the right foot keeping the position of the hands as they were in 1.
3. Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
4. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D. Perform 3 and 4 in a fast motion.
5. Move the right foot to C forming a left walking stance toward D while executing a rising block with the left forearm.
6. Execute a low block to D with the left forearm while maintaining a left walking stance toward D. Perform 5 and 6 in a continuous motion.
7. Execute a high block to AD with a double arc hand while looking through it maintaining a left walking stance toward D.
8. Turn the face toward D while forming a right bending ready stance A toward D.
9. Lower the left foot to AD to form a sitting stance toward AC while executing a scooping block to AC with the left palm.
10. Execute a middle punch to AC with the right fist while maintaining a sitting stance toward AC. Perform 9 and 10 in a connecting motion.
11. Execute a front strike to AC with the left back fist while maintaining a sitting stance toward AC.
12. Move the right foot on line AB and then move the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand.
13. Execute a low side front snap kick to C with the left foot keeping the position of the hands as they were in 12.
14. Lower the left foot to C forming a left low stance toward C while executing a high thrust to C with the left flat finger tip.
15. Execute a high thrust to C with the right flat finger tip while maintaining a left low stance toward C.
16. Execute a middle side piercing kick to C with the right foot while pulling both hands in the opposite direction.
17. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with the forearm.

18. Move the right foot to D turning counter clockwise to form a right L-stance toward C while executing a middle guarding block to C with the forearm.
19. Move the left foot to D turning counter clockwise to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
20. Move the left foot on line CD to form a sitting stance toward A while executing a right 9-shape block.
21. Move the right foot to D, turning counterclockwise to form a left walking stance toward C while executing a low block to C with the left knife-hand.
22. Execute a middle turning kick to BC with the right foot and then lower it to C.
23. Execute a flying side piercing kick to C with the right foot. Perform 22 and 23 in a fast motion.
24. Land to C to form a right walking stance toward C while executing a high vertical punch to C with a twin fist.
25. Execute a high block to AC with a double arc-hand while looking through it maintaining a right walking stance toward C.
26. Execute an upset punch to C with the left fist while maintaining a right walking stance toward C.
27. Move the right foot on line CD, forming a left walking stance toward D while striking the left palm with the right front elbow.
28. Jump to D, forming a right x-stance toward BD while executing a high block to D with the right double forearm.
29. Move the left foot to BC to form a sitting stance toward BD, at the same time executing a scooping block to BD with the right palm.
30. Execute a middle punch to BD with the left fist while maintaining a sitting stance toward BD. Perform 29 and 30 in a connecting motion.
31. Execute a front strike to BD with the right back fist while maintaining a sitting stance toward BD.
32. Move the left foot to C, forming a left walking stance toward C, at the same time executing a high front strike to C with the right reverse knife-hand.
33. Move the left foot to A about half a shoulder width while executing a middle turning kick to C with the right foot.
34. Lower the right foot to C, and then turn counter-clockwise to form a left walking stance toward D, pivoting with the right foot while executing a high vertical punch to D with a twin fist.
35. Execute a middle punch to D with the right middle knuckle fist, bringing the left side first in front of the right shoulder while forming a right L-stance toward D pulling the left foot.
36. Move the right foot to D to form a sitting stance toward B, at the same time executing a left 9-shape block.
37. Execute a low guarding block to C with a reverse knife-hand while maintaining a sitting stance toward B.
38. Execute a low guarding block to D with a knife-hand while maintaining a sitting stance toward B. Perform 37 and 38 in a continuous motion.
39. Move the left foot to D in a stamping motion to form a sitting stance toward A while executing a W-shape block with the outer forearm.
40. Move the left foot to C in a stamping motion to form a sitting stance toward B while executing a W-shape block with the outer forearm.
41. Move the right foot to C forming a right walking stance toward C while executing a rising block with the right forearm.
42. Execute a middle punch to C with the left fist while maintaining a right walking stance toward C.

43. Move the right foot on line CD forming a left walking stance toward D while executing a rising block with the left forearm.
44. Execute a middle punch to D with the right fist while maintaining a left walking stance toward D.

End. Bring the right foot back to a ready posture.

Sparring exercises

It is a requirement of all Taekwondo students to perform sparring exercises. These exercises allow the student to practice the Taekwondo techniques learned against another student. This allows the student to understand and practice fully the application of the Taekwondo techniques in both attack and defence. The types of sparring exercises performed can be categorised into three main variations:

- **Free sparring** - This type of sparring is practiced frequently in the lessons and does not need extra clarification here. For more information please see Taekwondo encyclopaedia volume 5 page 234 for a full description of free sparring.
- **Semi free sparring** - See above
- **Set sparring** - Our main variations on set sparring in the lessons are outlined in the following pages.

Each of the above variations allow the student to practice different aspects of their Taekwondo training. Proficiency in all forms of sparring are important to achieve a full understanding of Taekwondo.

Set sparring

Set sparring is performed in three main variations:

- Three step sparring
- Two step sparring
- One step sparring

Three step sparring

Three set sparring is the first form of set sparring introduced to the Taekwondo student. It is preferable, especially with junior grades, that both the attacker and defenders are of similar size.

Basic Three step one way

All three step sparring variations follow the following procedure with slight alterations. The attacker (A) and defender (D) face each other. At the command of 'Charyot' the students assume Charyot sogi (Attention stance). At the command of 'Kyong Ye' both students bow to each other. The attacker (A) will perform a measure up for a middle front punch in walking stance against the defender (D). The student will place their right foot three quarters of a shoulder width to the right of the defender's left foot and overlap the defender's left foot by one half. The attacker (A) adjusts their rear left leg to form a correct right walking stance. When this has been completed the attacker brings the right foot back to the left foot in attention stance. The measure up process is now complete and the exercise can begin as follows;

At the command of 'Junbi' the attacker (A) will take their right leg back to form a left walking stance while performing a low outer forearm outward block. While performing this block the attacker will make a loud shout 'YA'. The defender (D) will move their left foot to form a parallel ready stance. Both students are now ready to perform the exercise.

1. 1st Step

A: Move the right foot forward to form a right walking stance while performing an obverse middle punch. The right foot overlaps the defenders left foot on the outside by one half of a foot

D: Move the right foot backwards to form a left walking stance while performing an obverse middle inner forearm side block

2. 2nd Step

A: Move the left foot forward to form a left walking stance while performing an obverse middle punch. The left foot overlaps the defender's right foot on the inside by one half of a foot

D: Move the left foot backwards to form a right walking stance while performing an obverse middle inner forearm side block

3. 3rd Step

A: Move the right foot forward to form a right walking stance while performing an obverse middle punch. The right foot overlaps the defender's left foot on the outside by one half of a foot.

D: Move the right foot backwards to form a left walking stance while performing an obverse middle inner forearm side block. Maintaining a left walking stance perform a reverse middle punch towards the attacker with a loud shout 'YA'.

After the last step both attacker and defender move their right legs to a parallel ready stance. The attacker and defender now switch roles and perform steps one to three again. The new attacker may wish to measure up for the attack by placing their right foot to the outside of the defender's left foot overlapping by one half of a foot. The new attacker adjusts the position of their left foot to form a correct walking stance before bringing the right foot back to a parallel ready stance. The attacker will take their right leg back to form a left walking stance while performing a low outer forearm outward block. While performing this block the attacker will make a loud shout 'YA'. The exercise from steps one to three can then be completed again.

This procedure with both sides alternating between attack and defence is repeated until the students are told to stop by the instructor.

Basic Three step two way

The procedure is the same as above from steps one to three. After step three both the attacker and defender perform the following steps four to six.

4. 4th Step

A: Move the right foot backward to form a left walking stance while performing an obverse middle punch.

D: Move the right foot forwards to form a right walking stance while performing an obverse middle inner forearm side block. The right foot overlaps the attacker's left foot on the outside by one half of a foot.

5. 5th Step

A: Move the left foot backward to form a right walking stance while performing an obverse middle punch.

D: Move the left foot forwards to form a left walking stance while performing an obverse middle inner forearm side block. The left foot overlaps the attacker's right foot on the inside by one half of a foot.

6. 6th Step

A: Move the right foot backward to form a left walking stance while performing an obverse middle punch.

D: Move the right foot forwards to form a right walking stance while performing an obverse middle inner forearm side block. The right foot overlaps the attacker's left foot on the outside by one half of a foot. Maintaining a right walking stance perform a reverse middle punch towards the attacker with a loud shout 'YA'.

After the last step both attacker and defender move their right legs to a parallel ready stance. The attacker and defender now switch roles and perform steps one to six again.

Three step variations

Three step sparring can be performed with any attack and the appropriate defence. The format and procedures are the same as for basic three step. Some of the more popular variations are:

High attack front punch

The attacker performs a high attack using a front punch. For the purposes of measuring distance the front foot of the attacker overlaps completely the front foot of the defender. The defender uses a high outer forearm block.

Front snap kick

The attacker performs a front snap kick against the abdomen of the defender. For the purposes of measuring distance the front foot overlaps, heel to heel, the front foot of the defender. The defender uses a low outer forearm block.

Three step with students of differing height

If the students performing three steps are of differing heights then some slight adjustments to the setup are necessary. The taller of the students will perform both attack and defence in an L-Stance while the shorter of the two students will remain in walking stance. The distances for measuring up are unaffected. This exercise is normally reserved for higher grades that have a greater knowledge and understanding of set sparring.

Two step sparring

Ready posture for two step sparring is: For the attacker (A); forearm guarding block in L-Stance, for the defender (D); parallel ready stance. The student may choose any stance or technique for attack; however, one attack must be with the arm and one with the leg in either order. Similarly the defender may use any stance or blocking technique for defence. For both students correct distance and use of attacking/blocking tools must be observed. Many different combinations of attack and defence are possible. Listed here are some exercises for you to use.

Exercise 1

1. 1st step
 - A: Move the right foot forward forming a walking stance while executing a high punch forward.
 - D: Move the right foot back forming a left walking stance while executing a high section outer forearm block.
2. 2nd step
 - A: Execute a low front snap kick to the abdomen with the left foot.
 - D: Move the left foot back forming a right walking stance while executing a pressing block with an x-fist, then execute a twin vertical punch.

Exercise 2

1. 1st step
 - A: Move the right foot into a fixed stance while executing a side punch with the right fist.
 - D: Move the right foot back forming a right L-stance while executing an upward block with the palm.

2. 2nd step

A: Execute a high turning kick with the left foot, then dropping the foot forward into a right L-stance. D: Move the left foot back forming a left L-stance while executing a high side block using the right outer forearm, then sliding the right foot forward into a sitting stance, executing a back elbow strike with the right elbow.

Exercise 3

1. 1st step

A: Execute a low front snap kick to the abdomen with the right foot.

D: Move the right foot back forming a left walking stance while executing a pressing block with an x-fist.

2. 2nd step

A: Move the left foot forward executing a twin fist vertical punch.

D: Move the left foot back forming a left walking stance while executing a wedging block, then grab the shoulders and execute a knee kick with the left knee pulling the attacker onto the knee.

Exercise 4

1. 1st step

A: Move the right foot forward forming a walking stance while executing a high punch forward.

D: Move the right foot back forming a left walking stance while executing a high block with the left forearm.

2. 2nd step

A: Execute a middle side piercing kick with the left foot.

D: Move the left foot onto a left L stance while executing an inward waist block with the right inner forearm turning the attacker away, then execute a low front snap kick to the base of the spine followed by a twin upset punch to the lower back area.

Exercise 5

1. 1st step

A: Execute a low front snap kick to the abdomen with the right foot.

D: Move the right foot back forming a left walking stance while executing a pressing block with an x-fist.

2. 2nd step

A: Move the left foot to form a left walking stance while executing a middle punch with the left fist.

D: Move the left foot back to form a left L stance while executing a middle block with the right inner forearm, then shifting the left foot to the left execute a high side piercing kick with the right foot.

Exercise 6

1. 1st step

A: Execute a middle side piercing kick with the right leg.

D: Move the left foot back forming a right walking stance while executing a reverse hooking block with the left palm.

2. 2nd step

A: Move the left foot forward to form a left walking stance while executing a twin fist high vertical punch.

D: Move the right foot back forming a left walking stance and execute a high outer forearm wedging block, then a low front snap kick with the right instep.

One step sparring

This is the most advanced style of set sparring. For full information on this set style please see the full Taekwondo encyclopaedia Volume 5 page 101.

Self defence techniques

These techniques are not only the most interesting in Taekwondo but also the most advanced. For full information on the self-defence techniques please see the full Taekwondo encyclopaedia Volume 5 page 268.

Grading requirements

This is a complete list of all requirements for attending grading tests with WLS Taekwondo. Every grade is listed with the tasks to be completed at each grading test. All marks given are from 0-5 with an average mark for the final pass mark.

Between each grading test each student must have completed the minimum lesson attendance required for eligibility to grade. This is 15 lessons between gradings for all the junior grades. The standard grading programme has varying time and lesson attendance requirements. This is dependent on the student's current grade and the pass mark achieved at the most recent grading test. Students achieving a 5 star pass may therefore attempt their next grading test with a lower lesson and months of training requirement.

All the information on the techniques required to successfully complete the grading test can be found in the following locations.

- WLS Taekwondo student syllabus booklet
- ITF Encyclopedia

Black Belt promotions specific requirements

All students wishing to gain promotion to any black belt grade must also complete the following requirements prior to attempting the grading test;

- Complete all training and lesson assisting requirements.
- Attend the UKGT pregrading training satisfactorily.
- Complete the theory test (1st kup only).
- Apply for black belt testing and UKGT certification (fee payable). This application for certification must be done at least 14 days prior to the physical grading test.
- Attend one UKGT black belt training seminar for each year applied to eligibility to grade (1st Degree and above only).

Standard programme

The time and lesson requirements at each grade is dependent on the final pass mark achieved.

- 10th kup white belt
 - Four directional punch
 - Four directional block
- 9th kup yellow tag
 - Chon-Ji tul
 - Four directional block
- 8th kup yellow belt
 - Dan-Gun tul
 - Chon-Ji tul
- 7th kup green tag
 - Do-San tul
 - Dan-Gun tul

The following grade tests are in the standard pattern, sparring & power technique format. The techniques listed are directed towards a kick shield, paddle or breaker board.

All students must have purchased their sparring equipment from WLS Taekwondo prior to attending the 6th kup green belt grading test.

- 6th kup green belt
 - Won-Hyo tul
 - Do-San tul
 - Free sparring
 - Front punch
 - Side piercing kick
- 5th kup blue tag
 - Yul-Gok tul
 - Won-Hyo tul
 - Free sparring
 - Knifehand side strike
 - Turning kick

All students wishing to attend the following grading tests must have completed their 5 lessons as an assistant. 5 assistant lessons are required at each grade from 4th kup up to 1st kup.

- 4th kup blue belt
 - Joong-Gun tul
 - Yul-Gok tul
 - Free sparring
 - Back fist side strike
 - Reverse turning kick
- 3rd kup red tag
 - Toi-Gye tul
 - Joong-Gun tul
 - Free sparring

- Front elbow strike
- Back piercing kick
- 2nd kup red belt
 - Hwa-Rang tul
 - Toi-Gye tul
 - Free sparring
 - Side elbow thrust
 - High section turning kick

All students wishing to attend a grading event for promotion to any black belt grades (1st Degree and above) must first attend the UKGT pregrading training. The UKGT will then advise WLS Taekwondo if the student can attend the next grading test or if a further period of training (usually six months) is required. This is to give the student more time to achieve the required standard before attempting their grading test.

- 1st kup black tag. This is split into two parts. The theory test and the physical test.
 - Theory test. A multiple choice questionnaire that must be completed at a grading event prior to the physical test. The theory test and the physical test cannot be attempted at the same grading event. Please note, unless you pass the theory test you cannot proceed to the physical test. We have listed five sample questions at the end of this document for you to try.
 - Physical test. This will consist of the following parts:
 - Any choice of pattern from all the colour belt patterns. This is chosen by the examiner on the day.
 - The student will perform a variety of sparring tests chosen by the examiner on the day. The selection available will be:
 - Free sparring
 - Three step sparring
 - Three step semi free sparring
 - Two step sparring
 - One step sparring
 - Self-defence techniques
 - The student will demonstrate their power of techniques to either a kick shield or breaker board. The techniques to be performed will be chosen by the examiner on the day. The selection available will be:
 - Front or side punch
 - Front or side front snap kick
 - Knifehand strike, either inward or outward
 - Backfist strike
 - Front elbow strike
 - Side elbow thrust
 - Side piercing kick
 - Turning kick
 - Reverse turning kick
 - Back piercing kick
 - Flying side piercing kick

Black belt grades 1st degree & 2nd degree

Prior to attempting further black belt grade promotions the student must have completed all assisting and teaching lessons. This also includes assisting at WLS Taekwondo grading events. Further to this every black belt member must attend one UKGT black belt training seminar in each year they are using to count towards their eligibility to grade.

Grade promotions to 4th degree and above are conducted by the UKGT and must be done at their grading events.

The grading test for promotion to grades 2nd degree black belt and 3rd degree black belt will consist of the following tests.

- Patterns - The student may choose two patterns from their grade patterns to perform.
- Sparring - The student will perform a variety of sparring tests chosen by the examiner on the day. The selection available will be the same as for the 1st kup grading test. The black belt student will be required to demonstrate more advanced techniques in these tests.
- Power - The student must break one pine board for each degree they currently hold. This can be any technique chosen by the student. The student can break more boards, bricks or roof tiles if they wish to do so.

Junior programme - under 8 years of age

15 lessons required at each grade.

- 10th kup junior white belt
 - Sitting stance front punch.
 - Walking stance low block.
 - Walking stance front snap kick.
- 9th kup junior yellow tag
 - Sitting stance front punch.
 - Walking stance low block.
 - Walking stance front snap kick.
- 9th kup junior green tag
 - Sitting stance front punch.
 - Walking stance low block.
 - Walking stance front snap kick.
- 9th kup junior blue tag
 - Walking stance front punch.
 - Walking stance low knifehand block.
 - Walking stance front snap kick.
- 9th kup junior red tag
 - Walking stance front punch.
 - Walking stance low knifehand block.
 - Walking stance front snap kick.
- 9th kup junior black tag
 - Walking stance front punch.
 - Walking stance low knifehand block.
 - Walking stance front snap kick.

Junior yellow belts. 15 lessons required at each grade.

- 8th kup junior yellow belt
 - Walking stance high punch.
 - L-stance inner forearm side block.
 - L-stance side piercing kick followed by forearm guarding block.
- 8th kup junior yellow tag
 - Walking stance high punch.
 - L-stance inner forearm side block.
 - L-stance side piercing kick followed by forearm guarding block.
- 8th kup junior green tag
 - Walking stance high punch.
 - L-stance inner forearm side block.
 - L-stance side piercing kick followed by forearm guarding block.
- 7th kup junior blue tag
 - Walking stance reverse punch.
 - L-stance inner forearm side block.
 - L-stance side piercing kick followed by forearm guarding block.
- 7th kup junior red tag
 - Walking stance reverse punch.
 - L-stance inner forearm side block.

- L-stance side piercing kick followed by forearm guarding block.
- 7th kup junior black tag
 - Walking stance reverse punch..
 - L-stance inner forearm side block.
 - L-stance side piercing kick followed by forearm guarding block.

Junior green belts. 15 lessons required at each grade.

- 6th kup junior green belt
 - Sitting stance knifehand side strike.
 - Walking stance forearm rising block.
 - L-stance turning kick followed by forearm guarding block.
- 6th kup junior yellow tag
 - Sitting stance knifehand side strike.
 - Walking stance forearm rising block.
 - L-stance turning kick followed by forearm guarding block.
- 6th kup junior green tag
 - Fixed stance side punch.
 - Walking stance forearm rising block.
 - L-stance turning kick followed by forearm guarding block.
- 5th kup junior blue tag
 - Sitting stance knifehand side strike.
 - Walking stance knifehand rising block.
 - L-stance turning kick followed by forearm guarding block.
- 5th kup junior red tag
 - Sitting stance knifehand side strike.
 - Walking stance knifehand rising block.
 - L-stance turning kick followed by forearm guarding block.
- 5th kup junior black tag
 - Sitting stance knifehand side strike.
 - Walking stance knifehand rising block.
 - L-stance turning kick followed by forearm guarding block.

Student now progresses to the 8th kup yellow belt.

Any student turning 8 years of age before reaching 8th kup yellow belt will be converted to the corresponding standard grade on their 8th birthday.

Time and lesson requirements for eligibility to grade

Current grade (belt)						
10th kup white belt, new students with no grading history.	10 lessons					
	Pass mark achieved at last grading test					
	1-2		3-4		5	
	Months	Lessons	Months	Lessons	Months	Lessons
9th kup yellow tag	N/A	15	N/A	10	N/A	5
8th kup yellow belt	N/A	20	N/A	15	N/A	10
7th kup green tag	N/A	20	N/A	15	N/A	10
6th kup green belt	N/A	30	N/A	20	N/A	15
5th kup blue tag	N/A	30	N/A	20	N/A	15
4th kup blue belt	N/A	45	N/A	25	N/A	20
3rd kup red tag	N/A	45	N/A	25	N/A	20
2nd kup red belt	6	60	6	40	4	35
1st kup black tag	6	60	6	40	4	35
1st degree black belt	18 months & 120 lessons					
2nd degree black belt	24 months & 120 lessons					
3rd degree black belt	36 months					
4th degree black belt	48 months					

Note - 15 lessons required at each and every junior grade. There is no minimum time limit between junior grades.

Grading marking

Overview

Each section of the grading test will be marked with up to a maximum of five points and the overall grade will be an average. There are differing sections in each grading so the marking of each section will be as follows.

Patterns

The marking is based on the following criteria:

- Pattern - the moves must be performed in the correct order and follow the pattern diagram.
- Stances - each stance must be correctly formed and delivered at the appropriate time during the pattern.
- Techniques - each technique must be prepared and delivered appropriately for the application.
- Power - must be of sufficient level for the student.
- Breath control - must be utilised correctly for the technique or combination of techniques.

Sparring

This is split into the following variations: 3-step, 2-step, 1-step, 3-step semi free, free & self-defence technique.

3-step, 2-step, 1-step & 3-step semi free

The marking is based on the following criteria:

- Ready position in attack and defence. Correct stance observed with a yell at the required time.
- Measure up and distancing. The attacker must deliver the attack with the correct distance to the defender.
- Timing and distance relative to the opponent. The defender must move according to the attacker with the correct stepping technique.
- Attacking and blocking tool prepared and utilised. The attacking tool must be prepared and delivered appropriately. The defender must prepare and utilise the correct blocking tool.
- Power and breath control. Both attacker and defender must utilise breath control and deliver their techniques with sufficient power for the student.

Free sparring

The marking is based on the following criteria:

- Ready position.
- Control. No excessive force must be used!
- Variety of techniques. The student must show their knowledge of a variety of attack and defence techniques. A mixture of hand and foot techniques must be employed.
- Dodging, blocking and counter attack. All must be observed.
- Delivery of attack. The attacker must deliver the attacking tool with the correct distancing and angle of attack to the chosen target.

Self defence techniques

The marking is based on the following criteria:

- Finish position and counterattack. The student must deliver an appropriate counterattack with a yell and then move away to form an L-stance forearm guarding block.
- Release technique.
- Break release technique.
- Attack release technique.
- Power and breath control.

Power test

The marking is based on the following criteria:

- Ready and finish position. L-STANCE forearm guarding block.
- Attacking tool. Correct attacking tool for the technique chosen.
- Measure up technique. Correct delivery of the technique including angle and distancing from the target with the measure up.
- Power of technique. The demonstrated technique must be of sufficient power and delivered with accuracy utilising breath control.
- Korean terminology. The student must understand the Korean terminology of the technique they have been asked to perform.

Grading feedback

We will advise students on their focus points moving forwards. The following abbreviations will be marked on the grading cards for reference:

M = Learn the movements of each pattern thoroughly.

R = Apply correct ready position for patterns, sparring and power tests.

S = Stances to be correctly formed with appropriate weight distribution.

T = Prepare and deliver each attack and defence correctly.

P = All techniques must be applied with power and breath control.

Sample theory test questions

The following 5 questions are shown here to give each student a feel for the type of questions that will be asked in the 1st kup theory test paper. The answers are given at the end!

1. What year was Taekwondo formally recognised as a martial art?
 - a. 1948
 - b. 1949
 - c. 1952
 - d. 1955
2. What is the meaning of the pattern Won-Hyo?
 - a. Won-Hyo was the noted philosopher who introduced Buddhism to the Silla Dynasty in the year 686 A.D.
 - b. Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.
 - c. Won-Hyo was the noted monk who introduced philosophy to the Silla Dynasty in the year 686 A.D.
 - d. Won-Hyo was the noted philosopher who introduced philosophy to the Silla Dynasty in the year 686 A.D.
3. What does the black belt signify?
 - a. An expert in Taekwondo who has studied for a minimum of three years.
 - b. Opposite of white, therefore signifying the maturity and proficiency in Taekwondo. It also indicates the wearer's imperviousness to darkness and fear.
 - c. Opposite of white, therefore signifying an imperviousness to fear and the proficiency and skill of the black belt holder.
 - d. A student proficient in Taekwondo with maturity and imperviousness to darkness and fear. Not like a white belt.
4. The Korean terminology for free sparring is?
 - a. Sambo matsogi
 - b. Ilbo matsogi
 - c. Ban jayu matsogi
 - d. Jayu matsogi
5. How many movements are in the pattern Toi-Gye?
 - a. 32
 - b. 35
 - c. 37
 - d. 38

The answers are on the last page of this booklet. How did you do? If you got all the questions correct then you are doing well. If you got less than 4 questions correct then you will need to improve your theory knowledge to pass the full test. All the answers to the theory questions can be found in the WLS Taekwondo syllabus booklet.

Appendix

WLS Taekwondo Equity Policy

This club is committed to ensuring that equity is incorporated across all aspects of its development. In doing so it acknowledges and adopts the following Sport England definition of sports equity:

- Sports equity is about fairness in sport, equality of access, recognising inequalities and taking steps to address them.
- It is about changing the culture and structure of sport to ensure it becomes equally accessible to everyone in society.
- The club respects the rights, dignity and worth of every person and will treat everyone equally within the context of their sport, regardless of age, ability, gender, race, ethnicity, religious belief, sexuality or social/economic status.
- The club is committed to everyone having the right to enjoy their sport in an environment free from threat of intimidation, harassment and abuse.
- All club members have a responsibility to oppose discriminatory behaviour and promote equality of opportunity.
- The club will deal with any incidence of discriminatory behaviour seriously, according to club disciplinary procedures.

WLS Taekwondo Codes of Conduct for Parents and Carers

As a parent/carers you are expected to

- Positively reinforce your child and show an interest in their chosen activity.
- Do not place your child under pressure or push them into activities they do not want to do.
- Ensure that all relevant contact details, especially next of kin details, relating to your child are kept up to date with WLS Taekwondo.
- Deliver and collect your child punctually before and after classes.
- Ensure your child has clothing and kit appropriate to the classes.
- Ensure that proper uniform and protective equipment are worn. Sparring equipment is optional but parents/carers accept the risk of injury to their child participating in sparring without the sparring protection kit. This kit must be purchased through WLS Taekwondo.
- Detail any relevant medical concerns or conditions pertaining to their child on the membership application form. Any changes in the state of the child's health should be reported to WLS Taekwondo staff prior to the activity.
- To inform the instructor prior to the class starting if your child is to be collected early.
- Encourage your child to play by the rules, and teach them that they can only do their best.
- Ensure that your child understands their code of conduct.

- Behave responsibly in the training hall; do not embarrass your child.
- Show appreciation and support to WLS Taekwondo staff.
- Ensure your child is punctual.
- Be realistic and supportive.
- Ensure your child has appropriate fluids for the lesson.
- Accept the clubs (WLS Taekwondo) judgment and do not enter the training area.
- Promote your child's participation in playing sports for fun.

As a parent/carer you have the right to

- Be assured that your child is safeguarded during their participation in sport.
- Be informed of problems or concerns relating to your children.
- Be informed if your child is injured.
- Have your consent sought for issues such as trips or photography.
- Contribute to decisions within the club.
- Have any concerns about any aspect of your child's welfare listened to and responded to.

Any breaches of this code of conduct will be dealt with immediately by a WLS Taekwondo official.

Persistent concerns or breaches may result in you being asked not to attend classes if your attendance is considered detrimental to the welfare of young participants.

The ultimate action should a parent/guardian continue to breach the code of behaviour may be the WLS Taekwondo officials regrettably asking your child to leave the class, event or club.

Membership terms and conditions

By enrolling with WLS Taekwondo all student members and parents/guardians of student members under 18yrs agree to the following membership terms and conditions.

1. All students must behave responsibly and conduct themselves in a safe and courteous manner while attending lessons. This includes arrival before and after the lesson.
2. Students and parents/guardians must be aware of and abide by the WLS Taekwondo equity policy. Copies of this are available on request or are available for download from the WLS Taekwondo website.
3. Parents/guardians must be aware of and abide by the WLS Taekwondo Parents and Carers codes of conduct policy. Copies of this are available on request or are available for download from the WLS Taekwondo website.
4. Students and parents/guardians must be aware of and accept the WLS Taekwondo Privacy and Data Protection policies for GDPR compliance. Copies of these are available on request or are available for download from the WLS Taekwondo Website.
5. Parents/guardians are to be aware that no supervision is offered for students before the start and after the end of a lesson. The lesson has not started until the Taekwondo Oath has been recited. The lesson has ended after the instructor dismisses the class.
6. No supervision is offered for students of any age who leave the lesson for any reason.
7. Students must log their arrival for a lesson on the register provided. This is done by scanning your membership card.
8. If a student wishes to leave the lesson for any reason they must inform the instructor beforehand.
9. Students wishing to attend a lesson without their membership card must inform the instructor before the start of the lesson.
10. Lessons attended without the membership card, for whatever reason, will not count towards your grading totals and will not be added at a later date.
11. By scanning their membership card student members or parents/guardians of student members are confirming their familiarity and acceptance of the most recent membership terms and conditions.
12. The parents/guardians of young children are advised to remain on site during the lesson. It is assumed that any parent/guardian not remaining on site during the lesson consents to their child leaving the lesson unsupervised and/or making unsupervised visits to the nearest toilet. This includes leaving the lesson unsupervised once the instructor has dismissed the class.
13. It is the responsibility of the student or the parent/guardian of the student to inform the instructor of any physical injuries or disabilities that may affect the student during the lesson. This must be done prior to the start of the lesson.
14. By signing in to the class in the register prior to the lesson students are declaring their fitness to partake in the lesson. If any student is in doubt about their ability to train they should consult their doctor prior to training.

15. Students must not change clothing or eat in the training hall.
16. All contact details for the student including next of kin details must be kept up to date with WLS Taekwondo. WLS Taekwondo must be notified of any changes immediately.
17. If a lesson cannot commence for any reason then WLS Taekwondo will endeavour to inform all students prior to that lesson. It is not guaranteed that an alternative to the cancelled lesson will be offered.
18. WLS Taekwondo reserves the right to alter class start times and duration as necessary.
19. Training fees reflect and include discounts to allow for short breaks in training at Easter, during the summer school holidays and Christmas. These breaks will normally be no longer than two weeks.
20. No training will take place on public holidays.
21. Membership fees are non-refundable.
22. It is the responsibility of the student (or parent/guardian of the student where applicable) to ensure all training fees and any other costs are paid in full when due. Failure to do so may result in extra charges being applied to your account.
23. Membership can only be cancelled in writing. A minimum period of one months' notice will apply.
24. Membership will be deemed to be active until cancelled in writing. No refund of membership fees will be offered for non-attendance of lessons.
25. Memberships cancelled and reactivated within six months will be liable to a £39 re-enrolment fee per student.
26. Family and dual membership discounts apply to immediate family members only. Immediate family members are deemed to include; parents, couples, children of parents or siblings in one family.
27. WLS Taekwondo reserves the right to refuse new applications for membership or cancel existing memberships at any time.
28. If paying by direct debit, please note that WLS Taekwondo has appointed the BACS Approved Direct Debit Bureau, Nest Management Limited to collect your payments.
29. An active direct debit mandate must be in place at all times for all memberships.
30. Students are invited to attend gradings at the discretion of WLS Taekwondo. No grading tests are permitted in the last 30 days of membership after notice has been given. You can take one final test before leaving but your last day of paid membership must be no less than 30 days after the grading date.
31. WLS Taekwondo reserves the right to remove/alter any discount schemes or promotions.
32. WLS Taekwondo events such as, but not limited to, gradings, lessons, tournaments, seminars, etc may be filmed or photographed by WLS Taekwondo. WLS Taekwondo reserves the right to use such images for promotional purposes either online or in printed format. Any student or parent/guardian of a student can opt out in writing if they do not wish their or their child's image to be used for promotional purposes.
33. Any sparring equipment used for training must be purchased from WLS Taekwondo.

Last updated November 2021

Sample theory test answers; d,b,b,d,c