



**TAEKWONDO AMERICA**

**ALL SECOND DEGREE BLACK BELTS**

# SECOND DEGREE BLACK BELT MANUAL

## 2<sup>nd</sup> DEGREE

### CHOONG-JANG

54 Movements

*Choong-Jang is the pseudonym given to General Kim Duk Ryang who lived during the Yi Dynasty, 14th Century. This pattern ends with a left hand attack to symbolize the tragedy of his death at age 27 in prison before he was able to teach full maturity.*

#### Ready Stance B

- |   |                       |
|---|-----------------------|
| 1. Right Inner Forearm Block/Left Low Block         | Sitting Stance        |
| 2. Left Inner Forearm Block/Right Low Block         | Sitting Stance        |
| 3. Left Horizontal Punch (Medium)                   | Closed Stance         |
| 4. Right Reverse Two Finger Strike High             | Left Front Stance     |
| 5. Left Reverse Two Finger Strike High              | Right Front Stance    |
| 6. Right Supported Downward Back-fist               | Right Front Stance    |
| 7. Left High Block                                  | Left Front Stance     |
| 8. Right Punch High                                 | Right Front Stance    |
| 9. Left Double Fist Block                           | Left Back Stance      |
| 10. Right Front Kick                                |                       |
| 11. Right Horizontal Spear-hand High                | Right Front Stance    |
| 12. Right Drop Round Kick                           |                       |
| 13. <b>Right Punch to Groin (Ki-Hap)</b>            | Right Kneeling Stance |
| 14. Left Reverse Backward Elbow Strike              | Right Back Stance     |
| 15. Right Double Fist Block                         | Right Back Stance     |
| 16. Left Palm Heel Upset Strike High                | Left Back Stance      |
| 17. Right Knife-hand Strike High                    | Right Back Stance     |
| 18. Left X Block Low/ Knee Grab                     | Left Front Stance     |
| 19. <b>Right Knee Strike (Ki-Hap)</b>               |                       |
| 20. Left Double Knife-hand Block                    | Left Back Stance      |
| 21. Right Reverse Backward Elbow Strike             | Left Back Stance      |
| 22. Right Double Knife-hand Block Right Back Stance |                       |
| 23. Right Side Kick                                 |                       |



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24. Twin Press Block Low	Left Cat Stance
25. Right Supported Outside Block	Right Front Stance
26. Right Back-fist	Right Front Stance
27. Left Horizontal Spear-hand High	Left Back Stance
28. Right Hand Grab	Left Back Stance
29. Right Front Kick	
30. Left Horizontal Punch (Medium)	Left Front Stance
31. Left Leg Stretch/Left Backhand	Left Back Stance
32. Right Reverse Horizontal Punch To Left Palm	Left Back Stance
33. Right Leg Stretch/Right Backhand	Right Back Stance
34. Left Reverse Horizontal Punch To Right Palm	Right Back Stance
35. Left Leg Stretch/Left Knife-hand Strike High	Left Back Stance
36. Right Reverse Vertical Elbow Strike To Left Palm	Left Front Stance
37. Right Leg Stretch/Right Knife-hand Strike High	Right Back Stance
38. Left Reverse Vertical Elbow Strike To Right Palm	Right Front Stance
39. Left Circular Double Ridge-hand Block Low	Left Back Stance
40. Right Reverse Nine Block	Left Front Stance
41. Right Circular Double Ridge-hand Block Low	Right Back Stance
42. Left Reverse Nine Block	Right Front Stance
43. <b>Twin Knife-hand Strike High (Ki-Hap)</b>	Left Front Stance
44. Right Reverse Arc Hand Grab High	Left Front Stance
45. Right Front Kick	
46. Left Reverse Arc Hand Grab High	Right Front Stance
47. Left Front Kick	
48. Right Reverse Punch High	Left Front Stance
49. Left Punch High	Left Front Stance
50. Twin Inverted Punch High (Medium)	Closed Stance
51. Left Knife-hand Low Block	Left Front Stance
52. Right Reverse Palm Heel Strike High	Left Front Stance
53. Right Knife-hand Low Block	Right Front Stance
54. Left Reverse Palm Heel Strike High	Right Front Stance



# SECOND DEGREE BLACK BELT MANUAL

## 2<sup>nd</sup> DEGREE DECIDED

### YOO-SIN

69 Movements

*Named after General Kim Yoo Sin, a commanding general during the Silla Dynasty. The ready stance signifies a sword drawn on the right rather than the left side, symbolizing Yoo Sin's mistake of following his King's orders to fight with foreign forces against his own nation.*

Ready Stance E

- |  |                    |
|--|--------------------|
| 1. <b>Twin Elbow Strike (Ki-Hap)</b>     | Sitting Stance     |
| 2. Left Over the Shoulder Punch          | Sitting Stance     |
| 3. Right Over the Shoulder Punch         | Sitting Stance     |
| 4. Right Hooking Block (Medium)          | Sitting Stance     |
| 5. Left Punch Middle                     | Sitting Stance     |
| 6. Left Hooking Block (Medium)           | Sitting Stance     |
| 7. Right Punch Middle                    | Sitting Stance     |
| 8. Left Outer Forearm Block              | Left Front Stance  |
| 9. Right Reverse Inner Forearm Block     | Left Front Stance  |
| 10. Left Palm Heel Upset Strike High     | Sitting Stance     |
| 11. Right Punch Middle                   | Sitting Stance     |
| 12.. Right Outer Forearm Block           | Right Front Stance |
| 13. Left Reverse Inner Forearm Block     | Right Front Stance |
| 14. Right Palm Heel Upset Strike High    | Sitting Stance     |
| 15. Left Punch Middle                    | Sitting Stance     |
| 16. Right Reverse Hooking Block (Medium) | Left Front Stance  |
| 17. Left Punch Middle                    | Sitting Stance     |
| 18. Left Reverse Hooking Block (Medium)  | Right Front Stance |
| 19. Right Punch Middle                   | Sitting Stance     |
| 20. Left X Block Low                     | Left Front Stance  |
| 21. Left Knife-hand X Block High         | Left Front Stance  |
| 22. Wrist Release                        | Left Front Stance  |
| 23. Right Reverse Punch Middle           | Left Front Stance  |



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24. Right Front Kick	
25. Left Reverse Punch Middle	Right Front Stance
26. Right X Block Low	Right Front Stance
27. Right Knife-hand X Block High	Right Front Stance
28. Wrist Release	Right Front Stance
29. Left Reverse Punch Middle	Right Front Stance
30. Left Front Kick	
31. Right Reverse Punch Middle	Left Front Stance
32. Right Double Knife-hand Block	Right Back Stance
33. Left Double Knife-hand Block	Left Back Stance
34. Right Double Knife-hand Block	Right Back Stance
35. Left Double Knife-hand Block	Left Back Stance
36. Right Double Inner Forearm Block	Right Front Stance
37. Right Inner Forearm Block/Left Reverse Low Block	Right Front Stance
38. Left Double Inner Forearm Block	Left Front Stance
39. Left Inner Forearm Block/Right Reverse Low Block	Left Front Stance
40. <b>Right Punch Middle (Ki-Hap)</b>	Right Front Stance
41. Left Ridge-hand Block High	Left Back Stance
42. Ready Stance C (Medium)	Closed Stance
43. Twin Upset Punch Middle	Right Front Stance
44. Twin Upset Punch Middle	Left Front Stance
45. Right Inner Forearm Block	Right Back Stance
46. Left Reverse Horizontal Punch	Right Back Stance
47. Right Horizontal Punch (Medium)	Closed Stance
48. Left Inner Forearm Block	Left Back Stance
49. Right Reverse Horizontal Punch	Left Back Stance
50. Left Horizontal Punch (Medium)	Closed Stance
51. Left C-Punch	Left Back Stance
52. Right C-Punch	Right Back Stance
53. Right Leg Stretch	
54. Right Supported Outside Block	Sitting Stance
55. Right Inner Leg Block/Right Outer Forearm Block	Sitting Stance



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56. Left Inner Leg Block/Right Supported Outside Block	Sitting Stance
57. Right Backhand	Sitting Stance
58. Left Inside Crescent Kick to Right Palm /Side Kick	
59. Left Backhand	Sitting Stance
60. Right Inside Crescent Kick to Left Palm/Side Kick	
61. Right Nine Block	Sitting Stance
62. Left Nine Block	Sitting Stance
63. Right Nine Block	Sitting Stance
64. Left Nine Block	Sitting Stance
65. <b>Right Downward Hammer-fist (Ki-Hap)</b>	Closed Stance
66. Twin Punch High	Left Front Stance
67. Twin Punch High	Left Front Stance
68. Left Double Knife-hand Block	Left Back Stance
69. Right Double Knife-hand Block	Right Back Stance



# SECOND DEGREE BLACK BELT MANUAL

## 2<sup>nd</sup> DEGREE SENIOR

### UL-JI

#### 42 Movements

*Ul-Ji is named after General Ul-Ji Moon Dok who successfully defended Korea against a Tang's invasion force of nearly 1 million soldiers. Ul-Ji,, employing hit and run guerrilla tactics, was able to decimate a large percentage of the force. The diagram (Z) represents his surname. The 42 movements represents the author's age when he designed the pattern.*

Ready Stance F

- |   |                    |
|---|--------------------|
| 1. <b>Twin Horizontal Hammer-fist Strike High (Ki-Hap)</b>          | Right Front Stance |
| 2. Left X Block Low   | Left Front Stance  |
| 3. Left Knife-hand X Block High                                     | Left Front Stance  |
| 4. Right Reverse Outside Knife-hand Strike/Left Ridge-hand Block    | Left Front Stance  |
| 5. Left Backhand High   | Sitting Stance     |
| 6. Right Inside Crescent Kick To Left Palm                          |                    |
| 7. Right Horizontal Elbow Strike                                    | Sitting Stance     |
| 8. Right Horizontal Punch   | Sitting Stance     |
| 9. Left Low Block/Right Back-fist                                   | Sitting Stance     |
| 10. Twin Fists on Hips (Medium)                                     | Closed Stance      |
| 11. Right Side Kick   |                    |
| 12. Twin Elbow Strike   | Left X Stance      |
| 13. Left Double Horizontal Punch                                    | Sitting Stance     |
| 14. Right Outside Knife-hand Strike High/Left Knife-hand High Block | Parallel Stance    |
| 15. Left Double Knife-hand Block                                    | Left Back Stance   |
| 16. Right Jump Spin Side Kick                                       |                    |
| 17. Right Double Inner Forearm Block                                | Right Front Stance |
| 18. Ready Stance B (Medium)   | Closed Stance      |
| 19. Right Hammer-fist To Left Palm                                  | Right X Stance     |
| 20. Left Reverse High Block   | Right Front Stance |
| 21. Left Front Kick   |                    |



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22. Right Reverse Punch High	Left Front Stance
23. Right Spear-hand Middle	Right Front Stance
24. Left Spinning Crescent Kick	
25. <b>Left Back-fist (Ki-Hap)</b>	Sitting Stance
26. Twin Low Block sides of body	Right Front Stance
27. Right Jump Front Kick	
28. Right Knife-hand X Block Middle	Right Back Stance
29. Left X-Block Low/ Twin Inner Forearm Block	Left Back Stance
30. Left Front Kick	
31. Twin Punch High	Left Front Stance
32. Right Knife-hand Block/Left Reverse Palm Heel Strike High	Right Back Stance
33. Left Punch High	Left Back Stance
34. Left Double Fist Block	Left Back Stance
35. Right Round Kick	
36. Left Spin Side Kick	
37. Left Double Fist Block	Left Back Stance
38. Right Palm Heel Upset Strike High	Right Back Stance
39. Left Reverse Inner Forearm Block	Right Front Stance
40. Right Reverse Inner Forearm Block	Left Front Stance
41. Left Punch High	Sitting Stance
42. <b>Right Punch High (Ki-Hap)</b>	Sitting Stance





# SECOND DEGREE BLACK BELT MANUAL

## BOARD BREAKING REQUIREMENTS

2nd Degree Black Belts and above have to break boards with 2 kick techniques and use different legs.

2nd Degree Senior must break one 2-board station (women) or 3-board station (men) with a kick.

RANK	PATTERN	BREAKING TECHNIQUES	
		KICK	HAND STRIKE
2nd Degree	Choong-Jang	1: Jump Kick 2: Spin Kick	None
2nd Degree Decided	Yoo -in	1: Jump Kick 2: Spin Kick	1 Approved
2nd Degree Senior	Ul-Ji	1: Jump Spin Kick 2: Spin Kick	1 Approved



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## TESTING REQUIREMENTS BY RANK

RANK	PATTERN	MIN.TIME	BREAKING TECHNIQUES		SPAR
			KICK	HAND STRIKE	
1 <sup>st</sup> Degree Probationary	Gwang Gae	2 Months	1: Front, Side or Round 2: Front Side or Round	None	Free Sparring
1 <sup>st</sup> Degree Recommended	Gwang Gae	2 Months	1: Front, Side or Round 2: Front Side or Round (Different kick with each leg)	None	Free Sparring
1 <sup>st</sup> Degree Decided	Pe Eun	4 Months	1: Basic Kick 2: Jump Kick	1 Approved	Free Sparring
1 <sup>st</sup> Degree Senior	Ge Baek	6 Months	1: Basic Kick 2: Spin Kick	1 Approved	Free Sparring
2 <sup>nd</sup> Degree	Choong Jang	8 Months	1: Spin Kick 2: Jump Kick	None	Free Sparring
2 <sup>nd</sup> Degree Decided	Yoo Sin	8 Months	1: Spin Kick 2: Jump Kick	1 Approved	Free Sparring
2 <sup>nd</sup> Degree Senior	Ul Ji	10 Months	1: Jump Spin Kick 2: Spin Kick	1 Approved	Free Sparring
3 <sup>rd</sup> Degree	Yon Gae	1 Year	1: Jump Spin Kick 2: Jump Kick	1 Approved	Free Sparring
3 <sup>rd</sup> Degree Decided	Juche	1 Year	1: Jump Spin Kick 2: Jump or Spin Kick 3: Basic Kick	1 Approved	Free Sparring
3 <sup>rd</sup> Degree Senior	Ko Dang	1 Year	1: Jump Spin Kick 2: Jump or Spin Kick 3: Basic Kick	2 Approved	Free Sparring
4 <sup>th</sup> Degree 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 <sup>th</sup> Degree 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 <sup>th</sup> 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 each leg and if two hand techniques are required, they must use each hand.

