

# MILES MARTIAL ARTS



**BLACK BELT  
SYLLABUS BOOK**



## First Degree - Expert or Novice?

One of the greatest misconceptions within martial arts is the notion that all black belts are experts. It is understandable that those unacquainted with the martial arts might make this equation. However, students should certainly recognise that this is not always the case. Too often, novice black belt holders advertise themselves as experts and eventually even convince themselves.

The first degree black belt holder has usually learnt enough technique to defend himself against a single opponent. He can be compared to a fledging who has acquired enough feathers to leave the nest and fend for himself. The first degree is a starting point. The student has merely built a foundation. The job of building the house lies ahead.

The novice black belt holder will now really begin to learn technique. Now that he has mastered the alphabet, he can begin to read. Years of hard work and study await him before he can even begin to consider himself an instructor and expert.

A perceptive student will, at this stage, suddenly realize how very little he actually knows.

The black belt holder also enters a new era of responsibility. Though a freshman, he has entered a strong and honourable fraternity of the black belt holders of the entire world; and his actions inside and outside the training hall will be carefully scrutinised. His conduct will reflect on all black belt holders and he must constantly strive to set an example for all grade holder.

Some will certainly advance into expert stages. However, far too many will believe the misconception and will remain a novice, mentally and technically.

## Grand Master General Choi Hong Hi 9th Degree



## Patterns

### Chon-ji - Ge Baek

## Kicking combinations

The grading panel can request any 6 kicking combinations on the day - see p.10 for examples

## Sparring

Make up and demonstrate 3 x 3 step sparring routines

1 step sparring & foot sparring

1 step self defence (releasing from holds + counter attack)

Stick defences

Free sparring 1v1 & 2v1

## Power

2 boards Turning Kick or Reverse Turning Kick (left and right)

1 board Reverse Knifehand Strike (left and right)

360° Mid Air Kick on a pad (chest height)

2 kicks in the air (students choice)

Please note, for an average adult '2 boards' is suggested, however it is up to the student to choose more or less boards depending on their ability.

## Theory

Questions from the examiners table

Thesis - 'What my Black Belt means to me.' Adults 1000 words, juniors 500 words.

## Kwang Gae

Kwang Gae is named after the famous Kwang Gae Toh Wang, the 19th King of the Koguryo dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of the lost territory. The 39 moves refer to the first two figures of 391 AD, the year he came to throne. Ready Posture: Parallel Stance with Heaven Hand **Narani So Hanulson**. Moves: **39**



## Kwang Gae Additional Techniques Theory

**Rear Foot Stance Knife Hand High Guarding Block** - Dwitbal So Sonkal

Nopunde Daebi Makgi

**Walking Stance Upset Punch** - Gunnun So Dwijibo Jirugi

**Walking Stance Palm Upward Block** - Gunnun So Sonbadak Olyo Makgi

**Close Stance Side Fist Downward Strike** - Moa So Yop Joomuk Naeryo Taerigi

**Outward Pressing Kick** - Bakuro Noollo Chagi

**Close Stance Knife Hand Low Front Block** - Moa So Sonkal Najunde Ap Makgi

**Consecutive Kick** - Yonsok Chagi

**Backward Foot Shifting** - Durogamyo Jajunbal

**Walking Stance Forearm Low Reverse Block** - Gunnun So Palmok Najunde Bandae Makgi

**Walking Stance High Reverse Punch** - Gunnun So Nopunde Bandae Jirugi

**Forward Double Step Turning** - Apuro Ibo Omgyo Didimyo Dolgi



## Po Eun

Po Eun is the pseudonym of the loyal subject Chong Mong-Chu (1400) 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 unbending loyalty to his king and the country towards the end of the Koryo dynasty. Ready Posture: Parallel Stance with Heaven Hand **Narani So Hanulson**. Moves: **36**



## Po Eun Additional Techniques Theory

**One Leg Stance** - Waebal Sogi

**Sitting Stance Angle Punch** - Annun So Kiokja Jirugi

**Sitting Stance Fore Fist Pressing Block** - Annun So Ap Joomuk Noollo Makgi

**Sitting Stance Inner Forearm Wedging Block** - Annun So An Palmock Hechyo Makgi

**Sitting Stance Back Elbow Thrust** - Annun So Dwit Palkup Tulgi

**Sitting Stance Horizontal Punch** - Annun So Soopyong Jirugi

**X Stance Forearm Front Low Block** - Kyocho So Palmock Najunde Ap Makgi

**L Stance U-Shape Grasp** - Niunja So Digtja Japgi

**Close Stance Twin Elbow Horizontal Thrust** - Moa So Sang Palkup Soopyong Tulgi

**Sitting Stance Back Fist Side Back Strike** - Annun So Dung Joomuk Yop Dwi Taerigi

**Sitting Stance Reverse Knife Hand Low Guarding Block** - Annun So Sonkaldung Najundi Daebi Makgi

## Ge Baek

Ge Baek is named after General Ge Baek a great general in the Baek Je dynasty (660 AD). The pattern represents his severe and strict military discipline. Ready Posture: Parallel Ready Stance **Narani Junbi Sogi**. Moves: **44**



## Ge Baek Additional Techniques Theory

**Low Twisting Kick** - Najundi Bituro Chagi

**Sitting Stance Scooping Block** - Annun So Duro Makgi

**Sitting Stance Back Fist Front Strike** - Annun So Dung Joomuk Ap Taerigi

**Sitting Stance 9-Shape Block** - Annun So Gutja Makgi

**L Stance Middle Knuckle Fist Middle Punch** - Niunja So Joongji Kaunde Jirugi

**X Stance Double Forearm High Block** - Kyocho So Doo Palmock Nopunde Makgi

**Low Stance Flat Finger Tip High Obverse Thrust** - Nachuo So Opun Sonkut Nopunde Baro Tulgi

**Low Stance Flat Finger Tip High Reverse Thrust** - Nachuo So Opun Sonkut Nopunde Bandae Tulgi

**Sitting Stance Knife Hand Low Guarding Block**- Annun So Sonkal Najunde Daebi Makgi



### Patterns

### Chon-ji - Juche

#### Kicking combinations

The grading panel can request any 6 kicking combinations on the day - see p.10

#### Sparring

Make up and demonstrate 3 x 2 step sparring routines

Model sparring

1 step self defence - releasing from holds + counter attack

Knife defences

Free sparring 1v1

Free sparring 2v1 - one can grab arms only

#### Power

2 boards Turning Kick or Reverse Turning Kick - left and right

1 board Back Fist Strike - left and right

Flying Reverse Turning Kick on a target pad

3 techniques in the air - 3 kicks or 2 kicks + 1 hand technique

Please note, for an average adult '2 boards' is suggested, however it is up to the student to choose more or less boards depending on their ability.

#### Theory

Questions from the examiners table

Thesis - on any topic related to Taekwon-do

#### Eui-Am

Eui-Am is the pseudonym of Son Byong Hi, leader of the Korea independence movement on 1st March 1919. The 45 moves refer to his age when he changed the name of Dong Hak - Oriental Culture to Chondo Kyo - Heavenly way religion in 1905. The diagram represents his indomitable spirit displayed whilst devoting his life to the prosperity of his nation. Ready Posture: Close Ready Stance D

**Moa Junbi Sogi D. Moves: 45**

#### Eui-Am Additional Techniques Theory

**Knife Hand Low Inward Block** - Sonkal Najunde Anuro Makgi

**Walking Stance Outer Forearm Reverse High Side Block** - Gunnun So Bakat Palmok Nopunde Bandae Yop Makgi

**X Fist Downward Block** - Kyocha Joomuk Naeryo Makgi

**Walking Stance Knife Hand Reverse Rising Block** - Gunnun So Sonkal Bandae Chookyo Makgi

**Back Fist High Side Strike** - Dung Joomuk Nopunde Yop Taerigi

**High Reverse Turning Kick** - Nopunde Bandae Dollyo Chagi

**Walking Stance High Crescent Punch** - Gunnun So Nopunde Bandal Jirugi

**Parallel Stance Middle Turning Punch** - Narani So Kaunde Dollyo Jirugi



**Knife Hand Middle Wedging Block** - Sonkal Kaunde Hecho Makgi  
**Reverse Knife Hand Circular Block** - Sonkaldung Dollimyo Makgi  
**Rear Foot Stance Alternate Palm Downward Block** - Dwitball So Euhkallin  
 Sonbadak Naeryo Makgi  
**Knife Hand Low Outward Block** - Sonkal Najunde Bakuro Makgi  
**L Stance Reverse Knife Hand Low Inward Block** - Niunja So Sonkal dung Najunde  
 Anuro Makgi  
**Rear Foot Stance Forearm Middle Guarding Block** - Dwitbal So Palmock Kaunde  
 Daebi Makgi  
**Backward Double Stepping** - Ibo Omgyo Didimyo Duruogi

### Choong-Jang

Chong-Jang is the pseudonym given to General Kim Duk Ryang who lived during the Yi dynasty -14th Century. This pattern ends with a left hand attack to symbolise the tragedy of his death at 27 in prison before he was able to reach his full maturity. Ready Posture: Close Ready Stance A **Moa Junbi Sogi A. Moves: 52**



### Choong-Jang Additional Techniques Theory

**Sitting Stance Inner Forearm High Side front Block** - Annun So Anpalmok  
 Nopunde Yobap Makgi  
**Walking Stance Back Fist Front Strike** - Gunnun So Dung Joomuk Ap Taerigi  
**Walking Stance Double Finger Thrust** - Gunnun So Doo Songarak Tulgi  
**L Stance Palm Scooping Block** - Niunja So Sonbadak Duro Makgi  
**Backward Step Slide Turning** - Dwiro Omgyo Didigo Mikulmyo Dolgi  
**Knee Low Front Snap Kick** - Moorup Apcha Busigi  
**Rear Foot Stance Twin Palm Pressing Block** - Dwitbal So Sang Sonbadak  
 Noollo Makgi  
**Walking Stance Outer Forearm Obverse High Front Block** - Gunnun So Bakat  
 Palmok Nopunde Baro Apmakgi  
**L Stance Flat Fingertip High Reverse Thrust** - Niunja So Opun Sonkut Nopunde  
 Bandae Tulgi  
**L Stance Back Hand Downward Strike** - Niunja So Sondung Naeryo Taerigi  
**Walking Stance Back Fist Side Front Strike** - Gunnun So Dung Joomuk Yobap  
 Taerigi  
**L Stance Reverse Knife Hand Low Guarding Block** - Niunja So Sonkaldung  
 Najunde Daebi Makgi  
**Walking Stance 9-Shape Block** - Gunnun So Gutja Makgi  
**Walking Stance Twin Knife Hand Horizontal Strike** - Gunnun So Sang Sonkal  
 Soopyong Taerigi  
**Walking Stance Arc Hand High Reverse Strike** - Gunnun So Bandal Son Nopunde  
 Bandae Taerigi  
**Close Stance Twin Fore Knuckle Fist Crescent Punch** - Moa So Sang Inji Joomuk  
 Bandal Jirugi  
**Walking Stance Open Fist High Reverse Punch** - Gunnun So Pyonjoomuk Nopunde  
 Bandae Jirugi



## Juche

Juche is a philosophical idea that a man is the master of everything and decides everything. In other words, the idea that man is the master of the world and his own destiny. It is said that this idea. Was rooted in Baekdu Mountain which symbolises the spirit of the Korean people. The diagram represents the Baekdu Mountain.



Ready Posture: Parallel Stance with a twin side elbow **Narani So Sang Yop Palkup**. Moves: 45

## Juche Additional Techniques Theory

**Sitting Stance Inner Forearm Parallel Block** - Annon So Anpalmok Narani Makgi

**One Leg Stance Outer Forearm Parallel Block** - Waebal So Bakat Palmock

Narani Makgi

**X Stance Back Fist Downward Strike** - Kyocha So Dung Joomuk Naeryo Taerigi

Hooking Kick -Golcho Chagi

**Sitting Stance Flat Fingertip Outward Cross Cut** - Annon So Opun Sonkut

Bakuro Gulgi

**X Stance Reverse Knife Hand Low Front Block** - Kyocha So Sonkal Dung Najundi

Ap Makgi

**Walking Stance High Elbow Strike** - Gunnun So Nopun Palkup Taerigi

**Knife Hand Mid Air Strike** - Sonkal Twio Dolmyo Taerigi

**Close Stance with Heaven Hand** - Moa So Hanulson

**Pick Shape Kick** - Gokgaeng-i Chagi

**Walking Stance Arc Hand Crescent Strike** - Gunnun So Bandalson Bandal Taerigi

**Rear Foot Stance Straight Elbow Downward Thrust** - Dwitbal So Sun Palkup

Naeryo Tulgi

**Twin Knife Hand Inward Strike** - Sang Sonkal Anuro Taerigi

**Walking Stance Downward Punch** - Gunnun So Naeryo Jirugi

**Backward Double Stepping** - Dwiro Ibo Omgyo Didimyo Mikulgi

**Outer Forearm Downward Block** - Bakat Palmok Naeryo Makgi

**Dodging Reverse Turning Kick** - Pihamyo Bandae Dollyo Chagi

**Flying Two Directional Kick** - Twimyo Sangbang Chagi

**Diagonal Stance Twin Palm Rising Block** - Sasun So Sang Sonbadak Chookyo

Makgi

**Rear Foot Stance Side Elbow Thrust** - Dwitbal So Yop Palkup Tulgi

**Bending Ready Stance B** - Goburyo Junbi Sogi B

**L Stance Back Fist Horizontal Strike** - Niunja So Dung Joomuk Soopyong Taerigi

**Flat Fingertip Inward Cross Cut** - Opun Sonkut Anuro Gutgi

**Flying Consecutive Punch** - Twimyo Yonsok Jirugi

**Walking Stance Knife Hand Front Downward Strike** - Gunnun So Sonkal Ap

Naeryo Taerigi

II

III



## Patterns

### 6 patterns

(the three 3rd Dan patterns + three others)

## Kicking combinations

The grading panel can request any 6 kicking combinations on the day - see p.10 for examples

## Sparring

Model sparring

1 step self defence (releasing from holds + counter attack)

1 step self defence whilst lying, kneeling and sitting

Stick and Knife defences

Free sparring 1v1

Free sparring 3v1 - one can grab arms only

## Power

1 (1 inch thick wooden) board hand technique 'air' break (left or right)

1 (1 inch thick wooden) board flying kick technique 'air' break (left or right)

3 kicks in the air on 3 target pads

## Theory

Questions from the examiners table

Thesis - on any topic related to Taekwon-do

## Sam-il

Sam-il denotes the historical date of the independence movement of Korea which began throughout the country on March 1st, 1919.

The 33 movements in the pattern stand for the 33 patriots who planned the movement. Ready Posture: Close Ready Stance C **Moa**

**Junbi Sogi C. Moves: 33**



## Sam-il Additional Techniques Theory

**Walking Stance Knife Hand High Side Reverse Block** - Gunnun So Nopunde  
Bandaey Yop Makgi

**Diagonal Stance Back Elbow Thrust** - Sasun So Dwit Palkup Tulgi

**Middle Twisting Kick** - Kaunde Bituro Chagi

**Sitting Stance Reverse Knife Hand Middle Wedging Block** - Annun So Sonkaldung  
Kaunde Hechyo Makgi

**L Stance Outer Forearm High Outward Block** - Niunja So Bakat Palmock Nopunde  
Bakuro Makgi

**L Stance Double Fist Low Punch** - Niunja So Doo Joomuk Najunde Jirugi

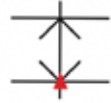
**L Stance Reverse Knife Hand High Guarding Block** - Niunja So Sonkaldung  
Nopunde Daebi Makgi

**Sweeping Kick** - Suroh Chagi



### Yoo-Sin

Yoo-Sin is named after General Kim Yoo Sin, a commanding general during the Silla Dynasty. The 68 movements refer to the last two figures of 668 A.D. the year Korea was united. The ready posture signifies a sword drawn on the right rather than the left side, symbolising Yoo Sin's mistake of following his king's orders to fight with foreign forces against his own nation.



Ready Posture: Warrior Ready Stance B **Junbi Jase**. Moves: **68**

### Yoo-Sin Additional Techniques Theory

**Sitting Stance Releasing Motion** - Aunnun So Baegi

**Sitting Stance Angle Punch** - Annun So Giokja Jirugi

**Fixed Stance U-Shape Punch** - Gojung So Digutja Jirugi

**Waving Kick** - Doro Chagi

**Walking Stance X-Knife Hand Rising Block** - Gunnun So Kyocha Sonkal Chokyo Makgi

**L Stance Reverse Knife Hand High Block** - Niunja So Sonkaldung Nopunde Makgi

**Sitting Stance Outer Forearm High Outward Block** - Annun So Bakat Palmock Nopunde Bakuro Makgi

**Sitting Stance Back Hand Horizontal Strike** - Annun So Sondung Soopyong Taerigi

**Crescent Kick** - Bandal Chagi

**Vertical Stance Side Fist Downward Strike** - Soojik So Yop Joomuk Naeryo Taerigi

### Choi-Yong

Choi-Yong is named after General Choi Yong, Premier and Commander-in-Chief of the armed forces during the 14th century Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism and humility. He was executed by his subordinate commanders headed by General Yi Sung Gae, who later became the first king of the Yi Dynasty. Ready Posture: Close Ready Stance C **Moa Junbi Sogi C**. Moves: **46**



### Choi-Yong Additional Techniques Theory

**Rear Foot Stance Middle Knuckle Fist High Punch** - Dwitbal So Joongji Joomuk Nopunde Jirugi

**Walking Stance Knife Hand W-Shape Block** - Gunnun So Sonkal San Makgi

**Reverse Hooking Kick** - Banae Dollyo Goro Chagi

**Parallel Stance Palm Hooking Block** - Narani So Sonbadak Golcho Makgi

# BLACK BELT PATTERNS SUMMARY



## Kwang Gae

Kwang Gae Toh Wang, the 19th King of the Koguryo dynasty 391 AD



39 moves

I Degree

## Po Eun

Pseudonym of the loyal subject Chong Mong - Chu (1400)



36 moves

I Degree

## Ge Baek

General Ge Baek a great general in the Baek Je dynasty (660 AD)



44 moves

I Degree

## Eui-Am

Pseudonym of Son Byong Hi, leader of the Korea independence movement on 1st March 1919



45 moves

II Degree

## Choong-Jang

Pseudonym of General Kim Duk Ryang, Yi dynasty -14th Century



52 moves

II Degree

## Juche

A philosophical idea



45 moves

II Degree

## Sam-il

The historical date of the independence movement of Korea, March 1st, 1919



33 moves

III Degree

## Yoo-Sin

General Kim Yoo Sin, a commanding general during the Silla Dynasty



68 moves

III Degree

## Choi-Yong

General Choi Yong, Premier and Commander-in-Chief of the armed forces during the 14th Century Koryo Dynasty



46 moves

III Degree



The examiner can designate any 6 kicking combinations at the grading. Here are some examples:

Repeat each kicking combination 4 times

1. Front Kick, Turning Kick, Side Kick (consecutive rear leg)
2. Hooking Kick (front leg), Middle Twisting Kick (rear leg)
3. Outward Vertical Kick, Front Kick (consecutive front leg), Mid Air Kick (rear leg)
4. Side Checking Kick, Side Kick (consecutive front leg), Flying Reverse Turning Kick (rear leg)
5. Downward Kick (front leg), Flying Turning Kick (rear leg) (twin foot take off)
6. Inward Vertical Kick (front leg), Reverse Hooking Kick, Side Kick (consecutive rear leg)
7. Front Kick, Turning Kick (consecutive front leg), Reverse Turning Kick (rear leg)
8. Low Twisting Kick (front leg), 180° Flying Back Kick (rear leg)
9. Hooking Kick (front leg), Flying Front Kick (rear leg)
10. Side Kick (front leg), 360° Back Kick (one foot take off)
11. Turning Kick (front leg), Reverse Turning Kick, Side Kick (consecutive rear leg)
12. Crescent Kick (front leg), Flying Reverse Turning Kick (rear leg)
13. Downward Kick, Front Kick (consecutive front leg), Middle Twisting Kick (rear leg)
14. Turning Kick (front leg), 360° Turning Kick (same leg)
15. Side Kick (front leg), Pick-Shape Kick (rear leg)



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