



TAEKWONDO AMERICA

ALL FOURTH DEGREE BLACK BELTS

FOURTH DEGREE BLACK BELT MANUAL

4th DEGREE DECIDED

CHOI-YONG

50 Movements

Choi-Yong is named after the General Choi Yong, Premier and Commander-in-Chief of the armed forces during the 14th century Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism, and humility. His subordinate commanders headed by General Yi Sung Gae, who later became the first king of the Yi Dynasty, executed him.

Ready Stance C

- | | |
|--|--------------------|
| 1. Left Double Fist Block | Left Cat Stance |
| 2. Left Vertical Punch | Left Cat Stance |
| 3. Right Double Fist Block | Right Cat Stance |
| 4. Right Vertical Punch High | Right Cat Stance |
| 5. Left Knife-hand High Block | Left Front Stance |
| 6. Right Reverse Inner Forearm Block | Left Front Stance |
| 7. Left Punch High | Left Front Stance |
| 8. Right Knife-hand High Block | Right Front Stance |
| 9. Left Reverse Inner Forearm Block | Right Front Stance |
| 10. Right Punch High | Right Front Stance |
| 11. Left Double Knife-hand Block Low | Left Back Stance |
| 12. Right Round Kick | |
| 13. Left Spin Hook/Round Kick | Left Front Stance |
| 14. Right Reverse Horizontal Elbow Strike to Left Palm (Ki-Hap) | Right Back Stance |
| 15. Right Double Knife-hand Block Low | |
| 16. Right Round Kick | |
| 17. Right Spin Hook Kick/Round Kick | |
| 18. Left Reverse Horizontal Elbow Strike to Right Palm (Ki-Hap) | Right Front Stance |
| 19. Left Double Knife-hand Press Block (Medium) | Left Front Stance |
| 20. Right Double Knife-hand Press Block (Medium) | Right Front Stance |
| 21. Twin Knife-hand Block | Left Front Stance |
| 22. Right Front Kick | |
| 23. Left Double Fist Block | Left Back Stance |
| 24. Twin Knife-hand Block | Right Front Stance |

FOURTH DEGREE BLACK BELT MANUAL

- | | |
|--|----------------------|
| 25. Left Front Kick | |
| 26. Right Double Fist Block | Right Back Stance |
| 27. Right Double Fist Block | Right Back Stance |
| 28. Left Horizontal Spear-hand High | Left Front Stance |
| 29. Right Horizontal Spear-hand High | Right Front Stance |
| 30. Right Hooking Block (Medium) | Parallel Stance |
| 31. Left Punch High | Parallel Stance |
| 32. Right Double Fist Block | Left One Leg Stance |
| 33. Right Side Kick | |
| 34. Right Hammer-fist to Left Palm (Ki-Hap) | Right X Stance |
| 35. Right Double Fist Block | Right Back Stance |
| 36. Left Front Kick/Round Kick | |
| 37. Right Jump Spin Heel Kick | |
| 38. Left Double Fist Block | Left Back Stance |
| 39. Right Knife-hand Strike High | Right Back stance |
| 40. Left Hooking Block (Medium) | Parallel Stance |
| 41. Right Punch High | Parallel Stance |
| 42. Left Double Fist Block | Right One Leg Stance |
| 43. Left Side Kick | |
| 44. Left Hammer-fist to Right Palm (Ki-Hap) | Left X Stance |
| 45. Left Double Fist Block | Left Back Stance |
| 46. Right Front Kick/Round Kick | |
| 47. Left Jump Spin Heel Kick | |
| 48. Right Double Fist Block | Right Back Stance |
| 49. Left Knife-hand Strike High | Left Back Stance |
| 50. Right Punch High | Right Back Stance |

FOURTH DEGREE BLACK BELT MANUAL

4th DEGREE SENIOR

TONG-IL

67 Movements

Tong-Il denotes the resolution of the unification of Korea, which has been divided since 1945. The diagram symbolizes the homogenous race.

Ready Stance F

- | | |
|--|--------------------|
| 1. Twin Punch High (Ki-Hap) | Left Front Stance |
| 2. Twin Knife-hand Strike High | Left Front Stance |
| 3. Right Inner Forearm Block | Right Back Stance |
| 4. Left Reverse Punch High | Right Front Stance |
| 5. Right Punch High | Right Back Stance |
| 6. Left Reverse Punch High | Right Back Stance |
| 7. Left Round Kick | |
| 8. Left Low Block/Right Reverse Back-fist | Left Back Stance |
| 9. Left Backhand | Left Back Stance |
| 10. Right Inside Crescent Kick | |
| 11. Right Low Block/Left Reverse Back-fist | Right Back Stance |
| 12. Right Back hand | Right Back Stance |
| 13. Left Inside Crescent Kick | |
| 14. Twin Elbow Strike | Left Back Stance |
| 15. Right Ridge-hand Block High | Right Front Stance |
| 16. Left Reverse Ridge-hand Block High | Right Front Stance |
| 17. Right Punch High | Right Front Stance |
| 18. Left Reverse Punch High | Right Front Stance |
| 19. Left Twist Kick | |
| 20. Left Back-fist | Left Back Stance |
| 21. Right Twist Kick | |
| 22. Right Back-fist | Right Back Stance |
| 23. Left Outside Knife-hand Strike High | Left Cat Stance |
| 24. Right Outside Knife-hand Strike High | Right Cat Stance |
| 25. Left Double Knife-hand Press Block (Medium) | Left Front Stance |
| 26. Right Double Knife-hand Press Block (Medium) | Right Front Stance |
| 27. Right Knife-hand Strike Low to Left Palm | Closed Stance |

FOURTH DEGREE BLACK BELT MANUAL

28. Right Spin Heel Kick	
29. Left Knife-hand High Block	Left Front Stance
30. Right Reverse Punch High	Left Front Stance
31. Left Reverse Reinforced Upset Punch High	Right Back Stance
32. Right Reverse Horizontal Punch	Left Front Stance
33. Left Spin Heel Kick	
34. Right Knife-hand High Block	Right Front Stance
35. Left Reverse Punch High	Right Front Stance
36. Right Reverse Reinforced Upset Punch High	Left Back Stance
37. Left Reverse Horizontal Punch	Right Front Stance
38. Right Circular Double Ridge-hand Block Low	Right Back Stance
39. Left Circular Double Ridge-hand Block Low	Left Back Stance
40. Left Knife-hand Block/Right Reverse Low block	Left Front Stance
41. Twin High Punch	Right Front Stance
42. Right Hammer-fist (To Left Palm)	Left One Leg Stance
43. Right Spin Side Kick	
44. Twin Inner Forearm Block	Sitting Stance
45. Right Jump Hook Kick (Ki-Hap)	
46. Twin Inner Forearm Block	Sitting Stance
47. Right Round Kick	
48. Right Nine Block	Sitting Stance
49. Left Nine Block	Sitting Stance
50. Right Knife-hand Block/Left Reverse Low Block	Right Front Stance
51. Twin Punch High	Left Front Stance
52. Left Hammer-fist (To Right Palm)	Right One Leg Stance
53. Left Spin Side Kick	
54. Twin Inner Forearm Block	Sitting Stance
55. Left Jump Hook Kick (Ki-Hap)	
56. Twin Inner Forearm Block	Sitting Stance
57. Left X Block Low	Left X Stance
58. Left Outside Block	Left Front Stance
59. Right Outside Block	Right Front Stance
60. Left Reverse Palm Heel Strike High (Medium)	Right Front Stance
61. Left Low Block/Right Reverse Knife-hand Block	Left Front Stance
62. Right Reverse Palm Heel Strike High (Medium)	Left Front Stance

FOURTH DEGREE BLACK BELT MANUAL

63. Right Low Block/Left Reverse Knife-hand Block

Right Front Stance

64. Right High Block

Right Front Stance

65. Left Reverse Punch High

Right Front Stance

66. Left High Block

Left Front Stance

67. Right Reverse Punch High

Left Front Stance

FOURTH DEGREE BLACK BELT MANUAL

BOARD BREAKING REQUIREMENTS

4th Degree Black Belts and above have to break boards with 4 techniques, use different legs and must break one 2-board station (women) or 3-board station (men) with a kick. 4th Degree Senior Black Belts must break with 2 strikes, one with each hand.

RANK	PATTERN	BREAKING TECHNIQUES	
		KICK	HAND STRIKE
4th Degree Decided	Choi-Yong	1: 360° Jump Spin Kick 2: Jump Spin Kick 3: Spin Kick 4: Basic Kick	1 Approved
4th Degree Senior	Tong-Il	1: 360° Jump Spin Kick 2: Jump Spin Kick 3: Spin Kick 4: Basic Kick	2 Approved

MALES - AGES	WOOD BOARDS	ONE KICK
11 and 12	1 X 9 Inch	2 X 9 Inch
13 and 14	1 X 11 Inch	2 X 11 Inch
15	2 X 11 inch	3 X 11 inch
16 and above	2 X 11 inch	3 X 11 inch

FEMALES - AGES	WOOD BOARDS	ONE KICK
11 and 12	1 X 9 Inch	2 X 9 Inch
13 and 14	1 X 11 Inch	2 X 11 inch
15 and Above	1 X 11 Inch	2 X 11 inch

FOURTH DEGREE BLACK BELT MANUAL

TESTING REQUIREMENTS BY RANK

RANK	PATTERN	MIN.TIME	BREAKING TECHNIQUES		SPAR
			KICK	HAND STRIKE	
1 st Degree Probationary	Gwang-Gae	2 Months	1: Front, Side or Round 2: Front Side or Round	None	Free Sparring
1 st Degree 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 Degree Decided	Pe-Eun	4 Months	1: Basic Kick 2: Jump Kick	1 Approved	Free Sparring
1 st Degree Senior	Ge-Baek	6 Months	1: Basic Kick 2: Spin Kick	1 Approved	Free Sparring
2 nd Degree 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 a different leg and if two hand techniques are required,

FOURTH DEGREE BLACK BELT MANUAL

they must use both hands.