

# **Sutton Schools of Tae Kwon-Do**

## **1<sup>st</sup> and 2<sup>nd</sup> Dan Manual**

**Produced by: Richard Nutt (3<sup>rd</sup> Dan) and Anna Tees-Nutt (3<sup>rd</sup> Dan)**



# 1st to 2nd Dan Manual

## Contents

1	Introduction .....	2
1.1	Grading Eligibility Criteria for 1 <sup>st</sup> Dan Students (age 16 and over) .....	2
1.2	Preparation for the 2nd Dan Grading.....	2
1.3	Cadet Black Belt Gradings.....	3
2	Grading Syllabus.....	4
2.1	Line Work.....	4
2.2	Patterns .....	4
2.3	3-Step Sparring / 2-Step Sparring .....	4
2.4	1-Step Sparring .....	4
2.5	1-Step Self-Defence.....	5
2.6	Free Sparring.....	5
2.7	Pad Work .....	5
2.8	Destruction .....	5
3	1st Dan Patterns .....	6
3.1	Background .....	6
3.2	Why are there twenty four Patterns? .....	6
3.3	Kwang-Gae.....	7
3.4	Po-Eun .....	9
3.5	Gae-Baek .....	11
4	Theory.....	13
4.1	Background.....	13
5	First Dan Terminology.....	14
5.1	Kicks.....	14
5.2	Punches .....	14
5.3	Blocks .....	14
5.4	Thrusts/ Strikes/ Grasps .....	14
5.5	Stances .....	15
5.6	Body Parts & Target Areas.....	15
5.7	Hand Parts .....	15
5.8	Foot Parts .....	16
5.9	Miscellaneous .....	16

# 1st to 2nd Dan Manual

## 1 Introduction

It is a significant achievement to achieve 1st degree black belt status as it demonstrates commitment and discipline as well as a sound technical understanding of the art of Tae Kwon-Do. It provides the base knowledge required to progress to the next dan level and is regarded by many as the beginning of the journey into the art.

There is an interval of a minimum of two years between attaining 1st dan status and preparing for a second dan grading. The second dan grading demonstrates a more sophisticated technical skill-set and a student must be able to evidence significant progress across all areas of the discipline.

This manual details the syllabus for the second dan grading and offers guidance on how to prepare for the grading.

### 1.1 Grading Eligibility Criteria for 1<sup>st</sup> Dan Students (age 16 and over)

First dan students are required to meet the following criteria to become eligible for a second dan grading:

- Two years of continuous training with no substantial breaks since the first dan grading
- A minimum of 2 hours of training per week
- Attendance at a minimum of three black belt training sessions per year
- Produce a letter to the grading examiner detailing valid reasons for promotion
- Active participation in supporting club events – charity demonstrations, tournaments, training camps, coaching, supporting gradings etc
- A clear progression across all of the technical disciplines within the art of tae kwon-do
- Visibly uphold and reinforce the values laid down in the 5 tenets
- Complete the official 2<sup>nd</sup> dan grading administration – incl one recent passport photo

### 1.2 Preparation for the 2nd Dan Grading

The destiny of a student aiming to become a second dan lies primarily in their own discipline and training methods.

Sutton Schools of Tae Kwon-Do will support all black belt grades through offering clear support and guidance as well as regular black-belt only training sessions.

During the grading students will be required to:

- Demonstrate the 3 new technical patterns – Kwang-Gae, Po-Eun and Gae-Baek
- Evidence a significant improvement in sparring skills and tactics
- Work effectively with others during the grading in sparring situations – demonstrating control and a respect for others
- Demonstrate good fitness levels during the physical test
- Demonstrate and describe the purpose of the chosen destruction techniques
- Have a sound grasp of the additional Korean terminology outlined in this manual coupled with the terminology outlined in the Colour Belt Manual
- Meet the standards set by an external grading examiner, whom is required to be a minimum of 2 dan grades above the student themselves

# 1st to 2nd Dan Manual

## 1.3 Cadet Black Belt Gradings

It is a significant achievement for a junior student to gain 1st degree black belt status before the age of sixteen and should be celebrated as such within a club.

The International Tae Kwon-Do Federation guidelines advise that a black belt student under the age of 16 is not eligible to complete a second Dan grading until their 16th birthday.

Instead Sutton Schools of Tae Kwon-Do has a system of 3 Cadet Gradings that can be completed (on a regular basis) throughout the years prior to a junior student reaching the age of 16.

At each grading the junior student will be required to demonstrate all of the skills shown in the first dan grading as well as:

- One additional 1st Dan black belt pattern – Kwang-Gae, Po-Eun, Gae-Baek
- Linework - as set by the grading examiner on the day
- More advanced technical free sparring techniques and tactics
- Power test (using either hand or foot) to be demonstrated using a pad
- Improved fitness levels through a more demanding physical grading
- An improved knowledge of the Korean terminology, as outlined in this manual

Note – Cadets will receive cadet stripes to be added to their uniform. These will denote the seniority of the student within the club environment.

# 1st to 2nd Dan Manual

## 2 Grading Syllabus

### 2.1 Line Work

<b>Forward:</b>	L-stance, low knife-hand guarding block, slip front foot to walking stance, circular block (from Toi-Gye)
<b>Backward:</b>	Walking stance, double forearm block, forearm release (from Kwang-Gae)
<b>Forward:</b>	Double turning kick on the same leg, land in L-stance, reverse punch, kiap, pull back to guard
<b>Backward:</b>	Twin horizontal punch (from Po Eun) in fixed stance
<b>Forward:</b>	Pressing kick, side kick combination using the same leg, land in L-stance with inwards knife-hand strike (from Kwang-Gae)
<b>Backward:</b>	L-stance, U-shaped grasp (from Po Eun)
<b>Forwards :</b>	Jump turning kick land in L-stance with guarding block
<b>Backward:</b>	L-stance, X- knife-hand checking block (from Gae-Baek), upset punch with reaction arm pulled to shoulder (from Gae- Baek)
<b>Forward:</b>	Twist kick, land in walking stance with double punch (ending opposite arm to leg)
<b>Backward:</b>	Walking stance with 9 – shaped block
<b>Forward:</b>	Turning kick, jump side kick using same leg, land in walking stance with twin vertical punch (from Gae- Baek), pull back to guard
<b>Backward:</b>	Walking stance, rising block, low block, double arc hand block (from Gae Baek)
<b>Forward:</b>	Front leg hook kick, turning kick combination followed by rear leg axe kick, reverse punch, kihap and pullback to guard
<b>Backward:</b>	Jump spinning back kick, land in L-stance with reverse punch, kiap, pull back to guard

### 2.2 Patterns

<b>Grading 1:</b>	Examiner's choice from any colour belt pattern learnt to date
<b>Grading 2:</b>	Examiner's choice from any colour belt pattern learnt to date
<b>Grading 3:</b>	Examiner's choice from any colour belt pattern learnt to date
<b>Grading 4:</b>	Examiner's choice from any colour belt pattern learnt to date
<b>Grading 5:</b>	Student's choice from any colour belt pattern learnt to date (not 1st dan pattern)
<b>Grading 6:</b>	1st Dan black belt pattern 1 – Kwang-Gae
<b>Grading 7:</b>	1st Dan black belt pattern 2 – Po-Eun
<b>Grading 8:</b>	1st Dan black belt pattern 3 – Gae-Baek

### 2.3 3-Step Sparring / 2-Step Sparring

#### Examiner's choice.

Students should have a full knowledge of all ten 3-step sparring routines and eight 2-step sparring routines.

Note - The 2-step sparring routines must include a reverse side kick in at least 2 of the 4 freestyle routines. The routines should be performed with complex combinations.

### 2.4 1-Step Sparring

Each student should have a minimum of **six** advanced pre-determined defence and attack movements prepared.

# 1st to 2nd Dan Manual

## 2.5 1-Step Self-Defence

Each student should have four pre-determined self-defence and attack movements prepared. The routines should be performed using combinations that demonstrate variety and a full understanding of the most appropriate defence movement(s) in response to an attack.

## 2.6 Free Sparring

Both adults and juniors will be requested to demonstrate technical semi-contact free-sparring with up to 3 partners. The grading examiner will require clear evidence of a continuing improvement in the skilful usage of techniques and tactics.

Note - Safety equipment will be required as this is a semi-contact section of the grading.

## 2.7 Pad Work

- Jump side-kick on the spot (both legs)
- Reverse turning kick on the spot (both legs)
- Reverse knife hand strike (both hands)

Note - This exercise will be performed on an individual basis on the day of the grading.

## 2.8 Destruction

- Two techniques (one hand and one foot ) chosen by the student
- Demonstration to be executed on both sides

# 1st to 2nd Dan Manual

## 3 1st Dan Patterns

### 3.1 Background

Dan grade patterns are significantly more challenging than the colour belt patterns, both in terms of numbers of movements and complexity of skillset. There are three additional patterns to memorise and execute for the first dan grading.

The diagram, meaning and pattern description is outlined for each of the three first dan patterns in the next section of this manual.

It is worthwhile reminding students at this stage what is expected when executing a pattern at an advanced level:

1. Patterns should begin and end on the same spot. This will indicate the performers' accuracy.
2. Correct posture and facing must be maintained at all times.
3. Muscles of the body should be tensed or relaxed at the proper critical moments in the exercise.
4. The exercise should be performed in a rhythmic movement with the absence of stiffness.
5. Each pattern should be accelerated or decelerated according to instructions.
6. Each pattern should be perfected before moving to the next.
7. Students should know the purpose of each movement.
8. Students should perform each movement with realism.

### 3.1 Why do we perform Patterns?

We practise patterns to improve our Tae Kwon-Do techniques, to develop sparring techniques, to improve flexibility of movement, master body-shifting, develop muscles, balance and breath control. They also enable us to acquire techniques which cannot be obtained from other forms of training.

These skills should be well-developed by first dan and a student will be judged on all of the above-mentioned areas during a technical grading.

### 3.2 Why are there twenty four Patterns?

The reason for twenty four patterns in Tae Kwon-Do is because the founder, Major General Choi Hong Hi, compared the life of man with a day in the life of the earth and believed that some people should strive to bequeath a good spiritual legacy to coming generations and in doing so gain immortality.

Therefore, if we can leave something behind for the welfare of mankind, maybe it will be the most important thing to happen in our lives, as the founder says:

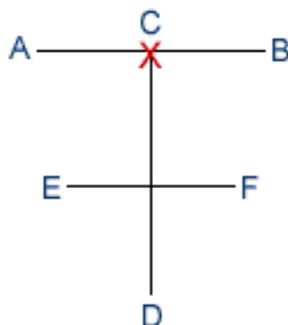
*"Here I leave Tae Kwon-Do for mankind. As a trace of a man of the late 20th Century. The twenty four patterns represent twenty four hours, one day or all of my life."*

# 1st to 2nd Dan Manual

## 3.3 Kwang-Gae

**Movements:** 39

**Meaning:** 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.



**Starting Position:** Parallel stance with a heaven hand

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 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

# 1st to 2nd Dan Manual

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 lone 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, 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

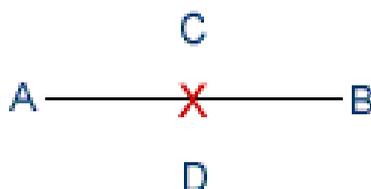
**END:** Bring the left foot back to a ready posture

# 1st to 2nd Dan Manual

## 3.4 Po-Eun

**Movements:** 36

**Meaning:** 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.



**Starting Position:** Parallel stance with a heaven hand

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

# 1st to 2nd Dan Manual

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

# 1st to 2nd Dan Manual

## 3.5 Gae-Baek

**Movements:** 44

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



**Starting Position:** Parallel ready stance

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 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

# 1st to 2nd Dan Manual

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 counter-clockwise 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 strike 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 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 C 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. Move the right foot then the left foot (dwiyo torro)
45. 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

# 1st to 2nd Dan Manual

## 4 Theory

### 4.1 Background

Consideration should be given to the following when preparing for the second dan theory test:

- Colour belt memory test – the grading examiner may refer to any of the technical questions and answers outlined in the Colour Belt Manual, including pattern meanings.
- New first dan terminology test – as outlined in this manual.  
(You may wish to undertake more research on the internet to broaden your knowledge).
- A full appreciation of the **purpose** behind the blocks and attacks used, as well as the appropriate target areas.
- The role of the black belt within Sutton Schools of Tae Kwon-Do – for instance:
  - How can your knowledge be transferred to support the colour belt students?
  - How will your role as a second dan differ to that of a first dan?
  - What are your long-term aspirations in the world of Tae Kwon-Do?
  - How would you actively seek to support the Instructor?
- Questions may also operate at a more philosophical level – for instance?
  - How has Major Choi Hong-Hi contributed to the development of Tae Kwon-Do across the world?
  - Which of the 1st Dan patterns has inspired you the most and why?
  - Which pattern to date has presented you with the most challenges and how have you approached the learning?
  - Do you support any of the philosophies outlined by the key characters referred to in the dan grade or colour belt pattern meanings?

# 1st to 2nd Dan Manual

## 5 First Dan Terminology

The language detailed below refers to the new (or most significant) technical movements contained within the first dan pattern instructions. For ease of reference, the patterns to which the movements relate are noted in the right-hand column.

It is essential to refer to the colour belt manual for the core terminology which may also be referred to in the first dan examination. Please note, this booklet is a guide only and not an exhaustive list of Korean terminology. At this level it is therefore recommended that students supplement these guidelines with their own research.

### 5.1 Kicks

English Translation	Korean Term	Pattern
Consecutive kick	Yonsok chagi	Kwang-Gae
Flying side piercing kick	Twimyo yop cha jirugi	Gae-Baek
Front snap kick	Ap cha busigi	Kwang-Gae
Pressing kick	Noollo chagi	Kwang-Gae

### 5.2 Punches

English Translation	Korean Term	Pattern
Angle punch	Giokja jirugi	Po-Eun
Fore knuckle fist	Inji joomuk	Gae-Baek
Twin horizontal punch	Sang soopyong jirugi	Po-Eun
Twin vertical punch	Sang sewo jirugi	Gae-Baek
Upset punch	Dwijibo jirugi	Kwang-Gae

### 5.3 Blocks

English Translation	Korean Term	Pattern
9 shaped block	Gutcha makgi	Gae-Baek
Double arc hand block	Doo bandalson makgi	Gae-Baek
Hooking block	Golcha makgi	Kwang-Gae
Inner forearm block	An palmok makgi	Po-Eun
Low block	Nachuo makgi	Kwang-Gae, Poe-Eun
Pressing block	Noollo makgi	Kwang-Gae, Poe-Eun
Rising block	Chookyoo makgi	Gae-Baek
Scooping block	Duro makgi	Gae-Baek
Wedging block	Hechyo makgi	Po-Eun
W-Shaped block	San makgi	Gae-Baek

### 5.4 Thrusts/ Strikes/ Grasps

English Translation	Korean Term	Pattern
Flat fingertip thrust	Opun sonkut tulgi	Kwang-Gae, Gae-Baek
Inward knifehand strike	Annuro sonkal taerigi	Kwang-Gae
Side fist/ hammer fist strike	Yop joomok taerigi	Kwang-Gae
Twin side elbow thrust	Sang yop palkup tulgi	Po-Eun
U-shaped grasp	Mong dung i japki	Poe-Eun

# 1st to 2nd Dan Manual

## 5.5 Stances

English Translation	Korean Term	Pattern
Bending ready stance	Guburyo sogi	Gae-Baek
Closed stance	Moa sogi	Kwang-Gae
Low stance	Nachuo sogi	Gae-Baek
One leg stance	Wae bal sogi	Kwang-gae, Po-Eun
Rear foot stance	Dwit bal sogi	Kwang-Gae
X-stance	Kyochoa sogi	Po-Eun

## 5.6 Body Parts & Target Areas

English Translation	Korean Term
Abdomen	Bokboo
Adam's apple	Gyol hoo
Arm	Pal
Bridge of the Nose	Migan
Chest	Gasum
Chest	Gasum
Collar Bone	Swe gol
Eye	Angoo
Floating ribs	Nuk gol
Forehead	Ima
Groin	Sataguni
Head	Mori
Heart	Shim jang
Jaw	Yop tok
Joint	Gwanjol
Kidney	Kongpat
Leg	Dari
Lips	Ipsul
Neck	Mok
Nose	Kotdung
Philtrum	Injoong
Shin	Jong kwaengi
Shoulder	Euhke
Skull	Dae sin moon
Solar plexus	Myong chi
Sternum	Hyung gol
Temple	Gwanja nori
Windpipe	Soom tong

## 5.7 Hand Parts

English Translation	Korean Term
Arc-hand	Bandalson
Back Fist	Dung Joomuk
Back Forearm	Dung Palmok
Back hand	Son dung
Back of forearm	Dung palmok
Base of knifehand	Sonkal batang
Double Fingertip	Doo Songarak
Double Side Elbow	Jau Palkup

# 1st to 2nd Dan Manual

Elbow	Palkup
Finger Belly	Songarak Badak
Fingertips	Sonkut
Flat Fingertip	Opun Sonkut
Fore fist	Ap Joomuk
Forearm	Palmok
Forefinger	Han Songarak
Heaven Hand	Hansul Sun
Inner Forearm	An Palmok
Knifehand	Sonkal
Knuckle Fist	Songarak Joomuk
Middle Knuckle Fist	Joonji Joomuk
Outer Forearm	Bakkat Palmok
Palm	Sombadak
Reverse Knifehand	Sonkal Dung
Side Fist	Yop Joomuk
Straight Fingertip	Sun Sonkut
Thumb	Umjii
Thumb Knuckle Fist	Umji Joomuk
Under fist	Mit joomuk
Upset Fingertip	Dwijibun Sonkut

## 5.8 Foot Parts

English Translation	Korean Term
Back Heel	Dwit chook
Back Sole	Dwit kumchi
Ball of the foot	Ap kumchi
Foot sword	Balkal
Instep	Baldung
Reverse footsword	Balkal dung
Side instep	Yop baldung
Side sole	Yop bal badak
Toes	Balkut

## 5.9 Miscellaneous

English Translation	Korean Term
Breaking	Kyukpa
Breathing	Ho hyoop
Focus	Chojum
Focus	Chojum
Grabbing	Butjaba
Heaven hands (Kwang-Gae, Poe-Eun)	Hansul sun
Power	Himm
Sliding (Kwang-Gae)	Mikulgi
Stamping (Kwang-Gae, Gae-Baek)	Cha bapgi
Turn	Dolgi
Under	Mit