



TAEKWONDO AMERICA
3th DEGREE BLACK BELT

3RD DEGREE BLACK BELT

3RD DEGREE PATTERN

YON-GAE

51 Movements

Yon-Gae is named after a famous general during the Koguryo Dynasty, Yon Gae Somoon.

Ready Stance E

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| 1. Left Circular Double Ridgehand Block Low | Low Left Back Stance |
| 2. Right Reverse Punch High | Left Front Stance |
| 3. Right Double Fist Block | Right Back Stance |
| 4. Right Jump Spin Knife Hand Strike High | Right Back Stance |
| 5. Right X Block High | Right Back Stance |
| 6. Right Horizontal Spear Hand Strike High | Right Front Stance |
| 7. Right Downward Elbow Strike | Right Cat Stance |
| 8. Left Downward Back Fist (Ki-Hap) | Left X Stance |
| 9. Right Reverse Knife Hand Low Block | Left Front Stance |
| 10. Left Hooking Block | Parallel Stance |
| 11. Right Punch High | Parallel stance |
| 12. Right Circular Double Ridgehand Block Low | Right Back Stance |
| 13. Left Reverse Punch High | Right Front Stance |
| 14. Left Double Fist Block | Left Back Stance |
| 15. Left Jump Spin Knife Hand Strike High | Left Back Stance |
| 16. Left X Block High | Left Back Stance |
| 17. Left Horizontal Spear Hand Strike High | Left Front Stance |
| 18. Left Downward Elbow Strike | Left Cat Stance |
| 19. Right Downward Backfist Strike High (Ki-Hap) | Right X Stance |
| 20. Left Reverse Knife Hand Low Block | Right Front Stance |
| 21. Right Hooking Block (Medium) | Parallel Stance |
| 22. Left Punch High | Parallel Stance |



23. Twin Ridgehand Block	Sitting Stance
24. Twin Elbow Strike	Sitting Stance
25. Twin Inner Forearm Block	Sitting Stance
26. Right Reverse Upset Punch Middle	Left X Stance
27. Right Spin Hook Kick	
28. Left #2 Side Kick	
29. Left Downward Backfist Strike High (Ki-Hap)	Left X Stance
30. Twin Ridgehand Block	Sitting Stance
31. Twin Elbow Strike	Right X Stance
32. Twin Inner Forearm Block	Sitting Stance
33. Left Reverse Upset Punch Middle	X Stance
34. Left Spin Hook Kick	
35. Right #2 Side Kick	
36. Right Downward Backfist Strike (Ki-Hap)	Right X Stance
37. Right Double Fist Block	Right Back Stance
38. Right Low Block	Right Cat Stance
39. Left Knife Hand High	Left Back Stance
40. Left Double Fist Block	Left Back Stance
41. Left Low Block	Left Cat Stance
42. Right Knife Hand Strike High	Right Back Stance
43. Left Double Fist Block	Left Back Stance
44. Right Jump Spin Side Kick	
45. Right Double Knife Hand Block	Right Back Stance
46. Left Jump Spin Side Kick	
47. Left Double Knife Hand Block	Left Back Stance
48. Right Reverse Spearhand Low	Left Front Stance
49. Left Reverse Backward Elbow Strike	Right Back Stance
50. Left Reverse Spearhand Low	Right Front Stance
51. Right Reverse Backward Elbow Strike	Left Back Stance



3RD DEGREE DECIDED PATTERN

JUCHE

53 Movements

Juche is the philosophical idea that man is master of everything and decides everything, in other words, the idea that man is the master of the world and his own destiny. It is said that this idea was rooted in Baekdu Mountain which symbolizes the spirit of the Korean people.

Ready Stance A

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| 1. Twin Inner Forearm Block | Sitting Stance |
| 2. Right Hooking Block | Sitting Stance |
| 3. Left Punch Middle | Sitting Stance |
| 4. Twin Outer Forearm Block | Left One Leg Balance Stance |
| 5. Right Side Kick (Medium) | |
| 6. Left Double Fist Block | Left Back Stance |
| 7. Right #2 Hook Kick | |
| 8. Right Downward Back Fist (Ki-Hap) | Right X Stance |
| 9. Left Front Kick/Side Kick | |
| 10. Left Knifehand Strike Middle | Sitting Stance |
| 11. Right Reverse Horizontal Elbow Strike High | Left Front Stance |
| 12. Left Knifehand Low Block | Left X Stance |
| 13. Right Double Knifehand Block | Right Back Stance |
| 14. Left Jump Spin Knifehand Strike Middle | Left Back Stance |
| 15. Twin Inner Forearm block | Sitting Stance |
| 16. Left Hooking block | Sitting Stance |
| 17. Right Punch Middle | Sitting Stance |
| 18. Twin Outer Forearm Block | Left One Leg Balance Stance |
| 19. Left Side Kick (Medium) | |
| 20. Right Double Fist Block | Right Back Stance |
| 21. Left #2 Hook Kick | |
| 22. Left Downward Back Fist (Ki-Hap) | Left X Stance |



23. Right Front Kick/Side Kick	
24. Right Knifehand Strike Middle	Sitting Stance
25. Left Reverse Horizontal Elbow Strike High	Right Front Stance
26. Right Knifehand Low Block	Right X Stance
27. Left Double Knifehand Block	Left Back Stance
28. Right Jump Spin Knifehand Strike Middle	Right Back Stance
29. Left #2 Leg Stretch	
30. Left Double Fist Block	Left Cat Stance
31. Twin High Arc Hand	Closed Stance
32. Right Downward Elbow	Right Cat Stance
33. Left Reverse Ridgehand	Right Front Stance
34. Left Downward Elbow	Left Cat Stance
35. Right Reverse Ridgehand	Left Front Stance
36. Twin Outside Knifehand Strike High	Right Front Stance
37. Right Reverse Punch Low	Left Front Stance
38. Left Low Block	Left Back Stance
39. Right Jump Spin Side Kick	
40. Right Double Fist Block	Right Back Stance
41. Right Low Block	Right Back Stance
42. Left Jump Spin Side Kick	
43. Left Double Fist Block	Left Back Stance
44. Right Jump Side Kick (Ki-Hap)	
45. Twin Palm Heel Press Block High	Sitting Stance
46. Right Reverse Backward Elbow Strike	Left Back Stance
47. Twin Low Block	Right One Leg Stance
48. Left Spin Side Kick	
49. Left Backfist	Left Back Stance
50. Right Ridgehand Strike High	Shoulder Width Ready Stance
51. Right Jump Punch High/ Right Upset Punch (Ki-Hap)	Closed Stance
52. Left Reverse Downward Knifehand Strike	Right Front Stance
53. Right Reverse Punch Middle	Left Front Stance



3RD DEGREE SENIOR PATTERN

KO-DANG

55 Movements

Ko-Dang is the pseudonym of the patriot Cho Man Ik, who dedicated his life to the secession and education of his nation.

Ready Stance C

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| 1. Left Palm Heel Block Middle (Medium) | Sitting Stance |
| 2. Right Punch Middle | Sitting Stance |
| 3. Right Hook Kick/Round Kick | |
| 4. Left Double Fist Block | Left Back Stance |
| 5. Left Inner Forearm Block/Right Reverse Low Block | Left Back Stance |
| 6. Right Palm Heel Block Middle (Medium) | Sitting Stance |
| 7. Left Punch Middle | Sitting Stance |
| 8. Left Hook Kick/Round Kick | |
| 9. Right Double Fist Block | Right Back Stance |
| 10. Right Inner Forearm Block/Left Reverse Low block | Right Back Stance |
| 11. Twin Inner Forearm Block | Right Back Stance |
| 12. Right Jump Spin Side Kick | |
| 13. Left Double Knifehand Block | Left Back Stance |
| 14. Twin Inner forearm Block | Left Back Stance |
| 15. Left Jump Spin Side Kick | |
| 16. Right Double Knifehand Block | Right Back Stance |
| 17. Left Downward Elbow Strike | Left Cat Stance |
| 18. Right Downward Elbow Strike | Right Cats Stance |
| 19. Left Double Knifehand Press Block | Left Front Stance |
| 20. Right Double Knifehand Press Block | Right Front Stance |
| 21. Left Low Block | Left Back Stance |
| 22. Right Double Round Kick | |
| 23. Left Jump Spin Crescent Kick | |
| 24. Right Double Fist Block | Right Back Stance |
| 25. Right Low Block | Right Back Stance |
| 26. Left Double Round Kick | |
| 27. Right Jump Spin Crescent Kick | |



28. Left Double Fist Block	Left Back Stance
29. Right Upset Palm Heel Strike High	Right Cat Stance
30. Left Upset Palm Heel Strike High	Left Cat Stance
31. Right Front Kick	
32. Twin Outside Knifehand Strike High	Right Front Stance
33. Left Knifehand High Block	Left Front Stance
34. Left Knifehand Low Block	Left Back Stance
35. Right Reverse Punch Middle	Left Font Stance
36. Left Double Fist Block	Left Back Stance
37. Left Jump Front Kick	
38. Left Double Knifehand Block	Left Back Stance
39. Right Downward Backfist (Ki-Hap)	Right X Stance
40. Left Outer Forearm Block	Left Front Stance
41. Right Reverse Middle Punch	Left Front Stance
42. Right Outer Forearm Block	Right Front Stance
43. left Reverse Punch Middle	Right Front Stance
44. Right Reverse Upset Punch High (Ki-Hap)	Left Back Stance
45. Right Leg Sweep	
46. Right Downward Knifehand Strike	Right Back Stance
47. Right Side Kick (Medium)	
48. Left Double Fist Block	Left Back Stance
49. Left Reverse Upset Punch High (Ki-Hap)	Right Back Stance
50. Left Leg Sweep	
51. Left Downward Knifehand Strike	Left Back Stance
52. Left Side Kick (Medium)	
53. Right Double Fist Block	Right Back Stance
54. Right Double Knifehand Block	Right Back Stance
55. Left Double Knifehand Block	Left Back Stance



BOARD BREAKING REQUIREMENTS

3rd Degree Black Belts and above have to break boards with 2 or 3 techniques, use different legs and must break one 2-board station (women) or 3-board station (men) with a kick. 3rd Degree Senior Black Belts must break with 2 hand strikes, one with each hand.

RANK	PATTERN	BREAKING TECHNIQUES	
		KICK	HAND STRIKE
3rd Degree	Yon Gae	1: Jump Spin Kick 2: Jump Kick	1 Approved
3rd Decided	Juche	1: Jump Spin Kick 2: Jump or Spin Kick 3: Basic Kick	1 Approved
3rd Senior	Ko Dang	1: Jump Spin Kick 2: Jump or Spin Kick 4: Basic Kick	2 Approved



TESTING REQUIREMENTS BY RANK

RANK	PATTERN	MIN.TIME	BREAKING TECHNIQUES		SPAR
			KICK	HAND STRIKE	
1 st Probationary	Gwang Gae	2 Months	1: Front, Side or Round 2: Front Side or Round	None	Free Sparring
1 st Recommended	Gwang Gae	2 Months	1: Front, Side or Round 2: Front Side or Round (Different kick with each leg)	None	Free Sparring
1 st Decided	Pe Eun	4 Months	1: Basic Kick 2: Jump Kick	1 Approved	Free Sparring
1 st Senior	Ge Baek	6 Months	1: Basic Kick 2: Spin Kick	1 Approved	Free Sparring
2 nd Degree	Choong Jang	8 Months	1: Spin Kick 2: Jump Kick	None	Free Sparring
2 nd Decided	Yoo Sin	8 Months	1: Spin Kick 2: Jump Kick	1 Approved	Free Sparring
2 nd Senior	Ul Ji	10 Months	1: Jump Spin Kick 2: Spin Kick	1 Approved	Free Sparring
3 rd Degree	Yon Gae	1 Year	1: Jump Spin Kick 2: Spin Kick	1 Approved	Free Sparring
3 rd Decided	Juche	1 Year	1: Jump Spin Kick 2: Jump or Spin Kick 3: Basic Kick	1 Approved	Free Sparring
3 rd Senior	Ko Dang	1 Year	1: Jump Spin Kick 2: Jump or Spin Kick 3: Basic Kick	2 Approved	Free Sparring
4 th Decided	Choi Yong	2 Years	1: 360 Jump Spin Kick 2: Jump Spin Kick 3: Spin Kick 4: Basic Kick	1 Approved	Free Sparring
4 th Senior	Tong Il	2 Years	1: 360 Jump Spin Kick 2: Jump Spin Kick 3: Spin Kick 4: Basic Kick	2 Approved	Free Sparring
5 th Degree	Moon Moo	5 Years	1: 360 Jump Spin Kick 2: Jump Spin Kick 3: Spin Kick 4: Jump Kick 5: Basic Kick	2 Approved	Free Sparring

All ranks must do at least one kick with a different leg and if two hand techniques are required, they must use both hands.

