

THE CHINESE UNIVERSITY OF HONG KONG

PHYSICAL EDUCATION UNIT

REQUIRED/ELECTIVE PHYSICAL EDUCATION COURSE – PHED 1122 / 1120X

TAEKWONDO

A) History and Development

Taekwondo is a martial art using fists and kicks for combat. “Tae” means “foot” or “to step on”; “Kwon” means “fist”; and “Do” means the “way” or a “spirit”.

Taekwondo is believed to be developed from Korean ancient martial art “Taekyon” (跆拳道). About a century B.C. during the Three Kingdoms Period, “taekyon” was used as a daily military exercises for training armies. It helped to defend their countries against all odds.

After the 1st World War and the liberation of Korea in 1945, the escaped Korean returned back to their country. They combined the skills and styles they learnt these years into the traditional Taekyon, and gradually developed into modern taekwondo.

In 1966, International Taekwondo Federation (ITF) was established. General Choi Hong Hi (崔泓熙) was the chairperson. In May 1973, the World Taekwondo Federation (WTF), now called World Taekwondo (WT) was formed in Seoul. Dr. Kim Un Young (金雲龍) was chosen to be the chairperson. Korean government paid a great effort in promoting WTF taekwondo. In 1980, Taekwondo was recognized by the International Olympic Committee, it became the demonstration sport in the Seoul, Olympics in 1988. Taekwondo finally became an official sport of the Sydney Olympics in 2000.

B) Promotion System

“Kup”(級) and “Dan”(段) are used to distinguish between the skills and knowledge levels of practitioners. According to the experience and skill levels of a practitioner, colour belts consist of 9 ‘Kup’, starts from 9th Kup to 1st Kup. After promoted to black belt, it begins with 1st Dan to 9th Dan. “Kup” is shown by the corresponding colour of the belt, while “Dan” is shown by the number of stripes on the black belt.

The corresponding colours of different “Kup” are shown below:

White→Yellow→ Yellow with green stripe → Green → Green with blue stripe → Blue → Blue with red stripe → Red → Red with black stripe → Dan 1 → Dan 2...

C) Basic Taekwondo Techniques

1) Kicking Techniques (with right back stance)

a) Snap Kick (or front kick) – foundation of turning kick, often use in Poomsae. The targets are mainly face and chin.

- i) Right back stance, transfer center of gravity to left leg.
- ii) Rear knee rises straight up, bent, with the hip rotates slight to left. The fully bent knee points at the target.
- iii) The leg snaps out, the foot is pointed and the toes are pulled back, exposing the ball of the foot as the kicking surface.
- iv) After the attack, bend the right calf and step down to become left back stance.



b) Turning Kick – One of the most common scoring techniques in contest.

- i) Right back stance, transfer center of gravity to left leg.
- ii) Rear knee rises straight up, bent, with the hip rotates slight to left. The fully bent knee points at the target.
- iii) Keeping the knee pointed to the target and the leg bent, pivot the supporting foot fully 180 degrees. The supporting heel will point directly at the target. The hips will turn over completely.
- iv) Snap the kick out and use the instep of the foot to attack the opponent's chest or head.
- v) After the attack, the right leg steps down and becomes left back stance.



c) Side Kick – Can serve as a defense against most attacks.

- i) Right back stance, transfer center of gravity to left leg.
- ii) Rear knee rises straight up. Chamber the leg as high as possible. Pivot the support foot 180 degrees, the ‘blade’ of the foot pointing toward the target.
- iii) Extend the kick so that the striking surface extends straight into the target.
- iv) Step down forward and become left back stance.



d) Axe Kick – Lifted above an opponent’s head and then brought down forcefully on the bridge of the nose.

- i) Right back stance, transfer center of gravity to left leg.
- ii) Lift the kicking leg straight up. Allow the supporting foot to pivot and the hips to turn. Rise the knee as close as you can to the chest.
- iii) Snap the kick high over your head. Bring the kick down. Lean forward. Use the back of the heel or the sole and ball of the foot to hit the target.
- iv) Step forward, controlling your balance.



e) Back Kick – Very powerful, can use as combination of turning kick or a counterattack to the turning kick.

- i) Right back stance, transfer center of gravity to left leg.
- ii) Pivot the left foot so that the heel points directly at the target. Simultaneously turn the shoulders so that your back is turned to the opponent.

- iii) Lift the kicking foot so that the knee is bent.
- iv) Kick straight behind you. Use the heel to attack the target.
- v) Step down forward and become left back stance.



2) Blocks

Blocks are the most basic self-defensive skills. According to our different body parts, the blocks can be divided into 3 sections. Higher section refers to the head level; middle section refers to the collar bone to the hip; lower section refers to the level below the hip.

Here are some basic blocks:

a) Single Arm Block

i) Lower Section Block



ii) Middle Section Block



iii) High Section Block



b) Double-fist block



c) Knife-Hand Block



D) Poomsae

Poomsae, or forms, can be defined as choreographed techniques, rich with martial intent, aimed at defeating multiple attackers coming from different directions. Forms practice is also required in a belt rank promotion. In 2000s, poomsae competitions were developed rapidly. The World

Taekwondo standardized all the moves in recognized poomsaes, and set up an objective scoring system. There are a number of different sets of recognized poomsae for Taekwondo, such as Taegeuk, which include 8 'Jang' (pattern) are required to be learnt by every Taekwondo players. Some advanced poomsae includes 'Koryo', 'Taebaek', 'Keumgang', etc.

1) Taeguk I Jang

Taeguk I Jang represents 'keon', the 'yang': positive energy, the beginning of Creation, and Heaven. It includes front stance, middle punch, different blocks and front snap kick.

Pattern Chart:

Movement Number	Movement	Finishing Stance	Technique Combination
1	Pivot on right foot and turn 90° left	Left Walking Stance	Lower section block
2	Step forward	Right Walking Stance	Front middle punch
3	Pivot right 180° on left foot	Right Walking Stance	Lower section block
4	Step forward	Left Walking Stance	Front middle punch
5	Pivot left 90° on right foot	Left Front Stance	Lower section block, followed by reverse middle punch
6	Pivot right 90° on left foot, drawing the right foot forward	Right Walking Stance	Reverse inside block
7	Step forward	Left Walking Stance	Reverse middle punch
8	Pivot left 180° on right foot	Left Walking Stance	Reverse inside block
9	Step forward	Right Walking Stance	Reverse middle punch
10	Pivot right 90° on left foot	Right Front Stance	Lower section block, followed by reverse middle punch
11	Pivot left 90° on right foot, drawing the left foot forward	Left Walking Stance	Higher section block
12	Step forward	Right Walking Stance	Right-leg front snap kick landing in Right Walking Stance, followed by front middle punch
13	Pivot right 180° on left foot	Right Walking Stance	Higher section block
14	Step forward	Left Walking Stance	Left-leg front snap kick landing in Left Walking Stance, followed by front middle punch
15	Pivot right 90° on right foot	Left Front Stance	Lower section block
16	Step forward	Right Front Stance	Front middle punch and kihap
17	Pivot left 180° on right foot, drawing left foot parallel	Ba ro	

E) Equipment, contest area and rules

1) Uniform

Contesters need to wear a WTF recognized uniform and the belt with corresponding 'dan' or 'kup'.



2) Contest equipment

Athletes are required to wear all protective gears for the contest: Trunk protector, head protector, arm guards, shin guards, groin guard, protective gloves, foot protectors and mouth shield.



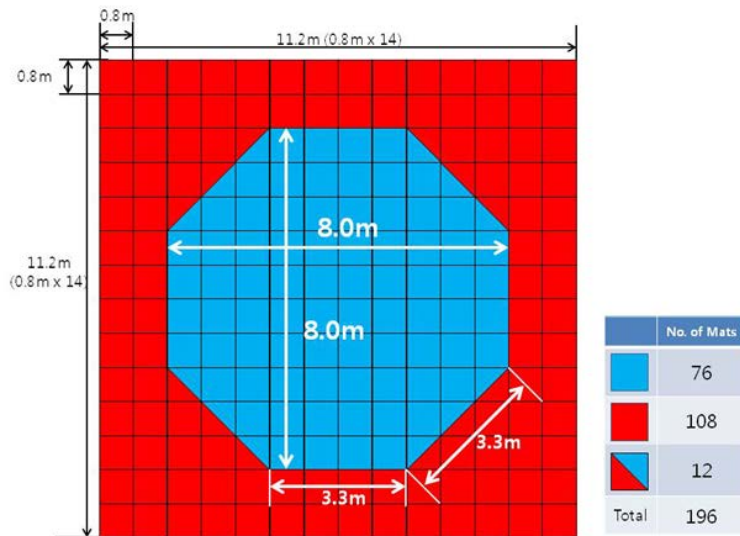
3) Contest Duration

1. The duration of the contest shall be three rounds of two minutes each, with a one-minute rest period between rounds. In case of a tie score after the completion of the 3rd round, a 4th round of two minutes will be conducted as the Golden round. The contestant who gets 2 points first will be the winner.
2. In the best of three system, the duration of the contest shall be the three rounds of two minutes each with a one-minute rest period between rounds. However, a 4th round of one minute will not be conducted as the Golden round. In corresponding round, the round winner shall be decided by various criteria, such as most points scored by spinning kicks, who has scored higher value techniques points, etc.

4) Contest area

The Contest Area shall have a flat surface without any obstructing projections, and be covered with an elastic and not slippery mat. The Contest Area may also be installed on a platform 0.6-1m high from the base, if necessary. The outer part of the Boundary Line shall be inclined at a

gradient of less than 30 degrees, for the safety of the contestants. The Contest Areas shall measure approximately 8m in diameter, and each side of the octagon shall have a length of approximately 3.3m.



5) Weight Division

Weight divisions are divided into male and female divisions, and classified into as follows

Men's division		Women's division	
Fin	Not exceeding 54kg	Fin	Not exceeding 46 kg
Fly	Over 54 kg & Not exceeding 58 kg	Fly	Over 46 kg & Not exceeding 49 kg
Bantam	Over 58 kg & Not exceeding 63 kg	Bantam	Over 49 kg & Not exceeding 53 kg
Feather	Over 63 kg & Not exceeding 68 kg	Feather	Over 53 kg & Not exceeding 57 kg
Light	Over 68 kg & Not exceeding 74 kg	Light	Over 57 kg & Not exceeding 62 kg
Welter	Over 74 kg & Not exceeding 80 kg	Welter	Over 62 kg & Not exceeding 67 kg
Middle	Over 80 kg & Not exceeding 87 kg	Middle	Over 67 kg & Not exceeding 73 kg
Heavy	Over 87 kg	Heavy	Over 73 kg

6) Rules of Competition

a) Permitted techniques

- Fist technique: A straight punching technique using the knuckle part of a tightly clenched fist
- Foot technique: Delivering techniques using any part of the foot below the ankle bone

b) Permitted areas

- i) Trunk: Attack by fist and foot techniques on the areas covered by the trunk protector are permitted. However, such attacks shall not be made on the part of the spine.
- ii) Head: The area above the collar bone. Only foot techniques are permitted.

c) The valid points are as follows:

- i) One (1) point for a valid punch to the trunk protector
- ii) Two (2) points for a valid attack on trunk protector
- iii) Three (3) points for a valid kick to the head
- iv) Four (4) points for a valid turning kick to the trunk protector
- v) Five (5) points for a valid turning kick to the head
- vi) One (1) point awarded for every one “Gam-jeom” given to the opponent contestant

**d) Prohibited acts and judgement**

- i) Any prohibited acts will be declared by the referee.
- ii) Prohibited acts shall be penalized with “Gam-jeom (deduction penalty)” by referee.
- iii) A “Gam-jeom” shall be counted as one (1) additional point for the opposing contestant.

e) Prohibited acts:

- i) Crossing the Boundary Line
- ii) falling down
- iii) avoiding or delaying the match
- iv) grabbing or pushing the opponent
- v) lifting the leg to block or/and kicking the opponent’s leg to impede the opponent’s kicking attack, or lifting the leg above waist for kicking in the air for 4 times or more, or lifting a leg or kicking in the air for more than 3 seconds to impede opponent’s potential attacking movements
- vi) Kicking below the waist
- vii) attacking the opponent after "Kal-yeo"
- viii) hitting the opponent’s head with the hand
- ix) butting or attacking with the knee
- x) attacking the fallen opponent
- xi) misconduct of contestant or coach
- xii) If a contestant receives **10 “Gam-jeom”**, the referee shall declare the contestant loser by referee’s punitive declaration. In the best of three system, when a contestant receives 5 “Gam-jeom” in a round, the opponent will be declared the winner of that round.

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