

Taranaki Taekwon-Do

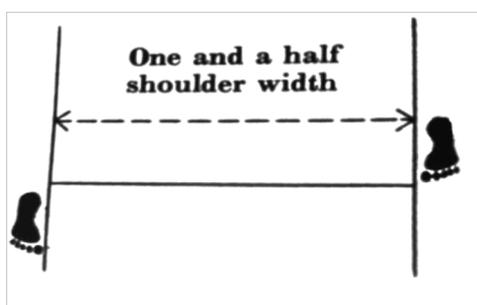
Techniques Syllabus



STANCES

Diagonal Stance (sasun sogi)

This is very useful for shifting into a walking stance without relocating the foot. The principle for a sitting stance is directly applied except that the heel of the front foot is placed on the same line with the toes of the rear foot. It is used for attacking and defending against the front or rear. When the right foot is advanced, the stance is called a right diagonal stance and vice versa. It can be either full facing or side facing both in attack and defense.



Close ready stance B (Moa Junbi Sogi B)

The distance between the fists and thigh is about 30 centimeters,

Parallel stance with side elbow (Narani so sang yop palkup)

The side elbow is divided into single and twin elbow. The former is executed from an L, rear foot or fixed stance and the latter from X, parallel, close, sitting and one-leg stances.



Close Stance Heaven Hand (moa so hanulson)

Stand with the feet together. It can be either full or side facing.



Bending ready stance B (Guburyo Junbi Sogi B)

It is a preparatory position of a back piercing kick. The distance between the fists and thigh is about 25 centimeters. The elbows should be bent 30 degrees.

DEFENSIVE TECHNIQUES

Alternate palm downward block (euhkallin sonbadak naeryo makgi)

This is chiefly performed with rear foot and L-stances, although occasionally a vertical or bending stance is used. The purpose of this technique is to “drop” the opponent’s hand, foot or weapon attacking the solar plexus and points below. The downward block is performed with the palms, forearm, twin forearm, knife hand, twin knife hand, X-fist and X-fist knife hand. In rare cases a straight elbow can be used.



Downward block (naeryo makgi)

The blocking tool must focus at the same level as the defender’s solar plexus at the moment of the block with the exception of an alternate palm.

Knife hand rising block

The same as a forearm rising block except the knife hand is the blocking tool.



Low Inward Block (najunde anuro makgi)

This is mainly performed with walking , rear foot and fixed stances, and occasionally a sitting or X-stance. The inner and outer tibias are the targets. This is used in blocking the opponent's attack directed toward the lower abdomen.

Parallel Block (Narani Makgi)

This technique is employed to block a simultaneous attack directed toward the high section of the body and is performed mainly with outer forearm, inner forearm, knife-hand and reverse knife-hand, though back hand or back forearm is used in rare cases. This is usually executed from a sitting, parallel or walking stance, and occasionally a close, one leg or X- stance. Keep the body full facing the front at the moment of the block.



Reverse Knifehand circular block (sonkal dung dollimyo magki)

This block is executed the same as a forearm circular block but the reverse knife-hand is the blocking tool.

This is mainly executed from rear foot, sitting and walking stances and occasionally and X or L stance. This technique is effective against the ball of the foot or knee attack

Twin palm rising block (sang sonbadak chookyo makgi)

This technique is ideal when used against a pick-shape or downward kick. An advantage of this block is to hold the attacking foot for further purposes. Sitting, walking and X-stances are chiefly used and occasionally a parallel or close stance.



X-fist downward block (Kyocha joomuk naeryo makgi)

This technique is used to block an attacking foot or hand. It is performed mainly with walking or X-stances, though occasionally a sitting, parallel, close or one-leg stance can be used.

OFFENSIVE TECHNIQUES

Downward punch (Naeryo jirugi)

The fist is delivered vertically towards the ground or floor. This technique is used for attacking an opponent who has fallen down. It is usually executed from a walking or L-stance but occasionally a rear foot stance is used. A reverse punch is normal in the case of a walking stance.



Crescent punch (Bandal jirugi)

This technique is used for medium range, and is mainly performed with the fore fist, though occasionally a fore-knuckle fist is used. In both cases the punch can be performed either with a single or twin fist. The fist reaches the target in an arc, and can be executed from nearly all stances.

Turning punch (dollyo jirugi)

The principle of this technique is very similar to that of a crescent punch except that only a middle punch with the forefist is used. The fist reaches the target in a sharp curve aiming at the solar plexus, philtrum and abdomen at a closer distance. The fist must stay at the center of the attacker's body at the moment of impact.



Double finger thrust (doo songarak tulgi)

This is mainly executed from a walking stance though occasionally sitting, low and X-stances are used. This technique is used for attacking the eyes only.

Backhand downward strike (sondung naeryo taerigi)

The principle of this technique is the same as a back fist but the face is the only target.



Back fist side front strike (dung joomuk yobap taerigi)

This technique is used for attacking an opponent standing at the side front. It is executed mainly from walking and close stances, and occasionally one-leg stance. A reverse strike is normal in the case of a walking stance. Be sure to bring the opposite palm either to the back forearm, elbow or back fist at the moment of impact.

Twin knife hand horizontal strike (sang sonkal soopyong taerigi)

This technique is a knifehand strike to both sides simultaneously



Arc hand strike (Bandal son taerigi)

The Arc-hand can be executed from nearly every stance, though walking and X-stances are usually preferred. The palm usually faces the defender with the exception of a reverse block from a walking stance. The blocking tool reaches the same level as the defender's Adam's apple, point of chin or upper neck at the moment of the block.

Twin fore Knuckle fist crescent punch (sang inji joomuk bandal jirugi)

This is chiefly executed from walking and rear foot stances, though occasionally sitting, close, parallel and X-stances are used. The fist reaches the target either in a straight line or in a arc. The knuckle fist punch is classified into fore-knuckle fist, twin fore-knuckle fist, knuckle fist, twin middle-knuckle fist and thumb knuckle fist. They are widely used in attacking a minute vital spot. The target and method of punch are varied according to the type of fist.



Open fist punch (pyon joomuk jirugi)

The principle of this technique is the same as that of the fore fist front punch. A reverse punch with a walking stance is commonly used but occasionally a sitting, parallel or x-stance is used



Crosscut (ghutgi)

The flat fingertip is the only tool for this technique. It is classified into a front and side cross cut, and the former is further broken down into an outward and inward cross-cut.

High elbow strike (nopundae palkup taerigi)

It can be executed from most stances. Jaw and philtrum are the best targets. Bring the other palm to the side fist to strengthen the striking force. The fist is slightly lower than the elbow with the back fist facing upward while the body becomes side facing at the moment of impact.



Mid-air strike (twio dolmyo taerigi)

The principle of attack remain the same as the flying side strike except that the strike is executed while spinning in the air. Spinning is executed either in 360 degrees or 180 degrees. The knife-hand is the supreme weapon, though occasionally a back fist



Straight elbow downward thrust (sun palkup naeryo tulgi)

This is mainly executed from a rear foot, close, L-or X-stance, though occasionally from a walking, parallel, one-leg or vertical stance also. This technique is chiefly used for attacking the upper back, small of the back in the form of a downward thrust. Keep the back fist facing the front and the forearm vertical at the moment of impact. However, it can also be used for defense in rare cases.



Arc hand crescent strike (bandal so bandal taerigi)

A crescent strike is the same method as a crescent punch and is performed with a arc hand and finger pincers.

Twin knife hand inward strike (sang sonkal anuro taerigi)

This is mainly executed from walking, sitting and X-stances, and occasionally a parallel or close stance is used. Keep the body full facing the target at the moment of impact



Flying consecutive punch (twimyo yonsok jirugi)

Two or more punches are executed while flying.



Back fist horizontal strike (dung joomuk soopyong taerigi)

This horizontal strike is mainly performed with twin knife-hand, twin side fist, and single back fist, and occasionally twin back fist or twin backhand is used. Be sure to keep the arm straight and horizontal at moment of impact.

Knee front snap kick (moorup apcha busigi)

The knee is used to attack an opponent who is very close to the attacker. The kick is executed when the stationary leg is bent. Keep the toes of the stationary foot pointed to the front at the moment of impact



Dodging reverse turning kick (pihamyo bandae dollyo chagi)

A reverse turning kick is a form of a turning kick used against an opponent at the side rear. It is mainly performed with the back heel but occasionally the ball of the foot is used. This technique can be performed with either front or rear foot as far as the stationary kick is concerned. Because the effectiveness of this kick depends on maximum speed while turning, special care should be taken to maintain balance and posture. It is broken into low, middle and high reverse turning kicks. It is also an effective kick to use as a dodging technique.

Two-direction kick (Sangbang chagi)

As the name indicates this technique is used in attacking two opponents simultaneously approaching from two different directions. This can be executed while flying or from a sitting position or a lying down position as in ground techniques. Be sure to support the body with both hands while kicking. The ball of the foot and footsword are used as the attacking tools.



Stamping kick (cha bapgi)

The kick is used to attack the opponent's instep either from the front or the rear. This technique can also be used against an opponent approaching from the front and it is especially effective in attacking the opponent who has fallen down. The back sole is mainly used, though occasionally the sole.

Straight kick (jigeau chagi)

This kick is used against a low target and is classified into front and back straight kicks. Back heel is the attacking tool, which reaches the target in a slant. Be sure to keep both legs straight at the moment of impact.

SPARRING

One step Sparring (ilbo matsogi)

10 routines:

showing skill in flying double kicks, consecutive kicks and combination kicks.

Pre Arranged free sparring (yaksok jayu matsogi)

3 routines with attacker of own choice

FREE SPARRING (jayu matsogi)

With various partners plus two onto one.

SELF DEFENCE (hosin sul)

10 pre arranged self-defense techniques against weapon attacks. Eg: knife, baton

DESTRUCTION

Power test:

Hand:

Reverse knife hand strike

Foot:

Back kick

Special technique:

360 mid air kick

Flying double combination or consecutive kick of own choice. 2 boards

Own Choice:

Your own choice of break. (to be approved by examiner)

THEORY

Pattern meanings.

System of rank

Hand and foot parts

Composition of Taekwon-do

System of sparring.

Taekwon-Do related essay
(optional).