

KICKS

TAEKWON-DO ACADEMY

6th Kup to 5th Kup (Green to Blue 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.

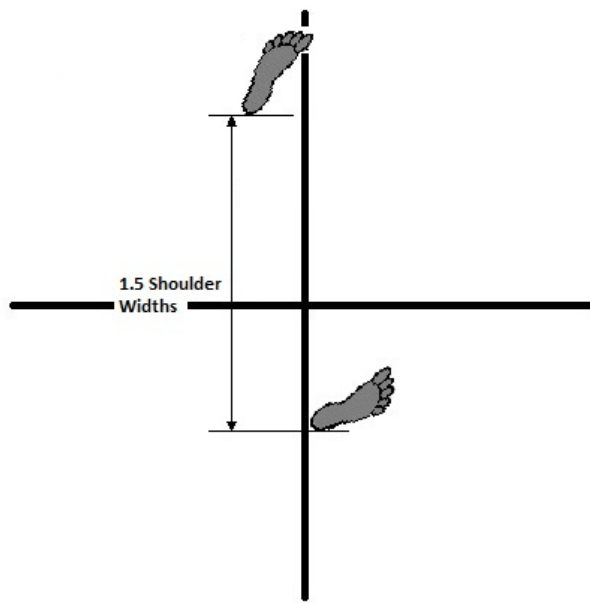


Stances – Sogi (*Sow-Gi*)

Gojung Sogi

Fixed Stance

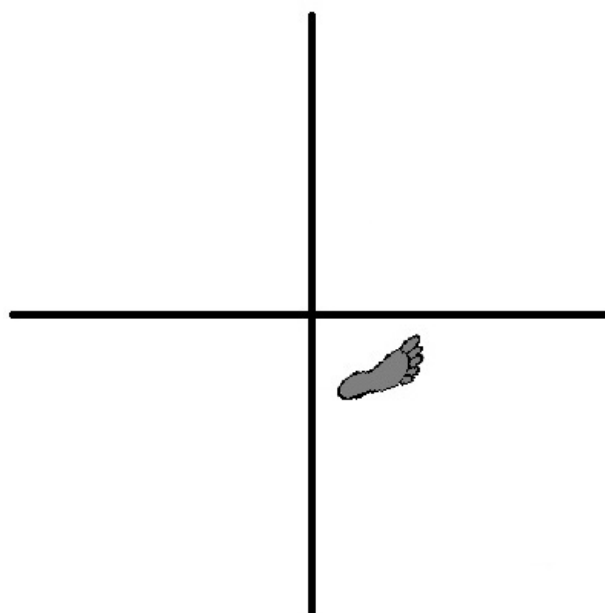
Fixed Stance has almost the same dimensions as L Stance, the measurement is 1.5 shoulder widths and is from inside heel on the rear foot, to the toes on the front foot. The weight distribution is 50/50, with the body central to both legs and both knees are bent over their heels. Both feet are at 15° angles. In the diagram, this is a Left Fixed Stance.



Goobooryo Junbi Sogi 'A' (*Go-Bur-Rio*)

Bending Ready Stance 'A'

Bending Ready Stance is mainly used as a preparation stance for side and back kicks. All weight distribution is on one leg, with the knee slightly bent, the "free" leg is also bent, with the foot placed near the knee of the weight bending leg and in a side kick position, with the Foot Sword parallel to the floor.



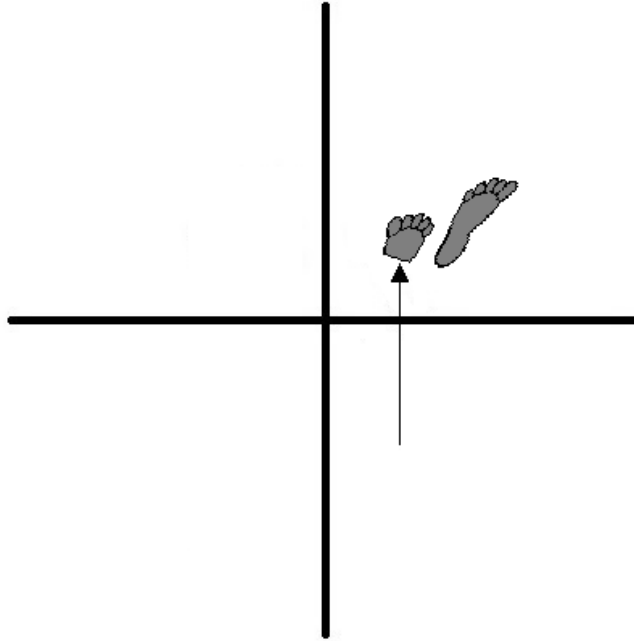
Kyocho Sogi (*Key-O-Cha*)

X Stance

There are two types of X Stance, the first is introduced in Yul-Gok Tul.

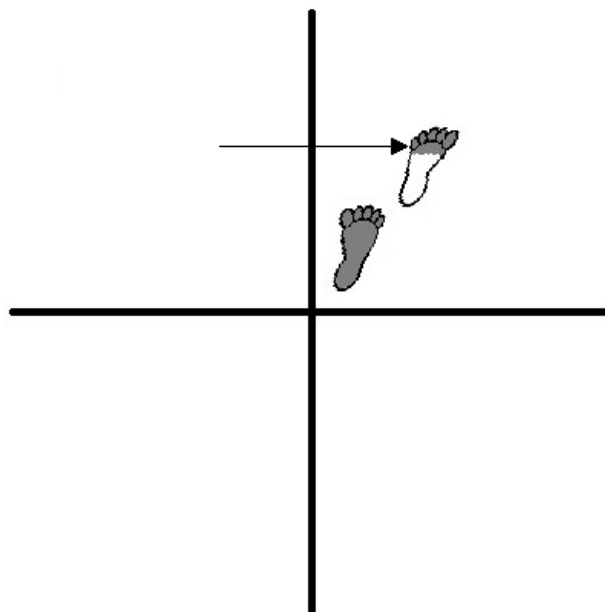
This X Stance is used after a jump or from travelling forwards. The back foot is used as a break with the rear knee pushed into the front knee. Both legs are bent and both feet face the same direction. Weight distribution is almost 100% on the weight bearing foot.

Both stances in diagram are Right X Stances, because the majority of the weight is on the right foot.



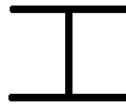
The second is introduced later in one of the 1st Dan Black Belt patterns – Po-Eun Tul.

Travel is from the side, the front foot slides past the rear foot and does not push back and keeps the position once it has reached its destination. It does not lock back next to the rear foot. Both feet are facing the same direction.



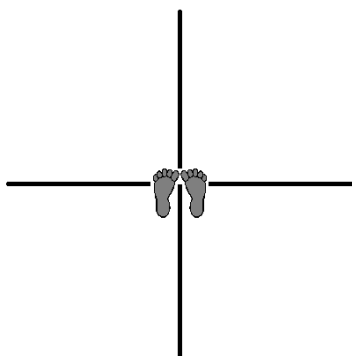
Won Hyo Tul - 28

Won Hyo Tul introduces these new techniques, Twin Forearm Block, High Inward Knife Hand Strike, Middle Section Fore Fist Side Punch, Middle Section Side Piercing Kick and Forearm Circular Block. It also introduces Closed Stance, Fixed Stance and Bending Ready stance. This is a difficult pattern to finish on your starting position, so you will need to be aware of the dimensions of your Stances and the **IMPORTANT** step! Be mindful of the subtle differences between L Stance and Fixed Stance. The Diagram of the pattern looks like this;

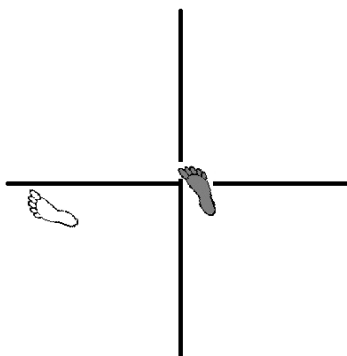


Start in Moa Junbi Sogi 'A' (START), then move the left foot out into a Right L Stance, Twin Forearm Block (1). Using Sine Wave and staying in L Stance, perform a High Inward Knife Hand Strike, bringing the left Side Fist in front of the right shoulder (2). Bring your foot in slightly and then out into a Fixed stance, with a Middle Section Fore Fist Side Punch (3). Bring your left foot back to the right foot (3b), then step out into a Left L Stance, Twin Forearm Block (4). Sine Wave, still in L Stance, Inward Knife Hand Strike, right Side Fist to left shoulder (5). Then out into Fixed Stance Side Punch (6). Bring your right foot back to your left (6b), then snap your left foot up into Bending Ready Stance towards the front, in a Forearm Guarding Block (7). Perform a Middle Section Side Piercing Kick (8) and land in a Left L Stance, Knife Hand Guarding Block (9). Step forward, into L Stance, Knife Hand Guarding Block (10). Step forward again into L Stance, Knife Hand Guarding Block (11). Step forward into Walking Stance with a Middle Section Straight Fingertip Thrust (12). Turn anti-clockwise into a Right L Stance, Twin Forearm Block (13). Sine Wave, staying in L Stance, Knife Hand Inward Strike, left Side Fist to right shoulder (14). Into Fixed Stance, Side Punch (15). Bring the left foot back to the right foot (15b), then step out into a Left L Stance, Twin Forearm Block (16). Sine Wave, Knife Hand Inward Strike, right Side Fist to left shoulder (17). Fixed Stance, Side Punch (18). Slide right foot back, foot to foot (18b), then step out into a Left Walking Stance, Forearm Circular Block (19). Keeping the right arm in place, perform a Low Front Snap Kick, then land in a Right Walking Stance, Reverse Middle Section Punch (20 & 21). Staying in this stance, perform a Circular Block (22), keep the left arm in position with a Low Front Snap Kick, landing in a Left Walking Stance, Reverse Middle Section Punch (23 & 24). Bring right foot forward (24b) and then snap into a Left Bending Ready Stance, Forearm Guarding Block (25). **IMPORTANT STEP TO FINISH ON YOUR MARK** – Perform a Middle Section Side Piercing Kick (26) and then land with almost a shoulder width behind your stationary foot, onto your right foots starting position (26b). Step out into a Right L Stance, Forearm Guarding Block (27). Return foot to foot (27b) and finally step out into a Left L Stance Forearm Guarding Block (28). Return to Moa Junbi Sogi 'A' at "BARO" (FINISH)

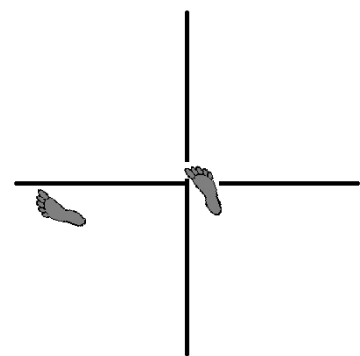
START)



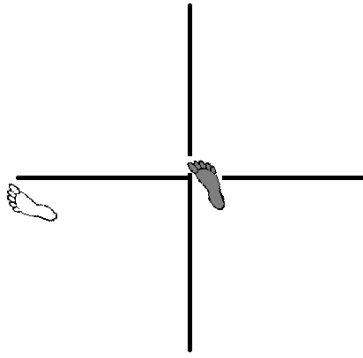
1)



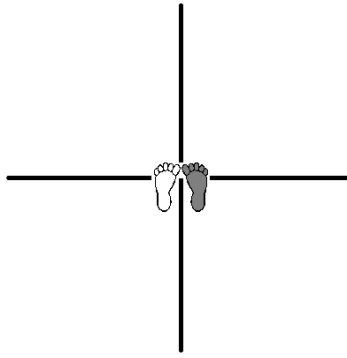
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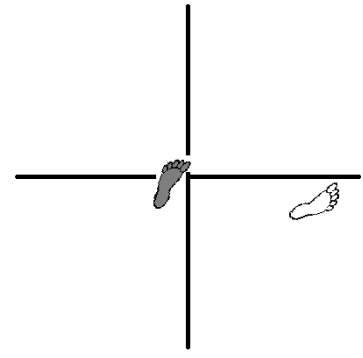
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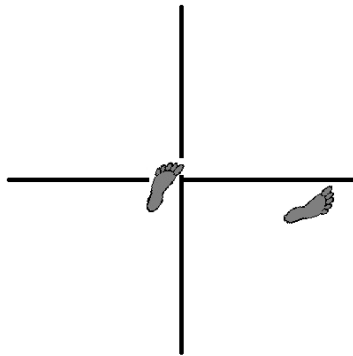
3b)



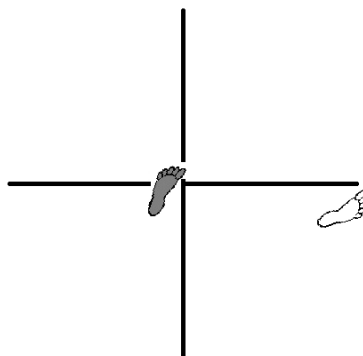
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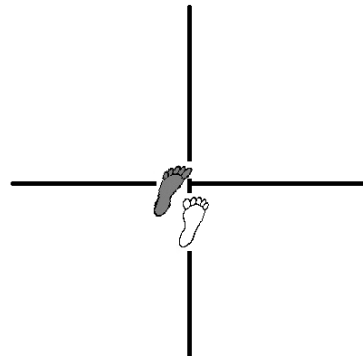
5)



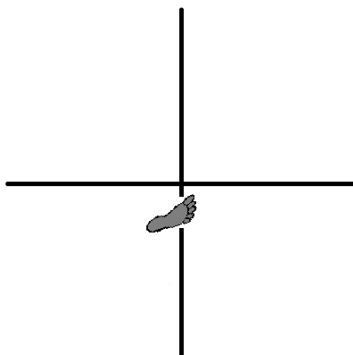
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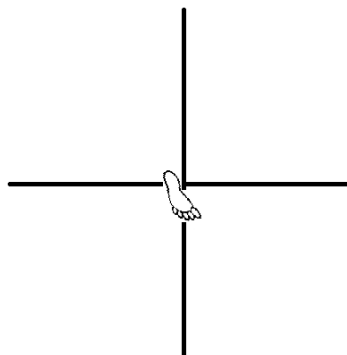
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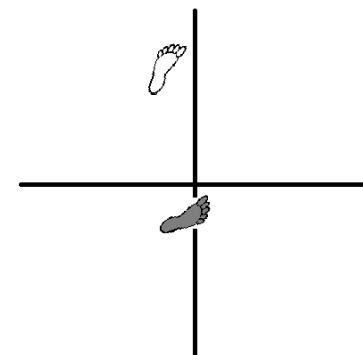
7)



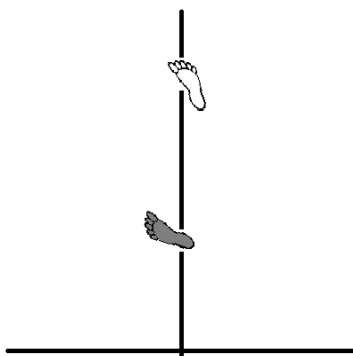
8)



9)



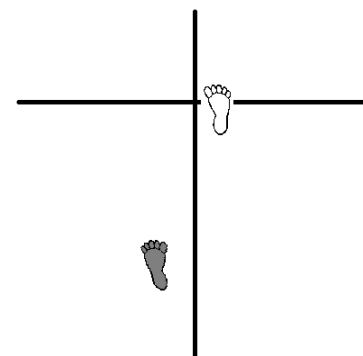
10)



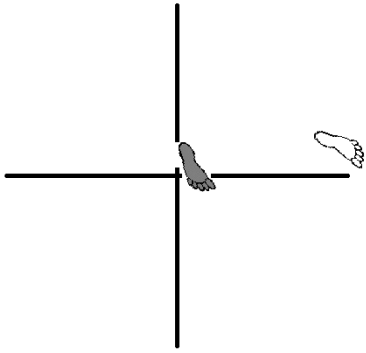
11)



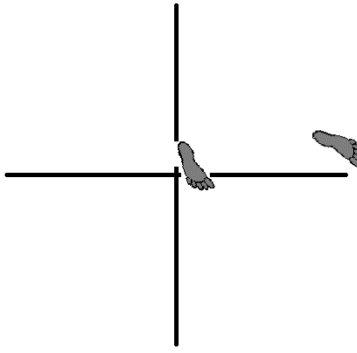
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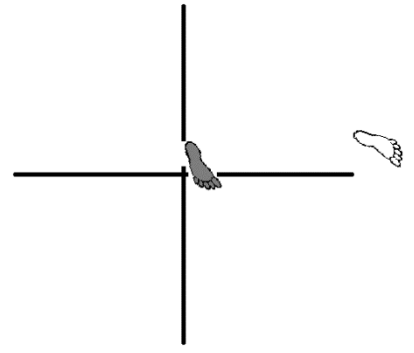
13)



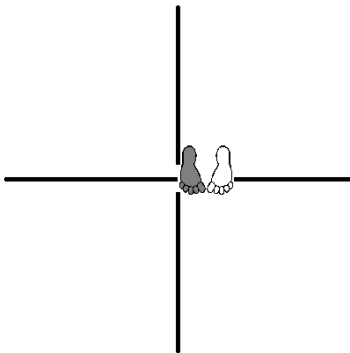
14)



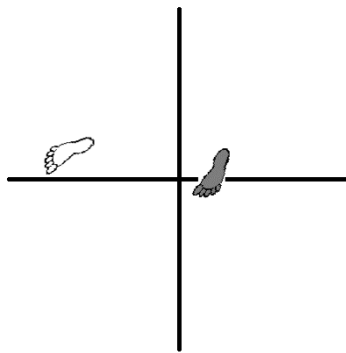
15)



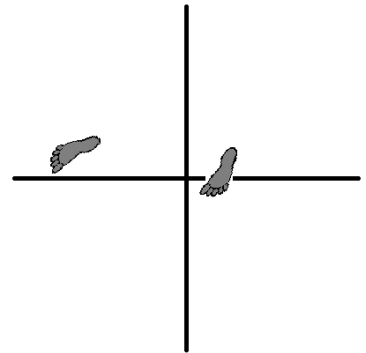
15b)



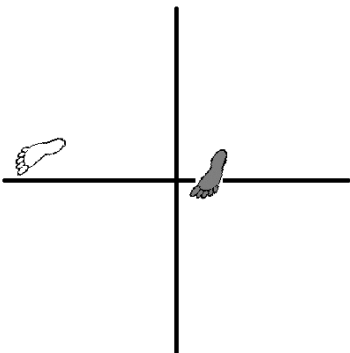
16)



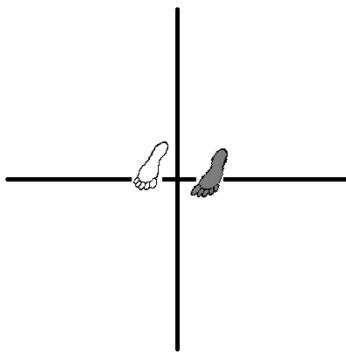
17)



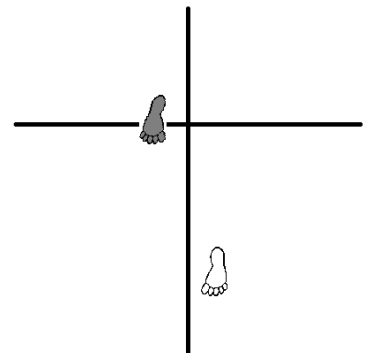
18)



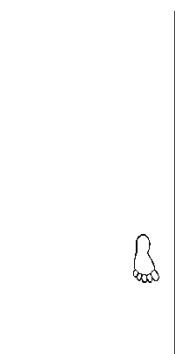
18b)



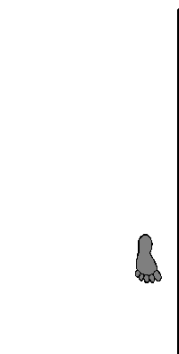
19)



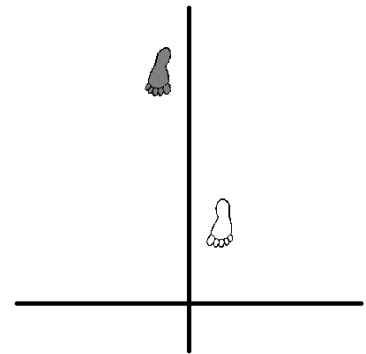
20 & 21)



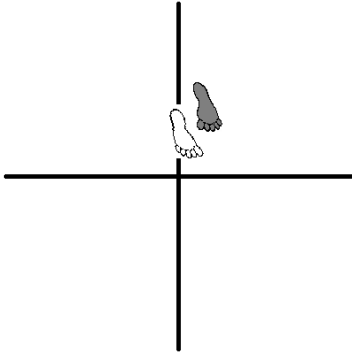
22)



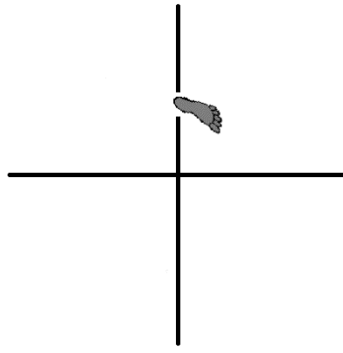
23 & 24)



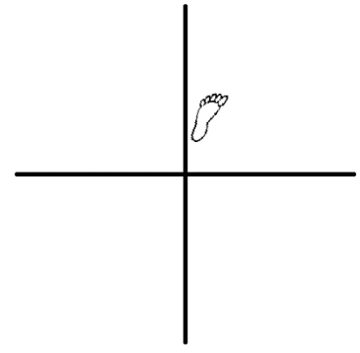
24b)



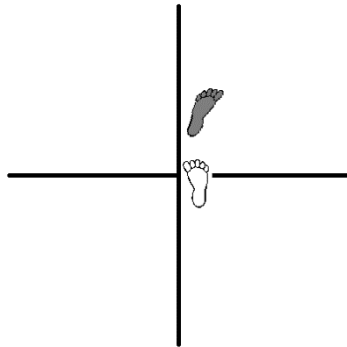
25)



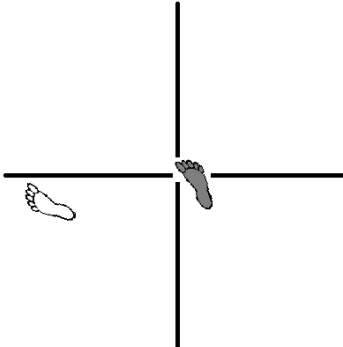
26)



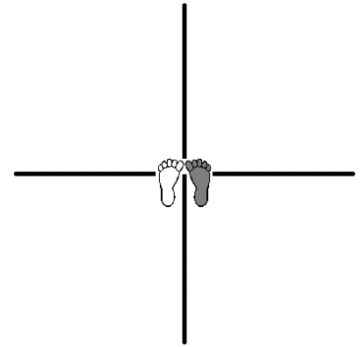
26b)



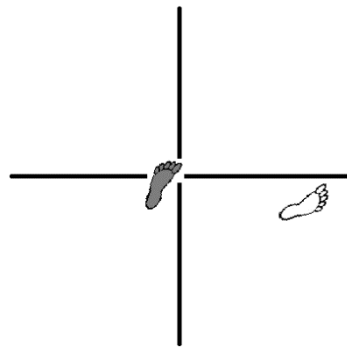
27)



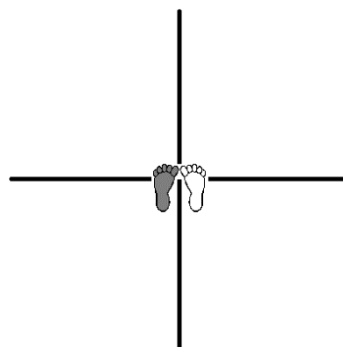
27b)



28)



FINISH)



6th Kup – Green to Blue Stripe Belt

6th Kup training introduces more advanced sparring, including Free Sparring. Won Hyo has some very important steps to return to your starting position, but is an excellent pattern to show off your Sine Wave when perfected.

Requirements for Grading;

Do San Tul	Pattern Do San (In your own time)
Won Hyo Tul	Pattern Won Hyo (In your own time)
Ban Jayoo Matsoki	Semi Free Sparring
Jayoo Matsoki	Free Sparring
Gyokpa;	Destruction;
Dwit Chagi	Back Kick (Right & Left Measure, Attempt Students Choice)
Dollio Chagi	Turning Kick (R&L Measure, Attempt Students Choice)
Sonkal Bakuro Taerigi	Outwards Knife Hand Strike (R&L Measure, Attempt Student Choice)

Theory;

What is the meaning of Won Hyo?

Won Hyo is a 28 movement pattern, who was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686AD

Describe a Closed Stance?

The toes and heels of both feet are placed together. The weight ratio is 50/50

Describe a Fixed Stance?

The feet are in almost the same position as 'L' Stance. One and a half shoulder widths in length, from the foot sword of the rear foot to the heel on the front foot. The front heel should be placed beyond the heel of the rear foot at a distance of 2.5cm to gain stability. The weight ratio is 50/50. Front foot and rear foot should be turned in 15°.

Describe Bending Stance?

This stance serves as a preparation for Side and Back Kicks, although it is frequently used for defence techniques. The weight is all on one leg, with the knee slightly bent, the free leg is also bent, with the foot positioned near the knee of the weight bearing leg.

What is Free Sparring?

The purpose of Free Sparring is to help develop fighting ability by experimenting with different techniques and combinations to specific target areas. By attacking and defending in a controlled manner, students will put into practice what they have learnt so far.

Terminology;

General;

Jayoo Matsoki

Free Sparring

Si Jak

Start

Stances;

Moa Junbi Sogi 'A'

Closed Ready Stance 'A'

Gojung Sogi

Fixed Stance

Goobooryo Junbi Sogi 'A'

Bending Ready Stance 'A'

Attacks;

Nopunde Anuro Sonkal Taerigi

High Section Inward Knife Hand Strike

Nopunde Bakuro Sonkal Taerigi

High Section Outward Knife Hand Strike

Bandae Palkup Taerigi

Reverse Elbow Strike

Yop Jirugi

Side Punch

Yopcha Jirugi

Side Piercing Kick

Defences;

Palmok Dollimyo Makgi

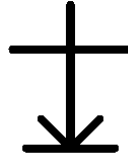
Forearm Circular Block

Hori Makgi

Waist Block

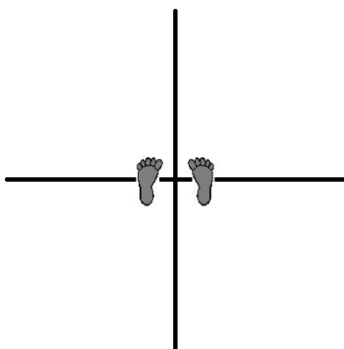
Yul Gok Tul - 38

Yul Gok Tul is a huge jump in the number of moves over previous patterns, it also sees the return of angles in the pattern (like Do San Tul). It introduces Hooking Block, Front Elbow Strike, Twin Knife Hand Block, X-Stance and Double Forearm Block. The Diagram of the pattern looks like this;

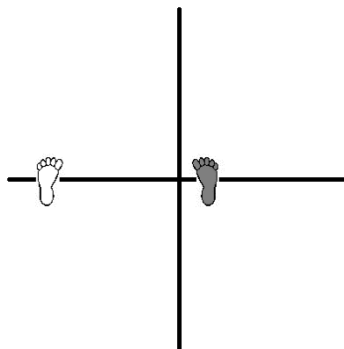


Start in Narani Junbi Sogi (START). Slide left foot slowly out into a Sitting Stance (approximately 3 seconds), with a Left Measuring Punch (1). Middle Section Double Fore Fist Punch (2,3). Step foot to foot (3b). Slide right foot out slowly into Sitting Stance, with a Right Measuring Punch (4). Double Punch (5,6). Bring right foot in towards left (6b) then right at a 45° angle into a Right Walking Stance, Middle Section Inner Forearm Block (7). Low Front Kick (keeping the blocking arm in place), Double Punch (8,9,10). Slide left foot back (10b), then left into a Left Walking Stance at a 45° angle in the other direction with a Middle Block (11). Low Front Kick (keeping the arm in place), Double Punch, landing in Walking Stance (12,13,14). Bring right foot back then forward into Right Walking Stance, Hooking Block (15). With a Connecting Motion, Reverse Hooking Block then Middle Section Fore Fist Obverse Punch (16,17). Step Forward, Walking Stance, Hooking Block (18). Connecting Motion, Hooking Block, Obverse Punch (19,20). Step Forward, Walking Stance, Middle Punch (21). Bring left foot forward (21b) and snap up into a Right Bending Ready Stance facing forward, Forearm Guarding Block (22). Side Kick (23) then land in Walking Stance, Front Elbow Strike (24). Turn around to the back and bring right foot to left foot (24b) and snap right foot up into a Left Bending Ready Stance facing behind, Forearm Guarding Block (25). Side Kick (26) and land in Walking Stance, Front Elbow Strike (27). Bring left foot in and then left in a Right L Stance, Twin Knife Hand Block (28). Step forward, Walking Stance, Straight Fingertip Thrust (29). Bring right foot back and turn clockwise 180° (29b) into Left L Stance, Twin Knife Hand Block (30). Step forward, Walking Stance, Straight Fingertip Thrust (31). Bring left foot back and then left into a Left Walking Stance, High Outer Forearm Block (32). Reverse Punch (33). Step forward, Right Walking Stance, High Outer Forearm Block (34). Reverse Punch (35). Jump forward into Right X Stance, Left Back Fist (36). Turn anti-clockwise into Left Walking Stance, Double Forearm High Section Block (37). Step foot to foot (37b). Then right into Right Walking Stance, Double Forearm High Section Block (38). Right foot returns to Narani Junbi Sogi at “BARO” (FINISH).

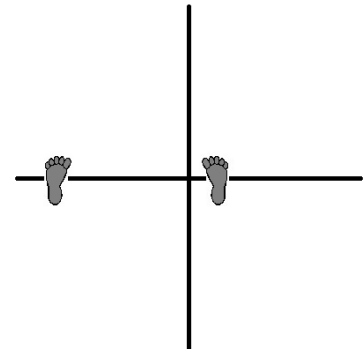
START)



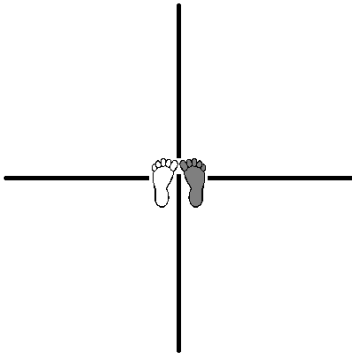
1)



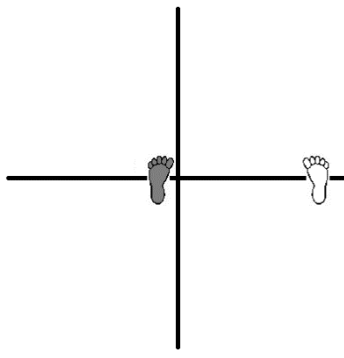
2 & 3)



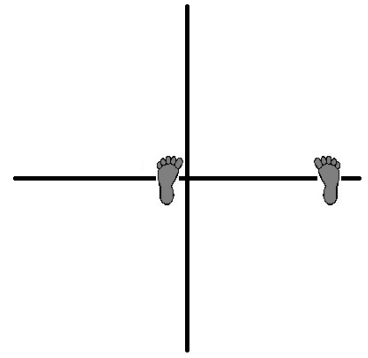
3b)



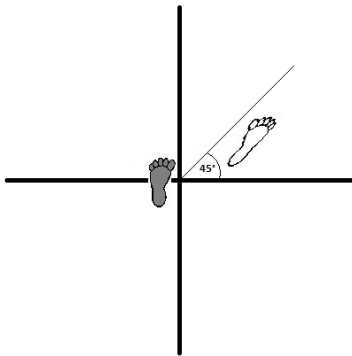
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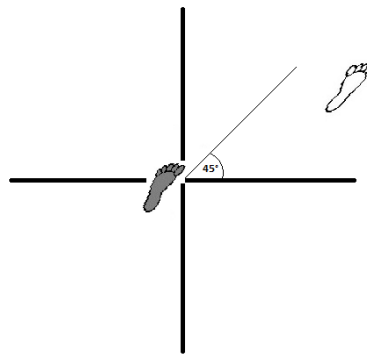
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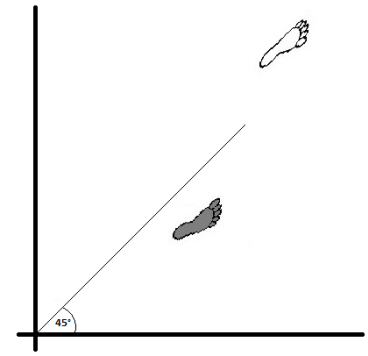
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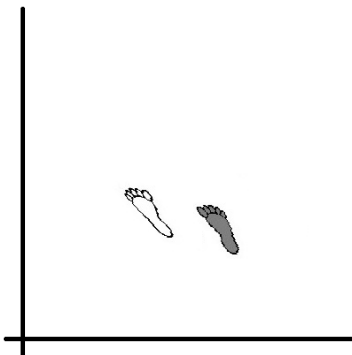
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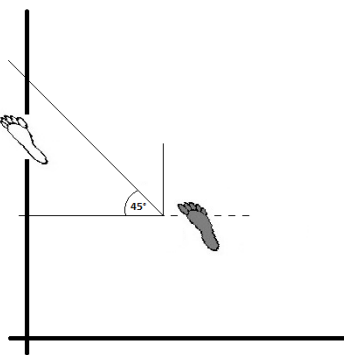
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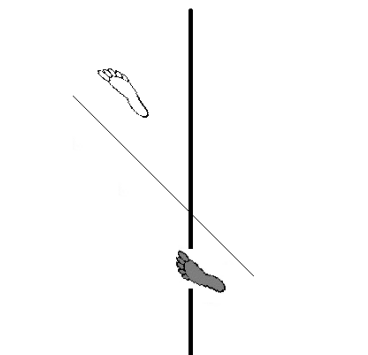
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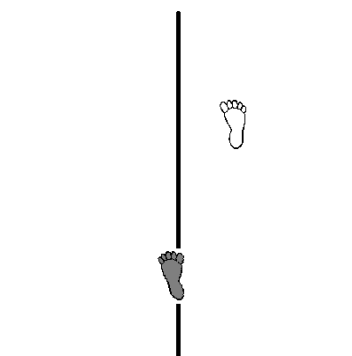
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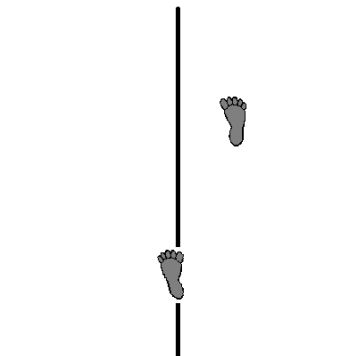
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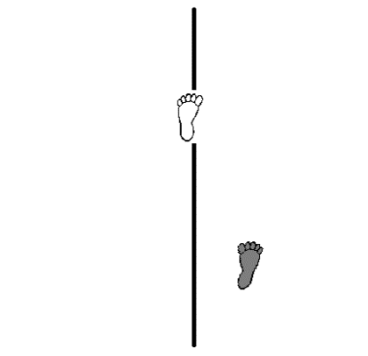
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16 & 17)



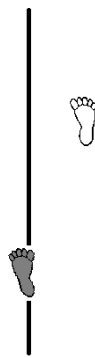
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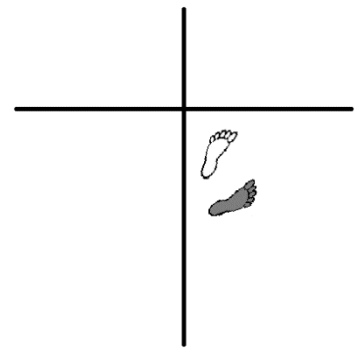
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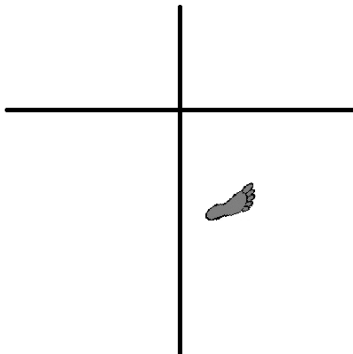
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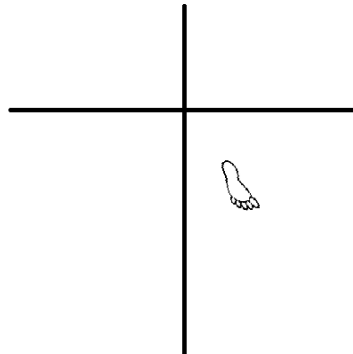
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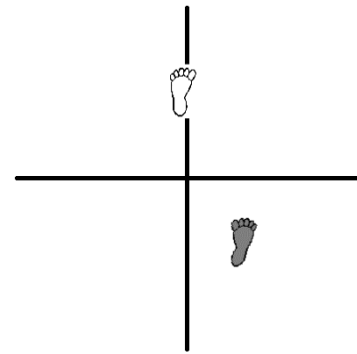
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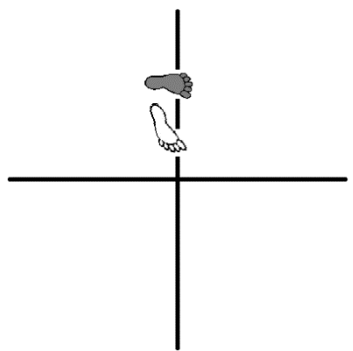
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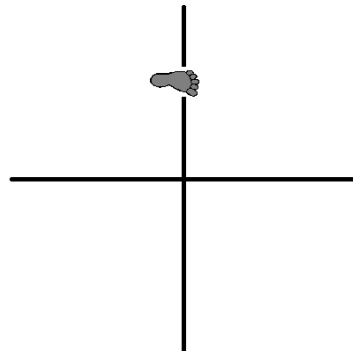
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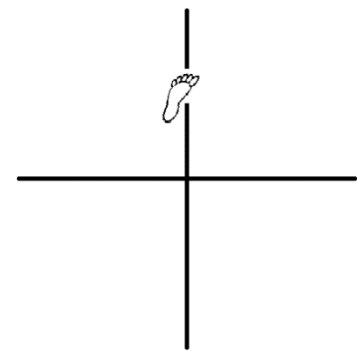
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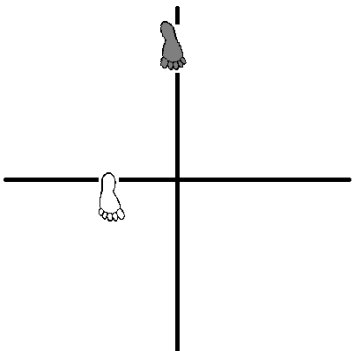
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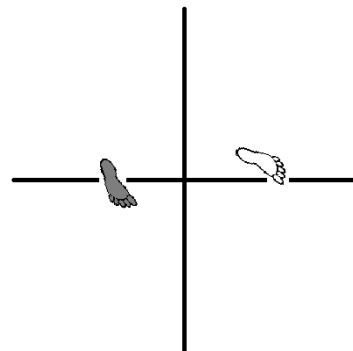
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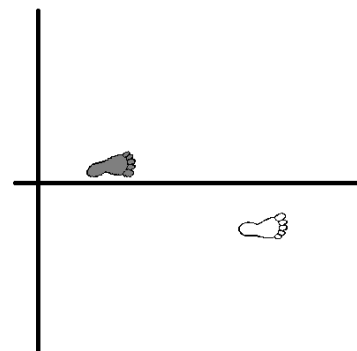
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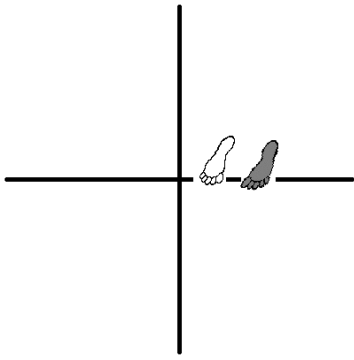
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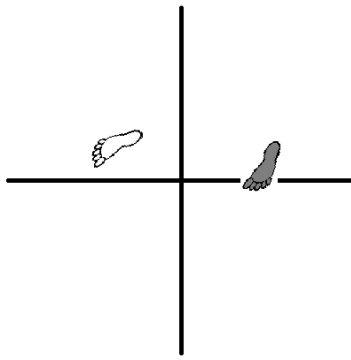
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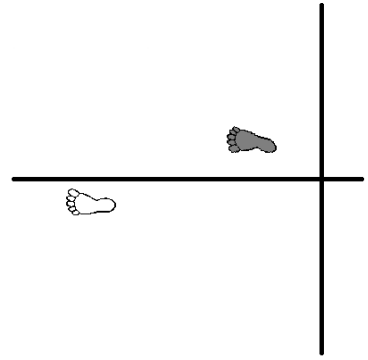
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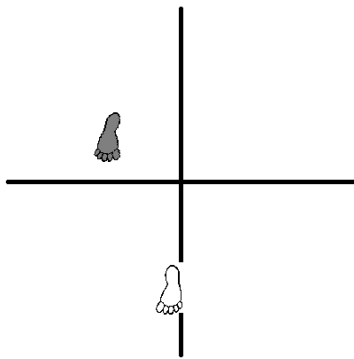
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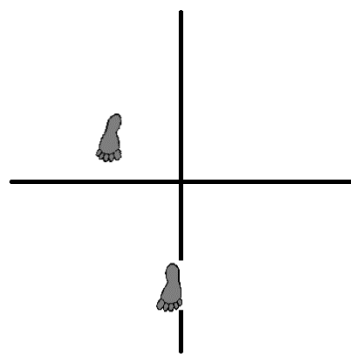
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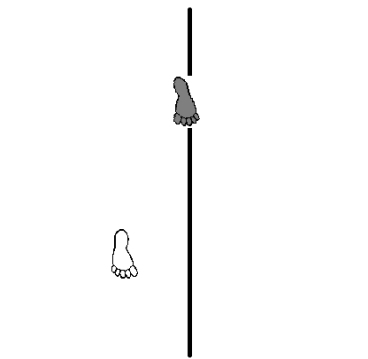
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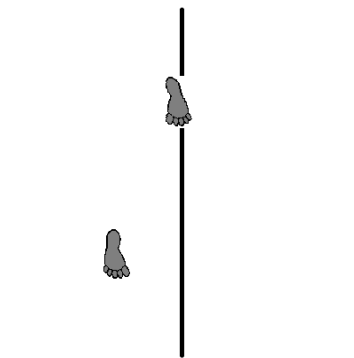
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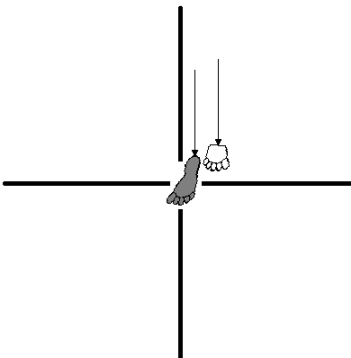
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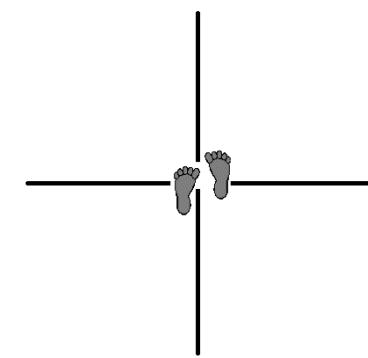
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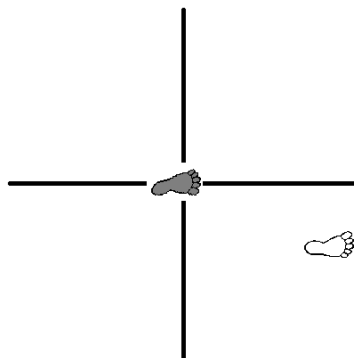
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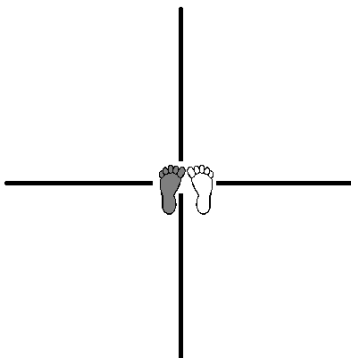
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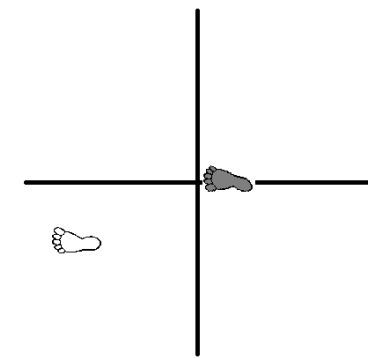
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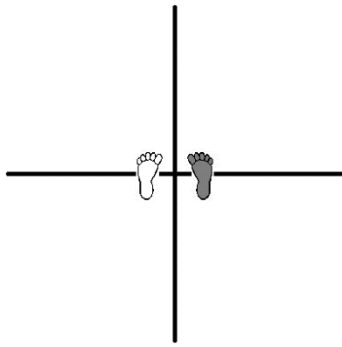
37b)



38)



FINISH)



Ibo Matsoki - Two Step Sparring

Two Step Sparring is the next sparring step, necessary to learning not only distance, focus and timing, but for more advance techniques and combinations for both Attacker and Defender.

In Basic Two Step, the Attacker will attack with a Hand Technique, then a Foot Technique, which is usually asked for by an examiner. But when you advance through grades, you may be asked for “Hand/Hand” or “Foot/Foot” attacks, then when you are more advanced, you may be asked for “Your Choice”, which will mean the Attacker can use whatever they like, so could even use Foot then Hand attacks.

There is no measure in Two Step Sparring, both start in Narani Junbi Sogi, approximately 1 meter apart like in three Step Sparring (1).

Both Attacker and Defender will be asked to Bow, then given the “Junbi” command.

The Defender will move into Narani Junbi Sogi, but the Attacker will step back into a Right L Stance, Forearm Guarding block. Both with a loud “KIHAP” (2).

The Attacker will then “KIHAP” to say they are ready to attack, and the Defender will answer with a “KIHAP” to say they are also ready.

After two attacks and blocks, the Defender will Counter Attack, with a loud “KIHAP”, then both return to Narani Junbi Sogi.

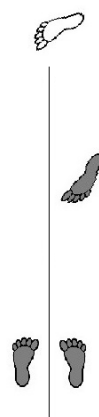
The Defender now becomes the attacker, and pulls back into Right L Stance, Forearm Guarding Block and then “KIHAP” when ready to attack.

This continues until the Instructor or Examiner gives the “BARO” command.

1)



2)



5th Kup –Blue Stripe to Blue Belt

5th Kup brings back angles in patterns, but also introduces Hooking Block, Double Forearm Block, Twin Knife Hand Block, X Stance and some more advanced kicks for your Grading. As the meaning of Blue Belt mentions, you should now be well on your way, as your training in Taekwon-Do progresses.

Requirements for Grading;

Won Hyo Tul	Pattern Won Hyo (In your own time)
Yul Gok Tul	Pattern Yul Gok (In your own time)
Ibo Matsoki	Two Step Sparring
Jayoo Matsoki	Free Sparring
Gyokpa;	Destruction;
Bandae Dollyo Chagi	Reverse Turning Kick (R&L Measure, Attempt Students Choice)
Dwit Chagi	Back Kick (R&L Measure, Attempt Students Choice)
Sonkal Anaero Teirigi	Inward Knife Hand Strike (R&L Measure, Attempt Students Choice)

Theory;

What is the meaning of Yul Gok?

Yul Gok is a 38 movement pattern and is a Pseudonym of the great Philosopher and Scholar – Yi I (1536-1584), nicknamed 'The Confucius of Korea'. The 38 movements refer to his birthplace on 38° latitude and the diagram of the pattern represents Scholar.

What is the meaning of Blue Belt?

Blue Belt signifies the heaven, towards which the plant matures into a towering tree, as training in Taekwon-Do progresses.

Describe an X Stance?

This stance is performed standing on one leg, with the ball of the foot touching the floor next to it with the feet almost parallel; Therefore, it has virtually no length or width. The weight distribution is almost 100% on the weight bearing leg. With the non-supporting leg crossing either in front or behind it (usually crossed in front when stepping and behind when jumping).

What is a Connecting Motion?

This is performed as usual with the following exceptions; There is no pause between techniques, there is only one breath control and one Sine Wave motion, it is usually impossible to determine where one technique ends and the next begins. Connecting Motion is always with two movements, using opposite arms. One reason for using this kind of motion is where one techniques 'sets up' the opponent for an immediate attack.

Why do we do Two Step Sparring?

Two Step Sparring is designed for the intermediate Student to learn more advanced techniques, also using the same timing and distance as in Three Step Sparring, but with more varied attacks, thus allowing the attacking student to develop various combinations. All Attackers start in Right L Stance, Forearm Guarding Block. All Defenders start in Parallel Ready Stance.

Terminology;

General;

Ibo Matsoki	Two Step Sparring
Twiggi	Jumping

Stances;

Kyocha Sogi	X Stance
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Attacks;

Ap Palkup Taerigi	Front Elbow Strike
Bandae Dollyo Chagi	Reverse Turning Kick

Defences;

Sonbadak Golcho Makgi	Palm Hooking Block
Baro Golcho Makgi	Obverse Hooking Block
Bandae Golcho Makgi	Reverse Hooking Block
Sang Sonkal Makgi	Twin Knife Hand Block
Napunde Doo Palmok Makgi	High Section Double Forearm Block

NOTES;