

PART THREE

Basic Techniques

Basic Techniques

Basic techniques are the essential vocabulary of an art form. They constitute its foundational skills, upon which all subsequent development rests.

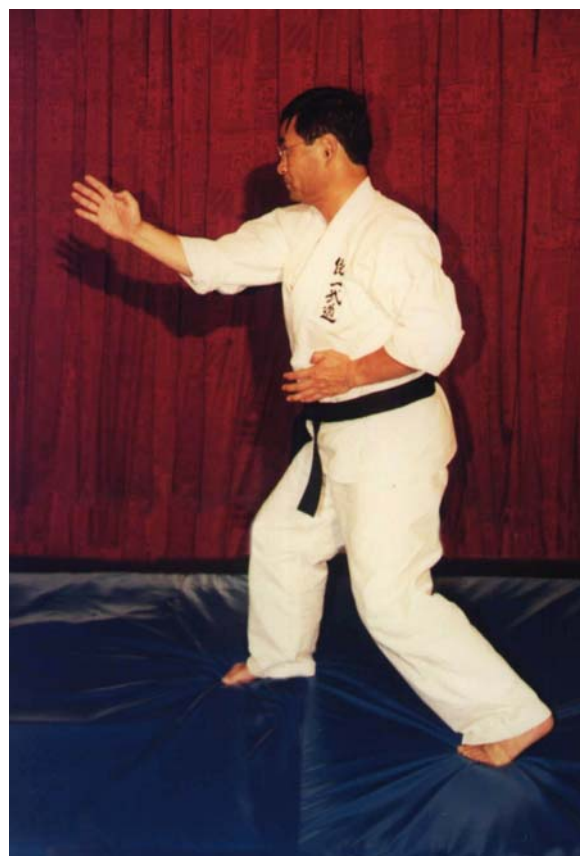
Mastery of "the basics" (stance, blocking, punching and striking, kicking, falling, and throwing) directly affects the quality of one's bon and sparring. Conversely, neglect of the basics cannot fail to prolong awkwardness and impede progress.

Year after year, through thousands of repetitions, the practitioner will continually discover deeper levels of refinement and understanding about the latent powers of the human body. And under the guidance of the master, the discerning student will experience a corresponding discovery of the human spirit. At this point, the full nature of the Do begins to appear. Many traditional stories attest to this. They also remind us that refinement and mastery is a long process which requires an individual's effort, patience, self-reflection and active perseverance. Beyond such individual virtues, mastery also requires the student to develop ethical virtues such as humility, trust, and responsiveness.

Therefore, the basics are an important medium for the development of both fighting skill and personal virtue.

I. Basic Circular Movements

Circular movements are foundation of all movements.





II. Basic Stances

A. Natural Stance

(자연 서기: **Jayun Sugi**)

Place your feet a shoulder width apart. Relax your shoulders, make a fist and let your arms hang lightly downwards.

B. Parallel Ready Stance

(나란히 준비 서기 : **Narani Joonbi Sugi**)

Place your feet a shoulder width apart. Your feet should be parallel and the toes pointed forward. Look straight ahead and keep your chin in. There are variations of this stance depending on the position of the hands.



C. Front Stance

(앞굽혀서기: **Apgoopyu Sugi**)

1. a) Keep a distance of about one and a half shoulder widths between the toes of your front foot and those of your back foot
b) Maintain the right and left feet about one shoulder width apart.
2. Bend the front knee until the knee cap forms a vertical line with the heel.
3. Keep the rear leg completely straight.
4. Distribute the body weight evenly on both legs.
5. Tighten the ankles and knees of both legs and tense the muscles of the feet so that it feels like you are pulling them inward towards each other.
6. Point the front foot forward, and keep the rear foot 25° outward.



D. Back Stance

(뒤굽혀 서기: **Duigoopyu Sugi**)

1. Separate the front and rear feet by a distance of about one and a half shoulder width from the heel of the rear foot to the toes of the front foot, forming almost a right angle.
2. Bend the rear leg so that the knee cap is perpendicular to the toes, and bend the front leg proportionately.
3. Distribute your body weight so that the rear leg supports about 70 percent and the front leg 30 percent.



E. Sitting Stance

(앉아서기: **Anneun Sugi**)

1. The distance between the feet is about one and a half shoulder widths.
2. Maintain the upper body in a position perpendicular to the ground. Push the chest and abdomen out and pull hip back. Tense the abdomen area.
3. Keep the feet pointing forward and slightly inwards, distributing the body weight evenly on both legs.
4. Direct knee caps forward and outward bending until knee caps come over the ball of the foot.
- 5 Tense inner thigh inward by scraping the floor with the side soles.



F. Rear Foot Stance (Cat stance)

(뒷발서기 : **Dwitbal Sugi**)

1. The distance between rear heel and front toes is about one shoulder width.
2. Bend the rear leg until knee cap comes over the toes, with the knee turning slightly inward.
3. Maintain both feet pointing inward.
4. Raise the heel of front foot touching the floor lightly with the ball of foot.
5. Distribute 90 percent of your weight on the rear foot and 10 percent on the front foot.



III. Basic Blocks

A. Downward Block / Low Section Block

(아래 막기: Arae Makgi)

1. Start the downward block with the (left) blocking fist beside the right ear and with the right fist placed slightly above the left hip.
2. Block with your outside forearm and with the bottom of your wrist.
3. The blocking forearm should be about six inches above the knee of the forward leg with the back of the fist facing up.
4. The forearm should be parallel to the thigh with the elbow bent about 20 degrees.



B. Inner Forearm Block

(안팔 목 막기: Anpalmok Makgi)

At the moment of contact, be sure that your elbow stays at your body line, bending 90 degrees, and back fist face forward.



C. Knife Hand Guarding Block

(손날 막기 : Sonnal Makgi)

- 1 At the moment of the block, the elbow of the blocking arm should be bent at 90-100 degrees and the muscles around the armpit are flexed.
- 2 The other hand should be brought in front of your solar plexus, palm facing up.



D. Rising Block

(올려막기 : Olyu Makgi)

1. Raise your blocking arm to about five inches in front of your forehead, and raise your elbow to the height of your ear.
2. Angle your arms slightly downward and block with your outer forearm with about a 90 degree angle in the elbow of your blocking arm.



E. Twin Mountain Block



F. Double Arm Block



G. Others

- Outer Forearm Block
- Crossing Fist Block
- Crossing Knife hand Block
- Palm Heel Block
- Backhand Block

IV. Basic Punches and Strikes

A. Forefist Punch

(주먹지르기: **Joomuk Jireugi**)

1. Punch forward at the target with your forefist in a turning corkscrew motion.
2. Your other hand should be simultaneously retracted to your rib area; also in a turning corkscrew motion.
3. You can create more power if you punch with speed and with a slight twisting motion of your hip.
4. For maximum power, the front two knuckles should contact flush against the target. Don't bend your wrist.



B. Backfist Strike

(등주먹치기: **Deungjoomuk Chigi**)

1. Bend your forward arm in at the elbow and throw your backfist out with a snapping motion.
2. As the movement is completed, lean your body slightly toward the target. Extend your arm but do not straighten it.



C. Inward Knifehand Strike

(안으로 손날치기: **Aneuro Sonnal Chigi**)

1. Bring your striking knifehand near your ear so that your elbow is level with your shoulder.
2. Swing your hand in a circular and horizontally level motion. Complete the movement with the palm facing upward; the elbow remaining slightly bent.



D. Outward Knifehand Strike

(밖으로 손날치기 : **Bakeuro Sonnal Chigi**)

1. Bring your striking knifehand across your chest to your opposite cheek with the palm inward.
2. Strike outward in a circular and horizontal level motion. At impact, the palm should face down with the elbow slightly bent.



E. Inner Edge Strike

(손날등치기 : **Sonnal-deung Chigi**)

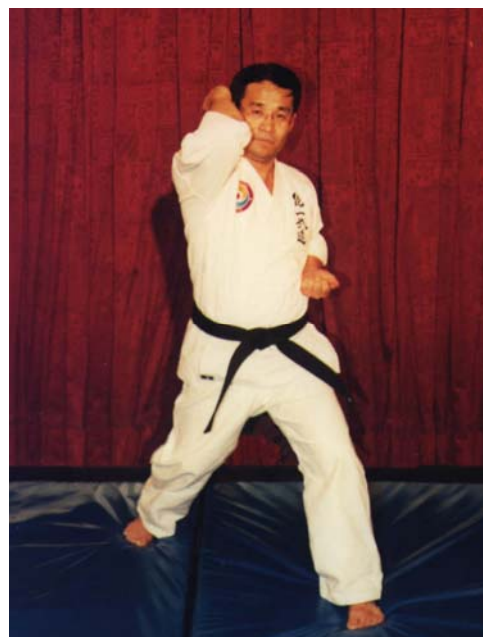
1. Make the inner edge by bending the thumb sharply toward the palm.
2. Extend your striking arm out to the side and swing it inward in an arc. At impact, the palm should face downward; the elbow remaining slightly bent.



F. Palm Heel Strike



G. Elbow Strike



H. Hand Thrust



V. Basic Kicks

A. Front Snap Kick (앞차기 : Apchagi)

1. Bring the kicking foot to the knee cap of the other leg with the knee and the toes pointing forward.
2. Relax the knee joint of kicking leg and keep it flexible ready for the next movement.
3. Snap the kicking foot in a straight line forward and upward by pushing the hip forward as quickly as possible.
4. Maintain good balance with the supporting leg. Bend the knee of the supporting leg properly to maintain good balance.
5. Make sure the toes of the kicking foot are curled upward so you kick with the ball of the foot.



B. Side Piercing Kick (옆차기 : Yupchagi)

1. Bring the kicking foot to the inner joint of the supporting foot. Kick in a straight line with twisting motion of kicking foot, pivoting the supporting foot completely with heel pointing forward.
2. At the moment of impact, the toes of kicking foot must be pulled downwards and inwards.
3. Turn your head in the direction of the kick and keep your body as straight as possible as you kick.
4. Strongly lock out the knee of the kicking leg at the moment of impact.
5. Slightly bend the supporting knee to maintain good balance.



C. Turning Kick (돌려차기 : Dolyuchagi)

1. From a back stance, raise the fully bent knee up to about waist level and keep the heel of the kicking foot close to the side of the hip.
2. The hip should swing forward so that the foot reaches the target in a arc.
3. For the most effective kick, kick at the target with maximum speed at a 90 degree angle.



D. Reverse Turning Kick

(반대 돌려차기 : **Bandae Dolyuchagi**)

1. Make your kicking leg straight at the moment of impact.
2. It is recommendable to withdraw the kicking leg immediately after impact by accelerating the speed of revolution and to hook the opponent should he move inward during the execution of the kick.

E. Rising Kick

1. Keep leg and knee locked, raising the kicking leg straight forward.
2. Make sure the toes of the kicking foot are curled upward, kicking with the ball of the foot.



F. Others

- Inner Crescent Kick
- Outer Crescent Kick
- Hook Kick
- Back Turning Kick
- Jumping Kicks: Front Snap Kick / Turning Kick / Side Kick / Crescent
- Jumping Reverse Kicks: Hook Kick / Side Kick / Crescent

VI. Basic Falls

When falling down, the impact should be widely distributed over the entire body to reduce the shock. Your head should be kept off the ground and your chin kept on your chest. Repeated practice increases personal safety both in the Dojang and in daily life.

A. Backward Falling

(후방 낙법 : Hoobang Nakbub)

When your back almost touches the mat as you roll backward, strike the mat with both arms approximately 30 degrees from your body.



B. Side Falling

(측방 낙법 : Cheukbang Nakbub)

When you fall to the right side, your right leg should lie on the mat bent slightly at the knee and your leg is bent with the sole of the foot flat on the mat midway between the right foot and right knee. The left hand lies on your stomach; the right arm strikes the mat along its full length from the shoulder. Keep your chin tucked into your chest.



C. Rolling Fall

(회 전낙법 : Hoejun Nakbub)

From a semi-circle with the rolling arm, shoulder, back and hips, and roll over your shoulder.



D. Front Fall

(전방 낙법 : Junbang Nakbub)

When you fall down, tighten your abdominal muscles and fall on your forearms which are angled inwards toward the face. Your palms are down.



VII. Basic Throws

A. Major Hip Throw

(허리찍기 : Huri Digi)

Unbalance your opponent by pulling to his front. Place your right hand on the belt of your opponent and place your hip against your opponent's lower abdomen. Using your hip as a fulcrum, throw to the front.



B. Shoulder Throw

(업어치기 : Urbur Chigi)

Break your opponent's balance with a right foot front turning movement. Drop your hip keeping close back contact with your opponent's chest. Drive your right elbow into your opponent's right armpit. Straighten your knees, throw to the front over your shoulder.



C. Major Outer Reaping

(받다리후리기 : Batdari Hoorigi)

Break your opponent's balance to his right rear. Use your right leg to reap his right leg to his right rear corner.



D. Major Inner Reaping

(안다리후리기 : Andari Hoorigi)

Unbalance your opponent to his left rear corner. Use your right leg to reap his left leg from the inside.



E. Minor Inner Reaping

(안뒷축후리기 : Anduichook Hoorigi)

Unbalance your opponent to his right rear corner. Use the sole of your right foot to reap the heel of his right foot in the direction of his toes. Pull down strongly with your left hand, and push down and back with your right hand.



F. Pulling Throw with Supporting Foot

(발목박치기 : Balmok Bachigi)

Break your opponent's balance to his right front corner. Prop the sole of your left foot against your opponent's right ankle. Your hips, knees, and shoulders should be straight. Pull strongly to his left front corner, twisting your body, and throw.



G. Body Drop

(빗당겨치기 : **Bitdanggyu Chigi**)

Draw your left foot to your right rear. Unbalance your opponent to his right front corner. Place your right foot in front of your opponent's right ankle. Pull with the left hand while pushing with the right hand, and throw.



H. Springing Hip Throw

(허리튀기 : **Huri Tuigi**)

Keep close contact with your right side against your opponent's upper body. Bring your right leg against the inside part of your opponent's right leg bending your right leg at the knee.

Swing your right leg backward in a crescent-shaped



VIII. Basic Chokes

- A. One arm up — collar choke
- B. Sleeper
- C. Palm up collar choke
- D. Palm down collar choke
- E. Palm to palm forearm choke



IX. Basic Locks

- A. Shoulder lock
- B. Ankle lock
- C. Palm up wrist lock
- D. Two finger lock
- E. Palm down wrist lock



X. Basic Ground Work

- A. Bottom Position
 - 1) One leg up, one leg down throw
 - 2) Hand in collar, knee in stomach throw
 - 3) Protecting face, thrusting hips up
- B. Mount position
 - 1) Arm bar left side
 - 2) Arm bar right side
 - 3) Sleeper choke
- C. Cross mount
 - 1) Arm bar
 - 2) Shoulder lock (up)
 - 3) Shoulder lock (down)
 - 4) Changing your base
- D. Knee on stomach escape
 - 1) Thrusting hips out
 - 2) Going out the back door



Repetition

Techniques should be performed "formally," that is, with proper form. Underlying specific techniques are general principles of stability, movement, coordination, power, etc.

Through formally precise repetition, the opportunity to discover these principles is created.

Inner Development

Inner development should correlate to technical development:

