



# Self Defence

## Introduction

Self-defence protocols are learned right from the start of your Taekwon-Do journey. Our students start to become familiar with this at 10<sup>th</sup> Kup (White Belt).

## Rules

Face each other in attention stance and bow “Charyot” - - - > “Kyong-Ye” - - ->” Taekwon”

- Attacker steps back into L-stance guarding block
- Defender moves left foot to parallel ready stance
- To start the attacker shouts ‘YOP’ and the defender the same to initiate the routine
- The attacker initiates a grab/attack
- The defender uses the appropriate method to release accompanied with a ‘KIHAP’ then steps back into guarding block L-stance
- Once complete the defender steps forward into parallel ready stance. The attacker moves into the same. They then switch roles.

## Key Point

Standard protocol for the attacker is to hold position once defender has forced the release.

## Self Defence

These are examples. Students yellow belt and above should know all 4 releases. They should research and develop their own routines. Senior belts will be expected to vary the grabs and locks applied as an attacker.

Face each other, Instructor: ‘Charyot Kyong Ye’ Students: ‘Taekwon’ Instructor: ‘Chunbi’ Attacker right foot back into guard ‘yop’ then defender ‘yop’ when ready to go			
No	Attack	Defence	Finish
1	Grab defender	<b>Standard Release</b> Release the grip with no counter	Step back into guard
2	Grab defender	<b>Release Attack</b> Release the grip and counter with an attacking technique	Step back into guard
3	Grab defender	<b>Attack Release</b> Counter with an attack to force the release	Step back into guard
4	Grab defender	<b>Release and Break</b> Release the attackers hold and then perform a joint break	Step back into guard
<b>Defender: ‘Kihap’ on the release followed by a loud exhale when moving back into guarding block</b> <b>Instructor: ‘Baro’</b>			