



World Class Taekwondo

Officially Licensed Kukkiwon (World TaekwonDo Headquarters)

김철희 태권도

국기원 공인 태권도장(세계 태권도 본부)

TRAIN WITH A WORLD CHAMPION!

- Focus (집중력)
- Confidence (자신감)
- Self Control (자제력)
- Responsibility (책임감)
- Loyalty (충성심)
- Honor (명예)
- Discipline (수련·단련)
- Respect (존경심)
- Agility (순발력)
- Endurance (인내력)
- Judgement (판단력)
- Leadership (지도력)

A Black Belt Is A White Belt That Never Quits!

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- Student Handbook -

White Belt (10th Kub) Requirements

FOCUS (집중력)

WHITE gives the appearance of purity and brilliance, but when white light is directed through a prism it reflects all the colors of the spectrum. Similarly, the beginner is directed through the prism of training to fulfill the potential that is within. The beginner is like the seed hidden beneath the winter snow waiting for the sun to give it life.

Terms

English	Korean
• Attention	– Cha-Ryot (차렷)
• Bow/ Salute	– Kyong-Leh (경례)
• (Get) Ready	– Joon-Bee (준비)

Counting

English	Korean
1 One	– Ha-Nah (하나)
2 Two	– Dool (둘)
3 Three	– Set (셋)
4 Four	– Net (넷)
5 Five	– Dah-Sut (다섯)

Skills

All TaeKwonDo stances

- Attention stance
- Get ready stance (Joon-bee)
- Horseback riding stance
- Kicking stance
- Sitting stance
- One-knee stance

Punches

- Single punch, Double punch, Triple punch (with Horse-Riding stance)

Forms

- Basic 10 blocks - #1

Kicks

- Rising kick (stretching kick)
- Front kick

SCHOOL RULES

- Leave valuables in your vehicle or home. No jewelry in classes please.
- Bow to the instructor upon arrival and departure.
- No food or colored drinks in school. Water bottles are permitted.
- Higher belts are addressed as sir or ma'am.
- Please refrain from having gum or candy in school as well as smoking in, or in front of the school.
- Try to wear a clean and unwrinkled uniform, with patches, in the school during your class. Casual wear is fine otherwise.
- Come to class at least twice a week ready to work out and with an open mind.
- During class, please stay quiet and put your cell phones on silent.

White and Yellow Belt (9th Kub) Requirements

DISCIPLINE (수련·단련)

YELLOW represents the warmth of the wintersun that melts the snow and allows the seed to germinate.

Terms

English	Korean
• Attention	— Cha-Ryot (차렷)
• Bow/ Salute	— Kyong-Leh (경례)
• (Get) Ready	— Joon-Bee (준비)
• Return to Ready Position	— Bah-Roh (바로)

Counting

English	Korean
6 Six	— Yuh-Sut (여섯)
7 Seven	— Il-Gohp (일곱)
8 Eight	— Yuh-Dul (여덟)
9 Nine	— Ah-Hohp (아홉)
10 Ten	— Yeol (열)

Code of ethics

1. Be Loyal to Yourself
2. Be Loyal to your Family
3. Be Loyal to your country
4. Obey and be loyal to Sah Bum Neem / Kwan Jang Neem
5. Obey the rules and be loyal to your school
6. Be patient with yourself and others
7. Always help each other

Skills

All TaeKwonDo stances

- a) Attention stance
- b) Get ready stance (Joon-bee)
- c) Horseback riding stance
- d) Kicking stance
- e) Sitting stance
- f) One-knee stance

Punches

- a) Single punch, Double punch, Triple punch (with Horse-Riding stance)

Forms

- a) Basic 10 blocks - #2

Kicks

- a) Rising kick (stretching kick)
- b) Front kick
- c) In-Out kick (Rainbow kick)

Yellow Belt (8th Kub) Requirements

CONFIDENCE (자신감)

YELLOW represents the warmth of the winter sun that melts the snow and allows the seed to germinate.

* Kid Tigers classes are not required to learn forms.

Terms

English

- Begin/Start
- End/Stop
- At Ease/Relax
- Return to Ready Position

Korean

- Shi-Jahk (시작)
- Goo-Mahn (그만)
- She-Uh (쉬어)
- Bah-Roh (바로)

FORM(Poom-Se)

Taeguk (1) ILL Jhang 18 Movements (태극 일장)

ILL-Jhang Philosophy:

Represents Heaven and Light. It is the source of creation, the beginning.
This form is simple for beginners.

STANCES(Suh-Gi)

Walking(Short) Stance (앞서기)
Front(Long) Stance (앞굽이)

PUNCHES(Ji-Rue-Gi)

Front(Jab) Punch
Back(Reverse) Punch
Dauble Punch

KICKS(Cha-Gi)

Combinations Kicks

BREAKING(Kyuk-Pah)

Hammer Fist Break (메주먹 격파)
(Breaking two boards is the requirement)
(총 2장)

Orange Belt (7th Kub) Requirements

RESPECT (존경심)

ORANGE as the sun sets on the horizon, it often paints the sky with brilliant orange colors. But as the day comes to an end, there is the promise of more opportunities tomorrow.

Terms

English

• Hello. How are you?

• Goodbye(said to a person staying.)

• Goodbye(said to a person leaving or said to each other if both are leaving)

Korean

– Ahn-Nyung-Ha-Shim-Ni-Ka? (안녕하십니까?)

– Ahn-Nyung-He-Ke-Sheep-Si-Yo.
(안녕히 계십시오.)

– Ahn-Nyung-He-Ga-Sheep-Si-Yo.
(안녕히 가십시오.)

FORM(Poom-Se)

Taeguk (2) Yi Jhang 18 Movements (태극 이장)

Yi-Jhang Philosophy:

Represents joy. This is the state in which one's mind can be firm, yet gentle to let virtue prevail. This form should be performed gently but with force.

STANCES(Suh-Gi)

Walking(Short) Stance (앞서기)

Front(Long) Stance (앞굽이)

PUNCHES(Ji-Rue-Gi)

Combinations

Front(Jab) Punch

Back(Reverse) Punch

Dauble Punch

KICKS(Cha-Gi)

Combinations

Roundhouse Kick(Ap-Dol-Yo-Cha-Gi)

BREAKING(Kyuk-Pah)

Hammer Fist Break (베주먹 격파)

Elbow Break (팔굽 격파)

Required two each. Total of 4

(각 2장씩 총 4장)

Green Belt (6th Kub) Requirements

SELF CONTROL (자제력)

GREEN is the color of the new sprout and represents spring when activity abounds.

**ATTENTION: Green belts should consider purchasing sparring gear.*

Terms

English	Korean
• School(Taekwondo)	– Doh-Jahng (도장)
• Uniform(Taekwondo)	– Doh-bok (도복)
• Breaking	– Kyuk-Pah (격파)
• Confidence Yell	– Ki-Hap (기합)

COUNTING NUMBERS

20 (Twenty) – Soo-Mul (스물)

FORM(Poom-Se)

Taeguk (3) Sahn-Jhang 20 Movements (태극 삼장)

Sahn-Jhang Philosophy:

Represents sun and fire. Both the sun and fire give me light, warmth, enthusiasm, and hope. This form should be executed with passion.

KICKS(Cha-Gi)

Axe Kick

STEPS

Front Sliding Step _ Jun-Jin (전진스텝)

Back Sliding Step – Hoo-Jin (후진스텝)

BREAKING(Kyuk-Pah)

Hammer Fist Break (주먹격파)

Elbow Break (팔굽격파)

Knife Hand (손날격파)

Required two each. Total of 6

(각 2장씩 총 6장)

SPARRING(Gyuh –Roo-Gi)

* Optional

Purple Belt (5th Kub) Requirements

AGILITY (순발력)

PURPLE is the color of the majesty representing dignity and power.

Terms

English Korean

- Separate – Kal-Yo (갈려)
- Continue – Kye-Sok (계속)
- Blue – Chong (청)
- Red – Hong (홍)

COUNTING NUMBERS

30 (Thirty) – Suh-Rune (서른)

FORM(Poom-Se)

Taeguk (4) Sah-Jhang 20 Movements (태극 사장)

Sah-Jhang Philosophy:

Represents thunder. Thunder and lightning cause fear and trembling. This principle teaches one to act calmly and bravely in the face of danger and fear, promising sunlight and blue sky will return after the storm. This form should concentrate on balance.

STANCES(Suh-Gi)

Back Stance – Dwit-Goo-Be (뒹굽이)

KICKS(Cha-Gi)

Side Kick – Yup-Cha-Gi (옆차기)

STEPS

One Step Pivot Front – IL-Bo-Jun-Jin (일보전진스텝)

One Step Pivot Back – IL-Bo-Hoo-Jin (일보후진스텝)

BREAKING(Kyuk-Pah)

A combination of two(2) previously learned breaks or one(1) front kick break

Total of 8.

(총 8장)

SPARRING(Gyuh –Roo-Gi)

* Optional

Blue Belt (4th Kub) Requirements

RESPONSIBILITY (책임감)

BLUE is the color of the water; water that is essential for growth.

Terms

English

- Grand Master(8th Dan Black Belt or Higher)
- Master Instructor(5th Dan Black Belt or Higher)

Korean

- Kwan-Jhang-Neem (관장님)
- Sah-Bum-Neem (사범님)

BODY SECTIONS

English

- Groin
- Solor Plexus
- The Upperlip(Below Nose or Furrow)

Korean

- Nang-Sim (낭심)
- Myung-Chi (명치)
- In-Joong (인중)

COUNTING NUMBERS

40 (Forty) – Mah-Hune (마흔)

FORM(Poom-Se)

Taeguk (5) Oh-Jhang 20 Movements (태극 오장)

Oh-Jhang Philosophy:

Symbolizes wind. Both the gently Spring breezes and the winds of storm.

This form combines actions that are sometimes gentle and sometimes forceful.

STANCES(Suh-Gi)

Cross Stance – Ko-A-Suh-Gi (꼬아서기)

KICKS(Cha-Gi)

Back Kick – Dwit-Cha-Gi (뒷차기)

STEPS

Front Crossover Two Step – Yi-Bo-Jun-Jin (이보전진스텝)

Back Crossover Two Step – Yi-Bo-Hoo-Jin (이보후진스텝)

BREAKING(Kyuk-Pah)

Side Kick(Yup-Cha-Gi). Total of 10. (총 10장)

SPARRING(Gyuh – Roo-Gi)

* Optional

Brown Belt (3rd Kub) Requirements

ENDURANEE (인내력)

BROWN is the color of the soil. The soil contains the essential nutrients and minerals to sustain life.

Terms

English

Korean

- Thank You – Gam-Sah-Ham-Ni-Dah (감사합니다)
- You're Welcome – Chun-Mahn-Yeah-Yo (천만에요)

STANCES(Suh-Gi)

- Horseback Riding Stance – Joo-Choom-Suh-Gi (주춤서기)
- Walking Stance – Ap-Suh-Gi (앞서기)
- Front Stance – Ap-Goo-Be (앞굽이)
- Back Stance – Dwit-Goo-Be (뒷굽이)
- Tiger Stance – Bum Suh-Gi (범서기)

COUNTING NUMBERS

- 50 (Fifty) – She-Hune (쉰)

FORM(Poom-Se)

Taeguk (6) Yuke-Jhang 19 Movements (태극 육장)

Yuke-Jhang Philosophy:

Represents water, liquid and formless. Water always flows, even when passing over obstacles, such as rocks in a stream. Sometimes resting in pools while trickling on down its path. This form should follow the pattern of flowing water.

STANCES(Suh-Gi)

Review white through blue belt stances.

KICKS(Cha-Gi)

Double Roundhouse Kick

STEPS

Front Turn Pivot Step

Back Turn Pivot Step

BREAKING(Kyuk-Pah)

Any combination of one hand and foot technique (One board or more).

Total of 12 Boards. (총 12장)

SPARRING(Gyuh –Roo-Gi)

* Optional

Red Belt (2nd Kub) Requirements

LOYALT (충성심)

RED represents the summer sun that swelters with intensity of growth and maturation.

Terms

English

- Form
- Sparring
- Salute the Flag
- Bow to the
(Grand Master/Master Instructor)
- Class Dismissed

Korean

- Poom-Se (품세)
- Gyuh-Roo-Gi (겨루기)
- Geuk-Gi-Ye-Daehan-Gyung-Leh (국기에 대한 경례)
- (Kwan-Jhang-Neem/Sah-Bum-Neem)
- Ke-Gyung-Leh (관장님 / 사범님께 경례)
- Soo-Ryun-Geut (수련끝)

KICKS(Cha-Gi)

English

- Front Kick
- Side Kick
- Roundhouse Kick
- Back Kick
- Back Spin Hook Kick

Korean

- Ap-Cha-Gi (앞차기)
- Yup-Cha-Gi (옆차기)
- Ap-Dol-Yo-Cha-Gi (앞돌려차기)
- Dwit-Cha-Gi (뒷차기)
- Dwit-Dol-Yo-Cha-Gi (뒤돌려차기)

COUNTING NUMBERS

60 (Fifty) — Yeah-Soon (예순)

FORM(Poom-Se)

Taeguk (7) Chil-Jhang 25 Movements (태극 칠장)

Chil-Jhang Philosophy:

Symbolizes a mountain and man's relationship to it. Man cannot climb a mountain in haste, but must plan his path and know when and where to stop and rest. This form should be executed freely with occasional fast actions, but knowing where and when to stop

STANCES(Suh-Gi)

Tiger Stance — Bum Suh-Gi (범서기)

KICKS(Cha-Gi)

Back Spin Hook Kick — Dwit-Dol-Yo-Cha-Gi (뒤돌려차기)

STEPS

Back Turning Jump Kick

BREAKING(Kyuk-Pah)

Any combination of one hand and foot technique (hand - two or more boards; foot-one or more boards) Total of 14. (총 14장)

SPARRING(Gyuh -Roo-Gi)

* Optional

Red/Black Belt (1st Kub) Requirements

JUDGEMENT (판단력)

Terms

English

- Block
- Low Block
- Body(Middle) Inside Block
- Body(Middle) Outside Block
- Face(High) Block

Korean

- Mack-Gi (막기)
- Ah-Rae-Mack-Gi (아래막기)
- Mom-Tong-Ahn-Mock-Gi (몸통안막기)
- Mom-Tong-Bahk-Kat-Mock-Gi (몸통바깥막기)
- Uhl-Goo-Mock-Gi (얼굴막기)

PUNCHES(Ji-Rue-Gi)

English

- Body(Middle) Punch
- Face(High) Punch

Korean

- Mom-Tong-Ji-Rue-Gi (몸통치르기)
- Uhl-Gool-Ji-Rue-Gi (얼굴치르기)

STEPS

English

- Front Sliding Step
- Back Sliding Step
- One Step Pivot Front
- One Step Pivot Back
- Front Crossover Two Step
- Back Crossover Two Step
- Back Turn Pivot Step
- Chest Turn Pivot Step

Korean

- Jun-Jin (전진)
- Hoo-Jin (후진)
- IL-Bo-Jun-Jin (일보전진)
- IL-Bo-Hoo-Jin (일보후진)
- Yi-Bo-Jun-Jin (일보전진)
- Yi-Bo-Hoo-Jin (일보후진)
- Do-Rah-Suh-IL-Bo-Jun-Jin (돌아서 일보전진)
- Do-Rah-Suh-IL-Bo-Hoo-Jin (돌아서 일보후진)

COUNTING NUMBERS

70 (Seventy) – Il-Hune (일흔)

FORM(Poom-Se)

Taeguk (8) Pahl Jhang 27 Movements (태극 팔장)

Pahl Jhang Philosophy:

Symbolizes the Earth. The earth is the source of all life. All living things on earth draw limitless energy from it. This form is a review of all fundamental actions and is to be executed with boundless energy.

KICKS(Cha-Gi)

Jump Kicks

Review EVERYTHING From White through Red.

BREAKING(Kyuk-Pah)

Total of 16 (총 16장)

Bo-Black Belt (Black With White) Requirements

HONOR (명예)

FORM(Poom-Se) Koryo 30 movements (고려)

Philosophy:

Represents the spirit of the Korean people. Every movement symbolizes the strong conviction and will with which the Koreans conquered their adversaries.

COUNTING NUMBERS

80 (Eighty) Yeo-Dune (여든), 90(Ninety) Ah-Hune (아흔)

* REVIEW ALL YOU HAVE LEARNED FOR BLACK BELT TEST.

BREAKING(Kyuk-Pah) Total of 18 (총 18장)

Black Belt Requirements

LEADERSHIP (지도력)

BLACK is a color that cannot be changed by adding other colors. It is the color of master. And yet, mastery of Tae Kwon Do, like the flowering lotus blossom, reveals more beauty with the opening of each petal. Thus, a higher belt which seems to be a crowning end is but the beginning.

COUNTING NUMBERS

100 (One Hundred) — Back (백)

BREAKING(Kyuk-Pah) Total of 20 (총 20장)

FORM(Poom-Se)

1st Dan	————	Koryo (고려) 1st Kub/White Tip 2nd Kub/Yellow Tip 3rd Kub/Green Tip 4th Kub/Blue Tip 5th Kub/Red Tip	30 movements
2nd Dan	————	Keum-Kang (금강) 1st Kub/White Tip 2nd Kub/Yellow Tip 3rd Kub/Green Tip 4th Kub/Blue Tip 5th Kub/Red Tip	27 movements
3rd Dan	————	Tae-Baek (태백) 1st Kub/White Tip 2nd Kub/Yellow Tip 3rd Kub/Green Tip 4th Kub/Blue Tip 5th Kub/Red Tip	26 movements
4th Dan	————	Pyong-Won (평원)	21 movements
5th Dan	————	Sip-Jin (십진)	28 movements
6th Dan	————	Ji-Tae (일여)	28 movements
7th Dan	————	Cheon-Kwon (천권)	26 movements
8th Dan	————	Han-Soo (한수)	27 movements
9th Dan	————	Ilyo (일여)	23 movements