

A Guide to the Self Defence Syllabus of the **International Taekwon-Do Foundation** of **New Zealand.**



A 4th Dan Thesis
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Introduction:

Welcome to my guide to self-defence.

The following is a step-by-step guide to the syllabus laid out in then ITFNZ Techniques Handbook.

The releases and strikes performed in this thesis are performed as I teach and perform them but are only a guideline.

The stances, blocks and strikes are flexible and may be varied in some instances but I suggest you ask the advice of your instructor before doing so. I hope this guide to self-defence makes it a little easier for you to practice your self-defence techniques and gives you new ideas to try and enjoy. It has been my intention for you as a student of Taekwon-Do to take your lesson home and practice with the use of this thesis.

The basis to performing good and effective techniques in self-defence start from the ground up:

STANCES:

Without good stances you cannot hope to have good balance to develop power in your Taekwon-Do techniques.

In the prelude to performing your self-defence techniques you should try to distract your opponent by either kicking, stamping, punching or yelling at them, then immediately follow up with your self defence technique with spirit and determination.

Chris Fitzgerald – 3rd Dan
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White Belt (10th Gup)



Release from a grab to the wrist from the same side:

(assume right hand grabs left wrist)



A



1. Face your partner and have them grab your left wrist from the outside.



2. Rotate wrist clockwise in a circular motion until fingerbelly is on opponent's outer forearm.



3. Push downward in fast motion while stepping away into Right L-Stance.



4. Counter attack with a right forefist punch and Ki-Hap!



B



1. Rotate wrist anti clockwise in a circular motion until knife hand is on opponent's wrist or inner forearm.



2. Continue downward in a fast circular motion while stepping away into a Right L-Stance.



3. Counter attack with a right forefist punch and Ki-Hap!

Yellow Stripe (9th Gup)



Release from a grab to the wrist from the opposite side:

(assume right hand grabs right wrist)



1. Face your partner and grab their right wrist from the inside.



2. Place your free hand on top of your opponent's grabbing hand to help prevent opponent's release.



3. Move your right wrist in a clockwise circular motion until your hand is on your opponent's outer forearm assuming a "Right L-Stance" (keeping your opponents arm slightly bent)



4. Hold firmly and press directly downward maintaining a good strong stance, (be careful not to lean forward too much)



Yellow Belt (8th Gup)



Release from a two-hand grab to one wrist:

(assume opponent grabs right wrist)



1. Face your partner and have them grab your right wrist with both hands.



2. Reach between opponent's arms and grab your own fist from the top.



3. Step forward into a Left Walking Stance” as you pull your fist upward driving your elbow into your opponent’s chest/sternum area or chin.

Release from a two-hand grab to both wrists:

A





1. Face your partner and have them grab both your wrists from the outside.



2. Move both wrists in an outward circular motion until the finger belly of both hands are on your opponent's outer forearms.



3. Push downward in fast motion whilst stepping away into right or left L-Stance.



**4. Counter attack with a fore fist punch
(ie. Right L-stance, right fore fist punch and vice versa)**

B



1. Move both wrists in an outward circular motion until both knife-hands are on your opponent's wrists or inner forearm.





2. Continue downward in a fast circular motion whilst stepping away into a right or left L-Stance.



**3. Counter attack with a fore fist punch
(ie. Right L-Stance, right fore fist punch and vice versa)**



Green Stripe (7th Gup)



Release from a lapel grab with one hand:

(Assume right hand grabs left lapel)



1. Reach across with your right hand placing your thumb on the webbing between the thumb and forefinger of opponent's hand whilst grabbing the outside of your opponents hand (the fleshy part below the pinkie) with your index and forefingers for leverage.





2. Twist clockwise whilst stepping back into a right L-Stance bringing your left hand to opponents wrist for support until your opponent's elbow faces upward (maintaining your grip close to your body)



3. Lay your left arm along your opponent's arm naturally (maintain your opponents elbow in an upright position).



4. Press directly downward using your arm as a lever (be careful not to lean forward)

B

Release from a lapel grab with two hands:



1. Take your arm over and down between opponents arms
(assume right arm moving)





2. Grabbing your right hand with your left hand.



3. Lift upwards then push and pull your hands whilst rotating simultaneously clockwise across the front of your body whilst stepping into a right walking stance.



4. Pivot into left walking stance and counter attack with a “Front Elbow Strike” or “Reverse Knife Hand Strike” and Ki-Hap!

Release as in Do-San (movement 7): *



1. Twist the right hand together with the body counter-clockwise until the palm faces downward (pivoting on the balls of both feet).





2. Turn your body counter-clockwise to form a left walking stance whilst executing a “High Side Strike” with the left back fist.

*** REFERENCE: "TAEKWON-DO – GENERAL CHOI HONG HI - 1991"**



Green Belt (6th Gup)



Bear Hug - Over arms from behind:



1. Preliminary stamp on foot, then moving both feet at the same time drop into a sitting stance raising both arms upwards and turning your head to the side facing the angle of your inside elbow (ie. turning your chin to your shoulder either left or right)



2. Horizontal backward elbow strike to the left or the right.



Bear Hug - Under arms from behind:

A



1. Preliminary stamp on foot or shin.





2. Headbutt backward.



3. Horizontal backward elbow strike.



B



1. Preliminary stamp on foot/shin.



2. Repeatedly strike with middle knuckles on back of opponent's hands.



C



1. Preliminary stamp on foot/shin.



2. Headbutt backward.





**2. Step one foot to the right or left.
Bend forwards between your legs and grab your opponents' leg (left or right)**



**3. Lift your opponent's leg upward and follow up fall with a low kick
(downward kick, side kick, stamp etc...)**



Blue Stripe (5th Gup)



Two hand wrist grab from behind:



1. Take a step back towards your opponent in either a left or right L-Stance, at the same time lifting your hands up around shoulder height; (be careful to keep your hands as close to your shoulders as is comfortable).



2. Push your palms forward (as though pushing away from an invisible wall)
striking your opponent's chest with your back.

Two hand shoulder grab from behind:

(Assume we are stepping to the right)





1. Step back on a diagonal behind yourself. (ie. when stepping back to the right, step with your right leg between yourself and you're opponent and vice versa)

2. At the same time swing your right arm backward (like swimming backstroke) hooking your opponent's arms.

3. Strike with free hand or arm (ie. Front Elbow Strike, Upward Punch etc...) perhaps even the knee.



Blue Belt (4th Gup)



Release as in Joong-Gun movements 15 & 18 *

(Assume movement 14, opponent grabs left wrist with the right hand)



1. Twist the left fist counter-clockwise until the back fist faces downward whilst performing a left walking stance, slipping the left foot (perform in fast motion).



**2. Execute a high punch with the right fist.
(NB the same applies for movement 18 but opposite side)**

*** REFERENCE: "TAEKWON-DO – GENERAL CHOI HONG HI - 1991"**

Defence against a “Twin Palm Push”





1. Step back into right I-stance whilst blocking down on opponents right forearm with your left palm and blocking up and outward on opponents right forearm at the same time.



2. Slide front leg into left walking stance, counter attack with front elbow strike.



3. Reach behind the neck or grab the collar and front kick with the knee to the mid section or upper thigh (remember the ol' dead leg) whilst pulling your opponent forward.



4. Pivot into right walking stance and elbow strike to your opponents rear head area.



Defence against a “Straight Punch”

(Assume a right punch)



- 1. Dodge to the outside of the punch into a Sitting Stance, trapping the arm with your inner and outer forearms either side of the elbow (left forearm above elbow and right forearm below elbow).**



- 2/3. Slip your left hand inside your opponent’s right arm in a downward motion and scoop to the side of your opponent.**

- 4. Slip forward into a left walking stance and counter attack with an upward elbow strike to the chin.**



Red Stripe (3rd Gup)



Defence against a “Back Fist” or “Back Hand”

(Assume right hand or fist is striking)



1. Step forward to the side front of your opponent into a sitting stance and execute a parallel block.



2/3. Slip your left hand inside your opponent’s right arm in a downward motion and scoop to the side of your opponent.

4. Slip forward into a left walking stance and counter attack with an upward elbow strike to the chin.



Defence against a “Hook” or “Drunken Swing”

(Assume a right hook or swing)



1. Step forward into a left L-stance, Palm heel strike your opponents chest area with your right palm and execute an outward block with left outer forearm or knife-hand simultaneously.



2. Step into a right walking stance and counter attack with a left front elbow strike.



Red Belt (2nd Gup)



Release as in Hwa Rang movement 11 & 12 *

Face your partner and have them grab your right wrist from the outside.



1. Pull the left foot toward the right foot, at the same time bring your left palm on the right forearm bending the right elbow slightly.



2. Execute a middle side piercing kick with the right foot while pulling both hands in the opposite direction then lower the right foot to form a left L-stance at the same time executing a middle side strike with the right knife hand.

*** REFERENCE: "TAEKWON-DO – GENERAL CHOI HONG HI - 1991"**

Defence against a “Double Hook”

(Assume right hand striking first)



1. Step forward into a left L-stance, Palm heel strike your opponents chest area with your right hand and execute an outward block with left outer forearm or knife-hand simultaneously.



2. Step forward into a right L-stance, Palm heel strike your opponents chest area with your left hand and execute an outward block with right outer forearm or knife-hand simultaneously.



3. Step into a left walking stance and counter attack with a right front elbow strike.

Defence against a “Grab & Hook” (assume left hand grabs right lapel)



Face your partner and assume left-hand lapel grab and right hook.



- 1. Step forward into a right L-stance, palm heel strike your opponents face area with your right hand and execute an outward block with left outer forearm or knife-hand simultaneously.**



- 2. Grab and hold opponent behind neck with your right hand and execute a front kick with the knee to opponent's thigh.**



3. Pivot into right walking stance and front elbow strike to your opponents head area.



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