

Chapter 7  
**TECHNIQUE**

## TECHNIQUES

### 1. STANCE / POSTURE / BODY SHIFTING

### 2. HAND TECHNIQUES

- A. Striking Points
- B. Blocking / Deflecting
- C. Punching / Thrusting
- D. Striking / Snapping

### 3. FOOT TECHNIQUES

- A. Striking Points
- B. Blocking / Deflecting / Sweeping
- C. Thrusting
- D. Snapping
- E. Jumping

### 4. SPARRING TECHNIQUES

#### A. BASIC SPARRING (Determined & Agreed)

- Stationary Stance / Position
- Attack / Defense
- Countering

#### B. SEMI-SPARRING (Pre-arranged)

- Continuous
- Attack / Defense
- Countering

#### C. FREE SPARRING (Active / Passive with control / Aggressive)

Ability to focus even the strongest techniques just short of making contact with the target. Injury is minimized.

### 5. HYUNG (Forms - The Nucleus of Tang Soo Do)

#### A. BASIC / PROGRESSIVE

#### B. INTERMEDIATE

#### C. SEMI-ADVANCED

#### D. ADVANCED

**BASIC ORGANIZATIONAL FOUNDATION**

**STANCES / POSITIONS**

Force  
Strength  
Tension

Tempo  
Timing  
Grace

Flexibility

**STANCE / POSTURE**

Respect Posture  
Ready Stance  
Forward Stance  
Back Stance  
Cat Stance  
Semi Cat Stance  
Long Cat Stance  
Horse Stance  
Cross Leg Stance  
Low/Squat Stance  
Root Stance  
Half Moon Stance  
One Knee Stance

**HAND TECHNIQUES**

**VALENCES**

The capability of combining  
or producing specific force.

Angle	Distance
Timing	Response
Courage	Composure

Blocking	Deflection
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**BLOCKING / DEFLECTION**

Upward	Palm Heel
Downward	Bent Wrist
Outside In	Back Hand
Inside Out	Bottom Fist
Forearm	Grasping
Knife Hand	Scooping
Cross	Pressing
Wedge	Scooping

**PUNCH / THRUST /  
STRIKE/SNAP**

Fore Fist	Back Fist
Lunge	Bottom Fist
Double	Back Hand
Hook	Knife Hand
Roundhouse	Rev Knife
One Knuckle	Palm Heel
Mid Knuckle	Elbow
Fore Knuckle	Palm Heel
Vert Spear	Horiz Spear
One Finger	Two Finger

**FOOT TECHNIQUES**

The degree of power is  
determined by the distance  
over which the foot travels,  
the speed with which it is  
driven and the amount of snap  
or thrust produced by the leg  
muscles.

**THRUST**

Front	Side
Back	Roundhouse
	Rev Roundhouse

**SNAP**

Front	Crescent
Side	Stomp
Back	Knee
Roundhouse	Hook
Back Spin	Axe

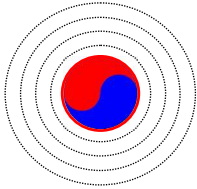
**JUMPING**

Front	Side
Back	Roundhouse
Spin	Push
Split	Axe

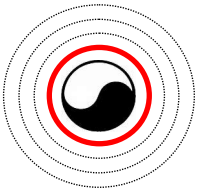
## THE NUCLEUS VALENCE CORE OF TANG SOO DO

*T*he Everlasting comes the Everchanging. The NUCLEUS VALENCE CORE symbolizes a constant movement within the sphere of infinity **NUCLEUS VALENCE CORE of LIFE** has the capacity of combining or producing specific force (chi), power, speed and stability (spirit) within the **UM and YANG**.

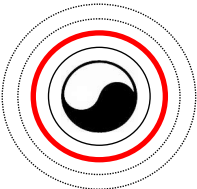
"From the unknown comes the Everlasting, from the ."



**VALANCE 0** - The Nucleus Valence Core  
On the body: grappling and holds  
Speed & Power emanate from here and is the central point for stability.



**VALANCE 1** - Close Range  
Knees, Elbows, Short Punches & Strikes, Blocking & Deflecting.  
Within the range of fully extended punches, strikes, and kicks.



**VALANCE 2** - Arms Length: Hand striking distance.  
Punching, Hand Strikes, Short Kicks  
Punches and Strikes can be fully extended and within the range of fully extended kicks.



**VALANCE 3** - Leg Length: Kicking distance.  
Kicking: Snap, Thrust, Spin  
Beyond the range of hand strikes and kicks can be fully extended.



**VALANCE 4** - Beyond Kicking distance  
Stepping or Jumping  
Beyond Valance 3 where forward movement is required to execute striking or kicking.

## PHYSICAL AND PSYCHOLOGICAL FOCUS

1. **FOCUS:** The concentration of all the energy of the body, in an instant, on a specific target.
2. There is no such thing as a focus lasting for any measurable length of time (CHI).
3. Successful TANG SOO DO depends entirely on effective concentration of the body strength. Focus is extremely important and without it TANG SOO DO would become nothing more than a form of dance.
4. Speed and power must be carefully balanced. Avoid sacrificing speed by exerting too much power into the arm, leg, or body.
5. The breath control principle plays an important role in focus. The breath must be sharply exhaled at the moment of impact.
6. There must be an accompanying mental attitude reflecting total concentration of the body's strength.

*R*emember, in an instant the maximum exertion of energy is applied and in the next instant it is withdrawn in preparation for the next movement. The muscles are relaxed, the breath inhaled and the position is taken appropriate for the next technique. A TANG SOO DO technique which is not focused is ineffective and so much wasted effort.

## STANCE, POSTURE, AND BODY SHIFTING

### STANCE

*S*tance is an important element in any Martial Art. In TANG SOO DO, strong and well executed techniques depend greatly on both balance and a stable stance. The stances of TANG SOO DO are based on the two factors: **STRENGTH** and **AGILITY**.

#### Examples of Stances

1. Attention
2. Ready
3. Forward
4. Horse
5. Back
6. Cat
7. Semi-Cat
8. Half Moon
9. Cross
10. Crane

## POSTURE

The basic posture in TANG SOO DO maintains that the upper part of the body be straight and perpendicular to the ground. If the upper part of the body leans forward or to the side, balance is weakened and correct techniques cannot be applied. In TANG SOO DO, the three basic postures are:

1. Front (0°)
2. Half Front (45°)
3. Side (90°)

However, exceptions occur where a special posture is called for.

## BODY SHIFTING

Body shifting in TANG SOO DO consists of stepping, sliding, turning or a combination of these movements.

### KEY POINTS FOR BODY SHIFTING

1. Maintain strong balance at all times.
2. Smoothly shift the body weight.
3. Maintain correct posture at all times.
4. The hips must move in a straight line. Avoid raising or lowering the hips.
5. The feet should maintain contact with the ground. Avoid either breaking contact with the ground or dragging the feet. Either case will cause a loss of both speed and balance.

Examples of body shifting:

1. Stepping Forward
2. Stepping Back
3. Double Stepping
4. Slide Stepping
5. Shuffle Stepping
6. Turning

## HAND TECHNIQUES

### BLOCKING (Deflection) TECHNIQUES

*I*n TANG SOO DO, the blocking techniques are determined by the nature of the attack; the opponent's strength; position in relation to the opponent, etc.

#### KEY POINTS FOR BLOCKING

1. Turn the opponent's strength to your advantage.
2. Maintain balance and posture.
3. Never over-engage the blocking hand. It should be prepared for the next technique.
4. Your position during and after blocking must not offer an opening to your opponent.
5. A counter strike should always be ready to follow the block.

Examples of Blocking/Deflection:

1. Upper Block
2. Outside-In Block
3. Inside-Out Block
4. Downward Block
5. Soo Do Block (down, center, & upper)
6. Forearm Block
7. X-Block (lower & upper)
8. Wedge Block
9. Palm Heel Block
10. Wrist Block (up & down)
11. Bent Wrist Block (up & down)
12. Back Hand Block
13. Bottom Fist Block
14. Sweeping Block

## PUNCHING (Thrust) TECHNIQUES

Punching techniques make use of the fore fist, one-knuckle, four-knuckle, palm heel, spear hand, etc., strikes. All the hand techniques utilizing these striking methods are both fast and effective. In basic practice, the punching hand should start from the ready position, just above the hip bone, but for actual applications, the strike must be able to be applied smoothly and effectively from any position.

### Examples of Punching Techniques

1. Fore Fist
2. One-Knuckle Punch
3. Four-Knuckle Fist
4. Palm Heel
5. Spear Hand
6. 1 & 2 Finger Spear
7. Vertical Fist
8. Roundhouse Punch
9. Close / Hook Punch
10. Double Fist
11. U-Punch
12. Hook Punch

## STRIKING (Snapping) TECHNIQUES

The Koreans make a clear distinction between punching and striking which may not be clear in English words. Basically, the difference is likened to that of stabbing or slashing with a sword. When executing a striking technique, the force is exerted laterally, usually with a snapping motion from the elbow. TANG SOO DO has many striking techniques which are not only used for attacking, but for blocking as well.

### Examples of Striking Techniques

1. Back Fist (up, down & side)
2. Bottom Fist
3. Back Hand (open)
4. Knife Hand
5. Ridge Hand (outside-in & inside-out)
6. Palm Heel (up & side)
7. Elbow (fore, up, side, & backward)



## KICKING TECHNIQUES

*M*ost foot techniques consist of kicking. There are three types of kicking techniques, each of which has its own special advantage depending on the needs of the situation.

1. Snap Kicking
2. Thrust Kicking
3. Striking

*W*hen kicking, special attention must be paid to the supporting foot, shifting of balance, and withdrawal of the kicking foot. Since the supporting foot bears the entire weight of the kick, it must maintain a strong position, particularly in the direction of the kick to withstand the shock and impact.

Balance must be shifted to redirect the weight of the body in the direction of the kick to provide striking force. After completion of the kick, the leg must be withdrawn quickly and smoothly to avoid being grabbed or caught and so that the leg is prepared for the next technique.

### Examples of Kicking Techniques

1. Front Kick (snap & thrust)
2. Side Kick (snap & thrust)
3. Back Kick (snap & thrust)
4. Roundhouse Kick (snap & thrust)
5. Crescent Kick (inside & outside)
6. Axe Kick (inside & outside)
7. Stomping (front, back, inside, & outside)
8. Pivot/Turn Kick (hook)
9. Knee (front & roundhouse)

## THROWING TECHNIQUES

Throwing techniques in TANG SOO DO are not an end in itself, but are a means to create an opening for attacking or countering. This can be accomplished in two ways; as an attack, by taking advantage of the opponent's block to throw and follow with a strike, or as a counter, by taking advantage of the opponent's momentum to throw and follow with a counter strike.

In principle, TANG SOO DO throwing techniques don't differ from those used in Judo or other grappling arts. TANG SOO DO throwing techniques distinguish themselves by both taking advantage of and being in conjunction with the force of the opponent's attacking or blocking technique.

### Examples of Throwing Techniques

1. Judo (type) Throws
2. Leg/Foot Sweeps
3. Joint Locking (wrist, arm, foot)
4. Takedowns (leg, arm, head, body)
5. Scissors (leg, body, head)

## INDIVIDUAL AND COMBINATION TECHNIQUES

It is important that each technique is focused (shi sun) individually, even though it may be applied in combination or in a rapid sequence. In applying combination techniques, the following key points must be borne in mind.

1. Balance (chung shim)
2. Power/Strength (him)
3. Body Dynamic (moem)
4. Technique (ki sul)
5. Focus (shi sun)
6. Twisting Waist (hu ri tul gi)
7. Stretch (buto)
8. Concentration of Mind/Spirit (jung shin tong il)

The combinations for attacks and counterattacks given are only guidelines. You can create your own combinations, fakes and set-ups as long as you take your partner into account.

While it is true that turning your hips accounts for a more powerful and penetrating strike, the knee also plays an important role in the execution of kicks. Correct knee position accounts for greater speed, snap, and accuracy. TANG SOO DO kicking combinations are possible only by recoiling the knee, thus making it ready to be snapped out again.

TANG SOO DO sparring depends on "fighting smart". "Fighting Smart" is determined by your natural ability to make quick judgements.

*W*hen performing combination techniques, the following points must be borne in mind.

1. TEMPO
2. TIMING
3. BALANCE
4. GRACE
5. CONTROL
6. CONCENTRATION
7. FOCUS
8. KI HAP

**NOTE:** The following symbols will be used to denote stance and direction of movement.

- R Ready Position
- F Forward Stance
- H Horse Stance
- B Back Stance
- C Cat Stance
- S Sparring Stance
- >L Front Leg
- L> Rear Leg
- > Forward
- <- Retreat
- Slide
- LX Cross Step Front
- XL Cross Step Behind
- O Pivot/Spin
- ^ Front Leg Jump
- ^- Rear Leg Jump
- ^^ Both Legs Jump

## ATTACKING COMBINATION TECHNIQUES

- A. [S --] Reverse Punch [E], [->] Front Kick [E], [->] Roundhouse Kick [S].
- B. [S ->] Side Kick [B], [O>] Back Kick [H], [O>] Back Fist Strike [E], [S].
- C. [S ->] Front Kick [E], [->] Roundhouse Kick [H], [--] Side Kick [S].
- D. [S ->] Roundhouse Kick [B], [O>] Back Kick [H], [O>] Knife Hand Strike [H], [S].
- E. [S O>] Back Kick [H], Roundhouse Kick [B], Reverse Punch [E], [S].
- F. [S ->] Front Kick [E], [->] Side Kick [B], Reverse Punch [E], [S].
- G. [S ->] Inside-out Crescent Kick [B], [O>] Back Kick [H], [O>] Back Fist Strike [E], [S].
- H. [S ->] Lunge Punch [E], [O>] Back Fist Strike [E], [O>] Knife Hand Strike [H], [S].
- I. [S ->] Front Kick [E], [->] Lunge Punch - Back Fist Strike [E], [S].
- J. [S O>] Back Fist Strike [H], [O>] Back Kick [H], Reverse Punch [E], [S].
- K. [S --] Reverse Punch [E], [--] Hook Punch [H], [O>] Pivot Kick [S].

## JUMP KICKING COMBINATION TECHNIQUES

- A. [S -^ L>] Side Snap Kick [S].
- B. [S -^ L>] Fake Front Kick, [>L] Side Snap Kick [S].
- C. [S -^ L>] Front Kick, [>L] Roundhouse Kick [S].
- D. [S -- ^^ >L] Side Kick [S].
- E. [S -- ^^ L>] Back Kick [S].
- F. [S -- ^^ L>] Side Kick, [L>] Back Kick [S].

## BLOCK AND COUNTER COMBINATION TECHNIQUES

- A. [S], [E] Downward Block, Reverse Punch [S].
- B. [S], [E] Upward Block, Reverse Vertical Elbow [S].
- C. [S], [B] Center Soo Do, [E] Spearhand Thrust [S].
- D. [S], [B] Inside-out Block, [E] Reverse Punch [S].
- E. [S], [H] Outside-in Block, [E] Reverse Punch [S].
- F. [S], [B] Center Soo Do, [E] Reverse Vertical Elbow [S].
- G. [S], [H] Back Fist Block, [E] Reverse Punch [S].
- H. [S], [B] Center Soo Do, [E] Reverse Soo Do Strike [S].

- I. [S], [F] Upward Block, Knee or Front Kick [S].
- J. [S], [F] Downward Block, Front Kick [S].
- K. [S], [C] Center Soo Do, Front Leg Front Snap Kick, [F] Reverse Spearhand Thrust [S].
- L. [S], [H] Outside-in Open Hand Sweep Block, Roundhouse Kick [S].
- M. [S], [F] Inside-out Open Hand Block, Front or Side Kick [S].
- N. [S] Front or Rear Leg Inside Crescent Kick/Block, Same Foot Side or Back Kick [S].
- O. [S] Outside Crescent Kick/Block, [F] Reverse Punch [S].
- P. [S] Inside Crescent Kick/Block, Same Foot Side Kick, [H] Back Fist or Soo Do Strike [S].
- Q. [S] Pivot Outside Crescent Kick/Block, [F] Back Fist or Soo Do Strike or Reverse Punch [S].
- R. [S], [B] Center Soo Do, Outside Axe Kick, [F] Reverse Vertical Elbow [S].
- S. [S] Knee Lift Block, Same Leg Side Kick, [F] Reverse Punch [S].

## 360° BLOCKING COMBINATION TECHNIQUES

- A. [R], [F] Downward Block, Inside-Out Block [R].
- B. [R], [H] Upward Block, [F] Outside-In Block [R]
- C. [R], [B] Center Soo Do, Inside-Out Block [R]
- D. [R], [B] Forearm Block, [F] Downward/Upward Block [R]
- E. [R], [F] Outside-In Block, Inside-Out Block [R]
- F. [R], [F] Inside-Out Block, Outside-In Block [R]

## FLOOR SITTING COMBINATION TECHNIQUES

*R*emember, although the body is considerably restricted when sitting on the floor, Korean Style, within a period of dedicated time it is possible to execute TANG SOO DO techniques from this position.

NOTE: (A) - Denotes Attack; (D) - Denotes Defense

### ATTACK FROM THE FRONT

1. [A] - **Opponent grabs both wrists**  
[D] - **Simultaneously - pull hands apart - Knee Lift, Vertical Elbow**
2. [A] - **Lunge/Reverse Punch (face)**  
[D] - **U-Punch** (simultaneously blocks attack and strikes opponent's face and groin), **Grab and Pull Takedown, Reverse Soo Do/Elbow Strike.**  
[D] - **Upper X-Block, Outside-in Block/Hook Punch, Leg Pull Takedown, Reverse Bottom Fist/Soo Do/Elbow Strike.**  
[D] - **Soo Do Cross Block/Hook Punch/Soo Do Strike/Reverse Punch.**
3. [A] - **Kick to the Face** (front or roundhouse)  
[D] - (Lean to the Side) **Front/Side/Roundhouse Kick** (knee, groin, or ribs).  
[D] - (Fall/Dodge) **360° Spinning Heel Kick/Sweep** (knee, ankle), **Reverse Punch/Soo Do/Elbow Strike** (face, ribs, or groin).
4. [A] - **Front Kick** (solar plexus)  
[D] - **Downward X-Block, Grab and Pull Takedown, Reverse Punch/Soo Do/Elbow Strike** (face, ribs, or groin).

### ATTACK FROM THE REAR

1. [A] - **Kick to the Head** (front, side, or roundhouse)  
[D] - (Fall/Dodge to the Side) **Side/Back Kick** (knee or groin).
2. [A] - **Lunge Punch** (head)  
[D] - (Fall Forward) **Back Thrust Kick** (groin, stomach, or face).
3. [A] - **Rear One-hand Lapel Grab** (Punch or Strike)  
[D] - (Step Forward, Turn 180°) **Soo Do Cross Block, Soo Do Strike** (ribs) or **Reverse Punch** (groin), **Ankle Pull Takedown, Vertical Elbow Drop** (ribs or solar plexus).
4. [A] - **Rear Lapel Choke**  
[D] - **Middle Knuckle Hook Punch** (face over shoulder), **Elbow** (ribs or solar plexus), **Shoulder Throw, Vertical Elbow Drop.**

**ATTACK FROM THE SIDE** (left or right)

1. [A] - **Kick to the Head** (front, side, or roundhouse)  
[D] - (Fall/Dodge to the Side) **Side Kick** (knee or groin), **Back or Roundhouse Kick** (groin),  
**Reverse Punch**.
2. [A] - **Punch** (head)  
[D] - (Fall/Dodge to the Side) **Side or Back Kick** (groin), **Soo Do Strike** or **Reverse Punch** (groin or ribs)  
[D] - **Pivot Hook Kick to the Side, Back Heel Kick** (knee), **Reverse Punch, Soo Do, or Elbow Strike**.  
[D] - **Center Soo Do, Reverse Punch** (groin), **Ankle Pull Takedown, Vertical Elbow Strike**.
3. [A] - (1 Hand Shoulder Grab) **Reverse Punch** (face)  
[D] - (Fall/Dodge) **180° Reverse Spin, Side or Back Kick** (knee, groin, or ribs)  
[D] - (Fall/Dodge) **180° Reverse Spin, Back Fist Strike** (ribs), **Leg Pull Takedown, Vertical Elbow Drop** (ribs, solar plexus, or groin).