GTF TAEKWON-DO SCOTLAND

PANDA CUB AND PANDA TRAINING MANUAL

FOR 3 TO 7 YEARS

RAINBOW GRADING SYLLABUS

WELCOME TO GTF TAEKWON-DO

You have joined the Global Taekwon-Do Federation (Scotland). GTF (Scotland) is one of the largest and best run martial art groups in Scotland.

The class you have joined is part of the ASC group of clubs that are part of the GTF in Scotland.

This manual will grow into a complete encyclopaedia of everything you need to know in Taekwon-Do.

At each level you will find a different part of Taekwon-Do. Remember to keep this safe as you will need to use it for every grading, competition and seminar you attend.

Every time you renew you membership with GTF (Scotland) you will get the next part of the book.

Thank you for choosing ASC/GTF (Scotland) and remember……The futures bright, the futures Global.

PARENT/GUARDIAN
Please read this page carefully

There has been a great deal of effort and time spent on producing a manual that will give your child the best opportunity of fulfilling their potential within GTF Taekwon-Do.

With this in mind, could you please ensure that the manual is used regularly. It is advised that your child should read/study at least one part or section per week to gain maximum benefit.

Even though great care has been taken to target this solely for the use of children, you can appreciate that Taekwon-Do is an extremely complex and intricate subject. It is therefore advised that this manual is only suitable for use with Adult supervision. Although you can be assured that there has been great care taken in ensuring that there is nothing of an unsuitable, dangerous or sensationalist nature within the contents of any of the Training manuals or supplementary material that your child may be given.

On behalf of the ASC group of GTF (Scotland) I would like to thank you in advance for your support of the Federation.

Yours in Taekwon-Do
Mr. Stephen Gell IV Degree

PANDA CUB GRADING

10th Rainbow to 10th A Rainbow

White belt to red stripe

THIS WHAT YOU NEED TO DO AT A GRADING BUT YOU MIGHT BE ASKED TO DO THINGS THAT ARE NOT ON THIS SHEET.

TECHNIQUES

Keep your feet together

1. 10 Punches counting out.
2. 10 Low Blocks counting out
3. 10 Front Kicks counting out

LEG PLACEMENT

From feet together, do 2 Kicks each leg

1. Front Kick, hold for the count of Hana

PAD WORK

Stand in a straight line, facing the person with the pad

1. Punch with both hands

QUESTIONS

Show what you do at the start and end of every class?

When you first line up you face the instructor and they say "Charyot" (Cha-Ray-Ot). You put your heels together and your toes out and your hands by your side (Like a penguin)

The instructor then says "Kyong-Ye" (Key-yong-yay). You lean forward, still looking at the instructor and you say "Taekwon" (Tie-Kwon)

Remember to practice this… you don't need to say it all, just be able to do it ☺

2. Who teaches you Taekwon-Do?

WRITE THE ANSWER HERE IN RED INK.

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HISTORY OF
GTF TAEKWON-DO

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What is Taekwon-Do?

Taekwon-Do is a kind of self defence or fighting style. There are many different types of fighting styles; Karate, Kung Fu and Judo are some of them. These are called Martial Arts.

Where does Taekwon-Do come from?

Taekwon-Do comes from a country called **South Korea**.

Task!!!!

Try and find South Korea in your atlas!

Write down some of the other countries that South Korea is near.

When did Taekwon-Do start and why?

Taekwon-Do started in the 1950's as a way of teaching the new South Korean army how to fight without using any weapons, like guns or knives.

It was so successful that it was not long before it was being taught in schools and gyms all across South Korea. It soon spread through out the world.

What is GTF Taekwon-Do?

GTF stands for Global Taekwon-Do Federation.

The GTF was started in 1990 by Grandmaster Park Jung Tae. Grand Master Park was a very successful master and was nick-named "The Peoples Master".

Who runs the GTF in Scotland?

GTF Scotland is run by Mr Cunningham 5th Degree. He is called the President.

PANDA CUB GRADING

10th A Rainbow to 9th Rainbow

Red stripe to blue stripe

TECHNIQUES

All of the techniques are done 4 times going forward and 4 times going back

1. Walking Stance with your hands on your hips
2. Front Kick with your hands on your hips, landing in walking stance. Keep your hands on your hips.

Keep your feet together

1. 10 Punches counting out, lifting your heels before each Punch.

LEG PLACEMENT

Moving forward 4 times in walking stance, hands on hips

1. Front Kick, hold for the count of Hana

PAD WORK

Stand in a straight line, facing the person with the pad

1. Jumping Punch with both hands

QUESTIONS

1. What is "one" in Taekwon-Do?

   Hana (Ha-na)

2. What does GTF stand for?

   Global Taekwon-Do Federation

3. Who is your Taekwon-Do Teacher?

WORD SEARCH

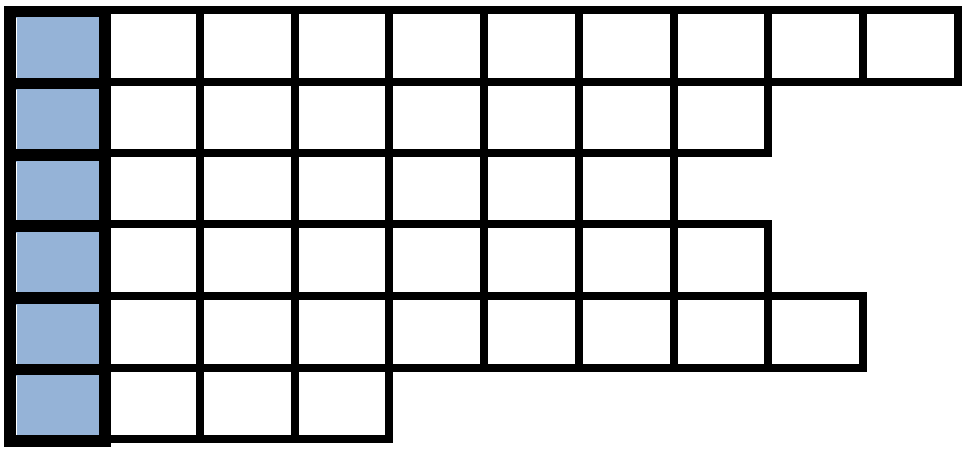
See if you can find the words in the grid. All the words are to do with Grand Master Park Jung Tae.
The words can be up, down, side to side or diagonal.

G	L	O	B	A	L	G	S	E	R	A	J	W	F	H	O	K	G	J	R	T	S
R	D	G	H	C	T	I	R	I	P	S	E	L	B	A	T	I	M	O	D	N	I
A	S	T	H	P	R	E	Z	M	I	T	E	J	L	O	P	Z	D	O	R	T	J
N	D	F	H	F	A	J	D	H	A	N	G	O	O	N	Q	Y	R	K	N	K	S
D	T	O	E	X	B	R	N	I	P	Y	O	N	G	H	W	A	A	A	Q	W	A
M	C	V	H	I	R	Q	K	D	B	R	O	S	G	K	D	E	O	M	S	A	B
A	W	D	F	G	H	J	O	J	I	W	A	S	G	Q	U	E	C	X	Z	N	H
S	L	E	R	V	Y	M	H	D	U	W	S	C	H	K	A	D	A	E	R	T	A
T	A	E	K	W	O	N	D	O	T	N	W	D	F	Y	U	M	N	K	S	E	N
E	A	S	F	G	B	X	U	A	D	W	G	B	K	D	U	O	W	O	S	L	G
R	T	A	E	F	G	B	C	H	Y	M	J	T	F	F	Q	E	D	A	S	C	O
D	A	E	K	W	C	N	P	O	W	E	G	N	A	S	E	E	J	D	R	A	P
F	E	D	E	R	A	T	I	O	N	C	B	N	K	E	S	F	E	T	H	K	K

GLOBAL
TAEKWONDO
FEDERATION
GRAND MASTER
PARK JUNG TAE
SABHANG
INDOMITABLE SPIRIT
DHANGOON
JEESANG
JEEGOO
JOOKAM
PYONGHWA
SONDUK

FIT THE WORDS IN

See if you can fit he words into the boxes. All the words fit in to make another word that you know.



10 boxes
Gunnun Sogi

9 boxes
Annun Sogi

8 boxes
L-Stance
Back-fist

7 boxes
Outward

4 boxes
Left

Write the word in these boxes

PANDA CUB GRADING

9th Rainbow to 9th A Rainbow

Blue Stripe to Green Stripe

TECHNIQUES

All of the techniques are done 4 times going forward and 4 times going back

1. Walking Ready Stance.

Keep your feet together

1. 10 Low Blocks, counting out.

LEG PLACEMENT

From feet together, do 2 kicks with each leg

1. Front Kick, hold for the count of Hana-Dool

PAD WORK

Stand in a straight line, facing the person with the pad

1. Front Kick, both legs

QUESTIONS

1. What is the training hall called in Taekwon-Do?
   Dojang (Doh-Jang)

2. What do you do going in and out of the hall?
   You always bow

3. What is "two" in Taekwon-Do?
   Dool (Dool)

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RULES IN
GTF TAEKWON-DO

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What are the rules of the GTF?

There are two sets of rules that all GTF students must follow when training and when outside the class. These rules are the same for every one from white belt to black belt.

The two rules are called

The student oath

The tenets of Taekwon-Do

What is an "Oath"?

An oath is a promise that each student makes to themselves, their Taekwon-Do teacher (instructor), and to all their friends and family. It is always said before each grading and sometimes before the start of a class or competition.

The oath that each GTF student makes is

As a member of the Global Taekwon-Do Federation
I shall
Respect rank and seniors
Be courteous to others
Be loyal and trustworthy
Strive for world peace and harmony
Act in the true spirit of Taekwon-Do

Task!!!!!

Try to match each line of the oath with what you think it means. This is quite tricky, so if you need help you can ask you instructor, or any other adult.

Respect rank and seniors	Never break the rules of Taekwon-Do
Be courteous to other	Never tell lies and always stand by my friends
Be loyal and trustworthy	Always be polite to everyone
Strive for world peace and harmony	Always call black belts sir or miss
Act in the true spirit of Taekwon-Do	Do what I can to make the world better

What are the Tenets of Taekwon-Do?

There are 5 Tenets of Taekwon-Do.

Courtesy
Integrity
Perseverance
Self Control
Indomitable Spirit

The tenets are basic rules that must be followed at all times. They are very important to all Taekwon-Do students.

You must always remember all the rules go together. If you break one of them you break them all.

On the next page you will find a task where you have to match the tenet and what it means. You will also see the tenet written in Korean. Try to learn these along with the tenet and its meaning.

Task!!!!

Match the tenet with what you think it means. This one is a bit tricky so you can ask an adult to help if you need to.

Courtesy Ye Ui	Never loose your temper
Integrity Yom Chi	Always be polite
Perseverance In Nae	Always keep your chin up
Self control Guk Gi	Never give up
Indomitable spirit Baekjul Boolgool	Always tell the truth

PANDA CUB GRADING

9th A Rainbow to 8th Rainbow

Green Stripe to Purple Stripe

TECHNIQUES

All of the techniques are done 4 times going forward and 4 times going back

1. Front Kick landing in Walking Ready Stance

Make a Sitting Stance and stay in that Stance

1. 10 Punches counting out

Keep your feet together, lifting your heels before each Block.

1. 10 Low Blocks, counting out.

LEG PLACEMENT

Moving forward 4 times in Walking Stance, hands on hips

1. Front Kick, hold for the count of Hana-Dool

PAD WORK

Stand in a straight line, facing the person with the pad

1. Front Kick and two Punches, both legs

QUESTIONS

1. Where does Taekwon-Do come from?

   South Korea

2. What is "Attention" in Taekwon-Do?

   Charyot (Cha-ray-ot)

3. What is "Three" in Taekwon-Do?

   Set (set)

WORD SEARCH

See if you can find all the tenets of Taekwon-Do. They are all in there, in English and in Korean so look hard and be careful.

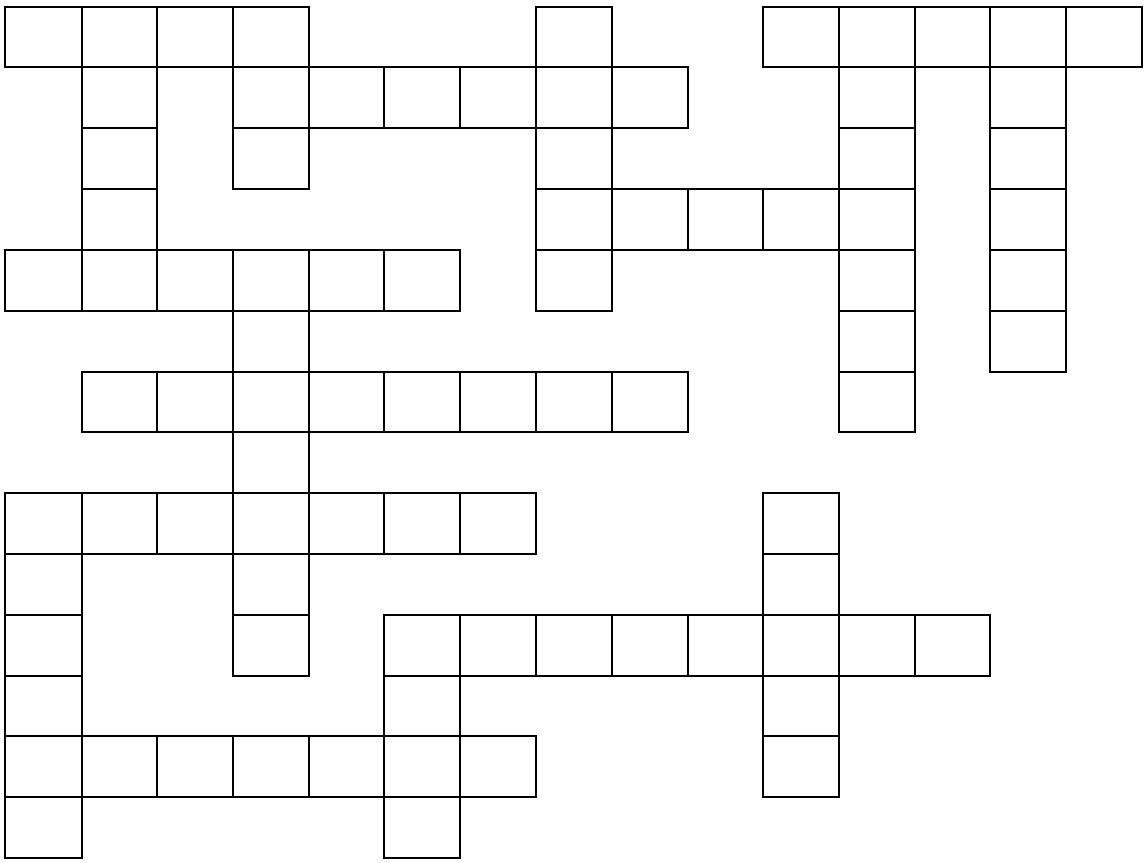
I	F	E	C	N	A	R	E	V	E	S	R	E	P	O
N	D	F	A	W	D	C	V	G	U	K	V	D	U	I
D	I	E	C	S	A	Q	Q	W	F	H	V	G	E	A
O	V	S	A	W	T	H	O	O	T	U	O	C	L	G
M	D	R	T	N	B	C	Y	S	E	T	R	U	O	C
I	S	E	R	H	N	Y	R	W	N	M	L	Y	R	Z
T	Y	J	B	J	T	I	U	G	J	M	T	A	T	D
A	J	H	K	T	H	W	D	Q	I	U	B	W	N	E
B	A	E	K	J	U	L	B	O	O	L	G	O	O	L
L	Y	U	I	V	A	E	T	J	V	D	R	Y	C	N
E	E	D	A	N	X	G	J	I	S	J	G	L	F	N
S	R	T	J	R	T	O	P	H	C	X	U	Q	L	E
P	G	W	B	I	U	E	Y	C	A	S	K	C	E	V
I	E	B	H	M	Z	A	C	M	N	T	G	D	S	C
R	J	T	K	S	G	C	N	O	A	R	I	B	M	M
I	N	T	E	G	R	I	T	Y	H	S	U	I	L	W
T	M	D	U	L	G	V	D	J	Y	W	S	U	J	X

COURTESY
INTEGRITY
PERSEVERANCE
SELF CONTROL
INDOMITABLE SPIRIT

YE UI
YOM CHI
IN NAE
GUK GI
BAEKJUL BOOLGOOL

FIT THE WORDS

Fit the words into the boxes.



4 LETTERS
SOGI
SANG

5 LETTERS
TWIST
SUROH
OLLYO
MAKGI
GRASP

6 LETTERS
BAKURO
DOLLYO
GUNNUN
THRUST

7 LETTERS
LSTANCE
APCHAGI
SITTING
TURNING

3 LETTERS
IBO

8 LETTERS
SWEEPING
MATSOKGI

PANDA CUB GRADING

8th Rainbow to 8th A Rainbow

Purple Stripe to Brown Stripe

TECHNIQUES

All of the techniques are done 4 times going forward and 4 times going back

1. Walking Stance Punch

Keep your feet together, lifting your heels before each block

1. 10 Middle Blocks counting out.

LEG PLACEMENT

From feet together

1. Front Kick, hold for the count of Hana-Dool-Set

PAD WORK

Stand in a straight line, facing the person with the pad

1. Double Front Kick with two Punches, both legs

QUESTIONS

1. What is 4 in Taekwon-Do?
   Net (net)

2. Who started the GTF?
   Grandmaster Park Jung Tae 9th Degree

3. What is "Bow" in Taekwon-Do?
   Kyong-Ye (Key-yong-yay)

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GTF TAEKWON-DO GRADES

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What are "Grades" and why do we have them in the GTF?

Your "Grade" is the colour of belt that you have.

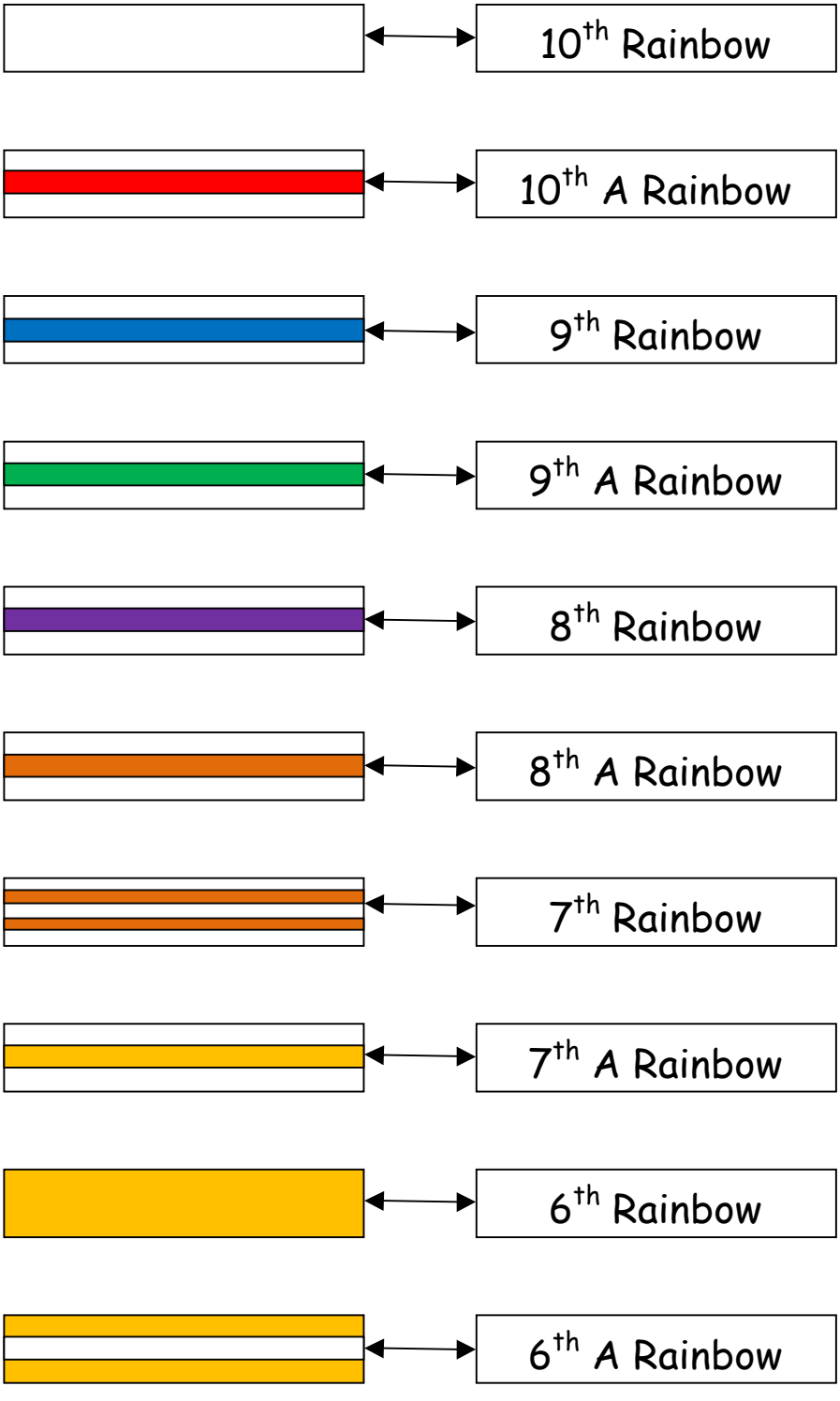
We have grades in the GTF to make it easier for you to learn Taekwon-Do. By chopping everything you need to know about Taekwon-Do into little pieces means that you can take your time learning each bit, making you better at it.

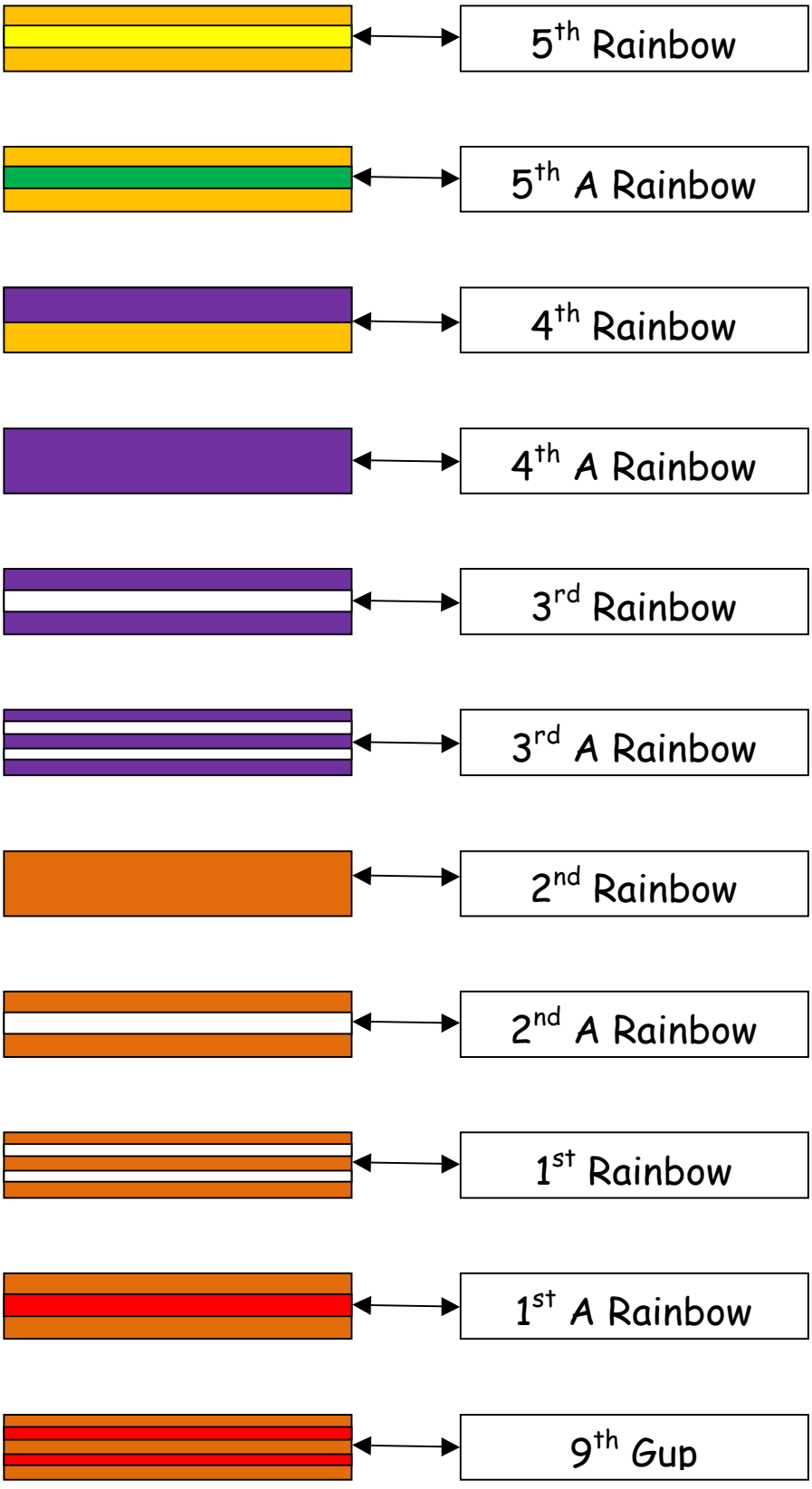
There are different "Levels" of grade in the GTF.

There are
Panda Cub grades for 3 to 5 year olds
Panda grades for 6 to 8 year olds
Peewee grades for 8 to 11 year olds
Junior grades for 12 to 17 year olds
Adult grades for 18 year olds and over

Colour belt grades are called Gup.
Black belt grades are called Dan

If you want to find out what grade you are, look at your belt, then turn to the next page and you will see your belt with your Gup next to it.


10th Rainbow
10th A Rainbow
9th Rainbow
9th A Rainbow
8th Rainbow
8th A Rainbow
7th Rainbow
7th A Rainbow
6th Rainbow
6th A Rainbow
PANDACUBGRADES


5th Rainbow
5th A Rainbow
4th Rainbow
4th A Rainbow
3rd Rainbow
3rd A Rainbow
2nd Rainbow
2nd A Rainbow
1st Rainbow
1st A Rainbow
9th Gup
PANDA GRADES

Task!!!!!

Colour in all of the belts. You get Bonus points if you stay in the lines.

ORANGE	YELLOW
PURPLE	GREEN
BROWN	BLUE
	RED
	BLACK

All of the Junior belts mean something.

White belt means **INNOCENCE**
Yellow Belt means **EARTH**
Green Belt means **GROWTH**
Blue Belt means **HEAVEN**
Red Belt means **DANGER**
Black Belt means **IMPERVIOUS TO FEAR AND DARKNESS**

PANDA CUB GRADING

8th A Rainbow to 7th Rainbow

Brown stripe to 2 Brown stripes

TECHNIQUES

All of the techniques are done 4 times going forward and 4 times going back

1. Walking Stance Low Block

Make a Sitting Stance and stay in the same Stance

1. 10 Low Blocks counting out.

LEG PLACEMENT

Moving forward in Walking Stance, hands on hips

1. Front Kick, hold for the count of Hana-Dool-Set

PAD WORK

Stand in a straight line, facing the person with the pad

1. Front Kick with two Jumping Punches, both legs

QUESTIONS

1. How do you count to 4 in Taekwon-Do?

Hana	(Ha-Na)
Dool	(Dool)
Set	(Set)
Net	(Net)

2. What is "Ready" in Taekwon-Do?

Jumbi	(Joom-Bay)

3. Can you show the "Jumbi" (Joom-Bay)?

WORD SEARCH

G	D	A	E	G	N	N	I	R	D	C	B	H	A
R	O	I	N	U	J	W	B	H	S	R	J	P	L
E	B	E	Q	R	Y	O	O	D	V	A	G	E	Y
E	U	L	B	E	T	B	A	R	S	D	G	E	K
N	E	P	A	U	T	N	A	X	B	X	L	W	C
P	L	R	A	C	E	I	B	N	H	L	Q	E	H
A	D	U	L	T	K	A	H	R	O	T	P	E	U
S	D	P	W	E	G	R	B	W	A	D	H	L	O
H	B	M	U	H	R	W	E	C	B	U	I	N	A
O	R	A	N	G	E	G	R	D	H	B	G	E	H

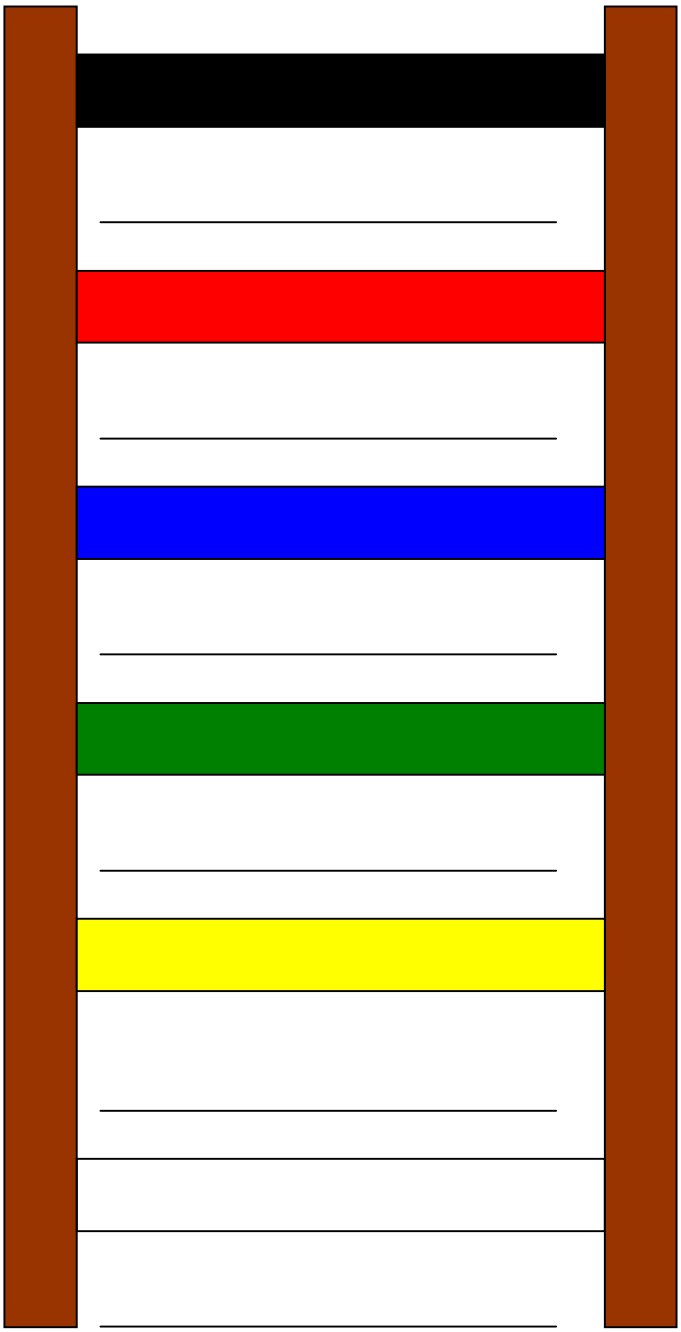
WHITE
YELLOW
GREEN
BLUE
RED
BLACK

ORANGE
PURPLE
BROWN

RAINBOW
PEEWEE
JUNIOR
ADULT
GUP
DAN

CLIMB THE LADDER

Each step on the ladder is a belt colour, starting with white belt. What you have to do is to write in what each belt means so that you can climb the ladder.



RAINBOW GRADING

7th Rainbow to 7th A Rainbow

2 Brown Stripes to Orange Stripe

TECHNIQUES

All of the techniques are done 4 times going forward and 4 times back

1. L-Stance with hands on hips

Make a Sitting Stance and stay in the same Stance

1. 10 Middle Blocks counting out.

LEG PLACEMENT

Moving forward in Walking Ready Stance

1. Front Kick, hold for the count of Hana-Dool-Set

PATTERN

Stances only – First two moves of Heaven

PAD WORK

Stand in a straight line, facing the person with the pad

1. Side Kick, both legs

QUESTIONS

1. Show these 3 things?

Charyot	(Cha-ray-ot)
Kyong-Ye	(Key-yong-yay)
Jumbi	(Joom-bay)

2. What do they mean?

Charyot	-	Attention
Kyong-Ye	-	Bow
Jumbi	-	Ready

3. What does "Tenets of Taekwon-Do" mean?

   The rules of Taekwon-Do

4. What is the 1st Tenet of Taekwon-Do?

   Courtesy

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HOW TO LEARN KOREAN

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Why do we need to learn Korean?

The reason that everyone in the GTF has to learn Korean is that when you get higher graded, maybe even before you reach black belt, you might get the chance to train with Masters and maybe even Grand Masters.

Many of the Masters and Grandmasters do not live in Scotland and can not speak English. So they have learned Korean so that everyone that trains with them will know what they want them to do.

Korean is a very difficult language to learn and it takes a long time to get used to it.

This section will help you understand how to change a move from English into Korean.

To change a move from English into Korean, you begin by taking the move in English.

Walking Stance Middle Punch

You split it up into single words.

Walking
Stance
Middle
Punch

You then have to learn the Korean for each word.

Walking is Gunnun
Stance is Sogi
Middle is Kaunde
Punch is Jirugi

You then take the Korean words and put them back in the right order. So that

Walking Stance Middle Punch

Becomes

Gunnun Sogi Kaunde Jirugi

Another example is

L-Stance Middle Block

Split the move into single words

L
Stance
Middle
Block

Learn the Korean for each word

L is Niunji
Stance is Sogi
Middle is Kaunde
Block is Makgi

Put the Korean words back in the right order. So that

L-Stance Middle Block

Becomes

Niunji Sogi Kaunde Makgi

Here's your chance to give it a try.

Write down this move in Korean

Walking Stance Low Block

Remember to split it up into single words. Write them below.

1.
2.
3.
4.

Now to find out what they are in Korean.

Walking is Gunnun
Stance is Sogi
Low is Najunde
Block is Makgi

Now write the move in Korean. Put it in the box.

__ __ __ __ __ __ __ __ __ __ __
__ __ __ __ __ __ __ __ __ __ __ __ __

Task!!!!!!

Write these moves down in Korean. All the words you need for them are on the next page. You can follow the examples on the last page if you need to.

Walking Stance Middle Punch

Walking Stance Low Block

Walking Ready Stance

L-Stance Middle Block

Parallel Ready Stance

ENGLISH	KOREAN
Walking	Gunnun
L	Niunji
Parallel	Narani
Ready	Junbi
Middle	Kaunde
Low	Najunde
Punch	Jirugi
Block	Makgi

PANDA CUB GRADING

7th A Rainbow to 6th Rainbow

Orange Stripe to Orange Belt

TECHNIQUES

All of the techniques are done 4 times going forward and 4 times going back

1. L-Stance Middle Block

Make a Sitting Stance, and stay in the same Stance

1. Low Block, Punch, 5 times each hand

LEG PLACEMENT

From feet together Kicking out to the side

1. Side Kick, hold for the count of Hana

PATTERN

Stances only – First 4 moves of Heaven

PAD WORK

Stand in a straight line, facing the person with the pad

1. Side Kick with two Punches, both legs

QUESTIONS

1. What does GTF stand for?

   Global Taekwon-Do Federation

2. What is the 2nd Tenet of Taekwon-Do?

   Integrity

3. Can you count to 5 in Korean?

Hana	(Ha-na)
Dool	(Dool)
Set	(Set)
Net	(Net)
Dasot	(Dass-ott)

WORD SEARCH

G	U	N	N	U	N	U	N	N	A	J	I	K	N	P
F	G	H	U	E	I	X	B	Z	E	I	I	I	A	I
G	D	E	D	N	U	A	K	W	A	G	P	C	J	G
N	L	S	T	A	N	C	E	G	A	U	Z	K	U	K
I	B	T	Y	M	J	A	F	H	N	R	F	B	N	A
K	E	L	D	D	I	M	C	C	D	I	R	O	D	M
L	B	O	A	D	G	G	H	B	N	J	O	N	E	T
A	P	W	C	G	N	Y	O	H	J	J	N	E	Y	H
W	K	C	O	L	B	H	J	S	I	T	T	I	N	G

GUNNUN
ANNUN
NAJUNDE
KAUNDE
JIRUGI
MAKGI
AP
CHAGI
NIUNJI
SOGI

WALKING
SITTING
LOW
MIDDLE
PUNCH
BLOCK
FRONT
KICK
LSTANCE

Try to match the English and the Korean words. There is a trick one in there so be careful!

WORD SEARCH

A	D	T	E	R	L	B	C	P	O	H	A	X	I	P
E	E	C	B	M	P	U	O	Y	B	I	D	H	J	T
S	H	N	J	K	L	A	Y	S	E	E	L	G	H	E
D	B	U	O	W	T	P	X	V	T	N	K	G	E	N
N	A	N	A	H	D	T	I	O	K	H	I	S	O	V
G	H	U	R	U	O	F	S	E	V	E	N	N	M	P
P	K	E	L	S	N	O	C	G	N	W	E	Y	E	D
T	E	N	A	S	Y	O	D	U	L	D	G	J	Y	J
R	T	D	A	D	Y	U	L	O	O	D	S	G	H	E

ONE	HANA
TWO	DOOL
THREE	SET
FOUR	NET
FIVE	DASOT
SIX	YOSOT
SEVEN	ILGOP
EIGHT	YODUL
NINE	AHOP
TEN	YUL

To count to 19, all you do is take 10 and the number you need.
So 11 is Yul-Hanna
12 is Yul-Dool
13 is Yul-Set
and so on.

PANDA CUB GRADING

6th Rainbow to 6th A Rainbow

Orange Belt to White Stripe

TECHNIQUES

All of the techniques are done 4 times going forward and 4 times going back

1. L - Stance Guarding Block

Make a Sitting Stance, and stay in the same Stance

1. Middle Block, Punch, 5 times each hand

LEG PLACEMENT

Moving forward 4 times in Walking Stance with your hand on your hips

1. Side Kick, hold for the count of Hana

PATTERN

Stances only – First 6 move of Heaven

PAD WORK

Stand in a straight line, facing the person with the pad

Side Kick with two Jumping Punches, both legs

SPARRING

Free Sparring – No Contact, legs only
(Sparring equipment required)

QUESTIONS

1. Who started the GTF?

   Grandmaster Park Jung Tae 9th Degree

2. What is the 3rd Tenet of Taekwon-Do?

   Perseverence

3. How do you count to six in Taekwon-Do?

Hana	(Ha-na)
Dool	(Dool)
Set	(Set)
Net	(Net)
Dasot	(Da-sot)
Yasot	(Ya-Sot)

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GTF TAEKWON-DO
COMPETITION RULES

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Why do we have competitions?

Competitions are a good way of seeing how well you are doing in Taekwon-Do.

You must remember that competitions are only the sport part of Taekwon-Do and at the end of the day, it's not the winning that matters, it's the taking part that counts.

Competitions are there to help you build confidence, make friends and most of all for you to have good time.

Why do we need rules?

We have rules in GTF competitions to make sure that you can enjoy them without getting hurt all the time.

You really need rules in sparring to make sure that the match doesn't turn into a real fight.

Who is in charge of a competition?

Each competition has a slightly different way of working, but some things do stay the same. The competitions are split up into "Rings". Each ring has a "Head Umpire" or "Simpan" who is in charge of that ring.

The person who is in charge of the whole competition is either the "Head Official" or "Tournament Director". They are in charge of all the rings, making sure that they are all run smoothly and fairly.

What are the Rules for Sparring?

There are many rules for sparring in ASC/GTF competitions, but the ones that you need to know are

1. No hitting below the belt
2. No hitting to the back
3. No running away
4. Try not to fall over
5. Keep inside the ring
6. Only use straight punches
7. Try not to hit too hard

If you go to competitions you really need to learn these rules and try to stick to them.

Task!!!!!!

In this task you will be given 10 things that can happen in a sparring match. You have to write YES or NO in the boxes beside them. Write YES if you are allowed to do it, write NO if you're not allowed to do it. Remember you have the rules on the last page.

Kick to the belly	
Straight Punch to the head	
Kick to the leg	
Big mad swinging Punch	
Running away from your opponent	
Biting your opponents arm	
Head Butts	
Jumping Kick to the head	
Jumping Punches	
Falling over	

PANDA GRADING

6th A Rainbow to 5th Rainbow

White Stripe to Yellow Stripe

TECHNIQUES

All of the techniques are done 2 times going forward, then the same with the other leg

1. Walking Stance Low Block, Walking Stance Punch

LEG PLACEMENT

From feet together, Kicking out to the side

1. Side Kick, hold for the count of Hana-Dul

PATTERN

Stances Only - Heaven

PAD WORK

Stand in a straight line, facing the person with the pad

1. Front Kick, Side Kick – keeping your foot off the ground – both legs

SPARRING

Free Sparring – No Contact, legs only
(Sparring equipment required)

QUESTIONS

1. What is "Stance" in Korean?
   SOGI (Soggi)

2. What is "Block" in Korean?
   MAKGI (Ma-kay)

3. What is the 4th Tenet of Taekwon-Do?
   SELF CONTROL

MOVE MATCH

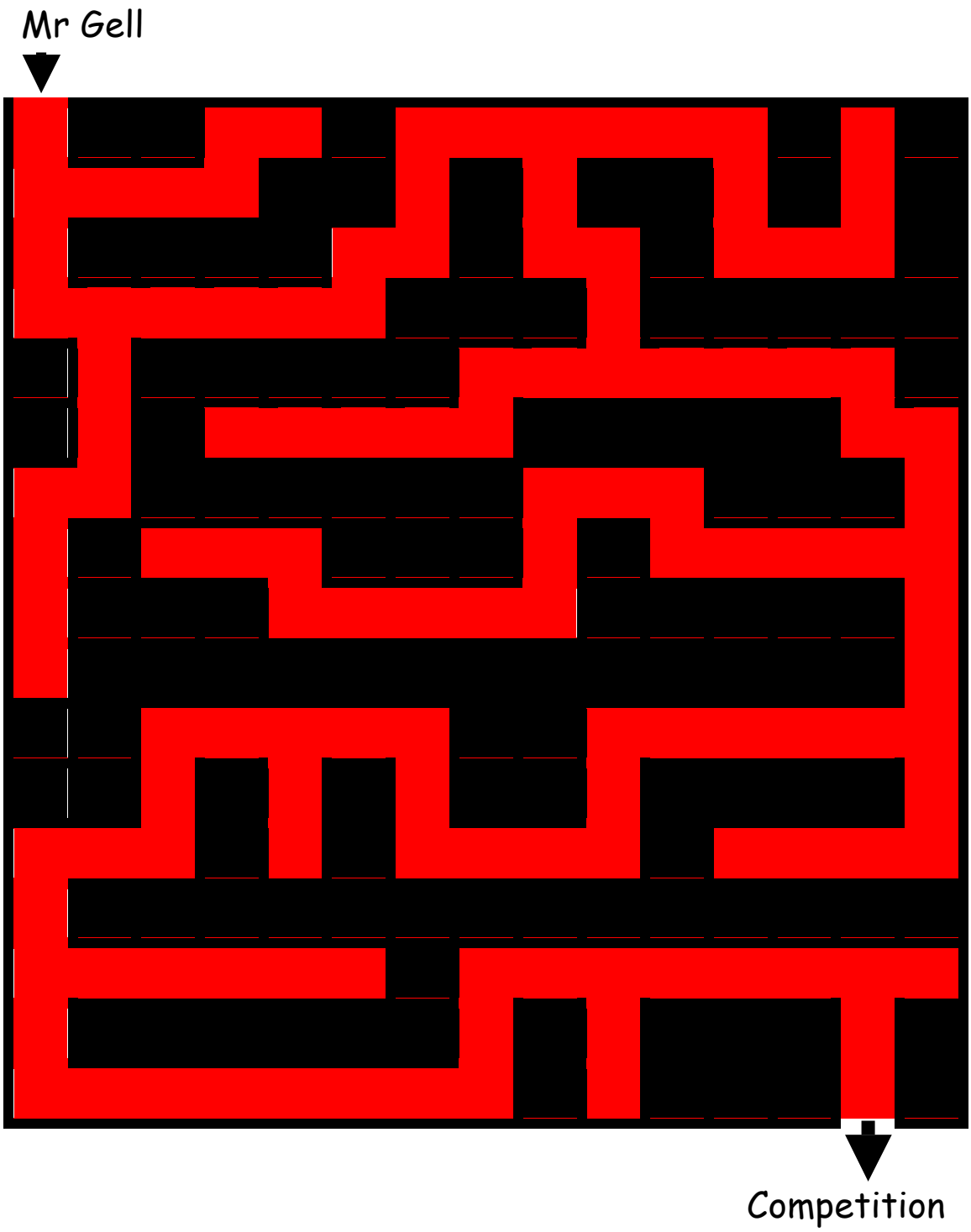
Match the moves in Korean with what it means in English.

GUNNUN SOGI	MIDDLE BLOCK
ANNUN SOGI	WALKING STANCE
NIUNJI SOGI	LOW BLOCK
AP CHAGI	SITTING STANCE
YOP CHAGI	MIDDLE PUNCH
NAJUNDE MAKGI	FRONT KICK
KAUNDE MAKGI	L-STANCE
CHOOKYO MAKGI	FOREARM
KAUNDE JIRUGI	RISING BLOCK
PALMOK	SIDE KICK

All the answers are in your questions from your gradings, so look hard and take your time.

MR GELLS MAZE

Mr. Gell has got lost on his way to a competition. Can you help him find his way there?



PANDA GRADING

5th Rainbow to 5th A Rainbow

Yellow Stripe to Green Stripe

TECHNIQUES

All of the techniques are done 4 times going forward and 4 times going back

1. Walking Stance Low block, Reverse Punch

Make a Walking Ready Stance; Kick 5 times one leg then 5 times with the other leg

1. Front Rising Kick, 5 times both legs

LEG PLACEMENT

Coming forward 4 times in Walking Stance, with your hands on your hips.

1. Side Kick, hold for the count of Hana-Dul

PATTERN

Stances only - Earth

PAD WORK

Stand in a straight line, facing the person with the pad

1. Double Side Kick – keeping your foot off the ground – both legs

SPARRING

Free Sparring – No Contact, legs only
(Sparring equipment required)

QUESTIONS

1. What is "Walking Stance" in Korean?
   GUNNUN SOGI (Gun-un soggy)

2. What is the 5th Tenet of Taekwon-Do?
   INDOMITABLE SPIRIT

3. How do you count to 7 in Taekwon-Do?
   Hana (Ha-na)
   Dool (Dool)
   Set (Set)
   Net (Net)
   Dasot (Da-sot)
   Yasot (Ya-sot)
   Ilgop (Eel-gop)

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STANCES USED IN GTF TAEKWON-DO

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Why do we need Stances?

Stances are a very important part of Taekwon-Do. They help us keep our balance and make our moves much more powerful.

How do I get good Stances?

PRACTICE, PRACTICE and even more PRACTICE!

There is no easy way of getting good Stances. You need to practice them over and over again. One way of making it easier is to look at your Stance when you are doing Four Direction Stances.

When you are looking at them try to follow these simple rules

1. Is it long enough?

Sometimes all we need to do is to make them a little bit longer.

2. Is it wide enough?

Making your Stances a little bit wider can help you keep your balance better.

How many Stances do I need to know?

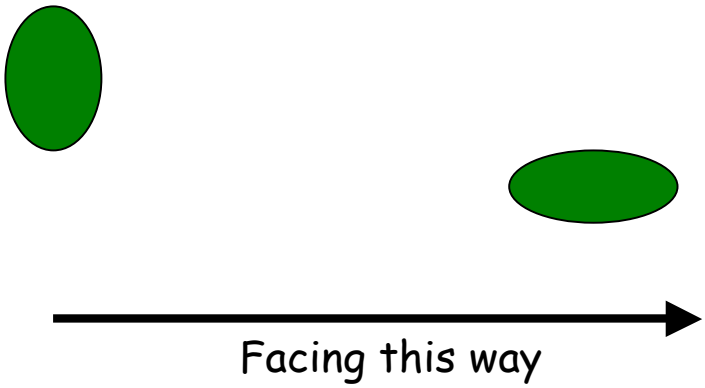
At Rainbow Grade you need to know 5 different Stances.

Walking Stance
L-Stance
Sitting Stance
Attention Stance
Parallel Ready Stance

You have to know what they are, what they are called in Korean and how to do them properly.

L-Stance

Niunji Sogi

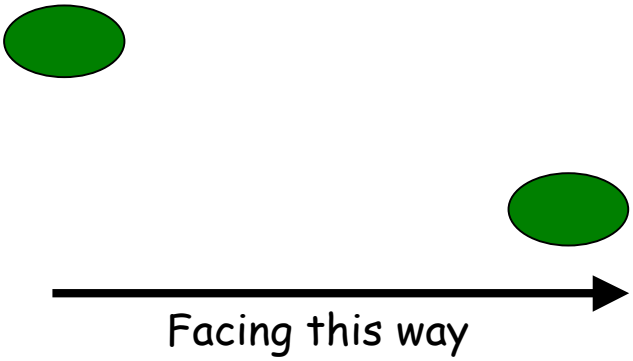


The front foot faces the way you are going and the back foot faces to the side.

In L-Stance your back leg is bent which means most of your weight is on that leg.

Walking Stance

Gunnun Sogi



In Walking Stance both feet face the same way. The front leg is only bent a little bit and the back leg is totally straight. This means that your weight is spread evenly over both legs.

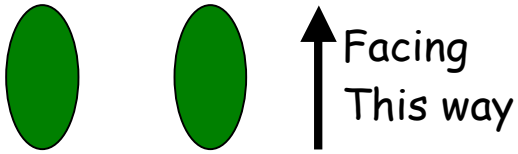
Sitting Stance

Annun Sogi

In Sitting Stance both feet are facing the same way. Both legs are bent. This means that the weight is spread evenly across both legs.

Parallel Ready Stance

Narani Junbi Sogi

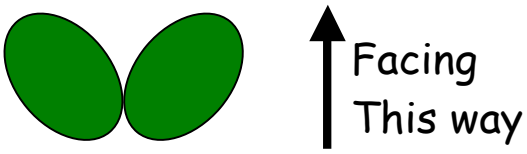


You will know this Stance as "Junbi". This is the Stance that you go into when your Instructor wants you to be ready.

Both feet face forward in this Stance and the legs are straight

Attention Stance

Charyot Sogi



This is the Stance you do before you Bow.
It's the one you are going to use the most, so learn it well.

Your heels should be touching and your toes should be apart. Both legs are straight.

PANDA GRADING

5th A Rainbow to 4th Rainbow

Green Stripe to Orange and Purple

TECHNIQUES

All of the techniques are done 4 times going forward and 4 times going back

1. Walking Stance Middle block, Reverse Punch

From feet together, Kick 5 times one leg then the other

1. Side Rising Kick, 5 times both legs

LEG PLACEMENT

From feet together, Kicking 2 times ach leg

1. Side Kick, hold for the count of Hana-Dool-Set

PATTERN

Heaven – In the instructors time

PAD WORK

Stand in a straight line, facing the person with the pad

1. Double Side Kick – keeping your foot off the ground – both legs

SPARRING

Free Sparring – No Contact, legs only
(Sparring equipment required)

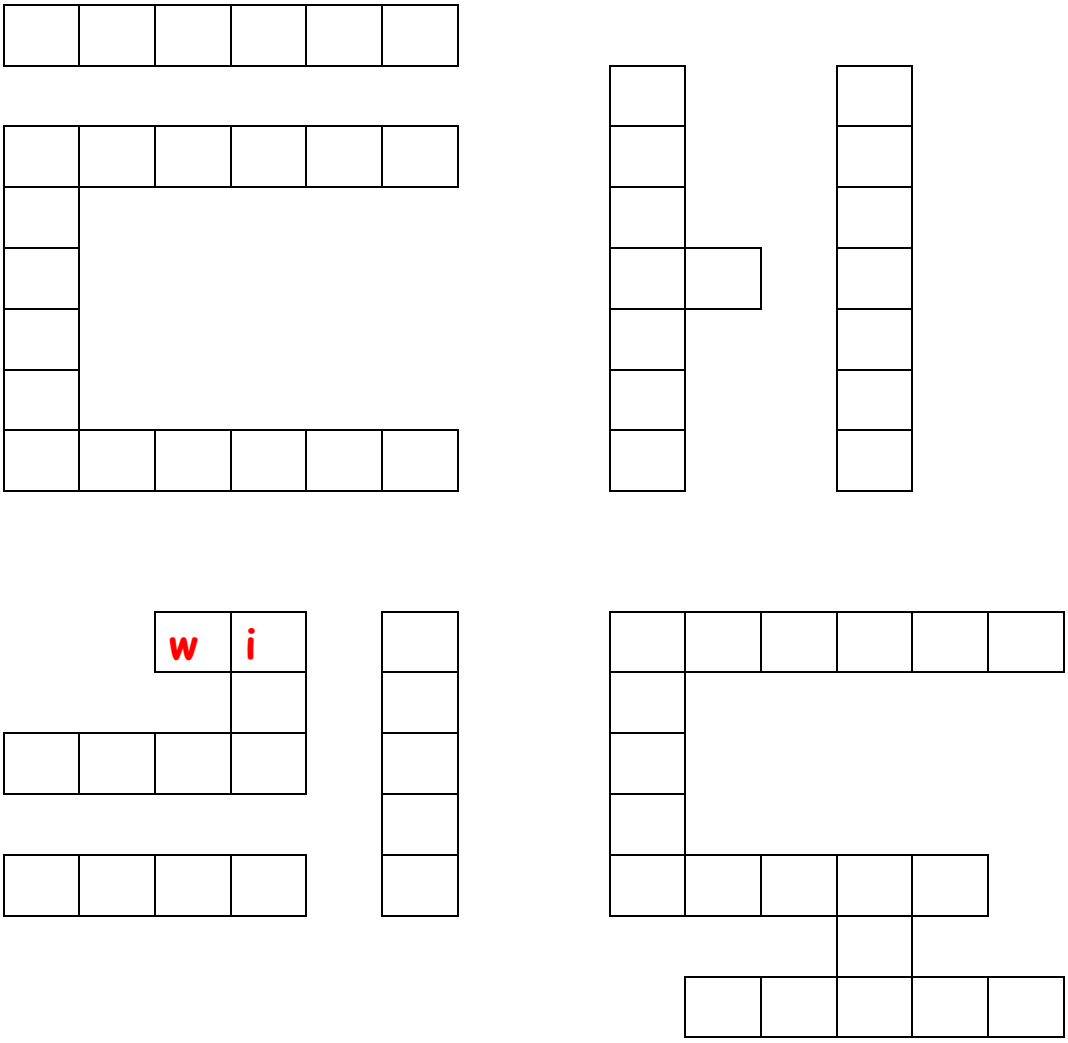
QUESTIONS

1. What are the 5 Tenets of Taekwon-Do?

   COURTESY
   INTEGRITY
   PERSEVERENCE
   SELF CONTROL
   INDOMITABLE SPIRIT

2. How do you count to 8 in Taekwon-Do?

Hana	(Ha-na)
Dool	(Dool)
Set	(Set)
Net	(Net)
Dasot	(Da-sot)
Yasot	(Ya-sot)
Ilgop	(Eel-gop)
Yaldo	(Ya-doh)



2 LETTERS

~~WI~~
AN

3 LETTERS

IBO
GUP

4 LETTERS

BARO
ILBO

5 LETTERS

ANNUN
DASOT
TULGI
UPPER

6 LETTERS

DOLLYO
GUNNUN
GLOBAL
NIUNJI
JIRUGI

7 LETTERS

L-STANCE
GUBURYO

Draw round the words and you will see a shape. This is Taekwon-Do written in Korean.

PANDA GRADING

4th Rainbow to 4th A Rainbow

Orange and Purple to Purple Belt

TECHNIQUES

All of the techniques are done 4 times going forward and 4 times going back

1. Walking Stance Double Punch

In press up position

1. 5 press ups

LEG PLACEMENT

Moving forward 4 times in walking stance you're your hands on your hips

1. Side Kick, hold for the count of Hana-Dul-Set

PATTERN

Earth - in your Instructors time

PAD WORK

Stand in a straight line, facing the person with the pad

1. Double Side Kick – keeping your foot off the ground – Jumping Double Punch, both leg

SPARRING

Free Sparring – No Contact
(Sparring equipment required)

QUESTIONS

1. What does the 1st Tenet "Courtesy" mean?

   Always be polite

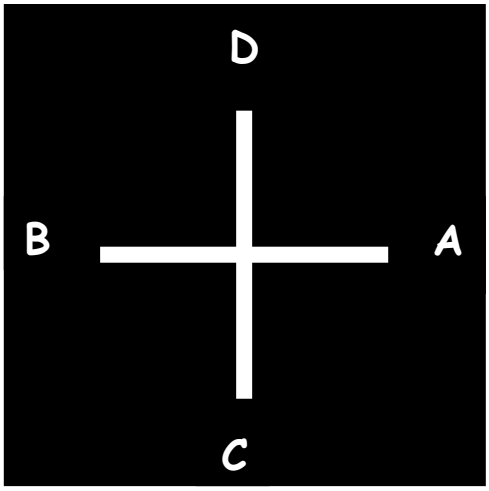
2. What is "Low" in Korean?

   Najunde (Na-Joon-Day)

3. How do you count to 9 in Taekwon-Do?

   Hana (Ha-na)
   Dool (Dool)
   Set (Set)
   Net (Net)
   Dasot (Da-sot)
   Yasot (Ya-sot)
   Ilgop (Eel-gop)
   Yaldo (Ya-doh)
   Ahop (Ah-hop)

HEAVEN



Ready Position - Parallel Ready Stance
Junbi Jase - Narani Junbi Sogi

1. Turn to B moving your left foot
   Walking Stance Low Block
   Gunnun Sogi Najunde Makgi

2. Step forward with your right foot
   Walking Stance Middle Punch
   Gunnun Sogi Kaunde Jirugi

3. Turn to A moving your right foot
   Walking Stance Low Block
   Gunnun Sogi Najunde Makgi

4. Step forward with your left foot
   Walking Stance Middle Punch
   Gunnun Sogi Kaunde Jirugi

5. Turn to D moving your left foot
   Walking Stance Low Block
   Gunnun Sogi Najunde Makgi

6. Step forward with your right foot
   Walking Stance Middle Punch
   Gunnun Sogi Kaunde Jirugi

7. Turn to C moving your right foot
   Walking Stance Low Block
   Gunnun Sogi Najunde Makgi

8. Step forward with your left foot
   Walking Stance Middle Punch
   Gunnun Sogi Kaunde Jirugi

End – Bring your left foot back to Junbi

PANDA GRADING

4th A Rainbow to 3rd Rainbow

Purple Belt to White Stripe

TECHNIQUES

All of the techniques are done 4 times going forward and 4 times going back

1. Front Kick, Side Kick with out putting your foot on the ground, from Walking Ready Stance

In Press Up position

1. 5 Running Man Press Ups

LEG PLACEMENT

Moving forward 4 times in Walking Ready Stance

1. Front Kick, Side Kick, hold for the count of Hana-Dool-Set

PATTERN

Heaven – In your own time

PAD WORK

Stand in a straight line, facing the person with the pad

1. Front Kick, Double Side Kick, Jumping Double Punch

SPARRING

Free Sparring – No contact
(Sparring equipment required)

QUESTIONS

1. What does "Integrity" mean?

   Always tell the truth

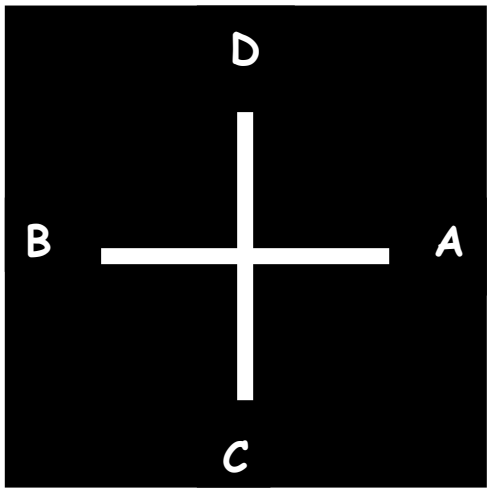
2. What is "Side" in Korean?

   YOP (Yop)

3. How do you count to 10 in Taekwon-Do?

Hana	(Ha-na)
Dool	(Dool)
Set	(Set)
Net	(Net)
Dasot	(Da-sot)
Yasot	(Ya-Sot)
Ilgop	(Eel-gop)
Yaldo	(Ya-doh)
Ahop	(Ah-hop)
Yul	(Yool)

EARTH



Ready Position - Parallel Ready Stance
Junbi Jase - Narani Junbi Sogi

1. Turn to B moving your left foot
   L-Stance Middle Block
   Niunji Sogi Kaunde Makgi

2. Step forward with your right foot
   Walking Stance Middle Punch
   Gunnun Sogi Kaunde Jirugi

3. Turn to A moving your right foot
   L-Stance Middle Block
   Niunji Sogi Kaunde Makgi

4. Step forward with your left foot
   Walking Stance Middle Punch
   Gunnun Sogi Kaunde Jirugi

5. Turn to D moving your left foot
   L-Stance Middle Block
   Niunji Sogi Kaunde Makgi

6. Step forward with your right foot
   Walking Stance Middle Punch
   Gunnun Sogi Kaunde Jirugi

7. Turn to C moving your right foot
   L-Stance Middle Block
   Niunji Sogi Kaunde Makgi

8. Step forward with your left foot
   Walking Stance Middle Punch
   Gunnun Sogi Kaunde Jirugi

End – Bring your left foot back to Junbi

PANDA GRADING

3rd Rainbow to 3rd A Rainbow

White Stripe to 2 White stripes

TECHNIQUES

All of the techniques are done 4 times going forward and 4 times going back

1. Double Side Kick with out putting your foot on the ground, Walking Stance Ready Stance

In Sit Up position

1. 5 Sets of "Series of 3" Sit Ups

LEG PLACEMENT

Moving forward 4 times in Walking Ready Stance

1. Double Front Kick, holding each kick for the count of Hana-Dool-Set

PATTERN

Earth in your

PAD WORK

Stand in a straight line, facing the person with the pad

1. Front Kick, Double Side Kick, Jumping Double Punch

SPARRING

Free Sparring – No contact
(Sparring equipment required)

QUESTIONS

1. How many moves are in Heaven?

   8

2. What Stances do you use in Heaven?

   Walking Stance – Gunnun Sogi

3. What is "Low Block" in Korean?

   NAJUNDE MAKGO

   (Nah-joon-day ma-kay)

4. What does "Perseverence" mean?

   Never give up

PANDA GRADING

3rd A Rainbow to 2nd Rainbow

2 White Stripes to Brown Belt

TECHNIQUES

All of the techniques are done 4 times going forward and 4 times going back

1. Double Side Kick, from Walking Ready Stance

LEG PLACEMENT

Moving forward 4 times in Walking Ready Stance

1. Double Side Kick, holding each kick for the count of Hana-Dool-Set

PATTERN

Four Direction Kick – Front Kick

PAD WORK

Stand in a straight line, facing the person with the pad

1. Jumping Front Kick

SPARRING

Free Sparring – No contact
(Sparring equipment required)

QUESTIONS

1. How many moves are in Earth?

   8

2. What Stances do you use in Earth?

   Walking Stance – Gunnun Sogi

   L-Stance – Niunji Sogi

3. What is "Middle Block" in Korean?

   KAUNDE MAKGI (Ka-oon-day Ma-Kay)

4. What does "Self Control" mean?

   Control yourself and try not to lose your temper

PANDA GRADING

2nd Rainbow to 2nd A Rainbow

Brown Belt to White Stripe

PATTERN

Heaven and Earth combined - one move at a time

SPARRING

Free Sparring – No contact
(Sparring equipment required)

QUESTIONS

1. **Name the Tenets of Taekwon-Do?**

   Courtesy
   Integrity
   Perseverence
   Self Control
   Indomitable Spirit

2. **What does "Indomitable Spirit" mean?**

   Its all the others put together.

3. **What Stances do you use when you put Heaven and earth together?**

Walking Stance - Gunnun Sogi
L-Stance - Niunji Sogi

PANDA GRADING

2nd A Rainbow to 1st Rainbow

White Stripe to 2 White Stripes

PATTERN

Heaven and earth combined in your own time

SPARRING

Free Sparring – No contact
(Sparring equipment required)

QUESTIONS

1. **What does GTF stand for?**
   Global Taekwon-Do Federation

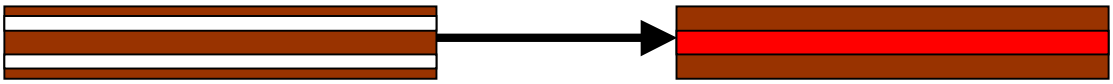
2. **Who started the GTF?**
   Grandmaster Park Jung Tae 9th Degree

3. **Who is the president of GTF Scotland?**
   Mr Cunningham 5th Degree

PANDA GRADING

1st Rainbow to 1st A Rainbow

2 White stripes to Red Stripe



PATTERN

Chon-Ji - In your Instructors time

SPARRING

Free Sparring – No contact
(Sparring equipment required)

QUESTIONS

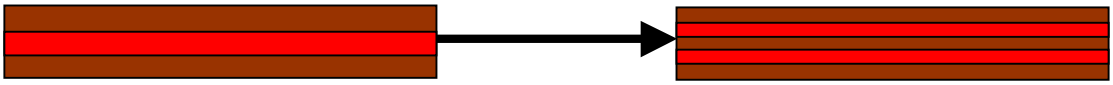
1. **Count to 10 in Korean?**
2. **Name the 5 Tenets of Taekwon-Do?**
3. **Name 2 Stances in English and Korean?**
4. **What is "Middle Block" in Korean?**
5. **What is "Low Block" in Korean?**
6. **What is "Punch" in Korean?**

All the answers are in previous tests. Please check back to find the answers.

PANDA GRADING

1st A Rainbow to 9th Gup

2 White stripes to Red Stripe



PATTERN

Chon-Ji - In your Instructors time

SPARRING

Free Sparring – No contact
(Sparring equipment required)

QUESTION

1. What does "Chon-Ji" mean?
   Heaven and earth

2. How many moves are in Chon-Ji?
   19

3. What is "Front Kick" in Korean?
   Ap Chagi (App Cha-Gay)

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KOREAN WORDS USED AT PANDA CUB AND PANDA GRADINGS

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In this section you will find all the words used in your grading. To make them easier to find they are in alphabetical order. You will see the word written in English, in BLACK, then the word in Korean, written in RED. The bit next to that, written in BROWN, is how to say the word.

A

Attention	Charyot	Cha-ray-ot

B

Ball of the Foot	Ap Kumpchi	Ap Koom-chee
Block	Makgi	Ma-kay
Bow	Kyong Ye	Kee-yong Ye

C

Courtesy	Ye Ui	Yee Oo

D

E

F

Foot Sword	Balkal	Bal-kal
Fore Fist	Ap Joomuk	Ap Joo-muk
Forearm	Palmok	Pal-mok
Front	Ap	Ap

G

H

High	Nopunde	Nop-oon-day

I

Indomitable Spirit	Baekjul Boolgool	Bake-jool Bool-gool
Inner Forearm	An Palmok	An Pal-mock
Integrity	Yom Chi	Yom Chee

J

Jumping	Twigi	Twee-gee

K

Kick	Chagi	Cha-gay

L

L-stance	Niunji Sogi	Ni-oon-jay Soggy
Low	Najunde	Na-joon-day

M

Middle	Kaunde	Ka-oon-day

N

O

Outer Forearm	Bakat Palmok	Bah-cat Pal-mock

P

Parallel	Narani	Na-ran-eh
Perseverance	In Nae	In Nay
Punch	Jirugi	Ji-roo-gay

Q

R

Rising Block	Chookyo Makgi	Choo-kay-o Ma-kay

S

Self Control	Guk Gi	Gook gee
Sitting Stance	Annun Sogi	A-nun Soggy

T

U

V

W

Walking Stance	Gunnun Sogi	Gu-nun Soggy

X

Y

Z