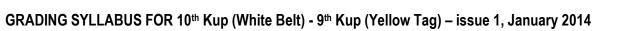
UNITED TAEKWONDO ASSOCIATION (NORTHERN IRELAND)





CTANOCO	DI COVO	KIOKINO	DATTERNO	DING ODAET	WITE OF VALDIC	DESTRUCTION	Taskwands Films	KNOW! FROE
STANCES	BLOCKS,	KICKING	<u>PATTERNS</u>	RING CRAFT	WTF OLYMPIC	DESTRUCTION	Taekwondo Etiquette	KNOWLEDGE
	STRIKES	<u>TECHNIQUES</u>			<u>SPARRING</u>	<u>TECHNIQUES</u>	Grading Etiquette	
. Attention stance	Cinale/devible averab		.Gibonil	1 for 1 Kicking	Taskaisal for a susanian	Basic strikes and kicks	During the grading the	.Meaning of Taekwondo
. 7 ttorition starios	.Single/double punch	Sparring stance:	. GIDOTIII	2 for 1 Kicking	Technical free sparring Using basic kicks +	against focus mitt.	examiner will observe and	- The way (do) of foot (tae) and fist
. Ready Stance	. Palm heel strike	Sparring stance.	.Sajugiligi	3 for 1 Kicking	stepping.	against locus mitt.	mark the etiquette of the	(kwon).
	. I dilli licci strike	Back leg kicks:	(4 directional punch)		Stopping.	. Front Kick	students.	.Country of origin - Korea
. Horse riding	. High section Block			. Stepping	No Contact	. Side Kick		Meaning of WTF
stance		. ½ turning kick			110 Contact	. Turning Kick	Clothing/Appearance	- World Taekwondo Federation . Meaning of TANI
	. Thumb side block			. Movement	Not all students wish to		White belts (10th kups) may	-Taekwondo Association of Northern
. Long stance		Crescent kick		Reaction	compete, however all	Destruction etiquette	be excused from wearing a	Ireland
. Sparring stance	. Low section block	-inwards		. Reaction	Taekwondo students		Taekwondo suit. They should	. Meaning of UTA
. Sparring stance	Figure side block	-outwards		. Avoidance	should have a basic	Adjust wood to desired	however endeavour to wear a	- United Taekwondo Association
Moving forwards &	. Finger side block	. Front rising kick		. Avoidance	understanding of the	position/height.	plain, preferably white, tee	.Name in English:
Backwards in Long	. Thumb side block	. From tising kick		. Distancing	skills required for and the		shirt and jog bottoms. All	-stances
stance	. Thumb side block	. Front kick (mid-section)		J	rules of competition	Bow to wood holders	other grades shall wear a suit.	-kicks
	. Knife hand block			The ability to step	Taekwondo.	and to examiner.	Taekwondo suits must be	-blocks
		. Side kick (mid-section)		smoothly and with		A. F	washed and ironed with only	_ , _ , , , , , ,
	All of the above blocks	, ,		speed is the utmost	This will enable them to	Adjust	UTA/WTF approved badges.	.Tenets: Etiquette, Modesty,
	with middle target	. Turning kick (mid-section)		importance to be	pass on all aspects of	position/practice kicks (maximum two times).	The belt must be properly	Perseverance, Self Control, Indomitable
	punch.			able to control the	WTF Taekwondo should	(maximum two times).	tied.	Sprit
				distance between	they become instructors	The person should		.1 - 10 in Korean:
				yourself and your opponent.	in the future.	single his intention to	Only ladies may wear a T-	(1)Hanna, (2)Dool, (3)Set, (4)Net,
		Kicking Combinations		орропені.		attempt the break by	shirt under their uniform that	(5)Dasut, (6)Yausut, (7)ilgope, (8)Yaudul,
		. front kick, side kick		Therefore		adopting a sparring	must be white in colour.	(9)Ahope, (10)Yaul
		. HOHI RICK, SIDE RICK		competition training		stance and shouting		
		. front kick, turning kick		involves practising a		(Ki-kap).	All removable jewellery must	. President of WTF
		. Horic klock, turning klock		lot of stepping			be removed and nails cut to	- Dr Chungwon Choue
		. turning kick side kick		techniques.		The break should be	prevent injury.	
						attempted and on	Dojang Etiquette during	Taekwondo Ancestry
		. 1/2 turning kick, front rising		This also enables a		completion the Board	Grading	. Grandmaster Kim Soo Ba 9th Dan
		kick		student to develop		holder and examiner should be bowed to.	Persons waiting to be called	. Grandmaster TW Shin 9th Dan
				good stamina and		Silouid be bowed to.	up must sit or stretch quietly.	. Master Glen Culbert . Club instructor
				improve balance.			,,	. Glub ilistructoi
							When called by name the	. Headquarters of WTF
							person should respond with a	- Kuk Ki Won
							loud "Sir" to the examiner and	
							run to a designated spot and	. Show how to make:
							stand in attention stance.	- a fist
							When the person's name is	a knife hand
							asked for he/she should	
							respond with his/her name	International Taekwondo Oath
							and grade and finish with Sir".	As a student of Taekwondo
								I shall never misuse Taekwondo
								I shall observe the tenets of Taekwondo I shall respect my instructor and seniors
								.I shall be a champion of freedom and
								justice
								.I shall build a more peaceful world
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