



TAEKWONDO AMERICA

ORANGE BELT

ORANGE AND SENIOR ORANGE BELT

PATTERN

DO-SAN

24 Movements

Is the pseudonym of the patriot Ahn-Chang-Ho (1876 - 1938). The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.

Stance A

- | | |
|---|--------------------|
| 1. Left Outer Forearm Block | Left Front Stance |
| 2. Right Reverse Punch Middle | Left Front Stance |
| 3. Right Outer Forearm Block | Right Front Stance |
| 4. Left Reverse Punch Middle | Right Front Stance |
| 5. Left Double Knifehand Block | Left Back Stance |
| 6. Right Spearhand Middle (Ki-Hap) | Right Front Stance |
| - Right Wrist Release | |
| 7. Left Spinning Backfist | Left Front Stance |
| 8. Right Backfist | Right Front Stance |
| 9. Left Outer Forearm Block | Left Front Stance |
| 10. Right Reverse Punch Middle | Left Front Stance |
| 11. Right Outer Forearm Block | Right Front Stance |
| 12. Left Reverse Punch Middle | Right Front Stance |
| 13. Twin Outer Forearm Block | Left Front Stance |
| 14. Right Front Kick | |
| 15. Right Punch Middle | Right Front Stance |
| 16. Left Reverse Punch Middle | Right Front Stance |
| 17. Twin Outer Forearm Block | Right Front Stance |
| 18. Left Front Kick | |
| 19. Left Punch Middle | Left Front Stance |
| 20. Right Reverse Punch Middle | Left Front Stance |
| 21. Left High Block | Left Front Stance |
| 22. Right High Block | Right Front Stance |
| 23. Left Knifehand Strike Middle | Sitting Stance |
| 24. Right Knifehand Strike Middle (Ki-Hap) | Sitting Stance |

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SPARRING COMBINATIONS

Taekwondo America uses Sparring Combinations to introduce the principles of free-sparring. It is a controlled method of sparring in which students practice fighting combinations with a moving partner while wearing gear and making light contact. Sparring Combinations encourage students to use a wide variety of fighting techniques. Students develop physical control of these techniques and learn the proper distance from a target that a technique should be executed. Orange belts are required to learn pre-arranged Sparring Combinations as part of their training.

BASIC RULES OF SPARRING COMBINATIONS

- Sparring Combinations should never be attempted without direct supervision of an Instructor and only red, Taekwondo America brand gear may be used. This includes hand gear, foot gear, head gear, shin guards, elbow pads, a mouthpiece and, for men, a groin protector.
- Before each match, the partners should bow and touch gloves. This is a show of respect and courtesy. It also indicates both partners are ready to begin.
- While fighting stances vary greatly, most follow the following principles:
 - Hands are up around the chin. This makes blocking techniques to the head much easier.
 - Body is turned sideways. This limits the surface area that is exposed to the opponent.
 - Light on your feet. This makes it easier to move and evade incoming techniques.
 - Eyes on your partner.
- Light contact is acceptable and encouraged. Impact, striking forcefully and which may result in injury, is not allowed and should be immediately addressed by the partners or instructors. If the level of control is exceeded, apologize sincerely and immediately.
- Legal target areas are the chest, above the belt, and the headgear. These areas may be struck with either the hands or feet.
- Striking with the knees or elbows is prohibited (though no sparring combination includes such a move). Any contact to the throat, face, back or below the belt is strictly prohibited. sweeps, takedowns, grabbing and grappling are also prohibited (though, again, no sparring combination includes such a move).
- Sparring combinations may be stopped at any time by either partner for any reason and is signaled by holding up both their hands.

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- Never continue the combination if either partner is injured or can no longer defend themselves.
- At the end of each match, the partners should again bow and touch gloves.

RULES OF ENGAGEMENT

- All basic rules of Sparring and Sparring Combinations should be followed at all times.
- When performing sparring combinations, the attacker executes the prearranged fighting techniques making light contact. The defender should execute appropriate blocks to prevent the attackers techniques from making contact.
- The attacker yells (Ki-Hap!) at the end of his/her sparring combinations.
- These steps are repeated for all sparring combinations with both students participating as both the attacker and defender until instructed to stop.
- When the Instructor calls to stop, the students should shake their partner's hand and thank him/ her.

ORANGE BELT SPARRING COMBINATIONS

Juniors (up to 12 years old) perform 1-3. Adults (13 years old or older) perform 1-5. Yells (ki-haps) are indicated in **BOLD**.

#1 Kicks are performed with the lead leg.

2 Kicks are performed with the back leg.

3 Kicks are performed by moving the back leg and striking with the lead leg.

1. #1 Round Kick, Lead Hand Punch, Reverse Punch, # **2 Round Kick (Ki-Hap)**

2. #3 Jump Side Kick, #2 Front Kick/ Round Kick Combinations, Lead hand Backfist, **Reverse Punch (Ki-Hap)**

3. #3 Jump Front Kick, Lead Hand Punch, Reverse Punch, #2 Double Round Kick Combination, **Spin Side Kick (Ki-Hap)**

4. Lead Hand Backfist, #1 Side Kick, Spin Side Kick, #**2 Jump Round Kick (Ki-Hap)**

5. Lead Hand Punch, Reverse Punch, Lead Hand Hook Punch, #1 Side Kick, Spin Crescent Kick, #**1 Round Kick (Ki-Hap)**