

Master Robert Summers

School

The Student Handbook

What the Handbook Covers

This student handbook was designed to assist you, as a student, during your Tae Kwon-Do training journey. The handbook contains the following types of information for your maximum learning experience:

- Requirements to progress from one belt to another
- Techniques you need to master to succeed
- One-step sparring drills
- Details about the forms you will learn
- Rules of conduct in the Dojang
- The back ground behind the art of Tae Kwon-Do
- The student creed
- Vocabulary to help you understand and respect Korean commands/terms

How to Use the Handbook

Master Summers will hand out sections of the handbook based on your individual training needs. Please keep the sections you are given in a three-ring binder to make it easier to refer back to during your training journey.

You are encouraged to use your student handbook in a manner that enhances your training. You will continuously be adding to it and taking notes among the pages. And because you receive information as your training progresses, it will become your personal training journal.

Welcome to Our School

Introduction

Welcome to the Robert Summers School of Tae Kwon-Do. You are about to begin a journey that is both challenging and rewarding. Most of us want and need martial arts for the following reasons:

1. We want simple and practical **self-defense** techniques that can relate to all different situations and degrees of seriousness.
2. We need a well-rounded **fitness program**, that is easily suited to our own particular levels of fitness, and that is both goal-oriented and exciting.
3. We are looking for **self-improvement**. We improve ourselves when we gain confidence, newfound respect for others, and self-discipline.

At the Robert Summers School of Tae Kwon-Do, we teach the following Tae Kwon-Do disciplines:

Discipline	Purpose
Physical Conditioning	To bring out, in each student, a maximum degree of power, flexibility, coordination, endurance, and breath control.
Self-defense	To provide students knowledge of a practical and effective self-defense system to defend themselves if attacked by one or more persons.
Mental/Character Development	To teach each student: <ul style="list-style-type: none">• to honor and maintain the tenants of Tae Kwon-Do• to develop self-confidence, self-discipline, and humility• to instill inner peace and purpose of life• to stress mental, physical, and social awareness

Continued on next page

Welcome to Our School, Continued

About the School

The Robert Summers School of Tae Kwon-Do, in Charlotte, N.C. was established in 1990. The school has recently expanded and relocated to a new facility on Monroe Road. The relocation occurred because of the following benefits the new Dojang offers:

- Having two Dojangs offers better accommodations for expanding classes
- Having additional classes makes it more convenient to train according to the student's schedule, and
- Having larger facilities offers more accommodations to training students and parents of students.

Master Summers teaches all classes at his Charlotte school with the assistance of a knowledgeable Black Belt staff and enthusiastic members of the S.W.A.T. (Special Winning Attitude Team).

School Information

The Robert Summers School of Tae Kwon-Do
9506-C Monroe Road
Charlotte, N.C. 28270
704.849.5333

www.robertsummers.com

Class Schedule

Schedule

Use the schedule below to help determine which class to attend. You may attend the classes according to the form you are working on for your next belt. Refer to the following tables to determine which number corresponds to your form.

Note: For the purposed of this schedule, "child" is considered anyone under the age of 18; "Adult" classes are for students who are 18 or over.

Number	Form
1	Beginner to Chon-Ji
2	Tan-Gun
3	Tao-San
4	Won-Hyo
5	Yul-Kok
6	Joong-Gun

Number	Form
7	Toi Gye
8	Hwa-Rang
9	Chung-Moo
10	Gwang-Gae
11	Po-Eun
12	Ge-Baek

CLASS	MON.	TUE.	WED.	THUR.	FRI.	SAT.
DAY CLASS ADULT- ALL BELTS		11:30- 12:30PM		11:30- 12:30PM		
CHILDREN BEG. THRU YELLOW- STRIPE	6:30- 7:15PM		7:20- 8:05PM	6:30- 7:15PM		
CHILDREN YELLOW THRU BLUE-ST.	7:20- 8:05PM		6:30- 7:15PM	7:20- 8:05PM		
CHILDREN BLUE BELT THRU BLACK BELTS	7:20- 8:05PM	6:30- 7:15PM	7:20- 8:05PM		7:20- 8:05PM	
ADULT BEG. THRU YELLOW BELT	8:15- 9:00PM			8:15- 9:00PM	7:20- 8:05PM	

ADULT GREEN- STRIPE TO BLUE- STRIPE	8:15- 9:00PM			7:20- 8:05PM	7:20- 8:05PM	
ADULT BLUE BELT + UP	8:15- 9:00PM			7:20- 8:05PM	7:20- 8:05PM	
ADULT RED- STRIPE + UP (FORM TOI-GAE + UP)		7:20- 8:05PM				

About Master Robert Summers

From the Beginning

Master Robert Summers started his martial arts career training Tae Kwon-Do in 1972, when he was just 12 years old. He started out teaching Tae Kwon-Do part time, and he soon began to fall in love with the art.

From 1979-1985 he worked full time teaching Tae Kwon-Do for Master J.S. Park in Toronto, Canada. He then moved to Buffalo, N.Y. to open his own schools of Tae Kwon-Do. During this time, Master Summers also traveled to Portugal, Spain, and North Africa to share and demonstrate the art of Tae Kwon-Do with others.

Master Summers' schools in Buffalo rapidly grew from 1985-1990. He then decided to move to Charlotte, N.C. to open additional schools. Master Summers currently franchises or consults for a total of 12 schools and has over 500 black belts under his guidance.

Achievements During his training Master Summers:

- Earned over 300 trophies
- Represented Canada as its National Team Captain from 1984-87, **and**
- Accomplished the following victories:

Tournament	Title	Years
Can-Am Open Championships	Grand Champion Fighting	1978, 1980
Canadian National Tae Kwon-Do Championship	Fighting	1983-85, 1987
Canadian National Tae Kwon-Do Championship	Forms	1984-86, 1988
North American Championships	Grand Champion Fighting	1985
American Martial Arts Championships	Grand Champion Fighting	1985-86
Open Martial Arts Championships	Grand Champion Fighting	1986
Open Martial Arts Championships	Grand Champion Forms	1986
Henry Cho's All American Open Martial Arts Championships in Madison Square Gardens in N.Y.	1 st Place Fighting	1985

Continued on next page

About Master Robert Summers, Continued

Special Recognition

Master Summers also received special recognition for spirit, leadership, achievements, and contributions to the martial arts by the following notable representatives:

- Canadian Government: 1983-1985.
- Grand Master Il Jo Kim: Akron, Ohio. 1984-1986.
- Grand Master Chun Sik Kim: Pittsburgh, Pennsylvania. 1985, 1989, 1993, 1995.
- Grand Master Ki Whang Kim: Washington, D.C. 1985.
- Grand Master Park Jong Soo: Toronto, Canada. 1986.
- The Hall of Fame/Instructor of the Year: 1992.

Personal Career Highlight

The highlight of Master Summers' career was on March 30, 1991 when he had the pleasure of testing for one of his Black Belt degrees in the presence of Sosho Durant (10th Dan) and Hanshi Cavalier (9th Dan).

Master Summers believes that winning tournaments only takes a few good techniques. Therefore, he considered it an even higher achievement to be tested on all levels and on all techniques not just by other Black Belts, but also by true Masters of the art of Tae Kwon-Do.

Character Development

Student Creed We use the following creed to help develop our student's character at the Robert Summers School of Tae Kwon-Do. Try to memorize this student creed and incorporate its principles into your daily life as you begin your training journey.

Tenants of Tae Kwon-Do The following are the five tenants of Tae Kwon-Do that we believe in developing in our students:

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

Continued on next page

Character Development, Continued

The 11 Commandments

The following are the **11 commandments of Tae Kwon-Do**:

1. Loyalty to one's country
 2. Respect for one's parents
 3. Faithfulness to one's spouse
 4. Respect for one's brothers and sisters
 5. Loyalty to one's friends
 6. Respect for one's elders
 7. Respect for one's teachers
 8. Never take life unjustly
 9. Indomitable spirit
 10. Loyalty to one's school
 11. Finish what you begin
-

Required Patches

As a part of character development, by the time students achieve their Yellow Belt, they are required to have the following patches on their uniforms:

1. The school crest
 2. The American flag
 3. The Korean flag
-

The School Crest

Our school patch is worn to represent pride in our school. The school is where we train and forge our spirit along with the friendships of our fellow students.

The school crest should be placed on your uniform to the left of your lapel, or over your heart. The crest is composed of the following parts:

- The yin and yang symbol
 - The school emblem of a master instructor performing a side kick
 - The name of the school
-

Continued on next page

Character Development, Continued

The American Flag

The patch of the American flag is worn to represent pride in our country. There is no other place in the world with the standard and quality of life like we have here in the United States of America.

Place the American flag on your uniform on your upper left arm. The American flag will be on top of, or above, the Korean flag.

What does the American flag represent?

The 50 star flag of the United States of America was officially raised at 12:01 a.m. on July 4th, 1960 at Fort McHenry National Monument in Baltimore, Maryland. The flag consists of 50 white stars on a blue field, representing the 50 states of the union. There are 13 alternating red and white stripes representing the 13 original states.

Originally, when the stars and stripes were adopted, the 13 stars were arranged in a circle representing a new constellation in the Heavens. Every time a new state was added, a new stripe was added along with the star. It soon became evident that the flag would become overburdened with stripes. Congress ordered that the flag would have no more than 13 stripes.

The colors of the American flag symbolize the virtues of the entire nation. Blue is for justice, perseverance, and vigilance. White is for innocence and purity. Red is used to symbolize courage and strength.

For the United States, a bright shining star in the world, our forefathers wanted a symbol of this newness and permanence. They chose stellar creations in a blue sky with vibrant colors to symbolize our strength as a country.

Continued on next page

Character Development, Continued

The Korean Flag

The patch of the Korean flag is worn to honor the country where Tae Kwon-Do originated.

Place the Korean flag on your uniform on your upper left arm. The Korean flag goes directly below the American flag (the bottom of the American flag should directly touch the top of the Korean flag).

What does the Korean flag represent?

The flag of the Republic of South Korea is a white field representing the people of Korea. The color was taken from the ancient dress of the Korean people. The center of the flag is dominated by the um yang symbol (also known as yin and yang). This symbol represents the dual nature of the universe, and the dual nature of every aspect of life.

The symbol is made of two intertwined parts. The upper red section is active (for example, fire, Heaven, Father). The bottom blue section is passive (for example, water, Earth, Mother). To illustrate how these sections work together, imagine a day's cycle. In order to have one full day, you must have both daylight and darkness (both the yin and the yang).

In the four corners of the flag are anagrammed symbols representing this universal concept. In the upper left corner is the symbol for Heaven, and in the lower right corner is the symbol for Earth. In the upper right corner is the symbol for water, in the lower left corner is the symbol for fire.

The Art of Tae Kwon-Do

Definition The name for the martial art of Tae Kwon-Do comes from the Korean *Tae* (foot), *Kwon* (fist), *Do* (way). Tae Kwon-Do is a Korean martial art form created in 1955 from a long practiced training system known as *Tae-Kyon* (unarmed combat).

The History of Tae Kwon-Do The earliest records of the practice of Tae Kwon-Do date back to about 50 BC. During this time, Korea was divided into the three kingdoms of Silla, Koguryo, and Baekche. The art of Tae Kwon-Do took root with the *Hwarang*, young noblemen influenced by Confucianism who banded together during the unification of Korea in the Silla dynasty, around 600 AD. Along with their training in fundamental education and military skills, the first practitioners of Tae Kwon-Do were also skilled in poetry, singing, and dancing. These early pioneers were encouraged to travel throughout the Korean peninsula in search of learning about the religions and people of the land. At this time, Tae Kwon-Do was primarily a recreational activity designed to improve physical fitness. Only with the onset of the Uijong regime did Tae Kwon-Do become a fighting art.

Tae Kwon-Do Today Today, Tae Kwon-Do:

- Is considered the most effective method of unarmed self-defense; its credo is never attack first.
- Is an intricate art, an exciting form of martial arts, and a method of maintaining physical and mental fitness.
- Stresses balance between the mind, the body, and nature.
- Uses kicks and strikes to the vital points in its approach.
- Is used in Korea by the Presidential Protective Forces.
- Is used in many other countries, including the United States, in Protective Forces training programs.
- Is now considered an official Olympic sport.
- Is a sport with an international membership of over 20 million practitioners in over 120 countries.
- Is often integrated into college and university curriculums.

Mistaken Concepts Many think of breaking boards and bricks when they think of Tae Kwon-Do. However, this is an entirely mistaken concept. Demonstrations displaying such feats merely show the power and speed the human body is capable of utilizing through Tae Kwon-Do.

Continued on next page

The Art of Tae Kwon-Do, Continued

Skills Used in Tae Kwon-Do Tremendous skill and control are required in Tae Kwon-Do. While blocking, kicking, and punching techniques are all used, the challenge lies in the adept use of techniques without having any actual body contact. Complete control over kicking and punching movements is paramount in stopping short of the opponent.

Through the coordination of balance, control, and technique in the performance of Hyungs (patterns), Tae Kwon-Do is regarded as a beautiful form of martial arts that requires a high level of skill.

Two Schools of Thought

Overview In martial art circles today, two extremes are taught with regularity. There are those who teach martial arts as a sport and those that consider themselves purists.

Imagine Yourself... Imagine yourself joining a martial arts class for the very first time. It has taken a great deal of courage to get this far. You may have wanted to do this for a long time, often wondering exactly what martial arts training would be like. After putting on your uniform and coming out of the dressing room, you look around and make sure you don't look different than the other students in the class. You wander onto the floor trying to look inconspicuous. You work your way through a marine-worthy warm-up, congratulating yourself on your commitment and desire. And then it happens...

You are approached by a higher belt student and told to borrow someone else's equipment so you can spar! Of course you are nervous, perhaps even frightened. You don't know what to do or what to expect. And so the nightmare begins.

First School: Martial Arts as a Sport The first school of thought reflects the scenario above. The idea is to teach martial arts as a sport, encouraging students to begin sparring immediately and to compete in tournaments regularly. Often, sparring and tournaments are more than just encouraged, they become part of the testing requirements.

Instructors measure a student's success by the number of trophies he or she wins. In general, the "art" has been taken out of the martial arts. Forms and practical self-defense techniques must be unlearned in order to maximize success in tournament competition. Technique often becomes sloppy in lieu of sparring expediency.

Second School: A Purist's View Proponents of the second school of thought consider themselves purists. They suggest students should never compete, believing that sparring competition is artificial and builds bad habits. Purists also believe that such competition encourages students to believe that winning is everything.

Instructors measure a student's success by the nature and amount of discipline and loyalty presented in class. Forms are taught for the sake of learning the forms themselves. Tradition and discipline hide the true lessons locked within the art itself.

A Third School of Thought

A Broader View

There were two schools, with two extremes. A third and broader philosophy seemed in order. Most of us are easily enamored with the prospect of winning trophies and receiving our Black Belts. However, those lucky enough to be trained by instructors sharing this broader viewpoint gain a greater insight into the true potential of martial arts.

Master Summers is a proponent of this third school of thought. At the Robert Summers School of Tae Kwon-Do we believe the overall goal is to achieve "**Black Belt Excellence**," not just the Black Belt. Our philosophy is to avoid extremes and instead, concentrate on long-term growth and development.

Instead of stressing sparring, we emphasize forms, self-defense, and self-improvement. Students are not allowed to begin sparring until after 9 to 12 months of training (usually around Green Belt level). Prior to sparring, we take time to develop control, focus, and knowledge of the techniques within the art. We practice forms over and over, focusing on the smallest details. We continually strive to improve ourselves as well as our techniques.

There are even differences in preparing for tournaments. Tournament competition is emphasized only as it relates to the overall goal of excellence and participation is voluntary. The lessons we learn during preparation stay with us far beyond the time of the competition. We stay later, train harder, and work harder to make ourselves better than our competitors. But students are never forced to compete.

There are stages in our progress when it can be beneficial to go through the tournament learning process. However, learning about our inner selves, seeking self-improvement, and learning to respect our art and each other is what makes our study of the martial arts last a lifetime. And we believe that the ultimate search for Black Belt Excellence is the Martial Arts Way.

Continued on next page

A Third School of Thought, Continued

Philosophies of the Third School

Proponents of the broader view do their best to train rigorously, gradually picking up tip after tip, learning what to do and what not to do. We gain greater control over ourselves, and our techniques, as time passes. We gladly sacrifice in order to train regularly and to reach our goals. We believe that winning is putting forth our best effort, and we do so without thought.

But there is much more to this third and broader philosophical approach. Many instructors require younger students to commit to making their bed everyday, taking their dinner plates to the sink after eating, and promising to do their best in school.

All students in this school of thought are reminded of the importance of respect, honor, integrity, discipline, fitness and excellence. Even during tournaments, we teach the importance of being respectful to judges and friendly to all competitors, even though we may have to fight them later. We learn to show little or no emotion, including fear or pain, as our competitors show no sympathy. Instead, they thrive and gain energy from our emotions.

Most importantly, we learn to win and lose graciously. Learning how to properly cope with victory as well as defeat is a valuable lesson. This lesson helps develop character and build friendships that will last a lifetime. It represents the ultimate model for sportsmanship, and is the basis for all of our martial arts training.

***Jurassic Park* and the Martial Arts Way**

The Heart of Martial Arts

In his blockbuster seller *Jurassic Park*, Michael Crichton gets to the heart of the martial arts when discussing the differences between earned power and scientific power. Crichton states:

“Most kinds of power require a substantial sacrifice by whoever wants the power. There is an apprenticeship, a discipline lasting many years. Whatever kind of power you want. President of the company. Black Belt in karate. Spiritual guru. Whatever it is you seek, you have to put in the time, the practice, and the effort. You must give up a lot to get it. It has to be very important to you. And once you have attained it, it is your power. It can’t be given away: it resides in you. It is literally the result of your discipline.

...What is interesting about this process is that, by the time someone has acquired the ability to kill with his bare hands, he has also matured to the point where he won’t use it unwisely. So that kind of power has built in control. The discipline of getting the power changes you so that you won’t abuse it.

“[However] scientific power is like inherited wealth: attained without discipline. You read what others have done, and you take the next step. You can do it very young. You can make progress very fast. There is no discipline lasting many decades. There is no mastery: old scientists are ignored. There is no humility before nature. There is only a get-rich-quick, make-a-name-for-yourself-fast philosophy. Cheat, lie, falsify – it doesn’t matter. Not to you, or to your colleagues. No one will criticize you. No one has any standards. They are all trying to do the same thing: to do something big, and do it fast.”

Excerpt from *Jurassic Park* by Michael Crichton, Ballantine Books, 1990.

Rules of Conduct

Overview

The *Rules of Conduct* section in your student handbook is to remind all students what type of behavior is expected in the Dojang. As a sign of respect for your fellow students, instructors, and Master Summers, please follow these rules of conduct at all times. You will learn about the following different types of rules:

- The Bow
- Rules of Conduct in the Dojang
 - ⇒ Respecting the uniform
 - ⇒ Addressing other students
 - ⇒ Arriving on time
- Rules while testing
- The “50 Rule”

Reminder: All students of the Robert Summers School of Tae Kwon-Do are expected to maintain the highest moral and ethical standards, in and out of the Dojang. We take care of our loved ones and look out for our fellow students.

Words to Live By

The following passage is from Henry Ward Beecher:

“Hold yourself responsible for a higher standard than anyone else expects of you. **Never** excuse yourself.”

The Underrated Bow

Overview When we bow to one another, we end up with a very different feeling than we would have if we just shook hands. Unlike the American handshake, which is regularly taken for granted, this Oriental custom of bowing dates back to the beginning of time when men first approached each other in friendship, wanting to show a shared respect for each other.

Why Bow? In martial arts, the bow is considered the ultimate symbol of respect. However, the bow is one of the most underrated aspects of training today. When martial arts students bow to each other, they are reflecting a sense of respect from deep within. This is called a “soul bow” because it reflects the respect we have for one another.

When martial arts students bow to instructors, they show respect for and recognition of the instructor’s knowledge and authority in the art. It is the same reason to bow to the flag, whether it is an American, Korean, or Japanese flag. The act honors everything the flag represents.

You should show your respect in Master Summers’ Dojang by bowing:

- As you enter and exit the Dojang
 - To the Flags at the front of the Dojang
 - To the Master instructor
 - To all students and/or instructors upon greeting and/or after being given instructions
-

How to Bow Follow these steps to learn how to perform a respectful martial arts bow:

Step	Action
1	Keep your hands cupped at your sides.
2	Bow to at least a 45-degree angle, keeping your eye gaze to the floor.
3	Pause before raising.

Why Do I keep My Eyes to the Floor? Keeping your eye gaze to the floor as you bow shows respect. Some instructors at other schools teach a challenging bow, when you meet the other person’s eye gaze and keep your hands in fists. This bow is often used during sparring drills or tournaments. However, it is disrespectful to use that bow with a higher-ranking belt, and/or an instructor.

Continued on next page

The Underrated Bow, Continued

America Vs. the Orient

In the orient, the essence of the bow remains clear. When bowing to a higher ranked person, Orientals bow lower than the person with higher rank. For example, children bow lower than their elders as a sign of respect. If the elder returns an even lower bow, sending the message of "I am really proud of you," it is customary for the child to bow once again, sending the message "I owe you more respect."

America's answer to the bow is the handshake. However, the handshake was born out of two symbols of distrust, a warrior's greeting and the Roman handshake. Ancient warriors held hands firmly as they talked, making it difficult for the other to draw a sword. In fact, hands were shook originally to see if anything was in the sleeve (for example, a dagger). The Roman style of grabbing the forearm and holding onto the arm while talking represented the same thing.

However, in America, the handshake evolved into something completely different. When people used to shake hands, it meant they did not need a contract. People gave their word with a handshake and pledged to live by it. The handshake was a code of honor. Unfortunately, more and more today, people are missing that sense of honor.

Learning From Martial Arts

If we learn anything at all in the martial arts, we must learn a sense of honor. The bow is a way of humbling and lowering our selves to show respect for one another. What we live by is paramount. We must train our minds in such a way that a simple thing, like giving our word, becomes a pledge that we will stick to and live by. After all, if we can't discipline ourselves for the little things, how can we expect to do so with the bigger things in life? This is what martial arts is all about.

Rules of Conduct in the Dojang

What To Do

You should do the following:

- Bow to flags
 - Bow to instructors upon entering the Dojang
 - Bow to instructors at the beginning and end of classes
 - Exchange greetings between students
 - Keep your uniforms clean and fresh at all times
 - Show respect for higher belts
 - Address all Black Belts as Mr., Mrs., Miss, or Sir/Ma'am
 - BE ON TIME FOR CLASS
-

What NOT To Do

You should NOT do the following:

- Be late, as it disrupts the class. Students arriving late (under 10 minutes) will have to do the duck walk. Students arriving more than 10 minutes late will not be able to participate in class.
 - Wear shoes in the lobby or the Dojang
 - Wear jewelry in class
 - Eat, chew or smoke anywhere on the premise
 - Use profanity at any time
 - Talk loudly in the lobby, Dojang, or locker rooms
 - Leave clothes, equipment, or any personal belongings in the school
-

Rules of Conduct During Testing

Students: Rules to Follow When Testing

When testing, you should show respect to your higher belts, and instructors who are testing you by complying with the following standards:

- Be on time. Students arriving late are not permitted to test.
- Make sure your uniform is clean and fresh. If you are a Black Belt Club member, you should wear your white top to your uniform (not the black).
- Enter the Dojang without wearing shoes or socks.
- Sit according to belt rank.
- Sit quietly while others are testing.
- Show respect and encouragement for others testing by applauding when they complete their test.
- When testing forms:
 - ⇒ Walk slowly to your beginning position.
 - ⇒ Use slow and controlled movements before beginning.
 - ⇒ Execute a “Power Bow” to those judging you to show extra respect.
 - ⇒ Pause and gather your inner peace and energy.
 - ⇒ Begin the form with a loud ki-hop.
 - ⇒ Use extra crisp, well-defined movements, almost exaggerating between the fast and the slow moves to make sure your performance is remembered.
 - ⇒ When finished, execute another power bow.
 - ⇒ Accept all critical feedback graciously and respectfully, as your instructors are more experienced and can teach you a great deal.
 - ⇒ Slowly exit the testing area by taking several steps backward, while still in a bow. Then, you may look up and turn to sit back down.
- When sparring:
 - ⇒ Show your opponent respect by bowing.
 - ⇒ Follow all rules given by the mediator (for example, no contact to the face).
 - ⇒ Whether you win or lose, be gracious. Never argue a call from officials.
 - ⇒ After your match, shake your opponent’s hand and bow.

Parents: Rules to Follow When Your Children Are Testing

If you are a parent watching a child compete:

- Do not speak to your child while he or she is testing.
 - Please do not bring children under the age of four into the Dojang. There is a TV monitor in the lobby for you to watch your child testing. Crying babies or infants are very disrupting to testing students.
 - Do not take photographs of your child while he or she is testing. Please wait until awards are given. You will have plenty of opportunities then.
-

The “50 Rule”

The Success to Martial Arts

Just like in any other areas of life, excellence results from persistence and effort. The “50 Rule” can help you attain Black Belt excellence in Tae Kwon-Do.

50

The “50 Rule” simply states that you must practice a move (or form) at least 50 times before you obtain some degree of comfort with that move. If you repeat the move 50 times and are still uncomfortable, repeat it 50 more times. Research indicates that you should repeat a form or self-defense technique between 3,000 – 5,000 times before the move become “second nature.”

So what is the rule of thumb? Practice your forms, techniques, and self-defense applications daily. Because forms and techniques require little in the way of space, and can be practiced inside or outside, there are few excuses for missing a martial arts workout.

Words to Live By

The following words from Aristotle embrace the 50 Rule:

“We are what we repeatedly do. Excellence, then, is not an act but a habit.”

Test Curriculum

Overview In order to test, students must understand and know how to complete techniques from one or more of the following competencies in Tae Kwon-Do:

- Basic techniques
- Self-defense techniques
- One-step sparring techniques
- Forms

The level of knowledge you are required to understand and display during testing depends on the level of belt for which you are testing.

After you earn a new belt, Master Summers will give you a list of skills you will need to master before you test for the next belt level.

Time Frame It will take approximately the following amount of time for each age group to achieve a black belt:

Age Group	Amount of Time to Black Belt
Child (ages 4-11)	Minimum of 2 ½ years
Junior (ages 12-17)	Minimum of 2 ½ years
Adult (age 18 and over)	Minimum of 3 years

Tae Kwon-Do Belt System The following chart illustrates your level of skill in Tae Kwon-Do based upon your belt level, as well as the belt order you will follow during your training journey.

Belt	Skill Level
None	Beginner
White	10 kup
Yellow-stripe	9 kup
Yellow	8 kup
Green-stripe	7 kup
Green	6 kup
Blue-stripe	5 kup
Blue	4 kup
Red-stripe	3 kup
Red	2 kup
Black-stripe	1 kup
Black	1 st – 9 th Dan

Beginner to Uniform Test

Time frame This portion of your training takes approximately two weeks, and occurs during a two-week trial period.

**Child
(ages 4-11)**

- Low block and punch
- Back fist
- Reverse punch
- Front kick
- Side kick
- Two self-defense techniques

**Juniors
(ages 12-17)**

- Low block and punch
- Back fist
- Reverse punch
- Front kick
- Side kick
- Two self-defense techniques

**Adults
(18 and older)**

- Low block and punch
- Back fist
- Reverse punch
- Front kick
- Side kick
- Two self-defense techniques

Uniform to White Belt

Time Frame This portion of your training takes approximately one month.

- Child
(ages 4-11)**
- Beginner Chon-Ji – first five moves (low block)
 - Back fist
 - Reverse punch
 - Front kick
 - Side kick
 - “I don’t want to fight” self-defense technique
-

- Juniors
(ages 12-17)**
- Beginner Chon-Ji – first five moves (low block)
 - Back fist
 - Reverse punch
 - Front kick
 - Side kick
 - The following two self-defense techniques:
 - ⇒ Crunch/punch
 - ⇒ Low block

Note: You should also know a bonus self-defense technique. You may choose from any of the additional self-defense techniques taught in class.

- Adults
(18 and older)**
- Beginner Chon-Ji – first five moves (low block)
 - Back fist
 - Reverse punch
 - Front kick
 - Side kick
 - The following two self-defense techniques:
 - ⇒ Crunch/punch
 - ⇒ Low block

Note: You should also know a bonus self-defense technique. You may choose from any of the additional self-defense techniques taught in class.

White Belt to Yellow-stripe

Time Frame This portion of your training takes approximately one month.

Child (ages 4-11)

- Beginner Chon-Ji – next eight moves (low and inner forearm blocks)
- Various kicking and punching combinations
- The following two self-defense techniques:
 - ⇒ Low block
 - ⇒ Inner forearm

Note: You should also know a bonus self-defense technique. You may choose from any of the additional self-defense techniques taught in class.

Juniors (ages 12-17)

- Beginner Chon-Ji – next eight moves (low and inner forearm blocks)
- Various kicking and punching combinations
- The following two self-defense techniques:
 - ⇒ Low block
 - ⇒ Inner forearm

Note: You should also know a bonus self-defense technique. You may choose from any of the additional self-defense techniques taught in class.

Adults (18 and older)

- Beginner Chon-Ji – next eight moves (low and inner forearm blocks)
- Various kicking and punching combinations
- The following two self-defense techniques:
 - ⇒ Low block
 - ⇒ Inner forearm

Note: You should also know a bonus self-defense technique. You may choose from any of the additional self-defense techniques taught in class.

Yellow-stripe to Yellow Belt

Time Frame This portion of your training takes approximately two months.

- Child
(ages 4-11)**
- Chon-Ji
 - One-step #1
 - The following self-defense techniques:
 - ⇒ Low block
 - ⇒ Inner forearm block
 - ⇒ Lapel grab

Note: You should also know a bonus self-defense technique. You may choose from any of the additional self-defense techniques taught in class.

- Juniors
(ages 12-17)**
- Chon-Ji
 - One-steps #1 and #2
 - The following self-defense techniques:
 - ⇒ Low block
 - ⇒ Inner forearm block
 - ⇒ Lapel grab

Note: You should also know a bonus self-defense technique. You may choose from any of the additional self-defense techniques taught in class.

- Adults
(18 and older)**
- Chon-Ji
 - One-steps #1 - #3
 - The following self-defense techniques:
 - ⇒ Low block
 - ⇒ Inner forearm block
 - ⇒ Lapel grab

Note: You should also know a bonus self-defense technique. You may choose from any of the additional self-defense techniques taught in class.

Yellow Belt to Green-stripe Belt

Time Frame This portion of your training takes approximately two months.

- Child (ages 4-11)**
- First half of Tan-Gun (or Dan-Gun) – up to the spin and first twin forearm block
 - One-step #2
 - The double knife-hand self-defense technique

Note: You should also know a bonus self-defense technique. You may choose from any of the additional self-defense techniques taught in class.

- Juniors (ages 12-17)**
- Tan-Gun
 - One-steps #3 and #4
 - The following self-defense techniques:
 - ⇒ Double knife-hand
 - ⇒ Twin forearm block

Note: You should also know a bonus self-defense technique. You may choose from any of the additional self-defense techniques taught in class.

- Adults (18 and older)**
- Tan-Gun
 - One-steps #4 - #6
 - The following self-defense techniques:
 - ⇒ Double knife-hand
 - ⇒ Twin forearm block

Note: You should also know a bonus self-defense technique. You may choose from any of the additional self-defense techniques taught in class.

Equipment Reminder You are required to purchase sparring equipment by the time you earn your green-stripe belt, and begin sparring. You can purchase the proper sparring equipment, which has been approved by Master Summers, at the office.

Green-stripe to Green Belt

Time Frame This portion of your training takes approximately two months.

- Child
(ages 4-11)**
- Second half of Tan-Gun
 - One-step #3
 - The twin forearm block self-defense technique

Note: You should also know a bonus self-defense technique. You may choose from any of the additional self-defense techniques taught in class.

- Juniors
(ages 12-17)**
- Tao-San
 - One-steps #5 and #6
 - The following self-defense techniques:
 - ⇒ Middle block-punch
 - ⇒ Wedging block

Note: You should also know a bonus self-defense technique. You may choose from any of the additional self-defense techniques taught in class.

- Adults
(18 and older)**
- Tao-San
 - One-steps #7 - #9
 - The following self-defense techniques:
 - ⇒ Middle block-punch
 - ⇒ Wedging block

Note: You should also know a bonus self-defense technique. You may choose from any of the additional self-defense techniques taught in class.

Green Belt to Blue-stripe

Time Frame This portion of your training takes approximately three months.

- Child
(ages 4-11)**
- First half of Tao-San – up to spin and first block and punch
 - One-step #4
 - The middle block-punch self-defense technique

Note: You should also know a bonus self-defense technique. You may choose from any of the additional self-defense techniques taught in class.

- Juniors
(ages 12-17)**
- Won-Hyo
 - One-steps #7 and #8
 - The following self-defense techniques:
 - ⇒ Spear-hand
 - ⇒ Scooping block

Note: You should also know a bonus self-defense technique. You may choose from any of the additional self-defense techniques taught in class.

- Adults
(18 and older)**
- Won-Hyo
 - One-steps #10 - #12
 - The following self-defense techniques:
 - ⇒ Spear-hand
 - ⇒ Scooping block

Note: You should also know a bonus self-defense technique. You may choose from any of the additional self-defense techniques taught in class.

Blue-stripe to Blue Belt

Time Frame This portion of your training takes approximately three months.

- Child
(ages 4-11)**
- Second half of Tao-San
 - One-step #5
 - The wedging block self-defense technique

Note: You should also know a bonus self-defense technique. You may choose from any of the additional self-defense techniques taught in class.

- Juniors
(ages 12-17)**
- Yul-Kok
 - One-steps #9 and #10
 - The following self-defense techniques:
 - ⇒ Side kick/elbow
 - ⇒ Supporting block

Note: You should also know a bonus self-defense technique. You may choose from any of the additional self-defense techniques taught in class.

- Adults
(18 and older)**
- Yul-Kok
 - One-steps #13 and #14
 - The following self-defense techniques:
 - ⇒ Side kick/elbow
 - ⇒ Supporting block

Note: You should also know a bonus self-defense technique. You may choose from any of the additional self-defense techniques taught in class.

Blue Belt to Red-stripe

Time Frame This portion of your training takes approximately three months.

- Child
(ages 4-11)**
- First half of Won-Hyo – up to spin and block/strike/punch
 - One-step #6 (snap punch and upset)
 - The spear-hand self-defense technique

Note: You should also know a bonus self-defense technique. You may choose from any of the additional self-defense techniques taught in class.

- Juniors
(ages 12-17)**
- First half of Joong-Gun – up to back fist/block/punch
 - One-steps #11 and #12
 - The following self-defense techniques:
 - ⇒ Block/kick/palm
 - ⇒ Double knife-hand/elbow

Note: You should also know a bonus self-defense technique. You may choose from any of the additional self-defense techniques taught in class.

- Adults
(18 and older)**
- Joong-Gun
 - Made up one-steps #1 - #3
 - Chose either one of the following sets of two self-defense techniques:
 - ⇒ Block/kick/palm and double knife-hand/elbow, **or**
 - ⇒ Back fist/block/punch and Supporting block/punch

Note: You should also know a bonus self-defense technique. You may choose from any of the additional self-defense techniques taught in class.

Red-stripe to Red Belt

Time Frame This portion of your training takes approximately three months.

- Child (ages 4-11)**
- Second half of Won-Hyo
 - One-step #7 (block mid-section with lower front arm, immediately counter with a back fist to the face)
 - The scooping block self-defense technique
 - Break – Elbow
 - Come up with 10 moves. Master Summers will assign the music of his choice. This is not required on the test, but required in order to test.

Note: You should also know a bonus self-defense technique. You may choose from any of the additional self-defense techniques taught in class.

- Juniors (ages 12-17)**
- Second half of Joong-Gun
 - One-steps #13 and #14
 - The following self-defense techniques:
 - ⇒ Back fist/block/punch
 - ⇒ Supporting block/punch
 - Break – Elbow or knife-hand
 - Come up with 20 moves. Master Summers will assign the music of his choice. This is not required on the test, but required in order to test.

Note: You should also know a bonus self-defense technique. You may choose from any of the additional self-defense techniques taught in class.

- Adults (18 and older)**
- Toi Gye
 - Made up one-steps #4 - #6
 - Chose either one of the following sets of self-defense techniques:
 - ⇒ Inner forearm/spear-hand and “W” shaped block, **or**
 - ⇒ Double knife-hand/front kick/spear-hand, back fist low block and jump X-block
 - Break – Elbow or knife-hand
 - Come up with 35 moves. Master Summers will assign the music of his choice. This is not required on the test, but required in order to test.

Note: You should also know a bonus self-defense technique. You may choose from any of the additional self-defense techniques taught in class.

Red Belt to Black-stripe

Time Frame This portion of your training takes approximately six months. You will achieve two tips, approximately two months apart.

- Child (ages 4-11)**
- First half of Yul-Kok – up to the first sidekick elbow
 - One-step #8
 - The side kick/elbow self-defense technique
 - Break – Side kick
 - Complete a 20 move musical form. This is not required on the test, but required in order to test.

Note: You should also know a bonus self-defense technique. You may choose from any of the additional self-defense techniques taught in class.

- Juniors (ages 12-17)**
- First half of Toi Gye – up to low supporting block
 - Made up one-steps #1 and #2
 - The following self-defense techniques:
 - ⇒ Inner forearm/spear-hand
 - ⇒ “W” shaped block
 - Break – Side kick
 - Complete a 30 move musical form. This is not required on the test, but required in order to test.

Note: You should also know a bonus self-defense technique. You may choose from any of the additional self-defense techniques taught in class.

- Adults (18 and older)**
- Hwa-Rang
 - Made up one-steps #7 - #9
 - Chose either one of the following sets of self-defense techniques:
 - ⇒ Palm/double punch and grab fist/side, **or**
 - ⇒ Kick/knife-hand and two turning kicks/double knife-hand, **or**
 - ⇒ Low block/reverse punch and X-block/elbow
 - Break – Side kick
 - Complete a 50 move musical form. This is not required on the test, but required in order to test.

Note: You should also know a bonus self-defense technique. You may choose from any of the additional self-defense techniques taught in class.

Black-stripe to Black Belt

Time Frame This portion of your training takes approximately six months. You will achieve two tips, approximately two months apart.

Child (ages 4-11)

- Second half of Yul-Kok
- Chon-Ji to Yul-Kok
- One-steps #1 - #8
- The supporting block self-defense technique
- All previously learned self-defense techniques
- Breaks – Elbow, side kick, back kick, and jump side kick over at least one person
- 30 second musical form

Juniors (ages 12-17)

- Second half of Toi Gye
- Chon-Ji to Toi Gye
- One-steps #1- #14 and made up one-steps #1 and #2
- All previously learned self-defense techniques
- Breaks – Elbow, side kick, spin back kick and jump side kick over at least three people
- 60 second musical form (no longer than 90 seconds)

Adults (18 and older)

- Chung-Moo
- Chon-Ji to Chung-Moo
- One-steps #1-14 and made up one-steps #1 - #9
- All previously learned self-defense techniques
- Breaks – Elbow, side kick, spin back kick and jump side kick over at least five people
- 90 second musical form (no longer than 120 seconds)

Stances

Types of Stances

Stances are the foundation of any martial art. If you have strong and consistent stances, your training will become strong and consistent.

The following is a list of some of the different stances you will use during your Tae Kwon-Do training and tips on successful execution of the stance:

Stance	Tips on Executing
Closed Stance	Stand with your feet completely together, with your toes pointing forward (as used in the "attention" posture).
L-stance	This is also known as a back stance. <ul style="list-style-type: none">• Keep feet at a right angle and about one and a half feet length apart.• Bend knees so that approximately:<ul style="list-style-type: none">⇒ 30% of your weight is on the front leg, and⇒ 70% of your weight is on the back leg.
Parallel Stance	This is also known as a ready stance, the position you go to after the instructor says, "Joonbi." <ul style="list-style-type: none">• Keep your feet shoulder width apart.• Keep your toes pointing forward.• Keep your hands side by side in front of your body with your hands in fists. The thumb-side of your fists should be touching each other.
Riding Stance	This is also known as a horse stance or side stance and is very stable, especially for lateral movement. <ul style="list-style-type: none">• Keep feet one and a half feet shoulder width apart and parallel.• Keep toes pointing forward.• Keep knees bent and over the ball of the foot.• Keep your weight evenly distributed.
Walking Stance	This is also known as a forward stance and is mainly an attacking stance. <ul style="list-style-type: none">• Keep your feet shoulder width apart and one and a half shoulder widths apart in length.• Keep the knee of the front (leading) leg bent, forming a vertical line over the heel.• Keep the front toes pointing forward and the back toes pointing outward at no more than 20 degrees.• Keep the back leg locked into position.• Keep your body weight evenly distributed.

Kicks

Overview The following are the six basic areas of the foot used to deliver strikes when kicking in Tae Kwon-Do:

- The ball of the foot
 - The instep
 - The heel
 - Both the back and the bottom (the blade edge of the foot)
 - The arch
 - The sole of the foot
-

Types of Kicks The following is a list of some of the different kicks you will use during your Tae Kwon-Do training and tips on successful execution of the kick:

Kick	Tips on Executing
Middle Front Snap Kick	<ul style="list-style-type: none">• Deliver the impact of the kick by using the ball of your foot, instep, toes, and knees.• Bring the knee of the kicking leg sharply toward the chest prior to kicking.• Coordinate both motions into one smooth and quick action.• Withdraw your foot immediately after executing the kick by bringing it back to the ground.• Keep the stationary foot relaxed upon impact. Do not pivot the stationary foot during the execution of the kick. <p>Note: This kick is used to attack the front of your attacker. The target is the attacker's face, solar plexus, knee abdomen, armpit, floating ribs, or scrotum.</p>
Side Kick	<ul style="list-style-type: none">• Prior to kicking, bring the knee of your kicking leg sharply to your chest.• Coordinate both motions into one smooth and quick action.• Deliver the impact of the kick by using the blade of the heel.• Keep the stationary foot turned in the opposite direction of the target for safety to the knee, and for maximum power.
Sliding Side Kick	Use the same technique used in the side kick, but slide into the kick with your back foot at the same time you kick.
Spinning Back Kick	This is a unique kick because you are striking to the rear of the attacker's body, instead of the front of his body. Use this kick after you decoy with a front assault to catch your opponent off guard.
Turning Kick	<ul style="list-style-type: none">• Deliver the impact using the ball of the foot or instep.• Use this kick to strike around or to the side of the opponent.

Strikes

Types of Strikes

The following is a list of some of the different strikes you will use during your Tae Kwon-Do training and tips on successful execution of the strike:

Strike	Tips on Executing
Double Knife-hand Strike	<p>This is both a strike (most often to the neck or head) and a block (or guarding your own solar plexus). This technique is often used after a block intercepting the opponent's attacking tool (for example, his fist).</p> <ul style="list-style-type: none"> • Execute from an L-stance. Remember to keep 70% of your weight on your back leg. • Prepare for the strike and block by raising both hands (positioned as knife-hands) up. • Face the palm of the striking hand in, toward your body, and close to your ear. • Face the palm of the guarding hand outward, away from your body, and extend it to the back. • Lower both arms in a twisting motion. This allows the edge of the lead hand to become the striking surface. • Keep the finger tips of the lead hand level with your shoulders, and the elbow bent at a 90 degree angle. • Keep the palm up on the blocking hand. This is to guard your solar plexus. Hold your elbow up and away from your body.
Middle Punch	<ul style="list-style-type: none"> • Execute from a walking stance or an L-stance. • Ensure that you place the rear foot firmly at the moment of impact to contain the rebound. • Keep your chin up and your back straight (especially at the moment of impact). • Use good punching techniques. • Make a proper fist by doing the following: <ul style="list-style-type: none"> ⇒ Close fingers tightly, so there is no opening inside. ⇒ Clench the thumb strongly against the first two fingers and keep it tightly tucked in to prevent catching it on something during the strike. • Do not wind up your punching hand. • Punch from the hip, to the target, at full speed while using the shortest distance possible. • Clinch your fist firmly at the moment of impact. • Avoid unnecessary tension in the arms and shoulders by pulling the opposite fist simultaneously to the hip with the back fist facing downwards, as the punching fist moves toward the target (in this case, the attacker's face or solar plexus). • Turn your fist a full 180 degrees at the moment of impact, creating a corkscrew effect, to obtain the greatest power. • Keep the punching fist at the center of your body. This applies to all low, middle and high punches.

Continued on next page

Strikes, Continued

Types of Strikes (continued)

Strike	Tips on Executing
High Punch	<ul style="list-style-type: none">• Executed from a walking stance with the front knee bent (the front knee is the same knee as the punching arm) and the back knee locked into position..• Executed at your eye level and usually to an attacker's face.• Often follows a combination of high side back fist and block.• Follow the same principles used in the middle punch.
High Block	<p>The block can be used against an attacker's arm, usually following a block and grab technique, or against an attacker's head or neck.</p> <ul style="list-style-type: none">• Execute from a walking stance, X-stance, L-stance, or sitting stance.• Keep your chin up and your back straight.• Begin with both fists high, next to your ears.• Position the blocking fist on the inside, with the palm turned toward your ear.• Position the other fist on the outside.• Keep both fists back to back.• Bring the blocking arm up across the body in a twisting motion, ending in the front of your body and slightly above your head.• Keep the blocking fist at the center of your forehead or face at the moment of the block.• Keep the fist higher than the elbow and the distance between the inner forearm and the forehead at about seven centimeters.• Bend the elbow 45 degrees.• Reach your inner forearm at the same level as your forehead when executing this block.• While executing this block, pull the other fist back down to the hip (at your belt level) with the back of your fist facing downward.

Continued on next page

Strikes, Continued

Types of Strikes (continued)

Strike	Tips on Executing
Inner Forearm Block	<p>The lead block is actually a strike rather than a block. It is generally lodged at the attacker's neck or head.</p> <ul style="list-style-type: none">• Execute from an L-stance (or a walking stance).• Keep your feet together, with your legs bent, and extend the blocking fist (at or slightly below shoulder level) directly below the other arm. The other arm is also outstretched at or slightly below shoulder level.• Bend both elbows slightly.• Keep the blocking arm ready to "spring" up for a block (or strike).• Step into an L-stance (or walking stance) with the lead foot. The lead foot is the on the same side as the blocking fist.• Pull your other fist back to your side at belt level and pull your blocking fist to your shoulder height with your palm side facing you and back fist outward.• Bend the elbow of your blocking arm at a 90 degree angle.• Keep your body at a 45 degree angle.• Keep your lead foot pointed in the same direction as your blocking arm.• Keep your back foot at a 90 degree angle from your lead foot when in an L-stance while using this block.
Low Forearm Block	<ul style="list-style-type: none">• Execute in this form from a walking stance.• Use the outer forearm to block• Use this block against the attacker's arm, usually following a block and grab technique, or against the attacker's neck or head.• Begin with both fists high, next to your ears. The blocking fist is positioned on the inside (toward your body), with the palm facing your ear. The other fist is positioned on the outside, facing away from your body.• Keep the back of both hands back to back.• Bring the blocking arm down across your body in a twisting motion, ending in front of the body at the center of your belt.• Keep the distance between your under forearm and thigh at about 20 centimeters.• Keep the blocking forearm parallel to the front of your thigh, and the elbow bent outward at 25 degrees.• While executing the block, also pull the other fist back down to the hip (at belt level), keeping the back of the fist facing downward.

Continued on next page

Strikes, Continued

Types of Strikes (continued)

Strike	Tips on Executing
Twin Knife-Hand Block	<p>Traditional teaching of this block has stressed that this be used to block a simultaneous attack from both the front and the side. However, it is unrealistic to expect such a perfectly choreographed attack. Modern teaching points toward the self-defense applications for this block, so that the lead hand actually strikes in this technique, while the side blocking forearm performs a middle knife-hand block or strike.</p> <ul style="list-style-type: none">• Execute from an L-stance, X-stance, sitting stance, or vertical stance.• Begin with both hands held together on your hip, with your fingertips touching and the back of your hands facing downward.• Bring your lead hand across your body using a twisting motion.• Position the lead hand so that it ends up level with your shoulders, and the elbow bent at a 90 degree angle.• Position the blocking hand above your head and back slightly, simulating a wrist catch and pull, with the back of the hand facing inward.
Wedging Block	<p>This is a forearm block designed to block a twin fist vertical punch or a twin knife-hand inward strike while preventing an attacker from grabbing the neck, head or lapel. This block can be executed using either the outer or inner forearms, knife-hands, or reverse knife-hands.</p> <ul style="list-style-type: none">• Execute from a walking stance, and L-stance or an X-stance.• Begin the block with both fists crossed above your head.• Uncross the fists as you bring them down.• Bend the elbows at a 35 degree angle away from your body, at the moment of the block, twisting at the last minute.• End the block with your fists at eye level.• Keep your fists shoulder width apart.

Continued on next page

Strikes, Continued

Types of Strikes (continued)

Strike	Tips on Executing
Twin Forearm Block	<p data-bbox="644 413 1414 596">Traditional teaching stressed that this be used to block a simultaneous attack from both the front and the side. However, it is unrealistic to expect such a perfectly choreographed attack. Modern teaching points toward the self-defense applications for this block, so that the lead hand actually strikes in this technique, while the side-blocking forearm performs a middle block.</p> <ul data-bbox="644 632 1414 934" style="list-style-type: none"><li data-bbox="644 632 1414 688">• Execute the block in this form from an L-stance, with 70% of your weight on your back leg.<li data-bbox="644 695 1414 751">• Hold your fists together on your hip, with your knuckles touching and the back of your fists facing downward.<li data-bbox="644 758 1414 814">• Use a twisting motion and bring your lead hand across your body.<li data-bbox="644 821 1414 877">• Keep your lead fist level with your shoulders and the elbow bent at a 90-degree angle.<li data-bbox="644 884 1414 934">• Keep your blocking hand above your head and slightly back, simulating a wrist catch and pull. The back fist is facing inward.

Sparring

Types of Sparring

The following is a list of some of the different sparring techniques you will use during your Tae Kwon-Do training and tips on successful execution of the technique. These techniques can work using either side of your body.

Technique	Tips on Executing
Long Distance Back Fist	<ol style="list-style-type: none"> 1. Execute a back fist with your lead hand by using a back leg reverse step to make up the distance between you and your opponent. 2. Execute a reverse punch with your other hand (without winding up), bringing your original hand up to guard your face. Execute this reverse punch from a long walking stance. <p>Pointers:</p> <ul style="list-style-type: none"> ⇒ When initiating the initial back fist, step across your lead foot with your back foot, keeping your body at a 45-degree angle to hide movement. Bring your back fist up before you step, to better hide the technique. ⇒ For greater speed, lean forward before beginning the first move.
Switch – Kick – Punch	<ol style="list-style-type: none"> 1. Start in the standard sparring position (sprinter's stance). 2. Switch sides and feet. 3. Execute a front leg turning kick just above your opponent's belt. 4. Execute a back fist with the lead hand before coming down on your lead foot. <p>Pointers:</p> <ul style="list-style-type: none"> ⇒ Stay loose when preparing for this move. ⇒ Make sure your turning kick is above the belt level but not too high. The kick itself is intended to set up the punch.
Front Kick – Back Fist – Reverse Punch	<ol style="list-style-type: none"> 1. Execute a front snap kick (this is used to set up the final punch). 2. Execute a quick back fist with the lead hand, again to set up the final punch. 3. Execute a reverse punch with the training hand.
Front Kick – Double Punch – Front Kick	<ol style="list-style-type: none"> 1. Execute a back leg front kick with the right foot. 2. Throw a right hand front punch. 3. Throw a left hand reverse punch. 4. Execute a left back leg front kick.
Step and Reverse Punch – Side Kick	<ol style="list-style-type: none"> 1. Step forward with your left foot, while throwing a right hand reverse punch. 2. Execute a side kick with your right leg, springing off your left foot.

Continued on next page

Sparring, Continued

Types of Sparring (continued)

Technique	Tips on Executing
Back Fist – Reverse Punch – Roundhouse Kick	<ol style="list-style-type: none">1. Throw a back fist with the left hand.2. Execute a reverse punch with the right hand.3. Execute a roundhouse kick with the right foot.
Chamber leg Block – Reverse Punch	<ol style="list-style-type: none">1. Chamber your left (front) leg for a side kick, blocking an oncoming kick while moving your left hand up to guard your face.2. Throw a reverse punch with your right hand before you step down.

Exercises for Tae Kwon-Do

Overview

To maximize your Tae Kwon-Do training, use a combination of stretching, crunches, pushups, Tae Kwon-Do forms, and one-steps in each exercise session.

Caution: The following exercises are recommendations only and may not be right for each student. Please see Master Summers if you have any questions, concerns, or physical limitations. Master Summers can help customize a training regimen right for your individual needs.

Benefits

Following this training regimen offers the following benefits:

- Keeps you in excellent physical shape
 - Constantly reinforces the principles learned in Tae Kwon-Do
 - Allows you to react instinctively to any given situation
-

Crunches and Pushups

Interspersed Exercises

Between practicing various Tae Kwon-Do forms and one-steps, perform crunches and pushups by following these tips for proper technique:

Exercise	How to Perform
Crunches	<ol style="list-style-type: none">1. Lie on your back on a flat surface with your knees bent and your feet on the ground.2. Cross your arms over your chest.3. Raise your torso a foot or so off of the ground and stop.4. Crunch forward a few inches, contracting the abdominal muscles.5. Pause, release the pressure, and then lower just a few inches.6. Pause and then begin again. <p>Do 3 sets of 25 or more repetitions.</p>
Pushups	<ol style="list-style-type: none">1. Lie face down on the floor with your hands next to your shoulders and your legs extended out behind you.2. Keep your weight on your toes and push your body up until your arms are fully extended.3. Pause, then lower your body to the starting position. <p>Do 3 sets of 10 repetitions.</p> <p>Tip: For best results, do pushups on your knuckles instead of placing your palms flat on the floor.</p>

Stretches

What is Stretching?

It is important to stretch before, during, and after each exercise session. Stretching helps develop flexibility, which is defined by sports physiologists as *the ability to move muscles and joints through a full range of motion*.

The safest form of stretching is *static stretching*. Static stretching is stretching to the farthest possible point and holding the stretch. Do **not** bounce into a stretch (which is called *ballistic stretching*).

Benefits of Stretching

The following are some of the many benefits of stretching:

- Improved physical fitness
 - Improved circulation
 - Increased physical and mental relaxation
 - Reduction of muscle soreness in between and following workouts
 - Reduction in the risk of injury, including muscle strains, back spasms, and joint spasms
-

Continued on next page

Stretches, Continued

Stretching Exercises

Complete the following stretches before, during, and after each exercise session:

Stretch	How to Perform
Sitting groin stretch	This stretch loosens the inside thigh muscles. <ol style="list-style-type: none">1. Sit on a flat surface.2. Grab your feet with your legs bent upward and knees bent outward.3. Pull your upper body forward gently.4. Keep your head up to relieve strain on your lower back.
Sitting hamstring stretch	<ol style="list-style-type: none">1. Sit on a flat surface.2. Extend one leg forward. Keep the extended foot upright, not turned to the outside, to prevent misalignment of the hip.3. Fold your other leg in by bending the knee in and holding your foot.4. Bend forward from the hips until you feel the stretch. To increase the stretch, grab the foot on your extended leg.5. Hold the position for 30 seconds.
Sitting double stretch	<ol style="list-style-type: none">1. Sit on a flat surface.2. Stretch your legs out straight.3. Point your toes upward.4. Grab your ankles or touch your toes if you can. Do not dip your head forward.5. Look up and try to keep your hips from rolling backward. Think of bending your hips without rounding your back.
Double leg spread	This stretches the groin, hips, and hamstrings. <ol style="list-style-type: none">1. Stand up and spread your legs out as wide as possible.2. Keep your head up and back straight.3. Hold the position for 30 seconds.

Introduction to One-steps

Overview

One-step self-defense techniques are specific to Tae Kwon-Do instructors. Do not share the following one-steps with anyone outside of the Robert Summers School of Tae Kwon-Do. Learning these unique one-steps helps give a competitive advantage when competing in tournaments.

Students must master a certain number of one-steps, in addition to their form and self-defense techniques, in order to earn each new belt.

What Are One-steps?

One-steps are sparring techniques used as immediate self-defense against oncoming attacks. Learning one-steps will help you master techniques useful during sparring drills. You should learn how to perform all one-steps using both your right and left side.

Performing One-steps

One-steps

The following list outlines the one-steps you will learn throughout your Tae Kwon-Do training at the Robert Summers School of Tae Kwon-Do. You will learn more specific details about how to perform these one-steps during class. Use the **Notes** space at the end of this section to take additional notes as you learn one-steps during class.

One-step	Action
1	<ul style="list-style-type: none">• Snap punch with front hand while stepping to the outside
2	<ul style="list-style-type: none">• Reverse punch with the back hand as the back leg slides to the back
3	<ul style="list-style-type: none">• Front leg front kick• Front hand snap punch while moving to the outside
4	<ul style="list-style-type: none">• Front hand palm block• Reverse punch to the ribs• Front hand to the face.
5	<ul style="list-style-type: none">• Side kick to the mid-section• Reverse punch to the ribs
6	<ul style="list-style-type: none">• Snap punch to the face with the front hand• Upset punch to the body with the back hand
7	<ul style="list-style-type: none">• Lower front hand blocks your body, as top rear hand blocks your face (for example, to block against a kick to your mid-section)• Immediately counter with a back fist punch
8	<ul style="list-style-type: none">• Front leg front kick• Back leg turning kick
9	<ul style="list-style-type: none">• Front leg side kick• Back leg back kick
10	<ul style="list-style-type: none">• Pressing kick• Side kick (mid)• Turning kick (high)
11	<ul style="list-style-type: none">• Side kick (mid)• Hook kick (high)• Turning kick
12	<ul style="list-style-type: none">• Side kick (mid)• Turning kick (high)• Back leg spinning hook kick

Continued on next page

Performing One-steps, Continued

One-steps (continued)

One-step	Action
13	<ul style="list-style-type: none">• Front hand palm trap• Reverse punch (mid)• Snap punch (front hand to face)• Jump turning kick (back leg to mid-section)
14	<ul style="list-style-type: none">• Front leg front kick (mid)• Turning kick (without placing foot down, concentrate on pivot, high kick)• Side kick to the head

A Space to Take Notes

Note Taking

Use this space to take additional notes about the one-steps you learn during class.

Introduction to Forms

Overview Practicing forms is perhaps the most important element in our development as martial artists. Forms teach all the basic moves necessary for proper self-defense and sparring, while also offering excellent conditioning. Through the use of constant repetition, these time honored forms enable students of Tae Kwon-Do to become very comfortable with these techniques.

Benefits Studying forms indicates the serious study of the martial arts. Tae Kwon-Do forms:

- Help ingrain the values of patience, discipline, and self control
- Keep alive many of the ancient empty-hand combat techniques
- Aid in coordination, balance, timing and control
- Teach students how to master the following techniques:
 - ⇒ to strike and kick in different directions
 - ⇒ to change directions suddenly
 - ⇒ to block and attack in a coordinated manner
 - ⇒ to simulate fighting more than one person

Three Key Components Martial arts instructors look for the following three key items when observing a student's work:

- Movement
- Snap
- Direction

As a student, you should aim to achieve the following goals:

- Move properly and with fluidity
- Finish each movement strongly with a good snap, and
- Finish each movement in the proper direction, while using the proper stance.

When practicing forms, check out every detail in each movement, particularly how the movement ends. How you practice forms will greatly affect your progress in martial arts training.

Who knows? It may even save your life one day.

Form 1: Chon-Ji

Overview **Chon-Ji** means "the Heaven, the Earth." In the orient this is interpreted as the beginning of human history or the creation of the world. Chon-Ji is the first form students of Tae Kwon-Do learn. Therefore, it is the beginning of our journey.

Chon-Ji includes two distinct parts, low blocks and inner forearm blocks. One represents Heaven and the other represents Earth.

Techniques The following techniques are required for Chon-Ji, listed in the order in which they appear in the form. Refer to the **Techniques** section of your student handbook for tips to successfully execute various techniques.

1. Middle punch
 2. Low forearm block
 3. Inner Forearm block
-

Steps For Chon-Ji Follow these steps to perform Chon-Ji:

Step	Action
1	Begin in start position facing north (or the front of the Dojang).
2	Bring both closed fists up to your right ear. Position your blocking fist inside, with the palm of your hand turned toward your ear. Position your other fist on the outside of your blocking fist. Keep the fists of both hands back to back.
3	Execute a low block, moving 90 degrees to your left, as you step out into a left walking stance.
4	Reach out with your left hand, while bringing the right hand back to the right side at your belt level. Keep your feet together and your knees bent in preparation for a step and punch.
5	Step out with the right foot into a right walking stance and execute a middle punch.
6	Bring your right foot back and even with your left foot, while your body faces north (towards the front of the Dojang) and your head faces east (to the right).
7	Bring both fists up to your left ear. Position your blocking fist inside, with the palm of your hand turned toward your ear. Position your other fist on the outside of the blocking fist. Keep the fists of both hands back to back.
8	Execute a low block, moving 90 degrees to your right (or east), as you step out into a right walking stance.

Continued on next page

Form 1: Chon-Ji, Continued

Steps For Chon-Ji (continued)

Step	Action
9	Reach out with your right hand, bringing your left hand back to the left side at your belt level. Keep your feet together and your knees bent in preparation for a step and punch.
10	Step out with your left foot into a left walking stance and execute a middle punch.
11	Bring your left foot back and even with the right foot. Your body should be facing east and your head turned facing the north.
12	Bring both closed fists up to your right ear. Position your blocking fist inside, with the palm of your hand turned toward your ear. Position your other fist on the outside of the blocking fist. Keep the fists of both hands back to back.
13	Execute a low block, moving 90 degrees to your left, as you step out into a left walking stance. You should now be facing north again.
14	Reach out with your left hand, while bringing your right hand back to the right side at your belt level. Keep your feet together and your knees bent in preparation for a step and punch.
15	Step out with the right foot into a right walking stance and execute a middle punch.
16	Turn clockwise, so that you are now facing south, forming a right walking stance while executing a low block.
17	Reach out with your right hand, bringing your left hand back to the left side at your belt level. Keep your feet together and your knees bent in preparation for a step and punch.
18	Step out with your left foot into a left walking stance and execute a middle punch.
19	Move your left foot to your left, forming a right L-stance, while executing an inner forearm block.
20	Move your right foot forward, forming a right walking stance, while executing a middle punch with the right fist.
21	Move your right foot towards the right, rotating 180 degrees, as you move into a right walking stance and execute a middle punch with the right fist.
22	Move your right foot forward, forming a right L-stance, while executing an inner forearm block.
23	Move your left foot forward, forming a left walking stance, while executing a middle punch with the left fist.
24	Move your left foot towards the south (which is now at your left), forming a right L-stance, while executing an inner forearm block.

Continued on next page

Form 1: Chon-Ji, Continued

Steps For Chon-Ji (continued)

Step	Action
25	Move your right foot forward, forming a right walking stance, while executing a middle punch with the right fist.
26	Move your right foot towards the north, rotating 180 degrees, while forming a right L-stance and executing an inner forearm block.
27	Move your left foot forward, forming a left walking stance, while executing a middle punch with the left fist.
28	Execute a middle punch with your right fist, towards the north, while in a right walking stance.
29	Execute a middle punch with your left fist, while stepping backwards into a left walking stance.
30	Execute a middle punch with your right fist, towards the north, while stepping backwards into a right walking stance.
31	Pause first, then bring your left foot back into the ready position.

Tips for Chon-Ji

Remember these tips to be successful at mastering Chon-Ji:

- Lock your back leg in all walking stances to ensure a strong, balanced stance. Keep the front leg bent.
 - When moving into an L-stance, slide the big toe of your lead foot out from the back of the other foot's heel at a 45 degree angle. Then, at the last minute, twist your hips and feet at the same time, moving into the L-stance. Remember, you should only rest 30% of your body weight on your lead foot.
-

Continued on next page

Form 1: Chon-Ji, Continued

Self-defense Techniques for Chon-Ji

The following self defense techniques were designed using the basic skills learned during Chon-Ji. Keep in mind that each technique can be applied from either side of your body (left or right), depending on which side you are most comfortable using. Practice using both sides to ensure complete mastery of the skill. Punches can usually be made using a fist, elbow, or many one hand techniques (such as spear-hand).

Caution: As with all self-defense techniques, you should be aware of the attacker's motives. These techniques are designed for situations of extreme danger, when you need to use techniques reasonable to stop the attacker from harming you or your loved ones.

Situation	Self-defense Technique	Action
An attacker throws a right hand punch.	Lunge Punch	<ol style="list-style-type: none">1. Block the punch with your left hand, then grab the attacker's arm or wrist. This focuses the attacker's attention on your grabbing hand.2. Step on your attacker's knee with your right foot. This move differs from a front kick in that you actually step <i>through</i> the leg, causing it to break.3. Perform a right hand reverse punch to your attacker's face.
An attacker grabs your right arm.	Inner Forearm Block in L-stance	<ol style="list-style-type: none">1. Strike the attacker's grabbing arm with your left fist, rubbing back along the arm as you strike.2. Strike the attacker's neck with your left knuckle or fist, twisting the fist at the moment of impact.
An attacker grabs your right wrist with his left hand.	Low Block (same hand wrist grab)	<ol style="list-style-type: none">1. Execute a low block with your left fist on the attacker's forearm, and2. Step forward with your left foot, stepping into a walking stance.
An attacker grabs your right wrist with his left hand.	Low Block and Leg Break (same hand wrist grab)	<ol style="list-style-type: none">1. Execute a low block with your left fist on the attacker's forearm, and2. Step forward with your left foot, breaking the attacker's leg.

Continued on next page

Form 1: Chon-Ji, Continued

Self-defense Techniques for Chon-Ji (continued)

Situation	Self-defense Technique	Action
An attacker grabs your right wrist with his right hand.	Low Block (opposite hand wrist grab)	<ol style="list-style-type: none">1. Execute a wrist escape by rolling your right hand over the attacker's wrist (towards the outside).2. Twist his arm back towards your belt.3. Execute a low block with your left fist on the attacker's tricep, while stepping forward with your left foot into a walking stance.
An attacker grabs your shirt with his right hand.	Low Block (shirt grab)	<ol style="list-style-type: none">1. Reach for the pressure point, just below the elbow, pulling the attacker in toward you while pushing his elbow away from you.2. Execute a low block to the attacker's now exposed neck, dropping him across your body.
An attacker grabs your right wrist with his left hand.	Inner Forearm Block	<ol style="list-style-type: none">1. Execute a wrist escape by rolling your right hand over the attacker's wrist (towards the outside).2. Twist the attacker's arm back towards your belt.3. Punch the inside of the attacker's arm with your left fist (shooting your fist through and under his arm).4. Snap your left (punching) arm back up towards you to break the attacker's arm.
An attacker grabs your right arm.	Inner Forearm Block and Leg Break	<ol style="list-style-type: none">1. Strike the attacker's grabbing arm with your left fist, rubbing back along the arm as you strike.2. Follow with a kick or a leg break, using your left foot, and stepping into the attacker.3. Strike the attacker's neck with your left knuckle or fist, twisting the fist at the moment of impact.

Form 2: Tan-Gun

Overview **Tan-Gun** (or Dan-Gun) is named after the legendary founder of Korea. Tan-Gun founded Korea in the year 2333 BC.

Techniques The following techniques are required for Tan-Gun, listed in the order in which they appear in the form. Refer to the **Techniques** section of your student handbook for tips to successfully execute various techniques.

1. Double knife-hand strike
 2. High punch
 3. Low forearm block
 4. Twin forearm block
 5. Rising forearm block
 6. Middle outward knife-hand strike
 7. Middle guarding block
-

Steps For Tan-Gun Follow these steps to perform Tan-Gun:

Step	Action
1	Begin in start position facing north (or the front of the Dojang).
2	Move your left foot to the west, forming a right L-stance while reaching to the right with both hands. Your right palm is facing away from your body, and your left palm is facing inwards.
3	Execute a double knife-hand strike towards the west (or your left).
4	Move your right foot forward, forming a right walking stance, while executing a high punch with the right fist.
5	Move your right foot to the east, forming a left L-stance, while reaching to the left with both hands. This time your left palm is facing away from your body and your right palm is facing inwards.
6	Execute a double knife-hand strike towards the east (your right).
7	Move your left foot forward, forming a left walking stance, while executing a high punch with the left fist.
8	Move your left foot towards the north, forming a left walking stance, while executing a low block with your left forearm.
9	Move your right foot forward, forming a right walking stance, while executing a high punch with your right fist.
10	Move your left foot forward (still heading north), forming a left walking stance, while executing a high punch with your left fist.
11	Move your right foot forward, forming a right walking stance, while executing a high punch with your right fist.

Continued on next page

Form 2: Tan-Gun, Continued

Tan-Gun (continued)

Step	Action
12	Move your right foot to the east (your right) and turn counter-clockwise to form a right L-stance toward the east. Place your fists together on your right hip in preparation for a twin forearm block.
13	Execute a twin forearm block to the east, with your back facing north.
14	Move your right foot forward, forming a right walking stance, while executing a high punch with your right fist.
15	Bring your right foot towards your left foot, then move your right foot to the west forming a left L-stance. Place your fists together on your left hip in preparation for a twin forearm block.
16	Execute a twin forearm block to the west, with your back facing north.
17	Move your left foot forward, forming a left walking stance, while executing a high punch with your left fist.
18	Move your left foot towards the south, forming a left walking stance, while executing a low block with your left forearm. In a continuous motion, immediately execute a rising block with your left forearm, maintaining your left walking stance.
19	Move your right foot forward, forming a right walking stance, while executing a rising block with your right forearm.
20	Move your left foot forward (still facing south of the head of the Dojang), forming a left walking stance, while executing a rising block with your left forearm.
21	Move your right foot forward, forming a right walking stance, while executing a rising block with your right forearm.
22	Move your left foot behind and just to the right of your right foot. Spin around having your body face north, and you looking towards the west.
23	Form a right L-stance towards the west while executing a middle outward strike with the knife hand to the west.
24	Move your right foot forward, forming a right walking stance, while executing a high punch with your right fist.
25	Move your right foot to the east, turning clockwise and forming a left L-stance, while executing a middle outward strike with your right knife hand to the east.
26	Move your left foot forward, forming a left walking stance, while executing a high punch with your left fist.
27	Bring your left foot back to the ready position.

Continued on next page

Form 2: Tan-Gun, Continued

Tips for Tan-Gun

Remember these tips to be successful at mastering Tan-Gun:

- Lock your back leg in all walking stances to ensure a strong, balanced stance. Keep the front leg bent.
- When moving into an L-stance, slide the big toe of your lead foot out from the back of the other foot's heel at a 45 degree angle. Then, at the last minute, twist your hips and feet at the same time, moving into the L-stance. Remember, your lead foot should only have 30% of your body weight rested on it.
- When performing the double knife-hand strike:
 - ⇒ Do not pull your arms parallel prior to performing a double knife hand strike. Doing so will not increase your power; it will slow you down.
 - ⇒ Start with your blocking hand, not the guarding hand, up near your ear (just as you do with your blocking hand in low block).
 - ⇒ Twist after you place your front foot into the L-stance blocking position to create a better snap in your blocking movement.
- When performing the twin outer forearm block:
 - ⇒ Twist *both* arms. It is easy to twist the high blocking arm, but often easy to forget to twist the front blocking arm.
 - ⇒ Make sure the trailing arm is above your head. Many tend to pull that hand down and a little behind the body, in error. In the form, you should use your trailing hand to grab the attacker's arm by the wrist, and then pull the attacker's arm back in a twisting motion.

Continued on next page

Form 2: Tan-Gun, Continued

Self-defense Techniques for Tan-Gun

The following self-defense techniques were designed using the basic skills learned during Tan-Gun. Keep in mind that each technique can be applied from either side of your body (left or right), depending on which side you are most comfortable using. Practice using both sides to ensure complete mastery of the skill. Punches can usually be made using a fist, elbow, or many one hand techniques (such as spear-hand).

Caution: As with all self-defense techniques, you should be aware of the attacker's motives. These techniques are designed for situations of extreme danger, when you need to use techniques reasonable to stop the attacker from harming you or your loved ones.

Situation	Self-defense Technique	Action
An attacker throws a left hand punch.	Double knife-hand strike	<ol style="list-style-type: none"> 1. Block the punch with a double knife-hand strike while moving your left foot into an L-stance (this is the first move in Tan-Gun). 2. Strike the attacker's neck with your left hand, guarding your solar plexus with your right knife-hand.
An attacker throws a right hand punch.	Twin forearm block	<ol style="list-style-type: none"> 1. Step forward with your right foot, while your left hand blocks the incoming punch, and 2. Punch the attacker's chin with your right hand at the same time.
An attacker throws a left hand punch.	Double knife-hand strike with a reverse punch	<ol style="list-style-type: none"> 1. Block the punch with a double knife-hand strike, while moving your left foot out into an L-stance (this is the first move in Tan-Gun). 2. Strike the attacker's neck with your left hand, guarding your solar plexus with your right knife-hand. 3. Grab the attacker's hair with the left hand and execute a reverse punch to the chin or nose with your right hand.
An attacker throws a left hand punch.	Knife-hand strike	<ol style="list-style-type: none"> 1. Execute a safe-circular block. Grab the attacker's punching hand wrist with your right hand and pull it back towards your ear. 2. Execute a knife-hand strike to the attacker's neck.

Continued on next page

Form 2: Tan-Gun, Continued

Self-defense Techniques for Tan-Gun (continued)

Situation	Self-defense Technique	Action
An attacker throws a right hand punch.	Knife-hand strike	<ol style="list-style-type: none">1. Execute a safe-circular block. Grab the attacker's punching hand wrist with your right hand and pull it back towards your ear.2. Execute a knife-hand strike. Shoot your arm across the attacker's neck and take him down over your left leg.
An attacker grabs your right wrist with his left hand.	Low block - high block (same hand wrist grab)	<ol style="list-style-type: none">1. Execute a low block with your left fist on the attacker's forearm. At the same time, step forward with your left foot into a walking stance.2. Follow with a left-hand strike to your attacker's jaw and twist up at impact.
<p>Note: The following self-defense techniques, which you learned in Chon-Ji, also apply with this form:</p> <ul style="list-style-type: none">• Lunge punch• Low block (same hand wrist grab)• Low block and leg break (same hand wrist grab)• Low block (opposite hand wrist grab)• Low block (shirt grab)		

Form 3: To-San

Overview **To-San** (or Do-San) is named for Ahn Chang-Ho (1876-1938) who devoted his life to education in Korea, and Korea's independence movement.

Techniques The following techniques are required for To-San, listed in the order in which they appear in the form. Refer to the **Techniques** section of your student handbook for tips to successfully execute various techniques.

1. High side block
 2. Middle punch
 3. Double knife-hand strike
 4. Wedging block
 5. Middle front snap kick
 6. Rising forearm block
 7. Middle knife-hand strike
-

Steps For To-San Follow these steps to perform To-San:

Step	Action
1	Begin in start position facing north (or the front of the Dojang).
2	Step out into a walking stance (towards the west, or your left), while executing a high side block with your left outer forearm. Your left fist is closed.
3	Immediately execute a reverse middle punch. You are still facing west (or to the left of the ready position) and are in a walking stance.
4	Move the left foot over to the right making it parallel to the right foot. Turn 180 degrees (now facing east) and step out into a right walking stance while executing a high side block with the right outer forearm..
5	Immediately execute a reverse middle punch. You are still facing east (or to the right of the ready position) and are in a walking stance.
6	Move the left foot up and even with the right foot and turn your head facing north. Reach up to the right with both hands (face your right palm out and your left palm in) and execute a double knife hand strike while stepping out into an L-stance. Twist both hands at the last minute. You should now be facing north.

Continued on next page

Form 3: To-San, Continued

To-San (continued)

Step	Action
7	Slide your right heel up, touching your left heel, and then move into a right walking stance. Execute a middle thrust with the right straight fingertips. At the same time, your left blocking hand should spring down and come back up just below the right arm. Keep the left elbow raised so that the left arm is parallel to the floor and the left palm is facing the floor.
8	Twist the right knife hand together with the body counter-clockwise. You should still be looking north, though your body will actually be facing west in a walking stance. This movement simulates a wrist escape. At the beginning of the move, your right palm is facing west. You will then extend your right palm at a 45 degree angle toward the floor. Then, move your left foot behind and just to the right of the right foot. At the same time, spin around towards the left until you are again facing north. Step out into a left walking stance, while executing a high side strike with the left back fist.
9	Move the right heel up, touching your left heel. Then, form a right walking stance (facing north) while executing a high side strike with the right back fist.
10	Move the left back foot behind and just to the right of the right foot, spinning around facing east in a left walking stance. At the same time, execute a high side block with the left outer forearm. Keep your left fist closed.
11	Immediately execute a reverse middle punch with your right hand. You are still facing east and are in a walking stance.
12	Move the left foot over to the right making it parallel to the right foot, and turn 180 degrees (facing west) to form a right walking stance. Execute a high side block with the right outer forearm.
13	Execute a middle punch with the left fist while maintaining a right walking stance facing west.
14	Move the left foot in to the right foot and face southeast. Form a left walking stance while executing a high wedging block with the outer forearms (twisting them at the last second).
15	Execute a middle front snap kick with the right foot (still facing the southeast). Keep your hands in front of you in a guarding position.
16	Lower the right foot on the floor forming a right walking stance. Twist the right hand back to your right side at belt level, and the left hand will reach out in front. Quickly execute a middle punch with your right fist.
17	Quickly execute a middle punch with your left fist, maintaining a right walking stance towards the southeast.

Continued on next page

Form 3: To-San, Continued

To-San (continued)

Step	Action
18	Move your right foot in towards your left foot, now facing southwest, and form a right walking stance. At the same time execute a high wedging block with your outer forearms, and twist them at the last second.
19	Execute a middle front snap kick with your left foot. You should still be facing the southwest and your hands should be up in front of you in a guarding position.
20	Lower your left foot to the floor forming a left walking stance. Twist your left hand back to your left side at belt level and reach out in front with your right hand. Execute a middle punch to southwest with your left fist.
21	Quickly execute a middle punch with your right fist, maintaining a left walking stance towards the southwest.
22	Bring your left foot back and even with the right foot. Your body is facing east and your head should be looking south in the direction of an upcoming block. Execute a rising block your left forearm while in a left walking stance facing south.
23	Execute a rising block with your right forearm in a right walking stance. You should still be facing south.
24	Move your left foot behind and just to the right of your right foot. Spin around and have your body facing north, but your eyes looking west. Execute (towards the west) a middle side strike with your hand in a left knife hand position. You should be in a riding stance, with both feet pointed towards the north.
25	Bring your left foot towards your right foot. Then move your right foot towards the east, forming a riding stance. At the same time, execute a middle side strike with the right hand (towards the east).
26	Bring your right foot back to the ready position.

Tips for To-San

Remember these tips to successfully master To-San:

- Lock your back leg in all walking stances to ensure a strong, balanced stance. Keep the front leg bent.

Continued on next page

Form 3: To-San, Continued

Self-defense Techniques for To-San

The following self defense techniques were designed using the basic skills learned during To-San. Keep in mind that each technique can be applied from either side of your body (left or right), depending on which side you are most comfortable using. Practice using both sides to ensure complete mastery of the skill. Punches can usually be made using a fist, elbow, or many one hand techniques (such as spear-hand).

Caution: As with all self-defense techniques, you should be aware of the attacker's motives. These techniques are designed for situations of extreme danger, when you need to use techniques reasonable to stop the attacker from harming you or your loved ones.

Situation	Self-defense Technique	Action
An attacker throws a right hand punch.	High side block and reverse punch	<ol style="list-style-type: none">1. Execute a safe-circular block, grabbing the attacker's punching hand wrist with your right hand and pulling it back toward your ear.2. Execute a back first to the attacker's head or neck.3. Reach and grab the attacker's hair with your left hand and execute a reverse punch to the head or neck.
An attacker grabs you by the shirt with one or both hands.	Middle thrust	<ol style="list-style-type: none">1. Strike downward on the attacker's arms with your left hand.2. Immediately strike the attacker's neck, face, or side of the head with your right hand fist or back fist.
An attacker threatens you with his right fist.	Back first strike	<ol style="list-style-type: none">1. Execute a preemptive strike with your left fist.2. Step out and to the left with your left foot.
An attacker grabs your shirt with both hands.	High wedging block - kick - double punch	<ol style="list-style-type: none">1. Reach up with both hands, then strike down on the pressure points located just above the attacker's elbows, while stepping forward.2. Break the attacker's leg with a front kick.3. Grab the attacker's hair with your left hand and execute a reverse punch to the head or neck.

Continued on next page

Form 3: To-San, Continued

Self-defense Techniques for To-San (continued)

Situation	Self-defense Technique	Action
An attacker throws a left hand punch	Middle side strike (left hand punch)	<ol style="list-style-type: none">1. Execute a safe-circular block, grabbing the attacker's punching hand wrist with your right hand and pulling it backward toward your ear.2. Execute a middle side strike to the attacker's neck.
An attacker throws a right hand punch.	Middle side strike (right hand punch)	<ol style="list-style-type: none">1. Execute a safe-circular block, grabbing the attacker's punching hand wrist with your right hand and pulling it backward toward your ear.2. Execute a middle side strike, shooting your arm across the attacker's neck and taking him down over your left leg.
<p>Note: The following self-defense techniques, which you learned in previous forms, also apply with this form:</p> <ul style="list-style-type: none">• Double knife-hand strike		

Form 4: Won-Hyo

Overview **Won-Hyo** is named after the noted monk who introduced Buddhism to the Silla Dynasty in 686 AD.

Techniques The following techniques are required for Won-Hyo, listed in the order in which they appear in the form. Refer to the **Techniques** section of your student handbook for tips to successfully execute various techniques.

1. Twin forearm block
 2. High inward strike
 3. Fixed stance
 4. Middle punch
 5. Bending ready stance
 6. Middle side piercing kick
 7. Double knife-hand strike
 8. Middle thrust
 9. Circular block (scooping block)
 10. Low front snap kick
-

Steps For Won-Hyo Follow these steps to perform Won-Hyo:

Step	Action
1	Begin in a close ready stance with your knees slightly bent. Keep your right fist covered by your left hand, your left hand fingers extending over your right back fist and your left thumb and palm totally enclosing your right thumb. Extend both hands out at a 90 degree angle at the level of your philtrum.
2	Keep your body facing north and your head facing west. Keep your fists together on your left hip in preparation for a twin forearm block. Move your left foot to the southwest, forming a right L-stance toward the west while executing a twin forearm block.
3	Execute a high inward strike (to the west) with a right knife-hand, while bringing your left fist in front of the your shoulder. Maintain a right L-stance toward the west.
4	Execute a middle punch to west with your left fist, while forming a left fixed stance toward the west, sliding the left foot out.
5	Bring your left foot to your right foot with your body facing north but your head facing east. Keep fists together on your left hip. Move your right foot to the east, forming a left L-stance, while executing a twin forearm block.

Continued on next page

Form 4: Won-Hyo, Continued

Won-Hyo (continued)

Step	Action
6	Execute a high inward strike to east with a left knife-hand, while bringing your right fist in front of your left shoulder, maintaining a left L-stance toward east.
7	Execute a middle punch to east with your right fist, while forming a right fixed stance, sliding your right foot out to east.
8	Bring your right foot to your left foot (toes and body pointing to the east), and turn your head to the north while forming a right bending ready stance.
9	Execute a middle side piercing kick to north with your left foot, making sure to use the push-pull technique with your arms for proper balance and full power.
10	Lower your left foot forming a right L-stance toward north, while executing a double knife-hand strike.
11	Move your right foot to north, forming a left L-stance, while executing a double knife-hand strike.
12	Move your left foot to north, forming a right L-stance, while executing a double knife-hand strike.
13	Move your right foot to north, forming a right walking stance, while executing a middle thrust with the right straight fingertip.
14	Move your left foot back and even with your right foot and turn counter-clockwise to form a right L-stance to the east. Keep your fists together on your right hip in preparation for a twin forearm block. Execute a twin forearm block to east with your back facing north.
15	Execute a high inward strike to the east with a right knife-hand, while bringing your left fist in front of your right shoulder, maintaining a right L-stance toward east.
16	Execute a middle punch to east with your left fist, while forming a left fixed stance, sliding your left foot out to east.
17	Bring your left foot to your right foot, then move your right foot to the west, forming a left L-stance. Keep your fists are together on your left hip in preparation for a twin forearm block. Execute a twin forearm block to west with your back facing north.
18	Execute a high inward strike to the west with a left knife-hand, while bringing your right fist in front of your left shoulder, maintaining a right L-stance.

Continued on next page

Form 4: Won-Hyo, Continued

Won-Hyo (continued)

Step	Action
19	Execute a middle punch to west with your right fist, while forming a right fixed stance, sliding your right foot out to the west.
20	Bring your right foot to your left foot, and then move your left foot to the south, forming a left walking stance. At the same time, execute a circular block with your right inner forearm.
21	Execute a low front snap kick to the south with your right foot, keeping the position of your hands exactly as they were following the circular block.
22	Lower your right foot forming a right walking stance toward the south while executing a middle punch with your left wrist.
23	Execute a circular block with your left inner forearm while maintaining a right walking stance toward south.
24	Execute a low front snap kick to the south with your left foot, keeping the position of your hands exactly as they were following the circular block.
25	Lower your left foot to the south, forming a left walking stance while executing a middle punch with your right fist.
26	Form a left bending stance toward the south.
27	Execute a middle side piercing kick to the south with your left foot. Make sure to use the push-pull technique with your arms for proper balance and full power.
28	Lower your right foot along the north-south line beside your left foot, turning counter-clockwise to form a right L-stance toward the east. At the same time, execute a middle guarding block with the forearm.
29	Bring your left foot to your right foot, and then move your right foot to the west, forming a left L-stance. At the same time execute a middle guarding block to the west with your forearm.
30	Bring your right foot back to close ready stance (as you began).

Continued on next page

Form 4: Won-Hyo, Continued

Tips for Won-Hyo

Remember these tips to successfully master Won-Hyo:

- Make sure you lock your back leg in all walking stances. Locking the back leg ensures a strong and balanced stance. Keep the front leg bent.
 - When moving into an L-stance, slide the big toe of your lead foot (the foot with only 30% of your body's weight on it) out from the back of the other foot's heel at a 45 degree angle. Then, at the last minute, twist your hips and feet at the same time moving into an L-stance.
 - When chambering your leg to prepare for the side kick double knife-hand strike, make sure that you're facing at a 45-degree angle. This requires that you make a greater turn when executing the middle side piercing kick, causing you to turn your hips more fully. This, in turn, generates more power from the kick.
 - Use the push-pull arm technique when executing side kicks. Also, pull your leg back after extending it for the side kick. Finally, keep your toes below your heel when executing side kicks.
-

Self-defense Techniques for Won-Hyo

The following self defense techniques were designed using the basic skills learned during Won-Hyo. Keep in mind that each technique can be applied from either side of your body (left or right), depending on which side you are most comfortable using. Practice using both sides to ensure complete mastery of the skill. Punches can usually be made using a fist, elbow, or many one hand techniques (such as spear-hand).

Caution: As with all self-defense techniques, you should be aware of the attacker's motives. These techniques are designed for situations of extreme danger, when you need to use techniques reasonable to stop the attacker from harming you or your loved ones.

Situation	Self-defense Technique	Action
An attacker throws a left hand punch	Middle guarding block	<ol style="list-style-type: none">1. Use a guarding block to block the attacker's punch, while moving your left foot out into an L-stance.2. Strike the attacker's neck with your left fist, guarding your solar plexus with your right fist.

Continued on next page

Form 4: Won-Hyo, Continued

Self-defense Techniques for Won-Hyo (continued)

Situation	Self-defense Technique	Action
An attacker points his finger at you in a menacing manner.	Won-Hyo joonbi (finger break)	<ol style="list-style-type: none"> 1. Grab the attacker's finger with your right hand, covering the finger by grasping it completely with your hand. 2. Cover your right hand with your left hand, simulating the move from the form. Your left thumb will then be able to press up on the attacker's finger. If you press directly up (not sideways), you will easily be able to break the attacker's finger or cause him to fall to his knees.
An attacker shakes his fist at you in a menacing manner.	Won-Hyo joonbi (fist punch)	<ol style="list-style-type: none"> 1. Grab the attacker's fist with your left hand, hiding your right fist from your attacker's view. 2. Punch the back of the attacker's fist with your right fist.
An attacker grabs your shirt at the lapels (with one or both hands).	Twin forearm block - high inward strike - middle punch	<ol style="list-style-type: none"> 1. Trap the attacker's hand(s) against your body with your left hand, rolling it downward toward the solar plexus. 2. Strike down on the attacker's arm(s) with a right knife-hand strike. 3. Grab the attacker's hair with your right hand, then execute a middle punch to your attacker's head with your left hand, stepping out into a fixed L-stance.
An attacker starts to kick you.	Bending ready stance	<ol style="list-style-type: none"> 1. Bring your right foot to your left foot (toes and body pointing forward), forming a right bending ready stance toward your attacker. Your left shin will block the oncoming kick. 2. Execute a side kick. 3. Execute a double knife-hand strike to your attacker's neck.

Continued on next page

Form 4: Won-Hyo, Continued

Self-defense Techniques for Won-Hyo (continued)

Situation	Self-defense Technique	Action
An attacker throws a right hand punch.	Scooping block - snap kick- punch	<ol style="list-style-type: none">1. Guard against the oncoming punch with your left hand, while ducking your head down and to the left to avoid the punch2. At the same time, execute a scooping block with your right hand, striking the attacker's right knee on the inside of the knee.3. Execute an inner forearm punch to the attacker's neck or face.4. Follow with a snap kick and middle punch if needed.
<p>Note: The following self-defense techniques, which you learned in previous forms, also apply with this form:</p> <ul style="list-style-type: none">• Double knife-hand strike• Twin forearm block• Middle thrust		

Form 5: Yul-Gok

Overview **Yul-Gok** is form is a pseudonym of the great philosopher and scholar Yil (1536 - 1584). Yil was nicknamed the "Confucius of Korea." There are 38 movements in this form, which refers to his birthplace at the 38 degrees latitude mark.

Techniques The following techniques are required for Yul-Gok, listed in the order in which they appear in the form. Refer to the **Techniques** section of your student handbook for tips to successfully execute various techniques.

1. Middle punch
 2. Middle inner forearm block
 3. Low front snap kick
 4. Middle hooking block
 5. Middle side piercing kick
 6. Twin knife-hand block
 7. Middle thrust
 8. High outer forearm block
 9. High side strike (back fist)
 10. Supporting block (double forearm)
-

Steps For Yul-Gok Follow these steps to perform Yul-Gok:

Step	Action
1	Face north in ready position. Move your left foot to the west, forming a sitting stance (also called a riding stance), while extending your left fist to the north. Keep your left fist extended out completely at the same time your left foot reaches its destination.
2	Quickly execute a middle punch with the right fist, while maintaining a sitting stance.
3	Quickly execute a middle punch to the north with your left fist, while maintaining a sitting stance.
4	Bring your left foot to your right foot, and then move your right foot to east, forming a sitting stance. At the same time, extend your right fist to the north. Keep your left fist extended out completely at the same time your left foot reaches its destination
5	Quickly execute a middle punch to the north with your left fist, while maintaining a sitting stance.

Continued on next page

Form 5: Yul-Gok, Continued

Yul-Gok (continued)

Step	Action
6	Quickly execute a middle punch to the north with your right fist, while maintaining a sitting stance.
7	Move your right foot to northeast (at slightly less than a 45 degree angle), forming a right walking stance, while executing an inner forearm block to the northeast with your right inner forearm.
8	Execute a low front snap kick to northeast with your left foot, raising your hands to a guarding position. Work to spring off your kicking foot, gaining power for the kick from the springing action.
9	Lower your left foot to the northeast, forming a left walking stance, while quickly executing a middle punch with your left fist.
10	Quickly execute a middle punch to northeast with your right fist, maintaining a left walking stance
11	Move your left foot to the northwest (at slightly less than a 45 degree angle), forming a left walking stance, while executing an inner forearm block with your left inner forearm.
12	Execute a low front snap kick to the northeast with your right foot, raising your hands to a guarding position. Work to spring off of your kicking foot, gaining power for the kick from the springing action.
13	Lower your right foot to the northwest, forming a right walking stance, while quickly executing a middle punch with your right fist.
14	Quickly execute a middle punch to northwest with your left fist, maintaining a right walking stance.
15	Execute a middle hooking block to the north with your right palm, while forming a right walking stance, pivoting with your left foot
16	Quickly execute a middle hooking block to the north with your left palm, maintaining a right walking stance.
17	Quickly execute a middle punch to the north with your right fist, maintaining a right walking stance.
18	Move your left foot to the north, forming a left walking stance, while executing a middle hooking block with your left palm.
19	Quickly execute a middle hooking block to the north with your right palm, maintaining a left walking stance.
20	Quickly execute a middle punch to the north with your left fist, maintaining a left walking stance.

Continued on next page

Form 5: Yul-Gok, Continued

Yul-Gok (continued)

Step	Action
21	Move your right foot to the north, forming a right walking stance, at the same time executing a middle punch with your right fist.
22	Turn your face toward the north, forming a right bending ready stance.
23	Execute a middle side piercing kick with your left foot.
24	Lower your left foot to the north, forming a left walking stance, while striking the left palm with your right front elbow.
25	Turn your face toward the south while forming a left bending ready stance.
26	Execute a middle side piercing kick to the south with your right foot.
27	Lower your right foot to the south, forming a right walking stance, while striking the right palm with your left front elbow.
28	Move your left foot to the east, forming a right L-stance, while executing a twin knife-hand block.
29	Move the right foot to the east, forming a right walking stance, while executing a middle thrust with your right straight fingertip.
30	Move your right foot to the west, turning clockwise to form a left L-stance, while executing a twin knife-hand block.
31	Move your left foot to the west, forming a left walking stance, while executing a middle thrust with your left straight fingertip.
32	Move your left foot to the south, forming a left walking stance, while executing a high side block with your left outer forearm.
33	Execute a middle punch to the south with your right fist while maintaining a left walking stance.
34	Move your right foot to the south, forming a right walking stance, while executing a high side block with your right outer forearm.
35	Execute a middle punch to the south with your left fist while maintaining a right walking stance.
36	Jump to the south, forming a left X-stance toward the west (your hands should be held back-to-back at your right ear at this point), then execute a high side strike to south with your left back fist.
37	Move your right foot to the east with your fists held high to the left and behind you. Form a right walking stance toward the east, while executing a high supporting block with your right double forearm.
38	Bring your right foot to your left foot with your hands held high to the right and behind you. Move your left foot to the west, forming a left walking stance while executing a high block to the west with your left double forearm. Finish by bringing your left foot back to the ready position.

Continued on next page

Form 5: Yul-Gok, Continued

Tips for Yul-Gok

Remember these tips to successfully master Yul-Gok:

- Make sure you lock your back leg in all walking stances. Locking the back leg insures a strong and balanced stance. Bend the front leg.
 - In steps #8 and #12, keep your front fist out as a guard when executing the front snap kicks. Following each kick, pull your guarding fists back to your hip before executing the middle punches.
 - When executing the bending ready stance in steps #21 and #25, keep your body in a closed position. The tendency is to open the body up, but such a position would leave you wide open for a punch to your ribs. Make sure your trailing fist guards your solar plexus.
 - When moving into an L-stance, slide the big toe of your lead foot (the foot with only 30% of your body's weight on it) out from the back of your other foot's heel at a 45 degree angle. Then, at the last minute, twist your hips and feet at the same time, moving into the L-stance.
-

Self-defense Techniques for Yul-Gok

The following self-defense techniques were designed using the basic skills learned during Yul-Gok. Keep in mind that each technique can be applied from either side of your body (left or right), depending on which side you are most comfortable using. Practice using both sides to ensure complete mastery of the skill. Punches can usually be made using a fist, elbow, or many one hand techniques (such as spear-hand).

Caution: As with all self-defense techniques, you should be aware of the attacker's motives. These techniques are designed for situations of extreme danger, when you need to use techniques reasonable to stop the attacker from harming you or your loved ones.

Situation	Self-defense Technique	Action
An attacker grabs you by the shirt.	Knife-hand strike to the elbows - thrust	<ol style="list-style-type: none"> 1. Implement a knife-hand strike at the attacker's elbows. 2. Follow immediately with a right hand thrust. The thrust can be made either to the attacker's neck or face.
An attacker throws a right hand punch.	High side block - reverse punch	<ol style="list-style-type: none"> 1. Execute a safe-circular block, grabbing the attacker's punching hand wrist with your right hand and pulling it back toward your ear. 2. Execute a back fist to the attacker's head or neck. 3. Reach and grab the attacker's hair with your left hand and execute a reverse punch to the head or neck.

Continued on next page

Form 5: Yul-Gok, Continued

Self-defense Techniques for Yul-Gok (continued)

Situation	Self-defense Technique	Action
An attacker throws a right hand punch.	Palm block - double punch	<ol style="list-style-type: none"> 1. In response to an oncoming punch, execute a palm block to the back of the attacker's elbow with the left hand as the left foot steps out on an angle into a riding stance. This is actually a strike to the elbow. 2. Grab the attacker's hair with your right hand. 3. Immediately follow with a left hand punch to the attacker's head.
An attacker grabs your right arm.	Inner forearm block - kick - double punch	<ol style="list-style-type: none"> 1. Strike the attacker's grabbing arm with your left fist, rubbing back along the arm as you strike. 2. Follow with a kick or leg break with your left foot, stepping into the attacker. 3. Execute a double punch to the attacker's neck, head or body, twisting the fists at the moment of impact.
An attacker attempts to come at you.	Side kick - elbow ram to head	<ol style="list-style-type: none"> 1. Execute a side kick to the attacker's midsection. 2. As the attacker bends over in reaction to the side kick, grab the attacker's hair or top of head with your front hand (or cup your hand behind the attacker's head) and ram his face into your back elbow.
Attacker attempts to punch or push you.	Hooking block - hooking block - punch	<ol style="list-style-type: none"> 1. Execute a hooking block with either hand. 2. Execute a hooking block to the other arm as well (if needed). 3. Follow the hooking block(s) with a punch to the face.
Attacker grabs you by the shirt.	Supporting block	<ol style="list-style-type: none"> 1. Strike down on your attacker's arms with your left knife hand. 2. At the same time, execute a palm strike to your attacker's nose or chin.

Form 6: Joong-Gun

Overview **Joong-Gun** is named after Ahn Joong-Gun, a Korean patriot who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea. Joong-Gun was instrumental in the Korean-Japanese merger. In 1910, when Joong-Gun was only 32, he was executed at the Lui-Shung prison. As a result, there are 32 movements in this form.

Techniques The following techniques are required for Joong-Gun, listed in the order in which they appear in the form. Refer to the **Techniques** section of your student handbook for tips to successfully execute various techniques.

1. Reverse knife-hand strike
 2. Front snap kick
 3. Upward palm block
 4. Upper elbow strike
 5. High twin fist vertical punch
 6. Twin fist upset punch
 7. X-fist rising block
 8. High side back fist
 9. High punch
 10. Supporting block
 11. Middle punch
 12. Middle side piercing kick
 13. Middle guarding block
 14. Pressing block
 15. Angle punch
 16. U-shape block
-

Steps For Joong-Gun Follow these steps to perform Joong-Gun:

Step	Action
1	Begin in a close ready stance with your knees slightly bent and your right fist covering your left hand. Your left hand fingers should extend over your right back fist and your left thumb and palm totally enclose your right thumb. Keep both hands extended out at a 90 degree angle at the level of your solar plexus. Then, move your left foot to the west, forming a right L-stance, while executing a middle block to west with a left reverse knife-hand. Your left hand (blocking hand) crosses underneath your right fist prior to executing the block.
2	Execute a low side front snap kick to the west with your left foot, maintaining your hands in the position they were in during step #1.

Continued on next page

Form 6: Joong-Gun, Continued

Joong-Gun (continued)

Step	Action
3	Lower your left foot to the west and then move your right foot to west , forming a left rear foot stance (also known as a “cat stance”), while executing an upward block with your right palm.
4	Move your right foot to the east, forming a left L-stance, while executing a middle block to east with a right reverse knife-hand.
5	Execute a low side front snap kick to the east with your right foot, keeping your hands in the same position they were in during step #4.
6	Lower your right foot to the east and then move your left foot to the east, forming a right rear foot stance (also known as a “cat stance”), while executing an upward block with your left palm.
7	Move your left foot to the north, forming a right L-stance, while executing a double knife-hand strike to north.
8	Execute a right upper elbow strike while forming a left walking stance toward north, slipping the left foot to the north.
9	Move the right foot to north, forming a left L-stance, while executing a double knife-hand strike.
10	Execute a left upper elbow strike while forming a right walking stance toward north, slipping the right foot to the north.
11	Move your left foot to the north, forming a left walking stance, while executing a high twin fist vertical punch to the north.
12	Move your right foot to the north, forming a right walking stance, while executing a twin fist upset punch to the north.
13	Move your right foot on a south-north parallel line, and then turn counter clockwise to form a left walking stance toward the south while executing an X-fist rising block.
14	Move your left foot to the east, forming a right L-stance, while executing a high side back fist strike to the east.
15	Quickly twist your left fist counter-clockwise until the back of the fist faces downward. At the same time, form a left walking stance toward the east, slipping the left foot to the east.
16	Quickly execute a high punch to the east with your right fist while maintaining a left walking stance towards the east.
17	Bring your left foot to your right foot and then move your right foot to the west, forming a left L-stance. At the same time, execute a high side back fist strike to the west.
18	Quickly twist your right fist counter-clockwise until the back of the fist faces downward. At the same time form a right walking stance toward the west, slipping the right foot to the west.

Continued on next page

Form 6: Joong-Gun, Continued

Joong-Gun (continued)

Step	Action
19	Quickly execute a high punch to the west with your left fist while maintaining a right walking stance.
20	Bring your right foot to your left foot and then move your left foot to the south, forming a left walking stance, while executing a supporting block to the south.
21	Execute a middle punch to the south with your left fist while forming a right L-stance toward the south, as you pull your left foot.
22	Execute a middle side piercing kick to the south with your right foot.
23	Lower your right foot to the south, forming a right walking stance, while executing a supporting block to the south.
24	Execute a middle punch to the south with your right fist while forming a left L-stance toward the south, as you pull your right foot.
25	Execute a middle side piercing kick to the south with your left foot.
26	Lower your left foot to the south, forming a right L-stance, while executing a middle guarding block to the south with your forearm.
27	Slowly execute a pressing block with your right palm while forming a left low stance toward north, slipping the left foot to the south.
28	Move your right foot to the south, forming a left L-stance, while executing a middle guarding block to the south with your forearm.
29	Slowly execute a pressing block with your left palm while forming a right low stance toward the south, slipping your right foot to the south.
30	Slowly your left foot to your right foot, forming a close stance toward east while executing an angle punch with your right fist.
31	Move your right foot to the east, forming a right fixed stance, while executing a U-shape block to the east.
32	Bring your right foot to your left foot and then move your left foot to the west, forming a left fixed stance. At the same time, execute a U-shape block to the west. Finish by bringing the left foot back to the ready position.

Continued on next page

Form 6: Joong-Gun, Continued

Tips for Joong-Gun

Remember these tips to successfully master Joong-Gun:

- Lock your back leg in all walking stances. Locking the back leg insures a strong and balanced stance. Bend the front leg.
 - When moving into an L-stance, slide the big toe of your lead foot (the foot with only 30% of your body's weight on it) out from the back of the other foot's heel at a 45 degree angle. Then, at the last minute, twist your hips and feet at the same time, moving into the L-stance.
 - Bring your knee straight up before turning your hips and executing the side kick.
 - When executing the supporting block, strike across with you striking hand, while twisting both fists. Most people have a tendency to bring the arms parallel, rather than perpendicular to the ground
-

Self-defense Techniques for Joong-Gun

The following self-defense techniques were designed using the basic skills learned during Joong-Gun. Keep in mind that each technique can be applied from either side of your body (left or right), depending on which side you are most comfortable using. Practice using both sides to ensure complete mastery of the skill. Punches can usually be made using a fist, elbow, or many one hand techniques (such as spear-hand).

Caution: As with all self-defense techniques, you should be aware of the attacker's motives. These techniques are designed for situations of extreme danger, when you need to use techniques reasonable to stop the attacker from harming you or your loved ones.

Situation	Self-defense Technique	Action
An attacker throws a left hand punch.	Double knife-hand strike - elbow strike (steps #7/8 and #9/10 of Joong-Gun)	<ol style="list-style-type: none">1. Block the punch with a double knife-hand strike. Attempt to strike the attacker's punching arm just above the elbow and on the wrist with both ridge hands. At the same time, move your left foot out into an L-stance.2. Strike the attacker's neck with your left hand, guarding your solar plexus with your right knife hand.3. Grab your attacker's hair with your left hand and slide out into a walking stance, pushing your attacker's face into your right elbow. Your right palm should be facing your right ear.

Continued on next page

Form 6: Joong-Gun, Continued

Self-defense Techniques for Joong-Gun (continued)

Situation	Self-defense Technique	Action
An attacker throws a punch with the right hand.	Reverse knife-hand block - snap kick - upward palm block (steps #1/2/3 and #4/5/6 of Joong-Gun)	<ol style="list-style-type: none"> 1. Block the punch with your left ridge hand, with a reverse knife-hand block. 2. Execute a snap kick to your attacker's knee with your left leg (from an L-stance). 3. Since your attacker will now be doubled over, you will be positioned very closely to him. Execute an upward palm block with your right hand to his face, his stomach, or under the arm you may be holding (thus, breaking the arm). Execute this move from a rear left foot stance.
An attacker punches you (with either hand).	Safe circular block - front kick - upward block	<ol style="list-style-type: none"> 1. Execute a safe circular block. 2. Strike the attacker's neck with your left knife hand. 3. Execute a front snap kick to your attacker's body, leg, or knee. 4. Grab your attacker's hair and punch his head or neck.
An attacker threatens you.	Back fist - block - punch	<ol style="list-style-type: none"> 1. Step out to the left, punching the attacker's face or neck with your left hand (around his outstretched arm if it is in the way). 2. Chop down on his arm with your left arm. 3. Execute a reverse punch with your right hand.
An attacker punches with his right hand.	Pressing block	<ol style="list-style-type: none"> 1. Execute a safe circular block against the attacker's punch. 2. Extend your left knife hand across your attacker's neck and take him down.

Continued on next page

Form 6: Joong-Gun, Continued

Self-defense Techniques for Joong-Gun (continued)

Situation	Self-defense Technique	Action
An attacker points his finger at you in a menacing way.	Finger break	<ol style="list-style-type: none">1. Grab the attacker's finger with your right hand. At the same time, cover your right fist with your left hand, simulating the Joong-Gun ready position.2. Rotate the left hand over the right fist, bending the attacker's finger back and breaking if necessary
An attacker throws a right hand punch.	Twin vertical punch - upset punch	<ol style="list-style-type: none">1. Execute a high twin vertical punch from a left walking stance.2. Execute an upset punch just below the ribs from a right walking stance.

Form 7: Toi Gye

Overview **Toi Gye** is named after the noted scholar Yi Hwang who lived during the 16th century. Yi Hwang was an authority on neo-Confucianism. Because he was born at 37 degrees latitude, there are 37 movements in this form.

Techniques The following techniques are required for Toi Gye, listed in the order in which they appear in the form. Refer to the **Techniques** section of your student handbook for tips to successfully execute various techniques.

1. Inner forearm block
 2. Low thrust
 3. Side back strike
 4. Pressing block with an X-fist
 5. High twin fist vertical punch
 6. Middle front snap kick
 7. Middle punch
 8. Twin side elbow thrust
 9. W-shape block
 10. Low pushing block
 11. Upward kick
 12. Double knife-hand block
 13. Low side front snap kick
 14. High thrust
-

Steps For Toi Gye Follow these steps to perform Toi Gye:

Step	Action
1	Move your left foot to west, forming a right L-stance toward west while executing a left inner forearm block.
2	Execute a low thrust to west with your right fingertip (your right hand is extended with the palm up and your right hand is brought up beside your right ear, palm facing the ear) while forming a left walking stance toward west, sliding the left foot out into that walking stance.
3	Bring the left foot to the right foot to form a close stance facing north while executing a side back strike (to south) with the right back fist, extending the left arm to the side-downward. Perform this movement in slow motion.
4	Move the right foot to east, forming a left L-stance toward east while executing a right inner forearm block.

Continued on next page

Form 7: Toi Gye, Continued

Toi Gye (continued)

Step	Action
5	Execute a low thrust to east with your left fingertip while forming a right walking stance toward east, sliding the right foot out into that walking stance.
6	Bring the right foot to the left foot to form a close stance facing north while executing a side back strike (to south) with the left back fist, extending the right arm to the side-downward. Perform this movement in slow motion.
7	Move the left foot to north, forming a left walking stance toward north while executing a pressing block with an X-fist.
8	Execute a high twin fist vertical punch to north while maintaining a left walking stance toward north
9	Execute a middle front snap kick to north with the right foot, keeping the position of the hands as they were in movement #8.
10	Lower the right foot to north, forming a right walking stance toward north while executing a middle punch to north with the right fist.
11	Execute a middle punch to north with the left fist while maintaining a right walking stance toward north.
12	Bring the left foot to the right foot, forming a close stance toward west while executing a twin side elbow thrust. Perform this movement in slow motion.
13	Move the right foot to west in a stomping motion, forming a sitting stance toward south while executing a W-shape block to south with the right outer forearm. When executing the block make sure to keep you elbows above your shoulders and turn your head at the same time you twist your wrists out. Then, you pick your lead leg straight (not around), toes going up to your lead hand, and strike with the trailing hand. Your head should be looking straight ahead with the strike.
14	Move the left foot to west in a stomping motion, turning clockwise to form a sitting stance toward north while executing a W-shape block to north with the left outer forearm. When executing the block, make sure to keep you elbows above your shoulders and turn your head at the same time you twist your wrists out. Then, you pick your lead leg straight (not around), toes going up to your lead hand, and strike with the trailing hand. Your head should be looking straight ahead with the strike.

Continued on next page

Form 7: Toi Gye, Continued

Toi Gye (continued)

Step	Action
15	Move the left foot to east in a stomping motion, turning clockwise to form a sitting stance toward south while executing a W-shape block to south with the left outer forearm. When executing the block, make sure to keep your elbows above your shoulders and turn your head at the same time you twist your wrists out. Then, you pick you lead leg straight (not around), toes going up to your lead hand, and strike with the trailing hand. Your head should be looking straight ahead with the strike.
16	Move the right foot to east in a stomping motion, turning clockwise to form a sitting stance toward north while executing a W-shape block to north with the right outer forearm. When executing the block, make sure to keep your elbows above your shoulders and turn your head at the same time you twist your wrists out. Then, you pick you lead leg straight (not around), toes going up to your lead hand, and strike with the trailing hand. Your head should be looking straight ahead with the strike.
17	Move the left foot to east in a stomping motion, turning clockwise to form a sitting stance toward south while executing a W-shape block to south with the left outer forearm. When executing the block, make sure to keep your elbows above your shoulders and turn your head at the same time you twist your wrists out. Then, you pick you lead leg straight (not around), toes going up to your lead hand, and strike with the trailing hand. Your head should be looking straight ahead with the strike.
18	Move the left foot to west in a stomping motion, turning clockwise to form a sitting stance toward north while executing a W-shape block to north with the left outer forearm. When executing the block, make sure to keep your elbows above your shoulders and turn your head at the same time you twist your wrists out. Then, you pick you lead leg straight (not around), toes going up to your lead hand, and strike with the trailing hand. Your head should be looking straight ahead with the strike.
19	Bring the right foot to the left foot and then move the left foot to north, forming a right L-stance toward north while executing a low pushing block to north (keep your palms down in the windup and both palms up and both fists low when executing the block) with the left double forearm.
20	Extend both hands upward as if to grab your opponent's head (open hands) while forming a left walking stance toward north, sliding the left foot to north.

Continued on next page

Form 7: Toi Gye, Continued

Toi Gye (continued)

Step	Action
21	Execute an upward kick with the right knee while pulling both hands downward.
22	Lower the right foot to the left foot and then move the left foot to south, forming a right L-stance toward south while executing a double knife-hand block to south.
23	Execute a low side front snap kick to south with the left foot, keeping the position of the hands as they were in movement #22.
24	Lower the left foot to south, forming a left walking stance toward south while executing a high thrust to south with the left flat fingertip.
25	Move the right foot to south, forming a left L-stance toward south while executing a double knife-hand block to south.
26	Execute a low side front snap kick to south with the right foot, keeping the position of the hands as they were in movement #25.
27	Lower the right foot to south, forming a right walking stance toward south while executing a high thrust to south with the right flat fingertip.
28	Move the right foot to north, forming a right L-stance toward south while executing a side back strike to north with the right back fist and a low block to south with the left forearm.
29	Jump to south, landing with your right foot first and your left foot crossing over your right foot to stop your momentum, forming a right X-stance toward east while executing a pressing block with an X-fist.
30	Move the right foot to south, forming a right walking stance toward south while executing a high supporting block to south with the right double forearm.
31	Bring your open hands back and to your left, then as you move the left foot to west bring your open hands low to high in a semi-circular motion (moving counterclockwise), forming a right L-stance toward west while executing a low guarding block to west with the knife-hand.

Continued on next page

Form 7: Toi Gye, Continued

Toi Gye (continued)

Step	Action
32	Execute a scooping (circular) block to northwest with the right inner forearm while forming a left walking stance toward west, sliding the left foot to west.
33	Bring the left foot to the right foot as you bring both open hands up to north, then bring both open hands down and up in a semi-circular motion (moving counterclockwise) and move the right foot to east, forming a left L-stance toward east, at the same time executing a low guarding block to east with the knife-hand.
34	Execute a scooping (circular) block to northeast with the left inner forearm while forming a right walking stance toward east, sliding the right foot to east.
35	Execute a scooping (circular) block to southeast with the right inner forearm while forming a left walking stance toward southeast.
36	Execute a scooping (circular) block to southeast with the left inner forearm while forming a right walking stance toward east.
37	Move the right foot on line east-west to form a sitting stance toward north while executing a middle punch to north with the right fist. Bring your right foot back to the ready position.

Tips for Toi Gye

Remember these tips to successfully master Toi Gye:

- Keep you back leg locked on the spear hand moves following the double knife hand strikes and kicks

Continued on next page

Form 7: Toi Gye, Continued

Self-defense Techniques for Toi Gye

The following self-defense techniques were designed using the basic skills learned during Toi Gye. Keep in mind that each technique can be applied from either side of your body (left or right), depending on which side you are most comfortable using. Practice using both sides to ensure complete mastery of the skill. Punches can usually be made using a fist, elbow, or many one hand techniques (such as spear-hand).

Caution: As with all self-defense techniques, you should be aware of the attacker's motives. These techniques are designed for situations of extreme danger, when you need to use techniques reasonable to stop the attacker from harming you or your loved ones.

Situation	Self-defense Technique	Action
An attacker grabs your right arm.	Inner forearm block - low fingertip thrust	<ol style="list-style-type: none"> 1. Strike the attacker's grabbing arm with your left fist, rubbing along the arm as you strike. 2. Execute a strike to the attacker's neck with your left knuckle or fist, twisting the fist at the moment of impact. 3. Reach around the back of your attacker's head, striking him with your open left hand. 4. Execute a palm thrust to your attacker's bladder.
An attacker points his finger at you in a menacing way	Finger break	<ol style="list-style-type: none"> 1. Grab the attacker's finger with your right hand. At the same time, cover your right fist with your left hand, simulating the Joong-Gun ready position. 2. Rotate the left hand over the right fist, bending the attacker's finger back and breaking if necessary
An attacker attempts to punch you.	Kick-double punch	<ol style="list-style-type: none"> 1. Break the attacker's leg with a front kick, or execute a front kick to your attacker's body. 2. Then grab the attacker's hair with your left hand and execute a right hand reverse punch to the head or neck
An attacker throws a right hand punch.	Twin vertical punch - upset punch	<ol style="list-style-type: none"> 1. Execute a high twin vertical punch from a left walking stance. 2. Execute an upset punch just below the ribs from a right walking stance.

Continued on next page

Form 7: Toi Gye, Continued

Self-defense Techniques for Toi Gye (continued)

Situation	Self-defense Technique	Action
An attacker grabs your right arm.	Inner forearm block and leg break	<ol style="list-style-type: none">1. Strike the attacker's grabbing arm with your left fist, rubbing back along the arm as you strike.2. Execute a kick or leg break with your left foot, stepping into the attacker.3. Execute a strike to the attacker's neck with your left knuckle or fist, twisting the fist at the moment of impact.
An attacker grabs you by the shirt.	Supporting block	<ol style="list-style-type: none">1. Strike down on your attacker's arms with your left knife-hand, while executing a palm strike to your attacker's nose or chin.
An attacker grabs your right wrist.	Low pushing block	<ol style="list-style-type: none">1. Strike the attacker's forearm with your left fist, rubbing back towards your body as you strike. This will cause your attacker to fall to his knees with his face turned away from you.2. Execute a strike to your attacker's exposed neck with your left fist.
An attacker grabs your right wrist.	Low knife-hand guarding block	<ol style="list-style-type: none">1. Strike the attacker's forearm with your left knife-hand, rubbing back towards your body as you strike. This will cause your attacker to fall to his knees with his face turned away from you.2. Execute a strike to your attacker's exposed neck with your left knife-hand.

Form 8: Hwa-Rang

Overview **Hwa-Rang** is named after the Hwa-Rang youth group of the Silla Dynasty of the early 7th century. The form has 29 movements in remembrance of the 29th Infantry Division, where Tae Kwon-Do developed into maturity.

Techniques The following techniques are required for Hwa-Rang, listed in the order in which they appear in the form. Refer to the **Techniques** section of your student handbook for tips to successfully execute various techniques.

1. Middle pushing block
 2. Middle punch
 3. Twin forearm block
 4. Upward punch
 5. Inner forearm block
 6. Low thrust
 7. Side back strike
 8. Pressing block with an X-fist
 9. High twin fist vertical punch
 10. Middle front snap kick
 11. Twin side elbow thrust
 12. W-shape block
 13. Low pushing block
 14. Upward kick
 15. Double knife-hand block
 16. Low side front snap kick
 17. High thrust
-

Steps For Hwa-Rang Follow these steps to perform Hwa-Rang:

Step	Action
1	Begin in a close ready stance with your knees slightly bent. Make sure your left open hand fingertips overlap your right open hand fingertips, and keep both arms extended downward toward the center of the stance. The distance between your hands and your abdomen is about 10 centimeters. Then, move your left foot to the west to form a sitting stance, you will be facing north, while executing a middle pushing block to the north with your left palm.
2	Execute a middle punch to the north with your right fist while maintaining a sitting stance toward the north.
3	Execute a middle punch to the north with your left fist while maintaining a sitting stance.

Continued on next page

Form 8: Hwa-Rang, Continued

Hwa-Rang (continued)

Step	Action
4	Execute a twin forearm block in a left L-stance toward the east, pivoting with your left foot.
5	Execute an upward punch with your left fist while pulling your right side fist in front of your left shoulder, maintaining a left L-stance toward the east.
6	Execute a middle punch to the east with your right fist while forming a right fixed stance in a sliding motion.
7	Execute a downward strike with your right knife-hand , while forming a left vertical stance toward the east, and pull your right foot.
8	Move your left foot to the east, forming a left walking stance, while executing a middle punch to the east with your left fist.
9	Move your left foot to the north, forming a left walking stance, while executing a low block to the north with your left forearm.
10	Move your right foot to the north, forming a right walking stance, while executing a middle punch to the north with your right fist.
11	Pull your left foot toward your right foot while bringing your left palm to your right fore fist. At the same time bend your right elbow about 45 degrees outward.
12	Execute a middle side piercing kick to the north with your right foot while pulling both hands in the opposite direction. Then, lower your right foot to the north, forming a left L-stance. At the same time, execute a middle outward strike to the north with a right knife-hand.
13	Move your left foot to the north, forming a left walking stance, while executing a middle punch to the north with your left fist.
14	Move your right foot to the north, forming a right walking stance, while executing a middle punch to the north with your right fist.
15	Move your left foot to the east, turning counter-clockwise to form a right L-stance, while executing a double knife-hand block to the east.
16	Move your right foot to the east, forming a right walking stance, while executing a middle thrust to the east with the your right straight fingertip.
17	Move your right foot on the east-west line, forming a right L-stance toward the west while executing a double knife-hand block to the west.
18	Quickly execute a high turning kick to the northwest with your right foot, and then lower your right foot to the west.

Continued on next page

Form 8: Hwa-Rang, Continued

Hwa-Rang (continued)

Step	Action
19	Quickly execute a high turning kick to the southwest with your left foot, and then lower your left foot to the west, forming a right L-stance. At the same time, execute a double knife-hand block to the west.
20	Move your left foot to the south, forming a left walking stance, while executing a low block to the south with your left forearm.
21	Execute a middle punch to the north with your right fist while forming a right L-stance toward the south, and pull your left foot.
22	Move your right foot to the south, forming a left L-stance, while executing a middle punch to the south with your left fist.
23	Move your left foot to the south, forming a right L-stance. At the same time, execute a middle punch to the south with your right fist.
24	Execute a pressing block with an X-fist while forming a left walking stance toward the south, slipping your left foot to the south.
25	Move your right foot to the south in a sliding motion, forming a right L-stance toward the north while thrusting to the south with your right elbow.
26	Bring your left foot to your right foot, turning counter-clockwise to form a close stance toward the west. At the same time, execute a side front block with your right inner forearm while extending your left forearm to the side in a downwards motion.
27	Execute a side front block with your left inner forearm, extending your right forearm to the side in a downwards motion while maintaining a close stance toward the west.
28	Move your left foot to the west, forming a right L-stance. At the same time execute a double knife-hand block to the west.
29	Bring your left foot to your right foot and then move your right foot to the east, forming a left L-stance, while executing a double knife-hand block to the east. Finish by bringing your right foot back to the ready position.

Continued on next page

Form 8: Hwa-Rang, Continued

Self-defense Techniques for Hwa-Rang

The following self-defense techniques were designed using the basic skills learned during Hwa-Rang. Keep in mind that each technique can be applied from either side of your body (left or right), depending on which side you are most comfortable using. Practice using both sides to ensure complete mastery of the skill. Punches can usually be made using a fist, elbow, or many one hand techniques (such as spear-hand).

Caution: As with all self-defense techniques, you should be aware of the attacker's motives. These techniques are designed for situations of extreme danger, when you need to use techniques reasonable to stop the attacker from harming you or your loved ones.

Situation	Self-defense Technique	Action
An attacker throws a right hand punch.	Scooping block	<ol style="list-style-type: none"> 1. Use your left hand to guard against the oncoming punch, while ducking your head down and to the left to avoid the punch. 2. At the same time you duck the punch, execute a scooping block with your right hand, striking the attacker's right knee on the inside of the knee. 3. Execute an inner forearm punch to the attacker's neck or face.
An attacker throws a left hand punch.	Double knife-hand strike - kick - spear hand (steps #22/23/24 and #25/26/27 of Hwa-Rang)	<ol style="list-style-type: none"> 1. Block the punch with a double knife-hand strike. Attempt to strike the attacker's punching arm just above the elbow and on the wrist with both ridge hands, while moving your left foot out into an L-stance. 2. Strike the attacker's neck with your left hand, guarding your solar plexus with your right knife hand. 3. Execute a front snap kick with your left foot. 4. Execute a spear hand to your attacker's neck or eyes.

Continued on next page

Form 8: Hwa-Rang, Continued

Self-defense Techniques for Hwa-Rang (continued)

Situation	Self-defense Technique	Action
At attacker grabs your right arm.	Inner forearm block - low fingertip thrust	<ol style="list-style-type: none"> 1. Strike the attacker's grabbing arm with your left fist, rubbing back along the arm as you strike. 2. Execute a strike to the attacker's neck with your left knuckle or fist, twisting the fist at the moment of impact. 3. Reach around the back of your attacker's head, striking him with your open left hand. 4. Execute a palm thrust to your attacker's bladder.
An attacker throws a right hand punch.	Twin vertical punch - upset punch	<ol style="list-style-type: none"> 1. Execute a high twin vertical punch from a left walking stance. 2. Execute an upset punch just below the ribs from a right walking stance.
An attacker grabs your right wrist.	Low knife-hand guarding block	<ol style="list-style-type: none"> 1. Strike the attacker's forearm with your left knife-hand, rubbing back towards your body as you strike. This will cause your attacker to fall to his knees with his face turned away from you. 2. Execute a strike to your attacker's exposed neck with your left knife-hand.
An attacker grabs your right wrist.	Low pushing block	<ol style="list-style-type: none"> 1. Strike the attackers forearm with your left fist, rubbing back towards your body as you strike. This will cause your attacker to fall to his knees with his face turned away from you. 2. Execute a strike to your attacker's exposed neck with your left fist.
An attacker grabs you by your shirt.	Supporting block	<ol style="list-style-type: none"> 1. Strike down on your attacker's arms with your left knife hand. 2. Executing a palm strike to your attacker's nose or chin.

Korean Vocabulary

**American to
Korean Words**

The following table lists the American word or term and its Korean interpretation. This list is provided to help you understand some of the frequently used Korean words used at the Dojang.

American	Korean
About face	Dorra
Arm	Pol
Assistant instructor	Kyo Sa-Nim
Attention	Cha-ryot
Attention & bow to the instructor	Cha-ryot kwajang nim que kyong-ye
Back	Dwi
Back-fist	Dung-joomock
Back-fist strike	Dung-joomock chi-gi
Back-hand	Son-dung
Back-kick	Dwi Cha-gi
Back stance	Dwi-gubi sogi
Ball of foot	Ahpchook
Begin/start	Si-jak
Block	Maggi
Body	Momtong
Bow	Kyong-ye
Break/stop	Kalyeo
Chest protector	Ka soom ho goo
Continue	Kae sok
Courtesy	Ye Ui
Crescent kick	Bandul chagi
Deduction of a point	Gam Jum
Elbow	Palkoop
Elbow strike	Palkoop chi-gi
Flag	Guk-gi
Form or pattern	Hyung
Front Kick	Ap Chagi
High	Sa-Dan
Indomitable spirit	Baekjul Boogool
Instructor above 4 th degree Black Belt	Sabomnim
Integrity	Yom Chi
Jumping or Flying	Twim Yo
Low	Ha-Dan
Low/down block	Ahre Maggi

Continued on next page

Korean Vocabulary, Continued

American to Korean Words (continued)

American	Korean
Master instructor	Sa Bum-Nim
Middle	Choon-Dan
Perseverance	In Nae
Punch	Jeragi
Punching exercise	Ki-ma Jeragi
Ready (get ready)	Joonbi
Rear foot stance	Haktari sogi
Return (to previous position)	Barro
Self-control	Guk Gi
Self-defense	Hosinsool
Side kick	Yup Chagi
Sparring	Kyorugi
Stance	Sogi
Stop or end	Gu-mahn
Switch	Ba-quo
Teacher of Masters	Kwajang Nim
Thank you	Camsa Hamnida
Time/Time out	Shi gan
Training hall	Dojang
Training uniform	Dobok
Turning Kick	Tolio Chagi
Ultimate energy	Asah
Yell (power sound which combines physical and mental energy)	Ki-hop

Korean Numbers

Numbers

The following is provided to help you identify frequently used Korean numbers while training in the Dojang.

Number	Korean Word
One	Hana
Two	Dul
Three	Set
Four	Net
Five	Dasot
Six	Yasot
Seven	Elgub
Eight	Yodol
Nine	Ahob
Ten	Yol

Martial Arts Glossary

Martial Arts Terminology Defined

The following list is provided to help you understand some basic martial arts terminology. Understanding how these words are used, and what they mean, will help give you a better appreciation of the “art” in martial arts.

Terminology	Translation
Aiki-ha	A doctrine that: <ul style="list-style-type: none">• Was developed by the Yagyu Shinkage-ryu and others• Was adopted by many forms of martial arts• Stresses the lack of resistance to either push or pull the weight of the opponent.• Has been compared to the branch of a willow tree, which allows the snow to fall off by bending beneath its weight.
Aikido	A martial arts started in 1931 by Ueshiba Morihei, who studied the techniques of Ju-jutsu and Ken-jutsu. From the Japanese <i>ai</i> (union or harmony), <i>ki</i> (vital breath, energy), and <i>do</i> (way), this unarmed martial art was conceived as completely defensive. Its practitioners learn to nullify attacks, even by armed opponents, using subtle evasive movements that force opponents back on themselves. Aikido includes over movements, all of which are smooth and without breaks. Complete training often includes the use of the <i>jo</i> (short staff), <i>tambo</i> (medium staff), and the <i>bo</i> (long staff). Some martial arts historians trace this art's development back to the Samurai during the Kamakura period (1185 – 1333 AD).
Dan	<ul style="list-style-type: none">• A degree or grade• A category of rank associated with Black Belts
Kata	This is a Japanese word for form or sequence meant to be performed by martial artists with technical accuracy. These forms are made up of imaginary combats against opponents and are practiced not only to perfect technique but also for the aesthetic and meditative experience derived from the movements. All <i>kata</i> begin and end with a bow to the master.

Continued on next page

Martial Arts Glossary, Continued

Martial Arts Terminology Defined (continued)

Terminology	Translation
Kendo	<p>Literally means “way of the sword.”</p> <ul style="list-style-type: none">• A Japanese martial art developed in the earliest of times by the Bushi warriors and brought into prominence by the Samurai.• Formerly called <i>Ken-jutso</i>, <i>Ken-no-michi</i>, and <i>Gekken</i>.• Prohibited in 1876 when Samurai were forbidden to carry swords.• Transformed into a martial art by Sakakibara Kenkichi.• Its current name was chosen in 1900 to replace <i>Ken-jutsu</i>, which was deemed too “war-like.”• As defined by the Japanese Kendo Federation: “The aim of <i>Kendo</i> is to mold the mind and the body, to cultivate a steady and firm attitude, to work with perseverance in order to progress in Kendo through true and rigorous training, to hold courtesy and honor in high esteem, to deal with others with sincerity, and always to pursue the perfecting in oneself.”
Ki-ai	<p>Japanese word meaning “the meeting together of energy” or “the cry which gives life.” This spirited shout is made by martial artists at the moment of attack in order to momentarily paralyze their opponents and gain the advantage. This attacking yell also serves to tighten the lower abdominal muscles while attacking an opponent, possibly preventing injury in the event of an unexpected counter attack. A similar yell is practiced by weightlifters and wrestlers to prevent injury to vital internal organs, equalizing the pressure increase in the thorax which often accompanies violent exertions.</p>

Introduction to the Black Belt Club

What Is The Black Belt Club?

The Black Belt Club was designed as an elite club for chosen students who consistently demonstrate the effort of striving for Black Belt Excellence.

How Are Students Chosen?

Each quarter selected students are invited to join the Black Belt Club from the total school population. Students who are chosen have been given a very special honor, as they are voted in by Black Belts and other Black Belt Club members at the Robert Summers School of Tae Kwon-Do.

Benefits

Students who join the Black Belt have their picture taken and hung on the Wall of Fame (the Wall of Fame is reserved for those students who are committed to Black Belt Excellence). In addition, students also receive the following benefits:

- Once a month Black Belt level training (no matter the student's current belt level) with Master Summers or guest Master instructors
 - Once a month Black Belt Club event (such as fishing, hockey games, zoo trips, bowling, or picnics)
 - A special black top for their uniform that signifies their goal of Black Belt Excellence
 - A unique Black Belt Club patch
 - Special discounts on selected gear and/or merchandise from the school
-