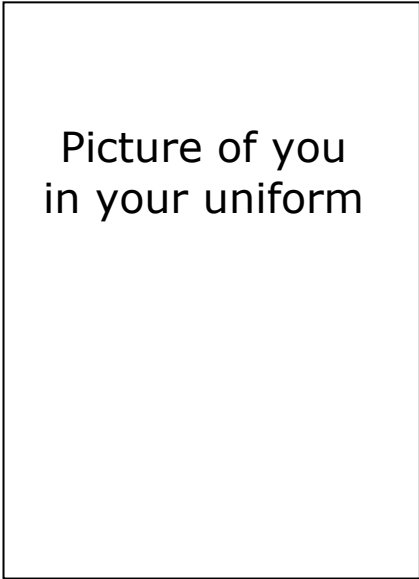


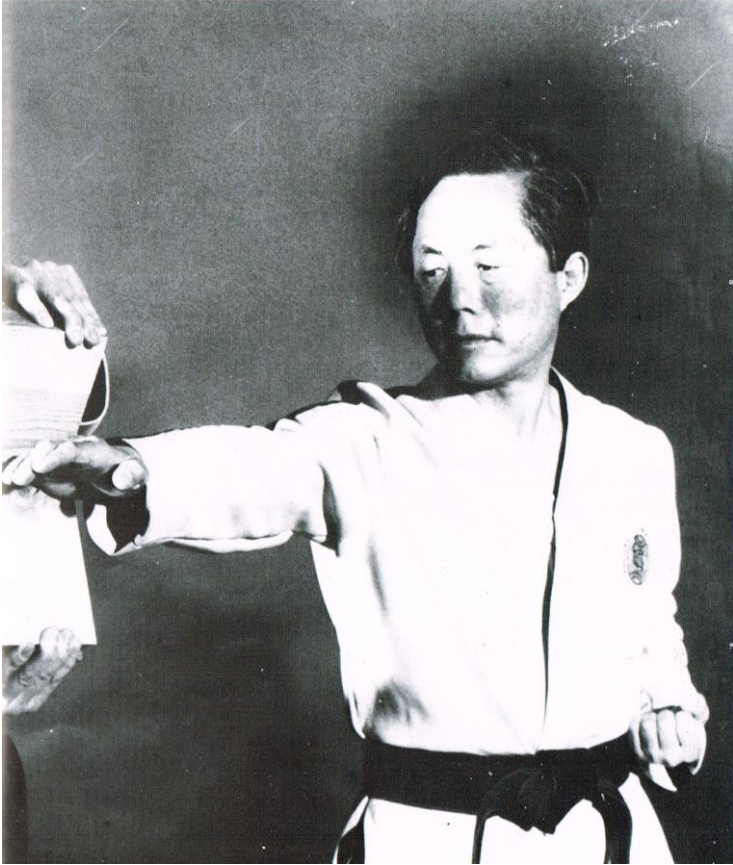
This book belongs to



Botany Taekwon-Do Junior Handbook

First Edition 2014

Revised 2024



Founder of Taekwon-Do
Grand Master General Choi Hong Hi
IX Degree
09/11/1918 - 15/06/2002



Botany Taekwon-Do Junior Handbook (First Edition) Revised 2024

At Botany Taekwon-Do we only train and teach the original Choi Hong style of Taekwon-Do.

This handbook outlines the techniques and theory for each of the Junior first stripe grades from white through to 1st black. It is designed to be a useful reference source and a guide to what is required for these gradings. Students should be familiar with all the techniques and terminology outlined for each grade up to, and including, their own level. Students should learn all the rules of conduct in the following pages. The students knowledge of these rules will be tested during the theory test at future gradings.

Index	Page
Rules of conduct_ _ _ _ _	5
Junior white belt to first green_ _ _ _ _	10
First green to first blue_ _ _ _ _	11
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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.

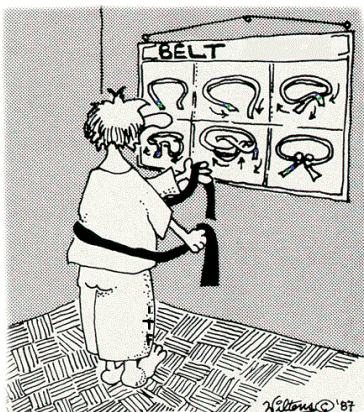
Entering the do jang



- 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

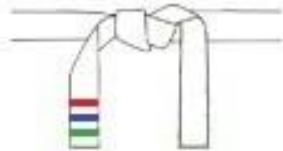
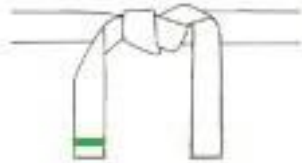
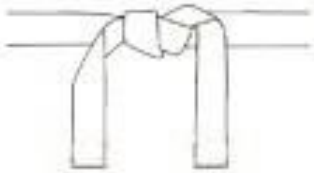
- On arrival, check your do bok and remove all accessories e.g. rings, necklaces, watches, earrings and anything else dangerous.
- Do bok must always be clean, ironed and worn correctly. It must be in good repair.
- Students may wear a white singlet or T-shirt under their do bok top with the permission 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.

- The junior students present shall be responsible for the setting up and tidying up of equipment each training session. The senior students (other than the Instructor or his Assistant) shall supervise the putting away of equipment by junior students after the completion of training, having regards to the wishes of the Instructor.
- Visiting students should be formally introduced to the club at the commencement of training.



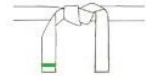
Student / Instructor Relationship: Students (Jeja)

- Never tire of learning. A good student can learn anywhere, any time. This is the secret of knowledge.
- A good student must be willing to sacrifice for his art and Instructor. Many students feel that their training is a commodity bought with monthly dues, and are unwilling to take part in demonstrations, teaching and working around the do jang. An Instructor can afford to lose this type of student.
- Always set a good example for lower ranking students. It is only natural they will attempt to emulate senior students.
- Always be loyal and never criticise the Instructor, Taekwon-Do or the teaching methods.
- If an Instructor teaches a technique, practise it and attempt to utilise it.
- Remember that a student's conduct outside the do jang reflects on the art and Instructor.
- If a student adopts a technique from another do jang and the Instructor disapproves of it the student must discard it immediately or train at the gym where the technique was learned.
- Never be disrespectful to the Instructor. Though a student is allowed to disagree with the Instructor, the student must first follow the instruction and then discuss the matter later.
- A student must always be eager to learn and ask questions.
- Never betray the Instructor.

10th Gup White



to First Green



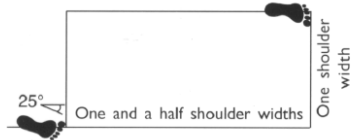
STANCES (sogi)

Attention stance (charyot sogi).



Bow (kyong ye).

Walking stance (gunnun sogi).



DEFENSIVE TECHNIQUES

Show forearm blocking tool.

Forearm low block
(palmok najunde magki) on the spot.



OFFENSIVE TECHNIQUES

Make a proper fist.

Front snap kick (apcha busigi) on the spot.

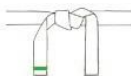
DESTRUCTION

Stomp on board.

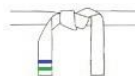
FITNESS

Hold up position in push up for 5 seconds

**10th Gup
First Green**



to First Blue



STANCES (sogi)



Sitting stance (annun sogi).

Walking ready stance (gunnun junbi sogi)



DEFENSIVE TECHNIQUES

Make a knifehand.

OFFENSIVE TECHNIQUES

Front snap kick (apcha busigi) from walking stance

FUNDEMENTAL EXERCISES

From walking stance step forward and punch then step backwards while turning and do a low forearm block.

SELF DEFENCE (hosin sul)

Grab to the wrist - same side while moving around.



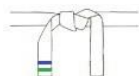
FITNESS

3 x Sit up's

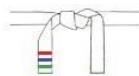
DESTRUCTION

Stomp on board.

**10th Gup
First Blue**



to First Red



DEFENSIVE TECHNIQUES

Show inner forearm blocking tool.



Knifehand low block (sonkal najunde magki)

OFFENSIVE TECHNIQUES

Front snap kick (apcha busigi) from walking ready stance stepping forward.

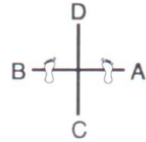
FUNDAMENTAL EXERCISES

Four direction punch (saju jirugi) call by call.

Right Four Direction Punch

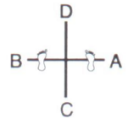
Ready Posture: Parallel Ready stance

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.



SELF DEFENCE (hosin sul)

Grab to the wrist – opposite side



FITNESS

3 x Push up's

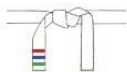
DESTRUCTION

Stomp on board.

THEORY

- Founder of Taekwon-Do:
General Choi Hong Hi - 9th Dan
- Training uniform___Do bok
- Training area_____Do jang

10th Gup First Red



to First Black



DEFENSIVE TECHNIQUES

Front rising kick (apcha olligi)

OFFENSIVE TECHNIQUES

Front snap kick (apcha busigi)

Foot shape is important.



FUNDEMENTAL EXERCISES

Four direction punch (saju jirugi) on your own.

Four direction block (saju magki) call by call.

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.

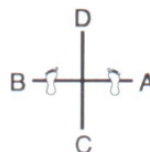
5. Move the right foot to C forming a left walking stance toward C while executing a low block to C with the left knifehand.

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.

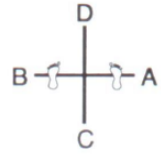
7. Move the right foot to B forming a left walking stance toward A while executing a low block to A with the left knifehand

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.

SELF DEFENCE (hosin sul)

Two hand grab to both wrists



FITNESS

Hold plank for 10 seconds

DESTRUCTION

Stomp on board

THEORY

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

Tenets

- Courtesy
- Integrity
- Perseverance
- Self Control
- Indomitable Spirit

Botany Taekwon-Do Junior Handbook 2024.

Compiled by Mr. Dave Butchers VI Degree with help from

And special thanks to:

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Miss A. Allan; Miss T. Sharpin