

The emblem of Se-Jong system, like the system itself, is a blending of Yin and Yang.

The words, “Tae Kwon Do,” (The art of hand and foot) represent the hard element in Se Jong, for Tae Kwon Do is traditionally a hard system of oriental art.

The broken lines of the emblem represent the “Earth above and Earth Below” from the I Ching.

It is a symbol of yielding, and passivity. The words, “Yield and Overcome” are taken from Chapter Twenty-two of the Tao Te Ching.

The symbol from the I Ching and the words “Yield and Overcome” from the Tao Te Ching represent the soft element in the Se-Jong system.

The colors of our symbol (Black and White) represent the blending of both hard and soft styles of martial arts.

Se-Jong Tae Kwon Do like many martial systems is highly influenced by oriental philosophy.  
Below is Twenty-Two of the Tao Te Ching as represented on our symbol.



Chapter Twenty-Two of the Tao Te Ching

Yield and overcome;

Bend and be straight;

Empty and be full;

Wear out and be new;

Have little and gain;

Have much and be confused;

Therefore wise men embrace the one and set an example for all.

Not putting on a display, they shine forth.

Not justifying themselves, they are distinguished.

Not boasting, they receive recognition.

Not bragging, they never falter.

They do not quarrel, so no one quarrels with them.

Therefore, the ancients say, "Yield and Overcome".

Is this an empty saying?

Be really whole, and all things will come to you.

(Tsu Tzu, Lao. Tao Te Ching)



Miskech, L. (2010)

## Government of Se-Jong (Organization Structure)

The absolute teaching authority of Se-Jong Tae Kwon Do is the Master of the Style, the “Instructor of Instructors”. Practical government is the Instructor of each school, who has complete control in his/her School.

The Master will appoint a Board of Directors to manage all but the teaching aspect of Se-Jong. The Master will choose those from the Se-Jong system that he feels best personify the principles of Se-Jong. The number of Board members is left to the discretion of the Master.

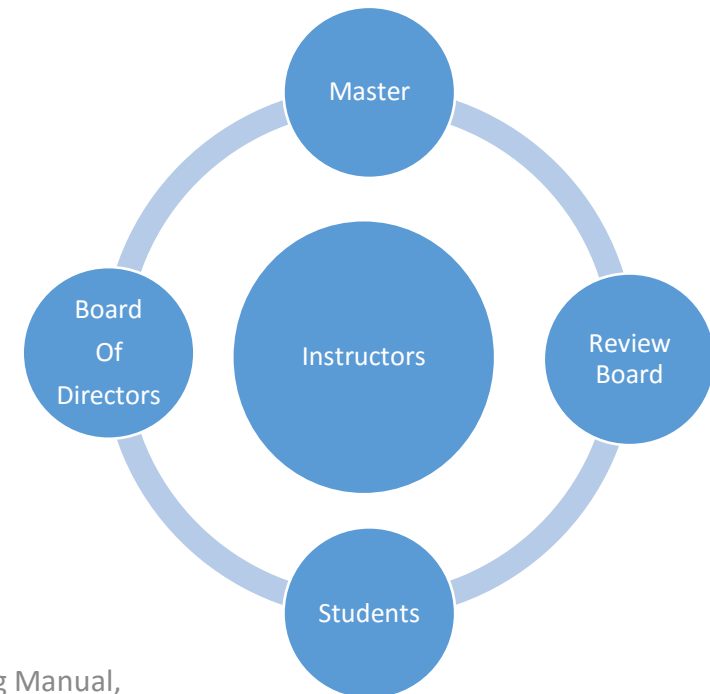
In the case of sudden and permanent incapacity of the Master, if he has not chosen a successor, the Board will do so in a manner that it sees fit.

If the Board is aware of the Master’s choice, they must make it public. If not, they will choose the person they feel most personifies the principles and ideals of Se Jong.

The Master will designate a Review Board. The purpose of the Review Board is to insure the standardization of the basics and patterns in all the Se-Jong schools. The Review Board is to augment the individual instructors and act as a resource. They are not to supersede or replace the Instructor. The Instructor has complete authority in his/her school. The Review Board is the personal representative of the Master and should be treated as such. The Review Board is in constant communication with the Master regarding patterns, basics, resolving conflicts and questions.

## Membership in Se-Jong

Anyone who has earned a rank in the Se-Jong System, and adheres to its principles and actively participates in classes, is considered a member. Conduct unbecoming Se-Jong Tae Kwon Do can result in loss of membership. The instructors have the responsibility of maintaining the integrity of Se-Jong. If an Instructor dismisses a student, no other Instructor may adopt that person as a student without the Master’s approval.



## History, Myth and Mythology in the Martial Arts (Written by Father Robert Connolly)

To write the history of the martial arts in general, or of a specific martial art is extremely complex it is almost impossible. The reasons are myriad. Most martial arts originated in the Far-East, where the concept of history is much different from that of our western culture.

In the Far-East, meanings of events and people are much more significant than facts. Often in the culture of the East, the truth is much more important than fact. As a result, myths and legends abound in the ancient arts, and even some modern arts have developed mythology. Some of the more modern arts and many modern martial artists have, for financial reasons, created mistruths about their experience, their art and/or their qualifications. Because of ethnocentrism, many countries claim to be the original source of martial arts. However, as the origins of martial arts predate factual history it is impossible to determine the precise origin or development of most of the arts.

### **A very brief overview of Tae Kwon Do**

Tae Kwon Do, is a Korean martial art. The beginning of martial arts in Korea is clouded in antiquity, but historical records tell us that it flourished.

The name, "Tae Kwon Do," is a generic name adopted by the Korean Government in the late 1940's and 1950's. It was applied to an assortment of martial arts that had been practiced there for centuries. The Masters of each martial art system met and agreed to practice and function under the name "Tae Kwon Do". Under the leadership of General Choi Hong Hi, it was hoped that Tae Kwon Do would eventually become the name that would identify the Korean martial arts.

Because of politics, financial considerations, human machinations, economics, and egos, almost as soon as the name Tae Kwon Do was agreed upon and the government-sponsored International Tae Kwon Do Federation began, it started to unravel. Government pressure, the dream of political advancement and/or financial gain, motivated most Masters to remain a part of the (ITF). Some Masters refused to conform to the new name and philosophy, some even developed new names for the old systems and began to market them.

### **Father Connolly's Introduction to Tae Kwon Do**

At the same time, the Korean government used the (ITF) as a diplomatic tool. Young instructors were sent by General Choi to various parts of the world as "good will" ambassadors for the Korean culture. These young men were ordered to distant lands, with almost no money, to establish Tae Kwon Do schools. In the late 1950's and early 1960's, several of these students found their way to the United States to teach. Among them were Jhoon Rhee, Jung Sul Park, Young Il Kong and Hee Il Cho.

Young Il Kong found himself the small eastern Pennsylvania town of Pottstown. He taught and lived in a small wooden frame house (a single room) along the Perkiomen river. The house was hot in the summer and cold in the winter, damp in the fall and musty in the spring. It was never comfortable.

Several of his original students came from the Norristown Tae Kwon Do school that was located in the Norristown YWCA. Ben Millard, along with his student Father Robert Connolly, were among those students who studied with Young Il Kong in that dilapidated room.

## History, Myth and Mythology in the Martial Arts (Written by Father Robert Connolly) continued

Mr. Kong eventually moved to Baltimore, but would return to Norristown Tae Kwon Do school that was located in the Norristown bi-monthly to conduct class or administer promotional testing. On many weekends the students at the Norristown Y would travel to Baltimore to continue training with Young Il Kong. During this period of time, a young man by the name of Ron Dragon became a student at the YWCA in Norristown.

In those years there were both good and bad times. Poorly attended tournaments: Mr. Kong's wedding in Baltimore; exhausting hours on day trips to Baltimore; shock at General Choi's flight for safety and exile from Korea; the privilege of being with him in Mr. Kong's family gatherings and growing sadness at the increasingly commercial motivation of the Kong schools. For Robert Connolly, martial arts were a great vehicle for building confidence and self-esteem. (Scripture would describe that as setting people free.) As the commercialism grew, Connolly decided to teach with a different approach. In 1974, he found himself working in Bishop Walsh High School in Cumberland Maryland, where he began to teach **free classes** in the high school gym. When he left Cumberland, Maryland, he left three Black Belts, but due to various circumstances, the school in Cumberland did not last long after his departure.

In 1978, Connolly began teaching classes in St. Canice Parish in the Knoxville section of Pittsburgh. When he moved to Natrona Heights, Pennsylvania, there was little hope that the Knoxville students school would continue. Providentially, at this time Mr. Ron Dragon was transferred by his business to the Pittsburgh area. He contacted Connolly and volunteered to keep the Knoxville school operational.

When Connolly moved to Natrona Heights, he immediately began a Tae Kwon Do School. Along with attending their classes in Knoxville, many Knoxville students would travel to Natrona Heights to attend class with Father Connolly. There were now two free martial arts schools.

There was much enthusiasm among the students in Knoxville and Natrona Heights, and it soon became obvious that as Black Belts were trained more schools would be opening. It was suggested that if the number of schools grew, the group should have a name.

Most of the active students at that time became involved in hours of discussions (with much laughter) not only with regard to a name, but on the many aspects required to form an organization. The name **Se-Jong Tae Kwon Do** was finally agreed upon, and the emblem was developed. The group deliberately stayed away from the common practice of using a family name or the name of any living person to identify itself. Se-Jong was chosen because he was a scholar as well as a King, and the group wanted to emphasize not only martial aspects, but also the intellectual and noble aspects of the martial arts. Connolly did not intend to start a distinct organization or system. He simply wanted to provide an opportunity for people to study something that would benefit their lives. He envisioned it as part of his ministry. The enthusiasm of his students and their desire to teach and spread what they were doing evolved into Se-Jong Tae Kwon Do.

# History, Myth and Mythology in the Martial Arts (Written by Father Robert Connolly)

Currently, in 2016, Se-Jong has well over 150 Black Belts with one at 7<sup>th</sup> Dan and four 6<sup>th</sup> Dan level. Its 18 schools are attended by hundreds of students each week. While most of the schools are located in the Pittsburgh area, there are schools in Philadelphia, and Meadville, PA as well as school in Maine and North Carolina. On the first Sunday of each month, Se-Jong offers a seminar for all students. On the third Sunday of the month there is a class designed for Black Belts. The Black Belt Class not only provides a learning environment, but also an element of fraternity, which is the glue that holds Se-Jong together. Each summer a week long camp is held open to all students. All Se-Jong classes, seminars, and summer camp are offered free of charge. No student pays for instruction ever!

The heart of Se-Jong is the instructor. The instructor perpetuates Se-Jong, its principles and its attitudes. By their example, students will either come to understand what Se-Jong and martial arts are supposed to be, or they will gain a distorted view. Se-Jong is in the hands of the instructors.

*Father Robert Connolly, Founder, Se-Jong Tae Kwon Do*

*8<sup>th</sup> Dan Black Belt, Tae Kwon Do*

*4<sup>th</sup> Dan Black Belt, Aikido*



## A Se-Jong student display's life values

*"That which shrinks must first expand. That which fails must first be strong" (Tsu Tzu, Lao. Tao Te Ching).*

**Se-Jong students must develop a profound understanding of life's values. This is taught with the four respects, five appreciations, and the Nine expressions.**

### The Four Respects

- God (Tao, Way, Truth, Life)
- Master (The gift of sharing knowledge)
- Others (Treat others as you would want to be treated)
- Self (Your body, mind and Spirit)

### The Five Appreciations

- Nature
- Family
- System
- Rank
- Country

### The Nine Expressions (How we display others)

- Courtesy
- Kindness
- Generosity
- Gentleness
- Honesty
- Humility
- Humor
- Patience
- Peace



## Se-Jong Discipline Protocol (What every student must know)

Discipline is Freedom. The purpose of rules is primarily to insure maximum benefit to the student and perpetuate the traditions of Se-Jong Tae Kwon Do. The tangible evidence that a member of Se-Jong in achieving the goals of the system is found in following the proper protocol.

### Grade Level Belt Protocol

Bowing exemplifies the protocol of Se-Jong. Bowing indicates that the individual embraces the goals and ideals of Se-Jong. It creates an attitude of learning and it bonds an individual to fellow students. It is a sign of both welcome and farewell. It demonstrates respect for other and an atmosphere of learning. A properly understood and performed bow shows the attitude necessary to be a student of Se-Jong Tae Kwon Do. Below find a list of expectations every student of Se-Jong must abide to.

- Bow to the flag and Instructors upon entering and exiting the workout area or Do Jang of Se-Jong or any other system
- Students are required to bow to all Black Belts upon first verbal greeting
- Refer to all Black Belts by Mr. , Mrs. , Ms. , Sir. , or Ma'am. All Black Belts are to be addressed formally when they are in uniform, in the Do Jang, and in all formal situations
- Upon the arrival of the school Instructor or any Master Instructor it is the responsibility of the student who notices the Instructor first to call the room to attention and to bow in greeting. The "Sho" command releases the class from attention.
- When students are brought to attention, they should gently tap their hands at the side of their legs at the thigh level.
- Whenever a formal instruction is given, the students respond with, "Yes Sir/Ma'am".
- The first technique (or series of techniques) executed after the class has been instructed to change techniques is followed by a "kihop".
- After an Instructor makes a correction/adjustment/comment regarding a student's technique, the student responds with, "Yes Sir/Ma'am".
- During line drills, when the students are instructed to turn, the technique (or series of techniques) performed during the turn is followed by a "kihop".
- Each student is expected to expend maximum personal effort during class workouts.
- If at any time during the class a student becomes sick or injured, it is the student's responsibility to bow out and tell the Instructor what is wrong. Do not enter/leave class without permission from the Instructor.



## Se-Jong Discipline Protocol (What every student must know Continued)

- Students must hold the last position until directed otherwise
- When the Instructor says, “Sho”, the students say, “Thank you Sir/Ma’am” or Komapsumida”.
- Loud conversations, laughing in excess, and chewing gum, have no place in the Do Jang. Talking is prohibited and jewelry is not to be worn during class.
- An all white uniform free from patches, flags or any other symbol is required at all occasions.
- The student’s dobok is to be neat and clean at all times. Respect for the uniform must be practiced.
- The student’s belt should be neatly folded or tied when removed. As a gesture of respect, it should not touch the ground and never be dropped on the ground.
- The student’s current belt rank must be displayed on the belt by color or stripe. The stripe should be  $\frac{1}{2}$  to  $\frac{3}{4}$  “ wide and placed one belt width from each end.
- Do not give a demonstration or teach Se-Jong Tae Kwon Do without the approval of your Instructor.
- A student must have the permission of his/her Instructor before participating in any tournament or competition.
- When a student is late for class he/she must stand in a paro-position until the instructor acknowledges their position. He/she must respond by asking “Permission to enter class?”.
- Students are expected to practice outside of class on a regular basis.
- Students must maintain a mutual respect for all fellow classmates and Instructors. All students are expected to be courteous and understanding. Advanced students are expected to set a good example to new students and to assist such students when necessary.
- Every student is expected to maintain and control his/her temper at all times. Unsportsmanlike conduct profanity, unnecessary roughness toward a fellow student will not be tolerated.
- Do not ask a senior belt or Instructor to free spar. Do not spar without the presence of an Instructor. Proper equipment is required (Mouthpiece, Headgear, padded gloves, and shin/instep pads). **ALL SPARRING IS NON-CONTACT EVEN WITH PROPER EQUIPMENT, NO CONTACT IS PERMITTED!**
- Do not engage in any activities that might degrade the code of Se-Jong Tae Kwon Do or the reputation of your school.



## Se-Jong Discipline Black Belt Protocol

- All aspects of the under belt protocol are to be followed
- Black Belts should have a single dot with the proper decree color representing their current rank. All Black Belts should have only the dot of their current rank on the belt. Do not keep the former rank dot on the belt. The dot is to be placed in the center, one belt width from the end of the belt.
- All Black Belts are expected to maintain an active membership in Se-Jong. If you do not maintain the skills of your rank, you do not hold that rank. A lack of participation in Se-Jong for one year will require a demonstration of skill before the current rank is reactivated.
- Any Black Belt requesting to be reinstated to the active list must first have the permission of the Master of the system. Permission from the Black Belt's previous Instructor (when possible) is also required.
- At any time the Master of the system can choose to update or further refine all protocol items to fit the needs of the system.

### Dress Code



The Dobok of Se-Jong is Plain White.

An all white uniform free from patches, flags or any other symbol is required at all occasions.

**Students:** When a student is in a situation where he/she is formally representing Se-Jong Tae Kwon Do, they should be properly dressed. Their clothing should be neat and clean at all times (both dobok and street clothes). Street clothing should give the appearance of being dressed up; they should not appear casually dressed.

**Black Belts:** A Black Belt in Se-Jong are the official representative of the system. Therefore, in a formal situations, such as all tests, demonstrations, lectures and tournaments, they should dress as follows (if not wearing a dobok).

**Men:** Dress shirt , tie, and sport coat or equivalent. Se-Jong Pin must be worn on the left lapel of the jacket.

**Women:** Dress or equivalent, as current fashion and/or modesty dictates. The lapel pin should be displayed.

**Formal situations include:** Tests, Demonstrations, lectures, tournaments.

**Non Formal situations:** Seminars, Black Belt class, and weekly classes.

Failure to appreciate the significance of the dress code is a failure to recognize the dignity of representing Se-Jong Tae Kwon Do.



## Some terms useful to a member of the Se-Jong Schools

**Se-Jong:** Name of the Korean king who instituted the Korean alphabet in 1443. It was the first Asian alphabet. Se-Jong is also the name of this system, implying an intellectual approach to the art. The Se-Jong Hyung has twenty four movements, representing a full day, a full cycle, a lifetime of study. The Se-Jong Hyung also consists of “Basic” movements, which are the foundation of the art.

**Tae Kwon Do:** The way of hand and foot

**Aikido:** Pure art of defense. The use of the aggressor’s energy and balance against them.

**Dobok:** Korean word meaning uniform. (Japanese = Gi).

**Hwa-Rang:** Historically a youth group, who used the art to teach their countrymen higher principles. Today represents the principles for which all students of the art should be striving.

**Hyung:** Dance Like movement designed to incorporate one’s mental, physical, and spiritual elements.

**Ki:** Korean equivalent to Ch’i. Inner strength, Power, Life Forces.

**Shiatzu:** Art of healing touch. “Acupressure”

**Tao:** The Way. Ultimate truth. Life.

“Knowing ignorance is strength. Ignoring knowledge is sickness” (Tsu Tzu, Lao. Tao Te Ching).

Se-Jong Tae Kwon Do Ranking System, Color, Significance, and associated Pattern (Hyung)

**10<sup>th</sup> Grade White Belt:** Innocence, New Beginning  
Hyung: Chon-Ji: Heaven and Earth

**9<sup>th</sup> Grade White Belt Gold Stripe:** Glimmer of Knowledge  
Hyung: Dan-Gun: Legendary founder of Korea (2333 B. C.)

**8<sup>th</sup> Grade Gold Belt:** Sunrise of Knowledge  
Hyung: Do-San: Independence leader Ahn Ch’ang-Ho

**7<sup>th</sup> Grade Gold Belt Green Stripe:** Hint of Maturity  
Hyung: Won-Hyo: Monk who introduced Buddhism to Korea (686 A. D.)

**6<sup>th</sup> Grade Green Belt:** Maturity in the Art  
Hyung: Yul-Gok: Confucius of Korea, Yi I

**5<sup>th</sup> Grade Green Belt Blue Stripe:** First awareness of ideals  
Hyung: Joong-Gun: Assassinated first Japanese Governor General of Korea

## Se-Jong Tae Kwon Do Ranking System Color, Significance, and Associated Pattern (Hyung) Continued



**4<sup>th</sup> Grade Blue Belt:** Understanding of Ideals

Hyung: Toi-Gye: Neo-Confucius of Korea, Yi Hwang

**3<sup>rd</sup> Grade Blue Belt Red stripe:** First Hint of Danger

Hyung: Hwa-Rang: Silla Dynasty youth group

**2<sup>nd</sup> Grade Red Belt:** Awareness of danger to self

Hyung: Choong-Moo: Invented Kobukson (submarine-like ship)

**1<sup>st</sup> Grade Red Belt Black Stripe:** Candidate for Black Belt

Hyung: Po-Eun: Famous nationalist Chong Mong-Chu



Miskech, L. (2010)

“In the pursuit of learning, everyday something is acquired. In the pursuit of Tao, everyday something is dropped” (Tsu Tzu, Lao. Tao Te Ching).

## Se-Jong Tae Kwon Do Ranking System Black Belt Level significance and Associated Patterns (Hyung)

**1<sup>st</sup> Degree**      Black Belt with White Dot

Hyung: Se-Jong

Movements: 24

Diagram: See belt rank information

Name of the Korean king who instated the Korean alphabet in 1443. The diagram represents the king, while the 24 movements refer to the 24 letters of Korean alphabet. Performance of this pattern exemplifies General Choi's The Reason for 24 Patterns.

Beginner. Preliminary basics have been learned.

## Se-Jong Tae Kwon Do Ranking System Black Belt Significance and Associated Patterns (Hyungs)

### 2<sup>nd</sup> Degree: Black Belt with Gold Dot

Hyung: Gwang-Gae:                      Movement: 29                      Diagram: See belt rank information

Named after the 19<sup>th</sup> King of the Koguryo Dynasty, who expanded and recovered lost territory. Performance of this pattern exemplifies one's experience and knowledge while being faithful to basics.

Hyung: Ge-Baek:                      Movement: 34                      Diagram: See belt rank information

A great admiral of the Paekche Dynasty (660 A.D.). Performance of this pattern exemplifies the necessity of discipline in learning and in life.



### 3<sup>rd</sup> Degree: Black Belt with Green Dot

Hyung: Eui-Am                      Movements: 43                      Diagram: See belt rank information

Eui-Am is the pseudonym of Son Byong Hi, religious leader and leader of the Korean Independence movement on March 1, 1919. He was responsible for changing the name of DongHak (Oriental Culture) to Chondo Kyo (Heavenly Way Religion) in 1905. Performance of this Pattern exemplifies the need for dedication and moral and ethical standards of life.

Hyung: Yon-Ge                      Movements: 51                      Diagram: See belt rank information

Yon-Ge was a famous general during the Kokuryo Dynasty. In (649 A.D.). he forced the Chinese out of Korea. Performance of this pattern exemplifies a willingness to do what is necessary to continue training.

### 4<sup>th</sup> Degree: Black Belt with a Blue Dot

Hyung: Yoo-Sin                      Movements: 70                      Diagram: See belt rank information

General Yoo-Sin of the Silla Dynasty united the three separate kingdoms of Korea in (668 A.D.). Performance of this pattern exemplifies the necessity of uniting mind, body, and spirit in one's journey through life.

Hyung: Moon-Moo                      Movement: 65                      Diagram: See belt rank information

Moon-Moo was the 13<sup>th</sup> King of the Silla Dynasty who came to the throne in (661 A.D.). Performance of this pattern exemplifies the dignity and honor in every person.



# Se-Jong Tae Kwon Do Ranking System Black Belt Significance and Associated Patterns (Hyungs)

## 5<sup>th</sup> Degree: Black Belt with a Red Dot

Hyung: Choong-Jang                      Movements: 52    Diagram: See belt rank information

Choong-Jang, a general of the Yi Dynasty, died in prison at age 27. This pattern ends with a left-hand attack to symbolize the tragedy of his death before he was able to come to full maturity. Performance of this pattern exemplifies the necessity of facing one's mortality and finding lasting meaning in life.

Hyung: Ul-Ji                                Movements: 42    Diagram: See belt rank information

Ul-Ji was the general who successfully defended Korea against Chinese invaders in (612 A.D.). The diagram represents his surname. Performance of this pattern exemplifies loyalty to Se Jong and a willingness if necessary to defend the tradition upon which it is built.

## 6<sup>th</sup> Degree: Black Belt with NO Dot or a Black Dot

Hyung: Sam-Il                              Movements: 34    Diagram: See belt rank information

Sam-Il denotes March 1, 1919 the date that the independence movement of Korea began. Performance of this pattern exemplifies the spirit of freedom and independence required to study Se Jong Tae Kwon Do.

Hyung: Choi-Yong                        Movements: 45    Diagram: See belt rank information

Choi-Yong was a general during the 14<sup>th</sup> century Koryo Dynasty who was assassinated by a subordinate General Sung Gae, who later became the first king of the Yi Dynasty. Performance of this pattern exemplifies the concept that integrity can indeed be costly.

## 7<sup>th</sup> Degree: Black Belt with No Dot

Hyung: Ko-Dang                          Movements: 39    Diagram: See belt rank information

Ko-Dang is the pseudonym of patriot Cho Man Sik who dedicated his life to the independence and education of the Korean people. Performance of this pattern exemplifies the necessity to continue learning all through life.

Hyung: Tong-Il                            Movements: 56    Diagram: See belt rank information

Tong-Il represents the unification of Korea, which had been divided in 1945. Performance of the pattern exemplifies the hope that someday all martial arts will be dedicated to tradition, discipline and peace.

Hyung: So-San                             Movements: 72    Diagram: See belt rank information

So-San is the pseudonym of the great monk Choi Hyung Ung, 1520-1604, during the Yi Dynasty. At the age of 72 he organized a corps of monk soldiers with the assistance of his pupil Damung Dang. The monk soldiers helped repulse Japanese pirates who overran most of the Korean peninsula in 1592. Performance of this pattern exemplifies the spiritual aspect of each person, the aspect of the human person that is essential to the wholeness of the individual.



## The Reason for 24 Patterns (Hyungs) by General Choi

The life of a human being, perhaps 100 years, can be considered as a day when compared with eternity. Therefore, we, mortals, are no more than simple travelers who pass by eternal years of an eon in a day.

It is evident that no one can live more than a limited amount of time. Nevertheless, most people foolishly enslave themselves to materialism as if they could live for thousands of years. And some people strive to bequeath a good spiritual legacy for coming generations, this way, they gain immortality. Obviously, the spirit is perpetual while material is not.

Therefore, what we can do to leave behind something for the welfare of mankind is, perhaps, the most important thing is our lives.

Here I leave Tae Kwon Do for mankind as a trace of a man of the late 20<sup>th</sup> century.

The 24 patterns (Hyungs) represent 24 hours, one day or all my life



## Time Periods and Requirements for Advancement in Se-Jong Tae Kwon Do

- **All Gup level testing:** a minimum of 6 months is recommend between each test. School Instructor will determine testing periods.
- **From Candidate to 1<sup>st</sup> Degree Black Belt:** At least 9 months. Active membership in Se-Jong and Instructor's recommendation.
- **From 1<sup>st</sup> Degree to 2<sup>nd</sup> Degree Black Belt:** At least 3 years. Active membership in Se-Jong and Instructor's recommendation.
- **All other Upper Dan testing:** No minimum time period required. Active membership in Se-Jong and Instructor's recommendation to the review board who will then issue an invitation to test.

## Required Knowledge for 10<sup>th</sup> Grade – White Belt

**Hyung: Chon-Ji**

**Movements: 19**

**Diagram: +**

**Chon-Ji:** Literally means the “Heaven and the 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 taught to all beginners. This pattern consists of two similar parts, one to represent the Heaven and the other the Earth.

**Start Position:** Parallel ready stance / **End Position:** Left foot moves to right foot

**Significance of a white belt:** Innocence, a new beginning

**Attention (Charyot):** Feet together, hands are straight down to the sides

**Bow (Kyong Ye):** From the waist only, 45 degrees with head up

**Stances:**

**Parallel Stance:** the feet are parallel to each other and one foot length wide, weight evenly distributed on both feet, knees are relaxed. (as in a Junbi position)

**Straddle Stance:** The Feet are parallel to each other and 1 ½ shoulder width wide with the weight evenly distributed on both feet. Both knees are bent and directly over the ankles. The front of the stance is determined by the direction the head is facing.

**Walking Stance:** The feet are at a diagonal to each other and 1 ½ shoulder width wide and 1 ½ shoulder width deep, the weight is evenly distributed on both feet. Both feet facing straight ahead with the front knee bent over the ankle, rear knee straight. The front foot determines the stance.

**L-Stance:** The feet are perpendicular to each other and 1 ½ shoulder width deep and as wide as a parallel stance. The front foot faces forward, both knees are bent and directly over the ankles. The rear foot determines the stance.

**Spinning Turn:** As performed in a Hyung

**Stepping Turn:** Step behind front foot, then turn (maintain depth your depth)

### Techniques, Vocabulary, Questions

**Hand Techniques:** Straight Punch, Low Defense, Inner Forearm block, Double Knife Hand block, High Rising block, Elbow Strikes

**Foot Techniques:** Front Snap Kick, Side piercing kick, Leg Block

**Physical Concepts:** Straight-Reverse, Inner-Outer, Alignment, Breathing, Ki

**Vocabulary:** Attention-Charyot, Bow-Kyong Ye, Ready-Junbi, Return-Paro, Relax-Sho

**Soft Technique:** Begin developing Ikkyo, Left and Right Shoulder Role

**Questions:**

1. What does Tae Kwon Do mean?
2. What is the first pattern?
3. Why do we bow?
4. What does the word Hyung mean?
5. What is the significance of a White Belt?
6. Who is the founder of Se Jong Tae Kwon Do?



## Required Knowledge for 9<sup>th</sup> Grade- White Belt / Gold Stripe

**Hyung: Dan-Gun**

**Movement: 21**

**Diagram:** 

**Dan-Gun:** Named after the holy Dan-Gun, the legendary founder of Korea in the year 2333 (B.C.)

**Beginning Position:** Parallel ready stance / **End Position:** Left foot moves to right foot.

**Significance of a Gold Stripe:** Glimmer of Knowledge

**Stances:**

**One-legged:** The foot on the floor is pointing straight ahead, leg is slightly bent at the knee. The other leg is up with knee pointing straight ahead and foot parallel to the floor, toes up, arms are out from the side, hands are in a fist. Foot on the floor determines stance.

**Bending ready stance:** The foot on the floor is 135 degrees from the front and the leg is bent slightly. The other leg is raised with the knee pointing to the rear and the foot parallel floor as in side piercing kick. Hands are in a guarding block position. Foot on the floor determines the stance.

**Rear Foot Stance:** The feet are perpendicular to each other, the front foot faces straight ahead and inline with the rear ankle. Feet are close together but not touching, the front knee is bent with the heel off of the floor. The rear foot determines the stance.

**Fighting Stance (Position):** Whatever is comfortable for you, Side out determines the stance.

### Techniques, Vocabulary, Questions

**Hand Techniques:** Reverse punch, Single Knife Hand block, Double Forearm block, Twin Forearm block, Single Knife Hand strike, Guarding block

**Foot Techniques:** Turning kick (Ball), Roundhouse kick (Instep), Boot-to-Boot sweep,

**Soft Technique:** Begin developing Nikkyo, Back fall (lead up to break fall)

**Concepts:** Inward – Outward

**Basic Defense # 1:** Two hand front chock (hard)

**Three-Step Choreographed attack and defense # 1 through # 5**

**Vocabulary:** Master – Sa Bom Nim, Instructor – Kyosa Nim, Student – Jeja, Male Title of Honor – Name plus: SSI, Female Title of Honor – Name Plus: Puin

**Questions:**

1. What does Dan-Gun mean?
2. Why do we have patterns (Hyungs)?
3. Why should you respect higher belts?
4. Who is your Instructor?
5. Who are his/her assistants?
6. What is the significance of a gold stripe on a white belt?

태 권 도  
Tae Kwon Do



## Required Knowledge for 8<sup>th</sup> Grade – Gold Belt

**Hyung: Do-San**

**Movements: 24**

**Diagram:** 

**Techniques, Vocabulary, Questions**

**Do-San:** The pseudonym of Ahn Chang-Ho (1876-1938) who devoted his entire life to furthering the education of Korea and its independence movement.

**Beginning Position:** Parallel ready stance

**End Position:** Right foot moves to left foot

**Significance:** Sunrise of knowledge

**Stance:**

**Fixed stance:** Similar to L-stance except longer, about a foot's length. The front foot faces straight ahead, with knee bent and directly over the ankle, rear knee is straight, but not locked. The rear foot determines the stance.

**Basic Defenses:**

Defense #2: Two hand front choke (soft)

Defense #3: Side arm grab



(Microsoft Clip Art, May 31, 2016)

**Hand Techniques:**

Outer Forearm block, Wedging block, Back-fist, Spinning Back-Fist, Fingertip Strikes (Single, Double, Thumb, Spear, Flat, Upset finger)

**Feet Technique:**

Knee (vertical, horizontal), Crescent kick (inner and outer).

**Soft Technique:** Begin developing Sankyo, Increase fluidity of falls

**One-step choreographed attack and defense # 1 through 5**

**Choreographed control free sparring: Led by the Instructor only.**

**Vocabulary:**

Thank you – Komapsumnida, Stop – Koman, Begin – Sijak, Gym – Do Jang

**Questions:**

1. What does Do-San mean?
2. What are the Four Respects of Se Jong?
3. What is the purpose of the Kihop?
4. Who are considered experts in the martial arts?
5. What is the significance of a Gold Belt?

## Required Knowledge for 7<sup>th</sup> Grade – Gold Belt / Green Stripe

**Hyung: Won-Hyo**

**Movements: 28**

**Diagram:** 

Won-Hyo: The noted monk who introduced Buddhism to the Silla Dynasty in the year (686 A.D.).

Beginning Stance: Close ready stance A

End of Pattern: Right foot moves to left foot.

Significance: Hint of maturity in the art.

Stances: Closed ready stance A-B-C : Feet together, knees slightly bent, left hand cups around the right fist, elbows down. A-(hands placed at chin level) B-(hand placed at the solar-plexus level). Stance C: Left knife hand crosses over right knife hand located at the groin level.



(Microsoft Clip Art, May 31, 2016)

## Technique, Vocabulary, Questions

### Hand Techniques:

Upset punch, Circle block, Vertical punch, Uppercut

### Feet Techniques:

Back Side Piercing kick, Back Snap kick

**Soft Technique:** begin developing Yonkyo, Break fall

### Basic Defenses:

Defense #4: One hand collar grab

Defense #5: One hand neck choke

**Concepts:** Target areas in general, Priority target areas, Contact point vs Focus point

### Slow motion Free Controlled Free Sparring

**Vocabulary:** Dismiss – Hae san, Grade – Gup, Degree – Dan, Soft Technique – Puduron kot

Questions:

1. What does Won-Hyo mean?
2. What are the five appreciations of Se Jong?
3. What is the significance of a Green Stripe on a Gold Belt?



## Required Knowledge For 6<sup>th</sup> Grade – Green Belt

**Hyung: Yul-Gok**

**Movements: 38**

**Diagram:**



### Techniques, Vocabulary, Questions

**Yul-Gok:** A pseudonym of a great philosopher and scholar Yi I (1536 – 1584). Nicknamed the Confucius of Korea.

**Beginning Position:** Parallel ready stance.

**End of Pattern:** Left foot moves to right foot.

**Stances:**

**Diagonal:** Same as the straddle stance, except one foot is farther ahead of the other. The heel of the front foot is even with the toes of the rear foot. The front foot determines the stance.

**Basic Defenses:**

Defense #6: Front bear hug, hands unpinned

Defense #7: Side head lock

**Concept:**

Transitioning: is the physical and psychological movement necessary to move from attacked to not being attacked while maintaining balance. Evasion and transitioning are a unit. It is practiced in the movements of basics and patterns, as well as in free sparring.



**Hand Techniques:**

U-block, U-punch, U-grab, Twin knife hand block, Hooking block, Crescent punch, Hook punch.

**Feet Techniques:**

Twisting kick, Hook kick, Reverse turning kick

**Soft Technique:** Begin developing projection Kote Gaeshi

**One-Step choreographed attack and defense #6 through #10**

**Modified Free Sparring:** under the Instructor supervision only.

**Vocabulary:**

One – Hanna, Two – Dul, Three – Sed, Four – Ned, Five Dasut

**Questions:**

1. What does You-Gok mean?
2. What are the nine expressions of Se Jong?
3. Who is Se Jong and why is our system named after him?
4. What is the significance of a Green Belt?

## Required Knowledge For 5<sup>th</sup> Grade – Green Belt / Blue Stripe

**Hyung: Joong-Gun**

**Movement: 32**

**Diagram:**



**Joong-Gun:** Named after the patriot An Joong-Gun, who assassinated Hiro-Bumo Ito, the first Japanese Governor General of Korea, who was known as the leading force of the Korea-Japan merger. The 32 movements in the pattern represent Mr. An's age when he was executed in Lui Shung prison in 1910.

**Beginning Position:** Close ready stance B

**End Position:** Left foot moves to right foot

### Stance

**X-stance:** The lower legs are crossed and both feet face straight ahead, the heel of the front foot is even with the toes of the rear foot. Both knees are bent with the rear heel off of the floor. The front foot determines the stance.

### Basic Defense:

Defense #8: Rear leg front snap kick

Defense #9: Reverse punch



Miskech, L. (2010)

## Techniques, Vocabulary, Questions

### Hand Techniques:

X-block, Ridge hand block, Scooping block, Vertical Twin fist, Double Palm Heel Block

### Feet Techniques:

Wheel kick, Pressing kick, Ax kick

**Soft Technique:** Begin developing projection Shiho Nage

**Free Sparring:** designed to be a teaching tool, Instructors should emphasize (Free will movement, with controlled precision)

### Vocabulary:

Six – Yosut, Seven – Illgop, Eight – Yodul, Nine – Ah hop, Ten – Yul

### Questions:

1. What does Joong-Gun mean?
2. Explain the emblem?
3. Explain the difference between a reverse turning kick and a wheel kick!
4. What is the significance of a Blue Stripe on a Green Belt?

## Required Knowledge For 4<sup>th</sup> Grade – Blue Belt

**Hyung: Toi-Gye**

**Movements: 37**

**Diagram:** 

### **Toi-Gye:**

The pen name of the noted scholar Yi Hwang (16<sup>th</sup> Century A.D.), an authority on Neo-Confucianism. The 37 movements of the pattern refer to his birth place on the 37<sup>th</sup> latitude, the diagram represents scholar.

**Beginning Position:** Closed ready stance B

**End Position:** Right foot moves to left foot.

### **Stance:**

Vertical stance: Same as rear foot stance but both feet are flat

### **Basic Defenses:**

Defense #10: Front bear hug, arms pinned

Defense #11: Rear forearm choke



Miskech, L. (2010)

## **Techniques, Vocabulary, Questions**

### **Hand Techniques:**

Hammer fist, Arc hand {primary target throat}, W-Block

### **Foot Techniques:**

Jump Front Snap kick, Jump Side Piercing kick, Jump Twisting kick

**Soft Technique:** Begin developing projection Kaiten Nage

### **Free Sparring Detail instructions:**

- Se-Jong Tae Kwon Do is lethal when properly used so only blows focused within five centimeters of a vital point are counted.
- Defense is as important as attacking, and counter-attacking can be both a defense and an offense.
- Free sparring is primarily an educational tool that teaches one about oneself. Higher belts must educate the lower belts in free sparring.

**Vocabulary:** Stance – So gi, Kick – Cha gi, Punch – Chu ru gi, Block – Mak gi

### **Questions:**

1. What does Toi-Gye mean?
2. Why do we Free Spar?
3. Explain the meaning of the phrase: “Repetition is the mother of all learning.”
4. What is the significance of a Blue Belt?

# Required Knowledge For 3<sup>rd</sup> Grade – Blue Belt / Red Stripe

## Hyung: Hwa-Rang

## Movements-29

Diagram: 

### Hwa-Rang:

Named after the Hwa-Rang youth group, which originated in the Silla Dynasty in the early 7<sup>th</sup> century. This group eventually became the actual driving force for the unification of Korea.

**Beginning Position:** Close ready stance C **End Position:** Right foot moves to left foot

**Basic Defenses:** Defense #12: Two Hand Collar grab, Defense #13: Full Nelson

### Sa Bom Nim Poduron Kot Hyung

1. Begin in a soft ready position, Right leg retreat back 180 degrees and apply Ikkyo. Maintain position, transition to Nikyo.
2. Left leg retreat 180 degrees, Right leg retreat 180 apply Nikyo. Maintain position, transition to Sonkyo.
3. Right leg forward 180 degrees, left leg back 180 degrees and apply Sankyo. Maintain position, transition to Yonkyo.
4. Right leg back 180 degrees, Right leg forward 180 degrees down to left knee and apply Yonkyo. Maintain position, transition to Shiho Nage.
5. Left leg comes up from the knee and steps forward, turning the body clockwise step back with the right leg apply Shiho Nage. Maintaining position, transition to Kote Gaeshi.
6. Right leg back 180 degrees, Left leg back 180 degrees apply Kote Gaeshi. Maintaining position transition to Kaiten Nage (Rotary Throw).
7. Right leg 90 degrees, execute Kaiten Nage pivoting on your feet maintain position and transition to Kokyu Nage (20 Year technique).
8. Right leg retreat 180 degrees, Right leg forward 180 degrees apply Kokyu Nage.

Right leg withdrawals to the front Soft Ready position

## Techniques, Vocabulary, Questions

### Techniques:

**Hand Techniques:** Ridge Hand Strike

**Feet Techniques:** Jump Turning kick, Jump knee kick {vertical – horizontal}

**Soft Techniques:** Continue to develop all prior soft techniques introduced

### Free Sparring:

Students should focus on combinations, executing 3 to 5 count [controlled techniques].

### Vocabulary:

Ikkyo – One, Nikkyo – Two, Sankyo – Three, Yonkyo – Four, Kote Gaeshi – Wrist throw, Irimi Nage – Entering Throw, Kokyu Nage – 20 year technique, Kaiten Nage – Rotary throw, Uke – attacker, Tori – Defender,

### Questions:

1. What does Hwa-Rang mean?
2. What does discipline mean to you?
3. What is the difference between hard and soft style martial arts?
4. What is the significance of a Red Stripe on a Blue Belt?



# Required Knowledge For 2<sup>nd</sup> Grade – Red Belt

**Hyung: Choong-Moo Movements: 30**

**Diagram:** 

**Techniques, Vocabulary, Questions**

## Choong-Moo:

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), in (1592 A. D.) It was the first Iron Clad ship. Some say the Kobukson is the precursor of the present day Submarine. The pattern ends with left hand attack to symbolize the regrettable mistreatment he experienced at the hands of the King.

**Beginning position:** Parallel ready stance

**End position:** Left foot moves to right foot

**Significance of Belt:** Awareness of danger to self

## Basic Defense:

Defense #14: Double leg Takedown

Defense #15: Hair pull



Miskech, L. (2008)

## Hand Techniques:

Thumb Ridge Hand, Long Fist (four knuckle fist or extended fist)

## Feet Techniques:

Jump Hook kick, Jump Back Side Piercing kick, Jump Wheel kick, Jump Reverse Turning kick, Boot to Boot Sweep with takedowns and finishing techniques

**Free Sparring:** working on control with jumping techniques

**Soft Technique:** So Bom Nim Poduron Kot Hyung (left side attack)

**Vocabulary:** Omote – To move in & in front of, Tanken – To move back, Ura – to move around, Marui – Circular motion

## Questions:

1. What does Choong-Moo mean?
2. What is the history of Se Jong?
3. If someone asked you the reasons to study the martial arts, what would you say?
4. What is the significance of a Red Belt?



## Required Knowledge For 1<sup>st</sup> Grade – Red Belt Black Stripe (Candidate for Black Belt)

**Hyung: Po-Eun**

**Movements: 36**

**Diagram: ———**

**Po-Eun:** 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 enduring loyalty to King and Country towards the end of the Koryo Dynasty.

**Beginning Position:** Parallel stance with Heaven Hand

**End Position:** Left foot moves to the right foot

**Significance:** Candidate for Black Belt

**Basic Defenses:**

Defense #16: Two hand front choke

Defense #17: Read bear hug arms pinned

Defense #18: Clinch

**Soft Technique:** Applying So Bom Nim Puduron Kot Hyung

**Philosophy Development:** Candidate for Black Belts should begin to develop a personal, individualized philosophy as it applies to Martial Arts and specifically Se Jong Tae Kwon Do.

**Techniques, Vocabulary, Questions**

**Hand Techniques:** Horizontal punch

**Free Sparring:** Candidate should begin to develop instructional or teaching skills; The candidate should begin to instruct lower belts on Free sparring skills and safety percussions.

**Vocabulary:**

Tsuki Irimi Nage – Redirection #1 far hand, Kokyu-Ho Nage – Redirection #2 near hand, Tenchi Nage – Heaven & Earth throw

**Teaching and Assisting in the class setting:**

As noted by Father Connolly *"Instructors are the backbone of the Se-Jong system"*, therefore it is very important the elements of classroom instruction be given to the candidate to develop teaching strategies under the supervision of a Se-Jong Instructor. This should occur frequently.

**Questions:**

1. What does Po-Eun mean?
2. What is the difference between Martial Arts and Martial Sports?
3. What have the Martial Arts contributed to your life?



# Required Knowledge For 1<sup>st</sup> Degree Black Belt, White Dot

**Hyung: Se-Jong**

**Movements: 24**

**Diagram:** 

**Se-Jong:** name of the Korean King who instituted the Korean alphabet in 1443. The diagram represents the king, while the movements refer to the 24 letters of the Korean alphabet. Performance of this pattern exemplifies General Choi's "The Reason for 24 Patterns".

**Beginning Position:** Close ready stance B

**End Position:** Left foot moves to the right foot.

**Significance:** Beginner. Basics have been learned. Black Belt White Dot

**Written Test:** A written test is given to express the knowledge learned by the Black Belt.

**Written Philosophy:** is developed and submitted as a test requirement

**Soft Technique:** Both left and right hand attack So Bom Nim Poduron Kot

A good resource for philosophical ideas can be found by reading the Tao Te Ching, written by Lao Tzu.

Your written Philosophy is solely yours. There is no correct or incorrect submission. Do not take this assignment lightly. You may learn more than you anticipated, when you take close examination of yourself.

## All Requirements For 1<sup>st</sup> Degree

**Free Spar:** Possible inclusion of use with Red Man Suit (Full applied techniques)

### Stances:

Bending ready, Close ready A,B, and C, Diagonal, Fighting, Fixed, L-Stance, One-legged, Parallel, Rear-foot, Spinning turn, Stepping turn, Straddle, Vertical, Walking, X-stance.

### Hand Techniques:

Arc Hand strike, Arc Hand block (redirection block), Back Fist, Circle block, Crescent punch, Double forearm block, Double Knife hand block, Double Palm Heel block, Double Palm Heel strike, Elbow strikes, Finger Tip Strikes, Guarding block, Hammer fist, High Rising block, Hook punch, Hooking block, Inner Forearm block, Long fist, Low Defense, Outer Forearm block, Reverse punch, Ridge Hand block, Scooping block, Single Knife Hand block, Single Knife Hand strike, Straight punch, Thumb Ridge strike, Twin Forearm block, Twin Knife Hand block, U-block, U-grab, Uppercut, Upset punch, U-punch, Vertical punch, Vertical twin fist, W-Block Wedging block, X-block.

### Feet Techniques:

Ax kick, Back side piercing kick, Back Snap kick, Boot-to Boot Sweep, Crescent kick, Front snap kick, Hook kick, Jump back side piercing kick, Jump back snap kick, Jump Hook kick, Jump knee (vertical, horizontal), Jump Reverse turning kick, Jump Side piercing kick, Jump turning kick, Jump twisting kick, Jump Wheel kick, Knee kick (vertical, horizontal), Leg blocks, Pressing kick, Reverse turning kick, Round House kick, Side Piercing kick, Turning kick, Twisting kick, Wheel kick.

# Required Knowledge For 1<sup>st</sup> Degree Black Belt, White Dot (continued)

## Hyungs, Concepts and Vocabulary

### Hyungs:

Chin – Ji	Yul-Gok	Choong-Moo
Dan-Gun	Joong-Gun	Po-Eun
Do-San	Toi-Gye	Se-Jong
Won-Hyo	Hwa-Rang	



### Concepts:

Hard – Soft	Inner – Outer
Inward – Outward	Ki
Sparring	Target Area
Impact point – Focus Point	Weighting

### All Previous Vocabulary



## Basic Defenses

### Basic Defense:

- |                                   |            |
|-----------------------------------|------------|
| 1. Two hand front choke (hard)    | 18. Clinch |
| 2. Two hand front choke (soft)    |            |
| 3. Side arm grab                  |            |
| 4. One hand collar grab           |            |
| 5. One hand neck choke            |            |
| 6. Front bear hug, hands unpinned |            |
| 7. Side head lock                 |            |
| 8. Rear leg front snap kick       |            |
| 9. Reverse punch                  |            |
| 10. Front bear hug, arms pinned   |            |
| 11. Rear forearm chock            |            |
| 12. Two hand collar grab          |            |
| 13. Full Nelson                   |            |
| 14. Double leg takedown           |            |
| 15. Hair pull                     |            |
| 16. Two hand front choke          |            |
| 17. Rear bear hug, arms pinned    |            |



(Microsoft Clip Art, May 31, 2016)

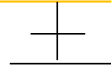
## Required Knowledge For 2<sup>nd</sup> Degree Black Belt - Gold Dot

### Hyungs: Gwang-Gae, Ge-Baek

**Hyung:** Gwang-Gae

Movements: 39

Diagram:



**Gwang-Gae:** 19<sup>th</sup> King of Koguryo Dynasty who expanded and recovered lost territory. The 39 techniques refer to his reign for 39 years. Performance of this pattern exemplifies one's experience and knowledge while being faithful to basics.

**Beginning Position:** Parallel stance with Heaven Hand

**End Position:** Left foot moves to the right foot

**Hyung:** Ge-Baek

Movement: 34

Diagram:



**Ge-Baek:** was a great admiral of the Paekchae Dynasty (660 A.D.). Performance of this pattern exemplifies the necessity of discipline in learning and in life.

**Beginning Position:** Parallel ready stance

**End Position:** Right foot moves to the left foot

**Belt significance:** Sunrise of Knowledge in the martial arts

### Techniques, and Other Requirements

#### Hands:

Straight punch and related derivations

Reverse punch and related derivations

#### Feet:

Side piercing kick and related derivations

**Soft Technique:** Ikkyo applied at different angles with multiple attackers

**Free Sparring** with full control

**All previous requirements**

**Active participation in Se-Jong Tae Kwon do**

**Testing Protocol:** Only 4<sup>th</sup> Degree and higher may be examiners for 2<sup>nd</sup> Dan ranking.

Miskech, L. (2008)

(You will advance  
like a stream flowing  
down a mountain.)



## Required Knowledge For 3<sup>rd</sup> Degree Black Belt – Green Dot

### Hyungs: Eui-Am , Yon-Ge

**Hyung:** Eui-Am

**Movements:** 43

**Diagram:** |

**Eui-Am:** is the pseudonym of Son Byong Hi, religious leader and leader of the Korean Independence movement on March 1, 1919. He was responsible for changing the name of Dong Hak (Oriental Culture) to Chondo Kyo (Heavenly Way Religion) in 1905. Performance of this pattern exemplifies the need for dedication and moral and ethical standards in life.

**Beginning Position:** Close ready stance with hands in kicking position

**Ending Position:** Right foot moves to the left foot.

**Hyung:** Yon-Ge

**Movement:** 51

**Diagram:** +

**Yon-Ge:** was a famous General during the Kokuryo Dynasty in (649 A. D.), he forced the Chinese out of Korea. Performance of this pattern exemplifies a willingness to do what is necessary to continue training.

**Beginning Position:** Parallel Stance with a #3 left elbow strike position

**End Position:** Right foot moves to left foot

**Significance:** Maturity in the martial arts



(Microsoft Clip Art, May 31, 2016)

### Techniques and Other Requirements

**Hands:**

Hook Punch and related derivations

**Feet:**

Turning kick and related derivations

**Soft Technique:** Nikkyo applied at different angles with multiple attackers

**Free Sparring:** with multiple attackers

All previous Requirements

**Active Participation in Se-Jong Tae Kwon Do**

**Testing Protocol:** Only 5<sup>th</sup> Degrees and above may be examiners for 3<sup>rd</sup> Dan Ranking.

**Questions**


1. If you have reached this rank level, you will have spent many years training in Se-Jong Tae Kwon Do. Ask yourself, why do you train?

## Required Knowledge For 4<sup>th</sup> Degree Black Belt – Blue Dot

### Hyungs: Yoo-Sin, Moon-Moo

**Hyung:** Yoo-Sin

**Movements:** 70

**Diagram:** 


Yoo-Sin: General Yoo-Sin of the Silla Dynasty united the three separate kingdoms of Korea in (668 A.D.). Performance of this pattern exemplifies the necessity of uniting mind, body, and spirit in one's journey through life.

**Beginning Position:** Parallel stance with hands in cup and saucer on the right hip.

**End Position:** Right foot moves to the left foot

**Hyung:** Moon-Moo

**Movements:** 65

**Diagram:** 

Moon-moo: was the 13<sup>th</sup> king of the Silla Dynasty who came to the throne in (661 A.D.). Performance of this pattern exemplifies the dignity and honor is every person.

**Beginning Position:** Parallel stance

**End Position:** Right foot moves to the left foot

**Significance:** Understanding of Ideas

### Techniques and Other Requirements

**Hands:** Upper cuts and related derivations

**Feet:** Front snap kick and related derivations

**Soft Technique:** Sankyoo applied at different angles with multiple attackers

**Free Sparring:** Understanding of competition and how it applies to free sparring

**All Previous Requirements**

**Active Participation in Se-Jong Tae Kwon Do**

**Testing Protocol:** Only Master Instructors 6<sup>th</sup> Degree or above may be examiners for 4<sup>th</sup> Dan Ranking



**Question:**

1. You see the Se-Jong Tae Kwon Do School Emblem above, has its meaning evolved with your training? How?

# Required Knowledge For 5<sup>th</sup> Degree Black Belt, Novice Master Instructor, Red Dot

## Hyungs: Choong-Jang, Ul-Ji

### Hyung: Choong-Jang

Movements: 52

Diagram: 

Choong-Jang: a general of the Yi Dynasty, died in prison at the age of 27. This pattern ends with a left-hand attack to symbolize the tragedy of his death before he was able to come to full maturity. Performance of this pattern exemplifies the necessity of facing one's mortality and finding lasting meaning in life.

**Beginning Position:** Close ready Stance A

**End Position:** Left foot moves to the right foot

### Hyung: Ul-Ji

Movements: 42

Diagram: 

Hyung: Ul-Ji was the general who successfully defended Korea against Chinese invaders in (612 A.D.). The diagram represents his surname. Performance of this pattern exemplifies loyalty to Se-Jong and a willingness if necessary to defend the traditions upon which it is built.

**Beginning Position:** Parallel stance with knife hands crossed in front of the chest, left hand over right.

**End Position:** Left foot moves to the right foot

**Significance of Belt:** Awareness of danger to oneself.



(Microsoft Clip Art, May 31, 2016)

## Techniques and Other Requirements

### Hands:

Back fist and related derivations

### Feet:

Reverse Turning kicks and all related derivations

Side Piercing kicks and all related derivations

**Soft Techniques:** Kote Gaeshi applied at different angles with multiple attackers

**Free Sparring:** In a world of Mixed Martial Arts competition, explain how we fit?

### All Previous Requirements

### Active Participation in Se-Jong Tae Kwon Do

**Testing Protocol:** Permission of the Board of Directors and/or Master of the System is needed to test for Novice Master Instructor Rank. Only 7<sup>th</sup> Degree and above, or a Panel of at least four 6<sup>th</sup> Degrees may be examiners for Novice Master Instructor Rank.

### Question:


1. What does it mean to be a Master Instructor?

# Required Knowledge For 6<sup>th</sup> Degree Black Belt, Master Instructor, No Dot or Black Dot

## Hyungs: Sam-II , Choi-Yong

**Hyung: Sam-II**

**Movements: 34**

**Diagram:** 

Sam-II: Denotes the historical date of the independence movement in Korea which began throughout the country on March 1, 1919. Performance of this pattern exemplifies the spirit of freedom and independence required to study Se-Jong.

**Beginning Position:** Close ready stance C

**Ending Position:** Left foot moves to the right foot

**Hyung: Choi-Yong**

**Movements: 45**

**Diagram:** 

Choi-Yong: General during the fourteenth century Koryo Dynasty who was assassinated by a subordinate General Sung Gae, who later became the first king of the Yi Dynasty. Performance of this pattern exemplifies the concept that integrity can indeed be costly.

**Beginning Position:** Close ready stance C

**End Position:** Left foot moves to the right foot



## Techniques and Other Requirements

**Hands:** Knife hand Strike and related derivations

**Feet:** Ax kick and related derivations

Wheel kick: and related derivations

**Soft Technique:** Kokyoo Nage applied at different angles with multiple attackers

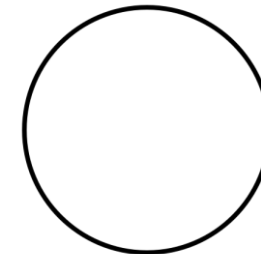
**All Previous Requirements**

**Active Participation in Se-Jong Tae Kwon Do**

**Testing Protocol:** For 6<sup>th</sup> Degree Black Belt, Master Instructor Rank. Permission of the board of Directors and/or Master of the System is needed to test. Only 8<sup>th</sup> Degree, or when not available, a panel of at least four 7<sup>th</sup> Degrees may be examiners for Master Instructor Rank.

**Question:**

1. It is said that there is no such thing as an expert, then why do you continue to train?



A shape that has no ending or beginning, so how can it be?

# Required Knowledge For 7<sup>th</sup> Degree Black Belt, Master Instructor, No Dot

## Hyungs: Ko-Dang, Tong-II, So-San

### Hyung: Ko-Dang

**Movements: 39**

**Diagram:**



Ko-Dang: is the pseudonym of the patriot Cho Man Sik who dedicated his life to the independence and education of the Korean people. Performance of this pattern exemplifies the necessity to continue learning all through life.

**Beginning Position:** Close ready stance C

**Ending Position:** Left foot moves to the right foot

### Hyung: Tong-II

**Movements: 56**

**Diagram:**



Tong-II: Represents the unification of Korea, which had been divided since 1945. The diagram symbolizes the homogeneous race. Performance of this pattern exemplifies the hope that someday all martial arts will be dedicated to tradition, discipline and peace.

**Beginning Position:** Close ready stance C

**Ending Position:** Left foot move to right foot

### Hyung: So-San

**Movement: 72**

**Diagram:**



So-San: The pseudonym of the great monk Choi Hyung Ung, 1520-1604, during the Yi Dynasty. At the age of 72, he organized a corps of monk soldiers with the assistance of his pupil Damung Dang. The monk soldiers helped repulse the Japanese pirates who overran most of the Korean peninsula in 1592. Performance in this pattern exemplifies the spiritual aspect of each person, the aspect that is essential to the wholeness of the individual.

**Beginning Position:** Close Ready Stance A

**End Position:** Right foot moves to left foot

## Special Information Concerning the Rank of 7<sup>th</sup> Degree

### Requirements:

#### All Previous Requirements

#### Active Participation in Se-Jong Tae Kwon Do

**Testing Protocol:** For 7<sup>th</sup> Degree Black Belt, Permission of the Board of Directors and/or the Instructor or the Masters (8<sup>th</sup> Degree) is needed to test. 8<sup>th</sup> Degree must be on examining panel and at least four 7<sup>th</sup> Degrees. When the Master of the system is not able to attend, then the Panel of at least four 7<sup>th</sup> degree will suffice.

## Required Knowledge for 8<sup>th</sup> Degree Black Belt Instructor of Instructors

When the Instructor of the Instructors can no longer function as such, a 2/3 vote by 6<sup>th</sup> and 7<sup>th</sup> Dan Master Instructors who are on the Board of Directors will elect a new Master for the System. This shall only be instituted if the Master has not already chosen a successor.





## Bibliography / Citations

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- Laozi, ., Dale, R. A., & Cleare, J. (2002). *Tao te ching: A new translation & commentary*. London: Watkins.
- Miskech, Lisa. (2010). *Vacation 2010*. Personal Photo Library.