



TAEKWONDO AMERICA
5th DEGREE BLACK BELT

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5TH DEGREE DECIDED PATTERN

MOON-MOO

69 Movements

Moon-Moo honors the 30th King of the Silla Dynasty. His body was buried near Dae Wang Am (Great Kings Rock). According to his will, the body was placed in the sea “where my soul shall forever defend my land against the Japanese.” It is said that the Sok Gul Am (Stone Cave) was build to guard his tomb.

Ready Stance A

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| 1. Left Double Fist Block | Right One Leg Stance |
| 2. Left Side Kick (Medium) | |
| 3. Left Side Kick | |
| 4. Right Horizontal Spearhand High | Sitting Stance |
| 5. Right Jump Spin Hook Kick | |
| 6. Left Double Fist Block | Left Back Stance |
| 7. Right Knifehand Strike (Ki-Hap) | Right X Stance |
| 8. Left Knifehand Double Press Block (Medium) | Left Front Stance |
| 9. Right Knifehand Double Press Block (Medium) | Right Front Stance |
| 10. Right Knifehand Low Block/Left Reverse Knifehand Block | Right One Leg Stance |
| 11. Right Double Fist Block | Left One Leg Stance |
| 12. Right Side Kick (Medium) | |
| 13. Right Side Kick | |
| 14. Left Horizontal Spearhand High | Sitting Stance |
| 15. Left Jump Spin Hook Kick | |
| 16. Right Double Fist Block | Right Back Stance |
| 17. Left Knifehand Strike (Ki-Hap) | Left X Stance |
| 18. Right Knifehand Double Press Block (Medium) | Right Front Stance |
| 19. Left Knifehand Double Press Block (Medium) | Left Front Stance |
| 20. Left Knifehand Low Block/Right Reverse Knifehand Block | Left One Leg Stance |
| 21. Twin Low Block | Left One Leg Stance |



22. Right Side Kick	
23. Right Reverse Punch High	Left Front Stance
24. Twin Low block	Right One Leg Stance
25. Left Side Kick	
26. Left Reverse Punch High	Right Front Stance
27. Left Palm Heel Press Block Low	Left Cat Stance
28. Left Front Kick	
29. Right Crescent Kick	
30. Right Hammerfist Middle (Ki-Hap)	Sitting Stance
31. Left Palm Heel Upset Strike High	Sitting Stance
32. Right Punch Middle	Sitting Stance
33. Left Knifehand Low Block	Sitting Stance
34. Right Jump Side Kick	
35. Left Jump Spin Heel Kick	
36. Right Double Fist Block	
37. Left Hooking Block (Medium)	Right Back Stance
38. Right Palm Heel Press Block Low	Left Front Stance
39. Right Front Kick	Right Cat Stance
40. Left Crescent Kick	
41. Right Horizontal Hammerfist Middle (Ki-Hap)	Sitting Stance
42. Right Palm Heel Upset Strike High	Sitting Stance
43. Left Punch Middle	Sitting Stance
44. Right Knifehand Low Block	Sitting Stance
45. Left Jump Side Kick	
46. Right Jump Spin Heel Kick	
47. Left Double Fist Block	Left Back Stance
48. Right Hooking Block (Medium)	Right Front Stance
49. Right Twist Kick	
50. Left Low Block/Right Reverse Downward Backfist	Left Back Stance
51. Right Reverse Supported Backfist	Right Front Stance
52. Left Twist Kick	
53. Right Low Block/Left Reverse Downward Backfist	Right Back Stance
54. Left Reverse Supported Backfist	Right Front Stance
55. Left Leg Sweep	
56. Left Double Knifehand Block	Left Back Stance



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| 57. Left Double Side Kick | |
| 58. Left Knifehand Strike High | Left Back Stance |
| 59. Right Leg Sweep | |
| 60. Right Double Knifehand Block | Right Back Stance |
| 61. Right Double Side Kick | |
| 62. Right Knifehand Strike High | Right Back Stance |
| 63. Right Reverse Punch High | Left Front Stance |
| 64. Left Jump Reverse Reinforced Upset Punch Low (Yell) | Right X Stance |
| 65. Right Jump Reverse Reinforced Upset Punch Low (Yell) | Left X Stance |
| 66. Right Jump Spin Side Kick | |
| 67. Right Double Knifehand Block | Right Back Stance |
| 68. Left Reverse Arc Hand Grab | Right Front Stance |
| 69. Right Punch High | Right Front Stance |



BOARD BREAKING REQUIREMENTS

5th Degree Black Belts and above have to break boards with 5 techniques, use different legs and must break one 2-board station (women) or 3-board station (men) with a kick. 5th Degree Black Belts must break with 2 hand strikes, one with each hand.

RANK	PATTERN	BREAKING TECHNIQUES	
		KICK	HAND STRIKE
5 th Degree	Moon-Moo	1: 360° Jump Spin Kick 2: Jump Spin Kick 3: Jump Kick 4: Spin Kick 5: 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.

