Taekwondo

Student Handbook
Yellow Belt 8th Kup

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Belt Meaning

White  White signifies innocence as that of a beginning student who has no previous knowledge of Taekwondo

Yellow  Yellow signifies earth from which the plant sprouts and takes root as the Taekwon-Do foundation is being laid

Pattern Meaning

You must learn this pattern meaning for your grading:

Dan Gun (21 moves)
Dan Gun is named after the Holy Dan Gun, legendary founder of Korea in the year 2333 BC

Advanced Pattern Meaning (for information only)

A god called Hwanin had a son Hwanung who wished to descend to Earth. Hwanin granted this wish (along with the Gods of wind, rain and cloud and 3,000 followers) and Hwanung descended to Mount Baekdu. There, a bear and tiger begged to be changed to humans so Hwanung gave them garlic and mugwort to eat and ordered them to stay out of sunlight for 100 days.

21 days later the tiger abandoned this, but the bear went on to be transformed into Ungnyeo, a beautiful girl who later married Hwanung. They had a child called Dangun Wanggeom who founded the first kingdom of Korea called Gojoseon in 2333 BC and ruled for 1211 years.
Theory

Theory of Power
Taekwon-Do focuses on generating maximum power through basic physics and use of the body’s natural movement. You should understand and be able to describe the 6 elements that allow you to generate power as set out below:

Acronym: “ME ABCS”

- **Mass (Zilyang)** – Use of hip twists, knee springs and sine wave all allow a student to fully use body mass to emphasise the power in a technique. The amount of force produced by a technique is governed by the equation force=mass x acceleration so a larger mass equals more force.

- **Equilibrium (Kyun Hyung)** – Balance (and understanding centre of gravity) is important to keep your moves strong and flexible without leaving you susceptible to counter attack. Proper balance means that a move can be carried out with full effectiveness and also allows quick recovery. Balance whilst moving can be referred to as dynamic stability whereas static stability is when stationary e.g. the back heel should never be off the floor at the point of impact.

- **Action/Reaction Force (Bandong Ryok)** – Using your opponent’s attacking force compounds the force of your blow. Similarly a left hand may be recoiling whilst the right strikes. This use of counter-force is often used in reference to Newton’s 3rd law of motion, every action has an equal opposite reaction although in reality this is counter balancing the hand and tightening chest/back muscles to strengthen a technique.

- **Breath Control (Hohup Jojul)** – This can be important in both focussing an attack and handling controlled receipt of a strike. Breath control can enhance speed, stamina and power so should be fully utilised. Breath control can also be used to disguise fatigue.

- **Concentration (Jip Joong)** – Choosing an appropriate target area to focus your attack. A small area will increase the effective pressure (pressure = force / area) from a blow. Selection of a ‘vital spot’ for an attack is also very important. The maximum force of your blow is usually transmitted at the point of contact with the opponent. Hip twist is also important, concentrating these larger muscles increases power substantially.

- **Speed (Sokdo)** – Possibly the most important factor in producing a powerful technique. Power is ½ MV^2 which is half of the mass multiplied by the velocity squared. The mass is limited by a person’s size (although we use techniques to utilise the mass as much as we can) and ½ is a constant so speed is the key factor to increase power. With the speed being squared it means any increments here have a far greater effect than increasing the mass.
Performing Taekwon-Do Moves

There are various common themes when performing moves in Taekwon-Do which are detailed below, note there are always exceptions.

- Use two speeds in a technique, one to move to a preparatory position (or ‘chamber’) then a faster speed to execute the move (see speed on the following page).

- Relax as you are performing techniques to generate the most speed you can (you move slower if you are tense).

- Maintain poise and balance throughout the technique (see equilibrium on the following page) you should be able to easily change moves/directions if required. Don’t compromise your position by putting your feet closer than shoulder width (as always, there are exceptions!).

- Twist at the very end of a technique for optimal effect at the point of impact.

- Tense the entire body as you finish the move and force the breath out by tensing the stomach (see breath control on the following page).

- Use body weight and hip twist to generate the maximum force in a technique. The bigger slower muscles need to be engaged first (see mass on the following page).

- Use a reaction force of equal power to the attacking technique (see action/reaction on the following page).

- Know which attacking tool and target is suitable to generate the maximum force and effect when executing a technique (see concentration on the following page).
Important People in the TAGB
Grades correct as of 2017

Grand Master David Oliver (9th Dan)
Chairman (also president of TI)

Master Michael Dew (8th Dan)
Vice Chairman

Master Ron Sergiew (8th Dan)
Treasurer

Master Don Atkins (8th Dan)
National Secretary

Master Kenny Walton (8th Dan)
National Coach

Master Paul Donnelly (8th Dan)
Liaison Officer

Master Gianni Peros (8th Dan)
Committee member (also Welsh squad coach)

Master Brian Towndrow (8th Dan)
Committee member
Stances

No new stances

Body Parts

Hand Parts (Sang Basin)

Dung Joomuk

Backfist

Foot Parts (Habansing)

No new parts
<table>
<thead>
<tr>
<th>Techniques</th>
<th>Side Strike</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taerigi</td>
<td>Ensure the hips are used to generate the power</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Techniques</th>
<th>Rising Block</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rising</td>
<td>The arm is on an angle to deflect an attack from above and there is approximately one fist’s width between the head and the arm.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Techniques</th>
<th>Twin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sang</td>
<td>Ensure both arms block with equal power and finish together</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Techniques</th>
<th>Thrust</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tulgi</td>
<td></td>
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</tbody>
</table>
Travels at a constant speed and all thrust start with palms facing inwards opposite each other.

<table>
<thead>
<tr>
<th>Anaero – Inward</th>
<th>Techniques that moving towards the centre line</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Bakaero – Outward</th>
<th>Techniques that move away from the centre line</th>
</tr>
</thead>
</table>
Kicks (Chagi)

Turning Kick
(Dollyo chagi)

Attacking Tool
Ball of the foot (ap kumchi)
Instep (baldung)
Toes (balkut)
Knee (moorup)

The foot should kick down into the target in an arc
3 Step Sparring (Sambo Matsoki)

3 Step Sparring is used to practise focus, distance, timing

There are ten sets of moves to learn for 3 step sparring. The attacks are all in walking stance and the defences are all in L stance except for the first defence which is walking stance.

The attacker’s front foot should be on the outside of the defender’s for the first and third move but inside for the second when in walking stance.
The attacker’s front foot should be on the inside of the defender’s for the first and third move but outside for the second when in L stance.

Note: 3 step sparring was originally any three hand techniques for the attacker with the defender choosing an appropriate defence.

Attacker

The attack is always the same and is as follows:

1. Put the right leg back into a walking stance whilst performing an outer forearm low block and signify readiness with a ki ap
2. Step forward into a right walking stance whilst performing a middle section front punch (always punch centre when performing 3 step sparring)
3. Step forward into a left walking stance whilst performing a middle punch
4. Step forward into a right walking stance whilst performing a middle punch
Defender

The defender always starts in parallel ready stance (Narani Junbi sogi) as shown in the picture below:

![Defender Stance Image]

The defender moves backwards as the attacker steps forwards and performs the blocks/counter attacks described below. Once the counter is performed, the defender should signal their completion with a ki ap.
### Defence 1

<table>
<thead>
<tr>
<th></th>
<th>Leg to move:</th>
<th>Stance:</th>
<th>Technique:</th>
<th>Section:</th>
<th>Target:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Right</td>
<td>Left walking stance</td>
<td>Inner forearm middle block (left forearm)</td>
<td>Middle</td>
<td>Opponent’s inner forearm</td>
</tr>
<tr>
<td>2</td>
<td>Left</td>
<td>Right walking stance</td>
<td>Inner forearm middle block (right forearm)</td>
<td>Middle</td>
<td>Opponent’s inner forearm</td>
</tr>
<tr>
<td>3</td>
<td>Right</td>
<td>Left walking stance</td>
<td>Inner forearm middle block (left forearm)</td>
<td>Middle</td>
<td>Opponent’s inner forearm</td>
</tr>
<tr>
<td>4</td>
<td>N/A</td>
<td>Maintain a left walking stance</td>
<td>Reverse punch (right fist)</td>
<td>Middle</td>
<td>Solar plexus</td>
</tr>
</tbody>
</table>
Defence 2

1

<table>
<thead>
<tr>
<th>Leg to move:</th>
<th>Left</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stance:</td>
<td>Left L stance</td>
</tr>
<tr>
<td>Technique:</td>
<td>Inner forearm middle block (right forearm)</td>
</tr>
<tr>
<td>Section:</td>
<td>Middle</td>
</tr>
<tr>
<td>Target:</td>
<td>Opponent’s outer forearm</td>
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</tbody>
</table>

2

<table>
<thead>
<tr>
<th>Leg to move:</th>
<th>Right</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stance:</td>
<td>Right L stance</td>
</tr>
<tr>
<td>Technique:</td>
<td>Inner forearm middle block (left forearm)</td>
</tr>
<tr>
<td>Section:</td>
<td>Middle</td>
</tr>
<tr>
<td>Target:</td>
<td>Opponent’s outer forearm</td>
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</tbody>
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3

<table>
<thead>
<tr>
<th>Leg to move:</th>
<th>Left</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stance:</td>
<td>Left L stance</td>
</tr>
<tr>
<td>Technique:</td>
<td>Inner forearm middle block (right forearm)</td>
</tr>
<tr>
<td>Section:</td>
<td>Middle</td>
</tr>
<tr>
<td>Target:</td>
<td>Opponent’s outer forearm</td>
</tr>
</tbody>
</table>

4

<table>
<thead>
<tr>
<th>Leg to move:</th>
<th>Back (left) leg steps out to the side (left) then the front (right) leg comes around to form an L stance at 45 degrees to the attacker</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stance:</td>
<td>Left L stance</td>
</tr>
<tr>
<td>Technique:</td>
<td>Knifehand strike (right hand)</td>
</tr>
<tr>
<td>Section:</td>
<td>High</td>
</tr>
<tr>
<td>Target:</td>
<td>Neck</td>
</tr>
</tbody>
</table>
### Defence 3

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</thead>
<tbody>
<tr>
<td>Leg to move:</td>
<td>Left</td>
<td>Stance:</td>
<td>Left L stance</td>
</tr>
<tr>
<td>Technique:</td>
<td>Outer forearm inward block (right arm), note the chamber feels strange at first</td>
<td>Section:</td>
<td>Middle</td>
</tr>
<tr>
<td>Target:</td>
<td>Opponent’s inner forearm</td>
<td></td>
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<tr>
<td>Leg to move:</td>
<td>Right</td>
<td>Stance:</td>
<td>Right L stance</td>
</tr>
<tr>
<td>Technique:</td>
<td>Outer forearm inward block (left arm)</td>
<td>Section:</td>
<td>Opponent’s inner forearm</td>
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<tr>
<td>Target:</td>
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<tr>
<td>Leg to move:</td>
<td>Left</td>
<td>Stance:</td>
<td>Left L stance</td>
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<tr>
<td>Technique:</td>
<td>Outer forearm inward block (right arm)</td>
<td>Section:</td>
<td>Opponent’s inner forearm</td>
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<tr>
<td>Target:</td>
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<tr>
<td>Leg to move:</td>
<td>You may need to slide forward to adjust for distance but there is no formal movement maintain a left L stance</td>
<td>Stance:</td>
<td>Backfist downward strike (right hand). Note this chambers on the inside as opposed to a backfist side strike which chambers on the outside</td>
</tr>
<tr>
<td>Technique:</td>
<td>High</td>
<td>Section:</td>
<td>Bridge of the nose</td>
</tr>
<tr>
<td>Target:</td>
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# Defence 4

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<td>Leg to move:</td>
<td>Left</td>
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<tr>
<td>Stance:</td>
<td>Left L stance</td>
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<tr>
<td>Technique:</td>
<td>Inner forearm block (right arm)</td>
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<tr>
<td>Section:</td>
<td>Middle</td>
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<td></td>
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<tr>
<td>Target:</td>
<td>Opponent’s outer forearm</td>
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<td>Leg to move:</td>
<td>Right</td>
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<tr>
<td>Stance:</td>
<td>Right L stance</td>
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<tr>
<td>Technique:</td>
<td>Inner forearm block (left arm)</td>
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<tr>
<td>Section:</td>
<td>Middle</td>
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<tr>
<td>Target:</td>
<td>Opponent’s outer forearm</td>
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<tr>
<td>Leg to move:</td>
<td>Left</td>
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<tr>
<td>Stance:</td>
<td>Left L stance</td>
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<td></td>
</tr>
<tr>
<td>Technique:</td>
<td>Inner forearm block (right arm)</td>
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<tr>
<td>Section:</td>
<td>Middle</td>
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<td></td>
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<tr>
<td>Target:</td>
<td>Opponent’s outer forearm</td>
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<td><strong>4</strong></td>
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</tr>
<tr>
<td>Leg to move:</td>
<td>Back (left) leg steps out to the side (left) to form a sitting stance at 45 degrees to the attacker</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stance:</td>
<td>Sitting stance</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Technique:</td>
<td>Measure then double punch</td>
<td></td>
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<tr>
<td>Section:</td>
<td>Middle</td>
<td></td>
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</tr>
<tr>
<td>Target:</td>
<td>Floating ribs</td>
<td></td>
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</table>
Dan Gun

In pattern Dan Gun you learn some new techniques and also how to perform a three quarter turn spin. You also have the first continuous motion with a low block followed by a rising block in quick succession.

0

The start position is parallel ready stance, ensure your feet point forwards and are one shoulder width apart. If you drop your hands by your sides then they should point down at the outside of your feet.

Narani junbi sogi

1

Bring the hands up straight away and prepare for a knifehand guarding block (front hand faces towards you and the back hand away from you).

Rotate one quarter turn anticlockwise, you should turn the hips so they are an eighth of a turn from the final position. The left leg moves out and your right leg stays still.

Land down in a right L stance with a knifehand guard. Make sure the front hand is level with the shoulder and the rear hand covers as much of the body as possible.

The front hand should be at 45 degrees to give the optimal balance between distance and coverage.

Niunja so Sonkal kaunde Daebi makgi
2
Step the right foot forwards into a chamber for a punch.

Keep the front arm extended, pull the rear hand back to the hip as you chamber. Note the hip is still held back slightly so it can jerk forward to generate power.

Continue to step the right foot out into a walking stance whilst performing a high section obverse punch. The fist should be level with the eyes of the attacker.

3
Pick the right foot up and pivot on the left clockwise one half a turn.

Make sure you keep the hands up at all times.

Land down into another knifehand guarding block, check the hand position each time.
Bring the left foot forward and extend the front arm preparing to execute another punch.

Step the left leg forward into a left walking stance and execute a high section front punch.

4

Gunnon so ap joomuk nopunde jirugi

Step backwards pivoting on the right foot one quarter turn anticlockwise so you are facing the same direction as when you started the pattern (offset by one eighth of a turn of course). Chamber for an outer forearm low block.

5

Gunnon so Bakat palmok najunde makgi

Step forwards into a left walking stance and perform the low block. Make sure the stance is correct and that the hand is in the correct position with a slight bend in the arm.
Step the right leg forward and bring the left arm up from the blocking position to a chamber.

Step the right leg out into a right walking stance and execute a high section front punch.

Bring the left leg forwards and pull the hip back chambering for another punch.

Step forwards into a left walking stance and perform another high section front punch.
8
Step the right leg forward and leave the left arm extended preparing to be a reaction arm.

9
Step on into a right walking stance and execute a third, and final, high punch.

Gunnon so ap joomuk nopunde jirugi

Now you perform the first three quarter turn (270 degree spin), turn anti clockwise pivoting on your right foot all the way to the chamber position as shown for a twin forearm block.

Niunja so sang palmok makgi

Step forwards into a right L stance and execute the twin forearm block. Ensure that you have two good blocks, one inner forearm middle block and one outer forearm rising block.

The front hand performs the middle block and the back forearm covers the head. There should be a fist’s width between the head and the rear forearm.
10
Drop the right arm down to the hip but leave the left arm extended as you step forwards into a chamber for a high section punch.

Move the right leg forwards into a right walking stance and execute the high punch.

Gunning so ap joomuk nopunde jirugi

11
Now pivot on the back foot and rotate anticlockwise half a turn and chamber for a twin forearm block.

Move the right leg forwards into a left L stance and execute a twin forearm block.

Niunja so sang palmok makgi
12
Step the left leg forwards and chamber another high punch leaving the right arm extended.

Continue to step on into a left walking stance whilst executing the high punch.

13
Pull the left foot back towards the right and pivot anticlockwise one quarter turn. Chamber for a low section block.

Step the left leg out into a left walking stance and execute an outer forearm low block then proceed to move 14 straight away.

_Gunnon so ap joomuk nopunde jirugi_

_Gunnon so bakat palmok najunde makgi_
14
Immediately after the low block, rechamber the arms for a rising block on the spot. Note the body rotates as well to make use of the hip twist.

Maintaining the left walking stance, execute an outer forearm rising block.

15
Step the right leg forwards and chamber for another rising block.

Step on into a right walking stance with another rising block. Check each time that the outer forearm is in front of the forehead and that the block is high enough to cover an attack coming down onto the top of the head.
Bring the left leg forwards once more, chamber another rising block.

Step out into a left walking stance and block.

Step the right leg forwards and chamber for a final rising block.

Step on into a right walking stance with another rising block. Check each time that the outer forearm is in front of the forehead and that the block is high enough to cover an attack coming down onto the top of the head.
18
Spin on the right leg anticlockwise three quarters of a turn and chamber for a knifehand strike. To get power in this technique you need to make sure your hips are still at an angle when in the camber position, if you rotate all the way round you will not be able to make enough power with your arm along.

Step the left leg out forming a right L stance and execute the knifehand side strike.

19
Move the right leg forwards and chamber a high section punch, leave the striking arm out but make a fist.

Perform a high section punch, stepping the right leg out into a right walking stance.
20
Pivoting on the left foot, rotate clockwise one half turn and chamber another knifehand side strike.

Make sure the hips are used to generate the power.

**Niunja so sonkal kaunde yop taerigi**

21
Bring the left foot forwards and chamber for a high section punch using the striking arm from the previous move as the reaction arm.

Execute a high section punch and ki ap as this is the final move of the pattern.

**Gunnon so ap joomuk nopunde ap jirugi**
Completion

Bring the left leg towards the right to form a parallel ready stance once you have completed the pattern.
Grading Revision Sheets

8th Kup (yellow belt)

Patterns up to:  Dan Gun

Sparring:  3 step (sambo matsoki) 1-4

3 Step Sparring is used to practise focus, distance, timing

Theory:
- The TAGB (Taekwon-Do Association of Great Britain) formed in August 1983. The TAGB is the largest and most successful Taekwon-Do organisation in Britain.

- The BTC formed on 21st April 1988. The TAGB helped found the BTC (British Taekwon-Do Council) in 1988 this being the only governing body of Taekwon-Do to be recognised by the sports council.

- TI (Taekwon-Do International) was formed in 1993. The TAGB also helped to found TI. The aims are to unite Taekwon-Do practitioners worldwide. This is a non-political organisation and is now one of the largest world Taekwon-Do bodies.

- Meaning of the colour yellow

- Rising Block – chookyo makgi
- Sang – Twin
- Anaero - Inward
- Bakaero – Outward

Techniques
- Knifehand guarding block – Sonkal daebi makgi
- High section punch – Nopunde jirugi
- Twin forearm block – Sang palmok makgi
- Outer forearm inward block –Bakat palmok anaero makgi
- Dollyo chagi – Turning kick
- Forearm guarding block – Palmok daebi makgi
- Backfist downward strike - Dung joomuk naeryo taerigi
- Front snap kick, double punch – Ap cha busigi, doo jirugi
- Chookyo makgi – Rising block
- Knifehand side strike – Sonkal yop taerigi
- Yop chagi – Side kick (Yop cha jirugi = side piercing kick)
- Yop Cha Jirugi – Side piercing kick
- Bandae yop chagi - Reverse side kick
- Bandae yop cha jirugi - Reverse side piercing kick

Stances  No new stances
Yellow Belt (8th Kup) Grading

State your name and grade

Step forwards in a walking stance performing a middle punch

Step backwards in a walking stance performing a twin forearm middle block

Step forwards in a walking stance performing a front kick then a double punch

Step backwards in an L stance performing outer forearm inward block

Step forwards in an L stance performing a turning kick then land in a forearm guarding block

Step backwards in an L stance performing a forearm guarding block

Perform pattern Dan Gun

3 Step Sparring (1-4)