

Training Secrets

An old proverb says that even heaven cannot make a diligent worker poor. However, in Taekwon-Do diligence or intensive training alone does not produce quality techniques. On the contrary, instructions from a false or unqualified instructor would be worse than not being taught at all because unscientific movements not only reduce the power but require a tremendous amount of time to correct. On the other hand, under the proper guidance of a competent instructor, a student who trains earnestly with dedication will learn the true techniques of Taekwon-Do in a comparatively short period of time with less effort.

Students should keep in mind the following secrets:

1. To study the theory of power thoroughly.
2. To understand the purpose and method of each movement clearly.
3. To bring the movement of eyes, hands, feet and breath into a single coordinated action.
4. To choose the appropriate attacking tool for each vital spot.
5. To become familiar with the correct angle and distance for attack and defence.
6. Keep both the arms and legs bent slightly while movement is in motion.
7. All movements must begin with a backward motion with very few exceptions. However, once the movement is in motion it should not be stopped before reaching the target.
8. To create a sine wave during the movement by utilizing the knee spring properly.
9. To exhale briefly at the moment of each blow except a connecting motion.

Remarks:

1. The secret of learning the fundamental movements correctly with the least amount of effort in the shortest period of time is to understand the purpose and concepts of each movement clearly.
2. Emphasis is always placed on the repetition of each fundamental movement to attain perfection.
3. Taekwon-Do is composed of a myriad of fundamental movements. Unfortunately, time and space do not permit listing all of them in this book. The most common and useful, however, have been presented.
4. For more efficient performance of each pattern, it is almost mandatory to practice necessary fundamental movements, especially those required in the particular pattern beforehand.
5. It is of utmost importance to maintain the correct stance at all times during the exercise.