

# 8th Gup Techniques Syllabus



## STANCES

Parallel, Sitting and L-Stance

## DEFENSIVE TECHNIQUES

### Forearm rising block (palmok chookyo makgi)

The main purpose of this technique is to block the opponent's hand, foot or weapon directed towards the head, although it is frequently used against a punch or side piercing kick directed against the bridge of the nose and area above. Always maintain a full facing posture towards the opponent at the moment of block, when utilising a walking, sitting, parallel, close, one-leg, diagonal or x-stance.

Basic Principles:

- The blocking tool must stay at the centre of the defenders forehead or face at the moment of block.
- The fist should be slightly higher than the elbow.
- The distance between the inner forearm and forehead is about seven centimetres with the elbow bent at a 45-degree angle.
- The inner forearm reaches the same level as the forehead.
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### Outer forearm side block (pakat palmok yop magki)

The outer 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.

### Knifehand side block (sonkal yop makgi)

This technique can be performed in most stances with the body half-facing, and the knifehand being the blocking tool.

Twin forearm block (sang palmok magki)

This technique can be used to block a simultaneous attack from the front and side. The side block, however is the primary defence. This block can be performed with nearly all stances but walking stance.

An L-stance or rear foot stance is chiefly used. The sideblocking forearm usually performs a middle block. It should be stressed that although a rising block may also be effective against an attack toward the forehead, the side block is the primary one. When blocking from a left Lstance, bring the right forearm inside of the left forearm and vice versa.

### Knifehand guarding block (sonkal daebi makgi)

Same as a forearm guarding block with the difference being the knifehand being the blocking tool and the opposite knifehand is brought in front of the chest 3 centimetres from the body.

## OFFENSIVE TECHNIQUES

### Knifehand side strike (sonkal yop taerigi)

The attacking tool reaches the target from inward to outward and forms

a straight line with the centre of the shoulders at the moment of impact.

It is mainly executed from a sitting, close, L -stance, and Xstance

### Side turning kick (yop dollyo chagi)

This is a variation of a turning kick. One of the advantages is the ability to attack the opponent standing abreast or in front. The ball of the foot and instep are the attacking tools. The toes of the stationary foot should point about 75 degrees outward while the kicking leg is kept straight at

the moment of impact. It is also divided into low, middle and high side turning kicks.

### Side piercing kick (yopcha jirugi)

This is one of the most effective techniques for attacking an opponent at the flank. The footsword is the attacking tool.

The vital spots are the temple, armpit, floating ribs, neck artery, philtrum, point of the chin, and solar plexus.

The main principles of this kick are:

- The attacking tool must reach the target in a straight line with a revolving motion.
- Regardless of the stance, the footsword must be brought to the inner knee joint of the stationary leg prior to delivering the kick.
- Keep the toes of the kicking foot faced slightly downwards and the toes of the stationary foot pointed about 75 degrees outwards at the moment of impact.
- For the maximum height, lean the body away from the kick as far as possible while still maintaining balance.
- Unless advised otherwise by an instructor, execute a high punch using a right fist with a right foot and vice versa.
- The stationary foot pivots allowing the hip to rotate with the kick.

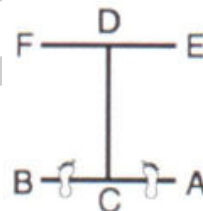
## PATTERN

### Dan-Gun Tul 21 movements

Dan Gun is named after the holy Dan Gun, the legendary founder of Korea in the year 2333 BC

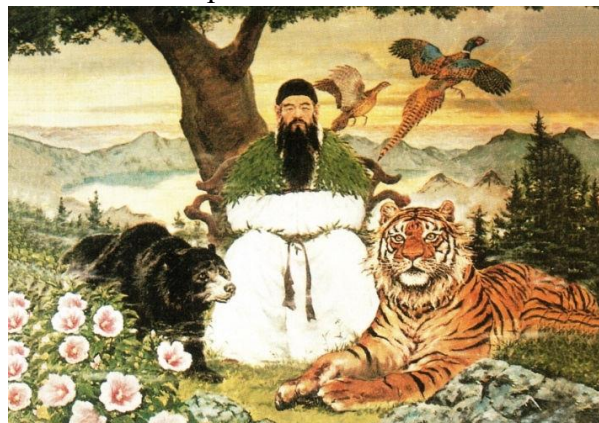
Ready Posture: Parallel ready stance

1. 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.
2. Move the right foot to B, forming a right walking stance toward B while executing a high punch to B with the right fist.
3. Move the right foot to A, turning clockwise to form a left L-stance toward A, at the same time executing a middle guarding block to A with a knifehand.



4. Move the left foot to A, forming a left walking stance toward A while executing a high punch to A with the left fist.
  5. Move the left foot to D, forming a left walking stance toward D while executing a low block to D with the left forearm.
  6. Move the right foot to D, forming a right walking stance toward D while executing a high punch to D with the right fist.
  7. Move the left foot to D, forming a left walking stance toward D, at the same time executing a high punch to D with the left fist.
  8. Move the right foot to D, forming a right walking stance toward D while executing a high punch to D with the right fist.
  9. Move the left foot to E, turning counter clockwise to form a right L-stance toward E while executing a twin forearm block to E.
  10. Move the right foot to E, forming a right walking stance toward E while executing a high punch to E with the right fist.
  11. Move the right foot to F, turning clockwise to form a left L-stance toward F while executing a twin forearm block to F.
  12. Move the left foot to F, forming a left walking stance toward F, at the same time executing a high punch to F with the left fist.
  13. Move the left foot to C, forming a left walking stance toward C while executing a low block to C with the left forearm.
  14. Execute a rising block with the left forearm, maintaining the left walking stance toward C. Perform 13 and 14 in a continuous motion.
  15. Move the right foot to C, forming a right walking stance toward C, at the same time executing a rising block with the right forearm.
  16. Move the left foot to C, forming a left walking stance toward C while executing a rising block with the left forearm.
  17. Move the right foot to C, forming a right walking stance toward C, at the same time executing a rising block with the right forearm.
  18. Move the left foot to B, turning counter clockwise to form a right L-stance toward B while executing a middle outward strike to B with the left knife-hand.
  19. Move the right foot to B, forming a right walking stance toward B while executing a high punch to B with the right fist.
  20. Move the right foot to A, turning clockwise to form a left L-stance toward A while executing a middle outward strike to A with the right knifehand.
  21. Move the left foot to A, forming a left walking stance toward A, at the same time executing a high punch to A with the left fist.
- End: Bring the left foot back to ready posture.

This is a typical portrait of king Dan-Gun from a temple in South Korea.



## **SPARRING**

### **Three step sparring (sambo matsogi)**

With partner, two way, hand techniques

Compulsory techniques: Front punch, Knifehand side strike, Flat fingertip thrust

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

- Free sparring

## **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
- 5 x Sit up's
- 5 x Push up's

## **DESTRUCTION**

- Front snap kick (apcha busigi)
- Side piercing kick
- Turning kick
- Knife hand strike

## **THEORY**

All terminology above

Counting

1 - hana 2 - dool 3 - set 4 - net 5 - dasot 6 - yosot 7 - ilgop 8 - yodul 9 - ahop 10 - yol

Meaning of the Yellow belt

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

Rules of conduct

Preparation for training

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

Entering the do-jang

1. Remove footwear prior to entering the designated training area.
2. Where several people are entering, ensure the senior person or adult is shown the courtesy of entering first.
3. Bow when entering or leaving the do jang.
4. Ensure shoes or other articles are neatly stored in accordance with the wishes of the instructor.
5. 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.