



Tae Kwon-Do

Syllabus Guide & Student Handbook

What is Tae Kwon-Do?

Tae Kwon-Do is a version of an ancient form of unarmed combat practised for many centuries in the Orient. Tae Kwon-Do became perfected in its present form in Korea.

Translated from Korean, 'Tae' literally means to jump, kick or smash with the foot. 'Kwon' means a fist chiefly to punch or destroy with the hand or fist. 'Do' means art, way or method. Tae Kwon-Do indicates the technique of unarmed combat for self-defence, involving the skilled application of punches, kicks, blocks, dodges and interception with the hand, arms and feet to the rapid destruction of the opponent.

To the Korean people Tae Kwon-Do is more than a mere use of skilled movements. It also implies a way of thinking and life, particularly in instilling a concept and spirit of strict self-imposed discipline and an ideal of noble moral re-armament.

In these days of violence and intimidation, which seem to plague our modern societies, Tae Kwon-Do enables the weak to possess a fine weapon to defend himself or herself and defeat the opponent as well. When wrongly applied it can be a lethal weapon.

Tae Kwon-Do Safety

We teach Martial Arts and self-defence that works. We teach it to children, women and men in a safe and professional environment at affordable prices. You'll learn personal defence while increasing your overall fitness, with recognised instructors who have been checked with the Police and Criminal Records Bureau.

About your instructor

Master Martyn Dipper 6th Degree Black Belt
International Instructor
Senior International Referee
Tournament Area Manager

Senior Area Instructor for:
Calne, Didcot, Newbury,
Swindon East, Thatcham & Wantage

Instructor to:
Local Champions
Regional Champions
National Champions
European Champions
World Champions
Olympic hopefuls
National Team Members



Personal Achievements

1991, 1994, 2001, 2002 & 2003 – Individual Sparring
1995 & 2000 – Team Sparring
2001 – Individual Sparring
2004 – Senior Referee – World Championships, Cardiff
2006 – Senior Referee – European Championships, Switzerland
2007 – Senior Referee – World Championships, Birmingham
2008 – Senior Referee – European Championships, Southern Ireland
2010, 2013, 2016 – Senior Referee – World Championships

Member of:

South West of England
Tae Kwon-Do Association of Great Britain
Tae Kwon-Do International
British Tae Kwon-Do Council - recognised by Sport England
DBS Enhanced Disclosure Number – 001563805140 (22nd February 2017)

General Theory

English

Training Hall
Training Suit
Instructor
Belt
Student

Korean

Dojang
Dobok
Sabum
Ti
Jeja

Commands

Attention
Bow
Ready
Start
Stop
Return to Ready Stance
Dismiss

Charyot
Kyong Ye
Chunbi
Si-Jak
Goman
Barrol
Haessan

Counting

One
Two
Three
Four
Five
Six
Seven
Eight
Nine
Ten

Hanna
Dool
Seth
Neth
Dasaul
Yosaul
Ilgop
Yodoll
Ahop
Yoll

Stances

Attention Stance
Parallel Stance
Sitting Stance
Walking Stance
L Stance

Charyot Sogi
Narani Sogi
Annun Sogi
Gunnan Sogi
Niunja Sogi

Tae Kwon-Do History

Tae Kwon-Do was inaugurated in South Korea on April 11th 1955 following extensive research and development by the founder Major General Choi Hong Hi, 9th Degree Black Belt.

Tae Kwon-Do was introduced into the United Kingdom In 1967.

The Tae Kwon-Do Association of Great Britain (T.A.G.B.) was formed in August 1983.

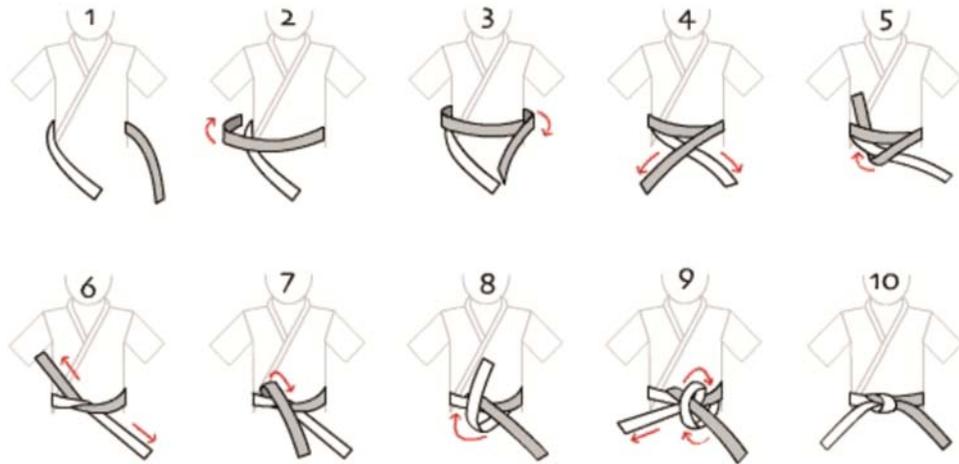
The TAGB is a member of Tae Kwon-Do International. Tae Kwon-Do International is a world-wide body with representation in every continent of the globe. Tae Kwon-Do International was inaugurated on November 13th 1993.

On the 21st of April 1988 a new governing body for Tae Kwon-Do was formed called the British Tae Kwon-Do Council (B.T.C.) This now incorporates 11 different organisations and is the only body recognised by the United Kingdom Sports Council. The TAGB is a founder member and is also at present the largest organisation in the B.T.C. Current membership of the B.T.C. is over 24,000.

How to Tie Your Belt (ti)

If you have a long belt (240cm or 280cm) then start from number 1. and work through to number 10.

If you have a short belt (150cm to 160cm) do number 1. then go straight to number 6. carrying on up to number 10.



About Your Training Suit (dobok)

A white TAGB dobok or TAGB Tigers dobok must be worn during training in the dojang. Please keep them as clean and as tidy as possible.



Fourth Level Syllabus

Belt Gained - White Belt with Red Stripe

1. Student will be retested on elements from Level 1, 2 and 3
2. Rising block, reverse punch, forwards and backwards
3. Front kick, single punch
4. Turning kick, knifehand strike
5. Front kick, turning kick land in guarding stance
6. Line work combination No 3
Walking backwards (start with left leg)
Middle inward block times on last technique add back fist strike with front hand
7. Basic understanding of 4 directional punch exercise
8. Theory

Questions

Answers

1. General theory
2. What is 4 directional punch in Korean? Sajo Jirugi
3. Where does Tae Kwon-Do come from? South Korea
4. What does Tae Kwon-Do mean? Foot, hand, way
5. Who is the founder of Tae Kwon-Do?

Major General Choi Hong Hi

Student Notes:

Third Level Syllabus

Belt Gained - White Belt with Blue Stripe

1. Student will be retested on elements from Level 1 and 2
2. Front rising kick, right leg first, then left leg
3. Rising block, walking forwards and backwards
4. Single knifehand strike, forwards and backwards
5. Side kick land in a guarding stance
6. Line work combination No 2
Walking backwards (start with left leg)
Middle block 3 times on last technique add knifehand strike with front hand
7. Theory

Questions

1. General theory
2. What is front rising kick in Korean?
3. What is rising block in Korean?
4. What is knifehand strike in Korean?
5. What is side kick in Korean?
6. What is L stance in Korean?

Answers

- Ap Chaolligi
- Chookyo Makgi
- Sonkal Taerigi
- Yop Chagi
- Niunja Sogi

Student Notes:

TAGB Tigers Tae Kwon-Do

Training Hall Rules

1. Always bow upon entering and leaving the training hall.
2. Always leave your equipment in a safe and tidy manner.
3. Sit quietly against a wall and wait for the lesson to begin.
4. Do not slide in the training hall.
5. When you have a question for the instructor you must put your hand up first and wait to be asked.
6. Always be polite and respectful to others.
7. Never use Tae Kwon-Do outside the training hall unless in self defence.
8. Always ensure you have a clean and tidy uniform and your belt is tied up at all times.
9. When the instructor is talking to the class ALL students should stand still and pay attention.
10. Remember – attitude is everything.

To be a good student, you must learn to
Focus your eyes.
Focus your mind.
Focus your body.

We have students of all ages and skill levels who train in our schools; we encourage each student to be the best they can be, not only in martial arts, but at home and in the workplace as well.

First Level Syllabus

Belt Gained - White Belt with Orange Stripe

1. Attention and bow
2. Identify yourself
3. Ready position
4. Sitting stance, single punch
5. Middle punch, walking forwards and backwards
6. Low block, walking forwards and backwards
7. Middle block, walking forwards and backwards
8. Front kick land in a guarding stance
9. Theory

Questions

1. General theory
2. What is attention stance in Korean?
3. What is ready position in Korean?
4. What is sitting stance in Korean?
5. What is low block in Korean?
6. What is middle block in Korean?
7. What is punch in Korean?

Answers

- Charyot Sogi
- Chunbi Sogi
- Annun Sogi
- Najunde Makgi
- Kaunde Makgi
- Jirugi

Student Notes:

Second Level Syllabus

Belt Gained - White Belt with Green Stripe

1. Student will be retested on elements from Level 1
2. Sitting stance, double punch
3. Double punch walking forwards and backwards
4. Low block, reverse punch, walking forwards and backwards
5. Middle block, reverse punch, walking forwards and backwards
6. Line work combination No 1
Walking backwards (start with right leg) middle block,
3 times on last technique add reverse punch
7. Turning kick land in a guarding stance
8. Theory

Questions

1. General theory
2. What is reverse punch in Korean?
3. What is front kick in Korean?
4. What is turning kick in Korean?
5. What is guarding block in Korean?
6. What is walking stance in Korean?

Answers

- Bandae Jirugi
- Ap Chagi
- Dollyo Chagi
- Daebi Makgi
- Gunnun Sogi

Student Notes: