

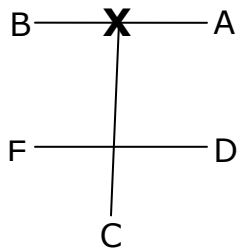
Meaning of Belt Color

Black Belt, 1st Dan R

Opposite of white, therefore signifying the maturity and proficiency in Taekwon-Do, also indicates the wearer's imperviousness to darkness and fear. Being the absence of color (thus chaos) black represents order.

Form(s):

- Choong-Moo (In previous rank)
- Simmudo (In previous rank)
- Koryo



Movements: 30

Ready Posture: Feet shoulder-width apart with your hands in front of your face in the shape of a triangle. Once at face level, bring your hands slightly forward like a small strike.

The illustration assumes that the student is on line AB at X facing C.

1. Turn 90 degrees to the left (toward A) forming a left back-stance while executing a double knife-hand block.
2. Execute a low-section side-kick (toward A) with the right leg then execute a middle-section side-kick with the right leg. (without returning the foot to the floor) Step down with the right foot (toward A) forming a right front-stance while executing knife-hand strike to the neck with the right hand.
3. Staying in the same stance, execute a middle-section reverse punch with the left fist.
4. Shift the right leg back into a right back-stance (facing A) while executing a side-block with the right inner forearm.
5. Turn 180 degrees to the right (toward B) forming a right back-stance while executing a double knife-hand block.
6. Execute a low-section side-kick (toward B) with the left leg then execute a middle-section side-kick with the left leg. (without returning the foot to the floor) Step down with the left foot (toward B) forming a left front-stance while executing a knife-hand strike to the neck with the left hand.
7. Staying in the same stance, execute a middle-section reverse punch with the right fist.

8. Shift the left leg back into a left back-stance (facing B) while executing a side-block with the left inner forearm.
9. Turn 90 degrees to the left (toward C) forming a left front-stance while executing knife-hand down block with the left hand. Staying in the same stance, execute an arc-hand strike to the throat with the right hand.
10. Execute a middle-section front-kick with the right leg stepping down into a right front-stance (facing C) while executing a knife-hand down-block with the right hand. Staying in the same stance, execute an arc-hand strike to the throat with the left hand.
11. Execute a middle-section front-kick with the left leg stepping down into a left front-stance (facing C) while executing a knife-hand down-block with the left hand. Staying in the same stance, execute an arc-hand strike to the throat with the right hand. Ki-hop once the arc-hand strike has been performed.
12. Execute a middle-section front-kick with the right leg stepping down into a right front-stance while executing a downward arc-hand strike with the left hand and the right across the body. (right forearm should be parallel to the ground)
13. Turn 180 degrees to the right (toward X) forming a right front-stance while executing a double forearm block. (both hands facing upwards)
14. Execute a middle-section front-kick with the left foot stepping down into a left front-stance (toward X) while executing a downward arc-hand strike with the right hand with the left across the body. (left forearm should be parallel to the ground)
15. Shift the left foot back into a left walking-stance (facing X) while executing a double forearm block. (both hands facing upwards)
16. Turn 270 degrees to the left (toward D) forming a horse-riding stance while executing a single knife-hand block with the left hand.
17. Staying in the same stance, execute a high-section punch into the left palm with your right fist.
18. Cross the right leg in front of the left to form a twisted-stance (toward D) while executing a middle-section side-kick with the left leg once the stance has been established. Once the kick has been performed step down with the left foot and rotate 180 degrees to the right (toward E) forming a right front-stance while executing a palm-up spear-hand to the groin.
19. Shift the left foot (back foot) forward (toward E) forming a right walking-stance while executing a down-block with the right forearm.
20. Step forward with the left foot (toward E) forming a left front-stance while executing an inner palm-block with the left hand. Then, execute an elbow strike to the jaw with the right elbow. Step forward with the right leg (toward E) forming a horse-riding stance while executing a supported elbow strike to the solar plexus with the right elbow. (left hand at fist with elbow joint in opponent's solar plexus)
21. Staying in the same stance, execute a single knife-hand block with the right hand.
22. Staying in the same stance, execute a high-section punch into the right palm with your left fist.
23. Cross the left leg in front of the right to form a twisted-stance (toward E) while executing a middle-section side-kick with the right leg once the stance has been established. Once the kick has been performed step down with the right foot and rotate 180 degrees to the left (toward D) forming a left front-stance while executing a palm-up spear-hand to the groin.

24. Shift the right foot (back foot) forward (toward D) forming a left walking-stance while executing a down-block with the left forearm.
25. Step forward with the right foot (toward D) forming a right walking-stance while executing an inner palm-block with the right hand. Then, execute an elbow strike to the jaw with the left elbow. Step forward with the left leg (toward D) forming a horse-riding stance while executing a supported elbow strike with the left elbow.
26. Pull the left foot towards the right and face C in a standing position. Bring both hands above the head with the left fist being covered by the right hand. Staying in the same stance, slowly bring the raised hands downwards in arcs. Near completing the circle, strike these hands together keeping the form that the hands were in above the head.
27. Turn 180 degrees to the left (toward X) forming a left front-stance while executing a knife-hand strike to the neck with the left hand. Staying in the same stance, execute a knife-hand down-block with the left hand.
28. Step forward with the right foot (toward X) forming a right front-stance while executing a reverse knife-hand strike to the neck with the right hand. Staying in the same stance, execute a knife-hand down-block with the right hand.
29. Step forward with the left foot (toward X) forming a left front-stance while executing a reverse knife-hand strike to the neck with the left hand. Staying in the same stance, execute a knife-hand down-block with the left hand.
30. Step forward with the right foot (toward X) forming a right front-stance while executing an arc-hand strike to the throat with the right hand. Ki-hop once the arc-hand strike has been performed.

END: Turn 180 degrees to the left forming the ready posture.

Il Bo Teryon 1st Dan (opponent should be attacking with a side-kick instead of a punch while both fighters start in a closed fighting stance in numbers 53-55)

53. Block the opponent's side-kick with a downward knife-hand circle-block (salute) while grabbing the opponent's kick with that hand. Step forward and perform a ridge-hand with the other hand to the opponent's carotid artery
54. Block the opponent's side-kick with a downward knife-hand circle-block (salute) while grabbing the opponent's kick with that hand. Step forward and perform a knife-hand strike with the other hand to the opponent's same side as the grabbed leg carotid artery
55. Block the opponent's side-kick with an open-hand down-block while grabbing the opponent's kick with that hand. Step forward just behind your front leg and then perform a round kick to the solar plexus with the front leg
(Opponent should be attacking with a punch while starting in an open fighting stance in numbers 56-60)

56. Block with an inverted palm-block to the wrist of the opponent with the same side hand as the punch while grabbing their wrist. Perform a round-kick to the ribs while stepping down. Then perform an inverted round-kick targeting the scapula of the opponent. Stepping down, perform a round-kick to the face of the opponent.
57. Front-kick with the back leg and then perform a hook-kick to block the opponent's punch. With the same leg, perform a round-kick to the face (step back for room if necessary)

58. Block with a spin crescent-kick with the back leg targeting the wrist of the opponent. Continue the spinning motion by using the same leg to perform a spin heel-kick to the face.

59. As the punch comes forward take a step back if you need to. Use the back leg to block the punch with a spin crescent-kick. Continue spinning in the same direction so that you're forming an open fighting-stance. Then, perform a round-kick to the face of the opponent with the back leg. All with the same leg.

60. As the punch comes forward take a step back if you need to. Use the back leg to block the punch with a crescent-kick (outside to inside coming across the opponent's body. Perform a face-level spin-heel kick off of the other leg. Continue spinning in the same direction so that you're forming an open fighting-stance. Then, perform a round-kick to the face of the opponent with the back leg. Step down and perform another face-level spin-heel kick with the other leg. Perform another round-kick to the face of the opponent with the back leg.

Sam Bo Teryon-1st Dan

21. Block 3 times with palm-block while stepping back into a back-stance. Perform a spin crescent-kick with the back leg while completing the spin to land in the same stance. Perform a round-kick to the face with the same leg.

22. Block 2 times with palm-block. On the last time, jump back for distance and perform a heel-kick to the punch of the opponent. Then, perform a hop round-kick to the face of the opponent.

23. Block 3 times with double knife-hand block. Perform a front-leg side-kick to the solar plexus. Step down, and perform a jump spin side-kick. Then, perform another jump spin side-kick.

24. Block 3 times with an inverted palm-block. Grab the wrist of the opponent on the final block. Then, perform an uppercut punch underneath the armpit while pulling the opponent forward.

25. Block once with a fan-block (towards the outside of the target area) while executing a middle-section back-fist with the other hand. Block once more with another fan-block (towards the outside of the target area) while executing a high-section back-fist with the other hand. Block once again with a fan-block (towards the outside of the target area) while grabbing the opponent's wrist. Pull the opponent inwards and execute a knee-strike to the solar plexus. At the same time, perform a back-fist to the back of the opponent's neck. (individual stances may be necessary for different people)

Chiru Ki Sool (Take-downs)

1. These take-downs follow the same format as one-step sparring. Once the opponent steps in with a punch, step towards the outside of the target area while executing a knife-hand block to the opponent's wrist. Execute two vertical punches to the solar plexus of the opponent. Slide down the opponent's arm with the hand of the last punch while executing a circle block making the arm of the opponent face outwards. Put the opponent's arm in a wrist lock while executing a leg sweep from the far leg (stepping past the opponent). Make sure to keep the opponent close to you while the opponent is in mid-air. The opponent should be on their back with their arm still in a wrist lock. Apply pressure on the elbow joint of the opponent by bending it across the closest knee. Then, switch which knee you apply pressure with and

turn your opponent so that they are face forward. An arm-bar may be executed in order to maintain an advantage. Execute a back-fist to the opponent's head if necessary.

2. As the punch comes in, duck down in the inside of the sparring area while closing your legs to protect the groin. Stand up and perform a knife-hand block to the punch of the opponent, pushing it away. Step in with the same side leg as the punch and perform an upward palm-strike to the opponent's chin. Perform two reverse middle-section punches and then slide your fingers down the opponent's arm. Now, execute the same take-down as in Chiru Ki Sool number 1.

3. As the punch comes in, step in the same direction as Chiru Ki Sool number 2 into a horse-riding stance. At the same time execute a knife-hand block with the hand closest to the punch and a middle-section punch with the other hand. Step back and then perform an elbow strike with the arm opposite of the punch to the face of opponent. Perform a knife-hand strike with the hand that just performed the elbow strike. Now take this hand and turn it 180 degrees over (thumb facing the ground) and grab the carotid artery of the opponent. Turn the opponent with the carotid grab so that they land facing the same direction as you but in a sitting position. With the hand that performed the twist, reach down and apply pressure into the collarbone of the opponent while taking the other hand and placing it under the jawbone near the ear on the other side of the opponent. Pull inwards and upwards with the collarbone grab and downwards with the jawbone grab to perform the final technique.

4. As the punch comes in, step back into a front-stance with the farthest foot from the punch in the back of the stance. At the same time, execute a middle-section side-block to the opponent's wrist. Step in with the back foot of the front-stance so that is facing away of the sparring area and execute a back-fist to the opponent's jaw. Perform an elbow strike to the opponent's jaw with the same side as the punch arm. Follow the direction of the strike turning 180 degrees so that you're facing the same direction as the opponent and perform a downward palm-strike to the groin with what is now the closest hand to the punch. After the palm-strike perform an upward elbow strike to the face of the opponent with the same arm. Now, reach behind the head of the opponent with the same arm and turn the opponent so that they are in front of you facing the same direction sitting at your feet. Apply pressure into the back of the opponent with your knees while cross your hands into a >75 degree angle. Take the wedge that your hand makes and pull inwards plus upwards into the windpipe of the opponent.

5. As the punch comes, step in with the same side foot as the punch while executing a middle-section block to the outside of the opponent's wrist. You should step with your foot facing the outside of the sparring area to better turn. Turn 270 degrees toward the outside of the sparring area and perform an elbow strike to the opponent's lower back. The elbow strike will go inward and then upwards to cause further pain. With the same hand, perform a palm-strike to the groin of the opponent while grabbing and pulling off the groin area (for males). Turn yourself around so that you're facing the same direction as the opponent and very close to them. Place your fingers around the opponent neck and into the hollows on both side of the neck while executing a kick to the back of the opponent's same side as the punch knee. Take down the opponent only far enough to have them on their knees while maintaining the choke hold. Apply pressure on the heel of the foot (downwards like a gas pedal) to finish the technique. If the foot twist doesn't work, scrape the knife-edge of your foot along the calf of the opponent.

Breaking Techniques

- Pick 2-3 techniques (All foot techniques)
- 1. Round Kick (ball of foot) (Doo Rae Cha Ki)
- 2. Side Kick (Yop Cha Ki)
- 3. Spin-Side Kick (Dwi-Dorah Yop Cha Ki)

Free Sparring