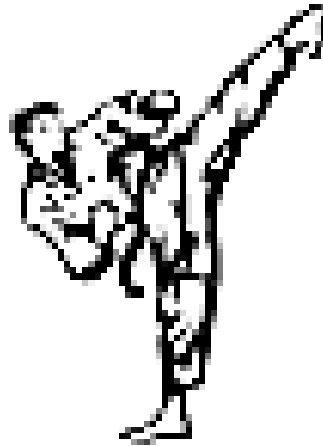


Tri-Cities TAEKWONDO

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Taekwondo

Questions & Answers

1. What is Taekwondo?
Art of hand and foot
Art of self-defense
2. What is the meaning of Kicho Il-boo?
Development of stance, punch, and power
3. What is the meaning of Palgwe?
Heaven and Earth
Universal Power
4. What is the meaning of Tae Guek?
Center symbol of the Korean Flag
5. What is the purpose of one-step sparring?
Development of technique, speed, power, and control.
6. Taekwondo is a Martial Art. Attributes to learn:
Discipline
Confidence
Respect
Fundamental physical fitness
Self-Defense
7. What are the five tenets of Taekwondo?
Courtesy
Integrity
Perseverance
Self-Control
Indomitable Spirit

Class Etiquette

Respect. All Taekwondo students should treat the DoJang with **respect**. All who enter it should have the same respect for each other that they have for the DoJang. **Foul language and unsportsmanship conduct** will not be tolerated. Whether in the DoJang, in a promotional demonstration, or in a PoomSe competition, never criticize a partner for not moving well, blame a partner for making you look “not good enough”, or sacrifice technique for the sake of “beating” your opponent. Such behavior is not consistent with basic Taekwondo philosophy.

Promptness. Your instructors and fellow students take the effort to be there on time; there is no reason for them to have to wait for you. **Promptness** is an important quality that you should strive for. If the class is supposed to begin at 7:00, you should be in the DoJang ready to go by 6:50.

Cleanliness. Taekwondo is a contact sport. Therefore, you should come to practice with a **clean mind and body**. In the interest of hygiene and mutual respect for your fellow students, you should be in a **clean and odor-free DoBok**. Your **finger nails and toenails should be neatly trimmed** to prevent injury to you or your partner. A scratch from a dirty fingernail or toenail can easily become infected.

Jewelry. Jewelry is not allowed. No earrings, necklaces, finger/toe rings in class, testings or competition. This rule is for your protection, as well as others.

Silence. Try to **refrain from idle conversation** while practicing Taekwondo. When the instructor is talking, he should have your undivided attention. If you have a question, ask one of the instructors, not the person next to you. Talking is prohibited while practicing PoomSe. A controlled mind is necessary in order to control the body.

Please **address** instructors and classmates with "Sir," or "Ma'am." If you have a question, please raise your hand.

Bowing. One of the first things that you should learn is the proper **bow** and when to use it. The bow is the oriental equivalence of shaking hands in the Western countries. Upon meeting your instructor in or outside the DoJang, you should bow. In bowing, you are showing respect for the sport, the instructors, others in Taekwondo, and yourself. You should **bow 45°** towards the flag when you step on or off the DoJang floor (or mat), and at the beginning and end of each instruction period. After entering, you should bow and introduce yourself to new faces, as well as your friends. It is also used when starting and finishing practice with a partner.

When lining up, arrange yourselves in order of descending rank – right to left, front row through the back row. These rows and columns should be straight as possible. When the instructor or senior student commands “Kyung-yae”, you bow.

Sitting. Another thing you should learn early, in your Taekwondo instruction, is the proper way of **sitting**. There are two correct positions. Westerners use the cross-legged Indian style most often. Your hands should rest comfortably in your lap. Requiring greater flexibility, the traditional approach is kneeling with the knees and feet together, while sitting on your heels. During meditation, kneeling is used.

While sitting during class, you should never lie down or stick your legs out. Someone might accidentally fall on them and hurt you. If you are sitting in the proper position, you will be able to move quickly and prevent injury to yourself and others. When you are on the edge of the mat, you should be paying strict attention to what is happening on the mat. Watching is one of the best ways to learn Taekwondo.

Dress. An all **white Dobok** is required for formal workout. Being a vigorous physical sport, Taekwondo will make you perspire freely and feel warm. Whether actually engaged in practice or not, you are to wear your DoBok properly, not disarranged to cool off.

Leaving the floor during practice. Once you bow onto the mat for practice, you are **not to leave without the permission** of the instructor. This includes trips to get a drink. You will become thirsty during practice and the instructor may give you a break to get a drink. You should not leave the mat at any other time without his/her permission.

If for some reason you must leave early, you should tell the instructor before the class commences and ask permission when you leave.

Safety. One of the most important reasons for DoJang etiquette is that it provides for the **safe practice** of everyone. Safety precautions are never regretted. You will soon learn that everything done in the DoJang is based upon the principle of MUTUAL WELFARE AND BENEFIT

Taekwondo Terminology

General

Exercise Hall	<i>Do-Jang</i>		Attention	<i>Char-yut</i>
Master Instructor	<i>Sa-bu-nim</i>		Bow	<i>Kyung-yaе</i>
Uniform	<i>Do-bok</i>		Ready Stance	<i>Jhoon-bi</i>
Belt	<i>Dee</i>		Begin	<i>Si-jak</i>
Black Belt	<i>Dan</i>		Turning 180 °	<i>Dwito du-ra</i>
Form	<i>Poom-se</i>		Return to Ready	<i>Ba-ro</i>
Free Sparring	<i>Kyo-ru-gi</i>		Relax	<i>Shi-ut</i>
Break	<i>Kal-yeo</i>		End	<i>Keu-man</i>
Continue	<i>Kae-sok</i>			

Counting

	(Cadence)	(Ranking Order - Forms)
One	<i>Ha-na</i>	<i>Il</i>
Two	<i>Dool</i>	<i>Yi</i>
Three	<i>Set</i>	<i>Sam</i>
Four	<i>Net</i>	<i>Sa</i>
Five	<i>Da-sot</i>	<i>Oh</i>
Six	<i>Yu-sot</i>	<i>Yook</i>
Seven	<i>Il-gob</i>	<i>Chil</i>
Eight	<i>Yol-dle</i>	<i>Pal</i>
Nine	<i>A-hop</i>	<i>Koo</i>
Ten	<i>Yol</i>	<i>Ship</i>
Eleven	<i>Yol ha-na</i>	Example:
Twenty	<i>Su-mul</i>	Palgwe 1 = Palgwe Il-jang
Thirty	<i>So-run</i>	Palgwe 2 = Palgwe Yi-jang

Stances

Horse	<i>Ki-ma suh-gi</i>		Walking	<i>Cut-ki suh-gi</i>
Front	<i>Choon-gul suh-gi</i>		Crane	<i>Hak-tari suh-gi</i>
Back	<i>Hoo-gul suh-gi</i>		Transitional	<i>Modeumbal</i>
Side	<i>Yup suh-gi</i>		Cross Leg	<i>Kyo-cha suh-gi</i>
Cat Stance	<i>Kyo-yu-hi suh-gi</i>		Sliding	<i>Mikeuembal</i>

Hand Techniques (Son-ki-sul)

		(Belt Rank)
Middle Punch	<i>Choon-dan chi-ki</i>	White
High Punch	<i>Sang dan chi-ki</i>	White
Horse Stance with Punch	<i>Ki-ma suh chi-ru-ki</i>	White
Down Block	<i>Ha-dan mak-ki</i>	White
Rising Block	<i>Chuk-kyo mak-ki</i>	White
Middle Block	<i>Mom-tong mak-ki</i>	White
Reverse Knifehand Strike	<i>Sohn-nal mok chi-ki</i>	White
Knifehand Guarding Block	<i>Su-do ta-bi mak-ki</i>	White
Side Block	<i>Yup tae-ri-ki mak-ki</i>	White
Knifehand Strike	<i>Su-do yup tae-ri-ki</i>	White
Fighting Stance	<i>Pal-mok ta-bi mak-ki</i>	Yellow
Double Knifehand Down Block	<i>Ssang su-do ha-dan mak-ki</i>	Yellow
Double Fist Down Block	<i>Ssang pal-mok ha-dan mak-ki</i>	Yellow
Forearms Block	<i>Doo pal-mok mak-ki</i>	Yellow
Twin Forearms Guarding Block	<i>Ssang pal-mok mak-ki</i>	Orange
Outside Forearm Block	<i>Pak-ka pal-mok mak-ki</i>	Orange
Inside Forearm Block	<i>Aon pal-mok mak-ki</i>	Orange
Single Knifehand Block	<i>Han sohn-nal mak-ki</i>	Green
Forward Backfist	<i>Son-deung chi-ki</i>	Green

Knifehand High Section Block	<i>Han sohn-nol chuk-kyo mak-ki</i>	Green
Single Knifehand Down Block	<i>Su-do ha-dan mak-ki</i>	Green
Side Backfist	<i>Yup son-deung chi-ki</i>	Green
Elbow Strike	<i>Pal-gum chi chi-ki</i>	Green
Twin Knifehand Guarding Block	<i>Ssang su-do mak-ki</i>	Green
Outside Chest Block	<i>Hy-cho mak-ki</i>	Green
Spearhand Strike	<i>Kwon-su chi-ru-ki</i>	Green
Flat Spearhand Strike	<i>Pyoung su-do chi-ki</i>	Green
Inside Chest Block	<i>Aon pal-mok hy-cho mak-ki</i>	Blue
Jebbi Form	<i>Jebbi poom mak-ki</i>	Blue
Hammer Fist	<i>Joo-muk naer-yeun chi-ki</i>	Blue
Outside Hammer Fist Strike	<i>Pak-ka pal-mok mak-ki</i>	Blue
Wrist Escape	<i>Wi-ro pae-gi</i>	Blue
Scissors Block	<i>Ka-wey mak-ki</i>	Brown
X-fist Block	<i>Kyo-cha joo-muk mak-ki</i>	Brown
X-knifehand Block	<i>Kyo-cha su-do mak-ki</i>	Brown
Pressing Block	<i>Nul-lo mak-ki</i>	Brown
Palm Heel Block	<i>Ba-tang-son mak-ki</i>	Brown
Double Scissors Block	<i>Double Ka-wey mak-ki</i>	Red
Ridge Hand Strike	<i>Yuk su-do chi-ki</i>	Black
Palm Strike	<i>Sohn ba-dak chi-ki</i>	Black
Throat Strike	<i>Mok chi-ki</i>	Black
Diamond Block	<i>Hok da-lee suh-gi mak-ki</i>	Black
Mountain Block	<i>San mak-ki</i>	Black
Double Uppercut	<i>Doo joo-muk chi-cheo chi-ri-ki</i>	Black

Foot Techniques (Bar-ki-sul)

		(Belt Rank)
Rising Kick	<i>Ap-cha ol-li-gi</i>	White
Crossing Kick	<i>Ap-cha dol ri-ki</i>	White
Front Snap Kick	<i>Ap-cha pus-u-gi</i>	White
Reverse Crossing Kick	<i>Pan-da ap-dol ri-ki</i>	White
Sliding Side Kick	<i>Mec-gur-mel Yup cha-gi</i>	White
Roundhouse Kick	<i>Tol-lyo cha-gi</i>	White
Back Foot Side Kick	<i>Yup cha-gi</i>	Yellow
Spinning Side Kick	<i>Pan-da de-tol-lyo yup cha-gi</i>	Yellow
Spinning Roundhouse	<i>Pan-da de-tol-lyo cha-gi</i>	Yellow
Front foot sliding Roundhouse	Mec-gur-mel Tol-lyo cha-gi	Yellow
Step Step Roundhouse	One, two, three kick	Orange
Combinations	Roundhouse followed by basic	Orange
Spinning Crossing Kick	<i>Dee-chu cha-gi</i>	Green
Drop Ax Kick	<i>Dee chook ol-li-gi cha-gi</i>	Green
Combinations	All Basic kicks options	Green
360 ° Roundhouse	<i>Dee do-la tol-lyo cha-gi</i>	Blue
Wheel Kick	<i>Whea--chu cha-gi</i>	Blue
Flying Side Kick		Blue
Jump Spin Back Kick		Blue
Sliding Spin Back Kick		Blue
Jumping Spin Crossing Kick		Blue
Combinations	<i>All above plus 360 turns (age dependent)</i>	Blue
360 Ax Kick		Brown
Jumping Wheel Kick		Brown
360 Spin Back Kick		Brown
Combinations	<i>3 kick combinations</i>	Brown
All above to physical ability	<i>Age and ability taken into consideration</i>	Black

Tips for Stretching

1. First thing to remember is that there are two basic types of stretching theories:
 - a. There is stretching to loosen-up muscles before further exercise,
 - b. And then there is stretching to stretch muscles further than they have stretched before to improve flexibility (for example – working on splits until they are flat).
2. When stretching to loosen-up muscles, be careful. Proceed slowly and gently to stretch muscles.
3. When really trying to stretch to improve flexibility and limberness, the most important thing is to have muscles thoroughly warmed-up; the best time to do this is after a good workout.
4. For those who have difficulty stretching and whose legs and/or hips are really tight, it is best if they can stretch as often as possible. For example, try doing stretching exercises and splits when in the sauna or after taking a hot bath – anytime that the muscles are warm, stretching is easier and less likely to strain any muscles.
5. For those who already have flat splits and can sit in the splits comfortably, they now need to “over-split”. To do this, place a book (about 1” thick) on the floor and the heel of the front foot on the book and gently press down. When this position becomes comfortable after repetition, the book height can be increased.

Sample Warm-up Exercises

1. Knee stretches	10. Butterfly stretches
2. Knee pressure squats	11. Ankle turns
3. Neck circles	12. Wrist turns
4. Arm circles	13. Push-ups
5. Side-to-side stretches	14. Shoulder stretches
6. Forward/backward bends	15. Knee rotations
7. Frog stretches	16. Hip turns
8. Hurdle stretch variation	17. Waist turns
9. Straddle stretches	18. Twist and jump

After this set of exercises, jog 100 yards before continuing with more exercises. Partner splits are advantageous. Pressure is applied by your partner, forcing your legs into a split position. You should tell your partner when it hurts or your leg is stretched far enough.

There are three basic forms: 1) partner splits on floor, 2) partner splits against wall, 3) butterfly stretches with partner. Remember to relax and breathe correctly.

Poomse Movements

Historically, the core of Taekwondo, the forms may be considered analogous to the traditional showpieces of music and dance. Breathing techniques are emphasized to help one develop an internal rhythm and balance. In addition, focus must be considered. For Taekwondo, focus means the execution of a technique such that it is positioned precisely and with maximum force. The numerous forms involve complicated transitions and techniques.

Incorporating middle punch, low section block, and front stance in 20 movements, Kicho Il-boo forms the basis for the Palgwe series. Taekwondo has two main PoomSe series – Palgwe and Tae Guek. Each form has been developed for a specific meaning; through much practice, the student shall discover a deeper understanding. Skill, not the number of movements, is important; but for your convenience, the number of movements has been listed for future reference.

Form (poomse) Requirement	Belt Rank
Tae Guek #1	Yellow
Tae Guek #2	Orange
Tae Guek #3	Green
Tae Guek #4	High Green
Tae Guek #5	Blue
Tae Guek #6	High Blue
Tae Guek #7	Brown
Palgwe # 7	High Brown
Tae Guek #8	Red
Koryo	First Degree Black Belt
Taebaek	Second Degree Black Belt
Keumgang	Third Degree Black Belt
Pyongwon	Fourth Degree Black Belt
Sipgin	Fifth Degree Black Belt
Jitae	Sixth Degree Black Belt

Free Sparring

Through a flurry of punches, kicks, and counterpunches, a single point is scored; much energy has been expended to reach what goal? A point? NO! The purpose of free sparring is to develop and demonstrate your Taekwondo skills. You must mentally and physically compose yourself. Not everyone can win; there is always someone better – but by overcoming your own limitations, you shall succeed. Lightning reflexes do not develop overnight, but by combining techniques without pausing, your skills shall improve.

Before sparring, bow to the judges, then bow to your opponent. Fire up! It is time to demonstrate your skill by showing good techniques and exercising control – this is not a street brawl – no blood. Sportsmanship conduct is an essential quality of the true winner. During sparring, you shall hear several Korean words. Begin – *Si-jak*; break – *Kal-yeo*; continue – *Kae-sok*; stop – *Keu-man*. Have fun and play safely.

Tri-Cities Taekwondo One Step Sparring
Curriculum by rank

White Belt One-Steps	
#1	Step out left leg at 45 degree angle into horse stance (kima suh-gi), while at the same time executing a left hand palm block. Right, then left punches to the side (kidney area), followed by right punch to the head. (all three punches in rapid sequence).
#2	Step out left leg into front stance (choon-gool suh-gi), while at the same time executing a high section block (chuk-kyo mak-gi) with the left arm, followed by a high reverse high punch (sang-dan chi-gi) to the face.
#3	Left leg crossing kick (Ap-cha dol ri-ki), then pivot into a right leg roundhouse kick (tol-lyo cha-gi) to the left side of your partner's head.

Yellow Belt One-Steps	
#4	Step out right leg into side stance (yup suh-gi), and execute a right arm middle block (mom-tong mak-ki) followed by a right arm knife hand strike (su-do yup tae-ri-gi) to the neck.
#5	Step out left leg into front stance (choon-gool suh-hi), while at the same time executing a high section block (chuk-kyo mak-gi) with the left arm, followed by a reverse high punch (sang-dan chi-gi) to the face. Then step under blocked arm (to your left) and execute an elbow strike using your right elbow to your partner's side (kidney area). <i>NOTE: This is very similar to #2</i>
#6	Left leg reverse crossing kick (Panda ap dol ri-ki) followed by a right arm spinning knife strike through the target area, and ending in either a front (choon-gool suh-hi) or back stance (hoo-gul suh-gi). <i>NOTE: You must ask your partner to duck during this one-step.</i>

Orange Belt One-Steps

#7	Step into a right leg front stance (choon-gool suh-gi), and execute a left outside forearm block (pak-ka pal-mok mak-ki) followed by a right arm reverse knife-hand strike (sohn-nal mok chi-ki) in the same stance.
#8	Step into a right leg front stance (choon-gool suh-gi), and execute a left arm outside forearm block (pak-ka pal-mok mak-ki) followed by a right arm middle punch (choong-dan chi-gi) in the same stance. Then change to back stance (hoo-gul suh-gi) and execute a right arm knife-hand strike (su-do yup tae-ri-ki) to the right side of the partner's neck.
#9	Right leg reverse crossing kick (pan-da ap-dol ri-ki) followed by a left leg spin side kick (pan-da di-tol-lyo yup cha-gi).

Low Green Belt One-Steps

#10	Step out right leg into side stance (yup suh-gi), while at the same time executing a middle block (mom-tong mak-gi) with the right arm, followed by a right arm elbow strike to the ribs, and a right arm back fist strike to the head.
#11	Step out left leg into front stance (choon-gool suh-gi), while at the same time executing a high section block (chuk-kyo mak-gi) with the left arm, followed by a high reverse punch (sang-dan chi-gi) to the face. Then grab the right arm and shoulder using both hands and execute a right leg sweep to your partner's right side. <i>NOTE: This is very similar to #2.</i>

High Green Belt One-Steps

#12	Right leg reverse crossing kick (pan-da ap-dol ri-ki) set foot down in side stance (yup suh-gi), followed immediately by a right leg side kick (yup cha-gi).
#13	Step into a left leg front stance (choon-gool suh-gi), and execute a right hand single knife-hand guarding block (su-do ta-bi mak-ki). Grab the blocked punch (with your right hand), and follow with a right leg roundhouse kick (tol-lyo cha-gi) to the mid-section, continue moving behind your partner executing a back kick as you escape.

Blue Belt One-Steps

- | | |
|------------|--|
| #14 | Right leg reverse crossing kick (panda ap-dol ri-ki), followed immediately by a left leg spinning crossing kick (dee-chu cha-gi). |
| #15 | Step into a left leg front stance (choon-gool suh-gi) and Jebbi Form (jeb-bi form mak-ki). Grab the blocked arm with the left hand, while executing a right leg front kick to the groin, finish with a breaking balance move under the left shoulder. |

High Blue Belt One-Steps

- | | |
|------------|---|
| #16 | Step out left leg at 45 degree angle into horse stance (kima suh-gi), execute a crossing block (kyo-cho ju-mok ma-ki) and roll over partner's right arm into a wrist lock. Execute a right leg roundhouse kick (tol-lyo cha-gi), finish with an left arm bar behind your partners back. |
| #17 | Step out left leg into front stance (choon-gool suh-gi) and execute a sweeping left than right hand block. With a smooth motion continue to quickly move your shoulder into your partners arm pit placing your right bicep under their chin. Lock your grip behind their head taking their balance and controlling their bodies. (Your right hip should be resting on your partners left glut) |