

SELF-DEFENSE TECHNIQUES

(Hosin Soot)

Since the main purpose of Taekwon-Do is to defend oneself, this phase of instruction probably is the most important of all as far as technique is concerned. It is, however, no more than an actual application of various motions gained from patterns, fundamental exercises and sparring against a sudden attack by an armed or unarmed opponent.

The student of Taekwon-Do, therefore, must know how to utilize his opponent's momentum and force while using his dynamic and conditioned reflexes against a momentarily undefended target.

There is no doubt that these self-defense techniques can only be effective when the defender takes time to ceaselessly train with them under realistic conditions.

MODEL SPARRING (*Mobum Matsogi*)

The primary purpose of this sparring is to show the spectator the agility and skill of the demonstrator and the physical application of every single movement. This is normally accomplished with repetition of the same movement in a slow motion. The role of the counterpart in the demonstration is to provide a precise target upon which the demonstrator acts. The distance between the players can be adjusted freely by the demonstrator, and the counterpart executes only one blow that is prearranged during each display.

APPLICATION OF PATTERN

In demonstration the same pattern is usually repeated against moving opponents to make the spectators aware of its purpose and meaning.

PRE-ARRANGED FREE SPARRING (*Yaksok Jayu Matsogi*)

This is simulated free sparring. That is, the participants follow a prepared scenario that enables them to skillfully exhibit a wide variety of techniques without fear or injury.

Prearranged free sparring is visually impressive and useful for introducing the Taekwon-Do style of fighting to an audience. At the same time it will certainly supply students with a fine method and guide line for real Taekwon-Do free sparring. It is, therefore, ideal for demonstrations.

