



NZ ITF TAEKWON-DO GRADING REQUIREMENTS

GUIDELINES

General Information

- **Assessed Prior:** Regular class tasks must be signed off by the instructor, including verbal assessments before grading.
- **Training Requirements:** Students must meet minimum attendance. Training once a week may result in slower progress.
- **Grading Schedule:** Aim for two grading periods per year across all NZ ITF regions.
- **Assessment Standards:** Theory and practical tasks must be successfully completed before grading day.

Student Grading Preparation

- **Review Syllabus:** Know your rank-specific patterns, movements, sparring, self-defence, and theory. Terminology English to Korean is at the back for reference.
- **Progression Guidelines:** Do not practice higher-grade techniques without approval.
- **Assessed Prior:** Assistant Instructors (1-3 Dan) will check theory and skills before grading. Results will be reported back to the Instructor.
- **Attendance and practice:** Attend regular trainings during the week. Practicing at home is advised to help with progression.
- **Testing Fee:** Must be paid prior to grading day.

Regional Branch Guidelines

- Maintain a consistent schedule and strong training structure. Attend all courses and workshops to continue personal development.
- Complete internal assessments before grading.
- Prioritize high standards and ongoing improvement. Grading to be conducted by International Instructor who holds IIC Certificate and ITF Plaque number.



NZ ITF TAEKWON-DO GRADING REQUIREMENTS

10th Gup Requirements Testing for 9 Gup Yellow Stripe

Fundamentals (Tested on Grading Day):

Saju Jirugi (Four Direction Punch)

Saju Makgi (Four Direction Block)

Kicking (Assessed Prior):

Front Snap Kick

Front Rising Kick

Side Rising Kick

Self-Defense (Hosin Sul) Assessed Prior:

Wrist Grab 1: Simple release (weak link – Thumb). Wrist Grab 2: 2 hands grab one.

Chest Grab 1: Twist the hand with and hold elbow using the other hand.

Physical Assessment:

Press Ups: 15-30

Theory (Verbally Assessed Prior):

Korean Numbers 1-10: Hanna, Dool, Set, Net, Tasot, Yasot, Ilgop, Yodol, Ahop, Yol

White Belt Meaning: Signifies innocence, as the beginner has no previous knowledge of Taekwon-Do.

Taekwon-Do Oath:

I shall observe the tenets of Taekwon-Do
I shall respect the instructors and seniors
I shall never misuse Taekwon-Do
I shall be a champion of freedom and justice
I shall build a more peaceful world

Tenets: Courtesy, Integrity, Perseverance, Self-Control, Indomitable Spirit

History:

Father and Founder of Taekwon-Do: General Choi Hong Hi

Birth of Taekwon-Do: April 11th, 1955. ITF was formed March 22nd, 1966.

1st ITF President: General CHOI Hong Hi, 18.09.1918-15.06.2002 (Passed Away)

2nd ITF President Prof. Dr. CHANG Ung 2002-2015 (Retired)

3rd ITF President Prof. GM RI Yong Son (2015 – Present)



NZ ITF TAEKWON-DO GRADING REQUIREMENTS

9th Gup Requirements Testing for 8 Gup Yellow Belt

Pattern (Tested on Grading Day):

Chon-Ji Tul: 19 Movements - Diagram: "+" (plus) shape

Kicking (Assessed Prior):

Side Kick (With and without Skipping Motion)

Breaking (Assessed Prior):

Stepping Front Leg Side Kick - Target: Yellow UMAB Peg Board or higher.

Requirements: Must demonstrate proper guarding block, correct measurement, and understanding of the attacking tool.

Self-Defense (Hosin Sul) (Assessed Prior):

Prevention Techniques: Defend against grabs from the front, side, waist, and leg, demonstrating effective movement skills.

Physical Assessment:

30 Sit Ups

3-Step Sparring (Assessed Prior):

Sequence: X3 Walking Stance Middle Punch (Attack). X3 Walking Stance Middle Block (Defense). Counter: Walking Stance Reverse Punch (Counter)

- Note: Practiced with a partner.

Theory (Verbally Assessed Prior):

Meaning of Chon-Ji:

Chon-Ji literally means "the heaven the earth." It is in the orient, interpreted as the creation of the world or the beginning of human history, therefore it the initial pattern played by beginner. The pattern consists of 2 similar parts, one to represent heaven and the other the earth.

Meaning of Yellow Belt: Signifies the earth from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.



NZ ITF TAEKWON-DO GRADING REQUIREMENTS

8 Gup Requirements Testing for 7 Gup Green Stripe

Pattern (Tested on Grading Day):

Dan-Gun Tul: 21 Movements. Diagram: Capital "I"

Kicking & Hand Technique Routine Warm Up:

Sequence: Right leg out sitting stance, right palm pushing block shout, 3 middle punches (L,R,L) shout on last punch, right leg step back into L-Stance guarding block shout, right leg step forwards with right arm outer forearm block, on spot reverse middle punch shout, right leg step back with left rising block, on spot right middle punch shout, right leg front snap kick, stepping forward left side turning kick, left leg step down next to right leg and right leg step out into sitting stance right low knifehand block to side shout, left leg step to right then perform right leg side kick with punch in air, right leg step to left leg then move in left direction middle knifehand hop landing in x stance shout, face front right leg back guarding block, 2 steps forward bicycle motion turning kick shout landing with right knifehand guarding block shout.

Kicking (Assessed Prior):

Turning Kick (Able to kick using the front and back leg and understands the foot attacking tools)

Breaking (Assessed Prior):

Turning Kick (ball of the foot) Target: Minimum Yellow UMAB Peg Board or higher.
Requirements: Must demonstrate proper guarding block, correct measurement, and understanding of the attacking tool.

Self-Defense (Hosin Sul) (Assessed Prior):

Side Shoulder Grab 1: Back Stroke Motion

Physical Assessment:

15+ Taekwon-Do Burpees in 1minute

3-Step Sparring (Assessed Prior):

Sequence: X3 Front Snap Kick (Attack). X3 Low Knifehand Block (Defense). Front Leg Front Snap Kick (Counter)

Note: Practiced with a partner.

Theory (Verbally Assessed Prior):

Meaning of Dan-Gun Tul:

Dan Gun was named after the holy Dan Gun, the legendary founder of Korea in the year 2333 BC

What does obverse and reverse mean? Obverse refers to techniques performed on the same side as the leading leg, while reverse is on the opposite side. In a walking stance, the front leg is the leader, and in an L-stance, the leading leg is the one bearing the most weight.



NZ ITF TAEKWON-DO GRADING REQUIREMENTS

7 Gup Requirements Testing for 6 Gup Green Belt

Pattern (Assessed on Grading Day)

Do-San Tul: 24 Movement. Diagram: Inverted “Z”

Kicking & Hand Combinations (Assessed Prior):

Back Kick (Back leg and understands the foot attacking tools), Low Side Kick (Aiming at knee joint), Jumping front snap kick (off back leg), Pad work Combination: Turning Kick then other leg back kick then jumping punch then land turning kick. 2 Punch (right then left) then Turning Kick. Backfist front arm then back leg turning kick, Shift forwards then front arm punch back arm punch then front leg turning kick back leg turning kick.

Breaking (Assessed Prior):

Hand Technique (Punch/Knifehand/Elbow) Target: Minimum Yellow UMAB Peg Board or higher.

Physical Assessment:

40-50 Turning Kicks in 1minute (Both Sides)

Self-Defense (Hosin Sul) (Assessed Prior):

Front facing Shoulder grab 1: Release motion, can also attack vital spots. The 3 “S” of Self Defense (Surprise, Skill & Strength) (to explain)

Free Sparring (Assessed on Grading Day):

1 vs 1 – 1 Rounds Free Sparring. Must have own sparring gear (head Guard, Mouth guard, hand, foot, shin guards), must be able to show a variety of kicks and punching techniques

3-Step Sparring (Assessed Prior):

Sequence: X3 Turning Kick (Attack). X3 Twin Forearm Block (Defense). Front Leg Side Kick (Counter)

Note: Perform previous 3 step sparring with partner of similar ability and height.

2 Step Sequence: Right Middle Punch, left front snap kick (Attack). Double Forearm Block, shift back in the same stance low Block (Defense). Front leg front snap kick (Counter)

Theory (Verbally Assessed Prior):

Meaning of Do San Tul:

Do-San is the pseudonym of the patriot Ahn Chang Ho (1876-1938). The 24 movements of this pattern represent his entire life which he devoted to furthering the education of Korea and its independence movement.

Meaning of Green: Signifies the plants growth as the Taekwon-Do skills begin to develop.

Stances Check & Test: L-Stance, Walking Stance, Sitting Stance, Attention, Ready Stance



NZ ITF TAEKWON-DO GRADING REQUIREMENTS

6 Gup Requirements Testing for 5 Gup Blue Stripe

Pattern (Assessed on Grading Day)

Won-Hyo Tul: 28 Movements. Diagram: Capital "I"

Kicking & Hand Combinations (Assessed Prior):

Bending Ready Stance then side kick, Side kick then Back Kick, Turning Kick then jumping Back Kick, front hand jab then front leg turning kick then back leg back kick, front arm Back fist then back leg turning kick then jumping forwards punch, Elbow strike (all combo or technique on pad)

Breaking (Assessed Prior):

Jumping Kick Technique (Front/Turning/Side). Target: Minimum Yellow UMAB Peg Board or higher.

Self-Defense (Hosin Sul) (Assessed Prior):

Behind grab on back close to neck with 2 hands

Physical Assessment:

Using the bar, Hold your leg (side kick) at waist height for 40-60 seconds (test both)

Free Sparring (Assessed on Grading Day):

1 vs 1 – 2 Rounds Free Sparring. Must have own sparring gear (head Guard, Mouth guard, hand, foot, shin guards), must be able to show a range of different kicks and punching techniques

2-Step Sparring (Assessed Prior):

Sequence: High Turning Kick then back kick (Attack). Step back left leg, both arms up parallel block, shift back downward block with palm (Defense) 3. Jumping/Sliding forwards back fist counter (right arm) (Counter)

1 Step (Assessed Prior)

Sequence #1: Middle Punch. Defense: step to side, with palm pushing block to side fist. Counter: Sidestep, Back leg turning kick.

Sequence #2: Middle Punch. Defense: Knifehand guarding block. Counter: Grab hand, front leg side kick.

Sequence #3: Middle Punch. Defense with counter: Front arm knifehand Block and reverse inward knifehand strike to neck.

Theory (Verbally Assessed Prior):

Meaning of Won Hyo Tul:

Won Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.

Explain the purpose of the first 3 movements of Won Hyo Tul: For a release, then strike to the attackers neck and finish with punch.



NZ ITF TAEKWON-DO GRADING REQUIREMENTS

5 Gup Requirements Testing for 4 Gup Blue Belt

Pattern (Assessed on Grading Day)

Yul-Gok Tul: 38 Movements. Diagram: Scholar

Kicking & Hand Combinations (Assessed Prior):

Jumping Side Kick (front leg), Inward crescent Kick, Elbow Strike, Jumping Turning Kick, 2 Punch then Turning Kick then 360 spinning turning kick, turning kick R,L,R then reverse turning kick (be able to perform starting from both sides), Downward kick then 2 punches then Turning kick.

Breaking (Assessed Prior):

Kick Technique (Front/Turning/Side). Target: Minimum 2 Yellow UMAB Peg Boards or higher

Physical Assessment:

40-50 Side Kicks on wall bar in under 1minute (testing both legs)

Self-Defense (Hosin Sul) (Assessed Prior):

Grabbed from behind across 2 arms

Free Sparring:

1 vs 1 – 3 Rounds Free Sparring. 1 vs 2 – 1 round. Must have own sparring gear (head Guard, Mouth guard, hand, foot, shin guards)

2-Step Sparring (Assessed Prior):

Middle Punch then front snap kick, Defense: Knifehand guarding block then X-fist block. Counter: Twin vertical punch on spot

1 Step Sparring (Assessed Prior)

Sequence #1: Middle Punch. Defense: Jumping Back kick (no counter).

Sequence #2: Middle Punch. Defense: Inward block (L-Stance) then backfist (no counter).

Sequence #3: Middle Punch. Defense with counter: Step to side with front foot executing a reverse (back leg side) knifehand block, grab the punching arm with the blocking hand and perform front leg turning kick.

Note: 1 arm length away in distance.

Theory (Verbally Assessed Prior):

Meaning of Yul-Gok Tul:

Yul Gok was named after the great philosopher and scholar Yi L (1536-1584) nicknamed the Confucius of Korea. The 38 movements of this pattern refer to his birthplace on the 38 degree latitude and the diagram represents scholar.

Meaning of Blue: Signifies the heavens towards which the plant matures into a towering tree as training in Taekwon-Do progresses. 7 Secrets to Power: Speed, Mass, Reaction Force, Concentration, Equilibrium & Breath Control



NZ ITF TAEKWON-DO GRADING REQUIREMENTS

4 Gup Requirements Testing for 3 Gup Red Stripe

Pattern (Assessed on Grading Day):

Joong-Gun Tul: 32 Movements. Diagram: Capital I

Kicking & Hand Combinations (Assessed Prior):

Reverse turning kick then jumping punch, Turning kick then side kick (same foot) then step-down other leg back kick then 2 punch, spiral kick (side kick then back kick in air) then jumping punch.

Breaking (Assessed Prior):

Side kick Technique. Target: Minimum Blue UMAB Peg Boards or higher

Self-Defense (Hosin Sul) (Assessed Prior):

Grabbed by 2 people each shoulder (side)

Blocking straight punches with deflection palms x2 then swap over, keep it continuous 20-30 seconds

Physical Assessment:

16-20 sprints in under 1minute

60-80 Turning kicks in 1 minute (test both legs)

Free Sparring:

1 vs 1 – 1 round, 1 vs 2 – 1 Rounds, 1 vs 3 – 1 round. Must have own sparring gear (head Guard, Mouth guard, hand, foot, shin guards)

1-Step Sparring (Assessed Prior):

Develop 5 of your own and demonstrate. They must have grabs, releases, blocks, counter attacks.

Theory:

Meaning of Joong-Gun Tul:

Joong-Gun was named after Ahn Joong Gun, who assassinated Hiro Bumi Ilto, the first Japanese Governor general of Korea who played the leading part in the Korea and Japan merger. The 32 movements of this pattern represent Mr. Ahns age where he was executed in Lui Shung prison in 1910.

Stance Checking and Test: X-Stance, Fixed Stance, Bending ready stance, Close Ready Stance A & B, Rear foot stance

What is the difference between a Punch, Strike and Thrust?: A punch uses a full twist like a drill to cause internal damage, while a strike uses half the twist to break bones, muscle tissue and cartilage. A thrust has minimal twist and targets vital spots, such as the solar plexus.



NZ ITF TAEKWON-DO GRADING REQUIREMENTS

3 Gup Requirements Testing for 2 Gup Red Belt

Pattern (Assessed on Grading Day)

Toi-Gye Tul: 37 Movements. Diagram: Capital I

Kicking & Hand Combinations (Assessed Prior):

Turning Kick then jumping reverse turning kick, 360 jumping back kick, reverse turning kick, Punching R, R, L, R then turning kick (Leading leg in front same as punching side), Back leg turning kick step back then back kick.

Breaking (Assessed Prior):

Reverse Turning Kick Technique. Target: Minimum Green UMAB Peg Boards or higher

Self-Defense (Hosin Sul) (Assessed on Grading Day):

Create a routine 1 vs 2 involving grabs, kicking, punches and releases.

Physical Assessment:

3-4 full lengths (60-80m length) hopping turning kicks in 2 minutes using right leg then coming back left.

Free Sparring:

1 vs 1 – 1 round, 1 vs 2 – 1 Rounds, 1 vs 3 – 1 round. Must have own sparring gear (head Guard, Mouth guard, hand, foot, shin guards)

1-Step Sparring (Assessed Prior):

Continuous for 1 minute. They must have grabs, releases, blocks, counter attacks.

Theory (Verbally Assessed Prior):

Meaning of Toi-Gye Tul:

Toi Gye is the pen name of the noted scholar Yi Hwang (16 century) an authority of neo-Confucianism. The 37 movements of this pattern represent the diagram on the 37 degree latitude and the diagram represents scholar.

Meaning of Red: Signifies danger cautioning the student to exercise control and the opponent to stay away.

What is the meaning of the tenets, explain each one with one example of how it can be used correctly and showing it poorly in any given situation.



NZ ITF TAEKWON-DO GRADING REQUIREMENTS

2 Gup Requirements Testing for 1 Gup Black Stripe

Pattern (Assessed on Grading Day)

Hwa-Rang Tul: 29 Movements. Diagram: Capital I

Kicking & Hand Combinations (Assessed Prior):

Turning Kick then turning kick then jump forward x2 punch then jumping back kick, jumping back kick then jumping punch, sliding punch front arm jab then back leg turning kick then reverse turning kick then 2 punches, Front leg turning kick then jumping punch front arm then jumping back kick (jumping away dodging motion)

Breaking (Assessed Prior):

Side Kick Technique. Target: Minimum Brown or Black UMAB Peg Boards or higher.

Self-Defense (Hosin Sul) (Assessed Prior):

Create a routine 1 vs 2 involving grabs, kicking, punches and releases.

Physical Assessment:

40-60 press ups in 1minute – age dependent

Free Sparring:

1 vs 1 – 1 round, 1 vs 2 – 1 Rounds, 1 vs 3 – 1 round. Must have own sparring gear (head Guard, Mouth guard, hand, foot, shin guards)

1-Step Sparring (Assessed Prior):

Continuous for 1 minute. They must have grabs, releases, blocks, counter attacks.

Theory (Verbally Assessed Prior):

Meaning of Hwa-Rang Tul:

Hwa-Rang was named after the Hwa-Rang youth group which originated in the silla dynasty in the early 7 century. The 29 movements refer to the 29th infantry division where Taekwon-Do developed into full maturity.

How many patterns are there in Taekwon-Do? 24 – to represent 24 hours in a day, one day or all the founder's life.



NZ ITF TAEKWON-DO GRADING REQUIREMENTS

1 Gup Requirements Testing for 1 Degree Black Belt

Pattern (Assessed on Grading Day)

All Patterns up to Choong-Moo Tul: 30 Movements. Diagram: Capital I

Kicking & Hand Combinations (Assessed Prior):

Turning Kick then back kick then 2 punches then reverse turning kick, front leg hooking kick, flying side kick, turning kick then downward kick then 2 punches then back leg turning kick, side kick then jumping back kick then other leg jumping back kick

Breaking (Assessed Prior):

Jumping back kick 360 motion, Middle Punch, Knifehand Strike, Turning Kick, Elbow Strike, Side Kick x2

Jumping over 5 people side kick. Target: Minimum Wood 16-20mm thick 30cmx30cm.
Roof tiles hand technique 3-5

Self-Defense (Hosin Sul) (Assessed Prior):

Create a routine 1 vs 3 involving grabs, kicking, punches and releases. Circle self-defense. Vital spot knowledge

Physical Assessment:

60+ press ups in 1minute – age dependent, sit ups (Same as press ups)

3.2k run (7-8 laps on the 400m track)

1 minute of turning kicks – how many can you do? Challenge given for each person

2–5-minute hold for side kick waist level

Flexibility test front and side

Free Sparring:

1 vs 1 – 1 round, 1 vs 2 – 1 Rounds, 1 vs 3 – 1 round. A total of 20 opponents adding up from all rounds. Must have own sparring gear (head Guard, Mouth guard, hand, foot, shin guards)

1-Step Sparring (Assessed Prior):

Continuous for 1 minute. They must have grabs, releases, blocks, counter attacks.

Theory (Verbally Assessed Prior):

Meaning of Choong-Moo Tul: Choong-Moo was the name given to the great Admiral Yi Soon-Sin of the Lee Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592, which is said to be the precursor of the present-day submarine. The reason why this pattern ends with a left-hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.

Meaning of Black: Opposite of white. Signifies the proficiency and maturity in Taekwon-Do also indicates the wearers imperviousness to darkness and fear.

Essay about one of the tenets of Taekwon-Do, what is the most important tenet and why? Give examples of how the tenets can be used in everyday life.



NZ ITF TAEKWON-DO GRADING REQUIREMENTS

1 Dan Requirements Testing for 2 Degree Black Belt

Patterns (Assessed on Grading Day)

All Colour Belt Patterns

Kwang-Gae Tul – 39 Movements. Diagram: Capital I

Po-Eun Tul – 36 Movements. Diagram: Straight Line Horizontal -

Gae-Baek Tul – 44 Movements. Diagram: Straight Line Vertical I

Breaking (Assessed on Grading Day):

Examiners Discretion – 2 wood hand technique, 2 wood kicking technique, Jumping front snap kick x1 board, Roof Tiles Hand Technique 3-5 roof tiles, Multiple wood break in air using foot and hands (3 boards)

Self-Defense (Assessed on Grading Day):

Create a routine 1 vs 3 involving grabs, kicking, punches and releases. Circle self-defense.

Physical Assessment (Examiners Choice Assessed Prior)

Free Sparring:

1 vs 1 – 1 round, 1 vs 2 – 1 Rounds, 1 vs 3 – 1 round. Must have own sparring gear (head Guard, Mouth guard, hand, foot, shin guards)

1-Step Sparring (Assessed Prior):

Continuous for 1 minute. They must have grabs, releases, blocks, counter attacks.

Theory (Verbally Assessed Prior):

All Pattern Meanings, review any theory from previous requirements.

Kwang-Gae Is named after the famous Kwang-Gae-Toh-Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram (+) represents the expansion and recovery of lost territory.

Po-Eun is the pseudonym of a loyal subject Chong Mong-Chu (1400) who was a famous poet and whose poem "I would not serve a second master though I might be crucified a hundred times" is known to every Korean. He was also a pioneer in the field of physics.

Ge-Baek is named after Ge-Baek, a great general in the Baek Je Dynasty (660 AD). The diagram represents his severe and strict military discipline.



NZ ITF TAEKWON-DO GRADING REQUIREMENTS

2 Dan Requirements Testing for 3 Degree Black Belt

Patterns (Assessed on Grading Day)

Eui-Am Tul – 45 Movements. Diagram: Straight Line Vertical I

Choong-Jang Tul – 52 Movements. Diagram: Capital T

Juche Tul – 45 Movements. Diagram: Mount Baekdu Symbol

Breaking (Assessed on Grading Day):

Examiners Choice – Have a total of 10 wood for any multiple breaking challenge

Self-Defense (Assessed Prior):

Examiners choice

Physical Assessment (Examiners Choice)

Free Sparring:

1 vs 1 – 1 round, 1 vs 2 – 1 Rounds, 1 vs 3 – 1 round. Must have own sparring gear (head Guard, Mouth guard, hand, foot, shin guards)

1-Step Sparring (Assessed Prior on Grading Day):

Continuous for 1 minute. They must have grabs, releases, blocks, counter attacks.

Theory (Verbally Assessed Prior):

Eui-Am Tul: is the pseudonym of Son Byong Hi, leader of the Korean independence movement on March 1, 1919. The 45 movements refer to his age when he changed the name of Dong Hak (Oriental Culture) to Chondo Kyo (Heavenly Way Religion) in 1905.

Choong-Jang Tul: 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.

Juche Tul: is a philosophical idea that man is the master of everything and decides everything, in other words, the idea that man is the master of the world and his own destiny. It is said that this idea was rooted in Baekdu Mountain, which symbolizes the spirit of the Korean people.



NZ ITF TAEKWON-DO GRADING REQUIREMENTS

Testing for 4, 5, 6 Degree Black Belt

3 Dan Patterns:

Sam-Il Tul, Yoo-Sin Tul & Choi-Yong Tul.

4 Dan Patterns:

Ul-Ji Tul, Yong-Gae Tul & Moon-Moo Tul

5 Dan Patterns:

Se-Jong Tul & So-San Tul

6 Dan Pattern:

Tong-Il Tul

Examiner 7 Dan and above required to test applicant.

Applicants are required to have permission from ITF for 4, 5 & 6 Dan.

Thesis Required for ITF

Information to be provided when applicants are eligible.

3 DAN PATTERN MEANINGS:

Sam-Il Tul symbolizes the historical March 1st Movement (Sam-Il Jeol) of 1919, which was a significant Korean independence uprising against Japanese occupation. The 33 movements in the pattern represent the 33 patriots who led the movement. The pattern embodies the spirit of Korean resistance and the desire for freedom and independence during a time of oppression.

Yoo-Sin Tul is a pattern in Taekwon-Do named after General Kim Yoo-Sin, a prominent Korean military leader during the Silla Dynasty. He played a significant role in unifying the three kingdoms of Korea: Silla, Baekje, and Goguryeo. The 68 movements in the pattern represent the last two digits of the year 668 AD, when Korea was finally unified under Silla. Additionally, the pattern's posture and movements symbolize General Yoo-Sin's unwavering loyalty to his king and his strict military discipline.

Choi-Yong Tul is named after General Choi Yong, a prominent commander during the Goryeo Dynasty. Known for his bravery, loyalty, and tactical prowess, General Choi Yong served as the Commander-in-Chief of the Korean armed forces. The pattern reflects his dedication to his country and tragic end—betrayed and executed by his subordinate, General Yi Seong-Gye, who later founded the Joseon Dynasty. The movements honor General Choi Yong's steadfast loyalty and his commitment to his principles until death.



NZ ITF TAEKWON-DO GRADING REQUIREMENTS

4 DAN PATTERN MEANINGS

Ul-Ji Tul is named after General Ul-Ji Mun-Dok, a renowned Korean military leader who defended Goguryeo against the invading Chinese forces of the Sui Dynasty in 612 AD. General Ul-Ji used brilliant tactics to lure and exhaust a much larger enemy force, eventually leading them into a trap and defeating them. The 42 movements of the pattern represent his successful strategy and the strength of a smaller force overcoming overwhelming odds. Ul-Ji's victory is celebrated as a testament to his leadership, strategy, and the resilience of the Korean people.

Yong-Gae Tul is named after General Yong-Gae of the Goguryeo Dynasty, known for his heroic efforts to defend Korea from the Tang Dynasty's invasion in the 7th century. He is most famous for his bold attack on the Tang forces, where he led 300,000 soldiers to victory. The 49 movements in the pattern represent the year 649 AD, when General Yong-Gae's successful campaign took place. This pattern symbolizes his courage, tactical skill, and unyielding determination in the face of great adversity.

Moon-Moo Tul is named in honor of King Moon-Moo, the 30th king of the Silla Dynasty, who played a pivotal role in unifying the Korean peninsula. He was a renowned leader who valued peace and stability for his people. The 61 movements in the pattern represent his reign, which lasted until 661 AD. The pattern signifies King Moon-Moo's desire for the unification and prosperity of Korea, as well as his wish to be buried near the sea, so his spirit could guard the nation.

5 DAN PATTERN MEANINGS

Se-Jong Tul is named after King Sejong the Great, the 4th king of the Joseon Dynasty and one of Korea's most revered historical figures. He is best known for creating Hangeul, the Korean alphabet, which greatly improved literacy and communication among his people. The 24 movements in the pattern represent the 24 letters of Hangeul. Se-Jong Tul symbolizes King Sejong's contributions to Korean culture, education, and science, as well as his legacy as a wise and benevolent ruler.

So-San Tul is named after Choi Hyong Ung, known as Great Monk So-San (1520-1604), a prominent Buddhist monk and national leader during the Joseon Dynasty. At the age of 73, he organized a group of monk-soldiers (known as the Righteous Army) to help defend Korea against the Japanese invasions in 1592. The 72 movements in the pattern represent the age at which he mobilized his followers, showcasing his leadership, patriotism, and dedication to his country even in his later years.

6 DAN PATTERN MEANING:

Tong-Il Tul symbolizes the reunification of Korea, which is the ultimate goal for the Korean people. The name "Tong-Il" itself means "unification." The pattern represents the hope for reunification of the divided North and South Korea. The 56 movements in the pattern reflect the significance of this goal and the determination to achieve unity, peace, and harmony for the entire Korean peninsula.



NZ ITF TAEKWON-DO GRADING REQUIREMENTS

TERMINOLOGY LIST

KOREAN

ENGLISH

Ap Cha Olligi	Front Rising Kick- using Apkumchi
Yop Cha Olligi	Side Rising Kick- using Balkal
Anuro Bandal Chagi	Inward Crescent Kick
Bakuro Bandal Chagi	Outward Crescent Kick- using Balkal
Ap Cha Busigi	Front Snap Kick- using Apkumchi
Yop Cha Jirugi	Side Piercing Kick- using Balkal
Dollyo Chagi	Turning Kick- using Apkumchi
Dwit Cha Jirugi	Back Piercing Kick- using Balkal
Bandae Dollyo Chagi	Reverse Turning Kick- using Dwitchook
Golcha Chagi	Hooking Kick- using Dwitchook
Moorup Chagi	Knee Kick
Twimyo Yop Cha Jirugi	Flying Side Kick- using Balkal
Yop Cha Tulgi	Side Thrusting Kick- using Apkumchi
Cha Busigi	Stamping Kick- using Balkal
Naeryo Chagi	Downward Kick- using Dwitchook
Bandae Golcha Chagi	Reverse Hooking Kick- using Dwitchook
Bituro Chagi	Twisting Kick- using Apkumchi
Sewo Chagi	Vertical Kick- using Apkumchi
Cha Mum Chagi	Checking Kick
Goro Chagi	Sweeping Kick
Twimyo Ap Chagi	Flying Front Kick- using Apkumchi
Twimyo Dollyo Chagi	Flying turning Kick- using Apkumchi
Twimyo Bandae Dollyo Chagi	Flying Reverse Turning Kick
Twimyo Yop Cha Jirugi	Flying Side Piercing Kick- using Balkal
Twimyo Yop Cha Tulgi	Flying Side Thrusting Kick- using Apkumchi
Twimyo Nopi Chagi	Flying High Kick- using Apkumchi
Twimyo Bituro Chagi	Flying Twisting Kick- using Apkumchi
Yonsok Chagi	Consecutive Kick- i.e. Turning/Back
Gokgaeng-i Chagi	Pick-shape Kick
Twimyo Sangbang Chagi	Flying Two Direction Kick (Split Kick)
Pihamyong Bandae Dollyo Chagi	Dodging Reverse Turning Kick
Moorup Ap Cha Busigi	Knee Low Front Snap Kick



NZ ITF TAEKWON-DO GRADING REQUIREMENTS

ATTACKING TOOLS (USE OF FOOT)

KOREAN	ENGLISH
Apkumchi	Ball of the Foot
Baldung	Instep
Balkal	Foot sword
Balk Kut	Toes
Dwitchook	Back Heel
Moorup	Knee
Balbadak	Sole of Foot
Dwit Kumchi	Back Sole
Yop Baldung	Side Instep
Twimyo Chagi	Flying Kick
Jok – Gi	Foot Technique

HAND TECHNIQUES

KOREAN	ENGLISH
Ap Joomuk	Front Forefist
Dung Joomuk	Back Fist
Yup Joomuk	Hammer Fist
Sonkal Dung	Reverse Knifehand
Sonkal	Knifehand
Sonkut	Fingertips
Palkup	Elbow
Dung Palmok	Back Forearm
Komson	Bearhand
Pyon Joomuk	Palm Heel
Joongi Joomuk	Middle Knuckle Fist
Sondung	Backhand
Inji- Fore	Knuckle
Bandalson	Arc-hand
Ap Joomuk Jirugi	Forefist Punch
Ap Jirugi	Front Punch
Yop Jirugi	Side Punch
Sang Sewo Jirugi	Twin Vertical Punch
Sang Dwijibo Jirugi	Twin Upset Punch



NZ ITF TAEKWON-DO GRADING REQUIREMENTS

HAND TECHNIQUES CONTINUED

KOREAN

ENGLISH

Kyocho Jirugi	Vertical Punch
Ap Joomuk Ollyo Jirugi	Forefist Upward Punch
Dung Joomuk	Back Fist
Sonkal Yop Taerigi	Knifehand Side Strike
Sun Sonkut Tulgi	Straight Fingertip Thrust
Opun Sonkut Tulgi	Flat Fingertip Thrust
Dwijibum Sonkut Tulgi	Upset Fingertip Thrust
Sonkal Naeryo Taerigi	Knifehand Downward Strike
Wi Palkup Taerigi	Upper Elbow Strike
Nopunde Sonkal Anuro Taerigi	High Knifehand Inward Strike
Nopunde Sonkal Dung Anuro Taerigi	High Reverse Knifehand Inward Strike
Songarak Joomuk Jirugi	Knuckle Fist Punch
Sang Yop Palkup Tulgi	Twin Side Elbow Thrust
Dung Joomuk Yop Dwit Taerigi	Back Fist Side Back Strike
Soopyong Jirugi	Horizontal Punch
Joongi Joomuk	Middle Knuckle Fist
Dung Joomuk Naeryo Taerigi	Back Fist Downward Strike
Opun Sonkut Bakuro Gutgi	Flat Fingertip Outward Cross Cut
Sonkal Twimyo Dolmyo Taerigi	Knifehand Mid Air Strike
Bandalson Bandal Taerigi	Arc-hand Crescent Strike
Sang Sonkal Anuro Taerigi	Twin Knifehand Inward Strike
Twimyo Yonsok Jirugi	Flying Consecutive Punch
Sonkal Ap Naeryo Taerigi	Knifehand Front Downward Strike
Dung Joomuk Nopunde Yop Taerigi	Back Fist High Side Strike
Nopunde Bandal Jirugi	High Crescent Punch
Kaunde Dollyo Jirugi	Middle Turning Punch
Doo Songarak Tulgi	Double Finger Thrust
Dung Joomuk Ap Taerigi	Back Fist Front Strike
Opun Sonkut Nopunde Badae Tulgi	Flat Fingertip High reverse Thrust
Sang Sonkal Soopyong Taerigi	Twin Knifehand Horizontal Strike
Bandalson Nopunde Badae Taerigi	Arc-hand High Reverse Strike
Sang Inji Joomuk Bandal Jirugi	Twin Fore-knuckle fist Crescent Strike



NZ ITF TAEKWON-DO GRADING REQUIREMENTS

Pyon Joomuk Nopunde Bandal	Open Fist (Palm) High Reverse Punch
Dai-te	Release movement (i.e. in Sun Sonkut Tulgi etc.)
Gutgi	Cross cut (i.e. as with flat fingertip cross-cut movement)
Crescent	Bandal
Turning	Dollyo
Horizontal	Soopyong
U Shape	Digutja
Back	Dwit
Straight – Sun	
Double Side – Jau	
Side – Yop Upper – Wi	
Front – Ap	
High – Nopunde	
Sang Yop – Twin Side	
Sun Palkup Naeryo Tulgi	– Straight Elbow Downward thrust
Yop Palkup Tulgi	– Side Elbow Thrust

Najunde Bakat Palmok Makgi	Low Outer Forearm Block
Kaunde An Palmok Makgi	Middle Inner Forearm Block
Sang Sonkal Makgi	Twin Knifehand Block
Nopunde Bakat Palmok Yop Makgi	High Outer Forearm Side Block
Sang Palmok Makgi	Twin Forearm Block
Kaunde Sonkal Daebi Makgi	Middle Knifehand Guarding Block
An Palmok Dollimyo Makgi	Inner Forearm Circular Block
Kaunde Palmok Daebi Makgi	Middle forearm Guarding Block
Nopunde Bakat Palmok Hechyo Makgi	High Outer Forearm Wedging Block
Bakat Palmok Chookyo Makgi	Outer Forearm Rising Block
Nopunde Doo Palmok Makgi	High Double Forearm Block
Sonbadak Mirro Makgi	Palm Pushing Block
Kyocha Joomok Najunde Noollo Makgi	X Fist Low Pressing Block
Bakat Palmok San Makgi	Outer Forearm 'W' Block
Doo Palmok Najunde Mirro Makgi	Double Forearm Low Pushing Block
Sonkal Dung Kaunde Makgi	Reverse Knifehand Middle Block
Sonbadak Oilyo Makgi	Palm Upward Block
Kyocha Joomok Chookyo Makgi	X Fist Rising Block
Sang Bandalson Digutja Makgi	Twin Arc Hand U Shape Block
Nopunde An Palmok Makgi	High Inner Forearm Block
Sonbadak Golcha Makgi	Palm Hooking Block
Bakat Palmok Bakuro Hori Makgi	Outer Forearm Waist Block



NZ ITF TAEKWON-DO GRADING REQUIREMENTS

Sonbadak Noollo Makgi	Palm Pressing Block
Twimyo Dollimyo Sonkal Daebi Makgi	360° Spinning Knifehand Guarding Block
Kyocha Sonkal Kaunde Makgi	X Knifehand Middle Block
Sang Sonbadak OIlyo Makgi	Twin Palm Upward Block
Digutja Japgi Makgi	U Shape Grasping Block
Doo Bandalson Nopunde Makgi	Double Arc Hand High Block
Gutja Makgi	9 Shape Block
An Palmok Narani Makgi	Inner Forearm parallel Block
Sonkal Dung Najunde Ap Makgi	Reverse Knifehand Low Front Block
Bakat Palmok Naeryo Makgi	Outer Forearm Downward Block
Sonkal Dung Najunde Daebi Makgi	Reverse Knifehand Low Guarding Block
Sonbadak Duro Makgi	Palm Scooping Block
An Palmok Nopunde Yop Ap Makgi	Inner Forearm High Side Front Block
Sang Sonbadak Noollo Makgi	Twin Palm Pressing Block
Bakat Palmok Nopunde Bara Ap Makgi	Outer Forearm Obverse High Front Block
Sonkal Kaunde Hechyo Makgi	Knifehand Middle Wedging Block
Sonkal Dung Dollimyo Makgi	Reverse Knifehand Circular Block
Sang Sonbadak Naeryo Makgi	Twin Palm Downward Block
Sonkal Dung Najunde Anuro Makgi	Reverse Knifehand Low Inward Block
Sonkal Najunde Bakuro Makgi	Knifehand Low outward Block
Sonkal Najunde Anuro Makgi	Knife-hand low inward Block
Kyocha Joomok Naerjo Makgi	X-fist downward block
Bakat Palmok Nopunde Bandae Yop Makgi	Outer Forearm reverse High Side Block
Sonkal Bandae Chookyo Makgi	Reverse Knifehand Rising Block
Sang Sonbadak Chookyo Makgi	Twin Palm Rising Block

TEACHING A CLASS KOREAN - ENGLISH TERMINOLOGY

Charyot	Attention
Kyong Ye	Bow
Junbi	Ready
Sijak	Start (Begin)
Baro	Return to Starting Position
Ku Ino Nop Chi	in Your Own Time
Ku Ryung Ee Mat Cho So	On my count
Goman	Stop (Finish)
Orun Diro Dora	Right about face
Boosabum	Assistant Instructor
Sabum	Instructor
Sahyun	Master (7th & 8th degree under the ITF)
Sasung	Grandmaster (9th degree under the ITF)