

1ST DAN

BLACK BELT REQUIREMENTS

The following techniques are the minimum requirement for attaining the rank of black belt, at this stage a student should be proficient in all techniques even though not all moves will be asked for.

BLOCKS

GROIN BLOCK
CHEST BLOCK
HEAD BLOCK
MID DOUBLE KNIFE HAND
LOW DOUBLE KNIFE HAND
OUTSIDE WRIST BLOCK
DOUBLE GROIN BLOCK
DOUBLE CHEST BLOCK
LOW BLOCK HORSE RIDE STANCE
OUTSIDE ARM BLOCK
SCISSORS BLOCK
SPREADING BLOCK
OUTSIDE FOREARM BLOCK
DIAMOND BLOCK MID SECTION
X BLOCK
KNIFE HAND X BLOCK
PRESSING PALM BLOCK
PRESSING FOOT BLOCK

MAKKI

HANDAN MAKKI
CHUNDAN MAKKI
SANGDAN MAKKI
CHUNDAN SUDO TEBBI MAKKI
HANDAN SUDO TEBBI MAKKI
DECA POMMEL MAKKI
HANDAN TEBBI MAKKI
CHUNDAN TEBBI MAKKI
KIMA SEH HANDAN MAKKI
CHOKYO MAKKI
GAWI MAKKI
HECHO MAKKI
BAKKAT PALMOK MAKKI
KEUMGANG MAKKI
KYOPCHA MAKKI
SUDO KYOPCHA MAKKI
MIRO MAKKI
AP CHA OLLIGI

AT THIS LEVEL STUDENTS MUST BE PROFICIENT IN ALL TECHNIQUES

PUNCHES / STRIKES

FRONT PUNCH
REVERSE PUNCH
DOUBLE PUNCH
BACK FIST
KNIFE HAND STRIKE
RIDGE HAND STRIKE
SIDE PUNCH
TURN BACKFIST
PALM DOWN KNIFE HAND STRIKE
TURNING DOWN KNIFE HAND STRIKE
ELBOW STRIKE
SPEAR HAND
PALM HEEL
DOUBLE PALM HEEL
HAMMER FIST
BACK HAND STRIKE
SINGLE FINGER STRIKE
DOUBLE FINGER STRIKE
OX JAW
CHICKEN BEAK
THUMB KNUCKLE
TIGER MOUTH
HOOK PUNCH

CHIRUGI / CHIGI

AP CHIRUGI
PANDAE CHIRUGI
TEBBI GHIRUGI
CHOOMUK CHUN CHIGI
SUDO CHIGI
YUKTO CHIRUGI
YOP CHIRUGI
PANDAE CHOOMUK CHUN
SUDO CHIGI
PANDAE SUDO CHIGI
PALMOK
KWON SU
CHANG KWON CHIGI
TEBBI CHANG KWON CHIGI
CHOOMUK PADACK
SONGDUNG
HAN SONGARAK
DOO SONGARAK
SONG MOK CHIGI
SONG KOOT JO KI
OM JI CHOOMUK
AGEUM SON
KON DOL JOKI ? CHIRUGI ?

AT THIS LEVEL STUDENTS MUST BE PROFICIENT IN ALL TECHNIQUES

KICKS

FRONT KICK
ROUND KICK
SIDE KICK
BACK KICK
LEG SWING
HOOK KICK (HEEL)
TURN BACK KICK
TURN HOOK KICK
TURN CRESCENT KICK
JUMP FRONT KICK
JUMP ROUND KICK
JUMP SIDE KICK
JUMP TURN CRESCENT KICK
JUMP HOOK KICK
KNEE KICK
JUMP TURN HOOK KICK
AXE KICK
FRONT TWIST KICK
JUMP TURN BACK KICK

CHAGI

AP CHAGI
TOLLIO CHAGI
YOP CHAGI
DWI CHA CHAGI
AP OLLIGI
KOLCHYO CHAGI
PANDAE DWI CHA CHAGI
PANDAE KOLCHYO CHAGI
PANDAE BANDAL CHAGI
TWIMMYO AP CHAGI
TWIMMYO TOLLIO CHAGI
TWIMMYO YOP CHAGI
TWIMMYO PANDAE BANDAL CHAGI
TWIMMYO KOLCHYO CHAGI
MURUP CHAGI
TWIMMYO PANDAE BANDAL CHAGI
CHICCO CHAGI
BITURO CHAGI
TWIMMYO PANDAE DWI CHA CHAGI

AT THIS LEVEL STUDENTS MUST BE PROFICIENT IN ALL TECHNIQUES, INCLUDING STEP, SLIP JUMP AND FLYING KICKS.

ONE STEP & FREE SPARRING

ILBO / JAYU TAERYON

1 STEP SPARRING (AS SPECIFIED BY EXAMINING BOARD PRIOR TO GRADING)
3 STEP SPARRING (AS SPECIFIED BY EXAMINING BOARD PRIOR TO GRADING)
FREE SPARRING

SELF DEFENCE

(AS SPECIFIED BY EXAMINING BOARD PRIOR TO GRADING)

PUSHUP

75 PUSHUPS AND SIT UPS

BREAKING

4 BOARDS (3 DIFFERENT KICKS, WITH DIFFERENT LEGS AND ONE HAND TECHNIQUE)
1 BOARD (DIFFERENT HAND TECHNIQUE)
2 BOARDS TOGETHER (FLYING SIDE KICK)
8 TILES WITH DOWNWARD PUNCH

PATTERNS

KORYO
PLUS THREE OTHER

POOMSE

THERE IS A 20 - 30 MINUTE WRITTEN PAPER TO BE TAKEN PRIOR TO THE GRADING.
THE STUDENT SHOULD BE ABLE TO TAKE A FULL LESSON AND SHOULD HAVE BEEN OBSERVED TAKING CLASSES BEFORE THE GRADING.

KORYO Is the name of the ancient dynasty in the Korean peninsula. The name of Korea is taken from this. It was famed for its culture and also the valiant spirit of the people who defeated the Mongolian aggression sweeping across Asia at the time .

KORYO

