

Tae Geuk 1

Il Jong

to earn Orange belt

#	+	Move	Stance	Action
1	W	CCW (90*)	L walking	L-down block
2		Forward	R walking	R-middle punch
3	E	CW (180*)	R walking	R-down block
4		Forward	L walking	L-middle punch
5	N	CCW (90*)	L Long	L-down block
		<fixed>	L Long	R-middle reverse punch
6	E	CW (90*)	R walking	L-inside middle block
7		Forward	L walking	R-middle reverse punch
8	W	CCW (180*)	L walking	R-inside middle block
9		Forward	R walking	L-middle reverse punch
10	N	CW (90*)	R Long	R-down block
		<fixed>	R Long	L-middle reverse punch
11	W	CCW (90*)	L walking	L-high block
12		Forward		R-front snap kick
		Land	R walking	R-middle punch
13	E	CW (180*)	R walking	R-high block
14		Forward		L-front snap kick
		Land	L walking	L-middle punch
15	S	CW (90*)	L Long	L-down block
16		Forward	R Long	R-middle punch <Yell!>
	N	Left	Pulling the left foot into Attention.	

= Counts, + = Direction, CW = Clockwise, CCW = Counter-Clockwise, * = Degrees

Tae Guek 2

E-Jong

To earn Green Belt

#	+	Move	Stance	Action
1	W	CCW (90*)	L walking	L-down block
2		Forward	R Long	R-middle punch
3	E	CW (180*)	R walking	R-down block
4		Forward	L Long	L-middle punch
5	N	CCW (90*)	L walking	R-inside middle block
6		Forward	R walking	L-inside middle block
7	W	CCW (90*)	L walking	L-down block
8		Forward		R-high front kick
		Land	R Long	R-high punch
9	E	CW (180*)	R walking	R-down block
10		Forward		L-high front kick
		Land	L Long	L-high punch
11	N	CCW (90*)	L walking	L-high block
12		Forward	R walking	R-high block
13	E	CCW (270*)	L walking	R-inside middle block
14	W	CW (180*)	R walking	L-inside middle block
15	S	CCW (90*)	L walking	L-down block
16		Forward		R-front snap kick
		Land	R walking	R-middle punch
17		Forward		L-front snap kick
		Land	L walking	L-middle punch
18		Forward		R-front snap kick
		Land	R walking	R-middle punch <Yell!>
	N	CCW		Pull left foot to the right, into Attention.

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Tae Geuk 3

Sam Jong

to earn Blue Belt

#	+	Move	Stance	Action
1	W	Left	L walking	L-down block
2		Forward		R-front snap kick
		Land	R Long	R-middle punch
		<fixed>	R Long	L-middle reverse punch
3	E	Right	R walking	R-down block
4		Forward		L-front snap kick
		Land	L Long	L-middle punch
		<fixed>	L Long	R-middle reverse punch
5	N	Left	L walking	R-high knifehand strike (palm up)
6		Forward	R walking	L-high knifehand strike (palm up)
7	W	Left	L back	L-middle knifehand block (R-fist @ belt)
8		<shift>	L Long	R-middle reverse punch
9	E	Right	R back	R-middle knifehand block (L-fist @ belt)
10		<shift>	R Long	L-middle reverse punch
11	N	Left	L walking	R-inside middle block
12		Forward	R walking	L-inside middle block
13	E	Left	L walking	L-down block
14		Forward		R-front snap kick
		Land	R Long	R-middle punch
		<fixed>	R Long	L-middle reverse punch
15	W	Right	R walking	R-down block
16		Forward		L-front snap kick
		Land	L Long	L-middle punch
		<fixed>	L Long	R-middle reverse punch
17	S	Left	L walking	L-down block
		<fixed>	L walking	R-middle reverse punch
18		Forward	R walking	R-down block
		<fixed>	R walking	L-middle reverse punch
19		Forward		L-front snap kick

		Land	L walking	L-down block
		<fixed>	L walking	R-middle reverse punch
20		Forward		R-front snap kick
		Land	R walking	R-down block
		<fixed>	R walking	L-middle reverse punch <Yell>
	N	Left	Pull left foot to the right, into Attention	
<i># = Counts, + = Direction, CW = Clockwise, CCW = Counter-Clockwise, * = Degrees</i>				

Tae Guek 4

Sa Jong

To earn Purple Belt

#	+	Move	Stance	Action
1	W	Left	L back	Middle knifehand block (double)
2		Forward	R Long	R-spear hand
3	E	Right	R back	Middle knifehand block
4		Forward	L Long	L-spear hand
5	N	Left	L Long	L-open high/R knife strike to neck (palm up)
6		Forward		R-high front kick
		Land	R Long	L-middle reverse punch
7		Forward		L-Side Kick
		Forward		R-Side Kick
		Land	R back	Middle knifehand block
8	E	Left	L back	L-middle outside forearm block (underblock)
9		Forward		R-front snap kick
		<fixed>	L back	R-inside middle block
10	W	Right	R back	R-middle outside forearm block (underblock)
11		Forward		L-front snap kick
		<fixed>	R back	L-inside middle block
12	S	Left	L forwad	L-open high/R knife strike to neck (palm up)
13		Forward		R-front snap kick
		Land	R Long	R-high backfist strike
14	E	Left	L walking	L-inside middle block
		<fixed>	L walking	R-middle reverse punch
15	W	Right	R walking	R-inside middle block
		<fixed>	R walking	L-middle reverse punch
16	S	Left	L Long	L-inside middle block
		<fixed>	L Long	R-middle reverse punch
		<fixed>	L Long	L-middle punch
17		Forward	R Long	R-middle underblock
		<fixed>	R Long	L-middle reverse punch
		<fixed>	R Long	R-middle punch <Yell>

	N	Left		Pull left foot to right, into Geuman

Tae Geuk 5

O Jong

to earn Brown Belt

#	+	Move	Stance	Action
1	W	Left	L Long	L-down block
2		Lf -> Rf	Feet together	L-hammer fist (circular motion)
3	E	Right	R Long	R-down block
4		Rf -> Lf	Feet together	R-hammer fist (circular motion)
5	N	Forward	L Long	L-inside middle block
		<fixed>	L Long	R-inside middle block
6		Forward		R-high front kick
		Land	R Long	R-high backhand strike
		<fixed>	R Long	L-inside middle block
7		Forward		L-high front kick
		Land	L Long	L-high backfist strike
		<fixed>	L Long	R-inside middle block
8		Forward	R Long (stomp floor)	R-high backfist strike
9	E	Left	L back	L-knifehand block (L-fst @belt)
10		Forward	R Long	R-elbow strike (Pivot all the way around so that the point of the elbow points toward E. The left hand should be covering the right fist & knuckles.)
11	W	Right	R back	R-knifehand block (L-fst @belt)
12		Forward	L Long	L-elbow strike (as above)
13	S	Left	L Long	L-down block
		<fixed>	L Long	R-inside middle block
14		Forward		R-front snap kick
		Land	R Long	R-down block
		<fixed>	R Long	L-inside middle block
15	E	Left	L Long	L-rising block (high block)
16		Forward		R-Side Kick
		Land	R Long	L-elbow strike into right hand
17	W	Right	R Long	R-rising block (high block)
18		Forward		L-Side Kick

		Land	L Long	R-elbow strike into left hand
19	S	Left	L Long	L-down block
		<fixed>	L Long	R-inside middle block
20		Forward		R-front snap kick
		(hop -->)	Rf x'd in front of L	R-high backhand strike <Yell> (fist - palm up) ! (fist closed)
				(high strike shouldn't be TOO high.)
	N	Left		Pivoting on R foot into Geuman
<i># = Counts, + = Direction, CW = Clockwise, CCW = Counter-Clockwise, * = Degrees</i>				

Tae Geuk 6

Yook Jong

to earn Red Belt

#	+	Move	Stance	Action
1	W	Left	L Long	L-down block
2		Forward		R-front snap kick
		<drop>	L back	L-middle outside forearm block
3	E	Right	R Long	R-down block
4		Forward		L-front snap kick
		<drop>	R back	R-middle outside forearm block
5	N	Left	L Long	R-high knifehand block
6		Forward		R-roundhouse kick 270*
	W	Left	L Long	L-high backhand block (palm is down!)
		<fixed>	L Long	R-middle reverse punch
7		Forward		R-front snap kick
		Land	R Long	L-middle reverse punch
8	E	Right	R Long	R-high backhand block (palm is down!)
		<fixed>	R Long	L-middle reverse punch
9		Forward		L-front snap kick
		Land	L Long	R-middle reverse punch
10	N	Left	Pull Lf -> Rf	Cross forearms in front of sternum
		<fixed>	(feet together)	Double down blocks (count to 5)
11		Forward	R Long	L-middle knifehand block
		Forward		L-roundhouse kick 270* <Yell!>
	W	Right	R Long	R-down block
12		Forward		L-front snap kick
		<drop>	R back	R-middle outside forearm block
13	E	Left	L Long	L-down block
14		Forward		R-front snap kick
		<drop>	L back	L-middle outside forearm block
15	N	Left & Back	L back	knifehand block (double)
16		Backward	R back	middle knifehand block (double)
17		Backward	L Long	L-middle inside palm block
		<fixed>	L Long	R-middle reverse punch
18		Backward	R Long	R-middle inside palm block
		<fixed>	R Long	L-middle reverse punch
			Pull right foot back to the left to Geuman.	

Tae Geuk 7

Chil Jong

to earn Dan Bo

#	+	Move	Stance	Action
1	W	Left	L cat	R-middle inside palm block (left fist at belt)
2		Forward		R-front snap kick
		<drop>	L cat	L-inside middle block
3	E	Right	R cat	L-middle inside palm block (right fist at belt)
4		Forward		L-front snap kick
		<drop>	R cat	R-inside middle block
5	N	Left	L back	low knifehand block
6		Forward	R back	low knifehand block
7	W	Left	L cat	R-middle inside palm block (left fist under r-elbow)
		<fixed>	L cat	R-high backfist strike (to the face) (left fist under r-elbow)
8	E	Right	R cat	L-middle inside palm block (right fist under l-elbow)
		<fixed>	R cat	L-high backfist strike (to the face) (right fist under L-elbow)
9	N	Lf -> Rf	Feet together	Right fist in left hand (at neck-level) (5 second count)
10		Forward	L Long	scissors block (L-up, R-down)
		<fixed>	L Long	scissors block (R-up, L-down)
11		Forward	R Long	scissors block (R-up, L-down)
		<fixed>	R Long	scissors block (L-up, R-down)
12	E	Left	L Long	Double middle forearm blocks (fists - palms down)
		Forward	Lf fixed	Grab opponent, pull both fists downward into R-knee strike
		Hop forward	Rf x'd in front of L	Squat rather low, and do double upset punches
		Lf slides backward into R forward		low X-block (R fist over L)
13	W	Right	R Long	Double middle forearm blocks (fists - palms down)
		Forward	Rf fixed	Grab opponent, pull both fists downward into a L-knee strike
		Hop forward	Lf x'd in front of R	Squat rather low, and do double upset punches
		Rf slides backward into L forward		low X-block (L fist over R)
14	S	Left	L walking	L-high backhand strike (to the temple)
15		Forward		Open the blocking fist, and do
				R-inside crescent kick to L palm
		Land	Horse (chest-E)	Now, do a R-elbow strike to the L-palm
		<Shift>Rf	R walking	R-high backhand block (to the temple)
16		Forward		Open the blocking fist, and do L-inside crescent kick to R-palm
		Land	Horse (chest-W)	Now, do a L-elbow strike to the R-palm
		<fixed>	Horse (chest-W)	L-middle knifehand block (open handed, and right fist @ belt)
17		Forward	Horse (chest-E)	R-middle side punch <Yell!> (left fist @ belt)
	N	Left		Pull left foot into the right, Geuman

Taegeuk 8

Pal Jong

to earn Black Belt

Taegeuk 8 (Pal Jang)				
#	+	Move	Stance	Action
1	N	Forward	L back	L close fist sudo block
2		<fixed>	<pivot>	R-middle reverse punch
3		<JUMP>		R-front snap kick Jump L front snap kick
		<drop>	L Long	L-inside middle block
		<fixed>	L Long	R-middle reverse punch
		<fixed>	L Long	L-middle punch
4		Forward	R Long	R-middle punch
5	E	Left	L rear defense (mountain)	Extended backstance L hand down block R hand middle block behind head
6		<fixed>	Pivot into L front	R-high upset punch <SLOWLY & BREATHING> (L-fist @ right shoulder)
7	W	Lf x's over Rf		
		Slide R foot, into R rear defense (mountain)		Extended backstance L hand down block R hand middle block behind head
8		<fixed>	Pivot into R front	L-high upset punch (as above)
9	N	Left	R back	middle knifehand block
10		<fixed>	<pivot>	R-middle reverse punch
11		Forward		R-chugndan front kick
		Land	L back	R-middle inside palm block <SLOWLY & BREATHING>
12	W	Slide Lf	R cat	middle knifehand block
13		Forward		L-front snap kick
		Land	L Long	R-middle reverse punch
		Pull in Lf	L cat, again	L-middle inside palm block (right fist cocked at belt)
14	E	Right	R cat	middle knifehand block
15		Forward		R-front snap kick
		Land	R Long	L-middle reverser punch
		Pull in Rf	R cat, again	R-middle inside palm block (as above)
16	S	Right	R back	R-low close-fisted sudo block
17		Forward		L-front snap kick

		w/o landing, <JUMP>		R-jumping front kick
		Land	R Long	R-inside middle block
		<fixed>	R Long	L-middle reverse punch <YELL!>
18	W	Left	L back	L-knifehand block (w/R fist @belt)
19		<pivot>	L Long	horizontal R-elbow strike (left fist @ belt)
		<fixed>	L Long	R-middle backfist strike (to the face)
		<fixed>	L Long	L-middle punch
20	E	Right	R back	R-knifehand block (as above)
21		<pivot>	R Long	horizontal L-elbow strike (right fist @ belt)
		<fixed>	R Long	L-middle backfist strike (to the face)
		<fixed>	R Long	R-middle punch
	N	Left	Pull in right foot to Geuman.	
<i># = Counts, + = Direction, CW = Clockwise, CCW = Counter-Clockwise, * = Degree</i>				

Koryo (Korea)

to earn 2nd Degree Black Belt

#	+	Move	Stance	Action
	N	<ready>	Ready	Bring both hands, open, to slightly above head level,
				palms forward. This is a "look to heaven".
1	W	CCW (90*)	L back	Dual middle knifehand blocks
2		<Forward>		R- low side kick
		without dropping kicking leg...		R- high side kick
		<drop>	R front	R- high knifehand strike (palm down)
		<fixed>	R front	L- middle reverse punch
		<Shift>Lf	R back	R- inward middle forearm block
3	E	CW (180*)	R back	Dual middle knifehand blocks
4		<Forward>		L- low side kick
		without dropping kicking leg...		L- high side kick
		<drop>	L front	L- high knifehand strike (palm down)
		<fixed>	L front	R- middle reverse punch
		<Shift>Rf	L back	L- inward middle forearm block
5	N	CCW (90*)	L front	L- low knifehand/forearm block
		<fixed>	L front	R- reverse open hand thrust
				(done with the inner edge of the hand between thumb
				and first finger, and done as a strike to the throat)
6		<Forward>		R- front kick
		<Land>	R front	R- low knifehand/forearm block
		<fixed>	R front	L- reverse open hand thrust (as above)
7		<Forward>		L- front kick
		<Land>	L front	L- low knifehand/forearm block
		<fixed>	L front	R- reverse open hand thrust (as above) <Yell!>
8		<Forward>		R- front kick
		<Land>	R front	Knee break (grab opponent's heel with the right hand at
				belt level. Then pull that hand into your chest while, at
				the same time, pushing down-ward on the attacker's knee
				with the left hand.)
9	S	CW (180*)	R front	Middle forearm spreading blocks (double outside middle)
10		<Forward>		L- front kick
		<Land>	L front	Knee break (as above)
		<fixed>	L front	Middle forearm spreading blocks
11	W	Pivoting on the Lf,..		
				CW (90*), withdrawing the right foot behind you into ...
			L horse (chest faces N)	L- outward knifehand block (R fist is @ belt)
12		<fixed>	Horse	R middle hook punch

				(draw it across your body and into the palm of the
				left open-hand)
		<Forward>	Crossing the Rf over the Lf, and chambering both	
			fists to the right hip...	
				L- high side kick
		Drop the left foot in front of you, then rotate...		
	E	CW (180*)	R front	L- low reverse spear thrust
				(R-fist at L-shoulder to block)
		<fixed, but pulling back slightly>		R- down block
13		<Forward>	L front	L- middle inward palm block
14		<Forward>	R horse	R-elbow strike
			(chest faces N) (supporting your right fist in your left palm)	
15		<fixed>	Horse (chest-N)	R-middle knifehand block
				(L-fist chambered @ belt)
16		<fixed>	Horse (chest-N)	L-middle hook punch
				(as above)
		<Forward>	Crossing your Lf over the Rf, and chambering both fists to the left hip...	
				R- high side kick
		Drop the right foot in front of you, then rotate...		
	W	CCW (180*)	L front	R- low reverse spear thrust
				(as above)
		<fixed, but pulling back slightly>		L- down block
17		<Forward>	R front	R- middle inward palm block
18		<Forward>	L horse	L- elbow strike
			(chest faces N) (supporting your left fist in your right palm)	
19	N	Slide your left foot inward and adjacent to the right foot...		
		Raise both hands (open) above your head in an arcing motion		
		Then, bring them down into a		L- low hammerfist strike
				(into the right palm) <SLOWLY & EXHALING!>
20	S	Pivot CCW (180*) on the Rf...		
			L front	L- outward knifehand strike (to your attacker's neck)
		<fixed>	L front	L- low knifehand/forearm block
21		<Forward>	R front	R- inward knifehand strike (head/neck level)
		<fixed>	R front	R- low knifehand/forearm block
22		<Forward>	L front	L- inward knifehand strike (again, head/neck level)
		<fixed>	L front	L- low knifehand/forearm block
23		<Forward>	R front	R- open hand thrust (to attacker's throat)
				<Yell!>
	N	Pivot 180* CCW on the right foot, pulling the left foot back into the right foot,		
				and into the "Ready" position.