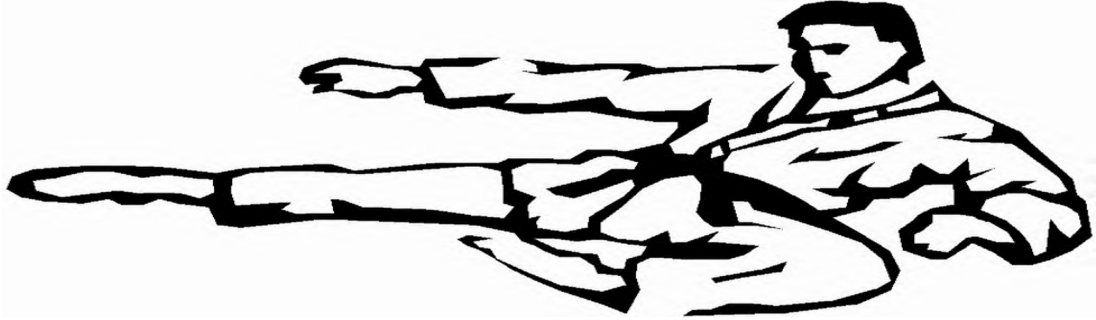




Brechin School of Taekwon-Do



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Unified-ITF-UK

Introduction

The international governing body to which Unified-ITF-UK is an affiliate is the Unified International Taekwondo Federation (Unified-ITF) of whom the President is Grandmaster Hwang Kwang Sung IX Degree. Grandmaster Hwang was one of the original three masters to be promoted to Grandmaster by the late General Choi Hong Hi, founder of Taekwondo, and President of the original ITF. The other two being Grandmaster Rhee Ki Ha IX Degree president of UKTA, and Grandmaster Charles Sereff IX Degree president of USTF. Grandmaster Hwang is the only person in the original ITF history to be in charge of three positions of authority at any one time, and is the first certified Korean Grandmaster with his certificate number being K-9-1. Grandmaster Hwang formed the Unified-ITF to allow him to pursue his original ITF position, that of merger chairperson. His ultimate aim is to unite all Taekwondo organisations (including non ITF style e.g. WTF) under one unified body, which was of course the founder of Taekwondo's final wish.

History

Unified-ITF-UK has long been the vision of Mr. Mulligan and was born on 8th January 2005 following a meeting held in Brechin (Scotland) for interested parties, such as students, instructors, and parents. This desire or goal to have an organization that can be self governing and completely democratic is now a reality. The founding members are all current members of the executive committee, and each has a voting right. Unified-ITF-UK is forward thinking, reflective, completely amateur, thus administered by people who do not teach martial arts for a living, and have no desire to do so. Despite this, we are completely professional in all that we do and by not focusing on students and instructors for monetary gains, we are therefore able to offer the most cost effective methods of teaching and promoting ITF Taekwondo, allowing us to reinvest the majority of funds raised to further develop affiliated schools, instructors, coaches, and most of all, the students. Coaches will still be paid through tuition fees at club level, this is no different to any other organization, although it is the instructors responsibility to manage their classes and therefore charge realistic fees based on the economics of the area in which they are teaching. In 2006 Unified ITF UK formally became a business so that a building could be bought in order to further goals in martial arts. Mr Mulligan and Mr Mitchell now are business partners because they had to in order to purchase the venue which we operate out of. Many developments have taken place since and we are always looking to the future to make our organization and group of individuals the best that they can be.

WHAT IS TAE KWON-DO?

TAE KWON-DO A WAY OF LIFE

Translated literally, TAE KWON-DO means “Art of Hand and Foot Fighting”. It is more than that however. It is the scientific use of the body in methods of self-defence, a body that has gained the ultimate use of its facilities through intensive physical training. It is a martial art, its discipline, techniques and mental training are a mortar for building a strong sense of justice, fortitude, humility and resolve. It is this mental conditioning that separates the true practitioner from the sensationalist, content with mastering only the fighting aspects of the art.

The name TAE KWON-DO as every student knows, did not exist until April 11 1955, when at a meeting of leading Masters, distinguished Historians and Politicians, General Choi Hong Hi 9th Degree submitted the name TAE KWON-DO and the syllabus of his art, which was unanimously accepted and also received the approval of the Korean President. Therefore unifying the various Kwan's such as Dong Soo, Gong Soo, Kwan Bup, Tae Kyon, Soo Bak, Kang Soo and others.

But what led to this?

Korea's first known and historically documented system of fighting techniques were practiced about 600 AD in the Silla Kingdom (Southern Korea). These ancient and primitive techniques were systemised into a style known as Soo Bak-Gi. This was shortly followed by Tae Kyon (known as the Korean Art of Foot Fighting) which was used extensively by early dynasties for recruiting and training their armed forces.

It was during the Koryo Dynasty that it became a formulated system consisting of some 25 basic leg movements, which included leg and hand techniques as well as jumps, rolls, and falls.

However, these arts were to decline during later dynasties as an anti-military position was adopted. Further decline was to follow in 1909 when Korea became a nation occupied by the Japanese, who outlawed the practice of Tae Kyon along with many other Korean customs and traditions.

Tae Kyon was only to survive due to the efforts of people like Masters Song Duk Ki and Han Il Dong who would not let their heritage die.

In 1933, a young General Choi was sent by his father to learn the art of calligraphy. His teacher was Han Il Dong who, since the occupation, had practiced his art (Tae Kyon) relentlessly but in secret.

On seeing the small, frail looking boy, Master Han decided not only to teach him calligraphy but also Tae Kyon. For the next few years General Choi was to practice Tae Kyon under the watchful eye of Master Han. Then in 1937 General Choi was sent to Kyoto, Japan to further his education. While there he studied Karate under a fellow Korean Mr Kim attaining a 2nd Degree Black Belt.

On returning to Korea during World War II, General Choi like so many of his countrymen was forced to enlist in the Japanese army, but while posted at Pyongyang he was implicated as a planner of the Korean Independence Movement and sent to a Japanese prison. 1945 saw the end of the war and with it the liberation of Korea and the release of General Choi from prison.

In January 1946 General Choi became a 2nd Lieutenant in the newly formed Korean Army. Later he was assigned to Kwang-Ju as a Company Commander. While there he taught the whole company the foundation of the new art.

On being promoted to 1st Lieutenant he was sent to Tae Jan where he not only taught Koreans but also American Troops stationed there.

The next few years saw General Choi consolidating the basic foundations of Taekwon-Do while pursuing his military career. By 1949 he had attained the rank of full Colonel and with it the opportunity to go to study at the Fort Riley Grand General School in Kansas USA. While there he gave America it's first taste of Taekwon-Do.

The years to 1953 saw General Choi organize the Korean Grand General School in Pusan. As Assistant Commandant and Chief of the academic Department in 1952 he briefed General McArthur on his visit to Kang Nung and at the time of the armistice he was in command of the 5th Infantry Division.

In 1954 General Choi activated the 29th Infantry Division (see pattern HWA-RANG) at the Cheju Island and the Oh Do Kwon (Gym of my Way). While there, along with Major Nam Tae Hi, he was also commander of the Chon do Kwan (Gym of the Blue Wave) which was the largest of the civilian gyms.

April 11 1955 saw the name Taekwon-Do formally recognised in Korea. But this was only the beginning as General Choi was about to teach Tae Kwon-Do to the world.....

TAE KWON-DO can be translated as follows:

TAE **FOOT**
KWON **HAND**
DO **WAY OR ART**

Therefore Taekwon-Do means a method of self-defence using foot and hand.

KI HAP!
by Yong Sun Kang

The Ki-Hap is an enigma to most beginners. For them, Taekwon-Do is physically orientated, they fail to see why they are taught to yell at certain points during their classes. For those who have practiced Taekwon-Do for any length of time, an agreement has been reached on the importance of the Ki-Hap and concentration. But I contend that concentration and its vocalisation, the Ki-Hap, are the very essence of the art.

All oriental martial arts possess some form of Ki-Hap. Emphasis is placed on the concentration of power and spirit which this Ki-Hap brings forth. Try to imagine an effective martial art without these two components.

An activity which teaches only hand and foot movements is nothing but physical exercise. Taekwon-Do emphasizes mental and spiritual powers as well. The mind and heart are trained along with the body. By means of the "Ki-Hap", power is summoned from all three sources. The speed, power and accuracy that can be developed is difficult to imagine. Taekwon-Do, then is a much greater accomplishment than just physical conditioning.

What exactly is "concentration" and how does one develop it?

Concentration is the ability to focus the mind, heart and body toward the accomplishment of a desired goal, to make them of one spirit, one intention. It is the devastation of a physical target, either real or imaginary. Every movement in the martial arts must be directed towards an opponent or target. When free fighting or performing patterns, one must always direct a movement toward a target.

In patterns all movements are directed towards the vital spots of the imaginary opponent. The solar plexus, temple, floating ribs etc. must be attacked with full speed and accuracy. One must, however, protect their own vital spot when using a technique.

It is by using this mental picture of attacking and defending against opponents, using all available speed and power that will develop the skills in Taekwon-Do. The mind must have the power and the control to keep pushing the body forward to reach the standard. A soft mental approach will produce soft ineffective technique, whereas hard training mentally and physically will produce strong, hard techniques. It is important to concentrate on self discipline, only then will the true fulfillment of Taekwon-Do be realized.

The Ki-Hap itself is the natural product of concentration. Superficially it is the sound omitted when the stomach muscles are tightened and the diaphragm pushed upwards, but the inward result of this sound is the maximum utilization of concentration of the body and mind. The word “Ki” has many different meanings in the Korean language, but “Ki-Hap”, “Ki” meaning air or spirit and “Hap” meaning together or united.

If you have seen someone lifting or throwing heavy objects, you must also have heard them making a grunting sound. This is not the same as “Ki Hap” but it is similar. People naturally grunt when they perform a task which requires great effort as it helps to muster ones power. Making a sound actually helps to unite your mind and body toward the action being performed. When practicing Taekwon-Do there are times when you will “Ki-Hap” inadvertently.

A good Ki-Hap originates in the “Dan-Jun”, the lower part of the abdomen, which is the centre of power. Before performing any action, the abdomen must be tense to give maximum strength to the technique.

To do the Ki-Hap, start by filling your lungs with air. As the technique starts, exhale progressively until around 40% of your breath is left. At this point, and in time with the technique landing at it’s target, stop the breath and tighten the abdominal muscles. This tenses the body completely giving the technique it’s maximum effect by locking the entire body.

In Tae Kwon-Do, we prepare our mind and body by adopting the ready “Junbi” stance. As you know there are many different ready stances but they all fulfil the same purpose - to clear the mind and prepare the body for the actions to be performed. It is important to do this stance properly as it is the transition between normal, relaxed movement and quick, powerful movement. That is why we have “Junbi” before and after every exercise.

Concentration and “Ki-Hap” go hand in hand. They help the martial art practitioner bring together in heart, mind and body for the purpose of making actions strong, quick and precise. When the Ki-Hap, and concentration are practiced together, the student will be rewarded with better technique. More power and better fitness. All these things can be developed through Taekwon-Do training.

The mind is more powerful as it controls the body. A positive thinking mind will produce positive physical results. Being in the company of positive thinking people will also allow a positive attitude to result. Allow a negative person to enter your training and negative performance will result. You must discipline yourself if you are going to achieve you goal.

THE TENETS OF TAE KWON-DO
(Tae Kwon-Do Jungshin)

Courtesy	Ye Ui
Integrity	Yom Chi
Perseverance	In Nae
Self Control	Guk Gi
Indomitable Spirit	Baekjul Boolgool

EXPLANATION OF TENETS

The tenets of Tae Kwon-Do should act as a guide for all serious students of TAEKWON-DO.

COURTESY

Taekwon-Do students should attempt to practice the following elements of etiquette.

1. To promise the spirit of mutual concessions.
2. To be ashamed of one's vices, contemplating that of others.
3. To be polite to one another.
4. To encourage the sense of justice.
5. To distinguish the instructor from student and senior from junior.

INTEGRITY

In Taekwon-Do, the word integrity assumes a looser definition than in a dictionary. One must be able to define right and wrong and have the conscience, if wrong, to feel guilt. Listed are some examples where integrity is lacking.

1. The instructor who misrepresents himself and his art by presenting improper techniques to his students because of a lack of knowledge or apathy.
2. The student who misrepresents himself by fixing breaking materials before demonstrations.
3. The instructor who camouflages bad techniques with luxurious training halls or false flattery to his students.
4. The student who gains rank for ego purposes or the feeling of power.
5. The instructor that teaches and promotes his art for materialistic gains.

THE TENETS OF TAEKWON-DO (cont.)

PERSEVERANCE

There is an old oriental saying, "Patience leads to virtue or merit" - "One can make a peaceful home by being patient 100 times". Certainly, happiness and prosperity are most likely brought to the patient person. To achieve something, whether it is a higher degree or the perfection of a technique, one must set his goal and constantly persevere. Robert the Bruce learned his lesson of perseverance from the persistent efforts of a lowly spider. It was his perseverance and tenacity that finally enabled him to free Scotland in the 14th century. One of the most important secrets in becoming a leader in Taekwon-Do is to overcome every difficulty by perseverance.

SELF CONTROL

This tenet is extremely important inside and outside the do-jang, whether conducting oneself in free sparring or in one's personal affairs. A loss of self control in free sparring can prove disastrous to both student and opponent. An inability to live and work within one's capability or sphere is also a lack of self control.

INDOMITABLE SPIRIT

"Here lie 300, who did their duty", a simple epitaph for one of the greatest acts of courage known to mankind. Although facing the superior forces of Xerxes, Leonidas and 300 Spartans, at Thermopylae, showed the world the meaning of indomitable spirit. It is shown where a courageous person and his principles are pitted against overwhelming odds. A serious student of Taekwon-Do will at all times be modest and honest. If confronted with injustice, he will deal with the belligerent without any fear or hesitation at all, with indomitable spirit, regardless of whosoever and however many the number may be.

THEORY OF POWER (Him Ui Wollli)

Reaction Force (Bandong Ryok)
Concentration (of force) (Jip Joong)
Equilibrium (Kyun Hyung)
Breath Control (Hohup Jojul)
Mass (Zilyang)
Speed (Sokdo)
Reflex (Banung)

The theory of power is otherwise known as the principals of Taekwon-Do. Please note Force = Mass x Acceleration, but speed/Acceleration is the most essential factor. (See instructor for further information, if required).

Training Secret of Taekwon-Do

Students should keep in mind the following **nine secrets**:

1. To study the theory of power thoroughly.
2. To understand the purpose and method of each movement clearly.
3. To bring the movement of eyes, hands, feet and breath into a single co-ordinated action.
4. To choose the appropriate attacking tool for each vital spot.
5. To become familiar with the correct angle and distance for attack and defence.
6. Keep both the arms and legs bent slightly while the movement is in motion.
7. All movements must begin with a backwards motion with very few exceptions. However, once the movement is in motion it should not be stopped before reaching the target.
8. To create a sine wave during the movement by utilizing the knee spring properly.
9. To exhale briefly at the moment of each blow except a connecting motion.

TAEKWON-DO OATH AND DOJANG RULES

STUDENT OATH

1. I shall observe the tenets of Taekwon-Do.
2. I shall respect the instructor(s) and seniors.
3. I shall never misuse Taekwon-Do.
4. I shall be a champion of freedom and justice.
5. I shall build a more peaceful world.

RULES OF THE DOJANG

1. All students must bow before entering and leaving your training hall or area.
2. Prior to class, all students must bow to black belts who enter the hall. This also applies to lower ranking belts when senior degrees enter. Correct protocol and courtesy must be observed at all times.
3. Always bow before speaking to your instructor.
4. At all times, address your instructor as **MISTER** or **SIR**, **never** first names. If the instructor is a lady then **MISS** or **MRS** is appropriate.
5. No shoes are allowed in the Dojang.

6. Come to attention and await permission before speaking out in class.
7. No idle chatter while training is in progress.
8. When lining up in class, the highest ranking is positioned at the right hand side of the front row. Students in the succeeding rows should line up directly behind the students in the front row, with the seniority starting from the right hand side.
9. If you arrive late for class, you must first attract the attention of the instructor by adopting attention stance, bowing and giving your reasons, this is a mark of courtesy.
10. If a student leaves for more than a month, they may be required to take an assessment grading.
11. Uniforms **MUST** be clean and **PRESSED** before every training session.

STUDENTS (JEJA)

1. Never tire of learning. A good student can learn anywhere, anytime. This is the secret of knowledge.
2. A good student must be willing to sacrifice for his art and instructor. Many students feel that their training is a commodity brought with monthly dues, and are unwilling to take part in demonstrations, teaching and working around the Dojang. An instructor can afford to lose this kind of student.
3. Always set a good example to lower ranking belts. It is only natural that they will attempt to emulate senior students.
4. Always be loyal and never criticise the instructor, Taekwon-Do or the teaching methods.
5. If an instructor teaches a technique, practice it and attempt to utilize it.
6. Remember that a student's conduct outside the Dojang reflects on the art and instructor.
7. If a student adopts a technique from another Dojang and the instructor disapproves of it, the student must discard it immediately, or train at the gym where the technique was learned.
8. Never be disrespectful to the instructor. Though a student is allowed to disagree, the student must eventually follow the instructor whether he is right or wrong.
9. A student must be eager to learn and ask questions.
10. Never break a trust.

GRADING SYSTEM AND BELT COLOURS

Students are promoted in Taekwon-Do after being successful in their grading examinations, which they are allowed to sit after having trained and studied for the required amount of time. The grading system is as follows:

COLOURED BELT GRADES

10th Kup	WHITE BELT
9th Kup	WHITE BELT/YELLOW TAGS
8th Kup	YELLOW BELT
7th Kup	YELLOW BELT/GREEN TAGS
6th Kup	GREEN BELT
5th Kup	GREEN BELT/BLUE TAGS
4th Kup	BLUE BELT
3rd Kup	BLUE BELT/RED TAGS
2nd Kup	RED BELT
1st Kup	RED BELT/BLACK TAGS

BLACK BELT RANKING

1st Degree	
2nd Degree	NOVICE
3rd Degree	
4th Degree	
5th Degree	EXPERT
6th Degree	
7th Degree	
8th Degree	MASTER
9th Degree	

THE EXPLANATION OF BELT COLOURS

WHITE	Signifies innocence as that of a beginner student who has no previous knowledge of Taekwon-Do
YELLOW	Signifies the earth from which the plant takes root and sprouts as the Taekwon-Do foundation is laid.
GREEN	Signifies the plants growth as the Taekwon-Do skill begins to develop.
BLUE	Signifies the heaven towards which, the plant matures into a towering tree as training in Taekwon-Do develops.
RED	Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

BLACK Opposite of white, therefore signifying maturity and proficiency in Taekwon-Do. It also indicates the wearers imperviousness to darkness and fear.

TITLE AND FUNCTION

In order to ensure that people understand the correct format for protocol in the future, this has been written so that everyone knows the correct procedure when addressing each other, especially in the training hall.

Too many people are detracting from the importance of the achievements of those who have studied hard and taken many years to achieve their qualifications.

False claim of Master status from 4th Degree upwards, do nothing to enhance someone's reputation when they do not have the experience to back up the title. Too many people try to boost their own egos without regard to the damage being done to those people who are entitled to use the "Master" title properly. It is understood that some people use the title of Master because they were simply not aware of the fact that a Master is someone of 7th or 8th Degree.

However, we ask all Degree holders to use the appropriate titles:

1st to 3rd Degree	Assistant Instructor (fully qualified) Boosabum
4th to 6th Degree	Instructor Sabum
7th and 8th Degree	Master Sahyun
9th Degree	Grand Master Sasung

1st to 3rd Degree will only be called Assistant Instructor when they have been duly qualified by their National Organisation. 4th to 6th Degree will only be called Instructor when they have been qualified by the ITF to International Instructor.

An example of the correct terminology to use at the commencement of class, the senior student will say:

Charyot (Attention); BooSabum Nimgeh (Respect for Instructor); Kyong Ye (Bow)-Taekwon.

The title of course will change depending on the seniority of the person being shown the respect.

PATTERNS (TUL)

There are two definitions (a student need only learn one).

- 1. A Pattern is a series of offensive and defensive moves, against an imaginary opponent, starting and finishing on the same spot and flowing in a rhythmic motion.**
- 2. A Pattern is a series of various fundamental movements most of which represent either attack or defence techniques set to a fixed and logical sequence against an imaginary opponent.**

The ancient law in the Orient was similar to the law of Hamurabi. “An eye for an eye, a tooth for a tooth”, and was rigorously enforced even if death was caused accidentally. In this type of environment, and since the present system of free sparring had not yet been developed, it was impossible for a student of the martial arts to practice or test his individual skill of attack and defence against actual moving opponents. Individual advancement was certainly hindered until an imaginative practitioner created the first patterns.

The student systematically deals with several imaginary opponents under various assumptions, using every available attacking and blocking tool from different directions. Thus, pattern practice enables the student to go through many fundamental movements in series, to develop sparring techniques, improve flexibility of movements, master body shifting, build muscles and breath control, develop fluid movement and gain rhythmical movements.

There are a total of 24 patterns in Taekwon-Do

The Reason for 24 Patterns

The life of a human being, perhaps 100 years, can be considered as a day compared with eternity. Therefore, we mortals are no more than simple traveller's who pass by the eternal days of an aeon in a day.

It is evident that no-one can live more than a limited amount of time. Nevertheless most people foolishly enslave themselves to materialism as if they could live for thousands of years. Other people strive to bequeath a good spiritual legacy for coming generations, and in this way, gain immortality. Obviously, the spirit is perpetual while material is not. Therefore, what we can do to leave behind something for the welfare of mankind is, perhaps, the most important thing in our lives.

The diagram of a Pattern

The diagram of a pattern is a directional plan of the pattern. It should be followed closely as all patterns should start and finish at the same spot. In the individual pattern text, the position “X” is the starting point of the pattern.

THE 24 PATTERNS OF TAEKWON-DO

Coloured Belt Patterns

9th Kup	Chon-Ji	19 movements
8th Kup	Dan-Gun	21
7th Kup	Do-San	24
6th Kup	Won-Hyo	28
5th Kup	Yul-Gok	38
4th Kup	Joong-Gun	32
3rd Kup	Toi-Gye	37
2nd Kup	Hwa-Rang	29
1st Kup	Choong-Moo	30

Black Belt Patterns

1st Degree	Kwang-Gae	39
	Po-Eun	36
	Gae-Baek	44
2nd Degree	Eui-Am	45
	Choong-Jang	52
	Juche	45
3rd Degree	Sam-Il	33
	Yoo-Sin	68
	Choi-Yong	46
4th Degree	Yong-Gae	49
	Ul-Ji	42
	Moon-Moo	61
5th Degree	So-San	72
	Se-Jong	24
6th Degree	Tong-Il	56

Types of Motion used in Patterns

Fast Motion – Barun Dungchak

Slow Motion – Nurin Dingtchak

Continuous Motion – Gesok Dungchak

Connecting Motion – Eeogin Dungchak

Consecutive Motion – Yonsok Dungchak

Stamping Motion – Korugi Dungchak

Words often used in the Training Hall

Hana	One	Sumoon	Twenty
Dul	Two		
Set	Three		
Net	Four		
Ta sut	Five		
Ya sut	Six		
Ilgup	Seven		
Ya dul	Eight		
A hop	Nine		
Yaul	Ten		

Charyot	Attention
Kyong Ye	Bow
Junbi	Ready
Si Jak	Start
Goman	Stop
Haechyo	Break
Tiro Toro	Turn Around
Nagagi	Forward
Duruogi	Backward
Baro	Return
Swiyo	Relax
Haesan	Class Dismissed

STANCES

Attention Stance	Charyot Sogi
Parallel Stance	Narani Sogi
Sitting Stance	Annun Sogi
Walking Stance	Gunnun Sogi
L-Stance	Nuinja Sogi
Fixed Stance	Gojung Sogi
Bending Stance	Goburyo Sogi
X-Stance	Kyocha Sogi
Rear Foot Stance	Dwitbal Sogi
Low Stance	Nachuo Sogi
Vertical Stance	Soo Jik Sogi
Diagonal Stance	Sasun Sogi
Warrior Stance	Moosa Sogi
One Leg Stance	Waebal Sogi
Crouched Stance	Oguryo Sogi
Open Stance	Palja Sogi

Attacking and Blocking Tools (Gong Gyok mit Boowi)

As the claws of the tiger or the wings of a bird constitute weapons in their own way, so do the hands and feet of a man form natural weapons. One of the important features of Taekwon-Do training turns the hands and feet into tough effective weapons capable of withstanding the harshest test without being damaged or dulled.

Even the best woodcutter must give up tree cutting if his axe or saw is broken. In war time, even the sharpshooter becomes helpless and perhaps get killed if his gun does not fire because of long neglect of cleaning.

By the same token even the Master of Taekwon-Do who was well versed in the technique may succumb to an attacker if he or she breaks a hand or foot during combat because they were weak from lack of toughening or training manoeuvres. In addition to publicising Taekwon-Do during normal dealings with others, the students are asked to actively participate in the demonstration programs in which the breaking of tiles and pine boards can serve as a testimony to the public, the power of Taekwon-Do.

In this manner, the students of Taekwon-Do can maintain the discipline of exercise to keep the hands and feet hardened and in constant readiness. No matter how skilful one's techniques are, if the techniques lack force, one is unable to impact any pain or shock to the opponent during the actual combat.

The part or surface through which the shock is transmitted to the opponent's body is called the attacking tool and any part or surface which intercepts or repulses the attack is called the blocking tool.

Theoretically, all locations of the concentration of strength are considered attacking tools, most of which serve also as blocking tools. The nineteen parts or positions where the strength can be easily concentrated and toughened or developed are the most frequently used tools in Taekwon-Do.

They are divided into hand parts, foot parts and miscellaneous parts. Remember that unlike other tools, they cannot be obtained easily but can only be gained through ceaseless training under the anvil of firm individual resolution.

ATTACKING AND BLOCKING TOOLS

Hand Parts

Forefist
Backfist
Sidefist
Underfist
Palm
Middle Knuckle Fist
Fore Knuckle Fist
Knifehand
Reverse Knifehand
Thumb
Forefinger
Double Forefinger
Flat Fingertip
Angle Fingertip
Straight Fingertip
Upset Fingertip
Arc Hand
Backhand
Fingerbelly
Long Fist
Open Fist

Forearm Parts

Outer Forearm
Inner Forearm
Back Forearm
Under Forearm

Elbow Parts

Back Elbow
Side Elbow
Double Side Elbow
Straight Elbow
Upper Elbow
Front Elbow
High Elbow

Footparts

Ball of Foot
Back Sole
Footsword
Back Heel
Instep
Side Sole
Reverse Footsword

Sang Bansin

Ap Joomuk
Dung Joomuk
Yop Joomuk
Mit Joomuk
Sonbadak
Joongji Joomuk
Inji Joomuk
Sonkal
Sonkal Dung
Omji Songarak
Han Songarak
Doo Songarak
Opun Sonkut
Homi Sonkut
Sun Sonkut
Dwijibun Sonkut
Bandalson
Sondung
Songarak Badak
Ghin Joomuk
Pyun Joomuk

Bakat Palmok
An Palmok
Dung Palmok
Mit Palmok

Dwit Palkup
Yop Palmok
Jau Palkup
Sun Palkup
Wi Palkup
Ap Palkup
Nopun Palkup

Ap Kumchi
Dwikumchi
Balkal
Dwichook
Baldung
Yop Bal Badak
Balkal Dung

HAND TECHNIQUES (Son Gisool)

Although hand techniques are certainly very important in offensive motions, they play the most important part in defence, especially blocking.

Common Principles:

1. Turn the hip and abdomen in the same direction as the attacking or blocking tool does throughout the action.
2. The heel and rear foot should be raised slightly off the ground at the beginning of the motion and placed firmly on the ground at the moment of impact in most cases. This principle, however, is only applicable to those movements which are performed from the same position.
3. Raise the body slightly at the beginning of the motion, and lower it at the moment of impact in all cases.
4. All movements must begin with a backward motion in order to utilise the maximum velocity.
5. Keep both arms slightly bent while the movement is in motion.
6. The heel of the rear foot must be placed firmly on the ground at the moment of impact for both attack and defence.

ATTACK TECHNIQUE (Gong Gyoki)

The attack is executed in the form of punching, striking, thrusting, cross-cutting, pressing and breaking. Since three of these techniques punch, strike and thrust are so closely interrelated in principle, it may be difficult to make clear a distinction between them. The purpose behind each technique, as well as the method, differs slightly.

A punch is used primarily to cause an internal haemorrhage rather than surface damage by twisting the attacking tool.

A thrusting motion, however, is delivered with an intention to cut through the vital spot with less twisting of the attacking tool.

A striking motion is used to destroy or break the bone or muscles of vital spots with the least twist of the attacking tool.

FOOT TECHNIQUES (Bal Gisool)

Attack Techniques (Gong Gyok Gi)

Front Snap Kick	Ap Cha Busigi
Side/Front Snap Kick	Yobap Cha Busigi
Turning Kick	Dollyo Chagi
Side Turning Kick	Yop Dollyo Chagi
Side Piercing Kick	Yop Cha Jirugi
Side Thrusting Kick	Yop Cha Tulgi
Side Pushing Kick	Yop Cha Milgi
Back Piercing Kick	Dwitcha Jirugi
Back Pushing Kick	Dwitcha Milgi
Back Snap Kick	Dwitcha Busigi
Reverse Turning Kick	Bandae Dollyo Chagi
Reverse Hooking Kick	Bandae Dollyo Goro Chagi
Downward Kick	Naeryo Chagi
Pick Shaped Kick	Gok Kaengi Chagi
Pressing Kick	Noollo Chagi
Twisting Kick	Bituro Chagi
Sweeping Kick	Suroh Chagi
Stamping Kick	Cha Bapgi
Vertical Kick	Sewo Chagi
Flying Kick	Twimyo Chagi
Mid Air Kick	Twio Dolmyo Chagi
Overhead Kick	Twio Nomo Chagi
Consecutive Kick	Yonsok Chagi
Two Direction Kick	Sang Bang Chagi
Flying Double Kick	Twimyo I-Jung Chagi
Flying Triple Kick	Twimyo Samjung Chagi

Defence Techniques (Bang Eau-Gi)

Front Rising Kick	Ap Cha Olligi
Side Rising Kick	Yop Cha Olligi
Crescent Kick	Bandal Chagi
Hooking Kick	Golcho Chagi
Waving Kick	Doro Chagi
Front Checking Kick	Apcha Momchugi
Side checking Kick	Yopcha Momchugi
Dodging	Pihagi
Sliding	Mikulgi
Turning	Dolgi
Jumping	Twigi
Foot Lifting	Bal Dulgi
Body dropping	Mom Nachugi
Stepping	Omgyo Didigi

STANCE (Sogi)

The forceful and finer techniques of attack and defence are largely dependant on a correct stance since the stance is the starting point of every Taekwon-Do movement.

Stability, agility, balance and flexibility are the controlling factors.

Basic principles for a correct stance are:

1. Keep the back straight, with few exceptions.
2. Relax the shoulders.
3. Tense the abdomen.
4. Maintain a correct facing. The stance may be full facing, half facing or side facing the opponent.
5. Maintain equilibrium.
6. Make use of the knee spring properly.

ATTENTION STANCE (Charyot Sogi)

The attention position used before each exercise.

1. Feet form a 45 degree angle.
2. Drop the fists down naturally, bending at the elbows slightly.
3. The fists are clenched slightly.
4. Eyes face the front slightly above the horizontal line.

BOW POSTURE (Kyong Ye Jase)

Maintaining the attention position:

1. Bend the body 15 degrees forward.
2. Keep the eyes fixed on opponent's eyes.

PARALLEL STANCE (Narani Sogi)

Spread the feet parallel to shoulder width. Keep the toes pointing toward the front. It can be either full facing or side facing.

WALKING STANCE (Gunnun Sogi)

This is a strong stance for front and rear, both in attack and defence.

1. Move one foot to either front or rear at a distance of one and a half shoulder width between the big toes, and one shoulder width from the centre of one instep to the other. Over one and a half distance makes the movement slow and weak against an attack from the side and weak against an attack from the front or rear.
2. Bend the front leg until the knee cap forms a vertical line with the heel, extending the opposite leg fully.
3. Distribute the body weight evenly on both feet.
4. Keep the toes of the front foot pointing forward, the opposite foot 25 degrees outward. Over 25 degrees weakens the leg joint against an attack from the rear.
5. Tense muscles of the feet with a feeling of pulling them toward each other.

When the right leg is forward it is called a right walking stance and vice-versa. It can be either full facing or half facing in attack and defence.

SITTING STANCE (Annun Sogi)

This is a very stable stance for lateral movement. It is also widely used for punching exercise and muscle development of the legs. One of the advantages of this stance is to shift into walking stance without relocating the foot.

1. Spread one leg to the side at a distance of approximately one and a half shoulder width between the big toes.
2. Point the toes to the front and distribute the body weight evenly on both legs.
3. Extend the knee outward, bending until the knee caps come over the ball of the foot.
4. Infuse the strength into the inner thighs and tense inward by "scraping" the ground or floor with the side soles.
5. Push both the abdomen and chest out and pull the hip back, tensing the abdomen.

Double width of shoulder weakens the stance and speedy movement is hampered. It is either full facing or side facing, both in attack and defence.

L-STANCE (Nuiinja Sogi)

This is a widely used stance for defence, though used in attack as well. The front foot is readily available for kicking with a slight shift of the body weight and with the advantage of half facing as well as body shifting.

1. Move one foot to either front or rear to a distance of approximately one and a half shoulder width from the footsword of the rear foot to the toes of the front foot, forming almost a right angle. It is recommended that the toes of both feet point about 15 degrees inward, placing the front heel beyond the heel of the rear foot about 2.5 cm to gain better stability.
2. Bend the rear leg until the knee cap forms a vertical line with the toes, bending the front leg proportionally.
3. Keep the hip aligned with the inner knee joint.
4. The ratio of the body weight is about 70% on the rear leg and 30% on the front leg.

The rear leg denotes which stance it is, i.e. the right leg bent is called a right L-stance and vice versa.

FIXED STANCE (Gojung sogi)

It is an effective stance for attack and defence to the side. This stance is similar to L-stance with following exceptions.

1. The bodyweight is distributed evenly on both legs.
2. The distance between the big toes is about one and a half shoulder width.

When the right foot is forward, the stance is called a right fixed stance and vice versa. It is always half facing, both in attack and defence.

VERTICAL STANCE (Soo-Jik Sogi)

1. Move one foot to either front or side at a distance of one shoulder width between the big toes.
2. The ratio of the bodyweight is 60% on the rear leg and 40% on the front leg.
3. Keep the toes of both feet pointed approximately 15 degrees inward.
4. Keep the legs straight.

When the right foot is in the rear position, the stance is called a right vertical stance and vice versa. It is always half facing in both attack and defence.

REAR FOOT STANCE (Dwitbal sogi)

This is used for defence and occasionally attack. The advantage of this stance is the ability to kick or adjust the distance from an opponent with the front foot which can move spontaneously without any additional shifting of the body weight to the rear foot.

1. Move one foot to either the front or rear at a distance of one shoulder width between the ball of the rear foot and the toes of the front foot.
2. Bend the rear leg until the knee comes over the toes, placing the heel slightly beyond the heel of the front foot.
3. Bend the front leg, touching the ground slightly with the ball of the foot.
4. Keep the toes of the front foot pointing about 25 degrees and the toes of the rear foot about 15 degrees inward.
5. Distribute most of the bodyweight on the rear foot.

When the right foot is at the rear, the stance is called a right rear foot stance and vice versa. It is always half facing, both in attack and defence. Be sure to keep the knee of the rear leg pointing slightly inward.

BENDING STANCE (Goburyo Sogi)

This serves as a preparatory stance for side and back kicks, though it is frequently used for defence techniques. When standing with a right foot it is called a right bending stance and vice versa. It is either full facing or half facing.

X STANCE (Kyocha Sogi)

This is a very convenient stance, in particular for attacking the side or front in a jumping motion. It is frequently used for blocking and serves as a preparatory stance for moving into the next maneuver.

1. Cross one foot over or behind the other, touching the ground slightly with the ball of the foot.
2. Place the body weight on the stationary foot.
3. One foot always crosses over the front with the exception of a jumping motion.

When the weight is rested on the right foot, the stance is called a right X-stance and vice versa. The other foot is usually placed in front of the stationary foot. It can be full, side or half facing both in attack or defence.

LOW STANCE (Nachuo Sogi)

The advantage of this stance is the ease with which one can extend the attacking tool. It can also develop the leg muscles and it's effective to adjust to and from the target. It is similar to walking stance, though longer by one foot. It can be either full or half facing.

EXPLANATION OF SPARRING (Matsogi)

Three Step Sparring (Sambo Matsogi)

This is the basic sparring exercise among beginners from the 9th grade to the 6th grade. This is an exercise for familiarisation of correct attack and defence techniques utilising hand parts against high, middle and low targets, whilst stepping backwards and forwards.

Two Step Sparring (Ibo Matsogi)

The purpose of two step sparring is to acquire mixed techniques of hand and foot parts. The attacker must use both the hand and foot alternatively. It is entirely optional whether the attacker uses the hand or foot first.

One Step Sparring (Ilbo Matsogi)

This sparring is considered the most important one from the point of view that the utmost objective of Taekwon-Do is to win the victory with just a single blow. As a matter of fact, this is not only exercised at all levels but also in actual situations.

It is advisable for the student to apply all techniques exclusively, including body shifting under various assumptions. The secret of this sparring is to deliver a completely accurate, speedy and decisive blow at the opponent's vital spot at the right time with the right weapon while defending against the opponent's attack effectively.

Semi-Free Sparring (Ban Jayu Matsogi)

The distance between players, method of attack and defence used, attacking and blocking tools used and number of steps taken are completely optional. Only one series of attack and defence motions is exchanged however and then only for a brief duration. Semi-Free Sparring is the last stage before students enter into free sparring.

Free Sparring (Jayu Matsogi)

Free Sparring is essentially open combat with controlled attacking. In free sparring there is a pre-arranged mode between the students and both participants are completely free to attack and defend with any available means and methods with one exception, the attacker must stop the attacking tool before hitting a vital spot.

THREE STEP SPARRING

When performing Three Step Sparring you should start in a Walking Stance Outer Forearm Low Obverse Block for the first two sequences, and in an L Stance Forearm Guarding Block for the last three. In each case the right foot should be furthest away from your opponent. When moving forward move your right leg first. Perform the first move three times. The defender will perform the second move three times in defence to your attacks. The defender will perform the last movement after the third defence. Then you switch roles.

Note: Three Step Sparring can also be performed "Two Way", this is when the attacker steps backwards and the defender steps forward. Three Step Sparring is the favoured choice of General Choi.

1. Walking Stance Front Forefist Middle Obverse Punch
Walking Stance Inner Forearm Middle Obverse Block
Walking Stance Front Forefist Middle Reverse Punch
2. Walking Stance Low Front Snap Kick
Walking Stance Outer Forearm Low Obverse Block
Walking Stance Middle Front Snap Kick
3. L Stance Front Forefist Middle Reverse Punch
L Stance Inner Forearm Middle Reverse Block
L Stance Flat Fingertip Thrust
4. L Stance Knifehand Side Strike
L Stance Knifehand Guarding Block
Middle Side Piercing Kick
5. L Stance Middle Side Piercing Kick
L Stance Knifehand Middle Block
L Stance Middle Turning Kick or Reverse Turning Kick

TWO STEP SPARRING

When starting Two Step Sparring you should always begin in a Right L Stance with a Middle Forearm Guarding Block.

1. Walking Stance Front Forefist Middle Obverse Punch; Walking Stance Low Front Snap Kick
Walking Stance Inner Forearm Middle Obverse Block; Walking Stance Outer Forearm Low Reverse Block
Walking Stance Middle Front Snap Kick
2. Walking Stance Low Front Snap Kick; Walking Stance Knifehand Side Strike
Walking Stance X Fist Pressing Block; L Stance Knifehand Middle Guarding Block
L Stance Middle Side Piercing Kick
3. Walking Stance Front Forefist Middle Obverse Punch; L Stance Middle Side Piercing Kick
L Stance Knifehand Middle Side Block; Bending Ready Stance A
L Stance Middle Side Piercing Kick
4. L Stance Knifehand Side Strike; L Stance Middle Turning Kick
L Stance Knifehand Middle Guarding Block; L Stance Outer Forearm Inward Block
L Stance Middle Reverse Turning Kick
5. L Stance Middle Side Piercing Kick; Walking Stance Back Fist High Side Strike
Rear Foot Stance Twin Palm Downward Block; L Stance Knifehand Guarding Block
L Stance Middle Turning Kick or Reverse Turning Kick

PROMOTIONAL GRADINGS

Gradings in the Taekwon-Do system are done so that the student can distinguish senior grade from junior grade, blackbelt from instructor.

The grading is a reward for the hard work, both mentally and physically, that the student has demonstrated over the weeks and months. It cannot be gained purely on a timescale. The student must always be seen to be trying to improve their standard.

There is a certain criteria that exists for the student to be accepted for promotion.

- 1 The student must be of the required standard.
- 2 The student must have a knowledge of Taekwon-Do.

- 3 The student must be courteous and respectful to his/her instructor, seniors and fellow students wherever they are.
- 4 The student must realise that now they are a student of Taekwon-Do and their actions outside the Dojang will reflect on Taekwon-Do and the instructor.

Taekwon-Do is a martial art for all ages and sexes and therefore it would be unfair to adopt one grading standard for all students.

It is unfair to ask small juniors, who have just begun learning English, to answer questions in Taekwon-Do theory.

It would also be unfair to ask older aged members to perform some of the techniques that the younger students have trouble mastering.

Therefore the grading system is split into three categories:

- 1 Junior Grade
- 2 Standard Grade
- 3 Executive Grade

This does not mean that the juniors and executives will have an easier passage. Juniors may be at grades longer and executives will be expected to assist more in the class and also have a more extensive knowledge of Taekwon-Do theory.

10th Kup Grading Requirement

Grading Etiquette

A promotional grading is a formal event and certain points have to be adhered to. If the grading is large there may be long periods of sitting down prior to your test. Students wishing to participate must be able to sit quietly.

As this is your first grading, several points **must** be adhered to.

- 1 Doboks will be clean and pressed with belts tied correctly.
- 2 All licences, grading fee and photographs will be in on the previous grading night.
- 3 Ensure that you have done enough studying.

Grading Format

- 1 All techniques that you will have to perform will be demonstrated by the grading official.
- 2 Students will line up to pay respect to the examiner and to recite the Taekwon-Do oath. Students will then be dismissed to the rear of the class, where they will sit cross legged until called.
- 3 When your name is called, answer politely "Present Sir" and go to your designated cross on the floor. The number of students demonstrating at one time will vary from one to a maximum of five, depending on the size of the grading and the grade of the student.
- 4 Once at your cross, you will be called to attention and bow to your examiner. Whilst at attention you will raise your right hand and identify yourself by stating your name and grade, an example is "John Smith, 10th Kup Sir". (no tenth Dans please!)
- 5 The final part of the grading will be the theory. This is conducted at the table with the examiner. All questions must be answered courteously. After you are dismissed you must bow before you leave the table. Do not turn your back on the examiner as it is very discourteous. Always face the examiner as you return to your position.

10th Kup to 9th Kup
Grading Syllabus

Part 1: Basic Movements

Taekwon-Do Terminology	Translation
1 Sitting Stance Middle Fore Fist Punch	Annun So Kaunde Ap Joomuk Jirugi
2 Front Rising Kick	Ap Cha Olligi
3 Walking Stance Middle Inner Forearm Block	Gunnun So Kaunde An Palmok Makgi
4 Walking Stance Low Knifehand Block	Gunnun So Najunde Sonkal Makgi
5 Walking Stance Low Outer Forearm Block, Reverse Punch	Gunnun So Najunde Bakat Palmok Makgi, Bandae Jirugi
6 Walking Stance Middle Inner Forearm Block, Reverse Low Outer Forearm Block	Gunnun So Kaunde An Palmok Makgi, Bandae Najunde Bakat Palmok Makgi

Part 2: Directional Exercise

4 Way Directional Punch Walking Stance Low Outer Forearm Block Walking Stance Middle Fore Fist Punch	Saju Jirugi (14 moves) Gunnun So Najunde Bakat Palmok Makgi Gunnun So Kaunde Ap Joomuk Jirugi
4 Way Directional Blocking Walking Stance Low Knifehand Block Walking Stance Middle Inner Forearm Block	Saju Makgi (16 moves) Gunnun So Najunde Sonkal Makgi Gunnun so Kaunde An Palmok Makgi

Part 3: Terminology

Common questions asked:

- 1 Founder of Tae Kwon-Do
- 2 What does Tae Kwon-Do mean
- 3 What does the colour white signify
- 4 What are the tenets of Tae Kwon-Do
- 5 Identify in Tae Kwon-Do terminology, all blocks, punches and stances performed.
- 6 Identify in Tae Kwon-Do terminology, hand and arm parts used in techniques performed.

9th Kup Grading Syllabus

1. Pattern Chon-Ji
Saju-Jirugi
Saju-Makgi
2. Basic hand technique combinations.
3. All terminology based on the above techniques and promotion to yellow belt.

Pattern Chon-Ji

No. Movements 19

Ready Position Narani Junbi Sogi

Meaning Of Pattern

Chon-Ji means literally The Heaven, The Earth and 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 beginning student. This pattern consists of two similar parts, One to represent the heaven and the other the earth.

Movements in the pattern

Stances

Walking stance
L-Stance

Sogi

Gunnun Sogi
Nuinja Sogi

Blocks

Low Outer Forearm Block
Inner Forearm Block

Makgi

Najunde Bakat Palmok Makgi
An Palmok Makgi

Punches

Middle Front Forefist Punch

Jirugi

Kaunde Ap Joomuk Jirugi

End: Bring right foot back to Narani Junbi Sogi.

8th Kup Grading Syllabus

1. Pattern: Dan-Gun
Chon-Ji

Saju-Jirugi
Saju-Makgi
2. Basic hand technique combinations.
3. All terminology based on the above technique and promotion to yellow belt/green tag.

Pattern	Dan-Gun
No. Movements	21
Ready Position	Narani Junbi Sogi

Meaning Of Pattern

Dan-Gun is named after the Holy Dan Gun, the legendary founder of Korea in the year 2333 BC.

Movements In Pattern

Stances

Walking Stance
L-Stance

Sogi

Gunnun Sogi
Nuinja Sogi

Blocks

Outer Forearm Rising Block
Middle Knifehand Guarding Block Kaunde
Low outer Forearm Block
Twin Forearm Block

Makgi

Bakat Palmok Chookyo Makgi
Sonkal Daebi Makgi
Najunde Bakat Palmok Makgi
Sang Palmok Makgi

Punches

High Front Forefist Punch

Jirugi

Nopunde Ap Joomuk Jirugi

Strike

Middle Knifehand Side Strike

Taerigi

Kaunde Sonkal Yop Taerigi

End: Bring right foot back to Narani Junbi Sogi.

7th Kup Grading Syllabus

1. Pattern: Do-San
Dan-Gun
Chon-Ji
2. Basic hand and foot techniques with combinations.
Demonstrate: Ap Cha Busigi Front Snap Kick
Dollyo Chagi Turning Kick
Yop Cha Jirugi Side Piercing Kick
3. Three Step Sparring (Sambo Matsogi).
4. All terminology based on the above techniques and promotion to green belt.

Pattern **Do-San**

No. Movements **24**

Ready Position **Narani Junbi Sogi**

Meaning Of Pattern

Do-San is the pseudonym of the patriot Ahn Chang Ho (1876-1938). Who devoted his entire live to furthering the education of Korea and its independent Movement.

Movements In Pattern

Stances

Walking Stance
L-Stance
Sitting Stance

Sogi

Gunnun Sogi
Nuinja Sogi
Annun Sogi

Blocks

High Outer Forearm Side Block
Middle Knifehand Guarding Block
High Outer Forearm Wedging

Outer Forearm Rising Block

Makgi

Napunde Bakat Palmok Yop Makgi
Kaunde Sonkal Daebi Makgi
Napunde Bakat Palmok Hechyo Block
Makgi
Bakat Palmok Chookyo Makgi

7th Kup Cont.

Punches

Middle Front Forefist Punch

Strike

High Backfist Side Strike

Middle Knifehand Side Strike

Thrust

Middle Straight Fingertip Thrust

Kick

Middle Front Snap Kick

Release From Hold

Jirugi

Kaunde Ap Joomuk Jirugi

Taerigi

Nopunde Dung Joomuk Yop Taerigi

Kaunde Sonkal Yop Taerigi

Tulgi

Kaunde Sun Sonkut Tulgi

Chagi

Kaunde Ap Cha Busigi

Japp Yosul Tae

End: Bring right foot back to Narani Junbi Sogi.

6th Kup Grading Syllabus

1. Pattern: Won-Hyo
Do-San
Dan-Gun
2. Hand techniques and kicking combinations.
3. Sparring: Three Step Sambo Matsogi
Two Step Ibo Matsogi
Free Sparring Jayu Matsogi
4. Power Seniors 2 Boards Side Both Legs.
Test: Ladies 1 Board.
Juniors test against pads.
5. All terminology based on the above techniques and promotion to green belt/blue tag.

Pattern **Won-Hyo**

No. Movements **28**

Ready Position **Moa Junbi Sogi A**

Meaning Of Pattern

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

Movements in Pattern

Stances

Walking Stance

L-Stance

Close Ready Stance A

Bending Ready Stance A

Fixed Stance

Sogi

Gunnun Sogi

Nuinja Sogi

Moa Junbi Sogi A

Goburyo Junbi Sogi A

Gojung Sogi

6th Kup Cont.

Blocks

Twin Forearm Block
Middle Knifehand Guarding Block
Inner Forearm Circular Block
Middle Forearm Guarding Block

Punches

Middle Front Forefist Punch

Strike

High Inward Knifehand Strike

Thrust

Middle Straight Fingertip Thrust

Kick

Low Front Snap Kick
Middle Side Piercing Kick

Makgi

Sang Palmok Makgi
Kaunde Sonkal Daebi Makgi
An Palmok Dollimyo Makgi
Kaunde Palmok Daebi Makgi

Jirugi

Kaunde Ap Joomuk Jirugi

Taerigi

Napunde Annuro Sonkal Taerigi

Tulgi

Kaunde Sun Sonkut Tulgi

Chagi

Najunde Ap Cha Busigi
Kaunde Yop Cha Jirugi

End: Bring right foot back to Moa Junbi Sogi A

5th Kup Grading Syllabus

1. Pattern: Yul-Gok
Won-Hyo
Do-San
2. Hand techniques and kicking combinations.
3. Sparring: Three Step Sambo Matsogi
Two Step Ibo Matsogi
One Step Ilbo Matsogi
Free Sparring Jayu Matsogi
4. Power Test: Seniors 2 Boards Side & Turning Kick
Both Legs.
Ladies 1 Board
Juniors test against pads.
5. All theory based on the above techniques and promotion to blue belt.

Pattern **Yul-Gok**

No. Movements **38**

Ready Position **Narani Junbi Sogi**

Meaning Of Pattern

Yul-Gok is the pseudonym of the great philosopher and scholar Yi I (1536-1584 A.D.), nicknamed the "Confucius of Korea".

The 38 movements of this pattern refer to his birthplace on the 38th degree latitude and the diagram represents "scholar".

Movements In Pattern

Stances

Walking Stance
L-Stance
X-Stance

Sogi

Gunnun Sogi
Nuinja Sogi
Kyocho Sogi

5th Kup cont.

Blocks

Middle Inner Forearm Side Block
Middle Palm Hooking Block
Twin Knifehand Block
High Outer Forearm Side Block
High Double Forearm Block

Punches

Middle Punch

Strike

Front Elbow
Back Fist Side Strike

Thrust

Middle Straight Fingertip Thrust

Kick

Low Front Snap Kick
Middle Side Piercing Kick

Makgi

Kaunde An Palmok Yop Makgi
Kaunde Sonbadak Golcho Makgi
Sang Sonkal Makgi
Napunde Bakat Palmok Yop Makgi
Napunde Doo Palmok Makgi

Jirugi

Kaunde Jirugi

Taerigi

Ap Palkup taerigi
Dung Joomuk YopTaerigi

Tulgi

Kaunde Sun Sonkut Tulgi

Chagi

Najunde Ap Cha Busigi
Kaunde Yop Cha Jirugi

End: Bring left foot back to Narani Junbi Sogi