

KICKS

TAEKWON-DO ACADEMY

8th Kup to 7th Kup (Yellow to Green Stripe)

1st Edition - Mar 2018

Introduction to Taekwon-Do

Taekwon-Do Oath;

I shall observe the tenets of Taekwon-Do

I shall respect my Instructors and Seniors

I shall never misuse Taekwon-Do

I shall be a champion of freedom and justice

I shall strive to build a more peaceful world

Tenets;

Courtesy - Ye Ui (*Yee Oi*)

- Be polite to one another.
- Respect each other, your Instructors and your Seniors.
- Bow, shake hands and always reply to your instructor(s) with “Sir” or “Ma’am”
- Stand when asking or answering a question.
- Help each other succeed (if help is wanted) and support each other.

Integrity - Yom Chi (*Yom Chee*)

- Be honest to yourself, your friends, your family and your Instructor.
- Never ask to grade, you will grade when your Instructor thinks you are ready.
- If teaching techniques, always teach “true” Taekwon-Do, with proper techniques.

Perseverance - In Nae (*In Nay*)

- Keep practicing even if the body is tired.
- Keep practicing even if the mind is tired.
- Keep practicing that technique you cannot do.
- Keep practicing your patterns.
- Keep practicing!
- Never give up, no matter how hard the task.

Self Control - Guk Gi (*Gook Gi*)

- Keep ones emotions under control.
- Do not get angry in the face of defeat (revenge!).
- Do not get egotistical in the face of victory (bragging!).
- Stay calm in all areas inside and outside the Dojang.

Indomitable Spirit - Baekjul Boolgool (*Bake-Jewel Bool-Gool*)

- Strength of character.
- Stand for what you believe is right, in the face of many.
- Like the Spartans of old, Leonidas and his 300 Spartans stood against the superior, undefeatable armies of Xerxes, defending their views and their way of life.
- Understand injustice and take action against it, without fear or hesitation.

Rules of the Dojang;

- 1) Always bow when entering and leaving the Dojang.
- 2) Always be dressed in your Dobok and have your belt tied before entering the Dojang (Unless the Instructor has said it is ok).
- 3) Always shake the Instructors hand, along with all other black belts and students, with your right hand, holding your left hand open facing downwards, under your right elbow (this shows the hand is empty!).
- 4) Always ask a question by holding your hand up.
- 5) Always stand before asking your question, or answering a question from your Instructor.
- 6) Remain standing until the Instructor, or other senior Black Belt has said you can sit down again, however long that may be.
- 7) If entering a class that has already started, always wait at the entrance (after your bow) for the Instructor to invite you in, then join the back of the class in the last position, regardless of your rank.
- 8) If leaving the line-up for any reason, always leave by walking to the closest end of your line, then round the class (round the back of the class if necessary). Never walk in front of the Instructor, between them and the class. When you return, wait to be invited back to the lesson and walk the same path back to your place.
- 9) When moving or even standing around the Dojang, be aware of other Students performing patterns or techniques, or sparring and give them plenty of room to move around. They should not be disturbed and may not even see you.
- 10) When being dismissed from a Master or Grand Master, always bow, take three steps backwards facing the Master in case he wants to speak to you again, bow again and then turn away.
- 11) Always try your hardest, you may not be able to perform certain techniques, but the best effort is always appreciated.
- 12) Always listen, with full attention, to your Instructor(s).
- 13) Excessive fooling around, dangerous actions and anger will not be tolerated in the Dojang and the Student(s) may be asked to leave the Dojang. Taekwon-Do training should be fun, but it should also be treated with the respect it deserves as at the end of the day, this is a dangerous Martial Art where Students of Taekwon-Do can be seriously injured.
- 14) Please no talking when an Instructor is talking, as this not only wastes time as the Instructor must repeat themselves, it is also not showing the Instructor courtesy and respect.
- 15) Never show the soles of your feet when sat down, this is considered very rude in Taekwon-Do.

Even though this does seem like a lot of rules, as Rule 13 points out, Taekwon-Do **can be** very dangerous if Students are not listening with their full attention to their Instructor(s) and other Students, or they are performing techniques dangerously in the close proximity of others. So please try to follow these rules as closely as possible.

Every Martial Art, regardless of art, requires a high standard of **discipline, etiquette, morals** and **respect**, which is not only an excellent way to treat your fellow human being, but puts every disciple of that art into a balanced way of thinking about each other and the art they are training in. The Um-Yang in Taekwon-Do represents the hard and soft, dark and light parts of ourselves that must be in complete unison with one another. Think of the hard, or dark side as the powerful techniques of Taekwon-Do and your trained body, then think of the soft, or light side as the graceful techniques and your peaceful mind. Both working in total equilibrium.

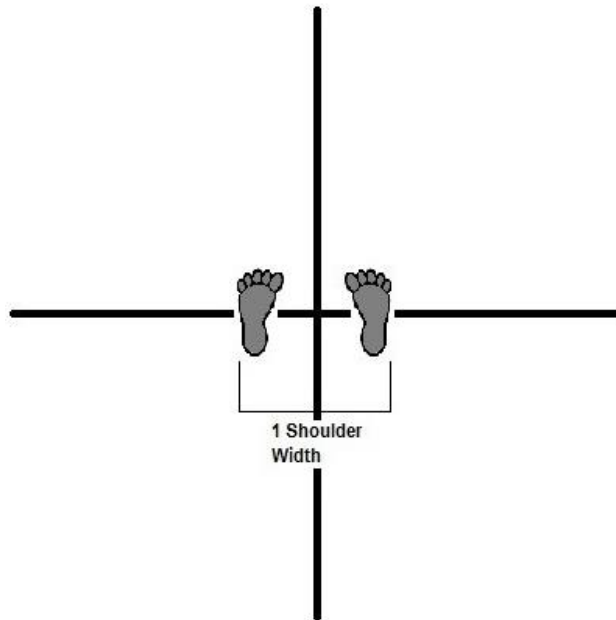


Stances – Sogi (*Sow-Gi*)

Narani Junbi Sogi (*Nara-knee Joon-Bee*)

Parallel Ready Stance

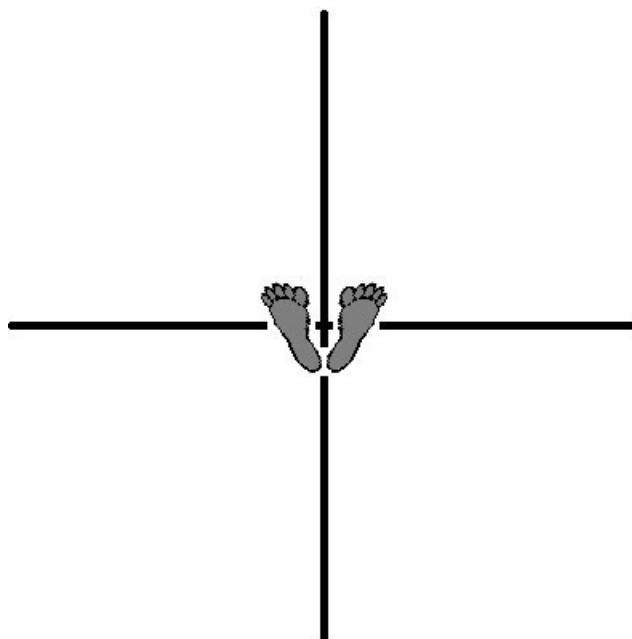
Feet are parallel, one shoulder width apart. Arms are bent slightly, just in front of the body.



Charyot Sogi (*Chariot*)

Attention Stance

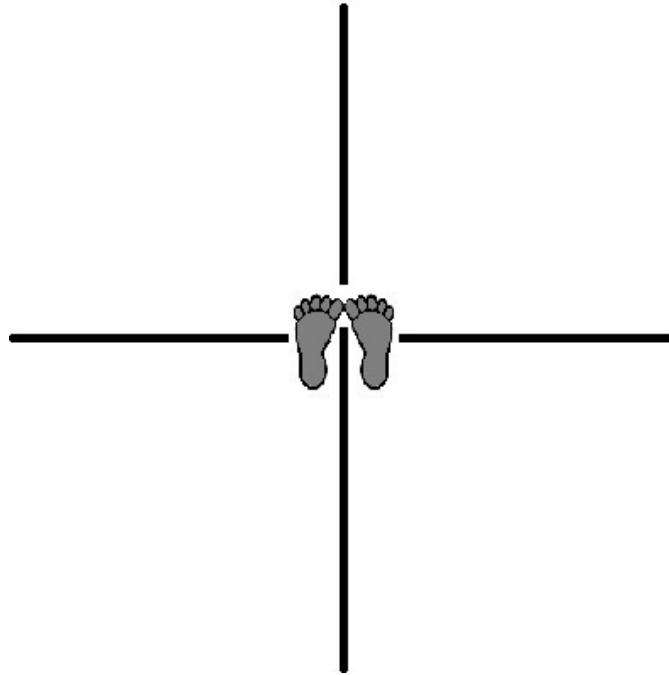
Heels are touching, toes point outwards slightly to make a V. Arms almost straight out to the side and front slightly as if holding two bags. The left foot travels towards the right foot from Narani Junbi Sogi, and then the left foot travels back to the Ready Stance position at the "Junbi" command.



Moa Sogi (*Mow-a*)

Closed Stance

Feet are completely together.



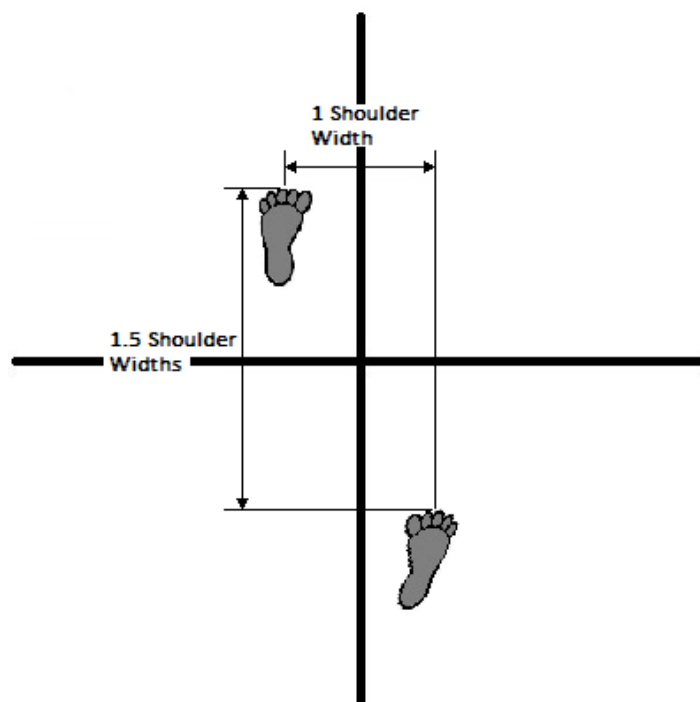
Gunnun Sogi (*Gu-Nun*)

Walking Stance

Feet are one shoulder width apart, measured from the centres of both feet, and one and a half shoulder widths in length, from rear toes to front toes.

Front leg is bent, with knee over the front foot so you can still see your toes, back leg is straight with the foot facing forward at an approximately 25° angle. The weight distribution is 50/50 on both legs.

In the Diagram, this is a Left Walking Stance (Wen Gunnun Sogi).



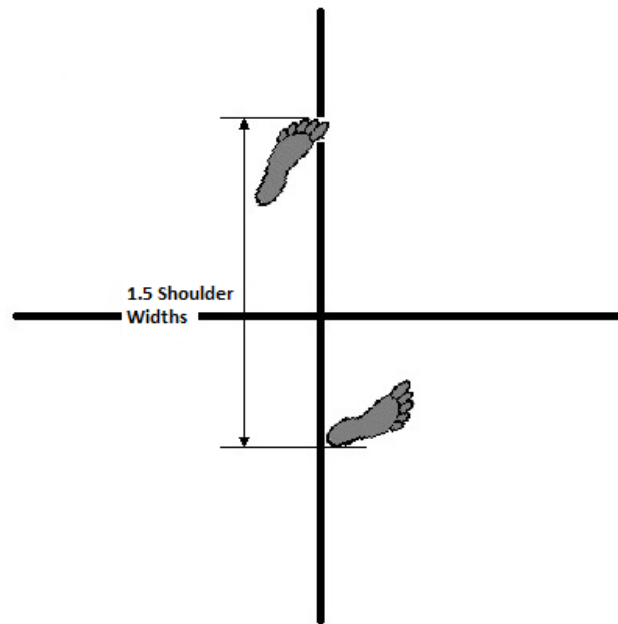
Niunja Sogi (*Knee-Un-Ja*)

L Stance

Both feet are almost inline, placing the ball of the foot on the front foot beyond the heel of the rear foot by approximately 2.5cm to gain better stability. With both feet at a 15° angle.

The feet are one and a half shoulder widths apart in length, between the foot-sock of the back foot to the toes of your front foot. The back leg is bent over your foot, so you can still see your toes and your front leg is almost straight but with a slight bend in the knee. The weight distribution is 70/30 with the majority of the weight on the back leg.

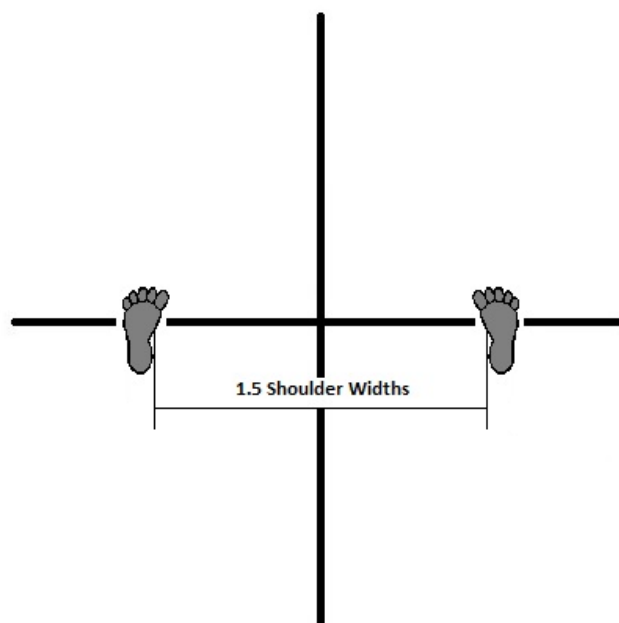
In the Diagram, this is a Right L Stance (Oren Niunja Sogi), because the majority of the weight is on the right leg.



Annun Sogi (*A-Nun*)

Sitting Stance

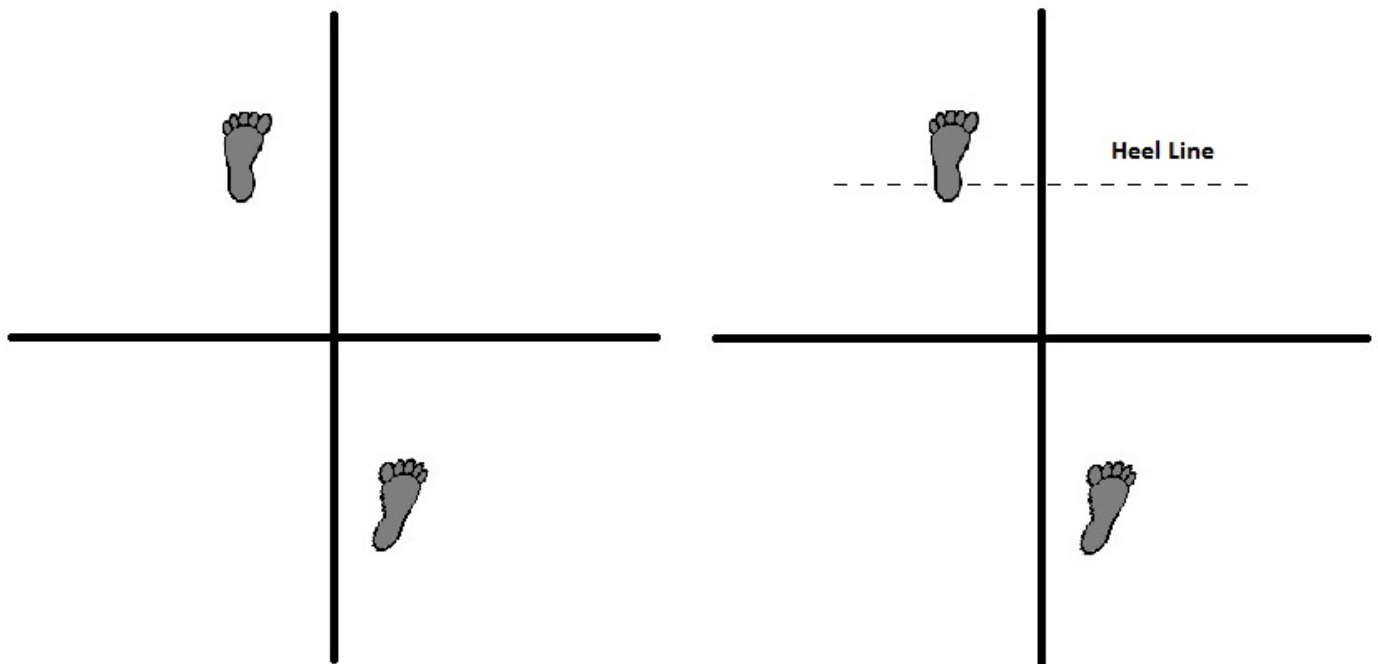
Feet are parallel to each other, both facing forward and are one and a half shoulder widths apart from the outside of the feet. Extend the knees outwards, bending until the kneecaps are above the ball of the foot, while keeping the back straight and tail bone in. The weight distribution is 50/50 on each leg.



Walking Stance Spot Turn – Gunnun Sogi, Gujari Dolgi

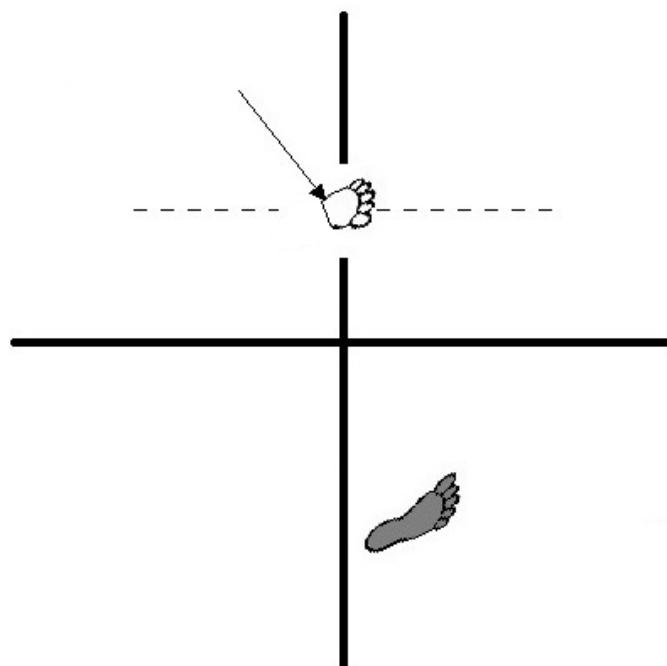
The spot turn is introduced in pattern Do San Tul. It is necessary to perform this move correctly in patterns, as this can be one of the contributing factors to finishing away from your start position. You will notice from the diagrams that you do not pivot exactly on the spot, but shift slightly one side of the beginning position.

- 1) Starting in Walking Stance, take note of the centre line between your feet, and the Heel Line from the front foot.

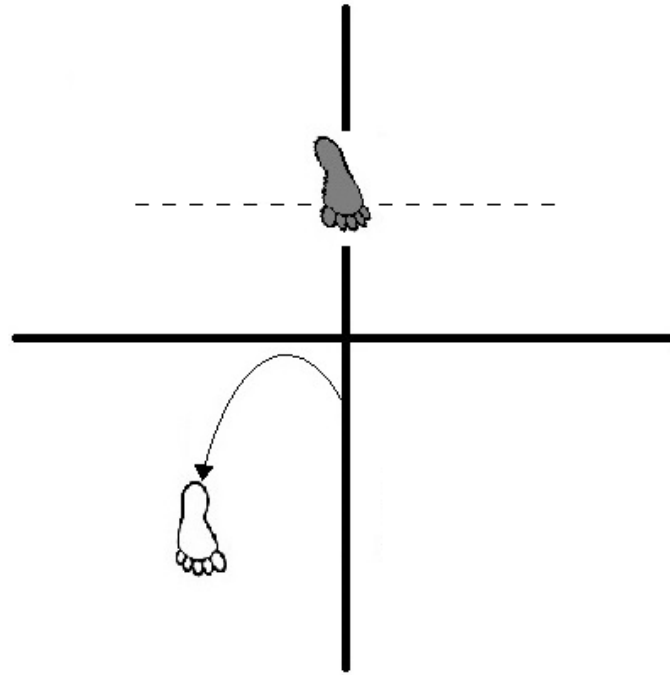


- 2) Shift your front foot towards the centre line, in line with the heel of the original front foot position.

Turn both feet towards the front corner.



- 3) Now shift your back foot round in an arc, towards its new position, not forgetting the foot position of the now rear foot.



Theory of Power - Him Ui Wollli

The Theory of Power is the scientific equation, which has been proven to maximise the output of Power.

The equation is as follows;

$$P = \frac{1}{2} M \times V^2$$

(Power = Half Mass x Velocity Squared)

The six key contributing factors of the Theory of Power are;

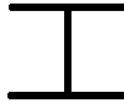
Equilibrium, Breath Control, Mass, Speed, Reaction Force and Concentration.

Speed is by far the most important factor in the Theory of Power, as speed that is applied to any mass can be devastating and without it causes the rest of the equation to collapse.

Think of throwing a Tennis ball under arm, then over arm. The ball has the same mass, but at different speeds, which one would travel the furthest or hurt the most? Combine speed with the other five factors correctly and it will maximise your power potential.

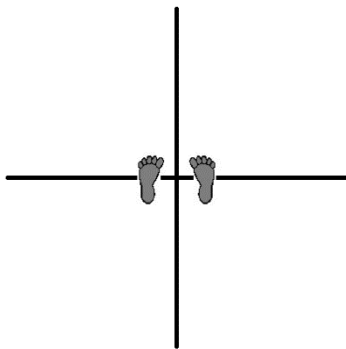
Dan Gun Tul - 21

Dan Gun Tul introduces a number of new techniques, such as Knife Hand Guarding Block, Twin Forearm Block, Continuous Blocking, Rising Block and Knife Hand Strike. All punches in this pattern are High Section and all Knife Hand Guarding Blocks are Middle Section. The Diagram of the pattern looks like this;

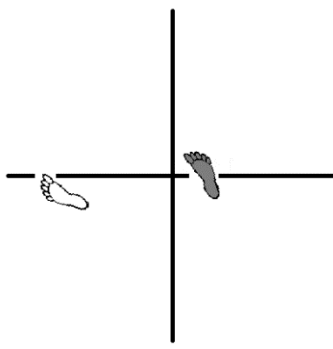


From Narani Junbi Sogi (START), move the left foot out into a Right L Stance, Knife Hand Guarding Block (1). Step forward into a Walking Stance, High Section Fore Fist Punch (2). Turn 180° clockwise to the right, into a Left L Stance, Knife Hand Guarding Block (3). Step Forward, Walking Stance, High Section Punch (4). Turn left towards the front, into a Walking Stance, Low Section Outer Forearm Block (5). Step forward into Walking Stance three times, each with a High Punch (6,7,8). Turn right with your left foot in an anti-clockwise direction, into a Right L Stance, Twin Forearm Block (9). Step forward, Walking Stance, High Punch (10). 180° turn, L Stance, Twin Forearm Block (11). Forward, Walking Stance, High Punch (12). Turn left towards the back, into a Walking Stance, **(Using a Continuous Motion - One breath, 2 moves)** Low Section Outer Forearm Block, then into a Forearm Rising Block (13, 14). Step forward Walking Stance, Rising Block three times (15,16,17). Turn anti-clockwise to your right, using your rear left foot, into a Right L Stance, Outward Knife Hand Strike (18). Walking Stance, High Punch (19). 180° turn, L Stance, Knife Hand Strike (20). Walking Stance, High Punch (21). Then a loud “DAN GUN” after the punch. Stay in this last position and only return to Narani Junbi Sogi after the “BARO” command (FINISH).

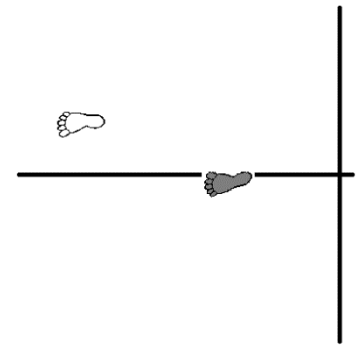
START)



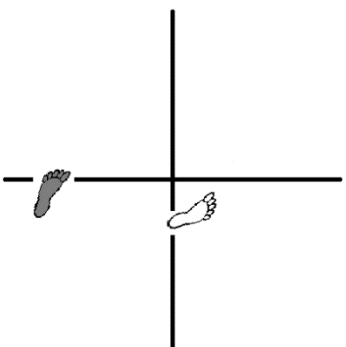
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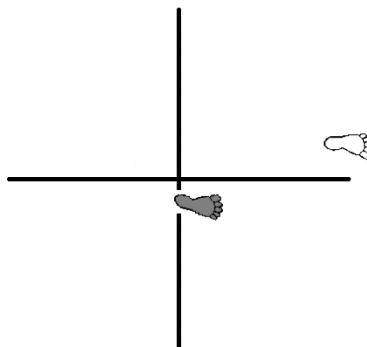
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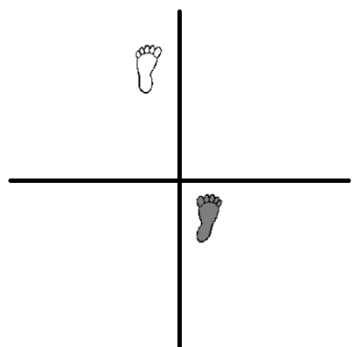
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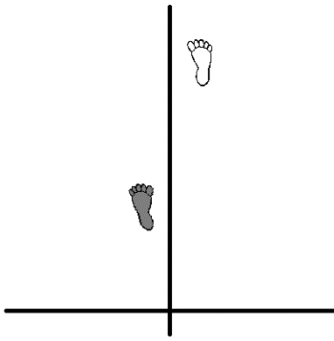
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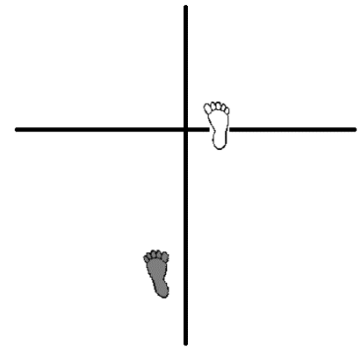
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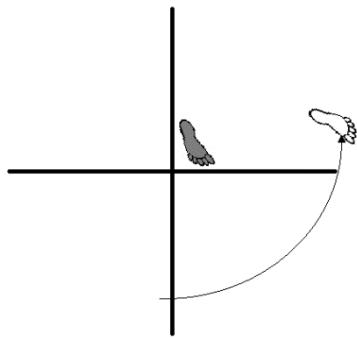
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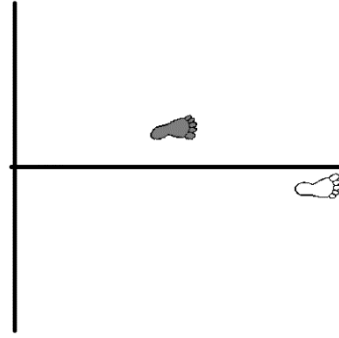
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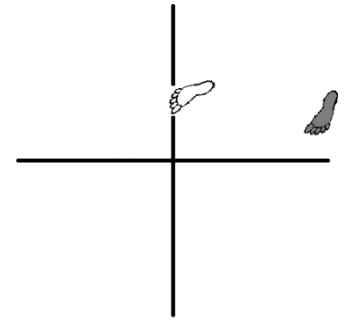
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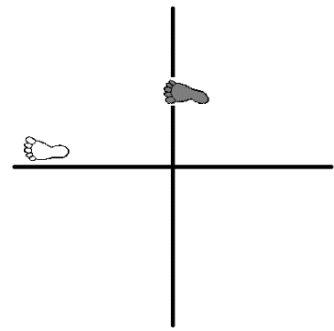
10)



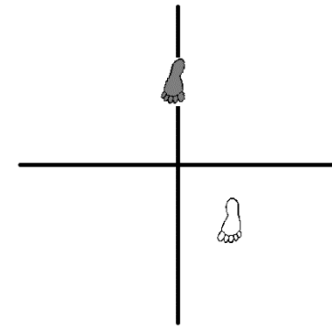
11)



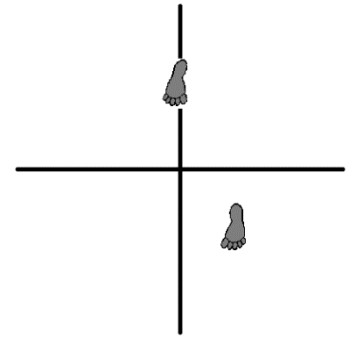
12)



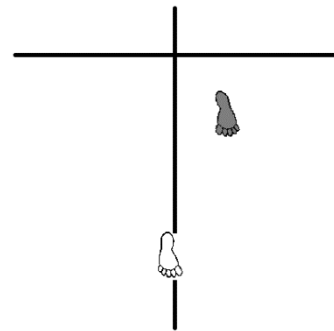
13)



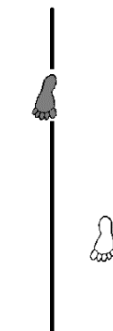
14)



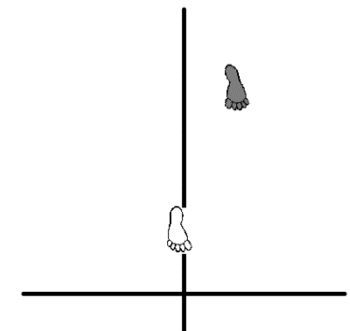
15)



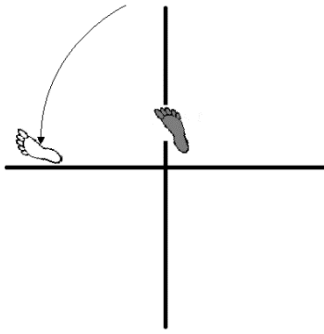
16)



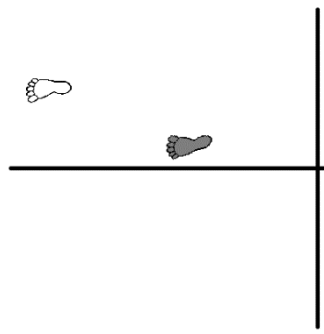
17)



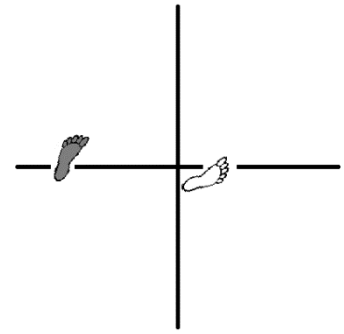
18)



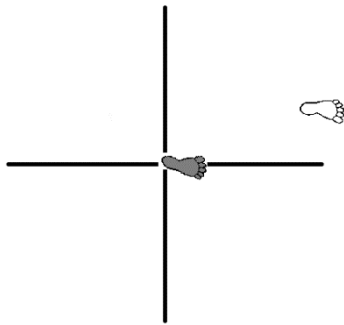
19)



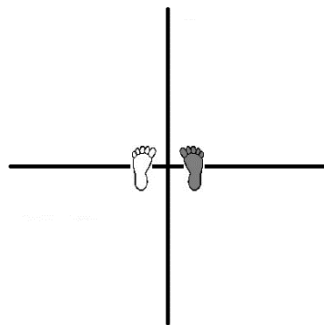
20)



21)



FINISH)



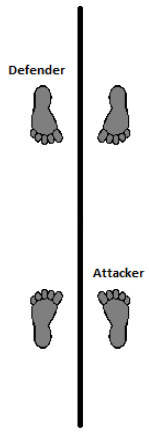
Sambo Matsoki - 3 Step Sparring (Basic Fore Fist Punch)

Three Step Sparring is necessary to learn distance, focus and timing, but it is also used to practice techniques and combinations. These are the basics and is the entry level for sparring.

There are three different measurements used for Three Step Sparring, the first of these measurements is used in Three Step Basic, with the Attacker using a Middle Section Fore Fist Punch in Walking Stance, while the Defender uses a Middle Section Inner Forearm Outward Block in Walking Stance.

- 1) With your partner, both start in Narani Junbi Sogi, approximately 1 meter apart.
- 2) "Chariot" (Attention) and "Kyong Ye" (Bow) commands will be given. You will notice that you are both slightly off centre from each other. **Do not adjust to centralise because you will need it!**
- 3) The Attacker will then be asked to measure. This is a Right Walking Stance next to the Defenders left foot, allowing for the Defender to go into Narani Junbi Sogi.
- 4) It is courteous for the Defender to move their right foot back into a Left Walking Stance to allow the measurement, but just be aware that they do not have to move! The ball of the foot on both the Attacker and Defender should be in line for a Fore Fist Punch attack.
- 5) Try not to adjust the width of your Walking Stance with your rear foot, only the length. Use the front foot for width, measuring with extra space to allow for the Defender to go into Narani Junbi Sogi, then use the rear foot to measure the length of your Walking Stance.
- 6) When you have finished measuring, both go back to the Chariot Sogi (Attention Stance) and wait for your next command.
- 7) At the "Junbi" command, the Attacker will move their right foot back into Left Walking Stance and the Defender will move their left foot into Narani Junbi Sogi. Both do this with a loud "Kihap" (Shout) to show they are ready.
- 8) Now the Attacker "Kihap's" again to say they are ready and when the Defender "Kihap's" to say they are ready, the Attacker steps forward to a Right Walking Stance position with a Middle Section Obverse Fore First Punch (notice the foot it in the measure position outside the Defenders foot), and the Defender Steps back into a Left Walking Stance, Middle Section Inner Forearm Block.
- 9) The Attacker steps again (notice the foot is now on the inside of the Defenders foot), Walking Stance, Middle Punch, the Defender also steps, Walking Stance, Middle Block.
- 10) Then finally, the Attacker steps again (notice foot on outside again), Walking Stance, Middle Punch and the Defender steps back, Walking Stance, Middle Block and Counter Attacks with a Middle Section Fore Fist Reverse Punch with a loud "Kihap".
- 11) Then both return to Narani Junbi Sogi, the Defender steps forward into Narani Junbi Sogi, the Attacker steps backwards.
- 12) Then the process starts again, without the measurement or waiting for a "SEJAK" (begin) command, with the Defender now attacking the Attacker. This continues back and forth until the "BARO" command is given.

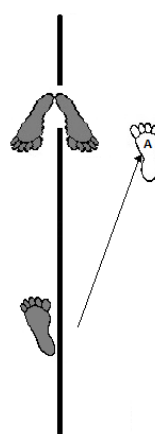
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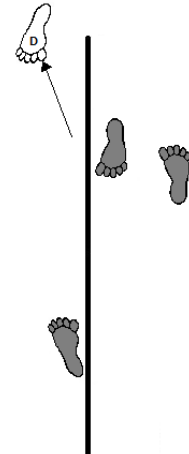
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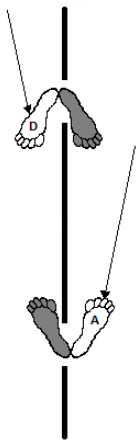
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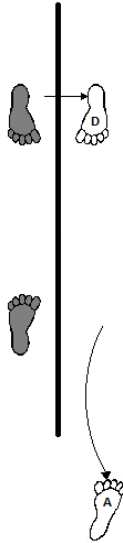
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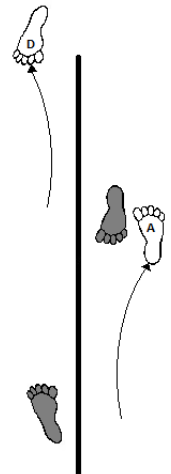
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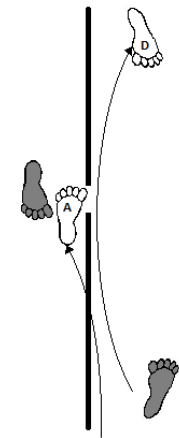
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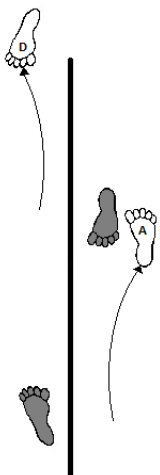
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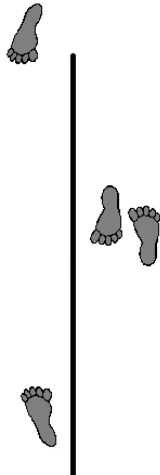
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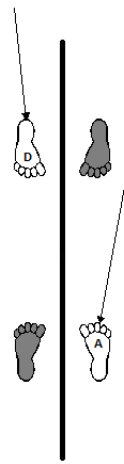
9)



10)



11)



8th Kup – Yellow to Green Stripe Belt

8th Kup introduces continuous techniques in Dan Gun, three step sparring which is the introduction into sparring and more involved combinations of moves in line work. Remember your Chon Ji Tul should be of a better quality each and every time you perform it, so there should be some visible improvement in this grading!

Requirements for Grading;

Annun So, Kaunde Ap Joomuk Dibo Jirugi	Sitting Stance, Middle Section Double Fore Fist Punch (Continuous)
Chon Ji Tul	Pattern Chon Ji (In your own time)
Dan Gun Tul	Pattern Dan Gun (In your own time)

Line work;

Gunnun So, Ap Cha, Kaunde Ap Joomuk Dibo Jirugi

Walking Stance, Front Kick, Middle Section Fore Fist Double Punch

Gunnun So, Najunde Bakat Palmok Makgi, Chookyo Makgi

Walking Stance, Low Section Outer Forearm Block, Rising Block

Yop Chagi

Side Kick

Sambo Matsoki

Three Step Sparring (Basic)

Theory;

What is the meaning of Dan Gun?

Dan Gun is a 21 movement pattern, it is named after the holy Dan Gun, the legendary founder of Korea in 2333BC.

Why do we do Three Step Sparring?

We do three step sparring to allow the beginner to learn basic techniques, such as proper distances, correct facing, forearm conditioning, correct blocks and stances, counter attacks and timing. Focus, distance and coordination are the main objectives as this is something that cannot be gained from practicing patterns or line work. All attackers start in a left walking stance, obverse low section outer forearm block. All defenders start in parallel ready stance.

Describe a Front Kick?

The correct tool for Front Kick is the ball of the foot (Ap Kumchi). This is achieved by locking the ankle joint forward, while pulling the toes back.

Describe a Side Kick?

The correct tool for side kick is the outer edge of the heel, or "Foot Sword" (Balkal). This is achieved by locking the ankle joint back and in.

Why do we learn the meaning of Patterns?

Each pattern has a meaning. They represent an important person or event in Korean history and are there to inspire the student.

What is the benefit of stances?

They give us a stable platform from which to practise the basics. They also help to stretch and strengthen the various muscle groups in the legs.

Terminology;

General;

Nopunde

Sambo Matsoki

Wen

Oren

Yop

Anuro

Bakuro

High Section

Three Step Sparring

Left

Right

Side

Inward

Outward

Parts of the body;

Mori

Bal

Balkal

Ap Kumchi

Son

Sonkal

Head

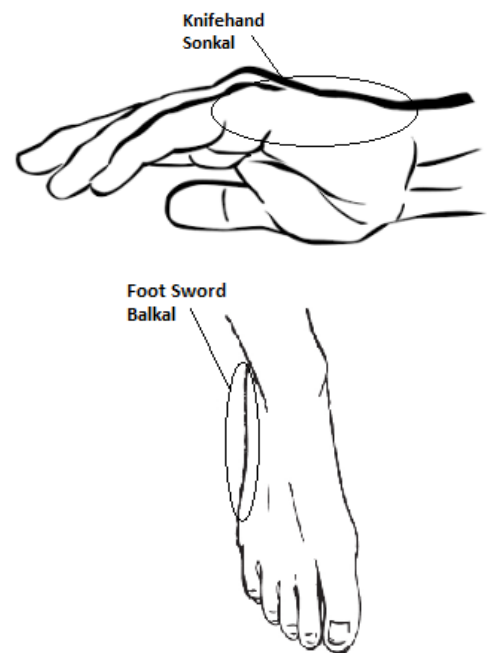
Foot

Foot Sword

Ball of foot

Hand

Knife Hand



Attacks;

Nopunde Ap Joomuk Jirugi

Kaunde Bakuro Sonkal Taerigi (*Tie-Ree-Gee*)

Dibo Jirugi

Yop Chagi

Dwit Chagi

High Section Fore Fist Punch

Middle Section Outward Knife Hand Strike

Double Punch

Side Kick

Back Kick

Defences;

Chookyo Makgi

Sonkal Daebi Makgi (*Day-Bee*)

Palmok Daebi Makgi

Sang Palmok Makgi

Anuro Makgi

Rising Block

Knife Hand Guarding Block

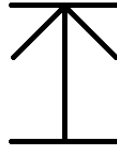
Forearm Guarding Block

Twin Forearm Block

Inward Block

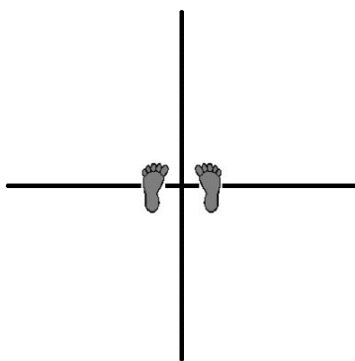
Do San Tul - 24

Do San introduces a large amount of new techniques; High Section Outer Forearm Outward Block, Spot Turn, Straight Fingertip Thrust, a Wrist Release, Back Fist, Angles in patterns, Wedging Block and Middle Front Snap Kick. The diagram of the pattern looks like this;

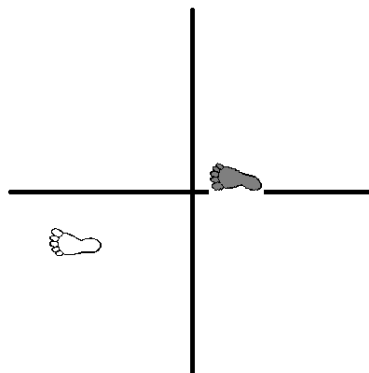


From Narani Junbi Sogi (START), Left into a Left Walking Stance, High Section Outer Forearm Outward Block (1), then on the spot perform a Middle Section Reverse Fore Fist Punch (2). Spot Turn (2b) into Walking Stance, High Section Block (3), then Reverse Punch (4). Using the Rear foot, left into L Stance, Knife Hand Guarding Block (5). Forward into Walking Stance, Middle Section Straight Fingertip Thrust (6). Pivot onto the balls of your feet, twisting the knife hand until the palm is horizontal with the floor (Wrist Release) (6b), then using the rear foot, turn anti-clockwise into Walking Stance, High Section Back Fist Strike (7). Forward, Walking Stance, Back Fist (8). Anti-clockwise turn using the rear foot and just like the start of the pattern, into Left Walking Stance, High Section Block (9) then on the spot Middle Section Reverse Fore Fist Punch (10). Spot Turn, Walking Stance, High Block (11), on the spot Reverse Punch (12). Left foot comes towards right, then out in a U shape, at a 45° angle (12b) then into a Left Walking Stance, High Section Outer Forearm Wedging Block (13). Keeping the arms up in Wedging Block, perform Middle Front Snap Kick Double Punch, finishing in Walking Stance (14, 15, 16). Right foot comes back towards left (16b), then out in a U shape, at a 45° angle in Walking Stance, Wedging Block (17). Middle Front Snap Kick, Double Punch, land in Walking Stance (18, 19, 20). Left foot comes back towards right, then straight towards the back, Walking Stance, Outer Forearm Rising Block (21). Forward, Walking Stance, Rising Block (22). Anti-clockwise turn right into Sitting Stance, Knife Hand Strike (23). Side Step to the other side, Sitting Stance, Knife Hand strike (24). Loud "DO SAN" after final strike. Right foot returns to Narani Junbi Sogi at "BARO" command (FINISH).

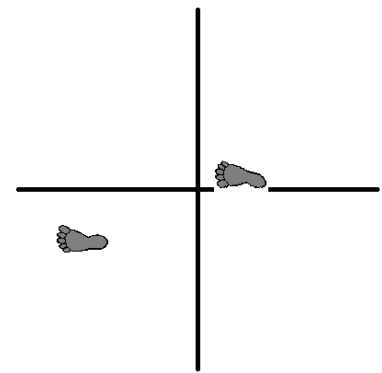
START)



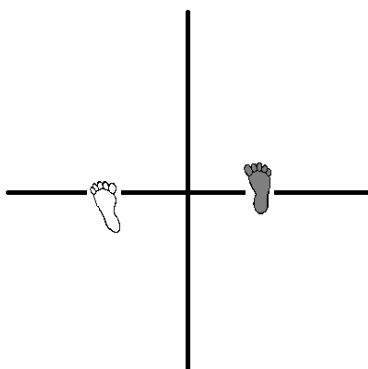
1)



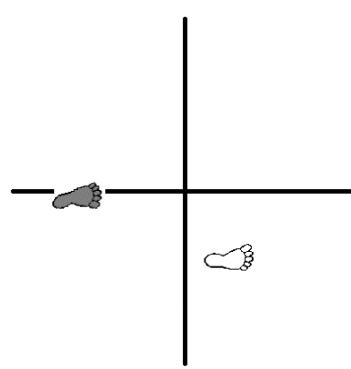
2)



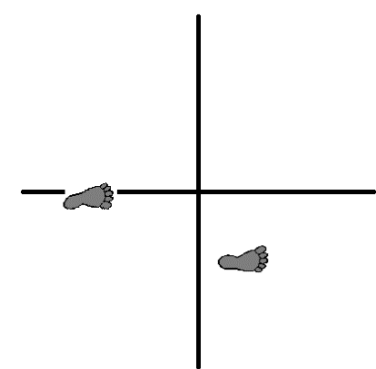
2b)



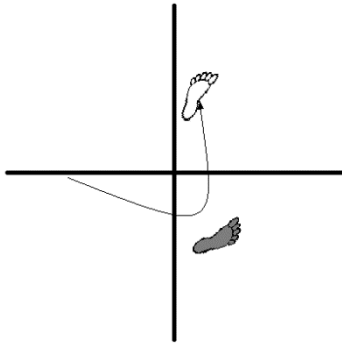
3)



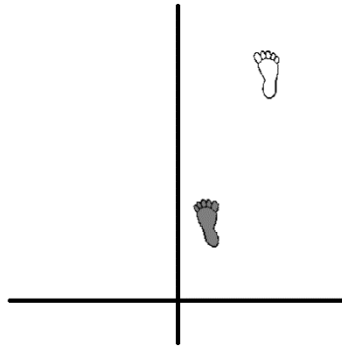
4)



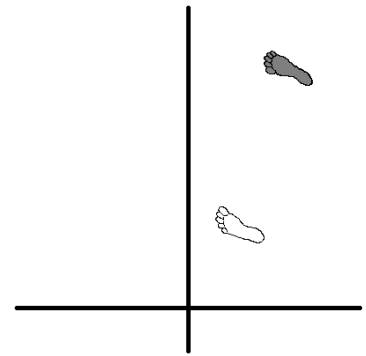
5)



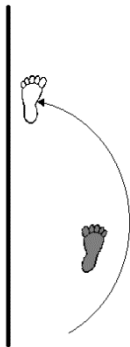
6)



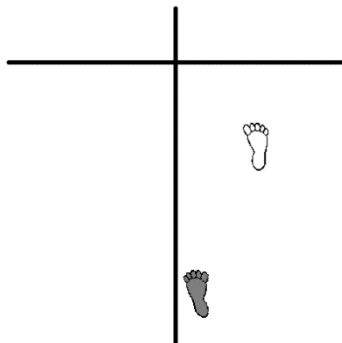
6b)



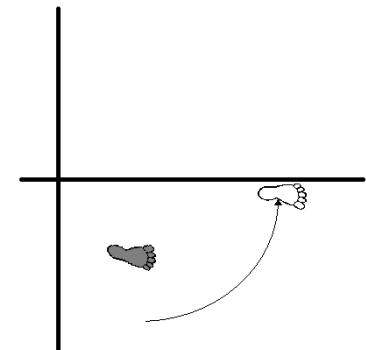
7)



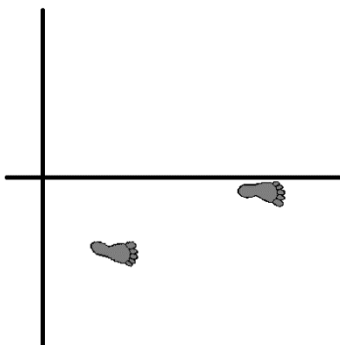
8)



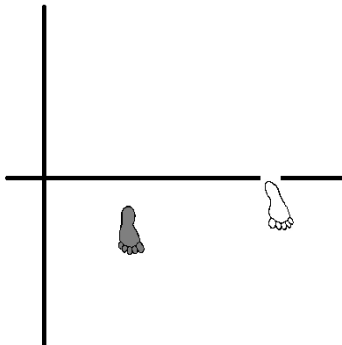
9)



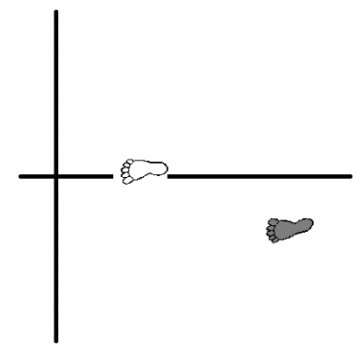
10)



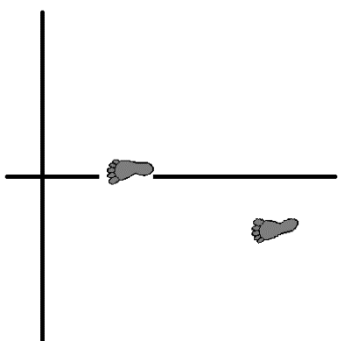
10b)



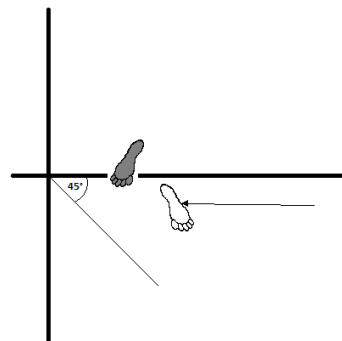
11)



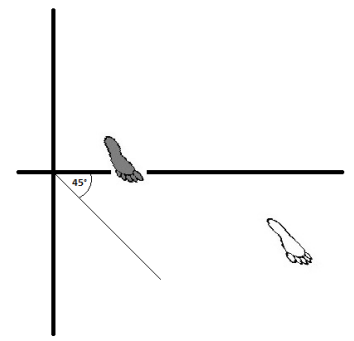
12)



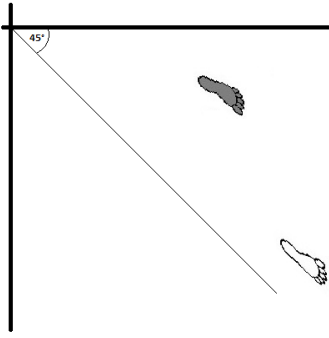
12b)



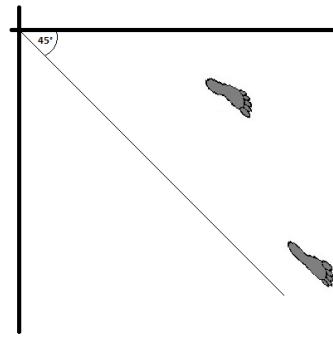
13)



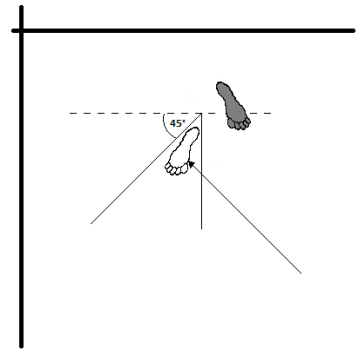
14 & 15)



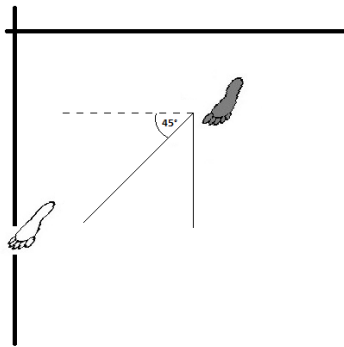
16)



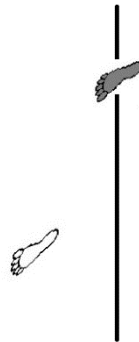
16b)



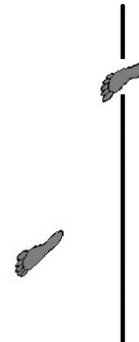
17)



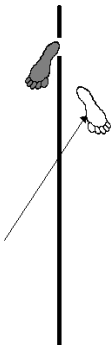
18 & 19)



20)



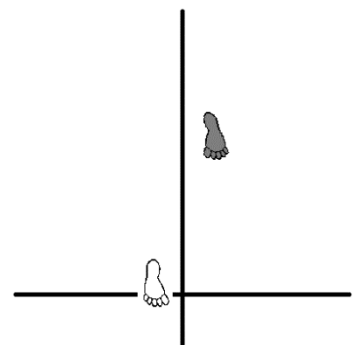
20b)



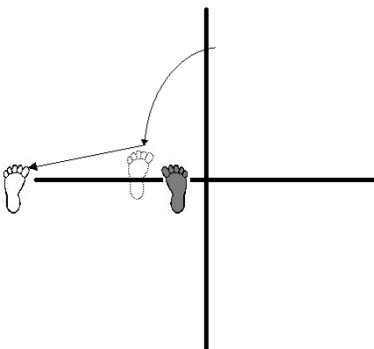
21)



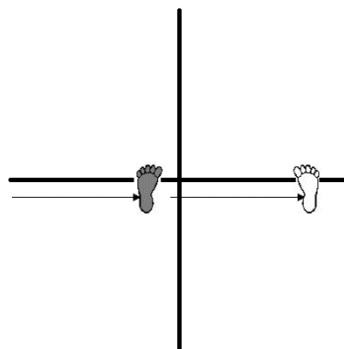
22)



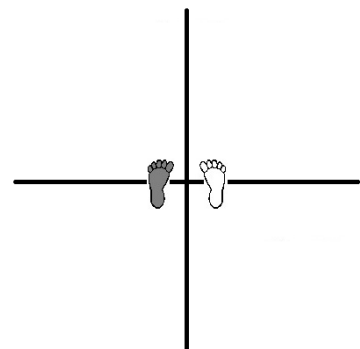
23)



24)



FINISH)



7th Kup – Green Stripe to Green Belt

7th Kup shows that the Student is making progress in Taekwon-Do, with not only improvements on their earlier patterns, but improvements to Three Step Sparring, their techniques and Theory of Power in techniques. It also introduces difficult to master angles in patterns, as Do San is notorious for leaving the Student off their starting mark, it is necessary to use the correct distances in Stances.

Requirements for Grading;

Dan Gun Tul	Pattern Dan Gun (In your own time)
Do San Tul	Pattern Do San (In your own time)
Sambo Matsoki	Three Step Sparring
Ban Jayoo Matsoki	Semi Free Sparring
Gyokpa (<i>Gee-okPa</i>);	Destruction;
Yop Chagi	Side Kick (Right & Left Measure, Attempt Students choice)
Dollyo Chagi	Turning Kick (R&L Measure, Attempt Students choice)
Bande Ap Joomuk Jirugi	Reverse Punch (R&L Measure, Attempt Students choice)

Theory;

Meaning of Do San?

Do San is a 24 movement pattern, which is a pseudonym of the patriot An Chan Ho (1876-1938). The 24 movements represent his entire life, dedicated to furthering the education of Korea and its independent movement.

Meaning of Green Belt?

Green signifies the plants growth, as Taekwon-Do skills begin to develop.

What is Semi Free Sparring?

This form of sparring is designed as a step forward from basic three step sparring. It involves an optional number of consecutive attacks (hand or feet) and blocks or evasions, plus a counter attack. Semi Free Sparring should not be hurried, the secret is using reaction force and quick, intelligent movements. This is where the true art of sparring is learnt. Attacking Students start in an L Stance, Forearm Guarding Block. Defending Students start in a Parallel Stance.

What is the main target area for a Straight Finger Tip Thrust?

A soft target area, like the Solar Plexus of an Attacker.

Describe a Turning Kick?

The correct tool for a traditional Turning Kick is the ball of the foot. This is achieved by locking the ankle joint and toes back. Traditional Turning Kick is used in line work, destruction and street defence simulations.

The correct tool for non-traditional Turning Kick, is the top of the foot (instep). This is achieved by locking the ankle joint and toes forward. Non-traditional Turning Kick is used for sparring related activities and pad/bag work.

Terminology;

General;

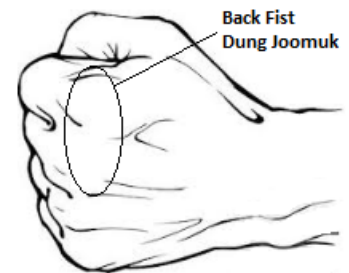
Jappyosol-tae
Ban Jayoo Matsoki
Gyokpa (*Gee-okpa*)
Baro
Gujari Dolgi (*Go-jar-ee*)

Wrist Release
Semi Free Sparring
Destruction
Return
Spot Turn

Parts of the Body;

Dung Joomuk
Sonkut
Baldung

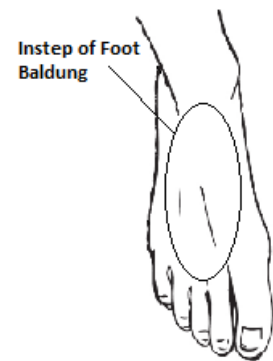
Back Fist
Fingertip
Instep of Foot



Attacks;

Sun Sonkut Tulgi
Nopunde Dung Joomuk Yop Taerigi
Dollyo Chagi
Apcha Busigi

Straight Fingertip Thrust
High Back Fist Side Strike
Turning Kick
Front Snap Kick



Defences;

Nopunde Bakat Palmok Hechyo Makgi
Nopunde Bakat Palmok Yop Makgi

High Outer Forearm Wedging Block
High Outer Forearm Side Block

NOTES;