



SMA Black belt Dan Syllabus

1st Dan/Poom Black belt to 2nd Dan/Poom Black belt

- Minimum time needed on 1st Dan/Poom:

1 year from the date your 1st Dan/Poom Kukkiwon Certificate was issued.

SMA 1st Dan/poom Promotion Date:.....

Kukkiwon Certificate No:..... Kukkiwon Certificate Issue Date:.....

How do you get a 2nd Dan or 2nd Poom black belt?

All Kukkiwon certificate applications are acquired through our national body, Australian Taekwondo Ltd (AT).

The only people who can apply for a Kukkiwon certificates are 4th Dan and higher registered and qualified ATL 'Head Instructors' such as Gwangjangnim Michelle Moss who is currently registered as a 5th Dan Kukkiwon Master Instructor.

The Shire Martial Arts curriculum that has brought you to this point on your journey has put you in a position where you can go to any other accredited WT Taekwondo school anywhere in the world and know that your knowledge, skill level and standard is at a high level.

As a WT internationally accredited Black Belt you have a strong foundation of kicking and hand techniques, self defence, sparring, poomsae and theory. So now, it's time to focus on your technical skills, and knowledge that the WT association and the Kukkiwon require for your next international accreditation.

If your current certificate is a junior black belt or Poom certificate and you are over 15 years old at the time of your 2nd Dan grading, you will be awarded a 2nd Dan certificate once you pass.

Whatever it takes, as an SMA international Black Belt, we will keep working with you to get through this next critical learning stage.

Therefore, in order for us to allocate the appropriate time that is required to work with you, we need to **BOOK IN a time and a day** for your practice and individual coaching as well as to perform and pass the theoretical components.

Remember, if you are not sure about something... ASK!

How to get your 2nd Dan/Poom Black belt

- 1) Be an active 1st Dan/Poom Black belt for a minimum of 1 year.
- 2) Book yourself into an SMA Dan Assessment
- 3) Pay the Kukkiwon Certificate Fee. This is then sent off to Australian Taekwondo Ltd who process the application before sending it to the Kukkiwon in Sth Korea.

Note:

It takes from 6-12 weeks for Dan or Poom applications to be processed and returned.

Please **print a copy** of this syllabus and place it in a folder for your reference and records



Belt Exam Syllabus

1st Dan/Poom Black belt to 2nd Dan/Poom Black belt

Examined Technique Section: 1

Jurugi (sparring)

Aim - Demonstrate effective attack & defence, timing, kick combinations & control

SMA Sparring scoring criteria is based on:

- Use of combination kicking
- Effectiveness of your timing
- Your ability to use aggression
- Your control and precision
- Your ability to counter attack
- Endurance & resilience

WTF Sparring

Hands Only

Free style No hand strikes to head & no contact below the belt

Three way (WTF) No hand strikes to head



Belt Exam Syllabus

1st Dan/Poom Black belt to 2nd Dan/Poom Black belt

Examined Technique Section: 2

Hosinsul (Self Defence)

Aim - Demonstrate practical applications of Taekwondo by utilising the criteria listed below.

Unarmed Self Defence: 2 x SMA Self Defence Moves.

Then, you must demonstrate 1 x free style self defence move of your own. In other words make up your own self defence move against the same type of attack.

Knife & Club Self Defence: 1 x SMA Self Defence Moves Then, you must demonstrate 1 x free style self defence move of your own.

SMA Self Defence scoring criteria is based on:

- a) A Precision and variety of technique
- b) Effectiveness of technique
- c) Your control
- d) Spatial awareness: Your ability to utilise the correct distance
- e) Degree of difficulty

SMA Unarmed Self Defence Moves

1A) SMA Unarmed self defence move (your choice)
1B) Your own 'free style' defence from an unarmed attack (same attack as above)
1C) SMA Unarmed self defence move (your choice)
1D) Your own 'free style' defence from an unarmed attack (same attack as above)

SMA Knife Self Defence Moves

2A) SMA Knife self defence move (your choice)
2B) Your own 'free style' defence from a knife attack (same attack as above)

SMA Club Self Defence Moves

3A) SMA Club self defence move (your choice)
3B) Your own 'free style' defence from a club attack (same attack as above)

SMA Club Self Defence Moves

3A) SMA Club self defence move (your choice)
3B) Your own 'free style' defence from a club attack (same attack as above)

Advanced Hosinsul

Aim - To control an attack by using minimal violence

Advanced Hosinsul is based on: SMA Self Defence scoring criteria

1) Joint lock 'flow drill' 1 - 6 from Right side
2) Joint lock 'flow drill' 1 - 6 from Left side



Belt Exam Syllabus

1st Dan/Poom Black belt to 2nd Dan/Poom Black belt

Examined Technique Section: 3

<u>SMA Revision</u>	
<i>Aim - Show mastery of the basic Shire Martial Arts Taekwondo Syllabus.</i>	
Han Bon Jurugi (1 step sparring)	
1 -10 on Right side	
1 -10 on Left side	
SMA Basic Movement Drill	
Moves 1 - 9 (must display knowledge of technique, correct execution & confidence)	
<u>Theory</u>	
<i>Aim - Demonstrate and explain each move of a Poomsae by using the correct Korean Terminology. Show an understanding about the non physical aspects of the art.</i>	
Terminology	
Assessment 1: Describe Taeguk Chil Jang	
10 points deducted for each mistake: 1)..... 2) 3)4) 5)	(total 50 points)
Essay	
‘How Taekwondo has affected my life physically, emotionally and mentally’. Minimum 2 typed pages or 3 hand written pages submitted with 2nd Dan or Poom application BEFORE final assessment. (Please refer to notes on page 5 below).	(total 50 points)



Belt Exam Syllabus

1st Dan/Poom Black belt to 2nd Dan/Poom Black belt

Examined Technique Section: 4

<h3><u>Poomsei</u></h3> <p>Aim - Demonstrate technical accuracy</p> <p>Each mistake or lack of precision will incur a 10 point deduction SMA Poomsei scoring criteria is based on:</p> <ul style="list-style-type: none"> • Precision & Knowledge of technique • Power • Confidence • Technical accuracy 	
Taeguk 1 - 8 (only 2 x attempts)	(total 100 points)
Poomsei Koryo (only 2 x attempts)	(total 140 points)
Poomsei Gumgang (only 2 x attempts)	(total 160 points)

Optional technique.	
<h3><u>Gyokpa</u></h3> <p>Aim - To integrate your body, mind & spirit</p> <p>Gyokpa can <u>only</u> be done at Belt Graduation</p>	
2 x Chagi of choice: 2 x single boards plus 2 x Chigi of choice: 2 x single boards.	
All 4 boards must break within 10 seconds. Only <u>1</u> attempt (<i>Juniors to only use elbow for Chigi</i>) Note: <u>You</u> must organise partners to hold your boards	



Complete Basic Movement Drill 1-9

Left Rising block, Right Rising block to
Left Middle punch to Right Middle punch (Gihap)
Left Low block, Right Low block to
Left Middle punch to Right Middle punch (Gihap)
Left Outside block to Right Outside block
Left Middle punch to Right Middle punch (Gihap)
Left Inside block to Right Inside block
Left Middle punch to Right Middle punch (Gihap)
Left Single knife hand block to side in back stance pushing into left Forward stance, right Middle punch, left High punch (Gihap),
Right Single knife hand block to side in back stance pushing into right Forward stance, left Middle punch, right High punch (Gihap)
Low cleaving block in Horse riding stance facing front (in 10 seconds)
Right Low punch, left Middle punch, right High punch (Gihap)
Knife hand block in back stance to left side to Knife hand block in back stance to right side
Right Knife hand strike (palm up) to Left Knife hand strike (palm up) to front (Gihap)
Crossed wrist block (Starting from right side)
Right Back fist to Left Back fist (Gihap)
Cleaving block
Left Knife hand strike (palm down) to Right Knife hand strike (palm down) (Gihap)
Assisted right Elbow strike to the side to Assisted left Elbow strike to the side (Gihap)
Right Curving elbow Target strike to right Back fist to Double punch (Gihap)
Left Curving elbow Target strike to left Back fist to Double punch (Gihap)
Right Batangson Low block to Left Batangson Low block
Right Scissor block to left Scissor block
Right Knife hand strike in Back stance to right side (palm down) to Left Knife hand strike in Back stance to left side (palm down) (Gihap)
Right Rising elbow into right Hammer fist to the front (Gihap) to Left Rising elbow into left Hammer fist to the front (Gihap)
Right Gumgang Makgi in crane stance (in 10 seconds) to Left Gumgang Makgi in crane stance (in 10 seconds)
Right Ridge hand left Batangson, right Kal jebi (Gihap)
On the command "Gumon" Slide Right foot back into Choombi stance



Taeguk Chil Jang

Side

'C'

'A'

'B'

'D'

Choombi

1. Moving LF 1/4 turn L to 'A', L Bom Sohgi, R Batangson Momtong Makgi.
2. R Ap Chagi Sliding back into L Bom Sohgi, L An Momtong Makgi.
3. Moving RF 1/2 turn R to 'B', R Bom Sohgi, L Batangson Momtong Makgi.
4. L Ap Chagi Sliding back into R Bom Sohgi, R An Momtong Makgi.
5. Moving LF 1/4 turn L to 'C' L R Dit Gubi L Sonnal Arae Makgi.
6. Moving RF one step forward, L Dit Gubi, R Sonnal Arae Makgi.
7. Moving LF 1/4 L to 'A', L Bom Sohgi, R Batangson Arae Makgi, R Dung Jumok Chigi.
8. Moving RF 1/2 turn R to 'B' R Bom Sohgi, L Batangson Arae Makgi, L Dung Jumok Chigi.
9. Moving LF 1/4 turn L to face 'C', Moa Sohgi, Bo Jumok. (slowly)
10. Moving LF one step forward to L Ap Gubi, Gawi Makgi, once to the R, once to L.
11. Moving RF one step forward to R Ap Gubi, Gawi Makgi, once to the L, once to R.
12. Moving LF 3/4 turn L to 'B', L Ap Gubi, Momtong Heychyo Makgi
13. R Murop Chigi springing forward, L Dit Goa Sohgi, Du Jumok Jaechyo Jirugi
14. Moving LF Back, R ApcGubi Otgoro Arae Makgi
15. Moving RF 1/2 turn R to 'A', R Ap Gubi, Momtong Heychyo Makgi
16. L Murop Chigi springing forward, R Dit Goa Sohgi, Du Jumok Jaechyo Jirugi.
17. Moving RF Back, L Ap Gubi Otgoro Arae Makgi.
18. Moving LF 1/4 turn L to 'D', L Ap Sohgi, L Olgul Bakgat Dung Jumok Chigi.
19. R Pyojok Chagi, stepping forward.
20. 1/4 turn L to face 'B', Juchum Sohgi, R Palgub Pyojok Chigi.
21. Moving LF 1/4 turn R to 'D', R Ap Sohgi, R Olgul Bakgat Dung Jumok Chigi .
22. L Pyojok Chagi, stepping forward.
23. 1/4 R to 'A' Juchum Sohgi, L Palgub Pyojok Chigi.
24. L Han Sonnal Makgi.
25. Moving RF to 'D' 1/2 turn to face 'B', LH Seizing opponent, Juchum Sohgi, R Yop Jirugi (Gihap) Gumon. Moving LF return to starting position.



Advanced Terminology

Bandal Chagi	Half moon kick
Ddido Chagi	Jumping Kick
Mom Dolyo Chagi	Roundhouse kick
Dit Chagi	Back kick
Mee-ro Chagi	Pushing kick
Gullo Chagi	Running kick (front foot makes the kick)
Ddido Mom Dolyo Chagi	Jumping round house kick
Godup Chagi	Continuous kick
Moa Sohgi	Attention (toes and heels together)
Charyot Sohgi	Attention (heels together & toes apart 45')
Pyoni Sohgi	Stand at ease stance (Heels apart toes at 45 degrees 1 foot length apart)
Hakdori Sohgi	Crane stance
Bom Sohgi	Cat stance
Ap Goa Sohgi	Front twisted stance (stopping motion from side)
Wen Sohgi	Left Stance
Orun Sohgi	Right Stance
Dit Goa Sohgi	Back twisted stance (stopping motion for forward movement)
Olgul Jirugi	Face punch
Momtung Jirugi	Body punch
Arae Jirugi	Low punch
Yop Jirugi	Side punch
Ol-yoh Jirugi	Upward Punch
Dolyo Jirugi	Curving punch
Jaechyo Jirugi	Inverted punch
Baro Jirugi	Regular punch (punch arm same as leg)
Bandae Jirugi	Reverse punch (punch arm opposite to leg)
Du-bon Jirugi	Double punch
Pyon Songot Se-woh Djirugi	Spear hand
An Chigi	Inside strike
Bakgat Chigi	Outside strike
Yop Chigi	Side strike



Advanced Terminology

Pyojok Chigi - Target strike	Dung Jumok Chigi - Reverse fist strike (back fist)
Murop Chigi - Knee Strike	Me Jumok Chigi - Hammer fist strike
Du Jumok Jaechyo Jirugi - Two handed inverted waist punch	Bakgat Hu-re-yo Chagi - Outside Swinging kick
Otgoro Makgi - Crossed wrist block	Heycho Makgi - Cleaving block
Arae Heycho Makgi - Low cleaving block	Gumon - Finish
Batangson Makgi - Heel of hand block	Shyo - Rest
Nulllo Makgi - Pushing down block	Gihap - Concentrated effort (shout)
Yop Jirugi - Side punch	Olgul Makgi - Face block
Moa Sohgi - Attention (toes and heels together)	Bakgat Makgi - Outside block
Bom Sohgi - Cat stance	An Makgi - Inward block
Ap Goa Sohgi - Front twisted stance (stopping motion from side)	Arae Makgi - Low block
Dit Goa Sohgi - Back twisted stance (stopping forward movement)	Ap Chagi - Front kick
Wen Sohgi - Left Stance	Nae-ro Chagi - Axe kick
Orun Sohgi - Right Stance	Dolyo Chagi - Turning kick
Narrani Sohgi - At ease (Feet parallel and shoulder width apart)	Yop Chagi - Side kick
Joo-chum Sohgi - Horseriding stance	Gawi Makgi - Scissor block
Ap Sohgi - Walking stance or short stance	An Hu-re-yo Chagi - Inside Swinging Kick
Olgul - Face/high	Nakgo Chagi - Hook kick
Momtong - Body/middle	Olgul Chagi - High kick
Arae - Low	Didio Ap Chagi - Jumping front snap kick
Momtong Makgi - Body block	Arae Jirugi - Low Punch
Poomsei - Patterns	Dung Sonnal Chigi - Ridge Hand strike
Jurugi - Sparring	Batangson Chigi - Heel of Hand strike
Gyokpa - Board breaking	Kal Jebi - Swallow hand strike
Hanbon jurugi - One step sparring	Palgub Chigi - Elbow strike
Hosinsul - Self defence	Momtong Jirugi - Middle Punch
Murop Chigi - Knee strike	Olgul Jirugi - High Punch
Han Sonnal Makgi - Single knife hand block	Baro Jirugi - Regular Punch (same arm same leg)
Sonnal Momtong Makgi - Knife hand body block (using both hands)	Bandae Jirugi - Reverse Punch (opposite arm to leg)
Sonnal Chigi - Knife Hand strike	Du-bon Jirugi - Double Punch
Arae Hey-cho Makgi - Low cleaving block	Yop Jirugi - Side Punch
Bakgat Sonnal Chigi - Outside Knife Hand strike (palm facing down)	Olgul Dolyo Chagi - High Turning kick
An Sonnal Chigi - Inside Knife Hand strike (palm facing up)	Olgul Yop Chagi - High Side kick



Advanced Terminology

Ol-yoh Chigi	Upward Strike
Pyojok Chigi	Target strike
Murop Chigi	Knee Strike
Dang-yoh Tok Chigi	Pulling chin strike
Du Jumok Jaechyo Chigi	Two handed inverted waist punch
Dung Jumok Chigi	Reverse fist strike (back fist)
Me Jumok Chigi	Hammer fist strike
Sonnal Chigi	Knife hand strike
Sonnal Mok Chigi	Knife hand to the neck
Sonnal An Chigi	Inward knife hand strike
Sonnal Bakgat Chigi	Outward knife hand strike
Sonnal Dung Chigi	Reverse knife hand strike (ridge hand)
Batangson Chigi	Heel of hand strike
Batangson Tok Chigi	Heel of hand to chin
Jebi Pum Mok Chigi	Swallow strike to the neck
Gawi Makgi	Scissor block
Otgoro Makgi	Crossed wrist block
Heycho Makgi	Cleaving block
Arae Heycho Makgi	Low cleaving block
Batangson Makgi	Heel of hand block
Nullu Makgi	Pushing down block
Palmok Makgi	Wrist block
Tong Milgi	'Pushing the can'
Bit-uro Makgi	Twisted block
Kun Dol Dojio	Big hinge
Godduro Makgi	Two handed block
Gumgang Makgi	Golden Warrior block
Wei Santul Makgi	Minor Mountain Block



Sparring:

Aim– Controlling an attack by utilising striking combinations

You must organise suitable partners

All protective equipment must be worn or unit cannot be completed

For Poomsae and Basic Movement Drill

The examination will be for your:

1. Knowledge of each technique
2. Execution of each technique and combination
3. Confidence in the way you execute each technique and combination

All of the moves must be done in the following manner

- Co-ordinate your body action with breathing on every move.
- Ensure that you forcibly breathe IN through the nose on the WIND UP of each move and OUT through the mouth on the exact moment of application.
- Use a 'Gihap' on attacking moves and a sharp concentrated breath with defensive moves.
- As well as this, simultaneously use both arms to exaggerate 'Push & pull' preparation before EVERY move.
- Ensure each technique has the correct range of motion by demonstrating a clear beginning middle and end.
- Work out where the 'speed' and 'power' techniques are.
- Ensure each technique has a 'snap' at the end.
- Look before you change direction
- Make the first and last moves the strongest

Poomsae Notes

- Ensure that you do the 'Choombi' stance properly at the beginning and end of the Poomsae
- If you make a mistake, don't say anything. Just go back to Choombi then start again when you are ready. Do not rush!

Theory:

- Do not get ANY help from anyone else.
- Your essay should be in your own words.
- This is not a spelling, grammar or punctuation test. Any such mistakes will have no bearing on your score.
- If you use large fonts, large headings, excessive margins, headers or footers you will be marked down significantly.
- Poomsae terminology should be said in the way it is written to you best ability.



Self Defence 1 - 10

- 1:** Escape from both lapels being grabbed from front on
- 2:** Escape from being grabbed by the shoulder from behind with one hand
- 3:** Escape from one hand grabbing you by the throat.
(Right hand grabbing throat)
- 4:** Hair/head grab from front
- 5:** Bear hug from behind with arms pinned
- 6:** Bear hug from behind with arms free
- 7:** Strangle hold with one arm from behind
- 8:** Full Nelson
- 9:** Head Lock
- 10:** Charge Down

* Please note that the following moves are described with the attacker using their Right arm. For Left side attacks reverse each technique

Key points for each self defence technique:

1: Effectiveness 2: Control 3: Distance 4: Precision

1: Escape from both lapels being grabbed from front on

- 1) Spear hand to eyes with R hand.
- 2) Simultaneously striking both of attackers arms with a downwards hammer fist before stepping R foot backwards and sliding out of reach in L guarding stance (L leg forward).
- 3) R Front snap kick under attackers chin landing in R guarding stance (R Leg forward).
- 4) R jab punch to attackers nose followed by L cross punch to attackers R lower jaw.
- 5) Stepping R foot back and sliding back well away from attacker in L guarding stance (L leg forward).
- 6) Holding guard until attacker bows, then bow to attacker and move back to 'choombi'



Unarmed Self Defence

2: Escape from being grabbed by the shoulder from behind with one hand

- 1) Pivot 180° to the right and land in R back stance (R leg forward) and simultaneously hit attackers R elbow joint with a right outside block.
- 2) Push R Leg forward (from 'tight rope' to 'train tracks') and land into R Forward Stance (R leg forward) and strike attackers R lower jaw with a L Batangson Chigi (Opposite arm to leg)
- 3) Stepping R foot backwards and sliding out of reach in L guarding stance (L leg forward).
- 4) Quickly step back in with a R Axe kick to strike attackers face.
- 5) After you land quickly step R foot back and slide back well away from attacker in L guarding stance (L leg forward).
- 6) Holding guard until attacker bows, then bow to attacker and move back to 'choombi'

3: Escape from one hand grabbing you by the throat.

- 1) R Hammer fist striking downwards onto attackers nose
- 2) Simultaneously step R foot back and slightly to the side so you land in L Forward Stance and use a L Inside Block to attackers R elbow (use the stepping action to position yourself to be at 45° to the attacker)
- 3) Step forward with the R leg and land in Horse Riding stance while simultaneously striking the attacker's R Jaw with a R Assisted Elbow Strike
- 4) Slide backwards in R Back stance (keeping R foot forward) and strike attackers jaw a second time with a R Inside Knife hand strike (palm down)
- 5) Quickly step R foot back and slide back well away from attacker in L guarding stance (L leg forward).
- 6) Holding guard until attacker bows, then bow to attacker and move back to 'choombi'

4: Hair/head grab from front

- 1) R Kal Jebi to attackers throat
- 2) Step R foot back and slightly to the side so you land in L Forward Stance and use a L Rising Face Block to attackers R elbow
- 3) Immediately strike down on the attackers nose with a Right Hammer Fist
- 4) Slightly lift up left foot and quickly step it back wards as you simultaneously kick attacker under their chin with a R foot Jumping Front Snap Kick and landing in R guarding stance (R leg forward)
- 5) Quickly step R foot back and slide back well away from attacker in L guarding stance (L leg forward).
- 6) Holding guard until attacker bows, then bow to attacker and move back to 'choombi'



Unarmed Self Defence

5: Bear hug from behind with arms pinned

- 1) Lift up R leg and place the edge of your R foot on the attackers R shin and quickly slide your foot downwards so your R heel stomps on the top of the attacker's R foot (instep)
- 2) Bring your feet together and curve your shoulders while you cross your arms (do not bend elbows) to your front until your R elbow crosses over the top of your L elbow.
- 3) Quickly slide your left foot out so you can sink into a deep horse riding stance as you simultaneously lift your arms into a 'Yoke Strike'. When you land ensure that the tips of your fingers almost come together and that your wrists are level with and close to your shoulders.
- 4) Slightly move your L foot fwd into L Walking Stance as you put your R arm on top of your L arm to form an 'X' before you suddenly pivot 180° to strike attacker on the lower jaw with a R Outside Knifehand Strike.
- 5) Quickly step R foot back and slide back well away from attacker in L guarding stance (L leg forward).
- 6) Holding guard until attacker bows, then bow to attacker and move back to 'choombi'

6: Bear hug from behind with arms free

- 1) R Punch over your shoulder into attackers face before you simultaneously grab hold of a finger by the base on the attackers L hand. Your feet should be shoulder width apart
- 2) Twist finger to the left (slowly in class, sharply in real life) as you move your L foot forward into walking stance.
- 3) Quickly pivot your right foot 180° to your left so that you have cleared some distance from the attacker and you are facing them in L Guarding stance (L leg forward)
- 4) Step in with R foot and land a R Jab Punch on the attackers nose immediately followed by a reverse L Inward Elbow Strike to the attackers R jaw by moving your R leg forward and to the side so you finish this combination in R Forward Stance (R leg forward)
- 5) Quickly step R foot back and slide back well away from attacker in L guarding stance (L leg forward).
- 6) Holding guard until attacker bows, then bow to attacker and move back to 'choombi'

7: Strangle hold with one arm from behind

- 1) With your Right hand pull down on attacker's forearm to clear your airways then immediately strike backwards with a L Elbow strike into attackers L rib cage. Keep feet shoulder width apart.
- 2) Move your L foot forward slightly into L walking stance and then immediately pivot your R foot 180° to your left and land in L Guarding stance (L foot forward)
- 3) Drive R Heel into attackers R knee with a low R Push Kick
- 4) Land in R forward Stance and strike base of attackers skull with a reverse L Ridge hand strike.
- 5) Quickly step R foot back and slide back well away from attacker in L guarding stance (L leg forward).
- 6) Holding guard until attacker bows, then bow to attacker and move back to 'choombi'



Unarmed Self Defence

8: Full Nelson

- 1) Stomp on the attackers R instep with your R foot. Quickly move so you close the distance between your back and the attacker's front
- 2) Simultaneously grab hold of a finger by the base. Your feet should be shoulder width apart Twist finger to the L on the left hand or to the R on the right hand (slowly in class, sharply in real life) as you move your L foot forward into walking stance.
- 3) Quickly pivot your right foot 180' to your left so that you have cleared some distance from the attacker and you are facing them in L Guarding stance (L leg forward) before immediately pivoting to your right (your back) with R Reverse Back kick
- 4) Land in R forward Stance (R foot forward) and quickly grab attacker by the hair or head and pull them forward and down to strike them with a L Knee Strike.
- 5) Quickly step R foot back and slide back well away from attacker in L guarding stance (L leg forward).
- 6) Holding guard until attacker bows, then bow to attacker and move back to 'choombi'

9: Head Lock

- 1) With L hand sharply dig into the soft fleshy skin behind the attackers R knee and pinch the nerve as you simultaneously stomp on their R instep with your R foot.
- 2) While still bent over simultaneously twist your body and step 45' forward with your R foot and position yourself with bent knees so your R hip is making contact with attackers R hip as you reach up and place your open R hand on attackers chest.
- 3) Quickly push your open R hand up the attackers chest and onto their chin as you straighten your legs and stand upright while pushing the attacker to your left. As attacker becomes off balance keep pushing them until they hit the ground while maintaining a hold on their R arm
- 4) As attacker lands on the ground immediately position yourself to be standing at a 45' angle to their prostrate body in guarding stance with your L leg forward and use a R Axe kick to finish.
- 5) Quickly step R foot back and slide back well away from attacker in L guarding stance (L leg forward).
- 6) Holding guard until attacker bows, then bow to attacker and move back to 'choombi'

10: Charge Down

- 1) As the attacker moves in simultaneously reach out and grab them either by the back of the skull or hair and step slightly back and to the left.
- 2) Keep moving slowly back and to the side to keep the attacker one arm's length distance away while you bend your legs and push the attacker face down towards the ground.
- 3) As they land on the ground quickly let them go and move 45' to the left and towards them in L guarding stance (L leg forward)
- 4) Quickly kick attackers face with a low R Front snap kick before landing in R guarding stance (R leg forward) and crouching down and striking the back of attacker's skull with a low reverse L Punch.
- 5) Quickly stand up and step R foot back and slide back well away from attacker in L guarding stance (L leg forward).
- 6) Holding guard until attacker bows, then bow to attacker and move back to 'choombi'



Knife Defence 1 - 7

Knife held in right hand

Knife 1:

Forward thrust knife attack

Knife 2:

Horizontal Right to Left slashing knife attack

Knife 3:

Horizontal Left to Right Horizontal slashing knife attack

Knife 4:

Diagonal rising knife attack from Left low to Right high

Knife 5:

Diagonal downwards knife attack from Right high to Left low

Knife 6:

Vertical upward knife attack

Move 7:

Vertical downward knife attack

* Please note that the following moves are described with the attacker holding the knife in their Right arm. For Left side attacks reverse each technique

Key points for each self defence technique:

1: Effectiveness 2: Control 3: Distance 4: Precision

Knife 1: Forward thrust knife attack

- 1) Slide 45° to the side in L Guarding stance (L leg forward)
- 2) Quickly kick the attacker's wrist of their knife holding hand (R hand) with a R Front Snap Kick and recoiling leg back so as to land back in L Guarding stance (L leg forward) before immediately again kicking the attacker under the chin with another R Snap Kick.
- 3) 3) Land in R Guarding stance (R leg forward) and immediately landing a reverse L Cross punch on attacker's lower R Jaw.
- 4) 4) Immediately strike the attacker's L Jaw with a R Inward Elbow strike.
- 5) 5) quickly step R foot back and slide back well away from attacker in L guarding stance (L leg forward).
- 6) 6) Holding guard until attacker bows, then bow to attacker and move back to 'choombi'



Knife Self Defence

Knife 2: Horizontal Right to Left slashing knife attack

- 1) L foot back before quickly kicking the attacker's elbow of their knife holding hand (R hand) with a L Inside swinging kick. * Let knife pass and kick on the apex of the swing before it comes back
- 2) Before your L leg lands on the ground immediately chamber your L leg and again kick the attacker's R knee with a L Side Kick
- 3) Land in L Guarding stance (L leg forward) and immediately strike attacker's L jaw with R Ridge Hand strike
- 4) Immediately strike attacker again on their R jaw with a L Ridge Hand strike
- 5) quickly slide back and well away from attacker in L guarding stance (L leg forward).
- 6) Holding guard until attacker bows, then bow to attacker and move back to 'choombi'

Knife 3: Horizontal Left to Right Horizontal slashing knife attack

- 1) L foot back before quickly kicking the attacker's wrist of their knife holding hand (R hand) with a L Outside swinging kick * Let knife pass and kick on the apex of the swing before it comes back
- 2) Before your L leg lands on the ground immediately chamber your L leg and again kick the attacker's R knee with a L Side Kick
- 3) Land in L Guarding stance (L leg forward) and immediately strike attacker's L jaw with R Ridge Hand strike
- 4) Immediately strike attacker again on their neck with a L Kal Jebi Hand strike
- 5) quickly slide back and well away from attacker in L guarding stance (L leg forward).
- 6) Holding guard until attacker bows, then bow to attacker and move back to 'choombi'

Knife 4: Diagonal rising knife attack from Left low to Right high

- 1) Slide 45' to the side in L Guarding stance (L leg forward) and grab attacker's knife holding arm (R arm) near their elbow with your R hand.
- 2) Immediately slide your R hand down their arm and grab their wrist and twist it in an anticlockwise direction as you pull their arm down while you simultaneously swing your L arm up so that you strike them on the back of their elbow joint while you are standing in L walking stance.
- 3) Chamber L Arm and then slide towards attacker landing in Horse riding Stance and strike their R jaw with a L Assisted Side Elbow Strike.
- 4) Immediately move your L foot from 'tight rope to train tracks' and land in L Forward Stance and strike attacker under their chin with a R Inside Elbow Strike.
- 5) quickly slide back and well away from attacker in L guarding stance (L leg forward).
- 6) Holding guard until attacker bows, then bow to attacker and move back to 'choombi'



Knife Self Defence

Knife 5: Diagonal downwards knife attack from Right high to Left low

- 1) Quickly kick the attacker's elbow of their knife holding hand (R hand) with a R Low Twisting kick
- 2) Immediately chamber your R leg back again kick the attacker's face with a R Axe Kick and landing in R Guarding stance (R leg forward)
- 3) Immediately strike attackers L lower jaw with a R Jab punch immediately followed by a L Hook punch to the attackers R upper jaw
- 4) Lift R Leg up and simultaneously jump up and back to strike attacker under their chin with L Jumping Front snap kick landing in L Guarding stance (L leg forward)
- 5) quickly slide back and well away from attacker in L guarding stance (L leg forward).
- 6) Holding guard until attacker bows, then bow to attacker and move back to 'choombi'

Knife 6: Vertical upward knife attack

- 1) Slide 45' to the side in L Guarding stance (L leg forward) and quickly strike attacker's R hip joint at 45' with a R Push Kick.
- 2) Immediately chamber your R leg back again and slide to the correct distance to kick the attacker's wrist on their knife holding hand (R hand) with a R Outside swinging kick and chamber leg back to land in L Guarding stance (L leg forward)
- 3) Immediately strike attackers R knee with your heel with a low R Push Kick landing in R Guarding stance (R leg forward)
- 4) Chamber R arm and strike down onto the R side of attacker's neck with a R Inside Knife hand strike (palm down)
- 5) quickly step R foot back and move well away from attacker in L guarding stance (L leg forward).
- 6) Holding guard until attacker bows, then bow to attacker and move back to 'choombi'

Knife 7: Vertical downward knife attack

- 1) Slide 45' to the side in L Guarding stance (L leg forward) and grab attacker's knife holding arm (R arm) with both hands near the wrist
- 2) Immediately sink into Horse riding and utilise the momentum of the attacker's downwards thrust to drive their knife into their R thigh. *Ensure you do not bend your back
- 3) Immediately move your L foot from 'tight rope to train tracks' and land in L Forward Stance and strike attacker on the lower R jaw with R Inside Elbow Strike.
- 4) Slide back in L Guarding stance (L leg forward) and strike the L side of attackers face with a R Turing Kick and landing in R Guarding stance (R leg forward).
- 5) Quickly step R foot back and move well away from attacker in L guarding stance (L leg forward).
- 6) Holding guard until attacker bows, then bow to attacker and move back to 'choombi'



Club Defence 1 - 7

(Club held with both hands stepping forward with Right foot)

Club 1:

Forward thrust club attack

Club 2:

Horizontal Right to Left club attack

Club 3:

Horizontal Left to Right club attack

Club 4:

Diagonal rising club attack from Left low to Right high

Club 5:

Diagonal downwards club attack from Right high to Left low

Club 6:

Vertical upward club attack

Club 7:

Vertical downward club attack

* Please note that the following moves are described with the attacker holding the club with both hands and stepping forward with their Right foot. For Left side attacks reverse each technique

Key points for each self defence technique:

1: Effectiveness 2: Control 3: Distance 4: Precision

Club 1: Forward thrust club attack

- 1) Slide 45° to the side in L Guarding stance (L leg forward)
- 2) Quickly kick the attacker's R Elbow with a R Front Snap Kick and recoiling leg back so as to land back in L Guarding stance (L leg forward) before immediately again kicking the attacker under the chin with another R Snap Kick.
- 3) Land in R Guarding stance (R leg forward) and immediately landing a reverse L Cross punch on attacker's lower R Jaw.
- 4) Immediately strike the attacker's L Jaw with a R Inward Elbow strike.
- 5) Quickly step R foot back and slide back well away from attacker in L guarding stance (L leg forward).
- 6) Holding guard until attacker bows, then bow to attacker and move back to 'choombi'



Club Self Defence

Club 2: Horizontal Right to Left club attack

- 1) L foot back before quickly kicking the attacker's R Elbow with a L Inside swinging kick
* Let club pass and kick on the apex of the swing before it comes back
- 2) Before your L leg lands on the ground immediately chamber your L leg and again kick the attacker's R knee with a L Side Kick
- 3) Land in L Guarding stance (L leg forward) and immediately strike attacker's L jaw with R Ridge Hand strike
- 4) Immediately strike attacker again on their R jaw with a L Ridge Hand strike
- 5) Quickly slide back and well away from attacker in L guarding stance (L leg forward).
- 6) Holding guard until attacker bows, then bow to attacker and move back to 'choombi'

Club 3: Horizontal Left to Right club attack

- 1) L foot back before quickly kicking the attacker's R wrist with a L Outside swinging kick
* Let club pass and kick on the apex of the swing before it comes back
- 2) Before your L leg lands on the ground immediately chamber your L leg and again kick the attacker's R knee with a L Side Kick
- 3) Land in L Guarding stance (L leg forward) and immediately strike attacker's L jaw with R Ridge Hand strike
- 4) Immediately strike attacker again on their neck with a L Kal Jebi Hand strike
- 5) Quickly slide back and well away from attacker in L guarding stance (L leg forward).
- 6) Holding guard until attacker bows, then bow to attacker and move back to 'choombi'

Club 4: Diagonal rising club attack from Left low to Right high

- 1) Slide 45' to the side in L Guarding stance (L leg forward) and grab attacker's R arm near their elbow with your R hand.
- 2) Immediately slide your R hand down their arm and grab their wrist and twist it in an anticlockwise direction as you pull their arm down while you simultaneously swing your L arm up so that you strike them on the back of their elbow joint while you are standing in L walking stance.
- 3) Chamber L Arm and then slide towards attacker landing in Horse riding Stance and strike their R jaw with a L Assisted Side Elbow Strike.
- 4) Immediately move your L foot from 'tight rope to train tracks' and land in L Forward Stance and strike attacker under their chin with a R Inside Elbow Strike.
- 5) Quickly slide back and well away from attacker in L guarding stance (L leg forward).
- 6) Holding guard until attacker bows, then bow to attacker and move back to 'choombi'



Club Self Defence

Club 5: Diagonal downwards club attack from Right high to Left low

- 1) Quickly kick the attacker's R elbow with a R Low Twisting kick
- 2) Immediately chamber your R leg back again kick the attacker's face with a R Axe Kick and landing in R Guarding stance (R leg forward)
- 3) Immediately strike attackers L lower jaw with a R Jab punch immediately followed by a L Hook punch to the attackers R upper jaw
- 4) Lift R Leg up and simultaneously jump up and back to strike attacker under their chin with L Jumping Front snap kick landing in L Guarding stance (L leg forward)
- 5) Quickly slide back and well away from attacker in L guarding stance (L leg forward).
- 6) Holding guard until attacker bows, then bow to attacker and move back to 'choombi'

Club 6: Vertical upward club attack

- 1) Slide 45' to the side in L Guarding stance (L leg forward) and quickly strike attacker's R hip joint at 45' with a R Push Kick.
- 2) Immediately chamber your R leg back again and slide to the correct distance to kick the attacker's R wrist with a R Outside swinging kick and chamber leg back to land in L Guarding stance (L leg forward)
- 3) Immediately strike attackers R knee with your heel with a low R Push Kick landing in R Guarding stance (R leg forward)
- 4) Chamber R arm and strike down onto the R side of attacker's neck with a R Inside Knife hand strike (palm down)
- 5) Quickly step R foot back and move well away from attacker in L guarding stance (L leg forward).
- 6) Holding guard until attacker bows, then bow to attacker and move back to 'choombi'

Club 7: Vertical downward club attack

- 1) Slide 45' to the side in L Guarding stance (L leg forward) and quickly step R leg forward so that your R hip and the attacker's R hip meet.
- 2) Simultaneously grab attacker's R wrist in a 'figure 4' lock with both hands.
- 3) Immediately push attacker down and over your R knee while keeping hold of their R arm.
- 4) As attacker lands on the ground position yourself to be standing at a 45' angle to their prostrate body and immediately wedge their elbow joint and shoulder against your R leg and apply pressure to their wrist (slowly in class, quickly in real life) until they submit by tapping.
- 5) Quickly step R foot back and slide back well away from attacker in L guarding stance (L leg forward).
- 6) Holding guard until attacker bows, then bow to attacker and move back to 'choombi'