



DSA Taekwondo Club
Member: International Taekwondo Federation
MASTER TRAINING PROGRAM
WHITE BELT TO FIRST DEGREE BLACK BELT



WHITE BELT TO YELLOW STRIPE (10 Gup):

Theory:

1. Founder of Taekwon-Do is General Choi Hong Hi. (started developing Taekwon-Do in early 1946).
2. Taekwon-Do: "Tae" stands for jumping or flying, to kick or smash with the foot; "Kwon" denotes the fist, chiefly to punch or destroy with the hand or fist. "Do" means an art or way.
3. Student Oath.
4. Tenets of Taekwon-Do.
5. Theory of Power: (Just the Elements).
 - Reaction Force.
 - Concentration.
 - Equilibrium.
 - Breath Control.
 - Mass.
 - Speed.

Fundamental Exercises:

1. Parallel stance punch. (Low/Middle/High).
2. Sitting or Straddle stance punch. (Low/Middle/High).
3. Walking or Front stance spot punch.
4. Walking stance outer forearm low obverse block.
5. Walking stance knife-hand low observe block.
6. Walking stance inner forearm obverse block.
7. Stepping side rising kick.
8. Front rising kick. (v1 pg. 157).
9. Front snap kick.
10. Side piercing kick (foot sword).

Parallel Stance: One shoulder width from foot sword to foot sword.

Walking Stance: Length 1 & ½ shoulder width from big toe to big toe. Width one shoulder width from center of the insteps.

Sitting Stance (straddle): One and a half shoulder widths between both big toes.

Fundamental Movements:

1. Four Direction Punch (Saju Jirugi 7 movements each side).
2. Four Direction Block (Saju Makgi 8 movements each side).

3 Step Sparring alone: (1 through 6: start from left walking stance, low outer forearm side block

1. Attack: 3 steps forward in walking stance executing obverse middle punch.
2. Defense: 3 steps backward in walking stance executing inner forearm side middle block. The blocking tool is focused toward the center of the defenders shoulders.
3. Attack: 3 steps forward in walking stance executing low front snap kick.
4. Defense: 3 steps backward in walking stance executing low knife hand block.
5. Attack: 3 steps forward in walking stance executing middle side piercing kick.
6. Defense: 3 steps backward in walking stance executing high outer forearm inward front block. The blocking tool stays at the center of the defender's body.

Sparring Techniques:

1. Front snap kick. (ball of foot is attacking tool).
2. Double punch.
3. Side Piercing kick. (footsword is attacking tool).
4. Back fist.
5. Front snap kick, double punch combination.



DSA Taekwondo Club
Member: International Taekwondo Federation
MASTER TRAINING PROGRAM
WHITE BELT TO FIRST DEGREE BLACK BELT



YELLOW STRIPE TO YELLOW BELT. (9th Gup):

Theory:

1. Training Secrets of Taekwon-Do (First 5).
2. General Choi's pseudonym is (pen name) Ch'ang Hun ("Blue Cottage") thus the style of Taekwon-Do we study is the Ch'ang Hun style. (primarily based on Taek Kyon, Soo Bak-Gi, and Karate techniques).
3. Taekwon-Do got its name from General Choi on April 11, 1955.
4. The International Taekwon-Do Federation was formed March 22, 1966.

Fundamental Exercises:

1. L Stance knife- hand guarding block.
2. L Stance inner forearm block.
3. Walking stance stepping punch.
4. Walking stance outer forearm low reverse block.
5. Walking stance low knife-hand reverse block.
6. Spot turning. (v4 pg. 273 — 279).
7. Step turning. (v4 pg. 286 — 291).
8. Side piercing kick.

L Stance: One and a half shoulder widths from foot sword of rear foot to the big toe of the front foot.

Pattern:

Chon-Ji: (19 moves) 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.

3 Step Sparring: (Defender moving backwards & forwards)

1. Attacker: Moving forward in walking stance perform 3 low front snap kicks (belt level) with the rear leg.
Defender: Stepping back with the right foot move backwards in walking stance while performing 3 low blocks with the outer forearm.
Counter: Move forward with middle turning knee kick with right leg.
2. Attacker: Moving forward in walking stance perform 3 middle punches.
Defender: Stepping back with the right foot move backwards in L stance while performing 3 inner forearm side blocks.
Counter: Step with the right foot forward and to the right on about a 20 degree angle to form Sitting stance and execute a High punch to the face with the right hand then a middle Punch to the solar plexus with the left hand.

Sparring Techniques:

1. Side piercing kick back fist combination.
2. Side Thrusting kick (ball of the foot is attacking tool). (v4 pg. 28).
3. Side Pushing kick (from sifting stance, stepping behind foot that will kick;; foot sword is attaching tool). (v4 pg. 38).
4. Turning kick with Knee. (Helps develop technique for turning kick)
5. Turning kick. (instep as attacking tool and also ball of foot as attacking tool).
5. Side turning kick. (Opponent standing to side or further in front). (v4 pg. 57).

Free Sparring:

No equipment — no contact.



DSA Taekwondo Club
Member: International Taekwondo Federation
MASTER TRAINING PROGRAM
WHITE BELT TO FIRST DEGREE BLACK BELT



YELLOW BELT TO GREEN STRIPE. (8th Gup):

Theory:

Training Secrets of Taekwon-Do (all 9).

Fundamental Exercises:

1. L stance twin forearm block.
2. L stance knife-hand side strike.
3. Walking stance forearm rising block.
4. Walking stance inner forearm reverse block. (reverse half facing)

Pattern:

Dan Gun: (21 moves). Is named after the Holy Dan-Gun, the legendary founder of Korea in the year of 2,333 B.C.

3 Step Sparring:

3. Attacker: Moving forward in walking stance perform 3 high punches.
Defender: Stepping back with the right foot move backwards in walking stance while performing 3 rising blocks over the lead leg.
Counter: While grasping attacker's right hand with left hand step with the right foot forward and to the right on about a 45 degree angle to form a sifting stance while executing a high inward knife hand strike with the right hand to the temple then bring the right foot to the left foot to form a closed stance raise slightly onto the toes and execute a high outward knife hand strike to the attacker's neck while dropping back down onto the full feet.
4. Attacker: Moving forward in walking stance perform 3 middle punches.
Defender: Stepping back with the right foot move backwards in a L stance while performing 3 twin forearm blocks.
Counter: Front leg left piercing side kick.
5. Attacker: Moving forward in walking stance perform 3 Twin inward knife hand strikes at the Defender's neck.
Defender: Stepping back with the right foot move backwards into walking stance while performing 3 Outer Forearm Wedging Blocks.
Counter: Step back with left leg and execute a middle front snap kick with the right leg; land forward and execute 2 middle punches ending in a reverse punch. (remember sine wave and punches are continuous motion).

Sparring Techniques:

1. Back Piercing Kick: (foot sword is attacking tool: pull toes of kicking foot back).
2. Back Piercing Kick, double punch forward combination.
3. Front snap kick with front leg; back piercing kick with back leg; double punch combo.
4. Front kick with Knee. (stationary leg bent). (v4 pg. 41).
5. Side front snap kick. (Ball of the foot is attacking tool).
6. Back snap kick. (Back heel is attacking tool & scrotum is the target.) (v4 pg. 48).
7. Stamping kick. (Back sole, [bottom of heel] is attacking tool.) (v4 pg. 49).

Free Sparring:

No equipment — no contact.



DSA Taekwondo Club
Member: International Taekwondo Federation
MASTER TRAINING PROGRAM
WHITE BELT TO FIRST DEGREE BLACK BELT



GREEN STRIPE TO GREEN BELT (7T" Gup):

Theory:

Patterns Theory: (First 5 along with explanation as to why we do Patterns).

Fundamental Exercises:

1. L stance outer forearm outward block. (chest line).
2. L stance forearm guarding block.
3. L stance back fist side strike.
4. Walking stance outer forearm side block.
5. Walking stance straight finger-tip thrust.
6. Walking stance back fist side strike.
7. Walking stance outer forearm wedging block. (fist & knife-hand).

Pattern:

Do — San: (24 moves). 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.

2 Step Sparring:

(Attacker & Defender start from parallel ready stance. Attacker moves into Right L Stance Guarding Block. Attacker moves forward; Defender moves backward).

1. Attacker: Step into right walking stance, right middle punch and left low front snap kick.
Defender: Move into right L stance, left single knife hand block. Shift into left walking stance, low pressing X block. Left high punch, right middle upset punch.
2. Attacker: Right walking stance, right middle punch and left side kick.
Defender: Right L stance, left single knife-hand block. Step back with left leg into sitting stance facing left, single outer Forearm Inward block. Bring left foot to right, right Pressing kick to attacker's right knee.

Sparring Techniques:

1. Hook punch.
2. Upset punch.
3. Turning kick, hook punch, Upset punch combo.
4. Downward Kick. (Circular motion, with leg slightly bent. Attacking tool is Heel).
5. Pick — Shape Kick. (Vertical line, straight legged, Heel or Ball of foot attacking tool).
6. Upward Kick. (Knee is attacking tool. Grab opponent's head or shoulders with both hands while kicking).
7. Pressing kick. Outward foot sword inward side sole. (v4 pg. 72 — 74).

Free Sparring:

With equipment; light contact to body; no contact to head or below the belt.



DSA Taekwondo Club
Member: International Taekwondo Federation
MASTER TRAINING PROGRAM
WHITE BELT TO FIRST DEGREE BLACK BELT



GREEN BELT TO BLUE STRIPE (6T^h Gup):

Theory:

- Patterns Theory:
- Explanation as to why we do Patterns and the reason there are 24 Patterns in total.

Fundamental Exercises:

1. L stance knife-hand inward strike.
2. Walking stance inner forearm circular block.
3. Walking stance reverse punch.
4. Fixed stance punch.
5. Double Stepping side piercing kick. (v6 pg. 106 step in front).

Pattern:

Won-Hyo (28 moves) Was the noted Monk who introduced Buddhism to the Silla Dynasty in the year 686 A. D.

2 Step Sparring:

3. Attacker: Step forward with right leg into fixed stance facing to left, right middle punch, execute right low side kick.
Defender: Right L stance, left upward palm block. Parry attacking kick to side with left side checking kick, spin clockwise and execute a high back kick.
4. Attacker: Right low front snap kick, land in right walking stance middle punch.
Defender: Right L stance, low knife-hand block. Parry punch with right inside crescent kick & counter attack with high side piercing kick with right leg without putting right leg down.
5. Attacker: Right middle front snap kick, land in right walking stance high obverse punch.
Defender: Left walking stance, low X Fist Pressing Block, high knife-hand X block Flying front snap kick, with left foot, land in left walking stance obverse high punch, then high reverse punch. (punches fast & continuous).

Sparring Techniques:

1. Crescent kick. (front & back leg)
2. Crescent kick, side kick combination. (front & back leg)
3. Flying front snap kick. (front leg & back leg).
4. Front Checking kick. (Back sole supported by ball of foot is attacking tool). (v4 pg. 168).
5. Side Checking kick. (Side sole is attacking tool). (v4 pg. 170).
6. Upward Palm Block (L stance).

Breaking: Adults:

1. Front Kick. Blue Board.
2. Side Kick. Blue Board.
3. Knife Hand. Green Board.

Free Sparring:

With equipment; light contact to body; no contact to head or below the belt.



DSA Taekwondo Club
Member: International Taekwondo Federation
MASTER TRAINING PROGRAM
WHITE BELT TO FIRST DEGREE BLACK BELT



BLUE STRIPE TO BLUE BELT (5th Gu Theory:

Philosophy of Taekwon-Do (First 5).

Fundamental Exercises:

1. Walking stance palm hooking block. (v3 pg. 262, 25% bend in elbow).
2. Walking stance double forearm block.
3. Walking stance front elbow strike.
4. Walking stance knife-hand rising block.
5. L stance twin knife-hand block.
6. X stance back fist side strike. (whatever ft. is supporting the weight that is the stance your are in. Rear foot crosses behind, land rear ft. heel up)
7. Double side stepping knife-hand side strike. (crossing ft. goes in front, v4 pg. 231)
8. W Shape block.
9. X Stance, right & left.

Pattern:

Yul-Gok (38 moves) 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 the 38 degree latitude & the diagram (±) represents "Scholar".

I Step Sparring: Start from Parallel ready stance, distance will vary, do both sides shout "Hup" when ready.

1. Attacker: Right walking stance obverse high punch.
Defender: Step into a Close stance, High outer forearm inward block with right outer forearm. Right side fist strike to the lower abdomen then right side back fist strike to the forehead.
2. Attacker: Right walking stance obverse middle punch.
Defender: Inside hooking kick with left leg and then side piercing kick (same leg without putting leg down).
3. Attacker: Right walking stance high obverse punch. (v5 pg. 129).
Defender: Walking stance X-fist rising block, and then a pressing kick with the right foot.

Sparring Techniques:

1. Reverse Turning Kick. 2. Twisting Kick.
3. Reverse Hooking Kick. 4. Vertical Kick.
5. Back Fist, Front Strike/Side Strike 6. Side Fist.

Sparring:

With equipment; light contact to body; no contact to head or below the belt.



DSA Taekwondo Club
Member: International Taekwondo Federation
MASTER TRAINING PROGRAM
WHITE BELT TO FIRST DEGREE BLACK BELT



BLUE BELT TO RED STRIPE (4T^h Gup):

Theory:

The Philosophy of Taekwon-Do (All Elements).

Fundamental Exercises:

1. L stance reverse knife-hand outward block. (1ST• move of Joong-Gun)
2. L stance outer forearm inward block.
3. Walking stance twin fist upset punch.
4. Walking stance upper elbow strike.
5. Walking stance X fist rising block.
6. Fixed stance U shape block. (Hands in a vertical line with lower elbow flush with hip).
7. Releasing from a grab.
8. Close stance angle punch. (to shoulder line).

Pattern:

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

1 Step Sparring:

4. Attacker: Walking stance twin fist high vertical punch. (v5 pg. 138).
Defender: Walking stance knife-hand wedging block and then an upward kick with the rear leg knee, pulling opponents head downward with both hands.
5. Attacker: Walking stance reverse knife-hand high front strike in reverse stance (v5 pg. 139) (move 13 from Choong Moo).
Defender: Drop to the ground (to the left of the attacker) and execute a high side piercing kick with the right foot while supporting the body with both hands and the left knee.

Sparring Techniques:

1. Four direction kick same leg. (front, side, back, turning).
2. Twin fist vertical punch.
3. Outward reverse knife-hand side strike. (L stance).
4. Sweeping kick. (Side sole & back heel are the attacking tools to outer ankle joint). (v4 pg. 75).
5. Flying front leg side kick.
6. Flying front leg turning kick.
7. Flying spinning back kick.

Breaking:

Children: 8 yrs. To 10 yrs. Green Board, 11 + Blue Board.

1. Front Kick.
2. Side Kick.

Adults:

1. Front Kick. Brown Board.
2. Side Kick. Brown Board.
3. Knife Hand. Blue Board Ladies; Brown Board Men.
4. Forefist. Men Blue Board.
5. Back kick. Brown Board.

Free Sparring:

No equipment — no contact.

With equipment — light to medium contact, no contact to head.



DSA Taekwondo Club
Member: International Taekwondo Federation
MASTER TRAINING PROGRAM
WHITE BELT TO FIRST DEGREE BLACK BELT



RED STRIPE TO RED BELT (3rd Gup): Theory:

- Explanation of the Tenets of Taekwon-Do • Theory of Power; first 3

Fundamental Exercises:

1. Walking stance upset fingertip thrust.
2. Walking stance flat fingertip thrust.
3. Walking stance X-fist pressing block. (v3 pg. 260 lower abdomen level).
4. Walking stance X-fist downward block. (v3 pg. 248 Solar Plexus level).
5. L stance double forearm pushing block. (v3 pg. 280 only low).
6. L stance knife-hand low guarding block.
7. Close stance back fist high side back strike.
8. X stance X fist pressing block. (move 29 Toi Gye back foot heel off ground).

Pattern:

Toi Gye: (37 moves) 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 degree latitude, the diagram (±) represents "Scholar".

Sparring Techniques:

1. Flying snap kick, rear leg.
2. Flying side kick, rear leg.
3. Flying turning kick, rear leg.
4. Flying reverse turning kick.
5. Mid Air kick (180 degrees). (v4 pg. 120).

I Step Sparring:

6. Attacker: Left Walking Stance reverse upset punch. (v5 pg. 143).
Defender: Parallel stance X- fist pressing block, and then a dodging punch with the right fist while flying away from the opponent.
7. Attacker: Left Walking Stance high reverse punch. (v5 pg. 134).
Defender: Dodging side piercing kick while flying away from the opponent then a high knife-hand side strike while forming a left L stance.
8. Attacker: Right X stance back fist high side strike in a jumping motion.
Defender: L stance twin knife-hand block, and then a knife-hand side strike while flying towards opponent. (v5 pg. 144).

Breaking:

Children: 8 yrs. To 10 yrs. Green Board, 11 + Blue Board.

1. Turning Kick.
2. Flying Side Kick.

Adults:

1. Turning Kick. Brown Board.
2. Reverse Turning Kick. Brown Board.
3. Flying Side Kick. Brown Board.

Free Sparring:

No equipment — no contact.

With equipment — light to medium contact, no contact to head.



DSA Taekwondo Club
Member: International Taekwondo Federation
MASTER TRAINING PROGRAM
WHITE BELT TO FIRST DEGREE BLACK BELT



RED BELT TO BLACK STRIPE (2 Gup): Theory:

- Theory of Power; all elements.
- Explanation of the Philosophy of Taekwon-Do.
- Explanation of the Training Secrets of Taekwon-Do.

Fundamental Exercises:

1. L stance obverse punch.
2. L stance side elbow trust.
3. Sitting stance palm pushing block.
4. Close stance inner forearm side front block.
5. Vertical stance knife-hand downward strike.

Pattern:

Hwa-Rang: (29 moves) 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.

Sparring Techniques:

1. Mid Air kick, 360 degrees. (v4 pg. 120-121).
2. Flying twisting kick. (v4 pg. 115).
3. Flying crescent kick. (v4 pg. 135).
4. Flying hooking kick. (v4 pg. 136).
5. Flying reverse hooking kick. (v4 pg. 108).

1 Step Sparring:

9. Attacker: Left middle side piercing kick with left leg. (v5 pg. 196).
Defender: Right L stance inner forearm reverse outward block, moving the left foot to B (back) then a flying high reverse turning kick with the right ball of the foot.
10. Attacker: Right high side piercing kick. (v5 pg. 201).
Defender: Parallel stance X-fist front block, and then a dodging middle turning kick with the right foot while flying away from the opponent.

Breaking

Children: 8 to 10 yrs. Blue Board, 11 + Brown Board.

1. Front Kick
2. Side Kick.
3. Turning Kick.
4. Reverse turning Kick.
5. Flying Side Kick.

Adults:

1. Front Kick. Black Board.
2. Side Kick. Black Board.
3. Turning Kick. Black Board.
4. Back Kick. Black Board.
5. Forefist. Men Brown Board.
6. Knife-hand. Men Brown Board, Ladies Blue Board.

Free Sparring:

No equipment — no contact.

With equipment — light to medium contact, no contact to head. With equipment — Two on One.



DSA Taekwondo Club
Member: International Taekwondo Federation
MASTER TRAINING PROGRAM
WHITE BELT TO FIRST DEGREE BLACK BELT



BLACK STRIPE TO BLACK BELT (1St Gup)

Theory:

1. Full knowledge of all previous Theory from White Belt up.
2. Full knowledge of all movements and application of same.
3. Full knowledge of the History of Taekwon-Do and General Choi
4. Full knowledge of training procedures and how to teach.

Fundamental Exercises:

1. Walking stance, inward knife-hand front strike.
2. Walking stance palm upward block.
3. L stance outer forearm reverse low block.
4. Sitting stance middle outer forearm front block.
5. X stance knife-hand side strike. (cross over foot in front).

Pattern:

Choong-Moo: (30 moves) Was the name given to the great Admiral Yi Soon-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason 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.

Sparring Techniques:

Mastering of all techniques from White Belt up.

Step Sparring:

Mastering of all 3, 2, 1, Step from White Belt up.

FIRST DEGREE BLACK BELT TEST:

THEORY:

1. Full knowledge of all previous Theory from White Belt up.
2. Full knowledge of all Fundamental Exercises and application of same.
3. Full knowledge of the History of Taekwon-Do and General Choi.
4. Full knowledge of training procedures and how to teach.
5. Written report on "What it means to be a Black Belt and why you want to be a Black Belt".

PATTERNS:

1. Choong-Moo.
2. Hwa-Rang.
3. Instructors choice of 3 other Patterns or Fundamental Movements.

STEP SPARRING:

1. 5 One step sparring made up by Student. (none from previous tests).
2. Instructors choice of 3 and 2 Step sparring from previous tests.

SPARRING:

1. Free sparring, medium contact with no contact to head.
2. Two on one with light contact.

BREAKING: BLACK BOARD (pick 2 in addition to Mandatory breaks)

1. Front snap kick.
2. Side kick.
3. Back kick.
4. Turning kick.
5. *Flying side kick.
6. *Reverse turning kick.
7. Back fist.
8. *Knife hand
9. *Forefist.

*Mandatory.

Ladies Brown Board. Men only.