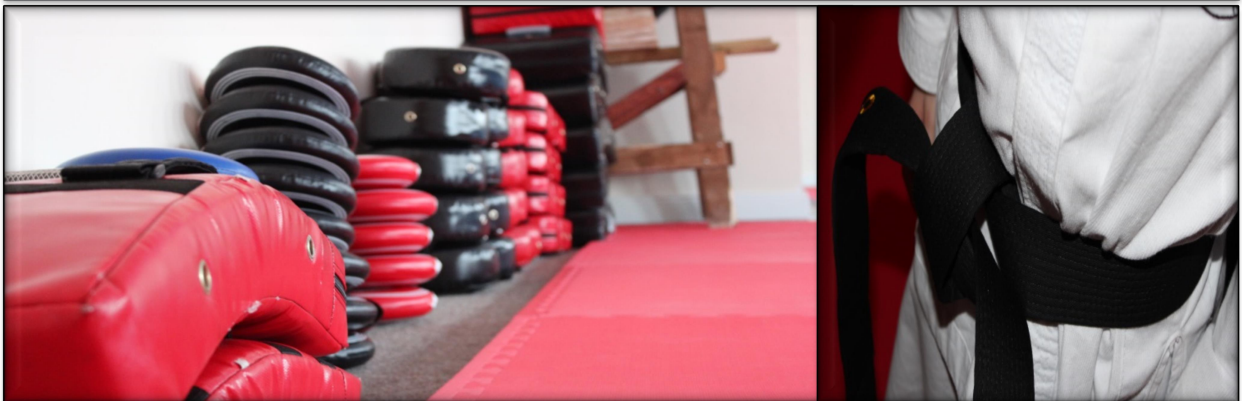


Portarlinton Taekwon Do School



Student Manual



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What is Taekwon Do

Taekwon do is the art of self-defense founded by a Korean General named Choi Hong Hi. Taekwon do was officially recognized on 11th April 1955 when Gen Choi, after exhaustive researching, developing and experimenting, proclaimed Taekwon do to the world as a completely valid and unique martial art having a basic Korean origin.

Translated literally “tae” stands for jumping or flying, to kick or smash with the foot. “Kwon” denotes the fist – chiefly to punch or destroy with the hands or fist. “Do” means art or way – the right way built and paved by the saints and sages of the past.

Taekwon do is a martial art that has no equal in either power or technique, which has been developed using the principles of modern science. It provides the practitioner with a fine weapon to defend him / herself. Used wrongly, Taekwon do can be a lethal weapon. Therefore mental training must always be stressed to prevent the student from misusing it and to promote a strong sense of justice, fortitude, humility and resolve.

Taekwon do in Ireland

Taekwon do was introduced to the Republic of Ireland by Master Rhee Ki Ha in 1968. The cliché “from little acorns, great oak trees grow” is certainly true of Taekwon do. Although starting in Dublin, It soon spread nationwide through the dedicated work of a few founding members.

Student Oath

I shall observe the tenets of Taekwon do
I shall respect the instructor and seniors
I shall never misuse Taekwon do
I shall be a champion of freedom and justice
I shall build a more peaceful world

General Choi Hong Hi 9th Degree Grandmaster & Founder of Taekwon do



General Choi Hong Hi was born on November 9th, 1918, in the Hwa Dae Myong Chu District of Korea. At the age of twelve he started to study Taek Kyon, an ancient Korean method of fighting with the feet. Later, when he was studying in Japan, he met a Karate teacher who helped him earn his first degree Black Belt in less than two years. He then intensified his training, striving to earn his second degree. Around the same time, he started teaching.

Conscripted into the Japanese army during World War II, he was posted to Pyongyang where he was imprisoned. Wanting to maintain his good physical and mental health during his imprisonment, he practiced karate, alone at first, then by teaching it to the staff of the prison and the other prisoners.

Becoming an officer in the new Korean Army after the end of the war, he continued to teach his martial art to his soldiers as well as to American soldiers serving in Korea.

His beliefs and his vision of a different approach to teaching martial arts led General Choi to combine elements of Taek Kyon and Karate techniques to develop a modern martial art. He called it Tae Kwon Do, which means "the way of the feet and the hands", and this name was officially adopted on April 11th, 1955.

In 1959, General Choi was named President of the Korean Taekwon-Do Association. Seven years later, on March 22nd, 1966, he created the International Taekwon-Do Federation (ITF). As the Founder of Taekwon-Do and President of the ITF, he had the ability to share his art with students everywhere. Today, Taekwon-Do training is available around the world.

After a life dedicated to the development of Taekwon-Do, a modern martial art based on traditional values, philosophy, and training, General Choi, Founder of Taekwon-Do and President of the International Taekwon-Do Federation, died of cancer on June 15th, 2002, in the country of his birth.

Training “Secrets” of Taekwon do

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

10 points to becoming a good student

1. Never tire of learning. A good student can learn anywhere, anytime. This is the secret of knowledge.
2. A good student must be willing to sacrifice for their art and their Instructor. Many students feel that their training is a commodity bought with monthly fee's, and are unwilling to take part in any demonstrations, teaching or work around the Dojang. An Instructor can afford to lose this type of student.
3. Always set a good example to lower ranking students. It is only natural that they attempt to emulate their seniors.
4. Always be loyal and never criticize the Instructor, Taekwon do or the teaching methods.
5. If an Instructor teaches a technique, practice it and attempt to utilize it.
6. Remember that a student's conduct outside the Dojang reflects on the art, the Instructor and the School.
7. If a student adopts a technique from another Dojang and the Instructor disapproves of it, the student must discard it immediately, or train in the Dojang where it was taught.
8. Never be disrespectful to the Instructor. Although a student is allowed to disagree with the Instructor, he must first follow the instruction, and then discuss the matter later.
9. A student must always be eager to learn and ask questions.
10. Never break a trust.

Dojang Rules

1. Bow upon entering or leaving the Dojang.
2. Bow to the instructor at the proper distance.
3. Before the class commences and when it finishes, form orderly lines facing the instructor, with the most senior student standing to their right, and the remainder lining up from right to left in order of seniority.
4. At the beginning and end of the class, the most senior student calls the class to attention with the command (CHARYOT), followed by Boosabum (1st-3rd degree Assistant Instructor), Sabum (4th-6th degree Instructor), Sahyun (7th-8th degree Master) or Saseong (9th degree Grand Master), which ever is appropriate.
5. S/he gives the command to bow to the instructor (KYONG-YE), as they bow all students say TAEKWON.
6. Recite the Oath prior to training.
7. Before asking a question, attract the instructor's attention by raising your hand.
8. Always address your instructor as Sir/Madam or Mr. / Mrs. / Ms / Miss.
9. Always ask for the instructor's permission before entering or leaving the class.
10. Dobuk (suit) and belt must be worn in all classes after first grading, with the belt displaying your correct grade and tied in the designated manner.
11. A T-shirt may be worn under the Dobuk if necessary; however it must only be white.
12. It is forbidden to wear shoes, runners etc., in the Dojang.
13. A high degree of personal hygiene is expected e.g. finger and toe nails clipped and clean.
14. Always turn to the left side before adjusting your Dobuk.
15. Smoking, eating, drinking or chewing gum is not permitted in the Dojang.
16. The wearing of jewellery, watches, rings, etc., in the class is strictly not permitted.
17. When practising with a partner, always bow to your partner before you start and when you finish.

Dobuk should be cleaned and pressed for class.

Tenets of Taekwon Do

Courtesy (Ye Ui)

It can be said that Courtesy is an unwritten regulation prescribed by ancient teacher of philosophy as a means to enlighten the human being while maintaining a harmonious society. It can further be as an ultimate criterion required of a mortal

Taekwon do students should attempt to practice the following elements of Courtesy to build up their noble character and to conduct their training in an orderly manner as well

1. To promote the spirit of mutual concessions
2. To be ashamed of ones own vices, contempting those of others
3. To be polite to one another
4. To promote a sense of Justice and Humanity
5. To distinguish the Instructor from Student, Senior from Junior and Elder from Junior.
6. To behave oneself according to etiquette.
7. To respect other's possessions
8. To handle all matters with fairness and sincerity
9. To refrain from giving or accepting any gift when in doubt

Integrity (Yom Chi)

In Taekwon do, the word Integrity assumes a looser definition than the one usually presented in Webster's dictionary. One must be able to define right and wrong and have the conscience, if wrong to feel guilt.

Listed are some examples where Integrity is lacking.

1. The Instructor who misrepresents himself and his art by presenting improper techniques to his students because of lack of knowledge or apathy
2. The student who misrepresents himself by *"fixing"* breaking materials before a demonstration.
3. The Instructor who camouflages bad techniques with luxurious training halls and false flattery to his students
4. The student who requests rank from his Instructor or attempts to purchase it
5. The student who gains rank for ego purposes or the feeling of power
6. The Instructor who teaches or promotes his art for materialistic gains.
7. The student whose actions do not live up to his words.
8. The student who feels ashamed to seek opinions from his juniors

Perseverance (In Nae)

There is an old oriental saying "Patience leads to virtue or merit." "One can make a peaceful home by being patient for 100 times." Certainly, happiness and prosperity are more likely to be brought to the patient person. To achieve something whether it is a high degree or the perfection of a technique, one must set their goal, and then constantly persevere to achieve it. Robert Bruce learned his lesson of perseverance from the persistent efforts of a lowly spider. It was this perseverance and tenacity that finally enabled him to free Scotland in the 14th century. One of the most important secrets in becoming a leader of Taekwon do is to overcome every difficulty by perseverance

Confucius said "One who is impatient in trivial matters can seldom achieve success in matters of great importance"

Self control (Guk Gi)

This tenet is extremely important inside and outside the Dojang, whether conducting oneself in free sparring or in one's personal affairs. A loss of self control could prove disastrous to both student and opponent. An inability to work within one's capabilities or sphere is also a lack of self control

According to Lao Tzu "the term of stronger is the person who wins over oneself rather than someone else"

Indomitable spirit (Baekjul Boolgool)

"Here lie 300 who did their duty." A simple epitaph for one of the greatest acts of courage known to mankind. Although facing the superior forces of Xerxes, Leonidas and his 300 Spartans at Thermopylae showed the world the meaning of indomitable spirit. It is shown when a courageous person and his principles are pitted against overwhelming odds

A serious student of Taekwon do will at all times be modest and honest. If confronted with injustice, he will deal with the belligerent without any fear or hesitation at all, with indomitable spirit, regardless whosoever or however many the numbers may be.

Confucius declared "It is an act of cowardice to fail to speak out against injustice" as history has proven, Those who have pursued their dreams earnestly and strenuously with indomitable spirit have never failed to achieve their goals



System of Rank

In Taekwon-Do, character development, fortitude, tenacity, and technique are graded as well as individual capacity.

The promotional scale is divided into nineteen ranks - 10 grades (Gups) and nine degrees (Dans.) The former begins with 10th grade (Gup) the lowest and ends at first grade. Degrees begin with the first degree (Dan) and end with the ultimate, ninth degree.

There is, of course, certain significance in the numbering system. With degrees, the number 9 is not only the highest one among one digit numbers but also is the number of 3 multiplied by 3. In the Orient, three is the most esteemed of all the numbers.

The Chinese character representing three is written: 三. The upper line symbolizes the heaven; the middle line, mortals; and the bottom line earth. It was believed that the individual who was successful in promoting his country, fellowmen and God, and able to reach an accord with all three would aspire to become King, which was written thusly: 王.

The Chinese character for three and king are nearly synonymous. When the number three is multiplied by itself, the equation is nine, the highest of the high; therefore ninth degree is the highest of the high-ranking belts. It is also interesting to note that when the number 9 is multiplied by any other single digit number and the resultant figures are added together, the answer always equals 9, i.e. $9 \times 1 = 9$; $9 \times 2 = 18$, $1 + 8 = 9$ and so on up to $9 \times 9 = 81$, $8 + 1 = 9$.

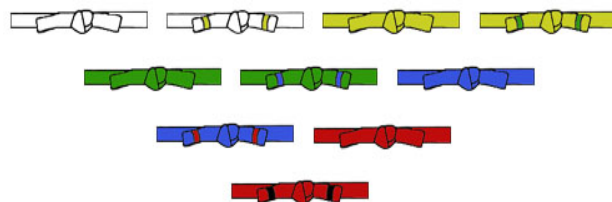
Since this is the only single digit number having this property, it again points to the number 9 as being the most positive of figures. Taking the use of the number three one-step further, the degrees are further divided into three distinct classes.

First through third degree is considered the novice stages of black belt. Students are still merely beginners in comparison to the higher degrees.

At fourth degree, the student crosses the threshold of puberty and enters the expert class.

Seventh through ninth is composed of Taekwon-Do masters- the elite who fully understand all the particulars of Taekwon-Do, mental and physical.

There is perhaps one question that remains; why begin with the lowest of the two digit numbers, "10" why not begin with the lowest one digit number and proceed from first grade to ninth grade, and then begin again for degrees? Though it would certainly be more logical, the 10 to 1 and 1 to 10 numerical system in the Orient is ageless. It would be impossible, if not even a bit impertinent, to attempt to change a practice that is even carried into children's games. Perhaps there was an initial logical reason for it: however, it seems to have been lost in antiquity. Anyhow, the number "10" is the lowest existing two-digit number: consequently, a beginner must start at this number rather than 11 or 12 which are numerically higher.



Significance of belt colours

In Tae Kwon Do the colour of each belt represents the rank held by the individual.

The significance of each colour represents the development and maturity of the student within Taekwon do.

White Signifies innocence as that of the beginner student who has no previous knowledge of Tae kwon do.

Yellow Signifies the earth from which a plant sprouts and takes root as the Tae kwon do foundation is being laid.

Green Signifies the plants growth as Tae kwon do skills begin to develop

Blue Signifies the heaven towards which the plant matures into a towering tree as training in Tae kwon do progresses.

Red Signifies danger cautioning the student to exercise control, also warning the opponent to stay away

Black The opposite to white. Therefore signifying maturity and proficiency in Tae kwon do. Also signifying the wearers imperviousness to darkness and fear

It is important to understand that these grades are stages in each individual's development and that achieving a black belt is not the final stage. Upon achieving black belt the practitioner has become a "Novice".

Black belt grades

Novice

1st to 3rd degree **Boo-sabum**

Expert

4th to 6th degree **Sabum**

Master

7th and 8th degree **Sahyun**

Grandmaster

9th degree **Saseong**

Patterns

Patterns are various fundamental movements which represent either attack or defense techniques set to a fixed logical sequence. In patterns the student deals with several imaginary opponents under various assumptions using every available attacking and blocking tool from different directions. Thus pattern practice enables the student to go through many fundamental movements in series to develop sparring techniques, improve flexibility of movements, master body shifting and gain rhythmical movements. It also enables the student to acquire certain techniques or sparring. In short a pattern can be compared with a unit tactic or a word if fundamental movement is in a soldiers training or alphabet. Accordingly pattern the ledger of every movement, is a series of sparring, power tests, feats and characteristic beauty. Though sparring may indicate that an opponent is more or less advanced, patterns are a more critical barometer in evaluating an individual's technique

POINTS TO REMEMBER IN PERFORMING PATTERNS

- PATTERNS SHOULD ALWAYS BEGIN AND END ON THE SAME SPOT TO INDICATE THE PERFORMERS ACCURACY
- CORRECT POSTURE AND FACING MUST BE MAINTAINED AT ALL TIMES
- THE EXERCISE SHOULD BE PERFORMED IN A RHYTHMIC MOVEMENT WITH THE ABSENCE OF STIFFNESS
- MUSCLES OF THE BODY SHOULD BE TENSED OR RELAXED AT THE PROPER CRITICAL MOMENTS IN THE EXERCISE
- EACH PATTERN SHOULD BE ACCELERATED OR DECELERATED ACCORDING TO INSTRUCTIONS
- EACH PATTERN SHOULD BE PERFECTED BEFORE MOVING ON TO THE NEXT
- STUDENTS SHOULD KNOW THE PURPOSE OF EACH MOVEMENT
- STUDENTS SHOULD PERFORM EACH MOVEMENT WITH REALISM

The reason for 24 patterns

"The life of a human being, Perhaps 100 years, can be considered as a day when compared to eternity. Therefore we mortals are no more than simple travelers who pass by the eternal years of anon in a day.

It is evident that no one can live for more than a limited amount of time. Nevertheless, most people foolishly enslave themselves to materialism as if they could live for a thousand years. Some people strive to bequeath a good spiritual legacy for coming generations, in this way gaining immortality. Obviously, the spirit is perpetual while the material is not. Therefore, what can do to leave something behind for the welfare of mankind is, perhaps, the most important thing in our lives.

Here I leave Taekwon do for mankind as a trace of man of the late 20th Century.

The 24 patterns represent the 24 hours, One day, or all of my life"

General Choi Hong Hi 9th Degree

Grandmaster

Colour Grade Patterns: Interpretations

Chon ji: 19 movements (Performed by 9th kup & above)

Chon Ji means literally the “heaven and earth” it is in the orient interpreted as the creation of the world and the beginning of human history, therefore it is the initial part played by the beginner. This pattern consists of two similar parts one to represent the heaven and the other the earth.

Dan gun: 21 movements (Performed by 8th kup & above)

Dan Gun is named after the holy Dan Gun, the legendary founder of Korea in the year 2333 B.C.

Do San 24 movements (Performed by 7th kup & above)

Do San is the pseudonym of the patriot An Chang Ho (1876-1938). The 24 movements represent his entire life. Which he devoted to the education of Korea and its independence movement.

Won hyo: 28 movements (Performed by 6th kup & above)

Won hyo was the noted monk that introduced Buddhism to the Silla Dynasty in the year 686

Yul gok: 38 movements (Performed by 5th kup & above)

Yul gok is the pseudonym of the great philosopher and scholar Yi I (1536-1584 A.D.) nicknamed the “Confucius of Korea”. The 38 movements of this pattern refer to his birthplace on the 38th latitude and the diagram represents “scholar”.

Joong Gun: 32 movements (Performed by 4th kup & above)

Joong-Gun is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed in a Lui-Shung prison (1910).

Toi Gye: 37 movements (Performed by 3rd kup & above)

Toi-Gye is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo Confucianism. The 37 movements of the pattern refer to his birthplace on 37 latitude, the diagram represents “scholar”.

Hwa Rang: 29 movements (Performed by 2nd kup & above)

Hwa rang is named after the Hwa Rang youth group which originated in the Silla dynasty in the early 7th century. This group eventually became the actual driving force for the unification of the three kingdoms of Korea. The 29 movements refer to the 29th infantry division, where Tae Kwon-do developed into maturity.

Choong moo: 30 movements (Performed by 1st kup & above)

Choong moo was the given name to the great admiral Yi Sun Sin of the Lee Dynasty .He was reputed to have invented the first armoured battleship (kobuksun), which was the precursor of the present day submarine, in 1592 A.D. The reason why this pattern ends with a left-hand attack is to symbolize his regrettable death having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to his king.

THEORY OF POWER (Him Ui Wolli)

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

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

REACTION FORCE (Bandong Ryok)

According to Newton's Law, every force has an equal and opposite force. When an automobile crashes into a wall with the force of 2,000 pounds, the wall will return a force of 2,000 pounds; or forcing the end of the seesaw down with a ton of weight will provide an upward force of the same weight; if your opponent is rushing towards you at a high speed, by the slightest blow at his head, the force with which you strike his head would be that of his own onslaught plus that of your blow.

The two forces combined; his, which is large, and yours, which is small is quite impressive. Another reaction force is your own. A punch with the right fist is aided by pulling back the left fist to the hip.

CONCENTRATION (Jip Joong)

By applying the impact force onto the smallest target area, it will concentrate the force and therefore, increase its effect. For example, the force of water coming out of a water hose is greater if the orifice is smaller. Conversely, the weight of a man spread out on snow shoes makes hardly any impression on the snow. The blows in Taekwon-Do are often concentrated onto the edge of the open palm or to the crook of the fingers.

It is very important that you should not unleash all your strength at the beginning but gradually, and particularly at the point of contact with your opponent's body, the force must be so concentrated as to give a knock-out blow. That is to say, the shorter the time for the concentration, the greater will be the power of the blow. The utmost concentration is required in order to mobilize every muscle of the body onto the smallest target area simultaneously.

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

MASS (Zilyang)

Mathematically, the maximum kinetic energy or force is obtained from maximum body weight and speed and it is all important that the body weight be increased during the execution of a blow. No doubt the maximum body weight is applied with the motion of turning the hip. The large abdominal muscles are twisted to provide additional body momentum. Thus the hip rotates in the same direction as that of the attacking or blocking tool as in figure F. Another way of increasing body weight is the utilization of a springing action of the knee joint. This is achieved by slightly raising the hip at the beginning of the motion and lowering the hip at the moment of impact to drop the body weight into the motion.

EQUILIBRIUM (Kyun Hyung)

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

BREATH CONTROL (Hohup Jojul)

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

SPEED (Sokdo)

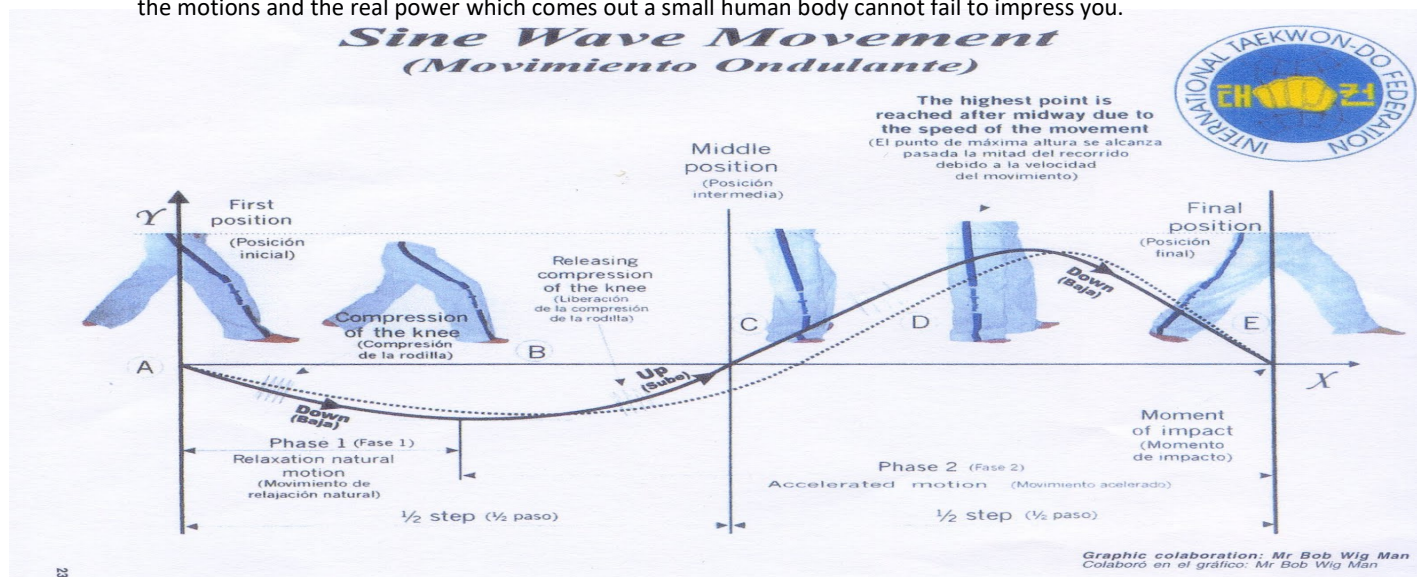
Speed is the most essential factor of force or power. Scientifically, force equals mass multiplied by acceleration ($F = MA$) or ($P = MV^2$).

According to the theory of kinetic energy, every object increases its weight as well as speed in a downward movement. This very principle is applied to this particular art of self-defense. For this reason, at the moment of impact, the position of the hand normally becomes lower than the shoulder and the foot lower than the hip while the body is in the air.

Reaction force, breath, control, equilibrium, concentration, and relaxation of the muscles cannot be ignored. However, these are the factors that contribute to the speed and all these factors, together with flexible and rhythmic movements, must be well coordinated to produce the maximum power in Taekwon-Do.

In summarizing, it is necessary to point out that the principles of force outlined here hold just as true today in our modern scientific and nuclear age as they did centuries ago.

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



Grading Syllabus

10th Kup White Belt



The white belt signifies innocence as that of the beginner student who has no previous knowledge of Taekwon do

When you begin your Taekwon Do training, you will first learn basic stances and fundamental movements. You will also be shown how to correctly tie your belt and learn the general terms used to conduct the class, such as counting (In Korean), Sections of the body and the Korean phrases used to conduct the class.

General terms

Stances

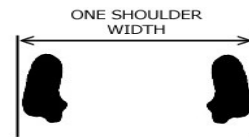
Attention stance

Chariot sogi

Ready stance

Junbi sogi

This is the basic ready stance in Taekwon-Do. Weight distribution is 50/50. Movements may be performed in this stance – sine wave is generated by coming up onto the balls of the feet and dropping the body's weight.



Sitting stance

Annun sogi

In sitting stance, sine wave is generated by almost straightening the knees, then bending them. Weight distribution is 50/50. There is no obverse or reverse



Walking stance

Gunnun sogi

The front leg is bent, with the knee over the ankle, while the back leg is straight. The rear foot is turned out approximately 25 degrees. Weight distribution: 50/50



Commands

<u>Korean</u>	<u>English</u>
Chariot	Attention
Kyong ye	Bow
Junbi	Ready
Si-jak	Start
Guman	Stop
Pharo	Return
Hae san	Dismissed

Parts of the body

<u>Korean</u>	<u>English</u>
Ap Joomuk	Forefist
Palmok	Forearm
An Palmok	Inner Forearm
Bakat Palmok	Outer Forearm

Sections of the body

Nopunde

High section (Above shoulder level)

Kaunde

Middle section (Navel level to Shoulder level)

Najunde

Low section (From the navel level & Below)

Techniques

Four direction Punch	Sajo jirugi
Forefist punch	Ap joomuk jirugi
Obverse punch	Baro jirugi
Reverse punch	Bandae jirugi
Low block (outer forearm)	Bakat palmok, Najunde makgi
Middle block (inner forearm)	An palmok, Kaunde makgi
Rising block (outer forearm)	Bakat palmok, Chookyo makgi
Front Snap kick	Ap Cha Bisugi
Front Rising Kick	Ap Cha Olligi

Grading Examination:

When the time comes for the student to take the first grading for promotion, the student should be proficient at the four stances, Attention, Ready, Sitting & Walking stance.

The student will also perform Forefist punch in sitting & Walking stance, Outer firearm Low & Rising Blocks & Inner Forearm middle block from walking stance and Sajo Jirugi (4 Directional punch).

10 Push ups, Front Rising Kick & Front snap kick.

Grading Syllabus

9th Kup White Belt-Yellow tip



Upon successfully passing the first grading the Taekwon do student is promoted to 9th kup, a yellow tip is placed on the end of the belt to distinguish this grade. At this point the student will begin to learn Chon ji, the first of the 24 patterns of Taekwon Do.

Grading Techniques

Sajo Makgi 4 Directional Block

Niunja Sogi L-Stance

The rear leg is bent and the forward leg is almost straight. The toes of both feet point inwards slightly.

The body is always either side or half facing in this stance.

Weight distribution: 70 percent of the weight is on the rear leg.



Chon ji: 19 movements

Chon Ji means literally the “heaven and earth” it is in the orient interpreted as the creation of the world and the beginning of human history, therefore it is the initial part played by the beginner. This pattern consists of two similar parts one to represent the heaven and the other the earth.

Annun so, ap joomuk jirugi (x2)

Sitting stance, double punch

Gunnun so, ap cha bisugi, baro jirugi, bandae jirugi

Walking stance, front snap kick, double punch

Gunnun so, bakat palmok najunde makgi, bandae jirugi

Walking stance, low block, reverse punch

New Techniques

Sonkal kaunde makgi

Knife-hand middle section block

Sonkal najunde makgi

Knife-hand low section block

20 Sit ups

All previous Exercises, Patterns and Techniques are to be included in grading requirement

Grading Syllabus

8th Kup Yellow Belt



Yellow signifies the earth from which a plant sprouts and takes root as the Tae kwon do foundation is being laid.

Dan gun: 21 movements

Dan Gun is named after the holy Dan Gun, the legendary founder of Korea in the year 2333 B.C.

New Techniques

Dan Gun

Sonkal daebi makgi	Knife-hand guarding block
Sang palmok makgi	Twin forearm block
Sonkal taerigi	Knife-hand strike

Notes

All previous Exercises, Patterns and Techniques are to be included in grading requirement

Grading Syllabus

7th Kup Yellow Belt-Green Tip



Green signifies the plants growth as Tae kwon do skills begin to develop

Do San 24 movements

Do San is the pseudonym of the patriot An Chang Ho (1876-1938). The 24 movements represent his entire life. Which he devoted to the education of Korea and its independence movement.

New techniques

Do San

Outer forearm high section block
Straight fingertip thrust
Back fist strike
Outer Forearm wedging block.

Bakat palmok nopunde makgi
Sun sonkut tulgi
Dung joomuk taerigi
Bakat palmok hechyo makgi

Self Defence: Single wrist grab

Power test: Side piercing kick

Notes

All previous Exercises, Patterns and Techniques are to be included in grading requirement

Grading Syllabus

6th Kup Green Belt



Green signifies the plants growth as Tae kwon do skills begin to develop

Won hyo : 28 movements

Won hyo was the noted monk that introduced Buddhism to the Silla Dynasty in the year 686 A.D.

New techniques

Won hyo

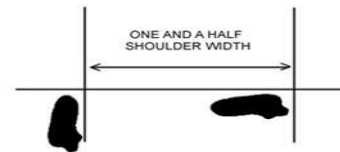
Yop jirugi	Side punch
Dolli-Myo makgi	Circular block
Bakat palmok daebi makgi	Outer forearm guarding block

Gojung Sogi

Fixed Stance

Fixed stance is similar to a lengthened L-stance, except that the weight distribution is even and both legs are equally bent. It is 1 foot width longer than L-Stance.

Whether it is a left or right stance is therefore determined by the forward leg.



Goburyo Sogi (A)

Ready Bending Stance

This serves as a preparatory stance for side peircing kicks.

When standing with a right foot it is called a right bending stance and vice-versa.

Self Defence: Release from two wrists grab

Power Test: Turning Kick

Notes

All previous Exercises, Patterns and Techniques are to be included in grading requirement

Grading Syllabus

5th Kup Green Belt-Blue tip



Blue signifies the heaven towards which the plant matures into a towering tree as training in Tae kwon do progresses.

Yul gok : 38 movements

Yul gok is the pseudonym of the great philosopher and scholar Yi I (1536-1584 A.D.) nicknamed the “Confucius of Korea”. The 38 movements of this pattern refer to his birthplace on the 38th latitude and the diagram represents “scholar”.

New Techniques

Yul Gok

Golcho makgi

Hooking block

Ap palkup taerigi

Front elbow strike

Sang sonkal makgi

Twin knife-hand block

Doo palmok makgi

Double forearm block

Kyocha Sogi

X-Stance

This is a very convenient stance for attacking the side or front. It is frequently used for blocking and serves as a preparatory stance for moving into the next manoeuvre.

Cross one foot over or behind the other, touching the ground slightly with the ball of the foot. Place the body weight on the stationary foot. When the weight is rested on the right foot, the stance is called a right X-stance and vice-versa.

The other foot is usually placed in front of the stationary foot.

It may be either full facing or half facing, both in attack and defence.



Stepping



Jumping

Self Defence:

Release, Choke Hold

Power Test Hand:

Knife-hand Strike

Power Test Foot:

Reverse Turning Kick

Notes

All previous Exercises, Patterns and Techniques are to be included in grading requirement

Grading Syllabus

4th Kup Blue Belt



Blue signifies the heaven towards which the plant matures into a towering tree as training in Tae kwon do progresses.

Joong Gun: 32 movements

JOONG-GUN is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed in a Lui-Shung prison (1910).

New techniques

Sonkal dung kaunde makgi	Reverse knife-hand middle block
Wi palkup taerigi	Upper elbow strike
Son badak noollo makgi	Palm pressing block
Giokja jirugi	Angle punch
Digutja makgi	U-shape block

Dwit bal sogi

Rear foot stance

This is used for defence and occasionally for attack. The advantage of this stance is the ability to kick or adjust the distance from an opponent with the front foot without additional shifting of the body weight to the rear foot. Bend the rear leg until the knee comes over the toes, placing the heel slightly beyond the heel of the front foot. Bend the front leg, touching the ground slightly with the ball of the foot. Distribute most of the body weight on the rear foot. When the right foot is in the rear, the stance is called a right rear foot stance and vice-versa. It is always half facing, both in attack and defence.

Nachuo sogi

Low stance

The advantage of this stance is the ease with which you can extend the attacking tool also it is effective to adjust the distance to and from the target. It is similar to the walking stance but it is 1 foot length longer. It can be either full or half facing.

Self-Defense:

Side head lock

One Step Sparring: One step consists of defence & counter attacks to a single punch in a walking stance. All attacks start from parallel ready stance, first on the right side then on the left side. Counter attacks to punches from either side must be practiced.

The defender must execute efficient blocking or evading techniques followed by counter attacks consisting of a combination of hand or foot striking techniques or take down techniques. Regardless if the defender is to evade or take down their partner they should always follow through to "finish off" their attacker

- It is vital that all techniques are technically correct and focused on the proper target.
- Proper distance and control must be maintained.
- All kicks and punches must be fully extended with control to the target.

Therefore demonstrating the exponent's proficiency and control as expected of their grade.

Power Test Hand:

Front Elbow strike

Power Test Foot:

Back Kick

All previous Exercises, Patterns and Techniques are to be included in grading requirement

Grading Syllabus

3rd Kup Blue Belt-Red tip



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

Toi Gye : 37 movements

TOI-GYE is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo Confucianism. The 37 movements of the pattern refer to his birthplace on 37 latitude, the diagram represents "scholar".

New techniques

Dwijibun sonkut tulgi	Upset fingertip thrust
Sang yop palkup tulgi	Twin side elbow thrust
San makgi	W-shape block
Miro makgi	Pushing block
Dung joomuk, Yop taerigi	Side back fist strike
Najunde sonkal daebi makgi	Low section knife-hand guarding block

Self-Defense: Bear hug

Power Test Hand: Fore-fist punch (Male) Knife-hand Strike (Female)

Power Test Foot: Any kicking technique (Examiners discretion) 2 Boards

All previous Exercises, Patterns and Techniques are to be included in grading requirement

Grading Syllabus

2nd Kup Red belt



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

Hwa Rang : 29 movements

Hwa rang is named after the Hwa Rang youth group which originated in the Silla dynasty in the early 7th century. This group eventually became the actual driving force for the unification of the three kingdoms of Korea. The 29 movements refer to the 29th infantry division, where Tae Kwon-do developed into maturity.

New techniques

Son badak miro makgi	Palm pushing block
Ollyo jirugi	Upwards punch
Naeryo sonkal taerigi	Downward Knife-hand strike
Yobap makgi	Side front block

Moa Junbi sogi “c”

Close ready stance “c”

Feet are close together with left knife hand on top of right knife hand, hands are 10cm away from the body

Soo jik sogi

Vertical stance

Move 1 foot to either front or side at a distance of 1 shoulder width between the big toes. 60% of the body weight is on the rear foot, 40% on the front. The toes of each foot are turned inward at 15°. Both legs are kept straight. When the right foot is in the rear, this is a right vertical stance and vice versa. It is always half facing in attack and defence.

Self-Defense:

Full Nelson
Side Head-lock

Power Test Hand:

Fore-fist punch (Male) Knife-hand Strike (Female)

Power Test Foot:

Jumping Side kick

All previous Exercises, Patterns and Techniques are to be included in grading requirement

Grading Syllabus

1st Kup Red belt-Black tip



Black is the opposite of white, therefore signifying maturity and proficiency in Tae kwon do.
Also signifying the wearers imperviousness to darkness and fear

Choong moo : 30 movements

Choong moo was the given name to the great admiral Yi Sun Sin of the Yi Dynasty .He was reputed to have invented the first armored battleship (kobuksun), which was the precursor of the present day submarine, in 1592 A.D. The reason why this pattern ends with a left-hand attack is to symbolize his regrettable death having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to his king.

New techniques

Sonkal nopunde ap taerigi	Knife-hand high front strike
Sonkal dung ap taerigi	Reverse knife-hand front strike
Kaunde ap makgi	Middle front block
Kyocha sonkal momchau makgi	X-Knife-hand checking block
Sang son badak ollyo makgi	Twin palm heel upward block

Self-Defense: Examiners discretion

Power Test Hand: Fore-fist punch (Male) Knife-hand Strike (Female)
Power Test Foot 1: Jumping Side kick (From parallel ready stance)
Power Test Foot 2: Student discretion

All previous Exercises, Patterns and Techniques are to be included in grading requirement

Black Belt

1st Degree Patterns

Kwang Gae: 39 Movements

KWANG-GAE is named after the famous Kwang-Gae-Toh-Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 A. D., the year he came to the throne.

New Techniques:

Parallel Stance & Heaven hand	Hanulson narani sogi	Knife hand, low front block	Sonkal Najunde Ap-Makgi
Pressing Kick	Noollo Chagi	Consecutive Kick	Yonsok Chagi
Side fist downward strike	Yop Joomuk Naeryo Taerigi		

Po-Eun: 36 Movements

PO-EUN is the pseudonym of a loyal subject Chong Mong-Chu (1400) who was a famous poet and whose poem "I would not serve a second master though I might be crucified a hundred times" is known to every Korean. He was also a pioneer in the field of physics. The diagram represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.

New Techniques

One leg stance	Waebal Sogi	Fore-fist pressing block	Ap Joomuk Noollo makgi
Back elbow thrust	Dwit Palkup Tulgi	Horizontal punch	Soopyong Jirugi
Outer fore-arm low front block	Bakat Palmok Najunde Ap Makgi	U-Shape grasp	Digutja Japgi
Twin elbow horizontal thrust	Sang Yop Palkup Tulgi		
Back fist Side Back Strike	Dung Joomuk Yop Dwi Taerigi		
Reverse Knife-hand low guarding block	Sonkaldung Najunde Daebi Makgi		

Ge-Baek: 44 Movements

GE-BAEK is named after Ge-Baek, a great general in the Baek Je Dynasty (660 AD). The diagram represents his severe and strict military discipline.

New Techniques

Low Twisting Kick	Najunde Bituro Chagi	Double Arc-hand Block	Doo Bandalson Makgi
Scooping Block	Duro Makgi	Back Fist Front Strike	Dung Joomuk Ap Taerigi
9-Shape Block	Gutja Makgi	Middle Knuckle fist	Joongji Joomuk Kaunde Jirugi

Grading power test techniques:

Reverse Knife hand strike

Flying turning kick

Black Belt

2nd Degree Patterns

Eui Am: 45 Movements

Eui-Am is the pseudonym of Son Byong Hi, leader of the Korean independence movement on March 1st, 1919. The 45 movements refer to his age when he changed the name of Dong Hak (Oriental Culture) to Chondo Kyo (Heavenly Way Religion) in 1905. The diagram represents his indomitable spirit, displayed while dedicating himself to the prosperity of his nation.

New Techniques

X Fist Downward Block	Kyocha joomuk naeryo makgi	Crescent Punch	Bandal Jirugi
Turning Punch	Doolyo jirugi	knife hand wedging Block	Sonkal Hechyo makgi
Alternate palm downward block	Euhkallin sonbadak naeryo makgi		

Choong Jang: 52 Movements

Choong-Jang is the pseudonym given to General Kim Duk Ryang who lived during the Lee Dynasty, 14th century. This pattern ends with a left-hand attack to symbolise the tragedy of his death at 27 in prison before he was able to reach full maturity.

New Techniques

High Double finger thrust	Doo songarak tulgi	(Knee) Front snap kick	(Murup) Ap Cha Busigi
Twin palm pressing block	Sang sonbadak noolo makgi	Backhand downward strike	Sondung Naeryo Taerigi
Side front Back fist strike	yopap dung joomuk taerigi	Arc hand strike	Bandalson Taerigi
Open fist punch	Pyon joomuk jirugi		
Twin knuckle fist crescent punch	Sang inji joomuk bandal jirugi		
Horizontal strike with twin knife hand	Sang sonkal soopyong taerigi		

Juche: 45 Movements

Juche is a philosophical idea that man is the master of everything and decides everything, in other words, the idea that man is the master of the world and his own destiny. It is said that this idea was rooted in Baekdu Mountain, which symbolises the spirit of the Korean people. The diagram represents Baekdu Mountain.

New Techniques

Parallel Block	Narani Makgi	Hooking kick	Golcha chagi
Downward backfist strike	Naeryo dung joomuk taerigi	Crosscut	Ghutgi
Pick shape kick	Gokaeng I chagi	Forearm downward block	Palmok naeryo makgi
Straight elbow downward thrust	Son palkup naeryo tulgi	Dodging kick	Pihamyong chagi
2 Direction kick	Sangbang chagi	Horizontal backfist	Soopyong dung joomuk
Twin palm rising block	Sang sonbadak chookyo makgi		

Grading power test techniques:

Back fist strike

Flying reverse turning kick

Blocking & Striking tools



FOREFIST
(AP JOOMUK)



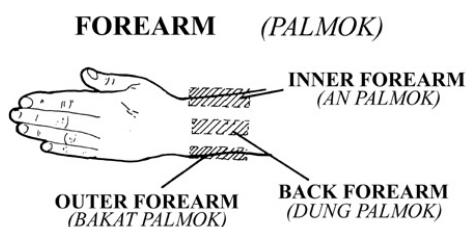
BACK FIST
(DUNG JOOMUK)



KNIFEHAND
(SONKAL)



REVERSE KNIFEHAND
(SONKAL DUNG)



FOREARM (PALMOK)

INNER FOREARM
(AN PALMOK)

OUTER FOREARM
(BAKAT PALMOK)

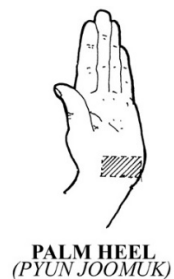
BACK FOREARM
(DUNG PALMOK)



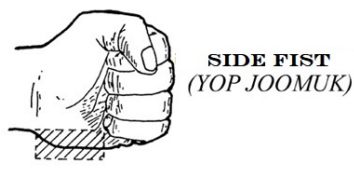
FINGERTIPS
(SONKUT)



ELBOW
(P'ALKUP)



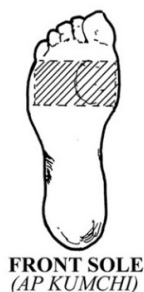
PALM HEEL
(PYUN JOOMUK)



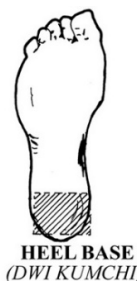
SIDE FIST
(YOP JOOMUK)



BAREHAND
(KONSON)



FRONT SOLE
(AP KUMCHI)



HEEL BASE
(DWI KUMCHI)