

Tae Kwon-Do theory for beginners

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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 your 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.



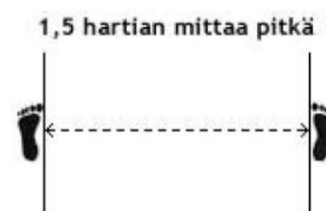
Narani sogi = parallel stance

- 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