

# BASIC KNOWLEDGE OF TAEKWONDO

THIS MUST BE ALWAYS KNOWN!!!

태권도

## Taekwondo in Korean letters

In Korean it is read from top to bottom. Taekwondo in Korean consists of 3 characters.

The top is "TAE", the middle is "KWON" and the bottom is the "DO".

## **BEHAVIOR IN THE DOJANG (CLUB)**

Wearing watches, rings, earrings, and etc. is prohibited to avoid injuries.

On entering and leaving the dojang: greetings are mandatory. Greeting is expressed by bowing.

In the dojang discipline must be followed.

The Instructor does not leave the dojang during class unless exceptional circumstances appear.

## **THE TORTOISE**

The turtle is the symbol of Taekwondo. A turtle symbolizes longevity

(Because she is old), so as the long life of Tae-kwon-do. She has a hard shell and, therefore, protective and comprehensive.

All the colors of the belts are built in it.



## **WHY DO WE GREET?**

We salute to show our respect when entering and leaving the dojang and a new training partner. In competition you also greet at first the ring in the beginning or abandoning it in the end.

We never turn back to higher belts on competition, internships, classes, etc.

Exception: While we correcting our dobok, we always turn back.

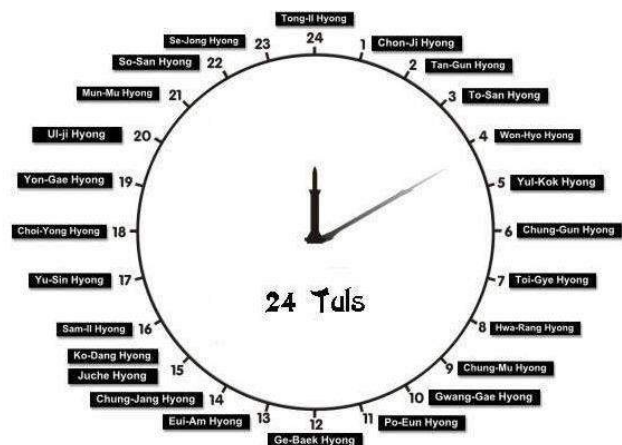
If we give a hand to someone (training, exam, etc.) we put our left under our right (knuckles under elbow) out of respect and to show that our both hands are weapon-free.

## **24 PATTERNS (TULS)**

There are 24 patterns (tuls) because the life of the man, perhaps a hundred years, can be compared with one day (counts 24 hours) relative to the eternity.

Founder Gen. Choi Hong Hi writes: "The pattern represents 24 hours. One day, or all my life. "

Taekwon-Do has 3200 different techniques.



## THEORY FOR 9 KUP (WHITE / YELLOW BELT)

### **1. Historical Background (TAEKWONDO YOKSA)**

Taekwondo is no ordinary sport, such as football or tennis. It is a martial art. Therefore, there are certain traditions and customs of the ancient Asia (in our case Korea) attached to it, therefore, is a certain philosophy behind it. To better understand for what tae-kwon-do actually stands for, here are some important notes about the origins, history, philosophy and principles of this Korean defense art. In the East exists more than one martial art, originally practiced by monks, farmers, etc., each of them usually had to defend themselves against attackers with bare hands and feet without weapons. Korea was no exception. One of the Korean "martial arts" was Taek Kyon. From 1909 to 1945, Korea was occupied by Japan. The rulers tried insist their own martial arts (ex. Judo, karate, etc.), for example, by prohibiting the Korean arts to the Koreans. Though the Korean arts were sometimes practiced in secret to maintain and to save them for future generations.

In 1938, Choi Hong Hi (the person who in 1955 will establish Taekwondo) departed to Japan to study. In two years, he also earned a black belt in karate there. On his return to Korea, he devoted himself to the liberation of his country, and he was arrested and ended up in a Japanese prison. In 1945, Korea was liberated. Choi became a lieutenant in the Korean army. Increasingly he realized that Korea had to get back their own martial art. Choi Hong Hi began developing new techniques and late 1954 was laid the foundation for a new Korean martial art, which was named Taekwondo on April 11, 1955. On the spiritual level is derived from the traditional taekwondo Korean ethical and moral values.

Even if it were taek kyon and karate sometimes used as a reference at the physical level, the techniques based on scientific principles (especially the laws from physics) shows that Taekwondo is different martial art (ex. wave motion and the relationship strength-relaxation.)

Meanwhile, Choi became General, so that he could introduce his sport first to the army.

In 1966 (April 22), the International Taekwondo Federation (ITF) was established. As a result of the political pressure and the growing frictions between North and South Korea,

General left again his homeland in 1972; he settled in Canada.



In South Korea WTF (World Taekwondo Federation) was founded in response. Both forms of taekwondo have the same base but they are so grown apart, that the differences are greater than the similarities.

The General with the evolution of the times and the changing needs of society made more adjustments. The ITF Taekwondo was not only under the influence of its founder, it is an evolving sport also. On June 15, 2002 General Choi died. Master Tran Trieu Quan (VIII degree then) was elected president of ITF. The present President of ITF is CHANG UNG.

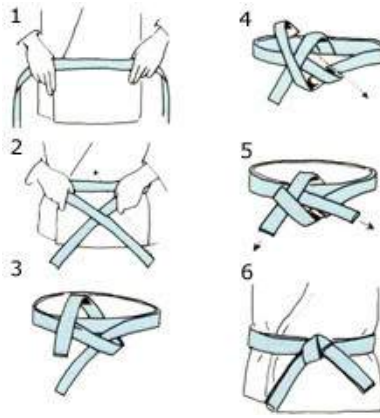
In a summary:

Taekwondo was founded in 1955 in Korea by General Choi Hong Hi, on April 11; it was the first time when the name "Taekwondo" was used. ITF was founded in 1966. Tae-kwon-do has approximately 3,200 techniques.

### **2. Meaning of TI (belt)**

White belt signifies innocence like a beginner who has no prior knowledge of Taekwondo.

How correctly to tie up a belt please follow instructions in the image below.



### 3. Vocabulary

CHARYOT	means	attention
KYONGE YE	means	greeting/bow; 15 degrees to bend
JUMBI	means	ready
SI JAK	means	start
HAECHYO	means	cease
GKOMAN	means	stop
SWIYO	means	relax
HAESAN	means	end of training
NAERYO	means	downward
OLLIGI	means	upward
AP	means	forwards
DWIT	means	backward
YOP	means	sideways
WEN	means	left
ORUN	means	right
NADJUNDE	means	low section
KAUNDE	means	midsection
NOPUNDE	means	high section

## STANCES (SOGI)

### Ready stance - Junbi Sogi



Tae-kwon-do has many modes, which emerge in the patterns. The ready stance is not part of an action, but is a position from which the student movement starts. It is that the position is ideal for increasing the concentration.

### Attention stand - Charyot Sogi

This is the position used for attention, before and after exercise.

1. Feet form an angle of 45 degrees.
2. Drop fists down naturally. The elbows are slightly curved/bended.
3. The fists are clenched slightly.
4. The eyes look forward, just above the horizontal line.

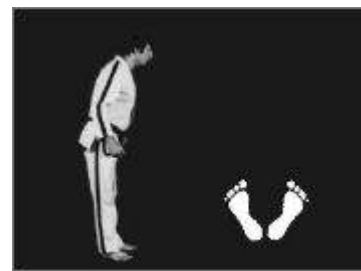


### Bending Attitude - Kyong Ye Jase

This is the attitude and the movement that one has to make when greeting teacher, fellow student, jury and opponent during competitions:

Bend the body 15 degrees forward.

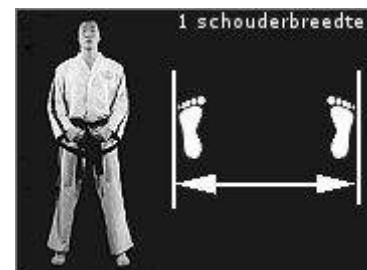
Keep looking into the opponent's eyes.



### Parallel stance - Narani sogi

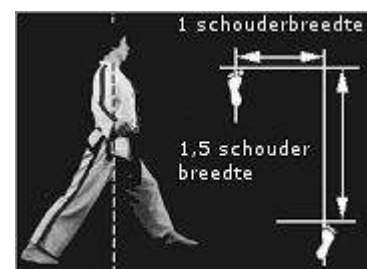
Spread the feet parallel to shoulder width.

The toes need to be pointing forwards.



### Walking stance - Gunnun Sogi

This is a strong position, both front and rear feet are offensive and defensive. Move one of feet forward or rear. The length between both feet should be shoulder and half width, while the width between both feet is one shoulder width. A stand with a length longer than a one and a half shoulder width makes the movement slow and one is vulnerable to attack from the side, front or back. Bend the front leg so that the heel in a straight aligns with the knee. The rear leg has to be completely stretched. Distribute your body weight equally on both feet. Make sure the toes of the front foot pointing forward. The toes of the back leg foot must be pointed 25 degrees outwards When this is greater than 25 degrees then is more vulnerable to the rear leg an attack from behind. Tighten the muscles of both feet with the sense to bring them together.



### L-stance - Niunja Sogi

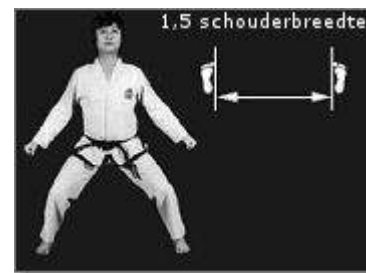
This mode is widely used in the defense, but for the offensive stand also useful. The front foot is in place to give a kick. Therefore, only a small displacement of the body weight needed to make. Move foot either forward or backwards, so that the length between both feet is slightly



less than about a shoulder width. There is almost a straight angle formed. It is recommended to both feet about 15 degrees to allow point, within a result, a better stability is obtained. Bend the back leg so far until the knee in a straight line forms with the toes, proportionally bent front leg. Ensure that the hip remains in a line with the inner knee joint. The distribution of the body weight is 70 percent on the rear leg and 30 percent on the front leg.

### Sitting position - Annun Sogi

This is a very stable position for a lateral movement. This mode is also widely used for impact/punching exercises and for the legs muscle development. One of the major advantages of this mode is that you can shift into walking stance without relocating feet. Spread one of the



two legs to the side at a distance of one and a half shoulder width between the two toes. Make sure the toes pointing forward and body weight equally distributed on both legs. Stretch the knees outward, bending until the knee is over the ball of the foot. Tighten the muscles in the thighs and increases strength in the legs pulling foot soles to side. Finishing a movement over the ground, push the chest and abdomen forward and push the hips backwards while the belly (muscle) are tightened. Do not make the stance too wide, as speed and agility will dramatically decrease. The stance may executable with a full face or side facing, both in attack and in defense.

### Hand Techniques (SON GISOOL)

JIRUGI	means	punch
JOOMUK	means	fist
AP JOOMUK JIRUGI	means	punch forward
SONKAL	means	knife hand
MAKGI	means	block or defense
NADJUNDE SONKAL MAKGI	means	low knife hand block
PALMOK	means	forearm
AN PALMOK MAKGI	means	inside forearm block
NADJUNDE PALMOK MAKGI	means	low forearm block
AP MAKGI	means	forward block - from outside to inside
CHUKYO MAKGI	means	upward block

### Foot techniques (BAL GISOOL)

CHAGI	means	kick
OLLIGI	means	rising
AP CHAGI	means	front kick
DOLLYO CHAGI	means	roundhouse/turning kick
YOP CHAGI	means	side kick
NAERYO CHAGI	means	downward kick
DWIT CHAGI	means	backward kick
AP CHA OLLIGI	means	front rising kick
YOP CHA OLLIGI	means	side rising kick

#### **4. Knowledge of Taekwondo**

##### **Formal titles**

1st to 3rd Dan	is called	Assistant Instructor (Boosabum)
4th to 6th Dan	is called	Instructor (International Instructor) (Sabum)
7th to 8th Dan	is called	Master (SAHYUN)
9th Dan	is called	Grand Master (SASUNG)

##### **COUNTING**

1	Hana
2	Tul
3	Set
4	Net
5	Tasot
6	Yosot
7	Ilgob
8	Yudol
9	Ahop
10	Yeol

##### **Patterns (Tul)**

With patterns movements' taekwondo set itself an imaginary fight for which both attacking and defensive techniques are used. There are 24 tuls in Taekwondo. The white belt teaches no real Tul, but teaches preparatory movements: SAJU JIRUGI (4 sides attack) and SAJU MAKGI (4 sides defensive).

##### **Tips:**

Pattern must start and end at the same place.

Always correct posture, position, and composition.

The muscles of the body are completely relaxed after each movement and tense during the movement.

Perform Rhythmic movements not run stiff.

Both the left and right hand versions equally powerful.

Perform each movement with a sense of realism.

## What is Taekwon-do?

TAE: Stands for all foot and leg techniques both attack and defense can be implemented.

KWON: Stands for all hand and fist techniques both attack and defense can be implemented.

DO: Literally means the "way" the "art", and is accompanied by a certain mental attitude namely: courtesy, integrity, indomitable spirit, perseverance and self-control.

## Principles/Tenets of Taekwondo (meaning of "do")

Courtesy

Integrity

Self-control

Indomitable spirit

Perseverance



## The oath of Taekwondo (Kwaran soon soo)

I shall observe the tenets of Taekwondo.

I shall respect my instructors and seniors.

I shall never misuse taekwondo.

I shall be champion of freedom and justice.

I shall build a more peaceful world.

## SUBJECTS TO KNOW FOR EXAM 9TH KUP

Basic knowledge of Taekwondo

Know how Taekwondo was created

Know when and by whom Taekwondo was created

Meaning of WHITE belt

To name (in Korean) all learned punches, blocks, kicks and stances, to show them and explain

Correctly perform SAJU JIRUGI (4 direction punch)

Correctly perform SAJU MAKGI (4 directions block)

To know and name titles of black belts (Dans)

To know meaning of Taekwondo

The 5 principles/tenets of the "DO": to name them explain and understand

To know the Oath of Taekwondo and be able to say it in right order

To be able fight without contact with partner for 2 min to demonstrate different techniques learned.

## **THEORY FOR 8 KUP (YELLOW BELT)**

### 1. Historical Tul Background (TAEKWON-DO YOKSA)

"CHON-JI" literally means "heaven and earth". It is interpreted in the East as the creation of the world and the beginning of human history. Therefore this first Tul performed by beginners. The Tul consists of two parts, the first part for heaven and the second for the earth. It contains 19 moves!

REMEMBER at the end: Bring the left foot back to NARANI SOGI

### 2. Meaning of TI (belt)

Signifies earth from which the plant takes root and sprouts as Taekwondo foundation is laid.

### 3. Vocabulary

General terms

DWIRO OMGYO DIDIMYO DOLGI	means	backwards step turn (rotation In Chon-Ji)
MIKULGI	means	sliding for long distance
JAJUN BAL	means	sliding short distance/Foot shifting (one or both feet shifting)

#### STANCES (SOGI)

None

#### **Hand Techniques (SON GISOOL)**

NADJUNDE BAKAT PALMOK MAKGI	means	low outer forearm block (1st movement in Chon-Ji)
AN PALMOK MAKGI	means	inner forearm block (9th movement in Chon-Ji)
KAUNDE AP JOOMUK JIRUGI	means	center forward fist punch (2nd movement in Chon-Ji)

#### **Foot techniques (BAL GISOOL)**

None

### 4. Knowledge of Taekwondo

The magic number 9:

One starts with 9th kup and ends 9th Dan in Taekwondo because 9 is a magic number for the Asians. Multiply it by any other number is the sum of the digits is always 9. Ex.:  $9 \times 112 = 1008$  the sum of digits:  $1 + 0 + 0 + 8 = 9$ .





The number 9 is in the East is an important sacred number. Moreover, it is mysterious, because it keeps coming back.

## **Sparring**

A Taekwondo fight on competition will be decided by points and takes two minutes. There are four corner referees who give points and one ring referee on the field provided.

The points are allocated as follows:

1 point for all fist techniques on the body or face

2 points for all leg techniques on the body

3 points for all leg techniques on the face

## **Warnings**

**Ui Ju Hanna:** before an warning is given, the fight is stopped (= heachyo) and then to the accused person a warning is attributed. In three warnings, one point is deducted.

**Gam Jum Hanna,** a minus point you can get through full-contact (too hard, usually uncontrollably) or a falling down or ignoring umpire commands. Three direct minus points disqualification (Sil Kyuk).

You get a warning if you:

Push

Kicks below the belt

Grabbing opponent

Performing a technique on the back

Deliberately avoids battle (running away)

Fall down (touch by hand on ground)

Goes out of the ring

Attacks without looking

turn away

talks

Claims provoking point



## **Matsugi (step sparring)**

Taekwondo students learn the techniques of Matsugi that are taught during tuls to learn how to apply them in sparring. There are three types Matsugi: Sambo Matsugi (three step sparring), Ibo Matsugi (two-step sparring) and Il-bo Matsugi (one step sparring). For the yellow belt exam, candidates must perform five three steps. This is done in pairs.

## **Methodology**

You stand facing each other, bow to each other, then the attacker (pre-arranged) measures the distance needed to perform attack. After that, the attacker with his right leg goes backward in gunnun sogi palmok najundi makgi. This is the initial position in which each three-step is carried out.

In theory, the defender determines which attack will be performed, but for practical reasons (on the distance between the performers), we recommend that the attacker decides which attack he will be performing. After all, knows beforehand what technique he will use).

Once the attacker has called the technique, he states that he is ready to attack ("TSE"). The defender ponders what technique he will use to defend and indicates that he is ready ("TSE"). The defender may take his time to get prepared for.

Afterwards the attacker kick or punch and the defender defends/blocks three times. The defender then performs a counterattack.

Then reverse roles. The attacker brings his front leg back to NARANI SOGI (ie backwards) and the defender brings his hind leg forward to NARANI SOGI. Now it's up to the person who has just defended for to attack.

Attention to:

It is important to set the feet in the right place. In an attack in niunja sogi's attacker feet are placed on the outside of the feet of the defender. If an attack is in gunnun sogi the foot of the attacker placed on right of the foot of the defender, so first on the outside and second time on the inside.

The defender performs a counterattack depending on the distance between the two people. If the distance is large there may be a kicking technique to be used; it is recommended to have a hand technique at a short distance.



## **SUBJECTS TO KNOW FOR EXAM 8TH KUP**

BASIC KNOWLEDGE OF TAEKWONDO

ALL KNOWLEDGE FROM THE EXAMS IN THE PAST

MEANING OF "CHON-JI" TUL

MEANING OF YELLOW BELT

TO NAME (IN KOREAN) ALL LEARNED PUNCHES, BLOCKS, KICKS AND STANCES, TO SHOW THEM AND EXPLAIN

CORRECTLY PERFORM SAJU JIRUGI (4 SIDES ATTACK)

CORRECTLY PERFORM SAJU MAKGI (4 SIDES BLOCK)

CORRECTLY PERFORM "CHON-JI" TUL

CORRECTLY PERFORM 5 DIFFERENT SAMBO MATSOGI'S (THREE STEP SPARRING)

2 MIN SPARRING WITH PARTNER WITHOUT CONTACT. PURPOSE: TO SHOW DIFFERENT TECHNIQUES LEARNED IN THE FIGHTING

## **THEORY FOR 7 KUP (YELLOW/GREEN BELT)**

1. Historical background Tul (TAEKWONDO YOKSA)

"DAN GUN", is named after the holy Dan Gun, the legendary founder of Korea in the year 2333 BC. This pattern contains 21 movements.

END: Bring the left foot back to NARANI JUNBI SOGI.



### **2. Meaning of TI (belt)**

N/A

### **3. Vocabulary**

#### **General terms**

BARO JIRUGI	right punch
BANDAE JIRUGI	reverse punch
ANURO	open body (inner arm)
BAKURO	closed body (outside of the arm)

#### **STANCES (SOGI)**

None

#### **Hand Techniques (SON GISOOL)**

SONKAL DAEBI MAKGI	knife-protective block	(1st movement in Dan-Gun)
PALMOK DAEBI MAKGI	forearm protective Block	
NOPUNDE AP JOOMUK JIRUGI	high forward fist punch	
NADJUNDE BAKAT PALMOK MAKGI	low outer forearm block	
SANG PALMOK MAKGI	twin forearm block	(9th movement in Dan-Gun)
BAKKAT PALMOK CHOOKYO MAKGI	outer forearm rising block	(14th movement in Dan-Gun)
KAUNDE SONKAL YOP TAERIGI	middle knife hand side strike	(18th movement Dan-Gun)

#### **Foot techniques (BAL GISOOL)**

GORO CHAGI	angle or hook kick
BANDAE DOLYO CHAGI	reverse twisted roundhouse/turning kick
AP CHA BUSIGI	forward rapidly retreating kick

### **4. Knowledge of Taekwondo**

Korean "Grammar"

Now you already know some definitions in Korean, so we can say exactly what we performing and what technic we performing.

We try a translate:

Ex. 1: 1st movement of SAJU JIRUGI: orun gunnun so ap jumok kaunde baro ap jirugi-Literal translation: right front stance with forward punch in the middle section with support arm and leg on the same side.

Ex. 2: the last movement of Dan-Gun: wen niunja so sonkal kaunde bandae Bakuro taerigi-Literal translation: left L-stance with knife hand stroke in the middle section from the inside out.

RULE:

There is an order. Using it everything is clearer.

1. Firstly goes sides (orun / wen)
2. Secondly goes positions (gunnun so, niunja so ...)
3. Thirdly goes strike or block
4. Fourthly goes height of targeting action
- (5). Fifthly goes baro / bandae (not always used)
6. Sixthly goes direction and type of strike/block

### ***Anuro / Bakuro***

ANURO: From the outside to the inside

BAKURO: From the inside out

### ***Baro / Bandae***

Rules in GUNNUN SOGI:

BARO: support arm and leg on the same side

BANDAE: support arm and leg on the opposite side

In NIUNJA SOGI applies:

BANDAE: support arm and leg on the same side

BARO: support arm and leg on the opposite side

### **SUBJECTS TO KNOW FOR EXAM 7TH KUP**

BASIC KNOWLEDGE OF TAEKWON-DO KNOW

ALL PREVIOUS KNOWLEDGE THAT YOU HAVE EVER BEEN LEARNED

MEANING OF "DAN-GUN"

NEW TECHNICS TO KNOW, BE ABLE TO SHOW AND EXPLAIN

EXPLAIN WHAT "ANURO" AND "BAKURO" MEANS

EXPLAIN WHAT "BARO" AND "BANDAE" MEANS

CORRECTLY PERFORM "CHON-JI" TUL

CORRECTLY PERFORM "DAN-GUN" TUL

CORRECTLY PERFORM 10 DIFFERENT SAMBO MATSOGI's (Three step sparring)

2 MIN FIGHT WITH A PARTNER WITHOUT CONTACT FOR PURPOSE: TO DEMONSTRATE DIFFERENT LEARNED TECHNIQUES DURING A FIGHT

## THEORY FOR 6 KUP (GREEN BELT)

### 1. Historical background Tul (Taekwondo YOKSA)

"DO-SAN" is the pseudonym of the patriot AHN CHANG HO (1876-1938).

The 24 movements represents his entire life which he devoted to furthering the education of Korea and its independence movement.



END: Bring the right foot back to NARANI JUNBI SOGI.

### 2. Meaning of TI (belt)

Green: The color of the plant that grows and develops, as the skill increases in taekwon-do.

### 3. Vocabulary

#### General terms

None

#### STANCES (SOGI)

None

#### Hand Techniques (SON GISOOL)

NOPUNDE BAKKAT PALMOK YOP MAKGI  
in Do-San)

high outer lateral forearm block(1st movement

SUN SONKUT TULGI  
San)

vertical fingertip attack (6th movement in Do-

NOPUNDE DUNG JOOMUK YOP TAERIGI  
San)

high side behind fist blow (8th movement in Do-

NOPUNDE BAKKAT PALMOK HECHYO MAKGI  
movement in Do-San)

high outer forearm splitting block (14th

KAUNDE SONKAL YOP TAERIGI

middle knife hand side strike

#### Foot techniques (BAL GISOOL)

TWIMYO

jump

BANDAE NAERYO CHAGI

reverse downward kick

TWIMYO DOLLYO CHAGI

jumped twisted roundhouse/turning kick

TWIMYO YOP CHAGI

jump side kick

TWIMYO GORO CHAGI

jumped angle or hook kick

### 4. Knowledge of Taekwondo

#### The phases of a movement

In TUL and MATSUGI it is important to finish well executed techniques. Therefore, we see a technique a closer look. Ex: we perform ORUN GUNNUN SOGI, NAJUNDE BAKKAT PALMOK MAKGI. The first

phase is the preparatory phase: we progress forward and we put the defense. During this phase, we use an undulating motion to develop speed.

The second phase is the moment of impact: this is the moment when with the part of the body that performs the defense the object to be blocked, is hit. At the time of the impact our body is tensed in order to pass on the power and speed which we have developed, through the part of the body that carries out the blocking, to the object to be blocked.

In short, we need to move that we developed in the first phase to the end.

It is important that both the motion with the legs and the arm movement and respiration at the same time holding up. Only in this case it is possible to carry out a powerful technique.

The final phase is the phase of the relaxation of the muscles because the defense has already happened. Just like the muscles are relaxed we can use the next move.

## THE DYNASTIES

Current North and South Korea earlier consisted of three dynasties: the Koguryo, Baekje and Silla Dynasty.

Koguryo (37 B.C. to 668 A.D.)

Paekje (18 to 600 B.C. A.D.)

Silla (57 to 935 B.C. A.D.)

Silla unified the kingdoms together by winning the war against Paekje in 660 AD and Koguryo in 668 AD. What followed was a time of peace and HwaRang grew a military organization to a group specialized in poetry and music.

In 936 AD when Wang Kon founded the Koryo dynasty, an abbreviation of Koguryo. The Korea KoryoIn name derives from the Silla Dynasty, the principles of Taekwondo began as the youth group Hwarang DO. At that time was called the martial that this group performed albeit still Taekyon and SOO BIN GI because of the name "Taekwon-do 'was still a long way.

Modern Taekwondo is a combination of many other martial arts. The most important of these is the Japanese Karate.

This is because Japan occupied Korea from 1910 to the end of the 2nd World War II. during the WWII, lots of Korean soldiers were trained in Japan. This occupation Japan tried all traces of Korean culture, including to eliminate the traditional martial arts. The influence that the Karate to the Taekwondo has enriched the quick, linear movements that characterize the various Japanese.

After World War II, when Korea became independent, several kwans arose. These were:

- Chung Do Kwan
- Moo Duk Kwan
- Yun Moo Kwan
- Chang Moo Kwan
- Oh Do Kwan
- Ji Do Kwan
- Chi Do Kwan
- Song Moo Kwan



The Kwan united in 1955 as Tae Soo Do. In the beginning of 1957, the name Taekwondo was set equal to the name Tae Kyon by several Korean martial arts masters.

General Choi Hong-Hi required the army to train Taekwondo. Thus the first Korean soldiers were Taekwondo students. The police and air force had to learn Taekwondo. At that time Taekwondo was merely a Korean version of Shotokan Karate.



## **SUBJECTS TO KNOW FOR EXAM 6TH KUP**

BASIC KNOWLEDGE OF TAEKWON-DO KNOW

ALL PREVIOUS KNOWLEDGE THAT YOU HAVE EVER BEEN LEARNED

MEANING KNOWING THE "DO-SAN"

MEANING OF THE GREEN BELT

NEW TECHNICS TO KNOW, BE ABLE TO SHOW AND EXPLAIN

TO NAME THE VARIOUS DYNASTIES WHO WERE IN KOREA

CORRECTLY PERFORM "DAN-GUN" TUL

CORRECT TO PERFORM "DO-SAN" TUL

CORRECTLY PERFORM 12 DIFFERENT SAMBO MATSOGI's (Three step sparring)

2 MIN SPARING WITH A PARTNER WITHOUT CONTACT. PURPOSE: TO DEMONSTRATE DIFFERENT TECHNIQUES DURING A FIGHT

## THEORY FOR 5 KUP (GREEN/BLUE BELT)

### 1. Historical background Tul (TAEKWONDO YOKSA)

"WON-HYO" was the name of the monk who introduced Buddhism to the Silla Dynasty in the year 686 AD.

END: Bring the right foot back to MOA SOGI A

### 2. Meaning of TI (belt)

None

### 3. Vocabulary

#### General terms

None

#### STANCES (SOGI)

##### CLOSED POSITION - MOA SOGI

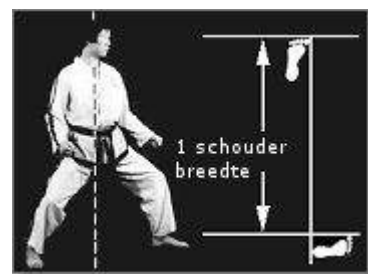
A position held with the feet down together. Possible executable with full face or a side facing. Many of the 24 patterns, starting with this position.



##### FIXED POSITION (EXTENDED L-MODE) - GOJUNG SOGI

This is an effective mode to work out for an attack or go to the side. This position is equal to the short mode with the following exceptions:

- Body weight is evenly distributed on both legs.
- The distance between both feet shoulder width to one half to be.



When the right leg for this position is a right fixed stance is called and when the left leg is a left fixed position. The stand is always performed in a side facing.

##### BENT POSITION - GUBURO SOGI

This position serves as a preparatory position for backward and lateral steps, generally defensive movements. While standing on the right leg, there is a right flexed position, vice versa. The position possible executable with a full face or side facing.



#### Hand Techniques (SON GISOOL)

SANG PALMOK MAKGI

twin forearm block

NOPUNDE SONKAL ANURO TAERIGI

high knife hand inward stroke (2nd movement in WON-HYO as awareness)

KAUNDE SONKAL DAEBI

middle knife hand MAKGI block protecting

SUN SOLKUT TULGI

vertical fingertip outages

AN PALMOK DOLLYMIO MAKGI

inside forearm circular defense (19th movement in WON-HYO as awareness)

KAUNDE PALMOK DEABI MAKGI

middle forearm protective block

#### Foot techniques (BAL GISOOL)

None

### 4. Knowledge of Taekwondo

#### MATSUGI

For the exam, the student must perform 12 SAMBO MATSUGI program. In addition, the student must be able perform 5 IBO MATSUGI (two step sparring). The difference with the three-step consists in the method of attack: in contrast to the three step sparring, where the attacker attacked three times with the same attack, the attack is two-step sparring is in two different attacks; a kick and a punch, or vice versa.



Similarly, the starting position, in which the attacker starts, is different from the SAMBO MATSUGI. Instead of a GUNNUN SOGI PALMOK NAJUNDE MAKGI, the attacker begins in NIUNJA MAKGI PALMOK DAEBI MAKGI.

### **BREAK TECHNIQUES OR KYEK PA**

Many think that the basic shape and size needed to break a board. But that is not so. There different things to look at. Here are the factors which lead to a higher degree of physical strength.

Action-Reaction: Every force has an equal and opposite force. Therefore, in taekwondo with every move the hand quickly withdrawn to the hip.

Concentration: The maximum power is only given at the time of impact.

Balance: The body is balanced with each technique. This can be done by a proper position to take.

Breathing: The control of breathing not only affects the speed and power. It can also prepare the body for a fight. Never breathe in the moment of the impact!

Wave motion: Relationship strength - relaxation.

Speed: Speed is the most essential factor when invoking force or pressure.

Scientifically, force equals mass times acceleration

Force = mass x speed.



#### **Must to know**

The bursting test must be passed with 1.5 to 3.5 cm wide pine plank of wood the size of 30x30 cm  
How to proceed?

Come to the place, than greet.

Measure the distance down to the shelf. Take a good distance, certainly not too short.

Breathe in and out. Measure one more time the distance.

Come in JUMBI.

Break the shelf.

Come back in JUMBI.

Greeting.

Note:

Always be peaceful and calm. Remember, use your whole body. You break the board with your hips, shoulders  
Get it off your power. Also remember that you not would, but should hit the shelf.



## **SUBJECTS TO KNOW FOR EXAM 5TH KUP**

BASIC KNOWLEDGE OF TAEKWON-DO KNOW

ALL PREVIOUS KNOWLEDGE THAT YOU HAVE EVER BEEN LEARNED

MEANING OF KNOWING "WON-HYO"

NEW TECHNIQS TO KNOW, BE ABLE TO SHOW AND EXPLAIN

CORRECT TO PERFORM "DO-SAN" TUL

CORRECT TO PERFORM "WON-HYO" TUL

CORRECT TO PERFORM 12 DIFFERENT SAMBO MATSOGI's (Three step sparring)

CORRECT TO PERFORM 5 DIFFERENT MATSOGI IBO's (Two step sparring)

2 MIN SPARRING WITH A PARTNER WITHOUT CONTACT. PURPOSE: TO DEMONSTRATE DIFFERENT TECHNIQUES DURING A FIGHT

BREAK TEST: 2 BREAK TECHNIQUES PERFORMING ON A WOODEN SHELF OR HERBREEKBARE SHELF

1ST TECHNOLOGY: AP CHAGI (or NOPI CHAGI)

2ND TECHNIQUE: SONKAL TAERIGI

## **THEORY FOR 4 KUP (BLUE BELT)**

### **1. Historical background Tul (TAEKWONDO YOKSA)**

"YUL-GOK" is the pseudonym of the great philosopher and scholar YI 1 (1536 - 1584) nicknamed "The Confucius of Korea." The 38 movements refer to his birthplace on 38 latitude and the diagram of Tul meaning "scholar" = (±)

END: Bring the left foot back to NARANI JUNBI SOGI

### **2. Meaning of TI (belt)**

Blue belt signifies the heaven towards which plants matures into a towering tree as knowledge in Taekwondo increases.

### **3. Vocabulary**

#### **General terms**

None

#### **STANCES (SOGI)**

X-STANCE - KYOCHA SOGI

This is a very well usable position to attack the front or the side of an opponent. The stand is used in some cases, blockages, but generally it must stand as preparation for the move to the next maneuver.

Cross one foot behind the other, whereby the back foot is soft contact with the ground.

Place the weight on the front leg.



When the body weight on the right leg, there is a right X-stance, vice versa.

The stance possible executable with a full face or side facing, both in attack and in defense.

#### **Hand Techniques (SON GISOOL)**

KAUDE AN PALMOK MAKGI

KAUNDE SONBABAK GOLCHO MAKGI

AP PALKIUP TAERIGI

SANG SONKAL MAKGI

KAUNDE SUN SONKUT TULGI

NOPUNDE BAKAT PALMOK YOP MAKGI

DUNG JOOMUK YOPDWI TAERIGI

NOPUNDE DOO PALMOK MAKGI

middle inner forearm block

middle palm corner block (hold YUL-GOK)

forward stroke elbow (elbow YUL-GOK)

twin knife-block

middle fingertip strike

high outer forearm lateral block

back fist side strike (jump YUL-GOK)

high double forearm block (last movement in YUL-GOK)

#### **Foot techniques (BAL GISOOL)**

None

### **4. Knowledge of Taekwondo**

#### **Sine Wave**

Unique within Taekwon-do is the sine wave (sine wave) motion to generate maximum power according to the theory of force. In almost every movement it is used. Natural wave motion is simple.

During lessons and seminars Taekwon-Do practitioners learned to apply "sine wave" in their techniques. What we do in fact, in the execution of the wave motion in Taekwondo techniques, it is moving the center of mass of the body by means of a movement, that if we were to this outlining would look like a sine wave (see figure below).



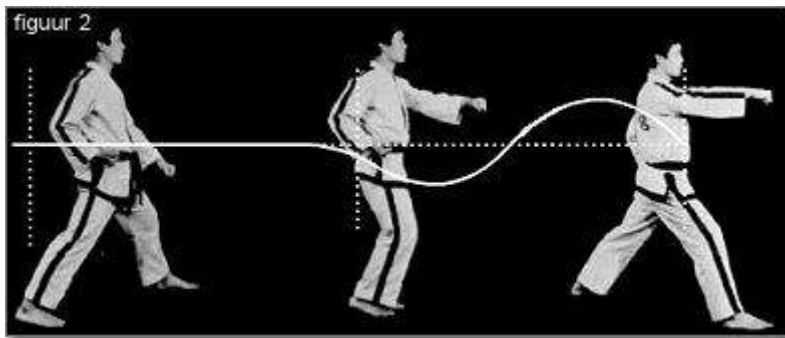
There are some advantages to use a wave movement that are related to the training of secrets of taekwon-do. To move the center of our mass in the movement of a wave legs must be bent while the body is in motion. To keep the legs and arms bent over a movement we need to be relaxed. By relaxing the body extra speed is given to a technique

because the various parts of the body do not work against each other, as is the case with voltage. Force equals mass times velocity squared, so a small gain in speed and a big gain in strength.

When we perform a wave motion, we need to also make use of a "knee suspension" (knee spring) on the correct manner. By bending our knees as we move, the body is moved up and down forward by the knee bend. While the body moves is our center of mass moves on a curve, which by definition is a form of acceleration.

Finally, when wave motion is applied "falls" downwards the body at the end of the technique, which turn, contributes to the use of gravity to our advantage, and can assure that the acceleration increases to the moment of impact.

To apply the wave right in Taekwon-Do we need to adjust the shape of the wave to achieve maximum power. In other words, the sine wave is not a uniform curve as shown in Figure 1. The wave motion is adapted so that the body "falls" at the time that it has reached the half of the trajectory of a technique, and comes up to maximum height of about three quarters of the route. Then the body comes quickly down at the end of the movement as shown in Figure 2. The rapid "fall" at the end of the technique helps us our mass to accelerate into the target, using the force of gravity.



Five different tempos:

The basis of the wave motion is down-up-down, i.e., there is always a downward movement, followed by an upward movement, and ending with a downward movement. However, there are variations to the wave motion conceivable, which are dependent on the rate of movement and the combination of techniques. There are in traditional taekwon-do, the basic exercises and tuls total of five different tempos:

#### Normal motion

In SAJU JIRUGI, SAJU MAKGI AND CHON-JI TUL taekwon-do student learns the normal pace of connected movements. So that is the first "motion": normal motion (normal speed). Movements performed in a normal pace, with a wave motion in one breath.

#### Continuous motion

DAN-GUN teaches taekwon-do student second motion: continuous motion (sequential pace). Two movements are performed sequentially, twice with wave motion in a single breath.

#### Fast motion

Do-San brings back a new motion with: fast motion (fast pace). Two motions are in quick succession carried out, twice with wave motion in two breaths.

#### Connecting motion

In YUL-GOK is new motion: connecting motion (attached pace). Two movements connected performed, with one wave motion in one breath.

#### Slow motion

JOONG-GUN completes the fifth and final motion: slow motion (slow pace). In slow motion, the move is slowly but, in relation to the theory of power there is acceleration at the end of the movement. There is one (slow) movement, one wave at a (delayed) breathing. Slow motion performances of techniques allow more body control and balance exercise to the student.

Determine the five different tempos the wave motion, of which three variants are:

- Full wave
- 2/3 wave
- 1/3 wave

Only in normal motion, continuous motion and slow motion, there is a full wave motion (down-up-down). At fast motion, there is 2/3 wave motion, since there is then only an up and downward in the movement. An example can be found in DO-SAN TUL: the two punches that follow the AHPCHA-BUSUGI (movements 15 & 16 and 19 & 20) The connecting motion, there is 1/3 wave motion, since there is only a downward

movement takes place. An example can be found in YUL-GOK TUL: the impact which the second hooking block following (movements 16 & 17 and 19 & 20).

## **SUBJECTS TO KNOW FOR EXAM 4TH KUP**

BASIC KNOWLEDGE OF TAEKWON-DO

ALL PREVIOUS KNOWLEDGE THAT YOU HAVE EVER BEEN LEARNED

MEANING OF "YUL-GOK"

NEW TECHNICS TO KNOW, BE ABLE TO SHOW AND EXPLAIN

TYPES OF SINE WAVE MOTION BE ABLE TO ENUMERATE AND EXPLAIN

CORRECTLY PERFORM "WON-HYO" TUL

CORRECTLY PERFORM "YUL-GOK" TUL

CORRECTLY PERFORM 12 DIFFERENT SAMBO MATSOGI's (Three step sparring)

CORRECTLY DEFEND FROM 10 DIFFERENT MATSOGI IBO's (Two-step sparring)

2 MIN SPRARING WITH A PARTNER WITHOUT CONTACT. PURPOSE: TO DEMONSTRATE DIFFERENT TECHNIQUES DURING A FIGHT

BREAK TEST: 2 BREAK TECHNIQUES PERFORMING ON A WOODEN SHELF OR HERBREEKBARE SHELF

1ST TECHNOLOGY: DOLLYO CHAGI

2ND TECHNIQUE: AP JOOMUP JIRUGI

## THEORY FOR 3 KUP (BLUE/RED BELT)

### 1. Historical background Tul (TAEKWONDO YOKSA)

"JOONG-GUN" is named after the patriot AHN JOONG-GUN who murdered Hiro Bumi Ito (the first Japanese governor-general of Korea). The 32 movements of the Tul represents the age of Ahn when he was executed in Lui-Shung prison (1910).

End: Bring the left foot to MOA SOGI B

### 2. Meaning of TI (belt)

None

### 3. Vocabulary

#### General terms

None

#### STANCES (SOGI)

##### REAR FOOT STANCE - DWITBAL SOGI

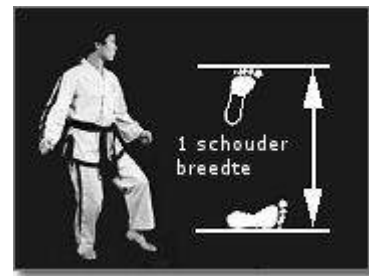
This mode is used mainly for defense, but sometimes also for the attack. The great advantage of this mode is that there is without displacement of the body weight can be passed to attacks with a kick. The position is always performed with a side facing. Make sure the knee of the back leg is pointing inwards.

Move either foot forward or backward, so that a distance of one shoulder width arises between the two toes. Bend the back leg so far as the knee is over the toes. Place heel just behind the heel of the front foot.

Bend the front leg and keep light contact with the ball of the foot of the front leg.

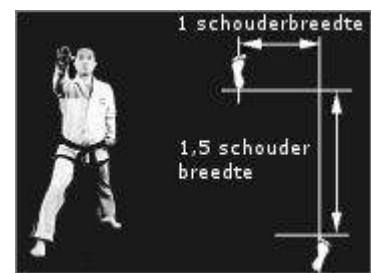
Make sure the toes of the front foot about 25 degrees and the toes of the back foot approximately 15 degrees to face inward.

The body weight is primarily on the back leg.



##### LOW STANCE - NACHUO SOGI

The advantage of this stance is the ease with which one can extend the attacking tool. It can also develop the leg muscles and is effective to adjust the distance to and from the target. It is similar to the walking stance, though longer by one foot. It can be either full facing or side facing.



#### Hand Techniques (SON GISOOL)

SONKAL DUNG BAKURO MAKGI

knife hand reverse outward block (1<sup>st</sup> movement in JOONG-GUN)

SONBADAK OLLYO MAKGI

palm upward defense (3rd movement in JOONG-GUN)

WI PALKUP TAERIGI

upward elbow strike (elbow JOONG-GUN)

NOPUNDE SANG JOOMUK SEWO JIRUGI

high twin vertical punch (11th movement in JOONG-GUN)

SANG JOOMUK DWIJIBUN JIRUGI

twin reverse punch (12th movement in JOONG-GUN)

KYOCHA JOOMUK CHOOKYO MAKGI

X-fist upward block (13th movement in JOONG-GUN)

NOPUNDE DOO PALMOK MAKGI

high double forearm block

SONBADAK NOOLLO MAKGI

palm pressing block (27th movement in JOONG-GUN)

GIOKJA JIRUGI

angle pushing (30th movement in JOONG-GUN)

DIGUTJA

stick block/defense (31th movement in JOONG-GUN)

KAUDE AN PALMOK MAKGI

JOONG-GUN)

center inner forearm block

### **Foot techniques (BAL GISOOL)**

YOBAP CHA BUSIGI

lateral quickly returning kick

BAL GOLCHI

leg sweep

## **4. Knowledge of Taekwondo**

Matsugi

For the exam, the student must perform 10 SAMBO MATSUGI programs. In addition, the student's needs 10 IBO MATSUGI (two-step) demonstration. During the exam, the student will do also 8-ILBO MATSUGI's (one step sparring).

Hosinsul

Foreword

In HOSINSUL (= self-defense), there is usually physical contact between the attacker to defender. In defense against weapons there is usually physical contact of the defender against the attacker. We share hosinsul into two parts:

- Physical contact attacker
- Forward with weapons

Therefore ITF Taekwondo is a modern sport considering all possible defense techniques. For defense For example, long distance (legs), medium range (arms, elbow, knee) or close distance (throwing, extrication, vital points).

Note: It is always possible that one is faced with a very strong opponent. Here are two solutions:

- Use your speed and rotational movement.
- Hit the opponent in a painful place.

### **Physical contact attacker**

The opponent hold.

Three possibilities:

- Offensive movement: against opponent attacks with stroke or stamp on a vital place or vulnerable body spot.
- Breaking movement: on the attacking limb.
- Liberation movement: by twisting motion followed by counterattack.

Attack Situations

- standing
- kneeling
- lying
- sudden attack of opponent

Throwing and falling techniques

Fall is an art, take into account these rules.

- Relax Body
- Try to fall on you side, not front on the back.
- Safely absorb the shock with the palm of the hand on the ground.
- Chin to chest withdraw to avoid hitting head.
- Legs high.

Just throwing opponents to the ground when you are not really want to hurt him.

Ground Principle: make opponent off balance.

Possibilities:

Standing

Kneeling

Lying

### Attacker with weapons

You will be attacked with a weapon (s). Dodging is the most appropriate, but you're not far enough (counterattack possible weapon or grab). Try the opponent to make an additional "step". To be so close (or to weapon accordingly) possible to assist the counterattack finished. Pihagi (= emigrate) is important. Left or right, but not back in line. Block against the arm or hand, but not against the weapon.

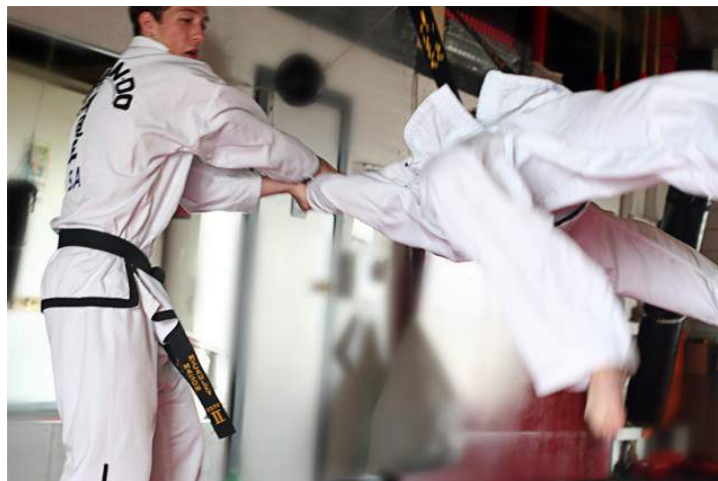
Possibilities:

For a dagger. (all directions)

For a long weapon

By a stick

For a long stick



## **SUBJECTS TO KNOW FOR EXAM 3TH KUP**

BASIC KNOWLEDGE OF TAEKWON-DO

ALL PREVIOUS KNOWLEDGE THAT YOU HAVE EVER BEEN LEARNED

MEANING OF "JOONG-GUN"

NEW TECHNIQS TO KNOW, BE ABLE TO SHOW AND EXPLAIN

TYPES OF SINE WAVE MOTION BE ABLE TO ENUMERATE AND EXPLAIN

CORRECT TO PERFORM "YUL-GOK" TUL

CORRECT TO PERFORM "JOONG-GUN" TUL

CORRECTLY PERFORM 12 DIFFERENT SAMBO MATSOGI's (Three step sparring)

CORRECTLY TO DEFEND FROM 10 DIFFERENT MATSOGI IBO's (Two-step sparring)

CORRECTLY PERFORM 8 DIFFERENT ILBO MATSOGI's (one step sparring)

2 MIN SPARRING WITH A PARTNER WITHOUT CONTACT. PURPOSE: TO DEMOSNTRATE DIFFERENT TECHNIQUES DURING A FIGHT

10 TAL PRACTICAL HOSINSUL (Self Defense) TECHNIQUES TO PERFORM WITH PARTNER

BREAK TEST: 2 BREAK TECHNIQUES PERFORMING ON A WOODEN SHELF OR HERBREEKBARE SHELF

1ST TECHNOLOGY: YOP CHAGI

2ND TECHNIQUE: SONKAL DUNG TAERIGI



## THEORY FOR 2 KUP (RED BELT)

### 1. Historical background Tul (TAEKWONDO YOKSA)

"TOI GYE" is named after the noted scholar Yi Hwang (16th century); an authority the neo-Confucianism. The 37 movements of Tul refer to the to his birthplace at 37 ° latitude. The diagram represents "scholar".  
END: Bring the right foot to MOA SOGI B.



### 2. Meaning of TI (belt)

Red belt signifies danger, cautioning the student to exercise control and warning the opponents to stay away.

### 3. Vocabulary

#### General terms

None

#### STANCES (SOGI)

None

#### Hand Techniques (SON GISOOL)

KAUNDE AN PALMOK MAKGI	middle inner forearm block
NADJUNDE DWIJIBUN SONKUT TULGI	low reverse fingertip dropout (2nd movement in TOI-GYE)
DUNG JOOMUK YOP DWI TAERIGI	back fist side strike (3rd movement in TOI-GYE)
KYOCHA JOOMUK NOOLLO MAKGI	X fist pressing defense (7th movement in TOI-GYE)
NOPUNDE SANG JOOMUK SEWO JIRUGI	high twin vertical fist strike
BAKKAT PALMOK SAN MAKGI	outside arm W-shaped defense (14th movement in TOI-GYE)
NADJUNDE DOO PALMOK MIRO MAKGI	low double forearm pressing defense (19th movement in TOI-GYE)
NOPUNDE OPUN SONKUT TULGI	high fingertip flat base (24th movement in TOI-GYE)
NADJUNDE SONKAL DAEBI MAKGI	low protective knife hand block
AN PALMOK DOLLYMIO MAKGI	inner forearm circular block

#### Foot techniques (BAL GISOOL)

### 4. Knowledge of Taekwondo

#### Refereeing at competitions

You from yellow belt already learned something about the rules, we will proceed in how arbitration works going on competitions. Referees are both women and men. This is how it is going.



#### 1) Sparring

How and what?

A fight usually lasts 2 minutes and is decided by points. If there is a tie after the 2 minute another 1 minute fight is foreseen. If after that minute still no winner then opted for the winning run. If fight is in the point-stop system, winner is decided by the first point scoring.

Who?

Participants are divided into: chong (blue) and hong (red).

**Corner referees:** scoring the points. You score a point when one or more (corner referee) saw it.

**Center Referee:** leading the fight. He starts and stops the fight. He is the person who (center referee) fight interrupts for giving warnings.

**The jury table:** The table has the Jury President, and is responsible for the ring. He keeps track of which participants have to come one after another. Also, there is A jury member who maintains the warnings for

the later check Judges. The Timekeeper watching time during fight. There is one center referee present at the table as a reserve.

#### Points

Items are listed on the points form. After the fight receives ring referee points forms of the Judges. Afterwards he brings the forms to the table. Since everything is counted, then the result is communicated by the jury president.

#### 2) Tul

· How and what?

The higher the grade, the more one walks on tuls competition. With colored belts is usually only one tul performed.

Who?

There are five judges who assess the Tul. There is still the table with the referee.

#### Points

The jury always takes into account several factors, including: strength, balance, breathing, technique and rhythm. There Two systems that are used in Tul, namely points or waste system. In the latter two drawn participants, it is immediately after the tul definitely a winner. The five referees have the duty to designate a winner or a tie. The majority of these five is the winner. For example 2 votes for hong and 3 for chong, chong = win.

At the point system scoring five referees separately points. The participant only takes place at the field. On the big leagues with black belts are separate points given to the different factors. Maximum 5 points for technique and maximum 3 for strength, balance, breathing or rhythm each. One gets a final score with a maximum value of 17.

#### 3) Team sparring

In team sparring there are five people per team. By toss the winner is decided which team first person should bring forward. After every fight is definitely a winner. 1 point for a tie, 2 points for are winning. The team with the most points wins.

#### 4) Team Tul

Here the same rules apply like in Tul. Can be made using waste system (taking turns walking or tul) or the points system. A team consists of 3 to 5 people. When the points are returned separately points given the different factors. There will be one factor, namely a maximum of 5 points for presentation, team work and choreography. So a maximum value of 22 points.

#### 5) Special technics

In this discipline are so high, or run as far as possible stages. Depending on each discipline. a few disciplines:

- Tymio nopi ap cha busigi
- Tymio nomo yop cha jirugi
- Tymio dollyo chagi

- ...

It is usually a knockout and one goes further or higher until there is a winner. On the big leagues a point is used and there to perform various steps.

#### 6) Power breaking

Here we try to break a hand or foot technique as many boards. Also, waste or points system. Some techniques:

- Ap jumok jirugi
- Yop cha jirugi
- Badae dollyo chagi

- ...

#### 7) Traditional sparring

Here a style battle is performed. It has few limits, fully rehearsed by the pair. The referees determine the two winners on several factors. The different duos come taking turns in ring "style sparring.

## **THE ULTIMATE TIPS FOR A GOOD TUL**

Tul must begin and end in the same place.

Always correct posture, stance and positions.

The muscles of the body are completely relaxed after each operation and totally strained during movement.

Rhythmic movement execution and not stiff walk.

All in one coordinated action.

Fast or slow implementation depending on the imposed exercise.

Each tul must be perfectly known before one learns the next.

Know the significance of every move.

Perform each movement with a sense of realism.

Both offensive, defensive techniques, left and right hand techniques as powerful and streamlined.

Each tul is equivalent, maintenance of them.

## **SUBJECTS TO KNOW FOR EXAM 2nd KUP**

BASIC KNOWLEDGE OF TAEKWON-DO

ALL PREVIOUS KNOWLEDGE THAT YOU HAVE EVER BEEN LEARNED

MEANING OF "TOI GYE"

NEW TECHNICS TO KNOW, BE ABLE TO SHOW AND EXPLAIN

TYPES OF SINE WAVE MOTION BE ABLE TO ENUMERATE AND EXPLAIN

MAY EXPLAIN HOW THE ARBITRATION WORKS IN TAEKWON-DO

TO NAME SOME TIPS HOW TO MAKE GOOD TUL

CORRECTLY PERFORM "JOONG-GUN" TUL

CORRECTLY PERFORM "TOI GYE" TUL

CORRECTLY PERFORM 12 DIFFERENT SAMBO MATSOGI's (Three step sparring)

CORRECTLY DEFENDE FROM 10 DIFFERENT MATSOGI IBO's (Two-step sparring)

CORRECTLY PERFORM 12 DIFFERENT ILBO MATSOGI's (one step sparring)

2 MIN SPARRING WITH A PARTNER WITHOUT CONTACT. PURPOSE: TODEMONSTRATE DIFFERENT TECHNIQUES DURING A FIGHT

15 TAL PRACTICAL HOSINSUL (Self Defense) TECHNIQUES TO PERFORM WITH PARTNER, ALSO DEFENCE AGAINST KNIFE

REFEREE COURSE HAVE APPLIED FOR THE PRESENTATION OF THE EXAM KUP

AT LEAST 1 TIME DONE TRAINING TO A NATIONAL TRAINING TUL & HOSINSUL

BREAK TEST: 2 BREAK TECHNIQUES PERFORMING ON A WOODEN SHELF OR HERBREEKBARE SHELF

1ST TECHNOLOGY: TWIMYO YOP CHAGI

2ND TECHNIQUE: BANDAE DOLLYO CHAGI

## THEORY FOR 1 KUP (RED/BLACK BELT)

### **1. Historical background Tul (TAEKWONDO YOKSA)**

"HWA-RANG" was named after the youth group HWA-RANG originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwon-Do developed to maturity.

END: Bring the right foot to MOA SOGI C

### **2. Meaning of TI (belt)**

Red belt signifies danger, cautioning the student to exercise control and warning the opponents to stay away.

Black belt is opposite to the white, therefore, signifying the maturity and proficiency in Taekwon-do. Also indicates the wearer imperviousness to darkness and fear.

### **3. Vocabulary**

#### General terms

None

#### **STANCES (SOGI)**

##### **VERTICALE STANCE - SOOJIK SOGI**

When the right leg stands for this position is a right vertical position and called when the left leg stands for a left vertical position. The stand is always performed with a half face. Move one foot forward or backward, so that a distance of one shoulder width arises between the two big toes. The distribution of body weight is 60 percent on the rear leg 40 and percent on front leg. Make sure the toes of both feet approximately 15 degrees to face inward. Keep the legs straight.



#### Hand Techniques (SON GISOOL)

SONBADAK MIRO MAKGI

SANG PALMOK MAKGI

OLLIO JIRUGI

SONKAL NAERYO TAERIGI

KAUNDE SONKAL YOP TAERIGI

KAUNDE SONKAL DAEBI MAKGI

YOP PALKUP TULGI

NOPUNDE YOP/AP AN PALMOK MAKGI

palm pushing block (1st movement in HWA RANG)

twin forearm block

upward thrust (5th movement in HWA RANG)

knife hand down stroke (7th movement in HWA RANG)

middle knife hand traverse stroke

middle knife hand protecting block

lateral elbow strike (26th movement in HWA RANG)

high side/forward inner forearm block (27th movement in HWA RANG)

#### Foot techniques (BAL GISOOL)

None

### **4. Knowledge of Taekwondo**

Taekwon-Do is a Sport

*To develop ITF Taekwon-Do as a sport and encourage greater participation in competitions, major changes will be made to tournament rules, to the competition calendar, and to the qualification process. Training for umpires will be upgraded, and we will investigate the use of a computerized scoring system. Competitors will be happier and motivated to continue when our competitions are safer and scoring is more precise and*

*reliable. Competitions held in well-known locations around the globe will focus attention on the ITF and will result in greater visibility.*

**Taekwon-Do is a Martial Art**

*To improve ITF Taekwon-Do as a martial art, there will be increased emphasis on the traditional core values and protocol. The teaching of self-defence our "raison d'etre" will be improved. We will use seminars, documentation, videos, and other means of communication to spread knowledge of ITF Taekwon-Do, reaching out to new markets and to new participants, particularly women.*

**Taekwon-Do is a Way of Life**

*To demonstrate the value of ITF Taekwon-Do as a way of life, we must teach all facets of ITF Taekwon-Do, including the Do. I can tell you that General Choi true last wish and words of guidance for us for the future are found in the introduction to his last book Moral Culture. The General had come to realize that most of the emphasis had been placed on the teaching of the technical aspects of ITF Taekwon-Do. He felt it would be up to the next generation to give equal importance to the teaching of the Do.*



*We have already started working on a Code of Ethics based on the Do. In future, we will use all the resources available to us to teach the whole ITF Taekwon-Do: the technical and the Do. By studying the Do, our students will grow in understanding of the "why", not only the "how".*

*The ultimate purpose of life is the search for happiness. Many people suffer because they do not have the proper value system that leads to a balanced life and happiness. We have a solid philosophy and the tools to apply it in our lives. Now we must put in place a structure to teach the mental and spiritual aspects of ITF Taekwon-Do to our students so that they will be able to achieve a balanced life and happiness.*

*I have been teaching ITF Taekwon-Do as a way of life for many years and I believe we can help people to find a balance between family life, school or work, and ITF Taekwon-Do. Teaching this approach will open many doors to us.*

**Taekwon-Do can be a Tool for Social Development**

*To use ITF Taekwon-Do as a tool for social development, we must practice Taekwon-Do not just for ourselves, but also to improve life in our communities. ITF Taekwon-Do can be a powerful tool to help solve social problems such as drug abuse and juvenile delinquency, providing structure, discipline, and self-confidence that carry over into all aspects of life.*

*We hear a lot about efforts to reduce poverty in the world. By educating people with ITF Taekwon-Do values and practices, and by showing them that there is hope of improving their quality of life, we will be making an important contribution.*

*The ITF can develop programs such as intensive instructor training for the unemployed and ITF Taekwon-Do courses offered at affordable prices. Starting with small-scale projects, our success will attract the attention and support of international development agencies and governments around the world. In Canada we have had excellent results with this type of program, and we will assist you to implant pilot projects in your countries.*

*There is a lot of work to be done in this area, but there is also an enormous potential for improvement. By striving to develop all four facets of Taekwon-do to the maximum, we can realize our full potential as individuals and as an organization. Working together, we can do great things!*

## **SUBJECTS TO KNOW FOR EXAM 1st KUP**

BASIC KNOWLEDGE OF TAEKWON-DO

ALL PREVIOUS KNOWLEDGE THAT YOU HAVE EVER BEEN LEARNED

MEANING OF "HWA-RANG"

NEW TECHNIQS TO KNOW, BE ABLE TO SHOW AND EXPLAIN

MAY EXPLAIN WHAT ARE THE FUNCTIONS OF TAEKWON-DO

CORRECTLY PERFORM "TOI GYE" TUL

CORRECT TO PERFORM "HWA-RANG" TUL

CORRECTLY PERFORM 12 DIFFERENT SAMBO MATSOGI's (Three step sparring)

CORRECT DEFEND FROM 10 DIFFERENT MATSOGI IBO's (Two-step sparring)

CORRECTLY PERFORM 15 DIFFERENT ILBO MATSOGI's (one step sparring)

2 MIN SPARING WITH A PARTNER WITHOUT CONTACT. PURPOSE: TO DEMONSTRATE DIFFERENT TECHNIQUES DURING A FIGHT

20 TAL PRACTICAL HOSINSUL (Self Defense) TECHNIQUES TO PERFORM WITH PARTNER ALSO DEFENSE AGAINST KNIFE AND GUN

REFEREE COURSE HAVE APPLIED FOR THE PRESENTATION OF THE EXAM KUP

AT LEAST 1 TIME PARTICIPATING TO A NATIONAL TRAINING TUL & HOSINSUL

BREAK TEST: 2 BREAK TECHNIQUES PERFORMING ON A WOODEN SHELF OR HERBREEKBARE SHELF

1ST TECHNOLOGY: TWIMYO DOLLYO CHAGI

2ND TECHNIQUE: DWIT CHAGI