

Black Belt Exam Study Guide



By:

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Matt Randall's Black Belt Academies, Inc.

This Manual belongs to _____

Black Belt Oath

I accept with honor and privilege
the Black Belt in the Martial Arts,
and do hereby swear
to uphold the standards of
courtesy, integrity, perseverance, self-control,
and indomitable spirit.

I sincerely pledge
to honor my instructor and the school
with loyalty and support,

and to value and carry-on
the Martial Arts Tradition
with respect and dignity.

I further pledge,
with humility and gratitude,
to continue my mental,
physical and spiritual growth
to the highest level,
to lead by example,
and to share what I have learned with others.

A Future Black Belt Leader is
always aware of:

Location

Posture

Body Position

Eye Contact

Attention

Attitude

Facial Expression

THEORY OF POWER

(Him Ui Wollli)

The beginning student may ask; "Where does one obtain the power to create the devastating results attributed to TaeKwon-Do?" This power is attributed to the utilization of a person's full potential through the mathematical application of TaeKwon-Do techniques. The average person uses only 10 to 20 percent of his potential. Anyone, regardless of size, age, or sex who can condition himself to use 100 percent of his potential can also perform the same destructive techniques.

Though training will certainly result in a superb level of physical fitness, it will not necessarily result in the acquisition of extraordinary stamina or superhuman strength. More important, TaeKwon-Do training will result in obtaining a high level of reaction force, concentration, equilibrium, breath control and speed; these are the factors that will result in a high degree of physical power.

Reaction Force (Bandong Ryok): According to Newton's Law, every force has an equal and opposite force. When an automobile crashes into a wall with force of 2,000 pounds, the wall will return a force of 2,000 pounds; or forcing the end of a seesaw down with a ton of weight will provide an upward force of the same weight; if your opponent is rushing towards you at a high speed, by the slightest blow at his head, the force with which you strike his head would be that of his own onslaught plus that of your blow. The two forces combined; his, which is large, and yours, which is small are quite impressive. This, then, is the reaction force from the opponent. Another reaction force is your own. A punch with the right fist is aided by pulling back the left fist to the hip.

Concentration (Jip Joong): By applying the impact force onto the smallest target area, it will concentrate the force and therefore, increase its effect. For example, the force of water coming out of a water hose is greater if the orifice is smaller. Conversely, the weight of a man spread out on snowshoes makes hardly any impression on the snow. The blows in TaeKwon-Do are often concentrated onto the edge of the open palm or to the crook of the fingers. It is very important that you should not unleash all your strength at the beginning but gradually, and particularly at the point of contact with your opponent's body, the force must be so concentrated as to give a knockout blow. That is to say, the shorter the time for the concentration, the greater will be the power of the blow. The utmost concentration is required in order to mobilize every muscle of the body onto the smallest target

are simultaneous. In conclusion, concentration is done in two ways: one is to concentrate every muscle of the body, particularly the bigger muscles around the hip and abdomen (which theoretically are slower than the smaller muscles of other parts of the body) towards the appropriate tool to be used at the proper time; the second way is to concentrate such mobilized muscles onto the opponent's vital spot. This is the reason why the hip and abdomen are jerked slightly before the hands and feet in any action, whether it be attack or defense. Remember, jerking can be executed in two ways: laterally and vertically.

Equilibrium (Kyun Hyung): Balance is of utmost importance in any type of athletics. In TaeKwon-Do, it deserves special consideration. By keeping the body always in equilibrium, that is, well balanced, a blow should always be stable yet flexible, for both offensive and defensive movements. Equilibrium is classified into both dynamic and static stability. They are so closely interrelated that the maximum force can only be produced when the static stability is maintained through dynamic stability. To maintain good equilibrium, the center of gravity of the stance must fall on a straight line midway between both legs when the body weight is distributed equally on both legs, or in the center of the foot if it is necessary to concentrate the bulk of body weight on one foot. The center of gravity can be adjusted according to body weight. Flexibility and knee spring are also important in maintaining balance for both a quick attack and instant recovery. One additional point; the heel of the rear foot should never be off the ground at the point of impact. This is not only necessary for good balance but also to produce maximum power at the point of impact.

Breath Control (Hohup Jojul): Controlled breathing not only affects one's stamina and speed but can also condition a body to receive a blow and augment the power of a blow directed against an opponent. Through practice, breath stopped in the state of exhaling at the critical moment when a blow is landed against a pressure point on the body can prevent a loss of consciousness and stifle pain. A sharp exhaling of breath at the moment of impact and stopping the breath during the execution of a movement tense the abdomen to concentrate maximum effort on the delivery of the motion, while a slow inhaling helps the preparation of the next movement. An important rule to remember: Never inhale while focusing a block or blow against an opponent. Not only will this impede movement but it will also result in a loss of power. Students should also practice disguised breathing to conceal any outward signs of fatigue. An experienced fighter will certainly press an attack when he realizes his opponent is on the point of exhaustion. One breath is required for one movement with the exception of a continuous motion.

Mass (Zilyang): Mathematically, the maximum kinetic energy or force is obtained from maximum body weight and speed and it is all important that the body weight be increased during the execution of a blow. No doubt the maximum body weight is applied with the motion by turning the hip. The large abdominal muscles are twisted to provide additional body momentum. Thus the hip rotates in the same direction as that of the attacking or blocking tool. Another way of increasing body weight is the utilization of a springing action of the knee joint. This is achieved by slightly raising the hip at the beginning of the motion and lowering the hip at the moment of impact to drop the body weight into the motion. In summarizing, it is necessary to point out that the principles of force outlined here hold just as true today in our modern scientific and nuclear age as they did centuries ago.

I am sure that when you go through this art, both in theory and in practice, you will find that the scientific basis of the motions and the real power, which comes out of a small human body, cannot fail to impress you.

Speed (Sokdo): Speed is the most essential factor of force or power. Scientifically, force equals mass X acceleration ($F=MA$) or ($P=MVV$). A large stone has been gently dropped on a double pane of glass from a height of three inches. On the other hand, a small stone has been thrown against the glass with great speed. The flat of the hand passes in a slow motion through the flame of the candle with no result to the flame. The candle, however, can be put out with a controlled punch or kick stopping within an inch of the flame. According to the theory of kinetic energy, every object increases its weight as well as speed in a downward movement. This very principle is applied to this particular art of self-defense. For this reason, at the moment of impact, the position of the hand normally becomes lower than the shoulder and the foot lower than the hip while the body is in the air. Reaction force, breath control, equilibrium, concentration and relaxation of the muscles cannot be ignored. However, these factors, together with flexible and rhythmic movements, must be

well coordinated.

TRAINING SECRET OF TAEKWON-DO

An old proverb says that even Heaven cannot make a diligent worker poor. However, in TaeKwon-Do diligence or intensive training alone does not produce quality techniques. On the contrary, instructions from a false or unqualified instructor would be worse than not being taught at all because unscientific movements not only reduce the power but require a tremendous amount of time to correct.

On the other hand, under the proper guidance of a competent instructor, a student who trains earnestly with dedication will learn the true techniques of TaeKwon-Do in a comparatively short period of time with less effort.

Students should keep in mind the following secrets:

- To study the theory of power thoroughly.
- To understand the purpose and method of each movement clearly.
- To bring the movement of eyes, hands, feet and breath into a single coordinated action.
- To choose the appropriate attacking tool for each vital spot.
- To become familiar with the correct angle and distance for attack and defense
- Keep both the arms and legs bent slightly while the movement is in motion. 5
- All movements must begin with a backward motion with very few exceptions. However, once the movement is in motion it should not be stopped before reaching the target.
- To create a sine wave during the movement by utilizing the knee spring properly.
- To exhale briefly at the moment of each blow except a continuous movements.

The 'Use of Force Continuum' Defined

All good Martial Artists should understand and be able to apply the proper level of resistance in an altercation so that the minimum level of force is used to neutralize an attacker.

Level One – Presence

- Presence is the relationship between you and a potential threat.
- Keeping a safe distance between you and a potential attacker.
- Recognizing and avoiding dangerous situations.
- Being aware of your surroundings, including possible exits and obstacles.

Level Two – Verbal Boundaries

- Verbal boundaries need to be established before a threat becomes a physical attack.
- Using strong verbal commands to keep potential threats a safe distance.
 - “Back off!”
 - “Get away from me!”
- Using confident body language that says, “I mean business, and I know how to handle myself.”

Level Three – Escapes

- Escapes are the first line of physical defense when presence and verbal boundaries have failed to keep an attacker at a safe distance.
- Using ‘releases’ to escape from grabs.
- Using movement, fakes, and weight shifting to avoid being hit.

Level Four – Control

- Control tactics can be used to safely keep an attacker restrained when it is not appropriate to escape and run from the situation.
- Using control tactics to render an attacker harmless:
 - Joint locks
 - Pressure points
 - Insertion points
 - Activation points
 - Grappling holds
 - Tackles
 - Take-downs
 - Pins

Level Five – Striking Back

- Striking back may be an appropriate response in cases where there is no other way to stop the attacker from trying to hurt you and you feel your life may be in danger.
- Using non-lethal punches, kicks, elbows, knees, etc. to subdue an attacker.
- May include joint breaking techniques and knockout blows.

Level Six – Lethal Force

- Using lethal techniques to permanently disable or kill an attacker.
- Usual targets being the groin, eyes, throat, spine, etc.

Warning - Most state and federal laws allow for deadly force to be used in self-defense only when all other options have been tried and did not work, or there is a 'reasonable belief' that no other option existed at the time.

The Four Focus Points

#1 Rate yourself on a scale of 1-10.

Is this the best I can do?

#2 Healthy competition.

Is anyone trying harder than I am?

#3 Train as if it were real.

Where am I? What am I doing? Is it real?

#4 Coach yourself.

Am I learning anything? Am I getting any better?

The Black Belt Success System

Know what you want.

- o Everything begins with a clear goal in mind.

Have a plan, and a success coach.

- o Have a written action plan and a coach to help guide you.

Take consistent action.

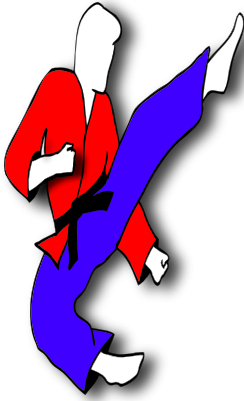
- o Plan your work and work your plan.

Review your progress and renew your goals.

- o Regularly review your plan and your goals to see if anything needs to be changed.

7 Rules of Good Sportsmanship

- Remember it's a game – it's not real.
- Never turn your back on your opponent.
- Don't get angry; communicate.
- ¹⁰• Talk positively to yourself.
- Know and observe the rules.
- Smile before and afterwards.
- Always give a sincere “Thank you” at the end of a game.



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