

TECHNICAL BOOKLET



OVERVIEW

Taekwondo is a form of ancient unarmed combat practised for many centuries in the orient . Taekwondo became perfected in its present form in Korea.

Translated :”tae” means to jump , kick or smash with the foot. “kwon” means to punch or destroy with the fist. “do” is the art , method or way .

Taekwondo involves the skilled application of punches , kicks, strikes, blocks and interception techniques to the rapid destruction of the opponent.

To the Korean people taekwondo is more than merely the use of skilled movements. It also implies a way of life and thinking, particularly in instilling a concept and spirit of strict self-imposed discipline and an ideal of noble morality.

In these days of intimidation and violence which seems to plague our modern society , taekwondo enables the weak to possess a fine weapon to defend themselves and defeat their opponents. When wrongly applied it can be a lethal weapon

THE TENETS OF TAEKWONDO

Courtesy (ye ui) = to be polite to ones instructor , seniors and fellow students

Integrity (yom chi) = to be honest with oneself. to be able to define right and wrong

Perseverance (in nae) = to achieve a goal, whether it is a new technique or a higher grade, to never give up.

Self control (kuk chi) = to lose your temper when performing techniques against an opponent can be very dangerous and shows lack of self control. To be able to live, work and train within your capabilities shows good self control.

Indomitable spirit (baekjul boolgool) = to show courage when you and your principles are pitted against overwhelming odds.

TAEKWONDO OATH

As a student of taekwondo :

I shall observe the tenets of taekwondo

I shall respect my instructor and seniors

I shall never misuse taekwondo

I shall be a champion of freedom and justice

I shall build a more peaceful world

BLOCKING TECHNIQUES	
MAKKI	BLOCK
ARAE MAKKI	LOW BLOCK
MOMTONG MAKKI	MIDDLE BLOCK
EOGOOL MAKKI	HIGH BLOCK
AN MAKKI	INWARD BLOCK
SONNAL MAKKI	KNIFEHAND BLOCK
GODERO MAKKI	GUARDING BLOCK
EOTGOREO MAKKI	X BLOCK
YOP MAKKI	SIDE BLOCK
AN PALMOK MAKKI	INNER FOREARM BLOCK
BAKAT PALMOK MAKKI	OUTER FOREARM BLOCK
HECHYO MAKKI	WEDGING BLOCK
GAWI MAKKI	SCISSOR BLOCK
BATANG SON MAKKI	PALM BLOCK
SONNAL DEUNG MAKKI	REVERSE KNIFEHAND BLOCK
DOLLIMYO MAKKI	CIRCULAR BLOCK
NERYO MAKKI	DOWNWARD BLOCK
BITERO MAKKI	TWISTING BLOCK
CHUKYO MAKKI	LIFTING BLOCK
KEUMGANG MAKKI	DIAMOND BLOCK
SANTEUL MAKKI	MOUNTAIN BLOCK
WESANTEUL MAKKI	HALF MOUNTAIN BLOCK

WTF RULES AND TAEKWONDO ETIQUETTE

- 1 No smoking, eating, or wearing of jewellery is permitted in the dojang
- 2 The official WTF uniform must be worn after the students first grading
- 3 Misuse of the art will result in disciplinary action
- 4 Grading will depend on attendance and instructors discretion as well as ability
- 5 No student may change schools without permission from both instructors
- 6 Loyalty to your instructor is an important part of taekwondo philosophy
- 7 Be courteous and modest at all times including outside the dojang
- 8 Always be helpful to students of a lower grade and be prepared to pass on knowledge that you have attained

CONDUCT IN THE DOJANG

- 1 Upon entering and leaving the dojang bow to instructor and the place of training
- 2 At the beginning and end of training sessions bow to the instructor and most senior students
- 3 The most senior student will commence training session with the commands :
CHARYOT = ATTENTION
SA BAEM NIM = FACE INSTRUCTOR
KYONG YE = BOW
- 4 At the end of the training session you should show gratitude by saying
KAMSA HAMNIDA (thank you)
- 5 If you approach the instructor bow before speaking.

RANKING SYSTEM

In taekwondo there are 6 different coloured belts , there are 10 grades between white belt and black belt.

10th kup	white belt	signifies innocence as that of the beginning student who has no previous knowledge of taekwondo
9th kup	yellow tags	signifies earth from which a plant sprouts and takes root as the foundations of taekwondo are being laid
8th kup	yellow belt	
7th kup	green tags	signifies the growing plant as the taekwondo skills begin to develop
6th kup	green belt	
5th kup	blue tags	signifies the heaven towards which the plant matures to a tree as training in taekwondo progresses.
4th kup	blue belt	
3rd kup	red tags	signifies danger cautioning the student to exercise control and warning opponents to stay away
2nd kup	red belt	
1st kup	black tags	signifies maturity and proficiency in taekwondo
dan grades	black belts	also indicates the wearers imperviousness to fear

CLUB RULES

OBSERVING THE FIRST SIX RULES ARE A FUNDAMENTAL REQUIREMENT OF EACH STUDENT AND INSTRUCTOR , AS THEY SERIOUSLY RELATE TO THE SAFETY OF EACH STUDENT. ANY STUDENT DISREGARDING THESE RULES WILL BE ASKED TO LEAVE THE CLUB IMMEDIATELY . IN THE CASE OF DISREGARD FOR RULE No. 1 THE STUDENT CONCERNED WILL HAVE THEIR NAME SENT TO ALL ASSOCIATION SECRETARIES, IN EFFECT EXCLUDING THEM FROM PRACTISING ANY STYLE OF TAEKWONDO.

1. ANY STUDENT TRAINING OR ATTEMPTING TO TRAIN UNDER THE INFLUENCE OF DRUGS OR ALCOHOL OR EVEN SUSPECTED OF DOING SO WILL HAVE THEIR MEMBERSHIP CANCELLED WITH IMMEDIATE EFFECT.
2. ANY STUDENT WHO REPEATEDLY USES DELIBERATE EXCESSIVE FORCE WHILE TRAINING WITH PARTNERS WILL BE ASKED TO LEAVE THE CLUB
3. ANY OTHER DELIBERATE ACTION BY ANY STUDENT THAT CONSTITUTES A BLATANT DISREGARD FOR THE SAFETY OF ANOTHER STUDENT WILL BE ASKED TO LEAVE THE CLUB
4. DISRESPECT OR ANY ACTION PERCEIVED BY THE INSTRUCTOR TO BE DISRESPECTFUL EITHER VERBALLY OR PHYSICALLY TOWARDS ANY STUDENT OR THE INSTRUCTOR WILL NOT BE TOLERATED UNDER ANY CIRCUMSTANCES AND WILL RESULT IN EXPULSION FROM THE CLUB
5. ANY THEFT FROM ANOTHER STUDENT WILL RESULT IN EXPULSION
6. ANY FORM OF INTIMIDATION OR BULLYING TOWARDS ANOTHER STUDENT WILL RESULT IN EXPULSION.
7. ANY STUDENT WHO SERIOUSLY CRITICISES THE MARTIAL ART OF TAEKWONDO IN PUBLIC MUST CONSIDER THEIR POSITION WITHIN THE CLUB AS OTHER MARTIAL ARTS ARE AVAILABLE SHOULD THEY CHOOSE NOT TO PROMOTE TAEKWONDO POSITIVELY
8. SERIOUS CRITICISM IN PUBLIC OF EXAMINERS, INSTRUCTORS OR SENIOR GRADE STUDENTS RELATING TO TAEKWONDO MATTERS WILL RESULT IN DISCIPLINING
9. ANY CRITICISM OF CLASS STRUCTURES, TRAINING METHODS OR ANY OTHER MATTERS RELATING TO CLASSES OR TRAINING SHOULD BE ADDRESSED TO THE INSTRUCTOR IN PRIVATE
10. ALL JEWELLERY MUST BE REMOVED BEFORE EVERY CLASS
11. TOE NAILS MUST BE CUT SHORT TO AVOID INJURIES
12. ONLY APPROVED FOOTWEAR WILL BE ALLOWED DURING CLASS
13. ANYONE WHO CANNOT PAY TRAINING FEES ON TIME SHOULD INFORM THE INSTRUCTOR
14. NO WEARING OF ANY FOOTBALL STRIPS WHEN A UNIFORM IS NOT AVAILABLE
15. INVITATIONS TO GRADINGS WILL DEPEND ON ATTENDANCE AND TECHNICAL ABILITY AND WILL BE AT THE INSTRUCTORS DISCRETION

<i>ATTACKING TECHNIQUES</i>	
JIRUGI	PUNCH
YOP JIRUGI	SIDE PUNCH
CHI JIRUGI	UPSET PUNCH
SANG CHI JIRUGI	TWIN UPSET PUNCH
SANG SAWO JIRUGI	TWIN VERTICAL PUNCH
DOLYO JIRUGI	TURNING PUNCH
DIGET JIRUGI	C SHAPED PUNCH
CHETARI JIRUGI	FORK SHAPED PUNCH
CHIGI	STRIKE
SONNAL CHIGI	KNIFE HAND STRIKE
DEUNG JEOMUK CHIGI	BACK FIST STRIKE
SONNAL DEUNG CHIGI	REVERSE KNIFEHAND STRIKE
MEI JEOMUK CHIGI	HAMMER FIST STRIKE
MOK CHIGI	NECK STRIKE
TEOK CHIGI	CHIN STRIKE
PALKOOP CHIGI	ELBOW STRIKE
JABEE POOM MOK CHIGI	SWIFT SHAPED NECK STRIKE
CHIRUGI	THRUST
PYONSONKEUT CHIRUGI	FINGERTIP THRUST
BATANG SON CHIRUGI	PALM THRUST
AGWISON CHIRUGI	ARCHAND THRUST
GAWI SONKEUT CHIRUGI	SCISSOR FINGER THRUST

<i>PARTS OF THE HAND</i>	
SON	HAND
JEOMUK	FIST
SONNAL	KNIFEHAND
SONNAL DEUNG	REVERSE KNIFEHAND
PYEONSONKEUT	FINGERTIP
AGWISON	ARCHAND
AP JEOMUK	FOREFIST
DEUNG JEOMUK	BACK FIST
MEI JEOMUK	HAMMER FIST
BAM JEOMUK	SINGLE KNUCKLE FIST
BO JEOMUK	COVERED FIST

<i>PARTS OF THE BODY</i>	
PAL	ARM
EOGOOL	FACE - HIGH SECTION
MOMTONG	BODY - MID SECTION
ARAE	GROIN - LOW SECTION
AN PALMOK	INNER FOREARM
BAKAT PALMOK	OUTER FOREARM
PALKOOP	ELBOW
DARI	LEG
MEORUP	KNEE
SON	HAND
MEO RI	HEAD
MOK	NECK
TEOK	CHIN
KO	NOSE
NOON	EYE
IP	MOUTH
BAL	FOOT

PATTERNS (POOMSE)

WHAT IS A PATTERN ?

A pattern is a series of fundamental movements, mainly attack and defence, set in a logical sequence to deal with one or more imaginary opponents. Patterns are an indication of a student's progress, a barometer in evaluating an individual's technique.

WHY DO WE PERFORM PATTERNS ?

Patterns are performed to improve taekwondo techniques. When practicing students develop flexibility of movement, master body shifting, improve sparring technique, balance and breath control. Patterns enable students to acquire techniques which cannot be obtained from other forms of training.

The following points should be adhered to when performing patterns:

- 1 Correct posture and facing must be maintained at all times
- 2 Muscles of the body should be tensed or relaxed at the proper critical moments in the exercise
- 3 The exercise should be performed in a rhythmic motion with the absence of stiffness
- 4 Each movement should be accelerated or decelerated according to instructions
- 5 Students should be able to perform a pattern precisely and confidently before moving onto the next pattern in the syllabus
- 6 Students should know the purpose of each movement
- 7 Each movement should be separate and sharp and be performed with conviction

THE MEANING OF TAEGEUK

Taegeuk is the origin of all things in the universe.

Tae means enormity or vastness . Geuk means eternity.

Taegeuk represents the most profound oriental philosophy from which oriental philosophical views on the world, cosmos and life are derived. Taegeuk has no form , no beginning, no end yet everything comes from taegeuk. Taegeuk is something that contains the essence of everything.

No	Pattern name	No of moves	Pattern represents	Korean symbol
1	Taegeuk il jang	18	Heaven & light	Keon
2	Taegeuk ee jang	18	Joyfulness	Tae
3	Taegeuk sam jang	20	Fire & sun	Ri
4	Taegeuk sah jang	20	Thunder	Jin
5	Taegeuk oh jang	20	Wind	Seon
6	Taegeuk yuk jang	23	Water	Gam
7	Taegeuk chil jang	25	Mountain	Gan
8	Taegeuk pal jang	24	Earth	Gon

SPARRING (GYORUGI)

Three step sparring (sambon gyorugi)

Three step sparring teaches the student many things including proper distance control, correct facing, forearm conditioning, correct blocking, control of stance, counter attacks and timing.

Example :

Attacker stands right leg back ; front stance - low section block - front stance- high punch 3 times

Defender begins from ready stance

- 1 Step back right foot - back stance - knifehand block 3 times - counter attack front stance mid punch
- 2 Step back right foot - back stance - twin knifehand block 3 times - counter attack high section fingertip thrust
- 3 Step back left foot - back stance - inward mid block 3 times - counter attack high side back fist strike

One step sparring (hanbon gyorugi)

This form of sparring is completely different from 3 step sparring. Sweeping techniques, arm locks and joint breaks are also practised. Distance control and timing are of the utmost importance.

Attacker starts with right leg back - front stance lower block and attacks once with the right high punch, the attack is then repeated with the left.

Defence starts with ready stance.

Students should try to put into practice techniques learned during technical sections of classes, demonstrating use of hand, foot and self defence techniques.

One for one sparring

This type of sparring gives beginners the chance to practice basic kicking techniques whilst facing an opponent. Intermediate and advanced students use it for stamina training. Both students start with right leg back fighting stance.

When the command is given one student kicks and immediately after the other student kicks and this continues. When used as stamina training each kick should counter the previous kick. Kicks should never be sloppy, they should be crisp, sharp and well executed.

Free sparring

Free sparring is putting into practice what has been learned so far, there is no pre warning of attack. If practiced without protective equipment the emphasis should be on control and technique. Full contact is allowed only where adequate protection is worn and only under supervision of a qualified instructor

<i>COMPETITION TERMS</i>	
HO GOO	BODY PROTECTOR
JA WANG WOO	ABOUT FACE
DEUK JUM	POINT
KYONG GO	WARNING
GAM JUM	DEDUCTION POINT
KALYO	BREAK
KEY SOK	CONTINUE
SHIGAN	TIME

<i>KICKS</i>	
CHAGI	KICK
AP CHAGI	FRONT KICK
YOP CHAGI	SIDE KICK
DOLYO CHAGI	TURNING KICK
MIREO CHAGI	PUSH KICK
CHIGO CHAGI	AXE KICK
BIT CHAGI	45 DEGREE KICK
AP DOLYO CHAGI	FRONT TURNING KICK
DWI CHAGI	BACK KICK
GOLCHO CHAGI	HOOK KICK
BITERO CHAGI	TWISTING KICK
BANDAE DOLYO CHAGI	REVERSE TURNING KICK
TWIO CHAGI	JUMPING KICK
GAWI CHAGI	SCISSOR KICK
DOOBAL DANGSEONG CHAGI	TWO FEET ALTERNATE KICK
AN BANDAL CHAGI	INWARD CRESCENT KICK
BAKAT BANDAL CHAGI	OUTWARD CRESCENT KICK
MEORUP CHAGI	KNEE KICK
AP OLIGI	RAISING KICK

<i>STANCES</i>	
SEOGI	STANCE
CHARYOT SEOGI	ATTENTION STANCE
JUNBI SEOGI	READY STANCE
JOOCHUM SEOGI	SITTING (HORSE RIDING)
AP SEOGI	SHORT (WALKING) STANCE
APKOOBI	FRONT (LONG) STANCE
DWIKOOBI	BACK STANCE
AP KOA SEOGI	FRONT X STANCE
DWI KOA SEOGI	BACK X STANCE
BEOM SEOGI	TIGER STANCE
PYEONI SEOGI	EASE STANCE
HAKTARI SEOGI	CRANE STANCE
MOA SEOGI	CLOSED STANCE
NARANI SEOGI	PARALLEL STANCE
OREUN SEOGI	RIGHT STANCE
WEN SEOGI	LEFT STANCE
OGEUM SEOGI	REVERSE CRANE STANCE
TONMILGI JUNBI SEOGI	PUSH HANDS READY STANCE
KYOPSON JUNBI SEOGI	OVERLAP HANDS READY

<i>PARTS OF THE FOOT</i>	
BAL	FOOT
APCHOOK	BALL OF FOOT
BALNAL	OUTSIDE EDGE (FOOTSWORD)
DWICHOOK	BOTTOM OF HEEL
DWIKUMCHI	BACK OF HEEL
BALDEUNG	TOP OF FOOT (INSTEP)
BALNALDEUNG	INSIDE EDGE OF FOOT
BALBADAK	SOLE OF FOOT

GRADING EXAMINATIONS

Grading are held every three to four months; depending on how many classes are attended and how the student is progressing. They are a way of gauging ability in a pressure situation, they provide a sense of achievement and reward for diligent effort and study and are an incentive for the students to set themselves goals and targets as they work their way through the belt colours. *An invitation to sit a grading is at the instructors discretion and should be considered an honour, rather than be taken for granted. Students should neither ask for a grading nor decline an invitation to sit a grading, as either will be considered to be showing disrespect for your instructor's opinion and judgement of your ability.*

Most of the exercises, techniques and routines that are practiced in the class are worked on a systematical basis that will incorporate the grading syllabus and allow the student to cover the full spectrum of taekwondo training, and encourage them to improve at a steady pace towards the "ideal"; in terms of techniques and how perfection is perceived by the examiners under the guidance of the WTF technical committee.

COMPETITION TAEKWONDO

With the advent of WTF taekwondo becoming a full Olympic sport, a lot more emphasis has been placed on competition taekwondo. Not all students wish to compete, however, all taekwondo students should have a basic understanding of the skills required for, and the rules of competition taekwondo. This will enable them to pass on all aspects of WTF taekwondo should they become instructors of the future.

The ability to step smoothly and with speed is of the utmost importance to be able to control the distance between yourself and an opponent. Therefore, competition training involves practicing a lot of stepping techniques, this also enables a Student to develop good stamina and improve balance.

Training for competition is different from traditional taekwondo training, therefore to excel at competition aspects the competing student should attend different competition classes. To be a taekwondo champion takes extensive training, sacrifices, commitment and strong spirit and courage. Students must be prepared to travel to tournaments to gain invaluable competition experience. For those who would like to be involved in competition but do not want to compete there are regular refereeing opportunities and courses.

Players wear a body protector, head protector, groin guard, shin guards and arm guards. A point is scored either by a full contact punch to the body, a kick to the body or a kick to the head. Matches are officiated by a recorder, a centre referee and three judges.

COMPETITION TAEKWONDO MUST BE SEEN AS THE SPORT SIDE OF THE ART AND MUST NOT BE CONFUSED WITH TRADITIONAL TAEKWONDO TRAINING. IT IS A COMPLETELY DIFFERENT CONCEPT AND MUST BE APPROACHED IN A DIFFERENT MANNER.

KOREAN TERMINOLOGY

TAEKWONDO - The art of destroying with the hand and foot

TAE - Foot

KWON - Hand or fist

DO - Art or way

WTF - World taekwondo federation

KUKKIWON - WTF headquarters in Seoul, South Korea

Counting in Korean

HANA	ONE	IL	FIRST
DOOL	TWO	EE	SECOND
SET	THREE	SAM	THIRD
NET	FOUR	SAH	FOURTH
DASUT	FIVE	OH	FIFTH
YOUSUT	SIX	YUK	SIXTH
ILGOPE	SEVEN	CHIL	SEVENTH
YAUDUL	EIGHT	PAL	EIGHTH
AHOPE	NINE	KOO	NINTH
YUL	TEN	SIP	TENTH

THEORY OF POWER

force = mass x acceleration

Contributing elements of power :

- 1 reaction force
- 2 concentration
- 3 balance
- 4 breath control
- 5 speed
- 6 mass

<i>GENERAL COMMANDS</i>	
CHARYOT	ATTENTION
KYONG YE	BOW
CHOONBI	READY
SIJAK	START
GEUMAN	STOP
DWIRO DORA	TURN AROUND
BARO	RETURN TO START
SHI YO	RELAX
HAESSAN	DISMISS

<i>GENERAL TERMS</i>	
DOJANG	TRAINING HALL
DOBOK	TRAINING UNIFORM
TEE	BELT
SA BEOM NIM	INSTRUCTOR
KWAN CHANG NIM	MASTER
KOOK GIE	NATIONAL FLAG
POOMSE	PATTERN
KYUKPA	DESTRUCTION
OREUN	RIGHT
WEN	LEFT
SEOGI	STANCE
MAKKI	BLOCK
JIRUGI	PUNCH
CHIRUGI	THRUST
CHIGI	STRIKE
CHAGI	KICK
INJUN	HIGH TARGET - PHILTRUM
MYONGCHI	MID TARGET - SOLAR PLEXUS