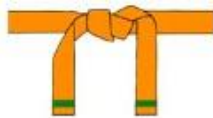


## 7th Gup Techniques Syllabus



### STANCES

Parallel, Sitting and L-Stance foot crossing in eight directions



### DEFENSIVE TECHNIQUES

#### Outer forearm high wedging block (pakat palmok nopunde hechyo makgi)

This technique is used to block a twin fist vertical punch, twin fore knuckle fist punch or twin knifehand inward strike and also prevents the neck, head or lapel from being grabbed. The distance between the blocking tools is equal to one shoulder width of the defender.

Keep the elbows bent about 35 degrees outward at the moment of the block.

#### Palm downward block (sonbadak naeryo makgi)

The purpose of this technique is to drop the opponent's hand, foot or weapon attacking the solar plexus and point below. It is executed principally from rear foot and L stances, though occasionally a walking or vertical stance is used. The blocking tool should reach its point of focus in a circular motion, keeping the elbow bent about 45 degrees at the moment of the block.

### OFFENSIVE TECHNIQUES

#### Middle reverse punch (kaunde bandae jirugi)

If the fist is delivered from the opposite side of the leg which is fully bent it is called a reverse punch.

#### Back fist high side strike (dung joomuk nopunde yop taerigi)

This technique is normally used for attacking the temple. Keep the back fist half facing the target with the arm slightly bent at the moment of impact. The main knuckles of the forefinger and middle finger are the parts used. This technique can also be used for attacking the skull, forehead, philtrum and abdomen. Secondary targets are the floating ribs and epigastrium.

#### Straight fingertip thrust (sun sonkut tulgi)

The palm faces inward at the moment of impact. It is used for thrusting to either the solar plexus or the abdomen.

#### Back piercing kick (dwitcha jirugi)

This kick is quite effective for attacking an opponent approaching from the rear. The foot sword is used as an attacking tool. The advantage of this technique is the ability to reach a long distance even without changing the direction of the body. Keep the toes of the stationary foot pointed to the front with the ankle of the kicking foot bent at a 45-degree angle at the moment of impact.

#### Downward kick (naeryo chagi)

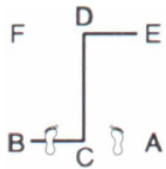
This kick is useful for attacking an opponent by passing over an obstacle such as another person. The back heel reaches the target in a downward line from the apex of the kick. The point of focus should not be lower than the attackers own solar plexus because this may cause loss of power. The skull is the main target, with the clavicle the secondary target.

## Reverse turning kick (bandae dollyo chagi)

This is a reverse form of a turning kick used against an opponent at the side rear. It is mainly performed with the back heel but occasionally the ball of the foot is used. This technique can be performed with either front or rear foot as far as the stationary foot is concerned, because the effectiveness of this kick depends on maximum speed while turning. Special care should be taken to maintain balance and posture. It is broken into low, middle and high reverse turning kicks.

## PATTERN

### Do-San Tul 24 movements



Do-San is the pseudonym of the patriot Ahn Chang Ho (1876 - 1938). The 24 movements represent his entire life, which he devoted to furthering education in Korea and the Korean independence movement.

도선

Ready Posture: Parallel ready stance

1. Move the left foot to B, forming a left walking stance toward B while executing a high side block to B with the left outer forearm.
  2. Execute a middle punch to B with the right fist while maintaining a left walking stance toward B.
  3. Move the left foot on the AB line, and then turn clockwise to form a right walking stance toward A while executing a high side block to A with the right outer forearm.
  4. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A.
  5. Move the left foot to D, forming a right L stance toward D while executing a middle guarding block to D with a knifehand.
  6. Move the right foot to D, forming a right walking stance toward D while executing a middle thrust to D with the right straight fingertip.
  7. Twist the right knifehand together with the body counter clockwise until the palm faces downward and then move the left foot to D, turning counter clockwise to form a left walking stance toward D while executing a high side strike to D with the left back fist.
  8. Move the right foot to D, forming a right walking stance toward D while executing a high side strike to D with the right back fist.
  9. Move the left foot to E, turning counter clockwise to form a left walking stance toward E while executing a high side block to E with the left outer forearm.
  10. Execute a middle punch to E with the right fist while maintaining a left walking stance toward E.
  11. Move the left foot on line EF, and then turn clockwise to form a right walking stance toward F while executing a high side block to F with the right outer forearm.
  12. Execute a middle punch to F, with the left fist while maintaining a right walking stance toward F.
  13. Move the left foot to CE, forming a left walking stance toward CE, at the same time executing a high wedging block to CE with the outer forearm.
  14. Execute a middle front snap kick to CE with the right foot, keeping the position of the hands as they were in 13.
  15. Lower the right foot to CE, forming a right walking stance toward CE while executing a middle punch to CE with the right fist.
  16. Execute a middle punch to CE with the left fist while maintaining a right walking stance toward CE. Perform 15 & 16 in fast motion.
  17. Move the right foot to CF, forming a right walking stance toward CF while executing a high wedging block to CF with the outer forearm.
  18. Execute a middle front snap kick to CF with the left foot, keeping the position of the hands as they were in 17.
  19. Lower the foot to CF, forming a left walking stance toward CF while executing a middle punch to CF with the left fist.
  20. Execute a middle punch to CF with the right fist while maintaining a left walking stance toward CF. Perform 19 & 20 in fast motion.
  21. Move the left foot to C, forming a left walking stance toward C, at the same time executing a rising block with the left forearm.
  22. Move the right foot to C, forming a right walking stance toward C while executing a rising block with the right forearm.
  23. Move the left foot to B, turning counter clockwise to form a sitting stance toward D while executing a middle side strike to B with the left knifehand.
  24. Bring the left foot to the right foot, and then move the right foot to A, forming a sitting stance toward D while executing a middle side strike to A with the right knifehand.
- End: Bring the right foot back to the ready posture.



Ahn Chang Ho (1876 - 1938)

## SPARRING

### Three step sparring (sambo matsogi)

One Way, with partner, foot techniques.

Compulsory techniques:

Front snap kick, turning kick, side piercing kick, downward kick

1. Walking stance forearm low block / front leg side front snap kick
2. Walking stance forearm low block / front leg side piercing kick
3. Walking stance knifehand low block / front leg turning kick
4. Walking stance knifehand low block / front leg downward kick

### Two step sparring (Ibo matsogi)

### Free sparring (Jayu matsogi)

## SELF DEFENCE (hosin sul)

Showing: attacking, breaking and releasing

Release per Do-San

Lapel grab with one hand

Lapel grab with two hands

Bear hug from behind - over arms

Bear hug from behind - under arms

Two hand wrist Grab From Behind

Two Hand Shoulder Grab From Behind

## FITNESS

- Hold plank for 60 seconds
- 5 x Sit up's
- 5 x Push up's

## DESTRUCTION

Side piercing kick (yopcha jirugi)

- Knife-hand side strike (1 board )
- Turning kick (1 board )
- Skipping side kick ( 1 board )

## THEORY

All terminology above

Rules of conduct: Inside the do-jang

Refer to 10th Gup syllabus

The history and meaning of Do-San Tul



Botany  
Taekwon-Do