



10th Gup Syllabus

FUNDAMENTAL MOVEMENTS

Saju Jirugi and Saju Makgi

STANCES

Attention Stance
Parallel Stance
Parallel Ready Stance
Walking Stance
Walking Ready Stance
Sitting Stance
Sitting Ready Stance

DEFENSIVE TECHNIQUES

Forearm Low Block
Knife hand Low Block
Inner Forearm Middle Side Block
Front Rising Kick

OFFENSIVE TECHNIQUES

Fore fist Front Punch
Front Snap Kick

STEP SPARRING

3 Step Sparring Alone, One way, Hand Techniques

ATTACKING, BREAKING AND RELEASING TECHNIQUES

Wrist grabs

GRADING REQUIREMENTS

Class Attendance 80% / 20 classes. Sickness and personal reasons may be taken into consideration.

Rules of conduct

PREPERATION FOR TRAINING

THE DOBOK- (attire and personal presentation)

- The Dobok must be clean, smart and in good repair.
- For modesty and/or comfort an approved plain white undergarment, which is not visible above the neck of the dobok may be worn. Black Belts may wear a black or white undergarment.
- Out of respect for fellow students, club members should be mindful of personal hygiene - especially in the hotter months. This includes clean hands, feet and nails. All nails are cut short for safety purposes.
- For health reasons all cuts or abrasions should be appropriately covered.
- Jewellery should not be worn during club training with the exception of wedding bands and very small earrings. If it is not possible to remove certain other jewelry items please see an instructor for advice. These rules differ at grading's or seminars and instructors are available for advice around this.
- Members should arrive at least 10 minutes before training commences, be attired correctly and be ready both physically and mentally for prompt form up.

ENTERING AND LEAVING THE DOJANG

- Remove footwear before entering the Dojang. Shoes may be carried inside.
- Where several people are entering the Dojang ensure the senior adult is shown the courtesy of entering first. The exception to this is accompanying visitors who are offered entry before students.
- Students must bow when entering or leaving the Dojang - this includes entering or exiting the kitchen or bathrooms.

INSIDE THE DOJANG

- Ensure shoes or other articles are neatly stored in accordance with the wishes of the instructor.
- Bow and acknowledge others present in the Dojang, which should include firstly the instructor, the assistant instructors, then senior members. Children must acknowledge adults. All members are to treat each other with courtesy and respect. Members shall address one and another courteously, and use titles, e.g. yes sir, no ma'am etc. The instructor and seniors should be addressed as sir/ma'am. Or by his or her surname preceded by the title Mr./Mrs. All questions or answers should end with the appropriate sir/ma'am.
- When seeking to bow or speak to the instructor or seniors students stand at attention at a respectful distance, out of earshot if they are in conversation, and remain alert to the situation at hand until approached or spoken to by the instructor or senior.
- Students are not to make any unnecessary noise or disturbance in the Dojang.
- Junior students are responsible for the correct setting up and storing away of flags and club regalia before and after training. This is to be done with care and respect and also applies to any equipment used during the session. Seniors are more than happy to help with advice around this.
- Wherever possible students should inform the instructor or senior members of their non-attendance at class. This is not only a courtesy in the planning of training sessions but is also necessary for grading purposes. This can be done through prior notice, txt message or the clubs messenger group.

STANCES

Attention stance (charyot sogi)

This is an attention position used before and after each exercise.



- Feet form a 45-degree angle.
- Drop the fists down naturally, bending the elbows slightly.
- The fists are clenched slightly.
- Eyes face the front slightly above the horizontal line.

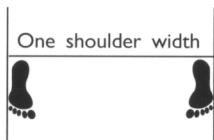


Bow (kyong ye)

- Bend the body 15 degrees forward.
- Keep the eyes fixed on opponent's eyes.



Parallel stance (narani sogi)



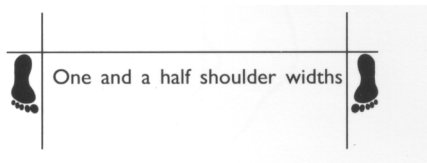
Spread the feet parallel to shoulder width. Keep the toes pointing toward the front. It can be either full facing or side facing.



Parallel ready stance (narani junbi sogi)

This is just a parallel stance with both fists brought naturally over the abdomen. The distance between the fists is about 5 centimetres and 7 centimetres away from the abdomen. The distance between the elbows and the floating ribs is about 10 centimetres. Do not extend the elbows to the side more than necessary. Hold the upper arms forward 30 degrees while bending the forearms 40 degrees upward.

Sitting stance (annun sogi)



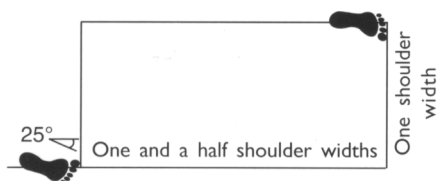
This is a very stable stance for lateral movement. It is also widely used for punching exercise and development of the legs. One of the advantages of this stance is to shift into walking stance without relocating the foot. Spread one leg to the side at a distance of approximately one and half a shoulder width between the big toes. Point the toes to the front and distribute the body weight evenly on both legs. Extend the knees outward, bending until the kneecaps come over the ball of the foot. Infuse the strength into the inner thighs and tense inward by scraping the ground or floor with the side soles. Push both the chest and abdomen out and pull the hip back tensing the abdomen.

Sitting ready stance (annun junbi sogi)

The distance between the fists and thigh is about 30 centimetres.
The elbows should be bent 30 degrees.



Walking stance (gunnun sogi)



This is a strong stance for front and rear, both in attack and defence. Move one foot to either front or rear at a distance of one and a half shoulder width between the big toes and a shoulder width from one centre of the instep to the other. Bend the front leg until the kneecap forms a vertical line with the heel, extending the opposite leg fully. Distribute the body weight evenly on both feet. Keep the toes of the front foot pointing forward, the opposite foot 25 degrees outward. Tense the muscles of the feet with the feeling of pulling them toward each other. When the right leg is bent, the stance is called a right walking stance and vice-versa. It can be either full facing or half facing both in attack and defence.

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Walking ready stance (gunnun junbi sogi)

The distance between the fist and thigh is about 30 centimetres.

The elbows should be bent 30 degrees.



Side View



Front View

DEFENSIVE TECHNIQUES

Forearm low block (palmok najunde magki)



This is performed mainly with walking, rear foot, fixed and L-stance, though occasionally with a sitting or X-stance. Only the outer forearm is used for this technique. The tibia of the kicking foot and the back of the punching fist toward the lower abdomen are the targets. It can be performed in both obverse and reverse blocks except in an X-stance or sitting stance. Keep half facing the target at the moment of the block except with a sitting or X-stance. The distance between the under forearm and the thigh is about 20 centimetres. The forearm becomes parallel to the thigh. The elbow is bent about 25 degrees outward. Pull the other fist to the hip while blocking.

Knifehand low block (sonkal najunde magki)

This block is identical to a forearm low block with the difference being the knifehand is the blocking tool opposed to the outer forearm.



Inner forearm middle side block (an palmok kaunde yop magki)

The inner one-third of the arm, from the wrist to the elbow, is used as the blocking tool. This technique can be performed in most stances with the body half-facing.

Front rising kick (apcha olligi)

This kick is used to spring up the opponents punching fist at the under forearm or the opponents foot by kicking the inner tibia. With this technique, the knee joint of the kicking leg should not be bent to severely. This kick is also used as a dynamic stretching exercise and for muscle development as shown in the photograph.



OFFENSIVE TECHNIQUES

Forefist front punch (ap joomuk jirugi)

The forefist is generally used for attacking the philtrum, ribs, solar plexus, chest, abdomen, jaw, etc. The main knuckles of the forefinger and middle finger are the punching parts. The top and the front of the fist should form a right angle so the punching parts can be closely contacted with the target. The wrist should not be bent when the fist is clenched.



HIGH (nopunde)

MIDDLE (kaunde)

LOW (najunde)

Basic principles:

- Clench the fist firmly at the moment of impact so that it acts as a hammer instead of a cotton ball.
- Punch from the hip to the target at full speed using the shortest distance.
- Avoid unnecessary tension of the arms and shoulders.
- Pull the opposite fist simultaneously to the hip as the punching fist moves out with few exceptions.
- Relax the muscle immediately after the fist has reached the target.
- Keep the back straight at the moment of impact.
- Do not pull the shoulder at the moment of impact.
- The fist must turn a full 180 degrees at the moment of impact.
- The back fist must face downward when the fist is pulled to the hip.
- The rear foot in all cases must be placed firmly at the moment of impact to contain rebound.

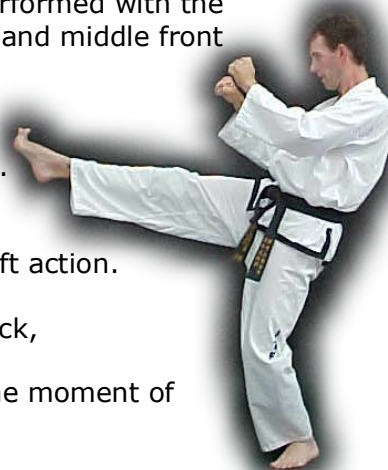
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Front snap kick (apcha busigi)

This technique is designed to attack an opponent in the front. The face, solar plexus, abdomen, scrotum, armpit and floating ribs are the targets. It is performed with the ball of the foot, instep, toes and knee, and is broken down into low and middle front snap kicks as far as the ball of the foot and toes are concerned.

The common principles of this kick:

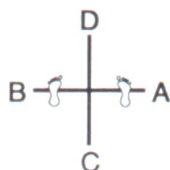
- The stationary leg must be relaxed at the moment of impact.
- The knee of the kicking leg must be brought sharply toward the chest prior to kicking.
- These two motions must be co-ordinated in one smooth, swift action.
- The attacking tool must reach the target in a straight line.
- The kicking foot must be withdrawn immediately after the kick, then brought back to the floor.
- The toes of the stationary foot should point to the front at the moment of impact.
- The stationary foot must not pivot throughout the kicking.



FUNDAMENTAL EXERCISES

Four direction punch (saju jirugi)

Right Four Direction Punch

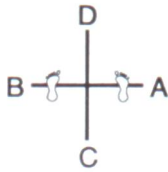


Ready Posture: Parallel Ready stance

1. Move the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.
 2. Move the right foot to A, forming a left walking stance toward B while executing a low block to B with the left forearm.
 3. Move the right foot to B, forming a right walking stance toward B while executing a middle punch to B with the right fist.
 4. Move the right foot to D forming a left walking stance toward C while executing a low block to C with the left forearm.
 5. Move the right foot to C, forming a right walking stance toward C while executing a middle punch to C with the right fist.
 6. Move the right foot to B forming a left walking stance toward A while executing a low block to A with the left forearm.
 7. Move the right foot to A, forming a right walking stance toward A while executing a middle punch to A with the right fist.
- Bring the right foot back to the ready posture.

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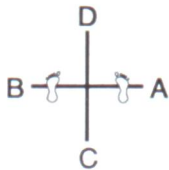
Left Four Direction Punch



1. Move the left foot to D, forming a left walking stance toward D while executing a middle punch to D with the left fist
2. Move the left to B, forming a right walking stance toward A while executing a low block to A with the right forearm.
3. Move the left foot to A, forming a left walking stance toward A while executing a middle punch to A with the left fist.
4. Move the left foot to D, forming a right walking stance toward C while executing a low block to C with the right forearm.
5. Move the left to C, forming a left walking stance toward C while executing a middle punch to C with the left fist
6. Move the left foot to A, forming a right walking toward B while executing a low block to B with the right forearm.
7. Move the left foot to B, forming a left walking stance toward B while executing a middle punch to B with the left fist.
Bring the left foot back to ready posture.

Four direction block (saju magki)

Right Four Direction Block

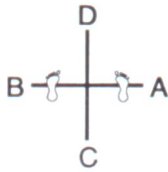


Ready Posture: Parallel ready stance

1. Move the right foot to C forming a left walking stance toward D while executing a low block to D with the left knifehand.
2. Move the right foot to D forming a right walking stance toward D while executing a middle side block to D with the right inner forearm.
3. Move the right foot to A, forming a left walking stance toward B while executing a low block to B with the left knifehand
4. Move the right foot to B forming a right walking stance toward B while executing a middle side block to B with the right inner forearm.
5. Move the right foot to D forming a left walking stance toward C while executing a low block to C with the left knifehand.
6. Move the right foot to C forming a right walking stance toward C while executing a middle side block to C with the right inner forearm.
7. Move the right foot to B forming a left walking stance toward A while executing a low block to A with the left knifehand
8. Move the right foot to A forming a right walking stance toward A while executing a middle side block to A with the right inner forearm.
Bring the right foot back to ready posture.

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Left Four Direction Block



1. Move the left foot to C forming a right walking stance toward D while executing a low block to D with the right knifehand
2. Move the left foot to D forming a left walking stance toward D while executing a middle side block to D with the left inner forearm.
3. Move the left foot to B forming a right walking stance toward A while executing a low block to A with the right knifehand.
4. Move the left foot to A forming a left walking stance toward A while executing a middle side block to A with the left inner forearm.
5. Move the left foot to D forming a right walking stance toward C while executing a low block to C with the right knifehand
6. Move the left foot to C forming a left walking stance toward C while executing a middle side block to C with the left inner forearm.
7. Move the left foot to A forming a right walking stance toward B while executing a low block to B with the right knifehand
8. Move the left foot to B forming a left walking stance toward B while executing a middle side block to B with the left inner forearm.
Bring the left foot back to ready posture.

SPARRING

Three step sparring (sambo matsogi)

Alone, One way, Hand Techniques

Attacking, breaking and releasing techniques.

Grab to the wrist - same side

Grab to the wrist – opposite side

Two hand grab to both wrists

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THEORY

All Taekwon-Do terminology above

Training Area – Dojang
Training Uniform – Dobok

Founder of Taekwon-Do
General Choi Hong Hi – 9th Dan. 1918 - 2002



General Choi Hong Hi. signing Master Livingstone's encyclopaedia and club flag.

Tenets of Taekwon-Do (Taekwon-Do jungshin)

	Courtesy (Ye Ui)
	Integrity (Yom Chi)
	Perseverance (In Chi)
	Self Control (Guk Gi)
	Indomitable Spirit (Baekjul Boolgool)

Student Oath

- I shall observe the tenets of Taekwon-Do
- I shall respect the instructor and seniors
- I shall never misuse Taekwon-Do
- I shall be a champion of freedom and justice
- I shall build a more peaceful world

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Student Notes:

Class Attendance:

Grading Date:

Grading Result:

Instructors Signature: