

KICKS

TAEKWON-DO ACADEMY

ITF Grading Information 8th Kup – Yellow Belt

Practical

Sitting Stance Double Punch

Side Kick (Line Work)

Walking Stance Front Kick Double

Punch (Line Work)

Walking Stance Low Block Rising Block

(Line Work)

Three Step Sparring

Chon-Ji

Dan-Gun



Sitting Stance Double Punch



Side Kick (Line Work)
Reverse Side Kick (Line Work)



Walking Stance Front Kick Double Punch
Walking Stance Low Blocks Rising Block



Three Step Sparring



Dan Gun
Know the meaning of Dan Gun

Theory

What is the meaning of Dan-Gun?

21 movement pattern - Is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2333 BC.

What is the meaning of Green Belt?

Green belt signifies the plant's growth as the Taekwon-Do skill begins to develop.

Why do we do Three Step Sparring?

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

Describe a Front kick?

The correct tool for front kick is the ball of the foot. This is achieved by locking the ankle joint forward and pulling the toes back.

Describe a Side kick?

The correct tool for side kick is the outer edge of the heel. This is achieved by locking the ankle joint back and in.

Why do we learn the Pattern meanings?

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

High
Thee step sparring
Left
Right
Side
Inward
Outward

Nopunde
Sambo matsogi
Wen
Orun
Yop
Anuro
Bakuro

Parts of the body

Head
Foot
Foot sword
Ball of foot
Hand
Knife hand

Mori
Bal
Balkal
Ap kumchi
Son
Sonkal

Attacks

Fore-fist high punch
Knife-hand middle side strike
Double punch
Side kick
Back kick

Ap joomuk nopunde jirugi
Sonkal kaunde yop taerigi
Dibo jirugi
Yop chagi
Dwit chagi

Defences

Forearm rising Block
Knife hand guarding block
Forearm guarding block
Twin forearm block
Inward block

Palmok chookyo makgi
Sonkal daebi makgi
Palmok daebi makgi
Sang palmok makgi
Anuro makgi