

# Kentucky Taekwon-Do Club



2024 2<sup>nd</sup> Mark

Requirements

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## **Requirements' for second Mark**

All liturgies are to be recited.

### **Student / Instructor Relationship Rules**

Student: (Jeja)

- Never tire of learning. A good student can learn anywhere, any time. This is the secret of knowledge.
- 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.
- Always set a good example for lower ranking students. It is only natural they will attempt to emulate senior students.
- Always be loyal and never criticize the instructor, Taekwon-Do or the teaching methods.
- If an instructor teaches a technique, practice it and attempt to utilize it.
- Remember that a student's conduct outside the do jang reflects on the art and instructor.
- 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.

- 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.
- A student must always be eager to learn and ask questions.
- Never betray the Instructor.

### **Training Secrets of Taekwon-Do**

- To study the theory of power thoroughly.
- To understand the purpose and meaning of each movement clearly.
- To bring the movement of eyes, hands, feet and breath into a single coordinated action.
- To choose the appropriate attacking tool for each vital spot.
- To become familiar with the correct angle and distance for attack and defense.
- Keep both arms and legs bent slightly while the movement is in motion.

- All movements must begin with a backward motion with very few exceptions.
- To create a sine wave during the movement by utilizing the knee spring properly.

### **Theory of power**

- Reactionary force
- Concentration
- Equilibrium
- Breath control
- Mass
- Speed
- Hip rotation
- Sine wave
- Knee spring

- **Pattern Interpretations:**
- **Saju Jarugi** – four directional punches. 14, movements.
- **Saju Magki** – four directional blocks. 16 movements.
- **Saju Tulgi** - four directional thrust 8 movements
- **Chon-Ji** - Means literally "Heaven and Earth". It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. *19 Movements.*
- **Dan-Gun** - Is named after Dan-Gun, the legendary founder of Korea in the year 2333 B.C. *21 movements.*
- **Do-San** - Is the pseudonym of the patriot Ahn Chang-Ho (1878-1938). The 24 movements represent his entire life which he devoted to furthering education of Korea and its independence movement. *24 movements.*
- **JEE - SANG** “JEE” – means earth; “SANG” – means sky; representing the spirit of the GTF. The 24 movements signify the 24 hours of every day that we learn. *24 movements*
- **Won-Hyo** - Was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D. *28 movements.*

- **DHAN-GOON** – named after the founder of Korea. The year 2333 B.C. is when, according to legend, Korea was born. *23+ movements*
- **Yul-Gok** - Is the pseudonym of a great philosopher and scholar Yil (1536-1584) nicknamed the "Confucius of Korea". The 38 movements of this pattern refer to his birthplace on the 38th degree of latitude and the diagram represents "scholar". *38 movements.*
- **Joong-Gun** - Is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed at Lui-Shung prison (1910). *32 movements.*
- **Toi-Gye** - Is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on the 37th degree of latitude, and the diagram represents "scholar". *37 movements.*
- **Hwa-Rang** - Is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwon-Do developed into maturity. *29 movements.*

- **Belt Interpretations:**

- White belt signifies innocence, as that of a beginning student who has no previous knowledge Taekwon-Do
- Yellow belt signifies the Earth from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.
- Green belt signifies the plant's growth as the Taekwon-Do skill begins to develop.
- Blue belt signifies the heaven, toward which the plant matures into a towering tree as training in Taekwondo progresses.
- Red belt signifies danger, cautioning the student to exercise control and warning the opponent to stay away.
- Black belt, the opposite of white, therefore signifying a maturity and proficiency in Taekwon-Do and the holder's imperviousness to darkness and fear.

There is no fee for second Mark

First Gup is being broken down into 4 individual test culminating with the tester receiving a black and red belt with embroidered name on it.



