



**Phoenix School Of Martial Arts**

“From the ashes, we will rise”

**Freestyle TaekwonDo**

**STUDENT HANDBOOK**

**Intermediate Levels**

**7<sup>th</sup> GUP to 5<sup>th</sup> GUP**

*(Orange, Green & Blue)*

## Intermediate Level Material

### **Congratulations.... Welcome to a New Chapter!!!**

You have now earned your Orange Belt and have entered the Intermediate Levels of your training. At this point, students are also no longer considered beginners. Orange Belts and above should no longer have to be reminded of class protocols and procedures and are expected to now adhere to them and set an example to beginner students. Intermediate Level students will be expected to be able to perform Beginner Level techniques and forms etc. with little reminder. Your Instructor will expect more from you in class but as before, you will not be forced into doing anything you feel you can't, but your Instructor will always encourage you.

Sparring practice will be concentrated on more during class; Forms will become more complex and longer as students progress through the ranks. New kicks, strikes and blocks are learned at each rank, as well as more advanced self-defence techniques.

### **Training Credits**

At each rank, students are recommended to train a certain number of hours before being considered for Grading. At Beginner Levels, training 1 hour a week may allow members to Grade at the end of each cycle enabling a student to achieve Orange Belt in approximately 6 months. However, as requirements are more demanding and expectations are higher for Intermediate Level Ranks, once a week will not always be enough, especially if a student wishes to continue Grading regularly. In order to achieve regular Grading goals, students are recommended to train twice per week. However, the student is reminded that these are minimums and minimum effort will likely result in minimum outcome and could prevent the student from Grading at all.

Orange Belt ~ 7<sup>th</sup> GUP



Congratulations you are now taking the first steps of the Intermediate Levels of the Colour Belt Ranks.



The colour orange signifies the **SUN** that is the energy source for life. The student is now absorbing the skills and knowledge that TaeKwonDo training has to offer.

### **Grading Sparring Requirements**

Orange Belts are now formally assessed on their Live Sparring. Using the 5x5 concept, students will need to show that they can use both sides of the body to attack and defend against their partner. This will be done over a minimum of 4 rounds of at least 90 seconds each. Light contact is allowed in each round but is not required. Heavy contact is not permitted and will cause an immediate dismissal from the Grading and thus a Fail.

## TECHNIQUES

As students enter a new stage of learning, there is a new group of Kicking & Striking Techniques to be learned along with their stance knowledge is now beginning to expand.

### **KICKS**

Hook Kick

Axe Kick

Heel Kick

Back Kick

*All above as No. 1,2,3 & Slide*

### **STRIKES**

Elbows: *Back, Inward, Outward, Upward, Downward*

Spearhand Strikes: *Low, Middle, High*

Spin Strikes: *Backfist, Knifehand, Elbow*

### **Blocks**

Hooking Block

X Block – *Forearm, Knifehand, High, Low*

### **STANCES**

Fixed Stance, Cat Stance

### **WAYS TO TRAVEL**

Jumping & Leaping

### Self Defence Techniques

Orange Belts will continue expand on their knowledge of the Arm Bar Technique variations:

#### **Inward Arm Bar Twist**

Using the 4 grabbing techniques (wrist, sleeve, shoulder, neck), students will start to use this technique by grabbing their opponents wrist and lifting the arm inward. Using the grab release learned previously, the now free hand will also grab above the other (like hold a bat or sword). Stepping under the grabbed arm, the student then steps and turn inward and then backward away from their opponent to straighten the held arm. They will then continue to twist the opponents arm inward.

The Inward Arm Bar Twist must be applied from 4 grabs (on both sides for Adults).

# ORANGE BELT FORM - Do San 도산

As students training progresses, each Form becomes more difficult to learn and perform.

Do San is the pseudonym of the patriot Ahn Chang Ho (1876 - 1938), who devoted his life to furthering the education of Korea and its independence movement.

## Parallel Ready Stance

1. Step left 90°	Left Front Stance	Left Outer Forearm Block
2.	Left Front Stance	Right Middle Punch
3. Double step turn	Right Front Stance	Right Outer Forearm Block
4.	Right Front Stance	Left Middle Punch
5. Step left 90°	Left Back Stance	Double Knifehand Block
6. Step forward	Right Front Stance	Right Middle Spearhand Strike
7. <i>(Releasing technique into)</i>	Left Front Stance	Left High Spin Backfist
8. Step forward	Right Front Stance	<u>Right High Backfist Strike*</u>
9. Turn left 270°	Left Front Stance	Left Outer Forearm Block
10.	Left Front Stance	Right Middle Punch
11. Double step turn	Right Front Stance	Right Outer Forearm Block
12.	Right Front Stance	Left Middle Punch
13. Turn left 135°	Left Front Stance	Twin Outer Forearm Block
14.		No.2 Right Front Kick
15. <i>(Land right leg in front)</i>	Right Front Stance	Right Middle Punch
16.	Right Front Stance	Left Middle Punch
17. Step right 90°	Right Front Stance	Twin Outer Forearm Block
18.		No. 2 Left Front Kick
19. <i>(Land left leg in front)</i>	Left Front Stance	Left Middle Punch
20.	Left Front Stance	Right Middle Punch
21. Step left 45°	Left Front Stance	Left High Block
22. Step forward	Right Front Stance	Right High Block
23. Turn left 270°	Sitting Stance	Left Middle Knifehand Strike
24. Double step left	Sitting Stance	<u>Right Middle Knifehand Strike</u>
Parallel Ready Stance		

When demonstrating forms, students must have correct stances and body alignment throughout the form.

## Green Belt – 6<sup>th</sup> GUP



The colour green signifies the PLANT as it breaks through the earth and begins to grow, just as the student is growing as a TaeKwonDo artist.

### TECHNIQUES

#### **KICKS**

Spin Kicks – *Hook, Axe, Heel, Back*  
Spin Slide Kicks – *Side, Back*

#### **STRIKES**

Upward Knee Strike  
Vertical Punch  
Jumping – *Punches, Backfist, Knifehand*

#### **BLOCKS**

Sweeping Forearm Block  
Palm/Pressing Blocks – *Downward, Upward, Double*

#### **STANCES**

Long Stance, X Stance

### SELF DEFENCE TECHNIQUE

Continuing their study of the Arm Bar Variations, students now expand on the inward motion. Using the same method to secure the control of the Inward Arm Bar Twists, the opponent will now begin to resist against the full rotation under their arm. Rather than force the techniques, students will stop as their opponents elbow is pointing downward and able to be placed over their own shoulder. The opponents arm is then straightened over the shoulder, hyper-extending it.

**SAFETY NOTE:** this technique must be practiced and applied with the greatest of care as the elbow can be severely damaged.

### Grading Sparring Requirements

Green Belts now are also required to show effect use of evading attacks using round steps and side steps as well as countering these attacks. At this level, light contact is expected to be used more often within Grading Sparring. Spinning and jumping techniques must be used moderately throughout each round, as well as a variety of different techniques. Green Belts must use both sides of the body to attack and defend and not favour one side from the other. Students must complete at least 4 rounds of sparring.

# GREEN BELT FORM - Won Hyo 원효

Won Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.

## Closed Ready Stance A

1. Step left 90°	Left Back Stance	Forearm Square Block
2.	Left Back Stance	Right Inward Knifehand Strike
3. Step into	Left Fixed Stance	Left Middle Side Punch
4. Double step right	Right Back Stance	Forearm Square Block
5.	Right Back Stance	Left Inward Knifehand Strike
6. Step into	Right Fixed Stance	Right Middle Side Punch
7. Step back into	Closed Stance	Double Fist Block
8.		No.1 Left Side Kick
9. (Land left leg in front)	Left Back Stance	Double Knifehand Block
10. Step forward	Right Back Stance	Double Knifehand Block
11. Step forward	Left Back Stance	Double Knifehand Block
12. Step forward	Right Front Stance	<u>Right Middle Spearhand Strike*</u>
13. Turn left 270°	Left Back Stance	Forearm Square Block
14.	Left Back Stance	Right Inward Knifehand Strike
15. Step into	Left Fixed Stance	Left Middle Side Punch
16. Double step right	Right Back Stance	Forearm Square Block
17.	Right Back Stance	Left Inward Knifehand Strike
18. Step into	Right Fixed Stance	Right Middle Side Punch
19. Step turn left 90°	Left Front Stance	Right Sweeping Inner Forearm Block
20.		No.2 Right Front Kick
21. (Land right leg in front)	Right Front Stance	Left Middle Punch
22.	Right Front Stance	Left Sweeping Inner Forearm Block
23.		No.2 Left Front Kick
24. (Land left leg in front)	Left Front Stance	Right Middle Punch
25.		<u>No.2 Right Side Kick</u>
26. (Land in front, turn left 90°)	Left Back Stance	Double Fist Block
27. Double step right	Right Back Stance	Double Fist Block
Closed Ready Stance A		

## BOARD BREAKING

Although students may have already been introduced to Board Breaking if entering into a Tournament, it now becomes a Grading requirement from Green Belt onwards. Board Breaking is a demonstration of correct technique and not just using power, which is often a misconception. It takes place at the end of the Grading to show that no matter how tired the student has become; their techniques can still be effective enough to break the board/be used effectively. Students will get 3 attempts to break each station/board. If they do not break it, they will score "0" for that section and thus fail their Grading. Green Belts must choose 2 Striking and/or Kicking Techniques to attempt to break boards using the following:

**White Century Board:** Male & Female 7 Years and under

**Yellow Century Board:** Male & Female 8 & 9 Years

**Orange Century Board:** Male & Female 10 & 11 Years

**Green Century Board:** Male & Female 12 & 13 Years

**Blue Century Board:** Male & Female 14 & 15 Years

**Brown Century Board:** Male 16 & 17 Years\*

**Black Century Board:** Male 18+ Years\*

*(Female students will remain on the Blue Board until achieving 3<sup>rd</sup> Degree and over the age of 21)*

## Blue Belt - 5<sup>th</sup> GUP



The colour blue signifies WATER which nourishes the plant as it grows and as knowledge of TaeKwonDo nourishes the technical and artistic development of the student.

### TECHNIQUES

#### **KICKS**

##### ***Kicking Variations***

Pushing Front Kick (AKA Thrust Kick)

Pushing Side Kick

(Front) Snap Kick

Turning Kick

All above as No. 1,2,3 & Slide

### Grading Sparring Requirements

Blue Belts will be assessed on the same areas as previous belts but should now have a better understanding of their bodies and how to use techniques to control the sparring round. Students must complete at least 4 rounds.

### Self Defence Techniques

As with all other areas, the knowledge of Self Defence will also begin to expand on previously learned techniques. Unlike the initial entry into the Inward Arm Bar Twist, the student must first bring their own arm/hand inwards allowing them to grab their opponents gripping hand in an upward motion. As they this happens, the student can loosen their opponents grip by applying pressure on their thumb. This will then enable the students hand to rotate within their opponents grip to allow them to grab the wrist. With both hands applying a grip to the grabbing arm, it is rotated inward as it applies pressure to opponents shoulder, making it twist downward and guiding the opponent to the ground.

# BLUE BELT FORM - Yul Gok 율곡

Students will now demonstrate their understanding of stances, body alignment and direct movement by performing techniques at medium timing.

Yul Gok is the pseudonym of a great philosopher and scholar Yi I (1536 - 1584) nicknamed the "Confucius of Korea". The diagram represents "scholar".

## Parallel Ready Stance

1. Step left	Sitting Stance	Left Rising Middle Punch ( <i>medium</i> )
2.	Sitting Stance	Right Middle Punch
3.	Sitting Stance	Left Middle Punch
4. Double step right	Sitting Stance	Right Rising Middle Punch ( <i>medium</i> )
5.	Sitting Stance	Left Middle Punch
6.	Sitting Stance	Right Middle Punch
7. Step left 45°	Right Front Stance	Right Inner Forearm Block
8.		No.2 Left Front Kick
9. ( <i>Land left leg in front</i> )	Left Front Stance	Left Middle Punch
10.	Left Front Stance	Right Middle Punch
11. Step left 90°	Left Front Stance	Left Inner Forearm Block
12.		No.2 Right Front Kick
13. ( <i>Land right leg in front</i> )	Right Front Stance	Right Middle Punch
14.	Right Front Stance	Left Middle Punch
15. Step right 45°	Right Front Stance	Right Hooking Block ( <i>medium</i> )
16.	Right Front Stance	Left Hooking Block ( <i>medium</i> )
17.	Right Front Stance	Right Middle Punch
18. Step forward	Left Front Stance	Left Hooking Block ( <i>medium</i> )
19.	Left Front Stance	Right Hooking Block ( <i>medium</i> )
20.	Left Front Stance	Left Middle Punch
21. Step forward	Right Front Stance	<u>Right Middle Punch*</u>
22.		No.2 Left Side Kick
23. ( <i>Land Left leg in front</i> )	Left Front Stance	Right Forearm Strike ( <i>to left palm</i> )
24.		No.2 Right Side Kick ( <i>to the rear</i> )
25. ( <i>Land right leg in front</i> )	Right Front Stance	Left Forearm Strike ( <i>to right palm</i> )
26. Step left 90°	Left Back Stance	Knifehand Square Block
27. Step forward	Right Front Stance	Right Middle Spearhand Strike
28. Turn right 180°	Right Back Stance	Knifehand Square Block
29. Step forward	Left Front Stance	Left Middle Spearhand Strike
30. Step left 90°	Left Front Stance	Left Outer Forearm Block
31.	Left Front Stance	Right Middle Punch
32. Step forward	Right Front Stance	Right Outer Forearm Block
33.	Right Front Stance	Left Middle Punch
34. Jump forward	Left X Stance	<u>Left High Downward Backfist</u>
35. Turn left 180°	Right Front Stance	Double Inner Forearm Block
36. Double step right	Left Front Stance	Double Inner Forearm Block
Parallel Ready Stance		

## **BOARD BREAKING**

Blue Belts must also choose 2 Striking and/or Kicking Techniques to attempt to break boards using the same requirements listed for Green Belts. However, it is encouraged to use different techniques for each Grading.