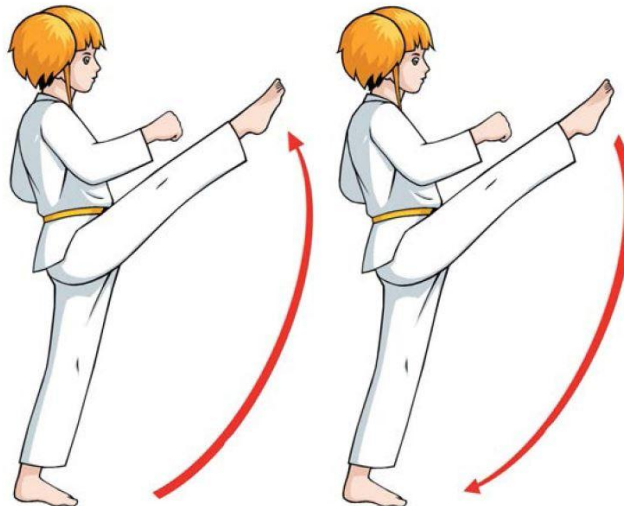


naeryo chagi (kick upwards) with the sole of the foot

Just like a 'normal' **naeryo chagi**, first of all the outstretched leg is swung up straight. As it comes up, the foot is pulled outwards a little. The instep is also stretched out as in the **paltung chagi**. The strike is done with the sole of the foot (**balbadak**).



2 First Form – taeguk il jang



The first of 8 forms (**poomsae**) that you learn on the way to your first Master Grade (**poom** or **dan**) is the **taeguk il jang**. It is associated, as are the other student forms (**taeguk**), with a **I Ging** symbol (see above), which has a meaning of the heavens. The heavens are associated in Asiatic mythology with the Beginning, Creation and Growth. With the Yellow Belt or Yellow/Green Belt you have left the level of the novice. You are standing at the beginning of serious learning and your ability and you yourself will begin to grow further. The symbol is there to remind you of this.

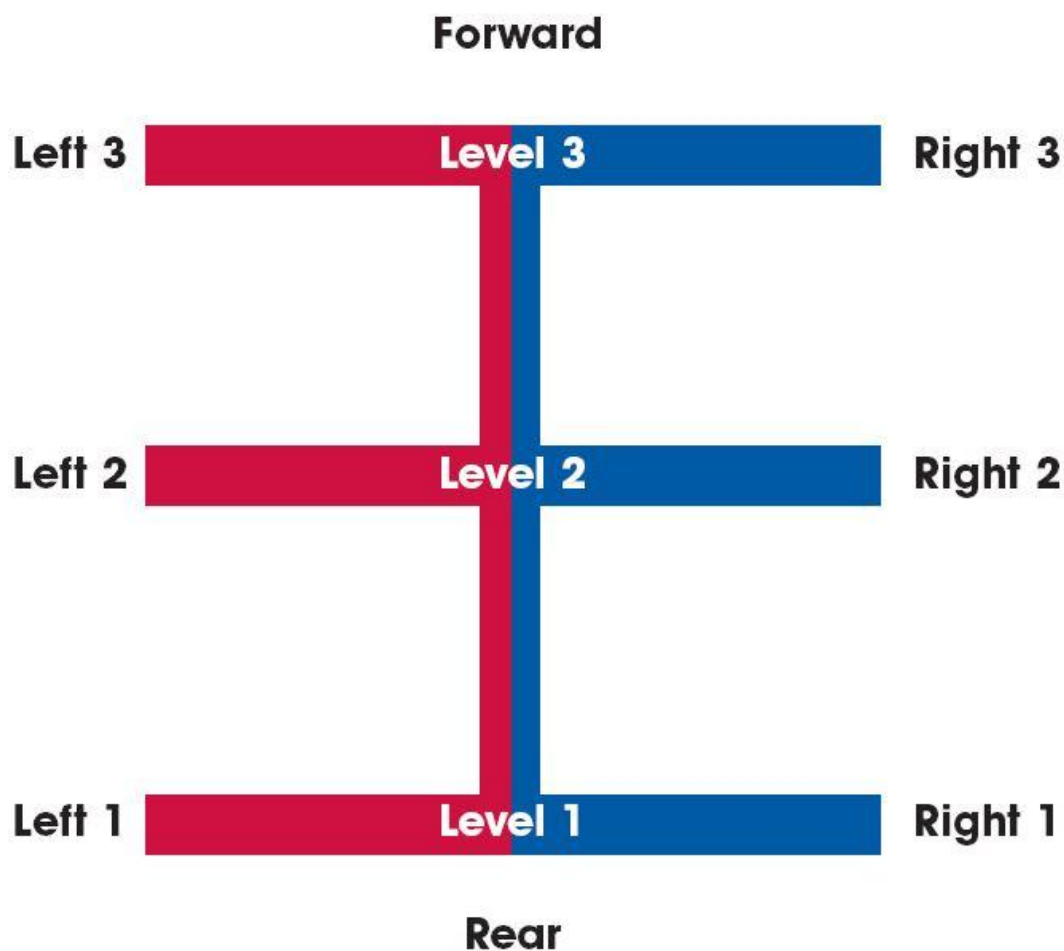
In Asia, the I Ging is known as an ancient oracle or book of wisdom. It is also called the book of change and it provides explanations for several things in the world.



In connection with the exercise forms, **tae** means 'size' and **guk** means 'eternity'. Put together, these two terms express the never-ending eternity that has no form and that is without a beginning or an end and is responsible for the origin of all beings. **Jang** is translated as 'period' or 'task'.

Just like with the 4-Sided Hit, the colored diagram (see next page: **taeguk** Diagram) should also help you with the exercises. Differently to the 4-Sided Hit diagram, this one is not in the form of a cross, it is laid out on three levels. Perhaps you have already noticed that the three levels of the **taeguk** are the same three levels as depicted in the I Ging symbol. This is also the case in all further student levels.

So that you don't have to keep leafing through the book to find the diagram, once again in the Appendix there is a pull out copy. Just cut the page out with scissors and then you have the diagram to hand whenever you need it.



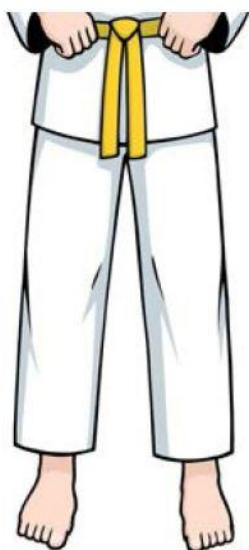
In the **taeguk il jang**, you practice the coordination of the lower zone block (**arae makki**) and the punch (**jumok jirugi**) already used as techniques in the 4-Sided Hit actions. Some new techniques are now added – the upper zone block (**olgul makki**), the inwards block using the outer side of the forearm (**pakkat palmok an makki**) and the forward kick (**ap chagi**). These techniques are practiced in the short step forward position (**ap sogi**) and the long step forward position (**ap gubi**).

On the next few pages, Joanne will show you the individual techniques for the **taeguk il jang** that you need for your 7th **kup** (Yellow/Green) grading test.

So that you have a better overview, the individual exercise sequences are broken down into sections. These refer to each Level (1,2 and 3) in the diagram pattern you are moving in. A new section begins each time that you move onto another level. Your starting position is on Level 1 looking in the direction of 'Forward'.

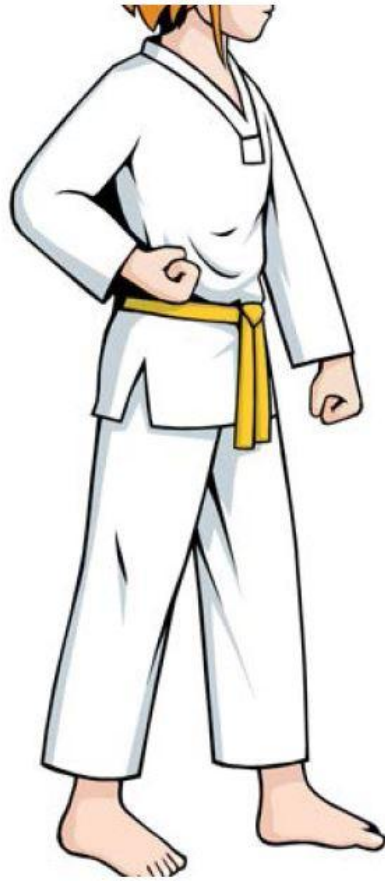
Section 1: Level 1

1. The command **chunbi** has been given so you are standing in the **chunbi sogi** position.

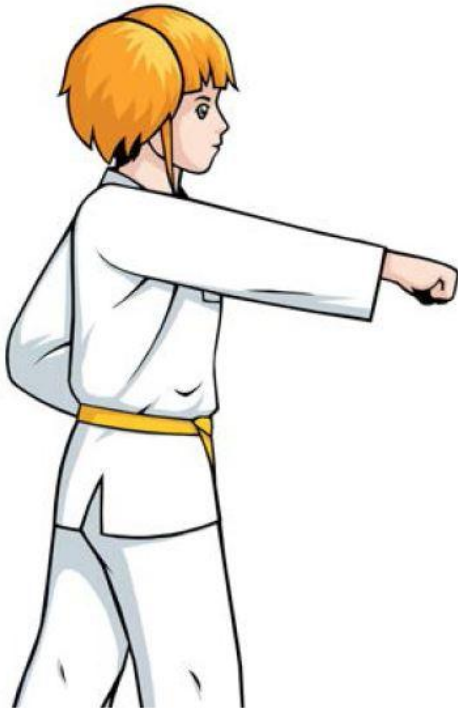


2. On the command **sijak** you swivel round on your right foot to the left in the direction of 'Left 1' in the diagram. To do this, first of all you turn your head to the left and then turn the right foot in to the left, placing the left foot into the short step forward position (**ap sogi**). At the same time you execute the lower zone block (**arae makki**) as a defensive technique.





3. Move forward one step with the right foot into the **ap sogi** position. At the same time you execute a forward punch (**jumok jirugi**) at the middle of the body (**momdong**). You are still facing the direction of 'Left 1' (see the diagram).



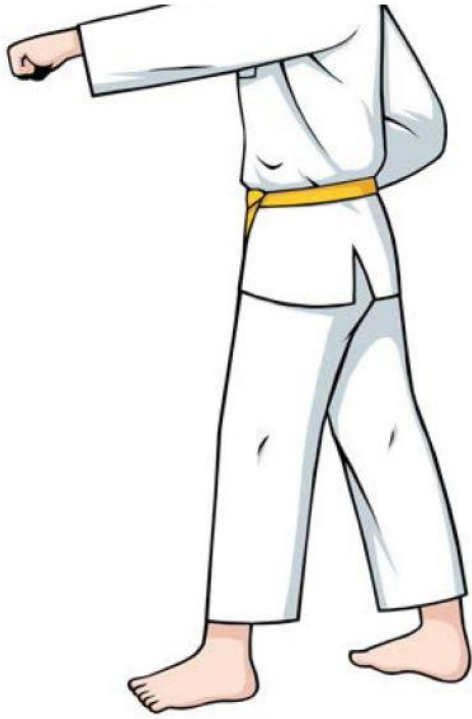


4. Now turn round 180° to face the direction of 'Right 1'. Remember, the turn always starts by moving the head and is then followed by the body. Swivel on the left foot and place the right one in front of the left foot in the direction of 'Right 1' in an **ap sogi** position. As you place the foot down you execute an **arae makki** with the right arm.



5. Move further in the direction of 'Right 1' with a left-footed **ap sogi** and execute a **jumok momdong jirugi** with the left arm.





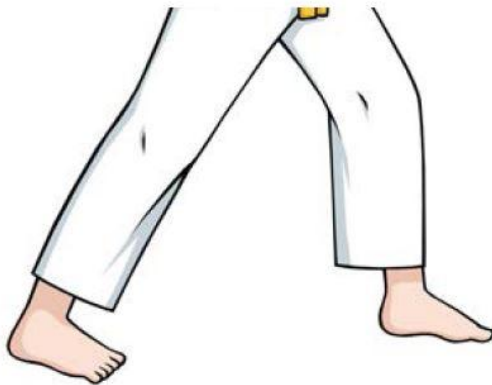
6. Now swivel on the right foot 90° to the left and place the left foot in the long step forward position (**ap gubi**) in the direction of 'Forward' in the diagram. At the same time do a left-handed block (**arae makki**).





7. Without moving forward, you now execute a **jumok momdong jirugi** staying in the **ap gubi** position (left forward and right to the rear) and executing the punch with the right arm. This must occur as an immediate action without a pause after the **arae makki**.

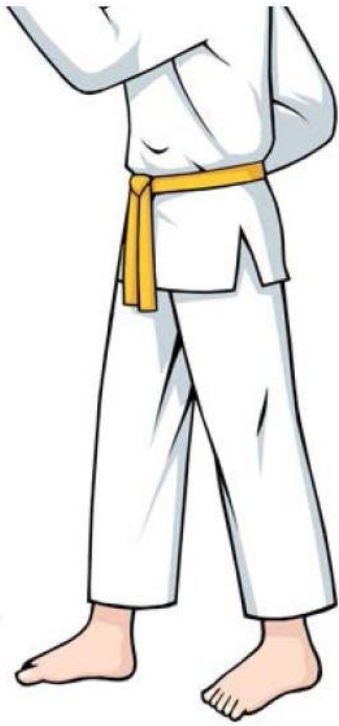
In this position facing 'Forward' you are now practically standing in Level 2 with your forward foot. Using the next technique that follows you will now be completely in Level 2.



Section 2: Level 2

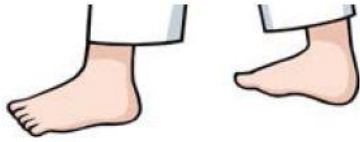
8. Swivel round now 90° on the left foot in the direction of 'Right 2' in the diagram. Place the right foot down in front of the left foot in an **ap sogi** position and as you do this execute an inside block to the middle of the body with the left arm (**pakkat palmok momdong an makki**).



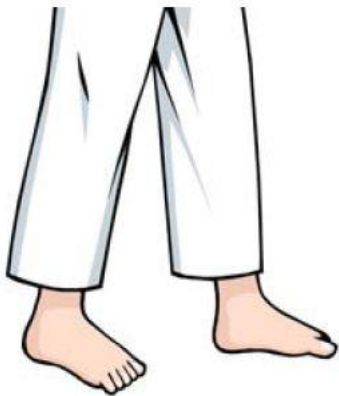


9. Move forward further in the direction of 'Right 2' with your left foot in an ap sogi position. As you do this you execute a punch to the middle of the body (**jumok momdong jirugi**) with the right arm.



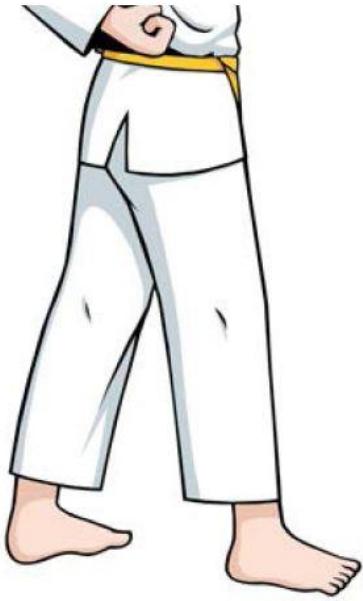


10. Now swivel round 180° on your right foot into the direction of 'Left 2'. Place your left foot in front of the right foot in an **ap sogi** position and execute a **pakkat palmok momdong an makki** with your right arm.

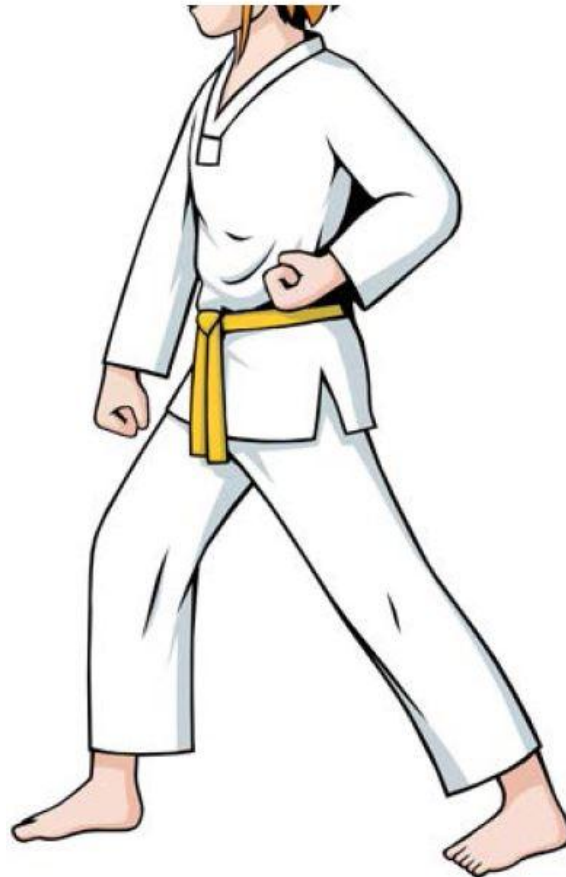


11. Place your right foot forward in the direction of 'Left 2' in an **ap sogi** position. You again execute a **jumok momdong jirugi** with the left arm.



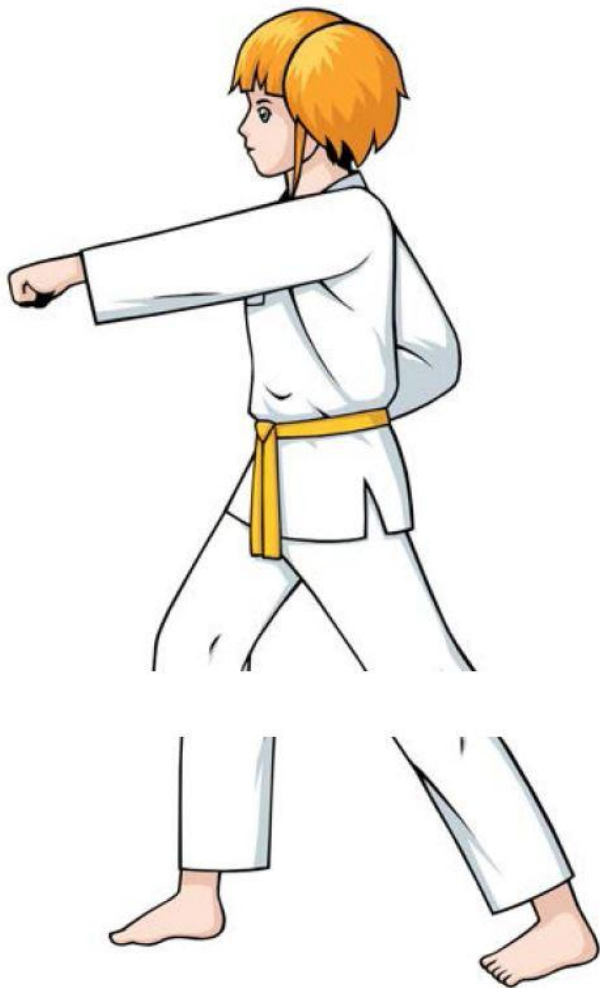


12. Now swivel round on the left foot to the right in the direction of 'Forward'. Place your right foot in front of the left one in an **ap gubi** position and execute an **arae makki** block with the arm on the side of the right foot.



13. Stay standing in the **ap gubi** position and immediately after doing the **arae makki** execute a left-fisted **jumok momdong jirugi**. As you do it let out a loud **kihap** cry.

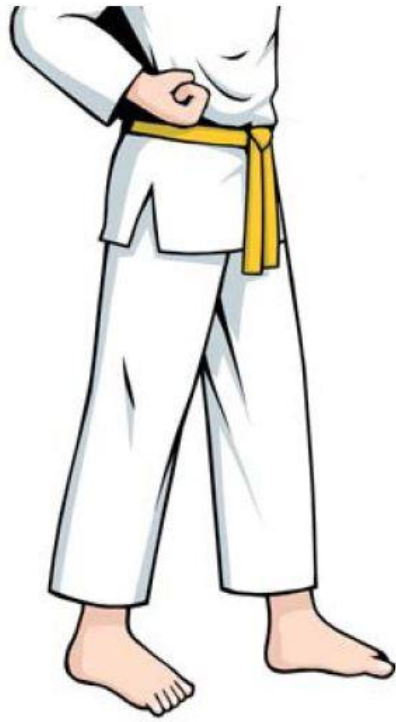
As before, your forward foot is now already, to all purposes, in the next level. As soon as you pull your rear foot up to the forward one with the next step, you are now completely inside Level 3.



Section 3: Level 3

14. Swivel round on the right foot to the left in the direction of 'Left 3' and place your foot down forward in the **ap sogi** position. As you do this execute a block to the upper zone (**olgul makki**) with the left arm.



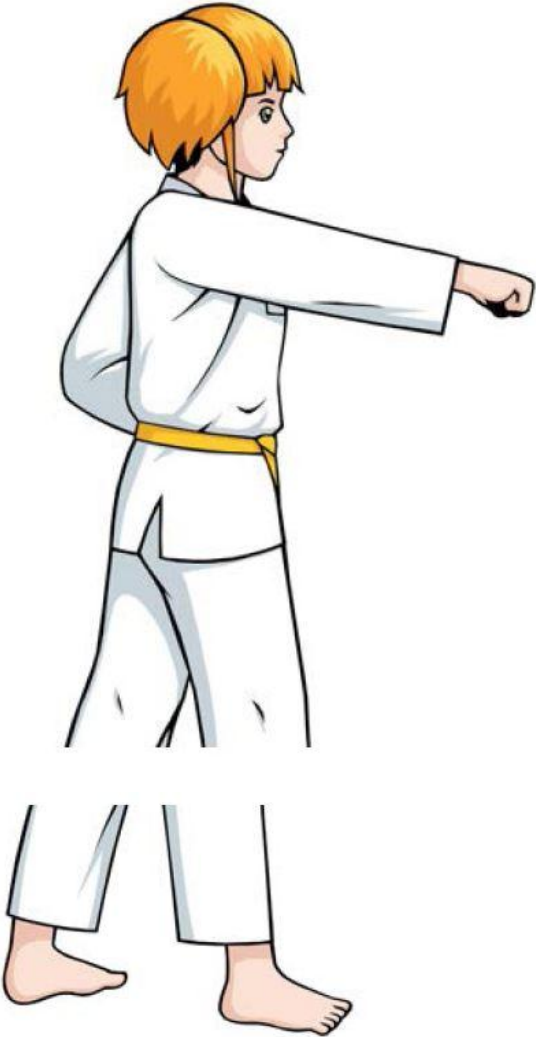


15. From this position you now execute a forward kick (**ap chagi**) still moving in the direction of 'Left 3'.





16. After the kick, place the foot down in the short step forward position (**ap sogi**) and execute a right-fisted **jumok momdong jirugi**.



17. Swivel round on the left foot to the right in the direction of 'Right 3' and place the right foot down in front of the left foot in an **ap sogi** position. Execute an **olgul makki** with the right arm.

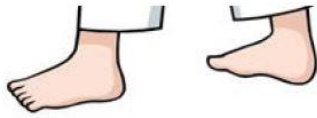




18. Now follows an **ap chagi** again, this time with the left leg in the direction of 'Right 3'.

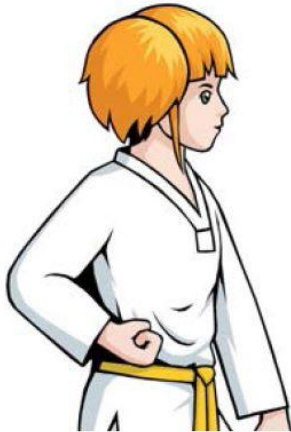


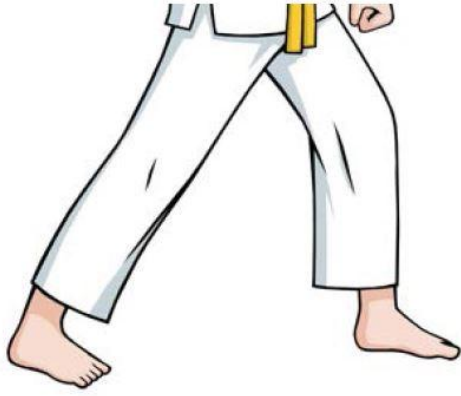
19. After the kick, place the left leg in front of the right leg in an **ap sogi** position and carry out a **jumok momdong jirugi** with the left fist.



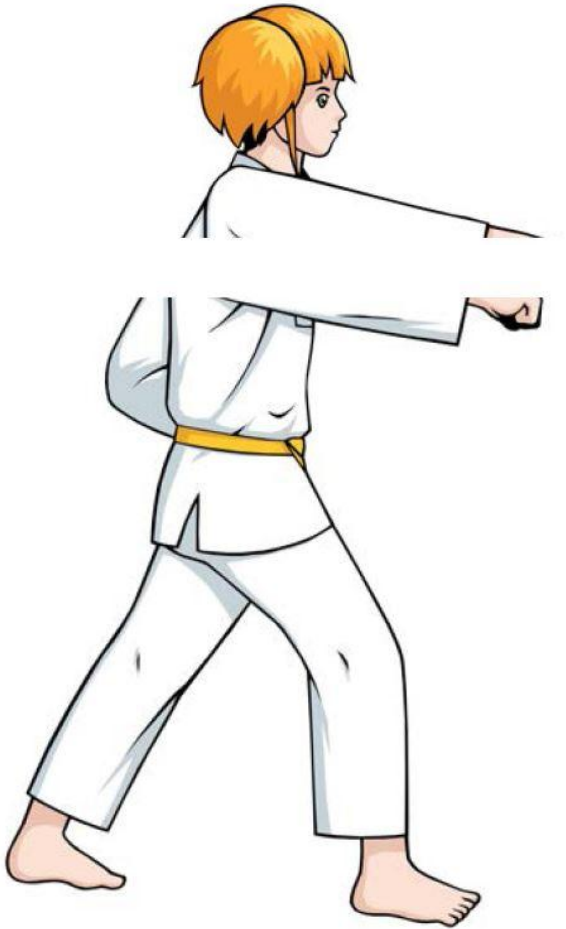
Section 4: The “Way back”

20. You now begin the “way back” that will lead you into a final position at the end in “Level 1”. Swivel on the right foot 90° to the right in the direction of ‘Rear’ in the diagram. Place your left foot in front of the right foot in an **ap gubi** position (long step forward). Carry out the technique of **arae makki** with the left.





21. Take another step forward with the right leg in the direction of 'Rear' into an **ap gubi** position. As you do this you carry out a right-fisted **jumok jirugi** to the middle zone (**momdong**). As you do the fist stroke you let out a kihap cry. The "way back" is now completed. Wait in this position for the command of **guman** (finish, end of exercise) before you finish off doing the **taeguk il jang**.



22. On the command **guman** swivel round to the left on the right foot in the direction of 'Forward'. Place the left foot a shoulder width away alongside the right foot in a **chunbi sogi** position and adopt the **guman** stance in Level 1.





You have now completed the first form – the **taejuk il jang**. If you have done everything correctly, you will find yourself in exactly the same place as you started. For the first few times perhaps you will not be exactly where you should be. This is quite normal – precision comes with practice. At the beginning it is first of all important to concentrate on the techniques. The more accurately you carry these out, the more precise your end position will be, and as you get better you will find yourself exactly on the spot of your starting position.

Tips:

Pay attention that you turn your head first in the direction of the next technique before each turn/swivel. The exercise forms represent a fight with an imaginary opponent whom you have to defend against. And, of course, it is important that first of all you size up your opponent before you use a technique against him/her.

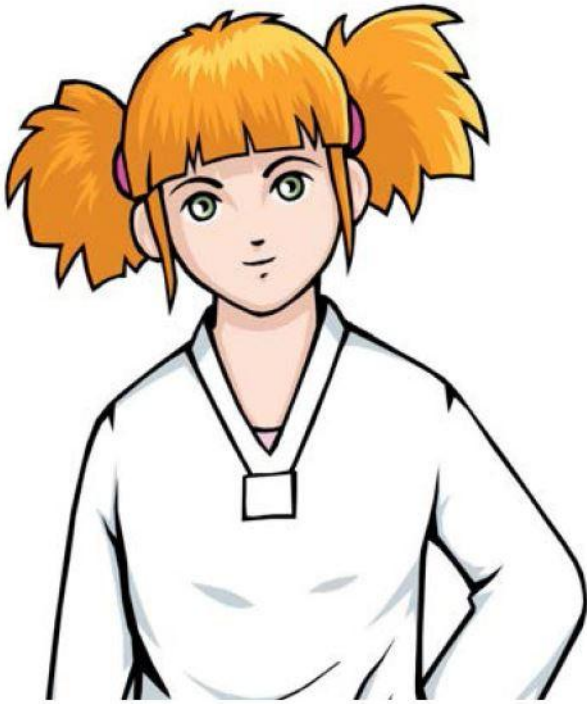
Remember both of the **kihap** cries in the middle and at the end of the exercise form. These belong to the technique just as much as the correct arm and leg actions. Without them the exercise form is not complete.

Practice the exercise form in little steps. Always practice first of all a piece of the action until you think you have mastered it. Then add on the next piece of the exercise until you can do the whole exercise fluently.

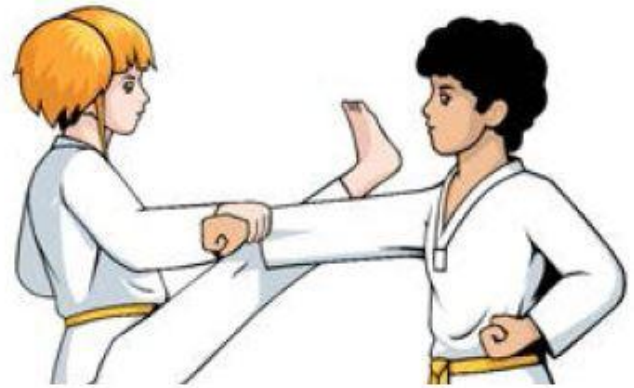
3 Hanbon gyorugi

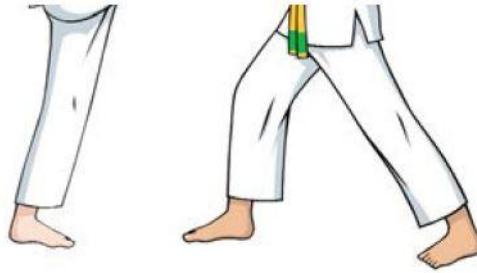
Just like Mike, Joanne is learning defense and attack combinations for prearranged fighting in preparation for her belt grading test. The techniques illustrated are only suggestions because they vary from school/club to school/club. Farid (7th **kup**) assists as an attacking partner again.

The sequence consists of the exercises for the 8th **kup**: Farid adopts the **chunbi sogi** position and then Joanne signals her preparedness to start by also adopting the **chunbi sogi** position. Now Farid starts his attack with a **jumok jirugi** and Joanne replies with various defensive techniques.

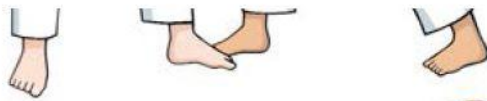


1. Farid attacks with a right-fisted **jumok momdong jirugi**. Joanne retreats into an **ap gubi** position and delivers a left **pakkat palmok momdong an makki** (block in the middle zone using the outer side of the forearm inwards). Joanne grasps Farid's right wrist with her left hand and then pulls her left foot back into an **ap sogi** position and executes a **naeryo chagi** with the right leg across Farid's arm that she is holding.



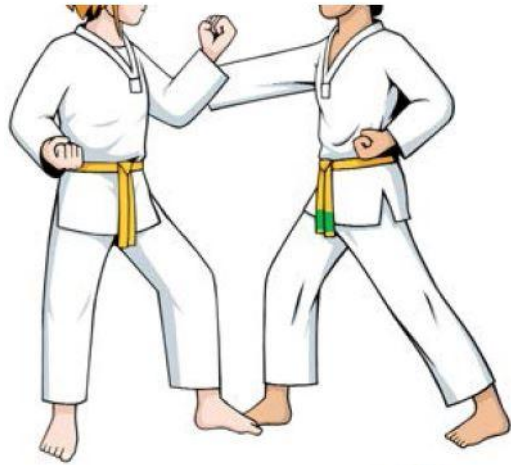


2. Joanne puts her right leg back into a **dwit gubi** position and defends using a **sonnal momdong makki**. The left hand grasps hold of Farid's right wrist followed by an **ap chagi** at Farid's right armpit. Joanne pulls him towards her as she does this.



3. Joanne defends herself by placing her right leg back in a **dwit gubi** position and at the same time blocking the attack with a **palmok momdong pakkat makki**. Finally, Joanne slides back a little and delivers a **dolyo chagi** outside kick with the right leg at Farid's head.





4. While Farid is attacking, Joanne slides back into a **dwit gubi** position to establish a gap between them. To cover her body she brings her fists up into a **goduro makki** stance. Finally she executes a **yop chagi** kick with the right leg at the opponent's solar plexus or head.





These exercises complete the program for Joanne's belt grading test. Of course, besides the new techniques she has just learnt, she continues to practice the blocks, strikes, kicks and combinations that she learnt for the White and the White/Yellow belts. This is because progress in Taekwondo doesn't only mean always learning new techniques, it also means perfecting everything that has been gone through in lessons already. A simple technique that is executed correctly has more effect than a complicated one that is incorrectly executed.

With this in mind, continue practicing your techniques – whether new or old, so that they get better and better and permit you to achieve the best possible effect with them.

4 Korean Terminology IV

momdolyo yop chagi	rotating sideways foot kick
paltung	instep of the foot
paltung chagi	semi-circular (crescent) kick with the instep
gyorugi	free fighting
balbadak	sole of the foot
poomsae	movement form or exercise form
taeguk	'size' and 'eternity'
taeguk il jang	the first form symbol – the heavens and light



Summary

For the time being Suko and his pals say cheerio. They have shown you all that you have to know and be able to do for your 7th **kup** test. By now you will know whether Taekwondo is the sport for you and whether you want to go on. Who knows? Maybe one day you will also have the Master grade belt like Suko. But keep in mind, even for a Master grade, having a practical handbook is always useful so that you are able to refer to it.

Before you close this book, have a look at the few pages in the Appendix. Here you will find all the Korean terminology in alphabetical order as well as a couple of addresses and the diagrams for the 4-Sided Hit and the first exercise form.

Have lots of fun and success in your training!

APPENDIX

ALPHABETICAL

Vocabulary

In this vocabulary are all the Korean terms that appear in this book.

Pronunciation: It is difficult to transliterate the Korean language into the Roman alphabet. Korean does not use characters – instead they use symbols. Words must therefore be pronounced phonetically. You will find various spellings for the words all over the world, but the important thing is to try to match the different sounds you hear elsewhere in other **dojangs** with the words in this list.

an pakkat palmok momdong pakkat makki	middle zone outwards block with the inside of the lower arm
ap chagi	forward kick
ap chuk	ball of the foot
ap gubi	long step forward
ap sogi	short step forward
arae	lower zone
arae makki	block in the lower zone
balbadak	sole of the foot
balnal	outside edge of the foot
bandae jirugi	punching action on the forward leg side
baro jirugi	punching action on the rear leg side
charyot kyongne	Pay attention, Greetings!
chuchum sogi	riding position, feet splayed out
chunbi	Get ready! Adopt a starting position.
dan	Master grade for grown-ups
dobok	training uniform
dojang	training hall
dolyo chagi	semi-circular kick
dubon gyorugi	two-step fighting action

dubon jirugi	double punching action
dung jumok olgul ape chiki	back of the fist punch at the head
dung jumok	back of the fist
dwit gubi	rear leg stance
dwit kumchi	heel
guman	end of the exercise, or end of being ready
gyorugi	free fighting
han sonnal	edge of the hand
han sonnal arae makki	block with the edge of the hand in the lower zone
han sonnal momdong an makki	inwards block with edge of the hand
han sonnal momdong pakkat makki	outwards block with the edge of the hand
han sonnal olgul makki	block with the edge of the hand in the upper zone
han sonnal olgul pakkat chiki	outward strike with the edge of the hand
hanbon gyorugi	one-step fighting action
hechyo arae makki	double wedge block in the lower zone
jumok jirugi	punching
kihap	attack cry
kima sogi	saddle position
kup	belt grade
makki	blocking
moa sogi	closed position
mok	neck
momdolyo yop chagi	rotating sideways foot kick
momdong	middle zone
naeryo chagi	kick upwards
olgul	upper zone
olgul makki	block in the upper zone
pakkat palmok momdong an makki	block in the middle zone using the outer side of the lower arm inwards
nakkat nalmok momdong goduro nakkat makki	reinforced lower arm block

pakkat palmok momdong pakkat makki	block in the middle zone using the outer side of the lower arm outwards
palkup dolyo chiki	semi-circular elbow strike
paltung chagi	semi-circular (crescent) kick with the instep of the foot
poom	Master grade for children and youths
poomsae	movement form or exercise form
pyonhi sogi	parallel position
sabum	trainer, instructor
saju jirugi	the 4-Sided Hit
sebon gyorugi	three-step fighting action
sijak	Begin!
sonnal hechyo arae makki	double handed wedge block with the edge of the hand in the lower zone
sonnal momdong pakkat makki	double-handed defense with edge of the hand
taeguk il jang	the first form symbol – the heavens and light
taeguk	'size' and 'eternity'
ty	belt
yop chagi	sideways kick with the foot

Korean Numbers

hana	one
dul	two
set	three
net	four
dasot	five
yosot	six
ilgup	seven
yodol	eight
ahop	nine

yol	ten
sumul	twenty
sonum	thirty
mahun	forty
suin	fifty
vesun	sixty
irhun	seventy
yodun	eighty
ahun	ninety
paek	hundred
chon	thousand

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Unions and Addresses

World Taekwondo Federation

F Joyang Building 113

Samseong-Dong

Gangnam-Gu

Seoul

Korea 135-090

Internet: <http://www.wtf.org>

Kukkiwon

635 Yuksam-Dong

Gangnam-Gu

Seoul

Korea 135-908

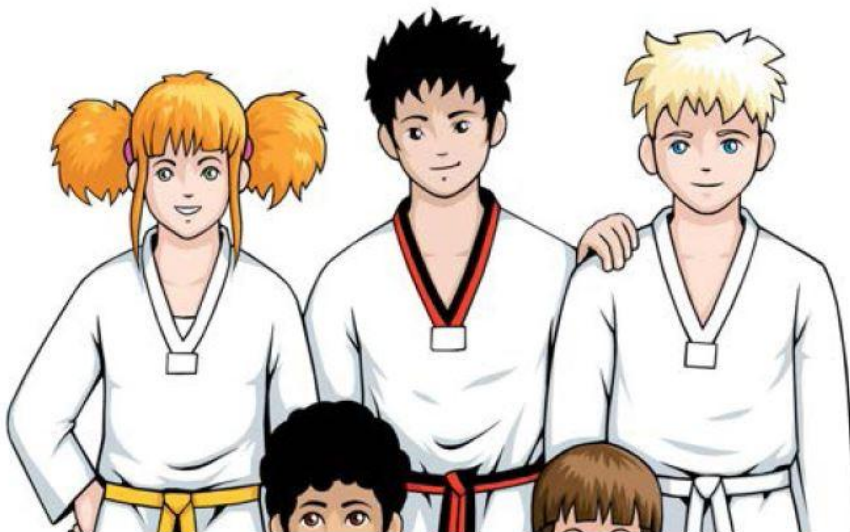
Internet: <http://www.Kukkiwon.or.kr>

Credits

Graphics: Volker Dornemann
Cover layout: Sabine Groten
Editing: Manuel Morschel

**We wish you
lots of fun in your training!**

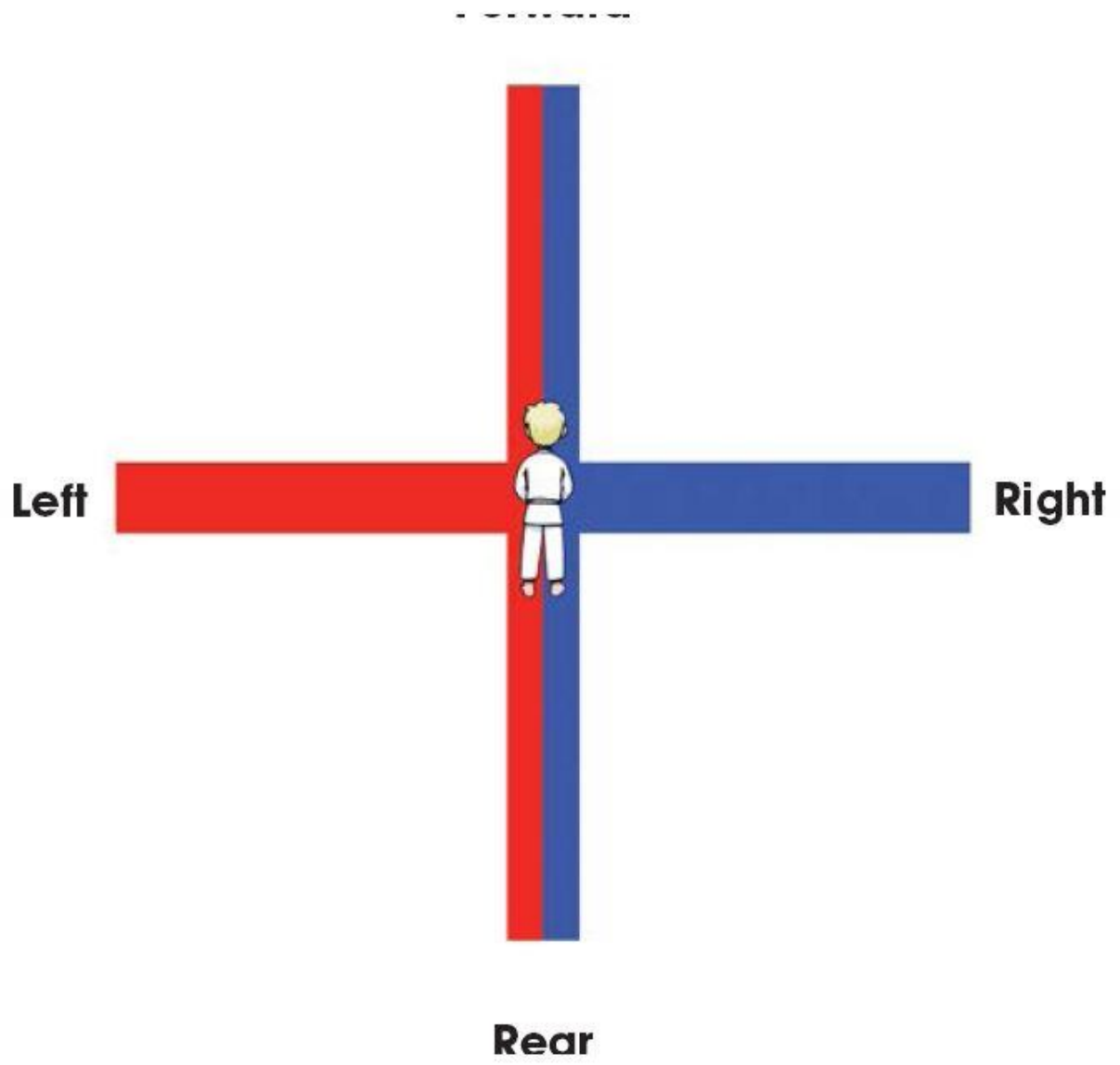
Joanne, Farid, Suko, Kira, Mike





The 4-Sided Hit Diagram

Forward



Poomsae-Diagram

