

TAEKWONDO TRAINING BLUEPRINT: WHITE BELT – PURITY AND INNOCENCE

STUDENT'S TRAINING MANUAL
YONG-GI TAEKWONDO ASSOCIATION

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AUTHOR'S PREFACE

It is with great pleasure that I present this training manual for white belts in Taekwondo. This book is the culmination of my years of experience and dedication to the art of Taekwondo. As a practitioner and instructor, I have witnessed the growth and development of countless white belts and understand the challenges that come with the journey of mastering this martial art.

The purpose of this book is to provide a comprehensive guide for beginners in Taekwondo. It contains everything that a white belt needs to know to start their journey in the art of Taekwondo. From the basic kicks, blocks, and stances to the more complex poomsae and self-defense techniques, this book covers it all.

As the author of this paper, I affirm that I own the intellectual property rights to the contents and have worked tirelessly to ensure that the information provided is accurate and relevant. It is my hope that this book will serve as a valuable resource for white belts in Taekwondo, whether they are training in a studio or practicing on their own.

I encourage readers to approach this book with an open mind, a willingness to learn, and a dedication to the practice of Taekwondo. With commitment, discipline, and perseverance, I am confident that this book will help white belts in Taekwondo reach their full potential and attain the skills necessary to become true martial artists.

Sincerely,

The Author

THE GENERAL HISTORY OF TAEKWONDO

Is a version of an ancient form of unarmed combat, an art of self-defense. From the Korean translation, Tae means to jump, kick, or smash with the Foot. Know means to punch, destroy with the hand or fist. While Do means an art, way, or method. Thus, "Taekwon-Do" indicates the technique of unarmed combat for self-defense, involving the application of punches, kicks, blocks, dodges, and interception with the hands, arms and feet.

For the Korean people, Taekwon-Do represents more than the mere physical use of skilled movement. For them it also implies the way of thinking and life particularly in making a strict self-imposed discipline.

Taekwondo's initial name was "Taekyon", started in the Silla Dynasty about 1,300 years ago. Silla is a small territory oppressed by the Koguryo of the north and Baekchae in the west. Therefore, King Chin-Hung called the strong and patriotic youths and formed a strong organization called "Hwarang-do". The group respected the royalty, honour and spirit of a warrior while they enjoyed poems, music, and morality. They travel mountains and rivers with the objective of body-spirit training.

In the 668 AD Yi dynasty, the territory was unified by the Hwarang-do, and the Taekyon was developed but was stopped because they thought it was humiliating for the art of Valour, but instead promoted for literary arts or way of human expression.

During the Japanese occupation, after the Yi Dynasty. The hand techniques was introduced from both China and Japan to this traditional art enabling the hand and foot techniques to be combined under various names: Tang-su, Karate, Kong-su, Tae-su. But in 1955, masters and historians formed the correct term for it and was named "Taekwondo" on April 11, 1955

TAEKWONDO: THE THEORY AND PHILOSOPHY

Taekwondo is a Korean martial art with a rich history that dates back to the 6th century. Its name derives from the Korean words "tae" meaning foot, "kwon" meaning hand or fist, and "do" meaning the way or path. Together, these words translate to "the way of the foot and fist," or "the art of kicking and punching." Taekwondo is a systematic traditional martial art that emphasizes the development of not only physical abilities but also mental and spiritual discipline.

Today, Taekwondo is recognized as an official Olympic sport and has gained an international reputation. It is considered an art of self-defense that teaches practitioners to unify the mind, body, and spirit. One of the core tenets of Taekwondo is the importance of respecting and showing loyalty to one's school and instructor. This is reflected in the attributes of a true student, including loyalty, a positive attitude, student harmony, good attendance, and a focus on clean technique.

As a traditional Korean martial art, Taekwondo has been shaped by centuries of history, culture, and philosophy. Its teachings embody not only self-defense techniques but also moral and ethical values that can be applied to everyday life. Through Taekwondo, practitioners learn to develop their physical, mental, and spiritual capabilities in a holistic manner, fostering a well-rounded sense of self.

The core philosophy of Taekwondo is based on the concept of yin and yang, or the harmony and balance of opposing forces. In Taekwondo, this is expressed through the unity of the mind, body, and spirit, which enables practitioners to achieve a state of balance and inner peace. The ultimate goal of Taekwondo is not just to acquire fighting skills, but also to cultivate a sense of self-awareness, discipline, and respect.

To be a true student of Taekwondo, one must embody certain characteristics and values. These include loyalty to the school and instructor, a positive attitude, student harmony, good attendance, and a commitment to developing clean technique. These qualities not only help to create a respectful and supportive learning environment but also contribute to the personal growth and development of the practitioner.

In addition to the physical training and technique development, the tenets of Taekwondo form an integral part of its philosophy. These tenets, also known as the "Do" of Taekwondo, include courtesy,

integrity, perseverance, self-control, and indomitable spirit. These values are not only applicable to training and competition but also serve as guiding principles for everyday life.

THE TRUE STUDENT

- Loyal to the School and Instructor
- Good Attitude
- Student Harmony
- Good Attendance
- Clean Technique

THE TENETS OF TAEKWONDO

Courtesy emphasizes the importance of showing respect to others by acting nicely and being polite. This principle teaches Taekwondo practitioners to treat others with respect and compassion, regardless of their background or status.

Integrity is the principle of doing what is right, even when no one else is watching. This means being honest, trustworthy, and standing up for what is right, even in the face of adversity.

Perseverance emphasizes the importance of never giving up and seeing things through to the end. This principle teaches Taekwondo practitioners to be determined, committed, and focused on achieving their goals.

Self-control emphasizes the importance of having discipline over one's thoughts, emotions, and actions. Through self-control, Taekwondo practitioners can focus their minds and bodies on their goals and avoid distractions and temptations.

Indomitable spirit is the principle of having an unbreakable will and determination. This means being strong enough to overcome any obstacle or challenge and never giving up on oneself.

Taekwondo is not just a martial art but a way of life that emphasizes physical and mental strength, discipline, and respect. The philosophy of Taekwondo, which is based on the tenets of courtesy, integrity, perseverance, self-control, and indomitable spirit, can help individuals become better versions of themselves and achieve their goals both inside and outside the training hall.

TAEKWONDO: KOREAN TERMINOLOGIES

Taekwondo is a martial art that originated from Korea, so it is no surprise that the language used in this discipline is primarily Korean. Learning Korean words and phrases is essential in understanding the theory and philosophy of Taekwondo, as well as in executing its techniques and commands properly.

One of the most important things to remember in Taekwondo is to always show respect and courtesy to your instructors, fellow students, and the art itself. You can start by learning the Korean words for common commands such as Attention (Chah-ryut), Bow (Kyung Nae), Ready Position (Joon-bee), Begin (Si-jak), Continue (Kaesok), Stop (Kalyeo), and Return (Baro).

Attention	–	Chah-ryut
Bow	–	Kyung Nae
Ready Position	–	Joon-bee
Begin	–	Si-jak
Continue	–	Kaesok
Stop	–	Kalyeo
Return (to face the instructor)	–	Baro
Instructor (Master)	–	Sabomnim
Referee	–	Joo Sim
School (Taekwondo)	–	Dojang

Forms	–	Poomse or Poomsae
Sparring	–	Kyorugi
Self-Defense	–	Hosinsool
Breaking	–	Kyuk-pa
Stance	–	Sogi or Seogi
Kick	–	Chagi
Punch	–	Jireugi
Strike	–	Chigi
Belt	–	Twee
Thank You	–	Gam Sa Ham Ne Da
Turn to the Rear	–	Dwi Ro Do Ra

KOREAN TERMINOLOGIES FOR COUNTING

Learning Korean counting is an essential part of learning Taekwondo, as it is often used to count movements, repetitions, and time during training. It is important to note that there are two different numbering systems used by Koreans, and it is crucial to understand both when learning Taekwondo.

The first numbering system is used when counting, or when only speaking of the numbers themselves.

Native Korean numbering system (used when counting or speaking of the numbers themselves):

- 1: Hana
- 2: Dool
- 3: Set/Seht
- 4: Net/Neht
- 5: Dasot/Dahsuht
- 6: Yasot/Yahsuht
- 7: Ilgop/Eelgohp
- 8: Yadol/Yahdohl
- 9: Ahop/Ahohp
- 10: Yool/Yool

On the other hand, the second numbering system is of Chinese origin and is used in most other cases.

This system is often used where Americans would use ordinal numbers such as "first", "second", etc.

Sino-Korean numbering system (of Chinese origin, used in most other cases and for ordinal numbers):

- | | |
|---------------|------------------|
| • 1: Il | • 6: Ryook/Yook |
| • 2: Ee/Yi | • 7: Chil/Chinil |
| • 3: Sahm/Sam | • 8: Pal/Padil |
| • 4: Sah/Shi | • 9: Koo/Goo |
| • 5: Oh/O | • 10: Ship/Sip |

THE COGNITION OF A WHITE BELT

A good student must be able to follow and do the art of Taekwondo; the tenets, and definitely able to follow the rules and training etiquette during and after training. Taekwondo starts in oneself, not just in kicking and punching; but through developing the mind and body.

TRAINING ETIQUETTE

A high degree of etiquette should be observed by students, both inside and outside the dojang. This goes for lower ranked students to senior ranked students. Respect is the currency of Taekwondo; it is exchanged for knowledge and loyalty. Etiquette is the main manifestation of

respect. It is for the student's education and learns manners. Taekwondo's goal is to make people a better person, show respect to everyone of age regardless of their belt rank. Good etiquette encourages respect to follow. Some basic forms of etiquette in the dojang are:

- shaking hand (a taekwondo hand shake is always given in two hands. With the right hand extended, place the lefthand palm down under the rights elbow. This is a gesture of showing respect and should be used outside the dojang as well.
- Speaking to seniors: 'Sir' or "Ma'am" should be used at all times when addressing a senior rank.
- Uniform etiquette is also very important and should be followed in every class. Taekwondo uniform should be kept neat and clean at all times. You must treat your uniform with a lot of respect. Your belt is something very special that you have worked hard for and should never touch the ground, as this in taekwondo is disrespectful

BOWING TO RESPECT

Bowing is a demonstration of respect. It represents an acknowledgement that the techniques we practice can be lethal if abused and therefore must be used by self-control. Ye" (etiquette) is an essential spirit in Taekwondo-Do training. Taekwondo-Do practice must begin and end with etiquette. Ye are abbreviation of Kyongnye. Ye denote the way that all human beings must follow. It is the fundamental base on which human spirit stands. That is respect for humanity. Etiquette is an expression, through actions, of one's mind respecting the other party's personality, constituting a lofty and valuable basic attitude in a man.

A code of etiquette is aimed at encouraging Taekwondo teaches to behave themselves like a person of etiquette, always trying hard to cultivate a righteous and decent character in them so that everyone throughout the world may follow their examples. Children especially need far more discipline

and order. The child's overflowing enthusiasm can be tempered only through reinforced moral education, which starts by the training of etiquette. Etiquette should be based on an upright mind and modest attitude. One should get rid of mean attitudes, showing only modest attitudes, which is an important part of etiquette. Decent and accurate speech, graceful conduct, upright and moderate attitudes are all the essentials of etiquette deserving a healthy modern life. Etiquette is also the source of maintaining harmony and solidarity for community life.

In many countries, bowing is the equivalent of shaking hands. By bowing you are showing respect for Taekwondo, the dojang, instructors, fellow class mates and yourself. A student should bow prior to entering the dojang; he/she must bow towards the flag when stepping in or off the mat, and at the beginning and end of each class. You should bow to higher ranks, new students to introduce yourself and the sport of Taekwondo. Students must bow before starting a sparring match, both to the opponent, referees and judges. Taekwondo students should stand in attention position, hands by the side, bowing to their opponent; bending at the hips 45 degrees.

WHY DO WE SHOUT?

The Kihap, also known as the martial arts yell, has been an integral part of Taekwondo and other martial arts for centuries. This seemingly simple act of shouting has a deep significance in the practice of martial arts. It is not just a loud noise or a way to show aggression, but rather a tool that can enhance one's performance, confidence, and even protection during combat.

The "Kihap" or yell is used when executing a movement, kick, or punch. Ki is generally translated as energy or life force, while Hup means to coordinate, gather, and concentrate.

POWER

- One of the main reasons why shouting is used in martial arts is because it can increase the amount of power and speed when executing a movement. By shouting, a practitioner can release

their pent-up energy, reduce hesitation and fear, and channel their focus and concentration into the technique they are performing. This results in a more forceful and effective strike or movement.

INTIMIDATION

- Another reason for shouting in martial arts is the psychological effect it has on opponents. A loud and powerful yell can be intimidating, causing opponents to be distracted or unnerved. This can give the practitioner an advantage in combat, making them appear stronger and more confident than they actually are.

CONFIDENCE

- Shouting can also have a positive effect on the practitioner's mental state, promoting relaxation and reducing anxiety. This is because the act of shouting forces the body to release tension and stress, helping to anchor previous training into the practitioner's muscle memory. This can give them more confidence in their abilities and help them to perform better in combat.

PROTECTION

- Finally, shouting can also serve a protective function in martial arts. When a practitioner shouts, they automatically exhale, which can tighten their core muscles and protect their internal organs from injury during combat. This is especially important in martial arts where there is a high risk of injury or where the practitioner is facing a physically stronger opponent.

Overall, the Kihap is not just a simple yell, but a powerful tool that can enhance a practitioner's performance, confidence, and protection in combat. It is a key element of Taekwondo and other martial arts, and should be practiced with respect and understanding of its deep significance.

DOS AND DON'TS IN AND OUT THE TRAINING AREA

As with any martial arts training, there are certain rules and customs that practitioners must follow to ensure a safe and respectful environment for everyone. In Taekwondo, the dos and don'ts extend beyond just the physical training but also encompass the attitudes and behaviors of the practitioners before, during, and after the training. Here are some of the dos and don'ts that every Taekwondo student should be aware of:

Dos:

1. Do bow to the instructors, seniors, and teammates upon arriving to the training area.
2. Make sure to wear your proper training attire.
3. Pay attention to hygiene, shorten your fingernails.
4. Keep quiet during training, no unnecessary talking.
5. Pick up and return the equipment after training properly.
6. Observe cleanliness, clean the training area after practice.
7. Respect your teacher, seniors, teammates during and after training.
8. Properly execute exercises and practices during training.

Don'ts:

1. Don't wear accessories, jewelries, and shoes during training.
2. No practicing of free sparring without permission
3. Don't throw equipment and gears.
4. Avoid kicking while on water break.

Following these dos and don'ts is essential for creating a safe and harmonious training environment. As a Taekwondo practitioner, it is your responsibility to follow these rules and encourage others to do the same. By doing so, we can create a positive and respectful atmosphere where everyone can grow and develop their skills.

THE KICKS OF A WHITE BELT

In Taekwondo, kicks are an essential part of the art form. As a white belt, it is crucial to master the basics before moving on to more complex techniques. Here are the five basic kicks that every white belt should learn:

- Dollyeo Chagi (Roundhouse Kick) - This is one of the most commonly used kicks in Taekwondo. It involves lifting your leg and rotating it around to strike your opponent's side, torso, or head with the top of your foot. This kick can be executed with both the lead and rear leg.
- Meereo Chagi (Push Kick) - This kick involves pushing your opponent away with your foot. It is a quick and powerful kick that can be used to create distance between you and your opponent.
- An Chagi (Out In Kick) - This kick is also known as the hook kick. It involves swinging your leg around and striking your opponent's head or body with the back of your foot.
- Yeop Chagi (Side Kick) - This kick is performed by extending your leg out to the side and striking your opponent's body or head with the blade of your foot. This kick is often used to strike the ribs or hip of an opponent.
- Ap Chagi (Front Kick) - This kick is executed by raising your knee and extending your leg forward to strike your opponent's body or head with the ball of your foot. This kick can be used to push your opponent back or create distance between you and your opponent.

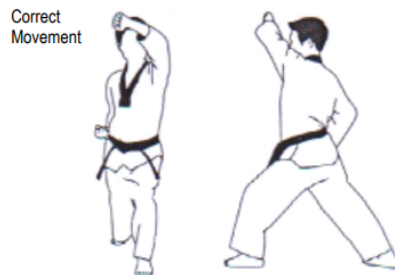
Mastering these five basic kicks is essential for any white belt in Taekwondo. By practicing these kicks, you will develop the balance, flexibility, and strength needed to advance to more complex techniques. Remember to always practice these kicks with proper form and technique to ensure maximum power and effectiveness.

FUNDAMENTAL BLOCKS AND STANCES

Mastering the basic blocks and stances is essential in building a strong foundation for advanced techniques. These basic techniques serve as the building blocks for more complex maneuvers and are important for developing proper form and technique. This paper will cover the four basic blocks and four stances in Korean martial arts.

BLOCKS:

Ulgool Makgi - High Block:
attacks aimed at the head or
raise the arm with the palm
the body to block the incoming attack.



This block is used to defend against upper body. To execute this block, facing outwards and bring it across

Arae Makgi - Low Block:
attacks aimed at the lower



body. To execute this block, bend the knee and bring the arm down with the palm facing outwards to block the incoming attack.

This block is used to defend against lower body. To execute this block, bend the

Correct
Movement



Momtong Makgi - Middle
against attacks aimed at the
this block, bring the arm across the body to block the incoming attack.

Block: This block is used to defend
midsection of the body. To execute

Correct
Movement



Bakkat Momtong Makgi - Outer

defend against attacks aimed at the side of the body. To execute this block, bring the arm across the body
to block the incoming attack.

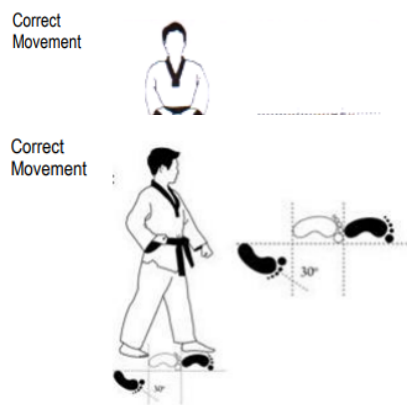
Middle Block: This block is used to

Stances:

STANCES:

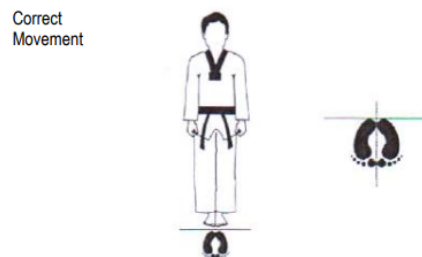
Moa Seogi - Closed Stance: This stance is a basic stance used for stationary positions. To execute this
stance, stand with feet shoulder-width apart and toes pointed inward.

Naranhi Seogi - Parallel Stance: This stance is used to move forward or backward. To execute this stance, stand with feet shoulder-width apart and toes pointing forward.

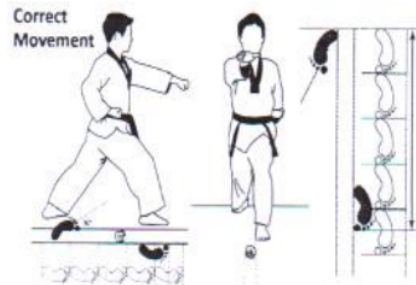


Ap Seogi - Walking Stance:

This stance is used for advancing and retreating. To execute this stance, start with a parallel stance and take a step forward with one foot while bending the other knee.



Ap Kubi - Forward Stance: This stance is used for strong and powerful attacks. To execute this stance, start with a walking stance and move the front foot forward while keeping the back foot in place.



Mastering the
crucial for anyone learning

basic blocks and stances is
Korean martial arts. These

fundamental techniques build a strong foundation for more advanced moves and help develop proper form and technique. By practicing these basic blocks and stances, martial artists can become more confident and effective in their practice.

BEGINNER'S POOMSAE

Taekwondo is a martial art that is known for its focus on kicks, blocks, and strikes. Poomsae, also known as forms or patterns, are a series of movements that are practiced in a specific sequence. These movements are designed to help practitioners develop precision, balance, and control while also building strength, endurance, and flexibility. Beginner's Poomsae in Taekwondo is an essential foundation for all students who are new to the practice of Taekwondo. This set of forms provides a solid introduction to the basic techniques and movements of Taekwondo, allowing students to build a strong foundation that they can build upon as they progress in their training.

FORM FOUNDATION 1:

Form Foundation 1 is the first form that students learn in Taekwondo. It is designed to teach the fundamental movements and techniques that will be used in future forms and sparring. The form consists

of a series of basic movements including punches, blocks, and kicks. It is performed in a straight line and requires focus, precision, and balance.

FORM FOUNDATION 2:

Form Foundation 2 is the second form that students learn in Taekwondo. It builds upon the techniques learned in Form Foundation 1 and introduces new movements, including more advanced kicks and footwork. The form is performed in a straight line and requires the practitioner to maintain proper balance and posture throughout the entire sequence. Mastery of Form Foundation 2 is essential before moving on to more advanced forms and sparring techniques.

BEGINNER'S SELF DEFENSE

Taekwondo self-defense, or hosinsool, is an important aspect of martial arts training that focuses on protecting oneself from physical attacks. For beginners, it's important to focus on the fundamentals of timing, accuracy, and execution in order to effectively defend against an attacker. Timing is key in hosinsool, as it involves anticipating and responding to an opponent's movements. Accuracy is also important, as even small mistakes can leave you vulnerable to attack. Finally, execution involves properly executing techniques in a fast and efficient manner. By practicing these fundamental aspects of taekwondo self-defense, beginners can develop the skills necessary to effectively protect themselves in a variety of situations.

As a novice in Taekwondo, one of the essential aspects to learn is self-defense. The initial self-defense techniques that a beginner should master are Self-defense 1 to 5. These basic self-defense techniques consist of knife hand blocks, middle punches, front kicks, heel palms, and sidekicks. By practicing these techniques, beginners can improve their defensive skills and enhance their physical strength and agility.

AFTERWORD

Congratulations on completing the Taekwondo Training Blueprint for White Belt - Purity and Innocence. I hope that this book has been a valuable resource for your journey as a beginner in Taekwondo.

As you have learned, Taekwondo is not just a physical activity but also a way of life. It teaches important values such as respect, discipline, perseverance, and humility. These values are not just essential for becoming a skilled martial artist, but also for achieving success in all areas of life.

Remember that mastering Taekwondo is a continuous journey, and there is always room for improvement. As you progress through the ranks, the techniques and movements will become more advanced, and the training will become more intense. But with dedication and practice, you will continue to improve and develop your skills.

I encourage you to continue your training, whether it be in a studio or on your own. Keep practicing the techniques and movements you have learned, and challenge yourself to improve. Seek guidance from your instructors and fellow practitioners, and never hesitate to ask questions or for help.

In closing, I hope that it has inspired you to pursue this martial art with passion and dedication. Remember, the journey of Taekwondo is not just about becoming a skilled fighter but also about becoming a better person. May your journey be filled with growth, learning, and success.

Sincerely,

The Author