
I.T.F. Fundamental Exercises

(Gibon Yonsup)

Canadian Elite Taekwon-Do Federation INO # 239



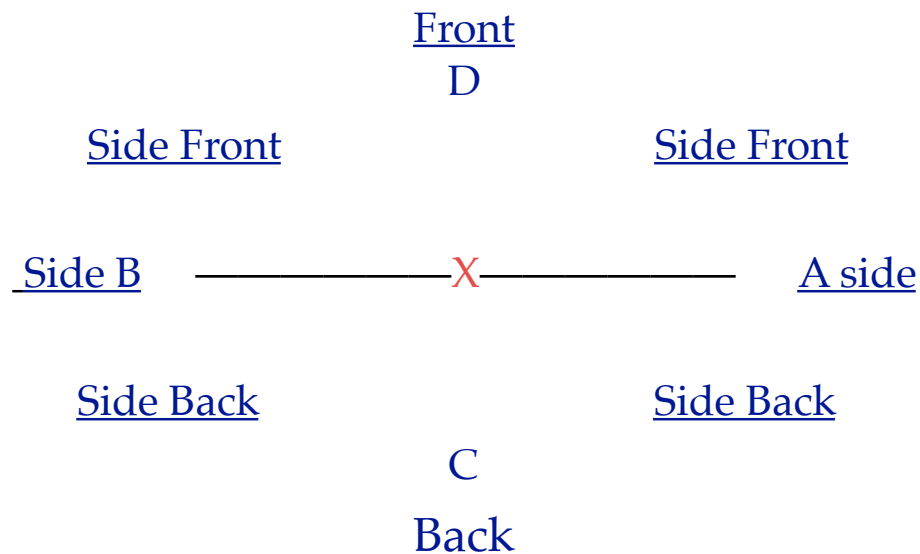
Preparatory Exercise (JUNBI UNDONG)

Before any student begins training at least ten to fifteen minutes should be dedicated to warm up exercises. The purpose of these exercises is to loosen the the muscles and joints, and increase blood circulation. A student who begins strenuous punching, kicking or jumping exercise is very liable to pull or strain ligaments without first preparing the body. After training ends students should also spend five to ten minutes doing simple cool down exercises to release tension from the body.



Direction Diagram (Bang Hyang Pyo)

The pattern diagram serves as a guide to show the four directions the student will follow during the performance of a pattern or exercise.



*X represents the practitioner facing D to start

LEGEND

“ to A,B,C,.....etc.” = direction of attack or block to A,B,C,...etc.

“toward A,B,C,.....etc.” = direction of stance A,B,C,.....etc.

General Assumptions (Ilban Kahjung)

*General Choi's Condensed Encyclopedia Pg # 415

The purpose is to avoid any unnecessary repetition; to show logical sequence of movement; and to conduct training, step by step, and gradually move to more difficult movement.

1. The fundamental exercise is started on line AB facing D with few exceptions.
2. Blocking is begun with the left hand or foot and attacking with the right hand or foot. There are only rare exceptions to the above. A student should familiarize themselves equally with both sides.
3. A middle attack or defence is usually executed before a high attack or defence unless a special instruction is given.
4. Spot exercise is performed before the turning and stepping exercise in most cases.
5. A forward stepping exercise is performed conjointly with backward stepping or turning exercises with few exceptions
6. Backward stepping and turning exercises are performed, assuming a left walking, left low, left rear foot, and left L-stance toward D unless specified otherwise.
7. As a rule bring the foot initially moved back to the ready posture after completion of each exercise.
8. Every attack and block is performed toward the direction the stance is facing unless specified otherwise.
9. All punches throughout this book are considered front punches unless special instruction is given.
10. The other fist throughout this book is considered pulled to the hip simultaneously while attacking or blocking with one hand unless special direction is given.

FUNDAMENTAL EXERCISES BY GRADE

(GIBON YONSUP)

When giving a command to perform, use the term “So” instead of “Sogi”, “Sogi” means stance. All techniques are assumed to be to the obverse(same side as the stance), to the front and middle section unless specified otherwise, this will prevent confusion while training.

Tenth Gup; White Belt:

SAJU JIRUGI: Four Direction Punch

Walking Stance/ Outer Forearm Low Block

command; Gunnun So/ Bakat Palmok Najunde Makgi

Walking Stance/ Punch

command; Gunnun So/ Jirugi

SAJU MAKGI: Four Direction Block

Walking Stance/ Knife-Hand Low Block

command; Gunnun So/ Sonkal Najunde Makgi

Walking Stance/ Inner Forearm Outward Block

command; Gunnun So/ An Palmok Bakuro Makgi

Ninth Gup; White Belt /Yellow Stripe

CHON-JI TUL

L-Stance

command; Niunja So

L-Stance / inner forearm reverse outward block

command; Niunja So / An Palmok Bandae Bakuro Makgi

Forward Step Turning

command; Apuro Omgyo Didimyo Dolgi

Backward Step Turning

command; Dwiro Omgyo Didimyo Dolgi

Eighth Gup; Yellow Belt

DAN-GUN TUL

Walking Stance / high punch

command; Gunnun So / Nopunde Jirugi

L-Stance / Knife-Hand Guarding Block

command; Niunja So / Sonkal Daebi Makgi

L-Stance / Twin Outer Forearm Block

command; Niunja So / Sang Bakat Palmok Makgi

Walking Stance / Outer Forearm Rising Block

command; Gunnun So / Bakat Palmok Chukyo Makgi

Eighth Gup; continued

L-Stance / Knife-Hand Outward Strike

command; Niunja So / Sonkal Bakuro Taerigi

Seventh Gup; Yellow Belt/Green Stripe

DO-SAN TUL

Walking Stance / Outer Forearm High Sidefront Block

command; Gunnun So / Bakat Palmok Nopunde Yobap Makgi

Walking Stance / Reverse Punch

command; Gunnun So / Bandae Jirugi

Walking Stance / Straight Fingertip Thrust

command; Gunnun So / Sun Sonkut Tulgi

Walking Stance / High Back Fist Strike

command; Gunnun So / Dung Joomuk Nopunde Taerigi

Sitting Stance / Knife-Hand Side Strike

command; Annun So / Sonkal Yop Taerigi

Side Stepping

command; Ibo Omgyo Yop Didigi

Obverse Punch, Reverse Punch in a “Fast Motion”

command; Bareun Dong Jak, Baro Jirugi, Bandae Jirugi

Sixth Gup; Green Belt

WON-HYO TUL

L-Stance / Knife-Hand high Inward Strike

command; Niunja So / Sonkal Nopunde Anuro Taerigi

Fixed Stance / Reverse Punch

command; Gojung So / Bandae Jirugi

Walking Stance / Inner Forearm Circular Block

command; Gunnun So / An Palmok Dollimyo Makgi

Walking Stance / Straight Fingertip Thrust

command; Gunnun So / Sun Sonkut Tulgi

Stepping Side Piercing Kick

command; Omgyo Didigi Yopcha Jirugi

Fixed Stance / Punch(obverse & reverse)

command; Gojung So / jirugi(baro & bandae)

Fifth Gup ; Green Belt/Blue Stripe

YUL-GOK TUL

Sitting Stance / Punch

command; Annun So / Jirugi

Walking Stance / Palm Hooking Block

command; Gunnun So / Sonbadak Golcho Makgi

Walking stance / Palm Reverse Hooking Block

command; Gunnun So / Sonbadak Bandae Golcho Makgi

Walking Stance / Elbow Strike

command; Gunnun So / Palkup Taerigi

L-Stance / Twin Knife-Hand Block

command; Niunja So / Sang Sonkal Makgi

X-Stance / High Side Back Fist Strike

command; Kyocha So / Dung Joomuk Nopunde Yop Taerigi

Walking Stance / High Double Forearm Block

command; Gunnun So / Doo Palmok Nopunde Makgi

Fourth Gup ; Blue Belt

JOONG-GUN TUL

L-Stance / Reverse Knife-Hand Outward Block

command; Niunja So / Sonkal Dung Bakuro Makgi

Rear Foot-Stance / Palm Upward Block

command; Dwitbal So / Sonbadak Ollyo Makgi

Walking stance / Upper elbow strike

command; Gunnun So / Wi Palkup Taerigi

Walking stance / High Twin Fist Vertical Punch

command; Gunnun So / Sang Joomuk Nopunde Sewo Jirugi

Walking Stance / Twin fist Upset Punch

command; Gunnun So / Sang Joomuk Dwijibo Jirugi

Walking stance / X-Fist Rising Block

command; Gunnun So / Kyocha Joomuk Chukyo Makgi

Low Stance / Palm Pressing Block

command; Gojung So / Sonbadak Noollo Makgi

Close Stance / Angle Punch

command; Moa So / Giokja Jirugi

Third Gup ; Blue Belt/Red Stripe

TOI-GYE TUL

Walking stance / Low Upset Fingertip Thrust

command; Gunnun So / Dwijibun Sonkut Najunde Tulgi

Close Stance / Side Back Fist Strike

command; Moa So / Dung Joomuk Yop Taerigi

Walking Stance / X-Fist Pressing block

command; Gunnun So / Kyocha Joomuk Noollo Makgi

Sitting stance / Outer Forearm W-Shape Block

command; Annun So / Bakat Palmok San Makgi

Walking Stance / High Flat Fingertip Thrust

command; Gunnun So / Opun Sonkut Nopunde Tulgi

L -Stance / Double Forearm Low Pushing Block

command; Niunja So / Doo Palmok Najunde Miro Makgi

L stance / High Back Fist Strike

command; Niunja So / Dung Joomuk Nopunde Taerigi

X stance / X-Fist Pressing Block

command; Kyocha So / Kyocha Joomuk Noollo Makgi

L stance / Low Knife-Hand Guarding Block

command; Niunja So / Sonkal Najunde Daebi Makgi

Second Gup; Red Belt

HWA-RANG TUL

Sitting Stance / Palm Pushing Block

command; Annun So / Sonbadak Miro Makgi

L -Stance / Upward Punch

command; Niunja So / Ollyo Jirugi

Vertical Stance / Knife-Hand Downward Strike

command; Soojik So / Sonkal Naeryo Taerigi

L-Stance / Reverse Punch

command; Niunja So / Bandae Jirugi

L-Stance / Rear Elbow Thrust

command; Niunja so / Palkup Dwi Tulgi

Close Stance / Inner Forearm Side Front Block

command; Moa So / An Palmok Yobap Makgi

First Gup ; Red Belt/Black Stripe

CHOONG-MOO TUL

Walking stance/ Knife-Hand Inward Strike

command; Gunnun So/Sonkal Nopunde Anuro Taerigi

L-Stance/Forearm Low Block

command; Niunja So/Palmok Najunde Makgi

Walking Stance/Reverse Knife-Hand High Inward Strike

command; Gunnun So/Sonkal Dung Anuro Nopunde Taerigi

Sitting Stance/Outer Forearm Inward Front Block

command; Annun So/Bakat Palmok Ap Anuro Makgi

Sitting Stance/High Side Back Fist Strike

command; Annun so/Dung Joomuk Nopunde Yop Taerigi

X-Stance/Side Knife-Hand Strike

command; Kyocha So/Sonkal Yop Taerugi

Walking Stance/Twin Palm Upward Block

command; Gunnun So/Doo Sonbadak Ollyo Makgi

First Gup; continued

Reverse Turning Kick

command; Bandae Dollyo Chagi

*note: when commanding kicking technique such as the above, the Instructor/ Assistant Instructor should state which leg the kick is to be performed with and which direction to turn if turning or spinning is to be employed. Using the terms “Clockwise” and “Counter Clockwise”, “Front Leg” and “Rear Leg”.

Always try to use proper terminology.

Front Leg = Ap Dari, Rear Leg = Dwit Dari

Flying Side Kick

command; Twimyo Yopcha Jirugi

* This document is intended to aid the Instructor/ Assistant Instructor in the “Art” of leading and instructing a class, the student should always try to follow the tutelage and guidance of their respective Instructor

SOURCE: General Choi Hong Hi’s 15 Volume Encyclopedia,
General Choi Hong Hi’s Condensed Encyclopedia (1999)

&

Comdo: Legacy DVD

Conclusion

It is extremely important for the white belt or beginning student to get clear and concise instruction! This will set the foundation for the rest of their Taekwon-Do training, therefore, the instruction given to the Taekwon-Do practitioner is crucial, the example set by the Instructor or Assistant Instructor as well as the senior student(s) is of equal importance.

“It is better to not be taught at all than to be taught wrong”

General Choi Hong Hi, 1918-2002

******This document is intended to be an aid to the Taekwon-Do practitioner in a hope to help him/her become more knowledgeable and a fundamentally sound student/assistant/Instructor.

The student should first rely on and reference what is taught by their respective Instructor and simply use other resources such as this document to compliment the instruction given in the Dojang.

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