



TAEKWONDO AMERICA
ALL FIRST DEGREE BLACK BELTS

FIRST DEGREE BLACK BELT MANUAL

1st DEGREE PROBATIONARY AND RECOMMENDED

GWANG-GAE

42 Movements

Gwang-Gae is named after the famous Gwan-GaeTo-Wang, the 19th king of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram (+ over -) represents the expansion and recovery of lost territory.

Ready Stance D

- | | |
|--|----------------------|
| 1. Twin Downward Knife-hand Strikes (Ki-Hap) | Right One Leg Stance |
| 2. Ready Stance B | |
| 3. Right Reverse Upset Punch Middle (Medium) | Left Front Stance |
| 4. Left Reverse Upset Punch Middle (Medium) | Right Front Stance |
| 5. Right Hooking Block | Right Front Stance |
| 6. Left Double Knife-hand Block Low | Left Back Stance |
| 7. Left Hooking Block | Left Front Stance |
| 8. Right Double Knife-hand Block Low | Right Back Stance |
| 9. Left Double Knife-hand Block | Left Cat Stance |
| 10. Right Double Knife-hand Block | Right Cat Stance |
| 11. Right Reverse Palm Heel Upset Strike High (Medium) | Left Front Stance |
| 12. Left Reverse Palm Heel Upset Strike High (Medium) | Right Front Stance |
| 13. Right Knife-hand Strike Low to Left Palm | Closed Stance |
| 14. Left Side Kick Low | |
| 15. Left Side Kick High | |
| 16. Right Reverse Outside Knife-hand Strike High | Left Back Stance |
| 17. Left Downward Hammer Fist | Closed Stance |
| 18. Right Side Kick Low | |
| 19. Right Side Kick High | |
| 20. Left Reverse Outside Knife-hand Strike High | Right Back Stance |
| 21. Right Downward Hammer-fist | Closed Stance |
| 22. Right Reverse Palm Heel Press Block Low (Medium) | Left Front Stance |
| 23. Left Reverse Palm Heel Press Block Low (Medium) | Right Front Stance |
| 24. Right Outside Crescent Kick | |



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25. Right Backfist (Ki-Hap)	Sitting Stance
26. Right Double Inner Forearm Block	Right Front Stance
27. Right Inner forearm Block/Left Reverse Low Block	Right Front Stance
28. Right Horizontal Spear Hand High (Medium)	Right ExtendedFront Stance
29. Left Outside Crescent Kick	
30. Left Back-fist (Ki-Hap)	Sitting Stance
31. Left Double Inner Forearm Block	Left Front Stance
32. Left Inner forearm Block/Right Reverse Low Block	Left Front Stance
33. Left Horizontal Spear Hand High (Medium)	Left ExtendedFront Stance
34. Twin Punch High	Right Front Stance
35. Twin Upset Punch Middle	Left Front Stance
36. Right front Kick	
37. Right Double Knife-hand Block	Right Back Stance
38. Left Punch High	Left Front Stance
39. Twin Upset Punch Middle	Right Front Stance
40. Left Front Kick	
41. Left Double Knife-hand Block	Left Front Stance
42. Right Punch High	Right Front Stance



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1st DEGREE DECIDED

PO-EUN

36 Movements

Po-Eun is the pseudonym of the loyal subject Chong Moong-Chu (1400 A.D.). He was a famous poet whose poem "I Would Not Serve a Second Master Though I might Be Crucified A Hundred Times" is known by every Korean. He was also a pioneer in the field of physics. The diagram (-) represents his unerring loyalty to his king and country towards the end of the Koryo Dynasty.

Ready Stance D

- | | |
|---|----------------------|
| 1. Left Double Fist Block | Left Back Stance |
| 2. Left Double Upward Punch High | Left One-Leg Stance |
| 3. Right Side Kick Low | |
| 4. Right Knife-hand Strike Middle | Sitting Stance |
| 5. Left Horizontal Punch | Sitting Stance |
| 6. Right Inner Forearm Block/Left Low Block | Sitting Stance |
| 7. Left Inner Forearm Block/Right Low Block | Sitting Stance |
| 8. Twin Inner Forearm Block | Sitting Stance |
| 9. Right Backward Elbow Strike | Sitting Stance |
| 10. Right Punch Middle | Sitting Stance |
| 11. Left Backward Elbow Strike | Sitting Stance |
| 12. Right Double Horizontal Punch | Sitting Stance |
| 13. Right Wrist Slap Low | Left X-Stance |
| 14. Right C-Block (Ki-Hap) | Right Back Stance |
| 15. Twin Elbow Strike (Medium) | Closed Stance |
| 16. Left Low Block/Right Back Fist | Sitting Stance |
| 17. Left Hammer-fist Low to Right Palm | Right X-Stance |
| 18. Left Circular Double Ridge-hand Block Low | Left Back Stance |
| 19. Right Double Fist Block | Right Back Stance |
| 20. Right Double Upward Punch High | Right One-Leg Stance |
| 21. Left Side Kick Low | |
| 22. Left Knife-hand Strike Middle | Sitting Stance |
| 23. Right Horizontal Punch | Sitting Stance |
| 24. Left Inner Forearm Block/Right Low Block | Sitting Stance |
| 25. Right Inner Forearm Block/Left Low Block | Sitting Stance |



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26. Twin Inner Forearm Block	Sitting Stance
27. Left Backward Elbow Strike	Sitting Stance
28. Left Punch Middle	Sitting Stance
29. Right Backward Elbow Strike	Sitting Stance
30. Left Double Horizontal Punch	Sitting Stance
31. Left Wrist Slap Low	Right X-Stance
32. Left C-Block (Ki-Hap)	Left Back Stance
33. Twin Elbow Strike (Medium)	Closed Stance
34. Right Low Block/Left Back-fist	Sitting Stance
35. Right Hammer-fist Low to Left Palm	Left X-Stance
36. Right Circular Double Ridge-hand Block Low	Right Back Stance



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1st DEGREE SENIOR

GE-BAEK

44 Movements

Ge-Baek is named after Ge-Baek, a great General in the Beak Je Dynasty (660 AD). The diagram (I) represents his severe district military discipline.

Ready Stance A

- | | |
|--|----------------------|
| 1. Left Knife-hand X Block Middle (Ki-Hap) | Left Back Stance |
| 2. Right Twist Kick | |
| 3. Right Punch Middle | Right Front Stance |
| 4. Left Reverse Punch Middle | Right Front Stance |
| 5. Left High Block | Left Front Stance |
| 6. Left Low Block | Left Front Stance |
| 7. Twin Horizontal Pressing Arc Hand High (Medium) | Left Front Stance |
| 8. Left Double Fist Block | Right One Leg Stance |
| 9. Left Upset Palm Heel Strike High | Sitting Stance |
| 10. Right Punch Middle | Sitting Stance |
| 11. Left Supported Downward Back-fist | Sitting Stance |
| 12. Left Double Knife-hand Block | Left Back Stance |
| 13. Left Front Kick | |
| 14. Left Horizontal Spear-hand High | Left Front Stance |
| 15. Right Reverse Horizontal Spear-hand High | Left Front Stance |
| 16. Right Side Kick | |
| 17. Left Double Fist Block | Left Back Stance |
| 18. Left Double Fist Block | Left Back Stance |
| 19. Left Double Knife-hand Block | Left Back Stance |
| 20. Right Nine Block | Sitting Stance |
| 21. Left Knife-hand Low Block | Left Front Stance |
| 22. Right Round Kick | |
| 23. Right #3 Jump Side Kick (Ki-Hap) | |
| 24. Twin Punch High | Right Front Stance |



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25. Twin Horizontal Pressing Arc Hand High (Medium)	Right Front Stance
26. Left Reverse Upset Punch Middle	Right Front Stance
27. Right Reverse Horizontal Elbow Strike to Left Palm	Left Front Stance
28. Right Double Inner Forearm Block	Right X Stance
29. Right Palm Heel Upset Strike High	Sitting Stance
30. Left Punch Middle	Sitting Stance
31. Right Supported Downward Back-fist	Sitting Stance
32. Right Reverse Ridge-hand Strike High	Left Front Stance
33. Right Round Kick	
34. Twin Punch High	Left Front Stance
35. Right Reverse Upset Punch High (Ki-Hap)	Left Back Stance
36. Left Nine Block	Sitting Stance
37. Left Circular Double Ridge-hand Block Low	Sitting Stance
38. Right Circular Double Knife-hand Block Low	Sitting Stance
39. Left Leg Stretch/ Twin Inner Forearm Block	Sitting Stance
40. Left Leg Stretch/ Twin Inner Forearm Block	Sitting Stance
41. Right High Block	Right Front Stance
42. Left Reverse Punch Middle	Right Front Stance
43. Left High Block	Left Front Stance
44. Right Reverse Punch Middle	Left Front Stance



FIRST DEGREE BLACK BELT MANUAL

BOARD BREAKING REQUIREMENTS

1st Degree Black Belts and above have to break boards with 2 kick techniques and use different legs.

RANK	PATTERN	BREAKING TECHNIQUES	
		KICK	HAND STRIKE
1st Degree Probationary	Gwang-Gae	1: Front, Side or Round 2: Front, Side or Round	None
1st Degree Recommended	Gwang-Gae	1: Front, Side or Round 2: Front, Side or Round (Different kick with each leg)	None
1st Degree Decided	Po-Eun	1: Basic Kick 2: Spin Kick	1 Approved
1st Degree Senior	Ge-Baek	1: Basic Kick 2: Jump Kick	1 Approved



FIRST DEGREE BLACK BELT MANUAL

TESTING REQUIREMENTS BY RANK

RANK	PATTERN	MIN.TIME	BREAKING TECHNIQUES		SPAR
			KICK	HAND STRIKE	
1 st Probationary	Gwang-Gae	2 Months	1: Front, Side or Round 2: Front Side or Round	None	Free Sparring
1 st Recommended	Gwang-Gae	2 Months	1: Front, Side or Round 2: Front Side or Round (Different kick with each leg)	None	Free Sparring
1 st Decided	Po-Eun	4 Months	1: Basic Kick 2: Spin Kick	1 Approved	Free Sparring
1 st Degree Senior	Ge-Baek	6 Months	1: Basic Kick 2: Jump Kick	1 Approved	Free Sparring
2 nd Degree	Choong-Jang	8 Months	1: Spin Kick 2: Jump Kick	None	Free Sparring
2 nd Degree Decided	Yoo-Sin	8 Months	1: Spin Kick 2: Jump Kick	1 Approved	Free Sparring
2 nd Degree Senior	Ul-Ji	10 Months	1: Jump Spin Kick 2: Spin Kick	1 Approved	Free Sparring
3 rd Degree	Yon-Gae	1 Year	1: Jump Spin Kick 2: Jump Kick	1 Approved	Free Sparring
3 rd Degree Decided	Juche	1 Year	1: Jump Spin Kick 2: Jump or Spin Kick 3: Basic Kick	1 Approved	Free Sparring
3 rd Degree Senior	Ko-Dang	1 Year	1: Jump Spin Kick 2: Jump or Spin Kick 3: Basic Kick	2 Approved	Free Sparring
4 th Degree Decided	Choi-Yong	2 Years	1: 360 Jump Spin Kick 2: Jump Spin Kick 3: Spin Kick 4: Basic Kick	1 Approved	Free Sparring
4 th Degree Senior	Tong-Il	2 Years	1: 360 Jump Spin Kick 2: Jump Spin Kick 3: Spin Kick 4: Basic Kick	2 Approved	Free Sparring
5 th Degree	Moon-Moo	5 Years	1: 360 Jump Spin Kick 2: Jump Spin Kick 3: Spin Kick 4: Jump Kick 5: Basic Kick	2 Approved	Free Sparring

All ranks must do at least one kick with each leg and if two hand techniques are required, they must use each hand.

