TAEKWONDO AMERICA

ALL THIRD DEGREE BLACK BELTS
3rd DEGREE

YON-GAE

51 Movements

Yon-Gae is named after a famous general during the Koguryo Dynasty, Yon Gaesomoon.

Ready Stance E

1. Left Circular Double Ridge-hand Block Low
2. Right Reverse Punch High
3. Right Double Fist Block
4. Right Jump Spin Knife Hand Strike High
5. Right X Block High
6. Right Horizontal Spear Hand Strike High
7. Right Downward Elbow Strike
8. Left Downward Back Fist (Ki-Hap)
9. Right Reverse Knife Hand Low Block
10. Left Hooking Block
11. Right Punch High
12. Right Circular Double Ridge-hand Block Low
13. Left Reverse Punch High
14. Left Double Fist Block
15. Left Jump Spin Knife Hand Strike High
16. Left X Block High
17. Left Horizontal Spear Hand Strike High
18. Left Downward Elbow Strike
19. Right Downward Back-fist Strike High (Ki-Hap)
20. Left Reverse Knife Hand Low Block
21. Right Hooking Block (Medium)
22. Left Punch High
23. Twin Ridge-hand Block
24. Twin Elbow Strike
25. Twin Inner Forearm Block  
26. Right Reverse Upset Punch Middle  
27. Right Spin Hook Kick  
28. Left #2 Side Kick  
29. **Left Downward Back-fist Strike High (Ki-Hap)**  
30. Twin Ridge-hand Block  
31. Twin Elbow Strike  
32. Twin Inner Forearm Block  
33. Left Reverse Upset Punch Middle  
34. Left Spin Hook Kick  
35. Right #2 Side Kick  
36. **Right Downward Back-fist Strike (Ki-Hap)**  
37. Right Double Fist Block  
38. Right Low Block  
39. Left Knife Hand High  
40. Left Double Fist Block  
41. Left Low Block  
42. Right Knife Hand Strike High  
43. Left Double Fist Block  
44. Right Jump Spin Side Kick  
45. Right Double Knife Hand Block  
46. Left Jump Spin Side Kick  
47. Left Double Knife Hand Block  
48. Right Reverse Spearhand Low  
49. Left Reverse Backward Elbow Strike  
50. Left Reverse Spearhand Low  
51. Right Reverse Backward Elbow Strike
3rd DEGREE DECIDED

JUCHE

53 Movements

Juche is the philosophical idea that man is master of everything and decides everything, in other words, the idea that man is the master of the world and his own destiny. It is said that this idea was rooted in Baekdu Mountain which symbolizes the spirit of the Korean people.

Ready Stance A

1. Twin Inner Forearm Block
2. Right Hooking Block
3. Left Punch Middle
4. Twin Outer Forearm Block
5. Right Side Kick (Medium)
6. Left Double Fist Block
7. Right #2 Hook Kick

8. **Right Downward Back Fist (Ki-Hap)**
9. Left Front Kick/Side Kick
10. Left Knife-hand Strike Middle
11. Right Reverse Horizontal Elbow Strike High
12. Left Knife-hand Low Block
13. Right Double Knife-hand Block
14. Left Jump Spin Knife-hand Strike Middle
15. Twin Inner Forearm block
16. Left Hooking block
17. Right Punch Middle
18. Twin Outer Forearm Block
19. Left Side Kick (Medium)
20. Right Double Fist Block
21. Left #2 Hook Kick
22. **Left Downward Back Fist (Ki-Hap)**
23. Right Front Kick/Side Kick
24. Right Knife-hand Strike Middle   Sitting Stance
25. Left Reverse Horizontal Elbow Strike High   Right Front Stance
26. Right Knife-hand Low Block   Right X Stance
27. Left Double Knife-hand Block   Left Back Stance
28. Right Jump Spin Knife-hand Strike Middle   Right Back Stance
29. Left #2 Leg Stretch
30. Left Double Fist Block   Left Cat Stance
31. Twin High Arc Hand   Closed Stance
32. Right Downward Elbow   Right Cat Stance
33. Left Reverse Ridge-hand   Right Front Stance
34. Left Downward Elbow   Left Cat Stance
35. Right Reverse Ridge-hand   Left Front Stance
36. Twin Outside Knife-hand Strike High   Right Front Stance
37. Right Reverse Punch Low   Left Front Stance
38. Left Low Block   Left Back Stance
39. Right Jump Spin Side Kick
40. Right Double Fist Block   Right Back Stance
41. Right Low Block   Right Back Stance
42. Left Jump Spin Side Kick
43. Left Double Fist Block   Left Back Stance
44. **Right Jump Side Kick (Ki-Hap)**
45. Twin Palm Heel Press Block High   Sitting Stance
46. Right Reverse Backward Elbow Strike   Left Back Stance
47. Twin Low Block   Right One Leg Stance
48. Left Spin Side Kick
49. Left Back-fist   Left Back Stance
50. Right Ridge-hand Strike High   Shoulder Width Ready Stance
51. **Right Jump Punch High/ Right Upset Punch (Ki-Hap)**   Closed Stance
52. Left Reverse Downward Knife-hand Strike   Right Front Stance
53. Right Reverse Punch Middle

Left Front Stance

3rd DEGREE SENIOR

KO-DANG

55 Movements

*Ko-Dang* is the pseudonym of the patriot *Cho Man Ik*, who dedicated his life to the secession and education of his nation.

Ready Stance C

1. Left Palm Heel Block Middle (Medium) Sitting Stance
2. Right Punch Middle Sitting Stance
3. Right Hook Kick/Round Kick
4. Left Double Fist Block Left Back Stance
5. Left Inner Forearm Block/Right Reverse Low Block Left Back Stance
6. Right Palm Heel Block Middle (Medium) Sitting Stance
7. Left Punch Middle Sitting Stance
8. Left Hook Kick/Round Kick
9. Right Double Fist Block Right Back Stance
10. Right Inner Forearm Block/Left Reverse Low Block Right Back Stance
11. Twin Inner Forearm Block Right Back Stance
12. Right Jump Spin Side Kick
13. Left Double Knife-hand Block Left Back Stance
14. Twin Inner forearm Block Left Back Stance
15. Left Jump Spin Side Kick
16. Right Double Knife-hand Block Right Back Stance
17. Left Downward Elbow Strike Left Cat Stance
18. Right Downward Elbow Strike Right Cats Stance
19. Left Double Knife-handPress Block Left Front Stance
20. Right Double Knife-handPress Block Right Front Stance
21. Left Low Block Left Back Stance
22. Right Double Round Kick
23. Left Jump Spin Crescent Kick
24. Right Double Fist Block Right Back Stance
25. Right Low Block Right Back Stance
26. Left Double Round Kick
27. Right Jump Spin Crescent Kick
28. Left Double Fist Block
29. Right Upset Palm Heel Strike High
30. Left Upset Palm Heel Strike High
31. Right Front Kick
32. Twin Outside Knife-hand Strike High
33. Left Knife-hand High Block
34. Left Knife-hand Low Block
35. Right Reverse Punch Middle
36. Left Double Fist Block
37. Left Jump Front Kick
38. Left Double Knife-hand Block
39. **Right Downward Back-fist (Ki-Hap)**
40. Left Outer Forearm Block
41. Right Reverse Middle Punch
42. Right Outer Forearm Block
43. Left Reverse Punch Middle
44. **Right Reverse Upset Punch High (Ki-Hap)**
45. Right Leg Sweep
46. Right Downward Knife-hand Strike
47. Right Side Kick (Medium)
48. Left Double Fist Block
49. **Left Reverse Upset Punch High (Ki-Hap)**
50. Left Leg Sweep
51. Left Downward Knife-hand Strike
52. Left Side Kick (Medium)
53. Right Double Fist Block
54. Right Double Knife-hand Block
55. Left Double Knife-hand Block
THIRD DEGREE BLACK BELT MANUAL

BOARD BREAKING REQUIREMENTS

3rd Degree Black Belts and above have to break boards with 2 or 3 techniques, use different legs and must break one 2-board station (women) or 3-board station (men) with a kick. 3rd Degree Senior Black Belts must break with 2 hand strikes, one with each hand.

<table>
<thead>
<tr>
<th>RANK</th>
<th>PATTERN</th>
<th>BREAKING TTECHNIQUES</th>
<th>KICK</th>
<th>HAND STRIKE</th>
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<tbody>
<tr>
<td>3rd Degree</td>
<td>Yon-Gae</td>
<td>1: Jump Spin Kick</td>
<td>1 Approved</td>
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<tr>
<td></td>
<td></td>
<td>2: Jump Kick</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3rd Decided</td>
<td>Juche</td>
<td>1: Jump Spin Kick</td>
<td>1 Approved</td>
<td></td>
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<tr>
<td></td>
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<td>2: Jump or Spin Kick</td>
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<tr>
<td></td>
<td></td>
<td>3: Basic Kick</td>
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<tr>
<td>3rd Senior</td>
<td>Ko-Dang</td>
<td>1: Jump Spin Kick</td>
<td>2 Approved</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>2: Jump or Spin Kick</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>4: Basic Kick</td>
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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>
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<tbody>
<tr>
<td>1st Degree Probationary</td>
<td>GwangGae</td>
<td>2 Months</td>
<td>1: Front, Side or Round 2: Front Side or Round</td>
<td>None</td>
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<tr>
<td>1st Degree Recommended</td>
<td>Gwang-Gae</td>
<td>2 Months</td>
<td>1: Front, Side or Round 2: Front Side or Round (Different kick with each leg)</td>
<td>None</td>
</tr>
<tr>
<td>1st Degree Decided</td>
<td>Pe-Eun</td>
<td>4 Months</td>
<td>1: Basic Kick 2: Spin Kick</td>
<td>1 Approved</td>
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<tr>
<td>1st Degree Senior</td>
<td>Ge-Baek</td>
<td>6 Months</td>
<td>1: Basic Kick 2: Jump Kick</td>
<td>1 Approved</td>
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<tr>
<td>2nd Degree</td>
<td>Choong-Jang</td>
<td>8 Months</td>
<td>1: Spin Kick 2: Jump Kick</td>
<td>None</td>
</tr>
<tr>
<td>2nd Degree Decided</td>
<td>Yoo-Sin</td>
<td>8 Months</td>
<td>1: Spin Kick 2: Jump Kick</td>
<td>1 Approved</td>
</tr>
<tr>
<td>2nd Degree Senior</td>
<td>Ul-Ji</td>
<td>10 Months</td>
<td>1: Jump Spin Kick 2: Spin Kick</td>
<td>1 Approved</td>
</tr>
<tr>
<td>3rd Degree</td>
<td>Yon-Gae</td>
<td>1 Year</td>
<td>1: Jump Spin Kick 2: Jump Kick</td>
<td>1 Approved</td>
</tr>
<tr>
<td>3rd Degree Decided</td>
<td>Juche</td>
<td>1 Year</td>
<td>1: Jump Spin Kick 2: Jump or Spin Kick 3: Basic Kick</td>
<td>1 Approved</td>
</tr>
<tr>
<td>3rd Degree Senior</td>
<td>Ko-Dang</td>
<td>1 Year</td>
<td>1: Jump Spin Kick 2: Jump or Spin Kick 3: Basic Kick</td>
<td>2 Approved</td>
</tr>
<tr>
<td>4th Degree Decided</td>
<td>Choi-Yong</td>
<td>2 Years</td>
<td>1: 360 Jump Spin Kick 2: Jump Spin Kick 3: Spin Kick 4: Basic Kick</td>
<td>1 Approved</td>
</tr>
<tr>
<td>4th Degree Senior</td>
<td>Tong-Il</td>
<td>2 Years</td>
<td>1: 360 Jump Spin Kick 2: Jump Spin Kick 3: Spin Kick 4: Basic Kick</td>
<td>2 Approved</td>
</tr>
<tr>
<td>5th Degree</td>
<td>Moon-Moo</td>
<td>5 Years</td>
<td>1: 360 Jump Spin Kick 2: Jump Spin Kick 3: Spin Kick 4: Jump Kick 5: Basic Kick</td>
<td>2 Approved</td>
</tr>
</tbody>
</table>

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