



TAEKWONDO AMERICA
FIFTH DEGREE BLACK BELT MANUAL

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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 built to guard his tomb.

Ready Stance A

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| 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 |

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24. Twin Low block	Right One Leg Stance
25. Left Side Kick	
26. Left Reverse Punch High	Right Front Stance
27. Left Palm Heel Press Block Low	Left Cat Stance
28. Left Front Kick	
29. Right Crescent Kick	
30. Right Hammer-fist Middle (Ki-Hap)	Sitting Stance
31. Left Palm Heel Upset Strike High	Sitting Stance
32. Right Punch Middle	Sitting Stance
33. Left Knife-hand Low Block	Sitting Stance
34. Right Jump Side Kick	
35. Left Jump Spin Heel Kick	
36. Right Double Fist Block	
37. Left Hooking Block (Medium)	Right Back Stance
38. Right Palm Heel Press Block Low	Left Front Stance
39. Right Front Kick	Right Cat Stance
40. Left Crescent Kick	
41. Right Horizontal Hammer-fist Middle (Ki-Hap)	Sitting Stance
42. Right Palm Heel Upset Strike High	Sitting Stance
43. Left Punch Middle	Sitting Stance
44. Right Knife-hand Low Block	Sitting Stance
45. Left Jump Side Kick	
46. Right Jump Spin Heel Kick	
47. Left Double Fist Block	Left Back Stance
48. Right Hooking Block (Medium)	Right Front Stance
49. Right Twist Kick	
50. Left Low Block/Right Reverse Downward Back-fist	Left Back Stance
51. Right Reverse Supported Back-fist	Right Front Stance
52. Left Twist Kick	
53. Right Low Block/Left Reverse Downward Back-fist	Right Back Stance
54. Left Reverse Supported Back-fist	Right Front Stance
55. Left Leg Sweep	
56. Left Double Knife-hand Block	Left Back Stance
57. Left Double Side Kick	
58. Left Knife-hand Strike High	Left Back Stance

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59. Right Leg Sweep	
60. Right Double Knife-hand Block	Right Back Stance
61. Right Double Side Kick	
62. Right Knife-hand Strike High	Right Back Stance
63. Right Reverse Punch High	Left Front Stance
64. Left Jump Reverse Reinforced Upset Punch Low (Yell)	Right X Stance
65. Right Jump Reverse Reinforced Upset Punch Low (Yell)	Left X Stance
66. Right Jump Spin Side Kick	
67. Right Double Knife-hand Block	Right Back Stance
68. Left Reverse Arc Hand Grab	Right Front Stance
69. Right Punch High	Right Front Stance

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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.

RANK	PATTERN	BREAKING TECHNIQUES	
		KICK	HAND STRIKE
5 th Degree	Moon-Moo	1: 360° Jump Spin Kick 2: Jump Spin Kick 3: Jump Kick 4: Spin Kick 5: 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

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TESTING REQUIREMENTS BY RANK

RANK	PATTERN	MIN.TIME	BREAKING TECHNIQUES		SPAR
			KICK	HAND STRIKE	
1 st Degree Probationary	GwangGae	2 Months	1: Front, Side or Round 2: Front Side or Round	None	Free Sparring
1 st Degree Recommended	GwangGae	2 Months	1: Front, Side or Round 2: Front Side or Round (Different kick with each leg)	None	Free Sparring
1 st Degree Decided	PeEun	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	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,

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they must use both hands.