태권도 TAE KWON DO



CLEMSON UNIVERSITY TAE KWON DO CLUB



Student Handbook



The Clemson University Tae Kwon Do Club was established in 1967 by Master Billy Hong. . The purpose of the club is to offer university students an opportunity to receive traditional training in the Korean art of self-defense. As a student in the club you will derive many benefits from your

training both mentally and physically.



Tae Kwon Do originated in Korea over 2,000 years ago. "Tae" means to kick or smash with the foot; "Kwon" means to strike with the hand or fist; "Do" means the skills of blocking, dodging, foot sweeps, and joint locks to form a very effective style of self-defense. Physically, Tae Kwon

Do will help you control your weight, tone your body, and improve your cardiovascular and respiratory systems. Your body will have more energy, and your physical strength, flexibility and coordination will improve as well. Tae Kwon Do will also help you maintain good mental health by giving you a positive way of releasing everyday stress and tension. You can release some of that pent up hostility and frustration in a morally acceptable and productive manner. The end result is a healthier mind along with a healthier body.



At the end of each semester a rank advancement test will be given. If you have trained regularly you are encouraged to take this technical exam. Upon satisfactory completion of the promotion test you will receive your belt and certificate. All certification will be issued by the Mauldin Tae Kwon

Do Academy. Black Belt certifications will be issued by the Kukkiwon (World Taekwondo Federation Headquarter).

Since the Clemson University Tae Kwon Do Club is an official branch school of the Mauldin Tae Kwon Do Academy, club members are welcome to attend classes at Mauldin Tae Kwon Do Academy as well as the Anderson Tae Kwon Do Academy, instructed by Mr. Tom Barilovits, at no additional cost during the fall and spring semester. As a member of the club you also have the opportunity to compete amongst other students in local tournaments that are held across the southeast. The club also competes annually at the South Carolina State Taekwondo Championships in Columbia. Winners in this tournament are eligible for national competition.



The late Master Hyong Ung Hong first started teaching Tae Kwon Do in 1961-63 to the Korean Army Combat Division. In 1963 - 64 he was the instructor for the Korean C. I. A. And in 1964 - 65 he was a Korean Military Academy instructor. In 1965 he won the World Tae Kwon Do Championships in his weight division. Enter U. S. A. In 1966 he was the first master to bring Tae Kwon Do to the Carolinas by becoming the head

instructor at Southeastern Tae Kwon Do Institute in Greenville, SC.

In January of 1967 he founded the Clemson University Tae Kwon Do Club. In 1977 he was named Tae Kwon Do Instructor of the year by the World Tae Kwon Do Federation.

On September 1, 1983, Master Hong was killed while traveling to Korea. Flight KAL 007 drifted into Soviet air space and was shot down by soviet jet fighters. His positive influence is still felt by all who knew him.



Grandmaster Moo Yong Lee is well-known and highly regarded by the worldwide Taekwondo community. He is recognized by his fellow instructor as a man of great integrity and dedication. One of the elite individuals who hold rank of 9th degree Black Belt (Kukkiwon), Moo Yong Lee is one of the very few Grandmasters of Taekwondo residing in the United States. He was the

President of the United States Taekwondo Union (USTU) on 1985-1986 and current President of the United States Taekwondo Instructors Union (USTIU).

He began his study in Korea at an early age. Today, over thirty years and widely acknowledge as one of the foremost martial artists in th world. Grandmaster Lee humbly considers himself to still be a student of his beloved art. Teaching with kindness and humor at his Hartford, Connecticut school, this busy instructor finds time to give each of his students his individual attention and guidance. Training under Grandmaster Lee's direction proceeds in a no-nonsense atmosphere of maximum effort and mutual respect. A natural leader through his own example of totaly commitment and hard work, those students fortunate enough to study with Grandmaster Lee agrees that the value of his instruction extend far beyond the training hall.



Master Huggins, a 1980 Clemson graduate, is the owner and Master Instructor of the Mauldin Tae Kwon Do Academy. He started his Tae Kwon Do training in 1969. He received his Black Belt from Master Hong, and started teaching in 1975. Upon Master Hong's death in September 1983, he was appointed Chief

Instructor of Hong's Tae Kwon Do institute in Greenville, SC. He remained in this position until he founded the Mauldin Tae Kwon Do Academy in April of 1986. He was the CU TKD Club instructor since 1983. Aside from his main school and Clemson University Tae Kwon Do Club, he has affiliated schools in Anderson, Travelers Rest, Summerville, Myrtle Beach, and Moncks Corner, SC



In recent years Master Huggins has added several accomplishments to his credentials. In 1992 he was named the instructor of the year by the United States Taekwondo Instructors Union. In 1993, he was the Men's Heavyweight Silver Medalist at the Pan American Open Masters Championship. In May of 1994, he won the

Gold Medal in the Sr. Heavyweight Sparring division at the Masters Game International Championships.

The History of an Art

From The Ultimate Reference Guide to the World's Most Popular Martial Art by Yeon Hee Park

As it is literally translated from the Korean, Tae means "to kick" or "to strike with the foot", Kwon means "fist" or "to strike with the hand," and Do means "discipline" or "art." Taken together, Tae Kwon Do means "the art of kicking and punching"-"the art of unarmed combat." Modern-day Tae Kwon Do, as it has come to be developed over the years, is a unique martial art incorporating both the quick, straight-line movements that characterize the various Japanese systems and the flowing circular movements of most Chinese styles. But more than this, what truly distinguishes Tae Kwon Do are its varied and uniquely powerful kicking techniques. It is this prominent use of leg and kicking techniques that sets Tae Kwon Do apart from all other martial arts systems. Yet, Tae Kwon Do is far more than simply a system concerned with physical prowess, for it is also an art directed toward the moral development of its students.

The earliest records of Tae Kwon Do practice date back to about 50 B. C. During this time Korea was divided into three kingdoms: Silla, which was founded on the Kyongju plain in 57 B.C.; Koguryo, founded in the Yalu River Valley in 37 B. C.; and Baekche, founded in the southwestern area of the Korean peninsula in 18 B. C. Evidence of the practice of Taek Kyon (the earliest known form of Tae Kwon Do) has been found in paintings on the ceiling of the Huyong-chong, a royal tomb from the Koguryo dynasty. These and other mural paintings show unarmed combatants using techniques that are virtually identical to those of modern-day Tae Kwon Do. Of particular interest are details that show the use of the knife hand, fist and classical fighting stances, all components of modern Tae Kwon Do. Although Tae Kwon Do first appeared in the Koguryo kingdom, it is Silla's warrior nobility, the Hwarang, who are credited with the growth and spread of the art throughout Korea. of the three kingdoms, Silla was the first to be formed, but it remained the smallest and least civilized. Its coastline was constantly under attack by Japanese pirates. Alter Silla appealed for help against the continual harassment by the Japanese pirates, King Gwanggaeto, the 19th in the line of Koguryo monarchs, sent a force of 50,000 soldiers into neighboring Silla to help the smaller kingdom drive out the pirates. It is at this time that Taek Kyon is thought to have been introduced to Silla's warrior class, handed down in strict secrecy to a few select Sillan warriors by early masters of the art.

These Taek Kyon-trained warriors became known as the Hwarang. Founded initially as a military academy for the young nobility of Silla, the society of the Hwarang-do ("the way of flowering manhood") adopted Taek Kyon as a part of its basic training regimen. The society was an elite group, consisting of the Hwarang, or leaders, who were selected from among the sons of royalty between the ages of 16 and 20, and the Nangdo, or cadets, who were assembled from the rest of the young nobility and who totaled between 200 and 1000 at any given time. The young men within the society were educated in many disciplines, including history, Confucian philosophy, ethics, Buddhist morality, riding, archery, sword play, military tactics and, of course, Taek Kyon. The guiding principles of the Hwarang-do education were based on the Five Codes of Human Conduct, as established by the Buddhist scholar Ifonkang. These axioms are:

> Be loyal to your country Be obedient to your parents Be trustworthy to your friends Never retreat in battle

Never wake an unjust kill

Taek Kyon was taught in conjunction with the Five Codes of Human Conduct so that it became a way of life for the young men, a code of moral behavior that served to guide their lives and the use to which they put their training in Taek Kyon.

Today, these codes are reflected in the so-called 11 commandments of modern Tae Kwon Do. As with the original codes of conduct, these modern axioms are used to guide the moral development of students of the art, and no student who does not fully understand these tenets can ever hope to master the true essence of the art.

> Loyalty to your country Respect your parents Faithfulness to your spouse Respect your brothers and sisters Loyalty to your friends Respect your elders Respect your teachers Never take life unjustly Indomitable spirit Loyalty to your school Finish what you begin

Along with their training in fundamental education and military skills, the Hwarang were also skilled in poetry, singing and dancing, and were encouraged to travel throughout the peninsula in order to learn about the regions and people. These traveling warriors were responsible for the spread of Taek Kyon throughout Korea during the Silla dynasty, which lasted from A. D. 668. to A. D. 935. During this era, Taek Kyon remained primarily a sports and recreational activity designed to improve physical fitness (although it was nonetheless quite a formidable system of self-defense.) It was not until the Koryo dynasty, which began in 935 and lasted until 1392, that the focus of the art was changed. During this time, Taek Kyon became known as Subak, and during the reign of King Uijong (between the years of 1147 and 1170) it changed from a system designed primarily to promote fitness into a fighting art.

The first book widely available on the art was written during the Yi Dynasty (1397 to 1907) to promote the art among the population in general. Prior to this, the art had been restricted primarily to the military nobility. The publication of this book and the subsequent popularizing of the art among the general public were responsible for the survival of Subak during this era, for during the second half of the Yi dynasty, political conflict and the de-emphasis of military activities in favor of more scholarly pursuits led to a significant reduction in the practice of the art. Records of the practice of Subak are sparse during this time. The art again returned to its former role as a recreational and fitness activity, with the exception that now it was the general population which maintained the art and not the nobility. Subak as an art became fragmented and diffused throughout the country, and its practice continued to decline until only incomplete remnants remained. What limited knowledge there was of the art was handed down from one generation to the next within individual families that generally practiced it in secret.

It was not until 1909 that Korea's fighting arts experienced a marked resurgence, for in that year the Japanese invaded Korea, occupying the country for the next 36 years. During this time, the Japanese resident general officially banned the practice of all military arts for native Koreans. Ironically, this very act sparked a renewed growth of Subak. Patriots, fueled by a hatred of their subjugators, organized themselves into underground factions and traveled to remote Buddhist temples to study the martial arts. Still others left Korea to work and study in China and even Japan itself, where they were exposed to the fighting arts native to those countries. In Korea, Subak/Taek Kyon was kept alive through the efforts of a number of famous masters of the Korean fighting arts. Eventually, the underground nature of the martial arts in Korea changed when, in 1943, first Judo and then Karate and Kung-fu were officially introduced. The following two years saw a dramatic increase in interest in the martial arts throughout the country. But it was not until Korea's liberation in 1945 that its own fighting arts finally took root and began to flourish. For many years, a variety of Korean martial art styles existed throughout the country. These styles varied from one another according to the amount of influence each master had absorbed from the numerous Chinese and Japanese styles and the extent to which the native Subak/Taek Kyon had been modified over the years.

The first kwan ("school") to teach a native Korean style of martial art was opened in 1945 in Yong Chun, Seoul. This dojang (gymnasium) was named the Chung Do Kwan. Later the same year, the Moo Duk Kwan and the Yun Moo Kwan also opened in Seoul. The following year, the Chang Moo Kwan followed by the Chi Do Kwan were founded. Seven other major schools were formed between 1953 and the early 1960s, the three most prominent being the Ji Do Kwan, the Song Moo Kwan and the oh Do Kwan, all of which were opened between 1953 and 1954. Although each of these schools claimed to teach the traditional Korean martial art, each one emphasized a different aspect of Tae Kyon/Subak and various named emerged for each system. Styles became known as Soo Ba.k Do, Kwon Bop, Kong Soo Do, Tae Soo Do and Dang Soo Do. There were also those who claimed to teach traditional Taek Kyon.

Dissension between the various kwans prevented the formation of a central regulating board for 10 years. Yet, during those years, the martial arts gained a strong foothold within the newly formed Korean Armed Forces (1945), with Taek Kyon becoming a regular part of military training. IN early 1946, masters of the art began teaching Taek Kyon to troops stationed in Kwang Ju. This set the foundation for the great turning point in the Korean martial arts in 1952. That year, at the height of the Korean War, President Syngman Rhee watched a half-hour demonstration by Korean martial arts master. Rhee was so impressed with what he saw that he ordered training in the martial arts to be adopted as part of regular military training. This single act was to have a far reaching effect on the Korean martial arts. Later that same year, a master was sent to Fort Benning, Georgia for special training in radio communications. The master had been one of those to perform before President Lee, and Lee had taken special notice of his abilities prior to his assignment to the United States. During his stay in Georgia, the master demonstrated his art to both the military and the general public, further publicizing Korea's fighting art. In Korea, special commando groups of martial arts- trained soldiers were formed to fight against the communist forces of North Korea. The most famous of these special forces was known as the Black Tigers, who staged many espionage missions across the borders in hostile territory. Occasionally they performed assassinations. Many great martial artist lost their lives during this time, including the founders of the Chang Moo Kwan and the Yun Moo Kwan.

Following the end of the war in 1953, the Korean 29th Infantry Division was established on Che Ju island. This unit was responsible for all Taek Kyon training in the Korean Army. Two years later, on April 11, 1955, a meeting was convened to unify the various kwans under a common name. The name of Tae Soo Do was accepted by the majority of the kwan masters, who then agreed to merge their various styles for the mutual benefit of all schools. However, two years later the name was once again changed, this time to the familiar Tae Kwon Do. Chosen both because it accurately describes the nature of the art (comprised of both hand and foot techniques) as well as for its similarity to the art's early name Of Taek Kyon, Tae Kwon Do has been the recognized name for the Korean martial arts since that day. However, although most of the kwans merged under this common name, there were a few who did not. It has never been clear which of the original eight did in fact merge in 1955, but of those who did not, only Hapkido remains as a recognized separate art in itself. Yet, despite the historic merging, dissension between the kwans did not end at that meeting in 1955. Until the formation of the Korean Tae Kwon Do Association on September 14, 1961, and indeed for a few years thereafter, there remained much animosity between the various masters.

The first leaders of the Korean Tae Kwon Do Association saw the potential for the spread and growth of their art and used their authority to send instructors and demonstration teams all over the World, spreading the art to every continent. In Korea, the study of Tae Kwon Do spread rapidly from the army into high schools and colleges. Dojangs for the general public sprang up everywhere. Tae Kwon Do had begun to blossom. Within a very brief time, the art had developed such a reputation for being an effective fighting system that during the Vietnam liar, the South Vietnamese government requested instructors to train its troops. During the 1960s, thousands of Tae Kwon Do demonstrators performed around the world before fascinated governments, which with few exceptions followed up such exhibitions with calls for Korean instructors to teach in their countries. By the beginning of the 1970s, Tae Kwon Do had firmly established itself worldwide. On May 28, 1973 a new, worldwide organization, the World Tae Kwon Do Federation (WTF), was formed. Since that day, all Tae Kwon Do activities outside of Korea have been coordinated by the WTF, the only official organization recognized by the Korean government as an international regulating body for Tae Kwon Do. Also in May 1973, the first biennial World Tae Kwon Do Championships were held in Seoul as a prelude to the inauguration of the WTF. Since then, the world championships have been held in many countries around the world, including the United States, West Germany, South America and Denmark.

It was Tae Kwon Do's prominence in the circle of international sports which brought the art to the attention of the General Association of International Sports Federation (GAISF). GAISF is an association of all international sports, both Olympic and non-Olympic, with direct ties to the International Olympic Committee (ICC). Under the auspices of GAISF, Tae Kwon Do as a sport was introduced to the ICC, which recognized and admitted the WTF in July 1980. Following this initial contact, at the General Session of the ICC in May 1982, the crowning achievement of Tae Kwon Do as a sport came when the art was designated an official Demonstration Sport for the 1988 Olympic Games in Seoul, Korea.

In the short time since the inception of the WTF in 1973, Tae Kwon Do has grown with unprecedented rapidity as a worldwide sport. Today, Tae Kwon Do is one of only two martial arts systems (the other being Karate-do) to be practiced all over the world, boasting an international membership of more than 20 million practitioners in over 120 countries," making it the most practiced martial art style in the world. Considering the unparalled growth of the art of Tae Kwon Do and its acceptance into the circle of Olympic sports, there seems little doubt that it will continue to enjoy its rapidly expanding popularity around the world. Tae Kwon Do is a highly complex system composed of many elements, and it is in this diverse nature where the true strength of the art lies.

PHILOSOPHY OF TAEKWONDO

Tae Kwon Do is not just training in kicking, punching, and self defense. It is far more even than training in mental/physical coordination. A major feature of the art is the development of a certain spirit which carries over into all aspects of life. If there exists a means through which one could secure a stable, Peaceful life, it would have to be based upon a harmony between oneself and nature. Do in Korean means "art," "path," "way," or "Way of life." It is the way in which the dynamics of the human personality interact with the forces of the universe. The philosophy of Tae Kwon Do has as its roots many of the tenets held by religious masters and devout laymen throughout history. These qualities can be traced back to the influence of Buddhism, and its aim of the "Mastery Of Self." Buddhism, introduced to the Koguryo kingdom from China in 347 A. D., contributed greatly to the growth of the Korean martial arts. The focus of Tae Kwon Do philosophy is to offer a means by which the student can rid him/herself of the ego, or what Zen-Buddhists call "discriminating mind," in order to live in harmony with the universe.

At the core of this philosophy is the concept of 'duality' in nature. Duality refers to the interaction of opposing forces. Harmony is achieved when opposite forces are distributed equally, resulting in balance. When one force dominates however, discord is the result. For example, when an adversary uses positive (aggressive) energy, or in other words initiates an attack, the defender should use negative (yielding) energy to respond, by stepping aside to allow the energy of the attack to flow past harmless soft (non injurious), and what was soft (the defender's Passivity) becomes hard (an effective way to counter a potentially dangerous assault), allowing balance to return.

Ultimately, the philosophy of Tae Kwon Do seeks to bring students to a level of consciousness known as "Present Time." This Occurs when one is completely in tune with himself and nature to the degree that his actions and reactions are always perfectly coordinated with the forces in life whether that be in the sparring ring, in a social setting or even when alone. Such a person cannot be made upset by anything he encounters in life. True masters of Tae Kwon Do are noted for their serene personality which stems from their living in Present Time.

Every person is capable of coordinating him-or herself with the forces in life more perfectly. By centering oneself and balancing the dual forces through living in "Present Time," students can begin to touch the true goal of all human life which is the aspiration to and application of perfection.

PHILOSOPHICAL CHARACTER OF TOBOK

(Extract from 'Dynamic Taekwondo', p31~34)

In the beginning of Taekwondo training, the practitioner encounters the tobok and learns ettiquette from the Sabomnim. The tobok is a special clothing for training the mind and body in which the spirit of Korea and the centuries-old tradition is alive. So it is called a "handobok."

The tobok consists of trousers, upper garment and belt, of which is called "hanbul." The tobok has a similarity with traditional Korean clothes "hanbok." The origin of the hanbok is not known. There are, however, records that shows the use of costumes in the period of Shilla (Samkuk Sagi), Kaya (Samkuk Yusa), and Koguryo-Paekche-Shilla periods (Saso, China). It is written in the "Koguryo Tokyong" by Sukyong of Early China that "People in the Koguryo Kingdom wear white costumes with black silk belts around the waist."

It seems that the white costumes could be daily clothes for the Koguryo people. It also seems that the long upper garment and trousers must have been the same type of cloth that were found on the wall paintings in the tombs of the three kingdoms.

Taekwondo tobok which is similiar to the traditional Korean clothing in the method of making, has three kinds of shapes : circle, square, and triangle. The waist line of the uniform is circular shape, the cuffs square and the hip area triangular. The upper garment is made according to the same manner.

It seems that tobok which is quite different from common clothing has a tradition of conservatism, and therefore, it is reasoned that the tobok that Kokuryo

people used to wear must be quite similar to the one that people during the Tangun-choson used to wear (BC 37 - AD 668). It also seems that Ch'oesonin of Kokuryo and Kukson-hwarang of Shilla were from the same tradition of Tangun-Choson, and that Kukjarang of Tangun-Choson became the Ch'oesonin of Kokuryo and Hwarang of Shilla.

"Won" symbolizes the heaven, "Bang" the earth, and "Kak" the man. The circle denotes the heaven, the square the earth and the triangle the man. The three symbols are the foundation of the universe (Samilshingo). The traditional Korean costumes are made based on the three symbols, and the symbols transform into the unity of the three called "han".

The numeric concept of the Ch'onbugyong, which contains the principles of the heaven as one, the earth as two, and the man as three, brought the complete theoretical background for the formation of the traditional Korean costumes. From these conclusion, it can be reasoned that tobok has the same historical records of transformation as the traditional Korean costume has had. According to the theory of the "Yin" and "Yang", the man is the small universe, trousers which is Yin the earth, upper garment which is Yang the heaven, and belt the man himself, which stems from the spirit of Samjae. The spirit of Samjae, which explains the principle of the heaven, the earth, and the man, applies to the every aspect of the life of Koreans including in the production of all different sorts of costumes.

Tobok and hanbok have the form of no beginning and no ending and it is quite difficult to conclude that the methods of making them were designed by one person's idea. There is some historical proof that shown the history. One example is from the article of the Choson Daily Newspaper on the day 18th of April in 1990. It says that a Japanese mail professor discovered a 400 year old Ch'onik Chollae P'um-mail costume used during the period of Choson dynasty.....found as an original shape.....seems booty.....given by the Shogun Poongshin.

At the beginning the tobok were made only in white color. In 1970, the division was made between the uniform for the under black belt and the black belt. The tobok has a V-neck shape. The p'um uniform has red-black stripes along the neck and the tan uniform only a black stripe.

The white color in the uniform symbolizes the background of the universe. According to the philosophy of the Korean tradition, the origin of the universe is the oneness which pronounced in Korean as Han. Han stems from the color of white. The white is the essence of the universe in Korean belief.

The reason of the V-neck is to reduce the uncomfortableness of the previous traditional uniform which would be loosen too often during the practice. The V-neck uniform looks neat and is convenient to wear.

Tobok is not only a costume for daily practice in Tojang but also a competition cloth for national level as well as the Olympic Game. The philosophical significance of the tobok is in keeping it clean and having proper respect and etiquette toward it.

BASIC FORM I Required Poomse for White Belts advancing to 8th Gup Yellow

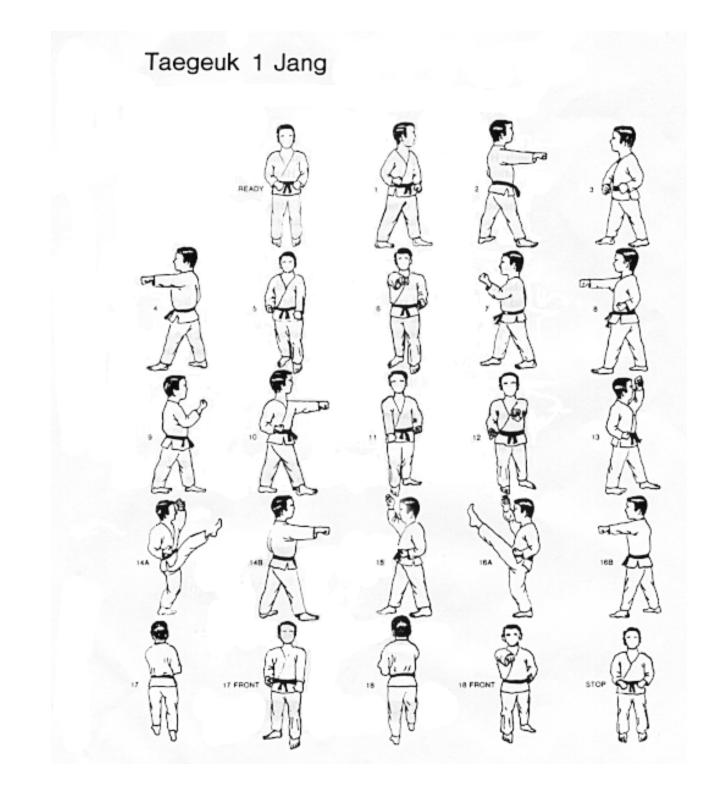
- Step 1 : From the ready stance turn 90 degrees left while executing left down block into left front stance.
- Step 2 : Step forward with your right foot into a right front stance while executing a right middle punch.
- Step 3 : Turn 180 degrees right while executing a right down block into a right front stance.
- Step 4 : Step forward with your left foot into left front stance while executing a left middle straight punch.
- Step 5 : Turn 90 degrees left while executing a left down block into a left front stance.
- Step 6 : Step forward with your right foot into right front stance while executing a right middle punch.
- Step 7 : Step forward with your left foot into left front stance while executing a left middle punch.
- Step 8 : Step forward with your right foot into a right front stance while executing a right middle punch. Complete the third punch with a sharp/loud yell (Kiap).
- Step 9 : Execute a 270 degree left turn while executing a left down block into a left front stance.
- Step 10 : Step forward with your right foot into a right front stance while executing a right middle punch.
- Step 11 : Turn 180 degrees right while executing a right down block into a right front stance.
- Step 12 : Step forward with your left foot into a left front stance while executing a left middle punch.

- Step 13 : Turn 90 degrees left while executing a left down block into a left front stance.
- Step 14 : Step forward with the right foot into a right front stance while executing a right middle punch.
- Step 15 : Step forward with the left foot into a left front stance while executing a left middle punch.
- Step 16 : Step forward with the right foot into a right front stance while executing a right middle punch. Complete the third punch with a sharp/loud yell (Kiap!)
- Step 17 : Turn left 270 degrees while executing a left down block into a left front stance.
- Step 18 : Step forward with the right foot into a right front stance while executing a right middle punch.
- Step 19: Turn 180 degrees while executing a right down block into a right front stance.
- Step 20 : Step forward with the left foot into a left front stance while executing a left middle punch.

TAEGEUK I (ILL JANG) Required Poomse for 8th Gup Yellow Belts advancing to 7th Gup Yellow/green stripe

- Step 1: From the ready stance turn 90 degrees left while executing a left down block sliding the left foot forward into a left walking stance.
- Step 2: Step forward into a right walking stance while executing a right middle punch.
- Step 3: Step back with right foot and pivot on left foot 180 degrees right into a right walking stance while executing a right down block.
- Step 4: Step forward into a left walking stance while executing a left middle punch.
- Step 5: Turn 90 degrees left into a left front stance while executing a left down block followed by a right reverse middle punch.
- Step 6: Pivot on left foot 90 degrees to the right while simultaneously sliding the right foot up into a right walking stance and executing a left outside to inside forearm block.
- Step 7: Step forward into a left walking stance while executing a right reverse middle punch.
- Step 8: Step back with left foot and pivot on right foot 180 degrees to the left while simultaneously sliding the left foot around into a left walking stance and executing a right out side to inside forearm block.
- Step 9: Step forward into a right walking stance while executing a left reverse middle punch.
- Step 10: Turn 90 degrees right into a right front stance while executing a right down block followed by a left reverse middle punch.
- Step 11: Pivot 90 degrees to the left while sliding the left foot up into a left walking stance and execute a left up block.
- Step 12: Execute aright front kick. Place the foot down into a right walking stance and execute a right middle punch.

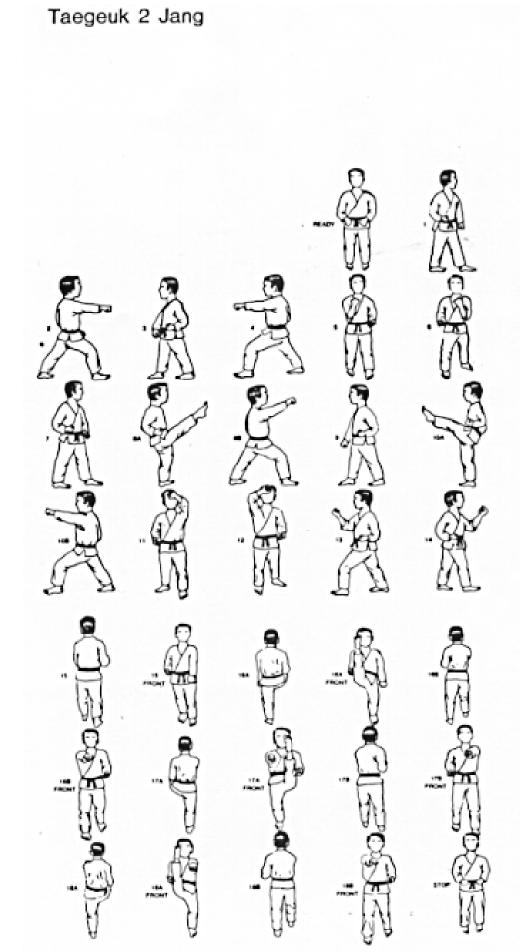
- Step 13: Step back with right foot and pivot 180 degrees right while sliding the right foot into a right walking stance and execute a right up block.
- Step 14: Execute a left front kick. Place the foot down into a left walking stance while executing a left middle punch.
- Step 15: Turn right 90 degrees while you pivot on the right foot and step forward with left foot into a left front stance while executing a left down block.
- Step 16: Step forward into a right front stance and execute a right middle punch. (KIAP!) Yell!



TAEGEUK II (EEH JANG) Required Poomse for 7th Gup Yellow/green stripe advancing to 6th Gup Green Belt

- Step 1: Turn 90 degrees left while simultaneously sliding the left foot out into a left walking stance and executing a left down block.
- Step 2: Step forward into a right front stance while executing a right middle punch.
- Step 3: Step back with right foot while pivoting on the left foot I go degrees right, into a right walking stance while executing a fight down block.
- Step 4: Step forward into a left front stance while executing a left middle punch.
- Step 5: Turn 90 degrees to the left into a left walking stance while executing a right outside to inside forearm block.
- Step 6: Step forward into a right walking stance while executing a left outside to inside forearm block.
- Step 7: Pivot 90 degrees to the left on your right foot while simultaneously sliding the left foot forward into a left walking stance and executing a left down block.
- Step 8: Execute a right front kick. Place the foot down in a fight front stance while executing a right high punch.
- Step 9: Pivot 180 degrees right on the left foot while simultaneously sliding the right foot into a right walking stance and executing a right down block.
- Step 10: Execute a left front kick. Place the foot down in a left front stance while executing a left high punch.

- Step 11: Turn 90 degrees to the left into a left walking stance while executing a left up block.
- Step 12: Step forward into a right walking stance while executing a right up block.
- Step 13: Turn 270 degrees left while swinging the left foot around into a left walking stance and simultaneously executing a fight outside to inside forearm block.
- Step 14: Pivot 180 degrees to the right while simultaneously sliding the right foot into a right walking stance and executing a left outside to inside forearm block.
- Step 15: Turn 90 degrees left into a left walking stance while executing a left down block.
- Step 16: Execute a right front kick. Place the right foot down in a right walking stance while executing a right middle punch.
- Step 17: Execute a left front kick. Place the left foot down in a left walking stance while executing a left middle punch.
- Step 18: Execute a right front kick. Place the right foot down in a right walking stance while executing a fight middle punch and yell (KIAP!)

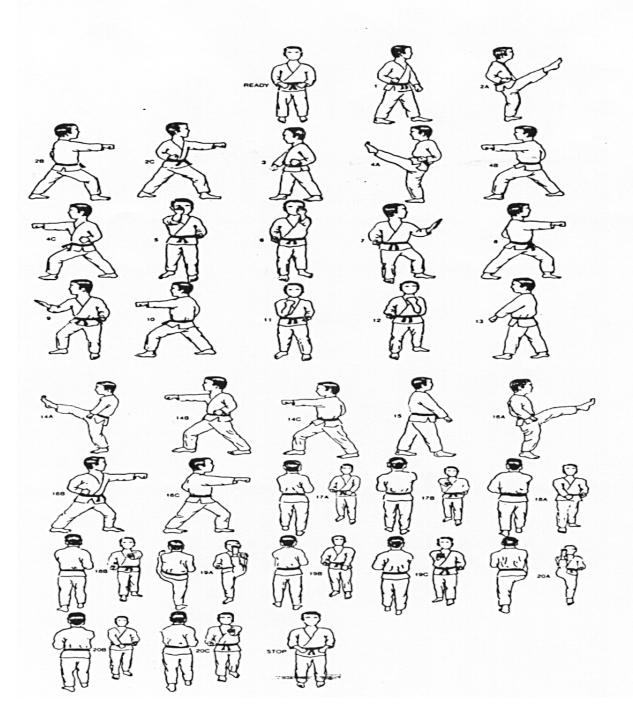


TAEGEUK III (SAM JANG) Required Poomse for 6th Gup Green advancing to 5th Gup Green/blue stripe

- Step 1: From the ready position turn 90 degrees left into a left walking stance while executing a left down block.
- Step 2: Execute a right front kick. Place the right foot forward into a right front stance and execute a right middle punch followed by a left reverse middle punch.
- Step 3: Take a full step back with the right foot as you pivot on your left foot I 80 degrees to the right landing in a right walking stance while executing a right down block.
- Step 4: Execute a left front kick. Place the lea foot forward into a left front stance and execute a left middle punch and a right reverse middle punch.
- Step 5: Turn 90 degrees the left while sliding the left foot out into a left walking stance and executing a right inside knife-hand strike (palm up).
- Step 6: Step forward into a right walking stance while executing a left inside knife-hand strike.
- Step 7: Bring left foot up to right foot then turn your body left 90 degrees as you slide your left foot forward into a left back stance and execute a left inside to outside knife-hand block.
- Step 8: Pivot left on the right foot as you slide the left foot forward into a front stance and execute a fight reverse middle punch.
- Step 9: Turn 180 degrees right into a right back stance while executing a right inside to outside knife-hand block. (This is done by pivoting on your left foot as you swing the right foot over into the back stance).
- Step 10: Pivot right on the left foot as the right foot slides forward and to the right (half step over) into a front stance and execute a left reverse middle punch.

- Step 11: Turn 90 degrees left as the left foots slides up into a lea walking stance and execute a right outside to inside forearm block.
- Step 12: Step forward into a right walking stance while executing a left outside to inside forearm block.
- Step 13: Turn 270 degrees lea while swinging the lea foot around into a left walking stance and simultaneously executing a lea down block.
- Step 14: Execute a fight front kick. Place the foot down in a right front stance and execute a right middle punch followed by a lea reverse middle punch (double punch).
- Step 15: Take a full step back with the right foot as you turn 180 degrees right landing in a right walking stance and executing a right down block.
- Step 16: Execute a left front kick. Place the left foot down into a left front stance and execute a left middle punch followed by a right reverse middle punch. (double punch).
- Step 17: Turn 90 degrees left as the left foot steps forward into a left walking stance and execute a left down block followed by a right reverse middle punch.
- Step 18: Step forward into a right walking stance and execute a right down block followed by a lea reverse middle punch.
- Step 19: Execute a left front kick. Place the left foot down in a left walking stance while executing a left down block followed by a right reverse middle punch.
- Step 20: Execute a right front kick. Place the right foot down in a right walking stance and execute a right down block followed by a left reverse middle punch and yell (KIAP!).

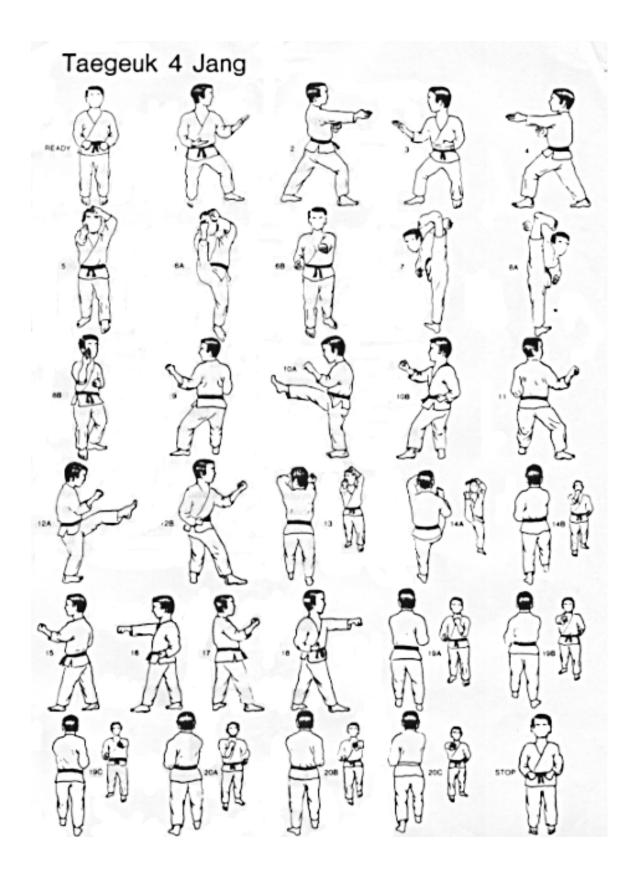




TAEGEUK IV (SA JANG) Required Poomse for sth Gup Green/Blue Stripe advancing to 4th Gup Blue

- Step 1 : From the ready stance turn 90 degrees as the left foot steps forward into a left back stance and execute a left inside to outside double knife hand block.
- Step 2: Step forward with the right foot into a right front stance and execute a right middle spear-hand thrust with the left hand held palm down under the right elbow.
- Step 3: Take a full step back with the right foot and turn 180 degrees right on the left foot as the right foot slides into a right back stance and execute a right inside to outside double knife-hand block.
- Step 4: Step forward with the left foot into a left front stance and execute a left middle spear-hand thrust with the right hand held palm down under the left elbow.
- Step 5: Turn 90 degrees left as the left foot steps forward into a left front stance and simultaneously execute a left knife-hand up block and a right outside to inside knife-hand strike at neck (palm up).
- Step 6: Execute a right front kick. Place the right foot down into a right front stance and execute a left reverse middle punch.
- Step 7: Execute a left side kick. Set the left foot down and execute a right side kick. Bring the right foot down in a right back stance and execute a right inside to outside double knife-hand block.
- Step 8: Turn on the right foot 180 degrees left while swinging the left foot behind the right leg into a left back stance and execute a left inside to outside forearm block with the palm out (uses the outeredge of the forearm).
- Step 9: Execute a right front kick. Bring the right foot back into original back stance and execute a right outside to inside forearm block (palm up) while twisting the upper body 45 degrees left.

- Step 10: Turn 180 degrees right to a right back stance and execute a right inside to outside forearm block with the palm out (outer edge of forearm blocks).
- Step 11: Execute a left front kick. Bring the left foot back into original back stance and execute a left outside to inside forearm block (palm up) while twisting the upper body 45 degrees fight.
- Step 12: Pivot 90 degrees on the right foot as the left foot steps up into a left front stance and execute a left knife-hand up block with a right outside to inside knife-hand strike at neck level (palm up).
- Step 13: Execute a right front kick. Bring the right foot down into a right front stance as you execute a right back fist to the face.
- Step 14: Pivot on the right foot 90 degrees left as the left foot moves up into a left walking stance and execute a left outside to inside forearm block (palm up), followed by a right reverse middle punch.
- Step 15: Pivot on the left foot 180 degrees right to a right walking stance while executing a right outside to inside forearm block (palm up), followed by a left reverse middle punch.
- Step 16: Turn on the right foot 90 degrees left stepping into a left front stance as you execute a left outside to inside forearm block (palm up).
- Step 17: Quickly execute a right reverse middle punch followed by a left middle punch (double punch).
- Step 18: Step forward into a fight front stance as you execute a right outside to inside forearm block (palm up).
- Step 19: Quickly execute a left reverse middle punch followed by a right middle punch and yell (KIAP!)



TAEGEUK V (OH JANG) Required Poomse for 4th Gup Blue advancing to 3rd Gup Blue/Red Stripe

- Step 1: From the ready stance turn 90 degrees as the left foot steps forward into a left front stance while executing a left down block.
- Step 2: Bring your left foot back to its original ready stance position while executing a left hammer fist to the left side of your body (same direction as down block; eye contact is also the same).
- Step 3: Pivot right 90 degrees on your left foot as your right foot steps forward into a right front stance while executing a right down block.
- Step 4: Bring your fight foot back to its original ready stance position while executing a right hammer fist to the fight side of your body (same direction as down block; eye contact is also the same).
- Step 5: Head turns 90 degrees left (now straight ahead) while stepping forward with the left foot into a left front stance and execute a left outside to inside forearm block followed by a right reverse outside to inside forearm block.
- Step 6: Execute a right front kick landing in a right front stance. This is followed by a right back-fist to the face and a left reverse outside to inside forearm block.
- Step 7: Execute a left front kick landing in a left front stance. This is followed by a left back-fist to the face and a right reverse outside to inside forearm block.
- Step 8: Step forward with your right foot into a right front stance and execute a fight back-fist to the face.
- Step 9: Turn on the right foot 270 degrees left while swinging the left foot behind the fight leg into a left back stance and execute a left inside to outside knife hand block.
- Step 10: Step forward with your right foot into a right front stance and execute a right high section elbow strike, supporting your right fist with your left palm.

- Step 11: Step back with your right foot (full step) and pivot on left foot 180 degrees right into a right back stance while executing a right inside to outside knife hand block.
- Step 12: Step forward with your left foot into a left front stance while executing a left high section elbow strike, supporting your left fist in your right palm.
- Step 13: Turn 90 degrees left pivoting on your right foot and stepping forward with your left foot into a left front stance while executing a left down block followed by a right reverse outside to inside forearm block.
- Step 14: Execute a right front kick landing in a right front stance. This is followed by a right down block and a left reverse outside to inside forearm block.
- Step 15: Pivot left 90 degrees on your right foot as your left foot steps forward into a left front stance and execute a left up block.
- Step 16: Execute a right side kick extending the right arm out with the kick (fist clenched). Step down into a right front stance and open your right fist executing a left forearm strike into right palm.
- Step 17: Step back with your right foot (full step) and pivot 180 degrees right while stepping into a right front stance and executing a right up block.
- Step 18: Execute a left side kick extending the left arm out with the kick (fist clenched). Step down into a left front stance and open your right fist executing a left forearm strike into left palm.
- Step 19: Pivot left 90 degrees on your right foot as your left foot steps forward into a left front stance and execute a left down block followed by a right reverse outside to inside forearm block.
- Step 20: Execute a right front kick, and jump forward with right foot landing first, then your left foot comes up behind your fight foot (legs now crossing) assuming a crossed legged stance while executing a right back fist to the lice and yell (KIAP!).



TAEGEUK VI (YUK JANG) Required Poomse for 3rd Gup Blue/Red Stripe advancing to 2nd Gup Red

- Step 1 : From the ready stance turn left 90 degrees while stepping forward with your left foot into a left front stance and execute a left down block.
- Step 2: Execute a right front kick, then bring your right foot back behind the left foot into a left back stance while executing a left inside to outside forearm block.
- Step 3: Pivot to your right 180 degrees on the ball of your left foot while stepping into a right front stance executing a right down block.
- Step 4: Execute a left front kick, then bring your left foot back behind the right foot into a right back stance while executing a right inside to outside forearm block.
- Step 5: Turn your head 90 degrees left (now looking straight ahead from original ready position), and step forward with your left foot into a left front stance while executing a right reverse inside to outside knife-hand block.
- Step 6: Execute a right round kick immediately dropping your right foot forward while turning 90 degrees to your left (you will be in a ready stance) and quickly step forward with your left foot into a left front stance while executing a left inside to outside high forearm block.
- Step 7: From the same stance execute a right reverse middle punch followed by a right front kick, stepping forward with the right foot into a right front stance. This is followed by a left reverse middle punch.
- Step 8: Take a full step back with your right foot while pivoting on your left foot 180 degrees right, stepping into a right front stance while executing a right inside to outside high forearm block.
- Step 9: From the same stance execute a left reverse middle punch followed by a left front kick, stepping forward with the left foot into a left front stance. This is followed by a right reverse middle punch.

- Step 10: Take a full step back with your left foot and turn your body 90 degrees left landing in a ready stance while executing a double low block. (This is done by crossing your arms in front of your chest just below your chin and thin extending them slowly down to 45 degree angles from your shoulders.)
- Step 11: Step forward with your right foot into a right front stance while executing a left reverse inside to outside knife-hand block.
- Step 12: Execute a left round kick and yell (KIAP!). Quickly set the left foot down in front into a ready stance. Step back with your right foot and turn 180 degrees into a right front stance while executing a right down block.
- Step 13: Execute a left front kick, then bring your lea root back behind the right foot into a right back stance while executing a right inside to outside forearm block.
- Step 14: Pivot to your left 180 degrees on the ball of your right root while stepping into a left front stance executing a lea down block.
- Step 15: Execute a right front kick, then bring your right foot back behind the left foot into a left back stance while executing a left inside to outside forearm block.
- Step 16: Bring your right foot up to your left foot then turn 90 degrees to the left as you step back with your right foot into a lea back stance while executing a left inside to outside double knife-hand block.
- Step 17: Step back with your left foot into a right back stance while executing a right outside to inside double knife-hand block.
- Step 18: Step back with your right foot into a left front stance while executing a left palm block (mid-section). This is followed by a right reverse middle punch.
- Step 19: Step back with your left foot into a right front stance while executing a right palm block(mid-section). This is followed by a left reverse middle punch.

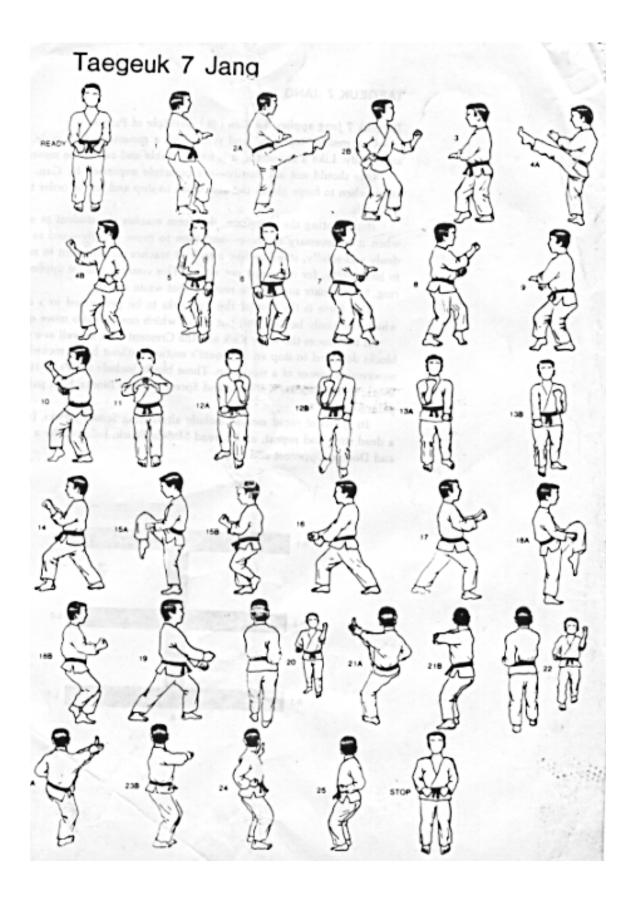


TAEGEUK VII (CHIL JANG) Required Poomse for 2nd Gup Red advancing to 1st Gup Red/Black Stripe

- Step 1: From the ready stance turn your body 90 degrees left assuming a tiger stance (left foot forward) while executing a fight palm block.
- Step 2: Execute a fight front kick then bring it back into its original tiger stance position while executing a left outside to inside forearm block.
- Step 3: Pivot right 180 degrees on the ball of your left foot while your right foot slides into a right tiger stance and execute a left palm block.
- Step 4: Execute a left front kick then bring it back into its original tiger stance position while executing a right outside to inside forearm block.
- Step 5: Turn 90 degrees left and step forward with your left foot into a left back stance while executing a left double knife-hand low block.
- Step 6: Step forward with your right foot into a right back stance and execute a right double knife-hand low block.
- Step 7: Turn 90 degrees to your left sliding your left foot forward into a tiger stance. Execute a right palm block while placing your left fist below your right elbow, palm side down.
- Step 8: Remain in your tiger stance while executing a right back-fist strike by pivoting your right anti at the elbow in an inside to outside/forward motion.
- Step 9: Pivot right 180 degrees on the ball of your left foot as your right foot moves into a right tiger stance, and execute a left palm block while placing your right fist below your left elbow, palm side down.
- Step 10: Remain in your tiger stance while executing a left back-fist strike by pivoting your left arm at the elbow in an inside to outside/forward motion.

- Step 11: Turn left 90 degrees to face straight forward. Slide your left foot over to your right foot while cupping your right fist in your left palm stopping them in front of your chest. (fist goes into palm below your belt and slowly rises to chest.)
- Step 12: Step forward with your left foot into a left front stance while executing a right reverse low block, and a left outward middle block (scissor block), followed by a right outward middle block and a left low block (scissor block).
- Step 13: Step forward with your right foot into a right front stance while executing a left reverse low block, and a right outward middle block (scissor block), followed by a left outward middle block and a right low block (scissor block).
- Step 14: Turn left 270 degrees on the ball of your right foot into a left front stance while executing an inside to outside double forearm block (fist tight/palms out).
- Step 15: Extend both arms executing a head grab (hands open), then close your hands as you bring them down into a right knee, strike. As soon as you execute the right knee strike leap forward onto your right foot, and bring your left foot up behind your right foot assuming a cross legged stance while executing a double uppercut to the mid-section.
- Step 16: Extend your left foot back behind you assuming a right front stance while bringing both arms to your left side (left over right), and execute a low cross block.
- Step 17: Step back with your right foot one full step and turn 180 degrees to your right, landing in a right front stance while executing an inside to outside double forearm block (fist tight/palms out).
- Step 18: Extend both arms executing a head grab (hands open), then close your hands as you bring them down into a left knee strike. As soon as you execute the left knee strike leap forward onto your left foot, and bring your right foot up behind your left foot assuming a cross legged stance while executing a double uppercut to the mid-section.

- Step 19: Extend your right foot back behind you assuming a left front stance while bringing both arms to your right side (right over left), and execute a low cross block.
- Step 20: Turn 90 degrees left stepping forward into a left walking stance while executing a left back-fist strike to the side of the head. (The next five moves will be going straight back toward starting point.
- Step 21: Execute a right crescent kick slapping the arch of your right foot with your left palm at the highest point of the kick. Step straight forward with your right foot landing in a horse stance as you turn your body sideways executing a right elbow strike.
- Step 22: Turn to your fight (facing original starting position) stepping into a right walking stance as your left foot slides up into position, and execute a right back-fist to the side of the head.
- Step 23: Execute a left crescent kick slapping the arch of your left foot with your right palm at the highest point of the kick. Step straight forward with your left foot landing in a horse stance as you turn your body sideways executing a left elbow strike.
- Step 24: Remaining in a horse stance, turn your head left (facing original starting position) and execute a left inside to outside knife hand block.
- Step 25: With the left knife-hand still extended clench it into a fist, then step forward with the right foot into another horse stance (right foot forward toward original starting position) while executing a fight side punch and Kiap!



TAEGEUK VIII (PAL JANG) Required Poomse for 1st Gup Red/Black Stripe advancing to Associate Black Belt

- Step 1: From the ready stance step forward with your left foot into a back stance while executing a left outside forearm block with right arm positioned at chest (palm up/fist tight).
- Step 2: Shift into a left front stance and execute a right reverse punch to the mid-section.
- step 3: Execute a left front jump kick and yell. As you land in a left foot forward front stance execute an outside to inside forearm block.
- Step 4: From the same stance execute a right reverse punch followed by a left straight punch (mid-section).
- Step 5: Step forward into a right front stance while executing a right straight punch.
- Step 6: Pivot counter clockwise on the ball of your right Soot, swinging your left foot around 270 degrees as simultaneously execute a left down block and a right outside middle block into a left modified front stance (you are turned 45 degrees to the right of your blocks looking over your left shoulder).
- Step 7: Pivot counter clockwise on the ball of your right foot, to face the direction of your previous down block, and step forward with your left foot into a front stance while pulling your left fist in toward your right shoulder while simultaneously executing a right uppercut slowly.
- Step 8: Pivot right on the ball or your right foot looking 180 degrees right. Now cross your left foot in front of your right foot assuming a cross legged stance bringing your right fist to chest level, and your left fist to stomach level. Now step in with your right foot and simultaneously execute a right down block and a left outside middle block into a right modified front stance (you are turned 45 degrees to the left of your blocks looking over your right shoulder).

- Step 9: Pivot clockwise on the ball of your left foot, to face the direction of your previous down block, and step forward with your right foot into a front stance while pulling your right fist in toward your left shoulder while simultaneously executing a left uppercut slowly.
- Step 10: Pivot left 180 degrees and bring your right foot up beside your left foot, then pivot left 90 degrees while stepping back with your right foot into a left foot forward back stance, and execute a left outside double knifehand block.
- Step 11: Take a small step forward with your left foot as you pivot on your right foot into a left front stance while executing a right reverse middle punch.
- Step 12: Execute a right front kick bringing your right leg back to its original position after kicking. Now step backwards with your left foot assuming a tiger stance (weight on left leg/right foot forward), and execute a fight inside palm block.
- Step 13: Pivot left 90 degrees on your fight foot and step forward with your left foot into a left tiger stance while executing a left outside double knifehand block.
- Step 14: Execute a left leg front kick landing in a left front stance, and execute a right reverse punch. Keeping your fight foot planted, slide your left foot back into a tiger stance and execute a left inside palm block.
- Step 15: Pivot to your right 180 degrees on the ball of your left foot moving into a fight tiger stance. Execute a right front kick landing in a right front stance, and execute a left reverse punch. Keeping your left foot planted, slide your right foot back into a tiger stance and execute a right inside palm block.
- Step 16: Turn right 90 degrees stepping forward with your right foot into a right back stance and execute a right outside double low block.
- Step 17: Execute a left front kick followed by a right jumping front kick (yell!) while your left leg is still in the air. Then step down into a right front stance and execute a right outside to inside forearm block followed by a left reverse punch/right straight punch.

- Step 18: Turn left 270 degrees on your right foot as your left foot steps out into a left back stance while executing a left outside knife-hand block.
- Step 19: Take a small step forward with your left foot as you pivot on your fight foot into a left front stance while executing a right reverse elbow strike.
- Step 20: From the same stance execute a right reverse back fist strike followed by a left straight punch.
- Step 21: Pivot to your right 180 degrees on your left foot as your right foot steps out into a right back stance while executing a right outside knife-hand block.
- Step 22: Take a small step forward with your right foot as you pivot on your left foot into a right front stance while executing a left reverse elbow strike.
- Step 23: From the same stance execute a left reverse back fist strike followed by a right straight punch.



One Step Sparring 10th Gup While Belt

- #1.. Left foot leads to left side of punch as left hand executes outside to inside knife hand block landing in a back stance. Execute three punches (right-left to ribs, then right to face)
- #2... Right foot steps forward inside of punch as right hand executes outside to inside knife hand block landing in a back-stance. Then execute left reverse middle punch followed by right hand reverse knife hand to opponents' neck.
- #3.. Execute left foot inside to outside crescent kick to block the punch. This is followed by right foot side kick. Right foot then lands in a front stance toward opponent while executing left reverse high punch.
- #4 .. From your ready stance execute left foot side kick to mid-section. Bring left foot around into a right half circle turn landing in a back-stance with the right foot forward. Execute a right foot front jump kick to the face.
- #5.. Step to right side of punch into a front stance (45 degree angle). Execute left side kick to mid-section. Left foot then steps down toward opponent into front stance while executing right high punch.
- #6.. With your left foot execute inside to outside crescent kick (blocking the punch). This is followed by right foot side kick, left foot back kick.

One step Sparring 8th Gup Yellow Belt

#1. #2. #3. These are optional. Choose from any of your previous one-steps.

- #4. Right foot steps forward into front stance while executing right upblock/grab followed by left reverse middle punch. After middle punch is complete quickly grab opponent's arm just above the elbow (you should now be holding his wrist with right hand and arm with left hand). Step forward with left foot in between you and the opponent forcing him toward your knees into a crouched position. Apply an arm-lock by pushing his arm into your legs applying pressure with your left hand. Release your right hand and execute knife hand strike to the back of opponent's neck.
- #5. Right foot outside to inside crescent kick block. Pull right foot in close to left foot and execute left back kick. Skip back landing in a back-stance with left foot forward. Execute right foot round kick to mid-section or head.
- #6. Step to left side of punch into a front stance (45 degree angle) while executing inside to outside knife-hand block/grab with right hand. Holding the opponent's wrist execute right round kick to mid-section followed by a left hook punch and left elbow strike (both to the face).

One step Sparring 7th Gup Yellow/Green Stripe Belt

#1. #2. #3. These are optional. Choose from any of your previous one-steps.

- #4. Step in with right foot into a back stance. Execute right outside to inside knife hand block followed by left high punch to chin (front stance). Step in with left foot toward opponents' back foot while turning upper body to the right and striking mid-section with right elbow, then right back fist to face.
- #5. Step to left side of punch (45 degree angle) into a left front stance and execute a right side kick to the ribs. Bring your right foot around into a left half circle turn landing in a semi horse stance with your left foot forward. Quickly pick up left foot and step back into a right foot forward back stance. Execute a sliding kick with your right foot to the ribs or face.
- #6. Step inside of punch with your right foot into a right back stance and execute a right outside to inside knife block followed by a left reverse punch to opponent's chin (front stance). This is followed by a left inside to outside knife-hand strike to opponent's neck, then grab the neck with your left hand pulling opponent down as you execute a left knee strike to the mid-section.

One step Sparring 6th Gup Green Belt

#1. #2. #3. These are optional. Choose from any of your previous one-steps.

- #4. Step inside of punch with your right foot into a back stance while executing a left outside knife-hand block and right straight punch to opponent's chin followed by a right hand back fist to the right temple. Slide your right foot back to your left foot, then turn left 180 degrees stepping in with your left foot toward your opponent while executing a left knife-hand strike to the left side of the neck. Grab opponent by the neck or shoulder and pull him down while executing a right upper-cut punch to the mid-section.
- #5. Step inside of the punch at a 45 degree angle front stance and execute a left side kick. Bring your left foot around into a right half circle turn followed by bringing the right foot around in a half circle turn. You should now be facing your opponent with your left foot forward. Quickly switch feet and execute a left inside/outside axe kick.
- #6. Your upper body leans to the right of the punch as you step forward with your left foot (inside of the punch) and execute a left outside knife-hand block/right reverse punch to the chin. Quickly bring your left foot back to your right foot then execute a right round kick followed by a right back fist and left tiger mouth strike to opponent's throat.

RANK ADVANCEMENT

Rank Advancement does require a promotion fee which is separate from regular dues. Rank advancement normally occurs every end of semester and goes in the following order:

| Rank and Belt Color | <u>Promotion Fee</u> |
|---|----------------------|
| 10 th Gup White | \$ 0.00 |
| 8 th Gup Yellow | \$ 30.00 |
| 7 th Gup Yellow/Green Stripe | \$ 30.00 |
| 6 th Gup Green | \$ 35.00 |
| 5 th Gup Green/Blue Stripe | \$ 35.00 |
| 4 th Gup Blue | \$ 40.00 |
| 3 rd Gup Blue/Red Stripe | \$ 40.00 |
| 2 nd Gup Red | \$ 45.00 |
| 1 st Gup Red/Black Stripe | \$ 45.00 |
| Associate Black Belt | \$ 50.00 |
| 1 st Dan Black Belt | \$190.00 |



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