UNIFIED TAE KWON DO INTERNATIONAL & CHO-DAN TAE KWON DO (UTI)

YELLOW/STRIPE BELT REQUIREMENTS AS SANCTIONED BY
THE UNIFIED TAE KWON DO INTERNATION & CHODAN TKD

(STUDY SHEET)

1. TERMINOLOGY:

FATHER OF AMERICAN TKD……GRANDMASTER JHOON RHEE
PRESIDENT OF "UTI"…….. GRANDMASTER S.L. KOPPERUD (8TH DAN)
PRESIDENT OF SMAC……..……. GRANDMASTER D.J. SIAS (8TH DAN)
OUR MASTER INSTRUCTOR……... MASTER P.J.TAYLOR (6TH DAN)
SENIOR INSTRUCTOR …… JAMES CARTER (1ST DAN)
ASSISTANT INSTRUCTOR…….BRITTNEY CARTER (1ST DAN)

TAE KWON DO MEANING: A METHOD OF DESTRUCTION USING THE HANDS AND FEET.
PRECENTAGE OF HAND/FEET: 20% HANDS 80% OR IN SOME SCHOOLS 30% HANDS AND 70% FEET.

ORIGIN OF TAE KWON DO……KOREA/KOREAN MARTIAL ARTS

ATTENTION….CHORYO BOW….KYUNGE-GYE READY……CHUNGBI
AT EASE…SHEER 1,2,3,4……HANNA, DOOL, SET, NET
STANCE……SOGI
HORSE STANCE……KIMA SOGI FRONT STANCE…… CHONGUL SOGI
BACK STANCE…….FONGUL SOGI PUNCH ….CHIRUGI
BLOCK….MARKI STRIKE….TAERIGI KICK…..CHAGI
FRONT KICK…AP CHAGI SIDE KICK .YOP CHAGI
ROUNDKICK…TOLYO CHAGI
HIGH, MIDDLE, LOW…… SANGDAN, CHUNGDAN, HARDAN
FOREARM…PALMOK PALMHEEL……CHANGKWON
VERTICAL PUNCH……SEWO CHIRUGI KNIFEHAND….SUDO
KNIFEHAND BLOCK…SUDO MARKI KNIFEHAND STRIKE… SUDO TAERIGI
MIDDLE SIDE BLOCK……CHUNGDAN YOP MARKI
LOW FOREARM BLOCK……HARDAN PALMOK MARKI
BACKFIST……..YIKWON
SPEARFINGER…….KWANSU ELBOW…..PALKUMCHI
SPREADING BLOCK…HAECHO MARKI RISING BLOCK…CHUNKYO MARKI
TWIN FOREARM BLOCK…….SANG PALMOK MARKI
REVERSE PUNCH……..PANDAE CHIRUGI
HIGH FOREARM BLOCK…….SANGDAN PALMOK MARKI
HIGH BACKFIST……SANGDAN YIKWON
KNIFEHAND STRIKE……SUDO TAERIGI

UNIFIED TAE KWON DO INTERNATIONAL & CHO-DAN TAE KWON DO
(UTI)

GOLD/STRIPE BELT REQUIREMENTS AS SANCTIONED BY
THE UNIFIED TAE KWON DO INTERNATION & CHODAN TKD

(STUDY SHEET)

2. TERMINOLOGY:

FATHER OF AMERICAN TKD……GRANDMASTER JHOON RHEE
PRESIDENT OF "UTI"…….. GRANDMASTER S.L. KOPPERUD (8TH DAN)
PRESIDENT OF SMAC……..……. GRANDMASTER D.J. SIAS (8TH DAN)
OUR MASTER INSTRUCTOR……... MASTER P.J.TAYLOR (6TH DAN)
SENIOR INSTRUCTOR …… JAMES CARTER (1ST DAN)
ASSISTANT INSTRUCTOR……BRITTNEY CARTER (1ST DAN)

TAE KWON DO MEANING: A METHOD OF DESTRUCTION USING THE HANDS AND FEET.
PRECENTAGE OF HAND/FEET: 20% HANDS 80% OR IN SOME SCHOOLS 30% HANDS AND 70% FEET.

ORIGIN OF TAE KWON DO……KOREA/KOREAN MARTIAL ARTS

ATTENTION….CHORYO BOW….KYUNGE-GYE READY……CHUNGBI
AT EASE…SHEER 1,2,3,4……HANNA, DOOL, SET, NET
STANCE……SOGI
HORSE STANCE……KIMA SOGI FRONT STANCE…… CHONGUL SOGI
BACK STANCE…….FONGUL SOGI PUNCH ….CHIRUGI
BLOCK….MARKI STRIKE….TAERIGI KICK…..CHAGI
FRONT KICK…AP CHAGI SIDE KICK .YOP CHAGI
ROUNDKICK…TOLYO CHAGI
HIGH, MIDDLE, LOW…… SANGDAN, CHUNGDAN, HARDAN
FOREARM…PALMOK PALMHEEL……CHANGKWON
VERTICAL PUNCH……SEWO CHIRUGI KNIFEHAND….SUDO
KNIFEHAND BLOCK…SUDO MARKI KNIFEHAND STRIKE… SUDO TAERIGI
MIDDLE SIDE BLOCK……CHUNGDAN YOP MARKI
LOW FOREARM BLOCK……HARDAN PALMOK MARKI
BACKFIST……..YIKWON
SPEARFINGER…….KWANSU ELBOW…..PALKUMCHI
SPREADING BLOCK…HAECHO MARKI RISING BLOCK…CHUNKYO MARKI
TWIN FOREARM BLOCK…….SANG PALMOK MARKI
REVERSE PUNCH……..PANDAE CHIRUGI
HIGH FOREARM BLOCK…….SANGDAN PALMOK MARKI
HIGH BACKFIST……SANGDAN YIKWON
KNIFEHAND STRIKE……SUDO TAERIGI

UNIFIED TAE KWON DO INTERNATIONAL & CHO-DAN TAE KWON DO
(UTI)

GREEN/STRIPE BELT REQUIREMENTS AS SANCTIONED BY
THE UNIFIED TAE KWON DO INTERNATION & CHODAN TKD

(STUDY SHEET)

3. TERMINOLOGY:

FATHER OF AMERICAN TKD……GRANDMASTER JHOON RHEE
PRESIDENT OF "UTI"…….. GRANDMASTER S.L. KOPPERUD (8TH DAN)
PRESIDENT OF SMAC……..……. GRANDMASTER D.J. SIAS (8TH DAN)
OUR MASTER INSTRUCTOR……... MASTER P.J.TAYLOR (6TH DAN)
SENIOR INSTRUCTOR ……..…… JAMES CARTER (1ST DAN)
ASSISTANT INSTRUCTOR……...….BRITTNEY CARTER (1ST DAN)

TAE KWON DO MEANING: A METHOD OF DESTRUCTION USING THE HANDS AND FEET.
PRECENTAGE OF HAND/FEET: 20% HANDS 80% OR IN SOME SCHOOLS 30% HANDS AND 70% FEET.

ORIGIN OF TAE KWON DO……KOREA/KOREAN MARTIAL ARTS

ATTENTION….CHORYO BOW….KYUNGE-GYE READY……CHUNGBI
AT EASE…SHEER 1,2,3,4……HANNA, DOOL, SET, NET
STANCE……SOGI
HORSE STANCE……KIMA SOGI FRONT STANCE…… CHONGUL SOGI
BACK STANCE…….FONGUL SOGI PUNCH ….CHIRUGI
BLOCK….MARKI STRIKE….TAERIGI KICK…..CHAGI
FRONT KICK…AP CHAGI SIDE KICK .YOP CHAGI
ROUNDKICK…TOLYO CHAGI
HIGH, MIDDLE, LOW…… SANGDAN, CHUNGDAN, HARDAN
FOREARM…PALMOK PALMHEEL……CHANGKWON
VERTICAL PUNCH……SEWO CHIRUGI KNIFEHAND….SUDO
KNIFEHAND BLOCK…SUDO MARKI KNIFEHAND STRIKE… SUDO TAERIGI
MIDDLE SIDE BLOCK……CHUNGDAN YOP MARKI
LOW FOREARM BLOCK……HARDAN PALMOK MARKI
BACKFIST……..YIKWON
SPEARFINGER…….KWANSU ELBOW…..PALKUMCHI
SPREADING BLOCK…HAECHO MARKI RISING BLOCK…CHUNKYO MARKI
TWIN FOREARM BLOCK…….SANG PALMOK MARKI
REVERSE PUNCH……..PANDAE CHIRUGI
HIGH FOREARM BLOCK…….SANGDAN PALMOK MARKI
HIGH BACKFIST……SANGDAN YIKWON
KNIFEHAND STRIKE……SUDO TAERIGI

UNIFIED TAE KWON DO INTERNATIONAL & CHO-DAN TAE KWON DO (UTI)

BLUE/STRIPE BELT REQUIREMENTS AS SANCTIONED BY THE UNIFIED TAE KWON DO INTERNATION & CHODAN TKD

(STUDY SHEET)

4. TERMINOLOGY:

FATHER OF AMERICAN TKD……GRANDMASTER JHOON RHEE
PRESIDENT OF "UTI"…….. GRANDMASTER S.L. KOPPERUD (8TH DAN)
PRESIDENT OF SMAC……..……. GRANDMASTER D.J. SIAS (8TH DAN)
OUR MASTER INSTRUCTOR……... MASTER P.J.TAYLOR (6TH DAN)
SENIOR INSTRUCTOR …… JAMES CARTER (1ST DAN)
ASSISTANT INSTRUCTOR……BRITTNEY CARTER (1ST DAN)

TAE KWON DO MEANING: A METHOD OF DESTRUCTION USING THE HANDS AND FEET.
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ORIGIN OF TAE KWON DO……KOREA/KOREAN MARTIAL ARTS

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BACK STANCE…….FONGUL SOGI PUNCH ….CHIRUGI
BLOCK….MARKI STRIKE….TAERIGI KICK…..CHAGI
FRONT KICK…AP CHAGI SIDE KICK .YOP CHAGI
ROUNDKICK…TOLYO CHAGI
HIGH, MIDDLE, LOW…… SANGDAN, CHUNGDAN, HARDAN
FOREARM…PALMOK PALMHEEL……CHANGKWON
VERTICAL PUNCH……SEWO CHIRUGI KNIFEHAND….SUDO
KNIFEHAND BLOCK…SUDO MARKI KNIFEHAND STRIKE… SUDO TAERIGI
MIDDLE SIDE BLOCK……CHUNGDAN YOP MARKI
LOW FOREARM BLOCK……HARDAN PALMOK MARKI
BACKFIST……..YIKWON
SPEARFINGER…….KWANSU ELBOW…..PALKUMCHI
SPREADING BLOCK…HAECHO MARKI RISING BLOCK…CHUNKYO MARKI
TWIN FOREARM BLOCK…….SANG PALMOK MARKI
REVERSE PUNCH……..PANDAE CHIRUGI
HIGH FOREARM BLOCK…….SANGDAN PALMOK MARKI
HIGH BACKFIST……SANGDAN YIKWON
KNIFEHAND STRIKE……SUDO TAERIGI

UNIFIED TAE KWON DO INTERNATIONAL & CHO-DAN TAE KWON DO
(UTI)

BROWN/STRIPE BELT REQUIREMENTS AS SANCTIONED BY
THE UNIFIED TAE KWON DO INTERNATION & CHODAN TKD

(STUDY SHEET)

5. TERMINOLOGY:

FATHER OF AMERICAN TKD…….……GRANDMASTER JHOON RHEE
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PRESIDENT OF SMAC…….……. GRANDMASTER D.J. SIAS (8TH DAN)
OUR MASTER INSTRUCTOR……... MASTER P.J.TAYLOR (6TH DAN)
SENIOR INSTRUCTOR …… JAMES CARTER (1ST DAN)
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KNIFEHAND BLOCK…SUDO MARKI KNIFEHAND STRIKE… SUDO TAERIGI
MIDDLE SIDE BLOCK……CHUNGDAN YOP MARKI
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BACKFIST……..YIKWON
SPEARFINGER…….KWANSU ELBOW…..PALKUMCHI
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TWIN FOREARM BLOCK…….SANG PALMOK MARKI
REVERSE PUNCH……..PANDAE CHIRUGI
HIGH FOREARM BLOCK…….SANGDAN PALMOK MARKI
HIGH BACKFIST……SANGDAN YIKWON
KNIFEHAND STRIKE……SUDO TAERIGI

UNIFIED TAE KWON DO INTERNATIONAL & CHO-DAN TAE KWON DO (UTI)

RED/STRIPE BELT REQUIREMENTS AS SANCTIONED BY THE UNIFIED TAE KWON DO INTERNATION & CHODAN TKD

(STUDY SHEET)

6. TERMINOLOGY:

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SENIOR INSTRUCTOR CTD…… JAMES CARTER (1ST DAN)
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