

6th Gup

STANCES

Bending ready stance A (guburyo junbi sogi A)

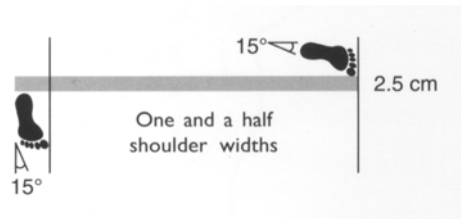
When standing with a left foot executing a right forearm guarding block, it is called a left bending ready stance and vice-versa. It is principally used for a preparatory position of side piercing and side thrusting kicks.



Fixed stance (gojung sogi)

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

1. The body weight is distributed evenly on both legs. (50 - 50)
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 stance and vice-versa. It is always half facing, both in attack and defence.



Close stance (moa sogi)

Stand with the feet together.
It can be either full facing or side facing



Close ready stance A (moa junbi sogi A)

The distance between the philtrum and the fists is about 30 centimetres.

DEFENSIVE TECHNIQUES

Inner forearm circular block (an palmok dollimyo magki)

This technique is to block a combination of hand and foot attack. A walking stance is most suitable for this block.

1. The fist should reach the same level as the defender's shoulder. This shoulder should be slightly lower than the opposite one at the moment of the block.
2. The blocking tool should reach the attacking foot in a large circular motion to enable the blocking hand to scoop the foot.
3. Keep the body half facing the target at the moment of the block.



Inner forearm circular block broken down into 4 parts

Crescent kick (bandal chagi)

This kick is used for blocking the attacking hand or foot to the middle section and area below. The sole of the foot is the tool, which should reach the target in an arc.

An advantage of this technique is that the blocking foot can be available for a swift counter attack.

The main target should be the elbow joint, achilles tendon or ankle joint with the forearm and outer or inner tibia secondary. Though the outside block is more effective, an inside block is also used frequently.

Keep the back heel faced downward at the moment of the block. This technique is classified into low and middle crescent kicks.



OFFENSIVE TECHNIQUES



Fixed stance side punch (**gojung so yop jirugi**)

When the punch is delivered to the flank it is called a side punch.

This technique can be found in the pattern Won-Hyo. Movements 3 & 6.

Knifehand inward strike (**sonkal anuro taerigi**)

The attacking tool reaches the chest line at the moment of impact. In this case being the knifehand. This technique is effective in attacking the target located at the side front.



Reverse knifehand strike (**sonkal dung taerigi**)



This is mainly performed with walking, sitting and X-stances but occasionally a parallel or close stance is used. Bring the opposite hand under the elbow joint at the moment of impact and be sure to attack the target from the side front so that the reverse knifehand stays at the centre of the attackers own body.

Pick shape kick (**gokaeng-i chagi**)

This is a variation of a downward kick. The attacking tool reaches the target in a vertical line, and besides its attacking role is frequently used in harassing and keeping away the opponent. The back heel and ball of the foot are used as the



attacking tools. Be sure to keep the leg straight while it is rising. The heel of the stationary foot is normally off the ground while raising.

Back Heel

The skull and clavicle are the primary targets, with the chest and face secondary. The point of focus should not be lower than the attackers own shoulder and the leg should be bent about 45 degrees at the moment of impact.

Ball of the foot

The face is the primary target with the jaw and the temple secondary. Keep the leg slightly bent at the moment of impact.

Downward kick (naeryo chagi)

This kick is useful for attacking an opponent by passing over an obstacle such as another person. The back heel reaches the target in a downward line from the apex of the kick. The point of focus should not be lower than the attackers own solar plexus because this may cause loss of power. The skull is the main target, with the clavicle the secondary target



Reverse turning kick (bandae dollyo chagi)



This is a reverse form of a turning kick used against an opponent at the side rear. It is mainly performed with the back heel but occasionally the ball of the foot is used. This technique can be performed with either front or rear foot as far as the stationary foot is concerned, because the effectiveness of this kick depends on maximum speed while turning. Special care should be taken to maintain balance and posture. It is broken into low, middle and high reverse turning kicks.

Reverse hooking kick (bandae dollyo gorochagi)

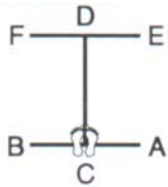
This is a variation of a reverse turning kick, and has dual purposes. One is to kick and the other is to hook the opponent who moves in during the execution of the kick.

1. Bring the heel close to the body soon after the kick.
2. Bend the kicking leg properly during the kick.

PATTERN

Won-Hyo Tul

28 movements



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

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Ready posture: Close Ready stance A

1. Move the left foot to B, forming a right L- stance toward B while executing a twin forearm block.
2. Execute a high inward strike to B with the right knifehand while bringing the left side fist in front of the right shoulder, while maintaining a right L - stance toward B.
3. Execute a middle punch to B with the left fist while forming a left fixed stance toward B, slipping the left foot to B.
4. Bring the left foot to the right foot, and then move the right foot to A, forming a left L- stance toward A while executing a twin forearm block.
5. Execute a high inward strike to A with the left knifehand while bringing the right side fist in front of the left shoulder, maintaining a left L - stance toward A.
6. Execute a middle punch to A with the right fist while forming a right fixed stance toward A, slipping the right foot to A.
7. Bring the right foot to the left foot, and then turn the face toward D while forming a right bending ready stance A toward D.
8. Execute a middle side piercing kick to D with the left foot.
9. Lower the left foot to D, forming a right L - stance toward D while executing a middle guarding block to D with a knifehand.
10. Move the right foot to D, forming a left L - stance toward D while executing a middle guarding block to D with a knifehand.
11. Move the left foot to D, forming a right L - stance toward D while executing a middle guarding block to D with a knifehand.
12. Move the right foot to D, forming a right walking stance toward D while executing a middle thrust to D with the right straight fingertip.
13. Move the left foot to E, turning counter-clockwise to form a right L - stance toward E, at the same time executing a twin forearm block.
14. Execute a high inward strike to E with the right knifehand, bringing the left side fist in front of the right shoulder while maintaining a right L - stance toward E.
15. Execute a middle punch to E with the left fist while forming a left fixed stance toward E, slipping the left foot to E.
16. Bring the left foot to the right foot, and then move the right foot to F, forming a L – stance toward F while executing a twin forearm block.
17. Execute a high inward strike to F with the left knifehand, bringing the right side fist in front of the left shoulder while maintaining a left L - stance toward F.
18. Execute a middle punch to F with the right fist while forming a right fixed stance toward F, slipping the right foot to F.
19. Bring the right foot to the left foot, and then move the left foot to C, forming a left walking stance toward C while executing a circular block to CF with the right inner forearm.
20. Execute a low front snap kick to C with the right foot keeping the position of the hands as they were in 19.

21. Lower the right foot to C, forming a right walking stance toward C while executing a middle punch to C with the left fist.
 22. Execute a circular block to CE with the left inner forearm while maintaining a right walking stance toward C.
 23. Execute a low front snap kick to C with the left foot, keeping the position of the hands as they were in 22.
 24. Lower the left foot to C, forming a left walking stance toward C while executing a middle punch to C with the right fist.
 25. Turn the face toward C, forming a left bending ready stance A toward C.
 26. Execute a middle side piercing kick to C with the right foot.
 27. Lower the right foot on line CD, and then move the left foot to B, turning counter-clockwise to form a right L - stance toward B, at the same time executing a middle guarding block to B with the forearm.
 28. Bring the left foot to the right foot, and then move the right foot to A, forming a left L- stance toward A while executing a middle guarding block to A with the forearm.
- End: Bring the right foot back to ready posture.

SPARRING

One step sparring (**ilbo matsogi**)

Foot or hand techniques

Compulsory techniques:

Crescent kick, back piercing kick, reverse turning kick

Free sparring (**jayu matsogi**)

Grading & Tournament

SELF DEFENCE (**hosin sul**)

Showing: attacking, breaking and releasing techniques

Release from bear hug from behind - over arms

Release from bear hug from behind - under arms

THEORY

Taekwon-Do terminology

Forearm rising block – palmok chookyo makgi

Forearm guarding block – palmok daebi makgi

Knifehand 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

Meaning of Won-Hyo

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

Meaning of the green belt

Green signifies the plant's growth as the Taekwon-Do skill begins to develop.

Rules of conduct: Dress for training

1 On arrival check your do bok and remove all accessories e.g. hats, headbands, rings, necklaces, watches, earrings and anything else dangerous.

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.

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 The correct uniform to be worn is white do bok top with white do bok trousers. Black belt holders shall wear an official ITF black belt and have 3cm wide black trimming around the bottom of the jacket; 4th Dans and above are distinguished by 3cm black stripes down the outside of the jacket sleeves and trousers.

5 The do bok top should have the ITF badge correctly mounted on the front left breast and the Foundation badge mounted on the front right breast. A small club badge may be attached to the right sleeve for individual club identity. (This should be smaller than the ITF badge.) For international events a small national flag of the member's country may be attached to the left sleeve, midway between the shoulder and elbow. Qualified instructors & international instructors shall wear the approved ITF instructors' insignia. The ITF Tree should be placed on the rear of the do bok top, the pants should have the letters ITF printed on the outside leg at knee height.

6 If the do bok needs to be tidied up, students must turn to the left, away from the instructor to adjust.

7 Do bok should not be worn outside the do jang unless traveling directly to or from training or on special occasions as specified by the instructor.

8 Members who have participated in an authorised event of the Foundation shall be allowed to wear any specialised do bok worn for that event.