

CHS Martial Arts



ChaeHookSung

Martial Arts Student Handbook



Table of Contents

Table of Contents	2
Mission Statement	3
ChaeHookSung Martial Arts	4
Parental Role in Martial Arts	5
Children’s Home Guidelines	7
Dojang rules	8
Taekwondo Rules of Etiquette	11
History of Taekwondo	15
Eight Concepts of Um and Yang	19
Student Creed	20
Promotion Requirements	21
World Taekwondo Federation Poomsae	38
Yun Poomsae	39
Contact Information.....	44
Application for Promotion Test.....	45



Mission Statement

ChaeHookSung Martial Arts' primary goal is to serve the Colorado Springs region as a resource for their citizens in the following areas:

- Taekwondo training
- Self-defense training
- Rape Awareness and Prevention seminars & workshops
- Seasonal events to develop positive mental, spiritual, moral, physical and technical discipline for self-improvement, and to ultimately build confident and respectful citizens

Seasonal events include Taekwondo tournaments (local, Jr. Olympics, US Nationals), seminars, workshops, camp-outs, field trips, and other positive family-centered activities.

Our pledge is to provide a positive, safe environment for the students and patrons of our facilities.

We actively pursue sponsorships from local businesses and private individuals. These proceeds, combined with profits earned from seasonal events, are invested in the organization to fund events that generate no revenue, and to provide financial assistance to underprivileged individuals and families.

Our primary focus for financial sponsorships are children in Colorado Springs and surrounding areas who come from low-income families, single-parent families, and those who are considered at-risk youths. Students who excel as positive athletes and role models may also be rewarded with a sponsorship.

We uphold a strong belief that these activities allow us to be critical contributors to the enhancement of the overall quality of life for the residents in our area.



ChaeHookSung Martial Arts

Chae Sa-Bum-Nim - Sterling E. Chase, Sr. Instructor

Chae SaBumNim founded ChaeHookSung Martial Arts in 1984. Master Chae is one of the senior students of 9th Degree, Grand Master Solomon Hoktok Yun. Founder of World Martial Arts & Health, Grand Master Yun is one of the top martial artists in the world.

Accreditations:

- Trained over 1200 students since 1984, including more than 130 black belts
- Registered instructor with USA Taekwondo since 1986
- Internationally certified instructor of Rape Awareness and Prevention
- Conducted several programs with local schools & girls scout troops
- Trained at the US Olympic Training Center in Colorado Springs
- 2001 US National Gold Medal Champion in forms and full-contact fighting in the senior division
- Received rare opportunity to train in Korea to learn Taekwondo customs
- Hosted and conducted several Taekwondo Tournaments
- Referee for US Taekwondo Union (National Governing Body for the Olympic Sport of Taekwondo)
- Instrumental in creating and running the US Air Force Taekwondo Association
- Retired Air Force Non-commissioned Officer of 21 years

"I believe a good martial artist should have knowledge in not only kicking and punching, but of history, customs, courtesies and language, all of which are taught in my programs."

Chae SaBumNim, Sterling E.
Chase, Sr. Instructor

The program

Martial Art is defined as the 'Art of the Military.' Many martial art programs only advertise teaching people to defend themselves. With CHS Martial Arts, you will learn self-defense, one-step sparring, forms, and full-contact sparring. CHS Martial Arts trains well-rounded martial artist regulated levels, not only through physical tasks, but also by mental tasks maintained prior to upgrading. Children's home rules, along with guidance for parents to assist their children, are also provided.

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Parental Role in Martial Arts

Your role

Taekwondo is a martial art, as well as an international sport, and it demands a great deal of concentration, dedication, sacrifice and time to master. All these elements lead to a natural conclusion: the younger a student begins Taekwondo, the sooner he will master it.

However, children possess little control over their worlds (ability to manage time, financial resources, ability to care for themselves, etc.). They need your help. Until children come of age, as parents and guardians, you should attempt to provide transportation, finance lessons (equipment, membership expenses, field trips), and supply all the other things necessary for practicing martial arts. In essence, you must become "managers" for the student.

Tips

➤ Investigate the details

Most martial arts schools focus on one thing: martial arts. Anything that follows is usually less of a priority. Many times, communication between instructors and parents is left to the children (sometimes 5, 6 or 7 year olds). Parents often tell their children important messages that never are relayed to the instructor, or vice versa.

The instructor is relying on you, as a parent, to pay attention to the details. As your child becomes more responsible, you can delegate more duties to the child. When in doubt, ask the instructors or staff. We want you to be involved. Do not feel embarrassed about asking questions pertaining to your child's training.

➤ Be part of the experience

During the child's martial arts training, there are many things you can do to help and show concern and involvement. Be supportive, not only on a financial level, but also on a physical and emotional level. Martial arts teach children to "respect and obey parents." Share the achievements and the success that the children will experience. Children will enjoy martial arts more when you are behind them "win, lose or tie." The first promotion to gold belt may seem small, but it is the first step a student takes in a lifetime of martial arts. Likewise, the first match a child loses because of inexperience may be small to the outside world, but it may discourage the child from ever competing again. Please, *become involved!*

➤ Support your child

Do not live vicariously through your child. Most teachers have seen parents try to live life through the child. This serves only to rob the joy and expression your child receives from martial arts. Instead, support your child. Parents should always know the difference between being supportive and being manipulative. Manipulation represses a child's actions. What starts out as a freedom to practice will soon become an obligation to perform. With the many pressures on children, this must not be one.



➤ **Communicate with your child**

Communication is defined as "the process by which information is exchanged between individuals." The key is exchange. Children must not only hear, but also must be heard. Of course, this is not a freedom to "say whatever they want," but rather communication to exchange those ideas that constructively support the relationship. If your child feels they cannot share the joys, sorrows, problems or thoughts about training with you, they will either find another sounding board, or internalize their emotions. Both will deprive you and your child of the positive experiences of martial arts.

As parents, you must make an effort to be available when your child returns from practice or competition, and to take a genuine interest in the affairs of the day. Knowing what the child is practicing and some of the basic terminology helps make communication easier and more accurate.

INVESTIGATE ▪ EXPERIENCE ▪ SUPPORT ▪ COMMUNICATE ▪ ACTIVE PARENT

Instructor's Role

Parenthood has never been easy. Some parents enroll their children without ever having experienced martial arts first hand. Your child's instructor will use newsletters, personal conferences and phone calls as lines of communication. This will keep you informed, involved and advised on your child's progress. During the decision process for tournaments, promotions, demonstrations, etc., instructors will attempt to use you as resource, not a hindrance. Parents' suggestions are always considered. After all, who is better qualified to know the needs of their children?

If you have any questions, please don't hesitate to contact me directly:

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Children's Home Guidelines

1. Children will greet their parents when they enter the house and tell them good-bye when they leave.
2. Children will be respectful at all times to their parents and grandparents.
3. Children will be truthful at all times.
4. Children will strive for a good relationship with their brother and sisters.
5. Children will willingly help with household chores.
6. Children shall report to their parents when they have completed assigned tasks.
7. Children shall be responsible for the upkeep and neatness of their own rooms.
8. Children will practice daily cleanliness in the matter of hair, teeth, and body.
9. Children shall abide by their parents' decisions.
10. Children shall not interrupt adult conversations.
11. Children shall refrain from rowdy behavior at home.
12. Children shall possess an active mind, body, and spirit.
13. Children will diligently study their schoolwork both at school and at home.
14. Children will show respect for their schoolteachers and their peers at all times.

CHILDREN WHO DO NOT OBEY THEIR PARENTS will be REDUCED/DEMOTED in rank, will become INELIGIBLE for promotions, or their training will be TERMINATED (in accordance with parents' wishes).



Dojang rules

1. When entering or leaving the dojang, bow to the flags.
2. Bow to the instructor, and assistant instructors in order of rank, visiting guests of higher rank, then the rest of fellow students.
3. Upon entrance of the instructor, stop (suspend) actions and bow to the instructor at the beginning and end of training.
4. When an instructor presents you're with a certificate, award, medal or similar item, stand in front of the instructor at attention, bow, accept the presentation courteously, then take one step backward, bow again and return to your proper place.
5. When addressing the instructor, or another black belt, bow before speaking while addressing with proper title or Mr., Ms, Mrs., Sir, or Ma'am. While assuming the position of attention, use words of consideration such as "Yes or No Sir (Ma'am)," "Excuse Me," and "Pardon Me."
6. Respect fellow students.
7. Do not participate in loud conversation, laughing, giggling or chewing gum in dojang. These actions are strictly prohibited.
8. If you have to leave class early, you must inform your instructor prior to the beginning of class for approval to be given.
9. Be on time with loyal attendance. Any student who is absent without explanation, is constantly late, or who leaves before class ends without explanation, will be suspended for a time established by the instructor.
10. Treat substitute teachers and assistants with the same respect as the instructor.
11. Personal hygiene is essential and is your responsibility. Finger & toenails must be kept trimmed, along with the cleanliness of body and proper dobok (uniform).
12. Do not participate in any of the following: profanity (bad language), obscene gestures or actions unnecessary roughness, running, or horseplay toward any fellow student. These things are strictly prohibited.
13. After training, make sure any equipment you used is returned to its proper place and that the classroom is left in a neat and orderly state.

All students of martial arts will follow rules of the dojang, whether they are in uniform or present in another dojang...

...after all is said and done, have fun!



Counting

HANA	IL	ONE
DUL	EY	TWO
SET	SAM	THREE
NET	SA	FOUR
DA-SUT	OH	FIVE
YO-SUT	YUK	SIX
IL-GUP	CHIL	SEVEN
YEO-DUL	PAL	EIGHT
A-HOP	KU	NINE
YUL	SHIB	TEN

Kicking (CHAGI)

AP-CHAGI	FRONT KICK
DOL-YO-CHAGI	ROUND KICK
YEOP-CHAGI	SIDE KICK
BON-DUL-CHAGI	ARK KICK
HO-DOL-YO-CHAGI	HOOK KICK
CHI-GO-CHAGI	AX KICK
DI-CHAGI	BACK KICK
DI-DOL-YO-YEOP-CHAGI	BACK TURNING SIDE KICK
MOOM-DOL-YO CHAGI	TURNING HOOK KICK

Blocking (MA-KI)

A-RAE-MA-KI	DOWN BLOCK
MOOM-TONG-PAK-GAT-MA-KI	MIDDLE BLOCK (OUTSIDE)
MOOM-TONG-AN-MA-KI	MIDDLE BLOCK (INSIDE)
UL-GUL-MA-KI	FACE BLOCK

Striking (CHI-GI)

MOON-TONG-CHI-RU-GI	MIDDLE PUNCH
SUN-NUL-MOK-CHI-GI	OUTSIDE KNIFEHAND STRIKE
SUN-NUL-MOK-CHI-GI-DUL	INSIDE KNIFEHAND STRIKE
DONG-JUMOK-ULGOL-BAGUT-CHI-GI	SIDE OF FACE BACK FIST
DONG-JUMOK-ULGOL-AP-PA-CHI-GI	FRONT OF FACE BACK FIST
PAL-KUM-ULGOL-DOLYO-CHI-GI	ELBOW FACE ROUND STRIKE
PAL-KUM-ULYO CHI-GI	ELBOW UPWARD STRIKE

Stances (SEO-KI)

CHA-RI-UT-SEO-KI	ATTENTION STANCE
PYUN-E-SEO-KI	READY/FINISHED STANCE
JU-JAM-SEO-KI	HORSE STANCE
AP-KU-BI	FORWARD STANCE
DE-KU-BI	BACK STANCE
BOXING-SEO-KI	BOXING STANCE



Taekwondo Rules of Etiquette

The most valuable assets in Taekwondo are the rules of etiquette, the rules that gauge a practitioner's behavior, and the attitude deep within his heart. The practitioner's of Taekwondo should live up to the high standards expected. The Taekwondo organizations around the world practice a high level of order and discipline, maintaining standards. Practicing these standards will develop a sense of values in our youth, resulting in a higher level of courtesy and respect. Taekwondo teaches that this is a strong basis for morality that today's world desperately needs. Taekwondo also develops humility in behavior, pride in oneself, togetherness, and produces unselfishness, kindness, and tolerance. These rules of etiquette were established by the Korean Taekwondo Association (KTA) on 7 May 1971.

The rules of etiquette are as follows:

1. The Greeting

There are two types of greetings in Taekwondo: the standing greeting (bow) and the kneeling greeting. Render standing greetings when a superior enters the room. Render kneeling greetings after the standing greeting, if the superior sits on the floor. The standing greeting starts with the feet together, arms to the side, and fingers curled toward the legs so that the index fingers are touching the thumbs. Back is straight, head and eyes face front. To render a greeting with a bow, the back is bent forward 15°, and head is bent forward 45°. After the bow, return to the standing position. Render a sitting greeting by moving to the kneeling position; knees together, move the arms to the front and bend forward; place head on hands, and then returns to the kneeling position.

2. Teacher-Student Formalities During Training

Before to each training session, salute flags with a low, respectful bow. After saluting the flag, lower ranking students must greet their superiors in order of rank: first the school master, then the teacher, and then the individuals with a higher level of proficiency than oneself. During the training session, a student's behavior shall have control and show a high level of courtesy. Student uniforms will be in serviceable condition at all times. Uniforms will not to be worn in public, except when absolutely necessary. It is important for the student to use discretion when speaking during the training session. Students should always use words implying respect and honor when speaking to a superior. The superiors do not have to be as careful in their selection of words when speaking to students of lesser rank.

While practitioners of Taekwondo are in uniform, the symbol of rank within the system takes precedence over respect for elders. However, when not in uniform, respect for age takes precedence over rank.

3. Wearing the Uniform

Uniform neatness and cleanliness are of the utmost importance. During the training session, if an individual's uniform becomes out of place, that student is to stop momentarily, turn so that others cannot see, and adjust the uniform. After the adjustments are made, the student may return to the practice.



4. Home and Social Behavior

While in the home, at work, or at social functions, it is important for the student to demonstrate high moral standards, and to show appropriate respect and consideration to others.

5. Etiquette in Speech

High levels of speech should always apply while speaking. The back should be straight and the general attitude should be formal. The choice of words should be courteous and respectful. The voice should not be loud, and abusive words are not to be tolerated. The student should be careful not to spit while speaking. The individual should not lose his integrity, wit, or sense of humor. The speaker should be careful to use the correct title for the person he is speaking too. Listening is essential and shows respect. It is not appropriate to stare or interrupt. It is not appropriate to touch the individual you are speaking to, and it is not correct to use hand gestures.

6. Appearance

In social situations, it is important to be conscious of appearance. The type, fitting, and style of clothes should be conservative. During ceremonies and other formal occasions, the students of Taekwondo should always wear the appropriate attire. The shined shoes and a well-groomed appearance should be evident. In keeping with the rules of appearance, good habits result.

7. Seating Arrangement While in Cars

The designated driver for a formal occasion always opens the car door for the superior. However, in the rear seat, the lower ranking individual gets into the car first to allow the superior to depart the vehicle first once they reach their destination.

8. Speaking on the Phone

When calling someone, it is appropriate to state your name first, then asks for the person "to whom you wish to speak." When answering the telephone, state your name, and then request the nature of the call. All conversations are to be kept brief and to the point. It is important to have a note pad near the telephone in case there is a need to copy urgent messages.

9. Table Manners

When at the dinner table, all guests wait until the senior gives the signal to begin any course by picking up their silverware. When in small groups, all must be served before eating can commence. However, at very large gatherings or parties, the guests begin eating when given their plates so the food does not get cold. Keep conversations general at a small table. At a long table, it's ok to break the conversations up into two groups or more, if feasible. At a business lunch or dinner, the guest waits for the host to start the business discussion. Do not put elbows on the table when eating. It is appropriate to put elbows on the table in conversations between courses. Sit straight in the chair and do not blow on hot food for cooling.



10. Introductions

Introductions are governed by three basic rules, and can be implemented in most situations. Introduce a male to a female, introduce an adult to a much older one of the same sex, and introduce the lower rank to the higher rank. Their introduction should be brief and not wordy or awkward. The host always shakes the hands of the guests upon arrival and departure. Females always have the choice to shake hands or not. Males should always shake hands with other males to whom being introduced, unless it is awkward to do so (for example, leaning across others while seated at a dinner table).

11. Visiting

Before visiting someone, an appointment should be made. Do not show up uninvited. Make a point never to visit on holidays or Sundays, early in the morning, late at night, at mealtime, or on a day of inclement weather, unless specifically invited. Make the visits short, remember that you are guest, and thank the host(ess) before departing. It is a Korean custom to bring a gift when visiting someone's home. The gift may be as little as fruit, drink, flowers, etc., or something else to show your gratitude as an invited guest.

12. Guiding a Higher Ranking Person

When guiding a higher-ranking person, walk to the front with slightly forward bent posture; this shows respect. At meetings, be attentive to the needs of the superior (for example, if he/she should need a pen or pad of paper). If you are not escorting a superior or superior's family, but are with a superior, always walk to the rear, open doors for the superior, and be attentive to needs as previously mentioned.

13. Seating Arrangements at Ceremonies

While at formal ceremonies, the seat of honor is to the right of the chairperson, and the next highest position is to their left. At social gatherings with a speaker present, the highest-ranking persons must have an opportunity to speak after the speaker. The highest-ranking person will leave a crowded room first when the ceremony is over, followed by the others in order of rank.

14. Drinking and Smoking

It is the privilege of the individual to drink as much as he or she wants in private. Showing the effects of too much to drink in public is totally unacceptable because, in one way or another, a drunk is always a problem. Never smoke in any place of worship or a religious ceremony out of doors, while in court, during the playing of the national anthem, or during the raising or lowering of the national flag. When greeting someone, remove your cigarette from your mouth.

15. Behavior of the Instructors

The Taekwondo instructor is to set the example for their students to follow. Instructors help their students find solutions to their problems. Instructors should refrain from speaking to their students as though giving orders, and are to be humble and sincere. Instructors are to avoid violence and the appearance of a pleasure seeker. Instructors



should live a clean and productive life free of drugs and alcohol. They should involve themselves in community functions, practice justice, and unselfishness.

16. Behavior During Social Events

In the event of social activities, seating of head table will include not just the senior belts, but also spouses. Recognize spouses and parents of senior belts with the same respect. Most Korean customs apply to most Taekwondo social events. If you have any questions or doubts on proper mannerisms, please contact your instructor. If you are attending a social event, especially where Korean instructors are to be present, ask questions beforehand. Many of our norms maybe conceived in the wrong manner. As long as it seems you are making an honest effort, most Koreans are honored to make on-the-spot corrections. The bottom line is to behave with self-respect, for you represent not only yourself, but also your dojang.



History of Taekwondo

Translated from HONG-GEUK MUL (Korean Language), TAE means "to kick" or "to strike with the foot," KWON means "fist" or "to strike with the hand," DO means a "discipline" or "art, way." Together, Taekwondo means the art of kicking and punching, or the art of unarmed combat. Modern-day Taekwondo, developed over the years, is a unique martial art incorporating both the quick, straight-line movements that characterize the various Japanese systems, and the flowing, circular movements of most Chinese styles. What truly distinguishes Taekwondo are the many varied and uniquely powerful kicking techniques, involving prominent use of leg and kicking stems. Yet, Taekwondo is far more than simply a system concerned with physical prowess, for it is also an art directed toward the moral development of its students.

The earliest records of Taekwondo practice date back to around 50 BC. During this time, Korea had three kingdoms: Silla, founded on the Jyongju plain in 57 BC; Koguryo, founded in the Yalu River Valley in 37 BC; and Baekche, founded in the southwestern area of the Korean peninsula in 18 BC. Evidence of the practice of Tae-kyon (the earliest known form of Taekwondo) has been found in paintings on the ceiling of the Muyong-chong, a royal tomb from the Koguryo dynasty. These, and other mural paintings, show unarmed combatants using techniques virtually identical to those of modern-day Taekwondo. Of particular interest are details that show the use of the knife hand, fist, and classical fighting stances, all components of modern Taekwondo.

Although Taekwondo first appeared in the Koguryo kingdom, it is Silla's warrior nobility, the Hwarang, who are credited for the growth and spread of the art throughout Korea. Of the three kingdoms, Silla was the first formed, but it remained the smallest and least civilized. Its coastline was constantly under attack by Japanese pirates. Silla appealed for help against the continual harassment by the Japanese pirates. King Gwanggaeto, the 19th in the line of Koguryo monarchs, sent a force of 50,000 soldiers into neighboring Silla to help the smaller kingdoms drive out the pirates. At this time, early masters of the art introduced Tae-kyon to Silla's warriors.

These Tae-kyon trained warriors became known as the Hwarang. Founded initially as a military academy for the young Silla nobility, the society of the Hwarang-do ("the way of flowering manhood") adopted Tae-kyon as a part of its basic training regimen. The society was an elite group, consisting of the Hwarang, or leaders, selected from among the sons of royalty ages 16 through 20, and the Nag-do, or cadets, assembled from the rest of the young nobility, and who totaled anywhere from 200 to 1000 at any given time. The young men within the society evolved in many disciplines, including history, Confucian philosophy, ethics, Buddhist morality, riding, archery, sword play, military tactics, and, of course, Tae-kyon. The principles of the Hwarang-do education are based on the Five Codes of Human Conduct, as established by the Buddhist scholar Wonkang. These axioms are:

1. Be loyal to your country
2. Be obedient to your parents
3. Be trustworthy to your friends
4. Never retreat in battle
5. Never make an unjust kill



Tae-kyon was taught in conjunction with the Five Codes of Human Conduct so that it became a way of life for the young men. The codes of moral behavior served to guide their lives and direct their Tae-kyon training.

Today, these codes reflect the so-called 11 commandments of modern Taekwondo. As with the original codes of conduct, these modern axioms are used to guide the moral development of students of the art. Only students who fully understand these tenets can ever hope to master the true essence of the art. The 11 commandments are:

1. Loyalty to your country
2. Respect for your parents
3. Faithfulness to your spouse
4. Respect for your brothers and sisters
5. Loyalty to your friends
6. Respect for your elders
7. Respect for your teachers
8. Never take life unjustly
9. Indomitable spirit
10. Loyalty to your school
11. Finish what you begin

Along with their training in fundamental education and military skills, the Hwarang were also skilled in poetry, singing and dancing. Students were encouraged to travel throughout the peninsula in order to learn about the regions and people. These traveling warriors were responsible for spreading Tae-kyon throughout Korea during the Silla dynasty, which lasted from 668 AD to 935 AD. During this era, Tae-kyon remained primarily a sports and recreational activity designed to improve physical fitness (although it was a formidable system of self-defense). It was not until the Koryo dynasty, which began in 935 and lasted until 1392, that the focus of the art changed. During this time, Tae-kyon became known as Subak. Also during the reign of King Uijong (between the years of 1147 and 1170), it changed from a system designed primarily to promote fitness into a fighting art.

The first book widely available on the art was developed during the Yi dynasty (1397 to 1907) to promote the art among the population. Prior to this book, these arts were primarily for military nobility. The publication of this book and the subsequent popularizing of the art among the public was responsible for the survival of Subak during this era. During the second half of the Yi dynasty, political conflict and military activities were de-emphasized in favor of more scholarly pursuits, which led to a significant education in the practice of the art. Records of the practice of Subak are sparse during this time. Once again, the art returned to its former role as a recreational and fitness activity, except now it was the general population that maintained the art and not the nobility. Subak as an art became fragmented and diffused throughout the country, and its practice continued to decline until only incomplete remnants remained. What limited knowledge there was



of the art was handed down from one generation to the next within individual families that generally practiced it in secret.

It was not until 1909 that Korea's fighting arts experienced a marked resurgence, for in that year, the Japanese invaded Korea, occupying the country for the next 36 years. During this time, the Japanese resident general officially banned the practice of all military arts for native Koreans. Ironically, this very act sparked a renewed growth of Subak. Patriots, fueled by a hatred of their subjugators, organized themselves to study the martial arts. Still others left Korea to work and study in China and Japan, and were exposed to the fighting arts native to those countries. In Korea, Subak/Tae-kyon survived through a number of famous masters of the Korean fighting arts. The underground nature of the martial arts in Korea changed in 1943. First Judo and then Karate and Kung-fu were officially introduced. The following two years brought a dramatic increase in interest in the martial arts throughout the country. It was not until Korea's liberation in 1945 that its own fighting arts finally took root and began to flourish.

For many years, a variety of Korean martial art styles existed throughout the country. These styles varied from one another according to the amount of influence each master had absorbed from the numerous Chinese and Japanese styles.

The first kwan (school) to teach a native Korean style of martial art opened in 1945 in Yong Chun, Seoul. This dojang (gymnasium) was named Chung Do Kwan. Later that same year, the Moo Duk Kwan and the Yun Moo Kwan also opened in Seoul. The following year, the Chang Moo Kwan and the Chi do Kwan were established. Seven other major schools formed in 1953 through the early 1960s.

The most prominent among the dojang were Ji Do Kwan, Song Moo Kwan and Oh Do Kwan, all of which opened between 1953 and 1954. Although each of these schools claimed to teach the traditional Korean martial art, each one emphasized a different aspect of Tae-kyon/Subak, and various names emerged for each system. Styles became known as Soo Bahk Do, Kwon Bop, Kong Soo Do, Tae Soo Do and Dang Soo So. There were many who claimed to teach traditional Tae-kyon.

Dissension between the various kwans prevented the formation of a central regulating board for 10 years. Yet, during those years, the martial arts gained a strong foothold within the newly formed Korean Armed Forces (1945), with Tae-kyon becoming a regular part of military training. In early 1946, masters of the art began teaching Tae-kyon to troops stationed in Kwang Ju. This set the foundation for the great turning point in the Korean martial arts in 1952. That year, at the height of the Korean War, President Syngman Rhee watched a half-hour demonstration by Korean Martial arts masters. Adopted president Rhee was so impressed with what he saw that he ordered training in the martial arts as part of regular military training. This single act was to have a far-reaching effect on the Korean martial arts. Later that same year, a master was sent to Fort Benning, Georgia for special training in radio communications. The master had been one of those to perform before President Rhee. President Rhee had taken special notice of his abilities prior to his assignment to the United States. During his stay in Georgia, the master demonstrated his art to both the military and the public, further publicizing Korea's fighting art. In Korea, special forces were well known as the protectors of South Korea. The most famous of these special forces was the Black Tigers, who staged many espionage missions across the borders in hostile territory. Occasionally they performed assassinations. Many great martial artists lost their lives during this time, including the founders of the Chang Moo Kwan and the Yun Moo Kwan.

Following the end of the war in 1953, the Korean 29th Infantry Division set up headquarters on Che Ju Island. This unit was responsible for all Tae-kyon training for the Korean Army.



Two years later, on April 11, 1955, a meeting convened to unify the various kwans under a common name. The name of Tae Soo Do was accepted by the majority of the kwan master. They then agreed to merge their various styles for the benefit of all schools. However, two years later the name changed again, this time to what is known as Taekwondo. Chosen both because it accurately describes the nature of the art (comprised of both hand and foot techniques), as well as for its similarity to the art's early name of Tae-kyon. Taekwondo has been the recognized name for the Korean martial arts since that day. However, although most of the kwans merged under this common name, there were a few who did not. It has never been clear which of the original eight did in fact merge in 1955. Of those who did not, only Hapkido remains as a recognized separate art in itself. Despite this historical merging, dissension between the kwans did not end. Until the formation of the Korean Taekwondo Association on September 14, 1961, and indeed for a few years thereafter, there remained much animosity between the various masters.

The first leaders of the Korean Taekwondo Association saw the potential for the growth of their art. They used their authority to send instructors and demonstration teams all over the world from the army into high schools and colleges. Dojangs for the general public sprang up everywhere. Taekwondo had begun to blossom. Within a very brief time, the art had developed such a reputation as an effective fighting system that during the Vietnam War, the South Vietnamese government requested instructors to train its troops.

During the 1960s, thousands of Taekwondo demonstrators performed around the world before fascinated governments. With few exceptions, the governments followed up such exhibitions with calls for Korean instructors to teach in their countries. By the beginning of the 1970s, Taekwondo had firmly established itself worldwide.

May 28, 1973, a new, worldwide organization, the World Taekwondo Federation (WTF), was formed. Since that day, all Taekwondo activities outside of Korea have been coordinated by the WTF, the only official organization recognized by the Korean government as an international regulating body for Taekwondo. Also in May of 1973, the first biannual World Taekwondo Championships were held in Seoul as a prelude to the inauguration of the WTF. Since then, the world championships have been hosted in many countries around the world, including the United States, West Germany, South America and Denmark.

It was Taekwondo's prominence in the circle of international sports that brought the art to the attention of the General Association of International Sports Federation (GAISF). GAISF is an association of all international sports, both Olympic and non-Olympic, with direct ties to the International Olympic Committee (IOC). Taekwondo was recognized as a sport by the IOC, which recognized and admitted the WTF in July 1980. Following this initial contact, the General Session of the IOC recognized Taekwondo in May 1982. The crowning achievement of Taekwondo as a sport came when the art was designated as an official demonstration sport for the 1988 Olympic Games in Seoul, Korea.

In the short time since the inception of the WTF in 1973, Taekwondo has grown with unprecedented rapidity as a worldwide sport. Today, Taekwondo is one of only two martial arts systems (the other being Karate-do) practiced all over the world. Taekwondo boasts an international membership of more than 30 million practitioners in over 174 countries, making it the most practiced martial art style in the world.

Considering the unparalleled growth of the art the Taekwondo and its acceptance into the circle of Olympic sports, there seems little doubt that it will continue to enjoy its rapidly expanding popularity around the world. Taekwondo is a highly complex system composed of many elements, and it is in this diverse nature where the true strength of the art lies.



Eight Concepts of Um and Yang

1. KEON* (PURE UM)
Represents that which is great and original, penetrating, advantageous, correct and firm, heaven, the sun, or light. KEON is the beginning of the earth, the power of heaven, and the source of creation.
2. TAE (JOY)
Represents strength of mind; a person with a strong mind appears gentle, smiles, and is satisfied.
3. RI* (FIRE and SUN)
Represents the sun, fire and light. The virtue of RI is brightness and a natural intelligence. It means 'to be attached to.'
4. JIN (THUNDER)
Represents thunder and exciting power. The things that instill fear and panic eventually disappear, making way for blue skies and sunshine.
5. SEON (WIND)
Represents the wind because of its penetrating effect. SEON is able to find its way into every corner and cranny of the wood because of its flexibility. It symbolizes a strong, flexible and humble state of mind.
6. GAM* (WATER)
Represents water, the element that is flexible, dangerous, formless and mysterious (the symbol of persistence and fidelity). GAM, therefore, shows us that the execution of the actions is to be done with powerful movements. Danger and difficulties can be overcome to face the enemy and fight is the most effective method.
7. GAN (TOP STOP)
Represents mountains; the mountains symbolize solemn majesty and tranquility with the way they stand upright in their surroundings. GAN teaches that a man should have good judgment, contemplation, and not act hastily.
8. 8. GON* (PURE YANG)
Represents the earth. The earth has strength, firmness and power. The earth also has the advantage to accommodate everything that grows with the heaven above.

****These are the only four characters displayed on the Korean flag.***



Student Creed

***Build true confidence through
knowledge in the mind, honesty
in the heart, along with
strength in the body. Keep
friendship with others, while
building a strong and happy
community. Never fight to
achieve selfish ends; instead
develop might for right.***



Promotion Requirements

WHITE BELT PROGRAM

- A. Knowledge
 - 1. Common terms
 - 2. Counting in Korean systems
 - 3. Introduction to dojang rules & student creed
- B. Required poomse
 - 1.
- C. Required motions
 - 1. Maki (blocking)
 - a. Down block
 - b. Middle block
 - c. High block
 - 2. Chagi (kicks)
 - a. Front kick
 - b. Side kick
 - c. Round house kick
- D. Ho Shin Sul (self-defense) intro to “v” formation
- E. Chong Kal Kyuryugi (one-step-sparring) intro to “V” formation



WHITE BELT W/STRIPE PROGRAM

- A. Knowledge
 - 1. Common terms
 - 2. Counting in both Korean numbering systems
 - 3. Understand dojang rules & student creed
- B. Required poomse
 - 1. Chungi
- C. Required motions
 - 1. Maki (blocking)
 - a. Down block
 - b. Middle block
 - c. High block
 - 2. Chagi (kicks)
 - a. Front kick
 - b. Side kick
 - c. Round house kick
 - d. Back kick
 - e. Ax kick
- D. Ho Shin Sul (self-defense) blocking exercise
- E. Chong Kal Kyuryugi (one-step-sparring) stepping blocking exercise



GOLD BELT PROGRAM

- A. Knowledge
 - 1. Starting and ending of class
 - 2. All previous geups
- B. Required poomse
 - 1. Taeguek Il Jang
- C. Required motions
 - 1. Maki (blocking) combinations
 - 2. Chagi (kicking) combinations
 - 3. Punching (chigi) combinations
 - 4. Su nul (knife hand) combinations
- D. Ho Shin Sul (self-defense)
- E. Chong Kal Kyurugi (one-step-sparring)



GOLD BELT W/STRIPE PROGRAM

- A. Knowledge
 - 1. All previous geups
- B. Required poomse
 - 1. Taegeuk Il Jang
 - 2. Il Yun Poomse
- C. Required motions
 - 1. Spinning kicks
 - 2. All previous motions
- D. Ho Shin Sul (self-defense)
- E. Chong Kal Kyurugi (one-step-sparring)



ORANGE BELT PROGRAM

- A. Knowledge
 - 1. All previous geups
- B. Required poomse
 - 1. Taegeuk Ey Jang & previous Taegeuk Poomse
 - 2. Il Yun Poomse
- C. Required motions
 - 1. Spinning kicks
 - 2. All previous motions
- D. Ho Shin Sul (self-defense)
- E. Chong Kal Kyurugi (one-step-sparring)



ORANGE BELT W/STRIPE PROGRAM

- A. Knowledge
 - 1. All previous geups
- B. Required poomse
 - 1. Taegeuk Ey Jang & all previous Taegeuks
 - 2. Ey Yun poomse & previous Yun's Poomse
- C. Required motions
 - 1. Spinning kicks
 - 2. All previous motions
- D. Ho Shin Sul (self-defense)
- E. Chong Kal Kyurugi (one-step-sparring)



ORANGE BELT W/SECOND STRIPE PROGRAM

- A. Knowledge
 - 1. All previous geups
- B. Required poomse
 - 1. Taegeuk Sam Jang & all previous Taegeuks
 - 2. All previous Yun's Poomse
- C. Required motions
 - 1. Spinning kicks
 - 2. All previous motions
- D. Ho Shin Sul (self-defense)
- E. Chong Kal Kyurugi (one-step-sparring)



GEUP GREEN BELT PROGRAM

- A. Knowledge
 - 1. Kyurugi (sparring) competition rules
 - 2. All previous geups
- B. Required poomsae
 - 1. All previous Taegeuks
 - 2. Sam Yun Poomse & all previous Yun's Poomse
- C. Required motions
 - 1. Jumping kicks
 - 2. All previous motions
- D. Ho Shin Sul (self-defense)
- E. Chong Kal Kyuryugi (one-step-sparring)



GREEN BELT W/STRIPE PROGRAM

- A. Knowledge
 - 1. Poomse competition rules
 - 2. All previous geups
- B. Required poomse
 - 1. Taegeuk Sa Jang & all previous Taegeuks
 - 2. All previous Yun's Poomse
- C. Required motions
 - 1. All previous motions
- D. Ho Shin Sul (self-defense)
- E. Chong Kal Kyuryugi (one-step-sparring)



GREEN BELT W/SECOND STRIPE PROGRAM

- A. Knowledge
 - 1. Poomse competition rules
 - 2. All previous geups
- B. Required poomse
 - 1. Taegeuk Oh Jang & all previous Taegeuks
 - 2. All previous Yun's Poomses
- C. Required motions
 - 1. All previous motions
- D. Ho Shin Sul (self-defense)
- E. Chong Kal Kyuryugi (one-step-sparring)



BLUE BELT PROGRAM

- A. Knowledge
 - 1. Coaching techniques
 - 2. All previous geups
- B. Required poomse
 - 1. All previous Taegueks
 - 2. Sa Yun Poomse & all previous Yun's Poomse
- C. Required motions
 - 1. Backhand attacks
 - 2. Openhand attacks
 - 3. All previous motions
- D. Ho Shin Sul (self-defense)
- E. Chong Kal Kyurugi (one-step-sparring)



BLUE BELT W/STRIPE PROGRAM

- A. Knowledge
 - 1. All previous geups
- B. Required poomse
 - 1. Taegeuk Yuk Jang & all previous Taegeuks
 - 2. All previous Yun's Poomse
- C. Required motions
 - 1. Flip kicks
 - 2. Hand combinations
 - 3. All previous motions
- D. Ho Shin Sul (self-defense)
- E. Chong Kal Kyurugi (one-step-sparring)



BLUE BELT W/SECOND STRIPE PROGRAM

- A. Knowledge
 - 1. All previous geups
- B. Required poomse
 - 1. Taegeuk Chil Jang & all previous Taegeuks
 - 2. All previous Yun's Poomse
- C. Required motions
 - 1. Flip kicks
 - 2. Hand combinations
 - 3. All previous motions
- D. Ho Shin Sul (self-defense)
- E. Chong Kal Kyurugi (one-step-sparring)



SECOND GEUP RED BELT PROGRAM

- A. Knowledge
 - 1. Teaching methods
 - 2. Referee rules
 - 3. All previous geups

- B. Required poomse
 - 1. Taeguek Pal Jang & all previous Taegueks
 - 2. All previous Yun's Poomse

- C. Required motions
 - 1. Kick from all ranges
 - 2. Two on one sparring
 - 3. Hand & foot combinations
 - 4. All previous motions

- D. Ho Shin Sul (self-defense)

- E. Chong Kal Kyurugi (one-step-sparring)



FIRST GEUP RED BELT/W STRIPE PROGRAM

- A. Knowledge
 - 1. School administration
 - 2. Community service
 - 3. All previous geups
 - 4. Intro to RAP

- B. Required poomse
 - 1. All previous Taekgeuks
 - 2. Oh Yun Poomse & all previous Yun's Poomse
 - 3. Koryo

- C. Required motions
 - 1. Board breaking techniques
 - 2. Mentoring
 - 3. All previous motions

- D. Ho Shin Sul (self-defense) /
basic RAP Ho Shin Sul

- E. Chong Kal Kyurugi (one-step-sparring) /
basic RAP Chong Kal Kyurugi



1st DAN / POOM BLACK BELT PROGRAM

A. Knowledge

1. All geup programs
2. Basic history of Taekwondo
3. Customs and courtesies
4. Student instruction
5. Referee methods
6. Intro assistant to RAP program

B. Poomsae

1. All eight Taegeuks + Yun's forms
2. Koryo
3. Geumgang

C. Motions

1. All blocking techniques
2. All kicking techniques
3. All punching techniques
4. Class manipulation
5. Board breaking techniques
6. Practice of three on one fighting

D. Ho Shin Sul (self-defense) / RAP Ho Shin Sul

E. Chong Kal Kyuryugi (one-step-sparring) / RAP Chong Kal Kyuryugi



2nd DAN / POOM BLACK BELT PROGRAM

- A. Knowledge
 - 1. All geup programs
 - 2. Intro into Taekwondo politics
 - 3. Intro into dojang management
 - 5. Intro into referee & ring management
 - 6. Rap program management

- B. Required poomse
 - 1. All eight Taegeuks + Yun's forms
 - 2. Koryo
 - 3. Geumgang
 - 4. Taeback

- C. Required motions
 - 1. Theory of blocking techniques
 - 2. Theory of kicking techniques
 - 3. Theory of punching techniques

- D. Ho Shin Sul (self-defense) / RAP Ho Shin Sul

- E. Chong Kal Kyuryugi (one-step-sparring) /
RAP Chong Kal Kyuryugi



World Taekwondo Federation Poomsae

Taegeuk 1 Jang

Seq	Step	Turn	Stance	Poom	Movements
Junmbi	-	-	Naranhi-Seogi	Kibon-Jumbi-Seogi	Move left foot one step to the left and face forward.
1	Left	90°	Wen-Apseogi	Arae-Makki	Move into a Wen-Apseogi (walking stance) and left Arae-Makki (down block).
2	Forward	-	Oreun-Apseogi	Momtong-Bandae-Jireugi	Move step into a right Wen-Apseogi (walking stance), right Momtong-Bandae-Jireugi (middle reverse punch).
3	Right	180°	Oreun-Apseogi	Momtong-Bandae-Jireugi	Turn the body to the right and move into a right Wen-Apseogi (walking stance) and right Arae-Makki (down block).
4	Forward	-	Oreun-Apseogi	Momtong-Bandae-Jireugi	Move into a left Wen-Apseogi (walking stance), left Momtong-Bandae-Jireugi (middle reverse punch).
5	Left	90°	Wen-Apkubi	Arae-Makki	Move into a left Wen-Apkubi (front stance) and left Arae-Makki (down block).
6	-	-	Wen-Apkubi	Momtong-Bandae-Jireugi	Keep both feet fixed and right Momtong-Bandae-Jireugi (middle reverse punch).
7	Right	90°	Oreun-Apseogi	Momtong-Anmakki	Turn the body to the right and move into a right Oreun-Apseogi (walking stance) and left Momtong-Anmakki (middle block).
8	Forward	-	Wen-Apseogi	Momtong-Baro-Jireugi	Move into a left Wen-Apseogi (walking stance), right Momtong-Baro-Jireugi (middle straight punch).
9	Left	180°	Wen-Apseogi	Momtong-Anmakki	Turn the body to the left and move into a left Wen-Apseogi (walking stance) and left Momtong-Anmakki (middle block).
10	Forward	-	Oreun-Apseogi	Momtong-Baro-Jireugi	Move into a right Oreun-Apseogi (walking stance), left Momtong-Baro-Jireugi (middle straight punch).
11	Right	90°	Oreun-Apseogi	Arae-Makki	Move into a right Oreun-Apseogi (front stance) and right Arae-Makki (down block).
12	-	-	Oreun-Apkubi	Momtong-Bandae-Jireugi	Keep both feet fixed and left Momtong-Bandae-Jireugi (middle reverse punch).
13	Left	90°	Wen-Apseogi	Eolgool-Makki	Turn the body to the left and move into a left Wen-Apseogi (walking stance) and left Eolgool-Makki (high block).
14	Forward	-	Oreun-Apchagi	Momtong-Bandae-Jireugi	Do a right Apchagi (front kick) and move into a right Oreun-Apchagi (front stance?) and right Arae-Makki (down block).
15	Right	90°	Wen-Apseogi	Eolgool-Makki	Turn the body to the right and move into a right Wen-Apseogi (walking stance) and right Eolgool-Makki (high block).
16	Forward	-	Oreun-Apchagi	Momtong-Bandae-Jireugi	Do a left Apchagi (front kick) and move into a left Oreun-Apchagi (front stance?) and left Arae-Makki (down block).
17	Left	90°	Wen-Apkubi	Arae-Makki	Move into a left Wen-Apkubi (front stance?) and left Arae-Makki (down block).
18	Forward	-	Oreun-Apkubi	Momtong-Bandae-Jireugi (Kiap)	Move into a right Oreun-Apkubi (front stance?) and right Momtong-Bandae-Jireugi and Kiap (middle reverse punch, yell).
Keuman	Left	180°	Naranhi-Seogi	Kibon-Jumbi-Seogi	Using the ball of the right foot as pivot turn the body to the left and face forward.



Yun Poomsae

IL YUN POOMSAE

JOON-BI

1. BOXING STANCE
2. TURN LEFT (90 DEGREES) INTO A LEFT FRONT STANCE, DOWN BLOCK W/LEFT, HIGH BLOCK W/LEFT, PUNCH W/RIGHT, AND BONDUL KICK W/RIGHT.
3. TURN RIGHT (180 DEGREES) IN A RIGHT FRONT STANCE, DOWN BLOCK W/RIGHT, HIGH BLOCK W/RIGHT, PUNCH W/LEFT, AND BONDUL KICK W/LEFT.
4. TURN LEFT (90 DEGREES) INTO A LEFT FRONT STANCE, DOWN BLOCK W/LEFT, DOUBLE OUTSIDE MIDDLE BLOCK STARTING W/LEFT-RIGHT, STEP INTO A RIGHT FRONT STANCE, DOUBLE OUTSIDE MIDDLE BLOCK STARTING W/RIGHT-LEFT.

CHON JIN STEP AND INSIDE KNIFE HAND CHOP TO THE NECK W/RIGHT AND DOWN BLOCK W/LEFT, CHON JIN STEP AND OUTSIDE KNIFE HAND CHOP TO THE NECK W/RIGHT, AND DOWN BLOCK W/LEFT.

ILBO CHON JIN STEP AND INSIDE KNIFE HAND CHOP TO THE NECK W/LEFT AND DOWN BLOCK W/RIGHT, CHON JIN STEP AND OUTSIDE KNIFE HAND CHOP TO THE NECK W/LEFT, AND DOWN BLOCK W/RIGHT.

5. TURN LEFT (90 DEGREES) INTO A LEFT FRONT STANCE, DOWN BLOCK W/LEFT, OUTSIDE MIDDLE BLOCK W/RIGHT, PUNCH W/LEFT, AND FRONT KICK W/RIGHT.
6. TURN RIGHT (180) INTO A RIGHT FORNT STANCE, DOWN BLOCK W/RIGHT, OUTSIDE MIDDLE BLOCK W/RIGHT, PUNCH W/LEFT, FRONT KICK W/LEFT.
7. TURN RIGHT (90 DEGREES) INTO A RIGHT FRONT STANCE, DOWN BLOCK W/RIGHT, CHON JIN STEP BACKFIST W/RIGHT, PUNCH W/LEFT, ROUNDHOUSE KICK W/LEFT, DOWN BLOCK W/LEFT, CHON JIN STEP BACKFIST W/LEFT, PUNCH W/RIGHT, ROUNDHOUSE KICK W/RIGHT
8. TURN LEFT (270 DEGREES) INTO A LEFT FRONT STANCE, KNIFE HAND CHOP TO THE NECK W/LEFT, TURN RIGHT (180 DEGREES) INTO A RIGHT FRONT STANCE, AND KNIFE HAND CHOP TO THE NECK W/RIGHT.
9. TURN RIGHT (180 DEGREES) INTO A RIGHT FRONT STANCE, KNIFE HAND CHOP TO THE NECK W/RIGHT, TURN LEFT (360 DEGREES) INTO A LEFT FRONT STANCE, AND KNIFE HAND CHOP TO THE NECK W/LEFT.

PAROH



E YUN POOMSAE

JOON-BI

1. 1. BOXING STANCE
2. TURN LEFT (90) INTO A LEFT FRONT STANCE, DOWN BLOCK W/LEFT, PUNCH W/RIGHT, AND BONDUL KICK W/RIGHT.
3. TURN RIGHT (180 DEGREES) INTO A RIGHT FRONT STANCE, DOWN BLOCK W/RIGHT, PUNCH W/LEFT, BONDUL KICK W/LEFT.
4. TURN LEFT (90 DEGREES) INTO A LEFT FRONT STANCE, OUTSIDE MIDDLE BLOCK W/LEFT, PUNCH W/RIGHT, ROUNDHOUSE KICK W/RIGHT, INSIDE MIDDLE BLOCK W/RIGHT, PUNCH W/LEFT, ROUNDHOUSE KICK W/LEFT.
5. FACE RIGHT (90 DEGREES) DOUBLE FRONT KICK W/LEFT THEN RIGHT, DOUBLE PUNCH W/RIGHT THEN LEFT.
6. TURN RIGHT (180 DEGREES) INTO A RIGHT FRONT STANCE, FRONT KICK W/LEFT, THEN RIGHT, DOUBLE PUNCH W/RIGHT, THEN LEFT.
7. TURN LEFT (90 DEGREES) INTO A LEFT FRONT STANCE, OUTSIDE MIDDLE CIRCLE BLOCK W/LEFT, SLIDE STEP FORWARD PUSHING OPPONENTS CHIN AND PUNCH W/RIGHT, ROUNDHOUSE KICK W/RIGHT.
8. TURN LEFT (180 DEGREES) INTO A LEFT FRONT STANCE, OUTSIDE MIDDLE CIRCLE BLOCK W/RIGHT, SLIDE STEP FORWARD PUSHING OPPONENTS CHIN AND PUNCH W/LEFT, IL BO CHUN JIN STEP ROUNDHOUSE KICK W/LEFT.
9. TURN RIGHT (180 DEGREES) INTO A LEFT FRONT STANCE, HIGH BLOCK BRINGING OPPONENTS ATTACKING ARM DOWN IN A LEFT-HALF CIRCLE TO YOUR LOWER FRONT HOLDING THEIR ARM AND STEPPING W/RIGHT AND HAMMER FIST W/RIGHT SMASHING ELBOW, LEFT KNEE TO RIBS RETURNING TO RIGHT FRONT STANCE, LOOKING OVER LEFT SHOULDER W/LEFT ELBOW STRIKE TO MID SECTION THEN PALM STRIKE TO GROIN AND BACKFIST TO FACE ALL W/LEFT, JUMPING BACK KICK W/RIGHT LANDING IN A LEFT FRONT STANCE.
10. FACING FORWARD BONDUL W/RIGHT RETURNING INTO A LEFT FRONT STANCE, BACK KICK W/RIGHT LANDING INTO LEFT FRONT STANCE.

PAROH



SAM YUN POOMSAE

JOON-BI

1. BOXING STANCE
2. TURN LEFT (90 DEGREES) LEFT FRONT STANCE, OUTSIDE CIRCLE MIDDLE BLOCK W/LEFT, JAB PUNCH W/LEFT, PUNCH W/RIGHT, ROUNDHOUSE KICK W/RIGHT.
3. TURN RIGHT (180 DEGREES) RIGHT FRONT STANCE, OUTSIDE CIRCLE MIDDLE BLOCK W/RIGHT, JAB PUNCH W/RIGHT, PUNCH W/LEFT, ROUNDHOUSE KICK W/LEFT.
4. TURN LEFT (90 DEGREES) LEFT FRONT STANCE, DOWN BLOCK W/LEFT, PUNCH W/RIGHT, ROUNDHOUSE KICK W/RIGHT, AX KICK W/LEFT THEN RIGHT, ROUNDHOUSE KICK W/LEFT, BACK KICK W/LEFT.
5. FACE LEFT STEP ACROSS W/RIGHT OVER LEFT, HOOK KICK THEN ROUNDHOUSE KICK W/LEFT.
6. STEP ACROSS RIGHT W/LEFT, HOOK KICK THEN ROUNDHOUSE KICK W/RIGHT.
7. TWISTING RIGHT, GRABBING THEN HIP THROW OVER RIGHT HIP, PUNCH W/RIGHT.
8. FACE LEFT (45 DEGREES) LEFT FRONT STANCE, OUTSIDE MIDDLE BLOCK W/LEFT, PUNCH W/RIGHT, AND ROUNDHOUSE KICK W/RIGHT.
9. TURN RIGHT (90 DEGREES) RIGHT FRONT STANCE, OUTSIDE MIDDLE BLOCK W/RIGHT, PUNCH W/LEFT, ROUNDHOUSE KICK W/LEFT.
10. TURN LEFT (45 DEGREES) LEFT FRONT STANCE, HIGH BLOCK W/LEFT, CIRCLE LEFT IN A COUNTER CLOCK WISE DOWN INTO RIGHT HAND, GRABBING W/RIGHT BRINGING FEET TOGETHER, STEPPING FORWARD W/LEFT, BRING RIGHT HAND OVER YOUR HEAD [LIKE COMBING YOUR HAIR] THEN DOWN, SLIDE BACK UP INTO LEFT FRONT STANCE, OUTSIDE MIDDLE BLOCK W/LEFT, PUNCH W/RIGHT, ROUNDHOUSE KICK W/RIGHT, BACK KICK W/LEFT, STEP BACK INTO A RIGHT FRONT STANCE, ROUNDHOUSE KICK W/LEFT, BACK KICK W/RIGHT.
11. TURN LEFT (270 DEGREES) LEFT FRONT STANCE, OUTSIDE MIDDLE BLOCK W/LEFT, PUNCH W/RIGHT, TRIPLE ROUNDHOUSE KICK [LOW, MIDDLE, HIGH] W/RIGHT
12. TURN RIGHT (180 DEGREES) RIGHT FRONT STANCE, OUTSIDE MIDDLE BLOCK W/RIGHT, PUNCH W/LEFT, TRIPLE ROUNDHOUSE KICK [LOW, MIDDLE, HIGH] W/LEFT, HOLDING THE LEFT KNEE UP TURN RIGHT (270 DEGREES) INTO

PAROH



SA YUN POOMSAE

JOON-BI

1. BOXING STANCE
2. BRING FEET TOGETHER AND INHAILING [HANDS ON TOP OF EACH OTHER MOVING UP-WARD ABOVE THE HEAD], THEN HORSE STANCE MOVING HANDS TO 3 & 9 CLOCK POSITIONS, W/HANDS INFRONT OF FACE [PUSHING THE ROCK] EXHAILING, KI-OP.
3. STEP W/RIGHT (90 DEGREES) INTO FIREMANS CARRY, THROWING RIGHT TO LEFT.
4. RETURN TO RIGHT STANCE, OUTSIDE MIDDLE KNIFE HAND BLOCK W/RIGHT, PUNCH W/LEFT, ROUNDHOUSE KICK W/LEFT, HIGH BLOCK W/LEFT, STEPPING UNDER ATTACKERS ARM GRABBING SHOULDER W/RIGHT, RIGHT HIP THROUGH BREAKING ELBOW AND WRIST, LOOKING BEHIND STRIKING GROIN W/LEFT PALM, BACKFIST W/LEFT, RIGHT PUNCH, ROUNDHOUSE KICK W/RIGHT, JUMP SIDE KICK W/RIGHT.
5. FACE RIGHT, STEP LEFT OVER RIGHT, DOUBLE SIDE KICK W/RIGHT [LOW, HIGH], IMMEDIATLY CROSSING RIGHT OVER LEFT, DOUBLE SIDE KICK W/LEFT [LOW, HIGH], KEEPING LEFT KNEE UP TURN RIGHT (90 DEGREES) MIDDLE LEFT FRONT KICK, FOLLOWED BY A JUMPING HIGH RIGHT FRONT KICK, OUTSIDE MIDDLE KNIFE HAND BLOCK, THEN GRABBING ARM, STEP FORWARD INTO A RIGHT STANCE, STRIKE THE ELBOW W/RIGHT KNIFE HAND, SPINNING LEFT UNDER ARM INTO A LEFT FRONT STANCE BRINGING HAND DOWN MAKING OPPONENT STAB THEMSELVES, PHO-JIN STEP, LEFT OUTSIDE MIDDLE KNIFE HAND BLOCK, RIGHT FRONT KICK RETURNING INTO A LEFT FRONT STANCE, RIGHT AX KICK, RIGHT JUMP SPINNING BACK KICK AND LANDING IN A LEFT FRONT STANCE.
6. TURN LEFT (90 DEGREES) INTO A RIGHT FRONT STANCE, SAME TIME DOING A RIGHT INSIDE KNIFE HAND STRIKE W/LEFT DOWN BLOCK, CHUN-JIN STEP, SAME TIME DOING A RIGHT OUTSIDE KNIFE HAND STRIKE LIFTING LEFT ARM, RIGHT KNEE STRIKE.
7. TURN RIGHT (180 DEGREES) INTO A LEFT FRONT STANCE, SAME TIME DOING A LEFT INSIDE KNIFE HAND STRIKE W/RIGHT DOWN BLOCK, CHUN-JIN STEP, SAME TIME DOING A LEFT OUTSIDE KNIFE HAND STRIKE LIFTING RIGHT ARM, LEFT KNEE STRIKE.
8. FACE FRONT BREATHING IN, BRING FEET TOGETHER AND INHAILING [HANDS ON TOP OF EACH OTHER MOVING UP-WARD ABOVE THE HEAD], THEN HORSE STANCE MOVING HANDS TO 3 & 9 CLOCK POSITIONS, W/HANDS INFRONT OF FACE [PUSHING THE ROCK] EXHAILING.

PAROH



OH YUN POOMSAE

JOON-BI

1. STEP BACK INTO A DEEP LEFT FRONT STANCE, SLOW LEFT KNIFE HAND MIDDLE BLOCK WITH LOUD CONTROLLED BREATHING, SLOW RIGHT KNIFE HAND MIDDLE BLOCK WITH LOUD CONTROLLED BREATHING.
2. TURN LEFT (45 DEGREES) INTO A LEFT FRONT STANCE, LEFT HAND GUARDING RIGHT SIDE OF FACE, LEFT CIRCULAR TRAP, RIGHT KNEE MIDDLE STRIKE, TURN RIGHT (90 DEGREES) INTO A RIGHT FRONT STANCE, RIGHT HAND GUARDING LEFT SIDE OF FACE, RIGHT CIRCULAR TRAP, LEFT KNEE MIDDLE STRIKE.
3. TURN LEFT (45 DEGREES) INTO A LEFT FRONT STANCE, LEFT OUTSIDE MIDDLE KNIFE HAND BLOCK THEN GRAB ARM, RIGHT HAND UPPER PUNCH (DISLOCATING ELBOW) RIGHT MIDDLE ELBOW STRIKE (RIBS), RIGHT ELBOW STRIKE (FACE), TURN RIGHT (45 DEGREES) INTO A RIGHT FRONT STANCE, RIGHT OUTSIDE MIDDLE KNIFE HAND BLOCK THEN GRAB ARM, LEFT UPPER PUNCH (DISLOCATING ELBOW), LEFT MIDDLE ELBOW STRIKE (RIBS), LEFT ELBOW STRIKE (FACE).
4. TURN LEFT (45 DEGREES) INTO A LEFT FRONT STANCE, LEFT OUTSIDE KNIFE HAND MIDDLE BLOCK THEN GRAB ARM, FROM A HORSE STANCE, RIGHT HAND GRABBING THROAT, PULLING OPPONENT OVER RIGHT LEG, RIPPING THROAT, LEFT PUNCHING FACE, RIGHT KNEELING POSITION, LEFT HIGH BACK KICK, THEN RIGHT HIGH BACK KICK, LOOK FORWARD, ROLL BACKWARDS INTO A RIGHT FRONT STANCE, JUMP SPINNING BACK KICK WITH RIGHT FOOT, LANDING INTO A RIGHT FRONT STANCE.
5. TURN LEFT (270 DEGREES) INTO A LEFT FRONT STANCE, RIGHT HIGH ROUND HOUSE KICK, LEFT JUMPING BACK KICK, FACING OPPOSITE DIRECTION, TURN RIGHT (90 DEGREES) RIGHT FRONT KICK, LEFT FRONT KICK, THEN A RIGHT FRONT KICK, FROM A RIGHT FRONT STANCE SLIDING BACKWARD W/ LOW MOUNTAIN BACK FIST STRIKE, AGAIN FROM A RIGHT FRONT STANCE, SLIDING BACKWARD W/ HIGH MOUNTAIN BACK FIST STRIKE.
6. STEPPING FORWARD INTO A LEFT FRONT STANCE, DOUBLE KNIFE HAND BLOCK PUSHING LEFT, MOVING INTO A RIGHT LEG SWEEP RETURNING INTO A LEFT FRONT STANCE, HIGH RIGHT ROUND HOUSE KICK W/ SPINNING LEFT AX KICK, HIGH LEFT ROUND HOUSE KICK W/ SPINNING RIGHT AX KICK, REPEAT NUMBER #1 FROM THE LEFT FRONT STANCE.

PAROH



Contact Information

Email: chs@chaehooksung.com

Locations

ChaeHookSung Martial Arts
[1795 Jet Stream Drive](#)
[Colorado Springs, CO 80921](#)

Phone: 719.360.6069

Chief Instructor: Master Chae

Instructor: KyoSaNim Lynda Henry



ChaeHookSung Martial Arts

Application for Promotion Test

DATE OF BIRTH: DAY _____ MONTH _____ YEAR _____ AGE _____

STUDENT NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

STUDENT #(SSN): _____ PRESENT RANK: _____

1. Student will perform a minimum of two (2) forms except White Belts
2. Gold Belts and above will spar & break.
3. Children - Blue Belts through Poome Belts must break minimum of:
 - (1) board with foot
 - (1) board with hand technique
4. Monthly dues and promotion prices must be paid prior to testing.
5. Uniform must be clean and WTF and ChaeHookSung Martial Arts approved.
6. Promotion Prices:

White	\$15.00	White w/	\$20.00	Gold	\$25.00
Gold w/	\$30.00	Green	\$35.00	Green w/	\$40.00
Blue	\$45.00	Blue w/	\$50.00	Red	\$55.00

BlackBelt

1 st Dan/Poome	\$250.00
2 nd Dan/Poome	\$300.00
3 rd Dan/Poome	\$375.00

I HEREBY SUBMIT THIS APPLICATION FOR A PROMOTION TEST IN ACCORDANCE WITH THE PROMOTION REGULATION OF CHAE HOOK SUNG TAEKWONDO & I UNDERSTAND THAT ALL FEES MUST BE PAID BEFORE TESTING.

SIGNATURE OF APPLICANT
(SIGNATURE OF PARENT)

I HEREBY RECOMMEND THE PERSON ABOVE AS BEING WELL QUALIFIED FOR THE PROMOTION TEST TO BE CONDUCTED BY CHAE HOOK SUNG TAEKWONDO.

DATE: _____

RECOMMENDING INSTRUCTOR

CHS Martial Arts



ChaeHookSung

Martial Arts Student Handbook



Table of Contents

Table of Contents	2
Mission Statement	3
ChaeHookSung Martial Arts	4
Parental Role in Martial Arts	5
Children’s Home Guidelines	7
Dojang rules	8
Taekwondo Rules of Etiquette	11
History of Taekwondo	15
Eight Concepts of Um and Yang	19
Student Creed	20
Promotion Requirements	21
World Taekwondo Federation Poomsae	38
Yun Poomsae	39
Contact Information.....	44
Application for Promotion Test.....	45



Mission Statement

ChaeHookSung Martial Arts' primary goal is to serve the Colorado Springs region as a resource for their citizens in the following areas:

- Taekwondo training
- Self-defense training
- Rape Awareness and Prevention seminars & workshops
- Seasonal events to develop positive mental, spiritual, moral, physical and technical discipline for self-improvement, and to ultimately build confident and respectful citizens

Seasonal events include Taekwondo tournaments (local, Jr. Olympics, US Nationals), seminars, workshops, camp-outs, field trips, and other positive family-centered activities.

Our pledge is to provide a positive, safe environment for the students and patrons of our facilities.

We actively pursue sponsorships from local businesses and private individuals. These proceeds, combined with profits earned from seasonal events, are invested in the organization to fund events that generate no revenue, and to provide financial assistance to underprivileged individuals and families.

Our primary focus for financial sponsorships are children in Colorado Springs and surrounding areas who come from low-income families, single-parent families, and those who are considered at-risk youths. Students who excel as positive athletes and role models may also be rewarded with a sponsorship.

We uphold a strong belief that these activities allow us to be critical contributors to the enhancement of the overall quality of life for the residents in our area.



ChaeHookSung Martial Arts

Chae Sa-Bum-Nim - Sterling E. Chase, Sr. Instructor

Chae SaBumNim founded ChaeHookSung Martial Arts in 1984. Master Chae is one of the senior students of 9th Degree, Grand Master Solomon Hoktok Yun. Founder of World Martial Arts & Health, Grand Master Yun is one of the top martial artists in the world.

Accreditations:

- Trained over 1200 students since 1984, including more than 130 black belts
- Registered instructor with USA Taekwondo since 1986
- Internationally certified instructor of Rape Awareness and Prevention
- Conducted several programs with local schools & girls scout troops
- Trained at the US Olympic Training Center in Colorado Springs
- 2001 US National Gold Medal Champion in forms and full-contact fighting in the senior division
- Received rare opportunity to train in Korea to learn Taekwondo customs
- Hosted and conducted several Taekwondo Tournaments
- Referee for US Taekwondo Union (National Governing Body for the Olympic Sport of Taekwondo)
- Instrumental in creating and running the US Air Force Taekwondo Association
- Retired Air Force Non-commissioned Officer of 21 years

"I believe a good martial artist should have knowledge in not only kicking and punching, but of history, customs, courtesy and language, all of which are taught in my programs."

Chae SaBumNim, Sterling E.
Chase, Sr. Instructor

The program

Martial Art is defined as the 'Art of the Military.' Many martial art programs only advertise teaching people to defend themselves. With CHS Martial Arts, you will learn self-defense, one-step sparring, forms, and full-contact sparring. CHS Martial Arts trains well-rounded martial artist regulated levels, not only through physical tasks, but also by mental tasks maintained prior to upgrading. Children's home rules, along with guidance for parents to assist their children, are also provided.

Contact Information:

E-mail: lynda@chaehooksung.com

Web site: <http://www.chaehooksung.com/>



Parental Role in Martial Arts

Your role

Taekwondo is a martial art, as well as an international sport, and it demands a great deal of concentration, dedication, sacrifice and time to master. All these elements lead to a natural conclusion: the younger a student begins Taekwondo, the sooner he will master it.

However, children possess little control over their worlds (ability to manage time, financial resources, ability to care for themselves, etc.). They need your help. Until children come of age, as parents and guardians, you should attempt to provide transportation, finance lessons (equipment, membership expenses, field trips), and supply all the other things necessary for practicing martial arts. In essence, you must become "managers" for the student.

Tips

➤ Investigate the details

Most martial arts schools focus on one thing: martial arts. Anything that follows is usually less of a priority. Many times, communication between instructors and parents is left to the children (sometimes 5, 6 or 7 year olds). Parents often tell their children important messages that never are relayed to the instructor, or vice versa.

The instructor is relying on you, as a parent, to pay attention to the details. As your child becomes more responsible, you can delegate more duties to the child. When in doubt, ask the instructors or staff. We want you to be involved. Do not feel embarrassed about asking questions pertaining to your child's training.

➤ Be part of the experience

During the child's martial arts training, there are many things you can do to help and show concern and involvement. Be supportive, not only on a financial level, but also on a physical and emotional level. Martial arts teach children to "respect and obey parents." Share the achievements and the success that the children will experience. Children will enjoy martial arts more when you are behind them "win, lose or tie." The first promotion to gold belt may seem small, but it is the first step a student takes in a lifetime of martial arts. Likewise, the first match a child loses because of inexperience may be small to the outside world, but it may discourage the child from ever competing again. Please, *become involved!*

➤ Support your child

Do not live vicariously through your child. Most teachers have seen parents try to live life through the child. This serves only to rob the joy and expression your child receives from martial arts. Instead, support your child. Parents should always know the difference between being supportive and being manipulative. Manipulation represses a child's actions. What starts out as a freedom to practice will soon become an obligation to perform. With the many pressures on children, this must not be one.



➤ **Communicate with your child**

Communication is defined as "the process by which information is exchanged between individuals." The key is exchange. Children must not only hear, but also must be heard. Of course, this is not a freedom to "say whatever they want," but rather communication to exchange those ideas that constructively support the relationship. If your child feels they cannot share the joys, sorrows, problems or thoughts about training with you, they will either find another sounding board, or internalize their emotions. Both will deprive you and your child of the positive experiences of martial arts.

As parents, you must make an effort to be available when your child returns from practice or competition, and to take a genuine interest in the affairs of the day. Knowing what the child is practicing and some of the basic terminology helps make communication easier and more accurate.

INVESTIGATE ▪ EXPERIENCE ▪ SUPPORT ▪ COMMUNICATE ▪ ACTIVE PARENT

Instructor's Role

Parenthood has never been easy. Some parents enroll their children without ever having experienced martial arts first hand. Your child's instructor will use newsletters, personal conferences and phone calls as lines of communication. This will keep you informed, involved and advised on your child's progress. During the decision process for tournaments, promotions, demonstrations, etc., instructors will attempt to use you as resource, not a hindrance. Parents' suggestions are always considered. After all, who is better qualified to know the needs of their children?

If you have any questions, please don't hesitate to contact me directly:

Sterling E. Chase, Sr.
Sabanim Chae Hook Sung
CHS Martial Arts
Phone: 719-232-7766
E-mail: masterchae@chaehooksung.com

Web site: <http://www.chaehooksung.com/>



Children's Home Guidelines

1. Children will greet their parents when they enter the house and tell them good-bye when they leave.
2. Children will be respectful at all times to their parents and grandparents.
3. Children will be truthful at all times.
4. Children will strive for a good relationship with their brother and sisters.
5. Children will willingly help with household chores.
6. Children shall report to their parents when they have completed assigned tasks.
7. Children shall be responsible for the upkeep and neatness of their own rooms.
8. Children will practice daily cleanliness in the matter of hair, teeth, and body.
9. Children shall abide by their parents' decisions.
10. Children shall not interrupt adult conversations.
11. Children shall refrain from rowdy behavior at home.
12. Children shall possess an active mind, body, and spirit.
13. Children will diligently study their schoolwork both at school and at home.
14. Children will show respect for their schoolteachers and their peers at all times.

CHILDREN WHO DO NOT OBEY THEIR PARENTS will be REDUCED/DEMOTED in rank, will become INELIGIBLE for promotions, or their training will be TERMINATED (in accordance with parents' wishes).



Dojang rules

1. When entering or leaving the dojang, bow to the flags.
2. Bow to the instructor, and assistant instructors in order of rank, visiting guests of higher rank, then the rest of fellow students.
3. Upon entrance of the instructor, stop (suspend) actions and bow to the instructor at the beginning and end of training.
4. When an instructor presents you're with a certificate, award, medal or similar item, stand in front of the instructor at attention, bow, accept the presentation courteously, then take one step backward, bow again and return to your proper place.
5. When addressing the instructor, or another black belt, bow before speaking while addressing with proper title or Mr., Ms, Mrs., Sir, or Ma'am. While assuming the position of attention, use words of consideration such as "Yes or No Sir (Ma'am)," "Excuse Me," and "Pardon Me."
6. Respect fellow students.
7. Do not participate in loud conversation, laughing, giggling or chewing gum in dojang. These actions are strictly prohibited.
8. If you have to leave class early, you must inform your instructor prior to the beginning of class for approval to be given.
9. Be on time with loyal attendance. Any student who is absent without explanation, is constantly late, or who leaves before class ends without explanation, will be suspended for a time established by the instructor.
10. Treat substitute teachers and assistants with the same respect as the instructor.
11. Personal hygiene is essential and is your responsibility. Finger & toenails must be kept trimmed, along with the cleanliness of body and proper dobok (uniform).
12. Do not participate in any of the following: profanity (bad language), obscene gestures or actions unnecessary roughness, running, or horseplay toward any fellow student. These things are strictly prohibited.
13. After training, make sure any equipment you used is returned to its proper place and that the classroom is left in a neat and orderly state.

All students of martial arts will follow rules of the dojang, whether they are in uniform or present in another dojang...

...after all is said and done, have fun!



Counting

HANA	IL	ONE
DUL	EY	TWO
SET	SAM	THREE
NET	SA	FOUR
DA-SUT	OH	FIVE
YO-SUT	YUK	SIX
IL-GUP	CHIL	SEVEN
YEO-DUL	PAL	EIGHT
A-HOP	KU	NINE
YUL	SHIB	TEN

Kicking (CHAGI)

AP-CHAGI	FRONT KICK
DOL-YO-CHAGI	ROUND KICK
YEOP-CHAGI	SIDE KICK
BON-DUL-CHAGI	ARK KICK
HO-DOL-YO-CHAGI	HOOK KICK
CHI-GO-CHAGI	AX KICK
DI-CHAGI	BACK KICK
DI-DOL-YO-YEOP-CHAGI	BACK TURNING SIDE KICK
MOOM-DOL-YO CHAGI	TURNING HOOK KICK

Blocking (MA-KI)

A-RAE-MA-KI	DOWN BLOCK
MOOM-TONG-PAK-GAT-MA-KI	MIDDLE BLOCK (OUTSIDE)
MOOM-TONG-AN-MA-KI	MIDDLE BLOCK (INSIDE)
UL-GUL-MA-KI	FACE BLOCK

Striking (CHI-GI)

MOON-TONG-CHI-RU-GI	MIDDLE PUNCH
SUN-NUL-MOK-CHI-GI	OUTSIDE KNIFEHAND STRIKE
SUN-NUL-MOK-CHI-GI-DUL	INSIDE KNIFEHAND STRIKE
DONG-JUMOK-ULGOL-BAGUT-CHI-GI	SIDE OF FACE BACK FIST
DONG-JUMOK-ULGOL-AP-PA-CHI-GI	FRONT OF FACE BACK FIST
PAL-KUM-ULGOL-DOLYO-CHI-GI	ELBOW FACE ROUND STRIKE
PAL-KUM-ULYO CHI-GI	ELBOW UPWARD STRIKE

Stances (SEO-KI)

CHA-RI-UT-SEO-KI	ATTENTION STANCE
PYUN-E-SEO-KI	READY/FINISHED STANCE
JU-JAM-SEO-KI	HORSE STANCE
AP-KU-BI	FORWARD STANCE
DE-KU-BI	BACK STANCE
BOXING-SEO-KI	BOXING STANCE



Taekwondo Rules of Etiquette

The most valuable assets in Taekwondo are the rules of etiquette, the rules that gauge a practitioner's behavior, and the attitude deep within his heart. The practitioner's of Taekwondo should live up to the high standards expected. The Taekwondo organizations around the world practice a high level of order and discipline, maintaining standards. Practicing these standards will develop a sense of values in our youth, resulting in a higher level of courtesy and respect. Taekwondo teaches that this is a strong basis for morality that today's world desperately needs. Taekwondo also develops humility in behavior, pride in oneself, togetherness, and produces unselfishness, kindness, and tolerance. These rules of etiquette were established by the Korean Taekwondo Association (KTA) on 7 May 1971.

The rules of etiquette are as follows:

1. The Greeting

There are two types of greetings in Taekwondo: the standing greeting (bow) and the kneeling greeting. Render standing greetings when a superior enters the room. Render kneeling greetings after the standing greeting, if the superior sits on the floor. The standing greeting starts with the feet together, arms to the side, and fingers curled toward the legs so that the index fingers are touching the thumbs. Back is straight, head and eyes face front. To render a greeting with a bow, the back is bent forward 15°, and head is bent forward 45°. After the bow, return to the standing position. Render a sitting greeting by moving to the kneeling position; knees together, move the arms to the front and bend forward; place head on hands, and then returns to the kneeling position.

2. Teacher-Student Formalities During Training

Before to each training session, salute flags with a low, respectful bow. After saluting the flag, lower ranking students must greet their superiors in order of rank: first the school master, then the teacher, and then the individuals with a higher level of proficiency than oneself. During the training session, a student's behavior shall have control and show a high level of courtesy. Student uniforms will be in serviceable condition at all times. Uniforms will not to be worn in public, except when absolutely necessary. It is important for the student to use discretion when speaking during the training session. Students should always use words implying respect and honor when speaking to a superior. The superiors do not have to be as careful in their selection of words when speaking to students of lesser rank.

While practitioners of Taekwondo are in uniform, the symbol of rank within the system takes precedence over respect for elders. However, when not in uniform, respect for age takes precedence over rank.

3. Wearing the Uniform

Uniform neatness and cleanliness are of the utmost importance. During the training session, if an individual's uniform becomes out of place, that student is to stop momentarily, turn so that others cannot see, and adjust the uniform. After the adjustments are made, the student may return to the practice.



4. Home and Social Behavior

While in the home, at work, or at social functions, it is important for the student to demonstrate high moral standards, and to show appropriate respect and consideration to others.

5. Etiquette in Speech

High levels of speech should always apply while speaking. The back should be straight and the general attitude should be formal. The choice of words should be courteous and respectful. The voice should not be loud, and abusive words are not to be tolerated. The student should be careful not to spit while speaking. The individual should not lose his integrity, wit, or sense of humor. The speaker should be careful to use the correct title for the person he is speaking too. Listening is essential and shows respect. It is not appropriate to stare or interrupt. It is not appropriate to touch the individual you are speaking to, and it is not correct to use hand gestures.

6. Appearance

In social situations, it is important to be conscious of appearance. The type, fitting, and style of clothes should be conservative. During ceremonies and other formal occasions, the students of Taekwondo should always wear the appropriate attire. The shined shoes and a well-groomed appearance should be evident. In keeping with the rules of appearance, good habits result.

7. Seating Arrangement While in Cars

The designated driver for a formal occasion always opens the car door for the superior. However, in the rear seat, the lower ranking individual gets into the car first to allow the superior to depart the vehicle first once they reach their destination.

8. Speaking on the Phone

When calling someone, it is appropriate to state your name first, then asks for the person "to whom you wish to speak." When answering the telephone, state your name, and then request the nature of the call. All conversations are to be kept brief and to the point. It is important to have a note pad near the telephone in case there is a need to copy urgent messages.

9. Table Manners

When at the dinner table, all guests wait until the senior gives the signal to begin any course by picking up their silverware. When in small groups, all must be served before eating can commence. However, at very large gatherings or parties, the guests begin eating when given their plates so the food does not get cold. Keep conversations general at a small table. At a long table, it's ok to break the conversations up into two groups or more, if feasible. At a business lunch or dinner, the guest waits for the host to start the business discussion. Do not put elbows on the table when eating. It is appropriate to put elbows on the table in conversations between courses. Sit straight in the chair and do not blow on hot food for cooling.



10. Introductions

Introductions are governed by three basic rules, and can be implemented in most situations. Introduce a male to a female, introduce an adult to a much older one of the same sex, and introduce the lower rank to the higher rank. Their introduction should be brief and not wordy or awkward. The host always shakes the hands of the guests upon arrival and departure. Females always have the choice to shake hands or not. Males should always shake hands with other males to whom being introduced, unless it is awkward to do so (for example, leaning across others while seated at a dinner table).

11. Visiting

Before visiting someone, an appointment should be made. Do not show up uninvited. Make a point never to visit on holidays or Sundays, early in the morning, late at night, at mealtime, or on a day of inclement weather, unless specifically invited. Make the visits short, remember that you are guest, and thank the host(ess) before departing. It is a Korean custom to bring a gift when visiting someone's home. The gift may be as little as fruit, drink, flowers, etc., or something else to show your gratitude as an invited guest.

12. Guiding a Higher Ranking Person

When guiding a higher-ranking person, walk to the front with slightly forward bent posture; this shows respect. At meetings, be attentive to the needs of the superior (for example, if he/she should need a pen or pad of paper). If you are not escorting a superior or superior's family, but are with a superior, always walk to the rear, open doors for the superior, and be attentive to needs as previously mentioned.

13. Seating Arrangements at Ceremonies

While at formal ceremonies, the seat of honor is to the right of the chairperson, and the next highest position is to their left. At social gatherings with a speaker present, the highest-ranking persons must have an opportunity to speak after the speaker. The highest-ranking person will leave a crowded room first when the ceremony is over, followed by the others in order of rank.

14. Drinking and Smoking

It is the privilege of the individual to drink as much as he or she wants in private. Showing the effects of too much to drink in public is totally unacceptable because, in one way or another, a drunk is always a problem. Never smoke in any place of worship or a religious ceremony out of doors, while in court, during the playing of the national anthem, or during the raising or lowering of the national flag. When greeting someone, remove your cigarette from your mouth.

15. Behavior of the Instructors

The Taekwondo instructor is to set the example for their students to follow. Instructors help their students find solutions to their problems. Instructors should refrain from speaking to their students as though giving orders, and are to be humble and sincere. Instructors are to avoid violence and the appearance of a pleasure seeker. Instructors



should live a clean and productive life free of drugs and alcohol. They should involve themselves in community functions, practice justice, and unselfishness.

16. Behavior During Social Events

In the event of social activities, seating of head table will include not just the senior belts, but also spouses. Recognize spouses and parents of senior belts with the same respect. Most Korean customs apply to most Taekwondo social events. If you have any questions or doubts on proper mannerisms, please contact your instructor. If you are attending a social event, especially where Korean instructors are to be present, ask questions beforehand. Many of our norms maybe conceived in the wrong manner. As long as it seems you are making an honest effort, most Koreans are honored to make on-the-spot corrections. The bottom line is to behave with self-respect, for you represent not only yourself, but also your dojang.



History of Taekwondo

Translated from HONG-GEUK MUL (Korean Language), TAE means "to kick" or "to strike with the foot," KWON means "fist" or "to strike with the hand," DO means a "discipline" or "art, way." Together, Taekwondo means the art of kicking and punching, or the art of unarmed combat. Modern-day Taekwondo, developed over the years, is a unique martial art incorporating both the quick, straight-line movements that characterize the various Japanese systems, and the flowing, circular movements of most Chinese styles. What truly distinguishes Taekwondo are the many varied and uniquely powerful kicking techniques, involving prominent use of leg and kicking stems. Yet, Taekwondo is far more than simply a system concerned with physical prowess, for it is also an art directed toward the moral development of its students.

The earliest records of Taekwondo practice date back to around 50 BC. During this time, Korea had three kingdoms: Silla, founded on the Jyongju plain in 57 BC; Koguryo, founded in the Yalu River Valley in 37 BC; and Baekche, founded in the southwestern area of the Korean peninsula in 18 BC. Evidence of the practice of Tae-kyon (the earliest known form of Taekwondo) has been found in paintings on the ceiling of the Muyong-chong, a royal tomb from the Koguryo dynasty. These, and other mural paintings, show unarmed combatants using techniques virtually identical to those of modern-day Taekwondo. Of particular interest are details that show the use of the knife hand, fist, and classical fighting stances, all components of modern Taekwondo.

Although Taekwondo first appeared in the Koguryo kingdom, it is Silla's warrior nobility, the Hwarang, who are credited for the growth and spread of the art throughout Korea. Of the three kingdoms, Silla was the first formed, but it remained the smallest and least civilized. Its coastline was constantly under attack by Japanese pirates. Silla appealed for help against the continual harassment by the Japanese pirates. King Gwanggaeto, the 19th in the line of Koguryo monarchs, sent a force of 50,000 soldiers into neighboring Silla to help the smaller kingdoms drive out the pirates. At this time, early masters of the art introduced Tae-kyon to Silla's warriors.

These Tae-kyon trained warriors became known as the Hwarang. Founded initially as a military academy for the young Silla nobility, the society of the Hwarang-do ("the way of flowering manhood") adopted Tae-kyon as a part of its basic training regimen. The society was an elite group, consisting of the Hwarang, or leaders, selected from among the sons of royalty ages 16 through 20, and the Nag-do, or cadets, assembled from the rest of the young nobility, and who totaled anywhere from 200 to 1000 at any given time. The young men within the society evolved in many disciplines, including history, Confucian philosophy, ethics, Buddhist morality, riding, archery, sword play, military tactics, and, of course, Tae-kyon. The principles of the Hwarang-do education are based on the Five Codes of Human Conduct, as established by the Buddhist scholar Wonkang. These axioms are:

1. Be loyal to your country
2. Be obedient to your parents
3. Be trustworthy to your friends
4. Never retreat in battle
5. Never make an unjust kill



Tae-kyon was taught in conjunction with the Five Codes of Human Conduct so that it became a way of life for the young men. The codes of moral behavior served to guide their lives and direct their Tae-kyon training.

Today, these codes reflect the so-called 11 commandments of modern Taekwondo. As with the original codes of conduct, these modern axioms are used to guide the moral development of students of the art. Only students who fully understand these tenets can ever hope to master the true essence of the art. The 11 commandments are:

1. Loyalty to your country
2. Respect for your parents
3. Faithfulness to your spouse
4. Respect for your brothers and sisters
5. Loyalty to your friends
6. Respect for your elders
7. Respect for your teachers
8. Never take life unjustly
9. Indomitable spirit
10. Loyalty to your school
11. Finish what you begin

Along with their training in fundamental education and military skills, the Hwarang were also skilled in poetry, singing and dancing. Students were encouraged to travel throughout the peninsula in order to learn about the regions and people. These traveling warriors were responsible for spreading Tae-kyon throughout Korea during the Silla dynasty, which lasted from 668 AD to 935 AD. During this era, Tae-kyon remained primarily a sports and recreational activity designed to improve physical fitness (although it was a formidable system of self-defense). It was not until the Koryo dynasty, which began in 935 and lasted until 1392, that the focus of the art changed. During this time, Tae-kyon became known as Subak. Also during the reign of King Uijong (between the years of 1147 and 1170), it changed from a system designed primarily to promote fitness into a fighting art.

The first book widely available on the art was developed during the Yi dynasty (1397 to 1907) to promote the art among the population. Prior to this book, these arts were primarily for military nobility. The publication of this book and the subsequent popularizing of the art among the public was responsible for the survival of Subak during this era. During the second half of the Yi dynasty, political conflict and military activities were de-emphasized in favor of more scholarly pursuits, which led to a significant education in the practice of the art. Records of the practice of Subak are sparse during this time. Once again, the art returned to its former role as a recreational and fitness activity, except now it was the general population that maintained the art and not the nobility. Subak as an art became fragmented and diffused throughout the country, and its practice continued to decline until only incomplete remnants remained. What limited knowledge there was



of the art was handed down from one generation to the next within individual families that generally practiced it in secret.

It was not until 1909 that Korea's fighting arts experienced a marked resurgence, for in that year, the Japanese invaded Korea, occupying the country for the next 36 years. During this time, the Japanese resident general officially banned the practice of all military arts for native Koreans. Ironically, this very act sparked a renewed growth of Subak. Patriots, fueled by a hatred of their subjugators, organized themselves to study the martial arts. Still others left Korea to work and study in China and Japan, and were exposed to the fighting arts native to those countries. In Korea, Subak/Tae-kyon survived through a number of famous masters of the Korean fighting arts. The underground nature of the martial arts in Korea changed in 1943. First Judo and then Karate and Kung-fu were officially introduced. The following two years brought a dramatic increase in interest in the martial arts throughout the country. It was not until Korea's liberation in 1945 that its own fighting arts finally took root and began to flourish.

For many years, a variety of Korean martial art styles existed throughout the country. These styles varied from one another according to the amount of influence each master had absorbed from the numerous Chinese and Japanese styles.

The first kwan (school) to teach a native Korean style of martial art opened in 1945 in Yong Chun, Seoul. This dojang (gymnasium) was named Chung Do Kwan. Later that same year, the Moo Duk Kwan and the Yun Moo Kwan also opened in Seoul. The following year, the Chang Moo Kwan and the Chi do Kwan were established. Seven other major schools formed in 1953 through the early 1960s.

The most prominent among the dojang were Ji Do Kwan, Song Moo Kwan and Oh Do Kwan, all of which opened between 1953 and 1954. Although each of these schools claimed to teach the traditional Korean martial art, each one emphasized a different aspect of Tae-kyon/Subak, and various names emerged for each system. Styles became known as Soo Bahk Do, Kwon Bop, Kong Soo Do, Tae Soo Do and Dang Soo So. There were many who claimed to teach traditional Tae-kyon.

Dissension between the various kwans prevented the formation of a central regulating board for 10 years. Yet, during those years, the martial arts gained a strong foothold within the newly formed Korean Armed Forces (1945), with Tae-kyon becoming a regular part of military training. In early 1946, masters of the art began teaching Tae-kyon to troops stationed in Kwang Ju. This set the foundation for the great turning point in the Korean martial arts in 1952. That year, at the height of the Korean War, President Syngman Rhee watched a half-hour demonstration by Korean Martial arts masters. Adopted president Rhee was so impressed with what he saw that he ordered training in the martial arts as part of regular military training. This single act was to have a far-reaching effect on the Korean martial arts. Later that same year, a master was sent to Fort Benning, Georgia for special training in radio communications. The master had been one of those to perform before President Rhee. President Rhee had taken special notice of his abilities prior to his assignment to the United States. During his stay in Georgia, the master demonstrated his art to both the military and the public, further publicizing Korea's fighting art. In Korea, special forces were well known as the protectors of South Korea. The most famous of these special forces was the Black Tigers, who staged many espionage missions across the borders in hostile territory. Occasionally they performed assassinations. Many great martial artists lost their lives during this time, including the founders of the Chang Moo Kwan and the Yun Moo Kwan.

Following the end of the war in 1953, the Korean 29th Infantry Division set up headquarters on Che Ju Island. This unit was responsible for all Tae-kyon training for the Korean Army.



Two years later, on April 11, 1955, a meeting convened to unify the various kwans under a common name. The name of Tae Soo Do was accepted by the majority of the kwan master. They then agreed to merge their various styles for the benefit of all schools. However, two years later the name changed again, this time to what is known as Taekwondo. Chosen both because it accurately describes the nature of the art (comprised of both hand and foot techniques), as well as for its similarity to the art's early name of Tae-kyon. Taekwondo has been the recognized name for the Korean martial arts since that day. However, although most of the kwans merged under this common name, there were a few who did not. It has never been clear which of the original eight did in fact merge in 1955. Of those who did not, only Hapkido remains as a recognized separate art in itself. Despite this historical merging, dissension between the kwans did not end. Until the formation of the Korean Taekwondo Association on September 14, 1961, and indeed for a few years thereafter, there remained much animosity between the various masters.

The first leaders of the Korean Taekwondo Association saw the potential for the growth of their art. They used their authority to send instructors and demonstration teams all over the world from the army into high schools and colleges. Dojangs for the general public sprang up everywhere. Taekwondo had begun to blossom. Within a very brief time, the art had developed such a reputation as an effective fighting system that during the Vietnam War, the South Vietnamese government requested instructors to train its troops.

During the 1960s, thousands of Taekwondo demonstrators performed around the world before fascinated governments. With few exceptions, the governments followed up such exhibitions with calls for Korean instructors to teach in their countries. By the beginning of the 1970s, Taekwondo had firmly established itself worldwide.

May 28, 1973, a new, worldwide organization, the World Taekwondo Federation (WTF), was formed. Since that day, all Taekwondo activities outside of Korea have been coordinated by the WTF, the only official organization recognized by the Korean government as an international regulating body for Taekwondo. Also in May of 1973, the first biannual World Taekwondo Championships were held in Seoul as a prelude to the inauguration of the WTF. Since then, the world championships have been hosted in many countries around the world, including the United States, West Germany, South America and Denmark.

It was Taekwondo's prominence in the circle of international sports that brought the art to the attention of the General Association of International Sports Federation (GAISF). GAISF is an association of all international sports, both Olympic and non-Olympic, with direct ties to the International Olympic Committee (IOC). Taekwondo was recognized as a sport by the IOC, which recognized and admitted the WTF in July 1980. Following this initial contact, the General Session of the IOC recognized Taekwondo in May 1982. The crowning achievement of Taekwondo as a sport came when the art was designated as an official demonstration sport for the 1988 Olympic Games in Seoul, Korea.

In the short time since the inception of the WTF in 1973, Taekwondo has grown with unprecedented rapidity as a worldwide sport. Today, Taekwondo is one of only two martial arts systems (the other being Karate-do) practiced all over the world. Taekwondo boasts an international membership of more than 30 million practitioners in over 174 countries, making it the most practiced martial art style in the world.

Considering the unparalleled growth of the art the Taekwondo and its acceptance into the circle of Olympic sports, there seems little doubt that it will continue to enjoy its rapidly expanding popularity around the world. Taekwondo is a highly complex system composed of many elements, and it is in this diverse nature where the true strength of the art lies.



Eight Concepts of Um and Yang

1. KEON* (PURE UM)
Represents that which is great and original, penetrating, advantageous, correct and firm, heaven, the sun, or light. KEON is the beginning of the earth, the power of heaven, and the source of creation.
2. TAE (JOY)
Represents strength of mind; a person with a strong mind appears gentle, smiles, and is satisfied.
3. RI* (FIRE and SUN)
Represents the sun, fire and light. The virtue of RI is brightness and a natural intelligence. It means 'to be attached to.'
4. JIN (THUNDER)
Represents thunder and exciting power. The things that instill fear and panic eventually disappear, making way for blue skies and sunshine.
5. SEON (WIND)
Represents the wind because of its penetrating effect. SEON is able to find its way into every corner and cranny of the wood because of its flexibility. It symbolizes a strong, flexible and humble state of mind.
6. GAM* (WATER)
Represents water, the element that is flexible, dangerous, formless and mysterious (the symbol of persistence and fidelity). GAM, therefore, shows us that the execution of the actions is to be done with powerful movements. Danger and difficulties can be overcome to face the enemy and fight is the most effective method.
7. GAN (TOP STOP)
Represents mountains; the mountains symbolize solemn majesty and tranquility with the way they stand upright in their surroundings. GAN teaches that a man should have good judgment, contemplation, and not act hastily.
8. 8. GON* (PURE YANG)
Represents the earth. The earth has strength, firmness and power. The earth also has the advantage to accommodate everything that grows with the heaven above.

****These are the only four characters displayed on the Korean flag.***



Student Creed

*Build true confidence through
knowledge in the mind, honesty
in the heart, along with
strength in the body. Keep
friendship with others, while
building a strong and happy
community. Never fight to
achieve selfish ends; instead
develop might for right.*



Promotion Requirements

WHITE BELT PROGRAM

- A. Knowledge
 - 1. Common terms
 - 2. Counting in Korean systems
 - 3. Introduction to dojang rules & student creed
- B. Required poomse
 - 1.
- C. Required motions
 - 1. Maki (blocking)
 - a. Down block
 - b. Middle block
 - c. High block
 - 2. Chagi (kicks)
 - a. Front kick
 - b. Side kick
 - c. Round house kick
- D. Ho Shin Sul (self-defense) intro to “v” formation
- E. Chong Kal Kyuryugi (one-step-sparring) intro to “V” formation



WHITE BELT W/STRIPE PROGRAM

- A. Knowledge
 - 1. Common terms
 - 2. Counting in both Korean numbering systems
 - 3. Understand dojang rules & student creed

- B. Required poomse
 - 1. Chungi

- C. Required motions
 - 1. Maki (blocking)
 - a. Down block
 - b. Middle block
 - c. High block

 - 2. Chagi (kicks)
 - a. Front kick
 - b. Side kick
 - c. Round house kick
 - d. Back kick
 - e. Ax kick

- D. Ho Shin Sul (self-defense) blocking exercise

- E. Chong Kal Kyuryugi (one-step-sparring) stepping blocking exercise



GOLD BELT PROGRAM

- A. Knowledge
 - 1. Starting and ending of class
 - 2. All previous geups
- B. Required poomse
 - 1. Taeguek Il Jang
- C. Required motions
 - 1. Maki (blocking) combinations
 - 2. Chagi (kicking) combinations
 - 3. Punching (chigi) combinations
 - 4. Su nul (knife hand) combinations
- D. Ho Shin Sul (self-defense)
- E. Chong Kal Kyurugi (one-step-sparring)



GOLD BELT W/STRIPE PROGRAM

- A. Knowledge
 - 1. All previous geups
- B. Required poomse
 - 1. Taegeuk Il Jang
 - 2. Il Yun Poomse
- C. Required motions
 - 1. Spinning kicks
 - 2. All previous motions
- D. Ho Shin Sul (self-defense)
- E. Chong Kal Kyurugi (one-step-sparring)



ORANGE BELT PROGRAM

- A. Knowledge
 - 1. All previous geups
- B. Required poomse
 - 1. Taegeuk Ey Jang & previous Taegeuk Poomse
 - 2. Il Yun Poomse
- C. Required motions
 - 1. Spinning kicks
 - 2. All previous motions
- D. Ho Shin Sul (self-defense)
- E. Chong Kal Kyurugi (one-step-sparring)



ORANGE BELT W/STRIPE PROGRAM

- A. Knowledge
 - 1. All previous geups
- B. Required poomse
 - 1. Taegeuk Ey Jang & all previous Taegeuks
 - 2. Ey Yun poomse & previous Yun's Poomse
- C. Required motions
 - 1. Spinning kicks
 - 2. All previous motions
- D. Ho Shin Sul (self-defense)
- E. Chong Kal Kyurugi (one-step-sparring)



ORANGE BELT W/SECOND STRIPE PROGRAM

- A. Knowledge
 - 1. All previous geups
- B. Required poomse
 - 1. Taegeuk Sam Jang & all previous Taegeuks
 - 2. All previous Yun's Poomse
- C. Required motions
 - 1. Spinning kicks
 - 2. All previous motions
- D. Ho Shin Sul (self-defense)
- E. Chong Kal Kyurugi (one-step-sparring)



GEUP GREEN BELT PROGRAM

- A. Knowledge
 - 1. Kyurugi (sparring) competition rules
 - 2. All previous geups
- B. Required poomsae
 - 1. All previous Taegeuks
 - 2. Sam Yun Poomse & all previous Yun's Poomse
- C. Required motions
 - 1. Jumping kicks
 - 2. All previous motions
- D. Ho Shin Sul (self-defense)
- E. Chong Kal Kyuryugi (one-step-sparring)



GREEN BELT W/STRIPE PROGRAM

- A. Knowledge
 - 1. Poomse competition rules
 - 2. All previous geups
- B. Required poomse
 - 1. Taegeuk Sa Jang & all previous Taegeuks
 - 2. All previous Yun's Poomse
- C. Required motions
 - 1. All previous motions
- D. Ho Shin Sul (self-defense)
- E. Chong Kal Kyuryugi (one-step-sparring)



GREEN BELT W/SECOND STRIPE PROGRAM

- A. Knowledge
 - 1. Poomse competition rules
 - 2. All previous geups
- B. Required poomse
 - 1. Taegeuk Oh Jang & all previous Taegeuks
 - 2. All previous Yun's Poomses
- C. Required motions
 - 1. All previous motions
- D. Ho Shin Sul (self-defense)
- E. Chong Kal Kyuryugi (one-step-sparring)



BLUE BELT PROGRAM

- A. Knowledge
 - 1. Coaching techniques
 - 2. All previous geups

- B. Required poomse
 - 1. All previous Taegueks
 - 2. Sa Yun Poomse & all previous Yun's Poomse

- C. Required motions
 - 1. Backhand attacks
 - 2. Openhand attacks
 - 3. All previous motions

- D. Ho Shin Sul (self-defense)

- E. Chong Kal Kyurugi (one-step-sparring)



BLUE BELT W/STRIPE PROGRAM

- A. Knowledge
 - 1. All previous geups
- B. Required poomse
 - 1. Taegeuk Yuk Jang & all previous Taegeuks
 - 2. All previous Yun's Poomse
- C. Required motions
 - 1. Flip kicks
 - 2. Hand combinations
 - 3. All previous motions
- D. Ho Shin Sul (self-defense)
- E. Chong Kal Kyurugi (one-step-sparring)



BLUE BELT W/SECOND STRIPE PROGRAM

- A. Knowledge
 - 1. All previous geups
- B. Required poomse
 - 1. Taegeuk Chil Jang & all previous Taegeuks
 - 2. All previous Yun's Poomse
- C. Required motions
 - 1. Flip kicks
 - 2. Hand combinations
 - 3. All previous motions
- D. Ho Shin Sul (self-defense)
- E. Chong Kal Kyurugi (one-step-sparring)



SECOND GEUP RED BELT PROGRAM

- A. Knowledge
 - 1. Teaching methods
 - 2. Referee rules
 - 3. All previous geups

- B. Required poomse
 - 1. Taeguek Pal Jang & all previous Taegueks
 - 2. All previous Yun's Poomse

- C. Required motions
 - 1. Kick from all ranges
 - 2. Two on one sparring
 - 3. Hand & foot combinations
 - 4. All previous motions

- D. Ho Shin Sul (self-defense)

- E. Chong Kal Kyurugi (one-step-sparring)



FIRST GEUP RED BELT/W STRIPE PROGRAM

- A. Knowledge
 - 1. School administration
 - 2. Community service
 - 3. All previous geups
 - 4. Intro to RAP

- B. Required poomse
 - 1. All previous Taekgeuks
 - 2. Oh Yun Poomse & all previous Yun's Poomse
 - 3. Koryo

- C. Required motions
 - 1. Board breaking techniques
 - 2. Mentoring
 - 3. All previous motions

- D. Ho Shin Sul (self-defense) /
basic RAP Ho Shin Sul

- E. Chong Kal Kyurugi (one-step-sparring) /
basic RAP Chong Kal Kyurugi



1st DAN / POOM BLACK BELT PROGRAM

A. Knowledge

1. All geup programs
2. Basic history of Taekwondo
3. Customs and courtesies
4. Student instruction
5. Referee methods
6. Intro assistant to RAP program

B. Poomsae

1. All eight Taegeuks + Yun's forms
2. Koryo
3. Geumgang

C. Motions

1. All blocking techniques
2. All kicking techniques
3. All punching techniques
4. Class manipulation
5. Board breaking techniques
6. Practice of three on one fighting

D. Ho Shin Sul (self-defense) / RAP Ho Shin Sul

E. Chong Kal Kyuryugi (one-step-sparring) / RAP Chong Kal Kyuryugi



2nd DAN / POOM BLACK BELT PROGRAM

A. Knowledge

1. All geup programs
2. Intro into Taekwondo politics
3. Intro into dojang management
5. Intro into referee & ring management
6. Rap program management

B. Required poomse

1. All eight Taegeuks + Yun's forms
2. Koryo
3. Geumgang
4. Taeback

C. Required motions

1. Theory of blocking techniques
2. Theory of kicking techniques
3. Theory of punching techniques

D. Ho Shin Sul (self-defense) / RAP Ho Shin Sul

E. Chong Kal Kyuryugi (one-step-sparring) / RAP Chong Kal Kyuryugi



World Taekwondo Federation Poomsae

Taegeuk 1 Jang

Seq	Step	Turn	Stance	Poom	Movements
Junmbi	-	-	Naranhi-Seogi	Kibon-Jumbi-Seogi	Move left foot one step to the left and face forward.
1	Left	90°	Wen-Apseogi	Arae-Makki	Move into a Wen-Apseogi (walking stance) and left Arae-Makki (down block).
2	Forward	-	Oreun-Apseogi	Momtong-Bandae-Jireugi	Move step into a right Wen-Apseogi (walking stance), right Momtong-Bandae-Jireugi (middle reverse punch).
3	Right	180°	Oreun-Apseogi	Momtong-Bandae-Jireugi	Turn the body to the right and move into a right Wen-Apseogi (walking stance) and right Arae-Makki (down block).
4	Forward	-	Oreun-Apseogi	Momtong-Bandae-Jireugi	Move into a left Wen-Apseogi (walking stance), left Momtong-Bandae-Jireugi (middle reverse punch).
5	Left	90°	Wen-Apkubi	Arae-Makki	Move into a left Wen-Apkubi (front stance) and left Arae-Makki (down block).
6	-	-	Wen-Apkubi	Momtong-Bandae-Jireugi	Keep both feet fixed and right Momtong-Bandae-Jireugi (middle reverse punch).
7	Right	90°	Oreun-Apseogi	Momtong-Anmakki	Turn the body to the right and move into a right Oreun-Apseogi (walking stance) and left Momtong-Anmakki (middle block).
8	Forward	-	Wen-Apseogi	Momtong-Baro-Jireugi	Move into a left Wen-Apseogi (walking stance), right Momtong-Baro-Jireugi (middle straight punch).
9	Left	180°	Wen-Apseogi	Momtong-Anmakki	Turn the body to the left and move into a left Wen-Apseogi (walking stance) and left Momtong-Anmakki (middle block).
10	Forward	-	Oreun-Apseogi	Momtong-Baro-Jireugi	Move into a right Oreun-Apseogi (walking stance), left Momtong-Baro-Jireugi (middle straight punch).
11	Right	90°	Oreun-Apseogi	Arae-Makki	Move into a right Oreun-Apseogi (front stance) and right Arae-Makki (down block).
12	-	-	Oreun-Apkubi	Momtong-Bandae-Jireugi	Keep both feet fixed and left Momtong-Bandae-Jireugi (middle reverse punch).
13	Left	90°	Wen-Apseogi	Eolgool-Makki	Turn the body to the left and move into a left Wen-Apseogi (walking stance) and left Eolgool-Makki (high block).
14	Forward	-	Oreun-Apchagi	Momtong-Bandae-Jireugi	Do a right Apchagi (front kick) and move into a right Oreun-Apchagi (front stance?) and right Arae-Makki (down block).
15	Right	90°	Wen-Apseogi	Eolgool-Makki	Turn the body to the right and move into a right Wen-Apseogi (walking stance) and right Eolgool-Makki (high block).
16	Forward	-	Oreun-Apchagi	Momtong-Bandae-Jireugi	Do a left Apchagi (front kick) and move into a left Oreun-Apchagi (front stance?) and left Arae-Makki (down block).
17	Left	90°	Wen-Apkubi	Arae-Makki	Move into a left Wen-Apkubi (front stance?) and left Arae-Makki (down block).
18	Forward	-	Oreun-Apkubi	Momtong-Bandae-Jireugi (Kiap)	Move into a right Oreun-Apkubi (front stance?) and right Momtong-Bandae-Jireugi and Kiap (middle reverse punch, yell).
Keuman	Left	180°	Naranhi-Seogi	Kibon-Jumbi-Seogi	Using the ball of the right foot as pivot turn the body to the left and face forward.



Yun Poomsae

IL YUN POOMSAE

JOON-BI

1. BOXING STANCE
2. TURN LEFT (90 DEGREES) INTO A LEFT FRONT STANCE, DOWN BLOCK W/LEFT, HIGH BLOCK W/LEFT, PUNCH W/RIGHT, AND BONDUL KICK W/RIGHT.
3. TURN RIGHT (180 DEGREES) IN A RIGHT FRONT STANCE, DOWN BLOCK W/RIGHT, HIGH BLOCK W/RIGHT, PUNCH W/LEFT, AND BONDUL KICK W/LEFT.
4. TURN LEFT (90 DEGREES) INTO A LEFT FRONT STANCE, DOWN BLOCK W/LEFT, DOUBLE OUTSIDE MIDDLE BLOCK STARTING W/LEFT-RIGHT, STEP INTO A RIGHT FRONT STANCE, DOUBLE OUTSIDE MIDDLE BLOCK STARTING W/RIGHT-LEFT.

CHON JIN STEP AND INSIDE KNIFE HAND CHOP TO THE NECK W/RIGHT AND DOWN BLOCK W/LEFT, CHON JIN STEP AND OUTSIDE KNIFE HAND CHOP TO THE NECK W/RIGHT, AND DOWN BLOCK W/LEFT.

ILBO CHON JIN STEP AND INSIDE KNIFE HAND CHOP TO THE NECK W/LEFT AND DOWN BLOCK W/RIGHT, CHON JIN STEP AND OUTSIDE KNIFE HAND CHOP TO THE NECK W/LEFT, AND DOWN BLOCK W/RIGHT.

5. TURN LEFT (90 DEGREES) INTO A LEFT FRONT STANCE, DOWN BLOCK W/LEFT, OUTSIDE MIDDLE BLOCK W/RIGHT, PUNCH W/LEFT, AND FRONT KICK W/RIGHT.
6. TURN RIGHT (180) INTO A RIGHT FORNT STANCE, DOWN BLOCK W/RIGHT, OUTSIDE MIDDLE BLOCK W/RIGHT, PUNCH W/LEFT, FRONT KICK W/LEFT.
7. TURN RIGHT (90 DEGREES) INTO A RIGHT FRONT STANCE, DOWN BLOCK W/RIGHT, CHON JIN STEP BACKFIST W/RIGHT, PUNCH W/LEFT, ROUNDHOUSE KICK W/LEFT, DOWN BLOCK W/LEFT, CHON JIN STEP BACKFIST W/LEFT, PUNCH W/RIGHT, ROUNDHOUSE KICK W/RIGHT
8. TURN LEFT (270 DEGREES) INTO A LEFT FRONT STANCE, KNIFE HAND CHOP TO THE NECK W/LEFT, TURN RIGHT (180 DEGREES) INTO A RIGHT FRONT STANCE, AND KNIFE HAND CHOP TO THE NECK W/RIGHT.
9. TURN RIGHT (180 DEGREES) INTO A RIGHT FRONT STANCE, KNIFE HAND CHOP TO THE NECK W/RIGHT, TURN LEFT (360 DEGREES) INTO A LEFT FRONT STANCE, AND KNIFE HAND CHOP TO THE NECK W/LEFT.

PAROH



E YUN POOMSAE

JOON-BI

1. 1. BOXING STANCE
2. TURN LEFT (90) INTO A LEFT FRONT STANCE, DOWN BLOCK W/LEFT, PUNCH W/RIGHT, AND BONDUL KICK W/RIGHT.
3. TURN RIGHT (180 DEGREES) INTO A RIGHT FRONT STANCE, DOWN BLOCK W/RIGHT, PUNCH W/LEFT, BONDUL KICK W/LEFT.
4. TURN LEFT (90 DEGREES) INTO A LEFT FRONT STANCE, OUTSIDE MIDDLE BLOCK W/LEFT, PUNCH W/RIGHT, ROUNDHOUSE KICK W/RIGHT, INSIDE MIDDLE BLOCK W/RIGHT, PUNCH W/LEFT, ROUNDHOUSE KICK W/LEFT.
5. FACE RIGHT (90 DEGREES) DOUBLE FRONT KICK W/LEFT THEN RIGHT, DOUBLE PUNCH W/RIGHT THEN LEFT.
6. TURN RIGHT (180 DEGREES) INTO A RIGHT FRONT STANCE, FRONT KICK W/LEFT, THEN RIGHT, DOUBLE PUNCH W/RIGHT, THEN LEFT.
7. TURN LEFT (90 DEGREES) INTO A LEFT FRONT STANCE, OUTSIDE MIDDLE CIRCLE BLOCK W/LEFT, SLIDE STEP FORWARD PUSHING OPPONENTS CHIN AND PUNCH W/RIGHT, ROUNDHOUSE KICK W/RIGHT.
8. TURN LEFT (180 DEGREES) INTO A LEFT FRONT STANCE, OUTSIDE MIDDLE CIRCLE BLOCK W/RIGHT, SLIDE STEP FORWARD PUSHING OPPONENTS CHIN AND PUNCH W/LEFT, IL BO CHUN JIN STEP ROUNDHOUSE KICK W/LEFT.
9. TURN RIGHT (180 DEGREES) INTO A LEFT FRONT STANCE, HIGH BLOCK BRINGING OPPONENTS ATTACKING ARM DOWN IN A LEFT-HALF CIRCLE TO YOUR LOWER FRONT HOLDING THEIR ARM AND STEPPING W/RIGHT AND HAMMER FIST W/RIGHT SMASHING ELBOW, LEFT KNEE TO RIBS RETURNING TO RIGHT FRONT STANCE, LOOKING OVER LEFT SHOULDER W/LEFT ELBOW STRIKE TO MID SECTION THEN PALM STRIKE TO GROIN AND BACKFIST TO FACE ALL W/LEFT, JUMPING BACK KICK W/RIGHT LANDING IN A LEFT FRONT STANCE.
10. FACING FORWARD BONDUL W/RIGHT RETURNING INTO A LEFT FRONT STANCE, BACK KICK W/RIGHT LANDING INTO LEFT FRONT STANCE.

PAROH



SAM YUN POOMSAE

JOON-BI

1. BOXING STANCE
2. TURN LEFT (90 DEGREES) LEFT FRONT STANCE, OUTSIDE CIRCLE MIDDLE BLOCK W/LEFT, JAB PUNCH W/LEFT, PUNCH W/RIGHT, ROUNDHOUSE KICK W/RIGHT.
3. TURN RIGHT (180 DEGREES) RIGHT FRONT STANCE, OUTSIDE CIRCLE MIDDLE BLOCK W/RIGHT, JAB PUNCH W/RIGHT, PUNCH W/LEFT, ROUNDHOUSE KICK W/LEFT.
4. TURN LEFT (90 DEGREES) LEFT FRONT STANCE, DOWN BLOCK W/LEFT, PUNCH W/RIGHT, ROUNDHOUSE KICK W/RIGHT, AX KICK W/LEFT THEN RIGHT, ROUNDHOUSE KICK W/LEFT, BACK KICK W/LEFT.
5. FACE LEFT STEP ACROSS W/RIGHT OVER LEFT, HOOK KICK THEN ROUNDHOUSE KICK W/LEFT.
6. STEP ACROSS RIGHT W/LEFT, HOOK KICK THEN ROUNDHOUSE KICK W/RIGHT.
7. TWISTING RIGHT, GRABBING THEN HIP THROW OVER RIGHT HIP, PUNCH W/RIGHT.
8. FACE LEFT (45 DEGREES) LEFT FRONT STANCE, OUTSIDE MIDDLE BLOCK W/LEFT, PUNCH W/RIGHT, AND ROUNDHOUSE KICK W/RIGHT.
9. TURN RIGHT (90 DEGREES) RIGHT FRONT STANCE, OUTSIDE MIDDLE BLOCK W/RIGHT, PUNCH W/LEFT, ROUNDHOUSE KICK W/LEFT.
10. TURN LEFT (45 DEGREES) LEFT FRONT STANCE, HIGH BLOCK W/LEFT, CIRCLE LEFT IN A COUNTER CLOCK WISE DOWN INTO RIGHT HAND, GRABBING W/RIGHT BRINGING FEET TOGETHER, STEPPING FORWARD W/LEFT, BRING RIGHT HAND OVER YOUR HEAD [LIKE COMBING YOUR HAIR] THEN DOWN, SLIDE BACK UP INTO LEFT FRONT STANCE, OUTSIDE MIDDLE BLOCK W/LEFT, PUNCH W/RIGHT, ROUNDHOUSE KICK W/RIGHT, BACK KICK W/LEFT, STEP BACK INTO A RIGHT FRONT STANCE, ROUNDHOUSE KICK W/LEFT, BACK KICK W/RIGHT.
11. TURN LEFT (270 DEGREES) LEFT FRONT STANCE, OUTSIDE MIDDLE BLOCK W/LEFT, PUNCH W/RIGHT, TRIPLE ROUNDHOUSE KICK [LOW, MIDDLE, HIGH] W/RIGHT
12. TURN RIGHT (180 DEGREES) RIGHT FRONT STANCE, OUTSIDE MIDDLE BLOCK W/RIGHT, PUNCH W/LEFT, TRIPLE ROUNDHOUSE KICK [LOW, MIDDLE, HIGH] W/LEFT, HOLDING THE LEFT KNEE UP TURN RIGHT (270 DEGREES) INTO

PAROH



SA YUN POOMSAE

JOON-BI

1. BOXING STANCE
2. BRING FEET TOGETHER AND INHAILING [HANDS ON TOP OF EACH OTHER MOVING UP-WARD ABOVE THE HEAD], THEN HORSE STANCE MOVING HANDS TO 3 & 9 CLOCK POSITIONS, W/HANDS INFRONT OF FACE [PUSHING THE ROCK] EXHAILING, KI-OP.
3. STEP W/RIGHT (90 DEGREES) INTO FIREMANS CARRY, THROWING RIGHT TO LEFT.
4. RETURN TO RIGHT STANCE, OUTSIDE MIDDLE KNIFE HAND BLOCK W/RIGHT, PUNCH W/LEFT, ROUNDHOUSE KICK W/LEFT, HIGH BLOCK W/LEFT, STEPPING UNDER ATTACKERS ARM GRABBING SHOULDER W/RIGHT, RIGHT HIP THROUGH BREAKING ELBOW AND WRIST, LOOKING BEHIND STRIKING GROIN W/LEFT PALM, BACKFIST W/LEFT, RIGHT PUNCH, ROUNDHOUSE KICK W/RIGHT, JUMP SIDE KICK W/RIGHT.
5. FACE RIGHT, STEP LEFT OVER RIGHT, DOUBLE SIDE KICK W/RIGHT [LOW, HIGH], IMMEDIATLY CROSSING RIGHT OVER LEFT, DOUBLE SIDE KICK W/LEFT [LOW, HIGH], KEEPING LEFT KNEE UP TURN RIGHT (90 DEGREES) MIDDLE LEFT FRONT KICK, FOLLOWED BY A JUMPING HIGH RIGHT FRONT KICK, OUTSIDE MIDDLE KNIFE HAND BLOCK, THEN GRABBING ARM, STEP FORWARD INTO A RIGHT STANCE, STRIKE THE ELBOW W/RIGHT KNIFE HAND, SPINNING LEFT UNDER ARM INTO A LEFT FRONT STANCE BRINGING HAND DOWN MAKING OPPONENT STAB THEMSELVES, PHO-JIN STEP, LEFT OUTSIDE MIDDLE KNIFE HAND BLOCK, RIGHT FRONT KICK RETURNING INTO A LEFT FRONT STANCE, RIGHT AX KICK, RIGHT JUMP SPINNING BACK KICK AND LANDING IN A LEFT FRONT STANCE.
6. TURN LEFT (90 DEGREES) INTO A RIGHT FRONT STANCE, SAME TIME DOING A RIGHT INSIDE KNIFE HAND STRIKE W/LEFT DOWN BLOCK, CHUN-JIN STEP, SAME TIME DOING A RIGHT OUTSIDE KNIFE HAND STRIKE LIFTING LEFT ARM, RIGHT KNEE STRIKE.
7. TURN RIGHT (180 DEGREES) INTO A LEFT FRONT STANCE, SAME TIME DOING A LEFT INSIDE KNIFE HAND STRIKE W/RIGHT DOWN BLOCK, CHUN-JIN STEP, SAME TIME DOING A LEFT OUTSIDE KNIFE HAND STRIKE LIFTING RIGHT ARM, LEFT KNEE STRIKE.
8. FACE FRONT BREATHING IN, BRING FEET TOGETHER AND INHAILING [HANDS ON TOP OF EACH OTHER MOVING UP-WARD ABOVE THE HEAD], THEN HORSE STANCE MOVING HANDS TO 3 & 9 CLOCK POSITIONS, W/HANDS INFRONT OF FACE [PUSHING THE ROCK] EXHAILING.

PAROH



OH YUN POOMSAE

JOON-BI

1. STEP BACK INTO A DEEP LEFT FRONT STANCE, SLOW LEFT KNIFE HAND MIDDLE BLOCK WITH LOUD CONTROLLED BREATHING, SLOW RIGHT KNIFE HAND MIDDLE BLOCK WITH LOUD CONTROLLED BREATHING.
2. TURN LEFT (45 DEGREES) INTO A LEFT FRONT STANCE, LEFT HAND GUARDING RIGHT SIDE OF FACE, LEFT CIRCULAR TRAP, RIGHT KNEE MIDDLE STRIKE, TURN RIGHT (90 DEGREES) INTO A RIGHT FRONT STANCE, RIGHT HAND GUARDING LEFT SIDE OF FACE, RIGHT CIRCULAR TRAP, LEFT KNEE MIDDLE STRIKE.
3. TURN LEFT (45 DEGREES) INTO A LEFT FRONT STANCE, LEFT OUTSIDE MIDDLE KNIFE HAND BLOCK THEN GRAB ARM, RIGHT HAND UPPER PUNCH (DISLOCATING ELBOW) RIGHT MIDDLE ELBOW STRIKE (RIBS), RIGHT ELBOW STRIKE (FACE), TURN RIGHT (45 DEGREES) INTO A RIGHT FRONT STANCE, RIGHT OUTSIDE MIDDLE KNIFE HAND BLOCK THEN GRAB ARM, LEFT UPPER PUNCH (DISLOCATING ELBOW), LEFT MIDDLE ELBOW STRIKE (RIBS), LEFT ELBOW STRIKE (FACE).
4. TURN LEFT (45 DEGREES) INTO A LEFT FRONT STANCE, LEFT OUTSIDE KNIFE HAND MIDDLE BLOCK THEN GRAB ARM, FROM A HORSE STANCE, RIGHT HAND GRABBING THROAT, PULLING OPPONENT OVER RIGHT LEG, RIPPING THROAT, LEFT PUNCHING FACE, RIGHT KNEELING POSITION, LEFT HIGH BACK KICK, THEN RIGHT HIGH BACK KICK, LOOK FORWARD, ROLL BACKWARDS INTO A RIGHT FRONT STANCE, JUMP SPINNING BACK KICK WITH RIGHT FOOT, LANDING INTO A RIGHT FRONT STANCE.
5. TURN LEFT (270 DEGREES) INTO A LEFT FRONT STANCE, RIGHT HIGH ROUND HOUSE KICK, LEFT JUMPING BACK KICK, FACING OPPOSITE DIRECTION, TURN RIGHT (90 DEGREES) RIGHT FRONT KICK, LEFT FRONT KICK, THEN A RIGHT FRONT KICK, FROM A RIGHT FRONT STANCE SLIDING BACKWARD W/ LOW MOUNTAIN BACK FIST STRIKE, AGAIN FROM A RIGHT FRONT STANCE, SLIDING BACKWARD W/ HIGH MOUNTAIN BACK FIST STRIKE.
6. STEPPING FORWARD INTO A LEFT FRONT STANCE, DOUBLE KNIFE HAND BLOCK PUSHING LEFT, MOVING INTO A RIGHT LEG SWEEP RETURNING INTO A LEFT FRONT STANCE, HIGH RIGHT ROUND HOUSE KICK W/ SPINNING LEFT AX KICK, HIGH LEFT ROUND HOUSE KICK W/ SPINNING RIGHT AX KICK, REPEAT NUMBER #1 FROM THE LEFT FRONT STANCE.

PAROH



Contact Information

Email: chs@chaehooksung.com

Locations

ChaeHookSung Martial Arts
[1795 Jet Stream Drive](#)
[Colorado Springs, CO 80921](#)

Phone: 719.360.6069

Chief Instructor: Master Chae

Instructor: KyoSaNim Lynda Henry



ChaeHookSung Martial Arts

Application for Promotion Test

DATE OF BIRTH: DAY _____ MONTH _____ YEAR _____ AGE _____

STUDENT NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

CURRENT RANK: _____

1. Student will perform a minimum of two (2) forms except White Belts
2. Complete promotion quiz – <http://www.chaehooksung.com/quiz>
3. Blue Belts through Poome Belts must break minimum of:
 - (1) board with foot
 - (1) board with hand technique
4. Monthly dues and promotion prices must be paid prior to testing.
5. Uniform must be clean and WTF and ChaeHookSung Martial Arts approved.
6. Promotion Prices:

Color Belt (Geup)

White through Yellow Belts:	\$20
Orange through Green Belts:	\$30
Blue through Brown Belts:	\$50

Black Belt Testing

1 st Dan/Poome	\$250.00
2 nd Dan/Poome	\$300.00
3 rd Dan/Poome	\$375.00

I HEREBY SUBMIT THIS APPLICATION FOR A PROMOTION TEST IN ACCORDANCE WITH THE PROMOTION REGULATION OF CHAE HOOK SUNG TAEKWONDO & I UNDERSTAND THAT ALL FEES MUST BE PAID BEFORE TESTING.

SIGNATURE OF APPLICANT
(SIGNATURE OF PARENT)

I HEREBY RECOMMEND THE PERSON ABOVE AS BEING WELL QUALIFIED FOR THE PROMOTION TEST TO BE CONDUCTED BY CHAE HOOK SUNG TAEKWONDO.

DATE: _____

RECOMMENDING INSTRUCTOR

CHS Martial Arts



ChaeHookSung

Martial Arts Student Handbook



Table of Contents

Table of Contents	2
Mission Statement	3
ChaeHookSung Martial Arts	4
Parental Role in Martial Arts	5
Children’s Home Guidelines	7
Dojang rules	8
Taekwondo Rules of Etiquette	11
History of Taekwondo	15
Eight Concepts of Um and Yang	19
Student Creed	20
Promotion Requirements	21
World Taekwondo Federation Poomsae	38
Yun Poomsae	39
Contact Information.....	44
Application for Promotion Test.....	45



Mission Statement

ChaeHookSung Martial Arts' primary goal is to serve the Colorado Springs region as a resource for their citizens in the following areas:

- Taekwondo training
- Self-defense training
- Rape Awareness and Prevention seminars & workshops
- Seasonal events to develop positive mental, spiritual, moral, physical and technical discipline for self-improvement, and to ultimately build confident and respectful citizens

Seasonal events include Taekwondo tournaments (local, Jr. Olympics, US Nationals), seminars, workshops, camp-outs, field trips, and other positive family-centered activities.

Our pledge is to provide a positive, safe environment for the students and patrons of our facilities.

We actively pursue sponsorships from local businesses and private individuals. These proceeds, combined with profits earned from seasonal events, are invested in the organization to fund events that generate no revenue, and to provide financial assistance to underprivileged individuals and families.

Our primary focus for financial sponsorships are children in Colorado Springs and surrounding areas who come from low-income families, single-parent families, and those who are considered at-risk youths. Students who excel as positive athletes and role models may also be rewarded with a sponsorship.

We uphold a strong belief that these activities allow us to be critical contributors to the enhancement of the overall quality of life for the residents in our area.



ChaeHookSung Martial Arts

Chae Sa-Bum-Nim - Sterling E. Chase, Sr. Instructor

Chae SaBumNim founded ChaeHookSung Martial Arts in 1984. Master Chae is one of the senior students of 9th Degree, Grand Master Solomon Hoktok Yun. Founder of World Martial Arts & Health, Grand Master Yun is one of the top martial artists in the world.

Accreditations:

- Trained over 1200 students since 1984, including more than 130 black belts
- Registered instructor with USA Taekwondo since 1986
- Internationally certified instructor of Rape Awareness and Prevention
- Conducted several programs with local schools & girls scout troops
- Trained at the US Olympic Training Center in Colorado Springs
- 2001 US National Gold Medal Champion in forms and full-contact fighting in the senior division
- Received rare opportunity to train in Korea to learn Taekwondo customs
- Hosted and conducted several Taekwondo Tournaments
- Referee for US Taekwondo Union (National Governing Body for the Olympic Sport of Taekwondo)
- Instrumental in creating and running the US Air Force Taekwondo Association
- Retired Air Force Non-commissioned Officer of 21 years

"I believe a good martial artist should have knowledge in not only kicking and punching, but of history, customs, courtesy and language, all of which are taught in my programs."

Chae SaBumNim, Sterling E.
Chase, Sr. Instructor

The program

Martial Art is defined as the 'Art of the Military.' Many martial art programs only advertise teaching people to defend themselves. With CHS Martial Arts, you will learn self-defense, one-step sparring, forms, and full-contact sparring. CHS Martial Arts trains well-rounded martial artist regulated levels, not only through physical tasks, but also by mental tasks maintained prior to upgrading. Children's home rules, along with guidance for parents to assist their children, are also provided.

Contact Information:

E-mail: lynda@chaehooksung.com

Web site: <http://www.chaehooksung.com/>



Parental Role in Martial Arts

Your role

Taekwondo is a martial art, as well as an international sport, and it demands a great deal of concentration, dedication, sacrifice and time to master. All these elements lead to a natural conclusion: the younger a student begins Taekwondo, the sooner he will master it.

However, children possess little control over their worlds (ability to manage time, financial resources, ability to care for themselves, etc.). They need your help. Until children come of age, as parents and guardians, you should attempt to provide transportation, finance lessons (equipment, membership expenses, field trips), and supply all the other things necessary for practicing martial arts. In essence, you must become "managers" for the student.

Tips

➤ Investigate the details

Most martial arts schools focus on one thing: martial arts. Anything that follows is usually less of a priority. Many times, communication between instructors and parents is left to the children (sometimes 5, 6 or 7 year olds). Parents often tell their children important messages that never are relayed to the instructor, or vice versa.

The instructor is relying on you, as a parent, to pay attention to the details. As your child becomes more responsible, you can delegate more duties to the child. When in doubt, ask the instructors or staff. We want you to be involved. Do not feel embarrassed about asking questions pertaining to your child's training.

➤ Be part of the experience

During the child's martial arts training, there are many things you can do to help and show concern and involvement. Be supportive, not only on a financial level, but also on a physical and emotional level. Martial arts teach children to "respect and obey parents." Share the achievements and the success that the children will experience. Children will enjoy martial arts more when you are behind them "win, lose or tie." The first promotion to gold belt may seem small, but it is the first step a student takes in a lifetime of martial arts. Likewise, the first match a child loses because of inexperience may be small to the outside world, but it may discourage the child from ever competing again. Please, *become involved!*

➤ Support your child

Do not live vicariously through your child. Most teachers have seen parents try to live life through the child. This serves only to rob the joy and expression your child receives from martial arts. Instead, support your child. Parents should always know the difference between being supportive and being manipulative. Manipulation represses a child's actions. What starts out as a freedom to practice will soon become an obligation to perform. With the many pressures on children, this must not be one.



➤ **Communicate with your child**

Communication is defined as "the process by which information is exchanged between individuals." The key is exchange. Children must not only hear, but also must be heard. Of course, this is not a freedom to "say whatever they want," but rather communication to exchange those ideas that constructively support the relationship. If your child feels they cannot share the joys, sorrows, problems or thoughts about training with you, they will either find another sounding board, or internalize their emotions. Both will deprive you and your child of the positive experiences of martial arts.

As parents, you must make an effort to be available when your child returns from practice or competition, and to take a genuine interest in the affairs of the day. Knowing what the child is practicing and some of the basic terminology helps make communication easier and more accurate.

INVESTIGATE ▪ EXPERIENCE ▪ SUPPORT ▪ COMMUNICATE ▪ ACTIVE PARENT

Instructor's Role

Parenthood has never been easy. Some parents enroll their children without ever having experienced martial arts first hand. Your child's instructor will use newsletters, personal conferences and phone calls as lines of communication. This will keep you informed, involved and advised on your child's progress. During the decision process for tournaments, promotions, demonstrations, etc., instructors will attempt to use you as resource, not a hindrance. Parents' suggestions are always considered. After all, who is better qualified to know the needs of their children?

If you have any questions, please don't hesitate to contact me directly:

Sterling E. Chase, Sr.
Sabanim Chae Hook Sung
CHS Martial Arts
Phone: 719-232-7766
E-mail: masterchae@chaehooksung.com

Web site: <http://www.chaehooksung.com/>



Children's Home Guidelines

1. Children will greet their parents when they enter the house and tell them good-bye when they leave.
2. Children will be respectful at all times to their parents and grandparents.
3. Children will be truthful at all times.
4. Children will strive for a good relationship with their brother and sisters.
5. Children will willingly help with household chores.
6. Children shall report to their parents when they have completed assigned tasks.
7. Children shall be responsible for the upkeep and neatness of their own rooms.
8. Children will practice daily cleanliness in the matter of hair, teeth, and body.
9. Children shall abide by their parents' decisions.
10. Children shall not interrupt adult conversations.
11. Children shall refrain from rowdy behavior at home.
12. Children shall possess an active mind, body, and spirit.
13. Children will diligently study their schoolwork both at school and at home.
14. Children will show respect for their schoolteachers and their peers at all times.

CHILDREN WHO DO NOT OBEY THEIR PARENTS will be REDUCED/DEMOTED in rank, will become INELIGIBLE for promotions, or their training will be TERMINATED (in accordance with parents' wishes).



Dojang rules

1. When entering or leaving the dojang, bow to the flags.
2. Bow to the instructor, and assistant instructors in order of rank, visiting guests of higher rank, then the rest of fellow students.
3. Upon entrance of the instructor, stop (suspend) actions and bow to the instructor at the beginning and end of training.
4. When an instructor presents you're with a certificate, award, medal or similar item, stand in front of the instructor at attention, bow, accept the presentation courteously, then take one step backward, bow again and return to your proper place.
5. When addressing the instructor, or another black belt, bow before speaking while addressing with proper title or Mr., Ms, Mrs., Sir, or Ma'am. While assuming the position of attention, use words of consideration such as "Yes or No Sir (Ma'am)," "Excuse Me," and "Pardon Me."
6. Respect fellow students.
7. Do not participate in loud conversation, laughing, giggling or chewing gum in dojang. These actions are strictly prohibited.
8. If you have to leave class early, you must inform your instructor prior to the beginning of class for approval to be given.
9. Be on time with loyal attendance. Any student who is absent without explanation, is constantly late, or who leaves before class ends without explanation, will be suspended for a time established by the instructor.
10. Treat substitute teachers and assistants with the same respect as the instructor.
11. Personal hygiene is essential and is your responsibility. Finger & toenails must be kept trimmed, along with the cleanliness of body and proper dobok (uniform).
12. Do not participate in any of the following: profanity (bad language), obscene gestures or actions unnecessary roughness, running, or horseplay toward any fellow student. These things are strictly prohibited.
13. After training, make sure any equipment you used is returned to its proper place and that the classroom is left in a neat and orderly state.

All students of martial arts will follow rules of the dojang, whether they are in uniform or present in another dojang...

...after all is said and done, have fun!



Counting

HANA	IL	ONE
DUL	EY	TWO
SET	SAM	THREE
NET	SA	FOUR
DA-SUT	OH	FIVE
YO-SUT	YUK	SIX
IL-GUP	CHIL	SEVEN
YEO-DUL	PAL	EIGHT
A-HOP	KU	NINE
YUL	SHIB	TEN

Kicking (CHAGI)

AP-CHAGI	FRONT KICK
DOL-YO-CHAGI	ROUND KICK
YEOP-CHAGI	SIDE KICK
BON-DUL-CHAGI	ARK KICK
HO-DOL-YO-CHAGI	HOOK KICK
CHI-GO-CHAGI	AX KICK
DI-CHAGI	BACK KICK
DI-DOL-YO-YEOP-CHAGI	BACK TURNING SIDE KICK
MOOM-DOL-YO CHAGI	TURNING HOOK KICK

Blocking (MA-KI)

A-RAE-MA-KI	DOWN BLOCK
MOOM-TONG-PAK-GAT-MA-KI	MIDDLE BLOCK (OUTSIDE)
MOOM-TONG-AN-MA-KI	MIDDLE BLOCK (INSIDE)
UL-GUL-MA-KI	FACE BLOCK

Striking (CHI-GI)

MOON-TONG-CHI-RU-GI	MIDDLE PUNCH
SUN-NUL-MOK-CHI-GI	OUTSIDE KNIFEHAND STRIKE
SUN-NUL-MOK-CHI-GI-DUL	INSIDE KNIFEHAND STRIKE
DONG-JUMOK-ULGOL-BAGUT-CHI-GI	SIDE OF FACE BACK FIST
DONG-JUMOK-ULGOL-AP-PA-CHI-GI	FRONT OF FACE BACK FIST
PAL-KUM-ULGOL-DOLYO-CHI-GI	ELBOW FACE ROUND STRIKE
PAL-KUM-ULYO CHI-GI	ELBOW UPWARD STRIKE

Stances (SEO-KI)

CHA-RI-UT-SEO-KI	ATTENTION STANCE
PYUN-E-SEO-KI	READY/FINISHED STANCE
JU-JAM-SEO-KI	HORSE STANCE
AP-KU-BI	FORWARD STANCE
DE-KU-BI	BACK STANCE
BOXING-SEO-KI	BOXING STANCE



Taekwondo Rules of Etiquette

The most valuable assets in Taekwondo are the rules of etiquette, the rules that gauge a practitioner's behavior, and the attitude deep within his heart. The practitioner's of Taekwondo should live up to the high standards expected. The Taekwondo organizations around the world practice a high level of order and discipline, maintaining standards. Practicing these standards will develop a sense of values in our youth, resulting in a higher level of courtesy and respect. Taekwondo teaches that this is a strong basis for morality that today's world desperately needs. Taekwondo also develops humility in behavior, pride in oneself, togetherness, and produces unselfishness, kindness, and tolerance. These rules of etiquette were established by the Korean Taekwondo Association (KTA) on 7 May 1971.

The rules of etiquette are as follows:

1. The Greeting

There are two types of greetings in Taekwondo: the standing greeting (bow) and the kneeling greeting. Render standing greetings when a superior enters the room. Render kneeling greetings after the standing greeting, if the superior sits on the floor. The standing greeting starts with the feet together, arms to the side, and fingers curled toward the legs so that the index fingers are touching the thumbs. Back is straight, head and eyes face front. To render a greeting with a bow, the back is bent forward 15°, and head is bent forward 45°. After the bow, return to the standing position. Render a sitting greeting by moving to the kneeling position; knees together, move the arms to the front and bend forward; place head on hands, and then returns to the kneeling position.

2. Teacher-Student Formalities During Training

Before to each training session, salute flags with a low, respectful bow. After saluting the flag, lower ranking students must greet their superiors in order of rank: first the school master, then the teacher, and then the individuals with a higher level of proficiency than oneself. During the training session, a student's behavior shall have control and show a high level of courtesy. Student uniforms will be in serviceable condition at all times. Uniforms will not to be worn in public, except when absolutely necessary. It is important for the student to use discretion when speaking during the training session. Students should always use words implying respect and honor when speaking to a superior. The superiors do not have to be as careful in their selection of words when speaking to students of lesser rank.

While practitioners of Taekwondo are in uniform, the symbol of rank within the system takes precedence over respect for elders. However, when not in uniform, respect for age takes precedence over rank.

3. Wearing the Uniform

Uniform neatness and cleanliness are of the utmost importance. During the training session, if an individual's uniform becomes out of place, that student is to stop momentarily, turn so that others cannot see, and adjust the uniform. After the adjustments are made, the student may return to the practice.



4. Home and Social Behavior

While in the home, at work, or at social functions, it is important for the student to demonstrate high moral standards, and to show appropriate respect and consideration to others.

5. Etiquette in Speech

High levels of speech should always apply while speaking. The back should be straight and the general attitude should be formal. The choice of words should be courteous and respectful. The voice should not be loud, and abusive words are not to be tolerated. The student should be careful not to spit while speaking. The individual should not lose his integrity, wit, or sense of humor. The speaker should be careful to use the correct title for the person he is speaking too. Listening is essential and shows respect. It is not appropriate to stare or interrupt. It is not appropriate to touch the individual you are speaking to, and it is not correct to use hand gestures.

6. Appearance

In social situations, it is important to be conscious of appearance. The type, fitting, and style of clothes should be conservative. During ceremonies and other formal occasions, the students of Taekwondo should always wear the appropriate attire. The shined shoes and a well-groomed appearance should be evident. In keeping with the rules of appearance, good habits result.

7. Seating Arrangement While in Cars

The designated driver for a formal occasion always opens the car door for the superior. However, in the rear seat, the lower ranking individual gets into the car first to allow the superior to depart the vehicle first once they reach their destination.

8. Speaking on the Phone

When calling someone, it is appropriate to state your name first, then asks for the person "to whom you wish to speak." When answering the telephone, state your name, and then request the nature of the call. All conversations are to be kept brief and to the point. It is important to have a note pad near the telephone in case there is a need to copy urgent messages.

9. Table Manners

When at the dinner table, all guests wait until the senior gives the signal to begin any course by picking up their silverware. When in small groups, all must be served before eating can commence. However, at very large gatherings or parties, the guests begin eating when given their plates so the food does not get cold. Keep conversations general at a small table. At a long table, it's ok to break the conversations up into two groups or more, if feasible. At a business lunch or dinner, the guest waits for the host to start the business discussion. Do not put elbows on the table when eating. It is appropriate to put elbows on the table in conversations between courses. Sit straight in the chair and do not blow on hot food for cooling.



10. Introductions

Introductions are governed by three basic rules, and can be implemented in most situations. Introduce a male to a female, introduce an adult to a much older one of the same sex, and introduce the lower rank to the higher rank. Their introduction should be brief and not wordy or awkward. The host always shakes the hands of the guests upon arrival and departure. Females always have the choice to shake hands or not. Males should always shake hands with other males to whom being introduced, unless it is awkward to do so (for example, leaning across others while seated at a dinner table).

11. Visiting

Before visiting someone, an appointment should be made. Do not show up uninvited. Make a point never to visit on holidays or Sundays, early in the morning, late at night, at mealtime, or on a day of inclement weather, unless specifically invited. Make the visits short, remember that you are guest, and thank the host(ess) before departing. It is a Korean custom to bring a gift when visiting someone's home. The gift may be as little as fruit, drink, flowers, etc., or something else to show your gratitude as an invited guest.

12. Guiding a Higher Ranking Person

When guiding a higher-ranking person, walk to the front with slightly forward bent posture; this shows respect. At meetings, be attentive to the needs of the superior (for example, if he/she should need a pen or pad of paper). If you are not escorting a superior or superior's family, but are with a superior, always walk to the rear, open doors for the superior, and be attentive to needs as previously mentioned.

13. Seating Arrangements at Ceremonies

While at formal ceremonies, the seat of honor is to the right of the chairperson, and the next highest position is to their left. At social gatherings with a speaker present, the highest-ranking persons must have an opportunity to speak after the speaker. The highest-ranking person will leave a crowded room first when the ceremony is over, followed by the others in order of rank.

14. Drinking and Smoking

It is the privilege of the individual to drink as much as he or she wants in private. Showing the effects of too much to drink in public is totally unacceptable because, in one way or another, a drunk is always a problem. Never smoke in any place of worship or a religious ceremony out of doors, while in court, during the playing of the national anthem, or during the raising or lowering of the national flag. When greeting someone, remove your cigarette from your mouth.

15. Behavior of the Instructors

The Taekwondo instructor is to set the example for their students to follow. Instructors help their students find solutions to their problems. Instructors should refrain from speaking to their students as though giving orders, and are to be humble and sincere. Instructors are to avoid violence and the appearance of a pleasure seeker. Instructors



should live a clean and productive life free of drugs and alcohol. They should involve themselves in community functions, practice justice, and unselfishness.

16. Behavior During Social Events

In the event of social activities, seating of head table will include not just the senior belts, but also spouses. Recognize spouses and parents of senior belts with the same respect. Most Korean customs apply to most Taekwondo social events. If you have any questions or doubts on proper mannerisms, please contact your instructor. If you are attending a social event, especially where Korean instructors are to be present, ask questions beforehand. Many of our norms maybe conceived in the wrong manner. As long as it seems you are making an honest effort, most Koreans are honored to make on-the-spot corrections. The bottom line is to behave with self-respect, for you represent not only yourself, but also your dojang.



History of Taekwondo

Translated from HONG-GEUK MUL (Korean Language), TAE means "to kick" or "to strike with the foot," KWON means "fist" or "to strike with the hand," DO means a "discipline" or "art, way." Together, Taekwondo means the art of kicking and punching, or the art of unarmed combat. Modern-day Taekwondo, developed over the years, is a unique martial art incorporating both the quick, straight-line movements that characterize the various Japanese systems, and the flowing, circular movements of most Chinese styles. What truly distinguishes Taekwondo are the many varied and uniquely powerful kicking techniques, involving prominent use of leg and kicking stems. Yet, Taekwondo is far more than simply a system concerned with physical prowess, for it is also an art directed toward the moral development of its students.

The earliest records of Taekwondo practice date back to around 50 BC. During this time, Korea had three kingdoms: Silla, founded on the Jyongju plain in 57 BC; Koguryo, founded in the Yalu River Valley in 37 BC; and Baekche, founded in the southwestern area of the Korean peninsula in 18 BC. Evidence of the practice of Tae-kyon (the earliest known form of Taekwondo) has been found in paintings on the ceiling of the Muyong-chong, a royal tomb from the Koguryo dynasty. These, and other mural paintings, show unarmed combatants using techniques virtually identical to those of modern-day Taekwondo. Of particular interest are details that show the use of the knife hand, fist, and classical fighting stances, all components of modern Taekwondo.

Although Taekwondo first appeared in the Koguryo kingdom, it is Silla's warrior nobility, the Hwarang, who are credited for the growth and spread of the art throughout Korea. Of the three kingdoms, Silla was the first formed, but it remained the smallest and least civilized. Its coastline was constantly under attack by Japanese pirates. Silla appealed for help against the continual harassment by the Japanese pirates. King Gwanggaeto, the 19th in the line of Koguryo monarchs, sent a force of 50,000 soldiers into neighboring Silla to help the smaller kingdoms drive out the pirates. At this time, early masters of the art introduced Tae-kyon to Silla's warriors.

These Tae-kyon trained warriors became known as the Hwarang. Founded initially as a military academy for the young Silla nobility, the society of the Hwarang-do ("the way of flowering manhood") adopted Tae-kyon as a part of its basic training regimen. The society was an elite group, consisting of the Hwarang, or leaders, selected from among the sons of royalty ages 16 through 20, and the Nag-do, or cadets, assembled from the rest of the young nobility, and who totaled anywhere from 200 to 1000 at any given time. The young men within the society evolved in many disciplines, including history, Confucian philosophy, ethics, Buddhist morality, riding, archery, sword play, military tactics, and, of course, Tae-kyon. The principles of the Hwarang-do education are based on the Five Codes of Human Conduct, as established by the Buddhist scholar Wonkang. These axioms are:

1. Be loyal to your country
2. Be obedient to your parents
3. Be trustworthy to your friends
4. Never retreat in battle
5. Never make an unjust kill



Tae-kyon was taught in conjunction with the Five Codes of Human Conduct so that it became a way of life for the young men. The codes of moral behavior served to guide their lives and direct their Tae-kyon training.

Today, these codes reflect the so-called 11 commandments of modern Taekwondo. As with the original codes of conduct, these modern axioms are used to guide the moral development of students of the art. Only students who fully understand these tenets can ever hope to master the true essence of the art. The 11 commandments are:

1. Loyalty to your country
2. Respect for your parents
3. Faithfulness to your spouse
4. Respect for your brothers and sisters
5. Loyalty to your friends
6. Respect for your elders
7. Respect for your teachers
8. Never take life unjustly
9. Indomitable spirit
10. Loyalty to your school
11. Finish what you begin

Along with their training in fundamental education and military skills, the Hwarang were also skilled in poetry, singing and dancing. Students were encouraged to travel throughout the peninsula in order to learn about the regions and people. These traveling warriors were responsible for spreading Tae-kyon throughout Korea during the Silla dynasty, which lasted from 668 AD to 935 AD. During this era, Tae-kyon remained primarily a sports and recreational activity designed to improve physical fitness (although it was a formidable system of self-defense). It was not until the Koryo dynasty, which began in 935 and lasted until 1392, that the focus of the art changed. During this time, Tae-kyon became known as Subak. Also during the reign of King Uijong (between the years of 1147 and 1170), it changed from a system designed primarily to promote fitness into a fighting art.

The first book widely available on the art was developed during the Yi dynasty (1397 to 1907) to promote the art among the population. Prior to this book, these arts were primarily for military nobility. The publication of this book and the subsequent popularizing of the art among the public was responsible for the survival of Subak during this era. During the second half of the Yi dynasty, political conflict and military activities were de-emphasized in favor of more scholarly pursuits, which led to a significant education in the practice of the art. Records of the practice of Subak are sparse during this time. Once again, the art returned to its former role as a recreational and fitness activity, except now it was the general population that maintained the art and not the nobility. Subak as an art became fragmented and diffused throughout the country, and its practice continued to decline until only incomplete remnants remained. What limited knowledge there was



of the art was handed down from one generation to the next within individual families that generally practiced it in secret.

It was not until 1909 that Korea's fighting arts experienced a marked resurgence, for in that year, the Japanese invaded Korea, occupying the country for the next 36 years. During this time, the Japanese resident general officially banned the practice of all military arts for native Koreans. Ironically, this very act sparked a renewed growth of Subak. Patriots, fueled by a hatred of their subjugators, organized themselves to study the martial arts. Still others left Korea to work and study in China and Japan, and were exposed to the fighting arts native to those countries. In Korea, Subak/Tae-kyon survived through a number of famous masters of the Korean fighting arts. The underground nature of the martial arts in Korea changed in 1943. First Judo and then Karate and Kung-fu were officially introduced. The following two years brought a dramatic increase in interest in the martial arts throughout the country. It was not until Korea's liberation in 1945 that its own fighting arts finally took root and began to flourish.

For many years, a variety of Korean martial art styles existed throughout the country. These styles varied from one another according to the amount of influence each master had absorbed from the numerous Chinese and Japanese styles.

The first kwan (school) to teach a native Korean style of martial art opened in 1945 in Yong Chun, Seoul. This dojang (gymnasium) was named Chung Do Kwan. Later that same year, the Moo Duk Kwan and the Yun Moo Kwan also opened in Seoul. The following year, the Chang Moo Kwan and the Chi do Kwan were established. Seven other major schools formed in 1953 through the early 1960s.

The most prominent among the dojang were Ji Do Kwan, Song Moo Kwan and Oh Do Kwan, all of which opened between 1953 and 1954. Although each of these schools claimed to teach the traditional Korean martial art, each one emphasized a different aspect of Tae-kyon/Subak, and various names emerged for each system. Styles became known as Soo Bahk Do, Kwon Bop, Kong Soo Do, Tae Soo Do and Dang Soo So. There were many who claimed to teach traditional Tae-kyon.

Dissension between the various kwans prevented the formation of a central regulating board for 10 years. Yet, during those years, the martial arts gained a strong foothold within the newly formed Korean Armed Forces (1945), with Tae-kyon becoming a regular part of military training. In early 1946, masters of the art began teaching Tae-kyon to troops stationed in Kwang Ju. This set the foundation for the great turning point in the Korean martial arts in 1952. That year, at the height of the Korean War, President Syngman Rhee watched a half-hour demonstration by Korean Martial arts masters. Adopted president Rhee was so impressed with what he saw that he ordered training in the martial arts as part of regular military training. This single act was to have a far-reaching effect on the Korean martial arts. Later that same year, a master was sent to Fort Benning, Georgia for special training in radio communications. The master had been one of those to perform before President Rhee. President Rhee had taken special notice of his abilities prior to his assignment to the United States. During his stay in Georgia, the master demonstrated his art to both the military and the public, further publicizing Korea's fighting art. In Korea, special forces were well known as the protectors of South Korea. The most famous of these special forces was the Black Tigers, who staged many espionage missions across the borders in hostile territory. Occasionally they performed assassinations. Many great martial artists lost their lives during this time, including the founders of the Chang Moo Kwan and the Yun Moo Kwan.

Following the end of the war in 1953, the Korean 29th Infantry Division set up headquarters on Che Ju Island. This unit was responsible for all Tae-kyon training for the Korean Army.



Two years later, on April 11, 1955, a meeting convened to unify the various kwans under a common name. The name of Tae Soo Do was accepted by the majority of the kwan master. They then agreed to merge their various styles for the benefit of all schools. However, two years later the name changed again, this time to what is known as Taekwondo. Chosen both because it accurately describes the nature of the art (comprised of both hand and foot techniques), as well as for its similarity to the art's early name of Tae-kyon. Taekwondo has been the recognized name for the Korean martial arts since that day. However, although most of the kwans merged under this common name, there were a few who did not. It has never been clear which of the original eight did in fact merge in 1955. Of those who did not, only Hapkido remains as a recognized separate art in itself. Despite this historical merging, dissension between the kwans did not end. Until the formation of the Korean Taekwondo Association on September 14, 1961, and indeed for a few years thereafter, there remained much animosity between the various masters.

The first leaders of the Korean Taekwondo Association saw the potential for the growth of their art. They used their authority to send instructors and demonstration teams all over the world from the army into high schools and colleges. Dojangs for the general public sprang up everywhere. Taekwondo had begun to blossom. Within a very brief time, the art had developed such a reputation as an effective fighting system that during the Vietnam War, the South Vietnamese government requested instructors to train its troops.

During the 1960s, thousands of Taekwondo demonstrators performed around the world before fascinated governments. With few exceptions, the governments followed up such exhibitions with calls for Korean instructors to teach in their countries. By the beginning of the 1970s, Taekwondo had firmly established itself worldwide.

May 28, 1973, a new, worldwide organization, the World Taekwondo Federation (WTF), was formed. Since that day, all Taekwondo activities outside of Korea have been coordinated by the WTF, the only official organization recognized by the Korean government as an international regulating body for Taekwondo. Also in May of 1973, the first biannual World Taekwondo Championships were held in Seoul as a prelude to the inauguration of the WTF. Since then, the world championships have been hosted in many countries around the world, including the United States, West Germany, South America and Denmark.

It was Taekwondo's prominence in the circle of international sports that brought the art to the attention of the General Association of International Sports Federation (GAISF). GAISF is an association of all international sports, both Olympic and non-Olympic, with direct ties to the International Olympic Committee (IOC). Taekwondo was recognized as a sport by the IOC, which recognized and admitted the WTF in July 1980. Following this initial contact, the General Session of the IOC recognized Taekwondo in May 1982. The crowning achievement of Taekwondo as a sport came when the art was designated as an official demonstration sport for the 1988 Olympic Games in Seoul, Korea.

In the short time since the inception of the WTF in 1973, Taekwondo has grown with unprecedented rapidity as a worldwide sport. Today, Taekwondo is one of only two martial arts systems (the other being Karate-do) practiced all over the world. Taekwondo boasts an international membership of more than 30 million practitioners in over 174 countries, making it the most practiced martial art style in the world.

Considering the unparalleled growth of the art the Taekwondo and its acceptance into the circle of Olympic sports, there seems little doubt that it will continue to enjoy its rapidly expanding popularity around the world. Taekwondo is a highly complex system composed of many elements, and it is in this diverse nature where the true strength of the art lies.



Eight Concepts of Um and Yang

1. KEON* (PURE UM)
Represents that which is great and original, penetrating, advantageous, correct and firm, heaven, the sun, or light. KEON is the beginning of the earth, the power of heaven, and the source of creation.
2. TAE (JOY)
Represents strength of mind; a person with a strong mind appears gentle, smiles, and is satisfied.
3. RI* (FIRE and SUN)
Represents the sun, fire and light. The virtue of RI is brightness and a natural intelligence. It means 'to be attached to.'
4. JIN (THUNDER)
Represents thunder and exciting power. The things that instill fear and panic eventually disappear, making way for blue skies and sunshine.
5. SEON (WIND)
Represents the wind because of its penetrating effect. SEON is able to find its way into every corner and cranny of the wood because of its flexibility. It symbolizes a strong, flexible and humble state of mind.
6. GAM* (WATER)
Represents water, the element that is flexible, dangerous, formless and mysterious (the symbol of persistence and fidelity). GAM, therefore, shows us that the execution of the actions is to be done with powerful movements. Danger and difficulties can be overcome to face the enemy and fight is the most effective method.
7. GAN (TOP STOP)
Represents mountains; the mountains symbolize solemn majesty and tranquility with the way they stand upright in their surroundings. GAN teaches that a man should have good judgment, contemplation, and not act hastily.
8. 8. GON* (PURE YANG)
Represents the earth. The earth has strength, firmness and power. The earth also has the advantage to accommodate everything that grows with the heaven above.

****These are the only four characters displayed on the Korean flag.***



Student Creed

***Build true confidence through
knowledge in the mind, honesty
in the heart, along with
strength in the body. Keep
friendship with others, while
building a strong and happy
community. Never fight to
achieve selfish ends; instead
develop might for right.***



Promotion Requirements

WHITE BELT PROGRAM

- A. Knowledge
 - 1. Common terms
 - 2. Counting in Korean systems
 - 3. Introduction to dojang rules & student creed
- B. Required poomse
 - 1.
- C. Required motions
 - 1. Maki (blocking)
 - a. Down block
 - b. Middle block
 - c. High block
 - 2. Chagi (kicks)
 - a. Front kick
 - b. Side kick
 - c. Round house kick
- D. Ho Shin Sul (self-defense) intro to “v” formation
- E. Chong Kal Kyuryugi (one-step-sparring) intro to “V” formation



WHITE BELT W/STRIPE PROGRAM

- A. Knowledge
 - 1. Common terms
 - 2. Counting in both Korean numbering systems
 - 3. Understand dojang rules & student creed
- B. Required poomse
 - 1. Chungi
- C. Required motions
 - 1. Maki (blocking)
 - a. Down block
 - b. Middle block
 - c. High block
 - 2. Chagi (kicks)
 - a. Front kick
 - b. Side kick
 - c. Round house kick
 - d. Back kick
 - e. Ax kick
- D. Ho Shin Sul (self-defense) blocking exercise
- E. Chong Kal Kyuryugi (one-step-sparring) stepping blocking exercise



GOLD BELT PROGRAM

- A. Knowledge
 - 1. Starting and ending of class
 - 2. All previous geups
- B. Required poomse
 - 1. Taeguek Il Jang
- C. Required motions
 - 1. Maki (blocking) combinations
 - 2. Chagi (kicking) combinations
 - 3. Punching (chigi) combinations
 - 4. Su nul (knife hand) combinations
- D. Ho Shin Sul (self-defense)
- E. Chong Kal Kyurugi (one-step-sparring)



GOLD BELT W/STRIPE PROGRAM

- A. Knowledge
 - 1. All previous geups
- B. Required poomse
 - 1. Taegeuk Il Jang
 - 2. Il Yun Poomse
- C. Required motions
 - 1. Spinning kicks
 - 2. All previous motions
- D. Ho Shin Sul (self-defense)
- E. Chong Kal Kyurugi (one-step-sparring)



ORANGE BELT PROGRAM

- A. Knowledge
 - 1. All previous geups
- B. Required poomse
 - 1. Taegeuk Ey Jang & previous Taegeuk Poomse
 - 2. Il Yun Poomse
- C. Required motions
 - 1. Spinning kicks
 - 2. All previous motions
- D. Ho Shin Sul (self-defense)
- E. Chong Kal Kyurugi (one-step-sparring)



ORANGE BELT W/STRIPE PROGRAM

- A. Knowledge
 - 1. All previous geups
- B. Required poomse
 - 1. Taegeuk Ey Jang & all previous Taegeuks
 - 2. Ey Yun poomse & previous Yun's Poomse
- C. Required motions
 - 1. Spinning kicks
 - 2. All previous motions
- D. Ho Shin Sul (self-defense)
- E. Chong Kal Kyurugi (one-step-sparring)



ORANGE BELT W/SECOND STRIPE PROGRAM

- A. Knowledge
 - 1. All previous geups
- B. Required poomse
 - 1. Taegeuk Sam Jang & all previous Taegeuks
 - 2. All previous Yun's Poomse
- C. Required motions
 - 1. Spinning kicks
 - 2. All previous motions
- D. Ho Shin Sul (self-defense)
- E. Chong Kal Kyurugi (one-step-sparring)



GEUP GREEN BELT PROGRAM

- A. Knowledge
 - 1. Kyurugi (sparring) competition rules
 - 2. All previous geups
- B. Required poomsae
 - 1. All previous Taegeuks
 - 2. Sam Yun Poomse & all previous Yun's Poomse
- C. Required motions
 - 1. Jumping kicks
 - 2. All previous motions
- D. Ho Shin Sul (self-defense)
- E. Chong Kal Kyuryugi (one-step-sparring)



GREEN BELT W/STRIPE PROGRAM

- A. Knowledge
 - 1. Poomse competition rules
 - 2. All previous geups
- B. Required poomse
 - 1. Taegeuk Sa Jang & all previous Taegeuks
 - 2. All previous Yun's Poomse
- C. Required motions
 - 1. All previous motions
- D. Ho Shin Sul (self-defense)
- E. Chong Kal Kyuryugi (one-step-sparring)



GREEN BELT W/SECOND STRIPE PROGRAM

- A. Knowledge
 - 1. Poomse competition rules
 - 2. All previous geups
- B. Required poomse
 - 1. Taegeuk Oh Jang & all previous Taegeuks
 - 2. All previous Yun's Poomses
- C. Required motions
 - 1. All previous motions
- D. Ho Shin Sul (self-defense)
- E. Chong Kal Kyuryugi (one-step-sparring)



BLUE BELT PROGRAM

- A. Knowledge
 - 1. Coaching techniques
 - 2. All previous geups
- B. Required poomse
 - 1. All previous Taegueks
 - 2. Sa Yun Poomse & all previous Yun's Poomse
- C. Required motions
 - 1. Backhand attacks
 - 2. Openhand attacks
 - 3. All previous motions
- D. Ho Shin Sul (self-defense)
- E. Chong Kal Kyurugi (one-step-sparring)



BLUE BELT W/STRIPE PROGRAM

- A. Knowledge
 - 1. All previous geups
- B. Required poomse
 - 1. Taegeuk Yuk Jang & all previous Taegeuks
 - 2. All previous Yun's Poomse
- C. Required motions
 - 1. Flip kicks
 - 2. Hand combinations
 - 3. All previous motions
- D. Ho Shin Sul (self-defense)
- E. Chong Kal Kyurugi (one-step-sparring)



BLUE BELT W/SECOND STRIPE PROGRAM

- A. Knowledge
 - 1. All previous geups
- B. Required poomse
 - 1. Taegeuk Chil Jang & all previous Taegeuks
 - 2. All previous Yun's Poomse
- C. Required motions
 - 1. Flip kicks
 - 2. Hand combinations
 - 3. All previous motions
- D. Ho Shin Sul (self-defense)
- E. Chong Kal Kyurugi (one-step-sparring)



SECOND GEUP RED BELT PROGRAM

- A. Knowledge
 - 1. Teaching methods
 - 2. Referee rules
 - 3. All previous geups
- B. Required poomse
 - 1. Taeguek Pal Jang & all previous Taegueks
 - 2. All previous Yun's Poomse
- C. Required motions
 - 1. Kick from all ranges
 - 2. Two on one sparring
 - 3. Hand & foot combinations
 - 4. All previous motions
- D. Ho Shin Sul (self-defense)
- E. Chong Kal Kyurugi (one-step-sparring)



FIRST GEUP RED BELT/W STRIPE PROGRAM

- A. Knowledge
 - 1. School administration
 - 2. Community service
 - 3. All previous geups
 - 4. Intro to RAP

- B. Required poomse
 - 1. All previous Taekgeuks
 - 2. Oh Yun Poomse & all previous Yun's Poomse
 - 3. Koryo

- C. Required motions
 - 1. Board breaking techniques
 - 2. Mentoring
 - 3. All previous motions

- D. Ho Shin Sul (self-defense) /
basic RAP Ho Shin Sul

- E. Chong Kal Kyurugi (one-step-sparring) /
basic RAP Chong Kal Kyurugi



1st DAN / POOM BLACK BELT PROGRAM

A. Knowledge

1. All geup programs
2. Basic history of Taekwondo
3. Customs and courtesies
4. Student instruction
5. Referee methods
6. Intro assistant to RAP program

B. Poomsae

1. All eight Taegeuks + Yun's forms
2. Koryo
3. Geumgang

C. Motions

1. All blocking techniques
2. All kicking techniques
3. All punching techniques
4. Class manipulation
5. Board breaking techniques
6. Practice of three on one fighting

D. Ho Shin Sul (self-defense) / RAP Ho Shin Sul

E. Chong Kal Kyuryugi (one-step-sparring) / RAP Chong Kal Kyuryugi



2nd DAN / POOM BLACK BELT PROGRAM

- A. Knowledge
 - 1. All geup programs
 - 2. Intro into Taekwondo politics
 - 3. Intro into dojang management
 - 5. Intro into referee & ring management
 - 6. Rap program management

- B. Required poomse
 - 1. All eight Taegeuks + Yun's forms
 - 2. Koryo
 - 3. Geumgang
 - 4. Taeback

- C. Required motions
 - 1. Theory of blocking techniques
 - 2. Theory of kicking techniques
 - 3. Theory of punching techniques

- D. Ho Shin Sul (self-defense) / RAP Ho Shin Sul

- E. Chong Kal Kyuryugi (one-step-sparring) /
RAP Chong Kal Kyuryugi



World Taekwondo Federation Poomsae

Taegeuk 1 Jang

Seq	Step	Turn	Stance	Poom	Movements
Junmbi	-	-	Naranhi-Seogi	Kibon-Jumbi-Seogi	Move left foot one step to the left and face forward.
1	Left	90°	Wen-Apseogi	Arae-Makki	Move into a Wen-Apseogi (walking stance) and left Arae-Makki (down block).
2	Forward	-	Oreun-Apseogi	Momtong-Bandae-Jireugi	Move step into a right Wen-Apseogi (walking stance), right Momtong-Bandae-Jireugi (middle reverse punch).
3	Right	180°	Oreun-Apseogi	Momtong-Bandae-Jireugi	Turn the body to the right and move into a right Wen-Apseogi (walking stance) and right Arae-Makki (down block).
4	Forward	-	Oreun-Apseogi	Momtong-Bandae-Jireugi	Move into a left Wen-Apseogi (walking stance), left Momtong-Bandae-Jireugi (middle reverse punch).
5	Left	90°	Wen-Apkubi	Arae-Makki	Move into a left Wen-Apkubi (front stance) and left Arae-Makki (down block).
6	-	-	Wen-Apkubi	Momtong-Bandae-Jireugi	Keep both feet fixed and right Momtong-Bandae-Jireugi (middle reverse punch).
7	Right	90°	Oreun-Apseogi	Momtong-Anmakki	Turn the body to the right and move into a right Oreun-Apseogi (walking stance) and left Momtong-Anmakki (middle block).
8	Forward	-	Wen-Apseogi	Momtong-Baro-Jireugi	Move into a left Wen-Apseogi (walking stance), right Momtong-Baro-Jireugi (middle straight punch).
9	Left	180°	Wen-Apseogi	Momtong-Anmakki	Turn the body to the left and move into a left Wen-Apseogi (walking stance) and left Momtong-Anmakki (middle block).
10	Forward	-	Oreun-Apseogi	Momtong-Baro-Jireugi	Move into a right Oreun-Apseogi (walking stance), left Momtong-Baro-Jireugi (middle straight punch).
11	Right	90°	Oreun-Apseogi	Arae-Makki	Move into a right Oreun-Apseogi (front stance) and right Arae-Makki (down block).
12	-	-	Oreun-Apkubi	Momtong-Bandae-Jireugi	Keep both feet fixed and left Momtong-Bandae-Jireugi (middle reverse punch).
13	Left	90°	Wen-Apseogi	Eolgool-Makki	Turn the body to the left and move into a left Wen-Apseogi (walking stance) and left Eolgool-Makki (high block).
14	Forward	-	Oreun-Apchagi	Momtong-Bandae-Jireugi	Do a right Apchagi (front kick) and move into a right Oreun-Apchagi (front stance?) and right Arae-Makki (down block).
15	Right	90°	Wen-Apseogi	Eolgool-Makki	Turn the body to the right and move into a right Wen-Apseogi (walking stance) and right Eolgool-Makki (high block).
16	Forward	-	Oreun-Apchagi	Momtong-Bandae-Jireugi	Do a left Apchagi (front kick) and move into a left Oreun-Apchagi (front stance?) and left Arae-Makki (down block).
17	Left	90°	Wen-Apkubi	Arae-Makki	Move into a left Wen-Apkubi (front stance?) and left Arae-Makki (down block).
18	Forward	-	Oreun-Apkubi	Momtong-Bandae-Jireugi (Kiap)	Move into a right Oreun-Apkubi (front stance?) and right Momtong-Bandae-Jireugi and Kiap (middle reverse punch, yell).
Keuman	Left	180°	Naranhi-Seogi	Kibon-Jumbi-Seogi	Using the ball of the right foot as pivot turn the body to the left and face forward.



Yun Poomsae

IL YUN POOMSAE

JOON-BI

1. BOXING STANCE
2. TURN LEFT (90 DEGREES) INTO A LEFT FRONT STANCE, DOWN BLOCK W/LEFT, HIGH BLOCK W/LEFT, PUNCH W/RIGHT, AND BONDUL KICK W/RIGHT.
3. TURN RIGHT (180 DEGREES) IN A RIGHT FRONT STANCE, DOWN BLOCK W/RIGHT, HIGH BLOCK W/RIGHT, PUNCH W/LEFT, AND BONDUL KICK W/LEFT.
4. TURN LEFT (90 DEGREES) INTO A LEFT FRONT STANCE, DOWN BLOCK W/LEFT, DOUBLE OUTSIDE MIDDLE BLOCK STARTING W/LEFT-RIGHT, STEP INTO A RIGHT FRONT STANCE, DOUBLE OUTSIDE MIDDLE BLOCK STARTING W/RIGHT-LEFT.

CHON JIN STEP AND INSIDE KNIFE HAND CHOP TO THE NECK W/RIGHT AND DOWN BLOCK W/LEFT, CHON JIN STEP AND OUTSIDE KNIFE HAND CHOP TO THE NECK W/RIGHT, AND DOWN BLOCK W/LEFT.

ILBO CHON JIN STEP AND INSIDE KNIFE HAND CHOP TO THE NECK W/LEFT AND DOWN BLOCK W/RIGHT, CHON JIN STEP AND OUTSIDE KNIFE HAND CHOP TO THE NECK W/LEFT, AND DOWN BLOCK W/RIGHT.

5. TURN LEFT (90 DEGREES) INTO A LEFT FRONT STANCE, DOWN BLOCK W/LEFT, OUTSIDE MIDDLE BLOCK W/RIGHT, PUNCH W/LEFT, AND FRONT KICK W/RIGHT.
6. TURN RIGHT (180) INTO A RIGHT FORNT STANCE, DOWN BLOCK W/RIGHT, OUTSIDE MIDDLE BLOCK W/RIGHT, PUNCH W/LEFT, FRONT KICK W/LEFT.
7. TURN RIGHT (90 DEGREES) INTO A RIGHT FRONT STANCE, DOWN BLOCK W/RIGHT, CHON JIN STEP BACKFIST W/RIGHT, PUNCH W/LEFT, ROUNDHOUSE KICK W/LEFT, DOWN BLOCK W/LEFT, CHON JIN STEP BACKFIST W/LEFT, PUNCH W/RIGHT, ROUNDHOUSE KICK W/RIGHT
8. TURN LEFT (270 DEGREES) INTO A LEFT FRONT STANCE, KNIFE HAND CHOP TO THE NECK W/LEFT, TURN RIGHT (180 DEGREES) INTO A RIGHT FRONT STANCE, AND KNIFE HAND CHOP TO THE NECK W/RIGHT.
9. TURN RIGHT (180 DEGREES) INTO A RIGHT FRONT STANCE, KNIFE HAND CHOP TO THE NECK W/RIGHT, TURN LEFT (360 DEGREES) INTO A LEFT FRONT STANCE, AND KNIFE HAND CHOP TO THE NECK W/LEFT.

PAROH



E YUN POOMSAE

JOON-BI

1. 1. BOXING STANCE
2. TURN LEFT (90) INTO A LEFT FRONT STANCE, DOWN BLOCK W/LEFT, PUNCH W/RIGHT, AND BONDUL KICK W/RIGHT.
3. TURN RIGHT (180 DEGREES) INTO A RIGHT FRONT STANCE, DOWN BLOCK W/RIGHT, PUNCH W/LEFT, BONDUL KICK W/LEFT.
4. TURN LEFT (90 DEGREES) INTO A LEFT FRONT STANCE, OUTSIDE MIDDLE BLOCK W/LEFT, PUNCH W/RIGHT, ROUNDHOUSE KICK W/RIGHT, INSIDE MIDDLE BLOCK W/RIGHT, PUNCH W/LEFT, ROUNDHOUSE KICK W/LEFT.
5. FACE RIGHT (90 DEGREES) DOUBLE FRONT KICK W/LEFT THEN RIGHT, DOUBLE PUNCH W/RIGHT THEN LEFT.
6. TURN RIGHT (180 DEGREES) INTO A RIGHT FRONT STANCE, FRONT KICK W/LEFT, THEN RIGHT, DOUBLE PUNCH W/RIGHT, THEN LEFT.
7. TURN LEFT (90 DEGREES) INTO A LEFT FRONT STANCE, OUTSIDE MIDDLE CIRCLE BLOCK W/LEFT, SLIDE STEP FORWARD PUSHING OPPONENTS CHIN AND PUNCH W/RIGHT, ROUNDHOUSE KICK W/RIGHT.
8. TURN LEFT (180 DEGREES) INTO A LEFT FRONT STANCE, OUTSIDE MIDDLE CIRCLE BLOCK W/RIGHT, SLIDE STEP FORWARD PUSHING OPPONENTS CHIN AND PUNCH W/LEFT, IL BO CHUN JIN STEP ROUNDHOUSE KICK W/LEFT.
9. TURN RIGHT (180 DEGREES) INTO A LEFT FRONT STANCE, HIGH BLOCK BRINGING OPPONENTS ATTACKING ARM DOWN IN A LEFT-HALF CIRCLE TO YOUR LOWER FRONT HOLDING THEIR ARM AND STEPPING W/RIGHT AND HAMMER FIST W/RIGHT SMASHING ELBOW, LEFT KNEE TO RIBS RETURNING TO RIGHT FRONT STANCE, LOOKING OVER LEFT SHOULDER W/LEFT ELBOW STRIKE TO MID SECTION THEN PALM STRIKE TO GROIN AND BACKFIST TO FACE ALL W/LEFT, JUMPING BACK KICK W/RIGHT LANDING IN A LEFT FRONT STANCE.
10. FACING FORWARD BONDUL W/RIGHT RETURNING INTO A LEFT FRONT STANCE, BACK KICK W/RIGHT LANDING INTO LEFT FRONT STANCE.

PAROH



SAM YUN POOMSAE

JOON-BI

1. BOXING STANCE
2. TURN LEFT (90 DEGREES) LEFT FRONT STANCE, OUTSIDE CIRCLE MIDDLE BLOCK W/LEFT, JAB PUNCH W/LEFT, PUNCH W/RIGHT, ROUNDHOUSE KICK W/RIGHT.
3. TURN RIGHT (180 DEGREES) RIGHT FRONT STANCE, OUTSIDE CIRCLE MIDDLE BLOCK W/RIGHT, JAB PUNCH W/RIGHT, PUNCH W/LEFT, ROUNDHOUSE KICK W/LEFT.
4. TURN LEFT (90 DEGREES) LEFT FRONT STANCE, DOWN BLOCK W/LEFT, PUNCH W/RIGHT, ROUNDHOUSE KICK W/RIGHT, AX KICK W/LEFT THEN RIGHT, ROUNDHOUSE KICK W/LEFT, BACK KICK W/LEFT.
5. FACE LEFT STEP ACROSS W/RIGHT OVER LEFT, HOOK KICK THEN ROUNDHOUSE KICK W/LEFT.
6. STEP ACROSS RIGHT W/LEFT, HOOK KICK THEN ROUNDHOUSE KICK W/RIGHT.
7. TWISTING RIGHT, GRABBING THEN HIP THROW OVER RIGHT HIP, PUNCH W/RIGHT.
8. FACE LEFT (45 DEGREES) LEFT FRONT STANCE, OUTSIDE MIDDLE BLOCK W/LEFT, PUNCH W/RIGHT, AND ROUNDHOUSE KICK W/RIGHT.
9. TURN RIGHT (90 DEGREES) RIGHT FRONT STANCE, OUTSIDE MIDDLE BLOCK W/RIGHT, PUNCH W/LEFT, ROUNDHOUSE KICK W/LEFT.
10. TURN LEFT (45 DEGREES) LEFT FRONT STANCE, HIGH BLOCK W/LEFT, CIRCLE LEFT IN A COUNTER CLOCK WISE DOWN INTO RIGHT HAND, GRABBING W/RIGHT BRINGING FEET TOGETHER, STEPPING FORWARD W/LEFT, BRING RIGHT HAND OVER YOUR HEAD [LIKE COMBING YOUR HAIR] THEN DOWN, SLIDE BACK UP INTO LEFT FRONT STANCE, OUTSIDE MIDDLE BLOCK W/LEFT, PUNCH W/RIGHT, ROUNDHOUSE KICK W/RIGHT, BACK KICK W/LEFT, STEP BACK INTO A RIGHT FRONT STANCE, ROUNDHOUSE KICK W/LEFT, BACK KICK W/RIGHT.
11. TURN LEFT (270 DEGREES) LEFT FRONT STANCE, OUTSIDE MIDDLE BLOCK W/LEFT, PUNCH W/RIGHT, TRIPLE ROUNDHOUSE KICK [LOW, MIDDLE, HIGH] W/RIGHT
12. TURN RIGHT (180 DEGREES) RIGHT FRONT STANCE, OUTSIDE MIDDLE BLOCK W/RIGHT, PUNCH W/LEFT, TRIPLE ROUNDHOUSE KICK [LOW, MIDDLE, HIGH] W/LEFT, HOLDING THE LEFT KNEE UP TURN RIGHT (270 DEGREES) INTO

PAROH



SA YUN POOMSAE

JOON-BI

1. BOXING STANCE
2. BRING FEET TOGETHER AND INHAILING [HANDS ON TOP OF EACH OTHER MOVING UP-WARD ABOVE THE HEAD], THEN HORSE STANCE MOVING HANDS TO 3 & 9 CLOCK POSITIONS, W/HANDS INFRONT OF FACE [PUSHING THE ROCK] EXHAILING, KI-OP.
3. STEP W/RIGHT (90 DEGREES) INTO FIREMANS CARRY, THROWING RIGHT TO LEFT.
4. RETURN TO RIGHT STANCE, OUTSIDE MIDDLE KNIFE HAND BLOCK W/RIGHT, PUNCH W/LEFT, ROUNDHOUSE KICK W/LEFT, HIGH BLOCK W/LEFT, STEPPING UNDER ATTACKERS ARM GRABBING SHOULDER W/RIGHT, RIGHT HIP THROUGH BREAKING ELBOW AND WRIST, LOOKING BEHIND STRIKING GROIN W/LEFT PALM, BACKFIST W/LEFT, RIGHT PUNCH, ROUNDHOUSE KICK W/RIGHT, JUMP SIDE KICK W/RIGHT.
5. FACE RIGHT, STEP LEFT OVER RIGHT, DOUBLE SIDE KICK W/RIGHT [LOW, HIGH], IMMEDIATLY CROSSING RIGHT OVER LEFT, DOUBLE SIDE KICK W/LEFT [LOW, HIGH], KEEPING LEFT KNEE UP TURN RIGHT (90 DEGREES) MIDDLE LEFT FRONT KICK, FOLLOWED BY A JUMPING HIGH RIGHT FRONT KICK, OUTSIDE MIDDLE KNIFE HAND BLOCK, THEN GRABBING ARM, STEP FORWARD INTO A RIGHT STANCE, STRIKE THE ELBOW W/RIGHT KNIFE HAND, SPINNING LEFT UNDER ARM INTO A LEFT FRONT STANCE BRINGING HAND DOWN MAKING OPPONENT STAB THEMSELVES, PHO-JIN STEP, LEFT OUTSIDE MIDDLE KNIFE HAND BLOCK, RIGHT FRONT KICK RETURNING INTO A LEFT FRONT STANCE, RIGHT AX KICK, RIGHT JUMP SPINNING BACK KICK AND LANDING IN A LEFT FRONT STANCE.
6. TURN LEFT (90 DEGREES) INTO A RIGHT FRONT STANCE, SAME TIME DOING A RIGHT INSIDE KNIFE HAND STRIKE W/LEFT DOWN BLOCK, CHUN-JIN STEP, SAME TIME DOING A RIGHT OUTSIDE KNIFE HAND STRIKE LIFTING LEFT ARM, RIGHT KNEE STRIKE.
7. TURN RIGHT (180 DEGREES) INTO A LEFT FRONT STANCE, SAME TIME DOING A LEFT INSIDE KNIFE HAND STRIKE W/RIGHT DOWN BLOCK, CHUN-JIN STEP, SAME TIME DOING A LEFT OUTSIDE KNIFE HAND STRIKE LIFTING RIGHT ARM, LEFT KNEE STRIKE.
8. FACE FRONT BREATHING IN, BRING FEET TOGETHER AND INHAILING [HANDS ON TOP OF EACH OTHER MOVING UP-WARD ABOVE THE HEAD], THEN HORSE STANCE MOVING HANDS TO 3 & 9 CLOCK POSITIONS, W/HANDS INFRONT OF FACE [PUSHING THE ROCK] EXHAILING.

PAROH



OH YUN POOMSAE

JOON-BI

1. STEP BACK INTO A DEEP LEFT FRONT STANCE, SLOW LEFT KNIFE HAND MIDDLE BLOCK WITH LOUD CONTROLLED BREATHING, SLOW RIGHT KNIFE HAND MIDDLE BLOCK WITH LOUD CONTROLLED BREATHING.
2. TURN LEFT (45 DEGREES) INTO A LEFT FRONT STANCE, LEFT HAND GUARDING RIGHT SIDE OF FACE, LEFT CIRCULAR TRAP, RIGHT KNEE MIDDLE STRIKE, TURN RIGHT (90 DEGREES) INTO A RIGHT FRONT STANCE, RIGHT HAND GUARDING LEFT SIDE OF FACE, RIGHT CIRCULAR TRAP, LEFT KNEE MIDDLE STRIKE.
3. TURN LEFT (45 DEGREES) INTO A LEFT FRONT STANCE, LEFT OUTSIDE MIDDLE KNIFE HAND BLOCK THEN GRAB ARM, RIGHT HAND UPPER PUNCH (DISLOCATING ELBOW) RIGHT MIDDLE ELBOW STRIKE (RIBS), RIGHT ELBOW STRIKE (FACE), TURN RIGHT (45 DEGREES) INTO A RIGHT FRONT STANCE, RIGHT OUTSIDE MIDDLE KNIFE HAND BLOCK THEN GRAB ARM, LEFT UPPER PUNCH (DISLOCATING ELBOW), LEFT MIDDLE ELBOW STRIKE (RIBS), LEFT ELBOW STRIKE (FACE).
4. TURN LEFT (45 DEGREES) INTO A LEFT FRONT STANCE, LEFT OUTSIDE KNIFE HAND MIDDLE BLOCK THEN GRAB ARM, FROM A HORSE STANCE, RIGHT HAND GRABBING THROAT, PULLING OPPONENT OVER RIGHT LEG, RIPPING THROAT, LEFT PUNCHING FACE, RIGHT KNEELING POSITION, LEFT HIGH BACK KICK, THEN RIGHT HIGH BACK KICK, LOOK FORWARD, ROLL BACKWARDS INTO A RIGHT FRONT STANCE, JUMP SPINNING BACK KICK WITH RIGHT FOOT, LANDING INTO A RIGHT FRONT STANCE.
5. TURN LEFT (270 DEGREES) INTO A LEFT FRONT STANCE, RIGHT HIGH ROUND HOUSE KICK, LEFT JUMPING BACK KICK, FACING OPPOSITE DIRECTION, TURN RIGHT (90 DEGREES) RIGHT FRONT KICK, LEFT FRONT KICK, THEN A RIGHT FRONT KICK, FROM A RIGHT FRONT STANCE SLIDING BACKWARD W/ LOW MOUNTAIN BACK FIST STRIKE, AGAIN FROM A RIGHT FRONT STANCE, SLIDING BACKWARD W/ HIGH MOUNTAIN BACK FIST STRIKE.
6. STEPPING FORWARD INTO A LEFT FRONT STANCE, DOUBLE KNIFE HAND BLOCK PUSHING LEFT, MOVING INTO A RIGHT LEG SWEEP RETURNING INTO A LEFT FRONT STANCE, HIGH RIGHT ROUND HOUSE KICK W/ SPINNING LEFT AX KICK, HIGH LEFT ROUND HOUSE KICK W/ SPINNING RIGHT AX KICK, REPEAT NUMBER #1 FROM THE LEFT FRONT STANCE.

PAROH



Contact Information

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Locations

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Chief Instructor: Master Chae

Instructor: KyoSaNim Lynda Henry



ChaeHookSung Martial Arts

Application for Promotion Test

DATE OF BIRTH: DAY _____ MONTH _____ YEAR _____ AGE _____

STUDENT NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

CURRENT RANK: _____

1. Student will perform a minimum of two (2) forms except White Belts
2. Complete promotion quiz – <http://www.chaehooksung.com/quiz>
3. Blue Belts through Poome Belts must break minimum of:
 - (1) board with foot
 - (1) board with hand technique
4. Monthly dues and promotion prices must be paid prior to testing.
5. Uniform must be clean and WTF and ChaeHookSung Martial Arts approved.
6. Promotion Prices:

Color Belt (Geup)

White through Yellow Belts:	\$20
Orange through Green Belts:	\$30
Blue through Brown Belts:	\$50

Black Belt Testing

1 st Dan/Poome	\$250.00
2 nd Dan/Poome	\$300.00
3 rd Dan/Poome	\$375.00

I HEREBY SUBMIT THIS APPLICATION FOR A PROMOTION TEST IN ACCORDANCE WITH THE PROMOTION REGULATION OF CHAE HOOK SUNG TAEKWONDO & I UNDERSTAND THAT ALL FEES MUST BE PAID BEFORE TESTING.

SIGNATURE OF APPLICANT
(SIGNATURE OF PARENT)

I HEREBY RECOMMEND THE PERSON ABOVE AS BEING WELL QUALIFIED FOR THE PROMOTION TEST TO BE CONDUCTED BY CHAE HOOK SUNG TAEKWONDO.

DATE: _____

RECOMMENDING INSTRUCTOR