

TAEKWON-DO: THEORY SYLLABUS

PLEASE NOTE THAT THIS IS THE AUTHORS OWN WORK, FOR HIS OWN STUDY, AND AS SUCH IS NOT ENDORSED OR NECESSARILY REPRESENTATIVE OF PUMA. IT IS BASED ON THE PUMA STUDENT HANDBOOK AND INFORMATION RESEARCHED INDEPENDENTLY, BY THE AUTHOR.

TAEKWON-DO GENERAL

WHO IS YOUR INSTRUCTOR: MISS EMMA DEAKIN 4TH DEGREE

WHO IS YOUR GRADING EXAMINER: MR DENNIS SALT 6TH DEGREE

WHAT DOES P.U.M.A STAND FOR: PROFESSIONAL UNIFICATION OF MARTIAL ARTS

WHEN WAS P.U.M.A FOUNDED / FORMED: 1ST SEPTEMBER 2000

WHO IS THE CHAIRMAN OF P.U.M.A: MASTER RAY GAYLE 7TH DEGREE

WHAT IS TAEKWON-DO: TAEKWON-DO IS THE SCIENTIFIC USE OF THE BODY IN THE METHOD OF SELF DEFENCE. A BODY THAT HAS GAINED THE ULTIMATE USE OF ITS FACILITIES THROUGH INTENSIVE PHYSICAL AND MENTAL TRAINING

TRANSLATE – TAE: MEANS TO JUMP, KICK OR SMASH WITH THE FOOT

TRANSLATE – KWON: MEANS TO PUNCH OR DESTROY WITH THE HAND OR FIST

TRANSLATE – DO: MEANS ART, WAY OR METHOD

THEREFORE TAEKWON-DO MEANS: FOOT HAND WAY

WHAT ARE THE 5 TENETS OF TAEKWON-DO: COURTESY, INTEGRITY, PERSEVERENCE, SELF CONTROL AND INDOMITABLE SPIRIT

WHAT DO THE 5 TENETS OF TAEKWON- DO MEAN:

COURTESY: TO BE POLITE TO INSTRUCTORS, SENIORS AND FELLOW STUDENTS

INTEGRITY: HONESTY, BEING ABLE TO DEFINE RIGHT AND WRONG

PERSEVERENCE: ALWAYS TRYING TO ACHIEVE YOUR AMBITIONS, NEVER STOP TRYING

SELF CONTROL: NEVER LOSE YOUR TEMPER, ESPECIALLY WITH YOUR FELLOW STUDENTS

INDOMITABLE SPIRIT: TO SHOW COURAGE, DETERMINATION AND SELF-BELIEF WHEN YOU ARE PITTED AGAINST OVERWHELMING ODDS

HOW DOES KIHAP TRANSLATE IN KOREAN: KI TRANSLATES AS ENERGY AND HAP MEANS COMBINE THEREFORE THE MEANING OF THE WORDS IMPLY TO HARMONISE YOUR ENERGY THROUGH SOUND

TAEKWON-DO HISTORY

WHEN WAS TAEKWON-DO FOUNDED: 11TH APRIL 1955

WHO FOUNDED TAEKWON-DO: GENERAL CHOI HONG HI 9TH DEGREE

KOREA'S FIRST FIGHTING SYSTEM WAS: SOO BAK GI

PRACTISED IN: 600AD

BY: THE SILLA KINGDOM

THIS SYSTEM DEVELOPED INTO: TAE KYON

WHEN DID THE JAPANESE OCCUPY KOREA AND OUTLAW TAE KYON: 1909

HOW DID TAE KYON SURVIVE: DUE TO THE EFFORTS AND IDOMITABLE SPIRIT OF MASTERS SONG DUK KI AND HAN II DONG WHO WOULD NOT PERMIT THEIR HERITAGE TO DIE

WHEN WAS GENERAL CHOI SENT TO STUDY CALLIGRAPHY: 1933

WHO WAS HIS TEACHER, THAT SECRETLY PRACTICED TAE KYON: HAN II DONG

WHEN WAS GENERAL CHOI SENT TO JAPAN TO FURTHER HIS EDUCATION: 1937

WHILST IN JAPAN WHAT DID GENERAL CHOI STUDY: KARATE

WHAT GRADE DID GENERAL CHOI ACHIEVE WHILST STUDYING KARATE: 2ND DEGREE

WHEN DID GENERAL CHOI RETURN TO KOREA: DURING THE SECOND WORLD WAR

ON HIS RETURN TO KOREA WHAT HAPPENED TO GENERAL CHOI: HE WAS FORCED TO JOIN THE JAPANESE ARMY AND DURING HIS POSTING WAS IMPLICATED AS A PLANNER OF THE KOREAN INDEPENDENCE MOVEMENT AND SENT TO A JAPANESE PRISON

WHAT 3 THINGS HAPPENED IN 1945: END OF THE WAR, LIBERATION OF KOREA AND THE RELEASE OF GENERAL CHOI FROM THE JAPANESE PRISON

GENERAL CHOI BECAME 2ND LIEUTENANT IN THE NEWLY FORMED KOREAN ARMY IN: JANUARY 1946

ON BEING PROMOTED TO 1ST LIEUTENANT GENERAL CHOI WAS SENT TO:
TAE JAN

GENERAL CHOI STARTED, WHICH INFANTRY, WHERE TAEKWON-DO
DEVELOPED TO MATURITY: 29TH INFANTRY DIVISION

WHEN WAS TAEKWON-DO, EVENTUALLY RECOGNISED: 11TH APRIL 1955

AFTER BEING APPOINTED TO PRESIDENT OF THE TAEKWON-DO
ASSOCIATION, THE INTERNATIONAL TAEKWON-DO FEDERATION WAS
FOUNDED IN: 1966

WHEN DID GENERAL CHOI LEAVE SOUTH KOREA TO CONTINUE THE ITF IN
CANADA: 1972

WHEN WAS TAEKWON-DO BROUGHT TO THIS COUNTRY: 1967

BY WHO: GRANDMASTER RHEE KI HA

WHERE: COVENTRY

THE KOREAN FLAG

WHAT IS THE KOREAN FLAG CALLED: TAE KEUK KI

THE SYMBOL IS CALLED: TAE KEUK

THE UPPER RED SECTION IS CALLED: YANG

THE LOWER BLUE SECTION IS CALLED: UM

TAE KEUK IS THE ANCIENT SYMBOL OF: THE CREATION OF THE UNIVERSE, DAY AND NIGHT, LIGHT AND DARK, CONSTRUCTION AND DECONSTRUCTION, MALE AND FEMALE, HOT AND COLD AND SO ON...

THE CENTRAL THOUGHT IS: THAT TAE KEUK INDICATES THERE IS CONSTANT MOVEMENT WITHIN THE SPHERE OF INFINITY, THERE ARE ALSO BALANCE AND HARMONY

YANG IS ASSOCIATED WITH: EXPRESSION AND SEPARATION

UM IS ASSOCIATED WITH: CONTRACTION AND ASSIMILATION

THE 3 UNBROKEN LINES IN THE UPPER LEFT CORNER REPRESENT: HEAVEN

THE OPPOSITE 3 BROKEN LINES IN THE LOWER RIGHT REPRESENT: EARTH

THE BARS IN THE LOWER LEFT REPRESENT: FIRE

THE OPPOSITE BARS IN THE UPPER RIGHT REPRESENT: WATER

TAEKWON-DO OATH

WHAT IS THE TAEKWON-DO OATH: AS A STUDENT OF TAEKWON-DO, I SHALL OBSERVE THE TENETS OF TAEKWON-DO, I SHALL RESPECT MY INSTRUCTORS AND SENIORS, I SHALL NEVER MISUSE TAEKWON-DO, I SHALL BE A CHAMPION OF FREEDOM AND JUSTICE AND I SHALL BUILD A MORE PEACEFUL WORLD

9 SECRETS OF TAEKWON-DO

WHAT ARE THE 9 SECRETS OF TAEKWON-DO:

1. TO STUDY THE THEORY OF POWER THOROUGHLY
2. TO CLEARLY UNDERSTAND THE PURPOSE AND MEANING OF EACH MOVEMENT

3. TO BRING THE MOVEMENT OF EYES, HANDS, FEET AND BREATH INTO ONE SINGLE COORDINATED ACTION
4. TO CHOOSE THE APPROPRIATE TOOL FOR EACH VITAL SPOT
5. TO BECOME FAMILIAR WITH THE CORRECT ANGLE AND DISTANCE FOR ATTACK AND DEFENCE
6. KEEP BOTH ARMS AND LEGS BENT SLIGHTLY WHILE THE MOVEMENT IS IN MOTION
7. ALL MOVEMENTS MUST BEGIN WITH A BACKWARD MOTION WITH VERY FEW EXCEPTIONS
8. TO CREATE A SINE WAVE DURING THE MOTION BY UTILIZING THE KNEE SPRING
9. EXHALE BRIEFLY AT THE MOMENT OF EACH CONTACT, EXCEPT DURING CONNECTION MOTION

TAEKWON-DO TARGET AREAS

WHAT ARE THE TARGET AREAS – HIGH: NOPUNDE

EYES: ANGOO

NOSE: MIGAN

JAW POINT: MIT TOK

JAW HINGE: YOP TOK

NECK: MOR

BASE OF SKULL: DAE SIN MOON

PHILTRUM: INJOONG

THROAT: SOON TONG

TEMPLE: GWARIJA NON

WHAT ARE THE TARGET AREAS – MIDDLE: KAUNDE

SOLAR PLEXUS: MYONG CHI

HEART: SHIMJANG

KIDNEYS: KONGPAT

CHEST: GASUM

STOMACH: BAKOO

ARMPIT: GYODURANG

RIBS: NUKGOL

COLLAR BONE: SURE GOL

BACK: GYON GAP

WHAT ARE THE TARGET AREAS – LOW: NAJUNDE

GROIN: SATAGUNI

COCCYX: MIGOL

KNEE: MURUP GWANGOL

SHIN: KYONG GOL

INSTEP: BALDUNG

ACHILLES TENDON: DWITCHUK HIMJOL

TAEKWON-DO GENERAL TERMS

WHAT IS MIDDLE SECTION INNER FOREARM BLOCK: KAUNDE AN PALMOK
MAKGI

WHAT IS LOWER SECTION OUTER FOREARM BLOCK: NAJUNDE BAKAT
PALMOK MAKGI

WHAT ARE THE – FOOT PARTS: HABANSIN

INSTEP: BALDUNG

SIDE INSTEP: YOP BALDUNG

SIDE SOLE: YOP BAL BADA

FOOTSWORD: BALKAL

BALL OF FOOT: AP KUMCHI
REVERSE FOOTSWORD: BALKAL DUNG
BACK SOLE: DWIT KUMCHI
BACK HEEL: DWIT CHOOK

WHAT ARE THE – HAND PARTS: SANGBANSIN
FINGERTIPS: SONKUT
KNIFEHAND: SONKAL
PALM: SONBADAK
ARC HAND: BANDAL SON
BACK FIST: DUNG JOOMUK
FORE FIST: AP JOOMUK
SIDE FIST: YOP JOOMUK
REVERSE KNIFEHAND: SONKAL DUNG

TAEKWON-DO PATTERNS

WHAT DO THE NUMBER OF MOVEMENTS AND THE DIAGRAMMATIC SYMBOL OF PATTERNS SYMBOLISE: THE NAME, THE NUMBER OF MOVEMENTS AND THE DIAGRAMMATIC SYMBOL OF EACH PATTERN SYMBOLISE EITHER A HISTORICAL EVENT, A HEROIC FIGURE IN KOREAN HISTORY OR INSTANCES RELATING TO HISTORICAL EVENTS

WHAT IS A PATTERN: A PATTERN IS A SET OF FUNDAMENTAL MOVEMENTS, BOTH ATTACK AND DEFENSE, SET IN A LOGICAL SEQUENCE DESIGNED TO DEAL WITH ONE OR MORE IMAGINARY OPPONENTS

WHY DO WE PERFORM PATTERNS: PATTERNS ARE PRACTISED TO IMPROVE TAEKWON-DO TECHNIQUES, TO DEVELOP SPARRING TECHNIQUES, IMPROVE FLEXIBILITY OF MOVEMENT, MASTER BODY SHIFTING, BUILD AND TONE MUSCLES AND IMPROVE BALANCE AND BREATH CONTROL. THEY ALSO ENABLE STUDENTS TO LEARN TECHNIQUES WHICH CANNOT BE FOUND IN OTHER FORMS OF TRAINING

HOW MANY PATTERNS ARE THERE: 24

WHY ARE THEIR 24 PATTERNS: BECAUSE THE FOUNDER MAJOR GENRAL CHOI HONG HI COMPARED THE LIFE OF MAN WITH THE DAY IN THE LIFE OF EARTH. HE BELIEVES THAT 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 MAYBE IT WILL BE THE MOST IMPORTANT THING TO HAPPEN IN OUR LIVES, AS THE FOUNDER SAYS:

“HERE I LEAVE TAEKWON-DO FOR MANKIND AS A TRACE OF A MAN OF THE LATE 20TH CENTURY. THE TWENTY FOUR PATTERNS REPRESENT TWENTY FOUR HOURS, ONE DAY OF ALL MY LIFE”

TAEKWON-DO WHITE BELT

WHAT KUP IS WHITE: 10TH KUP

WHAT IS THE MEANING OF WHITE BELT: THE BEGINNING STUDENT WHO HAS NO PREVIOUS KNOWLEDGE OF TAEKWON-DO

WHAT IS THE MEANING OF YELLOW BELT: SIGNIFIES EARTH, FROM WHICH A PLANT SPROUTS AND TAKES ROOT AS THE TAEKWON-DO FOUNDATION IS BEING LAID

WHITE (10TH KUP) – GENERAL TERMS

LEFT: WEN

RIGHT: ORUN

TRAINING HALL: DOJANG

TRAINING SUIT: DOBOK

INSTRUCTOR: SABUM

BELT: TI

STUDENT: JEJA

PRESS-UPS: MOMTONG BACHIA

WHITE (10TH KUP) – COMMANDS

ATTENTION: CHARYOT

BOW: KYONG-YE

READY: CHUNBI

START: SI-JAK

STOP: GOMAN

RETURN TO READY STANCE: BARROL

DISMISS: HAESSEN

FORWARDS: APRO KAGGI

BACKWARDS: DWIYRO KAGGI

ABOUT TURN: DWIYRO TORRO

WHITE (10TH KUP) – COUNTING

ONE: HANNA

TWO: DOOL

THREE: SETH

FOUR: NETH

FIVE: DASUAL

SIX: YASAU

SEVEN: ILGOP

EIGHT: YODOLL

NINE: AHOP

TEN: YOLL

WHITE (10TH KUP) – BODY SECTIONS

LOW: NAJUNDE

MIDDLE: KAUNDE

HIGH: NOPUNDE

WHITE (10TH KUP) – PARTS OF THE BODY

FOREFIST: **AP JOOMUK**

FOREARM: **PALMOK**

INNER FOREARM: **AN PALMOK**

OUTER FOREARM: **BAKAT PALMOK**

KNIFEHAND: **SONKAL**

WHITE (10TH KUP) – DEFENSIVE MOVES

INNER FOREARM BLOCK: **AN PALMOK MAKGI**

OUTER FOREARM BLOCK: **BAKAT PALMOK MAKGI**

KNIFEHAND BLOCK: **SONKAL MAKGI**

RISING KICK: **AP CHAOLLIGI**

SIDE RISING KICK: **YOP CHAOLLIGI**

WHITE (10TH KUP) – OFFENSIVE MOVES

OBVERSE PUNCH: **BARO JIRUGI**

REVERSE PUNCH: **BANDAE JIRUGI**

WHITE (10TH KUP) – EXERCISES

FOUR DIRECTIONAL PUNCH: **SAJO JIRUGI**

FOUR DIRECTIONAL BLOCK: **SAJO MAKGI**

WHITE (10TH KUP) – STANCES

ATTENTION STANCE: **CHARYOT SOGI**

PARALLEL STANCE: **NARANI SOGI**

SITTING STANCE: **ANNUN SOGI**

WALKING STANCE: **GUNNON SOGI**

WHAT IS FOUR DIRECTIONAL PUNCH: **SAJO JURIGI IS NOT A PATTERN, IT IS THE FIRST CHOREOGRAPHED SET OF MOVEMENTS THAT IS GIVEN TO THE TAEKWON-DO STUDENT. IT DEVELOPS CO-ORDINATION, DIRECTION CHANGING AND BREATHING CONTROL. THERE ARE TWO VERSIONS OF THIS EXERCISE, ONE WITH LOW SECTION OUTER FOREARM BLOCK, THE OTHER WITH MIDDLE SECTION INNER FOREARM BLOCK. EACH EXERCISE PULLS THE LEFT FOOT TO THE START POSITION UPON ITS COMPLETION**

HOW MANY MOVEMENTS DO BOTH METHODS OF SAJO JIRUGI HAVE: **15**

HOW MANY MOVEMENTS DOES SAJO MAKI HAVE: **16**

TAEKWON-DO YELLOW STRIPE BELT

WHAT KUP IS YELLOW STRIPE: 9TH KUP

WHAT IS THE MEANING OF YELLOW BELT: SIGNIFIES EARTH, FROM WHICH A PLANT SPROUTS AND TAKES ROOT AS THE TAEKWON-DO FOUNDATION IS BEING LAID

YELLOW STRIPE (9TH KUP) – GENERAL TERMS

PATTERN: TUL

STRIKE: TAERIGI

YELLOW STRIPE (9TH KUP) – PARTS OF THE BODY

BALL OF FOOT: AP KUMCHI

YELLOW STRIPE (9TH KUP) – STANCES

L STANCE: NIUNJA SOGI

YELLOW STRIPE (9TH KUP) – DEFENSIVE MOVES

RISING BLOCK: CHOOKYO MAKGI

YELLOW STRIPE (9TH KUP) – OFFENSIVE MOVES

OPEN FIST STRIKE: PYUN JOOMUK TAERIGI

HIGH SECTION OBVERSE PUNCH: NOPUNDE BARO JIRUGI

FRONT SNAP KICK: AP CHA BUSIGI

YELLOW STRIPE (9TH KUP) – SPARRING

THREE STEP SPARRING: SAMBO MATSOKI

WHAT IS THREE STEP SPARRING: THREE STEP SPARRING IS DESIGNED FOR THE BEGINNER TO PRACTICE BASIC TECHNIQUES WITH A PARTNER. IT TEACHES THE STUDENT MANY THINGS INCLUDING PROPER DISTANCE, CORRECT FACING, FOREARM CONDITIONING, ACCURATE BLOCKS, CORRECT STANCES, COUNTER ATTACKS, CO-ORDINATION AND TIMING. ALL ATTACKERS START IN LEFT WALKING STANCE, LOW OUTER FOREARM BLOCK. ALL DEFENDERS START IN PARALLEL STANCE

WHAT IS THE YELLOW STRIPE (9TH KUP) PATTERN: CHON-JI

HOW MANY MOVEMENTS DOES CHON-JI HAVE: 19

WHAT IS THE MEANING OF CHON-JI: CHON-JI LITERALLY MEANS HEAVEN AND EARTH. IN THE ORIENT IT IS 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 HEAVEN AND THE OTHER TO REPRESENT THE EARTH

TAEKWON-DO YELLOW BELT

WHAT KUP IS YELLOW: 8TH KUP

WHAT IS THE MEANING OF YELLOW BELT: SIGNIFIES EARTH, FROM WHICH A PLANT SPROUTS AND TAKES ROOT AS THE TAEKWON-DO FOUNDATION IS BEING LAID

WHAT IS THE MEANING OF GREEN BELT: SIGNIFIES THE PLANTS GROWTH AS TAEKWON-DO SKILLS BEGIN TO DEVELOP

YELLOW (8TH KUP) – GENERAL TERMS

INWARD: ANAERO

OUTWARD: BAKAERO

UPWARD: OLLYO

DOWNWARD: NAERYO

YELLOW (8TH KUP) – DEFENSIVE MOVES

KNIFEHAND GUARDING BLOCK: SONKAL DAEBI MAKGI

TWIN FOREARM BLOCK: SANG PALMOK MAKGI

INWARD OUTER FOREARM BLOCK: ANAERO BAKAT PALMOK MAKGI

YELLOW (8TH KUP) – OFFENSIVE MOVES

SIDE FRONT SNAP KICK: YOP AP CHA BUSIGI

MIDDLE KNIFEHAND STRIKE: KAUNDE SONKAL TAERIGI

MIDDLE REVERSE PUNCH: KAUNDE BANDAE JIRUGI

YELLOW (8TH KUP) – SPARRING

THREE STEP SPARRING: SAMBO MATSOKI

WHAT IS THREE STEP SPARRING: THREE STEP SPARRING IS DESIGNED FOR THE BEGINNER TO PRACTICE BASIC TECHNIQUES WITH A PARTNER. IT TEACHES THE STUDENT MANY THINGS INCLUDING PROPER DISTANCE, CORRECT FACING, FOREARM CONDITIONING, ACCURATE BLOCKS, CORRECT STANCES, COUNTER ATTACKS, CO-ORDINATION AND TIMING. ALL ATTACKERS START IN LEFT WALKING STANCE, LOW OUTER FOREARM BLOCK. ALL DEFENDERS START IN PARALLEL STANCE

WHAT IS THE YELLOW (8TH KUP) PATTERN: DAN-GUN

HOW MANY MOVEMENTS DOES DAN-GUN HAVE: 21

WHAT IS THE MEANING OF DAN-GUN: DAN-GUN IS NAMED AFTER THE HOLY DAN GUN, THE LEGENDARY FOUNDER OF KOREA IN THE YEAR 2333 BC

DEFINE CONTINUOUS MOTION: CONTINUOUS MOTION, AS IN THE LOW BLOCK/RISING BLOCK IN PATTERN DAN-GUN, IS TWO MOVEMENTS, WITH TWO SINE WAVES, DONE FOR A SINGLE COUNT AND ONE CONTINUOUS BREATH, WITH TWO EMPHASIS, ONE ON EACH MOVE

DEFINE FAST MOTION: FAST MOTION IS TWO MOVES WITH SEPARATE BREATHS AND AN INCOMPLETE SINE WAVE, AS IN THE DOUBLE PUNCH

TAEKWON-DO GREEN STRIPE BELT

WHAT KUP IS GREEN STRIPE: 7TH KUP

WHAT IS THE MEANING OF GREEN BELT: SIGNIFIES THE PLANTS GROWTH AS TAEKWON-DO SKILLS BEGIN TO DEVELOP

GREEN STRIPE (7TH KUP) – GENERAL TERMS

KICK: CHAGI

THRUST: TULGI

STRAIGHT: SUN

GREEN STRIPE (7TH KUP) – PARTS OF THE BODY

FOOTSWORD: BALKAL

BALL OF FOOT: AP KUMCHI

FINGERTIPS: SONKUT

GREEN STRIPE (7TH KUP) – DEFENSIVE MOVES

HIGH OUTER FOREARM BLOCK: NOPUNDE BAKAT PALMOK MAKGI

WEDGING BLOCK: HECHYO MAKGI

RELEASE MOVE: JAPPYOLSOL TAE

GREEN STRIPE (7TH KUP) – OFFENSIVE MOVES

BACKFIST STRIKE: DUNG JOOMUK TAERIGI

SIDE KICK: YOP CHAGI *

SIDE PIERCING KICK: YOP CHA JURIGI *

***THESE TWO KICKS ARE ACTUALLY THE SAME**

STRAIGHT FINGERTIP THRUST: SUN SONKUT TULGI

TURNING KICK: DOLLYO CHAGI

GREEN STRIPE (7TH KUP) – SPARRING

THREE STEP SPARRING: SAMBO MATSOKI

THREE STEP SEMI FREE SPARRING: SAMBO BANJAYO MATSOKI

WHAT IS THREE STEP SPARRING: THREE STEP SPARRING IS DESIGNED FOR THE BEGINNER TO PRACTICE BASIC TECHNIQUES WITH A PARTNER. IT TEACHES THE STUDENT MANY THINGS INCLUDING PROPER DISTANCE, CORRECT FACING, FOREARM CONDITIONING, ACCURATE BLOCKS, CORRECT STANCES, COUNTER ATTACKS, CO-ORDINATION AND TIMING. ALL ATTACKERS START IN LEFT WALKING STANCE, LOW OUTER FOREARM BLOCK. ALL DEFENDERS START IN PARALLEL STANCE

WHAT IS THREE STEP SEMI FREE SPARRING: SEMI FREE SPARRING IS TAUGHT AS A STEP FORWARD FROM THE BASIC THREE STEP SPARRING. IT CONSISTS OF THREE ATTACKS EITHER WITH THE HAND OR FOOT AND THREE APPROPRIATE BLOCKS OR DODGES, PLUS A COUNTER ATTACK. THREE STEP SEMI FREE SPARRING SHOULD NEVER BE HURRIED, THE SECRET IS USING REACTION FORCE AND QUICK ACCURATE MOVEMENTS. ALL ATTACKERS START IN RIGHT L STANCE FOREARM GUARDING BLOCK. ALL DEFENDERS START IN PARALLEL READY STANCE

WHAT IS THE GREEN STRIPE (7TH KUP) PATTERN: DO-SAN

HOW MANY MOVEMENTS DOES DO-SAN HAVE: 24

WHAT IS THE MEANING OF DO-SAN: DO-SAN IS THE PSEUDONYM OF THE PATRIOT AHN CH'ANG HO (1876-1938) WHO DEVOTED HIS ENTIRE LIFE FURTHERING THE EDUCATION OF KOREA AND ITS INDEPENDENCE MOVEMENT

TAEKWON-DO GREEN BELT

WHAT KUP IS GREEN: 6TH KUP

WHAT IS THE MEANING OF GREEN BELT: SIGNIFIES THE PLANTS GROWTH AS TAEKWON-DO SKILLS BEGIN TO DEVELOP

WHAT IS THE MEANING OF BLUE BELT: SIGNIFIES THE HEAVEN TOWARDS WHICH THE PLANT MATURES INTO A TOWERING TREE AS TRAINING IN TAEKWONDO PROGRESSES

GREEN (6TH KUP) – GENERAL TERMS

BACK: DWIT

GREEN (6TH KUP) – PARTS OF THE BODY

FOOT PARTS: HABANSIN

HAND PARTS: SANGBANSIN

ELBOW: PALKUP

GREEN (6TH KUP) – STANCES

BENDING STANCE: GUBURYO SOGI

FIXED STANCE: GOJONG SOGI

CLOSED READY STANCE A: MOA CHUNBI SOGI A

GREEN (6TH KUP) – DEFENSIVE MOVES

FOREARM GUARDING BLOCK: PALMOK DAEBI MAKGI

WAIST BLOCK: HORI MAKGI

CIRCULAR BLOCK: DOLLYMIO MAKGI

X-FIST PRESSING BLOCK: KYOCHA JOOMUK MOOLYO MAKGI

UPWARD PALM BLOCK: OLLYO SONBADAK MAKGI

GREEN (6TH KUP) – OFFENSIVE MOVES

REVERSE SIDE KICK: BANDAE YOP CHAGI

TWIN VERTICAL PUNCH: SANG SEWO JIRUGI

INWARD KNIFEHAND STRIKE: ANAERO SONKAL TAERIGI

SIDE ELBOW STRIKE: YOP PALKUP TAERIGI

GREEN (6TH KUP) – SPARRING

THREE STEP SEMI FREE SPARRING: SAMBO BANJAYO MATSOKI

TWO STEP SPARRING: IBO MATSOKI

FREE SPARRING: JAYO MATSOKI

WHAT IS THREE STEP SEMI FREE SPARRING: SEMI FREE SPARRING IS TAUGHT AS A STEP FORWARD FROM THE BASIC THREE STEP SPARRING. IT CONSISTS OF THREE ATTACKS EITHER WITH THE HAND OR FOOT AND THREE APPROPRIATE BLOCKS OR DODGES, PLUS A COUNTER ATTACK. THREE STEP SEMI FREE SPARRING SHOULD NEVER BE HURRIED, THE SECRET IS USING REACTION FORCE AND QUICK ACCURATE MOVEMENTS. ALL ATTACKERS START IN RIGHT L STANCE FOREARM GUARDING BLOCK. ALL DEFENDERS START IN PARALLEL READY STANCE

WHAT IS TWO STEP SPARRING: TWO STEP IS DESIGNED FOR THE INTERMEDIATE STUDENT TO LEARN MORE ADVANCED TECHNIQUES WHILST STILL USING THE SAME DISTANCE AND TIMING AS IN THREE STEP, BUT WITH MORE VARIED TECHNIQUES, THUS ALLOWING STUDENTS TO DEVELOP VARIOUS COMBINATIONS. ALL ATTACKERS START IN RIGHT L STANCE FOREARM GUARDING BLOCK. ALL DEFENDERS START IN PARALLEL READY STANCE

WHAT IS FREE SPARRING: FREE SPARRING IS WHEN TWO STUDENTS ARE ALLOWED TO PRACTICE CONTROLLED KICKING AND PUNCHING AGAINST EACH OTHER. EACH STUDENT IS TRYING TO LAND A SUCCESSFUL STRIKE OR KICK TO SPECIFIC TARGETS ON THEIR OPPONENT, WHILST KEEPING THEIR OWN DEFENCES TIGHT. SAFETY EQUIPMENT MUST ALWAYS BE WORN. THIS TYPE OF SPARRING MUST ONLY BE CARRIED OUT UNDER SUPERVISION OF A QUALIFIED INSTRUCTOR. BOTH STUDENTS START IN A RIGHT L STANCE FOREARM GUARDING BLOCK. TOURNAMENT SPARRING MUST BE SEEN PURELY AS THE SPORT SIDE OF TAEKWON-DO AND NOT CONFUSED WITH SELF DEFENCE, IT IS TOTALLY DIFFERENT AND MUST BE APPROACHED IN A TOTALLY DIFFERENT MANNER. TO BE A COMPETENT TOURNAMENT FIGHTER CERTAIN SKILLS HAVE TO BE DEVELOPED SUCH AS SPEED, STAMINA, TIMING, BALANCE AND FLEXIBILITY. MOST STUDENTS WHEN THEY ATTEMPT TOURNAMENT SPARRING FOR THE FIRST TIME TEND TO ATTACK WITHOUT THINKING ABOUT A GOOD TIGHT DEFENCE. EVEN WHEN ALL THE SKILLS HAVE DEVELOPED IT STILL DOES NOT GUARANTEE SUCCESS; AS WITH MOST THINGS THERE IS NO SUBSTITUTE FOR EXPERIENCE.

WHAT IS THE GREEN (6TH KUP) PATTERN: WON-HYO

HOW MANY MOVEMENTS DOES WON-HYO HAVE: 28

WHAT IS THE MEANING OF WON-HYO: WON-HYO WAS THE NOTED MONK WHO INTRODUCED BUDDHISM TO THE SILLA DYNASTY IN THE YEAR 686 AD

TAEKWON-DO BLUE STRIPE BELT

WHAT KUP IS BLUE STRIPE: 5TH KUP

WHAT IS THE MEANING OF BLUE BELT: SIGNIFIES THE HEAVEN TOWARDS WHICH THE PLANT MATURES INTO A TOWERING TREE AS TRAINING IN TAEKWONDO PROGRESSES

BLUE STRIPE (5TH KUP) – GENERAL TERMS

JUMPING: TWIGI

BLUE STRIPE (5TH KUP) – PARTS OF THE BODY

ARC HAND: BANDALSON

BACK SOLE: DWIT KUMCHI

BACK HEEL: DWIT CHOOK

BLUE STRIPE (5TH KUP) – STANCES

X-STANCE: KYOCHA SOGI

BLUE STRIPE (5TH KUP) – DEFENSIVE MOVES

DOUBLE FOREARM BLOCK: DOO PALMOK MAKGI

HOOKING BLOCK: GOLCHO MAKGI

TWIN KNIFEHAND BLOCK: SANG SONKAL MAKGI

INWARD PALM BLOCK: ANAERO SONBADAK MAKGI

BLUE STRIPE (5TH KUP) – OFFENSIVE MOVES

TWIN UPSET PUNCH: SANG DWIJIBO JIRUGI

HOOKING KICK: GOLCHO CHAGI

REVERSE TURNING KICK: BANDAE DOLLYO CHAGI

UPWARD KNEE STRIKE: OLLYO MOORUP TAERIGI

FRONT ELBOW STRIKE: AP PALKUP TAERIGI

FLAT FINGERTIP THRUST: OPUN SONKUT TULGI

BLUE STRIPE (5TH KUP) – SPARRING

THREE STEP SEMI FREE SPARRING: SAMBO BANJAYO MATSOKI

TWO STEP SPARRING: IBO MATSOKI

FREE SPARRING: JAYO MATSOKI

WHAT IS THREE STEP SEMI FREE SPARRING: SEMI FREE SPARRING IS TAUGHT AS A STEP FORWARD FROM THE BASIC THREE STEP SPARRING. IT CONSISTS

OF THREE ATTACKS EITHER WITH THE HAND OR FOOT AND THREE APPROPRIATE BLOCKS OR DODGES, PLUS A COUNTER ATTACK. THREE STEP SEMI FREE SPARRING SHOULD NEVER BE HURRIED, THE SECRET IS USING REACTION FORCE AND QUICK ACCURATE MOVEMENTS. ALL ATTACKERS START IN RIGHT L STANCE FOREARM GUARDING BLOCK. ALL DEFENDERS START IN PARALLEL READY STANCE

WHAT IS TWO STEP SPARRING: TWO STEP IS DESIGNED FOR THE INTERMEDIATE STUDENT TO LEARN MORE ADVANCED TECHNIQUES WHILST STILL USING THE SAME DISTANCE AND TIMING AS IN THREE STEP, BUT WITH MORE VARIED TECHNIQUES, THUS ALLOWING STUDENTS TO DEVELOP VARIOUS COMBINATIONS. ALL ATTACKERS START IN RIGHT L STANCE FOREARM GUARDING BLOCK. ALL DEFENDERS START IN PARALLEL READY STANCE

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WHAT IS THE BLUE STRIPE (5TH KUP) PATTERN: YUL-GOK

HOW MANY MOVEMENTS DOES YUL-GOK HAVE: 38

WHAT IS THE MEANING OF YUL-GOK: YUL-GOK IS THE PSEUDONYM OF THE GREAT PHILOSOPHER AND SCHOLAR YI I (1536-1584) NICKNAMED THE CONFUCIUS OF KOREA. THE 38 MOVEMENTS OF THIS PATTERN REFER TO HIS BIRTHPLACE ON THE 38th DEGREE LATITUDE AND THE DIAGRAM REPRESENTS SCHOLAR

DEFINE CONNECTING MOTION: CONNECTING MOTION, AS IN THE HOOKING BLOCK/OBVERSE PUNCH COMBINATION IN PATTERN YUL-GOK, IS DEFINED AS TWO TECHNIQUES DONE WITH ONE SINE WAVE AND ONE BREATH, WHERE THE EMPHASIS OF THE SECOND BREATH IS AT THE END OF THE SECOND TECHNIQUE.

TAEKWON-DO BLUE BELT

WHAT KUP IS BLUE: 4TH KUP

WHAT IS THE MEANING OF BLUE BELT: SIGNIFIES THE HEAVEN TOWARDS WHICH THE PLANT MATURES INTO A TOWERING TREE AS TRAINING IN TAEKWONDO PROGRESSES

WHAT IS THE MEANING OF RED BELT: SIGNIFIES DANGER, CAUTIONING THE STUDENT TO EXERCISE CONTROL, WHILST WARNING THE OPPONENT TO STAY AWAY

BLUE (4TH KUP) – PARTS OF THE BODY

REVERSE KNIFEHAND: SONKAL DUNG
SIDE SOLE: YOP BALBADAK

BLUE (4TH KUP) – STANCES

CLOSED READY STANCE B: MOA CHUNBI SOGI B
REAR FOOT STANCE: DWIT BAL SOGI
LOW STANCE: NACHUO SOGI

BLUE (4TH KUP) – DEFENSIVE MOVES

U-SHAPE BLOCK: DIGUTCHA MAKGI
REVERSE KNIFEHAND BLOCK: SONKAL DUNG MAKGI
RISING X-FIST BLOCK: KYOCHA JOOMUK CHOOKYO MAKGI

BLUE (4TH KUP) – OFFENSIVE MOVES

ANGLE PUNCH: KIOKJA JIRUGI
UPPER ELBOW STRIKE: WI PALKUP TAERIGI
DOWNWARD KICK: NAERYO CHAGI
PRESSING KICK: NOLLYO CHAGI
SIDE THRUST KICK: YOP CHA TULGI
REVERSE TURNING HOOKING KICK: BANDAE DOLLYO GOLCHO CHAGI
CONSECUTIVE KICK: YONSOK CHAGI

BLUE (4TH KUP) – SPARRING

FREE SPARRING: JAYO MATSOKI
ONE STEP SPARRING: ILBO MATSOKI

WHAT IS FREE SPARRING: FREE SPARRING IS WHEN TWO STUDENTS ARE ALLOWED TO PRACTICE CONTROLLED KICKING AND PUNCHING AGAINST

EACH OTHER. EACH STUDENT IS TRYING TO LAND A SUCCESSFUL STRIKE OR KICK TO SPECIFIC TARGETS ON THEIR OPPONENT, WHILST KEEPING THEIR OWN DEFENCES TIGHT. SAFETY EQUIPMENT MUST ALWAYS BE WORN. THIS TYPE OF SPARRING MUST ONLY BE CARRIED OUT UNDER SUPERVISION OF A QUALIFIED INSTRUCTOR. BOTH STUDENTS START IN A RIGHT L STANCE FOREARM GUARDING BLOCK. TOURNAMENT SPARRING MUST BE SEEN PURELY AS THE SPORT SIDE OF TAEKWON-DO AND NOT CONFUSED WITH SELF DEFENCE, IT IS TOTALLY DIFFERENT AND MUST BE APPROACHED IN A TOTALLY DIFFERENT MANNER. TO BE A COMPETENT TOURNAMENT FIGHTER CERTAIN SKILLS HAVE TO BE DEVELOPED SUCH AS SPEED, STAMINA, TIMING, BALANCE AND FLEXIBILITY. MOST STUDENTS WHEN THEY ATTEMPT TOURNAMENT SPARRING FOR THE FIRST TIME TEND TO ATTACK WITHOUT THINKING ABOUT A GOOD TIGHT DEFENCE. EVEN WHEN ALL THE SKILLS HAVE DEVELOPED IT STILL DOES NOT GUARANTEE SUCCESS; AS WITH MOST THINGS THERE IS NO SUBSTITUTE FOR EXPERIENCE.

WHAT IS ONE STEP SPARRING: ONE STEP SPARRING IS OUR MOST USEFUL FORM OF SPARRING BECAUSE THE DEFENDER CANNOT FORESEE THE ATTACK COMING, THE MAIN BENEFIT OF ONE STEP IS DEVELOPING REFLEXES AND ULTRA FAST TIMING

WHAT IS THE BLUE (4TH KUP) PATTERN: JOONG-GUN

HOW MANY MOVEMENTS DOES JOONG-GUN HAVE: 32

WHAT IS THE MEANING OF JOONG-GUN: JOONG-GUN IS NAMED AFTER THE PATRIOT AHN JOONG-GUN WHO ASSASSINATED HIRO-BUMI ITO, THE FIRST JAPANESE GOVERNOR GENERAL OF KOREA, KNOWN AS THE MAN WHO PLAYED THE LEADING ROLE IN THE KOREA-JAPAN MERGER. THE 32 MOVEMENTS OF THIS PATTERN REFER TO MR AHN'S AGE WHEN HE WAS EXECUTED IN LUI-SHUNG PRISON IN 1910

TAEKWON-DO RED STRIPE BELT

WHAT KUP IS RED STRIPE: 3RD KUP

WHAT IS THE MEANING OF RED BELT: SIGNIFIES DANGER, CAUTIONING THE STUDENT TO EXERCISE CONTROL, WHILST WARNING THE OPPONENT TO STAY AWAY

RED STRIPE (3RD KUP) – GENERAL TERMS

FLYING: TWIMYO

GRASPING: JAPKI

RED STRIPE (3RD KUP) – STANCES

CLOSED STANCE: MOA SOGI

RED STRIPE (3RD KUP) – DEFENSIVE MOVES

W-SHAPE BLOCK: SAN MAKGI

LOW DOUBLE FOREARM PUSHING BLOCK: NAJUNDE DOO PALMOK MIRO MAKGI

RED STRIPE (3RD KUP) – OFFENSIVE MOVES

UPSET FINGERTIP THRUST: DWIJIBUN SONKUT TULGI

UPWARD KNEE KICK: OLLYO MOORUP CHAGI

FRONT GRASP: AP JAPKI

TWIN SIDE ELBOW: SANG YOP PALKUP

FRONT PUSHING KICK: AP CHA MILGI

RED STRIPE (3RD KUP) – SPARRING

FREE SPARRING: JAYO MATSOKI

ONE STEP SPARRING: ILBO MATSOKI

WHAT IS FREE SPARRING: FREE SPARRING IS WHEN TWO STUDENTS ARE ALLOWED TO PRACTICE CONTROLLED KICKING AND PUNCHING AGAINST EACH OTHER. EACH STUDENT IS TRYING TO LAND A SUCCESSFUL STRIKE OR KICK TO SPECIFIC TARGETS ON THEIR OPPONENT, WHILST KEEPING THEIR OWN DEFENCES TIGHT. SAFETY EQUIPMENT MUST ALWAYS BE WORN. THIS TYPE OF SPARRING MUST ONLY BE CARRIED OUT UNDER SUPERVISION OF A QUALIFIED INSTRUCTOR. BOTH STUDENTS START IN A RIGHT L STANCE FOREARM GUARDING BLOCK. TOURNAMENT SPARRING MUST BE SEEN PURELY AS THE SPORT SIDE OF TAEKWON-DO AND NOT CONFUSED WITH SELF DEFENCE, IT IS TOTALLY DIFFERENT AND MUST BE APPROACHED

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WHAT IS THE RED STRIPE (3RD KUP) PATTERN: TOI-GYE

HOW MANY MOVEMENTS DOES TOI-GYE HAVE: 37

WHAT IS THE MEANING OF TOI-GYE: TOI-GYE IS THE PENNAME OF THE NOTED SCHOLAR YI-HWANG (16TH CENTURY AD), AN AUTHORITY ON NEO-CONFUCIANISM. THE 37 MOVEMENTS OF THE PATTERN REFER TO HIS BIRTHPLACE ON THE 37TH DEGREE LATITUDE, AND THE DIAGRAM REPRESENTS SCHOLAR

TAEKWON-DO RED BELT

WHAT KUP IS RED: 2ND KUP

WHAT IS THE MEANING OF RED BELT: SIGNIFIES DANGER, CAUTIONING THE STUDENT TO EXERCISE CONTROL, WHILST WARNING THE OPPONENT TO STAY AWAY

WHAT IS THE MEANING OF BLACK BELT: SIGNIFIES MATURITY AND PROFICIENCY IN TAEKWON-DO. ALSO INDICATES THE WEARERS IMPERVIOUSNESS TO DARKNESS AND FEAR

RED (2ND KUP) – PARTS OF THE BODY

PALM: SONBADAK

INSTEP: BALDUNG

REVERSE FOOTSWORD: BALDAL DUNG

RED (2ND KUP) – STANCES

VERTICAL STANCE: SOOJIK SOGI

CLOSED READY STANCE C: MOA CHUNBI SOGI C

RED (2ND KUP) – DEFENSIVE MOVES

PALM PUSHING BLOCK: SONBADAK MIRO MAKGI

RED (2ND KUP) – OFFENSIVE MOVES

DOWNWARD KNIFEHAND STRIKE: NAERYO SONKAL TAERIGI

UPWARD PUNCH: OLLYO JIRUGI

RED (2ND KUP) – SPARRING

FREE SPARRING: JAYO MATSOKI

ONE STEP SPARRING: ILBO MATSOKI

WHAT IS FREE SPARRING: FREE SPARRING IS WHEN TWO STUDENTS ARE ALLOWED TO PRACTICE CONTROLLED KICKING AND PUNCHING AGAINST EACH OTHER. EACH STUDENT IS TRYING TO LAND A SUCCESSFUL STRIKE OR KICK TO SPECIFIC TARGETS ON THEIR OPPONENT, WHILST KEEPING THEIR OWN DEFENCES TIGHT. SAFETY EQUIPMENT MUST ALWAYS BE WORN. THIS TYPE OF SPARRING MUST ONLY BE CARRIED OUT UNDER SUPERVISION OF A QUALIFIED INSTRUCTOR. BOTH STUDENTS START IN A RIGHT L STANCE FOREARM GUARDING BLOCK. TOURNAMENT SPARRING MUST BE SEEN PURELY AS THE SPORT SIDE OF TAEKWON-DO AND NOT CONFUSED

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WHAT IS THE RED (2ND KUP) PATTERN: HWA-RANG

HOW MANY MOVEMENTS DOES HWA-RANG HAVE: 29

WHAT IS THE MEANING OF HWA-RANG: HWA-RANG IS NAMED AFTER THE HWA-RANG YOUTH GROUP WHICH ORIGINATED IN THE SILLA DYNASTY ABOUT 600 AD. THIS GROUP EVENTUALLY BECAME THE ACTUAL DRIVING FORCE FOR THE UNIFICATION OF THE THREE KINGDOMS OF KOREA. THE 29 MOVEMENTS REFER TO THE 29TH INFANTRY DIVISION, WHERE TAEKWON-DO DEVELOPED INTO MATURITY

NAME THE THREE KINGDOMS OF KOREA AS REFERENCED IN HWA-RANG: KOGURYO, BAEK JE AND SILLA

WHOS INFANTRY DIVISION WAS THE 29TH INFANTRY DIVISION: MAJOR GENERAL CHOI HONG HI (THE FOUNDER OF TAEKWON-DO)

TAEKWON-DO BLACK STRIPE BELT

WHAT KUP IS BLACK STRIPE: 1ST KUP

WHAT IS THE MEANING OF BLACK BELT: SIGNIFIES MATURITY AND PROFICIENCY IN TAEKWON-DO. ALSO INDICATES THE WEARERS IMPERVIOUSNESS TO DARKNESS AND FEAR

BLACK STRIPE (1ST KUP) – PARTS OF THE BODY

SIDE INSTEP: YOP BALDUNG

BLACK STRIPE (1ST KUP) – STANCES

BENDING READY STANCE B: GUBURYO SOGI B

BLACK STRIPE (1ST KUP) – DEFENSIVE MOVES

TWIN UPWARD PALM BLOCK: SANG OLLYO SONBADAK MAKGI

SIDE X KNIFEHAND CHECKING BLOCK: YOP KYOCHA SONKAL MOMCHAU MAKGI

BLACK STRIPE (1ST KUP) – OFFENSIVE MOVES

BACK PIERCING KICK: DWIT CHA JIRUGI

TWISTING KICK: BITURO CHAGI

FLYING SIDE KICK: TWIMYO YOP CHAGI

FRONT KNIFEHAND STRIKE: AP SONKAL TAERIGI

FRONT REVERSE KNIFEHAND STRIKE: AP SONKAL DUNG TAERIGI

BLACK STRIPE (1ST KUP) – SPARRING

FREE SPARRING: JAYO MATSOKI

ONE STEP SPARRING: ILBO MATSOKI

WHAT IS FREE SPARRING: FREE SPARRING IS WHEN TWO STUDENTS ARE ALLOWED TO PRACTICE CONTROLLED KICKING AND PUNCHING AGAINST EACH OTHER. EACH STUDENT IS TRYING TO LAND A SUCCESSFUL STRIKE OR KICK TO SPECIFIC TARGETS ON THEIR OPPONENT, WHILST KEEPING THEIR OWN DEFENCES TIGHT. SAFETY EQUIPMENT MUST ALWAYS BE WORN. THIS TYPE OF SPARRING MUST ONLY BE CARRIED OUT UNDER SUPERVISION OF A QUALIFIED INSTRUCTOR. BOTH STUDENTS START IN A RIGHT L STANCE FOREARM GUARDING BLOCK. TOURNAMENT SPARRING MUST BE SEEN PURELY AS THE SPORT SIDE OF TAEKWON-DO AND NOT CONFUSED WITH SELF DEFENCE, IT IS TOTALLY DIFFERENT AND MUST BE APPROACHED IN A TOTALLY DIFFERENT MANNER. TO BE A COMPETENT TOURNAMENT

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WHAT IS THE BLACK STRIPE (1ST KUP) PATTERN: CHOONG-MOO

HOW MANY MOVEMENTS DOES CHOONG-MOO HAVE: 30

WHAT IS THE MEANING OF CHOONG-MOO: CHOONG-MOO WAS THE NAME GIVEN TO THE GREAT ADMIRAL YI SUN SIN OF THE YI DYNASTY. HE WAS REPUTED TO HAVE INVENTED THE FIRST ARMoured BATTLESHIP (KOBUKSON) WHICH WAS THE PRECURSER OF THE PRESENT DAY SUBMARINE, IN 1592 AD. THE REASON WHY THIS PATTERN ENDS IN 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

TAEKWON-DO: SUMMARY

TAEKWON-DO STANCES

ATTENTION STANCE: CHARYOT SOGI
PARALLEL STANCE: NARANI SOGI
SITTING STANCE: ANNUN SOGI
WALKING STANCE: GUNNON SOGI
L STANCE: NIUNJA SOGI
BENDING STANCE: GUBURYO SOGI
FIXED STANCE: GOJONG SOGI
CLOSED READY STANCE A: MOA CHUNBI SOGI A
X-STANCE: KYOCHA SOGI
CLOSED READY STANCE B: MOA CHUNBI SOGI B
REAR FOOT STANCE: DWIT BAL SOGI
LOW STANCE: NACHUO SOGI
CLOSED STANCE: MOA SOGI
VERTICAL STANCE: SOOJIK SOGI
CLOSED READY STANCE C: MOA CHUNBI SOGI C
BENDING READY STANCE B: GUBURYO SOGI B

TAEKWON-DO BLOCKS

INNER FOREARM BLOCK: AN PALMOK MAKGI
OUTER FOREARM BLOCK: BAKAT PALMOK MAKGI
KNIFEHAND BLOCK: SONKAL MAKGI
RISING BLOCK: CHOOKYO MAKGI
KNIFEHAND GUARDING BLOCK: SONKAL DAEBI MAKGI
TWIN FOREARM BLOCK: SANG PALMOK MAKGI
INWARD OUTER FOREARM BLOCK: ANAERO BAKAT PALMOK MAKGI
HIGH OUTER FOREARM BLOCK: NOPUNDE BAKAT PALMOK MAKGI
WEDGING BLOCK: HECHYO MAKGI
FOREARM GUARDING BLOCK: PALMOK DAEBI MAKGI
WAIST BLOCK: HORI MAKGI
CIRCULAR BLOCK: DOLLYMIO MAKGI
X-FIST PRESSING BLOCK: KYOCHA JOOMUK MOOLYO MAKGI
UPWARD PALM BLOCK: OLLYO SONBADAK MAKGI
DOUBLE FOREARM BLOCK: DOO PALMOK MAKGI
HOOKING BLOCK: GOLCHO MAKGI
TWIN KNIFEHAND BLOCK: SANG SONKAL MAKGI
INWARD PALM BLOCK: ANAERO SONBADAK MAKGI
U-SHAPE BLOCK: DIGUTCHA MAKGI
REVERSE KNIFEHAND BLOCK: SONKAL DUNG MAKGI
RISING X-FIST BLOCK: KYOCHA JOOMUK CHOOKYO MAKGI

W-SHAPE BLOCK: **SAN MAKGI**

LOW DOUBLE FOREARM PUSHING BLOCK: **NAJUNDE DOO PALMOK MIRO MAKGI**

PALM PUSHING BLOCK: **SONBADAK MIRO MAKGI**

TWIN UPWARD PALM BLOCK: **SANG OLLYO SONBADAK MAKGI**

SIDE X KNIFEHAND CHECKING BLOCK: **YOP KYOCHA SONKAL MOMCHAU MAKGI**

TAEKWON-DO KICKS

RISING KICK: AP CHAOLLIGI
SIDE RISING KICK: YOP CHAOLLIGI
FRONT SNAP KICK: AP CHA BUSIGI
SIDE FRONT SNAP KICK: YOP AP CHA BUSIGI
SIDE KICK: YOP CHAGI
SIDE PIERCING KICK: YOP CHA JURIGI
TURNING KICK: DOLLYO CHAGI
REVERSE SIDE KICK: BANDAE YOP CHAGI
HOOKING KICK: GOLCHO CHAGI
REVERSE TURNING KICK: BANDAE DOLLYO CHAGI
DOWNWARD KICK: NAERYO CHAGI
PRESSING KICK: NOLLYO CHAGI
SIDE THRUST KICK: YOP CHA TULGI
REVERSE TURNING HOOKING KICK: BANDAE DOLLYO GOLCHO CHAGI
CONSECUTIVE KICK: YONSOK CHAGI
UPWARD KNEE KICK: OLLYO MOORUP CHAGI
FRONT PUSHING KICK: AP CHA MILGI
BACK PIERCING KICK: DWIT CHA JURIGI
TWISTING KICK: BITURO CHAGI
FLYING SIDE KICK: TWIMYO YOP CHAGI

TAEKWON-DO PUNCHES

OBVERSE PUNCH: BARO JIRUGI
REVERSE PUNCH: BANDAE JIRUGI
HIGH SECTION OBVERSE PUNCH: NOPUNDE BARO JIRUGI
MIDDLE REVERSE PUNCH: KAUNDE BANDAE JIRUGI
TWIN VERTICAL PUNCH: SANG SEWO JIRUGI
TWIN UPSET PUNCH: SANG DWIJIBO JIRUGI
ANGLE PUNCH: KIOKJA JIRUGI
UPWARD PUNCH: OLLYO JIRUGI

TAEKWON-DO STRIKES

OPEN FIST STRIKE: PYUN JOOMUK TAERIGI
MIDDLE KNIFEHAND STRIKE: KAUNDE SONKAL TAERIGI
BACKFIST STRIKE: DUNG JOOMUK TAERIGI
INWARD KNIFEHAND STRIKE: ANAERO SONKAL TAERIGI
SIDE ELBOW STRIKE: YOP PALKUP TAERIGI
UPWARD KNEE STRIKE: OLLYO MOORUP TAERIGI
FRONT ELBOW STRIKE: AP PALKUP TAERIGI
UPPER ELBOW STRIKE: WI PALKUP TAERIGI
DOWNWARD KNIFEHAND STRIKE: NAERYO SONKAL TAERIGI

FRONT KNIFEHAND STRIKE: AP SONKAL TAERIGI

FRONT REVERSE KNIFEHAND STRIKE: AP SONKAL DUNG TAERIGI

TAEKWON-DO THRUSTS

STRAIGHT FINGERTIP THRUST: SUN SONKUT TULGI

FLAT FINGERTIP THRUST: OPUN SONKUT TULGI

UPSET FINGERTIP THRUST: DWIJIBUN SONKUT TULGI

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