

# TAEKWONDO

## Defense Against Weapons

Weapons, Sparring,  
and Patterns  
from Taekwondo's  
Technical Founder



# KIM, BOK MAN

# Weapons, Sparring, and Patterns

## *from Taekwondo's Technical Founder*

Grandmaster Kim, Bok Man is one of the most recognized authorities of taekwondo in the world. He worked tirelessly with General Choi, Hong Hi as a founder of taekwondo curricula used today by the many international taekwondo organizations.

Originally published in 1979, this book provides defense techniques taught to military, law enforcement officials, and black belts.

Beginners will have a chance to see the application of their training in actual weapon defenses.

Advanced students will learn techniques and fundamental training that have been 'field' tested since the inception of the art in the 1950s.

Chapters include:

- History and the theory of power
- Defense against weapons includes knife, baton, pole, sword, bayonet, and pistol
- Sparring features releases, grabs, throwing, falling, free-sparring
- Patterns cover Silla pattern 1, Silla pattern 2, Silla knife pattern, and Silla pole pattern
- Training incorporates stretching, calisthenics, action principles, hand and foot techniques, using a heavy bag
- Body parts for attack and defense, stances, vital points for striking

*This book catalogs the essence of the fighting art of taekwondo as it was originally intended.*



**Kim, Bok Man, Supreme Master 11<sup>th</sup> dan**, started his martial arts training in 1941. He, along with General Choi, Hong Hi, worked tirelessly to develop the basic structure upon which present-day taekwondo is founded. He is responsible for the establishment of numerous taekwondo associations worldwide including southeast Asia, Europe, and the USA. Kim, Bok Man teaches and resides near Roseland, New Jersey.



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# CHAPTER 1

## INTRODUCTION



The martial art of taekwondo, literally meaning “art of hand and foot fighting,” is more than two thousand years old. Yet its physical and spiritual content has never been so vigorously sought after and practiced as it is now.

Taekwondo is considered the oldest self-defense martial art in the world and uniquely developed in Korea. It was first recorded in the Koguryo dynasty founded in 37 B.C. of whose vast territory included the Korean Peninsula north of the Han River and the Manchurian territory of China. Taekwondo is a sport that responds to survival needs in a powerful and rational manner and maintains, as well, an orderly system uniformly related to the inner and outer spheres of the human being. The immense power of taekwondo stems directly from the scientific use of the body systems. The power is so formidable that several bricks, roof tiles, or wooden boards can be broken merely with the bare hands or fists. Taekwondo employs almost every part of the body in defensive and offensive moves. Its techniques comprise units combined together for maximum efficiency in free fighting. These practice units are body drill in postures, punching, kicking, striking, blocking, combinations of these moves in formal patterns, pre-arranged attacks and counterattacks, and more. Conscientious training in these areas not only results in the ultimate self-defense techniques, but also in a mental discipline, which creates the strength of character necessary for success in many fields of endeavor.

## History of Taekwondo

Taekwondo may be considered as old as history itself. Since man first learned to protect himself, it could be said that the primitive features of taekwondo had spontaneously arisen. This form of self-defense became an essential part of daily life that was gradually streamlined and organized into a unique and powerfully efficient weapon for survival.

In the process of the development of taekwondo, a new sense of awareness of both physical and mental potential in the human body was discovered. Through a myriad of thought, stimuli, experimentation, and experience, this skill of unarmed combat became what is today, a martial art technically moralized and scientifically formalized.

Before the birth of Christ, the three kingdoms of Koguryo, Baek-je, and Silla had been established on the peninsula now known as Korea. In each of these kingdoms, the skills and techniques *su bak* or *kwon bupsu*, later on called *tae kyon*, the predecessors of taekwondo, were already highly sophisticated. They were a basic component of the military training of soldiers as a weapon based solely on fists, hands, and feet.

Some of the earliest known features of taekwondo can be found in the murals of the royal tombs of Kakjeochong and Mooyongchong of the Koguryo period. These murals clearly show physical combat movements, fighting stances, and skills closely resembling the present movements of taekwondo.

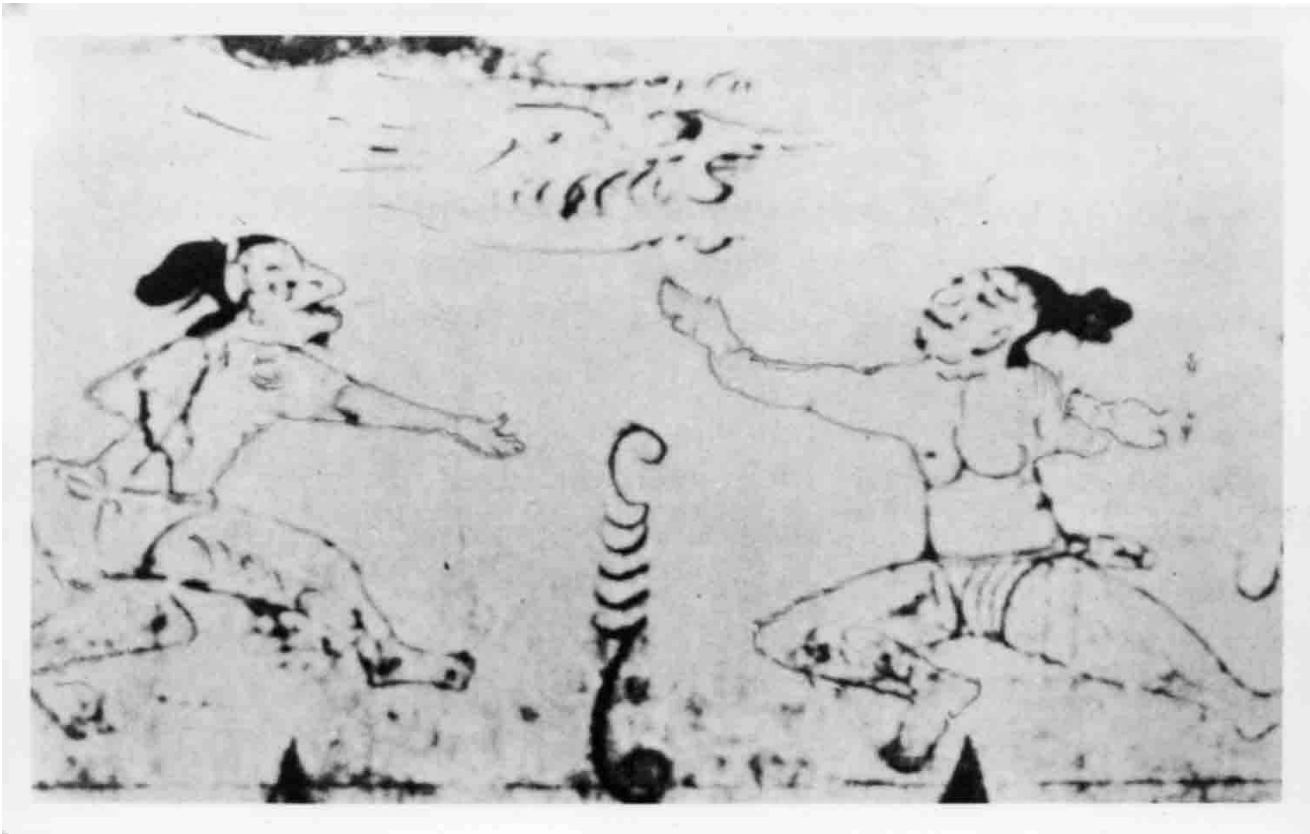


Some of the earliest known features of Taekwondo can be found in the murals of the royal tombs of Kakjeochong and Mooyongchong of the Koguryo period.

From the murals, we can visualize that taekwondo was then already familiar to the people of Koguryo. And because it was such a highly respected sport among the people, it was thus depicted in murals and paintings in tombs.

Substantial documentary evidence of the martial arts spirit in Baek-je also exist. In that era, the sport was officially encouraged, and not only the military had their soldiers trained in taekwondo, archery, and horse riding, the general populace too were warriors who excelled in the arts.

The temples and shrines during the Silla dynasty produced a great many stone engravings depicting a variety of taekwondo forms. During the reign of Chin Heung, twenty-fourth king of Silla, Korean culture and martial arts rose to flourishing heights. Silla, at the time, was a mere weak and tiny kingdom, constantly harassed and threatened by its more powerful neighbor kingdoms of Koguryo and Baek-je. But Silla did not stir and proving itself with national character of strength and integrity, existed for 992 years.



The mural painting at Kak-je tomb, painted at the time of the tenth king of Koguryo, shows sparring of joo bak.

At the time the most outstanding contribution to the development of the martial arts emanated from an elite officer corps called Hwa Rang Do—a military and social organization for noble youths formed by King Chin Heung. The Hwa Rang Do were well trained not only in the usual sports of archery, target practice, and horsemanship, but also practice of mental and physical discipline, as well as many forms of hand and foot fighting. Through their unrelenting efforts to conquer turbulent rivers and rugged terrain, the group of young knights grew strong and fearless. Their merciless strife to defend their country and their refinement of their souls became well known throughout the peninsula. Their victories helped to advance the movement for the unification of the three separated kingdoms for the first time in the history of the Korean Peninsula.



The Koguryo dynasty (A.D. 935–1392) further popularized the study of unarmed combat. It was during this period that the martial arts were scientifically analyzed and systematized. They were later adopted into the Yi era (A.D.1392–1910). However, strong anti-military sentiment soon pervaded among the ruling classes and tae kyon was generally and openly debased. By the end of the Yi dynasty, the martial arts appeared to have lost all traces of their original vigorousness and liveliness in the midst of the period of civil enlightenment.

For several decades after the turn of the twentieth century, the Japanese occupation of Korea forbid the practice of any of the martial arts. Only in secrecy were the arts passed on to a small number of students and kept alive by ardent proponents, such as Song, Duk Ki and Han, Il Dong.

After Korea was liberated in 1945, many dojang (martial arts institutes) sprang forth, each announcing its presence with its own particular standard of style and method. It was nevertheless the dawning of a new day for the ancient art of tae kyon. Its revival in various forms can explain that it has successfully remained deeply implanted in the fabric of Korean society to be able to flower and blossom once again to its full colors.

A decade later, taekwondo was selected as the new name of the national martial art. The name resembles the old name of tae kyon and it perfectly describes the art (do) of hand (tae) and foot (kwon).

## **Theory of Power**

The effective application of power in taekwondo demands that a person be qualified in appreciating and understanding the fundamentals of physical balance, concentration, speed and respiration. The intelligent use of them literally means that untapped power of immense proportions could be successfully attained. In our present discussion on the theory of power, we shall focus on the truncal twist which is more difficult to learn but which has been considered the supreme contributor in the whole process of power generation.

In any action, there is one form of reaction, as for example, a side kick where one leg is thrust out in one direction while at the same time, the upper portion of the body, i.e. head, shoulder and trunk, moves in the opposite direction. In this manner, the reactionary force of the latter movement adds to the former, thus effecting much more power.

But, whatever the power that is generated, its maximum is not achieved without truncal movements. The central trunk twist plays the principle role in physical movement. Indeed, the very first bodily movement should begin from the trunk, twisting on a vertical axis of the body, rotating the pelvis in turn to carry the leg, torso, and shoulders into their final paths.

Sufficient practice of the twisting of the trunk will in time lead to spontaneous truncal twist in each and every action. A good test on whether a person is developing mastery of the truncal twist is the elbow breaking of boards. A truncal countertwist on a vertical axis, and delivery of an elbow strike onto a pile of thick boards requires proper practice and employment of the countertwist.

This brings us to the interesting aspect regarding the distribution of the variety of strikes. A strike, whether by kicking, punching, or other use of body parts for attacking, produces a direct effect on the known target. And it is the effect, such as the extent of target damage, tissue injury, contact time, area of displacement, etc., which ultimately determines the characteristic of the strike itself.

In striking a target, if contact time and displacement are zero or minimal, the strike would be of the First degree, as it is in free sparring. A Second-degree strike renders the target maximal extent of damage for the gravity of the force used. The total energy is dispersed instantaneously. For a Third-degree strike, contact time is relatively longer than the First- and Second-degree strikes because this time the attacking force pushes a target for a variable distance whereby all of the power is administered throughout the total displacement.



# CHAPTER 2

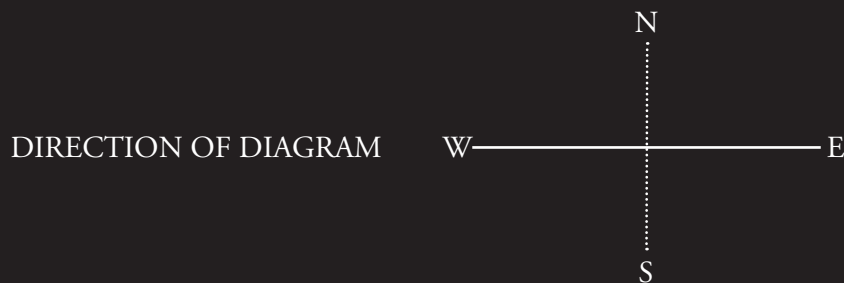
## DEFENSE AGAINST WEAPONS

In self-defense, situations involving armed attackers, either single or multiple, each situation is extremely dangerous and more complex than any type of unarmed attack. Accordingly, defense techniques must be learned thoroughly and executed as automatic responses to any series of happenings, if serious injury is to be avoided.

In facing an armed attacker, it is of foremost importance to observe his facial tone and his entire state of body preparedness, such as the sort of weapon being used, how he is going to use it, etc. Having these mentally assimilated, you should next gauge your distance accurately in order to fully control and exploit your defense techniques. By this time, two choices are open to you—one is to get outside of the swing zone, the other to get inside of the swing zone. Dodging too far from your attacker may make it virtually impossible to counterattack in time, while being too close could well hamper your motions. Two steps away from your attacker does not offer the advantage of a better striking range than one step does. Clearly, it is undesirable to attack with more than two steps distance.

In other situations, you are sometimes caught off-guard as the attacker moves in on you, and then it is even more necessary to exercise keen reflexes of eyes and limbs under such circumstances. Immediately determine what area of target he is aiming at, then gauge your distance precisely thereby enabling you to apply those blocking and/or attacking techniques most suited to you.

The following defense technique described may be practiced to develop self-control, balance, speed, concentration, and to gain experience as if under actual encounters with armed attackers. The various techniques can be explored and studied and then compared for the purpose of finding the most effective ones to meet the student's physical capabilities.



The exercise is performed under the assumption that the attacker (A) and the defender (D) stand on line EW facing each other.

For the reader's convenience, each exercise sequence in this chapter begins with a bolded caption.



### **How to Release from a Knife Attack**

The defender should not become excited, but carefully study his attacker to discern what direction the attacker is going to move his knife. The defender must always keep his body away from the knife and stay in a counterattacking position ready to counter any thrusts by the attacker. The defender's movements should always be brisk and accurate, and include the truncal twist. With skill in the execution of the twist, improvement in the art of self-defense would surely be hindered if the truncal twist technique is not all together acquired. To release from a knife attack, you should also select the attacker's weakest parts as the first targets for the counterattack to be truly effective.





**A:** Point knife at D's windpipe.



**D:** Grab A's arm with left hand while turning body clockwise pivoting on the left foot.



**D:** Grab A's hand with right hand while moving left foot backward.



**D:** Pull and twist A's hand while turning body counterclockwise, pivoting on both feet.





**A:** Point knife at D's solar plexus.



**D:** Grab A's arm with left hand while turning body clockwise pivoting on left foot.



**D:** Grab A's hand with right hand while moving left foot backward.



**D:** Pull and twist A's hand while turning body counterclockwise, pivoting on both feet.



Close-up of grab, pull, and twist.



**A:** Point knife at D's side floating ribs.



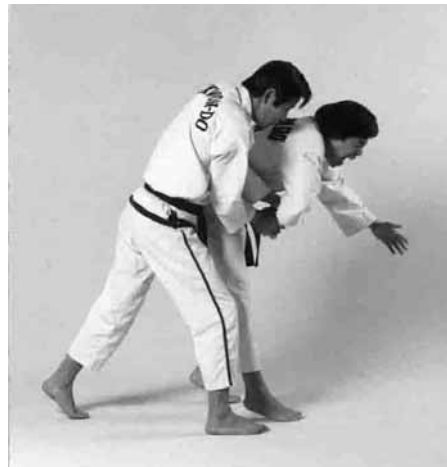
**D:** Grab A's arm with left hand while moving right foot to the right, and turn body clockwise pivoting on left foot.



**D:** Grab A's arm with right hand and raise it over head while moving right foot forward.



**D:** Twist A's arm while moving left foot backward and turn body counterclockwise, pivoting on right foot.



**D:** Pull A's arm and force the knife backward toward A's body.



**A. Hold knife against right side of D's neck.**



D: Grab A's arm with left hand while moving left foot to the left.



D: Grab A's hand with right hand while moving right foot backward.



D: Twist A's wrist counterclockwise.



**A.** Hold knife against right side of D's neck.



**D:** Execute pushing-block at A's arm with right knife-hand while moving left foot to the left.



**D:** Grab A's arm with right hand while moving left foot forward, and place left palm on A's left shoulder joint.



**D:** Twist A's arm clockwise while pushing down on A's shoulder joint.



**A:** Hold knife against D's throat.



**D:** Grab A's arm with left hand while moving left foot backward.



**D:** Grab A's hand with right hand while turning body counterclockwise, pivoting on left foot.



Close-up of the grabbing.



**D:** Twist A's hand counterclockwise and push it downward.



**A:** Point knife at D's left ribs.



**D:** Grab A's arm with right hand while turning body counterclockwise, pivoting on right foot.



**D:** Grab A's arm with left hand and raise it over head while moving left foot forward, and turn body clockwise pivoting on right foot.



**D:** Continue to turn clockwise and pull A's arm downward.



**A:** Point knife at D's left ribs.



**D:** Grab A's arm with left hand while moving left foot backward.



**D:** Grab A's arm with right hand and raise it over head while moving left foot forward, and turn body clockwise pivoting on right foot.



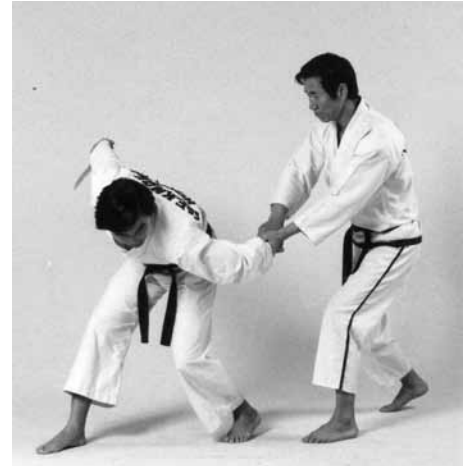
**D:** Continue to turn clockwise and pull A's arm downward.



**A: Lock D's neck with left arm from behind and point knife at D's kidney.**



**D: Grab and pull down A's left arm with left hand, and grab and push A's right arm with right hand while moving left foot forward.**



**D: Move right foot backward and turn body clockwise, pivoting on left foot while grabbing and twisting A's left hand with both hands.**



**D: Execute right front snap kick against A's coccyx.**



**A: Point knife at D's upper back.**



**D: Execute strike-block at A's arm with left outer forearm while turning body counter-clockwise, pivoting on left foot.**



**D: Execute right punch against A's solar plexus.**





**A:** Grab D's left hand from behind and twist it backward while pointing knife at D's back.



**D:** Execute pushing-block at A's arm with right arc-hand, while moving left foot forward and turning body clockwise.



**D:** Grab A's arm with right hand and raise right leg.



**D:** Execute snap and pushing kick against A's stomach.

## About the Author

The man who inspires all interests in the martial arts is 78-year-old Kim, Bok Man, roving ambassador of taekwondo and pioneer of the art in Southeast Asia. Ironically, Kim once intended to devote his life to soccer, not taekwondo. As a teenager, he was one of Korea's top soccer stars. Equally at home on the cinder track, he also favored long-distance running. In 1948, at the age of 16, he was introduced to the ancient Korean foot-fighting art of Tae-Kyon, forerunner of taekwondo. This introduction changed not only Kim's athletic career but also the pattern of his life.

In 1950, Kim joined the army. It was during his army years that he honed his fighting skills and augmented his vast reservoir of knowledge about the Korean arts. Kim rose to the rank of sergeant major, and eventually he began teaching unarmed combat systems and techniques to other servicemen.



The First Asian Taekwondo Mission from the National Army leaders to South Vietnam and Taiwan in 1959.



Directors and chief instructors from the National Armed Forces after having Taekwondo training courses in 1962.

In 1959, Kim visited Vietnam at the invitation of the South Vietnamese government to popularize and promote taekwondo to members of the police, military, and paramilitary establishments. Then, after giving countless demonstrations in and around Saigon, he moved on to Taiwan, also upon government invitation and performed before the Formosan police contingents and members of the National Armed Forces. Returning from abroad, he began to devote his time mainly to teaching. He traveled to other provinces to give lectures, demonstrations, and instructions.



Taekwondo experts of the R.O.K. Armed Forces giving a salute before the 1959 demonstration in Vietnam.

Kim retired from the army in February, 1962, and in the year that followed geared himself up for a life devoted entirely to taekwondo. In 1963, he arrived in Malaysia accompanied by Woo, Jae Lim and another high-ranking Korean instructor. Demonstrations captivated audiences throughout the Malaysia Peninsula, including a command performance for the king of Malaysia and Tunku Abdul of Rahman, the prime minister. Before long, the work of the two Koreans resulted in the organization of the Malaysian Taekwondo Association. The Malaysian chief police officer pledged police support for the Association, and Khir, first chairman of the Association, relayed instructions from the king to impress upon Malaysian youth the necessity of learning this Korean art of self-defense. This was the first time Korean instructors traveled abroad under the name of taekwondo.

From Malaysia, Kim led a team of six Korean black-belts into Singapore in October 1963, starting with three public displays to packed audiences at the Gay World Stadium. Kim stayed on to foster the art, and quickly built up a strong following. He organized the Singapore Taekwondo Association.

In April 1965, Kim returned to Korea and revamped the entire structure of taekwondo. Definite teaching methods and training guidelines emerged, and the International Taekwondo Federation was formed in March 1966.



Mr. Kim, Bok Man and Mr. Woo, Jae Lim were invited by the Malaysian prime minister to visit his official residence during a visit to Malaysia in 1962.



Mr. Kim, Bok Man with committee members celebrating the organization of the Singapore Taekwondo Association in 1963.



Mr. Kim, Bok Man with the minister of culture when they attended the Taekwondo grading in Singapore, 1968.

In 1966, Kim returned to the South East Asian circuit. Hong Kong is one of the few international crossroads of the world, so Kim selected this region as part of his master plan to spread and develop the Korean art in the Orient. He organized the Hong Kong Taekwondo Association in August 1967, and he brought in six assistants from Korea to carry on his initial work.

In 1968, Kim made several comprehensive teaching forays out of Hong Kong, starting with a group of six Korean instructors. They went to Indonesia at the invitation of the government. From Indonesia, Kim traveled back through Singapore and Malaysia at the invitation of the governments. Giving demonstrations and spending several months checking on the growth and development of his taekwondo schools in the region, he then went to Bangkok and provided the long-awaited impetus, which the infant Thai Taekwondo Association needed to properly get off the ground.

In 1969, Kim was invited to Brunei at the invitation of the Sultan of Brunei to participate in his birthday celebration. With his successful demonstration, he organized the Brunei Taekwondo Association. During his visit in Brunei, Kim also gave demonstrations to introduce taekwondo for the first time in the Malaysian states of Sabah and Sarawak.

Kim, the father of taekwondo, then returned to Hong Kong to prepare for the First Asian Taekwondo Tournament that was held in October 1969, in Hong Kong.



The Hong Kong Urban Consular, presenting a plaque to Mr. Kim, Bok Man in appreciation for a display of Taekwondo in 1969.



Presents were exchanged by Kim, Bok Man with police assistant commissioner of Indonesia before the performance of Taekwondo demonstration in 1968.



His Royal Highness the Sultan invited instructor Kim, Bok Man and the members of the Brunei Taekwondo Association to give a demonstration in honor of the Sultan's twenty-third birthday in 1969.

In 1970, Kim went to the Philippines at the invitation of President Marcos. Kim's reception by President Marcos was rewarding, and he left behind him a trail of followers under the auspices of the Philippines Taekwondo Association, which he founded.



President Marcos of the Philippines greeted Instructor Kim, Bok Man after a performance of Taekwondo, which was introduced for the first time at the Malacanang Palace in 1970.

In 1971, Kim returned to his base in Hong Kong, and in 1972, the First Hong Kong Taekwondo Tournament and Demonstration was held at City Hall. Since then he has maintained a close watch over the regions in which he introduced taekwondo, making regular visits to the many different national associations.



Mr. Kim, Bok Man posed with doctors, who were members of his association, after the Taekwondo Conference in Hong Kong, 1973.

In 1973, he went to Sarawak at the invitation of the Sarawak government to popularize and promote taekwondo to military members and the public. After successful demonstrations, he organized the Sarawak Taekwondo Association.

Then in 1975, he was again invited to Sarawak by His Excellency the Governor of Sarawak, Tun Datuk Patinggi Tuanku Haji Bujang, to attend the Sarawak Open Taekwondo Championships.

From Sarawak, he traveled back through Southeast Asia, checking on the growth and development of his Taekwondo Invitation Game. In 1977 he was invited to Chicago for the Third Taekwondo Championships.

In 1978, the Third Asian Taekwondo Championship was held in Hong Kong, organized by the Hong Kong Taekwondo Association.

In 1979, he was invited to the Fourth World Taekwondo Championships, which were held in Munich. From Munich, he traveled through several European countries to give lectures, demonstrations, and instructions.



His Excellency the Governor of Sarawak, Tun Datuk Patinggi Tuanku Haji Bujang, greeted Instructor Kim, Bok Man before a performance of taekwondo, 1973.



The President of the World Taekwondo Federation, Kim, Un Yong, gave the opening ceremony speech at the Third Asian Taekwondo Championship in Hong Kong, 1978.

Taekwondo under the eminent guidance of Mr. Kim, Bok Man has, in fact, passed the pioneer stage. This man has transformed the mystic and philosophic art of controlling physical and mental fitness into a complete series of well-developed and scientific forms of physical exercise, which definitely provides a splendid and worthwhile form of healthy and encouraging sport for people of all ages. It, therefore, gives me a great privilege to earnestly appeal to those who have already taken a keen interest in this refined modern art of graceful movements to help in further promoting and developing the technique of self-imposed moral discipline and paving the way for a classical appreciation of the beauty and value of human life.



A handwritten signature in black ink, appearing to read 'T.M. Ho'. The signature is fluid and cursive, with a large initial 'H'.

T.M. Ho

A.A.S.A., F.H.K.S.A., C.P.A.

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