

Kim's Tae Kwon Do Academy

Student Oath

I shall observe the tenets of Tae Kwon Do;
I shall never misuse Tae Kwon Do;
I shall help build a strong community;
I shall be a champion in all I strive for.

Important Korean Terms/Information

Master: Quandja-nim

Bow: Kyungyeh

Instructor: Sa-buhm-nim

Begin: Shejahk

Asst Instr: Kyo-Sa-Nim

Rest: Sheuh

Senior: Sun-Bae-Nim Ready: Joon-bi

Attention: Chareut

Thank you: Kam-sahm-nida

Stop: Go-mahn

Welcome: Chon-mamayo

Headquarters for Tae Kwon Do where your belts are registered: Kuk Ki Won

Counting

1 - Hana	1st - Ill
2 - Dool	2nd - Ee
3 - Set	3rd - Sahm
4 - Net	4th - Sah
5 - Dahsuht	5th - Oh
6 - Yuhsuht	6th - Yuk
7 - Illgope	7th - Choil
8 - Yuhduhl	8th - Pak
9 - Ah-hope	9th - Koo
10 - Yuhl	10th - Sip

Free Sparring

Students should be ready to spar any day of the week. Sparring is necessary exercise in which one combines defensive and offensive skills in a controlled manner. Full equipment includes mouth piece, helmet, shin/instep pads, forearm pads, and chest guard. From time to time, students will be expected to represent our school at small competitions just as if they were in any other sport, had practiced, and it is now time for a game.

Belt Color Meanings

White: Innocence

Yellow: Earth from which a plant grows

Orange: The seed that becomes one with the earth

Purple: Seedling new in its growth

Blue: Sky toward which plant grows

Brown: The ground and deeper foundation roots

Red: Fire/danger as plant grows towards sun

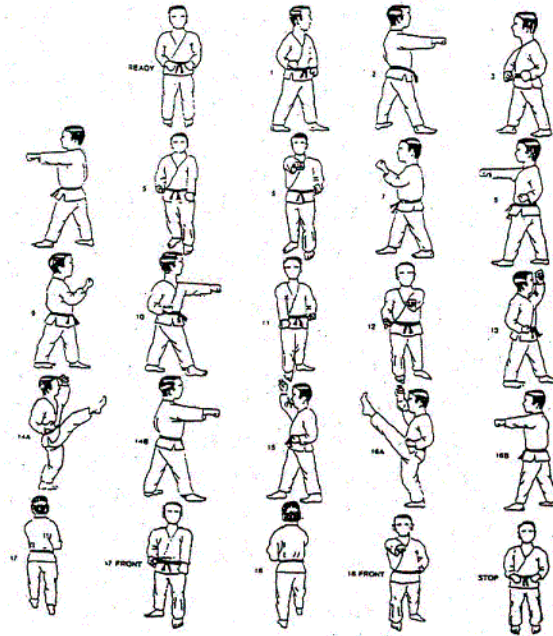
Black: Maturity and proficiency in Tae Kwon Do

Belts - Taeguk & Palgwe Forms

Belts	Taeguk Forms	Palgwe Forms
White	One	(none)
Yellow	Two	One Two
Orange	Three	Three
Purple	Four	Four
Green	Five	Five
Blue	Six	Six
Brown	Seven	Seven
Red	Eight	Eight

White Belt - Taeguk

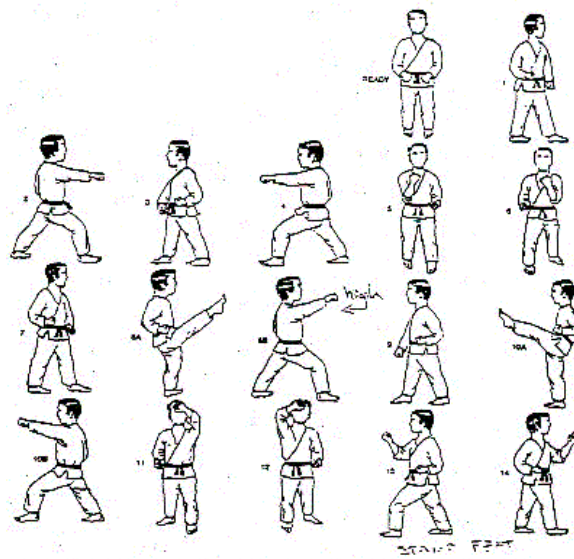
Taeguk 1 Jang



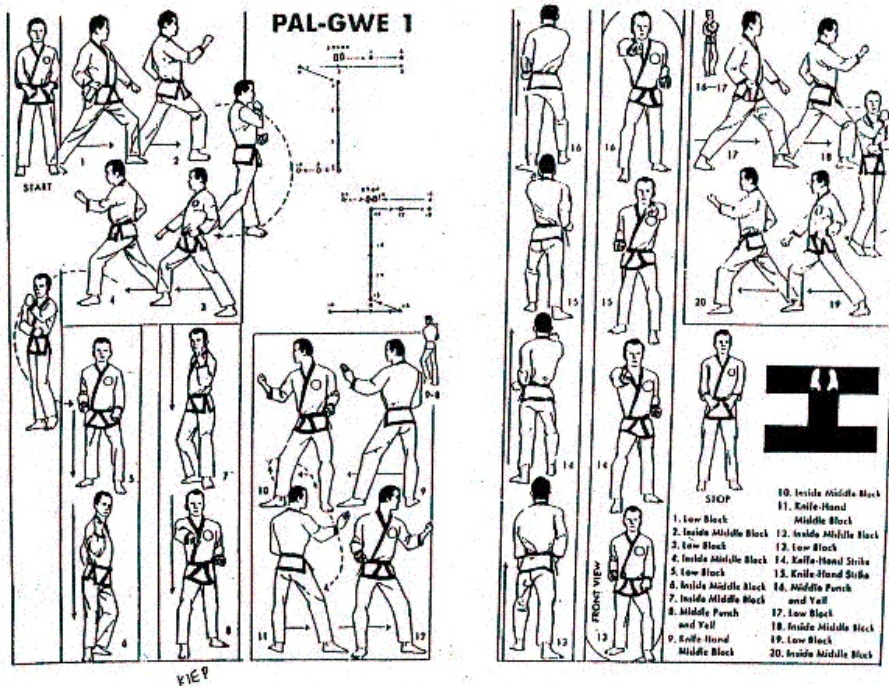
Yellow Belt - Taeguk

Taeguk 2 Jang

has only high punch in first 12

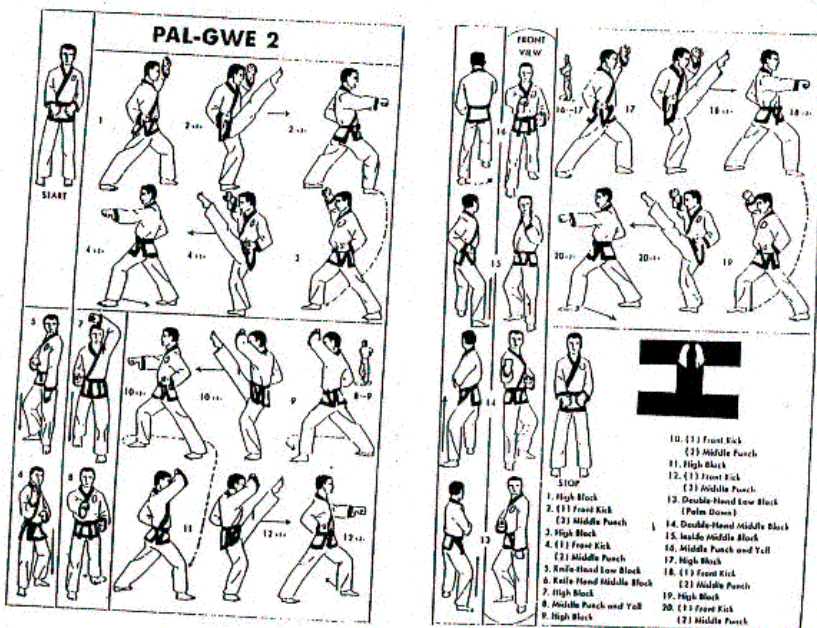


Yellow Belt - 1st Palgwe



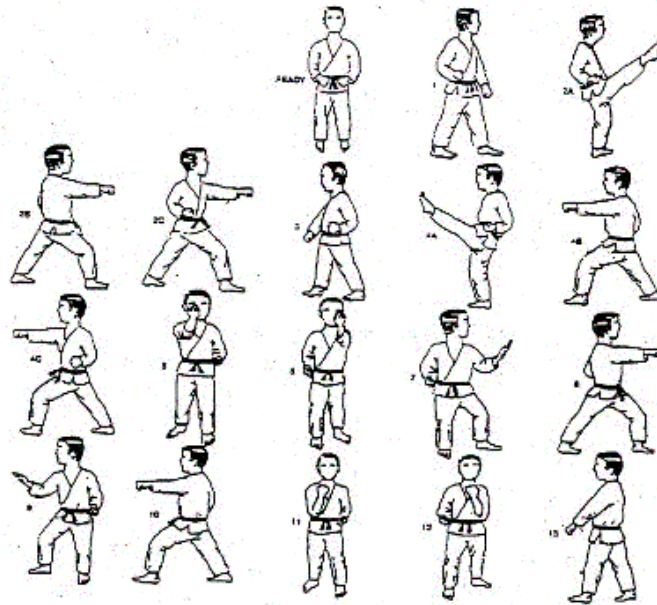
VIEW

Yellow Belt - 2nd Palgwe



Orange Belt - Taeguek

Taeguek 3 Jang



Orange Belt - Palgwe

*-begin like Kihon 1
-no kicks*

PAL-GWE 3

- 1. Low Block
- 2. Middle Punch
- 3. Low Block
- 4. Middle Punch
- 5. Low Block
- 6. High Block
- 7. High Block
- 8. High Punch and Yell
- 9. Knife-Hand Middle Block
- 10. Knife-Hand Middle Block
- 11. Knife-Hand Middle Block
- 12. Knife-Hand Middle Block
- 13. Outside Middle Block
- 14. Outside Middle Block
- 15. Inside Middle Block
- 16. Inside Middle Block
- 17. Inside Middle Block
- 18. Outside Middle Block
- 19. High Block
- 20. High Punch
- 21. High Block
- 22. High Punch and Yell

only has punch and yell in palgwe

Purple Belt - Taeguk

Taeguk 4 Jang



Purple Belt - Palgwe

start back in 1st back hand of

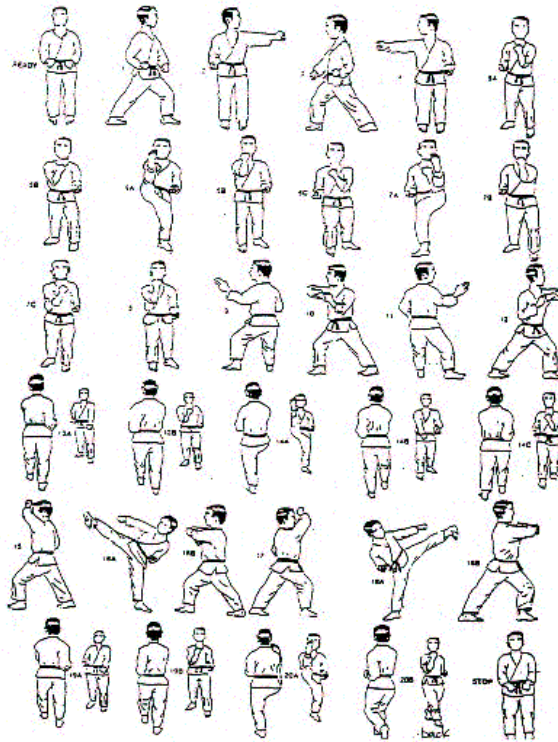
PAL-GWE 4

STOP

<ul style="list-style-type: none"> 1 Double Hand High Middle Block 2 Pull and Reverse Upper-Cut 3 Cuts Head Strike 4 Close Step 5 Double Hand High Middle Block 6 Pull and Reverse Upper-Cut 7 Cuts Head Strike 8 Close Step 9 Double Hand High Middle Block 10 Front Kick 11 Pull and Reverse Upper-Cut and Spread Hand Block 12 Front Kick 13 Hammer Fist Strike (Outward) 14 Middle Punch and Kick 15 Double Hand High Middle Block 16 Pull and Reverse Upper-Cut 17 Cuts Head Strike 18 Close Step 19 Double Hand High Middle Block 20 Cuts Head Strike 21 Pull and Reverse Upper-Cut 22 Middle Kick 23 Double Hand High Middle Block 24 Reverse Middle Punch 	<ul style="list-style-type: none"> 15 Pull and Reverse Upper-Cut 16 Cuts Head Strike 17 Close Step 18 Double Hand High Middle Block 19 Front Kick 20 Pull and Reverse Upper-Cut and Spread Hand Block 21 Front Kick 22 Hammer-Fist Strike (Outward) 23 Middle Punch and Kick 24 Reverse Middle Punch 25 Hammer-Fist Strike 26 Reverse Middle Punch 27 Hammer-Fist Strike 28 Middle Kick 29 Double Hand High Middle Block 30 Reverse Middle Punch
---	--

Green Belt - Taeguek

Taeguek 5 Jang



Green Belt - Palgwe

PAL-GWE 5

1. Ready Block	11. Double Hand Middle Block
2. Side Hand Low Block	12. Double Hand Low Block (Palm Down)
3. Side Hand Middle Block	13. Middle Punch and Kick
4. Side Hand Center Block	14. Side Hand Low Block
5. Middle Punch	15. Side Hand Middle Block
6. Side Hand Low Block	16. Middle Punch
7. Side Hand Middle Block	17. Side Kick
8. Side Hand Center Block	18. Side Kick
9. Middle Punch	19. Side Kick
10. Side Kick	20. Side Kick
11. Double Hand Middle Block	21. Side Kick
12. Double Hand Low Block	22. Side Kick
13. Middle Punch and Kick	23. Side Kick
14. Side Hand Low Block	24. Middle Kick
15. Side Hand Middle Block	25. Middle Kick
16. Middle Punch	26. Middle Kick
17. Side Kick	27. Middle Kick
18. Side Kick	28. Middle Kick
19. Side Kick	29. Middle Kick
20. Side Kick	30. Middle Kick
21. Side Kick	31. Middle Kick
22. Side Kick	32. Middle Kick
23. Side Kick	33. Middle Kick
24. Middle Kick	34. Middle Kick
25. Middle Kick	35. Middle Kick
26. Middle Kick	36. Middle Kick
27. Middle Kick	37. Middle Kick
28. Middle Kick	38. Middle Kick
29. Middle Kick	39. Middle Kick
30. Middle Kick	40. Middle Kick

with Palgwe 5 (17)

Brown Belt - Taeguk

Taeguk 7 Jang



Brown Belt - Palgwe

READY

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

PAL-GWE 7

1. Ready Low Block
2. 1st Front Kick
3. 2nd Spinal Double Block (Palgwe)
4. 1st Front Kick
5. Double Pal High X Block
6. 1st Side Kick
7. Double Pal High X Block
8. Reverse High Punch
9. High Kick
10. Side Kick
11. Reverse High Punch
12. Double Pal High X Block
13. Reverse High Punch
14. Double Pal High X Block
15. High Kick
16. Side Kick
17. Reverse High Punch
18. Double Pal High X Block
19. Double Pal High X Block
20. High Kick
21. Side Kick
22. Reverse High Punch
23. Double Pal High X Block
24. Double Pal High X Block
25. High Kick
26. Side Kick
27. Reverse High Punch

16

17

18

19

20

21

22

23

24

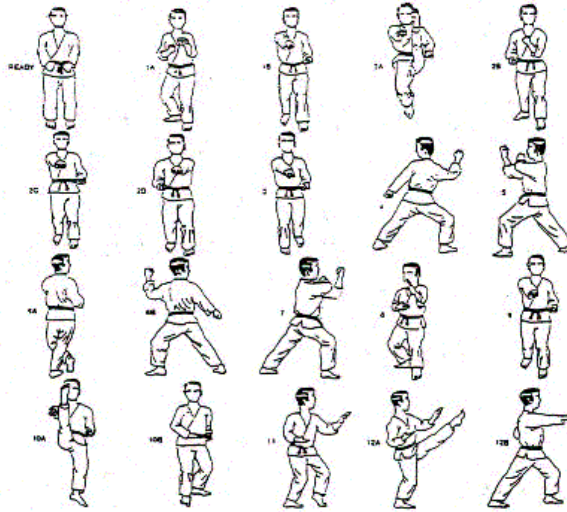
25

26

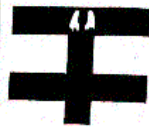
27

Red Belt - Taeguk

Taeguk 8 Jang



Red Belt - Palgwe



PAL-GWE 8

1. Low Kick
2. Full Tuck and Hammer Fist (Sikdo Jibwanandi)
3. Middle Punch
4. Low Kick
5. Full Tuck and Hammer Fist (Sikdo Jibwanandi)
6. Middle Punch
7. Middle Hand Middle Kick
8. Full Tuck and Hammer Fist and Spine Hand Head
9. Full Tuck Spine Head and Fore (Jij) Kick Foot Strike
10. High Kick and Fore
11. Full Hand Strike
12. Full Hand and Full Fore
13. Full Hand in Hammer Kick
14. Outside Middle Kick
15. Forward Middle Kick
16. Kick to the Side in Hammer Kick
17. Full Hand Strike
18. Full Hand and Full Fore
19. Full Hand in Hammer Kick
20. Outside Middle Kick
21. Reverse Middle Punch
22. Kick to the Center
23. Hammer Kick
24. Full Hand Kick
25. Full Hand Strike
26. Kick to the Fore in Hammer Kick
27. Full Hand Kick
28. Full Hand Strike
29. Full Hand Middle Kick (Fore Kick)
30. Outside Middle Kick (Fore Kick)
31. Full Hand Middle Kick (Fore Kick)
32. Spin and Back Kick (Fore Kick)
33. Kick to the Fore in Hammer Kick
34. Double Full Hand in Hammer Kick
35. Back and Right (Fore Kick) and Over the Shoulder
36. High Kick
37. Back and Left (Fore Kick) and Over the Shoulder
38. High Kick
39. Full Hand Kick
40. Full Hand Kick
41. Full Hand Kick
42. Full Hand Kick
43. Full Hand Kick
44. Full Hand Kick
45. Full Hand Kick
46. Full Hand Kick
47. Full Hand Kick
48. Full Hand Kick
49. Full Hand Kick
50. Full Hand Kick
51. Full Hand Kick
52. Full Hand Kick
53. Full Hand Kick
54. Full Hand Kick
55. Full Hand Kick
56. Full Hand Kick
57. Full Hand Kick
58. Full Hand Kick
59. Full Hand Kick
60. Full Hand Kick
61. Full Hand Kick
62. Full Hand Kick
63. Full Hand Kick
64. Full Hand Kick
65. Full Hand Kick
66. Full Hand Kick
67. Full Hand Kick
68. Full Hand Kick
69. Full Hand Kick
70. Full Hand Kick
71. Full Hand Kick
72. Full Hand Kick
73. Full Hand Kick
74. Full Hand Kick
75. Full Hand Kick
76. Full Hand Kick
77. Full Hand Kick
78. Full Hand Kick
79. Full Hand Kick
80. Full Hand Kick
81. Full Hand Kick
82. Full Hand Kick
83. Full Hand Kick
84. Full Hand Kick
85. Full Hand Kick
86. Full Hand Kick
87. Full Hand Kick
88. Full Hand Kick
89. Full Hand Kick
90. Full Hand Kick
91. Full Hand Kick
92. Full Hand Kick
93. Full Hand Kick
94. Full Hand Kick
95. Full Hand Kick
96. Full Hand Kick
97. Full Hand Kick
98. Full Hand Kick
99. Full Hand Kick
100. Full Hand Kick

STOP