



Sutton Schools of Tae Kwon-Do Student Handbook

3rd to 4th Dan Manual

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1.0 Introduction

Congratulations on achieving 3rd Dan status in the world of tae kwon-do – this demonstrates true commitment and perseverance.

There is a minimum interval of **4 years** between attaining 3rd Dan status and preparing for a 4th Dan grading. The 4th 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 4th Dan grading and offers guidance on how to prepare for the grading.

1.1 Grading Eligibility Criteria for 3rd Dan Students

3rd Dan students are required to meet the following criteria to become eligible for a 4th Dan grading:

- Four years of continuous training with no substantial breaks since the 2nd 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 4th Dan grading administration – incl one recent passport photo

1.2 Preparation for the 4th Dan Grading

The destiny of a student aiming to become a 4th 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 – Choi-Jong, Sam-Il & Yoo-Sin
- 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 1st Dan, 2nd Dan and 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



2.0 Grading Syllabus

2.1 Line Work

- 3 **Forward:** Hammer fist in an L-stance, followed by an elbow strike
Backward: X- rising block, followed by a rear elbow strike, obverse punch
Forward: Front kick, turning kick, axe kick, obverse punch, followed by an inward reverse knife-hand
Backward: Twin knife-hand strike in a walking stance
Forward: Outer-forearm block, circular block
Backward: U-shaped punch
Forward: Twisting kick, followed by a downward x-block and a high-section knife-hand rising block
Backward: Twin knife-hand block in a sitting stance, inwards knife-hand strike
Forward: Turning kick, reverse turning, kick, side kick, followed by an elbow strike
Backward: Jumping back kick, knife-hand strike
Forward: Double forearm block, release from Yul Sin
Backward: Inwards block, obverse punch
Forward: Low section sweep, followed by U-shaped block

2.2 Patterns

- Pattern 1:** Examiner's choice from any colour belt pattern learnt to date
Pattern 2: Examiner's choice from any colour belt pattern learnt to date
Pattern 3: Examiner's choice from any colour belt pattern learnt to date
Pattern 4: Student's choice from any 1st Dan pattern learnt to date
Pattern 5: Student's choice from any 2nd Dan pattern learnt to date
Pattern 6: 3rd Dan black belt pattern 1 – Sam-Il
Pattern 7: 3rd Dan black belt pattern 2 – Yoo-Sin
Pattern 8: 3rd Dan black belt pattern 3 – Choi-Jong

2.3 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.

2.4 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.



2.5 1-Step Sparring

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

2.6 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.

2.7 Destruction

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

3.0 3rd 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 skill set. There are three additional patterns to memorise and execute for the 3rd Dan grading – making a total of 18 technical patterns learnt to date.

The diagram, meaning and pattern description is outlined for each of the three 3nd 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.

3.2 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 1st Dan and a student will be judged on all of the above-mentioned areas during a technical grading.



3.3 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."



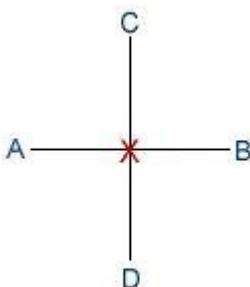
3.4 Choi-Jong

Number of Movements: 46

Meaning of Choi-Jong:

CHOI-YONG is named after General Choi Yong, premier and commander in chief of the armed forces during the 14th century Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism, and humility. He was executed by his subordinate commanders headed by general Yi Sung Gae, who later became the first King of the Lee Dynasty

Diagram:



Starting Position: Closed ready stance C

1. Move the left foot to D to form a right rear foot stance toward D while executing a middle guarding block to D with the forearm
2. Execute a high punch to D with the left middle knuckle fist while maintaining a right rear foot stance toward D
3. Move the left foot on line CD to form a left rear foot stance toward C while executing a middle guarding block to C with the forearm
4. Execute a high punch to C with the right middle knuckle fist while maintaining a left rear foot stance toward C
5. Move the right foot on line CD to form a left walking stance toward D while executing a rising block with the left knife-hand
6. Execute a circular block to AD with the right inner forearm while maintaining a left walking stance toward D
7. Execute a middle punch to D with the left fist while maintaining a left walking stance toward D
8. Move the left foot on line CD to form a right walking stance toward C while executing a rising block with the right knife-hand
9. Execute a circular block to AC with the left inner forearm while maintaining a right walking stance toward C
10. Execute a middle punch to C with the right fist while maintaining a right walking stance toward C
11. Move the right foot on line CD to form a right L-stance toward D while executing a low guarding block to D with a knife-hand
12. Execute a middle turning kick to AD with the right foot and then lower it to the side front of the left foot
13. Execute a high reverse hooking kick to D with the left foot
14. Execute a middle side piercing kick to D with the left foot, pulling both hands in the opposite direction. Perform 13 and 14 in a consecutive kick
15. Lower the left foot to D forming a left walking stance toward D while striking the left palm with the right front elbow
16. Move the left foot on line CD to form a left L-stance toward C while executing a low guarding block to C with a knife-hand



17. Execute a middle turning kick to AC with the left foot and then lower it to the side front of the right foot
18. Execute a high reverse hooking kick to C with the right foot
19. Execute a middle side piercing kick to C with the right foot, pulling both hands in the opposite direction. Perform 18 and 19 in a consecutive kick
20. Lower the right foot to C forming a right walking stance toward C while striking the right palm with the left front elbow
21. Move the left foot to C to form a left walking stance toward C while executing a pressing block with the right palm
22. Move the right foot to C forming a right walking stance toward C while executing a pressing block with the left palm. Perform 21 and 22 in a fast motion
23. Move the right foot to D and then the left foot to D, turning counter clockwise to form a left walking stance toward D while executing a W-shape block with a knife-hand
24. Execute a middle front snap kick to D with the right foot keeping the position of the hands as they were in 23
25. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with the forearm
26. Move the right foot to D to form a right walking stance toward D while executing a W-shape block with a knife-hand
27. Execute a middle front snap kick to D with the left foot keeping the position of the hands as they were in 26
28. Lower the left foot to d forming a left L-stance toward C while executing a middle guarding block to C with the forearm
29. Move the left foot to C and the right foot to C then slide to C turning clockwise to form a left L-stance toward D while executing a middle guarding block to D with the forearm
30. Move the left foot to D forming a left walking stance toward D while executing a high thrust to D with the left flat fingertip
31. Move the left foot on line CD forming a right walking stance toward C while executing a high thrust to C with the right flat fingertip
32. Move the right foot to D turning clockwise to form a parallel stance toward B while executing a middle hooking block to B with the right palm
33. Execute a middle punch to B with the left fist while maintaining a parallel stance toward B
34. Turn the face toward A while forming a left bending ready stance A toward A
35. Execute a middle side piercing kick to A with the right foot forming a forearm guarding block
36. Lower the right foot to A in a jumping motion to form a right X-stance toward AD while executing a high side strike to A with the right back fist and bringing the left finger belly to the right side fist
37. Execute a high reverse hooking kick to B with the right foot
38. Lower the right foot to B in a stamping motion to form a left L-stance toward B while executing a middle outward strike to B with the right knife-hand
39. Move the left foot to D turning counter-clockwise to form a parallel stance toward A at the same time executing a middle hooking block to A with the left palm
40. Execute a middle punch to A with the right fist while maintaining a parallel stance toward A
41. Turn the face to B while forming a right bending ready stance A toward B
42. Execute a middle side piercing kick to B with the left foot forming a forearm guarding block
43. Lower the left foot to B in a jumping motion forming a left X-stance toward BD while executing a high side strike to B with the left back fist and bringing the right finger belly to the left side fist
44. Execute a high reverse hooking kick to A with the left foot
45. Lower the left foot to A in a stamping motion to form a right L-stance toward A while executing a middle outward strike to A with the left knife-hand
46. Slide to A to form a right fixed stance toward A while executing a middle punch to A with the right fist

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



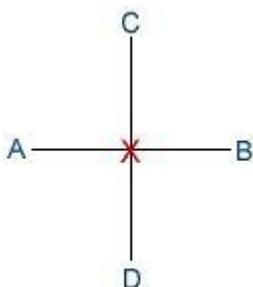
3.5 Sam-II

Number of Movements: 33

Meaning of Sam-II:

SAM-II denotes the historical date of the independence movement of Korea which began throughout the country on March 1, 1919. The 33 movements in the pattern stand for the 33 patriots who planned the movement

Diagram:



Starting Position: Closed ready stance C

1. Slide to D forming a right L-stance toward D while executing a middle guarding block to D with the forearm
2. Move the right foot to D forming a right walking stance toward D while executing a high block to D with the right double forearm
3. Move the left foot to D forming a left walking stance toward D while executing a high side block to D with the right knife-hand and bringing the left palm on the right back forearm
4. Execute a middle twisting kick to A with the right foot keeping the position of the hands as they were in 3
5. Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist
6. Move the right foot on line CD to form a sitting stance toward B while executing a middle wedging block with a reverse knife-hand
7. Execute a low thrust to C with a right upset finger tip while forming a left walking stance toward C, pivoting with the right foot
8. Execute a high outward block to D with the right outer forearm and a low block to C with the left forearm while forming a right L-stance toward C pulling the left foot
9. Move the right foot to C to form a sitting stance toward A while executing a middle wedging block with a reverse knife-hand
10. Execute a low punch to C with the right double fist while forming a left L-stance toward C, pulling the right foot
11. Move the left foot to C forming a left walking stance toward C while executing a high block to BC with a double arc-hand and looking through it
12. Move the right foot to C forming a right walking stance toward C while executing a middle punch to C with the left fist
13. Move the right foot on line CD to form a right L-stance toward D while executing a low punch to D with the left double fist
14. Move the left foot to B forming a right L-stance toward B while executing a high guarding block to B with a reverse knife-hand
15. Execute a U-shape block to B while forming a left fixed stance toward B, slipping the left foot
16. Execute a sweeping kick to B with the right side sole and then lower it to B forming a right fixed stance toward B while executing a U-shaped block to B



17. Jump and spin counter clockwise, landing on the same spot to form a left L-stance toward B while executing a middle guarding block to B with a knife-hand
18. Execute a middle side piercing kick to B with the right foot while forming a knife-hand guarding block
19. Lower the right foot to the left foot and then move the left foot to A forming a left walking stance toward A while striking the left palm with the right front elbow
20. Move the right foot to A turning counter clockwise to form a left diagonal stance toward D at the same time thrusting to C with the left back elbow supporting the left forefist with the right palm and turning the face to C
21. Execute a pressing block with an X-fist while forming a right walking stance toward AD
22. Move the left foot to A in a stamping motion to form a sitting stance toward C while executing a W-shape block with the outer forearm
23. Execute a middle side piercing kick to A with the left foot while forming a forearm guarding block
24. Lower the left foot on line A and then execute a low guarding block to B with a knife-hand while forming a left L-stance toward B, pivoting the left foot
25. Move the left foot to B forming a right rear stance toward B while executing an upward block with a left palm
26. Move the right foot to B forming a left rear foot stance toward B while executing a pressing block with a twin palm
27. Move the left foot to C in a stamping motion to form a left walking stance toward C while executing an upset punch to C with a twin fist
28. Move the right foot to C forming a left L-stance toward C while executing a low block to C with the right forearm, pulling the left fist under the left armpit
29. Execute a middle punch to C with the left fist while maintaining a left L-stance toward C bringing the right fist over the left shoulder
30. Execute a middle front block with the right forearm while forming a left walking stance toward D, pivoting with the right foot
31. Execute a high punch to D with the left fist while maintaining a left walking stance toward D. Perform 30 and 31 in a continuous motion
32. Execute a low front snap kick to D with the left foot keeping the position of the hands as they were in 31
33. Lower the left foot to D and then move the right foot to D in a stamping motion forming a right walking stance toward D while executing a high vertical punch to D with a twin fist

END: Bring the left foot back to a ready posture



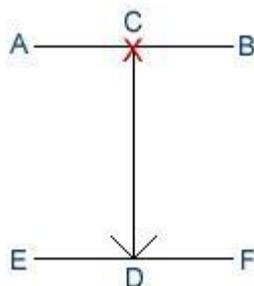
3.6 Yoo-Sin

Number of Movements: 68

Meaning of Yoo-Sin:

YOO-SIN is named after General Kim Yoo Sin, a commanding general during the Silla Dynasty. The 68 movements refer to the last two figures of 668 A.D., the year Korea was united. The ready posture signifies a sword drawn on the right rather than left side, symbolizing Yoo Sin's mistake of following his Kings' orders to fight with foreign forces against his own nation

Diagram:



Starting Position: Warrior ready stance B

1. Move the left foot to B to form a sitting stance toward D while extending both elbows to the sides horizontally
2. Execute an angle punch to C with the left fist while sliding to A, maintaining a sitting stance toward D
3. Execute an angle punch to C with the right fist while sliding to B, maintaining a sitting stance toward D. Perform 2 and 3 in a fast motion
4. Execute a middle hooking block to D with the right palm while standing up toward D
5. Execute a middle punch to D with the left fist while forming a sitting stance toward D
6. Execute a middle hooking block to D with the left palm while standing up toward D
7. Execute a middle punch to D with the right fist while forming a sitting stance toward D
8. Move the left foot to BD to form a left walking stance toward BD while executing a high side block to BD with the left outer forearm
9. Execute a circular block to D with the right inner forearm while maintaining a left walking stance toward BD
10. Execute a scooping block with the left palm while forming a sitting stance toward AD
11. Execute a middle punch to AD with the right fist while maintaining a sitting stance toward AD. Perform 10 and 11 in a connecting motion
12. Bring the left foot to the right foot, and then move the right foot to AD to form a right walking stance toward AD while executing a high side block to AD with the right outer forearm
13. Execute a circular block to D with the left inner forearm while maintaining a right walking stance toward AD
14. Execute a scooping block with the right palm while forming a sitting stance toward BD
15. Execute a middle punch to BD with the left fist while maintaining a right walking stance toward BD. Perform 14 and 15 in a connecting motion
16. Execute a high hooking block to BC with the right palm while forming a left walking stance toward BC
17. Execute a middle punch to BD with the left fist while forming a sitting stance toward BD
18. Execute a high hooking block to AD with the left palm while forming a right walking stance toward AD
19. Execute a middle punch to BD with the right fist while forming sitting stance toward BD. Perform 16, 17, 18 and 19 in a continuous motion



20. Move the right foot to C, forming a left walking stance toward D at the same time executing a pressing block with an X-fist
21. Execute a rising block with an X-knife-hand while maintaining a left walking stance toward D. Perform 20 and 21 in a continuous motion
22. Execute a middle punch to D with the right fist, slipping the left palm up to the right elbow joint while maintaining a left walking stance toward D
23. Execute a low front snap kick to D with the right foot, keeping the position of the hands as they were in 22
24. Lower the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the left fist
25. Execute a pressing block with an X-fist while maintaining a right walking stance toward D
26. Execute a rising block with an X-knife-hand while maintaining a right walking stance toward D
27. Execute a middle punch to D with the left fist slipping the right palm up to the left elbow joint while maintaining a right walking stance toward D
28. Execute a low front snap kick to D with the left foot, keeping the position of the hands as they were in 27
29. Lower the left foot to D to form a left walking stance toward D while executing a middle punch to D with the right fist
30. 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
31. Move the left foot to D to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand
32. Move the left foot to C, forming a left L-stance toward D while executing a middle guarding block to D with a knife-hand
33. Move the right foot to C to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand
34. Move the right foot to D, forming a right walking stance toward D while executing a high block to D with the right double forearm
35. Execute a low block to D with the left forearm, keeping the right forearm as it was in 34 while maintaining a right walking stance toward D. Perform 34 and 35 in a fast motion
36. Move the left foot to D to form a left walking stance toward D while executing a high block to D with the left double forearm
37. Execute a low block to D with the right forearm, keeping the left forearm as it was in 36 while maintaining a left walking stance toward D. Perform 36 and 37 in a fast motion
38. Move the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist
39. Move the left foot on line CD, and then turn counter-clockwise, pivoting with the left foot to form a right L-stance toward C while executing a high block to C with the left reverse knife-hand
40. Bring the right foot to the left foot to form a closed ready stance C toward C
41. Move the right foot to CF in a stamping motion to form a right walking stance toward CG at the same time executing an upset punch to CF with a twin fist
42. Bring the right foot to the left foot, and then move the left foot to CE in a stamping motion, forming a left walking stance toward CE while executing an upset punch to CE with a twin fist
43. Bring the left foot to the right foot, and then move the right foot to F to form a left L-stance toward F while executing a middle block to F with the right inner forearm
44. Execute a middle punch to F with the left fist while maintaining a left L-stance toward F
45. Bring the left foot to the right foot to form a closed stance toward C while executing an angle punch with the right fist
46. Move the left foot to E to form a right L-stance toward E while executing a middle block to E with the left inner forearm
47. Execute a middle punch to E with the right fist while maintaining a right L-stance toward E
48. Bring the right foot to the left foot to form a closed stance toward C while executing an angle punch with the left fist



49. Move the left foot to the right foot, and then move the right foot to E while executing a U-shape punch to E
50. Bring the left foot to the right foot, and then move the right foot to E, forming a right fixed stance toward E while executing a U-shape punch to E
51. Move the right foot on line CD in a stamping motion to form a sitting stance toward E while executing a front strike to E with the right back fist
52. Execute a waving kick to D with the right foot, and then a high outward block to Ac with the right outer forearm, keeping the position of the hands as they were in 51 while forming a sitting stance toward E
53. Execute a waving kick to C with the left foot, and then a high front block to ED with the right outer forearm, keeping the position of the hands as they were in 52 while forming a sitting stance toward E
54. Execute a horizontal strike to C with the right back hand while maintaining a sitting stance toward E
55. Execute a middle crescent kick to the right palm with the left foot
56. Execute a middle side piercing kick to C with the left foot forming a forearm guarding block. Perform 55 and 56 in a consecutive kick
57. Lower the left foot to C to form a sitting stance toward B while executing a horizontal strike to C with the left back hand
58. Execute a middle crescent kick to the left palm with the right foot
59. Execute a middle side piercing kick to C with the right foot, forming a forearm guarding block. Perform 58 and 59 in a consecutive kick
60. Lower the right foot to C, forming a sitting stance toward A while executing a right 9-shape block
61. Change the position of the hands while maintaining a sitting stance toward A
62. Move the left foot to C, turning clockwise to form a sitting stance toward B while executing a right 9-shape block
63. Change the position of the hands while maintaining a sitting stance toward B
64. Execute a downward strike to D with the right side fist while forming a left vertical stance toward, pulling the left foot
65. Move the right foot to A to form a left walking stance toward B while executing a high vertical punch to B with a twin fist
66. Move the right foot to B, turning counter-clockwise to form a left walking stance toward A while executing a high vertical punch to A with a twin fist
67. Bring the right foot to the left foot, and then move the left foot to BD to form a right L-stance toward BD while executing a middle guarding block to BD with a knife-hand
68. Bring the left foot to the right foot, and then move the right foot to AD to form a left L-stance toward AD while executing a middle guarding block to AD with a knife-hand

END: Bring the right foot back to a ready posture



4.0 Theory

4.1 Background

Consideration should be given to the following when preparing for the 4th 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.
- 1st Dan terminology test – as outlined in 1st to 2nd Dan manual.
- 2nd Dan terminology test- as outlined in 2nd to 3rd Dan manual.
- Whilst all of the necessary Korean terminology is outlined in the above-mentioned manuals, 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 4th Dan differ to that of a 3rd Dan?
 - Do you want to own your own club and become an Instructor?
 - 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 3rd 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?