

No Belt To White Belt



Testing Requirements

Self-defense: 1-5

Form: 4-way Punch

One-Steps: 1-3

Break: Back Leg Front Kick

New Techniques / Notes

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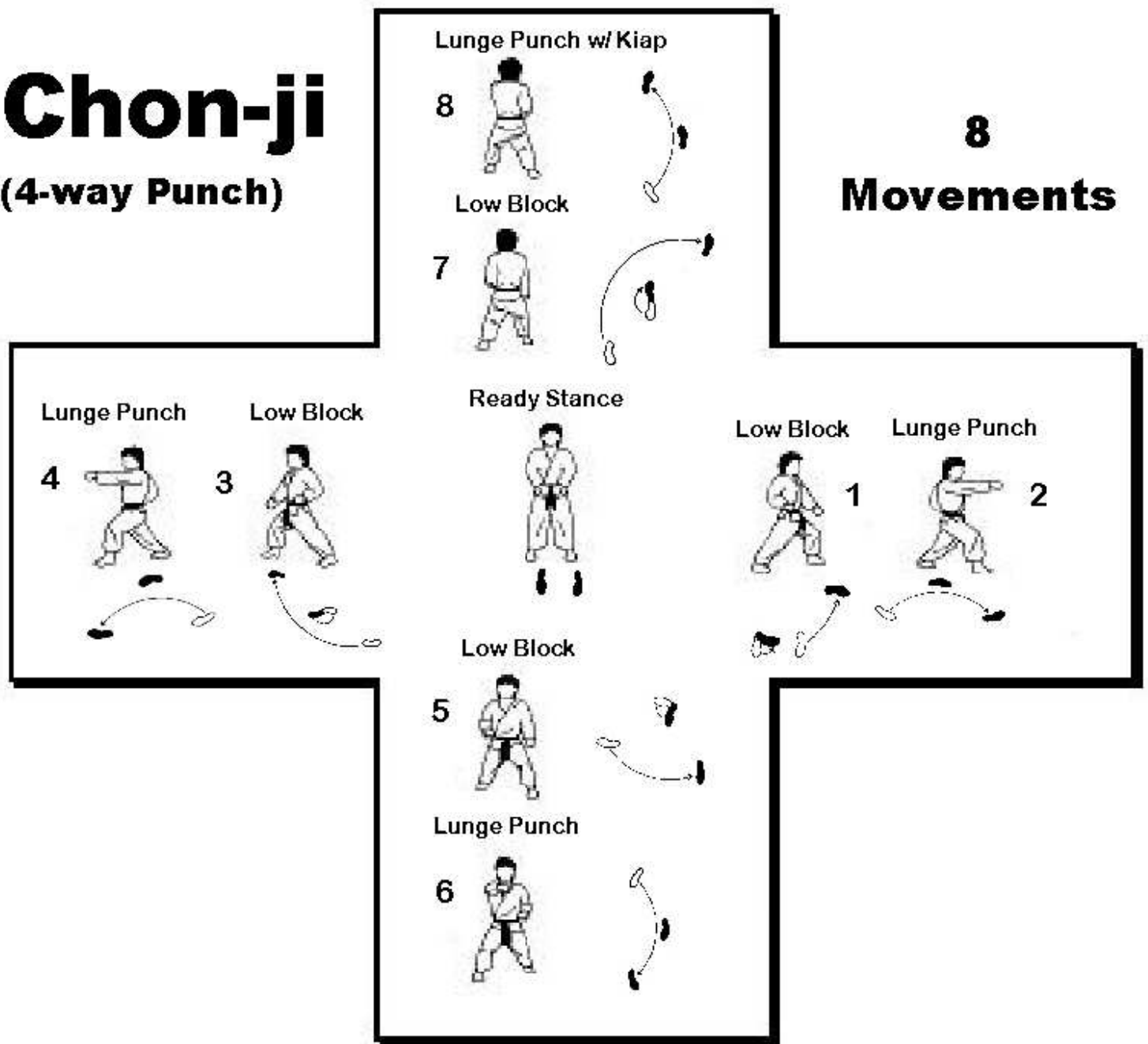
Self Defense
(No Belt to White Belt)

- 1) Front Bear Hug: Grab groin; grab behind back; knee to groin; double palm thrust to ribs; side thrust kick to knee.**
- 2) Rear Bear Hug: Shift hips; knife hand to groin; rear head smash; elbow to body; side thrust kick to knee.**
- 3) Two Hand Lapel Grab: Counter grab; step in and elbow to head; rear elbow to head; knee to groin.**
- 4) Arm Lock: Stomp the foot; step back and bump with shoulder; twist wrist free; rear elbow to head; step around to front stance; push elbow down; front kick.**
- 5) Roundhouse Head Punch: Side step back; knife hand block; palm strike same hand; reverse punch to head.**

Chon-ji

(4-way Punch)

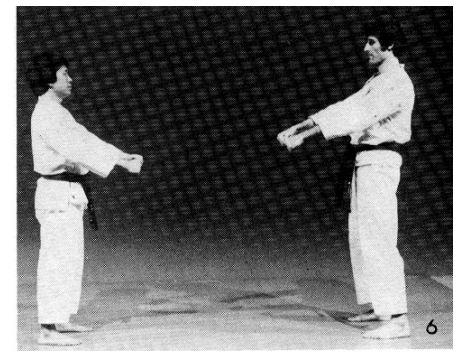
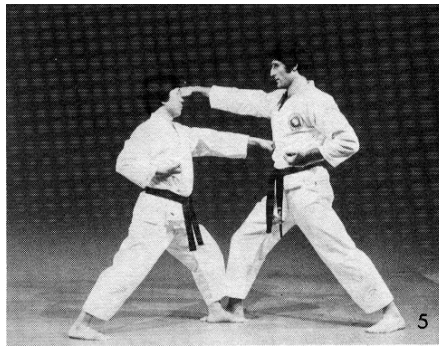
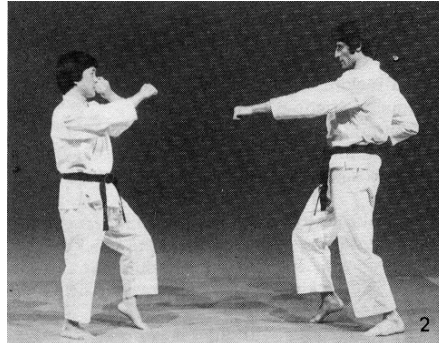
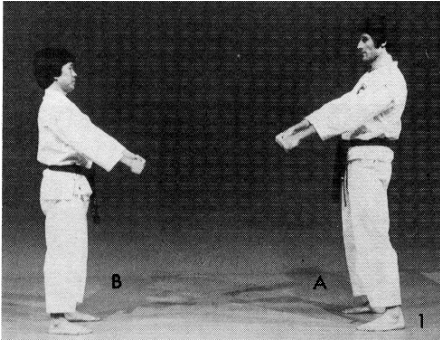
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Movements



Chon-ji is the first form in Tae Kwon Do, and is in part required for advancement for both no-belts and white belts. When translated from Korean Chon Ji means "heaven and earth" and symbolizes the creation of the universe.

According to ancient philosophers, the universe came into being through the interaction of opposing forces. Many of the theories of Tae Kwon Do are based on the interaction of opposing forces.

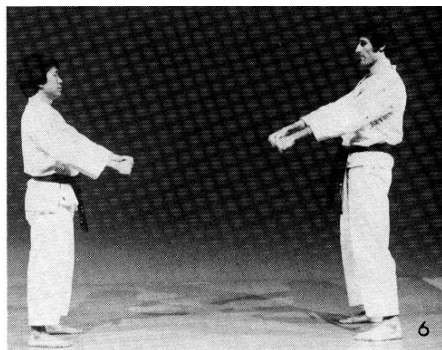
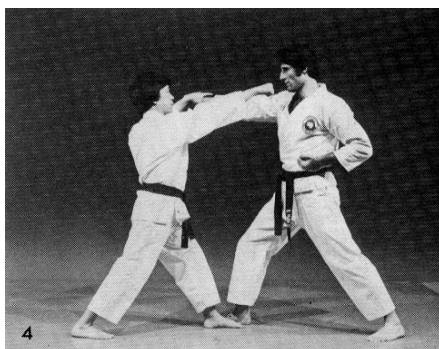
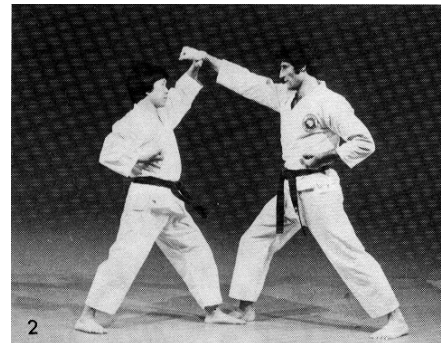
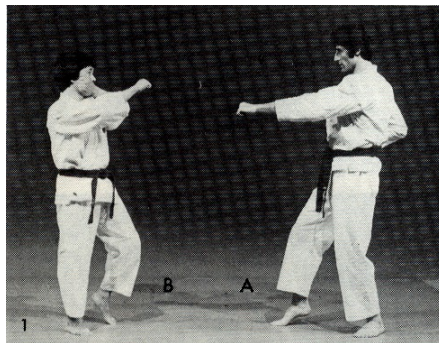
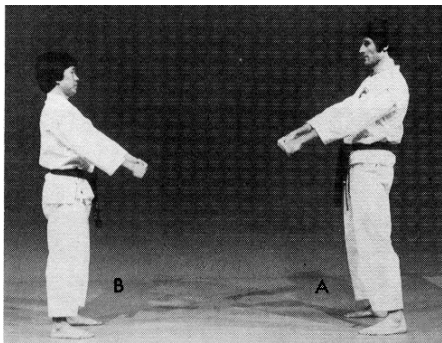
Technique One



(1) From a ready position, (2&3) step forward with the left foot into a left forward stance, execute a closed-hand outward block with the left hand. (4) Right high reverse punch. (5) Left lunge punch to midsection. (6) Return to ready Position.

Note: A always executes a lunge punch as his offensive move. B then performs all the blocking and counterattacking movements listed under each technique.

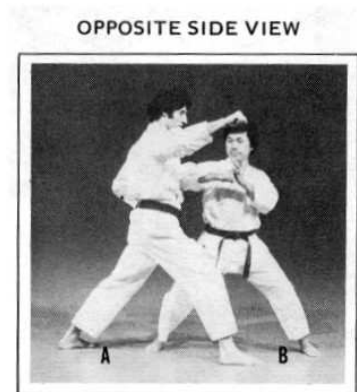
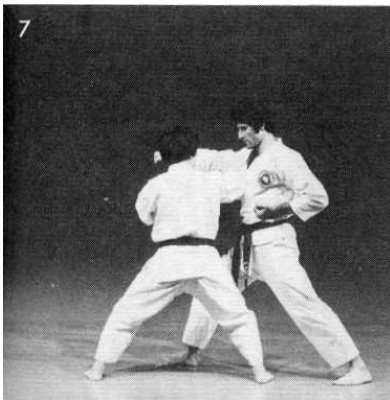
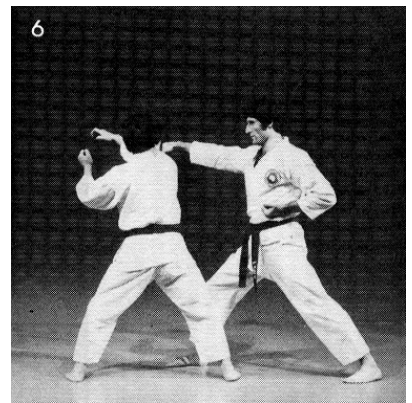
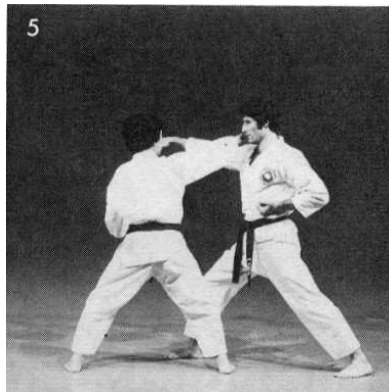
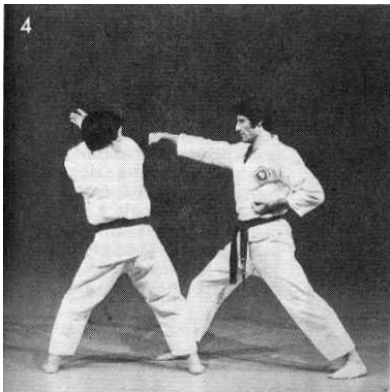
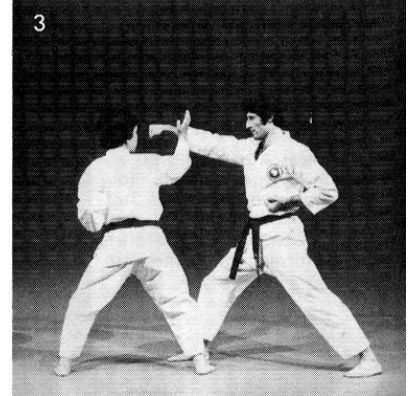
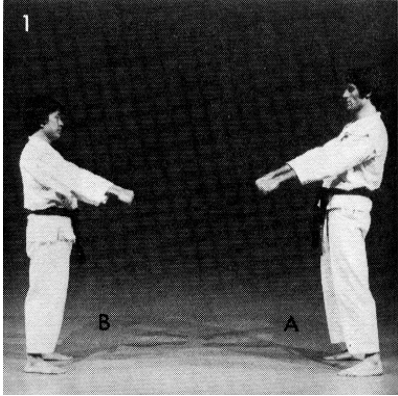
Technique Two



(1) Stepping forward with the left foot into a left forward stance, execute a left upward block; (2-4) grab A's arm with the left hand.* Use a right high reverse *, and a (5) right knee kick to stomach or groin. (6) Return to ready position.

* Steps 2 and 3 are preformed simultaneously.

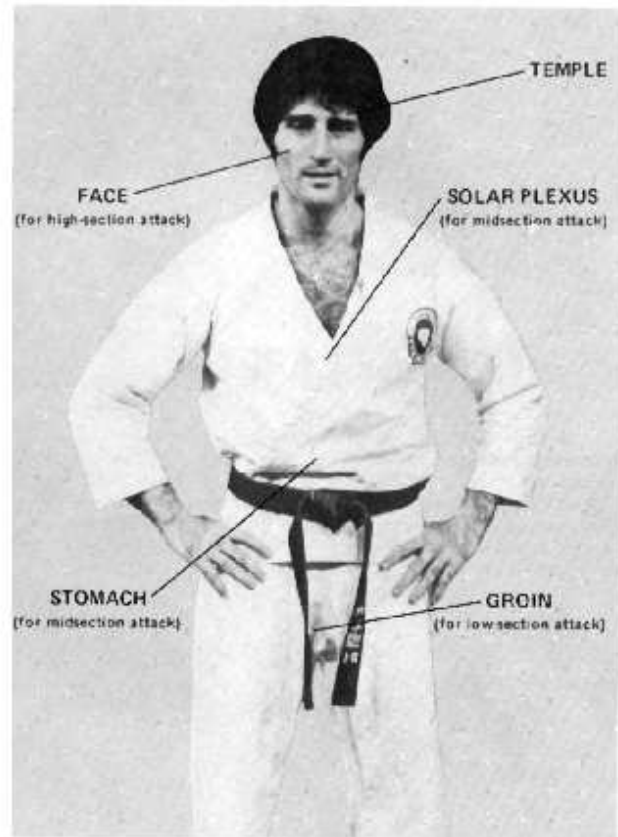
Technique Three



(1) From a ready position, (2-6) step forward with the right foot into a straddle stance. Execute a right inward open- hand block: right chop to the neck, (7) pulling back the right hand, using the tip of the elbow to execute a strike to the solar plexus. Push the right fist with the left hand to add power to the strike.

Target Areas

It is necessary to practice striking vital points rather than delivering blows to a general area. A prerequisite for vital spots is a knowledge of their exact locations, and much practice is needed to pin point them accurately every time.



Although countless points on the anatomy are vulnerable to attack, this book (one-step sparring) has focused upon those target areas against which strikes are most frequently directed in free-fighting