



Online Sejong culture

Korean Culture



Sejong culture class
Online Korean Culture beginner courses

▶ Taekwondo

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Taekwondo

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What is Taekwondo?



Welcome!, the students of King Sejong Institue.
Taekwondo is Korea's traditional martial arts, world widely well-known sports, and also Korea's main sports.
So shall we learn together?

Ji-woo Choi (left), Yun-ho Choi (right)

Korean traditional martial arts sports trained with bare hands



Taekwondo is a martial art that attacks or defends with hands and feet anytime and anywhere without any weapons. It has a great meaning in putting importance on proper mental skills through mental arguments and the purpose of physical training.

Taekwondo's basic



Joon-bi



Juchumseogi



Abkubi

Joon-bi

Basic postures taken before and after the skill.



One fist apart, Located in front of navel

One foot gap, "11" for both feet

Joon-bi : Relaxing the body and controlling breathing to concentrate your mind.

The knees are straight, the center of the body is in the middle, and the feet are facing each other.

At this time, both feet are spread about the width of one foot.

The arms are slightly bent, the hands lightly clasped.

Juchumseogi

Stopped with foot during skill performance



Juchumseogi : A posture with both legs staggering

It is a standing position to reliably perform attack and defense skills in place or on the move.

Both feet are somewhat wide apart and legs slightly bend and stand wobbly.

Abkubi

Posture for center movement and reorientation of the body



Abkubi : Take one step forward and put the center of gravity in front of you

In order to attack the other person or adjust the distance from the other person,
he stands in a paused position with one foot prolonged.

Put your weight on your front feet, and balance your body with your hind feet.
At this time, the distance between the two feet should be about one and a half steps.



Basic skills of Taekwondo



Purpose of Taekwondo

Taekwondo's basic skills are divided into hand and kick skills. These hand and kick skills are made to protect our body through attack and defense. It is a self-defense martial arts with our bare hands and feet when attacked by someone.

Hand skills



Makgi



Jireugi

Kick skills



Joon bi position



Chagi

Makgi and Jireugi

The skill to block the opponent's attack with the arm



1. Arae makgi



2. Momtong makgi



3. Earl-gul makgi



4. Jireugi

Makgi : Technology that protects major body parts by blocking the opponent's attack with the hand or arm

- 1. Arae makgi** : Technique to defend the lower side with the outside of your arm. When you are blocking it, the blocking arm should get off quickly from the shoulder's other side. And the blocking arm's elbow must be straight.
- 2. Momtong makgi** : Defensive technique that uses the inner side of your arm, blocking the center of your torso. The blocking wrist quickly blocks the middle of the body in a straight line with the shoulder. The blocking arm should have a straight line to the shoulder and keep a hand-sized gap between the blocking hand and the armpit.
- 3. Earl-gul makgi** : Defensive technique that uses the outer side of your arm. The blocking arm should start from the waist and above your face, following the center of the face. The gap between the forehead and the blocking hand should be one hand-sized, and bring the other hand to the waist like pulling it after crossing.

Joon bi position

Ready position before starting the kick

Keep both feet shoulder width

Left elbow bends 120 degrees



Joon bi position : Posture to concentrate the mind by relaxing the body and controlling the breathing

In the Joon bi position, take your right foot back one step, while your hands lightly clench your fists and raise them to shoulder level. The right hand is at shoulder level and the left hand is raised to chest level.

Chagi

Posture to efficiently perform center movement or direction change of the body

It's easy to balance if you twist your legs a little.



1. Ap-chagi

If you make the axial foot 180 degrees, you can rotate well.



2. Dollyeo-chagi

Pull your thighs up to your chest.



3. Naeryeo-chagi

Chagi : Take one step forward and put the center of gravity in front of you

1. **Ap-chagi** : Bend your toes, fold your knees, raise them to waist height, and stretch them out in straight line.
2. **Dollyeo-chagi** : Fold your knees forward, turn your body to fix your knees, and stretch out and kick.
3. **Naeryeo-chagi** : Pull your thighs up to your chest, stretch your ankles over your head, and kick it down as you press the other person.



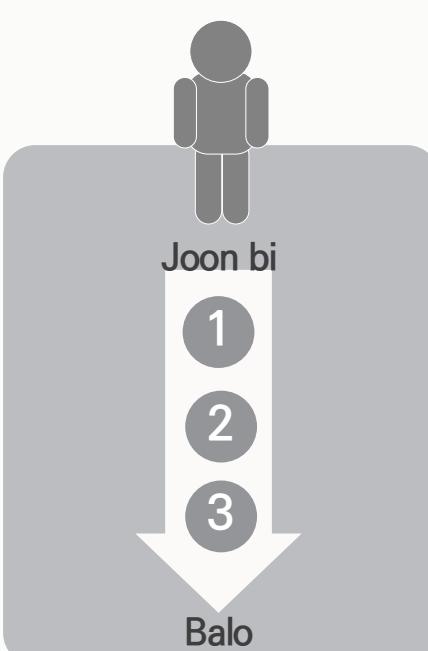
Learn Taekwondo Coalition Movements

1. Hand + foot technique Coalition motion

Motion line	Joon bi	1	
2	3	4	Balo
Move forward and do right foot forward Jireugi	Turn your body and do right foot forward right hand Arae makgi	A step forward and Jireugi	Balo

Learn Taekwondo Coalition Movements

2. Hand + foot technique coalition motion

Motion line	Joon bi	1
		
	Joon bi	Left foot forwarded right hand Momtong-makgi
2	3	Balo
		
right foot forwarded left hand Momtong-makgi	Abkubi as you move forward and Arae Jireugi	Balo



Learn Taekwondo Coalition Movements

3. Hand + foot technique coalition motion

Motion line	Joon bi	1		
	Joon bi	Left foot forwarded Earlgul-makgi and Jireugi with opposite hand		
2	Balo	3	4	5
Ap-chagi and Jireugi with opposite hand	Balo	Right foot forwarded Earlgul-makgi and Jireugi with opposite hand	Ap-chagi and Jireugi with opposite hand	Balo

Learn Taekwondo Coalition Movements

4. Hand + foot technique coalition motion

Motion line	Joon bi	1 - 2		
 <p>Joon bi</p> <p>1 2 3 Balo 4 5 6</p> <p>Balo</p>				
	Joon bi	Left Apkubi and Arae-magki+Momtong-magki		
3	Balo	4-5	6	Balo
Left Apkubi + Double Jireugi	Balo	Right Apkubi and Arae-magki + Earlgul-makgi	Right Apkubi + Double Jireugi	Balo

