



TAEKWONDO AMERICA
4th DEGREE BLACK BELT

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4TH DEGREE DECIDED PATTERN

CHOI-YONG

50 Movements

Choi-Yong is named after the 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. His subordinate commanders headed by General Yi Sung Gae, who later became the first king of the Yi Dynasty, executed him.

Ready Stance C

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| 1. Left Double Fist Block | Left Cat Stance |
| 2. Left Vertical Punch | Left Cat Stance |
| 3. Right Double Fist Block | Right Cat Stance |
| 4. Right Vertical Punch High | Right Cat Stance |
| 5. Left Knifehand High Block | Left Front Stance |
| 6. Right Reverse Inner Forearm Block | Left Front Stance |
| 7. Left Punch High | Left Front Stance |
| 8. Right Knifehand High Block | Right Front Stance |
| 9. Left Reverse Inner Forearm Block | Right Front Stance |
| 10. Right Punch High | Right Front Stance |
| 11. Left Double Knifehand Block Low | Left Back Stance |
| 12. Right Round Kick | |
| 13. Left Spin Hook/Round Kick | Left Front Stance |
| 14. Right Reverse Horizontal Elbow Strike to Left Palm (Ki-Hap) | Right Back Stance |
| 15. Right Double Knifehand Block Low | |
| 16. Right Round Kick | |
| 17. Right Spin Hook Kick/Round Kick | |
| 18. Left Reverse Horizontal Elbow Strike to Right Palm (Ki-Hap) | Right Front Stance |
| 19. Left Double Knifehand Press Block (Medium) | Left Front Stance |
| 20. Right Double Knifehand Press Block (Medium) | Right Front Stance |
| 21. Twin Knifehand Block | Left Front Stance |
| 22. Right Front Kick | |



23. Left Double Fist Block	Left Back Stance
24. Twin Knifehand Block	Right Front Stance
25. Left Front Kick	
26. Right Double Fist Block	Right Back Stance
27. Right Double Fist Block	Right Back Stance
28. Left Horizontal Spearhand High	Left Front Stance
29. Right Horizontal Spearhand High	Right Front Stance
30. Right Hooking Block (Medium)	Parallel Stance
31. Left Punch High	Parallel Stance
32. Right Double Fist Block	Left One Leg Stance
33. Right Side Kick	
34. Right Hammerfist to Left Palm (Ki-Hap)	Right X Stance
35. Right Double Fist Block	Right Back Stance
36. Left Front Kick/Round Kick	
37. Right Jump Spin Heel Kick	
38. Left Double Fist Block	Left Back Stance
39. Right Knifehand Strike High	Right Back stance
40. Left Hooking Block (Medium)	Parallel Stance
41. Right Punch High	Parallel Stance
42. Left Double Fist Block	Right One Leg Stance
43. Left Side Kick	
44. Left Hammerfist to Right Palm (Ki-Hap)	Left X Stance
45. Left Double Fist Block	Left Back Stance
46. Right Front Kick/Round Kick	
47. Left Jump Spin Heel Kick	
48. Right Double Fist Block	Right Back Stance
49. Left Knifehand Strike High	Left Back Stance
50. Right Punch High	Right Back Stance



4TH DEGREE SENIOR PATTERN

TONG-IL

67 Movements

Tong-Il denotes the resolution of the unification of Korea, which has been divided since 1945. The diagram symbolizes the homogenous race.

Ready Stance F

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| 1. Twin Punch High (Ki-Hap) | Left Front Stance |
| 2. Twin Knifehand Strike High | Left Front Stance |
| 3. Right Inner Forearm Block | Right Back Stance |
| 4. Left Reverse Punch High | Right Front Stance |
| 5. Right Punch High | Right Back Stance |
| 6. Left Reverse Punch High | Right Back Stance |
| 7. Left Round Kick | |
| 8. Left Low Block/Right Reverse Backfist | Left Back Stance |
| 9. Left Backhand | Left Back Stance |
| 10. Right Inside Crescent Kick | |
| 11. Right Low Block/Left Reverse Backfist | Right Back Stance |
| 12. Right Back hand | Right Back Stance |
| 13. Left Inside Crescent Kick | |
| 14. Twin Elbow Strike | Left Back Stance |
| 15. Right Ridgehand Block High | Right Front Stance |
| 16. Left Reverse Ridgehand Block High | Right Front Stance |
| 17. Right Punch High | Right Front Stance |
| 18. Left Reverse Punch High | Right Front Stance |
| 19. Left Twist Kick | |
| 20. Left Backfist | Left Back Stance |
| 21. Right Twist Kick | |
| 22. Right Backfist | Right Back Stance |
| 23. Left Outside Knifehand Strike High | Left Cat Stance |
| 24. Right Outside Knifehand Strike High | Right Cat Stance |
| 25. Left Double Knifehand Press Block (Medium) | Left Front Stance |
| 26. Right Double Knifehand Press Block (Medium) | Right Front Stance |
| 27. Right Knifehand Strike Low to Left Palm | Closed Stance |



28. Right Spin Heel Kick	
29. Left Knifehand High Block	Left Front Stance
30. Right Reverse Punch High	Left Front Stance
31. Left Reverse Reinforced Upset Punch High	Right Back Stance
32. Right Reverse Horizontal Punch	Left Front Stance
33. Left Spin Heel Kick	
34. Right Knifehand High Block	Right Front Stance
35. Left Reverse Punch High	Right Front Stance
36. Right Reverse Reinforced Upset Punch High	Left Back Stance
37. Left Reverse Horizontal Punch	Right Front Stance
38. Right Circular Double Ridgehand Block Low	Right Back Stance
39. Left Circular Double Ridgehand Block Low	Left Back Stance
40. Left Knifehand Block/Right Reverse Low block	Left Front Stance
41. Twin High Punch	Right Front Stance
42. Right Hammerfist (To Left Palm)	Left One Leg Stance
43. Right Spin Side Kick	
44. Twin Inner Forearm Block	Sitting Stance
45. Right Jump Hook Kick (Ki-Hap)	
46. Twin Inner Forearm Block	Sitting Stance
47. Right Round Kick	
48. Right Nine Block	Sitting Stance
49. Left Nine Block	Sitting Stance
50. Right Knifehand Block/Left Reverse Low Block	Right Front Stance
51. Twin Punch High	Left Front Stance
52. Left Hammerfist (To Right Palm)	Right One Leg Stance
53. Left Spin Side Kick	
54. Twin Inner Forearm Block	Sitting Stance
55. Left Jump Hook Kick (Ki-Hap)	
56. Twin Inner Forearm Block	Sitting Stance
57. Left X Block Low	Left X Stance
58. Left Outside Block	Left Front Stance
59. Right Outside Block	Right Front Stance
60. Left Reverse Palm Heel Strike High (Medium)	Right Front Stance
61. Left Low Block/Right Reverse Knifehand Block	Left Front Stance
62. Right Reverse Palm Heel Strike High (Medium)	Left Front Stance



63. Right Low Block/Left Reverse Knifehand Block

Right Front Stance

64. Right High Block

Right Front Stance

65. Left Reverse Punch High

Right Front Stance

66. Left High Block

Left Front Stance

67. Right Reverse Punch High

Left Front Stance



BOARD BREAKING REQUIREMENTS

4th Degree Black Belts and above have to break boards with 4 techniques, use different legs and must break one 2-board station (women) or 3-board station (men) with a kick. 4th Degree Senior Black Belts must break with 2 strikes, one with each hand.

RANK	PATTERN	BREAKING TECHNIQUES	
		KICK	HAND STRIKE
4th Decided	Choi-Yong	1: 360° Jump Spin Kick 2: Jump Spin Kick 3: Spin Kick 4: Basic Kick	1 Approved
4th Senior	Tong Il	1: 360° Jump Spin Kick 2: Jump Spin Kick 3: Spin Kick 4: Basic Kick	2 Approved



TESTING REQUIREMENTS BY RANK

RANK	PATTERN	MIN.TIME	BREAKING TECHNIQUES		SPAR
			KICK	HAND STRIKE	
1 st Probationary	Gwang Gae	2 Months	1: Front, Side or Round 2: Front Side or Round	None	Free Sparring
1 st Recommended	Gwang Gae	2 Months	1: Front, Side or Round 2: Front Side or Round (Different kick with each leg)	None	Free Sparring
1 st Decided	Pe Eun	4 Months	1: Basic Kick 2: Jump Kick	1 Approved	Free Sparring
1 st Senior	Ge Baek	6 Months	1: Basic Kick 2: Spin Kick	1 Approved	Free Sparring
2 nd Degree	Choong Jang	8 Months	1: Spin Kick 2: Jump Kick	None	Free Sparring
2 nd Decided	Yoo Sin	8 Months	1: Spin Kick 2: Jump Kick	1 Approved	Free Sparring
2 nd Senior	Ul Ji	10 Months	1: Jump Spin Kick 2: Spin Kick	1 Approved	Free Sparring
3 rd Degree	Yon Gae	1 Year	1: Jump Spin Kick 2: Spin Kick	1 Approved	Free Sparring
3 rd Decided	Juche	1 Year	1: Jump Spin Kick 2: Jump or Spin Kick 3: Basic Kick	1 Approved	Free Sparring
3 rd Senior	Ko Dang	1 Year	1: Jump Spin Kick 2: Jump or Spin Kick 3: Basic Kick	2 Approved	Free Sparring
4 th Decided	Choi Yong	2 Years	1: 360 Jump Spin Kick 2: Jump Spin Kick 3: Spin Kick 4: Basic Kick	1 Approved	Free Sparring
4 th Senior	Tong Il	2 Years	1: 360 Jump Spin Kick 2: Jump Spin Kick 3: Spin Kick 4: Basic Kick	2 Approved	Free Sparring
5 th Degree	Moon Moo	5 Years	1: 360 Jump Spin Kick 2: Jump Spin Kick 3: Spin Kick 4: Jump Kick 5: Basic Kick	2 Approved	Free Sparring

All ranks must do at least one kick with a different leg and if two hand techniques are required, they must use both hands.

