

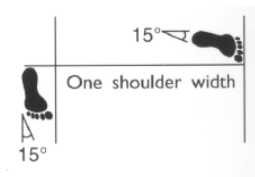
## 2nd Gup Techniques Syllabus



### STANCES

#### Vertical stance (soojik sogi)

- Move one foot to either front or side at a distance of one shoulder width between the big toes.
- The ratio of body weight is 60 percent on the rear leg and 40 percent on the front leg.
- Keep the toes of both feet pointed approximately 15 degrees inward.
- Keep the legs straight.
- When the right foot is in the rear, the stance is called a right vertical stance and vice-versa. It is always half facing, both in attack and defence.



#### Close ready stance C (moa junbi sogi C)

The distance between the hands and the abdomen is about 10 centimetres.

#### Sliding (mikulgi)

This is one of the most effective techniques in Taekwon-Do for covering a long distance in one smooth motion. It is mainly performed with L-stance and rear foot stances, though occasionally a sitting or fixed stance is used. It can also be executed from any combination e.g. slide shifting, shift sliding, step sliding, shift step sliding, double slide-stepping or double step-shift sliding, and so on.

### DEFENSIVE TECHNIQUES

#### Palm pushing block (sonbadak miro magki)

This technique is one of the most effective forms to put the opponent of balance. When performing a pushing block with the palm it is mainly executed from a sitting stance and X-stance, though occasionally a parallel; close or walking stance is employed. A reverse block is normal in the case of a walking stance. Be sure to execute the block against the shoulder or bottom area.

#### Side front block (yobap magki)



This technique is employed when intercepting an attack from a side front angle toward the high section of the body. It is mainly executed from close, parallel and sitting stances but occasionally one-leg and X-stances are used. The inner forearm and reverse knifehand are the blocking tools. Only an outward block is possible. Keep the middle finger formed a straight line with the shoulder bending the elbow 80 degrees while extending the opposite arm side downward at the moment of the block.

#### Front checking kick (apcha momchugi)

This technique is performed with the back sole supported by the ball of the foot. Unlike the previous kicks, the checking kick is kept momentarily on the target during the block. Since the purpose of this kick is to restrict the opponent's freedom of movement, it is normally executed when the opponent rushes or attempts to close in. The chest and solar plexus are the targets.

Basic principles:

- The blocking tool should reach the target in a straight line.
- Keep the body half facing the target at the moment of the impact.
- Do not bend the stationary leg more than necessary at the moment of impact.



### **Side checking Kick (yopcha momchugi)**

This technique has a dual function. One is to block the attacking foot directed to a low section and the other is to impede or check the opponent's movement. In both cases the foot must be ready for a counter-attack or any type of consecutive action. The tibia or knee area is the target, and the blocking tool should reach the target in an arc.

### **Flying hooking Kick (twimyo golcho chagi)**

This technique is used in blocking the attacking hand or foot while flying. The method of the kick is the same as the hooking kick except it is executed in a flying motion.

## **OFFENSIVE TECHNIQUES**

### **Upward punch (ollyo jirugi)**

This technique is chiefly used for attacking the face or the point of the chin at a close range. It can be performed with nearly every stance although a rear foot stance and L-stance are normally used. Keep the back fist facing the front at the moment of impact while bringing the opposite side fist in front of the shoulder.

### **Knifehand downward strike (sonkal naeryo taerigi)**

This technique is divided into front and side downward strikes. The attacking tool becomes level with the shoulders at the moment of impact in the case of a side downward strike. The attacking tool reaches the target in a circular motion and can be executed from all stances, although L, rear foot, vertical and X stances are the most suitable. Keep the forearms crossed in front of the chest with both fists faced upwards, placing the striking one under the other at the start of the movement.

### **Side elbow thrust (yop palkup tulgi)**

This technique is performed with chiefly L- and rear foot stances. Be sure to pull the opposite fist to the hip while thrusting.

### **Four directional thrust (saju tulgi)**

Execute a side elbow thrust in a sliding motion as in movement 25 of Hwa-Rang Tul in a four directional movement. Left and right side.

### **Mid - air kick (twio dolmyo chagi)**

The method of kicking is exactly the same as the flying side piercing or thrusting kick except that the kick is executed while spinning in the air. Since the direction in which the kick will be delivered cannot be seen until the moment the kick is performed, this technique is highly valued as a surprise attack. Spinning is executed either in 360 degrees or 180 degrees. The footsword is chiefly used, though occasionally the ball of the foot.

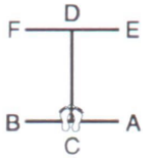
### **Flying kicks (twimyo chagi)**

Flying kicks have a number of advantages: they perfect balance, develop co-ordination, condition muscles and are invaluable for attacking the high section of the body with the foot as well as developing timing and focus. They are also effective for vaulting obstacles without exposing oneself to an attack, for leaping over a pole, club or knife attack, and for stopping an onrushing or fleeing opponent, closing distances, and driving through an encirclement of several opponents. A flying kick is performed with either one motion from the spot or several motions while running: the former is most practical at a closest distance, the latter at further distances.

## PATTERNS



### Hwa-Rang Tul 29 movements



Hwa-Rang is named after the Hwa-Rang youth group, which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwon-Do developed into maturity. The Hwa-Rang code of conduct Be loyal to your King - Be obedient to your parents - Be honourable to your friends Never retreat in battle - Make a just kill

화랑

Ready Posture: Close ready stance C

1. Move the left foot to B to form a sitting stance toward D while executing a middle pushing block to D with the left palm.
  2. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.
  3. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.
  4. Execute a twin forearm block while forming a left L-stance toward A, pivoting the left foot.
  5. Execute an upward punch with the left fist while pulling the right side fist in front of the left shoulder, maintaining a left L-stance toward A.
  6. Execute a middle punch to A with the right fist while forming a right fixed stance toward A in a sliding motion.
  7. Execute a downward strike with the right knifehand while forming a left vertical stance toward A, pulling the right foot.
  8. Move the left to A, forming a left walking stance toward A while executing a middle punch to A with the left fist.
  9. Move the left foot to D, forming a left walking stance toward D while executing a low block to D with the left forearm.
  10. Move the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.
  11. Pull the left foot toward the right foot while bringing the left palm to the right forearm at the same time bending the right elbow about 45 degrees outward.
  12. Execute a middle side piercing kick to D with the right foot while pulling both hands in the opposite direction, and then lower it to D, forming a left L-stance toward D, at the same time executing a middle outward strike to D with the right knifehand.
  13. Move the left foot to D, forming a left walking stance toward D while executing a middle punch to D with the left fist.
  14. Move the right foot to D, forming a right walking stance toward D, at the same time executing a middle punch to D with the right fist.
  15. Move the left foot to E, turning counter-clockwise to form a right L-stance toward E while executing a middle-guarding block to E with a knifehand.
  16. Move the right foot to E, forming a right walking stance toward E while executing a middle thrust to E with the right straight fingertip.
  17. Move the right foot on line EF, forming a right L-stance toward F while executing a middle guarding block to F with a knifehand.
  18. Execute a high turning kick to DF with the right foot and then lower it to F.
  19. Execute a high turning kick to CF with the left foot and then lower it to F, forming a right L-stance toward F while executing a middle guarding block to F with a knifehand Perform 18 & 19 in a fast motion.
  20. Move the left foot to C, forming a left walking stance toward C while executing a low block to C with the left forearm.
  21. Execute a middle punch to C with the right fist while forming a right L-stance toward C, pulling the left foot
  22. Move the right foot to C, forming a left L-stance toward C while executing a middle punch to C with the left fist.
  23. Move the left foot to C, forming a right L-stance toward C, at the same time executing a middle punch to C with the right fist.
  24. Execute a pressing block with an X-fist while forming a left walking stance toward C, slipping the left foot to C.
  25. Move the right foot to C in a sliding motion, forming a right L-stance toward D while thrusting to C with the right side elbow.
  26. Bring the left foot to the right foot, turning counter-clockwise to form a close stance toward B while executing a side front block with the right inner forearm while extending the left forearm to the side downward.
  27. Execute a front side block with the left inner forearm, extending the right forearm to the side downward while maintaining a close stance toward B.
  28. Move the left foot to B, forming a right L-stance toward B, at the same time executing a middle guarding block to B with a knifehand.
  29. Bring the left foot to the right foot and then move the right foot to A, forming a left L-stance toward A while executing a middle guarding block to A with a knifehand.
- End: Bring the right foot back to ready posture.

## SPARRING

### One step sparring (ilbo matsogi)

#### 10 routines

Flying Kicks

Compulsory techniques: Flying Back Kick, Flying Reverse Turning Kick, Flying Twisting Kick, Flying Reverse Hooking Kick, Flying Downward Kick.

#### Free sparring (jaju matsogi)

## SELF DEFENCE (hosin sul)



Showing attacking, breaking and releasing techniques

Release per Hwa-Rang, movement 11

Defence against the following attacks must contain knees and elbows as counter attacks

- Defence against -
- Twin Palm push
- Straight punch
- Back fist strike
- Hook punch
- Double hook punch
- Grab & hook punch
- Break falls – Side, front & back
- Rolling Break falls - Front & back

## DESTRUCTION

- Flying Front Kick
- Side Kick,
- Turning Kick,
- Back Kick

Hand technique –

- Knifehand side strike **ADULT x 2,**
- Reverse knifehand strike **ADULT x 2**
- **Front elbow strike x 2**

## FITNESS

- **Hold plank for 120 seconds**
- **15 Sit up's**
- **15 Push up's**

## THEORY

All Taekwon-Do terminology above

Procedure for leading the class

Face the flag - kukki e tae hae

Face Instructor - (1st to 3rd Dan) - boosabum nim kke

Face Instructor - (4th to 6th Dan) - sabum nim kke

Face Master - (7th & 8th Dan) - sahyun nim kke

Face Grand Master - (9th Dan) - saseong nim kke

Ready - junbi Start - si jak Stop - guman At ease - swiyo Repeat - tashi

Return - baro Yell - kihap About turn - twio tora Class dismissed - hae san

## Meaning of the red belt

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



## History of Taekwon-Do

Taekwon-Do was named on 11th April 1955. This is not to say that Korean martial arts did not exist before then, but that was the year in which the name was first put forward. The origins of Taekwon-Do can be traced to Tae Kwon, the art of self defence which originated 1300 years ago during the Silla Dynasty in Korea. Tae Kwon was taught and practised among the youths of 'Hwarang-Do', who were hand picked to be trained as military leaders of Silla, one of the three ruling kingdoms of Korea at that time. Tae Kwon's effectiveness was enhanced at the turn of the 20 th century, when hand techniques were introduced from China and later from Japan.

Japan occupied Korea for many years and during the Second World War the two countries were co-belligerents. Many Koreans fought on the side of the Japanese and received training in the Japanese martial arts systems. One of the most prominent personalities at this time was General Choi Hong Hi. Gen. Choi had studied the Korean art of Tae Kwon as a child and as a student in Japan he had learned Karate. This combination of Korean and Japanese knowledge was to form the basis of his teachings at the academy of martial arts formed in 1953. Being a professional soldier, he was able to introduce the teaching of his system to the men under his command. Through his military liaison with foreign units, Gen. Choi spread the knowledge of his system until it became international. Gen. Choi organised the first international demonstration tour, the consequences of which contributed towards the eventual formation of the International Taekwon-Do Federation on 22 March 1966. In 1972, as a result of political pressure within South Korea, Gen. Choi left the country to re-establish the headquarters of the ITF in Canada, later to be relocated to Vienna. The Korean government quickly set up a rival international body, calling it the World Taekwon-Do Federation. Since that time, Taekwon-Do has been divided, and the techniques, patterns and systems differ between the two styles. Botany Taekwon-Do continue to practice the original form of Taekwon-Do, The Chang-Hon style. The theories, terminology, techniques, systems, methods, rules, uniform, and philosophical foundation were scientifically developed, systemized and named by Gen. Choi Hong Hi. Hence it is an error to think of any other actions employing the feet or hands for self-defence as Taekwon-Do. On a philosophical level, Taekwon-Do is derived from the traditional, ethical and moral principals of the Orient and from the personal philosophy of Gen. Choi. The Physical techniques of Taekwon-Do are based on the principals of modern science, in particular Newtonian physics which teaches us how to generate maximum power. Although Karate and Tae Kwon were used as references in the course of developing the art, the fundamental theories and principles of Taekwon-Do are different from those of any other martial art.