



Phoenix School Of Martial Arts

“From the ashes, we will rise”

Freestyle TaekwonDo

STUDENT HANDBOOK

Advanced Levels

4th GUP to 1st GUP

(Purple, Brown, Red & Senior Red)

Advanced Level Material

Congratulations on passing to the Advanced Levels !!!

You are now about to begin the next stage in your Colour Belt Journey. Now at the Advanced Levels of training, students will now have a greater understanding of TaeKwonDo and how their bodies work whilst performing techniques.

Forms will once again become more complex and longer. More kicks, strikes and blocks are learned at each rank, as well as advancing on the self-defence techniques.

Students should now be at a high fitness level in comparison to lower belts. Students understanding of basic techniques should also be considerably greater which should allow them to assist fellow students in their training.

Expectations for Advanced Level Students

Students have now spent the time at the Intermediate Levels allowing them to have a greater understanding of how their bodies move, bend, stretch etc. This in turn gives the student a better understanding of controlling their limbs when performing techniques. This control should be enough for students to lessen the gaps between their foot, hand, arm etc. when performing on a live target i.e. sparring. When sparring, Advanced Level students and above may now use medium contact. This implies that the students foot/hand may penetrate the target enough for their partner to feel it but not enough to cause any damage whether it is temporary or permanent.

Advanced level students are now closer to becoming Black Belts and with this, come a responsibility to fellow students. When students were at Beginner and Intermediate levels, the Advanced level students and Black Belts would assist them when needed if an Instructor were not immediately available.

Purple Belt ~ 4th GUP



The colour purple signifies the **TWILIGHT** as the day transitions into the night just as the student approaches the final stages of their colour belt journey.

TECHNIQUES

KICKS

Blitz Kicks – any 2 kicks done using with both legs.

Twist Kick

Rising Kick

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

STRIKES

Horizontal Punches – Angle, Turning, Crescent

Double Strike/Block - block one side and strike with other

BLOCKS

C Block

Ridgehand Block – Low/Inward, Outward, Double

GRADING SPARRING REQUIREMENTS

Once at Purple Belt, students should have a variety of attacks that they can use and perform. Purple Belts are expected to now show effect use of distraction techniques as well as the use of more advanced techniques such as jumping and spinning. When at a Grading, students must complete the minimum of 6 rounds.

SELF DEFENCE TECHNIQUES

Advancing on the inward motions once more, however the student now refines the control of the wrist and not the shoulder. The grabbed side is turned inward like when attempting the Inward Shoulder Twist, however the attackers hand is secured by placing the free hand into the palm using a Ridgehand Strike type motion as the grabbed hand bent upward. Pressure is then applied to the opponents hand as the wrist is released. The now free hand mirrors the grip of the other hand (like holding a sandwich with two hands), as the opponent palm is pushed towards them. Once this wrist manipulation is locked, the wrist is turn outward, bring the opponent to the ground.

BOARD BREAKING

Students must choose one foot and one hand technique to break the required board for their age.

PURPLE BELT FORM - Joong Gun **중근**

Joong Gun is named after the patriot An Joong Gun who assassinated Hiro-Bumi Ito, the first Japanese Governor-General of Korea, known as the man who played the leading part of the 'Korea Japan' merger. The 32 movements of this pattern represent Mr. An's age when he was executed at Lui-Shung prison in 1910.

Closed Ready Stance B

1. Step left 90°	Left Back Stance	Left Ridgehand Block
2.		No.1 Left Snap Kick (<i>Land in front</i>)
3. Step forward	Right Cat Stance	Right Palm Upward Block (<i>medium</i>)
4. Turn right 180°	Right Back Stance	Right Ridgehand Block
5.		No.1 Right Snap Kick (<i>Land in front</i>)
6. Step forward	Left Cat Stance	Left Palm Upward Block (<i>medium</i>)
7. Step left 90°	Left Back Stance	Double Knifehand Block
8. Change to	Left Front Stance	Right Upward Elbow Strike
9. Step forward	Right Back Stance	Double Knifehand Block
10. Change to	Right Front Stance	Left Upward Elbow Strike
11. Step forward	Left Front Stance	Twin High Punch
12. Step forward	Right Front Stance	<u>Twin Upset Punch*</u>
13. Double step turn	Left Front Stance	High X Block
14. Step left 90°	Left Back Stance	Left High Backfist Strike
15.	Left Back Stance	Left Downward Release Technique
16. Step into	Left Front Stance	Right High Punch
17. Double step right	Right Back Stance	Right High Backfist Strike
18.	Right Back Stance	Right Downward Release Technique
19. Step into	Right Front Stance	Left High Punch
20. Step turn left 90°	Left Front Stance	Double Inner Forearm Block
21. Change to	Left Back Stance	Left High Side Punch
22.		No.2 Right Side Kick
23. (<i>Land right leg in front</i>)	Right Front Stance	Double Inner Forearm Block
24. Change to	Right Back Stance	Right High Side Punch
25.		No.2 Left Side Kick
26. (<i>Land left leg in front</i>)	Left Back Stance	Double Fist Block
27. Change to	Left Front Stance	Left Double Press Block (<i>slow</i>)
28. Step forward	Right Back Stance	Double Fist Block
29. Change to	Right Front Stance	Right Double Press Block (<i>slow</i>)
30. Step up, face left 90°	Closed Stance	<u>Right Angle Punch</u>
31. Step forward	Right Back Stance	C Block
32. Double step left	Left Back Stance	C Block
Closed Ready Stance B		

Brown Belt – 3rd GUP



The colour brown signifies the **EARTH** in that the roots of the plant create a solid foundation just as the student is developing a solid foundation of TaeKwonDo skills.

TECHNIQUES

KICKS

Tornado Kicks - *Inside Crescent, Round, Front*

Spin Slide Kicks – *Hook, Outside Crescent, Axe*

Triple Kicks – *any 3 kicks continuously*

BLOCKS

Twin Forearm Block

Low Double Block – *Knifehand, Fist, Inner/Outer Forearm*

Double Blocks: 2 different blocks done with both hands.

GRADING SPARRING REQUIREMENTS

Brown Belts will continue to show effect use of distraction techniques as well as the use of more advanced techniques such as jumping and spinning. When at a Grading, students must complete the minimum of 6 rounds and also be apart of 2on1 sparring for higher ranks.

Self Defence Techniques

Brown Belt students will now learn further details on how to manipulate the wrist when applying a joint lock. Known as the “Chicken Wing”, this wrist lock also expands on the Straight Arm Lock entry. As the student traps the grabbing hand, the attackers arm is then bent rather than straighten and the same wrist lock is applied as was previously learned at Purple Belt – 4th GUP. However, rather than the arm being vertical, it will be horizontal. Once the wrist lock is secure, the fingers are rotated upward towards the attacker, creating pressure on the wrist joint. The common reaction is that the attacker will want to drop or sit towards the floor to relieve the pressure, but this gives the student the opportunity to take them to the floor.

BOARD BREAKING

Brown Belt students must choose one foot and one hand technique to break the required board for their age.

BROWN BELT FORM - Toi Gye 퇴계

Toi Gye is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo-Confucianism.

Closed Ready Stance B

1. Step left 90°	Left Back Stance	Left Inner Forearm Block
2. Change to	Left Front Stance	Right Low Spearhand Strike
3. Step back into	Closed Stance	Right High Backfist/Left Low Block (<i>medium</i>)
4. Step right 90°	Right Back Stance	Right Inner Forearm Block
5. Change to	Right Front Stance	Left Low Spearhand Strike
6. Step back into	Closed Stance	Left High Backfist/Right Low Block (<i>medium</i>)
7. Step forward	Left Front Stance	Low X Block
8.	Left Front Stance	Twin High Punch
9.		No.2 Right Front Kick
10. (Land right leg in front)	Right Front Stance	Right Middle Punch
11.	Right Front Stance	Left Middle Punch
12. Step up, turn left 90°	Closed Stance	Twin Outward Elbow Strike (<i>medium</i>)
13. Right Rising Kick into	Sitting Stance	Twin Forearm Block
14. Left Rising Kick into	Sitting Stance	Twin Forearm Block
15. Left Rising Kick into	Sitting Stance	Twin Forearm Block
16. Right Rising Kick into	Sitting Stance	Twin Forearm Block
17. Left Rising Kick into	Sitting Stance	Twin Forearm Block
18. Left Rising Kick into	Sitting Stance	Twin Forearm Block
19. Step turn left 90°	Left Back Stance	Low Double Inner Forearm Block
20. Change to	Left Front Stance	Twin High Grab
21.		<u>Right Upward Knee Strike*</u>
22. (Land together, turn left 180°)	Left Back Stance	Double Knifehand Block
23.		No.1 Left Front Kick
24. (Land left leg in front)	Left Front Stance	Left High Spearhand Strike
25. Step forward	Right Back Stance	Double Knifehand Block
26.		No.1 Right Front Kick
27. (Land right leg in front)	Right Front Stance	Right High Spearhand Strike
28. Step back into	Left Back Stance	Left Low Block/Right High Backfist Strike
29. Jump forward	Right X-Stance	Low X-Block
30. Step forward	Right Front Stance	Double Inner Forearm Block
31. Turn left 270°	Left Back Stance	Low Double Knifehand Block
32. Change to	Left Front Stance	Right Inner Forearm Block (<i>to the right</i>)
33. Double step right	Right Back Stance	Low Double Knifehand Block
34. Change to	Right Front Stance	Left Inner Forearm Block (<i>to the left</i>)
35. Turn left 90°	Left Front Stance	Right Sweeping Inner Forearm Block
36. Turn right 90°	Right Front Stance	Left Sweeping Inner Forearm Block
37. Change to	Sitting Stance	<u>Right Middle Punch</u>
Closed Ready Stance B		

Red Belt ~ 2nd GUP



The colour red signifies **DUSK** which is a warning of the potential dangers of the night, just as the student is warned to practice control of their TaeKwonDo skills. The colour red also warns an opponent.

Kicking Techniques

Spin Kicks - *Front, Round, Twist*
Jump Kicks – *Hook, Back, Twist*
Reverse Turning Kick

Grading Sparring Requirements

At Red Belt, students are now close to becoming Black Belts as will know and can use most kicking and striking techniques to good effect. Students must be able to jump, spin and jump spin when executing any kick or strike. By now students' fitness and stamina should be at a high level and so maybe asked to spar with Black Belts and/or have a 2on1 round. Red Belts must complete a minimum of 6 two-minute rounds.

Self Defence Techniques

Red Belts now learn to apply pressure and lock up the shoulders to restrain their opponent, using a Figure Four Lock. The grabbed hand turns palm up to secure the attackers wrist as the free hand is used to grab the attackers elbow (palm down). The attackers wrist is pulled towards the student as the elbow is pushed away. The hand and elbow is then circled in the opposite direction but in a more circular motion which will bring the attackers head downward. Maintaining the hold on the elbow, the grabbed hand is then circled outward to release the grip (even if not still applied) and then over and under the attackers forearm, catching their hand in the crook of the students elbow. The circling hand is then placed on the shoulder joint in a Downward Knifehand Strike motion. As pressure is applied downward on the shoulder, the attackers hand is raised, allowing the attacker to be taken to the ground.

Board Breaking

Red Belt students must choose one foot and one hand technique to break the required board for their age.

RED BELT FORM - Hwa Rang 화랑

In previously learned forms, there is a lot of symmetry and most techniques were repeated on both sides of the body. However, with the Red Belt form there is no symmetry, and most techniques are not repeated in the same fashion as before. This will make the Forms more difficult to learn and remember adding another challenge for students.

Hwa Rang is named after the Hwa Rang youth group, which originated in the Silla Dynasty in the early 7th century. Hand techniques are aimed at the middle target area.

_____ =Ki Hap (yell)

Twin Knifehand Ready Stance

1. Step left	Sitting Stance	Left Palm Block
2.	Sitting Stance	Right Middle Punch
3.	Sitting Stance	Left Middle Punch
4. Step into	Right Back Stance	Square Block
5.	Right Back Stance	Left Upset Punch
6. Step into	Right Fixed Stance	Right Middle Punch
7. Step back into	Right Standing Stance	Right Downward Knifehand Strike
8. Step forward	Left Front Stance	Left Middle Punch
9. Turn left 90°	Left Front Stance	Left Low Block
10. Step forward	Right Front Stance	Right Middle Punch
11. Step up into	Parallel Stance	Right Side Kick (<i>with release</i>)
12. Land forward	Right Back Stance	Right Middle Knifehand Strike
13. Step forward	Left Front Stance	Left Middle Punch
14. Step forward	Right Front Stance	<u>Right Middle Punch*</u>
15. Turn left 270°	Left Back Stance	Double Knifehand Block
16. Step forward	Right Front Stance	Right Middle Spearhand Strike
17. Double step turn	Left Back Stance	Double Knifehand Block
18.	No.2 Right Round Kick	No.2 Left Round Kick
19. (<i>land in a</i>)	Left Back Stance	Double Knifehand Block
20. Turn left 90°	Left Front Stance	Left Low Block
21. Change into	Left Fixed Stance	Right Middle Punch
22. Step forward	Right Fixed Stance	Left Middle Punch
22. Step forward	Left Fixed Stance	Right Middle Punch
24. Step into	Left Front Stance	Low X Block
25. Slide forward, turn 90°	Left Back Stance	<u>Right Back Elbow Strike</u>
26. Step up, turn left 180°	Closed Stance	R. Inner Forearm/L. Low Block
27.	Closed Stance	L. Inner Forearm/R. Low Block
28. Step forward	Left Back Stance	Double Knifehand Block
29. Double step right	Right Back Stance	Double Knifehand Block
Twin Knifehand Ready Stance		

Senior Red Belt - 1st GUP



The Senior Red belt has two colours: red and black. This signifies the **SUNRISE** which clears the darkness of the night, giving way to a new journey, just as the students reaches the end of their Colour Belt journey, but can also see the beginning of the next one.

Now at this final stage of their Colour Belt Journey, students have learned almost all the basic techniques of their TaeKwonDo training. Now is the time for reflection and when students will need to revisit previous Forms, Self Defence Techniques etc. as they will no longer be able to Grade with lower ranked students as their next Grading will be with Black Belts!!!

Black Belt Gradings have a different atmosphere to Colour Belt Gradings. There are significantly less candidates but there is much more to perform. As well as the more regular requirements, Black Belt Candidates will also have floor drills as well as targets drills to demonstrate along with have to show their knowledge of previous Forms and Self Defence Techniques when they Grade. Sparring is much more intense as students will be the lowest ranked candidates and the number of rounds can be in excess of 12!!! This will include 1on1 & 2on1 rounds and Senior Red Belts may also be part of 3on1 rounds from Black Belts.

Kicking Techniques

Jump Kicks - *Outside Crescent, Heel, Axe*

Jump Spin Kicks - *Side, Outside Crescent, Hook, Back*

Grading Sparring Requirements

At Red Belt, students are now close to becoming Black Belts as will know and can use most kicking and striking techniques to good effect. Students must be able to jump, spin and jump spin when executing any kick or strike. By now students' fitness and stamina should be at a high level and so maybe asked to spar with Black Belts and/or have a 2on1 round. Red Belts must complete a minimum of 6 two-minute rounds.

Self Defence Techniques

Senior Red Belts are required to demonstrate all previously learned techniques but now must include takedowns and finishing techniques to show their understanding of the entirety of their techniques.

Board Breaking

Students must choose one foot and one hand technique as well as a Spinning or Jumping Technique to break the required board for their age.

SENIOR RED BELT FORM - Choong Moo 충무

Choong Moo was the name given to the great admiral Yi Soon-Sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship, which was the precursor of the present-day submarine, in 1592 AD.

_____ =Ki Hap (yell)

Ready Stance

1. Step left	Left Back Stance	Knifehand Square Block
2. Step forward	Right Front Stance	R. Inward Knifehand Strike/ L. Knifehand High Block
3. Turn left 180°	Right Back Stance	Double Knifehand Block
4. Step forward	Left Front Stance	Left High Spearhand Strike
5. Step left	Left Back Stance	Double Knifehand Block
6. Right Side Kick (to the rear)	Left Back Stance	Double Knifehand Block
7. (take 2 steps forward)		<u>Right Jump Side Kick</u>
8. (land in a)	Right Back Stance	Double Knifehand Block
9. Turn left 270°	Left Back Stance	Left Low Block
10. Step into	Left Front Stance	Twin High Grab
11.		Right Upward Knee Strike
12. Land together, turn left 180°	Left Front Stance	Right High Ridgehand Strike
13.		No.2 Right Round Kick
14. (Land right leg in front)		Left Spin Side Kick
15. Turn right 180°	Right Back Stance	Double Fist Block
16.		No.2 Left Round Kick
17. (Land together, step right)	Right Back Stance	C Block
18. Jump Spin into	Right Back Stance	Double Knifehand Block
19. Step forward	Left Front Stance	Right Low Spearhand Strike
20. Step into	Left Back Stance	L. Low Block/R. High Backfist Strike
21. Step forward	Right Front Stance	Right Middle Spearhand Strike
22. Turn left 270°	Left Front Stance	Double Inner Forearm Block
23. Step forward	Sitting Stance	Right Inward Block (left fist under elbow)
24.	Sitting Stance	Right High Backfist Strike
25. (to left)		No.2 Right Side Kick
26. (Land right leg in front)		No.2 Left Side Kick
27. Turn right 180°	Right Back Stance	Knifehand X Block
28. Step forward	Left Front Stance	Twin Palm Upward Block
29. Double step turn	Right Front Stance	Right High Block
30.	Right Front Stance	<u>Left High Punch</u>
Ready Stance		

The Next Step

After passing the last stages of the Advanced levels of Colour Belt, students will become Black Belts. Now the fun really begins. As much as Colour Belt training has been a hard and gruelling experience, at the same time it has been exciting and rewarding. The achievement of Black Belt is only the beginning. The Black Belt curriculum is divided into 3 stages: Novice Rank (1st & 2nd Degree), Higher Rank (3rd & 4th Degree) and Master Rank (5th Degree and above). Remember, achieving a Black Belt is only the beginning of the journey, not the end. After learning the Colour Belt curriculum, Black Belts will begin to learn the deeper meanings of how techniques are applied and how TaeKwonDo is used in our daily lives and not just in the classroom.