TAEKWONDO AMERICA

FIFTH DEGREE BLACK BELT MANUAL
5th DEGREE DECIDED PATTERN

MOON-MOO

69 Movements

Moon-Moo honors the 30th King of the Silla Dynasty. His body was buried near Dae Wang Am (Great Kings Rock). According to his will, the body was placed in the sea “where my soul shall forever defend my land against the Japanese.” It is said that the Sok Gul Am (Stone Cave) was build to guard his tomb.

Ready Stance A

1. Left Double Fist Block Right One Leg Stance
2. Left Side Kick (Medium)
3. Left Side Kick
4. Right Horizontal Spear-hand High Sitting Stance
5. Right Jump Spin Hook Kick
6. Left Double Fist Block Left Back Stance
7. Right Knife-hand Strike (Ki-Hap) Right X Stance
8. Left Knife-hand Double Press Block (Medium) Left Front Stance
9. Right Knife-hand Double Press Block (Medium) Right Front Stance
10. Right Knife-hand Low Block/Left Reverse Knife-hand Block Right One Leg Stance
11. Right Double Fist Block Left One Leg Stance
12. Right Side Kick (Medium)
13. Right Side Kick
14. Left Horizontal Spear-hand High Sitting Stance
15. Left Jump Spin Hook Kick
16. Right Double Fist Block Right Back Stance
17. Left Knife-hand Strike (Ki-Hap) Left X Stance
18. Right Knife-hand Double Press Block (Medium) Right Front Stance
19. Left Knife-hand Double Press Block (Medium) Left Front Stance
20. Left Knife-hand Low Block/Right Reverse Knife-hand Block Left One Leg Stance
21. Twin Low Block Left One Leg Stance
22. Right Side Kick
23. Right Reverse Punch High Left Front Stance
24. Twin Low block
25. Left Side Kick
26. Left Reverse Punch High
27. Left Palm Heel Press Block Low
28. Left Front Kick
29. Right Crescent Kick
30. Right Hammer-fist  Middle (Ki-Hap)
31. Left Palm Heel Upset Strike High
32. Right Punch Middle
33. Left Knife-hand  Low Block
34. Right Jump Side Kick
35. Left Jump Spin Heel Kick
36. Right Double Fist Block
37. Left Hooking Block (Medium)
38. Right Palm Heel Press Block Low
39. Right Front Kick
40. Left Crescent Kick
41. Right Horizontal Hammer-fist  Middle (Ki-Hap)
42. Right Palm Heel Upset Strike High
43. Left Punch Middle
44. Right Knife-hand  Low Block
45. Left Jump Side Kick
46. Right Jump Spin Heel Kick
47. Left Double Fist Block
48. Right Hooking Block (Medium)
49. Right Twist Kick
50. Left Low Block/Right Reverse Downward Back-fist
51. Right Reverse Supported Back-fist
52. Left Twist Kick
53. Right Low Block/Left Reverse Downward Back-fist
54. Left Reverse Supported Back-fist
55. Left Leg Sweep
56. Left Double Knife-hand  Block
57. Left Double Side Kick
58. Left Knife-hand  Strike High
59. Right Leg Sweep

60. Right Double Knife-hand Block \hspace{1cm} Right Back Stance

61. Right Double Side Kick

62. Right Knife-hand Strike High \hspace{1cm} Right Back Stance

63. Right Reverse Punch High \hspace{1cm} Left Front Stance

64. **Left Jump Reverse Reinforced Upset Punch Low (Yell)** \hspace{1cm} Right X Stance

65. **Right Jump Reverse Reinforced Upset Punch Low (Yell)** \hspace{1cm} Left X Stance

66. Right Jump Spin Side Kick

67. Right Double Knife-hand Block \hspace{1cm} Right Back Stance

68. Left Reverse Arc Hand Grab \hspace{1cm} Right Front Stance

69. Right Punch High \hspace{1cm} Right Front Stance
FIFTH DEGREE BLACK BELT MANUAL

BOARD BREAKING REQUIREMENTS

5th Degree Black Belts and above have to break boards with 5 techniques, use different legs and must break one 2-board station (women) or 3-board station (men) with a kick. 5th Degree Black Belts must break with 2 hand strikes, one with each hand.

<table>
<thead>
<tr>
<th>RANK</th>
<th>PATTERN</th>
<th>BREAKING TECHNIQUES</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td><strong>KICK</strong></td>
</tr>
<tr>
<td>5th Degree</td>
<td>Moon-Moo</td>
<td>1: 360° Jump Spin Kick</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2: Jump Spin Kick</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3: Jump Kick</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4: Spin Kick</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5: Basic Kick</td>
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</tbody>
</table>
# TESTING REQUIREMENTS BY RANK

<table>
<thead>
<tr>
<th>RANK</th>
<th>PATTERN</th>
<th>MIN.TIME</th>
<th>BREAKING TECHNIQUES</th>
<th>HAND STRIKE</th>
<th>SPAR</th>
</tr>
</thead>
<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>
<td>Free Sparring</td>
</tr>
<tr>
<td>1st Degree Recommended</td>
<td>GwangGae</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>
<td>Free Sparring</td>
</tr>
<tr>
<td>1st Degree Decided</td>
<td>PeEun</td>
<td>4 Months</td>
<td>1: Basic Kick  2: Spin Kick</td>
<td>1 Approved</td>
<td>Free Sparring</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>
<td>Free Sparring</td>
</tr>
<tr>
<td>2nd Degree</td>
<td>Choong Jang</td>
<td>8 Months</td>
<td>1: Spin Kick  2: Jump Kick</td>
<td>None</td>
<td>Free Sparring</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>
<td>Free Sparring</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>
<td>Free Sparring</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>
<td>Free Sparring</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>
<td>Free Sparring</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>
<td>Free Sparring</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>
<td>Free Sparring</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>
<td>Free Sparring</td>
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<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>
<td>Free Sparring</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.