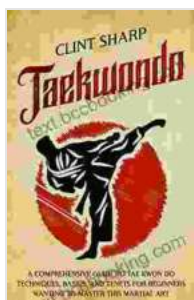


The Ultimate Guide to Tae Kwon Do: Basics and Tenets for Beginners

Tae Kwon Do is a Korean martial art that emphasizes kicks, punches, and blocks. It is a great way to get in shape, learn self-defense, and improve your overall health and well-being.

This guide will teach you the basics of Tae Kwon Do, including stances, blocks, punches, kicks, and more. We will also discuss the tenets of Tae Kwon Do, which are the principles that guide the practice of this martial art.

The stances in Tae Kwon Do are used to provide stability and power. There are five basic stances:



Taekwondo: A Comprehensive Guide to Tae Kwon Do Techniques, Basics, and Tenets for Beginners Wanting to Master This Martial Art (Mix Martial Arts)

by Maria Konnikova

★★★★★ 5 out of 5

Language	: English
File size	: 26439 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 135 pages
Lending	: Enabled

FREE

DOWNLOAD E-BOOK



- **Charyot Seogi (Ready Stance):** This is the most basic stance and is used to prepare for any attack or movement.
- **Ap Seogi (Front Stance):** This stance is used for forward movements and attacks.
- **Dwit Kubi (Reverse Stance):** This stance is used for backward movements and attacks.
- **Moa Seogi (Horse Stance):** This stance is used for stability and power.
- **Paljok Seogi (Crane Stance):** This stance is used for balance and agility.

Blocks are used to defend against attacks. There are eight basic blocks:

- **Ulleugi (Inward Block):** This block is used to deflect attacks from the inside.
- **Baekhyeong (Outward Block):** This block is used to deflect attacks from the outside.
- **Olgul (Upper Block):** This block is used to deflect attacks from above.
- **Arae (Lower Block):** This block is used to deflect attacks from below.
- **Momtong (Double Block):** This block is used to deflect attacks from both the inside and outside.
- **Jireugi (X-Block):** This block is used to deflect attacks from multiple directions.

- **Palmok (Palm Block):** This block is used to deflect attacks with the palm of the hand.
- **Sonkal (Knifehand Block):** This block is used to deflect attacks with the edge of the hand.

Punches are used to attack the opponent. There are four basic punches:

- **Jireugi (Fist Punch):** This is the most basic punch and is used to strike the opponent with the knuckles.
- **Chuimok (Hammer Fist Punch):** This punch is used to strike the opponent with the bottom of the fist.
- **Sonkal (Knifehand Punch):** This punch is used to strike the opponent with the edge of the hand.
- **Bakkat (Back Fist Punch):** This punch is used to strike the opponent with the back of the fist.

Kicks are used to attack the opponent from a distance. There are eight basic kicks:

- **Ap Chagi (Front Kick):** This kick is used to strike the opponent with the ball of the foot.
- **Yeop Chagi (Side Kick):** This kick is used to strike the opponent with the side of the foot.
- **Dwi Chagi (Roundhouse Kick):** This kick is used to strike the opponent with the heel of the foot.

- **Huryeo Chagi (Spinning Back Kick):** This kick is used to strike the opponent with the heel of the foot while spinning.
- **Bandae Chagi (Jumping Kick):** This kick is used to strike the opponent with the ball of the foot while jumping.
- **Twit Chagi (Axe Kick):** This kick is used to strike the opponent with the heel of the foot while jumping.
- **Naeryeo Chagi (Crescent Kick):** This kick is used to strike the opponent with the ball of the foot while jumping and spinning.
- **Yop Chagi (Rear Kick):** This kick is used to strike the opponent with the heel of the foot while standing on one leg.

The tenets of Tae Kwon Do are the principles that guide the practice of this martial art. They are:

- **Courtesy:** Treat others with respect and kindness.
- **Integrity:** Be honest and true to yourself and others.
- **Perseverance:** Never give up on your goals.
- **Self-Control:** Control your emotions and actions.
- **Indomitable Spirit:** Never give up, no matter what challenges you face.

This guide has taught you the basics of Tae Kwon Do, including stances, blocks, punches, kicks, and more. We have also discussed the tenets of Tae Kwon Do, which are the principles that guide the practice of this martial art.

If you are interested in learning more about Tae Kwon Do, there are many resources available online and in libraries. You can also find Tae Kwon Do schools in most cities and towns.

We encourage you to give Tae Kwon Do a try. It is a great way to get in shape, learn self-defense, and improve your overall health and well-being.



Taekwondo: A Comprehensive Guide to Tae Kwon Do Techniques, Basics, and Tenets for Beginners Wanting to Master This Martial Art (Mix Martial Arts)

by Maria Konnikova

★★★★★ 5 out of 5

Language : English
File size : 26439 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 135 pages
Lending : Enabled





Gwendy's Final Task: A Thrilling Conclusion to a Timeless Saga

Prepare to be captivated by Gwendy's Final Task, the highly anticipated to the beloved Gwendy Button Box Trilogy. This riveting masterpiece,...



How FDR Defied Polio to Win the Presidency

Franklin D. Roosevelt is one of the most iconic figures in American history. He served as president of the United States from 1933 to 1945, leading the...