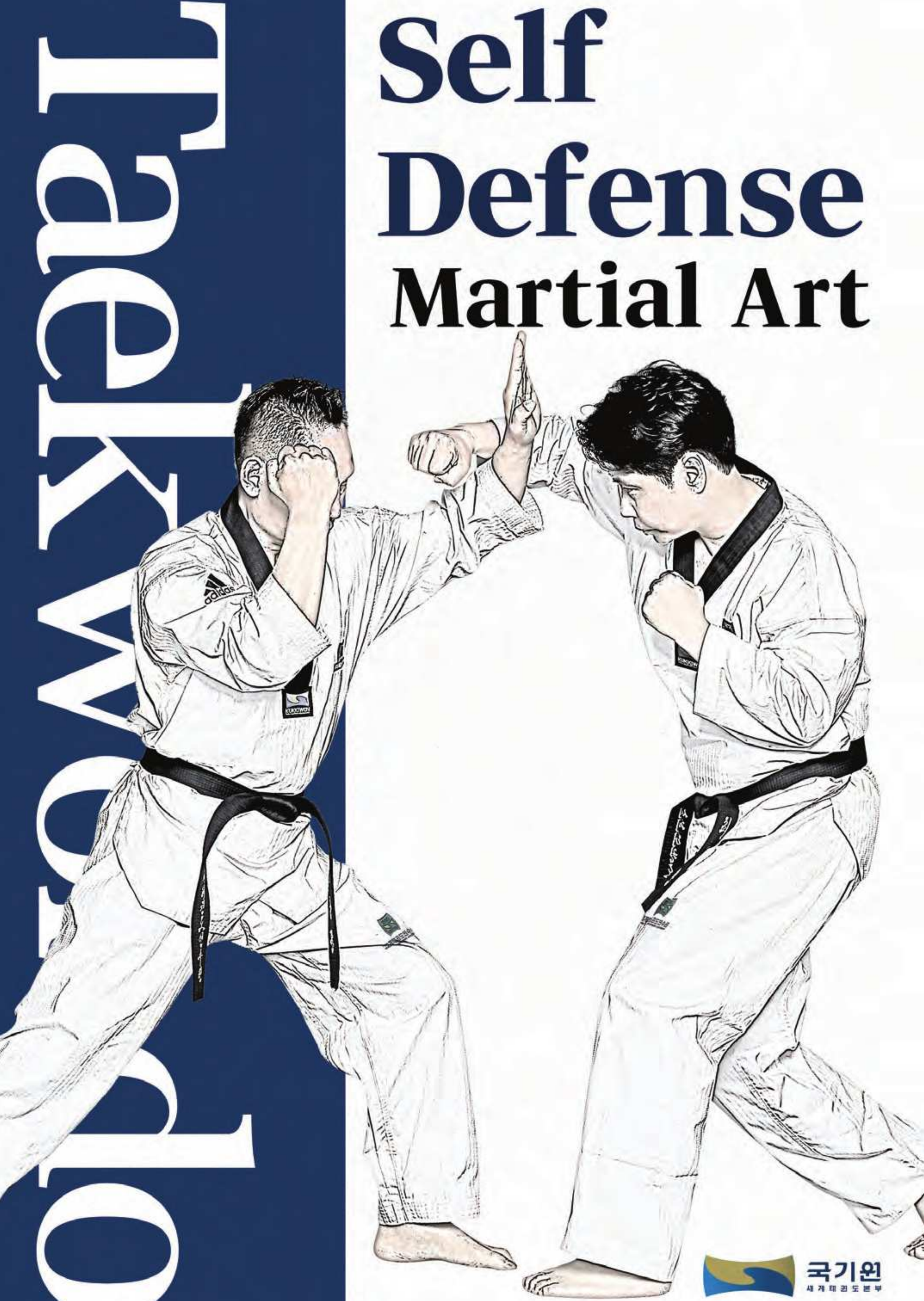
Self Defense Martial Art



국기원
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Taekwondo self-defense

First edition published Nov 30, 2020

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Editing, Printing Book Publishing Darak
Address 113, Yanghwa-ro, Mapo-gu, Seoul
Phone 02-332-9589
Email darakcompany@daum.net
Homepage www.darakcompany.com

ISBN 979-11-958575-8-6

‘Taekwondo self-defense’

On the occasion of the publication of the textbook

Taekwondo is a Korean traditional martial art that has been permeated within the history of the nation. In the past Taekwondo studio, Self-defense was practiced along with Poomsae, Gyukpa and Gyeorugi, Self-defense training was appropriate for correct physical development and the right emotion of youth and teenagers and for the effect of protecting one's own body or improving health for adults and the elderly.

Self-defense increases self-confidence through training and gains practical experience through training competition(gyeorugi). It is an efficient technique that can protect you from various dangers that threaten your safety and body. However, despite the many advantages of self-defense, such as mental training, physical training, and coping skills, it is true that various skills necessary for self-defense have been lost amid changes such as training centered on Poomsae and Gyeorugi, and training centered on academics. Therefore, the development of the Taekwondo self-defense curriculum promoted by the Kukkiwon World Taekwondo Training Center is a conceptual introduction of Newtro, which means creating a new thing by fusion of the new and the old. We have made a new attempt to raise the skills for self-defense to the surface of the attention and to combine the training methods of Poomsae and Gyeorugi, which have been developed over the years.

This textbook has produced and recorded Poomsae related self-defense techniques for each level and stage, as well as self-defense techniques for practical use, according to the level of Taekwondo training. In addition, the method of teaching Taekwondo self-defense and reinforcement programs is used to protect one's body using step-by-step training, situational self-defense, and advanced self-defense. It is organized around technologies. As it is organized according to the order of Taekwondo Poomsae and the difficulty of technique and function, it has been systematized into contents that are differentiated from existing self-defense, and in particular, it has compensated insufficient parts such as the gap between the Poomsae and Gyorugi movement by organically connecting each

stage of 'Basic Movements-Poomsae-Breaking-Gyeorugi'.

The newly introduced taekwondo self-defense curriculum and textbooks that contain detailed contents play a role in the Taekwondo world thirsty for Taekwondo education contents, play a leading role in expanding the overseas market of Taekwondo, and the excellence and practicality of Taekwondo Poomsae and Gyeorugi training. It is expected that the combined martial arts will faithfully fulfill its role as a practice book and guide.

Starting with Taekwondo self-defense, Kukkiwon promises to discover, develop, and continue to support various contents that will benefit all those who love Taekwondo.

Finally, I would like to express my deep appreciation to all the people involved in the development and hope that this textbook will help all Taekwondo families not only to develop Taekwondo studies but also to become great leaders.

Nov 30, 2020

Kukkiwon

(World Taekwondo Headguarters)

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Part 1

Taekwondo self-defense

THEORY

I

Understanding Taekwondo self-defense

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Ⅰ

Taekwondo Understanding self-defense

1. Self-defense

Self-defense in the dictionary sense is a compound word of 'self-defense' and 'technique'. Self-defense refers to protecting the body, and the self-defense technique refers to a technique or the art of skill to protect one's body. Self-defense is a technique that always protects one's body safely from all factors, from the human threatening me (in the narrow sense) to all risk factors (in the broad sense), as well as the sudden situation in which an accident occurs. For the purpose of protecting the body, it encompasses both techniques of effectively avoiding dangers inflicted on oneself or blocking the opponent's attack in advance and physically suppressing them.

In modern society, natural disasters and numerous accidents frequently occur regardless of time and place, so it is difficult to protect one's life from such accidents. It is even more difficult for others always to protect our own safety and life. The best way to use self-defense is to avoid the danger without fighting the other person, but sometimes you cannot escape or ask the police or others for help. In this case, you must protect yourself. Therefore, it is important to use self-defense techniques to protect the body from unpredictable internal and external danger situations, and it is also essential to enhance the ability to demonstrate various skills.

On the other hand, self-defense within the scope prescribed by the law refers to a defense counterattack to protect oneself against threats or physical attacks of the other

party. If the counterattack is larger than the infringement and loses the balance, it becomes over-defense and could be Conidered a crime. Therefore, the process of successful self-defense is recognizing signs of harm and judging the situation well, and taking actions and measures. Do not provoke the other party in the course of action, and do not use suppression, weapons or dangerous objects for the purpose of defense other than a first strike. Self-defense practitioners should be aware that counterattack to the extent of "not excessive" could be Considered under self-defense.

References

[A defensive action]

If self-defense is criminally defined, it becomes 'an act intended to defend against the current unjust infringement of one's own or others' legal interests and cannot be evaluated as an illegal act because of its substantiality'.

The requirement for the establishment of self-defense is, first,'There will be current unjust infringement from others'.

'Infringement' refers to an illegal or unfair attack by another person. Although most of the illegal and unjust attacks are by humans, attacks using animals are also included. And the infringement must be the 'current infringement'. In other words, it refers to an imminent or urgent state. It is not defense, but retaliation for past infringement.

Second, it is an act to defend the legal interests of oneself or others. Here,'legal interest' refers to all interests that must be protected under the law, and the contents of life, body, right honor, property, etc. are not questioned. Self-defense is possible not only for defending one's own legal interests, but also for the legal interests of others. 'Acts to defend' generally refers to 'actions of counterattack by defenders to exclude, block, or repel illegal and unreasonable attacks or infringements'. Counterattack must target the attacker and not against third parties who are not attackers. In addition, a defender who engages in defense action must have a will or awareness of defense. A counterattack without a defense intention is itself a crime.

The third requirement is that the defense action will have a 'reasonable reason'. This means that a defense act as a counterattack against infringement or attack by the other party is deemed necessary or justified by the social norm in view of all circumstances at the time of the act. However, if the infringement and counterattack are not remarkably balanced or if the balance is lost, it becomes over-defense. For 'excessive defense', once it becomes a crime, the sentence can be reduced or exempted in consideration of the circumstances leading to such defense (Article 21, Paragraph 2 of the Criminal Code).

[Naver Knowledge Encyclopedia]

Unfortunate shoplifter (Interesting legal trip 3-Criminal Code, 2014. 11. 14., Han Ki-chan)

2.

Taekwondo self-defense definition

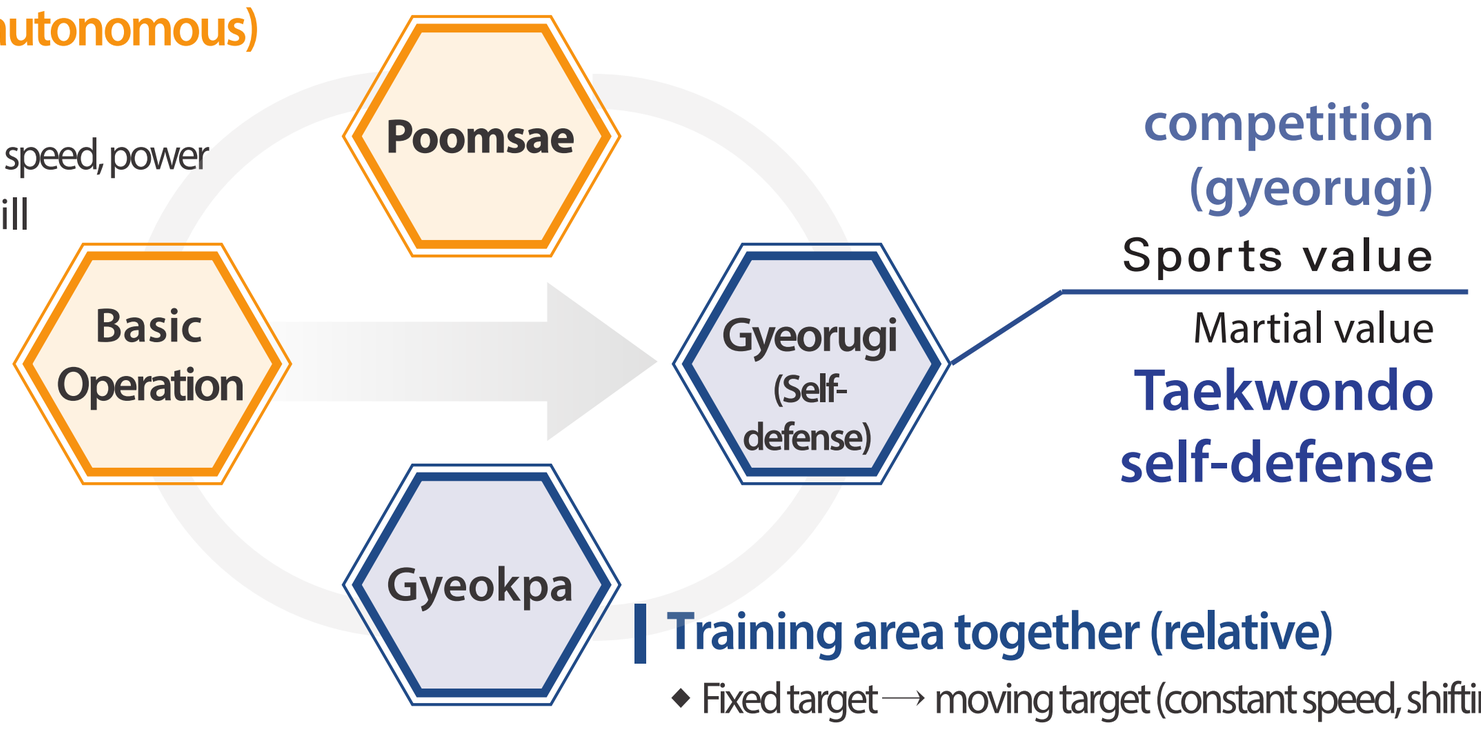
Taekwondo self-defense is a technique that protects and attacks the body from other people by applying techniques acquired and embodied through basic Taekwondo movements, breaking, Poomsae, and Gyeorugi training. In addition, it is a form of behavior that directly and indirectly expresses the principles of mental and physical training and battles by gathering the core of Taekwondo spirit and skills. It is a technique that safely and effectively defends one's body in an urgent and threatening situation based on practical skills for survival.

Taekwondo self-defense also refers to suppression technique that can be used in response to sudden attacks that may occur in everyday life by exerting Taekwondo techniques and using the best self-defense technique to repel lightly without causing serious injury. In addition to offense oriented attacks, depending on the situation, you can use your whole body to twist the opponent, and you can use all of the techniques that strangle or flip them over.

Taekwondo self-defense can be regarded as a competition(Gyeorugi) of martial value in a broad sense because there are no restrictions on the body part being used or rules. Among the Taekwondo training areas of basic movements: Poomsae, breaking, and Gyeorugi, Taekwondo self-defense and Gyeorugi belong to the Gyeorugi area, as shown in the figure below. The biggest difference between the basic movement and Poomsae area that you practice alone is that you practice directly with the another person.

Alone training area (autonomous)

- Place → Move
- Balance, range of motion, speed, power
- Formation through skill (pattern)



Training area together (relative)

- Fixed target → moving target (constant speed, shifting)
- Distance control, timing, reflexes
- Adjustment according to the situation (control)

3.

Taekwondo self-defense characteristics

Taekwondo self-defense is composed of techniques that can be used practically, centering on simple and concise movements, so there is no need to take shape to subdue opponents, and there is no need to strive to show others. In other words, the relativity of using skills according to the opponent and effective practicality in the actual situation is the most fundamental. This is because the application of practical techniques to avoid an emergency situation is the primary purpose and best method of active self-defense. Since the practical value of martial arts reveals its direct value when used in practice, the application of practical techniques of Taekwondo self-defense was designed to enable dangerous movements such as neck twists and groin kicking(low blow).

1) Speed

You need to quickly determine what situations are at risk, and quickly decide which skills you can use to avoid, block, or counterattack. In general, it is necessary to become skilled in self-defense quickly and naturally in the actual field by presuming similar situations and experiencing them through longterm training. Of course, it is important to develop the quickness and strength of your muscles so that you can use your skills quickly and strongly, but it is also important in quick defense and demonstrating counterattack skills to be prepared to react immediately to the opponent's attack by preparing for a contest and mentally prepared in advance.

2) Accuracy

Accuracy is very important to counterattack when part of the body is held by the opponent, as you have to use a lethal technique that can defeat the opponent with just one attack. At this time, if the accuracy is poor, you can rather irritate the other person and cause greater anger. Therefore, in sports such as Gyeorugi, it is necessary to practice a method of reliably hitting the opponent's critical areas with practical techniques such as low: low kicks, calves and thigh kicks, neck arc fist

hits, elbows and wrist joints twist, and eye pricks. These are prohibited in sports such as Gyeorugi. Taekwondo self-defense is a good example of the practicality of Taekwondo self-defense, such as holding the other person's shoulder and pushing the knee in 'Taegeuk 7 Jang' and pulling up and pulling the other person's lower part (Nangsim) in 'Koryo'.

3) Efficiency

Just because the other person's body is big or strong is not unconditionally disadvantageous. If the opponent lifts the kicked foot while kicking, the opponent's stability decreases and the center of gravity can be easily taken away if you pull the opponent with the buttocks lowered than the opponent. It is relatively easy to lift and bring down the opponent by the principle of the lever. In addition, when you want to bring down the opponent, you can use your strength as efficiently as possible by pushing or pulling with your hands at the same time, not just tripping them up. For example, instead of performing a large preliminary movement of tilting the arm behind the shoulders as when practicing the basic movement of the outer wrist inner block, if you use the force to bounce your back in the ready-to-match position, use the momentary rotation of the wrist to perform a short and fast inner block motion, it is more efficient in achieving the goal of blocking the attack of the same opponent.

4) Systematic

In Taekwondo self-defense, the part of the body and the technique used are different depending on the distance from the opponent. These differences will also appear differently depending on the attack direction and attack type (pattern). Which defense is most effective for some attacks, among countless cases, exists. In other words, there is Syetematicity. Therefore, according to the system of technique, training is repeated in order from easy to difficult, and simple to complex. For

example, the direction of exiting or releasing when held with the opponent's right hand is different from that of being held with the left hand. In addition, in response to a right fist attack, avoiding and selecting a favorable position for a counterattack, catching it during the next attack and breaking the balance, and finally locking the wrist holding by using the strength of the body rather than the strength of the hand. In the case of being threatened with a knife or pistol learning safer and faster defense methods rather than large movements are processes that must be experienced while systematically improving Taekwondo skills and functions.

4.
The effect of Taekwondo self-defense

Taekwondo self-defense is a technique that effectively avoids dangers inflicted on oneself and blocks or physically suppresses the opponent's attacks in advance for the purpose of protecting the body. Therefore, it can be said that it is not a situation in which action is impossible, but rather is an active method of action taken just before a dangerous situation occurs. By setting various situations in which someone suddenly controls the movements of a part of the body during training, and repeatedly training the corresponding solution, we can instill a new consciousness for the immediate body reaction and teach or learn techniques that can be used in an emergency.

1) Physical effect

Self defense is effective in improving physical abilities such as muscle strength, agility, quickness, coordination ability, and flexibility. By moving the whole body to perform movements, it contributes to the development of coordination and function of the whole body, thereby improving health through gradual improvement of physical ability.

2) Mental effects

Taekwondo self-defense training helps improve mental health aspects such as determination, fairness, challenge consciousness, sense of accomplishment, stress relief, psychological stability, willpower, self-esteem, and a sense of justice. The training includes radical actions such as kicking, punching with fists, locking joints, and strangling, but it can promote psychological stability and mental strength by purifying and alleviating the fundamental tendencies within humans. These tendencies include ownership, destruction, desire and aggression etc. Through mental training with training rules, leadership ability of the leader, and self-discipline and patience they can be alieriated.

3) Social effect

Taekwondo self-defense is a comprehensive program that combines observation, judgment, communication and physical self-defense. Therefore, in a relationship that respects, is polite to and cooperates with each other, it is possible to build sympathy and acquaintance with each other through training, thereby cultivating sociality such as mutual positive perception, humility, cultivation of morality, formation of correct values, and cultivation of a sense of cooperation. These values are very beneficial to growing adolescents, instill emotional confidence and encoarage them to lead a desirable social life.

5.

The similar concept with Taekwondo self-defense

The traditional notion of self-defense was the concept that an attack that inflicts harm to oneself is necessary to establish self-defense, but in this textbook, the latest concept is applied that even if the suppression and counterattack for defensive purposes are first recognized, it can still be the self-defense. In other words, Taekwondo self-defense is a practical battle that allows a preemptive strike to avoid danger if a threat situation is detected.

Similar concepts of Taekwondo self-defense include 'Solution of Poomsae', 'practical

Taekwondo', and 'combat Taekwondo'.

'Solution of Poomsae' is a self-defense technique produced by applying basic Taekwondo movements and 'Practical Taekwondo' is self-defense technique produced by applying basic Taekwondo movements and other martial arts before the establishment of standardized Taekwondo self-defense technique, and 'Combat Taekwondo' is a self-defense technique developed by applying Taekwondo technique for those who perform special duties such as soldiers wearing combat boots and police officers with shields.

Taekwondo self-defense is not only a defensive sense of self-defense like 'Solution of poomsae', but also like 'Practical Taekwondo' and 'Combat Taekwondo', it embraces all the concepts of self-defense in a positive sense that can overpower the opponent through a preemptive strike.

Through the application of more and more Taekwondo techniques we will expand the concept to include the process of overcoming and subduing other martial arts techniques.

6.
The difference among Taekwondo self-defense, competition(gyeorugi), and Combat fighting

The difference between Taekwondo self-defense, competition(gyeorugi) and martial arts is as shown in the following table. As the biggest difference, competition(gyeorugi) and Combat fighting are games' with 'rules', whereas Taekwondo self-defense is 'training' to expand similar experiences in actual combat. as Martial arts'.

division	Taekwondo self-defense	Competition Gyeorugi	Combat fighting
Purpose	Development of situations in which the opponent is temporarily incapable of attacking and you can escape or subdue	Compete for the game due to the difference in the score of the allowed attack area in limited time	Fainting and death of the opponent, depletion of stamina and development of the incapacitated state

Way	Use the opponent's loophole to catch and knock it down, strike a vital spot, or punch (jireugi)it	The use of parts other than the fist and foot is prohibited, the punch(jireugi) on the face and the attack below the waist are prohibited, and the torso is protected with a protector.	Can be struck, grabbed, and thrown with all attackable areas of use. Matches comply with the rules and vital spots shouldn’t be hit
Character	Very defensive and has few skills to preemptively attack or subdue	Development of situations in which the opponent is temporarily incapable of attacking and escape or submission is possible	Very aggressive and consists mainly of attack rather than passive defense or evasion
Opponent	Varies: From one person to many, from a person with a high weight class and experience of violence or crime to an unspecified career	Very aggressive and consists mainly of attack rather than passive defense or evasion	one person of similar weight
Practical use	Many	A Little	Some
Range	The distance to the opponent is very diverse (complex with far case and very short case)	Use the specified space and the distance to the opponent	Use the specified space and the distance to the opponent
Starting situation	The threat with no idea when and where it starts suddenly	At the same time as the match notification Starting from the front	At the same time as the match notification Starting from the front

7.

Cautions when practicing Taekwondo self-defense

Since Self defense is training with the another person, mutual courtesy and consideration for the safety of the other person are always important.

1) Mutual courtesy

The courtesy of a martial artist is to treat one's mind right first and then treat others right. It is an important factor that Taekwondo practitioners must keep in mind to always respect the other person.

Even if the trainee has an advantage over the other person, he or she should consider the other's needs and feelings, and maintain a polite attitude through patience and self-control.

The trainee should always try to keep himself or herself in good shape. For the safety of the training partner, nails should be cut short and the body should be kept clean and tidy, in order not to injure the other person's skin when in contact with the other person and not to create discomfort due to unclean smell.

2) Mental concentration

With the confidence that you will be able to learn anything if you work hard, you learn skills by engaging in training. You should continue training until you can use your skills properly, and avoid distracting other practitioners by making a fuss or distracting your surroundings. Since it consists of a technique that makes contact with the other person, unnecessary actions such as movements or jokes other than instructions can lead to negligent accidents, so focus on training.

3) Acquisition of skills

It should be trained under the guidance of a self-defense expert. Locking joints and subduing vital spots are very dangerous skills, so you can learn safe and

correct skills only when you learn and practice them accurately under the guidance of a professional leader. The trainees do not show off their learned skills or use them to harass others, nor are they proud. If there is someone who is less skillful than you, give them more opportunities for training or provide guidance on difficult areas so that they can demonstrate their skills well. Do not make unnecessary physical contact, and if any injuries or conditions that do not make it safe to practice, notify the leader immediately and take necessary action.

4) Relative intention synchronization

During training, there are many interactions through contact, such as deflecting, pulling and using the attacking opponent's power. In training situations other than actual combat, each trainee recognizes and performs the direction and sequence of movements in advance, but ignoring these processes and using unpromised techniques or interfering with the other's techniques can lead to injury. Therefore, during training, it is necessary to prevent unnecessary friction by using the promised technique and adjusting to the intention of the other person. In addition, during skill training too much strength can cause severe pain to the partner, so control your strength accordingly.

Taekwondo self-defense is not in the voluntary realm of practicing alone or with objects, but a competition(gyeorugi) with martial art value that belongs to the relative realm of training with the other person. Therefore, in the relative application of Taekwondo techniques, the essentials to know were explained based on the principles of physical education.

II Taekwondo self-defense technique

1. Taekwondo self-defense technique principle
2. Taekwondo self-defense strategy
3. Taekwondo self-defense technique system
4. Taekwondo self-defense curriculum

Ⅱ

Taekwondo self-defense technique

1. Taekwondo self-defense Technical principle

Taekwondo self-defense is not in the arbitrary realm of practicing alone in the air or with objects but is a competition with martial values belonging to the relative realm of training with the other person. Therefore in the relative application of Taekwondo techniques, the essentials to know were explained based on the principles of physical education.

1) Anatomical principle

Unlike other animals, the human skeleton can move freely to some extent. Still, its range of motion is limited to a certain direction and angle and the elbow and knee joints are folded in only one direction. Therefore, if you twist or press the muscles and skeleton beyond the range of motion, you can easily defeat the opponent. In addition, when the neck is bent or tightly pressed with the arm, it can block the flow of arteries or airways, suffocate the other person, and cause the person to fall into a suspended animation state to suppress the opponent's counterattack. According to one study, the average time until syncope was about 17 seconds.

In addition, the human body does not suffer fatal injuries when hitting hard parts with relatively strong resistance, but vital spots that are fragile are easily injured. The defenders must protect the vital spots as much as possible, but the counterattackers can easily defeat the opponent with a small force when counterattacking if where vital spots are is well

understood An empirical study on vital places is another task that the Taekwondo community must solve.

The joints, muscles, tendons, and ligaments of the human body have the characteristics of becoming solid when rotating or moving in a specific direction. For example, the wrist joint becomes stronger when the fingers are opened compared to when the fingers are held together while clenching a fist and when punch, the forearm and elbow joints are more stable than when they are rotated inward and can withstand a greater impact. On the contrary, when turning the elbow, pointing the back of the fist to the sky makes the shoulder joint move more easily than making the back of the fist look forward, so you can turn it at a faster speed.

2) Mechanical principle

When you want to distract your opponent by pulling it, the easiest way is not to pull it with your hand but to sit down suddenly with your arms bent. At this time, you can use all of your weight by gravity to pull the opponent, so you can easily break the opponent's balance if you have a grip strength that can maintain the grip.

When tripping over the opponent, pulling the legs by hooking legs and pushing the two hands holding the upper body uses the principle of a force couple to exert a large rotational force on the opponent to break the balance. Similarly, the movement of hands holding the opponent's shoulders with one hand pushing and the other pulling while tripping over can also cause the opponent to rotate strongly and lose balance.

It is stronger to perform the same technique with one foot stepping forward than to swing the arm in place to do the inner(an-makki) or the outer block(baggatmakki) because the body's center of gravity moves together, and the amount of exercise of

the body is added to the amount of movement of the arm. Therefore, in Taekwondo self-defense, if you approach the other person using stepping techniques(naeditgi and moditgi) you can give a stronger shock. Conversely, if you avoid or block it using stepping back, you can take a long time to be beaten and relieve the shock.

On the other hand, the lower the center of gravity, the wider the area of the base by widening the foot, and the closer the centerline is to the center of the base, the higher the stability of the body. If you are against an opponent who has secured stability, you have to put more effort into destroying the stability than when you are against an unstable opponent.

In particular, because the legs are heavier than the arms, can be held relatively easily and they are slower than the arms, the opponent's raising the foot to kick greatly impairs stability, which can give you a chance to subdue it.

Maintaining the stability of one's body, but making the other person lose the center of the weight is the basic in self-defense.

It is common to inflict pain on the opponent by overextending the range of motion of the joint when bending. At this time, it is effective to create a rotating shaft near the joint to be bent and use the principle of a lever that gives force from the rotation axis as far as possible to suppress the opponent with a small force. This lever principle is also the reason why the human body stuns when the jaw is struck. The head of the human body is hard, so if the jaw is hit, the cervical bone acts as a rotation axis and transmits shock to the opposite point. The cerebellum, which is responsible for controlling movement and balance, is vibrated and it temporarily makes the opponent fainted.

On the other hand, the compressive force, which is a pressing force, and the tensile force, which is an extending force, act simultaneously on the muscles, tendons, and ligaments of the joint that bends when bending. When a compressive force is generated on the side where a force is applied or a hit is applied, a tensile force is generated on the other side and the area receiving the tensile force is extended. If the deformation limit is exceeded, hard objects such as bones, pine boards, and marble are broken, and fibers like muscles, ligaments, etc. stretch beyond its range of motion, causing pain and eventually bursting. When a bone is broken, it is called a fracture, and when the joint structure is damaged, it is called a dislocation.

The force that reaches the limit of deformation is a force applied with different characteristics (thickness and strength of bones, strength of muscles, strength of tendons and ligaments, etc.) Also, it is difficult to clearly define it because it varies depending on whether or not the principle of the lever is well used.

3) Principles of motor learning

In order to inner-block(an-makki) the opponent's punch(jireugi)attack(jirugi), you need to match the punch(jireugi)time of the opponent with the time of turning your waist and closing your shoulders while turning your arms and inner blocking with the outer wrist. At this time, the speed of the opponent can be regarded as external timing, and the speed of self-blocking can be viewed as internal timing.

If you block it correctly, it can be said that you match the timing. The entire training process of Taekwondo self-defense is not done alone but requires a lot of effort to match the timing with the opponent such as blocking, avoiding, catching, and breaking, so it requires a lot of practice to become familiar with basic movements, Poomsae, and breaking. The basic step of motor learning is to go through the stages of 'stimulation-perception-cognition-action', repeatedly performing various tasks, gradually reducing errors, increasing the speed, and going to the stage of automation later. Depending on the speed, location, and type of the opponent's attack, a large number of tasks are complex, but if you practice through repetitive training, even when you are in a very difficult situation, you can use the appropriate self-defense technique through reflexive physical actions in the automated stage.

2.

Taekwondo self-defense strategy

Various strategies that can be used in performing Taekwondo self-defense are described as counterattacking an opponent who is intimidating without injuring oneself, using the opponent's power against him to subdue, knocking him down and evading him or securing time for a second counterattack, etc.

1) Using rotational motion

Taekwondo self-defense requires strategic use of rotational movement. Many parts from bending the opponent's arm to throwing the opponent's body correspond to rotational motion, and the greater the distance from the point where the force is applied to the axis of rotation (rotation radius) or the greater the applied force, the greater the effect of the rotational force.

When you hold the opponent, you can make the opponent rotate with your body as an axis. If the opponent is rushing toward you rather than the opponent standing still, the effect of the rotational force is greater because the force acting is greater. It is more effective in suppressing by reverse use.

When an attacker strikes with a fist, it is a linear motion to deflect and strike, but pulling the arm back and rotating his body around an axis to knock the opponent down or break his arm are representative examples of rotational motion. You can effectively subdue opponents without using your own strength very much.

2) Use of body power

In Taekwondo self-defense, you must be able to use your body's strength to the fullest. When changing postures or moving the center of gravity such as stepping or turning(naeditgi and doladitgi), you can effectively utilize the power of your body by placing your arms and legs close to your body. For example, if the direction of the fist is located on the outer line of the body during a punch(jireugi)attack(jireugi), the impact cannot be transmitted better than pointing the fist to the center (in line with the centerline of the body). This is because, when attacking in a straight line (jireugi

and apchagi etc), you must match your fist or foot with the centerline to make the most of your body's strength. In the same way, you can use your body's power efficiently if you perform the technique after stepping forward and back.

On the other hand, when coming out when a part of the body, such as the wrist, is held by the other person, it is necessary to use the body's power more efficiently than speed or timing. By attaching the arm toward the body or by moving the body toward the arm when the opponent's strength is high, the coming out technique can be more effective than doing with only the force of the arm.

3) Conformity and reverse use of the opponent's strength

Conformity means responding gently to changes in circumstances or the surrounding environment. The attacker's psychological state is generally elevated, so the strength is inevitably greater. It is important to respond and control the other's excitement by calming rather than excitement and to cope with or control in conformity and harmony so as not to elevate the other's emotions in such a way as to respond and control the other's excitement with calmness rather than excitement. While conforming to opponent's strengths they adopt a strategy that reverses the power of the attacker or fights back by aiming at loopholes or gaps. If you strike a vital spot while deviating with the attacker attacking, the effect increases due to the opponent's speed and it is much easier to reverse the power of the opponent than the opponent who is in place when using a joint break or tripping over technique. In addition, this counter attack has the effect of destroying the center of the opponent's body and breaking the opponent's will to attack, so it should be used strategically.

4) Shortest range motion

The shortest-range attack is one of the important factors in performing Taekwondo self-defense. If the distance is far, it takes a long time to reach the opponent so the attack success rate decreases and it is easy to miss the opportunity

to defeat the opponent. The shorter the distance, the faster the timing and the faster the reaction, the higher the attack success rate and the higher the probability of defeating the opponent.

By making a fist attack right from the ready-to-Gyeorugi posture, you can attack faster than starting from the waist of the existing basic motion and also avoid slow blocking through the existing preliminary action by immediately blocking the opponent's attack in the pre-Gyeorugi-ready position. By omitting the preliminary movements of each technique, it is effective to prevent the opponent from predicting what movement you will perform and to expose the loopholes caused by the large movements to the other party, thereby preventing them from giving room for a counterattack. However, when attacking or defending with only hands, it does not produce strong power, so you must practice increasing the power by twisting the waist (pelvis). In addition, unnecessary body movements, such as preliminary movements, must be reduced.

When practicing basic movements, the range of motion is largely preliminarily performed for the purpose of generating strong power, and the arms and legs are rotated away from the body rotation axis to generate a large rotational force.

However, in actual battles such as self-defense, the rotation of the arms and legs is attached to the axis of the body as much as possible and concisely so that more effective attack and defense can be performed.

5) Always keep your defense in mind

In Taekwondo self-defense, always keep in mind defense. If the attack fails, the attack can be inflicted by the opponent, so whenever you attack, always keep the defense in mind. When you attack, your opponent can also attack at the same time, or your opponent can attack immediately after your attack is over, so keep your defense in mind while attacking.

If one hand attacks when attacking, strategies such as raising the opposite hand to the height of the chin for defense or defending the face with a kick-off hand and reaching the opposite hand toward the other side to prevent the opponent's attack. In addition, even after the attack is over, you should always be able to prepare for the next situation, and you need to quickly move on to the next move by momentarily

judging whether you want to continue the attack, defend, or confront your opponent.

6) Use of deception

Deception is also an important strategy in Taekwondo self-defense. It must be used strategically because you can subdue the opponent by inducing an opponent with a trick action and attacking. If you are too honest when attacking, your opponent will read your timing or pattern. Therefore, performing a technique or action that deviates from the opponent's prediction can increase the probability of success in Taekwondo self-defense.

Deception can be done as an attack or defense action, or it can be done with a step or gaze. You can also use a method of repeating certain types of movements and then suddenly making a completely different anomalous attack or reversing the gaze, breathing, and energy that the opponent might feel. This strategy is sufficient to make the opponent feel overwhelmed with subsequent attacks by making the next movement completely unpredictable. For example, if you continue to attack the bottom and then suddenly try to attack the top, the opponent will not predict and become confused.

7) Keep calm

When you are faced with a situation where you need to use Taekwondo self-defense, you should be calm without embarrassment or tension. It is very important to remain calm and cool in situations where the attacker does harm or becomes violent. Based on the mental element of maintaining a calm mind and the natural movements of the body, the flexibility to respond to various situations is a desirable broad application of self-defense to protect yourself and the surroundings within the scope of self-defense rather than over-defense. Also, don't use bluff or anger, but be bold, agile, and brave.

8) Considering environmental factors

The natural environment of the terrain must be used to the maximum, and an artificial environment must be created to cope with it on an ad-hoc basis. In practical application of self-defense, it can be effective in overcoming dangerous situations

by using nearby objects or possessing simple tools in any situation. Short sticks, ballpoint pens, keys, newspapers, books, handbags, towels, waistbands, tops, and ties can be used to overwhelm your opponents or escape crises. Usually, training assumes the case of 'One vs One', but develops coping ability by assuming the situation of 'One vs many'.

3.
Taekwondo self-defense technique system

Taekwondo self-defense is a method of effectively avoiding or preventing, counterattacking, or subduing dangers inflicted on oneself by using Taekwondo techniques. Taekwondo techniques used in Taekwondo self-defense are the same as those used in Poomsae, Breaking(Gyukpa), and Competition(Gyeorugi) on the basis of basic movements, but several types of representative techniques are mainly used for speed, accuracy, efficiency, and Systematicity in practice.

1) The need for Taekwondo self-defense skills

In taekwondo self-defense, it is necessary to acquire skills to cope with quick and straight forward coping rather than advanced skills. Avoid splendid kicks(chagi) and defend with simple and modest blocking techniques(makgi), counterattack with striking(chigi) or punch(jireugi), overpowering opponents with breaks(kkeokgi) or knocking down(numgigi) and use batangson, wrist, agumson or sonnal(hand blade), etc rather than fists that leave trauma when suppressing.

In emergencies such as contingency situations, rather than flashy and complex skills, short and simple skills are usefully utilized, so a lot of training is required. In particular, in terms of self-defense that must be done accurately and quickly in an emergency, it is not desirable to perform only the kick training and the blocking technique using defensive hand techniques has a great martial value as a self-defense technique. It can also maximize its function as an immediate defense to escape the urgency of the situation.

Taekwondo Poomsae training has a problem in that it is a practice system that only trains alone. While the purpose of the Poomsae movement oriented from practicality, a formal training form that does not accompany practicality is not helpful for practical Poomsae training. Although Poomsae should not be fixed or formalized as a technique only for Poomsae, the current training system has not escaped its limits. Therefore, in order for Poomsae to have practical application power, it is thought that the attacker's virtual attack is inflicted from an unexpected direction, and it is necessary to repeatedly practice single·connected movements using basic movements such as kicking and blocking, and it is necessary to develop a sense of training in the area and the practice of fighting intense situations, using the body with the opponent. To do this, it is necessary to practice opponent training by interpreting the important movements of the regulation Poomsae according to self-defense. In particular, Kukkiwon published this textbook in sympathy with the necessity of making a practical Poomsae capable of grafting a certified Poomsae or self-defense of a new paradigm through research on breaking, throwing, and suppressing in Taekwondo.

2) Characteristics of Taekwondo self-defense technique

(1) Atypical posture

If the stepping (movement technique) such as apseogi and apgubi in the Poomsae must move within the specified standard, the stepping in self-defense is a relative variable that can be arbitrarily varied at any time depending on the purpose, such as avoiding the opponent's attack and effectively suppressing it.

In the case of fist and strike in Poomsae, the fixed height and direction are important, but in self-defense, the importance of correct posture is relatively small because it is essential to accurately and quickly hit the desired goal. In particular, the core techniques of self-defense opponents such as striking, blocking, and breaking are the same as the striking and blocking movements in Poomsae, but it is an atypical technique that can be used which can change its shape instantaneously by the timing, appropriate strength, and power use strategy (making the effect of big force with a small force, or reverse use of power, etc.).Nevertheless, the reason why Taekwondo self-defense in this

textbook is grafted with Poomsae is to trained under the assumption of a similar environment to prepare for actual combat. When given a situation, it is not necessary to stick to what you memorize but to cope with the most efficient and familiar movements.

In other words, Taekwondo self-defense is atypical, just like Gyeorugi, in that it presents a method for training like Poomsae and you don't have to compete with only that technique.

(2) Technique change according to the relative distance

Taekwondo self-defense technique demonstrates combat skills while maintaining a certain distance from the opponent. At this time, the available body parts and techniques vary according to a three-step distance to the opponent: 'distance that you can hit with feet' , 'distance that you can hit with a fist' , and 'distance where contact is made'. If you are away from the opponent by a distance you can hit with your feet, you can use your legs and feet to kick, and if you are far away from the opponent using movement techniques such as stepping and jumping, you can attack while narrowing the gap. (Corresponds to the competition(Gyeorugi)). In 'Distances That you can hit with a fist', you can perform punching, striking, and blocking using your arms, hands, and fists, and you can exercise your fighting skills while maintaining a certain distance from the opponent.

The distance where the contact is made refers to a situation closer than the length of the arm as if being hold or hugged by the other person. In this case, it is possible to strike with the elbow and knee, but you can use technique to get out of difficult situations by using efficient technique which are to grab, come out, break, knock down, and push with the hand and the whole body. In particular, in addition to the basic techniques of Taekwondo, techniques such as pulling and locking can also be applied to prepare for any emergency attack including a lying posture, martial arts, and other martial arts.

(3) Unrestricted usage of body parts, hitting points and techniques used

The number of skills that were limited by the rules in the competition (gyeorugi) can be infinitely expanded in Taekwondo self-defense, and in

particular, there is difference in that several prohibited attacks such as catching attacks against the lower part, attacks using the forehead, elbow, and knees prohibited by the competition(gyeorugi) rules can be used at any time for self-defense. Among the Taekwondo self-defense techniques in this textbook, techniques that are not in the 「Taekwondo Technical Glossary (Kukkiwon, 2010)」 include pulling and locking, which are natural human body movements that can be used by applying 'grabbing' and 'breaking', They are included with other martial arts as they are some of the skills that must be known in order to respond in practice.

3) Taekwondo self-defense technique system and major technique

(1) Taekwondo self-defense technique system

The table presented in the next chapter <The classification of Taekwondo skill level according to exercise function criteria> is a study result of Kukkiwon (2015) that classifies the skills of Taekwondo by difficulty level. The Taekwondo self-defense technique system was produced using the same order of difficulty of the Taekwondo technique system. 'Difficulty level 1' is a standing posture or ready posture in place, and 'Difficulty level 2' is a technique that allows you to move your body and is called a movement technique by combining the two techniques in place and in move. It is used together in connection with the following preemptive skills and relative skills 'Difficulty level 3' and 'Difficulty level 4' are techniques that have a target to attack, and are called preemptive techniques because they can be used first with an attack technique or alone with an intention. 'Difficulty Level 5' and 'Difficulty Level 6' are known as relative skills because they cannot be done alone and can set targets according to the opponent's condition or movement. Likewise,'Difficulty Level 6'can change the movement.

Taekwondo self-defense is based on opponent training that exchanges battles with the other party.

Therefore, reacting techniques are mainly used, and these opponent techniques can be increased with the help of movement and preemptive technologies rather than being used alone.

For example, in order to block and counterattack while avoiding the opponent's attack, it is necessary to cross diagonally (move skill) and use the outer block (reacting skill) to clear and punch(jireugi)(preemptive skill) at the same time. Taekwondo self-defense is a concept of martial arts competition(gyeorugi) that can overpower opponents through preemptive strikes when a dangerous situation is recognized. Therefore, using the preemptive technique of difficulty 3 and 4 can implement the first strike in a dangerous situation.

<The classification of Taekwondo skill level according to exercise function criteria>

division / difficulty	Classification of techniques	
	type of technique	Detailed technique
Difficulty level 1	Skills that perform in place and have no target of attack or defense (Can be used with all skill levels)	
	Stand(seogi)	moaseogi, gyeotdaliseogi, nalanhiseogi, juchumseogi, hagdaliseogi
	Ready posture	gyeobsonjunbi, dujumeogheolijunbi, bojumeogjunbi, gibonjunbi, tongmilgijunbi, gyeolugi junbi
	Special Posture	doljjeogwi
Difficulty level 2	A skill that moves the body and does not have a separate target of attack or defense (Difficulty increases when used with skills of 3, 4, 5, 6)	
	Stand (seogi)	apseogi, apgub-i, beomseogi, dwisgub-i, kkoaseogi, moseogi, yeopseogi, najchugi
	Stepping (ditgi)	jejaliditgi, naeditgi, mulleoditgi, yeopditgi, moditgi, dol-aditgi
	jump (ttwigi)	meollittwigi, ttwieoneomgi, ttwieodolgi, nop-ittwigi
Difficulty level 3	Skills targeted to attack	
	Punch (jireugi)	sewojireugi, jeojhyeojireugi, jireugi, yeopjireugi, chijireugi, naelyeojireugi, dollyeojireugi, dwijireugi, djajireugi, chesdalijireugi
	Thrusting (jjireugi)	sewojjireugi, eop-eojjireugi, jeojhyeojjireugi
	Ax kick (jjiggi)	jjiggi
	Strike (chigi)	apchigi, ollyeochigi, (palgub) dwichigi, (sonnaldeung) anchigi, bakkatchigi, (deungjumeog) apchigi, naelyeochigi, anchigi, bakkatchigi, yeopchigi, biteuleochigi, (palgub) dollyeochigi
	Kick (chagi)	apchagi, dollyeochagi, dwichagi, Jitjjiki, mileochagi, biteuleochagi, yeopchagi, naelyeocha gi, hulyeochagi, bakkatchagi, anchagi, nakk-achagi

Difficulty level 4	Skills with targets to attack (may change the movements) ex) Keumgangjireugi	
	Pnch (jireugi)	dang-gyeojireugi, pyojeokjireugi, Keumgangjireugi
	Strike (chigi)	geodeuleochigi, jebipumchigi, dang-gyeochigi, pyojeokchigi
	Kick (chagi)	geodeubchagi, ieochagi, pyojeokchagi, gulleochagi
Difficulty level 5	Skills in which targets are set according to the opponent's condition or movement	
	Push (milgi)	mileonaegi, milchyeonaegi, bawimilgi, taesanmilgi, nalgaepyeogi
	Locking (makgi)	chyeomakgi, chamakgi, bakkatmakgi, anmakgi, hechyeomakgi, naelyeomakgi, ollyeomakgi, nulleomag gi, yeopmakgi, biteuleomakgi, geoleomakgi, gawimakgi, Keumgangmakgi, santeulmakgi, oesanteulmakgi, hwangsomakgi
	Pull out (ppaegi)	nulleoppaegi, teuleoppaegi, hwidulleoppaegi
	Kick (chagi)	nalaechagi, dolgaechagi, gawichagi, dubaldangseongchagi, ttwieochagi
	Dodge (pihagi)	sug-yeopihagi, jeojhyeopihagi, biteuleopihagi, teuleopihagi
Difficulty level 6	A technique in which a goal is determined according to the opponent's condition or movement (may change the movement)	
	Block(makgi)	geodeuleomakgi, bad-amakgi, geod-eomakgi
	Kick(chagi)	jabgochagi, bad-achagi, balbut-yeochagi, dabanghyangchagi, modumchagi, gongjungjebichagi
	Holds (jabgi)	jabgi
	Joint Lock (kkeokkgi)	Nulleokkeokgi, biteuleokkeokkgi
	Trip over (neomgigi)	geoleoneomgigi, Deoreoneomgigi

(2) Taekwondo self-defense main technique

The main skills of Taekwondo self-defense are composed of preemptive skills such as punching, striking, and kicking, and relative skills such as blocking, pulling out, breaking, tripping over and locking. In addition, a fall method (guleugi) is included as a way to protect against a fall. How to use each major technique is as follows.

Jireugi (punch)

The fist punching technique. It is a technique of hitting a target with a fist to give a big impact to a person or object. Using the front part of the first joint of the forefinger and middle finger, strike critical spots such as philtrum (solar plexus) and (abdomen) punch(jireugi)can change the shape of the fist, depending on the target of the attack. They usually use the Proper fist or Jungkwon, but when hitting the temples or ribs, they use Knackle fist or bamjumeok or claws chestnut fists. In addition, when hitting the neck, you can use a jibgejumeog or pyeonjumeog.

Oenjumeog jireugi

Oreunjumeog jireugi

Dollyeojireugi

Chijireugi

Chigi (hit)

A technique to hit a target using the rotational force. It is a technique of hitting a target by using a hard body part of the body with the elbow or knee bent and then stretched or bent. Use all parts of your body except your fists, fingertips, and feet. It is a technique that can be used in a variety of ways because it can hit with a linear motion such as punching or stabbing, or with a rotational motion like kicking,

depending on the area of use. In other words, it is possible to hit the opponent from above or below and from inside or outside, and by using a solid body part with the rotational force of the body. It can have a great impact on the opponent.

Sonnal bakkatchigi

Deungjumeog bakkatchigi

Batangson apchigi

Palgub dollyeochigi

Muleup ollyeochigi

Muleup dollyeochigi

Ima apchigi

Muleup ollyeochigi

Chagi (kick) The kicking a target with your feet. It is a technique of kicking a target with your feet while stretching or turning your legs to subdue the other person. It mainly uses the power to bend and extend the knee or to swing the leg. In some cases, you can kick while turning or jumping. It encompasses all of the attack techniques performed with the feet in Taekwondo, and the use of power and techniques vary depending on the direction or method of movement of the legs. When kicking the other's small or narrow body part, such as the philtrum or Solar plexus, the ball

of foot or heel is mainly used. On the other hand, when kicking the other's large or wide body parts, such as the face or torso, the foot or sole is mainly used.

Apchagi

Dollyeochagi

Yeopchagi

Makgi (Block)

Block that an opponent's attack with arms or legs. It is a technique that protects major body parts by blocking the opponent's attack with hands, arms, feet, or legs. Depending on the use of power in each situation, it is divided into geod-eomakgi, geoleomakgi, bad-amakgi, chyeomakgi. It can be used as 'chyeomakgi' that strikes the opponent's attack vertically,'bad-amakgi' that absorbs the shock in the same direction as the attack's progress,'geoleomakgi' that blocks the technique before the attacks is complete, and 'geod-eomakgi' that changes the direction of the attack.

Oenbatangson anmakgi

Oreunbatangson anmakgi

Oensonnal bakkatmakgi

Oreunsonnal bakkatmakgi Oenbatangson naelyeomakgi Oreunbatangson naelyeomakgi

Ppaegi (pull out)

A technique that is pulling out the body when the opponent grabs it. It is a technique to pull it out by pressing or twisting the other's joint when the other person holds the wrist or ankle. It is uses to escape from threatening situations when being held in close proximity to the other party. It is a technique to pull out the body when held by a person who is stronger than you. Therefore, you must perform the technique at a time when it is difficult for the other party to predict. You can also use this technique to use pull out and Joint lock in succession, or to gain distance to avoid opponents' attacks.

❶ Pulling out by twisting the arm inward

❷ Pulling out by twisting the arm outward

❸ Pulling out by twisting the arm upward

❹ Pulling out by twisting the arm from inside out

Kkeokgi (jont Lock)

The joint lock. It is a Pressing technique or twisting the other person's wrists, elbows, shoulders, ankles, and knees with the hand. It is mainly using when the other person hold you out close range or when you are catching the other person. Breaking force is divided into two, depending on the direction of use. If you press the opponent's elbow or knee vertically, it is a 'press joint lock (Nulleokkeokgi)', and if you twist the other's wrist or ankle to the left or right , it is a'twist joint lock (biteuleokkeokkgi)'.

When the same side hand holding

❶ Twist from the inside out to joint lock

❷ Twist and press from outside to inside to joint lock

❸ Twist from outside to inside to joint lock

When crossed hand holding

❶ Twist and press outward to joint lock

❷ Twist from outside to inside to joint lock

❸ Twist and press outward to joint lock

Neomgigi (trip over)

The lifting or tripping over an technique. It is a technique of hooking or lifting a leg to break the center of the other person. You can also pull or push the other person's collar to break the other person's center. Tripping over is divided into two, depending on the use of power. One is 'geoleoneomgigi', which breaks the center by hooking the other's leg, and the other is 'Deoreoneomgigi', which breaks the center by lifting the other's leg.

Dali geoleoneomgigi

Heoli jabgo dali geoleoneomgigi

Dali Deoreoneomgigi

Heoli geoleoneomgigi

Mog jabgo dali Deoreoneomgigi

Joreugi (choke)

Compressing techniques for the neck with an arm. It is used to suppress the other person by compressing the carotid artery or respiratory tract and choking. There are two types:'an-ajoreugi,' where you hug the other person's neck while holding it up, and

'yeopjoreugi', where you wrap your arms together from the side in Junbi for the opponent's hand counterattack. There is a "dwijoreugi" that hugs the opponent's back and locks him.

❶ An-ajoreugi

❷ Yeopjoreugi

❸ Dwijoreugi

Nakbub (fall)

The technique to reduce the impact when you fall. In the event of a sudden fall or being pushed, it is a way to keep the body safe without injuries by maintaining a good balance of the body and distributing the impact through the whole body when it hits the floor.

It has the advantage of being able to focus on offensive and defensive skills because it can avoid injuries to the body in the event of falling or bumping on the floor. There are ‘forward falling(jeonbangnagbeob) when falling forward,

'lateral falling(cheugbangnagbeob)' when falling sideways, 'rear falling(hubangnagbeob)' when falling backward, and 'rotating falling(hoejeonnagbeob)' when rolling.

❶ Forward Fall

Junbi (hand is triangular)

Gaze left or right

Lift buttocks

❷ Side Fall

Junbi (open hands to the side)

Stretch the left leg

Right hand's abdominal grip, gaze bandthe belt

❸ Backward Fall

Gaze at a belt

Hand 45° below the left and right sides

❹ Rotating falling

The hand is triangular

The head does not touch the floor

The head does not touch the floor

4.

Taekwondo self-defense training course

The Taekwondo self-defense curriculum was largely divided into three level training courses, a 1~4 dan(poom) training course (level 3), a 5~7 dan training course (level 2), and an 8~9 dan advanced training course (level 1). Poomsae self-defense and applied self-defense for each level are the basics, and it is configured to train those who are certified with level certificates with methods and situational self-defense I and II and to train those in high level with self-defense against other martial arts, self-defense against weapons, and suppressive self-defense (to be included in the future).

Poomsae self-defense is a self-defense technique produced based on the basic movements of Taekwondo Poomsae (Taegeuk 1 Jang ~ Ilyeo), which must be practiced according to the level (dan). As suggested in 「IV. Taekwondo self-defense training" it's a process to understand the purpose of use of the basic movements suggested by each Poomsae and learn how to use it directly in practice by practicing in accordance with the method of 'Basic Posture-Basic Movement-Matching competition(gyeorugi)-Actual competition(gyeorugi)', In the basic course(급), there are mainly striking techniques at a certain distance such as blocking, punching, striking, and kicking and in the advanced course, the response skills at a very short distance are the main techniques, adding

catching, breaking, throwing, and flipping. It is for strengthening Poomsae training by experiencing the direct use of the movements that appear in Poomsae, and the ability to fight naturally can be strengthened through the process of defending and counterattacking following the right front and left front steps in the ready position.

Applied self-defense is a self-defense technique composed of a practice martial arts character for expanding participants to the youth and adults and motivating them in addition to the Poomsae and Poomsae self-defense techniques practiced by each level.

By assuming a situation similar to the actual battle, the ability to adapt to the actual battle could be cultivated. Assuming the situation when body parts such as wrists and legs are held, it is possible to practice applying techniques such as pulling out, catching, breaking, and flipping to the actual situation. It is arranged in order of difficulty, like the poomsae self-defense. In applied self-defense for the basic level, the goal is to eliminate fear in direct contact with the other person by applying relative skills that can be performed relatively easily and to improve self-confidence and adaptability through repeated training of suppression.

The reinforcement program is a program that is grouped into separate categories for better self-defense and applied self-defense and is presented according to the level of each class.

◆ Self-defense training course

Process		Poomsae	Poomsae self-defense
Poomsae for Color Belts	Taegeuk 1 Jang	• **Downward block and punch** • **Inward block and punch** • **Upward block kick and punch**	• **Punch(Jireugi) attack** Block outward and jireugi, apchagi, dollyeochagi
	Taegeuk 2 Jang	• **Connect the same technique** • **Connect the punch and Kick** • **Preemptive strike**	• **Punch(Jireugi) attack** Block inward and jireugi, apchagi, dollyeochagi
	Taegeuk 3 Jang	• **Grab opponent's arm/foot or block** • **Momentary forward center shift** • **Connect kick and double punch**	• **Punch(Jireugi) attack** Block outward pulling the arm (wrist) and knee kick(muleupchigi)

Self-defense for practical use	Reinforcement program		
	Training	Self-defense by situation	Advanced self-defense
• **When the wrist is hold** pull out while scattered blocking down-outward			
• **When hold by the collar** pull out while scattered blocking inward			
• **When the wrist is hold** pull out by twisting and elbow strike			

Process		Poomsae	Poomsae self-defense
Poomsae for Color Belts	Taegeuk 4 Jang	• **Use an assisting hand and attack** • **Connect block and strike** • **Connect block and double strike** • **Avoid side kick attacks and counterattack**	• **Punch(Jireugi) attack** Block outward, thrust with fingertips and sidekick
	Taegeuk 5 Jang	• **Connect pulling out the wrist and downward strike** • **Use of body rotational force** • **Connect Kick and strike**	• **Punch(Jireugi) attack** Block inward and outward and strike by turning both elbows
	Taegeuk 6 Jang	• **Block, grab and attack** • **Step back and counterattack**	• **A round kick(dollyeochagi) attack** Block outward or avoid, punch and turning kick
	Taegeuk 7 Jang	• **Use both arms outward** • **Short range attack method** • **Distance adjustment method** • **Grab and Strike** • **Block and trip over** • **Various interpretation of technical meaning**	• **Front kick(apchagi) attack** Block and grab it with both hands, turning kick with knee raised
	Taegeuk 8 Jang	• **Use both arms outward** • **Use both arms inward** • **Attack 1st/2nd target fast continuously**	• **Front kick(apchagi) attack** After two feet alternate kicks, knee kick withholding the opponent's head • **Punch(Jireugi) attack** Block outward and turning strike with elbow, strike with fist-back and punch

Self-defense for practical use	Reinforcement program		
	Training	Self-defense by situation	Advanced self-defense
• **When the wrist is held** pull out by twisting and hand blade strike			
• **When the wrist is held** Grab it with the power of your arms, twist it, and joint lock it			
• **When the wrist is held** Hold the wrist with the other hand and twist it with the force of the step			
• **When hold in the sleeve or shoulder** Hold the wrist with the other hand and break the grip by pressing with the elbow with the force of turning back			
• **When hold by the collar** Press wrist and joint lock when arm is extended and twist and press wrist when bent.			

Process		Poomsae	Poomsae self-defense
1~4 Poom . Dan	Koryo	• **Technique connection from inside out** • **Connect the blocking force with breaking or locking** • **How to use the body in opposite direction like outside in, inside out** • **Kick while pulling arms**	• **Spin Kick Attack** After blocking downward and strike with 'agumson, front and side kicks After blocking and strike with sonnal(hand blade), trip over the opponent
	Keum gang	• **Use greater power than agility** • **Use of rotation force on central axis** • **Understanding counteraction of upper and lower body**	• **Striking attackafter** blocking inward and strike with an elbow while turning around, strike with batangson • **When hugging from behind** Grab and press to break after hitting with the elbow
	Taebaek	• **Use of ground strength and body elasticity** • **How to escape when a part of the body is hold**	• **Side kick attack** Strike with sonnal(hand blade)s and elbows while blocking outward continuously. • **When the wrist is held** Twist out, turn around, strike, and front kick

Self-defense for practical use	Reinforcement program		
	Training	Self-defense by situation	Advanced self-defense
• **When the shoulder is held behind** After step-turning back, fix one hand at the waist and strike the chin with the other hand. • **When attacked with balbut-yeo dollyeochagi** Avoid attack and pull with both hands and pushing over	• **Strike training method** Basic training method Basic training method (1~3 poom) • **Tool training method** Mitt training method (1~3 poom) Glove training method (4 poom)	• **Self-defense by a situation I** In the case of a punching attack, with right ap moditgi 5 actions of blocking, punching and striking In the case of a punching attack, with left ap-moditgi 5 actions of blocking, punching and striking In the case of kicking attack, 5 actions of blocking and kicking, striking, tripping over and breaking	
• **When trying to grab a shoulder** Grab the head, hit it with your knee and lock the neck • **When the wrist is held** Twist it out and hit with the elbow, grabbing the shoulders with both hands and breaking it			
• **When both shoulders are** held behind Step-turning, punch grab and press to break • **Continuous Strike Attack** after blocking it continuously, strike, turn and lock			

process		Poomsae	Poomsae self-defense
5~7 Dan	Pyongwon	• **Short distance attack method** • **Turning kick/strike (center axis rotation)** • **Evenly use power from inside out Block and trip over**	• **Front kick and rear kick** consecutive attacks after step back and side kick , strike the target
	Sipjin	• **Power transmission process using ground reaction force** • **Pull and kick** • **Connect block with catch** • **Blocking(bad-amakgi)** • **How to suppress the opponent's body**	• **punching attack** Block with 'bawimilgi' and hold and press to break with turning step • **When holding shoulders from the side** Hit it with 'bawimilgi' and get out, grab it with both hands, and sit down Lift and throw
	Jitae	• **Connect the same technique** • **Pull out the two hold wrists**	• **balbut-yeo dollyeochagi attack** Block one-handed blade, hit the target with mejumeog and pull it and trip over Block inward and strike the face with mejumeog, pulling and lifting over

Self-defense for practical use	Reinforcement program		
	Training	Self-defense by situation	Advanced self-defense
• **Locking attacks from the side** Push and lift over • **When both shoulders are held** Hit the forehead, pull and trip over		• **Self-defense by situation II** Compete once in each situation 1-10	• **Self-defense against other martial arts** How to defend by tripping over How to defend by tripping over by grabbing the side How to defend in lying position • **Self-defense against weapons** How to defend the knife attack How to defend the lumber stick attack How to defend when aimed with a pistol
• **Balbut-yeo dollyeochagi attack** Raise the blocking hand, pull the hitting hand, and trip over • **When the head is held** After holding the hand and front kick, pull and press it to joint lock			
• **When the opponent holds the collar both hands** With the strength of your body, remove the opponent's hand and trip over with lifting the opponent's foot and kick with the knee • **When the other person chocks with both hands** With the strength of the body, remove the opponent's hand, strike the side with the elbow, grab the opponent's arm, and break it down with body weight.			

Process		Poomsae	Poomsae self-defense
5~7 Dan	Chonkwon	• **Breaking the opponent's balance** • **Blocking and punching in short distances** • **Swipe to pull out/block**	• **When trying to grab a shoulder** Block it and hold one arm lifting over • **When holding the wrist with both hands** Block downward with diagonal step and twist to pull out and strike with knee and elbows

Self-defense for practical use	Reinforcement program		
	Training	Self-defense by situation	Advanced self-defense
• **When holding the shoulder from behind** Come out with force to turn around and press down the opponent's arm with weight • **When the opponent grabs the shoulder from behind** Avoid with turning step and lock the arm and neck and trip over		• **Self-defense by situation II** Compete once in each situation 1-10	• **Self-defense against other martial arts** How to defend by tripping over How to defend by tripping over by grabbing the side How to defend in lying position • **Self-defense against weapons** How to defend the knife attack How to defend the lumber stick attack How to defend when aimed with a pistol

Process		Poomsae	Poomsae self-defense
8~9 Dan	Hansu	• **punching out of the wrist** • **Block and attack vital spots** • **From inside to outside, outside to inside** • **How to use your body**	• **Striking attack** **Block by pressing it down,** hit with your elbows and grab the head down to joint lock When trying to hold the shoulder with both hands Lock the neck with arms and liftover
	Ilyeo	• **Connect side kick after thrusting** • **Catch the wrist and break it**	• **Striking attack** While blocking the outside, thrust with the tip of an open hand, front kick, jump and sidekick. Block, grab it, turning step, twist it, press it to break

Self-defense for practical use	Reinforcement program		
	Training	Self-defense by situation	Advanced self-defense
• **When the opponent holds both wrists** Open your palms, tilt your body, pull your wrists out, and twist wrists and elbows to break by using your weight. Open the palm, hold the opponent's hand twisted, lift it up on the shoulder and pull it down and press with an elbow to break			• **Self-defense to suppress the critical spot**
• **When the opponent pushes with the palm** Pull the opponent's wrist by using the rotational force with turning step, press the triceps, and trip over • **When the opponent the collar with the right hand** Pushing the back of the opponent's hand, trip over the opponent with the rotating force from turning, pulling the opponent's underarm			

Part 2

Taekwondo self-defense TECHNIQUE

Ⅲ Taekwondo self-defense composition

1. Poomsae self－defense, practical self－defense
2. Self－defense by situation Ⅰ
3. Self－defense by situation Ⅱ
4. Self－defense against other martial arts
5. Self－defense against weapons

Ⅲ

Taekwondo self-defense composition

Taekwondo self-defense was composed of Taekwondo Poomsae self-defense, practical self-defense, self-defense by situation, self-defense against other martial arts, and self-defense against weapons. Taekwondo Poomsae self-defense consists of 2 Poomsae self-defense techniques from each Poomsae which is for basic Poomsae from 'Taegeuk 1 Jang' to 'Taegeuk 8 Jang', and for advanced Poomsae from 'Koryo' to 'Ilyeo' and 2 applied self-defense techniques, Taekwondo self-defense was configured to be learned with Poomsae according to levels (dan), so that the difficulty of skills and functions could be naturally improved. In addition, it opens the possibility that it can be introduced as an evaluation event that can replace the Gyeonggi Gyeorugi in the future by incorporating the Gyeorugi ready posture and Gyeorugi steps during one vs one training with the other party, making it a more practical self-defense technique that can be used in real situations. Poomsae self-defense was made so that the purpose of the use of representative technologies corresponding to the characteristics of each Poomsae could be well understood. Practical self-defense is a training program that can be recommended and utilized by adolescents and adults(advanced) rather than youth (basic) by combining various techniques to cultivate practical adaptation ability rather than basic self-defense. It is designed as Poomsae I to the right stepping and Poomsae II to the left stepping so that the next counterattack can be initiafed while naturally avoiding the opponent's attack.

As a training program that can be practiced by those with

more than 4th Dan, self-defense for each situation and self-defense against other martial arts were organized. Weapon-response self-defense is included as a training program for advanced players of 6th Dan or higher level, and self-defense for suppressing vital spots will be added in the future. By presenting various taekwondo self-defense techniques as above, it was possible to provide customized programs for each training age and target, diversifying, specializing, and substantive training programs that were insufficient as the training progressed, and it tried to approach a new area of Taekwondo through the effect of increasing the value of martial arts by making taekwondo self-defense with strong practical propensity regular curriculum.

Ⅲ. Taekwondo self-defense composition

1.

Poomsae self–defense, practical self–defense

1) Taegeuk 1Jang

The first Jang of Taegeuk means the Gun of the Eight Trigrams for divination. 'Gun' symbolized the sky and became the first rule of the Eight Trigrams for divination in the notion that the sky was the first among all things in the universe. Just as the gun represents the beginning, the origin of all things, it is the first Poomsae that appears in Taekwondo and consists of a standing oriented 'front step' originating from walking, and the technique is composed of naelyeomakgi, inner-blocking, punching torso, and front kicking.

Poomsae	Poomsae Self–defense
Training Objective	• **Can avoid punching attacks by deviating sideways and blocking outward.** • **Can accurately punch(jireugi) in the solar plexus and the side** • **Can accurately kick the balls and the ham**
Poomsae Ⅰ	• **Opponent's right jireugi attack** Right front right foot moditgi–Block the face with Bakkatpalmok – right jireugi at torso (Myeongchi) right fist – Down (Nangsim) right foot front kick Opponent's right fist jireugi attack right front right foot moditgi – left bakkatpalmok face bakkatmakgi – right fist torso(solar plexus) jireugi – downward(ball) right foot apchagi
Poomsae Ⅱ	• **Opponent's right fist attack** Opponent right fist jireugi attack left front left foot moditgi – right bakkatpalmok face bakkatmakgi – torso(side) left fist jireugi – downward(ham) left foot dollyeochagi Climbing left front left foot – Covering the outer right outer cuff of the face–punching the left fist of the body (side) – Lower (half) left foot round kick

Poomsae	Practical use
Training Objective	• **When the opponent grabs the wrist and tries to drag it, it can be knocked off when the wrist held.** **When the other party grabs the wrist in a real–world situation where the other party grabs and drags the wrist.** **You can take it off by hitting it down.**
Practical Use Ⅰ	• **When the right wrist held by the opponent's left hand** Right front right foot moditgi – left bakkat plamok naelyeochigi When the right wrist is held in the other's left hand right front stepping right foot –left outer wrist hitting
Practical Use Ⅱ	• **When the left wrist held by the opponent's right hand** Left front left foot moditgi – right bakkatpalmok naelyeochigi When the left wrist is held in the other's right hand Step left front left foot–strike right outer wrist

(1) Taegeuk 1 Jang Poomsae Ⅰ

Counterattack

- (GIHAP)
- Right front right foot moditgi
- Left bakkatpalmog face makgi

Attack

- (GIHAP)
- Right foot naeditgi
- Right fist jireugi

Junbi

- Right torso(solar plexus) fist jireugi

- Right foot apchagi downward(groin)

Baro

Point

It uses the movements of one Taegeuk 1 Jang and consists of outer face blocking, punching, and front kicking. Defends with the feeling of repelling the opponent's attack when outer blocking the face. It is good to practice so that the connection of movement can be achieved during training.

(2) Taegeuk 1 Jang Poomsae Ⅱ

Counterattack

Attack

Junbi

- (GIHAP)
- Right front right foot moditgi
- Left bakkatpalmog face makgi

- (GIHAP)
- Right foot naeditgi
- Right fist jireugi

- Right fist torso(solar plexus) jireugi

- Right foot downward (hamstring)apchagi

Baro

Taegeuk 1 Jang

Practical Use Ⅰ

In order to efficiently pull out the hold right wrist, use the waist recoil rotational force and move the center of the body with hold hand upward and blocking hand downward by crossing each other when blocking downward.

Junbi

Attack

- (GIHAP)
- Left foot naeditgi
- Hold the defender's right hand with left hand.

Counterattack

- Move right foot to the right front and strike the attacker's wrist with the left outer wrist and remove the wrist. (GIHAP)

Taegeuk 1 Jang

Practical Use Ⅱ

Junbi

Attack

- (GIHAP)
- Right foot naeditgi
- Hold the defender's left hand with right hand.

Counterattack

- Move left foot to the left front and strike the attacker's wrist with the right outer wrist and remove the wrist. (GIHAP)

2) Taegeuk 2 Jang

Of Taegeuk 2 Jang means the Tae of the Eight Trigrams for divination. 'Tae' symbolized the pond which means that it is hard inside and soft outside. This is the Poomsae that perfects makgi, jireugi and chagi based on the confidence created by starting Taekwondo training. New techniques are face ollyeomakgi and face jireugi.

Poomsae	Poomsae self Defense
Training Objective	• **Can avoid jireugi attacks sideways and can block it inward.** • **Can punch Solar plexus and philtrum can be built in quick succession.** • **Can kick the abdomen accurately.**
Poomsae Ⅰ	• **Opponent's right Fist Attack** Right front right foot moditgi –right outer palmok anmakgi– left fist torso(solar plexus) jireugi – right fist face jireugi – downward(ball) right foot apchagi
Poomsae Ⅱ	• **Opponent's right Fist Attack** Left front left foot moditgi–left outer palmok anmakgi–orso (side) left fist–jireugi–Torso (abdomen) right foot dollyeochagi

Poomsae	Practical use
Training Objective	• **In a real–world situation where the opponent grabs the collar and drags you, you can strike it inward to remove it.**
Practical use Ⅰ	• **When held on the collar with opponents right hand** Right front right foot moditgi – right bakkatpalmok anchigi
Practical use Ⅱ	• **When held on the collar with opponents left hand** Left front left foot moditgi – left bakkatpalmok anchigi

(1) Taegeuk 2Jang Poomsae Ⅰ

Junbi

Counterattack

- (GIHAP)
- Right front right foot moditgi
- Right bakkat palmokmakgi

- Left fist torso(solar plexus) jireugi

- Right fist face jireugi

Attack

- (GIHAP)
- Right foot naeditgi
- Right fist jireugi

- Right foot downward (groin) apchagi

Baro

Point

Taegeuk 2Jang uses the movements of Poomsae, and the movements used are an-makgi, jireugi, jireugi faces, downward apchagi and moditgi. Because it uses the most basic movement of Taekwondo, it is not difficult and can be practiced easily.

(2) Taegeuk 2Jang Poomsae Ⅱ

Junbi

Counterattack

- Left front left foot moditgi
- Bakkatpalmok left anmakgi

- Right fist torso(side) jireugi

- Right foot torso(stomach) dollyeochagi

Attack

- (GIHAP)
- Right foot naeditgi
- Right fist jireugi

Baro

Taegeuk 2 Jang

Practical use Ⅰ

Taegeuk 2Jang is a chigi motion that uses anmakgi and the movement that hits opponent's arm by using the waist rotation and weight movement in moditgi position when hold on collar by the opponent.

Junbi

Attack

- Stepping with right foot, grab the defender's collar with right hand.

Counterattack

- (GIHAP)right front right diagonally stepping and right bakkatpalmok anchigi

Taegeuk 2 Jang

Practical use Ⅱ

Junbi

Attack

- Stepping with left foot, grab the defender's collar with left hand.

Counterattack

- (GIHAP)Left front left diagonally stepping and left bakkatpalmok anchigi

3) Taegeuk 3 Jang

Taegeuk 3 jang means the Yi of the Eight Trigrams for divination. Yi symbolizes fire and indicates repeated brightness. Based on the fiery sense of justice and training motivation through Taekwondo training, the power and speed of the technique are important, such as preventing and hitting the opponent's strikes at high speed. The new techniques are a neck sonnal anchigi, sonnal bakkatmakgi and a new stand as dwisgub-i. It is characterized by the continuous use of techniques such as continuous blocking and hitting and kicking and continuous jireugi.

Poomsae	Poomsae self Defense
Training Objective	• **Can avoid jireugi attacks to the side and push it outward and strike the neck or punch the side.** • **You can hit it with your knees while pulling arms and neck.** • **You can pull the arm and round kick it with your knees.**
Poomsae Ⅰ	• **Opponent right fist jireugi attack** Right front right foot moditgi – left sonnal(hand blade) bakkatmakgi – right sonnal(hand blade) neck anchigi – (catching and pressing firmly) face knee ollyeochigi
Poomsae Ⅱ	• **Opponent right fist jireugi attack** Left front left foot moditgi – right sonnal(hand blade) bakkatmakgi – side left fist jireugi (pulling arms with right hand) – torso(stomach) right knee dollyeochigi

Poomsae	Practical use
Training Objective	• **Can twist it out inward or upward when the wrist is held.** • **Can hit the temple with inwardly bent elbow turning.** • **Can hit the chin upwardly with the bent elbow.**
Practical use Ⅰ	• **When the right wrist is held by the opponent's left hand** Right foot naeditgi – (inward) teuleoppaegi – right elbow face dollyeochigi
Practical use Ⅱ	• **When the right wrist is held by the opponent's left hand** Right foot naeditgi – (upward) biteuleoppaegi – chin right elbow ollyeochigi

(1) Taegeuk 3 Jang Poomsae Ⅰ

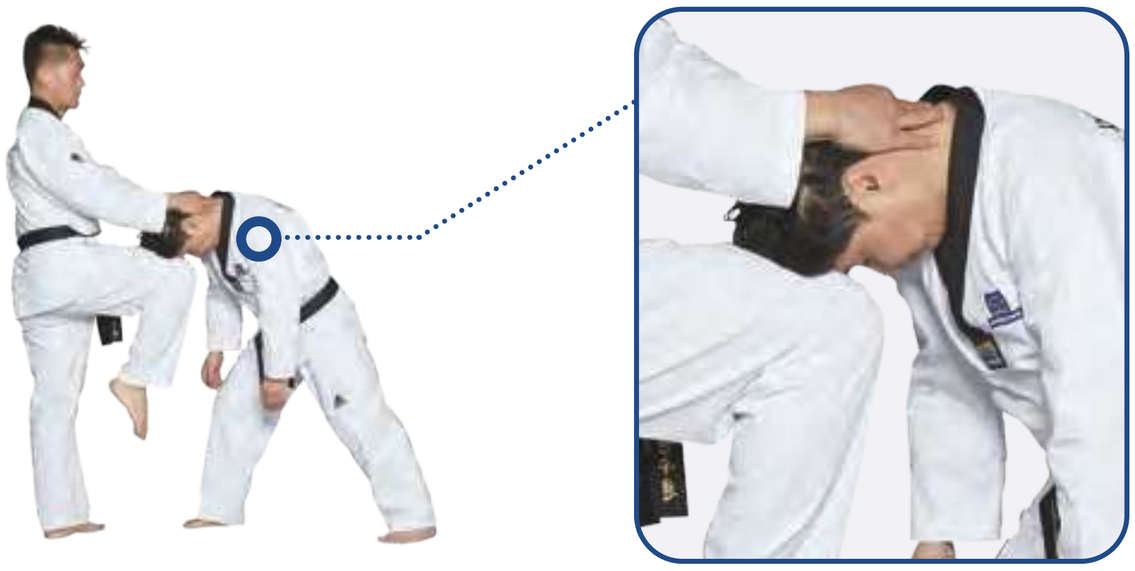
Junbi

Counterattack

- (GIHAP)
- Right front right foot moditgi
- Left sonnal(hand blade) bakkatmakgi
- Right sonnal(hand blade) neck anchigi

Attack

- (GIHAP)
- Right foot naeditgi
- Right fist jireugi



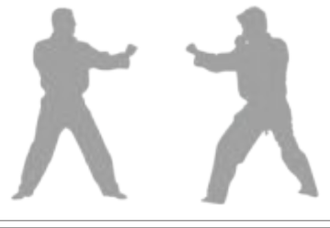
Baro

- With two hands pressing the neck face knee ollyeochigi

Point

It uses Taegeuk 3 Jang movements and consists of sonnal(hand–blade) bakkatmakgi, sonnal(hand–blade) anchigi and knee ollyeochigi. Taegeuk 3 Jang self–defense uses the principle of action–reaction by pulling and attacking the other person's body, allowing you to overpower the other person with a small force. It is good to practice so that your hands and feet can be used quickly during training.

(2) Taegeuk 3 Jang Poomsa Ⅱ



Counterattack

Junbi

Attack

- (GIHAP)
- Left front left foot moditgi
- Right sonnal(hand blade) bakkatmakgi

- (GIHAP)
- Right foot naeditgi
- Right fist jireugi

- Left fist neck jireugi

- Pulling opponent's right wrist with right hand, Right knee torso(stomach) dollyeochigi

Baro

Taegeuk 3 Jang

Practical Use Ⅰ

When the right wrist is held, the body moves quickly, and the rotation of the wrist is used to pull it out and attack the opponent's face with the elbow.

Junbi

Attack

- Left foot stepping forward with your left hand holding defender's right wrist

Counterattack

- Step on the right foot and deviate to the side to remove the gripped wrist
- Right elbow face dollyeochigi

Taegeuk 3 Jang

Practical Use Ⅱ

Junbi

Attack

- Left foot naeditgi
- Hold the defender's right hand with the left hand

Counterattack

- Lower the weight by stretching out the palm of your right hand and stepping forward.
- Twisting upward and pulling out and chin right elbow ollyeochigi

4) Taegeuk 4 Jang

Taegeuk 4 Jang means Jin of the Eight Trigrams for divination. 'Jin' symbolizes thunder, has the meaning of great power and dignity and also represents heavy and powerful things. There are many techniques and movements with a high level of difficulty, and it is characterized by a lot of various skills and heels standing in Junbi for competition. New techniques include geodeuleo sonnal bakkatmakgi, pyeonsonkkeut jjireugi, jebipum anchigi, yeopchagi, bakkatmakgi and deungjumeog apchigi.

Poomsae	Poomsae self Defense
Training Objective	• **Can avoid jireugi attack sideways pushing it outward or inward and thrust the opponent. .** • **Can accurately kick the abdomen and hamstrings.**
Poomsae Ⅰ	• **Opponent right fist jireugi attack** Right back right foot moditgi – geodeuleo sonnal(hand blade) bakkatmakgi – right open hand torso(solar plexus) sewojjireugi – downward(stomach) left foot yeopchagi
Poomsae Ⅱ	• **Opponent right fist jireugi attack** Left front left foot moditgi – right sonnal(hand blade) bakkatmakgi – side left fist jireugi (pullin the arm with right hand) – torso(stomach) right knee dollyeochigi – left front left foot moditgi – left batangson anmakgi – torso(sidech) open right hand sewojjireugi – downward(ham) right foot yeopchag Practical use i

Poomsae	Practical use
Training Objective	• **Can twist it out outward or upward when the wrist is held.** • **Can hit the neck right away with the sonnal(hand blade) you swung out.** • **You can hit the chin right away with batangson, swinging it out inward**
Practical use Ⅰ	• **When the right wrist is held in the opponent's left hand** Right front right foot moditgi – from inside outward teuleoppaegi – right sonnal(hand blade) neck anchigi
Practical use Ⅱ	• **When the right wrist is held in the opponent's left hand** Right foot naeditgi – from outside inward teuleoppaegi – right batangson chin apchigiright foot naeditgi – from outside inward teuleoppaegi – right batangson chin apchigi

(1)Taegeuk 4 Jang Poomsae Ⅰ

Counterattack | **Junbi** | **Attack**

- The right back right foot diagonally stepping dwisgub–i geodeuleo sonnal(hand blade) bakkatmakgi

- (GIHAP)
- Right foot naeditgi
- Right fist jireugi

- Right open hand Torso(solar plexus) sewojjireugi

- Downward(stomach) left foot yeopchagi (GIHAP)

Baro

Point

Taegeuk 4 Jang Poomsae's movements are used, and it consists of geodeuleo sonnal bakkatmakgi, pyeonsonkkeut sewojjireugi, yeopchagi and moditgi.

(2)Taegeuk 4 Jang Poomsae Ⅱ

Junbi

Counterattack

- Left front left foot moditgi
- Left batangson anmakgi

Attack

- (GIHAP)
- Right foot naeditgi
- Right fist jireugi

- Right open hand torso(side) sewojjireugi

- Right foot downward (hamstring) yeochagi (GIHAP)

Baro

Taegeuk 4 Jang

Practical use Ⅰ

After removing the hand held by the other person from the inside out, counterattack it with a sonnal (hand blade) neck or batangson chin apchigi.

Junbi

Attack

- (GIHAP)
- Left foot stepping and grab the opponent's right wrist

Counterattack

- Right front right foot diagonally stepping twist the hand out from inside outward
- Right sonnal(hand blade) neck anchigi (GIHAP)

Taegeuk 4 Jang

Practical us Ⅱ

Junbi

Attack

- (GIHAP)
- Left foot stepping and grab the opponent's right wrist

Counterattack

- Right front right foot side stepping, twist the hand out from outside inward
- Right batangson chin apchigi (GIHAP)

5) Taegeuk 5 Jang

Taegeuk 5 Jang means Son of the Eight Trigrams for divination. Son symbolizes the wind and has the meaning of prestige and quietness. This training stage, where you can control the strength and weakness of your power. New techniques include mejumeog naelyeochigi, palgub dollyeochigi and palgub pyojeokchigi and stand as kkoaseogi, oenseogi and Oreunseogi.

Poomsae	Poomsae self Defense
Training Objective	• **Avoids chagi attack to the side and can be cleared out or in.** • **While approaching, you can hit the philtrum with your back fist and strike it with your elbows turning.** • **While approaching, you can strike it with your elbows turning and kick the hamstrings.** • **You can hit the target with your elbow while pulling the head.**
Poomsae Ⅰ	• **The opponent's right foot side kick attack** Right front right foot moditgi – left bakkatpalmok naelyeomakgi – right deungjumeog face apchigi– left elbow face dollyeochigi
Poomsae Ⅱ	• **The opponent's right foot side kick attack** Left front left foot moditgi – left bakkatpalmok anmakgi – right elbow face dollyeochigi – side downward(hamstring)kick – left elbow fece pyojeok(target)chigi

Poomsae	Practical use
Training Objective	• **When the wrist is held, it can be lifted from the inside out or from the outside to hold the opponent's wrist.** • **Tilt the body outward and hold the back of the opponent's hand to twist it.** • **You can break the arm by pressing on the opponent's elbow with the sonnal(hand blade).** • **Strengthen the strength of the wrist by spreading the gripped hand and using the strength of the body by placing it closer**
Practical use Ⅰ	• **When the right wrist is held in the opponents left hand** Swinging it inward and hold it with left hand – right front right foot moditgi – holding and biteuleokkeokkgi
Practical use Ⅱ	• **When the right wrist is held by the opponent's left hand** Swinging it outward and hold it with left hand – left front right foot moditgi – right sonnal(hand blade) nulleokkeokgii

(1) Taegeuk 5 Jang Poomsae Ⅰ

Counterattack | **Junbi** | **Attack**

- Right foot right front moditgi
- Bakkatpalmok left naelyeomakgi

- (GIHAP)
- Right foot yeopchagi

- Deungjumeog right chigi

- (GIHAP)
- Left elbow dollyeochigi

Baro

Point

Taegeuk 5 Jang uses the movements of Poomsae, and consists of a naelyeomakgi, a deungjumeog apchigi and palgub dollyeochigi.
It is necessary to train for deungjumeog apchigi to be directly connected after the defender's naelyeomakgi.

(2) Taegeuk 5 Jang Poomsae Ⅱ

Junbi

Counterattack

- With left foot forward and side and left bakkatpalmok anmakgi

- Right elbow face dollyeochigi

- Downward(ham) right foot yeopchagi

- Pulling the opponent's head with right hand and elbow face(occipital region) left pyojeok(target)chigi (GIHAP)

Baro

Attack

- (GIHAP)
- Right foot yeopchagi

Taegeuk 5 Jang

Practical us Ⅰ

When the right wrist is held, used the technique that twists and breaks the opponent's wrist. Lift the hand inside the body, hold the opponent's wrist with the left hand and twist it outward to defeat it.

Junbi

Attack

- (GIHAP)
- Stepping left foot
- Hold the defender's right wrist with left hand.

Counterattack

- Open your right hand, swing it inward, and hold the back of your opponent's hand with your left hand.
- Right front right foot diagonally stepping, twist the opponent's wrist. (GIHAP)

Taegeuk 5 Jang

Practical us Ⅱ

When the right wrist is held, used the technique that twists and breaks the opponent's wrist. Lift the hold right hand inward from the outside of the body, hold the back of the opponent's hand with the left hand, press the opponent's elbow with the sonnal(hand blade), and joint lock the wrist to suppress it.

Junbi

Attack

- (GIHAP)
- Stepping left foot
- Hold the defender's right wrist with left hand.

Counterattack

- Open your right hand, swing it inward, and hold the back of your opponent's hand with your left hand.
- Left front right foot diagonally stepping, joint lock and press the opponent's left elbow with sonnal. (GIHAP)

6) Taegeuk 6 Jang

Taegeuk 6 Jang means Gam of the Eight Trigrams for divination. 'Gam' means that one yang falls into two um, indicating a difficult situation, and symbolizes water. Like the nature of water, the source of all life, the connection of technique flows like water. New techniques include biteuleo makgi, dollyeochagi, face bakkatmakgi and batangson anmakgi

Poomsae	Poomsae self Defense
Training Objective	• **Can avoid chagi attack by deviating side and pushing it outward and punch solar plexus.** • **Can round kick the face.** • **Can avoid chagi attack by stepping backward and counterattack hamstring with a kick.** • **Punch the side and round kick the face.**
Poomsae Ⅰ	• **The opponent's right foot dollyeochagi face attack** Right front right foot moditgi – left bakkatpalmok face bakkatmakgi – right fist torso(solar plexus) jireugi– right foot face dollyeochagi
Poomsae Ⅱ	• **The opponent's right foot dollyeochagi attack** Switching foot mulleoditgi – downward(ham) left foot dollyeochagi – side right fist jireugi – right foot face dollyeochagi

Poomsae	Practical use
Training Objective	• **Can joint lock the opponent's wrist by twisting or pressing it.** • **Can use the body weight when twisting and pressing the wrist.**
Practical use Ⅰ	• **When the right wrist is held by the opponent's right hand** Catch the opponent's right wrist covering it with left hand – left front left foot moditgi – pulling the left hand and wrist biteuleoppaegi – catch opponent wrist with right hand – left front right foot moditgi – biteuleokkeokkgi by holding it with two hands – right tripping over(dali georeoneomgigi)
Practical use Ⅱ	• **When the right wrist is held by the opponent's right hand** Right hand lifting biteuleoppaegi – catch opponent wrist with right hand– right front left foot moditgi– left sonnal(hand blade) elbow nulleokkeokgi

(1) Taegeuk 6 Jang Poomsae Ⅰ

Counterattack | **Junbi** | **Attack**

- When the right back right foot diagonally stepping and left fece bakkatpalmok bakkatmakgi

- (GIHAP)
- Right foot Face dollyeochagi

- Right fist torso(solar plexus) jireugi

- Right foot face dollyeochagi (GIHAP)

Baro

Point

Taegeuk 4 Jang Poomsae's movements are used and it consists of face bakkatmakgi, jireugi, and face dollyeochagi. The training is to cultivate the ability to control the distance with the opponent so that the connection of the torso jireugi and face round kick can be possible.

(2) Taegeuk 6 Jang Poomsae Ⅱ

Counterattack

Attack

Junbi

- Left foot back stepping and teuleopihagi

- (GIHAP)
- Right foot dollyeochagi

- Downward(ham) left foot dollyeochagi

- Right fist Torso(side) jireugi (GIHAP)

- Right foot fece dollyeochagi (GIHAP)

Baro

Taegeuk 6 Jang

Practical use Ⅰ

It is a technique of twisting the opponent's wrist when the right inside of the wrist is held. Hold the opponent's hand near the solar plexus and twist it with both hands.

Junbi

Attack

- (GIHAP)
- Stepping right foot
- Hold the defender's right wrist from the inside with right hand.

Counterattack

- While stretching out the right caught palm, hold the back of the opponent's hand with your left hand and lift it inward from the outside of your right hand while left front left foot stepping diagonally
- Cross the right feet behind the opponent's leg with left front right foot moditgi.
- Turn your body forward to the left and twist the opponent's wrist to break it down making him fall. (GIHAP)

Taegeuk 6 Jang

Practical use Ⅱ

It is a technique of joint lock the opponent's elbow with the sonnal(hand blade) when the inside of the wrist is hold. Place your wrist on the opponent's elbow two joints wide or the triceps and press it with a body the weight.

Attack

- (GIHAP)
- Step with your right foot and grab the inside of your opponent's right hand with your right hand.

Junbi

Counterattack

- Open the right palm lifting it from the inside out to grab the opponent's wrist.
- Move the right front left foot, pull the right hand, and joint lock the opponent's elbow and triceps with the left sonnal(hand blade).
  (GIHAP)

7) Taegeuk 7 Jang

Taegeuk 7 Jang means Gan of the Eight Trigrams for divination. 'Gan' symbolizes a mountain and means weight and solidity. It shows that it is possible to bear the weight of strength through unshakable training consciousness and skill acquisition. The new techniques include geodeuleo sonnal naelyeomakgi, geodeuleo batangson anmakgi, gawimakgi, muleup ollyeochigi, hechyeomakgi, dujumeog jeojhyeojireugi, eosgeoleo naelyeomakgi, pyojeokchagi and yeopjireugi and beomseogi and juchumseogi as a stand. Since the movements are diverse, you should focus on connectivity and practice.

Poomsae	Poomsae self Defense
Training Objective	• **Can block the opponent's chagi with crossed wrists.** • **Can avoid opponents two hands holding shoulders with hechyeo makgi.** • **Can kick the opponent, pulling opponent's shoulder downward.** • **Can make the opponent fall by breaking the balance by pulling the arm and neck.**
Poomsae Ⅰ	• **Opponent right foot apchagiattack** When the right back right foot moditgi – eotgeoreomakgi – (if the opponent holds both shoulders) hechyeomakgi– hold the opponent's shoulder pulling it downward stomach knee ollyeochigi – left front right foot moditgi– pulling opponent right are and neck right tripping over(dali georeoneomgigi) – face naelyeojireugi
Poomsae Ⅱ	• **Opponent right foot apchagi attack** Step with the left foot and turn clockwise on the right foot axis – eotgeoreomakgi – left deungjumeog face bakkatchigi– stomach right knee dollyeochigi – right elbow face pyojeok(target)chigi

Poomsae	Practical use
Training Objective	• **Can fix the opponent holding wrist. (role of supporting point in leverage principle)** • **Can use your weight to break it down.**
Practical use Ⅰ	• **When the opponent grabs the middle sleeve of the right arm with his left hand** Hold the opponent's right hand back with your left hand – Lifting up a right hand – right foot naeditgi – palmok nulleokkeokgi with the arm raised while fixing the wrist held with the left hand
Practical use Ⅱ	• **When the opponent grabs the right shoulder with his left hand** Hold the opponent's right hand back with your left hand – left foot mulleoditgi– Lifting over the right hand– palmok nulleokkeokgi with the elbow raised while fixing the wrist held with the left hand

(1) Taegeuk 7 Jang Poomsae Ⅰ

Counterattack

- Eotgeoreomakgi

- Hechyeomakgi with two hands
- hold attacker's shoulder

- Torso(solar plexus) knee ollyeochigi

- Left front right foot moditgi
- Trip over the opponent's right foot

Junbi

Attack

- (GIHAP)
- Right foot apchagi

- When trying to catch defender's shoulder with two hands

- Face naelyeojireugi (GIHAP)

Baro

Point

Taegeuk 7 Jang Poomsae's movements are composed of eosgeoleo naelyeomakgi, hechyeomakgi, knee ollyeochigi, georeoneomgigi and face naelyeojireugi. It is necessary to understand and practice the principles of central movement when tripping over the person and understanding the movement of Poomsae.

(2) Taegeuk 7 Jang Poomsae Ⅱ

Counterattack

- Left foot stepping and turing juchumseogi and eotgeoreomakgi

- Left deungjumeog face bakkatchigi

- Right knee torso (solar plexus) ollyeochigi

- Right elbow pyojeok (target) face chigi (GIHAP)

Junbi

Attack

- (GIHAP)
- Right foot apchagi

Baro

Taegeuk 7 Jang

Practical use Ⅰ

When the opponent grabs the elbow parts of sleeve, hold the opponent's back of the hand with the left hand and step forward, pressing the opponent and breaking the opponent's wrist.

Junbi

Attack

- (GIHAP)
- Left foot stepping
- With your left hand, grab the sleeve of the defender's right arm.

Counterattack

- Hold the back of the opponent's hand with the opposite hand.
- Lift the arm from the outside, opening the palm .
- Left front right foot diagonally stepping bend the lifted arm and twist the opponent's wrist to break it. (GIHAP)

Taegeuk 7 Jang

Practical use Ⅱ

When the opponent grabs the clothes on the shoulder, lift the caught arm, making it close, then step backward and defeat the opponent's wrist in the form of elbow naelyeochigi.

Attack

- (GIHAP)
- Left foot stepping
- Hold the defender's right shoulder with the left hand.

Junbi

Counterattack

- Hold the opponent's back of the hand with the other hand.
- Move your left foot back and lift your right hand up.
- Hit with the lifted elbow and press the opponent's wrist to break it.

8) Taegeuk 8 Jang

The Taegeuk 8 jang means the Gon of the Eight Trigrams for divination. The 'Gon' is the last trigram of the Eight Trigrams for divination, symbolizing the earth and yin, and has a root, stability, and a beginning and an end. The land helps the growth of all things and becomes the mother that embraces and reproduces them. The things to keep in mind during training are to understand the difference and acquire the way of chago dwilo du geol-eum mulleoditgi, dubal dangseongchagi and ttwieochagikick. New techniques include dubal dangseongchagi, geodeuleo bakkatmakgi, oesanteulmakgi, dang-gyeojireugi, geodeuleo naelyeomakgi and elbow dollyeochigiga.

Poomsae	Poomsae self Defense
Training Objective	• **Can do dubal dangseongchagiwa ttwieo chagi.** • **Can attack by holding the opponent's head down with both hands or pulling it with one hand.** • **Can attack with one arm in succession.**
Poomsae Ⅰ	• **Opponent right foot apchagi attack** rightward two feet yeopditgi – downward(balls) right foot apchagi– left foot torso(solar plexus) apchagi– pulling the opponent's head with your left hand and right fist chi–jireugi – pressing down the other's head with both hands and jumping right knee ollyeochigi
Poomsae Ⅱ	• **Opponent right fist jireugi attack** front foot(left foot) apchagi– right elbow face(chin) dollyeochigi – right deungjumeog face(philtrum) apchigi – left fist face jireugi

Poomsae	Practical use
Training Objective	• **When the other person's arm is stretched, you can choose a direction that can be bent by pressing it with the arm's outstretched.** • **When the other side's arm is bent, you can twist the wrist and press it with your weight.**
Practical use Ⅰ	• **When the other party holds the collar with his left hand, but his arm are extended** The left hand covers and grab the opponent's hand, the right hand covers and the opponent's wrist – right foot left front moditgi – With the wrist held fixed by left hand wrist nulleokkeokgi with right elbow
Practical use Ⅱ	• **When the other party holds the collar with his left hand, but his arm is bent** Cover and grab the opponent's hand with two hands – right foot right front moditgi – left foot right front moditgi – wrist biteuleo nulleokkeokgi – left tripping over(dali georeoneomgigi)

(1) Taegeuk 8 Jang Poomsae Ⅰ

Counterattack | **Junbi** | **Attack**

- Right ward two feet yeopditgi

- (GIHAP)
- Right foot apchagi

- Right foot low (groin) apchagi

- jumping left foot torso (solar plexus) apchagi

- Pulling the opponent's head with left hand right fist chi–jireugi

- Pressing the opponent's head with two hands, jumping right knee ollyeochigi (GIHAP)

Baro

Point

Taegeuk 8 Jang Poomsae's movements are consist of dubal dangseongchagi, chin dang–gyeojireugi and ttwieo knee ollyeochigi. In the front kick, the training of jumping knees attacks while pulling the opponent's head and torso chagi with the front axis must be preceded.

(2) Taegeuk 8 Jang Poomsae Ⅱ

Junbi

Counterattack

Attack

- Front foot(left foot) apchagi

- (GIHAP)
- Left foot stepping right fist jireugi

- Right elbow face(chin) dollyeochigi

- Deungjumeog face(philtrum)apchigi

- Left fist dollyeo face jireugi
- (GIHAP)

Baro

Taegeuk 8 Jang

Practical use Ⅰ

This technique in which the opponent's elbow is pressed against the armpit when the opponent's arm is stretched to hold the collar. Hold the opponent's hand and wrist, fix it in the chest position, and press the opponent's elbow with the weight on it.

Junbi

Attack

- (GIHAP)
- Step with your left foot and grab the collar with your left hand.

Counterattack

- Hold the right hand around the opponent's wrist and the left hand around the opponent's fist, and fix the back of the hand so that it does not loosen.
- Stepping with the right foot left forward, fix the opponent's left arm in the armpit.
- Lower the body and break the attacker's wrist and elbow joints. (GIHAP)

Taegeuk 8 Jang

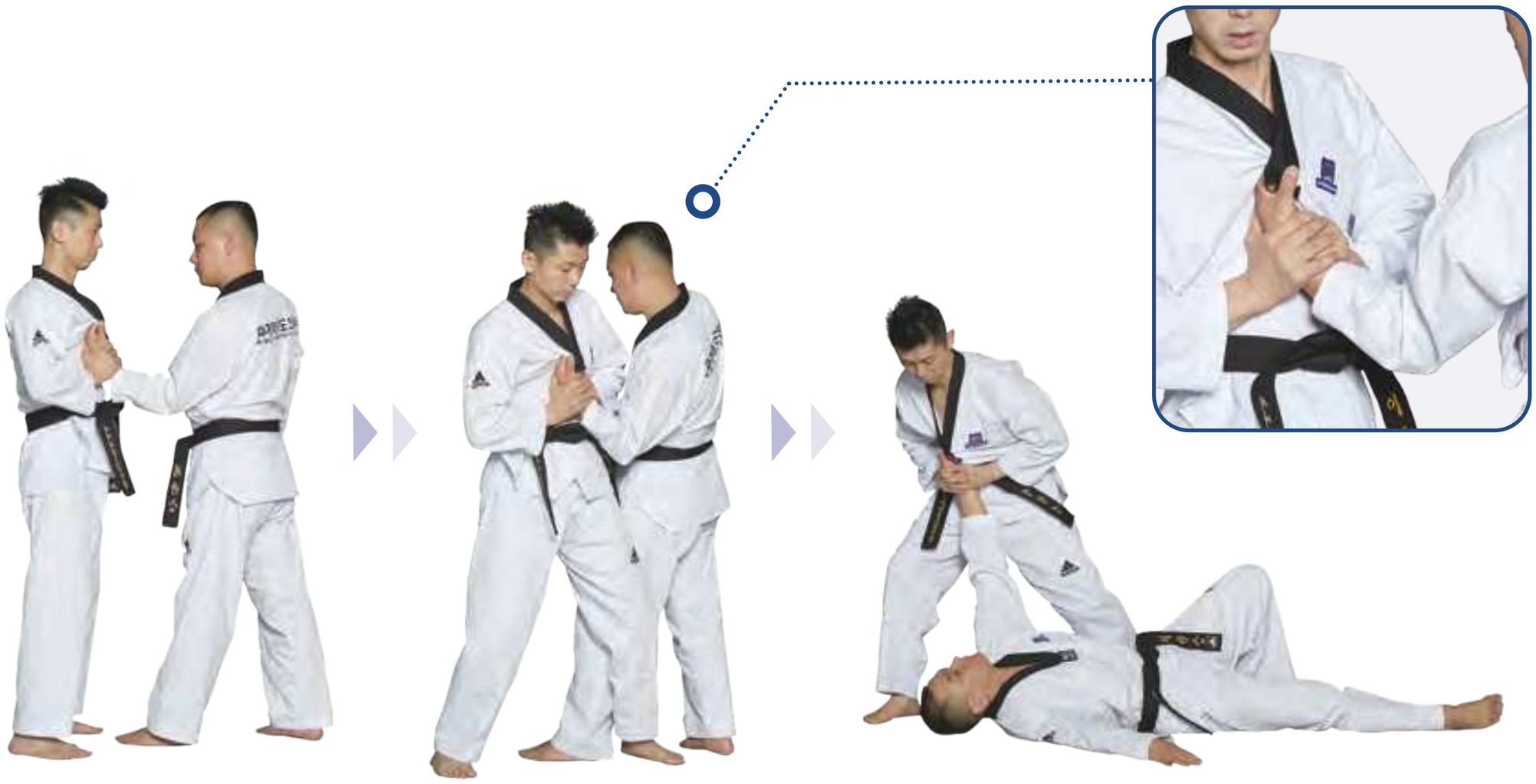
Practical use Ⅱ

It is a technique to suppress the opponent's elbow by bending the opponent's elbow when the opponent's arm is bent to hold the collar. Hold the opponent's hand with both hands, fix it in the chest position, and twist it 45° with your body.

Junbi

Attack

- (GIHAP)
- Step with your left foot and grab the collar with your left hand.



Counterattack

- With both hands, hold firmly with both thumbs on the back of the attacker's hand.
- Twist the opponent's hand while keeping the left foot in front of the right , and trip over.
- (GIHAP)

9) Koryeo

Koryeo Poomsae means seniors, and seniors represent a strong martialism and a straightforward scholarship. Poomsae line is like the letter 'Sa' and represents senior (seonbi), the meaning of Koryeo Poomsae. The ready posture is a tongmilgi, and it is a posture that places importance on mental unification because the hand is at the point between the upper and the middle hypogastric center, that is, where the deity and spirit are united. New techniques include geodeubchagi, eop-eun sonnal bakkatchigi, ageumson nulleokkeokgi, pyojeok jireugi, pyeonsonkkeut jeojhyeo jjireugi, batangson nulleomakgi, palgub yeopchigi and alae mejumeog pyojeokchigi.

Poomsae	Poomsae self Defense
Training Objective	• **Can block the opponent's turn–kick attack and at the same time strike the opponent's hand.(Ageumson apchigi)** • **Can block the opponent's turn–kick attack by holding the neck with the other hand, and crossing the leg.** • **Can kick sideways by chasing the opponent who is retreating. (Two feet gathered yeopchagi)**
Poomsae Ⅰ	• **Opponent right foot apchagi attack** Left foot naeditgi – left sonnal(hand blade) naelyeomakgi – ageumson neck apchigi – right foot apchagi– two feet gathered right foot yeopchagi
Poomsae Ⅱ	• **Opponent right foot dollyeochagi attack** Right front right foot moditgi – left sonnal(hand blade) naelyeomakgi – sonnal neck (hand blade) anchigi – (left hand holding the leg and right hand pulling the neck) right tripping over(dali georeoneomgigi) – right mejumeog naelyeochigi (elementary school student : sonnal(hand blade) neck anchigi – pulling neck with right hand left knee dollyeochigi)

Poomsae	Practical use
Training Objective	• **Can avoid the opponent's attack by lowering yourself and turning back.** • **Can hold one hand and push the other to break the opponent's center.** • **Can do apchigi with your head (forehead).** • **Can hang your leg and hold it and can pull the opponent down with your upper body and hand.**
Practical use Ⅰ	• **When the opponent holds the nape of the neck with the right hand from behind** With right foot axis left foot back step–left foot left front moditgi–(left under the opponent's arm) Hold the waist with left hand and fix it–chin right batangson apchigi
Practical use Ⅱ	• **Opponent's two feet gathered left foot yeopchagi attack** Left foot mulleoditgi – eotgeoreomakgi – left foot naeditgi – head apchigi– (left hand pulling the arm and right hand pushing shoulder) right tripping over(dali georeoneomgigi) – pressing head with knee, wrist inwardly biteuleo kkeoggi

(1) Koryeo Poomsae Ⅰ

Counterattack

Attack

Junbi

- Left foot naeditgi
- Left sonnal(hand blade) naelyeomakgi
- Right ageumson neck apchigi (kaljaebi)

- (GIHAP)
- Right foot apchagi

- Right foot torso(stomach) apchagi

- Two feet gathered right foot yeopchagi torso(stomach) (GIHAP)

Baro

Point

It uses the technique of Koryeo Poomsae, and the movements used are composed of sonnal naelyeomakgi, ageumson apchigi(kaljaebi), apchagi and yeopchagi. Training on the side kick starting with the fist gothered. Also sonnal naelyeomakgi, ageumson apchigi(kalgaebi), must be performed simultanesusly.

(2) Koryeo Poomsae Ⅱ

Counterattack	Junbi	Attack
• Stepping with the right foot and turning the left foot axis counterclockwise • Left sonnal(hand blade) naelyeomakgi • Right sonnal neck (hand blade) anchigi		• (GIHAP) • Right foot dollyeochagi
• Raise the opponent's leg with the left hand blade and right leg tripping over(dali georeoneomgigi) • Press opponent neck with right hand • Left front right foot diagonally stepping, tripping over(dali georeoneomgigi)		
• Mejumeog naelyeo solar plexus(balls) chigi		

Point

The movements of Koryeo Poomsae are using, and the movements used consist of sonnal(hand blade) naelyeomakgi, sonnal(hand blade) anchigi, tripping over(dali georeoneomgigi) and mejumeog naelyeochigi. It is important to block it with a hand blade and hang the opponent's leg by rolling it up at the same time and to hold the opponent's leg and attach it to the body when crossing the leg.

Koryeo

Practical use Ⅰ

The technique that makes him fall by going back under the opponent's arm, pulling the waist, and pushing the chin when the opponent grabs the nape of the neck from behind. Pull the waist with your left hand, and push the chin with your batangson to break the balance.

Junbi

Attack

- (GIHAP)
- When the opponent grabs the back from behind

Counterattack

- Turn around and step backward and support the waist with your left hand.
- Chin right batangson apchigi
- Waist georeoneomgigi (GIHAP)

Koryeo

Practical use Ⅱ

Junbi

Attack

- (GIHAP)
- left foot yeopchagi

Counterattack

- Right foot stepping backward pull the opponent while blocking with two crossed hands
- With two hand pulling the shoulder, forehead apchigi
- Left front right foot diagonally stepping tripping over(dali georeoneomgigi)
- Hold the opponent's head and body upright halfway with both knees, then wrist nulleokkeokgi（GIHAP)

10) Keumgang

In Keumgang Poomsae, Keumgang means that it is tough and never breaks. Keumgangsan, the spiritual mountain of the Korean peninsula, and the two shrines (Miljeok Keumgang and Nara yeon Keumgang) that obey the Buddha's laws symbolize the strong and unbreakable history of Keumgang. The Poomsae Line is magnificent and stable when it is operated in a mountain shape to develop strength. New techniques include batangson-apchigi, sonnal anmakgi, Keumgangmakgi, santeulmakgi, keundoljjeogwi and hagdaliseogi.

Poomsae	Poomsae self Defense
Training Objective	• **Can do elbow dollyeochigi by using the rotational force to turn back.** • **Can use the rotational force of turning back to break the opponent's arm** • **The force to sit down can weaken the ability for the opponent to hug you from behind.**
Poomsae Ⅰ	• **Opponent left fist jireugi attack** Left front left foot moditgi – left sonnal(hand blade) anmakgi – left foot axis clockwise dwidol–aditgi– right elbow dollyeochigi – right foot axis counterclockwise dwidol–aditgi– left elbow face dollyeochigi
Poomsae Ⅱ	• **When the opponent hugs from behind** Juchumseogi and sit down with meong–eppaegi – left elbow dwichigi – right elbow dwichigi– hold opponent's right wrist with left hand – Turn the right foot axis counterclockwise to go under the opponent's arm and elbow nulleokkeokgi

Poomsae	Practical use
Training Objective	• **Can block it by bringing your arms together and striking them outward.** • **Can wrap the head of the person who is bowing down with your arm and tighten it.** • **Can press the other person's arm on your shoulder and break it using your arm and upper body.**
Practical use Ⅰ	• **When the other person tries to hold the shoulder with both hands** Hechyeomakgi – with two hands holding head and pulling downright knee ollyeochigi – right elbow naelyeochigi – Swing your right arm inward to wrap neck and arms and tighten them.
Practical use Ⅱ	• **When both wrists are holds** With right hand lifted wrist biteuleoppaegi – left front right foot moditgi – right sonnal(hand blade) naelyeochigi– right elbow face dollyeochigi – right foot axis turning clockwise step – hold the opponent's shoulder with both arms and turn the left axis clockwise dwidol–aditgi – two hands shoulder nulleokkeokkg with opponent’s hand on the shoulder – with two hands wrist biteuleo nulleokkeokgi

(1) Keumgang Poomsae Ⅰ

Counterattack

Attack

Junbi

- Left front left foot moditgi
- Left sonnal(hand blade) anmakgi

- (GIHAP)
- Left foot naeditgi
- Left fist jireugi

- Left foot axis clockwise dwidol–aditgi
- Right elbow dollyeo torso(solar plexus)chigi

- Right foot axis counterclockwise dwidol–aditgi
- Left elbow face dollyeochigi

- Batangson torso(rib) apchigi (GIHAP)

Point

Keumgang Poomsae's movements are using, and include sonnal(hand blade) anmakgi, stepping back turning elbow dollyeochigi and batangson apchigi.
Keumgang Poomsae self–defense technique uses rotational power to produce a greater effect with a little effort, and it is recommended to practice so that rapid rotation can be achieved during training.

Baro

(2) Keumgang Poomsae Ⅱ

Counterattack | **Junbi** | **Attack**

- Juchumseogi and sit down with meong–eppaegi

- (GIHAP)
- Cuddling from behind while locking with both hands

- Left elbow solar plexus or face dwichigi

- Right elbow dwichigi

- Hold the opponent's right wrist with your left hand and turn counterclockwise on the right foot axis (dwidol–aditgi)

- Depress the opponent's elbow (triceps) with a hand blade (nulleokkeokgi)

- Hold the opponent's shoulder with the right knee and twist the opponent's wrist with both hands (GIHAP)

Baro

Point

It uses the technique of Keumgang Poomsae, and the technique uses consists of successive elbow dwichigi (applied with keundoljjeogwi). When you hit the elbow twice and return, in Junbi for a counterattack against the opponent, you must pull the left hand holding the opponent's hand and push the right hand to fix the opponent's arm and lower your posture.

Keumgang

Practical use Ⅰ

When the opponent comes in to catch, it consists of sonnal hechyeomakgi, knee ollyeochigi, elbow naelyeochigi and neck anajoleugi. It is important to hold the opponent's neck and left arm together and be careful as constant pressure can cause danger.

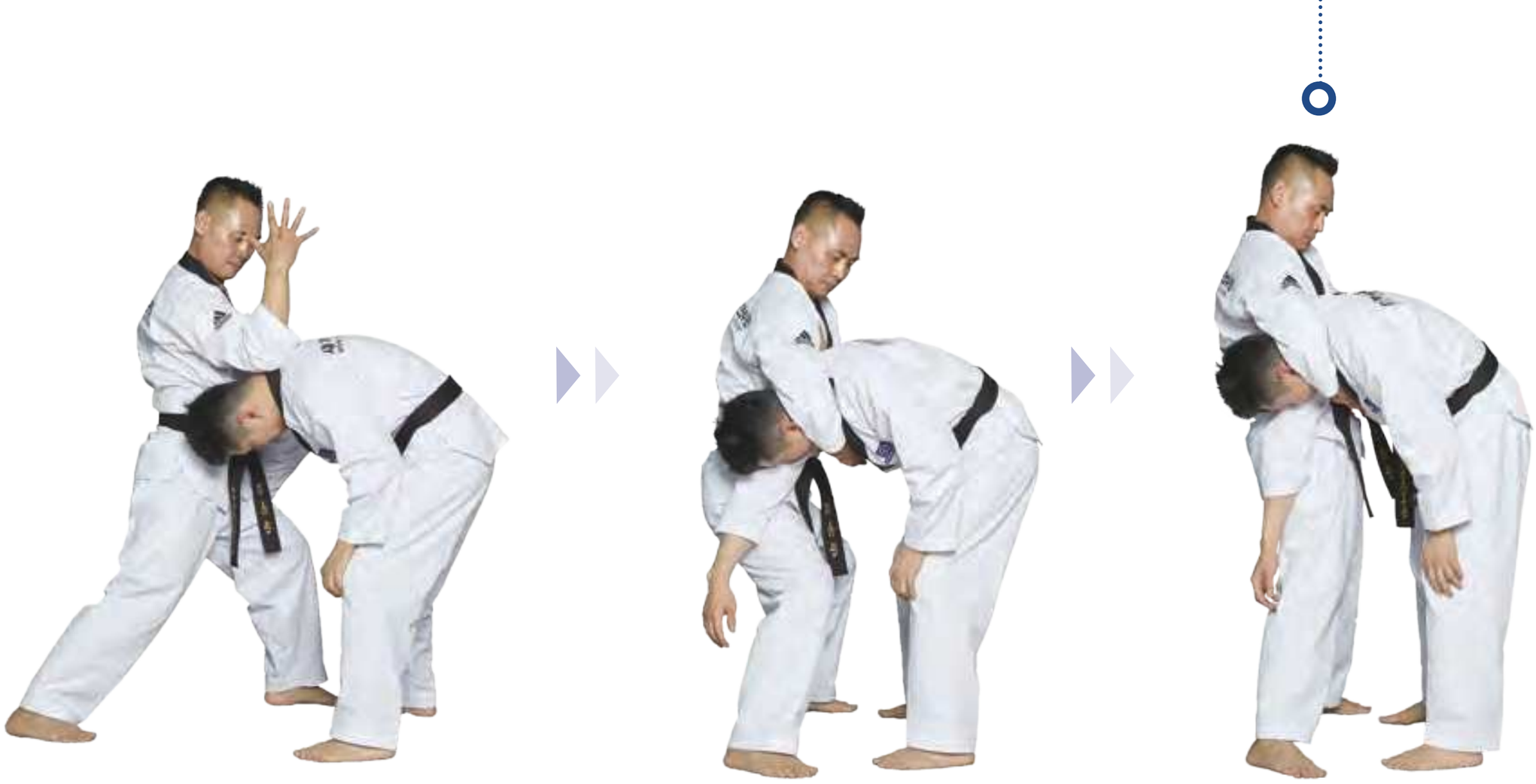
Junbi

Attack

- (GIHAP)
- Trying to grab the defender's shoulder with both hands

Counterattack

- Sonnal(hand blade) hechyeomakgi
- Wrap the opponent's neck with both hands and pull
- Face knee ollyeochigi



Counterattack

- Nape or back right elbow naelyeochigi
- Straighten the bent knee, lean back and hold and lock the opponent's neck and right arm together (Pressing the opponent’s carotid artery into the radial area) (GIHAP)

Keumgang

Practical use Ⅱ

When the opponent holds both hands, the motions consist of left hand cheonaegi, elbow naelyeochigi, dang–gyeonaeligi and scapula kkeokkgi. When you hit the elbow and pull it down with both hands, you must pull it with your opponent.

Junbi

Attack

- (GIHAP)
- Hold the defender's two wrists with both hands.

Counterattack

- Lift caught the right hand and wrist biteuleoppaegi
- Left front right foot diagonally stepping right sonnal(hand blade) naelyeochigi
- Right elbow face dollyeochigi

Counterattack

- Right foot axis turning clockwise(dol–aditgi)
- Wrap your arms around your opponent's shoulders and turn your left foot clockwise (dwidol–aditgi)
- With opponent‘s right hand on shoulder, shoulder nulleokkeokgi with two hand
- Opponent‘s wrist biteuleo nulleokkeokgi with two hands (GIHAP)

Ⅲ. Taekwondo self-defense composition

11) Taebaek

The Taebaek Poomsae represents the spirit and tradition of the Korean people, and the Hongik people's thought, and means the placenta and symbol of the Korean people, Baekdu Mountain, and Poomsae created based on the high ideal of Dangun. The Poomsae line is a letter gong means the opening of the heavens and the nation, representing a person standing right between the sky and the earth. New techniques include downward sonnal(hand blade) hechyeomakgi, sonnal(hand blade) eop-eo jabgi(catch), caught wrist ppaegi,, torso Keumgangmakgi and deungjumeog bakkatchigi .

Poomsae	Poomsae self Defense
Training Objective	• **Can block it by avoiding the opponent's continuous attack.** • **Can pull the head with the hand that attacked the other person's neck and hit it with the other hand.** • **Can remove the gripped wrist by using the rotational force of your body.**
Poomsae Ⅰ	• **Opponent right foot yeopchagi attack** Left front left foot moditgi – right sonnal(hand blade) flipped naelyeomakgi – (opponent counterclockwise turning deungjumeog bakkatchigi attack) – the right back right foot moditgi – left sonnal(hand blade) bakkatmakgi – right sonnal(hand blade) neck anchigi – right hand pulling the head, left elbow pyojeok(target)chigi
Poomsae Ⅱ	• **When the right wrist is hold by the opponent's left hand** Left front right foot moditgi – wrist inward biteuleoppaegi – right foot axis counterclockwise dwidol–aditgi – left deungjumeog face yeopchigi – right fist jireugi – apchagi

Poomsae	Practical use
Training Objective	• **Using the rotational force of your body turning back, you can pull the opponent's hand and break the center.** • **You can break the other person's shoulder by pressing it with the weight of sitting down.** • **You can wrap your arm around the other person's back and tighten it.**
Practical use Ⅰ	• **When both shoulders are held in the back** Left foot axis clockwise dol–aditgi – lSwing your left arm over the opponent's arm and grab it under the armpit – right fist side uppercut – right foot right front moditgi – Grab the opponent's wrist with your left hand, twist it outward and break the shoulder with your elbow (nulleokkeokgi)
Practical use Ⅱ	• **Opponent right jireugi attacks after left fist jileug** Right batangson anmakgi – left batangson anmakgi – left foot naeditgi – right back of sonnal(hand blade) neck apchigi – right foot axis counterclockwise dol–aditgi – go behind the opponent and wrap the neck around

(1) Taebaek Poomsae Ⅰ

Counterattack

- Left front left foot moditgi
- Right sonnal(hand blade) flipped naelyeomakgi

- The right back right foot moditgi
- Left sonnal(hand blade) bakkatmakgi

- Right sonnal (hand blade) neck anchigi

- With right hand pulling head left elbow pyojeok(target)chigi (GIHAP)

Attack

- (GIHAP)
- Right foot yeopchagi

- Right foot axis counterclockwise with deungjumeog bakkatchigi

Point

Taebaek Poomsae's movements are composed of one sonnal(hand blade) downward makgi, Jebipoom neck chigi and elbow pyojeok(target) chigi When hitting the elbow target, if the opponent is big, you can jump and hit the elbow target.

Baro

(2) Taebaek Poomsae Ⅱ

Junbi

Counterattack

- Straighten right palm

- Left front right foot moditgi and biteuleoppaegi

- Right foot axis counterclockwise dwidol–aditgi
- Left deungjumeog face yeopchigi

Attack

- (GIHAP)
- Step with your left foot and grab your opponent's right wrist with your left hand

- Right fist jireugi

- Right foot torso(stomach) apchagi (GIHAP)

Baro

Point

Taebaek Poomsae's technique is uses, and the motions composed of wrist biteuleop-paegi, face deungjumeog bakkatchigi, jireugi and apchagi. To increase the accuracy of deungjumeog bakkatchigi, do not narrow the distance to the opponent when removing the wrist.

Taebaek

Practical use Ⅰ

When the opponent grabs the shoulders with both hands from the back, turn back and counterattack using teuleoppaegi, flipped jireugi and elbow nulleokkeokgi. When bending the elbow, hold the opponent's hand and wrist, fix it in the chest position, put the weight on the opponent's elbow, and push the right foot down as if sliding forward.

Attack

- (GIHAP)
- Hold the other's shoulders from behind

Junbi

Counterattack

- Turn the right foot axis clockwise, swing the left arm over the opponent's arm, and hold it under the armpit
- Side right fist flipped jireugi
- Right front right foot moditgi
- Grab the opponent's wrist with your left hand, twist it outward, and break the shoulder with your elbow (GIHAP)

Taebaek

Practical use Ⅱ

When the opponent attacks in succession while doing jireugi in succession, counterattack with batangson anmakgi, back of sonnal(hand blade) neck chigi, locking. When locking the neck, inhale for your chest swelling, making the lock more effective, and constant pressure can pose a risk, so be careful.

Junbi

Attack

- (GIHAP)
- After left fist jireugi right fist jireugi

Counterattack

- After right batangson anmakgi left batangson anmakgi
- Left foot stepping, neck right back of sonnal(hand blade) apchigi
- Step on your right foot, turn your right foot axis counterclockwise, go behind your opponent and wrap your neck around

12) Pyongwon

Pyongwon in Pyongwon Poomsae means a large land that spreads out in all directions. As the mother body of living things, it represents the preservation of life and the base of life, and Poomsae was established based on peace and struggle according to the originality and usage. junbiseogi, moaseogi and oengyeobson are postures to collect and acquire the lower body energy, the source of the human body's power as if the ground is the beginning and the foundation of life. The Poomsae Line is made up of letter 'il'. New techniques include palgub ollyeochigi, eolgul geodeuleo yeopmakgi, dang-gyeo deungjumeog apchigi, meong-echigi and hechyeo santeulmakgi

Poomsae	Poomsae self Defense
Training Objective	• **Can avoid the opponent's subsequent attacks.** • **After dwichagi, you can use your body's rotational force to make the next counterattack.** • **After yeopchagi, you can use your body's rotational force to pull the opponent and break the balance.**
Poomsae Ⅰ	• **Opponent's apchagi and dwichagi attack** Two steps mulleoditgi – right foot dwichagi– right deungjumeog face apchigi – left deungjumeog face apchigi
Poomsae Ⅱ	• **Opponent's apchagi dwichagi attack** Two steps mulleoditgi – left foot mulleoditgi – two feet gathered right foot yeopchagi – right front right foot moditgi – face elbow pyojeok(target)chigi – left foot stepping catch opponent's neck with two hands – turning the left foot axis clockwise, pulling the opponent's head and turning it – left fist naelyeo face jireugi

Poomsae	Practical use
Training Objective	• **The left hand pushes the chin and the right hand lifts the leg to rotate it in one direction, breaking the opponent's center.** • **Pull the opponent to one side with both hands and hook the foot in the opposite direction.**
Practical use Ⅰ	• **When the other person chocks from the side** Swing your left hand from behind to the front to grab the opponent's chin and push it with your right hand – Raise the hamstring with the right hand – backward georeoneomgigi – Sit on the opponent's upper body and elbow naelyeochigi
Practical use Ⅱ	• **When the shoulders are held with both hands in front** Hold the other person's shoulders – head apchigi – Pull the right hand, push the left hand, and kick the inside ankle with the right foot – left fist naelyeojireugi

(1) Pyongwon Poomsae Ⅰ

Counterattack

Junbi

Attack

- (GIHAP)
- Right foot apchagi

- Two steps mulleoditgi

- Left foot dwichagi

- Right foot dwichagi

- Right deungjumeog face apchigi

- Left deungjumeog apchigi (GIHAP)

Baro

Point

It uses the technique of Pyongwon Poomsae, and the motion used is dwichagi (applied to dwidol–a yeopchagi) and deungjumeog apchigi, which counterattacks continuously. After dwichagi, Oreundeungjumeog apchigi and oendeungjumeog apchi must be connected naturally.

(2) Pyongwon Poomsae Ⅱ

Counterattack | **Junbi** | **Attack**

- Two steps mulleoditgi

- (GIHAP)
- Right foot apchagi

- Left foot mulleoditgi

- Left foot dwichagi

- Two feet gathered right foot yeopchagi

- Right front right foot moditgi
- Left elbow fece pyojeok(target)chigi

- Left foot stepping and catchi the neck with two hands

- Turn the left foot axis clockwise and pull the opponent's head to turn it

- Left fist face naelyeojireugi (GIHAP)

Baro

Point

It uses the technique of Pyongwon Poomsae, and the motions used are composed of yeopchagi, palgub pyojeokchigi, jab–adang–gyeo dollyeoneomgigi and naelyeoji-reugi. Ditgi and yeopchagi should cultivate the ability to control the distance for short and long kicks, and should be tightened and pulled to rotate so that there is no elbow space between the two hands holding the neck when the elbow target and the neck are turned over.

Pyongwon

Practical use Ⅰ

When the opponent squeezes the neck from the side, the movements used are counterattack by lifting the chin with the right arm and pushing the chin with the left batangson. You have to push and pull the jaw and hamstring at the same time.

Junbi

Attack

- (GIHAP)
- Stand next to the defender and grab it.

Counterattack

- Swing your left hand from behind to the front to grab the opponent's chin and push
- Raise the opponent's right ham with your right hand
- Backward georeoneomgigi
- Sit on the opponent's upper body and right elbow naelyeochigi (GIHAP)

Pyongwon

Practical use Ⅱ

When the opponent comes in to grab it, counterattack with forehead front chigi, ankle georeoneomgigi and naelyeo jireugi. When tripping over the ankle, it is good to break the opponent's center by hitting the forehead and making the center of gravity move inward.

Junbi

Attack

- (GIHAP)
- Hold the defender's shoulder with both hands.

Counterattack

- Hold the other person's shoulders
- Forehead apchigi
- Pull the right hand and push the left hand while kicking the inner ankle with the right foot(geoleoneomgig)
- Left fist naelyeo jireugi（GIHAP)

13) Sipjin

Sipjin Poomsae refers to the ten traditional symbols of longevity of the sun, moon, mountains, water, stones, pine trees, bullocks, turtles, deer, and cranes. The Poomsae line is the sib character, which means the foundation of the ten longevity thought, the formation of infinite numbers, and infinite development by the decimal system. Depending on the number of ten longevity, there are 10 techniques of hwangsomakgi, sonbadag geodeuleo bakkatmakgi, eop-eunsonnal jjireugi, geodeuleo sonnal naelyeomakgi, bawimilgi, sonnaldeung hechyeomakgi, kkeuleoolligi, chesdalijireugi, sonnal eosgeoleo naelyeomakgi and geodeuleo sonnaldeung bakkatmakgi.

Poomsae	Poomsae self Defense
Training Objective	• **In bawimilgi position, you can use both hands to block or counter attack the opponent.** • **Can move underneath your opponent and break the opponent's arm while on your shoulder.** • **Can hold the opponent with both hands and lift the opponent with your feet backwards by using the rotational force to sit down.**
Poomsae Ⅰ	• **Opponent right fist jireugi attack** Right front right foot moditgi – bawimilgi(makgi) – Hold the opponent's right wrist with your left hand and face right elbow yeopchigi – Swing your left hand downward and grab it with your right hand – right foot axis clockwise turning and left front left foot moditgi – Sit under the opponent's arm, then stand up – Side step with your left foot to the left , pull it down and break it and georeoneomgigi – Twist opponent's wrist with both hands(biteuleokkeokkgi) – solar plexus right elbow naelyeochigi – Press the opponent's face and chest with both knees and twist the opponent's wrist(biteuleo nulleokkeokgi)
Poomsae Ⅱ	• **When the other person grabs the shoulder from the side** Left foot naeditgi – bawimilgi(chigi) – torso(stomach) right foot apchagi– apkkoaseogi – face deungjumeog apchigi – Grab opponent's shoulder with both hands – Sit down, pull and lie on your back – Push the right foot against the opponent's abdomen and lift it back(Deoreoneomgigi) – Get on the opponent and face forehead naelyeochigi

Poomsae	Practical use
Training Objective	• **By pushing with the hand striking the neck and pulling the foot with the closed hand, it can rotate in one direction and break the opponent's center.** • **When the other person is lying down, you can twist the other person's arm while bending it.** • **You can break the opponent's center by pressing the opponent's arm with the rotational force in one direction that occurs when you sit down and step back to one side.**
Practical use Ⅰ	• **Opponent two feet gathered left foot dollyeochagi attack** Left front left foot moditgi – block with right arm naelyeomakgi and georeomakgi – left sonnal(hand blade) neck bakkatchigi – right foot naeditgi – raising the right arm and pulling the opponent's arm with the left hand right – right tripping over(dali georeoneomgigi) – sit back and hold your opponent's body with your knees, pull out your opponent's right arm with both hands, and press down your elbows.
Practical use Ⅱ	• **When the other party holds the head with his left hand** Hold the opponent's left hand with both hands and press it down and left foot apchagi– left foot back step and left dol–aditgi – after left dol–aditgi wrist biteuleo nulleokkeokgi – Press the opponent's back shoulder with the right knee and wrist nulleokkeokgi

(1) Sipjin Poomsae Ⅰ

Counterattack | **Junbi** | **Attack**

- Right front right foot moditgi
- Two batangson bawimilgi

- (GIHAP)
- Right foot naeditgi
- Right fist jireugi

- Hold the opponent's right wrist with your left hand and right elbow face yeopchigi
- Swing your left hand downward and grab it with your right hand

- Right foot axis turning clockwise and left front left foot moditgi
- Sit under the opponent's arm, then stand up

- Step with your left foot to the left , pull it down and press it down and right foot georeoneomgigi

- Twist opponent wrist with both hands(wrist biteuleokkeokkgi)

- Right elbow solar plexus naelyeochigi

- Pressing the opponent's face and chest with both knees and twisting the opponent's wrist (wrist biteuleo nulleokkeokgi) (GIHAP)

Baro

Point

Sipjin Poomsae technique is uses, and the motions composed of bawi milgi, wrist yeopchigi, georeoneomgigi, wrist naelyeochigi and biteuleo nulleokkeokgi. Use the lower weight shift to break the opponent's center while breaking the arm, and the side weight shift to walk over the opponent's leg. Use the lower weight shift to break the opponent's center while breaking the arm, and the side weight shift to trip over the opponent's leg.

(2) Sipjin Poomsae Ⅱ

Junbi

Counterattack

- Left foot dol–aditgi
- Bawimilgi(chigi)

- Right foot torso(stomach) apchagi

- Front kkoaseogi
- Right deungjumeog face apchigi

Attack

- (GIHAP)
- When the other person grabs the shoulder from the side
- Stepping with your right foot and holding your shoulder with your right hand

- Grasp opponent's shoulder with both hands and pull

- Hold the opponent's shoulder with both hands

- Sit down, pull and lie on your back
- Lifting back while pushing the right foot against the opponent's abdomen (Deoreoneomgigi)

- Sit on top of the opponent

- Forehead naelyeo face chigi (GIHAP)

Baro

Point

The Sipjin Poomsae, and the motions use consist of bawimilgi, kkoaseomyeo deungjumeog apchigi, lifting the opponent with a leg(Deoreoneomgigi). When holding on to each other, you can use the power of your body to momentarily sit back and lift your opponent back.

Sipjin

Practical use Ⅰ

When the opponent kicks with two feet gathered dollyeochagi, counterattack with naelyeomakgi(georeomakgi), sonnal bakkatchigi, georeoneomgigi, and dang–gyeo biteuleokkeokkgi. When tripping over, you have to do that by lifting the leg you caught.

Junbi

Attack

- (GIHAP)
- Left foot two feet gathered dollyeochagi

Counterattack

- Left front left foot diagonally stepping, block downward with right arm and neck left sonnal(hand blade) bakkatchigi
- Stepping with the right foot and lifting the right arm while pulling the opponent's arm in front of the left hand
- Trip over with right leg and crush the face with the left foot(Jitjjiki)
- Sit back and fix the opponent's body with your knees, pull out your opponent's right arm with both hands, and press down the elbow.(GIHAP)

Sipjin

Practical use Ⅱ

When the opponent grabs the head, counterattack with apchagi, wrist biteuleo nulleokkeokgi and shoulder nulleokkeokgi. The opponent's hand holding the head must be fixed with both hands on the head.

Junbi

Attack

- (GIHAP)
- Hold the defender's hair with left hand

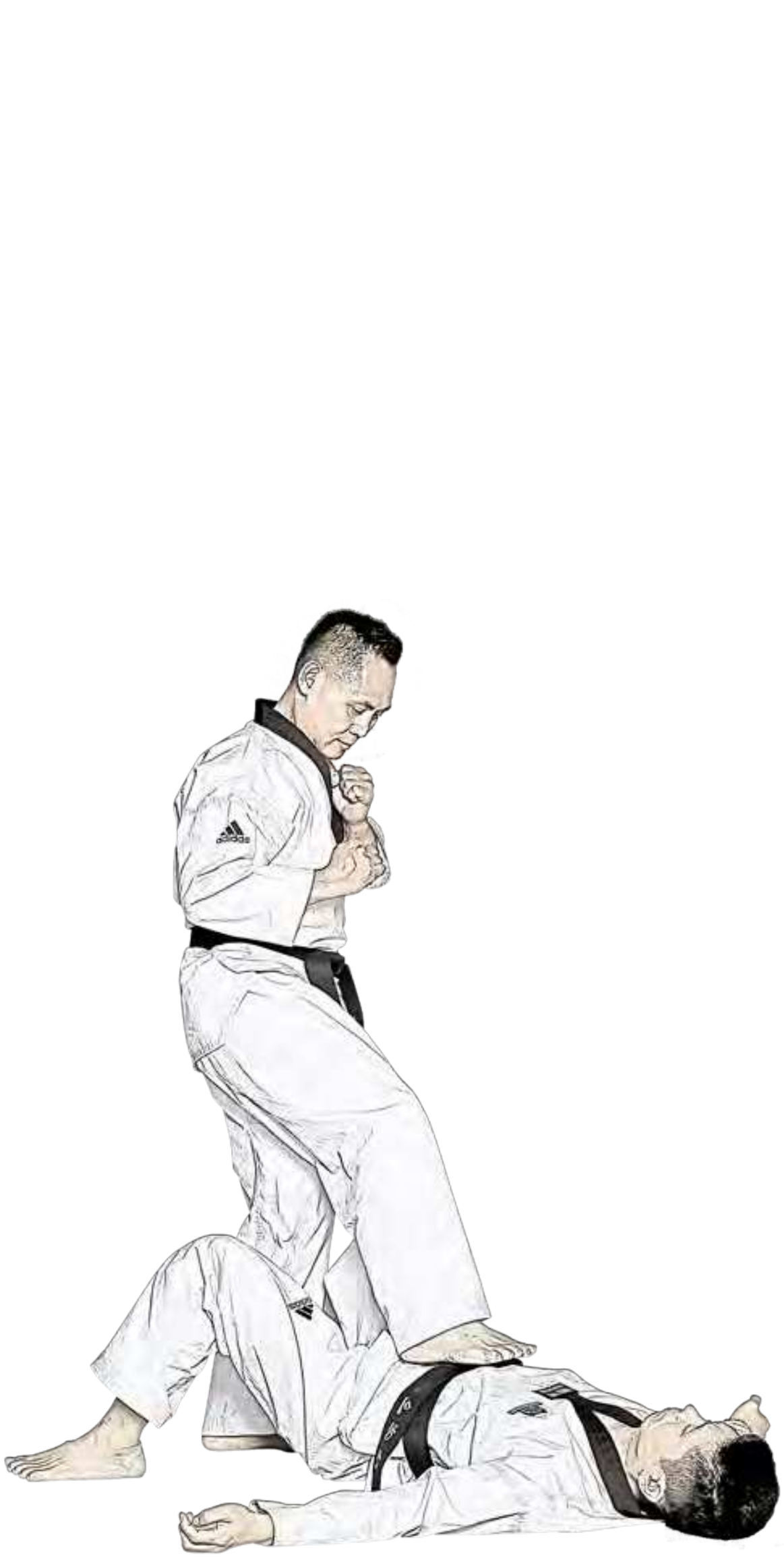
Counterattack

- Hold the opponent's hand with both hands and fix it
- Press it downward and downward left foot apchagi

Counterattack

- Left foot stepping back left dol–aditgi
- Wrist biteuleo nulleokkeokgi
- Press the opponent's shoulder with the right knee and wrist nulleokkeokgi（GIHAP)

Ⅲ. Taekwondo self-defense composition



14) Jitae

Jitae Poomsae means that a person on the earth stands on both feet toward the sky. The life in which people kick, step on, and run on the ground, the base of their lives, and the various aspects that appear in such a survival competition are woven into motion. Poomsae line'ㄷ' is the image of a person standing on the earth and rising toward the sky from above, meaning a born, grows, and dies from the earth. The new techniques are sonnal(hand blade) ollyeomakgi, Keumgang jireugi and mejumeog pyojeok(target)chigi

Poomsae	Poomsae self Defense
Training Objective	• **You can grab the other person's head, fix it, and hit it with mejumeog.** • **You may crush the person's face with the heel of your foot.** • **You can knock the other person down by lifting both legs.**
Poomsae Ⅰ	• **Opponent right fist jireugi attack** Left foot naeditgi – left an–palmok anmakgi – right mejumeog face(chin) anchigi – right foot naeditgi – Swipe shoulders while pulling the opponent's ham with both hands – stomach or balls right foot Jitjjiki
Poomsae Ⅱ	• **Opponent two feet gathered left foot dollyeochagi attack** Left foot stepping back right sonnal(hand blade) naelyeomakgi – downward(stomach) left foot apchagi– right mejumeog face pyojeok(target)chigi – Push the opponent and tripping over right leg(dali georeoneomgigi) – left foot face Jitjjiki – Fix the opponent's neck with both legs and break the elbow(elbow nulleokkeokgi)

Poomsae	Practical use
Training Objective	• **You can escape from the handheld by the opponent with your body strength.** • **You can lift opponents with your body strength.**
Practical use Ⅰ	• **When the opponent grabs the collar with both hands** Turn the left foot counterclockwise on the right foot axis and remove the opponent's hand with the force of the body – Raise your body and face forehead apchigi – Bow down and embrace the opponent's right leg – Lift the opponent's right foot(Deoreoneomgigi) – downward(balls) right knee Jitjjiki
Practical use Ⅱ	• **When the other person chocks with both hands** Holding the back of the opponent's left hand with your left hand – right foot axis counterclockwise left foot dol–aditgi – right elbow yeopchigi –Raise your right arm and grab it with your opponent's left arm armpit –Step on the right foot and break with the opponent's elbow with weight (nulleokkeokgi)

(1) Jitae Poomsae Ⅰ

Junbi

Counterattack

- Left foot naeditgi
- Left inner wrist anmakgi

- Right mejumeogan face(chin) chigi

- Right foot naeditgi
- Pulling opponent's ham with two hands shoulder Mireoneomgigi

- Right foot stomach or groin Jitjjiki (GIHAP)

Attack

- (GIHAP)
- Left foot naeditgi
- Right fist jireugi

Point

The technique of Jitae Poom–sae use, and the technique used is to counterattack with anmakgi, mejumeog anchi-gi, Mireoneomgigi and Jitjjiki. When pulling over the ham, you have to push it with your shoulders and pull it out.

Baro

(2) Jitae Poomsae Ⅱ

Counterattack | **Junbi** | **Attack**

- Left foot stepping back right sonnal(hand blade) naelyeomakgi

- (GIHAP)
- Left foot two feet gathered dollyeochagi

- Left foot downward(stomach) apchagi

- Right mejumeog face pyojeok(target)chigi

- Pushing the opponent right leg georeoneomgigi

- Left Foot face Jitjjiki

- Fix the opponent's neck with two legs and elbow nulleokkeokgi (GIHAP)

Baro

Point

Using Jitae Poomsae's technique, counterattack with naelyeomakgi, apchagi, me-jumeog pyojeok(target)chigi, geoleo neomgigi, Jitjjiki and nulleokkeokgi. When crushing and breaking the elbow, the weight that is leaned forward after crushing lifts the opponent's back and arms using the copper, and after fixing the neck with both legs, press the elbow to break.

Jitae

Practical use Ⅰ

When the opponent grabs the collar with both hands, cou–nterattack with forehead apchigi, leg deuleo neomgigi and knee Jitjjiki.

Junbi

Attack

- (GIHAP)
- Hold the defender's collar with both hands..

Counterattack

- Turn the left foot counterclockwise on the right foot axis and remove the opponent's hand with the force of the body
- Raise your body and face forehead apchigi
- Low down and embrace the opponent's right leg.

Counterattack

- Opponent‘s right foot Deoreoneomgigi
- Downward(balls) right knee low groin Jitjjiki（GIHAP)

Jitae

Practical use Ⅱ

When the opponent squeezes the neck with both hands, counterattack with elbow yeopchigi and nulleokkeokgi.

Junbi

Attack

- (GIHAP)
- Squeeze the defender's neck with both hands.

Counterattack

- Holding the back of the opponent's left hand with your left hand
- Right foot axis counterclockwise left foot dol–aditgi

Counterattack

- Right elbow yeopchigi
- Raise your right arm and grab the opponent's left arm under the armpit
- Step on the right foot and press the opponent's elbow weight.(nulleokkeokgi)
  (GIHAP)

15) Chonkwon

Chonkwon Poomsae means the great power of the sky, which is the foundation of all things and the universe itself. The infinite power of heaven represents creation, change, and completion, and Chonkwon Poomsae was established based on the grand history and ideology that originated from the founder of the Korean people, the Heavenly King Hwanin. Poomsae line '⊤' means a person who descends from the sky, a person according to the will of the sky, a person who receives strength from the sky, a person who supports the sky, and a person with the sky. It is characterized by large movements and gentle curves of arm movements. New techniques include snalgaepyeogi, bamjumeog chijireugi, hwidulleomakgi, hwidulleo jab-adang-gigi, Keumgang-yeopjireugi, taesanmilgi, balnaldeung anchagi and jajinbal as a step.

Poomsae	Poomsae self Defense
Training Objective	• **You can lift the opponent over by pulling the opponent's arm while lowering the center of gravity.** • **You can hit the opponent with your elbows using your weight.**
Poomsae Ⅰ	• **When the other party comes in to grab the shoulder with both hands** Back of sonnal(hand blade) hechyeomakgi – right foot naeditgi – two fists flipped jireugi – Hold the opponent's right wrist with your left hand and turn the right foot axis counterclockwise(dwidol–aditgi) – Go under your opponent's right arm, hang it on your shoulder, and lift it(Deoreoneomgigi) – Right fist naelyeo face jireugi
Poomsae Ⅱ	• **When the other person holds the wrist with both hands** Right front right foot moditgi – right sonnal(hand blade) naelyeochigi – left wrist biteuleoppaegi – left sonnal(hand blade) naelyeochigi – pull oujt right wrist – (opponent face dollyeojireugi attack) – Left bakkatpalmok face bakkatmakgi – right fist jireugi – Pull down the opponent's neck with your right hand and right knee ollyeochigi – back right elbow naelyeochigi

Poomsae	Practical use
Training Objective	• **You can escape from the opponent's shoulder–grabbing hand with the force of your body turning back.** • **You can use your weight to suppress the opponent from moving.** • **You can hold your arms and neck together and tighten them.**
Practical use Ⅰ	• **When the opponent grabs the shoulder from behind** While turning the left foot axis clockwise, hold the opponent's right wrist with the right hand and press the opponent's triceps with the left hand blade. – Step on your left foot and break your elbow with your weight – Press the opponent's back shoulder with the left knee
Practical use Ⅱ	• **When the opponent grabs the shoulder from behind** The right foot axis turns counterclockwise and moves under the opponent's armpit –Hold the opponent's right arm and neck with both arms at the same time to tighten –opponent right ham georeoneomgigi –Press and hold the other person with your weight

(1) Chonkwon Poomsae Ⅰ

Junbi

Counterattack

- Left foot mulleoditgi
- Back of sonnal(hand blade) hechyeomakgi

- Right foot naeditgi
- Two fists flipped jireugi

- Hold opponent's right wrist with the left hand and right foot axis counterclockwise dwidol–aditgi
- Go under your opponent's right arm, hang it on your shoulder and Deoreoneomgigi

- Right fist naelyeo face jireugi (GIHAP)

Baro

Attack

- (GIHAP)
- Stepping right foot and grabbing shoulders with both hands

Point

It uses the movements of the Chonkwon Poomsae, and the techniques used are c–ounterattacks with hechy-eomakgi, two fists flipped jireugi(uusing chestnut fists), Deoreoneomgigi and naely-eojireugi

(2) Chonkwon Poomsae Ⅱ

Counterattack | **Junbi** | **Attack**

- Right front right foot moditgi
- Right sonnal(hand blade) naelyeomakgi(choemakgi)
- Left wrist biteuleoppaegi

- (GIHAP)
- Holding the wrist with both hands

- Left sonnal(hand blade) naelyeomakgi(choemakgi)
- Pulling out right wrist

- Left bakkatpalmok face bakkatmakgi
- Right fist jireugi

- Dollyeo jireugi face attack

- Pull down the opponent's neck with your right hand and right knee ollyeo chigi

- Right elbow back naelyeochigi (GIHAP)

Baro

Point

Using the technique of Chonkwon Poomsae, counterattack with sonnal(hand blade) naelyeomakgi, knee ollyeochigi and elbow naelyeochigi.

Chonkwon

Practical use Ⅰ

Junbi

Attack

- (GIHAP)
- Stepping right foot, grab defender's shoulder with right hand

Counterattack

- While turning the left foot axis clockwise, hold the opponent's right wrist with the right hand and press the opponent's triceps with the left hand blade.

Counterattack

- Stepping with your left foot and breaking your elbow with your weight(elbow nulleokkeokgi)
- Pressing the opponent's back shoulder with the left knee（GIHAP)

Chonkwon

Practical use Ⅱ

Junbi

Attack

- (GIHAP)
- Step right ahead and grab the defender's shoulder with your right hand

Counterattack

- The right foot axis turns counterclockwise and moves under the opponent's armpit
- Hold the opponent's right arm and neck with both arms at the same time to tighten

Counterattack

- Opponent's right ham georeoneomgigi with right foot
- Pressing and holding the other person with your weight（GIHAP)

Ⅲ. Taekwondo self-defense composition

16) Hansu

Hansu in Poomsae means 'hanmul', the source that nurtures the life of all things. Traditional water represents the birth and growth of life, strength and weakness, tolerance, harmony, and adaptability. 'Han' means 'one' and has various meanings such as 'many', 'large','center','is the same','full','together','wait' and 'long'. It also contains the meaning of 'sky' and 'the root of everything'. Hansu Poomsae applied these water characteristics to technology. The Poomsae Line is composed of water, and the movements are flexible like waves but represent a terrifying force. Based on the flexibility, it is the application of a fusion of unity that uses centrifugal force to fight. New technologies include sonnaldeung hechyeomakgi, dumejumeog anchigi, geodeuleoageumson apchigi, alae anpalmog pyojeokmakgi and sonnal Keumgangmakgi

Poomsae	Poomsae self Defense
Training Objective	• **You can pull your head and rotate your elbows at a close distance from the other person.** • **You can break the center by holding the other person's head and rotating it by holding the other person's arm fixed.** • **When the other person is lying down, you can fix it with your legs, hold it with both hands, and pull it with your weight, then press the other person's shoulder to break it.** • **You can grab the other person's neck with your arm and lift it over.** • **When the other person is lying down, it can be broken by pressing the other person's arm with a leg.**
Poomsae Ⅰ	• **Opponent right fist jireugi attack** Left batangson nulleomakgi – left foot naeditgi – right ageumson neck apchigi – right foot naeditgi – Swing up from the bottom of the left hand to pull the opponent's shoulder and face right elbow dollyeochigi – Hold the opponent's head with your right hand and hold it down to break it (nulleokkeokgi) – Secure the opponent's back with the shin with the right foot so that it does not touch the floor, then grab the opponent's right arm with both hands and break it down(nulleokkeokgi) – Depress the opponent's elbow with both hands while lying back
Poomsae Ⅱ	• **When the other person tries to hold the shoulder with both hands** Two back of sonnal(hand blade) hechyeomakgi– right foot naeditgi – both sonnal(hand blade) neck anchigi – Grab the neck with your right arm and grab the opponent's right wrist with your left hand – right foot axis counterclockwise dwidol– aditgi – holding Deoreoneomgigi – Tighten the opponent's neck with the right arm, and press the opponent's right arm on the leg(nulleokkeokgi)

Poomsae	Practical use
Training Objective	• **When both hands held, one can holds the opponent's wrist to create a lever axis.** • **By moving the weight diagonally, you can break the opponent's wrist and elbow joints with your body's strength.** • **Can break the opponent's arm by holding it on the shoulder and pressing it down.**
Practical use Ⅰ	• **When your opponent holds both wrists** Stretch both palms – right front right foot moditgi –Hold the opponent's right wrist with the left hand while raising it inside– Twist the opponent's wrist and elbow by moving the weight right forward.
Practical use Ⅱ	• **When your opponent holds both wrists** Straighten left palm – right front left foot moditgi – Hold the opponent's right wrist upside down with both hands and lift it on the shoulder – Pull both hands down and elbow nulleokkeokgi

(1) Hansu Poomsae Ⅰ

Counterattack

- Left batangson nulleomakgi

- Left foot naeditgi
- Right ageumson neck apchigi

- Right foot naeditgi
- Swinging the left hand from the bottom to the top, pulling the opponent's shoulder and face right elbow dollyeochigi

- Grab the opponent's head with your right hand and hold it down nulleokkeokgi

Junbi

Attack

- (GIHAP)
- Right foot naeditgi
- Right fist jireugi

- Move the right foot behind and knock the opponent down.

- Secure the opponent's back with the shin with the right foot so as not to touch the floor, then grab the opponent's right arm with both hands and nulleokkeokgi.

- While lying on the back, press the opponent's elbow with both hands(elbow nulleokkeokgi) (GIHAP)

Baro

Point

Hansu Poomsae the movements are counterattack with batangson nulleomakgi, age-umson apchigi, elbow dollyeochigi and nulleokkeokgi.

(2) Hansu Poomsae Ⅱ

Junbi

Counterattack

- Right foot naeditgi
- Two back of sonnal(hand blade) hechyeomakgi

- Two sonnal (hand blade) neck anchigi

- Hold the neck with your right arm and grab the opponent's right hand with your left hand
- Right foot axis countercl–ockwise dwidol–aditgi
- Pulling and Deoreoneomgigi

Attack

- (GIHAP)
- Step on his right foot and try to grab the opponent's shoulder with both hands.

- Tighten the opponent's neck with the right arm and press it against the leg.(Nulleokkeokgi) (GIHAP)

Baro

Point

Using the technique of Hansu Poomsae, counterattack with sonnal(hand blade) hechyeomakgi, two sonnal(hand blade) anchigi, Deoreoneomgigi, joleugi and nulle-okkeokgi. Put the opponent's elbow in between your legs and twist it with your ankles so that the opponent's other arm does not move.

Hansu

Practical use Ⅰ

When both wrists are grasped, hold the opponent's wrist with one hand and fix it, and counterattack by bending using a weight shift.

Attack

- (GIHAP)
- Stepping with your left foot and holding both wrists

Junbi

Counterattack

- Open the palm.
- Right front right foot stepping diagonally, hold the opponent's right wrist with your left hand while raising your right hand inward.
- Move your weight forward to the right and twist the opponent's wrist and elbow joints. (GIHAP)

Hansu

Practical use Ⅱ

When both wrists helds, hold the opponent's wrist upside down, lift it over the shoulders, and press down to break the opponent's elbow joint.

Junbi

Attack

- (GIHAP)
- Left foot naeditgi
- Two wrist catch

Counterattack

- Right front left foot stepping diagonally, open the left palm and raise the right hand
- Hold the opponent's right wrist upside down with both hands and lift it up on the shoulder.
- Pull both hands down and elbow nulleokkeokgi (GIHAP)

17) Ilyeo

Ilyeo of Poomsae means the essence of the monk Wonhyo, a monk in the Silla period. The Wonhyo ideology represents the heavenly spirit that the mind (spirit) and body (material) are one. As Taekwondo's last Poomsae where the truth of deep martial arts in which the spirit and movement are united is laid on the ground, the Poomsae Line is composed of the letter 'man'. In the completion of Taekwondo training, all techniques and movements are learned performed differently in shape and operation, but in the end, they are combined, and furthermore, the truth of deep martial arts in which the spirit and movement are united is laid. During training, pay attention to isometric and equilibrium, and make the body and mind match. The new technique is oesanteul yeopchagi, du son pyeoseo biteuleo jab-a dang-gigi, ttwieoyeopchagi and ogeumhagdaliseogi as a stand.

Poomsae	Poomsae self Defense
Training Objective	• **You can thrust vital spots with the tip of an open hand.** • **Can attack with jumping yeopchagi.** • **You can twist the opponent's hand by rotating the two hands blocking crossed.**
Poomsae Ⅰ	• **Opponent right fist jireugi attack** Right ward right foot yeopditgi – left batangson nulleo makgi – right tip of open hand torso(solar plexus) sewojjireugi – downward(stomach) left foot apchagi– right foot jumping yeopchagi
Poomsae Ⅱ	• **Opponent right fist jireugi attack** Left front left foot moditgi – sonnal(hand blade) face eotgeoreomakgi – Swing it to the right and grab the opponent's wrist with both hands – left front right foot moditgi – Move the right foot axis counterclockwise and move under the opponent's arm – Blocking opponent's triceps with right hand blade while holding it with left hand– Pull and knock down the opponent and press the shoulder with the right knee

Poomsae	Practical use
Training Objective	• **You can pull the opponent's arm in the same direction of rotation while twisting and avoiding the opponent's pushing force and knock it down.** • **You can pull the opponent down by twisting the opponent's gripped hand at the collar.**
Practical use Ⅰ	• **When the other party pushes your palm** Left foot axis clockwise dwidol–aditgi – Hold the opponent's right wrist with the right hand and block the opponent's triceps by pressing with the left sonnal(hand blade) nulleomakgi – Push down while pulling in the direction of rotation – shoulder left knee nulleokkeokgi
Practical use Ⅱ	• **When the other party grabs chest or collar with his right hand** Hold the back of the opponent's hand with your left hand – downward palmok right sonnal(hand blade) nulleomakgi – Right foot axis counterclockwise left foot dwidol–aditgi – Pull down – shoulder right knee nulleokkeokgi

(1) Ilyeo Poomsae Ⅰ

Counterattack

Junbi

Attack

- Rightward right foot yeopditgi
- Left batangson nulleo makgi
- Right tip of open hand torso(solar plexus) sewojjireugi

- Left foot downward(stomach) apchagi

- Jumping right foot yeopchagi (GIHAP)

- (GIHAP)
- Right Foot Naeditgi
- Right Fist Jireugi

Baro

Point

Using the technique of Ilyeo Poomsae, counterattack with batangson nulleomakgi, tip of open hand sewojjireugi, apchag and jumping yeopchagi.

(2) Ilyeo Poomsae Ⅱ

Junbi

Counterattack

- Left front left foot moditgi
- Sonnal(hand blade) face eotgeoreomakgi

- Downward(stomach) left foot apchagi

- Left front right foot moditgi
- The right foot axis turns counterclockwise and moves under the opponent's arm

- Pressing the opponent's triceps right hand blade while holding it with your left hand

Attack

- (GIHAP)
- Right Foot Naeditgi
- Right Fist Jireugi

- Pull and knock down the opponent and press the shoulder with the right knee (nulleokkeokgi)
(GIHAP)

Baro

Point

Ilyeo Poomsae using the technique, counterattack with face eotgeoreomakgi, son-nal(hand blade) nulleomakgi and knee nulleokkeokgi When you block with crossed over hands and return, you should lower your posture and keep the center of your upper body's center aside in Junbi for the opponent's counterattack.

Ilyeo

Practical use Ⅰ

Junbi

Attack

- (GIHAP)
- Step with your left foot and push the defender's chest with your left hand.
- Step with your right foot and push the defender's chest with your right hand.

Counterattack

- Turning the left foot axis clockwise, hold the opponent's right wrist with your right hand and block the opponent's triceps by left sonnal(hand blade) nulleomakgi
- Push down while pulling it in the direction of rotation, then push down the opponent's shoulder with left knee nulleokkeokgi (GIHAP)

Ilyeo

Practical use Ⅱ

Junbi

Attack

- (GIHAP)
- Right foot naeditgi
- Right hand grabs defender's collar

Counterattack

- Hold the back of the opponent's hand with your left hand and press the underarm with your right hand.
- Turn the left foot counterclockwise on the right foot axis, pull it in the direction of rotation and knock it down, then press the shoulder with right knee nulleokkeokgi (GIHAP)

2.
Situational self Defense Ⅰ

1) Counterattack on jireugi attack

Right front

Right foot moditgi

1. Jireugi

- (GIHAP)
- Right front right foot moditgi
- Left sonnal(hand blade) bakkatmakgi
- Right fist solar plexus jireugi

2. Flipped jireugi

- (GIHAP)
- Right front right foot moditgi
- Left sonnal(hand blade) bakkatmakgi
- Right fist uppercut solar plexus jireugi

3. Sonnal(hand blade) anchigi

- (GIHAP)
- Right front right foot moditgi
- Left sonnal(hand blade) bakkatmakgi
- Right sonnal(hand blade) neck anchigi

4. Sonnal(hand blade) bakkatchigi

- (GIHAP)
- Right front right foot moditgi
- Left sonnal(hand blade) bakkatmakgi
- Right sonnal(hand blade) neck bakkatchigi

5. Ageumson apchigi

- (GIHAP)
- Right front right foot moditgi
- Left sonnal(hand blade) bakkatmakgi
- Right ageumson neck apchigi

Left front
Left foot moditgi

1. Jireugi

- (GIHAP)
- Left front left foot moditgi
- Left batangson anmakgi
- Right fist side jireugi

2. Flipped jireugi

- (GIHAP)
- Left front left foot moditgi
- Left batangson anmakgi
- Right fist uppercut jireugi

3. Back of sonnal(hand blade) apchigi

- (GIHAP)
- Left front left foot moditgi
- Left batangson anmakgi
- right back of sonnal(hand blade) solar plexus apchigi

4. Elbow dollyeochigi

- (GIHAP)
- Left front left foot moditgi
- Left batangson nulleomakgi
- Face dollyeochigi

5. Batangson apchigi

- (GIHAP)
- Left front left foot moditgi
- Left batangson nulleomakgi
- Right batangson chin apchigi

2) Defense on chagi attack

1. Low apchagi

- Grab it while blocking it with both hands
- Low apchagi (GIHAP)

2. Sonnal(hand blade) bakkatchigi, knee dollyeochigi

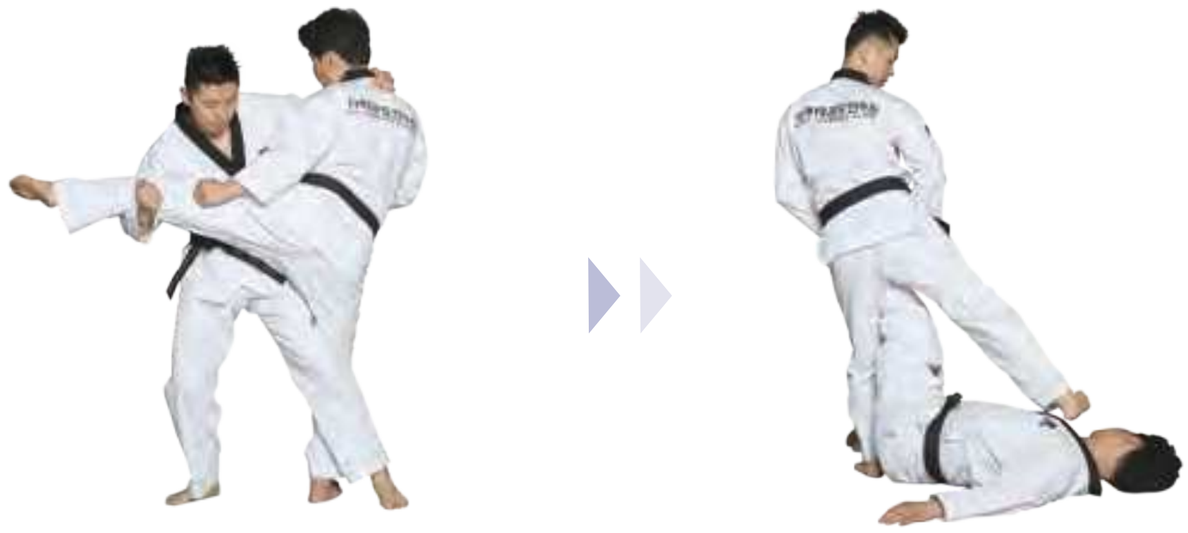
- Right front right foot moditgi
- Left sonnal(hand blade) naelyeo block(georeomakgi) right sonnal(hand blade) neck bakkatchigi
- Downward left knee dollyeochigi

3. Elbow dollyeochigi

- Grab it while blocking it with both hands
- Step back and pull the caught foot
- Right elbow face dollyeochigi
- (GIHAP)

4. Georeoneomgigi, Jitjjiki

- Left front left foot moditgi
- Right sonnal(hand blade) naelyeomakgi (georeomakgi)
- Left foot hamstring georeoneomgigi
- Right foot face Jitjjiki (GIHAP)



5. Apchagi, shin nulleokkeokgi

- Grab it while blocking it with both hands
- Step back and pull the caught foot
- Right foot low apchagi
- Press the thigh with left shin
- Ankle and knee nulleokkeokgi (GIHAP)

3.
Situational Self Defense Ⅱ

1)Situational one step sparring 1

Counterattack

- Right front right foot moditgi
- Left sonnal(hand blade) bakkatmakgi
- Right fist solar plexus jireugi

- Hold the opponent‘s wrist and low right foot apchagi

- Right elbow back naelyeochigi

- Locking the opponent's neck and arms from the outside to the inside
- (Action of locking the opponent's uvula with the radial area) (GIHAP)

Junbi

Baro

Attack

- (GIHAP)
- Right foot naeditgi
- Right fist jireugi

2) Situational one step sparring 2

Counterattack

- Right front right foot moditgi
- Left sonnal(hand blade) bakkatmakgi
- Stomach right fist uppercut jireugi

- Right elbow chin ollyeochigi

- Hold the attacker's wrist with your left hand and press the attacker's triceps with your right blade to pull it back and knock it down.

- Pressing the opponent's back shoulder with the knee (GIHAP)

Junbi

- (GIHAP)
- Right foot naeditgi
- Right fist jireugi

Baro

3) Situational one step sparring 3

Counterattack | **Junbi** | **Attack**

- Right front right foot moditgi
- Left sonnal(hand blade) bakkatmakgi
- Neck right sonnal (hand blade) anchigi

- (GIHAP)
- Right foot naeditgi
- Right fist jireugi

- Hold and press the opponent's head and face knee ollyeochigi

- Pulling the arm and pushing the face and right foot tripping over (dali georeoneomgigi)

- Press the other person's shoulder with the knee to joint lock the wrist joint. (GIHAP)

Baro

4) Situational one step sparring 4

Counterattack

- Right front right foot moditgi
- Left sonnal(hand blade) bakkatmakgi
- Right sonnal(hand blade) neck bakkatchigi

- Right knee face solar plexus ollyeochigi

- Lower the center and press the opponent's triceps with the hand blade to pull forward and fall

- Press the other person's shoulder with the knee to joint lock the wrist joint (GIHAP)

Junbi

Baro

Attack

- (GIHAP)
- Right foot naeditgi
- Right fist jireugi

5) Situational one step sparring 5

Counterattack	Junbi	Attack
• Right front right foot moditgi • Left sonnal(hand blade) bakkatmakgi • Right ageumson neck apchigi		• (GIHAP) • Right foot naeditgi • Right fist jireugi
• Pulling the caught hand and tripping over (dali georeoneomgigi)		
• Face Jitjjiki		
• Pulling the other arm and tightening the entire arm inside both thighs • (At this time, the attacker's thumb is facing up) (GIHAP)		
	Baro	

6) Situational one step sparring 6

Counterattack

- Front left foot left moditgi
- Batangson left anmakgi
- Right fist side jireugi

- Right foot stomach dollyeochagi

- Right foot ankle dollyeochagi

- Left foot face Jitjjiki (GIHAP)

Junbi

Attack

- (GIHAP)
- Right foot naeditgi
- Fist right jireugi

Baro

7) Situational one step sparring 7

Counterattack

- Front left foot left moditgi
- Batangson left anmakgi
- Right uppercut side jireugi

- Hold your wrist and block the triceps with your left hand blade

- Move behind the right foot and knock over

- Push the shoulder joint by pressing it with the other's knee

Junbi

Baro

- (GIHAP)
- Right foot naeditgi
- Right fist jireugi

8) Situational one step sparring 8

Counterattack

Attack

Junbi

- (GIHAP)
- Right foot naeditgi
- Right fist jireugi

- Front left foot left moditgi
- Batangson left anmakgi
- Back of sonnal(hand blade) right apchigi

- Place your right foot on the side, lower the center, and go under opponent's armpits.
- Erect your upper body while holding your opponent's neck and arms from the outside to the inside. (GIHAP)

Baro

9) Situational one step sparring 9

Counterattack

Attack

Junbi

- (GIHAP)
- Right foot naeditgi
- Fist right jireugi

- Front left foot left moditgi
- Batangson left nulleomakgi
- Right elbow face dollyeochigi

- Wrap the opponent's neck and arms from the outside to the inside while tightening and erecting the upper body. (GIHAP)

Baro

10) Situational one step sparring 10

Counterattack

Attack

Junbi

- (GIHAP)
- Foot right naeditgi
- Fist right jireugi

- Front left foot left moditgi
- Batangson left nulleomakgi
- Right batangson face(chin) apchigi

- Go back and wrap your arm around the opponent's neck from behind to front (GIHAP)

Baro

4.

Self-defense for other martial arts

1) How to defend yourself when the other person throw over you over (how to defend for knock over)

❶ Counterattack for knock-over with kicking hamstring

Counterattack | **Attack**

Junbi

- Stand back and hold the other arm.

- Close the gap with the attacker and kick the hamstring

- After knocking over, face naelyeojireugi (GIHAP)

Baro

- (GIHAP)
- When trying to grab the defender's arm and pull it up

❷ Counterattack on throw over with grabbing the neck and turn over

Counterattack

Attack

Junbi

- (GIHAP)
- When the attacker grabs arms and tries to throw over

- Grab and turn the attacker's neck by using the rotational force to retreat and turn back and the force to pull the arm

- After throwing down, head Jitjjiki (GIHAP)

Baro

❸ Counterattack on georeoneomgigi with dollyeo neomgigi

Counterattack	Attack
Junbi	
	• (GIHAP) • When an attacker grabs it with both hands and tries to take you down
• Grasp both arms of the attacker, lift the leg that is caught, and use the attacker's vain footing to push it in one direction and turn it over.	
• After taking down over face naelyeojireugi (GIHAP)	
Baro	

❹ Counterattack against holding the waist with pressing the nape of the back 1

Counterattack

Attack

Junbi

- (GIHAP)
- When the attacker runs, lowering his posture to hold the waist with both hands

- Back away and press the nape of the attacker with both hands and press it down..

- Head knee naelyeochigi (GIHAP)

Baro

❺ Counterattack against holding the waist with pressing the nape of the back 2

Counterattack

- Back away and hold the attacker's waist with both hands and press it with your weight.

- Use your weight to block it (GIHAP)

Junbi

Attack

- (GIHAP)
- When the attacker runs, lowering his posture to hold the waist with both hands

Baro

2) How to Defend When Your Opponent sitting on top attacks (How to defend against lying position)

Counterattack against strangled from above

- (GIHAP)
- Sit on the defender in a supine position and squeeze the neck.

- (GIHAP)
- Hold the attacker's wrist with your left hand and the attacker's shoulder collar with your right hand.

- Use the momentary lower body recoil to turn it over.

- Hold the attacker's belt and bow down to defend.

- Thigh right elbow naelyeochigi

- Thigh left elbow naelyeochigi

- Right elbow solar plexus naelyeochigi

- Forehead torse Naelyeochigi

- Come out from the attacker by twisting body while pressing the attacker's wrapped leg with right elbow.

- Turns your body face down on the upper body to prevent the attacker from raising the upper body.
- Hit the face with your left elbow.
- One leg of the attacker is still caught

- Hit the thigh with the right elbow.

- Pull out the leg by pushing the attacker's knee out with the palm of your hand.

- Sit on top of the attacker and counterattack the opponent by choking.

5.

Self-defense against weapons

1) Knife attack defense method

❶ makgi

1. Batangson naelyeomakgi (geod-eomakgi)

- (GIHAP)
- When stabbing the knife inward toward the chest

2.Batangson naelyeomakgi (geod-eomakgi)

- When stabbing the knife inward toward the chest

3. Sonnal(hand blade) naelyeomakgi (geod-eomakgi)

- When stabbing a knife from outside to inside

4. Sonnal(hand blade) naelyeomakgi (geod-eomakgi)

- When stabbing a knife from inside to outside

5. Sonnal(hand blade) bakkatmakgi (geod-eomakgi)

- When drawing a knife from top to bottom

6. Sonnal(hand blade) bakkatmakgi (geod-eomakgi)

- When drawing a knife from top to bottom

7. Sonnal(hand blade) eotgeoreomakgi

- When drawing a knife from top to bottom

❷ Counterattack when holding a knife on the left neck

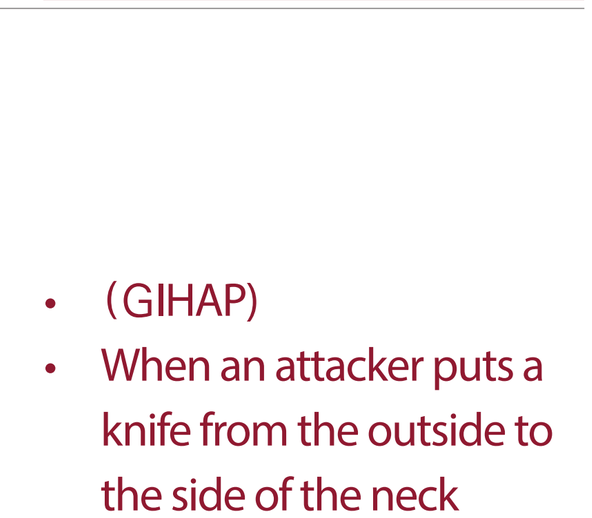
Counterattack

Junbi

- (GIHAP)
- When an attacker puts a knife from the outside to the side of the neck

Attack

- One hand pushes the hand holding the knife, and the other hand pulls and twists the elbow joint while tripping the leg.



- Fall the opponent down with weight and face naelyeojireugi
- (GIHAP)

Baro

❸ Counterattack when putting a knife on the right neck

Counterattack

Attack

Junbi

- (GIHAP)
- When an attacker puts a knife from the outside to the side of the neck

- Step one step, one hand pulls the hand holding the knife, the other hand presses the opponent's triceps with a hand blade and then joint lock it with the weight.

- Press down with your weight to overpower (GIHAP)

Baro

❹ Counterattack when holding the body from behind and holding a knife around the neck

Counterattack

Junbi

- (GIHAP)
- When the attacker holds the knife behind back and against neck
  Hold the hand with the knife with both hands

- Lowering your posture pull back the attacker's hand with a knife and step behind the attacker

- Kick the attacker's hamstring while twisting the wrist and shoulder joints.

- Dragging backward and knocking down the face after falling face naelyeojireugi (GIHAP)

Baro

❺ Counterattack when stabbing the abdomen 1

Counterattack

- Step back and hold the hand with a knife with both hands

- Downward apchagi

- Pulling it and neck sonnal(hand blade) naelyeochigi

- Press the back of the attacker with the knee and break it down by pressing the shoulder joint. (GIHAP)

Junbi

Baro

Attack

- (GIHAP)
- When the attacker stabs the abdomen with a knife

❻ Counterattack when stabbing the abdomen 2

Counterattack

- Step back and hold the hand with a knife with both hands

Junbi

- Twist up the grabbed hand and inward dol-aditgi

- Going backwards, stab the attacker's abdomen with a knife. (GIHAP)

Baro

Attack

- (GIHAP)
- When the attacker stabs the abdomen with a knife

❼ Counterattack when swinging diagonally 1

Counterattack

Attack

Junbi

- Step back and twist away.

- attack
- When the attacker swings the knife diagonally

- With both hands, hug the attacker's neck and arms at the same time.

- Hamstring georeoneomgigi

- Put the weight of the whole body and suppresses it.

Baro

❽ Counterattack when swinging sideways

Counterattack

- Step on the side of your left foot and block down with sonnal(hand blade)(downwardmakgi)

- One hand holds the hand with the knife and the other hand lifts the part behind the elbow joint with the hand blade.

- Turning 180° behind the right foot, grab the back of the attacker's hand with both hands, and break it.

- Pull the arm of the attacker who fell, and break the opponent's shoulder with the right knee.
  (GIHAP)

Junbi

Baro

Attack

- (GIHAP)
- When the attacker swings the knife to the side

❾ Counterattack when swinging diagonally 2

Counterattack | **Attack**

Junbi

- Step on the side and one sonnal(hand blade) georeomakgi

- (GIHAP)
- When the attacker swings the knife diagonally down

- One hand pulls the hand of the knife. Turns the left foot back and pulls the attacker down.

- Press the shoulder joint with the knee to break it. (GIHAP)

Baro

2) Lumber stick attack defense method

❶ Counterattack against diagonal attacks 1

Counterattack | **Attack**

Junbi

- Side step with left foot and two batangson nulleomakgi

- (GIHAP)
- When an attacker approaches with lumber stick swinging diagonally

- Hold the attacker's shoulders
- Put one foot and trip over the opponent.

- face naelyeojireugi (GIHAP)

Baro

❷ Counterattack against diagonal attacks 2

Counterattack | **Attack**

Junbi

- Step outside the swinging side and block the attacker's swinging hand with a hand blade

- (GIHAP)
- When an attacker approaches with lumber swinging diagonally

- Pull the opponent's wrist with one hand while the other arm wraps around the opponent's neck and flips the body over.

- Suppress the attacker's neck and arms at the same time.
  (GIHAP)

Baro

❸ Counterattack against hitting from above

Counterattack

- Avoiding to the side, turn around and block the attacker's wielding hand and elbow with two sonnal(hand blade)

- Push and pull with both hands and press the elbow joint to break

- Press the shoulder joint to break while pressing the other person's shoulder with the knee.(GIHAP)

Junbi

Baro

Attack

- (GIHAP)
- When an attacker strikes with lumber stick from top to bottom

3) How to defend against a pistol

❶ Counterattack when aimed by the gun from front

Counterattack | **Attack**

Junbi

- (GIHAP)
- When the opponent is pointing the pistol in front

- Stand sideways, avoiding the direction of the muzzle, hit the barrel with the palm on in same side with the hand holding the pistol, and at the same time hit the wrist with the other hand.

- Hit the opponent's face with the taken pistol

- Two steps back and aim the gun. (GIHAP)

Baro

❷ Counterattack when aimed by the gun from behind

Counterattack | **Attack**

Junbi

- (GIHAP)
- When the opponent is pointing the pistol from behind

- While turning around and avoiding the direction of the muzzle, one hand holds the hand holding the pistol and the other hand puts the blade on the opponent's triceps.

- Push and pull with both hands and press the elbow joint to break

- Press the shoulder joint while pressing the other person's shoulder with the knee (GIHAP)

Baro

❸ Counterattack when aiming the gun from the side

Counterattack | **Attack**

Junbi

- (GIHAP)
- When the opponent is pointing the pistol from the side

- Turning and stepping on, avoiding the muzzle direction, one hand holds the hand holding the pistol and the other hand touches the other triceps.

- Push and pull with both hands and press the elbow joint to break

- Press and break the shoulder and wrist joints while pressing the other person's shoulder with the knee (GIHAP)

Baro

Ⅳ Taekwondo self-defense training

1. Taekwondo self-defense training method
2. Taekwondo self-defense conditioning method

Ⅳ

Taekwondo self-defense training

Taekwondo self-defense is practiced by the method of basic posture-basic movement-promis fighting sparring practical fighting (sparring). Each training method is as follows.

1. Taekwondo self-defense training method

1) Basic posture

The main hand techniques of each Poomsae self-defense 1 and 2 summarized below in the stand-up or forward bend position are trained by themselves by changing left and right directions with correct movements including preliminary movements. Relative skills such as catching, subtracting, breaking, flipping, and locking are omitted because it is difficult to practice alone.

Names of poomsae	Poomsae self Defense Ⅰ	Poomsae self Defense Ⅱ
Taegeuk 1 Jang	Bakkatmakgi Jireugi Apchagi	Bakkatmakgi Jireugi Dollyeochagi
Taegeuk 2 Jang	Anmakgi Double jireugi Apchagi	Anmakgi Jireugi Dollyeochagi
Taegeuk 3 Jang	Onnal(hand blade) bakkatmakgi Sonnal(hand blade) anchigi Knee ollyeochigi	Sonnal(hand blade) bakkatmakgi Jireugi Knee dollyeochigi
Taegeuk 4 Jang	Geodeuleo sonnal(hand blade) bakkatmakgi Tip of open hand sewojjireugi Yeopchagi	Batangson anmakgi Tip of open hand sewojjireugi Yeopchagi
Taegeuk 5 Jang	Naelyeomakgi Deungjumeog apchigi Elbow dollyeochigi	Anmakgi Elbow dollyeochigi Elbow pyojeok(target)chigi Yeopchagi
Taegeuk 6 Jang	(Face) bakkatmakgi Jireugi (Face) dollyeochagi	(Downward) dollyeochagi Jireugi (Face) dollyeochagi

Taegeuk 7 Jang	Eotgeoreomakgi Hechyeomakgi Knee ollyeochigi Tripping over(dali georeoneomgigi) Naelyeojireugi	Eotgeoreomakgi Deungjumeog bakkatchigi Knee dollyeochigi Elbow pyojeok(target)chigi
Taegeuk 8 Jang	Apchagi Jumpingapchagi Chijireugi Jumping knee ollyeochigi	Front foot apchagi Elbow dollyeochigi Deungjumeog apchigi Jireugi
Koryo	Sonnal(hand blade) naelyeomakgi Ageumson apchigi Apchagi Two feet gathered yeopchagi	Sonnal(hand blade) naelyeomakgi (georeomakgi) Sonnal(hand blade) anchigi Tripping over(dali georeoneomgigi) Mejumeog naelyeochigi
Keumgang	Sonnal(hand blade) anmakgi Elbow dollyeochigi Batangson apchigi	Meong-eppaegi Elbow dollyeochigi Sonnal(hand blade) Nulleokkeokgi Biteuleokkeokkgi
Taebaek	Flipped naelyeomakgi Sonnal(hand blade) bakkatmakgi Sonnal(hand blade) anchigi Elbow pyojeok(target)chigi	Biteuleoppaegi Deungjumeog yeopchigi Jireugi Apchagi
Pyongwon	Dwichagi Deungjumeog apchigi	Yeopchagi Elbow pyojeok(target)chigi Dollyeo triping over Naelyeojireugi
Sipjin	Bawimilgi Elbow yeopchigi Nulleokkeokgi Georeoneomgigi Elbow naelyeochigi	Bawimilgi Apchagi Deungjumeog apchigi Deureoneomgigi Forehead naelyeochigi
Jitae	Anpalmok anmakgi Mejumeog anchigi Mireoneomgigi Jitjjiki	Sonnal(hand blade) naelyeomakgi Apchagi Mejumeog pyojeok(target)chigi Georeoneomgigi Jitjjiki Nulleokkeokgi
Chonkwon	Back of sonnal(hand blade) Hechyeomakgi Two fistsflipped jireugi Deureoneomgigi Naelyeojireugi	Sonnal(hand blade) bakkatmakgi Jireugi Knee ollyeochigi Elbow naelyeochigi
Hansu	Batangson nulleomakgi Ageumson apchigi Elbow dollyeochigi Nulleokkeokgi	Back of sonnal(hand blade)hechyeomakgi Two sonnal(hand blade) anchigi Deureoneomgigi Joleugi
Il-yeo	Batangson nulleomakgi Tip of open hand sewojjireugi Apchagi Jumping yeopchagi	(Face)sonnal(hand blade) Eotgeoreomakgi Sonnal(hand blade) nulleomakgi Nulleokkeokgi

2) Basic movements

In the ready-to-gyeolugi posture, practice each Poomsae's main hand and foot skills by changing left and right directions as quickly as possible, and when you get used to it, practice while standing.

❶

Ready for gyeolugi

Left fist jireugi

Right fist jireugi

Knee ollyeochigi

❷

Ready for gyeolugi

Left fist jireugi

Right fist jireugi

Knee ollyeochigi

❸

Ready for gyeolugi

Left fist jireugi

Right fist jireugi

Apchagi

❹

Ready for gyeolugi | Left fist jireugi | Right fist jireugi | Dollyeochagi | Right sonnal(hand blade) bakkatchigi

❺

Ready for gyeolugi | Yeopchagi | Right deungjumeog bakkatchigi

❻

Ready for gyeolugi | Oreun ageumson apchigi

7

Ready for gyeolugi

Two feet gathered left foot apchagi

Left fist jireugi

Right fist jireugi

8

Ready for gyeolugi

Two feet gathered left foot apchagi

Left sonnal(hand blade) bakkatchigi

9

Ready for gyeolugi

Right foot dollyeochagi

Left foot dwichagi

Left deungjumeog bakkatchigi

⑩

Ready for gyeolugi　Right foot dollyeochagi　Left foot dwihulyeochagi　Left sonnal(hand blade) bakkatchigi

3) Partner Sparring (prearranged)

It is a method of competing according to mutual promise. Taekwondo skills must be trained and mastered in accordance with the actual practice, such as counterattacking while blocking an attack on the premise that it is a real situation, and counterattacking immediately while avoiding. Of each Poomsae self-defense technique, Poomsae I is designed to be to the right and Poomsae II to the left , while naturally avoiding the opponent's attack and allowing the next counterattack. The practical self-defense technique was designed to be applied and used according to the actual situation. Matching Gyeorugi is a stage just before actual Gyeorugi. Considering the following methods, you practice mastery of attack and defense techniques and suppression.

(1) Distance control Choose a technique according to the distance to the other party, or adjust the distance to the other party appropriately according to the technique you want to perform. Performing attacks and defenses at short distances without extending all arms or legs, or performing oppositely at long distances, is helpful helps understans the characteristics of Taekwondo self-defense and competition.

(2) Timing Alignment Respond according to the relative movement time so that the opponent's attack time (external timing) and one's movement time (internal timing) can be matched. It's also a good idea to get in place to improve your reaction rate. Recognize the concept of time as a'definitive moment' that is an inevitable moment even if you try to avoid it, a very important moment when failure is not allowed.

(3) Accuracy Make decisions about how to block and how to attack certain parts by securing certain spaces according to the situation and move. It is a part that requires a lot of repetitive training, assuming a similar situation in practice while considering distance and time in the other training.

(4) Leveling Plan and train so that learning can proceed from easy and simple skills to gradually difficult movements according to the difficulty of the technique.

4) Practical sparring (fighting)

Each Poomsae-specific self-defense technique practiced through the match-up competition is trained and mastered by repeating each other's self-defense techniques, such as attacking quickly as in a real situation while standing in place, counterattacking while blocking, and counterattacking while avoiding. Efforts should be made to apply the methods of distance control, timing, accuracy, and leveling matching considered in the practical sparring (fighting)

2.

Taekwondo self-defense conditioning method

1) Hitting training method

Basic training

❶ Step

Juchumseogi posture

Right fist jireugi twice

❷ Step

Left fist, right fist dollyeojireugi twice

❸ Step

Left fist, right fist chijireugi twice

❹ Step

Double jireugi

Double dollyeojireugi

Basic training

❺ Step

Double chijireugi	Stay easy
Ready for gyeolugi	Double jireugi
Double dollyeojireugi	Double chijireugi

Ready for gyeolugi

Basic training

❻ Step

Ready for gyeolugi

Double jireugi

Left fist dollyeojireugi

Ready for gyeolugi

Basic training

❼ Step

Ready for gyeolugi

Double jireugi

Left fist chijireugi

Ready for gyeolugi

Basic training

❽ Step

Ready for gyeolugi

double jireugi

right foot dollyeochagi

Ready for gyeolugi

Basic training

❾ Step

Ready for gyeolugi

Double jireugi

Two feet gathered left foot dollyeochagi

Back step and ready for gyeolugi

Basic training

⑩ Step

Ready for gyeolugi

Left fist jireugi

Downward right foot dollyeochagi

Right fist jireugi

Left fist dollyeojireugi

Ready for gyeolugi

Basic training

⑪ Step

Ready for gyeolugi

Changing feet left foot apchagi

Left fist jireugi

Right fist dollyeojireugi

Double elbow dollyeochigi

Ready for gyeolugi

Basic training

⑫ Step

Ready for gyeolugi

Left fist jireugi

Right foot dwichagi

Right deungjumeog bakkatchigi

Ready for gyeolugi

Basic training

⓭ Step

Ready for gyeolugi

Left foot dollyeochagi

Right foot dwihulyeochagi

Neck right sonnal(hand blade) bakkatchigi

Left deungjumeog anchigi

Ready for gyeolugi

Basic training

⓮ Step

Ready for gyeolugi

Right foot mulleoditgi,
right fist jireugi

Left fist dollyeojireugi

Right fist chijireugi

Downward right foot dollyeochagi

Ready for gyeolugi

Basic training

⓯ Step

Ready for gyeolugi

Right foot mulleoditgi,
Right batangson anmakgi

Double jireugi

Nalaechagi

Ready for gyeolugi

Basic training

⑯ Step

Ready for gyeolugi

Left batangson anmakgi

Right fist jireugi

Left ward, right ward duck down

Right fist dollyeojireugi
Left fist chijireugi

Right ward, left ward duck down

Left fist dollyeojireugi

Right foot mulleoditgi

Jumping right foot dwihulyeochagi

Stay easy

Basic training method 1 Poom

Juchumseogi Junbi

❶ Step

Left fist, right fist jireugi twice

❷ Step

Left fist, right fist dollyeojireugi twice

❸ Step

Left fist, right fist chijireugi twice

❹ Step

Double jireugi

Double dollyeojireugi

double chijireugi

Stay easy

Basic training method 2 Poom

❶ Step

Ready for gyeolugi

Double jireugi

Double dollyeojireugi

Double chijireugi

Ready for gyeolugi

❷ Step

Ready for gyeolugi

Double jireugi

Left fist dollyeojireugi

Ready for gyeolugi

❸ Step

Ready for gyeolugi

Double jireugi

Left fist chijireugi

Ready for gyeolugi

❹ Step

Ready for gyeolugi

Double jireugi

Right foot dollyeochagi

Ready for gyeolugi

❺ Step

Ready for gyeolugi

Double jireugi

Two feet gathered
Left foot dollyeochagi

Ready for gyeolugi

❻ Step

Ready for gyeolugi

Left fist jireugi

Downward right foot dollyeochagi

Right fist jireugi

Left fist dollyeojireugi

Ready for gyeolugi

Basic training method 3 Poom

❶ Step

Ready for gyeolugi

Changing feet left foot apchagi

Left fist jireugi

Right fist dollyeojireugi

Double elbow dollyeochigi

Ready for gyeolugi

❷ Step

Ready for gyeolugi

Left fist jireugi

Right foot dwichagi

Right deungjumeog bakkatchigi

Ready for gyeolugi

❸ Step

Ready for gyeolugi

Left foot dollyeochagi,
Right foot dwihulyeochagi

Neck right sonnal(hand blade) bakkatchigi

Left deungjumeog anchigi

Ready for gyeolugi

❹ Step

Ready for gyeolugi

Right foot mulleoditgi,
Right fist jireugi

Left fist dollyeojireugi

Right fist chijireugi

Downward right foot dollyeochagi

Ready for gyeolugi

❺ Step

Ready for gyeolugi

Right foot mulleoditgi,
Right batangson anmakgi

Double jireugi

Nalaechagi

Ready for gyeolugi

6 Step

Ready for gyeolugi

Left batangson anmakgi

Right fist jireugi

Left ward, right ward duck down

Right fist dollyeojireugi
Left fist chijireugi

Right ward, left ward duck down

Left fist dollyeojireugi

Right foot mulleoditgi

Jumping right foot dwihulyeochagi

Ready for gyeolugi

2) Tool training

(1) Mitt training method (1~3 Poom)

Mitt training method 1 Poom

Attack(mitt)a

Defense b

❶ Step

Juchumseogi Junbi

Left fist jileug (a duck down right ward)

❷ Step

Right fistjireugi(a duck down left ward)

Left fist dollyeojireugi

❸ Step

Right fist dollyeojireugi

Left fist chijireugi

❹ Step

- Double jireugi
- Double dollyeojireugi
- Double chijireugi

Right fist chijireugi

Ready for gyeolugi

Mitt training

method 2 Poom

Attack(mitt)a

Defense b

❶ Step

Ready for gyeolugi

Left fistjireugi

Right fist jireugi

Left fist dollyeojireugi

Right fist dollyeojireugi

Left fist chijireugi

Right fist chijireugi

Ready for gyeolugi

❷ Step

Ready for gyeolugi

Left fist jireugi

Right fist jireugi

Left fist dollyeojireugi

Ready for gyeolugi

❸ Step

Ready for gyeolugi

Left fist jireugi

Right fist jireugi

Left fist chijireugi

Ready for gyeolugi

❹ Step

Ready for gyeolugi

Left fist jireugi

Right fist jireugi

Right foot dollyeochagi

Ready for gyeolugi

5 Step

Ready for gyeolugi

Left fist jireugi

Right fist jireugi

Gather feet

Left foot dollyeochagi

Ready for gyeolugi

❻ Step

Ready for gyeolugi

Left fist jireugi

Downward right foot dollyeochagi

Right fist jireugi

Left fist dollyeojireugi

Stand easy

Mitt training

method 3 Poom

Attack(mitt)a

Defense b

❶ Step

Ready for gyeolugi

Change the foot

Left foot apchagi

Left fist jireugi

Right fist dollyeojireugi

Left elbow dollyeochigi

Right elbow dollyeochigi

Ready for gyeolugi

❷ Step

Ready for gyeolugi

Left fist jireugi

Right foot dwichagi

Right deungjumeog bakkatchigi

Ready for gyeolugi

❸ Step

Ready for gyeolugi

Left foot dollyeochagi

Right foot dwihulyeochagi

Right sonnal(hand blade) bakkatchigi

Left deungjumeog dollyeochigi

Ready for gyeolugi

❹ Step

Ready for gyeolugi

Right foot mulleoditgi

Right fist jireugi

Left fist dollyeojireugi

Right fist chijireugi

Downward right foot dollyeochagi

Ready for gyeolugi

❺ Step

Ready for gyeolugi

Right foot mulleoditgi, right batangson-anmakgi

Left fist jireugi

Right fist jireugi

Nalaechagi(right foot dollyeochagi, face left foot dollyeochagi)

Ready for gyeolugi

❻ Step

Ready for gyeolugi

Left batangson anmakgi

Right fist jireugi

Duck down

Right fist dollyeojireugi

Left fist chijireugi

Duck down

Left fist dollyeojireugi

Right foot mulleoditgi

Jumping right foot dwihulyeochagi

Stay easy

(2) Glove training method (4 Poom)

Glove training method 4 Poom

❶ Step

Ready for gyeolugi

Left fist jireugi,
right batangson anmakgi

Right fist jireugi,
left batangson anmakgi

Left fist jireugi, teuleopihagi

Right fist jireugi, teuleopihagi

❷ Step

Left fist jireugi, face makgi

Right fist dollyeojireugi, face makgi

Left fist dollyeojireugi, duck down

Right fist dollyeojireugi, duck down

❸ Step

Left fist chijireugi, eotgeoreomakgi

Right fist chijireugi, eotgeoreomakgi

Left fist chijireugi, eotgeoreomakgi

Right fist chijireugi, eotgeoreomakgi

❹ Step

Left fist jireugi, face makgi

Right fist jireugi, face makgi

Left fist dollyeojireugi, face makgi

Right fist dollyeojireugi, face makgi

Left fist chijireugi, eotgeoreomakgi

Right fist chijireugi, eotgeoreomakgi

Ready for gyeolugi

❺ Step

Ready for gyeolugi

Left fist jireugi, face makgi

Right fist jireugi, face makgi

Left fist dollyeojireugi, face makgi

Right fist dollyeojireugi, face makgi

Left fist chijireugi, eotgeoreomakgi

Right fist chijireugi, eotgeoreomakgi

Ready for gyeolugi

6 Step

ready for gyeolugi

left fist jireugi, face makgi

Right fist jireugi, face makgi

Left fist dollyeojireugi, face makgi

Ready for gyeolugi

❼ Step

Ready for gyeolugi

Left fist jireugi, face makgi

Right fist jireugi, face makgi

Left fist chijireugi, eotgeoreomakgi

Ready for gyeolugi

❽ Step

Ready for gyeolugi

Left fist jireugi, face makgi

Right fist jireugi, face makgi

Right foot dollyeochagi, face makgi

Ready for gyeolugi

❾ Step

Ready for gyeolugi

Left fist jireugi, face makgi

Right fist jireugi, face makgi

Left foot dollyeochagi, face makgi

Ready for gyeolugi

❿ Step

Ready for gyeolugi

Left fist jireugi

Downward right foot dollyeochagi

Right fist jireugi, face makgi

Left fist dollyeojireugi, face makgi

Ready for gyeolugi

⓫ Step

Ready for gyeolugi

Change your feet

Left foot apchagi

Left fist jireugi, face makgi

Right fist dollyeojireugi, face makgi

Face left elbow dollyeochigi, face makgi

Face right elbow dollyeochigi, face makgi

Ready for gyeolugi

⑫ Step

Ready for gyeolugi

Left fist jireugi

Right foot dwichagi

Right deungjumeog bakkatchigi, face makgi

Ready for gyeolugi

⓭ Step

Ready for gyeolugi

Left foot dollyeochagi

Face right foot dwihulyeochagi

Neck right sonnal(hand blade) bakkatchigi

Left deungjumeog anchigi, face makgi

Ready for gyeolugi

⓮ Step

Ready for gyeolugi

Left fist jireugi, right foot mulleoditgi

Right fist jireugi, face makgi

Left fist dollyeojireugi, face makgi

Right fist chijireugi, eotgeoreomakgi

Downward dollyeochagi

Ready for gyeolugi

⑮ Step

Ready for gyeolugi

Left fistjireugi,right foot stepping backright batangson-anmakgi

Left fist jireugi

Right fist jireugi

Nalaechagi(downward right foot dollyeochagi, torso left foot dollyeochagi)

Ready for gyeolugi

⑯ Step

Ready for gyeolugi

Left batangson anmakgi

Right fist jireugi

Duck down

Right fist dollyeojireugi

Left fist chijireugi

Duck down

Left fist dollyeojireugi

Right foot mulleoditgi	Jumping right foot dwihulyeochagi

Ready for gyeolugi	Stay easy

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WORLD TAEKWONDO ACADEMY

문화체육관광부
Ministry of Culture, Sports and Tourism

KSPO 국민체육진흥공단
Korea Sports Promotion Foundation

이 사업은 문화체육관광부와 국민체육진흥공단의 재정후원을 받고 있습니다.

This project is financially sponsored by the Ministry of Culture, Sports and Tourism(MCST) and Korea Sports Promotion Foundation(KSPO)

93690

ISBN 979-11-958575-8-6