

TAEKWONDO

Taekwondo is the Korean system of the unarmed combative arts developed long ago in the Orient. It is perhaps one of the oldest martial arts in existence, the roots having been traced back to before the time of Christ. During the middle ages, Korea flourished and a form of knighthood arose called Hwarang-do.

This tradition revived after the Second World War in many martial forms in Korea. In 1965 General Choi proposed the name Taekwondo as the nomenclature for the national martial art of Korea. TKD was accepted and the birth of the largest practiced martial art in the world was accomplished.

Taekwondo is more than just a superb method of self-defense, a fine sport, and a sound physical fitness system. It is a spiritual and philosophical concept and statement which enables the practitioner to cope with and absorb the stresses of his life. The discipline of Taekwondo greatly increases concentration, improving the study habits and grades of the academic student.

Anyone, regardless of age and sex can take it provided there are no medical problems (consult with a doctor). The first few weeks can be discouraging for some people. Those who are just curious and not disciplined enough to go through the training session should not consider practicing this martial art. Natural athletic abilities are not as important as the desire and motivation to work hard and consistently.

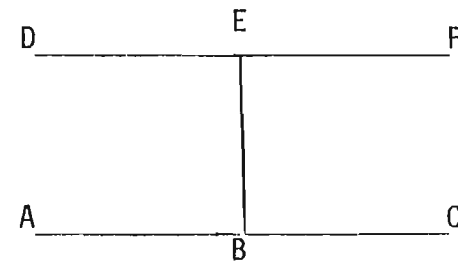
The karate uniform is optional for the beginner but is a must for the advanced student. No other equipment but the assigned sections of this book are required. If the student desires he may purchase and use the padded safety equipment that is available on the market. However, for those who would harden the body, it is not recommended.

Competition is encouraged but not required. If the student is of a competitive nature or the instructor deems it a necessary training aid it may be insisted upon. Sparring in the dojang is a must but there the opponent is considered a partner helping with the student's practice instead of the antagonistic enemy tournament foes often become.

In any event, injuries are avoided by all means in the dojang and the student may study without fear of injury. The goal is to build sound bodies, not to injure, deform, or destroy the health of the practitioner.

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FORM: TAEGU CHO-DAN

PATTERN:



START: At 'B' facing 'E' for all three of the Taegu forms.

1. Move left foot to 'A' forming left forward stance and at the same time execute low section block with left forearm.
 2. Move right foot to 'A' forming right forward stance while executing mid-section punch with right fist.
 3. Move right foot to 'C' forming right forward stance and at the same time execute low section block with right forearm.
 4. Move left foot to 'C' forming left forward stance while executing mid-section punch with left fist.
 5. Move left foot to 'E' forming left forward stance and at the same time execute low section block with left forearm.
 6. Move right foot to 'E' forming right forward stance while executing mid-section punch with right fist.
 7. Move left foot to 'E' forming left forward stance while executing mid-section punch with left fist.
 8. Move right foot to 'E' forming right forward stance while executing mid-section punch with right fist.
 9. Move left foot to 'F' forming left forward stance and at the same time execute low section block with left forearm.
 10. Move right foot to 'F' forming right forward stance while executing mid-section punch with right fist.
 11. Move right foot to 'D' forming right forward stance and at the same time execute low section block with right forearm.
 12. Move left foot to 'D' forming left forward stance while executing mid-section punch with left fist.
 13. Move left foot to 'B' forming left forward stance and at the same time execute low section block with left forearm.
 14. Move right foot to 'B' forming right forward stance while executing mid-section punch with right fist.
 15. Move left foot to 'B' forming left forward stance while executing mid-section punch with left fist.
 16. Move right foot to 'B' forming right forward stance while executing mid-section punch with right fist.
 17. Move left foot to 'A' forming left forward stance and at the same time execute low section block with left forearm.
 18. Move right foot to 'A' forming right forward stance while executing mid-section punch with right fist.
 19. Move right foot to 'C' forming right forward stance and at the same time execute low section block with right forearm.
 20. Move left foot to 'C' forming left forward stance while executing mid-section punch with left fist.
- End. Bring left foot back to ready stance.

FORM: TAEGU CHO-DAN (continued)

All the above '20' steps are the same for the Taegu Two form, with the following exceptions:

Step

1. Is the same, except use a rising block in place of the low section block
3. Is the same, except use a rising block in place of the low section block
9. Is the same, except use a rising block in place of the low section block
11. Is the same, except use a rising block in place of the low section block
17. Is the same, except use a rising block in place of the low section block
19. Is the same, except use a rising block in place of the low section block

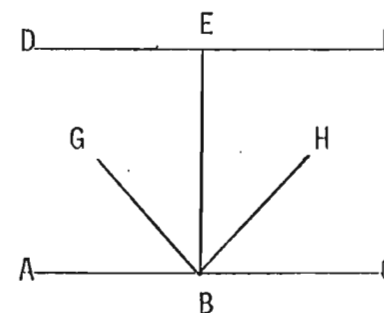
All the above '20' steps are the same for the Taegu Three form, with the following exceptions:

Step

1. Move left foot to 'A' forming right back stance and at the same time execute inside forearm block with left forearm.
3. Move right foot to 'C' forming left back stance and at the same time execute inside forearm block with right forearm.
9. Move left foot to 'F' forming right back stance and at the same time execute inside forearm block with left forearm.
11. Move right foot to 'D' forming left back stance and at the same time execute inside forearm block with right forearm.
17. Move left foot to 'A' forming right back stance and at the same time execute inside forearm block with left forearm.
19. Move right foot to 'C' forming left back stance and at the same time execute inside forearm block with right forearm.

FORM: PYANG-AN CHO-DAN

PATTERN:



Start: At 'B' facing 'E'

1. Move left foot to 'A' forming left forward stance and at the same time execute low section block with left forearm.
2. Move right foot to 'A' forming right forward stance while executing mid-section punch with right fist.
3. Move right foot to 'C' forming right forward stance and at the same time execute low section block with right forearm.
4. Execute downward strike with right hammer fist while standing up by pulling right foot. Slightly to left foot.
5. Move left foot to 'C' forming left forward stance while executing mid-section punch with left fist.
6. Move left foot to 'E' forming left forward stance and at the same time execute low section block with left forearm.
7. Execute rising block with left knife-hand.
* Perform 6 and 7 in a fast motion.
8. Move right foot to 'E' forming right forward stance and at the same time execute rising block with right forearm.
9. Move left foot to 'E' forming left forward stance and at the same time execute rising block with left forearm.
10. Move right foot to 'E' forming right forward stance and at the same time execute low section block with right forearm.
11. Move left foot to 'F' forming left forward stance and at the same time execute low section block with left forearm.
12. Move right foot to 'F' forming right forward stance while executing mid-section punch with right fist.
13. Move right foot to 'D' forming right forward stance and at the same time execute low section block with right forearm.
14. Move left foot to 'D' forming left forward stance while executing mid-section punch with left fist.
15. Move left foot to 'B' forming left forward stance and at the same time execute low section block with left forearm.
16. Move right foot to 'B' forming right forward stance while executing high section punch with right fist.
17. Move left foot to 'B' forming left forward stance while executing high section punch with left fist.
18. Move right foot to 'B' forming right forward stance while executing high section punch with right fist.

FORM: PYANG-AN CHO-DAN (continued)

19. Move left foot to 'A' forming right back stance and at the same time execute mid-section guarding block with knife hand.
 20. Move right foot to 'G' forming left back stance while executing mid-section guarding block with knife hand.
 21. Move right foot to 'C' forming left back stance while executing mid-section guarding block with knife hand.
 22. Move left foot to 'H' forming right back stance and at the same time execute mid-section guarding block with knife hand.
- End. Bring left foot back to ready stance.

PINAN #1

- 1. After the bottom fist strike and before the forefist are there any blocks?
- 2. Before the straight punches are there any blocks?
- 3. Any blocks before the dbl knife hand blks?

HEIAN #2

- 1. What is the exact sequence of attacks in the first two wazas?
- 2. In the third set, are there any blks before the reverse punches and/or the aug. mdl. blks?

PINAN #3

- 1. Explain the first waza.
- 2. Blks before which techniques?

HEIAN #4

- 1. Explanation of a. first five moves
 - b. dbl wedge blks; front kick et cetera
 - c. aug. mdl. blk.
 - d. last two knife hand blks?

PINAN #5

Whole Thing!

TEN-NO KATA - OMOTE

1. Yoi = open leg stance
2. Right step middle level front punch
- 2a Yoi
3. Left step middle level front punch
- 3a Yoi
4. Right step upper level front punch
- 4a Yoi
5. Left step upper level front punch
- 5a Yoi
6. Left step middle level reverse punch
- 6a Yoi
7. Right step middle level reverse punch
- 7a Yoi
8. Left step upper level reverse punch
- 8a Yoi
9. Right step upper level reverse punch
- 9a Yoi
10. Step back right foot into left immovable stance with a left downward block.
11. Reverse punch (right hand middle level punch).
- 11a Yoi
12. Step back left foot into right immovable stance with a right downward block.
13. Reverse punch (left middle level punch)
- 13a Yoi
14. Step back right foot into left immovable stance left middle level forearm block
15. Reverse punch (right middle level punch)
- 15a Yoi
16. Step back left foot into right immovable stance right middle level forearm block
17. Reverse punch (left middle level punch)
- 17a Yoi
18. Right foot back into a left back stance left middle level sword hand block
19. Switch into left forward stance and right hand middle level spear hand
- 19a Yoi
20. Left foot back into a right back stance right middle level "knife" sword hand block
21. Switch into right forward stance and left hand middle level spear hand
- 21a Yoi
22. Right foot back into left back stance left hand upper level swinging block (vertical).
23. Switch into left forward stance reverse upper level punch
- 23a Yoi
24. Left foot back into a right back stance right hand upper level swinging block

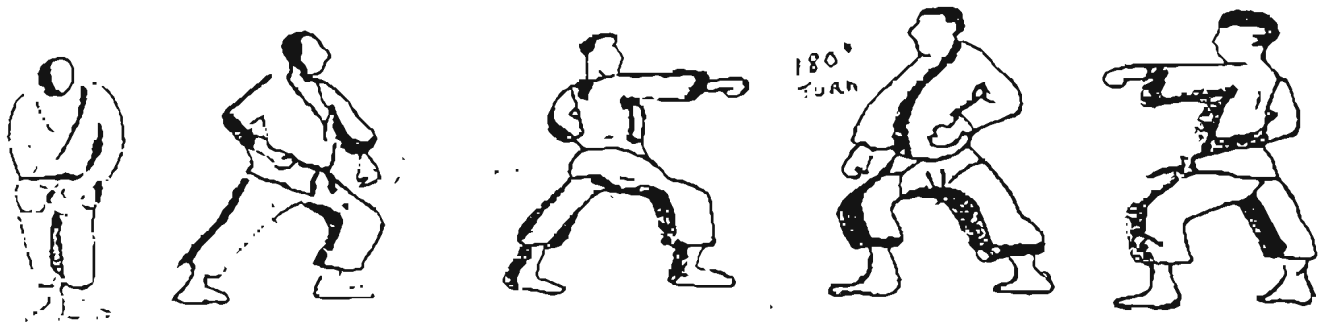
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TEN-NO KATA - OMOTE (continued)

25. Switch into a right forward stance reverse upper level punch
- 25a Yoi
26. Right foot back into a left forward stance left hand rising block
27. Reverse punch right middle level
- 27a Yoi
28. Left foot back into a right forward stance right hand rising block
29. Reverse punch left middle level
- 29a Yoi
30. Right foot back into a left forward stance left hand upper level iron hammer block
31. Reverse punch right middle level
- 31a Yoi
32. Left foot back into a right forward stance right hand upper level iron hammer block
33. Reverse punch left middle level
- 33a Yoi

TOE-KUK - 1

4



STRAIGHT PUNCHES
 (RIGHT LEFT RIGHT) LEFT
 X X X



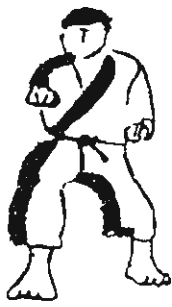
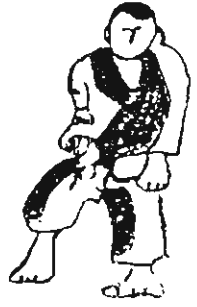
C.T.A.

PINAN I

4



180°
TURN



TURN
270°
LEFT TO
Back
STANCE



41

135°
RIGHT



45° Left

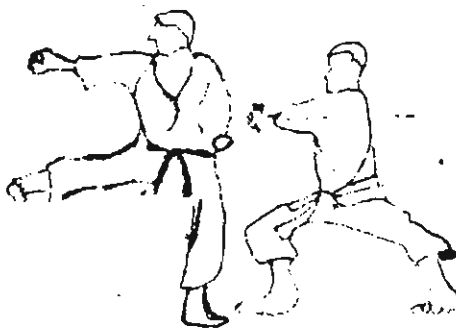


STRAIGHT FIST
PUNCHES
(RIGHT LEFT RIGHT) 20
X X X

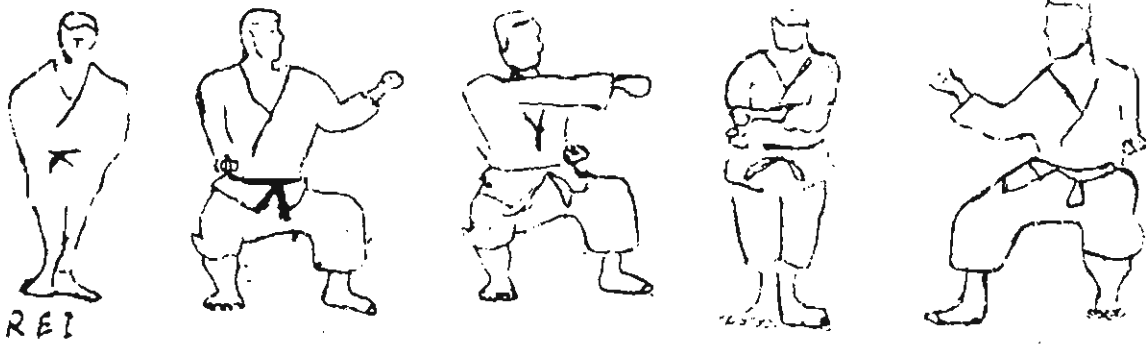




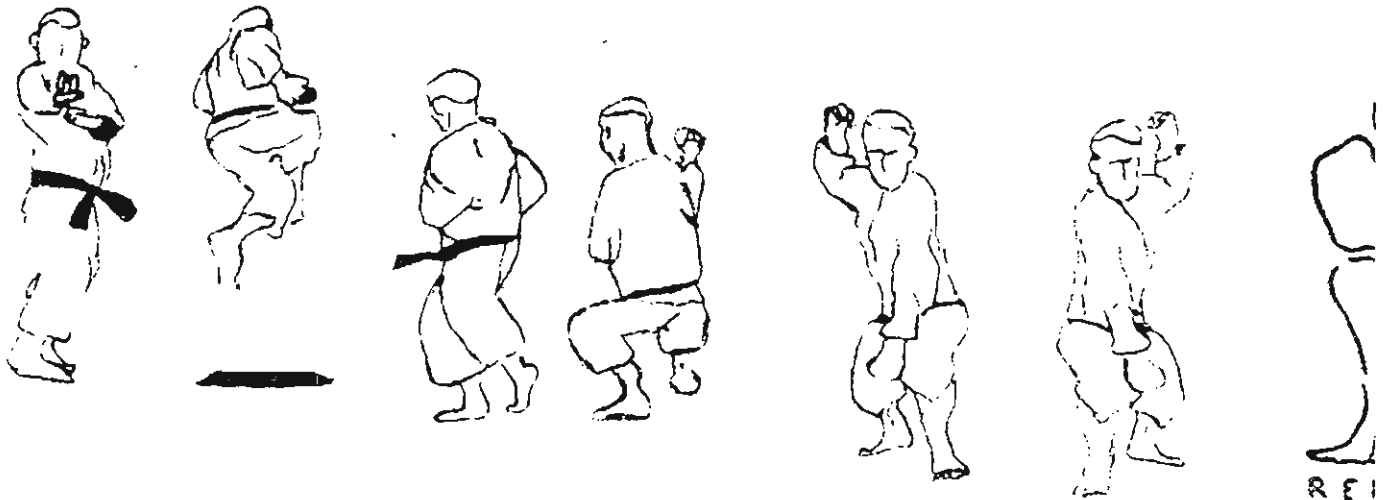
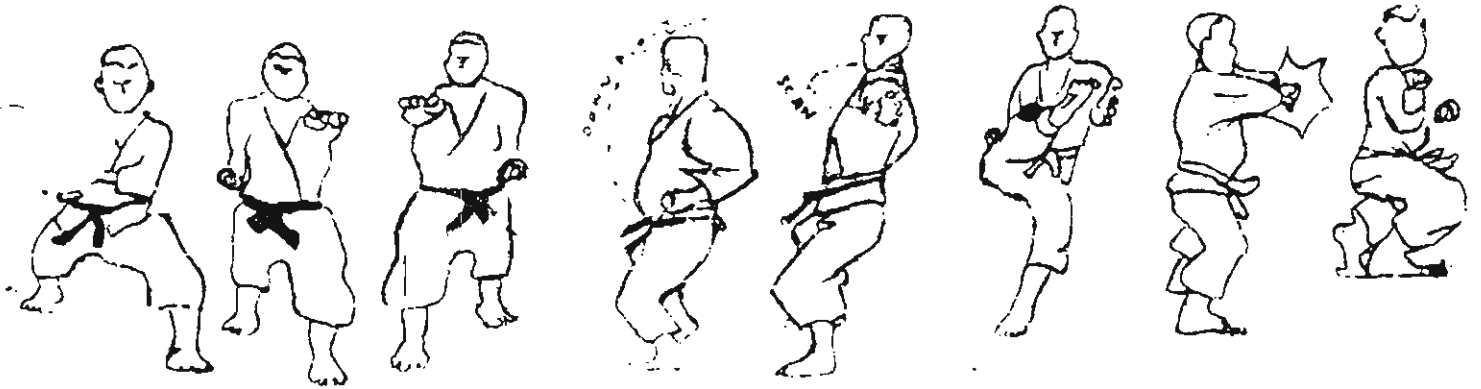
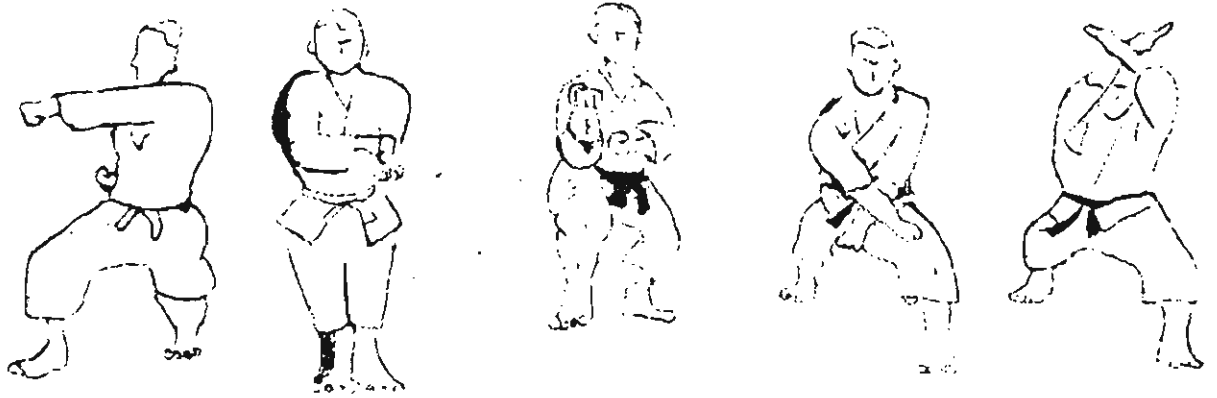
REI



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PINAN V