

**2015**

UTA – Shins Academy

TW Shin

Revision: Alex Tse

Shins TKD  
Academy

**[UTA STUDENT HANDBOOK]**

## Table of Contents

What is Taekwondo .....	2
The tenets of Taekwondo .....	2
Internation Taekwondo oath .....	2
Taekwondo Etiquette.....	3
Conduct in the Dojang .....	3
Ranking System .....	3
Patterns(Poomsae) .....	4
The Meaning of Taegeuk.....	5
Taegeuk Poomsae .....	5
Sparring (Gyorugi).....	5
Competition Taekwondo.....	6
Korean Terminology.....	7
Meaning of Dan Grade poomsae .....	14

Shins TKD  
Academy

## What is Taekwondo

Taekwondo is a version of an ancient form of unarmed combat practised for many centuries in the Orient. Taekwondo became perfected in its present form in Korea.

Translated from Korean “Tae” means to jump, kick or smash with the foot. “Kwon” means a fist, primarily to punch or destroy with hand. “Do” means art, way or method.

Taekwondo involves the skilled application of punches, kicks, strikes, blocks dodges and interception with the hand to the rapid destruction of the opponent.

To the Korean people Taekwondo is more than merely the use of the 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.

In these days of violence and intimidation, which seems to plague our modern society, Taekwondo enables the weak to possess a fine weapon to defend himself, or herself, and defeat their opponent. When wrongly applied it can be a lethal weapon.

## The tenets of Taekwondo

### 1. Courtesy (Ye Ui)

To be polite to ones instructor, seniors and fellow students.

### 2. Integrity (Yom Chi)

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

### 3. Perseverance (In Nae)

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

### 4. Self Control (Kuk Chi)

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

### 5. Indomitable Spirit (Baekjul Boolgool)

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

## Internation 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

1. No smoking, eating or wearing of jewellery is permitted in the Dojang.
2. The wearing of jeans, tracksuits etc. is not permitted after student first grading.
3. Misuse of the art will result in disciplinary action.
4. Grading will depend on attendance and instructors discretion as well as technical ability.
5. No student may change schools without prior permission from both instructors concerned.
6. Loyalty to your instructor is an important part of Taekwondo philosophy.
7. Remain courteous and modest at all times, including behaviour outside the Dojang.
8. 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 observe the following conduct in the Dojang.

1. Upon entering and leaving the Dojang bow to the flags
2. At the beginning and end of training sessions bow to the instructor and most senior students
3. The most senior student present should commence the training session with the following commands

**Charyot (Attention)**

**Sa Baem Nim(Face Instructor)**

**Kwang jang Nim( Face Master)**

**Kyong Ye(Bow)**

4. At the end of training students should show gratitude by saying Kamsa Hamnida(Thank you)
5. If you approach the instructor bow before speaking

## Ranking System

In Taekwondo there are 6 different coloured belts. There are 10 grades between White Belt and Black belt:

10 <sup>th</sup> Kup	White Belt	Signifies innocence as that of the beginning student who has no previous knowledge of Taekwondo
----------------------	------------	---

9 <sup>th</sup> Kup	Yellow Tags	
8 <sup>th</sup> Kup	Yellow belt	Signifies earth from which a plant sprouts and takes root as the foundations of Taekwondo are being laid.
7 <sup>th</sup> Kup	Green Tags	
6 <sup>th</sup> Kup	Green Belt	Signifies the plants growth as Taekwondo skills begin to develop.
5 <sup>th</sup> Kup	Blue Tags	
4 <sup>th</sup> Kup	Blue Belt	Signifies the heaven towards which the plant matures into a towering tree as training in Taekwondo progresses.
3 <sup>rd</sup> Kup	Red Tags	
2 <sup>nd</sup> Kup	Red Belt	Signifies danger cautioning the student to exercise control and warning opponents to stay away
1 <sup>st</sup> Kup	Black Tags	
1 <sup>st</sup> Dan	Black Belt	Opposite to White, therefore it signifies the maturity and proficiency in Taekwondo. Also indicates the wearers imperviousness to darkness and fear.

## Patterns(Poomsae)

### What is a Pattern?

A pattern is a series of fundamental movements, mainly defence 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 Patterns?

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

### The following points should be considered when performing patterns:

1. Correct posture and facing must be maintained at all times.
2. Muscles of the body should be tensed or relaxed the proper critical moments in the exercise.
3. The exercise should be performed in a rhythmic motion with the absence of stiffness.
4. Each movement should be accelerated or decelerated according to instructions

5. Students should be able to perform a pattern precisely and confidently before moving to the next pattern in the syllabus.
6. Students should know the purpose of each movement.
7. Each movement should be separate, sharp and performed with conviction.

## The Meaning of Taegeuk

Taegeuk is the origin of all things in the universe.

Tae means Enormity or Vastness

Geuk means Eternity

Taegeuk represents the most profound Oriental philosophy from which Oriental philosophical views on the world, cosmos and life are derived. Taegeuk has no form, no beginning, no ending yet everything comes from Taegeuk. Taegeuk is something that contains the essence of everything.

## Taegeuk Poomsae

Number	Pattern Name	No of Moves	Pattern represents	Korean Symbol
1	Taegeuk Il Jang	18	Heaven and Light	Keon
2	Taegeuk Ee Jang	18	Joyfulness	Tae
3	Taegeuk Sam Jang	20	Fire and Sun	Ri
4	Taegeuk Sah Jang	20	Thunder	Jin
5	Taegeuk Oh Jang	20	Wind	Seon
6	Taegeuk Yuk Jang	23	Water	Gam
7	Taegeuk Chil Jang	25	Mountain	Gan
8	Taegeuk Pal Jang	24	Earth	Gon

## Sparring (Gyorugi)

### Three Steps Set Sparring (Sambon Gyorugi)

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

#### Example

Attacker stands right leg back long stance low section block.

Defence begins from ready stance.

1. Step back right foot – back stance – single knifehand block (3 times) – counter attack long stance middle punch
2. Step back right foot – back stance – knifehand guarding block (3 times) – counter attack high section fingertip thrust
3. Step back left foot – back stance – inward middle block (3 times) – counter attack back fist high side strike

### **One Step Set Sparring**

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 utmost importance.

Attacker starts right leg back long stance low block and attacks once with the right. The attack is then repeated with the left. Defence starts from ready stance.

Students should try to put into practice techniques learned at technical training sessions. Demonstrating use of hand, foot and self-defence techniques.

### **One for one 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 training. Both students begin in right leg back fighting stance. When the command is given one student kicks and immediately after the other student kicks and this continues. When used as a stamina exercise each kick should counter the previous kick. Kicks should never be sloppy, they should be crisp and well executed.

### **Free Sparring**

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 sparring is only allowed when adequate protection is worn and should only take place under the supervision of a qualified instructor.

## **Competition Taekwondo**

With the advent of WTF Taekwondo becoming a full Olympic sport, a lot more emphasis has been placed on competition Taekwondo. Not all students wish to compete. However, all Taekwondo students should have a basic understanding of skills required for and the rules of competition Taekwondo. This will enable them to pass on all aspects of WTF Taekwondo should they become instructors in the future.

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

Training for competition is different from traditional Taekwondo training. Therefore, separate classes are held for those who enjoy the sport side of the art. To be a Taekwondo champion takes extensive training and hard work. Students must be prepared to travel to tournaments whenever

possible to gain invaluable competition Taekwondo but do not wish to compete. There are regular referee course held within the association.

Players wear a body protector, head guard, groin guard, shin guards and arm guards. A point is scored by either a full contact punch to the body, a kick to the body or kick to the head. Matches are judged by a Head of Court, a Referee and four Corner Judges.

Competition taekwondo must be seen purely as the sport side of the art and must not be confused with traditional Taekwondo, it is a completely different concept and must be approached in a totally different manner.

### **Korean Terminology**

Taekwondo	The art of hand and foot fighting
Tae	Foot
Kwon	Hand or Fist
Do	Art or Way
WTF	World Taekwondo Federation
Kukkiwon	WTF Headquarters in Seoul, South Korea

### **Counting**

One	Hana		Il	First
Two	Dool		Ee	Second
Three	Set		Sam	Third
Four	Net		Sah	Fourth
Five	Dasut		Oh	Fifth
Six	Yausut		Yuk	Sixth
Seven	Ilgope		Chil	Seventh
Eight	Yaudul		Pal	Eighth
Nine	Ahope		Koo	Ninth
Ten	Yaul		Sip	Tenth

### **Theory of power**



Force = Mass x Acceleration

1. Reaction Force
2. Concentration
3. Balance
4. Breath Control
5. Speed
6. Mass

### General Commands

English	Korean (pronunciations)
Attention	Charyot
Bow	Kyong Ye
Ready	Junbi
Start	Shijak
Stop	Geuman
Turn Around	Dwiro Dorra
Straight (Return to start)	Baro
Relax	Shi Yo
Dismiss	Haessan

### General Terms

English	Korean (pronunciations)
Training hall	Dojang
Training suit	Dobok
Belt	Tee
Instructor	Sa Boem Nim
Chief Instructor/Master	Kwan Chang Nim
National Flag	Kook Gie

Pattern	Poomsae
Destruction	Kyukpa
Right	Oreun
Left	Wen
Stance	Seogi
Block	Makki
Punch	Jirugi
Strike	Chigi
Thrust	Chirugi
Kick	Chagi
High Target(Base of Nose)	Injun
Middle Target(Solar Plexus)	Myongchi

### Competition Terms

English	Korean(Pronunciations)
Body Protector	Ho Goo
Face About	Ja Wang Woo
Point	Deuk Jum
Warning	Kyong Go
Deduction Point	Gam Jum
Break	Galyo
Continue	Key Sork
Time	Shigan

### Kicks (Chagi)

English	Korean(Pronunciations)

Front Kick	Ap Chagi
Side Kick	Yop Chagi
Turning Kick	Dolyo Chagi
Push Kick	Mireo Chagi
Axe Kick	Chigo Chagi
Half Turning Kick	Bit Chagi
Front Turn Kick	Ap Dolyo Chagi
Back Kick	Dwi Chagi
Hook Kick	Golcho Chagi
Twisting Kick	Bitero Chagi
Reverse Turning Kick	Bandae Dolyo Chagi
Jumping Kick	Twio Chagi
Scissor Kick	Gawi Chagi
Two Feet Alternate Kick	Doobal Dangsong Chagi
Inward Crescent Kick	An Bandal Chagi
Outward Crescent Kick	Bakat Bandal Chagi
Knee Kick	Meorup Chagi
Rising Kick	Ap Oilgi

### Stances (Seogi)

English	Korean (Pronunciation)
Low Block	Arae Makki
Middle Block	Momtong Makki
High Block	Egool Makki
Inward Block	An Makki
Knifehand Block	Sonnal Makki

Guarding Block	Godero Makki
X Block	Eotgoreo Makki
Side Block	Yop Makki
Inner Forearm Block	An palmok Makki
Outer Forearm Block	Bakat Palmok Makki
Wedging Block	Hechyo Makki
Scissor Block	Gawi Makki
Palm Block	Batang Don Makki
Reverse Knifehand Block	Sonnal Deung Makki
Circular Block	Dollimyo Makki
Downward Block	Neryo Makki
Twisting Block	Bitero Makki
Lifting Block	Chukyo Makki
Diamond Block	Keungang Makki
Mountain Block	Santeul Makki
Half Mountain Block	Wesanteul Makki

### Attacking Techniques - Punch(Jirugi)

English	Korean (Pronunciation)
Side Punch	Yop Jirugi
Upset Punch	Chi Jirugi
Twin Upset Punch	Sang Chi Jirugi
Twin Vertical Punch	Sang Sawo Jirugi
Turning punch	Dolyo Jirugi
C Shaped Punch	Digeut Jirugi
Fork Shaped Punch	Chetari Jirugi

### Attacking Techniques – Strike(Chigi)

English	Korean (Pronunciation)
Knifehand Strike	Sonnal Chigi
Back Fist Strike	Deung Jeomok Chigi
Reverse Knifehand Strike	Sonnal Deung Chigi
Hammer Fist Strike	Mei Jeomok Chigi
Neck Strike	Mok Chigi
Chin Strike	Teok Chigi
Elbow Strike	Palkoop Chigi
Swift Like Neck Strike	Jabee Poom Mok Chigi

### Attacking Techniques – Thrust (Chirugi)

English	Korean (Pronunciation)
Fingertip Thrust	Pyonsonkeut Chirugi
Palm Thrust	Batang Son Chirugi
Arc Hand Thrust	Agwison Chirugi
Scissor Finger Thrust	Gawisonkeut Chirugi

### Parts of the Hand(Son)

English	Korean (Pronunciation)
Fist	Jeomok
Knifehand	Sonnal
Reverse knifehand	Sonnal Deung
Fingertip	Pyeonsonkeut
Arc Hand	Agwison
Fore Fist	Ap Jeomok

Back Fist	Deung Jeomok
Hammer Fist	Mei Jeomok
Single Knuckle Fist	Bam Jeomok
Covered Fist	Bo Jeomok

### Parts of the Foot(Bal)

English	Korean (Pronunciation)
Ball of the foot	Apchook
Outside edge of the foot	Balnal
Bottom of heel	Dwichook
Back of heel	Dwicumchi
Top of foot	Baldeung
Inside edge of foot	Balnaldeung
Bottom of foot	Balbadak

### Parts of the Body

English	Korean (Pronunciation)
Arm	Pal
Face (High Section)	Eogool
Body (Middle Section)	Momtong
Groin (Low Section)	Arae
Inner forearm	An palmok
Outer forearm	Bakat Palmok
Elbow	Palkoop
Leg	Dari
Knee	Meorup

Hand	Son
Foot	Bal
Head	Meo Ri
Neck	Mok
Chin	Teok
Nose	Ko
Eye	Noon
Mouth	Ip

## Meaning of Dan Grade poomsae

### **Koryo –(Korea) 30 moves**

Koryo poosae symbolises “seonbae” which means “Learned Man” characterised by a strong martial spirit. Koryo is the name of an ancient Korean Dynasty (AD918 to 1392). The English word Korea is derived from Koryo. Koryo’s legacy to Korean people is very significant as they successfully defeated and thus defended Korea against the attacking aggression of the Mongolian Empire, who was sweeping the known world at the time. Consequently every movement of the pattern should demonstrate the conviction shown by the Koryo people in their struggle with the Mongolians.

### **Keungang - (Diamond)27 moves**

The word Keungang means that which is too strong to be broken. The pattern is named after nature’s strongest substance, diamond. Korea’s most beautiful mountain is also called Keumgang and it is regarded as the centre of national spirit. The spirit of the mightiest warrior “Keungang Yoksa”, named by Buddha, should be shown when performing poomsae Keungang.

### **Taebeak – (Mountain)26 moves**

The mythological story about the founding of Korea says that about 4,300 years ago the legendary Tangun founded the nation in Taebeak. Taebeak means “Bright Mountain”. The line of the poomsae is Chinese character symbolising the bridge between Heaven and Earth, a nation founded by the order of Heaven.

### **Pyongwon – (Plain) 21 moves**

The word Pyongwon means plain. A plain is the source of life for all creatures. The poomsae Pyongwon is based on the idea of peace and struggle resulting from the principles of origin and use. The line of the pattern represents the origin and transformation of the plain.

### **Sipjin – (Decimal)28 moves**

The name Sipjin is derived from the number 10 and longevity. It advocates there are 10 creatures of long life, namely, sun, moon, mountain, water, stone, pine tree, herb of eternal youth, tortoise, deer and crane. The line of the poomsae is the Chinese symbol meaning 10, signifying the infinite numbering of the decimal system and ceaseless development. Stability is sought in every movement of this poomsae.

### **Jitae – (Earth)28 moves**

Poomsae Jitae represents various aspects occurring in the course of a human beings struggle for existence. The line of the poomsae symbolises a man standing on the earth attempting to spring up towards Heaven. The key points of this poomsae lie in the movement which are derived from a strong mind and body.

### **Chonkwon – (Sky)26 moves**

Since ancient times oriental philosophy, the sky is the universal ruler and controller of nature. The infinity vast sky contains the Heavens and is a mysterious and profound concept for man but he respects its size and change of moods. This feeling should be reflected in each movement of the poomsae. The line of poomsae Chonkwon symbolises a man returning from heaven and represents the oneness between Heaven and man.

Shins TKD  
Academy