

# TAEKWON-DO STUDENT HANDBOOK



*TaeKwon-Do is an art of unarmed combat. Translated literally, 'Tae' means foot, 'Kwon' means fist and 'Do' means art. Taken collectively, TaeKwon-Do means the skilful application of hand and foot techniques in defending oneself.*

*To the serious student, TaeKwon-Do represents more than merely the skilful use of hand and foot, but a way of thinking and life, particularly installing a self imposed discipline and self confidence.*

**SHAFTESBURY TKD**



*Shaftesburytkd.co.uk*

This handbook belongs to \_\_\_\_\_

## Student record

Date started training in TaeKwon-Do \_\_\_\_\_

**Yellow tag grading**

Date: \_\_\_\_\_ Examiner: \_\_\_\_\_

**Yellow belt grading**

Date: \_\_\_\_\_ Examiner: \_\_\_\_\_

**Green tag grading**

Date: \_\_\_\_\_ Examiner: \_\_\_\_\_

**Green belt grading**

Date: \_\_\_\_\_ Examiner: \_\_\_\_\_

**Blue tag grading**

Date: \_\_\_\_\_ Examiner: \_\_\_\_\_

**Blue belt grading**

Date: \_\_\_\_\_ Examiner: \_\_\_\_\_

**Red tag grading**

Date: \_\_\_\_\_ Examiner: \_\_\_\_\_

**Red belt grading**

Date: \_\_\_\_\_ Examiner: \_\_\_\_\_

**Black tag grading**

Date: \_\_\_\_\_ Examiner: \_\_\_\_\_

**1<sup>st</sup> degree black belt (I Dan) grading**

Date: \_\_\_\_\_ Examiner: \_\_\_\_\_

Competitions/Seminars

Event \_\_\_\_\_ Date: \_\_\_\_\_ Result: \_\_\_\_\_

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This handbook contains most of the information required to achieve your black belt goal, and should be studied carefully by all students. Never tire of learning, be the best you can be in TaeKwon-Do, and never be defeated by yourself.

*“True gold does not fear the test of fire” - Chinese proverb*

*"Of every 100 men:  
10 shouldn't even be here...  
80 are nothing but targets...  
9 are real fighters...  
We are lucky to have them...  
They the battle make...  
But one of them is a Warrior  
...and he will bring the others back” – Hericletus 500 BC*



General Choi Hong Hi 9<sup>th</sup> Dan

TaeKwon-Do was officially recognised as a martial art on 11<sup>th</sup> april 1955, its founder being General Choi Hong-Hi, black belt 9<sup>th</sup> Dan and Grand Master of TaeKwon-Do. He was a major general in the Korean Army and was responsible for the spreading of TaeKwon-Do to the Korean forces. On 22<sup>nd</sup> March 1966, the International TaeKwon-Do Federation (ITF) was formed.

## Rules of the Dojang (Training hall)

1. All students must have a valid membership and Insurance
2. Students must wear the official dobok when training upon becoming members
3. Do not behave in a way that may endanger others
4. Ask permission before using any equipment
5. Jewellery and watches may not be worn during training
6. Food and drink are banned from the training hall

## Etiquette

1. Bow before entering or leaving the training hall
2. Bow to instructors and black belts as they enter the hall
3. Bow upon approaching/leaving an instructor, take at least 2 steps back before turning away.
4. Address instructors as Sir/Miss/Surname, never by first name
5. Receive with both hands when being presented certificates etc.
6. When adjusting your uniform, turn away from the instructor
7. If you arrive late, stand to the side of class and wait to be bowed in
8. Do not disrupt the class or speak over the instructor

The instructor has the right to refuse admission to students if they are in breach of the rules or etiquette.

# Tenets of Taekwon-do

The tenets are aims that all students should want to achieve

Courtesy (Ye Ui)  
Integrity (Yom Chi)  
Perseverance (In Nae)  
Self Control (Guk Gi)  
Indomitable Spirit (Baekjul Boolgool)

## Taekwon-do oath

1. I shall observe the tenets of TaeKwon-Do
2. I shall respect the instructors and seniors
3. I shall never misuse TaeKwon-Do
4. I shall be a champion of freedom and justice
5. I shall build a more peaceful world

## Commands

Attention – Charyot  
Bow – Kyong Ye  
Ready – Junbi  
Start – Sijak  
Stop – Guman  
Return to ready position –Pharo  
At ease – Swiyo  
Turn around – Dwiro Dora  
Dismiss – Hae San

## Numbers

One – **Hana** – Two – **Dool** – Three – **Set** – Four – **Net** – Five – **Dasot** –  
Six – **Yosot** – Seven – **Ilgop** – Eight – **Yodul** – Nine – **Ahop** – Ten - **Yaul**

# Theory of power

The power of a properly executed TaeKwon-Do technique can be devastating, scientific and mathematical formulas should be observed and put into practise to create power:

**Reaction force** - Newton's 3rd law (N III) states that for every force, there is an equal and opposite force, so a punch with the right hand is aided by pulling back the left hand to the hip.

**Concentration** - (Pressure= Force/Area)

(Power = Energy/Time) This means, a lot of energy released over a very small period of time creates a huge amount of power

**Equilibrium/Balance**

**Breath Control** - An explosive movement can be gained by exhaling sharply upon performing a technique, as well as conditioning the body to absorb a blow.

**Mass** - Newton's 2nd law (N II)

(Force = Mass x Acceleration)

More Force can be generated by utilizing knee spring/sine wave.

**Speed** - This is the most essential element of the theory or power. A large stone dropped slowly on a sheet of glass can have no effect, but a tiny stone thrown as a high speed can smash the sheet of glass.

(Kinetic energy = 0.5 x mass x Velocity x Velocity)

## Meaning of the belts

White – Innocence, the student has no previous knowledge of TaeKwon-Do

Yellow – The earth from which a plant sprouts and takes root as the TaeKwon-Do foundation is being laid

Green – The plants growth as TaeKwon-Do skills begin to develop

Blue – The heaven, towards which the plant matures into a towering tree as TaeKwon-do progresses

Red – Danger, cautioning the student to exercise control and warning the opponent to stay away

Black – The opposite of white, signifying maturity and proficiency in TaeKwon-Do, the wearer is impervious to darkness and fear.

1<sup>st</sup>-3<sup>rd</sup> degree black belt = Assistant instructor (Boo-sabum)

4<sup>th</sup>-6<sup>th</sup> degree black belt = Instructor (Sabum)

7<sup>th</sup>-8<sup>th</sup> degree black belt = Master (Sahyun)

9<sup>th</sup> degree black belt = Grand Master (Saseong)

# Stances

## ***Attention stance (Charyot sogi)***

This stance is used to bow.

The feet form a 45° angle

The hands form fists and the arms hang naturally at the sides (50/50 weight distribution)

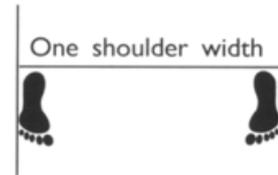


## ***Parrallel ready stance (Narani junbi sogi)***

The feet are spaced one shoulder width apart

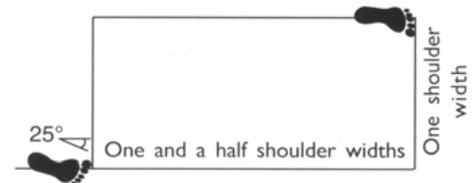
The hands are brought naturally in front of the abdomen

The arms are slightly bent (50/50 weight distribution)



## ***Walking stance (Gunnun sogi)***

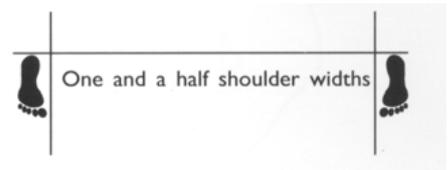
The feet are spaced 1 and a half shoulder widths long and 1 shoulder width wide, the rear leg is straight but the front leg is bent so the knee forms a vertical line with the heel. The foot of the rear leg is turned away from the stance by 25° (50/50 weight distribution)



## ***Sitting stance (Annun sogi)***

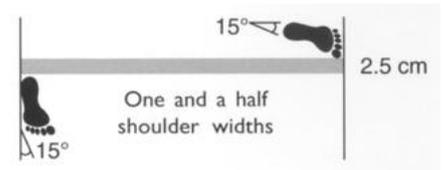
The feet are spaced 1 and a half shoulder widths apart.

Both feet are parallel, and the knees are comfortable (50/50 weight distribution)



## ***L-Stance (Niunja sogi)***

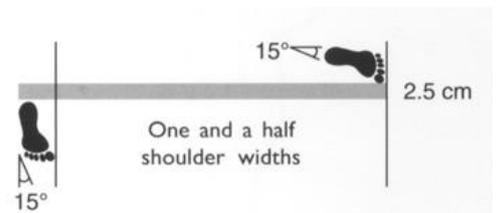
This is widely used for defence. The feet are spaced 1 and a half shoulder widths long. The rear leg supports 70% of the body weight. It is bent so the knee cap forms a vertical line with the toes. (70/30 weight)



## ***Fixed stance (Gojung sogi)***

The feet are spaced 1 and a half shoulder widths long.

This stance is very similar to an L-Stance, except the weight is distributed evenly between both feet. (50/50)



## ***Closed ready stance (Moa junbi sogi)***

Stand with both feet together.

Weight distributed evenly.

The hands will be placed relevant to whether you are in type "A" "B" "C" or "D" (50/50)



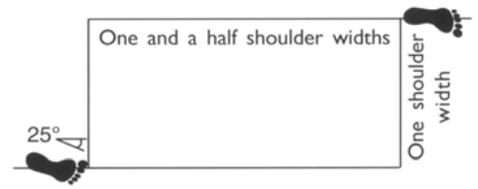
***X stance (Kyocha sogi)***

The feet cross over one another, the foot behind touches the ground with the ball of the foot only (95/5)



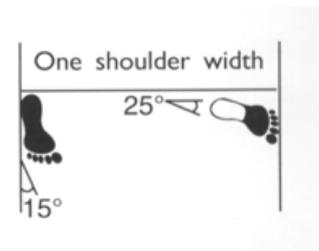
***Low stance (Nachuo sogi)***

Similar to a walking stance but longer by one foot. Advantage is the attacking tool can reach further (50/50)



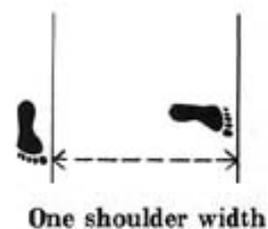
***Rear Foot stance (Dwitbal sogi)***

The feet are placed 1 shoulder width long. Most of the weight is placed on the Rear leg (90/10)



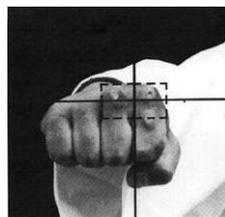
***Vertical stance (Soojik sogi)***

The feet are positioned at 90 degrees to each other and 1 shoulder width from the foot-sword to the toes of the other foot. (60/40)



## Attacking and blocking tools

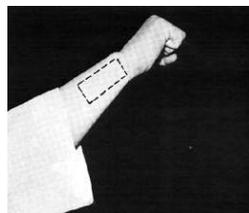
***Forefist (Ap joomuk)***



***Inner forearm (An palmok)***



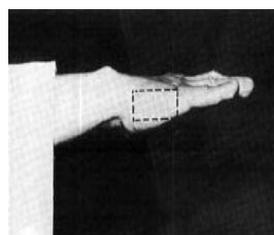
***Outer forearm (Bakat palmok)***



***Ball of the foot (Ap Kumchi)***



***Knifehand (sonkal)***



***Foot sword (Balkal)***



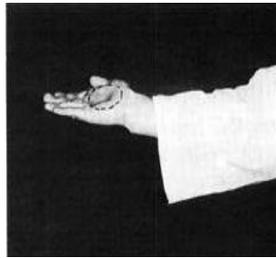
**Backfist (Dung Joomuk)**



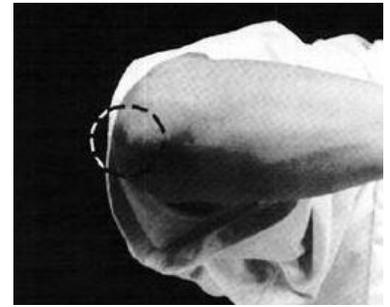
**Fingertip (Sonkut)**



**Palm (Sonbadak)**



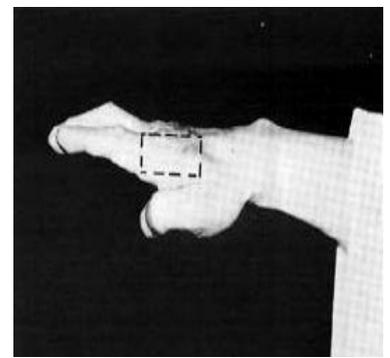
**Elbow (Palkup)**



**Back heel (Dwitchook)**



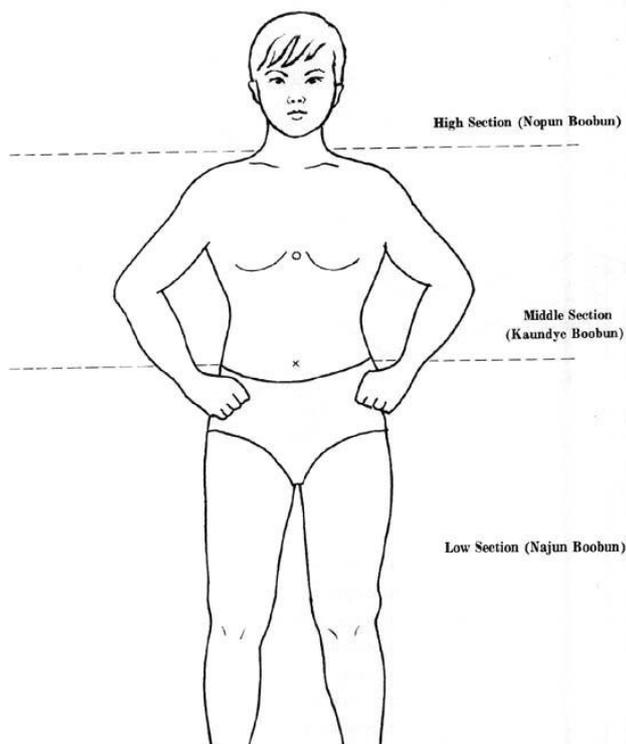
**Reverse knifehand (Sonkal Dung)**



**Arc hand (Bandal Son)**



**Knee (Moorup)**



# **Guidance for practical grading syllabus**

\*You may not be asked to demonstrate everything below, but should learn everything

## **10<sup>th</sup> Kup – promotion to yellow tag**

Sitting stance Middle Punch  
Front rising kick  
Walking stance middle punch  
Walking stance inner forearm middle block  
Walking stance inner forearm middle block/reverse punch  
4 direction Punch  
4 direction Block  
10 Press ups

## **9<sup>th</sup> Kup – promotion to yellow belt**

L stance inner forearm middle block  
Walking stance low block/rising block  
Walking stance middle front snap kick/middle punch  
Sitting stance double punch  
Chon-Ji tul  
10 Press ups

## **8<sup>th</sup> Kup – promotion to green tag**

L stance knifehand guarding block  
L stance knifehand side strike  
L stance twin forearm block  
L stance side kick knifehand guarding block  
3 Step sparring  
Dan-Gun tul  
Chon-Ji tul

## **7<sup>th</sup> Kup – promotion to green belt**

Walking stance backfist strike  
Walking stance straight fingertip thrust  
Walking stance wedging block  
L stance reverse turning kick  
Release from grabe (as in Do-San)  
2 Step sparring  
3 Step sparring  
Measure side kick & turning kick on breaker board  
Do-San tul

## **6<sup>th</sup> Kup – promotion to blue tag**

L stance inward knifehand strike

Fixed stance middle punch

Walking stance circular block

3 step semi-free sparring, 2 step sparring

Measure reverse turning kick, turning kick & side kick on breaker board

Won-Hyo tul, Do-San tul

## **5th Kup – promotion to blue belt**

Walking stance palm hooking block

L stance twin knifehand block

Walking stance front elbow strike

Walking stance double forearm block

Free sparring, 3 step semi free sparring, 2 step sparring

Knifehand strike & Reverse turning kick on breaker board

Yul Gok & all previous patterns

## **4<sup>th</sup> Kup – promotion to red tag**

Rear foot stance palm upward block

Walking stance upper elbow strike

Low stance palm pressing block

Walking stance twin vertical punch

Release from grab (as in Joong-Gun)

Joong Gun & all previous patterns

1 Step sparring & all previous sparring systems

Reverse turning kick & choice of hand technique on breaker board

Joong-Gun & all previous patterns

## **3<sup>rd</sup> Kup – promotion to red belt**

Walking stance upset fingertip thrust

Sitting stance W shape block

L stance low double forearm pushing block

Walking stance flat fingertip thrust

L stance low knifehand guarding block

Toi-Gye and all previous patterns

2 vs 1 sparring & all previous

Breaking as previous grading

## **2<sup>nd</sup> Kup – promotion to black tag**

Sitting stance palm pushing block

L stance upward punch

Vertical stance knifehand strike

L stance obverse punch

Hwa Rang and all previous patterns

All previous sparring

All previous breaking

# Guidance for grading theory

This is not a concrete list of the questions that may be asked – The content below should be sufficient to pass gradings, but serious students should purchase a UKTA colour belt handbook and use the virtual Dojang at [www.wirraltaekwondo.com/members](http://www.wirraltaekwondo.com/members)

## 10<sup>th</sup> Kup – for promotion to yellow tag

1. What does TaeKwon-Do literally mean?
2. Who is the father and founder of TaeKwon-Do
3. Who introduced Taekwon-Do to the UK?
4. In which country did TaeKwon-Do originate?
5. When was TaeKwon-Do officially recognised?
6. What are the 5 tenets of TaeKwon-Do?
7. What does white belt signify?
8. What is the title given to a 7<sup>th</sup> or 8<sup>th</sup> degree black belt?
9. What is the title given to a 9<sup>th</sup> degree black belt?
10. What is the Korean term for instructor?
11. What are the Korean for the following stances?
  - a) Attention stance
  - b) Parrallel stance
  - c) Sitting stance
  - d) Walking stance
12. Name the 3 sections of the body in Korean
13. What are the Korean terms for the following attacking and defending tools?
  - a) Forefist
  - b) Knifehand
  - c) Inner forearm
  - d) Outer forearm
  - e) Ball of the foot
14. What are the Korean terms for the following techniques?
  - a) Middle punch
  - b) Outer forearm low block
  - c) Knifehand low block
  - d) Inner forearm middle block
  - e) Outer forearm high block
  - f) Outer forearm rising block
  - g) Front snap kick
15. What are the Korean terms for
  - a) 4 direction punch
  - b) 4 direction block
16. What are the definitions of the following
  - a) A middle punch
  - b) A middle block
  - c) A high block

1. The art of hand and foot
2. Grand Master General Choi Hong Hi 9<sup>th</sup> Dan
3. Grand Master Rhee Ki Ha 9<sup>th</sup> Dan
4. Korea
5. 11<sup>th</sup> April 1955
6. Courtesy, integrity, perseverance, self control, indomitable spirit
7. Innocence, the wearer has no previous knowledge of TaeKwon-Do
8. Master
9. Grand master
10. Sabum
11.
  - a) Charyot sogi
  - b) Narani sogi
  - c) Annun sogi
  - d) Gunnun sogi
12. Low = Najunde, Middle = Kaunde, High = Nopunde
13.
  - a) Ap Joomuk
  - b) Sonkal
  - c) An palmok
  - d) Bakat palmok
  - e) Ap kumchi
14.
  - a) Kaunde Jirugi
  - b) Bakat palmok najunde makgi
  - c) Sonkal najunde makgi
  - d) An palmok kaunde makgi
  - e) Bakat palmok nopunde makgi
  - f) Bakat palmok chookyo makgi
  - g) Ap cha Busigi
15.
  - a) Saju jirugi
  - b) Saju makgi
16.
  - a) A punch with the fist at shoulder level
  - b) a block with the fist or fingertips at shoulder level
  - c) a block with the fist or fingertips at eye level.

## **9<sup>th</sup> Kup – For promotion to yellow belt**

**Tul** – Pattern: a set of fundamental movements both offensive and defensive against an imaginary opponent.

A yellow belt signifies the earth from which a plant sprouts and takes root as the TaeKwon-Do foundation is being laid.

**Chon-Ji:** Means literally the heaven and the 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 played by the beginner. The pattern consists of two similar parts; one to represent the heaven, the other to represent the earth.

Number of movements = **19**

L stance	-	Niunja sogi
Knifehand Side strike	-	Sonkal yop taerigi
Forearm guarding block	-	Palmok daebi makgi
Flat fingertip thrust	-	Opun Sonkut tulgi
Obverse	-	Baro
Reverse	-	Bandai

Obverse technique is one in which the attacking or blocking arm is on the same side as that of the leading leg.

Reverse technique is one which the attacking or blocking arm is on the opposite side as that of the leading leg.

The leading leg is the one which carries the most weight.

## **8<sup>th</sup> Kup – For promotion to green tag**

**Dan-Gun:** Named after the holy Dan-Gun, the legendary founder of Korea in the year 2333 B.C.

Number of movements = **21**

A green belt signifies the plants growth as TaeKwon-Do skills begin to develop.

Knifehand Guarding block	-	Sonkal Daebi makgi
High punch	-	Nopunde jirugi
Twin forearm block	-	Sang palmok makgi
Backfist side strike	-	Dung joomuk yop taerigi
Downward kick	-	Naeryo chagi
Side piercing kick	-	Yopcha jirugi
Footsword	-	Balkal
Back heel	-	Dwitchook
3 step sparring	-	Sambo matsogi

## 7<sup>th</sup> Kup – For promotion to green belt

**Do-San:** The pseudonym (a pseudonym is a false name to conceal identity) of the patriot Ahn Chang Ho. The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.

Number of movements = **24**

Straight fingertip thrust	-	Sun sonkut tulgi
Wedging block	-	Hechyo makgi
Knifehand high inward strike	-	Sonkal nopunde anuro taerigi
X-fist pressing block	-	Kyocha joomuk noolo makgi
Twin fist vertical punch	-	San joomuk Sewo jirugi
Circular block	-	Dollymyo makgi
Double forearm high block	-	Doo palmok nopunde magki
3 step semi free sparring	-	Ban Jayu matsogi

An Makgi – Inside block; a block that blocks the inside of the opponents attacking limb to expose the inside part of the opponents body

Bakat makgi – Outside block; a block that blocks the outside of the opponents attacking limb to expose the outside part of the opponents body

Anuro makgi – Inward block; a block that converges inwards towards the centreline of the defenders body (same for an inward strike)

Bakuro makgi – Outward block; a block that moves outwards away from the centreline of the defenders body (same for outward strike)

## 6<sup>th</sup> Kup – For promotion to blue tag

**Won-Hyo:** Was the noted monk who introduced Buddhism to the Silla dynasty in the year 686 A.D.

Number of movements = **28**

A blue belt signifies the heaven, towards which the plant matures into a towering tree as training in TaeKwon-Do progresses.

Close Ready stance type A	-	Moa junbi sogi A
Fixed stance	-	Gojung sogi
Bending ready stance type A	-	Gubooryo sogi A
Back piercing kick	-	Dwitcha jirugi
Crescent kick	-	Bandal chagi
Hooking kick	-	Golcho chagi
Reverse turning kick	-	Bandai dollyo chagi
Side instep	-	yop baldung
Side sole	-	Yop bal badak
Outward waist block	-	Bakuro Hori makgi

Knee upward kick	-	Moorup ollyo chagi
Side fist downward strike	-	Yop joomuk naeryo taerigi
Outer forearm inward block	-	Bakat palmok anuro makgi
Outer forearm outward block	-	Bakat palmok bakuro taerigi
Knee turning kick	-	Moorup dollyo chagi
Palm hooking block	-	Sonbadak golcho makgi
Outer forearm Downward block	-	Bakat palmok naeryo makgi
High elbow strike	-	Nopun Palkup taerigi
Free sparring	-	Jayu matsogi
2 step sparring	-	Ibo matsogi

### **5<sup>th</sup> Kup – For promotion to blue belt**

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

Number of movements = **38**

Twin knifehand block	-	Sang sonkal makgi
X-stance	-	Kyocha sogi
Front elbow strike	-	Ap palkup taerigi
Palm upward block	-	Sonbadak ollyo makgi
Palm pressing block	-	Sonbadak noolo makgi
Upset fingertip low thrust	-	Dwijibun sonkut najunde tulgi
Self defence	-	Hosin sul
Low stance	-	Nachuo sogi

Ap makgi – Front block; a block to the centreline of the body with the body full facing.

Yop makgi – side block; a block with the body half facing or side facing the target

Ap jirugi – Front punch; a punch to the centreline of the body with the body full facing. (The same applies to front strike and thrust)

Yop jirugi – side punch; a punch with the body side facing the target. (The same applies to side strike and thrust although side strike can be half facing as well)

#### 4<sup>th</sup> Kup – For promotion to red tag

**Joong-Gun:** 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 a leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr Ahn's age when he was executed at the Lui-Shung prison in 1910. Number of movements = **32**

A red belt signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

Close ready stance type B	-	Moa junbi sogi B
Rear foot stance	-	Dwitbal sogi
Reverse knifehand middle block	-	Sonkal dung kaunde makgi
Low side front snap kick	-	Najunde yobap cha busigi
Upper elbow strike	-	Wi palkup taerigi
Twin fist upset punch	-	Sang joomuk dwijibo jirugi
X-fist rising block	-	Kyochoa joomuk chookyo makgi
Angle punch	-	Giokja jirugi
U-shape block	-	Digutchcha makgi
Reverse footsword	-	Balkal dung
Reverse hooking kick	-	Bandai dollyo goro chagi
Pick shape kick	-	Gokaeng-I chagi
Outward vertical kick	-	Bakuro sewo chagi
Inward vertical kick	-	Anuro sewo chagi
Pressing kick	-	Noolo chagi
Side checking kick	-	Yop cha momchugi
Sliding	-	mikulgi
Foot shifting	-	jajunbal
Single stepping	-	Ilbo Omgyo didigi
Double stepping	-	Ibo omgyo didigi
1 step sparring	-	Ilbo matsogi
Flying front snap kick	-	Twimyo ap cha busigi
Flying turning kick	-	Twimyo dollyo chagi

### **3<sup>rd</sup> Kup – For promotion to red belt**

**Toi-Gye:** The pen name of the noted scholar Yi-Hwang, an authority on Neo-confucianism. The 37 movements refer to his birthplace on the 37 degree latitude, the diagram represents scholar.

Movements = **37**

Backfist side back strike	-	Dung joomuk yopdwi taerigi
Twin side elbow thrust	-	Sang yop palkup tulgi
Outer forearm W-shape block	-	Bakat palmok San makgi
Double forearm Low pushing block	-	Doo palmok najunde miro makgi
Knifehand low guarding block	-	Sonkal najunde daebi makgi
Flying side kick	-	Twimyo yop chagi

### **2<sup>nd</sup> Kup – For promotion to black tag**

**Hwa-Rang:** Named after the Hwa-Rang youth group which originated in the Silla dynasty in the early 7<sup>th</sup> century. The 29 movements refer to the 29<sup>th</sup> infantry division where TaeKwon-Do developed into maturity

Movements = **29**

A black belt signifies the wearers maturity and proficiency in TaeKwon-Do, and also indicates imperviousness to darkness and fear.

Close ready stance type C	-	Moa junbi sogi C
Vertical stance	-	Soojik sogi
Palm pushing block	-	Sonbadak miro makgi
Upward punch	-	Ollyo jirugi
Knifehand side downward strike	-	Sonkal yop naryo taerigi
Side elbow thrust	-	Yop palkup tulgi
Side front block	-	Yobap makgi
Flying reverse turning kick	-	Twimyo Bandai dollyo chagi
Mid air kick	-	Twio dolmyo chagi
Twisting kick	-	Bituro chagi

## **1<sup>st</sup> Kup – For promotion to black belt**

**Choong-Moo:** Was the name given to the great admiral Yi Soon Sin of the Yi dynasty. He was reputed to have invented the first armoured battleship (kobukson) in 1952, which is said to be the precursor of the present day submarine. 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 checked by the forced reservation of his loyalty to the king.  
Number of movements = **30**

Knifehand high front strike	-Sonkal nopunde ap taerigi
Reverse knifehand high front strike	-Sonkal dung nopunde ap taerigi
Outer forearm middle front block	-Bakat palmok kaunde ap taerigi
X-knifehand checking block	-Kyocha sonkal momchau makgi
Twin palm upward block	-Sang sonbadak ollyo makgi

## **Step sparring**

### **3 step sparring – 3 attacks and blocks all the same.**

Starting position: Attacker (A) = Left walking stance Outer forearm Low block  
Defender (D) = Parralel ready stance (Junbi sogi)

All movements are obverse unless stated otherwise. \*Note\* a right walking stance is one with the right leg in front, a right L stance is one with the right leg behind. The following movements should be performed in a stepping motion 3 times with the exception of the counter attack.

### **Examples:**

1. A = Right walking stance middle punch  
D = Left walking stance Inner forearm middle block  
D counters with a Middle reverse punch
2. A = Low front kick right walking stance  
D = Left walking stance outer forearm low block  
D counters with a Left low front snap kick left walking ready stance
3. A = Right walking stance high punch  
D = Left walking stance Outer forearm high side block  
D counters with a flat fingertip thrust

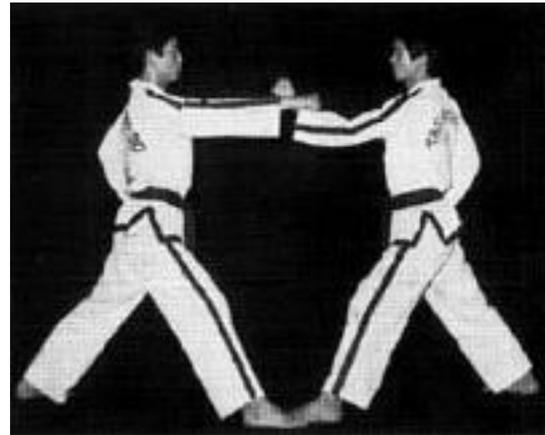
4. A = Left L stance middle reverse punch  
D = Left L stance inner forearm middle block  
D counters with a right middle turning kick left L ready stance

5. A = Left L stance knifehand middle side strike  
D = Left L stance knifehand guarding block  
D counters with a low side piercing kick left L ready stance

1. Ready posture



2. Attack and block



3. Counter attack



4. Return to parallel ready stance



The above pictures illustrate the basic principals of 3-step sparring

## **2 step sparring – 2 attacks, one a hand attack one a foot attack.**

Starting position: Attacker (A) = Right L stance forearm guarding block

Defencer (D) = Parralel ready stance (Junbi sogi)

All movements are obverse unless stated otherwise. \*Note\* a right walking stance is one with the right leg in front, a right L stance is one with the right leg behind.

### **Examples:**

1. A1 = Right front snap kick right walking ready stance  
D1 = Left walking stance X-fist pressing block  
A2 = Left walking stance twin fist vertical punch  
D2 = Right walking stance high wedging block  
D counters with a Left knee upward kick
2. A1 = Right front snap kick right walking ready stance  
D1 = Left L-stance outer forearm low block  
A2 = Left walking stance back fist high side strike  
D2 = Left walking stance high double forearm block  
D counters with a Left fixed stance middle punch
3. A1 = Right walking stance right side fist downward strike  
D1 = Left walking stance outer forearm rising block  
A2 = Left low turning kick L ready stance  
D2 = Left L stance outer forearm outward waist block  
D counters with a left L stance knifehand side strike
4. A1 = Right high turning kick left L ready stance  
D1 = Right L stance outer forearm high outward block  
A2 = Left fixed stance middle punch  
D2 = Left L stance outer forearm middle inward block  
D counters with a Knee middle turning kick left L ready stance
5. A1 = Right walking stance middle punch  
D1 = Right walking stance palm hooking block  
A2 = Low side kick L ready stance  
D2 = Right L stance outer forearm downward block  
D counters with a left walking stance high elbow strike.

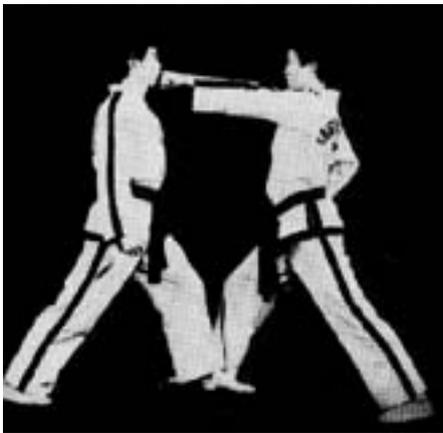
1. Ready posture



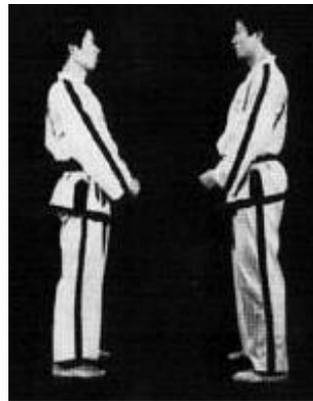
2. Attack and block



3. Counter attack



4. Return to parallel ready stance



## Important TaeKwon-Do figures

General Choi Hong Hi 9<sup>th</sup> Dan – Founded TaeKwon-Do 11<sup>th</sup> April 1955, created of the International TaeKwon-Do Federation 22<sup>nd</sup> March 1966.

Grand Master Rhee Ki Ha 9<sup>th</sup> Dan – Introduced TaeKwon-Do to the United Kingdom in 1967

Master John Williamson 8<sup>th</sup> Dan – President of the UKTA

Notes:

## Patterns quick reference

Patterns are fundamental attacking and blocking movements performed against an imaginary opponent. "Here I leave TaeKwon-Do for mankind... The 24 patterns represent 24 hours, one day, or all my life. The name of the pattern, the number of movements, and the diagrammatic symbol of each pattern symbolizes either heroic figures in Korean history or instances relating to historical events" – General Choi Hong Hi.

### **CHON JI- 19 MOVEMENTS**

means literally " the Heaven the 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 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**

is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 B.C.

### **DO SAN- 24 MOVEMENTS**

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

### **WHON YHO- 28 MOVEMENTS**

was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.

### **YUL GOK- 38 MOVEMENTS**

is the pseudonym of a great philosopher and scholar Yi I (1536-1584) nicknamed the "Confucius of Korea" The 38 movements of this pattern refer to his birthplace on 38 latitude and the diagram represents "scholar".

### **JOONG GUN - 32 MOVEMENTS**

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**

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**

is named after the Hwa-Rang youth group, which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwon-Do developed into maturity.

**CHOONG MOO- 30 MOVEMENTS** was the name given to the great Admiral Yi Soon-Sin of the Lee Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. 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 the king.

## Useful Information

Shaftesbury TKD is part of the UKTA (United Kingdom Taekwon-Do Association) est. 1967 by Grand-Master Rhee Ki Ha. The UKTA is affiliated directly with the ITF, president Chang Ung (<http://www.itfkd.org/>).

**Equipment** can either be bought online or via your instructor, if you wish to purchase equipment online, check with your instructor whether it is the correct type.

Essential equipment for the serious student:

- UKTA approved dobok
- Sparring protection (Hands, feet and head guard, groin guard, gumshield)
- UKTA colour belt handbook

**Membership** is currently charged at £22.50 per annum – This is a requirement for insurance purposes, allowing students to participate in physical activities such as sparring and breaking.

**Gradings** are held normally once every 3 months and take place normally on the Wirral. Gradings will either be held with a local examiner, or a UKTA Master – If the grading is with a Master, you will be required to attend a seminar beforehand.

**Progression** – It is important that all terminology and physical requirements are understood before grading; although children under 12 may not be asked to recite Korean at gradings, it is recommended that they learn the recommended words thus ensuring that they learn steadily.

**Competitions** are held at various times across the year – all UKTA competitions are listed on [tkdcompetitions.co.uk](http://tkdcompetitions.co.uk), but students are welcome to attend any competition provided their insurance covers them.

**Seminars and workshops** take place regularly and are listed on the UKTA website. Shaftesbury TKD works closely with Wirral UKTA Taekwon-Do, and students are encouraged to use both schools as far as possible.

**Instructors** have undergone a UKTA instructors course & CBR checks, fully endorsed by the British Taekwon-Do Council ([tkdcouncil.com](http://tkdcouncil.com)). All instructors are voluntary and receive no financial benefit from the running of the club.

Mr M Carr (3<sup>rd</sup> Dan) – Consultant Instructor & technical advisor

Mr S Booth (2<sup>nd</sup> Dan) – Grading & Finance coordinator

Mr J Morris (2<sup>nd</sup>) – Competitions & Membership coordinator

Mr A Prins (1<sup>st</sup> Dan) – Webmaster & equipment manager

Mr L Almond (1<sup>st</sup> Dan) – Junior instructor

Mr M Prins (1<sup>st</sup> Dan) – Junior instructor