



VOL-1



WHITE BELT - 10TH GRADE



BIT TAEKWON - DO BOOK

FOLLOWING THE ORIGINAL TECHNIQUES OF GENERAL CHOI HONG HI IX DEGREE
(FOUNDER OF TAEKWON-DO)

태
권
도



GM CHOI JUNG HWA
ITF-PRESIDENT



GM TREVOR NICHLOS
ITF-VISE-PRESIDENT



BYRAPPA (President)
BIT-ITF



Grand Master Trevor Nichllos, 9th Dan
International Taekwon-Do Federation,UK



Master Yogi Chand, 7th Dan
International Taekwon-Do Federation,UK



BYRAPPA .P
BIT - President & Founder

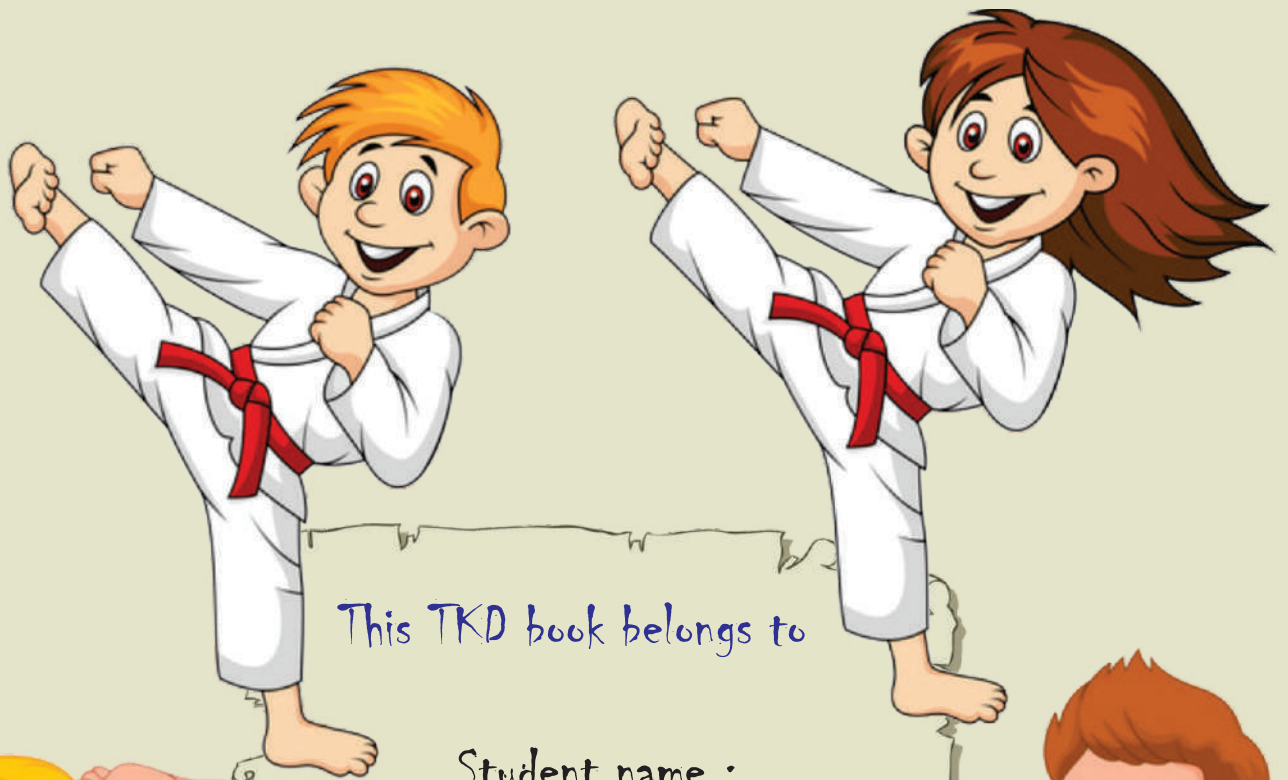
**Special Dedication and Acknowledgement
To
Master Yogi Chand 7th Degree
Grand Master Trevor Nichllos 9th Degree
International Taekwon-Do Federation,UK**



Respected sir, Here I shall lay this book at your feet for your blessings. Thank you for giving me realization in Taekwondo and in my life.

A handwritten signature in black ink, appearing to read "Byrappa.P.", with a stylized flourish at the end.

**Your's sincerely
Byrappa.P**



This TKD book belongs to

Student name :

.....

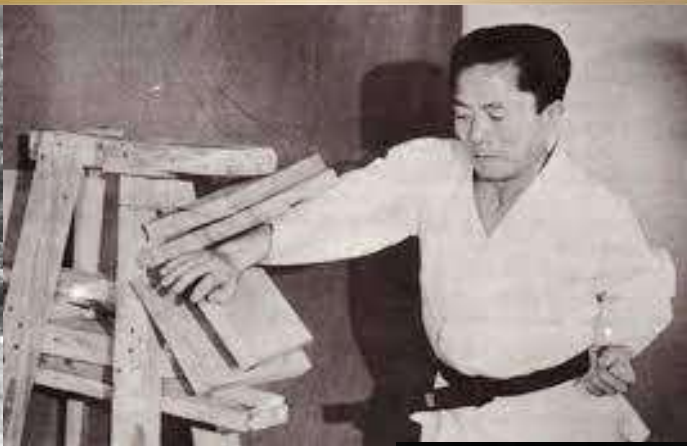
Present Grade :

.....

Byrappa Institute of Taekwon-Do



GENERAL CHOI HONG HI- FATHER OF TAEKWON-DO



General
Choi Hong Hi
Father of
TaeKwon-Do

태권도
(1918 - 2002)



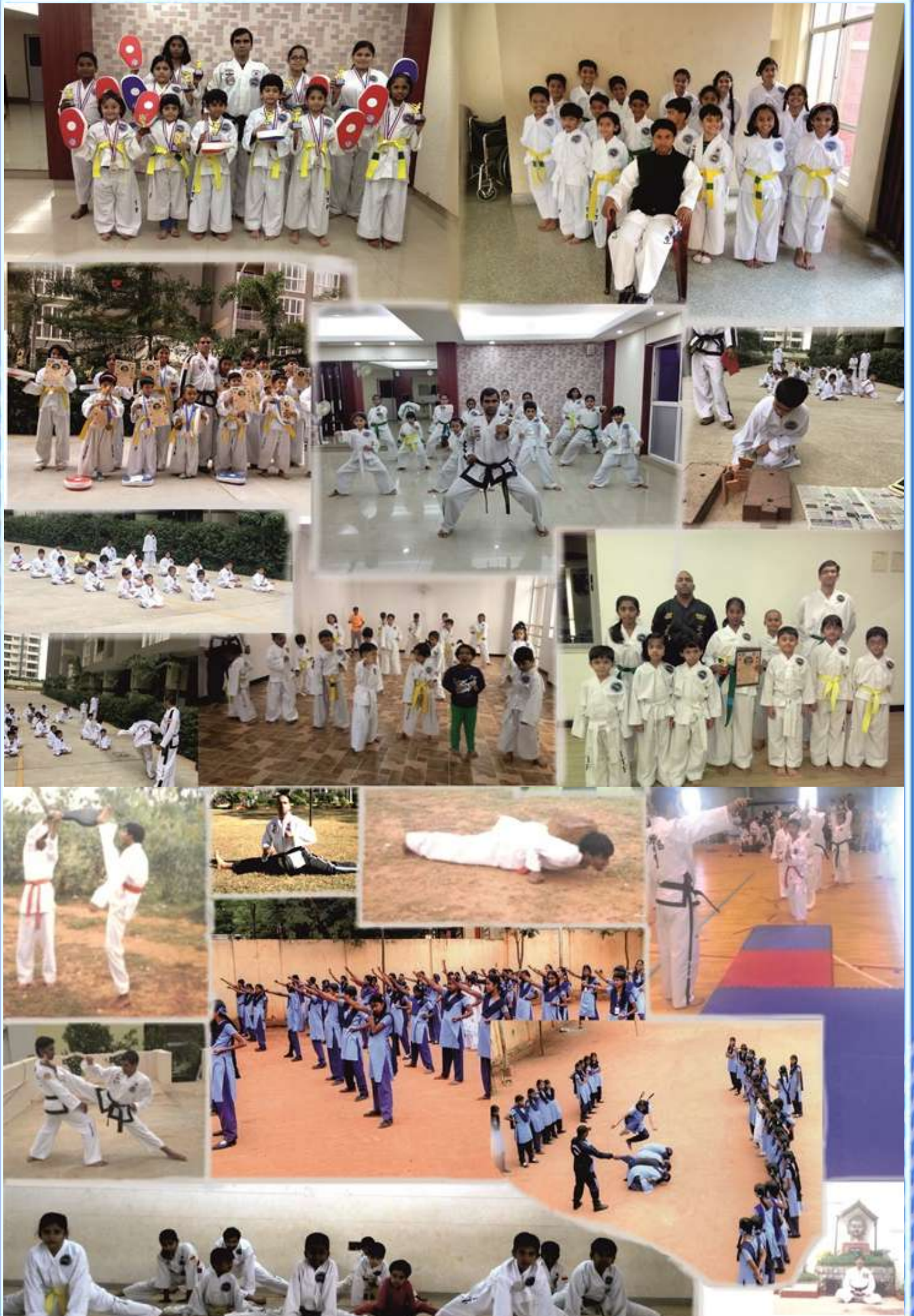
BIT INSTRUCTORS

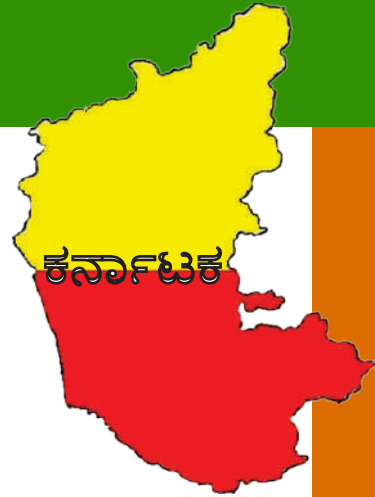


BIT STUDENTS



BIT STUDENTS





B I T

**TAEKWON-DO
I N D I A**



**BYRAPPA INSTITUTETM
OF TAEKWON-DO**

**BYRAPPA INSTITUTE OF TAEKWON-DO
(In Short BIT)**

Affiliated



**INTERNATIONAL TAEKWON-DO FEDERATION,UK
(In Short ITF)**

태권도

THE LEGENDS (MAHA GURU'S)



Bodhidharma
(Founder of Martialarts)



Buddha
(Founder of buddhism)



General Choi Hong Hi
(Founder of (ITF)Taekwon-Do)



Grand Master CHOI JUNG HWA
(Son of Taekwon-Do ITF- President)



Grand Master Trevor Nichilos
(Taekwon-Do ITF- Vice-President)



Master Yogi Chand
India Examiner & Technical Director

BIT (Taekwon-Do India)



GTA Taekwon-Do India was formed in 2008 in order to align and follow the Son of the Founder of Taekwon-Do, Grand Master Choi Jung Hwa who is the rightful successor of the International Taekwon-Do Federation, as per the constitutional vote in 2001 in Rimini Italy, seeing him as technically the correct person and therefore the correct ITF organization to be a part of in our opinion.



Byrappa is the Founder & President of BIT India, representing GM Choi Jung Hwa's I.T.F in India.

Byrappa P - President of General Choi Taekwon-Do Association, (BIT)

He has practiced and been exploring the art of Taekwon-Do since 21 years and is empowering many people with the art of self defense, and healthy living.

President
Mr.Byrappa.P

When I started Martial Arts in the year 1998 first learning FTF (Fighting Taekwon-Do Federation) then WTF (World Taekwon-Do Federation) & finally ITF Taekwon-Do in the year 2002, the prevalence was for only to learn how to fight or combat. But it has now grown in to an educational art for imparting self-discipline, moral culture and mental discipline besides physical ability and confidence to face important and crucial situations in life.

BIT ORGANISATION COMMITTEE



MASTER YOGI CHAND

INTERNATIONAL INSTRUCTOR & EXAMINER
BIT - INDIA TECHNICAL DIRECTOR



BIT Member

Mr. Rajesh EV
5th Degree Black Belt
Kerala State



BIT Member

Mrs. Manjula Y.E
3rd Degree Black Belt
Karnataka State



BIT Member

Mr. Ramachandran.M
5th Degree Black Belt
Kerala State

About our Organization (BIT)

Taekwon-Do originated in Korea. Due to the Founder's inspiration and indomitable spirit, Taekwon-Do is now practiced in all corners of the world.

International Taekwon-Do Federation was formed by General Choi Hong Hi in 1966. Since the Founder's death in 2002, his son, Grand Master Choi Jung Hwa, has continued his Father's work in the role of President.

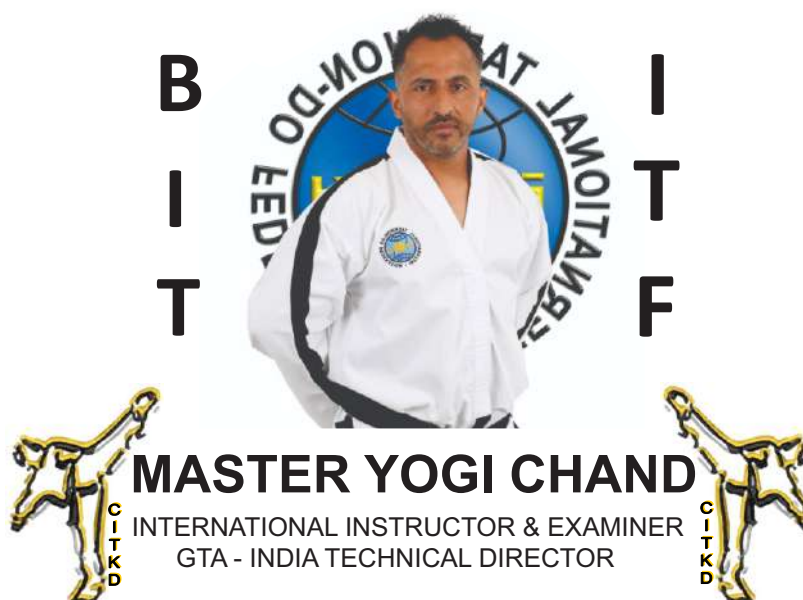
BIT operates under the guidance of Grand Master Choi Jung Hwa, the president "Orthodox Taekwon-Do" and the only heir to the legacy of our most respectful and beloved Founder of Taekwon-Do Grand Master Gen. Choi Hong Hi.

BIT- ITF is a leading Taekwon-Do group within the INDIA. Our clubs offer classes suitable for all ages and all levels of fitness. BIT-ITF students are world renowned, supported in their pursuit of excellence by club instructors, national coaches and the expert tutelage of Master Trevor Nicholls IX. As the ITF Member Organisation (MO) #677, BIT-ITF offers members ITF Degree certification, membership, International Instructor Certificates, International Umpire Certificates, Master Classes and Seminars, as well as national, continental and international competitions and events

We are constantly working to ensure our members receive the best possible tuition from our Instructors, and remain dedicated to continual growth and support through learning and training together in the art of Taekwon-Do. BIT is conducting classes in schools, apartments, etc

We welcome membership applications from individuals and groups wishing to follow the path of Grand Master Choi Jung Hwa IX Degree, son of the Founder.

We proud to be affiliated with the ITF under the Presidency



Grand Master Choi Jung Hwa - ITF President



Choi Jung-hwa studied taekwondo since the age of 7 under his father and many prominent high ranking taekwondo Masters during their visits and stays with General Choi. His claimed earliest recollections of training are around the time General Choi was appointed as Korea's Ambassador to Malaysia.

Choi spent his early childhood training on the lawn of the Embassy compound, as there were no dojangs established at that point. He grew up in an environment surrounded by taekwondo due to General Choi's schedule and work in spreading taekwondo globally. Choi Jung-hwa trained with many high-ranking instructors during this period.

Choi held the post of Secretary General and Vice Secretary of the ITF for several years until elected as Choi Hong-hi's successor to the Presidency by the ITF members in 2001. He allegedly offered that General Choi should remain ITF President for the first 2 years of that term as to give him the opportunity to "retire with dignity" in 2003. General Choi Hong-hi died less than 12 months later.

Choi Jung-hwa was promoted to 9th Degree Black Belt in 2005 and to the rank of Grandmaster. Choi prefers the title of President or Master to Grandmaster.

He has been a regular visitor to Australia since the mid-1990s.

After his father's death he formed his own International Taekwondo Federation. Prior to forming his own Taekwondo organization he was a Vice Secretary of his father's ITF organization.

Choi Jung-hwa still works extensively promoting Taekwon-Do around the world and is accredited with introducing and developing Taekwon-Do in many Eastern European countries such as Poland, Yugoslavia, Czechoslovakia, Romania, the former USSR and the Democratic People's Republic of Korea.

Under his leadership, the ITF historically returned to South Korea for its 2004 ITF World Championships. ITF has now commenced re-establishing itself in South Korea, Choi Jung-hwa's country of birth. "As an organization, we must become sensitive to the changes around us and be able to cope, without compromising the principles – that is, to maintain this purity of technique and philosophy that General Choi handed down to us.....Don't forget the standards include moral as well as technical."

BIT ORGANIZATION OFFICIAL PRODUCTS.



ITF Logo



BIT Logo



BIT TAEKWON-DO Belt



BIT TAEKWON-DO UNIFORM FULL EMBROIDERY



BIT TAEKWON-DO
Black Belts
EMBROIDERY



BIT TAEKWON-DO
UNIFORM EMBROIDERY
BACK VIEW



BIT SPARRING EQUIPMENTS



1. Head Guard



2. Foot Guard



3. Hand Gloves



4. Chest Guard



4. Instep Shin Guard



5. Abdominal Guard



5. Sparring Kit Bag

BIT-ITF OFFICIAL CERTIFICATES

ITF Course certificates and License



BIT CERTIFICATE



ITF LICENSE



ITF TAEKWON-DO INTERNATIONAL INSTRUCTOR CERTIFICATE



ITF TAEKWON-DO UMPIRE CLASS CERTIFICATE

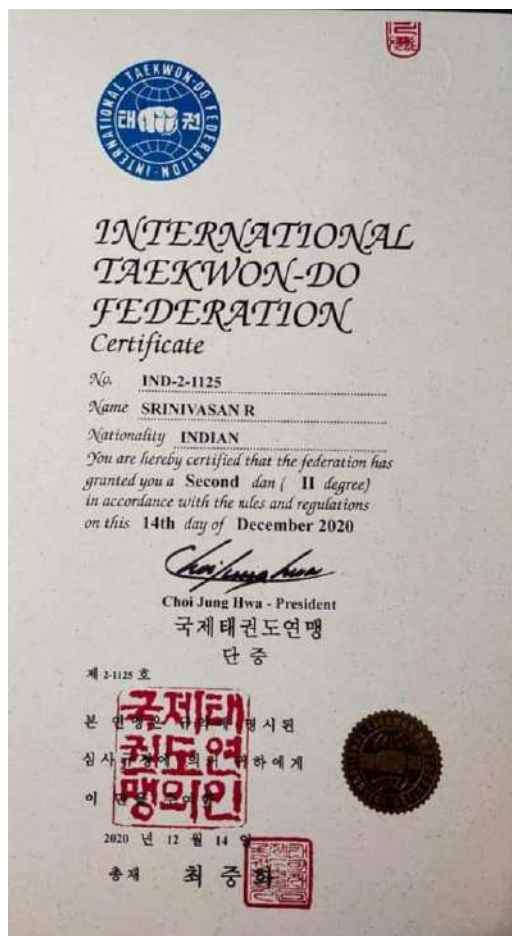


ITF TAEKWON-DO IIC TRAINING CERTIFICATE

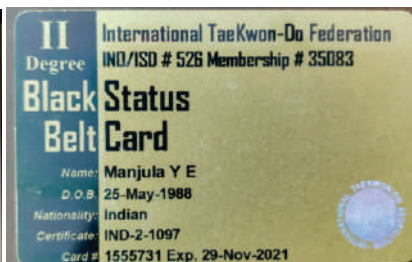


ITF TAEKWON-DO MASTER CLASS CERTIFICATE

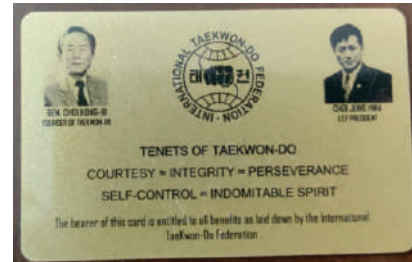
ITF INTERNATIONAL TAEKWON-DO FEDERATION CERTIFICATES, STATUS CARD & PINS.



ITF DEGREE CERTIFICATE



ITF DEGREE STATUS CARD
FRONT VIEW



ITF DEGREE STATUS CARD
FRONT VIEW



ITF DEGREE MINI CERTIFICATE



ITF DEGREE PIN BADGE



ITF KUP PIN BADGE



ITF KUP CERTIFICATE



ITF KUP STATUS CARD FRONT VIEW



ITF KUP STATUS CARD BACK VIEW



GENERAL CHOI HONG HI
FATHER OF TAEKWON-DO



Grand Master Choi Jung Hwa ITF-PRESIDENT SON OF TAEKWON-DO EXERCISES

BELT COLOR



BELT COLOR



SAJU-JIRUGI Four Directional Punch

SAJU-MAKI Four Directional Block

SAJU-TULGI Four Directional Thrust

GUP PATTERNS

CHON-JI literally means "the Heaven and the Earth." It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. The pattern consists of two similar patterns; one to represent the Heaven and the other the Earth.

DAN-GUN is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 BC.

DO-SAN is the pseudonym of the patriot Ahn Chang-Ho (1878-1938 AD). The 24 movements represent his entire life which he devoted to furthering the education of Korea and its Independence Movement.

WON-HYO was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 AD.

YUL-GOK is the pseudonym of a great philosopher and scholar Yi I (1536-1584 AD), nicknamed the "Confucius of Korea." The 38 movements of the pattern represent his birthplace on the 38th latitude. The diagram represents "scholar."

JOONG-GUN is named after the patriot Ahn Joon-Gun, who assassinated Hiro-Bumi Ito, the first Japanese Governor-General of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed in Liu-Shung prison in 1910.

TOI-GYE is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo-Confucianism. The 37 movements of the pattern represent his birthplace on the 37th latitude. The diagram represents "scholar."

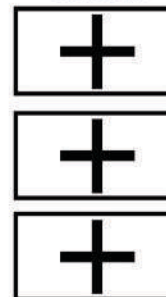
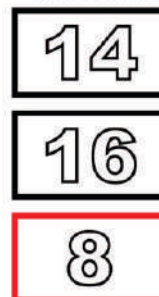
HWA-RANG is named after the youth group, which originated in the Silla Dynasty in the early 7th century. The 29 movements represent the 29th Infantry Division, where Tae Kwon-Do developed into maturity.

CHOONG-MOO was the name given to the great admiral Yi Soon-Sin of the Yi Dynasty (1500 AD). He invented the first armored battleship, the Kobukson in 1592 AD, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.



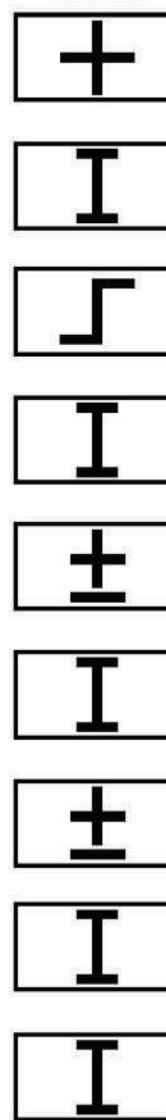
NUMBER OF MOVEMENTS

EXERCISE DIAGRAM



NUMBER OF MOVEMENTS

EXERCISE DIAGRAM





GRADING SYSTEM & BELT COLOURS

Students are promoted in Tae KwonDo after being successful in their grading examinations, which they are allowed to sit after having trained and studied for the required amount of time. The grading system is as follows:

COLOURED BELT GRADES

10 th Kup	White Belt
9 th Kup	White Belt/Yellow Tag
8 th Kup	Yellow Belt
7 th Kup	Yellow Belt/Green Tag
6 th Kup	Green Belt
5 th Kup	Green Belt/Blue Tag
4 th Kup	Blue Belt
3 rd Kup	Blue Belt/Red Tag
2 nd Kup	Red Belt
1 st Kup	Red Belt/Black Tag

BLACK BELT RANKING

1 st Degree	Novice
2 nd Degree	Novice
3 rd Degree	Novice
4 th Degree	Expert
5 th Degree	Expert
6 th Degree	Expert
7 th Degree	Master
8 th Degree	Master
9 th Degree	Master

EXPLANATION OF BELT COLOURS

WHITE



Signifies innocence as that of the beginning student who has no previous knowledge of Tae KwonDo

YELLOW



Signifies earth from which the plant takes root and sprouts as Tae Kwon-Do foundation is laid.

GREEN



Signifies the plant's growth as Tae KwonDo skill begins to develop.

BLUE



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

RED



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

BLACK BELT



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



10th KUP GRADING REQUIREMENT

Grading Etiquette

A promotional grading is a formal event and certain points have to be adhered to. If the grading is large, there may be long periods of sitting down prior to your test. Students wishing to participate must be able to sit quietly.

As this is your first grading, several points **must** be adhered to:

1. Doboks will be clean and pressed with belts tied correctly.
2. All licences, grading fee and photographs will be 7 days in advance.
3. Ensure you have done enough studying.

Grading Format

1. All techniques that you will have to perform will be demonstrated by the grading official.
2. Students will line up to pay respect to the examiner and to recite the TaeKwonDo oath. Students will then be dismissed to the rear of the class where they will sit cross legged until called.
3. When your name is called, answer politely "present Sir" and go to your designated cross on the floor. The number of students demonstrating at one time will vary from one to a maximum of five, depending on the size of the grading and the grade of the student.
4. Once at your cross you will be called to attention and bow to the examiner. Whilst at attention you will raise your right hand and identify yourself by saying your name and grade e.g. "John Smith, 10th Kup, Sir" (no tenth Dans please!).
5. The final part of the grading will be the theory. This is conducted at the table with the examiner. All questions must be answered courteously. After you are dismissed you must bow before you leave the table. Do not turn your back on the examiner as it is very discourteous. Always face the examiner as you return to your position.

WORDS OFTEN USED IN THE TRAINING HALL

KOREAN

Charyot
Kyong Ye
Junbi
Si Jak
Goman
Haechyo
Tiro Toro
Nagagi
Duruogi
Baro
Swiyo
Haesan

ENGLISH

Attention
Bow
Ready
Start
Stop
Break
Turn Around
Forward
Backward
Return
Relax
Class Dismissed

NUMBERS

KOREAN

Hana
Dul
Set
Net
Ta sut
Ya sut
Ilgup
Ya dul
A hop
Yaul

ENGLISH

One
Two
Three
Four
Five
Six
Seven
Eight
Nine
Ten



White belt (10th gup) for promotion to 9th gup

1. **THEORY:**
 - A). WHAT IS TAE KWON DO?
 - B). WHO IS THE FOUNDER OF TAE KWON DO?
 - C). WHEN DID HE FOUND TAE KWON DO?
 - D). WHAT IS THE MEANING OF WHITE BELT?
 - E). TENETS OF TAEKWON-DO
 - G). WHO IS THE PRESIDENT OF ITF
 - H). WHO IS THE PRESIDENT OF GTA
 - I). EXPAND ITF & GTA
 - J). WHO IS YOUR INSTRUCTOR OR COACH
2. **HAND TECHNIQUES**
 - A).Walking stance forearm low block (Gunnun so palmok najunde makgi)
 - B).Walking stance middle front punch (Gunnun so kaunde Ap jirugi)
 - C).Walking stance inner forearm middle block (Gunnun so an palmok kaunde makgi)
 - D).Walking stance knife-hand low block (Gunnun so sonkal najunde makgi)
 - E).Sitting stance middle punch (Annun so kaunde jirugi)
3. **FOOT TECHNIQUES**
 - A). Front Rising Kick (Apcha Olligi)
 - B). Front snap Kick (Apcha busigi)
4. **STANCE**
 - A). Att nnon Stance (Charyot Sogi)
 - B). Bow Posture (Kyong Ye Jase)
 - C). Walking Stance (Gunnun Sogi)
 - C). Single stepping forward (nagagi) and backward (duruogi)
5. **FUNDAMENTAL EXERCISES**
 - A).Four direction punch (saju jirugi)
 - B).Four direction block (saju makgi)
6. **SPARRING**
 - A).3-Step Sparring Alone (Sambo matsogi)
7. **OTHERS**
 - A).How to tie a belt
 - B).How to make a clenched fist
 - C).How to fold the do bok
8. **TAEKWON DO TEMINOLOGY**
 - A). Training area – do jang
 - B). High - nopunde
 - C). Middle – kaunde
 - D). Low –najunde
 - E). Training uniform – do bok
 - F). Punch – jirugi
 - G). Block – makgi
 - H). Kick – chagi



White belt (10th gup) for promotion to 9th gup

1. THEORY:

A). WHAT IS TAE KWON DO?

Ans: TAE KWONDO.....A WAY OF LIFE.

TAE KWON DO can be translated as follows:

TAE.....FOOT

KWON.....HAND

DO.....WAY or ART

Therefore, TAE KWONDO

means a method of self defence using foot and hand.

B). WHO IS THE FOUNDER OF TAE KWON DO?

Ans: GENERAL CHOI HONG HI(1918-2002)

C). WHEN DID HE FOUND TAE KWON DO?

Ans: On April 11th 1955.

D). WHAT IS THE MEANING OF WHITE BELT?

Ans: Signifies innocence as that of the beginning student who has no previous knowledge of Tae KwonDo.

E). TENETS OF TAEKWON-DO

Ans: Courtesy, Integrity, Perseverance, Self control, Indomitable Spirit.

F). STUDENT OATH

- Ans:
1. I shall observe the tenets of Tae KwonDo.
 2. I shall respect my instructors and seniors.
 3. I shall never misuse Tae KwonDo.
 4. I shall be a champion of freedom and justice.
 5. I shall build a more peaceful world.

G). WHO IS THE PRESIDENT OF ITF

Ans: Grand Master Choi Jung Hwa

H). WHO IS THE PRESIDENT OF BIT

Ans: Mr. Byrappa P

I). EXPAND ITF & GTA

Ans: ITF: International Taekwon-Do Federation.

BIT: Byrappa Institute of Taekwon-Do

J). WHO IS YOUR INSTRUCTOR OR COACH

Ans:

태권도



White belt (10th gup) for promotion to 9th gup

2. HAND TECHNIQUES

A).Walking stance forearm low block (Gunnun so palmok najunde makgi)

Front View



Side View



- * 1. The forearm reaches the same level as the lower abdomen of the defender.
- 2. The body becomes the half facing the opponent.

B).Walking stance middle front punch (Gunnun so kaunde Ap jirugi)

Front View



Side View



- * 1. The fist forms a vertical line with the toes.
- 2. The fist reaches the same level as the shoulder of the attacker.
- 3. The fist is brought to the center of the attacker's body.

C).Walking stance inner forearm middle block (Gunnun so an palmok kaunde makgi)

- * 1. The fist reaches the same level as the shoulder of the defender.
- 2. The body becomes half facing the opponent.
- 3. The forearm becomes full facing the opponent.

Front View



Side View



D).Walking stance knife-hand low block (Gunnun so sonkal najunde makgi)

- * 1. The knife- hand reaches the same level as the scrotum of the defender.
- 2. The body becomes half facing the opponent.

Front View



Back View



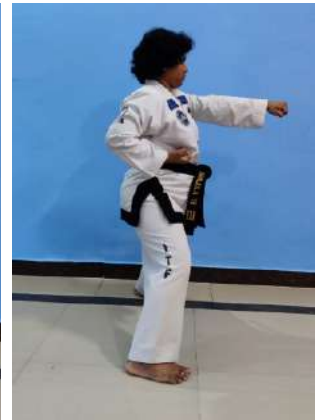


White belt (10th gup) for promotion to 9th gup

2. HAND TECHNIQUES

E). Sitting stance middle punch (Annun so kaunde jirugi)

- * 1. The fist reaches the same level as the shoulder of the attacker.
- 2. The fist is brought to the center of the attacker.



3. FOOT TECHNIQUES

A). Front Rising Kick (Apcha Olligi)

This kick is used to spring up the opponent's punching fist at the under forearm or the opponent's foot by kicking the inner tibia. With this technique, the knee joint of the kicking leg should not be bent too severely. A walking stance is chiefly used for muscle development.



Ready to kick



For Blocking



For Muscle development

B). Front snap Kick (Apcha busigi)

This technique is designed to attack an opponent in the front. The face, solar plexus, abdomen, scrotum, armpit, and floating ribs are the targets. It is performed with the ball of the foot, instep, toes and knee, and is broken down into low and middle front snap kicks as far as ball of the foot and toes are concerned

Front View



Side View





White belt (10th gup) for promotion to 9th gup

4. STANCE

The forceful and finer techniques of attack and defence are largely dependent on a correct stance since the stance is the starting point of every Tae KwonDo movement.

Stability, agility, balance and flexibility are the controlling factors.

Basic principles for a correct stance are:

1. Keep the back straight, with few exceptions.
2. Relax the shoulders.
3. Tense the abdomen.
4. Maintain a correct facing.
5. The stance may be full facing, half facing or side facing the opponent.
6. Maintain equilibrium.
7. Make use of the knee spring properly.

A). Attention Stance (Charyot Sogi)

The attention position used before each exercise:

1. Feet form a 45 degree angle.
2. Drop the fists down naturally, bending slightly at the elbows.
3. The fists are clenched slightly.
4. Eyes face the front slightly above the horizontal line.



B). Bow Posture (Kyong Ye Jase)

Maintaining the attention position:

1. Bend the body 15 degrees forward.
2. Keep the eyes fixed on opponent's eyes.



B). Parallel Stance (Narani Sogi)

Spread the feet parallel to shoulder width.
Keep the toes pointing toward the front.
It can be either full facing or side facing.





White belt (10th gup) for promotion to 9th gup

4. STANCE

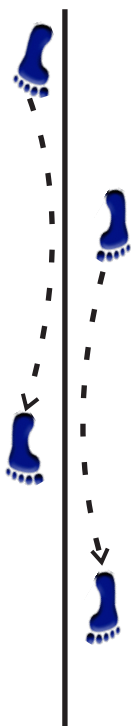
This is a strong stance for front and rear, both in attack and defence.

1. Move one foot to either front or rear at a distance of one and a half shoulder widths between the big toes, and one shoulder width from the centre of one instep to the other. Over one and a half distance makes the movement slow and weak against an attack from the side and weak against an attack from the front or rear.
2. Bend the front leg until the knee cap forms a vertical line with the heel, extending the opposite leg fully.
3. Distribute the body weight evenly on both feet.
4. Keep the toes of the front foot pointing forward, the opposite foot 25 degrees outward. Over 25 degrees weakens the leg joint against an attack from the rear.
5. Tense muscles of the feet with the feeling of pulling them toward each other.
When the right leg is forward it is called a right walking stance and vice versa.

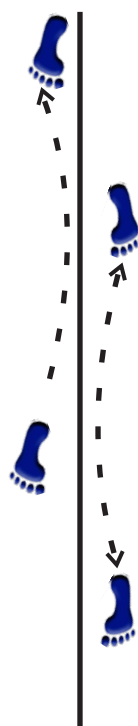


D.Single Stepping

Stepping forward



Stepping backward



1. The body must always be half facing when stepping backward and forward.
2. Stepping is executed in an outward curved line.
- 3 The knee of the stationary leg springs slightly up during the stepping motion.



White belt (10th gup) for promotion to 9th gup

SAJU JIRUGI Four Directional Punch

5. FUNDAMENTAL EXERCISES

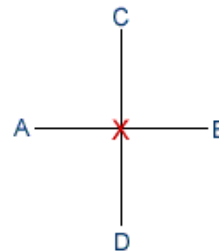
A). Four direction punch (saju jirugi)

Movements – 14 (7 L – 7 R)

Ready Posture - PARALLEL READY STANCE

Fundamental exercise – 7 movements right direction, then 7 movements left direction.

Diagram

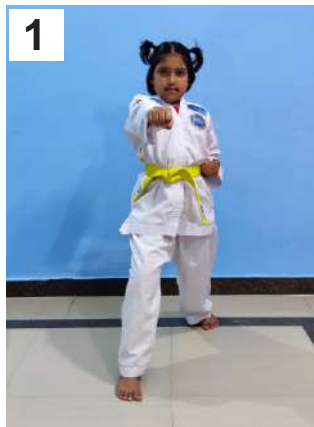


Start



Parallel ready stance toward D

1



1. Move the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.

2



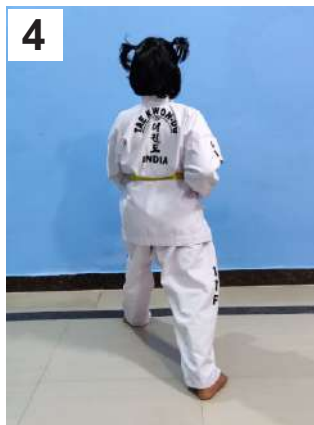
2. Move the right foot to A, forming a left walking stance toward B while executing a low block to B with the left forearm.

3



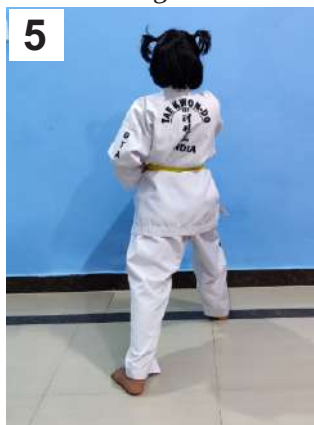
3. Move the right foot to B, forming a right walking stance toward B while executing a middle punch to B with the right fist.

4



4. Move the right foot to D, forming a left walking stance toward C while executing a low block to C with the left forearm.

5



5. Move the right foot to C, forming a right walking stance toward C while executing a middle punch to C with the right fist.

6



6. Move the right foot to B, forming a left walking stance toward A while executing a low block to A with the left forearm.

7



7. Move the right foot to A, forming a right walking stance toward A while executing a middle punch to A with the right fist.



White belt (10th gup) for promotion to 9th gup

SAJU JIRUGI
Four Directional Punch

END



END - Bring the right foot back to a parallel ready stance facing D.

8



8. Move the left foot to D, forming a left walking stance toward D while executing a middle punch to D with the left foot.

9



9. Move the left foot to B forming a right walking stance toward A while executing a low block to A with the right forearm.

10



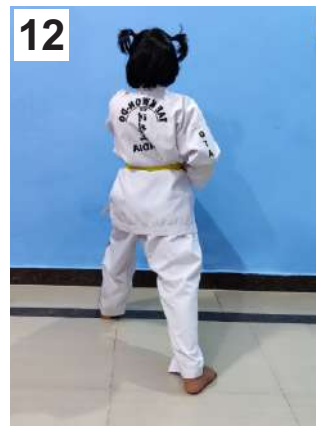
10. Move the left foot to A, forming a left walking stance toward A while executing a middle punch to A with the left foot.

11



11. Move the left foot to D forming a right walking stance toward C while executing a low block to C with the right forearm.

12



12. Move the left foot to C forming a left walking stance toward C while executing a middle punch to C with the left foot.

13



13. Move the left foot to A, forming a right walking stance toward B while executing a low block to B with the right forearm.

14



14. Move the left foot to B forming a left walking stance toward B while executing a middle punch to B with the left foot.

END



END - Bring the Left foot back to a parallel ready stance facing D.



White belt (10th gup) for promotion to 9th gup

SAJU Makgi Four Directional Block

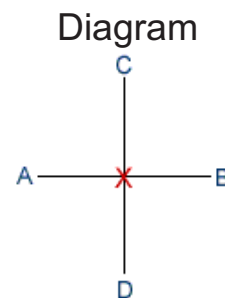
5. FUNDAMENTAL EXERCISES

B). Four direction block (saju Makgi)

Movements – 16 (8 L – 8 R)

Ready Posture - PARALLEL READY STANCE

Fundamental exercise – 7 movements right direction, then 7 movements left direction.

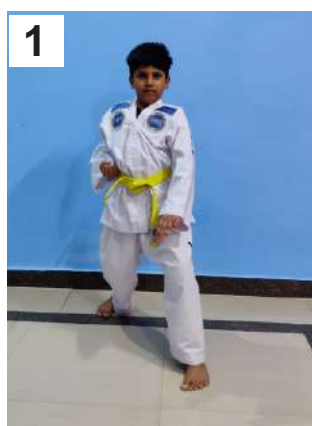


Start



Parallel ready stance toward D

1



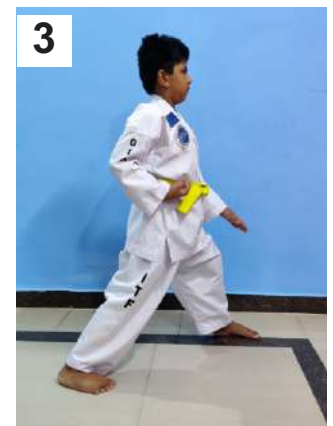
1. Move the right foot to C forming a left walking stance toward D while executing a low block o D with the left knie-hand.

2



2. Move the right foot to D forming a right walking stance toward D while executing a middle side block to D with the right inner forearm.

3



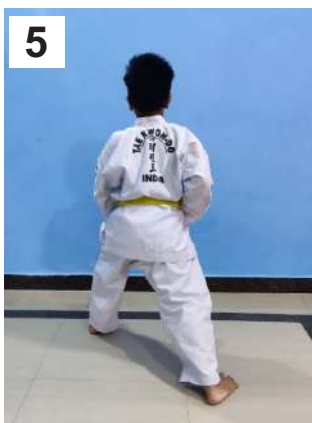
3. Move the right foot to A forming a left walking stance toward B while executing a low block o B with the left knie-hand.

4



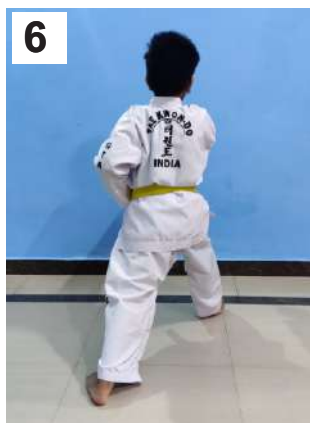
4. Move the right foot to B forming a right walking stance toward B while executing a middle side block to B with the right inner forearm.

5



5. Move the right foot to D forming a left walking stance toward C while executing a low block o C with the left knie-hand.

6



6. Move the right foot to C forming a right walking stance toward C while executing a middle side block to C with the right inner forearm.

7



7. Move the right foot to B forming a left walking stance toward A while executing a low block o A with the left knie-hand.



White belt (10th gup) for promotion to 9th gup

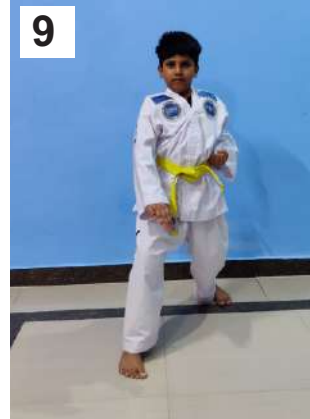
SAJU MAKGI Four Directional Block



8. Move the right foot to A forming a right walking stance toward A while executing a middle side block to A with the right inner forearm.



END: Bring the right foot back to a ready posture.



9. Move the left foot to C forming a right walking stance toward D while executing a low block to D with the right knife-hand.



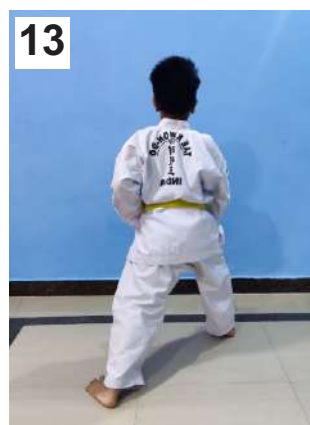
10. Move the left foot to D forming a left walking stance toward D while executing a middle side block to D with the left inner forearm.



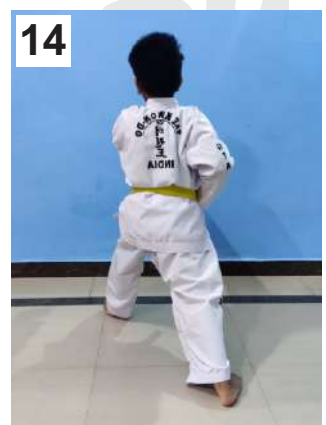
11. Move the left foot to A forming a right walking stance toward B while executing a low block to B with the right knife-hand.



12. Move the left foot to B forming a left walking stance toward B while executing a middle side block to B with the left inner forearm.



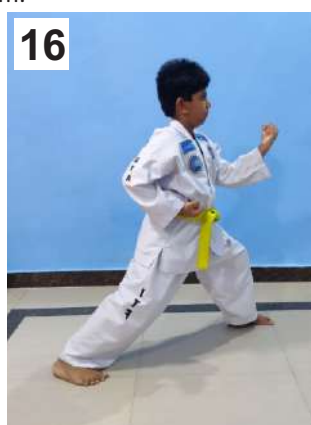
13. Move the left foot to D forming a right walking stance toward C while executing a low block to C with the right knife-hand.



14. Move the left foot to C forming a left walking stance toward C while executing a middle side block to C with the left inner forearm.



15. Move the left foot to B forming a right walking stance toward A while executing a low block to A with the right knife-hand.



16. Move the left foot to A forming a left walking stance toward A while executing a middle side block to A with the left inner forearm.



END: Bring the left foot back to a ready posture.



White belt (10th gup) for promotion to 9th gup

6. SPARRING

A).3-Step Sparring Alone (Sambo matsogi)

1. Attack: Walking stance middle obverse punch, 3 times.

Defence: Right leg back walking stance, middle inner forearm block, 3 times.

Counter Attack: Left walking stance, middle reverse punch

Direction Diagram

A ← → B





White belt (10th gup) for promotion to 9th gup

7. OTHERS

A). How to tie the belt.



1. Hold the belt at the center, Place the belt on the umbilicus



2. Right Over left.



3. Wrap it to the ribs and Tighten Knot.



4. Left Over right



5. Tighten Knot



6. Done, Both ends should be of the same length.

B).How to make a clenched fist (Jwinun Bop)

If the fist is not made firmly and correctly and if there is even the minutest of air space, the fist will be as weak as untempered steel and as soft as coon. The fist must be tightly clenched at the moment of impact.



1. Open the hand naturally.



2. Roll the fingers tightly.



3. Press the fingers into the palm, starting with the little finger at the same time bending the thumb toward the inside.



4. Place the thumb on the forefinger and the middle finger pressing the forefinger properly.



White belt (10th gup) for promotion to 9th gup

7. OTHERS

C).How to fold the do bok



1. Fold at the center vertically.



2. Fold on the third of the lower pant.



3. Fold again at the center.



4. Place the folded pants on the shirt so the waist overlaps the collar.



5. Fold one side inward first.



6. Fold the sleeve at the center.



7. Fold the opposite side inward.



8. Fold the opposite sleeve at the center.



9. Fold the shirt at the center.



10. Fold again in half.



11. Place the center of the folded belt at the center of the folded *do bok*.



12. Tie the belt with a square knot.



Yellow Stripe (9th gup) for promotion to 8th gup

1. THEORY: A). WHAT IS THE MEANING OF YELLOW BELT?

B). Chon Ji Meaning:

It literally means the 'Heaven the Earth'. It is, in the Orient, interpreted as the creation of the world or the beginning of human history. It is therefore, the initial pattern played by the beginner. This pattern consists of two similar parts, one to represent the heaven and the other to represent the earth.

C). Definition of the word 'PaPern' (Tul)

A Tul is a series of offensive and defensive moves which are set in a logical sequence against one or more imaginary opponents.

D). WHAT IS TAEKWON-DO IN BRIEF?

E). RULES OF THE DO JANG

F). STUDENTS (JEJA)

G). WHAT IS KI HAP

H). PATTERNS (TUL)

I). TITLE AND THE FUNCTION

2. HAND TECHNIQUES

A). L-Stance Inner Forearm Middle Block (Niunja So An Palmok kaunde makgi)

3. FOOT TECHNIQUES

A). Side Front Snap Kick (Yobap Apcha Olligi)

B). Back snap Kick (Dwitcha Busigi)

4. STANCE

A). L-Stance (Niunja Sogi)

B). Forward Step-Turning (Apuro Omgyo Didimyo Dolgi)

C). Backward Step -Turning (Dwiro Omgyo Didimyo Dolgi)

5. COMPULSORY PATTERN

First pattern: **Chon-Ji**

19 movements. (Note There are 24 patterns in Taekwon-Do).

6. SPARRING

A). 3-Step Sparring (Sambo matsogi)

7. MEASURING TECHNIQUES

A). Fore Fist Punch

B). Side Front Snap Kick (Yobap Apcha Olligi)

8. OTHERS

A). Section of the Body

B). Hand and Foot Parts

태권도



Yellow Stripe (9th gup) for promotion to 8th gup

1. THEORY:

D). WHAT IS TAEKWON-DO IN BRIEF?

TAE KWONDO.....A WAY OF LIFE

Translated literally, TAE KWONDO means “art of hand and foot fighting”. It is more than that, however. It is the scientific use of the body in methods of selfdefence, a body that has gained the ultimate use of its facilities through intensive physical training. It is a martial art; its discipline, techniques and mental training are mortar for building a strong sense of justice, fortitude, humility and resolve. It is this mental conditioning that separates the true practitioner from the sensationalist, content with mastering only the fighting aspects of the art.

The name TAE KWONDO, as every student knows, did not exist until April 11 1955 when, at a meeting of leading masters, distinguished historians and politicians, General Choi Hong Hi 9 th Degree submitted the name TAE KWONDO and the syllabus of his art which was unanimously accepted and also received the approval of the Korean President. Therefore, unifying the various Kwans such as Dong Soo, Gong Soo, Kwan Bup, Tae Kyon, Soo Bak, Kang Soo and others.

But what led to this?

Korea’s first known and historically documented system of fighting techniques were practised about 600 AC in the Silla Kingdom (Southern Korea). These ancient and primitive techniques were systemised into style known as Soo BakGi. This was shortly followed by Tae Kyon (known as the Korean art of foot fighting) which was used extensively by early dynasties for recruiting and training their armed forces.

It was during the Koryo Dynasty that it became a formulated system consisting of some 25 basic leg movements, which included leg and hand techniques as well as jumps, rolls and falls.

However, these arts were to decline during later dynasties as an anti military position was adopted. Further decline was to follow in 1909 when Korea became a nation occupied by the Japanese, who outlawed the practice of Tae Kyon along with many other Korean customs and traditions.

Tae Kyon was only to survive due to the efforts of people like Masters Song Duk Ki and Han Il Dong who would not let their heritage die.

In 1933, a young General Choi was sent by his father to learn the art of calligraphy. His teacher was Han Il Dong who since the occupation had practised his art (Tae Kyon) relentlessly but in secret.

On seeing the small frail looking boy, Master Han decided not only to teach him calligraphy but also Tae Kyon. For the next few years, General Choi was to practice Tae Kyon under the watchful eye of Master Han. Then in 1937, General Choi was sent to Kyoto, Japan to further his education. While there, he studied Karate under a fellow Korean, Mr Kim, attaining a 2 nd Degree black belt.

On returning to Korea during World War II, General Choi, like so many of his countrymen, was forced to enlist in the Japanese army, but while posted at Pyongyang, he was implicated as a planner of the Korean Independence Movement and sent to a Japanese prison. While there, he started to lay the foundation of the



Yellow Stripe (9th gup) for promotion to 8th gup

1. THEORY:

D). WHAT IS TAEKWON-DO IN BRIEF?

E). RULES OF THE DO JANG

new art, teaching his fellow inmates. 1945 saw the end of the war and with it the liberation of Korea and the release of General Choi from prison.

In January 1946, General Choi became a 2nd lieutenant in the newly formed Korean army. Later he was assigned to Kwag Ju as a Company Commander. While there, he taught the whole company the foundation of the new art.

On being promoted to 1st Lieutenant, he was sent to Taean where he not only taught Koreans but also American troops stationed there.

The next few years saw General Choi consolidating the basic foundations of TaeKwonDo while pursuing his military career. By 1949, he had attained the rank of full Colonel and with the opportunity to go to study at the Fort Riley Grand General School in Kansas, USA. While there, he gave America its first taste of Tae KwonDo.

The years to 1953 saw General Choi organise the Korean Grand General School in Pusan. As Assistant Commandant and Chief of the Academic Department in 1952, he briefed General MacArthur on his visit to Kang Nam and at the time of the armistice he was in command of the 5th Infantry Division.

In 1954, General Choi activated the 29th Infantry Division (see pattern HWA RANG) at the Cheju Island and the Oh Do Kwon (Gym of My Way). While there, along with Major Nam Tae Hi, he was also commander of the Chon Do Kwan (Gym of the Blue Wave) which was the largest of the civilian gyms.

April 11 1955 saw the Tae Kwon formally recognised in Korea. But this was only the beginning as General Choi was about to teach Tae KwonDo to the world.....

TAE KWON DO can be translated as follows:

TAE.....FOOT

KWON.....HAND

DO.....WAY or ART

Therefore, TAE KWONDO

means a method of self defence using foot and hand.

RULES OF THE DO-JANG

1. All students must bow before entering and leaving your training hall or area.
2. Prior to class, all students must bow to black belts who enter the hall. This also applies to lower ranking black belts when senior degrees enter. Correct protocol and courtesy must be observed at all times.
3. Always bow before speaking to your instructor.
4. At all times, address your instructor as MISTER or SIR, never first names. If the instructor is a lady then MISS is appropriate.
5. No shoes are allowed in the Dojang.
6. Raise your hand and request permission before speaking out in class.
7. No idle chatter while training is in progress.
8. When lining up in class, the highest ranking is positioned at the right hand side of the front row. Students in the succeeding rows should line up directly behind the students in the front row, with the seniority starting from the right hand side.
9. If you arrive late for class, you must first attract the attention of the instructor by raising your hand, approach the instructor, bow and give your reasons.
10. If a student leaves for more than a month, they will be required to take an assessment grading.
11. Uniforms MUST be clean and PRESSED before every training session.



Yellow Stripe (9th gup) for promotion to 8th gup

- 1. THEORY:
- F). STUDENTS (JEJA)
- G). WHAT IS KI HAP

STUDENTS (JEJA)

1. Never tire of learning. A good student can learn anywhere, anytime. This is the seat of knowledge.
2. A good student must be willing to sacrifice for his art and instructor. Many students feel that their training is a commodity bought with monthly dues, and are unwilling to take part in demonstrations, teaching and working around the Dojang. An instructor can afford to lose this kind of student.
3. Always set a good example to lower ranking belts. It is only natural that they will attempt to emulate senior students.
4. Always be loyal and never criticise the instructor, Tae KwonDo or the teaching methods.
5. If an instructor teaches a technique, practice it and attempt to utilize it.
6. Remember that a student's conduct outside the Dojang reflects on the art and instructor.
7. If a student adopts a technique from another Dojang and the instructor disapproves of it, the student must discard it immediately or train at the gym where the technique was learned.
8. Never be disrespectful to the instructor. Though a student is allowed to disagree, the student must eventually follow the instructor whether he is right or wrong.
9. A student must be eager to learn and ask questions.
10. Never break a trust.

KIHAP!

By Yong SunKang

The KiHap is an enigma to most beginners. For them, Tae KwonDo is physically orientated, they fail to see why they are taught to yell at certain times during their classes. For those who have practised Tae KwonDo for any length of time, an agreement has been reached on the importance of the KiHap and concentration. But I intend that concentration and its localisation, the KiHap, is the very essence of the art.

All Oriental martial arts possess some form of KiHap. Emphasis is placed on the concentration of power and spirit which this KiHap brings forth. Try to imagine an effective martial art without these two components.

An activity which teaches only hand and foot movements is nothing but physical exercise. Tae KwonDo emphasises mental and spiritual powers as well. The mind and heart are trained along with the body. By means of the KiHap, power is summoned from all three sources. The speed, power and accuracy that can be developed is difficult to imagine. Tae KwonDo then is a much greater accomplishment than just physical conditioning.

What exactly is "concentration" and how does one develop it? Concentration is the ability to focus the mind, heart and body toward the accomplishment of a desired goal, to make them of one spirit, one intention. It is the devastation of a physical target, either real or imaginary. Every movement in the martial arts must be directed toward an opponent or target. When free fighting or performing patterns, one must always direct the movement toward a target.

In patterns, all movements are directed towards the vital spots of the imaginary opponent. The solar plexus, temple, floating ribs, etc must be attacked with full speed and accuracy. One must, however, protect their own vital spot when using a blocking technique.

It is by using this mental picture of attacking and defending against opponents, using all available speed and power, that will develop the skills in Tae KwonDo. The mind must have the power and control to keep pushing the body forward to reach the standard. A soft mental approach will produce soft techniques, whereas hard training mentally and physically will produce strong, hard techniques. It is so important to concentrate on self discipline, only then will the true fulfilment of Taekwondo be realised.



Yellow Stripe (9th gup) for promotion to 8th gup

1. THEORY: G). WHAT IS KI HAP

The Kihap itself is the natural product of concentration. Superficially, it is the sound emitted when the stomach muscles are tightened and the diaphragm pushed upwards, but the inward result of this sound is the maximum utilisation of concentration of the body and the mind. The word “Ki” has many different meanings in the Korean language but in “KiHap”, “Ki” means air or spirit and “Hap” means together or united.

If you have seen someone lifting or throwing heavy objects, you must also have heard them make a grunting sound. This is not the same as “KiHap” but it is similar. People naturally grunt when they perform a task which requires great effort as it helps to muster one’s power, making a sound actually helps to unite your mind and body toward the action being performed. When practising Tae KwonDo, there are times when you will “KiHap” inadvertently.

A good KiHap originates in the “DanJun”, the lower part of the abdomen, which is the centre of power. Before performing any action, the abdomen must be tense to give maximum strength to the technique.

To do the KiHap, start by filling your lungs with air. As the technique starts, exhale progressively until about 40% of your breath is left. At this point, and in time with the technique landing at its target, stop the breath and tense the abdominal muscles. This tenses the body completely giving the technique its maximum effect by locking the entire body.

In Tae KwonDo we prepare our mind and body by adopting the “ChoonBi” stance. As you know, there are many different ready stances but they all fulfil the same purpose – to clear the mind and prepare the body for the actions to be performed. It is important to do this stance properly as it is the transition between normal, relaxed movement and quick, powerful movement. That is why we have “ChoonBi” before and after every exercise.

Concentration and “KiHap” go hand in hand. They help the martial art practitioner bring together in heart, mind and body for the purpose of making actions strong, quick and precise. When the KiHap and concentration are practised together, the student will be rewarded with better technique, more power and better fitness. All these things can be developed through Tae KwonDo training.

The mind is more powerful as it controls the body. A positive thinking mind will produce positive physical results. Being in the company of positive thinking people will also allow a positive attitude to result. Allow a negative person to enter your training circle and negative performance will result. You must discipline yourself if you are going to achieve your goal.





Yellow Stripe (9th gup) for promotion to 8th gup

1. THEORY: H). PATTERNS (TUL)

PATTERNS (TUL)

A Pattern or Tul is a series of fundamental movements, most of which represent either attack or defence techniques against an imaginary opponent, set to a fixed and logical sequence.

The ancient law in the Orient was similar to the law of Hamurabi: "an eye for an eye, a tooth for a tooth", and was rigorously enforced even if death was caused accidentally. In this type of environment, and since the present system of free sparring had not yet been developed, it was impossible for a student of the martial arts to practice on his individual skill of attack and defence against actual moving opponents. Individual advancement was certainly hindered until an imaginative practitioner created the first patterns.

The student systematically deals with several imaginary opponents under various assumptions, using every available attacking and blocking tool from different directions. Thus, pattern practice enables student to go through many fundamental movements in series, to develop sparring techniques, improve flexibility of movements, master body shifting, build muscles and breath control, develop fluid and smooth movement and gain rhythmical movements.

There are a total of 24 patterns in Tae KwonDo.

The Reason for 24 Patterns

As there are 24 hours to make a complete day, the life of a human being, perhaps 100 years, can be considered as a day compared with eternity. Therefore, we mortals are no more than simple travellers who pass by the eternal years of an aeon a day. It is evident that no one can live more than a limited amount of time. Nevertheless, most people foolishly enslave themselves to materialism as if they could live for thousands of years. Other people strive to bequeath a good spiritual legacy for coming generations, and this way, gain immortality. Obviously, the spirit is perpetual while material is not. Therefore, what we can do to leave behind something for the welfare of mankind is, perhaps, the most important thing in our lives.

The Diagram of a Pattern

The diagram of a pattern is the directional plan of the pattern. It should be followed closely as all patterns should start and finish at the same spot. In the individual pattern text, the position is the starting point of the pattern.

THE 24 PATTERNS OF TAE KWONDO

Coloured Belt Patterns

1. ChonJi	9 th Kup
2. DanGun	8 th Kup
3. DoSan	7 th Kup
4. Won Hyo	6 th Kup
5. YulGok	5 th Kup
6. JoongGun	4 th Kup
7. ToiGye	3 rd Kup
8. HwaRang	2 nd Kup
9. ChoongMoo	1 st Kup

Black Belt Patterns

Black Belt Patterns			
10.KwangGae	} → 1 st Degree	17.YooSin	} → 3 rd Degree
11.PoEun		18.ChoiYong	
12.Gae Baek		19.YongGae	} → 4 th Degree
	20.UlJi		
		21.MoonMoo	
13.EuiAm	} → 2 nd Degree	22.SoSan	} → 5 th Degree
14.ChoongJang		23.SeJong	
15.Juche		24.Tong Il	→ 6 th Degree





Yellow Stripe (9th gup) for promotion to 8th gup

1. THEORY: I). TITLE AND THE FUNCTION

TITLE AND FUNCTION

In order to ensure that people understand the correct format for protocol in the future, this has been written so that everyone knows the correct procedure when addressing each other, especially in the training hall.

Too many people are detracting from the importance of the achievements of those who have studied hard and taken many years to achieve their qualifications.

False claim of Master status from 4th Degree upwards, do nothing to enhance someone's reputation when they do not have the experience to back up the title. Too many people try to boost their own egos without regard to the damage being done to those people who are entitled to use the Master title properly. It is understood that some people use the title of Master because they were simply not aware of the fact that a Master is someone of 7th or 8th Degree.

However, we ask all Degree holders to use the appropriate titles:

1st to 3rd Degree: Assistant Instructor (when necessary)(**BOOSABUM**)

4th to 6th Degree Instructor(**SABUM**)

7th to 8th Degree Master(**SAHYUN**)

9th Degree Grand Master(**SASUNG**)

1st to 3rd Degree will only be called Assistant Instructor when they have been duly qualified by their national organisation. 4th to 6th Degree will only be called Instructor when they have been qualified by the I.T.F. to International Instructor.

An example of the correct terminology of how to use at the commencement of class, the senior student will say:

"Charyot (attention); Sabum Nimgeh (respect to the instructor); Kyong Ye (bow)"

The title of course will change depending on the seniority of the person being shown the respect.



GTA BLACK BELTS YEAR 2019 BATCH



Yellow Stripe (9th gup)for promotion to 8th gup

2. HAND TECHNIQUES

- A). L-Stance Inner Forearm Middle Block (Niunja So An Palmok kaunde makgi)
- B). Forward Step-Turning (Apuro Omgyo Didimyo Dolgi)
- C). Backward Step-Turning (Dwiwo Omgyo Didimyo Dolgi)

A). L-Stance Inner Forearm Middle Block (Niunja So An Palmok kaunde makgi)



Front view

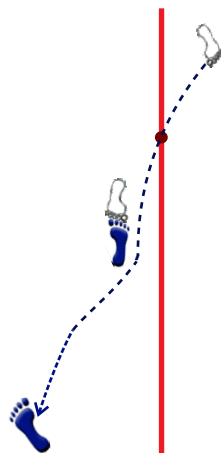
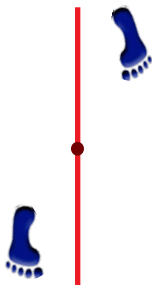


Side view

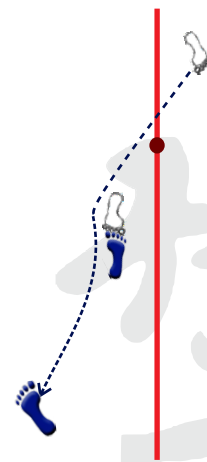
1. The fist reaches the same level as the shoulder of the defender.
2. The fist forms a triangle with the shoulders.

B. Forward Step - Turning (Apuro Omgyo Digimyo Dolgi)

Right walking stance toward D.



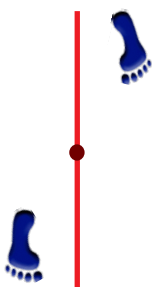
Clockwise turning



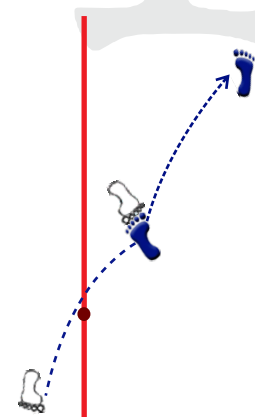
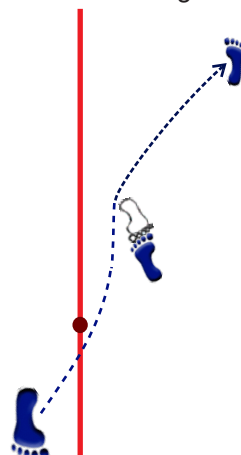
Counter - clockwise turning

C. Bakward Step - Turning (Dwiwo Omgyo Digimyo Dolgi)

Right walking stance toward D.



Clockwise turning



Counter - clockwise turning



Yellow Stripe (9th gup) for promotion to 8th gup

3. FOOT TECHNIQUES

- A). Side Front Snap Kick (Yobap Apcha Olligi)
- B). Back Snap Kick (Dwicha Busigi)

A). Side Front Snap Kick (Yobap Apcha Olligi)



This technique is used in attacking an opponent located at the side front and is chiefly executed from rear foot, vertical and L-stances. Both the principle and method of kicking are the same as those of a front snap kick with the exception that the body is half facing the opponent at the moment of impact.

The ball of the foot is the primary weapon while the instep and toes are secondary.

B). Back Snap Kick (Dwicha Busigi)



The back snap kick is used to attack an opponent who is approaching from the rear, without changing the direction of the stance. This technique is especially useful in attacking the opponent who is holding with a rear grab. The back heel is the attacking tool while the scrotum is the target. Be sure to lean the body slightly forward while kicking.

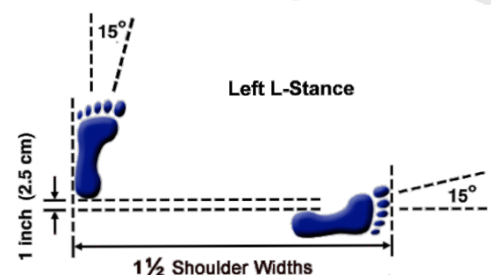
The back heel reaches the target in a straight line and maximum knee spring must be used with the stationary leg.

4. STANCE

A). L-Stance (Niunja Sogi)

This is a widely used stance for defence, though used in attack as well. The front foot is readily available for kicking with a slight shift of the body weight and with the shifting.

1. Move one foot to either front or rear to a distance of approximately one and a half shoulder width from the footward of the rear foot to the toes of the front foot, forming almost a right angle. It is recommended that the toes of both feet point about 15 degrees inward, placing the front heel beyond the heel of the rear foot about 2.5 cm to gain better stability.
2. Bend the rear leg until the knee cap forms a vertical line with the toes, bending the front leg proportionally.
3. Keep the hip aligned with the inner knee joint.
4. The ratio of the body weight is about 70% on the rear leg and 30% on the front leg.



The rear leg denotes which stance it is i.e. the right leg bent is called a right L-stance and vice versa.



Yellow Stripe (9th gup) for promotion to 8th gup

5. COMPULSORY PATTERN First pattern: Chon-Ji

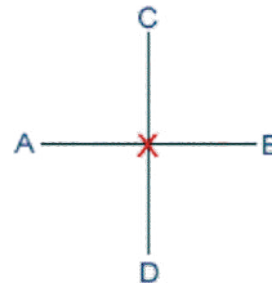
5. COMPULSORY PATTERN

Movements - 19

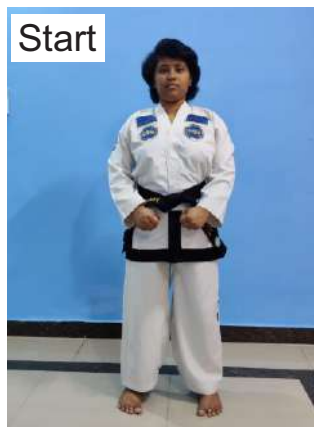
Ready Posture - PARALLEL READY STANCE

CHON- JI means literally " the Heaven the Earth". It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner.

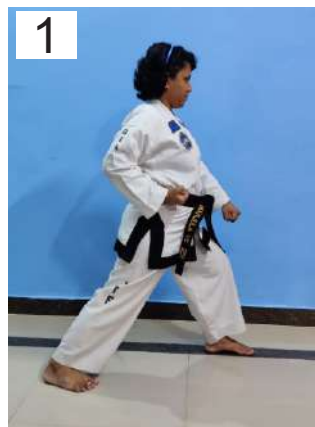
First pattern: Chon-Ji



This pattern consists of two similar parts one to represent the Heaven and the other the Earth.



The illustrations for this pattern assume that the student is standing on line AB and facing D.
Parallel ready stance



1. Move the left foot to B forming a left walking stance toward B while executing a low block with the left forearm.



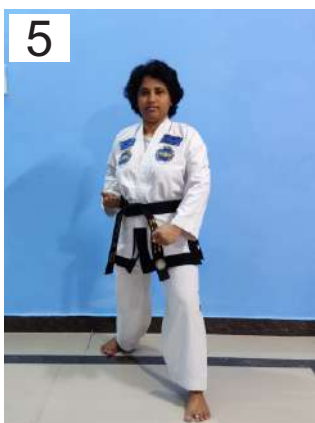
2. Move the right foot to B forming a right walking stance toward B while executing a middle punch to B with the right fist.



3. Move the right foot to A, turning clockwise to form a right walking stance toward A while executing a low block to A with the right forearm.



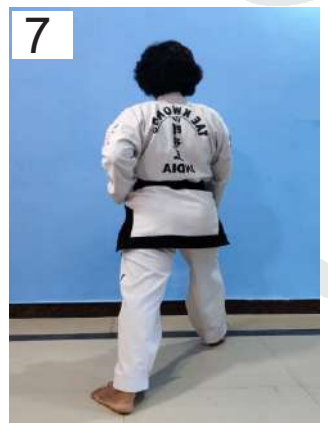
4. Move the left foot to A forming a left walking stance toward A while executing a middle punch to A with the left fist.



5. Move the left foot to D forming a left walking stance toward D while executing a low block with the left forearm.



6. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.

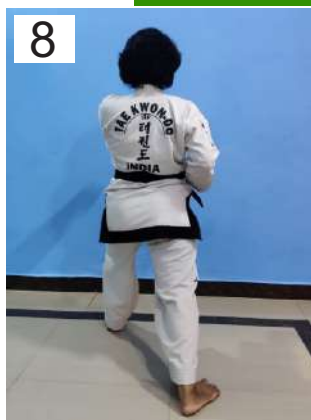


7. Move the right foot to C turning clockwise to form a right walking stance toward C while executing a low block to C with the right forearm.



Yellow Stripe (9th gup)for promotion to 8th gup

5. COMPULSORY PATTERN First pattern: Chon-Ji



8. Move the left foot to C forming a left walking stance toward C while executing a middle punch to C with the left fist.



9. Move the left foot to A forming a right L-stance toward A while executing a middle block to A with the left inner forearm.



10. Move the right foot to A forming a right walking stance toward A while executing a middle punch to A with the right fist.



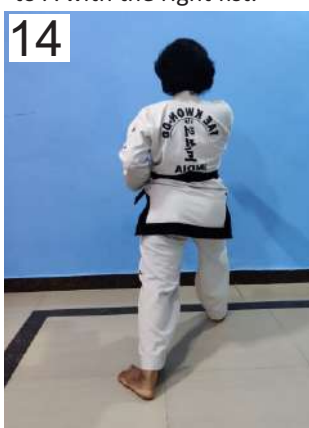
11. Move the right foot to B turning clockwise to form a left L-stance toward B while executing a middle block to B with the right inner forearm.



12. Move the left foot to B forming a left walking stance toward B while executing a middle punch to B with the left fist.



13. Move the left foot to C forming a right L-stance toward C while executing a middle block to C with the left inner forearm.



14. Move the right foot to C forming a right walking stance toward C while executing a middle punch to C with the right fist.



15. Move the right foot to D turning clockwise to form a left L-stance toward D while executing a middle block to D with the right inner forearm.



16. Move the left foot to D forming a left walking stance toward D while executing a middle punch to D with the left fist.



17. Move the right foot to D forming a right walking stance toward D while executing a middle punch to D with the right fist.



18. Move the right foot to C forming a left walking stance toward D while executing a middle punch to D with the left fist.



19. Move the left foot to C forming a right walking stance toward D while executing a middle punch to D with the right fist.



END: Bring the left foot back to a ready posture.



Yellow Stripe (9th gup) for promotion to 8th gup

6. SPARRING

- A). 3-Step Sparring (Sambo matsogi),,
Two Step Sparring (Ibo Matsogi)
One Step Sparring (Ilbo Matsogi)

EXPLANATION OF SPARRING (Matsogi)

Three Step Sparring (Sambo Matsogi)

This is the basic sparring exercise among beginners from the 9 th grade to the 6 th grade. This is an exercise for familiarisation of correct attack and defence techniques utilising hand parts against high, middle and low targets whilst stepping backwards and forwards.

Two Step Sparring (Ibo Matsogi)

The purpose of two step sparring is to acquire mixed techniques of hand and foot parts. The attacker must use both the hand and foot alternately. It is entirely optional whether the attacker uses the hand or foot first.

One Step Sparring (Ilbo Matsogi)

This sparring is considered the most important one from the point of view that the utmost objective of Tae KwonDo is to win the victory with just a single blow. As a matter of fact, this is not only exercised at all levels but also in actual situations. It is advisable for the student to apply all techniques exclusively, including body shifting under various assumptions. The secret of this sparring is to deliver a completely 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.

Semi free Sparring (Ban Jayoo Matsogi)

The distance between players, method of attack and defence used, attacking and blocking tools used and number of steps taken are completely optional. Only one series of attack and defence motions is exchanged however and then only for a brief duration. Semi free sparring is the last stage before students enter into free sparring.

Free Sparring (Jayoo Matsogi)

Free sparring is essentially open combat with controlled attacking. In free sparring there is prearranged mode between the students and both participant are completely free to attack and defend with any available means and methods with one exception: the attacker must stop the attacking tool just before hitting a vital spot.

SPARRING EQUIPMENTS





Yellow Stripe (9th gup)for promotion to 8th gup

6. SPARRING 3-Step Sparring (Sambo matsogi)

THREE STEP SPARRING (SAMBO MATSOGI)

This is the initial basic sparring exercise among beginners from the 9th grade to the 6th grade.

This is an exercise for familiarisation of correct attack and defence techniques utilising mainly the hand parts against middle and high, the foot parts against low targets while stepping backwards and forwards.

1. **ATTACK:** Walking stance middle obverse punch, 3 times.
- DEFENCE:** Right leg back walking stance, middle inner forearm block, 3 times.
- COUNTER:** Left walking stance, middle reverse punch



Measuring the correct distance



**Attack
position
Junbi
KI-KAP**

**Defense
Position
Junbi
KI-HAP**



>1

<1



>2

<2



>3 KI-HAP

<3



>3

KI-HAP<3



<

>



Yellow Stripe (9th gup)for promotion to 8th gup

6. SPARRING 3-Step Sparring (Sambo matsogi)

2. **ATTACK:** Low front snap kick landing in walking ready stance, 3 times
DEFENCE: Low front snap kick landing in walking ready stance, 3 times
COUNTER: Left low front snap kick landing in left walking ready stance



Measuring the correct distance



**Attack
position
Jumbi
KI-KAP**

**Defense
Position
Jumbi
KI-HAP**



>1

<1



>2

<2



>3 KI-HAP

<3



>3

KI-HAP<3



<

>



Yellow Stripe (9th gup) for promotion to 8th gup

7. MEASURING TECHNIQUES

A). Fore Fist Punch

B). Front Snap Kick (Yobap Apcha Olligi)

A). Fore Fist Punch (AP Joomuk Jirugi)

1. Assume a right L-stance forearm guarding block.
2. Pull body and fist slightly backward, while slipping the front foot towards the target
3. Form a walking stance measure your punch to the target with both fist and middle knuckles.

Do the punch in slow motion, twisting your hip.



B). Measuring Front snap Kick (Apcha busigi)

1. Assume a left walking ready stance
2. Bring the right foot to the side of left knee, pulling the toes backward, ready to kick towards the target.
3. Delivery a front kick in slow motion to the middle of target, contact the target with the front ball of the foot.



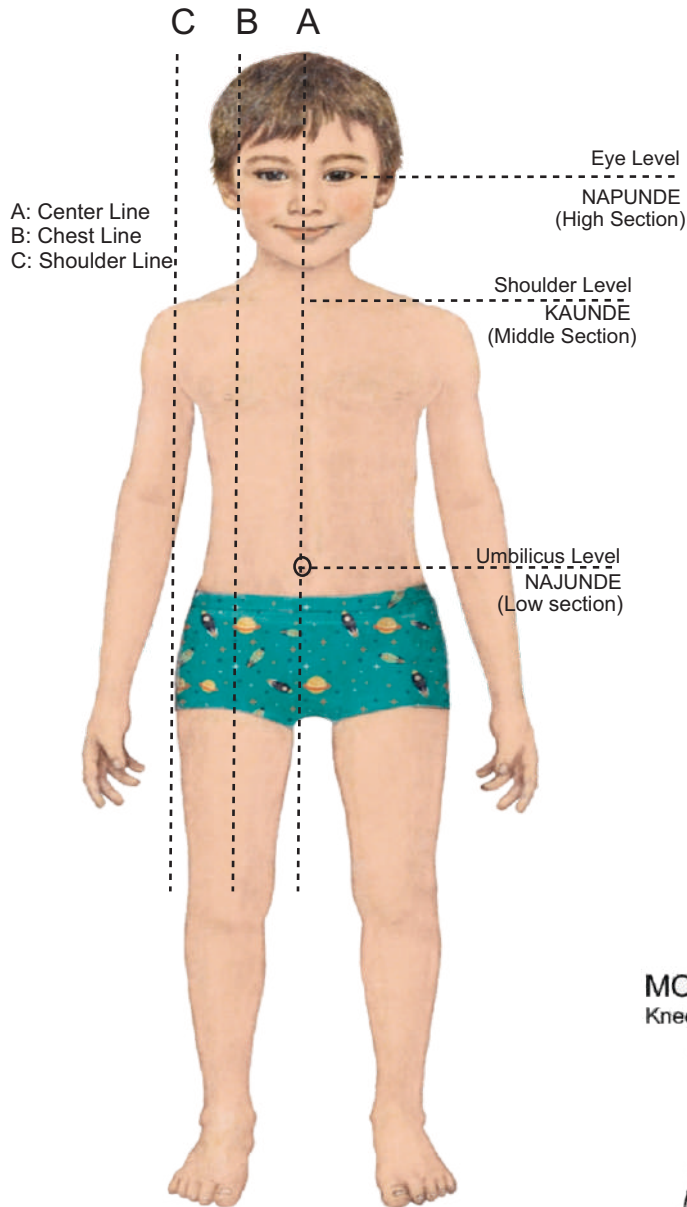


Yellow Stripe (9th gup) for promotion to 8th gup

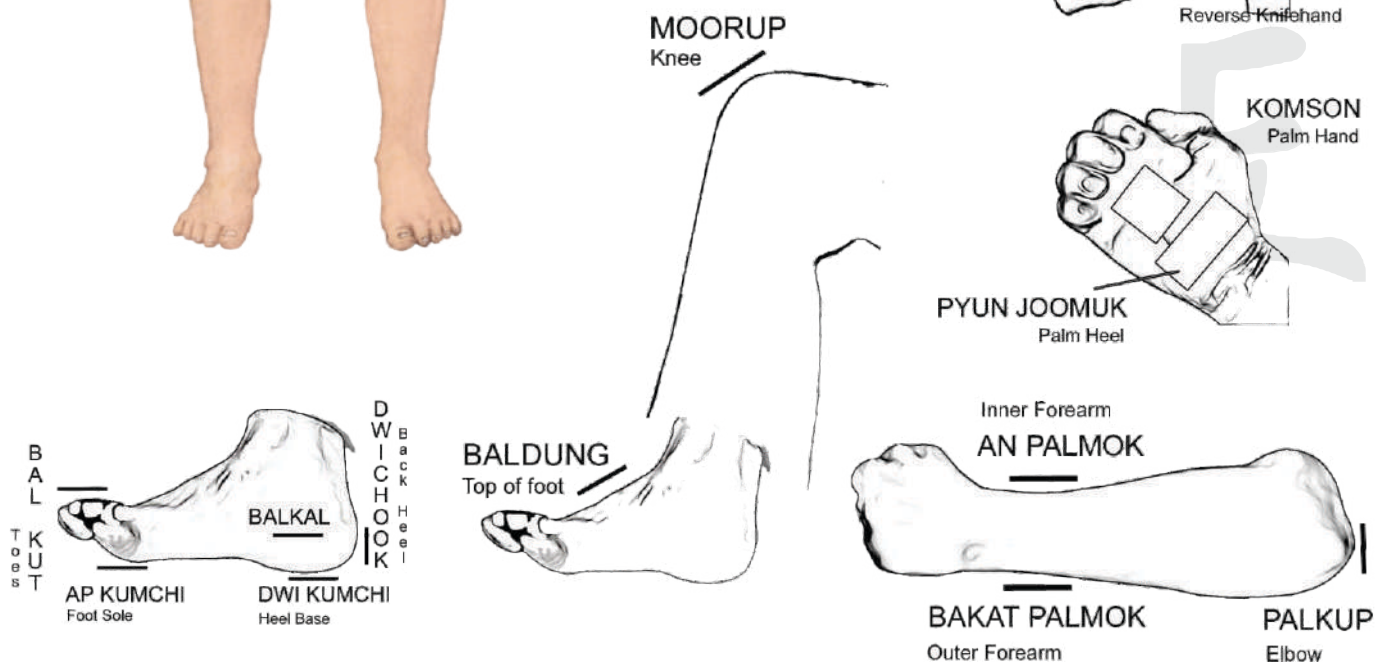
8. OTHERS

- A).Section of the Bod ,
- B).Hand and Foot Parts

A). Section of the Body



B). Hand and Foot Parts



SIMPLE TAEKWON-DO EXERCISE

KNEE EXERCISE



HALF DOWNWARD STRETCH



DOWNWARD STRETCH



SIDE STRETCH



BACK BENDING EXERCISE



TRUNK TWISTING



STOMACH EXERCISE



STOMACH STRETCH



SIMPLE TAEKWON-DO EXERCISE

LEG STRETCH (OTHER VARIATIONS)



LEG STRETCH (SINGLE LEG)



LEG STRETCH (BOTH LEGS)



BENDING EXERCISE



SIT UPS

STOMACH AND THIGH EXERCISE



STOMACH STRETCH



SIMPLE TAEKWON-DO EXERCISE

**FRONT RISING KICK
WITH PARTNER**



**SIDE RISING
KICK BALANCING**



**FRONT RISING
KICK**



**CROSS LEG
RISING KICK**



FRONT STRETCHING



SIDE UPWARD STRETCH



HAND STANDS

FORWARD SPLIT



TAEKWON-DO EXERCISE

NECK EXERCISE (BACK WARD)



NECK EXERCISE (FORWARD)



SIDE STRETCHING EXERCISE



BACK AND THIGH STRETCH



STOMACH AND THIGH STRETCH (REVERSE)



SHOULDER AND BACK EXERCISE



TAEKWON-DO EXERCISE

Jumping Exercise



Namaste Jump



Back Jump



Jump Stretching



Toes touch Jump



Knee touch Jump

PUSH UPS (Variety)



Palm Pushup



Knuckle Pushup



Finger Pushup



Knees down Pushups



Wide Hand Pushup



Close hand Pushup



Back hand Pushup



Spider Pushup



Triceps Pushup



Claps Pushup



Alternating Leg Lift Pushup



Stacked Toe Pushup



Wall Pushups



Incline Pushup



Decline Pushup



Single Hand Pushup

White Belt



Yellow Stripe



Yellow Belt



Green stripe



Green Belt



Blue Stripe



Blue Belt



Red Stripe



Red Belt



Black stripe



Black Belt



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