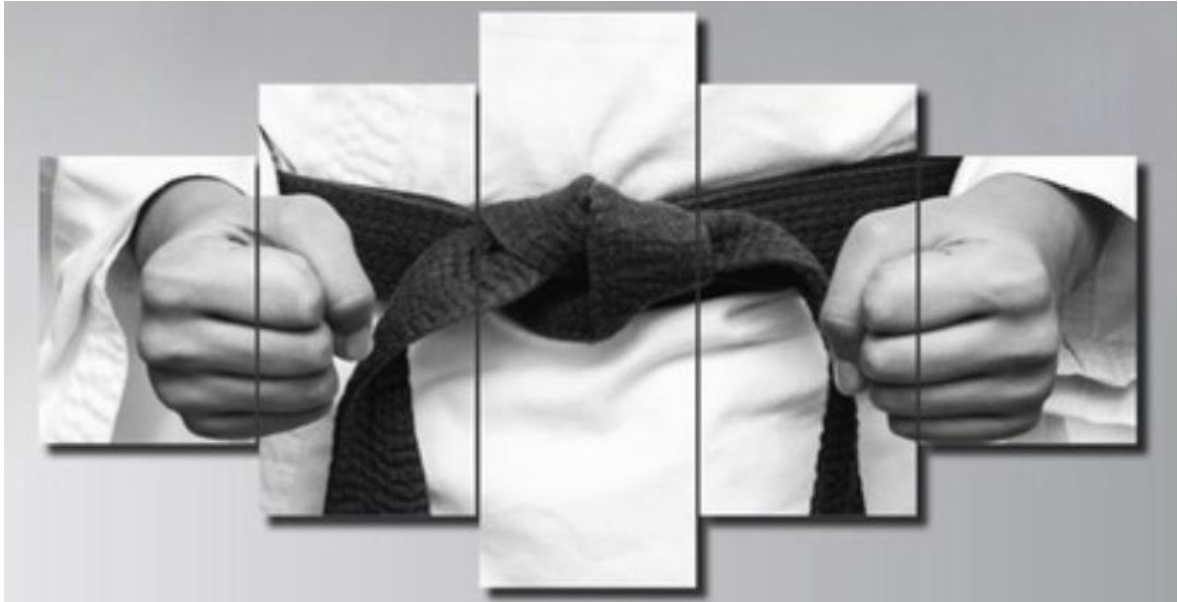




South East Sports Taekwondo
Training Guide

A Black Belt's Journey



Learn Now, Use For Life!



TAEKWONDO

Taekwondo is an ancient Korean martial art of self-defence, which utilises all parts of the body, but can be identified by its distinctive footwork and kicking style. The word Taekwondo is translated as Tae (meaning foot), Kwon (meaning fist) and Do (the way of martial arts). Taekwondo is also an exciting Olympic Sport that provides the opportunity to travel, train and compete both nationally and internationally.

Taekwondo is not merely a means of fighting – it also develops one’s character. Taekwondo has a training ethic where progression is based on individual merit earned over time-spent training. This development can only occur if the student is willing to learn. It takes many years training to gain a Taekwondo Black Belt, and students wishing to achieve their black belt must be prepared to commit themselves to train for that length of time – a time spent consistently improving themselves. The saying “Teachers open the door, but you must enter by yourself” shows this most important quality that we hope students acquire: personal responsibility for one’s own actions.

Black Belt rank is a rewarding goal to reach after years of training. Many other goals such as fitness, discipline, sport or self defence skills can be achieved along the way to the Black Belt. Many people see having Black Belt rank to mean having superior fighting skills, as well as being a disciplined person of good character. This ideal Black Belt is hard to achieve in today’s world, but even just striving for this adds depth to an individuals Taekwondo Journey. Another saying “There’s a difference between knowing a path and walking the path”, can also apply to students of martial arts today. There’s no easy way to a Black Belt for any one, because it requires time, effort and consistency to develop the physical skills. The other characteristics that Taekwondo teaches are good manners, respect and self discipline, which are an integral part of the Taekwondo training environment.

In Taekwondo, Black Belt rank is described as Dan for 15+ years old and Poom for 14 years and under. As with student rank, Black Belt rank has nine levels. The first of the instructors is Sabomnim, meaning teacher. South East Sports TKD will ensure that all of its Instructors are addressed as Sabomnim.

All colour belt ranks with South East Sports TKD are known as Gup and there are nine student ranks followed by Cho Dan Bo, which is Red Belt preparing for Black Belt. In Australia it will generally take 3 -6 years for a student to reach Black Belt rank. Achieving Black Belt rank in martial arts may seem like the final realisation of a dream, but in actual fact this is a new beginning. The minimum time required to grade onward from First Dan Black Belt through to Ninth Dan is 36 Years.

TEAKWONDO HISTORY

- 37B.C.E.** Taekwondo was derived in Korea from some of the world's martial arts dating back over 2000 years. Two of Taekwondo's original names during the Three Kingdoms (Silla, Baejeaek and Koryo) period were Subak and Taekkyon.
- 1920:** Japan invaded Korea and Taekwondo was outlawed.
- 1945:** Korea regains its independence.
- 1946:** A conference was held in Korea to organise what was then called Korean Karate to be taught in schools, Kwans and the military.
- 1955:** Taekwondo, which means 'The Art of Hand and Foot Fighting', was chosen as the name for the martial art that would become Korea's national sport.
- 1961:** The Korean Taekwondo Association (KTA) was formed.
- 1972:** The World Taekwondo Headquarters formed, known as the Kukkiwon. The Australian Taekwondo Association was formed.
- 1973:** The 1st World Taekwondo Championships was held. The World Taekwondo Federation (WTF) was formed.
- 1976:** 2nd Asian Taekwondo Championships was held in Melbourne.
- 1980:** Taekwondo was recognised as an Olympic sport.
- 1988:** Olympic demonstration sport in Korea, Spain and Atlanta.
- 1995:** Taekwondo Australia formed at the Unification Games between the ATA, ATU and the ATF. Founding President of Taekwondo Australia was Mr Young Dai Cho, 9th Dan.
- 1996:** Asian Taekwondo Championships was held in Melbourne for a second time.
- 2000:** Taekwondo becomes an official medal Olympic sport in Sydney. Lauren Burns won Gold for Australia.
- 2009:** South East Sports TKD was established in Narre Warren Victoria.
- 2014:** The 2 Australian Taekwondo bodies, 'Taekwondo Australia and Sports Taekwondo Australia' merged on the 17th September to form the new National Sporting Organisation under Chairman Mr John Walker.
- 2018:** South East Sports TKD opens a full time Dojang in July 2018 at Vesper Drive Narre Warren.

PHILOSOPHY OF TAEKWONDO

Taekwondo is much more than physical training.

Taekwondo embraces:

1. Honour and Integrity
2. Respect and Loyalty
3. Modesty and Compassion

TAEKWONDO TENETS

1. Courtesy

Tae Kwon Do students should attempt to be polite to one another and to respect others. Students should address instructors as *Sabomnim* and to bow to the instructors before and after classes. Turning up early or on time for classes is also an aspect of courtesy.

2. Integrity

One who has integrity is able to define what is right or wrong and have the conscience, if wrong, to feel guilt. Tae Kwon Do students should strive to be honest and to live by moral principles.

3. Perseverance

Perseverance means having patience. One of the most important secrets of becoming a leader in Tae Kwon Do is to overcome every difficulty by perseverance. Confucius said, "One who is impatient in trivial matters can seldom achieve success in matters of great importance."

4. Self-Control

Without self-control, a Tae Kwon Do student is just like any fighter in the street. Loss of self-control is disastrous both in sparring and personal affairs. "The term of stronger is the person who wins over oneself rather than someone else"

5. Indomitable Spirit

A true student of Tae Kwon Do will never give up, not even when faced with insurmountable odds. The most difficult goals can be achieved with indomitable spirit.

TAEKWONDO OATH

I shall observe the tenets of Tae Kwon Do
I shall respect instructors and seniors
I shall never misuse Tae Kwon Do
I will build a more peaceful world

MEANING OF POOMSAE

Each Poomsae in Taekwondo has a meaning that is closely associated with it. These meanings should be portrayed in the presentation of the Poomsae. Each student is required to know the meaning of their Poomsae when they grade.

POOMSAE

Poomsae is the method of solo training for developing and practicing movements against an imaginary opponent. The Poomsae directions are based on symbols or Chinese Characters.

TAEGUK

Translates as “The Great Absolute” The blue and red Um and Yang symbol represents the principles of Taeguk, which are the balance of harmony between all life forces. The character for Taeguk means “a King”.

TAEGUK POOMSAE

Taeguk il Jang

Symbolises heaven and the basic actions of Taekwondo.

Taeguk E Jang

Signifies internal strength and external gentleness.

Taeguk Sam Jang

Symbolises fire, meaning development of the training attitude.

Taeguk Sa Jang

Represents thunder, meaning great power and dignity.

Taeguk O Jang

Symbolises wind, meaning both mighty force and calmness.

Taeguk Yuk Jang

Signifies water, constant flow and flexibility.

Taeguk Chil Jang

Represents the mountain, meaning the spirit of firmness and strength.

Taeguk Pal Jang

Symbolises earth, meaning the beginning and the end.

BLACK BELT POOMSAE

Koryo

Koryo Poomsae is represented by the Character 'Seonbae', which symbolises a learned person who is characterised by a strong martial spirit as well as a virtuous spirit.

Keumgang

Keumgang Poomsae is represented by the character meaning 'A Mountain', and was named after Mount Keumgang (Diamond) in the Korean Peninsula. It is interpreted as signifying hardness and ponderosity.

Taebaek

Taebaek is the name of a mountain meaning 'Bright Mountain', and is considered to be where the Korean Nation was founded. Taebaek Poomsae is represented by the Chinese character symbolising humanitarian ideals.

Pyongwon

Pyongwon Poomsae is represented by the character meaning 'One', symbolising a vast, stretched out plain, the place where human beings live there life.

Sipjin

The character for Sipjin Poomsae means 'Ten', and was derived from the principal of longevity, which advocated there are ten aspects of long life. The Poomsae Sipjin symbolizes ceaseless development.

SIGNIFICANCE OF BELT COLOURS

White signifies the birth of beginning (the ultimate source). It is the central colour of the three primary colours and a base of all. **Yellow** symbolises a new birth, **Blue** rebirth, **Red** passion and **Black** completion.

POOMSAE GUIDELINES AND TIPS

The ready position at the start and the end of the Poomsae should be accompanied by a deep in breath and breathing some of the air out.

Eyes should be kept forward (unless otherwise stated) and slightly above the horizon.

Keep the body stable when doing Poomsae. Do not bob up and down when avoidable.

Slide the feet between stances. Do not lift the feet and step.

All ready positions for actions should be relaxed. The delivery of all actions should snap to position. (Except for slow movements)

Most single handed actions should be accompanied by the other hand simultaneously returning to the hip.

When an action is performed, the finished position should be held with as little movement as possible.

Landing and stance and the finish of the hand action should be performed simultaneously.

Kicks should be delivered to mouth height for maximum score. Kicks should be between hip height and the top of the head.

Both hands should be raised to a natural, relaxed position in front of the chest when kicking.

KIA, in the appropriate places in the Poomsae. The Kia should be short, sharp and loud.

RULES & ETIQUETTE

Use your skills in Taekwondo respectfully.

Only use actions you have learnt in Taekwondo in self defence.

Never use force that is excessive to your protection and the protection of others.

Uphold the 3 self defence steps;

1. Walk away, remove yourself from the situation
2. Talk, calm the situation, call for help
3. Only use self defence if and when required.

Any time you are wearing a Dobok (Uniform) or any SES TKD logos you should act with all the values of the club. Remember that you are representing the club and Taekwondo.

IN THE DOJANG

Bow when you enter and exit the Dojang. (Before stepping on and off the training area)

Bow at the start and the end of a class.

Bow to any Instructor and/or assistant Instructor that has been instructing you.

Bow to any training partner that you have finished training with.

Bow to any training partner when passing equipment to one another.

When lining up, more senior belt levels stand to the front and right and more junior levels stand to the rear and left.

Line up in order of rank, date of grading and age.

EQUIPMENT

Respect all Taekwondo equipment.

Do not throw, miss treat or break equipment.

Always place equipment back in its rightful place when asked to do so.

RESPECT

Do not talk or miss behave while an Instructor is talking.

Always face towards an Instructor and listen to the demonstration and explanation.

Uniforms should be neat and belts tied correctly.

Always face away from an Instructor to fix or adjust a uniform or belt.

No watches or necklaces are to be worn during a class.

No swearing.

No food or drink while training unless the Instructor has indicated otherwise.

No shoes or socks while training unless the Instructor has indicated otherwise.

No leaning on the walls.

No sitting down.

No standing with hands on hips or with crossed arms.

KOREAN TAEKWONDO TERMINOLOGY

Section One – 9th Gup

Sabomnim
Dojang
Dobok
Dee
Charyeot
Kyongre
Juchum Seogi

Instructor
Training Centre
Uniform
Belt
Attention
Bow
Horse Back Stance

Section Two – 8th Gup

Makki
Jireugi
Sonnal
Chagi
Momtong
Olgul
Arae
Jumbi
Sijak
Keuman
Kalyeo
Ap Kubi

Blocking
Punching
Knife Hand
Kicking
Body
Face
Lower
Ready
Start
Finish
Stop
Long Forward Stance

Section Three – 7th Gup

Arae Makki
Momtong Jireugi
Momtong Makki
Olgul Makki
Ap Chagi
Yop Chagi
Ap Seogi
Poomsae
Hosinsul
Gyrugi
Kia

Lower Block
Body Punch
Body Block
Face Block
Front Kick
Side Kick
Short Walking Stance
Form
Self Defence
Sparring
Shout

Section Four – 6th Gup

Chigi
Olgul Jireugi
Dollyo Chagi
Dwit Chagi
WTF
Kukkiwon

Striking
Face Punch
Round House Kick
Back Kick
World Taekwondo Federation
WTF Headquarters

Counting 1-10 in Korean

Hana, Dool, Set, Net, Dasot, Yosot, Ilgop, Yeodul, Ahop, Yeol.

Counting Belt Levels

Il, E, Sam, Sa, Oh, Yuk, Chil, Pal, Gu, Ship

Section Five – 5th Gup

Hanssonal Makki
Sonnal Mok Chigi
Dubon Jireugi
Dubon Chagi
Nagko Chagi
Dwit Kubi
Gyokpa
Yong-o

Single Knife Hand Block
Knife Hand Neck Strike
Double Body Punch
Double Kick
Axe Kick
Back Stance
Breaking
Korean Terminology

Section Six – 4th Gup

An Makki
Bakkat Makki
Sonnal Makki
Pyonsonkeut
Deungjumok Ap Chigi
Jebipoom Mok Chigi

Hullryo Chagi

Inside Wrist Block
Outside Wrist Block
Double Knife Hand Block
Spear Hand
Back Fist Front Strike
Knife hand Face Block/Knife Hand Neck Strike
Spinning Heel Kick

Section Seven – 3rd Gup

Palgup Dollyo Chigi
Palgup Pyojeok Chigi
Mejumeok Naryo Chigi
Mureup Chigi
Dwitkoa Seogi

Elbow Turning Strike
Elbow Target Strike
Hammer Fist Down Strike
Knee Strike
Backward Cross Stance

Section Eight – 2nd Gup

Arae Hechyo Makki
Hanssonal Bitureo Makki
Momtong Yop Jireugi
Tweio Chagi
Hanbon Kyorugi

Double Lower Block
One Hand Blade Twist Block
Body Side Punch
Jumping Kick
One Step Sparring

Section Nine – 1st Gup

Batangson Momtong Makki
Batangson Kodureo Makki
Deungjumeok Olgul Ap Chigi
Bojumeok
Gawi makki
Hechyo Momtong Makki
Jecho Jireugi
Otgoreo Arae Makki
Deungjumok Bakkat Chigi
Hanssonal Yop Makki
Bom Seogi

Heel Palm Body Block
Heel Palm Assisted Block
Back Fist Front Face Strike
Covered Fist
Double Cross Block
Double Body Block
Double Uppercut Punch
Crossed Lower Bock
Back Fist Outer Strike
One Hand Side Blade Block
Cat Stance

Grading from White Belt – Yellow Belt I

Poomsae

Basic pattern – 1.

Stances – Seogi (Demonstrate)

1. Charyeot Seogi – Attention Stance
2. Narahni Seogi – Ready Stance
3. Juchum Seogi – Horseback Stance

Blocking - Makki

In Juchum Seogi (Horse Back Stance). Alternating hands x 10

1. Arae Makki – Lower Block
2. Olgul Makki – Face Block
3. Momtong Makki – Body Block

Punching – Jireugi

In Juchum Seogi (Horse Back Stance). Alternating hands x 10

1. Momtong Jireugi – Body Punch
2. Olgul Jireugi – Face Punch
3. Dubon Momtong Jireugi – Double Body Punch (One Count, Two Punches)

Kicking – Chagi (Fighting Stance) x 10 each leg

1. Ap Chagi – Front Kick
2. Dolyo Chagi – Round House Kick

Self Defence

1. Jab punch x 5 each hand
2. Rear punch x 5 each hand

Physical Self-Defence :

See your Instructors

Sparring –Non Contact

Demonstrate doing up belt

Terminology

Section 1 (Page 9)



Grading From Yellow Belt I – Yellow Belt II

Poomsae

Basic Pattern no.2 – 16 step

Stances – Seogi (Demonstrate)

1. Kyrugi Seogi – Fighting stance
2. Ap Kubi – Front Stance
3. Ap Seogi – Short stance

Blocking – Makki

In Juchum Seogi (Horse Back Stance). Alternating hands x 10

1. Momtong An Makki – Inside Body Block
2. Momtong Bakkat Makki – Outside Body Block

Punching – Jireugi... Walking (Apkubi - Long Forward Stance)

1. Momtong Jireugi – Body Punch
2. Olgul Jireugi – Face Punch
3. Dubon Jireugi – Double Punch

Kicking – Chagi In Ap Kubi – x 5 Walking Forward

1. Ap Chagi – Front Kick (Push front)
2. Dollyo Chagi – Roundhouse Kick
3. Yop Chagi – Side kick

Self Defence.

1. Jab / cross combination x 5 each side
2. Jab / cross / hook combination x 5 each side

Physical Self-Defence :

See your Instructors

Sparring – Non Contact

Terminology

Section 2 (Page 9)



Yellow Belt II – Yellow Belt III

Poomsae

Taeguk il Jang

Stances – Seogi (Demonstrate)

1. Dwit Kubi – Back stance
2. Boem Seogi – Cat Stance
3. Open Stance – Demonstrate with partner
4. Closed Stance – Demonstrate with partner

Blocks – Makki in Dwit kubi x 5 each side

1. Hansonnal Momtong Makki – Single knife hand body block
2. Sonnal Momtong Makki – Double knife hand body block

Strikes – Chigi x 10

1. Sonnal Mok Chigi – Knife Hand Neck Strike
2. Pyonson Keut Jireugi – Spear Hand Thrust to Body

Kicking – Chagi – (Fighting Stance) alternating legs – each kick x 10

1. Ap Chagi – Front Kick (Push front)
2. Dollyo Chagi – Roundhouse Kick
3. Yop Chagi – Side Kick

Self Defence

1. Jab/Cross/Uppercut combination x 5 each side
2. Reverse punch/cross/knee combination x 5 each side

Physical Self-Defence :

See your Instructors

Sparring – Non Contact

Terminology

Section 3 (**Page 9**)

Significance of Belt Colours (**Page 6**)

Recitation of the meaning of Taeguk il Jang (**Page 5**)



Yellow Belt III – Blue Belt I

Poomsae

Taeguk E jang

Stances – Seogi (Demonstrate)

1. Open stance – With Partner
2. Closed Stance – With Partner
3. Switch – Left & right
4. Inch – Forward & backwards
5. Slide - Forward & backwards

Blocks - Makki in Dwit kubi x 5 each side

1. Hansonnal Momtong Makki – Single knife hand body block
2. Sonnal Momtong Makki – Double knife hand body block
3. Sonnal Area Makki – Double knife hand lower block

Strikes – Chigi (Juchum Seogi – Horseback Stance) x 10

1. Batangson Tok Chigi – Heel palm strike to chin
2. Sonnal Bakkat Mok Chigi – Outside knife hand strike to the neck

Chagi – Applied sports technique (Slide / Switch) all kicks using the front foot

1. Ap Chagi – Front Kick (Push front)
2. Dollyo Chagi – Running roundhouse Kick
3. Yop Chagi – Side Kick

Technical self-defence – Hanbon, Self-developed – demonstrating 1 block and 2 counter strikes – Non-contact. Key points: Correct technique, extension, distance, height and flow

Against

1. Body punch
2. Face punch

Physical Self-Defence :

See your Instructors

Sparring – Non Contact

Breaking – One board with a single kick.

Terminology

Section 4 (Page 9)

Counting 1-10 (Page 9)

Counting Belt Colours (Page 9)

Recitation of the meaning of Taeguk E Jang (Page 5)

Blue belt I – Blue belt II

Poomsae

Taeguk Sam Jang

Seogi & Makki

In Dwit Kubi walking forwards x 5 and backwards x 5.

1. Hansonnal Momtong Makki – Single knife hand body block
2. Sonnal Momtong Makki – Double knife hand body block
3. Sonnal Arae Makki – Double lower knife hand block

Strikes – Chigi in Juchum seogi

1. Dungjumok Olgul Chigi – Backfist to face
2. Palgup Tok Chigi – Elbow strike to chin – Step fwd with each strike then back into stationary position
3. Palgup Momtong Chigi – Elbow body strike (behind) – step back with each strike then fwd into stationary position

Chagi – Stationery x 5 each side

1. Dwit Chagi – Back kick
2. Mom Dollyo Chagi – spinning / turning roundhouse - (slide back)
3. Dubon Dollyo Chagi – double roundhouse (rear leg kick first)

Applied sports technique, backwards counter kicks – with partner non contact

1. Dollyo ap chagi – Closed Stance / Step back / front foot kick (Partner rights foot back and steps in)
2. Dollyo chagi - Open stance / step back / rear leg kick (Partner right foot back and steps in)

Technical self-defence – Hanbon, Self-developed – demonstrating 1 block and 2 counter strikes – Non contact. Key points: Correct technique, extension, distance, height and flow

Against

1. Body punch
2. Face punch
3. Front kick

Physical Self-Defence :

See your Instructors

Sparring – Non Contact

Breaking – One board with a single kick.

Terminology

Section 5 **(Page 10)**

List the 5 Tenets of Taekwondo **(Page 4)**

Recitation of the meaning of Taeguk Sam Jang **(Page 5)**



Blue Belt II – Blue Belt III

Poomsae

Taeguk Sa Jang

Makki / Ap Kubi walking forwards and backwards

1. Jebipoom Mok Chigi – Knife hand face block, knife hand neck strike (Simultaneous actions)
2. Bakkat Momtong Hecheyo Makki – double outside body block (Simultaneous actions)

Chagi / Dwit kubi walking backwards

1. Double knife hand body block /front foot Ap Chagi, step back x 5
2. Double knife hand body block /front foot Yop Chagi, step back x 5

Chagi – Walking (alternating legs) – Gyrugi Seogi

1. Dwit Chagi – Back kick
2. Mom Dollyo Chagi – spinning / turning roundhouse
3. Dubon Dollyo Chagi – double roundhouse (rear leg kick first)

Applied sports kicks with partner – Non Contact

1. Close stance / Inch back / Back kick – switch (Partner steps in with right foot)
2. Open stance / Switch / rear leg roundhouse (Partner steps in with right foot)

Technical self-defence – Hanbon, Self-developed – demonstrating 1 block and 3 counter strikes – Non contact. (Include 1 turning or spinning technique)

Key points: Correct technique, extension, distance, height and flow

Against

1. Body punch
2. Face punch
3. Front kick
4. Side kick

Physical Self-Defence :

See your Instructors

Sparring – Non Contact

Breaking – One board with a single kick.

Terminology

Section 6 **(Page 10)**

Recitation of the meaning of Taegeuk Sa Jang **(Page 5)**

Philosophy of Taekwondo **(Page 4)**

Taekwondo Oath **(Page 4)**



Blue Belt III – Red Belt I

Poomsae

Taeguk Oh Jang

Chagi - Walking

1. Twieo Dwit Chagi – lead up / jumping Back kick
2. Twieo Ap Chagi – lead up / jumping front kick

Combination technique in Ap Kubi walking forwards and backwards

Arae Makki, Momtong Jireugi, Dollyo Chagi

Fwd: Low block to body punch – rear foot roundhouse

Back: Low block to body punch – front foot roundhouse

Momtong Makki, Deungjemok Olgul Chigi, Ap Chagi

Fwd: Back fist to body block – rear leg front kick

Back: Back fist to body block – front leg front kick

Applied sports technique: Forwards

1. 45 slide, front foot Dollyo Chagi – switch x 5
2. 45 slide, low block - body punch - switch x 5

Combination sports kicks – mitts with partner

1. Running kick followed rear leg roundhouse
2. Crescent kick, rear leg roundhouse – switch

Technical self defence – Hanbon, Self developed – demonstrating 1 block and 3 counter strikes – Non contact. (Include jumping technique)

Key points: Correct technique, extension, distance, height and flow

Against:

1. Body punch
2. Face punch
3. Front kick
4. Side kick
5. Roundhouse kick

Physical Self-Defence :

See your Instructors

Sparring

Light Contact 2 rounds

Breaking

Two boards – one kick and a jumping kick

Terminology

Section 7 (Page 10)

Recitation of the meaning of Taegeuk Oh Jang (Page 5)

Recitation of the meaning of Poomsae (Page 5)

History

Provide information on the following years: (Page 3)

37 B.C.E, 1920, 1945 & 1946



Red belt I – Red Belt II

Poomsae

Tageuk Yuk Jang & il Jang

Combination kick / strikes - In juchum seogi, moving forward

Momtong Yop Chagi / Mejeumeok Olgul Chigi - Side kick to body / back fist strike to head

Combination block / kick in Dwit Kubi, walking forward

Sonnal Momtong Makki /Kodeoup Yop Chagi – Side kick to the body retract then side kick to the head (1 action)

Applied sports technique: Backwards

1. 45 slide, rear foot Dollyo Chagi – switch x 5
2. 45 slide, low block - body punch - switch x 5

Combination sports kicks – mitts with partner

1. Running kick followed rear leg roundhouse
2. Crescent kick, rear leg roundhouse – switch
3. Axe kick, rear leg roundhouse - switch

Technical self defence – Hanbon, Self developed – demonstrating 1 block and 3 counter strikes (minimum)– Non contact. Key points: Correct technique, extension, distance, height and flow

2 Step :

1. Against Body punch then front kick
2. Face punch then Roundhouse kick

Physical Self-Defence :

See your Instructors

Sparring

Light Contact 2 rounds – 1 x 1 on 1
1 x 2 on 1

Breaking

Three boards with a kick, a jumping kick and a break of the student's choice.

Terminology

Section 8 (Page 10)

Recitation of the meaning of Taegeuk Yuk Jang (Page 5)

Recitation of the meaning of Taegeuk (Page 5)

History

Provide information on the following years: (Page 3)

1955, 1961, 1972 & 1973



Red Belt II – Red Belt III Stripe

Poomsae

Tageuk Chil Jang & E jang

Combination kicks – walking forward

1. Ap Chagi, Dollyo Chagi & Yop Chagi
2. Dubon Dollyo Chagi, Dollyo Chagi & Dwit Chagi

Combination block / kick in Ap Kubi, walking x 5 (fwd)

Bituro Sonnal Olgul Makki, Dollyo Chagi – Twisted knife hand body block, rear leg roundhouse kick

Combination block / kick in Boem Seogi x 5 (back)

Batangson Momtong Makki Ap Chagi, – Heel palm body block, Front foot kick,

Combination sports kicks – mitts (3 kicks)

1. Running kick, running kick, rear leg roundhouse – switch
2. Rear leg roundhouse, rear leg roundhouse, spin roundhouse - switch
3. Running kick followed rear leg roundhouse, crescent kick - switch

Technical self defence – Hanbon, Self developed – demonstrating 1 block and 3 counter strikes (minimum)– Non contact. Key points: Correct technique, extension, distance, height and flow

2 Step :

1. Against Body punch then front kick
2. Face punch then Roundhouse kick

Self Defence – Demonstrate and recite

Pressure points: Throat, Shoulder, Ears, Nose & Eyes

Physical Self-Defence :

See your Instructors

Sparring

Light Contact: 2 rounds 1 on 1 followed by 1 round 2 on 1

Breaking

Three boards with a kick, a jumping kick and one arm technique (no fist)

Terminology

Section 9 (Page 10)

Recitation of the meaning of Tageuk Chil Jang (Page 5)

Recitation of the meaning of Taeguk and the meaning of Poomsae (Page 5)

History

Provide information on the following years: (Page 3)

1976, 1980, 1995 & 2000



Red Belt III – Black Belt Red Stripe

Poomsae

Tageuk Pal Jang & Instructors choice

Freestyle footwork & kicks (demonstrate switching, 45 slide and kicks etc)

Own choice in lines – up and back

Combination punches – into mitt x 5

1. Jab / back hand / lead hand uppercut – step forwards (alternating sides)
2. Jab / back hand / cross

Combination sports kicks – mitts (3 kicks) with partner

1. Running kick, running kick, rear leg roundhouse – switch
2. Rear leg roundhouse, rear leg roundhouse, spin roundhouse - switch
3. Running kick followed rear leg roundhouse, spin hook kick - switch
4. Double kick, rear leg roundhouse, back kick – switch
5. Self developed combination....

Self Defence – Techniques learnt during term x 3

Self Defence – Freestyle 4 corners x 3

1. Hand / foot 2. Restraint / hold 3. weapons (club) 4. Weapons (knife)

Defender stands in the middle, attackers in each corner and systematically 1 at a time, attacks the defendant – Open attacks and open defence - control the attacker then release
“USE CONTROL”

Self Defence – Freestyle scenario x 3

Instructor's choice!

Sparring

Full contact Sparring 2 rounds x 2 minutes (all protective equipment required)

Light contact facing 2 opponents 1 round x 1.5 minutes. No head kicks.

Light contact facing 3 opponents 1 round x 1.5 minutes. No head kicks.

Breaking

Three boards with a kick, a jumping kick and one break of the student's choice

Terminology

Recitation of Taegeuk Pal Jang in Korean (**Page 21**)

History

Provide information on the following years: (**Page 3**)

All History is required.

*Trainee instructor.... To assist in at least 8 junior classes and 2 senior classes and prepare and run 2 junior classes and 2 senior classes

Taegeuk pal jang in Korean

Count	Stance	Leg Action	Arm Action
Ready	Naranhi seogi		Kibon jumbi seogi
1	Dwit kubi		Kodureo bakkat makki
2	Ap kubi		Momtung jireugi
3		Dangseong ap chagi (kihap)	
	Ap kubi		Momtung makki
			Momtung dubon jireugi
4	Ap kubi		Momtung jireugi
5	Ap kubi		Santeul makki
6	Ap kubi		Dangkyo teok jireugi
7		Apkoa seogi	
	Ap kubi		Santeul makki
8	Ap kubi		Dangkyo teok jireugi
9	Dwit kubi		Sonnal momtung makki
10	Ap kubi		Momtung jireugi
11		Ap chagi	
	Bom seogi		Batangson momtung makki
12	Bom seogi		Sonnal momtung makki
13		Ap chagi	
	Ap kubi		Momtung jireugi
	Bom seogi		Batangson momtung makki
14	Bom seogi		Sonnal momtung makki
15		Ap chagi	
	Ap kubi		Momtung jireugi
	Bom seogi		Batangson momtung makki
16	Dwit kubi		Kodureo arae makki
17		Ap chagi X 2 (kihap)	
	Ap kubi		Momtung makki
			Momtung dubon jireugi
18	Dwit kubi		Hansonnal momtung makki
19	Ap kubi		Palgup dollyo chigi
			Deungjumeok ap chigi
			Momtung jireugi
20	Dwit Kubi		Hansonnal momtung makki
21	Ap kubi		Palgup dollyo chigi
			Deungjumeok ap chigi
			Momtung jireugi
Finish	Naranhi seogi		Kibon jumbi seogi