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## BLACK BELT HANDBOOK

### PURPOSE

In view of the social problems evident in our society today, we feel that some sort of self-defense instruction is needed by all. This program is usable at home or in conjunction with other physical education courses taught in the school. If it has no other effect, we hope it will help to dispel the image of aggressive violence which shrouds the image of all of the martial arts owing to television.

As a parent, I can speak very highly of Taekwon-Do because both of my children are studying it. The code of ethics learned along with the self-discipline cannot fail to make our young people better citizens.

Donna J. Goles  
For Earthware

### INTRODUCTION:

The purpose of this little tutorial is provide a bit of background on the martial art, Taekwon-Do as well as to give you some suggested readings to further your knowledge of the martial arts. This game will not enable you to become a black belt. That is not our intention. It takes a great deal of discipline and hard work to attain the rank of black belt in the "real" world. For most people this would mean working for a number of years.

In BLACK BELT, we attempt to acquaint the novice with the kicks and punches that you would learn in a Taekwon-Do class. Unfortunately, we did not have room to show ALL of the punches but we think that we did pretty well with the kicks. We feel that this game can serve as an introduction to the martial art Taekwon-Do, however it is difficult to impart the philosophy of the art to the student by disk. These can be taught best by a teacher. We have tried to be as accurate as the resolution on the Apple would allow. Groin and knee-cap kicks are out as they are in any "real" match. We hope that you have fun and learn a bit along the way. Let us hear from you if you have any suggestions, puffs or pans. Happy sparring!

### HISTORY:

Since you have learned to pronounce the word Taekwon-Do, you probably already have guessed that it means "the art of fighting with hands and feet". Taekwon-Do involves intensive mental and physical training and serves as a firm foundation for noble character-building as well as physical well-being. In short, it is a discipline of both mind and body.

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Taekwon-Do has only recently been introduced to the western world, though it has been practiced in Korea for many centuries. It is an art of hand and foot fighting that has parallels in China, Japan, Malaysia, France, Thailand and India. Some believe that it originated in India with the Buddhist monks and subsequently to have been transported to China in about the sixth century A.D. However, many countries wish to claim to have been the birthplace of the martial arts, and it is quite possible that the origin was nearly simultaneous in several countries. Early on, open hand and foot fighting was combined with a method of concentration and meditation which was designed to allow the mind the freedom to gain enlightenment. Thus it became a very powerful method of defense which differs according to the time and place of development. Not too long ago Bruce Lee revamped the art and popularized it here in the western world. The next Olympic games will include a Taekwon-Do sparring match.

#### PHILOSOPHY OF THE ART:

1. To improve the health and mental outlook of the student.
2. To enable the student to accept the setbacks of life and of its inevitable end.
3. To remain humble and merciful and not compromise principles.
4. To treat all people fairly and without prejudice with respect to gender, mental, religious or social conditions.
5. To be willing to work hard to learn and be ready to do whatever is needed to benefit society as a whole.

#### REFERENCES

The following books are very well illustrated and can be found in most bookstores. If not on the shelves, it may be possible to special order. In some cases your master teacher will assist you in finding quality material for further study.

TAEKWON-DO--by Gen. Choi Hong Hi, distributed by East West Markets Exchange, 5533 N. Broadway, Chicago, Illinois 60640, published by the International Taekwon-Do Federation, illustrated, copyright 1972 and reprinted last 1980, 533 pages, \$45.

THE ESSENCE OF SELF-DEFENSE--by Hidy Ochiai, published by Contemporary Books, Chicago, copyright 1979, 210 pages.

THE MANUAL OF THE MARTIAL ARTS--by Ron Van Clief, Rawson, Wade Publishers, Inc., New York, copyright July 1982, 188 pages.

BRUCE LEE'S FIGHTING METHOD, ADVANCED TECHNIQUES--by Bruce Lee and M. Uyehara, Ohara Pub., Inc., Burbank, CA, copyright 1977, 126 pages. (Note--This is one book in a series.) SELF DEFENSE: A BASIC COURSE--by Bruce Tegner, Thor Pub. Co., Ventura, CA 93001, copyright August 1983, 112 pages.

TEACH YOUR CHILD SELF-DEFENSE--by David Manners, Arco Pub., New York,

New York 10003, copyright 1976, 159 pages.

BEST KARATE FUNDAMENTALS, Bk.2--by M. Nakayama, Published by Kodansha International, Ltd., Tokyo, New York and San Francisco, copyright 1978, 144 pages.

## RULES OF COMPETITION SPARRING

The following rules were supplied by Master Hwang owner and operator of Hwang's Martial Arts Academy in Eugene, Oregon.

### DURATION OF COMPETITION

- a. Eliminations are two rounds of two minutes each contest with a 30 second rest period per round.
- b. Finals are three rounds of two minutes each contest with a 30 second rest period per round.
- c. AAU Open Belt Championship consists of one two minute round.

### POINTS

- |                 |                 |
|-----------------|-----------------|
| a. Fore Fist    | d. Heel         |
| b. Foot Sword   | e. Instep       |
| c. Ball of Foot | f. Arch of Foot |

### AUTHORIZED AREAS

- |                             |                 |
|-----------------------------|-----------------|
| a. Facial areas (foot only) | d. Stomach Area |
| b. Neck (foot only)         | e. Sides        |
| c. Chest Area               | f. Kidney Area  |

### VALID POINT SCORES

Points are awarded for the following attack moves if done with the proper posture and balance.

#### a. Foot Attack:

1. to authorized facial area-one point.
2. to authorized area below the head and above the belt-one point.
3. to the body above the belt and excluding the back, top of the head and back of the head, one point IF the opponent is knocked down by the force of the attack.

NOTE: The referee and judges will determine if the attack was malicious and point shall not be given if it was.

#### b. Hand Attack:

1. to authorized area above the belt and below the neck, shall be awarded one point
2. to the body above the belt and below the neck, excluding the back, top of the head, neck and back of the head-one point if the opponent is knocked down by the force of the attack.

#### c. The following attacks will not be scored:

1. holding the opponent or falling after the effective attack by the fist or foot.
2. continued attacking in clinching form

### KNOCK DOWNS

When a contestant falls or staggers after being hit by a legitimate blow, the referee shall take the following measures:

a. The referee shall stop the attack with a declaration of "Kalyeo" (break) and keep him from the fallen contestant.

b. The referee shall count aloud from "Hanah" (one) to "Yeol" ten, at one second intervals, making the hand signal indicating the passage of time.

c. When the fallen opponent fails to recover by "Yeol", the referee shall declare the opponent the winner by a knock out.

d. If the downed contestant stands up by the count of "Yeodul" (eight), the referee shall determine his or her will to continue the match. If the downed contestant immediately takes his/her position to continue, the referee shall continue the contest by announcing "Kae Sok" (continue).

e. The referee shall continue the count regardless of the end of the round or the contest time. If the fallen contestant does not get up by the sound of "Yeol", the referee shall announce the opponent winner by a knock out.

f. If both contestants are knocked down, and one of them recovers, the referee shall continue the count as long as the other contestant is down.

g. If both contestants are downed and fail to recover by the count of "Yeol", the winner shall be decided by the points scored before the knock down.

h. In the case of a knock out by prohibited attacks, the referee shall take the following measures.

1. In the case of a contestant downed by a hit in the face with a hand or a fist attack, the referee shall disqualify the attacker after consultation with the judges and with the confirmation of the jury.

2. In case a competitor is downed by the unintentional hit to the groin area, and he cannot resume the contest within a minute, the referee shall rule the downed competitor the loser.

3. However, if the hit on the private parts is found to be intentional, the referee shall rule the attacker the loser.

f. The winner, shall be present at the competition area at the time of the pronounced decision and the decision shall be made within sixty seconds of their occurrence.

## DECISION

Decisions as to winners are made as follows:

- a. Win by disqualification of an opponent
- b. Win by knock out
- c. Win by withdrawal of an opponent
- d. Win by disqualification
- e. Win by injury of the opponent
- f. Win by points
- g. Win by technical knock out or mismatch

- h. Win by superiority
- i. Win by deduction points against an opponent

#### PROHIBITED ACTS

The following acts are prohibited.

#### WARNINGS

the referee shall give warnings to the competitor and impose on him a deduction of 0.5 points, when he commits any of the following violations. Warnings shall be counted by the grand total throughout the round(s). If a contestant receives any of the following warnings six times, he shall be declared the loser.

- a. Holding his opponent
- b. Attacking with knees
- c. Throwing the opponent
- d. Pretending injury
- e. Stalling
- f. Attacking a prohibited area
- g. Intentional falling
- h. Escaping the match by turning his back to the opponent
- i. Stepping out of the boundary to escape fighting
- j. Pushing the opponent with the shoulder, body or hands
- k. Attacking the opponent's face or neck with the fist
- l. Uttering undesirable remarks or behaving in an unsportsmanlike manner--applies to BOTH coach and contestant

#### DEDUCTION OF POINTS

The following acts committed by a contestant shall be subject to a one- point deduction. Deduction of points shall be from the grand total(s) throughout the rounds. When a contestant gets the deduction of three points, the referee shall rule the competitor the loser by disqualification and shall declare the contestant's opponent the winner.

- a. Attacking a fallen opponent
- b. Contact with the person's face or neck with the fist
- c. Butting
- d. Intentional attack after the referee's declaration of "kalyeo" (break) order
- e. Committing two warnings of any kind during the match
- f. Uttering violent or undesirable remarks or misconduct on the part of the contestant or coach

#### DISQUALIFICATIONS

- a. Injuring the opponent's face or neck by fist attack
- b. Injuring the opponent's face or neck by malicious foot attack
- c. Injuring the opponent and/or rendering him unable to continue by using unauthorized attacking implement (butting, kneeling, biting, gouging, etc.)
- d. Intentionally attacking unauthorized areas and injuring his/her opponent
- e. Unsportsmanlike conduct
- f. Accumulation of three penalty points (defeated by penalty)

NOTE: The referee and judges shall determine disqualification or malicious attack.

#### OFFICIAL TERMINOLOGY (Korean-English)

Cha Ryutt..Attention  
Kyung Yet..Bow  
Joon Bi....Ready Position  
Shi Jak....Begin  
Gue Man....Stop Kalyeo.....Break  
Hana.....One  
Tul.....Two  
Seht.....Three  
Neht.....Four  
Da Sut.....Five  
Yu Sut.....Six  
Il Gob.....Seven  
Yeodul.....Eight  
Ah Hop.....Nine  
Yeol.....Ten  
Jwa Woo Hyang Woo....Face About  
Il Whea Jeon.....First Round  
Yi Whea Jeon.....Second Round  
Sam Whea Jeon.....Third Round  
Chung.....Blue  
Hong.....Red  
Kyong Go.....Warning  
Kyong Go Hana.....Warning One  
Kyong Go Tul.....Warning Two  
Gamjeum.....Deduction Point  
Gamjeum Hana.....Deduction Point One  
Keasok.....Continue  
Si Kan.....Time  
Seung.....Win  
Poomse.....Form

#### BOY'S SPARRING-WEIGHT CLASSIFICATIONS

Ages 6-7, 8-9, 10-11, 12-13, 14-15, 16-17. All are divided according to belt color and into groups of light medium and heavy classifications. Girl's sparring is divided the same way but with only one weight classification for the belt colors of white, yellow, blue(green), Brown(red), and black.

#### POOMSE (Form) DIVISIONS

The age and rank categories are the same as above. There are no weight or sex divisions.