

BLACKBELTCENTRE.CO.UK



PHIL THOMAS TAEKWONDO

STUDENT HANDBOOK

태
권
도

Pattern Interpretations

Korean Terminology

Tae Kwon Do History and Trivia

Set Sparring

Stance, Feet and Hand Position Diagrams

Phil Thomas – A Brief History of the Person

I was born in the mid 50's into a large family. Following a long illness I sadly lost my Father when I was 5 years old. I spent several years at a strict convent school. During these years I found sport a form of escape from the strict discipline and rules. I was never that interested in being the best or the fastest, however I did love personal challenges and these gave me a sense of achievement (something that was frowned upon at the school – pride before a fall was indoctrinated).

Perseverance

I will never forget my first school trip to the mountains of the Lake District in the 1960's. I found this a real adventure and challenge (trips like this were very rare; in fact this would have been my first trip or holiday of any sort). We were accompanied by our then PE teacher, an ex-commando in the royal marines (whom later became a great influence and father figure in my early adult life). This outing was basically a 'boot camp'. My friends were constantly complaining about the physical regime, but I loved the challenges and personal battles between mind and body!

I met and married my Wife Susan in the 70's and we have been together for 40 years. Like many I watched the early martial arts films and was attracted, not so much with the fighting element but the skills and disciplines involved. I went along to a local demonstration of 'Korean Karate' (Taekwondo). What initially impressed me about the class was the military style training (the first Taekwondo Schools in the UK were opened at military bases). I couldn't wait to join!

Courtesy and Integrity

My first Instructor was Mr Bob Howe, he was the first student to achieve black belt in the UK. Mr Howe is one of the most courteous people I have ever met, and had a way of getting the best out of you. I found the classes really demanding, almost brutal at times and many students dropped out, the few that remained built a strong bond and in my opinion, this is what Martial Arts is all about. At the classes I became friends with a fellow student, Ian Ferguson (me with shoulder length hair and Ian with a bad afro perm – we were like Starsky and Hutch, unfortunately only from the ears up)! Ian abounded in talent and displayed great integrity. We became and have remained friends for 40 years! Today Master Ian Ferguson is 7th Degree and Chairman of the APTI.

Indomitable Spirit

In the 80's I went on to take my early Dan grades and also raise a family. Like many parents, this carries its own challenges and responsibilities with joys, sorrows and sometimes tragedy along its journey. Above and beyond everything else, I firmly believe that, health, family and close friends are the most important and treasured things in life, there to support each other in good times and bad. It's the glue that holds us all together, moulding us into what we are.

During the 90's, I was unfortunate to suffer an injury that kept me hospitalised for several weeks and required surgery. I was 'told' by my consultant never, ever to attempt to train in Taekwondo again, at the time of course I agreed. However following recovery, I was encouraged by Master Ferguson 'not waste my knowledge' and come along and just help out at his classes. This offered me a lifeline back into Taekwondo and although difficult at first, I slowly recovered and regained some of my abilities and fitness.

The new millennium brought me success with my high Dan grades, achieving my 3rd, 4th and 5th Degree. It also bought with it new challenges along with the need to make important choices and decisions. I have not got everything right throughout my life and like many I have made an abundance of mistakes along the way. However I can say that Taekwondo and the students I have met on my journey continue to inspire me, having a huge positive impact on my life. To me personally Taekwondo is not just a sport or a martial art; it is truly a way of life.

Phil Thomas – 6th Degree

Taekwondo

Taekwondo is known for its emphasis on kicking techniques, which distinguishes it from martial arts such as karate or southern styles of kung-fu. The rationale is that the leg is the longest and strongest weapon a martial artist has, and kicks thus have the greatest potential to execute powerful strikes without successful retaliation.

Taekwondo, as a martial art is popular with people of both genders and of many ages. Physically, taekwondo develops strength, speed, balance, flexibility, and stamina. An example of the union of mental and physical discipline is the breaking of wooden boards, bricks or tiles, which requires both physical mastery of the technique and the concentration to focus one's power.

Traditional taekwondo typically refers to the martial art as it was established in the 1950s and 1960s in the South Korean military, and in various civilian organisations, including schools and universities. In particular, the names and symbolism of the traditional patterns often refer to elements of Korean history, culture and religious philosophy

"Sport taekwondo" has developed in the decades since the 1950s and may have a somewhat different focus, especially in terms of its emphasis on speed and competition (as in Olympic sparring).

Modern Taekwondo differs greatly from other martial arts. In fact, no other martial art is so advanced with regard to the sophistication and effectiveness of its technique or the over-all physical fitness it imparts to its practitioners.

Promotion from one grade (Kup) to the next can proceed rapidly; our schools allow grade promotions every three or four months. Students of 10th Kup grade (white belt) learn the most basic techniques first, and then move on to more advanced techniques as they approach first Degree Black Belt.

In contrast, promotion from one Black Belt Degree to the next can take years. The general rule is that a black belt may advance from one rank to the next only after the number of year's equivalent to the next rank. For example, a newly-promoted third-degree black belt may not be allowed to advance to fourth-degree until four years have passed

Taekwondo pursues harmonious growth and improvement through its activities. Taekwondo is not just a sport. Anyone of any age can practice Taekwondo. It is uniquely adaptable to your age and gender. You can maintain your training throughout your life, as I have done. The benefits obvious and otherwise are life changing!

*"It does not matter how slowly you go as long as you do not stop."
Confucius*

Tae Kwon Do Stances

Although there are strong similarities in stances throughout Tae Kwon Do schools, individual instructors often have their own preferred style. For example, in the Charyot Stance, feet are often at 45°, keeping eyes forward while bowing. However, many instructors prefer the feet parallel forward, with the eyes facing toward the floor while bowing (as a sign of respect and trust for those around them).

Attention Stance



opponent.

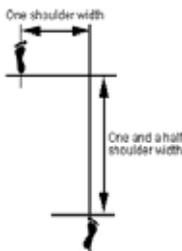
Charyot Sogi is the formal, non-combat stance used in class when not training, during address, discussion etc. Feet are pointed outwards at slightly under a 45° angle with the heels close together. When bowing you should incline your head 15° forward, remembering to always keep your eyes fixed on your

Closed Stance



Moa Sogi means the feet are parallel and close together. It can be side facing or front facing to your opponent. There are four varieties, *Moa Sogi* 'A', *Moa Sogi* 'B', *Moa Sogi* 'C' and *Moa Sogi* 'D'.

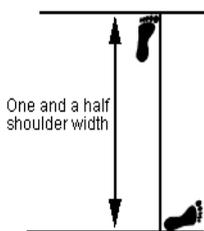
Walking Stance



Gunnun Sogi is used to approach or retreat in combat and patterns. Feet should be maintained shoulder width apart except when stepping, where the leading foot moves outwards marginally. To maintain a solid base, each step should put about a shoulder width between feet. When stopping in the middle of a step, the back foot should be inclined outwards slightly to aid balance.

The distance between both heels is about a shoulder length to one-half shoulder length. Rear toes are turned outward about 30°. The weight should be 50-50.

L-Stance



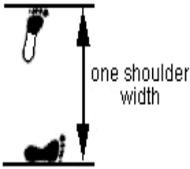
Niunja Sogi is a standard fighting stance used in Tae Kwon Do to prepare for kicking. The body is turned to present only the side to the opponent and the legs are split one-and-a-half shoulder widths apart. The front foot points directly forwards while the back leg is turned out just under 90°. The feet are lined up along the heels. To make sure you have the L-stance properly aligned, stand with your feet together, turn out the toes and step the back foot directly backwards into the stance. Seventy percent of the weight should be on the back leg which means the front leg can be engaged in quick kicking and it will not unbalance the practitioner if swept.

Parallel ready stance



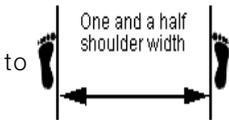
Narani junbi Sogi is a neutral stance from where a variety of Tae Kwon Do kicks and punches may be thrown. The feet are both pointed forward and placed shoulder width apart. Arms are lightly bent with the clenched fist just under the navel and the muscles of the body should be lightly relaxed, ready to spring into action at any moment. This stance and its variants are most often used at the start of patterns. The student should be alert and aware, inhale and breathe out 1/3 of the air in their lungs.

Rear Foot Stance



Dwit Bal Sogi, rear foot stance is like the L-Stance but much tighter, and the feet are slightly over head width apart. Again most of the weight is placed on the back foot, leaving the front leg ready to kick. Stand with your front foot facing forwards and the back foot turned 45° to the side, keep the feet quite close together. Shift most of your weight to your back foot, so the front foot is only for balance and you can kick from it with little body weight shifted. You should also stay on the ball of your front foot for perfect balance.

Sitting Stance



Anun Sogi is a low stance used in Tae Kwon Do and several other martial arts as a neutral position, which also enables an individual practise punching.

Feet are placed wide, around two shoulder widths apart and the knees are deeply bent until the hamstrings lie parallel with the floor. The back is kept straight. Arms are bent with closed, upturned fists

held at the hips. As each punch is directed forward, the fist swivels 180° down to a natural position before impact, turning back up again as it is retracted to the sides. This is a very arduous position for the legs and lower back. While punches are being trained, other parts of the body are receiving a workout. As a student progresses, their hips will begin to open up and they will be able to achieve an even lower stance. Tests of martial endurance are often based around maintaining this position for protracted periods, holding other objects on outstretched arms or even balancing them on the head.

Warm-up exercises

Before every class in Tae Kwon Do, you will be led by the Instructor to do some warm-up exercises. This is to avoid students pulling muscles that are 'cold'.

The exercises are not difficult to start with, but the amount and time taken over these will increase as you go through the grading levels. You will then be ready to perform what is required during the lesson-line-work, sparring or patterns (tuls). You must work to your own ability but it will be in your best interest to carry out these tasks when instructed. You are advised to bring a drink with you to each lesson for your refreshment during breaks.

Grading Procedure

Please read carefully, to avoid losing valuable points in your exam

Please ensure your application is returned to your instructor by the deadline given NO LATE ENTRIES CAN BE ACCEPTED

Your grading fee includes, exam, registration, belt and certificate

- All students will grade in bare feet or kwon's / plimsols (exception given for certain medical conditions). You will be allocated a set time for warm-up and practice before the grading starts.
- Marks are awarded for presentation and students are encouraged to take pride in their uniform and have a neat, tidy and clean appearance.
- Parents and family are welcome to watch the grading but, sorry no children under 6 years of age. Please turn all mobile phones off, we must have silence during the exam, so as not to distract the students grading
- Jewellery is not permitted for safety reasons; please tape over any items that cannot be removed. All students must be a licensed member with the APTI before taking any grading exam.
- Official APTI training uniforms are compulsory from Yellow stripe belt.
- Instructor approved safety equipment is compulsory from blue stripe belt.
- You will line up in order of grade when the grading starts, to be introduced to the grading examiner. (Master Ferguson 7th Dan APTI grading examiner)
- After formalities you will be asked to move to the back and maintain absolute silence. If you need to warm-up, talk or practice please move quietly out of the exam area to do so, remembering to bow on exit and entry.
- You can, of course use the toilet if necessary but please let someone know where you are in case your name is called to grade.
- When your name is called you must come to attention stance and shout loudly 'Sir' or 'Ma'am'. When you are given your position, jog to it, stand and remain in relaxed stance, eyes front.
- A grading official will shout out "Name and Grade from position one".
- When instructed, from relaxed stance, come sharply to attention stance and shout your name and grade, followed by 'sir', then return to relaxed stance.
- Your practical grading will then begin.
- After your practical you will be called to the table for your questions on theory. When called please remember to acknowledge the caller by shouting 'Sir' or 'Ma'am' and then jog to the line in front of the table. On reaching the table come to attention stance and bow, remain in relaxed stance whilst your questions are asked.
- On completion of your theory you will again come to attention stance and bow before jogging back to your original position.
- A grading official will dismiss you calling you to attention stance and bowing. Please shout 'thank you sir / ma'am' as you bow.
- You are then free to move to the back and watch the rest of the grading or get changed and go home. Please time your exit when others are not grading as any noise can be disruptive.
- Grading results will be issued to your instructor in time for your next lesson.

A Black Belt is a white belt, who never gave up.

White Belt – 10th Kup – Beginner

Practical grading (floor work)

Presentation (ensure that you present yourself smartly)

One-for-one front kick (change kicking leg after each kick)

Middle single punch in sitting stance (with kihap (shout) if instructors wish)

SAJO JIRUGI (four directional punching number one and two)

Fore-fist press-ups X 10

Questions (see table below)

Etiquette (be alert and show unprompted respect)

SAJO JIRUGI (four directional punching number one and two)

No 1 step with right leg – walking stance / middle punch / low section outer forearm outward block

No 1 opposite direction – step with left leg / middle punch / low section outer forearm outward block

No 2 step with right leg – walking stance / middle punch / high section outer forearm outward block

No 2 opposite direction – step with left leg / middle punch / high section outer forearm outward block.

You will now be directed to one of the tables for your terminology.

The following terminology needs to be learnt for your 10th Kup grading.

Terminology for white belt:	
Name of training suit	Dobok
Name of training hall	Dojang
Instructor's name/grade	Mr. Phil thomas, 6th degree
Tenets	Courtesy Integrity Perseverance Self control Indomitable spirit
Show striking part of the fist (and name)	Ap joomak
Meaning of white belt	White signifies innocence, as that of a beginning student, who has no previous knowledge of tae kwon do
What is the country of origin of tkd	Korea
Korean term for four directional punching	Sajo jirugi
Taekwondo	Foot fist art
Walking stance	Gunnun sogi

Yellow Stripe – 9th Kup

Practical grading (floor work)

Presentation (ensure that you present yourself smartly)

One-for-one rear leg turning kick (no blocking / change kicking leg after each kick)

Middle inner forearm outward block (stepping backwards in walking stance)

Single obverse punch (stepping forwards with kihap (shout) if instructors wish)

Pattern Chon Ji

Questions (see table below and all previous grade terminology)

Etiquette (be alert and show unprompted respect)

Meaning of yellow belt

Yellow signifies the Earth, from which a plant sprouts and takes root, as the foundation in Tae Kwon Do is being laid.

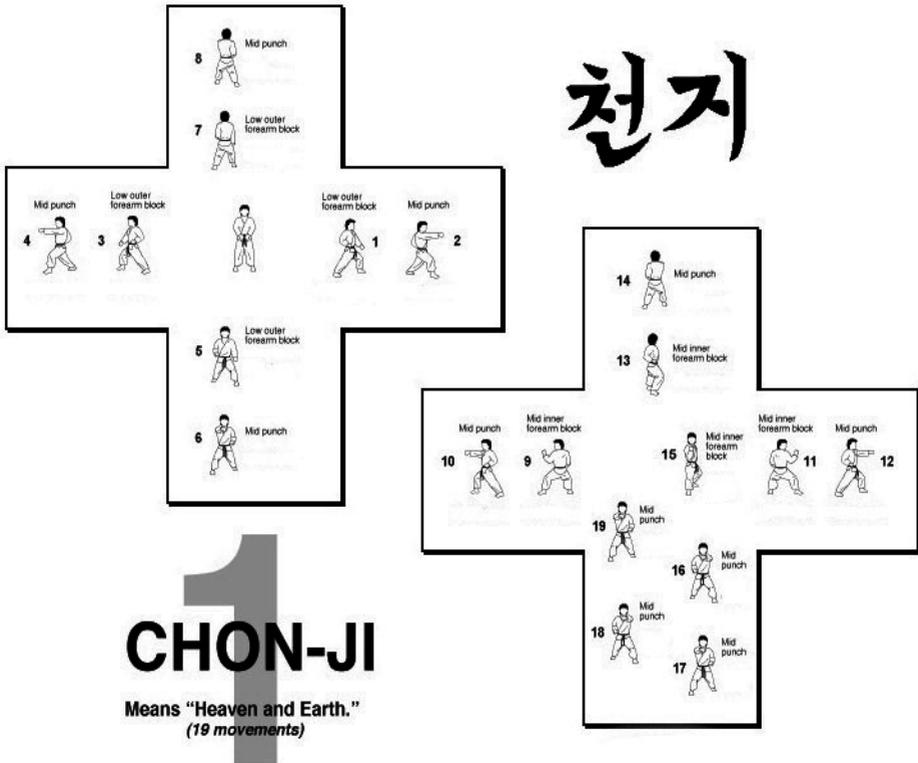
Interpretation of CHON JI

Chon Ji, 19 movement pattern – literally means ‘The Heaven and Earth’. In the Orient it is interpreted as the creation of the world or the beginning of human history, it is therefore the initial pattern performed by the beginner. The pattern consists of two similar parts, one to represent the Heaven, the other Earth.

Terminology for yellow stripe:

L stance	Niunja sogi
Double punch	Dibo jirugi
Obverse punch	Baro jirugi
Reverse punch	Bandae jirugi
Front kick	Ap chagi
Outward	Bakaero
Middle section (outward) knife-hand strike	Kaunde (bakaero) sonkal taerigi
Rising block	Chookyo makgi
One	Hanna
Two	Dool
Three	Seth
Four	Neth
Left	Wen
Right	Orun

천지



The diagram above will help you picture the 19 movements of CHON JI.

The first half of the pattern (representing the heaven) is on the left of the diagram – the second part (representing the earth) is on the right of the diagram.

All the punches and low blocks are performed in walking stance and the 4 middle blocks are performed in L stance.

The movements in this and all other patterns should be performed with realism, speed, power, focus, balance and good technique.

Do not confuse speed and power with haste. Every movement and technique should be executed fully, do not rush between movements, Complete each block and strike with maximum effort and accuracy.

Performing your patterns in this way, will build confidence, improve fitness and develop and strengthen all the specific muscles required in generating the power and speed necessary in a real self defence situation.

Yellow Belt – 8th Kup

Practical grading (floor work)

Presentation (ensure that you present yourself smartly)

One-for-one front leg side kick (no blocking / change kicking leg after each kick)

One step sparring number one (see pages 11 and 12)

Knife hand guarding block (stepping forwards in L stance)

Twin forearm block (stepping forwards in L stance)

Pattern Dan Gun

Questions (see table below and all previous grade terminology)

Etiquette (be alert and show unprompted respect)

Interpretation of DAN GUN

Dan Gun, 21 movement pattern – is named after the Holy Dan Gun, the legendary founder of Korea in the year 2333 BC.

Interesting fact

The legends of the Holy Dan Gun vary. Some indicating him as a lawgiver and the founder of the first Korean kingdom, other stories are more mythical. One ancient legend describes Dan Gun as half-man, half-god. The story begins with a bear longing to be human who asked for direction from the gods. She was told to simply eat a bunch of mugwort and twenty pieces of garlic and keep out of the sunlight for 100 days. Successfully completing the task the bear-woman married the heavenly king's youngest son. Wang Ung and their child was Dan Gun. He was born on Korea's highest mountain, Mount Bekdu, on the border with China and went on to establish his own kingdom, Josun, meaning 'morning freshness' or 'morning calm'.

This bear legend is similar to others found in Siberia and could indicate the true origination of Korea as people migrated out of Central Asia.

Terminology for yellow belt:

High section fore-fist punch	Nopunde ap joomuk jirugi
Middle section (outward) knife-hand strike	Kaunde (bakaero) sonkal taerigi
Inward block	Anaero makgi
Inward knife-hand strike	Anaero sonkal taerigi
Knife-hand guarding block	Sonkal daebi makgi
Rising block	Chookyo makgi
Twin forearm block	Sang palmok makgi
One step sparring	Ilbo matsoki
Forearm guarding block	Palmok daebi makgi
Front kick	Ap chagi
Turning kick	Dollyo chagi

One Step Sparring (Ilbo Matsoki)

This procedure is designed for the beginner to learn the basic techniques such as proper distance, correct facing, forearm conditioning, correct blocks, correct stances, counter attacks and timing. Mainly focus, distance and timing is the objective as this is something that cannot be gained from practicing patterns or line work.

Please note: In one step sparring, your partner is placing trust in you to focus your techniques correctly without injuring them. Therefore to break this trust is unacceptable and in a grading exam will result in failure.

Procedure for attack

1. Attacker starts in parallel ready stance. When you are ready to attack, shout.
2. When the defender shouts (Signalling they are ready), commence the attack.
3. Step forward with right leg, in walking stance, right middle section punch.
4. Return to ready stance and repeat the procedure with the left side.

Procedure for defence

The defender starts in parallel ready stance facing the attacker and shouts when they are ready to defend.

At the end of each sequence

The attacker steps back into parallel ready stance and the defender returns to parallel ready stance facing the attacker. The roles are then reversed.

One step sparring should be performed with power, accuracy and realism, concentrating on focus, distance and timing, ensuring that the correct blocking and attacking tools are used.

In advanced one step, ensure that your kicks and strikes are accurately focused, keeping good balance, posture and control, whilst maintaining an effective guard. It is important to use the correct striking parts of both the hands and feet when blocking AND attacking.



Climbing the highest mountain, starts with one small step

One Step Sparring Defence Procedures

Number one (yellow belt)

Defence	Against right punch attack: Step back with the right leg into walking stance, middle section outer forearm outward block with the left arm.
Counter attack	Right reverse punch to the jaw with a shout.
	Reverse the procedure for the left punch attack.

Number two (green stripe)

Combined defence and counter attack	Against right punch attack: Step out with the right foot into sitting stance at a 45 degree angle (to attackers open side), simultaneously executing a left outer forearm outward block and a right punch to the jaw with a shout.
	Reverse the procedure for the left punch attack.

Number three (green belt)

Combined defence and counter attack	Against right punch attack: Step out with the right foot into sitting stance at a 45 degree angle (to attackers open side), simultaneously executing a left knife-hand cover block and a right inward knife-hand strike to the neck.
	Reverse the procedure for the left punch attack.

Number four (blue stripe)

Defence	Against right punch attack: Step forward with the left leg into L stance and execute a middle section inward palm heel block with the left arm.
Counter attack	Slip front leg into walking stance and execute right elbow strike to the ribs.
	Reverse the procedure for the left punch attack.

Number five (blue belt)

Defence	Against right punch attack: Jump back to the right 45 degrees, landing in L Stance (right leg back), forearm guarding block.
Counter attack	Right middle section front kick, land right leg forward in walking stance, high section obverse punch, middle section reverse punch.
	Reverse the procedure for the left punch attack.

Number six (red stripe)

Defence	Against right punch attack: Jump back to the right 45 degrees, landing in L stance (right leg back), knife-hand guarding block.
Counter attack	Middle section front leg side kick (stepping in), land in L stance (left leg forward) and execute a left high back-fist side strike to the temple.
	Reverse the procedure for the left punch attack.

Number seven (red belt)

Defence	Against right punch attack: Step forward with the left leg into walking stance and execute a right hooking block to the outside of the attackers arm keeping hold of the attackers wrist.
Counter attack	Right leg middle turning kick to the body and left elbow strike to the head.
	Reverse the procedure for the left punch attack.

Green Stripe – 7th Kup

Practical grading (floor work)

Presentation (ensure that you present yourself smartly)

One-for-one front leg hooking kick (no blocking / change kicking leg after each kick)

One step sparring number two (see pages 11 and 12)

High wedging block (stepping forwards in walking stance)

Middle fingertip thrust (stepping forwards in walking stance)

Pattern Do San

Questions (see table below and all previous grade terminology)

Etiquette (be alert and show unprompted respect)

Meaning of green belt

Green signifies the plants' growth as Tae Kwon Do skills begin to develop.

Interpretation of DO SAN

Do San, 24 movement pattern – is the pseudonym of the patriot Ahn Ch'ang Ho (1876-1938) who devoted his entire life to furthering the education of Korea and its independent movement.

Ahn Ch'ang Ho's philosophy was practised with diligence. He did not believe in pretension when dealing with others. The basis of this philosophy, later in 1913, became the corps of Hang Sadan, or the 'society for raising gentlemen'.

Terminology for green stripe:

Wedging block	Hechyo makgi
Side kick	Yop chagi
Turning kick	Dollyo chagi
High back-fist front strike	Nopunde dung joomuk ap taerigi
Middle straight fingertip thrust	Kaunde son sonkut tulgi
High back-fist side strike	Nopunde dung joomuk yop taerigi
High outer forearm (outwards) block	Nopunde anaero badak palmok makgi
Knife hand guarding block	Sonkal daebi makgi
Twisting release	Bitulmyo pulgi
Foot sword	Balkal
Ball of foot	Ap kumchi
Head	Mori

In the end, it's not going to matter how many breaths you took, but how many moments, took your breath away

Green Belt – 6th Kup

Practical grading (floor work)

Presentation and etiquette (show unprompted respect / present yourself smartly)

Semi free sparring one-for-one (blocking / any technique learnt / change leg after kick)

One-for-one outward axe kick (no blocking / change kicking leg after each kick)

One step sparring number three (see pages 11 and 12)

Side punch (stepping forwards in fixed stance)

Circular block (stepping forwards in walking stance)

Pattern Won Hyo

Questions (see table below and all previous grade terminology)

Interpretation of WON HYO

Won Hyo, was the noted monk who introduced Buddhism to the Silla dynasty in the year 686AD.

Buddhism was introduced in Korea first into the Kingdom of Goguryo and Pekjay in the 4th century AD, before moving into the Silla kingdom. It has played an important part in nurturing the spiritualism of the nation and aiding its unification.

Terminology for green belt:

Vertical stance	Soojik sogi
Closed ready stance 'A'	Moa junbi sogi 'A'
Fixed stance	Gojung sogi
Bending reading stance 'A'	Goburyo sogi 'A'
Low stance	Nachuo sogi
High inward knife-hand strike	Nopunde anaero sonkal taerigi
Side punch	Yop jirugi
Twin fist vertical punch	Sang joomuk sewo jirugi
Knee kick	Moorup chagi
High flat fingertip thrust	Nopunde opun sonkut tulgi
Twin upset punch	Sang joomuk dwijibo jirugi
Circular block	Dollymio makgi
Waist block	Hori makgi
X block	Kyocha makgi
Upward palm heel block	Ollyo son badak makgi
Free sparring	Jayoo matsoki
Semi-free sparring	Ban jayoo matsoki
Back heel	Dwit chook
Back sole	Dwit kumchi

Stretching

Why do we need to carry out stretching?

Stretching is an important part of any sports activity and should be part of any warm up/cool down. The benefits of stretching include the following;

- Prevent injury.
- Minimise muscle soreness.
- Improve efficiency and range of movement.

Stretching is an important part of any sports routine but particularly within Taekwondo-Do where students aim to perfect high kicks and explosive, powerful techniques.

Stretching should ideally be carried out following a light aerobic warm up when the muscles are 'warm' and the stretching more effective.

You will be familiar with a number of basic stretches during your classes already. The following paragraphs provide some information about the different types of stretching that can be carried out to maximise your training in the future.

Static stretching

A simple muscle stretch that goes just to the point of gentle tension and is held steadily for several seconds, without moving or bouncing, such as bending down to touch your toes.

Passive stretching

A term used to describe a static stretch in which an external force (such as the floor or another person) holds the performer in the static position. Within class you will often take part in partner stretches which would be classified as passive stretching.

Dynamic stretching

Dynamic stretching involves moving parts of your body and gradually increasing reach and speed of movement. There are no bouncy or jerky movements during dynamic stretching. Examples include leg swings and torso twists.

Isometric stretching

Isometric stretching is a type of static stretching which involves the resistance of muscle groups through isometric contractions (tensing) of the stretched muscles. The use of isometric stretching is one of the fastest ways to develop increased static-passive flexibility and is much more effective than either passive stretching or active stretching alone. An example would be having a partner hold your leg up high (and keep it there) while you attempt to force your leg back down to the ground.

Ballistic stretching

Ballistic stretching uses the momentum of a moving body or a limb in an attempt to force it beyond its normal range of motion. This is stretching, or "warming up", by bouncing into (or out of) a stretched position, using the stretched muscles as a spring which pulls you out of the stretched position. (e.g. bouncing down repeatedly to touch your toes.) This type of stretching is not considered useful and can lead to injury. It does not allow your muscles to adjust to, and relax in, the stretched position. It may instead cause them to tighten up by repeatedly activating the stretch reflex

To be humble is a sign of strength, not weakness

Semi-Free Sparring (Ban Jayoo Matsoki)

Techniques in semi-free sparring should be executed with accuracy and power, whilst maintaining good balance. A correct guarding posture should be maintained at all times (do not drop your hands when performing a kick or other attacking move). Effective blocks for defence, including movement and dodging should be applied. The exercise is designed to improve your spatial awareness and well as improving your speed and reaction.

Semi-free sparring should not be hurried, however techniques should be executed in a dynamic way, the secret is reaction force and quick intelligent movements. This is where the true art to sparring is learned.

Both students start in parallel ready stance before shouting to signal each is ready to start and then move into L-stance. Students then return to parallel ready stance after each sequence.

Free Sparring (Jayoo Matsoki)

Semi-free sparring is useful in preparing the student for free sparring. However the student now needs to incorporate strategy and forward thinking into the equation. Strategy needs to be constantly re-evaluated throughout each round of sparring, working with your strengths and more importantly your opponents' weaknesses and flaws. Sometimes defence techniques can be forgotten in free sparring, with the student focusing entirely on attack. You must always maintain a good defence and guard throughout, whilst applying a good counter strategy. Do not allow yourself to be drawn into your opponents counter attacks, keep calm, think clearly and act swiftly and decisively.

Note your strengths and weaknesses and work to improve on both

When life gives you a hundred reasons to cry, show it that you have a thousand reasons to smile

Blue Stripe – 5th Kup

Practical grading (floor work)

Presentation and etiquette (show unprompted respect / present yourself smartly)

Semi free sparring three-for-three (blocking / any single or combination technique learnt)

One-for-one back kick (no blocking / change kicking leg after each kick)

One step sparring number four (see pages 11 and 12)

Double forearm block (stepping forwards in walking stance)

Hooking block (stepping forwards in walking stance)

Pattern Yul Gok

Questions (see table below and all previous grade terminology)

Meaning of blue belt

Blue signifies the Heaven towards which the plant matures into a towering tree as training in Tae Kwon Do progresses.

Interpretation of YUL GOK

Yul Gok (38 movement pattern) – is the pseudonym of a great philosopher and scholar Yi I (1536 – 1584) nicknamed the Confucius of Korea. The 38 movements refer to his birthplace on 38th degrees latitude and the diagram of the pattern represents 'scholar'.

Terminology for blue stripe:

X stance	Kyocho sogi
Front elbow strike	Ap palkup taerigi
Back kick	Dwit chagi
Palm-heel strike	Son badak taerigi
Arc hand strike	Bandalson taerigi
Reverse knife-hand strike	Sonkal dung taerigi
Side fist side strike	Yop joomuk yop taerigi
Reverse turning kick	Bandae dollyo chagi
Palm-heel waist block	Son badak hori makgi
Hooking block	Golcha makgi
Twin knife-hand block	Sang sonkal makgi
High double forearm block	Nopunde doo palmok makgi
Inner forearm inward waist block	An palmok anaero hori makgi
One step sparring	Ilbo matsoki

A life spent making mistakes is not only more honorable, but more useful than a life spent doing nothing

Taekwondo Kicks – Hints and Tips

Slow kicking practice is **vital** to good kicking technique. Hold onto a wall if you need to and perform your kicks slowly. Pay attention to every little detail. Look at your standing (stationery) foot, your chamber, your body position and your arms. **Take time to get your technique right.** This work will really pay off. You will find your kicks are so much better when you come to do them at normal speed. As you practise your kicking techniques slowly, you build strength in your leg and core muscles. This is important conditioning. If your core is strong you can keep your body upright when you kick. And your legs can work independently of your body. You will stay balanced during your kicks and recover more quickly. Strong hip muscles are also important; these create stability and strength in the kick.

Another great way to improve your kicking technique is to work on your chamber or knee lift. When you bend your knee you can kick fast. When you don't bend your knee enough your kick is slower. It's also physically harder to kick if you don't bend your knee. If you lift your leg straight up in front of you it's hard work and ineffective, however if you bend our knee to your chest it's easier. The final part of the kick (the leg extension) is less effort once your knee is in the right place and more straight line power is produced. Lifting your knee high also helps you to get your kicks higher. So pay particular attention to the leg and chamber positions, **don't attempt to rush through to the 'end' of the kick.**

Your taekwondo kicking techniques won't work if your stationery foot doesn't pivot (rotate). It just won't happen. Your hip can't open up, you can't extend your leg properly and you will strain your standing knee and your kick will lack power and direction. Make sure on your side-kick and traditional turning kick that the stationery foot rotates almost 180 degrees. This will generate a more powerful kick with less stress on the joints (in particular the knee) reducing the risk of injuries!

Once we understand the physical mechanics of the kicks, it's important we maintain focus. Without focus your kicks will lack direction and power and furthermore speed will be reduced. Correct focus improves your balance and greatly increases the ultimate power of the kick. Poor focus is normally a result of the following: (1) Poor Balance. (2) Lack of control. (3) Poor concentration. (4) Distraction.

Finally, for the kick to have maximum impact, the correct part striking part of the foot must be used (please refer to the diagrams in this handbook).

To summarise, the following qualities are required in executing effective powerful kicks: (1) Core muscle strength. (2) Flexibility. (3) Balance & posture. (4) Correct chamber position and rotation of stationery foot. (5) Focus. (6) Correct striking tool. (7) Speed and accuracy.

The past has no power over the present moment

You and Your Body

Improve fitness

Improving your fitness is necessary in all sports, not just Taekwondo. But what most people do not realise is that Taekwondo is a Sprint Sport, not an endurance sport. Instead of running for hours and hours, you need to concentrate on your sprint speed. Running 100m, 200m and 400m sprints not only make you fitter, it will also improve the speed of your kicking.

Eat enough protein

Protein is the building blocks for muscle. When you train, you break down your muscle and need to repair it quickly to recuperate fast. If there is not enough protein available, then your body starts to eat itself, by taking protein from your muscles.

Stretch

Now this might seem a bit obvious for Taekwondo students, but many do not realise the importance that stretching has for recuperation. When you stretch, you not only get the blood into your muscles to flush away all the waste products, but you also bring in nutrients and protein to help it recuperate faster. Tight muscles take longer to recover from training, so by stretching them you improve the blood flow, making it easier for the good stuff to get in and the bad stuff to be washed out.

Visualize yourself fitter

Now this may seem a bit 'out of the ordinary', but it has actually been proven that people who visualize themselves successfully training and winning actually increase the likelihood of doing so quite dramatically. This method can also be beneficial in improving your Taekwondo techniques (visualise yourself performing perfect kicks, strikes and blocks). Using this technique with patterns not only enhances your performance, but is of great assistance when memorising the Taekwondo Patterns.

Get quality sleep

We all need sleep. When we sleep we recuperate and repair our bodies. If we do not recuperate we are not effective in training or competition. By getting good quality sleep, we give our bodies the extra boost it needs to be able to train harder, longer and more often.

“When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down ‘happy’. They told me I didn’t understand the assignment, and I told them they didn’t understand life.”

Never be bullied into silence. Never allow yourself to be made a victim. Accept no one’s definition of your life, but define yourself.

Interesting Facts

Confucianism is the ethical system of the Chinese philosopher, Confucius, who was born in China in approximately 552 BC. It is not a religion that is based on the worship of a supernatural power, more a collection of teachings or analects emphasising devotion to the family, peace and justice. The name Confucius is derived from the family name 'Con' and 'Fut-su'. He was a scholar who spent much of his life travelling and it is his conversations with his followers that have been transformed into his analects. There are five teachings:

1. The Ruler and the Minister, which indicates righteousness.
2. Father and Son, which relates to affection.
3. Husband and Wife, which focuses on attention to their separate functions.
4. Old and Young, which symbolises the great order of things.
5. The relationship of friends from which can be seen faithfulness.

The 38° line of latitude has a more modern significance. At the end of the Second World War, Korea was liberated from the Japanese and divided by the US and Soviet Union, as it was then, into North and South along the 38° line forming a boundary between communism and capitalism.

Yul Gok as a philosopher believed that national opinion was the vitality of the state and the kingdom's survival depended on it. To this end, he was a prominent figure in the call for universal suffrage. He stated that a household would not sustain harmony unless every member is sufficiently sincere. Sincerity is the origin of reverence, showing the realism of heaven and is therefore the only true weapon against evil.

The Three Kingdoms of Korea was Goguryo, Silla and Baekje. The Silla dynasty emerged around the 4th century AD. Its lands were in the south of the Korean peninsula. It was the most successful of the three kingdoms because of its position for international trade. This commercial strength enabled the kingdom to seize control of Goguryo and Pekjay.

The Hwa Rang or 'Flower of the Youth Corps' was known as the Knights of Silla. They were a group of aristocratic teenagers who gathered together to learn the art of war and literature based on a set of philosophical and religious beliefs. They exemplified the principle of honour, loyalty and justice and although not part of the Korean army often led them into battle. One of their tenets was 'never to retreat in war'.

The Hwa Rang were masters of swordsmanship and archery but did not practise a martial art as we know it today. They were fanatically loyal to their ruler and expressed their support in songs and prayers dedicated to the prosperity of the country. The famous monk Wong Wang, who consolidated Buddhist and Confucian virtues into the group, aiding the growth and power of the Silla dynasty, postulated their objectives.

***The block of granite which was an obstacle in the pathway of the weak,
became a stepping-stone in the pathway of the strong.***

Blue Belt – 4th Kup

Practical grading (floor work)

Presentation and etiquette (show unprompted respect / present yourself smartly)

Free sparring

Semi free sparring three-for-three (blocking / any single or combination technique learnt)

One-for-one reverse turning kick (no blocking / change kicking leg after each kick)

One step sparring number five (see pages 11 and 12)

Line work appropriate for grade

Pattern Joong Gun

Breaking (optional)

Questions (see table below and all previous grade terminology)

Interpretation of JOONG GUN (32 movements)

Joong Gun – Is named after the patriot Ahn Joong-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. The 32 movements in this pattern are to represent Mr. Ahn's age when he was executed at Lui-Shang prison (1910).

Terminology for blue stripe:

Closed ready stance 'B'	Moa junbi sogi 'B'
Rear foot stance	Dwit bal sogi
Low stance	Nachuo sogi
Closed stance	Moa sogi
Low front snap kick	Najunde apcha busigi
High upper elbow strike	Nopunde wi palkup taerigi
High vertical twin fist punch	Nopunde sang joomuk sewo jirugi
Twin fist upset punch	Sang joomuk dwijibo jirugi
High back-fist side strike	Nopunde dung joomuk yop taerigi
Middle side piercing kick	Kaunde yop cha jirugi
Middle side reverse knife hand block	Kaunde yop sonkal dung makgi
Upward palm-heel block	Ollyo son badak makgi
Knife-hand guarding block	Sonkal daebi makgi
'X' fist block	Kyochoa joomuk makgi
High double forearm block	Nopunde doo palmok makgi
Middle forearm guarding block	Kaunde palmok daebi makgi
Palm pressing block	Noollo son badak makgi
U shape block	Digutcha makgi
Pulling release	Dangimyo Pulgi

Red Stripe – 3rd Kup

Practical grading (floor work)

Presentation and etiquette (show unprompted respect / present yourself smartly)

Free sparring

Semi free sparring three-for-three (blocking / any single or combination technique learnt)

One-for-one back leg side kick (no blocking / change kicking leg after each kick)

One step sparring number six (see pages 11 and 12)

Line work appropriate for grade

Pattern Toi Gye

Breaking (optional / students choice of technique / examiners choice of boards)

Questions (see table below and all previous grade terminology)

Meaning of red belt

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

Interpretation of TOI GYE (37 movements)

Toi Gye – is the pen name of the noted scholar Yi Hwang (16th AD) and authority of neo-Confucianism. The 37 movements of the pattern refer to his birthplace on the 37th degree latitude. The diagram of the pattern represents scholar

Terminology for red stripe:

'X' stance	Kyocho sogi
Low upset fingertip thrust	Najunde dwijilbo sonkut tulgi
High back back-fist strike	Nopunde dwit dung joomuk taerigi
High vertical twin fist punch	Nopunde sang joomuk sewo jirugi
Middle front snap kick	Kaunde apcha busigi
Middle fore-fist punch	Kaunde ap joomuk jirugi
High flat fingertip thrust	Nopunde opun sonkut tulgi
Double fore-fist punch	Dwibo ap joomuk jirugi
Middle side inner forearm block	Kaunde yop an palmok makgi
Pressing 'X' fist block	Noollo kyocha joomuk makgi
Outer forearm 'W' shape block	Bakat palmok san makgi
Low double forearm pushing block	Najunde doo palmok miro makgi
Middle knife-hand guarding block	Kaunde sonkal daebi makgi
High double forearm block	Nopunde doo palmok makgi
Low knife-hand guarding block	Najunde sonkal daebi makgi
Breaking / destruction	Kyukpa
Inner forearm circular block	An palmok dollymio makgi

Red Belt – 2nd Kup

Practical grading (floor work)

Presentation and etiquette (show unprompted respect / present yourself smartly)

Free sparring

Semi free sparring three-for-three (blocking / any single or combination technique learnt)

One-for-one back leg hooking kick (no blocking / change kicking leg after each kick)

One step sparring number seven (see pages 11 and 12)

Line work appropriate for grade

Pattern Hwa Rang

Breaking (optional / students choice of technique / examiners choice of boards)

Questions (see table below and all previous grade terminology)

Interpretation of HWA RANG (29 movements)

Hwa-rang – is named after the Hwa Rang youth group, which originated in the Silla Dynasty about 600 AD. This group eventually became the actual driving force for the unification of the kingdoms of Korea. The 29 movements refer to the 29th infantry division, where Tae Kwon Do developed into maturity.

Terminology for red belt:

Closed ready stance 'C'	Moa junbi sogi 'C'
Fixed stance	Gojung sogi
Vertical stance	Soojik sogi
Closed stance	Moa sogi
Upward punch	Ollyo jirugi
Middle side punch	Kaunde yop jirugi
Knife-hand downward strike	Sonkal naeryo taerigi
Middle knife-hand side strike	Kaunde sonkal yop taerigi
Middle straight fingertip thrust	Kaunde son sonkut tulgi
High turning kick	Nopunde dollyo chagi
Side elbow strike	Yop palkup taerigi
Palm heel checking block	Son badak mum cha makgi
Twin forearm block	Sang palmok makgi
Low block	Najunde makgi
Knife-hand guarding block	Sonkal daebi makgi
'X' fist pressing block	Kyocho joomuk noollo makgi

When the Student is ready – The Master appears

Black Stripe – 1st Kup

Practical grading (floor work)

Presentation and etiquette (show unprompted respect / present yourself smartly)

Free sparring 10 rounds

One step sparring numbers one to seven (see pages 11 and 12)

Line work (examiners choice line work)

Pattern Choong Moo and one other of examiners choice

Three patterns of students choice

Breaking (optional / students choice of technique / examiners choice of boards)

Questions (see all previous grade terminology)

Meaning of black belt

Black is the opposite to white, therefore, signifying the maturity and proficiency in Tae Kwon Do. Also indicates the wearer's imperviousness to darkness and fear.

Interpretation of CHOONG MOO (30 movements)

Choong Moo is the given name for the great Admiral Yi Sun–Sin of the Yi dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592 AD, which was the precursor of the present day submarine. The reason why this pattern ends in a left-hand attack is to symbolise Choong Moo's regrettable death, having no chance to show his unrestrained potential checked by the forced reservation of his loyalty to the king. (He refused to obey an order to intercept the Japanese fleet, which he knew to be a trap).

Translated, Kobukson means 'ship that looks like a tortoise'. It was heavily armoured and completely enclosed by a dome shaped shell from which protruded various spikes and knives. The shell was made of iron and the hull of the boat was made of wood. The ship was steered with the use of a periscope and carried the first form of long-range missiles – some carrying chemicals or gas.

Also, during this Yi dynasty, under the rule of Yi Ta-go, a new capital for Korea was built to break the restraints of the past. This new city was founded near the Han River, near the centre of the country and named Seoul, which means 'capital'. This new city unified the nation.

Study this book thoroughly and you will be well prepared for the Korean terminology test at your 1st Degree Black Belt grading. If you are successful you will achieve 1st Degree and be awarded the coveted Black belt.

Black belt status places a heavy responsibility on the wearer to display knowledge, ability and humility and to stand as an example to all other students and the art of Taekwondo.

Good luck! And my very best wishes for a long and successful future in Tae Kwon Do.

Phil Thomas – Instructor 6th Degree

Hand Attacking Parts (Sang Bansin)

The hand creates so many types of tools that special care should be paid to the selection of the appropriate tool for the appropriate target.

Forefist (*ap joomuk*)



Ap joomuk is generally used for attacking the philtrum, ribs, solar plexus, chest, abdomen, jaw, etc. The main knuckles of the forefinger and middle finger are the punching parts. The top and the front of the fist should form a right angle so the punching parts can be closely contacted with the target. The wrist should not be bent when the fist is clenched.

Back fist (*dung joomuk*)



This is primarily used for attacking the skull, forehead, temple, philtrum and abdomen, with the floating ribs and epigastrium as secondary targets. The main knuckles of the forefinger and middle finger are the parts used.

Side fist (*yop joomuk*)



This is used for attacking the skull, elbow joint, ribs, solar plexus, philtrum and abdomen. It is occasionally used for blocking.

Forearm (*palmok*)



Palmok is used for blocking and is classified into outer, inner, back and under forearm. One-third of the arm, from the wrist to the elbow, is used.

Knifehand (*sonkal*)



Sonkal is very powerful attacking tool, especially against a side target, and is used for attacking the skull, neck artery, bridge of the nose, temple, philtrum, clavicle, shoulder and floating ribs. The knife-hand is also frequently used for blocking.

There are too many hand parts used for attacking that it is impossible to show them all in this Handbook. You will however learn the full range as your training in Taekwondo progresses.

Foot Attacking Parts (Ha Bansin)

Ball of the foot (*ap kumchi*)



The toes are bent sharply upward at the moment of impact. It is used to attack the face, point of the chin, inner thigh, chest, solar plexus, floating ribs, scrotum, coccyx and lower abdomen, and occasionally is used for blocking in support of the back sole.

Side sole (*Yop bal badak*)



This form is created when the toes are properly bent upward while bending the ankle slightly upward. It is used in blocking.

Instep (*baldung*)



This technique is created by bending the ankle and the toes sharply downward. This technique is only used to attack the chin or groin. When shoes are worn, the face, solar plexus, ribcage and lower belly are also a target.

Footsword (*balkal*)



This is considered the most important tool of the foot and is used to attack the philtrum, bridge of the nose, neck, solar plexus, chin, temple, armpit, floating ribs, knee joint, ankle joint and instep. Frequently it is used for blocking. One-third of the edge, from the heel to the joint of the little toe, is the part used. Remember to push out the heel while bending the root of the toes back to properly tense the footsword at the moment of impact.

*Some other foot attacking parts, not shown here, are back heel (*dwit chook*), reverse footsword (*balkal dung*), and the toes (*balkut*) and the knee (*moorup*). Your Instructor will demonstrate the use of these foot parts when your lesson requires it.*

English to Korean translations

Counting

One	Hana
Two	Dool
Three	Set
Four	Net
Five	Dasut
Six	Yasut
Seven	Ilgope
Eight	Yardol
Nine	Ahop
Ten	Yoll

Sections

High	Nopunde
Middle	Kaunde
Low	Najunde
Left	Wen
Right	Orun
Jumping	Twigi
Flying	Twimyo

Hand Parts

Inner forearm	An palmok
Outer forearm	Bakat palmok
Back forearm	Dung palmok
Front fist	Ap joomuk
Back fist	Dung joomuk
Side fist	Yop joomuk
Knifehand	Sonkal
Rev. knifehand	Sonkal dung
Fingertip	Sonkut
Palm	Sonbadak
Elbow	Palkup
Arc Hand	Bandalson
Back of hand	Son Dung
Base of Knifehand	Sonkal Batang
Thumb Ridge	Umji Batang
Fore knuckle fist	Inji joomuk
Middle Knuckle Fist	Joongji joomuk
Thumb knuckle fist	Umji joomuk
Under forearm	Mit Joomuk

Foot Parts

Ball of foot	Ap kumchi
Foot sword	Balkal
Back heel	Dwit Chook
Instep	Baldung
Knee	Moorup

Sparring

3-step	Sambo
2-step	lbo
1-step	Ilbo
Semi-free	Ban jayoo
Free	Jayoo

Stances

Attention	Charyot
Parallel ready	Narani Chunbi
Sitting	Annun
Walking	Gunnun
L	Niunja
Closed ready	Moa Chunbi
Fixed	Gojung
Bending	Guburyo

Rear foot	Dwit Bal
Low	Nachau
X	Kyocha
Vertical	Soo jik
1- leg	Waebal

Punch

Front	Ap
Obverse	Baro
Reverse	Bandae
Side	Yop
Double	Doo
Twin vertical	Sang sewo
Turning	Dollyo
Upset	Dwijibo
Twin upset	Sang dwijibo
Upwards	Olyo
Downwards	Naeryo
Horizontal	Soopyong

Kicks

Rising	Chookyo
Fist	Ap
Front snap	Ap Cha Busigi
Side	Yop
Turning	Dollyo
Back	Dwit
Hooking	Golcho
Reverse turning	Bandae dollyo
Reverse hook	Bandae dollyo goro
Axe/ downward	Naeryo
Crescent	Bandal
Twisting	Bituro
Consecutive	Yonsok
Combination	Hanap
Grabbing Knee	Butjaba Moorup
Pressing	Noollo
Side Pushing	Yop Cha Milgi

Strikes

Back fist	Dung joomuk
Knifehand	Sonkal
Rev. knifehand	Sonkal dung
Front elbow	Ap palkup
Side elbow	Yop palkup
Upper elbow	Wi palkup
Double elbow	Jau palkup

Blocks

Inward	Anuro
Outward	Bakuro
Low	Najunde
Middle	Kaunde
High	Nopunde
Rising	Chookyo
Forearm guarding	Palmok daebi
Knifehand guarding	Sonkal daebi
Twin forearm	Sang palmok
Twin knifehand	Sang sonkal
Wedging	Hechyo
Circular	Dollimyo
Waist	Hori
Hooking	Golcho
Double forearm	Doo palmok
Reverse knifehand	Sonkal dung

Jurigi

Ap	Baro
Bandae	Yop
Doo	Sang sewo
Dollyo	Dwijibo
Sang dwijibo	Olyo
Naeryo	Soopyong

Chagi

Chookyo	Ap
Ap	Ap Cha Busigi
Yop	Dollyo
Dollyo	Dwit
Golcho	Bandae dollyo
Bandae dollyo	Bandae dollyo goro
Naeryo	Bandal
Bituro	Yonsok
Yonsok	Hanap
Hanap	Butjaba Moorup
Butjaba Moorup	Noollo
Noollo	Yop Cha Milgi

Taerigi

Dung joomuk	Sonkal
Sonkal	Sonkal dung
Sonkal dung	Ap palkup
Ap palkup	Yop palkup
Yop palkup	Wi palkup
Wi palkup	Jau palkup

Makgi

Anuro	Bakuro
Bakuro	Najunde
Najunde	Kaunde
Kaunde	Nopunde
Nopunde	Chookyo
Chookyo	Palmok daebi
Palmok daebi	Sonkal daebi
Sonkal daebi	Sang palmok
Sang palmok	Sang sonkal
Sang sonkal	Hechyo
Hechyo	Dollimyo
Dollimyo	Hori
Hori	Golcho
Golcho	Doo palmok
Doo palmok	Sonkal dung

Upward	Olyo
X-fist	Kyocha joomuk
X-fist Rising	Kyocha joomuk chookyo
X-knifehand	Kyocha sonkal
Pressing	Noollo
U-Shape/Stick	Digutya/Mondungi
W-shape	San
Checking	Momchau
Pushing	Miro
Twin palm upward	Sang sonbadak
Double Arc Hand	ollyo
9-Shaped	Doo bandal son
	Gutchha

Thrusts

Flat fingertip	Opun sonkut
Straight fingertip	Son sonkut
Upset fingertip	Dwijibo sonkut

Body Targets

Philtrum	Injoong
Mandibuar Joint	Tok gwanjol
Point of Jaw	Mit tok
Eyes	Angoo
Adam's Apple	Gyol hoo
Sternum	Hyung gol
Solar Plexus	Myong chi
Kidneys	Kyongpat
Floating Ribs	Nuk gol
Stomach	Bokboo
Coccyx	Migol
Groin	Sataguni
Knee	Moorup
Shin	Jong kwaeng-i
Chest	Gasum

Miscellaneous

Bow	Kyong ye
Start	Sijak
Stop	Goman
Return to ready	Barro
Break	Hechyo
Shout	Kihap
Training Hall	Dojang
Suit	Dobok
Belt	Ti
Pattern	Tul
Master	Sahyun
Instructor	Sabum
Student	Jeja
Breaking	Gyokpa
Forwards	Apro kaggi
About turn	Dwiyro torro
Backwards	Dwiyro kaggi
Turn	Dolgi
Opposites (Yin/Yang)	Um Yang
Body shift (single foot)	Milagi
Sliding	Mikulgi
Twisting Release	Bitulmyo pulgi
Pulling Release	Dangimyo pulgi

Tenets

Courtesy	Ye ui
Integrity	Yom chi
Perseverance	In nae
Self-control	Guk gi
Indomitable Spirit	Baekjul boolgool

Tulgi

Opun sonkut	Son sonkut
Son sonkut	Dwijibo sonkut

The Instructor

Phil Thomas is a 6th Degree Black Belt with 40 years' experience in Martial Arts. Phil started training at Warwick Tae Kwon Do School in November 1973 and has never looked back since. Phil's first instructor was Mr Bob Howe, who was the first Tae Kwon Do Black Belt in the U.K. Mr Bob Howe was one of the pioneers of Tae Kwon Do in the United Kingdom. Taekwondo Grand Master Ree Ki Ha 9th Degree, graded Phil up to 1st Kup and Grand Master Hee Il Cho 9th Degree graded Phil to 1st and 2nd Degree.

Phil Thomas continued to train for many years at Warwick before moving to Banbury. Shortly after moving to Banbury in the late seventies a friend of Phil's – Master Ian Ferguson opened a new club, and Phil continued his training with him, until Ian decided to move north to Scotland. They have remained close friends for nearly 40 years, pursuing a common love of Taekwondo, climbing and adventure sports. In 2012 Phil joined Master Ferguson as part of the APTI (Association of professional Taekwondo Instructors)

Voted Instructor of the year on no less than 3 separate occasions, Phil is also an International Instructor and class A referee and has personally tutored over 100 Black belts up to the high rank of 4th Degree. Phil is coach to many British, Scottish, Welsh and Irish Champions.

