

## PRECISION TAE KWON DO

### THE FIVE MAJOR AREAS OF TAE KWON DO:

**POOMSE** (PATTERN OR FORM) IS A CHOREOGRAPHED DEMONSTRATION OF THE VARIOUS KICKS, BLOCKS, AND HAND TECHNIQUES OF TAEKWONDO WHICH THE STUDENT UTILIZES WITH AN IMAGINARY OPPONENT OR OPPONENTS. OBSERVING A SKILLED PRACTITIONER IS LIKE WATCHING A BALLET SINCE BOTH ARE VERY GRACEFUL AS WELL AS CALCULATED AND CONTROLLED. PATTERNS ARE USED TO DEVELOP CONCENTRATION, BALANCE, PRECISION, ENDURANCE, REFLEX ACTION, POWER, SPEED, AND AGILITY.

**KYUROOKI** (SPARRING) IS THE PRACTICAL APPLICATION OF VARIOUS FORMS OF SELF-DEFENSE WITH AN ACTUAL PARTNER. IN THIS AREA OF PRACTICE, CONTROL, COOPERATION, COORDINATION, SPEED, POWER, STRENGTH, SKILLED TECHNIQUE, PRECISION, TIMING, ENDURANCE, AND CONFIDENCE ARE THE DECIDING FACTORS.

**KYOK PA** (BREAKING) IS DONE TO PRACTICE AND ILLUSTRATE THE FORMIDABLE POWER, PRECISION, AND GREAT MENTAL CONCENTRATION OF THE TAEKWONDO PRACTITIONER. BRICKS AND BOARDS ARE BROKEN SINCE IT IS NOT FEASIBLE TO USE THIS SORT OF POWER ON ANOTHER PERSON IN EVERYDAY PRACTICE.

**HO SIN SUL** (SELF-DEFENSE) IS THE STUDY OF HOW TO USE AN ATTACKER'S STRENGTH OR SKILL AND WEAPONS AGAINST HIM/HER. THE PRACTITIONER LEARNS WHEN, HOW, AND WHERE TO ATTACK AN ASSAILANT USING PRESSURE POINTS, GRAPPLING, JOINT LOCKING TECHNIQUES, ROLLING, THROWS, AND SOME WEAPONS.

**JUNG SHIN TONG IL** (MENTAL CONCENTRATION) AND **MOOK NYUM** (MEDITATION) IS FOR THE PURPOSE OF CONCENTRATION PRACTICE IN ORDER TO FOCUS PRECISION AND POWER, VISUALIZE GOALS, AND LISTEN TO ONE'S CONSCIENCE FOR INTERNALIZING IMPORTANT TRUTHS AND MORAL STANDARDS.

**TAE KWON DO**  
FOOT, HAND, WAY OF LIFE.