

FREE STUDY GUIDE

Theory Quick-Cards

The belt meanings and pattern theory for every colour-belt grading, plus the core theory the examiner always asks. Learn it verbatim.

FOR
All colour belts

COVERS
10 grades

The core theory every grading tests

THE FIVE TENETS

Courtesy · Integrity · Perseverance · Self-Control · Indomitable Spirit

SECTIONS OF THE BODY

High — Nopunde · Middle — Kaunde · Low — Najunde

THEORY OF POWER

Reaction Force · Concentration · Equilibrium · Breath Control · Mass · Speed

TAE KWON-DO MEANS

Foot · Hand · Way of Life & Art

Belt by belt

**White · 10th Kup**

White Belt signifies: Innocence, as that of a beginning student who has no previous knowledge of Tae Kwon Do.

**Yellow Tag · 9th Kup**

Yellow Belt signifies: Earth, from which a plant sprouts and takes root as the Tae Kwon-Do foundation is being laid.

Chon-Ji (19 movements): Chon-Ji means literally Heaven and Earth. It is in the Orient interpreted as the creation of the world or the beginning of human history. Therefore, it is the initial pattern played by the beginner. It consists of two similar halves, one to represent Heaven the other Earth.

 Yellow • 8th Kup

Green Belt signifies: The plant's growth as the Tae Kwon-Do skills begin to develop.

Dan-Gun (21 movements): Dan Gun is named after the holy Dan Gun, the legendary founder of Korea in the year 2333BC.

 Green Tag • 7th Kup

Do-San (24 movements): Do-San is the pseudonym of the patriot Ahn Chang Ho (1876-1938) who devoted his entire life to furthering the education of Korea and its independence movement.

 Green • 6th Kup

Blue Belt signifies: The Heaven towards which a plant matures into a towering tree as the training in Tae Kwon-Do progresses.

Won-Hyo (28 movements): Won-Hyo was the noted monk who introduced Buddhism into the Silla Dynasty in 686AD.

 Blue Tag • 5th Kup

Yul-Gok (38 movements): Yul-Gok is the pseudonym of the great philosopher and scholar Yi-I (1536-1584AD), nicknamed the Confucius of Korea. The 38 movements of the pattern refer to his birthplace on a 38 degree latitude and the diagram represents the scholar.

 Blue • 4th Kup

Red Belt signifies: Danger, cautioning the student to exercise control and warning the opponent to stay away.

Joong-Gun (32 movements): Joong-Gun is named after the patriot An Joong-Gun who assassinated the first Governor General of Korea, Hiro Bumi Ito, who played a leading part in the Korea-Japan merger. The 32 movements of the pattern refer to Mr An's age when he was executed at Lui-Shung prison in 1910.

 Red Tag • 3rd Kup

Toi-Gye (37 movements): Toi-Gye is the penname of the noted scholar Yi Hwang, 16th century AD, an authority on Neo-Confucianism. The 37 movements of the pattern refer to his birthplace on a 37 degree latitude and the diagram represents the scholar.



Red • 2nd Kup

Black Belt signifies: The opposite of white, therefore signifying maturity and proficiency in Tae Kwon-Do. It also indicates the wearer's imperviousness to darkness and fear..

Hwa-Rang (29 movements): Hwa-Rang is named after the Hwa-Rang youth group which originated in the Silla Dynasty around 600AD. This group eventually became the actual driving force for the unification of the kingdoms of Korea. The 29 movements refer to the 29th Infantry Division where Taekwon-Do developed into maturity.



Black Tag • 1st Kup

Choong-Moo (30 movements): Choong-Moo was the given name to the great Admiral Yi Sun-Sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship, the Kobukson, which was the precursor of the present-day submarine in 1592AD. The reason why this pattern ends in a left hand attack is to symbolise his regrettable death, having no chance to show his unrestrained potentiality, checked by the forced reservation of his loyalty to the King.



Make it stick

Every grading has a flashcard deck covering its pattern, theory and terminology. £7.99 each at tkd-toolkit.com/shop