



**HF MARTIAL ARTS**

# **GRADING SYLLABUS**

**1<sup>ST</sup> DAN BLACK BELT**

**TO**

**2<sup>ND</sup> DAN BLACK BELT**

## Kwang-Gae Tul

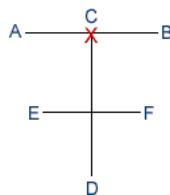
Interpretation: Kwang-Gae is named after the famous Kwang-Gae-Toh-Wang, the 19<sup>th</sup> King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of the lost territory. The 39 movements refer to the first two figures of 391 AD, the year he came to the throne.

Ready stance: Parallel ready stance with a heaven hand

No of moves: 39

No of stances: 6

Pattern diagram:



The instructions for this pattern assume that the student is standing on line AB and facing D.

1. Bring the left foot to the right foot, forming a close ready stance B toward D, bringing both hands in a circular motion.
2. Move the left foot to D, forming a left walking stance toward D while executing an upset punch to D with the right fist.  
*Perform in slow motion.*
3. Move the right foot to D, forming a right walking stance toward D while executing an upset punch to D with the left fist.  
*Perform in slow motion.*
4. Move the left foot to the side front of the right foot, and then move the right foot to D, forming a right walking stance toward D, at the same time executing a high hooking block to D with the right palm.  
*Perform in a double stepping motion.*
5. Move the right foot to C in a sliding motion to form a right L-stance toward D, at the same time executing a low guarding block to D with a knife-hand.
6. Move the right foot to the side of the left foot and then move the left foot to D, forming a left walking stance toward D while executing a high hooking block to D with the left palm.  
*Perform in a double stepping motion.*
7. Move the left foot to C in a sliding motion forming a left L-stance toward D while executing a low guarding block to D with a knife-hand.
8. Move the left foot to D, forming a right rear foot stance toward D while executing a high guarding block to D with a knife-hand.
9. Move the right foot to D, forming a left rear foot stance toward D while executing a high guarding block to D with a knife-hand.
10. Move the left foot to the side front of the right foot and then turn counter-clockwise, pivoting with the left foot, to form a left walking stance toward C while executing an upward block to C with the right palm.  
*Perform in a slow motion.*

### **Kwang-Gae Tul (cont'd)**

11. Move the right foot to C, forming a right walking stance toward C while executing an upward block to C with the left palm.

***Perform in a slow motion.***

12. Execute a low front block with the right knife-hand in a circular motion, hitting the left palm while bringing the left foot to the right foot to form a close stance toward C.

13. Execute a pressing kick to E with the left foot, keeping the position of the hands as they were in 12.

14. Execute a middle side piercing kick to E with the left foot, keeping the position of the hands as they were in 13.

***Perform 13 and 14 in a consecutive kick.***

15. Lower the left foot to E, forming a right L-stance toward E while executing a high inward strike to E with the right knife-hand and bringing the left side fist in front of the right shoulder.

16. Execute a downward strike to E with the left side fist while forming a close stance toward C, pulling the left foot to the right foot.

17. Execute a pressing kick to F with the right foot, keeping the position of the hands as they were in 16.

18. Execute a middle side piercing kick to F with the right foot, keeping the position of the hands as they were in 17.

***Perform 17 and 18 in a consecutive kick.***

19. Lower the right foot to F, forming a left L-stance toward F while executing a high inward strike to F with the knife-hand and bringing the right side fist in front of the left shoulder.

20. Execute a downward strike to F with the right side fist while forming a close stance toward C, pulling the right foot to the left foot.

21. Move the left foot to C, forming a left low stance toward C while executing a pressing block with the right palm.

***Perform in slow motion.***

22. Move the right foot to C, forming a right low stance toward C while executing a pressing block with the left palm.

***Perform in a slow motion.***

23. Move the right foot to D in a stamping motion to form a sitting stance toward F while executing a high side strike to D with the right back fist.

24. Execute a middle block to D with the right double forearm while forming a right walking stance toward D, pivoting with the left foot.

25. Execute a low reverse block to D with the left forearm while shifting to C, maintaining a right walking stance toward D, keeping the position of the right hand as it was in 24.

26. Execute a high thrust to D with the right flat fingertip while forming a right low stance toward D, slipping the right foot to D.

***Perform in slow motion.***

27. Move the left foot on line CD in a stamping motion to form a sitting stance toward F while executing a high side strike to C with the left back fist.

28. Execute a middle block to C with the left double forearm while forming a left walking stance toward C, pivoting with the left foot.

29. Execute a low reverse block to C with the right forearm while shifting to D, maintaining a left walking stance toward C, keeping the position of the left hand as it was in 28.

30. Execute a high thrust to C with the left flat fingertip while forming a left low stance toward C, slipping the left foot to C.

31. Move the right foot to C in a stamping motion, forming a right walking stance toward C while executing a high vertical punch to C with a twin fist.

32. Move the left foot to A in a stamping motion, forming a left walking stance toward A while executing an upset punch to A with a twin fist.

### **Kwang-Gae Tul (cont'd)**

33. Execute a middle front snap kick to A with the right foot, keeping the position of the hands as they were in 32.
34. Lower the right foot to the left foot, and then move the left foot to A to form a left L-stance toward B while executing a middle guarding block to B with a knife-hand.
35. Move the left foot to B, forming a left walking stance toward B while executing a high punch to B with the left fist.
36. Move the right foot to B in stamping motion, forming a right walking stance toward B while executing an upset punch to B with a twin fist.
37. Execute a middle front snap kick to B with the left foot, keeping the position of the hands as they were in 36.
38. Lower the left foot to the right foot, and then move the right foot to B to form a right L-stance toward A at the same time executing a middle guarding block to A with a knife-hand.
39. Move the right foot to A, forming a right walking stance toward A while executing a high punch to A with the right fist.

After the final move, the name of the pattern should be called out. The final move and stance should be held until the command “baro” is given; at this point the left leg is moved to form parallel ready stance with heaven hand facing D.

## Po-Eun Tul

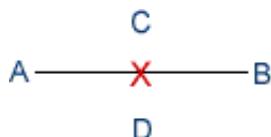
Interpretation: Po-Eun is the pseudonym of a loyal subject Chong Mong-Chu (1400) who was a famous poet and whose poem "I would not serve a second master though I might be crucified a hundred times" is known to every Korean. He was also a pioneer in the field of physics. The diagram represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.

Ready stance: Parallel ready stance with a heaven hand

No of moves: 36

No of stances: 5

Pattern diagram:



1. Move the left foot to B, forming a right L-stance toward B while executing a middle guarding block to B with the forearm.
2. Pull the right foot to the left knee joint to form a left one-leg stance toward D, at the same time lifting both fists while turning the face toward A.
3. Execute a pressing kick to A with the right foot keeping the position of the hands as they were in 2.
4. Lower the right foot to A to form a sitting stance toward D while executing a middle side strike to A with the right knife-hand.
5. Execute an angle punch with the left fist while maintaining a sitting stance toward D.
6. Execute a pressing block with the left, fore fist while executing a side front block with the right inner forearm, maintaining a sitting stance toward D.
7. Execute a pressing block with the right fore fist and a side front block with the left inner forearm while maintaining a sitting stance toward D.
8. Execute a middle wedging block with the inner forearm while maintaining a sitting stance toward D.
9. Thrust to C with the right back elbow supporting the right fore fist with the left palm keeping the face as it was in 8 while maintaining a sitting stance towards D.
10. Execute a middle punch to D with the right fist slipping the left palm up to the right elbow joint while maintaining a sitting stance toward D.
11. Thrust to C with the left back elbow supporting the left forefist with right palm, keeping the face as it was in 10 while maintaining a sitting stance toward D.
12. Execute a right horizontal punch to A while maintaining a sitting stance toward D.  
**Perform 6 through 12 in a continuous motion.**
13. Cross the left foot over the right foot forming a right X-stance toward D while executing a low front block to D with the right outer forearm and bringing the left finger belly on the right under forearm.
14. Move the right foot to A forming a left L-stance toward A at the same time executing a U-shape grasp to A.
15. Bring the left foot to the right foot forming a closed stance toward D while executing a horizontal thrust with a twin elbow, turning the face toward B.  
**Perform in slow motion.**
16. Move the left foot to B to form a sitting stance toward D while executing a side back strike to C with the right back fist and extending the left arm to the side downward.

### **Po-Eun Tul (cont'd)**

17. Cross the right foot over the left foot forming a left X-stance toward D while executing a low front block with the left outer forearm and bringing the right finger belly to the left side fist.
18. Move the left foot to B to form a sitting stance toward D while executing a low guarding block to B with a reverse knife-hand.
19. Execute a forearm middle guarding block to A while forming a left L-stance toward A pivoting with left foot.
20. Pull the left foot to the right knee joint to form a right one-leg stance toward D, at the same time lifting both fists while turning the face toward B.
21. Execute a pressing kick to B with the left foot keeping the position of the hands as they were in 20.
22. Lower the left foot to B to form a sitting stance toward D while executing a middle side strike to B with the left knife-hand.
23. Execute an angle punch with the right fist while maintaining a sitting stance toward D.
24. Execute a pressing block with the right, fore fist while executing a side front block with the left inner forearm, maintaining a sitting stance toward D.
25. Execute a pressing block with the left forefist and a side front block with the right inner forearm while maintaining a sitting stance toward D.
26. Execute a middle wedging block with the inner forearm while maintaining a sitting stance toward D.
27. Thrust to C with the left back elbow supporting the left forefist with the right palm keeping the face as it was in 26 while maintaining a sitting stance towards D.
28. Execute a middle punch to D with the left fist slipping the right palm up to the left elbow joint while maintaining a sitting stance toward D.
29. Thrust to C with the right back elbow supporting the right fore fist with left palm, keeping the face as it was in 28 while maintaining a sitting stance toward D.
30. Execute a left horizontal punch to B while maintaining a sitting stance toward D.

***Perform 24 through 30 in a continuous motion.***

31. Cross the right foot over the left foot forming a left X-stance toward D while executing a low front block to D with the left outer forearm and bringing the right finger belly on the left under forearm.
32. Move the left foot to B forming a right L-stance toward B at the same time executing a U-shape grasp to B.
33. Bring the right foot to the left foot forming a closed stance toward D while executing a horizontal thrust with a twin elbow, turning the face toward A.

***Perform in slow motion.***

34. Move the right foot to A to form a sitting stance toward D while executing a side back strike to C with the left back fist and extending the right arm to the side downward.
35. Cross the left foot over the right foot forming a right X-stance toward D while executing a low front block with the right outer forearm and bringing the left finger belly to the right side fist.
36. Move the right foot to A to form a sitting stance toward D while executing a low guarding block to A with a reverse knife-hand.

After the final move, the name of the pattern should be called out. The final move and stance should be held until the command “baro” is given; at this point the left leg is moved to form parallel ready stance with heaven hand facing D.

## Ge-Baek Tul

Interpretation: Ge-Baek is named after Ge-Baek, a great general in the Baek Je Dynasty (660 AD). The diagram represents his severe and strict military discipline.

Ready stance: Parallel ready stance

No of moves: 44

No of stances: 5

Pattern diagram:



1. Move the right foot to C forming a right L-stance toward D while executing a checking block toward D with an X-knife-hand.
2. Execute a low twisting kick to D with the right foot keeping the position of the hands as they were in 1.
3. Lower the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
4. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D.  
**Perform 3 and 4 in a fast motion.**
5. Move the right foot to C forming a left walking stance toward D while executing a rising block with the left forearm.
6. Execute a low block to D with the left forearm while maintaining a left walking stance toward D.  
**Perform 5 and 6 in a continuous motion.**
7. Execute a high block to AD with a double arc hand while looking through it maintaining a left walking stance toward D.
8. Turn the face toward D while forming a right bending ready stance A toward D.
9. Lower the left foot to AD to form a sitting stance toward AC while executing a scooping block to AC with the left palm.
10. Execute a middle punch to AC with the right fist while maintaining a sitting stance toward AC.  
**Perform 9 and 10 in a connecting motion.**
11. Execute a front strike to AC with the left back fist while maintaining a sitting stance toward AC.
12. Move the right foot on line AB and then move the left foot to C forming a right L-stance toward C while executing a middle guarding block to C with a knife-hand.
13. Execute a low side front snap kick to C with the left foot keeping the position of the hands as they were in 12.
14. Lower the left foot to C forming a left low stance toward C while executing a high thrust to C with the left flat fingertip.
15. Execute a high thrust to C with the right flat fingertip while maintaining a left low stance toward C.
16. Execute a middle side piercing kick to C with the right foot while pulling both hands in the opposite direction.
17. Lower the right foot to C forming a right L-stance toward D while executing a middle guarding block to D with the forearm.

### **Ge-Baek Tul (cont'd)**

18. Move the right foot to D turning counter clockwise to form a right L-stance toward C while executing a middle guarding block to C with the forearm.
19. Move the left foot to D turning counter clockwise to form a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
20. Move the left foot on line CD to form a sitting stance toward A while executing a right 9-shape block.
21. Move the right foot to D, turning counter-clockwise to form a left walking stance toward C while executing a low block to C with the left knife-hand.
22. Execute a middle turning kick to BC with the right foot and then lower it to C.
23. Execute a flying side piercing kick to C with the right foot.

***Perform 22 and 23 in a fast motion.***

24. Land to C to form a right walking stance toward C while executing a high vertical punch to C with a twin fist.
25. Execute a high block to AC with a double arc-hand while looking through it maintaining a right walking stance toward C.

26. Execute an upset punch to C with the left fist while maintaining a right walking stance toward C.
27. Move the right foot on line CD, forming a left walking stance toward D while striking the left palm with the right front elbow.

28. Jump to D, forming a right x-stance toward BD while executing a high block to D with the right double forearm.

29. Move the left foot to BC to form a sitting stance toward BD, at the same time executing a scooping block to BD with the right palm.

30. Execute a middle punch to BD with the left fist while maintaining a sitting stance toward BD.

***Perform 29 and 30 in a continuous motion.***

31. Execute a front strike to BD with the right back fist while maintaining a sitting stance toward BD.

32. Move the left foot to C, forming a left walking stance toward C, at the same time executing a high front strike to C with the right reverse knife-hand.

33. Move the left foot to A about half a shoulder width while executing a middle turning kick to C with the right foot.

34. Lower the right foot to C, and then turn counter-clockwise to form a left walking stance toward D, pivoting with the right foot while executing a high vertical punch to D with a twin fist.

35. Execute a middle punch to D with the right middle knuckle fist, bringing the left side fist in front of the right shoulder while forming a right L-stance toward D pulling the left foot.

36. Move the right foot to D to form a sitting stance toward B, at the same time executing a left 9-shape block.

37. Execute a low guarding block to C with a reverse knife-hand while maintaining a sitting stance toward B.

38. Execute a low guarding block to D with a knife-hand while maintaining a sitting stance toward B.

***Perform 37 and 38 in a continuous motion.***

39. Move the left foot to D in a stamping motion to form a sitting stance toward A while executing a W-shape block with the outer forearm.

40. Move the left foot to C in a stamping motion to form a sitting stance toward B while executing a W-shape block with the outer forearm.

41. Move the right foot to C forming a right walking stance toward C while executing a rising block with the right forearm.

42. Execute a middle punch to C with the left fist while maintaining a right walking stance toward C.

43. Move the right foot on line CD forming a left walking stance toward D while executing a rising block with the left forearm.

### **Ge-Baek Tul (cont'd)**

44. Execute a middle punch to D with the right fist while maintaining a left walking stance toward D.

After the final move, the name of the pattern should be called out. The final move and stance should be held until the command “baro” is given; at this point the right leg is moved to form parallel ready stance facing D.

#### **Stamping motion (gurunun dongjak)**

Stamping is used to emphasise the power in a technique. When stamping, the part of the foot that is used is the side sole (yop bal badak).

Movements 27 and 36 (twin upset punch in pattern Kwang-Gae are also performed in a stamping motion. This time the stamp is forward rather than to the side (as in Toi-Gye) but the side sole is the same part of the foot used for stamping.

## **One Step Advanced Sparring – Black Belt**

Measure	The attacker measures the distance between themselves and their opponent by making walking stance with their foot to the outside of their opponent's foot. Once this distance is established the attacker should return to parallel ready stance.
Starting Positions	Attacker and defender – parallel ready stance. The attacker should kihap to show that they are ready to begin, the defender kihaps to show they are ready to defend

### **Black Belt – Level 1**

Attack	Step forward with either leg into an appropriate stance, perform a front punch.
Defence	Perform any appropriate defensive technique sequence.
	Both return to parallel ready stance. Repeat on the other side.

## **Free Sparring**

At this grading you will require full sparring equipment including groin guard and gum shield. You will be given a series of partners and will be required to spar with them. The aim of this sparring is to show your proficiency and ability to use as many kicks and offensive/defensive techniques as possible whilst showing the required level of control so as not to injure your opponent. This is grading sparring and not competition sparring.

## **Breaking**

At this grading you will also be required to demonstrate board breaking. This is something you will have received close supervision and guidance on in classes and must NOT be attempted outside the Dojang.

The techniques to be demonstrated at this grading are :-

- Hand Technique (any side)
- Leg Technique (any side)
- Special Technique (any jumping or spinning kick)

## **1<sup>st</sup> Dan Black Belt Theory & Terminology**

When addressing your instructor, answering questions on Korean terminology or on any Taekwon-Do theory, students must answer with "Sir" or "Ma'am". This is courtesy, the first tenet of Taekwon-Do.

Black Belt Colour Meaning:

Black is the opposite of white, signifying maturity and proficiency in Taekwon-Do. Also indicates the wearers imperviousness to darkness and fear

Patterns:

Kwang-Gae Tul  
Po-Eun Tul.  
Ge-Baek Tul.

### **Moves in Korean**

One leg stance

Waebal sogi

Knife hand high guarding block

Sonkal nopunde daebi makgi

Knife hand low front block

Sonkal najunde ap makgi

Outer forearm reverse low block

Bakat palmok bandae najunde makgi

Forefist pressing block

Ap joomuk noollo makgi

Inner forearm side-front block

An palmok yopap makgi

Inner forearm middle wedging block

An palmok kaunde hechyo makgi

U-shape grasp

Digutja japgi

Reverse knife hand low guarding block

Sonkal dung najunde daebi makgi

Double arch-hand high block

Doo bandal son nopunde makgi

Palm scooping block

Sonbadak duro makgi

9 shape block

Gutja makgi

Pressing kick

Noollo chagi

Side fist downward strike

Yop joomuk naeryo taerigi

Horizontal punch

Soopyong Jirugi

Twin elbow horizontal thrust

Sang palkup soopyong tulgi

Low twisting kick

Najunde bituro chagi

Middle knuckle fist punch

Joongji joomuk Jirugi

Heavenly hand

Hanul son

Consecutive kick

Yonsok chagi

## **Star Gradings**

Junior Black Belts have to complete double time between Dan gradings up to the age of 13. The time between 1<sup>st</sup> and 2<sup>nd</sup> Dan gradings would usually be 18 months but for a junior this could extend to 36 months depending on their age. A junior aged 11 at the time of passing their 1<sup>st</sup> Dan grading would work for 36 months before being able to grade for the 2<sup>nd</sup> Dan.

As the juniors will have to complete extra time we have implemented a system of star grades to give them a chance to learn everything in the syllabus and complete intermediate gradings. The gradings will take place at the coloured belt gradings and will be based on the following:-

1 <sup>st</sup> Star	Kwang-Gae
2 <sup>nd</sup> Star	Po-Eun
3 <sup>rd</sup> Star	Gae-Baek
4 <sup>th</sup> Star	All Patterns 1 <sup>st</sup> Dan
5 <sup>th</sup> Star	All Patterns 1 <sup>st</sup> Dan

At each of the Star Gradings you will also be required to perform line work and set sparring.

The star gradings are based on one every six months and on completion of a successful grading the student will be presented with a grading certificate and a gold star which is to be attached to the dobok under the ITF badge.

## **Grading Check List** **1<sup>st</sup> Dan Black Belt to 2<sup>nd</sup> Dan Black Belt**

To be eligible to grade you must be able to perform the entire following checklist completely without assistance.

**All of the information relevant to this grading can be found in the grading syllabuses for 10<sup>th</sup> Kup – 1<sup>st</sup> Dan, and on the website.**

I know everything from all of the previous grading syllabuses/checklists	
50 Press ups	
Sitting stance, single punch	
Sitting stance, double punch	
Sitting stance, palm scooping block & punch, backfist downwards strike	
Sitting stance, reverse knife hand low, obverse knife hand low	
Walking stance, rising kick, double block	
Walking stance, front snapping kick, turning kick, double block	
Walking stance, hooking kick, side kick, double block	
Walking stance, twisting kick mid section, double block	
Walking stance, front punch	
Pressing kick, side kick, L-stance, inward knife hand strike	
Walking stance, double forearm block, reverse low block, flat fingertip thrust	
Walking stance, reverse wedging block, pull back reverse punch, pull back horizontal punch	
Sitting stance, reverse knife hand low block	
Twisting kick, walking stance, double punch	
Walking stance, twin vertical punch, arc hand, reverse upset punch	
Walking stance, 9-shape block	
Walking stance, twin vertical punch, rear foot stance, upward knuckle punch	
Triple side kick, L-stance, knife hand guarding block	
Sitting stance, 9-shape block	
Front snapping kick then side kick, land and jump back kick, L-stance, knife hand guarding block	
Walking stance, double forearm block, reverse low block, flat fingertip thrust	
Reverse hooking kick, forearm guarding block	
Walking stance, slow motion reverse upset punch	
L-stance, forearm guarding block into low stance, palm pressing block	
Walking stance, reverse upward palm block	
Jumping to the side, turning kick, L-stance, forearm guarding block	
L-stance, reverse U-shape grasp	
Sitting stance to the angle, palm scooping block & punch, backfist downwards strike	
Sitting stance, backfist side strike	
Walking stance, rising block, low block, arc hand	
L-stance, X-fist checking block	

360 turning kick and 360 back kick	
Perform all of the coloured belt patterns	
Perform all 1 <sup>st</sup> Dan Patterns	
Three step sparring 1-10	
Two step sparring 1-8	
One step advanced sparring & 1 step advanced black belt level sparring	
Free sparring (full sparring kit required)	
Breaking	
Theory test (examiner's table)	