

**Taranaki Taekwon-Do Pocket  
Handbook technique syllabus  
by Cameron Tippet**

# 10th Gup Syllabus

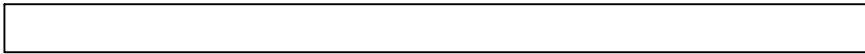
**This Taranaki Taekwon-Do Pocket Handbook Technique Syllabus was written for my Black Belt thesis. I also wrote this so that it can be used by the junior class students as it is a simplified form of the original Taranaki Taekwon-do syllabus.**

**As general Choi Hong Hi said  
“Train hard grading easy, train easy  
grading hard”**



**Name: .....**

# 10th Gup Syllabus



Key

Blocking Tool

Target area Being Blocked

Attacking Tool

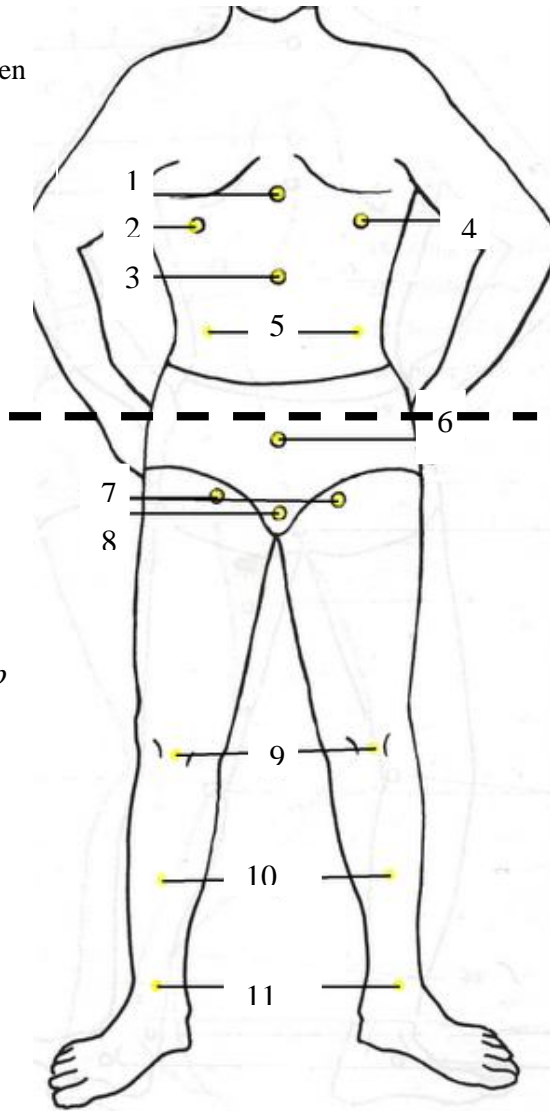
Vital spot Being Attacked



### Key

- 1 = Solar Plexus
- 2 = Liver
- 3 = Epigastria
- 4 = Spleen
- 5 = Floating ribs
- 6 = Lower abdomen
- 7 = Groin
- 8 = Scrotum
- 9 = Knee joint
- 10 = Shins
- 11 = Tibia

### Vital spots for Middle front snap kick



### Vital spots for Low front snap kick

## Stance

### Attention Stance ( Charyot Sogi)

This stance is used before and after exercises

1. Feet form a 45° Angle
2. Drop fist naturally, Bending at the elbows, slightly
3. Clench fists slightly
4. Eyes face the front, looking slightly above the Horizontal line



### Bow Posture ( Kyong Ye Jase)

1. Bend the body forward at 15° from the hip
2. Keep eyes, fixed on the opponent's eyes



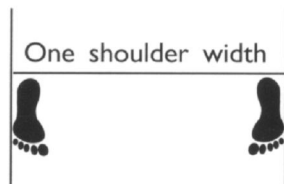
## Parallel Stance (Narani Sogi)

Feet are parallel to the width of your shoulders. Toes must point to the front. It is either full or half facing.

## Parallel Ready Stance (Narani Junbi Sogi)

This is a parallel stance with both of your fists brought naturally over the abdomen.

1. The distance between fists is about 5cm and 7cm away from the abdomen.
2. The distance between the elbows and the floating ribs is about 10cm.
3. Do not extend the elbow to the side more than necessary.
4. The upper arm is brought forward by 30° while bending the forearms 40° upward.



## Front Snap Kick (Apcha Busigi)

This is designed to attack the front of the opponent. It is performed with ball of the foot for maximum power but you can use the Instep, Toes and Knee. It is broken into low or middle.

Ball of Foot



Attacking tool



## Foot Techniques

### Front Rising Kick (Apcha Olligi)

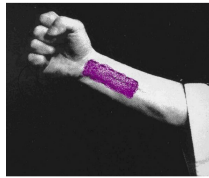
This technique is used to spring the opponents punch up from the under forearm or the opponents foot from the inner tibia. The knee on the kicking leg should not be bent too severely. It is also used as a stretching exercise.

Ball of foot



Blocking tool

Under forearm



*Target Area Being Blocked*



Stretch

### Sitting Stance (Anun Sogi)

This is a very stable stance for sideward movement. It is also used for punching exercises and strengthening of the legs. An advantage of this stance is shifting into a walking stance without relocating the foot.

1. Spread one leg to the side approximately 1½ shoulder widths between the big toes
2. Point toes to the front
3. Extend the knees outward, bending the knee caps over the ball of the foot.
4. Tense inner thighs and dig foot swords into the ground
5. Push the torso out and pull hips back tensing the abdomen

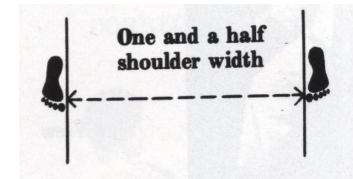
### Sitting Ready Stance (Anun Junbi Sogi)

This stance is used in side stepping exercises. Positioning of hands is the same in walking ready stance.



Front

Side



## Walking Stance (Gunnun Sogi)

This is a strong stance for front and back attacks and blocks. Move one foot to either the front or rear to about 1½ shoulder widths between the big toes and 1 shoulder width from the centre of one instep to another.

1. Bend the front leg until the knee cap forms a vertical line with the heel, keeping the other leg straight
2. spread weight evenly
3. have the front foot point forward, while the back is 25° outward  
The foot at the front Determines whether it's a right or left stance, its either full or half facing.

## Walking Ready Stance (Gunnun Junbi Sogi)

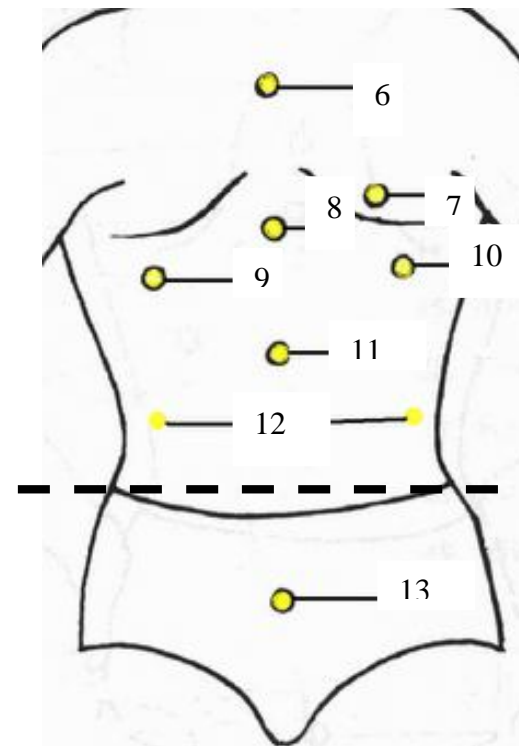
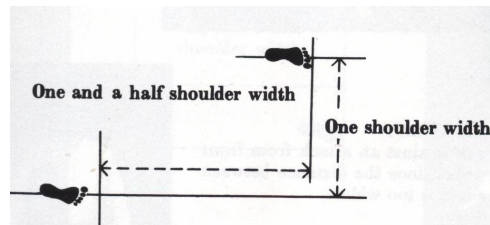
1. Have the fists 30cm away from the thighs
2. Bend the elbows 30°



Side



Front

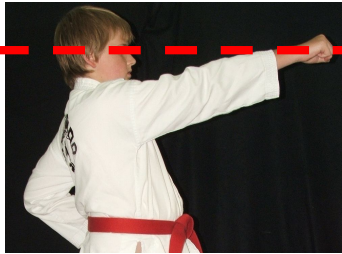


*Vital spots for Middle punch*

*Vital spots for low punch*

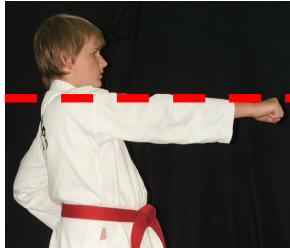
### Key

- |                   |                    |
|-------------------|--------------------|
| 1 = Mandible      | 9 = Liver          |
| 2 = Nose          | 10 = Spleen        |
| 3 = Philtrum      | 11 = Epigastria    |
| 4 = Jaw           | 12 = Floating ribs |
| 5 = Point of chin | 13 = Lower abdomen |
| 6 = Sternum       |                    |
| 7 = Heart         |                    |
| 8 = Solar Plexus  |                    |



**High (Nopunde)**

The high punch will usually aim for targets in the head region.



**Middle (Kaunde)**

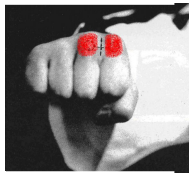
The middle punch will usually aim for targets in the torso area.

**Low (Najunde)**

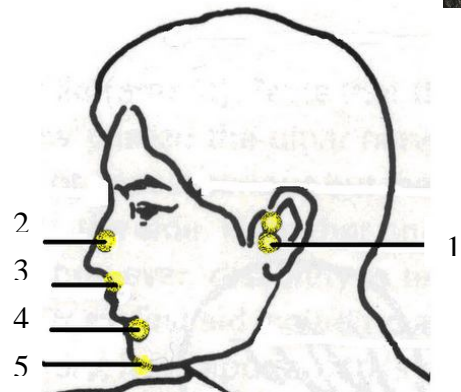
The low punch will usually aim for the lower abdomen.



Fore Fist



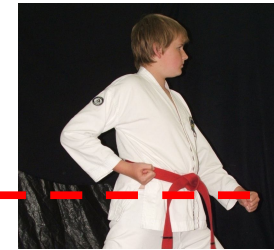
Attacking Tool



High Punch Vital Spots

**Hand Technique Forearm Low Block (Palmok Najunde Magki)**

Performed mainly in Walking, Rear foot fixed and L-stance, but occasionally Sitting and X-stance. The outer forearm is used to block. It is used to block the tibia if it is blocking a kick or the back of the fist if it's a low punch. The outer or inner tibia is a target if in a Sitting or X-stance. Keep the block half facing when defending, except in a sitting or X-stance.

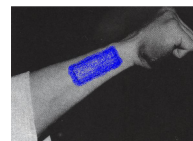


*Target Areas Being Blocked in any Stance except Sitting or X-stance*

1. Keep the under forearm 20cm away from the thigh
2. Have the forearm parallel to the thigh
3. Bend the elbow 25° outward
4. have the other fist on the hip while

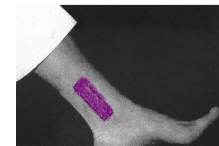


Outer Forearm



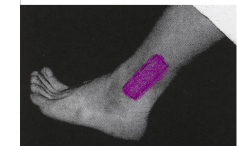
Blocking Tool

Inner Tibia



*Target Areas being blocked in Sitting Stance or X-stance*

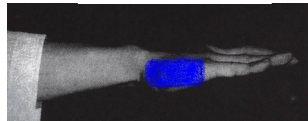
Outer Tibia



## Knife- Hand Low Block (Sonkal Najunde Magki)

This block is performed the same as the Forearm Low Block but the exception is that the Knife-hand is used instead of the forearm.

Knife Hand



Blocking Tool

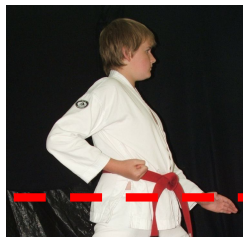
Inner Tibia



Outer Tibia

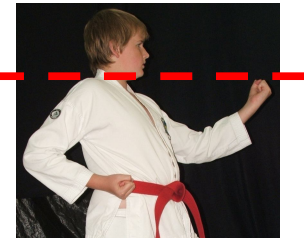


*Target Areas Being Blocked*



## Inner Forearm Middle Side Block (An Palmok Kaunde Yop Magki)

This block uses the first third of the inner forearm from the wrist to the elbow. It is used to intercept the opponents attacking tool directed towards the solar plexus and areas above. It is performed half facing and in almost every stance.

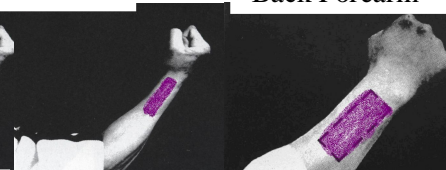


Inner Forearm



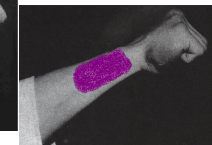
Blocking Tool

Back Forearm



*Target Areas Being Blocked*

Outer Forearm



## Fore-fist Front Punch (Ap Joomuk Jirugi)

This is performed in many different ways depending on the position of the vital spot.

1. Clench fist at moment of impact
2. Punch from hip at full speed travelling the shortest distance
3. Have no unnecessary tension of the arm or shoulders
4. Pull opposite hand back to the hip simultaneously as the other punches
5. Relax immediately when fist reaches target
6. Keep your back straight
7. Keep shoulders square
8. Fist must turn 180° at moment of impact
9. The back of the fist of the hand on the hip must face downward
10. Back foot must be firmly on the ground