TAEKWONDO AMERICA

ALL FIRST DEGREE BLACK BELTS
1st DEGREE PROBATIONARY AND RECOMMENDED

GWANG-GAE

42 Movements

_Gwang-Gae is named after the famous Gwan-Gae To-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
<table>
<thead>
<tr>
<th>Number</th>
<th>Technique</th>
<th>Stance</th>
</tr>
</thead>
<tbody>
<tr>
<td>25.</td>
<td>Right Backfist (Ki-Hap)</td>
<td>Sitting Stance</td>
</tr>
<tr>
<td>26.</td>
<td>Right Double Inner Forearm Block</td>
<td>Right Front Stance</td>
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<tr>
<td>27.</td>
<td>Right Inner forearm Block/Left Reverse Low Block</td>
<td>Right Front Stance</td>
</tr>
<tr>
<td>28.</td>
<td>Right Horizontal Spear Hand High (Medium)</td>
<td>Right ExtendedFront Stance</td>
</tr>
<tr>
<td>29.</td>
<td>Left Outside Crescent Kick</td>
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</tr>
<tr>
<td>30.</td>
<td>Left Back-fist (Ki-Hap)</td>
<td>Sitting Stance</td>
</tr>
<tr>
<td>31.</td>
<td>Left Double Inner Forearm Block</td>
<td>Left Front Stance</td>
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<td>32.</td>
<td>Left Inner forearm Block/Right Reverse Low Block</td>
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<td>Left Horizontal Spear Hand High (Medium)</td>
<td>Left ExtendedFront Stance</td>
</tr>
<tr>
<td>34.</td>
<td>Twin Punch High</td>
<td>Right Front Stance</td>
</tr>
<tr>
<td>35.</td>
<td>Twin Upset Punch Middle</td>
<td>Left Front Stance</td>
</tr>
<tr>
<td>36.</td>
<td>Right front Kick</td>
<td></td>
</tr>
<tr>
<td>37.</td>
<td>Right Double Knife-hand Block</td>
<td>Right Back Stance</td>
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<tr>
<td>38.</td>
<td>Left Punch High</td>
<td>Left Front Stance</td>
</tr>
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<td>39.</td>
<td>Twin Upset Punch Middle</td>
<td>Right Front Stance</td>
</tr>
<tr>
<td>40.</td>
<td>Left Front Kick</td>
<td></td>
</tr>
<tr>
<td>41.</td>
<td>Left Double Knife-hand Block</td>
<td>Left Front Stance</td>
</tr>
<tr>
<td>42.</td>
<td>Right Punch High</td>
<td>Right Front Stance</td>
</tr>
</tbody>
</table>
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
2. Left Double Upward Punch High
3. Right Side Kick Low
4. Right Knife-hand Strike Middle
5. Left Horizontal Punch
6. Right Inner Forearm Block/Left Low Block
7. Left Inner Forearm Block/Right Low Block
8. Twin Inner Forearm Block
9. Right Backward Elbow Strike
10. Right Punch Middle
11. Left Backward Elbow Strike
12. Right Double Horizontal Punch
13. Right Wrist Slap Low
14. Right C-Block (Ki-Hap)
15. Twin Elbow Strike (Medium)
16. Left Low Block/Right Back Fist
17. Left Hammer-fist Low to Right Palm
18. Left Circular Double Ridge-hand Block Low
19. Right Double Fist Block
20. Right Double Upward Punch High
21. Left Side Kick Low
22. Left Knife-hand Strike Middle
23. Right Horizontal Punch
24. Left Inner Forearm Block/Right Low Block
25. Right Inner Forearm Block/Left Low Block
FIRST DEGREE BLACK BELT MANUAL

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

Sitting Stance
Sitting Stance
Sitting Stance
Sitting Stance
Sitting Stance
Right X-Stance
Left Back Stance
Closed Stance
Sitting Stance
Left X-Stance
Right Back Stance
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
4. Left Reverse Punch Middle
5. Left High Block
6. Left Low Block
7. Twin Horizontal Pressing Arc Hand High (Medium)
   - Left Front Stance
8. Left Double Fist Block
9. Left Upset Palm Heel Strike High
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
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
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   
   Left Front Stance
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
BOARD BREAKING REQUIREMENTS

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

<table>
<thead>
<tr>
<th>RANK</th>
<th>PATTERN</th>
<th>BREAKING TECHNIQUES</th>
<th>KICK</th>
<th>HAND STRIKE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Degree Probationary</td>
<td>Gwang-Gae</td>
<td>1: Front, Side or Round</td>
<td>None</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>2: Front, Side or Round</td>
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<td></td>
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<tr>
<td>1st Degree Recommended</td>
<td>Gwang-Gae</td>
<td>1: Front, Side or Round</td>
<td>None</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>2: Front, Side or Round (Different kick with each leg)</td>
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<tr>
<td>1st Degree Decided</td>
<td>Po-Eun</td>
<td>1: Basic Kick</td>
<td>1 Approved</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>2: Spin Kick</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1st Degree Senior</td>
<td>Ge-Baek</td>
<td>1: Basic Kick</td>
<td>1 Approved</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>2: Jump Kick</td>
<td></td>
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</tr>
</tbody>
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## TESTING REQUIREMENTS BY RANK

<table>
<thead>
<tr>
<th>RANK</th>
<th>PATTERN</th>
<th>MIN.TIME</th>
<th>BREAKING TECHNIQUES</th>
<th>SPAR</th>
</tr>
</thead>
</table>
| 1<sup>st</sup> Probationary | Gwang-Gae | 2 Months | 1: Front, Side or Round  
2: Front Side or Round | None | Free Sparring |
| 1<sup>st</sup> Recommended | Gwang-Gae | 2 Months | 1: Front, Side or Round  
2: Front Side or Round  
(Different kick with each leg) | None | Free Sparring |
| 1<sup>st</sup> Decided | Po-Eun    | 4 Months | 1: Basic Kick  
2: Spin Kick | 1 Approved | Free Sparring |
| 1<sup>st</sup> Degree Senior | Ge-Back  | 6 Months | 1: Basic Kick  
2: Jump Kick | 1 Approved | Free Sparring |
| 2<sup>nd</sup> Degree | Choong-Jang | 8 Months | 1: Spin Kick  
2: Jump Kick | None | Free Sparring |
| 2<sup>nd</sup> Degree Decided | Yoo-Sin  | 8 Months | 1: Spin Kick  
2: Jump Kick | 1 Approved | Free Sparring |
| 2<sup>nd</sup> Degree Senior | Ul-Ji     | 10 Months | 1: Jump Spin Kick  
2: Spin Kick | 1 Approved | Free Sparring |
| 3<sup>rd</sup> Degree | Yon-Gae   | 1 Year   | 1: Jump Spin Kick  
2: Jump Kick | 1 Approved | Free Sparring |
| 3<sup>rd</sup> Degree Decided | Juche    | 1 Year   | 1: Jump Spin Kick  
2: Jump or Spin Kick  
3: Basic Kick | 1 Approved | Free Sparring |
| 3<sup>rd</sup> Degree Senior | Ko-Dang  | 1 Year   | 1: Jump Spin Kick  
2: Jump or Spin Kick  
3: Basic Kick | 2 Approved | Free Sparring |
| 4<sup>th</sup> 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<sup>th</sup> 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<sup>th</sup> 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.