



TAEKWONDO AMERICA

ALL THIRD DEGREE BLACK BELTS

THIRD DEGREE BLACK BELT MANUAL

3rd DEGREE

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 Ridge-hand 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 Ridge-hand 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 Back-fist 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 Ridge-hand Block | Sitting Stance |
| 24. Twin Elbow Strike | Sitting Stance |



THIRD DEGREE BLACK BELT MANUAL

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 Back-fist Strike High (Ki-Hap)	Left X Stance
30. Twin Ridge-hand 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 Back-fist 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



THIRD DEGREE BLACK BELT MANUAL

3rd DEGREE DECIDED

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 Knife-hand Strike Middle | Sitting Stance |
| 11. Right Reverse Horizontal Elbow Strike High | Left Front Stance |
| 12. Left Knife-hand Low Block | Left X Stance |
| 13. Right Double Knife-hand Block | Right Back Stance |
| 14. Left Jump Spin Knife-hand 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 |



THIRD DEGREE BLACK BELT MANUAL

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| 23. Right Front Kick/Side Kick | |
| 24. Right Knife-hand Strike Middle | Sitting Stance |
| 25. Left Reverse Horizontal Elbow Strike High | Right Front Stance |
| 26. Right Knife-hand Low Block | Right X Stance |
| 27. Left Double Knife-hand Block | Left Back Stance |
| 28. Right Jump Spin Knife-hand 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 Ridge-hand | Right Front Stance |
| 34. Left Downward Elbow | Left Cat Stance |
| 35. Right Reverse Ridge-hand | Left Front Stance |
| 36. Twin Outside Knife-hand 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 Back-fist | Left Back Stance |
| 50. Right Ridge-hand Strike High | Shoulder Width Ready |
| Stance | |
| 51. Right Jump Punch High/ Right Upset Punch (Ki-Hap) | Closed Stance |
| 52. Left Reverse Downward Knife-hand Strike | Right Front Stance |



THIRD DEGREE BLACK BELT MANUAL

53. Right Reverse Punch Middle

Left Front Stance

3rd DEGREE SENIOR

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 Knife-hand Block | Left Back Stance |
| 14. Twin Inner forearm Block | Left Back Stance |
| 15. Left Jump Spin Side Kick | |
| 16. Right Double Knife-hand Block | Right Back Stance |
| 17. Left Downward Elbow Strike | Left Cat Stance |
| 18. Right Downward Elbow Strike | Right Cats Stance |
| 19. Left Double Knife-hand Press Block | Left Front Stance |
| 20. Right Double Knife-hand 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 |



THIRD DEGREE BLACK BELT MANUAL

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| 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 Knife-hand Strike High | Right Front Stance |
| 33. Left Knife-hand High Block | Left Front Stance |
| 34. Left Knife-hand Low Block | Left Back Stance |
| 35. Right Reverse Punch Middle | Left Front Stance |
| 36. Left Double Fist Block | Left Back Stance |
| 37. Left Jump Front Kick | |
| 38. Left Double Knife-hand Block | Left Back Stance |
| 39. Right Downward Back-fist (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 Knife-hand 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 Knife-hand Strike | Left Back Stance |
| 52. Left Side Kick (Medium) | |
| 53. Right Double Fist Block | Right Back Stance |
| 54. Right Double Knife-hand Block | Right Back Stance |
| 55. Left Double Knife-hand Block | Left Back Stance |



THIRD DEGREE BLACK BELT MANUAL

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



THIRD DEGREE BLACK BELT MANUAL

TESTING REQUIREMENTS BY RANK

RANK	PATTERN	MIN.TIME	BREAKING TECHNIQUES		SPAR
			KICK	HAND STRIKE	
1 st Degree Probationary	Gwang Gae	2 Months	1: Front, Side or Round 2: Front Side or Round	None	Free Sparring
1 st 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 st Degree Decided	Pe-Eun	4 Months	1: Basic Kick 2: Jump Kick	1 Approved	Free Sparring
1 st Degree 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 Degree Decided	Yoo-Sin	8 Months	1: Spin Kick 2: Jump Kick	1 Approved	Free Sparring
2 nd Degree 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: Jump Kick	1 Approved	Free Sparring
3 rd Degree Decided	Juche	1 Year	1: Jump Spin Kick 2: Jump or Spin Kick 3: Basic Kick	1 Approved	Free Sparring
3 rd Degree Senior	Ko-Dang	1 Year	1: Jump Spin Kick 2: Jump or Spin Kick 3: Basic Kick	2 Approved	Free Sparring
4 th 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 th 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 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.

