

TAEKWONDO STUDENT HANDBOOK



By MASTER A.J.Slater 6th DAN

INTRODUCTION

During my 30 year's training within the martial art of Taekwondo, I have had the pleasure of training with some of the top instructors in the country. Also former founders of British Taekwondo.

I have been an instructor running my own classes for the past 22 years,

I'm always asked by my students were can they obtain extra knowledge from to help with there training, in the form of a reference guide to help if they are practising wrong technique etc.

I have developed this book to help you along your path to better understanding what is done during training inside the Dojang.

Remember this is not a substitute to your class training! were you can practise repeating techniques over and over under supervision of your instructor to help you perfect technique.

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TAE KWON DO HISTORY



General Choi Hong Hi Founder

FOUNDATION OF TAE KWON-DO/T.A.G.B

Tae Kwon-do is a Korean martial art, which although having roots in the ancient orient, was developed as a modern art from the eight Kwans of Korea. Tae Kwon-Do was inaugurated on April 11th 1955 following extensive research and development by the founder. It was introduced into the United Kingdom by Master Rhee Ki Ha in 1967. The TAGB (Tae KwonDo Association Of Great Britain) was formed in 1983 and was the founder member of the British Tae Kwon-Do Council (BTC) on April 21st 1988. The BTC is recognised by the Sports Council. The TAGB is a member of Tae Kwon-do international, a world wide body with representation in every continent of the globe. TKD International was inaugurated on November 13th 1993.

WHAT IS TAE KWON-DO

It is a version of an ancient form of unarmed combat practised for many centuries in the Orient. Tae Kwon-Do became perfected in it's present form in Korea. Translated from Korean, 'Tae' literally means to jump, kick or smash with the foot. 'Kwon' means a fist- chiefly to punch or destroy with the hand or fist. 'Do' means art, way or method. Tae Kwon-Do indicates the techniques 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 use of skilled movements. It also implies a way of thinking and life, particularly in instilling a concept and spirit of strict selfimposed discipline and an ideal of noble moral re-armament. In these days of violence and intimidation, which seems 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.

RULES OF THE DOJANG

THE INSTRUCTOR HAS THE RIGHT TO REFUSE INSTRUCTION TO ANY INDIVIDUAL AT HIS/HER DISCRETION.

1. Bow to your Instructor and when entering and leaving the dojang (training area). This is to show your respect and to symbolise your modesty.
2. Do not enter or leave the lesson without permission from your instructor.
3. All students should be courteous and understanding. Senior students are expected to set a good example to new students.
4. Loud conversation, laughing in excess and chewing gum have no place in a Tae Kwon-Do school.
5. Your dobok (uniform) must be clean and tidy at all times.
6. Any substitute Instructor should be treated as your regular Instructor.
7. Do not demonstrate or teach Tae Kwon-Do without the approval/permission of your Instructor.
8. Do not engage in any activity that is against the five tenets of Tae Kwon-Do, or that may harm the reputation of your school.
9. You must train with your Instructor at your registered school on a regular basis.
10. You must hand your licence book into your Instructor prior to each grading.

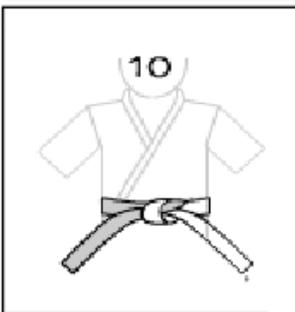
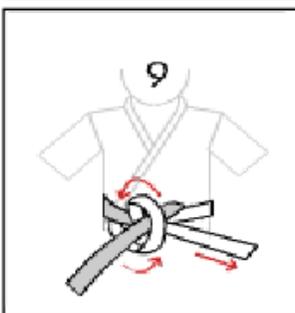
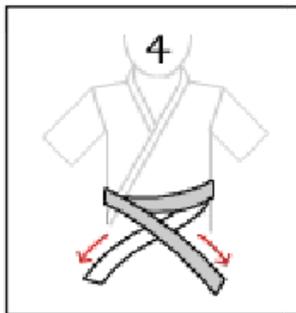
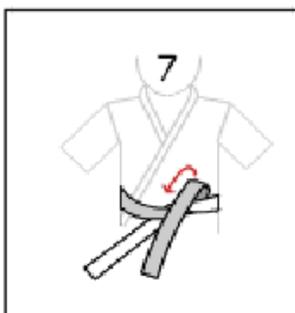
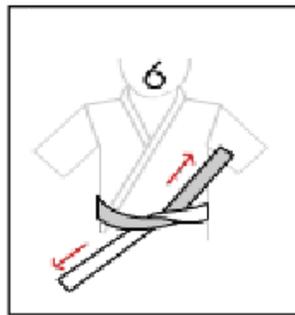
HOW TO BOW

The very first thing to learn when you start Taekwondo is to bow. The bow is used as a respectful greeting to your teacher and your opponent and fellow students. It reaffirms disciplined and respectful practice within Taekwondo.

- When you hear the command (Charyeot) Attention, Stand Still and place your heels together.
- With your hands at your side, perform a slow bend at your waist to a 45 Degree Angle don't make eye contact .(Kyung nae) Bow!
- Return to the upright attention stance, on doing this the person you are bowing too should bow back or you both bow at the same time,.



HOW TIE YOUR BELT



Practice putting your belt on should be Done with respect to try and perfect the Symmetry.

The two ends that hang to the front Should be of equal length.



HOW MAKE A FIST

- Hold hand up with extended fingers and thumb out to the side as diagram



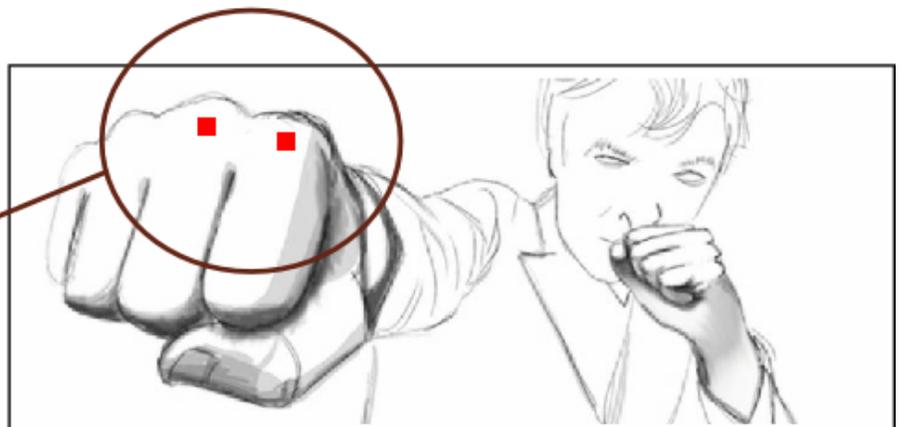
- Curl finger tips in towards palm Knuckle as tight as possible.



- Wrap Thumb around middle Knuckle of first two fingers



First Two Knuckles Are Used On Impact



PUNCHING POWER

- Start with extended arm out in a fist (A) and the other hand (B) (thumb facing up) in parking Position As shown in diagram 1
- Pull back extended arm (A) to the parking position at the same time extending the other arm (B) into extended punch.

This action is called reaction force:
(Newton's Law)

The **reaction force** is what makes you move because it acts on you. Newton's Third Law of Motion explains that **forces** always come in **action-reaction** pairs. The Third Law states that for every **action force**, there is an equal and opposite **reaction force**.

The fist is extended in a twisting motion to determine power delivered in a straight line driving power forward in the direction Of the technique.

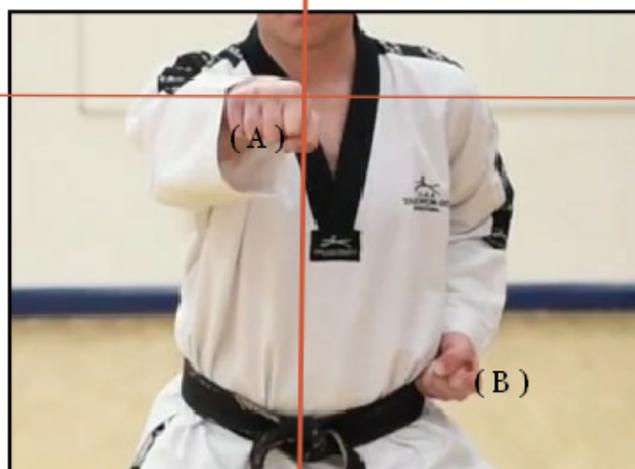
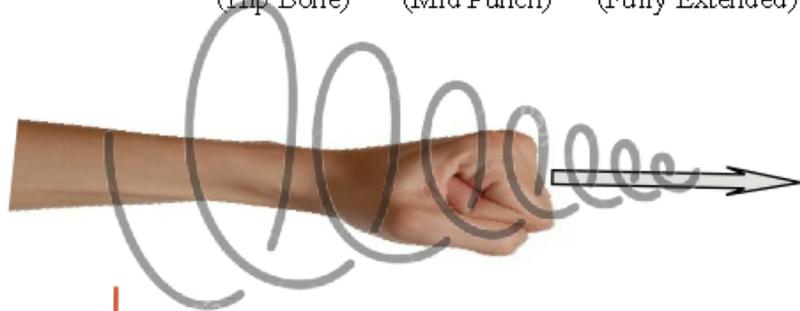
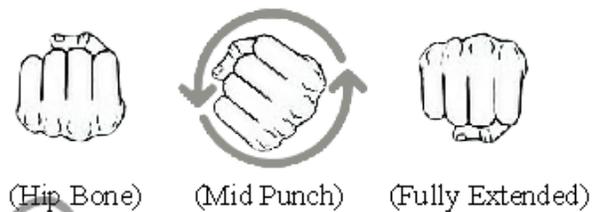


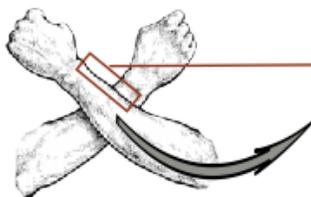
Diagram 1

BASIC BLOCKS

All blocks start with the hands in a crossed position above the shoulder on the opposite side to which the block is to be executed. Eg. (Right leg forward cross over left shoulder.) Middle block can be performed in walking stance or L stance. (See Stances page for details).

Middle Block;

Blocking hand is placed on the outside in a cross with both backs of fist facing towards your face above the shoulders, Execute a pulling action placing inner fist back to parking position and out side fist to stop level with shoulder as shown in (fig1) . This allows for reaction force as described in earlier pages . The blocking tool or part of the arm used in the block is 3-4" from the wrist on the inside of the forearm.



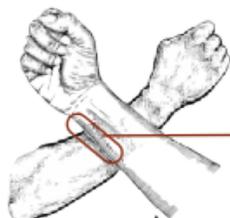
Start Position
For Middle Block
Blocking Hand Outside



(Fig1)

Low Block;

Blocking hand is placed on the inside with the backs of fists placed back to back. Above the shoulders, Execute a pulling action placing inner fist 6" above forward knee and outer fist on parking position. As shown in (fig2) Blocking tool is the outer forearm bone of the blocking arm



Start Position
For Low Block
Blocking Hand Inside

Blocking Tool

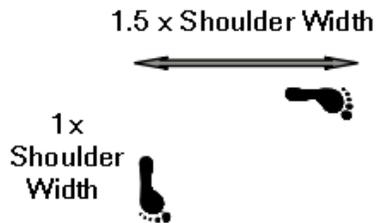


(Fig2)

BASIC STANCES

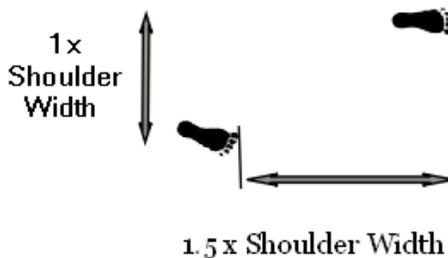
Stances are the foundation for techniques used in Taekwondo, there are two main types practised by the beginner (L Stance and Walking Stance)

L Stance



Weight distribution is 70/30 %
70% rear leg
30% front leg
Back leg is slightly bent front leg kept straight

Walking Stance



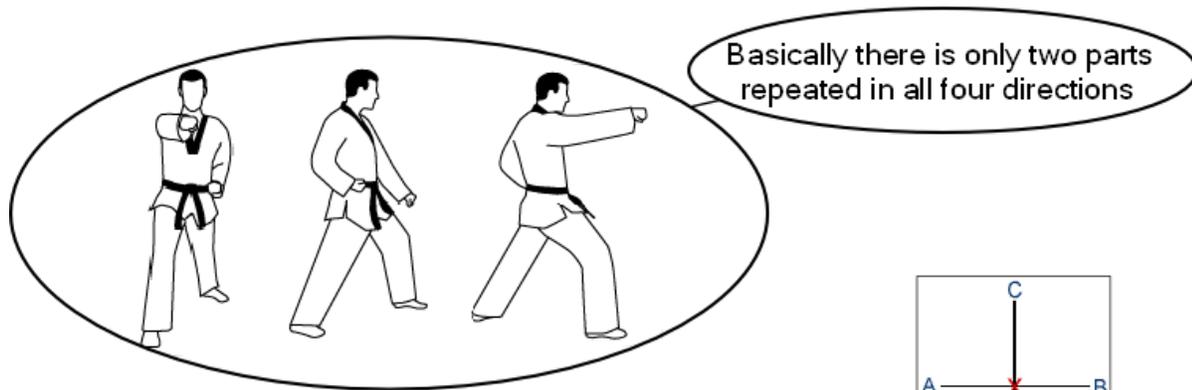
Weight distribution is 50/50%
Toes on front foot facing forward
Rear foot slightly angled out toes facing forward
Front leg is bent so knee is over the ankle
And the back leg is straight.
(N.B common mistake leaning to far forward can cause rear heel to rise)

SAJO JIRUGI

This is not a pattern but an exercise to give you the foundations ready for patterns

Sajo Jirugi (4 Directional Punching): 1&2

Sajo Jirugi No 1 is the first choreographed set of movements, both offensive and defensive given to the Taekwondo student. It develops co-ordination, direction changing, and breath control. This exercise is a combination of low section outer forearm block and middle obverse punch performed in walking stance. Sajo Jirugi is an exercise with 15 movements and not a pattern.



The instructions below assume that the student is standing on the X, facing D.

Start position: Parallel Ready Stance

- Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.
- Move the right foot to A forming a left walking stance toward B while executing a low block to B with the left outer forearm.
- Move the right foot to B forming a right walking stance toward B while executing a middle punch to B with the right fist.
- Move the right foot to D forming a left walking stance toward C while executing a low block to C with the left outer forearm.
- Move the right foot to C forming a right walking stance toward C while executing a middle punch to C with the right fist.
- Move the right foot to B forming a left walking stance toward A while executing a low block to A with the left outer forearm.
- Move the right foot to A forming a right walking stance toward A while executing a middle punch to A with the right fist.
- Move the right foot to X forming Parallel Ready Stance to D.
- Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist.
- Move the left foot to B forming a right walking stance toward A while executing a low block to A with the right outer forearm.
- Move the left foot to A forming a left walking stance toward A while executing a middle punch to A with the left fist.
- Move the left foot to D forming a right walking stance toward C while executing a low block to C with the right outer forearm.
- Move the left foot to C forming a left walking stance toward C while executing a middle punch to C with the left fist.
- Move the left foot to A forming a right walking stance toward B while executing a low block to B with the right outer forearm.
- Move the left foot to B forming a left walking stance toward B while executing a middle punch to B with the left fist.

End: Bring the left foot back to the starting ready position

**Sajo-Jirugi No2 is the same as above except Low block is replaced with middle Block
(See previous page for details of stances and blocks.....)**

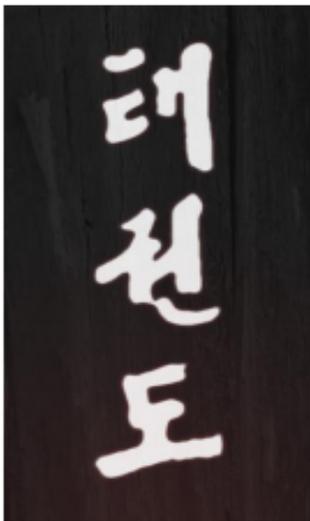
WHAT IS A PATTERN

The Reason for 24 Patterns

THE FOUNDER OF TAE KWON-DO IS
MAJOR GENERAL CHOI HONG HI 9th DAN



The life of a human being, perhaps 100 years, can be considered as a day when compared with eternity. Therefore, we mortals are no more than simple travellers who pass by the eternal years of an eon in a day.



It is evident that no one can live more than a limited amount of time. Nevertheless, most people foolishly enslave themselves to materialism as if they could live for thousands of years. And some people strive to bequeath a good spiritual legacy for coming generations, in this way, gaining immortality. Obviously, the spirit is perpetual while material is not; therefore, what we can do to leave behind something for the welfare of mankind is, perhaps, the most important thing in our lives.

Here I leave Tae Kwon-Do for mankind as a trace of man of the late 20th century. The 24 patterns represent 24 hours, one day, or all my life. The name of the pattern, the number of movements, and the diagrammatic symbol of each pattern symbolizes either heroic figures in Korean history or instances relating to historical events.

General Choi, Hong Hi
November 09, 1918 to June 15, 2002

WHAT IS A PATTERN

WHAT IS A PATTERN (TUL)?

A pattern is a set of fundamental movements, mainly defence and attack, set in a logical sequence to deal with one or more imaginary opponents. Patterns are an indication of a student's progress – a barometer in evaluating an individual's technique.

WHY DO WE PERFORM PATTERNS?

We practise patterns to improve our Tae Kwon-Do techniques, to develop sparring techniques, to improve flexibility of movement, master body-shifting, develop muscles, balance and breath control. They also enable us to acquire techniques which cannot be obtained from other forms of training. Tae Kwon-Do is an art. When first developed the only way to train was by performing patterns.

POINTS TO BE CONSIDERED WHEN PERFORMING PATTERNS

1. Patterns should begin and end on the same spot. This will indicate the performers accuracy.
2. Correct posture and facing must be maintained at all times.
3. Muscles of the body should be tensed or relaxed at the proper critical moments in the exercise.
4. The exercise should be performed in a rhythmic movement with the absence of stiffness.
5. Each pattern should be accelerated or decelerated according to instructions.
6. Each pattern should be perfected before moving to the next.
7. Students should know the purpose of each movement.
8. Students should perform each movement with realism.

FIRST GRADING (Yellow Tag)

Requirements for First Grading

White - Signifies innocence, as that of the beginning student who has no previous knowledge of Tae kwon-do.

Yellow- Signifies earth, from which a plant sprouts and takes root as Tae kwon-do foundation is being laid.

The Tenants of Tae Kwon-Do

- ☐ Courtesy (Ye Ui): To be polite to one's instructors, seniors and fellow students.
- ☐ Integrity (Yom Chi): To be honest with one's self. One must be able to define right and wrong.
- ☐ Perseverance (In Nae): To achieve a goal, whether it is a higher grade or technique, you must not stop trying; you must persevere
- ☐ Self-control (Kook Chi): To lose one's temper when performing techniques against an opponent can be dangerous and shows lack of self-control. To be able to live, work and train within one's capability shows good self-control .
- ☐ Indomitable spirit (Baekjool Boolgool): To show courage when you and your principles are pitted against overwhelming odds.

Line work:

- ☐ Sitting Stance single punch x10
- ☐ Front rising kicks with twin side waist blocks x10
- ☐ Walking stance obverse punch 4 times forward
- ☐ Walking stance obverse punch 4 times backwards
- ☐ Walking stance low block, reverse punch 4 times forward
- ☐ Walking stance low block, reverse punch 4 times backward
- ☐ Walking stance middle block, reverse punch 4 times forward
- ☐ Walking stance middle block, reverse punch 4 times backward

Korean Theory

Korean Theory

Counting

One - Hanna

Two - Dool

Three - Seth

Four - Neth

Five - Dasaul

Six - Yasaul

Seven - Ilgop

Eight - Yodoll

Nine - Ahop

Ten - Yoll

Sections of the Body

Low - Najunde

Middle - Kaunde

High - Nopunde

Stances

Attention Stance - Charyot Sogi

Parallel Stance - Narani Sogi

Sitting Stance - Annun Sogi

Walking Stance - Gunnun Sogi

Parts of the Body

Forefist - Ap Joomuk

Forearm - Palmok

Inner Forearm - An Palmok

Outer Forearm - Bakat Palmok

Korean Theory

General Terms

Training Hall - Dojang

Training Suit - Dobok

Instructor - Sabum

Belt - Ti

Student - Jeja

Inner - An

Outer - Bakat

Press Ups - Momtong Bachia

Commands

Attention - Charyot

Bow - Kyong-Ye

Ready - Chunbi

Start - Si-Jak

Stop - Goman

Return to Ready Stance - Barrol

Dismiss - Haessan

Forward - Apro Kaggi

Backward - Dwiyro Kaggi

About Turn - Dwiryro Torro

Basic Movements

Inner Forearm Block - An Palmok Makgi

Outer Forearm Block - Bakat Palmok Makgi

Front Rising Kick - Ap Chaolligi

Side Rising Kick - Yop Chaolligi

Obverse Punch - Baro Jirugi

Reverse Punch - Bandae Jirugi

Exercise 4 Directional Punch - Sajo-Jirugi

Korean Theory

This Book is designed To Cover your First Few Months Of Training

NOTHING REPLACES TRAINING IN THE DOJANG

Tae Kwon Do Student Handbook

