



TAEKWONDO AMERICA

WHITE BELT

WHITE BELT

PATTERN

Patterns are an important aspect of training in Taekwondo. Patterns help develop proper technique and focus. Patterns also build muscle and improve both flexibility and accuracy. For each different colored belt, the pattern changes and becomes more complicated. The majority of the patterns (except Yul- Gok, Ul-Ji and Tong-Il) start with a defensive move, which emphasizes Taekwondo's defensive nature. All of the patterns start and end at the same location. This ensures that the practitioners' stances are the correct length, width, and in the proper direction. There are 24 patterns in the ITF style of Taekwondo; this is symbolic of the 24 hours in a day. The names of these patterns typically refer either to events in Korean history or to important people in Korean history. Elements of the patterns; such as the number of moves, the diagram, or the way the pattern ends may also be historical references. Yells (ki-haps) are indicated in **BOLD**.

KI-BON

14 Movements

The First or beginning.

Stance A

- | | |
|--|--------------------|
| 1. Left Low Block | Left Front Stance |
| 2. Right Punch Middle | Right Front Stance |
| 3. Right Low Block | Right Front Stance |
| 4. Left Punch Middle | Left Front Stance |
| 5. Left Inner Forearm Block | Left Back Stance |
| 6. Right Punch Middle | Right Front Stance |
| 7. Left High Block | Left Front Stance |
| 8. Right Reverse Punch (Ki-Hap) | Left Front Stance |
| 9. Right Inner Forearm Block | Right Back Stance |
| 10. Left Punch Middle | Left Front Stance |
| 11. Right High Block | Right Front Stance |
| 12. Left Reverse Punch (Ki-Hap) | Right Front Stance |
| 13. Left Knife Hand Strike Middle | Sitting Stance |
| 14. Right Knife Hand Strike Middle | Sitting Stance |



ONE- STEPS SPARRING COMBINATION

One-step sparring is the most controlled method of sparring. Students practice fighting combinations with a stationary opponent without contact. One-step sparring teaches students how to hit critical target areas on the human body and encourages students to use a wide variety of fighting techniques. Onesteps also help students develop physical control of these techniques and teach them the proper distance from a target that a technique should be executed. White and Yellow belts are required to learn pre-arranged one-steps as part of their training.

RULES OF ENGAGEMENT

- The proper distance for one-step sparring can be determined by having both students hold out their arms and touch fingertips.
- One student is the attacker and the other is the defender.
- The defender yells “attack” and the attacker executes a punch high without making contact.
- The attacker should not move unless he/she is in danger of being struck.
- The defender executes the one-step without contact, except when executing any block, in which case the defender should make light contact when executing any block.
- The defender yells **(Ki-Hap)** at the end of his/her one-step signaling he/she is finished.
- These steps are repeated for all one-steps with both students participating as both the attacker and defender until instructed to stop by the Instructor.
- When the Instructor calls to stop, the students should shake their partner's hand and thank him/her.



WHITE BELT ONE-STEPS SPARRING COMBINATIONS

Juniors (up to 12 years old) perform 1-3. Adults (13 years old or older) perform 1-5. Yells (ki-haps) are indicated in **BOLD**.

#1 Kicks are performed with the lead leg.

2 Kicks are performed with the back leg.

3 Kicks are performed by moving the back leg and striking with the lead leg.

1. High Block, Reverse Punch, **# 2 Front Kick (Ki-Hap)**

2. Inner Forearm Block, Lead Hand Backfist, **# 1 Side Kick (Ki-Hap)**

3. Crescent Kick, # 2 Side Kick, **Lead Hand Knifehand Strike (Ki-Hap)**

4. Front Kick, # 2 Side Kick, Lead Hand Horizontal Hammerfist Strike, **Reverse Punch (Ki-Hap)**

5. Crescent Kick, # 2 Front Kick/ Side Kick Combination, Lead Hand Backfist, **Reverse Punch (Ki-Hap)**

