***Valley Martial Arts***

***Dynamic Taekwondo***

***Syllabus***

**White Belt – 9th Gup (Pure without knowledge)**

* **School Creed/Tenants of Taekwondo**
* **Dojang Etiquette**
* **Taekwondo History/Basic Korean Terms**
* **Stances**
  + **Attention Stance**
  + **Ready Stance (Joon Bi)**
  + **Front/Forward Stance**
  + **Back Stance**
  + **Horse Stance**
  + **Fighting Stance**
* **Basic Strikes**
  + **Punches – Vertical, Horizontal, Natural**
  + **Reverse Punch/Lunge Punch**
  + **Hook**
  + **Palm-heel**
* **Kicks**
  + **Front Snap/Push**
  + **Roundhouse**
  + **Side**
  + **Axe**
* **Blocks**
  + **Low/Down**
  + **High/Rising**
  + **Inside/Outside Forearm Block**
  + **Guarding Block**
* **Form (Hyung)**
  + **Chong Ji – (19 moves).**
  + **Meaning: Heaven and Earth**
* **Self Defense:**
  + **Delayed Swords**
  + **Alternating Maces**

**Yellow Belt – 8th Gup (The Seedling beginning to sprout)**

* **Includes all previous information**
* **Stances:**
  + **Side Stance**
* **Blocks:**
  + **Double-Knifehand**
  + **Low-High Combo block**
  + **Square Block**
  + **Twin Forearm**
  + **Palm Block (Checking)**
* **Strikes**
  + **Inward/Outward Knifehand Strike**
  + **Spearhand**
  + **Ridgehand**
  + **Backfist**
  + **Hammer Fist**
  + **Uppercut**
* **Kicks**
  + **Inside Crescent**
  + **Outside Crescent**
  + **Hook Kick**
* **Form (Hyung)**
  + **Dan Gun (21 Moves)**
  + **Meaning: Named after the Holy Dan Gun, legendary founder of Korea 2333BC**
* **Self Defense:**
  + **Sword of Destruction**
  + **Deflecting Hammer**
* **Footwork/Movement:**
  + **Shuffle Stepping**
  + **Cross Stepping**
  + **Angle Stepping**

**Orange Belt – 7th Gup (The sun begins to rise)**

* **Includes all previous information**
* **Stance**
  + **Cat Stance**
* **Strikes:**
  + **Spin Backfist**
* **Kicks**
  + **Spinning Hook**
  + **Back Kick/Donkey Kick**
  + **Pumping Side Kick**
  + **Switch Kicks**
* **Form (Hyung)**
  + **Do San (24 Moves)**
  + **Meaning: Do San is the pseudonym for the patriot Ahm Chang-Ho (1876-1938). The 24 moves in this pattern represent his entire life, which he devoted to furthering the education of Korea and its independence Movement.**
* **Self Defense:**
  + **Captured Twigs**
  + **Lone Kimono**
* **Falls/Rolls**
  + **Breakfalls**
  + **Intro to takedowns**
  + **Rolls**

**Green Belt – 6th Gup (The seed is beginning to grow into a small tree)**

* **Includes all previous information**
* **Blocks:**
  + **Wedge Block**
  + **Scooping Block**
  + **Reenforced Block**
* **Kicks:**
  + **Knees**
  + **Twist Kick**
  + **Jump Kicks:**
    - **Jump Front Kick**
    - **Jump Roundhouse**
    - **Jump Side Kick**
    - **Flying Front Kick**
* **Form (Hyung)**
  + **Won Hyo (28 Moves)**
  + **Meaning: Won Hyo was the noted monk who introduced Buddhism to the Silla Dynasty of Korea in the year 686 AD.**
* **Self Defense:**
  + **Obstructing the Storm**
  + **Mace of Aggression**
  + **Attacking Mace**

**Blue Belt – 5th Gup (The sapling is hidden among taller trees)**

* **Includes all previous information**
* **Kicks:**
  + **Spinning Back Kick**
  + **Spinning Hook**
  + **Spinning Crescent**
* **Form (Hyung)**
  + **Yul Guk (38 Moves)**
  + **Meaning: Yul Guk is the pseudonym of the great philosopher and teacher Yi L (1536-1584). He was nicknamed the Confucius of Korea. The 38 moves of this pattern refer to his birthplace on the 38th parallel and the diagram represents “Scholar”.**
* **Self Defense:**
  + **Sword and Hammer**
  + **Triggered Salute**
  + **Clutching Feathers**
  + **Glancing Salute**
* **Takedowns**
  + **Hip Throw**
  + **Arm-bar Takedown**

**Purple Belt -4th Gup (The tree is reaching towards the sky)**

***\* AT THIS POINT THE STUDENT MUST SHOW PROFICIENCY IN ALL HYUNG (FORMS/PATTERNS) AND SHOULD BE ABLE TO TEACH THE BASIC INFORMATION TO LOWER RANKS WITH PATIENCE AND UNDERSTANDING.***

* **Includes all previous information**
* **Demonstrate ability to communicate/teach/assist other students**
  + **Provide instruction for minimum of two classes**
* **Form (Hyung)**
  + **Joong Gun (32 Moves)**
  + **Meaning: Joong Gun is named after the patriot Ahn Joong Gun who assassinated Hiro Bumi Ito, the first Japanese Governor general of Korea, who played a leading part in the Korea-Japan merger. The 32 movements in this pattern represents Ahn Joong Gun’s age when he was executed at Lui-Shing prison in 1910.**
* **Self Defense:**
  + **Thrusting Salute**
  + **Buckling Branch**
  + **Crashing Wings**
  + **Swinging Pendulum**

**Brown Belt– 3rd Gup (Represents the Earth giving the tree a firm foundation)**

* **Includes all previous information**
* **Demonstrate ability to communicate/teach/assist other students**
  + **Provide instruction for minimum of two classes**
* **Strikes:**
  + **Eye Strike**
  + **Finger Locks**
* **Form (Hyung)**
  + **Toi Gye (37 Moves)**
  + **Meaning: Toi Gye us the pseudonym of the noted scholar Yi Hwang (16th century), an authority on neo-Confucianism. The 37 moves represent his birthplace at on the 37th degree latitude and the diagram represents scholar.**
* **Self Defense:**
  + **Obscure Wings**
  + **Grip of Death**
  + **Aggressive Twins**
  + **Shielding Hammer**
* **Provide instructions to others**
* **Throws:**
  + **Leg Sweep**
  + **Single-Leg Takedown**

**Red Belt -2nd Gup (DANGER! Having knowledge but lacks discipline)**

***\* AT THIS POINT THE STUDENT MUST BE ABLE TO TRANSITION FROM ONE TECHNIQUE TO ANOTHER SMOOTHLY AND WITH CONFIDENCE. THE STUDENT MUST SHOW PROFICIENCY IN ALL FORMS AND SHOULD BE ABLE TO TEACH THE BASIC FORMS TO LOWER RANKS WITH PATIENCE AND UNDERSTANDING. FURTHERMORE, THE STUDENT MUST BEGIN TO THINK IN CONCEPT AS OPPOSED TO TECHNIQUES. FLUID TRANSITIONS OF ALL TECHNIQUES.***

* **Demonstrate ability to communicate/teach/assist other students**
  + **Provide instruction for minimum of two classes**
* **Includes all previous information**
  + **All Forms**
  + **All Self Defenses**
  + **All basics**
* **Form (Hyung)**
  + **Choong Moo (30 Moves)**
  + **Meaning: Was the name given to the great admiral Yi Soon-Sin of the Yi Dynasty, He was reported to have invented the first armored battleship (Kubukson) in 1592, which is said to have been the precursor of the present-day submarine. The pattern ends with a left-hand attack symbolizing his regrettable death. He was never allowed to reach his full potential as he was forces to be loyal to the king.**
* **Board Breaks**
  + **1 Hand technique**
  + **1 Foot technique**
  + **1 Jump or Spin technique**
* **Self Defense:**
  + **Five Swords**
  + **Raining Claw**
  + **Glancing Wing**
  + **Twirling Wings**
* **Demonstrate ability to work with all levels of students**
  + **Provide instruction to classes**
* **Develop leadership skills**

**Recommended Black Belt -1st Gup**

***\*The student will have six months in this belt to sharpen and hone in their skills as a martial artist and as a teacher. Before testing for Cho-Dan (1st Degree), the student must receive unanimous approval from all black belts and instructors.***

* **Includes all previous information**
  + **All Forms**
  + **All Self Defenses**
  + **All basics**
* **Form (Hyung)**
  + **Kwang Gae (39 Moves)**
  + **Meaning: Kwang Gea is named after the famous Kwang Gea 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 the lost territory. The 39 movements refer to the first two figures of 391 AD, the year he came to the throne.**
* **Demonstrate ability to work with all levels of students**
  + **Provide instruction to classes**
* **Be able to react quickly to all defenses with fluid movement**
* **At this stage, you will be asked to use your knowledge to create your own set of self-defense sets. Sets may be used with weapons, random household items or hand-to-hand.**
* **Board Breaks:**
  + **Two hand techniques**
  + **Two foot techniques**
  + **One jump/spin technique**
* **Self Defense:**
  + **Leaping Crane**
  + **Striking Serpent Head**
  + **Evading the Storm**
  + **Checking the Storm**
  + **Crossing Talon**

**First Degree Black Belt –The real beginning of your journey**

* **Demonstrate all previous information (Mastery of the Basics)**
* **Break down movement/meaning from Forms**
* **Demonstrate one area of specialty/expertise/interest**
* **Black Belt Mentality - Model the behaviors/attitude deserving respect – be a mentor to another student**

**4- Stripe System for Gup Level Chung Do Kwan:**

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* **1st Stripe: Basics (Stances, Kicks, Blocks, Strikes)**
* **2nd Stripe: Forms/Hyung**
* **3rd Stripe: Self Defense Drills**
* **4th Stripe: Kickboxing Proficiency**