



Phoenix School Of Martial Arts

"From the ashes, we will rise"

Freestyle TaeKwonDo

STUDENT HANDBOOK

Beginners Levels

10 th GUP to 8th GUP

(White, Grey & Yellow)

White Belt ~ 10th GUP



Each Grade has a colour designated to it, which in turn has a signification behind each colour. The Colour Belt significations follow the life cycle of the Oak Tree. The Oak Tree is a representation of the Korean Spirit and so to honour the origins of TaeKwonDo. We use this magnificent symbol as guide for students to follow through their own life journey to becoming magnificent Martial Artists.

The colour white signifies the **BEGINNING**. It is untainted by other colour or influences, just as the beginner student has no knowledge of TaeKwonDo.

KOREAN TERMS

To honour the Korean origins of TaeKwonDo we use certain Korean words and commands when in class. The following terms/commands should be known by all students:

KOREAN

Dobok
Ki Hap
Dojang
Charyeot
Kyong ye
Junbi
Sijak
Guman
Pharo
Sheut

ENGLISH

Uniform/Gi
Yell
Training Centre
Attention
Bow
Ready
Begin
Stop
Return to Ready Stance
Rest to Attention

TECHNIQUES

Before learning any type of Martial Art, you must first learn to use the techniques correctly. The best way to do this is to use something to focus on such as a target. This target can be hand held or a punch bag. In time students will use a partner in place of a target. Below are the individual techniques that are learned at White Belt. These skills are the foundation to all that is to come.

Kicks

Front Kick

Side Kick

Inside & Outside Crescent Kicks

Round Kick

All above as No. 1,2,3

Strikes

Forefist Punch

Hook Punch

Outward Backfist

Outward Knifehand Strike

Downward Knifehand Strike

Palm Heel Strike

Blocks

Forearm Blocks – *Low, Inner, Outer, High, Inward*

Stances

Closed/Attention, Ready/Parallel, Front, Sitting, Guard

Ways to Travel

Stepping

Moving forwards or backwards, one leg in front of the other

Double Stepping

Moving forwards, backwards or sideways, stepping together then out with other leg

Rear Foot Turn

The rear foot is lifted off the floor to enable a change in direction.

FORM (Hyung)

Forms, or Hyungs, are patterns of fundamental movements for attacking and defending against one or several imaginary opponents. Each form has its own flavour and pace allowing students to experience different situations. Form practices also allowing students to work on basic techniques, development of smooth and fluid movements as well as increasing their mental development through memorisation of the form. Each form is also visual piece of performing art and should be pleasing to watch when performed. *PLEASE NOTE: The written description of each form is laid out so that students can follow each technique/movement one step at a time. Although students may be able to interpret how each form will be demonstrated from the written description, regular practice in class and critic from your Instructors is the only way you will improve your performance and understand the meanings and application to each form.*

Each form is designated a meaning or historical figure within eastern/Korean culture. We remember the designations as a sign of respect to the origins of TaeKwonDo.

Ki Bon 기본

Ki Bon is translated as "basic" and so is the first form taught to students.

_____ = Ki Hap (yell)

Ready Stance

1. Step forward
2. Step forward
3. Step forward
4. Step forward
5. Step forward
- 6.
7. Turn right 180°
8. Step forward
9. Step forward
10. Step forward
11. Step forward
- 12.
13. Turn left 270°
14. Double step right
- Ready Stance

- Left Front Stance
- Right Front Stance
- Left Front Stance
- Right Front Stance
- Left Front Stance
- Left Front Stance
- Right Front Stance
- Left Front Stance
- Right Front Stance
- Left Front Stance
- Right Front Stance
- Left Front Stance
- Right Front Stance
- Sitting Stance
- Sitting Stance

- Left Low Block
- Right Punch
- Left Inner Forearm Block
- Right Punch
- Left High Block
- Right Punch
- Right Low Block
- Left Punch
- Right Inner Forearm Block
- Left Punch
- Right High Block
- Left Punch
- Left Knifehand Strike
- Right Knifehand Strike

ONE STEPS

In most Martial Arts, students must first start to understand their body's movements before they can put the kicking, striking, and blocking techniques into live practice. Practicing One Steps is one way to help understand those movements and learn how to use them safely and with control. Practicing One Steps with a partner also gives a visual target to where can be directed as a target or punch bag can only develop the basic technique, where as a real opponent allows the student to see where each strike or kick will be used.

All One Steps are performed with the following procedure:

Both partners stand approx. 2 metres apart and bow.

Both partners step into the ready position

Partner 1: Raises left hand into a high punching position and pronounces "Ready".

Partner 2: Raise both hands into a guarding position and pronounces "Attack".

Partner 1: Steps into a Right Front Stance and executes a Right Punch to the face

Partner 2: Performs Sequence (Higher rank performs first).

Number 1

1. Left Front Kick
2. Left High Block (*Left Front Stance*)
3. Right Middle Punch
4. Left High Palm Heel Strike

Number 2

1. Right Inward Block (*Sitting Stance*)
2. Right High Knifehand Strike
3. Right Middle Knifehand Strike
4. Right Side Kick

Number 3

1. Left Front Kick (*land 45° left in a Sitting Stance*)
2. Right Inner Forearm Block
3. Right Side Kick
4. Right High Backfist (*Sitting Stance*)

On the last technique of sequence, a yell (Hi-Hap) is performed.

Both hands rise into the guard position

Double step back

Both partners return to the Ready position.

Junior Students perform numbers 1 to 3 with above procedure.

Adult Students perform 1 to 3 with above procedure on both sides of the body.

Yelling (Ki Hap)

As you will have seen when studying the Form and Step Sparring section, there are several points during the performance when it instructs the student to “YELL”. From an untrained or inexperienced point of view, yelling or Ki Hap is greatly misunderstood. When watching Martial Arts movies or programmes, you will hear the actors make what seems like strange or funny shouting sounds when they fight. Although this is sometimes over exaggerated, the idea that yelling helps you to defend yourself better is not completely mythical.

When you yell, shout, or even talk very loudly, your diaphragm tightens and in turn other muscles tense up and you have a feeling of excitement rush through your body. This feeling is a chemical reaction in your body called adrenaline. Adrenaline is naturally produced by your body and can enhance the body's awareness and can sometimes appear to increase speed and strength. With the correct training, yelling can be used as a tool to trigger that adrenaline rush at the appropriate times.

From a procedure and protocol point of view, yelling is often associated with the beginning or ending of a sequence or combination.

Regarding Forms, a yell is performed on striking or kicking technique.

When performing Step Sparring, a yelling demonstrates the final technique of each sequence this also tells the partner it is safe to return to the ready position.

When performing basic techniques/floor drills as a class, a yell is performed on the following 3 occasions unless instructed otherwise:

- When a student first steps forward
(If executing several techniques, the yell is performed on the final technique)
- When a technique is changed or added to the combination
- When turning
(If executing several techniques, the yell is performed on the final technique)

From a self-defence point of view, yelling can also be a call for help. Yelling is a vocally loud expression and will draw attention to the person that is yelling. In most cases, an attacker does not wish to have others watching them, so bring attention to the attack via yelling, may help to stop it from progression further as the attacker will not want to be caught out.

Yelling can be a very daunting experience, especially to shy or timid people. But like with all aspects of training, after some time, yelling will become as natural as performing a block each time a strike or kick is thrown at you. Yelling also shows confidence in one's expressive qualities and so will help increase a person confidence.

Self Defence Techniques

Self Defence is an important part of training. Although practicing TaeKwonDo will help someone defend themselves, without more specific or scenario-based training, practicing forms, one steps, and drills will only get you so far. Remember, you will get a second chance if you make a mistake in the classroom; life does not always offer a second chance.

As White Belts are still learning to develop their offensive skills, the self-defence techniques that are taught to beginners will not involving striking their opponent (although it will be encouraged). In an unarmed situation, people will find that the attacker will often grab or try to hold them by the wrists, arms, shoulders and/or neck. White Belts will learn how to release from these common grabs or holds. If not immediately effective, then kicking or striking will be used to aid the escape:

Wrist Grab: Using a kicking technique, target the inside or outside of the leg

Sleeve Grab: Using a circular motion, use a Downward Knifehand Strike to the upper area of the forearm

Shoulder Grab: Using a hand on the side that is being grabbed, apply a Knifehand Strike under the nose with a saw-like action, whilst at the same time removing the grab with the other hand

Neck Grab: Using a hand on the side that is being grabbed, apply a Ridgehand Strike to the side of the neck whilst at the same time removing the grab with the other hand

A STUDENTS FIRST GRADING

There are 5 areas that are assessed and scored when students Grade:

- Form
- Sparring (*One Steps for White & Grey Belts*)
- Self Defence
- Technique Drills (*kicking, striking, blocking*)
- Attitude

(Board Breaking is also introduced at Green Belt 6th GUP. See Intermediate Handbooks for details)

Each area is assessed as given a Grade Score between A** (*Outstanding*) and F (*Fail*). The average total of these Grade Score will dictate the final result for the students to whether they pass to their next rank, receive a Provisional Grade (spend additional time at their new rank to improve weak areas), or fail. If a fail is given, the student must Re-Grade at the next opportunity.

**If Breaking is not completed, the students will fail their Grading.*

Until a student achieves Orange Belt 7th GUP, they are Graded during normal class time. This is done informally and may be conducted as part of a usual class or an Instructor may be allocated the task to do it separately. In some cases, White to Grey Belt may be invited to attend a Formal Grading.

Grey Belt ~ (9th GUP)

Congratulations, you have now achieved Grey Belt. Although this is a big accomplishment, students are still classed as beginners.



The colour grey signifies the **SEED** which is where the life cycle begins.

TECHNIQUES

Now that the basic kicks, strikes and blocks have been learned, students can build on that foundation when learning new types and new ways to kick, as well as new striking and blocking techniques too:

Kicks

Slide - *Front, Side, Crescent, Round*

Spin - *Side, Outside Crescent*

Double - *Front/Side, Front/Round, Same*

Strikes

Upset Punch

Hammer Fist

Inward Ridgehand Strike

Inward Knifehand Strike

Twin Strikes

Downward Backfist Strike

Inward Forearm Strike

Blocks

Knifehand Blocks - *Low Outer, High*

Hooking Block

Twin Blocks

Stances

Back Stance, Sparring Stance

Ways to Travel

Sliding

Pushing off of one leg forwards, backwards or sideways

GREY BELT FORM - Chon Ji 천지

Students will now have a more challenging form to learn. It contains new stances and new ways of turning.

Chon Ji literally means "the Heaven, the Earth". This pattern consists of two similar parts; one to represent the Heaven and the other the Earth.

_____ = Ki Hap (yell)

Ready Stance

1. Turn left 90°	Left Front Stance	Left Low Block
2. Step forward	Right Front Stance	Right Middle Punch
3. Turn right 180°	Right Front Stance	Right Low Block
4. Step forward	Left Front Stance	Left Middle Punch
5. Turn left 90°	Left Front Stance	Left Low Block
6. Step forward	Right Front Stance	Right Middle Punch
7. Turn right 180°	Right Front Stance	Right Low Block
8. Step forward	Left Front Stance	<u>Left Middle Punch</u>
9. Step left 90°	Left Back Stance	Left Inner Forearm Block
10. Step forward	Right Front Stance	Right Middle Punch
11. Turn right 180°	Right Back Stance	Right Inner Forearm Block
12. Step forward	Left Front Stance	Left Middle Punch
13. Step left 90°	Left Back Stance	Left Inner Forearm Block
14. Step forward	Right Front Stance	Right Middle Punch
15. Turn right 180°	Right Back Stance	Right Inner Forearm Block
16. Step forward	Left Front Stance	Left Middle Punch
17. Step forward	Right Front Stance	<u>Right Middle Punch</u>
18. Step back	Left Front Stance	Left Middle Punch
19. Step back	Right Front Stance	Right Middle Punch
Ready Stance		

ONE STEPS

After practicing One Steps at White Belt, the student should now have a good understanding of the basic elements needed to perform them. Using the techniques Grey Belts are introduced to, a new set of One Steps allows the students to progress further by adding more dynamic combinations of techniques and also advancing on the understanding of defensive and offensive movements.

Number 4

1. Right Inward Block (*Right Back Stance*)
2. Right High Backfist
3. No. 1 Right Side Kick
4. Left Spin Side Kick

Number 5

1. (*step left 45°*) Right Hooking Block (*Left Front Stance*)
2. No. 2 Right Middle Round Kick
3. No. 2 Right High Round Kick
4. Spin Outside Crescent Kick

Number 6

1. (step back to evade) No. 3 Left Slide Front Kick
2. Left Outer Forearm Block (*Left Front Stance*)
3. Right Middle Ridgehand Strike
4. Left High Inward Knifehand Strike

White & Grey Belt and Sparring

Although One Steps is part of the Grading requirements and Tournament participation for White & Grey Belts, there is a possibility that students may begin to Free Spar at this stage. For students that attend classes as much as 3 times a week, they may learn the Grading Material in a matter of weeks. In these cases, (and with their Instructors permission), students may purchase Sparring Equipment to begin to participate in Free Sparring. Adult White Belt students may purchase Sparring Equipment after 1 month of frequent training, however Junior students must achieve Yellow Belt before being able to purchase and use Sparring Equipment.

Grading & Tournament

If students have Sparring Equipment at White or Grey Belt, they may choose to enter the Sparring Competition at a Tournament, however this means entering in to the Orange Belt Division.

Self Defence Techniques

Now having an awareness of how to release from an attacker try to restrain them, students will now begin to learn how to control their opponent using joint manipulation and locking techniques.

Straight Arm Lock

One of the most commonly taught joint locking techniques is a straight arm lock, also known as the Arm Bar. Using the 4 grabbing techniques (wrist, sleeve, shoulder, neck), students will start to use this technique by trapping their opponents hand and wrist then turning the elbow upward to allow them to apply pressure to the elbow joint.

The Arm Bar must be applied from 4 grabs (on both sides for Adults).

Yellow Belt ~ 8th GUP



Yellow Belt 9th GUP is the final belt in the Beginner Grades. Students are now formally introduced and taught Sparring.



The colour yellow signifies the **DAWN** that symbolises the beginning of the journey.

TECHNIQUES

Yellow Belt is now a time to reflect on and refine previously learned Striking Techniques and begin to add Jumps to Kicking Techniques. Double Blocks are also introduced to the students skill set as part of the Form:

KICKS

Jump Kicks – *Front, Side, Round*

BLOCKS

Double Blocks – *Knifehand, Fist, Inner/Outer Forearm*

Square Blocks – *Forearm, Knifehand*

YELLOW BELT FORM - Dan Gun 단군

Dan Gun is named after the holy Dan Gun, who in 2333 BC, founded Korea. The number of moves in the Form represent the first two digits of this date.

Parallel Ready Stance

1. Step left 90°
 2. Step forward
 3. Turn right 180°
 4. Step forward
 5. Turn left 90°
 6. Step forward
 7. Step forward
 - 8.
 9. (*Land right leg in front*)
 10. Turn left 270°
 11. Step forward
 12. Turn right 180°
 13. Step forward
 14. Turn left 90°
 - 15.
 16. Step forward
 17. Step forward
 - 18.
 19. (*Land right leg in front*)
 20. Turn left 270°
 21. Step forward
 22. Turn right 180°
 23. Step forward
- Parallel Ready Stance

- | | | |
|--------------------|--------------------|-------------------------------------------------------------|
| Left Back Stance | Right Front Stance | Double Knifehand Block |
| Right Front Stance | Right Back Stance | Right High Punch |
| Right Back Stance | Left Front Stance | Double Knifehand Block |
| Left Front Stance | Left Front Stance | Left High Punch |
| Left Front Stance | Right Front Stance | Left Low Block |
| Right Front Stance | Left Front Stance | Right High Punch |
| Left Front Stance | | Left High Punch |
| | | No.2 Right Front Kick |
| Right Front Stance | | Right High Block, <u>Left High Punch</u> * |
| Left Back Stance | | Forearm Square Block |
| Right Front Stance | | Right High Punch |
| Right Back Stance | | Forearm Square Block |
| Left Front Stance | | Left High Punch |
| Left Front Stance | | Left Low Block |
| Left Front Stance | | Left High Block (<i>14&15 performed continuously</i>) |
| Right Front Stance | | Right High Block |
| Left Front Stance | | Left High Block |
| | | No. 2 Right Front Kick |
| Right Front Stance | | Right High Block, <u>Left High Punch</u> |
| Left Back Stance | | Left High Knifehand Strike |
| Right Front Stance | | Right High Punch |
| Right Back Stance | | Right High Knifehand Strike |
| Left Front Punch | | Left High Punch |

Sparring

Simply defined, sparring is two people trying to hit each other at the same time. For the untrained, this can lead to one or both parties getting hurt or even injured as a result. The foundations of sparring are laid out at White & Grey Belt within the One Steps from understanding distance and range, focusing techniques, movement, footwork etc. The Grey Belt One Steps, also add the use of combinations of techniques to start to show the students what they can do whilst sparring. This will help to avoid any serious injuries whilst learning to spar.

THE 5X5 CONCEPT

Once achieving Yellow Belt, sparring becomes a Grading Requirement and so all students will begin to develop more skills to aid them when sparring. Within the Freestyle TaeKwonDo classes, there is guide that is referred to as the "5x5". It uses 5 separate areas of focus and 5 individual techniques in each area:

Footwork

- Double Stepping
- Slipping
- Lead Sidestep
- Rear Sidestep
- Rear Round Step

Blocking

- Lead Inward Block
- Lead Outward Block
- Lead Downward Block
- Rear Outward Block
- Rear Downward Block

Striking

- Backfist
- Cross (*punch*)
- Hook Punch
- Upset Punch
- Jab (*punch*)

Kicking

- Front Kick
- Side Kick
- Round Kick
- Inside Crescent Kick
- Outside Crescent Kick

Ways to Kick

- Number 1 Kick (*lead leg*)
- Number 2 Kick (*rear leg*)
- Number 3 Kick (*step up/skip/slide*)
- Jump Kick (*No. 1, 2 or 3*)
- Spin Kick

This "5x5" skill set will aid students as they move through the ranks and can then add onto this existing template with more advanced Striking and Kicking Techniques, footwork, and evasive manoeuvres and as they approach Black Belt, adding more opponents. This will be the assessment focus for Yellow Belt when being Graded.

ATTACKING - COMBINATIONS

As part of the Grading Assessment, students are expected to take their attacking techniques (striking & kicking) and put them together in a fluent and continuous sequence. This is referred to as Combinations. Using the same mindset as the 5x5, it is encouraged that students try to complete a 5-set combination before finishing their attack.

The Striking techniques listed in the 5x5, essentially gives the student their first combination. If performed in the order listed, the students will find that they can continue from one technique to the next in a fluent manner:

- 1) Lead Backfist
- 2) Reverse Cross
- 3) Lead Hook Punch
- 4) Reverse Upset Punch
- 5) Lead Jab

Students can change the sequence of techniques to suit the situation. The same can be done using both the Kicking and Ways to Kick in the 5x5:

- 1) No.1 Front Kick
- 2) No.2 Inside Crescent Kick
- 3) No.3 Side Kick
- 4) Jump Round Kick
- 5) Spin Outside Crescent Kick

The next step is then to combine the Striking and Kicking together. Even with just 5 different striking techniques and 5 different kicking techniques as well as the different ways to do them, this allows for so many different combinations. Therefore, students should never run out of different combinations in a single round.

LIVE SPARRING

With their Instructors approval, Yellow Belt students may purchase sparring gear to enable them to spar fully with a partner. When sparring, all students must wear Phoenix SMA approved equipment:

Head Gear
Feet Pads

Hand Pads
Mouth Piece

Shin Pads
Groin Guard *males only*

The following are optional but must also be approved by Phoenix SMA:

Elbow Pads

Forearm Pads

Torso Pad (chest guard)

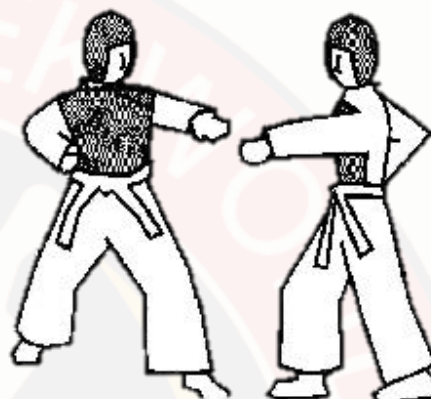
Although some students may have begun to spar at White or Grey Belt, they will now be given more time to work on their sparring skills. When sparring, all students must follow a basic set of rules. As with all TaeKwonDo activities, respect is of the utmost importance. The senior student will govern the round by setting the pace, contact levels, what techniques are used etc. The lower ranking student will not exceed the senior students speed, power, contact levels etc. to do so will show disrespect and will be dealt with by the Instructor overseeing the sparring or the Senior Instructor if needed. If the lower ranking students become disrespectful, the senior student must first tell them they are doing so and how. If they continue to be disrespectful, then the senior student tells them again but then increases their speed, pace etc. If it then continues the senior student must stop the round and explain the problem. At this point the Senior Instructor should be informed.

However, respect works both ways so the senior student must respect the lower ranking student and not intimidate them or use them as target practice. If the lower ranking student feels they cannot keep up with the senior students pace, speed, contact levels etc. then they must make sure their partner is aware of this. If the senior student ignores this and the lower ranking student feels uncomfortable or feels they could get hurt, they may stop the round, step off to the side of the training space and remove their head gear. This will indicate to the Senior Instructor there is a problem and that their attention is needed immediately.

Target Areas

There are many areas of the body that can be used as a target when sparring, however for safety reasons, only the following target areas are used within Phoenix SMA Classes:

- Head (avoiding contact to the face)
- Front of Torso
- Outside of the upper leg (adults only)



All other areas are classed as illegal targets and must not be aimed for. Depending on the rule set, students can use the following techniques to aim/hit all legal target areas:

- Foot Techniques
- Hand Techniques
(except for rising/upward techniques)

Before each round the Senior Instructor will stipulate what techniques maybe used to what target areas or will state a rule set that is to be used within the round.

Sparring Rule Sets

There are two main rule sets that are used within Phoenix SMA Classes:

Free/Grading Sparring

Tournament Sparring (Point Stop or Continuous)

Free Sparring

Free Sparring allows students to work on any aspect of their sparring in any way they choose. Techniques and target areas will be defined before each round by the Senior Instructor. When permitted and on a matted floor, students may use sweeps and takedowns with Free Sparring.

Grading Sparring

Grading Sparring must include all techniques that students have been taught up to and including their rank. These techniques are put together to make combinations. Only hand and foot techniques maybe used within Grading Sparring and only head and body areas maybe targeted. Adults may target the outside of the upper leg (also known as a Leg Check). At each rank, students are expected to meet certain expectations at a Grading (see individual rank section for details on Grading requirements).

Point Stop Sparring

Target areas and legal techniques will be stated before the round begins. Each technique that makes controlled contact with the target area will be worth certain number of points. Each target area may vary in how many points are awarded for being tagged. Points and target areas may vary from round to round, class to class, club to club etc. Whenever a point(s) is scored, the Senior Judge/Instructor will stop the round and award the points accordingly. Several Judges/Instructors maybe watching the round so majority decision will only allow points to be awarded.

Continuous Point Sparring

Continuous Point Sparring is the same as Point Sparring except the round does not end until the time limit ends. Points are added up at the end of each round to determine the winner.

Sparring is not a simulation of a fight or self-defence scenario. At no point will students use sparring as an excuse to release any frustration or anger on a fellow student. To do so would be a sign of disrespect towards your fellow students, your school and your Instructor. Any student that is caught doing this will be banned from Phoenix SMA.

SPARRING DRILLS

Sparring Drills are practiced in a similar way to One Steps, however both partners will have to participate at the same time: one defending, one attacking. There are many different sparring drills that students will learn leading up to their Grading, however when assessed for their next belt, students will be allowed to perform their own drills as they see fit; this is known as Free Sparring Drills.

Unlike One Step, Sparring Drills do not have to be a set arrangement of techniques. The highest-ranking student (or eldest if the same rank), will attack their partner with a combination of between 5 - 7 offensive techniques, targeting the legal target areas. Their partner will attempt to block these attacks but must not reach or lend into the attacks if out of range. Once the combination is complete, the student will take a step back to indicate the end of their combination. It is then the lower ranking students turn to attack. Students will continue taking turn to attack and block until they are told to "break" by the Leading Instructor.

Self Defence Techniques

Yellow Belts will now expand on their knowledge of the Arm Bar Technique variations.

Outward Arm Bar Twist

One of the most commonly taught joint locking techniques is a straight arm lock, also known as the Arm Bar. Using the 4 grabbing techniques (wrist, sleeve, shoulder, neck), students will start to use this technique by grabbing their opponents wrist and lifting the arm outward. Using the grab release learned previously, the now free hand will also grab above the other (like hold a bat or sword). Stepping under the grabbed arm, the student then steps and turn outward and twists the opponents arm downward.

The Outward Arm Bar Twist must be applied from 4 grabs (on both sides for Adults).