

Kentucky Taekwon-Do Club



**2024 1st Dan
Requirements**

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1st Dan Requirements

- **Gup Patterns:**

Three Gup patterns will be chosen randomly.

- **1st Dan Patterns:**

- **Jee-Goo (GTF):** means “Global”. The “X” crosses out the years of political strife in TaeKwon-Do that has been evident worldwide. The 30 movements of this pattern are comprised of 3 numbers (24, 4, 2) The 24 hours in each day. The 4 directions of movements represent North, South, East, and West. And the four directions are done twice to reinforce commitment to peace and harmony.
[30 moves Left foot returns]
- **Po-Eun:** is the pseudonym of a loyal subject, Chong Mong-Chu (1400 A.D.), who was a famous poet and whose poem "I would not serve a second master though I might be crucified a hundred times" is known to every Korean. He was also a pioneer in the field of physics. The diagram represents his unerring loyalty to king and country towards the end of the Koryo Dynasty.
(36 moves, left foot returns)
- **Kwang-Gae:** is named after the famous Gwang Gae Toe Wang, the 19th king of the Koguryo Dynasty, who regained all of the lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of lost territory. The 39 movements refer to his reign of 39 years.
(39 moves, left foot returns)

- **Choong-Moo:** was the name given to the great Admiral Yi Sun-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (kobukson) which was the precursor of the present day submarine in 1592 A.D. The reason why this pattern ends in a left hand attack is to symbolize his regrettable death having had no chance to show his unrestrained potential checked by the forced reservation of his loyalty to the king.
(30 moves, left foot returns)
- **Kicks:**
Instructor's prerogative in choosing mid air and high flying kicks. Students should be able to perform all standing kicks in the air.
- **Hand Techniques':**
There may be other hand techniques and or combination of hand techniques which the Instructor will call out. Students at this level should be ready.
- **Stances:**
All stances shall be performed individually apart from line drill.
- **Rolls:**
All rolls

Line drill:

Line drill for undetermined amount of time.

- **Belt Interpretations:**

All belt interpretations

- **Self-defense:**

Rapid attack and defense techniques called out by instructor, which can also include Hapkido and the like.

- **Ten student instructor relationship rules:**

1. Never tire of learning. A good student can learn anywhere, any time. This is the secret of knowledge.
2. A good student must be willing to sacrifice for his art and instructor. Many students feel that their training is a commodity bought with monthly dues, and are unwilling to take part in demonstrations, teaching and working around the do jang. An instructor can afford to lose this type of student.
3. Always set a good example for lower ranking students. It is only natural they will attempt to emulate senior students.

4. Always be loyal and never criticize the instructor, Taekwon-Do or the teaching methods.
5. If an instructor teaches a technique, practice it and attempt to utilize it.
6. Remember that a student's conduct outside the do-jang reflects on the art and instructor.
7. If a student adopts a technique from another do jang and the instructor disapproves of it the student must discard it immediately or train at the gym where the technique was learned.
8. Never be disrespectful to the instructor. Though a student is allowed to disagree with the instructor, the student must first follow the instruction and then discuss the matter later.
9. A student must always be eager to learn and ask questions.
10. Never betray the Instructor.

- ***Eight training secrets of Taekwon-Do:***

- 1) To study the theory of power thoroughly.
- 2) To understand the purpose and meaning of each movement clearly.
- 3) To bring the movement of eyes, hands, feet and breath into a single coordinated action.
- 4) To choose the appropriate attacking tool for each vital spot.
- 5) To become familiar with the correct angle and distance for attack and defense.
- 6) Keep both arms and legs bent slightly while the movement is in motion.
- 7) All movements must begin with a backward motion with very few exceptions.
- 8) To create a sine wave during the movement by utilizing the knee spring.

- *Write a 1 page report on each of the following:*
- **Gratitude** – It's being thankful regardless of how you feel, for the good things in your life. Too often do we take for granted, having a place to live, food to eat, clean water to bathe or drink, friends, and family. Gratitude is taking a moment to reflect on how blessed we are.
- **Humility** - is an appreciation of oneself, one's talents, skills, and virtues. It is not meekness or to think lowly of oneself, but to appreciate you and other people as important. Not to elevate yourself above.
- **Respect** - a formal expression or gesture of greeting, esteem, or friendship. To show regard or consideration for someone or something that is good, valuable, important, etc. It is earned, gained or won.
- **Discipline** – The ability to keep working at something that is difficult, that is done regularly as a way of training yourself to do something or to improve your behavior.
- **Attitude** - a relatively enduring and general evaluation of an object, person, group, issue, or concept evaluations of target objects and are often assumed to be derived from specific beliefs, emotions, and past behaviors associated with those objects.

- **Any knowledge and or questions brought up by the testing board.**
- **Board Breaking**
 - 1)Speed
 - 2)Power
 - 3)Multidirectional

Student must be ready to perform
any break the instructor calls out.

\$ 110.00 Uniform

\$ 125.00 Embroidered belt

\$ 185.00 1st Dan Certification fee

Pricing is for 2024

Check with Instructor for current prices

Total price for first Dan \$ 420.00

