

# 1st Gup Techniques Syllabus



## DEFENSIVE TECHNIQUES

### X-Knifehand checking block (Kyocho sonkal momchau magki)

Although the use of this technique is basically the same as that of a X-fist, an X-knifehand has the added advantage of being in a better position to grab the leg or hand after executing the block. This block is used chiefly to block a reverse turning kick, and a turning kick. In a rare case it can be performed against a hand technique towards the solar plexus and points above.



### Twin Palm Upward Block (Sang sonbadak ollyo magki)

This technique is mainly executed from walking, sitting and X stances and occasionally a close or parallel stance. It is used as a defense against two opponents.

## OFFENSIVE TECHNIQUES

### Downward punch (naeryo jirugi)

The fist is delivered vertically toward the ground or floor. This Technique is used for attacking an opponent who has fallen down. It is usually executed from a walking or L-stance but occasionally a rear foot stance is used. A reverse punch is normal in the case of a walking stance.

### Knifehand high front strike (Sonkal nopunde ap taerigi)

This is mainly executed from sitting, walking, parallel and X-stances, though occasionally from a close, one-leg stance or standing position. A reverse strike is normal in the case of a walking stance. Keep the arm bent properly and the other hand brought over the arm or in this case in front of the forehead at the moment of impact. Be sure to attack the target from the side front so that the knifehand is stopped at the center of the attacker's own body.



## Reverse Knifehand high front strike (Sonkal dung nopunde ap taerigi)

Both the method and procedure are the same as in the case of a reverse knife-hand strike. It is performed mainly with walking, X-and sitting stances. A reverse strike is normal in the case of a walking stance.

## Flying high kick (twimyo nopi chagi)

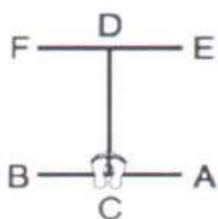
This kick is usually performed in two motions. The first kick not only adds momentum, but is also used to kick aside the blocking hand while the opposite kick attacks. Flying kicks can be executed from nearly any stance, though the rear foot and L- stances are favored. The ball of the foot is the attacking tool.

## Overhead Kick (twio nomo chagi)

This is normally employed in attacking an opponent over or through an obstacle. This is also used in diverting the opponent's direction. The important thing to remember is that the span can be greatly increased by swinging the feet while flying. Be sure to keep the body in a horizontal position when flying through an obstacle. The footsword is the only tool for this technique.

## Pattern

### Choong Moo Tul 30 Movements



Choong Moo was the name given to the great Admiral Yi Soon Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. This pattern ends with a left-hand attack, to symbolize his regrettable death. He was noted

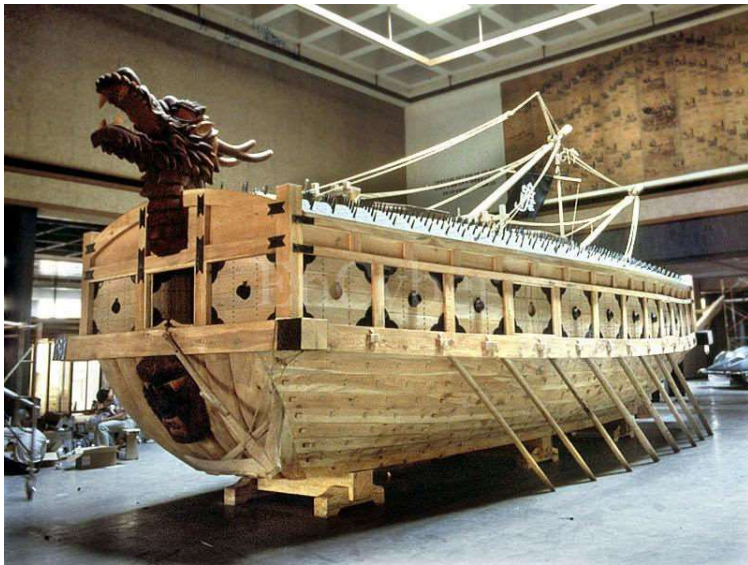


for his unrestrained loyalty to the king.

Ready Posture: parallel ready stance

- 1.** Move the left foot to B, forming a right L stance toward B while executing a twin knifehand block.
- 2.** Move the right foot to B, forming a right walking stance toward B while executing a high front strike to B with the right knifehand and bring the left back hand in front of the forehead.
- 3.** Move the right foot to A, turning clockwise to form a left L Stance toward A while executing a middle guarding block to A with a knifehand.
- 4.** Move the left foot to A, forming a left walking stance toward A while executing a high thrust to A with the left flat fingertip.
- 5.** Move the left foot to D, forming a right L stance toward D while executing a middle-guarding block to D with a knifehand.

- 6.** Turn the face to C, forming a left bending ready stance A toward C.
  - 7.** Execute a middle side piercing kick to C with the right foot.
  - 8.** Lower the right foot to C, forming a right L stance toward D while executing a middle-guarding block to D with a knifehand.
  - 9.** Execute a flying side piercing kick to D with the right foot soon after moving it to D and then land to D, forming a left L stance toward D while executing a middle guarding block to D with a knifehand.
  - 10.** Move the left foot to E, turning counter clockwise to form a right L stance toward E, at the same time executing a low block to E with the left forearm.
  - 11.** Extend both hands upward as if to grab the opponent's head while forming a left walking stance toward E, slipping the left foot to E.
  - 12.** Execute an upward kick to E with the right Knee, pulling both hands downward.
  - 13.** Lower the right foot to the left foot and then move the left foot to F, forming a left walking stance toward F while executing a high front strike to F with the right reverse knife hand, bringing the left back hand under the right elbow joint.
  - 14.** Execute a high turning kick to DF with the right foot and then lower it to the left foot.
  - 15.** Execute a middle back piercing kick to F with the left foot. Perform 14 and 15 in fast motion.
  - 16.** Lower the left foot to F, forming a left L stance toward E while executing a middle-guarding block to E with the forearm.
  - 17.** Execute a middle turning kick to DE with the left foot.
  - 18.** Lower the left foot to the right foot and then move the right foot to C, forming a right fixed stance toward C while executing a U shape block toward C.
  - 19.** Jump and spin around counter clockwise, landing on the same spot to form a left L stance toward C while executing a middle-guarding block to C with a knifehand
  - 20.** Move the left foot to C, forming a left walking stance toward C, at the same time executing a low thrust to C with the right-upset fingertip.
  - 21.** Execute a side back strike to D with the right back fist and a low block to C with the left forearm while forming a right L stance, pulling the left foot.
  - 22.** Move the right foot to C, forming a right walking stance toward C while executing a middle thrust to C with the right straight fingertip.
  - 23.** Move the left foot to B, turning counter clockwise to form a left walking stance toward B while executing a high block to B with the left double forearm.
  - 24.** Move the right foot to B, forming a sitting stance toward C while executing a middle front block to C with the right forearm, and then a high side strike to B with the right back fist.
  - 25.** Execute a middle side piercing kick to A with the right foot, turning counter clockwise and then lower it to A.
  - 26.** Execute a middle side piercing kick to A with the left foot turning clockwise.
  - 27.** Lower the left foot to A and then execute a checking block to B with an X knifehand while forming a left L stance toward B, pivoting with the left foot.
  - 28.** Move the left foot to B, forming a left walking stance toward B while executing an upward block to B with a twin palm.
  - 29.** Move the left foot on line AB and then execute a rising block with the right forearm while forming a right walking stance toward A.
  - 30.** Execute a middle punch to A with the left fist while maintaining a right walking stance toward A.
- Bring the left foot back to ready posture



Turtle ship

## SPARRING

One step sparring (ilbo matsogi)  
Own choice of 10 one step sparring routines

Free sparring (jayu matsogi)

## SELF DEFENCE (hosin sul)

Showing attacking, breaking and releasing techniques  
Own choice of 10 self defence routines

## DESTRUCTION

Power test  
Hand – downward punch or knifehand strike

Juniors must select an alternative to the hand break,  
(E.g. twisting kick or reverse turning)

Foot – side piercing kick

Men: 3 boards. Women & Juniors: 2 boards

Special technique

Flying high kick - 1 board at forehead height with the arm extended above the head

Overhead kick – 1 board (Men: over 5 people. Women & Juniors over 3 people)

Mid Air Kick – head height

# FITNESS

Students will be tested in the areas of:

- Run
- Press ups
- Sit ups
- Pad work
- Flexibility
- Balance
- Jumping and flying
- Foot crossing

# THEORY

All Taekwon-Do terminology: 10th Gup to 1st Gup.