

**HWARANG WARRIOR**

**MOO DUK KWAN  
TAEKWONDO**

**CURRICULUM**

## **General Taekwondo Information - Introduction**

### **An introduction to Taekwondo**

**What is taekwondo?**

**Disciplines of taekwondo**

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### **What is taekwondo?**

**Taekwondo is a modern martial art, characterized by its fast, high and spinning kicks. There are multiple interpretations of the name taekwondo. Taekwondo is often translated as 'the way of hand and foot'. My definition of the name Taekwondo is**

**Tae='to strike or block with the foot' or 'to kick', it also means 'jump'**

**K'won='Fist', 'to strike or block with hand'**

**Do='The way of' or 'art'.**

**Put this together and Taekwondo means: "The art of Kicking and Punching" or "The art of unarmed combat". The sport has been founded in Korea and is one of the popular modern martial arts.**

### **Disciplines of taekwondo**

**Taekwondo has four disciplines which are explained in a separate page/chapter of this site. The four disciplines are:**

**Patterns**

**Sparring**

**Self-defence**

**Breaktest**

**It is the combination of these four disciplines that makes the art called taekwondo.**

### **Objectives of Taekwondo**

**to develop an appreciation for Taekwondo as a sport and as an art**

**to achieve physical fitness through positive participation**

**to improve mental discipline and emotional equanimity**

**to learn self-defense skills**

**to develop a sense of responsibility for one self and others.**

### **Taekwondo for kids**

**Taekwondo has no age limits and is a very good sport for children. They learn fast reactions through games, learn to respect others and learn to know their abilities and disabilities. Competition rules are a bit different for children than they are for adults. Although children wear full body protection (preferably thicker than the protection for adults) only kicks and punches to the body are allowed, no kicks to the head.**

**Is Taekwondo dangerous?**

Although WTF Taekwondo is a full contact sport where it is allowed to kick to the head (throwing punches to the head are not allowed), it is not very dangerous to practice Taekwondo. During training, there is no need to actually win. During competition, full protection is used to protect the competitors.

To avoid head injuries, a competitor is not allowed to participate in a competition for three months (this seems to vary) if one was knocked out by a kick to the head. If the same incident happens again after these three months, you're not allowed to participate for half a year. Another K.O. to the head after this half year period results in a permanent exclusion of competitions.

ITF Taekwondo is so-called semi-contact. It is not allowed to attack the head with full force. However, it is allowed to throw punches to the head, by using the so-called "killing-blow", stop just an inch before the target. To avoid injuries, ITF uses gloves at sparring-competition.

## General Taekwondo Information - History

### History

A short overview of the history of Taekwondo, ethics and etiquettes.

History of Taekwondo

Korean Taekwondo Association

I.T.F. vs W.T.F.

### History of Taekwondo

The earliest records of Martial Arts practice in Korea date back to about 50 B.C. These earliest forms of Korean martial arts are known as 'Taek Kyon'. Evidence that Martial Arts were being practiced at that time can be found in tombs where wall-paintings show two men in fighting-stance. Others reject this evidence and say that these men could be simply dancing.

Back then, time there were three kingdoms:

Koguryo (37 B.C. - 668 A.D.)

Paekje (18 B.C. - 600 A.D.)

Silla (57 B.C. - 936 A.D.)

Silla unified the kingdoms after winning the war against Paekje in 668 A.D. and Koguryo in 670 A.D. The Hwa Rang Do played an important role at this unification. The Hwa Rang Do was an elite group of young noble men, devoted to cultivating mind and body and serve the kingdom Silla. The best translation for HwaRang would probably be "flowering youth" (Hwa = "flower", Rang="young man"). The HwaRang Do had an honor-code and practiced various forms of martial arts, including Taekyon and Soo Bakh Do. The old honor-code of the HwaRang is the philosophical background of

**modern Taekwondo.**

**What followed was a time of peace and the HwaRang turned from a military organization to a group specialized in poetry and music. It was in 936 A.D. when Wang Kon founded the Koryo dynasty, an abbreviation of Koguryo. The name Korea is derived from Koryo.**

**During the Koryo Dynasty the sport Soo Bakh Do, which was then used as a military training method, became popular. During the Yi-dynasty (1392 A.D. - 1910 A.D.) this emphasis on military training disappeared. King Taejo, founder of the Yi-dynasty, replaced Buddhism by Confucianism as the state religion. According to Confucianism, the higher class should study the poets, read poems and and play music. Martial arts was something for the common, or even inferior, man.**

**Modern-day Taekwondo is influenced by many other Martial Arts. The most important of these arts is Japanese Karate. This is because Japan dominated Korea during 1910 until the end of World War II. During WWII, lots of Korean soldiers were trained in Japan. During this occupation of Korea, the Japanese tried to erase all traces of the Korean culture, including the martial arts. The influence that Japan has given to Taekwondo are the quick, linear movements, that characterize the various Japanese systems.**

**After World War II, when Korea became independant, several kwans arose. These kwans were:**

**Chung Do Kwan  
Moo Duk Kwan  
Yun Moo Kwan  
Chang Moo Kwan  
Oh Do Kwan  
Ji Do Kwan  
Chi Do Kwan  
Song Moo Kwan**

**The Kwans united in 1955 as Tae Soo Do. In the beginning of 1957, the name Taekwondo was adopted by several Korean martial arts masters, for its similarity to the name Tae Kyon.**

**General Choi Hong-hi required the army to train Taekwondo, so the very first Taekwondo students were Korean soldiers. The police and air force had to learn Taekwondo as well. At that time, Taekwondo was merely a Korean version of Shotokan Karate. In 1961 the Korean Taekwondo Union arose from the Soo Bakh Do Association and the Tae Soo Do Association. In 1962 the Korean Amateur Sports Association acknowledged the Korean Taekwondo Union and in 1965 the name was changed to Korean Taekwondo Association (K.T.A.). General Choi was president of the K.T.A. at that time and was asked to start the I.T.F. as the international branch of the K.T.A. The southern government was overthrown in 1961. General Choi Hong-hi left for America and established I.T.F. (International Taekwondo Federation) Taekwondo, as a separate entity, two years later.**

Demonstrations were given all over the world. It took a while before real progress was made, but eventually, in 1973, the World Taekwondo Federation (W.T.F.) was founded. In 1980, W.T.F. Taekwondo was recognized by the International Olympic Committee (I.O.C.) and became a demonstration sport at the Olympics in 1988. In the year 2000 taekwondo made its debut as an official olympic sport. There were several attempts to unify I.T.F. and W.T.F. Taekwondo, but unfortunately, these failed.

**K.T.A.**

In the year 2000 taekwondo made its debut as an official olympic sport.

Taken from a post in the

**dojang-digest**The Korea Taekwondo Association (KTA) is the National Governing Body (NGB)

for Taekwondo in the Republic of Korea (ROK), just like the United States

Taekwondo Union (USTU) is the National Governing Body for Taekwondo in the

United States of America. The World Taekwondo Federation (WTF) which was formed in 1973, is made up of Taekwondo NGBs. These NGBs are members of the WTF, and not individuals. Individuals may be affiliated to the WTF through their NGB, but individuals cannot join the WTF directly.

Dr. Un Yong Kim became the 5th President of the KTA in 1971. Dr. Kim subsequently became the 1st and only President of the WTF in 1973 and around 1990 he gave up the post of KTA President.

Mr. Choi, Sae-Chang became the 6th KTA President after Dr. Kim stepped down due to his expanded responsibilities in the International Sports community. Mr. Choi was a former four star general in the ROK Army and also held the post of Defense Minister. Mr. Choi was replaced by Mr. Rhee, Pil Gon in 1996.

The KTA is alive and well and probably is the largest, most active NGB for Taekwondo in the world. For more information, you can write to the KTA at the following address:

The Korea Taekwondo Association

#607, Olympic Center

88 Oryoon-dong, Songpa-ku

Seoul, Korea

Telephone: 420-4271

Fax: 420-4274

I.T.F. vs W.T.F.

As mentioned earlier, Gen. Choi established ITF-Taekwondo (which practices a more traditional form of taekwondo) while WTF-Taekwondo (which has a strong emphasis on sparring) became an olympic sport in 2000.

A good-will trip to North-Korea in 1966 caused General Choi to fall in disgrace in the eyes of the South-Koreans. Choi resigned as president of the K.T.A. and founded the I.T.F. on March, the 22nd of that same year.

The headquarters of ITF were established in Canada.

ITF started concentrating on the forms developed by General Choi, while

the KTA (which later, on May 28, 1973, became the WTF) concentrated on the Palgwe's. Later the WTF abandoned the Palgwe's and started concentrating on Taeguks. Slowly, the WTF emphasis turned to sparring. This is also the reason why a lot of people rather call (WTF) Taekwondo a martial sport than a Martial Art.

The American Taekwondo Association (ATA) is a smaller organization, and has many similarities to the ITF. The ATA has a copyright on the forms of the organization, so these forms cannot be used on competitions by non-members. There are many organizations, but the three mentioned above have the most members.

ITF practices the so-called 'semi-contact' part of Taekwondo, while WTF practices the so-called 'full-contact' part. ITF focuses more on the traditional way of taekwondo. Since the break-up, there have been many attempts to reunite WTF and ITF, so-far without success. There probably will never be a union within Taekwondo.

## **General Taekwondo Information - Korean Flag**

### **T'aeGuk-Ki (the Korean Flag)**

Many people have the Korean Flag on their suits, without knowing that it has a more meaningful background than most common flags. On this page you can find a short overview.

**Summary**

**The origin of the flag**

**The symbols used in the flag**

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### **Summary**

The meaning of Korean National Flag is very philosophical. The origin comes from the Oriental philosophy called Eum-Yang, in Chinese pronunciation Yin-Yang. In Korea, the symbol of 'Yin and Yang', and sometimes the flag itself, is called Taeguk and summarizes the thoughts of 'I Ching' (called 'Yeok' in Korean). The name means as much as the flag of 'Great Extremes'.

The flag consists of three parts: The white background, the red and blue circle in the center and four trigrams, one in each corner of the flag.

The white background of the flag means peace.

The red and blue circle in the center is called 'Taeguk', the origin of all things in the universe. The central thought is perfect harmony and

**balance:** A continuous movement within the sphere of infinity, resulting in one unit. The blue part of 'Taeguk' is called 'Eum' and represents all negative aspects of the balance that is typical for the symbol. The red part is called 'Yang' and describes all positive aspects.

The four trigrams at the corners (called 'Kwe' in Korean) also represent the concept of opposites and balance. The trigrams are heaven (upper-left) and at the other corner earth, water (upper-right) and at the other corner fire. Looking at symbols of the trigrams, you can see that they are opposites as well. Three unbroken bars (heaven) vs. three broken bars (earth), etc.

For the Korean people their flag of T'aeGuk-Ki is a source of pride and inspiration. During the Japanese occupation period beginning in 1910 the Korean flag was outlawed in public places and for about thirty five years the T'aeGuk flags were kept hidden until Liberation Day in 1945. The Korean flag has been a symbol of this country's struggle for independence and freedom.

### **Origin**

The oldest 'Yin/Yang'-symbol, which was described in stone, was found in Korea. At the end of the 19th century, Korea needed their own flag. It is believed that Young-Hyo Park came up with the first concept. At that time, Korea was under the influence of all sorts of colonists like the Japanese, Chinese and Russian.

### **The symbols**

Yin means dark and cold, while Yang means bright and hot. A very old book called Choo-Yuk which is written by a Chinese claims all objects and events in the world are expressed by the movement of Yin and Yang. For example, the moon is Yin while the sun is Yang. The earth is Yin and the sky is Yang. The night is Yin and the day is Yang. The winter is Yin and the summer is Yang. Yin and Yang are relative. Therefore, A can be Yin with respect to B while A can be Yang with respect to C. For example, the spring is Yin w.r.t. the summer and it is at the same time Yang w.r.t. the winter.

**Kun Heaven**

**Yi Fire**

**Kam Water**

**Kon Earth**

## **General Taekwondo Information - Patterns**

### **Patterns**

**Poomse's**

## **Tul's**

**Forms, or Poomses in Korean language, are a series of defending and attacking movements performed against imaginary opponents in a set pattern. Through the practice of forms, students come to learn the applications of various techniques of Taekwondo. Forms serve a multi-dimensional role, aiding in development and refinement of coordination, balance, timing, breath control and rhythm, all of which are essential skills to the Taekwondo student.**

## **Poomse's**

**W.T.F. uses Poomses for patterns. Poomses originate from the book 'I Ching', a Chinese oracle. The I Ching has 64 hexagrams, a combination of two sets of three lines, closed or broken. The sets of three lines are called trigrams. The closed lines represent Yang, the open lines Yin. In the Chinese language, the unity of Yin and Yang is called 'taich'i'. In the Korean language, the unity is called T'ae-guk. This explains the term Poomse Taeguk. The eight trigrams together are called Pal-gwe as in Poomse Palgwe...**

### **Poomse Taeguk/Palgwe Il Jang -- Heaven**

**(South, Father) The first Taeguk/Palgwe is the beginning of all Poomses. The associated trigram represents Yang (heaven, light), therefore, this Poomse should be performed with the greatness of Heaven.**

### **Poomse Taeguk/Palgwe Ee Jang -- Lake**

**(South East, Youngest daughter) In the depths of the lake are treasures and mysteries. The movements of this Taeguk/Palgwe should be performed knowing that man has limitations, but that we can overcome these limitations. This should lead to a feeling of joy, knowing that we can control our future.**

### **Poomse Taeguk/Palgwe Sam Jang -- Fire**

**(East, Second daughter) Fire contains a lot of energy. Fire helped man to survive, but on the other hand had some catastrophic results. This form should be performed rhythmically, with some outbursts of energy.**

### **Poomse Taeguk/Palgwe Sa Jang -- Thunder**

**(North East, Eldest son) Thunder comes from the sky and is absorbed by the earth. Thunder is one of the most powerful natural forces, circling, gyrating. This Taeguk/Palgwe should be performed with this in mind.**

### **Poomse Taeguk/Palgwe Oh Jang -- Wind**

**(South West, Eldest daughter) Wind is a gently force, but can sometimes be furious, destroying everything in it's path. Poomse Taeguk/Palgwe Oh**

**Jang should be performed like the wind: gently, but knowing the ability of mass destruction with a single movement.**

**Poomse Taeguk/Palgwe Yook Jang -- Water**

**(West, Second son) Water can move a mountain. The movements of this Poomse should be performed like water. Sometimes standing still like water in a lake, sometimes thriving as a river.**

**Poomse Taeguk/Palgwe Chil Jang -- Mountain**

**(North West, Youngest son) Mountains will always look majestic, no matter the size. This Poomse should be performed with the feeling that all movements are this majestic and deserved to be praised.**

**Poomse Taeguk/Palgwe Pal Jang -- Earth**

**(North, Mother) The associated trigram of this Poomse is Yin: the end of the beginning, the evil part of all that is good. Even in this darkness, there is still some light. Performing this Taeguk/Palgwe, one should be aware that this is the last Taeguk/Palgwe to be learned, it also is the end of a circle, and therefore it is also the first, the second etc...**

**Both Palgwe's and Taeguk's are numbered from one to eight. After this point, there is no longer a difference between the patterns. The patterns below follow the Poomse Taeguks as well as the Poomse Palgwes.**

**Poomse Koryo**

**Koryo (Korea) is the name of an old Korean Dynasty. The people from the Koryo-period defeated the Mongolian aggressors. Their spirit is reflected in the movements of the Poomse Koryo. Each movement of this Poomse represents the strength and energy needed to control the Mongols.**

**Poomse Keumgang**

**The definition of Keumgang is "Too strong to be broken", or "diamond". The movements of the Poomse Keumgang are as beautiful as the Keumgang-san (a Korean mountain) and as strong as Keumgang-seok (diamond).**

**Poomse TaeBaek**

**The legendary 'Dangoon' founded a nation in Taebaek, near Korea's biggest mountain Baekdoo. Baekdoo is a symbol for Korea. The definition**

of Taebaek is "lightness". Every movement in this Poomse must not only be exact en fast, but with determination and hardness.

**Poomse Pyongwon**

The definition of Pyongwon is "stretch, vast plain": big, majestic.

**Poomse Sipjin**

Sipjin stands for decimal. This Poomse represents the orderliness of the decimal system. It also means the endless development and growth in a systematic order: stability.

Poomse Jitae Jitae is derived from the meaning of the earth. All things evolve from and return to the earth, the earth is the beginning and the end of life.

Poomse Cheonkwon Cheonkwon means 'sky'. The sky should be seen as ruler of the universe. It is both mysterious, infinite and profound. The motions of Cheonkwon are full of piety and vitality.

Poomse Hansoo This poomse is derived from the fluidity of water which easily adapts within nature.

Poomse Ilyo The state of spiritual cultivation in Buddhism is called 'Ilyo' which means more or less 'oneness'. In Ilyo, body and mind, spirit and substance, I and you are unified. The ultimate ideal of taekwondo can be found in this state. It is a discipline in which we concentrate on every movement leaving all materialistics thoughts, obsessions and external influences behind.

**Tul's**

I.T.F. has 24 patterns (or Tul) representing the 24 hours of the day, or the whole of a man's life. There are 10 patterns for the first black belt, at which point the member moves from being a `beginner' to a `novice'.

The primary difference between I.T.F. and W.T.F. (from looking to the two) is that I.T.F. uses a `stepping' movement for all hand techniques.

**Contributed by John Browne.**

This `stepping motion' that the I.T.F. utilizes is referred to by I.T.F. practioners as "Knee Spring" or "up/down Motion". It causes the body to move in a "sine wave" resulting in the whole body being involved at the moment of impact, blocking or attacking.

**This techniques is not just used for hand-techniques. It is used in I.T.F. kicking techniques as well.**

**Contributed by jeja@gnn.com**

**Chon-Ji Tul (19 movements)**

**Literally means heaven and earth. It is in the orient interpreted as the creation of the world or the beginning of human history, therefore it is the initial pattern played by the beginner. This pattern consists of two similar parts; one to represent the Heaven and the other the Earth.**

**Dan-Gun Tul (21 movements)**

**Dan Gun is named after the Holy Dan Gun, the legendary founder of Korea in the year 2333 B.C..**

**Do-San Tul (24 movements)**

**Do-San is a 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.**

**Won-Hyo Tul (28 movements)**

**Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD.**

**Yul-Gok Tul (38 movements)**

**Yul-Gok is a pseudonym of a great philosopher and scholar Yi I (1536 - 1584) nicknamed the "Confucius of Korea". The 38 movements of this pattern refer to his birthplace on 38 degree latitude and the diagram of the pattern represents scholar.**

**Joon-Gun Tul (32 movements)**

**Joong-Gun is named after the patriot Ahn Joong-Gun who assassinated Hiro Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this patter to represent Mr Ahn's age when he was executed at Lui-Shung in 1910.**

**Toi-Gye Tul (37 movements)**

**Toi-Gye is the pen name of the noted scholar Yi Hwang (16th century) an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on 37 degree latitude, the diagram represent "scholar".**

**Hwa-Rang Tul (29 movements)**

**Hwa Rang is named after the Haw Rang youth group which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th infantry Division, where Taekwondo developed into maturity.**

**Choong-Moo Tul (30 movements)**

**Choong-Moo** was the name given to the great Admiral Yi Soon-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. This pattern ends with a left hand attack, to symbolize his regrettable death. He was noted for his unrestrained loyalty to the King.

**Kwang-Gae Tul (39 movements)**

**Kwang-Gae** is named after the famous Kwang-Gae-Toh-Wang, the 19th king of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represent the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 AD, the year he came to the throne.

**Po-Eun Tul (36 movements)**

**Po-Eun** is the pseudonym of a loyal subject Chong-Mong-Chu (1400) who was a famous poet and whose poem "I would not serve a second master though I might be crucified a hundred time" is know to every Korean. He was also a pioneer in the field of physics. The diagram represent his unerring loyalty to the king and country towards the end of the Koryo Dynasty.

**Ge-Baek Tul (24 Movements)**

**Ge-Baek** is named after Ge-Baek, a great general in the Baek-Je Dynasty (660AD). The diagram represents his severe and strict military discipline.

**Eui-Am Tul (45 Movements)**

**Eui-Am** is the pseudonym of Son Byong Hi, leader of the Korean independence movement on March 1, 1919. The 45 movements refer to his age when he changed his name of Dong Hak (oriental Culture) to Chondo Kyo (Heavenly Way Religion) in 1905. The diagram represents his indomitable spirit, displayed while dedicating himself to the prosperity of his nation.

**Choong-Jang Tul (52 Movements)**

**Choong-Jang** is the pseudonym given to General Kim Duk Ryang who lived during the Yi Dynasty, 14th century. This pattern ends with a left hand attack to symbolise the tragedy of his death at 27 in prison before he was able to reach full maturity.

**Juche Tul (45 Movements)**

**Juche** is a philosophical idea that man is the master of everything and decides everything, in other words, the idea that man is that master of the world and his own destiny. It is said that this idea was rooted in Baekdu Mount which symbolise the spirit of the Korean people. The diagram represents Baekdu Mountain.

**Sam Il Tul (33 Movements)**

**Sam Il denotes the historical date of the independence movement of Korea which began throughout the country on march 1, 1919. The 33 movements in the pattern stand for the 33 patriots who planned the movement.**

**Yoo-Sin Tul (68 Movements)**

**Yoo Sin is named after General Kin Yoo Sin, a commanding general during the Silla Dynasty. The 68 movements refer to the last two figures of 668 AD the year Korea was unified. The ready posture signifies a sword drawn to the right rather than the left side, symbolizing Yoo sin's mistake of following his king's orders to fight with foreign force against his own nation.**

**Choi Yong Tul (46 Movements)**

**Choi Yong is named after General Choi Yong, Premier and Commander-in-Chief of the armed forces during the 14th century Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism, and humility. He was executed by subordinate commanders headed by General Yi Sung Gae, who later became the first king of the Yi Dynasty.**

**Yon Gae Tul (49 Movements)**

**Yon Gae is named after a famous general during the Koguryo Dynasty. Yon Gae Somoon. The 49 movements refer to the last two figures of 649 AD the year he forced the Tang Dynasty to quit Korea after destroying nearly 300,000 of their troops at Ansi Sung.**

**UL-JI Tul (42 Movements)**

**UL-JI is named after general UL-JI Moon Dok who successfully defended Korea against a Tang's invasion force of nearly one million soldiers led by Yang Je in 612 AD, UI-JI employing hit and run guerilla tactics was able to decimate a large percentage of the force. The diagram represents his surname. The 42 movements represent the author's age when he designed the pattern.**

**Moon-Moo Tul (61 Movements)**

**Moon Moo honors the 30th king of the Silla Dynasty. His body was buried near Dae Wang Am (Great King's Rock). According to his will, the body was placed in the sea "Where my soul shall forever defend my land against the Japanese". It is said that the Sok Gul Am (Stone Cave) was built to guard his tomb. The Sok Gul Am is a find example of the culture of the Silla Dynasty. The 61 movements in this pattern symbolize the last two figures of 6612 AS when Moon Moo came to the throne.**

**So-San Tul (72 Movements)**

**So San is the pseudonym of the great monk Choi Hyong Ung (1520 - 1604) during the Lae Dynasty. The 72 movements refer to his age when he**

organised a corps of monk soldiers with the assistance of his pupil Sa Myung Dang. The monk soldiers helped repulse the Japanese pirates who overran most of the Korean peninsula in 1592.

#### **Se Jong Tul (24 Movements)**

Se-Jong is named after the greatest Korean King, Se-Jong, who invented the Korean alphabets in 1443, and was also a noted meteorologist. The diagram represents the king, while the 24 movements refer to the 24 letters of the Korean alphabet.

#### **Tong Il Tul**

Tong Il denotes the resolution of the unification of Korea which has been divided since 1945. The diagram symbolises the homogenous race.  
Contributed by Kirsten Smith

### **General Taekwondo Information - Self defense**

#### **Hoshinsul (Self defense)**

Hoshinsul is one of the four principles of taekwondo. Although taekwondo is a "self defense" sport in itself, it focuses on high and spinning kicks which are not very suitable for real life (street) application. Hoshinsul is a mixture of all kinds of techniques, including grappling/locks as well as depending against armed attackers etc.

Self defense is something that cannot be practiced alone. You will need a partner that has equal strength. You will learn how to react (and how not to react), proper freeing techniques, locks and strangling techniques.

The following techniques are generally (this is not a rule, of course) practiced (where the opponent either uses his body (i.e. hands), a knife or a stick):

- Control techniques

- Freeing techniques (Paegi)

- Termination techniques

#### **Linear vs. Circular**

There are two sorts of self-defense (this is a BIG generalization): The hard or linear way and the soft or circular way. In the linear form one uses arms and legs to block a strike of the opponent. The advantage is that there is a direct counter-threat, which results in pain for the opponent. The disadvantage is that this method requires a lot of power and it may look extremely violent for outsiders. The circular form has a different view. Here you use the power and speed of the opponent to neutralize him/her using circular movements. The advantage is that you can neutralize your opponent without hurting him and that no strength is

required. The disadvantage is that it takes a lot of skill and practice to come to the necessary level. You will most likely use a combination of both.

## **General Taekwondo Information - Vital points**

### **Keup Soh (Vital Points)**

**The front of the head**

**The front of the body**

**The back of the body**

The vital points of the body are listed below. A vital point is a part of the body that, when attacked in the right way (force, angle, accuracy), can cause paralysis, unconsciousness or even death. Attacks to nerves can lead to nausea, headaches or worse.

This information should only be used to increase your knowledge of the body and of Taekwondo, it is not meant to be used without the supervision of a qualified instructor.

The impact on vital points is indicated by numbers as followed:

**Moderate pain**

**Sharp pain**

**Severe pain**

**Unconsciousness or temporary paralysis**

**Fatal**

The body has about 280 vital points so this list is far from complete.

The front of the head

| <b>Number</b> | <b>Description</b> | <b>Result of light impact</b> | <b>Result of full-power attack</b> |
|---------------|--------------------|-------------------------------|------------------------------------|
|---------------|--------------------|-------------------------------|------------------------------------|

|          |                    |          |          |
|----------|--------------------|----------|----------|
| <b>1</b> | <b>Top of head</b> | <b>2</b> | <b>4</b> |
|----------|--------------------|----------|----------|

|          |                 |          |          |
|----------|-----------------|----------|----------|
| <b>2</b> | <b>Forehead</b> | <b>2</b> | <b>4</b> |
|----------|-----------------|----------|----------|

|          |               |          |          |
|----------|---------------|----------|----------|
| <b>3</b> | <b>Temple</b> | <b>3</b> | <b>5</b> |
|----------|---------------|----------|----------|

|          |                  |          |          |
|----------|------------------|----------|----------|
| <b>4</b> | <b>Cheekbone</b> | <b>2</b> | <b>4</b> |
|----------|------------------|----------|----------|

|          |                    |          |          |
|----------|--------------------|----------|----------|
| <b>5</b> | <b>Neck artery</b> | <b>3</b> | <b>5</b> |
|----------|--------------------|----------|----------|

|          |                         |          |          |
|----------|-------------------------|----------|----------|
| <b>6</b> | <b>Cervical trachea</b> | <b>3</b> | <b>5</b> |
|----------|-------------------------|----------|----------|

|          |                 |          |          |
|----------|-----------------|----------|----------|
| <b>7</b> | <b>Glabella</b> | <b>2</b> | <b>4</b> |
|----------|-----------------|----------|----------|

|          |                              |          |          |
|----------|------------------------------|----------|----------|
| <b>8</b> | <b>Intra ocular pressure</b> | <b>2</b> | <b>4</b> |
|----------|------------------------------|----------|----------|

|          |                |            |            |
|----------|----------------|------------|------------|
| <b>9</b> | <b>Eyeball</b> | <b>2/3</b> | <b>4/5</b> |
|----------|----------------|------------|------------|

|           |                 |            |            |
|-----------|-----------------|------------|------------|
| <b>10</b> | <b>Philtrum</b> | <b>1/2</b> | <b>3/4</b> |
|-----------|-----------------|------------|------------|

|           |            |          |          |
|-----------|------------|----------|----------|
| <b>11</b> | <b>Jaw</b> | <b>2</b> | <b>4</b> |
|-----------|------------|----------|----------|

|           |             |          |          |
|-----------|-------------|----------|----------|
| <b>12</b> | <b>Chin</b> | <b>2</b> | <b>4</b> |
|-----------|-------------|----------|----------|

|           |                     |          |          |
|-----------|---------------------|----------|----------|
| <b>13</b> | <b>Adam's apple</b> | <b>3</b> | <b>5</b> |
|-----------|---------------------|----------|----------|

## **The front of the body**

| <b>Number</b> | <b>Description</b> | <b>Result of light impact</b> | <b>Result of full-power attack</b> |
|---------------|--------------------|-------------------------------|------------------------------------|
|---------------|--------------------|-------------------------------|------------------------------------|

|          |                             |            |  |
|----------|-----------------------------|------------|--|
| <b>1</b> | <b>Center of the thorax</b> | <b>2 4</b> |  |
|----------|-----------------------------|------------|--|

|          |                             |            |  |
|----------|-----------------------------|------------|--|
| <b>2</b> | <b>Lower end of sternum</b> | <b>3 5</b> |  |
|----------|-----------------------------|------------|--|

|          |                     |            |  |
|----------|---------------------|------------|--|
| <b>3</b> | <b>Solar plexus</b> | <b>3 5</b> |  |
|----------|---------------------|------------|--|

|          |                          |            |  |
|----------|--------------------------|------------|--|
| <b>4</b> | <b>Center of abdomen</b> | <b>2 4</b> |  |
|----------|--------------------------|------------|--|

|          |                    |            |  |
|----------|--------------------|------------|--|
| <b>5</b> | <b>Inner thigh</b> | <b>2 4</b> |  |
|----------|--------------------|------------|--|

|          |                         |            |  |
|----------|-------------------------|------------|--|
| <b>6</b> | <b>Center of instep</b> | <b>2 4</b> |  |
|----------|-------------------------|------------|--|

|          |              |            |  |
|----------|--------------|------------|--|
| <b>7</b> | <b>Brest</b> | <b>1 3</b> |  |
|----------|--------------|------------|--|

|          |                     |            |  |
|----------|---------------------|------------|--|
| <b>8</b> | <b>Thorax flank</b> | <b>2 4</b> |  |
|----------|---------------------|------------|--|

|          |                           |            |  |
|----------|---------------------------|------------|--|
| <b>9</b> | <b>Flank pit of waist</b> | <b>2 4</b> |  |
|----------|---------------------------|------------|--|

|           |              |            |  |
|-----------|--------------|------------|--|
| <b>10</b> | <b>Groin</b> | <b>3 5</b> |  |
|-----------|--------------|------------|--|

|           |                        |            |  |
|-----------|------------------------|------------|--|
| <b>11</b> | <b>Upper knee-edge</b> | <b>2 4</b> |  |
|-----------|------------------------|------------|--|

|           |             |            |  |
|-----------|-------------|------------|--|
| <b>12</b> | <b>Shin</b> | <b>1 3</b> |  |
|-----------|-------------|------------|--|

## **The back of the body**

| <b>Number</b> | <b>Description</b> | <b>Result of light impact</b> | <b>Result of full-power attack</b> |
|---------------|--------------------|-------------------------------|------------------------------------|
|---------------|--------------------|-------------------------------|------------------------------------|

|          |                         |            |  |
|----------|-------------------------|------------|--|
| <b>1</b> | <b>Back of the neck</b> | <b>3 5</b> |  |
|----------|-------------------------|------------|--|

|          |                                    |            |  |
|----------|------------------------------------|------------|--|
| <b>2</b> | <b>(several parts of) backbone</b> | <b>3 5</b> |  |
|----------|------------------------------------|------------|--|

|          |                             |            |  |
|----------|-----------------------------|------------|--|
| <b>3</b> | <b>Outside of upper arm</b> | <b>1 4</b> |  |
|----------|-----------------------------|------------|--|

|          |                    |            |  |
|----------|--------------------|------------|--|
| <b>4</b> | <b>Outer wrist</b> | <b>1 3</b> |  |
|----------|--------------------|------------|--|

|          |                  |            |  |
|----------|------------------|------------|--|
| <b>5</b> | <b>Hip nerve</b> | <b>2 4</b> |  |
|----------|------------------|------------|--|

|          |                      |            |  |
|----------|----------------------|------------|--|
| <b>6</b> | <b>Achilles heel</b> | <b>2 4</b> |  |
|----------|----------------------|------------|--|

|          |                |            |  |
|----------|----------------|------------|--|
| <b>7</b> | <b>Kidneys</b> | <b>2 4</b> |  |
|----------|----------------|------------|--|

|          |                           |            |  |
|----------|---------------------------|------------|--|
| <b>8</b> | <b>Elbow (just below)</b> | <b>1 3</b> |  |
|----------|---------------------------|------------|--|

|          |               |              |  |
|----------|---------------|--------------|--|
| <b>9</b> | <b>Coccyx</b> | <b>2 4/5</b> |  |
|----------|---------------|--------------|--|

|           |                                      |            |  |
|-----------|--------------------------------------|------------|--|
| <b>10</b> | <b>Pit of thumb and first-finger</b> | <b>2 4</b> |  |
|-----------|--------------------------------------|------------|--|

|           |                 |            |  |
|-----------|-----------------|------------|--|
| <b>11</b> | <b>Knee pit</b> | <b>1 3</b> |  |
|-----------|-----------------|------------|--|

## **General Taekwondo Information - Break test**

### **Kyopka (Break test)**

**One of the four elements of taekwondo (besides sparring, style, forms, and self-defense) is the break test. It is a obligatory part of the black-belt**

exam and is a popular element of taekwondo demonstrations.

### Why?

Breaking an object is a good way to practice concentration, power, focus, speed and precision on non-living objects, without injuring oneself or another. It is very important to realize that a proper technique is needed and a breaking technique within your limits, because without it you can easily injure yourself, sometimes even permanently!

Practicing breaking objects helps you to realize that your body itself is a very strong weapon. It also helps you to understand that during practice with a partner, you have to be very careful.

### How?

The material that is most often used for breaking techniques is wood since it can be easily broken with either hand or foot. Other materials include bricks, tiles and sometimes even baseball bats!

Breaking objects can be performed with any rigid part of the body. In taekwondo, the most common are the hand or the foot, but breaking can also be done by using the elbow, the knee and even the head.

In order to break an object, it is best to start light. Use an object that is easy to break, instead of directly trying to break a thick board, and start with a technique in which you feel confident. Use your techniques as they are taught to you and try to be as relaxed as possible. When starting practicing breaking techniques, it might help you to focus a few inches behind the actual point of impact.

### Physics

Dry boards are more brittle than wet ones and will break more easily

If a board does not break, a large force is transmitted back to your body for a relative long time. This might hurt :

Break boards with the grain. It is much easier!

When breaking a board, make sure that the persons who hold the board have a firm grip. If the board moves during your technique, it will soften your technique.

other factors not covered: angle of strike, size of attacking tool

Impulse = force (delivered by the strength of your muscles) times time (delivered by the speed of your movement). Therefore, the shorter your contact with the board, the bigger the force component will be and therefore, the easier the board will break.

momentum = mass (weight) x velocity (speed in a certain direction), The change in momentum is the momentum when you hit the target minus the momentum when you come to a stop, which is determined by weight and speed (== impulse??)/ The force applied to stop a movement determines how quickly it is stopped, since we can say the mass used to create the momentum will not change.

In order to break a board (or any kind of material), you must cause a

shearing moment in the board that is larger than the critical moment for that type of material. That shearing moment is When you try to break a board, the board itself is supported as both sides. If you perform your breaking technique well, you will hit the board in the center which leads to an equal distribution of force on the two parts. Both parts will supply a reverse force of half the initial force.

When the force meets the board, the top of the board will be in a state of compression and the bottom will be in tension. This will produce a torque on an axis through the middle of the board. If the torque is great enough the board will break

Besides force other elements that are important are power and pressure The thicker the board, the harder it is to break the board. That is why often multiple smaller boards instead of one thicker one are used.

## General Taekwondo Information - Language

### The Korean Language (English pronunciation)

Stances

Blocking techniques

Arm techniques

Kicking techniques

Counting

The body

Competition

Disciplines of Taekwondo

Tenets of Taekwondo

Directions

Miscellaneous

The phonetics are put here by myself, it might be the case that you would write the words a different.

### Stances (Sohgi)

The following words are often used as commands. If this is the case, the name of the stance is usually followed by the command "Joonbi", which means to get ready into that stance. 'Naranhi' sohgi is the beginning of each style form. It is not common to give this stance as a command, so here only the term 'joonbi' is used.

Naranhi Sohgi 'Parallel' stance

Pyonhi Sohgi Ready stance (i.e. "at ease")

Moa Sohgi 'Closed feet' stance

**Ahp Sohgi** Walking stance  
**Ahpkubi Sohgi** Forward stance  
**Dwikubi Sohgi** Backward stance  
**Juchoom Sohgi** 'Horse riding' stance  
**Bum Sohgi** 'Tiger' stance  
**Koa Sohgi** 'Twisted' stance

### Blocking techniques (Maggi)

|                           |   |
|---------------------------|---|
| <b>Ahre maggi</b>         | <b>Low block</b>  |
| <b>Momtong maggi</b>      | <b>Middle block</b>   |
| <b>Eolgul maggi</b>       | <b>High block</b>   |
| <b>Geudeureo maggi</b>    | <b>Fist of one arm supports the other arm by the elbow</b>                            |
| <b>Sonnal-bakat maggi</b> | <b>Block with knifehand, from inside to outside</b>                                   |
| <b>Gawi maggi</b>         | <b>"Scissor" block: With one hand ahre maggi, the other one a momtong-bakat maggi</b> |
| <b>Eotgalyo maggi</b>     | <b>'X'-block</b>  |
| <b>Hechyo maggi</b>       | <b>'Wing'-block</b>   |
| <b>Bituro maggi</b>       | <b>Twisting block</b>   |

### Arm techniques

|                            |                                      |
|----------------------------|--------------------------------------|
| <b>Eolgul jireugi</b>      | <b>High punch</b>                    |
| <b>Momtong jireugi</b>     | <b>'Middle' punch</b>                |
| <b>Sonnal mok anchigi</b>  | <b>With knifehand strike at neck</b> |
| <b>Pyeonsonkut jireugi</b> | <b>Spear fingers</b>                 |
| <b>Doobeon jireugi</b>     | <b>Double punch</b>                  |
| <b>Kaljaebi</b>            | <b>'Strangle' punch</b>              |

### Kicking techniques (Chagi)

|                             |                               |
|-----------------------------|-------------------------------|
| <b>Ahp-cha-gi</b>           | <b>Front kick</b>             |
| <b>Dolryo-cha-gi</b>        | <b>Round kick</b>             |
| <b>Naeryo-cha-gi</b>        | <b>Axe kick/Downward kick</b> |
| <b>Yop-cha-gi</b>           | <b>Side kick</b>              |
| <b>Dwi-cha-gi</b>           | <b>Backward kick</b>          |
| <b>Hooryo-cha-gi</b>        | <b>Hook kick</b>              |
| <b>Bandae-dolryo-cha-gi</b> | <b>Spinning hook kick</b>     |
| <b>Dwi-dolryo-cha-gi</b>    | <b>Spinning hook kick</b>     |

## Counting

|                   |              |
|-------------------|--------------|
| 1. Hana           | one          |
| 2. Tul            | two          |
| 3. Set            | three        |
| 4. Net            | four         |
| 5. Tasot          | five         |
| 6. Yosot          | six          |
| 7. Ilgob          | seven        |
| 8. Yudol          | eight        |
| 9. Ahop           | nine         |
| 10. Yeol          | ten          |
| 11. Yeol Hanna    | - eleven     |
| 12. Yeol Tul      | - twelve     |
| 13. Yeol Set      | - thirteen   |
| ...               | - ...        |
| 20. SeuMool       | - twenty     |
| 21. SeuMool hanna | - twenty one |
| 22. SeuMool tul   | - twenty two |
| ...               | - ...        |
| 30. SoReun        | - thirty     |
| 40. MaHeun        | - forty      |
| 50. Sheen         | - fifty      |
| 60. YeSoon        | - sixty      |
| 70. IlHeun        | - seventy    |
| 80. Yudoon        | - eighty     |
| 90. AHeun         | - ninety     |
| 100. Bak          | - hundred    |

The following words are of chinese origin and are mostly used as "1st, 2nd etc." (The first Taeguk: Poomse Taeguk Il Jang)

|                       |                |
|-----------------------|----------------|
| <b>1. Il</b>          | <b>- 1st</b>   |
| <b>2. Ee</b>          | <b>- 2nd</b>   |
| <b>3. Sam</b>         | <b>- 3rd</b>   |
| <b>4. Sah</b>         | <b>- 4th</b>   |
| <b>5. Oh</b>          | <b>- 5th</b>   |
| <b>6. Yook</b>        | <b>- 6th</b>   |
| <b>7. Chil</b>        | <b>- 7th</b>   |
| <b>8. Pal</b>         | <b>- 8th</b>   |
| <b>9. Koo</b>         | <b>- 9th</b>   |
| <b>10. Sip</b>        | <b>- 10th</b>  |
| <b>11. Sip Il</b>     | <b>- 11th</b>  |
| ...                   | - ...          |
| <b>20. Ee sip</b>     | <b>- 20th</b>  |
| <b>21. Ee sip il</b>  | <b>- 21st</b>  |
| ...                   | - ...          |
| <b>30. Sam sip</b>    | <b>- 30th</b>  |
| <b>31. Sam sip il</b> | <b>- 31st</b>  |
| <b>40. Sah sip</b>    | <b>- 40th</b>  |
| <b>50. Oh sip</b>     | <b>- 50th</b>  |
| <b>60. Yook sip</b>   | <b>- 60th</b>  |
| <b>70. Chil sip</b>   | <b>- 70th</b>  |
| <b>80. Pal sip</b>    | <b>- 80th</b>  |
| <b>90. Koo sip</b>    | <b>- 90th</b>  |
| <b>100. Il Bak</b>    | <b>- 100th</b> |
| <b>The body</b>       |                |

|                  |  |
|------------------|--|
| <b>Mom</b>       | <b>body</b>                                    |
| <b>Eolgool</b>   | <b>Upper body (i.e. head and neck)</b>         |
| <b>Momtong</b>   | <b>Middle part of body (trunk)</b>             |
| <b>Ahre</b>      | <b>Lower part of body (i.e. legs and feet)</b> |
| <b>Meo-li</b>    | <b>Head</b>                                    |
| <b>Mok</b>       | <b>Neck</b>                                    |
| <b>Myung chi</b> | <b>Solar plexus</b>                            |
| <b>Pal</b>       | <b>Arm</b>                                     |
| <b>Palkoop</b>   | <b>Elbow</b>                                   |
| <b>Palmok</b>    | <b>Forearm</b>                                 |
| <b>Son</b>       | <b>Hand</b>                                    |
| <b>SonMok</b>    | <b>Wrist</b>                                   |
| <b>JuMeok</b>    | <b>Fist</b>                                    |
| <b>Dari</b>      | <b>Leg</b>                                     |
| <b>Murup</b>     | <b>Knee</b>                                    |
| <b>Baal</b>      | <b>Foot</b>                                    |
| <b>Apchook</b>   | <b>Ball of foot</b>                            |

## Competition

|                      |                    |
|----------------------|--------------------|
| <b>Gyorugi</b>       | - sparring         |
| <b>HohGoo</b>        | - body protector   |
| <b>Charyeot</b>      | - attention stance |
| <b>Kyeongre</b>      | - bow              |
| <b>Joonbi</b>        | - ready            |
| <b>Jeon</b>          | - round            |
| <b>Il-hoejeon</b>    | - first round      |
| <b>Shijak</b>        | - start fight      |
| <b>Kallyo</b>        | - pause            |
| <b>Kuman</b>         | - end fight        |
| <b>Kam-Jom-Hana</b>  | - penalty point    |
| <b>Kyeonggo-Hana</b> | - warning          |
| <b>Hong</b>          | - red              |
| <b>Chong</b>         | - blue             |
| <b>Boo Sang</b>      | - injury           |

## The disciplines of Taekwondo

|                 |                |
|-----------------|----------------|
| <b>Poomse</b>   | - style-forms  |
| <b>Hosinsul</b> | - self-defense |
| <b>Gyorugi</b>  | - sparring     |
| <b>Kyepka</b>   | - breaktest    |

## Tenets of Taekwondo

|                 |                      |
|-----------------|----------------------|
| <b>Ye ui</b>    | - courtesy           |
| <b>Yom chi</b>  | - integrity          |
| <b>In nae</b>   | - perseverance       |
| <b>JahJeh</b>   | - self-control       |
| <b>Baekjool</b> | - indomitable spirit |

## Directions

|               |           |
|---------------|-----------|
| <b>Ahp</b>    | - front   |
| <b>Dwi</b>    | - back    |
| <b>Bandae</b> | - reverse |
| <b>Bakat</b>  | - outer   |
| <b>An</b>     | - inner   |
| <b>Anuro</b>  | - inward  |
| <b>Bakuro</b> | - outward |
| <b>OhReun</b> | - right   |
| <b>Wen</b>    | - left    |

### Miscellaneous

|                       |   |
|-----------------------|---|
| <b>Kibon dongjak</b>  | - fundamental practice                                |
| <b>Poomse/ Hyong</b>  | - style figures                                       |
| <b>Daeryon</b>        | - step sparring                                       |
| <b>Sajoe daeryon</b>  | - four-direction movement                             |
| <b>Pan ja yu</b>      | - semi contact fight                                  |
| <b>Gyorugi</b>        | - full contact fight                                  |
| <b>Hosinsool</b>      | - self-defense  |
| <b>Paegi</b>          | - freeing techniques                                  |
| <b>Kihap</b>          | - powerful yell, to collect and focus internal energy |
| <b>Chagi</b>          | - kick  |
| <b>Chigi</b>          | - attack with hand                                    |
| <b>Jiroegi</b>        | - punch   |
| <b>Dan</b>            | - black belt degree: 1st - 10th degree                |
| <b>Gup</b>            | - colored belt degree: 10th (white) - 1st (red-black) |
| <b>Dobok</b>          | - Taekwondo uniform                                   |
| <b>Tie</b>            | - belt  |
| <b>Dojang</b>         | - practice gym  |
| <b>Kwan</b>           | - school  |
| <b>Sabeom Nim</b>     | - instructor  |
| <b>Kam sa hamnida</b> | - Thank you   |
| <b>CheonMaNeYo</b>    | - You're welcome                                      |

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## **White Belt / Yellow Stripe**

### **Stances**

Attention stance  
Ready stance  
Horse stance  
Fighting stance

### **Horse Stance/Front Stance Punches**

Single punch  
Double punch  
Triple punch

### **Horse Stance/Front Stance Blocks**

Low  
Outside  
Inside  
High

### **Kicks**

Inside heel  
Front snap  
Front thrust kick

### **Forms**

Kicho Il-Bo

“Meaning of Taekwondo” (Tae = Kick, Kwon = Punch, Do = Way)

“Age / History of Taekwondo” (Over 2000 years old, from Korea)

Etiquette

## **Yellow Belt**

### **Stances**

Front stance

Back stance

Fighting stance

### **Fighting Stance Punches**

Reverse punch

Lunge punch

### **Fighting Stance Reflex Blocks**

Low

Outside

Inside

High

### **Kicks**

45 degree kick

Side snap kick

### **Forms**

Kicho Ee-Bo

Kicho Sam-bo

## **Grandmaster's Johnson's 10 Rules**

### **One Step**

# 1

(Against straight punch to face)

Step back and high block in back stance then reverse punch to solar plexus)

### **Hoshinsool**

Wrist releases (high, low, inside, outside)

3 step sparring

## **Yellow Belt / Orange Stripe**

### **Hand Techniques**

Hammer fist  
Tigermouth  
Backfist  
Palm strike  
Knifehand  
Ridgehand

### **Kicks**

Side thrust kick  
Stepping side thrust kick  
Knee Kick

### **Hyung**

Taeguk Il-jang

### **Hoshinsol**

Wrist release and strike

## **10 Tenants**

## **2 Step Sparring**

### **Fitness**

10 Pushups  
10 Sit-ups

## Orange Belt

### Defensive-Offensive Footwork

Triangle Footwork

Shuffle

Push-step

Step-drag

Cross-over

    front

    rear

“C” step

Cover and Turn

Pivot

1) Forward quick step

2) Backwards quick step

3) Forward straight step

4) Backwards straight step

5) Draw and forward rush step

6) Jumping back step

7) Forward sliding step

8) Backwards sliding step

9) Lead leg side step

10) Rear leg side step

11) Forward turning step

12) Reverse turning step

13) Forward cross turning step

14) Rear cross turning step

15) Switching step

### Hyung

Pal-gwe Il-jang (Optional)

### Hoshinsol

Finger locks

### Falling

Front fall / Backwards fall

Side fall / Shoulder roll

Break fall

### One Step

#2

(Against straight punch to face)

Step to right and outside block with then triple punch low, middle, high

## Orange Belt / Purple Stripe

### Hand Techniques

Vertical punch  
Middle knuckle punch  
Palm hand strike  
Forearm strike  
Single finger strike  
Thumb knuckle strike  
Side punch

### Elbows

Forward  
Up  
Down  
Diagonal  
Sideways  
Backwards

### Kicks

Roundhouse kick  
Stepping roundhouse kick  
Back thrust kick  
Stamping kick

### Hyung

Taeguk Ee-jang

### Hoshinsol

Backwards wrist lock

1 Step Sparring

## **Purple Belt**

### **Stances**

Crane stance

### **Boxing Skills**

Jab

Straight right

Hook punch

Uppercut

Cross punch

Spinning backfist

Bobbing

Weaving

Combinations

### **Kicks**

Outside Crescent kick

Inside Crescent kick

Ax Kick

### **Explain Tan Jun**

### **Hyung**

Pal-gwe Ee-Jang (Optional)

### **Hoshinsol**

Outside wrist twist

### **One Step**

#3

(Against straight punch to face)

Step to left and outside block then reverse punch to ribs then to face

1:1 Free Sparring

### **Fitness**

20 pushups / 30 sit ups

## **Purple Belt / Green Stripe**

### **Hand Techniques**

Ox-jaw strike  
Tiger claw strike

### **Kicks**

Hook Kick  
Outside Wheel kick  
Inside Wheel kick  
Stepping Hook kick  
Slap / twist kick  
Sliding Roundhouse kick  
Sliding Side kick  
Sliding Hook kick

### **Hyung**

Taeguk Sam-jang

### **Hoshinsol**

Bent wrist locks / come alongs

10 One step sparring / 1:1 Free Sparring

### **Fitness**

20 pushups / 30 sit ups

## Green Belt

### Blocks

Double low

Double inside

Double outside

Double high

### Kicks

Double kicks

front snap kick-side kick

inside crescent kick-side kick

inside crescent kick-outside crescent kick

low side kick-high side kick

45\* kick - roundhouse kick

front kick-back kick

front kick-roundhouse kick

side kick - hook kick

hook kick-roundhouse kick

roundhouse kick-hook kick

outside crescent kick-roundhouse kick

side kick - roundhouse kick

roundhouse kick - roundhouse kick

double punch and back kick combination (3 way)

### Hyung

Pal-gwe Sam-jang (Optional)

### One Step

# 4

(Against straight punch to face)

Step to right and inside block with grab then elbow to face

### Hoshinsol

Side by Side throw

1:1 Free Sparring

## Green Belt / Blue Stripe

### Hand Techniques

Double Uppercut  
Front u-punch  
Side u-punch  
Spearhand strike (snake)  
Half-spearhand strike (leopard)

### Kicks

Spinning crescent  
Spinning hook  
Spinning back thrust

### Blocks

Knifehand block  
Palm block

### Hyung

Taeguk Sa-jang

### Hoshinsol

Turning backwards throw

### **Fitness**

30 Pushups  
40 Sit ups

1:1 Free Sparring

## **Blue Belt**

### **Kicks**

#### Combination kicks

front kick + spin kick ( back / crescent / hook )  
45\* kick + spin kick ( back / crescent / hook )  
side kick + spin kick (back / crescent / hook )  
roundhouse + spin kick (back / crescent / hook )  
inside crescent kick + spin kick ( back / crescent / hook )

#### Double kicks w/ spin

front kick / roundhouse kick / spinning kick (back / crescent / hook )  
45\* kick / roundhouse kick / spinning kick (back / crescent / hook )  
front kick / side kick / spinning kick (back / crescent / hook )  
45\* kick / side kick / spinning kick (back / crescent / hook )  
side kick / roundhouse kick / spinning kick (back / crescent / hook )

### **Hyung**

Pal-gwe Sa-jang (Optional)

### **One Step**

# 5

(Against straight punch to solar plexus)

Step to right and low block then palm heel strike to chin

### **Hoshinsol**

Arm Bars

1:1 Free Sparring

## **Blue Belt / Red Stripe**

### **Hand Techniques**

Eagle beak strike

### **Kicks**

Dragon snap

Dragon thrust

Dragon round

Forward motion dragon kicks

Step dragon kicks

### **Hyung**

Taeguk Oh-jang

### **Hoshinsol**

Shoulder locks

## **Red Belt**

### **Kicks**

Jumping inside crescent  
Jumping front snap kick  
Jumping front thrust kick  
Jumping/Hop outside crescent  
Jumping side kick  
Jumping/Hop ax kick  
Jumping roundhouse  
Jumping hook kick

### **Meditation**

Mundra exercise

### **Hyung**

Pal-gwe Oh-Jang (optional)

### **Hoshinsol**

Head twist

### **One Step**

# 6

(Against straight punch to face)

Step back and high block then front snap kick to groin

### **Fitness**

40 Pushups

50 Sit ups

## **Red Belt / Brown Stripe**

### **Blocks**

Single Mountain block  
Mountain block

### **Kicks**

Jump kick combinations

- jump front kick + spin kick ( back / crescent / hook )
- jump 45\* kick + spin kick ( back / crescent / hook )
- jump inside crescent kick + spin kick ( back / crescent / hook )
- jump ax kick + spin kick ( back / crescent / hook )
- jump roundhouse kick + spin kick ( back / crescent / hook )
- jump slap kick + spin kick ( back / crescent / hook )
- jump side kick + spin kick ( back / crescent / hook )

### **Hyung**

Taeguk Yook-jang

### **Hoshinsol**

Knee locks

## **Brown Belt**

### **Stances**

Cross stance

### **Blocks**

High cross block

Low cross block

High knife-hand cross block

Low knife-hand cross block

### **Kicks**

Fake spinning crescent

Fake spinning 45

Fake spinning roundhouse

Blocking kicks

    crescent kick block to punches

    side kick block to kicks

    front kick block to kicks

### **One Step**

# 7

(Against straight punch to face)

Step to right to evade and side kick to ribs

### **Hoshinsool**

Ankle locks

### **Hyung**

Pal-gwe Yook-jang (Optional)

2:1 Free Sparring

## **Brown Belt / Black Stripe**

### **Blocks**

Forearm block  
Outside spread block  
Inside spread block

### **Kicks**

Step spinning hook kick  
Step spinning crescent kick  
Step spinning back kick  
4 way kick  
Leg Kicks  
Falling kicks  
    hook kick  
    back kick  
    side kick

### **Stances**

Tiger stance

### **One Step**

# 8  
(Against straight punch to face)  
Step to left to evade and side kick to ribs

### **Hyung**

Taeguk Chil-jang  
Pal-gwe Chil-jang ( Optional)

### **Hoshinsol**

Leg/Foot Sweeps and Reaps

### **Dynamic Tension Breathing**

Boulder Push  
Punching

### **Fitness**

40 Pushups  
50 Sit ups

2:1 Free Sparring

## **Probationary/Deputy Black Belt**

### **Kicks**

Kicking left and right

front kick left / jump side kick right

outside crescent kick left / jump side kick right

side kick left / jump side kick right

front kick left / jump round kick right

side kick left / hook kick right

hook kick left / hook kick right

### **Hyung**

Taegeuk Pal-jang

Pal-gwe Pal-jang (Optional)

### **Hoshinsol**

Hip throws

### **One Step**

# 9

(Against straight punch to face)

Front thrust kick in place to solar plexus before opponent reaches you

### **Written Paper**

“What Taekwondo has done for me in my life.” 5 pages

### **Fitness**

50 Pushups / 60 Sit ups

1:1 Sparring

**1st Degree Black Belt (Poom)  
Instructor Trainee**

**All Previous Striking and Kicking Techniques**

**Hyung**

Koryo

**Hoshinsol**

Kicking Defense

**Vital Points**

**Fitness**

1 Mile Run

50 Pushups

100 Sit ups

**One Step**

# 10

(Against straight punch to face)

Step back with left foot to evade with inside block the spinning back kick to solar plexus

3:1 Free Sparring

**Hoshinsol**

Rear takedowns, body throws

**Written Paper**

“History and philosophy of Taekwondo“ 5 pages

10 Hours of Community Service Work

## **10 ONE STEP**

### **To High Right Lunge Punch**

- 1) Stepping back with right foot, high block with left hand then reverse punch with right hand.
- 2) Stepping to the right with right foot, outside block with left hand, then triple punch low, middle, high.
- 3) Stepping to the left with left foot, outside block with right hand, the punch with left hand to ribs then right hand to face..
- 4) Stepping forward 45 degrees with right foot, inside block with right hand and grab with left hand as you elbow to face with right elbow.

### **To Right Middle Lunge Punch**

- 5) Stepping to the right 45 degrees forward with right foot, low block with left hand then palm strike to face with right hand.

### **To High Right Lunge Punch**

- 6) Stepping back with right foot, high block with left hand then front snap kick to groin with right foot.
- 7) Leap to right avoiding punch then side kick to solar plexus with left foot.
- 8) Leap to left avoiding punch then side kick to ribs with right foot.
- 9) Front thrust kick to solar plexus as opponent steps forward.

### **To Right Middle Lunge Punch**

- 10) Step back with left foot and inside block with right arm then spin back kick to solar plexus.

### **Advanced one steps: double kicks, falling kicks, scissors kick, sweeping kicks**

## 10 - Throws

### **To Right High Lunge Punch**

- 1) Step back with right foot and outside block and grab with both hands, outside reaping throw.**
- 2) Step back with right foot and outside block and grab with both hands, outside hooking throw.**
- 3) Step back with right foot and outside block and grab with both hands, inside reaping throw.**
- 4) Step to left with left foot and inside block and grab with both hands, inside hooking throw.**
- 5) Step back with left foot and outside block and grab with both hands, inside spooning throw.**
- 6) Step back with right foot and outside block and grab with both hands, put right foot in stomach and pull forward falling on back throwing overhead.**
- 7) Step back with left foot and outside block and grab with left hand, right hand reaches around waist as you turn in, inside hip throw.**
- 8) Step to left with left foot and inside block with left hand, bend and scoop right leg with right arm as left hand pushes back.**
- 9) Duck under punch and do double leg scoop with both arms.**
- 10) Left leg steps to left, right hand outside blocks and grabs pulling hand between legs. Grab hand with left and pull.**

## 2<sup>nd</sup> Degree Black Belt

### Jump spinning kicks

Jump spinning back thrust  
Jump spinning crescent  
Jump spinning hook

### Jump spinning kick combinations

front kick + jump spinning kick ( back / crescent / hook )  
45\* kick + jump spinning kick ( back / crescent / hook )  
inside crescent kick + jump spinning kick ( back / crescent / hook )  
ax kick + jump spinning kick ( back / crescent / hook )  
roundhouse kick + spinning kick ( back / crescent / hook )  
side kick + jump spinning kick ( back / crescent / hook )

### Double kicks w/ jump

front kick / roundhouse kick / jump spinning kick (back / crescent / hook )  
45\* kick / roundhouse kick / jump spinning kick (back / crescent / hook )  
front kick / side kick / jump spinning kick (back / crescent / hook )  
45\* kick / side kick / jump spinning kick (back / crescent / hook )  
side kick / roundhouse kick / jump spinning kick (back / crescent / hook )

### Sitting Kicks

Sitting side kick  
Sitting front kick  
Sitting roundhouse kick

### Lower Level Kicks

Low roundhouse kick  
Low spin hook kick  
Low side kick  
Low double side kick  
Low scissors kick  
Low roundhouse + low spinning hook  
Jump forward low spinning hook

### **Spinning hook kick combinations**

High and low spinning hook kick  
High, middle, low spinning hook kick  
4 way spinning hook kick  
540 degree spinning hook kick

### **Double front thrust**

### **Jump Flying Kicks**

side kick  
front thrust kick  
spinning back kick

20 Hours Community Service Work

### **Hyung –**

Taegeuk Forms

Koryo

Geumgang

### **Advanced Unarmed Self-Defense Curriculum**

#### **Multiple Opponent Self-Defense**

#### **Self-Defense against:**

Knife  
Sword  
Pistol  
Rifle

#### **Sparring**

1:1  
2:1  
3:1