

NAME THAT



TECHNIQUE!

INTRODUCTION

1) *What is it?*

This resource comprises a thesis required for promotion to 4th Dan. The instructions for writing an essay or thesis for black belt promotion include that the writing should be of some use and interest to other Taekwon-Do practitioners. The implication is to write about something you know well, and share it with others who may not know it so well yet. Korean terminology is therefore the focus of this thesis: this is an area of Taekwon-Do knowledge in which I am quite comfortable; it is also an area that needs strengthening in our Taekwon-Do community.

This resource is made of worksheets for each gup level. Each worksheet has pictures of techniques, mostly from that rank's pattern, sometimes from earlier patterns. The task is to name the technique in the picture, filling in the boxes below the picture. The techniques can and should be named in both languages.

2) *Rationale*

Lingua Franca

Taekwon-Do is international; Korean is the lingua franca, just as English is the lingua franca of international airline pilots.

During my short visit to Korea in 2007 I and the other New Zealanders were able to train with locals from kindergarten kids through to Instructors, despite our not speaking Korean, nor their having fluency in English. How? Taekwon-Do terminology.

Not long afterward a Master visited New Zealand to conduct seminars in his area of expertise. I respectfully asked him why he used the term 'roundhouse kick', perhaps that is what it is called in Europe? No he replied, he tried saying 'dollyo chagi' but the New Zealanders didn't understand him.

Certainty

I believe it was Mozi, an ancient Chinese philosopher who wrote something along these lines: the King must use exact language, and the government ministers must strive to understand the precise meaning of the King's words, then they will perfectly understand the King's wishes. When they know exactly the King's wishes, they can work to accurately fulfil his caring vision for the people. When the government ministers and magistrates carry out the King's wishes precisely and use words precisely, the people know what the law is and how they must act and there is no uncertainty. When there is no uncertainty, there is harmony in society.

Contrast this with the Whanganui / Wanganui controversy. The authorities gave out mixed messages and prevaricated, leaving the local community uncertain and upset. What would have happened if the authorities had made a firm decision? Either way, some people would not have gotten what they wanted, but at least all would have been certain, and in time the matter would have been let go into the past.

Precision

Precise language is fundamental to all the sciences and most of the arts. Precise, standardised language is central to organisational effectiveness and efficiency, for instance in the military. Words have very special meanings and describe very specific actions in this militarily founded martial art we practice.

In Taekwon-Do there are two major cases for precise and well used language. First is safe and comfortable learning. What if an Instructor calls for an 'axe kick' to be defended against? It is easy to see how someone could become physically hurt or at least over-conservative in their counterattack if they couldn't tell if the opponent was going to perform an inward downward kick, a pick-shape kick or an outward downward kick. They have different names because they are different.

Second is standardisation. While the Art continues to develop as the General intended it would, it is important that it not become fractured and spread out in different directions. With concrete, precise naming of techniques there is less room for error. The Encyclopaedia and its updates link just how a technique is to be performed with what it is called. If a movement is done differently, it has a different name, and it is a different technique.

So any of us should be able to train with other Taekwon-Do from anywhere in the world, or at least the country, in certainty, safety and comfort.

3) *Why these categories?*

I have spent some time considering the categories of information that make up the names of techniques in Taekwon-Do. Naming these categories was often fairly straightforward, for which we all owe a debt of gratitude and admiration for clarity and reason of the General and his colleagues. Stance sidedness (left or right), stance names, tools, heights and technique type (punch / kick / strike) are all clear as parts of a technique's name. Two other categories were more problematic and prone to giving confusion. These deal with direction. There are two kinds of direction: trajectory - which way something is moving; and destination - where it is headed. For instance 'south' is a trajectory, Whakatane is a destination. An example is the confusion between movements #36 in Yul-Gok tul and #7 in Eui-Am tul. Both are called X-stance backfist side strike, but are quite different in appearance and execution, as you can see below.



The problem here is one of trajectory. Since both kinds of strike are headed to the destination 'side', we need to differentiate by trajectory. The Yul-Gok strike is an outward strike, more similar to other outward strikes (Dan-Gun # 18, Do-San #24 etc) than to the Eui-Am strike.

Although not always clear, the General used both kinds of direction in naming his techniques. In this work I have named the destination direction as 'angle', in keeping with the "angle and distance" reference in the Training Secrets of Taekwon-Do. The trajectory direction seemed best named 'trajectory'.

Two further categories needed to be named. The first one I called method. All kinds of miscellaneous bits and pieces such as twisting, upset, piercing and guarding are gathered under this category, which seems to be more or less the 'how' of the technique.

The final category needing comment I named 'shape', to collect descriptions such as W shape, X, angle, vertical, U shape etc.

4) How to use this resource

General instructions

Simply fill in the spaces below each picture with the technique name. There is an example on each page. Any category of information that isn't needed for any particular technique name is shaded out. There should be a task covering each new technique learned at each gup level. Higher ranks will find earlier techniques included in some of their task sheets. I have attempted to avoid as much confusion as possible, however some slightly interesting ones have been included for higher grades and one or two techniques are shown from the side or rear, all in the name of stimulating solid learning. Occasionally Korean and English word order differs, but this is indicated where it occurs.

Category- specific instructions and clarification

Motion – refers to ways of moving such as sliding, jumping, flying.

Left / Right – refers to stance (if applicable). See also obverse / reverse recap below.

Stance – walking, L, sitting etc.

Left / Right – refers to tool where necessary, for instance 'sitting stance right forefist middle front punch'.

Tool – refers to the body part that is meant to contact the target, for instance forefist, elbow, outer forearm, ball of the foot.

Height – the height of the tool relative to the performer's own body.

Shape – refers to a shape the technique looks like, e.g. W shape, angle, vertical, U shape.

Obverse / reverse – refers to the tool relative to the stance. See recap below.

Angle – refers to the destination the technique is done towards. One of front, sidefront, side, sideback or back.

Trajectory – refers to the path the technique takes to the target. For instance turning, rising, upward / downward, inward / outward.

Technique – punch, thrust, strike, block, kick, grab, release etc.

Left / Right & Obverse / Reverse recap:

- Where a stance is evenly weighted on both legs (50:50) the front leg names the stance as left or right. Example: the front leg of walking stance.

Left walking stance
(*Il'e-re gran-to-ara mo-gi*)



- If the weight is even but neither foot further forward the stance is neither left nor right. Example: sitting stance.

Sitting stance



- If one leg is 'heavier' then that leg names the stance as left or right. Example: the back leg in L stance.



Right L stance

Obverse means a left hand tool on a left stance or a right hand tool on a right stance. So, the front hand in walking and low stances, the back hand in rear foot, vertical, L and fixed stances, the hand on the flat foot side of an X stance, one leg stance or bending stance.

Reverse means a left hand tool on a right stance or a right hand tool on a left stance. So the back hand in walking and low stances, the front hand in rear foot, vertical, L and fixed stances, the hand on the lifted foot side of an X stance, one leg stance or bending stance.

Answers

Through school and beyond I've had teachers who allowed the use of the answers at the back of the exercise book, or to use a calculator to check and work backward through mathematics problems. The condition of course is that the tool is used to support learning, not bypass it.

Students of all ranks should attempt all quizzes at and below their own level and if uncertain refer to the answer booklet.

Note

Certain techniques are named slightly differently on different pages, for instance:

- L stance knifehand side strike
- L stance knifehand side outward strike
- L stance knifehand outward strike.

This is a compromise between the demands of exact terminology on the one hand and space on the other. The second version above is the most complete. Simply fill in whichever version of the name is asked for on that particular page.

Especially at junior grades some information has been omitted as needlessly pedantic and confusing. For instance:

- outer forearm low side block
- left walking stance right forefist reverse front punch
- positioning of the off hand in front thrust / inward strike / sideback strike etc
- left middle side piercing kick while executing a high punch with the left forefist
- normal motion
- full / half / side facing

5) Thanks and acknowledgement

General Choi and his colleagues

The terminology developed by General Choi Hong Hi and his colleagues is clear, systematic and logical, a vast improvement on the earlier naming systems in the martial arts. Thanks to their efforts we have the ability to look at the name of a technique not seen before and have a good idea of how to perform it. This is something to be deeply grateful for, especially considering that even the performing arts have been struggling with the description of human movement for centuries.

New Zealand Taekwon-Do researchers

Mark Banicevich, for his deep and broad researches into the Korean terminology of Taekwon-Do and his thesis "A Translation of the Chang Hon pattern set into Taekwon-Do terminology in Korean, including an English - Korean / Korean – English Taekwon-Do dictionary". The creators of the ITF NZ Colour Belt and Black Belt Techniques Syllabus Handbooks.

Kim Jeong-Hoe and Park Myung-Hee

Mr Kim is a Chinese language major, Mrs Park a Korean language major, both of whom I had the good fortune to meet in Busan in 2007. Their uniquely suited fields of expertise have greatly aided my understanding of Taekwon-Do Korean and its origins in the above two languages.

Kane Raukura

Thankyou to Sir, my Instructor and mentor in Taekwon-Do and life.

Francis (Frank) Doogan

Thankyou for encouraging scholarship.

6) Mistakes

Any mistakes are unintentional, please contact me at maobrendong@hotmail.com . Discussion is welcome.

NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	left	wen
Stance:	walking stance	gunnun so
Tool:	outer forearm	bakat palmok
Height:	low	najunde
Angle:	side	yop
Technique:	block	makgi



	Technique One	Technique Two	Technique Three
Left / right:			
Stance:			
Tool:			
Height:			
Angle:			
Technique:			



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	Technique One	Technique Two	Technique Three
Left / right:	RIGHT / ORUN	LEFT / WEN	RIGHT / ORUN
Stance:	WALKING STANCE / GUNNUN SO	WALKING STANCE / GUNNUN SO	WALKING STANCE / GUNNUN SO
Tool:	FOREFIST / AP JOOMUK	KNIFEHAND / SONKAL	INNER FOREARM / AN PALMOK
Height:	MIDDLE / KAUNDE	LOW / NAJUNDE	MIDDLE / KAUNDE
Angle:	FRONT / AP	SIDE / YOP	SIDE / YOP
Technique:	PUNCH / JIRUGI	BLOCK / MAKGI	BLOCK / MAKGI



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Height:	middle	kaunde
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Technique:	block	makgi



	Technique One	Technique Two	Technique Three
Left / right:	LEFT / WEN	RIGHT / ORUN	LEFT / WEN
Stance:	WALKING STANCE / GUNNUN SO	WALKING STANCE / GUNNUN SO	L STANCE / NIUNJA SO
Tool:	OUTER FOREARM / BAKAT PALMOK	FOREFIST / AP JOOMUK	INNER FOREARM / AN PALMOK
Height:	LOW / NAJUNDE	MIDDLE / KAUNDE	MIDDLE / KAUNDE
Angle:	SIDE / YOP	FRONT / AP	SIDE / YOP
Technique:	BLOCK / MAKGI	PUNCH / JIRUGI	BLOCK / MAKGI



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	left	wen
Stance:	L stance	niunja so
Tool:	inner forearm	an palmok
Height:	middle	kaunde
Angle:	side	yop
Technique:	block	makegi



	Technique One	Technique Two	Technique Three
Left / right:			
Stance:			
Tool:			
Height:			
Angle:			
Method:			
Technique:			

