

**Korean Art of Self-Defence and means ‘Art of Hand and Foot Fighting’. It is a version of an ancient form of unarmed combat practised for many centuries in the Orient. Tae Kwon Do came to be perfected in it’s present form in Korea. Translated from Korean, Tae literally means to jump, kick or smash with the foot. ‘Kwon’ denotes a fist, chiefly to punch or destroy with the hand or fist. ‘Do’ means art, way or method. Tae Kwon Do indicates the technique of unarmed combat for Self-Defence, involving the skilled application of punches, kicks, blocks, dodges and interception with the hand, arms and feet to the rapid destruction of the opponent.**

**To the Korean people Tae Kwon Do is more than a mere physical use of skilled movements. It also implies a way of thinking and life, particularly in instilling concept and spirit of strict self-imposed discipline and an ideal of noble moral rearmament.**

**In these days of violence and intimidation, which seem to plague our modern societies, Tae Kwon Do enables the weak to possess a fine weapon to defend himself or herself and defeat the opponent as well. When wrongly applied it can be a lethal weapon.**

**Even if Tae Kwon Do is practised for exercise alone, the enjoyment derived will justify the time invested and spent. As an exercise it is equally suitable for old as for the young, for men and for women.**

**FOUNDER OF TAE KWON DO: RETIRED MAJOR GENERAL CHOI HONG HI (9<sup>th</sup> DAN)**

**CHIEF INSTRUCTOR (NORTH OF ENGLAND): MR KENNY WALTON (7<sup>th</sup> DAN)**

**YOU ARE A MEMBER OF THE TAGB: TAE KWON DO ASSOCIATION OF GREAT BRITAIN**

**TENETS OF TAE KWON DO**

What we aim to achieve with training.

- |                              |                       |
|------------------------------|-----------------------|
| <b>1. COURTESY</b>           | : POLITE BEHAVIOUR    |
| <b>2. INTEGRITY</b>          | : HONESTY             |
| <b>3. PERSEVERANCE</b>       | : TO CONTINUE TRYING  |
| <b>4. SELF-CONTROL</b>       | : TO RESTRAIN ONESELF |
| <b>5. INDOMITABLE SPIRIT</b> | : UNYIELDING          |

**COUNTING**

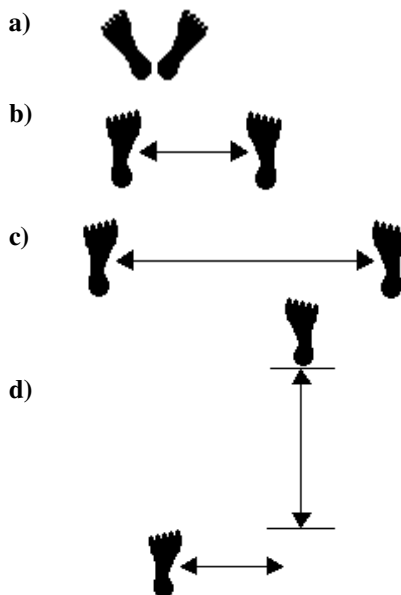
- |       |        |
|-------|--------|
| One   | Hana   |
| Two   | Dool   |
| Three | Set    |
| Four  | Net    |
| Five  | Dasut  |
| Six   | Yasut  |
| Seven | Ilgope |
| Eight | Yardol |
| Nine  | Ahope  |
| Ten   | Yaul   |

**WHITE BELT:** The colour white signifies innocence as that of a beginning student who has no previous knowledge of Tae Kwon Do.

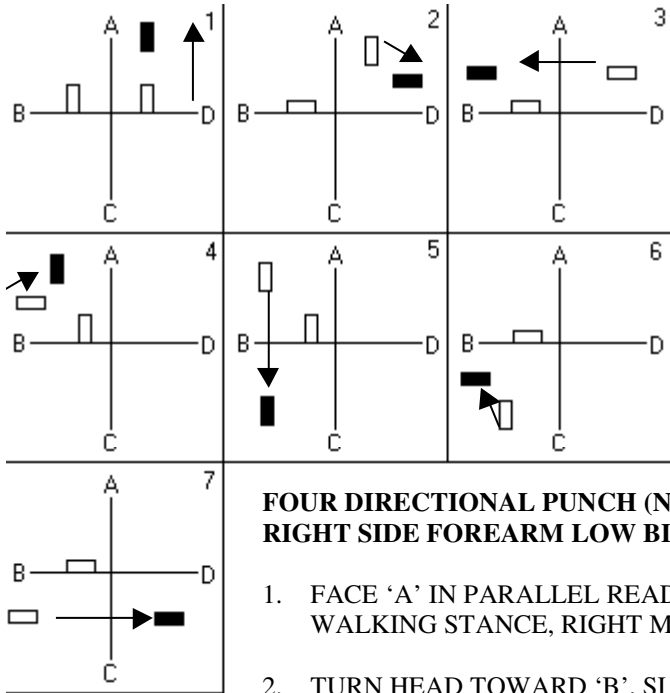
**YELLOW BELT:** The colour yellow signifies earth from which a plant sprouts and takes root As the Tae Kwon Do foundation is being laid.

**BASIC STANCES**

- a) Attention Stance ( Charyot Sogi )  
Heels together, toes apart.
- b) Parallel Ready Stance ( Narani Junbi Sogi )  
One shoulder width apart, toes in, weight 50-50
- c) Sitting Stance ( Annun Sogi )  
One and a half shoulder widths apart, toes in, Weight 50-50
- d) Walking Stance ( Gunnun Sogi )  
One shoulder width wide, one and a half shoulder widths long, weight 50-50



**SAJU JURIGI – FOUR DIRECTIONAL PUNCHING**

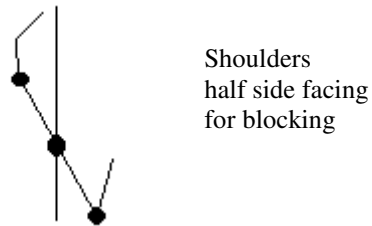
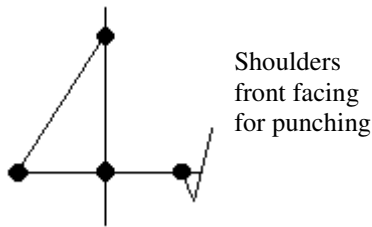


- PUNCHING - JURIGI
- FRONT FIST - AP JOOMUK
- Obverse - BARO
- Reverse - BANDAE
  
- BLOCKING - MAKGI
- Forearm - PALMOK
- Inner - AN PALMOK
- Outer - BAKAT PALMOK
  
- SECTIONS OF THE BODY
- High - NOPUNDE
- Middle - KAUDE
- Low - NAJUNDE

**FOUR DIRECTIONAL PUNCH (NUMBER ONE WAY)  
RIGHT SIDE FOREARM LOW BLOCK**

1. FACE 'A' IN PARALLEL READY STANCE. SLIDE RIGHT FOOT TOWARD 'A' MAKING WALKING STANCE, RIGHT MIDDLE PUNCH.
2. TURN HEAD TOWARD 'B', SLIDE RIGHT FOOT BACK TOWARD 'D' MAKING A WALKING STANCE, OUTER FOREARM LOW BLOCK.
3. SLIDE RIGHT FOOT TOWARD 'B' MAKING WALKING STANCE MIDDLE SECTION PUNCH.
4. TURN HEAD TOWARD 'C', SLIDE RIGHT FOOT BACK TO 'A' MAKING WALKING STANCE, OUTER FOREARM LOW BLOCK.
5. SLIDE RIGHT FOOT TOWARD 'C' MAKING WALKING STANCE, RIGHT MIDDLE PUNCH.
6. TURN HEAD TOWARD 'D', SLIDE RIGHT FOOT BACK TO 'D' MAKING WALKING STANCE, OUTER FOREARM LOW BLOCK.
7. SLIDE RIGHT FOOT TOWARD 'D' MAKING WALKING STANCE, RIGHT MIDDLE PUNCH. ON COMMAND BRING RIGHT FOOT TOWARD 'A' MAKING PARALLEL READY STANCE.

**PUNCHING** Shoulders must be kept front facing. Punch shoulder high, to centre of the body. Twisting at the end of the punch and keeping the opposite fist on the hip with palm facing up.



**BLOCKING - LOW BLOCK** Shoulders should be half side facing, blocking hand starts palm up, level with solar plexus on the top of the other arm. Bring fist down covering abdomen and groin. Fist facing the knee cap, arm slightly bent. Opposite fist palm up on the hip.

**BLOCKING - MIDDLE BLOCK** Shoulders should be half side facing, start arms out straight to the side, palms down. Blocking arm underneath. Bring the fist round across the body, palm facing the face, level with your shoulder, arm bent at 90 degrees. Opposite fist palm up on the hip.

**NOTE: STANCE – POSITION – BLOCK**

**STANCE – POSITION – PUNCH**

## **REQUIREMENTS FOR BEGINNERS FIRST GRADING**

ATTENTION STANCE

RAISE RIGHT HAND, NAME AND GRADE (Loud and Clear)

PARALLEL READY STANCE

SITTING STANCE 10 PUNCHES (Counting each one)

PARALLEL READY STANCE

WALKING STANCE, 10 RISING KICKS, RIGHT LEG THEN LEFT LEG (Counting each one)

PARALLEL READY STANCE

10 PRESS UPS (Counting each one)

PARALLEL READY STANCE

MOVING FORWARD, WALKING STANCE, 5 PUNCHES (Counting each one)

MOVING BACKWARDS, 5 LOW BLOCK, REVERSE PUNCH COMBINATIONS(Counting)

MOVING FORWARD, 5 MIDDLE BLOCK, REVERSE PUNCH COMBINATIONS (Counting)

PARALLEL READY STANCE

### **4 DIRECTIONAL PUNCHING (SAJU JURIGI)**

NUMBER (1) WAY : RAISE LEFT ARM, LOW BLOCK, RIGHT LEG THEN LEFT LEG

NUMBER (2) WAY : RAISE LEFT ARM, MIDDLE BLOCK, RIGHT LEG THEN LEFT LEG

**STAND IN ATTENTION STANCE READY TO ANSWER QUESTIONS** - SAMPLE QUESTIONS:

WHAT DOES TAE KWON DO MEAN?

WHAT ARE THE FIVE TENETS OF TAE KWON DO?

WHAT DOES THE COLOUR WHITE / YELLOW SIGNIFY?

WHERE DID TAE KWON DO ORIGINATE FROM?

WHAT ARE PUNCHES, STANCES AND BLOCKS IN KOREAN?

WHAT IS THE KOREAN NAME FOR THE FOUR DIRECTIONAL PUNCH EXERCISE?

WHO IS THE FATHER AND FOUNDER OF TAE KWON DO?

WHAT DOES T.A.G.B. STAND FOR?

WHAT IS YOUR INSTRUCTORS NAME AND GRADE?