

# KICKS

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## TAEKWON-DO ACADEMY

### **10<sup>th</sup> Kup to 9<sup>th</sup> Kup (White to Yellow Stripe)**

1<sup>st</sup> Edition - Mar 2018

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# Introduction to Taekwon-Do

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## Taekwon-Do Oath;

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

I shall strive to build a more peaceful world

## Tenets;

### Courtesy - Ye Ui (*Yee Oi*)

- Be polite to one another.
- Respect each other, your Instructors and your Seniors.
- Bow, shake hands and always reply to your instructor(s) with “Sir” or “Ma’am”
- Stand when asking or answering a question.
- Help each other succeed (if help is wanted) and support each other.

### Integrity - Yom Chi (*Yom Chee*)

- Be honest to yourself, your friends, your family and your Instructor.
- Never ask to grade, you will grade when your Instructor thinks you are ready.
- If teaching techniques, always teach “true” Taekwon-Do, with proper techniques.

### Perseverance - In Nae (*In Nay*)

- Keep practicing even if the body is tired.
- Keep practicing even if the mind is tired.
- Keep practicing that technique you cannot do.
- Keep practicing your patterns.
- Keep practicing!
- Never give up, no matter how hard the task.

### Self Control - Guk Gi (*Gook Gi*)

- Keep ones emotions under control.
- Do not get angry in the face of defeat (revenge!).
- Do not get egotistical in the face of victory (bragging!).
- Stay calm in all areas inside and outside the Dojang.

### Indomitable Spirit - Baekjul Boolgool (*Bake-Jewel Bool-Gool*)

- Strength of character.
- Stand for what you believe is right, in the face of many.
- Like the Spartans of old, Leonidas and his 300 Spartans stood against the superior, undefeatable armies of Xerxes, defending their views and their way of life.
- Understand injustice and take action against it, without fear or hesitation.

## Rules of the Dojang;

- 1) Always bow when entering and leaving the Dojang.
- 2) Always be dressed in your Dobok and have your belt tied before entering the Dojang (Unless the Instructor has said it is ok).
- 3) Always shake the Instructors hand, along with all other black belts and students, with your right hand, holding your left hand open facing downwards, under your right elbow (this shows the hand is empty!).
- 4) Always ask a question by holding your hand up.
- 5) Always stand before asking your question, or answering a question from your Instructor.
- 6) Remain standing until the Instructor, or other senior Black Belt has said you can sit down again, however long that may be.
- 7) If entering a class that has already started, always wait at the entrance (after your bow) for the Instructor to invite you in, then join the back of the class in the last position, regardless of your rank.
- 8) If leaving the line-up for any reason, always leave by walking to the closest end of your line, then round the class (round the back of the class if necessary). Never walk in front of the Instructor, between them and the class. When you return, wait to be invited back to the lesson and walk the same path back to your place.
- 9) When moving or even standing around the Dojang, be aware of other Students performing patterns or techniques, or sparring and give them plenty of room to move around. They should not be disturbed and may not even see you.
- 10) When being dismissed from a Master or Grand Master, always bow, take three steps backwards facing the Master in case he wants to speak to you again, bow again and then turn away.
- 11) Always try your hardest, you may not be able to perform certain techniques, but the best effort is always appreciated.
- 12) Always listen, with full attention, to your Instructor(s).
- 13) Excessive fooling around, dangerous actions and anger will not be tolerated in the Dojang and the Student(s) may be asked to leave the Dojang. Taekwon-Do training should be fun, but it should also be treated with the respect it deserves as at the end of the day, this is a dangerous Martial Art where Students of Taekwon-Do can be seriously injured.
- 14) Please no talking when an Instructor is talking, as this not only wastes time as the Instructor must repeat themselves, it is also not showing the Instructor courtesy and respect.
- 15) Never show the soles of your feet when sat down, this is considered very rude in Taekwon-Do.

Even though this does seem like a lot of rules, as Rule 13 points out, Taekwon-Do **can be** very dangerous if Students are not listening with their full attention to their Instructor(s) and other Students, or they are performing techniques dangerously in the close proximity of others. So please try to follow these rules as closely as possible.

Every Martial Art, regardless of art, requires a high standard of **discipline, etiquette, morals** and **respect**, which is not only an excellent way to treat your fellow human being, but puts every disciple of that art into a balanced way of thinking about each other and the art they are training in. The Um-Yang in Taekwon-Do represents the hard and soft, dark and light parts of ourselves that must be in complete unison with one another. Think of the hard, or dark side as the powerful techniques of Taekwon-Do and your trained body, then think of the soft, or light side as the graceful techniques and your peaceful mind. Both working in total equilibrium.



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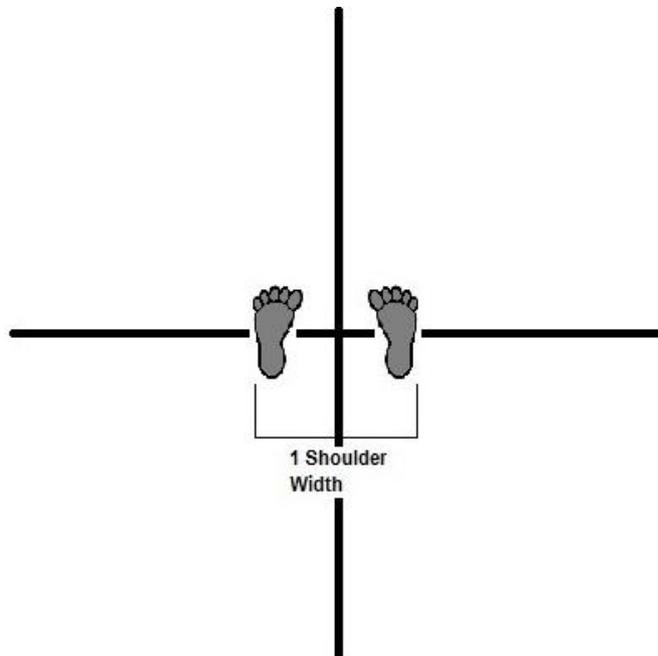
## Stances – Sogi (*Sow-Gi*)

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### Narani Junbi Sogi (*Nara-knee Joon-Bee*)

#### Parallel Ready Stance

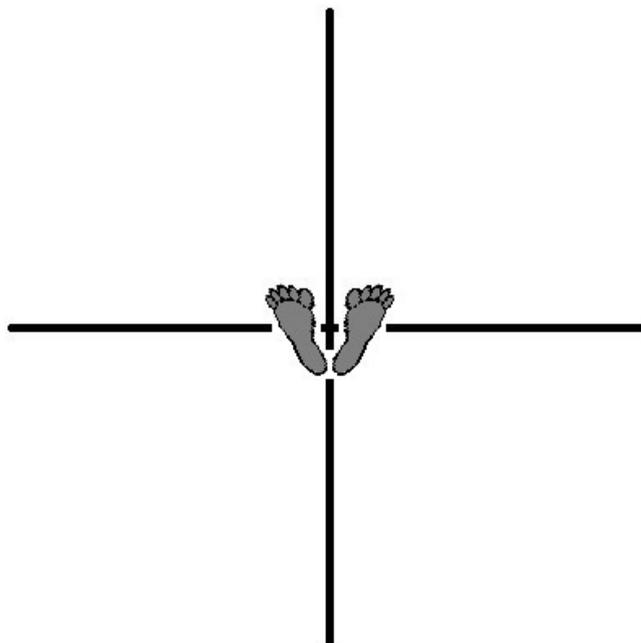
Feet are parallel, one shoulder width apart. Arms are bent slightly, just in front of the body.



### Charyot Sogi (*Chariot*)

#### Attention Stance

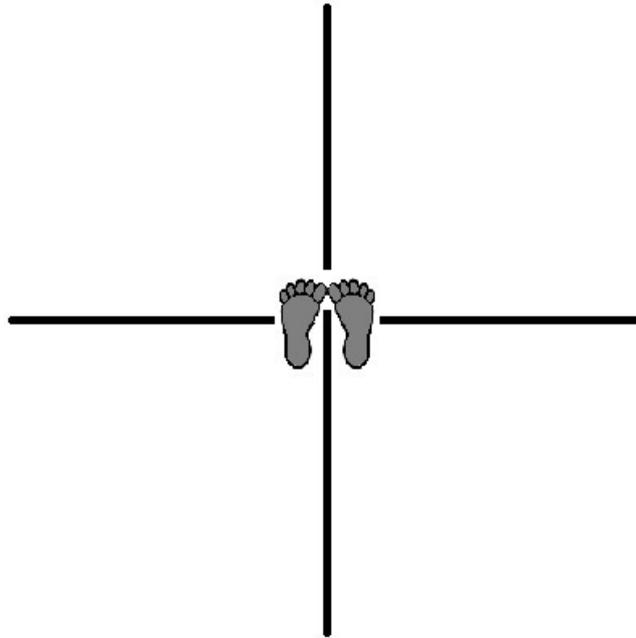
Heels are touching, toes point outwards slightly to make a V. Arms almost straight out to the side and front slightly as if holding two bags. The left foot travels towards the right foot from Narani Junbi Sogi, and then the left foot travels back to the Ready Stance position at the "Junbi" command.



## Moa Sogi (*Mow-a*)

### Closed Stance

Feet are completely together.



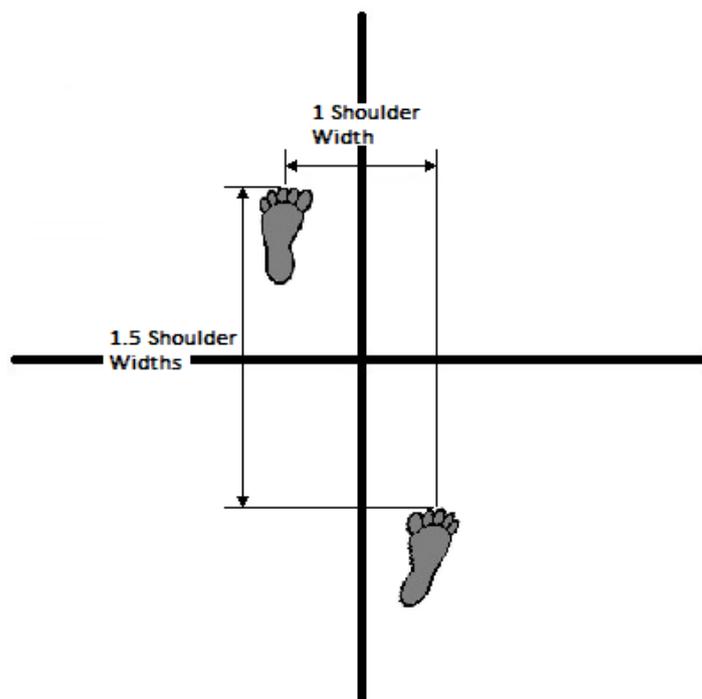
## Gunnun Sogi (*Gu-Nun*)

### Walking Stance

Feet are one shoulder width apart, measured from the centres of both feet, and one and a half shoulder widths in length, from rear toes to front toes.

Front leg is bent, with knee over the front foot so you can still see your toes, back leg is straight with the foot facing forward at an approximately 25° angle. The weight distribution is 50/50 on both legs.

In the Diagram, this is a left walking stance (Wen Gunnun Sogi)



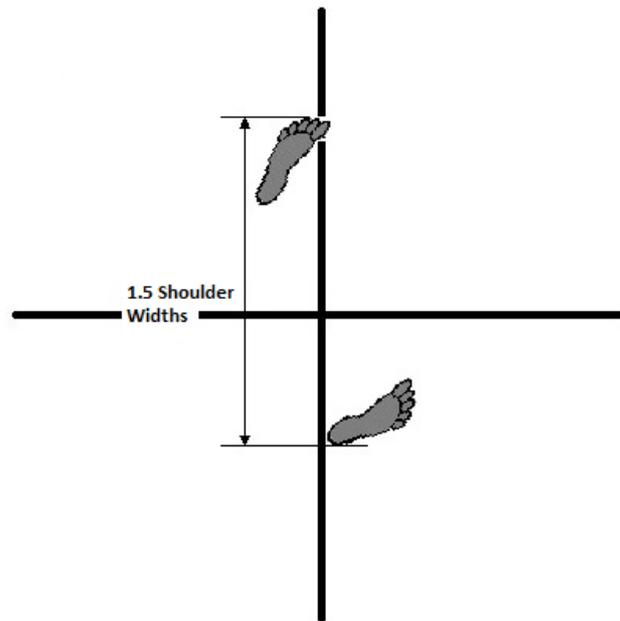
## Niunja Sogi (*Knee-Un-Ja*)

### L Stance

Both feet are almost inline, placing the ball of the foot on the front foot beyond the heel of the rear foot by approximately 2.5cm to gain better stability. With both feet at a 15° angle.

The feet are one and a half shoulder widths apart in length, between the foot-sock of the back foot to the toes of your front foot. The back leg is bent over your foot, so you can still see your toes and your front leg is almost straight but with a slight bend in the knee. The weight distribution is 70/30 with the majority of the weight on the back leg.

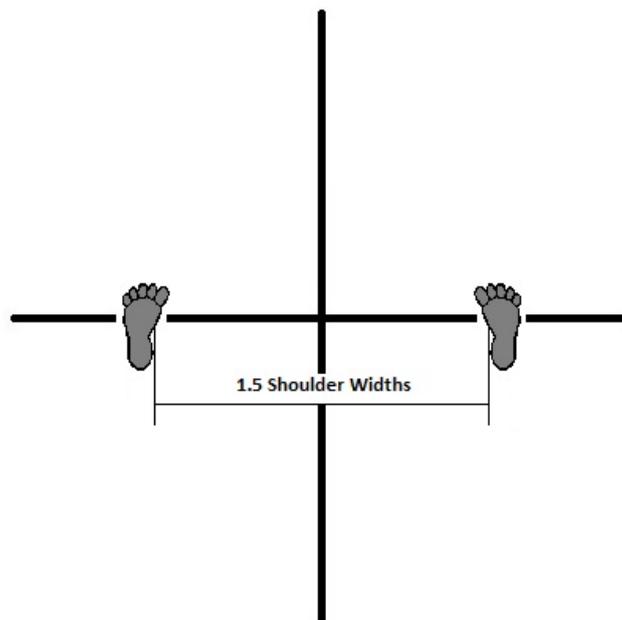
In the Diagram, this is a Right L Stance (Oren Niunja Sogi), because the majority of the weight is on the right leg.



## Annun Sogi (*A-Nun*)

### Sitting Stance

Feet are parallel to each other, both facing forward and are one and a half shoulder widths apart from the outside of the feet. Extend the knees outwards, bending until the kneecaps are above the ball of the foot, while keeping the back straight and tail bone in. The weight distribution is 50/50 on each leg.



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## Four Directional Punching – Sajo Jirugi

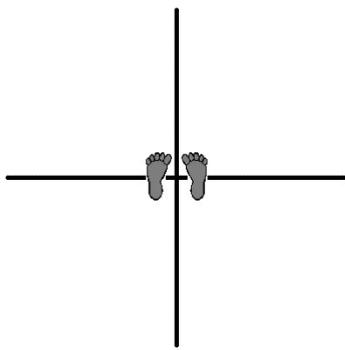
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Four Directional Punching and Four Directional Blocking are the first exercises you learn for coordination and techniques, to prepare you for the patterns (Tul) in the following belts.

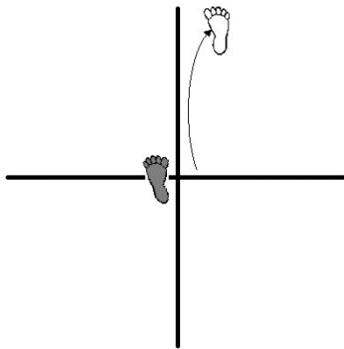
**Tip - Imagine you have a nail, pinning one foot to the floor, while the other foot performs all the movements. You could even use a single sock or use a mark on the floor and keep the stationary foot on that mark throughout the exercise.**

Starting in Narani Junbi Sogi (START), step forward into a Right Walking Stance with a Middle Section Obverse Fore Fist Punch (1). Slide the right foot back, on your toes keeping the knee bent, in an arc towards (but not next to) your left foot, facing a slight angle towards the left (in an anticlockwise direction) preparing for the Low Section Outer Forearm Block (1b). Keep the momentum and slide into a Left Walking Stance with a Low Section Outer Forearm Block towards the left (2). Step forward into a Right Walking Stance, Middle Section Fore Fist Punch (3). Slide the right foot back, on your toes preparing for the block (3b), then step back into Walking Stance, with the Low Block (4). Repeat until step (7) then return to starting position (FINISH). After a second or two, start again but now moving the left foot into a Left Walking Stance, with Left Punch and Block going in the opposite direction (clockwise). When you have finished, hold the last position until you hear “BARO” (Return to Parallel Ready Stance).

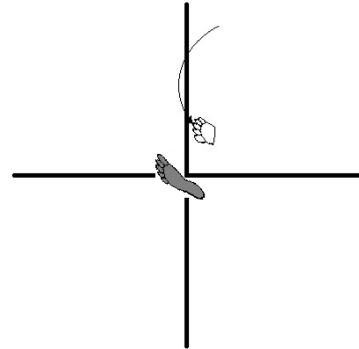
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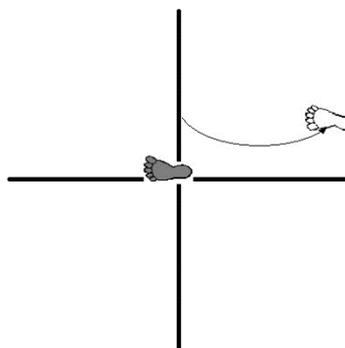
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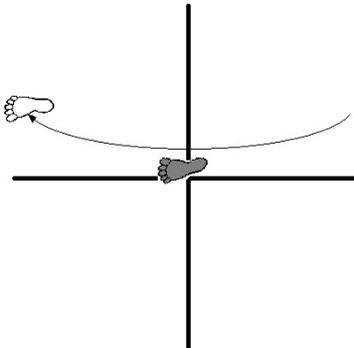
1b)



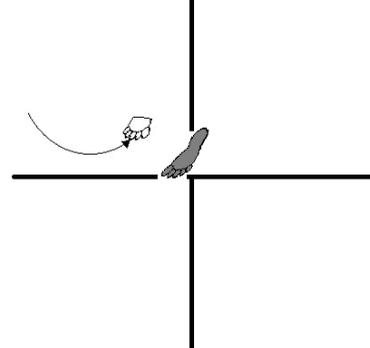
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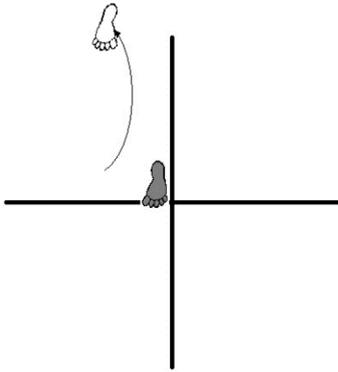
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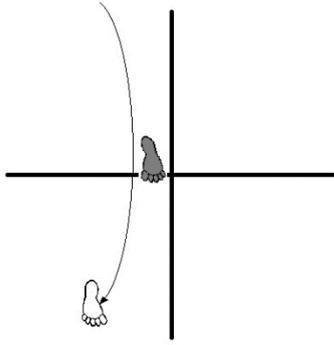
3b)



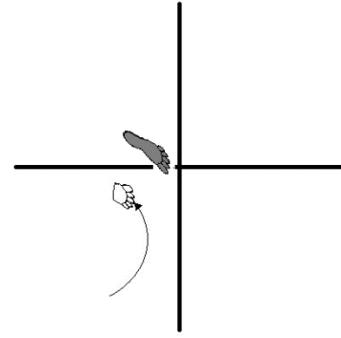
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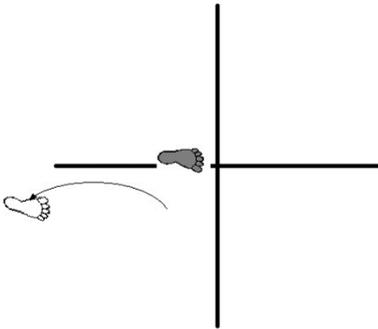
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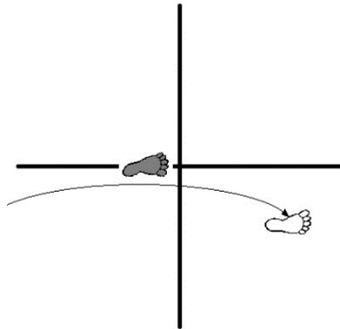
5b)



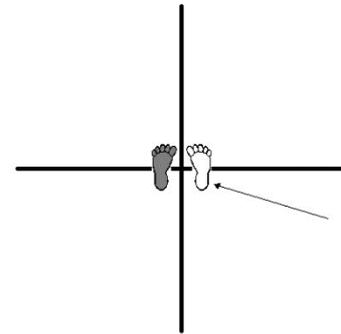
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FINISH)

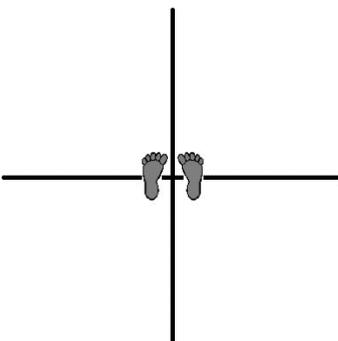


## Four Directional Blocking – Sajo Makgi

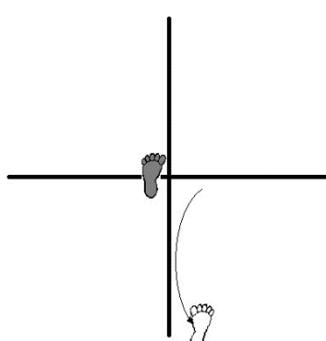
Four Directional Blocking works in the same way as Four Directional Punching, where one foot is in a stationary position, while the other is doing all of the movement. To help out, use a mark on the floor for the stationary foot. The only difference between the two exercises, apart from the blocks of course, is that you step backwards with the first leg for the first movement in Four Directional Blocking, but step forward for the first movement in Four Directional Punching. All other movements with the foot are exactly the same, even the position you finish with.

Starting in Narani Junbi Sogi (START), step back with the right foot into a Left Walking Stance and a Low Section Knife-Hand Block with the left hand (1), then step forward into a Right Walking Stance with a Middle Section Outer Forearm Block (2). Then continue with the foot movements, the same as you would in Four Directional Punching.

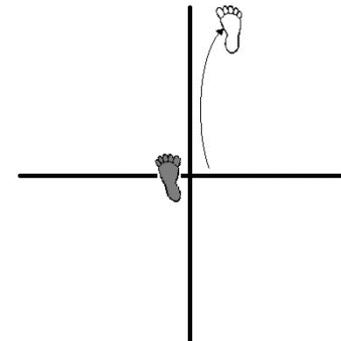
START)



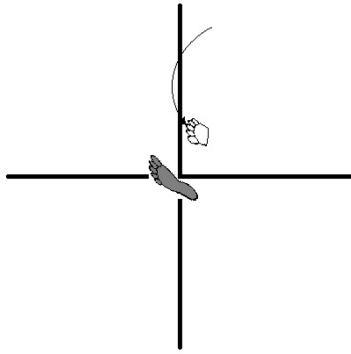
1)



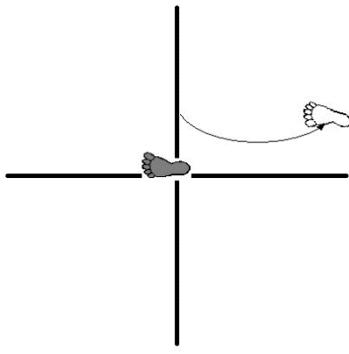
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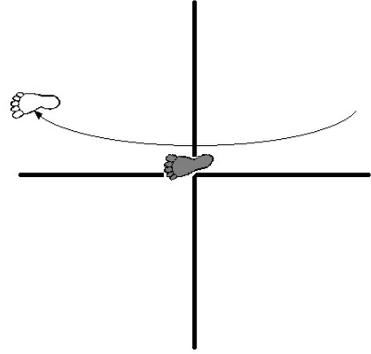
2b)



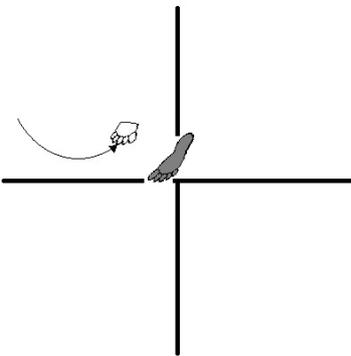
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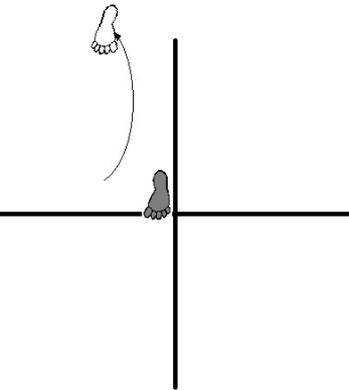
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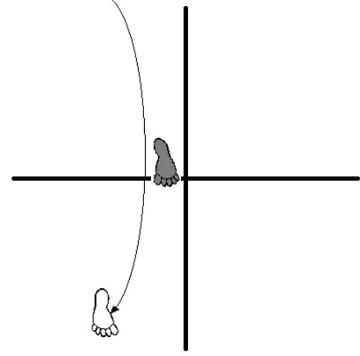
4b)



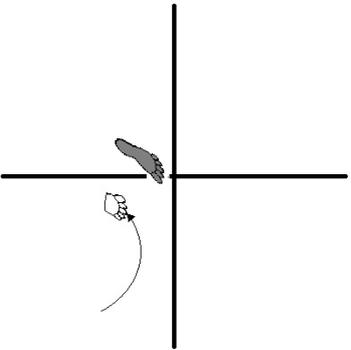
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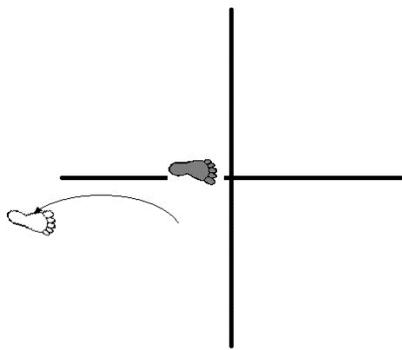
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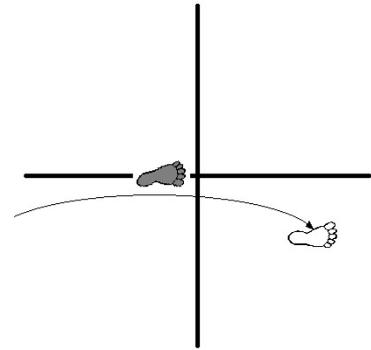
6b)



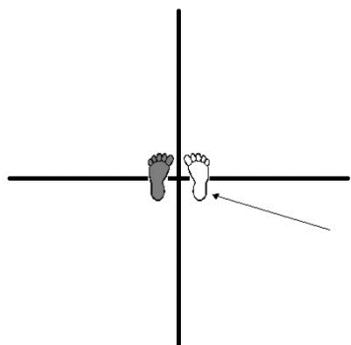
7)



8)



FINISH)



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## 10<sup>th</sup> Kup – White to Yellow Stripe Belt

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10<sup>th</sup> Kup White Belt to Yellow Stripe is a very important stage of a Students development in Taekwon-Do, as this is where the foundations of all other techniques are made. Without good roots, a towering tree will fall.

### Requirements for Grading;

10 Push Ups

Apcha Olligi

Front Leg Raise (10 each leg)

Narani Junbi So, Kaunde Ap Joomuk Jirugi

Parallel stance, Middle Section Fore Fist Punching (Continuous)

Sajo Jirugi

Four Directional Punching (own time)

Sajo Makgi

Four Directional Blocking (own time)

### Line Work;

Gunnun So, Ap Joomuk Kaunde Baro Jirugi

Walking Stance, Middle Section Obverse Punch (Line Work)

Gunnun So, Najunde Bakat Palmok Makgi

Walking Stance, Low Section Outer Forearm Block

Gunnun So, Kaunde An Palmok Makgi

Walking Stance, Middle Section Inner Forearm Block

### Theory;

#### What is Taekwon-Do?

Taekwon-Do is a Korean Military Martial Art, inaugurated on 11<sup>th</sup> April 1955. Loosely translated it means Foot First Art. “Tae” means to jump, smash or kick with the foot, “Kwon” means to punch or strike with the hand and “Do” is the way of life or philosophy to live your life by.

#### Who is the founder of Taekwon-Do?

General Choi Hong Hi – 9<sup>th</sup> Degree (*Chay-Hong-Hee*)

#### Where did Taekwon-Do originate?

Korea

#### What are the five tenets of Taekwon-Do?

Courtesy, Integrity, Perseverance, Self Control and Indomitable Spirit

#### What is your Instructors name and grade?

Mr Chris Clarke, 3<sup>rd</sup> Degree

#### Describe a Walking Stance?

The dimensions are one shoulder width in width from the centre of my feet and one and a half shoulder widths in length between my big toes. The weight ratio is 50/50. Front foot facing forward, with leg bent. Rear foot at 25 degrees outward with a straight leg.

#### Meaning of White Belt?

White signifies innocence, as that of a beginner, who has no prior knowledge of Taekwon-Do.

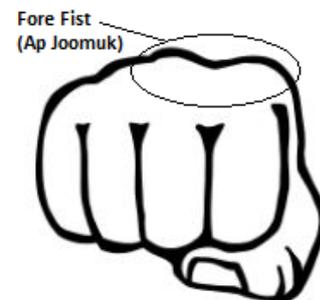
## Terminology;

### General;

Charyot ( <i>Chariot</i> )	- Attention
Kyong Ye ( <i>Key-Ong Yay</i> )	- Bow
Dojang ( <i>Do-Jang</i> )	- Training Hall
Dobok ( <i>Do-Bock</i> )	- Training Suit
Junbi ( <i>Joon-Bee</i> )	- Ready
Ti ( <i>Tea</i> )	- Belt
Sabum ( <i>Sa-Bom</i> )	- Instructor
Jeja ( <i>Gee-Ja</i> )	- Student
Kaunde ( <i>Kay-Un-Day</i> )	- Middle Section
Najunde ( <i>Na-Jun-Day</i> )	- Low Section
Baro	- Obverse

### Parts of the body;

Ap Joomuk ( <i>Ap Joo-Muck</i> )	- Fore Fist
Palmok	- Forearm
An Palmok	- Inner Forearm
Bakat Palmok	- Outer Forearm



### Stances;

Chariot Sogi	- Attention Stance
Narani Junbi Sogi	- Parallel Ready Stance
Gunnun Sogi	- Walking Stance

### Attacks;

Baro Jirugi	- Obverse Punch
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### Defences;

An Palmok Makgi	- Inner Forearm Block
Bakat Palmok Makgi	- Outer Forearm Block

### Exercises;

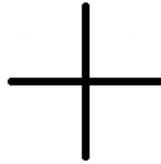
Ap Cha Olligi ( <i>Ap-Cha O-Lee-Gi</i> )	- Front Leg Raise
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## Chon Ji Tul - 19

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Chon Ji is the first pattern that you will perform in Taekwon-Do. It is a 19 movement pattern which introduces the L Stance (Niunja Sogi). The diagram of the pattern, if drawn on the floor, would look like this;



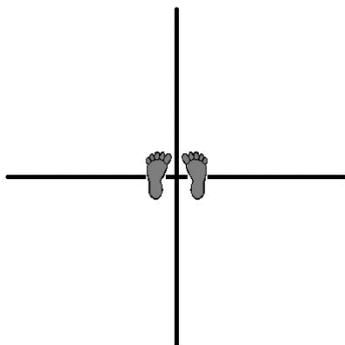
Starting in Narani Junbi Sogi (START), the left foot travels first to the left, into a Left Walking Stance, with a Low Section Outer Forearm Block (1). Step forward into Walking Stance with a Middle Section Fore Fist Punch (2). Turn 180° back to the right (2b), into a Walking Stance, Low Section Block (3). Step Forward, Walking Stance, Middle Punch (4). Turn left (4b), into Walking Stance, Low Block (5). Step Forward, Walking Stance, Middle Punch (6). 180° turn towards back (6b), into Walking Stance, Low Block (7). Step Forward, Walking Stance, Middle Punch (8).

**\*\*Stance and Block Change!\*\***

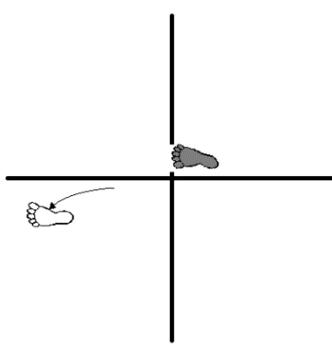
Turn left (8b), into a **Right L Stance, Middle Section Inner Forearm Block** (9), Step Forward into Walking Stance, Middle Punch (10). 180° turn (10b) into L Stance, Middle Block (11). Step Forward, Walking Stance, Middle Punch (12). Left Turn (12b), L Stance, Middle Block (13). Step Forward, Walking Stance, Middle Punch (14). 180° turn (14b), L Stance, Middle Block (15). Step Forward, Walking Stance, Middle Punch (16). Step Forward again, Walking Stance, Middle Punch (17). Step Back, Walking Stance, Middle Punch (18). Step Back, Walking Stance, Middle Punch, then finish with a loud "CHON JI!" (19).

The Left foot only returns to Narani Junbi Sogi at the "BARO" command (FINISH).

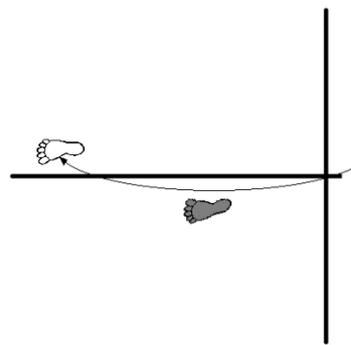
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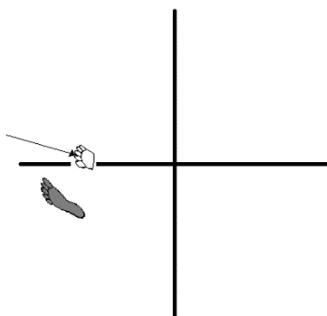
1)



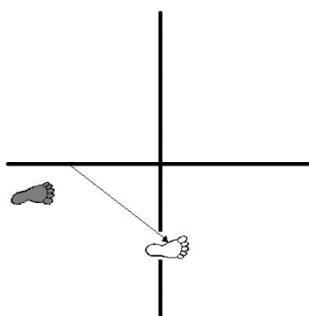
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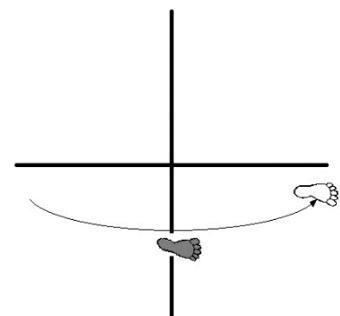
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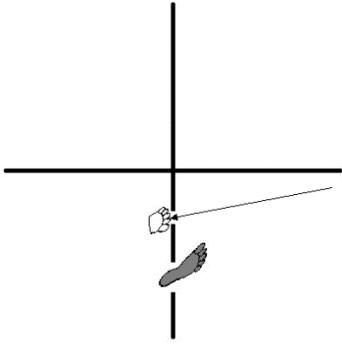
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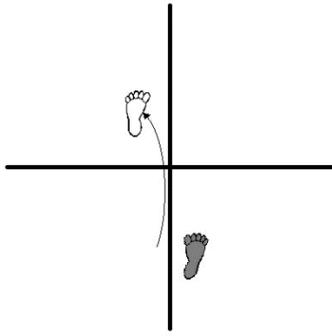
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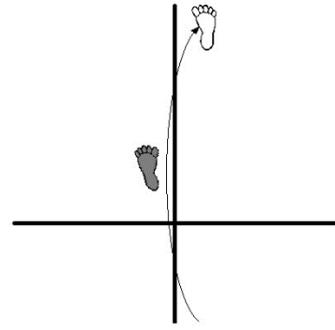
4b)



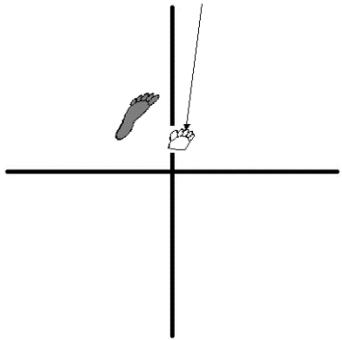
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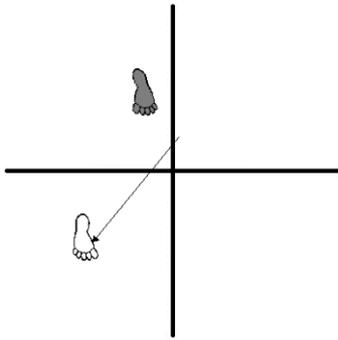
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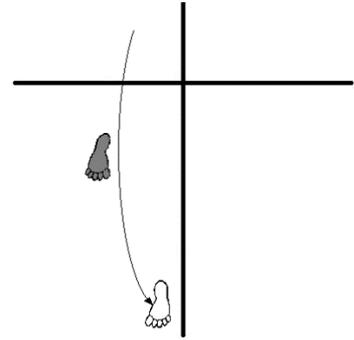
6b)



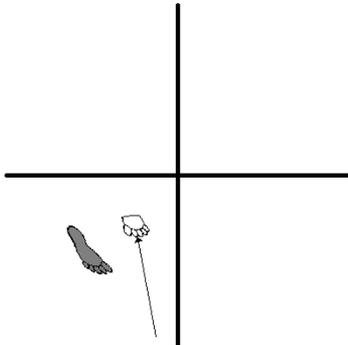
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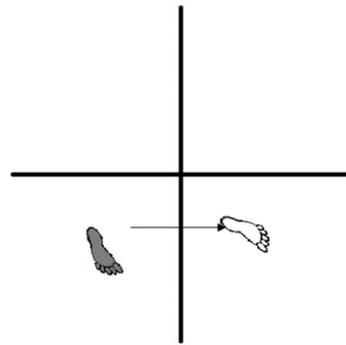
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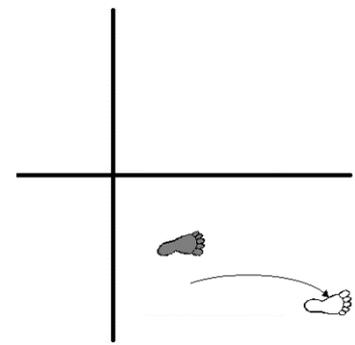
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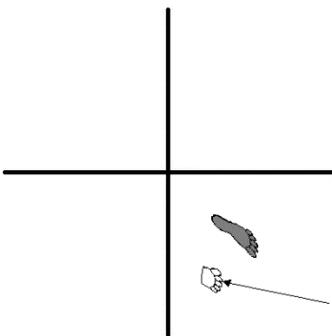
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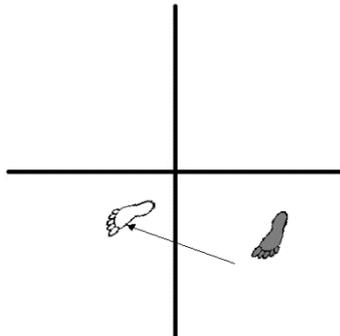
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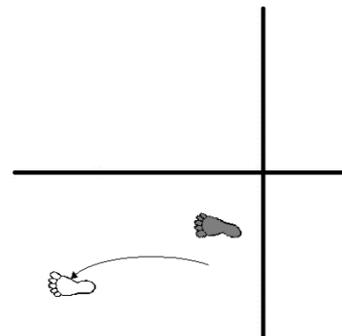
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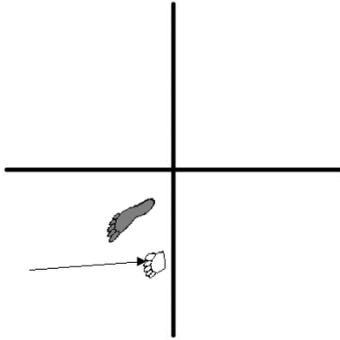
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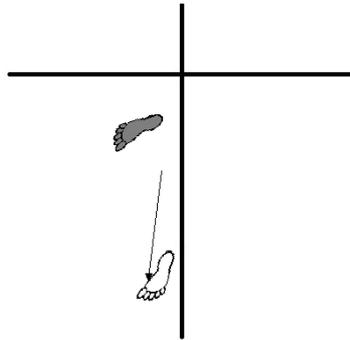
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12b)



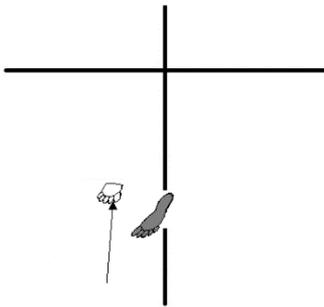
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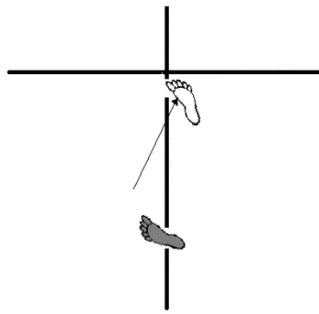
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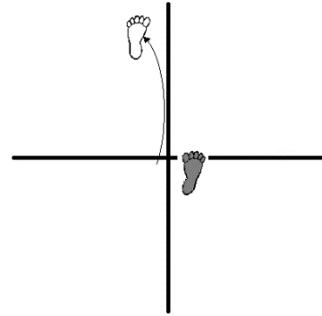
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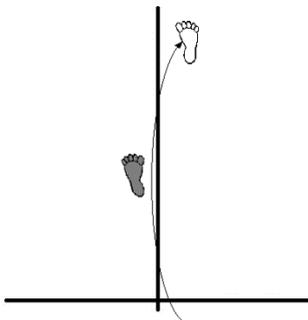
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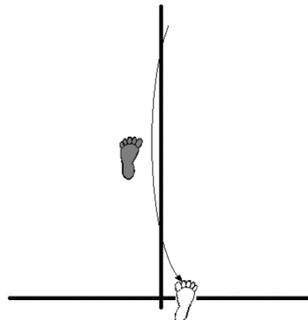
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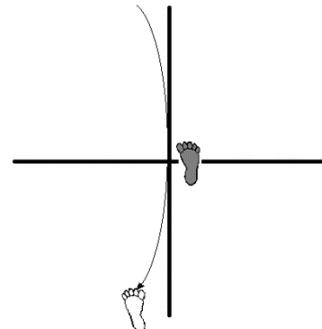
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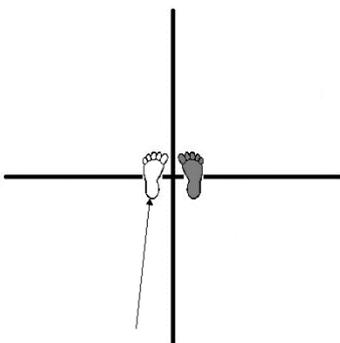
18)



19)



FINISH)



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## 9<sup>th</sup> Kup – Yellow Stripe to Yellow Belt

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9<sup>th</sup> Kup is where different stances are introduced, a different block and the introduction of the first Taekwon-Do pattern – Chon Ji Tul. Still using very basic movements and stances from the whole Taekwon-Do range, but definitely the most important, as these are our base moves, which are included in almost **every** one of the 24 patterns.

### Requirements for Grading;

20 Push Ups

Annun So, Kaunde Ap Joomuk Baro Jirugi	Sitting Stance, Middle Section Fore Fist Punch (Continuous)
Sajo Jirugi	Four Directional Punching (both directions in your own time)
Sajo Makgi	Four Directional Blocking (both directions in your own time)
Chon Ji Tul	Pattern Chon Ji (in your own time)

### Line Work;

Gunnun So, Ap Chagi, Kaunde Ap Joomuk Dibo Jirugi

Walking Stance, Front Kick, Middle Section Fore Fist Double Punch (Line Work)

Gunnun So, Kaunde An Palmok Makgi, Kaunde Ap Joomuk Bandae Jirugi

Walking Stance, Middle Section Inner Forearm Block, Middle Section Fore Fist Reverse Punch

### Theory;

#### What is the meaning of Chon Ji?

Chon Ji is a 19 movement pattern, which means literally “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 performed by the beginner. The pattern consists of two similar parts; one to represent Heaven, the other to represent the Earth.

#### Describe an L Stance?

The feet are in an ‘L’ position. One and a half shoulder widths in length between the foot-heel of the rear foot and the toes of the front foot. The ball of the front foot should be placed beyond the heel of the rear foot at a distance of 2.5cm to gain stability. The weight ratio is 70/30. Front and Rear feet should be turned in 15°. Back leg is bent, knee in line over the heel, front leg is almost straight with a slight bend.

#### What is Sine Wave?

Sine Wave movement is unique to ITF Taekwon-Do. Its purpose is to maximise the power in each technique by maximising body mass and kinetic energy. Sine Wave permits greater control over the body movements enabling smoother changes in direction and transition from one movement to another.

#### What is the meaning of Yellow Belt?

Yellow signifies the Earth, from which a plant sprouts and takes root, as the foundation of Taekwon-Do is being laid.

#### What is a Pattern?

A Pattern is a fight against one or more imaginary opponents; using basic techniques through the full range of movement (the art form). The movements should be performed with speed and power where appropriate.

## Terminology;

### General;

Bandae ( <i>Ban-Die</i> )	- Reverse
Bakuro ( <i>Back-Er-O</i> )	- Outwards
Hanna	- One
Dool	- Two
Set	- Three
Net	- Four
Dasaul ( <i>Da-Soul</i> )	- Five
Yosaul ( <i>Yo-Soul</i> )	- Six
Ilgop ( <i>Eel-Gop</i> )	- Seven
Yodoll	- Eight
Ahop	- Nine
Yoll	- Ten

### Parts of the Body;

Ap Kumchi ( <i>Come-Chee</i> )	- Ball of the Foot
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### Stances;

Annun Sogi	- Sitting Stance
Niunja Sogi	- L Stance

### Attacks;

Bandae Jirugi	- Reverse Punch
Dibo Jirugi	- Double Punch
Ap Chagi	- Front Kick
Apcha Busigi	- Front Snap Kick

### Defences;

Kaunde An Palmok Makgi	- Middle Section Inner Forearm Block
Najunde Bakat Palmok Makgi	- Low Section Outer Forearm Block

**NOTES;**