

## **Green Belt 6th Kup Syllabus**

### **Traditional Line Work**

“L” stance forearm guarding block, *Niunja sogi, palmok daebi makgi.*  
Followed by “L” stance, twin forearm block, *Niunja sogi, sang palmok makgi.*

“L” stance, inward knife hand strike, *Niunja sogi, anaero sonkal tirigi.*  
Followed by Fixed stance, side punch. *Gojong sogi, yop jurugi.*

“L” stance, bending stance, followed by side kick, *Niunja sogi, yop chagi, goburyo sogi,*  
knife hand guarding block (two count movement). *sonkal daebi makgi.*

Walking stance, (no step) circular block, *Gunnun sogi, dollymio makgi,*  
follow by (step forward) snap kick reverse punch. *ap chabusigi bandae jurugi.*

### **Pattern / Form**

*Tul / Hyung / Pomse*

Won Hyo ( 28 movements) must be performed.

### **Foot Work**

*Done in fighting stance (with a boxing guard). Matsoki sogi*

Left fighting stance, reverse step followed by reverse step. Repeat the exercise from Right fighting stance.

Left fighting stance, reverse step followed by forward step followed by reverse step. Repeat the exercise from Right fighting stance.

Left fighting stance, reverse step followed by forward slip step followed by reverse step. Repeat the exercise from Right fighting stance.

Left fighting stance, reverse step followed by forward crossover step followed by reverse step. Repeat the exercise from Right fighting stance.

Left fighting stance, reverse step followed by back crossover step followed by reverse step. Repeat the exercise from Right fighting stance.

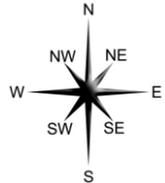
### **Line Work in Fighting Stance**

*All techniques to be performed in a fighting stance with a boxing guard maintained at all times.*

Slip step, axe kick, rear leg turning kick, reverse side kick.	<i>Naeryo chagi, dollyo chagi, Badae yop chagi.</i>
Jumping turning kick.	<i>Twiggi dollyo chagi.</i>
Step forward, two foot, Jumping side kick	<i>Twiggi yop chagi.</i>
Step forward, two foot, Jumping reverse side kick	<i>Twiggi bandae yop chagi.</i>
Step in spinning turning kick, (front step, back step, front step).	<i>Dera hoo dollyo chagi.</i>
Step in reverse turning kick.	<i>Badae dollyo chagi.</i>
Slip step, axe kick followed by reverse turning kick.	<i>Naeryo chagi, bandae dollyo chagi.</i>
Reverse side kick, turning kick, spinning back fist strike, reverse punch.	<i>Badae yop chagi, dollyo chagi, Dera hoo dung dumok tirigi, bandae jurugi</i>

### **One Step Sparring (Ilbo Matsoki) With Arranged Attack & Defence**

All attacks to be performed from left walking stance low section outer forearm block, stepping forward into right walking stance middle section obverse punch. For directional reference please use compass points. Attacks are from the North, defences are as shown below starting from parallel ready stance.



#### **(Numbers 16 Through to 20)**

16. Moving (E), jumping left side kick to solar plexus.
17. Left leg (W), twin forearm block, inward knife hand strike, right foot (E) into fixed L stance, right side punch, left foot (N), sweep controlled takedown.
18. Left leg (S) into walking stance, knife hand block and strike to the neck, right ridge hand attack to head moving right leg (E), Jumping back kick.
19. Left leg (NW), right circular block, right turning kick middle section, right hook kick to head and right turning kick to head, followed by right side kick to armpit.

20. Right leg (S) skipping back into fighting stance, downwards palm block, forearm guarding block, reverse turning kick right leg.

### **Free Sparring**

*Jayoo Matsoki*

Free sparring for many students, is one of the most exciting aspects of Tae Kwon-Do, but for others it can be their biggest cause of anxiety during training. Free sparring is basically using your Tae Kwon-Do techniques to fight with an opponent or partner in a very controlled manor. Ideally, free sparring should never result in injury to either practitioner because each student should be controlling their techniques to such a degree that no one gets hurt. Free sparring can be practiced without the use of safety equipment, in which case there should be absolutely “no” contact between students, if both students are wearing safety equipment on their feet, shins, groin, hands, teeth and head, then controlled contact is allowed.

As it is always better to have knowledge of all forms of self defence and free sparring being one of them, we recommend and teach sparring from as early grade as possible and will expect students to be able to show a degree of efficiency at sparring for grading purposes from green belt upwards when they are asked at a grading.

“Controlled contact” means that bodily contact is made during sparring, but no more force than each opponents protective equipment depressing should be felt by either student. Green belt students and higher must spar during their “Grading Test” and therefore should possess safety equipment. The following techniques are “not allowed” while free sparring: Kicks or punches below belt height, elbow strikes, knee kicks and grasps or take downs of any kind! Free sparring is an important aspect of Tae Kwon-Do training as it is completely spontaneous and requires each student to confront an opponent and evaluate how to use techniques in a split second without being pre-warned of the attack providing an invaluable way of developing your reactions to being attacked under a controlled situation. For “Tournament” purposes, all safety equipment “must” be worn.

### **Green Belt Students Should Know;**

*All of the Theory from Their previous*

*Gradings, Plus the Following “Extra”*

*Terminology and Information:-*

<b>Body Part, Attacking Tools</b>		<b>Kicks</b>	
Back heal	<i>Dwit chook</i>	Jumping turning	<i>Twigi dollyo chagi</i>
Back sole	<i>Dwit kumchi</i>	Jumping side	<i>Twigi yop chagi</i>
<b>General Terms</b>		Reverse turning	<i>Bandae dollyo chagi</i>
Spinning	<i>Dera hoo</i>	Spinning turning	<i>Dera hoo dollyo chagi</i>
<b>Stances</b>		<b>Hand Attacks</b>	
Fixed stance	<i>Gojong sogi</i>	Inward knife hand	<i>Anaero sonkal tirigi</i>
<b>Blocks</b>		Side punch	<i>Yop jurugi</i>
Circular block	<i>Dollymio makgi</i>	Spinning back fist	<i>Dera hoo dung</i> <i>Dumok tirigi</i>

**Won Hyo ( 28 movements)**

Pattern / Form

*Tul / Hyung / Pomse*

WON-HYO was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.

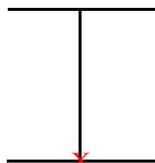
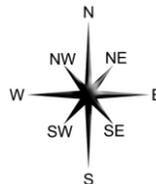


Diagram :

**Won Hyo**



**Ready Position - CLOSED READY STANCE A**

1. Move the left foot to (W) forming a right L-stance toward (W) while executing a twin forearm block to (W).
2. Maintain stance, execute a high section inward knife-hand strike to (NW) while bringing the left side fist to the right shoulder.
3. Slide left foot to (W) into left fixed stance, whilst executing a middle section left forefist side punch to (W). (Moves 1, 2 & 3 are to be performed in a continuous motion).
4. Pull the left foot to the right foot and then move the right foot to (E), forming a left L-stance toward (E) while executing a twin forearm block to (E).

5. Maintain stance, execute a high section inward knife-hand strike to (NE) while bringing the right side fist to the left shoulder.
6. Slide right foot to (E) into right fixed stance, whilst executing a middle section right forefist side punch to (E). (Moves 4, 5 & 6 are to be performed in a continuous motion).
7. Pull the right foot back to the left foot, transfer body weight to right foot and lift left leg into a right bending stance chambering left leg for side piercing kick towards (N).
8. Continuing from move (7) execute a middle side piercing kick to (N) with the left foot.
9. Lower the left foot to (N) forming a right L-stance toward (N) while executing a middle section knife-hand guarding block to (N).
10. Move the right foot to (N) forming a left L-stance toward (N) while executing a knife-hand guarding block to (N).
11. Move the left foot to (N) forming a right L-stance toward (N) while executing a middle section knife-hand guarding block to (N).
12. Move the right foot to (N) forming a right walking stance toward (N) while executing a middle section right vertical spear finger thrust to (N).
13. Pivoting on right foot move the left foot to (E) turning anti clockwise to form a right L-stance toward (E), at the same time executing a twin forearm block to (E).
14. Maintain stance, execute a high section inward knife-hand strike to (SE) while bringing the left side fist to the right shoulder.
15. Slide left foot to (E) into left fixed stance, whilst executing a middle section left forefist side punch to (E). (Moves 13, 14 & 15 are to be performed in a continuous motion).
16. Pull the left foot to the right foot and then move the right foot to (W), forming a left L-stance toward (W) while executing a twin forearm block to (W).
17. Maintain stance, execute a high section inward knife-hand strike to (SW) while bringing the right side fist to the left shoulder.

18. Slide right foot to (W) into right fixed stance, whilst executing a middle section right forefist side punch to (W). (Moves 16, 17 & 18 are to be performed in a continuous motion).
19. Bring the right foot to the left foot and then move the left foot forwards to (S) forming a left walking stance toward (S) while executing a right circular block to (SW).
20. Execute a low section right front snap kick to (S) keeping the position of the hands as they were in 19.
21. Landing the right foot to (S) forming a right walking stance toward (S) while executing a middle section left forefist punch to (S).
22. Execute a circular block to (SE) with the left inner forearm while maintaining a right walking stance toward (S).
23. Execute a low section left front snap kick to (S), keeping the position of the hands as they were in 22
24. Landing the left foot to (S) forming a left walking stance toward (S) while executing a middle section right forefist punch to (S).
25. Transfer body weight and pivot on left foot lifting the right leg into left bending stance, chambering right leg for side piercing kick towards (S).
26. Execute a middle section right side piercing kick to (S).
27. Landing with the right foot one shoulder width forwards towards (S) and transfer body weight to right foot, then pivoting on the right foot, turn anti clockwise moving the left foot to (W), forming a right L-stance toward (W), whilst executing a middle section forearm guarding block to (W).
28. Pull the left foot to the right foot and then move the right foot to (E) forming a left L-stance toward (E) while executing a middle section forearm guarding block to (E).

**END: Bring the right foot back to a ready position.**

**Green/Blue Belt 5th Kup Syllabus**

**Traditional Line Work**

Sitting stance, slow mid focus punch, double punch.	<i>Annum sogi, kaunde ap jurugi, doo jurugi.</i>
Walking stance, middle inner forearm block followed by, low snap kick double punch.	<i>Gunnun sogi, kaunde an palmok makgi, ap chabusigi, doo jurugi.</i>
Walking stance, obverse hooking block, then reverse hooking block, follow with obverse punch.	<i>Gunnun sogi, baro golcho makgi, bandae golcho makgi, baro kaunde ap jurugi.</i>
Walking stance, side piercing kick landing walking stance, reverse horizontal elbow strike to palm.	<i>Gunnun sogi, yop cha jurugi (yop chagi), bandae palkup tirigi.</i>
“L” stance, twin knife hand block, followed by, step forward walking stance, spear finger thrust.	<i>Ninja sogi, sang sonkal makgi, gunnun sogi, son sonkut tulgi.</i>
Jumping to an “X” stance, back fist strike.	<i>Kyocho sogi, dung dumok tirigi.</i>
Walking stance, double forearm block.	<i>Gunnun sogi, doo palmok makgi.</i>

**Pattern / Form**

*Tul / Hyung / Pomse*

Yul Gok (38 movements) must be performed.

**Foot Work**

*Done in fighting stance (with a boxing guard)*      *Matsoki sogi*

Left fighting stance, reverse step followed by one side step. Repeat the exercise from Right fighting stance.

Left fighting stance, forward step followed by reverse step followed by reverse step followed by forward step. Repeat the exercise from Right fighting stance.

Left fighting stance, one side step followed by one forward skip step, then step forward then one side step. Repeat the exercise from Right fighting stance.

Left fighting stance, step right foot forward followed by reverse 360 spinning step on the spot. Repeat the exercise from Right fighting stance.

Left fighting stance, step right foot reverse followed by reverse 360 spinning step on the spot. Repeat the exercise from Right fighting stance.

### Line Work in Fighting Stance

All techniques to be performed in a fighting stance with a boxing guard maintained at all times.

Rear leg turning kick, rear leg jumping turning kick. *Dollyo chagi, twigi dollyo chagi.*

Reverse side kick followed by side step, turning kick. *Bandae yop cha jurugi (yop chagi), dollyo chagi.*

Rear side kick, followed by reverse back fist strike, followed by, reverse side kick, turning kick. *Yop chagi, bandae dung dumok tirigi, bandae yop chagi, dollyo chagi.*

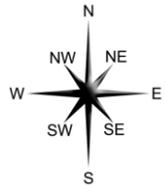
Side step, reverse punch, skip forward front hand reverse knife hand strike, step forward rear turning kick, side step reverse punch. *Bandae jurugi, sonkal dung tirigi, dollyo chagi, bandae jurugi.*

Rear leg jumping turning kick, followed by, 360 reverse turning kick. *Twigi dollyo chagi, Bandae dollyo chagi.*

Jumping reverse side kick followed by, 360 reverse turning kick. *Twigi bandae yop cha jurugi (yop chagi), bandae dollyo chagi.*

### One Step Sparring (Ilbo Matsoki) With Arranged Attack & Defence

All attacks to be performed from left walking stance low section outer forearm block, stepping forward into right walking stance middle section obverse punch. For directional reference please use compass points. Attacks are from the North, defences are as shown below starting from parallel ready stance.



#### (Numbers 21 Through to 25)

21. Right leg (S) left walking stance, left rising block followed by right step forward to walking stance (NW) and effect figure four arm lock with right arm, execute a right take down sweep to opponent.
22. Left foot back and kneel (S), right rising block and left hand trapping opponents right foot, move left hand behind opponents right ankle and right hand to opponents right hip. Push with the right hand and pull with the left effecting a take down while rising to your feet keeping hold of opponents right leg.

23. Right leg (S) left walking stance, right inward palm block deflecting opponents wrist into a left hooking block followed by high right turning kick to the temple, keep hold of opponents right wrist lower the leg turning your back to your opponent, take a two hand grip and effect a low shoulder throw to your opponent.
24. Right leg (S) left walking stance, right hooking block, while grasping opponents right wrist, execute a right middle section turning kick to solar plexus followed by a high section hooking kick to the base of the skull followed by a heal hooking sweep to opponents right lower leg taking the opponent to the floor keeping hold of your opponents wrist. With your left hand, bend your opponents right Wrist at 90 with the fingers pointing towards their body and brace their wrist against the ground and apply pressure downwards on their elbow to effect a wrist break (taking care not to harm your opponent).
25. Right foot to left, left foot (NW) parallel stance, left inward palm block deflecting the opponents punch into a right hooking block followed by left punch to hinge of jaw, keeping hold of opponents wrist. Bring left hand up to a double grip on opponents right hand, thumbs up on the back of opponents wrist, grip tight and circle arms (NW) pointing the palms towards the ground to effect a take down.

### Free Sparring

*Jayoo Matsoki*

### Green/Blue Belt Students Should Know

*All of the Theory from Their previous*

*Gradings, Plus the Following “Extra”*

*Terminology and Information:-*

<p><b>Hand Attacks</b></p> <p>Turning punch <span style="float: right;"><i>Dollyo jurugi.</i></span></p> <p>Front elbow strike <span style="float: right;"><i>Ap palkup tirigi.</i></span></p> <p><b>Blocks</b></p> <p>Double forearm block <span style="float: right;"><i>Doo palmok makgi.</i></span></p> <p>Twin knife hand block <span style="float: right;"><i>Sang sonkal makgi.</i></span></p> <p>Hooking block <span style="float: right;"><i>Golcho makgi.</i></span></p>	<p><b>Body Part, Attacking Tools</b></p> <p>Elbow <span style="float: right;"><i>Palkup.</i></span></p> <p><b>Body Part, blocking Tools</b></p> <p>Arc hand <span style="float: right;"><i>Bandal son.</i></span></p> <p><b>Stances</b></p> <p>“X” stance <span style="float: right;"><i>kyocha sogi</i></span></p>
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### The Colour Blue Signifies :

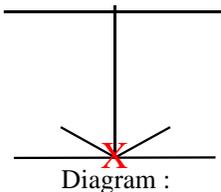
Heaven, towards which a plant grows from a small shoot into a towering tree. Just like the shoot grows into a tree, at this level a student matures from novice to senior grade. At this grade students should be aware that their developing skills are being looked upon by novice grades and that they have a new found responsibility to always perform at their best.

### Yul Gok (38 movements)

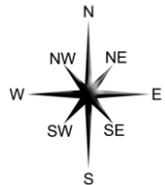
Pattern / Form

*Tul / Hyung / Pomse*

YUL-GOK is the pseudonym of a great philosopher and scholar Yi I (1536-1584) nicknamed the "Confucius of Korea". The 38 movements of this pattern refer to his birthplace on 38 latitude and the diagram represents the "scholar".



### Yul Gok



### Ready Position - PARALLEL READY STANCE

1. Move the left foot to (W) forming a sitting stance facing to (N) while slowly lifting the left fist to a mid section position horizontally to (N).
2. Execute a middle fast punch to (N) with the right forefist while maintaining a sitting stance toward (N).
3. Execute a middle fast punch to (N) with the left forefist while maintaining a sitting stance toward (N). (Perform moves 2 and 3 in a continuous double punch motion.)
4. Bring the left foot to the right foot and then move the right foot to (E) forming a sitting stance toward (N) while performing a slow focus punch with the right forefist horizontally to (N).
5. Execute a middle fast punch to (N) with the left forefist while maintaining a sitting stance toward(N).

6. Execute a middle fast punch to (N) with the right forefist while maintaining a sitting stance toward (N). (Perform moves 5 and 6 in a continuous double punch motion.)
7. Move the right foot to (NE) forming a right walking stance toward (NE) while executing a right middle section inner forearm block to (NE).
8. Execute a low section front snap kick to (NE) with the left foot keeping the position of the hands as they were in 7.
9. Lower the left foot to (NE) forming a left walking stance toward (NE) while executing a fast left middle section obverse forefist punch to (NE).
10. Execute a fast right middle section reverse punch to (NE) while maintaining a left walking stance toward (NE). (Perform moves 9 and 10 in a continuous double punch motion.)
11. Move the left foot to (NW) forming a right walking stance toward (NW) while executing a right middle section inner forearm block to (NW).
12. Execute a low section front snap kick to (NW) with the right foot keeping the position of the hands as they were in 11.
13. Lower the right foot to (NW) forming a right walking stance toward (NW) while executing a fast right middle section obverse forefist punch to (NW).
14. Execute a fast left middle section reverse punch to (NE) while maintaining a right walking stance toward (NE). (Perform moves 13 and 14 in a continuous double punch motion.)
15. Execute a right arc hand middle section obverse hooking block to (N) while forming a right walking stance toward (N), pivoting on the left foot.
16. Execute a left arc hand middle section reverse hooking block to (N) while maintaining a right walking stance toward (N).
17. Execute a right obverse middle section punch to (N) with the right forefist while maintaining a right walking stance toward (N). (Execute 16 and 17 in a connecting motion.)
18. Move the left foot forward to (N) forming a left walking stance to (N) while executing a left arc hand obverse middle section hooking block to (N).

19. Execute a right arc hand middle section reverse hooking block to (N) while maintaining a right walking stance toward (N).
20. Execute a left obverse middle section punch to (N) with the left forefist while maintaining a left walking stance toward (N). (Execute 19 and 20 in a connecting motion.)
21. Move the right foot forward to (N) forming a right walking stance toward (N) at the same time executing a right middle section fore fist punch to (N).
22. Pivoting and balance on the right foot, bringing the left foot up into bending stance, focusing to (N).
23. Execute a left middle section side piercing kick to (N).
24. Lower the left foot to (N) forming a left walking stance toward (N) while performing a right reverse front horizontal elbow strike to a stationary left palm.
25. Step left foot across to (E) one shoulder width and take balance onto left foot, turn to face (S) bringing left foot up into bending stance, focusing to (S).
26. Execute a right middle section side piercing kick to (S).
27. Lower the right foot to (S) forming a right walking stance toward (S) while performing a left reverse front horizontal elbow strike to a stationary right palm.
28. Move the left foot to (E) forming a right L-stance toward (E) while executing a twin knife-hand block.
29. Move the right foot forward to (E) forming a right walking stance to (E) while executing a right middle section vertical spear fingertip thrust to (E).
30. Pivoting on the left foot, move the right foot, turning clockwise to (W) forming a left L-stance toward (W) while executing a twin knife-hand block.
31. Move the left foot forward to (W) forming a left walking stance to (W) while executing a left middle section vertical spear fingertip thrust to (W)
32. Pivoting on the right foot, move the left foot to (S) forming a left walking stance to (S) while executing a left high section outer forearm block to (S).

33. Execute a right reverse middle section forefist punch to (S) while maintaining a left walking stance toward (S).
34. Move the right foot forward to (S) forming a right walking stance to (S) while executing a right high section outer forearm block to (S).
35. Execute a left reverse middle section forefist punch to (S) while maintaining a right walking stance toward (S).
36. Jump forward your height to (S) landing on the left foot forming a left X-stance to (S) while executing a left high section back fist strike to (S).
37. Keep balance on left foot and pivot on the left foot moving the right foot to (E) forming a right walking stance to (E) at the same time executing a high section double forearm block to (E).
38. Bring the right foot back to the left foot, balance and pivot on the right foot and then turn to face (W) and move the left foot to (W) forming a left walking stance to (W) while executing a high section double forearm block to (W).

**END: Bring the left foot back to the ready position.**



*Sparring during a grading in Bridport*

## **How do we obtain More Power in Our Moves?**

*Many aspects of Tae Kwon-Do will give you better technique and therefore more power in your moves. The following aspects of training will help you to develop better technique and power:*

### **Hip Twist**

This heavily involves using the legs and lower torso, and then the shoulders to bring the use of substantial muscle groups into your arm blocking, punching and striking movements.

### **Reaction Hand**

If you consider the way your body moves to be similar to a wheel, pivoting around your central axis, by using the arm which not making a blocking, punching or striking movement in an equal and opposite direction to your block, punch or strike, the opposite or “reaction” movement will in turn take the additional momentum around your axis and direct it into each technique.

### **Acceleration**

In physics, momentum (the basis of our striking power) is equal to mass (your body weight) times acceleration (the act of speeding up), therefore the more you can “accelerate” (or speed up) during the execution of your technique, the more “power” (momentum) can be achieved.

### **Contraction**

Relaxing and tensing your muscles at the correct times will drastically increase your power. You must relax through your movements and tense up at the maximum point of acceleration right at the end of each move. The “contraction” or tension of your muscles should be only for a split second at each intended moment of impact then the body should return to relaxed state in order to react quickly to any following moves. Tension of the muscles at the right times is important and should only be momentary, too much tension during all your techniques will make you slow, tire quickly and spoil the flow of all your techniques. Tensing momentarily to finish each movement will make your techniques look crisp and ensure efficiency for each move you apply.

## **Breathing (and Ki-Hap)**

Breathing out fast or “exhaling” during your movements will contract your abdomen and chest muscles, bringing them into use during your moves and therefore adding to your “power”. The timing of your “exhalation” needs to be just at the end of your movements and is very important as breathing out at the correct times will not only add power to your moves, but also “synchronise” them correctly.

A “Ki-Hap” or “Yell” is the most effective way of “exhaling” adding up to 30% extra power into your movements. The correct use of breathing is “vital” while training, and can help you in all aspects of Tae Kwon-Do. “Ki” or “Chi” is the word given to a mystical and almost magical energy source, which Orientals believe, is centred in the abdomen of the human body, therefore “Ki-Hap” can literally be translated as “Spirit Yell”. Some people also believe the flow of “Ki” or “Chi” energy can be channelled to flow into all of your movements towards an attacker or even at a distance towards an attacker, but others believe that it is just perfect focus between body and mind. This like all Martial Arts aspects can be used for good or bad purposes, to heal or to hurt, to protect or to be an aggressor; our code is always to use Martial Arts for good. Whatever you believe, you should try to develop your “Ki-Hap” or “Spirit Yell” to build confidence when using your techniques for self-defence. On a minor level this can also quash down your ego, which is essential for Martial Arts, training and can make you feel embarrassed about yelling. If you let your ego rule your life, you will worry about what you do or how your moves look, this will slow down your learning!

“Exhaling” and breathing every time you “exert” or make any movement during training or sparring, will keep your blood Oxygenation level high, ensuring that your movements are “Aerobic” which will allow you to have more stamina. Not taking in enough Oxygen during periods of exercise, or exerting your body faster than you can take in Oxygen, will make your movements “Anaerobic” which means your muscles must function without Oxygen, which in turn will mean they will “tire” and “fatigue” much quicker than if your movements are “Aerobic”. Additionally, when you breathe out, your diaphragm naturally “tenses up”, making you less vulnerable to being “winded” whilst sparring with a partner or during competition, so try to make “exhalation” second nature on all movements and don’t hold your breath. Controlling and concentrating on your breathing will help you to relax at any time, use this concept while stretching to enhance and increase your stretch. Concentrate on breathing and relaxing during a stretch rather than “fighting” against the stretch or any pain felt during stretching, this will increase flexibility and prevent injury.

## Timing /Focus

Timing and focusing your kick, block, strike, or punch to use your “Hip Twist”, “Reaction Hand”, “Acceleration”, “Contraction” and “Breathing” to all accelerate to a peak at the application point of each technique will ensure maximum power.

## Mental Attitude

Everything mentioned above is necessary to perform your techniques in the most effective way, but, you must also have the correct positive attitude and conviction to always try your best, and to get the most power out of your moves. Without the self discipline to strive to maintain your very best effort when you train, you will never perform at your best. Always try your best, and the rewards will be limitless.



## Credits

**Author:** *Simon Wachon.*  
**Publisher:** *EvolutionTKD*  
**Project Editors:** *Simon Wachon, Terry Helliker.*  
**Designers:** *Simon Wachon, Terry Helliker.*  
**Photography:** *Simon Wachon, Terry Helliker.*

