

TAEKWON-DO: THEORY SYLLABUS

PLEASE NOTE THAT THIS IS THE AUTHORS OWN WORK, FOR HIS OWN STUDY, AND AS SUCH IS NOT ENDORSED OR NECESSARILY REPRESENTATIVE OF PUMA. IT IS BASED ON THE PUMA STUDENT HANDBOOK AND INFORMATION RESEARCHED INDEPENDENTLY, BY THE AUTHOR.

TAEKWON-DO GENERAL

WHO IS YOUR INSTRUCTOR:

WHO IS YOUR GRADING EXAMINER:

WHAT DOES P.U.M.A STAND FOR:

WHEN WAS P.U.M.A FOUNDED / FORMED:

WHO IS THE CHAIRMAN OF P.U.M.A:

WHAT IS TAEKWON-DO:

TRANSLATE - TAE:

TRANSLATE - KWON:

TRANSLATE - DO:

THEREFORE TAEKWON-DO MEANS:

WHAT ARE THE 5 TENETS OF TAEKWON-DO:

WHAT DO THE 5 TENETS OF TAEKWON- DO MEAN:

COURTESY:

INTEGRITY:

PERSEVERENCE:

SELF CONTROL:

INDOMITABLE SPIRIT:

HOW DOES KIHAP TRANSLATE IN KOREAN:

TAEKWON-DO HISTORY

WHEN WAS TAEKWON-DO FOUNDED:

WHO FOUNDED TAEKWON-DO:

KOREA'S FIRST FIGHTING SYSTEM WAS:

PRACTISED IN:

BY:

THIS SYSTEM DEVELOPED INTO:

WHEN DID THE JAPANESE OCCUPY KOREA AND OUTLAW TAE KYON:

HOW DID TAE KYON SURVIVE:

WHEN WAS GENERAL CHOI SENT TO STUDY CALLIGRAPHY:

WHO WAS HIS TEACHER THAT SECRETLY PRACTICED TAE KYON:

WHEN WAS GENERAL CHOI SENT TO JAPAN TO FURTHER HIS EDUCATION:

WHILST IN JAPAN WHAT DID GENERAL CHOI STUDY:

WHAT GRADE DID GENERAL CHOI ACHIEVE WHILST STUDYING KARATE:

WHEN DID GENERAL CHOI RETURN TO KOREA:

ON HIS RETURN TO KOREA WHAT HAPPENED TO GENERAL CHOI:

WHAT 3 THINGS HAPPENED IN 1945:

GENERAL CHOI BECAME 2ND LIEUTENANT IN THE NEWLY FORMED KOREAN ARMY IN:

ON BEING PROMOTED TO 1ST LIEUTENANT GENERAL CHOI WAS SENT TO:

GENERAL CHOI STARTED, WHICH INFANTRY, WHERE TAEKWON-DO DEVELOPED TO MATURITY:

WHEN WAS TAEKWON-DO, EVENTUALLY RECOGNISED:

AFTER BEING APPOINTED TO PRESIDENT OF THE TAEKWON-DO ASSOCIATION, THE INTERNATIONAL TAEKWON-DO FEDERATION WAS FOUNDED IN:

WHEN DID GENERAL CHOI LEAVE SOUTH KOREA TO CONTINUE THE ITF IN CANADA:

WHEN WAS TAEKWON-DO BROUGHT TO THIS COUNTRY:

BY WHO:

WHERE:

THE KOREAN FLAG

WHAT IS THE KOREAN FLAG CALLED:

THE SYMBOL IS CALLED:

THE UPPER RED SECTION IS CALLED:

THE LOWER BLUE SECTION IS CALLED:

TAE KEUK IS THE ANCIENT SYMBOL OF:

THE CENTRAL THOUGHT IS:

YANG IS ASSOCIATED WITH:

UM IS ASSOCIATED WITH:

THE 3 UNBROKEN LINES IN THE UPPER LEFT CORNER REPRESENT:

THE OPPOSITE 3 BROKEN LINES IN THE LOWER RIGHT REPRESENT:

THE BARS IN THE LOWER LEFT REPRESENT:

THE OPPOSITE BARS IN THE UPPER RIGHT REPRESENT:

TAEKWON-DO OATH

WHAT IS THE TAEKWON-DO OATH:

9 SECRETS OF TAEKWON-DO

WHAT ARE THE 9 SECRETS OF TAEKWON-DO:

TAEKWON-DO TARGET AREAS

WHAT ARE THE TARGET AREAS – HIGH:

EYES:

NOSE:

JAW POINT:

JAW HINGE:

NECK:

BASE OF SKULL:

PHILTRUM:

THROAT:

TEMPLE:

WHAT ARE THE TARGET AREAS – MIDDLE:

SOLAR PLEXUS:

HEART:

KIDNEYS:

CHEST:

STOMACH:

ARMPIT:

RIBS:

COLLAR BONE:

BACK:

WHAT ARE THE TARGET AREAS – LOW:

GROIN:

COCCYX:

KNEE:

SHIN:

INSTEP:

ACHILLES TENDON:

TAEKWON-DO GENERAL TERMS

WHAT IS MIDDLE SECTION INNER FOREARM BLOCK:

WHAT IS LOWER SECTION OUTER FOREARM BLOCK:

WHAT ARE THE – FOOT PARTS:

INSTEP:

SIDE INSTEP:

SIDE SOLE:

FOOTSWORD:

BALL OF FOOT:

REVERSE FOOTSWORD:

BACK SOLE:

BACK HEEL:

WHAT ARE THE - HAND PARTS:

FINGERTIPS:

KNIFEHAND:

PALM:

ARC HAND:

BACK FIST:

FORE FIST:

SIDE FIST:

REVERSE KNIFEHAND:

TAEKWON-DO PATTERNS

WHAT DO THE NUMBER OF MOVEMENTS AND THE DIAGRAMMATIC SYMBOL OF PATTERNS SYMBOLISE:

WHAT IS A PATTERN:

WHY DO WE PERFORM PATTERNS:

HOW MANY PATTERNS ARE THERE:

WHY ARE THEIR 24 PATTERNS:

TAEKWON-DO WHITE BELT

WHAT KUP IS WHITE:

WHAT IS THE MEANING OF WHITE BELT:

WHAT IS THE MEANING OF YELLOW BELT:

WHITE (10TH KUP) – GENERAL TERMS

LEFT:

RIGHT:

TRAINING HALL:

TRAINING SUIT:

INSTRUCTOR:

BELT:

STUDENT:

PRESS-UPS:

WHITE (10TH KUP) – COMMANDS

ATTENTION:

BOW:

READY:

START:

STOP:

RETURN TO READY STANCE:

DISMISS:

FORWARDS:

BACKWARDS:

ABOUT TURN:

WHITE (10TH KUP) – COUNTING

ONE:

TWO:

THREE:

FOUR:

FIVE:

SIX:

SEVEN:

EIGHT:

NINE:

TEN:

WHITE (10TH KUP) – BODY SECTIONS

LOW:
MIDDLE:
HIGH:

WHITE (10TH KUP) – PARTS OF THE BODY

FOREFIST:

FOREARM:

INNER FOREARM:

OUTER FOREARM:

KNIFEHAND:

WHITE (10TH KUP) – DEFENSIVE MOVES

INNER FOREARM BLOCK:

OUTER FOREARM BLOCK:

KNIFEHAND BLOCK:

RISING KICK:

SIDE RISING KICK:

WHITE (10TH KUP) – OFFENSIVE MOVES

OBVERSE PUNCH:

REVERSE PUNCH:

WHITE (10TH KUP) – EXERCISES

FOUR DIRECTIONAL PUNCH:

FOUR DIRECTIONAL BLOCK:

WHITE (10TH KUP) – STANCES

ATTENTION STANCE:

PARALLEL STANCE:

SITTING STANCE:

WALKING STANCE:

WHAT IS FOUR DIRECTIONAL PUNCH:

HOW MANY MOVEMENTS DO BOTH METHODS OF SAJO JIRUGI HAVE:

HOW MANY MOVEMENTS DOES SAJO MAKI HAVE:

TAEKWON-DO YELLOW STRIPE BELT

WHAT KUP IS YELLOW STRIPE:

WHAT IS THE MEANING OF YELLOW BELT:

YELLOW STRIPE (9TH KUP) – GENERAL TERMS

PATTERN:

STRIKE:

YELLOW STRIPE (9TH KUP) – PARTS OF THE BODY

BALL OF FOOT:

YELLOW STRIPE (9TH KUP) – STANCES

L STANCE:

YELLOW STRIPE (9TH KUP) – DEFENSIVE MOVES

RISING BLOCK:

YELLOW STRIPE (9TH KUP) – OFFENSIVE MOVES

OPEN FIST STRIKE:

HIGH SECTION OBVERSE PUNCH:

FRONT SNAP KICK:

YELLOW STRIPE (9TH KUP) – SPARRING

THREE STEP SPARRING:

WHAT IS THREE STEP SPARRING:

WHAT IS THE YELLOW STRIPE (9TH KUP) PATTERN:

HOW MANY MOVEMENTS DOES CHON-JI HAVE:

WHAT IS THE MEANING OF CHON-JI:

TAEKWON-DO YELLOW BELT

WHAT KUP IS YELLOW:

WHAT IS THE MEANING OF YELLOW BELT:

WHAT IS THE MEANING OF GREEN BELT:

YELLOW (8TH KUP) – GENERAL TERMS

INWARD:

OUTWARD:

UPWARD:

DOWNWARD:

YELLOW (8TH KUP) – DEFENSIVE MOVES

KNIFEHAND GUARDING BLOCK:

TWIN FOREARM BLOCK:

INWARD OUTER FOREARM BLOCK:

YELLOW (8TH KUP) – OFFENSIVE MOVES

SIDE FRONT SNAP KICK:

MIDDLE KNIFEHAND STRIKE:

MIDDLE REVERSE PUNCH:

YELLOW (8TH KUP) – SPARRING

THREE STEP SPARRING:

WHAT IS THREE STEP SPARRING:

WHAT IS THE YELLOW (8TH KUP) PATTERN:

HOW MANY MOVEMENTS DOES DAN-GUN HAVE:

WHAT IS THE MEANING OF DAN-GUN:

DEFINE CONTINUOUS MOTION:

DEFINE FAST MOTION:

TAEKWON-DO GREEN STRIPE BELT

WHAT KUP IS GREEN STRIPE:

WHAT IS THE MEANING OF GREEN BELT:

GREEN STRIPE (7TH KUP) – GENERAL TERMS

KICK:

THRUST:

STRAIGHT:

GREEN STRIPE (7TH KUP) – PARTS OF THE BODY

FOOTSWORD:

BALL OF FOOT:

FINGERTIPS:

GREEN STRIPE (7TH KUP) – DEFENSIVE MOVES

HIGH OUTER FOREARM BLOCK:

WEDGING BLOCK:

RELEASE MOVE:

GREEN STRIPE (7TH KUP) – OFFENSIVE MOVES

BACKFIST STRIKE:

SIDE KICK:

SIDE PIERCING KICK:

STRAIGHT FINGERTIP THRUST:

TURNING KICK:

GREEN STRIPE (7TH KUP) – SPARRING

THREE STEP SPARRING:

THREE STEP SEMI FREE SPARRING:

WHAT IS THREE STEP SPARRING:

WHAT IS THREE STEP SEMI FREE SPARRING:

WHAT IS THE GREEN STRIPE (7TH KUP) PATTERN:

HOW MANY MOVEMENTS DOES DO-SAN HAVE:

WHAT IS THE MEANING OF DO-SAN:

TAEKWON-DO GREEN BELT

WHAT KUP IS GREEN:

WHAT IS THE MEANING OF GREEN BELT:

WHAT IS THE MEANING OF BLUE BELT:

GREEN (6TH KUP) – GENERAL TERMS

BACK:

GREEN (6TH KUP) – PARTS OF THE BODY

FOOT PARTS:

HAND PARTS:

ELBOW:

GREEN (6TH KUP) – STANCES

BENDING STANCE:

FIXED STANCE:

CLOSED READY STANCE A:

GREEN (6TH KUP) – DEFENSIVE MOVES

FOREARM GUARDING BLOCK:

WAIST BLOCK:

CIRCULAR BLOCK:

X-FIST PRESSING BLOCK:

UPWARD PALM BLOCK:

GREEN (6TH KUP) – OFFENSIVE MOVES

REVERSE SIDE KICK:

TWIN VERTICAL PUNCH:

INWARD KNIFEHAND STRIKE:

SIDE ELBOW STRIKE:

GREEN (6TH KUP) – SPARRING

THREE STEP SEMI FREE SPARRING:

TWO STEP SPARRING:

FREE SPARRING:

WHAT IS THREE STEP SEMI FREE SPARRING:

WHAT IS TWO STEP SPARRING:

WHAT IS FREE SPARRING:

WHAT IS THE GREEN (6TH KUP) PATTERN:

HOW MANY MOVEMENTS DOES WON-HYO HAVE:

WHAT IS THE MEANING OF WON-HYO:

TAEKWON-DO BLUE STRIPE BELT

WHAT KUP IS BLUE STRIPE:

WHAT IS THE MEANING OF BLUE BELT:

BLUE STRIPE (5TH KUP) – GENERAL TERMS

JUMPING:

BLUE STRIPE (5TH KUP) – PARTS OF THE BODY

ARC HAND:

BACK SOLE:

BACK HEEL:

BLUE STRIPE (5TH KUP) – STANCES

X-STANCE:

BLUE STRIPE (5TH KUP) – DEFENSIVE MOVES

DOUBLE FOREARM BLOCK:

HOOKING BLOCK:

TWIN KNIFEHAND BLOCK:

INWARD PALM BLOCK:

BLUE STRIPE (5TH KUP) – OFFENSIVE MOVES

TWIN UPSET PUNCH:

HOOKING KICK:

REVERSE TURNING KICK:

UPWARD KNEE STRIKE:

FRONT ELBOW STRIKE:

FLAT FINGERTIP THRUST:

BLUE STRIPE (5TH KUP) – SPARRING

THREE STEP SEMI FREE SPARRING:

TWO STEP SPARRING:

FREE SPARRING:

WHAT IS THREE STEP SEMI FREE SPARRING:

WHAT IS TWO STEP SPARRING:

WHAT IS FREE SPARRING:

WHAT IS THE BLUE STRIPE (5TH KUP) PATTERN:

HOW MANY MOVEMENTS DOES YUL-GOK HAVE:

WHAT IS THE MEANING OF YUL-GOK:

DEFINE CONNECTING MOTION:

TAEKWON-DO BLUE BELT

WHAT KUP IS BLUE:

WHAT IS THE MEANING OF BLUE BELT:

WHAT IS THE MEANING OF RED BELT:

BLUE (4TH KUP) – PARTS OF THE BODY

REVERSE KNIFEHAND:

SIDE SOLE:

BLUE (4TH KUP) – STANCES

CLOSED READY STANCE B:

REAR FOOT STANCE:

LOW STANCE:

BLUE (4TH KUP) – DEFENSIVE MOVES

U-SHAPE BLOCK:

REVERSE KNIFEHAND BLOCK:

RISING X-FIST BLOCK:

BLUE (4TH KUP) – OFFENSIVE MOVES

ANGLE PUNCH:

UPPER ELBOW STRIKE:

DOWNWARD KICK:

PRESSING KICK:

SIDE THRUST KICK:

REVERSE TURNING HOOKING KICK:

CONSECUTIVE KICK:

BLUE (4TH KUP) – SPARRING

FREE SPARRING:

ONE STEP SPARRING:

WHAT IS FREE SPARRING:

WHAT IS ONE STEP SPARRING:

WHAT IS THE BLUE (4TH KUP) PATTERN:

HOW MANY MOVEMENTS DOES JOONG-GUN HAVE:

WHAT IS THE MEANING OF JOONG-GUN:

TAEKWON-DO RED STRIPE BELT

WHAT KUP IS RED STRIPE:

WHAT IS THE MEANING OF RED BELT:

RED STRIPE (3RD KUP) – GENERAL TERMS

FLYING:

GRASPING:

RED STRIPE (3RD KUP) – STANCES

CLOSED STANCE:

RED STRIPE (3RD KUP) – DEFENSIVE MOVES

W-SHAPE BLOCK:

LOW DOUBLE FOREARM PUSHING BLOCK:

RED STRIPE (3RD KUP) – OFFENSIVE MOVES

UPSET FINGERTIP THRUST:

UPWARD KNEE KICK:

FRONT GRASP:

TWIN SIDE ELBOW:

FRONT PUSHING KICK:

RED STRIPE (3RD KUP) – SPARRING

FREE SPARRING:

ONE STEP SPARRING:

WHAT IS FREE SPARRING:

WHAT IS ONE STEP SPARRING:

WHAT IS THE RED STRIPE (3RD KUP) PATTERN:

HOW MANY MOVEMENTS DOES TOI-GYE HAVE:

WHAT IS THE MEANING OF TOI-GYE:

TAEKWON-DO RED BELT

WHAT KUP IS RED:

WHAT IS THE MEANING OF RED BELT:

WHAT IS THE MEANING OF BLACK BELT:

RED (2ND KUP) – PARTS OF THE BODY

PALM:

INSTEP:

REVERSE FOOTSWORD:

RED (2ND KUP) – STANCES

VERTICAL STANCE:

CLOSED READY STANCE C:

RED (2ND KUP) – DEFENSIVE MOVES

PALM PUSHING BLOCK:

RED (2ND KUP) – OFFENSIVE MOVES

DOWNWARD KNIFEHAND STRIKE:

UPWARD PUNCH:

RED (2ND KUP) – SPARRING

FREE SPARRING:

ONE STEP SPARRING:

WHAT IS FREE SPARRING:

WHAT IS ONE STEP SPARRING:

WHAT IS THE RED (2ND KUP) PATTERN:

HOW MANY MOVEMENTS DOES HWA-RANG HAVE:

WHAT IS THE MEANING OF HWA-RANG:

NAME THE THREE KINGDOMS OF KOREA AS REFERENCED IN HWA-RANG:

WHOS INFANTRY DIVISION WAS THE 29TH INFANTRY DIVISION:

TAEKWON-DO BLACK STRIPE BELT

WHAT KUP IS BLACK STRIPE:

WHAT IS THE MEANING OF BLACK BELT:

BLACK STRIPE (1ST KUP) – PARTS OF THE BODY

SIDE INSTEP:

BLACK STRIPE (1ST KUP) – STANCES

BENDING READY STANCE B:

BLACK STRIPE (1ST KUP) – DEFENSIVE MOVES

TWIN UPWARD PALM BLOCK:

SIDE X KNIFEHAND CHECKING BLOCK:

BLACK STRIPE (1ST KUP) – OFFENSIVE MOVES

BACK PIERCING KICK:

TWISTING KICK:

FLYING SIDE KICK:

FRONT KNIFEHAND STRIKE:

FRONT REVERSE KNIFEHAND STRIKE:

BLACK STRIPE (1ST KUP) – SPARRING

FREE SPARRING:

ONE STEP SPARRING:

WHAT IS FREE SPARRING:

WHAT IS ONE STEP SPARRING:

WHAT IS THE BLACK STRIPE (1ST KUP) PATTERN:

HOW MANY MOVEMENTS DOES CHOONG-MOO HAVE:

WHAT IS THE MEANING OF CHOONG-MOO:

TAEKWON-DO: SUMMARY

TAEKWON-DO STANCES

ATTENTION STANCE:
PARALLEL STANCE:
SITTING STANCE:
WALKING STANCE:
L STANCE:
BENDING STANCE:
FIXED STANCE:
CLOSED READY STANCE A:
X-STANCE:
CLOSED READY STANCE B:
REAR FOOT STANCE:
LOW STANCE:
CLOSED STANCE:
VERTICAL STANCE:
CLOSED READY STANCE C:
BENDING READY STANCE B:

TAEKWON-DO BLOCKS

INNER FOREARM BLOCK:
OUTER FOREARM BLOCK:
KNIFEHAND BLOCK:
RISING BLOCK:
KNIFEHAND GUARDING BLOCK:
TWIN FOREARM BLOCK:
INWARD OUTER FOREARM BLOCK:
HIGH OUTER FOREARM BLOCK:
WEDGING BLOCK:
FOREARM GUARDING BLOCK:
WAIST BLOCK:
CIRCULAR BLOCK:
X-FIST PRESSING BLOCK:
UPWARD PALM BLOCK:
DOUBLE FOREARM BLOCK:
HOOKING BLOCK:
TWIN KNIFEHAND BLOCK:
INWARD PALM BLOCK:
U-SHAPE BLOCK:
REVERSE KNIFEHAND BLOCK:
RISING X-FIST BLOCK:

W-SHAPE BLOCK:
LOW DOUBLE FOREARM PUSHING BLOCK:
PALM PUSHING BLOCK:
TWIN UPWARD PALM BLOCK:
SIDE X KNIFEHAND CHECKING BLOCK:

TAEKWON-DO KICKS

RISING KICK:
SIDE RISING KICK:
FRONT SNAP KICK:
SIDE FRONT SNAP KICK:
SIDE KICK:
SIDE PIERCING KICK:
TURNING KICK:
REVERSE SIDE KICK:
HOOKING KICK:
REVERSE TURNING KICK:
DOWNWARD KICK:
PRESSING KICK:
SIDE THRUST KICK:
REVERSE TURNING HOOKING KICK:
CONSECUTIVE KICK:
UPWARD KNEE KICK:
FRONT PUSHING KICK:
BACK PIERCING KICK:
TWISTING KICK:
FLYING SIDE KICK:

TAEKWON-DO PUNCHES

OBVERSE PUNCH:
REVERSE PUNCH:
HIGH SECTION OBVERSE PUNCH:
MIDDLE REVERSE PUNCH:
TWIN VERTICAL PUNCH:
TWIN UPSET PUNCH:
ANGLE PUNCH:
UPWARD PUNCH:

TAEKWON-DO STRIKES

OPEN FIST STRIKE:
MIDDLE KNIFEHAND STRIKE:
BACKFIST STRIKE:
INWARD KNIFEHAND STRIKE:
SIDE ELBOW STRIKE:
UPWARD KNEE STRIKE:
FRONT ELBOW STRIKE:
UPPER ELBOW STRIKE:
DOWNWARD KNIFEHAND STRIKE:

FRONT KNIFEHAND STRIKE:
FRONT REVERSE KNIFEHAND STRIKE:
STRAIGHT FINGERTIP THRUST:
FLAT FINGERTIP THRUST:
UPSET FINGERTIP THRUST:

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