

Applicable to White Belts



Taekwon-do : The art of kicking and punching.
Tae : The foot, used for jumping, smashing and kicking.
Kwon : The hand, used for punching, striking, thrusting and blocking.
Do : The way, art or method
IUTF : Irish United Taekwon-do Federation
Chief Instructor : Master Don Dalton, 8th Dan
ITF : International Taekwon-do Federation Unified
President : Grand Master Hwang, 9th Dan

TAEKWON-DO was founded by Grand Master General Choi Hong Hi (9th Dan) on the 11th April 1955.

Tenets of Taekwon-Do :

Courtesy, Integrity, Perseverance, Self-Control, Indomitable Spirit.

Korean Counting :

1 :Hana 2 :Dool 3 :Set 4 :Net 5 :Tasut
6 :Yasut 7 :Ilgop 8 :Yaudol 9 :Ahop 10 :Yaul

Meaning of White Belt:

White signifies innocence as that of a beginning student who has no previous knowledge of Taekwon-do.

Parts of the Body:

Forefist : Ap Joomuk
Knife-hand : Sonkal
Inner Forearm : An Palmok
Outer Forearm : Bakat Palmok
Ball of the Foot : Ap Kumchi

Stances:

Attention Stance : Chariot Sogi
Parallel Ready Stance : Narani Junbi Sogi
Sitting Stance : Annun Sogi
Walking Stance : Gunnun Sogi

Defensive Techniques

Inner Forearm Middle block : An Palmok Kaunde Makgi
Outer Forearm Low Block : Bakat Palmok Najunde Makgi
Obverse Block : blocking over primary leg : Baro Makgi
Reverse Block : blocking opposite the primary leg : Badae Makgi
Front Rising Kick : using ball of foot to block : Ap Cha Olligi

Offensive Techniques:

Front Punch : punching to the front and on the centre line : Ap Jirugi
Obverse Punch : punching over the primary leg : Baro Jirugi

ATHLONE TAEKWON DO ACADEMY THEORY SHEET

Reverse Punch : punching opposite the primary leg : Bandae Jirugi

Sections and Targets:

High : Nopunde : From shoulder level and above.

Middle : Kaunde : From shoulder level to the umbilicus.

Low : Najunde : From waist level and below.

High target is a target at the student's own eye level.

Middle target is a target at the student's own shoulder level.

Low target is a target at the student's own lower abdomen area.

Attention Stance:

Heels together, 45-degree angle between the feet. Bow forwards 15 degrees; eyes face the front, drop the fists down naturally; fists are slightly clenched.

Parallel Ready Stance:

Shoulder width from foot to foot: feet are parallel; body is relaxed; hands are to the front

Sitting Stance:

One and a half shoulder width from reverse foot to reverse foot; both knees are bent evenly: extend the knees outward, bending until the knee caps come over the front sole; feet are parallel.

Walking Stance:

Length is one and a half shoulder width from big toe to big toe; width is shoulder wide from centre of foot to centre of foot; extend the front knee outward until the knee cap forms a vertical line with the heel; front leg is the primary leg, back foot is pointing off at an angle of 25 degrees.

Miscellaneous:

Chariot = Attention

Junbi = Ready

Kyong -Ye = Bow

Sijak = Start

Dobok = Uniform

Goman = Stop

Dojang = Practice Hall

Baro = Return

Hae San = Dismissed

Sho = Relax

How do I determine the primary leg in a stance ?

There are three criteria for deciding the primary leg in any stance. The primary leg is the leg that contains the most body weight. If the weight is the same on both legs, then the primary leg is the leg with the most bend. If both legs are bent equally then the front leg is the primary leg. For example, the primary leg in the walking stance is the front leg. This is because there is 50% body weight on each leg. Therefore the leg with the most bend is the important one i.e. the front leg.