

Rules of conduct

Preparation for training

- Students must make sure they are clean and all nails are cut short for safety reasons.
- Students should arrive at least 10 minutes before the commencement of class and be prepared both physically and mentally.

Entering the do jang

- Remove footwear prior to entering the designated training area.
- Where several people are entering, ensure the senior person or adult is shown the courtesy of entering first.
- Bow when entering or leaving the do jang.
- Ensure shoes or other articles are neatly stored in accordance with the wishes of the Instructor.
- Bow and acknowledge others present in the do jang, which should include firstly the Instructor, the Assistant Instructor, then senior members. Children must acknowledge adults. Similar courtesies should be paid when visiting other martial arts do jang.

Dress for training

- On arrival, check your do bok and remove all accessories e.g. rings, necklaces, watches, earrings and anything else dangerous.
- Do bok must always be clean, ironed and worn correctly. It must be in good repair.
- Students may wear a white singlet or T-shirt under their do bok top with the permission of their Instructor.
- Belts shall be worn by those qualified to wear them, wrapped around the waist once and tied in the correct manner.
- The correct uniform to be worn is white do bok top with white do bok trousers.
- If the do bok needs to be tidied up, students must turn to the left to adjust.
- Do bok should not be worn outside the do jang unless on special occasions as specified by the instructor.

Inside the do jang

- All students should treat each other with courtesy.
- Students shall address one another courteously, and use titles, e.g. yes Sir, no Ma'am, etc. The Instructor should be addressed as Sir/Ma'am or by his/her surname, preceded by his/her title Mr/Mrs.
- Questions or answers should end with the appropriate "Sir" or "Ma'am".
- All instructions issued by the Instructor or senior students within the do jang must be obeyed.
- When seeking to meet the Instructor or senior, a student should stand at attention and keep alert to the situation at hand until approached or spoken to by the Instructor or senior.
- The student shall ensure the do bok is well adjusted prior to the meeting.
- Students must not make any unnecessary noise or disturbance inside the do jang.
- Students should ensure visitors are treated with courtesy, provided with seating, accompanied and given advice where necessary.
- Students must ensure their do jang is kept tidy.
- Eat or drink only at the Instructor's discretion.
- Students must not leave the do jang without permission of the Instructor.
- Students must not raise any objection or arguments during training in the do jang.
- Visiting Instructors or seniors should be acknowledged by all students present upon entering the do jang.
- Assistant Instructors or other senior members (as indicated by the Instructor), should advise, in advance, their anticipated non-attendance at a training session. This is not only a courtesy but also has practical implications.

10th Gup Techniques Syllabus



STANCES

Attention stance (charyot sogi)



This is an attention position used before and after each exercise.

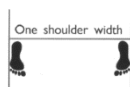
- Feet form a 45-degree angle.
- Drop the fists down naturally, bending the elbows slightly.
- The fists are clenched slightly.
- Eyes face the front slightly above the horizontal line.

Bow (kyong ye)

- Bend the body 15 degrees forward.
- Keep the eyes fixed on opponent's eyes.

Parallel stance (narani sogi)

Spread the feet parallel to shoulder width. Keep the toes pointing toward the front. It can be either full facing or side facing.



Parallel ready stance (narani junbi sogi)

This is just a parallel stance with both fists brought naturally over the abdomen. The distance between the fists is about 5 centimetres and 7 centimetres away from the abdomen. The distance between the elbows and the floating ribs is about 10 centimetres. Do not extend the elbows to the side more than necessary. Hold the upper arms forward 30 degrees while bending the forearms 40 degrees upward.

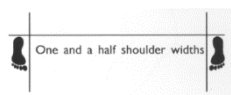
Sitting stance (annun sogi)

This is a very stable stance for lateral movement.

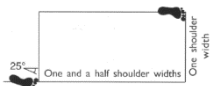
It is also widely used for punching exercise and development of the legs. One of the advantages of this stance is to shift into walking stance without relocating the foot. Spread one leg to the side at a distance of approximately one and half a shoulder width between the big toes. Point the toes to the front and distribute the body weight evenly on both legs. Extend the knees outward, bending until the kneecaps come over the ball of the foot. Infuse the strength into the inner thighs and tense inward by scraping the ground or floor with the side soles. Push both the chest and abdomen out and pull the hip back tensing the abdomen.

Sitting ready stance (annun junbi sogi)

The distance between the fists and thigh is about 30 centimetres. The elbows should be bent 30 degrees.



Walking stance (gunnun sogi)



This is a strong stance for front and rear, both in attack and defence. Move one foot to either front or rear at a distance of one and a half shoulder width between the big toes and a shoulder width from one centre of the instep to the other. Bend the front leg until the kneecap forms a vertical line with the heel, extending the opposite leg fully. Distribute the body weight evenly on both feet. Keep the toes of the front foot pointing forward, the opposite foot 25 degrees outward. Tense the muscles of the feet with the feeling of pulling them toward each other. When the right leg is bent, the stance is called a right walking stance and vice-versa. It can be either full facing or half facing both in attack and defence.

Walking ready stance (gunnun junbi sogi)

The distance between the fist and thigh is about 30 centimetres. The elbows should be bent 30 degrees.

DEFENSIVE TECHNIQUES

Forearm low block (palmok najunde magki)

This is performed mainly with walking, rear foot, fixed and Lstance, though occasionally with a sitting or X-stance. Only the outer forearm is used for this technique. The tibia of the kicking foot and the back of the punching fist toward the lower abdomen are the targets. It can be performed in both obverse and reverse blocks except in an X-stance or sitting stance. Keep half facing the target at the moment of the block except with a sitting or X-stance. The distance between the under forearm and the thigh is about 20 centimetres. The forearm becomes parallel to the thigh. The elbow is bent about 25 degrees outward. Pull the other fist to the hip while blocking.

Knifehand low block (sonkal najunde magki)

This block is identical to a forearm low block with the difference being the knifehand is the blocking tool opposed to the outer forearm.

Inner forearm middle side block (an palmok kaunde yop magki)

The inner one-third of the arm, from the wrist to the elbow, is used as the blocking tool. This technique can be performed in most stances with the body half-facing.

Front rising kick (apcha olligi)

This kick is used to spring up the opponents punching fist at the under forearm or the opponents foot by kicking the inner tibia. With this technique, the knee joint of the kicking leg should not be bent to severely. This kick is also used as a dynamic stretching exercise and for muscle development as shown in the photograph.



OFFENSIVE TECHNIQUES

Forefist front punch (ap joomuk jirugi)

The forefist is generally used for attacking the philtrum, ribs, solar plexus, chest, abdomen, jaw, etc. The main knuckles of the forefinger and middle finger are the punching parts. The top and the front of the fist should form a right angle so the punching parts can be closely contacted with the target. The wrist should not be bent when the fist is clenched.



HIGH (nopunde)



MIDDLE (kaunde)



LOW (najunde)

Basic principles:

- Clench the fist firmly at the moment of impact so that it acts as a hammer instead of a cotton ball.
- Punch from the hip to the target at full speed using the shortest distance.
- Avoid unnecessary tension of the arms and shoulders.
- Pull the opposite fist simultaneously to the hip as the punching fist moves out with few exceptions.
- Relax the muscle immediately after the fist has reached the target.
- Keep the back straight at the moment of impact.
- Do not pull the shoulder at the moment of impact.
- The fist must turn a full 180 degrees at the moment of impact.
- The back fist must face downward when the fist is pulled to the hip.
- The rear foot in all cases must be placed firmly at the moment of impact to contain rebound.

Front snap kick (apcha busigi)

This technique is designed to attack an opponent in the front. The face, solar plexus, abdomen, scrotum, armpit and floating ribs are the targets. It is performed with the ball of the foot, instep, toes and knee, and is broken down into low and middle front snap kicks as far as the ball of the foot and toes are concerned.

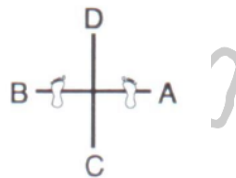
The common principles of this kick:

- The stationary leg must be relaxed at the moment of impact.
- The knee of the kicking leg must be brought sharply toward the chest prior to kicking.
- These two motions must be co-ordinated in one smooth, swift action.
- The attacking tool must reach the target in a straight line.
- The kicking foot must be withdrawn immediately after the kick, then brought back to the floor.
- The toes of the stationary foot should point to the front at the moment of impact.
- The stationary foot must not pivot throughout the kicking.



FUNDEMENTAL EXERCISES

Four direction punch (saju jirugi) Right Four Direction Punch



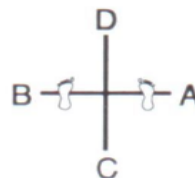
Ready Posture: Parallel Ready stance

1. Move the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.
 2. Move the right foot to A, forming a left walking stance toward B while executing a low block to B with the left forearm.
 3. Move the right foot to B, forming a right walking stance toward B while executing a middle punch to B with the right fist.
 4. Move the right foot to D forming a left walking stance toward C while executing a low block to C with the left forearm.
 5. Move the right foot to C, forming a right walking stance toward C while executing a middle punch to C with the right fist.
 6. Move the right foot to B forming a left walking stance toward A while executing a low block to A with the left forearm.
 7. Move the right foot to A, forming a right walking stance toward A while executing a middle punch to A with the right fist.
- Bring the right foot back to the ready posture.

Left Four Direction Punch

1. Move the left foot to D, forming a left walking stance toward D while executing a middle punch to D with the left fist
 2. Move the left to B, forming a right walking stance toward A while executing a low block to A with the right forearm.
 3. Move the left foot to A, forming a left walking stance toward A while executing a middle punch to A with the left fist.
 4. Move the left foot to D, forming a right walking stance toward C while executing a low block to C with the right forearm.
 5. Move the left to C, forming a left walking stance toward C while executing a middle punch to C with the left fist
 6. Move the left foot to A, forming a right walking toward B while executing a low block to B with the right forearm.
 7. Move the left foot to B, forming a left walking stance toward B while executing a middle punch to B with the left fist.
- Bring the left foot back to ready posture.

Four direction block (saju magki) Right Four Direction Block



Ready Posture: Parallel ready stance

1. Move the right foot to C forming a left walking stance toward D while executing a low block to D with the left knifehand.
2. Move the right foot to D forming a right walking stance toward D while executing a middle side block to D with the right inner forearm.
3. Move the right foot to A, forming a left walking stance toward B while executing a low block to B with the left knifehand
4. Move the right foot to B forming a right walking stance toward B while executing a middle side block to B with the right inner forearm.
5. Move the right foot to D forming a left walking stance toward C while executing a low block to C with the left knifehand.
6. Move the right foot to C forming a right walking stance toward C while executing a middle side block to C with the right inner forearm.
7. Move the right foot to B forming a left walking stance toward A while executing a low block to A with the left knifehand

8. Move the right foot to A forming a right walking stance toward A while executing a middle side block to A with the right inner forearm.
Bring the right foot back to ready posture.

Left Four Direction Block

1. Move the left foot to C forming a right walking stance toward D while executing a low block to D with the right knifehand
 2. Move the left foot to D forming a left walking stance toward D while executing a middle side block to D with the left inner forearm.
 3. Move the left foot to B forming a right walking stance toward A while executing a low block to A with the right knifehand.
 4. Move the left foot to A forming a left walking stance toward A while executing a middle side block to A with the left inner forearm.
 5. Move the left foot to D forming a right walking stance toward C while executing a low block to C with the right knifehand
 6. Move the left foot to C forming a left walking stance toward C while executing a middle side block to C with the left inner forearm.
 7. Move the left foot to A forming a right walking stance toward B while executing a low block to B with the right knifehand
 8. Move the left foot to B forming a left walking stance toward B while executing a middle side block to B with the left inner forearm.
- Bring the left foot back to ready posture.

SPARRING

Three step sparring (sambo matsogi)

Alone, One way, Hand Techniques

1. Walking stance inner forearm blocks / front punch
2. Walking stance inner forearm blocks / flat fingertip thrust
3. Walking stance inner forearm blocks / open fist punch

SELF DEFENCE (hosin sul)

Showing: attacking, breaking and releasing techniques.

- Grab to the wrist - same side
- Grab to the wrist - opposite side
- Two hand grab to both wrists

FITNESS

Hold plank for 30 seconds

DESTRUCTION

Stomp on board

THEORY

All Taekwon-Do terminology above

Training Area - Do jang

Training Uniform - Do bok

Founder of Taekwon-Do: General Choi Hong Hi - 9th Dan

Tenets of Taekwon-Do (Taekwon-Do jungshin)

Courtesy (Ye Ui)

Integrity (Yom Chi)

Perseverance (In Chi)

Self Control (Guk Gi)

Indomitable Spirit (Baekjul Boolgool)

Student Oath

I shall observe the tenets of Taekwon-Do

I shall respect the Instructor and seniors

I shall never misuse Taekwon-Do

I shall be a champion of freedom and justice

I shall build a more peaceful world



Botany
Taekwon-Do