

PE-2 Assignment 1.1

I. Taekwondo

According to TeamUSA website, taekwondo is one of the most systematic and scientific Korean traditional martial arts that teaches more than physical fighting skills. It is also a discipline that shows ways of enhancing spirit and life through body and mind training. In the current times, it has become a sport across the globe which also gained international reputation and stands among official games in the world-renowned Olympics.

“Tae” means foot. “Kwon” means leg or to step on. “Kwon” means fist or fight. Finally, “Do” means the way or discipline. Altogether, the important concepts of Taekwondo are embodied. From this, it is demonstrated that Taekwondo is the right way of using fists and feet or all parts of body that are represented by fists and feet. Moreover, controlling or calming down fights and promoting peace is also associated with this martial art. It has been translated as “the right way of using all parts of the body to stop fights and help to build a better and more peaceful world”.

According to Taekwondo World Au, Taekwondo is a way of life and ultimately enables to lead more valuable lives by finding the guiding principles deeply hidden in Taekwondo.

II. 5 Tenets of Taekwondo

This photo shows the 5 tenets of taekwondo.



A tenet is a core belief or value. The tenets of Taekwondo deal with the fundamental elements of etiquette and consequently serve as a guide for all students of the art. The five (5) tenets of Taekwondo and their definition are as follows according to Oxford Alpine Taekwondo:

- 1) Courtesy - 예의 in Korean Hangul (pronounced ye-wee)
 - Show courtesy to all in the training and also outside of the training
 - Observe correct etiquette and manners at all times
- 2) Integrity - 염치 in Korean Hangul (pronounced yom-chee)
 - Able to determine the difference between right and wrong and able to stand up for what is ethically correct

- Being honest and have strong moral principles resisting corruption

3) Perseverance - 인내 in Korean Hangul (pronounced een-nay)

- Willingness of student to continue to strive amidst obstacles
- Way to reach goal
- Not only applies in training but also in other aspects of their lives

4) Self control - 극기 in Korean Hangul (pronounced gook-gee)

- Have control of own thoughts and actions
- Maintain pure mind and body by keeping emotions in check especially in difficult times

5) Indomitable spirit - 백절불굴 in Korean Hangul (pronounced beckjool boolgool)

- Courage to stand up for beliefs with much conviction no matter what odds one is facing against
- Consistently exhibiting full 100% effort in all one does both in training and life in general.

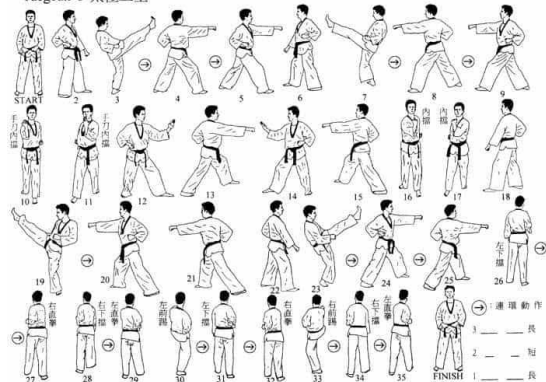
III. Poomsae (Forms)

Poomsae is a series of movements for offense and defense techniques (Troso Taekwondo, n.d.). According to Taekwon Do Nation, these are the forms or poomsae with labels seen above the photo:

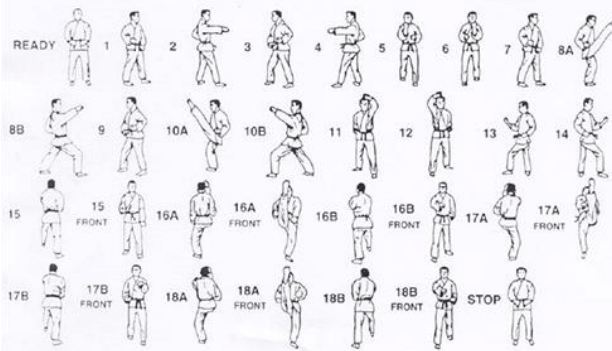
TAEGEUK IL JANG 1



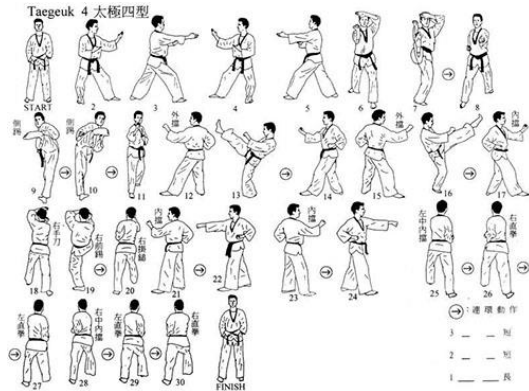
Taegeuk 3 太極三型

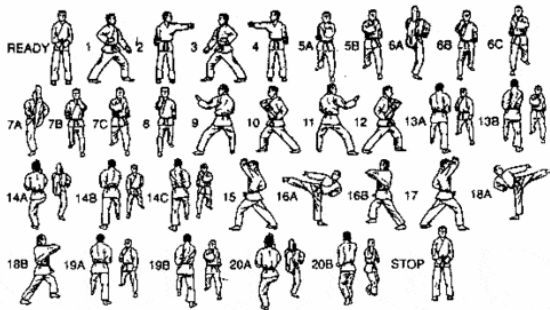
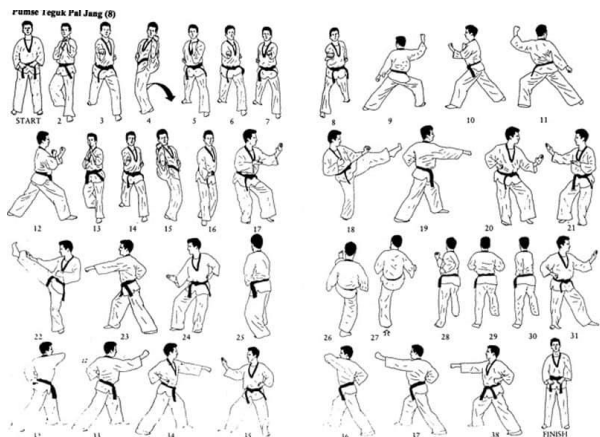
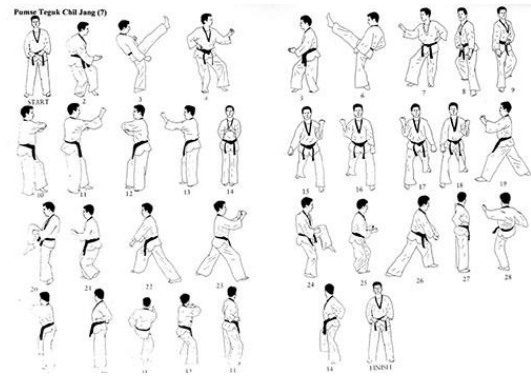
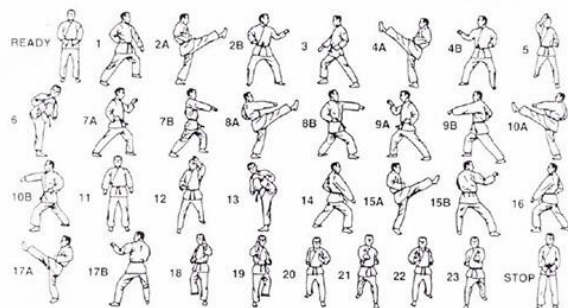


TAEGEUK YI JANG 2



Taegeuk 4 太極四型



TAEGEUK OH JANG 5**TAEGEUK YOOK JANG 6****IV. Kyurugi (Sparring)**

A discipline of Taekwondo is sparring or kyurugi. It is a free-form fight between two people subject to strict rules to avoid injuries and promote fair competition. Body armor consisting of trunk and head protector are worn by contestants and these are fitted with electronic sensory that register kicks and punches when sufficient force is applied. The Hong, wears red and Chong wears blue. Before it starts, the referee calls "Chung, Hong." Then both contestants enter the area with protectors firmly tucked under left arms. The Centre Referee checks mouth guards then athletes bow to the referee followed by bow to each other. The referee commands "Charyeot" and "Kyeong-rye" to commence the match. The match is won by the fighter who knocks their opponent first or the one with greater points after three rounds. Feet and fists are used to score points. There is an appropriate scoring system (SportsEd, 2021).

**V. Kyukpa (Breaking)**

It is one of the disciplines of Taekwondo which means breaking of various objects. It demonstrates the technique and strength of the martial art. It has several variants to this technique. The most important moments are technique, strength, speed and concentration, flexibility and dexterity. Correct position (correct stance, distance and angle of impact) and proper movements (correct work of the body, transfer of body weight and development of maximum strength) are also important. (The Taekwondo WT Academy of the Kyrgyz Republic, n.d.)

VI. Basic Commands and Stances in Taekwondo

The different stances has a purpose that provide different attacks, defenses and builds physical strengths of the students. These are the stances from Tae Kwon Do Nation:

World TaeKwondo Federation:

- Assisting Stance (Gyeotdari Seogi)
- Back Stance (Dwi Kubi Seogi)
- Closed Stance (Moa Seogi)
- Crane Stance (Hakdari Seogi)
- Cross Stance (Kkoa Seogi)
- Diagonal Stance (Mo Seogi)
- Fighting Stance (Gyoroogi Seogi)
- Front Stance (Ap Kubi Seogi)
- Horse Stance (Jo Choom Seogi)
- Parallel Stance (Narani Seogi)
- Ready Stance (Joon Bi Seogi)
- Side Stance (Yeop Seogi)
- Tiger or Cat Stance
- Walking Stance (Ap Seogi)

International TaeKwondo Federation:

- Attention Stance (Charyot Sogi)
- Bending Stance (Guburo Sogi)
- Closed Stance (Moa Sogi)
- Crouched Stance (Oguryo Sogi)

Commands

- Chariot (attention)
- Kyungye (bow)
- Junbi (basic ready stance)
- Baro (return to basic ready stance)
- Sheot (Relax)
- Shijak (start/begin)

VII. 9 Basic Blocks and Strikes in Taekwondo

According to Tae Kwon Do Nation, blocks are essential for poomsae and One step sparring.

- 1) Single Forearm Block - Wae Sun Palmok is used to deflect an attack, usually a kick that is made at the torso. Starting up near the opposite shoulder, the leading hand is projected own and across the body to deflect the kick using the forearm.
- 2) Low Block - Najundi Makgi is used for defense against low attacks to the torso or legs. This is one of the most basic Taekwondo blocks and one of the first things a beginner will learn. The lead forearm is bent and raised up to shoulder height, snapping the arm down straight with the palm facing the ground, blocking any incoming low kicks.
- 3) Rising Block - Chookya Makgi is another basic Taekwondo block for defense against overhead attacks to the head and shoulders. The arm is bent and raised above the head, and the underside of the forearm absorbs the impact of the blow, which may be painful but is better than connecting it with your head or delicate clavicle. This block is used to defend against Hammerfists, Axe Kicks and overhead strikes with blunt instruments.
- 4) Palm Block - Sonbadak Naeryo Makgi is a standard block used to deflect incoming kicks and punches. The open hand is raised up to shoulder height and thrust directly down to meet the attackers limb. The heel of the hand makes contact with the attacker's forearm in case of a punch, or shin in case of a kick. Although simple, it requires a lot of partner training to get the timing of this Taekwondo block correct.
- 5) Knife Hand Block - The hand is kept in a knife hand position to block attacks to the torso. As the front arms sweeps down in an arc from the inside to the outside of the body, the back hand is simultaneously pulled back to the back hip and ready for a counter punch.
- 6) Double Forearm Block - This is a more advanced Taekwondo block, designed to be used against a strong attack to the center of the body. Standing sideways, the lead forearm blocks the attack with the fist closed. The second arm provides further support, linking into the crook of the arm so both forearms are at a 90 degree angle to the body.
- 7) Double Knife Hand Block - With the hands held open in the knife hand position, a powerful kick aimed at the solar plexus can be successfully blocked. Both hands come across the body, intersecting at the forearms and providing a firm defence.
- 8) Nine Block - This is a black belt leveled block and the first time it is usually used is around the black belt form. The person blocks their chest with one hand and stomach region with the other. The shape of the block forms a number nine when executed correctly. Both arms are bent at a 45 degree angle as well and it leaves little space open in the mid region of the defenders body. Your hand when this move is executed correctly should also be above your groin on the bottom and next to you opposite shoulder with the top hand.
- 9) Upper Block - Also known as the Ulgul Makgi. The one using the block first keeps their fist sideways at the stomach or torso. They then rise the fist up to their head, deflecting the attack. Any attack made at the upper part of the body is blocked if timed correctly using this block.

VIII. Basic Kicks in Taekwondo

According to Tae Kwon Do Nation, the three basic kicks are

1. Front Kick – Ap Chagi

- The most basic and fundamental kick of them all in TaeKwonDo Ensure that your knee is coming up high (and then dropping slightly as the foot fires forward to make the foot travel straight). Make sure you are making contact with the ball of the foot. Hips stay parallel – if you twist the

kicking hip forwards the power will slip off to the side. Mix fast and slow motion kicking to build the muscle memory. Kick the air as it is good for balance and ensuring technique is correct. Once your technique is good then kick the pads. Kicking off the back leg will be more generally be more powerful because weight is travelling forward.

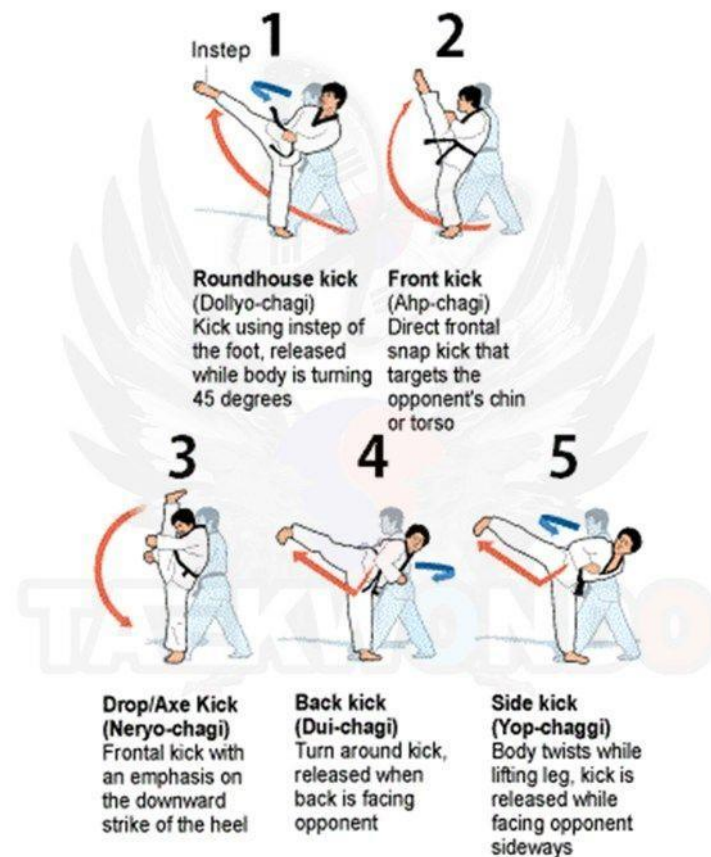
2. Turning Kick – Dollyo Chagi

- sometimes referred as a 'roundhouse'
- one of the most versatile kicks in TaeKwondo
- practice and have lots of and patience

3. Side Kick – Yeop Chagi

- travel in a straight line from you to your opponent, they are more difficult to defend against
- Keep upright for balance when bringing the leg up to prepare for the kick. Its important if not vital to look over your shoulder as you need to need to see what your aiming at. Align the kick straight down the middle. If your are off center the kick is not as strong and you may even miss.

THE 5 MOST IMPORTANT TKD KICKS



References

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