# TARRONSON

# Volume



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Born 9 November 1918

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Died 15 June 2002 (aged 83)

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Rank 9th dan, Grand Master,

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2nd dan karate

# ENCYCLOPEDIA OF TAEKWON-DO

2nd Edition, 1987.

**GEN. CHOI HONG HI** 

**VOLUME IV** 

The Encyclopedia of Taekwon-Do is a 15-volume set was originally written by General Choi Hong Hi in the 1983, (this is the 1987 version) with the latest edition being from 1999 (later editions have been published, but the 1999 editions were the last General Choi Hong Hi was directly involved with).

This comprehensive work contains 15 volumes with volumes 8 through 15 dedicated to the 24 patterns and containing descriptions of the pattern movements as well as pictures showing possible applications of some of the movements.

The reason I'm told why the 1987 version was digitised for the cd rom and not the third edition published in 1993 was to do with images bleeding through the paper when photocopied, making the pages difficult to read.

This version of the of the encyclopedia has several errors and omissions, you should really purchase the 1999 edition if you can get a hold of a set.

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Tackwon-Do in Korean Character



choi honghi

GEN. CHOI HONG HI President

International Taekwon-Do Federation

# THE TENETS OF TAEKWON-DO

(Taekwon-Do Jungshin)

## TAEKWON-DO AIMS TO ACHIEVE

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

# **EXPLANATION OF TENETS**

Needless to say, the success or failure of Taekwon-Do training depends largely on how one observes and implements the tenets of Taekwon-Do which should serve as a guide for all serious students of the art.

## COURTESY (Ye Ui)

Taekwon-Do students should attempt to practise the following elements of courtesy to build up their noble character and to conduct the training in an orderly manner as well.

- 1) To promote the spirit of mutual concessions
- 2) To be ashamed of one's vices, contempting those of others
- 3) To be polite to one another
- 4) To encourage the sense of justice and humanity
- To distinguish instructor from student, senior from junior, and elder from younger
  - To behave oneself according to etiquette
  - To respect others' possesions
  - To handle matters with fairness and sincerity
  - 9) To refrain from giving or accepting any gift when in doubt

#### INTEGRITY (Yom Chi)

In Taekwon-Do, the word integrity assumes a looser definition than the one usually presented in Webster's dictionary. One must be able to define right and wrong, and have the conscience, if wrong, to feel guilt. Listed are some examples, where integrity is lacking:

- The instructor who misrepresents himself and his art by presenting improper techniques to his students because of a lack of knowledge or apathy.
- The student who misrepresents himself by "fixing" breaking materials before demonstrations.
- The instructor who camouflages bad techniques with luxurious training halls and false flattery to his students.
- The student who requests rank from an instructor, or attempts to purchase it.
  - The student who gains rank for ego purposes or the feeling of power.
  - The instructor that teaches and promotes his art for materialistic gains.
  - The student whose actions do not live up the words.
  - 8. The student who feels ashamed to seek opinions from his juniors.

#### PERSEVERANCE (In Nae)

There is an old Oriental saying, "Patience leads to virtue or merit" "One can make a peaceful home by being patient for 100 times." Certainly, happiness and prosperity are most likely brought to the patient person. To achieve something, whether it is a higher degree or the perfection of a technique, one must set his goal, then constantly persevere. Robert Bruce learned his lesson of perseverance from the persistant efforts of a lowly spider. It was this perseverence and tenacity that finally enabled him to free Scotland in the fourteenth century. One of the most important secrets in becoming a leader of Taekwon-Do is to overcome every difficulty by perseverance.

Confucious said; "one who is impatient in trivial matters can seldom achieve success in matters of great importance."

#### SELF-CONTROL (Guk Gi)

This tenet is extremely important inside and outside the do jang, whether conducting oneself in free sparring or in one's personal affairs. A loss of self-control in free sparring can prove disasterous to both student and opponent. An inability to live and work within one's capability or sphere is also a lack of self-control.

According to Lao-Tzu "the term of stronger is the person who wins over oneself rather than someone else."

#### INDOMITABLE SPIRIT (Baekjul Boolgool)

"Here lie 300, who did their duty," a simple epitaph for one of the greatest acts of courage known to mankind.

Although facing the superior forces of Xerxes, Leonidas and his 300 Spartans at Thermopylae showed the world the meaning of indomitable spirit. It is shown when a courageous person and his principles are pitted against overwhelming odds.

A serious student of Taekwon-Do will at all times be modest and honest. If confronted with injustice, he will deal with the belligerent without any fear or hesitation at all, with indomitable spirit, regardless of whosoever and however many the number may be.

Confucius declared, "it is an act of cowardice to fail to speak out against injustice."

As history has proven those who have pursued their dreams earnestly and strenuously with indomitable spirit have never failed to achieved their goals.



"Pursue one's own goal"



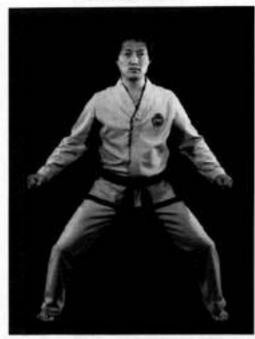
#### IMPORTANT:

Due to the distortion of distance apparent in photographs, the angle of the feet in stances may appear slightly out of position. The student, therefore, is encouraged to refer to the feet illustrations rather than the photograph itself.

Parallel stance



Sitting stance



## Walking Stance (Gunnun Sogi)

Front View







Back View



L-Stance (Niunja Sogi)

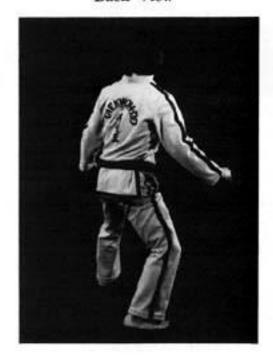
Front View

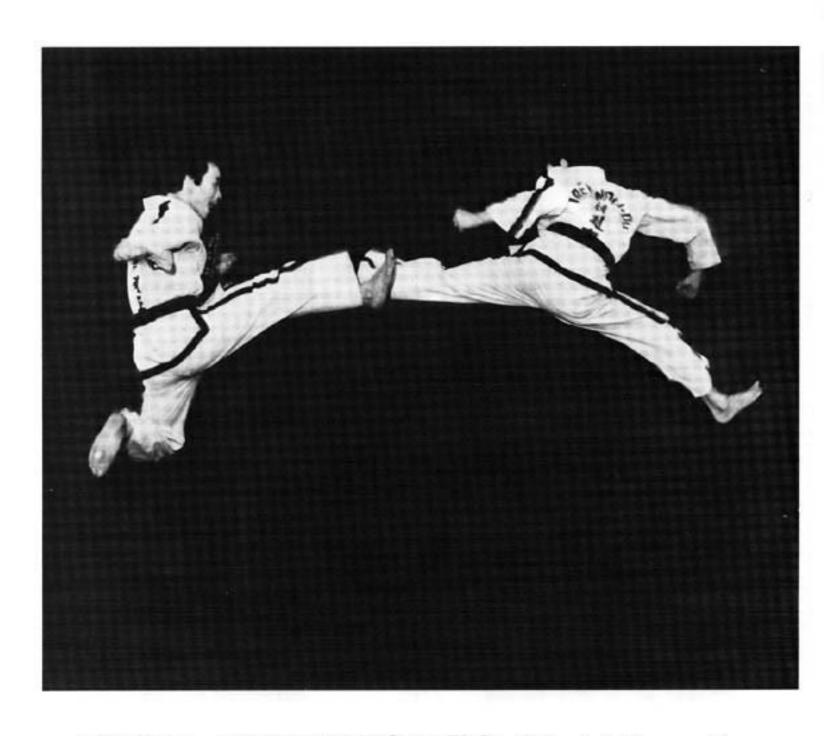






Back View





# FOOT TECHNIQUES (Bal Gisool)

Taekwon-Do is widely recognized for its superiority in foot techniques, not only in their use as attacking tools, but also for the imaginative manner in which the feet are employed in blocking, dodging and the myriad of flying motions that offer the student the facility of speed, balance, flexibility, adroitness, coordination, and so on.

First let us examine the foot techniques as employed in attack and defence.

## A. ATTACK TECHNIQUES (Gong Gyok Gi)

These are classified into piercing kicks, thrusting kicks, smashing kicks, pressing kicks, pushing kicks, straight kicks, sweeping kicks, consecutive kicks and flying kicks.

The common principles of all these kicks are:

- The maximum use of the knee spring of the stationary leg should always be employed.
- To prepare oneself for the next motion and to prevent the leg from being grabbed, the kicking foot must be withdrawn immediately after the kick with few exceptions.
- Body weight should be shifted to the kicking leg at the point of contact, then shifted back to the stationary leg.
- 4. A strong stance should be maintained with the stationary foot.
- Once the kick to be delivered is decided, the body must be adjusted toward the target.
- 6. Do not allow the stationary foot to pivot at the moment of impact.
- 7. Never raise the heel of the stationary foot at the moment of impact.
- The knee of the stationary leg must be bent slightly to maintain the balance at the point of impact, except in the case of a pressing kick.
- The range and point of focus must be calculated exactly. An adjustment must be made for the opponent who is either too close or too far from the attacker.
- With few exceptions, every movement must begin with a backward motion to gain momentum, increasing mass and velocity.



#### High Kick (Nopunde Chagi)

If the attacking tool reaches the same level of the attacker's eyes at the moment of impact, it is called a high attack.

The attacking tool can reach the temple, philtrum, armpit, solar plexus or other vital spots depending on the height of the opponents.

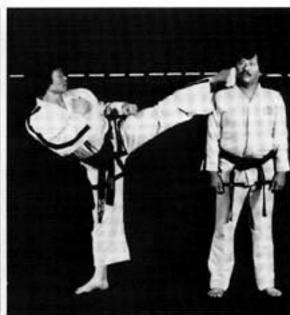
Standing naturally



When kicking



Short opponent





Same height



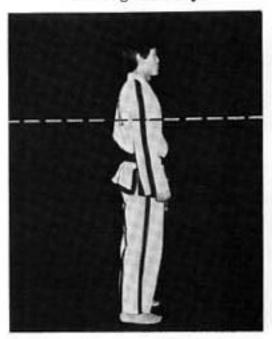
Taller opponent



### Middle Kick (Kaunde Chagi)

If the attacking tool reaches the same level of the attacker's shoulder at the moment of impact, it is called a middle kick.

Standing naturally



When kicking

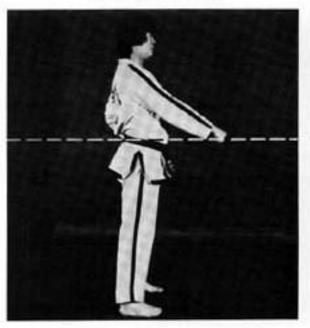




Low Kick (Najunde Chagi)

When the attacking tool reaches the same level of the unbilicus of the attacker at the moment of impact, it is called a low attack.

Standing naturally



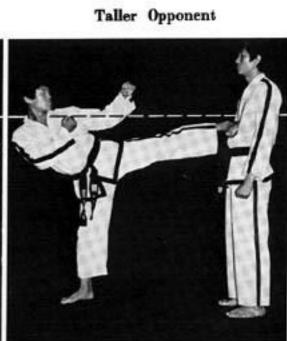
When kicking



Shorter opponent



Same height



Same height

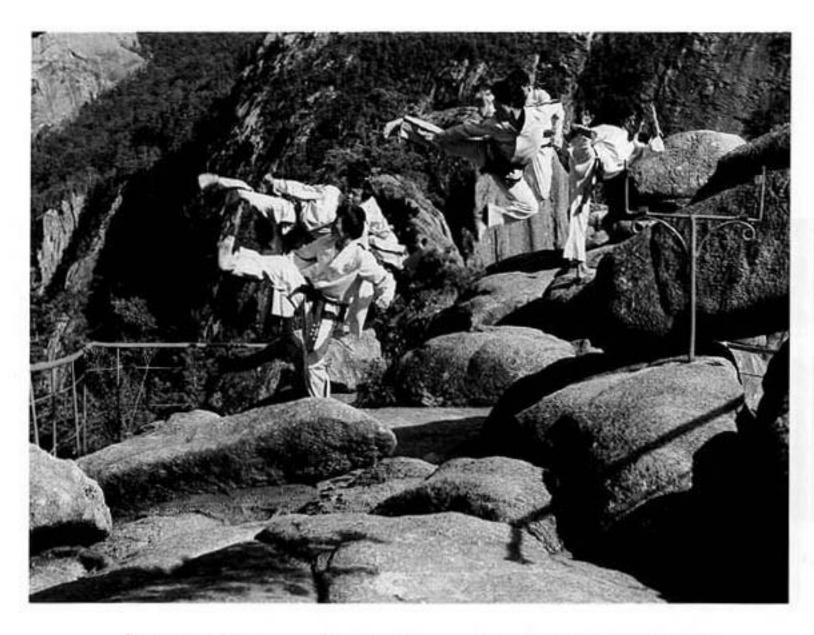


Very short



Shorter





Students of Taekwon-Do should correctly understand the following terminology.

#### Double Kick (I-Jung Chagi)

If the same type of kick is delivered twice in succession in the same direction by the same foot, it is called a "double kick, and can be executed against one or two opponents.

#### Triple Kick (Samjung Chagi)

If the same type of kick is delivered three times in succession in the same direction by the same foot, it is called a triple kick.

#### Consecutive Kick (Yonsok Chagi)

When two or more kicks are executed in succession by the same foot in different directions and or with different tools.

#### Combination Kick (Honhap Chagi)

When both feet are used to deliver two or more kicks in succession, it is called a combination kick. This terminology, however, is used only for flying kicks.

#### Piercing Kick (Cha Jirugi)

Both the theory and purpose of this technique are very similar to those of a punch, and consists of side and back piercing kick.

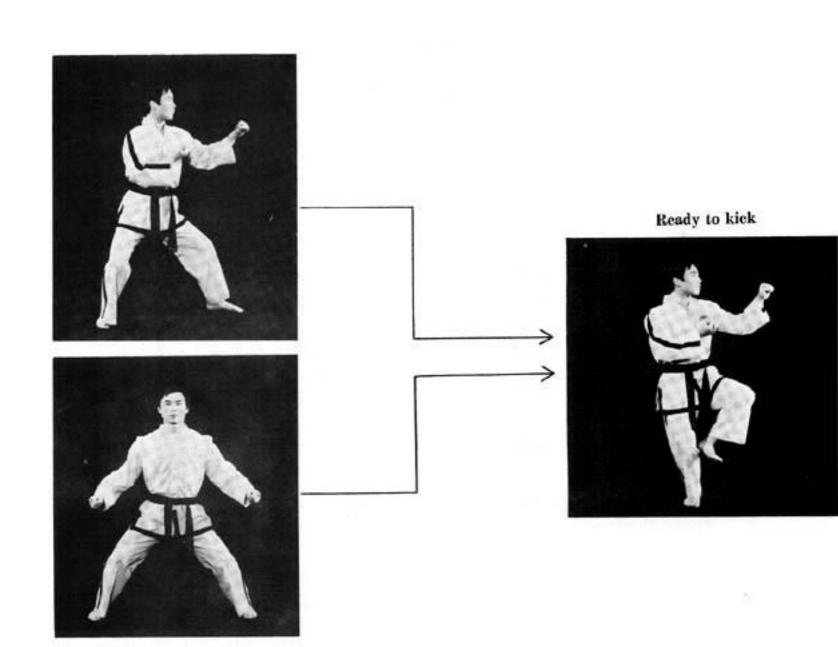
#### Side Piercing Kick (Yopcha Jirugi)

Without a doubt, this is one of the most effective techniques for attacking an opponent at the flank. The footsword is employed as an attacking tool against the temple, armpit, floating ribs, and neck artery. The philtrum, point of the chin, and solar plexus are secondary targets.

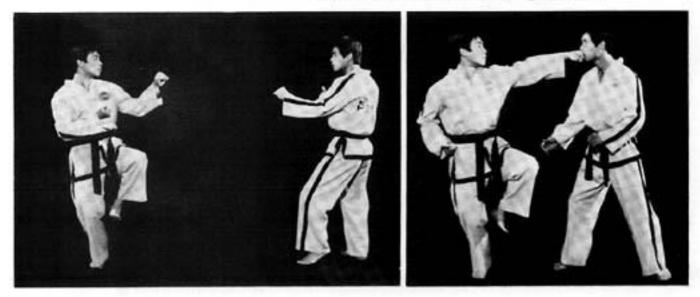
This technique is broken down into low, middle and high side piercking kicks.

#### Basic principles to be observed:

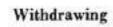
- The attacking tool must reach the target in a straight line with a revolving motion.
- Regardless of the stance, the footsword must be brought to the inner knee joint of the stationary leg prior to delivering the kick.
- Keep the toes of the kicking foot faced slightly downwards and the toes of the stationary foot pointed about 75 degrees outwards at the moment of impact.
- For the maximum height, lean the body away from the kick as far as possible while still maintaining the balance.
- 5. Do not attempt to kick diagonally since this is a waste of power.
- Unless advised otherwise by an instructor, execute a high punch using a right fist with a right foot and vice versa.
- 7. The stationary foot pivots allowing the hip to rotate with the kick.



If the defender (right) blocks the kicking foot, then the attacker delivers a high punch.



Kicking









Double Side Piercing Kick Only vertical kick is possible.





### Block is possible with a palm.

#### CORRECT







Block is possible with a straight elbow.

INCORRECT



- Attacked by the opponent even before executing a side piercing kick.
- 2. Hard to execute a side punch with the forefist while kicking.



No defence is possible against the opponent's attacking tool.



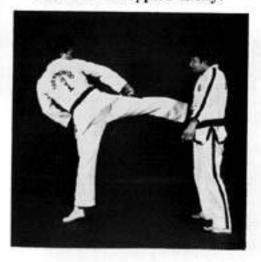
#### INCORRECT

The heel is off the ground, therefore both the power and static balance are inhibited.



Body loses resistance at the point of contact.

The attacker is off balance and can be toppled easily.



INCORRECT The arm must be kept within sight.



Forearm is grabbed by the opponent from the rear.

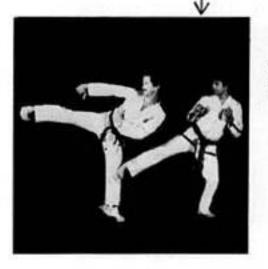


INCORRECT
The knee of the stationary
leg is straight.





Not only hard to maintain the balance but also apt to be toppled when kicked properly.



The knee joint of the stationary leg can be shattered easily by the pressing kick.

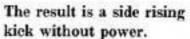




No defence is possible when grabbed.

#### INCORRECT

The kicking foot is not brought to the stationary knee joint at the start of the kick.









#### INCORRECT

The hip and abdomen have failed to jerk, because the stationary foot has not pivoted at all throughout the kick thus inhibiting power.

The same thing is appliable to a side thrusting kick.









INCORRECT

The ball of the kicking foot is facing the ground instead of the stationary knee joint.



The footsword reaches the target without twisting.



The point of impact is near the toe edge instead of the footsword, thus the kick is off focus.



The kick is delivered to the side rear instead of the flank, prohibiting a kick with an absolutely straight leg.



It is not desirable to use a side piercing kick against a front facing opponent.



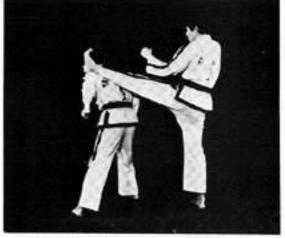
The attacking foot can be easily blocked.



As a result the attacker is easily toppled.



No defence is possible against a counter attack.



#### Back Piercing Kick (Dwitcha Jirugi)

This kick is quite effective for attacking an opponent approaching from the rear. The footsword is used as an attacking tool. The advantage of this technique is the ability to reach a long distance even without changing the direction of the body.

Keep the toes of the stationary foot pointed to the front with the ankle of the kicking foot bent at a 45 degree angle at the moment of impact.



Ready to kick

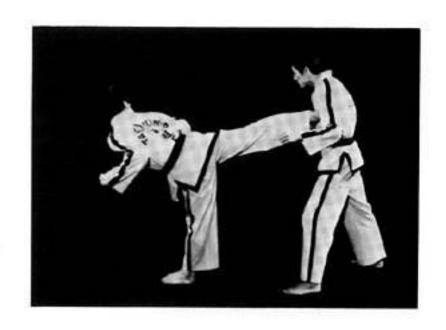




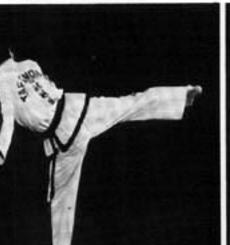
#### Back Pushing Kick (Dwitcha Milgi)

The procedure of this kick is the same as that of the back piercing kick with the exception that the knee is slightly bent at the moment of impact and the back sole is the attacking tool.

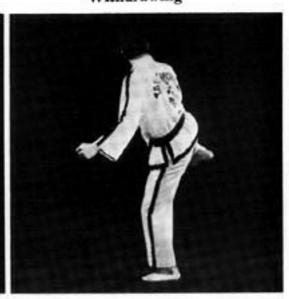




Kick is delivered.



Withdrawing



Ready to kick



Kicking



Pushing





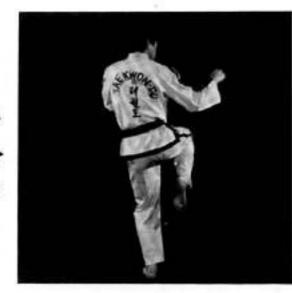
#### Side Thrusting Kick (Yopcha Tulgi)

This is a variation of a side piercing kick and one of the advantages of this technique is the ability to attack the front of the opponent's body at a distance.

The ball of the foot is the attacking tool which reaches the target in a straight line with the slightest revolving, and it must be vertical to the target with the ankle stretched at the moment of impact.

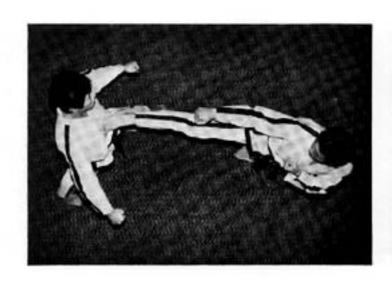
The toes can be also used if wearing shoes.





Toes point downward.











Foot is lifted.

Kick is delivered.

Withdrawn



Application

## Side Pushing Kick (Yopcha Milgi)

This is a variation of a side piercing kick. This technique, however, utilizes only weight or mass without acceleration and power, therefore losing the piercing force and naturally rapid withdrawal of the kicking foot becomes less important. The footsword is the only attacking tool used with this technique.

Unlike other kicks, this particular one can be executed only from sitting, diagonal and parallel stances. Be sure to cross the other foot rapidly past where the kicking foot had been placed while kicking and push the target momentarily.







Ready to kick







Pushing

Kicking







Kick is delivered.

Pushing



# Smashing Kick (Cha Busigi)

Both the purpose and method of this technique are similar to those of striking techniques of hand. Smashing kicks are divided into front snap kick, back snap kick, turning kick, twisting kick, reverse turning kick, reverse hooking kick, vertical kick, downward kick, pick-shape kick, straight kick, pressing kick and stamping kick. Most of the attacking tools reach the target with the least revolving or without revolving.

## 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 foes 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 shaply toward the chest prior to kicking. These two motions must be coordinated 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 and brought back to the ground or the floor.
- Carefully gauge the height and distance of the target and calculate the feasibility of using the kick.
- 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.



### Ball of the Foot

The target is varied according to the height and position of the opponent. It is advisable not to kick any target higher than one's own solar plexus. Be sure to bend the ankle and toes of the kicking foot slightly upward.

The ball of the foot is used at a normal distance.









Ready to kick



Kick is delivered.

Withdrawn





Double Front Snap Kick Only vertical kick is possible.







#### INCORRECT

The attacker has difficulty reacting to a block and furthermore the kick itself lacks smashing force because of no snap motion.



### INCORRECT

The ankle is not bent, resulted in kicking with toes instead of the ball of the foot.





INCORRECT The stationary leg is straight.

This reduces flexibility and could cause the attacker to fall backward if the kick is delivered against an unyielding force.



#### INCORRECT

The front snap kick should not be applied to any target higher than the attacker's solar plexus.

It is not only ineffective but the ball of the foot loses its purpose as a smashing tool.

The trajectory of the kick, once it passes a certain point, will result in a loss of balance.











### INCORRECT

The kicking foot can easily be scooped by the opponent should the leg fail to be bent prior to kicking.

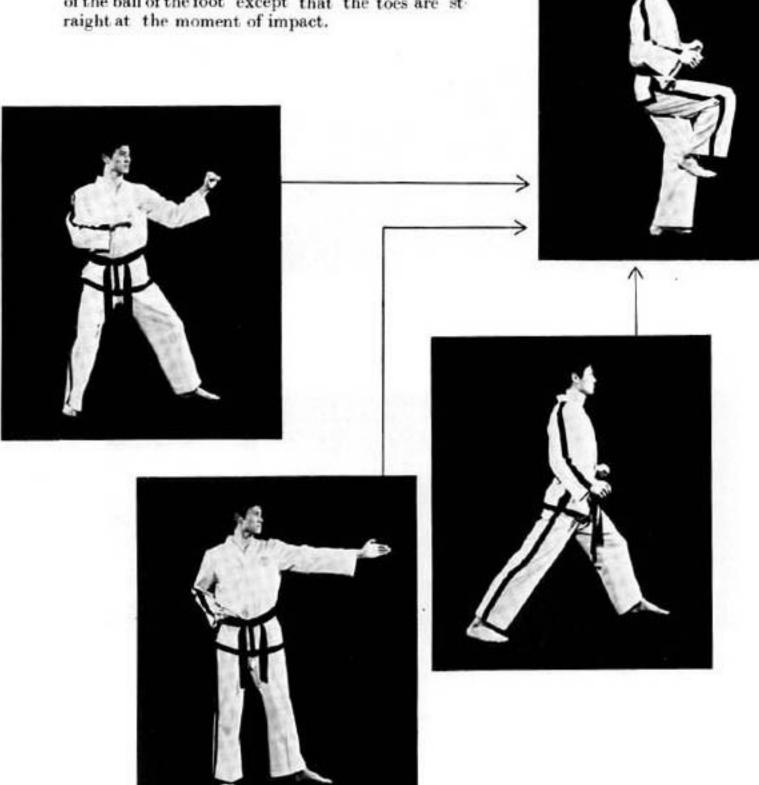
### Toes

This is used only to attack the groin area. The target, however, are increased greatly in number if wearing shoes.

This technique is utilized when attempting to gain the maximum distance from your kick.

The kicking procedure is exactly the same as that of the ball of the foot except that the toes are st-

Ready to kick



Kick is delivered.

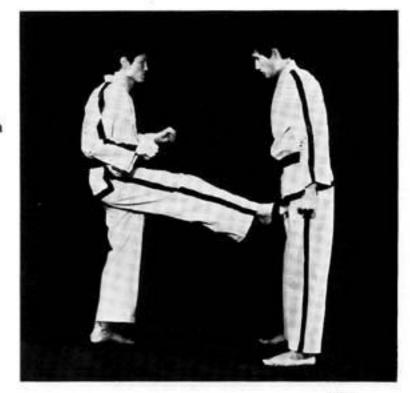
Withdrawn







Application





The kick is executed with the shoes on.











### Knee

The knee is used to attack and 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.







Kick is delivered.



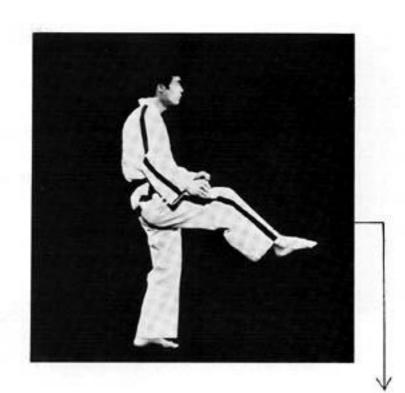


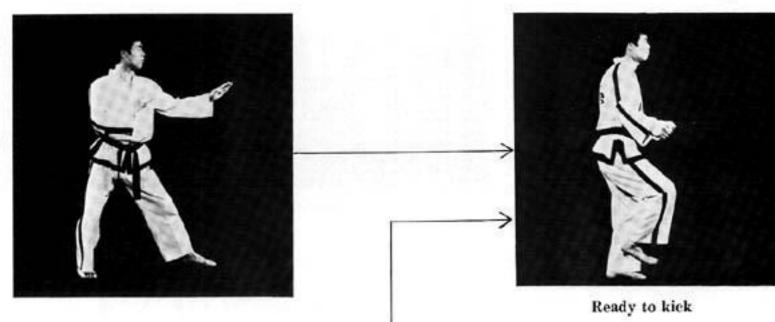
## Instep

The instep is used when the opponent is rather close. The kicking procedure is exactly the same as that of the ball of the foot.

The scrotum is the only target.

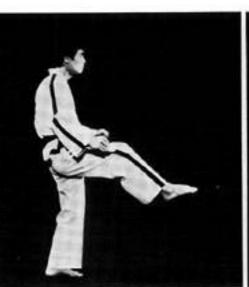
Be sure to bend both the toes and the ankle sharply downward at the moment of impact.

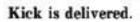














Withdrawn





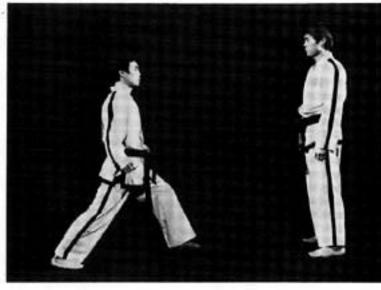


INCORRECT

The instep has failed to attack the target because neither the toes nor the ankle is bent downward.

As shown below the selection of attacking tool entirely depends on the distance.

When the opponent is standing at a relatively far distance



When the opponent is standing at a close distance



When the opponent is standing at a closer distance



Toes



Ball of the Foot



Instep



When the opponent is standing at a very close distance



Knee

# Side Front Snap Kick (Yobap Cha Busigi)

This technique is used in attacking an opponent located at the side front and is chiefly executed from rear foot, vertical and L-stances. Both the principle and method of kicking are the same as those of a front snap kick with the exception that the body is half facing the opponent at the moment of impact.

The ball of the foot is the primary weapon while the instep and

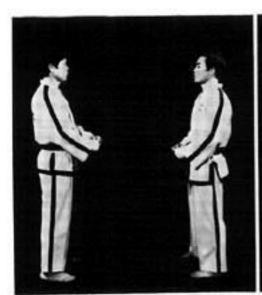
toes are secondary.



Ball of the Foot











Instep

The scrotum is the only target for the instep.





Toes

The targets are greatly increased in number when wearing shoes.







## Back Snap Kick (Dwitcha Busigi)

The back snap kick is used to attack an opponent who is appreaching from the rear, without changing the direction of the stance. This technique is especially useful in attacking the opponent who is holding with a rear grab.

The back heel is the attacking tool while the scrotum is the target. Be sure to lean the body slightly forward while kicking.

The back heel reaches the target in a straight line and maximum knee spring must be used with the stationary leg.









## Stamping Kick (Cha Bapgi)

The kick is used to attack the opponent's instep while he is holding 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 side sole.









## Turning Kick (Dollyo Chagi)

The turning kick is ideal for attacking an opponent positioned at the side front, and is usually performed with the ball of the foot, instep and knee, however, the toes can be used as well if wearing shoes.

The turning must be executed from a suitable position, and if the position is awkward for this kick, the attacker must swiftly move into a suitable position.

This kick is normally executed from the rear foot, though occasionally the front foot.

This technique is classified into low, middle and high turning kicks.

### The main principles of this kick are:

- The hip must be swung forward to enable the foot to reach the target in an arc.
- The ball of the foot must be vertical to the target at the moment of impact.
- The foot must have reached the apex of the kick shortly before contact so the toes are pointed slightly downward at the instant of contact.
- The toes of the stationary foot should point 45 degrees outward at the moment of impact.
- The kicking leg must not be bent more than absolutely necessary at the moment of impact.
- Do not attempt to kick the target positioned at the direct front.
- The arms must be kept within sight while kicking.





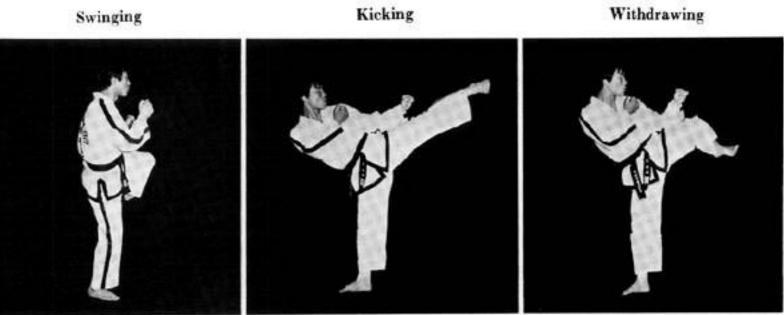


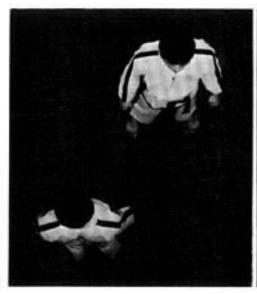
### Ball of the Foot

The ball of the foot is the most powerful weapon in a turning kick. The face, solar plexus, and scrotum are the primary targets, with armpit, temple, and neck as secondary targets.

High Middle Low

Swinging Kicking Withdrawing

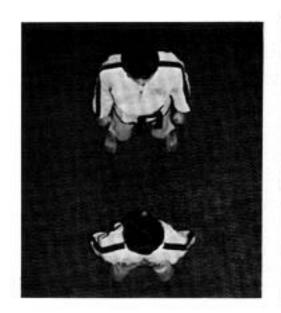


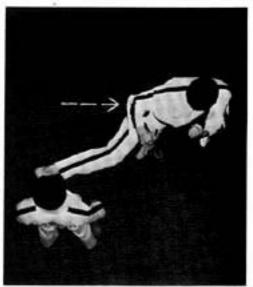




The target is at the side front.

COREECT





The attacker has moved into a suitable position.





Double Turning Kick Only vertical kick is possible.





#### INCORRECT

The ball of the foot has passed by the target even though pivoting the stationary foot while kicking because the opponent is directly in front.



The attack can be misjudged quite easily if directed against the ribs.

The front body, in this case, presents the best target.

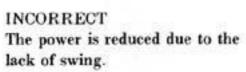




#### INCORRECT

Effectiveness is reduced due to the absence of a downward pressing force.

The heel must remain higher than the ball of the foot at the moment of impact.









### Toes

The principle of kicking procedure is exactly the same as that of the ball of the foot, and the use of it becomes broader when wearing shoes, especially as it is very convenient in attacking the target in distance.





### Knee

The knee is employed in attacking the target at the closest range, and the principle of kicking is basically the same as that of the ball of the foot. The kick, however, is executed at the moment when kicking knee is bent.





### Instep

The instep is normally used to attack relatively soft targets such as the neck, jaw, lips or abdomen. If the attacker is wearing shoes, the use of this technique becomes broader because the vital spot on the instep is then protected.

The kicking procedure is the same as a kick with the ball of the foot except that the toes are not pointed downward and the knee is bent to a lesser

degree at the moment of impact.

A turning kick with the instep can occasionally be employed against an opponent standing directly in front of the student, but in most cases this technique is more effective when executed at a 90-degree angle.



















## Side Turning Kick (Yop Dollyo Chagi)

This is a variation of a turning kick. One of the advantage is the ability to attack the opponent standing abreast or in front at a relatively greater distance.

The ball of the foot and instep are the attacking tools.

The toes of the stationary foot should point about 75 degrees outward while the kicking leg is kept straight at the moment of impact.

It is also divided into low, middle and high side turning kicks.











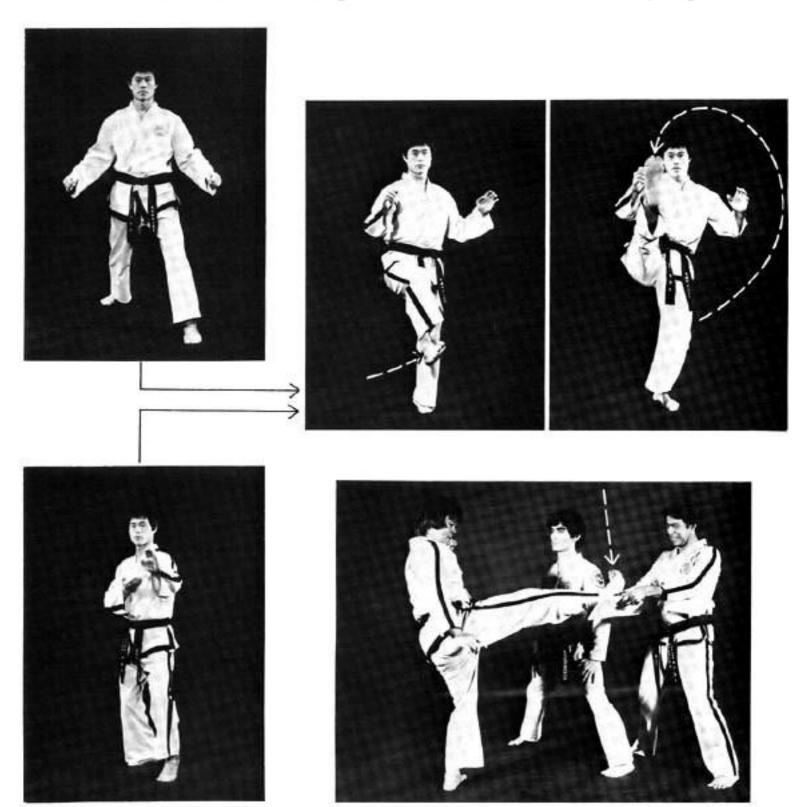


Instep

## Downward Kick (Naeryo Chagi)

This kick is useful for attacking an opponent by passing over an obstacle such as another person.

The back heel reaches the target in a downward line from the apex of the kick. The point of focus should not be lower than the attacker's own solar plexus because this may cause loss of power. The skull is the main target, with the clavicle the secondary target.









Pick-Shape Kick (Gok-Kaeng-I Chagi)

This is a variation of a downward kick. The attacking tool reaches the target in a vertical line, and besides its attacking role is frequently used in harassing and keeping away the opponent. The back heel and the ball of the foot are used as the attacking tools. Be sure to keep the kicking leg straight while it is rising.

The heel of the stationary foot normally is off the ground while raising.

#### **Back Heel**

The skull and clavical are the primary targets, with the chest and face secondary. The point of focus should not be lower than the attackers own shoulder and the leg should be bent about 45 degrees at the moment of impact.









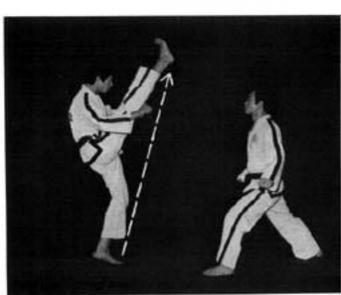




# Ball of the Foot

The face is the primary target with the jaw and the temple secondary.

Keep the leg slightly bent at the moment of impact.





# Upward Kick (Ollyo Chagi)

This technique is used in attacking the solar plexus or the chest at a close range. Be sure to pull down the opponents head or shoulder with both hands while kicking.







Side View







INCORRECT

Both hands are dropped too low, thus ignoring the purpose of this technique.

## Reverse Turning Kick (Bandae Dollyo Chagi)

This is a reverse 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 the balance and posture.

It is broken down low, middle and high reverse turning kicks.

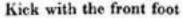
#### Back Heel

This is used in attacking the philtrum, temple, solar plexus chest, ribs and abdomen.

Keep the kicking leg straight always.

Kick with the rear foot



















Ball of the Foot

The face and jaw are the targets. The kicking leg must be slightly bent at the moment of impact.



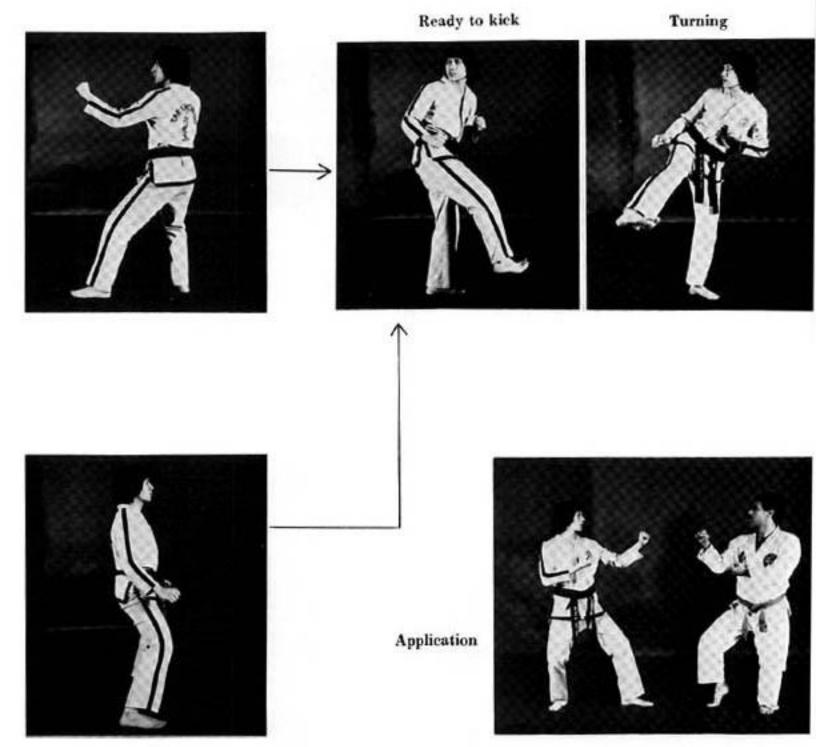


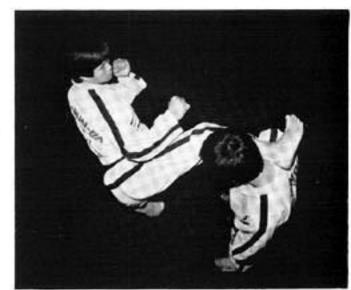
# Reverse Hooking Kick (Bandae Dollyo Gorochagi)

This is a variation of a reverse turning kick, and has dual purposes; one is to kick, and the other to hook the opponent who moves in during the execution of kicking.

Basic principles to be borne in mind:

- 1. Bring the heel close to the body soon after the kick.
- 2. Bend the kicking leg properly during the kick.





Top View

Kick is delivered.

Hooking





Opponent moves in

Hooked





## Twisting Kick (Bituro Chagi)

If the attacking tool approaches the target area describing an outcurved line the kick can be defined as a twisting kick which is divided into low, middle and high twisting kicks.

The foot should be vertical to the target at the moment of impact except for the case of high twisting kick.



Double Twisting Kick Only vertical kick is possible.

# Low Twisting Kick (Najunde Bituro Chagi)

It is used in attacking the opponent in front. The inner thigh presents the best target for this kick, and the ball of the foot is the supreme weapon, though occasionally the knee and toes are used.









# Middle Twisting Kick (Kaunde Bituro Chagi)

This kick is used for attacking the opponent at the side front. The philtrum, solar plexus and scrotum are the main targets while the ball of the foot and instep are chiefly used, though occasionally the knee or toes are used.







Ball of the Foot



Knee



Toes
They can be used only when wearing shoes.



# Instep

The face, solar plexus and abdomen are the targets. High twisting kick with an instep is not possible.





Middle Double Twisting Kick Only vertical kick is possible.



## High Twisting Kick (Nopunde Bituro Chagi)

This technique is employed in attacking the opponent at the side rear. The face is only target, and the ball of the foot is chiefly used, though occasionally the toes can be used when wearing shoes.

Keep the back heel faced front at the moment of impact



Ball of the Foot

Toes









## Vertical Kick (Sewo Chagi)

This technique is employed in attacking the target from a 90 degree angle. It is performed mainly with the footsword and occasionally with the reverse footsword.

The foot must be vertical to the target while bending the leg about 30 degrees at the moment of impact.

The attacking tool reaches the target in an arc.

Footsword

Ready to kick

Kick is delivered.









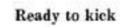
Application



## Reverse Footsword

The solar plexus and face are the targets.







Kick is delivered.







#### Pressing Kick (Noollo Chagi)

Although the primary role of this technique is to break the knee joint or calf bone, it can also be used for other purposes.

This kick is divided into inward and outward kicks. The point of focus should be lower than the knee joint of the stationary leg.

## Outward Kick (Bakuro Chagi)

The knee joint and shin are the main targets with the temple, philtrum and solar plexus as secondary targets.

The stationary knee will lock at the moment of impact, and the body should lean slightly away from the kicking foot. Footsword is used as the tool.

























## Inward Kick (Anuro Chagi)

This kick is chiefly executed against the fossa, and occasionally the inner or outer knee joint.

The knee spring of the stationary leg must be utilized correctly.

Keep the leg slightly bent at the moment of impact. Side sole serves as the attacking tool.

Ready to kick

Kick is delivered.







Application



# Sweeping Kick (Suroh Chagi)

The sweeping kick is quite effective in breaking the opponent's balance. It is normally executed to the outer ankle joint. The side sole and the back heel are the tools.









Sweeping with a side sole



Sweeping kick with a back heel







## Grasping Kick (Butjapgo Chagi)

This technique is designed to use against two opponents simultaneously. One opponent can be kicked with either one foot or both feet while the second person is being grabbed by either one hand or both hands.



Grasping with one hand



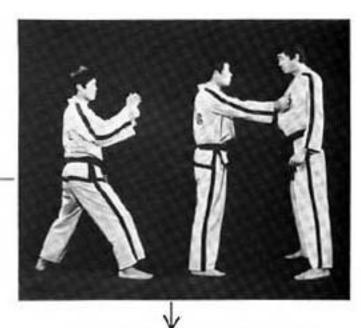






Grasping with both hands











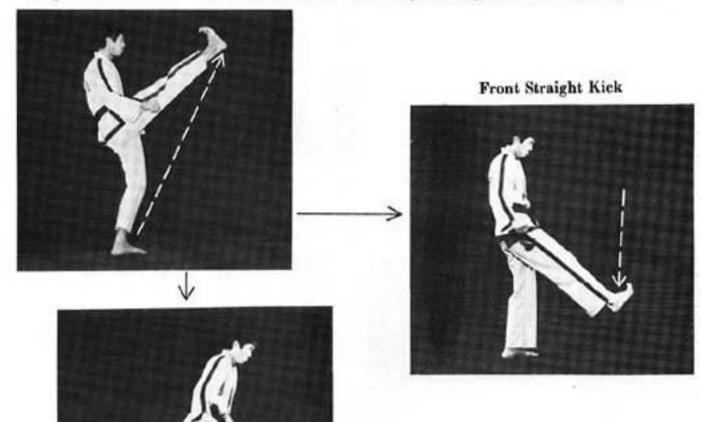






Straight Kick (Jigeau Chagi)

This kick is used against the 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 while kicking.



Back Straight Kick

# Punching-Kick (Jirumyo Chagi)

This technique is used against two or three opponents simultaneously and it is classified into a U-shape punching-kick and a side

punching-kick.



# U-Shape Punching-Kick

(Digutja Jirumyo Chagi)

This is useful in attacking one opponent at the side with a side kick while punching the other opponent in front with a twin fist.



Side Punching-Kick (Yop Jirumyo Chagi)

This technique is performed with a twin fist while executing a front snap kick or a back piercing kick.



Side Punching Front Kick



Application

## Side Punching Back Piercing Kick



## Application



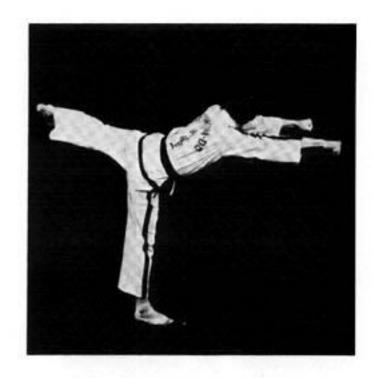
Top View

# Front Punching-Kick (Ap Jirumyo Chagi)

This technique is performed with a single or twin fist in conjunction with a back piercing kick.







## Horizontal Striking-Kick (Soopyong Taerimyo Chagi)

This technique is used in attacking three opponents simultaneously and is performed with twin knife-hand, twin side-fist, twin back fist or twin back hand, together with either a front snap kick, back snap kick and/or back piercing kick.

Twin Kinife-Hand Striking-Kick









Twin Side Fist Striking-Kick





Twin Back Fist Striking-Kick



Twin Back-Hand Striking-Kick





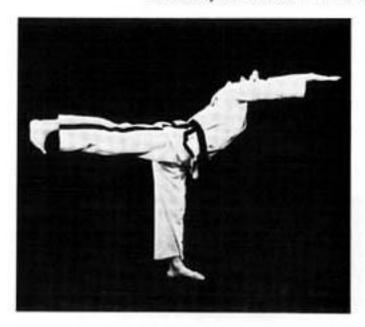


## Thrusting-Kick (Tulomyo Chagi)

This technique is performed with flat fingertip and twin side elbow. The former is used against two opponents and the latter three opponents simultaneously.

#### Flat Fingertip

This technique is performed in combination with a back piercing or side piercing kick. The former is accompanied with a front thrust, whereby the latter with a side thrust.





Twin Horizontal Elbow This is accompanied with a front snap kick.









# Counter Kick (Bada Chagi)

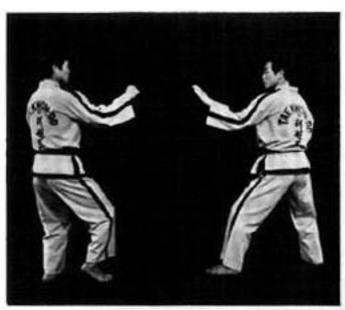
A kick delivered as a counter to an opponent's kick is called a counter kick. Since this type of kick involves great risk, superiority of the speed over the opponent is crucial. Side piercing and turning kicks are normally used for this technique, though occasionally front snap kick, twisting kick or outward pressing kick is used.







































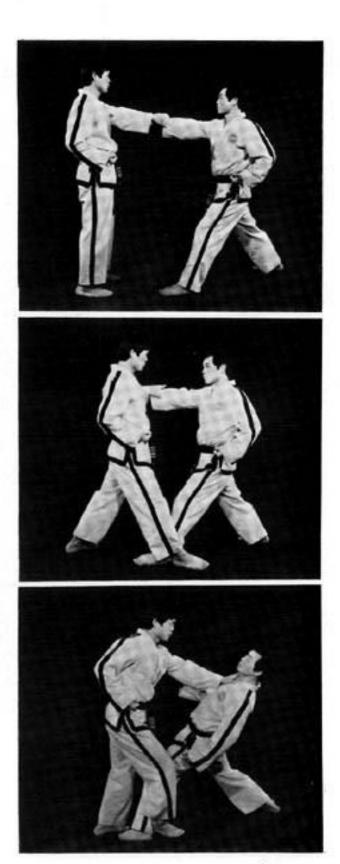


## Foot Tackling (Bal Golgi)

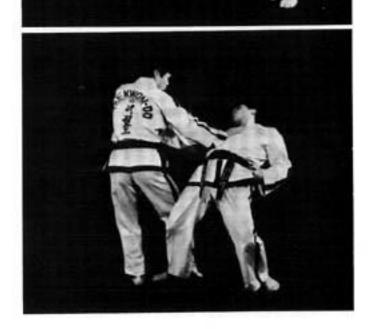
This is actually a take down or throwing technique, and is normally executed with a pull or push to the opponent's hand or body. The footsword, side sole and back heel are used as the tools.

Tackling with a Back Heel









Tackling with a side sole







#### Tackling with a Footsword







Skip Kick (Durokamyo Chagi)

This technique is useful for attacking an opponent at a distance. Accordingly, the kick is delivered while closing in or pursuing the opponent with a skipping motion. The attacking tools are the ball of the foot, the footsword and the back heel. The skip kick is chiefly performed from a rear foot stance although occasionally an L-stance is used.

The primary attack techniques are turning and side piercing kicks. Reverse turning, hooking and twisting kicks are employed as secondary attacks. Be sure to avoid skipping more than half a shoulder's width at a time.



Skip Side Piercing Kick







Skip Side Front Snap Kick





Skip Kick





INCORRECT
The kick is executed in a jumping motion instead of skiping, thus missing the target.

#### Middle Twisting Kick



## 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 from a sitting position or a lying down position shown in the ground technique of this volume.

Be sure to support the body with both hands while kicking.

The ball of the foot and footsword are used as the attacking tools.







Side - Twisting Kick



Outward Vertical Kick

## Consecutive Kick (Yonsok Chagi)

This, as the term applies, means the technique of using two or more kicks with the same foot against a single or several opponents in succession and can be executed either after offensive or defensive kick.

The secret to be borne in mind is that a good balance must be maintained at all times with the stationary foot so that the kicking foot can execute a continuous kick without lowering it to the ground or floor. This technique can be executed with any combination of kicks, for example, front snap kick with side rising kick, reverse hooking kick with side piercing kick or crescent kick with twisting kick and turning kick and so on. This is classified into double kick, triple kick and so on.

Side Thrusting

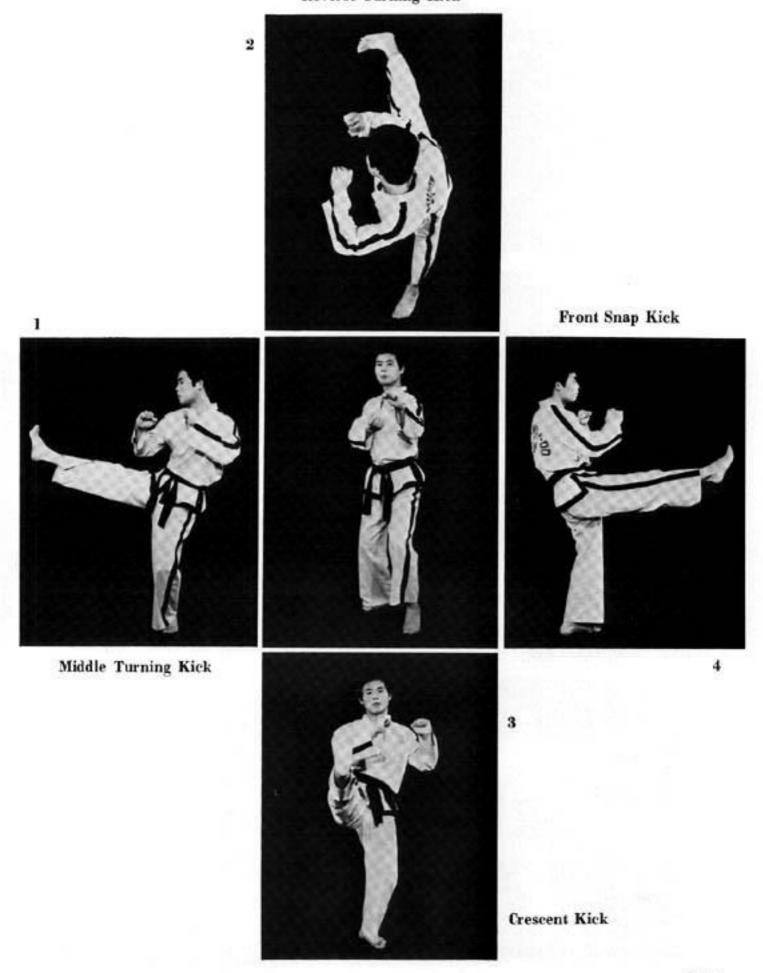
Hooking Kick

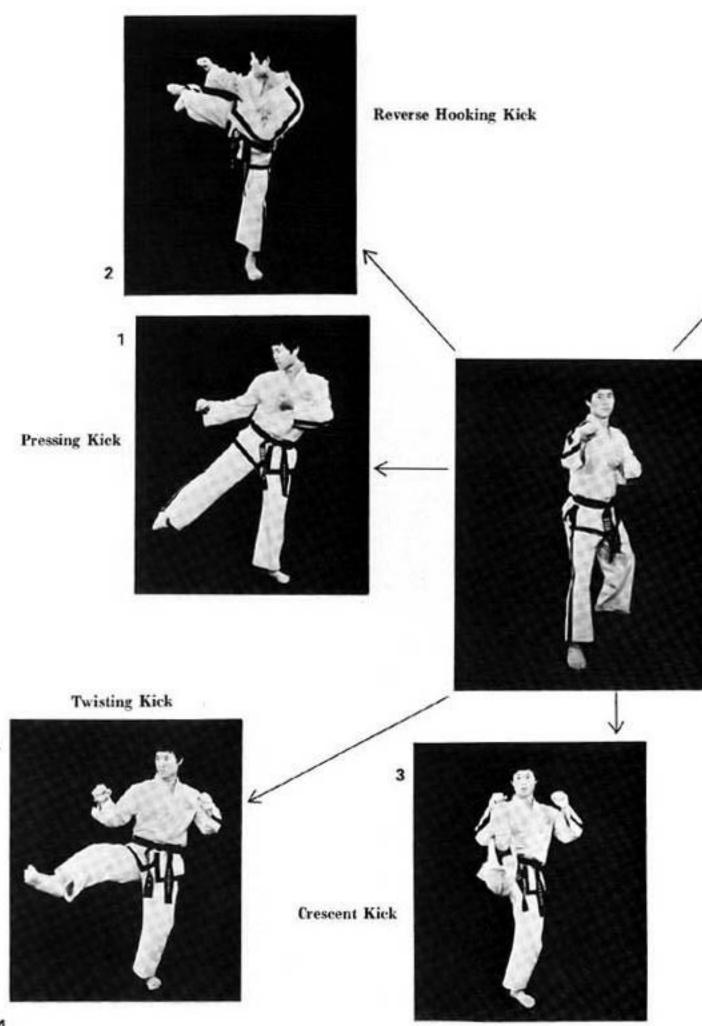




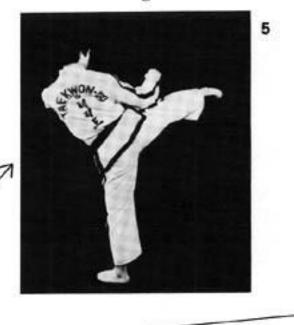


# Reverse Turning Kick



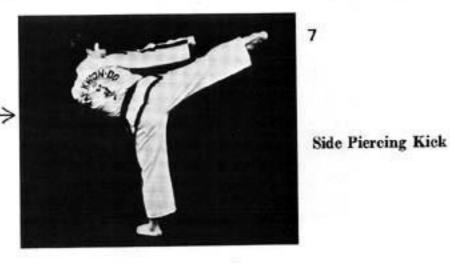


## Turning Kick





**Hooking Kick** 



Reverse Turning Kick



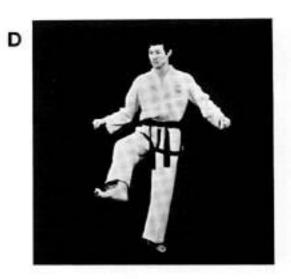
As the illustrations indicate, any number of targets can be attacked or blocked in succession if the balance is well maintained with the stationary leg.

#### **Direction of Kick**

(Chan Bang Hyang)

Since each and every movement in Taekwon-Do is scientifically organized, it should be relatively simple to deduce which type of offensive or defensive kick is most appropriate for any given situation. Study the following illustrations with particular regard to the foot positions in relation to the positions of the targets.

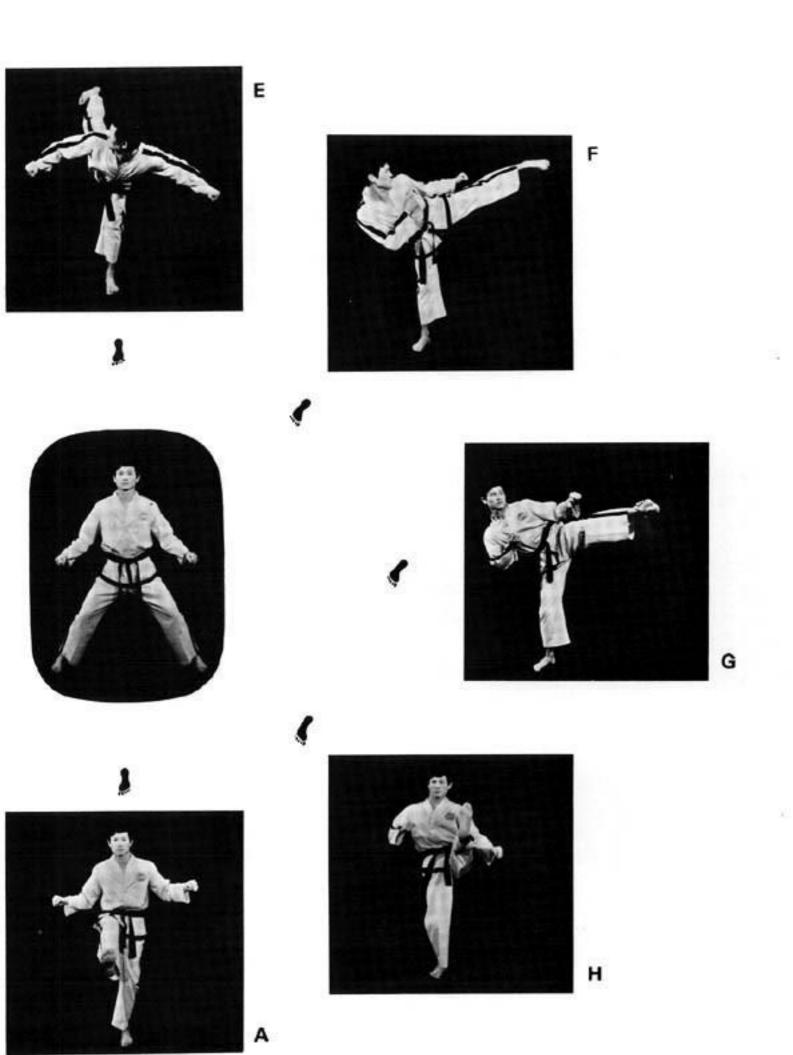
- A. Represents a front snap kick
- B. Crescent kick
- C. Side piercing kick
- D. Low twisting kick
- E. Back piercing kick
- F. Reverse turning kick
- G. Turning kick
- H. Hooking kick.

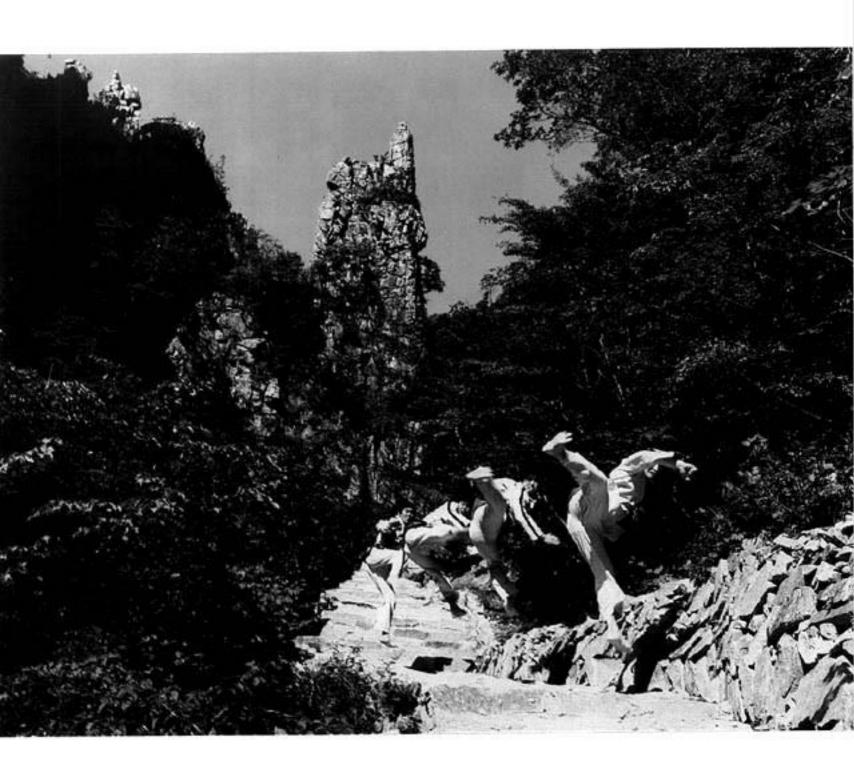






Е





## Flying Kick (Twimyo Chagi)

It is very obvious that the most exceptional flying techniques can only be found in Taekwon-Do. No other martial art can come close in number or technique to the various kicks used in Taekwon-Do.

Certain detractors claim that flying techniques are both impractical and vulunerable, but the words are usually uttered through ignorance or as an apology for their own lack of flying techniques. Numerous Taekwon-Do instructors, with years of experience, can testify that a well-executed flying kick, conducted with speed, is not only extremely devastating, but has the added advantage of surprise.

The student who has taken the time to master a flying kick is able to spring into the air with any number of kicks from a stationary stance, even without the benefit of an additional step.

Flying kicks have a number of advantages: They perfect balance, develop coordination, condition muscles and are invaluable for attacking the high section of the body with foot as well as developing timing and focus. They are also effective for vaulting obstacles without exposing oneself to an attack, for leaping over a pole, culb or knife attack, and for stopping an onrushing or fleeing opponent, closing distances, and driving through an encirclement of several opponents.

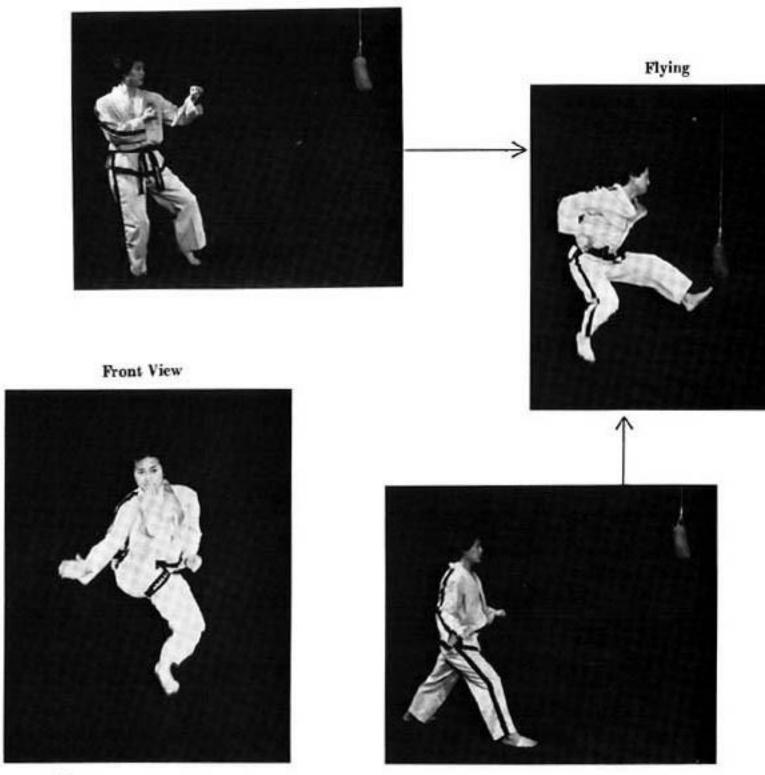
A flying kick is performed with either one motion from the spot or several motions while running; the former is most practical at a closest distance, the latter at further distances.

The following principles must be observed with all flying kicks.

- 1. The kick must be executed when the body reaches the apex of the jump.
- 2. With few exceptions, the back must be straight at the moment of impact.
- The non-kicking foot must be tucked and not drooped at the moment of impact.
- 4. Immediately after kicking, resume a good posture and balance.
- 5. Proper stance must be regained at the moment of landing.

## Flying Front Kick (Twimyo Ap Chagi)

This kick is usually performed in two motions. The first kick not only adds momentum, but is also used to kick aside the blocking hand while the opposite kick attacks the face. Flying kicks can be executed from nearly any stance, though the rear foot and L-stances are favored. The ball of foot is the attacking tool.



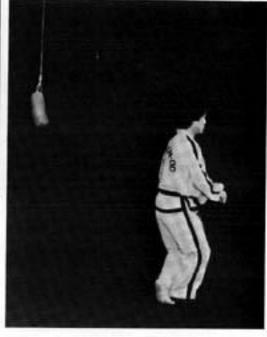
Kicking

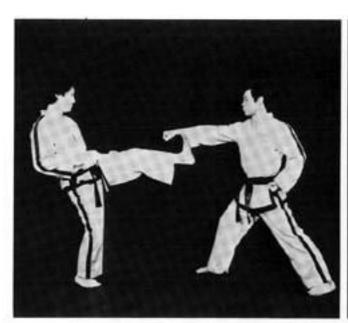


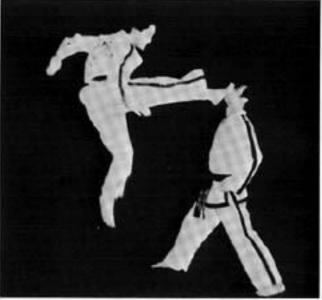
Landing



Landed

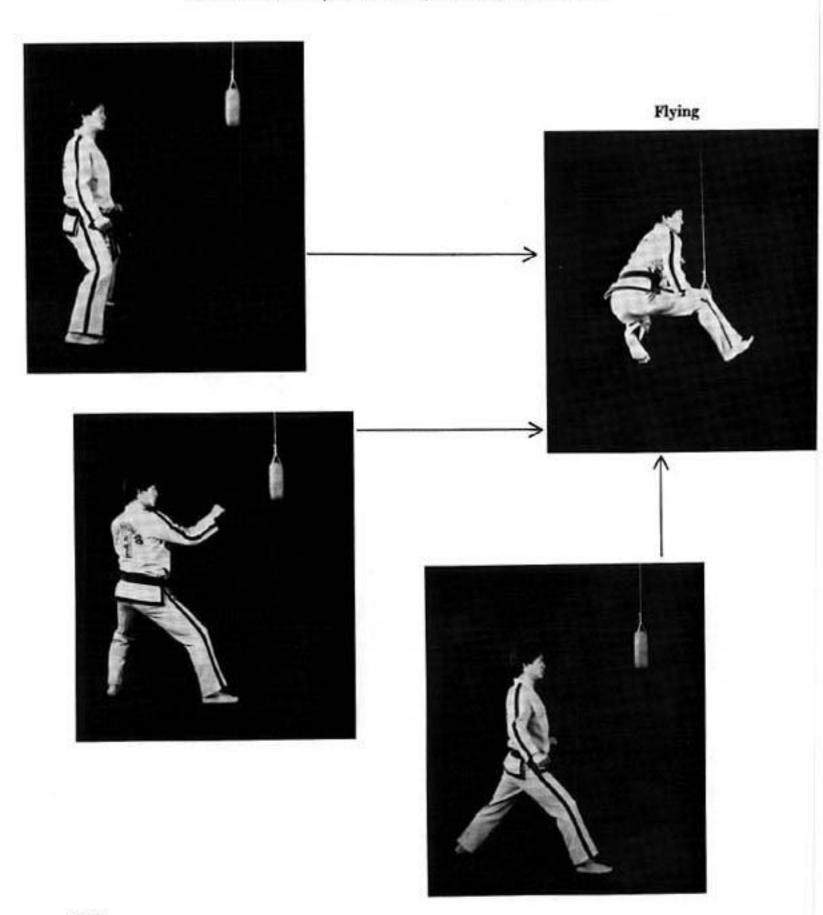






# Flying Side Front Kick (Twimyo Yobap Chagi)

The procedure of kicking is the same as that of a side front snap kick except the flying motion.

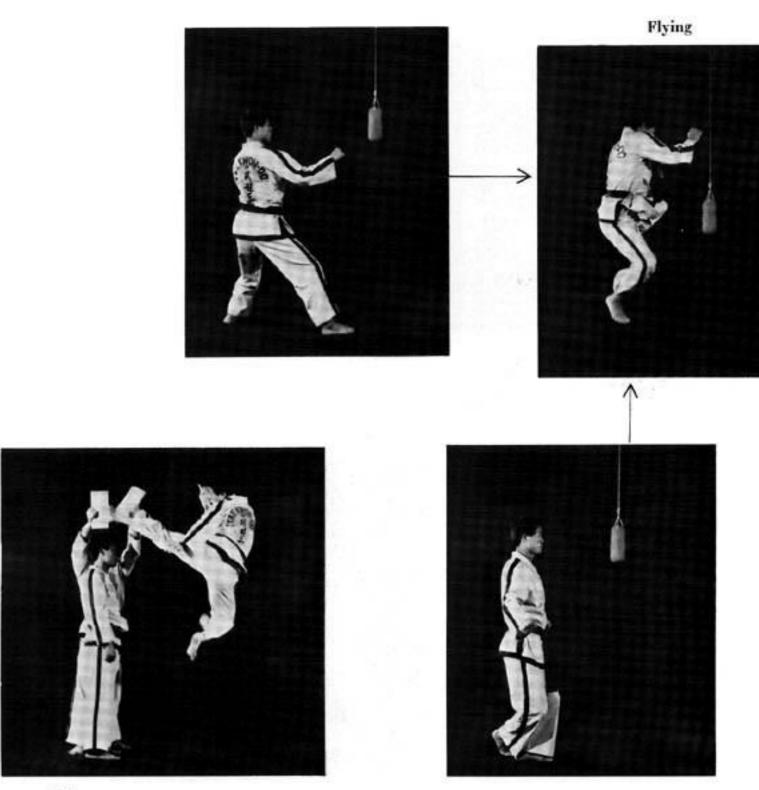


Kicking Landing Landed



## Flying Turning Kick (Twimyo Dollyo Chagi)

The method of kicking is the same as that of a turning kick except that the arm is extended in the opposite direction at the moment of impact. The ball of the foot is the prime weapon, though the toes and instep can be used in rare cases.



# Swinging



Kicking

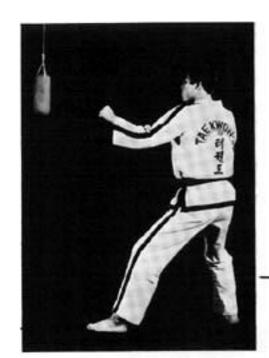


Landed



Application





## Flying Reverse Turning Kick (Twimyo Bandae Dollyo Chagi)

The method of kick is also the same as that of a reverse turning kick except the flying motion.

Back heel is the primary tool, though ball of the foot is occasionally used.

This technique is performed with the rear foot only.



Flying



Spinning

Kicking

Landing







Ball of the Foot



Back heel







Flying Side Piercing Kick (Twimyo Yopcha Jirugi)

The principles of the technique are exactly the same as those of the side piercing kick except the flying motion. The following constants apply.

 The instant the attacking leg straightens out the supporting leg should be tucked sharply while bending its ankle backward.

Bring the knee of the attacking leg to the chest immediately after contact to prepare a correct and balanced landing.





Kicking

#### Landing



Landed



Flying Side Thrusting Kick (Twimyo Yopcha Tulgi)

The procedure of kicking is the same as that of the flying side piercing kick though the ball of the foot is used instead of the footsword.

The attacking tool must be vertical to the target at the moment of

impact.



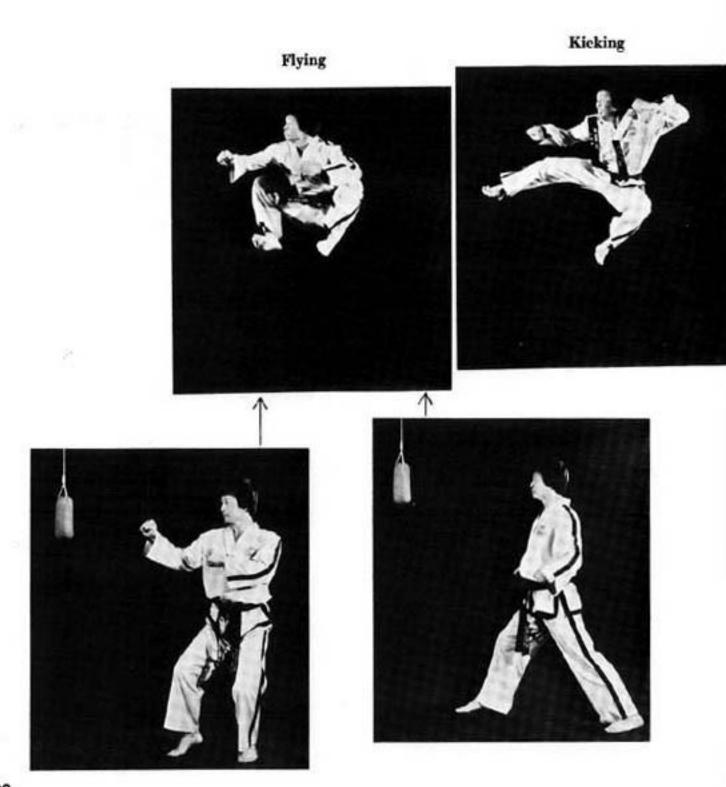


## Flying Side Pushing Klck (Twimyo Yopcha Milgi)

The purpose of this technique is the same as the side pushing kick.

The procedures of kicking are as follows:

- 1. Attacking leg should be bent properly at the moment of the kick.
- 2. Keep the attacking foot pushing the target momentarily.



Pushing

Landing



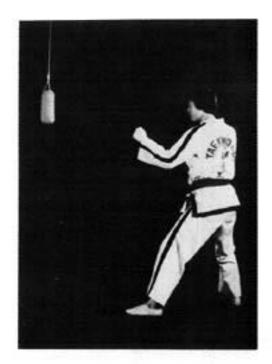




Landed







# Flying Back Kick (Twimyo Dwit Chagi)

The principle of this technique is the same as that of a back pushing kick except the flying motion.

Spinning







Flying



## Flying Twisting Kick (Twimyo Bituro Chagi)

The method of kick is the same as that of twisting kick except the flying motion.

## Middle Twisting Kick







Kicking

Flying

High Twisting Kick

Flying





Kicking



## Flying Vertical Kick (Twimyo Sewo Chagi)

The principles of this technique are the same as those of a vertical kick except the flying motion.

It is classified into flying inward and outward kicks.

#### Footsword







Flying

Kicking







Reverse Footsword

Báck View





Footsword

Reverse Footsword



#### Kicking







Flying High Kick (Twimyo Nopi Chagi)

This is used to attack an extremely tall opponent or a target in a high place. The ball of the foot is the main weapon though the toes can be effectively used when wearing shoes. Do not drop the foot while kicking with the other foot.



Flying high kick from the spot



Kick is delivered.





Kicking

Ready to kick







Landed

### Mid-Air Kick (Twio Dolmyo Chagi)

The method of kicking is exactly same as the flying side piercing or thrusting kick except that kick is executed while spinning in the air. Since the direction in which the kick will be delivered cannot be seen until the moment the kick is performed this technique is highly valued as a surprise attack. Spinning is executed either in 360 degrees or 180 degrees. Footsword is chiefly used, though occasionally the ball of the foot.





Spinning

Ready to kick











Spinning

Kicking

Kicking at 360



Landed



### Overhead Kick (Twio Nomo Chagi)

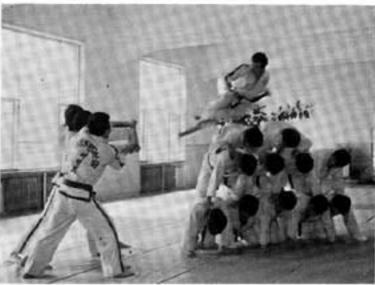
This is normally employed in attacking an opponent over or through an obstacle. This is also used in diverting the opponent's direction.

The important thing to remember is that the span can be greatly increased by swinging the feet while flying. Be sure to keep the body in a horizontal position when flying through an obstacle.

Footsword is the only tool for this technique.







Swinging the feet while flying

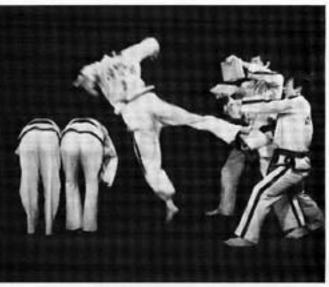




Overhead Double Kick (Twio Nomo 1-jung Chagi)

The principle is the same as an overhead kick with the exception of a double kicking motion.





# Flying Downward Kick (Twimyo Naeryo Chagi)

The method of kicking is the same as that of the downword kick except the flying motion.







Flying

Kicking

Flying Twin Foot Front Kick (Twimyo Sangbal Ap Chagi)

This kick is quite effective against a single target or double targets, and is broken into front snap kick and front checking kick.

Flying

Kicking









Single Target



Double Target

# Flying Twin Foot Front Checking Kick (Twimyo Sangbal Apcha Momchugi)



Double Target

Single Target



# Flying Twin Foot Side Piercing Kick

(Twimyo Sangbal Yopcha Jirugi)

This is a useful technique in attacking two targets simultaneously. The side sole is the attacking tool for the lower leg which must be slightly bent at the moment of impact.









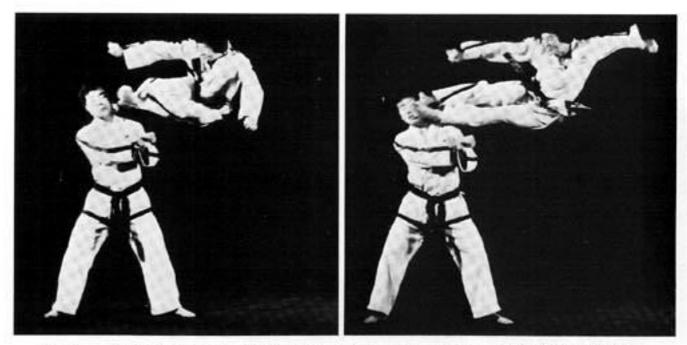


## Flying Double Foot Side Pushing Kick

(Twimyo Doobal Yopcha Milgi)

This technique is used in pushing an opponent away with both soles. Keep the lower leg slightly bent at the moment of impact.

When the right foot is on the top, it is called a right double foot and vice versa.



Flying Twin Foot Turning Kick (Twimoyo Sangbal Dollyo Chagi)

Only the ball of the foot is used for this technique, and the position of the foot is higher than the hip at the moment of impact.





## Flying Twin Foot Middle Twisting Kick

(Twimyo Sangbal Kaunde Bituro Chagi)

This is a very effective technique in attacking both sides simultaneously while flying. The ball of the foot is used as the attacking tool which should be vertical to the target at the moment impact.

Ready to kiek

Flying



Flying Twin Foot Middle Twisting Kick

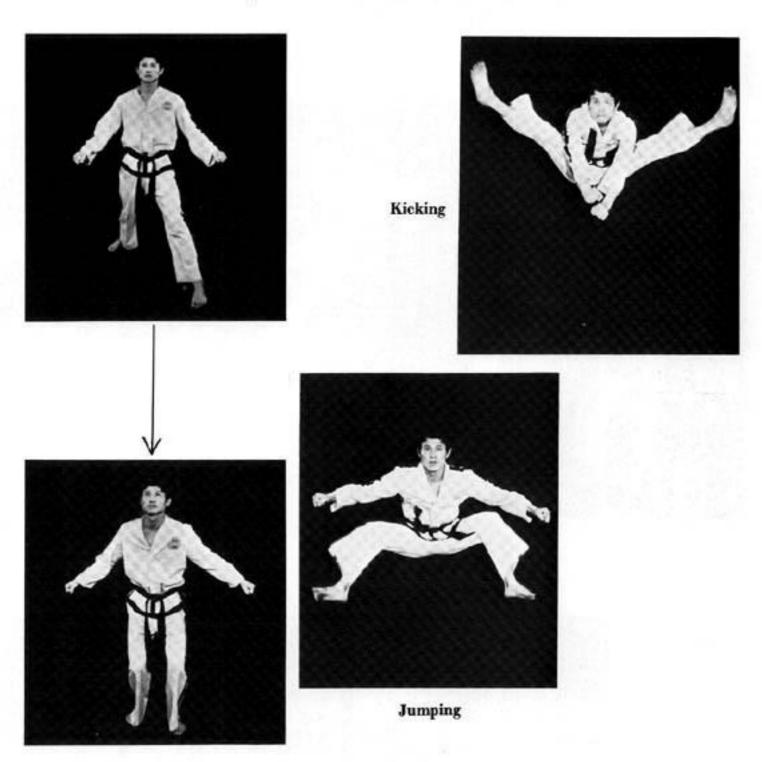






## Flying Twin Foot High Kick (Twimyo Sangbal Nopi Chagi)

The procedure of kicking is the same as that of the flying twin foot middle twisting kick. The ball of the foot is the tool.



# Flying Sissors-Shape Kick (Twimyo Kawi Chagi)

The purpose of this technique is to take down the opponent by trapping the body or the leg. This is also effectively used while holding a second person with both hands.







Flying Kicking





## Flying High Side Kick (Twimyo Nopi Yop Chagi)

The principles of kicking procedure are the same as those of a flying side piercing kick except that the position of the foot is higher than the hip at the moment of impact.









#### Flying High Turning Kick (Twimyo Nopi Dollyo Chagi)

The principle of kicking is the same as that of a flying turning kick except that the toes are slightly higher than the heel at the moment of impact.

# Flying High Reverse Turning Kick (Twimyo Nopi Bandae Dollyo Chagi)

The method of kicking is the same as the flying reverse turning kick but the heel is slightly higher than the toes at the moment of impact.



Flying Trapezoid Punching-Kick (Twio Jaegak Jirumyo Chagi)
This technique is also used for attacking four targets simultaneously, two in front and one on each side, in the form of a twin fist front punch with twin foot middle twisting kick.





Flying U-Shape Punching-Side Kick (Twio Digutja Jirumyo Yop Chagi)

The student has two opponents. He attacks the one in front with
a twin-fist punch and simultaneously executing a side piercing kick
at the opponent standing to one side.



Top View



## Flying Horizontal Striking Kick (Twio Soopyong Taerimyo Chagi)

The method of this technique is the same as that of a horizontal striking-kick with the exception that only front snap kick is possible.









Flying

Kicking

Twin Knife-Hand



Twin Back Fist



## Flying Crescent Kick (Twimyo Bandal Chagi)

The purpose of this technique is to block the opponent's attacking hand or foot while flying. The method of kicking is the same as that of the crescent kick except the flying motion. See the defence techniques in this volume.

















# Flying Hooking Kick (Twimyo Golcho Chagi)

This technique is also used in blocking the attacking hand or foot while flying.

The method of the kick is the same as the hooking kick except the flying motion. The hooking kick is introduced in the defence techniques of this volume.

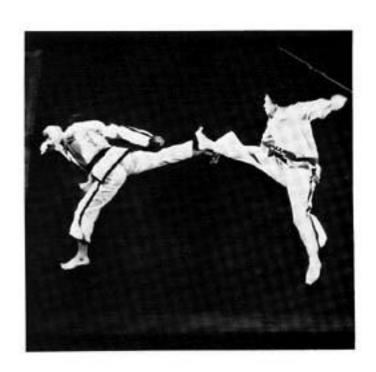






Kicking





## Flying Two Direction Kick (Twimyo Sangbal Chagi)

The purpose of this technique is to execute a simultaneous attack against two opponents at different directions. This is broken into flying front back kick and side twisting kick.



Top view

## Flying Front-Back Kick (Twimyo ApdwiChagi)

One opponent in front is attacked with a front kick and the oponent at the side with a side kick. Keep the back straight at the moment of impact.





## Flying Side-Twisting Kick

(Twimyo Yop Bituro Chagi)

One opponent in front is attacked with a twisting kick and the opponent in the rear with a back piercing kick. Keep the body leaned forward at the moment of impact.

## Flying Double Kick (Twimyo I-Jung Chagi)

Like in the case of hand techniques, it is used to attack wearing or bobbing opponent or opponents.

A horizontal kick is useful against a wearing opponent while a vertical kick for bobbing.

It can be classified into flying double side turning front twisting and mid-air double kicks.

## Flying Double Side Kick (Twimyo I-jung Yop Chagi)

This can be executed in two ways vertically and horizontally.







Horizontal Kick

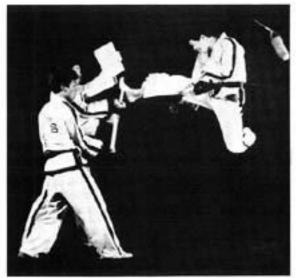


Vertical Kick

## Flying Double Turning Kick (Twimyo I-Jung Dollyo Chagi)









Vertical Kick

## Flying Double Front Kick (Twimyo I-Jung Ap Chagi)

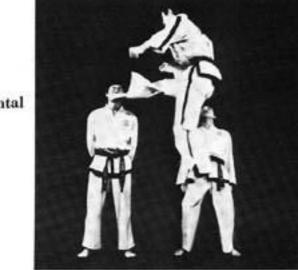
This can also be executed in two ways.

Horizontal Kick





Flying Double Twisting Kick (Twimyo I-Jung Bituro Chagi)
Both horizontal and vertical kicks are possible.





Horizontal Kick

## Mid-Air Double Kick (Twio Dolmyo I-Jung Chagi)

Only horizontal kick is possible.



Spinning Clockwise



Horizontal Kick







## Flying Triple Kick (Twimyo Samjung Chagi)

Since the same foot attacks three targets in succession while flying, this technique requires extreme speed, flexibility and balance. It is broken into flying triple side, front, turning and twisting kicks.

Flying Horizontal Triple Side Kick (Twimyo Soopyong Samjung Yop Chagi)







Flying Vertical Triple Side Kick (Twimyo Soojik Samjung Yop Chagi)







## Flying Triple Front Kick (Twimyo Samjung Ap Chagi)

## Vertical Kick







Horizontal Kick







Flying Triple Turning Kick (Twimyo Samjung Dollyo Chagi)

Vertical Kick







Horizontal Kick





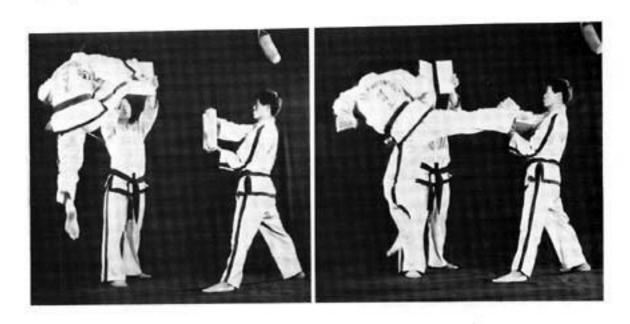


Flying Triple Twisting Kick
(Twimyo Samjung Bituro Chagi)
Only middle twisting kick is possible.

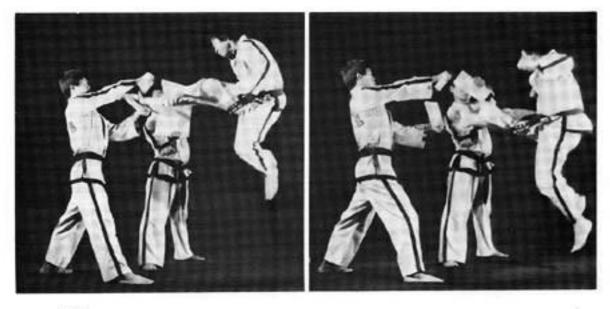
## Flying Consecutive Kick (Twimyo Yonsok Chagi)

If the same foot delivers two or more kicks in succession while flying, the kick, regardless of the type is called a flying consecutive kick. It can be performed with any combination, i. e., crescent and side kick, front and twisting kick or reverse hooking and double turning kick and so on.

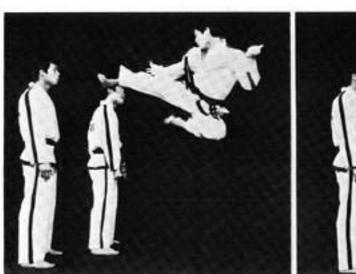
Flying Crescent and Side Kick (Twimyo Bandal Chago Yop Chagi)



Flying Front and Twisting Kick (Twimyo Ap Chago Bituro Chagi)



## Flying Reverse Hooking and Side Kick (Twimyo Bandae Dollyo Goro Chago Yop Chagi)





Flying Reverse Hooking and Turning Kick (Twimyo Bandae Dollyo Goro Chago Dollyo Chagi)





Flying Reverse Hooking and Double Turning Kick (Twimyo Bandae Dollyo Goro Chago I-Jung Dollyo Chagi)







## Flying Reverse Hooking and Double Side Kick (Twimyo Bandae Dollyo Goro Chago I-Jung Yop Chagi)









# Flying Spiral Kick (Twimyo Rasonsik Chagi)

This technique can be performed in two ways side and back kick or side and side kick. In any case the second kick must be executed while rolling in the air.

Side Kick



Back Kick

## Flying Combination Kick (Twimyo Honap Chagi)

Twisting Kick

Side Kick





Front Snap Kick

Reverse Hooking Kick

Turning Kick







Flying Three Direction Kick (Twimyo Sambang Chagi)

Two Direction Kick

Side Kick









Flying Four Direction Kick (Twimyo Sabang Chagi)

















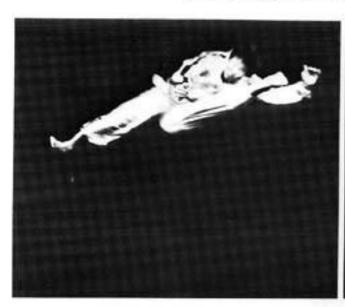




Flying Combination Kick and Punch (Twimyo Honap Chagi wa Jirugi)















## Reflex Kick (Bansa Chagi)

Along with flying double and triple kicks, flying three direction kick, the reflex kick certainly demonstrates the flexibility, balance, and ability to change the direction of movement while moving the body quickly from one place in space to another.

This technique is normally employed when surrounded by wall or group of people, using them conversely as reflecting objects to switch the attacking direction.

The turning kick is common and occasionally high kick or side piercing kick can be executed, and all of them are performed while running.



Turning Kick

#### Dodging Kick (Pihamyo Chagi)

This technique is employed when an opponent is at a too close range to effectively deliver a kick. Perhaps it is one of the best surprise attacks in that the kick is executed while flying away from the opponent. Flying side piercing, turning, reverse turning kicks are commonly used, though occasionally flying twisting, vertical kicks, etc. are also used.





Dodging Side Piercing Kick

**Dodging Turning Kick** 





Back Heel

Dodging Reverse Turning Kick







Ball of the Foot

Dodging Front Kick





Dodging Outward Verticak Kick





Dodging Inward Vertical Kick



Dodging Middle Twisting Kick







## B. DEFENCE TECHNIQUES (Bang Eau Gi)

Undoubtedly, students will appreciate, once again, the value of the foot, throughout this chapter from the fact that it performs the entire part of dodging in addition to its versatile techniques of blocking. The defence in foot techniques is divided into blocking and dodging.

#### Blocking (Makgi)

Although hand parts are used in most of the blocking in Taekwon-Do, the role of the feet cannot be discounted. In fact the foot in blocking has an added advantage of allowing the hands for either combination blocking or attacking.

Foot blocks consist of rising, crescent, waving, checking and hooking kicks. Unlike the attack techniques, the kicking foot does not necessarily have to withdraw immediately after the kick, with a few exceptions.





## Rising Kick (Cha Olligi)

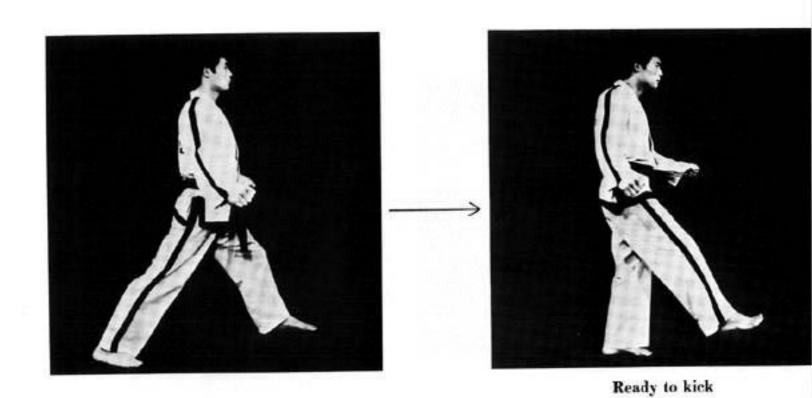
This consist of a front rising kick and side rising kick. The former uses the ball of the foot, and the latter the footsword. Both of them are also widely used for muscle development though the primary purpose is to block the attack directed to middle section and area above.

The blocking tool should reach the target in an arc.

## Front Rising Kick (Apcha Olligi)

This kick is used to spring up the opponent's punching fist at the under forearm or the opponent's foot by kicking the inner tibia. With this technique, the knee joint of the kicking leg should not be bent too severely.

A walking stance is chiefly used for muscle development.







For blocking



For muscle development



#### INCORRECT

The foot reached the target in a straight line instead of an are motion, thus missing the target.





## Side Rising Kick (Yopcha Olligi)

This technique is also used to spring up the attacking hand or foot. Be sure to keep the body half facing the target at the start of kicking.

Walking, sitting and diagonal stances are most suitable for muscle development.

For blocking

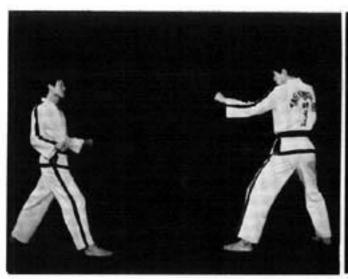




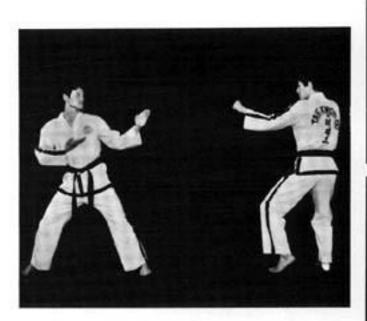




For muscle development











## Crescent Kick (Bandal Chagi)

This kick is used for blocking the attacking hand or foot to the middle section and area above. The sole of the foot is the tool which should reach the target in an arc.

An advantage of this technique is that the blocking foot can be readily available for a swift counter attack. The main target should be the elbow joint, Achilles' tendon or ankle joint, with the forearm and outer or inner tibia secondary. Though outside block is more effective, an inside block is also used frequently.

Keep the back heel faced downward at the moment of the block. This technique is classified into low and middle crescent kicks.

Ready to kick

Kicking



Front View



Side View

## Outside Block

This can best insure for a counter-attack with the same foot because the opponent's other free hand and foot become ineffective.





































Inside Block
A special caution must be exercised when executing an inside block, since the opponent may use the opposite hand or foot for a counter-attack. The same theory is applicable to a hooking kick.















Double Crescent Kick Only vertical kick is possible.





#### Waving Kick (Doro Chagi)

The main purpose of this kick is to block an opponent's kick aimed at the scrotum. It is also useful in preventing the side instep from being

stamped by the opponent.

This kick is usually performed in a sitting stance and occasionally a diagonal stance. The main characteristic of this technique is that the kick should be executed so swiftly that the body's center of gravity remains unchanged during the kick. The side sole is used as a tool which should reach the target in a straight line with no revolving motion. The ankle joint is the only target.

The kicking foot should be returned to the

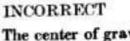
ground after each kick.



Front View

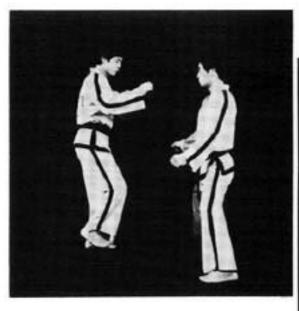






The center of gravity has been shifted.















#### Checking Kick (Cha Momchugi)

This technique is divided into front and side checking kicks. The former is performed with the back sole supported by the ball of the foot while the latter uses the side sole.

Unlike the previous kicks, the checking kick is kept momentarily on the target during the block.



## Front Checking Kick (Apcha Momchugi)

Since the purpose of this kick is to restrict the opponent's freedom of movement, it is normally executed when the opponent rushes or attempts to close in.

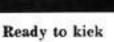
The chest and solar plexus are the targets.

#### Basic principles:

- The blocking tool should reach the target in a straight line.
- Keep the body half facing the target at the moment of the impact.
- Do not bend the stationary leg more than necessary at the moment of impact.









Kick is delivered.



Front View





#### INCORRECT

Because the kick is performed with the ball of the foot as opposed to the back sole, balance is lost and checking power is diminished.





## Side Checking Kick (Yopcha Momchugi)

This technique has a dual function; one to block the attacking foot directed to a low section and the other to impede or check the opponent's movement. In both cases the foot must be ready for a counter-attack or any type of consecutive action.

The tibia or knee area is the target, and the blocking tool should reach the target in an arc.





Ready to kick





Kicking













Double Side Checking Kick Only vertical kick is possible.

#### INCORRECT

This kick is more of an attacking than a blocking motion. Note that the blocking tool has reached the target in a straight line instead of an arc.

#### Hooking Kick (Golcho Chagi)

The same method of hooking block with a back hand is applicable to this technique. The target areas are the elbow joint and Achilles' tendons. The blocking tool is the side instep which reaches the target in an outward curve not unlike a twisting kick.

It is advisable to execute the kick at the outside of the attacking hand or foot. The kicking foot can also be used as an instantaneous

counter-attack motion.

Keep the outer tibia facing downward at the moment of impact. This technique is divided into low and middle hooking kicks.







Ready to kick

Kicking

















Double Hooking Kick Only vertical kick is possible.



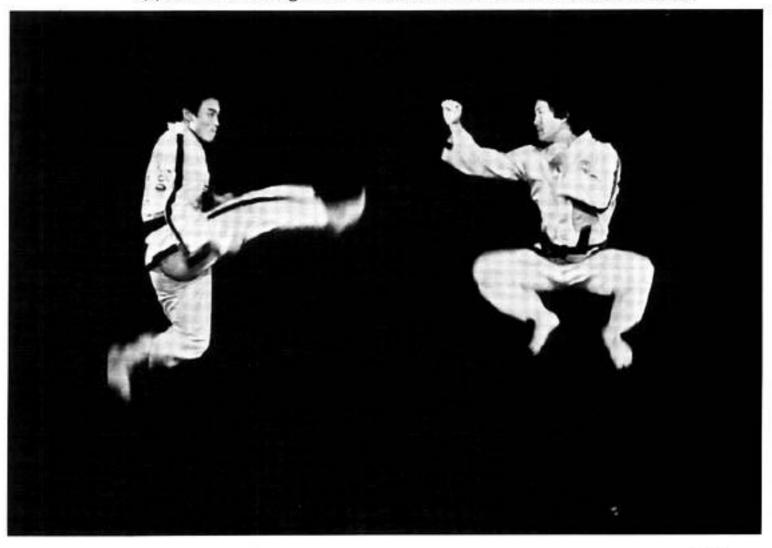
#### Dodging (Pihagi)

There are three primary reasons why dodging is so highly encouraged in all phases of defense. Firstly, it lessens the chances of injury encountered in a direct head-on clash; secondly, it offers the defender the opportunity to maneuver into a more advantageous position; and thirdly, it provides the defender with the opportunity to study and read the opponents' skill and tactics as well as bringing the opponent into a state of exhaustion.

The success or failure of dodging depends entirely on body shifting which entails agility, timing and flexibility of maneuver in all directions. It consists of foot shifting, stepping, shift-stepping, stepshifting, sliding, turning, jumping, body dropping and leg lifting.

#### Basic principles:

- The defender should react in a swift and smooth reflexive action when shifting the body weight.
- A correct posture must be maintained at all times, especially after completing a bigger movement.
- While dodging, be obvervant of any openings on the part of the opponent that might be vulnerable to a counter-attack motion.



### Foot Shifting (Jajun Bal)

This maneuver is employed chiefly for covering or adjusting a short distance (half a foot), and can be performed by moving a single foot or both feet. When shifting, the motion should be smooth. Avoid dragging the foot across the ground or lifting it more than necessary.



#### One Single Foot

The advantage of this technique is that it permits the student to perform any attack or defense while in the act of dodging. One-foot shifting can be done from virtually any stance, but the rear foot and L-stances are most ideally suited for this maneuver because they allow the student to use the same foot to counter-attack immediately after or while still in the process of dodging.





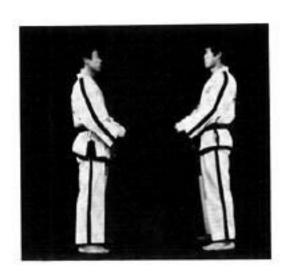
Shifting to the Side





The same foot, in this case the left foot, has executed a blocking role while dodging.









Shifting to the side





The same foot has executed a counter attack immediately after a dodging action.















































#### Both Feet

The primary purpose of this technique is to close in to or away from the opponent within the shortest distance beyond the opponent's anticipation. In this method, both feet shift almost simultaneously while maintaining the original stance.

This is performed mainly with walking, sitting and L-stances, though occasionally diagonal, parallel or fixed stance is used.

How to perform a smooth shifting.

Although both feet shift almost simultaneously, the foot closer to the direction of motion naturally precedes the other by a slight interval. The body weight, however, is rested on the front leg momentarily when shifting backward.

#### From a Walking Stance

Shifting Forward



Left Walking Stance



Shifting

Right Walking Stance



Shifting

Shifting Backward



Left Walking Stance



Body weight is rested on the left leg



Shifting





Closing in to the opponent



Away from the opponent



Closing in







Away from the opponent

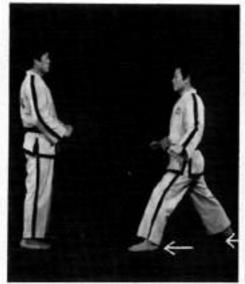




Closing in





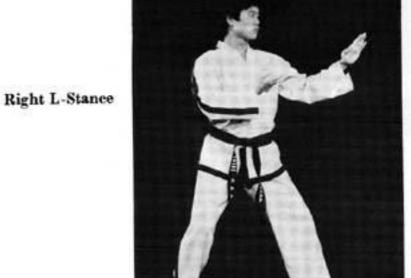


Closing in



### From an L-Stance

### Shifting Forward





Shifting

Shifting Backward



Left L-Stance



Body weight is rested on the right leg



Shifting





Away from the opponent



Closing in to the opponent







Away from the opponent







Away from the opponent







Away from the opponent



Closing in to the opponent





Away from the opponent

## Away from the opponent









Away from the opponent



Closing in to the opponent



Away from the opponent











Away from the opponent

Note: The same method applies to a fixed stance.

## From a Sitting Stance

Shifting to the left









To the Right

Note: The same method applies to both diagonal and parallel stances.



Away from the opponent









Away from the opponent



Closing in to the opponent

201

### Stepping (Omgyo Didigi)

Stepping is used for covering comparatively a wide distance. It is performed backward, foreward and sideways. Stepping is broken down into single, double and treble stepping though the foot can be moved in various ways, i.e., straight line, incurved line, outcurved line and zigzag line, the outcurved line is the one the student of Taekwon-Do must follow with the exception of rear foot stance.

### Basic Principles:

- The body must always be half facing the opponent when stepping backward and foreward.
- The body usually becomes side facing the opponent when stepping sideways.
- The knee spring of the stationary leg must be flexible and relaxed while stepping.
- The foot should be moved smoothly, leaving about one centimeter from the ground or floor.

The foot should not be dragged or lifted unless absolutely necessary or advised by an instructor.

Keep both legs slightly bent throughout the stepping.

### Single Stepping (Ilbo Omgyo Didigi)

This is almost exclusively used in Taekwon-Do and can be executed from all stances. Remember that every stance can be varied to another stance while stepping. (All steppings throughout this volume are considered single stepping unless otherwise directed).

#### The function of the knee

Unless the stationary leg remains flexible, the movement will definitely be inhibited and lack smoothness causing a difficulty in bringing the hand and foot into a simultaneous action due to the loss of dynamic stability.

Since the loss or gain of the mass depends entirely on the knee of the stationary leg, the proper use of the knee spring is the key to this technique.

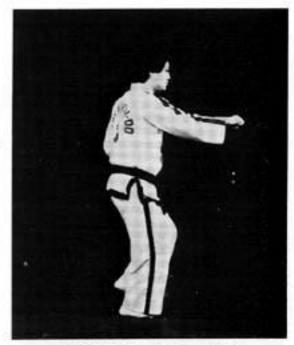
In the course of stepping, the knee can create three different postures as follows:

Among them, posture A is the only one used in Taekwon-Do.

#### Posture A

Relative waves formed by each posture.

Sine Wave (Yulson) .



Slightly bent about 30°

Horizontal Wave (Soopyongson)

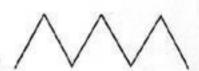
Posture C



Posture B

Extremely bent about 90°

Saw Tooth Wave (Topnal son)





Straight 180°

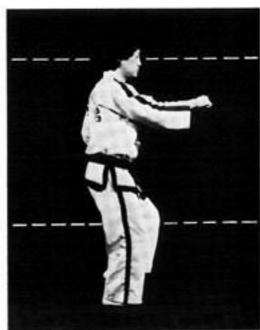
## Posture A

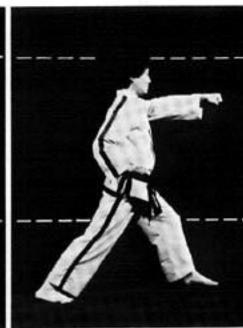
Bending the knee slightly gives the leg greater flexibility, imparting more momentum and speed to the motion.

### From a Walking Stance

Mass is gained.







Knee is raised







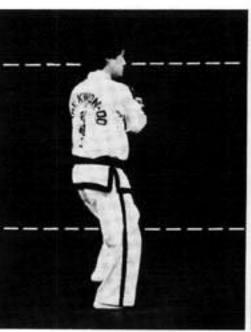
Knee is raised.







Stepping Forward





Stepping Backward

#### From an L-Stance

### Stepping Forward



Right L-Stance



Knee is raised.



Left L-Stance

Mass is gained.

Stepping Sideways

# From a Sitting Stance





Knee is raised.

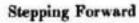


Mass is gained.

#### Posture B

The body not only losses the dynamic stability but the mass remains the same because the knee is sharply bent.

### From a Left Walking Stance









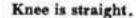
Knee remains sharply bent.

Mass remains the same.

Posture C
Since the knee is straight, the force of momentum is discontinued, thus reducing speed.









Speed is decreased.

Right L-Stance

Left Walking Stance









Right L-Stance

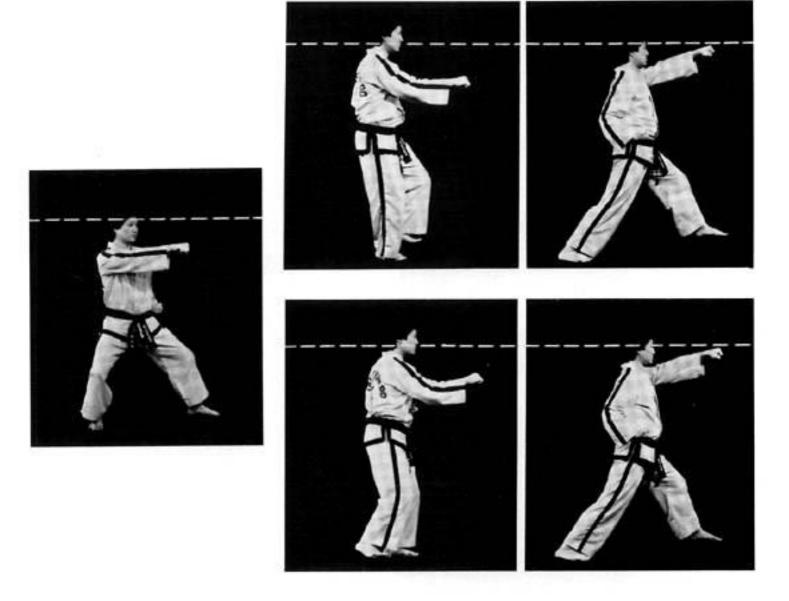
INCORRECT
The foot is moved in a horizontal line instead of a sine wave.



Right L-Stance

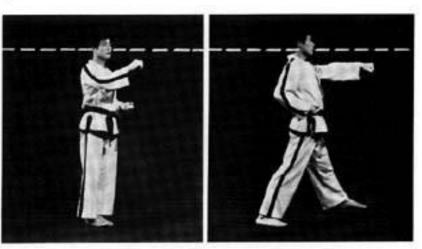






INCORRECT
The foot is moved creating a saw tooth wave instead of a sine wave.





#### **Outcurved Line**

In this method, the stepping foot reaches the destination passing the center line between the feet.

## From a Left Walking Stance





Frong View

Stepping Forward

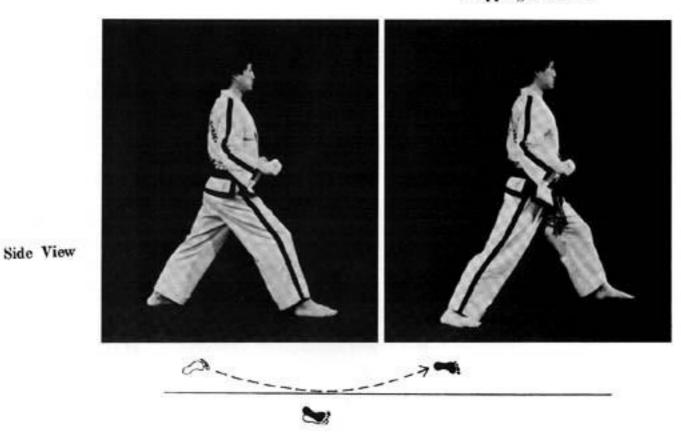


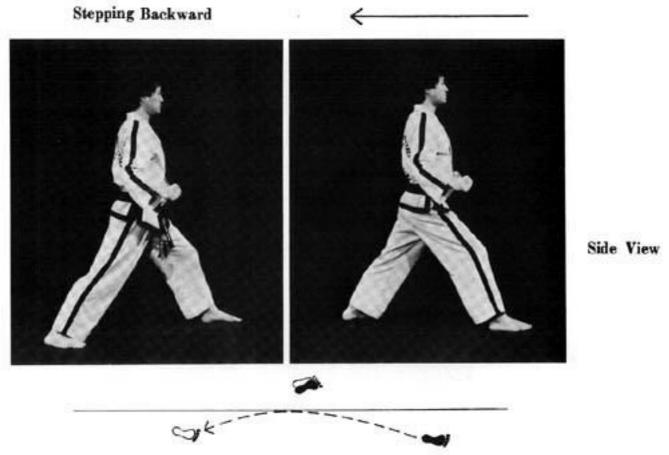


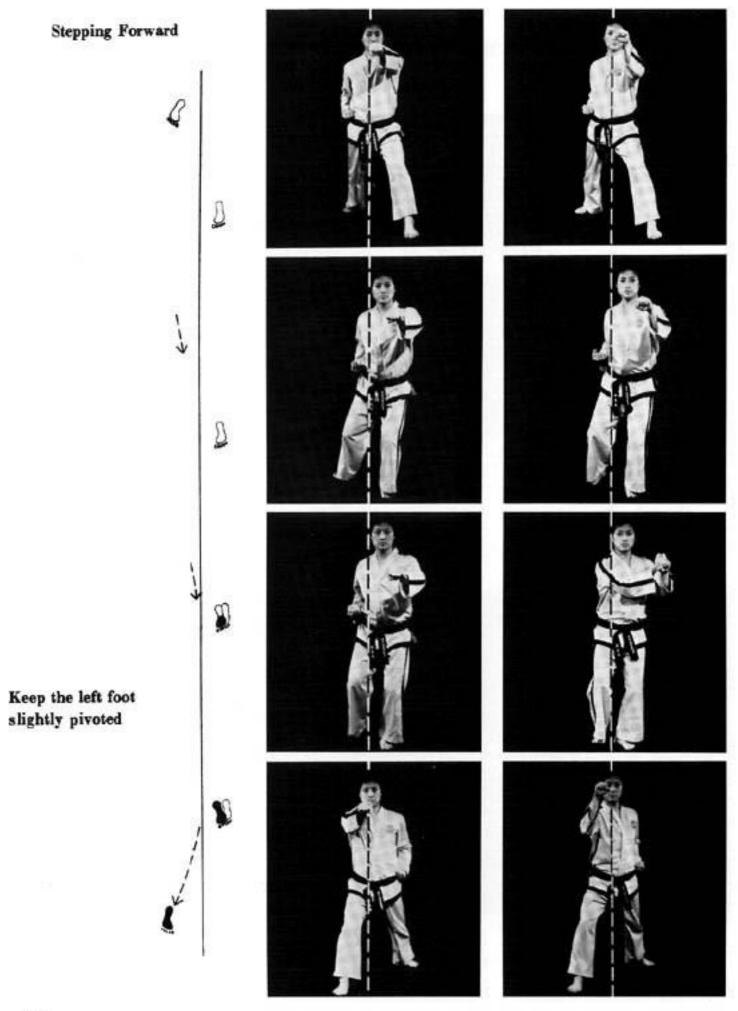
Stepping Backward

# From a Right Walking Stance

### Stepping Forward











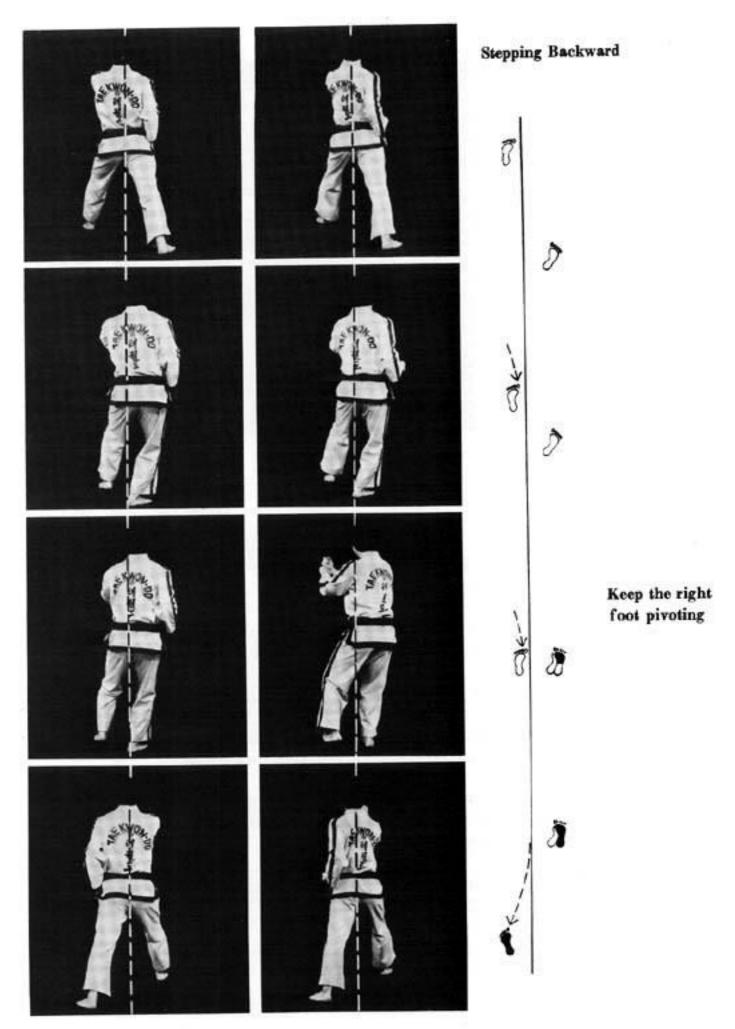


Side View

### Advantages

- A. The knee spring of the stationary leg, in this case the left leg, has started to function and the muscles of the hip and abdomen are ready to jerk.
  - B. Both attacking and blocking tools have started to move in the same direction as the hip or abdomen does.
- A. There is less of an opening for an attack since the body becomes half facing the opponent. The movement must be conducted smoothly and swiftly because the entire body is relaxed while dynamic stability is well maintained.
- A. A maximum of power is produced, for the muscles of the hip and abdomen are fully utilized while the mass or body weight is added maintaining, static balance.
  - B. The side block is performed logically and the whole body is protected by the blocking forearm.

The same principle is applicable to L-, rear foot, fixed and low stances.



From a Right L-Stance



Stepping Forward

# Stepping Backward







Stepping Forward







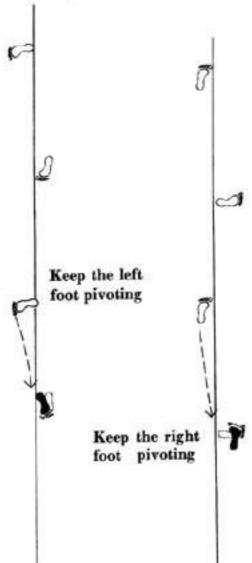
### Stepping Backward







Stepping Forward



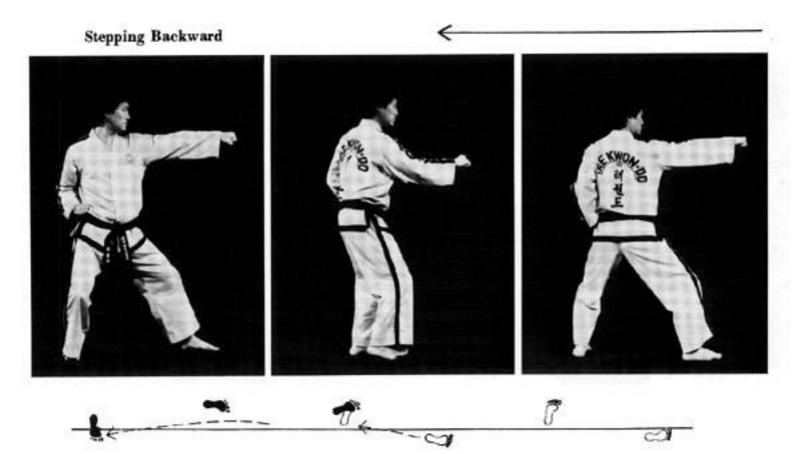


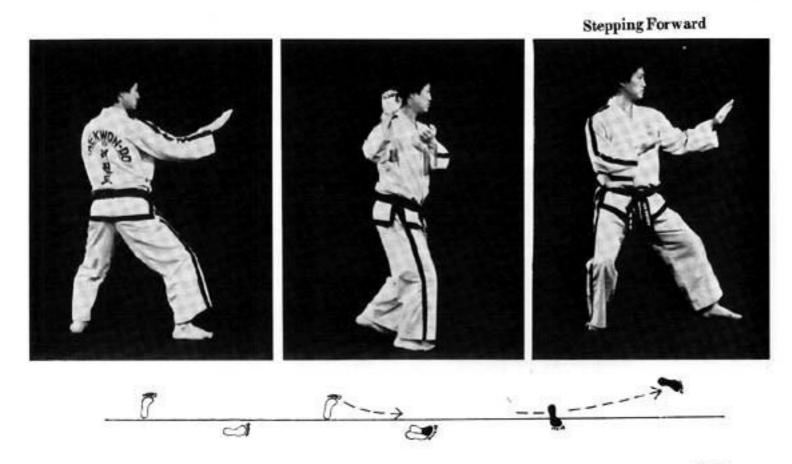






## From a Left L-Stance





# From a Left Rear Foot Stance





Stepping Backward





Stepping Forward



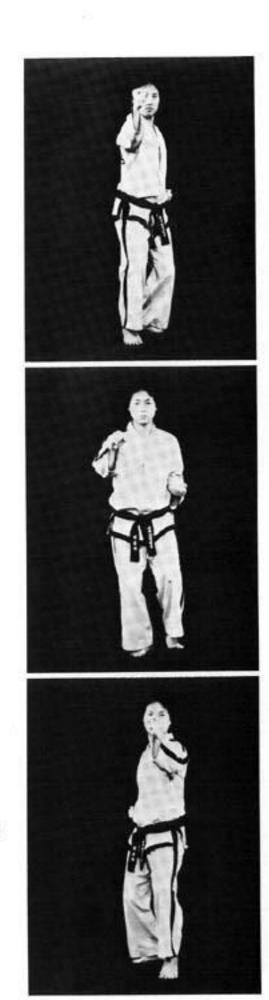








Stepping Forward



Stepping Forward





# From a Sitting Stance



Keep the left heel slightly off the ground.

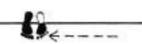
To the right













Keep the right heel slightly off the ground.

To the left





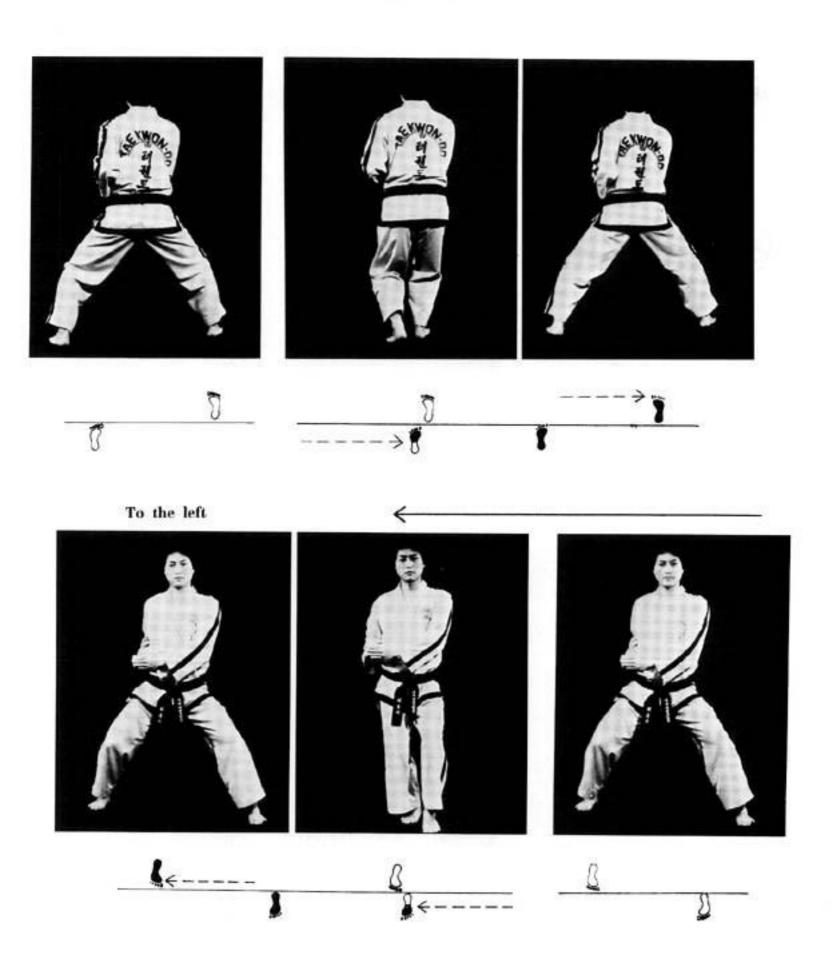








# From a Diagonal Stance





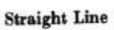


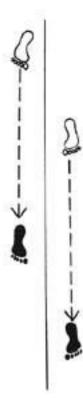
















**Backward Stepping** 

### Disadvantages

- The body is unprotected and open to the opponent.
   The student is in a poor position to utilize the muscles of hip and abdomen.
- A. In this position it is extremely difficult to produce maximum power because the knee spring of the stationary leg is not utilized.
  - It is difficult to bring hands and feet into action simultaneously.
  - B. The forearms are crossed at the center of the body rather than in front of the chest because the student is in an awakward posture.
- Stance is too short and wide after continuous movement putting the student in an unbalanced posture. This becomes more apparent in backward stepping motion. Both the dynamic and static stability can hardly be maintained.
  - A. The punch has failed to produce maximum power.
  - B. The block is extended beyond the point of focus because of full facing position instead of half facing.

# From a Walking Stance



Stepping Forward





Stepping Forward





Side View

Stepping Forward

Short and Wide

Shorter and Wider







Normal



\_\_\_\_\_

\_\_\_\_

Stepping Backward

Wider and Shorter

Widest and Shortest















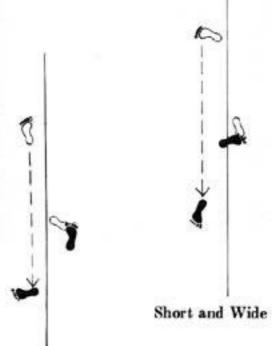
# From an L-Stance

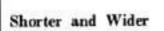
## Stepping Forward

Stepping Backward













Stepping Forward

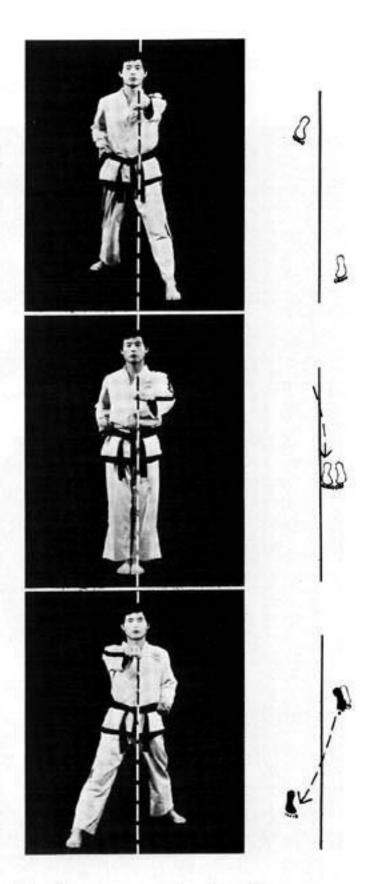






Zigzag Line
The stepping foot reaches
the destination passing by
the stationary foot.

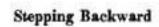




### Disadvantages

- A. A full facing position with respect to the opponent makes it difficult to utilize the hip and abdomen, reducing speed.
- B. The foot tends to move diagonally instead of forward, creating a stance that is too wide, resulting in weak punch. This principle is also applicable for blocking.

# From a Walking Stance











Stepping Forward





Stepping Backward

0





Side View

### From an L-Stance

### Stepping Backward





Stepping Forward





R 71



### Important:

Through the foregoing pages the student can see the close connection between the lines and waves. For example, an outcurved line creates a sine wave, a straight line, a horizontal wave and a zigzag line, a saw tooth wave.



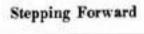
#### Incurved Line

This method counts for very little, except in the case of a rear foot stance.

The main disadvantages are:

- 1. Stance is too short and narrow especially after a backward movement.
- 2. Neither attacking tool nor blocking tool moves in the same direction as the hip or abdomen does. Stepping Backward

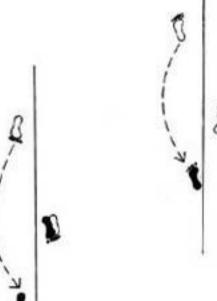
From a Walking Stance







Stance is short and narrow.







Stance is too short and narrow.

The same principle is applicable to other stances.

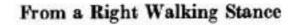
### Double Stepping (Ibo Omgyo Didigi)

In this technique the stepping is executed in two motions. It is used for covering a comparatively wide distance with a smooth movement.

The walking, L- and rear foot stances are used to move back and forth while sitting, and diagonal stances are for a lateral movement.

Stepping Forward







Keep the left heel slightly off the ground while pivoting with the right foot until the body becomes half facing the opponent.



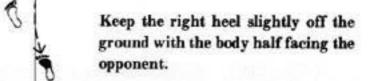


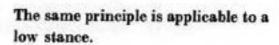
### Stepping Backward











# From a Right Walking Stance

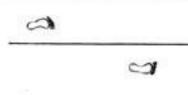
Keep the left heel slightly off the ground, with the body half facing.

Stepping Forward

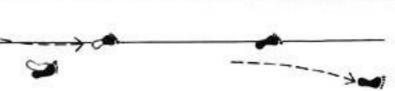












Stepping Backward

Keep the right heel slightly off the ground with the body half facing.



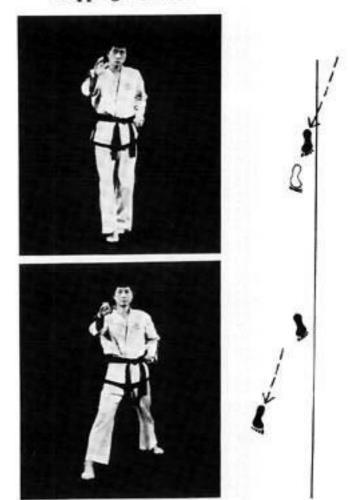






### From a Right Walking Stance

### Stepping Forward



#### INCORRECT

The left foot is moved behind the right foot, thus failing to perform a double stepping. The same principle is applicable to rear foot and L-stances.



#### INCORRECT

The left foot is moved to the side instead of the center line, thus the stance is too wide and short, missing the purpose.





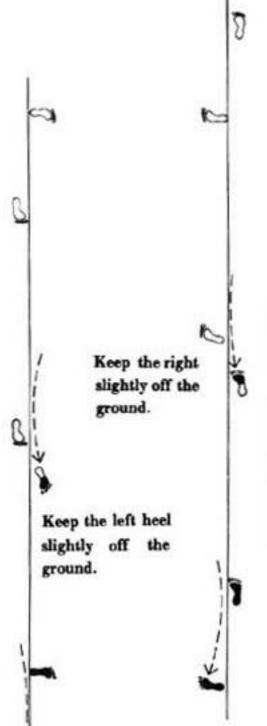
# From a Left L-Stance

## Stepping Forward















Stepping Backward

Keep the right heel slightly off the ground.

# From a Right Rear Foot Stance



Keep the left heel slightly off the ground.



Stepping Forward





Stepping Backward

# From a Left Rear Foot Stance

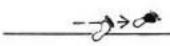
Stepping Forward













Stepping Backward





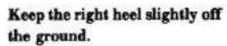


- F CO!

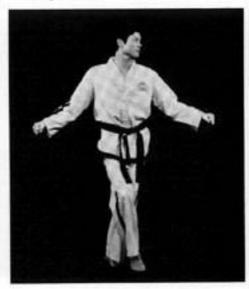
AK-J-

## From a Sitting Stance

To the left

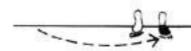


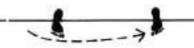






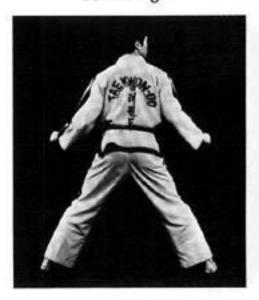






To the right

Keep the left heel slightly off the ground.







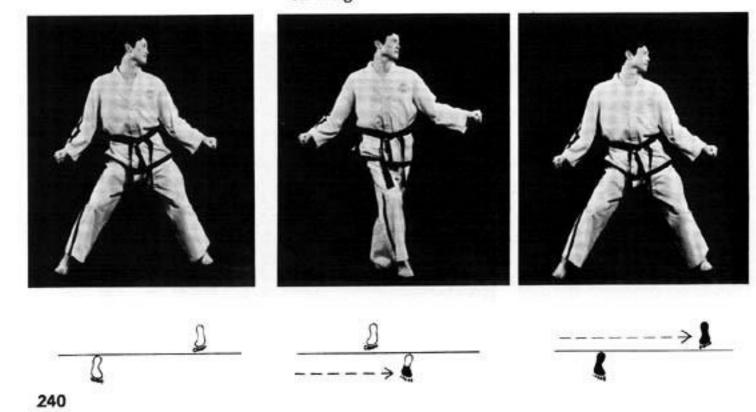




# From a Right Diagonal Stance

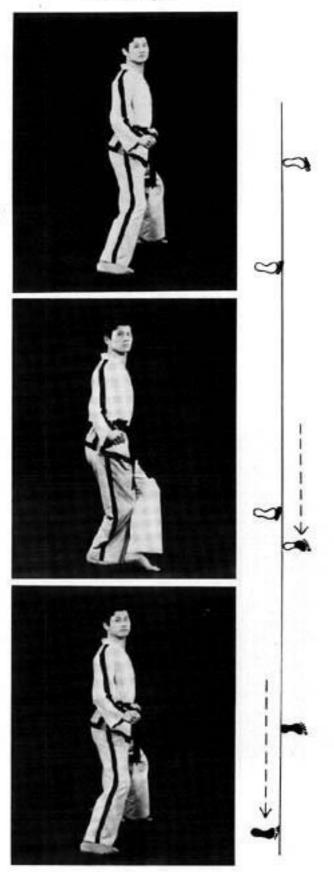
To the right off the ground.

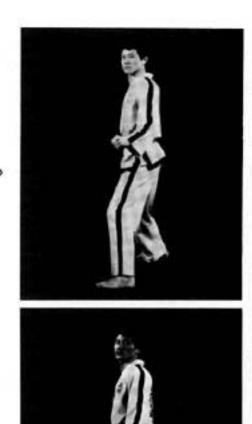
Keep the right heel slightly off the ground.



# From a Left Diagonal Stance

To the right









To the left

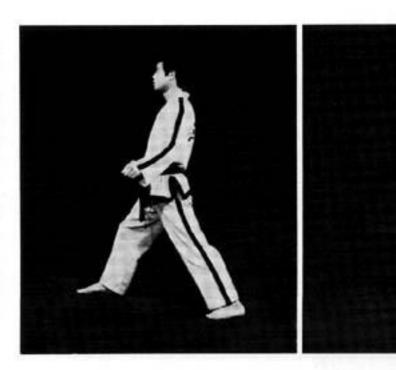
Treble Stepping (Sambo Omgyo Didigi)
This is chiefly executed from walking and
L-stances. It is used to cover a wider distance, moving back and forth. Sideway stepping is not possible.



Stepping Forward

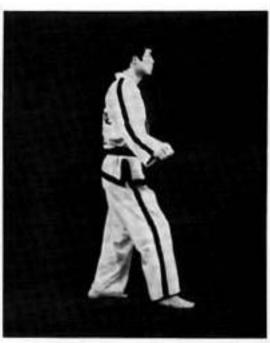
From a Right Walking Stance





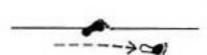














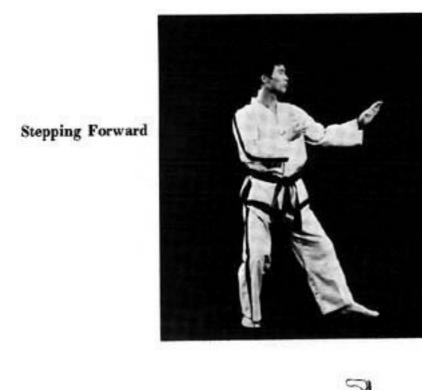




Stepping Backward



# From a Right L-Stance



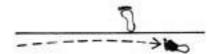










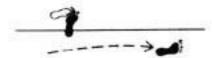














Stepping Backward



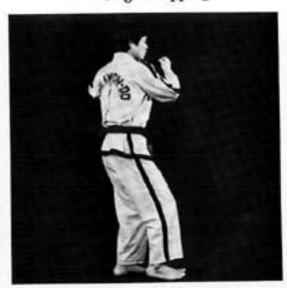
# Variation of Stance While Stepping

Left Walking Stance



Stepping Forward

Single Stepping



Changed into an L-Stance



Stepping Backward



Changed into a Sitting Stance.

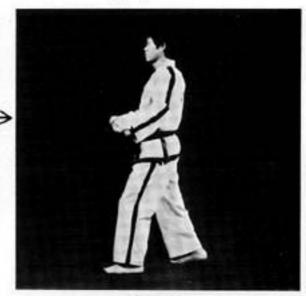




### Right Walking Stance



Stepping Backward









Changed into a Rear Foot Stance.

Changed into an L-Stance

Stepping Forward

# From a Right L-Stance

Stepping Forward



Changed into a Walking Stance





From a Left Rear Foot Stance

Changed into an L-Stance





Stepping Backward



# From a Sitting Stance

To the left



Changed into a diagonal stance.





From a Left Diagonal Stance

Changed into a walking stance





To the right



### Right Walking Stance

### Double Stepping Forward







Changed into a Sitting Stance

### Double Stepping Backward

Left Walking Stance



Changed into a Rear Foot Stance.





Right Walking Stance



Double Stepping



Forward



Changed into a sitting stance.

Changed into a rear foot stance



Backward



**Double Stepping** 



Left L-Stance

The same method is applicable to a fixed stance.

Backward

Double Stepping

Sitting Stance







Changed into a diagonal stance.

Left Rear Foot Stance

Double Stepping

Forward



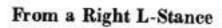




Changed into a Sitting Stance.



Forward

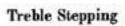






Changed into a walking stance









From a Right Walking Stance



Forward



Treble Stepping



Changed into a Right Rear Foot Stance



#### Shift-Stepping (Jajunbal Omgyo Didigi)

This is merely a stepping motion following a shifting motion, and it can be performed with any combination; e.g. single shifting with single stepping, single shifting with double stepping, double shifting with single stepping, double shifting with double stepping or treble stepping and so on. Walking, L- and sitting stances are common for this technique though occasionally fixed, diagonal or parallel stances are used.

#### Single Shifting with Single Stepping

From a Left Walking Stance



Forward



Backward







# From a Right L-Stance

#### Forward













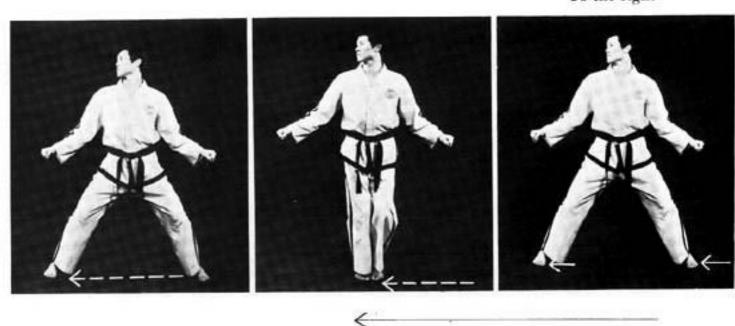
The same method is applicable to a fixed stance.



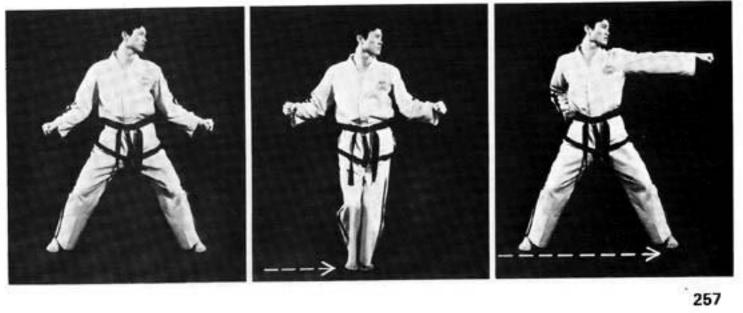


From a Sitting Stance

To the right



To the left



Single Shifting with Double Stepping





From a Left Walking Stance

Backward







From a Right L-Stance











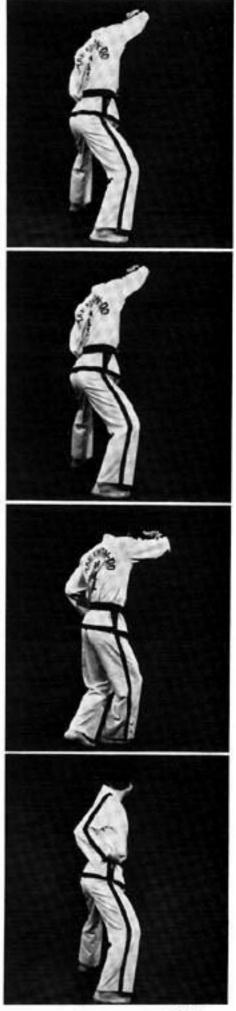
Forward



Forward



From a Left Fixed Stance



Backward

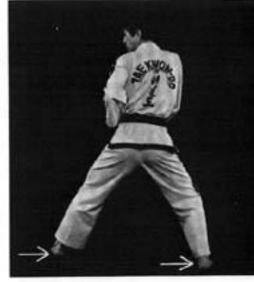
From a Sitting Stance





From a Right Diagonal Stance





To the right



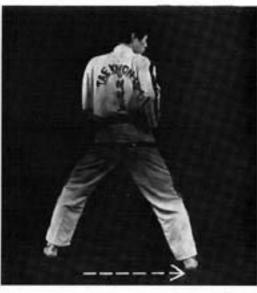






To the left





To the right





From a Parallel Stance

# Double Shifting with Single Stepping

# From a Walking Stance







Forward







## Forward



Backward





## From an L-Stance

The same method is applicable to a fixed stance.

Right L-Stance



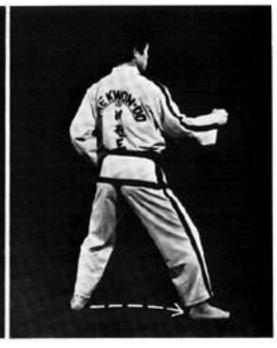


Forward









Left L-Stance



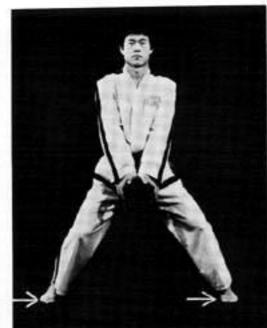


Backward

From a Sitting Stance

To the left



















To the right







## Double Shifting with Double Stepping

From a Right Walking Stance







From a Right L-Stance





From a Sitting Stance











Forward











To the left

The same method can be used for double shifting with treble stepping or treble shifting with any number of stepping motions.

## Step-Shifting (Omgyo Didimyo Jajunbal)

This is a reverse motion of shift-stepping, and it can be executed from nearly all stances as far as single stepping is concerned.

## Single Stepping with Single Shifting

From a Left Walking Stance



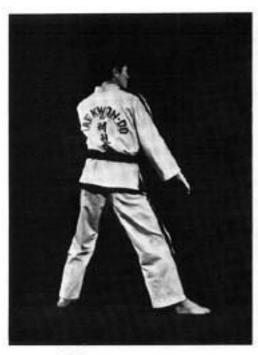




Forward

From a Left L-Stance

The same method is applicable to a fixed stance.







Forward



From a Sitting Stance
The same method is applicable to diagonal and parallel stances.







From a Right Rear Foot Stance







# Double Stepping with Double Shifting







Backward



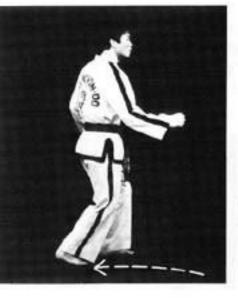


Right L-Stance











Right Walking Stance







Forward





Sitting Stance

Sliding (Mikulgi)

This is one of the most effective techniques in Taekwon-Do for covering a long distance in one smooth motion. It is mainly performed with L- and rear foot stances, though occasionally a sitting or fixed stance is used. It can also be executed from any combination; e.g. slide-shifting, shift-sliding, step-sliding, slide-stepping, shift-step sliding, double slide-stepping or double step-shift sliding, and so on.



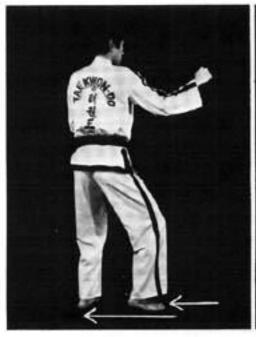
Forward

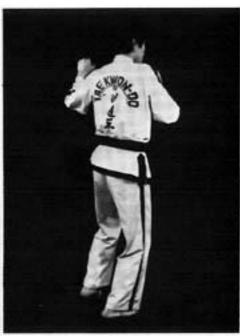


Changed into a Rear Foot Stance



Backward

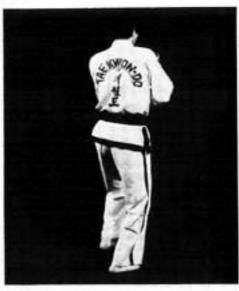






## L-Stance







Sitting Stance







Fixed Stance





Slide-Stepping

Double Slide-Stepping







Double Step-Shift Sliding

Closing in to the opponent









Away from the opponent



Away from the opponent







Slide-Shifting



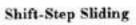
Shift-Sliding



Step-Sliding



Closing in to the opponent



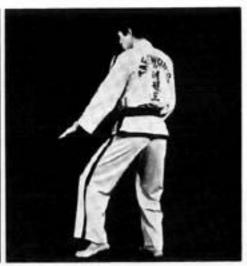






Closing in to the opponent





Away from the opponent





Away from the opponent







Turning (Dolgi)

Turning is classified into spot-turning, step-turning and double step-turning, etc.

The following principles must be observed:

- 1. The ball of the foot is used always as the pivot.
- Do not lift the heel more than necessary to complete a smooth turning motion.
- 3. Direction of actual turning should be as short as possible.
- 4. The knee of the stationary leg must be slightly bent while turning.

#### Spot-Turning (Gujari Dolgi)

The purpose of this technique is to meet the opponent approaching from behind, and is executed in three different methods. It is mainly performed with walking, L- and rear foot stances, though occasionally a fixed or low-stance is used.

Left Walking Stance



Counter-clockwise Turning

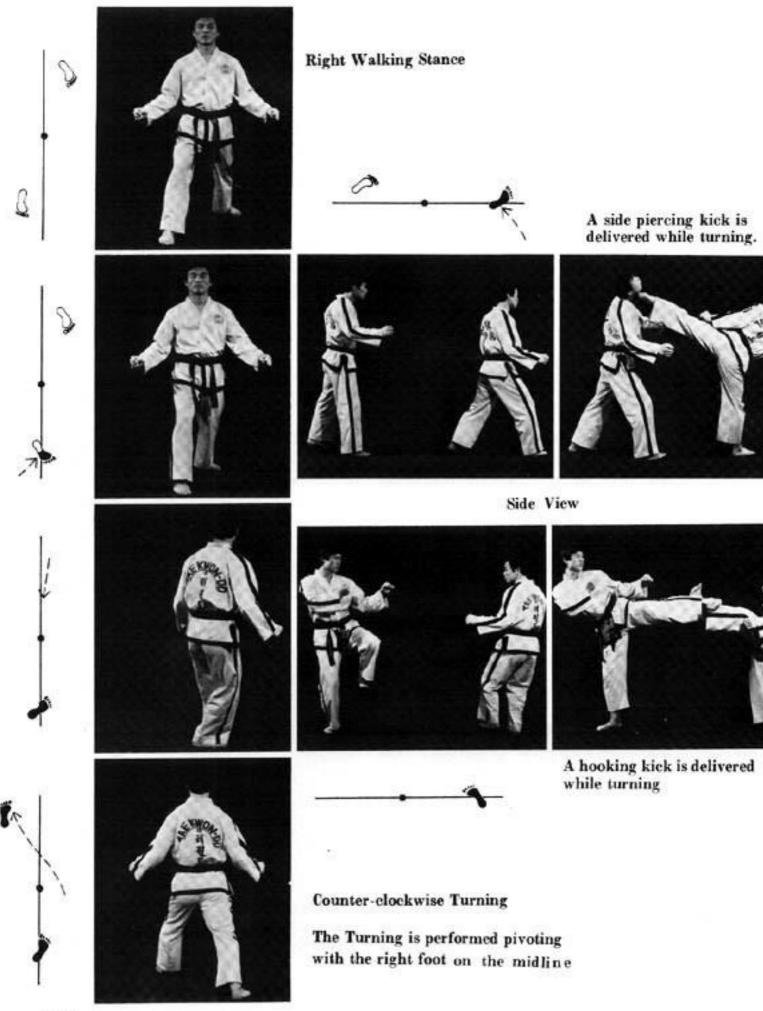


S. T. S.

Right Walking Stance



Clockwise Turning



#### Method One

The turning is performed after moving one foot on the midline between the feet











#### Advantage and disadvantage

- Any attack or defence can be performed with either foot during the turning.
- 2. Direction of actual turning is minimized.
- The line of axis is comparatively well maintained.
- Correct stance can be performed with one motion.
- 5. Turning is excuted in two motions.
- A rhythmic movement coupled with reaction force is fully utilized.

The turning is performed after moving the left foot on the midline

Counter-clockwise Turning





# From a Left Walking Stance

## **Clockwise Turning**













Counter-clockwise Turning

The same method is applicable to a low stance.



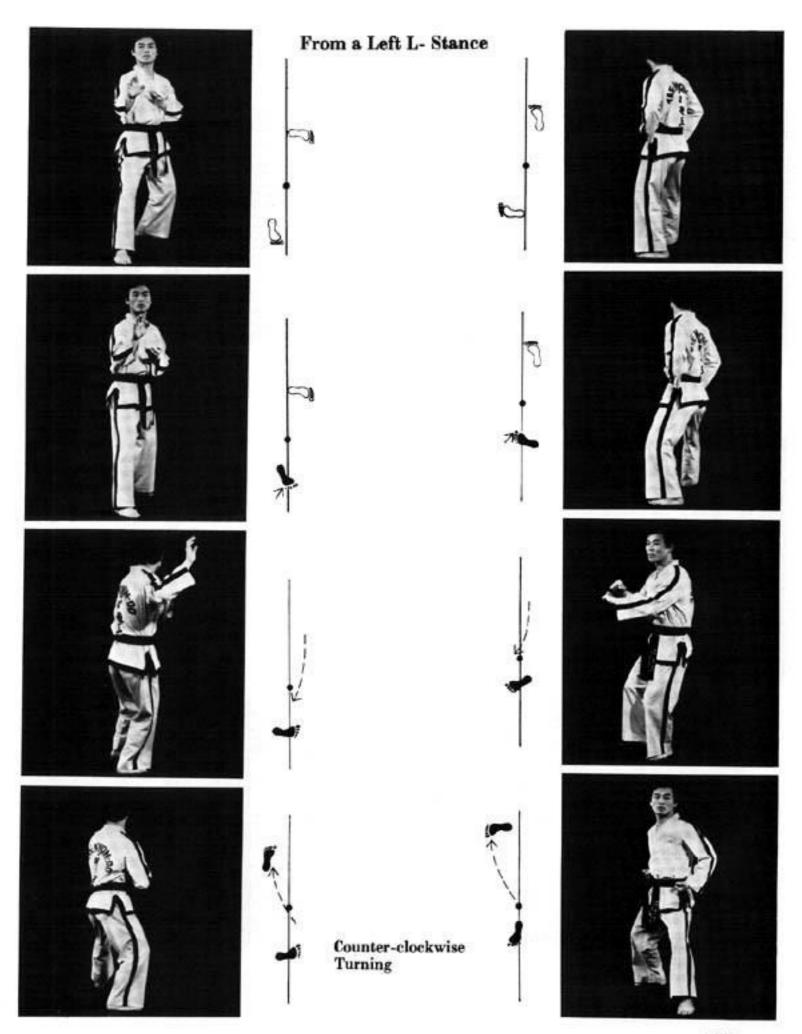






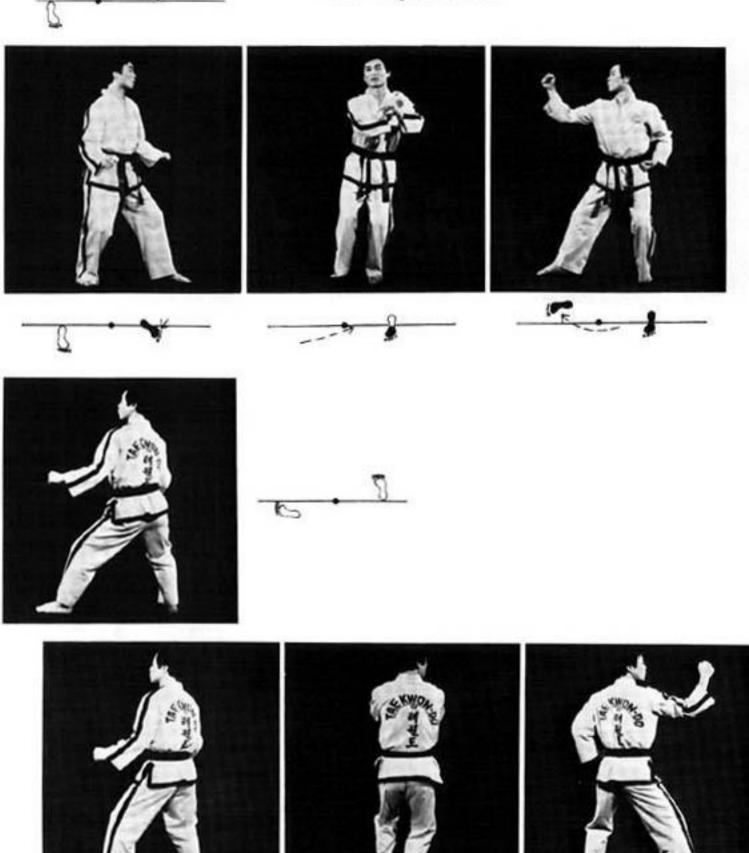






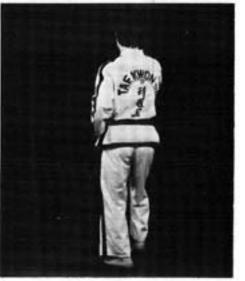
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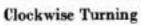
# From a Right L-Stance



Only the front foot can be moved on the midline as shown in this page.

Right Rear Foot Stance





















Counter-clockwise Turning

#### Right Walking Stance

## Method Two

- Correct stance can be performed in one motion.
- A limited attack or defence can be performed during the turning.
- 3. Turning is excuted in one motion.
- 4. The line of axis can hardly be maintained.
- The direction of actual turning is comparatively longer.

The turning is performed pivoting with the right foot.











Right Walking Stance



Knee joint is being attacked during the turning.





Side View

The turning is performed pivoting with the left foot.

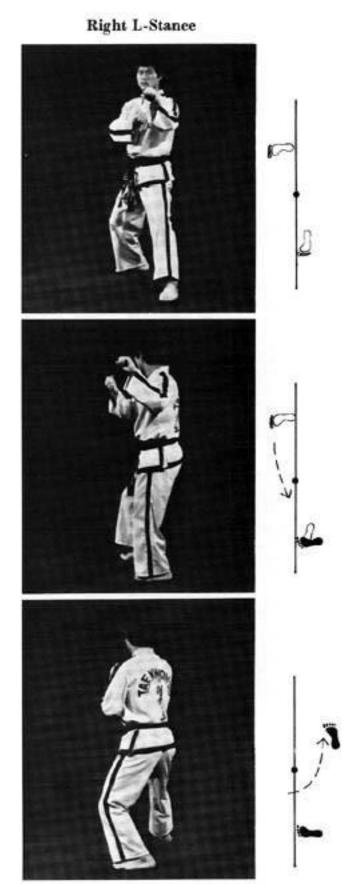


A turning kick is delivered while turning.

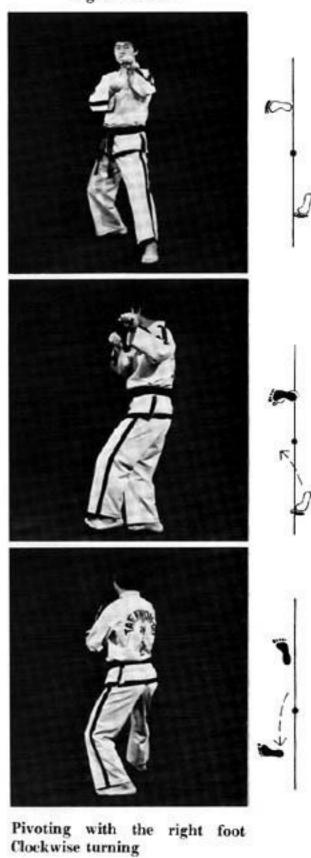
Counter-clockwise Turning

The same method is applicable to a low stance.

Right L-Stance

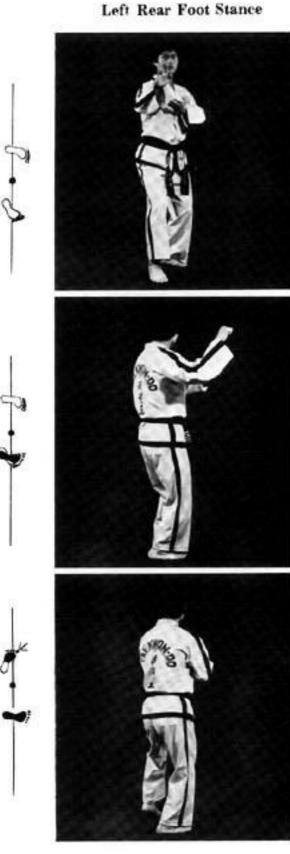


Pivoting with the left foot Clockwise turning



The same method is applicable to a fixed stance.

#### Left Rear Foot Stance



Pivoting with the right foot Counter-clockwise turning



Pivoting with the left foot Counter-clockwise turning

Pivoting is possible only with the front foot as shown in this page.

#### **Method Three**

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

#### Advantages and disadvantages

- The balance of the body is broken due to the double shoulder width which is belly.
- Neither attack nor defence is possible during the turning because the body weight is evenly distributed on both legs.
- 3. Hard to maintain the line of axis.
- Stance has to be readjusted after the turning to have an ordinary distance between the feet.
- Turning is performed in two motions.
- The duration of actual turning is comparatively shorter.



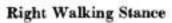








Counter-clockwise Turning



Left Walking Stance

Not only is the balance broken but also it is impractical to move the foot to a double shoulder width in a parallel line.









Both legs are being attacked while turning.





Stance has been readjusted, for it was short.



#### Step-Turning

The advantage of this technique is the ability to face an opponent in any direction while being able to instantly change the direction and body position as well as covering a wide distance.

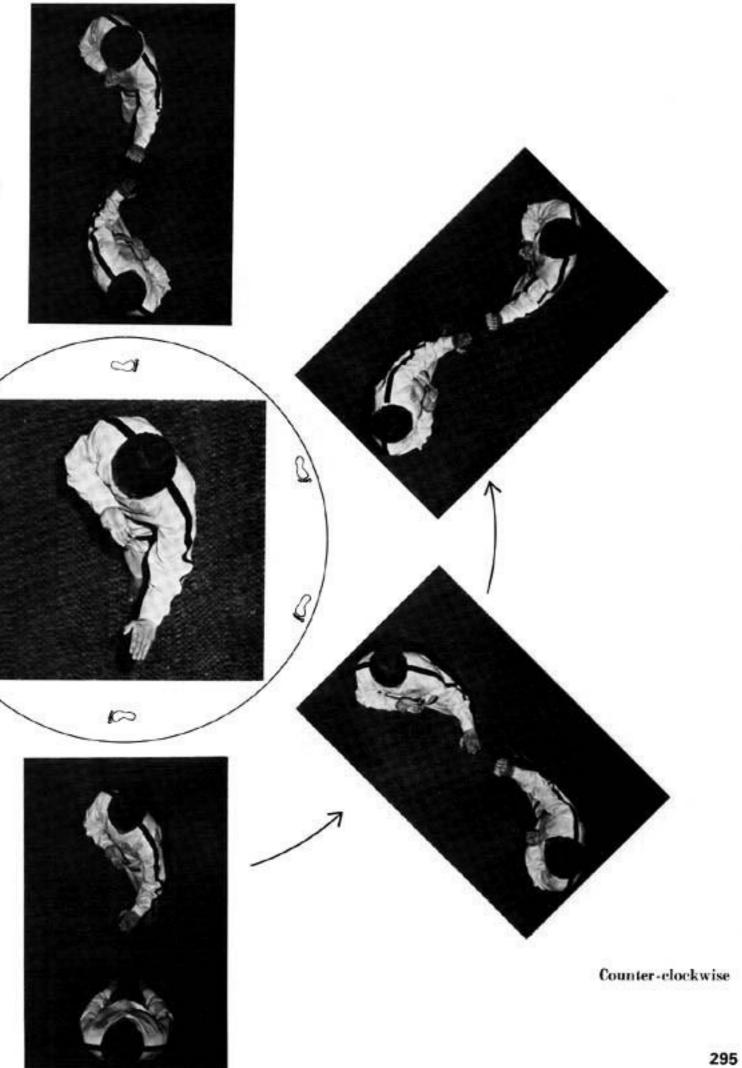
For exercise purposes, this turning is executed in the opposite direction, in a 180 degree radius, however, it can be executed clockwise, counter-clockwise, forward or backward.

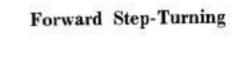
The step-turning can also be performed in any combination of shifting or sliding motion.

Walking, L- and sitting stances are common though occasionally a fixed or diagonal stance is used.

Clockwise

How to face an opponent

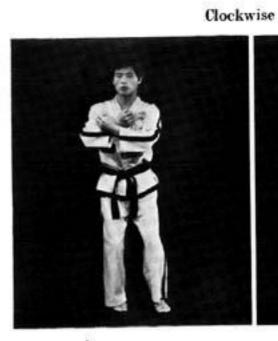






From a Right Walking Stance

Clockwise



0



CI





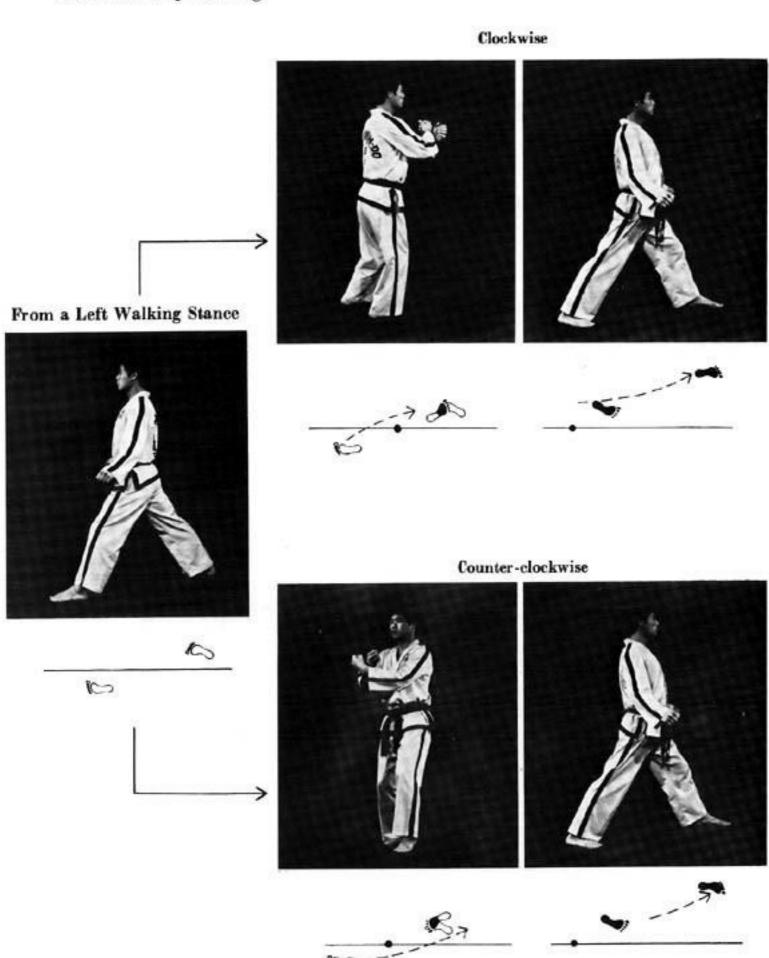


Counter-clockwise

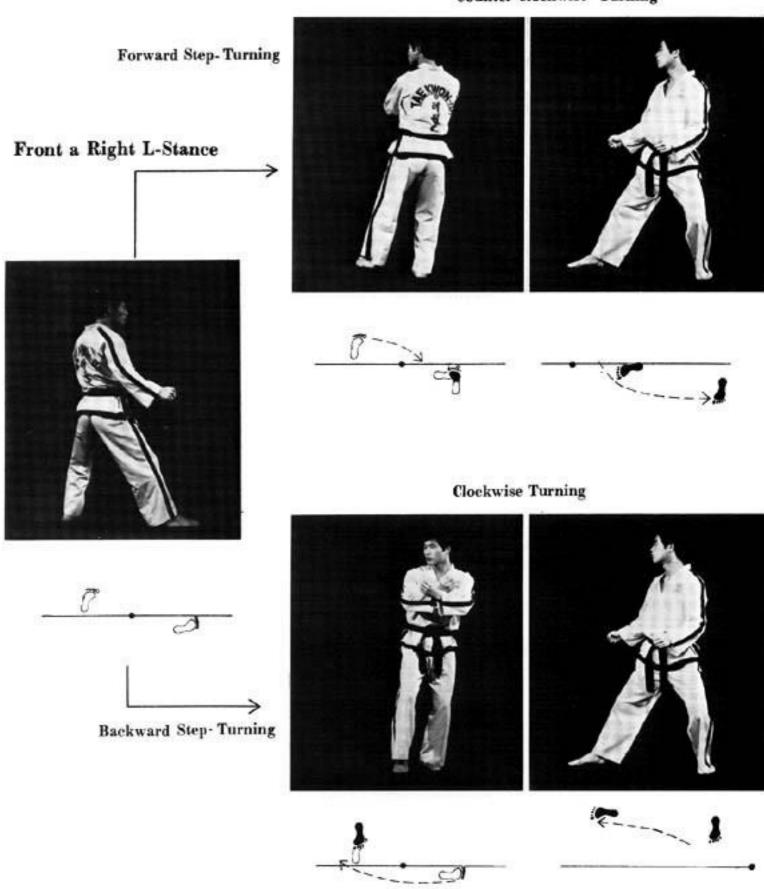




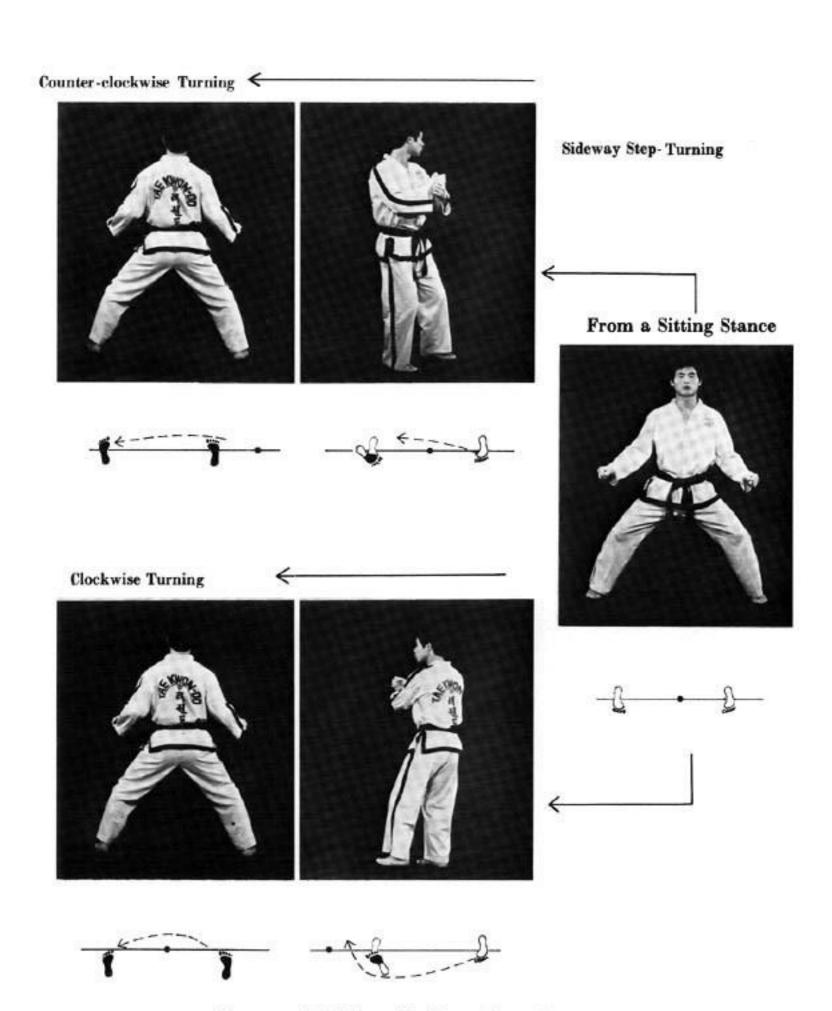
## Backward Step-Turning



#### Counter-clockwise Turning



The same principle is applicable to a fixed stance.



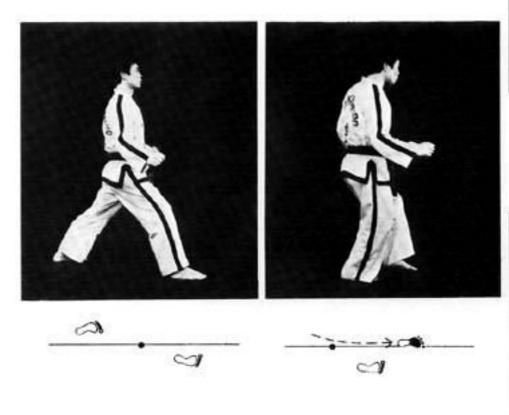
The same principle is applicable to a diagonal stance.

#### Double Step-Turning (Ibo Omgyo Didimyo Dolgi)

This turning can cover a wider distance than the others, and is conducive for changing directions. It is executed forward, backward and either clockwise or counter-clockwise.

It can be performed with any combination of stances, stepping, shifting, sliding or jumping motions. Walking L- and rear foot stances are most common though occasionally a fixed or low stances are used.

#### Forward Double Step-Turning



From a Right Walking Stance





From a Left Walking Stance

Counter-clockwise Turning

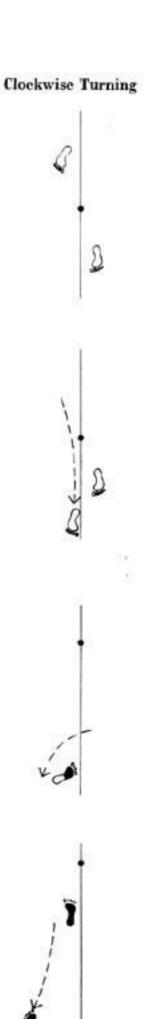






Clockwise Turning





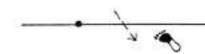






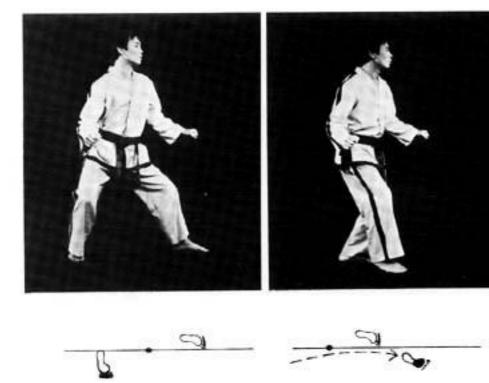


#### Counter-clockwise Turning



From a Right L-Stance









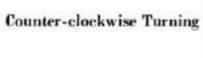
Clockwise Turning





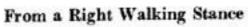


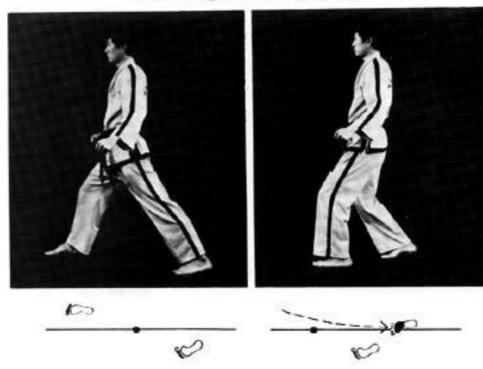




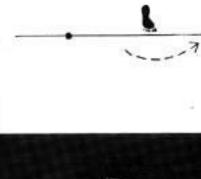
## Backward Double Step-Turning

Counter-clockwise Turning









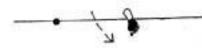




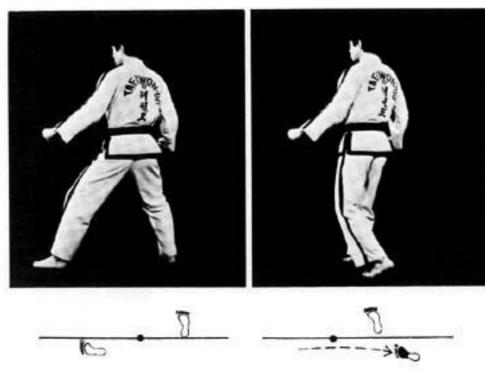
Clockwise Turning

# From a Left Walking Stance **Clockwise Turning** Counter-clockwise Turning Clockwise Turning The same principle is applicable to a low stance.

Counter-clockwise Turning



From a Right L-Stance



The same principle is applicable to a fixed stance.







Clockwise Turning

From a Left L-Stance Clockwise Turning

## Variation of Stance While Turning

## Spot Turning



Left Walking Stance



Clockwise Turning



Changed into a Left L-Stance



Changed into a Right L-Stance



Counter-clockwise Turning



Right Walking Stance



Right L-Stance



Clockwise Turning



Changed into a left rear foot stance

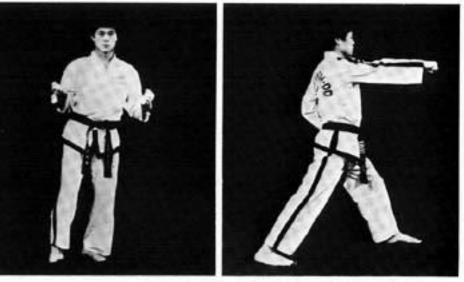
Left L-Stance



Counter-clockwise Turning



Changed into a left walking stance



## Double Step-Turning







Changed into a Rear Foot Stance













Changed into an L-Stance



# Double Step-Shift-Slide Turning









Changed into an L-Stance























Shift- Treble -Step - Slide Turning

Changed into a Sitting Stance





Shfit-Treble-Slide Turning

Changed into a Fixed Stance





Double-Step-Shift-Jump Turning

Changed into an X-Stance

#### Jumping (Twigi)

There are two purposes for jumping:

- To cover a protracted distance in one motion.
- To dodge a low swinging pole or sword attack.

A correct posture should be resumed immediately after landing.

The L-, sitting and X-stances present the best postures for this technique.

























INCORRECT

Both feet are drooped.



#### Body Dropping (Mom Nachugi)

Although not widely used, this technique can be quite successful when applied properly. One of the primary purposes of this technique is to evade a flying attack directed toward the high section.

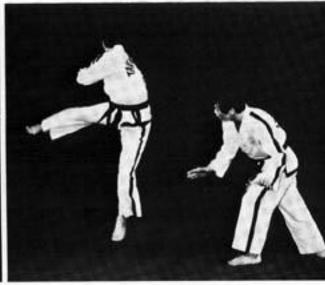
The drop must be performed in one swift motion without any "telegraphing" on the part of the defender. If the assailant is able to anticipate the drop, the defender will, in his prone position, be mainly helpless.

Do not attempt to bob or weave the head before the execution; not only is this a useless maneuver but the defender may also lose sight of even the slightest variation of the opponent's movement.







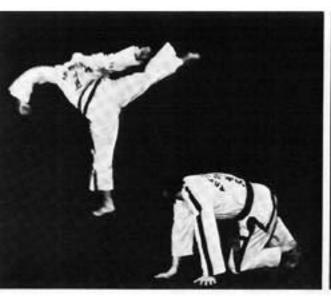














## Foot Lifting (Bal Dulgi)

This technique is normally used to avoid a pressing or sweeping kick. An added advantage is the ability to counter-attack with the same foot.















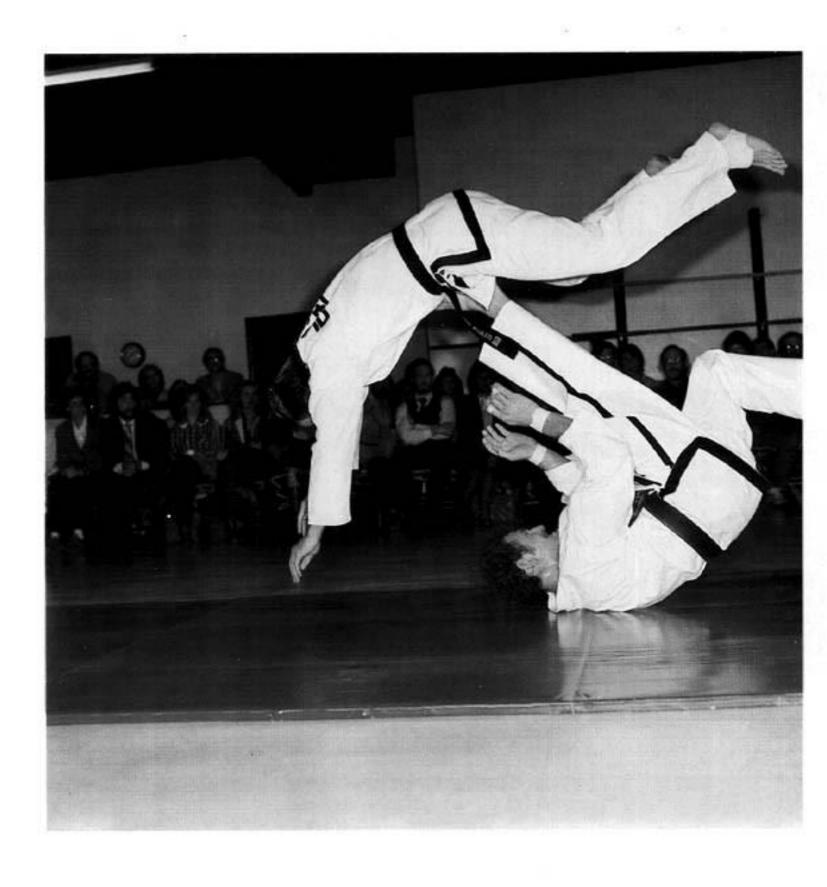












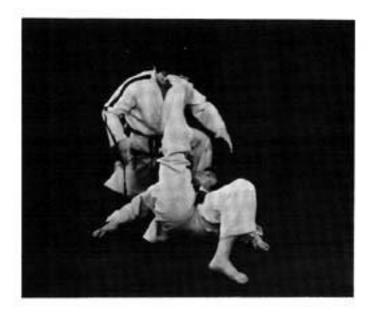
## GROUND FOOT TECHNIQUE (Noowo Bal Gisool)

The student of Taekwon-Do should be able to meet an opponent or opponents even in a reclining position. A technique performed with the foot while lying down is called a "ground foot technique" and is used at a close range.

It is divided into attack and defence techniques.

#### Ground Front Snap Kick

(Noowo Apcha Busigi)





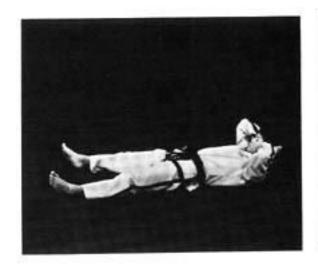


With shoes on



With twin foot

## Ground Side Piercing Kick (Noowo Yopcha Jirugi)





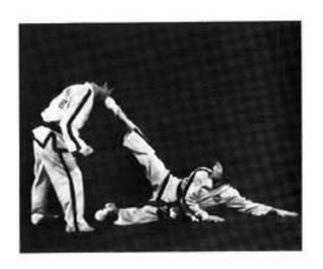




Ground Side Thrusting Kick (Noowo Yopcha Tulgi)

The kicking procedure is the same as that of a ground side piercing kick with the exception of the attacking tool.





## Ground Downward Kick (Noowo Naeryo Chagi)

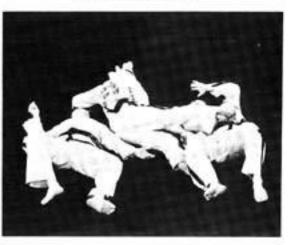
This technique is mainly performed with the back heel though occasionally the ball of the foot is used. In either case the kicking leg must be properly bent at the moment of impact.

Back Heel



Ball of the Foot









## Ground Turning Kick (Noowo Dollyo Chagi)





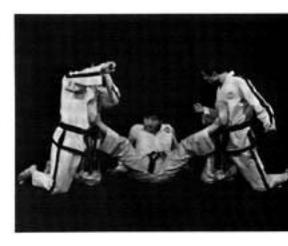


Ground Vertical Kick (Noowo Sewo Chagi)



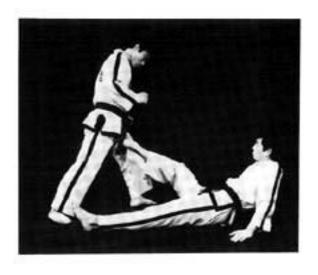


Two Direction Kick



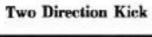
## Ground Twisting Kick (Noowo Bituro Chagi)

The ball of the foot is the main attacking tool though the instep is also a tool for middle twisting kick and the toes can be used when wearing shoes.



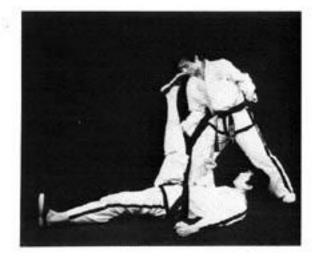






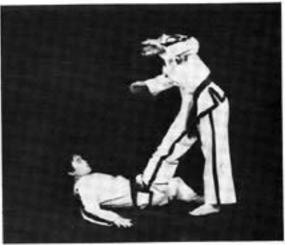






# Ground Front Checking Kick (Noowo Apcha Momchugi)





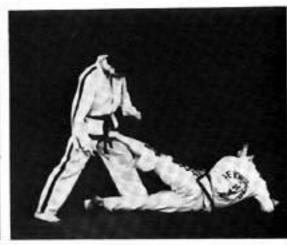
Ground Crescent Kick (Noowo Bandal Chagi)





Ground Hooking Kick (Noowo Golcho Chagi)







## Ground Leg Crossing (Noowo Dari Kogi)

This is widely used for protecting the lower abdomen or points below. An advantage of this technique is that the blocking legs can be swiftly coverted into a simultaneous counter-attack to both sides.



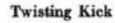






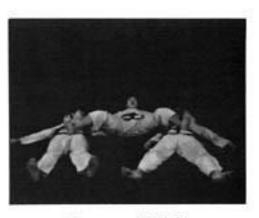








Vertical Kick



Downward Kick



Ground Knee Bending (Noowo Moorup Guburigi)

The uses of this technique are similar to those of a leg crossing.





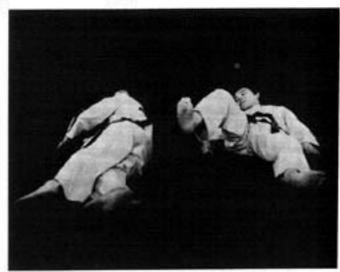








## Ground Dodging (Noowo Pihagi)



Rolling out









Rolling in

#### APPENDIX

Crescent Kick Flying Crescent Kick Flying Hooking Kick BLOCKING- Front Checking Kick Front Rising Kick Ground Checking Kick Ground Crescent Kick DEFENCE TECHNIQUES-**Body Dropping** Foot Shifting Jumping Knee Bending DODGING- Leg Crossing Leg Lifting Rolling FOOT TECHNIQUES-Sliding Stepping Turning Back Piercing Kick Back Pushing Kick Back Snap Kick Consecutive Kick Counter Kick ATTACK TECHNIQUES -Directions of Kick Dodging Kick Downward Kick Front Snap Kick Grasping Kick Ground Downward Kick Ground Front Snap Kick Ground High Twisting Kick Grond Middle Twisting Kick Grond Side Piercing Kick Ground Side Thrusting Kick

Ground Turning Kick

Ground Vertical Kick

Flying Back Piercing kick

Flying Combination Kick

Flying Combination Kick and Punch

Flying Concecutive Kick

Flying Crescent Kick

Flying Double Foot Side Pushing Kick

Flying Front and Turning Kick

Flying Front and Twisting Kick

Flying Downward Kick

Flying Four Direction Kick

Flying Front and Double Kick

Flying Front Kick

Flying Front Side Kick

Flying High Kick

Flying High Side Kick

Flying High Turning Kick

Flying High Twisting Kick

Flying Hooking Kick

Flying Horizontal Double Side Kick

Flying Horizontal Striking Kick

Flying Horizontal Triple Side Kick

Flying Inward Vertical Kick

Flying Middle Twisting Kick

Flying Outward Vertical Kick

Flying Reverse Turning Kick

Flying Scissor-Shape Kick

Flying Side and Back Kick

Flying Side and Turning Kick

Flying Side Front Kick

Flying Side Piercing Kick

Flying Side Pushing Kick

Flying Side Thrusting Kick

Flying Square-Punching Kick

Flying Spiral Kick

Flying Three Direction Kick

Flying Trapezoid Kick

Flying Triple Turning Kick

Flying Turning Kick

Flying Twin Foot Front Kick

Flying Twin Foot High Kick

Flying Twin Foot Side Piercing Kick

Flying Twin Foot Side Thrusting Kick

Flying Twin Foot Turning Kick

Flying Twin Foot Twisting Kick

Flying U-Shape Punching Side Kick

Flying Vertical Double Side Kick

Flying Vertical Punching Front Kick

Flying Vertical Triple Side Kick

Foot Tackling

Inward Vertical Kick

Mid-Air Kick

Outward Vertical Kick

Overhead Double Kick

Ouverhead Kick

Pick Shape Kick

Reflex Kick

Reverse Hooking Kick

Reverse Turning Kick

Side Front Snap Kick

Side Piercing Kick

Side Punching Kick

Side Pushing Kick

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- 2) History of Taekwon-Do
- 3) Moral Culture
- 4) Philosophy
- 5) Training Schedule
- Cycle and Composition of Taekwon-Do
- 7) Demonstration
  - A) Model Sparring
  - B) Pre-arranged Free Sparring
  - C) Sample of Self-defence Techniques
- 8) About the Author
- 9) Group photos

VOLUME II:

- 1) Theory of Power
- 2) Attacking and Blocking Tools
- Vital Sports
- 4) Training
  - A) Training Hall
  - B) Conduct in Do Jang
  - C) Training Equipment
  - D) Practice Suits
- 5) Stances
- 6) Training Aids

**VOLUME III:** 

Hand Techniques

**VOLUME IV:** 

Foot Techniques

**VOLUME V:** 

Sparring

**VOLUME VI:** 

Fundamental Exercises (A)

**VOLUME VII:** 

Fundamental Exercises (B)

- VOLUME VIII: 1) Four-Direction Punch
  - 2) Four-Direction Block
  - 3) Pattern Chon-Ji
  - 4) Pattern Dan-Gun
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- VOLUME IX: 1) Pattern Won-Hyo
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- VOLUME X: 1) Pattern Toi-Gae
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- VOLUME XII: 1) Pattern Eui-Am
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- VOLUME XIV: 1) Pattern Yon-Gae
  - 2) Pattern UI-Ji
  - Pattern Moon-Moo
- VOLUME XV: 1) Pattern So-San
  - 2) Pattern Se-Jong
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