# Tae Kwon-Do theory for beginners

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Hosin Sul Taekwon-Do ry  
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History
Tae Kwon-Do is Korean martial art, which was founded by General Choi Hong Hi (1910-2002) year 1955. Although it’s relatively young sport, it has its roots in old Korean, Chinese and Japanese martial arts. Translated literally, TAE KWON-DO means 'Art or Way (DO) of Foot (TAE) and Hand (KWON)’. There are nine coloured belt grades (kup). Training starts at white belt (10th kup), then the practitioner proceeds to upper white belt (9th kup), then to yellow belt (8th kup) etc. In black belts there are 9 grades as well, from 1st Dan to 9th Dan.

Tae Kwon-Do student oath
1. I shall observe the tenets of Tae Kwon-Do.
2. I shall respect my instructors and seniors.
3. I shall never misuse Tae Kwon-Do.
4. I shall be a champion of freedom and justice.
5. I shall build a more peaceful world.

Tae Kwon-Do tenets
1. Courtesy
2. Integrity
3. Perseverance
4. Self-control
5. Indomitable spirit

Dojang etiquette, rules at training hall
The dojang etiquette or rules at the training hall are needed, while we all want to exercise in safe and inspiring environment. Also, we always give our best for our partners to develop, and expect them to do the same for us.

1. Everybody must bow when entering or leaving the dojang or training hall. When starting an exercise with partner, bow to her/him. If you enter the hall after the teacher, go bow to her/him.
2. Encourage your partner - then you will be encouraged too. Never laugh at your partner or underestimate them. Everybody has some strength!
3. If you want to speak, raise your hand first.
4. Don’t ever misuse the techniques outside the training hall. Do not practise techniques which belong to upper grades. You need to master every technique before moving to next level.
5. Be in time when training starts. If you have to come late due to compelling reason, tell it before hand to the teacher.
6. Keep your nails short. Do not wear any jewels. If you have long hair, tie them up during training.
7. If you need to exit the training hall during training, ask a permission from the teacher.
8. If you need to have mobile phone in the hall, mute it.

Dobok (suit) and grades
Suit (Do bok) is white, reflecting purity and innocence. The figure at backside reflects Tae Kwon-Do tree, which is evergreen and a tree of life.

Belt (Ti) will be tied only once around the hip. One time symbolizes that we will be committed to one teacher; that we win with one strike; and after setting one goal a practitioner needs to strive for it constantly.

Belt colours describe the level of student, signifying:

White signifies innocence as that of the beginning student who has no previous knowledge of Tae Kwon-Do.
Yellow signifies earth from which the plant takes root and sprouts as Tae Kwon-Do foundation is laid.
Green signifies the plant’s growth as Tae Kwon-Do skills begin to develop.
Blue signifies the heaven towards which the plant matures into a towering tree as training in Tae Kwon-Do proceeds. Red signifies danger, cautioning the student to exercise control and warning the opponent to stay away. Black opposite of white, therefore signifying the maturity and proficiency in Tae Kwon-Do. It also indicates the wearer's imperviousness to darkness and fear.

Theory of force

- reaction force
- concentration
- equilibrium
- breath control
- mass
- speed

Tae Kwon-Don training secrets

1. To study the theory of power thoroughly.
2. To understand the purpose and method of each movement clearly.
3. To bring the action of eyes, hands, feet and breath into one 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 defence.
6. Keep both the arms and legs bent slightly while 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 sine wave during the movement by utilizing the knee spring.
9. To exhale briefly at the moment of each blow except a connecting motion.

Techniques learnt at the beginners’ course

Gunnun so kaunde baro jirugi
   Walking stance direct middle punch
Gunnun so kaunde bandae jirugi
   Walking stance reverse middle punch
Gunnun so najunde bakat palmok makgi
   Walking stance low outer forearm block
Gunnun so kaunde an palmok makgi
   Walking stance middle inner forearm block
Gunnun so najunde sonkal makgi
   Walking stance low knife hand block
Gunnun jumbi sogi
   Walking ready stance
Najunde apcha busigi
   Lower front snap kick
Kaunde apcha busigi
   Middle front snap kick
Apcha olligi
   Front rising kick
Annun so kaunde jirugi
   Sitting stance direct middle punch
Stances (Sogi)

Charyot sogi = bowing stance
- Feet form an angle of 45 degrees.
- Drop fists down naturally. The elbows are slightly curved/bended.
- The fists are clenched slightly.
- The eyes look forward, just above the horizontal line.

Gunnun sogi = walking stance
- 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.
- Bend the front leg until the knee cap forms a vertical line with the heel, extending the opposite leg fully.
- Distribute the body weight evenly on both feet.
- Keep the toes of the front foot pointing forward, the opposite foot 25 degrees outward.

Narani sogi = parallel stance
- Spread the feet parallel to shoulder width
- Keep toes pointing toward front
- Keep feet and back straight, relaxed and straight position

Annun sogi = sitting stance
- Spread one of the two legs to the side at a distance of one and a half shoulder width between the two toes.
- Make sure the toes pointing forward and body weight equally distributed on both legs.
- Stretch the knees outward, bending until the knee is over the ball of the foot. Tighten the muscles in the thighs and increases strength in the legs pulling foot soles to side.
Three step sparring (one direction) = Sambo matsogi (han chok)

1. Narani junbi sogi
2. Gunnun so najunde palmok makgi (right foot backwards, shout “kiap”)
3. Gunnun so kaunde baro jirugi (forward)
4. Gunnun so kaunde baro jirugi (forward)
5. Gunnun so kaunde baro jirugi (forward)
6. Narani junbi sogi (the leg which started moves)
7. Gunnun so kaunde an palmok makgi (backward)
8. Gunnun so kaunde an palmok makgi (backward)
9. Gunnun so kaunde an palmok makgi (backward)

Four direction techniques

Saju jirugi (4 direction punch)
- Gunnun so kaunde baro jirugi
- Gunnun so najunde palmok makgi

Saju makgi (4 direction block)
- Gunnun so najunde sonkal makgi
- Gunnun so kaunde an palmok makgi

Saju chagi (4 direction kick)
- Gunnun junbi sogi
- Apcha olligi

Vocabulary

Heights
Najunde = low section (belt/umbilicus level)
Kaunde = middle section (shoulder level)
Nopunde = high section (eye level)

Body parts, techniques, stances
Jirugi = punch
Ap joomuk = forefist
Palmok or bakat palmok = outer forearm
An palmok = inner forearm
Sonkal = knife hand
Makgi = block
Chagi = kick
Cha olligi = rising kick
Cha busigi = piercing kick
Twimyo = jump, jumping
Sogi = stance
Directions
An = inner
Bakat = outer
Baro = direct, same side (e.g. right hand – right foot)
Bandae = reverse (e.g. right hand – left foot)
Olligi = upwards
Ap = afore, front
Yop = to the side
Saju = four direction

Commands
Charyot = ready stance to bow
Kyong ye = bow
Junbi = ready
Si jak = start
Swiyo = rest
Guman = stop
Baro = return to ready stance
Tyro tora = turn
Hae san = leave
Koryon macho = one technique per one command
Koryon opshi = at your own pace

Other
Do jang = training hall/area
Do bok = suit
Sambo matsogi = three step sparring
Saju = four direction
Matsogi = sparring
Hosin sul = self defence
Simsa = grading