Caterham UKTA Taekwon-Do

Affiliated to the ITF, AETF and BTC

GENERAL INFORMATION

Taekwon-Do is a version of an ancient form of unarmed combat practiced for many centuries in Korea. It became perfected to its present form by General Choi Hong Hi (1918-2002), head of the Republic of Korea Armed Forces unarmed combat division for many years. It has been scientifically developed and modernized since its first introduction to the world on **11th April 1955.**

Translated from the Korean Tae means **"to jump, kick or smash with the foot."** Kwon means **"to punch, strike or smash with the fist."** Do means **"art, method, or way."** In short it is the most powerful system of self-defence ever devised. To the Korean people Taekwon-Do is more than a mere use of skilled movements. It also implies a way of life with a strong sway toward the more philosophical side, particularly in instilling a concept and spirit of self-imposed discipline and an ideal of noble moral re-armament.

In these days of violence and intimidation, which seem to plague our modern society, Taekwon-Do enables the weak to possess a fine weapon with which to defend themselves. However, when wrongly applied, it can also be very dangerous.

The Tenets of Taekwon-Do

Courtesy
Integrity
Perseverance
Self Control
Indomitable Spirit

International Taekwon-Do Oath

I shall observe the tenets of Taekwon-Do.
I shall respect the Instructors and Seniors.
I shall never misuse Taekwon-Do.
I shall be a champion of freedom and justice.
I shall build a more peaceful world.

Conduct in the Dojang

- Bow upon entering and leaving the Dojang at all times.
- Bow to the instructor at the start of or when joining a class.
- Recite the International Taekwon-Do Oath prior to training.
- Bow to the Instructor prior to dismissal.
- Always address Instructors and black belts as 'Sir.'
- Do not eat, drink, or smoke whilst wearing your dobok unless prior permission to do so has been granted by the Instructor.
- Do not speak unnecessarily during a session.
- Always hand objects to the Instructor with both hands.

White Belt

Terminology Applicable to 10th Kup

The Five Tenets

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

Commands

Charyot	Attention
Kyong Ye	Bow
Junbi	Ready
Sijak	Start
Gomman	Stop
Barrol	Return to Ready
Tirro Torra	About turn

Body Sections

Nopun Bubun	High section
Kaun Bubun	Middle section
Najun Bubun	Low section

Body Parts

Ap Joomuk	Forefist
Sonkal	Knifehand
Bakat Palmok	Outer forearm
An Palmok	Inner forearm

Defensive Movements

An Palmok Makgi	Inner forearm block
Bakat Palmok Makgi	Outer forearm block
Najunde Sonkal Makgi	Low knifehand block

Attacking Movements

Bandae Jirugi	Reverse punch
Barro Jirugi	Obverse punch
Ap Cha Busigi	Front snap kick
Ap Cha Olligi	Front rising kick

General Terms

Tae	Of the foot
Kwon	Of the hand
Do	Art, Method, or Way
Jungshin	Tenets
Dojang	Training Hall
Dobok	Practice suit
Bo Sabum nim	Assistant Instructor
Sabum nim	International Instructor
Sahyun nim	Master
Sasung nim	Grandmaster
Saju Jirugi	4-Directional Punch
Saju Makgi	4-Directional Block

Stances

Charyot Sogi	Attention stance
Narani Sogi	Parallel stance
Annun Sogi	Sitting stance
Gunnon Sogi	Walking stance

Counting

Hana	One
Dool	Two
Set	Three
Net	Four
Datsut	Five
Yowsot	Six
Ilgop	Seven
Yodul	Eight
Ahop	Nine
Yol	Ten
Yol Hana	Elven
Yol Dool (Etc.)	Twelve
Samul	Twenty
Sorun	Thirty
Mahun	Forty

General Information

The founder of Taekwon-Do is General Choi Hong Hi (1918 –2002) 9th Dan, Grandmaster.
The founder and Chief Instructor of the UKTA is Grandmaster Rhee Ki Ha (9th Dan, Grandmaster).
The Instructor of Caterham Taekwon-do School is Mr P Harwood (4th Dan).

Taekwon-Do was founded on 11th April 1955. The ITF was founded on 22nd March 1966. The UKTA was founded in 1968, though Grandmaster Rhee introduced TKD into the UK in 1967.

1st, 2nd, and 3rd Dan instructors are classed as **Bo Sabum nim.** 4th, 5th, and 6th Dan International instructors are classed as **Sabum nim.** 7th and 8th Dan are Masters, **Sahyun nim.** 9th Dan are Grandmasters, **Sasung nim.**

An OBVERSE technique is performed using the same arm as the leg that is most bent.

A REVERSE technique is performed using the same arm as the leg that is least bent, thus the opposite of obverse. If the left leg is most bent then it is a left stance. If the right leg is most bent, then is it a right stance.

Saju Jirugi and Saju Makgi are exercises, they are NOT patterns.

White belt signifies innocence as that of a beginning student who has no previous knowledge of the art.

White Belt Yellow Tag

Terminology Applicable to 9th Kup

Patterns

What is a pattern? A pattern is a series of attacking and defensive movements designed to combat one or more imaginary opponents. Following a pre-determined diagram on the floor, starting and finishing on the same spot.



Chon-Ji (19 movements): Means literally, "The heaven, the earth." In the Orient it is interpreted as the creation of the world or the beginning of human history, therefore it is the initial pattern performed by the beginner. The pattern consists of two similar parts - one to represent the heaven, the other, the earth.

Stances

Niunja Sogi	L-stance

General Terms

An Makgi	Inside Block
Annuro Makgi	Inward Block
Bakat Makgi	Outside Block
Bakurro Makgi	Outward Block
Tul	Pattern
Wen	Left
Orun	Right
Nagagi	Forward
Durogi	Backward

Body Parts

Ap Kumchi	Front sole
Balkal	Footsword

Attacking Movements

Ap Cha Busigi	Front snap kick
Doo Jirugi	Double punch
Yop Cha Jirugi	Side piercing kick

Defensive Movements

Chookyo Makgi	Rising block
Najunde Bakat Palmok Makgi	Low outer forearm block

Sparring

Sambo Matsoki	Three-step sparring

General Information

- When in L-stance (Niunja Sogi), the weight must be distributed 70% on the rear foot and 30% on the front foot. Toes should be 10-15 degrees from center.
- Front sole (Ap Kumchi) is used for front kick and turning kick.
- Footsword (Balkal) is used for side piercing kick and back piercing kick.
- The last two movements of **Chon-Ji** are obverse punch (Barro Jirugi).
- The two blocks used in **Chon-Ji** are outer forearm low block (Najunde Bakat Palmok Makgi) and middle inner forearm block (Kaunde An Palmok Makgi).
- The two stances in **Chon-Ji** are walking stance (Gunnon sogi) for low block and L-stance (Niunja Sogi) for middle block.
- There are 24 patterns in Taekwon-Do which symbolises 24 hours, or one day, or all of General Choi's life which he has dedicated to the art.
- Inside block (An makgi) is ANY block to the inside of your opponent's attacking tool.
- Inwards block (Annuro makgi) is ANY block travelling inwards across your own body.
- Outside block (Bakat makgi) is ANY block to the outside of your opponent's attacking tool.
- Outward block (Bakurro makgi) is ANY block travelling outwards across your own body.

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

Yellow Belt

Terminology Applicable to 8th Kup

Patterns



Dan-Gun (21 movements): Dan-Gun is named after the Holy Dan-Gun, the legendary founder of Korea in the year 2333 BC.

Body Parts

Ap Kumchi	Front sole
Balkal	Footsword
Dwit Chook	Back heel
Sonkal	Knifehand
Sonkal Dung	Reverse knifehand

Attacking Movements

Bandae Dollyo Chagi	Reverse turning kick
Dollyo Chagi	Turning kick
Nopunde Ap Jirugi	High front punch
Sonkal Yop Taerigi	Knifehand side strike
Yop Cha Jirugi	Side piercing kick

Defensive Movements

Chookyo Makgi	Rising block
Sang Palmok Makgi	Twin forearm block
Sonkal Daebi Makgi	Knifehand guarding block

Sparring

Ban Jayoo Matsoki	Semi-free sparring
Jayoo Matsoki	Free sparring
Sambo Matsoki	Three-step sparring

Commands

Hechyo	Break/Separate
Gaesok	Continue
Jeuii	Warning
Kamjom	Demerit/Minus point
Silkyok	Disqualification

General Information

- Rising block is classified as a front block, so it must be performed full facing.
- Front block means when the blocking tool finishes at the centerline & the body is full facing.
- When performing rising block, the fist must be over the opposite shoulder.
- Three-step sparring may be practised using the same three of ANY attack.
- Remember not to perform the high punch when returning to **Chon-Ji**.
- Side block is when the body is kept half-facing whilst blocking.
- The 4 defensive movements in **Dan-Gun** are:
    1. Niunja Sogi, Sonkal Kaunde Daebi Makgi,
    2. Niunja Sogi, Sang Palmok Makgi,
    3. Gunnun Sogi, Bakat Palmok Najunde Makgi,
    4. Gunnun Sogi, Chookyo Makgi.

Yellow Belt Green Tag

Terminology Applicable to 7th Kup

Patterns



Do-San (24 movements): Do-San is the pseudonym of the patriot Ahn-Chang-Ho (1876-1938). The 24 movements represent his entire life, which he dedicated to furthering the education of the Korean people and to its independence movement.

Body Parts

Dung Joomuk	Backfist
Sonkut	Fingertips

Attacking Movements

Dung Joomuk Taerigi	Backfist strike
Sun Sonkut Tulgi	Straight fingertip thrust

Defensive Movements

Hechyo Makgi	Wedging Block

General Terms

Chagi	Kick
Euhke son	Shoulder line
Gassum son	Chest line
Japyosul Tae	Release from grab
Makgi	Block
Myong chi son	Centre line (Solar plexus line)
Sogi	Stance
Taerigi	Strike
Tulgi	Thrust
Weeryok	Power

General Information

Green belt signifies the plant's growth as the Taekwon-Do skills begin to develop.

Terminology Applicable to 6th Kup

Green Belt

Patterns



Won-Hyo (28 movements): Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686.

Stance

Gojung Sogi	Fixed stance
Goburyo Sogi 'A'	Bending stance 'A'
Moa Sogi	Close stance

Body Parts

Baldung	Instep
Balkut	Toes
Bokboo	Abdomen
Chiboo	Pubic region
Mori	Head
Myong Chi	Solar plexus

Attacking Movements

Dwit Cha Jirugi	Back piercing kick
Sonkal Annuro Taerigi	Knifehand inward strike
Yop Jirugi	Side punch

Defensive Movements

Dollimyo Makgi	Circular block
Palmok Daebi Makgi	Forearm guarding block

Sparring

Ibo Matsoki	Two-step sparring. A combination of any hand and any foot attack in either order.

General Terms

Gong gyuk gi	Attack techniques
Bang eo gi	Defence techniques
Ha bansin	Foot parts
Sang bansin	Hand parts

General Information

- When using Gojung Sogi (fixed stance) the weight must be distributed 50/50, whilst keeping the feet in an L-shape stance.
- Mori (the head) should only be used in extreme circumstances.
- The starting point for pattern **Won-Hyo** is Moa Junbi Sogi 'A'.

Terminology Applicable to 5th Kup

Patterns



Yul-gok (38 movements): Yul-gok is the pseudonym of a great philosopher and scholar Yi Ee (1536-1584), nicknamed, "The Confuscious of Korea." The 38 movements of the pattern represent his birthplace in the 38° latitude and the diagram represents "Scholar."

Stances

Guburyo Sogi 'B'	Bending stance 'B'
Kyocha Sogi	X-stance

Body Parts

Ap Palkup	Front elbow
Injoong	Philtrum
Son Badak	Palm

Attacking Movements

Ap Palkup Taerigi	Front elbow strike

Defensive Movements

Doo Palmok Makgi	Double forearm block
Golcho Makgi	Hooking block
Sang Sonkal Makgi	Twin knifehand block

Sparring

Ilbo Matsoki	One-step sparring

General Terms

Phiagi	Dodging
Mikulgi	Sliding
Gwanja nori	Temple
Yop tok	Jaw

General Information

- **Consecutive movement** means using one breath per move, as in normal execution.
- **Continuous movement** means using one breath for two movements, as in **Yul-Gok**, movement numbers 16 & 17, and 19 and 20.
- Son badak (the palm) is used for Golcho Makgi (hooking block).
- When performing Sang sonkal Makgi, the knifehand rising block must be over the centerline.
- When in Kyocha Sogi (X-stance) both feet must point in the same direction.

Blue belt signifies the heaven, toward which the plant develops into a towering tree as training in Taekwon-Do progresses.

Green Belt Blue Tag

Terminology Applicable to 4th Kup

Patterns



Joong Gun (32 movements) Joong Gun is named after the patriot Ahn Joong Gun, who assassinated Hiro-Bumi Ito, the first JAPANESE Governor General of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed at Lui-Shung prison in 1910.

Stances

Dwitbal Sogi	Rear foot stance
Moa Junbi Sogi 'B'	Close ready stance 'B'
Nachau Sogi	Low stance

Body Parts

Ap Palkup	Front elbow
Bandal Son	Arc hand
Son Badak	Palm
Sonkal Dung	Reverse knifehand

Attacking Movements

Giokja Jirugi	Angle punch
Sang Dwijibo Jirugi	Twin upset punch
Sang Sewo Jirugi	Twin vertical punch
Wi Palkup Taerigi	Upper elbow strike
Yobap Cha Busigi	Side front snap kick

Defensive Movements

Degutcha Makgi	U-shape block
Kyocha Joomuk Chookyo Makgi	X-fist rising block
Son Badak Noolo Makgi	Palm pressing block
Son Badak Ollyo Makgi	Palm upwards block
Sonkal Dung Kaunde Makgi	Reverse knifehand middle block

Sparring

Idil Matsoki	Two versus one sparring

General Terms

Mikulgi	Sliding
Twimyo	Flying
Twiggi	Jumping

General Information

- When performing angle punch (Giokja Jirugi) the fist finishes on the chest line.
- Arc hand (Bandal Son) is used for U-shape block.

Blue Belt

Terminology Applicable to 3rd Kup

Patterns



Toi Gye (37 movements): Toi Gye is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo-Confuscianism. The 37 movements of the pattern represent his birthplace on the 37° latitude, and the diagram represents "Scholar."

Attacking Movements

Dwijibun Sonkut Tulgi	Upset fingertip thrust
Moorup Ap Chagi	Knee front kick
Naeryo Chagi	Downward kick
Opun Sonkut Tulgi	Flat fingertip thrust

Defensive Movements

Doo Palmok Miro Makgi	Double forearm pushing block
Kyocha Joomuk Noolo Makgi	X-fist pressing block
Najunde Sonkal Daebi Makgi	Low knifehand guarding block
San Makgi	W-shape block

General Information

- **Saju Tulgi** - Four-directional thrust. This is **not** a pattern, but this exercise is practised by the 3rd kup holder and above.
- When performing San Makgi (W-shape block) you must look toward the direction you are travelling, e.g., when moving the left foot, look left.
- The student should by now have a wide-ranging knowledge of the vital spots and be able to name most in terminology.

Red belt signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

Blue Belt Red Tag

Terminology Applicable to 2nd Kup

Patterns



Hwa-Rang (29 movements): 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.

Stance

Soojik Sogi	Vertical stance
Waebal Sogi	One-legged stance (Not yet used in Tul)

Body Parts

Hori	Waist
Pyun Joomuk	Open fist
Yop Joomuk	Side fist

Attacking Movements

Bandae Dollyo Goro Chagi	Reverse hooking kick
Bituro Chagi	Twisting kick
Cha Bapgi	Stamping kick
Niunja So Baro Jirugi	L-stance obverse punch
Naeryo Chagi	Downward kick
Ollyo Jirugi	Upward punch
Sonkal Naeryo Taerigi	Knifehand downward strike
Yop Palkup Tulgi	Side elbow thrust

Defensive Movements

Bandal Chagi	Crescent kick
Cha Momchugi	Checking kick
Kaunde Yobap Makgi	Middle inner forearm side front block
Makgi	
Noolo Chagi	Pressing kick
Son Badak Miro Makgi	Palm pushing block

General Information

- When performing Bandal Chagi (crescent kick), the leg must be kept bent.
- You need to be able to demonstrate all 13 stances so far learnt.
- You need to be able to demonstrate the different uses of Ap Joomuk, i.e., as many punches as possible using only the forefist.
- When performing Idil Matsoki (2 versus 1 sparring) an emphasis must be placed on safety. This will involve keeping both opponents in a straight line for as long as possible and not exposing yourself to danger.

Terminology Applicable to 1st Kup

Patterns



Choong-Moo (30 movements): Was the name given to the great Admiral Yi-Soon-Sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolise his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.

Attacking Movements

Dwitcha Jirugi	Back piercing kick
Nopunde Sonkal Ap Taerigi	High knifehand front strike
Twimyo Yopcha Jirugi	Flying side piercing kick

Defensive Movements

Doo Son Badak Ollyo Makgi	Twin palm upward block
Kyocha Sonkal Momchau Makgi	X-knifehand checking block

General Information

There are 24 patterns in Taekwon-Do. The reason for this is as follows

"Here I leave Taekwon-Do for mankind as a trace of man of the late 20th century.
The 24 patterns represent 24 hours, one day, or all my life."

General Choi Hong Hi

Black belt, the opposite to White, signifies the wearers proficiency and knowledge of Taekwon-Do.

Red Belt Black Tag

What is a Pattern? TUL

A PATTERN IS A SERIES OF FUNDAMENTAL MOVEMENTS, BOTH OFFENSIVE AND DEFENSIVE PERFORMED AGAINST ONE OR MORE IMAGINARY OPPONENTS, STARTING AND FINISHING ON THE SAME SPOT, DESCRIBING A SET DIAGRAM ON THE FLOOR.

Patterns : Tul



Chon-Ji Means literally, "The heaven, the earth." In the Orient it is interpreted as the creation of the world or the beginning of human history, therefore it is the initial pattern performed by the beginner. The pattern consists of two similar parts - one to represent the heaven, the other, the earth.
Movements: 19 Diagram: +



Dan-Gun is named after the Holy Dan-Gun, the legendary founder of Korea in the year 2333 BC.
Movements: 21 Diagram: I



Do-San is the pseudonym of the patriot Ahn-Chang-Ho (1876-1938). The 24 movements represent his entire life, which he dedicated to furthering the education of the Korean people and to its independence movement.
Movements: 24 Diagram: Step or Straightened 'S'



Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686.
Movements: 28 Diagram: I



Yul-gok is the pseudonym of a great philosopher and scholar Yi Ee (1536-1584), nicknamed, "The Confuscious of Korea." The 38 movements of the pattern represent his birthplace in the 38° latitude.
Movements: 38 Diagram: 'Scholar'



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Movements: 32 Diagram: I



Toi Gye is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo-Confuscianism. The 37 movements of the pattern represent his birthplace on the 37° latitude, and the diagram represents "Scholar."
Movements: 37 Diagram: 'Scholar'

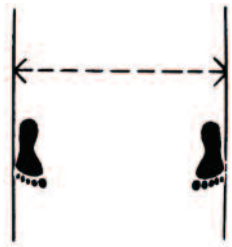


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Movements: 30 Diagram: I

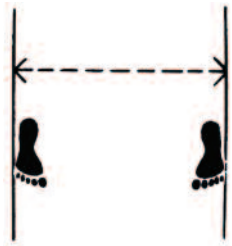
Stances



One shoulder width

Parallel Stance **(Narani Sogi)**

Spread the feet parallel to shoulder with. Keep toes pointing towards the front.



One and a half shoulder width

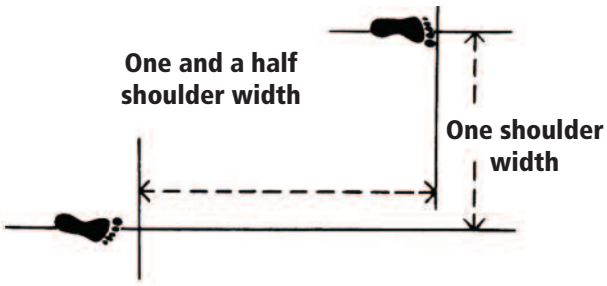
Sitting Stance **(Annun Sogi)**

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

Walking Stance **(Gunnun sogi)**

1. Move one foot to either front or rear at a distance of one and a half shoulder width between the big toes & a shoulder width from one centre of the instep to the other.
2. Bend the front leg until the knee cap forms a vertical line with the heel, extending the opposite leg fully.
3. Weight is distributed evenly between both feet.
4. Keep the toes of the front foot pointing forward, the opposite foot 25 degrees outward.
5. Tense the muscles of the feet with the feeling of pulling them towards each other.

When the right leg is bent, the stance is a right walking stance and vice-versa.





L stance **(Niunja Sogi)**

1. Move one foot to either front or rear to a distance of approximately one & a half times the shoulder width from the footsword of the rear foot to the toes of the front foot, forming almost right angles.
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. Weight distribution is about 70 percent on the rear leg & 30 percent on the front leg.

Stances



Closed Stance **(Moa Sogi)**

Stand with feet together, hand position determines the stance A, B, C or D



Side and Front Views

Fixed Stance **(Gujung Sogi)**

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

When the right foot is advanced, the stance is called a right fixed stances and vice-versa.

Bending Ready Stance (Guburyo Jumbi Sogi)

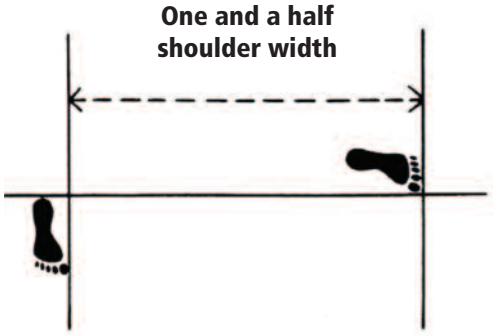
This stance is classified into types A and B. When standing with a right foot executing a left forearm guarding block, it is called a right bending ready stance and vice-versa.

Type A
It is principally used for a preparatory position of side piercing and side thrusting kick.

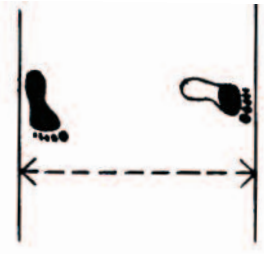
Bending Ready Stance

Type B
It is preparatory position of back piercing kick.

1. The distance between the fists and thigh is about 25 centimeters.
2. The elbow should be bent 30 degrees.



Stances

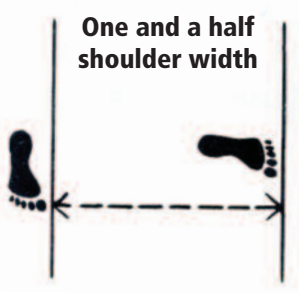


One shoulder width

Rear Foot Stance **(Dwitbal Sogi)**

1. Move one foot to either the front or rear at a distance of one shoulder wodth between the small toes.
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 resr foot about 15 degrees inward.
5. Distribute most of the body weight on the rear foot.

When the Right foot is at the rear, it is called a Right Rear Foot Stance and vice-versa.



Vertical Stance **(Soojik Sogi)**

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



Low Stance **(Nachuo Sogi)**

Is similar to Walking stance, though longer by one foot. The advantage of this stance is the ease with which one can extend the attacking tool.

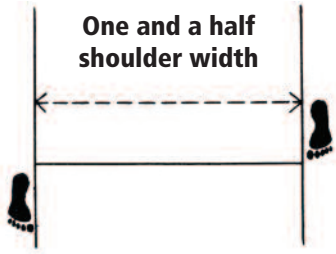
X-Stance **(Kyocha Sogi)**

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 of the other with the exception of a jumping motion.



Stepping **Jumping**

Stances



Diagonal Stance **(Sasun Sogi)**

This is a very useful stance for shifting into walking stance without relocating the foot. The principle for sitting stance is directly applied except that the heel of the front foot is placed on the same line with the toes of the rear foot.

When the right foort is advanced, the stance is a right diagonal stance and vice-versa.



Attention Stance **(Charyot Sogi)**

This is the attention position used before & after each exercise.

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



One-Leg Stance **(Waebal Sogi)**

Stretch the stationary leg and bring the other reverse footsword on the knee joint or instep to the hollow.

When the right foot is advanced, the stance is called a right One-Leg stance and vice-versa.

Parts of the Hand

Ap Joomuk	Fore Fist
Dung Joomuk	Back Fist
Sonkal Dung	Reverse Knife hand
Sondung	Back Hand
Gomsom	Bear Hand
Han Songarat	Index Finger
Umji Joomuk	Thumb Knuckle
Inji Joomuk	Index Finger Knuckle
Joonji Joomuk	Middle Finger Knuckle
Yop Joomuk	Side Fist (hammer Fist)
Sonkal	Knife hand
SonKut	Finger Tip
Pyon Joomuk	Palm Heel (open Fist)
Ghin Joomuk	Long Fist
Doo Songarat	Double Finger
Umji Petang	Thumb Knuckle
Sonmok Dung	Bow Wrist

Parts of the Foot

Balkal	Footsword
Ap Kumchi	Ball of Foot (front sole)
Dwit Kumchi	Heel Base (Back Sole)
Balkal Dung	Reverse Footsword
Yop Baldung	Side Sole (Near Front)
Dwitchuck	(Back) Heel
Baldung	Instep
Balkut	Toes
Balmok	Ankle
Yop Bal Badak	Side Sole

Elbow Strikes & Elbow Thrusts

An Elbow Strike is performed with the front (forearm) part of the elbow. In a circular motion.

- **Ap Palkop Terrigi** Front Elbow Strike
- **Wi Palkop Terrigi** Upper Elbow Strike
- **Nopun Palkop Terrigi** High Elbow Strike

An Elbow Trust is performed with the back (past the elbow joint) part of the elbow. In a linear motion.

- **Yop Palkop Tulgi** Side Elbow Thrust
- **Dwit Palkop Tulgi** Back Elbow Thrust
- **Naero Palkop Tulgi** Downward Elbow Thrust

Techniques That can be performed with Forefist

Ap Jurugi	Front Punch
Yop Jurugi	Side Punch
Swero Jurugi	Vertical Punch
Sang Swero Jurugi	Twin Vertical Punch
Dwijibo Jurugi	Upset Punch
Sang Dwijibo Jurugi	Twin Upset Punch
Ollyo Jurugi	Upward Punch
Naero Jurugi	Downward Punch
Dollio Jurugi	Turning Punch
Kyokja Jurugi	Angle Punch
Bandal Jurugi	Crescent Punch
Deguotcha Jurugi	'U' Shape Punch
Ap Joomuk Naero Makgi	Forefist Downward Block

Training Secrets of Taekwon-Do

An old proverb says that even heaven cannot make a diligent worker poor. However, in Taekwon-Do, diligence or intensive training alone does not produce quality techniques. On the contrary, instructions from a false or unqualified instructor would be worse than not being taught at all because unscientific movements not only reduce the power but require a tremendous amount of time to correct. On the other hand, under the proper guidance of a competent instructor, a student who trains earnestly with dedication will learn the true techniques of Taekwon-Do in a comparatively short period of time with less effort.

1. **To study the theory of power thoroughly (Reaction Force, Concentration, Balance, Breath Control, Sine Wave, and Speed).**
2. **To understand the purpose and method of each movement clearly.**
3. **To bring the movement of the eyes, hands, feet and breath into a single coordinated 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 defense.**
6. **Keep both the arms and legs bent slightly while the movement is in motion.**
7. **All movements must begin with a backward 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.**

The Theory of Power

The beginning student may ask; "Where does one obtain the power to create the devastating results attributed to Taekwon-Do?" This power is attributed to the utilization of a person's full potential through the mathematical application of Taekwon-Do techniques. The average person uses only 10 to 20 percent of his potential. Anyone, regardless of size, age, or sex who can condition himself to use 100 percent of his potential can also perform the same destructive techniques. Though training will certainly result in a superb level of physical fitness, it will not necessarily result in the acquisition of extraordinary stamina or superhuman strength. More important, Taekwon-Do training will result in obtaining a high level of reaction force, concentration, equilibrium, breath control and speed; these are the factors that will result in a high degree of physical power.

Reaction Force (Bandong Ryok)

According to Newton's Law, every force has as equal and opposite force. When an automobile crashes into a wall with the force of 2,000 pounds, the wall will return a force of 2,000 pounds; or forcing the end of the seesaw down with a ton of weight will provide an upward force of the same weight; if your opponent is rushing towards you at a high speed, by the slightest blow at his head, the force with which you strike his head would be that of his own onslaught plus that of your blow. The two forces combined; his, which is large, and yours, which is small is quite impressive. Another reaction force is your own. A punch with the right fist is aided by pulling back the left fist to the hip.

Concentration (Jip Joong)

By applying the impact force onto the smallest target area, it will concentrate the force and therefore, increase its effect. For example, the force of water coming out of a water hose is greater if the orifice is smaller. Conversely, the weight of a man spread out on snow shoes makes hardly any impression on the snow. The blows in Taekwon-Do are often concentrated onto the edge of the open palm or to the crook of the fingers. It is very important that you should not unleash all your strength at the beginning but gradually, and particularly at the point of contact with your opponent's body, the force must be so concentrated as to give a knock-out blow. That is to say, the shorter the time for the concentration, the greater will be the power of the blow. The utmost concentration is required in order to mobilize every muscle of the body onto the smallest target area simultaneously. In conclusion, concentration is done in two ways: one is to concentrate every muscle of the body, particularly the bigger muscles around the hip and abdomen (which theoretically are slower than the smaller muscles of other parts of the body) towards the appropriate tool to be used at the proper time; the second way is to concentrate such mobilized muscles onto the opponent's vital spot. This is the reason why the hip and abdomen are jerked slightly before the hands and feet in any action, whether it be attack or defense. Remember, jerking can be executed in two ways: laterally and vertically.

Equilibrium (Kyun Hyung)

Balance is of utmost importance in any type of athletics. In Taekwon-Do, it deserves special consideration. By keeping the body always in equilibrium, that is, well balanced, a blow is more effective and deadly. Conversely, the unbalanced one is easily toppled. The stance should always be stable yet flexible, for both offensive and defensive movements. Equilibrium is classified into both dynamic and static stability. They are so closely inter-related that the maximum force can only be produced when the static stability is maintained through dynamic stability. To maintain good equilibrium, the center of gravity of the stance must fall on a straight line midway between both legs when the body weight is distributed equally on both legs, or in the center of the foot if it is necessary to concentrate the bulk of body weight on one foot. The center of gravity can be adjusted according to body weight. Flexibility and knee spring are also important in maintaining balance for both a quick attack and instant recovery. One additional point; the heel of the rear foot should never be off the ground at the point of impact. This is not only necessary for good balance but also to produce maximum power at the point of impact.

Breath Control (Hohup Jojul)

Controlled breathing not only affects one's stamina and speed but can also condition a body to receive a blow and augment the power of a blow directed against an opponent. Through practice, breath stopped in the state of exhaling at the critical moment when a blow is landed against a pressure point on the body can prevent a loss of consciousness and stifle pain. A sharp exhaling of breath at the moment of impact and stopping the breath during the execution of a movement tense the abdomen to concentrate maximum effort on the delivery of the motion, while a slow inhaling helps the preparation of the next movement. An important rule to remember; Never inhale while focusing a block or blow against an opponent. Not only will this impede movement but it will also result in a loss of power. Students should also practice disguised breathing to conceal any outward signs of fatigue. An experienced fighter will certainly press an attack when he realizes his opponent is on the point of exhaustion. One breath is required for one movement with the exception of a continuous motion.

Mass (Zilyang)

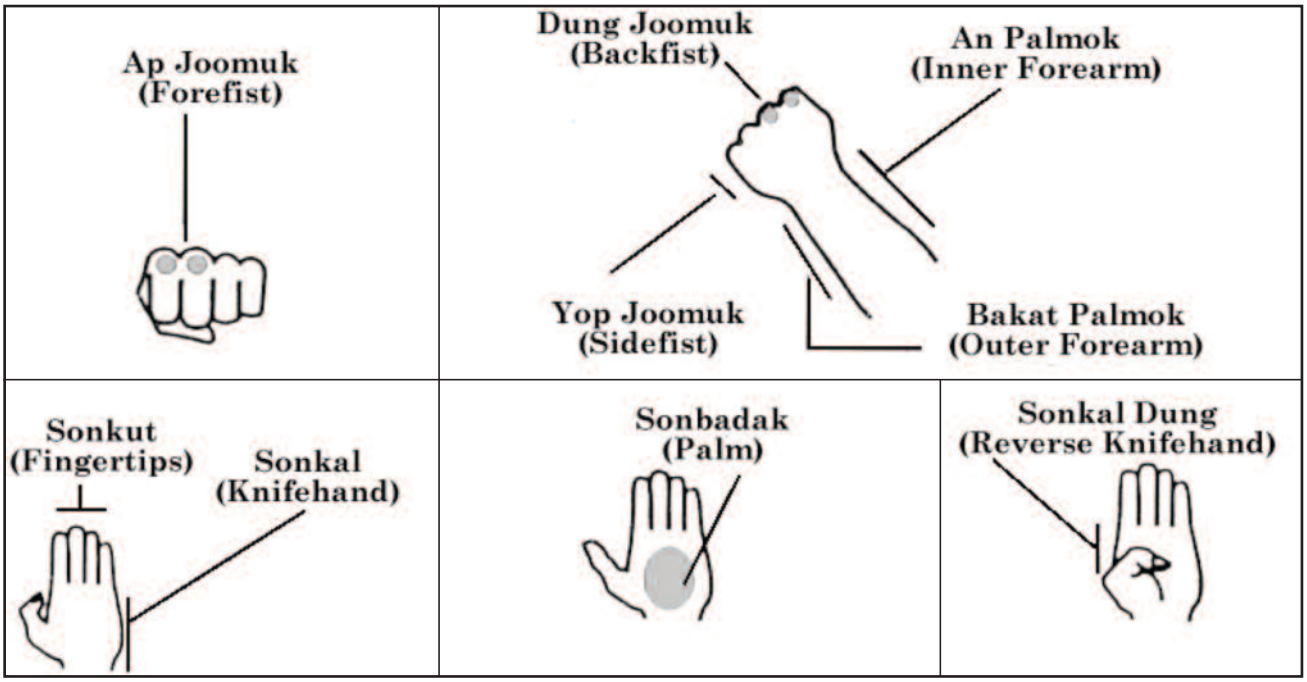
Mathematically, the maximum kinetic energy or force is obtained from maximum body weight and speed and it is all important that the body weight be increased during the execution of a blow. No doubt the maximum body weight is applied with the motion of turning the hip. The large abdominal muscles are twisted to provide additional body momentum. Thus the hip rotates in the same direction as that of the attacking or blocking tool as in figure F. Another way of increasing body weight is the utilization of a springing action of the knee joint. This is achieved by slightly raising the hip at the beginning of the motion and lowering the hip at the moment of impact to drop the body weight into the motion. In summarizing, it is necessary to point out that the principles of force outlined here hold just as true today in our modern scientific and nuclear age as they did centuries ago. I am sure that when you go through this art, both in theory and in practice, you will find that the scientific basis of the motions and the real power which comes out a small human body cannot fail to impress you.

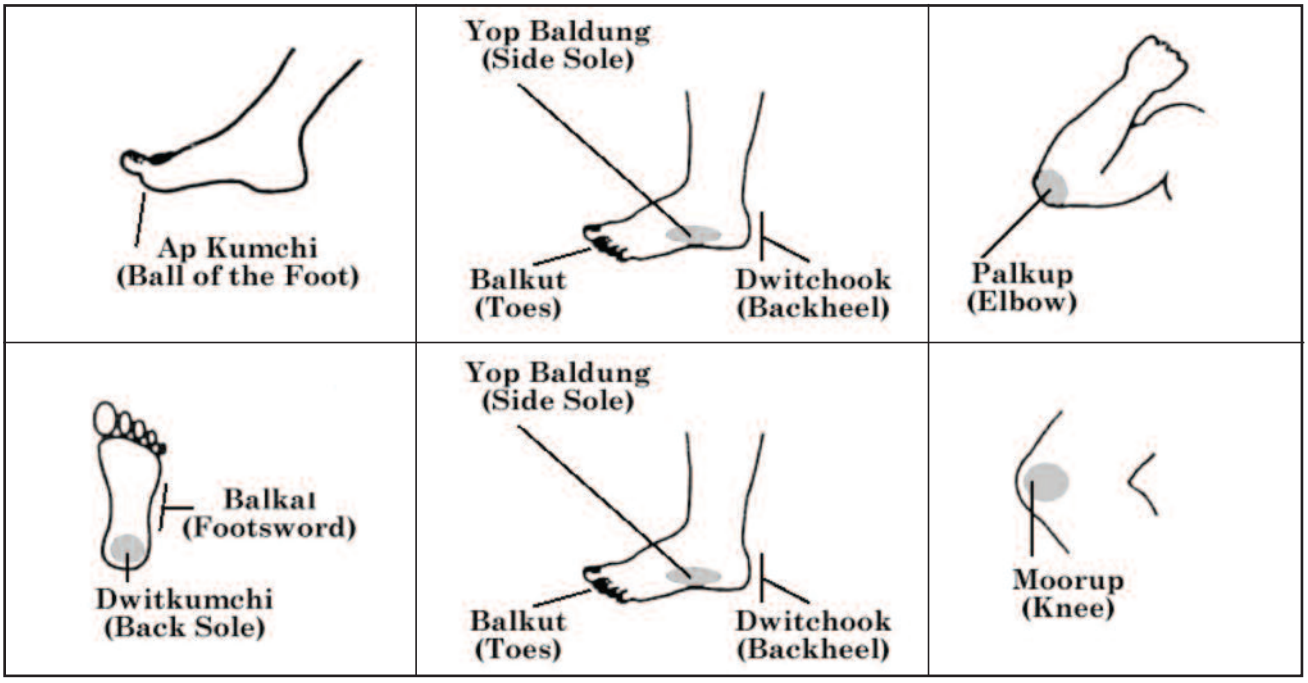
Speed (Sokdo)

Speed is the most essential factor of force or power. Scientifically, force equals mass multiplied by acceleration (F = MA) or (P = MV2). According to the theory of kinetic energy, every object increases its weight as well as speed in a downward movement. This very principle is applied to this particular art of self-defense. For this reason, at the moment of impact, the position of the hand normally becomes lower than the shoulder and the foot lower than the hip while the body is in the air. Reaction force, breath, control, equilibrium, concentration, and relaxation of the muscles cannot be ignored. However, these are the factors that contribute to the speed and all these factors, together with flexible and rhythmic movements, must be well coordinated to produce the maximum power in Taekwon-Do.

From the enclyclopedia of TaeKwon-Do By General Choi Hong Hi
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Attacking and Blocking Tools





Terminology (English — Korean)

about turn - twiro tora
alternate – euhkallin
angle fingertip - homi sonkut
angle punch - giokja jirugi
arc-hand – bandal son
at ease – swiyo
attention – charyot
attention stance - charyot sogi
back - dwit [foot parts/attacks]
back [hand parts] - dung
back elbow - dwit palkup
back hand - sondung
back heel - dwitchook
back sole – dwitkumchi
backward - duruogi (dwiro)
ball of the foot - apkumchi
base of knife hand - sonkal batang
bear hand - gomson
belt – ti
bending stance - guburyo sogi
block – makgi (magumyo-)
body dropping - mom nachugi
bow – kyong ye
bow posture - kyong ye jase
bow wrist – sonmok dung
by count – kuryong e [with command] machuoso
checking – momchugi
checking block - momchau makgi
checking kick - cha momchugi
circular block - dollimyo makgi
close stance - moa sogi
combination - honap
commence - si jak
competition - kyong gi
connecting motion - yon gyol tongjak
consecutive - yonsok
continue – kesok
continuous motion - iojin tongjak
counter kick - bada chagi
courtesy – ye ui
covering – karioogi
crescent – bandal
cross-cut – ghutgi (kuo-)
crouched stance - oguryo sogi
grade - kup, or gup
Grand Master (9th dan) - Saseong (nim)
grasping block - butjaba makgi
grasping kick - butjapgo chagi
ground – noowo
guarding block - daebi makgi
half – ban
half facing - bahnmom
heaven hand - hanulson
high – nopunde
high elbow - nopun palkup
high kick – nopi chagi
high section - nopun bubun
holding – bachigi
hooking – golcho
horizontal - soopyong
indomitable spirit - baekjul boolgool
inner – an
inside block - anmakgi
instep – baldung
Instructor – Boosabum (nim) (1st - 3rd dan)
Instructor Sabum (nim) (4th - 6th dan)
integrity – yom chi
inward – anuro
jumping (flying) - twigi (twimyo-)
kick - chagi (cha-)
knee – moorup
knee bending - moorup guburigi
knife-hand - sonkal
knuckle fist - songarak joomuk
left – wen
leg crossing - dari kogi
long fist – ghin joomuk
low – najunde
low section - najun bubun
low stance - nachuo sogi
L-stance – niunja sogi
luring block - yuin makgi
Master (7th - 8th dan) - Sahyun (nim)
mid-air – twio dolmyo
middle – kaunde
middle knuckle fist - joongji joomuk
middle section - kaunde bubun
model sparring - mobum matsogi

moral culture - jungshin sooyang
nine – ahop
nine (9)-shape block - gutja makgi degree - dan
demonstration - sibum
diagonal stance - sasun sogi
dismiss - hae san
dodging - pihagi (pihamyo-)
double – I-jung [attack/defence]
double – ibo [technique eg stepping]
double - doo [tool eg forearm]
downward - naeryo
eight – yodul
elbow – palkup
etiquette - ye jol
face [eg. instructor] - kke
face flag - kukki e tae hae
fast motion - balli [pparun sokdo]
finger belly - songarak badak
finger pincers - jipge son
fingertips - sonkut
fist – joomuk
five – dasot
fixed stance - gojung sogi
flat fingertip - opun sonkut
flying – twimyo
foot lifting - bal dulgi
foot shifting - jajun bal
foot sparring - bal matsogi
foot tackling - bal golgi
foot techniques - bal gisool
foot-fist-way - tae-kwon-do
footsword - balkal
forearm - palmok
forefinger - han songarak
forefist - ap joomuk
fore-knuckle fist - inji joomuk
forward - nagagi
four – net
four direction - saju [punch/block/thrust]
four direction kick - sabang chagi
free sparring - jayu matsogi
front – ap
front-back kick - apdwi chagi
full facing - ohnmom
normal speed - potonguro
one – hana
one way - han chok
one-leg stance - waebal sogi
open stance - palja sogi
outer – bakat
outside block - bakat makgi
outward - bakuro
overhead - twio nomo
overlapped backhand - pogaen sondung
own time - kuryong obsi
[without command] [obshi]
palm – sonbadak
parallel - narani
parallel stance - narani sogi
patterns - tul
perseverance - in nae
pick-shape kick - gokaeng-i chagi
piercing kick - cha jirugi
practice suit - do bok
prearranged sparring - yaksok matsogi
press finger - jiap
pressing - noollo
punch – jirugi (jirumyo-, jilla-)
punching kick - jirumyo chagi
pushing block - miro makgi
pushing kick - cha milgi
ready – junbi
ready posture - junbi jase
ready stance - junbi sogi
rear foot stance - dwitbal sogi
reflex kick - bansa chagi
release from a grab - jappyosul tae
repeat – tasi [tashi]
return – baro
reverse - dung [hand and foot parts]
reverse [techniques] - bandae
reverse hooking - bandae dollyo
kick – gorochagi
right – orun
rising block - chookyo makgi
rising kick - cha olligi
scissors-shape kick - kawi chagi
scooping block - duro makgi
self-control - guk gi
self-defence - hosin sul
semi-free sparring - ban jayu matsogi
seven – ilgop

shifting – jajunbal
shout – kihap
side – yop
one-step sparring - ilbo matsogi
open fist - pyon joomuk
side front – yobap
side instep - yop baldung
side sole – yop bal badak
side-twisting kick - yop bituro chagi
sine wave - hwaldung pahdo
single - ilbo [technique eg. stepping]
single – wae [tools eg. back-hand]
sitting stance - annun sogi
six – yosot
skip kick – duro gamyo chagi
sliding – mikulgi
slow motion - chonchonhi
smashing kick - cha busigi
snap kick – cha busigi
sparring – matsogi
spiral kick - rasonsik chagi
spot – gujari
square punching - sagak jirumyo
kick – chagi
stamping kick - cha bapgi
stance – sogi (so-)
stepping – omgyo didigi
stop – guman
straight – sun [technique eg thrust]
straight kick - jigeau chagi
strike – taerigi (taerimyo-)
students – jeja
sweeping kick - suroh chagi
Taekwon-Do Practitioner - Taekwon-Doin
teacher – kyo sa (nim)
ten – yol
tenets of Taekwon-Do - Taekwon-Do jungshin
test – simsa
thank you - ko mup sum neda
three – set
three direction kick - sambang chagi
three-step sparring - sambo matsogi
Throwing - dunjigi wa
falling techniques - torojigi
thrust – tulgi (tulumyo-, tturo-)
thrusting kick - cha tulgi
side back – yopdwi
side facing - yopmom
thumb – umji
thumb knuckle fist - umji joomuk
thumb ridge - umji batang
toe edge – balgarak nal
toes – balkut
toward [eg. Toward A] - bang (eg A-bang)
training hall - do jang
trapezoid punching - jaegak jirumyo
kick – chagi
treble [technique eg. turning] - sambo
triple [eg. Attack] - samjung
tumbling kick - joma chagi
turning [around] - dolgi
turning – dollyo [technique eg. kick]
twin – sang
twin foot – sangbal
twisting kick - bituro chagi
two – dool
two direction kick - sangbang chagi
two way – yang chok
two-step sparring - ibo matsogi
under fist – mit joomuk
under forearm - mitpalmok
upper back - widwi palkup
elbow strike - palkup taerigi
upper elbow - wi palkup
upset fingertip - dwijibun sonkut
upset punch - dwijibo jirugi
upward – ollyo
u-shape – digutja
u-shape grasp - digutja japgi
vertical – sewo
vertical stance - soojik sogi
waist block - hori makgi
walking stance - gunnun sogi
warrior ready stance - moosa junbi sogi
waving kick - doro chagi
wedging – hechyo
w-shape block - san makgi
x- kyocha
x-stance – kyocha sogi
you're welcome - chang ma naeo