

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 in the junior class as it is a much more basic form of the original taranaki taekwon-do syllabus.

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

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

9th Gup Syllabus



Name:

9th Gup Syllabus



Key

Blocking Tool

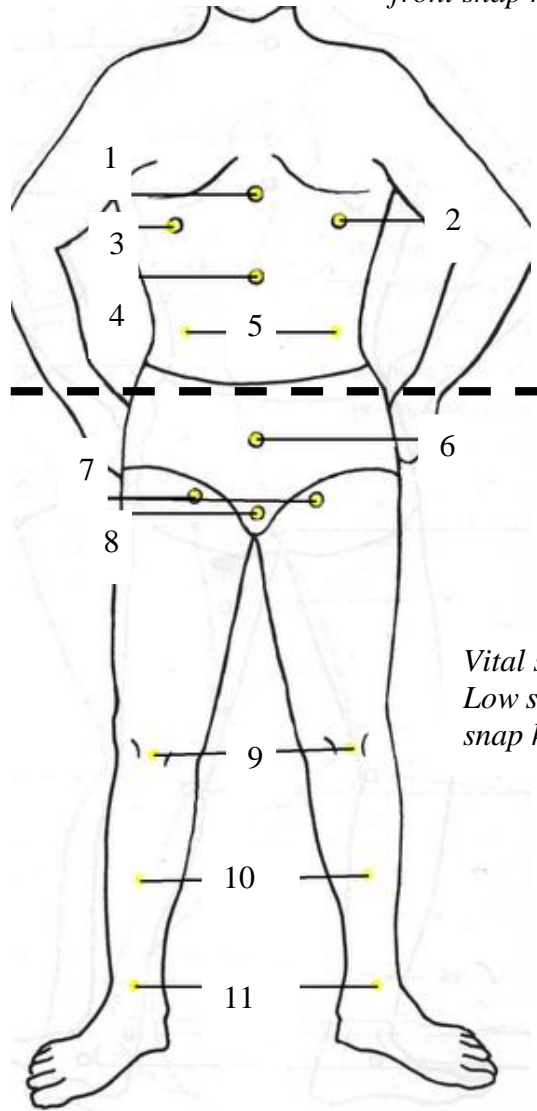
Target area Being Blocked

Attacking Tool

Vital spot Being Attacked



*Vital spots for
Middle side
front snap kick*



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

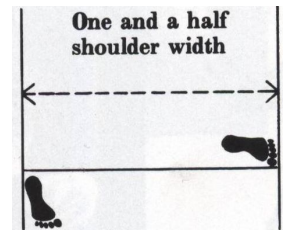
*Vital spots for
Low side front
snap kick*

Stance

L-Stance (Niunja Sogi)

This stance is widely used in defence, though it is used in attacking as well. The front foot is always available for kicking with a slight shifting of the body.

1. Have both feet turned 15° inward. Have the toe of the front foot 1½ shoulder widths from the back foot-sword forming a 90° angle. Have a distance in width between the toe of the front foot and of the back foot about 2.5cm
2. Bend the knee of the back leg until it forms a vertical line with the toes of the back leg, bend the front knee cap slightly
3. Keep your hip aligned with your knee-cap
4. The ratio of your body weight is spread 70% on the rear leg and 30% on the front leg.
When the right leg is at the rear it is called a right L-stance and vice-versa. It is always half-facing for both attacking and defending



L-Ready Stance (Niunja Jumbi Sogi)

The rules for a L-Stance apply to a L-Ready Stance except you are now in the ready position



Front



Side

Single Stepping

This is used almost all the time in Taekwon-do and is executed from all stances. Every stance can change to another stance while single stepping. There is forward (nagagi) and backward (duruogi) single stepping. Single stepping is simply moving forward or backward from one stance to another or from a right to a left stance.

Spot Turning

This technique is used so you can defend against or attack an opponent approaching from behind and is executed in 3 different ways using 3 different methods. It is performed mainly with a walking, L- or a rear foot stance though it may be performed in a fixed or low-stance.

Method 1

Turning is performed after you move one foot to the mid-line.

Method 2

Turning is performed when the front foot is pivoted on the spot and the shifting of the back foot so the front foot is now the back foot and the back foot is now the front.

Method 3

The turning is performed after moving one foot double the shoulder width.

Step Turning

This technique has the ability to face an opponent in any direction while being able to change the direction and body position as well as covering a wide distance. For exercise purposes it is executed in the opposite direction of a 180° radius. It can be executed clockwise, anti-clockwise, forward or backward, it can be performed in any combination of shifting or sliding motion. Walking, L- and sitting stances are used the most in step turning but occasionally it can be in a fixed or diagonal stance,

Side Front Snap Kick (Yobap Cha Busigi)

This attack is used to attack an opponent at the side front and is mainly executed in rear foot, vertical and L-stance. The Principle and method of a side front snap kick is the same as a front snap kick with the exception that a side front snap kick is performed half-facing at moment of impact

Attacking Tool



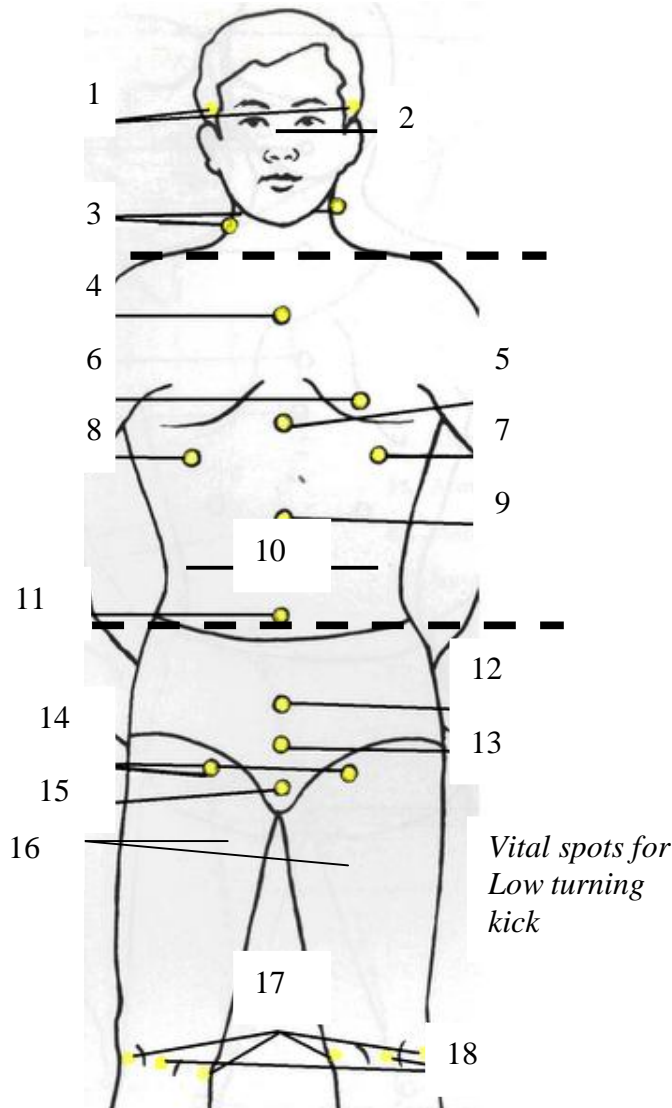
Ball of foot



Key

- 1 = Temples
- 2 = Nose
- 3 = Neck arteries
- 4 = Sternum
- 5 = solar plexus
- 6 = Heart
- 7 = spleen
- 8 = liver
- 9 = Epigastria
- 10 = Floating ribs
- 11 = Umbilicus
- 12 = lower abdomen
- 13 = Pubic region
- 14 = inner thighs
- 15 = scrotum
- 16 = inner thighs
- 17 = side of knee
- 18 = Knee

Vital spots for High turning kick



Vital spots for Middle turning kick

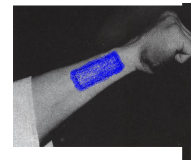
Hand Techniques

Forearm Inward Block (Palmok Anuro Magki)

This block is much like the Inner Forearm Middle Side Block however it uses the outer forearm as the blocking tool and it requires no crossing unlike most blocks. It comes from the outside and comes inward towards the chest line to block the opponents attack. It is performed in all stances and can block both foot and hand attacking techniques



Outer forearm

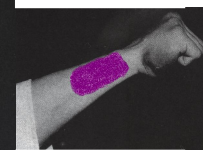


Blocking Tool

Inner forearm



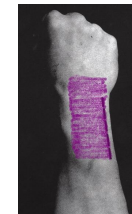
Outer forearm



Tibia



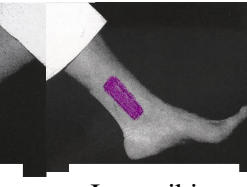
Target areas



Back Forearm



Outer Tibia

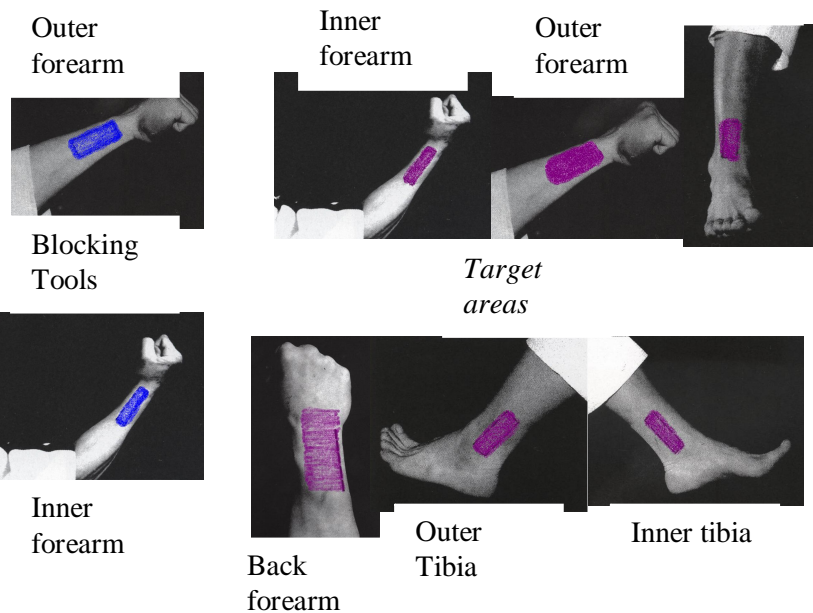
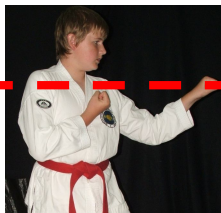


Inner tibia

Forearm Guarding Block (Palmok Daebi Makgi)

Normally the outer forearm is used but in some cases the inner forearm is used instead. In no case can there be a forearm low guarding block. It is frequently used as a ready position in free sparring due to the fact that one is in half-facing and can readily protect oneself with their hands. It is commonly used in L or rear foot stance but it can also be used in all other stances.

1. Keep the blocking tool half-facing at moment of blocking
2. Bring the opposite hand in front of chest about 3cm away from the body. The guarding hand should be flexible enough to protect the whole body from attack.
3. Keep your body half-facing at all times



Turning Kick (Dollyo Chagi)

This attack is ideal for attacking an opponent positioned at the side front and is usually performed with the ball of the foot, instep or knee. The turning kick must be executed from the rear foot but occasionally the front foot. It is classified into low, middle and high.

1. Hip must be swung forward to allow the foot to reach the target in an arc
2. Ball of foot must be vertical to the target at the moment of impact
3. Foot must have reached the apex of the kick shortly before contact so the toes are pointed slightly downward at moment of contact.
4. The toes of the stationary foot should point 45° outward at moment of impact
5. The kicking leg should not be bent more than necessary at moment of impact
6. Do not attack the opponent if positioned directly in front
7. Keep arms within your sight while kicking

Attacking Tool



Ball of foot

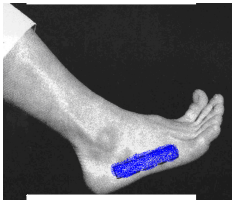


Foot Techniques

Side Rising Kick (Yopcha Olligi)

This block is used to spring up the opponents punch. Be sure to always stay half facing to your opponent at the start of kicking. Walking, sitting and diagonal stances are most suitable for stretching.

Blocking
tool



Side
Instep

Target
area

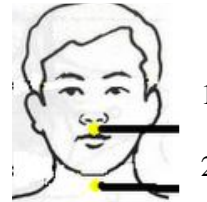


Under
forearm

Flat Fingertip Thrust (Opun Sonkut Tulgi)

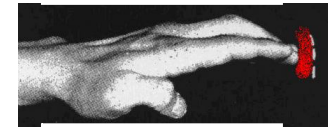
This is usually executed in a walking, low, sitting or L-stance but occasionally it is performed in a parallel, closed, rear foot, or X-stance the target areas are above the epigastria.

Vital spots



Key 1= Philtrum
2= throat

Attacking Tool



Flat fingertip



Block



Stretch

