

I.T.F. TAEKWON-DO TYPES OF MOTION

“A GOOD STUDENT STUDIES SCIENTIFICALLY AND THEORETICALLY”

Founder of Taekwon-Do - **“General Choi Hong Hi”**

To **comprehend** and **develop** the ability to perform the different types of motion in the “Art Of ITF Taekwon-Do”, are two of many ways to become a fundamentally sound practitioner and thorough Instructor.

Some "Types of Motion" noted in the performance of patterns in General Choi's encyclopedia:

NORMAL / CONTINUOUS / FAST / SLOW / CONNECTING / CONSECUTIVE / SLIDING / SHIFTING / DODGING / CIRCULAR

First the practitioner must begin with the “NORMAL” or “NATURAL” motion, which is not defined as a specific type of motion, but is in fact by definition, the way all techniques should be performed according to the nine “Training Secrets” of I.T.F. Taekwon-do

NORMAL / NATURAL MOTION: BOTONG DONG JAK

Embodies the nine training secrets of Taekwon-Do, this is the method in which all movements are to be practiced and performed, unless specified otherwise, using the knee spring to create sine wave, executing a stance, combined with a technique, exhaling sharply at the moment of impact.

THEORY: one sine wave, one technique, one breath

CONTINUOUS MOTION: YONSOK DONG JAK

DAN-GUN TUL introduces continuous motion in movements 13 & 14, where two techniques are performed, while performing a sine wave with each technique, while also performing a prolonged breath with emphasis of breath with each technique.

THEORY: two or more techniques, two or more sine waves, one prolonged breath with emphasis of breath with all techniques

I.T.F. TAEKWON-DO TYPES OF MOTION

“Types Of Motion” CONTINUED;

FAST MOTION: BAREUN DONG JAK

DO-SAN TUL introduces "fast motion" with movements 15 & 16, 19 & 20, where two movements are performed, with two sine waves, and two breaths, but all performed at a faster tempo than "normal", or "continuous" motions, hence the name "fast motion", these techniques should be performed in the same amount of time it takes to perform a single "normal motion", therefore, there is no dipping motion with the second sine wave, it is continued or assumed from the first sine wave.

THEORY: two techniques, two breaths, two sine waves; the second sine wave is continued or assumed from the first sine wave

SLOW MOTION: *NEURIN DONG JAK

JOONG-GUN TUL introduces "slow motion" movements 27, 29 & 30, this type of motion was intended to show the beauty, strength, balance, precision, and gracefulness of Taekwon-Do, by showing stability and control throughout the movement, performing one technique, one sine wave, and one breath, without acceleration or emphasis of breath at the completion of the technique, *but with accentuation of technique & breath upon completion of the movement(*tense the entire body while exhaling sharply but not as intense as a normal breath upon completion).

THEORY: one technique, one sine wave, one breath, all in a slow controlled fluid movement with accentuation of technique & breath upon completion of the movement

CONNECTING MOTION: ^IEOJIN DONG JAK

YUL-GOK TUL introduces "connecting motion", in movements 16 & 17, 19 & 20, where two techniques are performed, while performing a single sine wave, with two breaths, with emphasis at the moment of impact of the second technique, both techniques performed in the amount of time as a single normal motion, because the two techniques are connected they are performed within one sine wave

THEORY: two techniques, one sine wave, two breaths; emphasis at the moment of impact of the second technique

CONSECUTIVE MOTION: ^CHARAE CHARAE DONG JAK

Introduced to the Black Belt in KWANG-GAE TUL in movements 13 & 14, 17 & 18, where two or more techniques are performed in succession by the same or different tools, in the same or different directions without returning the foot to the ground.

THEORY: two or more techniques in succession, two or more breaths, in the same or different directions with the same or different tools without returning the foot to the ground

^spelling may not be correct, pronounce as spelled

I.T.F. TAEKWON-DO TYPES OF MOTION

“Types Of Motion” CONTINUED;

STAMPING MOTION: GUREUGI DONG JAK

TOI-GYE TUL introduces stamping motion in movements 13-18, while performing W-shape block, to stamp correctly, the practitioner should raise the ball of the foot to the belt level, while keeping the knee bent at the same angle as the stance to be executed with the technique, raising the body up slightly, then dropping the body to make use of the body's mass, all while using the principals of the training secrets, twisting the torso to create backward motion as necessary to perform the technique appropriately etc...

THEORY: one technique, one sine wave, one breath; with attention paid to the level the foot is raised, and the angle of the bent knee while in motion

SLIDING MOTION: MIKKEULGI DONG JAK

HWA-RANG TUL introduces sliding in the 6th & 25th movements, this motion is used to cover more distance as the technique is performed, this is achieved by using the knee spring to elevate the mass ever so slightly to allow both feet to slide along the floor/ground, without a hop or jump, this can be done moving both to, and away from an opponent.

THEORY: one technique, one sine wave, one breath; covering between a half(1/2) to a full stance in distance before the moment of impact

SHIFTING MOTION: JAJEUNBAL DONG JAK

KWANG-GAE TUL introduces shifting in 25th & 29th movements, this motion is used to create distance in this case, by swiftly pushing off the front leg while making a reaction with the rear leg by slipping the rear foot backward shifting the entire body. This type of motion can be used for attack also making reaction with the front leg shifting forward. The shift should cover a quarter(1/4) to a half(1/2) stance in distance.

THEORY: one technique, one sine wave, one breath; covering between a quarter(1/4) and a half(1/2) stance

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“Types of Motion” continued;

DODGING MOTION: PIHAGI DONG JAK

This term is a general reference to moving the body in any direction to avoid an attack or gain advantage over an opponent. Dodging effectively describes or consists of “foot shifting”, “stepping”, “shift stepping”, “step shifting”, “sliding”, “shifting”, “turning”, “jumping”, “body dropping” and “leg lifting”. Movement 33 in GE-BAEK TUL utilizes a form of dodging, whereby adjusting distance and angle to the opponent, the practitioner is able to perform a turning kick, using the ball of the foot, effectively striking the solar plexus of an opponent which is directly in front of them by dodging approximately a half shoulder width to the side.

THEORY: one technique, one sine wave, one breath; while effectively moving the body swiftly in any direction to defend or attack

CIRCULAR MOTION: DOLLIMYO DONG JAK

WON-HYO TUL introduces circular motion in the 19th & 22nd movements in the form of a circular block which is a specific technique within ITF Taekwon-do, where the inner forearm is primarily used and also the reverse knife-hand can be employed, there are multiple blocking techniques which used a circular motion, however, circular motion is not restricted to blocking techniques. Various striking techniques employ the use of a circular motion such as upset punch.

THEORY: one technique, one sine wave, one breath; while paying attention to performing the technique in a circular motion for either attack or defence

SOURCE;

**1)Encyclopedia of Taekwon-Do (condensed),
Fifth Edition 1999, Copyright 1988**

&

**2)Encyclopedia of Taekwon-Do,
15 Volume, Eighth Edition 2008,
Copyright 2008-Chang Hon Foundation**

-GENERAL CHOI HONG HI

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3)GRAND MASTER CHOI JUNG HWA

**4)*COMDO LEGACY CD-ROM; voice of
Grand Master Choi Jung Hwa**

5) Master Reid(2012 Umpire Course)

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“Types of Motion” continued;

***It should also be noted, the different types of stepping are also referred to as a type of motion by General Choi. Stepping can be added or combined with some of the previously mentioned types of motion to create other variations of motion, not just these motions alone.....**

*This document is intended to be an aid to the practitioner in performing and comprehending the above mentioned techniques and motions, and in no way should it deter or interfere with regular training under the guidance of a qualified and certified Instructor.

Fundamental movements should be practiced equally on both sides, in order for the student to develop right and left sides of the body evenly, and try to avoid allowing the body and mind to favour a particular side.....

Founder of Taekwon-Do - “General Choi Hong Hi”

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