

# Taekwondo Kup Belt & Pattern Theory

## Belts

**White Belt** - Innocence, beginner with no previous knowledge of Taekwondo.

**Yellow Belt** - The earth from which the plant sprouts and takes root as Taekwondo foundation is being laid.

**Green Belt** - The plants growth as Taekwondo skills begin to develop.

**Blue Belt** - The heaven towards which the plant matures into a towering tree as training in Taekwondo progresses.

**Red Belt** - Danger, cautioning the student to exercise control and warning the opponent to stay away.

**Black Belt** - Opposite to white, therefore signifying the maturity and proficiency in Taekwondo. Also indicates the wearers imperviousness to darkness and fear.

## Patterns

### **10th Kup White Belt - Saju Jirugi - 14 Movements**

Saju Jirugi is a four-directional punch performed both clockwise and anti-clockwise. Saju Jirugi is technically not a pattern and therefore has no meaning.

### **9th Kup Yellow Tag - Chon Ji - 19 Movements**

Chon Ji literally means 'heaven and earth'. It is in the orient, interpreted as the creation of the world or the beginning of human history and therefore it is the initial pattern practiced by the beginner. This pattern has two similar parts, one to represent heaven and the other, the earth.

### **8th Kup Yellow Belt - Dan Gun - 21 Movements**

Dan Gun is named after the holy Dan Gun, the legendary founder of Korea in the year 2333 BC.

### **7th Kup Green Tag - Do San - 24 Movements**

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

### **6th Kup Green Belt - Won Hyo - 28 Movements**

Won Hyo was the noted monk who introduced Buddhism into the Silla Dynasty in the year 686 AD.

### **5th Kup Blue Tag - Yul Gok - 38 Movements**

Yul Gok is the pseudonym of a great philosopher and scholar Yi I (1536-1584) nicknamed the 'confucius of Korea'. The 38 Movements of this pattern refer to his birthplace on 38 degrees latitude and the diagram represents 'scholar'.

### **4th Kup Blue Belt - Joong Gun - 32 Movements**

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

### **3rd Kup Red Tag - Toi Gye - 37 Movements**

Toi Gye is the pen name of the noted scholar Yi Hwang (16th AD), an authority on Neo-Confucianism. The 37 Movements of this pattern refer to his birthplace of 37 degrees latitude and the diagram represents 'scholar'.

### **2nd Kup Red Belt - Hwa Rang - 29 Movements**

Hwa Rang is named after the Hwa Rang youth group which originated in the Silla Dynasty around 600 AD. This group eventually became the actual driving force for the unification of the three kingdoms of Korea. The 29 Movements refer to the 29th infantry division where Taekwondo developed into maturity.

### **1st Kup Black Tag - Choong Moo - 30 Movements**

Choong Moo was given the name to the great admiral Yi Sun Sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship (Kobukson), which was the precursor to the present day submarine in 1592 AD. The reason why this pattern ends up with a left hand attack is to symbolise his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.

## **EXTRA PATTERN INFORMATION BELOW**

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### **9th Kup - Chon Ji**

Chon Ji is the name of a crater which is filled with water (known as crater lake) atop the extinct volcano Mount Baekdu on the China/Korea border. This was formed around 949-989 AD after the volcano collapsed leaving a cauldron shape called a caldera.

Korean legend states that heaven and earth meet at the lake (which is also supposed to contain a monster) and Baekdu is said to have been the first home of Dan Gun.

### **8th Kup - Dan Gun**

A god called Hwanin had a son Hwanung who wished to descend to earth. Hwanin granted this wish (along with the gods of wind, rain and cloud and 3000 followers) and Hwanung descended to Mount Baekdu. There, a bear and tiger begged to be changed to humans so Hwanung gave them garlic and mugwort to eat and ordered them to stay out of sunlight for 100 days.

21 days later the tiger abandoned this, but the bear went on to be transformed into Ungnyeo, a beautiful girl who later married Hwanung. They had a child called Dangun Wanggeom who founded the first kingdom of Korea called Gojoseon in 2333 BC and ruled for 1211 years.

### **7th Kup - Do San**

Ahn Chisam changed his name to Ahn Chang Ho and was a Korean activist who fought against Japanese occupation. 1876 is defined in the pattern. This is the date that Korea signed a treaty leading to the occupation of Japan.

Ahn saw two Koreans fighting in America which triggered his desire to strengthen the Korean nation in the US. He became a prominent leader in the Korean-American community forming the first Korean village in Southern California, arranging employment of many Koreans in America and improving the national pride and self-worth of the Korean people.

Ahn returned to Korea in 1926 leaving his family for the last time, never having seen the youngest of his 5 children, Ralph. Ahn was arrested at least five times (firstly in connection with the assassination of Hirobumi Ito) and he fought for spiritual and moral renewal through education.

### **6th Kup - Won Hyo**

Sol sedans (later named Won Hyo) lived from 617 to 686 AD during the 'three kingdom period' of Korean history and fought in the civil war between the kingdoms. At the age of 20, Won Hyo travelled (with Uisang) to China to further his studies in Buddhism. When crossing Koguryo, Won Hyo woke up with a thirst and drank from what he believed to be a cup of cool water. In the morning, daylight revealed the cup to be a human skull and the fluid to be dirty rainwater. Won Hyo cancelled his trip to China and returned to Silla feeling enlightened about perception.

Although Buddhism was introduced in Korea from around 372 AD, Won Hyo helped spread knowledge of Buddhism to those with the inability to read and write and also attempted to unify the various sects of Buddhism in Korea. Hyo was a prominent author and poet and following the unification of Korea in 668 AD he helped to unite the people from the three kingdoms through his religious beliefs.

### **5th Kup - Yul Gok**

Yi I (alongside Yi Hwang, see Toi Gye) was a child prodigy and became a prominent scholar and politician specialising in Korean Confucianism. Author of several texts, in 1576 (aged 40), Yi I wrote "The Essentials of Confucianism" which became a leading text on Confucian ethics.

Yi I was a proponent of Neo Confucianism focusing on "Ki" and "I", the energising and formative parts of the universe respectively. This conflicts with Yi Hwang's beliefs on Neo Confucianism and is more materialistic in its beliefs.

Yi I showed great foresight with regards to national security in his recommendation to enforce the army with a 100,000 strong group to defend against a potential Japanese attack. This proved a wise prediction shortly after his death.

### **4th Kup - Joong Gun**

Ahn Joong Gun/An Jung Gun (originally An Eung-chil later renamed Thomas during a Catholic Baptism) was born in 1879 and was a Korean activist who rallied against the Japanese occupation of Korea. In 1909, Ahn assassinated Hiro Bumi Ito who was previously Japan's first prime minister. Hiro had been forced through the "Protectorate Treaty" which led to the legal right of Japan to occupy Korea.

An hid a gun in a lunch box which he used to shoot Hiro three times and also seriously injure 3 others. An believed he had paved the way for unification between Korea and Japan which was one of his great beliefs (along with unification with China).

### **3rd Kup - Toi Gye**

Yi Hwang (1501 to 1570 AD) was a Korean Confucian scholar alongside his contemporary Yi I (see Yul Gok). Yi Hwang was a child prodigy and eventually held various (29) positions in the Korean government.

Yi Hwang determined that “I” was the most important controlling element in the universe and “Ki” was a secondary supporting element which conflicted with Yi I’s beliefs leading to discussions between the pair. An author and scholar, one of Yi Hwang’s greatest works was “The Ten Diaries of Holy Learning” which became some of the governing principles of Korea.

### **2nd Kup - Hwa Rang**

The Hwa Rang group were male youths from the Silla dynasty who attended social clubs and educational institutions to obtain knowledge, culture, religious and moral ethics. “Flowering Youth” is one translation with reference to the blooming of the youths into men.

The Hwa Rang Group developed into a military focussed organisation and battled to unite the three kingdoms of Korea into a single entity. Skills involved horsemanship, swordsmanship, archery, stone throwing and ladder climbing.

### **1st Kup - Choong Moo**

Yi Sun-sin (1545 to 1598 AD) was a Korean naval commander who had great success against the Japanese, purported to have been victorious in every naval battle. Yi refused to sail into a trap which led to his dismissal and torture, this was overturned and Yi was reinstated after the Japanese attacked Korea.

Upon his death, Yi requested that his troops not be told of his untimely demise (due to a stray bullet) in case it spoiled the battle.

Yi was an inventor and very creative, despite popular belief he did not invent the turtle ship, he improved upon the existing design.