Northwestern Michigan College TaeKwon-Do

Training Manual
for
All instructors and students of
Northwestern Michigan College TaeKwon-Do

This Training Manual Belongs To:

Name: _____ Rank: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____

Developed By:
Master Andrew S. Johnson, 4th Dan (retired Chief Master Instructor)
Updated and revised by Dale A. Inman, 3rd Dan

DEDICATION

As I waited to play basketball I heard this loud bang in the corner of the gymnasium. Upon investigation I saw this skinny guy kicking this heavy bag with such force that he folded it in half as he kicked. I was amazed and could not believe this skinny guy could cause this much damage to a heavy bag. I figured if he could do it I could too. This was my first lesson in TaeKwon-Do.

To my instructor:

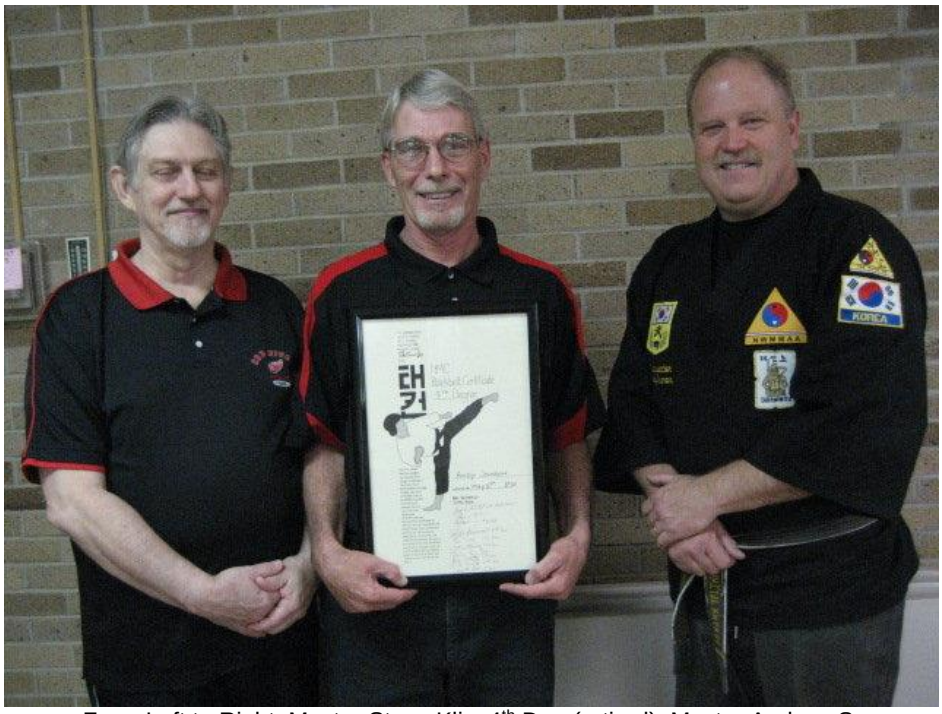
Master Andrew S. Johnson (retired, 4th Dan)

You've taught us all what a true Martial Artist is and represents.

A very grateful student

A special thanks to ***Master Steve Klix (4th) Dan retired****, for your never-ending contributions to the club and for teaching this student the importance of blocking.*

Your physical and mental abilities will always be remembered.



From Left to Right: Master Steve Klix, 4th Dan (retired); Master Andrew S. Johnson, 4th Dan (retired); and Dale Inman, 3rd Dan

PROTOCOL FOR CLASS TRAINING

1. Always bow when entering or leaving the *dojang* (training area).

2. If you're late for class, wait for the instructor to acknowledge you before joining class.

3. When lining up for class, the front row of students should turn around and line up the class members behind them. Rows should be straight and in order quickly.

4. The following are not allowed in the *dojang*: food, drink, gum, tobacco, jewelry, long nails, and unnecessary or excessive noise.

5. Once class begins, students are not permitted to leave unless they are ill or have obtained prior permission. Students should always "bow out" when before leaving. If you feel light-headed or sick during class, sit down immediately.

6. Your uniform (*dobak*) should be treated with utmost respect. Keep it clean and wear it properly. Likewise your belt signifies your achievements in martial arts and should never touch the ground and must be tied correctly before entering the *dojang*.

7. All students, instructors and other members are to be addressed as Mr., Ms., Sir or Ma'am.

8. Although questions are always welcome, keep extraneous talking to a bare minimum during class.

9. Testing is a privilege; only students who have demonstrated hard work and earnest training will have the honor of seeking a new goal. Your progress will be observed and you will be tested periodically.

10. Tae Kwon Do is a martial art. When standing or sitting, assume the postures of a martial artist, postures that will command respect, not the lack of it.

11. Remember: behave as both a human being and a martial artist. Your conduct whether in class or out, reflects upon your fellow students, instructors, and your school. Display self-confidence, honesty and sincerity. Remember, many people will have helped you along the ways; what you have received, be happy to give. Ultimately you will be judged only on your effort and compared only to yourself.

CLASS PROCEDURE

Upon entering and exiting the *dojang* (training place), students shall bow at the main door and then at the border of the workout area (the black line). If the class has already begun, before entering a student will, after bowing, wait for the instructor's acknowledgment and his/her permission to join the class. (Remember: TaeKwon-Do was first a military martial art, and much of what we do symbolizes discipline representative of the military.)

When class begins the instructor will have all students line up by rank and seniority. The front row will turn and face the second, third, fourth row, etc., and line the class up. The "commanding member" (student of highest rank/seniority) is responsible for this. The following sequence of commands will then be issued by the commanding member:

Doe Rha	Turn and face the instructor
Cha Ryut	Attention
Kyung Yet	Bow to the instructor
Doe Rha	Turn and face the flags
Cha Ryut	Attention
Kyung Yet	Bow to the flags
An Jo	Sit Down
Mook Yum	Meditate

The instructor will then clap his/her hands together, at which time the students will open their eyes as they come out of meditation. The instructor will give the command to stand up and run the students through warm up exercises.

During class, talking will be kept to a minimum. If you have a question raise your hand and address the instructor as Mr./Ms. _____. All other students regardless of rank will be addressed as Mr., Mrs., Miss, or Ms. If it should be necessary for a student to leave the *dojang* before class is over, prior permission from the instructor must be obtained. **If you feel sick or faint, sit down immediately. DO NOT** wait and possibly injure yourself by falling down. The instructor will assist you immediately.

At the end of class the following sequence of commands will be issued:

Doe Rha	Turn and face the instructor
Cha Ryut	Attention
Kyung Yet	Bow to the instructor
Doe Rha	Turn and face the flags
Cha Ryut	Attention
Kyung Yet	Bow to the flags
Doe Rha	Turn and face the commanding member
Cha Ryut	Attention
Kyung Yet	Bow to the commanding member
An Jo	Sit down
Mook Yum	Meditate

The instructor will then clap his/her hands together, at which time the students will open their eyes as they come out of meditation. Remain seated as the instructor asks for questions from the class. Once questions and answers are given, the instructor will ask you to stand up and the following commands are given:

Cha Ryut	Attention
Kyung Yet	Bow to the instructor

A brief pause while you stand at attention is required here as a show of respect. During this time stand at attention and KEEP YOUR EYES FORWARD.

Your instructor will dismiss you, "Class dismissed."

Once again, do not forget to bow as you exit the *dojang*, first at the black line border to the workout area and then the main door to the gymnasium.

STUDENT'S PROVERB

The Martial Arts Sensei is very much like the Zen Master; He has not sought out the student, nor does he prevent him/her from leaving. If the student wants guidance in climbing the steep path to expertise, the instructor is willing to act as guide – on the condition that the student is prepared to take care of him/herself along the way. The instructor's function is to delegate to the student exactly those tasks, which he is capable of mastering, and then to leave him/her as much as possible to him/herself and his/her inner abilities. The student may follow in the steps of his/her guide or choose an alternate path – the choice is his/hers.

The instructor first teaches technique without discussing its significance; he simply waits for the student to discover this for him/herself. If the student has the necessary dedication, and the teacher provides the proper spiritual inspiration, then the meaning and essence of the martial arts will finally reveal themselves to him/her.

-- A Zen Master

STUDENTS' OATH FOR TRAINING

We, as students and members of **NMC TaeKwon-Do**, will, with utmost discipline, train our minds and bodies to a strict code. We, as members, will obey all rules set forth and will obey our instructors.

EXPLANATION OF TENETS

As explained by Tom Wessels, 2nd Dan

1. **Courtesy.**

   In exercising courtesy, TaeKwon-Do students behave according to proper etiquette. We promote a spirit of mutual concession, we are polite to each other, and we respect each other's possessions, and handle matters with fairness and sincerity. Courtesy also encourages a sense of justice and humanity, distinguishing instructor from student, senior from junior, and elder from younger.

2. **Integrity**.

   To exhibit integrity, TaeKwon-Do students must be able to define right from wrong, and have the conscience, if wrong, to feel guilt. Students and instructors who show integrity never misrepresent our art or ourselves and never use our art for material gain or simply to fulfill our own ego.

3. **Perseverance**.

   In order to achieve anything, whether it is the perfection of a given technique or the next belt rank, we must set a goal, and then constantly persevere. One of the most important secrets in becoming a leader in TaeKwon-Do is to overcome every difficulty by exercising persistence and perseverance. "One who is impatient in trivial matters can seldom achieve success in matters of great importance." - Confucius

4. **Self Control**.

   This tenet is extremely important both inside and outside the *dojang*, whether in free sparring or conducting our personal affairs. A loss of self-control in sparring or self-defense exercises can cause severe injury to both you and your opponent. Likewise a loss of self-control in life can lead to personal failure. "Stronger is the person who wins over oneself rather than over someone else." – Lao-Tzu

5. **Indomitable Spirit**.

   The student of TaeKwon-Do will, if confronted with injustice, deal with the belligerent without any fear or hesitation at all, regardless of whoever and however many there may be. History has proven that those who have pursued their dreams earnestly and strenuously with indomitable spirit have never failed to achieve their goals.

ELEMENTS OF POWER

As explained by Tom Wessels, 2nd Dan

TaeKwon-Do is the technique of unarmed combat for self-defense. Interpreted literally, *Tae* means "to strike with the feet," *Kwon* refers to "punching" or "destroying with the hand or fist," and *Do* means "way" or "method". TaeKwon-Do seeks to implant stability, but never tolerates rigidity. It insists on flexibility, but never accepts chaos. It exists as a science, a sport, and an art.

The power achieved in TaeKwon-Do is based on several factors, most of which find their basis in Newtonian physics. They include the following:

1. **Acceleration.**

   The single most important factor involved in the development of power is acceleration. This is demonstrated in Newton's second law of motion which states that the product of the mass and acceleration of an object is equal to its force (F=ma). This leads to an interesting conclusion: no one can change the mass of his or her fist or foot. The only way to activate the force contained in the fist or foot is through the addition and control of acceleration.

2. **Force**.

   As crucial as speed and acceleration are, we cannot underestimate the importance of muscular strength. Well-trained, powerful, elastic muscles are mandatory in TaeKwon-Do. Therefore, training for strength and precision cannot be overemphasized. It is essential, however, that students use only those muscles needed for a specific movement. Much energy is wasted in tensing muscles, which are not needed for a particular action.

3. **Equilibrium or Balance**.

   Equilibrium or balance is of utmost importance in any type of athletics. In TaeKwon-Do the unbalanced opponent is easily toppled, and his techniques are ineffective and weak. Balance is achieved through proper stances which are stable yet flexible for quick attack and instant recovery and defense. The center of gravity should be placed correctly, and flexibility and knee spring always maintained. Finally, the heel of the rear foot should always be on the ground at the point of impact for maximum power.

4. **Breath Control**.

   Controlled breathing affects one's stamina and can condition the body to either receive a blow or augment the power of a blow directed toward an opponent. Breath control can prevent loss of consciousness and lessen pain. Through practice, stopping the breath at precisely the correct instant during the execution of a technique and then sharply exhaling at the moment of impact can help concentrate power and promote speed, while a slow inhaling helps the preparation of the next movement. Never inhale while focusing a

block or blow; this results in a loss of power. Students should also practice disguised breathing to conceal any outward signs of fatigue.

5. **Reaction Force**.

   Newton's third law of mechanics states that for every action force there is an equal and opposite reaction force. Therefore, when an opponent rushes toward you, and you direct a blow at his head, he will experience the combined force of both your technique and his charging. This element of power is also utilized when we punch with one hand and pull the other back with equal force. This creates a torque caused by what is known in physics as a "couple," and maximizes power.

6. **Concentration or Focus**.

   In physics, pressure is defined as force per unit area. Therefore, concentrating a force through a very small area can increase pressure. For example, water from a hose will travel farther when the size of the spout is decreased. Conversely, the mass of a person spread out on snowshoes makes little impression on snow. Therefore, TaeKwon-Do techniques are most effective when their force is exerted on the smallest possible target area. In addition, when performing TaeKwon-Do techniques, all the muscles of the body, particularly the large muscles of the legs and abdomen, need to act as a unit, suddenly unleashing the body's maximum power at the point of contact.

RANKING

The ITF ranking system consists of six solid color belts; white, yellow, green, blue, red, and black. These ranks are referred to as “gup” (or “kup”) levels until the student has reached the first degree of black belts, referred to as “dan”.

Colored belt ranks are defined as follows (from lowest to highest rank):

	Grade Level	Description
	10th *gup*	White - Signifies innocence, as that of the beginning student who has no previous knowledge of TaeKwon-Do.
	9th *gup*	White with yellow stripe
	8th *gup*	Yellow - Signifies the earth from which a plant sprouts and takes root as the foundation of TaeKwon-Do is being laid.
	7th *gup*	Yellow with green stripe
	6th *gup*	Green - Signifies the plant's growth as TaeKwon-Do skills begin to develop.
	5th *gup*	Green with blue stripe
	4th *gup*	Blue - Signifies the Heaven towards which the plant matures into a towering tree as training in TaeKwon-Do progresses.
	3rd *gup*	Blue with red stripe
	2nd *gup*	Red - Signifies Danger, cautioning the student to exercise control and warning the opponent to stay away.
	1st *gup*	Red with black stripe
	1st *dan*	Black - Opposite of white, therefore signifying maturity and proficiency in TaeKwon-Do; also indicates the wearer's imperviousness to darkness and fear. Must remain at this rank at least 5 years.
	2nd *dan*	Must remain at this rank at least 5 years
	3rd *dan*	Must remain at this rank at least 5 years
	4th *dan*	Master Black Belt

“A black belt is nothing more than a belt that goes around your waist. Being a black belt is a state of mind and attitude.”
- Rick English

NMC TAEKWON-DO TESTING REQUIREMENTS

1. Proper mental attitude.
2. Clean, pressed uniform (optional for this rank only).
3. Recommendation from instructor.

White Belt (10th gup) to White with Yellow Strip (9th gup)

These are minimum requirements for passing.

1. Exercise *Saju Jirugi* (Four-directional Punch).
2. Punches in *kima* stance.
3. Lower, middle, and high outer-forearm blocks followed by a walking stance reverse punch.
4. Front kick (both legs) from a walking stance.
5. Three-step attack and defense (both sides).
6. Self-defense techniques.
7. Break one board with a front kick or a reverse punch.
8. Break falls #1 (backward) and #2 (forward).
9. Rear naked choke hold, both sides.

Optional:

10. Back leg side kick from walking stance to the front.
11. Pattern (*"hyeong"*) *Chon-Ji*.

NMC TAEKWON-DO

Testing comments and recommendations for next test.

NMC TAEKWON-DO TESTING REQUIREMENTS

1. Proper mental attitude.
2. Clean, pressed uniform (optional for this rank only).
3. Recommendation from instructor.

White with Yellow Stripe (9th gup) to Yellow Belt (8th gup)

These are minimum requirements for passing.

1. Exercise *Saju Jirugi* (Four-directional Punch).
2. Pattern (*"hyeong"*) *Chon-Ji*.
3. L-stance outer-forearm blocks (low, middle, high)
4. Reverse punch from L-stance to walking stance, using both hands.
5. Front, round, and side kicks from L-stance towards front (both legs).
6. Three-step attack and defense (both sides).
7. One-step attack and defense (both sides).
8. Self-defense techniques.
9. Controlled free sparring.
10. Break one board (side kick and reverse punch).
11. Break falls #1 (backward), #2 (forward), and #3 (side).
12. Rear naked choke hold, standing (both sides).

Optional:

13. Pattern (*"hyeong"*) *Dan-Gun*.
14. Hook kick.

NMC TAEKWON-DO

Testing comments and recommendations for next test.

NMC TAEKWON-DO TESTING REQUIREMENTS

1. Proper mental attitude.
2. Clean, pressed uniform (optional for this rank only).
3. Recommendation from instructor.

Yellow Belt (8th gup) to Yellow Belt with Green Stripe (7th gup)

These are minimum requirements for passing.

1. Exercise *Saju Jirugi* (Four-directional Punch).
2. Patterns (*"hyeong"*) *Chon-Ji*, *Dan-Gun*.
3. L-stance outer knife-hand guarding block (low, middle, high).
4. L-stance to walking stance reverse punch.
5. Walking stance back fist moving forward and backward.
6. X-blocks moving forward and backward.
7. Front, round, side, and hook kicks from L-stance forward (both legs).
8. Three-step attack and defense (both sides).
9. One-step attack and defense (both sides).
10. Two-step attack and defense (both sides).
11. Self-defense techniques.
12. Controlled free sparring.
13. Break one board (front kick, side kick, *sudo*-strike, and reverse punch).
14. Break falls #1 (backward), #2 (forward), #3 (side), and #4 (forward roll).
15. Rear naked choke hold, standing (both sides), half guard.
16. Forearm choke (from the full guard position).

Optional:

17. Pattern (*"hyeong"*) *Do-San*.
18. Break one board with hook kick.

NMC TAEKWON-DO

Testing comments and recommendations for next test.

NMC TAEKWON-DO TESTING REQUIREMENTS

1. Proper mental attitude.
2. Clean, pressed uniform (optional for this rank only).
3. Recommendation from instructor.

Yellow Belt with Green Stripe (7th gup) to Green Belt (6th gup)

These are minimum requirements for passing.

1. Exercise *Saju Jirugi* (Four-directional Punch).
2. Patterns (*"hyeong"*) *Chon-Ji*, *Dan-Gun*, *Do-San*.
3. Spinning back fists (both hands).
4. Finger tip (thrust) strike in walking stance (both hands).
5. Front, round, side, crescent, and hook kicks from L-stance toward front (both legs).
6. Step-in side kick (both legs).
7. Three-step attack and defense (both sides).
8. One-step attack and defense (both sides).
9. Two-step attack and defense (both sides).
10. Self-defense techniques.
11. Controlled free sparring.
12. Breaking: reverse punch, *sudo*, ridge, back fist, and palm heel (both hands); front kick, side kick, round kick, and hook kick (both legs).
13. Advanced technique or form.
14. Arm bar one, Kimura arm bar two.

Optional:

15. Pattern (*"hyeong"*) *Won-Hyo*.
16. Spinning hook or crescent kick.

NMC TAEKWON-DO

Testing comments and recommendations for next test.

NMC TAEKWON-DO TESTING REQUIREMENTS

1. Proper mental attitude.
2. Clean, pressed uniform (optional for this rank only).
3. Recommendation from instructor.

Green Belt (6th gup) to Green Belt with Blue Stripe (5th gup)

These are minimum requirements for passing.

1. Exercise *Saju Jirugi* (Four-directional Punch).
2. Patterns (*"hyeong"*) *Chon-Ji*, *Dan-Gun*, *Do-San*, *Won-Hyo*.
3. Walking stance double forearm blocks.
4. Walking stance front elbow strike.
5. X-stance back fist side-strike.
6. Front, round, side, crescent, and hook kicks from L-stance toward front (both legs).
7. Spinning hook, crescent kicks.
8. Three-step attack and defense (both sides).
9. One-step attack and defense (both sides).
10. Two-step attack and defense (both sides).
11. Self defense techniques.
12. Controlled free sparring.
13. Breaking: reverse punch, *sudo*, ridge, back fist, and palm heel (both hands); front kick, side kick, round kick, and hook kick (both legs).
14. Advanced technique or form.
15. Shoot take down (best side), defensive take down (half guard).

Optional:

16. Pattern (*"hyeong"*) *Yul-Gok*.
17. Breaking: step-in side kick, two (2) boards

NMC TAEKWON-DO

Testing comments and recommendations for next test.

NMC TAEKWON-DO TESTING REQUIREMENTS

1. Proper mental attitude.
2. Clean, pressed uniform (optional for this rank only).
3. Recommendation from instructor.

Green Belt with Blue Stripe (5th gup) to Blue Belt (4th gup)

These are minimum requirements for passing.

1. Exercise *Saju Jirugi* (Four-directional Punch).
2. Patterns (*"hyeong"*) *Chon-Ji*, *Dan-Gun*, *Do-San*, *Won-Hyo*, *Yul-Gok*.
3. Rear foot stance palm upward block.
4. Walking stance twin fist upset punch.
5. Walking stance upper elbow strike.
6. Fixed stance U-shaped blocks.
7. Front, round, side, crescent and hook kicks from L-stance toward front (both legs).
8. Spinning hook, crescent, side kicks, step-in side kicks.
9. Three-step attack and defense (both sides).
10. One-step attack and defense (both sides).
11. Two-step attack and defense (both sides).
12. Self defense techniques.
13. Controlled free sparring.
14. Breaking: reverse punch, *sudo*, ridge, back fist, palm heel (both hands);
    front kick, side kick, round kick, hook kick, and step-in side kick (both legs).
15. Advanced technique or form.
16. Mounts (half), (full), Arm bar (Americana).

Optional:

17. Pattern (*"hyeong"*) *Joong-Gun*.
18. Breaking: flying front kick, two (2) boards.

NMC TAEKWON-DO

Testing comments and recommendations for next test.

NMC TAEKWON-DO TESTING REQUIREMENTS

1. Proper mental attitude.
2. Clean, pressed uniform (optional for this rank only).
3. Recommendation from instructor.

Blue Belt (4th gup) to Blue Belt with Red Stripe (3rd gup)

These are minimum requirements for passing.

1. Exercise *Saju Jirugi* (Four-directional Punch).
2. Patterns (*"hyeong"*) *Chon-Ji*, *Dan-Gun*, *Do-San*, *Won-Hyo*, *Yul-Gok*, *Joong-Gun*.
3. X-stance double lower crossing blocks.
4. Walking stance upset fingertip thrust.
5. Front, round, side, crescent, and hook kicks from L-stance (both legs).
6. Flying front kicks.
7. Three-step attack and defense (both sides).
8. One-step attack and defense (both sides).
9. Two-step attack and defense (both sides).
10. Self defense techniques.
11. Controlled free sparring.
12. Breaking: reverse punch, *sudo*, ridge, back fist, and palm heel (both hands); front kick, side kick, round kick, and hook kick (both legs).
13. Advanced technique or form.
14. Mounts (side), (rear).

Optional:

15. Pattern (*"hyeong"*) *Toi-Gye*.
16. Breaking: flying side kick, three (3) boards.

NMC TAEKWON-DO

Testing comments and recommendations for next test.

NMC TAEKWON-DO TESTING REQUIREMENTS

1. Proper mental attitude.
2. Clean, pressed uniform (optional for this rank only).
3. Recommendation from instructor.

Blue Belt with Red Stripe (3rd gup) to Red Belt (2nd gup)

These are minimum requirements for passing.

1. Exercise *Saju Jirugi* (Four-directional Punch).
2. Patterns (*"hyeong"*) *Chon-Ji*, *Dan-Gun*, *Do-San*, *Won-Hyo*, *Yul-Gok*, *Joong-Gun*, *Toi-Gye*.
3. Twin palm pressing blocks in L-stance.
4. 45 degree inner forearm block, reverse punch combination.
5. 45 degree inner forearm block, spinning hook kick combination.
6. Front, round, side, crescent, and hook kicks from L-stance (both legs).
7. Butterfly kicks, flying front kicks, flying side kicks.
8. Three-step attack and defense (both sides).
9. One-step attack and defense (both sides).
10. Two-step attack and defense (both sides).
11. Self defense techniques.
12. Controlled free sparring.
13. Breaking: reverse punch, *sudo*, ridge, back fist, and palm heel (both hands);
    front kick, side kick, round kick, hook kick, and spinning side kick (both legs).
14. Advanced technique or form.
15. Triangle choke, ankle lock.

Optional:

16. Pattern (*"hyeong"*) *Hwa-Rang*.
17. Breaking: flying side kick, four (4) boards.

NMC TAEKWON-DO

Testing comments and recommendations for next test.

NMC TAEKWON-DO TESTING REQUIREMENTS

1. Proper mental attitude.
2. Clean, pressed uniform (optional for this rank only).
3. Recommendation from instructor.

Red Belt (2nd gup) to Red Belt with Black Stripe (1st gup)

These are minimum requirements for passing.

1. Exercise *Saju Jirugi* (Four-directional Punch).
2. Patterns (*"hyeong"*) *Chon-Ji*, *Dan-Gun*, *Do-San*, *Won-Hyo*, *Yul-Gok*, *Joong-Gun*, *Toi-Gye*, *Hwa-Rang*.
3. "Nine" blocks from walking stance.
4. *Kima* stance reverse inner forearm blocks.
5. Reverse *sudo*-strike in L-stance.
6. Front, round, side, crescent, and hook kicks from L-stance (both legs).
7. Butterfly kicks, flying front kicks, flying side kicks, twist kicks mid-section.
8. Three-step attack and defense (both sides).
9. One-step attack and defense (both sides).
10. Two-step attack and defense (both sides).
11. Self defense techniques.
12. Controlled free sparring.
13. Breaking: reverse punch, *sudo*, ridge, back fist, and palm heel (both hands);
    front kick, side kick, round kick, hook kick, and step-in side kick (both legs).
14. Advanced technique or form.
15. Go go plata, Guillotine.

Optional:

16. Pattern (*"hyeong"*) *Choong-Moo*.
17. Breaking: twist kick.

NMC TAEKWON-DO

Testing comments and recommendations for next test.

NMC TAEKWON-DO

1st Dan thru 3rd Dan Testing Requirements

Candidate Name: _____ Test Date: _____ Current Rank: _____ Last Test: _____

Form	Grade	Comments
Saju Jirugi (16) Exercise		
Chon-Ji (19) 9th gup		
Dan-Gun (21) 8th gup		
Do-San (24) 7th gup		
Won-Hyo (28) 6th gup		
Yul-Gok (38) 5th gup		
Joong-Gun (32) 4th gup		
Toi-Gye (37) 3rd gup		
Hwa-Rang (29) 2nd gup		
Choong-Moo (30) 1st gup		
Kwang-Gae (39) 1st Dan		
Po-Eun (36) 1st Dan		
Ge-Baek (44) 1st Dan		

Eui-Am (45) 2nd Dan		
Choong-Jang (52) 2nd Dan		
Ko-Dang (39) 2nd Dan		
Sam-Il (33) 3rd Dan		
Yoo-Sin (68) 3rd Dan		
Choi-Yong (46) 3rd Dan		
Different Style		
Special Technique or Form		
Opposite/Reverse		

Tenets of Taekwon-Do	**Grade**	**Comments**
Courtesy		
Integrity		
Perseverance		
Self-Control		
Indomitable Spirit		

Five Theories of Power	**Grade**	**Comments**
Reaction Force		

Concentration		
Balance		
Breath Control		
Speed & Mass		

Three-Step Sparring		**Two-Step Sparring**		**One-Step Sparring**	
Grade	Comments	Grade	Comments	Grade	Comments

Breaking: Hand Techniques				**Breaking: Foot Techniques**			
Technique	Grade	Right	Left	Technique	Grade	Right	Left
Punch				Front Kick			
Sudo				Side Kick			
Back Fist				Round Kick			
Ridge Hand				Hook Kick			
Palm Heel				Back Kick			
Elbow				Spin Kick			
Opt. Breaks				Opt. Breaks			

Free Sparring: One Opponent		**Free Sparring: Two Opponents**	
Grade	Comments	Grade	Comments

Demonstration of Advanced Techniques or Teaching, if required

Questions by Examining Board

Overall Grad **(6.0 or higher to pass)**	**Examiner's Signature/Rank**