

Dansk Moo Duk Kwan Tang Soo Do Forbund

Text Book D Slag / Stroke



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Dansk Moo Duk Kwan Tang Soo Do Forbunds Text Book
Slag / Stroke

Kong Kyuck = Angreb med slag = Attacks with strokes

Kong Kyuck (Angreb med slag) er et af de vigtigste grundelementer i Tang Soo Do. Det er vigtigt at eleven kan udføre et godt korrekt angreb med slag med hurtighed, kraft og skarphed.

Kan eleven ikke udfører sine angreb med slag korrekt, kan de være ikke brugbare.

Dette testes ved gennembrydning af træ og sten for at se om eleven udfører sine angreb med slag korrekt.

Kong Kyuck (Attacks with strokes) is one of the key elements of Tang Soo Do. It is important that the student can perform a good correct attack with strokes with speed, power and sharpness.

If the student is unable to perform his attack with strokes correctly, they cannot be useful.

This is tested by breaking wood and stone to see if the student performs his attacks with strokes correctly.

Chu Mok



Chu Mok = Knyttet
Hånd
Hånden skal være
fast knyttet hele
tiden, det vil sige
spændte muskler i
hånden.

Chu Mok = Fist
The fist must be
tense all the time,
the muscles in the
fist must be tense
the time.

Soo Do



Soo Do = Knivhånd

Hånden skal være spændt hele tiden, det vil sige musklerne i hånden skal være spændte hele tiden.

Soo Do = Knifehand

The hand must be tense all the time, the muscles in the hand must be tense the time.

Sewoon- Chu Mok



Sewoon- Chu Mok = Lodret håndstilling med knyttet hånd
Hånden skal være spændt hele tiden, det vil sige musklerne i hånden skal være spændt hele tiden.

Sewoon- Chu Mok = Vertical hand position with the fist
The hand must be tense all the time, the muscles in the hand must be tense all the time.

Yoo Kwon (Pyeon Chu Mok)



Yoo Kwon (Pyeon Chu Mok) = Kattenæve
Hånden skal være spændt hele tiden, det vil sige musklerne i hånden skal være spændt hele tiden.

Yoo Kwon (Pyeon Chu Mok) = Cats fist
The hand must be tense all the time, the muscles in the hand must be tense the time.

Il Ji Kwon



Il Ji Kwon = Kastanjenæve

Il Ji Kwon kan laves med langfingeren eller med pegefingeren.

Næven skal være fast med spændte muskler i hånden.

Il Ji Kwon = Chestnut fist

Il Ji Kwon can be made with the long finger or with the index finger.

The fist must be firm with tense muscles in the hand.

Il Ji Kwan Soo Kong Kyuck



Il Ji Kwan Soo Kong Kyuck = Enkelt-fingerstik
Fingeren skal være fast med spændte muskler i fingeren.

Il Ji Kwan Soo Kong Kyuck = One fingerstick
The finger must be firm with tense muscles in the finger.

Ee Ji Kwan Soo Kong Kyuck



Ee Ji Kwan Soo Kong Kyuck = Dobbelt
fingerstik
Fingerne skal være fast med spændte muskler
i fingerne.

Ee Ji Kwan Soo Kong Kyuck = Dobbelt
fingerstick
The fingers should be firm with the muscles
in the fingers.

Choong Dan Jung Kwon Kong Kyuck

Choong Dan Jung Kwon Kong Kyuck = Slag i midter sektion fra hoften (Set fra siden)

Choong Dan Jung Kwon Kong Kyuck = Stroke in midsection from hip (Side view)



Når man udfører Choong Dan Jung Kwon Kong Kyuck er det vigtigt at man påbegynder slaget når fødderne er lige ud for hinanden, for at få maksimal kraft på slaget.

When performing the Choong Dan Jung Kwon Kong Kyuck, it is important to start the push when the feet are straight to each other, in order to obtain maximum power on the stroke.

(Choong Dan Jung Kwon Kong Kyuck fortsætter på næste side)

(Choong Dan Jung Kwon Kong Kyuck continues on the next page)

Choong Dan Jung Kwon Kong Kyuck (anvendelse muligheder)

Choong Dan Jung Kwon Kong Kyuck (application options)



Sang Dan Jung Kwon Kong Kyuck

Sang Dan Jung Kwon Kong Kyuck = Slag i høj sektion fra hoften (Set fra siden)

Sang Dan Jung Kwon Kong Kyuck = Stroke high in section from the hip (Side view)



Når man udfører Sang Dan Jung Kwon Kong Kyuck er det vigtigt at man påbegynder slaget når fødderne er lige ud for hinanden, for at få maksimal kraft på slaget.

When performing the Sang Dan Jung Kwon Kong Kyuck, it is important to start the push when the feet are straight to each other, in order to obtain maximum power on the stroke.

(Sang Dan Jung Kwon Kong Kyuck fortsætter på næste side)

(Sang Dan Jung Kwon Kong Kyuck continues on the next page)

Sang Dan Jung Kwon Kong Kyuck (anvendelse muligheder)

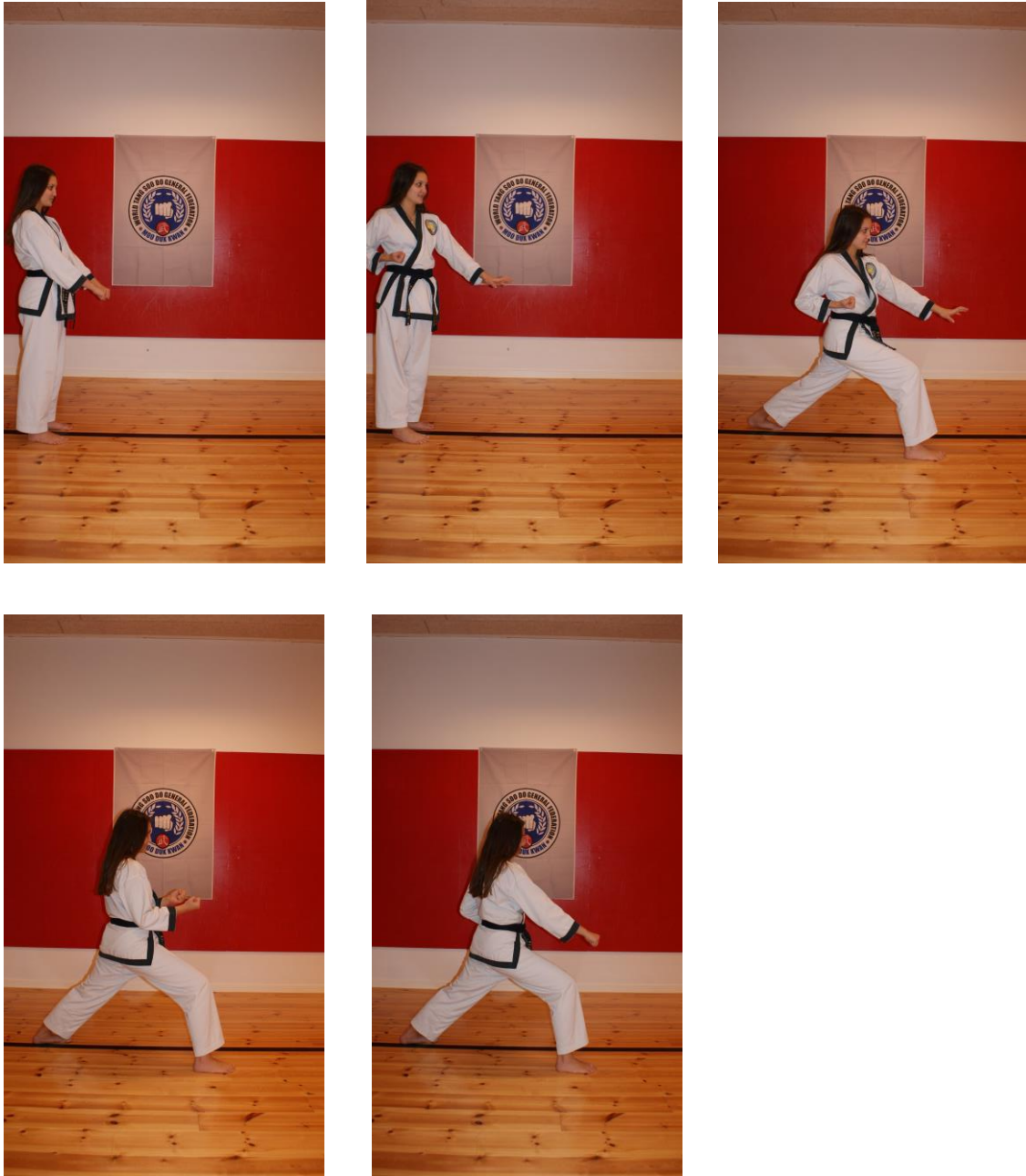
Sang Dan Jung Kwon Kong Kyuck (application options)



Ha Dan Jung Kwon Kong Kyuck

Ha Dan Jung Kwon Kong Kyuck = Slag i lav sektion fra hoften (Set fra siden)

Ha Dan Jung Kwon Kong Kyuck = Stroke in low section from the hip (Side view)



Når man udfører Ha Dan Jung Kwon Kong Kyuck er det vigtigt at man påbegynder slaget når fødderne er lige ud for hinanden, for at få maksimal kraft på slaget.

When performing the Ha Dan Jung Kwon Kong Kyuck, it is important to start the push when the feet are straight to each other, in order to obtain maximum power on the stroke.

(Ha Dan Jung Kwon Kong Kyuck fortsætter på næste side)

(Ha Dan Jung Kwon Kong Kyuck continues on the next page)

Ha Dan Jung Kwon Kong Kyuck (anvendelse muligheder)

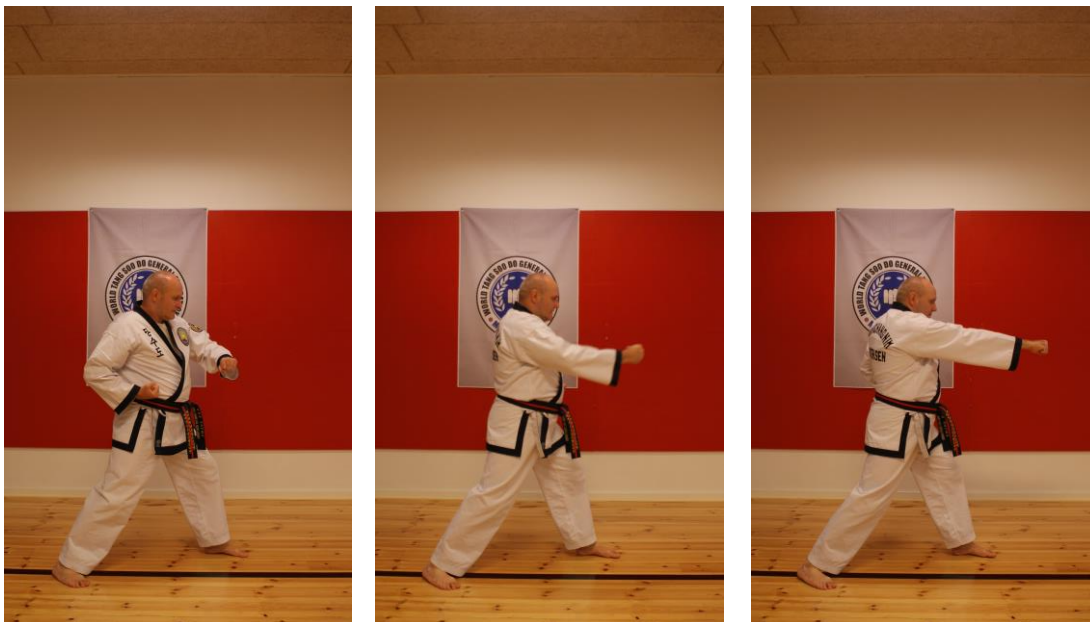
Ha Dan Jung Kwon Kong Kyuck (application options)



Choong Dan Yuk jin Jung Kwon Kong Kyuck

Choong Dan Yuk jin Jung Kwon Kong Kyuck = Slag i midter sektion fra hoften over bagerste ben (Set fra siden)

Choong Dan Yuk jin Jung Kwon Kong Kyuck = Stroke in midsection from the hip over the rear leg (Side view)



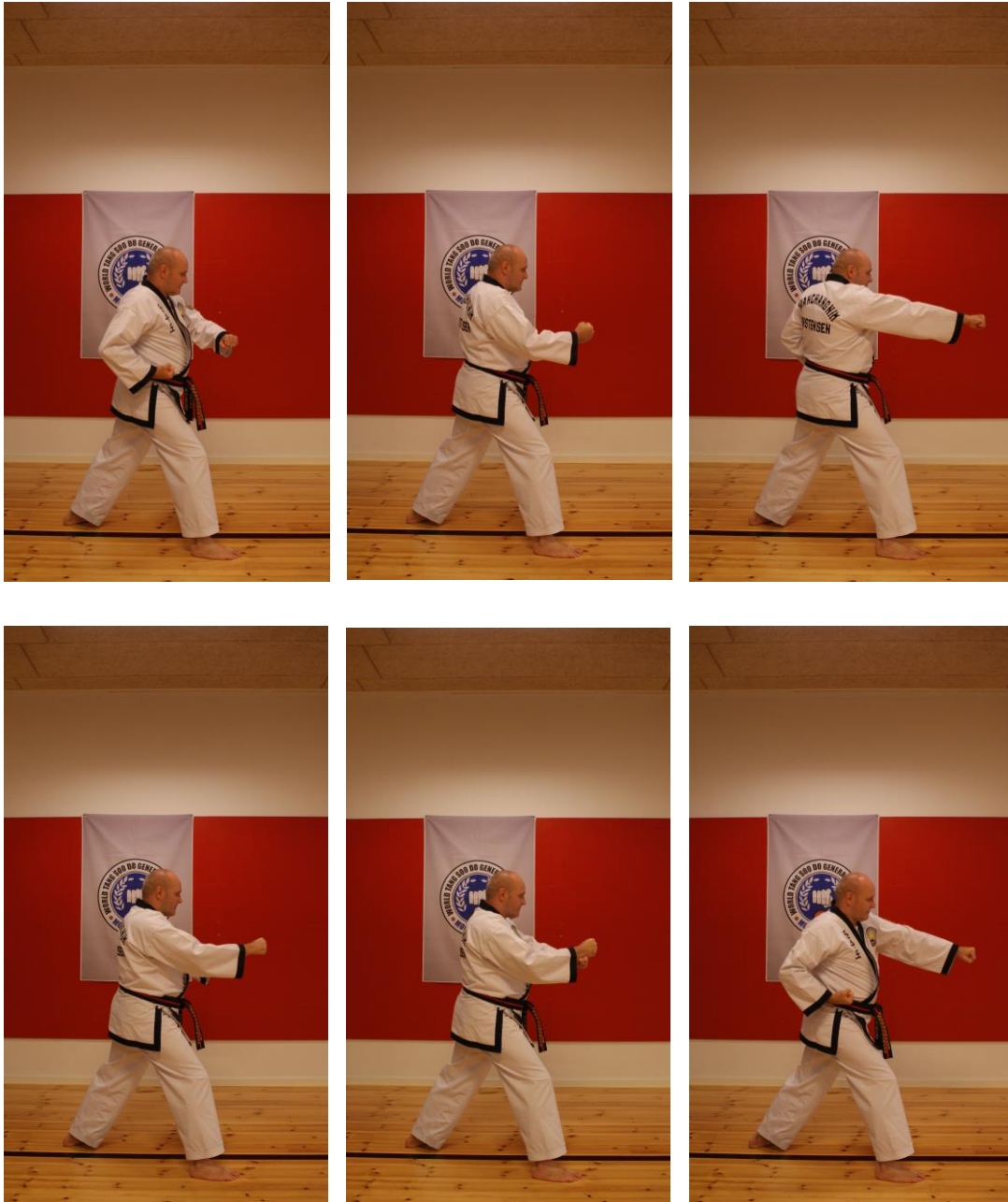
(Choong Dan Yuk jin Jung Kwon Kong Kyuck fortsætter på næste side)

(Choong Dan Yuk jin Jung Kwon Kong Kyuck continues on the next page)

Choong Dan Yun Sohk Jung Kwon Kong Kyuck

Choong Dan Yun Sohk Jung Kwon Kong Kyuck = 2 slag fra hoften i midte sektion første slag over forreste ben (Set fra siden)

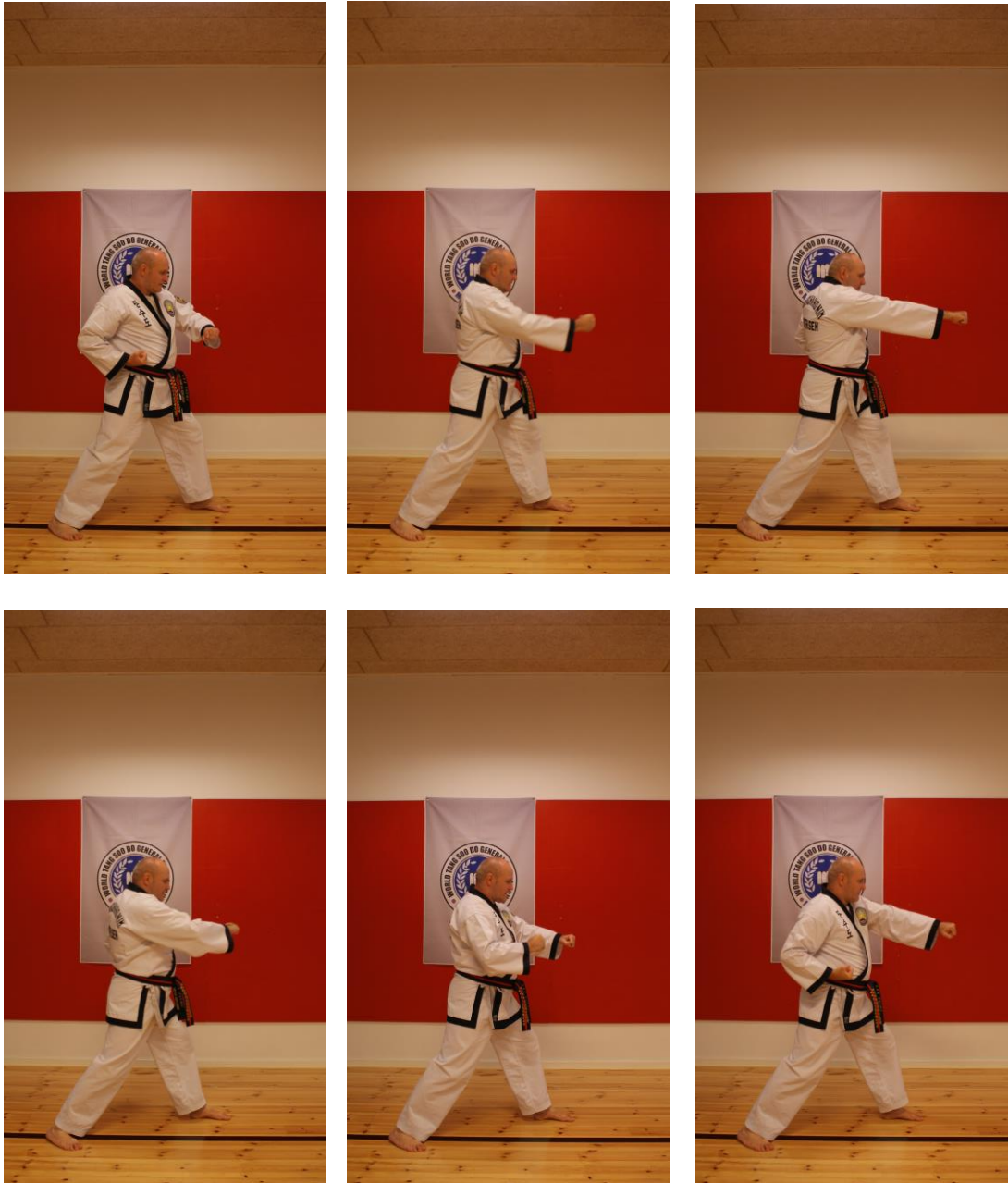
Choong Dan Yun Sohk Jung Kwon Kong Kyuck = 2 strokes from the hip in the middle section first stroke over the front leg (Side view)



Choong Dan Yun Sohk Yuk jin Jung Kwon Kong Kyuck

Choong Dan Yun Sohk Yuk jin Jung Kwon Kong Kyuck = 2 slag fra hoften i midte sektion første slag over bagerste ben (Set fra siden)

Choong Dan Yun Sohk Yuk jin Jung Kwon Kong Kyuck = 2 strokes from the hip in the middle section first stroke over the rear leg (Side view)



Wheng Jin Jung Kwon Kong Kyuck / Chun Gul Jaseh

Wheng Jin Jung Kwon Kong Kyuck / Chun Gul Jaseh = Slag fra hoften til siden (Set fra siden)

Wheng Jin Jung Kwon Kong Kyuck / Chun Gul Jaseh = Stroke from the hip to the side (Side view)



Wheng Jin Jung Kwon Kong Kyuck / Kee Ma Rip Jaseh

Wheng Jin Jung Kwon Kong Kyuck / Kee Ma Rip Jaseh = Slag fra hoften til siden (Set fra siden)

Wheng Jin Jung Kwon Kong Kyuck / Kee Ma Rip Jaseh = Stroke from the hip to the side (Side view)



Kwon Do Choong Dan naeryo- Kong Kyuck

Kwon Do Choong Dan naeryo- Kong Kyuck = Nedadgående slag med ydersiden af knyttet hånd (Set fra siden)

Kwon Do Choong Dan naeryo- Kong Kyuck = Downward stroke with the outside of the clenched fist (Side view)



(Kwon Do Choong Dan naeryo- Kong Kyuck fortsætter på næste side)

(Kwon Do Choong Dan naeryo- Kong Kyuck continues on the next page)

Kwon Do Choong Dan naeryo- Kong Kyuck = Nedadgående slag med ydersiden af knyttet hånd (Set forfra)

Kwon Do Choong Dan naeryo- Kong Kyuck = Downward stroke with the outside of the clenched fist (Front view)



Pyojeok Jung Kwon Kong Kyuck

Pyojeok Jung Kwon Kong Kyuck = Plet slag

Pyojeok Jung Kwon Kong Kyuck = Stain Punch



Kwon Do Ha Dan Pyojeok Kong Kyuck

Kwon Do Ha Dan Pyojeok Kong Kyuck = Pletslag i lav sektion

Kwon Do Ha Dan Pyojeok Kong Kyuck = Stain Punch in low section



Kap Kwon Doo Chu Mok

Kap Kwon Doo Chu Mok = Nedadgående slag med ydersiden af knyttet hånd (Set forfra)

Kap Kwon Doo Chu Mok = Downward stroke with the outside of the clenched fist (Front view)



Ssang Soo Sang Dan Kap Kwon Kong Kyuck

Ssang Soo Sang Dan Kap Kwon Kong Kyuck = Dobbelt slag med knyttet næve med håndfladen opad
(Set forfra)

Ssang Soo Sang Dan Kap Kwon Kong Kyuck = Conversely knuckle stroke in high section with support
(Front view)



Ssang Soo Sang Dan Kap Kwon Kong Kyuck udføres enten

Sang Dan Ahneso Phakuro Kong Kyuck (deung- Chu Mok)

Sang Dan Ahneso Phakuro Kong Kyuck (deung- Chu Mok) = Udadgående slag med knoryggen (Set forfra)

Sang Dan Ahneso Phakuro Kong Kyuck (deung- Chu Mok) = Outward stroke with knuckle back (Front view)



Dan-gyo teok Jung Kwon Kong Kyuck

Dan-gyo teok Jung Kwon Kong Kyuck = Træk med en hånd og udfør slag med den anden hånd mod hage
(Set fra siden)

Dan-gyo teok Jung Kwon Kong Kyuck = Pull one hand and perform a stroke with the other hand against
the chin (Side view)



Sang Kwon jecheo Jung Kong Kyuck

Sang Kwon jecheo Jung Kong Kyuck = Dobbelt slag med knyttet næve med håndfladen opad (Set forfra)

Sang Kwon jecheo Jung Kong Kyuck = Double stroke with attached fist with the palm upward (Front view)



Dwi Jung Kong Kyuck

Dwi Jung Kong Kyuck = Bagud slag over modsat skulder (Set forfra)

Dwi Jung Kong Kyuck = Backward stroke over opposite shoulder (Front view)



Jageun dolcheogi

Jageun-dolcheogi = Lille hængsel

Bevægelsen i Jageun-dolcheogi symboliserer, at man griber fat og trækker noget til sig, eller at man bare griber fat.

Jageun-dolcheogi = Small hinge

The movement in Jageun-dolcheogi symbolize that you grab and pull something, or that you just grab.



Keun-dolcheogi

Keun-dolcheogi = Stort hængsel

Keun-dolcheogi som regel fra Jageun-dolcheogi, hvor Jageun-dolcheogi symboliserer at man griber fat i modstanderen og Keun-dolcheogi at man kaster/skubber modstanderen. Keun-dolcheogi kan også være et slag

Keun-dolcheogi = Large hinge

Keun-dolcheogi is usually from Jageun-dolcheogi, where Jageun-dolcheogi symbolizes grabbing the opponent and Keun-dolcheogi throwing / pushing the opponent. Keun-dolcheogi can also be a stroke.



Pahl Koop Dull Ryo Kong Kyuck

Pahl Koop Dull Ryo Kong Kyuck = Cirkel albueslag (Set forfra)

Pahl Koop Dull Ryo Kong Kyuck = Circle elbow stroke (Front view)



Pahl Koop Pyojeok Kong Kyuck

Pahl Koop pyojeok Kong Kyuck = Albue pletslag (Set fra siden)

Pahl Koop pyojeok Kong Kyuck = Albue spot stroke (Side view)



Pahl Koop pyojeok Kong Kyuck = Albue pletslag (Set forfra)

Pahl Koop pyojeok Kong Kyuck = Albue spot stroke (Front view)



Pahl Koop olryeo Kong Kyuck

Pahl Koop olryeo Kong Kyuck = Opadgående albuestød

Pahl Koop olryeo Kong Kyuck = Upward elbow stroke



Pahl Koop naeryo Kong Kyuck

Pahl Koop naeryo Kong Kyuck = Nedadgående albuestød

Pahl Koop naeryo Kong Kyuck = Downward elbow stroke



Pahl Koop Yup Kong Kyuck

Pahl Koop Yup Kong Kyuck = Albuestød til siden

Pahl Koop Yup Kong Kyuck = Elbow stroke to the side



Pahl Koop Yup Ssang Soo Kong Kyuck

Pahl Koop Yup Ssang Soo Kong Kyuck = Albuestød til siden med støtte

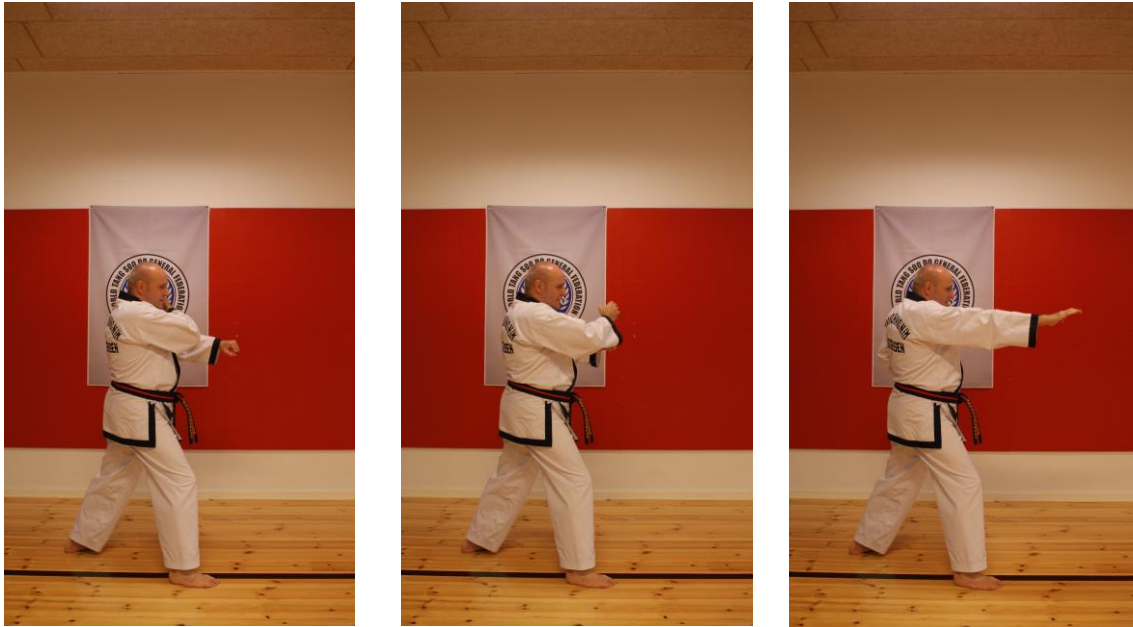
Pahl Koop Yup Ssang Soo Kong Kyuck = Elbow stroke to the side with support



Ahneso Pahkuro Soo Do Kong Kyuck

Ahneso Pahkuro Soo Do Kong Kyuck = Udadgående slag med knivhånd (Set fra siden)

Ahneso Pahkuro Soo Do Kong Kyuck = Outward stroke with knife hand (Side view)



Pahkuso Ahnero Soo Do Kong Kyuck

Pahkeso Ahnuro Soo Do Kong Kyuck = Indadgående slag med knivhånd (Set forfra)

Pahkeso Ahnuro Soo Do Kong Kyuck = Inward stroke with knife hand (Front view)



Sang Dan Han Soo Do Yuk jin Kong Kyuck

Sang Dan Han Soo Do Yuk jin Kong Kyuck = Slag mod hals med knivhånd hvor man vrider i hoften (modsat arm / ben) (Set forfra)

Sang Dan Han Soo Do Yuk jin Kong Kyuck = Stroke to the neck with a knife hand twisting in the hip (opposite arm / leg) (Front view)



Jebipoom mok- Kong Kyuck

Jebipoom mok- Kong Kyuck = Slag mod hals med knivhånd hvor man vrider i hoften (modsat arm / ben) (Set forfra)

Jebipoom mok- Kong Kyuck = Stroke to the neck with a knife hand twisting in the hip (opposite arm / leg) (Front view)



Kwan Soo Sewoon Yuk jin Kong Kyuck

Kwan Soo Sewoon Kong Kyuck = Fingerstik med lodret håndstilling

Kwan Soo Sewoon Kong Kyuck = Finger stick with vertical hand position



Kwan Soo Ha Dan Yuk jin Kong Kyuck

Kwan Soo Ha Dan Yuk jin Kong Kyuck = Fingerstik med håndfladen opad i lav sektion

Kwan Soo Ha Dan Yuk jin Kong Kyuck = Finger stick with palm up in low section



Kwan Soo Sang Dan Yuk jin Kong Kyuck

Kwan Soo Sang Dan Kong Kyuck = Fingerstik med håndfladen opad i høj sektion

Kwan Soo Sang Dan Kong Kyuck = Finger stick with palm up in high section



Je Chin Pyeon Soo Gi Kong Kyuck

Je Chin Pyeon Gi Soo Kong Kyuck = Fingerstik med håndfladen opad (Set forfra)

Je Chin Pyeon Gi Soo Kong Kyuck = Finger attack with palm upward (Front view)



Jip Kye Soo Gi Kong Kyuck

Jip Kye Soo Gi Kong Kyuck = Slag med Pincetnæve

Jip Kye Soo Gi Kong Kyuck = Stroke with forceps Fist



Han Soo Do Deung Sang Dan Ahneso Phakuro Kong Kyuck

Han Soo Do Deung Sang Dan Ahneso Phakuro Kong Kyuck = Slag med omvendt knivhånd høj sektion, håndflade opad

Han Soo Do Deung Sang Dan Ahneso Phakuro Kong Kyuck = Stroke with reverse knife hand high section, palm upward



Mooreup Keokki Kong Kyuck

Mooreup Keokki Kong Kyuck = "Knække knæ"

Når man udfører Mooreup Keokki Kong Kyuck griber man fat i foden når modstanderen udfører et spark samtidig med, at man med den anden hånd presser ned i knæet på modstanderen og brækker modstanderens knæ.

Mooreup Keokki Kong Kyuck = "Breaking knee"

When performing Mooreup Keokki Kong Kyuck, you grab the foot when the opponent performs a kick while simultaneously pushing down on the opponent's knee and breaking the opponent's knee.



Mooreup Keokki Yuk jin Kong Kyuck

Mooreup Keokki Yuk jin Kong Kyuck = "Knække knæ over bagerste ben"

Mooreup Keokki Yuk jin Kong Kyuck = "Break knee over the rear leg"



Mooreup Keokki Yuk jin Kong Kyuck