



LIVE OAK MARTIAL ARTS

ATHENS, GA

White Belt

Meaning

White Belt signifies innocence

Pattern

Chon-ji (19 movements) Literally means “Heaven and Earth”

Stances/Postures

1. Charyot, (attention stance)
2. Kyung-neh, (bow)
3. Jhoon-Bee (ready stance)
4. Bah-Rhot (end/return)
5. Horse stance
6. Fighting Horse
7. Front stance
8. Back stance

Footwork

1. Toroh-torah in fighting stance
2. Toroh-torah in front stance
3. Front foot pivot in front stance
4. Open - Closed stance
5. Step behind step
6. Skipping step

Blocks

1. Double down block
2. Low block (solo and with partner)
3. Middle block (solo and with partner)
4. High block (solo and with partner)

Hand Attacks

1. Lunge punch
2. Reverse punch
3. Jab
4. Backfist
5. Outward knifehand strike

Kicks (front and rear legs)

1. Leg high-rise
2. Front snap
3. Side kick
4. Step behind side kick
5. Roundhouse kick

Sparring/One-Steps/Ho-Shin-Sul

1. Begin One-Step sparring
2. No contact, half speed sparring

Concepts

1. Centerline theory
2. Distance judgment
3. Combinations
4. Block and Counter

Low Yellow Belt

8th Gup - Yellow to 1 stripe

Meaning

1. Yellow belt signifies the earth from which the plant sprouts.
2. All previous techniques plus:

Pattern

- **Tan-gun** (21 movements) Named for the legendary founder of Korea

Stances/Footwork

1. Who-jin
2. Chun-jin
3. Ilbo Chun-jin
4. Ilbo Who-jin
5. Turn step
6. Switch step
7. Side Evasions

Blocks

1. Knifehand Block (solo and with partner)
2. Hi and Low X blocks (solo and with partner)
3. Hi-side block (solo and with partner)

Hand Attacks

1. Palm heel strike
2. Knifehand strike inward
3. Hammer fist lateral and linear

Kicks (Front leg, rear leg, and skipping)

1. Hook kick
2. Axe Kick
3. Inside/outside crescent
4. Outside/inside crescent

Attacking Combinations

1. Backfist, reverse punch, front, side, round
2. Skipping side kick, rear leg roundhouse

Defensive Skills

1. who-jin, roundhouse
2. cover punch lead hand
3. cover punch rear hand

Sparring/One-Steps/Ho-Shin-Sul

1. Breakfalls
2. Sweeps
3. No contact full speed
4. Shin/instep, mouthpiece, cup, and forearm guards required at this point

Concepts

1. Theory of Power
2. Traditional vs tournament kicking

High Yellow Belt

7th Gup - Yellow 2, 3 stripes

Meaning

1. Yellow belt signifies the earth from which the plant sprouts.
2. All previous techniques plus:

Pattern

- **Tan-gun** (21 movements) Named for the legendary founder of Korea

Stances/Footwork

1. Who-jin
2. Chun-jin
3. Ilbo Chun-jin
4. Ilbo Who-jin
5. Turn step
6. Switch step

Blocks (solo and with partner-to inside and outside of partners arm)

1. Low Knifehand Block
2. Square block
3. Outside-inside block
4. Inside-outside block

Hand Attacks

1. Double face punch
2. Hook punch

Kicks (Front leg, rear leg, and skipping)

1. Skipping Side
2. Low-High Side
3. Low-High Roundhouse

Attacking Combinations

1. side kick, skipping side kick, side kick
2. backfist, reverse punch, front kick, side kick, roundhouse
3. front snap, inside/outside crescent, outside/inside crescent (closed stance)

Defensive Skills

1. Whojin, front leg roundhouse
2. Cover punch, roundhouse (front and rear hand, front and rear leg)
3. High cover punch
4. Defensive side kick

Sparring/One-Steps/Ho-Shin-Sul

1. Breakfalls
2. Sweeps
3. Rolling
4. No contact, pads full speed

Concepts

1. Offensive countering

Low Green Belt

6th Gup - Green to 1 stripe

Meaning

Green belt signifies plant growth

All previous techniques plus:

Pattern

- **To-San 24** Named for the patriot who devoted his entire life to furthering the education of Korea (1876-1938).

Stances/Footwork

1. Half-step
2. Cat stance
3. Reverse turn step

Blocks

1. Spreading block
2. Inside/outside block

Hand Attacks

1. Spearhand
 - linear
 - lateral

Kicks (in conjunction with all footwork)

1. Push kick
2. Spinning side kick
3. Jump front snap front leg
4. Jump front snap rear leg

Attacking Combinations

1. Side kick, spinning side kick, roundhouse kick
2. Spin side kick, reverse punch
3. Low-high roundhouse
4. Skip side, spin side
5. Low front-High round

Defensive Skills

1. Switch stance, rear leg roundhouse
2. Who-jin, spinning side kick

Sparring/One-Steps/Ho-Shin-Sul

1. Escapes
2. No contact, pads full speed
3. Light contact free sparring with hogoo
4. Point rules
5. Olympic rules

Concepts

1. The eight directions

High Green Belt

5th Gup - Green 2 and 3 stripes

Meaning

Green belt signifies plant growth

All previous techniques plus:

Pattern

- **To-San 24** Named for the patriot who devoted his entire life to furthering the education of Korea (1876-1938).

Stances/Footwork

1. Half-step
2. Cat stance
3. Reverse turn step

Blocks

1. Reinforcement block
2. Side X
3. Leg blocking

Hand Attacks

1. Ridgehand
2. Rear elbow
3. Linear spearhand
4. Lateral elbow
5. Rising elbow

Kicks (in conjunction with all footwork)

1. Spinning crescent
2. Jump front snap -- rear leg
3. Push kick
4. Knees

Attacking Combinations

1. Outside/inside crescent, spinning crescent
2. Front leg side kick, spinning side kick, rear leg roundhouse
3. Skipping push kick, reverse punch, rear leg attack

Defensive Skills

1. Spin side vs Roundhouse (open)
2. Offensive front leg roundhouse (open)
3. Offensive rear hand attack

Sparring/One-Steps/Ho-Shin-Sul

1. Escapes
2. No contact, pads full speed
3. Light contact free sparring with hogoo
4. Point rules
5. Olympic rules

Concepts

1. Feinting/Faking/Checking

Low Blue Belt

4th Gup - Blue to 1 stripe

Meaning

Blue belt signifies the sky, toward which the plant grows.

All previous techniques plus:

Pattern

- **Won-Hyo 28** Named for the monk who introduced Buddhism to the Shilla Dynasty, 686 A.D.

Stances/Footwork

1. Two-step

Blocks

1. Arm breaking block
2. Scooping block

Hand Attacks

1. Spinning backfist

Kicks (in conjunction with all footwork)

1. Spinning Hook
2. Jump Spinning Side
3. Quick advance (two step) kicking
4. Flying side kick

Attacking Combinations

1. rear leg front snap into in/out crescent, reverse punch, rear leg roundhouse
2. roundhouse, spinning hook, roundhouse
3. switch stance, skipping roundhouse

Defensive Skills

1. Fade away rear leg roundhouse
2. Who-jin, double
3. Side X block, front leg roundhouse
4. Jump Spinning Side
5. Ducking

Sparring/One-Steps/Ho-Shin-Sul

1. Wristlocks
2. Armbars
3. Heavy contact full pads Olympic rules-Two rounds

Breaking

- 1 board basic rear leg kick

High Blue Belt

3rd Gup - Blue 2 and 3 stripes

Meaning

Blue belt signifies the sky, toward which the plant grows.

All previous techniques plus:

Pattern

- **Yul-Go 38** The penname of the philosopher and scholar Yi I (1536-1584) nicknamed the Confucius of Korea.

Stances/Footwork

1. Change up step
2. Cross-leg stance

Blocks

1. Reinforcement block
2. Hooking block

Hand Attacks

1. Four knuckle fist

Kicks (in conjunction with all footwork)

1. Jump spinning crescent
2. 360 Crescent- Tornado
3. Double roundhouse
4. Sliding Side
5. Chopping kick

Attacking Combinations

1. Doubles
2. Rear leg roundhouse, spinning hook kick
3. Fake rear leg roundhouse to body, high rear leg roundhouse same leg
4. Rear leg hook kick, roundhouse same foot

Defensive Skills

1. Leg block, rear leg roundhouse
2. Offensive lead leg hook
3. Blending spinning hook kick

Sparring/One-Steps/Ho-Shin-Sul

1. Hook punch defense
2. Heavy contact full pads Olympic rules-Three rounds

Breaking

- 1 board basic rear leg kick

Low Red Belt

2nd Gup - Red to 1 stripe

Meaning

Red belt signifies danger, warning the student to exercise control and the opponent to stay away

Pattern

- **Joong-Gun 32** Named for the patriot who assassinated the first Japanese Governor-General of Korea.

Stances/Footwork

1. Drop step

Blocks

1. Inverted Ridgehand Block
2. Pole Block
3. Double Palm Pressing Block

Hand Attacks

1. Inverted ridgehand strike

Kicks (in conjunction with all footwork)

1. Jump spinning hook kick
2. 360 Roundhouse
3. Triples
4. Jump Spin Axe

Attacking Combinations

1. Switch, double
2. Chun-jin, spinning hook
3. 360 roundhouse, roundhouse

Defensive Skills

1. Offensive axe
2. Jump-spinning hook kick

Sparring/One-Steps/Ho-Shin-Sul

1. Sweeps
2. Low kicking
3. Medium contact light pads open rules

Breaking

1. One board hand/arm technique
2. One board kicking technique

High Red Belt

1st Gup - Red 2 and 3 stripes

Meaning

Red belt signifies danger, warning the student to exercise control and the opponent to stay away

Students must skip one promotion test before testing for Recommended Black Belt.

Pattern

- **Toi-Gye 37** Pennamen of the scholar Yi-Hwang (16th A.D.), an authority of neo-confucianism.

Stances/Footwork

1. Placing step (opp's body)

Blocks

1. Mountain block

Hand Attacks

1. Spearfinger
2. One-knuckle fist

Kicks (in conjunction with all footwork)

1. Jump spinning hook
2. 360 axe kick
3. Jump-spinning axe

Attacking Combinations

1. 360 roundhouse, double
2. Side kick, jump spinning side kick

Defensive Skills

1. Who-jin, double
2. Blending Jump-spinning hook kick

Sparring/One-Steps/Ho-Shin-Sul

1. Headlock
2. Low kicks
3. Medium contact light pads
4. Two on one

Breaking

1. One board break with hand/arm technique
2. Two boards with kicking technique

Recommended Black Belt

Technically still 1st Gup

Meaning

Black belt signifies maturity and proficiency in Tae Kwon Do.

Recommended Black Belt is probationary until student tests for Shodan.

All previous techniques plus:

Pattern

- **Hwa-Rang 29** Named for the Hwa-Rang youth group, born in the Shilla Dynasty, 1350 years ago.

Stances/Footwork

1. Aero step

Blocks

1. Scissor block
2. Wing block

Hand Attacks

1. Spinning elbow
2. Reverse rising elbow
3. U-punch

Kicks

1. Inverted front snap
2. Double jump front snap
3. Double flying side

Attacking Combinations

1. Low roundhouse, high hook single leg

Defensive Skills

1. Who-jin, double
2. Blending Jump-spinning hook kick

Sparring/One-Steps/Ho-Shin-Sul

1. Chokes
2. Traps
3. Full contact open rules sparring

Breaking

1. Two boards with hand/arm technique
2. Two boards with kicking technique

Shodan - 1st Degree Black Belt

1st Dan

Meaning

Black belt signifies maturity and proficiency in Tae Kwon Do.

All previous techniques plus:

Pattern

1. **Choong-Mu 31** Given name to the great Admiral Yi Sun-Sin of the Yi Dynasty.
2. **Kwang-Gae 39** Named for the 19th King of the Koguryo Dynasty, who regained lost territories in Manchuria.
3. **Po-Eun 30** Named for a famous poet and pioneer in physics (1400 A.D.) whose saying "I would not serve a second master though I might be crucified a hundred times" is known to every Korean.

Stances/Footwork

1. Aero step

Blocks

1. Scissor block

Hand Attacks

1. Spinning elbow
2. Inner elbow strike

Kicks

1. Triple front
2. Scissor kick

Attacking Combinations

1. 360 roundhouse, double
2. Side kick into Jump-spinning side kick

Defensive Skills

1. Who-jin, double
2. Blending Jump-spinning hook kick

Sparring/One-Steps/Ho-Shin-Sul

1. Disarms
2. Destructions
3. Knife defense
4. Throws
5. Full contact w/pads, two on one
6. One opponent, three 3 min. rounds.

Breaking

1. Two boards with hand/arm technique
2. Two boards with kicking technique

Live Oak Martial Arts One Step Sparring

White Belt

1. Step back with right foot into left front stance; Left high block; Right palm heel strike to chin, Kihap!
2. Step outside the punch into horse stance; Left palm heel block; Shift into left front stance while executing a right high punch; Shift into right front stance while executing a left high punch, Kihap!
3. Step back with left foot into right back stance while block with right middle block; Front leg side kick to body, Kihap!

Yellow Belt

1. Step back with right foot into left back stance; Block inside of arm with left knife-hand block; grab arm and execute front leg front snap to body; Set kicking foot down in front stance while punching high section; Grab lapel, major outer reaping sweep; Block kick, punch down, Kihap!
2. Step back into left back stance; Square block inside of arm; Grab hand and strike with outside/inside knife-hand strike to collar; Lift arm while chambering; Pull down arm, inside/outside knife-hand strike to other collar; Major outer reaping sweep, block, stomp, Kihap!
3. Step in diagonally into left front stance while blocking the outside of the arm with right knife-hand block; Grab arm, rear leg roundhouse to solar plexus; Set kicking foot down into right front stance; Left high punch; Grab shoulder, drop step, sweep heel; Block, knee drop, Kihap!

Green Belt

1. Step back into a left front stance and block with a high knife-hand X-block; Rotate your partner's arm 180 degrees clockwise to six o'clock; Continue the circle and at 9 o'clock, step your rear foot diagonally left while you duck under your partner's arm; Sink into a horse stance and strike with left rear elbow to partner's ribs; Lift partner's arm over your head, and strike with right rear elbow to the same target; Sweep, block, counter. Kihap!
2. Step back into left back stance and block with outside-inside block; Spin into a horse stance and strike with rear elbow to partner's head or body. Kihap!
3. Step back into a left back stance and block the inside of your partner's arm with knife-hand block; Spinning side kick to the body, Kihap!

Blue Belt

1. Step back into a right back stance; Outside-inside crescent kick the arm; Spinning Hook kick to your partner's head, Kihap!
2. Step diagonally forward into a left front stance and block with right hand knife-hand block; Rear leg roundhouse kick to the solar plexus; Set the foot down outside partner's front leg; 360 roundhouse to body with right foot, Kihap!
3. Step back into left back stance and block the inside of the arm with knife-hand block; Grab wrist and circle it low counter clockwise and pass it to your right hand; Turn into big circle armlock (shio-nage), sweep.

Red Belt

1. Step straight to the left dodging the punch and landing in jhoon-bi stance; Right leg axe kick the arm down; Right leg roundhouse to face, Kihap!
2. Step back into left front stance and block with high block; Slide in as you pull your partner's arm down pinning it to his hip while striking the chin with a rising elbow strike; Re-chamber and throw a outside-inside elbow strike to jaw; Grab his attacking side shoulder and pull him into two right knee strikes; Step your right foot back, lift his captured arm and push his head through with push through takedown.
3. Step back into right front stance and block outside of arm with knife-hand block; Kick partner's outer thigh with left low roundhouse kick; Slide back into left back stance; Kick partner's inner thigh with right low roundhouse kick; Slide back into right back stance; Kick partner with rear leg double roundhouse kick, Kihap!

Live Oak Martial Arts
Counter-Attacking Drills
Set One

1. Closed Stance *Evade and Counter*
A: Rear Leg Roundhouse Kick
D: Whojin, Roundhouse
2. Closed Stance *Block and Counter*
A: Rear Leg Roundhouse Kick
D: Cover Punch A, Rear Leg Roundhouse Kick
3. Closed Stance *Block and Counter*
A: Skipping Roundhouse Kick to body
D: Cover Punch B, Front Leg Roundhouse Kick to body or head
4. Open Stance *Offensive Countering*
A: Rear Leg Roundhouse Kick
D: Front Leg Side Kick to body, Rear Leg Roundhouse Kick to open target
5. Closed Stance *Padduh Chagi*
A: Rear Leg Roundhouse Kick
D: Padduh Chagi Roundhouse
6. Open Stance *Dwi Padduh Chagi*
A: Rear Leg Roundhouse Kick
D: Blending Spin Side Kick to body, Roundhouse Kick to open target
7. Open Stance *Blending Spin Hook*
A: Rear Leg Roundhouse Kick
D: Blending Spin Hook Kick to head
8. Open *Whojin, 360*
A: Rear Leg Roundhouse Kick
D: Whojin, 360 Roundhouse Kick
9. Closed *Attack, Evade, Score*
A: Whojin, Roundhouse
D: Rear Leg Axe Kick, Whojin, Rear Leg Double Roundhouse Kick
10. Open *Evade, Attack, Evade, Score*
A: Rear Leg Roundhouse Kick, Whojin, Spinning Side Kick
D: Whojin, Rear Leg Roundhouse Kick, Whojin, 360 Roundhouse, Double

Live Oak Martial Arts
Attacking Drills
Set One

1. (Open) Rear Leg Roundhouse, Skipping Side Kick (same foot)
2. (Open) Skipping Side Kick, Rear Leg Roundhouse
3. (Open) Fake Rear Leg Roundhouse Kick to solar plexus, Roundhouse to face (same foot)
4. (Open) Fake Rear Leg Roundhouse Kick to solar plexus, Hook Kick to head (same foot)
5. (Open) Skipping Double Roundhouse Kick

6. (Closed) Fake Rear Leg Front Kick to ribs, Roundhouse to head (same foot)
7. (Closed) Skipping Roundhouse Kick, Rear Leg Roundhouse
8. (Closed) Skipping Axe Kick to head, Front Leg Roundhouse (same foot)
9. (Closed) Front Leg Cut Step, Spinning Side Kick
10. (Closed) 360 Roundhouse kick, Double Roundhouse kick

To Add Hands:

1. Backfist, Reverse Punch into the Roundhouse
2. Backfist, Reverse Punch into the Roundhouse
3. Jab, Lead Hook at the beginning
4. High Reverse Punch at the beginning
5. High Reverse Punch, Hook, Reverse after the kick
6. Jab, Reverse Punch at the beginning, Spinning Backfist at the end
7. Jab, Reverse Punch between kicks
8. Downward Backfist, Overhand Punch after the Axe
9. Jab on the Cut Step
10. Jab, Lead Hook into the 360

Ho-Shin- Sul

Escapes

2 hand choke
Same side wrist grab
Opposite side wrist grab
One hand lapel grab
Headlock
Bearhug
Mount

Wristlocks

Outer wristlock
Inner wristlock
corkscrew wristlock
party flex
assisted outside wristlock
bent-elbow inner wristlock
full-circle outer wristlock
inverted outer wristlock (hapkido)
sidebody paintbrush

Armlocks

Crossmark armlock (Juji-gatame)
big circle armlock (shio-nage)
Kimura
paintbrushed (ude-garami)
Triceps tendon

Chokes

Rear naked
2 hand lapel
guillotine
overhead lapel
single wing
triangle
ear to ear

Sweeps

Outer major reaping
Inner major reaping
Outer minor reaping
Inner minor reaping
side sweep
swallow step

Traps

Hook leg inside (down block, hook)
hook leg outside (down block, hook)
Side X, hook
hand scissor, pull versus side kick
high X vs punch, biceps destruction

Throws

Back Carry throw (seio-nage)
Back Carry elbow assisted (morote-seio-nage)
Body Drop Throw (Tai- Otoshi)

Low Kicks

Outer thigh
Inner Thigh
outer calf
inner calf
stop kick
side stomping
shin-scraping
groin front snap
raking kick
rising heel kick