



## **SMA Black belt Dan Syllabus**

### **2nd Dan/Poom Black belt to 3rd Dan Black belt**

- Minimum time needed on 2nd Dan/Poom:

**2 years from the issue date of your 2nd Dan/Poom Kukkiwon Certificate.**

Kukkiwon Certificate No:..... 2nd Dan/poom Kukkiwon Certificate Issue Date:.....

#### **How do you get a 3rd Dan black belt?**

All Kukkiwon certificate applications are acquired through our national body, Australian Taekwondo Ltd (ATL). The only people who can apply for a Kukkiwon certificates are 4<sup>th</sup> Dan and higher registered and qualified ATL 'Head Instructors' such as Gwangjangnim Michelle Moss who is currently registered as a 5<sup>th</sup> Dan Kukkiwon Master Instructor.

The Shire Martial Arts Curriculum that you are about to complete with this assessment process will put you in a position where you can go to any other WT Taekwondo school anywhere in the world and know that your knowledge, skill level and standard is at a high level.

As a Shire Martial Arts Black Belt you have a strong foundation of kicking and hand techniques, self defence, sparring, poomsae and theory. So now, it's time to take those skills to the next level at a standard that WT and the Kukkiwon require for your new international accreditation!

It is totally up to you as to how long it takes to pass this international accreditation test.

If your current certificate is a junior black belt or Poom certificate and you are over 15 years old at the time of your 3rd Dan grading, you will automatically be awarded a 3rd Dan certificate once you pass this assessment.

Whatever it takes, as an SMA 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 component.

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

#### **How to get your 3rd Dan Black belt**

- 1) Be an active 2nd Dan/Poom Black belt for a minimum of 2 years.
- 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:**

Applications take from 6-12 weeks to be returned with:

- a) 3rd Dan Kukkiwon Certificate. The 'Kukkiwon Certificate' is your international accreditation from the Taekwondo World Headquarters.
- b) Your Kukkiwon Dan ID card.

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



# **SMA Black belt Dan Syllabus**

## **2nd Dan/Poom Black belt to 3rd Dan 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

**WT Sparring**

**Hands Only**

**Free style**    No hand strikes to head

**Three way (WT)**    No hand strikes to head

**2 on 1 (WT)**



# **SMA Black belt Dan Syllabus**

## **2nd Dan/Poom Black belt to 3rd Dan 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 2 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:** 2 x SMA Self Defence Move. Then, you must demonstrate 2 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**

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

#### **SMA Knife Self Defence Moves**

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



## **SMA Black belt Dan Syllabus** **2nd Dan/Poom Black belt to 3rd Dan Black belt**

### **Examined Technique - Section: 2 (cont)**

#### **SMA Club Self Defence Moves**

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

### **Advanced Hosinsul** (Self Defence)

**Aim - To control an attack by using minimal violence**

**SMA Advanced Self Defence scoring criteria is based on:**

- a) Effectiveness of technique c) Your control d) Spatial awareness (Your ability to utilise the correct distance)

### **Advanced Hosinsul**

**Aim - To control an attack by using minimal violence**

Advanced Hosinsul is based on: SMA Self Defence scoring criteria

- |  |
|--|
| 1) <b>Joint lock 'flow drill' 1 - 10</b> from Right side |
| 2) <b>Joint lock 'flow drill' 1 - 10</b> from Left side  |



**SMA Black belt Dan Syllabus**  
**2nd Dan/Poom Black belt to 3rd Dan Black belt**

**Examined Technique - Section: 3**

**SMA Revision**

**Aim - Show mastery of the basic Shire Martial Arts Taekwondo Syllabus.**

**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)

**Theory**

**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.**

**Terminology**

Assessment 1:  
**Describe Poomsae Koryo**

10 points deducted for each mistake:

1)..... 2) ..... 3) .....4) ..... 5) .....

**Essay**

**'How My Life Has Changed Since I've Been a Black Belt'.**

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).



# SMA Black belt Dan Syllabus

## 2nd Dan/Poom Black belt to 3rd Dan Black belt

### Examined Technique - Section: 4

## Poomsei

**Aim - Demonstrate technical accuracy.**

Each mistake or lack of precision will incur a 10 point deduction SMA Poomsei scoring criteria is based on:

- Precision & Knowledge of technique
- Power
- Confidence
- Technical accuracy

**Taeguk 1 - 8** (only 2 x attempts)

**Poomsei Koryo** (only 2 x attempts)

**Poomsei Gumgang** (only 2 x attempts)

**Poomsei Taebak** (only 2 x attempts)

Optional technique.

## Gyokpa

**Aim - To integrate your body, mind & spirit.**

**Gyokpa can only be done at Belt Graduation**

2 x Chagi of choice: 1 x double boards & 1 x single board  
plus 2 x Chigi of choice: 2 x single boards.

All 5 boards must break within 10 seconds.

Only 1 attempt (*Juniors to only use elbow for Chigi*) Note:

You must organise partners to hold your boards



## Complete Basic Movement Drill

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

Note: Judging criteria is based on 1) Knowledge of technique 2) Execution 3) Confidence. Please refer to notes below

## Han Bon Jurugi (one step sparring) 1-5

- ◆ The following moves simulate defences when your **FACE** is attacked by a RIGHT punch.
- ◆ Ensure that you reverse these techniques and also practice as though being attacked by a left punch.
- ◆ Practise each of these moves until they become a reflex action - and then practice them some more!



Always **START** and FINISH each move using Choombi Stance - in synch with your partner.

**1**



Step in with left foot into **left forward stance** and block face punch with a **left outer face block...**

... immediately attack opponent with a **right punch** to their face. Ensure that you use power from your hips and that you pull your left arm back to your hip.



**2**

Step in with left foot into **left forward stance** and block face punch with a **left outside face block...**



.... immediately attack opponent with a **right Kal Jebi** to their throat. Ensure that you use power from your hips and that you pull your left arm back to your hip.



Slide towards opponent with your left foot into a **left forward stance** while defending opponent's punch with a **left outside face block**...



**3**



... immediately reach up and **grab** the back of **head** with **both hands**, then simultaneously attack face, by **pulling their head down** onto a rising **right knee strike**.

**4**



In one movement, slide in close with the right foot and land to the side of the opponent into a **left back stance**.

Simultaneously block attacker's arm with a **left outside face block** and attack with a knife hand strike (palm up) to the attacker's neck. Ensure that you use power from your hips.

**5**

Step in with the right foot and go to **left back stance** and block opponent's punch with a **right inner face block**...



... then slide in close to attack the opponent with an **assisted elbow strike to the jaw** while ensuring that you finish in the **horse riding stance**.



## Han Bon Jurugi (one step sparring) 6 - 10

- ◆ The following moves simulate defences when your **FACE** is attacked by a RIGHT punch.
- ◆ Ensure that you reverse these techniques and also practice as though being attacked by a left punch.
- ◆ Practise each of these moves until they become a reflex action - and then practice them some more!
- ◆ Always **START** and FINISH each move using Choombi Stance - in synch with your partner.

### 6

Step in with right foot and land in a **right forward stance** as you **grab** opponent's attacking arm at the wrist with **your left hand**...



... Using your body weight and opponent's wrist as leverage, simultaneously **twist** their arm and attack the left side of opponents jaw with a **right inside knife hand strike** (palm up) followed immediately by an **outside knife hand strike** (palm down) to the right hand side of their jaw. Also, simultaneously pull back your right foot to unbalance them. (Both strikes are with the same arm).



### 7

Step in at 45° to the right side with the right foot and go to **back stance**. Simultaneously use the **left knife hand** to block opponent's attacking arm and attack their face with a **right**



... and immediately attack opponent's **sternum** with a **right hand inverted punch** ensuring you simultaneously pull your left arm back to your hip.

...then draw your **right fist** back to your hip ...

# 8

Slide towards opponent at 45° to the left with your left foot and go to a **horse riding stance** while attacking the elbow joint of the opponent's punching arm with a **left 'Batangsun Chigi'** (heel of palm strike), to knock their arm away from you...



...then, attack opponent's rib cage from the side with a **double punch** (right first) ...

... then attack opponent's rib cage from the other side with a **right jumping turning kick** while ensuring that you jump back sufficiently to **create the correct distance** for the kick.

# 9



Step in close with the **left back stance** and simultaneously defend opponents attacking arm with a **right inside face block**...



.. immediately after blocking, **step forward** and **close in** with your **left leg** and simultaneously **pivot** your hips 180° and land **side on** to your opponent into a **right back stance** while attacking their jaw with an **assisted elbow strike**. Ensure that you are side on to the opponent and close enough to be effective.

Slide in and to the left side with left foot into **left forward stance** and defend opponent's attacking arm with a **left outside face block**. ...



# 10

...**grab** hold of opponent's attacking arm and pull it towards you and simultaneously **step in** close with your right leg into a **right forward stance** while attacking opponent's jaw with a **right elbow strike**...



...ensure that **your hip** is on the attacker's hip and simultaneously **straighten** your right knee and **twist** your opponent **over** your hip onto the ground.





## Poomsae (pattern)

# Koryo

Side  
'C'                      'B'  
'A'                      'D'

Choombi Tong Milgi

1. Moving LF 1/4 turn to 'A', R Dit Gubi, L Sonnal Momtong Makgi.
2. R Yop Godduro Chagi (thigh & body), landing in R Ap Gubi with R Bakgat Sonnal Chigi and L Momtong Jirugi.
3. Drawing in RF to L Dit Gubi, R An Momtong Makgi.
4. Moving RF 1/2 turn right to 'B'. L Dit Gubi, R Sonnal Momtong Makgi.
5. L Yop Godduro Chagi (thigh & body), landing in L Ap Gubi, L Bakgat Sonnal Chigi and R Momtong Jirugi.
6. Drawing in LF to R Dit Gubi, L An Momtong Makgi.
7. Moving LF 1/4 turn L to 'D' L Ap Gubi, L Han Sonnal Arae Makgi, R Kal Jebi.
8. R Ap Chagi stepping into R Ap Gubi, R Han Sonnal Arae Makgi, L Kal Jebi.
9. L Ap Chagi stepping into L Ap Gubi, L Han Sonnal Arae Makgi, R Kal Jebi. (Gihap)
10. 10. R Ap Chagi, Stepping into R Ap Sogi, Murop Gokgi (RH pulling up towards stomach as if holding an ankle, with LH pushing downwards simultaneously with a striking down action to break the knee)
11. 11. One step forward on the LF, Moving RF 1/2 turn R to 'D' into R Ap Gubi, An Palmok Momtong Heychyo Makgi.
12. L Ap Chagi, Stepping into L Ap Gubi, Murop Gokgi (RH striking knee, LH holding ankle)
13. Pulling LF into L Ap Sogi, An Palmok Momtong Heychyo Makgi.
14. 14. Moving RF 1/2 turn R to face 'C', Juchum Sogi, L Han Sonnal Momtong Yop Makgi, R Pyojok Jirugi (punch target.)
15. 15. Moving RF to Ap Goa Sogi, L Yop Chagi to 'A', turn R to face 'B' while stepping forward



## Poomsae (pattern)



Poomsei Koryo (continued)

16. Pulling RF into R Ap Sogi, Arae Makgi.
17. Moving LF one step forward to L Ap Sogi Batangson Nullo Makgi.
18. 18. Moving RF 1/4 turn L to face 'C' Juchum Sogi, R Palgub Yop Chigi. (R Fist supported by L Hand)
19. R Han Sonnal Momtong Yop Makgi, L Pyojok Jirugi.
20. 20. Moving LF to Ap Goa Sogi, R Yop Chagi to 'B', Turn L to face 'A' while stepping into L Ap Gubi, R Pyon Songut, Jaechyo Djirugi.
21. Pulling LF into L Ap Sogi, L Arae Makgi.
22. Moving RF one step forward to R Ap Sogi, R Batangson Nullo Makgi.
23. Moving LF 1/4 turn R to face 'C', Juchum Sogi, L Palgub Chigi.
24. 24. Moving LF, Bring feet together into Moa Sogi. Slowly (5 seconds) Starting from above head and in a circular motion, bring L Me Jumok and R Palm together into Arae Pyojok Chigi.
25. Moving LF 1/2 L to 'D' L Ap Gubi, L Sonnal Bakgat Mok An Chigi. L Han Sonnal Arae Makgi.
26. 26. Moving RF one step forward into R Ap Gubi, R Sonnal Bakgat Mok An Chigi. R Han Sonnal Arae Makgi.
27. 27. Moving LF one step forward into L Ap Gubi, L Sonnal Bakgat Mok An Chigi, L Han Sonnal Arae Makgi.
28. Moving RF one step forward into R Ap Gubi, R Kal Jebi. (Gihap)
29. 29. Moving LF return to starting position (Tong Milgi)

Gumon.



## Basic Terminology 01

<b>Dojang</b> - Place of training	<b>Chair-ee-ot</b> -Attention
<b>Dobok</b> - Uniform	<b>Kunnee</b> - Bow
<b>Dee</b> - Belt	<b>Choombi</b> - Ready
<b>Gwanjangnim</b> - Head instructor	<b>Shijak</b> - Start
<b>Sahbomnim</b> - Instructor	<b>Gumon</b> - Finish
<b>Sohgi</b> - Stance	<b>Shyo</b> - Rest
<b>Makgi</b> - Block	<b>Gihap</b> - Concentrated effort (shout)
<b>Chagi</b> - Kick	<b>Bakgat Makgi</b> - Outside block
<b>Chigi</b> - Strike	<b>An Makgi</b> - Inward block
<b>Jirugi</b> - Punch	<b>Arae Makgi</b> - Low block
<b>Joochum Sohgi</b> - Horse riding Stance	<b>Ap Chagi</b> - Front kick
<b>Moa Sohgi</b> - Feet together stance	<b>Yop Jiugi</b> - Side punch
<b>Ap Gubi</b> - Forward stance	<b>Dolyo Chagi</b> - Turning kick
<b>Dit Gubi</b> - Back stance	<b>Yop Chagi</b> - Side kick
<b>Narrani Sohgi</b> - At ease (Feet parallel and 1 foot length apart)	<b>Bakgat Hu-re-yo Chagi</b> - Outside Swinging kick
<b>Bom Sohgi</b> - Cat stance	<b>An Hu-re-yo Chagi</b> - Inside Swinging Kick
<b>Dit Goa Sohgi</b> - Back Twisting stance	<b>Otgoro Makgi</b> - Crossed wrist block
<b>Olgul</b> - Face/high	<b>Olgul Chagi</b> - High kick
<b>Momtong</b> - Body/middle	<b>Didio Ap Chagi</b> - Jumping front snap kick
<b>Arae</b> - Low	<b>Arae Jirugi</b> - Low Punch
<b>Momtong Makgi</b> - Body block	<b>Dung Sonnal Chigi</b> - Ridge Hand strike
<b>Gawi Makgi</b> - Scissor block	<b>Batangson Makgi</b> - Heel of Hand block
<b>Gyokpa</b> - Board breaking	<b>Batangson Chigi</b> - Heel of Hand strike



## Basic Terminology 02

<b>Hosinsul</b> - Self defence	<b>Kal Jebi</b> - Swallow hand strike
<b>Pyon Songut Djirugi</b> - Spear hand strike	<b>Palgub Chigi</b> - Elbow strike
<b>Murop Chigi</b> - Knee strike	<b>Momtong Jirugi</b> - Middle Punch
<b>Han Sonnal Makgi</b> - Single knife hand block	<b>Olgul Jirugi</b> - High Punch
<b>Sonnal Momtong Makgi</b> - Knife hand body block (using both hands)	<b>Baro Jirugi</b> - Regular Punch (same arm same leg)
<b>Du Jumok Jaechyo Jirugi</b> - Double Inverted punch	<b>Bandae Jirugi</b> - Reverse Punch (opposite arm to leg)
<b>Momtong Hey-cho Makgi</b> - Middle cleaving block	<b>Du-bon Jirugi</b> - Double Punch
<b>Arae Hey-cho Makgi</b> - Low cleaving block	<b>Yop Jirugi</b> - Side Punch
<b>Bakgat Sonnal Chigi</b> - Outside Knife Hand strike (palm facing down)	<b>Olgul Dolyo Chagi</b> - High Turning kick
<b>An Sonnal Chigi</b> - Inside Knife Hand strike (palm facing up)	<b>Pyojok Chagi</b> - Target Kick
<b>Dung Jumok Chigi</b> - Back Fist strike	<b>Pyojok Chigi</b> - Target Strike



## 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	Easy 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
Momtong 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

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
Nulllo 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



# Notes

## Sparring:

1. You must organise suitable partners on the day.
2. 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 otherwise no points will be awarded.
- Your essay should be in your own words.
- This is not a neat writing, computer skills, 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 your 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) 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'



## 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'