



## **Ready Position**

Preparation for action. This is the physical movement, to trigger the mental switch to “battle readiness”.

## **Taekwondo Techniques**

### **Long stance**

Stable fighting position. Designed for maximum strength and impact in the technique.

### **Double knife-hand strike**

The target for this strike is both sides of your opponent’s collar-bone, although it can be modified to attack the neck / carotid artery.

Open both hands out into knife-hand position. Bring both hands up to your own collar-bone, keeping the elbows down, to guard your ribs. Fingers pointing up.

Drive the strike forward, from your collar-bone to your opponent’s, driving it from the hips, the knees and the elbows.

If you are attacking the neck, the hands (wrists) need to twist through 45 degrees at the point of impact. This will automatically push your fingers forward slightly, putting them into the ideal striking position.

As with the single knife-hand strikes, bend the middle finger, to add strength to the knife edge of the hand.

### **Hammer-fist strike**

This strike is designed to land, with the “meat” of the fist (the knife edge, when the fingers are extended), to the top of your opponent’s head. It can, however, be modified to attack the face.

The non-striking arm is held out in front of the chest, with a 90 degree bend in the elbow. This prevents an opponent closing you down and negating the strike. It also allows you to generate more power in the strike by allowing you to pull the arm back to the hip, opening out the chest and hips during the strike.

The striking hand chambers above it’s own shoulder, with the elbow pointing toward the target. As the front foot touches down, twist the hips and extend the striking arm, dropping the fist onto your opponent’s head or face. The strike finishes level with your nose, to ensure that your strike has gone through the target, for maximum impact.

### **Back-fist strike**

Similar to the hammer fist strike but, this time, the striking arm chambers over the opposite shoulder, with the wrist facing outward. The elbow points toward the target. Pivot the strike from the elbow, twisting the wrist at the same time, to deliver a downward blow to the bridge of your opponent’s nose or filtrum, delivered with the 2<sup>nd</sup> knuckle of the fist.

### **Spear-Hand Punch**

This is delivered in exactly the same manner as a standard punch, except with the fingers extended. The fingertips are the point of impact. Bend the middle finger of the hand so as to strengthen the strike and to spread the impact. Otherwise you run the risk of breaking your middle finger on impact.

The hand position depends on the target.  
If the target is the solar plexus, the wrist faces inward.  
If the target is the throat, the wrist faces downward.

### **Back stance**

A much more defensive stance, allowing you to adjust the position of your body, away from an incoming attack, without sacrificing your foot position.

### **Single fist guarding block**

This is exactly the same movement as an outside forearm block. The only difference being that the wrist is facing the opponent once the block completes. This means that you block with the strongest part of the arm. It also allows you to throw a front hand punch quicker, as a counter-attack. It does, however, leave the soft part of the arm / wrist open.

### **Double fist guarding block**

The traditional guarding position. The front arm is, essentially, performing an outside forearm block but with the wrist facing outward. The rear fist is protecting the solar plexus. It is also chambered, ready to launch a counter-punch. The rear arm must not touch the body, as this will allow any impact to be transferred through to you. The wrist is about 3cm (1") from the solar plexus and facing upward. The elbow, fist and the fist of the front arm forming a straight line. After the first block, the hands remain the same distance apart, at all times throughout the movement.

### **Sparring stance**

Very flexible stance, based around a sprinter's starting block position. This allows you to move in all directions as fast as necessary. It also allows you to adopt one of the other stances, depending on technique.

### **Inner elbow strike to lead hand**

Step forward while performing a knife-hand high block. This is, essentially, a "slip" block as it is not designed to hurt an opponent, just to allow you to step "inside" the attack and close down the effective distance of the fight. Once the block has completed, it allows you to reach around your opponent's head, holding it in position for the reverse inside elbow strike, which follows. Once the strike completes, return to a relaxed guarding position, ready for the next set.

### **Knee strike**

A relatively close range strike. This is aimed at either the groin or the solar plexus. This technique can be used to the face but, in that case, the head would be brought down to meet the strike, making the strike a mid-section one anyway.

At its most basic, this is a front snap kick, without the leg extending. The distance of the fight and the target aimed for dictates the amount your body leans backwards and the hips thrust forward.

A short-range strike to the groin needs no body lean. It is, in effect, just a knee-lift.

A strike to the solar plexus is turned into a “long knee” strike. This is exactly the same movement as a front snap kick, without the leg extending.

At the range at which a knee strike is generally thrown, your hands are either guarding your face from punches or you are grappling for position to be able to pull your opponent onto the strike. For added realism in this technique, your hands should still be performing these holds.

### **360 half turning kick**

Like the sliding half turning kick, this movement is designed to make the front leg a more powerful weapon and / or to close the distance to your opponent quickly, to put you into kicking range. The difference this time is that, instead of taking a normal step forward, you step behind, pivoting on the front foot. The spin not only closes down the distance, it also generates much more power into the kick.

The power can be boosted, even more, by putting in a small jump at the point when the legs “switch” to execute the kick. Be careful not to jump too early, as this will force your hips to over-compensate, taking the power out of the kick and opening yourself up as a target. The jumping movement only happens once the spin is approximately 90% completed and should be part of the switch.

### **Push kick, full turning kick**

The push kick is designed to either stop an on-rushing opponent or to move a static opponent, to give you the range to launch your counter-attack. The turning kick is the attacking kick. Both of these kicks have been covered in previous syllabuses. This is to show the ability to turn a “defensive” kick into a counter-attack and to show your ability to change from one to the other, with the extremes of hip movement involved.

### **Jumping back kick**

The most powerful kick in the Taekwondo fighter’s arsenal. The secret to this one is to have both feet power the jump. Do not make the mistake of starting the kick, then attempting to jump off of the standing leg.

Both feet leave the ground together. There should be enough bend in your knees, when in a natural guarding stance, to power the jump. There is no need to bend the knees more, to make the jump stronger. All this does is slow the movement down. As this kick is only ever used as a counter-attack, speed of movement is all important.

Once the jump has started, the twist in the kick is all generated from the hips. Like the standing version of this kick, it must be thrown as a straight line thrust, with the knee lower than the foot and the kicked “punched” up. Again, this prevents the opponent from stepping “inside” the kick. It also allows you to land the kick, then recover your balance quicker.

## **Hapkido Techniques**

### **Single Hand Grab**

#### **Step in spinning lock**

Step across and take the wrist of your opponent's free hand with your free hand. Continue under your opponent's now locked arm. This will free up your other hand. Use this hand to grip your opponent's arm, too. Once completely under your opponent's arm, twist then cut down like a sword strike, to take your opponent down.

#### **Twist push spinning lock**

Lock off the attacking hand with your free hand. Circle your arms upwards and outwards, to free the attacked arm. With your now free hand, grip the attacking hand like a sword grip. Lift the hand (under the elbow) to put pressure on the wrist. Step under the arm, twist your body and cut down like a sword strike, dropping your opponent into a throw. Lock off the arm.

#### **Elbow push lock**

Take the attacking wrist with your free hand. Break your trapped hand free, through the weak point of the grip. Take hold of the trapping hand with your now free hand, underneath the arm. Step forward, putting pressure onto the elbow and shoulder, using your body.

#### **Wrist twist lock**

Lift the held hand. Take your opponent's hand with the free hand. Roll the elbow of your trapped hand over your opponent's arm, whilst bringing your trapped hand to your chest.

### **One Step Sparring**

This is to demonstrate your mastery of the basic techniques and their application. It shows your ability to turn defence into attack, under controlled self-defence conditions.

The "sparring" begins with both partners within punching distance. The "attacking" partner attacks with a straight punch to the face, in long stance. Firstly from their right hand, then the left. On each occasion you need to defend the attack, either by avoiding or blocking, then turn the defence into counter-attack. You are not limited to competition legal techniques.

### **Technical Free-Sparring**

The point of technical sparring is to show that you are able to use the basic kicks and punches in a combat situation. It shows that you can blend with a partner, recognising a target and knowing what technique to use. This is all about showing off your ability, not about trying to land high impact strikes. Work with your partner, do not treat them as an opponent.

The sparring will be under modified WTF competition rules. The targets are the same but, without the body armour, the contact levels are reduced