



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**

1<sup>st</sup> 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 1<sup>st</sup> 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 - 1<sup>st</sup> Degree Black Belt

1<sup>st</sup> 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