



**jhoon rhee tae kwon do**

# Black Belt Program Guide

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# Welcome back

Dear Black Belt:

Congratulations on recently attaining your Black Belt. Please remember that your journey here was a result of years of hard work and training. The Jhoon Rhee Institute (JRI) of Tae Kwon Do is one of the most prestigious Martial Arts Institutions in the world. Your name is now amongst some of the most well known Black Belts in the world, such as Muhammad Ali, George Allen, Jack Anderson, Tony Robbins, and more than 100 U.S. Congressmen and Senators. Undeniably, the Jhoon Rhee Institute has produced more champions than any other school in the world in competition leagues such as the Professional Karate League (PKL), North American Sport Karate Association (NASKA), and National Black Belt League (NBL).

Please remember that Martial Arts is more than an activity; it is, in fact, a way of life. Over time, you will begin to realize that Black Belt is not the last step, but the first. You will start to realize that

the tenets of Tae Kwon Do—Strength in the Body, Honesty in the Heart, and Knowledge in the Mind—will start to guide you through all aspects of your life.

Now that your foundation has been set in Jhoon Rhee Tae Kwon Do, we will now be able to explore the roots of Tae Kwon Do as well as other aspects of martial arts as a whole that help make the Jhoon Rhee system an eclectic martial art.

The most important part of your advanced training will be honing your skills as a leader. This will not only help you in the martial arts, but in all areas of your life.

Again, congratulations on your accomplishment and best wishes for continued success.

Sincerely,

*Master Shackelford and Master Pineda*  
Co-Owners

# Being a Black Belt leader

While assisting in classes, please remember:

1. Please arrive 10-15 minutes early. You need to be present during the bow in procedure.
2. You must wear full uniform at all times. This includes t-shirt season.
3. You must sign into the leadership schedule prior to classes.
4. If you cannot make a scheduled time, please contact us immediately.

## Studio procedures

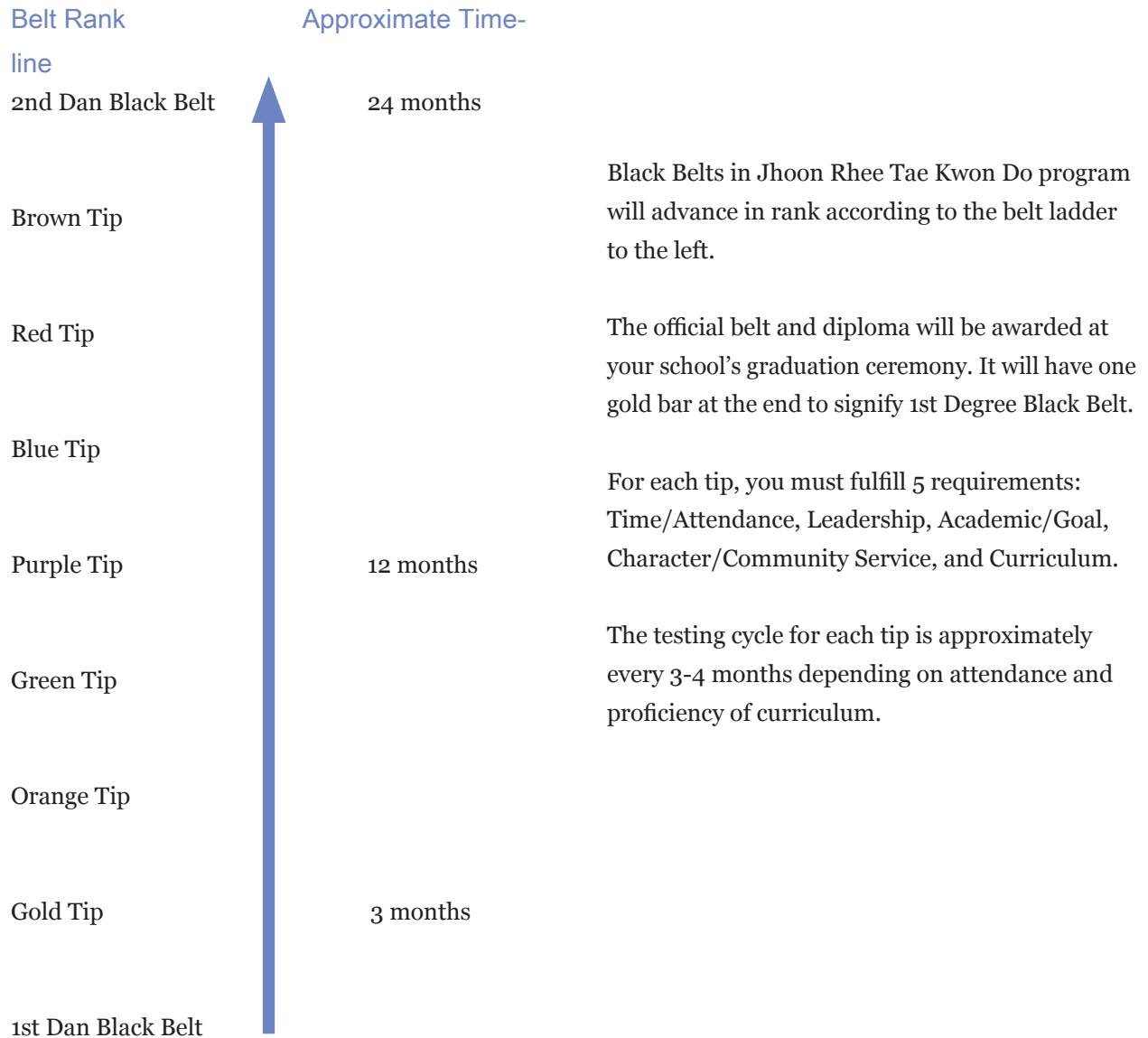
**Attendance:** Please be sure to have a good balance between classes you are helping with and classes you are attending. Keep an eye on your target dates and set your goals.

**Practicing at Home:** Please remember that your knowledge of curriculum is always growing. The basics and lower belt material have a large impact on your proficiency with the newer, more advanced material. Remember, there is no such thing as advanced techniques, simply variations of basics. So be sure to practice all of your material, including your white belt material!

**Tae Kwon Do Notebook:** Be sure to keep your Tae Kwon Do notebook up to date. It will not be checked as often, but please maintain it since this is a journal of your knowledge and journey through Tae Kwon Do.

**Uniform:** The white uniform is the standard uniform for students in our Basic Program. The red uniform is also available to all students. Only Black Belts may wear Black uniforms. Second Degree Black Belts may wear the “2nd Dan” uniform which is Black Pants with a Red Stripe and either a Black or a Red Top with new Jhoon Rhee logo embroidery. Uniforms must always have uniform patches and always be clean, odor free, and pressed before each class attended.

# 1st Dan rank progression



# 1st Dan belt tip requirements

**Testing and Graduations:** Tip testing will be held periodically. There are no fees for these tests and you must still attend one of the monthly tests. The stripe system used in the under belt system will not be used. However, each student must fulfill 4 requirements which are very similar to receive their new tip, as well as a Leadership requirement.

**Time/Attendance:** 24 Classes and 3 months time is the minimum requirement to progress from one tip to the next (30 classes and 4 months from Brown Tip to 2nd Dan).

**Academic/Goal (for adults not in school):** For each tip, you are required to submit, in class, a substantial achievement in school such as major test or project. Adults are asked to submit a goal sheet that is equally as substantial.

**Character/Community Service:** As representatives of Jhoon Rhee Tae Kwon Do and leaders in the community, we want to make sure we help make a positive impact on our community. Please take this time as Black Belts to be creative on making a difference in your community. Please submit, in class, a write-up of your project or something from any sort of community service

you have performed since your last promotion. Please see us if you need suggestions.

**Curriculum:** At each tip you will have curriculum to perform as outlined in your curriculum guide. You must prove proficiency in order to move from tip to tip, signified by a silver stripe awarded by an instructor. The original Jhoon Rhee Tae Kwon Do books for the traditional forms will be required for each tip.

**Leadership:** 8 Leadership credits is the minimum requirement to progress from one tip to the next. Adults do not have a specific leadership requirement between tips, but rather are asked to obtain a total of 10 Leadership credits prior to testing to 2nd Dan. Potential conflicts in reaching this requirement can be discussed with an instructor.

**Notebook Addition:** Aside from keeping your notebook up to date, the essay for 2nd Dan is, "What Teaching Jhoon Rhee Tae Kwon Do Has Done For Me." Adults are not required to keep a Notebook, but are required to complete the essay. In addition, there are belt/tip concept paragraphs due at each tip test. These are required for Juniors and optional for adults.

# 1st Dan curriculum

Current Tip	Forms/ Technical	Sparring	Breaking*
No Tip	Chon-ji Tan-Gun 50 push-ups	Inter/Adv. Point Inter/Adv. Free 2 vs. 1 Basic	Basic Kick • Back Front • Side Kick
Gold	To-San Won-Hyo 55 push-ups	Inter/Adv. Point Inter/Adv. Free 2 vs. 1 Basic	Basic Hand • Hammer fist
Orange	Yul-Guk 55 push ups	Inter/Adv. Point Inter/Adv. Free 2 vs. 1 Basic	Open Hand Beg. • Side chop • Palm Heel*
Green	Chung-Gun Rough Draft Creative Form 60 push-ups 75 sec. Belt Stretch	Inter/Adv. Point Inter/Adv. Free 2 vs. 1 Intermediate	Heel of Foot Int. Open Hand Int. • Reverse Side • Elbow Strike • Back punch*
Purple	Toi-Gye 65 push-ups Beethoven 1st half	Inter/Adv. Point Inter/Adv. Free 2 vs. 1 Intermediate	Creative selection • 2-series
Blue	Hwa-Rang Beethoven 65 push-ups	Inter/Adv. Point Inter/Adv. Free 2 vs. 1 Intermediate	Creative selection • 3-series
Red	Chung-Mu 70 push-ups	Inter/Adv. Point Inter/Adv. Free 2 vs. 1 Advanced	Creative selection • 4-series
Brown	Creative Form 6 count dbl RK/SK 75 push-ups/2 min. 90 sec. Belt Stretch	Advanced Point Advanced Free 2 vs. 1 Advanced	Creative selection • 4-series (ball of foot, heel, open hand, closed hand)

\* Certain breaks will be limited depending on age.

Miscellaneous curriculum (such as traditional one-steps, grappling, etc.) is not required to proceed to 2nd degree, however may still be taught as extracurricular knowledge of Tae Kwon Do and other martial arts based on a student's age and ability.

# 1st Dan traditional forms

## 1st to 2nd Dan

### Current

Tip	Form	Meaning
No Tip	Chon-ji	Heaven and Earth.
	Tan-Gun	Hero who founded Korea in 2334 B.C.
Gold	To-San	Korean patriot and educator Ahn Chang Ho.
	Won-Hyo	Noted monk who introduced Buddhism to the Silla Dynasty in 686 A.D.
Orange	Yul-Guk	Pseudonym for philosopher and Scholar, Yi I, also known as the Confucius of Korea.
Green	Chung-Gun	Korean patriot who was martyred in prison in 1910.
Purple	Toi-Gye	Pen name of noted scholar Yi Hwang.
Blue	Hwa-Rang	Youth group that helped unify the three kingdoms of Korea.
Red	Chung-Mu	Korean Admiral who invented the first armored submarine battleship.

# Creative forms

Part of being a Black Belt is expanding your imagination, exploring your individualism, and maturing your creative thought process. Now that you have the basic tools in Tae Kwon Do, it's time to put your skills together.

As you start to create your own forms, please consider the following.

**Name:** All forms have some sort of meaning. Grandmaster Rhee's themes have revolved around the basic tenets of patriotism and life skills. Pick a name that best describes your form, your personality, or something that is meaningful to you. English is fine, but even better, try to find the Korean translation.

**Length:** Forms can vary in length from 10 seconds to 3 minutes. Since this is a Black Belt form, the length should be between 1 and 3 minutes.

**Introduction:** Be prepared to "introduce" your form by stating the name of the form prior to beginning. Form names may be either Korean or English. If the name is in Korean, please provide the English translation. For example, "The name of my form is 'Tae Soo,' meaning 'Grand Protector.' May I begin?"

**Symmetry/Pattern:** Most forms have some sort of symmetry or pattern. Typically, but not always, forms will begin and end in the same spot. If you perform certain moves in one position, they do not necessarily have to be the same moves in another direction, rather the same distance. Instead of East/West - North/South symmetry, you can also experiment with diagonal positions.

**Difficulty:** Obviously, you want your form to represent a Black Belt level form. Although basic movements and upright stances can still be used, the majority of your form should contain low stances and advanced kicks.

**Yells:** Most of the underbelt forms were limited to 4 to 6 yells. Take the opportunity to emphasize your form with not just several yells, but different types of yells.

**Practical Applications:** Although forms represent the artistic side of martial arts, please be sure the majority of your techniques have a practical application.

**Individual Flair:** Your form represents you, so add certain techniques that you can do well and moves that are individual to you.



# Board breaking

Breaking has existed since the birth of martial arts. Although the typical misconception is that breaking represents brute force, strength and power are only part of it. Aside from showing power, board breaking has many benefits. You are forced to set certain goals which, in turn, will help you improve the following skills.

**Technique:** Proper technique is highly emphasized since breaking represents some of the practical application of certain strikes.

**Physical Speed:** Speed is an important function of power. Quickness and delivery are essential to a successful board break. The true test of speed is “speed breaks,” where the board is not supported and the board will only break if struck with sufficient velocity.

**Balance:** With kicks especially, you are faced with the challenge of accurately delivering a technique while maintaining balance and composure.

**Focus and Accuracy:** Now more than ever you must focus completely on your target and accurately place your techniques.

**Precision:** The placement of your techniques is important, but so are the details, such as the part of the hand and foot with which you are striking.

**Perseverance and Confidence:** You may not be able to break 100% of the boards on your first attempt. However, with perseverance and a positive, confident attitude, you will find you can accomplish anything.

**Power:** Strength coupled with speed, accuracy, and focus will enable you to perform successful breaks.

**Introduction:** Be prepared to “introduce” your breaking series before beginning by stating which breaks/techniques you will be performing. For example, “My series begins with a jump front kick to the front, followed by a side kick to the rear, then a hammer fist to my left, and finishing with a triple board break with a downward palm heel strike. May I begin?” Be sure to not spend too much time on your practice “walk through” before the actual break.

**Practice Breaks/Tip Tests:** Be practicing breaking boards in class is typically done using “rebreakable” boards instead of real wood boards. Real wood boards will be used at your tip tests. It is recommended that you purchase real wood boards to practice on for your final series break (prior to your 2nd Degree test.) Boards are available for purchase in the office.

*Please Note:* Although we are firm believers in the importance of breaking, your individual safety is *always* paramount. All breaking boards and techniques must be approved by the instructors. Although the techniques used will be consistent with all students, the board sizes and thicknesses will vary depending on the student’s age and skeletal maturity. Medical doctors with extensive martial arts backgrounds have been consulted for our board breaking program.

# Reading

As a Black Belt, it is always important to expand your horizons in martial arts in general and keep

an open mind. The following books are recommended reading.

Title	Author	Publisher	Synopsis
<i>Chon-ji</i> *	Jhoon Rhee	Ohara Publications	First book of the original series of books by GrandMaster Rhee. Includes history and terminology.
<i>Tan-Gun, To-San</i> *	Jhoon Rhee	Ohara Publications	Part of Grandmaster Rhee's Traditional Forms series.
<i>Won-Hyo, Yul-Guk</i> *	Jhoon Rhee	Ohara Publications	Part of Grandmaster Rhee's Traditional Forms series.
<i>Chung-Gun, Toi-Gye</i> *	Jhoon Rhee	Ohara Publications	Part of Grandmaster Rhee's Traditional Forms series.
<i>Hwa-Rang, Chung-Mu</i> *	Jhoon Rhee	Ohara Publications	Part of Grandmaster Rhee's Traditional Forms series.
<i>Bruce Lee and I</i>	Jhoon Rhee	Mvm Books	Collection of letters and experiences with Grandmaster Rhee and Bruce Lee.
<i>Tao of Jeet Kune Do</i>	Bruce Lee	Black Belt Publications	A close look at Bruce Lee's style and philosophy.
<i>Zen and the Martial Arts</i>	Joe Hyams	Bantam	A close look at how martial arts can affect everyday life.
<i>Filipino Martial Arts</i>	Dan Inosanto	Know Now	Arnis taught by one of the top authorities in Filipino martial arts.
<i>Ultimate Martial Arts Encyclopedia</i>	John R. Little	McGraw-Hill	Excellent reference book encompassing all martial arts.

*\*Black belts are required to have the Jhoon Rhee Traditional Forms books.*

# 2nd Dan rank progression

Belt Rank	Timeframe (approx.)	
3rd Dan Black Belt	36 months	2nd Dan Black Belts in Jhoon Rhee Tae Kwon Do program will advance in rank according to the belt ladder to the left.
Double Brown Tip	28 months	The official belt and diploma will be awarded at your school's graduation ceremony. It will have two gold bars at the end to signify 2nd Degree Black Belt.
Double Blue Tip	21 months	For each tip, you must fulfill 5 requirements: Time/Attendance, Leadership, Academic/Goal, Character/Community Service, and Curriculum.
Double Green Tip	14 months	The testing cycle for each tip is approximately every 7-8 months depending on attendance and proficiency of curriculum.
Double Gold Tip	7 months	
2nd Dan Black Belt		

## 2nd Dan belt tip requirements

**Time/Attendance:** Candidates must have completed a total of 3 years since 2nd dan and be a minimum of 17 years old. There are 4 double tips. The time period of 7 months and 48 classes is the minimum requirement to progress from one tip to the next.

**Leadership:** 24 Leadership credits is the minimum requirement to progress from one tip to the next. Adults must complete 15 Leadership credits, in total, prior to testing for 3rd Dan.

**Academic/Goal:** For each tip, you are required to submit, in class, a substantial achievement in school such as major test or project. Adults not in school are asked to submit a goal sheet that is equally as substantial. Just as when testing to 1st and 2nd Dan, for those in school an A-B Average GPA is required in order to test to 3rd Dan.

**Character/Community Service:** As representatives of Jhoon Rhee Tae Kwon Do and leaders in the community, we want to make sure we help make a positive impact on our community. Please take this time as Black Belts to be creative on making a difference in your community. For each tip, please submit, in class, a write-up of your participation in sort of community service you have performed since your last promotion. Please see us for suggestions, if needed.

**Curriculum:** At each tip you will have curriculum to perform as outlined in your curriculum guide. You must prove proficiency in order to move from tip to tip, signified by a silver stripe awarded by an instructor.

**Notebook Addition:** Aside from keeping your notebook up to date, there are short reports due for each tip test (see the Black Belt Graduation Packet for the list of topics.) In addition, the essay for 3rd Dan is, “What my contribution to Jhoon Rhee Tae Kwon Do has been.” This can be anything from participation in the Adaptive TKD program to going above and beyond your leadership credit requirement to mentoring younger students, helping with Summer Fun Weeks, and so forth. Feel free to speak with an instructor to help you solidify the content or direction of your speech. Adults are not required to keep a Notebook, but are required to complete the reports and the essay. As you satisfy each tip requirement please mark the date of completion in you Tip Requirements Log to be completed by each test and keep this in your Notebook.

**Service Contribution:** Part of rising through the ranks of the martial arts is about becoming a leader and giving back to the martial arts community. During your time at 2nd Dan you are asked to give back by contributing your services 2 times (can be same activity twice or two different) followed by a written summary to be read to your class. Activity approval must be granted prior to participation. The following are examples: *Full event* Super Challenge Tournament or School Picnic volunteer, assisting with Graduation or Weapons Seminars, helping to coordinate a Charity or Adaptive TKD event, etc. These contributions may be cited but do not need to directly correlate to your testing speech “What my contributions to Jhoon Rhee Tae Kwon Do have been.”

# 2nd Dan curriculum

Current Tip	Forms/ Technical	Sparring	Breaking
No Tip	Kwan-Gae 80 push-ups/2 min. 90 sec. Belt stretch	3 vs. 1 Basic	Speed Break <i>(semi-supported or dropped)</i>
Double Gold	Po-Eun 1 <sup>st</sup> Contribution 85 push-ups/2 min. 95 sec. Belt stretch	3 vs. 1 Basic	2-Series  <i>*1 must be Unique break</i>
Double Green	Creative Musical Draft 90 push-ups/2 min. 100 sec. Belt stretch	3 vs. 1 Intermediate	2-Series  <i>*1 must be Double board</i>
Double Blue	Gae-Bek 2 <sup>nd</sup> Contribution 95 push-ups/2 min. 110 sec. Belt stretch	3 vs. 1 Intermediate	3-Series  <i>*2 must be either Speed, Unique or Double</i>
Double Brown	Granada Creative Final 100 push-ups/2 min. 120 sec. Belt stretch	3 vs. 1 Advanced	4-Series  <i>*Must include: Speed, Unique and Double</i>

*\* Certain breaks will be limited depending on age.*

*Miscellaneous curriculum (such as traditional one-steps, grappling, etc.) is not required to proceed to 3rd degree, however may still be taught as extracurricular knowledge of Tae Kwon Do and other martial arts based on a student's age and ability.*

# 2nd Dan traditional forms

## 1st to 2nd Dan

### Current

Tip	Form	Meaning
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Double Gold	Kwan-Gae	19th King of the Ko Ku Ryo Dynasty.
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Double Green	Po-Eun	Scholar Mong Ju Chung, a faithful public servant of the King during the Koryo Dynasty.
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Double Blue	Gae-Bek	Army General at the end of the Bak Je Dynasty.
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# Traditional forms meanings- *quick reference*

## 1st to 2nd Degree

- Chon-ji:** Heaven and Earth.
- Tan-Gun:** Hero who founded Korea in 2334 B.C.
- To-San:** Korean patriot and educator Ahn Chang Ho.
- Won-Hyo:** Noted monk who introduced Buddhism to the Silla Dynasty in 686 A.D.
- Yul-Guk:** Pseudonym for philosopher and Scholar, Yi I, also known as the Confucius of Korea.
- Chung-Gun:** Korean patriot who was martyred in prison in 1910.
- Toi-Gye:** Pen name of noted scholar Yi Hwang.
- Hwa-Rang:** Youth group that helped unify the three kingdoms of Korea.
- Chung-Mu:** Korean Admiral who invented the first armored submarine battleship.

## 2nd to 3rd Degree

- Kwang-Gae:** 19th King of the Ko Ku Ryo Dynasty.
- Po-Eun:** Scholar Mong Ju Chung, a faithful public servant of the King during the Koryo Dynasty.
- Gae-Baek:** Army General at the end of the Bak Je Dynasty.

## 3rd to 4th Degree

- Eui-Am:** Leader of the Korean Independence Movement which began March 1st, 1919.
- Choong-Jang:** Pseudonym given to General Kim Duk Ryang who died in prison at the young age of 27.
- Ko-Dang:** Patriot and educator who dedicated his life to the Korean Independence Movement.
- Ju-Che:** The philosophy rooted in the Beakdu Mountains that man is master of everything.
- Yoo-Sin:** Silla Dynasty's commanding general who was ordered by the king to fight against his own nation.
- Koryo:** The dynasty created by the wars that unified the three kingdoms of Korea. (WTF Form)
- Basai:** To remove an obstacle; to extract from a fortress. (TKD Moo Duk Kwan and Japanese Form)

# Black Belt Forms- 1st Dan

## Chon-Ji Hyung

*Meaning: Heaven and Earth.*

*19 Movements.*

Chon-Ji is the first Tae Kwon Do form. When translated from Korean (Hangul), Chon-Ji means “Heaven and Earth.” As was interpreted in the first book of the classic I-Ching, which explained all process of growth and change in the natural world, Chon-Ji symbolizes the beginning or the creation of the universe.

## Tan-Gun Hyung

*Meaning: “Hero who founded Korea in 2334 B.C.*

*21 Movements.*

Tan Gun founded the kingdom of Korea in 2333 B.C., and his Legend is as follows:

“Hwan Yung came down from heaven to rule the universe. At that time, a tiger and a bear, who lived in a cave, begged Hwan Yung to change them into humans. The tiger could not comply with the commandments of Hwan Yung, so he lost his chance to become human. However, the bear could. The bear became a woman and prayed under an altar to become pregnant. Hwan Yung was so pleased that he changed himself into a man and married her. They, in turn, gave birth to a son, Tan Gun. October 3rd is now celebrated as a national holiday commemorating Tan Gun.”

## To-San Hyung

*Meaning: Korean patriot and educator Ahn Chang Ho.*

*24 Movements.*

To San was the name used by Ahn Chang Ho (1878-1938). Ahn Chang Ho, son of a farmer, was a renowned educator and advocate of Korean independence. At the age of 18, he joined the “Independence Association”. This association was formed to promote independence, reform domestic affairs, and reduce dependence upon foreign countries. In 1910, when a minor kingdom known as the Yi Dynasty was forcefully absorbed into the Japanese Empire, Ahn Chang Ho started underground activities focused on regaining Korean independence. He advocated freedom of choice in education, culture, and speech. To San exiled himself several times to China and to the United States of America, but always returned. He was finally arrested by the Japanese and died in jail.

## Won-Hyo Hyung

*Meaning: Noted monk who introduced Buddhism to the Silla Dynasty in 686 AD.*

*28 Movements.*

Won-Hyo (617-686 AD) was recognized as a great scholar by the Tang Dynasty of China, although he never studied there. This high degree of respect was recognized by the people of Korea. He hated the idea of various religious authorities arguing with each other over their different

### 1st to 2nd Dan forms (continued)

beliefs. Instead he established his own system of ideology in which the conflicts between religious sects could be reconciled. Won-Hyo reached the highest position possible as a scholar and a monk. However, his most remarkable achievement was his activity in relieving the poverty and the suffering of ordinary people.

### Yul-Gok Hyung

*Meaning: Pseudonym for philosopher and scholar, Yi I, also known as the Confucius of Korea.*

*38 Movements.*

Yul gok (1526-1584) was the pen name of Master Yi, a great scholar of the Yi Dynasty. He was so brilliant that he passed the national examination for selecting public servants at the age of 13. He participated in national affairs and held government appointments. He later resigned from government service, returned home, and devoted himself to writing. He published many books on philosophy, Confucianism, and public administration.

### Chung-Gun Hyung

*Meaning: Korean patriot who was martyred in prison in 1910.*

*32 Movements.*

Chung-Gun (aka Ahn Chung-Gun) fought against the Japanese Empire for Korean independence and later died serving his country. The 32 movements symbolize his age at the time of his death.

### Toi-Gye Hyung

*Meaning: Pen name for noted scholar Yi Hwang.*  
*37 Movements.*

Toi-Gye, also known as Hwan Lee (1502-1570), was a great Confucian philosopher during the Lee Dynasty. In 1534, he passed the prestigious national qualifying examination for the civil service. However, he later resigned from government service and returned to his hometown, where he became a scholar. His specialty was Joo Ja Hak (Confucianism) and he developed many intellectual theories. He founded the To-San Learning Institute where he spent the rest of his life educating his young disciples. His interpretation of Confucianism, known as Toi-Gye Hak, is the subject of study in both the Eastern and Western countries today.

### Hwa-Rang Hyung

*Meaning: Youth group that helped unify the three Kingdoms of Korea.*

*29 Movements.*

Hwa-Rang was the name of a National Institute which trained its youth for times of national need. To qualify as a pupil, a candidate had to be a man of character, virtue, and countenance. Students were trained to improve their moral principles and military skills. They entertained themselves by traveling around neighboring mountains and rivers and by listening to music and poetry. They were taught to be brave, love their country, and be cooperative. The five leadership qualities of Hwa-Rang were allegiance to the King, faithfulness to parents, faithful friendship, no killing of animals, and no retreat in the battle field.



1st to 2nd degree forms (continued)

### Chung-Mu Hyung

*Meaning: Korean Admiral who invented the first armored submarine battleship.*  
*30 Movements.*

In naval history, Admiral Soong Shin Lee (1545-1598) of the Lee Dynasty, also known as “Chung-Mu,” was as famous as Admiral Nelson of Great Britain. The admiral anticipated the Japanese

invasion and in turn prepared his forces for war. On November 8, 1598, Admiral Lee was killed during a sea battle against the Japanese Navy; he was 54-years old. Admiral Lee showed true allegiance to his country, was noble in character, and showed excellent leadership ability. Admiral Lee almost single-handedly protected his country and is considered a great hero in Korean history. He also wrote a book entitled “The Diary During the Conflict.”

# 2nd to 3rd Dan forms

## Kwang-Gae Hyung

*Meaning: 19th King of the Ko Ku Ryo Dynasty. 39 Movements.*

Kwang-Gae (372-418) was the 19th king of the Ko Ku Ryo Dynasty and was known as a great conqueror. He was very bold and ambitious when he was young. When he succeeded to the throne, he undertook the great task of expanding the land holdings of the Ko Ku Ryo Dynasty. According to the record embedded in his great tombstone, 64 castles and 1,400 villages were attacked and conquered by Kwang-Gae during his era. His most remarkable achievement was the conquest of Manchuria, dominated by the Chinese Hwo-Yun, which then became a part of the Ko Ku Ryo Dynasty.

## Po-Eun Hyung

*Meaning: Scholar Mong Ju Chung, a faithful public servant of the King during the Koryo Dynasty. 36 Movements.*

Po-Eun, also known as Mong Ju Chung, was a scholar and a faithful public servant for the king during the Koryo Dynasty. At the age of 23, he took three different national qualifying examinations, which were used to select public servants. He received the highest scores on all three. He participated in various national projects because the king had much confidence in his extensive knowledge and good judgment. From time to time, he would visit China and Japan as a diplomat for the king. The diagram represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.

## Gae-Baek Hyung

*Meaning: General during the Bak Je Dynasty. 44 Movements.*

Gae-Baek is the name of the Army General who was in charge of the army at the end of the Bak Je Dynasty. In 660 A.D., when the united forces of Silla and Dang invaded Bak Je, Gae-Baek organized 5,000 soldiers of the highest morale and courage. Although in the first few battles he defeated the united force of the enemy, in the last battle he was finally defeated and was killed while fighting. The Bak Je Dynasty was destroyed after 678 years of rule, but General Gae-Baek is still recognized for his loyalty to his country and his bravery.

# 3rd to 4th Dan forms

## Eui-Am Hyung

*45 Movements.*

Eui-Am was the leader of the Korean Independence Movement which began March 1st, 1919.

## Choong-Jang Hyung

*52 Movements.*

Choong-Jang is the pseudonym given to General Kim Duk Ryang who lived during the Lee Dynasty, 14th century. This pattern ends with a left hand attack to symbolize the tragedy of his death at 27 in prison before he was able to reach full maturity.

## Ko Dang Hyung

*39 Movements.*

Ko Dang (1882-1950) was the name used by Man Shik Cho, a great politician and revolutionary. When Korea was absorbed into the Japanese Empire, he was influenced by Ahn Chang Ho (also known as To San, one of the underground leaders fighting against the Japanese Empire to regain Korea's independence). Ko Dang went to Japan in order to learn about Korea's enemy and graduated from the school of law at Meiji University. Ko Dang rejected the idea of exiling himself to a foreign country where he could enjoy life. Instead, he came back to Korea and developed the campaign for independence, despite repeated threats from the Japanese rulers.

## Ju-Che

*45 Movements.*

The philosophy rooted in the Beakdu Mountains that man is master of everything.

## Yoo-Sin Hyung

*68 Movements.*

Yoo-Sin (595-673) is the name of the Silla Dynasty Army General Kim Yoo Sin. The 68 movements refer to the last two figures of 668 A.D., the year Korea was united. The ready posture signifies a sword drawn on the right rather than the left side, symbolizing Yoo Sin's mistake of following his King's orders to fight with foreign forces against his own nation.

## Koryo (WTF Form)

*48 Movements.*

The dynasty created by the wars that unified the three kingdoms of Korea. Koryo is a traditional WTF (World Tae Kwon Do Federation) form as opposed to the ITF (International Tae Kwon Do Federation). It is widely considered one of the more aesthetically pleasing of the WTF forms.

## Basai (Tang Soo Do/Japanese Form)

*45 Movements.*

To remove an obstacle; to extract from a fortress. Basai is traditionally a "Japanese Kata" but is also performed in Tae Kwon Do Moo Duk Kwan schools.

# 4th Dan & higher forms

## Sam Il Hyung

*33 Movements.*

Sam Il commemorates the Koreans who fought against Japan's colonization of Korea. In 1910, Japan invaded Korea and absorbed it into its Empire, taking control of Korea's economy and destroying much of the Korean culture, thus reducing Korea's chances of becoming truly independent. On March 1, 1919, 33 Koreans who represented the independence movement met secretly at Pagoda Park in Seoul and began to read the Declaration of Independence. The 33 movements of this form represent the people who signed the Declaration of Independence on March 1, 1919.

## Choi Yong Hyung

*46 Movements.*

Choi Yong (1316-1388) was a renowned army general and Royal confidant at the end of the Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism, and humility.

## Ul-Ji Hyung

*42 Movements.*

Ul-Ji was the name of a renowned army general Ul-Ji Moon Dok, who successfully defended Korea against a Tang's invasion force of nearly one million soldiers led by Yang Je in 612 A.D. Ul-Ji, employing hit and run guerilla tactics, was able to decimate a large percentage of the force. The diagram represents his surname. The 42 move-

ments represent the author's age when he designed the pattern.

## Se Jong Hyung

*24 Movements.*

Se Jong (1397-1450) was the fourth king of the Yi Dynasty in Korea and was known for his many great achievements in domestic affairs, diplomacy, defense matters, and culture. However, his most remarkable invention was the "Han Gul", the Korean alphabet, which provided the kingdom with "cultural independence" from the previously used Chinese characters. The 24 movements in the form represent the 24 letters of the alphabet.

## Tong Il Hyung

*56 Movements.*

Tong Il means unification, which is the ultimate goal of Koreans. Korea used to be one country, but was divided into two in 1945 by the ideological conflict between the USSR and the United States after World War II. On June 25, 1950, a war began between North Korea and the Republic of Korea. The conflict was initiated by North Korea's invasion of the South, which was supported by the USSR. The United Nations Security Council unanimously passed a resolution to assist the Republic of Korea and sixteen UN countries, including the United States, sent soldiers to aid South Korea.