



## **STUDENT HANDBOOK**

**NAME:**.....  
**TAGB SCHOOL:**.....

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## Preface

People study Tae Kwon-Do for a myriad of reasons: some to develop self-confidence, some to condition themselves mentally or physically, and others strictly as a means of self defence in a hostile world.

Tae Kwon-Do is the perfect exercise for both the body and the mind, imparting the qualities of inner strength, patriotism, a sense of justice, and leadership that are needed to be a leader of the people.

This is one of the primary reasons why this art should be taught to the young, where it can help mould and/or temper emerging personality traits, and instil a sense of order, discipline, generosity, courage and humility.

Tae Kwon-Do has spread rapidly throughout the world and has been adopted within the military training curriculum of a number of countries. It is an accredited course in many universities in Korea, as well as a national sport in more than 62 nations. This growth of Tae Kwon-Do must certainly be attributed to countless numbers of dedicated, selfless instructors who, with a deep and passionate love for this art, have sacrificed their time and skill to promote Tae Kwon-Do around the world.

Tae Kwon-Do acts as a bridge of understanding allowing the students of the world to join together regardless of race or nationality, and foster international friendship and the perfection of both their bodies and minds.

*"Tae Kwon-Do – A Text Book For Basic & Advanced Students" by Gen. Choi Hong Hi*

## **What Is Tae Kwon-Do?**

It is a version of an ancient form of unarmed combat practiced for many centuries in the orient. Tae Kwon-Do became perfected in its present form in Korea.

Translated from Korean, “Tae” means to jump, kick or smash with the foot, “Kwon” means a fist, chiefly to punch or destroy with the hand or fist, and “Do” means art, way or method. Tae Kwon-Do indicated the technique of unarmed combat for self defence, involving the skilled application of punches, kicks, blocks, dodges and interception with the hand, arms, and feet to the rapid destruction of the opponent.

To the Korean people, Tae Kwon-Do is more than a mere use of skilled movements. It also implies a way of thinking and life, particularly in instilling a concept and spirit of strict self-imposed discipline and an ideal of noble moral re-armament.

In these days of violence and intimidation, which seem to plague our modern societies, Tae Kwon-Do enables the weak to possess a fine weapon to defend himself or herself and defeat the opponent as well. When wrongly applied it can be a lethal weapon.

Tae Kwon-Do was in part developed from a traditional Korean martial art called Taek Kyon, which was first practiced in Korea during the Koguryo Dynasty (37BC – 668AD). It spread to the Silla kingdom and became the bare handed fighting system of the Hwa Rang, a group of young monk-soldiers who were the elite warriors of their time.

## **General Choi Hong Hi**

General Choi Hong Hi (9<sup>th</sup> November 1918 to 15<sup>th</sup> June 2002). Born in what is now North Korea when it was under Japanese occupation, Choi fled to Japan to complete his education after a wrestler was set of his trail following a gambling dispute. In 1942, he was drafted into the Japanese army, but was imprisoned for attempting to escape to join the opposition Korean Liberation Army in 1945. Only the liberation of Korea saved him from the death penalty.

After the war, the division of Korea left him unable to return to the land of his birth. He rose quickly in the new South Korean army and, two years after the outbreak of the Korean war in 1950, he created an officer training program and an infantry division that provided Tae Kwon-Do instructors.

After the cessation of hostilities in 1953 his rise continued, and in 1961 he supported the military coup d’etat, but suffered a setback when General Park Chung Hee emerged as the new president. In the late 1940s, Park had received a death sentence, later rescinded, from a military panel that had included Choi, who was thus forced to retire from the military following the coup.

In 1962, he was sent to Malaysia as an ambassador, but after his return to South Korea in 1965 he continued to find life under the Park regime so intolerable that in 1972 he left for Canada. Choi took the headquarters of the International Tae Kwon-Do Federation to Toronto with him, and South Korea responded by forming a new organisation, the World Tae Kwon-Do Federation, based in Seoul.

Choi’s final years were marked by his efforts to return to North Korea. He introduced Tae Kwon-Do there in 1980.

## **The Tenets Of Tae Kwon-Do (Tae Kwon-Do Jungshin)**

Courtesy (*Ye Ui*): To be polite to one's instructors, seniors and fellow students.

Integrity (*Yom Chi*): To be honest with oneself. One must be able to define right and wrong.

Perseverance (*In Nae*): To achieve a goal, whether it's a higher grade or a technique. One must never stop trying.

Self Control (*Guk Gi*): To exercise control when training. Never lose your temper, even for a moment, as it could have grave consequences for you or your training partner.

Indomitable Spirit (*Baekjul Boolgool*): To show courage, when you and your principles are pitted against overwhelming odds.

## **History Of The TAGB**

The TAGB currently has more than 25,000 members training in over 600 schools nationwide. In order to ensure the smooth running of the association, the country is divided into geographical areas.

Tae Kwon-Do's popularity was well established worldwide by 1983, however political differences in Korea and within the two world governing bodies, the International Tae Kwon-Do Federation (ITF) and the World Tae Kwon-Do Federation (WTF) led to internal disagreements and threatened to tear the world of Tae Kwon-Do apart. Several attempts were made to unite the two organisations, but these were unsuccessful.

It was largely due to this that in August 1983, it was decided to form, in the UK, an organisation that would run on principles far more democratic than were permitted by the two fore mentioned groups. This became the basis for the Tae Kwon-Do Association of Great Britain (TAGB).

Five years later, in April 1988, the TAGB became a founder member of the British Tae Kwon-Do Council (BTC). The BTC is the only Tae Kwon-Do body recognised by the UK Sports Council and incorporates many different organisations and represents more than 45,000 students.

The TAGB, with over 25,000 members represents the next stage in the evolution of Tae Kwon-Do.

In 1993, a new world body was formed called Tae Kwon-Do International (TI). The new body encompasses both ITF and WTF stylists, is entirely non-political in orientation and its sole aim is to promote the benefits of Tae Kwon-Do as a sport and martial art worldwide. The TAGB is a founding member of this organisation.

## **Belt Colours in Tae Kwon-Do**

White: Signifies innocence, having no previous knowledge of Tae Kwon-Do.

Yellow: Signifies 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, and warning the opponent to stay away.

Black: The opposite to white, therefore signifying maturity and proficiency in Tae Kwon-Do. It also indicates the wearers imperviousness to darkness and fear.

## **Tae Kwon-Do Oath**

As a student of Tae Kwon-Do, I do solemnly pledge to abide by the rules and regulations of the Tae Kwon-Do Association, to strive always to be modest, courteous and respectful to all members, in particular my seniors, to put the art into use only for self defence or in defence of the weak, and never to abuse my knowledge of the art.

## **Conduct In The Dojang**

Every student must observe the following conduct in the Dojang in order to maintain an orderly and effective school.

1. Bow upon entering
2. Bow to the Instructor at a proper distance
3. Exchange greetings between students
4. Bow to Instructor upon forming lines prior to training
5. Bow to Instructor upon forming lines prior to dismissal
6. Bow before leaving the Dojang

## **Points To Becoming A Good Tae Kwon-Do Student**

1. Never tire of learning; a student must always be eager to learn and ask questions. 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 fees, 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 will attempt to emulate their seniors.
4. Always be loyal and never criticise your instructor, Tae Kwon-Do, or the teaching methods.
5. If an instructor teaches a technique, practice it and attempt to utilize it.
6. Remember a student's conduct outside the Dojang reflects on the art and their instructor.
7. If a student adopts a technique from another Dojang or Instructor, and their instructor disapproves of it, the student must discard it, or change schools to that which the technique was learnt.
8. Never be disrespectful to your instructor. Although you may disagree with them, you should first follow the instruction given, and then discuss the matter later.
9. Always arrive before training is due to start, and ensure that you have a good attendance record.
10. Never break a trust. Never betray your instructor.

## Rules And Regulations

1. All students must complete and sign the relevant application forms prior to commencing training.
2. All students must be in possession of a TAGB Licence after their first month of training.
3. Subscriptions to be paid in the first week of every month. Failure to do so may incur a penalty.
4. The build-up of arrears is NOT acceptable.
5. One month's prior notice must be given for adjustment of fees owing to holidays etc.
6. Any student not attending lessons and not paying fees for a continuous period of 2 months or more, normally pay a re-enrolment fee before being allowed to re-commence training.
7. No smoking, eating, drinking or wearing of jewellery, rings etc. in the dojang is permitted.
8. Whilst wearing a dobok NO smoking is permitted regardless of the location, whether a tournament, lesson, demonstration.
9. When eating or drinking whilst wearing your dobok, your belt must be removed.
10. After the students first grading a dobok must be worn during training in the dojang, wearing tracksuits or outside clothing is not permitted, unless prior permission has been obtained from the instructor.
11. The most senior student present will commence training sessions promptly until the instructor arrives.
12. Misuse of the art will result in disciplinary action.
13. Grading will depend on attendance and the instructor's discretion as well as technical ability.
14. No student may change schools without completing a transfer form and obtaining prior permission from both instructors concerned.
15. All students should be in possession of a Students Handbook.



## **Basic Training**

### **Front Target Areas**

#### *High Section – Nopunde*

Eyes – Angoo  
Temple – Gwanja Nori  
Philtrum – Injung  
Jaw – Yop Tok  
Carotid Artery – Mok Dongmaek  
Collar Bone – Swe Gol  
Neck – Mok  
Chin – Mit Tok  
Nose – Kotdung  
Bridge Of Nose – Migan  
Wind Pipe – Soom Tong

#### *Middle Section – Kaunde*

Solar Plexus – Myong Chi  
Abdomen – Bokboo  
Wrists – Son Mok  
Floating Ribs – Nuk Gol

#### *Low Section – Najunde*

Groin – Sataguni  
Scrotum – Nang Shim  
Inner Thigh – Anjok Hobok Dari  
Knee Joint – Moorup Gwanjol  
Shins – Jong Kwaeng-I  
Ankle – Balmok  
Toes – Balkut

### **Rear Target Areas**

#### *High Section*

Occiput – Hoodoo  
Skull – Dae Sin Moon

#### *Middle Section*

Elbow Joint – Palkup Gwanjol  
Between Shoulder Blades – Gyong Boo  
Kidneys – Kong Pat

#### *Low Section*

Back Of Knees – Ogum  
Achilles Tendon – Dwichook Himjool

## Saju Jirugi

Meaning – 4 Directional Punching

Movements – 15

Ready Stance – Parallel Ready Stance

NOTE: Saju Jirugi should also be practiced using a Middle Section Inner Forearm Block, as well as the Low Section Outer Forearm Block described above. The exercise should be performed while turning anti-clockwise first, and then clockwise.

1. Move right foot forward forming a right walking stance, perform middle section obverse punch with the right hand.
2. Bring right foot back to left foot, turning 90 degrees then move right foot back to form a left walking stance, performing low outer forearm block with left hand.
3. Move right foot forwards to form a right walking stance, performing a middle section obverse punch with the right hand.
4. Bring right foot back to left foot, turning 90 degrees then move right foot back to form a left walking stance, performing low outer forearm block with left hand.
5. Move right foot forwards to form a right walking stance, performing a middle section obverse punch with the right hand.
6. Bring right foot back to left foot, turning 90 degrees then move right foot back to form a left walking stance, performing low outer forearm block with left hand.
7. Move right foot forwards to form a right walking stance, performing a middle section obverse punch with the right hand. Perform with a Kihap.
8. Bring right foot back to parallel ready stance.
9. Move left foot forwards to form a left walking stance, performing a middle section obverse punch with the right hand.
10. Bring left foot back to right foot, turning 90 degrees then move left foot back to form a right walking stance, performing low outer forearm block with right hand.
11. Move left foot forwards to form a left walking stance, performing a middle section obverse punch with the right hand.
12. Bring left foot back to right foot, turning 90 degrees then move left foot back to form a right walking stance, performing low outer forearm block with right hand.
13. Move left foot forwards to form a left walking stance, performing a middle section obverse punch with the right hand.
14. Bring left foot back to right foot, turning 90 degrees then move left foot back to form a right walking stance, performing low outer forearm block with right hand.
15. Move left foot forwards to form a left walking stance, performing a middle section obverse punch with the right hand. Perform with a Kihap.

Bring the left foot back to Parallel Ready Stance.

NOTE: Saju Jirugi is an exercise practiced by all Tae Kwon-Do students to help develop co-ordination, direction changing and breath control, and techniques used can be interchanged. Saju Jirugi is NOT a Pattern.

## Theory Of Power

Tae Kwon-Do is based on theories of kinetic energy, there are several elements that contribute to the power of Tae Kwon-Do techniques. These are listed below:

1. Reaction Force: Pulling the opposite arm back in co-ordination with a strike creates reaction force and works to tighten up all the muscles of the body and by doing so, make the technique stronger.
2. Concentration: Using small striking areas, the student can concentrate the force of a blow onto a smaller target area and cause more damage.
3. Equilibrium: This is important as if a student is unbalanced (not in equilibrium) he is opening himself up to attack and easy defeat by the opponent. Stability, no matter what stance, should be maintained at all times. Also a correct stance will enable a powerful blow, whereas a weak or incorrect stance may unbalance the student and their power will most certainly suffer.
4. Breath Control: Tensing the abdomen and breathing out on the impact of your technique not only gives the technique more power, but has the added benefit of strengthening the internal muscles and organs, so that if a student is caught by a technique, they will not be injured. When about to receive a blow the student should breath out on impact to take the force out of the blow.
5. Mass: Hip twist is a large factor in generating power. Turning the hip into a motion applies the whole bodyweight into a movement, rather than merely the arm or leg being used. In addition, Bodyweight can be dropped to increase the mass of the student and therefore increase power.
6. Speed: This is the most important factor for power, a movement should be relaxed at the beginning and thrown as fast as possible, and at the point of impact the muscles of the entire body should be tensed to deliver a lethal blow.

## Patterns (Tul)

### What Is A Pattern?

A pattern is a set of fundamental movements, mainly defence and attack, set in a logical sequence to deal with one or more imaginary opponents. Patterns are also an indication of a student's progress – a barometer in evaluating an individual's technique.

### Why Do We Perform Patterns?

We practice patterns to improve our Tae Kwon-Do techniques, to develop sparring techniques, to improve flexibility of movement, to master body-shifting, develop muscles, balance and breath control. They also enable us to acquire techniques which cannot be obtained from other forms of training.

### Why Are There 24 Patterns?

The reason for 24 patterns is because the founder, General Choi Hong Hi, compared the life of man to a day in the life of the earth, and believed some people should strive to bequeath a good spiritual legacy to coming generations, and in doing so, gain immortality.

Therefore, if we can leave something behind for the welfare of mankind, it may be the most important thing to happen in our lives, as the founder says:

“Here I leave Tae Kwon-Do for mankind as a trace of a man of the late 20<sup>th</sup> Century. The twenty four patterns represent 24 hours, one day, or all of my life.”


*The following points should be considered when performing patterns*

1. Patterns should begin and end on the same spot. This will indicate the performers accuracy.
2. Correct posture and facing must be maintained at all times.
3. Muscles of the body must be tensed or relaxed at the proper critical moments in the exercise.
4. The exercise should be performed in a rhythmic movement with the absence of stiffness.
5. Each pattern should be accelerated or decelerated according to instructions.
6. Each pattern should be perfected before moving on to the next.
7. Students should know the purpose of each movement.
8. Students should perform each movement with realism.

NOTE: the last movement of every pattern must be performed with a Kihap.

## Pattern – Chon Ji

Number Of Movements – 19

Diagram – 

Ready Stance – Parallel Ready Stance

### Meaning Of Pattern:

Chon Ji literally means “heaven and earth”, It is, in the Orient, interpreted as the creation of the world, or the beginning of human history. Therefore it is the initial pattern learnt by the beginner. The pattern consists of two similar parts – one to represent the heaven, and the other the earth.

1. Turn 90 degrees to the left, moving left foot forward into a left walking stance, performing low section outer forearm block with left forearm.
2. Move right foot forward to form a right walking stance, performing middle section obverse punch with right fist.
3. Bring left foot to right foot, turning 180 degrees to the right, moving right foot into right walking stance, performing low section outer forearm block with right forearm.
4. Move left foot forward to form left walking stance, performing middle section obverse punch with left fist.
5. Move left foot to right foot, turning 90 degrees to the left, then move left foot into a left walking stance, performing low section outer forearm block with left forearm.
6. Move right foot forward to form a right walking stance, performing middle section obverse punch with right fist.
7. Move right foot to left foot, turning 180 degrees to the right, then move right foot into right walking stance, performing low section outer forearm block with right forearm.
8. Move left foot forward to form a left walking stance, performing middle section obverse punch with left hand.
9. Bring left foot to right foot, turning 90 degrees to the left, then move left foot into a right L-stance, performing middle section inner forearm block with left forearm.
10. Move right foot forwards into a right walking stance, performing a middle section obverse punch with right hand.
11. Bring right foot to left foot, turning 180 degrees to the right, then move right foot into left L-stance, performing middle inner forearm block with right forearm.
12. Move left foot forward into left walking stance, performing middle section obverse punch with left fist.
13. Bring left foot to right foot, turning 90 degrees to the left, then move left foot into right L-stance, performing middle section inner forearm block with left forearm.
14. Move right foot forward into right walking stance, performing middle section obverse punch with right fist.
15. Bring right foot to left foot, turning 180 degrees to the right, then move right foot into left L-stance, performing middle section inner forearm block with right forearm.
16. Move left foot forward into left walking stance, performing middle section obverse punch with left fist.
17. Move right foot forward into right walking stance, performing middle section obverse punch with right fist.
18. Move right foot back into left walking stance, performing middle section obverse punch with left fist.
19. Move left foot back into right walking stance, performing middle section obverse punch with the right fist.

End: Bring the left foot back to ready stance.

## Pattern – Dan Gun

Number Of Movements – 21

Diagram –



Ready Stance – Parallel Ready Stance

Meaning Of Pattern:

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

1. Turn 90 degrees to the left, moving left foot into right L-stance, performing middle section knife hand guarding block.
2. Move right foot forwards into a right walking stance, performing high section obverse punch with the right fist.
3. Bring right foot to left foot, turning 180 degrees to the right, then move right foot into a left L-stance, performing a middle section knife hand guarding block.
4. Move left foot forwards into a left walking stance, performing a high section obverse punch with the left fist.
5. Bring left foot to right foot, turning 90 degrees to the left, then move left foot into a left walking stance, performing low section outer forearm block with the left forearm.
6. Move right foot forwards into a right walking stance, performing high section obverse punch with right fist.
7. Step forwards with the left foot into a left walking stance, performing high section obverse punch with the left fist.
8. Step forwards with the right foot into a right walking stance, performing high section obverse punch with the right fist.
9. Bring left foot to right foot, turning 270 degrees to the left, then move left foot out into a right L-stance, performing twin forearm block.
10. Move right foot forwards into a right walking stance, performing high section obverse punch with the right fist.
11. Bring right foot to left foot, turning 180 degrees to the right, moving right foot into a left L-stance, performing twin forearm block.
12. Move left foot forward into a left walking stance, performing high section obverse punch with the left fist.
13. Bring left foot to right foot, turning 90 degrees to the left, then move left foot into a left walking stance, performing low section outer forearm block with left forearm.
14. Perform forearm rising block with left forearm, maintaining left walking stance. \*\*Perform 13 and 14 in continuous motion.
15. Step forwards with right foot into a right walking stance, performing forearm rising block with right forearm.
16. Step forwards with left foot into a left walking stance, performing forearm rising block with left forearm.
17. Step forwards with right foot into a right walking stance, performing forearm rising block with right forearm.
18. Bring left foot to right foot, turning 270 degrees to the left, then move left foot into a right L-stance, performing a middle section outwards knife hand strike with the left knife hand.
19. Move right foot forwards into a right walking stance, performing high section obverse punch with the right fist.
20. Bring right foot to left foot, turning 180 degrees, then move right foot into a left L-stance, performing a middle section outwards knife hand strike with the right knife hand.
21. Move left foot forwards into a left walking stance, performing high section obverse punch with the left fist.

End: Bring left foot back to ready stance.

## Pattern – Do San

Number Of Movements – 24

Diagram –



Ready Stance – Parallel Ready Stance

Meaning Of Pattern:

Do San is the pseudonym of the patriot Ahn Ch'ang Ho (1876-1938) who devoted his life to furthering the education of Korean and its independence movement.


1. Turn 90 degrees to the left, moving left foot to form a left walking stance, performing high section outer forearm block with left forearm.
2. Perform middle section reverse punch with the right fist, maintaining left walking stance.
3. About-turn, forming right walking stance, performing high section outer forearm block with right forearm.
4. Perform middle section reverse punch with left fist, maintaining right walking stance.
5. Turn 90 degrees to left, moving left foot to form a right L-stance, performing middle section knife hand guarding block.
6. move right foot forwards into right walking stance, performing middle section straight fingertip thrust with right fingertips.
7. Perform releasing motion, then spin 360 degrees to left, forming left walking stance, performing a high side back fist strike with the left back fist.
8. Move right foot forwards into a right walking stance, performing a high side back fist strike with the right back fist.
9. Bring left foot to right foot, turning 270 degrees to the left, moving left foot forwards into a left walking stance, performing high section outer forearm block with left forearm.
10. Perform middle section reverse punch with the right fist, maintaining left walking stance.
11. About-turn, forming right walking stance, performing high section outer forearm block with right forearm.
12. Perform middle section reverse punch with left fist, maintaining right walking stance.
13. Bring left foot to right foot, turning 135 degrees to left, then move left foot out into a left walking stance, performing high section outer forearm wedging block.
14. Perform middle section front snap kick with right foot.
15. Land in right walking stance, performing middle section obverse punch with right fist.
16. Perform middle section reverse punch with left fist. \*\*Perform 15 and 16 in fast motion.
17. Bring right foot to left foot, turning 90 degrees to right, move right foot forward into a right walking stance, performing high section outer forearm wedging block.
18. Perform middle section front snap kick with left foot.
19. Land in left walking stance, performing middle section obverse punch with left fist.
20. Perform middle section reverse punch with right fist, maintaining left walking stance. \*\*Perform 19 and 20 in fast motion.
21. Bring left foot to right foot, turning 45 degrees, move left foot forwards into a left walking stance, performing forearm rising block with left forearm.
22. Step forwards with right foot into a right walking stance, performing forearm rising block with the right forearm.
23. Bring left foot to right foot, turning 180 degrees to left, move left foot into sitting stance, performing middle section outwards knife hand strike with left knife hand.
24. Bring left foot to right foot, move right foot into sitting stance, performing middle section outwards knife hand strike with right knife hand.

End: Bring right foot back to ready stance.



## Pattern – Won Hyo

Number Of Movements – 28

Diagram – 

Ready Stance – Close Ready Stance A

Meaning Of Pattern:


Won Hyo was the noted monk who introduced Buddhism into the Silla dynasty in the year 686 A.D.

1. Turn 90 degrees to left, moving left foot into a right L-stance, performing twin forearm block.
2. Perform high section inwards knife hand strike with right knife hand, pulling opposite hand to the right shoulder. Maintain right L-stance.
3. Move left foot into left fixed stance, performing middle section side punch with the left fist.
4. Bring left foot to right foot, turning 180 degrees to the right, move right foot into a left L-stance, performing twin forearm block.
5. Perform high section knife hand strike with left knife hand, pulling opposite hand to left shoulder. Maintain left L-stance.
6. Move right foot into right fixed stance, performing middle section side punch with the right fist.
7. Bring right foot to left foot, turning 90 degrees, forming a right bending ready stance "A".
8. Perform middle section side piercing kick with left foot.
9. Lower left foot into right L-stance, performing middle section knife hand guarding block.
10. Step forward with right foot into left L-stance, performing middle section knife hand guarding block.
11. Step forward with left foot into right L-stance, performing middle section knife hand guarding block.
12. Move right foot forwards into a right walking stance, performing middle section straight fingertip thrust.
13. Bring left foot to right foot, turning 270 degrees to left, move left foot into right L-stance, performing twin forearm block.
14. Perform high section inwards knife hand strike with right knife hand, pulling opposite hand to the right shoulder. Maintain right L-stance.
15. Move left foot into a left fixed stance, performing middle section side punch with left fist.
16. Bring left foot to right foot, turning 180 degrees to the right, move right foot into a left L-stance, performing twin forearm block.
17. Perform high section inwards knife hand strike with left knife hand, pulling opposite hand to the left shoulder. Maintain left L-stance.
18. Move right foot into a right fixed stance, performing middle section side punch with right fist.
19. Bring right foot to left foot, turning 90 degrees to left, move left foot forwards into left walking stance, performing circular block with right arm.
20. Perform low section front snap kick with right foot.
21. Lower right foot into a right walking stance, performing middle section reverse punch with left fist.
22. Perform circular block with left arm, maintaining right walking stance.
23. Perform low section front snap kick with left foot.
24. Lower left foot into a left walking stance, performing middle section reverse punch with right fist.
25. Lift right foot to form left bending ready stance "A".
26. Perform middle section side piercing kick with right foot.
27. Lower right foot to front and turn 270 degrees to left, moving left foot into right L-stance, performing middle section forearm guarding block.
28. Bring left foot to right foot, turning 90 degrees to right, move right foot into a left L-stance, performing middle section forearm guarding block.

End: Bring right foot back to ready stance.

## Pattern – Yul Gok

Number Of Movements – 38

Diagram – 

Ready Stance – Parallel Ready Stance

### Meaning Of Pattern:

Yul Gok is the pseudonym of a great philosopher and scholar; Yi I (1536-1584 A.D.) nicknamed the Confucius of Korea. The 38 movements refer to his birthplace on the 38 degree of latitude, and the diagram represents “scholar”.


1. Move left foot into sitting stance, performing middle section punch with left fist. \*\*Perform in slow motion.
2. Perform middle section punch with right fist. Maintaining sitting stance.
3. Perform middle section punch with left fist. Maintaining sitting stance \*\*Perform 2 and 3 in fast motion.
4. Move left foot to right foot, then move right foot into sitting stance, performing middle section punch with right fist \*\*Perform in slow motion.
5. Perform middle section punch with left fist. Maintaining sitting stance.
6. Perform middle section punch with right fist. Maintaining sitting stance. \*\*Perform 5 and 6 in fast motion.
7. Bring right foot to left foot, turn 45 degrees to right, moving right foot forward into a right walking stance, performing high section inner forearm block with right forearm.
8. Perform low section front snap kick with left foot.
9. Lower left foot forward into left walking stance, performing middle section obverse punch with left hand.
10. Perform middle section reverse punch with right hand. Maintaining left walking stance \*\*Perform 9 and 10 in fast motion.
11. Move left foot to right foot, turn 90 degrees to the left, moving left foot into a left walking stance, performing high section inner forearm block with left forearm.
12. Perform low section front snap kick with right foot.
13. Lower right foot into a right walking stance, performing middle section obverse punch with right fist.
14. Perform middle section reverse punch with left fist. Maintaining right walking stance. \*\*Perform 13 and 14 in fast motion.
15. Bring right foot to left foot, turn 45 degrees to right, moving right foot forwards into a right walking stance, performing high section obverse hooking block with right palm.
16. Perform high section reverse hooking block with left palm. Maintaining right walking stance. \*\*Perform 15 and 16 in continuous motion.
17. Perform middle section obverse punch with right fist, maintaining right walking stance.
18. Step forwards with left foot into a left walking stance, performing high section obverse hooking block with left palm.
19. Perform high section reverse hooking block with right palm, maintaining left walking stance. \*\*Perform 18 and 19 in continuous motion.
20. Perform middle section obverse punch with left fist, maintaining left walking stance.
21. Step forwards with right foot into right walking stance, performing middle section obverse punch with right fist.
22. Lift left leg into a right bending ready stance “A”.
23. Perform middle section side piercing kick with left foot.
24. Lower left foot into left walking stance, performing a middle section front elbow strike, striking the left palm with the right elbow.
25. About-face to the right, moving left foot over and lifting right foot into a left bending ready stance “A”.

26. Perform middle section side piercing kick with right foot.
27. Lower right foot into a right walking stance, performing middle section front elbow strike, striking the right palm with the left elbow.
28. Bring left foot to right foot, turning 90 degrees to the left, move left foot forward into a right L-stance, performing twin knife hand block.
29. Step forwards with right foot into a right walking stance, performing middle section straight fingertip thrust with right fingertips.
30. Bring right foot to left foot, turning 180 degrees to the right, moving right foot into a left L-stance, performing twin knife hand block.
31. Step forwards with left foot into a left walking stance, performing middle section straight fingertip thrust with left fingertips.
32. Bring left foot to right foot, turning 90 degrees to the left, moving left foot into a left walking stance, performing high section outer forearm block with left forearm.
33. Perform middle section reverse punch with right fist, maintaining left walking stance.
34. Step forwards with right foot into a right walking stance, performing high section outer forearm block with right forearm.
35. Perform middle section reverse punch with left fist, maintaining right walking stance.
36. Jump forwards into left X-stance, performing high section back fist strike with left back fist.
37. Turn 270 degrees to right, moving right foot into a right walking stance, performing high section double forearm block.
38. Bring right foot to left foot, turning 180 degrees to left, moving left foot into a left walking stance, performing high section double forearm block.

End: Bring left foot back to ready stance.

## Pattern – Joong Gun

Number Of Movements – 32

Diagram – 

Ready Stance – Close Ready Stance B

### Meaning Of Pattern:

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

1. Turn 90 degrees to left, moving left foot into a right L-stance, performing middle section reverse knife hand block with left hand.
2. Perform low section front snap kick with left foot.
3. Move right foot forwards into a left rear foot stance, performing upwards palm block with right hand.
4. Bring right foot to left foot, turning 180 degrees to right, move right foot into a left L-stance, performing middle section reverse knife hand block with right hand.
5. Perform low section front snap kick with right foot.
6. Move left foot forwards into a right rear foot stance, performing upwards palm block with left hand.
7. Bring left foot to right foot, turning 90 degrees to left, moving left foot forward into a right L-stance, performing middle section knife hand guarding block.
8. Slip left foot forwards into a left walking stance, performing an upper elbow strike with the right elbow.
9. Step forwards with right foot into a left L-stance, performing middle section knife hand guarding block.
10. Slip right foot forwards into a right walking stance, performing an upper elbow strike with the left elbow.
11. Step forwards with left foot into left walking stance, performing high section twin vertical punch.
12. Step forwards with right foot into right walking stance, performing middle section twin upset punch.
13. About face to left, into a left walking stance, performing X-fist rising block.
14. Bring left foot to right foot, turning 90 degrees to left, move left foot into a right L-stance, performing a high section back fist strike with the left hand.
15. Slip left foot forwards, performing releasing motion with left hand.
16. Form a left walking stance, performing high section reverse punch with right fist.
17. Bring left foot to right foot, turning 180 degrees to the right, move right foot into a left L-stance, performing high section back fist strike with right hand.
18. Slip right foot forwards, performing releasing motion with right hand.
19. Form a right walking stance, performing high section reverse punch with left fist.
20. Bring right foot to left foot, turning 90 degrees to left, move left foot into a left walking stance, performing high section double forearm block.
21. Slip left foot back into a right L-stance, performing middle section side punch with left fist.
22. Perform middle section side piercing kick with right foot.
23. Put right foot down into a right walking stance, performing high section double forearm block.
24. Slip right foot back into a left L-stance, performing middle section side punch with right fist.
25. Perform middle section side piercing kick with left foot.
26. Put left foot down into a right L-stance, performing middle section forearm guarding block.
27. Slip left foot forwards into a left low stance, performing palm pressing block. \*\*Perform in slow motion.
28. Move right foot forward into a left L-stance, performing forearm guarding block.

29. Slip right foot forward into a right low stance, performing palm pressing block. \*\*Perform in slow motion.
30. Bring left foot to right foot, turning 90 degrees to the left, performing turning punch with right fist. \*\*Perform in slow motion.
31. Move right foot forwards into a right fixed stance, performing U-shaped block.
32. Bring right foot to left foot, turning 180 degrees to left, move left foot forwards into a left fixed stance, performing U-shaped block.

End: Bring left foot back to ready stance.

## Pattern – Toi Gye

Number Of Movements – 37

Diagram –



Ready Stance – Close Ready Stance B

### Meaning Of Pattern:

Toi Gye is the penname of the noted scholar Yi Hwang (16<sup>th</sup> Century A.D.), an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on the 37<sup>th</sup> degree of latitude, and the diagram represents “scholar”.

1. Turn 90 degrees to left, moving left foot into a right L-stance, performing middle section inner forearm block with left forearm.
2. Slip left foot forwards into a left walking stance, performing low section upset fingertip thrust with the right fingertips, pulling left hand to opposite shoulder.
3. Bring left foot to right foot, turning 90 degrees to the right, forming a close stance, performing a low section outer forearm block with the left arm, and a high section back fist strike to the rear with the right back fist. \*\*Perform in slow motion.
4. Turn 90 degrees to right, moving right foot into a left L-stance, performing middle section inner forearm block with right forearm.
5. Slip right foot forwards into a right walking stance, performing low section upset fingertip thrust with the left fingertips, pulling the right hand to the opposite shoulder.
6. Bring right foot to left foot, turning 90 degrees to the left, forming a close stance, performing a low section outer forearm block with the right arm, and a high section back fist strike to the rear with the left back fist. \*\*Perform in slow motion.
7. Move left foot forwards into a left walking stance, performing low section X-fist pressing block.
8. Perform high section twin vertical punch, maintaining left walking stance.
9. Perform low section front snap kick with right foot.
10. Lower right forward into right walking stance, performing middle section obverse punch with right fist.
11. Perform middle section reverse punch with left fist, maintaining right walking stance.
12. Bring left foot to right foot, turning 90 degrees to the left, forming close stance, performing twin side elbow, with both fore-fists placed on the hips. \*\*Perform in slow motion.
13. Move right foot forwards into sitting stance, performing a right W-shaped block.
14. Move left foot forwards into sitting stance, performing a left W-shaped block.
15. About-face to right, moving left foot into sitting stance, performing a left W-shaped block.
16. Move right foot into sitting stance, performing W-shaped block.
17. Move left foot into sitting stance, performing W-shaped block.
18. About-face to right, moving left foot into sitting stance, performing W-shaped block.
19. Bring right foot to left foot, then move left foot out into a right L-stance, performing low section double forearm pushing block.
20. Slip left foot forwards into walking stance, performing a double handed grasp to back of opponent's neck.
21. Perform a front knee kick with the right knee, while pulling hands downwards.
22. Lower right foot to left foot, turning 180 degrees to the left, moving left foot forwards into a right L-stance, performing middle section knife hand guarding block.
23. Perform low section front snap kick with the left foot.
24. Lower left foot into a left walking stance, performing high section flat fingertip thrust with the left fingertips.
25. Move right foot forwards into a left L-stance, performing middle section knife hand guarding block.
26. Perform low section front snap kick with the right foot.


27. Lower right foot into right walking stance, performing high section flat fingertip thrust with the right fingertips.
28. Move the right foot backwards into a right L-stance, performing a low section outer forearm block with the left arm and a high section back fist strike to the rear with the right hand.
29. Jump forwards while turning 90 degrees to left, then land in right X-stance, performing low section X-fist pressing block.
30. Turn 90 degrees to right, moving right foot into a right walking stance, performing high section double forearm block.
31. Bring left foot to right foot, turning 270 degrees to left, then move left foot forward into a right L-stance, performing low section knife hand guarding block.
32. Slip left foot forwards into a left walking stance, performing circular block with right arm.
33. Bring left foot to right foot, turning 180 degrees to right, moving right foot into a left L-stance, performing low section knife hand guarding block.
34. Slip right foot into right walking stance, performing circular block with left arm.
35. Pivot to the left into a left walking stance, performing circular block with right arm.
36. Pivot to the right into right walking stance, performing circular block with left arm.
37. Turn 90 degrees to left, moving the right foot into sitting stance, performing middle section punch with the right fist.

End: Bring right foot back to ready stance.



## Pattern – Hwa Rang

Number Of Movements – 29

Diagram – 

Ready Stance – Close Ready Stance C

### Meaning Of Pattern:

Hwa Rang is named after the Hwa Rang Youth Group which originated in the Silla Dynasty about 600 A.D. This group eventually became the actual driving force behind the unification of the three Kingdoms of Korea. The 29 movements refer to the 29<sup>th</sup> Infantry Division, where Tae Kwon-Do developed into maturity.


1. Move left foot into sitting stance, performing middle section palm pushing block with left hand.
2. Perform middle section punch with right hand, maintaining sitting stance.
3. Perform middle section punch with left hand, maintaining sitting stance. \*\*Perform 2 and 3 in fast motion.
4. Bring right foot to left foot, turning 90 degrees to right, then move right foot forwards into a left L-stance, performing twin forearm block.
5. Perform upwards punch with left fist, pulling right fist to opposite shoulder, maintaining left L-stance.
6. Slide forwards into a right fixed stance, performing a middle section side punch with the right fist.
7. Withdraw right foot into a right vertical stance, performing downwards knife hand strike with the right knife hand.
8. Move left foot forward into left walking stance, performing middle section obverse punch with left fist.
9. Bring left foot to right foot, turning 90 degrees to left, move left foot forward into a left walking stance, performing low section outer forearm block with left forearm.
10. Move right foot forward into a right walking stance, performing middle section obverse punch with right fist.
11. Bring left foot to right foot, while grasping the right fist with the left hand.
12. Perform middle section side piercing kick with the right foot, while pulling both hands in opposite direction, then lower right foot into a left L-stance, performing a middle section outwards knife hand strike with the right knife hand.
13. Move left foot forwards into a left walking stance, performing middle section obverse punch with left fist.
14. Step forwards with right foot into right walking stance, performing middle section obverse punch with right fist.
15. Bring left foot to right foot, turning 270 degrees to left, moving left foot forwards into right L-stance, performing middle section knife hand guarding block.
16. Move right foot forwards into a right walking stance, performing middle section straight fingertip thrust with the right hand.
17. About-face to the left, forming right L-stance, performing middle section knife hand guarding block.
18. Perform high section turning kick with the right foot.
19. Perform high section turning kick with the left foot. \*\*Perform 18 and 19 in fast motion. Lower left foot into a right L-stance, performing middle section knife hand guarding block.
20. Bring left foot to right foot, turning 90 degrees to left, then move left foot forwards into a left walking stance, performing low section outer forearm block with left forearm.
21. Withdraw left foot into a right L-stance, performing middle section obverse punch with right fist.
22. Step forwards into left L-stance, performing middle section obverse punch with left fist.
23. Step forwards into right L-stance, performing middle section obverse punch with right fist.

24. Move left foot forwards into a left walking stance, performing low section X-fist pressing block.
25. Turn 180 degrees to left while sliding forwards, forming a right L-stance, performing middle section side elbow thrust.
26. Bring left foot to right foot, turning 90 degrees to left, forming a close stance, performing low section outer forearm block with left arm and middle section inner forearm block with the right arm.
27. Reverse position of hands, maintaining close stance. \*\*Perform 26 and 27 in continuous motion.
28. Move left foot forwards into a right L-stance, performing middle section knife hand guarding block.
29. Bring left foot to right foot, turning 180 degrees to right, moving right foot forwards into a left L-stance, performing middle section knife hand guarding block.

End: Bring right foot back to ready stance.

## Pattern – Choong Moo

Number Of Movements – 30

Diagram – 

Ready Stance – Parallel Ready Stance

### Meaning Of Pattern:

Choong Moo was the given name of the great Admiral, Yi Sun-Sin, of the Yi Dynasty. He was reputed to have invented the first armoured battleship; “Kobukson”, which was the precursor to the modern day submarine, in 1592 A.D. The reason why this pattern ends with a left hand attack is to symbolise his regrettable death having no chance to show his unrestrained potentiality, which was checked by the forced reservation of his loyalty to the king.

1. Turn 90 degrees to left, moving left foot forwards into a right L-stance, performing twin knife hand block.
2. Move right foot forwards into a right walking stance, performing high section inwards knife hand strike with the right knife hand, bringing the opposite hand in front of the forehead.
3. Bring right foot to left foot, turning 180 degrees to right, move right foot into a left L-stance, performing middle section knife hand guarding block.
4. Move left foot forward into left walking stance, performing high section flat fingertip thrust with left fingertips.
5. Bring left foot to right foot, turning 90 degrees to left, move left foot into a right L-stance, performing middle section knife hand guarding block.
6. Turn 180 degrees to right while forming a left bending ready stance A.
7. Perform middle section side piercing kick with right foot.
8. Lower right foot into a right L-stance while turning 180 degrees to the left, performing middle section knife hand guarding block.
9. Step forwards with right foot then perform flying side piercing kick, landing in left L-stance, performing middle section knife hand guarding block.
10. Turn 270 degrees to left, moving left foot into a right L-stance, performing a low outer forearm block with the left forearm.
11. Slip left foot forwards into left walking stance, grasping opponent’s neck with both hands.
12. Perform front knee kick with right knee, while pulling both hands downwards.
13. Lower right foot to left, turning 180 degrees to the left, move left foot into a left walking stance, performing high section reverse knife hand strike with right reverse knife hand, bringing opposite hand under the elbow.
14. Perform high section turning kick with right foot.
15. Lower right foot to left, turning 180 degrees to left, then perform a middle section back piercing kick in the same direction with the left foot. \*\*Perform 14 and 15 in fast motion.
16. Lower left foot into a left L-stance, performing middle section forearm guarding block.
17. Perform middle section turning kick with left foot, at 45 degrees to your front.
18. Lower left foot to right foot, turning 90 degrees to right, move right foot forwards into a right fixed stance, performing U-shaped block.
19. Jump and spin 360 degrees to left, landing on the same spot in a left L-stance, performing middle section knife hand guarding block.
20. Move left foot forwards into a left walking stance, performing low section upset fingertip thrust with the right fingertips.
21. Withdraw left foot into a right L-stance, performing a low section outer forearm block with the left arm, and a high section back fist strike to the rear with the right hand.
22. Move right foot forwards into right walking stance, performing middle section straight fingertip thrust with the right hand.
23. Bring left foot to right, turning 270 degrees to left, moving left foot into a left walking stance, performing high section double forearm block.

24. Move right foot forwards into sitting stance, performing middle section inwards outer forearm block, then high section side back fist strike, using the right hand.
25. Turn 180 degrees to left, performing middle section side piercing kick with the right foot.
26. Lower right foot to left foot, then perform middle section side piercing kick with the left foot.
27. Lower left foot, turning 180 degrees to the right, forming a left L-stance, performing middle section X-knife hand checking block.
28. Move left foot forwards into a left walking stance, performing a twin upwards palm block.
29. About-face to the right, moving into a right walking stance, performing forearm rising block with right forearm.
30. Perform middle section reverse punch with left hand, maintaining right walking stance.

End: Bring left foot back to ready stance.

## Sparring (Matsoki)

Sparring is the physical application of techniques learned from patterns and fundamental exercises against an actual opponent in a controlled environment. Whereas patterns are primarily aimed at training for the opening seconds of a confrontation, in the event that your initial self-defence fails, the situation will develop into a fight, this is where sparring comes in and helps to develop combinations and strategies to defeat the opponent or opponents.

### **Three Step Sparring:**

Three step sparring is designed for the beginner to learn the basic techniques. Three step sparring teaches the student many things, i.e. proper distance, correct facing, forearm conditioning, correct blocking, correct stances, counter-attacks and timing.

All attacks start in left walking stance, with a low section outer forearm block with the left forearm.

All defenders start in parallel ready stance.

### **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 also 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.

### **Semi-Free Sparring:**

This form of sparring is designed as a step forward from basic three step and two step sparring. It involves three consecutive attacks with the hands or feet, and three blocks or evasions, plus counterattacks. Three step semi-free sparring should not be hurried, the secret is reactions and quick, intelligent movements. This is where the true art of sparring is learnt.

Attacking students start in L-stance, forearm guarding block.

Defending students start in parallel ready stance.

### **One Step Sparring:**

One step sparring is the most realistic form of sparring, simply because the defender cannot foresee the attack coming. Therefore, the defender must have very fast reflexes in order to defeat the opponent. This form of sparring is completely different to free sparring, i.e. take down techniques, arm locks, joint breaking techniques etc. are practiced.

Both students normally begin in parallel ready stance, but this may be varied at the instructor's discretion.

### **One For One Sparring:**

This is mainly used for stamina training between intermediate and advanced students, though may also be used to introduce the novice to free sparring. Both students start in fighting positions and when the command is given, one student will begin, by attacking with one technique, as soon as their technique is over, the other student attacks immediately, and so on. Because this is a stamina exercise, it does not mean that techniques should be sloppy, they should still be crisp and well executed.

### **Free Sparring:**

Free sparring is basically putting what a student has learnt so far into practice, with no pre-warning of attack. Therefore, not as many defending techniques can be practiced as in other forms of sparring. Free sparring can be practiced with no pads and should be strictly non-contact. Semi-contact sparring is allowed only with adequate protection (gloves, foot pads, etc) This type of sparring must only be carried out under strict supervision of a qualified instructor.

## Three Step Sparring (Sambo Matsoki)

Attack = Always three middle section obverse punches in walking stance.

Defences as below from parallel ready stance.

1. Right leg back walking stance, middle inner forearm block to the inside, three times.  
Counterattack = reverse punch.
2. Left leg back L-stance, middle inner forearm block to the outside, three times. Counterattack = Move the left leg forward 45 degrees, move the right leg behind the opponents front leg into a left L-stance, execute an outward knife hand strike to the neck.
3. Left leg back L-stance, middle section inward outer forearm block to the inside, three times.  
Counterattack = Slide forward to execute a front back fist strike to the face with the right hand.
4. Left leg back L-stance, middle inner forearm block to the outside, three times. Counterattack = Move left foot into sitting stance, measure with left hand, then execute double punch to the ribs.
5. Right leg back L-stance, middle outer forearm block to the inside, twice.  
Counterattack = Move to right into sitting stance, execute a left hand middle section outer forearm block, and a right hand high section punch to the jaw simultaneously.
6. Right leg back L-stance, middle knife hand block to the inside, twice.  
Counterattack = Move to right into sitting stance, execute a left hand middle section knife hand block and a right hand high section inwards knife hand strike to the neck simultaneously.
7. Right leg back L-stance, middle outer forearm block to the inside, twice.  
Counterattack = Slide back at an angle, facing opponent's open side, forming a right L-stance executing a middle forearm guarding block, then execute right leg front snap kick, land in walking stance, double punch.
8. Right leg back L-stance, middle knife hand block, twice.  
Counterattack = Slide back at an angle, facing opponent's open side, forming a right L-stance, executing a middle forearm guarding block, then execute right leg side piercing kick, land in left L-stance, then execute either a back fist strike to the head or a knife hand strike to the neck.
9. Right leg back L-stance, middle palm pushing block to the outside, three times. Counterattack = Slide back at an angle, facing the opponent's closed side, into a right L-stance, forming a knife hand guarding block. Then execute a middle turning kick, dropping the spent foot behind opponent's front foot, into vertical stance, knife hand strike to neck.
10. Right leg back L-stance, knife hand block to the inside, twice.  
Counterattack = Slide to opponent's open side, forming right L-stance, executing knife hand guarding block. Then execute a back kick with the right foot, landing in right walking stance, reverse knife hand strike to the neck.

## Two Step Sparring (Ibo Matsoki)

1. Attack = High obverse punch in right walking stance, then low section front snap kick with left foot.  
Defence = Left leg back walking stance, forearm rising block. Right leg back walking stance, X-fist pressing block.  
Counterattack = Twin vertical punch.
2. Attack = Side punch in right fixed stance, then turning kick with left foot.  
Defence = Right leg back L-stance, upward palm block, left leg back L-stance, waist block.  
Counterattack = Slide forward into right L-stance executing right side elbow.
3. Attack = Front snap kick with right foot, right walking stance twin vertical punch.  
Defence = Right leg back, walking stance, X-fist pressing block, left leg back walking stance, outer forearm wedging block.  
Counterattack = Front knee kick with left knee, pulling opponents neck downwards.
4. Attack = Right hand flat fingertip thrust, walking stance, left side piercing kick.  
Defence = Right leg back, walking stance, knife hand rising block, left leg back L-stance, inwards palm block.  
Counterattack = Front snap kick to coccyx, twin upset punch to kidneys.
5. Attack = Right leg back kick, land left walking stance, high palm heel strike.  
Defence = Right L-stance, palm waist block, left L-stance inward outer forearm block.  
Counterattack = Right walking stance left hand reverse knife hand strike (slipping the right foot).
6. Attack = Right high turning kick, left walking stance left arc-hand high strike.  
Defence = Sitting stance twin straight forearm block (moving left foot diagonally). Right L-stance palm hooking block (grabbing the arm).  
Counterattack = Left side kick (pulling opponent onto kick with arm).
7. Attack = Right fixed stance side fist side strike, left foot middle section reverse turning kick.  
Defence = Left L-stance, twin forearm block. Right L-stance knife hand guarding block (using a sliding motion).  
Counterattack = High section reverse turning kick.
8. Attack = Right middle side knick, right L-stance knife hand high strike (spinning anti-clockwise).  
Defence = Right L-stance inner forearm inwards waist block, right L-stance knife hand guarding block (double stepping).  
Counterattack = Jump into left X-stance, back fist high side strike.

## **Semi-Free Sparring (Ban Jayoo Matsoki)**

### **Basic**

Attack=Front Snap Kick, Turning Kick, Side Piercing Kick

Defence=Waist Block 3 times, Middle Reverse Punch to counter attack

### **Intermediate**

Attack=Any three kicks chosen from Back Piercing Kick/Reverse Side Kick, Side Piercing Kick, Turning Kick, Front Kick

Defence=Waist Block 3 times, Any hand technique to counter attack

### **Advanced**

Attack=Any three attacks, hand, foot or combination of both

Defence=Any block appropriate to attack, Any hand or foot technique to counter attack



## **Tournament Free Sparring**

Free sparring in Tae Kwon-Do could be said to be a combination of all the different types of sparring that a student has previously experienced e.g. 3 step sparring, semi-free sparring and so on.

To be a competent tournament sparring exponent, certain skills have to be developed such as speed, timing stamina, balance, and flexibility. All these attributes must be used together as one unit.

But probably the most important attribute for the student who wishes to enter competitions to possess is stamina. This must be worked on continuously using a variety of exercises over a long period of time, not just days or weeks, but months at a time.

Most students when they free spar see it totally as a means of attacking an opponent with certain techniques; What many students forget is that defensive movements, learnt in earlier types of sparring and basic movements, should be utilized and are just as, if not more, important than attacking movements. Even when all the skills have developed it still does not guarantee success – as with most things there is no substitute for experience.

Tournament sparring in Tae Kwon-Do must be seen purely as the sport side of the Art and must not be confused with self defence, it is a completely different concept and must be learnt and approached in a totally different manner.

## **Tae Kwon-Do Terminology**

Tae Kwon-Do terminology is based on the Korean language. Although some words were developed specifically for Tae Kwon-Do, and do not otherwise appear in Korean vocabulary.

Using these terms enables students to train anywhere in the world, overriding all language difficulties.

## Korean Terms As Applicable to White Belt (10<sup>th</sup> Kup)

### 1. General Terms

Training Hall	-Dojang
Training Suit	-Dobok
Instructor	-Sabum
Belt	-Ti
Student	-Jeja

### Commands

Attention	-Charyot
Bow	-Kyong-Ye
Ready	-Chunbi
Start	-Sijak
Stop	-Goman
Return to Ready Stance	-Barrol
Dismiss	-Haessan
Forwards	-Apro Kaggi
Backwards	-Dwiyro Kaggi
About Turn	-Dwiyro Torro

### Counting

One	-Hanna
Two	-Dool
Three	-Seth
Four	-Neth
Five	-Dasaul
Six	-Yosaul
Seven	-Ilgop
Eight	-Yodoll
Nine	-Ahop
Ten	-Yoll

### Sections Of The Body

Low	-Najunde
Middle	-Kaunde
High	-Nopunde

### 2. Parts Of The Body

Forefist	-Ap Joomuk
Forearm	-Palmok
Inner Forearm	-An Palmok
Outer Forearm	-Bakat Palmok

### 3. Stances

Attention Stance	-Charyot Sogi
Parallel Stance	-Narani Sogi
Sitting Stance	-Annun Sogi
Walking Stance	-Gunnun Sogi
Walking Ready Stance	-Gunnun Chunbi Sogi

### 4. Basic Movements

#### (a) Defensive

Inner Forearm Block	-An Palmok Makgi
Outer Forearm Block	-Bakat Palmok Makgi
Front Rising Kick	-Ap Chaolligi
Side Rising Kick	-Yop Chaolligi

#### (b) Offensive

Obverse Punch	-Baro Jirugi
Reverse Punch	-Bandae Jirugi

#### Exercise

4 Directional Punching	-Saju Jirugi
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# Korean Terms As Applicable To White Belt (9<sup>th</sup> Kup)

## 1. General Terms

Left	-Wen
Right	-Orun
Pattern	-Tul
Press-ups	-Momtong Bachia
Step Turn	-Omgyo Didimyo Dolgi

## 2. Parts Of The Body

Ball Of Foot	-Ap Kumchi
Footsword	-Balkal
Head	-Mori

## 3. Stances

L-stance	-Niunja Sogi
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## 4. Basic Movements

### *(a) Defensive*

Rising Block	-Chookyo Makgi
Forearm	-Palmok
Guarding Block	-Daebi Makgi

### *(b) Offensive*

Kick	-Chagi
Front Snap Kick	-Ap Chabusigi
Double Punch	-Doo Jirugi
Knifehand Strike	-Sonkal Taerigi

## 5. Pattern (Tul)

Chon Ji	-19 Movements
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## 6. Sparring (Matsoki)

Three Step Sparring	-Sambo Matsoki
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## Korean Terms As Applicable To Yellow Belt (8<sup>th</sup> Kup)

### 1. General Terms

Inward	-Anaero
Outward	-Bakaero

### 2. Parts Of The Body

Palm	-Sonbadak
Knifehand	-Sonkal
Backfist	-Dung Joomuk

### 3. Basic Movements

#### *(a) Defensive*

Knifehand Guarding Block	-Sonkal Daebi Makgi
Twin Forearm Block	-Sang Palmok Makgi
Inward Block	-Anaero Makgi

#### *(b) Offensive*

Backfist Strike	-Dung Joomuk Taerigi
Side Piercing Kick	-Yop Chajirugi
Front Kick	-Ap Chagi
Turning Kick	-Dollyo Chagi

### 4. Pattern

Dan Gun	-21 Movements
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### 5. Sparring

Semi-Free Sparring	-Ban Jayoo Matsoki
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## Korean Terms As Applicable To Yellow Belt (7<sup>th</sup> Kup)

### 1. General Terms

Straight	-Sun
Thrust	-Tulgi
Sliding	-Mikulgi
Spot Turn	-Gujari Dolgi

### 2. Parts Of The Body

Fingertips	-Sonkut
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### 3. Stances

Fixed Stance	-Gojong Sogi
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### 4. Basic Movements

#### *(a) Defensive*

Wedging Block	-Hechyo Makgi
Release Move	-Jappyosol Tae
Knifehand Block	-Sonkal Makgi

#### *(b) Offensive*

Straight Fingertip Thrust	-Sun Sonkut Tulgi
Turning Kick	-Dollyo Chagi
Side Kick	-Yop Chagi
Side Piercing Kick	-Yop Chajirugi

### 5. Pattern

Do San	-24 Movements
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### 6. Sparring

Free Sparring	-Jayoo Matsoki
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# Korean Terms As Applicable To Green Belt (6<sup>th</sup> Kup)

## 1. General Terms

Back -Dwit

## 2. Parts Of The Body

Foot Parts -Habansin  
Hand Parts -Sangbansin  
Back Sole -Dwit Kumchi  
Back Heel -Dwit Chook

## 3. Stances

Vertical Stance -Soojik Sogi  
Close Stance -Moa Sogi  
Bending Stance -Goburyo Sogi

## 4. Basic Movements

### *(a) Defensive*

Circular Block -Dollimyo Makgi  
Hooking Block -Golcho Makgi  
Waist Block -Hori Makgi  
Pushing Block -Miro Makgi

### *(b) Offensive*

Vertical Punch -Sewo Jirugi  
Side Punch -Yop Jirugi  
Reverse Turning Kick -Bandae Dollyo Chagi  
Reverse Knifehand Strike -Dung Sonkal Taerigi

## 5. Pattern

Won Hyo -24 Movements

## 6. Sparring

Two Step Sparring -Ibo Matsoki

## Korean Terms As Applicable To Green Belt (5<sup>th</sup> Kup)

### 1. General Terms

Jumping -Twiggi

### 2. Parts Of The Body

Elbow -Palkup

### 3. Stances

X-Stance -Kyocha Sogi

### 4. Basic Movements

#### *(a) Defensive*

Double Forearm Block -Doo Palmok Makgi

Hooking Block -Golcho Makgi

X-fist Pressing Block -Kyocha Joomuk

Noollo Makgi

Upwards Palm Block -Ollyo Sonbadak Makgi

Grasping Block -Butjuba Makgi

Twin Knifehand Block -Sang Sonkal Makgi

#### *(b) Offensive*

Upset Punch -Dwijibo Jirugi

Hooking Kick -Golcho Chagi

Twin Vertical Punch -Sang Sewo Jirugi

Flat Fingertip Thrust -Opun Sonkut Tulgi

Back Kick -Dwit Chagi

### 5. Pattern

Yul Gok -38 Movements

### 6. Sparring

As for 6<sup>th</sup> Kup



## Korean Terms As Applicable To Blue Belt (4<sup>th</sup> Kup)

### 1. General Terms

Forging Post -Dallyon Joo

### 2. Parts Of The Body

Side Sole -Yop Bal Badak  
Arc Hand -Bandal Son

### 3. Stances

Rear Foot Stance -Dwit Bal Sogi  
Low Stance -Nachua Sogi

### 4. Basic Movements

#### *(a) Defensive*

X-Block -Kyocha Makgi  
Pressing Block -Noollo Makgi  
Downward Block -Naeryo Makgi  
Scooping Block -Duro Makgi  
Pressing Kick -Noollo Chagi  
Twin Straight  
Forearm Block -Sang Sun Palmok Makgi  
U-shape Block -Momdung-I Makgi

#### *(b) Offensive*

Turning Punch -Dollyo Jirugi  
Twin Upset Punch -Sang Dwijibo Jirugi  
Upper Elbow Strike -Wi Palkup Taerigi  
Downward Kick -Naeryo Chagi  
Side Thrust Kick -Yop Cha Tulgi  
Reverse Turning  
Hooking Kick -Bandaedollyo Goro Chagi  
Consecutive Kick -Yonsok Chagi  
Arc Hand Strike -Bandalson Taerigi

### 5. Pattern

Joong Gun -32 Movements

### 7. Sparring

One Step Sparring -Ilbo Matsoki

## **Korean Terms As Applicable To Blue Belt (3<sup>rd</sup> Kup)**

### **1. General Terms**

Flying -Twimyo

### **2. Parts Of The Body**

Upset Fingertips -Dwijibun Sonkut

### **3. Stances**

As for previous grades

### **4. Basic Movements**

#### *(a) Defensive*

W-Shaped Block -San Makgi

#### *(b) Offensive*

Waving Kick -Duro Chagi

Flying Kick -Twimyo Chagi

Front Pushing Kick -Ap Cha Milgi

### **5. Pattern**

Toi Gye -37 Movements

### **6. Sparring**

As for 4<sup>th</sup> Kup

## Korean Terms As Applicable To Red Belt (2<sup>nd</sup> Kup)

### 1. General Terms

Inside	-An
Outside	-Bakat

### 2. Parts Of The Body

Fingertips	-Sonkut
Instep	-Baldung
Reverse Footsword	-Balkal Dung

### 3. Stances

### 4. Basic Movements

#### *7. Defensive*

Sweeping Block	-Hullyo Makgi
Crescent Kick	-Bandal Chagi

#### *(b) Offensive*

Upward Punch	-Ollyo Jirugi
Vertical Kick	-Sewo Chagi
Twisting Kick	-Bituro Chagi
Twin Foot Kick	-Sang Bal Chagi
Flying High Kick	-Twimyo Nopi Chagi
Downward Knifehand Strike	-Naeryo Sonkal Taerigi

### 5. Pattern

Hwa Rang	-29 Movements
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### 6. Sparring

As for previous grades,  
but using more advanced  
techniques

# Korean Terms As Applicable To Red Belt (1<sup>st</sup> Kup)

## 1. General Terms

## 2. Parts Of The Body

Side Fist	-Yop Joomuk
Reverse Knifehand	-Sonkal Dung

## 3. Stances

One Leg Stance	-Wae Bal Sogi
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## 4. Basic Movements

### *(a) Defensive*

Checking Block	-Momchau Makgi
Downward Block	-Naeryo Makgi
Double Arc Hand Block	-Doo Bandalson Makgi

### *(b) Offensive*

Stamping Kick	-Cha Bapgi
Sweeping Kick	-Goro Chagi
Overhead Kick	-Twio Nomo Chagi
Flat Fingertip Thrust	-Opun Sonkut Tulgi

## 5. Pattern

Choong Moo	-30 Movements
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## 6. Sparring

Free Sparring (two against one)

## Explanation Of Stances

The effectiveness of Tae Kwon-Do techniques are largely dependent on using the correct stance, as the stance is the foundation for every Tae Kwon-Do movement.

Stability, Agility, Balance and Flexibility are the controlling factors.

The basic principles for forming a proper stance are:

1. Keep the back straight (with few exceptions).
2. Tense the abdomen.
3. Maintain a correct facing. The stance may be full facing, half facing, or side facing towards the opponent.
4. Maintain equilibrium.
5. Correctly utilize knee spring when stepping and also performing techniques.

## Stance Dimensions

**Parallel Stance (Narani Sogi)** – Feet are parallel with shoulder width, with toes pointing directly to the front. This stance is either full facing or side facing.

**Close Stance (Moa Sogi)** – Stand with feet together. It is either full facing or side facing.

**Walking Stance (Gunnun Sogi)** – A strong stance for front attack and defence. Stance is 1 and a half shoulder widths long between the toes, and 1 shoulder width wide from the centre of one instep to the other. The rear foot should be angled 25 degrees outward. The front leg is bent, with the back one kept straight, with the weight distribution being 50% on each leg. Stance can be full or half facing.

**L-Stance (Niunja Sogi)** – This is a very versatile stance used in defence but also widely used in attacking. It is 1 and a half shoulder widths long from the rear foot sword to the front toes. The angle of the rear foot should be approximately a right angle to the front foot. Both legs should be bent, with a weight distribution of 30% on the front leg and 70% on the rear. The rear leg should form a vertical line with the angle from the knee downwards. This stance is always half facing.

**X-Stance (Kyocha Sogi)** – Occasionally used for blocking but is a very useful preparatory stance for moving into the next manoeuvre. One foot is crossed behind the other, with the front foot flat on the ground and the rear foot supported by the ball of the foot only. Most of the body weight rests on the front foot. Stance can be either full or half facing.

**Fixed Stance (Gojong Sogi)** – Effective for defence and attack to the sides. The stance is very similar to L-stance except the weight is distributed evenly and the length is 1 and a half shoulder widths measured from rear foot sword to the heel of the front foot. The stance is always half facing.

**Bending Stance (Goburyo Sogi)** – This is a preparatory stance for side, front and back kicks. It can also be used as a guard. The stance is performed by lifting one leg so the knee points forwards, with the foot near to the opposite knee, and the standing leg being bent slightly. When used as a ready stance for kicking it is divided into bending ready stance A and B. A uses a forearm guarding block, and B the fists are held out to the sides.

**Vertical Stance (Soojik Sogi)** – Half a shoulder width long between the heels. Both legs are straight in this stance, and the weight distribution is 60% on the rear leg and 40% on the front. This stance is always half facing and is used as a retreating stance as the opponent closes the distance with the student.

Sitting Stance (Annun Sogi) – Widely used for punching exercise and development of the leg muscles. The stance is 1 and a half shoulder widths between the feet, both feet are parallel. The stance is either full or side facing.

Rear Foot Stance (Dwit Bal Sogi) – A defensive stance with the ability to kick or adjust distance with the opponent with the front foot which can move without any additional shifting of the body weight to the rear foot. The stance is one shoulder width between the toes, with the feet at right angles to each other. Most of the weight rests on the rear leg.

Low Stance (Nachuo Sogi) – This stance is 2 shoulder widths long and is very similar to Walking stance. It is used to extend the reach of an attacking tool. It is also used to develop leg muscles. This stance is always full facing.

## **Striking, Thrusting and Punching**

These 3 types of technique are closely related, but also distinctly different.

The purpose of a strike is to attack the hard parts of the body and to fracture or break bones. Striking techniques usually travel in an arcing motion, either arcing on a horizontal plane or a vertical plane, to reach their target.

Thrusting techniques are used to attack the softer vital points of the body, such as the eyes, throat, solar plexus and groin. Thrusting attacks utilize the fingertips and attack the target in a straight line with the fingertips.

Punching is similar to striking, except that the punch is designed to cause internal haemorrhage and other damage, from the twisting action of the fist as it comes into contact with the target.