



***International[®]
Taekwon-Do***



techniques handbook

White Belt Syllabus

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About Taekwon-Do

Class procedure

When class begins, you form up from highest rank to lowest rank – right to left (as you face the front) and front to back. Uniformed students form up ahead of those not in uniform. Run to your spot and listen to directions from senior ranks. Students say the student oath together, and the instructor may make announcements. (Late students form up at the end of other students, regardless of rank.)

The instructor is there to help you learn Taekwon-Do. If you have any questions or you need help, raise your hand and the instructor will come to help you. Some classes the instructor will ask you to copy what you see and do your best. Don't fret – just have fun with it! You have plenty of time to get used to everything. Your Taekwon-Do experience is just beginning!

In International Taekwon-Do, morality and ethics are as important as punching and kicking. The cornerstone of Taekwon-Do ethics are the tenets and the student oath.

Tenets of Taekwon-Do

- Courtesy
- Integrity
- Perseverance
- Self-control
- Indomitable Spirit

Student Oath

- I shall observe the tenets of Taekwon-Do
- I shall respect the instructor and seniors
- I shall never misuse Taekwon-Do
- I shall be a champion of freedom and justice
- I shall build a more peaceful world



Belt colours

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

Yellow signifies the earth from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.

Green signifies the plant's growth as the Taekwon-Do skill begins to develop.

Blue signifies the Heaven, towards which the plant matures into a towering tree as training in Taekwon-Do progresses.

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

Black is opposite to white, therefore, signifying the maturity and proficiency in Taekwon-Do. It also indicates the wearer's imperviousness to darkness and fear.

Black belt dans are separated into three groups:

- Novice "*boosabum nim*" (assistant instructor), 1st to 3rd dan
- Expert "*sabum nim*" (instructor), 4th to 6th dan
- Master "*sahyun nim*", 7th to 8th dan, Grand Master "*saseong nim*", 9th dan



Key principles



Outcurved line



Sine wave in walking stance

Relax and bend both arms and legs as you move forwards. Your head will dip down slightly, and both hands will come in front of you.

As you move past your stationary foot, raise your head and torso upwards, and bring both hands into the intermediate position for the next movement in a backward motion.

Your head and torso will drop as you fall downwards into your new stance, while you accelerate both hands quickly into the finished position.



The stepping foot comes halfway towards the stationary foot – where the centre line was in the original stance.



International[®]
Taekwon-Do

techniques handbook
Yellow Belt Syllabus



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Introduction to Part 1

Congratulations on your yellow belt! In the next stage of your training, you'll learn the building blocks that become the foundation of your Taekwon-Do journey. Your instructor will expect more of you, not only in your technique but also in the way that you help around the class, and the way you welcome and set an example for beginners

This section of the book covers:

- The Tenets of Taekwon-Do and the Student Oath in more detail
- The "Do" of Taekwon-Do
- A few additional rules about visitors and visiting other do jang
- Preparing, caring for and storing equipment
- Preparing for and recovering after exercise.

Your instructor and the other students will be happy to help you if you have any questions, too.

Problem? members.itkd.co.nz/helpline



Green Stripe (7th gup) syllabus

No. 3



- Attacker: Perform three L-stance knife-hand side strikes stepping forwards.
- Defender: Perform three L-stance outer forearm inward blocks stepping backwards.
- Defender: Counter-attack with a side piercing kick with the left (front) foot, followed by an L-stance forearm guarding block.



Counter-attack



Two way three-step sparring

Top tips

- Work with your partner to practise consistent, correct stances, both forwards and backwards.

Common mistakes

- Remember that the defender counter-attacks at both ends.
- In walking stance, ensure the person stepping forwards steps outside, inside, outside.
- Ensure the attacker punches to the solar plexus line, not to shoulder line.



International[®]
Taekwon-Do

self-defence handbook

Coloured Belt Syllabus

Self-defence is about getting home safely to your family, whatever that takes. There is nothing more important than your safety and your family's safety, so you will learn how to avoid fighting as the number one option. If faced with no other option, you will learn how to respond appropriately, keeping within the bounds of New Zealand law and ethical values.

The framework for this syllabus is built around the following **Protect Self Defence** four stages of self protection:

- Avoid
- De-escalate
- Respond
- Recover

Avoiding and de-escalating form the basis of protecting yourself. If a physical response is needed, then you do what you have been trained to do – use your Taekwon-Do techniques.

The 'self-defence' aspect of Taekwon-Do training is the practical application of techniques learnt from fundamental exercises, patterns and sparring in real world situations. You must know how to adapt your techniques so that they work in reality, making use of your opponent's momentum and force.

Study the sections of 'avoid' and 'de-escalate' carefully, then practise how to use your Taekwon-Do techniques effectively. Make sure you have fast and powerful techniques you feel you can rely on.

Be aware that there can be repercussions of a physical altercation and recovery is an important part of the process.

2. Survival assumptions

Never assume anything except these three survival assumptions:

- The aggressor has a weapon, even if you can't see it.
- The aggressor has friends nearby.
- You are on camera.

3. Secondary locations

Never let anyone move you to a secondary location. The only reason the aggressor will move you, is to do something to you that they cannot do here. You do not want to be moved.



“The only real valuable thing is intuition.”

Albert Einstein

Passive stance

There is no fixed position for the passive stance. Here are some general guidelines.

Eyes up

Hands up,
palms forward

Elbows in

Body half-facing

Knees slightly
bent

One leg back



5. Vital spots

Eyes and throat are targets that will end a dangerous confrontation, and should only be used in high level violence situations. Otherwise you can hit any part of the body to cause pain. Here are some other effective vital spots:



GRABS FROM THE FRONT

GREEN

1 One handed lapel grab

Attacker grabs with one hand while pushing or pulling you.

Watch out for: Headbutt • knee to the groin • tripping over • punch with free hand



Opponent grabs the lapel and pushes or pulls you.

A



Push to the jaw with an open fist.



Back away assuming a passive stance. Disengage with dialogue.

B



Counter attack immediately with an open fist punch to the jaw.



Execute a turning kick to the inner thigh or groin. Follow up until you are out of danger.

2 Two handed lapel grab and pushed

Attacker grabs with both hands while pushing you.

Watch out for:

Headbutt • knee to the groin • tripping over • short punch

GREEN



Opponent grabs the front of the body and pushes you.

A



Distract with an open fist punch to the sternum.



Back away assuming a passive stance. Disengage with dialogue.

B



Counter attack immediately with an open fist punch to the point of the chin.



Execute a front kick or knee to the groin. Follow up until you are out of danger.

Mini-Kids



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TAEKWON-DO FOR CHILDREN AGED 4 YEARS+

Third Edition - Book 1

Updated 10th Gup Levels



This workbook belongs to

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Complaints

If you have a problem, your first approach should be to the instructor. If this is not appropriate then email the Standards and Discipline Advisor, standards@itkd.co.nz. He or she will contact you confidentially, and help direct the problem to the appropriate person.

Introduction for parents

Now that your child has passed their first national grading, and attained their 9th gup, they can start to work towards their second national grading to 8th gup, with a different colour striped belt for each of the 5 levels at 9th gup.

As with the previous levels, regular attendance is necessary to be ready for each grading, and everything that will be tested is outlined in this workbook. Practise at home will help your child to consolidate and remember what is taught in class. Home questions and tasks are required to be completed before each grading, and they may need to refer back to their first book when revising techniques or theory, so keep it in a safe place.

A positive attitude to doing their best is a vital requirement of the grading process, so please do all you can to encourage them to try hard, even when things seem difficult. Some skills take longer than others to learn, and some children need longer to master the more complex skills. If you have any questions, or if your child is having particular difficulties, please talk to your child's instructor before or after the training session.

What is expected at home?

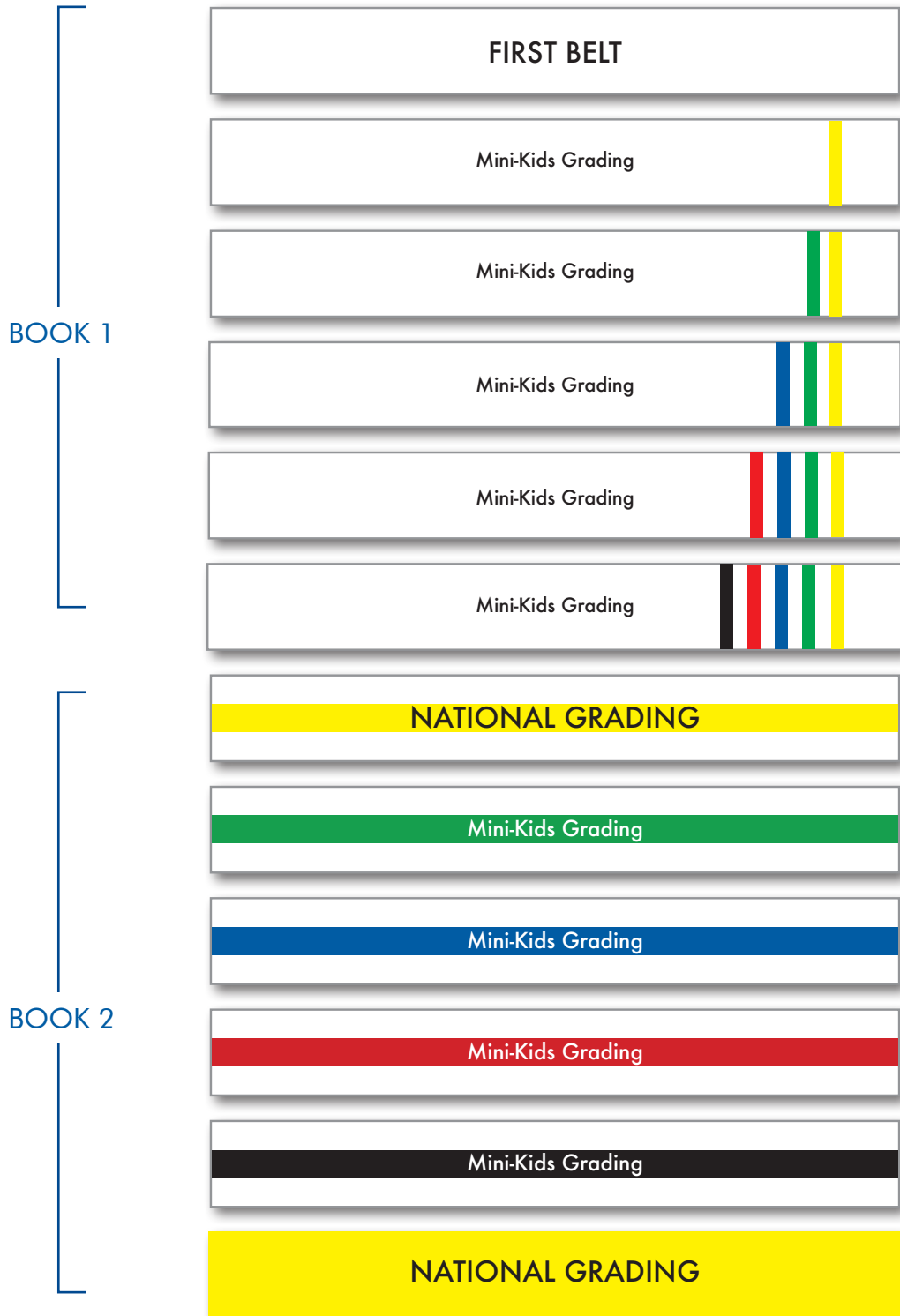
The children will need your help to complete the home questions and tasks. We hope you will take the time to discuss the theme at each level thoroughly so that they can understand the information as much as possible for their age. For the younger ones it's okay for you to write their answers into the workbook.

We have also included opportunities for discussion within the home tasks that focus on behaviour at home or school. We hope this tie-in outside the do jang (training area) and Taekwon-Do will foster great behaviour.

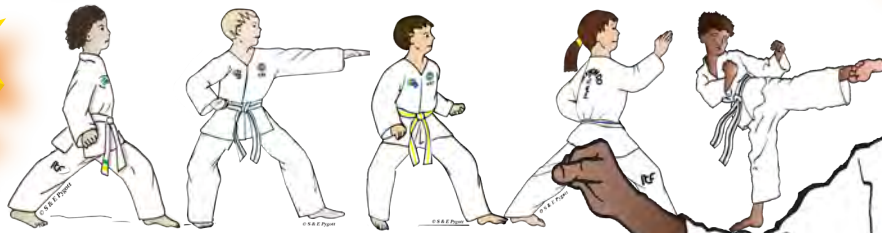
Please encourage your child to do some practice at home – especially as grading approaches. A few minutes each day is plenty, with an emphasis on what they need to know for grading. The skills checklist is a great place to find the skills they will need to improve on.



The Mini-Kids belts



Mini-Kids



**TAEKWON-DO FOR CHILDREN
AGED 6 YEARS+**

Third Edition - Book 2

Updated 9th Gup Levels



This workbook belongs to

The Mini-Kids gradings

A grading is the test a student must pass to attain the next belt level. Mini-Kids gradings are often conducted by the school instructor at your usual club. Children will be asked to demonstrate the techniques from their syllabus, and may be asked some questions appropriate to their grade. Children who try their best usually pass their grading. Mini-Kids grading certificates may be issued by the instructor.

National gradings are conducted by a nationally qualified examiner of 4th dan black belt or higher. Students are examined on all areas of Taekwon-Do practised in class, and their theoretical knowledge. To be permitted to grade at a national grading, a student must:

- attain the required level of skill for the next level
- attend at least the minimum number of classes
- complete the homework exercises in this book
- display good attitude and behaviour
- pay the grading fee

Usually instructors will test students at a 'pre-grading' to determine whether they are ready to grade. Passing pre-grading does not guarantee students will pass their grading. A certificate will be issued by the National Body.

Things you may hear during class and what they mean.

charyot : attention

kyong ye : bow

junbi : ready

si jak : start

guman : stop

baro : return

swiyo : at ease

(turn to your left to adjust your do bok)

kihap : yell

nagagi : moving forwards

duvuogi : moving backwards

hana : 1 *yosot* : 6

dool : 2 *ilgop* : 7

set : 3 *yodul* : 8

net : 4 *ahop* : 9

dasot : 5 *yol* : 10

hae san : class dismissed



9th Gup Green

Things to learn

Techniques

1. Side rising kick
2. Side front snap kick
3. L-stance inner forearm block
4. Step turning
5. Chon-Ji 1st half (call by call)
6. Release from a low grab to one wrist with both hands



Theory

1. Korean words
Sogi – Stance
Charyot sogi – Attention stance
Gunnun sogi – Walking stance

Things to do:

- | | |
|------------------|--------------------------|
| Home questions | <input type="checkbox"/> |
| Home tasks | <input type="checkbox"/> |
| Skills checklist | <input type="checkbox"/> |
| Learn theory | <input type="checkbox"/> |

My Attendance

1	2	3	4	5	6
7	8	9	10	11	12

CHAMPION

Skills checklist

You need these skills for your grading. Your instructor or parent will fill this out. It will help you to decide what you need to work on at home.

Stances

Can I do this?

L-stance and Walking stance	Not yet	Yes
Can I make the two stances look different?		

Blocks & Attacks

Can I do this?

Inner forearm block on L-stance	Not yet	Yes
Can I keep my weight mainly on the back foot when I block?		

Step Turning

Can I do this?

The different types of Step turns	Not yet	Yes
Can I do a step turn with a low block?		

Kicks

Can I do this?

Side front snap kick	Not yet	Yes
Is my body half facing when I do this kick?		
Do I keep my toes pulled back while I am kicking?		
Front rising kick		
Can I keep my leg straight and keep my balance when I kick?		

Self-defence

Can I do this?

Release from a grab	Not yet	Yes
Can I release from this grab while keeping my balance?		
Can I release then move away showing my passive stance?		

Checked on	Instructor / Parent to sign
____ / ____ / ____	
____ / ____ / ____	

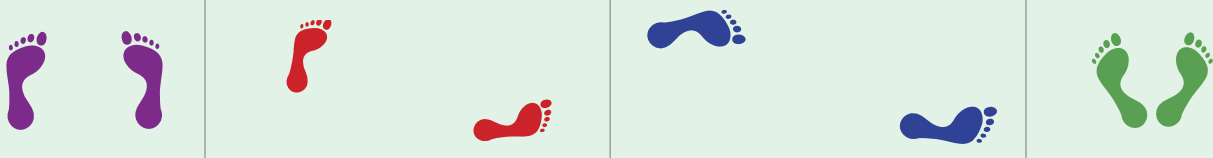
Home questions

Taekwon-Do theory

1. What is the Korean word for Stance? _____
2. Circle the shape that the first half of Chon-Ji makes on the floor?



3. Draw a line to match the feet with the correct stance diagram



Attention stance

Walking stance

Parallel stance

L-Stance

Taekwon-Do Behavior - Champion

CHAMPION is in the fourth line of the oath.

"I shall be a champion of freedom and justice"

Champion usually means being the best at something, but in the oath it means:

1. To try your best to treat people fairly
2. To try to understand the feelings of other people

What can you do if you see a friend upset because someone has been mean to them?

How would someone feel if you push in front of them instead of waiting your turn?
