



World Taekwondo Mandeville

Kup Grading & Technical Guidance Syllabus

(Newly Revised Edition 2024)



What is Taekwondo?

Taekwondo is a Korean martial art and is the national sport of South Korea. In Korean, Tae means to strike or break with foot, kwon means to strike or break with fist; and do means way, method, or art. Thus, Taekwondo may be loosely translated as the art of the foot and fist or the art of kicking and punching.

Taekwondo emphasizes kicks thrown from a mobile stance, employing the leg's greater reach and power (compared to the arm). Taekwondo training generally combines combat techniques, self-defense, sport and exercise, includes a system of blocks, kicks, punches, and open-handed strikes, and may include various takedowns or sweeps, throws, and joint locks.

The International Olympic Committee recognized the World Taekwondo Federation and Taekwondo sparring in 1980.

Taekwondo made its debut as a demonstration sport at the 1988 Olympic Games

The following year Taekwondo was reported to be the world's most popular martial art.

Kyorugi (sparring) has been an Olympic event since 2000.

To the Korean people Taekwondo is more than merely the use of skilled movements. It also implies a way of life and thinking, particularly in instilling a concept and spirit of strict self-imposed discipline and an ideal of noble morality.

What's a grading?

A grading is simply a little test of your current knowledge, understanding and capabilities in Taekwondo. Your current level is shown by the color of the belt you wear (if you have one).

When you pass a grading, you progress to the next level and will be given a new belt to reflect your new level. For example, when you pass your first grading you will be awarded a Yellow Tag belt. You will also be given a certificate as proof of your new grade. Both the belt and certificate are given to you FREE (so long as you pass of course).

Each of the main belt colors has a meaning (excluding Tags: these are half-way points between the main belts). Progression through the belts tells a story of the student developing from seed through sapling to tree.

What can Taekwondo offer you?

Whether you're a young 5-year-old, or a more mature 60+ year old there is no doubt you can benefit from regular training in Taekwondo.

If you are looking to increase your fitness level, improve flexibility, or build a healthier and more toned body then Taekwondo is definitely for you. We provide training that has been scientifically designed to help you get fit, supple, and stay naturally toned.

No matter if you are an experienced Martial Artist or complete novice, you will find we have something to offer you. From performing patterns (a set sequence of techniques), and sparring (sort of pretend fighting...wearing protective pads) to self-defense and breaking techniques (amaze your friends by breaking pieces of wood!)



The Tenets of Taekwondo

Courtesy (Ye Ui)

To be polite to one's instructor, seniors and fellow students

Integrity (Yom Chi)

To be honest with oneself, to be able to define right and wrong

Perseverance (In Nae)

To achieve a goal, whether it is a new technique or a higher grade, to never give up

Self-Control (Kuk Chi)

To lose one's temper while performing techniques against an opponent can be very dangerous and shows a lack of self-control. To be able to live, work and train within one's capability shows good self-control.

Indomitable spirit (Baekjul Boolgool)

To show courage when you and your principles are pitted against overwhelming odds.

World Taekwondo Oath

As a student of Taekwondo;

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



Taekwondo Etiquette

- No smoking, eating or wearing of jewelry is allowed in the dojang (training hall).
- The wearing of jeans, tracksuits etc., is not allowed after students first grading.
- Misuse of Taekwondo will result in disciplinary action.
- Grading will depend on attendance and instructor's discretion as well as technical ability.
- No student may change Kwan (school) without the prior permission of both instructors concerned.
- Loyalty to your instructor is an important part of Taekwondo philosophy.
- Remain courteous and modest at all times, including behavior outside the dojang.
- Always be helpful to students of a more junior grade and be prepared to pass on knowledge you have attained.

Conduct in the Dojang

- Every student must follow observe the following conduct in the dojang; Bow upon entering and leaving the dojang (training hall)
- Bow to instructor and most senior students at the beginning and end of training sessions
- The most senior student present should commence the training session with the following commands;

Charyut – attention

Sa bum nim – face instructor or Master

Kyo Sah nim – Face Assistant Instructor/Black Belt

Kyung ne – bow

At the end of training students should show gratitude by saying, **Kamsa-Hamnida** (Thank you) if you approach the instructor, bow before speaking.

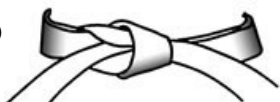


Belt Ranking System

Deeply rooted in the Korean history of Taekwondo, are belts that represent the various levels of Taekwondo. We practice the official standard of belts through our head organizations, the standards set by World Taekwondo and Kukkiwon based in Seoul, Korea.

In Taekwondo, there are 6 different colored belts. There are **10** grades between **White** and **Black Belt**

10th kup



Signifies innocence as that of the beginning student who has no previous knowledge of taekwondo.

9th kup



Same as above (Students should know the mean of both colors)

8th kup



Signifies earth from which a plant sprouts and takes root as the foundations of Taekwondo are laid.

7th kup



Same as above (Students should know the mean of both colors)

6th kup



Signifies the plants growth as Taekwondo skills begin to develop.

5th kup



Same as above (Students should know the mean of both colors)

4th Kup



Signifies the heaven towards which the plant matures into a towering tree as training in Taekwondo progresses.

3rd kup



Same as above (Students should know the mean of both colors)

2nd Kup



Signifies danger cautioning the student to exercise control and warning Opponents to stay away.

1st Kup



Same as above (Students should know the mean of both colors)

1st – 9th
Dan



Opposite of white, therefore signifies the maturity and proficiency in Taekwondo also indicates the wearer's imperviousness to darkness and fear.



Poomsae (Forms)

What Are Forms?

A Poomsae is a series of fundamental movements, mainly defense and attack, set in a logical sequence to deal with one or more imaginary opponents. Patterns are an indication of a student's progress, a barometer in evaluating an individual's technique.

Why do we perform Forms?

Poomsae are practiced to improve Taekwondo techniques. When practicing students develop flexibility of movement, master body shifting, improve sparring technique, balance and breath control. Poomsae enable students to acquire techniques, which cannot be obtained from other forms of training.

Completion of poomsae can be achieved through hard training following these 5 steps:

Pattern

The first step of training poomsae is to learn the pattern. Concentration of spirit, eyes, angles of movements must be emphasized in addition to the accuracy of actions.

Significance

In the next step, the emphasis must be laid on the balance, strength and weakness, low or high speed, respiration and poomsae line. The significance of movements, connection of poomsae and the complete poomsae must be learned correctly.

Practical Use

One must adapt what he has learned to his practical use, finding out the practicability.

Self-Style

One must evaluate his findings about the effectiveness of what he has learned, comparing with his bodily structure, speed, strength, muscle strength, impulsive power, points of emphasis in training, etc., and moderate the techniques into his own style.

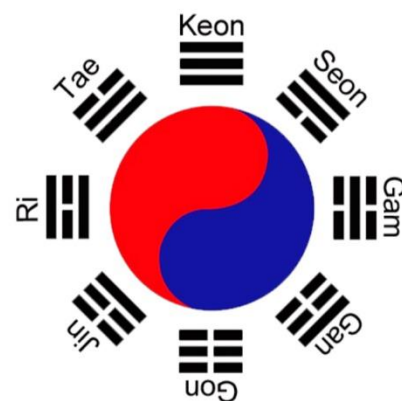


Completion

One achieves a synthetic accomplishment of poomsae training by mastering the art of Taekwondo techniques including Taekwondo spirit.

Taegeuk Poomsae

What is Taegeuk?



The word “Taegeuk” refers to the Daoist principle of the unity opposites (eum and yang). “Taegeuk” is also the name of the symbol found on the flag of South Korea. Each Taegeuk Poomsae symbolizes a specific state indicative to the belt the student currently holds.

Taegeuk Forms

Il jang 18 movements, represents heaven & light. Korean symbol – Keon

Ee jang 18 movements, represents joyfulness. Korean symbol - Tae

Sam jang 20 movements, represents fire and sun. Korean symbol – Ri

Sah jang 20 movements, represents thunder. Korean symbol - Jin

Oh jang 20 movements, represents wind. Korean symbol - Seon

Yuk jang 19 movements, represents water. Korean symbol - Gam

Chil jang 25 movements, represents mountain. Korean symbol - Gan

Pal jang 27 movements, represents earth. Korean symbol – Gon

Together these concepts and symbols represent the balance of all nature. In the training of Taekwondo, as in life, we hope to find this balance. The poomsae carry with them not only the physical movements but also the meaning of Taekwondo.



Disciplines

You will experience these disciplines in Taekwondo classes.

Basic Techniques

All Martial arts include basic techniques and WT Taekwondo is no exception, these form the basis and platform for progression in standard and for up-grading one's belt rank.

Taekwondo kicking techniques are the most prominent with basic and the more difficult flying and spinning kicks. Taekwondo also teaches defense with blocking techniques and offensive punching striking and thrusting actions performed in various stances and directions, these are the basic techniques and the foundation stone that the practitioner builds on to progress in Taekwondo.

Step Sparring

Set Sparring is the traditional way which you learn how to apply taekwondo techniques to self-defense.

1. Three Step Sparring (*Sambon Kyorugi*)

Three step set sparring teaches the student many things including proper distance control, correct facing, forearm conditioning, correct blocking, control of stance, counter attacks and timing.

The attacker will start with right leg behind in long stance, low block. He will then step forward three times with a punch. The defender will block three times then counter attack.

2. One Step Sparring (*Hanbon Kyorugi*)

This form of sparring is completely different from free sparring. Sweeping techniques, arm locks, joint breaking techniques are all practiced. Distance, control and timing are of the utmost importance.

Attacker starts right leg back long stance low block and attacks once with the right. Once the student has defended with his technique the attack is then repeated with the left.

During one step students will be able to put into practice techniques learned during their technical training sessions.



Pad-Work

Practiced with both hand and foot techniques, Taekwondo pad drills are an excellent form of training which helps develop good technique, timing, speed and stamina. Drills increase in complexity as the student advances through the grades.

Semi Free Sparring

This type of sparring gives beginners the chance to practice basic kicking techniques whilst facing an opponent.

Intermediate and advanced students use it for stamina, timing as well as for training their techniques.

Both students begin with right leg back in Kyorugi stance. When the command is given one for the student kicks and immediately after the other this is continuing.

When used for stamina exercise each kick should counter the previous.

This can start with only one kick at a time from each student, leading on to two kicks for two and on to three kicks attack one counter then repeated by other student.

Free Sparring (Kyorugi)

Free sparring is basically putting into practice what has been learned so far. There is no pre-warning of attack. If practiced without protective equipment being worn, the emphasis should be on control and technique. Full contact sparing is allowed where adequate protection is worn and should take place under supervision of qualified instructor.

Self-defense (Hosinsul)

Hosinsul (self-defense) is one of the main reasons for taekwondo training; it could be seen as an essential requirement in today's more violent society. Although taekwondo is a "self-defense" the sport side focuses on scoring points to the body and head only. In real life (street) application. Hosinsul is a mixture of all kinds of techniques, which you learn during your taekwondo training, including kicking and striking techniques to vital target areas, ground defense, grab release techniques as well as defending against armed attackers etc. Self-defense is something that cannot be practiced alone. You will need a partner. You will learn how to react quickly and use the correct effective technique.



Stepping & Footwork Techniques

The ability to step smoothly and with speed is the utmost importance to be able to control the distance between yourself and your opponent. Therefore, competition training involves practicing a lot of stepping techniques. This also enables a student to develop good stamina and improve balance.

WT Competition Sparring (Kyorugi)

With WT Taekwondo as an Olympic sport, a lot more emphasis has been placed on competition Taekwondo. Competitors (players) wear a body protector, head guard, groin guard, shin guards and arm guards. WT Taekwondo is full contact sparring. Points are scored by full contact punches to the body, a kick to the body or a kick to the head.

Matches are judged by a head of court, referee and corner judges. Training for competition is different from traditional Taekwondo therefore separate classes are held for these who which to take up the challenge to compete in the sport side of the art. To be a Taekwondo champion takes extensive training and lots of hard work.

The most important fact about Taekwondo is that it is both a superior art of self-defense and a technique of mental discipline. It gives its practitioners self-confidence, self-respect, self-discipline, and coordination. These mental characteristics along with an improved physical ability are beneficial to the mental wellbeing of individuals. With its practical means of self-defense and its complete regimen of physical conditioning Taekwondo offers a total fitness program integrating mind, body, and spirit.

Board Breaking/Destruction (Kyukpa)

Board Breaking is the discipline of destroying inanimate objects such as wooden boards, baseball bats, ice blocks or cement bricks and is a feature common to martial arts including taekwondo. In taekwondo breaking competitions, the idea is to demonstrate power, speed and technique. The preferred object is commonly wooden boards of varying thicknesses, advanced students break several boards stacked one on top of the other.



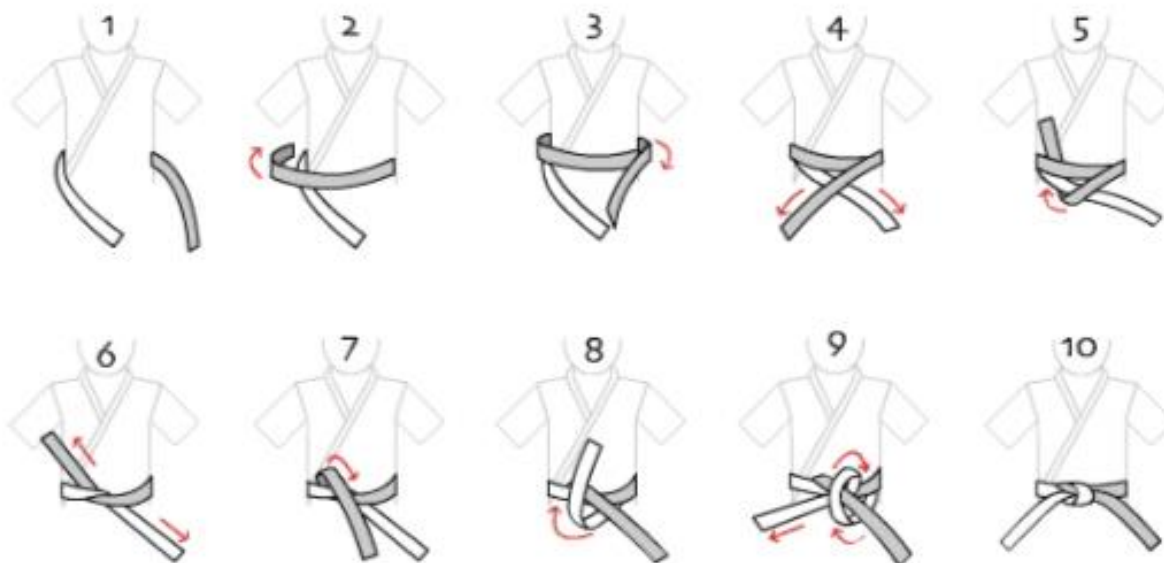
Kup Grading Syllabus

TRAINING PERIODS

The table below shows the minimum amount of time and number of classes required to be eligible to test. Minimum training is regarded as attending training sessions twice per week. Students will be notified ahead of time if they qualify to participate in the next grading exam.

Current Belt Color	Time	Classes
White	Not Specified	Not Specified
Yellow-Stripe	3 months	20 classes
Yellow	3 months	20 classes
Green-Stripe	3 months	25 - 30 classes
Green	3 months	25 - 30 classes
Blue-Stripe	3-4 months	30 - 35 classes
Blue	3-4 months	30 - 35 classes
Red-Stripe	3-5 months	30 - 35 classes
Red	5 months	40 - 45 classes
Black-Stripe	6 months	Not Specified

How to Tie a Belt





Technical Syllabus for White Belts

(10th Kup)

Physical Requirements

GENERAL

- Attention Position
- Correct Bowing Position
- Ready Position/Breathing Control
- Forward Stance
- Horse Riding Stance
- Stepping foot to foot
- Stepping Forward Turning
- Balance Exercises
- Formation of feet for Front Kick, Side Kick & Roundhouse Kick
- Kicking then regaining balance

BASIC HAND TECHNIQUES

- Punching in Horse-Riding Stance. (High, Middle, Low) x 10
- Blocking in Horse-Riding Stance. (Low, Middle, High & Inward) x 10
- All Previously mentioned Techniques done moving in Forward Stance x 5

BASIC KICKING

All done from Fighting Stance and moving forward:

- Front High Rising Kick x 5
- Crescent Kick (In to Out & Out to in) x 5
- Front Kick x 5
- Side Kick x 5
- Roundhouse Kick x 5



POOMSAE

- Kibon Il Jang (Combined Basic Movements)

SELF DEFENSE - HOSIN SOOL

- One arm grab (Release)
- Grab both Wrists (Release)
- Grab both Wrists (Defense)

Tips

1. **Method: Straight arm grab (right on left/left on right)**

Circle towards the middle of your body and escape through the thumb

2. **Method: Cross arm grab (right on right/left on right)**

Circle towards the outside of the body and escape through the thumb

SPARRING

- No Contact Sparring (Any 3 techniques punch and/or Kicks)

KYUKPA

- **Hand** - 1 Board (Palm Heel or Hammer Fist Strike)
- **Foot** – 1 Board Side Kick or Front Kick

N.B: Techniques are done by Instructor's discretion

To Test: Your tuition payment must be on time



MOOTO BELT STICKERS - REWARD SYSTEM

At every belt level, students must work their way to achieving their goals in Taekwondo class. Our dojang uses a reward system to communicate to our students that “hard work pays off!” On each side of the belt, students are capable to earning stripes by working in the class. Each side of the belt represents a general aspect of Taekwondo.

Kicking

The student will be rewarded with this stripe once they have learned and can demonstrate properly their belt level kicks and the previous ones they have done in earlier ranks (especially for Colored Belts). Each belt has kicks that they will require to learn and demonstrate with effort, accuracy, precision and their unique style. Attending classes regularly and home practice will help the student achieve this stripe.

Poomsae

The student will be rewarded with this stripe once they have learnt their belt level “Poomsae” (or Form). As students’ progress with belts, their poomsae will become more advanced, challenging them with new stances, blocks, and kicking techniques. Completion of the poomsae for the specific rank is of utmost importance, along with **speed, focus, effort and direction**. Attending Poomsae classes will help the student achieve this stripe.

Sparring

The student will be rewarded with this stripe once they have made progress in the Sparring class according to their belt level. Challenging oneself with different techniques, and using **game/match strategy** is a requirement for this stripe. Not to mention, **working hard!** Attending Sparring classes will help the student achieve this stripe.

Self Defense & Step Sparring

The student will be rewarded with this stripe once they have learned and can demonstrate correctly their number of required Self-Defense & Step Sparring techniques for their belt level. As a student progresses in belts, they will be required to show more challenging and difficult movements. Attending Self-Defense classes and a sense of imagination of how the techniques are applied will help the student achieve this stripe.



Life Skills

The instructors can only monitor the children when they are at the dojang, but use this stripe to ensure that the children are behaving as they should outside of the dojang. Behavior at home and in school is crucial to receiving this stripe. The power of this stripe is from the parent(s), and can be received by listening to the parents at all times, getting along with siblings, friends and teacher, and by helping out with chores around the house. We preach that this stripe can be awarded to their child by helping make their parents lives as easy as possible. Showing respect and appreciation are two ways in which most children achieve this stripe.

Physical Strength

To earn this stripe, the student must be able to demonstrate the ability to complete specific exercises with repetition based on the instructor's discretion. For e.g. (**20 Pushups, 10 Burpees, 20 Sit-ups, 1 minute Plank, 25 squats** etc.)

Jump Rope

This stripe is simply earned by the student's succession in consecutive skipping based on criteria set by the instructor. For E.g., **25/35/50/75** or **100** consecutive skips, whether executed on-spot, Moving forward, back and forth etc.)

Board Breaking

For the student to earn this stripe, they have to demonstrate the ability to break board(s) according to the specific one on their syllabus whether executed by hand or foot. As they ascend in rank, they will learn the different methods of breaking. For e.g., **Power, Speed** or **Special Technique Break**.



Mental Requirements

A) What is Taekwondo?

1. Taekwondo is a Korean martial art, of Kicking and punching. “Tae” means techniques of the foot — kicking and jumping. “Kwon” means the techniques of the hand — punches, strikes, and blocks. “Do” means the art, way of or discipline.

B) What is the Bow?

1. An oriental form of greeting and a symbol of respect. “Sir/Ma’am”!

C) Why do you Bow?

1. We bow to show respect. “Sir/Ma’am”!

D) When do you Bow?

1. When we enter/exit the school
2. When we enter/exit the Dojang
3. We bow to the Masters
4. We bow to the instructors
5. We bow to all other black belts and our fellow students

E) What is the meaning of the white belt?

1. The white belt signifies purity, no knowledge of Taekwondo. “Sir/Ma’am”!

F) Counting from 1 to 10 in Korean

- | | |
|------------------|------------|
| 1. One — Hana | 6. Ya-soot |
| 2. Two — Dool | 7. Il-gop |
| 3. Three — Sett | 8. Ya-dool |
| 4. Four — Nett | 9. Ah-up |
| 5. Five — Dasoot | 10. Yool |

G) Tenets of Taekwondo and their meanings

1. Courtesy — Be nice to others and treat them with respect
2. Integrity — Do not lie and treat others fairly
3. Perseverance — Never give up
4. Indomitable Spirit — Keep a positive attitude
5. Self-control — Control your thoughts, words, and actions

H) Know what part of the foot is used to strike for each kick

1. Rising kick — Back of the heel
2. Front snap kick — Ball
3. Roundhouse kick — Instep (top)
4. Side kick — Bottom of the heel

I) Be able to identify, define, and answer questions about the current life skill concept. (Children only)



PROCEDURE: STARTING THE CLASS

Teacher calls: “Junbi!” and the class lines up belt rank or by seniority.

Person at the head of the line says the following:

o **TAEKWONDO PLEDGE**

(The class repeats after him/her)

1. We as members train our spirit and bodies according to the strict code
2. We as members are united in mutual friendship
3. We as member will comply with regulations and obey instructors

o Charyut! “Kyung Ne” then bow.

PROCEDURE: ENDING THE CLASS

Person at the head of the line say the following:

- o Charyut! (**Dwi uro dorah**) Turn around, fix lines & Dobok, Charyut! (**Dwi uro dorah**) Face front

Person at the head of the line say the following and the class repeats:

Tenets of Taekwondo

1. Courtesy
2. Integrity
3. Perseverance
4. Self-Control
5. Indomitable Spirit

Student's Oath

1. I shall observe the tenets of Taekwondo.
2. I shall respect for instructors and fellow students.
3. I shall never misuse the art of taekwondo.
4. I shall be a champion of freedom and justice.
5. I shall help build a more peaceful world.

Person at the head of the line say the following: Charyut! Face the flags (**Kukki-Hae-Tae-Hae**) “**Kyung ne!**”, Face the Master Instructor, then repeat “**Sabum Nim, Kyung ne!**”. Then the deputy Senior Member says **Charyut!** face our senior member “**Kyosah/ Sunbae Nim Kyung ne!**”

Teacher: Class dismissed (**Hai Sahn**)

All the Students: then bow while saying “**Kamsa-Hamnida**”.

Korean Terminologies (Memorize as much as possible)

General Knowledge

Tae – Foot
Kwon - Fist (or, "to smash with the fist")
Do - Way
Poomsae – Forms
Dojang - Training Hall
Momtong Bashin - Press Ups
Dobok - Uniform
Hogu - Body Armor
Oreun - Right
Wen - Left
Kibom - Technique
Chung - Blue
Hong - Red
Bandae – Reverse
Sunbae nim – Senior Student
Kyo sah nim – Assistant Instructor
Sabum nim – Teacher/Master
Kwan Jan Nim - Grand Master
Kyorugi – Sparring

Taekwondo Kicks

Chagi - Kick
Ap Chagi - Front Kick
Yop Chagi - Side Kick
Dollyo Chagi - Turning Kick
Dwi Chagi - Back Kick
Dwi Huryo Chagi – Spinning Hook Kick
Horyo Chagi - Hook Kick
Naeryo Chagi - Axe Kick
Miryo Chagi - Pushing Kick
Yop Miryo Chagi - Cut Kick
An Chagi - Inner Crescent Kick
Bakkat Chagi - Outer Crescent Kick
Mondollyo Chagi – Tornado Kick
Narae Chagi – Double Roundhouse Kick
Kawi Chagi – Scissors Kick
Bituro Chagi – Twisting Kick
Jumping/Flying (Kick) – Twiyo + (Kick)

Taekwondo Commands

Charyut - Attention
Kyung Ne - Bow
Junbi - Ready
Shijak - Start (for instance, to commence fighting at a tournament)
Kooman – Stop
Swi-yo (Sho) - Relax
Kallyo - Separate (no grappling)
Kyesok – Continue; **Seung** – Winner
Gam jeong – Penalty

WT Taekwondo Stances

Sogi – Stance ; **Bo Jumeok Junbi** – Closed fist
Charyot Sogi - Attention Stance
Ap Sogi - Walking Stance
Ap Kubi - Long Stance
Juuchum Sogi - Horse (Sitting) Stance
Dwi Kubi - Back Stance
Moa Sogi - Close Stance
Wen Sogi - Left Stance
Oreun Sogi - Right Stance ;

Punches & Strikes

Jireugi - Punch

Ap Jireugi - Front Punch

Momtong Jireugi – Middle Punch

Yup Jireugi – Side Punch

Olgul Jireugi – High Punch

Arae Jireugi – Low Punch

Palkup Ollyo Chigi – Upward Elbow Strike

Palkup Yeop Chigi – Side Elbow Strike

Palkup Dwi Chigi – Back Elbow Strike

Palkup Naeryo Chigi – Downward Elbow Strike

Deung Jumeok Chigi – Back Fist Strike

PyeonSonkeut Sewo Jireugi – Spearhand Strike

Batangson Teok Chigi - Palm Heel Strike (chin)

Sonnal Deung Chigi – Ridge Hand Strike

Mureup Chigi – Knee Strike

Jebi Poom Chigi – Combination Knifehand Block and Strike

Sonnal Bakkat Chigi – Outward Knifehand Strike

Sonnal An Chigi – Inward Knifehand Strike

Du Hechyo Jireugi – Twin Upset Punch

Deung Jumeok Bakat Chigi – Outward Hammerfist Strike

Khaljaebi Chigi – Arc Hand Strike

Ap palkup chigi - Front elbow

Palkup pyojeok chigi - Front elbow with target

Dwi palkup chigi - Back elbow

Deungjumeok ap chigi - Back fist front strike

WT Taekwondo Blocks

Makki - Block

Arae Makki – Low Block

Momtong Makki - Middle (Body) Block **Olgul**

Makki - High (Face) Block

Momtong Makki – Outer Forearm Inward Block

Momtong Bakkat Makki - Outer Forearm Block

Batangson Makki – Palm Block

Goduro Makki – Guarding Block

Sonnal Makki - Knife Hand Block

Otgureo Makki - X-fist Block

Batangson an Makki - Palm Heel Block

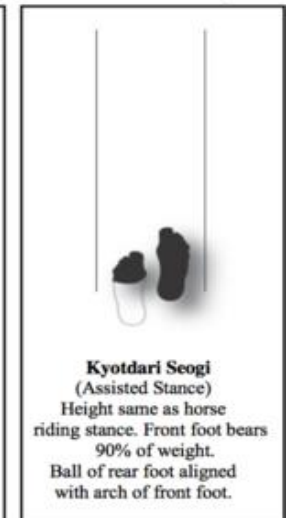
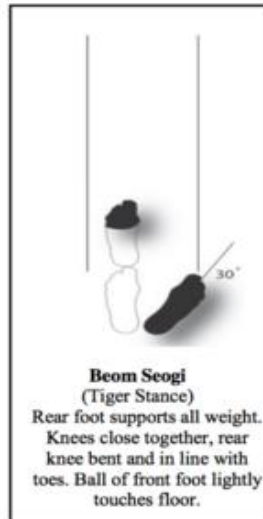
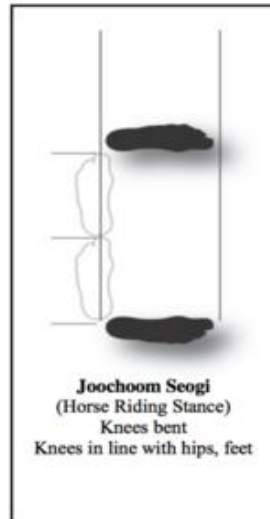
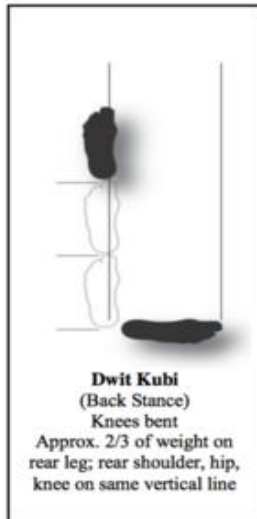
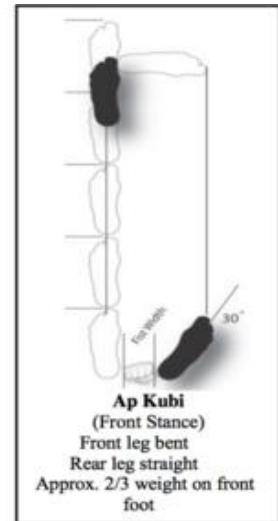
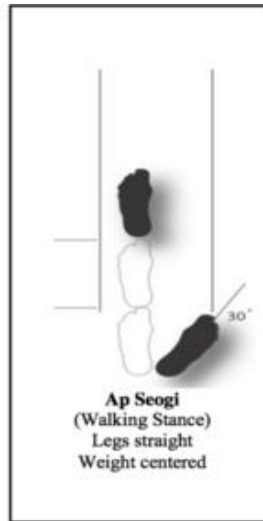
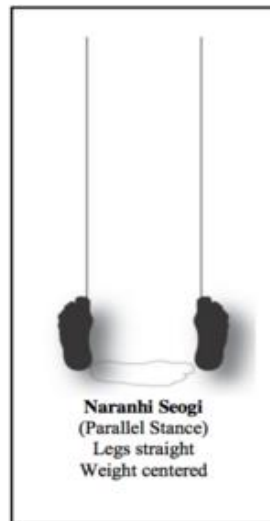
Kawi Makki – Scissors Block

Hechyo Makki – Wedging Block

Momtong Goduro Makki – Guarding Block


Hanssonal Makki – Single Knifehand Block

BASIC STANCES



Kibon IL-Jang


ATTENTION



ATTENTION STANCE
차렷 charyeot


START

READY




READY STANCE
기본준비 junbi
Remember junbi is to
gather your spirit and
power in a short time.

1




Turn 90 degrees to the
left by moving the left
leg into a Front Stance
and make a left hand
Low Block.
(아래막기 aarae makgi)

2




Step forward with the
right leg into a Front
Stance (앞걸이 ap kubi)
and make a right hand
Middle Punch.

4




Step forward with the
left leg into a Front
Stance (앞걸이 ap kubi)
and make a right hand
Middle Punch.

3




Turn right 180 degrees
by moving the right leg
into a Front Stance and
make a right hand Low
Block.
(아래막기 aarae makgi)

5




Turn 90 degrees to the
left by moving the left
leg into a Front Stance
and make a left hand
Low Block.
(아래막기 aarae makgi)

6




Step forward with the
right leg into a Front
Stance (앞걸이 ap kubi)
and make a right hand
Middle Punch.

7




Step forward with the
left leg into a Front
Stance (앞걸이 ap kubi)
and make a left hand
Middle Punch.

8




Step forward with the
right leg into a Front
Stance (앞걸이 ap kubi)
and make a right hand
Middle Punch.

9




Turn 270 degrees to the
left by moving the left
leg into Front Stance
and make a left hand
Low Block.
(아래막기 aarae makgi)

10




Step forward with the
right leg into a Front
Stance (앞걸이 ap kubi)
and make a right hand
Middle Punch.

11




Turn 180 degrees to the
right into a Front Stance
and make a right hand
Low Block.
(아래막기 aarae makgi)

12




Step forward with the
left leg into a Front
Stance (앞걸이 ap kubi)
and make a left hand
Middle Punch.

16




Step forward with the
right leg into a Front
Stance (앞걸이 ap kubi)
and make a right hand
Middle Punch.

15




Step forward with the left
leg into a Front Stance
(앞걸이 ap kubi) and
make a left hand Middle
Punch.

14




Step forward with the
right leg into a Front
Stance (앞걸이 ap kubi)
and make a right hand
Middle Punch.

13




Turn 90 degrees to the
left into a Front Stance
and make a left hand
Low Block.
(아래막기 aarae makgi)

17




Turn 270 degrees to the
left by moving your left
leg into Front Stance
and make a left hand
Low Block.
(아래막기 aarae makgi)

18




Step forward with the
right leg into a Front
Stance (앞걸이 ap kubi)
and make a right hand
Middle Punch.

19




Turn 180 degrees to the
right by moving the right
leg into a Front Stance
and make a right hand
Low Block.

20



Step forward with the
left leg into a Front
Stance (앞걸이 ap kubi)
and make a left hand
Middle Punch.

READY



Bring back the left leg
into READY STANCE

FINISH

**KIBON BASIC #1
PATTERN**

REFERENCE MAP

TAE
KWON
DO 태권도

