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KARATE ACADEMY

BLACK BELT STUDENT MANUAL



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Dear Black Belt,

Congratulations on recently attaining your Black Belt. Please remember that your journey here was a result of years of hard work and training. Please remember that Martial Arts is more than an activity, it is in fact, a way of life. Over time, you will begin to realize that Black Belt is not the last step, but the first. You will start to realize that the tenets of Tae Kwon Do, Strength in the Body, Honesty in the Heart, and Knowledge in the Mind, will start to guide you through all aspects of your life.

Now that your foundation has been set in Jhoon Rhee Tae Kwon Do, we will now be able to explore the roots of Tae Kwon Do as well as other aspects of martial arts as a whole that help make the Jhoon Rhee system an eclectic martial art.

The most important part of your advanced training will be honing your skills as a leader. This will not only help you in the martial arts, but in all areas of your life.

Again, congratulations on your accomplishment and best wishes for continued success.

Yours With Confidence,

Master Guevara



BLACK BELT LEADERSHIP

While assisting in classes, please remember the following:

1. Please arrive 10-15 minutes early. You need to be present during the bow in procedure.
2. You must wear full uniform at all times. This includes t-shirt season.
3. You must sign into the leadership schedule prior to classes.
4. If you cannot make a scheduled time, please contact us immediately.

ATTENDANCE:

Please be sure to have a good balance between classes you are helping with and classes you are attending. Keep an eye on your target dates and set your goals.

PRACTICING AT HOME:

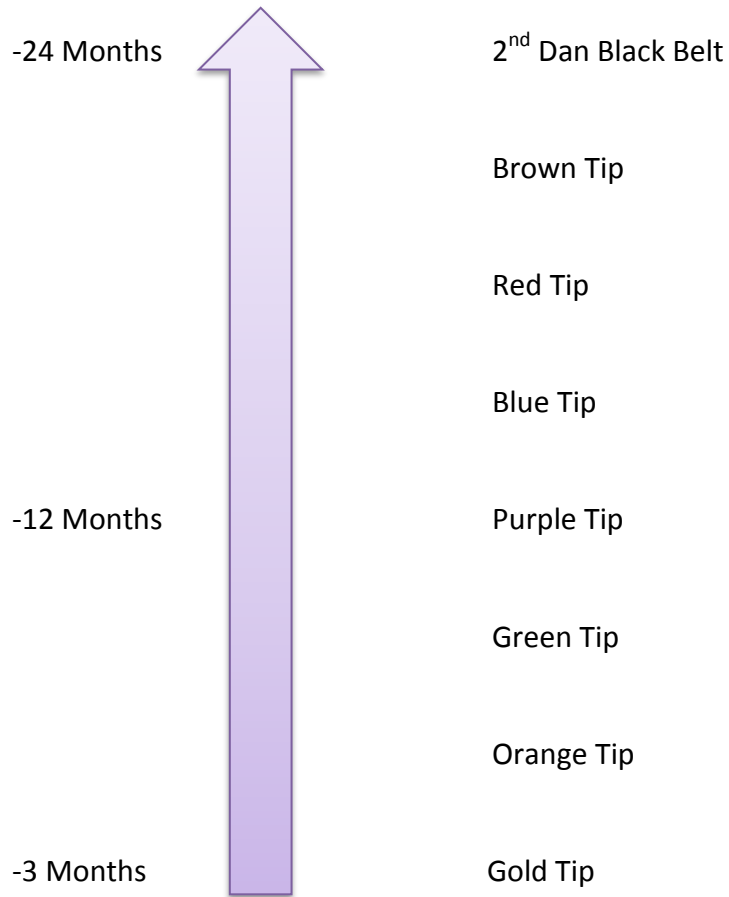
Please remember that your knowledge of curriculum is always growing. The basics and lower belt material have a large impact on your proficiency with the newer, more advanced material. Remember, there is no such thing as advanced techniques, simply variations of basics. So be sure to practice all of your material, including your white belt material.

UNIFORM:

If you are enrolled in the 2nd Degree program, you may also wear the blue uniform. Only Black Belts may wear Black uniforms. Uniforms must always have uniform patches and always be clean, odor free, and pressed before each class attended.



RANK PROGRESSION



Black Belts in Jhoon Rhee Tae Kwon Do program will advance in rank according to the belt ladder to the left. The official belt and diploma will be awarded at your school's graduation ceremony. It will have one silver bar at the end to signify 1st Degree Black Belt. The testing cycle for each tip is approximately every 3-4 months depending on attendance and proficiency of curriculum. For each tip, you must fulfill 5 requirements:

- 1) Time/Attendance
- 2) Leadership



- 3) Academic/Goal
- 4) Character/Community Service
- 5) Curriculum

BELT TIP REQUIREMENTS

TESTING AND GRADUATIONS:

Tip testing will be held periodically. There are no fees for these tests and you must still attend one of the monthly tests.

The stripe system used in the under belt system will not be used. However, each student must fulfill 4 requirements which are very similar to receive their new tip.

TIP REQUIREMENTS

- 1) Time/Attendance – 24 Classes or 3 month's time is the minimum requirement to progress from one tip to the net. (30 classes and 4 months from Brown Tip to 2nd Dan)
- 2) Leadership – 12 Leadership credits is the minimum requirement to progress from one tip to the next. (15 credits from Brown Tip to 2nd Dan)
- 3) Academic/Goal (For adults not in school) – For each tip, you are required to submit a substantial achievement in school such as major test or project. Adults are asked to submit a goal sheet that is equally as substantial.
- 4) Character/Community Service – As representatives of Jhoon Rhee Tae Kwon Do and leaders in the community, we want to make sure we help make a positive impact on our community. Please take this time as Black Belts to be creative on making a difference in your community. Please submit a write-up of your project or something from any sort of community service you have performed. Please see us for suggestions. Some larger goals may encompass several tips.

Curriculum – At each tip you will have curriculum to perform as outlined in your curriculum guide. You must prove proficiency in order to move from tip to tip.



The original Jhoon Rhee Tae Kwon Do books for the traditional forms will be required for each tip.

Notebook Addition – Aside from keeping your notebook up to date, the essay for 2nd Dan is, “What Teaching Jhoon Rhee Tae Kwon Do Has Done For Me”.

CREATIVE FORMS

Part of being a Black Belt is expanding your imagination, exploring your individualism, and maturing your creative thought process. Now that you have the basic tools in Tae Kwon Do, it's time to put your skills together.

As you start to create your own forms, please consider the following:

NAME – All forms have some sort of meaning. Grandmaster Rhee's themes have revolved around the basic tenets of patriotism and life skills. Pick a name that best describes your form, your personality or something that is meaningful to you. English is fine, but even better, try to find the Korean translation.

LENGTH – Forms can vary in length from 10 seconds to 3 minutes. Since this is a Black Belt form, the length should be between 1 to 3 minutes.

SYMMETRY/PATTERN – Most forms have some sort of symmetry or pattern. Typically, but not always, forms will begin and end in the same spot. If you perform certain moves in one position, they do not necessarily have to be the same moves in another direction, rather the same distance. Instead of East/West, North/South symmetry, you can also experiment with diagonal positions.

DIFFICULTY – Obviously, you want your form to represent a Black Belt level form. Basic movements and upright stances can still be used, however, the majority of your form should contain low stances and advanced kicks.

YELLS – Most of the underbelt forms were limited to 4-6 yells. Take the opportunity to emphasize your form with not just several yells, but different types of yells.



PRACTICAL APPLICATIONS – Although forms represent the artistic “art” side of martial arts, please be sure the majority of your techniques have a practical application.

INDIVIDUAL FLAIR – Your form represents you, so add certain techniques that you can do well and moves that are individual to you.

BOARD BREAKING

Breaking has existed since the birth of martial arts. Although the typical misconception is that breaking represents brute force, strength and power are only part of it.

Board breaking has many benefits. You are forced to set certain goals which, in turn, will help you improve.

TECHNIQUE – Proper technique is highly emphasized since breaking represents some of the practical application of certain strikes.

PHYSICAL SPEED – Speed is an important function of power. Quickness and delivery are essential to a successful board break. The true test of speed is “speed breaks” where the board is not supported and the board will only break if struck with sufficient velocity.

BALANCE – With kicks especially, you are now faced with the challenge of accurately delivering a technique while maintaining balance and composure.

FOCUS AND ACCURACY – Now, more than ever, you must focus completely on your target and accurately place your technique.

PRECISION – Not only is the placement of your technique important, but details such as part of the hand and foot you are striking with as well as exact placement on the board.



PERSEVERANCE AND CONFIDENCE – You may not be able to break 100% of the boards on your first attempt, however, with perseverance and a positive, confident attitude, you will find you can accomplish anything!

POWER – Strength coupled with speed, accuracy and focus will enable you to perform successful breaks.

****Please Note-Although we are firm believers on the importance of breaking, your individual safety is ALWAYS important. All breaking boards and techniques must be approved by the instructors. Although the techniques used will be consistent with all students, the board sizes and thicknesses will vary, depending on the student's age and skeletal maturity. Medical doctors with extensive martial arts backgrounds have been consulted for our board breaking program.**



SUGGESTED READING

Title	Author	Publisher	Synopsis
Chonji	Jhoon Rhee	Ohara Publications	First book of the original series by GR. Includes history and terminology
Tan-gun, To San	Jhoon Rhee	Ohara Publications	Part of Grandmaster Rhee's Traditional Form Series
Won-Hyo, Yul-Guk	Jhoon Rhee	Ohara Publications	Part of Grandmaster Rhee's Traditional Form Series
Chung-gun, Toi-Gye	Jhoon Rhee	Ohara Publications	Part of Grandmaster Rhee's Traditional Form Series
Hwa-Rang, Chung-Mu	Jhoon Rhee	Ohara Publications	Part of Grandmaster Rhee's Traditional Form Series
Bruce Lee and I	Jhoon Rhee	Ohara Publications	Collection of letters and experiences with Grandmaster Rhee
Tao of Jeet Kune do	Jhoon Rhee	Ohara Publications	A close look at how martial arts can affect everyday life
Zen and the Martial Arts	Jhoon Rhee	Ohara Publications	Arnis taught by one of the top Filipino martial arts
Filipino Martial Arts	Jhoon Rhee	Ohara Publications	Arnis taught by one of the top Filipino martial arts
Ultimate Martial Arts Encyclopedia	Jhoon Rhee	Ohara Publications	Excellent reference book encompassing all martial arts



1ST DAN REQUIREMENTS

TIP REQUIREMENTS

Time/Attendance – 24 Classes or 3 month’s time is the minimum requirement to progress from one tip to the next. (30 Classes and 4 months from Brown Tip to 2nd Dan)

Leadership – 12 Leadership credits is the minimum requirements to progress from one tip to the next. (15 credits from Brown Tip to 2nd Dan)

Academic/Goal (For adults not in school) – For each tip, you are required to submit a substantial achievement in school such as major test or project. Adults are asked to submit a goal sheet that is equally as substantial.

Character/Community Service – As representative4s of Jhoon Rhee Tae Kwon Do and leaders in the community, we want to make sure we help make a positive impact on our community. Please take this time as Black Belts to be creative on making a difference in your community. Please submit a write-up of your project or something from any sort of community service you have performed. Please see us for suggestions.

Curriculum – At each tip you will have curriculum to perform as outlined in your curriculum guide. You must prove proficiency in order to move from tip to tip.

The original Jhoon Rhee Tae Kwon Do books for the traditional forms will be required equipment for each tip.

Notebook Addition (Juniors) – Aside from keeping your notebook up to date, the essay for 2nd Dan is, “What Teaching Jhoon Rhee Tae Kwon Do Has Done For Me”. 5 Mini-articles of your understanding and journey in Martial Arts.



1ST DAN CURRICULUM

Current Tip	Forms/Technical	Sparring	*Breaking	**Misc.
No Tip	Chon-ji 65 Pushup	2 vs. 1 Basic	Basic Kick Front and Sidekick	Grappling Basic Full Guard/Half Guard/ Escape
Gold	Tan-Gun To-San 9 Count Double 70 Push-ups	Full-Contact and Face Contact allowed	Basic Hand Hammer Fist	Grappling Basic Arm Bar Choke
Orange	Won-Hyo Yul-guk Belt Stretch 90 sec. 75 Push-ups		Open Hand Beg. Palm Heel	Grappling Adv. Triangle Choke Arm Bar Escapes
Green			Heel of Foot Int. Open Hand Int. -Reverse Side -Elbow Strike -Back Punch	Grappling Takedowns
Purple	Chung-gun Toi-Gye 95 Push-ups		Creative Selection 2 Series	Grappling Takedowns
Blue	Hwa-Rang Beethoven with Music 90 Push-ups	3 vs. 1 Sparring	Creative Selection 3 Series	Stand/Ground Combo
Red	Chung-mu 2 min. Belt Stretch 100 Push-up		Creative Selection 4 Series	Creative Form



2ND DAN REQUIREMENTS

TIP REQUIREMENTS

Time/Attendance – A total of 3 years since 2nd Dan is required. There are 4 double tips. The time period of 9 months and 48 classes is the minimum requirement to progress from one tip to the next.

Leadership – 24 Leadership credits is the minimum requirements to progress from one tip to the next.

Academic/Goal (For adults not in school) – For each tip, you are required to submit a substantial achievement in school such as major test or project. Adults are asked to submit a goal sheet that is equally substantial.

Character/Community Service – As representatives of Jhoon Rhee Tae3 Kwon Do an leaders in the community, we want to make sure we help make a positive impact on our community. Please take this time as Black Belts to be creative on making a difference in your community. Please submit a write-up of your project or something from any sort of community service you have performed. Please see us for suggestions.

Curriculum – At each tip you will have curriculum to perform as outlined in your curriculum guide. You must prove proficiency in order to move from tip to tip.

Notebook Addition (Juniors) – Aside from keeping your notebook up to date, the essay for 3rd Dan is, “What my contributions to Jhoon Rhee Tae Kwon Do have been”. This will be based on your 3rd Dan project.

3rd Dan Project – Starting at double green, students are asked to start their 3rd Dan project. This is meant to be an equivalency of a “Boy Scout Eagle Project”, “Girl Scout Star Project”, or graduate school Master’s Thesis! Students are asked to present the project to one of the Masters for approval and provide monthly updates on the progress of their project. Please understand that this should be something that makes a positive impact on your community and will represent who you are as a leader and Black Belt. This is not to be taken lightly and is considered a 3 year project.



2ND DAN CURRICULUM

Current Tip	Forms/Technical	Sparring	*Breaking	**Misc.
Double Gold	Kwan-Gae	3 vs. 1	Creative Series	Grappling Basic
Double Green	Po-Eun Project Approval		Creative Basic	Grappling Basic
Double Blue	Gae-Bek Creative Musical Draft		Unique Break	Grappling Adv.
Double Brown	Granada Creative Musical Draft		Final Break Series	Grappling

*Certain breaks will be limited depending on age.

** Miscellaneous curriculum is not required curriculum to proceed to 2nd degree, however, will still be taught as extracurricular knowledge of Tae Kwon Do and other martial arts based on a student's age and ability. Grappling and full-contact are considered extra-curricular to Tae Kwon Do and will only be taught to adults.



BLACK BELT TRADITIONAL FORM MEANINGS

Tip	Form	Meaning
Gold	Chon-ji	Heaven and Earth
Orange	Tan-Gun	Hero who founded Korea in 2334 B.C.
	To-San	Korean patriot and educator Ahn Chang Ho
	Won-Hyo	Noted monk who introduced Buddhism to the Silla Dynasty in 686 A.D.
Green	Yul-Guk	Pseudonym for philosopher and Scholar, Yi I, also known as the Confucius of Korea
	Chung-Gun	Korean patriot who was martyred in prison in 1910
Blue	Toi-Gye	Pen name of noted scholar Yi Hwang
	Hwa-Rang	Youth group who helped unify the three kingdoms of Korea
Red	Chung-Mu	Korean Admiral who invented the first armored submarine battleship.



1st to 2nd Degree Black Belt

Chon-Ji Hyung: 19 Movements (meaning: “Heaven and Earth”)

Chon-Ji is the first Tae Kwon Do form. When translated from Korean (Hangeul), Chon-Ji means “Heaven and Earth”. As was interpreted in the first book of the classic I-Ching, which explained all process and change in the natural world. Chon-Ji symbolizes the beginning or the creation of the universe.

Tan-Gun Hyung: 21 Movements (meaning: “Hero who founded Korea in 2334 B.C.”)

Tan Gun founded the kingdom of Korea in 2333 B.C. and his Legend is as follows:

*“Kwan Yung came down from heaven to rule the universe. At that time, a tiger
And a bear, who lived in a cave, begged Hwan Yung to change them into humans.
The tiger could not comply with the commandment of Hwan Yung, so he lost his chance
To become human. However, the bear could. The bear became a woman and prayed
Under an altar to become pregnant. Hwan Yung was so pleased that he changed himself
Into a man and married her.”
They, in turn, gave birth to a son, Tan Gun. October 3rd is now celebrated as a national
Holiday commemorating Tan Gun.*

To-San Hyung: 24 Movements (meaning: “Korean patriot and educator Ahn Chang Ho”)

*To San was the name used by Ahn Chang Ho (1878-1938). Ahn Chang Ho, son of a farmer, was
A renowned educator and advocate of Korean independence. At the age of 18, he joined the
“Independence Association”. This association was formed to promote independence, reform
Domestic affairs and reduce dependence upon foreign countries. In 1910, when a minor
Kingdom known as the Yi Dynasty was forcefully absorbed into the Japanese Empire, Ahn
Chang Ho started underground activities focused on regaining Korean independence.*



He advocated freedom of choice in education, culture, and speech. To San exiled himself several times to China and to the United States of America, but always returned. He was finally arrested by the Japanese and died in jail.

Won-Hyo Hyung: 28 Movements (meaning: “Noted monk who introduced Buddhism To the Silla Dynasty in 686 A.D.”)

Won-Hyo (617-686 B.C.) was recognized as a great scholar by the Tang Dynasty of China, although he never studied there. This high degree of respect was recognized by the people of Korea. He hated the idea of various religious authorities arguing with each other over their different beliefs. Instead, he established his own system of ideology in which the conflicts between religious sects could be reconciled. Won-Hyo reached the highest position possible as a scholar and a monk. However, his most remarkable achievement was his activity in relieving the poverty and the suffering of ordinary people.

Yul-Gok Hyung: 38 Movements (meaning: “Pseudonym for philosopher and Scholar, Yi I, also known as the Confucius of Korea”)

Yul Gok (1526-1584) was the pen name of Master Yi, a great scholar of the Yi Dynasty. He was so brilliant that he passed the national examination for selecting public servants at the age of 13. He participated in national affairs and held government appointments. He later resigned from government service, returned home and devoted himself to writing. He published many books on philosophy, Confucianism and public administration.

Chung-Gun Hyung: 32 Movements (meaning: “Korean patriot who was martyred in prison in 1910)

Chung-Gun was the name of a man (Ahn Chung-Gun) who fought against the Japanese Empire for Korean independence and later died serving his country. The 32 movements symbolize his age at the time of his death.

Toi-Gye Hyung: 37 Movements (meaning: “Pen name for noted scholar Yi Hwang)

Toi-Gye, also known as Hwan Lee³ (1502-1570), was a great Confucian philosopher during the Lee Dynasty. In 1534, he passed the prestigious national qualifying examination for the civil service. However, he later resigned from government service and returned to his hometown, where he became a scholar.



His specialty was Joo Ja Hak (Confucianism) and he developed many intellectual theories. He founded the To_San Learning Institute where he spent the rest of his life educating his young disciples. His interpretation of Confucianism, known as Toi_Gye Hak, is the subject of study in both the Eastern and Western countries today.

Hwa-Rang Hyung: 29 Movements (meaning: “Youth group who helped unify the three Kingdoms of Korea”)

Hwa-Rang Hyung was the name of a National Institute which trained its youth for times of national need. A Hwa-Rang candidate had to be a man of character, virtue and countenance. Those who met these qualifications could become a Hwa_Rang pupil. They were trained to improve their moral principles and military skills. They entertained themselves by traveling around the neighboring famous mountains and rivers and by listening to music and poetry. The youth were taught to be brave, to love their country, and to be cooperative. The five leadership qualities of Hwa_Rang were as follows:

Allegiance to the King, Faithfulness to their parents, Faithful friendship, Prohibition against the

Killing of animals and no retreat in the battle field.

Chung-Mu Hyung: 30 Movements (meaning: “Korean Admiral who invented the first armored submarine battleship”)

In naval history, Admiral Soong Shin Lee (1545-1598) of the Lee Dynasty, also known as “Chung-Mu”, was as famous as Admiral Nelson of Great Britain. The admiral anticipated the Japanese invasion and in turn, prepared his forces for war. On November 8, 1598, Admiral Lee was killed during a sea battle against the Japanese Navy, he was 54 years old. Admiral Lee showed true allegiance to his country, was noble in character and showed excellent leadership ability. Admiral Lee almost single-handedly protected his country and is considered a great hero in Korean history. He also wrote a book entitled “The Diary During the Conflict”.

2nd to 3rd Degree Black Belt

Kwang-Gae Hyung: 39 Movements (meaning: “19th King of the Ko Ku Ryo Dynasty”)

Kwang-Gae (372-418) was the 19th king of the Ko-Ku-Ryo Dynasty and was known as a great conqueror. He was very bold and ambitious when he was young. When he succeeded to the throne, he undertook the great task of expanding the land holdings of the Ko-Ku-Dynasty. According to the record embedded in his great tombstone, 64 castles and 1,400 villages were attached and conquered by Kwang-Gae during his era. His most remarkable achievement was the conquest of Manchuria, dominated by the Chinese Hwo-Yun, which then became a part of the Ko-Ku-Ryo Dynasty.



Po-Eun Hyung: 36 Movements (meaning: “Scholar Mong Ju Chung, a faithful public servant of the King during the Koryo Dynasty”)

Po-Eun, also known as Mong Ju Chung, was a scholar and a faithful public servant for the king during the Koryo Dynasty. At the age of 23, he took three different national qualifying examinations, which were used to select public servants. He received the highest scores on all three. He participated in various national projects because the king had much confidence in his extensive knowledge and good judgment. From time to time, he would visit China and Japan as a diplomat for the king. The diagram represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.

Gae-Baek Hyung: 44 Movements (meaning: “Army general at the end of the Bak Je Dynasty”)

Gae-Baek is the name of the Army General who was in charge of the army at the end of the Bak Je Dynasty. In 660 A.D., when the united force of Silla and Dang invaded Bak Je, General Gae-Baek organized 5,000 soldiers of the highest morale and courage. Although in the first few battles he defeated the united force of the enemy, in the last battle, he was finally defeated and was killed while fighting. The Bak Je Dynasty was destroyed after 678 years of rule, but General Gae-Baek is still recognized for his loyalty to his country and his bravery.

3rd to 4th Degree Black Belt

Choong-Jang: 52 Movements

Choong-Jang is the pseudonym given to General Kim Duk Ryang who lived during the Lee Dynasty, 14th century. This pattern ends with a left hand attack to symbolize the tragedy of his death at 27 in prison before he was able to reach full maturity.

Ko Dang Hyung: 39 Movements

Ko Dang (1882-1950) was the name used by Man Shik Cho, a great politician and revolutionary. When Korea was absorbed into the Japanese Empire, he was influenced by Ahn Chang Ho (also known as To San, one of the underground leaders fighting against the Japanese Empire to regain Korea’s independence). Ko Dang went to Japan in order to learn about Korea’s enemy and graduated from the school of law at Meiji University. Ko Dang rejected the idea of exiling himself to a foreign country where he could enjoy life. Instead, he came back to Korea and developed the campaign for independence, despite repeated threats from the Japanese rulers.

Sam Il Hyung: 33 Movements

Sam Il commemorates the Koreans who fought against Japan’s colonization of Korea. In 1910, Japan invaded Korea and absorbed it into its Empire, taking control of Korea’s economy and destroying much of the Korean culture, thus reducing Korea’s chances of becoming truly independent. On March 1, 1919, 33 Koreans who represented the independence movement met secretly at Pagoda Park in Seoul and began to read the Declaration



of Independence. The 33 movements of the form represent the people who signed the Declaration of Independence on March 1, 1919.

Yoo-Sin Hyung: 68 Movements

Yoo-Sin (595-673) is the name of the Silla Dynasty Army General Kim Yoo Sin. The 68 movements refer to the last two figures of the 668 A.D., the year Korea was united. The ready posture signifies a sword drawn on the right rather than the left side, symbolizing Yoo Sin's mistake of following his King's orders to fight with foreign forces against his own nation.

4TH TO 5TH Degree Black Belt

Choi Yong Hyung: 46 Movements

Choi Yong (1316-1388) was a renowned army general and Royal confidant at the end of the Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism, and humility.

Ul-Ji Hyung: 42 Movements

Ul-Ji was the name of the renowned army general Ul-Ji Moon Dok who successfully defended Korea against a Tang's invasion force of nearly one million soldiers led by Yang Je in 612 A.D. Ul-Ji employing hit and run guerilla tactics, was able to decimate a large percentage of the force. The diagram represents his surname. The 42 movements represent the authors age when he deigned the pattern.

Se Jong Hyung: 24 Movements

Se Jong (1397-1450) was the fourth king of the Yi Dynasty in Korea and was known for his many great achievements in domestic affairs, diplomacy, defense matters and culture. However, his most remarkable invention was the "Han Gul", the Korean alphabet, which provided the kingdom with "cultural independence" from the previously used Chinese characters. The 24 movements in the form represent the 24 letters of the alphabet.

Tong Il Hyung: 56 Movements

Tong Il means unification, which is the ultimate goal of Koreans. Korea used to be one country, but was divided into two in 1945 by the ideological conflict between the USSR and the United States after World War II. On Jun 25, 1950, a war began between North Korea and the



Republic of Korea. The conflict was initiated by North Korea's invasion of the South, which was supported by the USSR. The United Nations Security Council unanimously passed a resolution to assist the Republic of Korea and sixteen UN countries, including the United States, sent soldiers to aid South Korea.