

UCMAP Taekwondo White-Belt Class Notes – June 21st, 2001

Instructor: Ting Vogel; Co-Instructors: Sally Ho, Clarence Lao
Teaching Assistants: Romy Havard, Pam Louie, Tiffany Kim, Cyrus Wu, Stephen Sulack

Agenda: June 21st, 2001 (Test)

- ◆ Punches:
 - ⇒ Reverse
 - ⇒ Front
 - ⇒ Low
 - ⇒ Middle
 - ⇒ Face
- ◆ Strikes:
 - ⇒ Back Fist
 - ⇒ Palm-Heel Strike
 - ⇒ Hammer Fist
 - ⇒ Elbow Strike
 - ⇒ Knife-Hand Strike
- ◆ Blocks:
 - ⇒ Down
 - ⇒ In-to-Out
 - ⇒ Face
 - ⇒ Out-to-In
 - ⇒ Palm-Heel
 - ⇒ Palm Sweep Down
 - ⇒ Single Knife-Hand
 - ⇒ Double Knife-Hand
- ◆ Stances:
 - ⇒ Front
 - ⇒ Fighting
 - ⇒ Back
 - ⇒ Natural
 - ⇒ Horseback
 - ⇒ Joon-Bee
- ◆ Technique Questions

1. Practice Test

- ◆ Horse stance, left hand out:
 - ⇒ 10 low punches
 - ⇒ 10 middle punches
 - ⇒ 10 face punches
 - ⇒ 10 sets of high, middle, low punches
- ◆ Line up for combination line drills:
 - ⇒ High punch, middle punch, low punch
 - ⇒ In natural stance: down block, reverse punch, face block
 - ⇒ In front stance: in-to-out block, back fist, out-to-in block
 - ⇒ Single knife-hand block in back stance, middle punch in front stance, upper block
 - ⇒ In front stance: palm-heel block, out-to-in block, palm-heel strike
 - ⇒ Double knife-hand block in back stance, knife-hand strike in front stance, elbow strike
 - ⇒ In front stance: palm sweep down block, face block, palm-heel strike
 - ⇒ Front punch in natural stance, hammer fist in front stance
 - ⇒ Double knife-hand block in back stance into a side punch in horseback stance
 - ⇒ Down, out-to-in block, back fist, face block

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- ◆ Block with a technique that makes sense for the following attack:
 - ⇒ Face punch attack
 - ⇒ Low punch attack
 - ⇒ Palm-heel strike attack
 - ⇒ Middle punch attack
 - ⇒ Back fist attack
 - ⇒ Middle palm-heel strike attack
 - ⇒ Elbow strike attack
 - ⇒ Hammer fist attack
 - ⇒ Knife-hand strike attack
 - ⇒ Face punch attack
 - ⇒ Middle punch attack
 - ⇒ Back fist attack
 - ⇒ Low punch attack

2. Answers to Technique Questions

1. Why do we kihap?
 - ◆ to show martial spirit
 - ◆ to frighten or startle your opponent
 - ◆ to projects ki and give more power to a technique
2. Why do we bow at the beginning and end of class and upon entering the training area?
 - ◆ to show respect
3. Why do is the angle between the forearm and the upper arm in an out-to-in block 90-degrees?
 - ◆ to maximize the area with which to catch the attacking arm
4. What is the striking surface of a punch?
 - ◆ the first two knuckles next to the thumb
5. What is the difference between a backfist and an in-to-out block?
 - ◆ one is a strike and the other is a block
 - ◆ the contact surface for a backfist is the back of the fist; the contact surface for an in-to-out block is the forearm
6. Where is the non-blocking hand in a double knife-hand block?
 - ◆ opened with the palm facing up and the blade of the hand resting just under the solarplexus
7. What is a sensible block for a body strike?
 - ◆ an in-to-out block
 - ◆ a out-to-in block
 - ◆ a palm-heel block
8. What is a possible target for a back fist?
 - ◆ the opponent's nose
 - ◆ the back of the opponent's head
9. What is the difference between a natural stance and a fighting stance?
 - ◆ a natural stance is a walking stance; a fighting stance is a sparring stance and one is bouncing on the balls of the feet
10. What is a front punch?
 - ◆ a punch that ends on the same-side as the leg that is forward
11. What is a reverse punch?
 - ◆ a punch that ends opposite side from the leg that is forward