

ENCYCLOPEDIA  
of  
TAEKWON-DO

Volume

5

## General Choi Hong Hi



<b>Born</b>	9 November 1918 Hwadae, Myongchon County, North Hamgyong Province, Japanese Korea
<b>Died</b>	15 June 2002 (aged 83) Pyongyang, North Korea
<b>Style</b>	Taekkyeon, Karate, Taekwondo
<b>Teacher(s)</b>	Han Il Dong (Taekkyeon), Kim Hyun Soo (Karate)
<b>Rank</b>	■ 9th <i>dan</i> , Grand Master, principal founder, taekwondo (ITF), ■ 2nd <i>dan</i> karate

# **ENCYCLOPEDIA OF TAEKWON-DO**

2nd Edition. 1987.

**GEN. CHOI HONG HI**

**VOLUME V**

*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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Taekwon-Do  
in Korean Character

Taekwon-Do  
in Chinese Character





*choi hong hi*

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*)

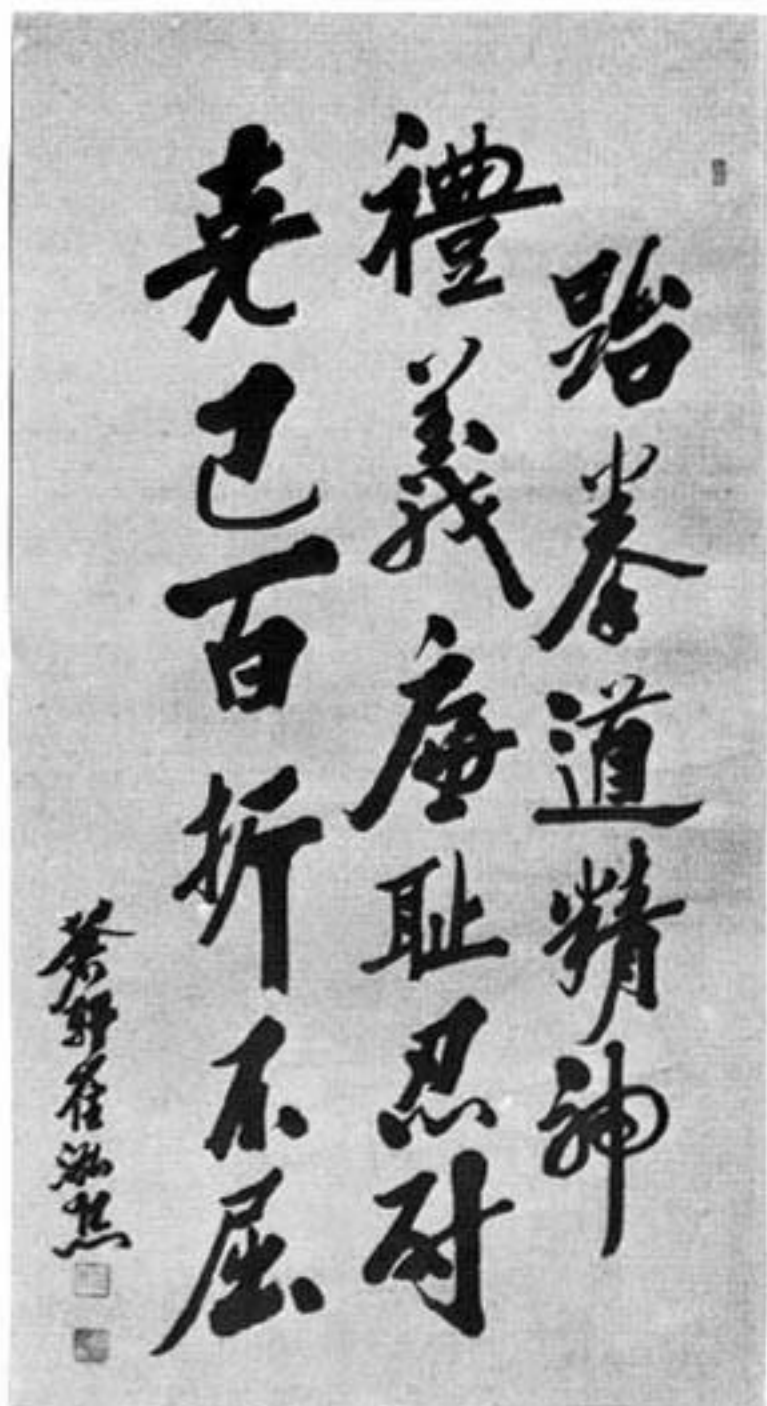
Integrity (*Yom Chi*)

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
- 5) To distinguish instructor from student, senior from junior, and elder from younger
- 6) To behave oneself according to etiquette
- 7) To respect others' possessions
- 8) 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:

1. The instructor who misrepresents himself and his art by presenting improper techniques to his students because of a lack of knowledge or apathy.
2. The student who misrepresents himself by "fixing" breaking materials before demonstrations.
3. The instructor who camouflages bad techniques with luxurious training halls and false flattery to his students.
4. The student who requests rank from an instructor, or attempts to purchase it.
5. The student who gains rank for ego purposes or the feeling of power.
6. The instructor that teaches and promotes his art for materialistic gains.
7. 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 persistent efforts of a lowly spider. It was this perseverance 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 disastrous 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.



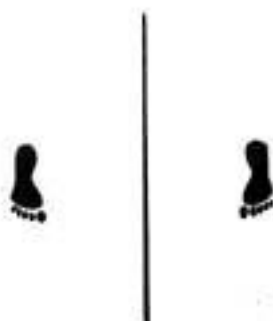
**"Pursue one's own goal"**



**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**



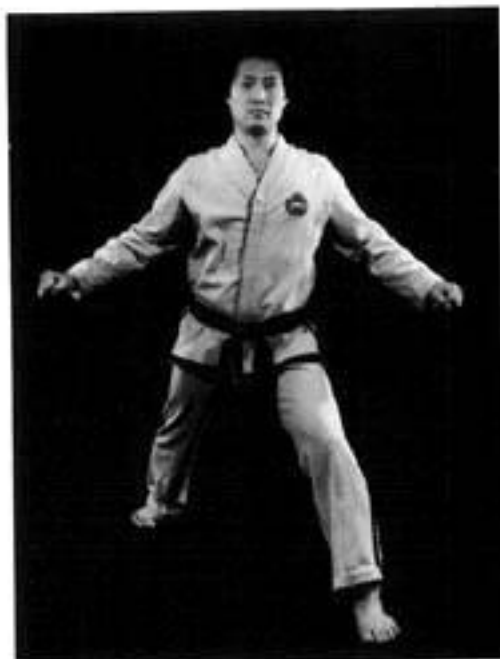
**Sitting stance**





## Walking Stance (*Gunnun Sogi*)

Front View



Back View



## L-Stance (*Niunja Sogi*)

Front View



Back View





# **SPARRING** (*Matsogi*)

Sparring is the physical application of attack and defence techniques gained from pattern and fundamental exercise against actual moving opponent or opponents under various situations. It is, therefore, not only indispensable to promote the fighting spirit and courage, to train the eyes, to read the opponents tactic as well as maneuvers, to forge, toughen or develop the attacking and blocking tools, to test his or her own skills and ability, to learn other movements hardly to be gained from pattern or fundamental exercise.

In fact, nearly all students are anxious to move into this phase of instruction. Not only does training become more interesting but for the first time the student begins to achieve a degree of satisfaction through actual application of these techniques.

The danger lies in a student who has not built up a solid basic foundation, developing bad habits that are extremely difficult to lose when a student progresses. Therefore, the instructor should encourage the beginner to learn the necessary patterns and fundamental movements before participating in class sparring, especially tournament.

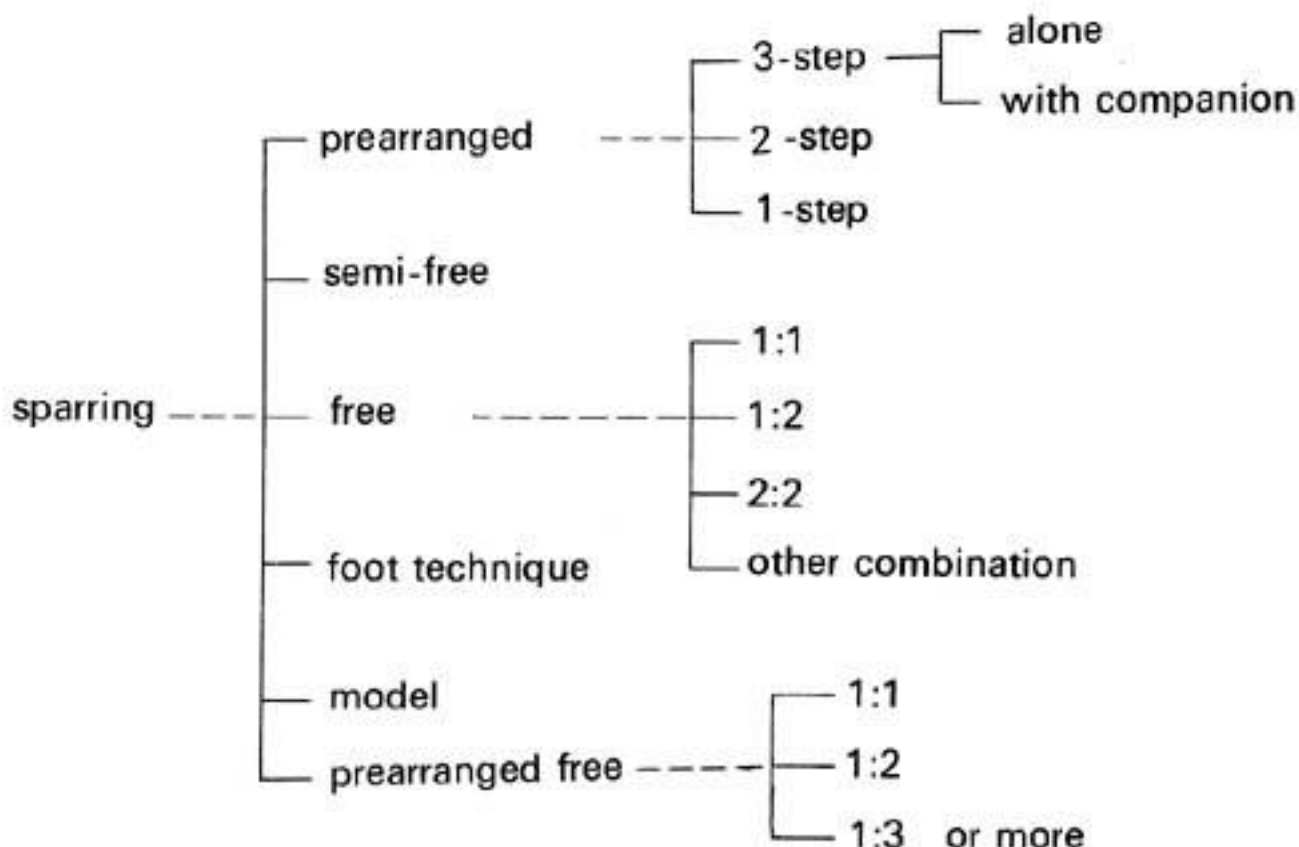
## **General information**

1. The sparring is started from a stance on line AB facing each other.
2. Blocking is begun with the left hand or left foot while attacking with the right hand or foot. There are only few exceptions to the above. A student should familiarize himself equally with both sides.
3. All kicks throughout this volume are considered to be executed with the ball of the foot for front snap kick, side front snap kick, turning kick and twisting kick while the back heel is used for reverse turning kick and pick shape kick.

# SYSTEM OF SPARRING

## *(Matsogi Goosong)*

Sparring is classified into prearranged, semi-free, free, foot technique model and pre-arranged free sparring with the following sub-catagories.



### Types of Sparring

The following table is to show the appropriate kind of sparring to be taken by each grade holder, and this can be flexible according to the progress of each individuals technique.

10th grade ....	3-step	alone	5th grade...	1-step, semi-free
9th grade ....	3-step		4th grade...	semi-free, free
8th grade ....	3-step		3rd grade...	semi-free, free
7th grade ....	3-step, 2-step		2nd grade...	free, self-defence techniques
6th grade ....	2-step, 1-step		1st grade...	free, self-defence techniques

Free sparring 1:2 or more, foot technique sparring and model sparring are practised among black belt holders.

## **Pearranged Sparring (*Yaksok Matsogi*)**

It is practised as the name denotes under prearranged modes with various assumptions, for example the number of steps to be taken, the target to be attacked and the attacking tool to be used are agreed upon beforehand between the players.

The various samples of sparring in this chapter merely serve as a guide for the purpose of exercise, therefore, they are subject to change according to the individual's choice or situation.

### **Basic Principles:**

1. Both players (X and Y) stand at a full length distance apart of the stance to be taken for attack, from the front half of the opponent's foot, facing each other.
2. Bow to each other before and after each exercise.
3. Gaze at the opponent's eyes at all times.
4. Attack and defence are conducted alternately between X and Y in the most cases.
5. Block should be executed just before the attacking tool reaches the vital spot with an appropriate blocking tool.
6. Dodge must be made to such a distance as to enable the counter-attack to be conducted easily in one motion.
7. Counter-attack should be executed immediately after the last defense.
8. Apply only those techniques learned from either pattern or fundamental exercise.
9. Exercise right (attack and defense) and left (attack and defense) equally.
10. Counter-attack should be limited to one time only.





## **A. THREE-STEP SPARRING (*Sambo Matsogi*)**

This is the initial basic sparring exercise among beginners usually from the ninth grade to the sixth grade.

This is an exercise for familiarization of correct attack and defense techniques utilizing mainly the hand parts against middle and high, the foot parts against low targets while stepping forward and backward. There are two methods of practice: one way and two way.

1. **One Way (*Han Chok*)**

The attack is executed only while stepping forward, and the defense while stepping backward.

2. **Two Way (*Yang Chok*)**

Both the attack and defense are executed while stepping either forward or backward.

Both of them can be practised either alone or with companion.

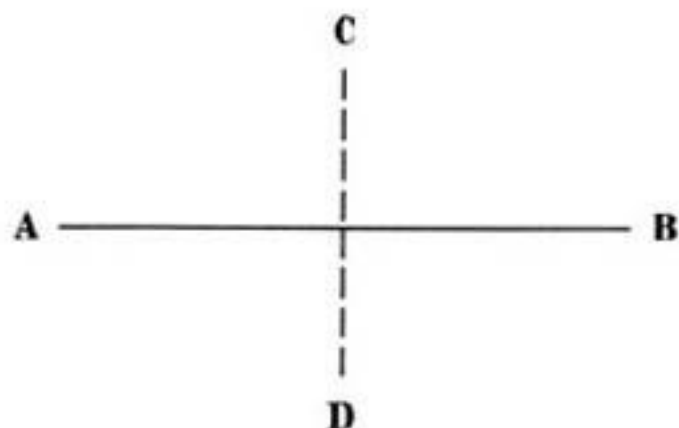
The following principles should be observed to perform a logical attack and defense with correct stance and posture.

1. The exercise should be conducted against an attacker whose height is the same as the defender.
2. If the height is not the same, the stance must be adjusted, e.g. the taller takes an L-stance while the shorter, a walking stance.
3. Exercise must be conducted alone if the height differs considerably.

\* Three-step sparring in this volume shows only middle attack and defense except for low kick and rising block to avoid unnecessary repetition.

A student should familiarize himself equally with high attack and defense.

### **Direction Diagram (*Bang Hyang Pyo*)**



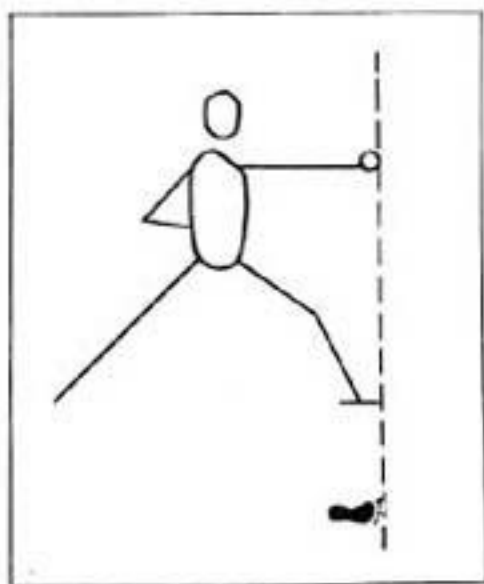
The exercise is conducted under the assumption that the players (X and Y) stand on line AB facing each other.

X and Y are required to stance at an appropriate distance apart because it is necessary for both practitioners to take full, natural steps to correctly perform the attack and block.

### **Walking Stance Middle Punch and Block**

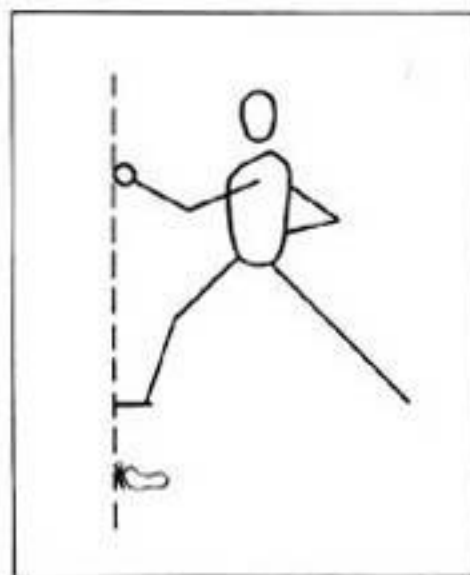
The attacker's foot should overlap with the front half or quarter of the defender's foot in most cases.

#### **Front punch**

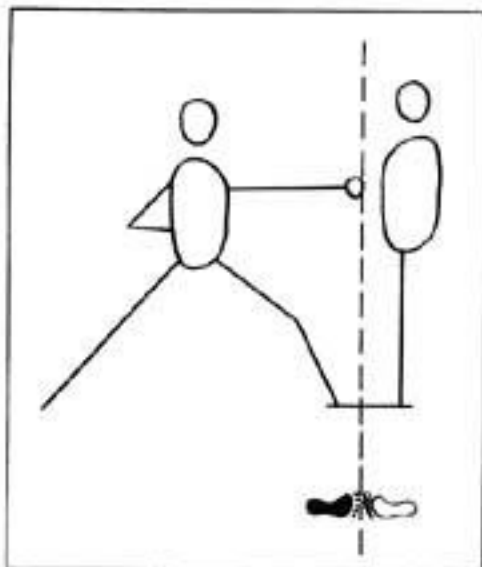


The fist forms a vertical line with the toes at the moment of impact.

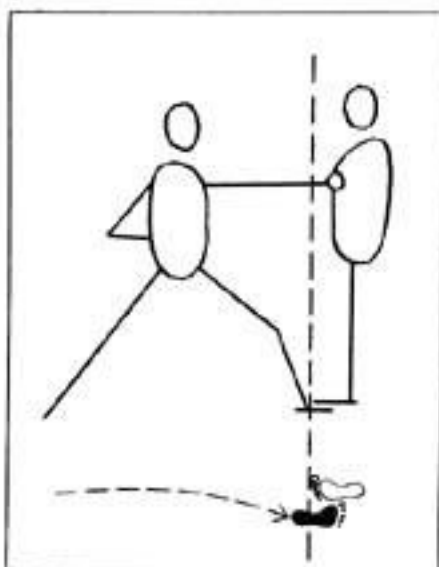
#### **Forearm side block**



As in the case of front punch the fist forms a vertical line with the toes at the moment of block.

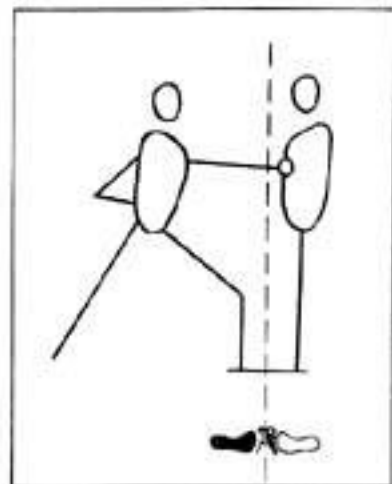


The punch is far from the point of focus which is about one centimeter inside the target due to the fact that the attacker's foot does not overlap the defender's foot.

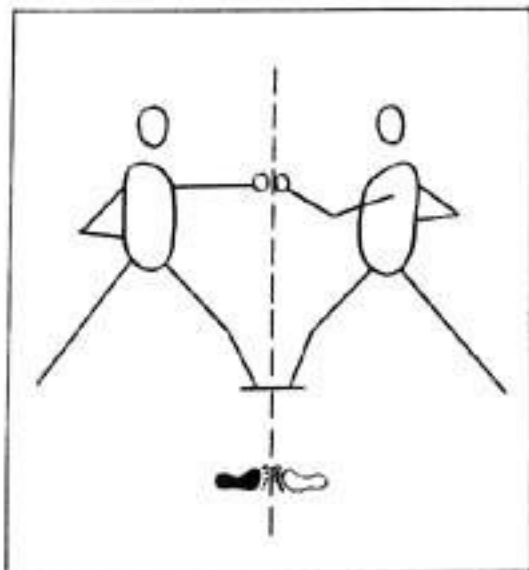


The point of focus is correctly attacked when the attacker's foot overlaps the front half of the opponent's foot.

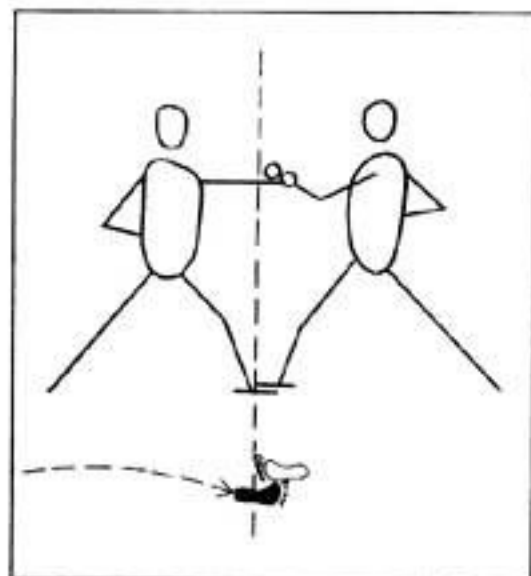
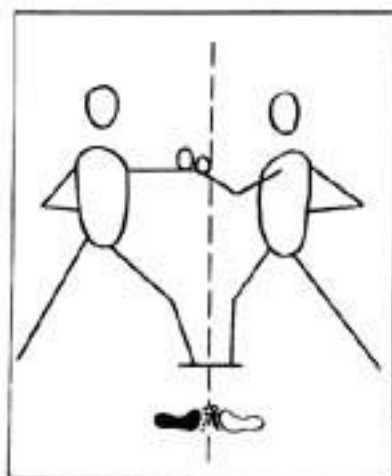
**INCORRECT**  
The attacker's body is leaning forward.



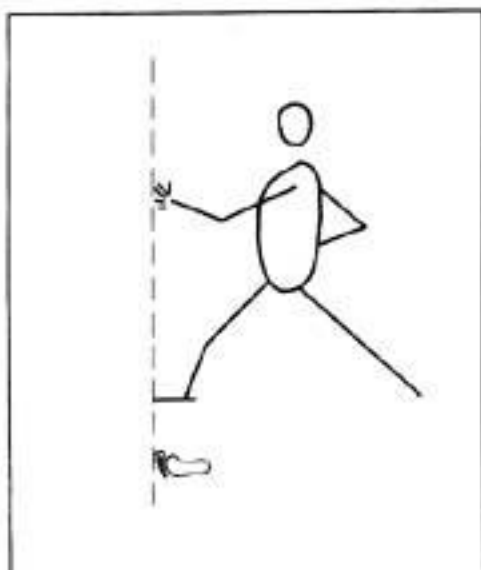
Forearms are not intercepted due to the same reason mentioned above.



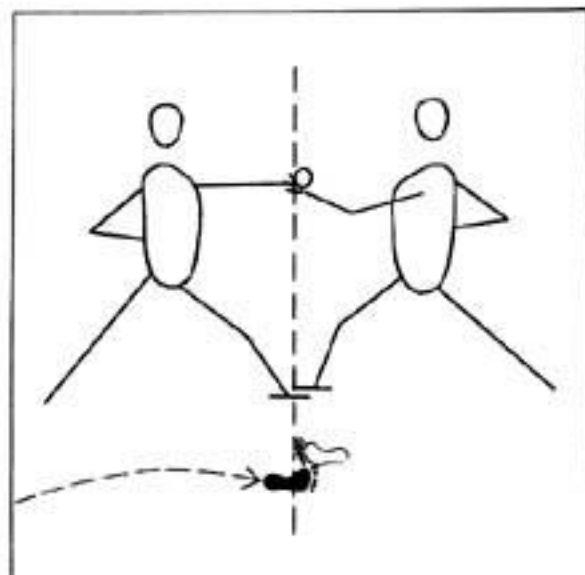
**INCORRECT**  
The defender's body is leaning forward.



Correct block is performed with the same reason mentioned above.



**Knife-hand side block**

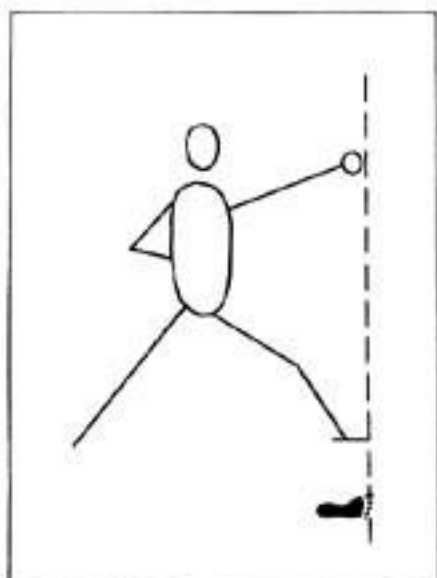


The block is made at the correct portion when the attacker's foot is overlapped the front quarter of the defender's foot.

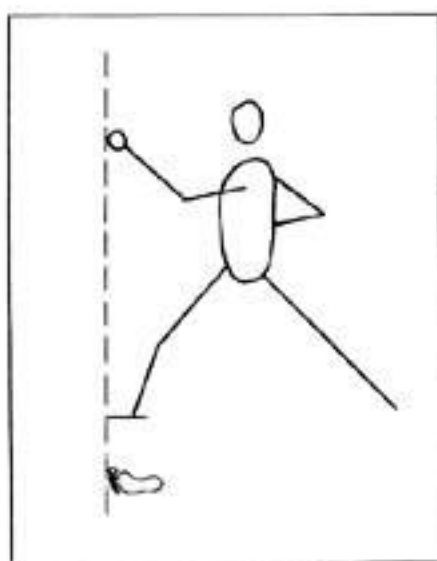
### **Walking Stance High Punch and Block.**

The attackers' foot should be aligned or overlapped with the front half of the defender's foot with rare exceptions.

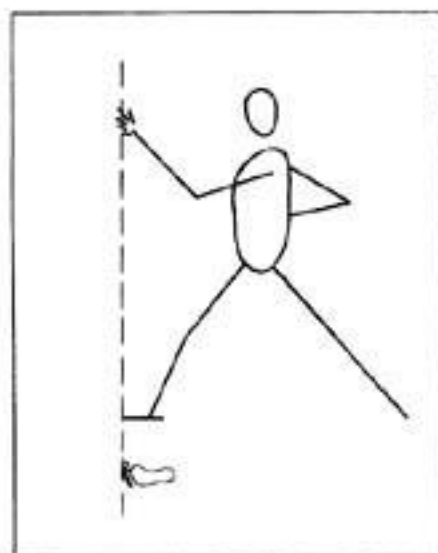
**Front punch**



**Forearm side block**

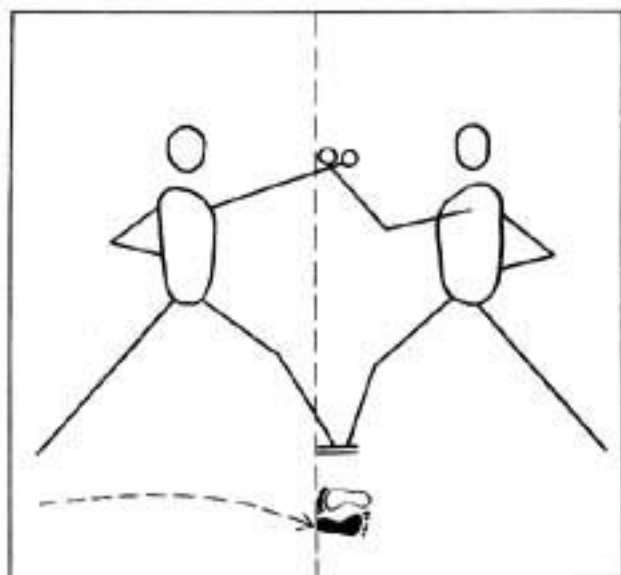


**Knife-hand side block**



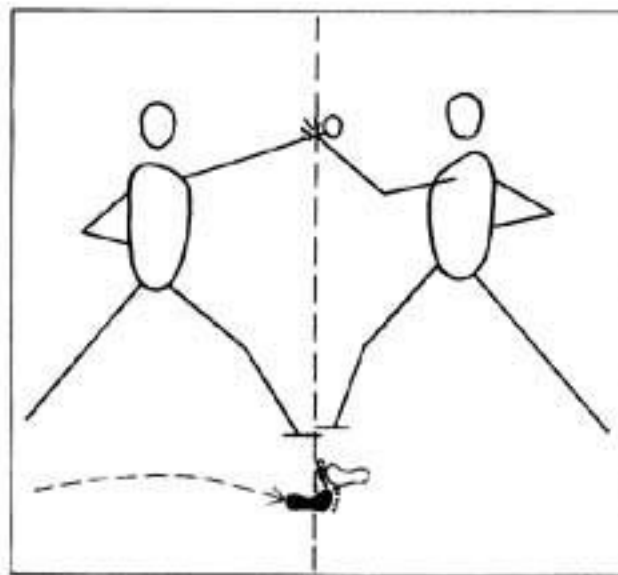


## Knife-hand



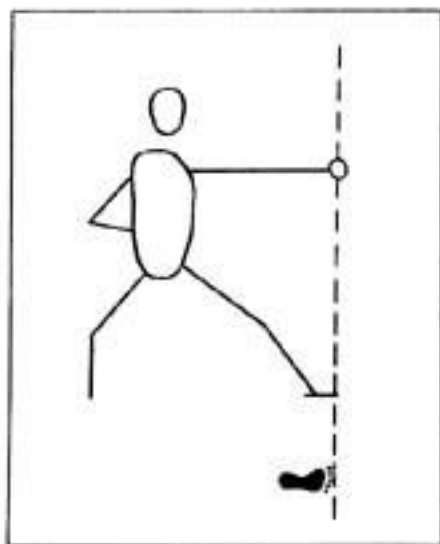
Forearm

Forearms are properly intercepted when the attacker's foot is aligned with the defender's foot.

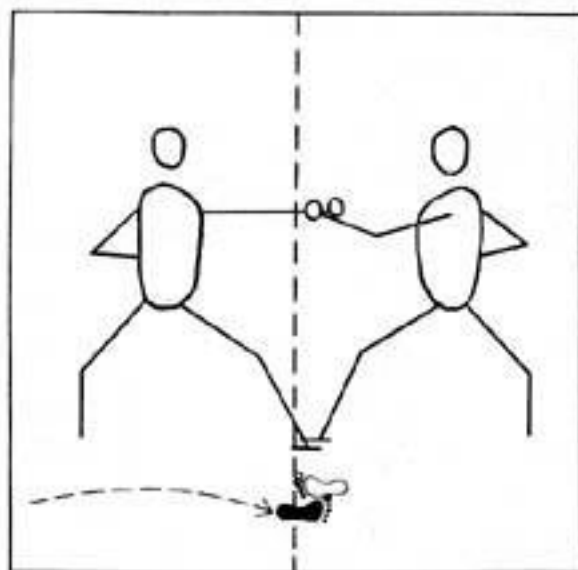


Correct portion is blocked when the attacker's foot is overlapped with the front half of the defender's foot.

## Reverse punch

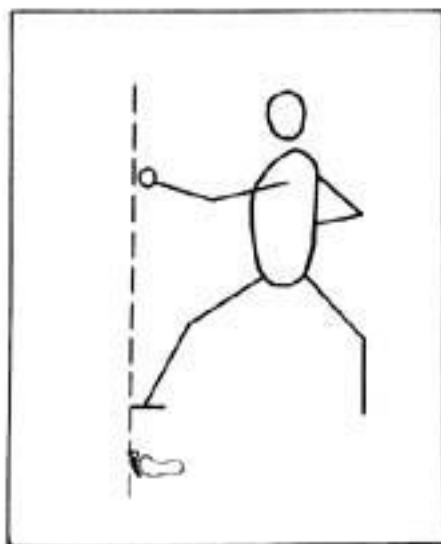


## L-Stance Middle Punch and Block



Correct block is made when the attacker's foot is overlaps the front half of the defender's foot.

Forearm



## Relative Foot Positions of Practitioners (X and Y)

In three step sparring the proper position of the foot is considered to be the primary importance for the student to familiarize himself with the correct stance as well as accurate attack and defense.

As shown below the position of attacker's foot varies according to the stance to be used.

### A. With walking stance

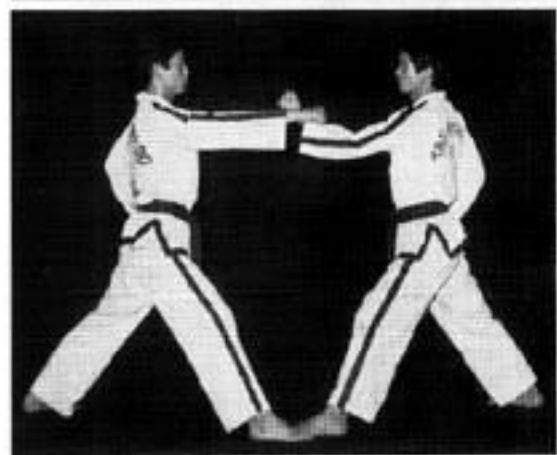
The attacker should place the foot on the outside of the defender's foot for the first and third steps, and inside for the second step.

Ready posture

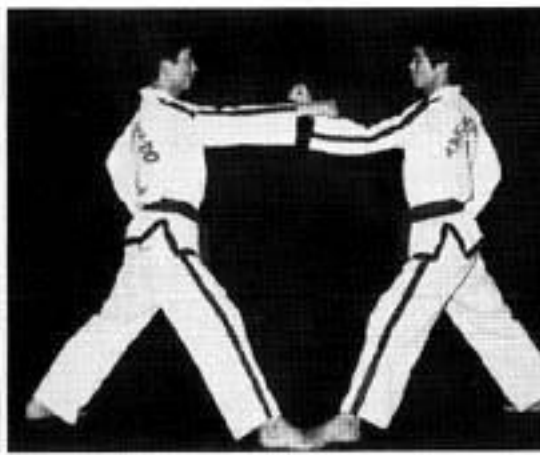
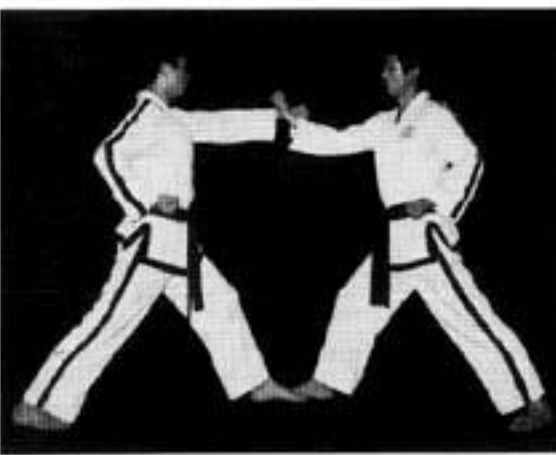


2nd step

3rd step



1st step



# INCORRECT

The attacker's stances become too wide except the first step as all steps are on the outside of the defender's foot.

1st step



2nd step

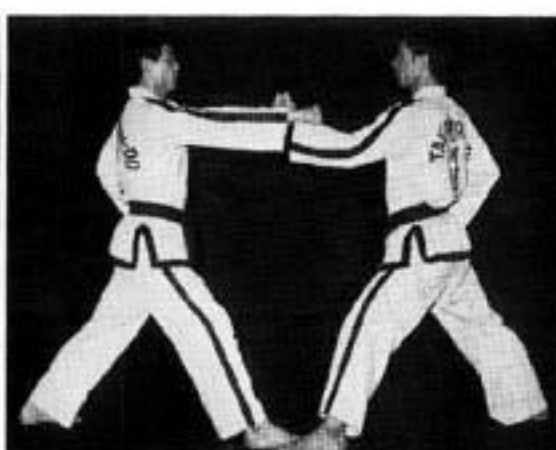
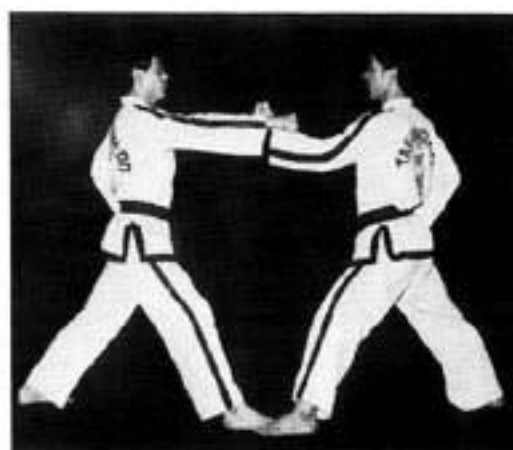


3rd step



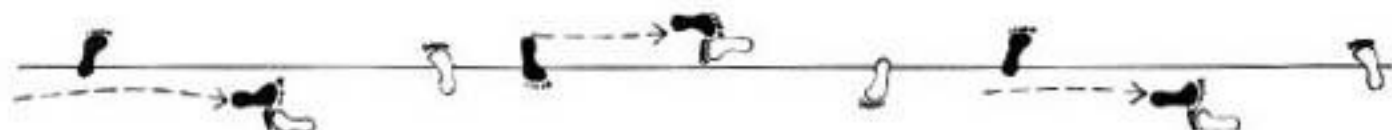
# INCORRECT

The attacker's stances become too narrow as all steps are on the inside of the defender's foot.



## B. With L-stance

The attacker's foot should be placed on the inside of the defender's foot for the first and third steps and outside for the second step.



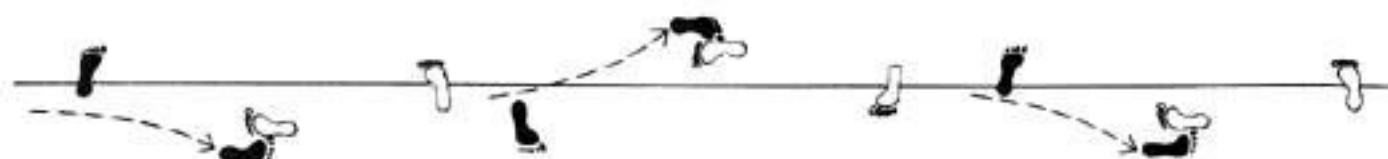
## INCORRECT

Attackers' stances are awkward except the first step as the second step is on the inside of the defender's foot.



## INCORRECT

Attacker's stances become too wide because all steps are on the outside of the defender's foot.



## C. With L-stance and walking stance

L-stance should always be on the inside of the defender's foot, and walking stance on the outside.

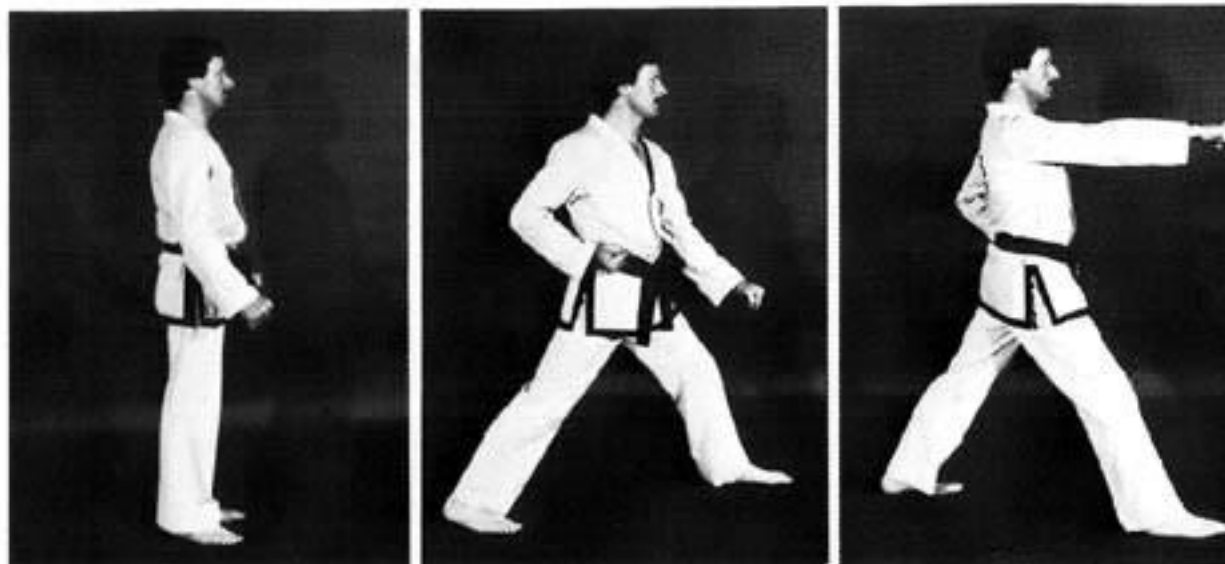


## Typical Procedure of Three-Step Sparring

### A. Without Companion

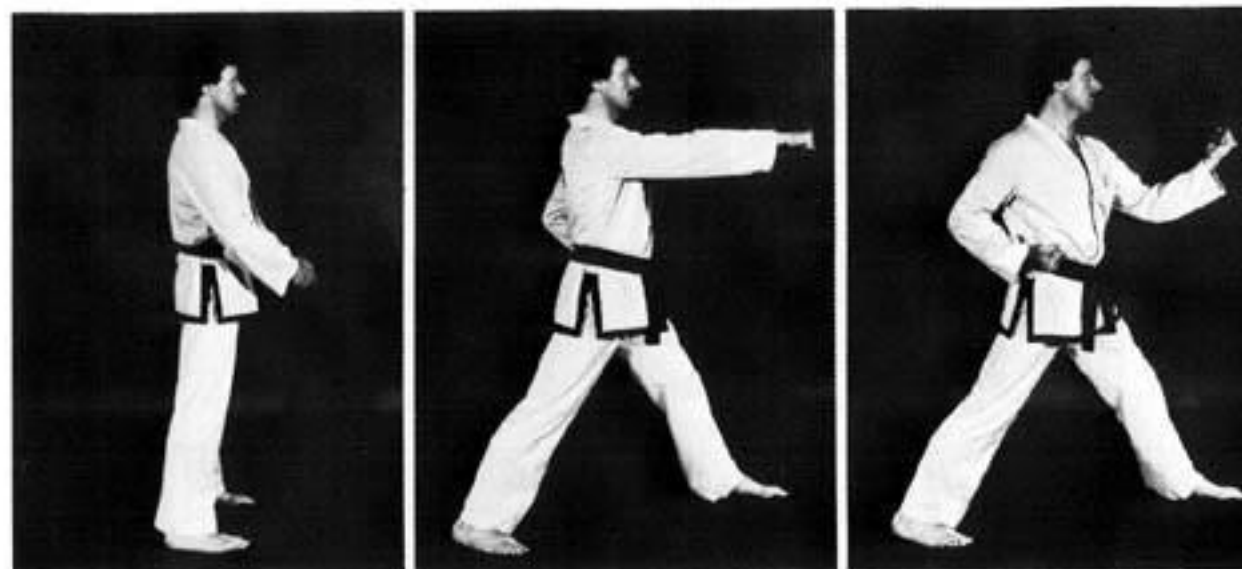
#### One way. X as an attacker

1. At the command of "three step sparring ready (*sambo matsoki junbi*)":  
Move the right foot to A from an attention stance to form a left walking stance toward B while executing a low block to B with the left forearm, shouting "Ya" as a ready signal.
2. At the command of "commence (*si jak*)":
  - i. Move the right foot to B to form a right walking stance toward B while punching to B with the right fist.
  - ii. Move the left foot to B to form a left walking stance toward B while punching to B with the left fist.
  - iii. Repeat i above
3. At the command of "stop (*gumahn*)":  
Bring the right foot, forming a parallel ready stance toward B.



As an attacker

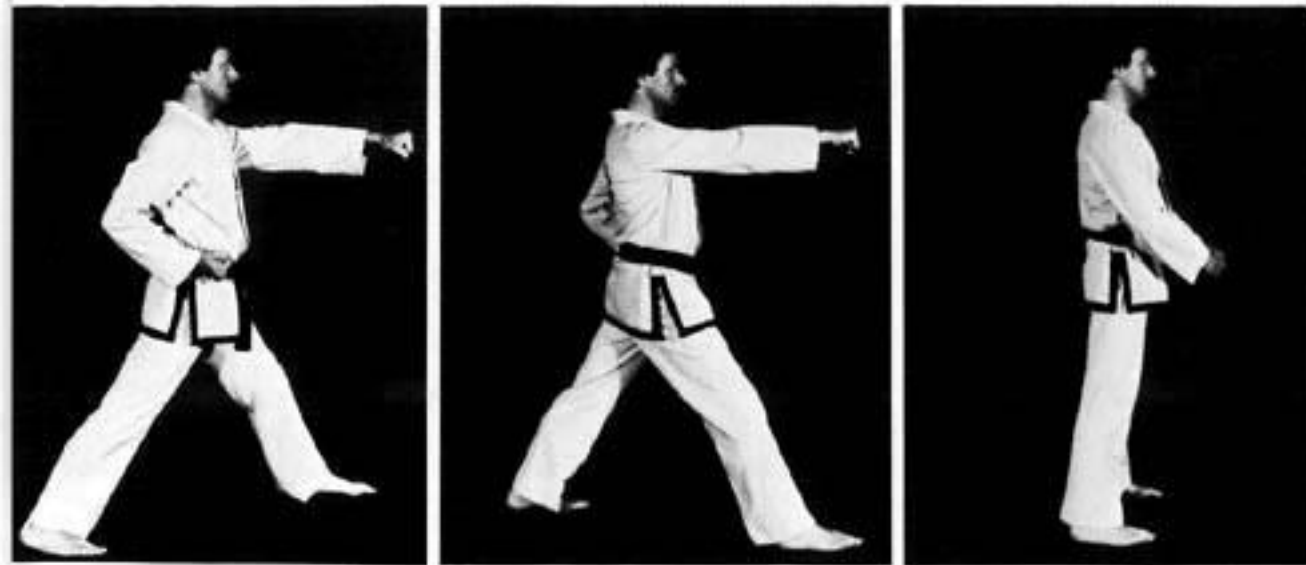
As a defender





### **X as a Defender**

1. At the command of "three step sparring ready":  
Shout "Ya" as a ready signal while maintaining a parallel ready stance toward B.
2. At the command of "commence":
  - i. Move the right foot to A to form a left walking stance toward B while executing a low block to B with the left forearm.
  - ii. Move the left foot to A forming a right walking stance toward B while executing a low block to B with the right forearm.
  - iii. Move the right foot to A, forming a left walking stance toward B while executing a low block to B with the left forearm, and then punch to B with the right fist maintaining the same stance toward B.
3. At the command of "stop":  
Bring the right foot back to a parallel ready stance toward B.

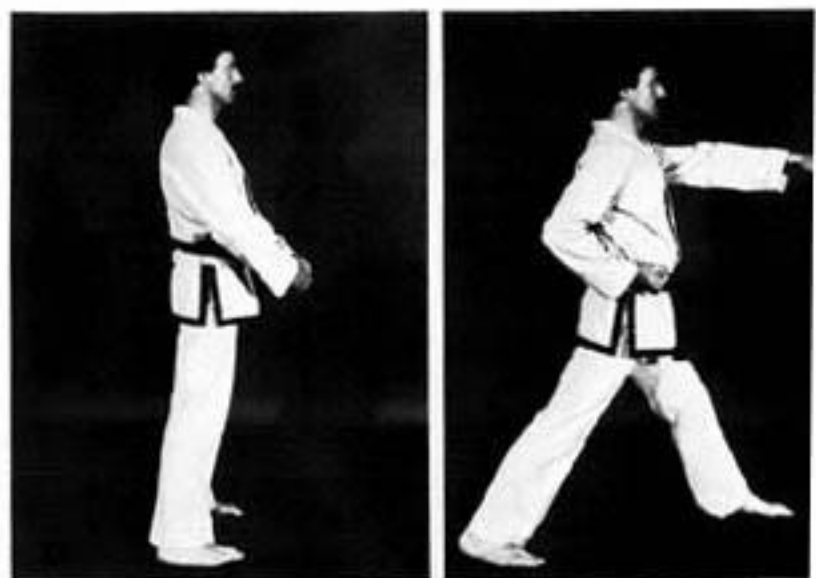
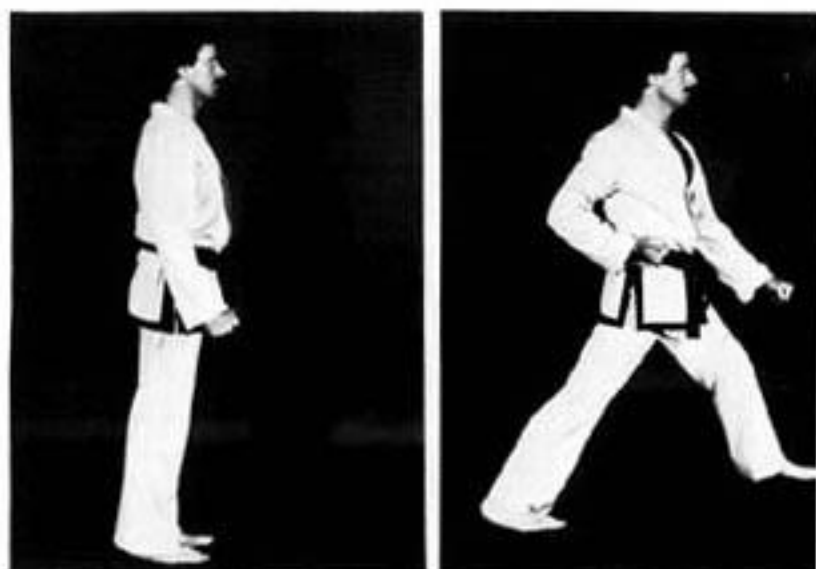


**Previous Posture**

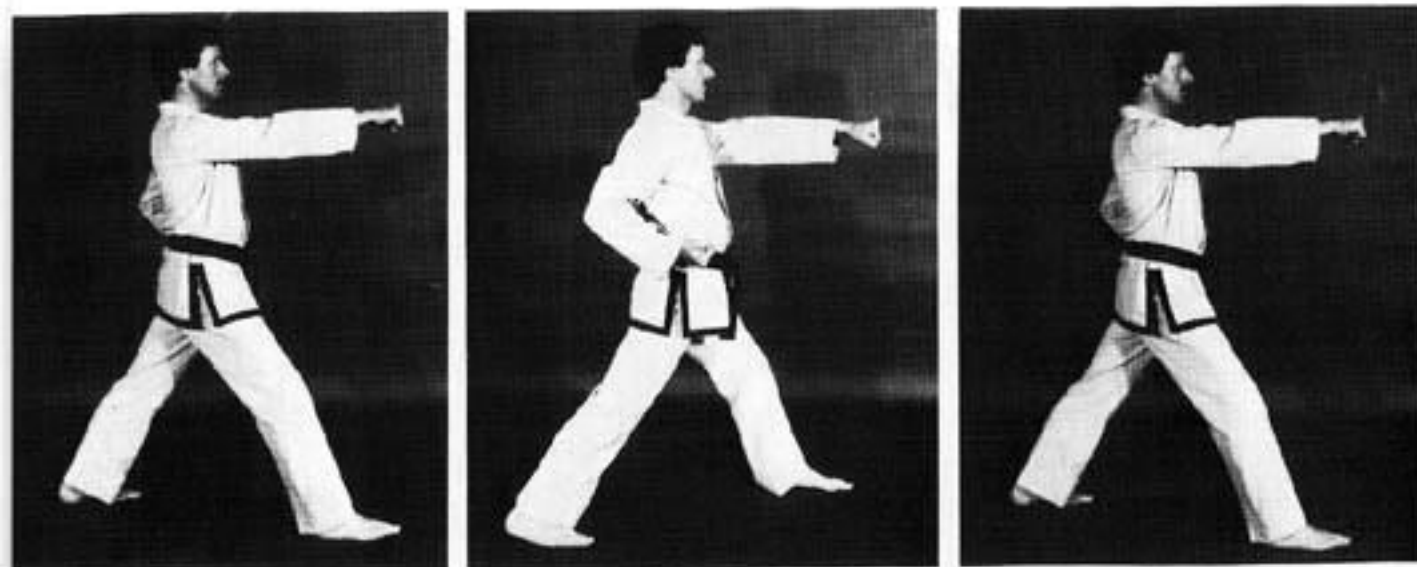


## Two Way      X as an attacker

1. At the command of "three step sparring ready":  
Move the right foot to A from an attention stance, forming a left walking stance toward B while executing a low block to B with the left forearm shouting "Ya" as a ready signal.
2. At the command of "commence":
  - i. Move the right foot to B, forming a right walking stance toward B while punching to B with the right fist.
  - ii. Move the left foot to B to form a left walking stance toward B while punching to B with the left fist.
  - iii. Repeat i above



3. At the command of "continue (*kesok*)":
- Move the right foot to A, forming a left walking stance toward B while punching to B with the left fist.
  - Move the left foot to A, forming a right walking stance toward B while punching to B with the right fist.
  - Repeat i above
4. At the command of "stop":  
Bring the right foot, forming a parallel ready stance toward B

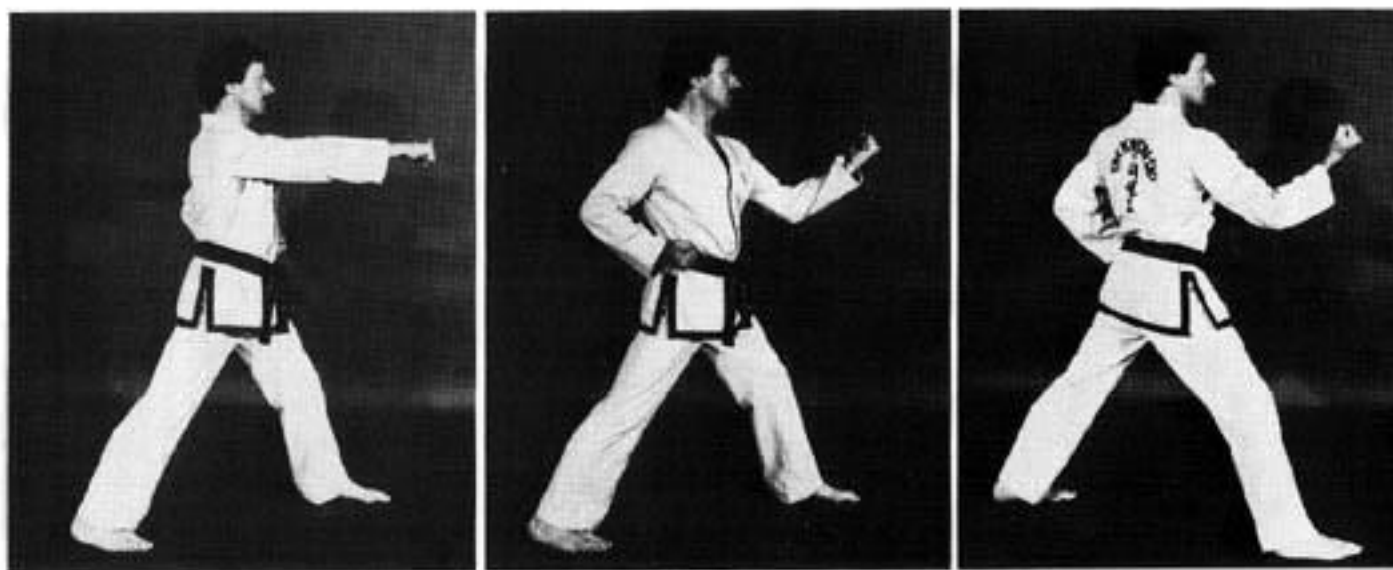


Previous Posture

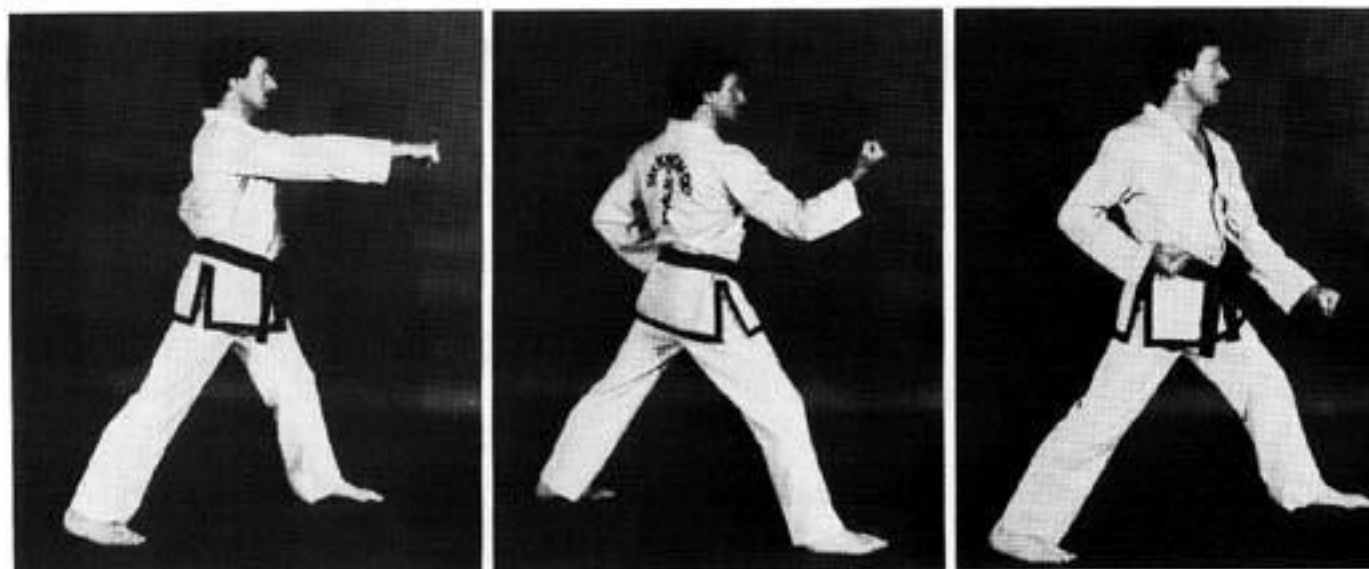


### **X as a Defender**

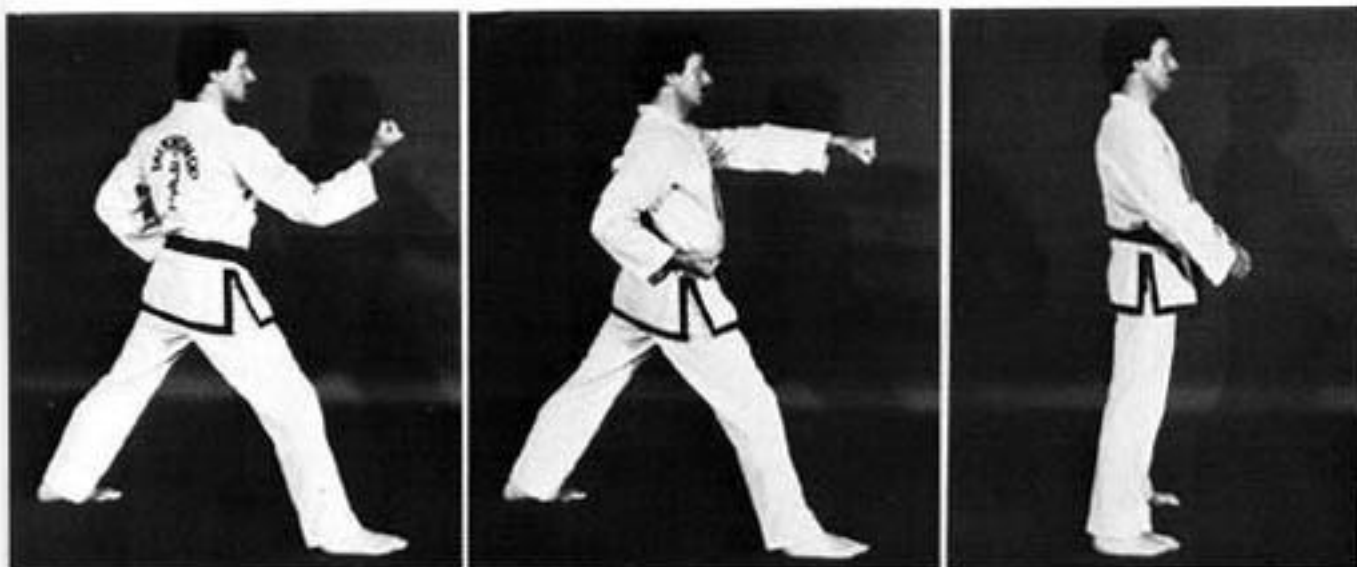
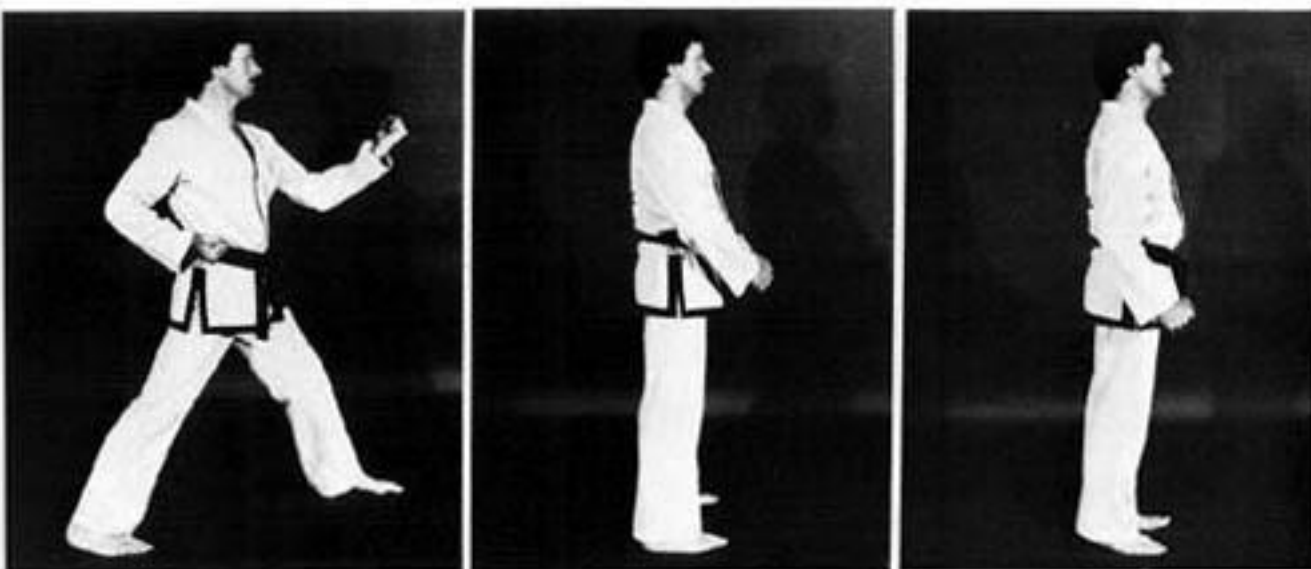
1. At the command of "three step sparring ready":  
Move the left foot to C from an attention stance toward B to form a parallel ready stance shouting "Ya" as a ready signal.
2. At the command of "commence":
  - i. Move the right foot to A, forming a left walking stance toward B while executing a side block to B with the left forearm.
  - ii. Move the left foot to A to form a right walking stance toward B while executing a side block to B with the right forearm.
  - iii. Move the right foot to A to form a left walking stance toward B while executing a side block to B with the left forearm, and then punch to B with the right fist while maintaining the same stance toward B.



### **Previous Posture**



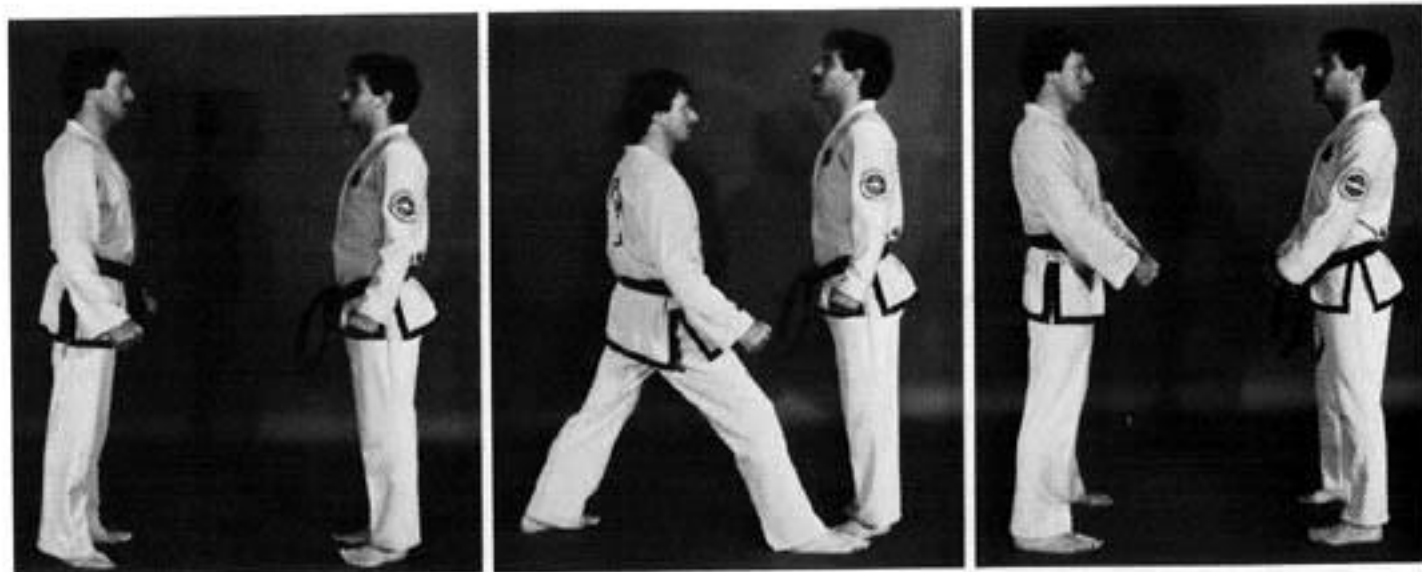
3. At the command of "continue":
- Move the right foot to B, forming a right walking stance toward B while executing a side block to B with the right forearm.
  - Move the left foot to B to form a left walking stance toward B while executing a side block to B with the left forearm.
  - Move the right foot to B, forming a right walking stance toward B while executing a side block to B with the right forearm, and then punch to B with the left fist while maintaining the same stance toward B.
4. At the command of "stop":  
Bring the right foot to form a parallel ready stance toward B.



## B. With Companion of the Same Height

- i. X and Y take an attention stance respectively facing each other, and then exchange bows.
- ii. X and Y stand at a distance of full length of stance to be used. The attacker's foot should overlap with the front half of the outerpart of the defender's foot.
- iii. The attacker's foot is brought back to an attention stance after measuring the distance to be used.

**X:** Measuring for correct distance.



**One way**





1. At the command of "three step sparring ready":
  - X:** Move the right foot to A, forming a left walking stance toward B while executing a low block to B with the left forearm.
  - Y:** Take a parallel ready stance toward A, moving the left foot to D.
  - Both X and Y will shout "Ya" as a ready signal.
2. At the command of "commence":
  - i. **X:** Move the right foot to B to form a right walking stance toward B while punching to B with the right fist.
  - Y:** Move the right foot to B, forming a left walking stance toward A while executing a side block to A with the left inner forearm.
  - ii. **X:** Move the left foot to B, forming a left walking stance toward B while punching to B with the left fist.
  - Y:** Move the left foot to B, forming a right walking stance toward A while executing a side block to A with the right inner forearm.
  - iii. **X:** Move the right foot to B, forming a right walking stance toward B while punching to B with the right fist.
  - Y:** Move the right foot to B, forming a left walking stance toward A while executing a side block to A with the left inner forearm, and then execute a middle punch to A with the right fist, maintaining the same stance toward A.
3. At the command of "stop":

Both X and Y bring the right foot respectively forming a parallel ready stance.



**X and Y now switch roles**

**1. At the command of "three step sparring ready":**

**Y:** Move the right foot to B from a parallel ready stance, forming a left walking stance toward A while executing a low block to A with the left forearm shouting "Ya" as a ready signal.

**X:** Shout "Ya" as a ready signal, maintaining a parallel ready stance toward B.

**2. At the command of "commence":**

**i. Y:** Move the right foot to A to form a right walking stance toward A while punching to A with the right fist.

**X:** Move the right foot to A, forming a left walking stance toward B while executing a side block to B with the left inner forearm.

**ii. Y:** Move the left foot to A, forming a left walking stance toward A while punching to A with the left fist.

**X:** Move the left foot to A to form a right walking stance toward B at the same time executing a side block to B with the right inner forearm.

**iii. Y:** Move the right foot to A, forming a right walking stance toward A while punching to A with the right fist.

**X:** Move the right foot to A, forming a left walking stance toward B while executing a side block to B with the left inner forearm, and then execute a middle punch to B with the right fist, maintaining the same stance toward B.



3. At the command of "stop":

Both Y and X bring the right foot respectively back to a parallel ready stance.

Previous Posture



## Two Way

1. At the command of "three step sparring ready":

- X:** Move the right foot to A, after measuring the distance, from an attention stance to form a left walking stance toward B while executing a low block to B with the left forearm.
- Y:** Move the left foot to D from an attention stance, forming a parallel ready stance toward A. Both X and Y will shout "Ya" as a ready signal.



2. At the command of "commence":

- i. **X:** Move the right foot to B, forming a right walking stance toward B while punching to B with the right fist.  
**Y:** Move the right foot to B, forming a left walking stance toward A while executing a side block to A with the left inner forearm.
- ii. **X:** Move the left foot to B to form a left walking stance toward B while punching to B with the left fist.  
**Y:** Move the left foot to B, forming a right walking stance toward A while executing a side block to A with the right inner forearm.
- iii. **Y:** Move the right foot to B to form a left walking stance toward A while executing a side block to A with the left inner forearm, and then execute a middle punch to A with the right fist while maintaining the same stance toward A.



3. At the command of "continue":

- i. X: Move the right foot to A, forming a left walking stance toward B while punching to B with the left fist.  
Y: Move the right foot to A to form a right walking stance toward A while executing a side block to A with the right inner forearm.
- ii. X: Move the left foot to A to form a right walking stance toward B while punching to B with the right fist.  
Y: Move the left foot to A, forming a left walking stance toward A while executing a side block to A with the left inner forearm.
- iii. X: Move the right foot to A to form a left walking stance toward B while punching to B with the left fist.  
Y: Move the right foot to A, forming a right walking stance toward A while executing a side block to A with the right inner forearm, and then execute a middle punch to A with the left fist while maintaining the same stance toward A.





4. At the command of "stop":  
Both X and Y bring the right foot respectively to form a parallel ready stance.

Previous Posture



### **X and Y now switch roles**

1. At the command of "three step sparring ready":
  - Y:** Move the right foot to B from a parallel ready stance to form a left walking stance toward A while executing a low block with the left forearm, shouting "Ya" as a ready signal.
  - X:** Shout "Ya" as a ready signal while maintaining a parallel ready stance toward B.
2. At the command of "commence":
  - i. **Y:** Move the right foot to A, forming a right walking stance toward A while punching to A with the right fist.
  - X:** Move the right foot to A to form a left walking stance toward B at the same time executing a side block to B with the left inner forearm.
  - ii. **Y:** Move the left foot to A, forming a left walking stance toward A at the same time punching to A with the left fist.
  - X:** Move the left foot to A, forming a right walking stance toward B while executing a side block with the right inner forearm.



- iii.Y:** Move the right foot to A to form a right walking stance toward A while punching to A with the right fist.
- X:** Move the right foot to A, forming a left walking stance toward B while executing a side block to B with the left inner forearm, and then execute a middle punch to B with the right fist while maintaining a left walking stance toward B.

Previous Posture



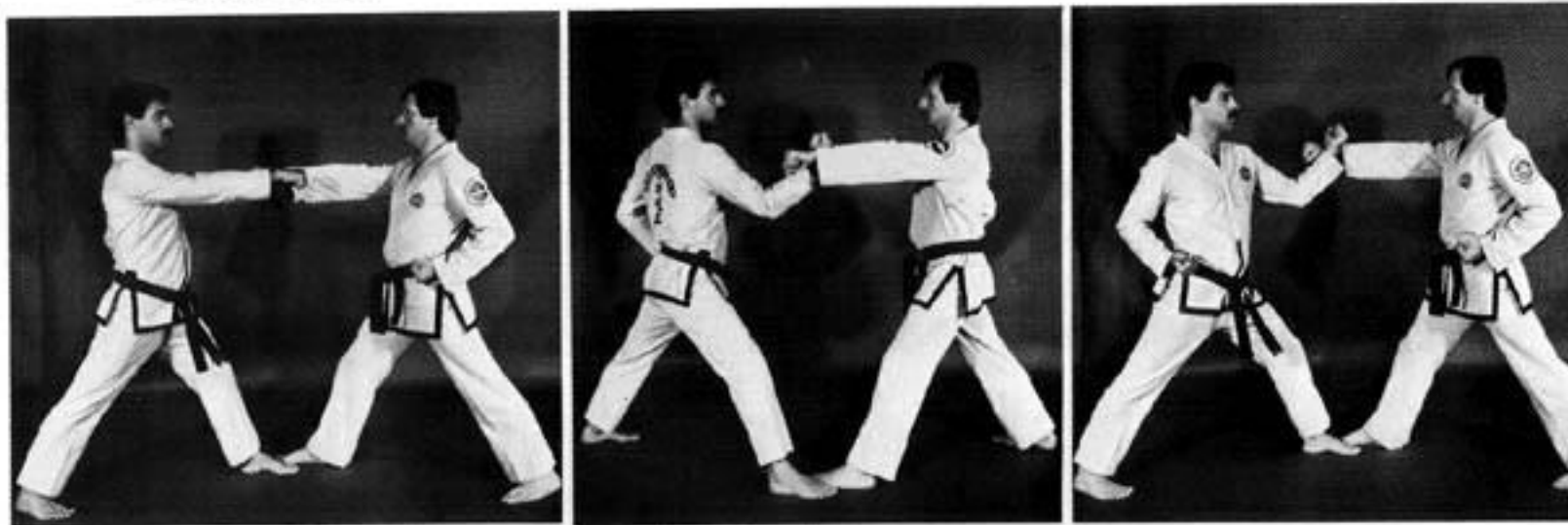
3. At the command of "continue":

- i. **Y:** Move the right foot to B to form a left walking stance toward A while punching to A with the left fist.
- X:** Move the right foot to B to form a right walking stance toward B while executing a side block to B with the right inner forearm.
- ii. **Y:** Move the left foot to B, forming a right walking stance toward A at the same time punching to A with the right fist.
- X:** Move the left foot to B to form a left walking stance toward B while executing a side block to B with the left inner forearm.
- iii. **Y:** Move the right foot to B, forming a left walking stance toward A while punching to A with the left fist.
- X:** Move the right foot to B, forming a right walking stance toward B while executing a side block to B with the right inner forearm, and then execute a middle punch to B with the left fist while maintaining the same stance toward B.

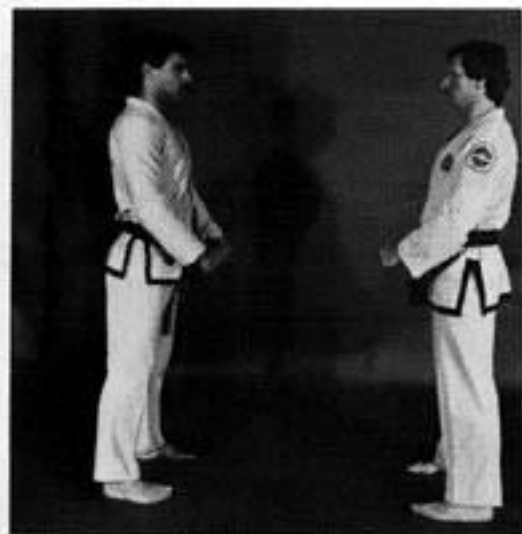
4. At the command of "stop":

Both Y and X bring the right foot respectively to form a parallel ready stance.

Previous Posture

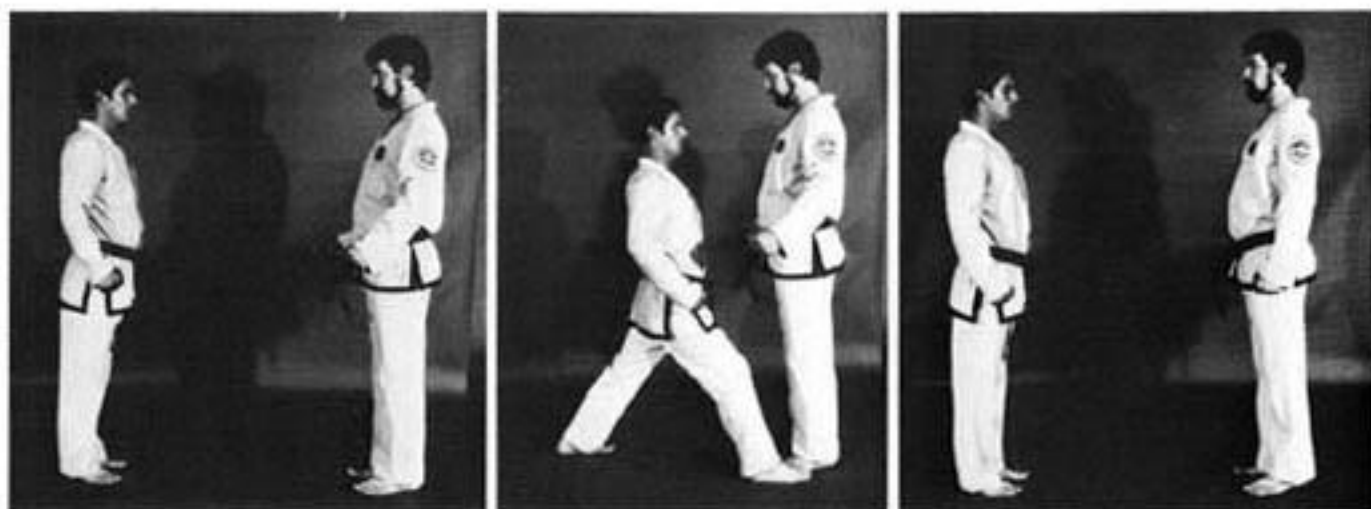


Top View



### C. With Companion of a Different Height

**X:** Measuring for correct distance



#### One way

1. At the command of "three step sparring ready":

- X:** Move the right foot to A to form a left walking stance toward B while executing a low block to B with the left forearm, shouting "Ya" as a ready signal.
- Y:** Move the left foot to D to form a parallel ready stance toward A, shouting "Ya" as a ready signal.





2. At the command of "commence":

i. X: Move the right foot to B, forming a right walking stance toward B while punching to B with the right fist.

Y: Move the right foot to B to form a right L-stance toward A while blocking to A with the left inner forearm.

ii. X: Move the left foot to B to form a left walking stance toward B while punching to B with the left fist.

Y: Move the left foot to B, forming a left L-stance toward A while blocking to A with the right inner forearm.

iii. X: Move the right foot to B, forming a right walking stance toward B while punching to B with the right fist.

Y: Move the right foot to B, forming a right L-stance toward A while blocking to A with the left inner forearm, and then execute a middle punch to A with the right fist, maintaining the same stance toward A.

3. At the command of "stop":

Both X and Y bring the right foot respectively, forming a parallel ready stance.



Top View



**X and Y now switch roles**

- i. The attacker's foot should overlap the front quarter of the defender's foot.
- ii. The attacker's foot is brought back to a parallel ready stance after measuring the distance.

**1. At the command of "three step sparring ready":**

**Y:** Move the right foot to B, forming a left walking stance toward A while executing a low block to A with the left forearm, shouting "Ya" as a ready signal.

**X:** Shout "Ya" as a ready signal, maintaining a parallel ready stance toward B.

**2. At the command of "commence":**

**Y:** Move the right foot to A to form a left L-stance toward A while punching to A with the right fist.

**X:** Move the right foot to A, forming a left walking stance toward B while executing a side block to B with the left inner forearm.

**ii. Y:** Move the left foot to A, forming a right L-stance toward A while punching to A with the left fist.

**X:** Move the left foot to A to form a right walking stance toward B while executing a side block to B with the right inner forearm.



iii. **Y:** Move the right foot to A, forming a left L-stance toward A while punching to A with the right fist.

**X:** Move the right foot to A to form a left walking stance toward B while executing a side block to B with the left inner forearm, and then execute a middle punch to B with the right fist while maintaining the same stance toward B.

3. At the command of "stop":

Both Y and X bring the right foot respectively back to a parallel ready stance.

Previous Posture

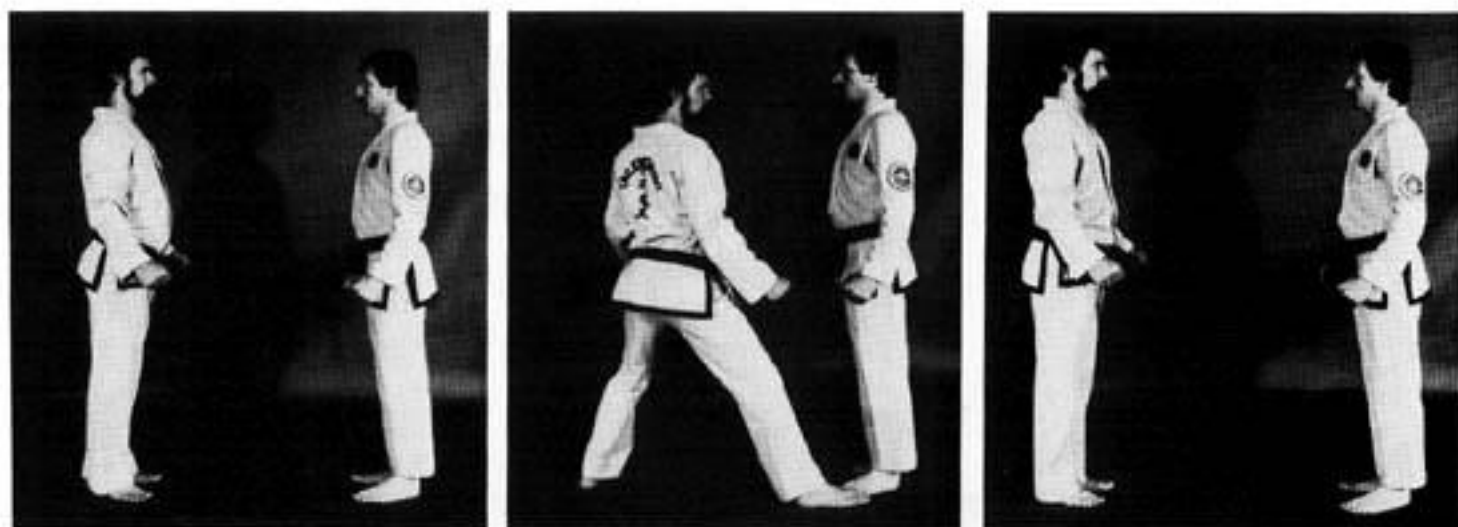


**Y:** Measuring for correct distance



## Two Way

Y: measuring for correct distance



### 1. At the command of "three step sparring ready":

- Y: Move the right foot to A to form a left walking stance toward B while executing a low block to B with the left forearm, shouting "Ya" as a ready signal.
- X: Move the left foot to D to form a parallel ready stance toward A, shouting "Ya" as a ready signal.



2. At the command of "commence":

i. **Y:** Move the right foot to B, forming a left L-stance toward B at the same time punching to B with the right fist.

**X:** Move the right foot to B to form a left walking stance toward A while executing a side block to A with the left inner forearm.

ii. **Y:** Move the left foot to B, forming a right L-stance toward B while punching to B with the left fist.

**X:** Move the left foot to B, forming a right walking stance toward A while executing a side block to A with the right inner forearm.

iii. **Y:** Move the right foot to B, forming a left L-stance toward B while punching to B with the right fist.

**X:** Move the right foot to B, forming a left walking stance toward A while executing a side block to A with the left inner forearm, and then execute a middle punch to A with the right fist while maintaining the same stance toward A.

Top View



3. At the command of "continue":

- i. Y: Move the right foot to A, forming a right L-stance toward B while punching to B with the left fist.  
X: Move the right foot to A, forming a right walking stance toward A while executing a side block to A with the right inner forearm.
- ii. Y: Move the left foot to A to form a left L-stance toward B while punching to B with the right fist.  
X: Move the left foot to A, forming a left walking stance toward A while executing a side block to A with the left inner forearm.
- iii. Y: Move the right foot to A to form a right L-stance toward B while punching to B with the left fist.  
X: Move the right foot to A, forming a right walking stance toward A at the same time executing a side block to A with the right inner forearm, and then execute a middle punch to A with the left fist while maintaining a right walking stance toward A.





4. At the command of "stop":  
Both Y and X bring the right foot respectively to form a parallel ready stance.

Previous Posture



### Y and X now switch roles

- i. The attacker's foot should overlap the front half of the defender's foot.
  - ii. The attacker's foot is brought back to a parallel ready stance after measuring the distance.
1. At the command of "three step sparring ready":
- X:** Move the right foot to B to form a left walking stance toward A while executing a low block to A with the left forearm, shouting "Ya" as a ready signal.
- Y:** Shout "Ya" as a ready signal, maintaining a parallel ready stance toward B.



**X: Measuring for correct distance**

**Previous Posture.**



**2. At the command of "commence":**

**i. X:** Move the right foot to A, forming a right walking stance toward A while punching to A with the right fist.

**Y:** Move the right foot to A, forming a right L-stance toward B while blocking to B with the left inner forearm.

**ii. X:** Move the left foot to A to form a left walking stance toward A while punching to A with the left fist.

**Y:** Move the left foot to A, forming a left L-stance toward B while blocking to B with the right inner forearm.

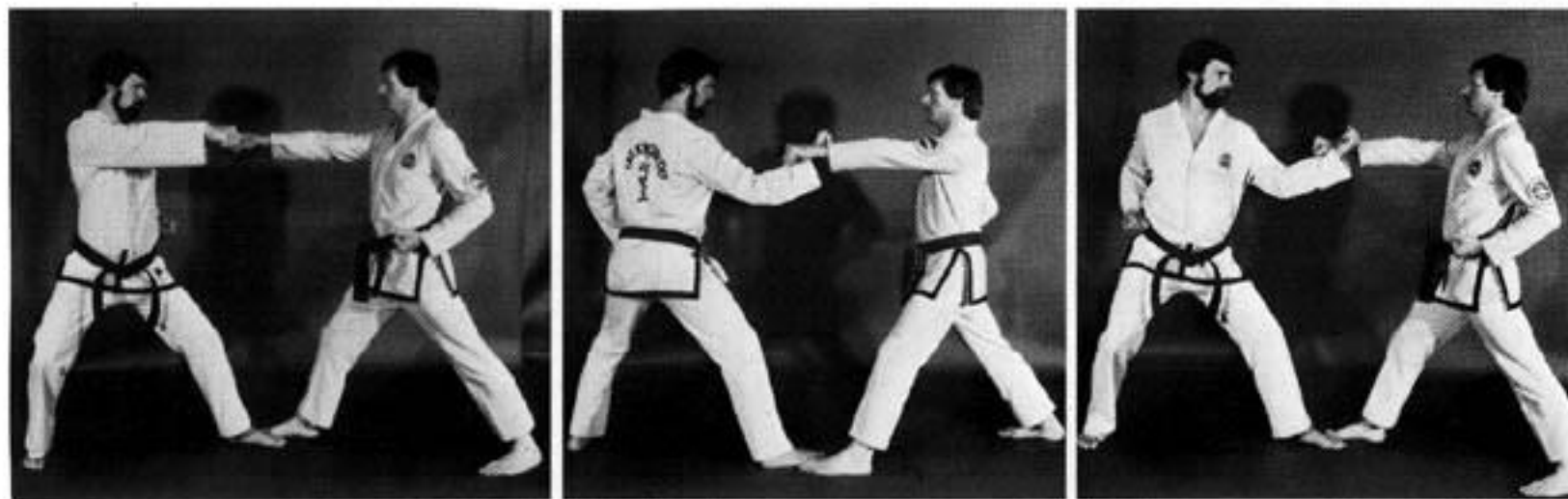
**iii. X:** Move the right foot to A, forming a right walking stance toward A while punching to A with the right fist.

**Y:** Move the right foot to A to form a right L-stance toward B while blocking to B with the left inner forearm, and then execute a middle punch to B with the right fist, maintaining a right L-stance toward B.

3. At the command of "continue":

- i. **X:** Move the right foot to B to form a left walking stance toward A while punching to A with the left fist.
- Y:** Move the right foot to B, forming a left L-stance toward B while blocking to B with the right inner forearm.
- ii. **X:** Move the left foot to B, forming a right walking stance toward A while punching to A with the right fist.
- Y:** Move the left foot to B to form a right L-stance toward B at the same time blocking to B with the left inner forearm.
- iii. **X:** Move the right foot to B, forming a left walking stance toward A while punching to A with the left fist.
- Y:** Move the right foot to B to form a left L-stance toward B at the same time blocking to B with the right inner forearm, and then execute a middle punch to B with the left fist while maintaining the same stance toward B.

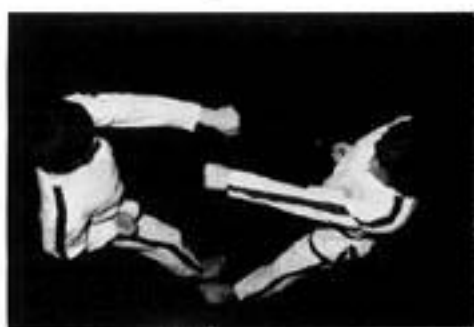
Previous Posture



4. At the command of "stop":

Both X and Y bring the right foot respectively, forming a parallel ready stance.

Top View



From my travel around the world, I have observed so many students who incorrectly measure the distance between partners for three step sparring. The following illustrates two most common incorrect methods of measurement and explains why they are of no scientific basis. Remember this unscientific way of measurement not only hinders the proper development of basic techniques and good posture, but creates bad habits which are difficult to correct as the student progresses.

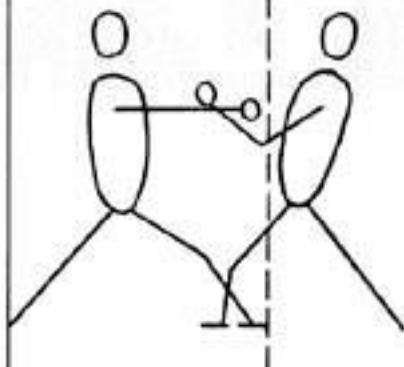
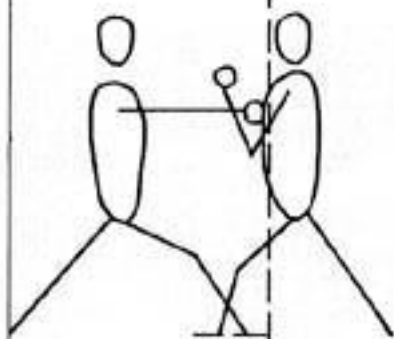
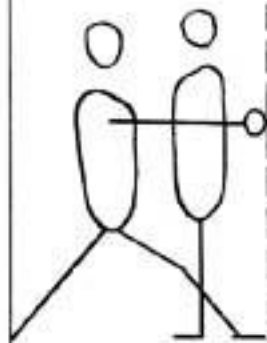
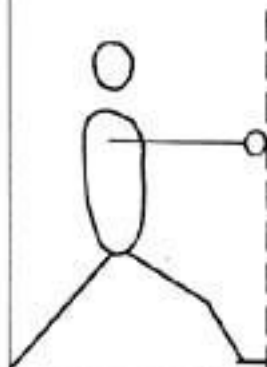
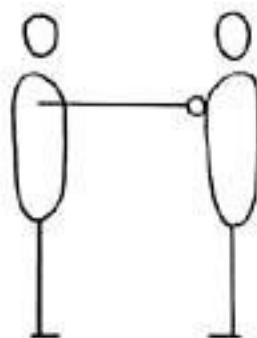
Correct punch with a walking stance

This illustrates how far the punch reaches through the opponent, passing the actual point of focus.

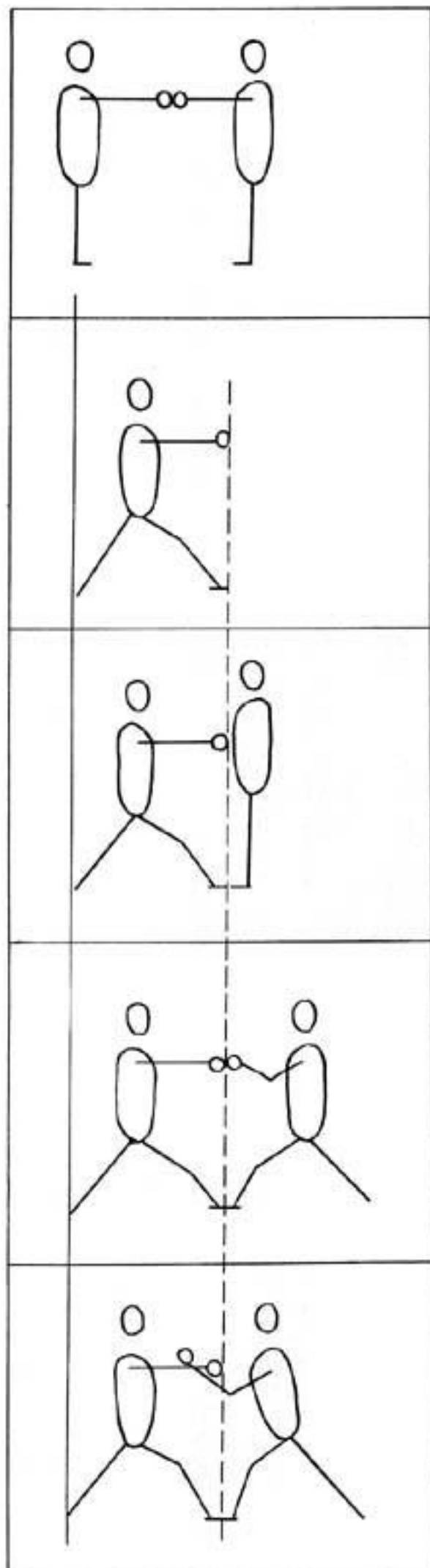
The defender is forced to bend the elbow severely to intercept the opponent's forearm.

Or the defender must lean the body backward in order to perform a proper block.

One full arm length method.







**Two full arms length method.**

**Correct punch with a walking stance.**

**The fist cannot reach the target.**

**The defender cannot intercept the opponent's forearm even with a straight arm.**

**The defender is forced to lean the body forward in order to perform a correct block.**

- X:** Walking stance middle obverse punch.  
**Y:** Walking stance outer forearm obverse side block and then a middle punch with the right fist.



- X:** Walking stance middle obverse punch.  
**Y:** Walking stance knife-hand obverse side block and then a high punch with the left fist.





**X:** Walking stance middle obverse punch.  
**Y:** Walking stance back hand obverse side block and then a high punch with the right fist.



- X:** Walking stance middle obverse punch.  
**Y:** Walking stance back hand reverse side block, and then a high punch with the right fist.



- X:** Walking stance middle obverse punch.  
**Y:** Walking stance reverse knife-hand obverse side block, and then a middle punch with the right fist.



- X:** Walking stance middle reverse punch.  
**Y:** Walking stance inner forearm reverse side block, and then a low front snap kick with the right foot.





- X:** Walking stance middle reverse punch.  
**Y:** Walking stance knife-hand reverse side block, and then a middle front snap kick with the right foot.



- X:** Walking stance middle obverse punch.  
**Y:** L-stance inner forearm outward block, and then a low front snap kick with the left foot.







**X:** L-stance middle reverse punch.

**Y:** Walking stance outer forearm reverse side block,  
and then a middle punch with the right fist.

- X:** L-stance middle reverse punch.  
**Y:** L-stance outer forearm outward block, and then a high punch with the right fist while forming a left walking stance, slipping the left foot.



- X:** L-stance knife-hand middle outward strike.  
**Y:** L-stance forearm guarding block, and then a middle punch with the right fist while forming a right fixed stance, slipping the right foot.



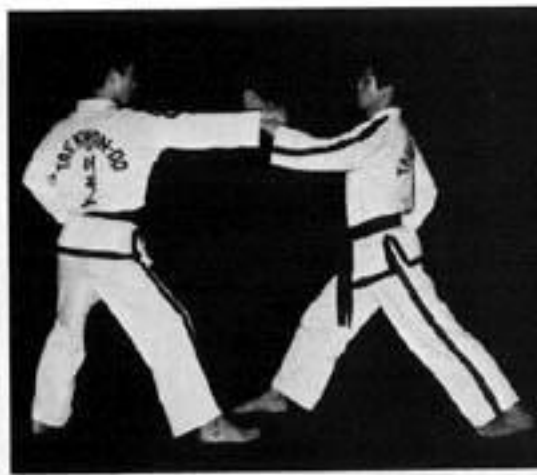
- X:** Walking stance back fist high side strike.  
**Y:** L-stance knife-hand outward block, and then a middle punch with the right fist while forming a right fixed stance, slipping the right foot.





**X:** L-stance middle reverse punch.

**Y:** L-stance reverse knife-hand outward block, and then a low side piercing kick with the left foot.



**X:** L-stance middle reverse punch.

**Y:** L-stance palm inward block, and then a low side piercing kick with the left foot.





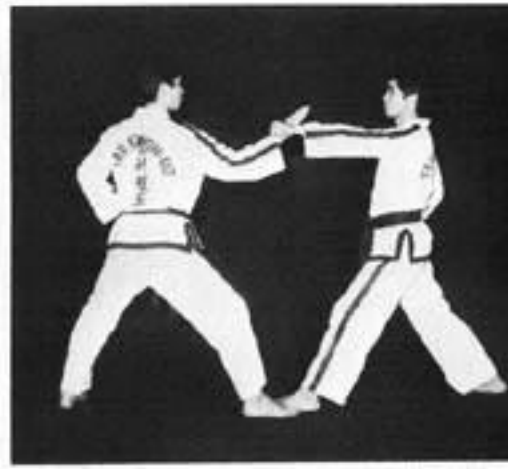
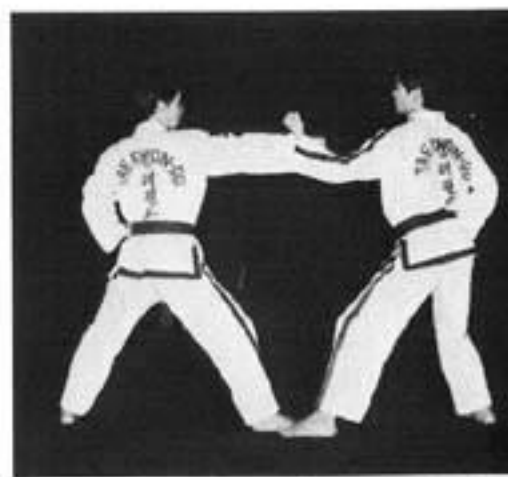
- X:** Fixed stance middle punch.  
**Y:** Walking stance back hand reverse side block, and then a low side piercing kick with the right foot.





**X:** Fixed stance middle punch.

**Y:** L-stance outer forearm inward block, and then a middle side piercing kick with the left foot.

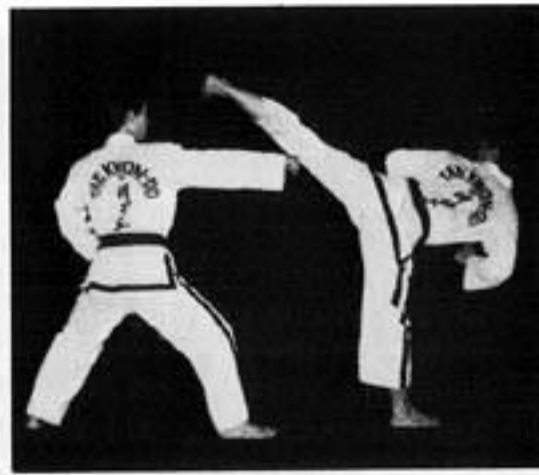
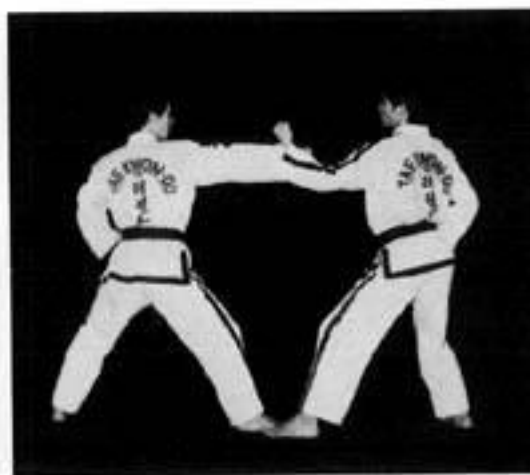






Starting point

- X:** Sitting stance knife-hand middle side strike.  
**Y:** L-stance knife-hand guarding block, and then a middle punch with the left long fist while forming a right walking stance, slipping the left foot.



Starting point

- X:** Walking stance middle obverse punch.  
**Y:** Fixed stance knife-hand outward block, and then a low front snap kick with the right knee.

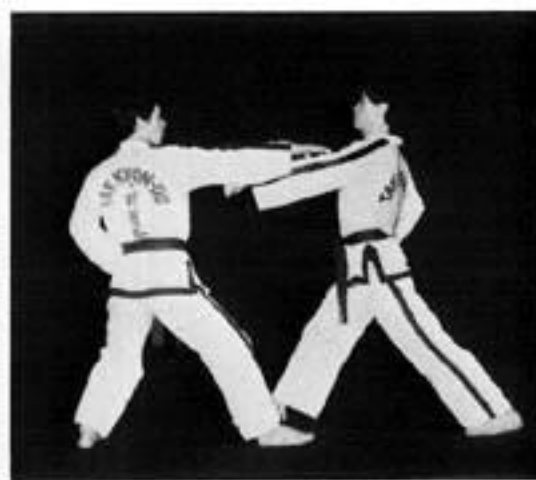


- X:** L-stance knife-hand middle outward strike.  
**Y:** L-stance twin forearm block, and then a middle punch with the left fist while forming a right fixed stance, slipping the right foot.



- X:** Walking stance middle obverse punch.  
**Y:** L-stance knife-hand inward block, and then a middle punch with the right fist while forming a left walking stance, slipping the left foot.

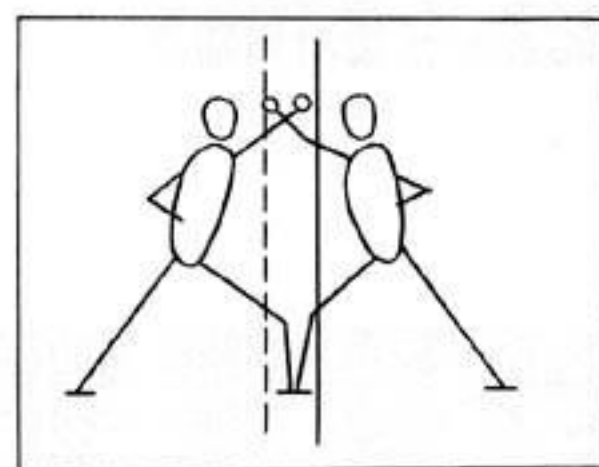
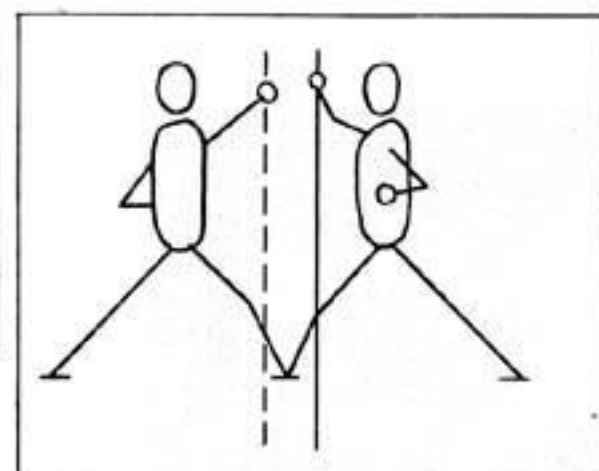
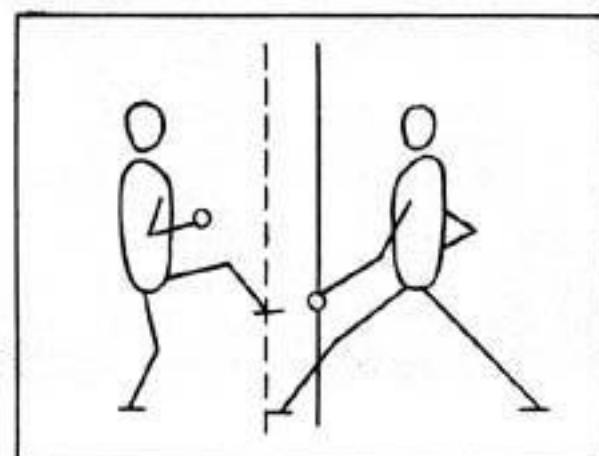
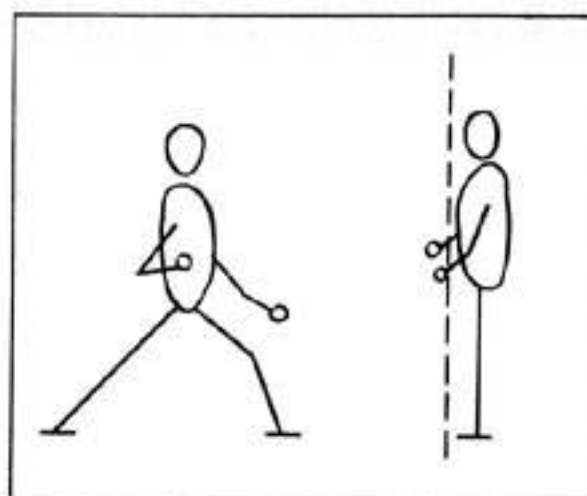
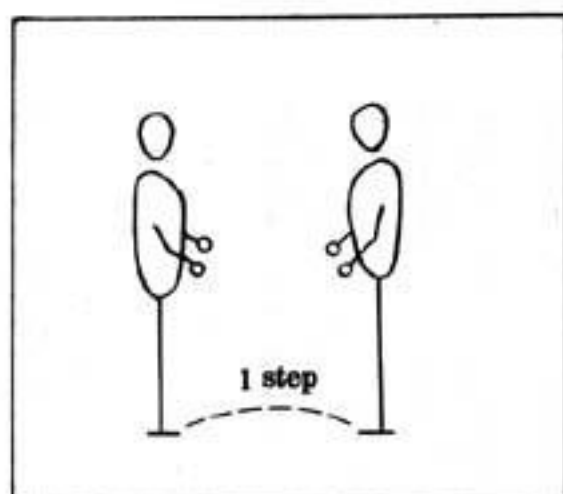




- X:** Sitting stance knife-hand middle side strike.  
**Y:** L-stance twin knife-hand block and then a middle punch with the right fist while forming a right fixed stance, slipping the right foot.

Starting point





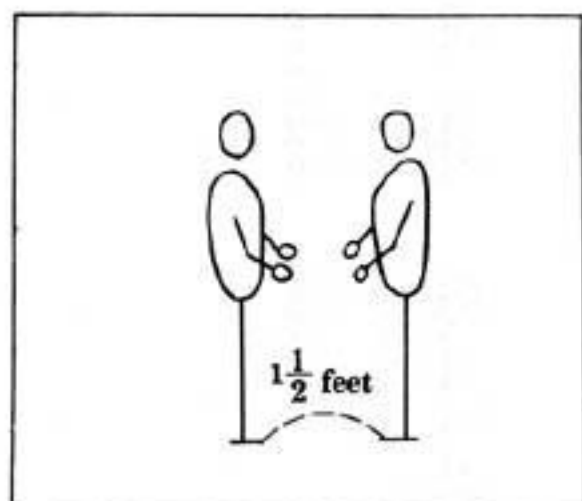
The samples of three step sparring presented in the foregoing pages are strictly based on the principles. However, neither a low block nor rising block can be performed correctly by the same distance between X and Y, for the blocking tool generally forms a vertical line with the knee instead of the toes causing that much gap from the knee to toes at the moment of block as shown in the illustrations.

As a result, the distance must be adjusted to perform a correct attack and defence.

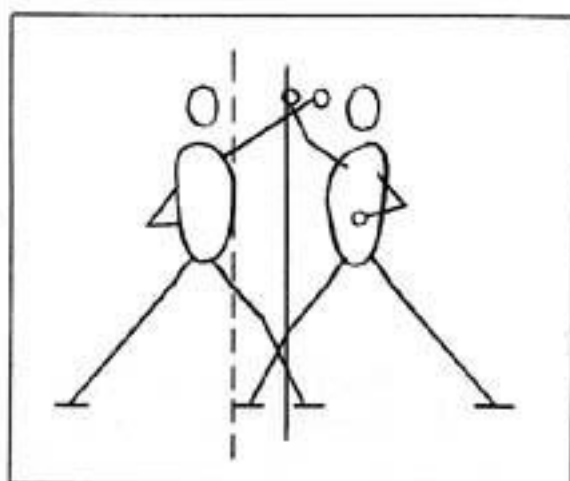
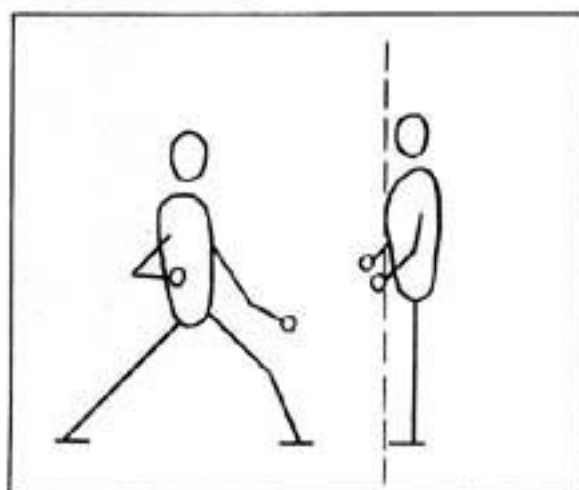
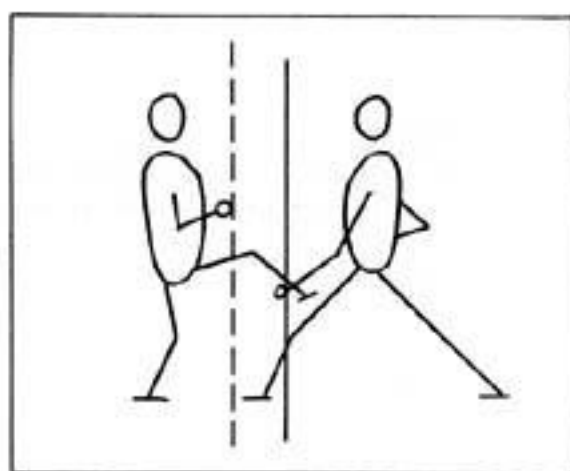
#### INCORRECT

1. Bodies are leaning forward.
2. Knees of the front leg are bent too much.

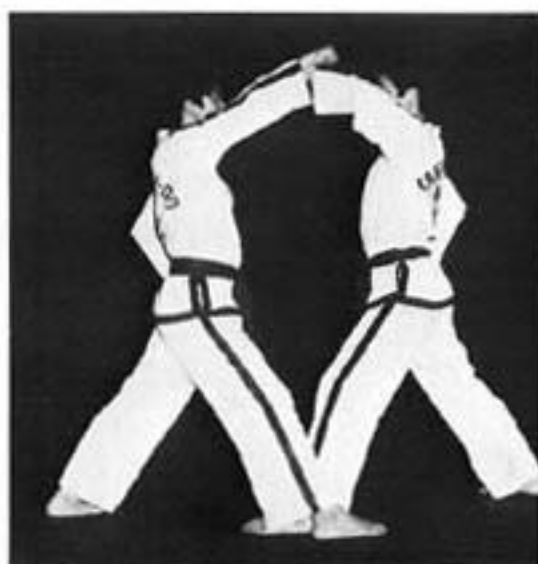
**X and Y stand facing each other at a distance of about one and a half feet instead of a full length of stance to be taken.**



**Coreect attacks and blocks are performed.**



- X:** Walking stance high obverse punch.  
**Y:** Walking stance forearm obverse rising block, and then a middle reverse punch with the right fist.



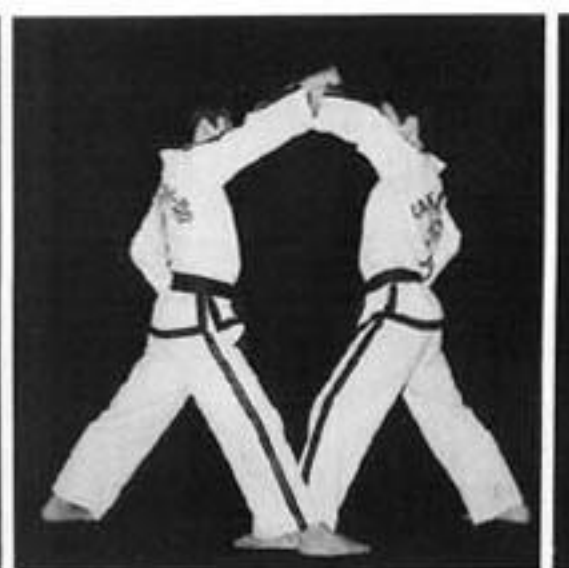
- X:** Walking stance high reverse punch.  
**Y:** Walking stance forearm reverse rising block, and then a middle obverse punch with the right fist.



- X:** Walking stance high obverse punch.  
**Y:** Walking stance knife-hand obverse rising block, and then a high reverse punch with the right fist.





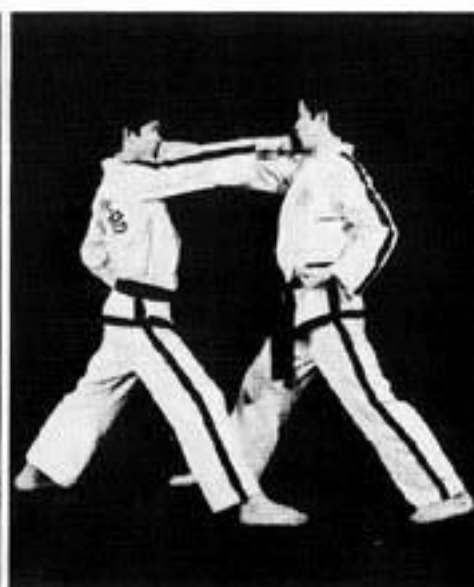
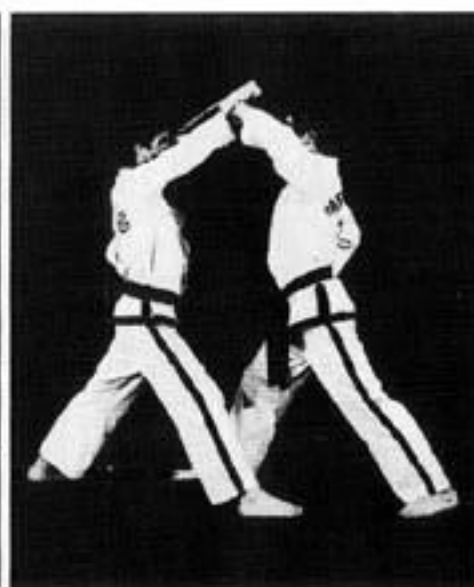


- X:** Walking stance high obverse punch.  
**Y:** Walking stance knife-hand reverse rising block, and then a high obverse punch with the right fist.



- X:** Walking stance high obverse punch.  
**Y:** L-stance forearm reverse rising block, and then a low side front snap kick with the left foot.





- X:** Walking stance high reverse punch.  
**Y:** L-stance knife-hand reverse rising block, and then a high punch with the right fist while forming a left walking stance, slipping the left foot.



**X:** Walking stance high reverse punch.

**Y:** Rear foot stance knife-hand reverse rising block, and then strike with the right front elbow while forming a left walking stance, slipping the left foot.





**X:** Walking stance high reverse punch.

**Y:** Fixed stance forearm rising block, and then a middle reverse punch with the right fist while forming a left walking stance, slipping the right foot.



**X:** Walking stance high obverse punch.

**Y:** Rear foot stance forearm reverse rising block, and then a middle punch with the left fist while forming a right L-stance, slipping the right foot.

- X:** Low front snap kick to the lower abdomen.  
**Y:** Walking stance forearm low obverse block, and then a middle punch with the right fist.



- X:** Low front snap kick to the lower abdomen.  
**Y:** Walking stance forearm low reverse block and then a high punch with the right fist.

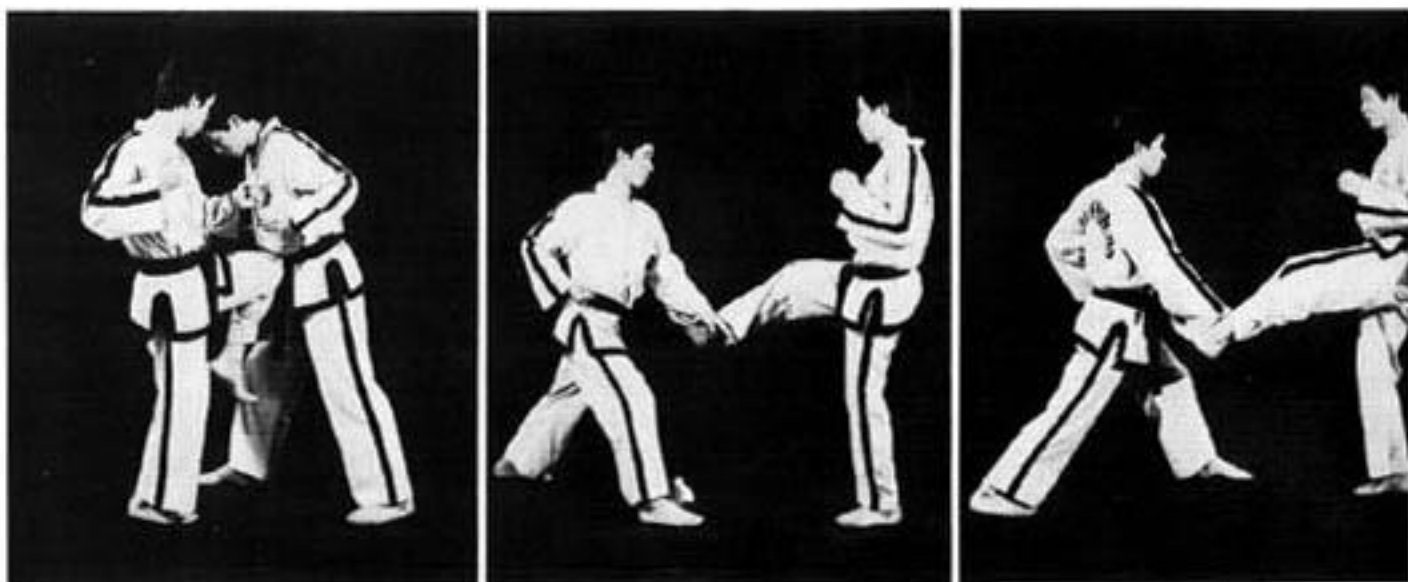


- X:** Low front snap kick to the groin area.  
**Y:** Walking stance Knife-hand low obverse outward block, and then a low front snap kick with the left foot.









**X:** Low front snap kick to the lower abdomen.

**Y:** Walking stance X-fist pressing block, and then a low front snap kick with the left instep.



**X:** Low front snap kick to the lower abdomen.

**Y:** L-stance forearm low reverse block, and then a middle thrust with the right straight fingertip while forming a left walking stance, slipping the right foot.





**X:** Low front snap kick to the groin area.

**Y:** Walking stance knife-hand low reverse outward block, and then a low front snap kick with the left knee.



**X:** Low front snap kick to the groin area.

**Y:** L-stance knife-hand reverse low outward block, and then a middle punch while forming a left walking stance, slipping the left foot.



**X:** Middle front snap kick to the solar plexus.

**Y:** L-stance palm upward block, and then a knife-hand side strike while forming a sitting stance, pivoting with the right foot.





**X:** Low front snap kick to the groin area.

**Y:** Walking stance circular block with an inner forearm, and then a middle punch with the right fist while forming a left L-stance, pivoting with the left foot.





X: Low side piercing kick to the lower abdomen.  
 Y: Walking stance X-fist pressing block, and then a high side piercing kick with the left foot.





## B. Two-Step Sparring (*Ibo Matsogi*)

The main purpose of this sparring is to acquire a mixed technique of hand and foot parts, the attacker therefore, must use both the hand and the foot alternately.

It is, however, entirely optional whether the attacker uses the hand or the foot first. As in the case of three step sparring there are two methods of practise.

- (1) The attack is executed only while stepping forward and the defense while stepping backward.
- (2) Both the attack and the defense are executed while stepping either forward or backward.
  - a. The distance between X and Y is basically the same as that of three step sparring, though it can be flexible.
  - b. X and Y take an attention stance on line AB facing each other.

C

A ————— B      Direction Diagram

D

### Typical Procedure of Two-Step Sparring

1. At the command of "two-step sparring ready (*Ibo Matsogi Junbi*)":

- X:** Move the right foot to A forming a right L-stance while executing a forearm guarding block.
- Y:** Take a parallel ready stance moving the left foot.
- Both X and Y shout "Ya" as a ready signal.



2. At the command of "commence":

i.X: Move the right foot to B, forming a right walking stance toward B while punching with the right fist.

Y: Move the right foot to B to form a left walking stance toward A while executing a side block with the left inner forearm.

ii.X: Execute a low front snap kick to the lower abdomen with the left foot.

Y: Move the left foot to B, forming a right walking stance toward A while executing a pressing block with an X-fist.

#### Method One



2. At the command of "commence":

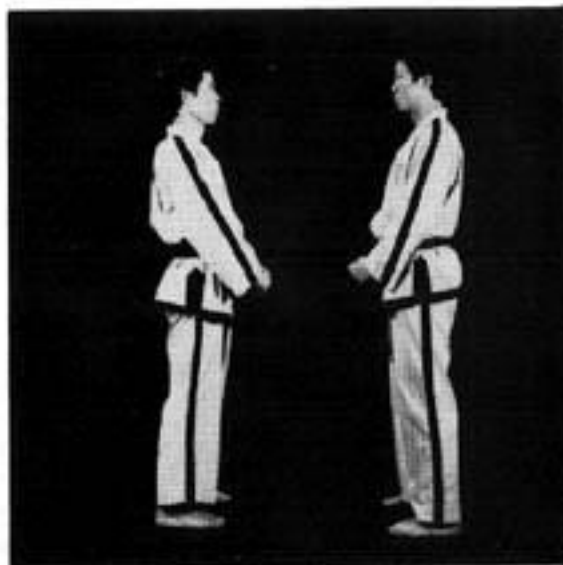
i.X: Move the left foot to A, forming a right walking stance toward B while punching with the right fist.

Y: Move the left foot to A, forming a left walking stance toward A while executing a side block, with the left inner forearm.

ii.X: Execute a low front snap kick to the lower abdomen with the right foot.

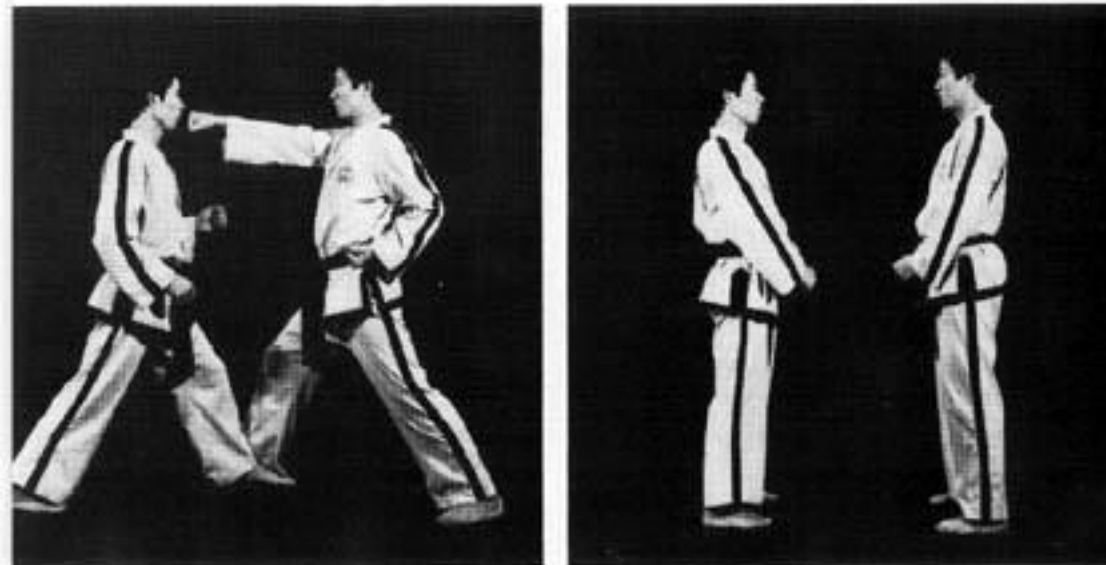
Y: Execute a pressing block with an X-fist.

#### Method Two



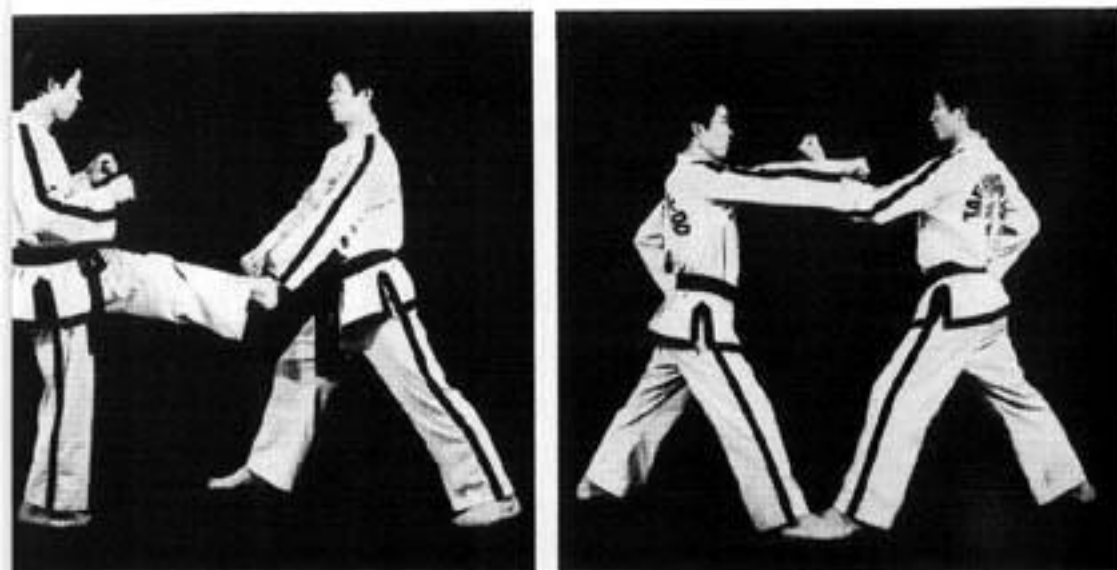
3. At the command of "stop":  
Both X and Y bring the right foot respectively  
to form a parallel ready stance.

Y: Execute a high punch with the right fist.

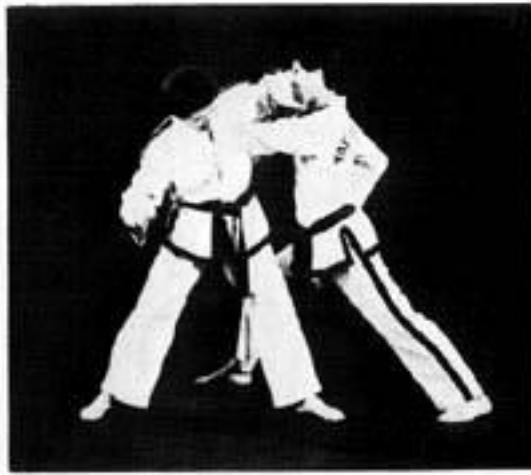


Y: Execute a high punch with the right fist.

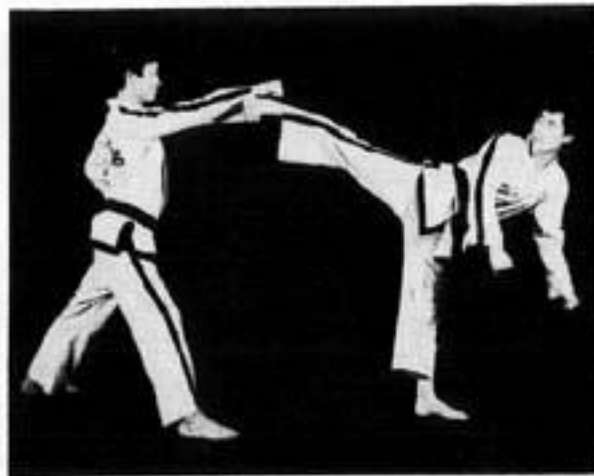
3. At the command of "stop":  
Both X and Y bring the right foot respectively to  
form a parallel ready stance.



- X:** Right walking stance middle obverse punch, and then a middle side piercing kick with the left foot.
- Y:** Left walking stance outer forearm obverse side block, left L-stance right outer forearm inward block, and then a right walking stance front elbow strike, slipping the right foot.



- X:** Low front snap kick with the right foot, and then a right walking stance middle obverse punch.
- Y:** Left walking stance forearm low obverse block, side rising kick with the right foot soon after moving the left foot to B, and then a left L-stance knife-hand outward strike.



- X:** Left L-stance middle reverse punch, and then a low front snap kick with the left instep.
- Y:** Right L-stance inner forearm outward block, right walking stance knife-hand low obverse outward block, and then a high reverse punch with the left fist, maintaining the same stance.



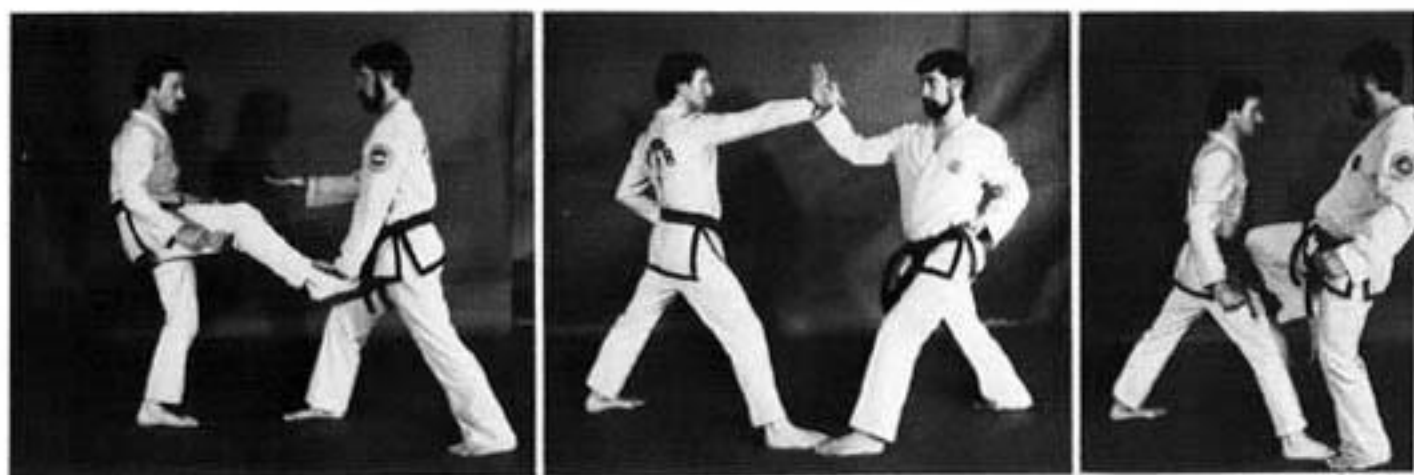
- X:** Middle side piercing kick with the right foot, and then a right L-stance outward strike with the left knife-hand.
- Y:** Left L-stance knife-hand guarding block, right L-stance knife-hand reverse outward block, and then a middle punch with the right fist while forming a left walking stance, slipping the left foot.



- X:** Left walking stance high reverse punch with the right fist, and then a low front snap kick with the right foot.
- Y:** Left walking stance outer forearm obverse side block, X fist pressing block, and then an upset punch with the right fist, maintaining the same stance.



- X:** Low front snap kick with the right instep, and then a right walking stance high obverse punch.
- Y:** Right walking stance palm reverse pressing block, left walking stance knife-hand reverse side block, and then a low front snap kick with the right knee.





- X:** Left L-stance middle reverse punch, and then a low turning kick with the left foot.
- Y:** Right L-stance left palm inward block, left rear foot stance right palm upward block, and then a right walking stance left upper elbow strike, slipping the right foot.



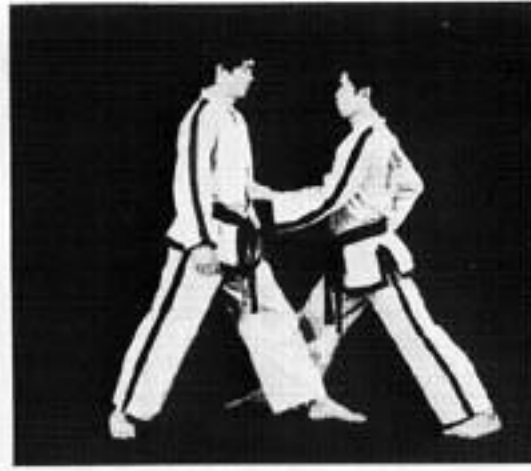
- X:** Left walking stance knife-hand reverse front downward strike, and then a middle side piercing kick with the right foot.
- Y:** Right L-stance forearm reverse rising block, left L-stance forearm guarding block, and then a middle side piercing kick with the right foot.



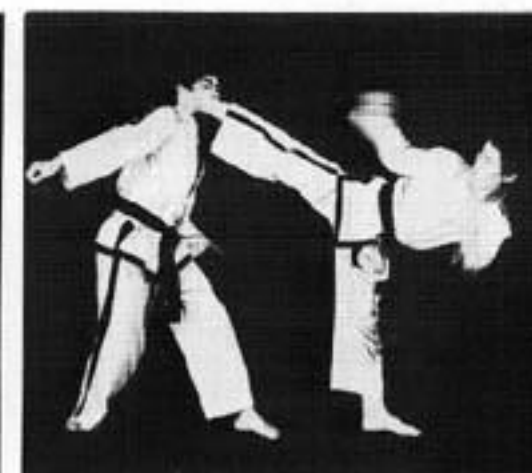
- X:** Low front snap kick with the right foot, and then a sitting stance side strike with the left knife-hand.
- Y:** Right walking stance knife-hand low reverse outward block, right rear foot stance knife-hand guarding block, and then a middle side front snap kick with the left foot.



- X:** Left L-stance middle reverse punch, and then a middle side front snap kick with the left foot.
- Y:** Left walking stance double forearm obverse block, left L-stance right palm upward block, and then an upset punch with the left fist while forming a right walking stance, slipping the right foot.



- X:** Low front snap kick with the right foot, and then a left walking stance back fist obverse high side strike.
- Y:** Left L-stance forearm low reverse block, left walking stance double forearm obverse block, and then a middle punch with the left fist while forming a right L-stance, pulling the right foot.



- X:** Right X-stance right back fist high side strike, and then a high side piercing kick with the right foot.
- Y:** Left L-stance knife-hand reverse outward block, right walking stance X-forearm pressing block, and then a high reverse turning kick with the right foot.



- X:** Middle side piercing kick with the right foot, and then a left walking stance straight fingertip obverse thrust.
- Y:** Right L-stance left palm inward block, left rear foot stance palm reverse upward block, and then a high side strike with the left back fist while forming a right X-stance in a jumping motion.

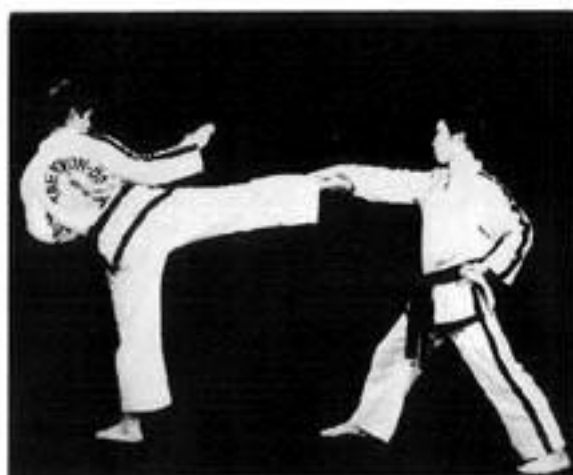


- X:** Sitting stance right knife-hand high side strike, and then a middle side turning kick with the left instep.
- Y:** Left rear foot stance knife-hand guarding block in a dodging motion, side rising kick with the left foot, and then a middle side piercing kick with the same foot.

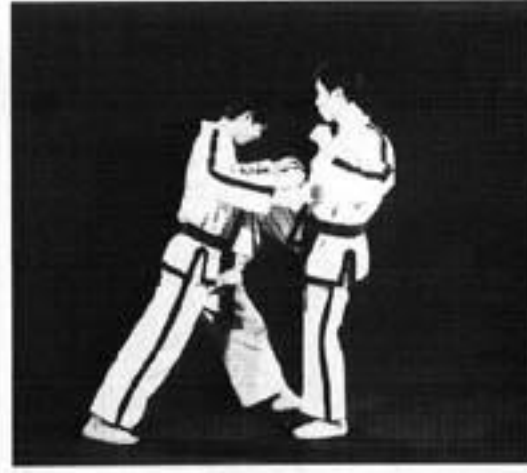
- X:** Middle side front snap kick with the right foot, and then a right walking stance twin fist high vertical punch.
- Y:** Right L-stance knife-hand block, right walking stance knife-hand wedging block, and then a low front snap kick with the left knee.



- X:** Middle side piercing kick with the right foot, and then right L-stance left knife-hand outward strike.
- Y:** Right walking stance palm obverse hooking block, right rear foot stance forearm guarding block in a sliding motion, and then a middle side piercing kick with the left foot.







- X:** Middle side piercing kick with the left foot, and then a left walking stance twin fist high vertical punch.
- Y:** Right walking stance palm reverse hooking block, left walking stance outer forearm wedging block, and then a low front snap kick with the right instep.



- X:** Middle front snap kick with the right foot, and then a left walking stance straight fingertip reverse thrust.
- Y:** Right L-stance left reverse knife-hand outward block, left rear foot stance palm reverse upward block, and then a twin fist high vertical punch while forming a right walking stance, slipping the right foot.



- X:** Right walking stance straight fingertip obverse thrust, and then a middle turning kick with the left instep.
- Y:** Right L-stance left back hand outward block, left rear foot stance knife-hand guarding block, and then a right X-stance right knife-hand outward strike in a jumping motion.



- X:** Middle side piercing kick with the right foot, and then a left walking stance knife-hand reverse front downward strike.
- Y:** Left L-stance twin forearm block, left walking stance forearm obverse rising block, and then a flat fingertip high reverse thrust, maintaining the same stance.



- X:** Right walking stance knife-hand obverse front downward strike, and then a middle front snap kick with the left foot.
- Y:** Right walking stance forearm obverse rising block, right rear foot stance knife-hand low block in a sliding motion, and then a left knife-hand high inward strike while forming a right L-stance, slipping the left foot.



- X:** Sitting stance side downward strike with the right knife-hand, and then a turning kick with the left knee.
- Y:** Right rear foot stance forearm reverse rising block, left L-stance forearm guarding block in a sliding motion, and then a high side piercing kick with the right foot.

- X:** Middle side piercing kick with the right foot, and then a left walking stance knife-hand obverse front downward strike.
- Y:** Left rear foot stance twin forearm block, left walking stance forearm reverse rising block, and then a middle obverse punch, maintaining the same stance.



- X:** Low front snap kick with the right knee, and then a left walking stance straight fingertip middle obverse thrust.
- Y:** Left L-stance forearm guarding block in a sliding motion, right rear foot stance inner forearm reverse outward block, and then a high thrust with the left flat fingertip, maintaining the same stance.



Following examples of two step-sparring are for the advanced student.

- X:** Right walking stance high reverse punch, and then a low reverse turning kick with the left foot.
- Y:** Left L-stance twin knife-hand block, right rear foot stance knife-hand guarding block, and then a high reverse turning kick with the right foot.



- X:** Left L-stance high reverse punch, and then a flying side piercing kick with the right foot.
- Y:** Left rear foot stance twin knife-hand block, right L-stance forearm guarding block in a sliding motion, and then a sitting stance flat fingertip side thrust, slipping the right foot.







### C. One-Step Sparring (*Ilbo Matsogi*)

Virtually, this sparring is considered the most important one from the point of view that the ultimate goal of Taekwon-Do in real combat is to win the victory with just a single seasoned blow.

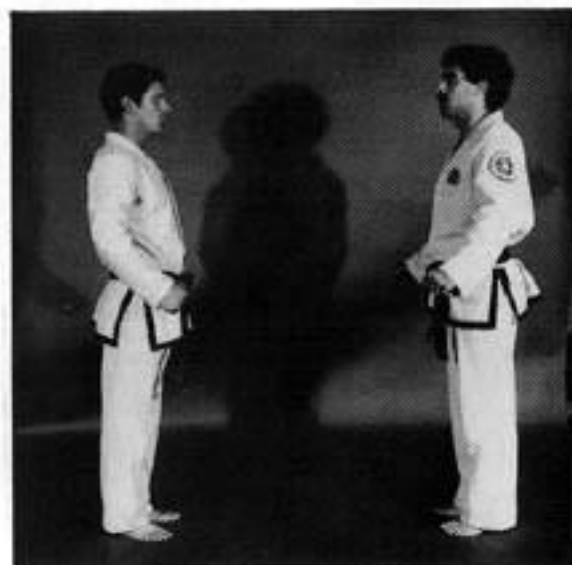
As a matter of fact it not only is exercised at all levels but also can be used in actual situation. It is, therefore, advisable for the student to apply all techniques exclusively including counter-attack, flying attack and defense, and dodging attack with hand or foot while flying under various assumptions.

The secret of this sparring is to deliver a competely accurate speedy and decisive blow at the opponent's vital spot at the right time with the right weapon while defending against the opponent's attack effectively.

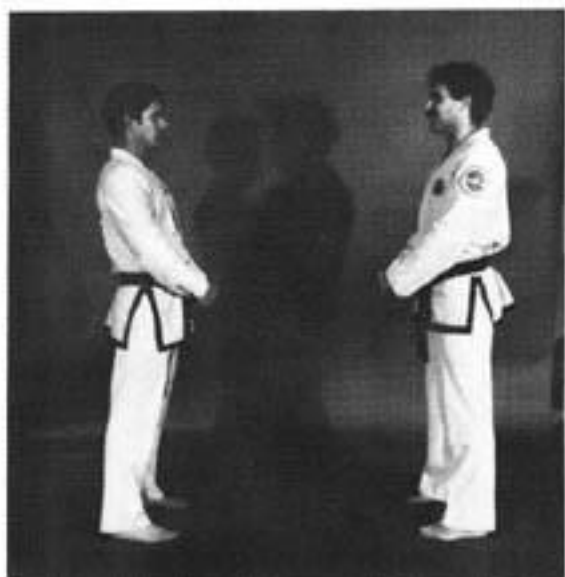


#### Typical Procedure of One-Step Sparring

X and Y take an attention stance respectively. The distance between X and Y can be flexible according to the technique to be used, though one full length of stance is normal.







1. At the command of "one-step sparring ready":

**X:** Take a parallel ready stance, moving the right foot.

**Y:** Take a parallel ready stance, moving the left foot.

Both X and Y shout "Ya" as a ready signal.



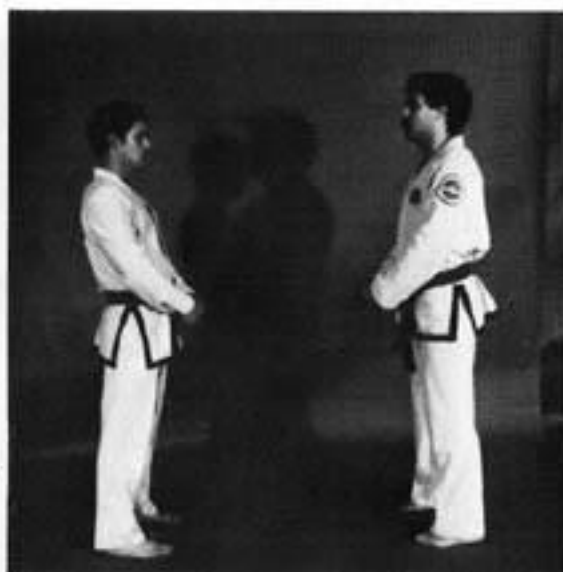
2. At the command of "commence":

X and Y take appropriate action of attack and defence respectively.



**Y:** Execute a counter-attack.

3. At the command of "stop":  
X and Y return to ready stance respectively.



**X:** Walking stance middle obverse punch.

**Y:** Walking stance outer forearm obverse side block, and then a turning kick with the right knee.



**X:** Walking stance middle reverse punch.

**Y:** L-stance knife-hand outward block, and then a middle side piercing kick with the left foot.



**X:** Walking stance middle obverse punch.

**Y:** L-stance reverse knife-hand inward block, and then a middle side front snap kick with the left foot.



- X:** Walking stance middle reverse punch.  
**Y:** Walking stance inner forearm obverse outside block, and then a low front snap kick with the left instep.



- X:** Walking stance middle obverse punch.  
**Y:** Walking stance outer forearm obverse outside block and then a middle side punch while forming a sitting stance, moving the right foot forward.



- X:** Walking stance middle obverse punch.  
**Y:** L-stance back hand outside block, and then a middle side piercing kick with the right foot.



- X:** Walking stance middle obverse punch.  
**Y:** L-stance outer forearm inward block, and then a middle punch while forming a left fixed stance, slipping the left foot.



- X:** Walking stance middle obverse punch.  
**Y:** Walking stance back hand obverse inside block, and then a low front snap kick with the right knee.





- X:** Walking stance middle reverse punch.  
**Y:** L-stance inner forearm reverse outside block, and then a flat fingertip high thrust while shifting to A, maintaining the same stance.



- X:** Walking stance middle obverse punch.  
**Y:** L-stance knife-hand reverse inward block, and then a low side front snap kick with the right foot.

**X:** Walking stance middle obverse punch.

**Y:** Walking stance knife-hand reverse side block, and then a high turning kick with the right instep.



**X:** Walking stance middle obverse punch.

**Y:** Walking stance reverse knife-hand reverse side block, and then a low thrust with the right upset fingertip while forming a left walking stance, slipping the left foot.





- X:** Walking stance middle reverse punch.  
**Y:** L-stance reverse knife-hand reverse upward block, and then a back fist side strike while forming a left rear foot stance, moving the right foot to A.



- X:** Walking stance middle reverse punch.  
**Y:** Front rising kick, and then a side strike with the left back fist while forming a left X-stance.



- X:** Walking stance middle obverse punch.  
**Y:** L-stance reverse knife-hand guarding block, and then a back fist side front strike while forming a left walking stance, slipping the left foot.

- X:** Walking stance middle reverse punch.  
**Y:** Side rising kick, and then a back fist reverse front strike forming a left walking stance.



- X:** Walking stance middle reverse punch.  
**Y:** L-stance knife-hand guarding block and then a flat fingertip high reverse thrust while forming a left low stance, slipping the left foot.



- X:** Walking stance middle obverse punch.  
**Y:** Rear foot stance outer forearm inward block and then an upset punch while forming a right walking stance, slipping the right foot.



**X:** Walking stance middle obverse punch.

**Y:** Rear foot stance palm reverse upward block, and then a low side front snap kick with the left foot.



**X:** Walking stance middle obverse punch.

**Y:** Rear foot stance palm reverse downward block, and then an upper elbow strike while forming a left walking stance, slipping the left foot.



**X:** Walking stance middle reverse punch.

**Y:** Rear foot stance forearm guarding block while sliding to B, and then an L-stance side elbow thrust while sliding to A.

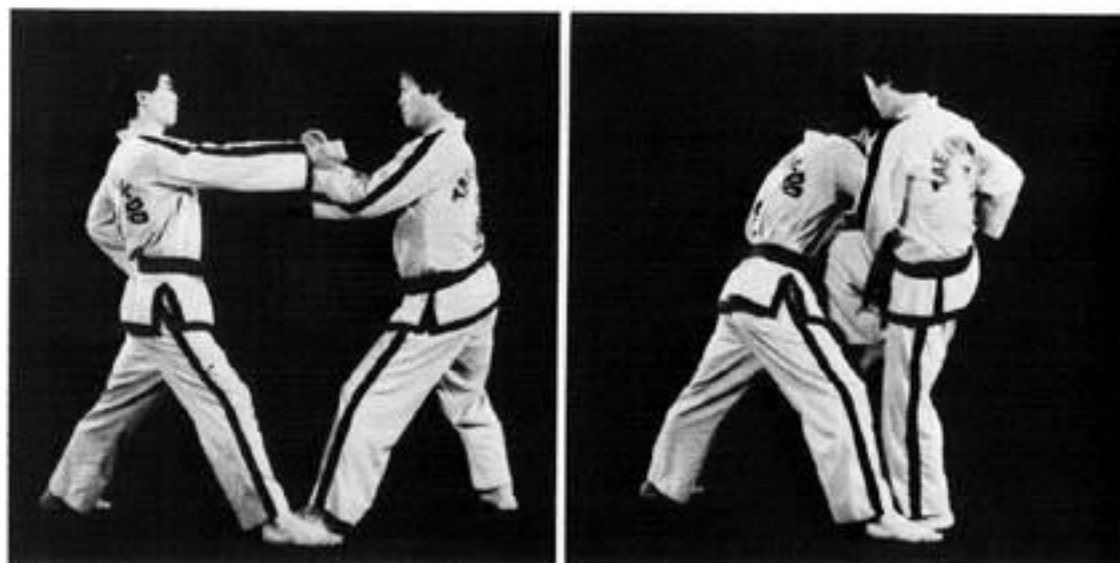


**X:** Walking stance middle obverse punch.

**Y:** Walking stance knife-hand obverse side block, and then a high inward vertical kick with the right foot.



- X:** Walking stance middle obverse punch.  
**Y:** L-stance X-knife-hand checking block, and then a low front snap kick with the right knee, pulling the opponent's hand.



- X:** Walking stance middle obverse punch.  
**Y:** Rear foot stance bow wrist reverse upward block, and then a middle vertical punch with the right fist while forming a left walking stance, slipping the left foot.



- X:** Walking stance middle reverse punch.  
**Y:** L-stance forearm guarding block, and then a knife-hand middle outward strike while forming a sitting stance, slipping the right foot.



**X:** Walking stance middle obverse punch.

**Y:** Walking stance palm obverse outside hooking block, and then a middle side piercing kick with the right foot, pulling the opponent's hand.



**X:** Walking stance middle obverse punch.

**Y:** L-stance palm reverse hooking block, and then a middle side front snap kick with the left foot.



**X:** Walking stance middle reverse punch.

**Y:** Rear foot stance X-knife-hand checking block, and then a side front snap kick with the left knee, pulling both hands.





**X:** Walking stance straight fingertip obverse thrust.

**Y:** L-stance knife-hand reverse downward block, and then a flat fingertip reverse high inward cross-cut while forming a left low stance, slipping the left foot.



**X:** Walking stance middle obverse punch.

**Y:** Rear foot stance knife-hand guarding block, and then a front elbow strike while forming a right walking stance, moving the right foot forward.



- X:** Walking stance middle obverse punch.  
**Y:** Rear foot stance knife-hand reverse inward block and then a high elbow strike while forming a left walking stance, slipping the left foot.



- X:** Walking stance middle reverse punch.  
**Y:** Rear foot stance reverse knife-hand guarding block, and then a middle outward vertical kick with the left foot.

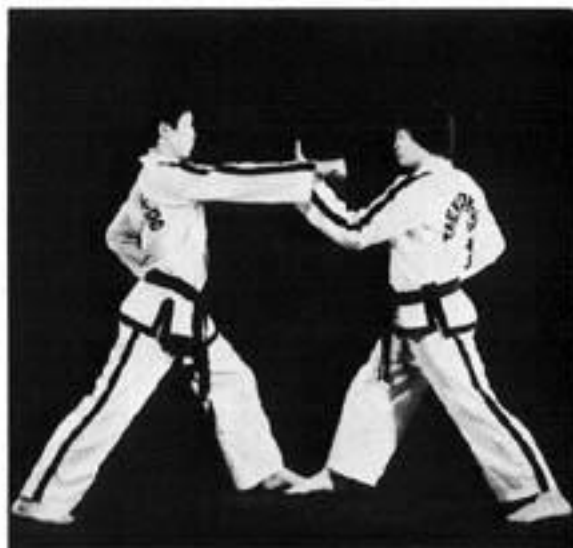


- X:** Walking stance middle obverse punch.  
**Y:** Rear foot stance inner forearm reverse inside block, and then a back elbow thrust while forming a sitting stance, moving the right foot to AD.





- X:** Walking stance middle reverse punch.  
**Y:** Walking stance reverse knife-hand reverse side block and then a back fist front strike while forming a parallel stance, moving the right foot.



- X:** Walking stance middle obverse punch.  
**Y:** Fixed stance outer forearm downward block and then a middle knuckle fist high vertical punch while forming a right rear foot stance, pulling the right foot.

**X:** Walking stance middle obverse punch.

**Y:** L-stance palm obverse upward block, and then a knife-hand downward strike while forming a right vertical stance, pulling the right foot.



**X:** Walking stance middle obverse punch.

**Y:** Rear foot stance double forearm reverse block, and then a knife-hand downward strike while forming a sitting stance, moving the left foot in a stamping motion.



- X:** Walking stance middle obverse punch.  
**Y:** Rear foot stance knife-hand reverse outward block, and then a middle knuckle fist upset punch while forming a right L-stance in a sliding motion.



- X:** Walking stance middle obverse punch.  
**Y:** Rear foot stance reverse knife-hand reverse upward block, and then an outward cross-cut with the right flat fingertip while forming a L-stance, slipping the right foot.



- X:** Walking stance middle reverse punch.  
**Y:** Walking stance double forearm reverse block and then a back fist high side strike while forming a close stance, pulling the right foot.



- X:** Walking stance middle obverse punch.  
**Y:** Walking stance outer forearm obverse downward block, and then an upward punch while forming a left X-stance, in a jumping motion.



- X:** Walking stance middle obverse punch.  
**Y:** Outside hooking kick, and then a middle side piercing kick with the right foot.



- X:** Walking stance middle obverse punch.  
**Y:** Outside crescent kick, and then a side piercing kick.





**X:** Walking stance middle reverse punch.

**Y:** Inside hooking kick with the left foot, and then an inward cross-cut while forming a right L-stance in a stamping motion.



**X:** Walking stance middle reverse punch.

**Y:** Walking stance X-fist downward block, and then a reverse hooking kick with the right foot.



- X: Walking stance middle obverse punch.  
Y: Walking stance x-knife-hand downward block, and then a long fist high punch while shifting to A, maintaining the same stance.



- X: Walking stance middle reverse punch.  
Y: L-stance outer forearm reverse outward block, and then a low side front kick with the right foot.



- X: Walking stance middle reverse punch.  
Y: L-stance palm reverse downward block, and then a low twisting kick with the right foot.





- X:** Walking stance middle reverse punch.  
**Y:** L-stance outer forearm obverse downward block, and then a back fist front strike while forming a right x-stance.



- X:** Walking stance middle obverse punch.  
**Y:** X-stance twin palm front block, and then a dodging side piercing kick with the right foot while flying away from the opponent to B.



- X:** Walking stance middle obverse punch.  
**Y:** Rear foot stance double forearm block, and then a back piercing kick with the right foot.



- X:** Walking stance middle reverse punch.  
**Y:** L-stance reverse knife-hand obverse upward block and then a low twisting kick, skipping with the left foot.



**X:** Walking stance middle reverse punch.

**Y:** Rear foot stance forearm obverse downward block, and then a palm middle pushing block, moving the left foot to AD.



**X:** Walking stance middle obverse punch.

**Y:** Rear foot stance knife-hand hooking block, and then a high elbow strike, while forming a left low stance, slipping the left foot.



**X:** Walking stance middle reverse punch.

**X:** Rear foot stance forearm reverse downward block, and then a high turning kick with the left instep.

**X:** Walking stance middle obverse punch.

**Y:** Rear foot stance knife-hand obverse downward block, and then a back fist side front strike while forming a left low stance, slipping the left foot.



**X:** Walking stance middle obverse punch.

**Y:** Rear foot stance twin palm reverse downward block, and then a reverse hooking kick.



**X:** Walking stance middle reverse punch.

**Y:** L-stance twin palm downward block, and then a forefinger thrust while forming a left walking stance, slipping the left foot.





**X:** Walking stance, middle obverse punch.

**Y:** Inward vertical kick with the right foot, and then a back fist high side strike while forming a right x-stance in a jumping motion.



**X:** Walking stance middle reverse punch.

**Y:** Walking stance x-knife-hand front block, and then a side piercing kick with the left foot.



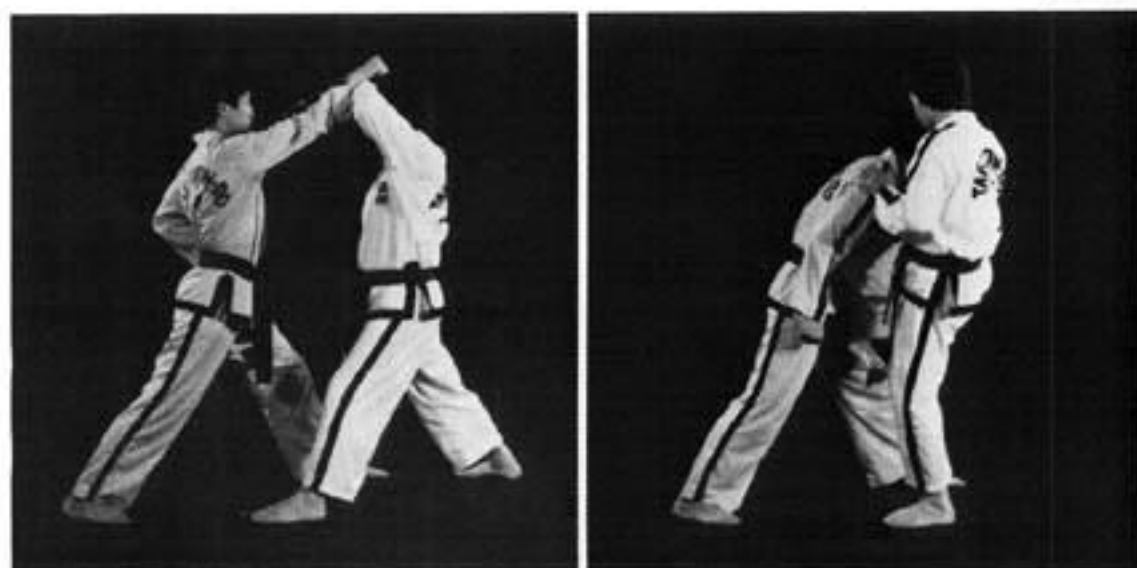
- X:** Walking stance high obverse punch.  
**Y:** Walking stance knife-hand obverse front block, and then an upset punch while forming a sitting stance, moving the right foot.



- X:** Walking stance high obverse punch.  
**Y:** Walking stance outer forearm obverse front block, and then a low side front snap kick with the right instep.

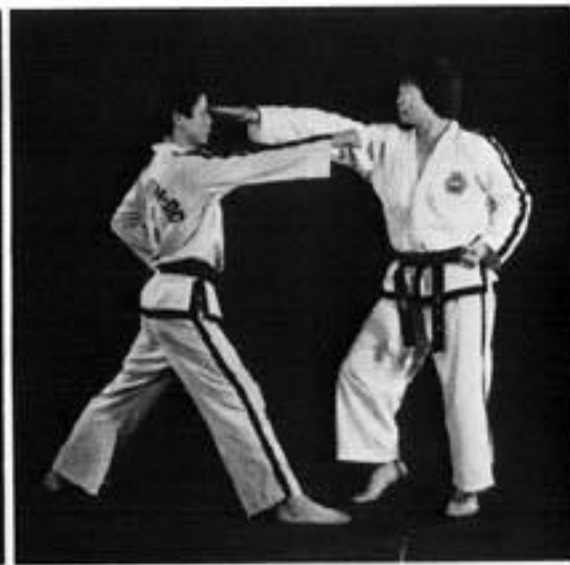


- X:** Walking stance high reverse punch.  
**Y:** Walking stance forearm obverse rising block, and then a middle front snap kick with the right knee.



**X:** Walking stance high obverse punch.

**Y:** Walking stance forearm reverse rising block and then a flat fingertip high thrust while forming a left rear foot L-stance, pulling the right foot.



**X:** Walking stance high obverse punch.

**Y:** Walking stance knife-hand obverse rising block and then an upset punch with the right foot, shifting to A.

- X: Walking stance high obverse punch.  
Y: Walking stance arc-hand reverse rising block, and then a twin fist high vertical punch in a shifting motion.



- X: Walking stance high reverse punch.  
Y: L-stance forearm reverse rising block, and then a middle front snap kick with the left foot.



- X: Walking stance high obverse punch.  
Y: Bending ready stance A, dodging to C, and then a high side piercing kick with the left foot.





- X:** Walking stance high obverse punch.  
**Y:** Walking stance X-forearm rising block, and then a pressing kick with the right foot.



- X:** Walking stance high reverse punch.  
**Y:** Walking stance knife-hand guarding block, and then an obverse punch while forming a right L-stance, sliding to A.

- X:** Walking stance high obverse punch.
- Y:** Walking stance knife-hand reverse front block, and then a back fist reverse side front strike while forming a right rear foot stance, moving the left foot.



- X:** Walking stance high reverse punch.
- Y:** High side piercing kick with the right foot, and then a knife-hand side strike while forming a sitting stance toward D.





**X:** Walking stance high reverse punch.

**Y:** Hooking kick, and then a side piercing kick in succession with the right foot.



**X:** Walking stance high obverse punch.

**Y:** Rear foot stance forearm guarding block, sliding to B, and then a dodging reverse turning kick with the right foot while flying away from the opponent.



**X:** Walking stance high obverse punch.

**Y:** Double side piercing kick.



- X:** Walking stance high obverse punch.  
**Y:** Low stance flat fingertip high thrust, and then a back fist obverse front strike while forming a left walking stance, pulling the right foot.



- X:** Walking stance high reverse punch.  
**Y:** Low side front snap kick with the left foot, and then a high punch while forming a left walking stance.



- X:** Walking stance high obverse punch.  
**Y:** Double side piercing kick.



**X:** Walking stance high reverse punch.

**Y:** Rear foot stance forearm rising block, and then a middle knuckle fist upset punch while forming a right L-stance, slipping the left foot.



**X:** Walking stance high obverse punch.

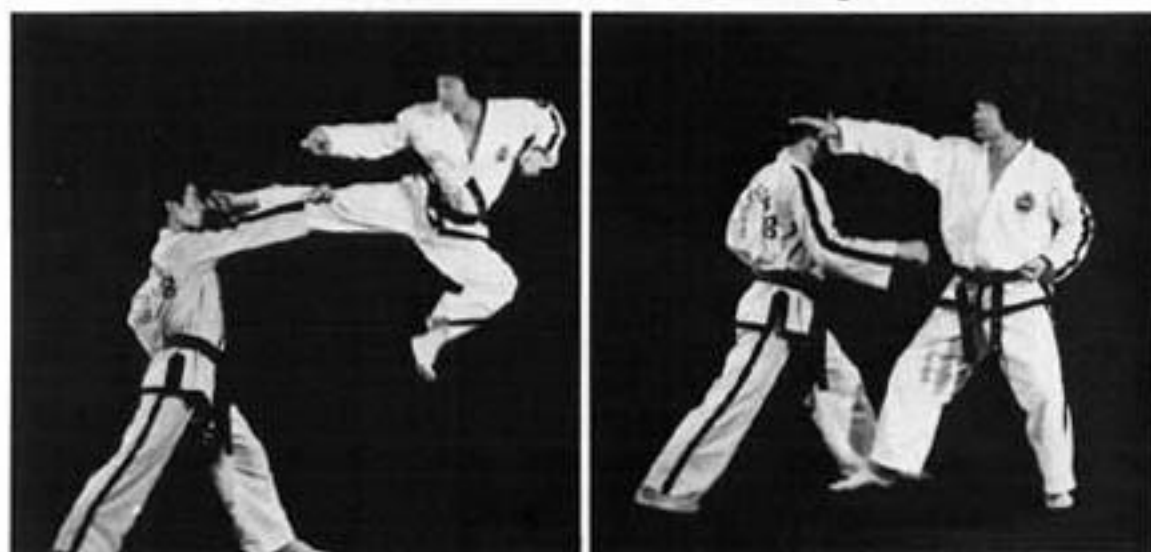
**Y:** Low twisting kick, and then a back fist high side strike while forming an X-stance in a jumping motion.



- X:** Walking stance high reverse punch.  
**Y:** Middle front snap kick, and then an upset punch with the right middle knuckle fist while forming a left X-stance in a jumping motion.



- X:** Walking stance high reverse punch.  
**Y:** Dodging side piercing kick while flying away from the opponent to B, and then a knife-hand side strike while forming a left L-stance.



- X:** Walking stance high obverse punch.  
**Y:** Front checking kick, and then a high side punch while forming a left X-stance toward D.





- X:** Walking stance high obverse punch.  
**Y:** Hooking kick, and then a double finger high reverse thrust while forming a left walking stance.



- X:** Walking stance high obverse punch.  
**Y:** Crescent kick, and then an angle fingertip middle thrust while forming a left walking stance.



- X:** Walking stance high obverse punch.  
**Y:** Rear foot stance reverse knife-hand reverse side block and then a high strike with the right finger pincers while forming a left walking stance, slipping the left foot.



- X:** Walking stance high obverse punch.  
**Y:** Parallel stance X-fist rising block and then a knife-hand high side strike while forming a close stance, bringing the left foot.





- X:** Walking stance flat finger high obverse thrust.  
**Y:** X-stance X-fist rising block, and then a flat fingertip outward cross-cut while flying away from the opponent to B.



- X:** Walking stance twin fist high vertical punch.  
**Y:** Walking stance inner forearm wedging block and then a high vertical punch while forming a right L-stance, pulling the right foot.



- X:** Walking stance high obverse punch.  
**Y:** L-stance knife-hand reverse outward block while punching, and then a flying side front kick while dodging to A.

- X: Walking stance twin fist high vertical punch.  
 Y: Walking stance knife-hand wedging block and then an upward kick with the left knee, pulling both hands downward.



- X: Walking stance twin fist high vertical punch.  
 Y: Walking stance outer forearm wedging block and then an upward punch while forming a right rear foot stance, moving the left foot to B.



- X: Walking stance knife-hand obverse front strike.  
 Y: Sitting stance outer forearm W-shape block and then a middle side piercing kick, slipping the right foot.



**X:** Walking stance knife-hand reverse front strike.

**Y:** High side piercing kick with the right foot while supporting the body with both hands and the left knee.

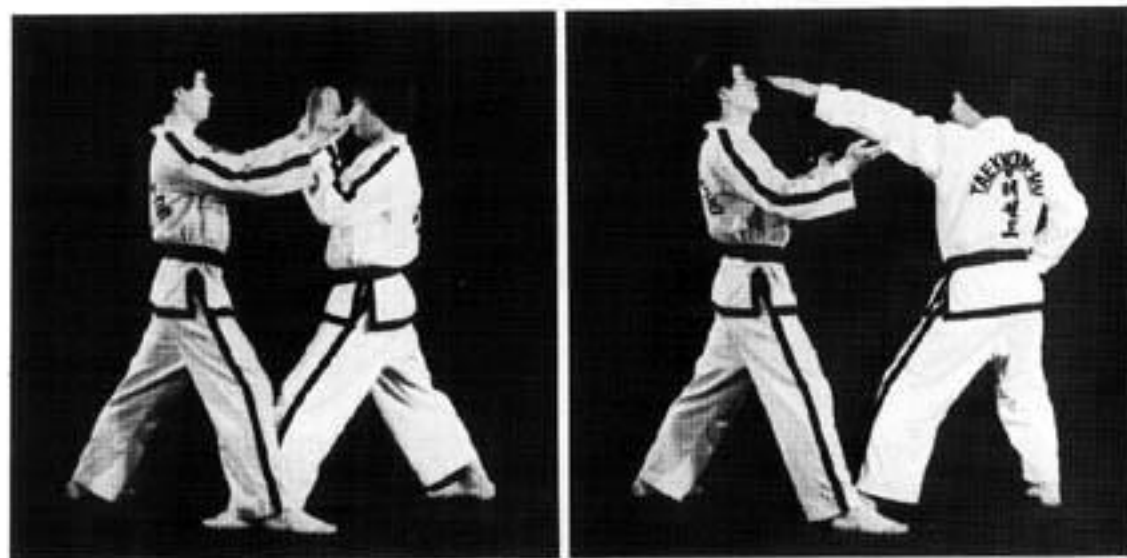


**X:** Walking stance reverse knife-hand obverse front strike.

**Y:** Walking stance knife-hand obverse side block, and then a back fist side back strike while forming a left L-stance, moving the right foot to A.



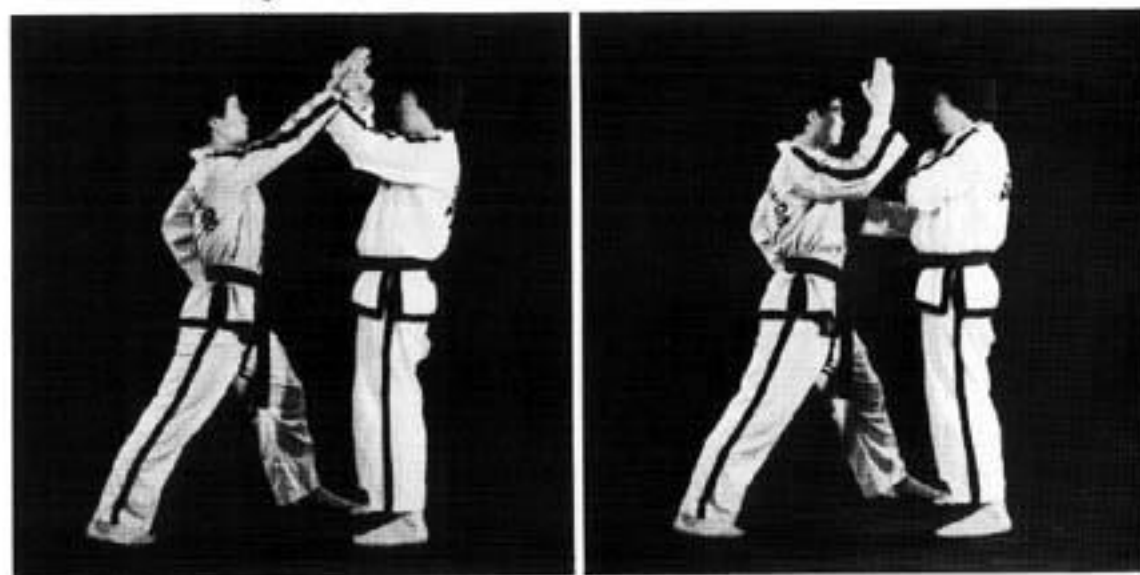
- X:** Walking stance twin knife-hand inward strike.  
**Y:** Walking stance twin back hand parallel block and then a flat fingertip high thrust while forming a right L-stance, pulling the left foot.



- X:** Walking stance twin reverse knife-hand inward strike.  
**Y:** Walking stance reverse knife-hand wedging block, and then a twin fist high vertical punch while shifting to A.



- X:** Walking stance knife-hand reverse front downward strike.  
**Y:** Parallel stance X-fist rising block and then an upset punch, maintaining the same stance.



**X:** Walking stance side fist obverse front downward strike.

**Y:** Walking stance X-knife-hand rising block and then a turning kick with the left knee, pulling the opponents hand to the right.



**X:** Walking stance back fist reverse front downward strike.

**Y:** Walking stance twin palm rising block and then an upset punch while forming a parallel stance, pulling the left foot.





- X:** Walking stance back fist obverse high side strike.  
**Y:** Rear foot stance forearm guarding block while dodging to B, and then a pick-shape kick with the right foot.



- X:** Walking stance back fist high reverse side strike.  
**Y:** Parallel stance inner forearm parallel back, and then a dodging side strike with the right back fist while flying away from the opponent to D.





**X:** Walking stance upset punch.

**Y:** Parallel stance X-fist pressing block, and then a dodging punch with the left fist while flying away from the opponent to B.



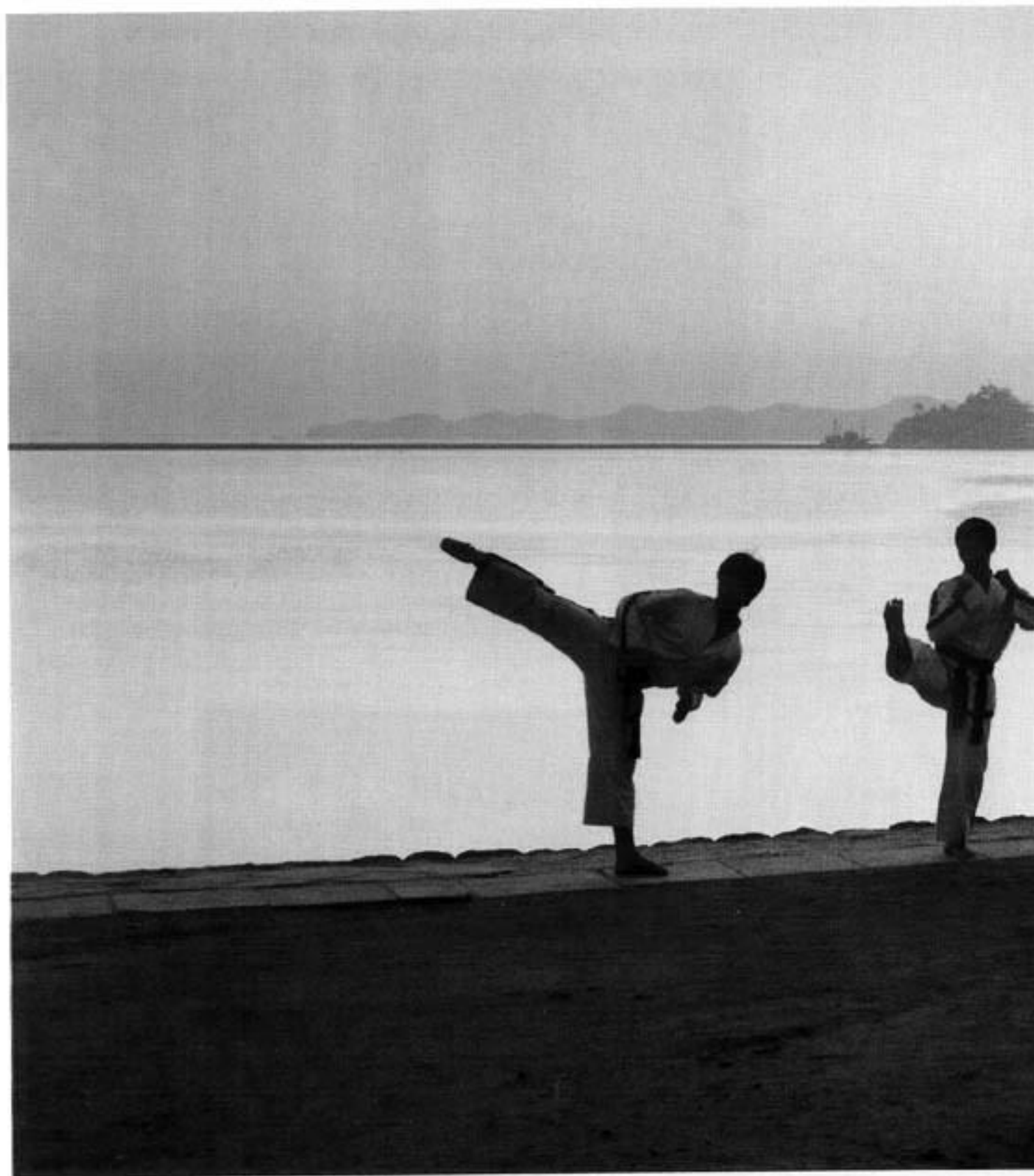
**X:** Walking stance back fist obverse front strike.

**Y:** Parallel stance X-fist front block, and then a dodging side strike with the right knife-hand while flying away from the opponent to BD.



**X:** Walking stance arc-hand reverse crescent strike.

**Y:** X-stance inner forearm parallel block, and then a dodging side punch with the left fist while flying away from the opponent.





**X:** X-stance knife-hand front downward strike in a jumping motion.

**Y:** Walking stance X-fist rising block, and then a reverse hooking kick with the left foot.



**X:** X-stance back fist high side strike in a jumping motion.

**Y:** L-stance twin knife-hand block, and then a knife-hand side strike while flying.



**X:** X-stance back fist horizontal strike in a jumping motion.

**Y:** Sitting stance outer forearm W-shape block, and then a high reverse turning kick with the left ball of the foot.





- X:** X-stance knife-hand high side strike in a jumping motion.  
**Y:** L-stance forearm guarding block, and then a flying outward vertical kick with the left foot.



- X:** X-stance middle knuckle fist vertical punch while flying.  
**Y:** Walking stance X-fist front block, and then a high side turning kick with the right foot.





**X:** L-stance middle reverse punch.

**Y:** L-stance inner forearm outside block and then a flat fingertip middle thrust while forming a right fixed stance, slipping the right foot.



**X:** L-stance middle reverse punch.

**Y:** Rear foot stance knife-hand reverse side block, and then a sweeping kick with the left side sole.



**X:** L-stance middle reverse punch.

**Y:** Rear foot stance dodging to AD, and then a downward kick with the right foot.





**X:** L-stance middle reverse punch.

**Y:** Rear foot stance knife-hand outward block, and then a vertical kick with the right reverse footsword.



**X:** L-stance middle reverse punch.

**Y:** Rear foot stance reverse knife-hand outward block, and then a middle side front snap kick with the left foot.



- X:** L-stance middle reverse punch.  
**Y:** Middle twisting kick with the left foot, and then a back fist downward strike while forming a left X-stance toward BD.



- X:** L-stance middle obverse punch.  
**Y:** Rear foot stance knife-hand downward block and then a knife-hand inward strike while forming a close stance, pulling the left foot.



- X:** L-stance middle obverse punch.  
**Y:** L-stance X-knife-hand checking block and then a straight elbow thrust, pulling the opponent's hand.





- X:** L-stance middle obverse punch.  
**Y:** Rear foot stance palm upward block and then a reverse knife-hand front strike while forming a left walking stance, slipping the left foot.



- X:** L-stance middle obverse punch.  
**Y:** Rear foot stance knife-hand reverse downward block, and then a high reverse hooking kick with the right foot.

**X:** L-stance middle obverse punch.

**Y:** Rear foot stance reverse knife-hand outward block, and then a high turning kick with the right instep.



**X:** L-stance middle obverse punch.

**Y:** Bending ready stance B, and then a back piercing kick with the left foot.



**X:** L-stance high obverse punch.

**Y:** L-stance palm reverse inward block and then a middle vertical punch while forming a left walking stance, slipping the left foot.



**X:** L-stance middle obverse punch.

**Y:** middle hooking kick, and then a back fist horizontal strike while forming a left L-stance.



**X:** L-stance flat fingertip high obverse thrust.

**Y:** Rear foot stance forearm guarding block and then a knife-hand side strike while forming a sitting stance, slipping the right foot.



- X:** L-stance knife-hand reverse downward strike.
- Y:** Walking stance twin palm rising block, and then a turning kick with the right knee.



- X:** L-stance back fist reverse downward strike.
- Y:** High turning kick with an instep while supporting the body with both hands and knee and then a high punch, pressing the ground with the left hand.



- X:** L-stance back hand reverse downward strike.
- Y:** L-stance forearm rising block and then a flat fingertip thrust while forming a sitting stance, slipping the right foot.







**X:** L-stance knife-hand high reverse outward strike.

**Y:** Close stance inner forearm side front block, and then a dodging front snap kick with the right foot while flying away from the opponent to B.



**X:** L-stance knife-hand high reverse outward strike.

**Y:** Sitting stance forearm guarding block, and then a side pushing kick with the right foot.

- X:** L-stance knife-hand middle reverse outward strike.  
**Y:** Sweeping kick with the right back heel while supporting the body with both hands and the left knee.



- X:** Fixed stance middle punch in a sliding motion.  
**Y:** Rear foot stance knife-hand guarding block, and then a dodging side piercing kick with the right foot while flying away from the opponent to B.



- X:** Rear foot stance middle knuckle fist high vertical punch.  
**Y:** Parallel stance X-fist front block and then a forefinger thrust while forming a left walking stance, moving the right foot to B.



- X:** Rear foot stance middle reverse punch.  
**Y:** Outside hooking kick, and then a middle side piercing kick in succession with the right foot.



- X:** Rear foot stance middle reverse punch.  
**Y:** Rear foot stance forearm reverse downward block and then a middle vertical punch while forming a left walking stance, slipping the left foot in a sliding motion.



**X:** Sitting stance middle side punch.

**Y:** Rear foot stance palm reverse downward block, and then a high side turning kick with the right foot.



**X:** Sitting stance middle side punch.

**Y:** Rear foot stance back hand inside hooking block and then a high crescent punch, pulling the opponent's hand while forming a left walking stance, slipping the left foot.



**X:** Sitting stance middle side punch.

**Y:** Rear foot stance knife-hand guarding block while dodging to D, and then a middle twisting kick with the left instep. ←



**X:** Sitting stance knife-hand high side strike.

**Y:** Sitting stance palm pushing block, and then a middle punch with the right fist moving the left foot to BD.



**X:** Sitting stance knife-hand middle side strike.

**Y:** L-stance forearm guarding block and then a front elbow strike while forming a left walking stance, moving the left foot forward.



- X:** Sitting stance knife-hand high side strike.  
**Y:** Close stance reverse knife-hand parallel block, and then a dodging front snap kick with the right foot while flying away from the opponent to B.



- X:** Sitting stance knife-hand middle side strike.  
**Y:** Rear foot stance knife-hand guarding block, and then a high reverse hooking kick with the right foot.



- X:** X-stance knife-hand middle side strike in a jumping motion.  
**Y:** Sitting stance knife-hand guarding block, and then a knife-hand outward strike while flying.







**X:** X-stance middle side punch in a jumping motion.

**Y:** Rear foot stance palm downward block, and then an angle fingertip middle thrust while forming a right walking stance, moving the right foot forward.



**X:** X-stance high side punch in a sliding motion.

**Y:** L-stance knife-hand reverse rising block and then an inward strike with the right under fist while forming a left walking stance, slipping the left foot.

**X:** Flying middle punch.

**Y:** L-stance knife-hand guarding block, and then a mid-air strike with the right knife-hand.



**X:** Flying middle punch.

**Y:** Palm inside hooking block, and then a middle punch with the right fist while the body is in the air.



**X:** Flying middle punch.

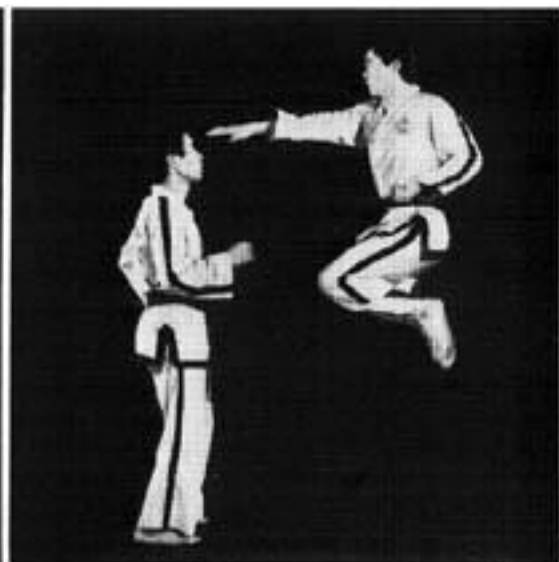
**Y:** X-stance outer forearm front block, and then a middle punch followed by an upset punch while the body is in the air.





**X:** Flying middle punch.

**Y:** Parallel stance X-fist front block, and then a dodging thrust while flying away from the opponent to B.



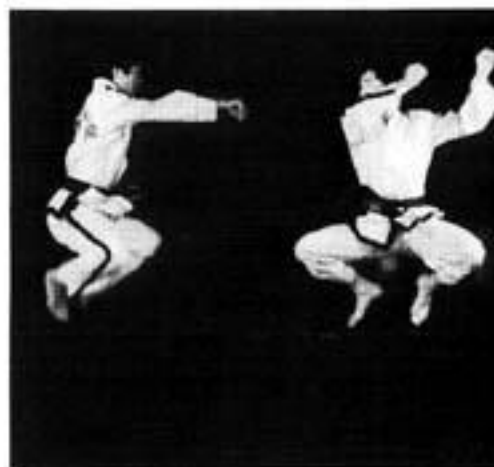
**X:** Flying middle punch.

**Y:** Parallel stance outer forearm front block, and then a dodging side strike with the right back fist while flying away from the opponent to BD.



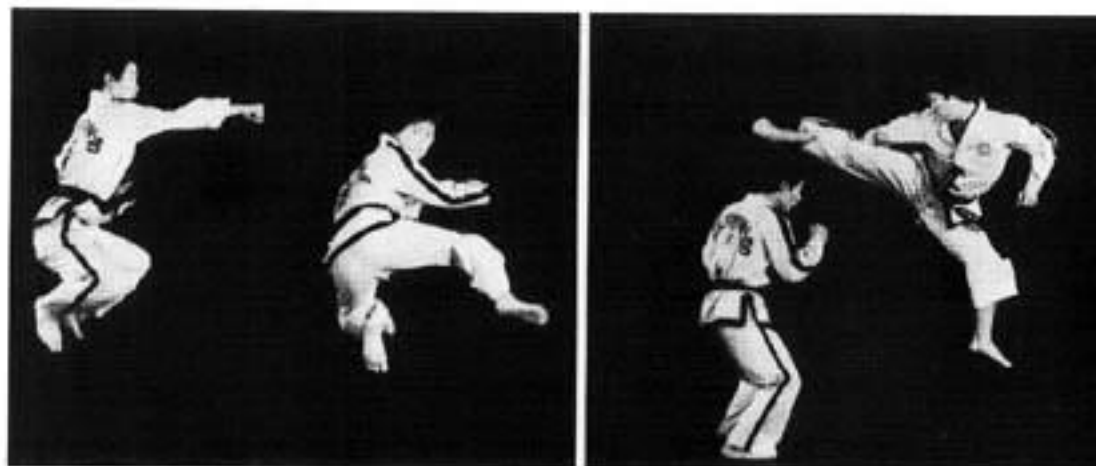
**X:** Flying middle punch.

**Y:** L-stance forearm guarding block, and then an outward double side strike with the right knife-hand while flying.



**X:** Flying middle punch.

**Y:** Dodging reverse turning kick with the right foot while flying away from the opponent to B.



**X:** Flying middle side punch.

**Y:** L-stance knife-hand guarding block, and then a mid-air kick with the right foot.



**X:** Flying middle punch.

**Y:** Walking stance X-fist rising block, and then a dodging horizontal double punch with the right fist while flying away from the opponent.



**X:** Flying middle punch.

**Y:** Rear foot stance X-knife-hand checking block, and then a horizontal double front snap kick with the right foot while flying.







- X:** Flying middle punch.  
**Y:** Parallel stance outer forearm W-shape block, and then a flying vertical side double punch.

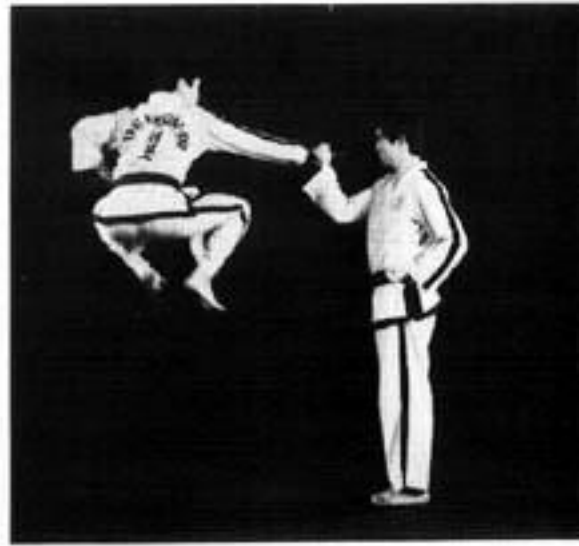


- X:** Flying middle punch.  
**Y:** Walking stance knife-hand front block, and then a dodging side front snap kick with the right foot while flying away from the opponent.



**X:** Flying knife-hand outward strike.

**Y:** Close stance inner forearm side front block, and then a dodging middle twisting kick while flying away from the opponent to BC.



**X:** Flying knife-hand outward strike.

**Y:** L-stance back hand side block, and then a dodging outward vertical kick while flying away from the opponent to B.



**X:** Flying knife-hand outward strike.

**Y:** Sitting stance knife-hand W-stape block, and then a flying vertical double side piercing kick.



**X:** Flying knife-hand outward strike.

**Y:** Rear foot stance reverse knife-hand guarding block, moving the left foot to A, and then a flying vertical double turning kick.



- X:** Flying knife-hand outward strike.  
**Y:** Parallel stance inner forearm W-shape block, and then a flying horizontal double side piercing kick.





- X:** Flying knife-hand outward strike.  
**Y:** Close stance outer forearm outward block, and then a dodging side strike with the right back fist while flying away from the opponent to C.

- X:** Flying knife-hand inward strike.  
**Y:** L-stance forearm guarding block, and then a flying vertical double outward strike with the left knife-hand.



- X:** Flying back fist side strike.  
**Y:** L-stance knife-hand guarding block, moving the right foot to B in a sliding motion and then a mid-air strike (360 degrees) with the right back fist.

**X:** Low front snap kick to the lower abdomen.

**Y:** Walking stance forearm low obverse block and then a flat fingertip high thrust while forming a low stance, slipping the left foot.



**X:** Low front snap kick to the lower abdomen.

**Y:** Walking stance forearm low reverse block, and then a back fist side strike while forming a close stance, bringing the right foot.



**X:** Low front snap kick to the lower abdomen.

**Y:** Walking stance X-fist pressing block and then a back fist side front strike while shifting to A, maintaining the same stance.





- X:** Low front snap kick to the lower abdomen.  
**Y:** Walking stance twin palm pressing block, and then a low front snap kick with the right knee.



- X:** Low front snap kick to the lower abdomen.  
**Y:** Walking stance reverse knife-hand circular block to throw.



- X:** Low front snap kick to the lower abdomen.  
**Y:** L-stance forearm low reverse block, and then a middle punch with the left fist while forming a left fixed stance, slipping the left foot.



- X:** Low front snap kick to the lower abdomen  
**Y:** L-stance low obverse block and then a middle punch with the left fist while shifting to A, maintaining the same stance.

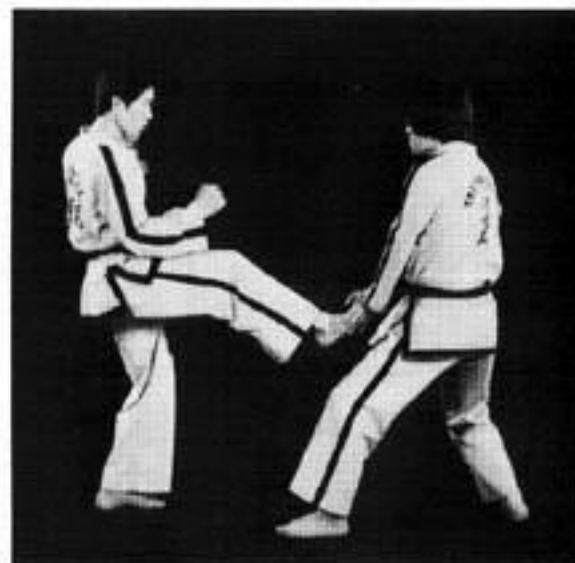


- X:** Low front snap kick to the lower abdomen.  
**Y:** L-stance X-fist pressing block, and then a middle side piercing kick with the left foot.





- X:** Low front snap kick to the lower abdomen.  
**Y:** L-stance twin palm pressing block, and then a middle side front snap kick with the left foot.



- X:** Low front snap kick to the lower abdomen.  
**Y:** L-stance palm scooping block and then a middle thrust with the right flat fingertip, maintaining the same stance.

**X:** Low side front snap kick to the lower abdomen.

**Y:** Rear foot stance forearm low reverse block and then a left upper elbow strike while forming a right walking stance, slipping the right foot.



**X:** Low side front snap kick to the lower abdomen.

**Y:** X-stance outer forearm low front block and then an upset punch with the right fist while forming a left walking stance, slipping the left foot.



**X:** Low side front side kick to the lower abdomen.

**Y:** Parallel stance twin palm low front block and then a high vertical punch with the right middle knuckle fist while forming a left rear front stance, moving the right foot to A.



**X:** Low side front snap kick to the lower abdomen.

**Y:** X-stance X-fist pressing block and then a high outward cross-cut with the right flat fingertip, maintaining the same stance.



**X:** Low side front snap kick to the lower abdomen.

**Y:** Rear foot stance twin palm pressing block and then a front elbow strike while forming a left walking stance, slipping the left foot.

- X:** Low front snap kick to the groin area.  
**Y:** Walking stance knife-hand low obverse outward block, and then a middle side front snap kick with the left foot.



- X:** Low front snap kick to the groin area.  
**Y:** Walking stance knife-hand low reverse outward block and then a front elbow strike while forming a parallel stance, moving the right foot.



- X:** Low front snap kick to the groin area.  
**Y:** Walking stance knife-hand low obverse inward block and then a high punch with the left fist while shifting to A, maintaining the same stance.





**X:** Low front snap kick to the groin area.

**Y:** Walking stance knife-hand low reverse inward block, and then a dodging side front snap kick while flying away from the opponent to B.



**X:** Low front snap kick to the groin area.

**Y:** Walking stance reverse knife-hand low obverse inward block and then a twin knife-hand high inward strike while shifting to A, maintaining the same stance.



- X:** Low front snap kick to the groin area.  
**Y:** Walking stance reverse knife-hand low reverse inward block and then a twin reverse knife-hand high inward strike, maintaining the same stance.



- X:** Low front snap kick to the groin area.  
**Y:** Walking stance palm low obverse inward block, and then an upset punch with the right fist while flying.



- X:** Low front snap kick to the groin area.  
**Y:** Walking stance palm low reverse inward block and then a twin fist high vertical punch while shifting to A, maintaining the same stance.





**X:** Low front snap kick to the groin area.

**Y:** L-stance knife-hand low obverse outward block, and then a high side piercing kick with the left foot.



**X:** Low front snap kick to the groin area.

**Y:** L-stance knife-hand low reverse outward block and then a middle punch with the right fist while forming a left walking stance, slipping the left foot.

**X:** Low front snap kick to the groin area.

**Y:** L-stance knife-hand low obverse inward block, and then an upward punch with the right fist while shifting to A, maintaining the same stance.



**X:** Low front snap kick to the groin area.

**Y:** L-stance reverse knife-hand low reverse inward block, and then a dodging outward vertical kick with the right foot while flying away from the opponent to B.



**X:** Low front snap kick to the groin area.

**Y:** L-stance reverse knife-hand low obverse inward block, and then a dodging side thrusting kick with the right foot while flying away from the opponent to B.



**X:** Low front snap kick to the groin area.

**Y:** L-stance knife-hand low reverse inward block and then a right upper back elbow strike while forming a left walking stance, slipping the left foot.



**X:** Low front snap kick to the groin area.

**Y:** L-stance double forearm low pushing block and then a high strike with the right arc-hand while forming a left walking stance, slipping the left foot.



**X:** Low front snap kick to the groin area.

**Y:** L-stance knife-hand low guarding block, and then a high side strike with the right back fist while flying.



**X:** Low front snap kick to the groin area.

**Y:** L-stance reverse knife-hand low guarding block, and then an outward strike with the right knife-hand while flying.



**X:** Low front snap kick to the groin area.

**Y:** Rear foot stance knife-hand low obverse outward block, and then a low twisting kick with the left foot.





**X:** Low front snap kick to the groin area.

**Y:** Rear foot stance knife hand low reverse outward block and then a high elbow strike while forming a right walking stance, slipping the right foot.



**X:** Low front snap kick to the groin area.

**Y:** Rear foot stance reverse knife-hand low reverse inward block and then a front strike with the right knife-hand while forming a left walking stance, slipping the left foot.

- X:** Low front kick to the scrotum.  
**Y:** Walking stance knife-hand low obverse front block, and then a middle side front snap kick with the left ball of the foot.



- X:** Low front snap kick to the scrotum.  
**Y:** Walking stance knife-hand low reverse front block and then a middle punch with the left fist while forming a parallel stance, pulling the right foot.



- X:** Low front snap kick to the scrotum.  
**Y:** X-stance knife-hand low front block, and then a reverse knife-hand high front strike while forming a walking stance, moving the right foot forward.





- X:** Low front snap kick to the scrotum with an instep.
- Y:** Sitting stance forefist pressing block moving the left foot and then a twin fist high vertical punch, maintaining the same stance.



- X:** Low front snap kick to the scrotum.
- Y:** X-stance reverse knife-hand low front block, and then a dodging front snap kick with the right foot while flying away from the opponent.

- X:** Low front snap kick to the scrotum with an instep.  
**Y:** Walking stance palm reverse pressing block, and then a back fist side strike while forming an X-stance in a jumping motion.



- X:** Low front snap kick to the scrotum with an instep.  
**Y:** Walking stance palm obverse pressing block and then a high punch with the left long fist while shifting to A, maintaining the same stance.



- X:** Low side front snap kick to the scrotum.  
**Y:** Side checking kick and middle side piercing kick in succession with the right foot.



- X:** Low front snap kick to the scrotum with the knee.  
**Y:** Rear foot stance twin palm pressing block, and then a dodging side punch with the right fist while flying away from the opponent to B.



- X:** Low front snap kick to the scrotum.  
**Y:** Waving kick with the right foot, and then a high thrust with the right double finger while forming a sitting stance.

**X:** Low twisting kick.

**Y:** Low crescent kick with the right foot, and then a side punch with the right fist while the body is in the air.



**X:** Low twisting kick.

**Y:** L-stance knife-hand guarding block in a sliding motion to B, and then a side front snap kick with the right ball of the foot while flying.



**X:** Low twisting kick.

**Y:** Middle side thrusting kick with the right ball of the foot and then an inward strike with the right knife-hand while forming an X-stance.





**X:** Low twisting kick.

**Y:** L-stance forearm guarding block in a sliding motion to A, and then a side elbow thrust while forming a left rear foot stance, sliding to B.



**X:** Low twisting kick.

**Y:** Flying vertical double front snap kick with the right foot.



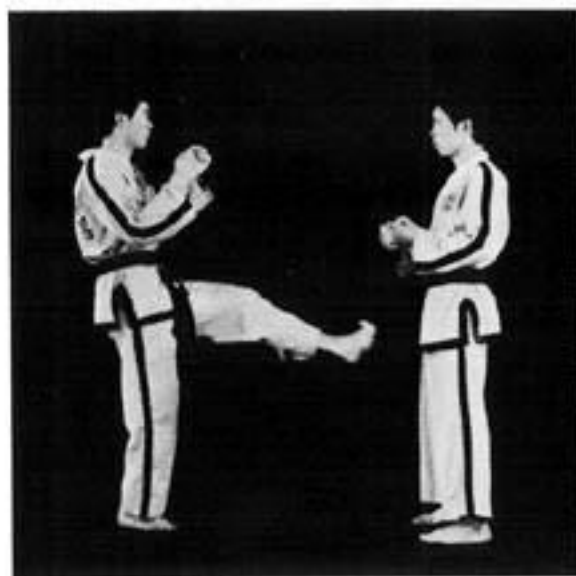
**X:** Low twisting kick.

**Y:** Rear foot stance forearm guarding block, dodging to B and then a high side strike with the right knife-hand while forming a sitting stance, moving the right foot to A.



**X:** Low twisting kick.

**Y:** Parallel stance, pulling the left foot, and then an outward strike with the right knife-hand while flying.



**X:** Low twisting kick with an instep.

**Y:** Rear foot stance in a sliding motion to B, and then a reverse turning kick with the right foot while flying.





- X:** Low twisting kick with the toes.  
**Y:** Consecutive vertical strike with the right back fist and knife-hand while flying.



- X:** Low twisting kick with the toes.  
**Y:** L-stance in a sliding motion, and then a consecutive thrust with the flat fingertip.

**X:** Middle front snap kick.

**Y:** Walking stance X-fist downward block, and then a high vertical punch with the right middle knuckle fist while forming a sitting stance, pulling the right foot.



**X:** Middle side front snap kick.

**Y:** Walking stance X-knife-hand downward block and then a high crescent strike with the right arc-hand maintaining the same stance.



**X:** Middle side front kick.

**Y:** L-stance forearm guarding block in a jumping motion to B and then a mid-air strike with the right back fist, spinning 180 degrees.



**X:** Middle side front snap kick.

**Y:** Crescent kick with the right foot, and then a side vertical punch with the right flat fist while forming a right X-stance.



**X:** Middle side front snap kick with an instep.

**Y:** Rear foot stance knife-hand guarding block, sliding to B and then a turning kick with an instep while flying.

**X:** Low side piercing kick to the low section.

**Y:** Left rear foot stance waist block with the right outer forearm, moving the left foot to B, and then a middle reverse turning kick with the left foot.



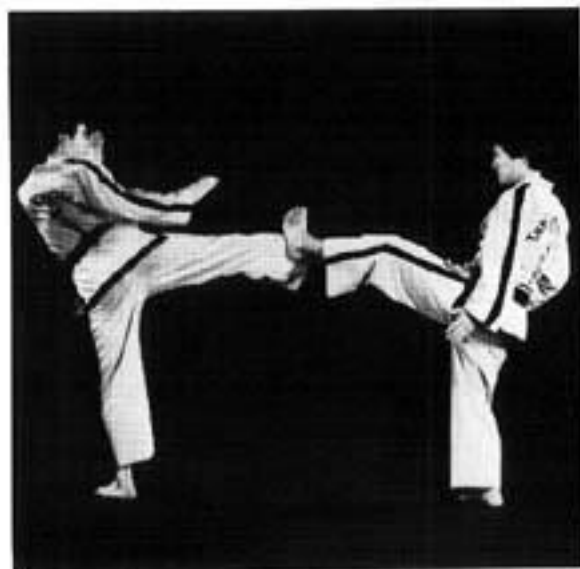
**X:** Low side piercing kick to the low section.

**Y:** Parallel stance twin palm low front block, and then a low front snap kick with the right foot while twisting the opponent's foot counter-clockwise.



**X:** Low side piercing kick to the low section.

**Y:** Low crescent kick with the left foot, and then a middle side piercing kick with the same foot.





**X:** Low side piercing kick to the middle section.

**Y:** Left L-stance palm reverse downward block, moving the left foot to A, and then a flying side piercing kick with the right foot.



**X:** Low side piercing kick to the middle section.

**Y:** Right L-stance X-fist downward block, moving the right foot to B, and then an inward strike with the right reverse knife-hand while flying.



- X:** Middle side piercing kick to the middle section.
- Y:** Right L-stance inner forearm reverse outward block, moving the left foot to B, and then a flying high reverse turning kick with the right ball of the foot.



- X:** Side piercing kick to the middle section.
- Y:** Left walking stance X-knife-hand downward block, moving the right foot to B, and then a high turning kick with the left foot.



- X:** Middle side piercing kick to the middle section.
- Y:** Right rear foot stance outer forearm reverse downward block, moving the right foot to B, and then an inward vertical kick with the right reverse footsword.





**X:** Middle side piercing kick to the middle section.

**Y:** Left rear foot stance twin palm downward block, moving the left foot to B, and then a left walking stance high crescent strike with the right arc-hand, slipping the left foot.



**X:** Middle side piercing kick to the middle section.

**Y:** Left L-stance reverse upward block with the right reverse knife-hand, and then a right walking stance arc-hand strike, slipping the right foot.

**X:** Middle side piercing kick to a high section.

**Y:** Right walking stance knife-hand high reverse front block, moving the left foot to B, and then a high outward strike with the right knife-hand while forming a right X-stance, pulling the left foot.



**X:** Middle side piercing kick to the high section.

**Y:** Right L-stance knife-hand reverse rising block moving the right foot to B, and then a turning kick with the right knee.



- X:** High side piercing kick to the high section.  
**Y:** Right rear foot stance forearm reverse rising block, moving the right foot to B, and then a dodging reverse turning kick with the right foot while flying away from the opponent to B.



- X:** Middle side piercing kick to the high section.  
**Y:** Right L-stance forearm guarding block while sliding to B, and then a high side turning kick with the right foot.



- X:** High side thrusting kick to the high section.  
**Y:** Right walking stance X-knife-hand rising block, and then a parallel stance high crescent punch with the right fist pulling the left foot.

- X:** High side piercing kick to the high section.  
**Y:** Right rear foot stance knife-hand high reverse inward block, moving the right foot to B, and then a left walking stance right front elbow strike, slipping the left foot.



- X:** High side piercing kick to the high section.  
**Y:** Parallel stance inner forearm W-shape block, and then an outward vertical kick with the left footsword.



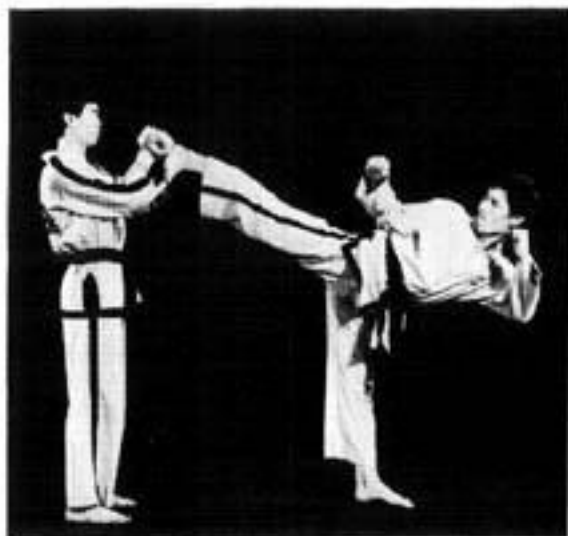
- X:** High side piercing kick to the high section.  
**Y:** Left walking stance outer forearm high reverse front block, moving the right foot to B, and then an angle punch with the left fist while forming a close stance, bringing the right foot.





**X:** High side piercing kick to a middle section.

**Y:** Parallel stance X-fist front block, and then a dodging middle turning kick with the right foot while flying away from the opponent to B.



**X:** High side piercing kick to the middle section.

**Y:** Left walking stance double forearm middle reverse block, moving the right foot to B, and then a downward kick with the right foot.



- X:** Low turning kick to the low section with the right foot, moving the left foot to D.
- Y:** Left rear foot stance knife-hand guarding block, dodging to AD, and then a middle twisting kick with the left foot.



- X:** Low turning kick to the low section with the right foot, moving the left foot to D.
- Y:** Right rear foot stance right inner forearm waist block, moving to B, and then a parallel stance left back elbow thrust, moving the left foot.



- X:** Low turning kick to the middle section with the right foot, moving the left foot to C.
- Y:** Right L-stance knife-hand reverse downward block, moving the right foot to B, and then a mid-air strike with the right knife-hand.



- X:** Middle turning kick to the middle section with the right foot, moving the left foot to C.
- Y:** Left L-stance forearm X-fist checking block, moving the left foot to B, and then a downward strike with the right back fist while forming a right X-stance, crossing the left foot over the right foot.



- X:** Middle turning kick to the middle section with the right foot, moving the left foot to C.
- Y:** Right walking stance X-fist downward block, moving the left foot to B, and then a front strike with the right back fist while forming a right X-stance, crossing the left foot over the right foot.



**X:** Middle turning kick to the middle section with the right foot, moving the left foot to C.

**Y:** Sitting stance twin palm front block, moving the left foot to D, and then a high turning kick with the right foot.



**X:** Middle turning kick to the middle section with the right foot, moving the left foot to C.

**Y:** Right rear foot stance twin palm reverse downward block, moving the right foot to B, and then a high reverse turning kick with the left foot.



**X:** Middle side turning kick to the high section with the right foot, moving the left foot to C.

**Y:** Right back fist high side strike while forming a right X-stance in a jumping motion to AB, and then a dodging side piercing kick with the right foot while flying away from the opponent to B.





**X:** High turning kick to the high section with the right foot, moving the left foot to D.

**Y:** Left rear foot stance knife-hand high reverse inward block, moving the left foot to A, and then a reverse hooking kick with the right foot.



**X:** High side turning kick to the high section with the right instep.

**Y:** Close stance twin straight forearm checking block, pulling the left foot to the right foot, and then an upset punch with the right fist while forming a sitting stance, moving the right foot to A.





- X:** Low reverse turning kick to the low section.  
**Y:** Right L-stance left inner forearm waist block, moving the right foot to A, and then an outward strike with the right knife-hand while forming a right X-stance, crossing the left foot over the right foot.



- X:** Low reverse turning kick to the low section.  
**Y:** Right rear foot stance left outer forearm waist block, moving the right foot to B, and then a reverse hooking kick with the right foot.





- X:** Low reverse turning kick to the low section.  
**Y:** Left vertical stance left palm waist block, moving the right foot to A, and then a high outward strike with the right knife-hand while forming a close stance, pulling the left foot.



- X:** Middle reverse turning kick to the low section.  
**Y:** Right L-stance knife-hand guarding block in a jumping motion to B, and then a high side strike with the left back fist while flying.



- X:** Low reverse turning kick to the middle section.  
**Y:** Right rear foot stance X-fist checking block, moving the left foot to B, and then a high inward strike with the right knife-hand while forming a left X-stance, crossing the right foot over the left foot.



- X:** High reverse turning kick to the high section.  
**Y:** Sitting stance inner forearm parallel block, slipping the right foot, and then a low punch with the left fist while forming a right X-stance, pulling the left foot.



- X:** High reverse turning kick to the high section.  
**Y:** Right walking stance twin straight knife-hand checking block, moving the left foot to C, and then a middle twisting kick with the left knee.



- X:** High reverse turning kick to the middle section.  
**Y:** Left rear foot stance forearm guarding block, dodging to A, and then a dodging turning kick with the right foot while flying away from the opponent.



- X:** Reverse hooking kick.
- Y:** Sitting stance back hand parallel block, moving the left foot to B, and then an inward pressing kick with the right foot.



- X:** Pick-shape kick with a back heel.
- Y:** Parallel stance twin palm rising block, and then a dodging punch with the right fist while flying away from the opponent to B.



**X:** Flying front snap kick.

**Y:** Outward block with the right knife-hand while flying, and then a dodging side punch with the right fist while flying away from the opponent to B.



**X:** Flying reverse turning kick.

**Y:** Left L-stance knife-hand guarding block in a jumping motion to B, and then an outward strike with the right knife-hand while flying.



**X:** Flying side piercing kick.

**Y:** Inward block with the left outer forearm, and then a dodging turning kick with the right foot while flying away from the opponent to A.



**X:** Flying side front snap kick.

**Y:** Left L-stance forearm guarding block in a jumping motion to A, and then a side piercing kick with the right foot while flying.



- X: Flying vertical double front snap kick.
- Y: Left rear foot stance forearm guarding block in a sliding motion to B, and then a horizontal double side strike with the right back fist while flying.



- X: Flying vertical double turning kick.
- Y: Right L-stance forearm guarding block in a jumping motion to A, and then a horizontal double punch with the left fist while flying.



- X: Flying horizontal double side piercing kick.
- Y: Left L-stance knife-hand guarding block in a jumping motion to A, and then a mid-air kick with the right foot.







Triple technique for neither hand nor foot is presented in this volume as they are not realistic for sparring. The student, therefore should refer to volume 2,3,4, and 6 of this encyclopedia for the purpose of practice.

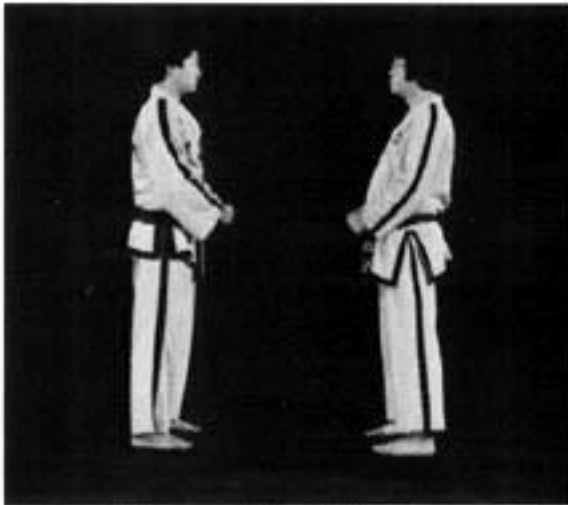


### **Semi-Free Sparring (*Ban Jayu Matsogi*)**

The distance between players, method of attack and defense used, attacking and blocking tools used and number of steps taken are completely optional. Only one series of attack and defense motion is exchanged, however, and then for a brief duration.

Semi-free sparring is the last stage before the student enters into a free sparring, though it can be exercised at all levels as well.

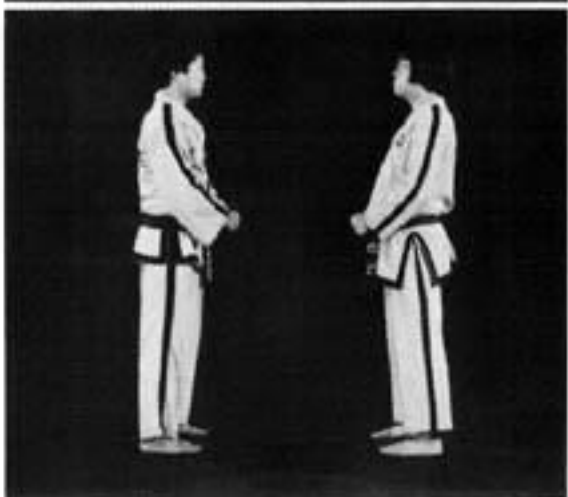
#### **TYPICAL PROCEDURE OF SEMI-FREE SPARRING**



**X and Y take a parallel ready stance facing each other.**



1. At the command of "semi-free sparring ready";  
X and Y take a right or left L-stance, executing a forearm or knife-hand guarding block, shouting "Ya" as a ready signal.
2. At the command of "commence":  
X and Y exchange attack and defense motions.



3. At the command of "stop":  
X and Y return to a ready stance respectively.



- X:** Low front snap kick with the right foot.  
**Y:** Left walking stance forearm low obverse block.



- X:** Right walking stance high obverse punch with the right fist.  
**Y:** Right L-stance forearm guarding block, dodging to B.



- Y:** Low turning kick with the right foot.  
**X:** Right L-stance knife-hand guarding block, moving the right foot to A.



- Y:** Low side piercing kick with the left foot.  
**X:** Floating ribs are attacked.

- X:** Right walking stance high obverse punch with the right fist.  
**Y:** Left walking stance forearm obverse rising block.



- Y:** Low front snap kick with the right knee.  
**X:** Right L-stance forearm guarding block, moving the right foot to B.



- X:** Low front snap kick with the left foot.  
**Y:** Right walking stance X-fist pressing block.



- X:** Right L-stance middle reverse punch with the left fist.  
**Y:** Philtrum is attacked.



- X:** Low side piercing kick with the right foot.  
**Y:** Right rear foot stance forearm guarding block, moving the right foot to B.



- Y:** Left L-stance high outward strike with the right knife-hand, turning clockwise.  
**X:** Low turning kick with the left foot.



- X:** Left rear foot stance forearm guarding block, lowering the left foot to C.  
**Y:** Left L-stance knife-hand guarding block.



- X:** Middle reverse turning kick with the left foot.  
**Y:** Right L-stance knife-hand guarding block, moving the right foot to B.







**X:** Left fixed stance middle punch with the left fist.

**Y:** Right L-stance outward block with the left inner forearm.

**Y:** Middle reverse turning kick with the right foot.

**X:** Right rear foot stance forearm guarding block, pulling the left foot.



**X:** Left walking stance right front elbow strike, slipping the left foot.

**Y:** The ribs are attacked.



**Y:** Right walking stance high side strike with the right back fist, slipping the left foot.

**X:** Left L-stance knife-hand guarding block, sliding to A.



**X:** Right L-stance middle punch with the left fist.

**Y:** Left rear foot stance knife-hand guarding block, sliding to B.



**Y:** Low side front snap kick with the right foot.

**X:** Left walking stance knife-hand low obverse block, slipping the right foot.



**X:** Left walking stance high reverse punch with the right fist.

**Y:** Right L-stance forearm guarding block, lowering the right foot to B.



**Y:** Low side piercing kick with the left foot.

**X:** Abdomen is attacked.



- X: Right L-stance middle reverse punch with the left fist.
- Y: Left L-stance middle inside block with the right inner forearm, moving the left foot to B.



- Y: Low turning kick with the left foot.
- X: Right walking stance X-fist pressing block, slipping the left foot.



- X: High punch with the right long fist in a shifting motion while maintaining the same stance.
- Y: Right rear foot stance, pulling the left foot.



- Y: Low side front snap kick with the left foot.
- X: Left L-stance knife-hand guarding block, pulling the right foot.



- Y: Middle side turning kick with the right foot.  
X: Left rear foot stance forearm guarding block, pulling the right foot.

- X: Sitting stance knife-hand middle outward strike.  
Y: Rear foot stance knife-hand guarding block.



- X: High reverse turning kick with the left foot.  
Y: Dodging to A in a jumping motion.



- Y: Flying reverse turning kick with the right foot.  
X: Right rear foot stance left straight forearm checking block.

- Y: Right X-stance knife-hand high outward strike.  
X: Left L-stance forearm guarding block in a jumping motion.





- X: Low front snap kick with the left foot.  
Y: Left walking stance knife-hand low reverse outward block.



- X: Left walking stance high thrust with the right flat fingertip.  
Y: Right rear foot stance forearm guarding block, pulling the left foot.



- Y: Middle reverse turning kick with the right foot.  
X: Right rear foot stance forearm guarding block, pulling the left foot to A.

- Y: Sitting stance high outward cross-cut with the right flat fingertip.



- X:** Low front snap kick with the left foot.
- Y:** Left L-stance knife-hand low guarding block moving the left foot to B.



- Y:** Low front snap kick with the left knee.
- X:** Right rear foot stance twin palm pressing block, pulling the left foot.



- X:** Right rear foot stance high vertical punch with the left middle knuckle fist, moving the right foot to A.
- Y:** Left L-stance knife-hand side strike, lowering the left foot to B.



- Y:** High turning kick with the left foot.
- X:** Philtrum is attacked.







- X:** Left rear foot stance high reverse side strike with the right back fist.
- Y:** Right rear foot stance knife-hand guarding block, dodging to A.



- Y:** Middle turning kick with the right foot.
- X:** Left L-stance X-fist checking block, moving the left foot to B.



- X:** High reverse turning kick with the left foot.
- Y:** Right L-stance forearm guarding block, lowering the right foot to B in a jumping motion.



- Y:** Flying vertical kick with the right reverse footsword.
- X:** Solar plexus is attacked.



**X:** Low front snap kick with the right instep.

**Y:** Right walking stance reverse pressing block with the left palm.



**X:** Left L-stance middle reverse outward strike with the right knife-hand.

**Y:** Left L-stance twin knife-hand block, pulling the right foot.



**Y:** High reverse turning kick with the left foot.

**X:** Parallel stance twin straight forearm checking block, pulling the left foot.



**X:** Right walking stance high reverse strike with the left arc-hand, slipping the left foot.

**Y:** Dodging to B in a jumping motion.



- X: Middle side piercing kick with the left foot, skipping with the right foot, and then a left L-stance.
- Y: Right rear foot stance twin palm pressing block, moving the right foot to A.



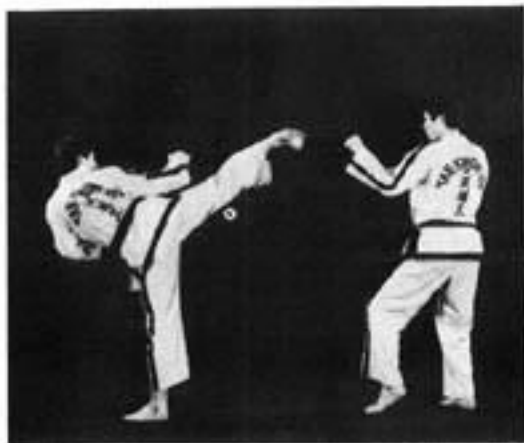
- Y: Middle twisting kick with the left foot, moving the right foot to AD, and then a right L-stance.
- X: Left L-stance obverse downward block with the left knife-hand.



- X: Flying pick-shape kick with the left ball of the foot, and then a right rear foot stance.
- Y: Right L-stance reverse rising block with the left forearm.



- Y: Dodging middle side punch with the right fist while flying away from the opponent to A.
- X: Philtrum is attacked.



**X:** Reverse hooking kick with the right foot.

**Y:** Right rear foot stance forearm guarding block, sliding to B.



**Y:** Dodging middle side piercing kick with the right foot while flying away from the opponent to A, and then a sitting stance.

**X:** Left L-stance twin forearm block, moving the left foot to A.

**Y:** Flying turning kick with the right foot, and then a left L-stance.

**X:** Right X-stance twin straight forearm checking block, lowering the right foot to B.



**X:** Dodging reverse turning kick with the left foot while flying away from the opponent to A.

**Y:** Left rear foot stance forearm guarding block, pulling the right foot.



**Y:** Mid-air strike with the left knife-hand.

**X:** Inward vertical kick with the right footsword while flying.





- X:** Middle side thrusting kick with the left foot.
- Y:** Right rear foot stance outer forearm inward block.

- X:** Side checking kick with the left foot.
- Y:** Left L-stance forearm guarding block.



- X:** Left X-stance high side strike with the left back fist, lowering the left foot to B in a jumping motion.
- Y:** Left rear foot stance forearm guarding block, moving the left foot to B.

- Y:** Dodging middle twisting kick with the right foot while flying away from the opponent to B, and then a right walking stance.
- X:** Right L-stance knife-hand guarding block, moving the right foot to A.



- X:** High side strike with the left back fist while flying.
- Y:** Temple is attacked.





X: Sitting stance high outward cross-cut with the right flat fingertip.

Y: Left walking stance inner forearm parallel block, moving the right foot to B.

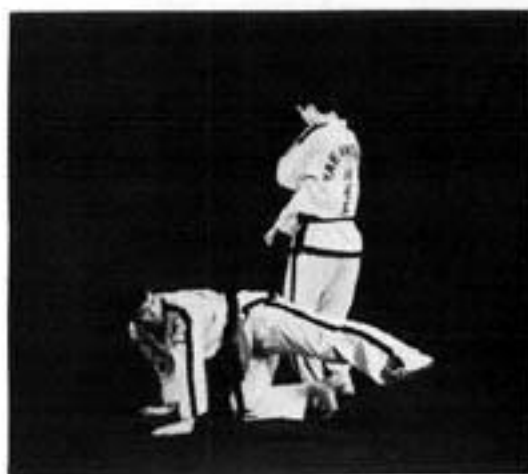


Y: Dodging side front snap kick with the right foot while flying away from the opponent.

X: Left rear foot stance forearm guarding block, pulling the right foot.

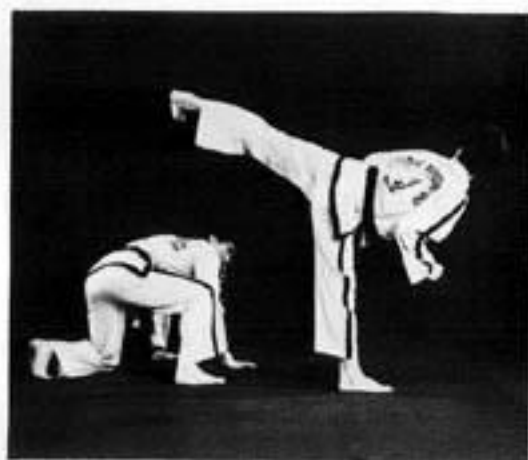
Y: Back piercing kick with the left foot.

Y: Pressing the ground with both palms.



Y: Dodging to A.

X: Reverse hooking kick with the left foot, supporting the body with both palms and the left knee.



X: Sweeping kick with the left back heel.

Y: Left X-stance low punch with the right fist, in a jumping motion.







**X:** Flying side piercing kick with the left foot.

**Y:** Flying crescent kick with the right foot.

**X:** Right L-stance knife-hand guarding block.

**Y:** Left L-stance forearm guarding block.



**X:** High turning kick with the right foot.

**Y:** Outward strike with the left knife-hand while forming a sitting stance, moving the left foot to AD, turning counter-clockwise.



**Y:** Dodging side punch with the right fist while flying away from the opponent, and then a left L-stance.

**X:** Dodging reverse turning kick with the right foot while flying away from the opponent.



**Y:** Flying middle side piercing kick with the right foot.

**X:** L-stance inward block with the left knife-hand.



**X:** Flying middle punch with the right fist.

**Y:** Left walking stance high obverse side block with the left knife-hand.



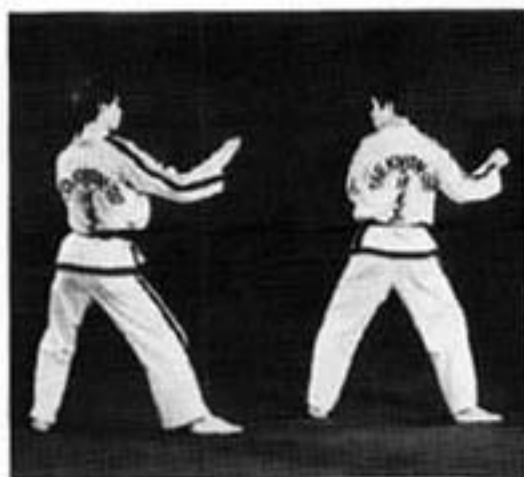
**Y:** Low front snap kick with the right foot.

**X:** Right L-stance low reverse outward block with the left knife-hand.



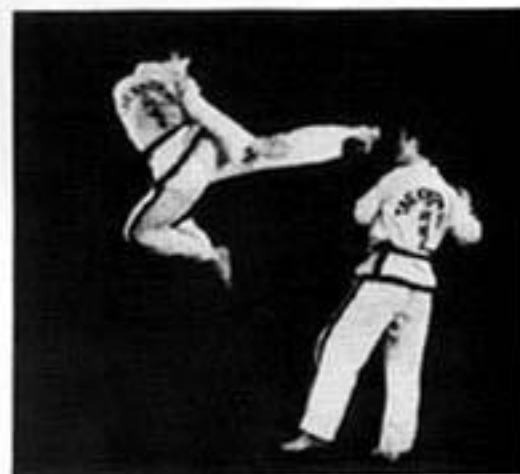
**X:** Dodging reverse turning kick with the right foot while flying away from the opponent to A.

**Y:** Jumping to A.



**Y:** Left L-stance knife-hand guarding block.

**X:** Left L-stance forearm guarding block toward B.



**Y:** Flying side piercing kick with the right foot.

**X:** Philtrum is attacked.

- X:** Middle side piercing kick with the left foot, and then a right rear foot stance forearm guarding block.
- Y:** Left rear foot stance front block with the right knife-hand.



- X:** Middle turning kick with the right foot.
- Y:** High reverse turning kick with the left foot.



- Y:** Left L-stance knife-hand guarding block, lowering the left foot to A in a jumping motion.
- X:** Right L-stance middle punch with the left fist, lowering the right foot to B.



- X:** Mid-air kick with the left foot.

## **FREE SPARRING** (*Jayu Matsogi*)

Free sparring is essentially an open combat with controlled attacking and prohibition of attacking to certain vital spots.

In a free sparring there is no prearranged mode between the players, and both participants are completely free to attack and defend with all available means and methods with one exception: The attacker must stop the attacking tool just before reaching the vital spot.

Because Taekwon-Do is a lethal form of self-defence, the sparring rules -unlike those of other competitive sports-count only blows focused within two centimeters of a vital spot, instead of counting the number of ineffective blows or the use of sheer brute strength. In sparring focused blows, speed, power, balance, and strong and accurate blocking, skillful dodging and attitude are taken into consideration.

Since the attack and defense techniques depend on the actual situation in free sparring, the student should refer to the illustrations presented in the prearranged sparring section of this volume. Hereby, I give the following hints instead of repeating the foregoing illustrations so that the student can be familiarized himself with true Taekwon-Do style sparring, through theoretical, powerful movements that are aesthetically pleasing while avoiding "chicken fighting".

Chicken fighting is caused by those students who use only stereotyped movement without any tactics and irregard for the opponent's position at all.



- X:** Middle turning kick with the right foot, and then a right L-stance.  
**Y:** Right walking stance X-knife-hand downward block.

- Y:** Pick-shape kick with the left foot, and then a left L-stance toward C.  
**X:** Left rear foot stance forearm guarding block, pulling the right foot.



- Y:** Reverse turning kick with the left foot.  
**Y:** Right L-stance, moving the right foot to B.

- X:** Knife-hand front strike while forming a right walking stance, moving the left foot to the rear.  
**Y:** Side piercing kick with the left foot.



- Y:** Dodging reverse turning kick while flying away from the opponent.



## Hints for Free Sparring

### 1. DEFENCE

Taekwon-Do should primarily be considered an art of defense.

This is one reason so much importance is attached to the student's defense techniques.

With a solid, secure fighting posture the student is in a balanced position and offers only a limited number of openings for a possible attack.

Some of these openings may be selected as a means of luring an opponent into a movement that will enable the student to counter attack effectively. Because of the rather narrow choice of movements, an opponent is able to make an attack against a secure fighting stance, he is liable to move impulsively, thereby exposing himself to a quick and deadly counter-attack.

As Sontzu, the famous Chinese strategist said "victory can be one hundred percent guaranteed only when knowing the capabilities of you and your enemy", in free sparring it is advisable to take a step backwards immediately after the exchange of bows at the beginning of a match instead of rushing in with a headlong attack and then watch and study an opponent's movements.



It is certain that to win in battle 100 out of 100 times one must know the opponent as well as oneself.



## 2. INSTANT ATTACK AND COUNTER-ATTACK

In Taekwon-Do a victory can be instantly decided by a single focused blow and lost as easily by a telegraphed kick or punch. This is the reason that students should position themselves in an impenetrable guarding posture at all times and attack only when there is a chance for a decisive blow. The student should constantly concentrate on finding or creating an opening, and should not miss the target of opportunity.

## 3. DECEPTION

As mentioned earlier it is quite difficult to penetrate a well guarded defense position. The only way a student can score a decisive blow against his opponent is by either breaking through the defense with sheer force or by luring his opponent out of his defensive posture by deception. A very large, strong, quick person can often break through a moderately strong defense; but a smaller person might have to rely on conducting a well-disciplined tactical maneuver utilizing deception and flanking techniques when an opponent-through over confidence or lack of experience-is lured out of his free sparring position into a less defensive position, he suffers both exposure and-through constant movement-exhaustion.

There are a myriad of techniques the student can use in drawing out his opponent; e.g., a feint with a high punch or strike could momentarily raise an opponent's guard long enough to score against the floating ribs with a side or front kick. A jumping or shout may induce the opponent to execute a premature move that the alert student can counter.

A change in guarding posture or slight feint, calculated to give the opponent impression the student is attempting to flank him, can also induce the opponent to either prematurely attack or instinctively drop his guard.

The opening the student has created may only last a split second, therefore, it is of utmost importance that the student's attack be carried out immediately.

#### 4. SELECTION OF A PROPER TARGET

The student of Taekwon-Do has a number of weapons at his disposal. Proper selection of the weapon for the proper target is of primary importance. From closer range an upset punch, knee, elbow, or even a throw would certainly be more effective than an extended kick or punch.

To attack a minute target, such as eye or windpipe a knuckle fist or forefinger would obviously be more effective than forefist or foot.

From a distance or in combat against multiple opponents flying kicks, such as two direction kick, three direction kick, punching kick or combination techniques would be most applicable. In other words, if the distance requires the artillery, use a gun and not a pistol; on the other hand, when the target is small and close enough for a pistol, it would be foolish to use a canon.

#### 5. DIRECTION OF ATTACK AND DEFENCE

One of the advantages of Taekwon-Do is that an attack or block can be executed from and toward any direction. For example, side piercing kick, side thrusting kick, pressing kick, side punch, side strike with a knife-hand, back fist or side fist, and cross cut with a flat fingertip are ideal for attacking an opponent to the side. A back fist, back elbow, and back kick are useful tools against an opponent in the rear. A turning kick, reverse turning kick, vertical kick, side front or side back strike with a back fist are available for attacking an opponent at a diagonal line, and there are of course countless choices for a frontal attack.

The same thing is applicable for a blocking technique. It is, therefore, very important for a student to familiarize himself with those techniques required for attacking and blocking toward any direction even without facing the opponent in order to save time while minimizing exposure.

## 6. TECHNIQUE EXPERIMENTATION:

Most students have a tendency to use a tested or favorite technique only. Certainly in an actual combat situation the best technique applicable should be used.

In training, however, techniques that need polish and practice should be used. If a student finds that his right side is his most powerful, then he should attempt to use his left hand and foot. If his front kick is weak, then again, this kick should be used until it is perfected.

Many times a favorite technique is not feasible.

A turning kick, for example, might be ineffective where a side kick might be more suitable to penetrate a defense.

It is also important to practice a newly learned technique immediately before it is forgotten. If an instructor demonstrates a particular blocking or kicking combination, the student should respect his instructor's knowledge enough to practice it in free sparring. Last but not least, in matches an experienced fighter will watch and pick out his opponent's favorite technique. If it is used once too often, the opponent will anticipate it and counter-attack.

## 7. DEVELOPMENT OF TACTIC AND MANEUVER.

In open combat or match, the kind of technique to be used depends entirely on the actual situation, therefore it would be meaningless to practice free sparring against an opponent who moves according to a fixed scenario. Moreover, it would be indeed ridiculous if not impractical to set a sequence like the pattern of Taekwon-Do as it is impossible to predict each movement an opponent would use in the actual free sparring situation.

Anyway, the student should pay special attention not to adhere to any fixed type of attacking combinations as far as free sparring is concerned. Because such robot form of sparring usually ends up with an adverse result when the opponent acts in a different way than expected.

Unfortunately, due to restrictions imposed upon the players, only a limited number of techniques may be exchanged briefly in free sparring. It is, therefore, best for students to practice the patterns and various samples of other sparrings illustrated in this volume to master variety of techniques correctly.

Remember that the pattern represents a free sparring against imaginary opponents while the sparring is the physical application of techniques logically, against actual moving aggressors. At this point, the student must realize that the primary purpose of a free sparring is to develop tactics, maneuver, fighting skill, courage, self-control, extemporaneous sense and indomitable spirit.

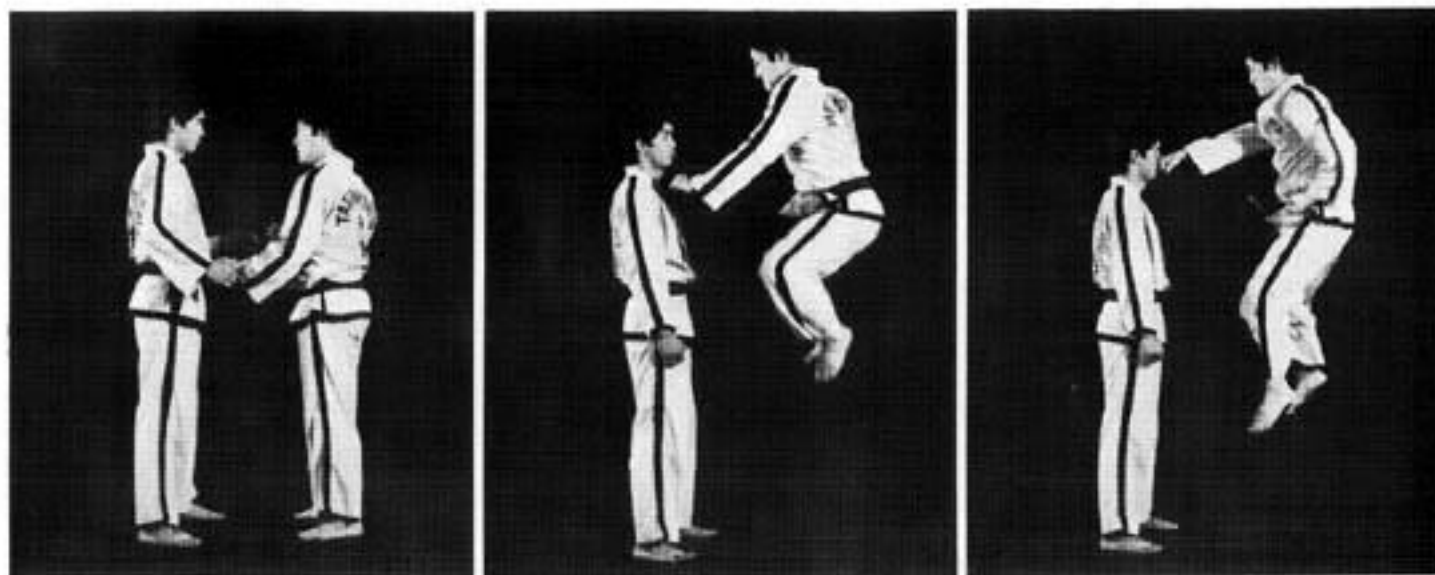
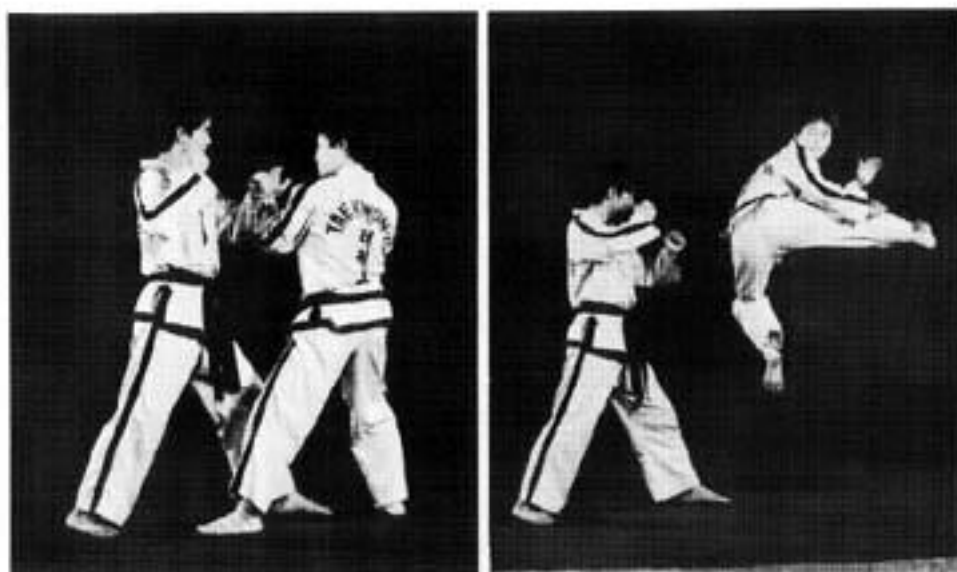
The exploitation of techniques is the secondary.

## 8. DODGING TECHNIQUE

Dodging allows the attacker to use any technique freely at the proper distance and increases target opportunity.

The added advantage of this technique is not only to avoid collision at a close distance, but to allow for a surprise attack while flying away from the opponent.

With this technique alone Taekwon-Do can be clearly differentiated from any other existing martial arts.





## 9. COUNTER ATTACK.

In free sparring, it is not always necessary to retreat from or block an opponent's attack. For instance, when an opponent punches or kicks, a well timed counter attack would be more effective. Remember, however, the efficiency of the counter attack is maximized only when a student attains a position of superiority in speed and timing over the opponent.





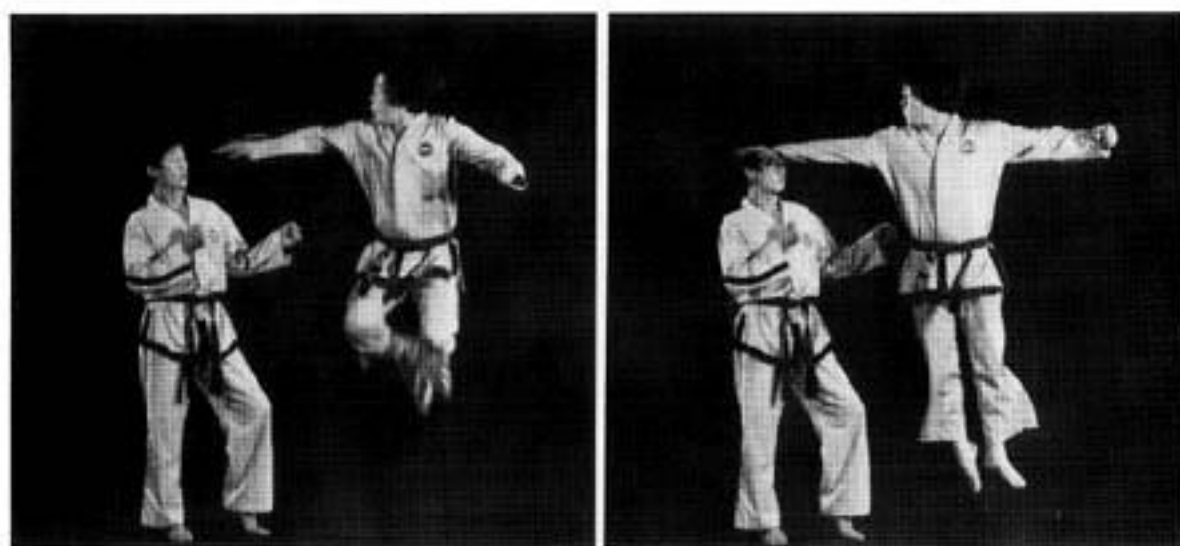
## 10. FLYING MULTIPLE TECHNIQUES.

A student of Taekwon-Do is encouraged to use as many multiple techniques as possible such as consecutive, combination or double kicks, punches or strikes. Since most students have the tendency of bobbing or weaving while sparring, the second attack would be effective in case the first misses the target.

This technique is principally used while flying, though occasionally on the ground. A horizontal attack is used against a weaving opponent whereas a vertical attack for bobbing.

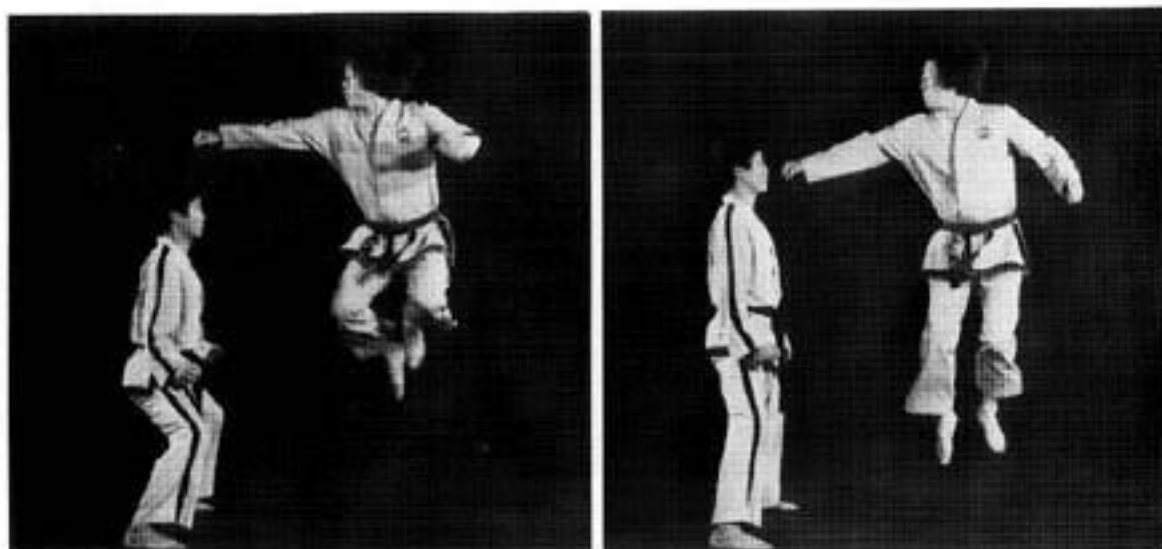
### Flying Horizontal Double Outward Strike

Weaving



### Flying Vertical Double Side Punch

Bobbing



**Flying Vertical Double  
Turning Kick**



**Bobbing**

**Back fist**

**Knife-hand**



**Flying Consecutive Strike**

**Weaving**

**Flying Consecutive Kick**

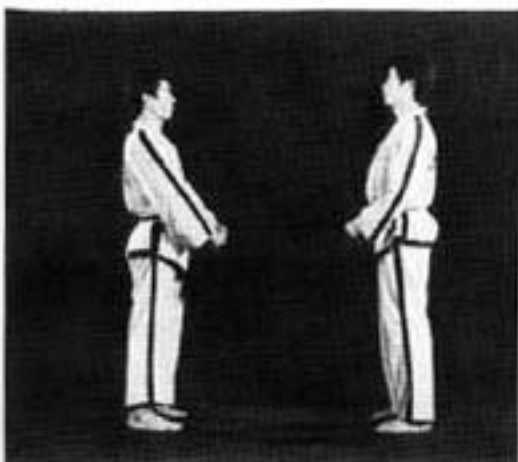


**Turning kick**

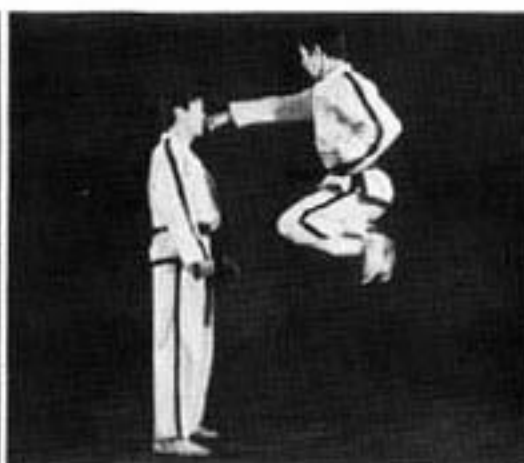
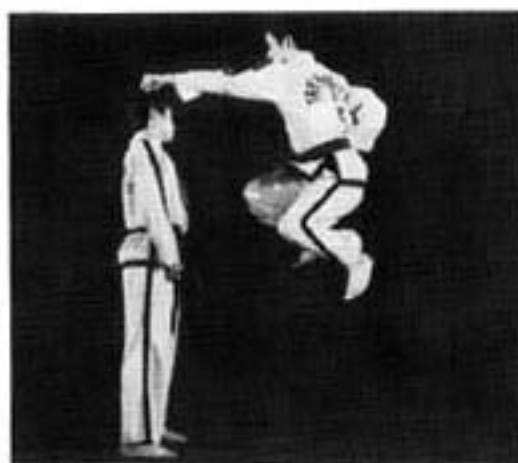


**Side piercing kick**

### Flying Consecutive Punch



### Flying Combination Punch



### Weaving

### Dodging

### Combination Kick





## 11. POSITION CHANGE

This technique is accomplished by jumping beyond the opponent, and the main purpose is to create openings on the opponent for a decisive attack, by forcing the opponent to change direction.

This technique has an added advantage of providing a surprise attack while flying, and explains one of the reasons that flying techniques are stressed in Taekwon-Do, unlike other martial arts.



Position has been changed



A surprise attack while flying



Taekwon-Do is a martial art because it aims at a noble moral rearmament, good health and a variety of techniques to defend oneself and the weak by discriminating against political involvement and commercialization to embody a just society. Unfortunately, many instructors forgetting this true nature of Taekwon-Do, rely on showmanship and over emphasizes free sparring to cover up their lack of technique.

As a result, their students have a tendency toward arrogance once winning a local or national championship without trying to improve and expand their techniques.

Of course, free sparring is very important part of Taekwon-Do to build courage, experience, sense of victory, ability of performance and significance of participation and so on. However, it should not be the only focus of the training. A student will see free sparring is not a real combat and is a very small part of Taekwon-Do due to the following limitations.

1. Prohibition of attacking the vital spots.
2. Limited number of attacking tools.
3. Limited number of attacking areas.
4. Limited space for fighting.
5. Limited number of attacking methods.
6. Safety equipment.
7. No full contact and so on.

Accordingly, in free sparring the player can have a chance to exchange less than a dozen fundamental movements, compared to the over 3.000 available.

This is the reason why I emphasize correct training of fundamental movements rather than on free sparring.





## FOOT SPARRING (*Bal Matsogi*)

This is a symbolized form of sparring developed from the ancient Korean art of "Taek Kyon" and "Soo Bak Gi" which mainly relied on the feet. The significance of this sparring is to promote the kicking techniques required in Taekwon-Do.

Since both attack and defense are performed with the foot, hand techniques are not allowed to be used in this particular sparring. Both players are completely free to exchange attack and defense motions with no prearranged mode except the initial movement of the attacker, though for a brief duration as in the case of semi-free sparring.

Ready posture is optional but both players, X and Y must shout "Ya" as a ready signal.



X: Right rear foot stance, lowering the right foot to A.

Y: Low side piercing kick with the left foot.

X: Low front snap kick with the right foot.  
Y: Waving kick with the left foot.



Y: Middle reverse turning kick with the right foot.

X: Floating ribs are attacked.



**X:** Low front snap kick with the left foot.

**Y:** Side checking kick with the right foot.



**X:** Low side piercing kick with the left foot.

**Y:** Floating ribs are attacked.



**Y:** Low side piercing kick with the right foot.

**X:** Lowering the left foot to B.

**X:** Low side piercing kick with the right foot.

**Y:** Low crescent kick with the left foot.



**X:** Middle reverse turning kick with the right foot.

**Y:** Dodging to C.



**Y:** Middle side piercing kick with the left foot.

**X:** Right L-stance, lowering the right foot to A.



- X:** Low front snap kick with the left foot.  
**Y:** Left rear foot stance, dodging to AD.



- Y:** Middle turning kick with the right foot.  
**X:** Lowering the left foot to B.



- X:** Pressing kick with the right foot.  
**Y:** Shin is attacked.

- X:** Middle side piercing kick with the right foot.  
**Y:** Right rear foot stance, dodging to BD.

- Y:** Outward vertical kick with the right foot.  
**X:** Right L-stance in a jumping motion to A.

- X:** Flying reverse turning kick with the right foot.  
**Y:** Dodging to A.



- X:** Low front snap kick with the right instep.  
**Y:** Right rear foot stance, dodging to C.



- X:** Dodging reverse turning kick with the right ball of the foot while flying away from the opponent to D.  
**Y:** Dodging to C.



- X:** Middle side piercing kick with the right foot.  
**Y:** Left rear foot stance, sliding to A.

- Y:** Middle turning kick with the right foot.  
**X:** Right L-stance, lowering the right foot to D.



- X:** Mid-air (360 degrees) kick with the right foot.  
**Y:** Temple is attacked.



- Y:** Dodging outward vertical kick with the left foot while flying away from the opponent to A.  
**X:** Jumping to B.



**X:** Middle side piercing kick with the right foot.

**Y:** Crescent kick with the left foot.



**Y:** Middle front snap kick with the left foot.

**X:** Left L-stance, sliding to A.

**X:** Reverse hooking kick with the left foot.

**Y:** Left X-stance, lowering the left foot to A in a jumping motion.



**Y:** Middle back piercing kick with the right foot.

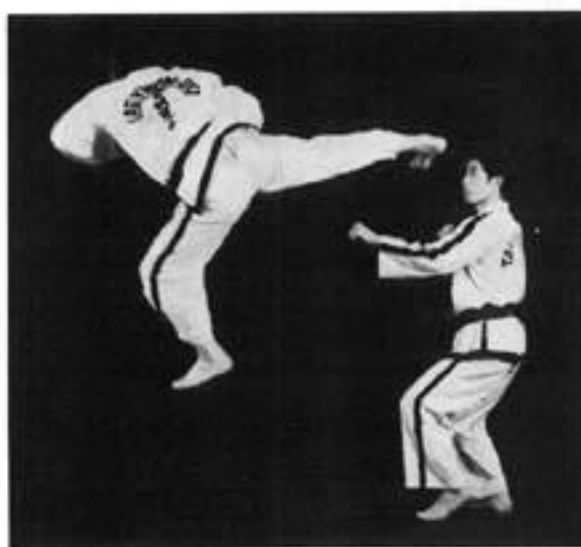
**X:** Solar plexus is attacked.



- X:** Middle turning kick with the right foot.
- Y:** Front rising kick with the left foot.



- Y:** High side turning kick with the right instep.
- X:** Left rear foot stance, dodging to AD.



- X:** Flying middle side piercing kick with the right foot.
- Y:** Right rear foot stance, lowering the right foot to B.



- Y:** Reverse hooking kick with the left foot.
- X:** Neck is attacked.





- X: Middle side piercing kick with the left foot.
- Y: Side rising kick with the right foot.

- Y: Middle turning kick with the left foot.
- X: High reverse turning kick with the right foot.



- Y: Left L-stance, lowering the left foot to A in a jumping motion.
- X: Right L-stance, lowering the right foot to B.



- Y: Middle side piercing kick with the right foot.
- X: Ribs are attacked.



**X:** Middle front snap kick with the right foot.

**Y:** Hooking kick with the right foot.



**Y:** Middle side thrusting kick with the right foot.

**X:** Right rear foot stance, moving the right foot to A.



**X:** Pick-shape kick with the right foot.

**Y:** Dodging to Bin a shifting motion while maintaining a left L-stance.



**Y:** Dodging front snap kick with the right foot while flying away from the opponent to B.

**X:** Face is attacked.

**X:** High turning kick with the right instep.

**Y:** Right rear foot stance, dodging to BC.



**X:** High reverse hooking kick with the right foot.

**Y:** Middle side piercing kick with the left foot.



**Y:** Left rear foot stance, lowering the left foot to A.

**X:** Right L-stance, lowering the right foot to B in a jumping motion.



**X:** Middle side piercing kick with the left foot, skipping with the right foot.

**Y:** Left L-stance, lowering the left foot to A.



**Y:** High turning kick with the left foot.

**X:** Philtrum is attacked.



- Y:** Middle side piercing kick with the right foot.  
**X:** Temple is attacked.

- X:** Middle side piercing kick with the right foot.  
**Y:** Hooking kick with the right foot.



- Y:** Left rear foot stance, lowering the right foot to B.  
**X:** Right L-stance, moving the right foot to B.



- Y:** Flying low reverse turning kick with the left foot.  
**X:** Jumping to A.



- X:** High turning kick with the right instep.  
**Y:** Face is attacked.

**X:** Low twisting kick with the right foot.

**Y:** Left rear foot stance, sliding to A.



**X:** Middle reverse turning kick with the left foot.

**Y:** Left L-stance, sliding to A.



**Y:** Flying vertical double side piercing kick with the right foot.

**X:** Bobbing.



**Y:** Dodging middle turning kick with the left foot while flying away from the opponent to A.

**X:** Dodging to B in a jumping motion.



**X:** Philtrum is attacked.

- X:** Pick-shape kick with the right ball of the foot.
- Y:** Right rear foot stance, dodging to B in a sliding motion.



- X:** High reverse turning kick with the left foot.
- Y:** Flying front kick with the right foot.



- X:** Dodging side piercing kick with the right foot while flying away from the opponent.
- Y:** Right L-stance, sliding to D.



- X:** High turning kick with the right foot.
- Y:** Right L-stance, moving the right foot to AC in a jumping motion.



- X:** Inward vertical kick with the left foot.
- Y:** Mid-air kick (180 degrees) with the right foot.





**X:** Reverse hooking kick with the right foot, and then a right L-stance.

**Y:** Left rear foot stance, sliding to B.

**Y:** High side piercing kick with the left foot.

**X:** Right L-stance, lowering the right foot to C.

**X:** Flying outward vertical kick with the right foot, and then a left L-stance.

**Y:** Left L-stance, lowering the left foot to A in a jumping motion.



**Y:** Sweeping kick with the right side sole.

**X:** Right foot is swept.



**Y:** High twisting kick with the right foot.

**X:** Philtrum is attacked.

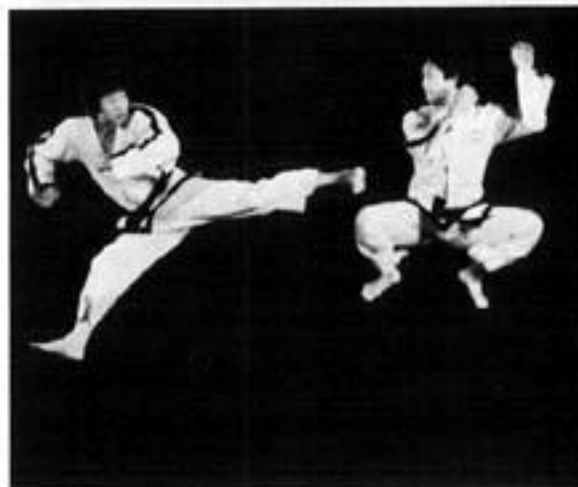
**X:** Downward kick with the right foot.

**Y:** Sitting stance, moving the left foot to A.



**Y:** Side pushing kick with the right foot.

**X:** Shoulder has been pushed.



**Y:** Flying reverse turning kick with the left foot.

**X:** Dodging to B in a jumping motion.



**Y:** Right L-stance.

**X:** Left L-stance.

**X:** Flying middle twisting kick with the right foot.

**Y:** Dodging to A in a jumping motion.



**X:** High reverse turning kick with the right foot.

**Y:** Dodging to A in a jumping motion.



**X:** Left L-stance.

**Y:** Left L-stance.



**X:** Back piercing kick with the left foot.

**Y:** Middle crescent kick with the right foot.



**Y:** High side piercing kick with the right foot.

**X:** Dodging to B in a jumping motion, and then a right L-stance.



**X:** Mid-air kick (360 degrees) with the left foot.

**Y:** Left rear foot stance, sliding to C.

**X:** Flying vertical double front snap kick with the right foot.

**Y:** Dodging to C.



**X:** Left rear foot L-stance.

**Y:** Turning kick with the right foot.



**Y:** Left rear foot stance.

**X:** Flying middle turning kick with the right foot, and then a left L-stance.

**Y:** Sitting stance, moving the right foot to B.



**X:** Left L-stance.

**Y:** Left L-stance.



**Y:** Dodging middle reverse turning kick with the right foot while flying away from the opponent to B.

**X:** Dodging to A in a jumping motion.

**X:** High reverse turning kick with the right ball of the foot.

**Y:** Dodging to B in a jumping motion.

**X:** Flying vertical kick with the left foot.

**Y:** Dodging to BD in a jumping motion.



**X:** Right L-stance toward A.

**Y:** Left L-stance toward B.

**X:** Flying turning kick with the right foot, and then a left L-stance.

**X:** Dodging to A in a jumping motion.

**X:** Temple is attacked.



**Y:** Flying horizontal double side piercing kick with the right foot.

**X:** Weaving.

**X:** Flying reverse hooking kick with the same foot consecutively.

**Y:** Temple is attacked

**X:** Flying vertical double side piercing kick with the left foot.

**Y:** Left L-stance, dodging to B.



**X:** Right L-stance.

**Y:** Right rear foot stance.



**X:** Flying side piercing kick with the right foot.

**Y:** Rear foot stance.



**X:** Back piercing kick with the left foot in succession while the body is in the air.



**Y:** Dodging middle twisting kick with the right foot while flying away from the opponent to BD.

**X:** Right rear foot stance, pulling the left foot.





**X:** High reverse turning kick with the right foot.

**Y:** Sitting stance twin straight fore-arm checking block, lowering the left foot to A.

**X:** High twisting kick with the right foot, moving the left foot to A.

**Y:** Dodging to B in a jumping motion and then a right L-stance.

**Y:** Flying middle turning kick with the right foot.

**X:** Flying high turning kick with the right foot.



**X:** Left L-stance, moving the left foot to the rear.

**Y:** Right X-stance, knife-out-hand ward strike.

**X:** Flying middle side piercing kick with the right foot.

**Y:** Left L-stance, moving the left foot to B.

**Y:** Flying side piercing kick with the right foot.

**X:** Flying crescent kick with the left foot.



All the illustrations for sparring in this book visualize actual combat, with the exception that there are no attacks to the opponent's back. This is because of the oriental and moral tradition of "warrior sportsmanship", that one must not attack in a towardly fashion from behind. However, in actual combat attacks to the back can be made if the situation warrants it.

# SELF-DEFENCE TECHNIQUES

## *(Hosin Sul)*

These techniques are not only the most interesting in Taekwon-Do but also the most advanced. They are in every sense, for a practical self-defense. These techniques are the logical application of various motions acquired from patterns, sparring, and fundamental movements to be used against a sudden attack by an armed or unarmed opponent.

The defender must know how to make use of his or her opponent's momentum and force, while utilizing his or her dynamic and reflexive actions against momentarily undefended target.

Certainly, these self-defense techniques can only be effective if the student take the time to constantly train with them under realistic conditions.

### **How To Release From a Grab (*Jappyosul Tae*)**

It is unlikely that a Taekwon-Do black belt will ever be grabbed by an assailant. Below is illustrated a technique, however, that can be effective.

Releasing is performed in three different ways: either by a direct attack to a vulnerable or vital spot, breaking the joint of the attacking hand or arm, or by a logical releasing motion which is usually accompanied by a counter attack.

Since this technique might be used against a physically strong opponent, the defender should not attempt to pull but rather to push the grabbing hand or foot at the same time coordinating the body to make use of the opponent's momentum and the instinctive pulling motion of the opponent with rare exceptions.

#### **LEGEND.**

A-Attacking motion.

B-Breaking motion.

R-Releasing motion.



## A. While Standing

### 1. Opponent grabs with one hand.

Twist the right arm clockwise, moving the right foot forward.

Release while forming a right walking stance.



Execute an upward punch with the left fist.



Grab the opponent's inner forearm with the left hand.



Twist both hands, moving the left foot to the rear.



Pull both hands downward while forming a right walking stance to break the wrist.



Twist the right arm counter-clockwise until the back fist faces upward, moving the right foot forward.

Top View



Release while forming a right walking stance.



R

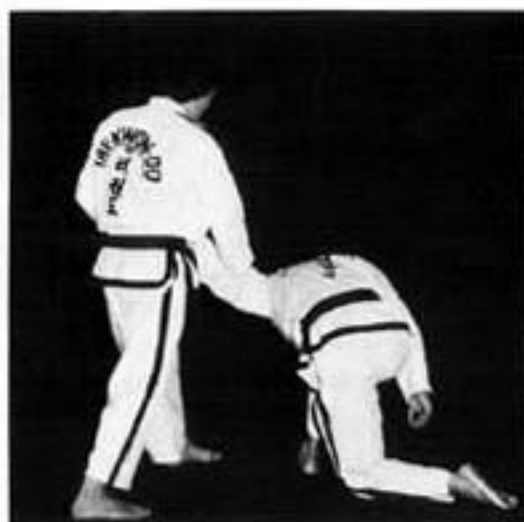
B Grab the opponent's left back hand with the left hand.



Twist counter-clockwise to break the wrist and the elbow joint, moving the left foot forward.



Strike with the knife-hand while forming a close stance, bringing the left foot to the right foot.



Top View



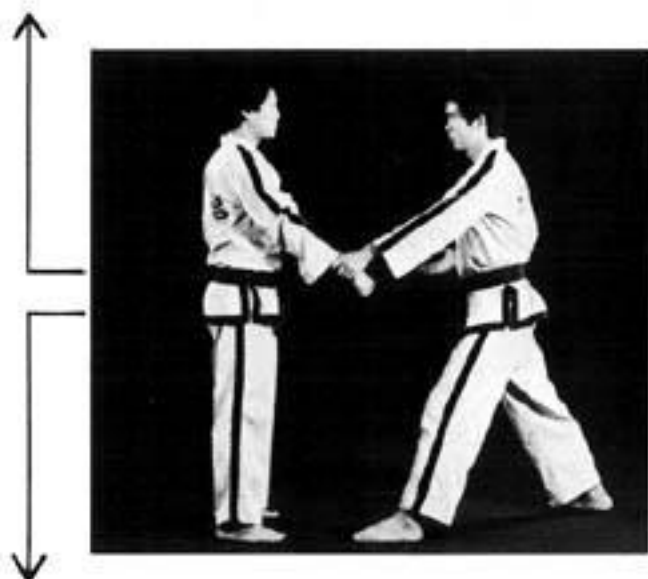
**Twist the right arm clockwise, moving the right foot forward.**



**Release while forming a right walking stance.**



**Dodging strike with the right knife-hand while flying away from the opponent.**



**Grab the opponent's left under forearm with the left hand.**



**Raise both hands, twisting counter-clockwise while moving the left foot forward.**



**Bend the opponent's wrist with the right hand while holding the arm with the left hand.**





Press the opponent's right thenar with the right knife-hand to release.



R

Push the right arm forward rapidly while forming a right walking stance.



Dodging front snap kick with the left foot while flying away from the opponent to A.



Hold the opponent's elbow joint with the left palm.



B

Twist clockwise while pressing the opponent's elbow joint with the left palm, moving the left foot forward.



Twist the right arm clockwise, moving the left foot to D.

Release while forming a shifting stance.



R



Strike with the right back fist while forming a right X-stance.

Grab the opponent's left back hand with the left hand, moving the right foot forward.

Twist the right arm clockwise until the palm faces upward, pushing both hands.



B



Top View





**B**



Grab the opponent's right back hand with the left hand, moving the left foot forward.



Raise both hands, twisting clockwise to break the wrist.

**R**



Bring the left back hand under the right elbow joint while moving the right foot forward.



Release by twisting the right hand together with the body counter-clockwise.



Strike the scrotum with the left palm while forming a close stance.

**2. Opponent grabs with both hands**

**R**



Execute a mid-air kick while flying away from the opponent.



Push and twist both hands clockwise until the right back fist faces downward while moving the left foot forward.



Hold the right forearm with the left hand.



Twist the opponent's arm, counter-clockwise, holding the left under forearm with the left hand, and then press to break the wrist while moving the left foot forward.

Grab the opponent's left back hand with the left hand.





**R**

Hold the right forefist with the left hand.

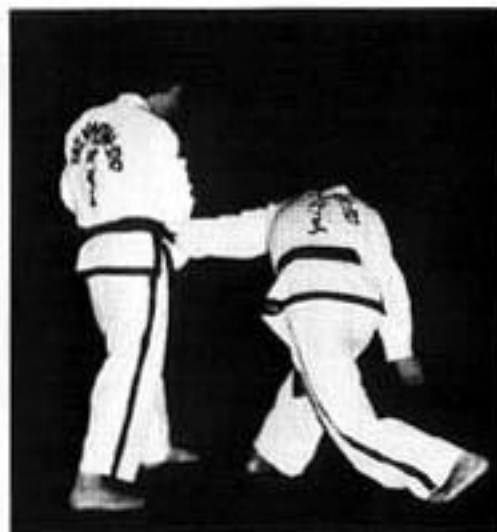
Press both hands downward while moving the left foot forward.

Dodging side punch with the left fist while flying away from the opponent to B.



Grab the opponent's left knife-hand with the left hand

Twist the opponent's arm counter-clockwise while moving the left foot forward.



**B**



Twist both hands counter-clockwise to break the left wrist.



Grab the opponent's left knifehand moving the left foot forward.

B



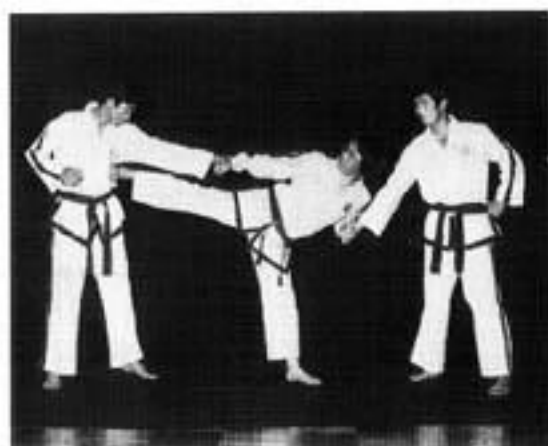
Execute a middle side piercing kick while pulling both hands in the opposite direction.

Hold the right forefist with the left hand while bending the right elbow slightly, pulling the left foot toward the right foot.

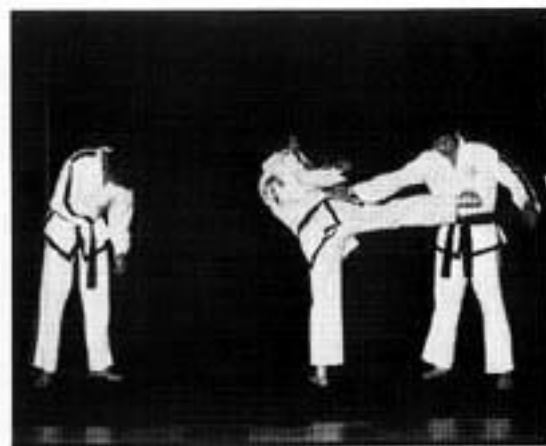


R

A



Execute a middle side  
piercing kick with  
the right foot.



Middle turning kick with the same  
foot consecutively.



Raise both hands  
slightly while  
moving the right foot  
forward.

Release while turning  
counter-clockwise.



R



B Grabbed the opponent's back forearm  
followed by the releasing motion.

Raise both arms, tur-  
ning counter-  
clockwise, and then  
pull both arms while  
forming a right wal-  
king stance.



Top View





**R** Twist both arms outward while moving the right foot forward.



Release while forming a left walking stance.

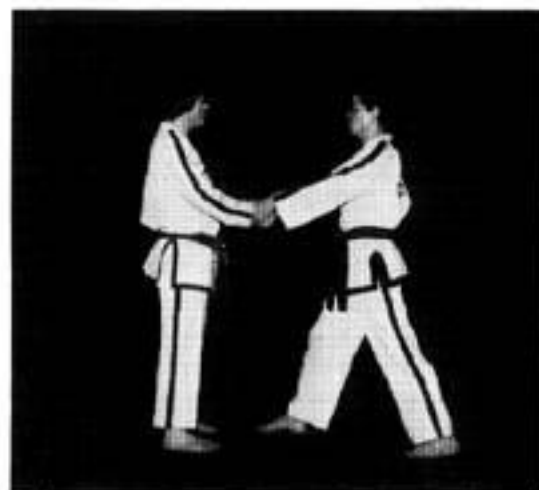


Execute a high vertical punch.

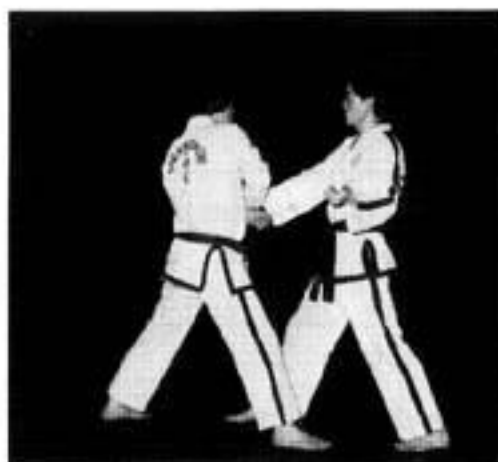
Top View



Twist the right arm clockwise while moving the right foot forward.



Grab the opponent's right knife-hand with the right hand.



Twist both hands clockwise while pushing with the left hand to break the opponent's right wrist.

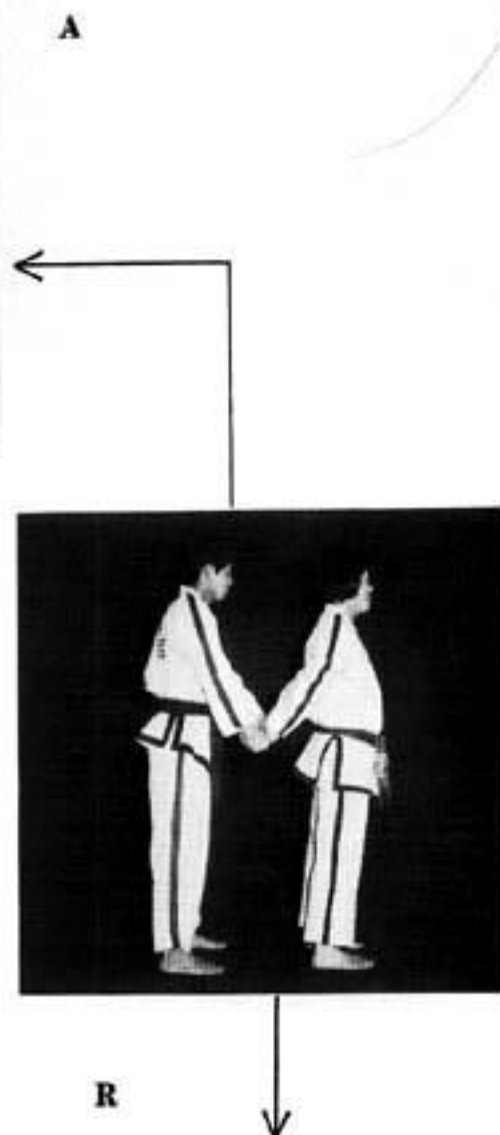




**Reverse hooking kick with the same foot consecutively.**



**Execute a back snap kick with the right foot.**



**Front snap kick with the right foot.**



**Push both hands while twisting clockwise, moving the left foot to the rear.**



**Move the right foot to the rear, holding the right forefist with the left hand.**



**R**

Twist both arms inward while moving the left foot to the rear.

Release while forming a right walking stance.



Raise the right hand, lowering the left hand while moving the left foot to the rear.



Execute a side elbow thrust while forming a left L-stance, pivoting with the left foot.

**B**



Break the opponent's right wrist with the right hand while pressing the elbow joint with the left hand.

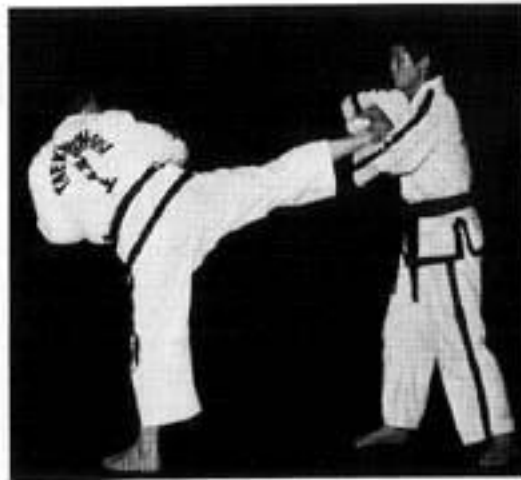
### 3. When the foot is being grabbed.

**X:** Side piercing kick with the right foot.

**Y:** Checking block with an X-knife-hand.

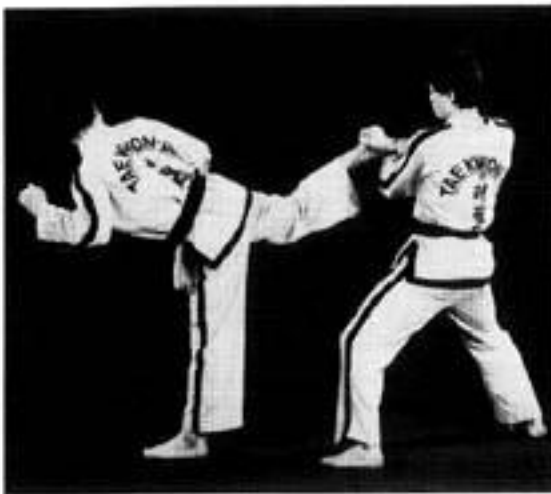
**Y:** Twisting the right foot clockwise with both hands.

**X:** Back piercing kick with the grabbed foot.



R

A



**X:** Side thrusting kick with the right foot.

**Y:** Checking block with an X-fist.

**Y:** Twisting the right foot Clockwise with both hands.

**X:** Side strike with the left knife-hand



**X:** Middle side front snap kick with the right foot.

**Y:** Front block with an X-knife-hand.



**Y:** Twisting the right foot clockwise with both hands.



**X:** Side piercing kick with the right foot while skipping with the left foot.

**A**



**X:** Middle side front snap kick with the right foot.

**Y:** Checking block with an X-knife-hand.



**Y:** Grabbing the right foot with both hands.



**X:** Thrust with the right flat fingertip, pushing the grabbed foot forward.

4. When finger or fingers are grabbed.



Forefinger is being grabbed.



Press the thumb to the forefinger belly.



Released.

Finger belly is being grabbed.



Press the thumb to the finger belly, and then slide up to the middle finger belly.



Released.



**5. Defense from a hair grab.**



**R**



Grab the opponent's right hand with both hands locked.



Press the wrist while moving the right foot to the rear.

**A**



Execute a U-shape punch.

**B**

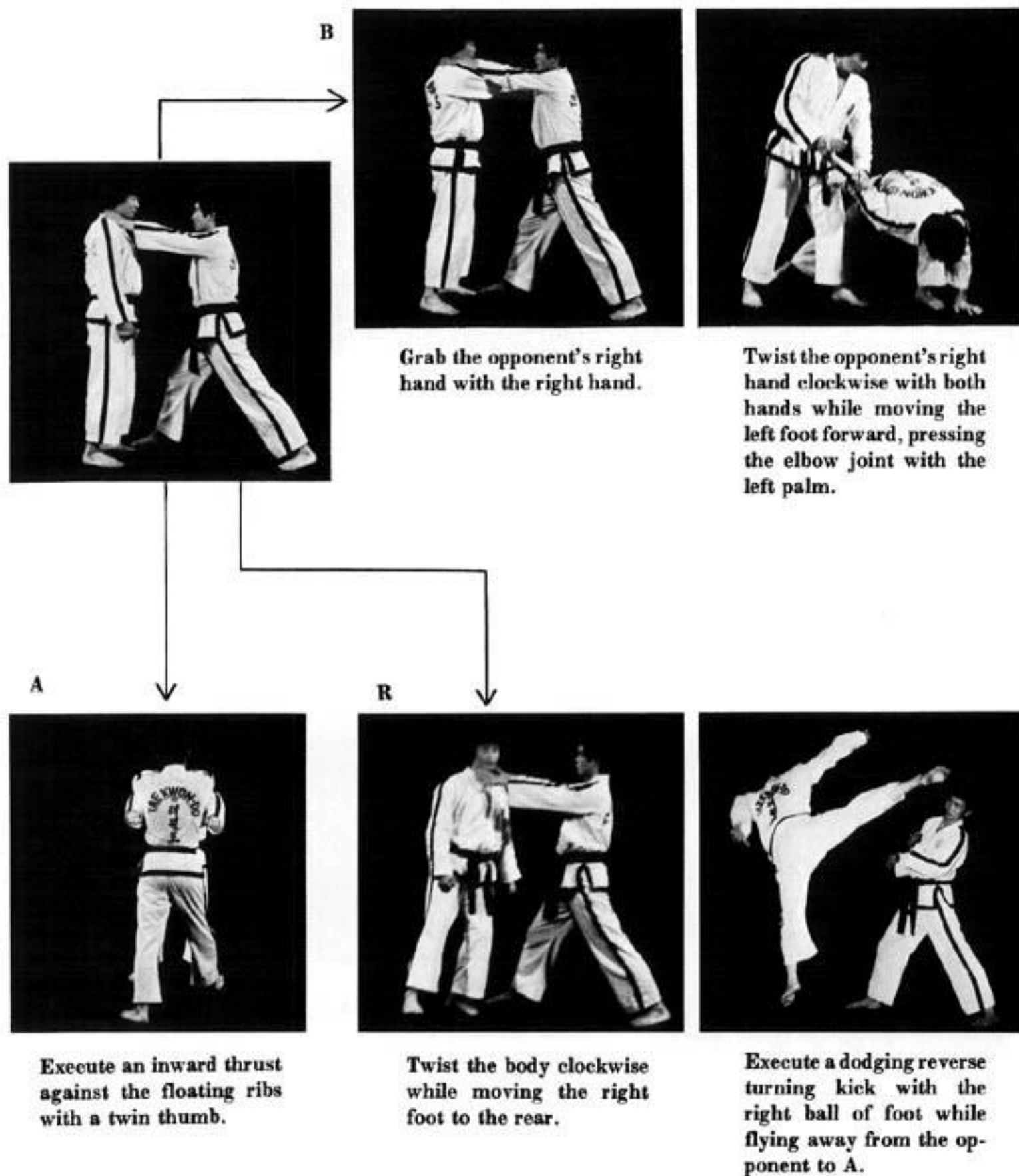


Grab the opponent's right hand, pressing the thenar with the right thumb.



Twist clockwise, pressing the right elbow joint with the left palm while moving the left foot forward.

## 6. Defense from a choke hold



## 7. Defense from the necktie being grabbed



Grab the opponent's right hand with the right hand.

A



Execute a crescent punch with a twin fore-knuckle fist.

B



Twist clockwise pressing the elbow joint with the left arm while moving the left foot forward.

## 8. Defense from rear choke hold.



A

Stamp the opponent's left instep with the left side sole.

**B**



Grab the opponent's right arm with the right hand and the right back hand with the left hand.



Pull the opponent's right hand with the left hand, lowering the body.



Break the opponent's right wrist with the right hand, moving the left foot to the rear.

**Top View**



Execute a left back elbow-thrust, forming a sitting stance.

**A**

**B**



Grab the opponent's right hand with both hands, and then raise them to break the opponent's right wrist while moving the left foot to the rear.

9. When the chest is being held from behind

R



Raise both elbow horizontally while forming a sitting stance, moving the left foot to B.



Thrust to C with the right elbow.

B



Grab the opponent's left fore fist with the right hand while moving the left foot to the rear.



Bend the opponent's right wrist inward with the left hand while pressing the elbow with the right hand.



# 10. When the waist is being held from the front

Thrust the small of the back with the right straight elbow while forming a left walking stance, moving the left foot to the rear.

R



Press the post auricular with the forefinger.



Push the opponent's body with the left palm while twisting the body clockwise, moving the left foot forward.

A



Grab the opponent's left fingers with the right hand while pressing the left elbow with the left hand.



B



Raise the right hand to turn counter-clockwise while moving the left foot to the rear.

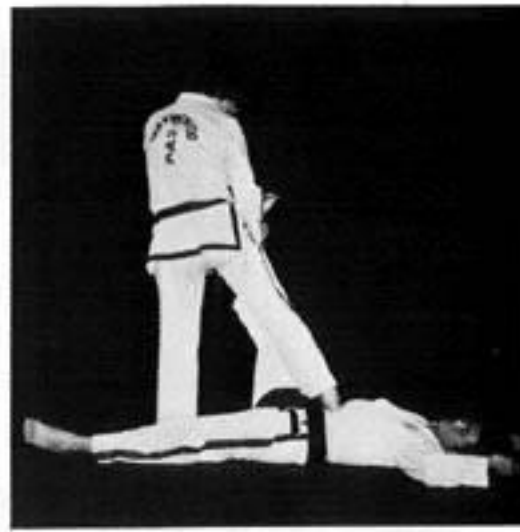




# 11. When the waist is being held from behind

Lift the opponent's right leg with both hands.

Execute a stamping kick with the right back sole.



Grab the right leg with both hands, moving the right, or left foot to the rear.

R

B

Grab the opponent's right middle finger with the right hand.

Pull the opponent's right hand with both hands, moving the left foot to the rear while turning clockwise.



Grab the opponent's right hand with the right hand, moving the left foot behind the opponent's right foot.



R



## 12. When the waist is being held from the side



Push the fossa with the left knee while pulling the opponent to the left with the left hand.



Execute a stamping kick with the left side sole.



Execute a back snap kick with the left foot.



A



**13. When the collar is being grabbed from behind**

**A**



**When pushed**



**Execute a back piercing kick with the right foot, moving the left foot forward.**

**When pulled**



**Execute a left side elbow thrust while forming a left L-stance, moving the left foot to the rear.**

**B**



**Grab the opponent's right hand with the right hand.**



**Bend the opponent's right wrist inward with the right hand while pressing the right elbow with the left knife-hand, moving the left foot to the rear.**

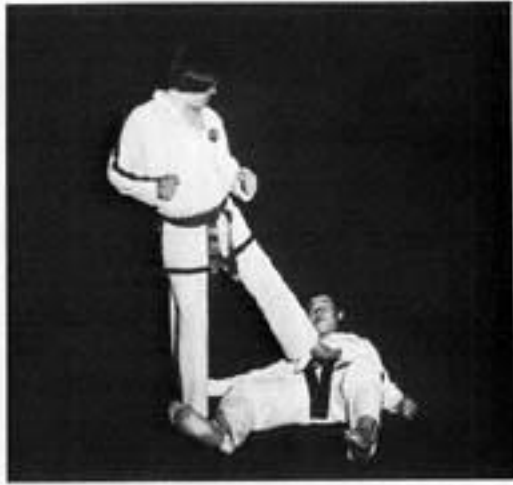
**B**



Move the left foot behind the opponent's right foot, holding the arm with the left hand.



Sweep the right foot leg with the left side sole, pulling the opponent's arm with the left hand.



Execute a pressing kick with the left foot.

#### **14. Defense from a full "Nelson" neck hold**



Lift both arms straight up while sliding down.



Execute a high twisting kick with the right foot.

**15. When the lapel is being grabbed from the side**

**A**



**Execute a middle twisting kick with the left knee.**

**The lapel is released.**



**Execute a vertical kick with the right reverse footsword.**



**Bring the left arm around and Place it under the opponent's elbow.**



**B**

**Hold the left side fist with the right hand, and then lift both hands to break the elbow joint.**

# 16. When the belt is being grabbed

R



Grab the opponent's right hand with both hands.



Shake the body to the left, pressing the thenar with the thumb.



Shake the body to the right to release.



Clasp the hands around the opponent's right arm.

Press the opponent's shoulder with the left elbow, moving the left foot forward.



B





**B**



**Grab the opponent's right thumb with the left hand.**



**Execute a high vertical punch with the right middle knuckle fist.**



**Execute a high inward strike with a twin knife-hand, moving the right foot forward.**

**Other View**



**Place the right hand under the opponent's elbow while twisting counter-clockwise, moving the right foot forward to break the thumb.**



**B. While kneeling**

**R**



Twist both arms inward to release.



Execute a high vertical punch with a twin fist.

**B**



Raise the right hand.



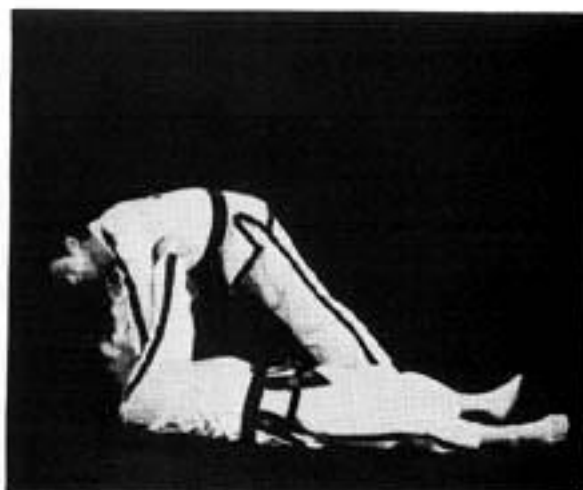
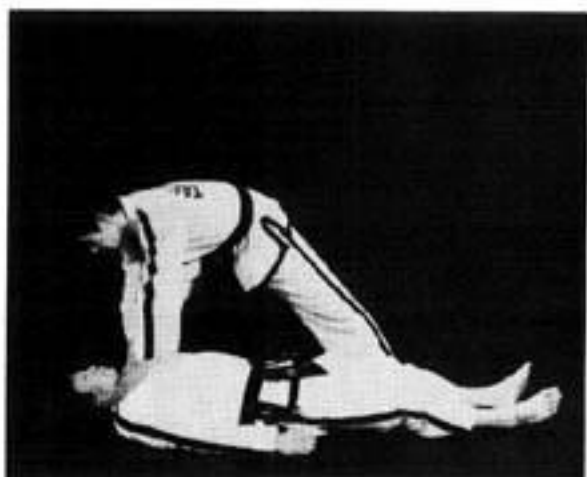
Grab the opponent's right hand with the right foot.



Twist both hands clockwise to break the opponent's right wrist.

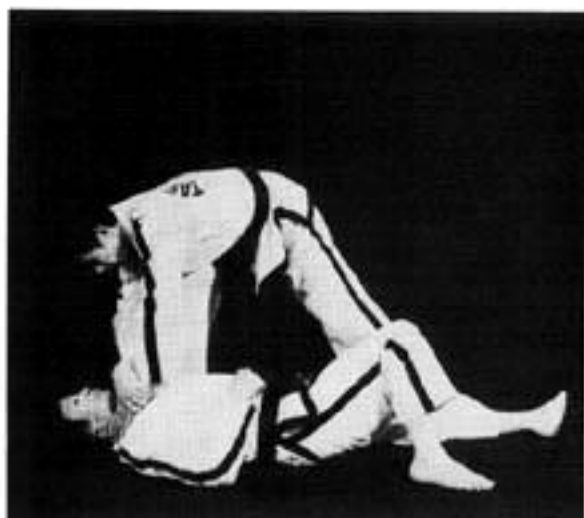
**C. While prone**

**A**

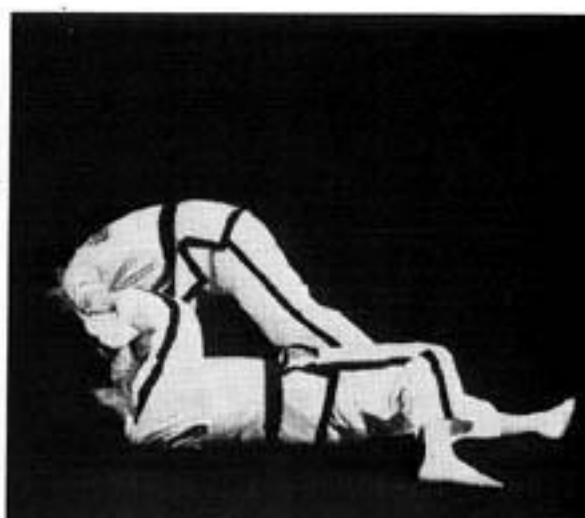


**Execute a crescent punch with the right fist.**

**B**

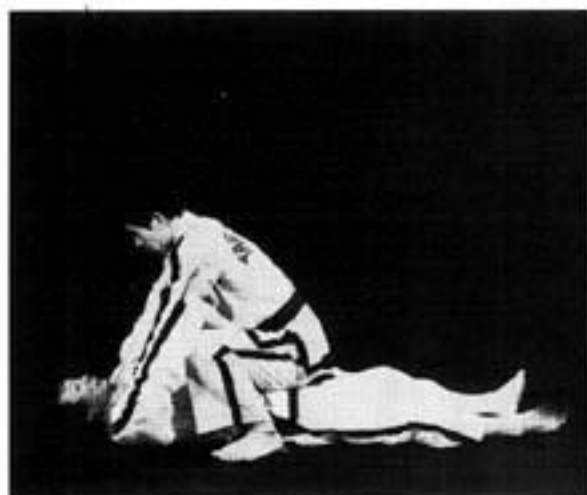


**Grab the opponent's left hand with the left hand.**



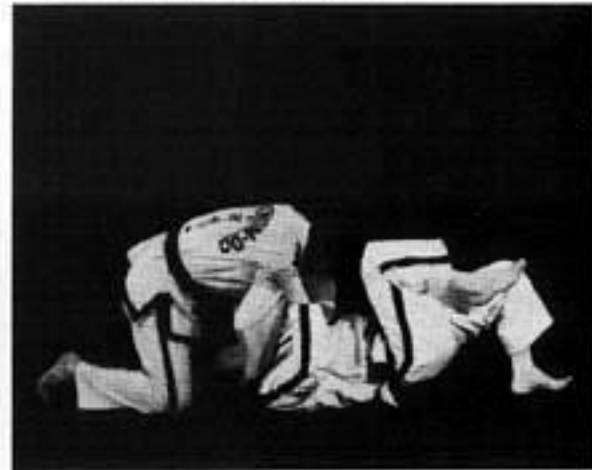
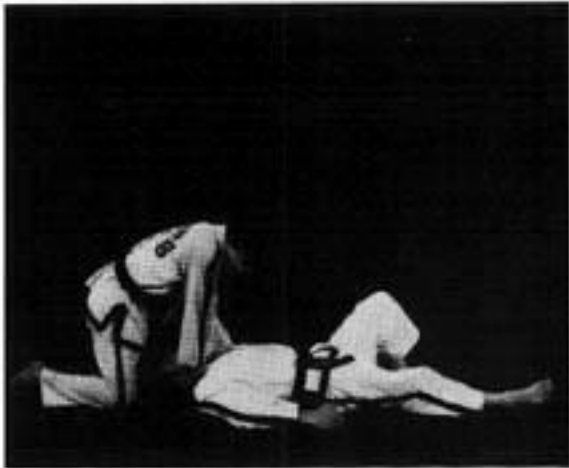
**Break the opponent's left wrist while pressing the elbow joint with the right hand, twisting the body to the left.**

**Press the armpits with both thumbs.**



**A**

Execute an upward kick with the right knee, holding the opponent's lapels with both hands.



A

Execute a crescent punch with the right thumb.



A

Grab the opponent's both reverse knife-hands with both hands.

Twist both hands counter-clockwise while twisting the body to the left.

B



The following illustrations are not only effective for breaking an opponent's elbow joint and wrist but can also be used to put an opponent in an untenable position without hurting him. It is, therefore, widely used by policemen as a "come-along" hold.



**B**

**Raise the left hand to the left.**



**Grab the opponent's right under forearm with the left hand and the elbow with the right hand.**

**Pull the right hand while pushing the left hand until the opponent's elbow reaches the left armpit.**



**Press the opponent's right back hand with the right hand.**





**B**

**Grab the opponent's right lepal with the left hand while moving the left foot forward.**



**Pull the left hand, raising the right hand.**



**Pull the opponent's right hand while twisting it counter-clockwise.**





**B**



**Grab the opponent's right hand with the left hand.**



**Raise both hands over the head, twisting counter-clockwise while moving the right foot to the side of the opponent's right foot.**



**Top View**

**Bend the opponent's right wrist with the left hand while holding the elbow with the right hand, moving the left foot to the rear.**



## DEFENSE AGAINST A SUDDEN ATTACK (*Dae Boori Gong Gyok*)

An unexpected attack can come at any time, any place. There are numerous accounts in the newspapers of innocent victims being attacked in broad day light on city streets and even in the privacy of their own homes.

An attacker will usually have the initial advantage of surprise. A well trained student of Taekwon-Do, however, who has developed an instinctive conditioned reflex should stand of fairly good chance of blocking or at least deflecting a blow.

### A. While Kneeling



**X:** Middle obverse punch with the right fist.

**Y:** Obverse hooking block with the right palm.

**Y:** Twist the opponent's right hand clockwise while pressing the elbow joint with the left palm.



**X:** Middle obverse punch with the right fist.

**Y:** Outward block with the left knife-hand.

**Y:** High thrust with the right flat fingertip.



**X:** Middle obverse punch with the right fist.

**Y:** Front block with the right outer forearm.



**X:** Middle obverse punch with the right fist.

**Y:** Front block with the left knife-hand.

**Y:** Middle obverse punch with the left fist.



**X:** Middle reverse punch with the right fist.

**Y:** Dodging to the left.



**Y:** High turning kick with the right foot supporting the body with both hands.



**X:** Outward strike with the right knife-hand.

**Y:** Side front block with the right inner forearm.



**Y:** Outward strike with the right knife-hand.



**Y:** High side piercing kick with the right foot, supporting the body with both hands.





**B. While sitting cross-legged.**

- X:** High thrust with the right flat fingertip.  
**Y:** Dodging to the rear.



- X:** High thrust with the right flat fingertip.  
**Y:** Inside block with the left inner forearm.



- Y:** High thrust with the right flat fingertip.

- Y:** Middle side piercing kick with the right foot while supporting the body with both hands.



**X:** High thrust with the right flat fingertip.

**Y:** Outside block with the left outer forearm while executing a high thrust with the right flat fingertip.

**X:** High outward cross-cut with the right flat fingertip.

**Y:** Dodging to the rear.



**Y:** High front snap kick with the right foot, supporting the body with both hands.

**X:** High inward cross-cut with the right flat fingertip.

**Y:** Dodging to the rear.



**Y:** Middle side piercing kick with the right foot, supporting the body with both hands.



- X:** High punch with the right fist, supporting the body with the left hand.
- Y:** Dodging to the left.



- X:** Attack with the forehead while pressing the knees with both hands.

- Y:** Back fist front strike.



- X:** Middle front snap kick with the right foot while supporting the body with the both hands.

- Y:** Front block with an X-fist.

- Y:** Grab and twist the opponent's foot clockwise.





**Y:** Reverse hooking kick with the right foot, supporting the body with both hands.

**X:** Middle side piercing kick with the right foot while supporting the body with both hands.

**Y:** Front block with the left outer forearm.



**X:** Middle side piercing kick with the right foot.

**Y:** Hooking block with the right palm.



**Y:** Grab the opponent's right foot with both hands, and then twist it clockwise.

**X:** High reverse turning kick with the right foot, supporting the body with both hands.

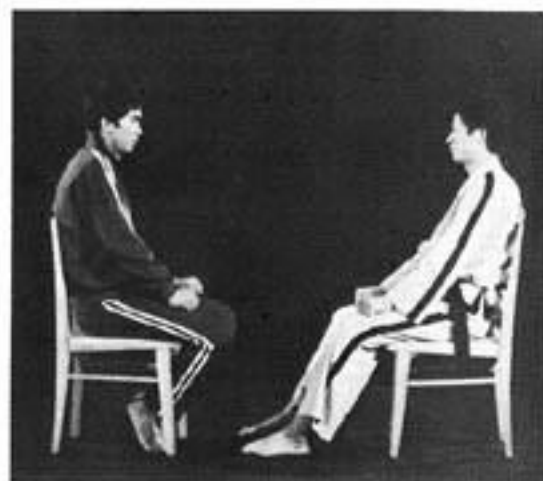
**Y:** Parallel block with the inner forearm.



**C. While sitting on a chair**

**X:** Middle obverse punch with the right fist while moving the right foot forward.

**Y:** Dodging to the right.



**Y:** Low turning kick with the left foot while standing up.

**Y:** Low side piercing kick with the right foot.

**X:** Middle reverse punch with the right fist while moving the left foot forward.

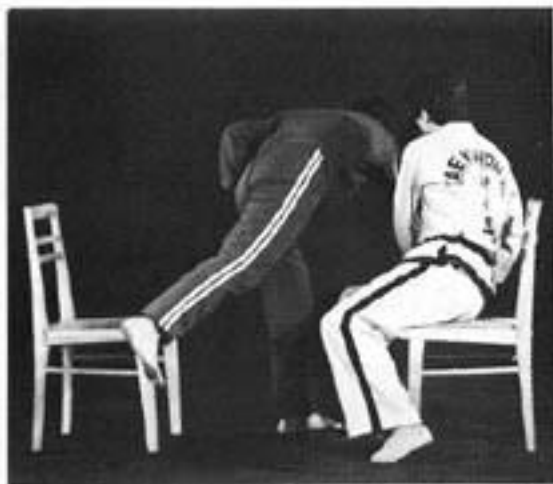
**Y:** Dodging to the left.



- X:** Middle obverse punch with the right fist while moving the right foot forward.  
**Y:** Rising block with an X-fist.



- Y:** Pull the opponent's right hand with the right hand to throw.

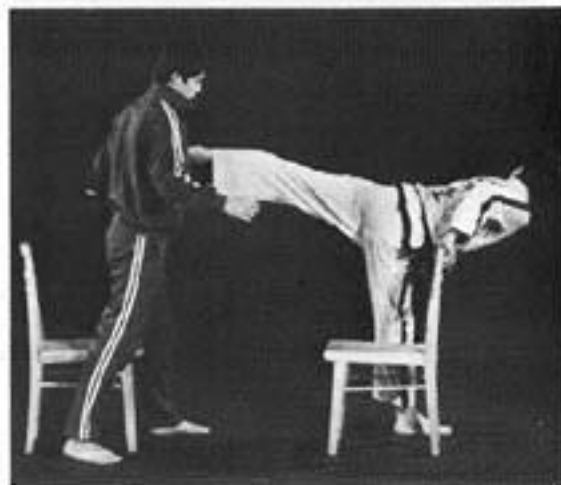


- X:** Middle reverse punch with the right fist while moving the left foot forward.  
**Y:** Rising block with the left forearm.



- Y:** Right front elbow strike while forming a left walking stance.

- X:** Front strike with the right reverse knifehand while moving the left foot forward.  
**Y:** Dodging to the side rear, holding the chairtop with both hands.



- Y:** Back piercing kick with the left foot.

**X:** Middle reverse punch with the right fist.

**Y:** Front checking kick with the left foot.



**X:** Front downward strike with the right back fist while forming a parallel stance, moving the right foot forward.

**Y:** Rising block with an X-knife-hand.

**Y:** Pull the opponent's right arm with the right hand while pressing the elbow joint with the left hand.



**X:** Choke with the right front elbow.

**Y:** Upset punch with the right fist.







**Y:** High side strike with the left back fist while forming a right X-stance.

**X:** Choke with the right front elbow.  
**Y:** Grab the opponent's right arm with the right hand.

**X:** Downward strike with the right knife-hand while forming a left vertical stance.  
**Y:** Dodging to the left.



**Y:** Break the opponent's right wrist while holding the elbow with the left hand.



**Y:** High reverse turning kick with the right foot.



**X:** Outward strike with the right knife-hand while forming a parallel stance, moving the right foot forward.

**Y:** Dodging to the side front.



**Y:** Turning kick with the right knee.



**X:** Outward vertical kick with the right foot.

**Y:** Dodging to the left.



**X:** Middle vertical punch with the right middle knuckle fist while forming a left rear foot stance.

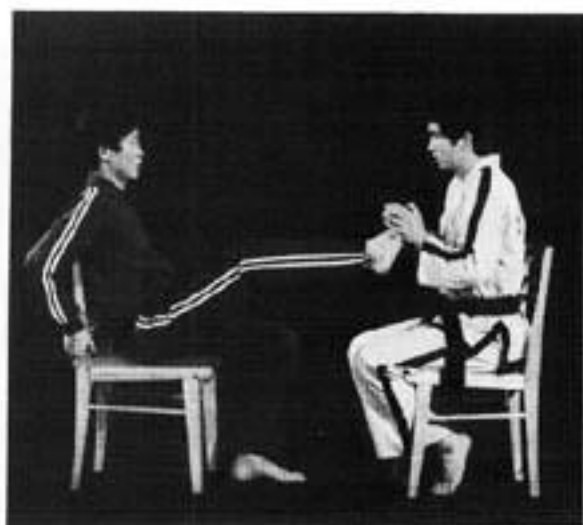
**Y:** Dodging to the side front.

**Y:** Dodging side piercing kick while flying away from the opponent.

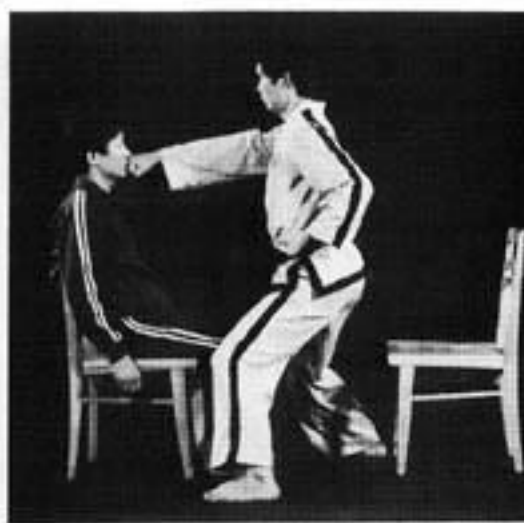


**X:** Front snap kick with the right foot.

**Y:** Front block with a twin palm.



**Y:** Middle punch with the right fist while forming a diagonal stance, moving the left foot.



**Y:** Reverse hooking kick with the right foot.

**X:** Pick-shape kick with the right ball of the foot.

**Y:** Rising block with a twin palm.



**Y:** Throw the opponent by pulling the right foot with both hands.



**X:** Middle side piercing kick with the right foot, pressing the left back corner of the chair with the left palm.

**Y:** Front block with the left outer forearm.



**Y:** Left front elbow strike while forming a left walking stance.

**X:** Inward vertical kick with the right foot.

**Y:** Dodging to the right.



**X:** Middle side turning kick with the right instep, moving the left foot to the side front.

**Y:** Checking block with a twin straight knife-hand.



**Y:** Back fist side strike while forming a close-stance

**Y:** Pressing kick



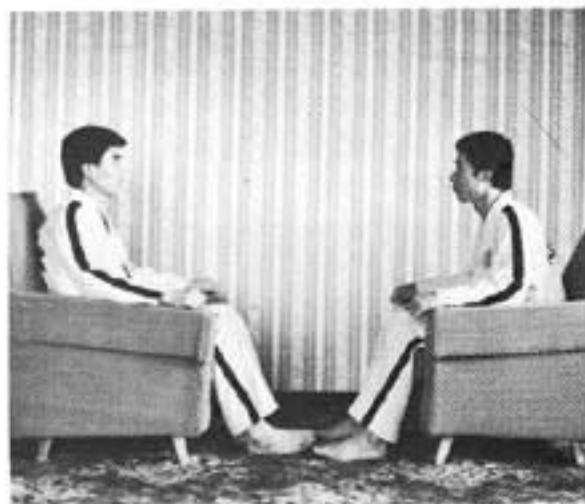
**D. While sitting in an armchair**

**When sitting close**

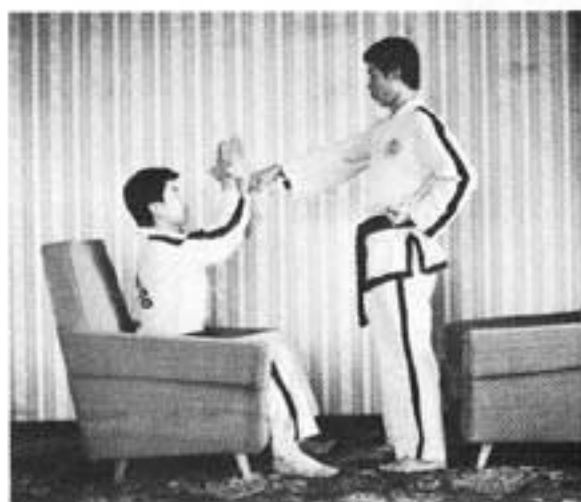
- X:** Upset punch with the right fist while forming a sitting stance, moving the left foot to the left.
- Y:** Outward block with the left knife-hand.



- Y:** Upset punch with the right fist while forming a parallel stance.



- X:** Low punch with the right fist while forming a parallel stance.
- Y:** Front block with an X-knife-hand.



- Y:** Upward punch with the right fist while forming a right L-stance, moving the left foot forward.

**X:** Middle vertical punch with the right fist while forming a right L-stance, moving the left foot forward.

**Y:** Downward block with the left knife-hand.



**Y:** Middle punch with the right fist.



**X:** Front snap kick with the right knee while standing up.

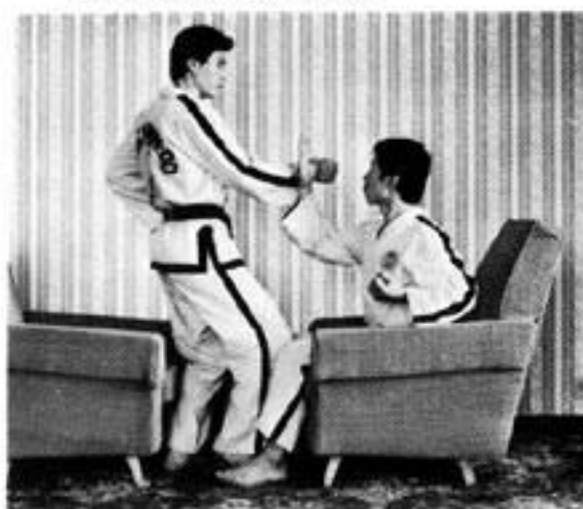
**Y:** Front block with a twin palm.



**Y:** Upward punch with the right fist while forming a sitting stance, moving the left foot to the left.

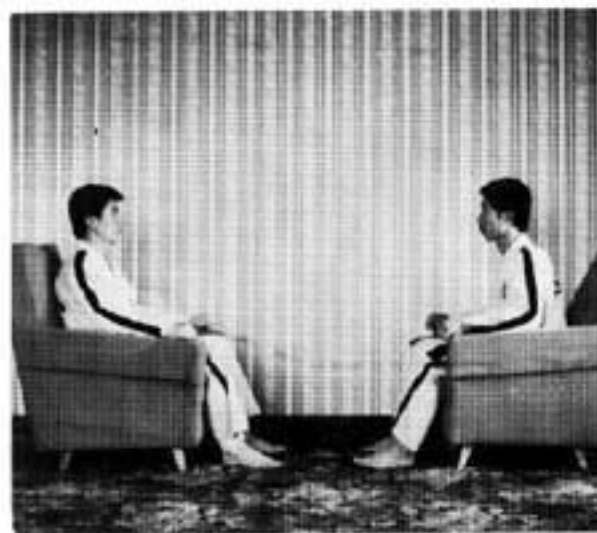
**X:** Middle side strike with the right back fist while forming a left rear foot stance, moving the right foot forward.

**Y:** Side front block with the right reverse knife-hand.



**Y:** Middle thrust with the right flat fingertip.



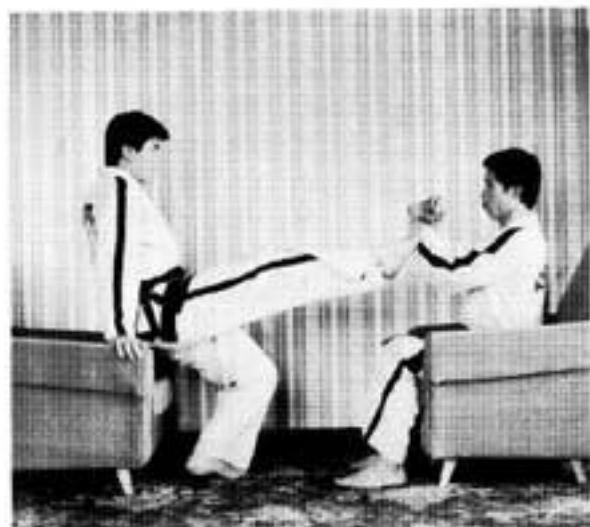


When sitting far.

- X:** Middle obverse punch with the right fist while forming a right walking stance, moving the right foot forward.
- Y:** Inside hooking block with the left knife-hand.



- X:** Front snap kick with the right foot while holding the armrest with both hands.
- Y:** Front block with an X-fist.



- Y:** Pressing kick with the left foot while standing up.

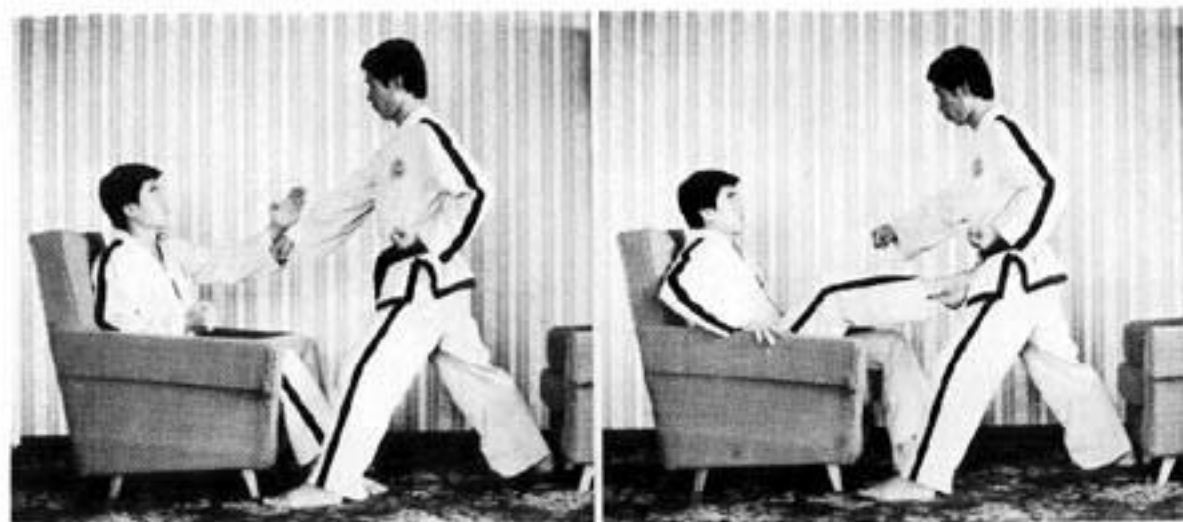
- Y:** High punch with the right fist while pulling the opponent's right arm with the left hand.



**X:** Low punch with the left fist while forming a left walking stance, moving the left foot forward.

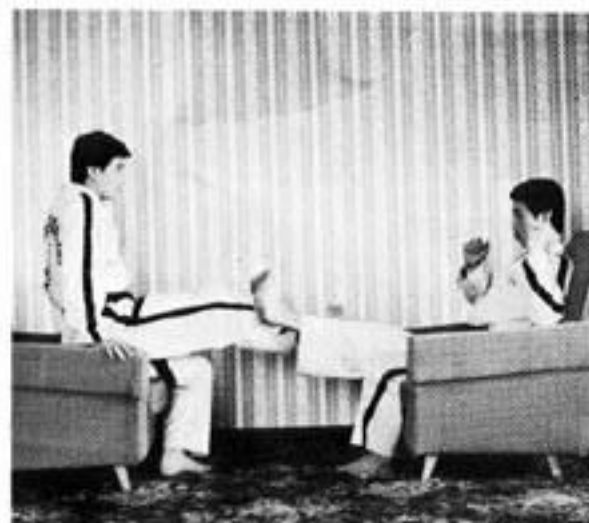
**Y:** Downward block with the left knife-hand while leaning the body backward.

**Y:** Middle front snap kick with the right foot.



**X:** Low front snap kick with the right foot while standing up.

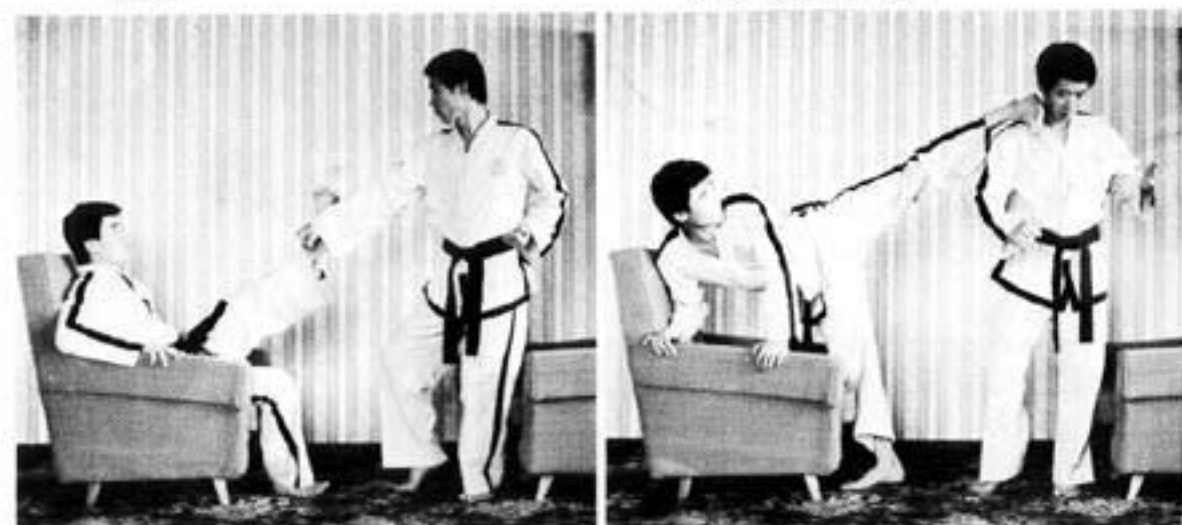
**Y:** Hooking kick with the right foot while leaning the body backward.



**X:** Low punch with the right fist while forming a left rear foot stance.

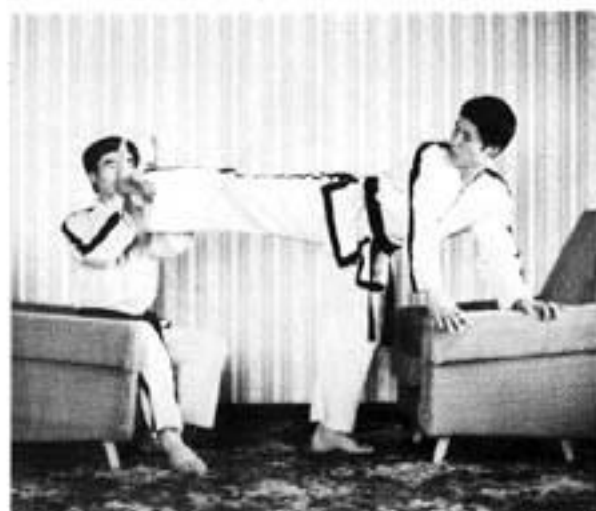
**Y:** Crescent kick with the left foot.

**Y:** High side piercing kick with the right foot.

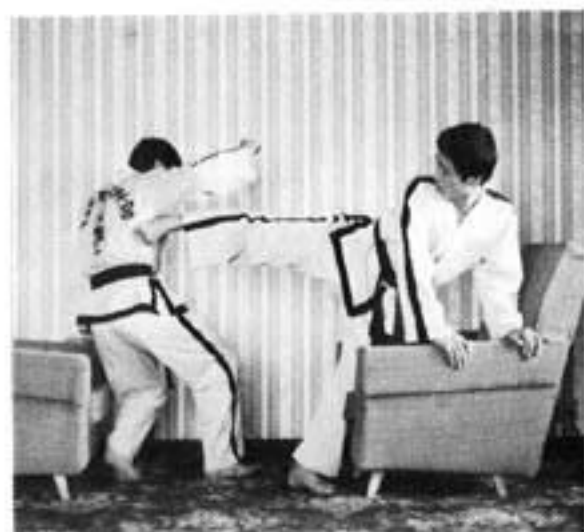
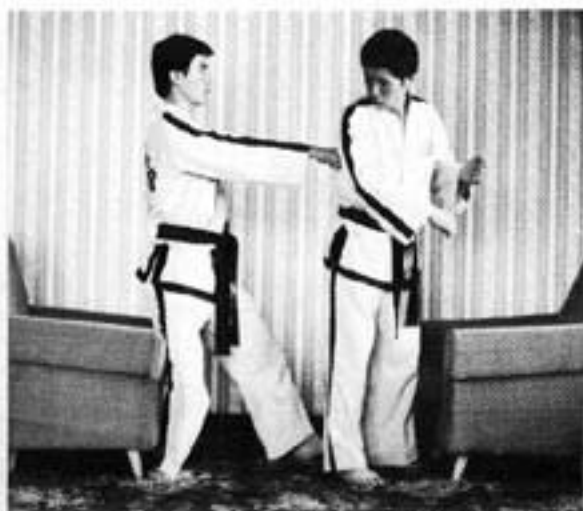


**X:** Low reverse turning kick with the right foot while holding the armrest with the left hand.

**Y:** Checking block with a twin straight forearm, turning the body to the right.



**Y:** Middle obverse punch with the right fist while forming a right L-stance, moving the left foot forward.



**Y:** Low side piercing kick with the right foot while holding the armrests with both hands.

**X:** Upset punch with the right fist while forming a left X-stance in a jumping motion to A.

**Y:** Front block with an X-fist.



**Y:** High vertical punch with the left middle knuckle fist.



**X:** Front downward strike with the right knife-hand while forming a right walking stance, moving the right foot forward.

**Y:** Rising block with an X-fist.



**Y:** Low twisting kick with the left foot.

**X:** Low side punch with the left fist while forming a parallel stance, moving the left foot to B.

**Y:** Front block with the left outer forearm.



**X:** Right side elbow thrust while forming a right rear foot stance, moving the right foot to B.

**Y:** Front block with a twin palm.



**Y:** Angle fingertip middle thrust.

**Y:** High thrust with the right flat fingertip.



### E. While lying down.

**X:** Stamping kick with the right back sole.

**Y:** Hold the opponent's foot with a twin palm.



**Y:** Grab with both hands and then twist it clockwise.

**X:** Downward punch with the right fist.

**Y:** Twin palm block.



**X:** Front snap kick to the floating ribs with the right foot.

**Y:** Block the tibia with the right knife-hand.



**Y:** High twisting kick with the right foot.

**X:** Floating ribs are attacked, failing to dodge.

**X:** Straight kick with the right back heel.

**Y:** Dodging by rolling to the right.





**F. While sitting on a couch.**

**X:** Side back strike with the right back fist.

**Y:** High front block with an X-fist.



**Y:** Middle twisting kick with the left knee while standing up.

**Y:** Turning kick with the right knee while standing up.



When sitting close

**X:** High crescent strike with the left arc-hand.

**Y:** Checking block with the left straight knife-hand while leaning the body backward.



- X:** Horizontal thrust with the right elbow.
- Y:** Dodging to the right.

- Y:** High reverse hooking kick with the left foot, supporting the body with both hands.



- X:** Right back elbow thrust while forming a sitting stance, moving the right foot to A.
- Y:** Front block with a twin palm while leaning the body backward.

- Y:** Crescent punch with the right fist



- X:** Turning kick with the left knee while standing up.
- Y:** Front block with a twin palm while leaning the body backward.

- Y:** Middle front snap kick with the left foot.





- X:** Reverse turning kick with the right foot, supporting the body with both hands.
- Y:** Front block with an X-fist while leaning the body backward.



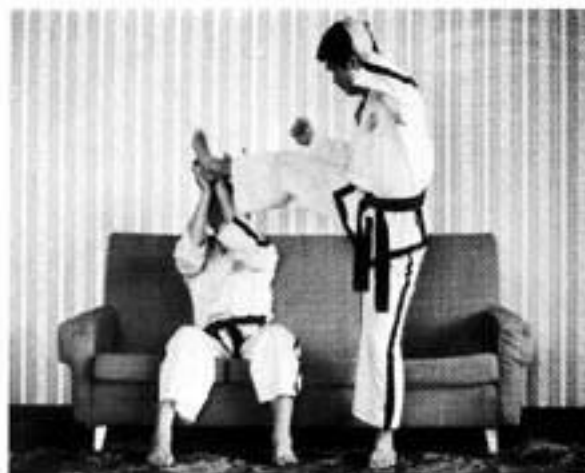
- Y:** Grab the opponent's right foot with both hands, and then twist it clockwise.

- X:** High twisting kick with the right foot while leaning the body to the side.



- Y:** High front block with a twin palm.

- X:** Downward kick with the right foot while standing up.
- Y:** Rising block with a twin palm.



- Y:** Inward pressing kick to the opponent's left knee joint with the left foot.

- Y:** Side strike with the left knife-hand.





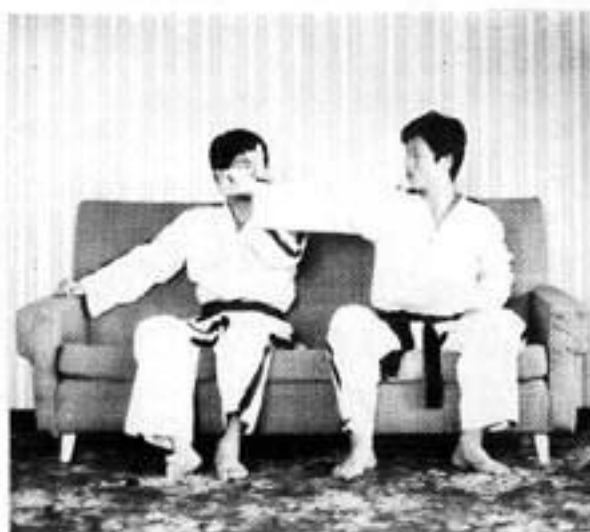
**When sitting far**

**X:** Horizontal strike with the right back fist.

**Y:** Checking block with the straight knife-hand.

**X:** Middle outward strike with the right knife-hand.

**Y:** Checking block with a twin straight forearm while leaning the body backward.



**Y:** Middle side piercing kick with the left foot, supporting the body with both hands.

**Y:** Middle reverse turning kick with the left foot while standing up.

**X:** Middle punch with the left fist while forming a sitting stance, moving the left foot to A.

**Y:** Crescent kick with the right foot while leaning the body backward.



**X:** Middle reverse turning kick with the right foot, supporting the body with the left elbow.

**Y:** Front block with an X-fist.

**Y:** Middle thrust with the left flat fingertip.



**X:** Outward vertical kick with the right foot.

**Y:** Checking block with the left straight forearm.

**Y:** High side strike with the left back fist.





**Y:** Low front snap kick with the right foot.

- X:** High side piercing kick with the right foot, supporting the body with both hands.  
**Y:** Dodging to the right.



**Y:** Turning kick with the right knee while standing up.

**Y:** Low side turning kick with the right instep while standing up.

## THROWING AND FALLING TECHNIQUES

*(Dunjigi wa Torojigi)*

The emphasis in falling is naturally, placed on learning to fall without getting hurt and recovering as quickly as possible.

Falling is practiced from a standing, sitting and lying down position. In both cases there are certain basic rules that must be followed:

1. Relax the body.
2. Fall to the side rather than the flat of the back. The falling should be done with a rolling motion distributing the weight on the buttocks, side and shoulder.
3. Absorb the shock by striking the ground or floor with the palm of the hand.
4. Tuck the chin into the chest to avoid the head striking the ground or floor.
5. Raise the legs.

A throwing technique in Taekwon-Do is only used when you do not wish to seriously injure an opponent, to occasionally counter an opponent's counter-attack or if an opponent is blocked in a way that it is impossible for him to utilize any of his attacking tools. As soon as a throwing technique is used, step back to avoid a counter-attack motion.



**A. While standing.**



**X:** Parallel stance middle punch with the right fist.

**Y:** Parallel stance inside hooking block with the left palm.



**Y:** Bring the right palm to the opponent's chin while moving the right foot behind his right foot.



**Y:** Pull the opponent's right wrist with the left hand while pushing the chin.



**X:** Walking stance high obverse thrust with the right flat fingertip.

**Y:** Rear foot stance outward block with the right knife-hand.



**Y:** Grab the opponent by the shoulder with the right hand while moving the right foot to the side of his right foot.



**Y:** Lift the opponent's right leg with the right footsword while pulling the shoulder with the right hand.





**X:** Middle twisting kick with the right foot.

**Y:** Dodging to the side.



**X:** Left L-stance middle punch with the right fist.

**Y:** Rear foot stance reverse hooking block with the left knife-hand.



**Y:** Hold the opponent's waist with the right arm while moving the right foot forward.



**X:** High twisting kick with the right foot.

**Y:** Lower abdomen is attacked, failing to stay away.



**Y:** Pull the opponent's right arm with the left hand to throw.



**Y:** Turning kick with the right foot.

**X:** Dodging to the rear.

**X:** Walking stance middle obverse punch with the right fist.

**Y:** Walking stance obverse hooking block with the right palm.



**Y:** Grab the opponent's right wrist with the right hand while holding the armpit with the left hand.



**Y:** Move the left foot forward.



**X:** L-stance middle reverse punch with the right fist.

**Y:** Rear foot stance reverse hooking block with the right palm.



**Y:** Grab the opponent's right wrist with the right hand.



**Y:** Sweeping kick to the opponent's right foot while pulling his right arm with the right hand.

**Y:** Pull the opponent's right arm, raising the left hand to throw.

**X:** Outward vertical kick with the right foot.

**Y:** Dodging to the rear.



**Throwing**

**X:** High twisting kick with the left foot.

**Y:** Floating ribs are attacked failing to stay away.

## B. While kneeling



**X:** Choke hold from behind with the right arm.



**Y:** Grab the opponent's right shoulder with the right hand while holding his right wrist with the left hand.



**Y:** Throwing



**X:** Middle obverse punch with the right fist.

**Y:** Outward block with the left knife-hand.



**Y:** Raise the opponent's right arm with the left hand while holding the belt with the right hand, moving the right foot forward.



**Y:** Throwing.



**X:** High twisting kick with the right foot.  
**Y:** Dodging to the rear.

**X:** Middle obverse thrust with the right flat fingertip.  
**Y:** Hooking block with the left under forearm.



**Y:** Bring the right knife-hand to the opponent's right ankle while grabbing the right arm with the left hand.



**Y:** Lift the opponent's leg up with the right hand while pulling the right arm with the left hand.



**X:** Middle twisting kick with the right foot.  
**Y:** Dodging to the side.





**X:** Front-downward strike with the right knife-hand.

**Y:** Rising block with an X-fist.

**Y:** Grab the opponent's right wrist with the right hand.



**Y:** Hold the opponent's right armpit with the left hand while moving the left foot to his right reverse footsword.



**Y:** Throwing.



**X:** Turning kick with the right foot.

**Y:** Temple is attacked.





**C. While prone.**

**X:** Stamping kick to the chest with the right footsword.

**Y:** Blocking with an X-fist.

**Y:** Grab the opponent's right foot with both hands.



**Y:** Twist it clockwise to throw.

**X:** High side piercing kick with the left foot while supporting the body with both hands.

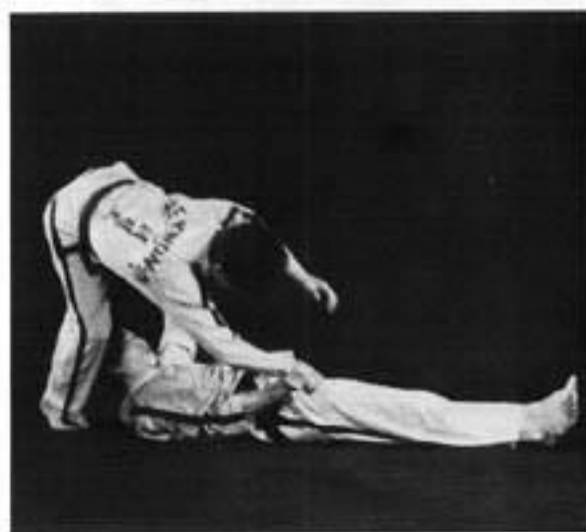
**Y:** Bridge of nose is attacked, failing to stay away.



- X:** Walking stance reverse downward punch with the right fist.  
**Y:** Blocking with an X-knife-hand.

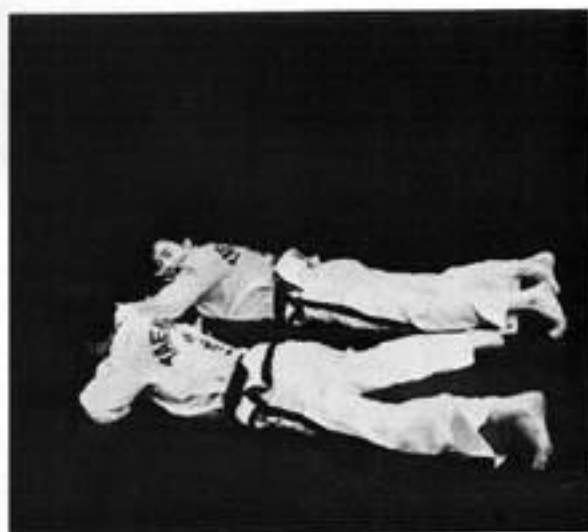


- Y:** Grab the opponent's right wrist with both hands.



- Y:** Lift the opponent's right leg with the left hand while pulling the right arm with the right hand.

- X:** Strike with the reverse knife-hand.  
**Y:** Dodging by rolling to the right.



Though frequently exercised, the throwing technique illustrated below are more often then not disadvantageous to the thrower.



**X:** High twisting kick with the right foot.

**Y:** Lower abdomen is attacked failing to stay away.



The thrower has no defense against the opponent's left fist.



**X:** Walking stance middle obverse punch with the right fist.

**Y:** Walking stance reverse hooking block with the left palm.

**X:** Walking stance high obverse thrust with the right flat fingertip.

**Y:** Walking stance obverse side block with the left outer forearm.



**X:** Walking stance high obverse punch with the right fist.

**Y:** Walking stance obverse hooking block with the left palm.



The defender can attack the thrower's ribs.



The thrower has no defense against the opponent's elbow thrust.





- X:** Turning kick with the right ball of the foot.  
**Y:** Abdomen is attacked failing to dodge.



The defender can attack the thrower's coccyx.



- X:** High twisting kick with the left foot.  
**Y:** Lower abdomen is attacked failing to stay away.

## **DEFENSE AGAINST AN ARMED OPPONENT (*Dae Moogi*)**

Defense against an armed opponent requires the ultimate in technique. At this point it is necessary to caution students that though someone who has fully developed speed, balance, power, tactics and self-confidence may possibly defend against a knife, club, bayonet or staff it requires the highest degree of expertise to defend against a gun.

If it is necessary for the defender to take more than two steps to reach his opponent, especially if he is an observant gunman, then the technique will fail.

The following points must be borne in mind when defending against an armed opponent.

1. If a dodge is employed, move away from the direction the weapon is facing, except in the case of straight stab or thrust, in order to avoid being stabbed or cut.

2. Gauge your distance precisely. Dodging too far from your opponent may make it impossible to execute a counter-attack in time. Against a bayonet or staff, lengthen your strike during the dodge so that opponent will find it necessary to take an extra step for a combination movement.

Compensate for this increased distance by positioning yourself for an instant spring to cover the extra step in a single bound.

3. Blocking should be executed against the attacking arm or hand, rather than the weapon itself, when defending against a knife or club.



## A. Against a Dagger (*Dae Dando*)

### 1. Slashing to the head

Y: Walking stance obverse rising block with the left forearm while moving into the thrust.



Y: Middle reverse punch with the right fist.

Y: L-stance forearm guarding block while dodging to the rear in a shifting motion, maintaining the same stance.

Y: Low turning kick with the right foot while moving the left foot to AD.



**Y:** Rear foot stance forearm guarding block moving the left foot to BD.



**Y:** Middle side piercing kick with the right foot.



**Y:** Right L-stance, moving the right foot to B.



**Y:** Right L-stance in a sliding motion to B.



**Y:** Flying outward strike with the left knife-hand.



**Y:** Right L-stance reverse rising block with the left outer forearm while moving into the thrust.



**Y:** High punch with the right fist, maintaining the same stance.



**Y:** Walking stance rising block with an X-fist while moving into the thrust.



**Y:** Dodging front snap kick with the right foot while flying away from the opponent to B.

**Y:** L-stance reverse rising block with the right knife-hand while moving into the thrust.



**Y:** Turning kick with the left knee, moving the right foot to C.



**Y:** Right L-stance forearm guarding block.



**Y:** Walking stance rising block with an X-knife-hand.



**Y:** Middle side thrusting kick with the right foot.



**Y:** Grab the opponent's right wrist with both hands, and then twist it clockwise.

## 2. Slashing to the stomach

**Y:** Grab the opponent's right arm with the left hand while forming a sitting stance, moving the right foot to **B**.

**Y:** Strike the opponent's wrist with the right knife-hand while grabbing his under forearm with the left hand.

**Y:** Grab the opponent's right arm with both hands, and then twist it counter-clockwise.



**Y:** Right rear foot stance, moving the right foot to **D**.

**Y:** Flying reverse turning kick with the right foot.



**Y:** Right L-stance in a sliding motion to BC.



**Y:** Hooking kick with the right foot.

**Y:** Low front snap kick with the same foot consecutively.



**Y:** Crescent kick with the right foot.

**Y:** High side strike with the right back fist while forming a right X-stance in a jumping motion.







**Y:** Flying low turning kick with the right foot.

**Y:** Crescent kick with the left foot.



**Y:** Left L-stance dodging to BD.



**Y:** L-stance middle obverse thrust with the right flat fingertip lowering the left foot to A.



**Y:** Flying side piercing kick with the right foot.

**Y:** Dodging to B in a shifting motion while maintaining the same stance.



**Y:** Mid-air strike with the right knife-hand.



**Y:** Right L-stance while moving the left foot to B in a sliding motion.



**Y:** Inward block with the left palm while forming a right rear foot stance, pulling the left foot.



**Y:** Flying side thrusting kick with the right foot.



**Y:** Dodging reverse turning kick with the right ball of the foot while flying away from the opponent to BD.

### 3. Inward slash

Y: Left rear foot stance forearm guarding block, pulling the right foot.



Y: Low front snap kick with the right foot.



Y: Dodging to the rear in a shifting motion, maintaining the same stance.



Y: Low side piercing kick with the right foot while skipping with the left foot.



**Y:** Parallel stance, moving the right foot.



**Y:** Flying middle punch with the left fist.



**Y:** Upset punch with the same fist in a consecutive motion.

**Y:** Left rear foot stance forearm guarding block, pulling the right foot.

**Y:** Right L-ready stance in a sliding motion to B.



**Y:** Pick-shape kick with the left foot.



**Y:** Flying outward vertical kick with the right foot.

**Y:** Sitting stance, moving the right foot.

**Y:** Side pushing kick with the left foot.



**Y:** Left rear foot stance forearm guarding block, moving the left foot to the rear.

**Y:** Walking stance high side reverse block with the left knife-hand while moving into the thrust.

**Y:** High turning kick with the right foot.





**Y:** Right rear foot stance knife-hand guarding block, moving the right foot to BC.



**Y:** Mid-air kick with the right foot.

#### 4. Outward slash

**Y:** Pushing block with the left palm while forming a sitting stance, moving the left foot to A.



**Y:** Flying front snap kick with the right foot.





**Y:** Right rear foot stance fore-arm guarding block in a sliding motion to AD.



**Y:** Flying side turning kick with the right instep.



**Y:** Middle side piercing kick.



**Y:** Pressing kick with the same foot consecutively.



**Y:** Fixed stance reverse punch with the left fist while sliding forward.



**Y:** Flying low turning kick with the right foot.

### B. Against a Bayonet (*Dae Chong Gum*)

Initially, dodging motion should be executed at a close range to insure one is able to avoid the attack and respond instantly with a counter-attack without taking extra steps.



- X: Bayonet thrust to the solar plexus.  
Y: Dodging to D, forming a left rear foot stance.



- Y: Flying side piercing kick with the right foot.

- X: Bayonet thrust to the solar plexus.  
Y: Right rear foot stance, moving the left foot to D.



- Y: Flying reverse turning kick with the left foot.



**X:** Bayonet thrust to the throat.

**Y:** Right L-stance while dodging to B in a sliding motion.



**Y:** Hooking kick to the barrel with the right foot.



**Y:** Middle side piercing kick with the right foot.

**X:** Butt stroke to the chest.

**Y:** Turning kick with the right foot while moving the left foot to D.



**X:** Butt stroke to the chest.

**Y:** Right rear foot stance, moving the right foot to B C.



**Y:** High outward strike with the right knife-hand while forming a left X-stance lowering the right foot to A in a stamping motion.



**Y:** Low reverse turning kick with the right foot.

**X:** Butt stroke to the face.

**Y:** Rising block with an X-fist while forming a sitting stance.

**Y:** Grab the butt with both hands, and then twist it clockwise.



**X:** Upper butt stroke.

**Y:** Right rear foot stance, pulling the right foot.



**Y:** Dodging side front kick with the right foot while flying away from the opponent to B.

**X:** Bayonet thrust to the throat.

**Y:** Block the barrel with the right knife-hand while forming a left walking stance, moving the left foot to B.





- X:** Upper butt stroke.  
**Y:** Right rear foot stance fore-arm guarding block, moving the right foot to B.

- Y:** Front rising kick to the butt with the left foot.



- Y:** High side strike with the left back fist while forming a left X-stance in a jumping motion to A.



- Y:** Grab the barrel with both hands.

- Y:** Twist it clockwise.



**X:** Side butt stroke.

**Y:** L-stance reverse outward block with the left knife-hand, moving the right foot to B.



**Y:** Grab the barrel with both hands while forming a sitting stance, moving the right foot to A.



**Y:** Turning kick with the left knee while twisting the barrel clockwise with both hands.



**X:** Side butt stroke.

**Y:** Side rising kick with the left foot.



**Y:** Side rising kick with the left foot, and then lower it to the right foot.



**Y:** Flying side front snap kick with the right foot.





- X:** Side slash with a bayonet.
- Y:** Right rear foot stance knife-hand guarding block in a sliding motion to B.

- Y:** Grab the barrel with both hands while moving in to the slash.

- Y:** High thrust with the left flat fingertip while pushing the barrel with the right hand, forming a low stance.

- X:** Side slash with a bayonet.
- Y:** Right L-stance forearm guarding block in a sliding motion to B.

- Y:** Knife-hand side block while forming a walking stance, slipping the left foot.

- Y:** Flying side punch with the left fist.



**C. Against a Club (*Dae Gonbong*)**

**X:** Front downward strike toward the forehead.

**Y:** Rising block with an X-fist while forming a parallel stance, moving the left foot.

**Y:** Middle front snap kick with the right foot.



**X:** Front downward strike toward the forehead.

**Y:** Left L-stance forearm guarding block.

**Y:** Flying middle punch with the right fist.

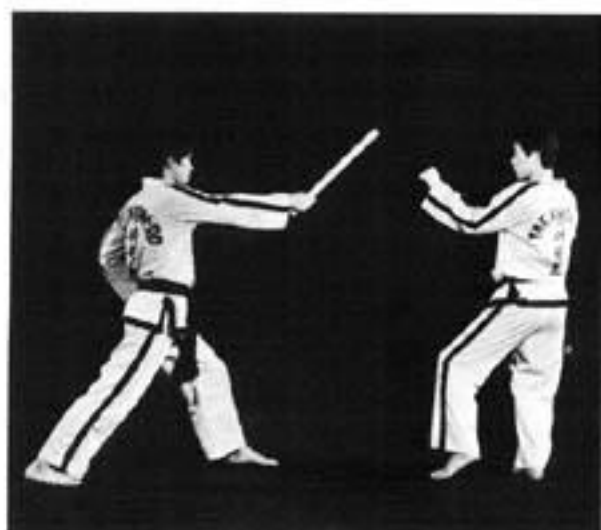


**X:** Inward strike toward the head.

**Y:** Side block with the left knife-hand while forming a left walking stance, moving the left foot to A.



**Y:** Right high elbow strike while forming a parallel stance, moving the right foot.



**X:** Inward strike toward the head.

**Y:** Left rear foot stance forearm guarding block, pulling the right foot.

**Y:** Right side elbow thrust while forming a right L-stance, moving the right foot to A in a sliding motion.



**X:** Front downward strike toward the forehead.

**Y:** Rising block with the left knife-hand while forming a right L-stance, moving the left foot to A.

**Y:** Dodging turning kick with the right instep while flying away from the opponent to B.



**X:** Outward strike toward the neck.

**Y:** Right L-stance forearm guarding block, moving the right foot to B.

**Y:** Mid-air strike with the right back fist.



**X:** Outward strike toward the head.

**Y:** Reverse side block with the right knife-hand while forming a left rear foot stance, pulling the right foot.

**Y:** Middle side piercing kick with the right foot.



**X:** Outward strike toward the ribs.

**Y:** Checking block with a twin straight forearm while forming a left X-stance, bringing the right foot behind the left foot.

**Y:** Outward strike with the right knife-hand while flying to AD.



**X:** Right L-stance.

**Y:** Left L-stance forearm guarding block.

**X:** Outward strike toward the head.

**Y:** Flying reverse turning kick with the left foot.



**X:** Outward strike toward the head.

**Y:** Middle side thrust with the right flat fingertip while forming a sitting stance, moving the right foot to A.

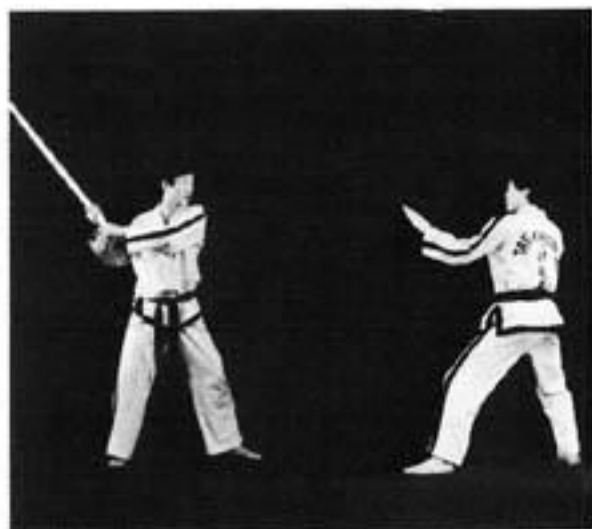


**X:** Outward strike toward the head.

**Y:** Outward vertical kick with the right foot.

**D. Against a Pole (*Dae Mongdung-I*)**

**Inward strike**



**Y:** High side piercing kick with the left foot, supporting the body with both hands.



**X:** Inward strike to the ribs.

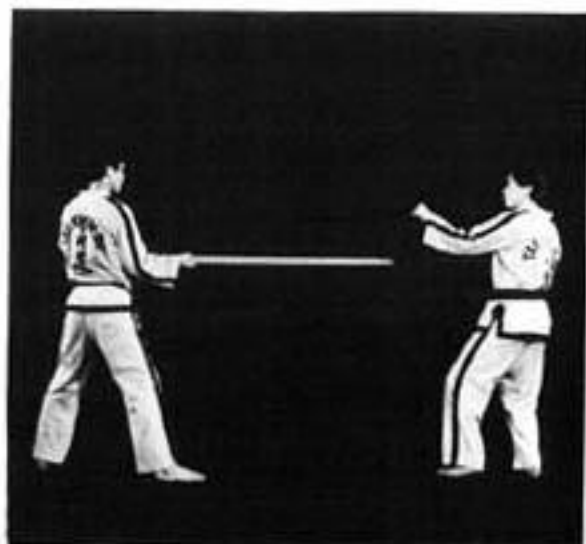
**Y:** Right rear foot stance forearm guarding block in a sliding motion to B.



**Y:** Flying reverse turning kick with the right foot.







Thrusting to the solar plexus

**Y:** Downward block with the left forearm while forming a right rear foot stance, moving the right foot to D.

**Y:** Low reverse turning kick with the right foot.



**Y:** Crescent kick with the left foot.

**Y:** High side strike with the left back fist while forming a left X-stance, lowering the left foot to A in a jumping motion.





Thrusting to the throat

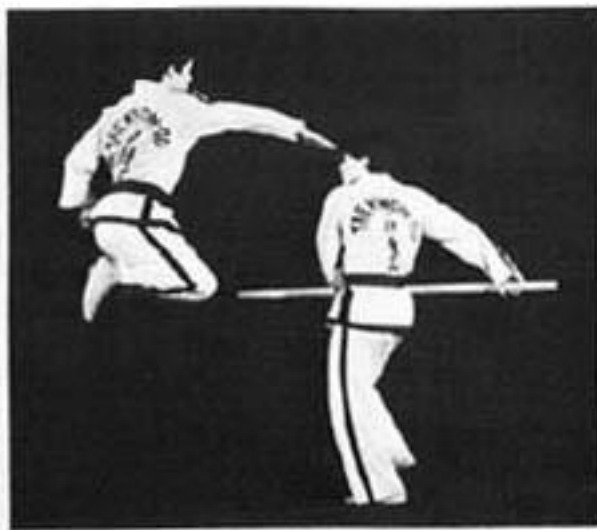
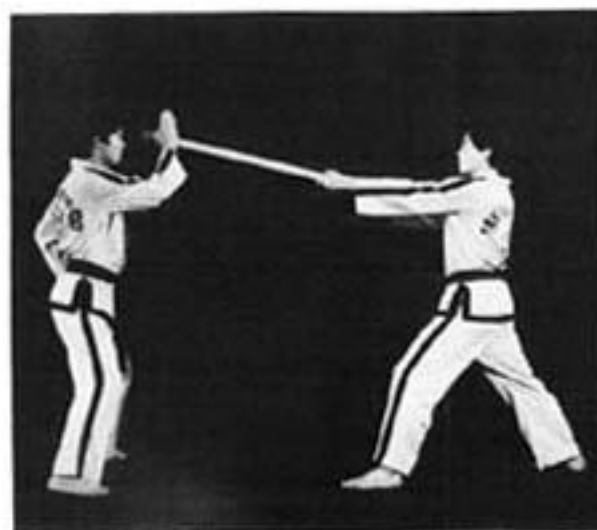
Y: Dodging to D while forming a parallel stance.

Y: Inward strike with the right knife-hand while flying.



Y: High front block with the right palm while forming a sitting stance, moving the left foot to C.

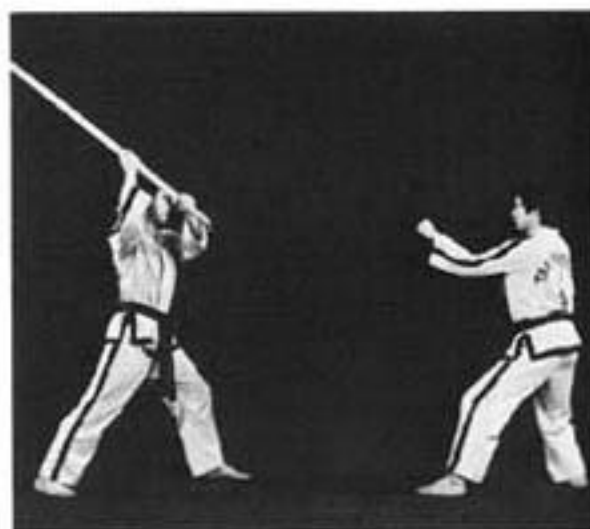
Y: Middle outward cross-cut with the right flat fingertip while flying.



**Front downward stroke toward the forehead**



**Y:** U-shape grasp while forming a right fixed stance.



**Y:** Rising block with an X-fist while moving into the stroke.



**Y:** Grab the pole with both hands, and then twist it counter-clockwise.



**Y:** Reverse hooking kick with the right foot while holding the pole with the right hand.



Upper stroke toward the chin

**Y:** Pressing block with an X-fist while forming a right walking stance, moving the left foot to B.

**Y:** High reverse turning kick with the left ball of the foot while flying.



**Y:** Right L-stance U-shape block.

**Y:** Dodging turning kick with the right foot while flying away from the opponent to D.



**Lateral stroke toward the face**



**Y:** Checking block with a twin straight forearm while moving into the stroke.

**Y:** Upset punch with the middle knuckle fist while forming a sitting stance, moving the right foot to A.



**Y:** L-stance knife-hand side block.

**Y:** Back fist side strike forming a X-stance in a jumping motion.



Lateral stroke toward the legs



Y: Jumping.



Y: Mid-air kick (360 degrees) with the right foot.



Y: Mid-air strike (180 degrees) with the right knife-hand.





**Y:** Right L-stance knife-hand guarding block.

**Y:** Flying middle punch with the left fist.



### **E. Defense Against a Pistol (*Dae Gwon Chong*)**

Any sparring technique can be applied directly against a pistol, however, one must be realistic. Only at a very close range, or when the opponent is pulling the pistol from concealment, or sighting the weapon can the defense techniques illustrated on the preceding pages be used.

A deception or feint can be perhaps a defender's best defense but the defender must be very quick while executing the manoeuver.

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## SYNOPSIS

The Encyclopedia of Taekwon-Do consists of 15 volumes. The contents of each volume is listed below:

- VOLUME I:**
- 1) Origin and Development of Martial Arts
  - 2) History of Taekwon-Do
  - 3) Moral Culture
  - 4) Philosophy
  - 5) Training Schedule
  - 6) 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
  - 3) Vital Sports
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- VOLUME III:** Hand Techniques
- VOLUME IV:** Foot Techniques
- VOLUME V:** Sparring
- VOLUME VI:** Fundamental Exercises (A)
- VOLUME VII:** Fundamental Exercises (B)

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- 1) Four-Direction Punch
  - 2) Four-Direction Block
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- VOLUME X:**
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  - 3) Pattern Tong-Il







