

## System of Rank in Tae kwon-do

A beginner starts out at White Belt 10 th Kup , progressing to 9 th Kup , then 8 th , and so on until Black Belt . From White Belt 10 th Kup to Blue Belt, grading is carried out every 3 months. From Blue Belt onward, grading is carried out every six months, until Black Belt 1 st Dan. A person usually attains Black Belt 1 st Dan in three and a half years to four years, depending on ability, and frequency of training and grading.

For Black Belts, the minimum time requirement for grading are:

- 1 st to 2 nd Dan = 2 years
- 2 nd to 3 rd Dan = 3 years
- 3 rd to 4 th Dan = 4 years
- 4 th to 5 th Dan = 5 years
- 5 th to 6 th Dan = 6 years and so on etc...

To be an examiner . one must be at least a 4 th Dan Black Belt or above.

Colour Belt Grade		month	Black Belt Rank	
White Belt	10 th Kup	3	1 st Dan	Assistant Instructor
Yellow Tag	9 th Kup	3	2 nd Dan	Assistant Instructor
Yellow Belt	8 th Kup	3	3 rd Dan	Senior Instructor
Green Tag	7 th Kup	3	4 th Dan	Senior Instructor
Green Belt	6 th Kup	3	5 th Dan	Master Instructor
Blue Tag	5 th Kup	3	6 th Dan	Master Instructor
Blue Belt	4 th Kup	3	7 th Dan	Master Instructor
Red Tag	3 rd Kup	6	8 th Dan	Master Instructor
Red Belt	2 nd Kup	6	9 th Dan	Grand Master
Black Tag	1 st Kup	6		
Black Belt	1 st Dan	6		

### Meaning Of Belt Colours

<b>Colour</b>	<b>Meaning</b>
<b>White</b>	Signifies innocence, as that of a beginning student who has no previous knowledge of Tae kwon-do
<b>Yellow</b>	Signifies the Earth from which a plant sprouts and takes root as the Tae kwon-do foundation is being laid.
<b>Green</b>	Signifies the plant's growth as the Tae kwon-do skill begin to develop.
<b>Blue</b>	Signifies the Heaven, towards which the plant matures into a towering tree as training in Tae kwon-do progresses.
<b>Red</b>	Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.
<b>Black</b>	Opposite of White, therefore signifying the maturity and proficiency in Tae kwon-do. It also indicate the wearer's impervious to darkness and fear.

### Patterns ( Tul)

The Chang Hon or “ blue cottage “ patterns are known for the combination of fast and slow, light and forceful movements together with extensive footwork. Chang Hon is the pen name of General Coi Hi, founder of Tae kwon-do.

### Reason for Patterns

Pattern practice enables a student to go through many fundamental movements in series, to develop sparring techniques, improve flexibility of movements, master body shifting, build muscles and breath control, develop fluid and smooth motions, and gain rhythmical movements.

It also enables a student to acquire certain special techniques, which can not be obtained from either fundamental exercises or sparring. In short, a pattern can be compared with a unit tactic or a word, if fundamental movement is an individual soldier's training or alphabet. Accordingly, pattern, the ledger of every movement, is a series of sparring, power, feats and characteristic beauty.

Though sparring may merely indicate that opponent is more or less advanced, pattern are a more critical barometer in evaluating an individual's technique.

### Important Points While Performing Patterns

1. Pattern should begin and end at exact the same spot. This will indicate the performer's accuracy.
2. Correct posture and facing must be maintained at all times.
3. Muscle of the body should be either tensed or relaxed at the proper critical moments in the exercise.
4. The exercise should be performed in a rhythmic movement with an absence of stiffness.

5. Movement should be accelerated or decelerated according to the instructions in this book.
6. Each pattern should be perfected before moving to the next.
7. Students should know the purpose of each movement.
8. Students should perform each movement with realism.
9. Attack and defence techniques should be equally distributed among right and left hands.

### **Reason for the 24 Patterns**

There are a total of twenty- four patterns in Tae kwon-do.

The life of a human being, perhaps 100 years, can be considered as a day when compared with eternity. Therefore, we mortals are no more than simple travellers who pass by the eternal years of an eon in a day.

It is evident that no one can live more a limited amount of time. Nevertheless, most people foolishly enslave themselves to materialism as if they could live for thousand years. Some people strive to bequeath a good spiritual legacy for coming generations, in this way, gaining immortality. Obviously, the spirit is perpetual while material is not. Therefore, what we can do to leave behind something for the welfare of mankind is, perhaps, the most important thing in our lives.

Here I leave Tae kwon-do for mankind as a trace of man of the late 20 th century.

The 24 patterns represent 24 hours, one day, or all my life.

General Choi Hong Hi, Founder of Tae kwon-do

### **The Interpretation of Patterns**

The name of the pattern, the number of movements, and the diagrammatic symbol of each pattern symbolizes either heroic figures in Korean history or instances relating to historical events.

Name	Meaning	Grade
<b>CHON-JI</b>  <b>19 MOVES</b>	Means literally “the Heaven the Earth “ . It is , in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts; one to represent the Heaven and the other the earth. It is said that the pattern was named after Lake Chon-Ji a beautiful lake in North Korea with water so and calm	9 th Kup Yellow Tag

<b>DAN-GUN</b> (21)	Is named after the Holy Dan-Gun the legendary founder of Korea in the year of 2333 BC	<b>8 th</b> <b>Kup</b>
<b>DO-SAN</b> (24)	Is the pseudonym of the patriot Ahn Chang-Ho (1876-1938). The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.	<b>7 th</b> <b>Kup</b>
<b>WON-HYO</b> (28)	Was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 AD.	<b>6 th</b> <b>Kup</b>
<b>YUL-GOK</b> (38)	Is the pseudonym of a great philosopher and scholar Yi I (1536-1584) nicknamed the “Confucius of Korea “. The 38 movements of this pattern refer to his birth place on 38 degree latitude and diagram represents “ scholar.	<b>5 th</b> <b>Kup</b>
<b>JOONG-GUN</b> (32)	Is named after the patriot -Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, know as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr Ahn’s age when he was executed at Lui-Shung prison (1910)	<b>4 th</b> <b>Kup</b>
<b>TOI-GYE</b> (37)	Is the pen name of the noted scholar Yi Hwang (16 th century), an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on 37 degree latitude, the diagram represents “scholar”	<b>3 rd</b> <b>Kup</b>
<b>HWA-RANG</b> (29)	Is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7 th century. The 29 movements refer to the 29 th infantry Division, where Tae kwon-do developed into maturity.	<b>2 nd</b> <b>Kup</b>
<b>CHOONG-MOO</b> (30)	Was named given to the great Admiral Yi Soon-Sin of the lee Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentially checked by the forced reservation of his loyalty to the king.	<b>1 st</b> <b>Kup</b>
<b>KWANG-GAE</b> (39)	Is named after the famous Kwang-Gae-Toh-Wang, the 19 th 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 lost territory. The 39 movements refer to the first two figures of 391 AD., the year he came to the throne.	<b>1 st</b> <b>Dan</b>
<b>PO-EUN</b> (36)	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.	<b>1 st</b> <b>Dan</b>
<b>GE-BAEK</b> (44)	Is named after Ge-Baek, a great general in the Baek Je Dynasty (660 AD ). The diagram (i) represents his severe and strict military discipline.	<b>1 st</b> <b>Dan</b>

<b>EUI-AM</b> (45)	Is the pseudonym of Son Byong Hi, leader of the Korean independence movement on March 1,1919. The 45 movements refer to his age when he changed the name of Dong Hak (Oriental Culture) to Chondo Kyo (Heavenly Way Religion) in 1905. The diagram ( I ) represents his indomitable spirit, displayed while dedicating himself to the prosperity of his nation.	<b>2 nd Dan</b>
<b>CHOONG-JANG</b> (52)	Is the pseudonym given to the General Kim Duk Ryang who lived during the Lee Dynasty, 14 th Century. This pattern ends with the left hand attack to symbolize the tragedy of his death at 27 in prison before he was able to reach full maturity.	<b>2 nd Dan</b>
<b>KO-DANG</b> ( 39)	Is the pseudonym of the patriot Cho Man Sik who dedicated his life to the independence movement and education of Korea. The 39 movements of the pattern show the number of times of his imprisonment as well as the location of his birth place on 39 degrees latitude.	<b>2 nd Dan</b>
<b>SAM-IL</b> (33)	Denotes the historical date of the independence movement of Korea which began throughout the country on March 1, 1919. The 33 movements in the pattern stand for the 33 patriots who planned the movements.	<b>3 rd Dan</b>
<b>CHOI-YONG</b> (46)	Is named after general Choi-Yong, Premier and commander-in-chief of the Armed forces during the 14 century Koryo Dynasty. Choi-Yong was greatly respected for his loyalty, patriotism, and humility. He was executed by his subordinate commanders headed by General Yi Sung Gae, who later become the first king of Lee Dynasty.	<b>3 rd Dan</b>
<b>YOO-SIN</b> (68)	Is named after General Kim Yoo Sin, a commanding general during the Silla Daynasty. The 68 movements refer to the last two figures of 668 AD ., the year Korea was united. The ready posture signifies a sword drawn on the right rather than left side, symbolizing Yoo Sin ‘s mistake of following his king’s orders to fight with foreign forces against his own nation.	<b>3 rd Dan</b>
<b>YON-GAE</b> (49)	Is named after a famous general during the Koguryo Dynasty, Yon Gae Somoon. The 49 movements refer to the last two figures of 649 AD., the year he forced the Tang Dynasty to quit Korea after destroying nearly 300,000 of their troops at Ansi Sung.	<b>4 th Dan</b>
<b>UL-JI</b> (42)	Is named after general Ul-Ji Moon Dok who was successfully defended Korea against a Tang’s invasion force of nearly one million solders led by Yang Je in 612 AD ., Ui-Ji employing hit and run guerrilla tactics, was able to decimate a large percentage of the force. The diagram ( L ) represents his surname. The 42 movements represents the author’s age when he designed the pattern.	<b>4 th Dan</b>
<b>MOON-MOO</b> (61)	Honors the 39 th king of the Silla Dynasty. His body was buried near Dae Wang Am (Great King ‘s Rock). According to will, the body was placed in the sea “Where my soul shall forever defend my land against the Japanese. “ It is said that the Sok Gul Am (Stone Cave ) was built to guard his tomb. The Sok Gul Am is a fine example of the culture of the Silla Dynasty . The 61 movements in this pattern symbolize the last two figures of 661 AD. When Moon Moo came to the throne.	<b>4 th Dan</b>

<b>SO-SAN (72)</b>	Is the pseudonym of the great monk Choi Hyong Ung (1520-1640) during the Lee Dynasty. The 72 movements refer to his age when he organized a corps of monk soldiers helped repulse the Japanese pirate who overran most of the Korean peninsula in 1592	<b>5 th Dan</b>
<b>SE-JONG (24)</b>	Is named after the greatest Korean king, Se-Jong, who invented the Korean alphabet in 1443, and was also a noted meteorologist. The diagram (Z) represents the king, while the 24 movements refer to the 24 letters of the Korean alphabet.	<b>5 th Dan</b>
<b>TONG-IL (56)</b>	Denotes the resolution of the unification of Korea which has been divided since 1945. The diagram (I) symbolizes the homogenous race.	<b>6 th Dan</b>
<b>10 th Kup Grade – White Belt</b>		
Walking stance forearm low block	Gunnun so palmok najunde makgi	
Walking stance middle front punch	Gunnun so kaunde ap jirugi	
Walking stance knife hand low block	Gunnun so sonkal najunde makgi	
Walking stance inner forearm middle block	Gunnun so an palmok kaunde makgi	
<b>9 th Kup Grade – Yellow Tag</b>		
Walking stance forearm rising block	Gunnun so palmok chukyo makgi	
L stance inner forearm middle block	Niunja so an palmok kaunde makgi	
L stance knife hand guarding block	Niunja so sonkal daebi makgi	
L stance forearm guarding block	Niunja so palmok daebi makgi	
<b>8 th Kup Grade – Yellow Belt</b>		
Walking stance high front punch	Gunnun so nopunde ap jirugi	
L stance twin forearm block	Niunja so sang palmok makgi	
Walking stance forearm rising block	Gunnun so palmok chukyo makgi	
L stance middle knife hand side strike	Niunja so kaunde sonkal yop taerigi	
<b>7 th Kup Grade – Green Tag</b>		
Walking stance outer forearm high side block	Gunnun so bakat palmok napunde yop makgi	
Walking stance middle reverse punch	Gunnun so kaunde bandae jirugi	
Walking stance straight fingertip thrust	Gunnun so sun sonkut tulgi	
Walking stance back fist high strike	Gunnun so dung joomuk nopunde yop taerigi	
Sitting stance knife hand side strike	Annun so sonkal yop taerigi	
<b>6 th Kup Grade – Green Belt</b>		
L stance knife hand high inward strike	Niunja so sonkal nopunde annuro taerigi	
Fixed stance middle punch	Gojung so kaunde jirugi	
Walking stance inner forearm circular block	Gunnun so an palmok dollimyo makgi	

<b>5 th Kup Grade – Blue Tag</b>	
Sitting stance middle punch	Annun so kaunde jirugi
Walking stance palm obverse hooking block	Gunnun so sonbadak golcho makgi
Walking stance palm reverse hooking block	Gunnun so sonbadak bandae golcho makgi
Walking stance front elbow strike	Gunnun so ap palkup taerigi
L stance twin knife hand block	Niunja so sang sonkal makgi
X stance back fist high side strike	Kyocha so dung joomuk nopunde makgi
Walking stance double forearm high block	Gunnun so doo palmok nopunde makgi
<b>4 th Kup Grade – Blue Belt</b>	
L stance reverse knife hand outward block	Niunja so sonkal dung bakuro makgi
Rear foot stance palm upward block	Dwitbal so sonbadak ollyo makgi
Walking stance upper elbow strike	Gunnun so wipalgup taerigi
Walking stance twin fist high vertical punch	Gunnun so sang joomuk sewo jirugi
Walking stance twin fist upset punch	Gunnun so sang joomuk dwijibo jirugi
Walking stance x fist rising block	Gunnu so kyocha joomuk chukyo makgi
Low stance palm pressing block	Gojung so sonbadak noolloyo makgi
Closed stance angle punch	Moa so giokja jirugi
<b>3 rd Kup Grade – Red Tag</b>	
Walking stance upset fingertip low thrust	Gunnun so dwijibun sonkut najunde tulgi
Close stance back fist side back strike	Moa so duing joomuk yopdwi taerigi
Walking stance x fist pressing block	Gunnun so kyocha joomuk noollo makgi
Sitting stance outer forearm w-shape block	Annun so bakat palmok san makgi
Walking stance flat fingertip high thrust	Gunnun so opun sonkut nopunde tulgi
L stance double forearm low pushing block	Niunja so doo palmok najunde miro makgi
L stance back fist high strike	Niunja so dung joomuk nopunde taerigi
X stance x fist pressing block	Kyocha so kyocha joomuk noolio makgi
L stance knife hand low guarding block	Niunja so sonkal najunde daebi makgi
<b>2 nd Kup Grade – Red Belt</b>	
Sitting stance palm pushing block	Annun so sonbadak miro makgi
L stance upward punch	Niunja so ollyo jirugi
Vertical stance knife hand downward strike	Soo jik sonkal naeryo taerigi
L stance obverse punch	Niunja so baro jirugi
L stance side elbow thrust	Niunja so yop palkup tulgi
Close stance inner forearm middle side front block	Moa so an palmok kaunde yopap makgi

**1 st Kup Grade – Black Tag**

Walking stance knife hand high front strike	Gunnu so sonkal nopunde ap taerigi
L stance forearm low block	Niunja so palmok najunde makgi
Walking stance reverse knife hand high front strike	Gunnun so son dung nopunde ap taerigi
Sitting stance forearm middle front block	Annun so palmok kaunde ap makgi
L stance x knife hand checking middle side block	Niunja so kyocha sonkal kaunde yop makgi
Walking stance double palm upward block	Gunnun so doo sonbadak ollyo makgi