

**RED BELT > BLACK STRIPE**  
**THEORY REQUIREMENT**

**Training Secret:**

1. To study the theory of power thoroughly
2. To understand the purpose and method of each movement clearly
3. To bring the movements of eyes, hands, feet and breath into one single coordinated action
4. To choose the appropriate attacking tool for each vital spot
5. To become familiar with the correct angle and distance for attack and defense
6. Keep both arms and legs bent slightly while the movement is in motion
7. All movement must begin with a backwards motion with very few exceptions. However, once the movement is in motion it should not be stopped before reaching the target
8. To create a sine wave during the movement by utilizing the knee spring properly
9. To exhale at the moment of each blow except a connecting motion

**Purpose and Method: (Saju Jirugi – Toi Gye)**

<b>Forearm low block</b>	To block a front snap kick
<b>Knife-hand low block</b>	To deflect a punch
<b>Inner forearm middle outward block</b>	To block a middle punch
<b>Twin forearm block</b>	To block two attacks, from two diff. directions, at the same time. One is to block a middle section attack and the other is to block a high section attack
<b>Forearm rising block</b>	To block a high punch
<b>Knife-hand middle outward strike</b>	To strike the clavicle
<b>Outer forearm high side block</b>	To block a high punch on the side
<b>Straight fingertip thrust</b>	To strike the solar plexus or the abdomen
<b>Back fist high side strike</b>	To strike the temple
<b>Outer forearm high wedging block</b>	To block a twin first high vertical punch
<b>Knife-hand high inward strike</b>	To strike the neck artery
<b>Inner forearm circular block</b>	To deflect a low front snap kick
<b>Twin knife-hand block</b>	To block two attacks, from two diff. directions, at the same time with the knife-hand. One is to block a middle section attack and the other is to block a high section attack
<b>Palm middle hooking block</b>	To deflect a middle punch
<b>Front elbow strike</b>	To strike the chest
<b>Double forearm high block</b>	To block a high section attack with the inner forearm. This technique has the ability to quickly shift one forearm into another block while still blocking with the other.
<b>Reverse knife-hand middle outward block</b>	To block a middle punch

<b>Palm upward block</b>	To deflect a middle punch
<b>Upper elbow strike</b>	To strike the point of the chin. This technique is used for attacking the front and the rear simultaneously.
<b>Twin fist upset punch</b>	To punch two opponents at the same time in the solar plexus or abdomen
<b>X-fist rising block</b>	To block a downward strike
<b>Palm pressing block</b>	To block two attacks, from two diff. directions, at the same time. One blocking a low front snap kick the other is deflecting a front punch
<b>U-shape block</b>	To block either a pole or bayonet with a reverse knife-hand
<b>Angle punch</b>	To punch the philtrum, solar plexus of abdomen at a closer distance
<b>Upset fingertip low thrust</b>	To strike the lower abdomen and the pubic region
<b>Back fist side back strike</b>	To strike the bridge of the nose or the forehead from behind
<b>X-fist pressing block</b>	To stop a middle front snap kick
<b>Outer forearm W-shape block</b>	To block a high section hand technique
<b>Knee upward kick</b>	To strike the face at a close distance
<b>Flat fingertip high thrust</b>	To strike the eyes with the fingertip
<b>Double forearm low pushing block</b>	To block/push back a front snap kick
<b>Knife-hand low guarding block</b>	To block a low kick

### ENGLISH AND KOREAN STANCE AND TECHNIQUE

ENGLISH	KOREAN
White Belt – <b>SAJU JIRUGI</b>	
Walking stance middle front punch	Gunnun so kaunde ap jirugi
Walking stance forearm low block	Gunnun so palmok najunde makgi
White Belt – <b>SAJU MAKGI</b>	
Walking stance knife hand low block	Gunnun so sonkal najunde makgi
Walking stance inner forearm middle outward block	Gunnun so an palmok kaunde bakuro makgi
Yellow Stripe – <b>CHON JI</b>	
L-stance inner forearm middle outward block	Niunja so an palmok kaunde bakuro makgi
Yellow Belt – <b>DAN GUN</b>	
Walking stance high front punch	Gunnun so nopunde ap jirugi
L-stance knife-hand guarding block	Niunja so sonkal daebi makgi
L-stance twin forearm block	Niunja so sang palmok makgi
Walking stance forearm rising block	Gunnun so palmok chukyo makgi
L-stance knife-hand middle outward block	Niunja so sonkal kaunde bakuro makgi
Green Stripe – <b>DO SAN</b>	
Sitting stance	Annun sogi
Walking stance outer forearm high side block	Gunnun so bakat palmok nopunde yop makgi
Walking stance straight fingertip thrust	Gunnun so sun sonkut tulgi
Walking stance back fist high side strike	Gunnun so dung joomuk nopunde yop taerigi
Walking stance outer forearm high wedging block	Gunnun so bakat palmok napunde hechy makgi
Middle front snap kick	Kaunde apcha busigi
Sitting stance knife-hand side strike	Annun so sonkal yop taerigi

Green Belt – WON HYO	
Close ready stance A	Mao junbi sogi
Fixed Stance	Gojung sogi
Bending Ready Stance	Goobooryo junbi sogi A
L-stance knife-hand high inward strike	Niunja so sonkal nopunde anuro taerigi
Fixed stance middle punch	Gojung so kaunde jirugi
Walking stance reverse front punch	Gunnun so bandae ap jirugi
Walking stance inner forearm circular block	Gunnun so an palmok dollimyo makgi
L-stance forearm middle guarding block	Niunja so palmok kaunde daebi makgi
Middle side piercing kick	Kaunde yopcha jirugi
Low front snap kick	Najunde apcha busigi
Blue Stripe – YUL GOK	
Sitting stance middle front punch	Annun so kaunde ap kirugi
L-stance twin knife-hand block	Niunja so sang sonkal makgi
Walking stance palm middle hooking block	Gunnun so sonbadak kaunde golcho makgi
Reverse hooking block	Bamdae golcho makgi
Walking stance front elbow strike	Gunnun so ap palkup taerigi
X-stance back fist high side strike	Kyocha so dung joomuk nopunde yop taerigi
Walking stance double forearm high block	Gunnun so doo palmok nopunde makgi
Blue Belt – JOONG GUN	
Close ready stance B	Mao junbi sogi B
Rear foot stance	Dwitbal sogi
Low Stance	Nachuo Sogi
L-stance reverse knife-hand middle outward block	Niunja so sonkal dung kaunde bakuro makgi
Side front snap kick	Yobap cha busigi
Rear foot stance palm upward block	Dwitbal so sonbadak ollyon makgi
Walking stance upper elbow strike	Gunnun so wipalgup taerigi
Walking stance twin fist high vertical punch	Gunnun so sang joomuk nopunde sewo jirugi
Walking stance twin fist upset punch	Gunnun so sang joomuk dwijibo jirugi
Walking stance x-fist rising block	Gunnun so kyocha joomuk chukyo makgi
L-stance back fist high side strike	Niunja so dung joomuk nopunde yop taerigi
L-stance reverse punch	Niunja so bandae jirugi
Low stance palm pressing block	Nachuo so sonbadak noollo makgi
Fixed Stance U-shape block	Gojung so digutja makgi
Closed stance angle punch	Mao so koikja jirugi
Red Stripe – TOI GYE	
Walking stance upset fingertip low thrust	Gunnun so dwijibun sonkut najunde tulgi
Close stance back fist side back strike	Mao so dung joomuk yopdwi taerigi
Walking stance x-fist pressing block	Gunnun so kyocha joomuk noollo makgi
Closed stance twin elbow side thrust	Mao so sang palkop yop tulgi
Sitting stance outer forearm W-shape block	Gunnun so bakat palmok san makgi
Knee upward kick	Moorup ollyo chagi
Walking stance flat fingertip high thrust	Gunnun so opun sonkut nopunde tulgi
L-stance double forearm low pushing block	Niunja so doo palmok najunde miro mkagi
L-stance back fist side back strike	Niunja so dung joomuk yop dwi taerigi
X-stance x-fist pressing block	Kyocha so kyocha joomuk noollo makgi
L-stance knife-hand low guarding block	Niunja so sonkal najunde daebi makgi

