

KIDS TAEKWON-DO

TECHNIQUES SYLLABUS



DOJANG

St Josephs Hall
Calvert Road
Lynmouth
New Plymouth

TRAINING TIMES

Wednesday
3-30pm to 4-30pm

CONTACT

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Student Oath

I shall observe the tenets of
Taekwon-Do

I shall respect the instructor and
seniors

I shall never misuse Taekwon-Do

I shall be a champion of freedom
and justice

I shall build a more peaceful world



Gen. Choi Hong Hi
Founder of Taekwon-Do

Tenets of Taekwon-Do

Courtesy

Integrity

Perseverance



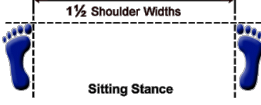
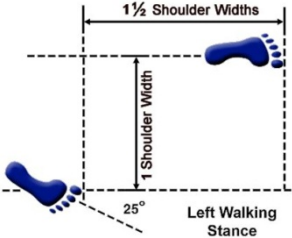
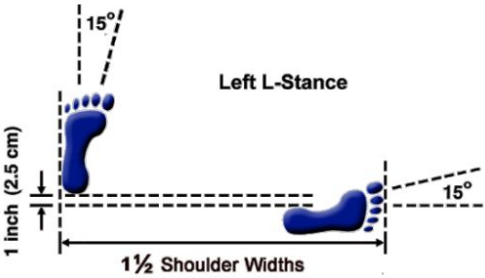

Self Control





Indomitable Spirit



I can ...	Tick ✓
• Bow when entering and leaving the Dojang.	
• Bow to instructors and senior members	
• Treat others with courtesy and respect both inside and outside the Dojang	
• Answer questions with the correct 'Sir' or 'Maám'.	
• Dobok is clean and tidy	
• Belt is tied correctly	
• Grading workbook kept neat and tidy	
• Sits down on the floor and stands up in the correct manner	
• self control - is able to stand still without any movement for 30 seconds	
• Be a good role model to the junior students	

Techniques

Stances			
 <p>Attention Stance</p>	 <p>1 Shoulder Width</p> <p>Parallel Ready Stance</p>	 <p>1 1/2 Shoulder Widths</p> <p>Sitting Stance</p>	 <p>1 1/2 Shoulder Widths</p> <p>1 Shoulder Width</p> <p>25°</p> <p>Left Walking Stance</p>
Attention Stance	Parallel Stance	Sitting Stance	Walking Stance
 <p>15°</p> <p>Left L-Stance</p> <p>1 inch (2.5 cm)</p> <p>15°</p> <p>1 1/2 Shoulder Widths</p>			
L Stance			

Procedures			
			
Attention Stance	Bow	Parallel Ready Stance	Walking Ready Stance

Defensive Techniques: Show these techniques with the correct breathing and in a walking stance



Front rising kick



Forearm low block



Knifehand low block



Inner forearm middle block

Offensive Techniques: Show these techniques with the correct breathing and in a walking stance

- Keep your shoulders square when punching.
- Twist wrists at the last moment.
- Always punch to your centre line and bring your opposite hand back onto your hip



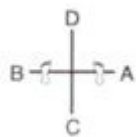
Punching exercise - high, middle and low section

- Bring your knee to the target
- Extend your leg, pointing your foot and pulling your toes back.
- Snap your leg back to its first position.
- Place foot back onto the ground

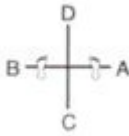
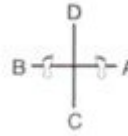


Front snap kick executed from a walking ready stance

Fundamental Movements

Directions	
	<ul style="list-style-type: none"> • A is to the right • B is to the left • C is to the rear • D is to the front



Saju Jirugi Right Side		Saju Jirugi Left Side	
	<p>Pivot on the left foot</p> <p>Parallel Ready Stance</p> <ol style="list-style-type: none"> 1. Move the right foot to D punching with the right fist in a walking stance. 2. Move the right foot backwards to A blocking with the left forearm in a walking stance. 3. Move the right foot forwards to B punching with the right fist in a walking stance. 4. Move the right foot backwards to D blocking with the left forearm in a walking stance. 5. Move the right foot forwards to C punching with the right fist in a walking stance. 6. Move the right foot backwards to B blocking with the left forearm in a walking stance 7. Move the right foot forwards to A punching with right fist in a walking stance. <p>Return to Parallel Ready Stance</p>		<p>Pivot on the Right foot</p> <p>Parallel Ready Stance</p> <ol style="list-style-type: none"> 1. Move the left foot to D punching with the left fist in a walking stance. 2. Move the left foot backwards to B blocking with the right forearm in a walking stance. 3. Move the left foot forwards to A punching with the left fist in a walking stance. 4. Move the left foot backwards to D blocking with the right forearm in a walking stance. 5. Move the left foot forwards to C punching with the left fist in a walking stance. 6. Move the left foot backwards to A blocking with the right forearm in a walking stance. 7. Move the left foot forwards to B punching with the left fist in a walking stance. <p>Return to Parallel Ready Stance</p>

Saju Magki Right Side		Saju Magki Left Side	
	<p>Pivot on the left foot</p> <p>Parallel Ready Stance</p> <ol style="list-style-type: none"> 1. Move the right foot backwards to C blocking with the left knifehand in a walking stance. 2. Move the right foot forwards to D blocking with the right inner forearm in a walking stance 3. Move the right foot backwards to A blocking with the left knifehand in a walking stance. 4. Move the right foot forwards to B blocking with the right inner forearm in a walking stance. 5. Move the right foot backwards to D blocking with the left knifehand in a walking stance. 6. Move the right foot forwards to C blocking with the right inner forearm in a walking stance. 7. Move the right foot backwards to B blocking with the left knifehand in a walking stance. 8. Move the right foot forwards to A blocking with the right inner forearm in a walking stance. <p>Return to Parallel Ready Stance</p>		<p>Pivot on the left foot</p> <p>Parallel Ready Stance</p> <ol style="list-style-type: none"> 1. Move the left foot backwards to C blocking with the right knifehand in a walking stance. 2. Move the left foot forwards to D blocking with the left inner forearm in a walking stance 3. Move the left foot backwards to A blocking with the right knifehand in a walking stance. 4. Move the left foot forwards to B blocking with the left inner forearm in a walking stance. 5. Move the left foot backwards to D blocking with the right knifehand in a walking stance. 6. Move the left foot forwards to C blocking with the left inner forearm in a walking stance. 7. Move the left foot backwards to B blocking with the right knifehand in a walking stance. 8. Move the left foot forwards to A blocking with the left inner forearm in a walking stance. <p>Return to Parallel Ready Stance</p>



Chon-JI

Ready Posture: Parallel ready stance

1. Move the left foot to B, forming a left walking stance toward B while executing a low block to B with the left forearm.
2. Move the right foot to B, forming a right walking stance toward B while executing a middle punch to B with the right fist.
3. Move the right foot to A, turning clockwise to form a right walking stance toward A while executing a low block to A with the right forearm.
4. Move the left foot to A, forming a left walking stance toward A while executing a middle punch to A with the left fist.
5. Move the left foot to D, forming a left walking stance toward D while executing a low block to D with the left forearm.
6. Move the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.
7. Move the right foot to C, turning clockwise to form a right walking stance toward C while executing a low block to C with the right forearm.
8. Move the left foot to C, forming a left walking stance toward C while executing a middle punch to C with the left fist.
9. Move the left foot to A, forming a right L-stance toward A while executing middle block to A with the left inner forearm.
10. Move the right foot to A, forming a right walking stance toward A while executing a middle punch to A with the right fist.
11. Move the right foot to B, turning clockwise to form a left L-stance toward B while executing a middle block to B with the right inner forearm.
12. Move the left foot to B, forming a left walking stance toward B while executing a middle punch to B with the left fist.
13. Move the left foot to C, forming a right L-stance toward C while executing a middle block to C with the left inner forearm.
14. Move the right foot to C, forming a right walking stance toward C while executing a middle punch to C with the right fist.
15. Move the right foot to D, turning clockwise to form a left L-stance toward D while executing a middle block to D with the right inner forearm.
16. Move the left foot to D, forming a left walking stance toward D while executing a middle punch to D with the left fist.
17. Move the right foot to D, forming a right walking stance toward D while executing a middle punch to D with the right fist.
18. Move the right foot to C, forming a left walking stance toward D while executing a middle punch to D with the left fist
19. Move the left foot to C, forming a right walking stance toward D while executing a middle punch to D with the right fist.

End. Bring the left foot back to the ready posture.

3 Step Sparring

Procedure (alone)	
1.	Parallel ready stance
2.	Move the right foot back to C in a walking stance blocking with the left forearm. (KIHAP)
3.	Move right foot forward to D in a walking stance punching with the right fist
4.	Move left foot forward to D in a walking stance punching with the right fist
5.	Move right foot forward to D in a walking stance punching with the right fist
6.	Move the right foot back to parallel ready stance.
7.	(KIHAP) Move the right foot back to C in a walking stance with a left inner forearm block.
8.	Move the left foot back to C in a walking stance with a right inner forearm block.
9.	Move the right foot back to C in a walking stance with a left inner forearm block. Then counter attack with a punch whilst remaining in the stance with a KIHAP
10.	Step forward into parallel ready stance



Theory

English	Korean	Tick ✓
Training Hall	Dojang	
Training Uniform	Dobok	
Founder Of Taekwon-Do	General Choi Hong Hi	
Punch	Jirugi	
Kick	Chagi	
Block	Magki	
Stance	Sogi	
Attention stance	Charyot	
Bow	Kyong Ye	
Yell	Kihap	

Counting

English	Korean	Tick ✓
one	hana	
two	dool	
three	set	
four	net	
five	dasot	
six	yosot	
seven	ilgop	
eight	yodul	
nine	ahop	
ten	yol	



Theory

English	Korean	Tick ✓
4 Direction Punch	Saju Jirugi	
4 Direction Block	Saju Magki	
3 Step Sparring	Sambo Matsogi	
Meaning of Chon-Ji And number Of movements	The Heaven and the Earth 19 Movements	
Tenents of Taekwon-Do	Courtesy	
	Integrity	
	Perserverance	
	Self Control	
	Indomitable Spirit	



Stretching

I can ...	Tick ✓
• Balance on my right leg	
• Balance on my left leg	
• Feet together and a standing forward bend	
• Sumo Squat	
• Side splits	
• Front splits	
• Neck exercises: left, right, up, down. Sideways left and right.	
• Kneeling position with toes tucked under	
• Side kick position balancing against wall etc.	
• Front Rising Kick balancing with foot placed on a wall etc.	
• Hold the press up position with a straight back	

