

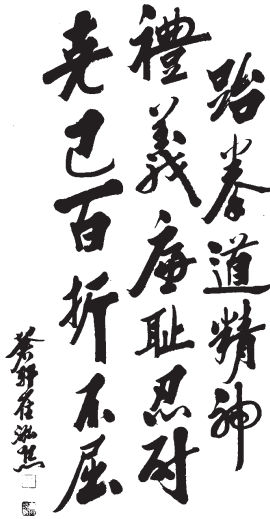


***International[®]
Taekwon-Do***

techniques handbook

Coloured Belt Techniques Syllabus

Name



The Tenets of Taekwon-Do
Calligraphy by Gen. Choi Hong Hi



All members of International Taekwon-Do must hold a membership card like the one shown. If you do not have one, please check with your instructor.

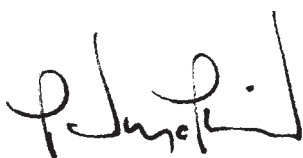
Problem? members.itkd.co.nz/helpline

This handbook outlines the techniques and theory for each of the grades (gup) in International Taekwon-Do. It is designed to provide a basic reference source and a guideline for the grading requirements for coloured belts in New Zealand. Students should be familiar with all the techniques and terminology outlined for each grade up to and including their own level. Yellow belts and above should also refer to the Self Defence Handbook for details of that syllabus. For the dan grading requirements please see the black belt syllabus handbook.

The majority of material in this handbook is obtained from the 'Encyclopaedia of Taekwon-Do' by General Choi Hong Hi, and is based on a original concept by Grand Master Evan Davidson.

I acknowledge the assistance of Master Mark Banicevich who assisted with the compiling and proofing of this handbook.

I also wish to acknowledge the contribution and support of Mr Norman Ng, pioneer of Taekwon-Do in New Zealand, Instructor from 1970 to 1995 and former President of our organisation. His dedication to building a strong independent organisation has enabled us all to be practising the "Original Taekwon-Do" in New Zealand today.



Grand Master Paul McPhail
Technical Advisor



Mr Norman Ng

White belt (10th gup) for promotion to 9th gup

1. **Stances:**
 - a. Attention stance (*charyot sogi*), bow (*kyong ye*)
 - b. Parallel stance (*narani sogi*), parallel ready stance (*narani junbi sogi*)
 - c. Walking stance (*gunnun sogi*), walking ready stance (*gunnun junbi sogi*)
 - d. Single stepping – forward (*nagagi*) and backward (*duruogi*)

2. **Defensive techniques:**
 - a. Forearm low block (*palmok najunde makgi*)
 - b. Knife-hand low block (*sonkal najunde makgi*)
 - c. Inner forearm side block (*an palmok yop makgi*)
 - d. Front rising kick (*apcha olligi*)

3. **Offensive techniques:**
 - a. Forefist high/middle/low front punch
(*ap joomuk nopunde/kaunde/najunde ap jirugi*)
 - b. Front snap kick (*apcha busigi*)

4. **Fundamental exercises:**
 - a. Four direction punch (*saju jirugi*)
 - b. Four direction block (*saju makgi*)

5. **Theory:**
 - a. Taekwon-Do terminology:
Training area – *do jang* Training uniform – *do bok*
High – *nopunde* Middle – *kaunde* Low – *najunde*
Punch – *jirugi* Block – *makgi* Kick – *chagi*
 - b. Founder of Taekwon-Do: General Choi Hong Hi (1918 – 2002)
 - c. Meaning of the white belt
White signifies innocence, as that of a beginning student who has no previous knowledge of Taekwon-Do.
 - d. Tenets of Taekwon-Do:
Courtesy, Integrity, Perseverance, Self Control, Indomitable Spirit
 - e. Student Oath:
I shall observe the tenets of Taekwon-Do
I shall respect the instructor and seniors
I shall never misuse Taekwon-Do
I shall be a champion of freedom and justice
I shall build a more peaceful world

Yellow stripe (9th gup) for promotion to 8th gup

1. **Stances:**
- Sitting stance (*annun sogi*), sitting ready stance (*annun junbi sogi*)
 - L-stance (*niunja sogi*), L-ready stance (*niunja junbi sogi*)
 - Spot turning (*gujari dolgi*) and step turning (*omgyo didimyo dolgi*)

2. **Defensive techniques:**

- Forearm guarding block (*palmok daebi makgi*)
- Side rising kick (*yopcha olligi*)

3. **Offensive techniques:**

- Side front snap kick (*yobap cha busigi*)
- Turning kick (*dollyo chagi*)
- Flat fingertip thrust (*opun sonkut tulgi*)

4. **Pattern:** Chon-Ji Tul – 19 movements

5. **Sparring:**
- Three step sparring (*sambo matsogi*)
 - One way, alone, hand techniques

Compulsory techniques: Inner forearm side block, front punch, flat fingertip thrust

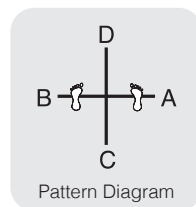
6. **Theory:**
- Taekwon-Do terminology:

Attention stance – <i>charyot sogi</i>	Bow – <i>kyong ye</i>
Parallel stance – <i>narani sogi</i>	Walking stance – <i>gunnun sogi</i>
Sitting stance – <i>annun sogi</i>	L-stance – <i>niunja sogi</i>

1 – <i>hana</i>	2 – <i>dool</i>	3 – <i>set</i>	4 – <i>net</i>	5 – <i>dasot</i>
6 – <i>yosot</i>	7 – <i>ilgop</i>	8 – <i>yodul</i>	9 – <i>ahop</i>	10 – <i>yol</i>

- Meaning of Chon-Ji

Chon-Ji means literally “the Heaven the 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.



Yellow belt (8th gup) for promotion to 7th gup

1. Defensive techniques:

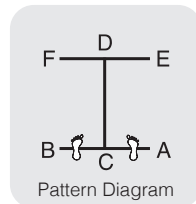
- Forearm rising block (*palmok chookyo makgi*)
- Knife-hand side block (*sonkal yop makgi*)
- Twin forearm block (*sang palmok makgi*)
- Knife-hand guarding block (*sonkal daebi makgi*)

2. Offensive techniques:

- Knife-hand side strike (*sonkal yop taerigi*)
- Reverse knife-hand front strike (*sonkal dung ap taerigi*)
- Side turning kick (*yop dollyo chagi*)
- Side piercing kick (*yopcha jirugi*)

3. **Pattern:** Dan-Gun Tul – 21 movements

4. **Sparring:**
- Three step sparring (*sambo matsogi*)
 - One way, with companion, hand techniques



Compulsory techniques:

Knife-hand side block, knife-hand side strike, reverse knife-hand strike

Examples: [A = Attack D = Defence C = Counter attack]

[A] W-stance punch [D] W-stance inner forearm block

[C] W-stance flat fingertip thrust

[A] W-stance high punch [D] W-stance knife-hand high block

[C] S-stance reverse knife-hand front strike

[A] W-stance front snap kick [D] W-stance forearm low block

[C] L-stance knife-hand strike

5. **Self-defence:** Defence against grabs to the wrists
(Refer self-defence handbook)

6. **Theory:**

- Taekwon-Do terminology:

Forefist – *ap joomuk*

Knife-hand – *sonkal*

Fingertip – *sonkut*

Back fist – *dung joomuk*

Reverse knife-hand – *sonkal dung*

Elbow – *palkup*

- Meaning of Dan-Gun

Dan-Gun is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 B.C.

c. Meaning of the yellow belt

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

d. Rules of the do jang:

Prepare for training

1. Ensure you are clean, and your finger and toenails are trimmed. Young adults and older should use a deodorant. Remove all jewellery (if it cannot be removed, tape it safely). Tie back long hair with a soft band.
2. Ensure your do bok (training uniform) is clean and ironed, and your belt tied correctly. Your instructor may allow you to wear a white T-shirt beneath it.
3. Arrive at least 10 minutes before class begins, and be prepared mentally and physically.
4. Remind the instructor of any medical conditions you have.
5. Ensure you pay all fees on time.

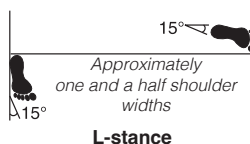
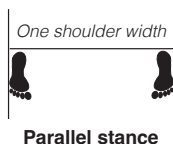
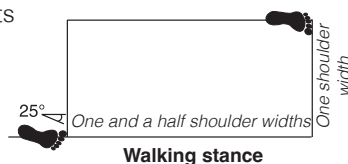
Enter the do jang

1. Bow before entering or leaving the do jang.
2. Allow seniors to enter first. Children allow adults to enter first.
3. Remove footwear before entering, and store belongings in the designated area.
4. Bow to the instructor, assistant instructor, and senior members. Children bow to adults.
5. If you are late to training, move to the front-side of class and stand at attention until the instructor acknowledges you. Bow and move to the back of the class.

Working with others

1. Treat everybody with courtesy – seniors and juniors. Address people by title, e.g. Sir, Ma'am, Dr (including after a question or answer).
2. Obey the instructions of the instructor or seniors without delay. These instructions should be reasonable and appropriate.
3. To address an instructor or senior, stand at attention, and wait to be addressed. Remain at attention, and bow before speaking.
4. To ask a question in class, raise your hand. When the instructor addresses you, stand at attention and bow before speaking.
5. The same rules apply to email, social media and other written communication.

e. Basic stance measurements



Green stripe (7th gup) for promotion to 6th gup

1. Defensive techniques:

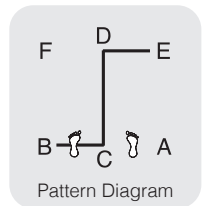
- Outer forearm side block (*pakat palmok yop makgi*)
- Outer forearm wedging block (*pakat palmok hechyo makgi*)
- Outer forearm inward block (*pakat palmok anuro makgi*)

2. Offensive techniques:

- Reverse punch (*bandae jirugi*)
- Straight fingertip thrust (*sun sonkut tulgi*)
- Back fist side strike (*dung joomuk yop taerigi*)
- Back piercing kick (*dwitcha jirugi*)

3. **Pattern:** Do-San Tul – 24 movements

4. **Sparring:**
- Three step sparring (*sambo matsogi*)
 - One way, with companion, foot techniques
 - Two way, alone and with companion



Compulsory techniques (one way):
Front snap kick, turning kick, side piercing kick

Examples: [A = Attack D = Defence C = Counter attack]

- [A] L-stance reverse punch [D] L-stance inner forearm block
[C] Side front snap kick (front foot)
[A] L-stance reverse punch [D] L-stance knife-hand guarding block
[C] Dodge and turning kick (rear foot)
[A] L-stance knife-hand strike [D] L-stance outer forearm inward block
[C] Side piercing kick (front foot)

5. **Self-defence:** Defence against grabs to the wrists
(Refer self-defence handbook)

6. Theory:

- a. Taekwon-Do terminology:
- | | |
|---|---|
| Front rising kick – <i>apcha olligi</i> | Front snap kick – <i>apcha busigi</i> |
| Side rising kick – <i>yopcha olligi</i> | Side piercing kick – <i>yopcha jirugi</i> |
| Turning kick – <i>dollyo chagi</i> | Side turning kick – <i>yop dollyo chagi</i> |

- b. Meaning of Do-San

Do-San is the pseudonym of the patriot Ahn Chang-Ho (1878 – 1938). The 24 movements represent his entire life which he devoted to furthering education in Korea and its independence movement.

- c. Rules of the do jang

Inside the do jang

1. Junior students prepare equipment before, and store equipment after class. Ensure there is seating for visitors.
2. Keep the do jang clean and tidy. International Taekwon-Do is smoke-free.
3. Do tidy your do bok, turn to the left, away from the instructor.
4. If you need to leave the do jang for any reason, approach the instructor or the side of the class and stand at attention. Await the instructor's permission.
5. Help the instructor and others carry equipment, bags and other items.

A few things not to do

1. Do not leave the do jang without the instructor's permission.
2. Do not argue with the instructor or seniors during training. Discuss the matter privately after class.
3. Do not eat or drink without the instructor's permission.
4. Do not make any unnecessary noise or disturbance inside the do jang.
5. Do not wear your do bok outside training or International Taekwon-Do events without your instructor's permission.

Visitors and visiting

1. Be alert for visitors and beginners, introduce yourself, and introduce them to the instructor.
2. Treat visitors with courtesy, provide them with seating, and accompany and advise them where necessary.
3. Instructors should formally introduce visitors when class begins (after the tenets and oath).
4. Seek your instructor's permission before training at another do jang or in another martial art.
5. Seek permission from the instructor you are visiting before you attend the class.

Green belt (6th gup) for promotion to 5th gup

1. **Stances:**
- Bending stance (*guburyo sogi*), bending ready stance A (*guburyo junbi sogi A*)
 - Fixed stance (*gojung sogi*), fixed ready stance (*gojung junbi sogi*)
 - Close stance (*moa sogi*), close ready stance A (*moa junbi sogi A*)

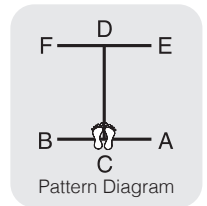
2. **Defensive techniques:**

- Inner forearm circular block (*an palmok dollimyo makgi*)
- Palm downward block (*sonbadak naeryo makgi*)
- Crescent kick (*bandal chagi*)

3. **Offensive techniques:**

- Fixed stance obverse punch (*gojung so baro jirugi*)
- Knife-hand inward strike (*sonkal anuro taerigi*)
- Downward kick (*naeryo chagi*)
- Pick shape kick (*gokaeng-i chagi*)
- Reverse turning kick (*bandae dollyo chagi*)
- Reverse hooking kick (*bandae dollyo gorochagi*)

4. **Pattern:** Won-Hyo Tul – 28 movements



5. **Sparring:**
- Two step sparring (*ibo matsogi*) – foot and hand techniques

Compulsory techniques:

Crescent kick, side turning kick, reverse turning kick

Examples: [A = Attack D = Defence C = Counter attack]

[A] W-stance middle punch, low front snap kick

[D] W-stance inner forearm block, W-stance knife-hand low block

[C] Middle reverse punch

[A] Side piercing kick, step forward L-stance reverse punch

[D] L-stance palm downward block, knife-hand guarding block

[C] Side piercing kick (front foot)

[A] L-stance knife-hand side strike, side turning kick

[D] Crescent kick, dodge to L-stance forearm guarding block

[C] Reverse turning kick

- Free sparring (*jayu matsogi*)

- 6. Self-defence:** Defence against grabs from the front
(Refer self-defence handbook)
- 7. Theory:**
- a. Taekwon-Do terminology:
Forearm rising block – *palmok chookyo makgi*
Forearm guarding block – *palmok daebi makgi*
Knife-hand guarding block – *sonkal daebi makgi*
Outer forearm wedging block – *pakat palmok hechyo makgi*
Twin forearm block – *sang palmok makgi*
Inner forearm circular block – *an palmok dollimyo makgi*
 - b. Meaning of Won-Hyo
Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.
 - c. Meaning of the green belt
Green signifies the plant's growth as the Taekwon-Do skill begins to develop.
 - d. Rules of conduct: Dress for training
 1. On arrival check your do bok and remove all accessories e.g. hats, headbands, rings (other than wedding bands that don't have raised stones) necklaces, watches, earrings and anything else that's dangerous. Religious items and cultural clothing that are non-removable must be covered and taped in a manner that keeps both the wearer and others safe.
 2. Do bok must always be clean, ironed and worn correctly. They should be in good repair. Students may wear a white singlet or T-shirt under their do bok top with the permission of their instructor. The do bok must also be of a good fit, hemmed appropriately and of a crisp white.
 3. Belts shall be worn by those qualified for them, wrapped around the waist once and tied in the correct manner. Care should be taken to ensure the colour of the belt is representative of the grade; some dyed belts often do not give a true colour.
 4. Black belt holders shall wear an official black belt and have 3-4cm wide black trimming around the bottom of the jacket. International Instructors have the addition of a vertical black stripe three centimetres wide on the outside of each sleeve of the do bok top and both of the pant-legs.
 5. The do bok top should have the ITF badge on the front left chest and the International Taekwon-Do badge on the right. A small school badge may be attached to the right sleeve for individual school identity. The ITF Tree logo should be on the rear of the do bok top.
 6. Do bok obtained at international events from overseas competitors maybe worn at school level, if permission is granted by the instructor however they may not be worn at any official event.
 7. If the do bok needs to be tidied up, students must turn to the left, away from the instructor to adjust.
 8. The do bok should not be worn outside the do jang unless travelling directly to or from training or on special occasions as specified by the instructor.
 9. Members who have participated in an authorised event of the Foundation shall be allowed to wear any specialised do bok worn for that event, for example members who wear the New Zealand Team do bok.

Blue stripe (5th gup) for promotion to 4th gup

1. **Stances:**
- X-stance (*kyocha sogi*), x-ready stance (*kyocha junbi sogi*)
 - Jumping (*twigi*)

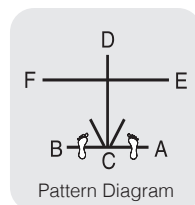
2. **Defensive techniques:**

- Twin knife-hand block (*sang sonkal makgi*)
- Double forearm block (*doo palmok makgi*)
- Palm hooking block (*sonbadak golcho makgi*)
- Hooking kick (*golcho chagi*)

3. **Offensive techniques:**

- Front elbow strike (*ap palkup taerigi*)
- Back snap kick (*dwitcha busigi*)
- Side pushing kick (*yopcha milgi*)
- Vertical kick (*sewo chagi*)
– inward (*anuro*) and outward (*bakuro*)
- Twisting kick (*bituro chagi*)

4. **Pattern:** Yul-Gok Tul – 38 movements



5. **Sparring:**
- Two step sparring (*ibo matsogi*) – foot and hand techniques

Compulsory techniques:

Hooking kick, reverse hooking kick, twisting kick

Examples: [A = Attack D = Defence C = Counter attack]

[A] W-stance middle punch, low front snap kick

[D] W-stance inner forearm block, W-stance knife-hand low block

[C] W-stance front elbow strike

[A] Side piercing kick, step forward L-stance reverse punch

[D] L-stance palm downward block, dodge to forearm guarding block

[C] Reverse hooking kick (front foot)

[A] L-stance knife-hand side strike, side turning kick

[D] Right hooking kick, L-stance outer forearm inward block

[C] Step, twisting kick

- Free sparring (*jayu matsogi*)

6. **Self-defence:** Defence against grabs from the front
(Refer self-defence handbook)

7. Theory:

- a. Taekwon-Do terminology:
- | | |
|--|---|
| Back piercing kick – <i>dwitcha jirugi</i> | Downward kick – <i>naeryo chagi</i> |
| Vertical kick – <i>sewo chagi</i> | Crescent kick – <i>bandal chagi</i> |
| Twisting kick – <i>bituro chagi</i> | Reverse turning kick – <i>bandae dollyo chagi</i> |

- b. Meaning of Yul-Gok

Yul-Gok is the 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° latitude and the diagram (±) represents “scholar”.

- c. What is Taekwon-Do?

Taekwon-Do is a version of unarmed combat designed for the purpose of self-defence. It is more than just that, however.

It is the scientific use of the body in the method of Self-defence; aiming to gain the ultimate use of one’s body through intensive physical and mental training. Though it is a martial art, its discipline, techniques and mental training are the 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.

Translated literally “Tae” means jumping or flying, to kick or smash with the foot; “Kwon” denotes the fist – chiefly to punch or destroy with the hand or fist; “Do” means art or way.

- d. Student / Instructor Relationship: Students

1. Never tire of learning. A good student can learn anywhere, any time. 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 bought with monthly dues, and are unwilling to take part in demonstrations, teaching, and working around the do jang. An instructor can afford to lose this type of student.
3. Always set a good example for lower ranking students. It is only natural they will attempt to emulate senior students.
4. Always be loyal and never criticise your instructor, Taekwon-Do or the teaching methods.
5. If your instructor teaches a technique, practice it and attempt to utilise it.
6. Remember that a student’s conduct outside the do jang reflects on the art and instructor.
7. If a student adopts a technique from another do jang and the instructor disapproves of it, the student must discard it immediately or train at the gym where the technique was learned.
8. Never be disrespectful to your instructor. Though a student is allowed to disagree with the instructor, the student must first follow the instruction and then discuss the matter later.
9. A student must always be eager to learn and ask questions.
10. Never betray the instructor.

Blue belt (4th gup) for promotion to 3rd gup

- 1. Stances:**
- Low stance (*nachuo sogi*), low ready stance (*nachuo junbi sogi*)
 - Rear foot stance (*dwit bal sogi*), rear foot ready stance (*dwit bal junbi sogi*)
 - Close ready stance B (*moa junbi sogi B*)
 - Foot shifting (*jajun bal*) – single foot

2. Defensive techniques:

- Reverse knife-hand side block (*sonkal dung yop makgi*)
- Palm upward block (*sonbadak ollyo makgi*)
- X-fist rising block (*kyocha joomuk chookyo makgi*)
- Palm pressing block (*sonbadak noollo makgi*)
- U-shape block (*digutja makgi*)

3. Offensive techniques:

- Upper elbow strike (*wi palkup taerigi*)
- Twin fist vertical punch (*sang joomuk sewo jirugi*)
- Twin fist upset punch (*sang joomuk dwijibo jirugi*)
- Angle punch (*giokja jirugi*)
- Flying kicks (*twimyo chagi*) as listed below

- 4. Pattern:** Joong-Gun Tul – 32 movements

- 5. Sparring:** a. One step sparring (*ilbo matsogi*) – flying kicks

Compulsory techniques:

Flying front snap kick, flying turning kick, flying side piercing kick

Examples: [A = Attack D = Defence C = Counter attack]

[A] W-stance punch [D] RF-stance upward block

[C] Flying turning kick

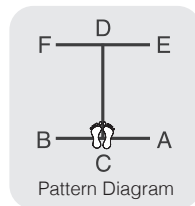
[A] W-stance flat fingertip thrust [C] Flying front snap kick

[A] Side turning kick [D] Dodge to forearm guarding block

[C] Flying side piercing kick (front foot)

- b. Free sparring (*jayu matsogi*)

- 6. Self-defence:** Defence against grabs from the rear
(Refer self-defence handbook)



7. Destruction: Knife-hand side strike, reverse knife-hand strike, front elbow strike (juniors – front elbow strike only)

8. Theory:

a. Taekwon-Do terminology:

Bending stance – <i>guburyo sogi</i>	Fixed stance – <i>gojung sogi</i>
Close stance – <i>moa sogi</i>	X-stance – <i>kyocha sogi</i>
Rear foot stance – <i>dwit bal sogi</i>	Vertical stance – <i>soojik sogi</i>

b. Meaning of Joong-Gun

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 pattern to represent Mr Ahn's age when he was executed at Lui-Shung prison (1910).

c. Meaning of the blue belt

Blue signifies the Heaven, towards which the plant matures into a towering tree as training in Taekwon-Do progresses.

d. Taekwon-Do in New Zealand

International Taekwon-Do is well established in New Zealand, with our organisation having approximately 100 schools nationwide. The first of these was established by Mr Norman Ng in Palmerston North, 1970. On 28 March 1981 the name International Taekwon-Do Foundation was chosen and registered as an incorporated society. Since then we have grown into a well organised network of schools, who come together regularly for seminars, camps and tournaments.

International Taekwon-Do's organisational structure consists of a Council, Board of Directors, Advisory Panel and a CEO. All our schools have officially certified instructors who are required to keep their instructor qualifications and first aid certificate current. All gradings are conducted by appointed examiners of at least 4th dan in rank, so our standards are maintained at the highest level.

We have been active in many international events such as the Sharp International Tournament in Wellington, 1985, which received national television coverage and attracted participants from all over the world. It was our organisation that performed in the Opening Ceremonies of the 1990 Commonwealth Games, and we hosted the ITF World Championships in Wellington, 2011, winning best overall country.

We are affiliated to the International Taekwon-Do Federation and recognised as a National Sporting Organisation by Sport New Zealand.

Red stripe (3rd gup) for promotion to 2nd gup

1. Defensive techniques:

- X-fist pressing block (*kyocha joomuk noollo makgi*)
- W-shape block (single defence) (*san makgi*)
- Double forearm low pushing block (*doo palmok najunde miro makgi*)
- Knife-hand low guarding block (*sonkal najunde daebi makgi*)
- Flying crescent kick (*twimyo bandal chagi*)

2. Offensive techniques:

- Upset fingertip thrust (*dwijibun sonkut tulgi*)
- Back fist side back strike (*dung joomuk yopdwi taerigi*)
- Twin side elbow thrust (*sang yop palkup tulgi*)
- Upward kick (*ollyo chagi*)
- Flying kicks (*twimyo chagi*) as listed below

3. **Pattern:** Toi-Gye Tul – 37 movements

4. **Sparring:** a. One step sparring (*ilbo matsogi*) – flying techniques
Compulsory techniques:

Flying back piercing kick, flying reverse turning kick, flying vertical kick

Examples: [A = Attack D = Defence C = Counter attack]

[A] W-stance punch [D] Hooking kick [C] Flying inward vertical kick
[A] W-stance upset fingertip thrust [D] Dodge to knife-hand low guarding block
[C] Flying back piercing kick
[A] Side piercing kick [D] Crescent kick [C] Flying reverse turning kick

b. Free sparring (*jayu matsogi*)

6. **Self-defence:** Defence against grabs from the rear
(Refer self-defence handbook)

7. **Destruction:** Front snap kick, turning kick, side piercing kick

8. **Theory:** a. Taekwon-Do terminology:

Palm hooking block – *sonbadak golcho makgi*

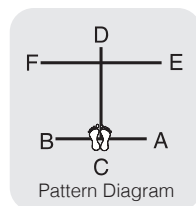
X-fist rising block – *kyocha joomuk chookyo makgi*

W-shape block – *san makgi*

Double forearm low pushing block – *doo palmok najunde miro makgi*

Knife-hand low guarding block – *sonkal najunde daebi makgi*

Flying crescent kick – *twimyo bandal chagi*



b. Meaning of Toi-Gye

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° latitude, the diagram (士) represents “scholar”.

c. Explanation of the Tenets

Courtesy (*Ye Ui*)

Taekwon-Do students should attempt to practise the following elements of courtesy to build up their noble character and to conduct their training in an orderly manner as well.

- 1) To be polite to one another
- 2) To encourage a sense of justice and humanity
- 3) To distinguish instructor from student, senior from junior, and elder from younger
- 4) To behave oneself according to etiquette
- 5) To respect others' possessions

Integrity (*Yom Chi*)

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

- 1) The student who requests rank from an instructor, or attempts to purchase it.
- 2) The student who gains rank for ego purposes or the feeling of power.

Perseverance (*In Nae*)

There is an old Oriental saying, “Patience leads to virtue or merit” – “One can make a peaceful home by being patient for 100 times”. Certainly, happiness and prosperity are most likely to come to the patient person. To achieve something, whether it is a higher degree or the perfection of a technique, one must set a goal then constantly persevere. One of the most important secrets in becoming a leader of Taekwon-Do is to overcome every difficulty by perseverance.

Self Control (*Guk Gi*)

This tenet is extremely important inside and outside the *do jang*, whether conducting oneself in free sparring or in one’s personal affairs. An inability to live and work within one’s capability or sphere is also a lack of self control. According to Lao-Tzu “the term stronger is the person who wins over oneself rather than someone else.”

Indomitable Spirit (*Baekjul Boolgool*)

Indomitable spirit is shown when a courageous person and their 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/she will deal with the belligerent without any fear or hesitation at all, with indomitable spirit, regardless of whosoever and however many the number.

Red belt (2nd gup) for promotion to 1st gup

1. **Stances:**
- Vertical stance (*soojik sogi*), vertical ready stance (*soojik junbi sogi*)
 - Close ready stance C (*moa junbi sogi C*)
 - Sliding (*mikulgi*)

2. **Defensive techniques:**

- Palm pushing block (*sonbadak miro makgi*)
- Side front block (*yobap makgi*)
- Front checking kick (*apcha momchugi*)
- Side checking kick (*yopcha momchugi*)

3. **Offensive techniques:**

- Upward punch (*ollyo jirugi*)
- Knife-hand downward strike (*sonkal naeryo taerigi*)
- Side elbow thrust (*yop palkup tulgi*)
- Mid-air kick (*twio dolmyo chagi*)
- Flying kicks (*twimyo chagi*) as listed below

4. **Fundamental exercise:**

- Four direction thrust (*saju tulgi*)

5. **Pattern:** Hwa-Rang Tul – 29 movements

6. **Sparring:**
- One step sparring (*ilbo matsogi*) – flying techniques
Compulsory techniques:
Flying reverse hooking kick, flying twisting kick, mid-air kick

Examples: [A = Attack D = Defence C = Counter attack]

[A] W-stance punch [D] L-stance palm downward block

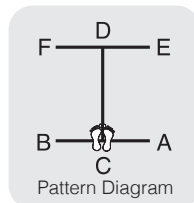
[C] Flying reverse hooking kick (front foot)

[A] W-stance flat fingertip thrust

[D] Dodge to L-stance guarding block [C] Mid-air kick

[A] Back piercing kick [C] Flying twisting kick

- Free sparring (*jayu matsogi*)



- 7. Self-defence:** Defence against common attacks
(Refer self-defence handbook)
- 8. Destruction:** Flying turning kick, flying side piercing kick, flying back piercing kick
- 9. Theory:**
- a. Taekwon-Do terminology:
Terminology for leading the class:
Face the Instructor (1st – 3rd dan) – *boosabum nim kke*
Face the Instructor (4th – 6th dan) – *sabum nim kke*
Face the Master (7th & 8th dan) – *sahyun nim kke*
Face the Grand Master (9th dan) – *saseong nim kke*
Face the Examiner – *simsa nim kke*

Ready – <i>junbi</i>	Start – <i>si jak</i>	Stop – <i>guman</i>
At ease – <i>swiyo</i>	Repeat – <i>tashi</i>	Return – <i>baro</i>
Yell – <i>kihap</i>	About turn – <i>twiro tora</i>	
Class dismissed – <i>hae san</i>		

 - b. Meaning of Hwa-Rang
Hwa-Rang is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwon-Do developed into maturity.
 - c. Meaning of the red belt
Red signifies danger, cautioning the student to exercise control and warning the opponent to stay away.
 - d. History of Taekwon-Do
Taekwon-Do was named on 11 April 1955. This is not to say that Korean martial arts did not exist before then, but that was the year in which the name was first put forward.

Japan occupied Korea for many years and during the Second World War the two countries were co-belligerents. Many Koreans fought on the side of the Japanese and received training in the Japanese martial art systems.

One of the most prominent personalities at this time was General Choi Hong Hi.

Gen. Choi learned Shotokan karate as a student in Japan. This, and his military training, formed the basis of his knowledge.

In January of 1946, General Choi, a company commander in the Korean army, began to teach Karate to his soldiers as a means of physical and mental training. It was then that he realised that he needed to develop a Korean martial art, and with this in mind he began to develop new techniques. In 1954 there was a martial arts exhibition where General Choi's senior student Mr Nam Tae Hi smashed 13 roof tiles with a punch. Impressed by this demonstration, South Korean President Syngman Rhee instructed General Choi to officially introduce the art into the Korean army. By the mid 1950s the various martial arts schools were ordered by President Rhee to unify under a single system. The name "Taekwon-Do" was submitted by General Choi on April 11, 1955.

Gen. Choi organised the first international demonstration tour, the consequences of which contributed towards the eventual formation of the International Taekwon-Do Federation on 22 March 1966. In 1972, as a result of political pressure within South Korea, Gen. Choi left the country to re-establish the headquarters of the ITF in Canada, later to be relocated to Vienna. The Korean government quickly set up a rival international body, calling it the World Taekwondo Federation. Since that time, Taekwon-Do has been divided, and the techniques, patterns and systems differ between the two styles.

We continue to practice the original form of Taekwon-Do, the Chang-Hon style. The theories, terminology, techniques, systems, methods, rules, uniform, and philosophical foundation were scientifically developed, systemised, and named by Gen. Choi Hong Hi. On a philosophical level, Taekwon-Do is derived from traditional, ethical and moral principles, and from the personal philosophy of Gen. Choi.



The physical techniques of Taekwon-Do are based on the principles of modern science, in particular Newtonian physics which teaches us how to generate maximum power.

Although Shotokan karate was very influential in developing the art, the fundamental theories and principals of Taekwon-Do are different from those of any other martial art.

General Choi passed away on the 15th of June 2002.

General Choi Hong Hi

Taekwon-Do Terminology

To hear audio tracks of terminology for each level visit www.itkd.co.nz/terminology

about turn	twiro tora	demonstration	sibum	grasping block	butjaba makgi
alternate	euhkallin	diagonal stance	sasun sogi	grasping kick	butjapgo chagi
angle fingertip	homi sonkut	dismiss	hae san	ground	noowo
angle punch	giokja jirugi	dodging	pihagi (pihamyo-)	guarding block	daebi makgi
arc-hand	bandal son	double	i-jung	half	ban
at ease	swiyo	[attack/defence]		half facing	bahnmom
attention	charyot	double	ibo	heaven hand	hanulson
attention stance	charyot sogi	[technique eg stepping]		high	nopunde
back	dwit	double	doo	high elbow	nopun palkup
[foot parts/attacks]		[tool eg forearm]		high kick	nopi chagi
back [hand parts]	dung	downward	naeryo	high section	nopun bubun
back elbow	dwit palkup	eight	yodul	holding	bachigi
back hand	sondung	elbow	palkup	hooking	golcho
back heel	dwitchook	etiquette	ye jol	horizontal	soopyong
back sole	dwitkumchi	face [eg. instructor]	kke	indomitable spirit	baekjul boolgool
backward	duruogi (dwiro-)	face flag	kukki e tae hae	inner	an
ball of the foot	apkumchi	fast motion	balli [pparun sokdo]	inside block	anmakgi
base of knife hand	sonkal batang	finger belly	songarak badak	instep	baldung
bear hand	gomson	finger pincers	jipge son	Instructor	Boosabum nim
belt	ti	finger tips	sonkut	(1st – 3rd dan)	
bending stance	guburyo sogi	fist	joomuk	Instructor	Sabum nim
block	makgi (magumyo-)	five	dasot	(4th – 6th dan)	
body dropping	mom nachugi	fixed stance	gojung sogi	integrity	yom chi
bow	kyong ye	flat fingertip	opun sonkut	inward	anuro
bow posture	kyong ye jase	flying	twimyo	jumping (flying)	twigi (twimyo-)
bow wrist	sonmok dung	foot lifting	bal dulgi	kick	chagi (cha-)
by count	kuryong e	foot shifting	jajun bal	knee	moorup
[with command]	machuso	foot sparring	bal matsogi	knee bending	moorup guburigi
checking	momchugi	foot tackling	bal golgi	knife-hand	sonkal
checking block	momchau makgi	foot techniques	bal gisool	knuckle fist	songarak joomuk
checking kick	cha momchugi	foot-fist-way	tae-kwon-do	left	wen
circular block	dollimyo makgi	footsword	balkal	leg crossing	dari kogi
close stance	moa sogi	forearm	palmok	long fist	ghin joomuk
combination	honap	forefinger	han songarak	low	najunde
commence	si jak	forefist	ap joomuk	low section	najun bubun
competition	kyong gi	fore-knuckle fist	inji joomuk	low stance	nachuo sogi
connecting motion	yon gyol tongjak	forward	nagagi	L-stance	niunja sogi
consecutive	yonsok	four	net	luring block	yuin makgi
continue	kesok	four direction	saju	Master (7th–8th dan)	Sahyun nim
continuous motion	iojin tongjak	[punch/block/thrust]		mid-air	twio dolmyo
counter kick	bada chagi	four direction kick	sabang chagi	middle	kaunde
courtesy	ye ui	free sparring	jayu matsogi	middle knuckle fist	joongji joomuk
covering	karioogi	front	ap	middle section	kaunde bubun
crescent	bandal	front-back kick	apdwi chagi	model sparring	mobum matsogi
cross-cut	ghutgi (kuo-)	full facing	ohnmom	moral culture	jungshin sooyang
crouched stance	oguryo sogi	grade	gup	nine	ahop
degree	dan	Grand Master (9th dan)	Saseong nim	nine (9)-shape block	gutja makgi

normal speed	potonguro	semi-free sparring	ban jayu matsogi	falling techniques	torojigi
one	hana	seven	ilgop	thrust	tulgi (tulumyo-,tturo-)
one way	han chok	shifting	jajunbal	thrusting kick	cha tulgi
one-leg stance	waebal sogi	shout	kihap	thumb	umji
one-step sparring	ilbo matsogi	side	yop	thumb knuckle fist	umji joomuk
open fist	pyon joomuk	side back	yopdwi	thumb ridge	umji batang
open stance	palja sogi	side facing	yopmom	toe edge	balgarak nal
outer	bakat	side front	yobap	toes	balkut
outside block	bakat makgi	side instep	yop baldung	toward [eg. toward A]	bang (eg A-bang)
outward	bakuro	side sole	yop bal badak	training hall	do jang
overhead	twio nomo	side-twisting kick	yop bituro chagi	trapezoid punching kick	jaegak jirumyo chagi
overlapped backhand	pogaeng sondung	sine wave	hwaldung pahdo	treble	sambo
own time	kuryong obsi	single	ilbo	[technique eg. turning]	samjung
[without command]	[obshi]	[technique eg. stepping]		triple [eg. attack]	joma chagi
palm	sonbadak	single	wae	tumbling kick	dolgi
parallel	narani	[tools eg. back-hand]		turning [around]	dollyo
parallel stance	narani sogi	sitting stance	annun sogi	turning	
patterns	tul	six	yo sot	[technique eg. kick]	
perseverance	in nae	skip kick	duro gamyo chagi	twin	sang
pick-shape kick	gokaeng-i chagi	sliding	mikulgi	twin foot	sangbal
piercing kick	cha jirugi	slow motion	chonchonhi	twisting kick	bituro chagi
practice suit	do bok	smashing kick	cha busigi	two	dool
prearranged sparring	yaksok matsogi	snap kick	cha busigi	two direction kick	sangbang chagi
press finger	jjap	sparring	matsogi	two way	yang chok
pressing	noollo	spiral kick	ransosik chagi	two-step sparring	ibo matsogi
punch	jirugi (jirumyo-, jilla-)	spot	gujari	under fist	mit joomuk
punching kick	jirumyo chagi	square punching kick	sagak jirumyo chagi	under forearm	mitpalmok
pushing block	miro makgi	stamping kick	cha bagpi	upper back	widwi palkup
pushing kick	cha milgi	stance	sogi (so-)	elbow strike	taerigi
ready	junbi	stepping	omgyo didigi	upper elbow	wi palkup
ready posture	junbi jase	stop	guman	upset fingertip	dwijibun sonkut
ready stance	junbi sogi	straight	sun	upset punch	dwijibo jirugi
rear foot stance	dwitbal sogi	[technique eg thrust]		upward	olyo
reflex kick	bansa chagi	straight kick	jigeau chagi	u-shape	digutja
release from a grab	jappysul tae	strike	taerigi (taerimyo-)	u-shape grasp	digutja japgi
repeat	tasi [tashi]	students	jeja	vertical	sewo
return	baro	sweeping kick	suroh chagi	vertical stance	soojik sogi
reverse	dung	Taekwon-Do practitioner	Taekwon-Doin	waist block	hori makgi
[hand and foot parts]				walking stance	gunnun sogi
reverse [techniques]	bandae	teacher	kyo sa (nim)	warrior ready stance	moosa junbi sogi
reverse hooking kick	bandae dollyo	ten	yol	waving kick	doro chagi
right	gorochagi	tenets of Taekwon-Do	Taekwon-Do jungshin	wedging	hechyo
rising block	orun	test	simsa	w-shape block	san makgi
rising kick	chookyo makgi	thank you	ko mup sum neda	x-	kyocha
scissors-shape kick	cha olligi	three	set	x-stance	kyocha sogi
scooping block	kawi chagi	three direction kick	sambang chagi	you're welcome	chang ma naeo
self-control	duro makgi	three-step sparring	sambo matsogi		
self-defence	guk gi	throwing and	dunjigi wa		
	hosin sul				

*Taekwon-Do terminology
compiled by Mr Mark Banicevich*



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