



STUDENT HANDBOOK

2016 edition



taekwon-do
S O U T H A F R I C A

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AFFILIATED TO



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Master Choi Jung Hwa
ITF President



General Choi Hong Hi
Founder of ITF Taekwon-Do
(1918-2002)

International Taekwon-Do Federation (I.T.F)

I.T.F is the Original Taekwon-Do founded by General Choi Hong Hi

TSA (Taekwon-Do South Africa)



Norman Magua VI Dan (President) & Denis Magua V Dan (Vice President)

Taekwon-Do South Africa: RULES OF THE DOJANG

1. Always bow when entering and leaving the dojang.
2. Shake Taekwon-Do practitioners hands in the appropriate manner (hand under arm). Also bow when greeting black belts.
3. Always call black belts by their appropriate titles (never by a first name basis in class). Sabum-Nim for 4th dan up and Bo-sabum-Nim for 1st to 3rd dan.
4. Ask permission from an instructor if you want to do anything out of the ordinary (e.g. Get water, sit out, etc). (Put hand up)
5. Wait on the side and ask permission when re-entering a training session. (Put hand up)
6. Do not be late for class. If you are late, wait on the side until given permission to join the class.
7. No eating in the dojang.
8. Absolutely no jewellery even plastic is to be worn during class.
9. No swearing in class.
10. When watching a class, always concentrate on the lesson
11. No talking or making comments during class. If asking a question, raise your hand and once given permission to ask, respond by first saying Sabum-Nim for 4th dan & up or Bo Sabum-Nim for 1st dan to 3rd Dan.
12. Spectators watching the class should also remain silent, any talking can be done outside the Dojang. The instructor and students therefore don't get distracted. (A student watching should concentrate on the lesson.)
13. No smoking or drinking alcohol with any part of the training suit on. Including Dobok pants, jacket or any piece of clothing with our club or Taekwon-Do branding on it.
14. Conversations with club members are not to include inappropriate talk or jokes about politics, religion, sexual orientation, sexual remarks/nature or race. No matter how harmless one believes it is. (Our club is diverse and extends past these differences by uniting us as Taekwon-Do practitioners.)
15. Full Dobok's are to be worn. A plain white t-shirt may be worn under the dobok. In general class the club t-shirt may be worn at discretion of the instructor underneath. For official events only a plain white shirt underneath. Club jerseys, track suits or jackets may be worn over the Dobok before and after class and in certain instances during class if cold and at the discretion of the instructor (for no other purpose than warmth). A plain jacket or jersey may be worn if not yet in possession of a club one, at the discretion of the instructor. For members who do not have a dobok yet, tracksuit pants and a plain preferably white t-shirt are worn. Branding allowed is at the discretion of the instructor. Political, religious or offensive print is not allowed. Club t-shirts may be worn instead of the Dobok top by the children, with the belt underneath the shirt (not over it) on hot days, if the instructor permits this, (many clubs might not allow that).
16. Issues with other members to be resolved maturely & non-violently, with consultation with ones instructor.
17. Classes are done bare feet. Specific shoes may be worn for medical purposes. Taekwon-Do specific shoes may also be worn at the discretion of the instructor.
18. Always do your best to be friendly & greet new people trying out a class.

General Introduction

This page has been written to answer some of the questions that a lot of people ask when starting a martial art for the first time. Some of the questions are specific to Taekwon-Do. Others can be applied to most traditional martial arts.

1. **When did Taekwon-Do come about and where did it come from?**

Taekwon-Do is a relatively new martial art. It originated in Korea. The name Taekwon-Do was officially recognised in 1955. It was named and created by our founder, General Choi Hong Hi (1918 – 2002), who was a General in the Korean army. Taekwon-Do was originally created as a military martial art and today is practiced by various armies and policing groups all over the world.

2. **What is the meaning of the various rituals used in class, such as bowing?**

It is a common misconception that the rituals carried out in a lot of martial arts classes have religious purposes. In Taekwon-Do the rituals have no religious significance. General Choi said: “ through Taekwon-Do we can unite in a common brotherhood, **without regard to religion, race, national or ideological boundaries**”. If Taekwon-Do had religious rituals the above statement would be false.

As said above, Taekwon-Do is a military martial art. The rituals carried out therefore have militaristic purposes. As in western armies, eastern armies also have their form of saluting, etc.

When walking into the training hall, for instance, we are supposed to bow to the flag and, in turn, bow to senior belts. This is just a different way of salute, showing respect to our art and to our fellow students. Like wise we also have attention stances, etc, just like any military.

3. **What is the significance of the uniform and belts (rank)?**

In Taekwon-Do we wear a traditional martial arts uniform called a dobok. The reason is that it puts everyone on an even playing ground. Rich, poor, thin, fat, different races, etc. It takes away all status from the outside world so that people are equal. The only distinguishing item is their belts.

The achievement of belts pushes the student to a new level, because it gives the student a goal to work towards. Without having a goal to reach, how do we measure our success? Each time a prescribed goal is reached, a new belt (rank) is awarded. As in the military there is a rank system. Imagine a military with out a hierarchy. It would be anarchy. I am sure that that country would not be able to defend itself properly. In reality there is a hierarchy in every thing in life no matter how hard one tries to disguise it. It is essential in nature as well.

4. **Why do we have to do patterns training?**

Many people think that patterns and traditional training has no use and is a waste of time. Nothing could be further from the truth! Patterns and traditional training build co-ordination, balance, speed, power, accuracy, timing, breath control, stability, etc., etc., etc. When done correctly patterns give a tremendous aerobic and anaerobic work out.

5. **Why do we use Korean terminology in class?**

The reason for using Korean terminology in class is a simple one. It has nothing to do with sounding mystical, etc. The fact is that Taekwon-Do is an international martial art, practiced in just about every country in the world. With so many countries practicing the art it makes sense to have a common language in class. If there was no common language and a seminar was being conducted, there would have to be a interpreter for every country attending. Having a basic terminology makes it that much easier to go to any country in the world and being able to practice Taekwon-Do without having to worry about a language barrier

General Knowledge

The Founder of Taekwon-Do:
General Choi Hong Hi

The Date Taekwon-Do was Founded:
April 11th, 1955

The Date the ITF was Founded:
March 22nd, 1966

The Literal Meaning of Taekwon-Do:
Tae = foot technique, kwon = hand technique, Do = art or way of life

General Choi's Birth Date:
November 9th, 1918

Taekwon-Do Oath:

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

Tenets of Taekwon-Do:

1. Courtesy
2. Integrity
3. Perseverance
4. Self Control
5. Indomitable spirit

Order of Belts:

White Belt
Yellow Stripe
Yellow Belt
Green Stripe
Green Belt
Blue Stripe
Blue Belt
Red Stripe
Red Belt
Black Stripe
Black Belt

Meaning of Belt Colours:

White

Signifies Innocence, as that of beginning a student who has no previous knowledge of Taekwon-Do.

Yellow

Signifies the Earth from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.

Green

Signifies the plant's Growth as the Taekwon-Do skill begins to develop.

Blue

Signifies the Heaven, toward which the plant matures into a towering tree as training in Taekwon-Do progresses.

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 Taekwon-Do. It also indicates the wearer's imperviousness to darkness and fear.

Theory of Power:

Speed, Mass, Balance, Concentration, Reaction Force, Breathing Control.

Number of Patterns:

24 (one for each hour of the day) from Chon-ji to Tong-il, (Four directional punching and blocking are not official patterns, they are fundamental movement sequences), each pattern is named after a figure or event in Korean history.

Head Quarters of I.T.F. Taekwon-Do:

The headquarters of our I.T.F. organisation are in Toronto Canada.

Significance to the way Taekwon-Do is written on back of Dobok:

Taekwon-Do is written in the shape of an evergreen tree. It represents that the tree never sheds its leaves and always shows its true colours. In the same manner the student of Taekwon-Do is expected to aspire always to be at his/ her best.

The animal symbolic in Taekwon-Do:

The Turtle. It has for centuries been the symbol of longevity in the orient. Taekwon-Do is symbolised by this long life quality of the turtle.

Training Secrets of Taekwon-Do

An old proverb says that even heaven cannot make a diligent worker, poor. However, in Taekwon-Do diligence or intensive training alone does not produce quality techniques. On the contrary, instructions from a false or unqualified instructor would be worse than not being taught at all because unscientific movements not only reduce the power but require a tremendous amount of time to correct.

On the other hand, under the proper guidance of a competent instructor, a student who trains earnestly with dedication will learn the true techniques of Taekwon-Do in a comparatively short period of time with less effort.

Students should keep in mind the following secrets:

1. To study the theory of power thoroughly.
2. To understand the purpose and meaning of each movement clearly.
3. To bring the movement of eyes, hands, feet and breath into a 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.
8. To create a sine wave during the movement by utilizing the knee spring properly
9. To know the Training secrets (This is important to emphasise becoming well acquainted with them)

The Good student (as written in the Taekwon-Do encyclopaedia)

1. Never tire of learning. A good student can learn anywhere, any time. This is the secret of knowledge.
2. A good student must be willing to sacrifice for his art and instructor. Many students feel that their training is a commodity bought with monthly dues and are unwilling to take part in demonstrations, teaching, and working around the dojang. An instructor can afford to lose this type of student.
3. Always set a good example for lower ranking students. It is only natural they will try emulate senior students.
4. Always be loyal and never criticize the instructor, Taekwon-Do or the teaching methods to others.
5. If an instructor teaches technique, practice it and attempt to utilize it.
6. Remember that students conduct outside the dojang reflects on the art and instructor.
7. If a student adopts a technique from another dojang and the instructor disapproves of it the student must discard it immediately or train at the gym where the technique was learned.
8. Never be disrespectful to the instructor. Though a student is allowed to disagree with the instructor, student must follow with the instruction and then discuss the matter later.
9. A student must always be eager to learn and ask questions.
10. Never betray the instructor.

Patterns meanings

From top (most senior) - bottom (most junior). Click [view](#) to get written explanation of the pattern, step by step.

24. Tong-Il

TONG-IL denotes the resolution of the unification of Korea which has been divided since 1945. The diagram symbolizes the homogenous race.

Movements - 56

Ready Posture - PARALLEL STANCE WITH AN OVERLAPPED BACK HAND

[View](#)

23. Se-Jong

SE-JONG is named after the greatest Korean King, Se-Jong, who invented the Korean alphabet in 1443, and was also a noted meteorologist. The digram represents the king, while the 24 movements refer to the 24 letters of the Korean alphabet.

Movements - 24

Ready Posture - CLOSED READY STANCE B

[View](#)

22. So-San

SO-SAN is the pseudonym of the great monk Choi Hyong Ung (1520-1604) during the Lee Dynasty. The 72 movements refer to his age when he organized a corps of monk soldiers with the assistance of his pupil Sa Myunh Dang. The monk soldiers helped repulse the Japanese pirates who overran most of the Korean peninsula in 1592.

Movements - 72

Ready Posture - CLOSED READY STANCE A

[View](#)

21. Moon-Moo

Moon-Moo honours the 30th King of the Silla Dynasty. His body was buried near Dae Wang Am (Great King's Rock). According to his will, the body was placed in the sea "where my soul shall forever defend my land against the Japanese." It is said that the Sok Gul Am (Stone cave) was built to guard his tomb. The Sok Gul Am is a fine example of the culture of the Silla Dynasty. The 61 movements in this pattern symbolize the last two figures of 661 A.D. when Moon Moo came to the throne.

Movements - 61

Ready Posture - PARALLEL READY STANCE

[View](#)

20. Ul-Ji

UL- JI is named after general Ul-Ji Moon Dok who successfully defended Korea against a Tang's invasion force of nearly one million soldiers led by Yang Je in 612 A.D., Ul-Ji employing hit and run guerilla tactics, was able to decimate a large percentage of the force. The diagram represents his surname. The 42 movements represent the author's age when he designed the pattern.

Movements - 42

Ready Posture - PARALLEL STANCE WITH AN X-BACK HAND

19. Yon-Gae

YON-GAE is named after a famous general during the Koguryo Dynasty, Yon Gae Somoon. The 49 movements refer to the last two figures of 649 A.D., the year he forced the Tang Dynasty to quit Korea after destroying nearly 300,000 of their troops at Ansi Sung.

Movements - 49

Ready Posture - WARRIOR READY STANCE A

18. Choi-Yong

CHOI-YONG is named after General Choi Yong, premier and commander in chief of the armed forces during the 14th century Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism, and humility. He was executed by his subordinate commanders headed by general Yi Sung Gae, who later became the first King of the Lee Dynasty.

Movements - 46

Ready Posture - CLOSED READY STANCE C

17. Yoo-Sin

YOO-SIN is named after General Kim Yoo Sin, a commanding general during the Silla Dynasty. The 68 movements refer to the last two figures of 668 A.D., the year Korea was united. The ready posture signifies a sword drawn on the right rather than left side, symbolizing Yoo Sin's mistake of following his Kings' orders to fight with foreign forces against his own nation.

Movements - 68

Ready Posture - WARRIOR READY STANCE B

16. Sam-Il

SAM-IL denotes the historical date of the independence movement of Korea which began throughout the country on March 1, 1919. The 33 movements in the pattern stand for the 33 patriots who planned the movement.

Movements - 33

Ready Posture - CLOSED READY STANCE C

15. Kodang

Kodang is the Pseudonym of the patriot Cho Man Shik, who dedicated his life to the Korean Independence Movement and to the education of his people.

The 45 movements represent the last two figures of 1945, the year Korea was liberated from Japanese occupation.

14. Choong-Jang

CHOONG-JANG is the pseudonym given to General Kim Duk Ryang who lived during the Lee Dynasty, 14th century. This pattern ends with a left-hand attack to symbolize the tragedy of his death at 27 in prison before he was able to reach full maturity.

Movements - 52

Ready Posture - CLOSED READY STANCE A

13. Eui-Am

EUI-AM is the pseudonym of Son Byong Hi, leader of the Korean independence movement on March 1, 1919. The 45 movements refer to his age when he changed the name of Dong Hak (Oriental culture) to Chondo Kyo (Heavenly way religion) in 1905. The diagram represents his Indomitable Spirit, displayed while dedicating himself to the prosperity of his nation.

Movements - 45

Ready Posture - CLOSED READY STANCE D

12. Ge-Baek

GE-BAEK is named after Ge-Baek, a great general in the Baek Je Dynasty (660 AD). The diagram represents his severe and strict military discipline.

Movements - 44

Ready Posture - PARALLEL READY STANCE

11. Po-Eun

PO-EUN is the pseudonym of a loyal subject Chong Mong-Chu (1400) who was a famous poet and whose poem "I would not serve a second master though I might be crucified a hundred times" is known to every Korean. He was also a pioneer in the field of physics. The diagram represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.

Movements - 36

Ready Posture - PARALLEL STANCE WITH A HEAVEN HAND

10. Kwang-Gae

KWANG-GAE is named after the famous Kwang-Gae-Toh-Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 A. D., the year he came to the throne.

Movements - 39

Ready Posture - PARALLEL STANCE WITH A HEAVEN HAND

9. Choong-Moo

CHOONG-MOO was the name given to the great Admiral Yi Soon-Sin of the Lee Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.

Movements - 30

Ready Posture - PARALLEL READY STANCE

8. Hwa-Rang

HWA-RANG is named after the Hwa-Rang youth group, which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwon-Do developed into maturity.

Movements - 29

Ready Posture - CLOSED READY STANCE C

7. Toi-Gye

TOI-GYE is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo Confucianism. The 37 movements of the pattern refer to his birthplace on 37 latitude, the diagram represents "scholar".

Movements - 37

Ready Posture - CLOSED READY STANCE B

6. Joong-Gun

JOONG-GUN is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed in a Lui-Shung prison (1910).

Movements - 32

Ready Posture - CLOSED READY STANCE B

5. Yul-Gok

YUL-GOK is the pseudonym of a great philosopher and scholar Yi I (1536-1584) nicknamed the "Confucius of Korea" The 38 movements of this pattern refer to his birthplace on 38 latitude and the diagram represents "scholar".

Movements - 38

Ready Posture - PARALLEL READY STANCE

4. Won-Hyo

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

Movements - 28

Ready Posture - CLOSED READY STANCE A

3. Do-San

DO-SAN is the pseudonym of the patriot Ahn Chang-Ho (1876-1938) The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.

Movements - 24

Ready Posture - PARALLEL READY STANCE

2. Dan-Gun

DAN-GUN is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 B.C.

Movements - 21

Ready Posture - PARALLEL READY STANCE

1. Chon-Ji

CHON- JI means literally " the Heaven the Earth". It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts one to represent the Heaven and the other the Earth.

Movements - 19

Ready Posture - PARALLEL READY STANCE



taekwon-do
S O U T H A F R I C A

GRADING SYLLABUS

The Self defense & competition syllabus can be found at the end

PLEASE NOTE: The grading examiner has the right to test on whatever he/she feels fit. This syllabus is a **guideline** only.

Grading from White Belt (10th Gup) to Yellow-Stripe (9th Gup)

Compulsory Exercise:	Four direction Punch (Saju Jirugi) Four direction Block (Saju Makgi)
Stances:	Attention stance (Charyot sogi) Bow Posture (Kyongye jase) Parallel stance (Narani sogi) Parallel ready stance (Narani junbi sogi) Walking stance (Gunnun sogi)
Hand Techniques:	Walking stance middle front punch (Gunnun so kaunde ap jirugi) Walking stance outer forearm low block (Gunnun so bakat palmok najunde makgi) Walking stance knife-hand low block (Gunnun so sonkal najunde makgi) Walking stance inner forearm middle side block (Gunnun so an palmok kaunde yop makgi)
Foot Techniques:	Front rising kick (Apcha olligi) Front snap kick (Apcha busigi)
Sparring:	Set sparring: Basic 3. No Partner. Free sparring (Jayu matsogi): No contact.
Hosin-Sul:	On Page 26 & 27
Theory:	“Who was the Founder & Father of Taekwon-Do?” “What rank was the Founder of Taekwon-Do?” “What is the literal meaning of ‘Taekwon-Do?’” “What does the colour ‘white’ signify?” “List any 2 rules of the dojang.” “List any 2 Vital Spots anywhere on the body”

Grading from Yellow-stripe (9th Gup) to Yellow Belt (8th Gup)

Compulsory Pattern:	Chon-Ji tul (Previous exercises)
Stances:	L-stance (Niunja sogi) Sitting stance (Annun sogi) 'Spot turning'
Hand Techniques:	L-stance inner forearm middle block (Niunja so an palmok kaunde makgi) L-stance forearm middle guarding block (Niunja so palmok kaunde daebi makgi) L-stance knife-hand middle guarding block (Niunja so sonkal kaunde daebi makgi)
Foot Techniques:	Turning kick (Dollyo chagi): with instep. Side piercing kick (Yopcha jirugi) – from L-stance
Sparring:	Set sparring: Basic 3 with partner Free sparring (Jayu matsogi): Light contact.
Measuring Techniques:	Front kick – from walking stance Sidekick – from L-stance Walking Stance Front Punch
Breaking:	Side piercing kick – from L-stance
Hosin-Sul:	On Page 26 & 27
Theory:	"Where and when was General Choi born?" "Where are the Head Quarters of the I.T.F.?" "What is the significance in the way that 'Taekwon-Do' is written on the back of a 'do bok'?" "What is the <u>full</u> interpretation of 'Chon-Ji'?" "What does the colour 'yellow' signify?" "List any 3 rules of the dojang." "List any 2 'training secrets' of Taekwon-Do." "List any 6 vital spots: 2 High Section, 2 Middle & 2 Low"

Grading from Yellow Belt (8th Gup) to Green-stripe (7th Gup)

Compulsory Pattern:	Dan-Gun tul (Previous patterns / exercises)
Hand Techniques:	Walking stance high front punch (Gunnun so nopunde ap jirugi) L-stance twin forearm block (Niunja so sang palmok makgi) Walking stance outer forearm rising block (Gunnun so bakat palmok chookyo makgi) L-stance knife-hand outward middle side strike (Niunja so sonkal bakuro kaunde yop taerigi)
Foot Techniques:	Skip front snap kick (Duro gamyo apcha busigi) Skip side piercing kick (Duro gamyo yopcha jirugi) Turning kick (Dollyo chagi): Traditional.
Sparring:	3 step sparring: optional Techniques (Sambo matsogi) Free sparring (Jayu matsogi): Semi contact.
Measuring Techniques:	Knife-hand outward strike – from L-stance (15°) Turning kick (Traditional) – from L-stance (45°)
Breaking Techniques:	Front kick – from walking stance Back piercing kick
Hosin-Sul:	On Page 26 & 27
Theory:	“What is the interpretation of ‘Dan-Gun’?” “What does the colour ‘green’ signify?” “Which animal is symbolic in Taekwon-Do and why?” “Which date was Taekwon-Do officially recognised as a ‘Martial Art’ by the South Korean Government?” “Count from 1- 10 in Korean” “Explain how points are awarded in sparring” “List any 3 warnings and any 3 fouls in sparring” “List any 3 ‘training secrets’ of Taekwon-Do” “List any 4 rules of the dojang” “List any 9 vital spots: 3 High Section, 3 Middle & 3 Low”

Grading from Green-stripe (7th Gup) to Green Belt (6th Gup)

Compulsory Pattern:	Do-San tul (Previous patterns)
Hand Techniques:	Walking stance outer forearm high side block (Gunnun so bakat palmok nopunde yop makgi) Walking stance middle reverse punch (Gunnun so kaunde bandae jirugi) Walking stance straight fingertip thrust (Gunnun so sun sonkut tulgi) Walking stance back fist high side strike (Gunnun so dung joomuk nopunde yop taerigi) Walking stance outer forearm high wedging block (Gunnun so bakat palmok nopunde hechyo makgi) Sitting stance knife-hand middle side strike (Anun so sonkal kaunde yop taerigi)
Foot Techniques:	Skip turning kick (Traditional) (Duro gamyo dollyo chagi) Downward kick (Naeryo chagi) Hooking kick (Golcho chagi) Back piercing kick (Dwitcha jirugi)
Sparring:	Free sparring (Jayu matsogi): Semi contact.
Measuring Techniques:	Reverse Knife hand Strike
Breaking Techniques:	Knife-hand outward strike – from L-stance (15°) Turning kick (Traditional)
Hosin-Sul:	On Page 26 & 27
Theory:	Korean translation of all the above hand/foot techniques“ What is the interpretation of ‘Do-San’?” “What does the colour ‘green’ signify?” “Recite the ‘Taekwon-Do Oath’” “Recite the ‘Tenets of Taekwon-Do’” “List any 4 warnings and any 4 fouls in sparring” “List any 5 rules of the dojang” “List any 4 ‘training secrets’ of Taekwon-Do” “List any 12 vital spots: 4 High Section, 4 Middle & 4 Low”

Grading from Green Belt (6th Gup) to Blue-stripe (5th Gup)

Compulsory Pattern:	Won-Hyo tul (Previous patterns)
Stances:	Close stance (Moa sogi) Close ready stance A (Moa junbi sogi A) Fixed stance (Gojung sogi) Bending ready stance A (Goburyo sogi A)
Hand Techniques:	L-stance knife-hand high inward strike (Niunja so sonkal nopunde anuro taerigi) Fixed stance middle punch (Gojung so kaunde jirugi) Walking stance inner forearm circular block (Gunnun so an palmok dollimyo makgi)
Foot Techniques: (Standing or ground)	Side piercing kick (Yopcha jirugi) – from gobutyo sogi stance Skip hooking kick (Duro gamyo golcho chagi) Pick-shape kick (Gokaeng-i chagi) Reverse hooking kick (Bandae dollyo goro chagi)
Sparring:	All previous set sparring 1 step sparring – Optional techniques (Ilbo matsogi) Free sparring (Jayu matsogi): Semi contact
Measuring Techniques:	Knife-hand inward strike – from sitting stance Hooking Kick
Breaking Techniques:	Front punch (Males), Palm Strike (Females) Downward kick- From L stance Jumping back piercing kick
Hosin-Sul:	On Page 26 & 27
Theory:	Korean translation of all the above hand/foot techniques “What is the interpretation of ‘Won-Hyo’?” “What does the colour ‘blue’ signify?” “List any 5 warnings and any 5 fouls in sparring” “List any 6 rules of the dojang” “List any 5 ‘training secrets’ of Taekwon-Do” “List any 15 vital spots: 5 High Section, 5 Middle & 5 Low”

Grading from Blue-stripe (5th Gup) to Blue Belt (4th Gup)

Compulsory Pattern:	Yul-Gok tul (Previous patterns)
Stances:	X-stance (Kyocha sogi)
Hand Techniques:	L-stance twin knife-hand block (Niunja so sang sonkal makgi) Walking stance palm middle obverse hooking block (Gunnun so sonbadak kaunde baro golcho makgi) Walking stance palm middle reverse hooking block (Gunnun so sonbadak kaunde bandae golcho makgi) Walking stance front elbow strike (Gunnun so ap palkup taerigi) X-stance back fist high side strike (Kyocha so dung joomuk nopunde yop taerigi) Walking stance double forearm high block (Gunnun so doo palmok nopunde makgi)
Foot Techniques: (Standing or ground)	Twisting kick (Bituro chagi) Reverse turning kick (Bandaedollyo chagi)
Sparring:	All previous set sparring Kicking 1 Step Sparring Free sparring (Jayu matsogi): Semi contact.
Measuring Techniques:	Front elbow strike (reverse) – from walking stance Reverse turning kick – from L-stance (15°)
Breaking Techniques:	Knife-hand inward strike – from sitting stance Reverse hooking kick Any designated by examiner
Hosin-Sul:	On Page 26 & 27
Theory:	Korean translation of all the above hand/foot techniques “What is the interpretation of ‘Yul-Gok’?” “List any 6 warnings and any 6 fouls in sparring” “List any 7 rules of the dojang (except rule no. 9)” “List any 6 ‘training secrets’ of Taekwon-Do” “List any 18 vital spots: 6 High Section, 6 Middle & 6 Low”

Grading from Blue Belt (4th Gup) to Red-stripe (3rd Gup)

Compulsory Pattern:	Joong-Gun tul (Previous patterns)
Stances:	Close ready stance B (Moa junbi sogi B) Rear foot stance (Dwit bal sogi)
Hand Techniques:	L-stance reverse knife-hand outward block (Niunja so sonkal dung bakuro makgi) Rear foot stance palm upward block (Dwit bal so sonbadak ollyo makgi) Walking stance upper elbow strike (Gunnun so wi palkup taerigi) Walking stance twin fist high vertical punch (Gunnun so sang joomuk nopunde sewo jirugi) Walking stance twin fist upset punch (Gunnun so sang joomuk dwijibo jirugi) Walking stance x-fist rising block (Gunnun so kyocha joomuk chookyo makgi) L-stance back fist high side strike (Niunja so dung joomuk nopunde yop taerigi) L-stance reverse punch (Niunja so bandae jirugi) Low stance palm pressing block (Nachuo so sonbadak noollo makgi) Close stance angle punch (Moa so giokja jirugi) Fixed stance U-shape block (Gojung so digutja makgi)
Foot Techniques: (Standing or ground)	Consecutive kicks (Yonsuk chagi)
Sparring:	All previous set sparring 1 step – optional attack Free sparring (Jayu matsogi): Semi contact
Breaking Techniques:	Front elbow strike Reverse turning kick (Any other break designated by examiner)
Hosin-Sul:	On Page 26 & 27
Theory:	Korean translation of all the above hand/foottechniques. What is the interpretation of 'Joong-Gun'?" "What does the colour 'red' signify?" "List any 7 warnings and any 7 fouls in sparring" "List any 8 rules of the do jang (except rule no. 9)" "List any 7 'training secrets' of Taekwon-Do" "List any 21 vital spots: 7 High Section, 7 Middle & 7 Low"

Grading from Red-stripe (3rd Gup) to Red Belt (2nd Gup)

Compulsory Pattern:	Toi-Gye tul (Previous patterns)
Hand Techniques:	Walking stance upset fingertip low thrust (Gunnun so dwijibo sonkut najunde tulgi) Close stance back fist side back strike (Moa so dung joomuk yopdwi taerigi) Walking stance x-fist pressing block (Gunnun so kyocha joomuk noollo makgi) Sitting stance outer forearm W-shape block (Annun so bakat palmok san makgi) L-stance double forearm low pushing block (Niunja so doo palmok najunde miro makgi) Walking stance flat fingertip high thrust (Gunnun so opun sonkut nopunde tulgi) L-stance back fist side back strike (Niunja so dung joomuk yopdwi taerigi) X-stance x-fist pressing block (Kyocha so kyocha joomuk noollo makgi) L-stance knife-hand low guarding block (Niunja so sonkal najunde daebi makgi)
Foot Techniques: (Standing or ground)	Knee upward kick (Moorup chagi) Consecutive kicks (Yonsuk chagi) Any designated by examiner
Sparring:	1 step sparring – Optional techniques (Ilbo matsogi) Continuous semi-free sparring Free sparring (Jayu matsogi)
Breaking Techniques:	Back fist strike – from L-stance (15°) Twisting kick Flying high front snap kick (Twimyo nopi apcha Busigi) Jumping reverse turning kick (Any other break designated by examiner)
Hosin-Sul:	On Page 26 & 27
Theory:	Korean translation of all the above hand/foot techniques “What is the interpretation of ‘Toi-Gye’?” “What does the colour ‘red’ signify?” “List all warnings and all fouls in sparring” “List all the rules of the dojang” “List all 9 ‘training secrets’ of Taekwon-Do” “List any 21 vital spots: 7 High Section, 7 Middle & 7 Low”

Grading from Red Belt (2nd Gup) to Black-stripe (1st Gup)

Compulsory Pattern:	Hwa-Rang tul (Previous patterns)
Stances:	Close ready stance C (Moa junbi sogi C) Vertical stance (Soojik sogi)
Hand Techniques:	Sitting stance palm pushing block (Annun so sonbadak miro makgi) L-stance upward punch (Niunja so ollyo jirugi) Vertical stance knife-hand downward strike (Soojik so sonkal naeryo taerigi) L-stance obverse punch (Niunja so baro jirugi) L-stance side elbow thrust (Niunja so yop palkup tulgi) Close stance inner forearm side-front block (Moa so an palmok yobap makgi)
Foot Techniques: (Standing or ground)	Combination Kicks Consecutive kicks (Yonsuk chagi) Any designated by examiner
Sparring:	All previous set sparring Semi-free sparring Free sparring (Jayu matsogi)
Breaking Techniques:	Jumping knee kick Jumping back kick Flying mid-air kick Flying side kick – over obstacles Jumping reverse turning kick – suspended board Reverse knife-hand strike (Any other break designated by examiner)
Hosin-Sul:	On Page 26 & 27
Theory:	Korean translation of all the above hand/foot techniques “What is the interpretation of ‘Hwa-Rang’?” “What does the colour ‘black’ signify?” “List all warnings and all fouls in sparring” “List all the rules of the dojang” “List all 9 ‘training secrets’ of Taekwon-Do” “List any 24 vital spots: 8 High Section, 8 Middle & 8 Low” 3-minute speech on any aspect of Taekwon-Do – speech to be handed in afterwards in a ‘presentable essay format’

Kihaps

Chon-Ji:

Movement #17 (Right punch 2nd of last 4)

Dan-Gun:

Movement #8 (3rd high punch of three going forward); #17 (Last rising block)

Do-San:

Movement #6 (straight fingertip thrust); #22 (2nd Rising block)

Won-Hyo:

Movement #12 (straight fingertip thrust)

Yul-Gok:

Movement #24 (Elbow after left side kick); #27 (2nd elbow); #36 (x-stance back fist)

Joong-Gun:

Movement #12 (twin fist upset punch)

Toi-Gye:

Movement #29 (x-stance,x-fist pressing block)

Hwa-Rang:

Movement #14 (Right punch, 2nd after side kick); #25 (side elbow thrust)

Choong-Moo:

Movement #9 (After side kick, on the execution of the knife hand guarding block); #19 (on the landing performing the knife handguarding block)

Kwang-Gae:

Movement #23 (sitting stance stamp high side right back fist); #27 (sitting stance stamp high side left back fist)

Po-Eun:

Movement #12 (1st horizontal punch right); #30 (2nd horizontal punch left)

Ge-Baek:

Movement #19 (counter clockwise knife hand guarding block); #28 (x-stance double forearm high block)

Taekwon-Do South Africa

Maqua self defence (Hosin Sul) syllabus

Remember that the rest of your training is self defence against a striking attack. The following is defence generally against grapple or weapon attacks.

White Belt

Explain SSRSS (Shout, Strike, Release, Strike, Safety)

Release from single arm and lapel holds (circle system or pray system)

Yellow Stripe

Explain TTT (Threat, Target, Tool)

Release from double grab arm, lapel, throat, hair

Yellow Belt

Show and explain disguised guard

Release or adapt from kick hold

Green Stripe

Explain rule of thumbs when held from behind and from the front

Release from strangulation & guillotine

Release as in Do San

Green Belt

Explain attacking vital spots, small joints and animal instinct mode.

Release from bear hug from behind and in front

Blue Stripe

Ground defences when attacker between legs or trying to get in.

Defend against shoot or tackle

Blue Belt

Explain rules of thumb when on the ground. (Don't give them your back)

Ground defence against pounding and choking as well as hands being grabbed.

Release as per Jun Gun

Red Stripe

Explain joint manipulation and hyper extension

Defence against trips and throws

Red Belt

Explain rules of thumb for blunt weapon attack

Basic 1 steps for (swing, overhead, lunge)

Black Stripe

Explain rules of thumb for knife attack

Knife basic 1 steps (lunge, slice, over head),

Knife defence from behind on neck.

Release as per Hwa Rang

1st Dan & 2nd Dan

Black 1st dan

Explain rules of thumb for gun defence

Defence from front, side, rear, knees

- Being grabbed or head down and getting uppercuts etc
- Demonstrate 'paint brush' lock + release
- Demonstrate arm bar + release (on floor)
- Turtle Hold & Release
- Demonstrate ankle lock
- Demonstrate Fig 4 Leg strangle hold and defence
- Defence against side mount.
- Grapple sparring utilising all techniques learned up to black stripe.
- 2 on 1 grapple sparring utilising all techniques learned
- Any thing

All of these defences can be practiced by all belt levels. Ask instructor to show you.

Competition Sparring

(A brief explanation)

Note that rules can differ depending on who is holding the competition

How points are awarded in sparring:

- a) Standing punch to face or body = 1 point
- b) Jumping punch to body = 2 points
- c) Jumping punch to body = 1 point
- d) Standing kick to body = 1 point
- e) Standing kick to head = 2 points
- f) Jumping kick to body = 2 points
- g) Jumping kick to face = 3 points

Warnings:

- a) Attacking back of the opponent (which includes back of head)
- b) Attacking below the belt
- c) Falling or touching the floor with anything but the feet
- d) Talking/shouting with or at the opponent
- e) Turning your back on the attacker
- f) Stepping out of the ring
- g) Grabbing or holding on
- h) Pushing

Fouls (one foul is minus 1 point):

- a) Talking to/ shouting at referee
- b) Using excessive force in any attack technique (out of control hard technique eg. swinging)
- c) Using knee as attacking tool
- d) Using elbow as attacking tool
- e) Using head as attacking tool
- f) Uncontrolled back fist
- g) Attacking a downed opponent
- h) Attacking illegal target areas such as throat, groin etc (could also be warning)

Korean Translations

STANCES

Stance – **So / Sogi**

Attention Stance – **Charyot sogi**

Parallel Stance – **Narani Sogi**

Parallel Ready Stance – **Narani Junbi Sogi**

Walking Stance – **Gunnun Sogi**

L Stance – **Niunja Sogi**

Sitting Stance – **Annon Sogi**

Fixed Stance - **Gojung Sogi**

Close Stance – **Moa Sogi**

Close Ready Stance – **Moa Junbi Sogi**

Bending Ready Stance – **Goburyo Sogi**

X Stance - **Kyocho Sogi**

Rear Foot Stance – **Dwit Bal Sogi**

Vertical Stance - **Soojik Sogi**

POSTURES

Bow Posture – **Kyongye Jase**

HEIGHTS

High Section – **Nopunde**

Middle Section – **Kaunde**

Low Section - **Najunde**

DIRECTIONS

Front- **Ap**

Back (Piercing)- **Dwit (back piercing kick Dwitcha jirugi)**

Back (Back fist)- **Dung Joomuk**

Outer- **Bakat**

Inner- **An**

Side- **Yop**

Side-Front- **Yobap**

Upper- **Wi**

Angle- **Giokja**

Vertical- **Sewo**

Flat- **Opun**

BLOCK/ STRIKE MOVEMENT

Reverse- **Bandae**

Obverse- **Baro**

Rising- **Olligi/Chookyo**

Downward- **Naeryo**

Circular- **Dollimyo**

Pressing- **Noollo**

Pushing- **Miro**

Twin- **Sang**

Wedging- **Hechyo**

Double/Twin- **Doo**

U-Shape- **Digutja**

W-Shape- **San**

Upset- **Dwijibo**

KICK/ STRIKE MOVEMENT

Snap- **Busigi**

Piercing- **Jirugi**

Turning- **Dollyo**

Hooking- **Golcho**

Twisting- **Bituro**

Upward (knee)- **Moorup / Ollyo**

Rising- **Olligi/Chookyo**

Downward- **Naeryo**

Straight- **Sun**

Flat- **Opun**

Pick-Shape- **Gokaeng-i**

Back (Piercing)- **Dwit (back piercing kick Dwitcha jirugi)**

Back (Back fist)- **Dung Joomuk**

Skip- **Duro gamyo**

Consecutive- **Yonsuk**

STRIKES/ BLOCKS

Punch- **Jirugi**

Kick- **Chagi/ Cha (add to end of the direction you are kicking ie Apcha = frontkick)**

Strike- **Taerigi**

Thrust- **Tulgi**

Block- **Makgi**

Guarding- **Daebi**

ATTACKING/ BLOCKING TOOLS

Forearm- **Palmok**

Fist- **Joomuk**

Inner Forearm- **An Palmok**

Outer Forearm- **Bakat Palmok**

Knife-Hand- **Sonkal**

Back Fist- **Dung Joomuk**

Fingertip- **Sonkut**

Palm- **Sonbadak**

Elbow- **Palkup (Upper Elbow = Wi Palkup)**

Twin Fist- **Sang Joomuk**

X-Fist- **Kyocho Joomuk**

Knee- **Moorup**

SPARRING

Sparring- **Matsogi**

Free Sparring- **Jayu Matsogi**

1 Step Sparring (Optional)- **Ilbo Matsogi**

3 Step Sparring (Optional)- **Sambo Matsogi**



NEVER GIVE UP !