

★ TECHNIQUES SEMINAR ★

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SEMINAR NOTES

Revising main points from the ITF Training Seminar held August 2004

Plus subsequent updates from the ITF Technical Committee*

- Sine wave was introduced around 25 years ago and had to be applied to all the movements in the patterns. This has taken time and has caused some inconsistencies in the way the movements have been performed. There is also inconsistency between the various versions of the encyclopedia. It is the job of the ITF Technical committee to clarify and standardise these inconsistencies.
- Not all movements have a technical explanation. Some are representative of the person the pattern is named after. For example, the stamping motion on movement 38 of Tong-Il represents the split of Korea on the 38th parallel.
- When correcting patterns, work on the most important things first - ie sine wave and how to move the body to generate power.
- Use all of the body - eg shoulders, hips and knees to create power.
- **Continuous Motion:** Continuous motion is when we execute two movements with two complete sine waves and two continuous breaths. Examples: DAN-GUN movements 13 and 14, TOI-GYE movements 7 and 8, GE-BAEK movements 37 and 38. When performing more than two movements in continuous motion we must execute a half sine wave. Examples: PO-EUN movements 6 to 12 and 24 to 30, YOO-SIN movements 16, 17, 18 and 19. *
- **Fast Motion:** When performing two punches in fast motion the rear leg must be completely straight when performing the second punch. Example DO-SAN, YUL-GOK. Perform half sine wave for the second punch. *
- **Slow motion** - do not accelerate at the end of the movement.
- **Bending Stance:** Hands and foot must perform at the same time – this means that the blocking hand motion and the rising foot motion must be executed at the same time. Example WON-HYO
- **Kicks** After kicking the standing leg must create a sine wave before assuming the next position.
- **Front Snap Kick - Turning Kick** Front and turning kicks must be performed in a snapping motion and not with a straight leg at the end of the kick. *
- **Pulling** When the book reads “...pulling both hands in the opposite direction...” Example: GE-BAEK movement 16. Bring both hands near the hip without touching the one or other hand. *
- **Reverse Turning Kick** When performing reverse turning kick keep the leg completely straight. Example MOON-MOO *
- **Reverse Hooking Kick** When performing reverse hooking kick bend the leg slightly. When perform in slow motion, finish the movement completely, then bringing the leg back in normal speed. Example JU-CHE (movement 5 and 17).*

CHON-JI

- Parallel Ready Stance, Distance between hands 5 cm, hands to body 7 cm, elbows to body 10 cm.
- Take time to prepare the movement - don't rush the intermediate position, Be relaxed and bend the knee properly.
- Forearm low block 20 cm from leg at 25 degrees. Knifehand low block 15 cm from leg at 15 degrees.

DAN-GUN

- High punch, fist finished in line with the instep
- Twin forearm block has the primary defence starting from the inside.

DO-SAN

- Check angles of wedging blocks to ensure you finish on the spot.
- Spot turn by moving the foot to the centre line, in line with the heel.
- Move the hip first, followed by the smaller muscles groups.
- Wedging blocks - outer forearm on the shoulder line
- Move the foot in an arc on the last movement to facilitate the movement of the hip to develop power.

WON-HYO

- Bending ready stance has a full sine wave: down - up - down.
- Cross the arms before punching when you kick
- Circular block in line with the back foot.

YUL-GOK

- Don't cross the arms on movement 1 and 4.
- Move the feet on a U-shape rather than a V shape.
- Hooking block elbow at 15 degrees
- Use hip power on front elbow strike
- Relax the shoulder on X-stance backfist strike - by having a correct stance. Don't angle the backfist too much.

Joong-Gun

- Rear foot stance has the back foot at 15 degrees, front foot 25 degrees, upward block at 35 degrees.
- Twinfist vertical punch - philtrum level. Slightly angle fists.
- No backward motion on the release (movement 15)
- Pressing blocks in line with shoulders. Don't bend the wrists, Top elbow no more than 5 cm in front of body.*

Toi-Gye

- Slow motion throughout the movement (not fast at the end)
- Twin side elbow thrust - cross the arms in front of the umbilicus and execute twin side elbow thrust.
- W-Shape blocks at 80 degrees. Elbows slightly lower than shoulders.

HWA-RANG

- Close ready stance C: Put the middle finger from the left hand over the middle finger of the right hand, and the thumb from the left hand must be over the knuckle of the middle finger of the right hand.*
- Side elbow thrust - normally the elbow hand goes under the other. Since it is on top for the pressing block just leave it there.*

CHOONG-MOO

- Step before flying side kick keeping the body half facing
- Upset fingertip thrust and backfist perform quickly

KWANG-GAE

- Stay full facing on upset punch
- Double step is half facing
- Slide = approx one shoulder width
- No sine wave on shifting

CHOONG-JANG

- Look back on pause for movement 9
- For ground punch, lift back knee then drop at moment of the punch
- Rear foot stance - low pressing block position slightly off centre.
- Perform a back elbow thrust on mov 28

JU-CHE

- Slight downward motion before standing up in one-leg stance
- Keep arms in front of the body on the slow reverse hooking kicks
- Outer forearm downward block motion different to when using the palm*
- Bend the arm slightly once landed on the mid-air strike

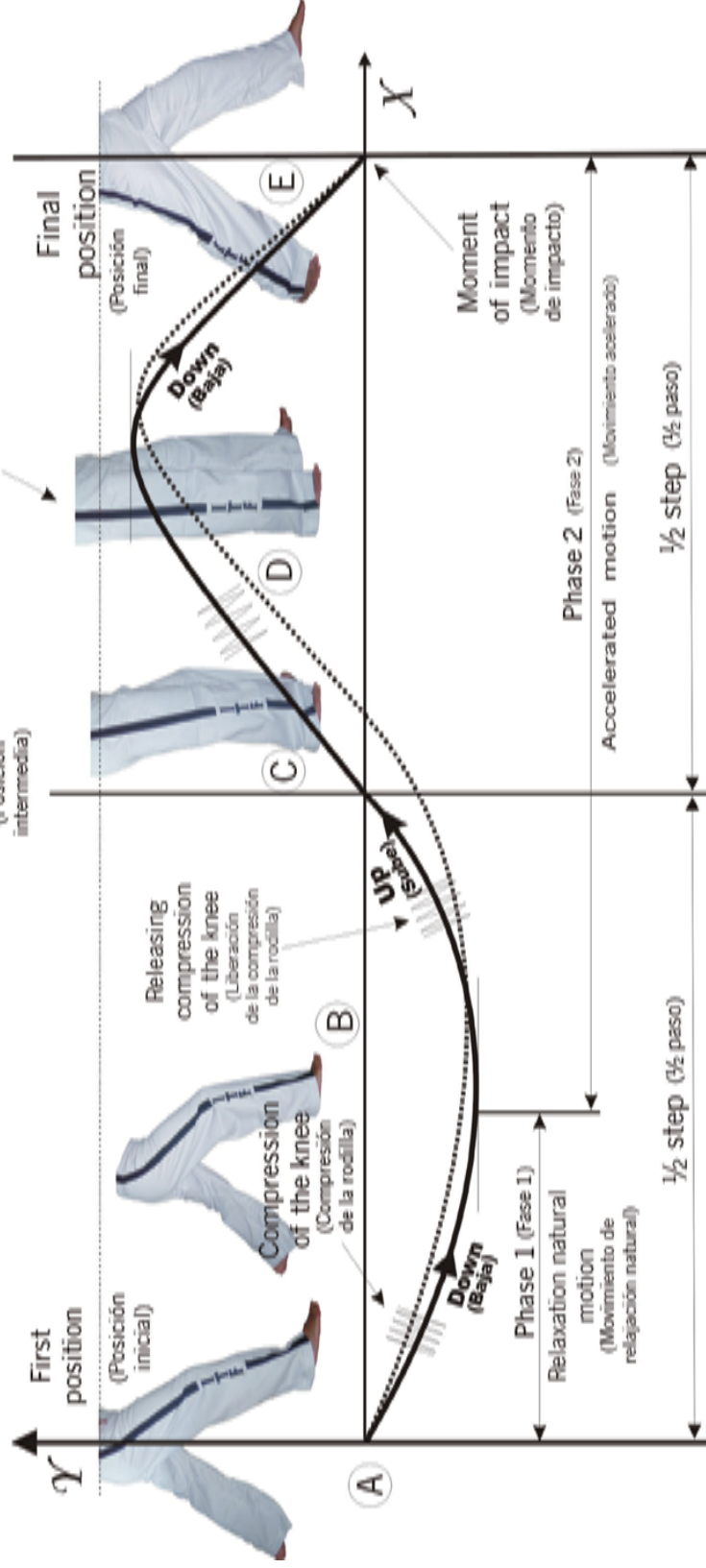
MOON-NOO

- High twisting kick is right to the side not in front*

Sine Wave Movement (Movimiento Ondulante)



The highest point is reached after midway due to the speed of the movement
(El punto de máxima altura se alcanza pasada la mitad del recorrido debido a la velocidad del movimiento)



Present by
I.T.F. Technical Committee