

The Kick



Back Piercing Kick
Dwit Chagi

Fundamental

Movements

1



L-stance Knife-hand High Inward Strike
Njunja So Sonkal Nopunde Anuro Taerigi

2



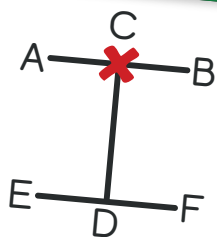
Bending Ready Stance A
Goobooryo Junbi Sogi A

3



Fixed Stance Middle Punch
Gojung So Kaunde Jirugi

Pattern (Tul)



Won-Hyo

28 Movements

Theory



COMPOSITION OF TAEKWON-DO

Taekwon-do is composed of:

1. Fundamental movements.
2. Patterns
3. Face to face training
4. Training with accessories
5. Self-defense and sparring

Fundamental movements are necessary for sparring and patterns while both patterns and sparring are indispensable for the perfection of fundamental movements. The pattern actually places the student in a hypothetical situation where he must avail himself to defense, counter-attack and attack motions against several opponents. Face to face training is used to master techniques and test fundamental movements and techniques learned through patterns. Training with accessories gives stamina, focus, resistance and power. Self defense and sparring are the combination of all of the above.

WON-HYO: Was the noted monk who introduced buddhism to the Silla dynasty in the year of 686 A.D.