



# UNITED TAEKWONDO

## FITNESS & SELF DEFENCE



### BASIC COMMANDS

#### **Joonbi**

Stand with two feet shoulder width apart, feet parallel and pointing straight ahead. Hands in fist shape in front of your belt, fist facing fist, slightly apart ready to start.

#### **Cha ryot**

Stand with heels together, feet pointing out at 45° in a V shape, arms by your sides, hands in fist shape, ready to bow.

#### **Kyong ye**

From Cha ryot position, bow.

#### **Dwee ro tora**

Start in Cha ryot position. Place right foot behind left heel, turn 180° turning over right shoulder.

#### **Gu mahn**

Stop instantly and listen for next command.

#### **Shio**

Relax.

#### **Si jak**

Go, begin.

### STANCES

#### **Horse Riding Stance**

From Joonbi, move your left foot out to the left, two shoulder widths apart, knees bent and feet parallel pointing straight ahead. Shoulders and hips should be square.

#### **Forward Stance**

From Joonbi, move your left foot forward two shoulder lengths long and one shoulder width wide, front foot pointing straight ahead and front knee bent. The front of the knee should line up with the back of the ankle. The back leg is straight and the foot on the ground pointing at 45° towards the front. Shoulders and hips should be square.

#### **Back Stance**

From Joonbi, move your left foot forward, front foot pointing straight ahead and front knee bent. The front of the knee should line up with the back of the ankle. Bend the back leg and turn the right foot 90° making sure that the right hip, knee and foot are in line. Bend slightly at the hip so shoulder is tipped slightly forward.

## TURNING AROUND

### Shout On All These Techniques

#### **Dwee ro tora Forward Stance**

From Forward Stance move the front foot over one shoulder width making a horse riding stance facing sideways. Then move the rear foot over one shoulder width facing the other way.

#### **Dwee ro tora Back Stance**

From Back Stance lift and turn the front foot so that it is parallel to the rear, then lift the rear foot and turn 90° to face the other way.

## BLOCKS

#### **Low Section Block, Forward Stance**

From Joonbi, move into a Forward Stance. Extend your right arm into a punch position and place your left fist on your right shoulder, palm facing your ear. The hand on your shoulder is extended from the shoulder to the knee, stopping a fist distance above your knee; twist the wrist at the end. The right fist, at the same time, is pulled back parallel to the ground above your right hip, palm facing upward. Shoulders and hips are square.

#### **Raising Block, Forward Stance**

From Joonbi, move into a Forward Stance. Extend your right arm into a punch position and place your left fist on your right shoulder, palm facing your ear. Block upward above your head with your left arm. Lead with your elbow and twist the wrist at the end. The side of your forearm should protect your forehead and the blocking arm should be at least 15cm above your head with a slight angle on the blocking arm at the elbow. The right fist at the same time is pulled back parallel to the ground above your right hip, palm facing upward. Shoulders and hips are square.

#### **Outer Forearm Block, Forward Stance**

From Joonbi, move into a Forward Stance. Extend your right arm into a punch position and place your left fist on your right shoulder, palm facing your ear. Block to the left side of the body with your left arm. Twist the wrist at the end. Fist should be at shoulder height. The right fist at the same time is pulled back parallel to the ground above your right hip, palm facing upward. Shoulders and hips are square.

#### **Inner Forearm Block, Back Stance**

From Joonbi, move into a Back Stance. Bend your right arm up in front of your chest at a 90° angle, arm horizontal to the floor. At the same time, bend your left arm up in front of your chest at a 90° angle, arm horizontal to the floor and underneath the right arm. Move the left fist past both the right elbow and the right fist. Twist the wrist inward, palm facing toward your body. Fist should be at shoulder height. The right fist at the same time is pulled back parallel to the ground above your right hip, palm facing upward.

#### **Outer Forearm Inward Block, Back Stance**

From Joonbi, move into a Back Stance. Bend your right arm up in front of your chest at a 90° angle, arm horizontal to the floor. At the same time, bend your left arm up to the side of your body at a 90° angle, arm vertical, fist at shoulder height. Move the left arm to the front. Twist the wrist inward, palm facing toward your body. Fist should be at shoulder height. The right fist at the same time is pulled back parallel to the ground above your right hip, palm facing upward.

## STRIKES

### Shout On All These Techniques

#### **Horse Riding Stance Middle Section Punch**

Start in Joonbi. While moving into a Horse Riding Stance, extend your right arm into a punch position. The left fist at the same time is pulled back parallel to the ground, palm facing upward. When your left foot finishes, exchange your fists fast. Shoulders and hips are square.

#### **Forward Stance Punch**

Start in Joonbi. While moving into a Forward Stance, extend your right arm into a punch position. The left fist at the same time is pulled back parallel to the ground, palm facing upward. When your right foot finishes, exchange your fists fast. Shoulders and hips are square.

#### **Forearm Guarding, Back Stance**

Start in Joonbi. While moving into a Back Stance, extend your arms behind your body, hands in fist position. When your Back Stance finishes, pull your arms through, forming a left outer forearm block. Fist should be at shoulder height. Right fist finishes in front of solar plexus, palm facing upward.

#### **Knifehand Strike, Back Stance**

Start in Joonbi. While moving into a Back Stance, bend your right arm up in front of your chest at a 90° angle, arm horizontal to the floor. At the same time, place your left open hand on your right shoulder, above the right arm, palm facing your ear. Extend the left arm to the front, twist the hand outward, palm facing down. Left hand and arm should be at shoulder height. The right fist at the same time is pulled back parallel to the ground above your right hip, palm facing upward and elbow pulled back behind your body.

## KICKS

### Shout On All These Techniques

#### **Front Kick**

Start in Joonbi. Move into Back Stance; pivot body on the left foot, raise the rear leg up towards the target. Let the rear foot past the front knee and extend the ball of the foot towards the target, shout at the end. Return the foot to the original position. Hands are kept up in guarding position.

#### **Side Kick**

Start in Joonbi. Move into Back Stance. Pivot body on the left foot and execute a right-side kick to belt height, foot pulled back, flat and parallel to the ground. Shoulder, hip and heel should be aligned. Bring leg back with control and place in Back Stance. Arms will change position while executing the kick and return to original position on completion.

## WHITE BELT PATTERNS

**Shout On All These Techniques If Counted By Numbers, or End of Technique if Done In Own Time, Unless Otherwise Instructed**

### **Right Four Directional Punch**

Start in Joonbi

1. Move right foot forward into right Forward Stance.  
Execute right middle section punch, chest height.
2. Turn left 90°, bring feet together then step back with right foot at 30° forming a left Forward Stance. Execute low section block with left arm.
3. Move right foot forward into right Forward Stance.  
Execute right middle section punch, chest height.
4. Turn left 90°, bring feet together then step back with right foot at 30° forming a left Forward Stance. Execute low section block with left arm.
5. Move right foot forward into right Forward Stance.  
Execute right middle section punch, chest height.
6. Turn left 90°, bring feet together then step back with right foot at 30° forming a left Forward Stance. Execute low section block with left arm.
7. Move right foot forward into right Forward Stance.  
Execute right middle section punch, chest height.  
Stay in last position until Gu mahn, and then move right foot back into Joonbi.

### **Left Four Directional Punch**

Start in Joonbi

1. Move left foot forward into left Forward Stance.  
Execute left middle section punch, chest height.
2. Turn right 90°, bring feet together then step back with left foot at 30° forming a right Forward Stance. Execute low section block with right arm.
3. Move left foot forward into left Forward Stance.  
Execute left middle section punch, chest height.
4. Turn right 90°, bring feet together then step back with left foot at 30° forming a right Forward Stance. Execute low section block with right arm.
5. Move left foot forward into left Forward Stance.  
Execute left middle section punch, chest height.
6. Turn right 90°, bring feet together then step back with left foot at 30° forming a right Forward Stance. Execute low section block with right arm.
7. Move left foot forward into left Forward Stance.  
Execute left middle section punch, chest height.  
Stay in last position until Gu mahn, and then move left foot back into Joonbi.