

# **Family Martial Arts Center**

## **Student Training Manual**

by **James W. Saemann**  
Master Instructor

*Beginner through 1st Degree Black Belt*

11th Edition

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## ACKNOWLEDGEMENT

Many years of study has gone into the preparation of your Black Belt course and this manual. This manual would not have been possible without the wisdom and guidance of my instructor and mentor, Grandmaster Soon Ho Chang, and my good friend Master Ron Doroba. I would also like to acknowledge Master George Forczek, and all our instructors for suggesting many improvements and revisions to this manual. Finally, many students have pointed out discrepancies and errors in previous versions which have now been corrected.

**Master James W. Saemann**

# **A Letter from Your Master Instructor**

## **Dear AFMAC Students and Parents:**

Family Martial Arts Center was founded in April of 1991 with a simple philosophy - provide our students with rigorous martial arts training in a family-oriented atmosphere. And while AFMAC has become one of the fastest growing schools in the area, we still have not lost our sense of 'family'.

The purpose of this manual is to help you, the student, achieve a deeper level of understanding of our system here at AFMAC. Please read this manual carefully, because it contains a great deal of information you will need to succeed in our program. This manual contains important information like Korean terminology, belt meanings, etiquette, testing procedure, and explanations of the techniques in our system. You are responsible for becoming familiar with all of the information in your manual.

I have benefited greatly from being both a student and an instructor in the martial arts. I'm confident that you, too, will soon begin to notice important changes in the overall physical and spiritual quality of your life. One of the greatest benefits I have received has been the many close relationships with other people that have developed over the years. It is my sincere hope that you will also develop many special friendships here at AFMAC.

We are very privileged to have Grandmaster Soon Ho Chang as our Executive Director. Grandmaster Chang's nearly 50 years of experience in the martial arts and the accomplishments of many of his students distinguish him as one of the truly great martial artists of our time.

Each of you has your own personal goals and reasons for training in the martial arts. As your instructor, I have four important goals for all of my students:

1. To build your character and self-discipline,
2. To improve your overall physical and mental fitness,
3. To develop outstanding self-defense skills, and
4. To ENJOY your training!

Thank you for joining Family Martial Arts Center. Work hard, do your best, and you will meet your goals. If there is ever anything I can do to help you, please come by my office any time. The door is always open.

**Sincerely,**

**Master James W. Saemann  
Director  
Family Martial Arts Center**

## Director: **Master James W. Saemann**

James Saemann is the Master and Director of AFMAC, Inc. He was born in 1961 and raised in Sheboygan, Wisconsin, a small community of 50,000 on the shore of Lake Michigan. He participated in a variety of sports and hobbies throughout grade school and junior high school, and decided to concentrate on developing his public speaking skills in high school. Jim won a number of awards in debate and public speaking, and qualified for the National Forensic League national tournament in 1979. He was a member of the National Honor Society, and participated in the Voice of America Broadcast competition, the State of Wisconsin mathematics tournament, and the Century 3 Leadership competition. His most important honor in high school came when he was selected as a Presidential Scholar, one of the top 1000 high school students in the nation.

Master Saemann went on to Northwestern University in Evanston, Illinois, where he received his Bachelor's Degree in Electrical Engineering. He was a member of Lambda Chi Alpha Fraternity, and held many offices during his Junior and Senior years.

Master Saemann decided to specialize in communication network design during his Senior year. His first job after graduating was with Booz•Allen & Hamilton, a well-known international consulting firm in Bethesda, Maryland. After 2 years in Bethesda, he was recruited by Unisys (then Burroughs) in Paoli. Shortly after joining Unisys, Jim began his training in the martial arts at the age of 24. He worked at Unisys from 1985 to 1987, and then joined Shared Medical Systems as a Marketing Support Engineer. He continued his training and received his Black Belt. Later that year, he left Shared Medical to join KPMG Peat Marwick, another well-known consulting firm.

In 1991, Master Saemann decided that his future lay not with engineering, but with the martial arts. He opened Family Martial Arts Center in April of 1991, and is the Chairman of the Board and Master Instructor. He is a four-time medalist in Men's Black Belt Sparring and Forms at the PA State Tae Kwon Do Tournament. He is also a certified referee with the World Tae Kwon Do Federation. In December, 1999, he was awarded the rank of 4th Degree Black Belt (Master's Degree) in Tae Kwon Do, Karate, and Aikido by Grandmaster Soon Ho Chang. Of the six people promoted to Master since 1973 by Grandmaster Chang, Master Saemann was the youngest to be promoted to the Master level. He has also coached many students who have won championships at the state and national levels.

## Executive Director: **Grandmaster Soon Ho Chang**

Grandmaster Soon Ho Chang is the Executive Director of AFMAC, Inc. Nearly 50 years of martial arts training has distinguished him as one of the most respected martial artists of our time. He received his First Degree Black Belt in Tae Kwon Do at the age of twelve, and his First Degree Black Belt in Judo at the age of sixteen. After the Korean War he was admitted to the prestigious "Korean Judo College", a professional martial arts university. He received his Bachelor of Arts Degree, with distinction, in Physical Education. He graduated with Master Instructor degrees in: Jungol-Sa (Ancient Chiropractic Way), Judo, Karate, Tae Kwon Do, Hapkido, and Kendo (Sword).

Grandmaster Chang now holds numerous black belts, including 7th Dan Black Belts in Tae Kwon Do, Hapkido, Karate, 7th Dan Red and White Belt in Judo, and 8th Dan Black Belts in Kyuki Do (Korean Ninja) and Tang Soo Do.

His teaching experience includes instructing at the Korean Judo College, the Seoul Central YMCA, Seoul City Police Academy, and the U. S. 8th Army Headquarters in Yong San, Korea. After traveling to Malaysia, he served as Chief Martial Arts Instructor to the Malaysian Armed Forces and Police Forces. Additionally, he held the position of Resident Chief Instructor at the Kuching Judo and Karate Association (now the Tang Soo Do Moo Do Kwon Headquarters).

Grandmaster Chang's credentials in the U. S. include teaching positions at Lehigh University, Moravian College, and his own school, The Chang School of Judo and Karate in Bridgeport, PA. Many of Grandmaster Chang's students have competed successfully at the regional and national levels.

The entire Chang family is involved in the martial arts. Grandmaster Chang's wife, Sook-Hi, is a Black Belt. Their eldest son, Ho-Choong, was Captain of the Yale Karate Team. Their second son, Ho-Tae, founded the Penn Tae Kwon Do Club. Their youngest son, Ho-San, started a club at Princeton.

Grandmaster Chang is very closely involved with our program here at Family Martial Arts Center. He periodically reviews our techniques and the progress of our instructors and students to ensure a high level of quality in training. He personally judges all of the Black Belt tests at AFMAC. We are indeed fortunate to have the involvement of Grandmaster Chang in our program.

## **MARTIAL ARTIST'S CODE OF HONOR**

1. Always be loving to your family.
2. Always respect your friends.
3. Always be honest with yourself.
4. Never strike without need.
5. (Silent Code) Always seek the Truth.

## **STUDENT ETIQUETTE**

1. Always show respect to instructors. Address them as “sir” or “Ma’am”. When asked to do something, simply answer “yes sir”. Do not challenge your instructor or give a “smart” reply. When an instructor corrects you, comply with his request the first time.
2. If you have a question, raise your hand and speak only when called on.
3. Wear a clean, pressed do bok to all classes. Male students must wear a cup during class.
4. The other students in class are very serious about their training, and do not appreciate being distracted. Please be considerate to them.
5. Abusive language will not be tolerated. This is not limited to cursing and swearing. We also do not tolerate teasing, name-calling, or arguing in the gym.
6. When you are waiting your turn to perform a technique or to free spar, pay attention to the other students who are performing the technique at the time. Always applaud for both opponents at the end of a free-sparring match.
7. Never sit down or lay down during class without the permission of the instructor. When watching other students, always sit in an upright position.
8. Try to go to the bathroom before class. If you must go during class, you should ask permission first.
9. When entering or leaving the training area, always salute the flag, and bow to the highest ranking Black Belt on the mat. If there is no Black Belt on the mat, then simply bow in the direction of the flag.
10. Black Belt is the highest rank in martial arts. It takes an incredible amount of time and dedication to become a Black Belt. Accordingly, students must show the utmost reverence and respect for Black Belts. In return, the Black Belt must never forget that he/she was once a beginning student. He must treat students of lower rank with respect at all times.

# **DISCIPLINE, ETIQUETTE, AND PROCEDURES AT FAMILY MARTIAL ARTS CENTER**

The martial arts teach us that self-discipline and building of good character are the main goals of training. While self defense is important, it is far more important that the student have control of his/her emotions in any situation. This will allow the student to remain calm in the face of danger and will help prevent unnecessary injury to self and others.

Please remember AFMAC is a martial arts academy. We are not a playground, a day care center, a shopping mall, or your living room. Respect and discipline will be maintained at all times. As such, all of us must observe and respect the rules shown below:

1. Students must sit up straight, and listen attentively and respectfully to instructors at all times. If a student is not listening, he/she will miss out on important information. Techniques not learned properly can result in injury to the student and to others.
2. Instructors and AFMAC employees are to be obeyed at all times. They should be addressed as "Sir or "Ma'am". Disrespect from students, siblings, and parents toward instructors and others will not be tolerated.
3. Martial arts techniques are to be used for self defense only. Any student who uses martial arts techniques to intentionally injure another person without sufficient cause may be expelled.
4. The proper uniform is to be worn to all classes. In warm weather, students are allowed to wear an AFMAC tee-shirt and sweatpants of their choice. We sometimes take classes outside, and many parents prefer not to get grass stains on their children's white uniform. Students should bring athletic shoes for outdoor classes.
5. Spectators (especially younger siblings) are to remain absolutely quiet during class. Young children are welcome to use the playroom, provided parents supervise them constantly and clean up the room when finished. The front lobby, office, and dressing rooms are NOT play areas. Please do not allow your children to run around in these areas.
6. The office is a PRIVATE area. Students and family members are not allowed in the office without permission.
7. Please do not bring snacks, food, or drinks into the training area. Water bottles are the ONLY drinks allowed in the gym. Please do not dispose of fast food bags in our trash cans.
8. Please do not sit on the Rock Garden. This is a special garden dedicated to Mrs. Chang. In addition, the spotlights are hot and may burn a child's hand if touched. Please keep your children OUT of the Rock Garden.
9. The first two parking spaces by the front door are reserved for a loading zone for AFMAC employees. The first parking spot on the gravel next to the door is a handicap zone. Please do not park there. Also, please do not park on the grass of our next door neighbor, Brandywine Paperboard. Parking is available in the back of our building, the alley on the south side of our building, in Kerr Park, and at the Downingtown School District Admin. building across the street.
10. There is a pay phone available for personal calls. The phone is in the front lobby. You MUST pay 35¢ per call, even if you are only dialing a local number, an 800 number, dialing collect, using a credit card, or if your call does not go through. ALL CALLS MUST BE PAID FOR.
11. If your child has a BEE STING ALLERGY please tell us in writing how you would want us to treat a sting. We have an injection kit in case of an emergency.
12. Students, family members, and friends who violate these rules and policies may be suspended, dismissed, or expelled, without refund of tuition, at the discretion of the management.
13. Smoking is not permitted in and around our school. Please do not smoke in the parking lot. If you must smoke during class, please leave the premises. Do NOT dispose of smoking materials in the parking lot or on the sidewalk. Remember -- this is a martial arts school, and we want to set a positive example for our children.
14. The PLAYROOM is for young children whose siblings are participating in the program. Children using the Playroom MUST BE ACCOMPANIED BY A PARENT, IN THE PLAYROOM, AT ALL TIMES. Children who are not supervised by their parents will be escorted out of the Playroom.

## TESTING GUIDELINES

1. Turn in your test form, along with a wallet-size picture of yourself, your test fee, and your essay (if required) to the office no later than one week before the test. Incomplete or Late registrations will NOT be accepted. Post dated checks will NOT be accepted. Test forms must be filled out COMPLETELY! This includes your name, student number, signature and date, and your wallet-sized picture. Test forms handed in late will incur a \$10 late charge. If you cannot come the day of the test, you must either take a private test for an additional fee or wait two months until the next test is scheduled. IF YOU HAVE LOST YOUR TEST FORM, THERE IS A \$5.00 CHARGE TO GET A NEW ONE!
2. Wear a clean, pressed uniform to the test.
3. No headbands, wristbands, jewelry, long nails, earrings, or watches may be worn by those testing.
4. Show up for registration and warmup 30 minutes before you are scheduled to test. If you must be late, you should notify the head instructor before the test. Students who come more than 5 minutes late to a test without notifying the instructor in advance will not be guaranteed the opportunity to test.

5. You will be graded on each test technique on a scale of 6 to 9. A score of 6 indicates a total failure of that technique. A score of 9 indicates perfection. An average score of 7.5 is needed to pass the test. ALL JUDGE'S DECISIONS ARE FINAL. Judges will assign a score of 7.5 to a student who performs a technique of average quality for that belt rank. Judges will assign correspondingly higher or lower scores to students who exceed or fall short of expectations for that belt rank. For example, if a Blue Belt student is expected to throw a side kick chest-high, but is capable of throwing it effectively to the face, the judge may award a score of 9 or even 10. However, if that Blue Belt can only throw the side kick to the knee, the judge may award a score of only 6 or 7. In some cases, the student's age, size, or physical limitations may affect the score. Students who have difficulty with test techniques due to reasons beyond their control (e.g., injuries, handicaps, arthritis, etc.) should bring the problem to the attention of the director long before the day of the test. The Director will modify the requirements accordingly.
6. When all students have tested, results will be announced. Belts, certificates, and test forms will be handed out when the results are announced. Students may keep the new belt and certificate. In addition, the student may take the graded test form home to make a copy for his/her files, but MUST return the original within 5 days of the test. Students who do not return the test form will have their test results invalidated, and must take the test over. AFMAC will keep all of each student's test forms on file.
7. Do not worry about failing your test. We do not allow students to test who are not ready. If a student totally "blanks out" on a portion of the test, they will receive a grade of "Conditional Pass". They will only need to repeat the portion of the test they failed to perform. There is no fee for taking the test a second time.
8. Friends and family members are invited and encouraged to attend. However, they must sit in specified audience areas only and remain quiet throughout the test. Young children must be kept quiet and under control at all times. Applause is appropriate at certain times during the test. Still and video cameras are welcome. You may move around the perimeter of the mat to get a good photo angle, but must not interfere with the students who are testing. Please also be considerate of people standing or sitting behind you trying to watch the test.
9. All judges decisions are final. AFMAC provides you with your graded test form as a courtesy. Most schools I know of do not let you keep your test form. I will not change a score once the test is over. If you have a question about a particular score, I will do my best to answer your question. However, I ask that you respect my knowledge and experience as your instructor, and do not get angry with me for giving you a score you don't agree with. Please try and understand the tremendous responsibility I have in grading your test. The decisions I have to make are not easy. As parents, you know that there are some decisions you make that your children will have to accept, whether they like it or not. Please try to understand that I have a similar responsibility whenever I grade a test.
10. Students are responsible for all items on the test form. If there is a technique or word on the test that you don't understand, it is your responsibility to ask an instructor about it long before the test. Please do not wait until the day of the test to find out about a particular technique or to practice your breaks. I will be as helpful as I can, but I do not have the time or the ability to keep track of every little detail for every student. Please give me the opportunity to help you by asking me for help before it's too late.
11. Please do not attempt to compare one student's performance with another's. As your instructor, I know what I am looking for when it comes to grading a test. You may feel that a particular student did well on a technique, when in fact the student missed a crucial detail, or did the wrong technique altogether. Please consider what I tell our high belt students: When an attacker has a knife at your throat and wants to kill you, there is no such thing as "almost" doing your technique the right way. While we do not expect perfection, we try to encourage our students to strive for perfection.

## ADDITIONAL INFORMATION

### What to Bring to Class

I have received many questions about what students need to bring to each class. You should bring your entire uniform, including your belt, to every class. All male students **MUST** wear a protective groin cup to ALL classes. Don't bring your cup in and then forget to put it on. Think of it as part of your uniform. All students at the rank of Yellow Belt and above must have the entire set of protective sparring pads. These pads include helmet, white arm pads, white shin pads, red fist pads, red foot pads, and a mouthpiece. Our insurance company is very insistent that students engaged in free sparring activity **MUST** wear the entire set. This is a very important requirement for YOUR protection. Please bring ALL of your pads to EVERY SPARRING class. If you do not have the full set of pads, you may purchase anything you need here at AFMAC. Finally, please bring an AFMAC T-shirt and sweat pants to EVERY class held from April through September. Occasionally we will train outside, and white Tae Kwon Do uniforms seem to attract grass stains. If you need a gym bag to carry all of these things in, you can order one through AFMAC, or pick one up at a sporting goods store.

### Boards and Blocks for Breaking Practice

Many of you have been requesting the opportunity to practice breaking boards before your test. It is a good idea to practice your breaks at least three times before you test, so that you will feel confident about your breaks at the time of the test. AFMAC has practice boards for sale. Prices are posted in the AFMAC store.

### Parents: Do You Know When Class is Over???

Please check the schedule and ensure that you know when your child's class is over. I know you can't always get here on time, but I cannot be held responsible for your child's welfare when his or her class is over, and I am teaching another class. If you can't be here on time to pick your child up, please call us to let us know about the situation as soon as possible. Parents who pick their children up late will be charged a babysitting fee of \$10 for every 15 minutes late. There will also be a babysitting fee charged for children dropped off more than 15 minutes before class begins.

- When snow is in the forecast, we will put a message on the AFMAC answering machine. Please call 610-873-3969 to listen to the message. In general, AFMAC will close for snow or cold weather the same days the public schools close. As we do not want you to risk your life to come to karate, we will use a somewhat conservative policy.

- The AFMAC Student Mailbox is on the table at the back of the gym. Each student has a folder in the box. I will use the box to send important information to you, such as newsletters, tuition notices, test forms, etc. Please check your folder every time you come in. If you are dropping something off (e.g., tuition payments, test forms, etc.), please leave them in the folder marked AFMAC at the front of the box. Do NOT place it in your folder!

- Bounced checks cause bank fees and extra processing work for our staff. There is a \$30.00 fee for returned checks.

### ATTENDANCE IS VERY IMPORTANT!

Like any other sport or art, attendance at class is vital for improvement in the martial arts. If you can not make it to class, you must call AFMAC on or before the day of your class. You must also have a good reason for missing class. Please use the guidelines shown below:

1. **Personal commitments:** Religious, health, family, schoolwork, and employment priorities come first. If any of these conflict with your training, you are excused from class.
2. Students with minor **injuries** are not excused from class. Either take the class and do what you can, or watch the class if you are unable to train. But don't stay home!
3. **Sports and activities:** I know that many of you are involved in soccer, basketball, wrestling, etc. While I support and encourage your participation in these activities, I insist that your martial arts training is equally or more important. If I am willing to excuse you from class once a week for basketball, then your sports coaches should be willing to excuse you once a week from games or practices to attend your martial arts class. If not, your coach is being unreasonable.



## KOREAN TERMINOLOGY

Attention	Cha Ryut!	As you were	Baro
Ready	Chunbee	Begin	Si Chak
Bow	Kun-yay	Asst. Instructor	Cho Kyo
Head Instructor	Kyo Sa	Asst. Master	Cho Sa Bum
Grand Master	Kwan Jang Nim	Martial Arts Gym Do	Jang
Yell	Kihap	Meditation	Bansong
Stop	Ku-man	Change Sides	Kyodae
Turn Around	Diro Dora	Free Sparring	Kyurugi
Forms	Poomsae	Tumbling/Falling	Nakbup
Block	Makki	Kick	Chagi
Throwing	Mechiggi	Breaking	Kyuk Pa
Test	Sim Sa	Knife	Kal
Back Knuckle	Egwon	Face Area	Ulgool
Midsection	Momtong	Low Section	Arae
Attack	Gong Kyuk	Self Defense	Ho Shin Sul
Punch	Chigi	Front Stance	Ahp Koobi
Back Stance	Di Koobi	Horse Stance	Joochoom Suggi
Front Kick	Ahp Chuggi	Side Kick	Yup Chuggi
Roundhouse Kick	Doleyo Chuggi	Front Rising Kick	Ahp Oleggi
Outside Kick	Bakka Chuggi	Inside Kick	Ahn Chuggi
Back Thrust Kick	Di Chuggi	Back Hook Kick	Di Wholeggi
Low *** Kick	Arae *** Chuggi	Jumping *** Kick	Edan *** Chuggi
Back Outside Kick	Di Bakka Chuggi	Reverse *** Kick	Bondae *** Chuggi
Flying Side Kick	Edan Yup Chuggi	Tornado Kick	Tae Poon Chuggi
Knife Hand Block	Son Nal Makki	Ridge Hand	Bondae Son Nal
Palm	Batan Son	Scissor Block	Gawee Makki
Front Thrust Kick	Ahp Boda Chuggi	Spear Hand	Gwansoo Jiroogi
Elbow	Pal Kup	Knee	Morroop
Foot	Bal	Black Belt	Yudanja
Grade	Gup	Degree	Dan
Formal Greeting	Ahn Yung Ha Shim Ni Ka	Formal Departure	Ahn Yung Hee Gae Ship Sheoo
Thank You	Gam Sa Ham Ni Da	Hello	Yokaseo
One	Hanna	Two	Dul
Three	Set	Four	Net
Five	Da sut	Six	Yo sut
Seven	Ilgop	Eight	Yo dul
Nine	Ah hope	Ten	Yul
Eleven	Yul hanna	Twenty	Sumul
Thirty	Solhun	Forty	Makun
Fifty	Shin	Sixty	Yesun
Seventy	Il Hun	Eighty	Yo Dun
Ninety	Ahun	One Hundred	Il Baek

## SELF DEFENSE TECHNIQUES

1. Attack: Grab same side wrist and pull.  
Defense: Step behind, raise free arm and walk through opponent.
2. Attack: Front hair grab.  
Defense: Step forward behind opponent's leg, arm to chest, walk forward.
3. Attack: Rear choke hold with both hands.  
Defense: Tuck head, turn, wrap arms, step behind opponent and walk forward.
4. Attack: Rear hair grab.  
Defense: Grab hand, step under, twist arm, roundhouse kick.
5. Attack: Opposite side wrist grab.  
Defense: Grab opponent's wrist with both hands, step under, and flip.
5. **CHILDREN'S VERSION** Attack: Single front throat grab.  
Defense: Inside Block to wrist, elbow to ribs, back knuckle to philtrum, middle punch.
6. Attack: Bearhug, arms held.  
Defense: Shin stomp, break hold, elbow, pick up leg, take down, groin stomp.
6. **CHILDREN'S VERSION** Attack: Bearhug, arms held.  
Defense: Slide arms behind and bend knees, "butt-butt", mule kick, tumble away.
7. Attack: Opposite side wrist grab.  
Defense: Grab base of palm with free hand, push elbow to break hold, grab other side of palm, twist wrist, take down, knee to elbow. (Fish out of Water)
7. **CHILDREN'S VERSION** Attack: Double front throat grab.  
Defense: Praying hands position, bend knees, thrust upward, neck chop, knee strike, takedown, punch.
8. Attack: Shoulder grab  
Defense: Back of hand to wrist, step through, wrap arms, throw.
9. Attack: Single lapel grab  
Defense: Thumb to throat, step behind, spinning takedown.
10. Attack: Front grab.  
Defense: Sacrifice Throw.

## ONE-STEP KNIFE SPARRING

1. Attack: Straight thrust  
Defense: Step 45 deg to inside, outside knife block with front hand, punch, roundhouse kick, armpit pressure point/foot sweep, control knife, punch
2. Attack: 45 degree slash  
Defense: Low back hook kick sweep, low kick, tumble away.
3. Attack: Overhead stab  
Defense: High block, wrap arm, knee pressure to elbow.

## ONE-STEP PUNCH SPARRING

1. Attack: High punch  
Defense: Slide 45 deg. to inside, outside knife block, pull and punch
2. Attack: High punch  
Defense: Slide 45 deg. to inside, outside knife block, roundhouse kick
3. Attack: High punch  
Defense: Slide 45 deg. to outside, inside block with front hand, double punch to ribs
4. Attack: High Punch  
Defense: Slide 45 deg. to outside, inside block with front hand, punch, roundhouse kick.
5. Attack: High Punch  
Defense: Front thrust kick with front leg to chest, spinning back hook kick, hammerfist to groin.
6. Attack: High Punch  
Defense: Inside Kick, jumping outside kick, punch.
7. Attack: High Punch  
Defense: Back thrust kick to solar plexus, back knuckle, punch.
8. Attack: High Punch  
Defense: Inside block, punch, step through, hip throw.
8. **CHILDREN'S VERSION** Attack: High Punch  
Defense: Inside block, punch, palm to face, grab shoulder, takedown.
9. Attack: High Punch  
Defense: Avoid punch, flying front kick, jumping back outside kick
10. Attack: High Punch  
Defense: Slide 45 deg to outside, inside block with front hand, back hand to back of neck, back foot to ankle and sweep, side kick, kick out arm.

## ONE-STEP KICK SPARRING

1. Attack: Roundhouse Kick  
Defense: Slide 45 degrees to inside, low outside block, punch, kick.
2. Attack: Front kick  
Defense: Slide 45 degrees to outside, low palm block block, hand/foot sweep.
3. Attack: Jumping Side Kick  
Defense: Step to outside, catch leg, step behind leg, takedown.

## Poomsae Taeguk Il Jang

Num	Face	Technique	Stance	Turn
1.	W	L Low Block	L Walking	90 L
2.	W	R Middle Punch	R Walking	-----
3.	E	R Low Block	R Walking	180 R
4.	E	L Middle Punch	L Walking	-----
5.	N	L Low Block	L Front	90 L
6.	N	R Middle Punch	L Front	NO STEP
7.	E	L Inside Block	R Walking	90 R
8.	E	R Middle Punch	L Walking	-----
9.	W	R Inside Block	L Walking	180 L
10.	W	L Middle Punch	R Walking	-----
11.	N	R Low Block	R Front	90 R
12.	N	L Middle Punch	R Front	NO STEP
13.	W	L High Block	L Walking	90 L
14.	W	R Kick, R Middle Punch	R Walking	-----
15.	E	R High Block	R Walking	180 R
16.	E	L Kick, L Middle Punch	L Walking	-----
17.	S	L Low Block	L Front	90 R
<b>18.</b>	<b>S</b>	<b>R Middle Punch</b>	<b>R Front</b> -----	<b>KIHAP!</b>

## Poomsae Taeguk Ee Jang

Num	Face	Technique	Stance	Turn
1.	W	L Low Block	L Walking	90 L
2.	W	R Middle Punch	R Front	-----
3.	E	R Low Block	R Walking	180 R
4.	E	L Middle Punch	L Front	-----
5.	N	R Inside Block	L Walking	90 L
6.	N	L Inside Bloc	R Walking	-----
7.	W	L Low Block	L Walking	90 L
8.	W	R Kick, R High Punch	R Front	-----
9.	E	R Low Block	R Walking	180 R
10.	E	L Kick, L High Punch	L Front	-----
11.	N	L High Block	L Walking	90 L
12.	N	R High Block	R Walking	-----
13.	E	R Inside Block	L Walking	270 L
14.	W	L Inside Block	R Walking	180 R
15.	S	L Low Block	L Walking	90 L
16.	S	R Kick, R Middle Punch	R Walking	-----
17.	S	L Kick, L Middle Punch	L Walking	-----
<b>18.</b>	<b>S</b>	<b>R Kick, R Middle Punch</b>	<b>R Walking</b>	<b>----- KIHAP!</b>

## Poomsae Taeguk Sahm Jang

Num	Face	Technique	Stance	Turn
1.	W	L Low Block	L Walking	90 L
2.	W	R Kick, RLDouble Punch	R Front	-----
3.	E	R Low Block	R Walking	180 R
4.	E	L Kick, LR Double Punch	L Front	-----
5.	N	R Knife Neck Attack	L Walking	90 L
6.	N	L Knife Neck Attack	R Walking	-----
7.	W	L Knife Strike	L Back	Slide 90 L
8.	W	R Middle Punch	L Front	Shift Foot
9.	E	R Knife Strike	R Back	180 R
10.	E	L Middle Punch	R Front	Shift Foot
11.	N	R Inside Block	L Walking	90 L
12.	N	L Inside Block	R Walking	-----
13.	E	L Low Block	L Walking	270 L
14.	E	R Kick, RL Double Punch	R Front	-----
15.	W	R Low Block	R Walking	180 R
16.	W	L Kick, LR Double Punch	L Front	-----
17.	S	L Low Block, R Mid Punch	L Walking	90 L
18.	S	R Low Block, L Mid Punch	R Walking	-----
19.	S	L Kick, L Low Blk, R M Pnch	L Walking	-----
<b>20.</b>	<b>S</b>	<b>R Kick, R Low Blk, L M Pnch</b>	<b>R Walking</b>	<b>----- KIHAP!</b>

## Poomsae Taeguk Sah Jang

Num	Face	Technique	Stance	Turn
1.	W	L Knife Block	L Back	90 L
2.	W	R Spear Hand	R Front	-----
3.	E	R Knife Block	R Back	180 R
4.	E	L Spear Hand	L Front	-----
5.	N	L Bird Form	L Front	90 L
6.	N	R Kick, L Punch	R Front	-----
7.	N	L Side Kick	L Walking	-----
8.	N	R Side Kick, R Knife Block	R Back	-----
9.	E	L Outside Hammer Block	L Back	270 L
10.	E	R Kick, R Inside Block	L Back	NO STEP
11.	W	R Outside Hammer Block	R Back	180 R
12.	W	L Kick, L Inside Block	R Back	NO STEP
13.	S	L Bird Form	L Front	90 L
14.	S	R Kick, R Out Back Knuckle	R Front	-----
15.	E	L Inside Block	L Walking	90 L
16.	E	R Middle Punch	L Walking	NO STEP
17.	W	R Inside Block	R Walking	180 R
18.	W	L Middle Punch	R Walking	NO STEP
19.	S	L Inside Blk, RL Dbl Punch	L Walking	90 L
<b>20.</b>	<b>S</b>	<b>R Inside Blk, LR Dbl Punch</b>	<b>R Front</b>	<b>----- KIHAP!</b>

## Poomsae Taeguk Oh Jang

Num	Face	Technique	Stance	Turn
1.	W	L Low Block	L Front	90 L
2.	W	L Hammer Fist	L Walking	-----
3.	E	R Low Block	R Front	180 R
4.	E	R Hammer Fist	R Walking	-----
5.	N	L In Blk., R Out Blk.	L Front	90 L
6.	N	R Kick, R Bk. Knuckle, L In Blk.	R Front	-----
7.	N	L Kick, L Bk. Knuckle, R In Blk.	L Front	-----
8.	N	R Back Knuckle	R Front	-----
9.	E	L Knife Strike	L Back	270 L
10.	E	R Elbow Strike	R Front	-----
11.	W	R Knife Strike	R Back	180 R
12.	W	L Elbow Strike	L Front	-----
13.	S	L Low Blk., R Inside Blk.	L Front	90 L
14.	S	R Kick, R Low, L Ins. Blk.	R Front	-----
15.	E	L High Block	L Front	90 L
16.	E	R Side Kick, L Elbow	R Front	-----
17.	W	R High Block	R Front	180 R
18.	W	L Side Kick, R Elbow	L Front	-----
19.	S	L Low Blk., R Inside Blk.	L Front	90 L
20.	S	<b>R Kick, Jump, R Back Knuckle</b>	<b>Crane</b>	----- <b>KIHAP!</b>

## Poomsae Taeguk Yuk Jang

Num	Face	Technique	Stance	Turn
1.	W	L Low Block	L Front	90 L
2.	W	R Kick, L Out Hammer Block	L Back	NO STEP
3.	E	R Low Block	R Front	180 R
4.	E	L Kick, R Out Hammer Block	R Back	NO STEP
5.	N	R Knife Strike	L Front	90 L
6.	W	R Rnd Kick, L Out Hammer Block, R Punch	L Front	90 L
7.	W	R Kick, L Punch	R Front	-----
8.	E	R Out Hammer Block, L Punch	R Front	180 R
9.	E	L Kick, R Punch	L Front	-----
10.	N	Dbl. Outside Low Blk.	Natural	90 L
11.	N	L Knife Strike	R Front	-----
12.	W	<b>L Roundhouse Kick, Spin, R Low Block</b>	<b>R Front Spin 270 R</b>	<b>KIHAP!</b>
13.	W	L Kick, R Out Hammer Blk.	R Back	-----
14.	E	L Low Block	L Front	180 L
15.	E	R Kick, L Out Hammer Blk.	L Back	-----
16.	N	L Knife Block	L Back	Forward 90 L
17.	N	R Knife Block	R Back	Step Back
18.	N	L Mid Palm Block, R Mid Punch	L Front	Step Back
19.	N	R Mid Palm Block, L Mid Punch	R Front	Step Back

## Poomsae Taeguk Chil Jang

Num	Face	Technique	Stance	Turn
1.	W	R Low Palm	L Tiger	90 L
2.	W	R Kick, L Inside Block	L Back	NO STEP
3.	E	L Low Palm	R Tiger	180 R
4.	E	L Kick, R Inside Block	R Back	NO STEP
5.	N	L Low Knife Block	L Back	90 L
6.	N	R Low Knife Block	R Back	-----
7.	W	R Low Palm	L Tiger	90 L
8.	W	R Back Knuckle	L Tiger	NO STEP
9.	E	L Low Palm	R Tiger	180 R
10.	E	L Back Knuckle	R Tiger	NO STEP
11.	N	Circular Block	Chunbee90 L	
12.	N	Double Scissor Block	L Front	-----
13.	N	Double Scissor Block	R Front	-----
14.	E	Dbl. Cross Choke Block	L Front	270 L
15.	E	R Knee, Dbl. Uppercut Step Back Dbl. Low Blk.	R Front	-----
16.	W	Dbl. Cross Choke Block	R Front	180 R
17.	W	L Knee, Dbl. Uppercut Step Back Dbl. Low Blk.	L Front	-----
18.	N/W	L Side Fist, R Ins. Kick	Horse	90 L
19.	N/E	R Side Fist, L Ins. Kick	Horse	-----
20.	N/W	L Side Knife	Horse	-----
21.	N/E	<b>R Side Punch</b>	<b>Horse</b>	<b>----- KIHAP!</b>

## Poomsae Taeguk Pal Jang

Num	Face	Technique	Stance	Turn
1.	N	L Dbl. Outside Blk.	L Back	-----
2.	N	R Middle Punch	L Front	NO STEP
3.	N	<b>R/L <u>Dbl. Jump Kick</u>, L Inside Blk., R/L Punch</b>	<b>L Front Jump</b>	<b><u>KIHAP!</u></b>
4.	N	R Middle Punch	R Front	-----
5.	E	Low/High Block	L Ext. Back	270 L
6.	E	R Uppercut	L Ext. Back	-----
7.	W	Low/High Block	R Ext. Back	180 R
8.	W	L Uppercut	R Ext. Back	-----
9.	N	L Knife Block	L Back	Step Back
10.	N	R Middle Punch	L Front	NO STEP
11.	N	R Kick, 2 steps back, R Low Palm	R Tiger	2 Steps Back
12.	W	L Knife Strike	L Tiger	90 L
13.	W	L Kick, R Punch	L Front	NO STEP
14.	W	L Low Palm	L Tiger	NO STEP
15.	E	R Knife Strike	R Tiger	180 R
16.	E	R Kick, L Punch	R Front	NO STEP
17.	E	R Low Palm	R Tiger	NO STEP
18.	S	R Dbl. Low Block	R Back	90 R
19.	S	<b>L/R <u>Dbl. Jump Kick</u> R Inside Blk., L/R Punch</b>	<b>R Front Jump</b>	<b><u>KIHAP!</u></b>
20.	W	L Knife Strike	L Back	270 L
21.	W	R Elbow, R Back Knuckle, L Punch	L Front	NO STEP
22.	E	R Knife Strike	R Back	180 R
23.	E	L Elbow, L Back, Knuckle, R Punch	R Front	NO STEP

## Poomsae Koryo

### Chunbee. Koryo Chunbee.

Num	Face	Technique	Stance	Turn
1.	W	L Knife Block	L Back	90 L
2.	W	R Low/High Side Kick, R Side Knife	R Front	-----
3.	W	L Punch	R Front	NO STEP
4.	W	R Inside Block	R Back	Slide R Foot Back
5.	E	R Knife Block	R Back	180 R
6.	E	L Low/High Side Kick, L Side Knife	L Front	-----
7.	E	R Punch	L Front	NO STEP
8.	E	L Inside Block	L Back	Slide L Foot Back
9.	N	L Low Knife, R Tiger Mouth	L Front	90 L
10.	N	R Kick, R Low Knife, L Tiger Mouth	R Front	-----
11.	N	<b>L Kick, L Low Knife, R Tiger Mouth</b>	<b>L Front</b>	----- <b>KIHAP!</b>
12.	N	R Kick, L Knee Strike	R Front	-----
13.	S	Double Cross Outside Block	R Front	270 R
14.	S	L Kick, R Knee Strike	L Front	-----
15.	S	Double Cross Outside Block	L Walking	Slide L Foot Back
16.	W	L Knife Strike	L Back	90 R
17.	W	R Punch to L Palm, L Sliding Side Kick, Turn, L Groin Scoop	R Front	180 R
18.	E	R Low Block	R Walking	Slide R Foot Back
19.	E	L Low Palm Block	L Walking	-----
20.	E	R Side Elbow Strike	Riding Horse	Step w/ R Foot
21.	E	R Knife Strike	R Back	Slide R Foot
22.	E	L Punch to R Palm, R Sliding Side Kick, Turn, R Groin Scoop	L Front	180 L
23.	W	L Low Block	L Walking	Slide L Foot Back
24.	W	R Low Palm Block	R Walking	-----
25.	W	L Side Elbow Strike	Riding Horse	Step w/ L Foot
26.	N	Circular Strike	Feet together	Move R Foot In
27.	S	L High/Low Knife	L Front	180 L
28.	S	R Neck Strike/Low Knife	R Front	-----
29.	S	L Neck Strike/Low Knife	L Front	-----
30.	S	<b>R Tiger Mouth</b>	<b>R Front</b>	----- <b>KIHAP!</b>

### WHAT DOES MY BELT RANK MEAN?

**BEGINNER:** The Beginning student is like a sponge. Stiff, light, and lacking substance, he strives to absorb knowledge and understanding.

**WHITE:** The White Belt has softened his mind, and is willing to change his ways. He is ready to gain a deeper level of knowledge.

**YELLOW:** The Yellow Belt is flexible and strong. Through his training, he begins to radiate a small amount of inner light .

**ORANGE:** The Orange Belt begins to understand the value of a strong foundation. He now understands his own strengths and weaknesses, and is training accordingly.

**GREEN:** The Green Belt represents humility. He understands the tremendous task at hand, and develops a true respect for beginning students.

**BLUE:** The Blue Belt is growing in self-confidence as he begins to clearly see his goal. His advanced training is about to begin.

**BROWN:** The Brown Belt represents stability. He has learned the value of keeping his word, and being a person that others can rely on.

**PURPLE:** The Purple Belt represents hidden, internal changes that profoundly affect the student's overall quality of life.

**RED:** The Red Belt is powerful yet calm in his dealings with others. He knows himself and is confident in his own abilities.

**CHO DAN BO:** The Cho Dan Bo is filled with boundless passion for the martial arts. His training greatly intensifies in preparation for his final goal, the Black Belt!

**BLACK:** The Black Belt is invincible, yet full of gentleness. He understands the difference between right and wrong, and seeks the truth in positive, constructive ways. His unique combination of strength and gentleness positions him to be a great leader of people.