



UNIVERSITY OF QUEENSLAND

TAE KWON DO CLUB



CORE BASICS


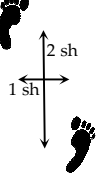


Technique	Points to watch
Punches generally	Fist travels straight to target. Strike with middle knuckle first, then first knuckle second. Wrist flat. Arm slightly out of lock at end of technique to protect your elbow. Keep elbow in. Try not to lift or reposition your hand first as this telegraphs your intention. Relax in the technique, focus at impact and then relax immediately after. Concentrate on speed rather than muscle.
Lunge punch	<i>Same</i> hand as leading foot. Fist travels straight from hip to target.
Reverse punch	<i>Opposite</i> hand to leading foot. Fist travels straight from hip to target. Use back hip for extra power
Jab	Same hand as leading foot. <i>Snapping</i> punch delivered from guard in front of shoulder. Extend shoulder for reach and power but don't forget to snap hand back.
Front kick	Rear foot strikes as fast and directly as possible to the <i>front</i> of the target. Support foot stays straight. Raise knee keeping foot straight. Toes pulled back. Strike with the ball of the foot. Snap out and back just as fast. Place your foot down – don't drop it.
Side kick	Rear foot strikes as fast and directly as possible to the <i>front</i> of the target. Pivot on your support leg (135°) as you raise your knee to let your hips face side on to your target. Knee rises to above hip height. Strike with the heel. Keep heel high and toes low and pulled back towards you. Leg at full extension. Thrusting kick. Retract your foot and step down into stance.
Turning kick	Rear foot strikes with instep to <i>side</i> of the target. Pivot on your support leg (135°) as you raise your knee. Hips are side on to target. Snap your foot through a side arc into target and back again. Generate extra power by leading with shoulders and hips. Retract your foot and step down into stance.



Technique	Points to watch
Lower-section block	Blocking hand on <i>top</i> facing up. Non-blocking hand faces down. Chamber hands in front of sternum (chest height). Blocking hand sweeps low to deflect an attack to groin. Arm finishes straight. Block stops in line with outside of body. Back hand pulls back to hip.
Mid-section block	Starting position as above. Blocking hand sweeps across to deflect a punch or kick to mid-section. Arm finishes bent at 90°. Knuckles at shoulder height. Block stops in line with outside of body. Back hand pulls back to hip.
Upper-section block	Starting position as above. Blocking hand angles up and across to deflect a descending blow to the head. Forearm angled at 45° across the shoulders. Upper forearm angled at 45° up from shoulder. Back hand pulls back to hip.
Inner-forearm block	Wrists crossed at chest height with blocking hand on <i>outside</i> . Both palms face outward. Keep blocking arm close to vertical as it deflects mid-section punch. Back hand pulls back to hip.
Outer-forearm guarding block	Back stance. Blocking hand on top facing up. Non-blocking hand faces down. Blocking hand sweeps across to deflect a punch or kick to mid-section. Arm finishes bent at 90°. Knuckles at shoulder height. Block stops in line with outside of body. Back fist guards solar plexus instead of pulling back to hip.
Back fist	Same starting position as block. Generate power with hips and shoulders. Target the side of the temple. Fist vertical. Back hand pulls back to hip.

In nearly every block or strike that starts with crossed wrists, the front hand (same side as your front foot) will be on top with palm up. The exception is inner forearm block.



Stance	
Natural stance 	Feet shoulder width apart. Hands lightly closed in fists in front of thighs.
Front stance 	2 shoulder-widths' long. 1 shoulder-width wide. Front leg bent so that knee is over back of heel. Back leg strong and straight. Front foot points forward. Back foot faces as far forward as comfortably possible – no more than 45° from forward.
Back stance 	1.5 shoulder-widths' long. One fist-width between heels. Front foot faces forward. Back foot faces 80° to side. 30% weight on front leg. 70% weight on back leg. Both knees bent. Sink into the stance.
'Fighting' stance 	Feet shoulder width apart, with one leg leading. Body turned at 45°. Both legs slightly bent: mobile but relaxed.
Horse riding stance	Feet 2 shoulder widths apart. Toes to the front. Thighs parallel to the ground. Bottom under spine. Stay low.

Targets	
Upper-section	Chin or septum (top lip)
Mid-section	Solar plexus (the soft spot where the ribs stop below the chest bone)
Lower-section	Groin

For your first grading

You should know:

- The techniques outlined above
- Front leg raise with double lower section block in front stance.
- Side leg raise with double lower section block in horse riding stance.
- Patterns – 4 directional punch, 4 directional block, Chonji-hyung
- One step sparring
- Free sparring



THINGS TO PRACTICE

- (a) Parallel ready stance – on the command “junbi”, feet parallel facing the front. Cross your fists lightly in front of your solar plexus and then drop them in front of your thighs.
- (b) Front stance
 - (i) Practice stepping from natural stance into front stance – check your stance in the mirror.
 - (ii) Step back up and then alternate 10X.
 - (iii) Practice moving forward in front stance – remember your foot moves through in a shallow arc travelling just above the floor. Check your stance after each step.
 - (iv) Practice moving backwards.
 - (v) Practice about-turn – remember to make a triangle moving your back foot across 2 shoulder-widths in front stance or 2 foot widths in back stance.
- (c) Punching
 - (i) Natural stance – one fist out palm down, other fist on your hip with palm up. Punch with your rear hand and pull front hand back to your hip. Do 20 punches, taking care to keep your punches straight from the hip to target – no “chicken wings”.
 - (ii) Stand in front stance – practice alternating punches without moving. Make sure you pick a target – upper section (chin height), mid-section (solar plexus) or lower section (groin height)
 - (iii) Moving in front stance – moving and punching at the same time. Your punch lands just after your foot hits the floor.
- (d) Front kick
 - (i) Stand in front stance – kick from your rear foot to mid-section, snapping your kick out and back to its starting point as quickly as possible. 10X each leg.
 - (ii) Kicking over a chair – stand as close to a chair as possible and slowly kick over the chair holding your kick extended at the end – leg straight, foot flat and toes pulled back. Then retract carefully without touching the chair. Alternate 10X.



- (iii) Practice front kick followed by lunge punch/reverse punch.
- (e) Side kick
 - (i) Stand in front stance – kick from rear foot to midsection. Pivot on your support foot. At the end of kick your leg should be fully extended and your shoulder, hip and heel should all be in line. Heel high and toes low. Pull your foot right back to your starting point.
 - (ii) Kicking over a chair – as for front kick (above) except in side kick. Stand perpendicular to the chair in natural stance. Remember to pivot your support foot away from the chair.
- (f) Turning kick
 - (i) Stand in front stance – kick from rear foot to midsection. Snap your foot out and back. Remember to pivot on your support foot.
 - (ii) Kick a leaf – go into the garden and find a leaf at mid-section or upper-section height and practice accurately kicking to your target.
- (g) Blocks
 - (i) Natural stance – chamber your block (for example R lower-section block) and practice just the block without moving your feet. Remember - both hands do a half twist.
 - (ii) Do this 20X on both L and R side for each of lower-section, mid-section, upper-section and inner forearm block
 - (iii) When you feel comfortable, move on to trying the same thing in a stationary front stance
 - (iv) Then practice moving backwards and forwards in front stance while you do the blocks
 - (v) Do the same with guarding block in back stance