

SHIN'S ACADEMY

TAEKWONDO - JUDO - HAPKIDO



Student Manual

S H I N ' S 1 9 7 2

CONTENTS

TOPIC	PAGE
Introduction to Shin's Academy	5
Dear Students and Parents	7
Grandmaster Suk Ki Shin	10
What is Taekwondo?	12
Differences in martial arts	13
Tenets, Ethical Rules, Student Oaths	15
General rules in classroom	16
Bowing and Taekwondo Spirit	17
The Uniform	18
The Belt – “How to tie”	19
The Korean Flag	21
Theory of Power	22
“Ki-hap” – The Taekwondo yell	24
Basic stances, kicks, etc. for white belt	26
Forms	44
One-steps	58
Korean Vocabulary	61
Promotional Exams	63

As President of Shin's Taekwondo, Hapkido, and Judo Academy, I want to welcome you to the school which has been established in Omaha since 1972.

My name is Suk Ki Shin. I am a 9th degree black belt in Taekwondo, 8th degree black belt in Judo, 8th degree black belt in Hapkido, and 4th degree black belt in Kumdo. I have been associated with martial arts for 53+ years. I graduated from, and for four years was an assistant instructor at, The Korean Judo College (Arts and Sciences Degree) which is now known as Yong-in University.

I came to The United States in 1968 to instruct at the Omaha Karate School. In 1972, I found the Shin's Taekwondo, Hapkido, and Judo Academy. Since 1971 to present time, I have been instructing at the University of Nebraska at Omaha and Creighton University along with hundreds of demonstrations all across The United States.

My goal at Shin's Taekwondo, Hapkido, and Judo Academy is to develop you not only physically and mentally, but spiritually. . The training you receive through a combination of the traditional and modern martial arts will benefit you both physically and mentally with increased strength, self-discipline, balance, agility, and good health as well as self-confidence in your ability to defend yourself.

Best of luck to you in your training at Shin's Academy. I'm looking forward to working with you to increase your knowledge of the martial arts.

Sincerely yours,

Grandmaster Suk Ki Shin

Dear Students and Parents,

This manual is to provide new students with a written resource on Taekwondo as practiced by members of Shin's Academy. Use this manual to review the techniques you have already learned in class and to prepare yourself for promotional exams.

It is important to understand that no manual is intended as a substitute for physical training. Taekwondo can only be learned through physical and mental training, sweat, and dedication.

As your chief instructor, I intend to provide you with the best training possible. It is my goal to teach techniques for self-defense as well as discipline. My job is to ensure their safety, demonstrate the best technique possible, utilize the best training methods available, maintain discipline, and provide the tools necessary to succeed in training. I will strive to be a role model for your child as well as create a sense of family both in and out of the classroom.

As a parent, I hope you will take an active interest in your child's Taekwondo training. It has been my observation that the most successful students have parents who take an active role in their child's training. I strongly encourage you to become involved in your child's Taekwondo in every way possible; watch your child take part in class, read the same books, discuss martial arts, watch martial arts movies together, visit with the instructor from time to time, encourage and help your child practice at home.

I wish you great success in your training.

Sincerely,

Grandmaster Suk Ki Shin

PHOTOS OF GRANDMASTER SHIN



GRANDMASTER SUK KI SHIN

All instructors at Shin's Academy are privileged to be students of the Midwest's highest-ranking instructor, Grandmaster Suk Ki Shin.

Grandmaster Shin currently holds the following ranks:

- 9th degree black belt in Taekwondo
- 8th degree black belt in Judo
- 8th degree black belt in Hapkido
- 4th degree black belt in Kumdo

Some of Grandmaster Shin's accomplishments/credentials include:

- Over 53 years of experience in the martial arts
- 27+ years of teaching excellence at both UNO and Creighton University
- 1963 Korean Judo Team Member
- 1966 Korean Champion
- 1st All Asian Games Champion
- 1975 World University Taekwondo Team Coach
- Body guard to the former president of South Korea
- Former instructor at the Korean Judo College
- International Referee

State President and former Executive Board Member of the U.S.T.U. (United States Taekwondo Union)

WHAT IS TAEKWONDO?

Taekwondo, “The Way of Hand and Foot Fighting,” is a martial art known for its refined kicking techniques and is practiced by millions of people all over the world. Taekwondo finds its origins in over 2000 years of Korean history and culture. In 1988, Korea introduced Taekwondo in the Seoul Olympics and in the 2000 Sydney Olympics, it finally appeared as a full medal sport.

BENEFITS OF TAEKWONDO TRAINING



Taekwondo students will enjoy many benefits ranging from self-defense, physical fitness and discipline to learning social skills, and making new friends. Taekwondo offers something to everyone.

Some of the benefits derived through consistent training include...

- Self Respect
- Improved Physical Fitness
- Coordination
- Etiquette
- Goal Setting
- Self Defense
- Confidence
- Improved Concentration

HOW IS TAEKWONDO DIFFERENT FROM OTHER MARTIAL ARTS?

There are hundreds of different martial arts styles practiced throughout the world. The martial arts instructed at Shin's Academy are Hapkido, Judo, and Taekwondo. While many of these systems share similar techniques, they place emphasis on different theories of movement, strategies, and philosophies.

JUDO



Judo, “The Gentle Way”, is a Japanese grappling art that is known for its powerful throwing techniques. Jigoro Kano took techniques from a Japanese battlefield art known as “Ju-Jitsu” and developed a curriculum of competition-oriented techniques that could safely be taught to adults and children alike. Kano was also among the first to instate a

ranking system of colored belts beginning with white belt for beginners and ending at black belt for advanced students. The goal of Judo competition is to forcefully throw your opponent onto his back, pin him or, force a submission by choking or locking a joint. Judo has become immensely popular and is currently an Olympic Sport.

HAPKIDO



Hapkido means “the way of coordinated power.” Literally translated, the word *Hap* means coordination or harmony, *Ki* denotes the essence of power, and *Do* means the art or the *Way*. Hapkido is a powerful and innovative Korean martial art of

self defense. The philosophy of Hapkido stems from three

basic principles: The first is *non-resistance*: yield to your opponent by meeting force with minimum force to deflect and not clash with your opponent's power. The second is *circular motion*: the use of circular, fluid, flowing movements are emphasized rather than linear movements. The third is the *water principle*: total penetration of an opponent's defenses through continual attack. Instead of opposing force by force, a Hapkidoist completes his opponent's movement by "accepting his flow of energy as he aims it," and defeats him by "borrowing his own force." Hapkido incorporates powerful and precise kicking techniques; fluid and highly effective throwing techniques; and decisive and sharp hand techniques.

TAEKWONDO



The name Taekwondo is distinctly Korean and translates as the “Way of Hand and Foot”. Taekwondo is known for its devastating arsenal of kicking techniques, but the art also includes punching, throwing, sweeping and joint locks. While

Taekwondo is first and foremost a system of self-defense, it is also practiced as a form of competition. Recently Taekwondo has been become a full-medal Olympic Sport. Olympic Style Taekwondo competitions are full contact events that typically involve a great deal of fast kicking techniques and footwork to overwhelm an opponent. Millions of Taekwondo practitioners across the world train daily to develop the sport and science of Olympic Style Taekwondo.

TENETS, ETHICAL RULES, STUDENT OATH

In addition to teaching self-defense, Taekwondo attempts to instill a strong value system in its practitioners.

The instructor will call upon students to recite the following from memory. Students will be tested on these during promotional exams. Students should know and understand their meaning and incorporate them into daily life.

Tenets of the Martial Arts

- Courtesy
- Integrity
- Perseverance
- Self Control
- Indomitable Spirit

Ethical Rules

- Loyalty to nation.
- Obedience to parents.
- Confidence in friends.
- Don't retreat from enemy attacks.
- Refrain from senseless killing of all living things.

Student Oath

- I shall observe the Tenets of the Martial Arts and the Ethical Rules.
- I shall respect instructors and seniors.
- I shall never misuse martial arts.
- I will be a champion of freedom and justice.
- I will build a more peaceful world.

GENERAL RULES FOR THE CLASSROOM

RULES OF BEHAVIOR

- Be on time for all classes. When late, ask the instructor's permission to join/enter class.
- Bow upon entering and leaving the training area.
- Before class begins, show initiative by practicing, stretching, or helping others.
- All upper ranks should be addressed as "sir", "ma'am", "Mister" or "Miss".
- Address your instructor as Sabum-nim (Korean title of respect for "Instructor")
- Address Grandmaster Shin as Gwan Jang-nim (Korean title of respect for "Grandmaster")
- No swearing or profanity is allowed at any time.
- Show the utmost respect and concern for the safety of your classmates.
- Ask the instructors permission to be dismissed from class early or before speaking aloud in class.
- All but necessary conversation should be kept to a minimum.
- Maintain absolute silence and eye-contact when the instructor is speaking.
- Work Hard and strive for continual improvement.

RULES OF APPEARANCE AND HYGEINE

- The uniform should be clean, neatly pressed and presentable. Proper hygiene should be observed at all times.
- Long hair must be pulled back tight and neatly tied.
- No jewelry is to be worn during class time. This includes watches, rings, necklaces, earrings, bracelets and any object that might cut or tear skin, or get caught in clothing and hair.
- Finger and toenails must be trimmed regularly to prevent injury.

BOWING

The first thing a student is taught is how to bow when entering the practice floor. In Taekwondo, bowing is way of showing respect; it is not a sign of subservience or worship. We bow upon entering the practice floor in order to show respect for the martial art and bow to each other to show respect for the hard work we have performed as well as appreciation for each other.

TAEKWONDO SPIRIT

During the course of training, students are encouraged to develop Taekwondo spirit. Taekwondo Spirit is simply a state of mind that incorporates the Tenets of the Martial Arts into your daily attitude and behavior. Students are expected to hold themselves to a higher standard of excellence than the average person. A practitioner that embodies the ideal of Taekwondo Spirit is a role model for everyone.

Taekwondo Spirit consists of many admirable qualities and is immediately recognized by the following qualities.

- Self-Confidence
- An intelligent and educated mind
- A strong body
- Self-respect and respect for all life
- A sense of responsibility to yourself and others
- The self-discipline required for success in any chosen endeavor.
- Courage in the face of adversity
- The conviction to do the right thing at all times

THE UNIFORM - "Do-Bok"



All students must obtain a Taekwondo uniform called a Do-Bok (pronounced "dough boke").

All uniforms must be solid white. No writing is allowed on the uniform except for the name of Shin's Academy across the back of the uniform.

Uniforms must consist of a v-neck style jacket and should be lightweight and consist of a pullover style top.

Patches and Writing Allowed on the Do-Bok

- **American Flag**
 - Left Shoulder
- **Korean Flag**
 - Right Shoulder
- **Shin's Academy Insignia**
 - Left Breast



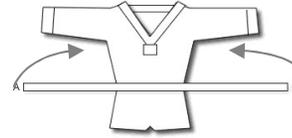
THE BELT – “Dee”

The Korean word for the belt worn during Taekwondo practice is the "Dee". The color of the belt worn indicates the level of experience and skill of the practitioner, the darker the belt the more experienced the practitioner.

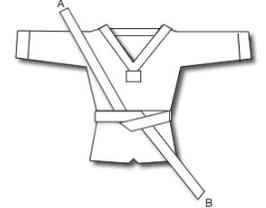
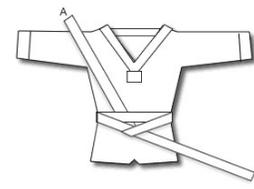
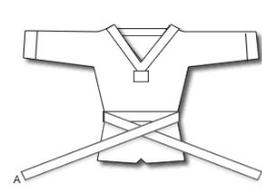


The first belt color worn by beginner students is white. The color white signifies purity and innocence. As the student progresses, belts of darker color are awarded until the student reaches the level of black belt. Black is the combination of all the previous colors and indicates that the wearer has learned all the basics of the art. The color black also represents a certain amount of danger because the student has developed the minimum basic skills to defend one-self, but is far from becoming a mature martial artist. Once a student has earned the Black Belt, he or she should strive to refine the basics while learning advanced techniques and different aspects of the chosen martial art.

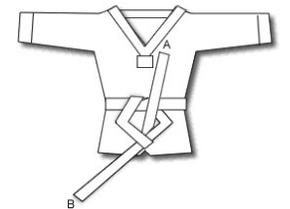
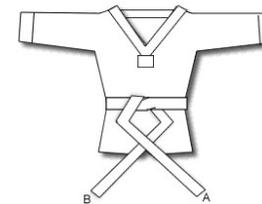
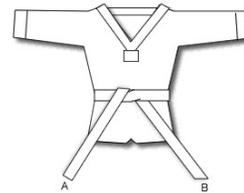
TYING THE BELT



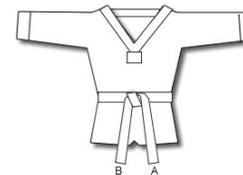
Locate the center of the belt and place it below your belly button. Wrap both ends around your back and to the front on the other side of your body.



Place the left side (A) over the right (B) and pass it upward between the belt and the uniform. . Pull both ends tight.



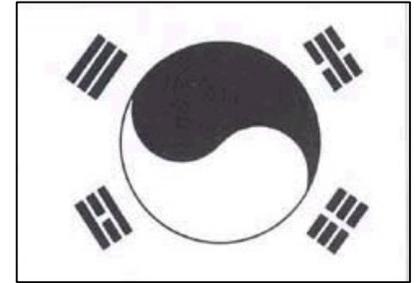
Place the right side (A) over the left (B) and pass it up through the middle of the two ends. Pull both ends tight and let the ends hang freely.



THE KOREAN NATIONAL FLAG

“TAE-GUEK-GI”

The Korean flag has been a source of inspiration and pride for its people. The flag’s design is based on philosophical thought rather than political or regional significance, which makes it unique from other national emblems. It is a true representation of the thought and culture of the Korean people.



The design of the flag is centered on a white background, which symbolizes purity, sincerity and the background of the Universe. In its center is a circle divided into two equally shaped halves. The top color is red while the bottom color is blue. The circle design and sometimes the whole flag, is called the Tae-Geuk-Gi. This is a symbol that represents the theory of opposites, which cannot exist without each other. Although there is constant change, opposites work together to keep a perfect balance in the universe.

Each of the four tri-grams, called “Gwe”, is composed of either broken-lines or solid-lines. The three unbroken lines found in the upper left hand corner represent heaven while the three broken lines in the lower right hand side represent the earth. The lines in the upper right-hand corner represent water while the lines in the lower left-hand corner represent fire.

THE THEORY OF POWER

Power is generated through the use of Speed, Focus and Breath Control.

SPEED

Because of the relationship between speed and energy, increasing the speed of a punch or kick two times will increase the energy in the technique by a factor of four. Tripling the speed will increase the energy by a factor of nine. Alternatively, an increase in mass will result in a much smaller increase in energy; however, it is much easier to increase the speed of our techniques than to increase the mass of our bodies. This is why the development of speed is important.

While speed is an essential component of a powerful technique, so is acceleration. A Taekwondo technique must increase in speed as it approaches its target. A technique that maintains the same speed throughout its range of motion will result in pushing the target away. A technique that accelerates while hitting the target will transfer a greater amount of force and shock.

The ideal striking motion will be similar to the cracking of a whip. The body must remain relaxed throughout the technique as energy is transferred from the larger torso, through the arms and legs, into the smaller hand and foot. The hands and feet are capable of moving at great speeds and delivering devastating blows.

FOCUS

In order to transmit maximum energy to a target, a technique must be properly focused. A bomb dropped off-target releases tremendous energy, but does little damage. Similarly, Taekwondo techniques must be accurately

delivered to very specific parts of the body to have maximum effect. A punch that glances off the shoulder is not nearly as effective as one that accurately strikes the solar plexus.

Delivering a focused technique against a moving target also requires a great sense of timing. Timing refers to the ability to judge the best time to deliver a technique so that it lands on target. A well-timed technique will reach the target when it is vulnerable as well as take advantage of the target's momentum to multiply the force of the blow.

BREATH CONTROL

Breath control is the “glue” that holds all parts of technique together. Proper breath control allows the muscles of the body to work together to give maximum power. Breath control often involves the use of a kihap (yell) to provide the maximum release of energy. It is a common mistake for beginners to hold their breath throughout the duration of a technique; this results in tense body and causes premature exhaustion. A properly executed technique will involve a sharp exhalation at the moment of impact; this exhalation guarantees the body is relaxed and capable of maximum speed.

“KI-HAP” THE TAEKWONDO YELL

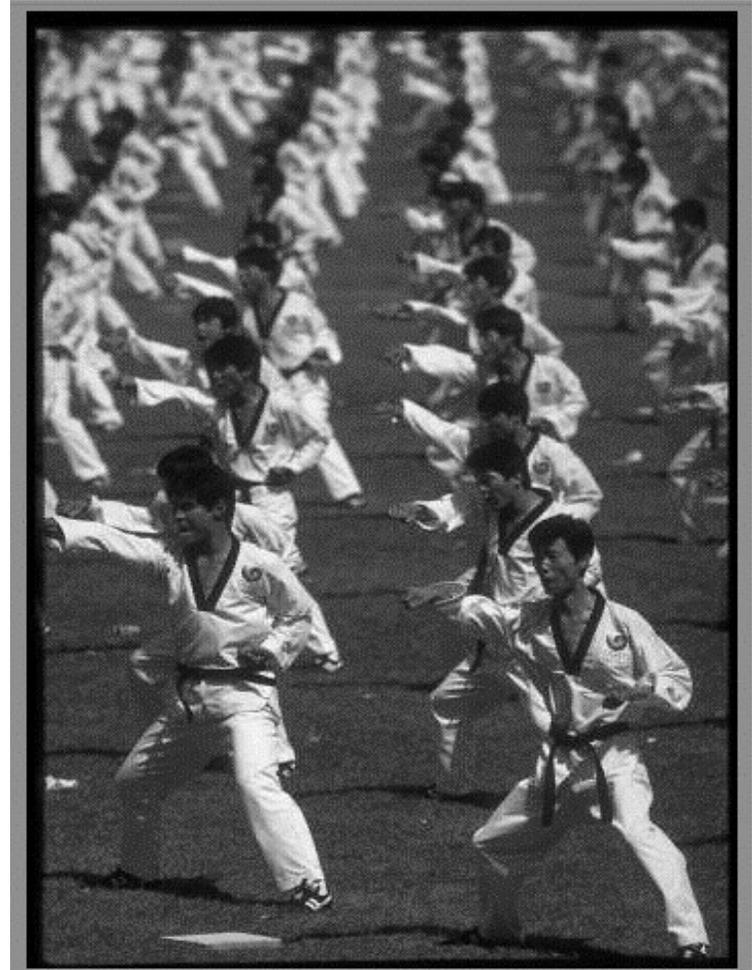
A well-executed Taekwondo technique is often accompanied by a piercing yell known as the “Ki-Hap.” New students sometimes feel embarrassed or intimidated by the thought of yelling aloud, but with practice the yell will become an automatic and indispensable tool. The word “Ki-Hap” is a Korean word that does not mean yell, instead it means “coordinate power.”

By yelling sharply during a Taekwondo technique, the practitioner receives several benefits:

- Air is expelled ensuring proper breathing
- The mind is brought into complete focus
- The stomach muscles are tightened protecting the body and providing extra power
- Pain and fatigue are momentarily overcome
- Your confidence is increased
- The opponent may be startled

A well-executed Ki-Hap should be brief and loud. The stomach muscles should be tightened and the eyes should be focused intently on the target. The yell should convey an attitude of strength, confidence, and an indomitable spirit.

BASIC STANCES, KICKS, AND HAND TECHNIQUES FOR WHITE BELT



STANCES (SEOGI)

Stances are the foundation that all Taekwondo techniques are built upon. It is important to master the basic stances early, so that blocking and striking can be performed optimally with balance, speed, and power.

When assuming any of the following stances, it is essential that the back be held straight without leaning in any direction.

A strong gaze is an essential part of any Taekwondo technique. The eyes must be focused directly ahead without wandering. Experience shows that lazy, wandering eyes reveal a lack of concentration and a weak mind. Taekwondo techniques must always be performed with total concentration and mental alertness.



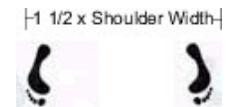
Ready Stance / Parallel Stance (Jum-Bi Seogi)



The feet are placed shoulder-width apart with the toes pointing directly ahead. Both feet should be parallel and the weight distributed evenly. Both hands are formed into fists and held at belt level.



Horse Stance (Ju-Chum Seogi)



Spread the feet parallel to one another, approximately one and a half shoulder widths apart. Lower the hips and bend both knees sharply while keeping both shins vertical to the floor. This

posture receives its name because it resembles the posture one would take if riding a horse. This stance is often used during class to develop strength in the legs, the lower the stance the more strength is required.



Front Stance (Ahp Kubi)

From jum-bi seogi, move one foot forward approximately one and a half steps. Bend the front knee sharply while keeping the rear knee straight. Both heels should be firmly on the ground with the rear toes pointing forward. The upper body and abdomen should squarely face straight ahead.

The front leg should bear approximately 70% of the body's weight.



Back Stance (Dwi Kubi)

From jum-bi seogi, move one foot forward approximately one and a half steps. Place the heel of the front foot in line with the heel of the rear foot. The front foot points the direction you are facing and the rear foot point 90 degrees to the side.

Place 70% of your weight on the rear leg. The front leg should be able to



move quickly without transferring additional weight to the rear.

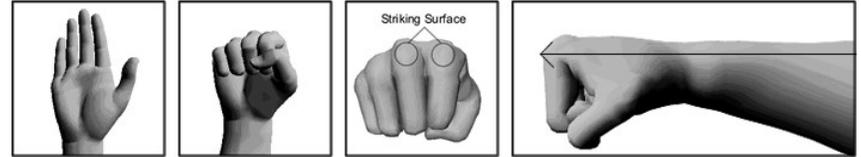


Sparring Stance (Kyorugi Jahsae)

The traditional sparring stance is identical to the back stance above except that the hands are clenched into fists and raised into a defensive guard. Keep the elbows close to the body and keep the hands in position that allows adequate protection to both the high and low section.

FORMING THE FIST

In order to strike with full power and prevent injury, it is important to learn how to properly form a fist.

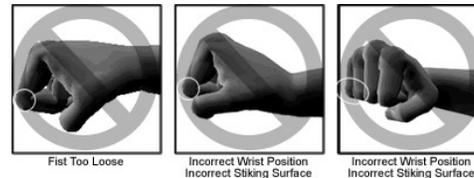


Begin with the hand open.

- Roll the fingers tightly into the palm of the hand.
- Fold the thumb and place it against the first and second fingers between the second and third knuckle.
- Keep the wrist held tight and in line with the forearm.
- The striking surface for punching is the first knuckle of both the first and second finger,

Avoid these common mistakes that lead to injury:

- Bending the wrist either vertically or laterally
- Tucking the thumb inside of the fist
- Holding the wrist and fingers loose upon impact
- Not closing the fist tightly enough
- Striking with knuckle of the pinky finger
- Striking with the second knuckles of the first and second finger



PUNCHING

Mid-Section Punch (Momtong Jirugi)



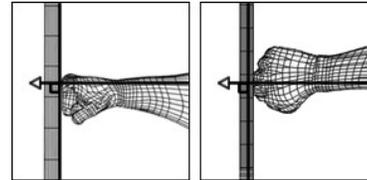
The traditional midsection punch is delivered to the torso of an opponent, specifically the solar plexus.

Clench the hands tightly into a proper fist. Tuck the punching hand tightly next to ribs with the palm facing upward. Lift the punching fist to the armpit then, thrust the fist in a straight line towards its target. As the punch is traveling towards its target, simultaneously pull the opposite fist to the ribs on its side of the body. As the punch strikes its target the fist should turn 180 degrees, palm downward. Deliver the blow with the first knuckles of the index and middle finger deliver the blow.

Generating Power in the Punch

- The fist must travel in a straight line from the shoulder to its target in much the same way a bullet is fired from the barrel of a gun. A proper straight punch resembles a thrust rather than a swing.
- Straighten the wrist in line with the forearm and tighten the muscles upon impact.
- Strike the target at 90° angle to its surface.
- Penetrate several inches beyond the surface of the target.
- Power is generated through the straightening of the elbow, from centrifugal force of the upper body, and snapping the hip forward.

- Centrifugal force is created by simultaneously twisting the punching shoulder forward while the opposite hand and hip is pulled backwards.
- Exhale and tighten the stomach muscles upon impact.



Taekwondo is a martial art intended for self-defense, not offense, therefore it is natural for training to begin by learning defensive blocking techniques known as Makki. Although Blocking techniques are used for defense it is disadvantageous to continually be on the defensive. For this reason, the various blocks of Taekwondo are designed to strike sensitive parts of the attacker's body and effectively destroy the attacker's ability and will to continue an attack. Through hard training the various blocks of Taekwondo can become formidable weapons both physically and psychologically.

There are dozens of distinct blocking techniques in Taekwondo; however, most of the blocking techniques are subtle variations of the following three blocks. For instance a typical down block could be performed with a fist, a knife hand, from a front stance, back stance, horse stance, etc.... Each of these variations has its unique purpose and name.

**Down
(Arae Makki)**

Block



Arae Makki is used to defend against attacks to the lower torso such as front kick, roundhouse or even a wrist grab.

This block begins in a left front stance (wen ahp kubi) by chambering the left fist by the right ear and extending the right arm down towards the left hip. The right fist is palm down, while the palm of the left fist faces inward toward the right ear.

Pull the right fist to the right hip while striking downward across the body with left forearm. The left fist should end up palm down approximately one fist's height above the left knee. The blocking surface is the outer-forearm.



Rising Block (Ol-Gul Makki)



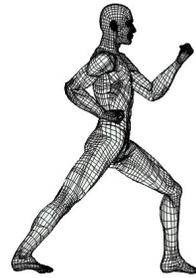
Ol-Gul Makki is used to defend against attacks to the high section such as a strike swung downward, or a face level punch.

This Block begins by chambering the right fist next to the left ear and the left arm extended with locked elbow toward the right hip. (This is identical to chambering for a right down block). Pull the right fist to the right hip while swinging the left forearm upward. The left forearm should come to rest above the head, palm outward. The forearm should be at a slight angle so any downward attack may slide off to the side.

When performing the rising block the power should come from the combined snap of the hips, shoulder and forearm and the swinging arm movement.

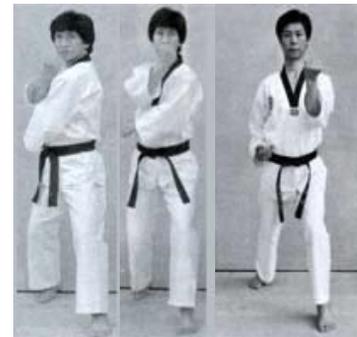


Mid-Section Block (An Mom-tong Makki)



Chamber as if preparing for a right down block. Pull the right fist to right hip, swing the left arm upward in a counter-clockwise semi-circle. The block is executed with the inner portion of the left wrist while snapping the left fist palm inward.

The In-to-out Body Block first appears in the White Belt form “Ki-Bon Hyung”.



KICKING TECHNIQUES FOR STRETCHING

Stretching kicks are used as a method of warming up and stretching the leg muscles involved in Taekwondo. While similar to other kicking techniques, stretching kicks are unique because they are not used for sparring or self-defense.

Perform stretch kicks with a steady movement to prevent injury. Begin with slow, low movements and carefully progress to faster and higher stretches. Remember to stay relaxed and exhale during the upswing.

Front Stretch Kick (Ahp Cha O Ligi)



The front stretch kick is used during the warm-up to prepare the hamstrings for practice. Keep the knee straight; swing the leg in a steady arc straight in front of the body. Attempt to touch the thigh to the chest and shoulder. The knee of the kicking leg must be kept straight to receive the full benefit of this stretch.

When the stretch reaches maximal height, rise up on the ball of the supporting foot.

Side Stretch Kick (Yeop Cha O Ligi)



The side stretch kick is used to prepare the groin and hamstring string muscles for practice.

From a side facing posture such as horse stance swing one leg upward with the knee held straight. Keep the heel of the swinging leg pointing upward and the upper body facing sideways. When the side stretch kick reaches maximum height the toes of the supporting foot should point to the rear.

Outer Crescent Kick (Bakkat Bandal Chagi)



The outer crescent kick begins in the same manner as a front stretch kick. Begin with the knee of the kicking leg held straight. Swing the leg in a wide arc reaching across your body then circling upward and over your head.

When performing the outer crescent kick imagine you are drawing a circle around your body with your kicking leg.

Finish

Start

Inner Crescent Kick (Ahn Bandal Chagi)



Begin the inner crescent stretch kick by holding the kicking knee straight. Draw as large of a circle as possible around your body starting from the outer side of your body then swinging the leg over your head and across the body.

Remember to rise up on the ball of the supporting foot when the stretch reaches its maximum height.

KICKING TECHNIQUES FOR DEFENSE

The following kicking techniques differ from stretch kicks because they are delivered with full speed and power and the knee is never held straight throughout. Kicks used for sparring and self-defense should always begin with a tightly bent knee and finish by retracting the knee and returning the kicking foot to the ground as quickly as possible.

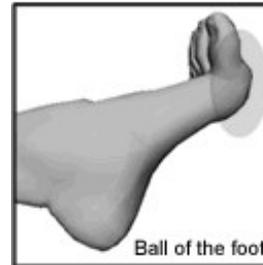
Front Kick “Ahp Chagi”



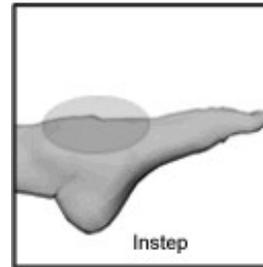
The front kick can either be used to strike upward or inward. The most common targets of the front kick are the groin, stomach and chin.

- Lift the kicking knee high, directly in front on the body pointing towards the target.
- Pivot on the ball of the supporting foot turning the toes slightly to the outside, approximately 45 degrees.

FRONT KICK
STRIKING SURFACES



- Thrust your kicking hip toward the target and snap the foot toward its target.
- Use the instep to strike horizontal targets such as the groin
- Use the ball of the foot to strike vertical targets such as the stomach or chin.



NOTES:

When kicking the body, the front kick should thrust directly into the target using as much of your body's weight as possible. The thrust is accomplished by moving the hips in direct line toward the target. Most beginners make the mistake of swinging the foot up to the target

delivering only a glancing blow.

The instep of the foot is used for kicking the groin while the ball of the foot is used for kicking the body.

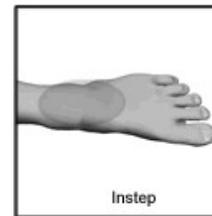
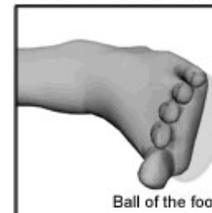
Another common mistake is leaning too far back during the front kick. This results in the body actually falling backward and detracts from the total power of the kick.



Roundhouse (Dolleo Chagi)

The roundhouse kick is the horizontal version of a front kick and the most frequently used kick in Taekwondo competitions.

ROUNDHOUSE KICK
STRIKING SURFACES



- Raise the kicking knee so that the kicking leg is held horizontal to the ground.
- Pivot on the ball of the supporting foot so the supporting heel faces the target.
- Point the knee of the kicking leg approximately 45 degrees past the target.
- Lean the upper body slightly away from the target while keeping your rear shoulder and your front

hip in line with the target.

- Quickly extend the lower leg and kick through the target.
- Use the instep or the ball of the foot to strike the target.

POWER

The power of a roundhouse kick comes from the rotation of the hips and the snapping motion of the knee. The foot should penetrate the target and retract quickly. The hips must rollover completely with great speed at the moment of impact. This requires strong stomach muscles and obliques.

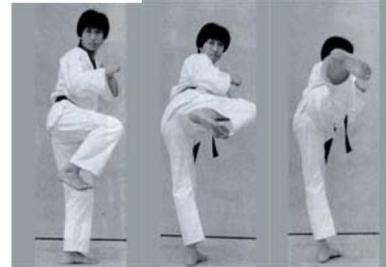
SHOCK

In order to deliver shock, always point the kicking knee past the target and retract the foot as quickly as it arrived. This

allows the kick to penetrate a minimum of several inches into the target.

AVOID KICKING YOUR OPPONENT'S ELBOWS

It is a common mistake to hit the bottom of an opponents elbow when attacking with a sloppy roundhouse kick. This painful injury can frequently be avoided by delivering the kick at 90-degree angle to the target.



Side Kick (Yeop Chagi)

The side kick utilizes the heel as the striking surface in a piston like motion to push the opponent backward. Instead of swinging the foot into its target, the sidekick strikes in a straight line from the kicker's hip to the target.

SIDE KICK
STRIKING SURFACES



- Raise the knee high and bend it tightly.
- Align the body so the rear shoulder, the front hip and the front foot are directly

in line with the target.

- Pivot on the ball of the supporting foot so the supporting heel faces your target.
 - Snap the heel outward in a straight line towards its target.
-

DO NOT PUSH

The side kick is one of the most powerful kicking techniques because of its linear motion and the amount of bodyweight that can be put behind it. However, the sidekick can easily turn into a shove if delivered without focus. A proper side

kick should penetrate the target and not push it away. The side kick is similar to a quick jab.

BODY SIDEWAYS

Keep the upper body completely sideways throughout the side kick. It is a common mistake to rotate the upper body away from the target. This mistake results in diminished power, exposes the back to the opponent, lowers the kicking knee, and results in a shoveling/scooping kick.

UTILIZING

BODY

WEIGHT

Keep the upper body and hips directly in line with the kicking leg. This ensures that 100% of your body weight is behind the kick. The head, shoulders, hip, knee and foot will be perfectly in line at full extension.



Jumping Front Kick (Twio-Ahp Chagi)

- Jump straight up in the air. Tuck the kicking knee as high as possible and close to the chest. Bring the opposite knee high and to the rear.
- Execute the front kick at the highest point of the jump.

TAEKWONDO FORMS



What are Taekwondo Forms?

Taekwondo forms are interchangeably referred to as Hyung, Poom-sae, forms and patterns. Taekwondo forms are similar to a ballet routine except all the movements are done with destructive power and against imaginary opponents. Taekwondo Forms are patterns of techniques taught to students that must be learned before testing for the next rank. These Taekwondo patterns introduce new techniques and theory to students and become more difficult to master as the student progresses through the various belt ranks. The movements of a Taekwondo form must be done with rhythm, balance, speed, power, breath control and the utmost concentration. There are many different sets of Taekwondo forms in existence and different forms may be practiced from one Taekwondo School to another.

When a practitioner executes a form he or she is tracing a pattern on the floor. If viewed from directly overhead these patterns resemble Chinese and Korean characters. These shapes and characters often have a specific meaning or philosophical significance that should be kept in mind while practicing the form.

Why Do We Practice Forms?

Practicing Taekwondo forms provide an opportunity to improve individual techniques, balance, coordination, power, grace, patience and concentration. As a Taekwondoist improves at forms, it becomes more and more apparent that perfecting the form is an unattainable goal. A form can always be done with more precision, balance, concentration, power and speed.

How Do we Practice Forms?

Forms are typically practiced as a group in unison with the instructor's commands. Each movement should be executed with total concentration and delivered with full power and speed. It is important that every technique be performed exactly as it would be used in a physical confrontation, without this mental attitude the practice of forms is futile. Show respect for yourself, your instructor and your art by giving 100% effort during forms practice.

KI-BON HYUNG

Ki-Bon Hyung is the name of the first form taught to white belt students. The Korean words "Ki-Bon" translates as "basic technique" and "hyung" means form. Therefore, Ki-Bon Hyung is a form containing basic techniques. This form introduces several basic movements required of white belt students: the front stance, down block, outer body block, rising block, front kick and mid section punch.

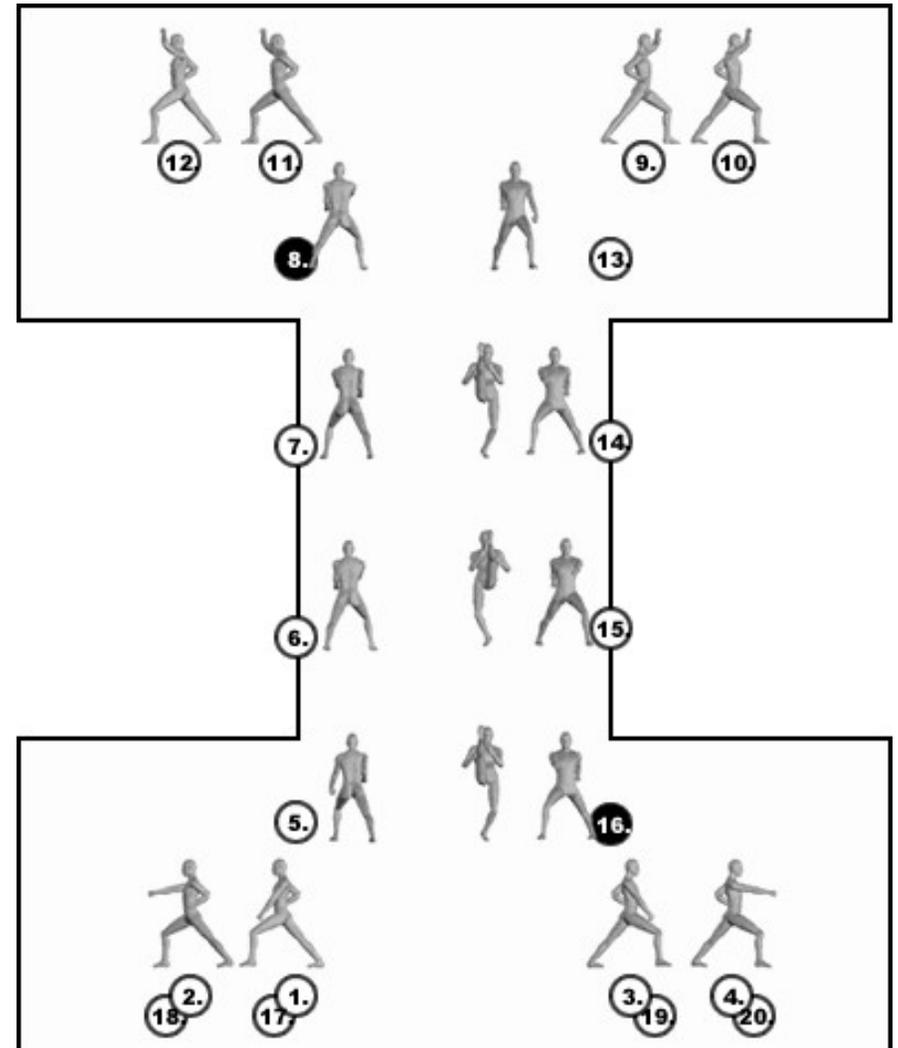
TECHNIQUES INTRODUCED IN KI-BON HYUNG

ENGLISH	KOREAN
Front Stance	Ahp Kubi
Down Block	Arae Makki
Middle Block	Momtong Bakkat Makki
Rising Block	Olgul Makki
Front Kick	Ahp Chagi
Mid Section Punch	Momtong Jirugi

POINTS TO REMEMBER

- Practice and understand the purpose of each technique in your form before attempting to memorize and practice the entire pattern. Learn to perform every technique with speed, balance, and focus.
- Once the individual techniques have been learned, memorize the pattern and sequence of movements.
- Always look in the direction of the next target before executing a turn.
- Move your shoulders and hips on an even plane. Do not bob up and down while moving from one stance to another.
- Correctly finish each technique and stance before moving on to the next technique.

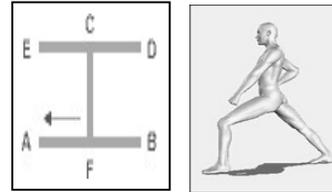
- When executing your form, completely concentrate on the task at hand. Do not allow your eyes or thoughts to wander.
- Use forms practice as an opportunity to develop your blocks and strikes into formidable weapons. Deliver all techniques with destructive power, speed, accuracy, balance and breath control.
- Visualize an imaginary opponent for every technique. Always strive for more speed, more power and improved balance.



Joon-Bee: Facing toward C.

1.

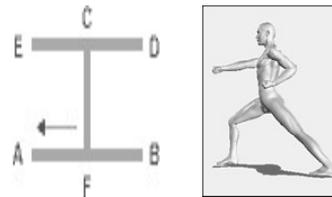
**Left Down Block
Left Front Stance**



Move the left foot 90 degrees towards A and assume a left foot front stance. Execute a left arm down block.

2.

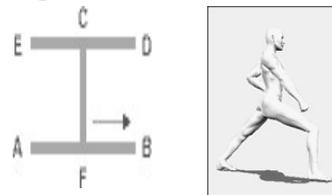
**Right Middle-Section Punch
Right Front Stance**



Step forward and assume a right foot stance. Execute a right arm punch to the mid-section.

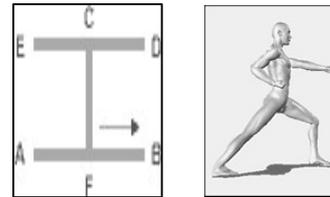
3.

**Right Down Block
Right Front Stance**



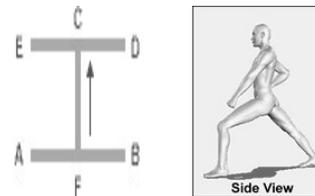
Pick up the right foot and turn 180 degrees clockwise toward B pivoting on the left foot. Assume a right front stance. Execute a right down block.

4.
Left Mid-Section Punch
Left Front Stance



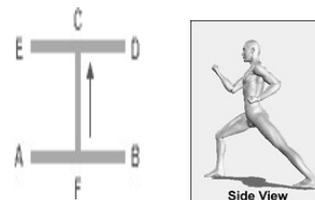
Step forward into a left front stance. Execute a left mid-section punch.

5.
Left Down Block
Left Front Stance



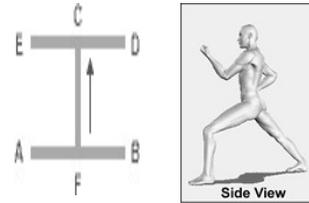
Pick up the left foot and turn counter-clockwise 90 degrees. Assume a left front stance facing C. Execute a left arm down block.

6.
Right Outer Mid-Section Block
Right Front Stance



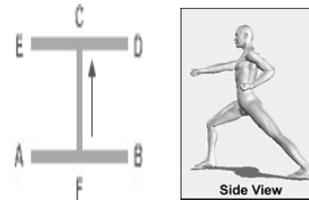
Step forward into a right front stance and execute a right arm in-to-out middle block.

7.
Left Outer Mid-Section Block
Left Front Stance



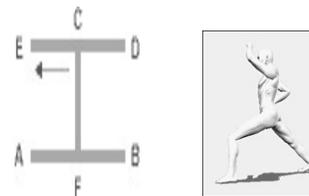
Step forward into a left foot front stance and execute a left arm in-to-out middle block.

8.
Right Middle Punch (Kihap)
Right Front Stance



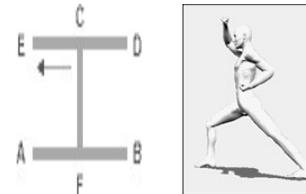
Step forward with right foot into a right front stance. Execute a right arm punch and yell **Kihap**.

9.
Left Rising Block Left
Left Front Stance



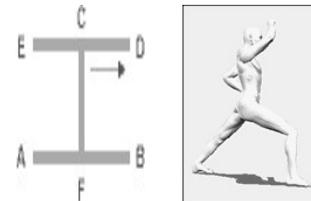
Pick up the left foot and turn 270 degrees counter-clockwise. Assume left foot front stance facing D. Execute left rising block.

10.
Right Rising Block
Right Front Stance



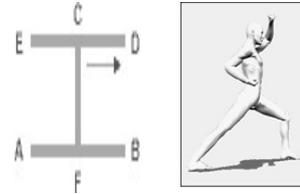
Move forward and assume a right foot front stance with a right arm rising block.

11.
Right Rising Block
Right Front Stance



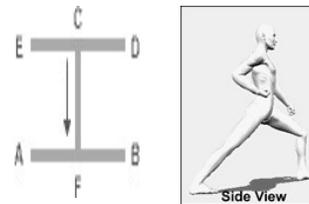
Pick up the right foot and turn 180 degrees clockwise into a right foot front stance and execute a right arm rising block facing E.

12.
Left Rising Block
Left Front Stance



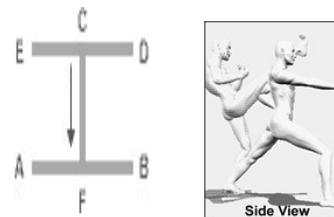
Step forward with the left foot into a left front stance and execute a left arm rising block.

13.
Left Down Block
Left Front Stance



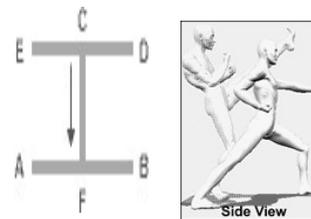
Pick up the left foot turning 90 degrees counter clockwise and assume a left foot front stance facing F. Execute a left arm down block.

14.
Right Front Kick , Right Middle Punch
Right Front Stance



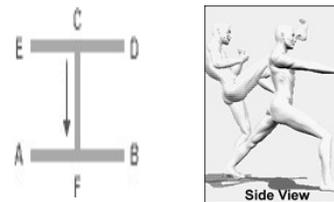
Execute a right foot front kick and step forward into right front stance. Execute a right arm mid section punch.

15.
Left Front Kick, Left Middle Punch
Left Front Stance



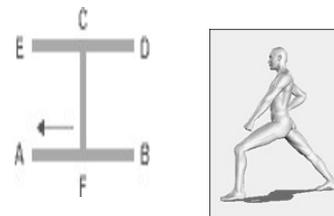
Execute a left front kick and step forward into a left front stance. Execute a left arm mid section punch.

16.
Right Front Kick, Right Middle Punch (Ki-Hap)
Right Front Stance



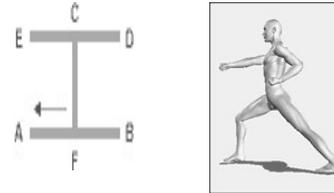
Execute a right foot front kick and step forward into right foot front stance. Execute a right arm mid section punch and yell (**kihap**).

17.
Left Down Block
Left Front Stance



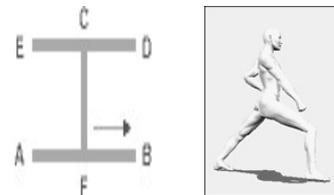
Pick up the left foot and turn 270 degrees counter clockwise into a left front stance facing A. Execute e left arm down block.

18.
Right Middle Punch
Right Front Stance



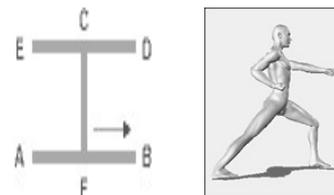
Step forward with the right foot into a right front stance. Execute right arm mid section punch.

19.
Right Down Block
Right Front Stance



Pick up the right foot and turn 180 degrees clockwise into a right foot front stance facing B. Execute a right arm down block.

20.
Left Middle Punch
Left Front Stance



Step forward with the left foot into a left front stance and execute a left mid section punch.

Barro

Move the left foot backward returning to the original Joon-Bee position used at the beginning of the form facing in the direction of C.

White Belt One-Steps (Adults Only)

1. *Left Middle Block (in-to-out), Double middle punch (right-left)*

Attacker: Start from a left front stance left middle block position (kihap). Wait for the defender's kihap, then step forward into a right front stance and execute a middle section punch.

Defender: When ready, kihap to initiate the attacker's punch. Step back with the left foot assuming a right front stance, and execute a left middle block. Then counter with a right middle punch then a left middle punch and yell (kihap).



2. *Left Rising Block, Double High Punch (right, left)*

Attacker: Start from a left front stance and left rising block position (kihap). Wait for the defender's kihap, then step forward into a right front stance with a face level punch.

Defender: When ready, kihap to initiate the attacker's punch. Step the left foot back into a right front stance with a left rising block, then execute a right then left face level punch and yell (kihap).



3. Right Middle Block (out-to-in), Spinning Left Elbow (low-high)

Attacker: Same as # 1.

Defender: When ready, kihap to initiate the attacker's punch. Pivot counter-clockwise on the right foot, then move the left foot 90 degrees into a horse stance while simultaneously executing a right out-to-in middle block. Defender follows the block with a left elbow strike to the attacker's ribs and then to the attacker's face and yell (kihap).



4. Left Middle Block, Spin & Arm Lock, Spinning Right Elbow (low-high)

Attacker: Same as # 1.

Defender: When ready, kihap to initiate the attacker's punch. Step six inches to the left with the left foot, then pivot clockwise on the left foot moving the right foot 270 degrees into a horse stance while simultaneously hooking over the opponent's right arm with your left. The attacker's arm should be locked straight with the elbow against the Defender's back. The defender then delivers a right elbow strike to the attacker's kidney and follows with a right elbow strike to the back of the attacker's head. Yell (kihap).



**5. Left Down Block, Left Middle Block (in-to-out) ,
Double Middle Punch (right-left)**

Attacker: Start from a left front stance and left down block position. Wait for the defender's kihap, then execute a right front snap kick (belt level) and follow up with a right middle section punch.

Defender: When ready, kihap to initiate the attacker's front kick. Step back with the left foot into a right front stance while executing a left down block. The down block is followed by a left middle-block and a right middle-punch and a left middle punch and yell (kihap).



KOREAN VOCABULARY

Cha-Ray-Uht	Attention / Assume the Attention Stance
Kyung-Ray	Bow
Joon-Bee	Get Ready / Assume the Ready
Bah-ro	Return to the ready position
Sho	Rest / At Ease
Shi-Jak	Begin/Start
Go-Mahn	Stop
Ahp-Kubi	Front Stance
Ju-Chum Seogi	Horse Stance
Dwi-Kubi	Back Stance
Kyorugi Jah Sae	Fighting Stance / Sparring Stance
Ahp-Chagi Joon-Bee	Front Kick Ready Position
Chagi	Kick
Makki	Block
Jirugi	Punch
Ahp-Chagi	Front Kick
Yeop-Chagi	Side Kick
Dollyeo-Chagi	Roundhouse Kick
Arae-Makki	Down Block / Low Section Block
Momtong-Makki	Body Block / Mid Section Block
Ol-Gul Makki	Rising Block / High Section Block
Ki-Hap	Literally "Coordinate Power" / The Taekwondo Yell
Tae	To Kick, Thrash or Trample with the Foot
Kwon	To Punch, Smash or Strike
Do	Way, Method, Way of life, with the
Taekwondo	The "Way" or "Discipline" of hand and foot fighting
Do-Bok	The Taekwondo Uniform
Do-Jang	The Taekwondo Practice Area/Gym
Dee	The Taekwondo Belt

Sabum-Nim	Instructor / Title of Respect used when addressing the instructor
Kwan-Jang-Nim	Grandmaster, Master in charge of the school
Boo-Tak-Ham-Ni-Da	Please
Kam-Sa-Ham-Ni-Da	Thank You

COUNTING

Hanna	1
Dool	2
Set	3
Net	4
Dah-Sut	5
Yah-Sut	6
Il-Gup	7
Yul-Dul	8
Ah-Hop	9
Yul	10

PROMOTIONAL EXAMS

With the instructor's permission students are allowed to attend promotional exams.

Through Shin's Academy, students can earn official ranks and certification. First Degree Black Belts and above have the opportunity to be registered with the Kukkiwon (The World Taekwondo Headquarters located in Korea)

Students will be tested over various techniques, vocabulary and subjects taught during regular class times.

Before a student is permitted to test for the Yellow Belt, he or she must memorize and be proficient in the following areas:

- The rank form for the current belt level (Ki-Bon Hyung).
- Hand and Foot techniques associated with the current belt level.
- Reciting the 5 "Tenets of the Martial Arts", the 5 "Ethical Rules", the "Student Oath" from memory.
- Various Korean terms used during class.

Taekwondo promotional exams are held every 2 months at Shin's Academy: (402)-333-7771

Testing is usually held at 10:30 A.M. on the second Saturday of the following months: February, April, June, August, October, and December.

Make-up Exams:

With permission, students are allowed to take a make-up exam. Make-up exams should be completed within one week of the missed testing date. For a make-up exam,

students need their instructor's permission as well as the permission of Grandmaster Shin.

Make-up exams are informal and usually take place during or immediately following class at Shin's Academy. It is strongly recommended that students attend the formal testing whenever possible.

Shin's Academy
2432 S. 120th Street
Omaha, NE 68144
(402) 333-7771

Rev. 2.0
11-13-05