

KICKS

TAEKWON-DO ACADEMY

4th Kup to 3rd Kup (Blue to Red Stripe)

1st Edition - Oct 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.

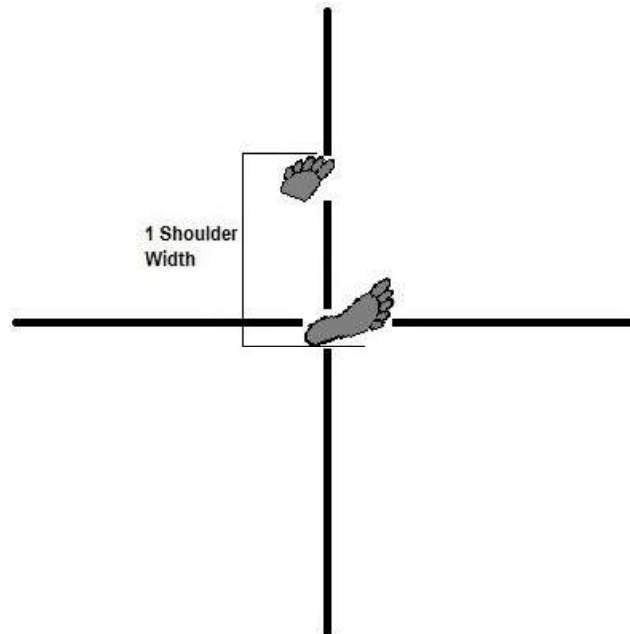


Stances – Sogi (*Sow-Gi*)

Dwit Bal Sogi

Parallel Ready Stance

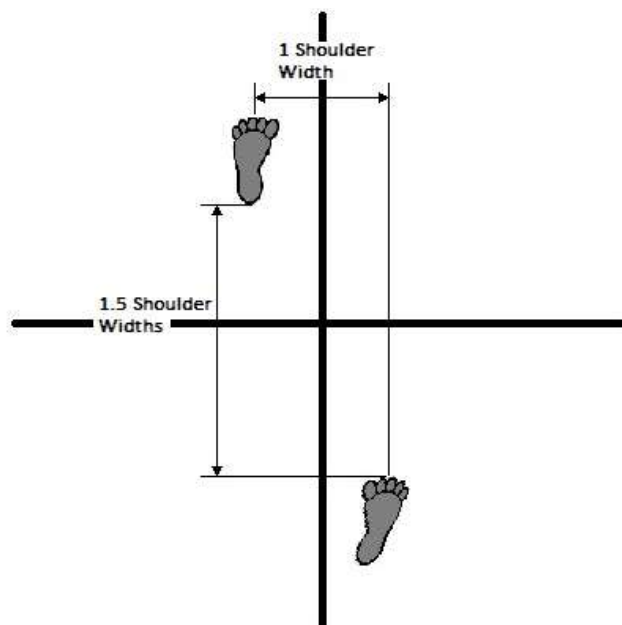
The feet, between the foot sword of the rear foot and the toes of the front foot, are one shoulder width in length, heels almost in line as in L Stance. Back foot is at a 15° angle, front is at 25°. Weight distribution is 90/10 onto the back leg, which is bent over the foot, as in L Stance. The front foot only has the toes on the floor, with the heel 2.5cm off of the floor. Front knee is bent slightly.



Nachuo Sogi (*Nach-o*)

Low Stance

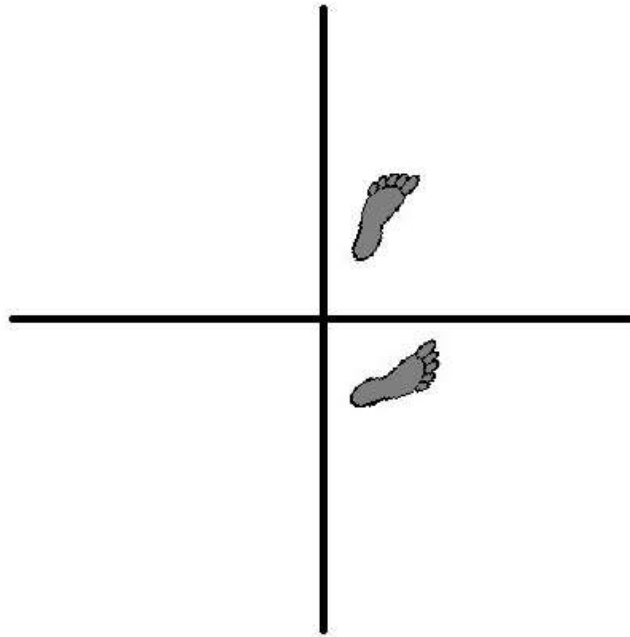
The Low Stance is an extended Walking Stance, with the distance increased to 1.5 shoulder widths between the heel on the front foot and toes on the back foot. Weight distribution is 50/50.



Soojik Sogi

Vertical Stance

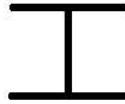
In Vertical Stance, there is a shoulder width distance between the inside of the rear foot and the toes of the front foot. The heels are in line and both feet are at a 15° angle. Weight distribution is 60/40.



Joong Gun Tul - 32

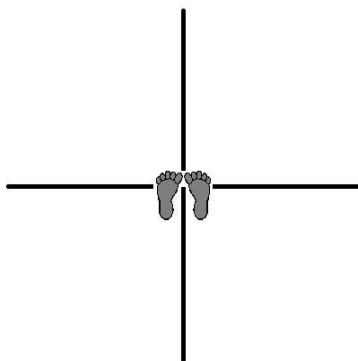
Joong Gun introduces a number of new techniques; Reverse Knife Hand Outwards Side Block, Front Snap Kick off the Front Leg, Rear Foot Stance, Palm Upwards Block, Upper Elbow Strike, High Section Twin Fist Vertical Punch, Twin Fist Upset Punch, X-Fist Rising block, a different Wrist Release than in Do San Tul, Pressing Block, Middle Section Angle Punch and U-Shape Block (or "Stick" Block).

The diagram of the pattern looks like this;

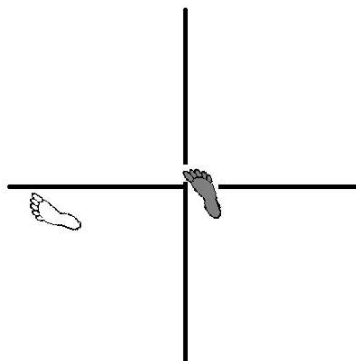


Starting in Moa Junbi Sogi 'B' (START), Turn left into a Right L Stance, Middle Section Reverse Knife Hand Outward Side Block (1). Low Front Snap Kick off the front leg (2), then step forward into a Left Rear Foot Stance, Palm Upwards Block (3). Bring right foot round clockwise, foot to foot, then out into a Left L Stance, Middle Section Reverse Knife Hand Outward Side Block (4). Low Front Snap Kick off the front leg (5), then step forward into a Right Rear Foot Stance, Palm Upwards Block (6). Left into Right L Stance, Knife Hand Guarding Block (7). Shift front foot into Walking Stance, Upper Elbow Strike (8). Step forward into Right L Stance, Knife Hand Guarding block (9). Shift into Walking Stance, Upper Elbow Strike (10). Forward into Walking Stance, High Section Twin Vertical Fore Fist Punch (11). Forward, Walking Stance, Twin Upset Punch (12). Spot Turn into Walking Stance, X-Fist Rising Block (13). Turn left into Right L Stance, Back Fist Side Strike (14). Shift into Walking Stance, Wrist Release (15) and High Section Reverse Punch (16). Bring left foot, foot to foot (16b). Step out into Left L Stance, Back Fist Side Strike (17). Shift into Walking Stance, Wrist Release (18) and High Section Reverse Punch (19). Bring the right foot back, foot to foot (19b), then step out into a Left Walking Stance, High Section Double Forearm Block (20). Shift into L Stance, Middle Section Side Punch (21). Middle Section Side Kick (22), landing in Walking Stance with a High Section Double Forearm Block (23). Shift into L Stance, Side Punch (24). Side Kick (25), landing in L Stance, Forearm Guarding Block (26). Square body and slow motion shift into Walking Stance, Palm Pressing Block (27). Step forward, L Stance, Forearm Guarding Block (28). Forward, Walking Stance, slow motion Palm Pressing Block (29). Bring left foot forward and turn Left, slow motion into Closed Stance, Middle Section Angle Punch (30). Right foot forward into Fixed Stance, U-Shape Block (31). Foot to Foot (31b), then left into Fixed Stance, U-Shape Block (32). Return left foot at "BARO" (FINISH).

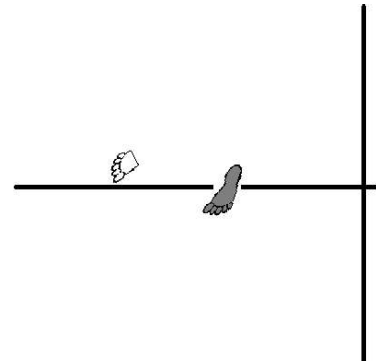
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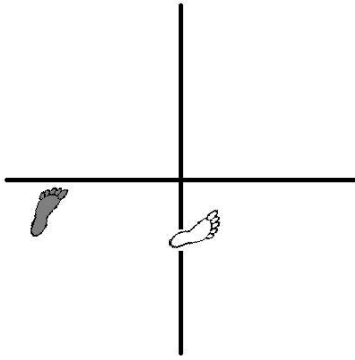
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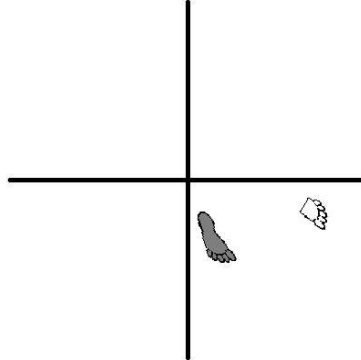
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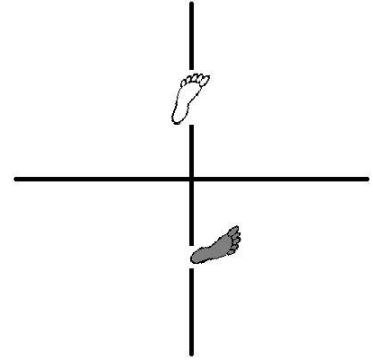
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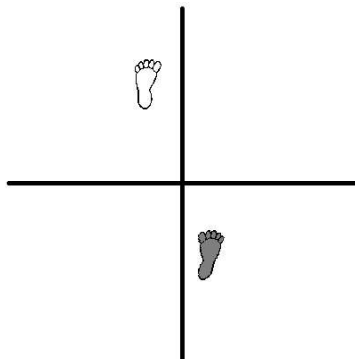
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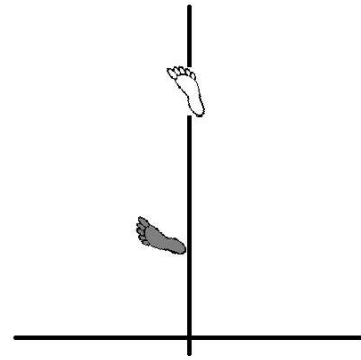
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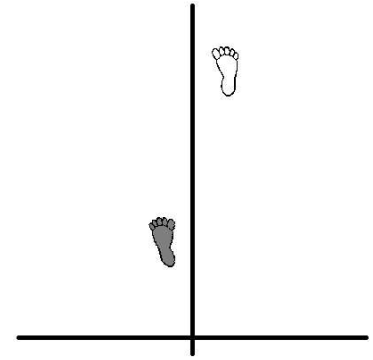
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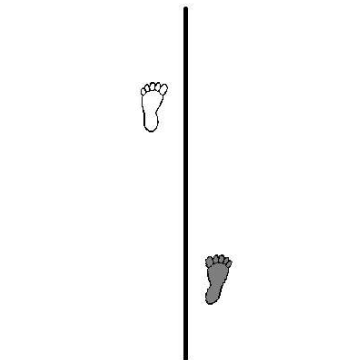
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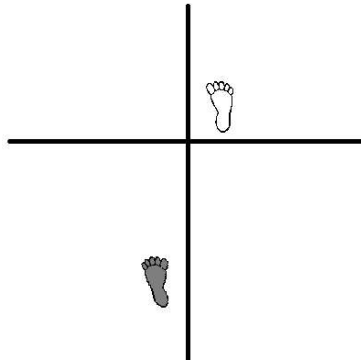
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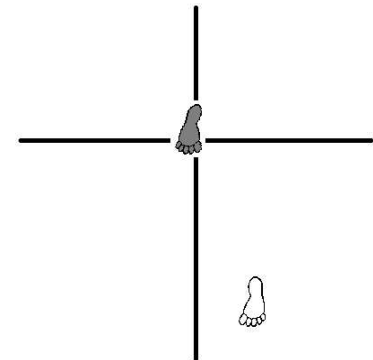
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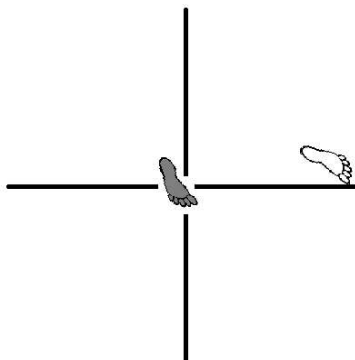
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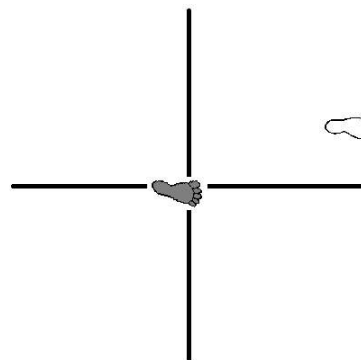
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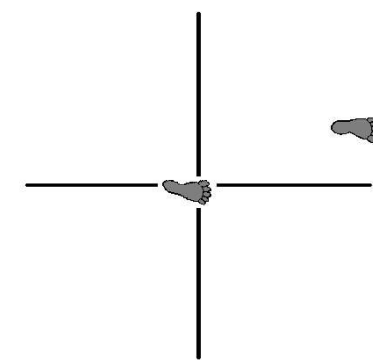
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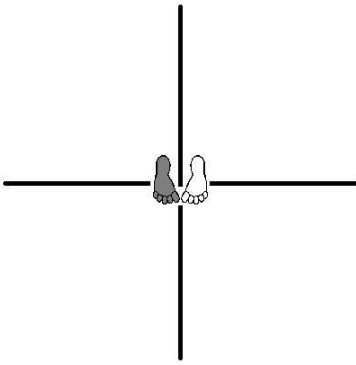
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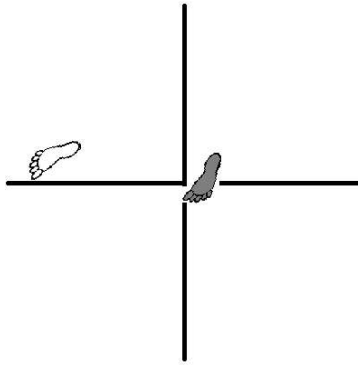
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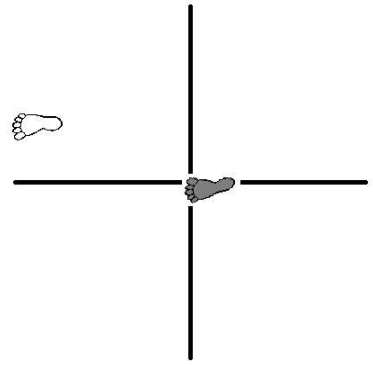
17b)



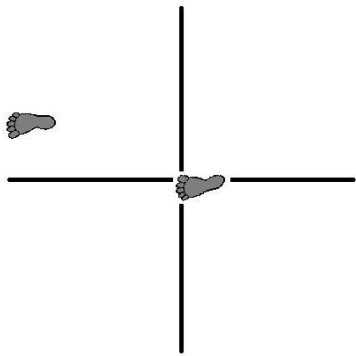
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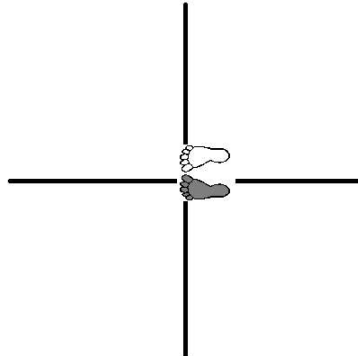
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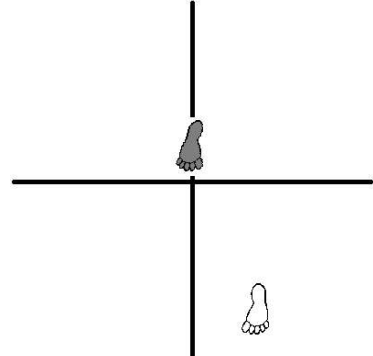
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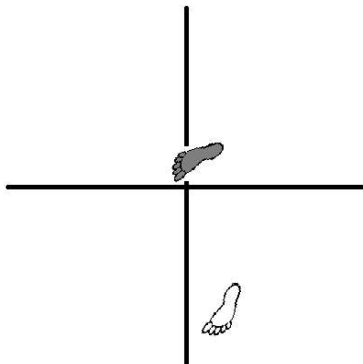
19b)



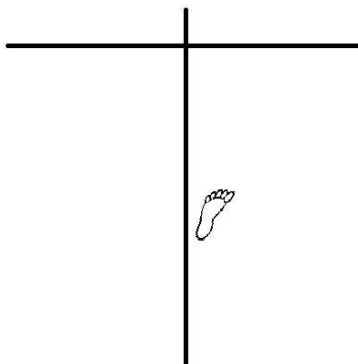
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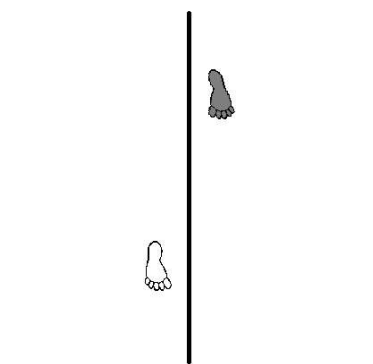
21)



22)



23)



24)



25)



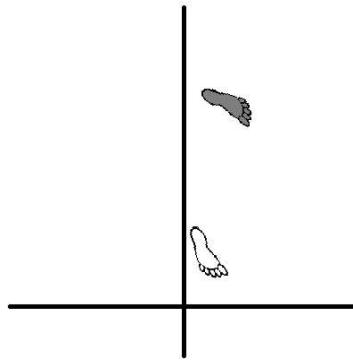
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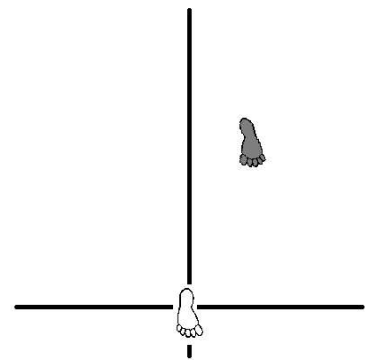
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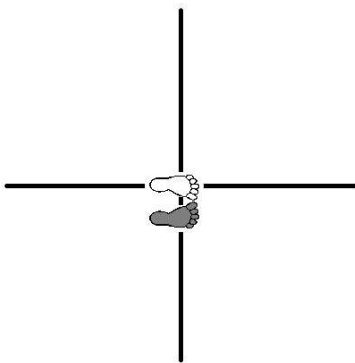
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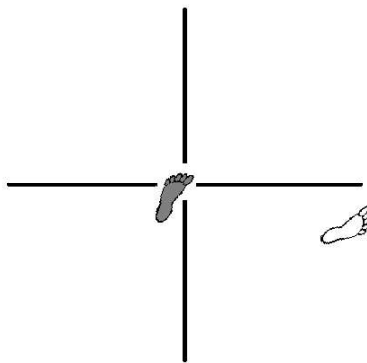
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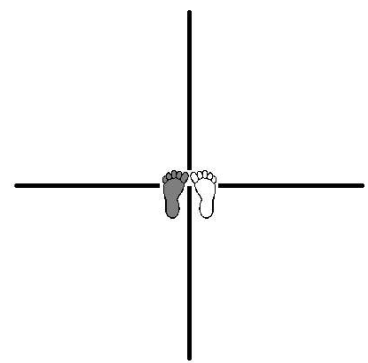
30)



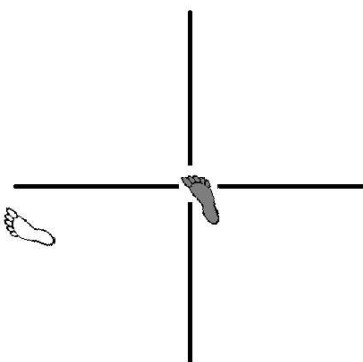
31)



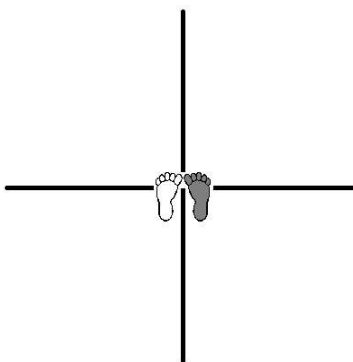
31b)



32)



FINISH)



Ilbo Matsoki (ILBO) - One Step Sparring

One Step Sparring is the most realistic form of sparring there is.

In Basic One Step Sparring, both the Attacker and Defender start in Parallel Ready Stance. The Attacker will then always attack by stepping forward into a Right Walking Stance with a Right Middle Section Punch. The Defender can perform any variation of block and counter attack. The Defender must use three different Counters; Block-Counter, Simultaneous-Counter and Dodge-Counter. Also the Defender can use "Take Downs" and counter to any area of the Attacker's body, which is usually frowned upon in other sparring. "Take Downs" are usually reserved for higher grades such as Black Belts.

There is also Advanced One Step, usually reserved for Black Stripe Students and Black Belts, where the Attacker can use any attack, from any position as long as they are in sight of the Defender.

One Step Sparring is the most realistic, because the Defender cannot foresee the attack (other than Basic where it is always a Right Punch in Walking Stance). Therefore the Defender must have very fast reflexes in order to defend and defeat the opponent. As mentioned earlier, this form uses different techniques to other types, as the Defender can use take down techniques, arm locks, joint breaking and otherwise "illegal" targets.

It is advisable to practice and remember many different types of counters, which then almost become second nature.

Hosin Sul – Self Defence

Self Defence is obviously Self Defence, but is escaping from different grabs and holds.

The Instructor or Examiner will dictate which grab or hold to escape from, and the Defender will be expected to display three types of Defence; Standard Release, Break-Release and Attack-Release.

Not all grabs and holds have three types of release available, so usually you will only be asked for ones which do have these options available in a Grading by the Examiner, or the Examiner will ask for a certain release from a certain grab.

Self Defence is such a large subject and with so many different variations, it is almost impossible to put into diagrams.

The etiquette is the same as in One Step Sparring, so both the Attacker and Defender both start in Parallel Ready Stance, then the Attacker will move to their position.

4th Kup – Blue to Red Stripe Belt

4th Kup introduces a few new techniques in Joong Gun, but more importantly introduces One Step Sparring, the most realistic form of sparring.

Requirements for Grading;

Yul Gok Tul	Pattern Yul Gok (In your own time)
Joong Gun Tul	Pattern Joong Gun (In your own time)
Ilbo Matsoki	One Step Sparring
Jayoo Matsoki	Free Sparring
Gyokpa;	Destruction;
Dollyo Chagi	Turning Kick (R&L Measure, Attempt Students Choice)
Dwit Chagi	Back Kick (R&L Measure, Attempt Students Choice)
Bandae Dollyo Chagi	Reverse Turning Kick (R&L Measure, Attempt Students Choice)
An Palkup Teirigi	Front Elbow Strike (R&L Measure, Attempt Students Choice)

Theory;

What is the meaning of Joong Gun?

Joong Gun is a 32 movement pattern, named after the patriot Ahn Joong-Gun, who assassinated Hiro-Bumi Ito, the first Japanese Governor General of Korea, believed to have played the lead role in the Korea-Japan merger. The 32 movements represent Mr Ahn's age, when he was executed in Lui-Shung prison in 1910.

Describe a Rear Foot Stance?

The heel of the rear foot is slightly beyond the heel of the front foot, and therefore has no width. It is one shoulder width long, measures from the small toes of the rear foot, to the small toes of the front foot. The weight ratio is 90/10. The rear foot is turned in 15°. The front leg is bent with the ball of the foot slightly touching the floor, with the heel slightly off the ground (approximately 2.5cm); the foot is turned in 25°. The back of the heel of the rear foot extends just past the outside edge of the heel of the front foot.

What are the Six Factors to the Theory of Power?

Reaction Force, Concentration, Equilibrium, Breath Control, Mass and Speed. ($F = M \times V^2$)

Why do we do One Step Sparring?

One Step Sparring is the most realistic form of sparring there is, simply because the defender cannot foresee the attack coming. Therefore, the defender must have very fast reflexes, in order to defend and defeat the opponent. This form of sparring is completely different to free sparring. i.e. Take Down Techniques, Arm Locks, Joint Breaking Techniques, etc, are practiced. Both students normally begin in Parallel Stance, but this may be varied at the Instructors' discretion.

What is the meaning of Red Belt?

Red signifies danger, cautioning the Student to exercise control and warning the Opponent to start away.

Terminology;

General;

Ilbo Matsoki	One Step Sparring
Noolo	Pressing
Yobap	Side-Front

Parts of the body;

Sonkal Dung	Reverse Knife Hand
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Stances;

Moa Junbi Sogi 'B'	Closed Ready Stance 'B'
Dwit Bal Sogi	Rear Foot Stance
Nachuo Sogi	Low Stance
Soojik Sogi	Vertical Stance

Attacks;

Yobap Cha Busigi	Side Front Snap Kick
Wi Palkup Taerigi	Upper Elbow Strike
Nopunde Sang Joomuk Sewo Jirugi	High Section Twin Fist Vertical Punch
Sang Joomuk Dwijibo Jirugi	Twin Fist Upset Punch
Nopunde Dung Joomuk Yop Taerigi	High Section Back Fist Side Strike
Giokja Jirugi	Angle Punch

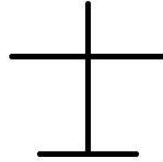
Defences;

Bakuro Sonkal Dung Makgi	Outwards Reverse Knife Hand Block
Sonbadak Ollyo Makgi	Palm Upward Block
Kyocho Joomuk Chookyo Makgi	X-Fist Rising Block
Sonbadak Noollo Makgi	Palm Pressing Block
Digutcha Makgi/Mongdungi Makgi	U-Shape Block/Stick Block

Toi Gye Tul (Toy Gay) - 37

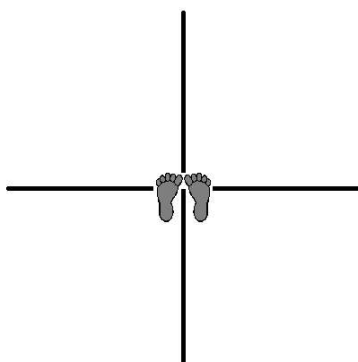
Toi Gye introduces an Low Section Upset Fingertip Thrust, Low X-Fist Pressing Block, Twin Elbow, W-Shaped Block (or Mountain Block), Low Section Double Forearm Pushing Block, Grab and Knee Upward Kick, Low Knife Hand Guarding Block, High Flat Fingertip Thrust and Back-Fist Side Back Strike.

The diagram of the pattern looks like this;

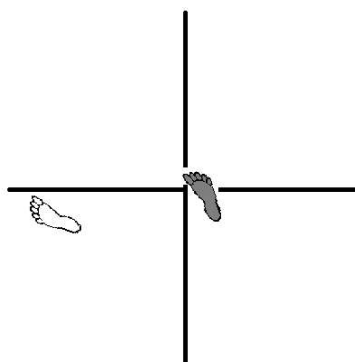


Starting in Moa Junbi Sogi 'B' (START), Left into Right L Stance, Middle Section Inner Forearm Outward Block (1), shift into Walking Stance with Low Section Upset Fingertip Thrust (2), slowly bring the left foot back into Moa Sogi, with a Back-Fist Side Back Strike with the right hand, reaction force with a straight left arm (3). Right into Left L Stance, Middle Block (4), shift Walking Stance, Low Upset Fingertip Thrust (5), slowly right foot back into Moa Sogi, with Back-Fist Strike with the left fist (6), Continuous Movement - Step forward Walking Stance, Low X-Fist Pressing Block (7), then High Section Twin Fist Vertical Punch (8), keeping hands in position, Low Front Snap Kick then a single Middle Section Obverse Fore Fist Punch (9,10), Middle Section Reverse Fore Fist Punch (11), slowly bring left foot forward into Moa Sogi facing to the left, with Twin Elbow (12) Bring the right foot round first in an anti-clockwise direction, Sitting Stance, W-Shaped Block (13), left foot, clockwise, Sitting Stance, W-Shaped Block (14), left foot, clockwise direction, Sitting Stance, W-Shaped Block (15) right foot, anti-clockwise, Sitting Stance, W-Shaped Block (16), left foot, clockwise, Sitting Stance, W-Shaped Block (17), left foot, clockwise, Sitting Stance, W-Shaped Block (18), bring right foot to left foot (18b) then out into Right L Stance, Low Section Double Forearm Pushing Block (19). Shift into Left Walking Stance with the grab then Knee Upward Kick (20,21) landing foot to foot (21b), then into Right L Stance, Knife Hand Guarding Block (22). Low Front Snap Kick off the front leg (23), landing in Left Walking Stance, High Flat Fingertip Thrust (24). Step forward into Left L Stance, Knife Hand Guarding Block (25). Low Front Snap Kick off the front leg (26) into Right Walking Stance, High Flat Fingertip Thrust (27). Shift backwards into Right L Stance, Back-Fist Side Back Strike with the right fist, low Outer Forearm Block with the left arm (28). Jump high and forward approximately the distance of a Walking Stance, landing in a Right X-Stance facing left, Low Section X-Fist Pressing Block (29). Right foot out into Walking Stance, High Section Twin Forearm Block (30). Bring the left foot round into Right L Stance, Low Section Knife Hand Guarding Block (31). Shift into Left Walking Stance, Circular Block (32). Step foot to foot (32b) then out into Left L Stance, Low Knife Hand Guard (33). Shift Right Walking Stance, Circular Block (34). Shift feet round into Left Walking Stance, Circular Block (35). Shift feet round into Right Walking Stance, Circular Block (36). Bring right foot to left foot (36b) and then right foot out into Sitting Stance, Middle Section Right Fore Fist Punch (37). Return right foot to Moa Sogi 'B' at "BARO" (FINISH)

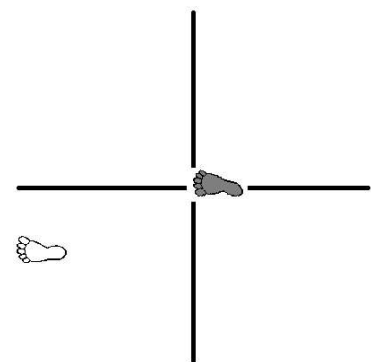
START)



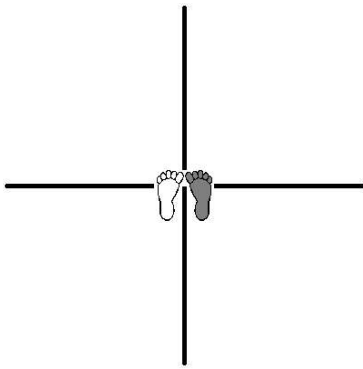
1)



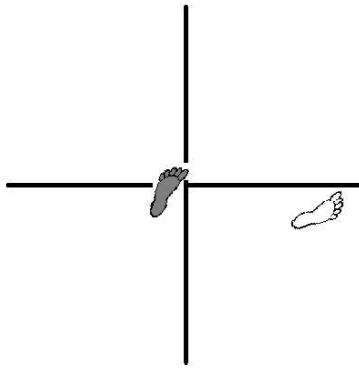
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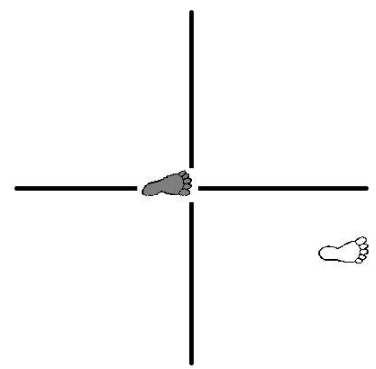
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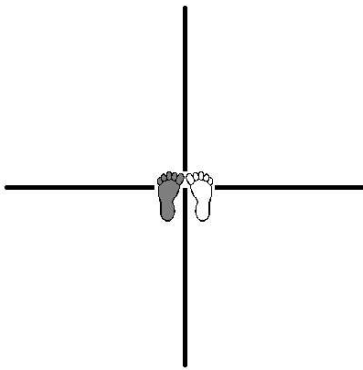
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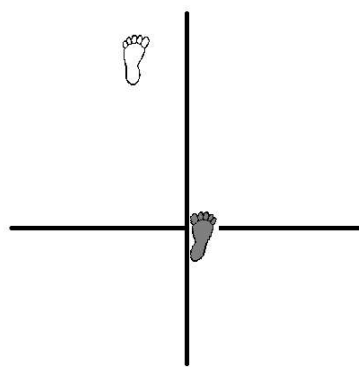
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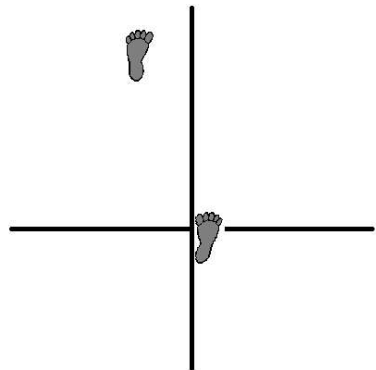
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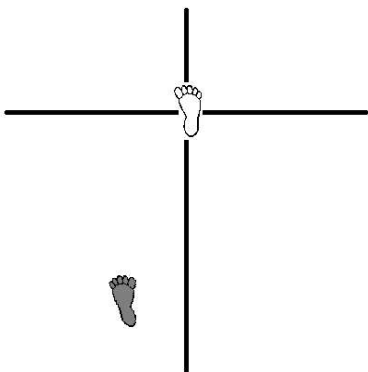
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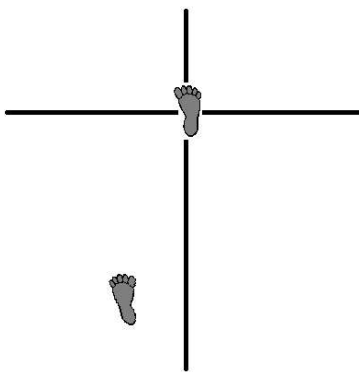
8)



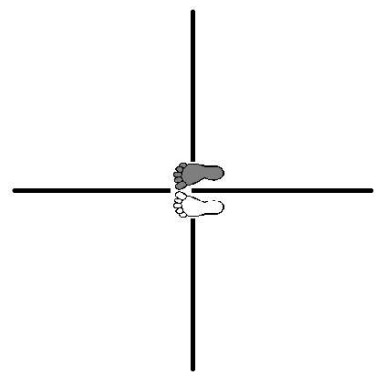
9 & 10)



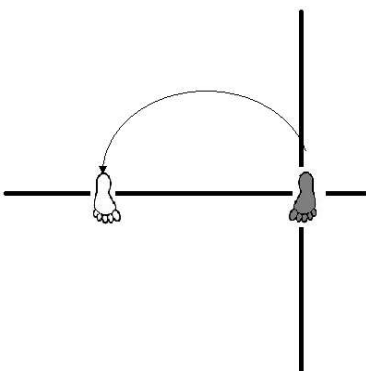
11)



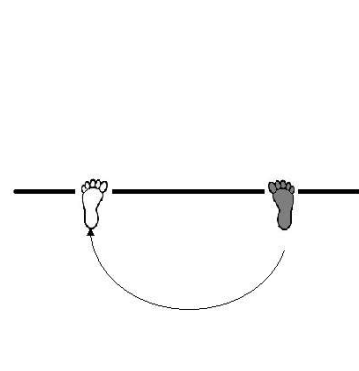
12)



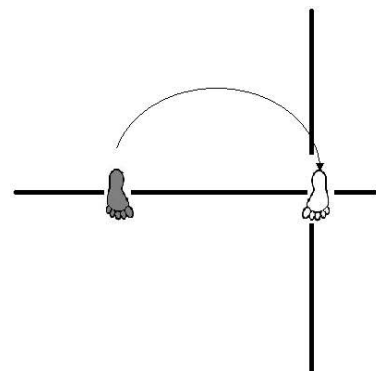
13)



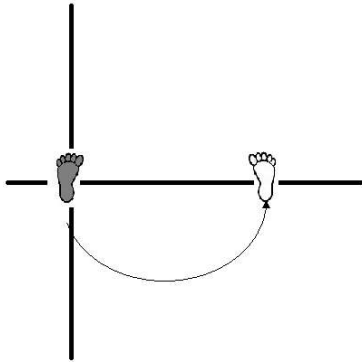
14)



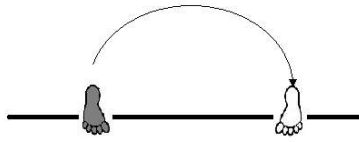
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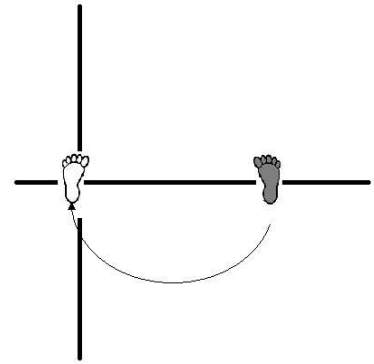
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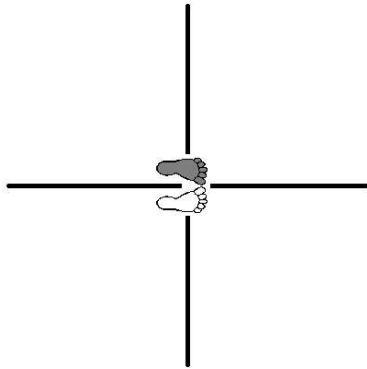
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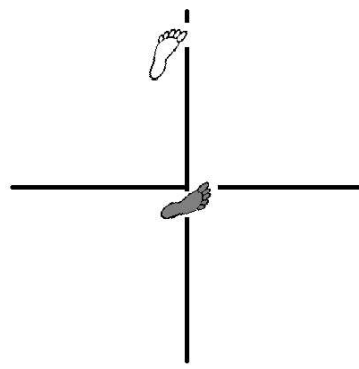
18)



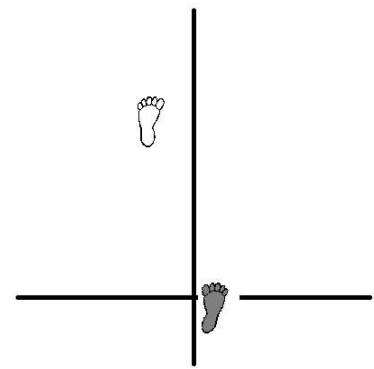
18b)



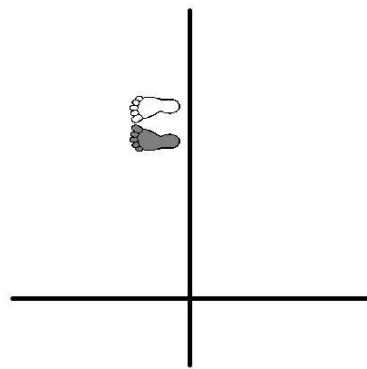
19)



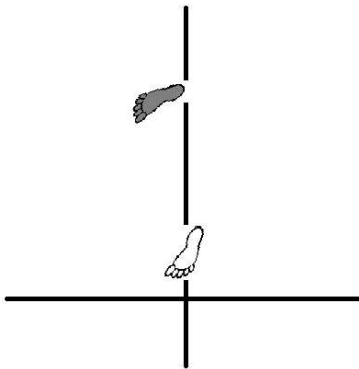
20 & 21)



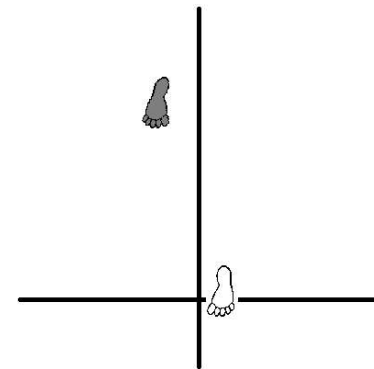
21b)



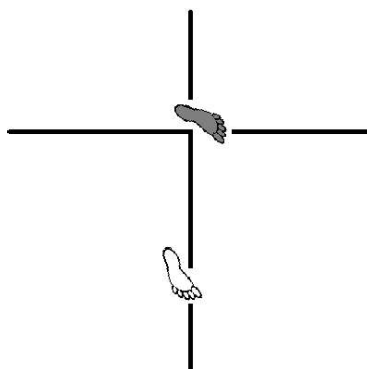
22 & 23)



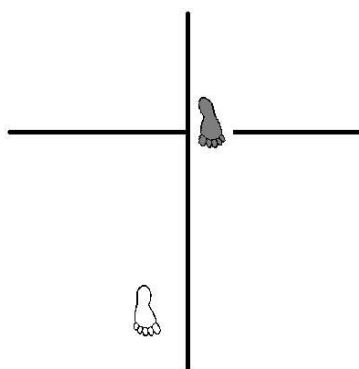
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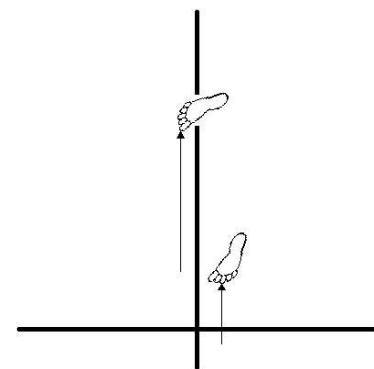
25 & 26)



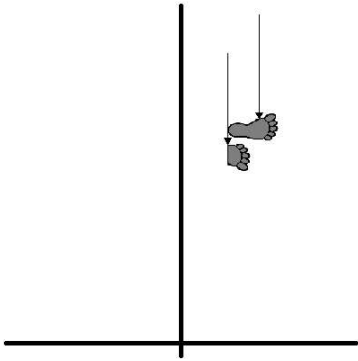
27)



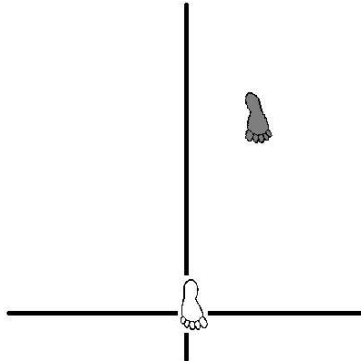
28)



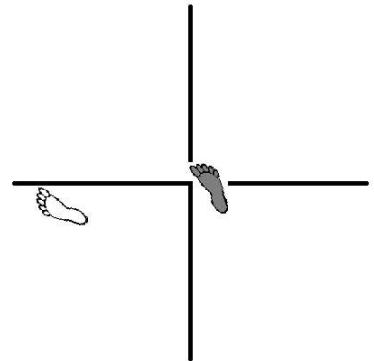
29)



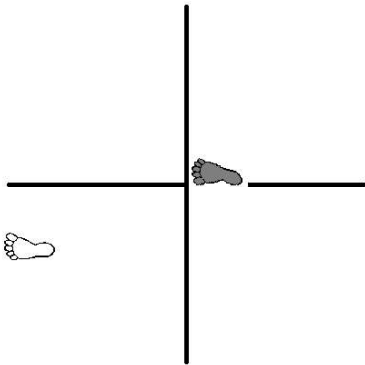
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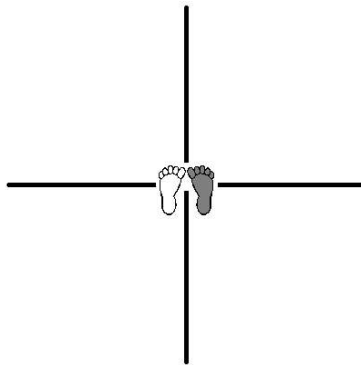
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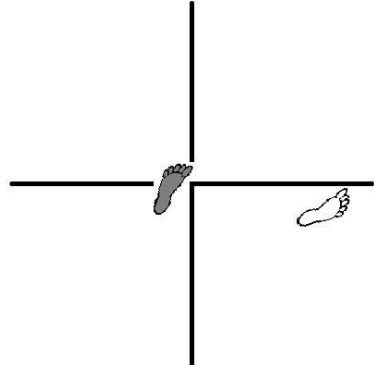
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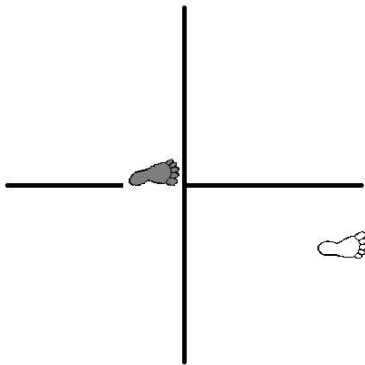
32b)



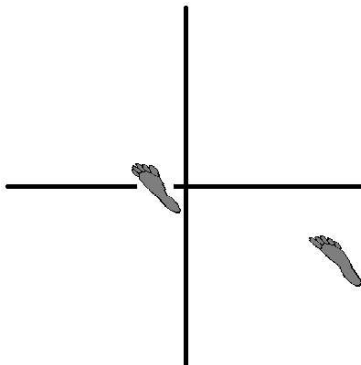
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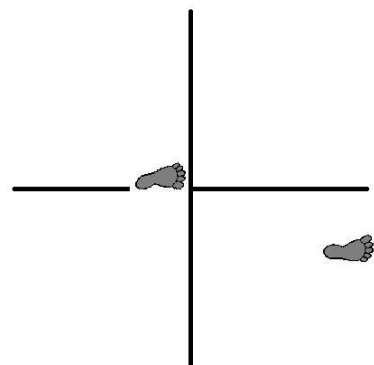
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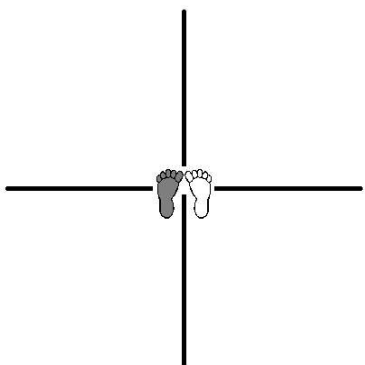
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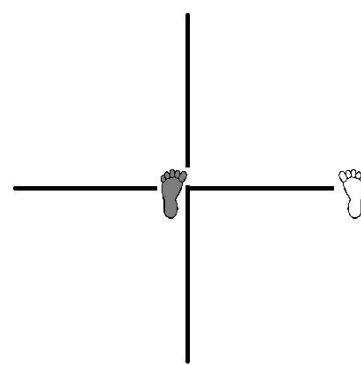
36)



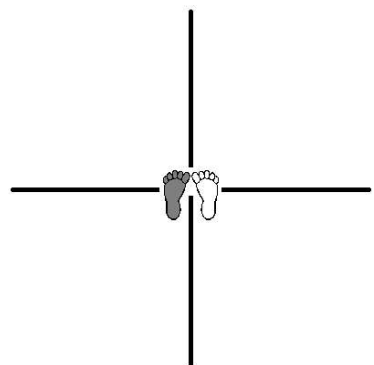
36b)



37)



FINISH)



3rd Kup – Red Stripe to Red Belt

3rd Kup introduces some quite advanced techniques in Toi Gye. This is also recognised as the last Grading as a Beginner, as training is doubled to 6 months between Grading, to prepare for 2nd Kup Red Belt then eventually 1st Dan Black Belt.

Requirements for Grading;

Joong Gun Tul	Pattern Joong Gun (In your own time)
Toi Gye Tul	Pattern Toi Gye (In your own time)
Ilbo Matsoki	One Step Sparring
Jayoo Matsoki	Free Sparring "2 on 1" Sparring
Hosin Sul	Self Defence

Line Work;

Dollyo Chagi, Bando Dollyo Chagi	Turning Kick, Reverse Turning Kick
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Gyokpa;

Destruction;

Examiners choice of Hand Technique and Foot Technique

Theory;

What is the meaning of Toi Gye?

Toi Gye is a 37 movement patten, which is the penname of the noted scholar Yi Hwang (16th Century), also known as an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on 37° latitude and the diagram of the pattern represents scholar.

What is the meaning of Red Belt?

Red signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

Terminology;

General;

Hosin Sul

Self Defence

Attacks;

Najunde Dwijibum Sonkut Tulgi

Low Upset Fingertip Thrust

Dung Joomuk Yopdwi Taerigi

Back-Fist Side Back Strike

Nopunde Dung Joomuk Taerigi

High Section Back-Fist Strike

Moorup Ollyo Chagi

Knee Upward Kick

Nopunde Opun Sonkut Tulgi

High Flat Fingertip Thrust

Kaunde Apcha Busigi

Middle Section Front Snap Kick

Nopunde Sang Joomuk Sewo Jirugi

High Section Twin Fist Vertical Punch

Kaunde Ap Joomuk Jirugi

Middle Section Fore-Fist Punch

Defences;

Kyocha Joomuk Noollo Makgi

X-Fist Pressing Block

Bakat Palmok San Makgi

Outer Forearm 'W'-Shape Block

Najunde Doo Palmok Miro Makgi

Low Double Forearm Pushing Block

Kaunde An Palmok Yop Makgi

Middle Section Inner Forearm Side Block

Kaunde Sonkal Daebi Makgi

Middle Knifehand Guarding Block

Nopunde Doo Palmok Makgi

High Double Forearm Block

Najunde Sonkal Daebi Makgi

Low Knifehand Guarding Block

An Palmok Dollymio Makgi

Inner Forearm Circular Block

NOTES;