

Dansk Moo Duk Kwan Tang Soo Do Forbund

Text Book E

Spark / Kicks



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Indhold

Chagi = Spark = Kick	4
<i>Ahp Podo Oll Ri Gi Chagi</i>	<i>5</i>
<i>Naeryo Chagi.....</i>	<i>7</i>
<i>Phakeso Ahnuro Chagi.....</i>	<i>9</i>
<i>Ahneso Phakuro Chagi.....</i>	<i>10</i>
<i>Ahp Chagi.....</i>	<i>11</i>
<i>Baldeung Dull Ryo Chagi.....</i>	<i>12</i>
<i>Ahpchook Dull Ryo Chagi.....</i>	<i>14</i>
<i>Sang Dan Bandal Chagi.....</i>	<i>16</i>
<i>Yup Chagi.....</i>	<i>17</i>
<i>Ahp Mee Ro Chagi.....</i>	<i>19</i>
<i>Jit Bal Gi Chagi.....</i>	<i>20</i>
<i>Dwi Chagi.....</i>	<i>21</i>
<i>Mom Dull Ryo Dwi Chagi</i>	<i>22</i>
<i>On Mom Dull Ryo Chagi.....</i>	<i>23</i>
<i>Ban On Mom Dull Ryo Chagi.....</i>	<i>24</i>
<i>Yun-sohk-chagi</i>	<i>25</i>
<i>Seokeo-chagi</i>	<i>26</i>
<i>Yun-sohk Seokeo Chagi.....</i>	<i>27</i>

Dansk Moo Duk Kwan Tang Soo Do Forbunds Text Book
Spark / Kicks

Chagi = Spark = Kick

Chagi (Spark) er et af de vigtige grundelementer i Tang Soo Do. Det er vigtigt at eleven kan udføre et godt korrekt angreb eller forsvar med spark med både hurtighed, kraft og skarphed.

Det er vigtigt at eleven har en god balance og smidighed, som er nødvendige for at eleven kan udføre spark korrekt.

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

Chagi (Kick) is one of the important elements of Tang Soo Do. It is important that the student can perform a good correct attack or defense with kicks with both speed, power and sharpness.

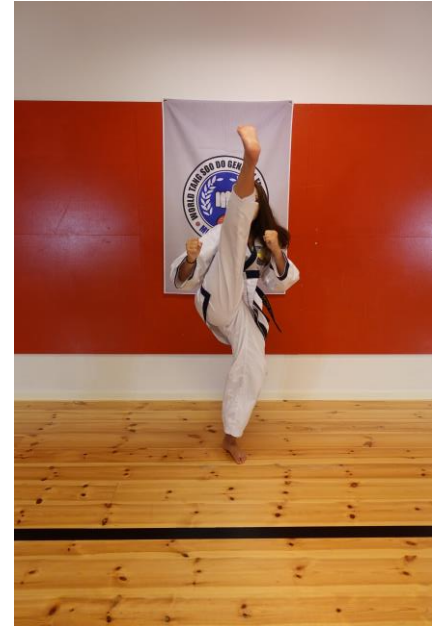
It is important that the student has a good balance and suppleness which are necessary for the student to perform kicks correctly.

This is tested by breaking wood and stone with kicks to see if the student is performing his kicks correctly.

Ahp Podo Oll Ri Gi Chagi

Ahp Podo Oll Ri Gi Chagi = Opvarmnings spark (set forfra)

Ahp Podo Oll Ri Gi Chagi = Front Stretch Kick (front view)



Ahp Podo Oll Ri Gi Chagi er et opvarmnings spark, når man udfører Ahp Podo Oll Ri Gi Chagi skal der være kraft opad i sparket.

Ahp Podo Oll Ri Gi Chagi is a warm-up kick, when performing Ahp Podo Oll Ri Gi Chagi there must be upward force in the kick.

(Ahp Podo Oll Ri Gi Chagi fortsætter på næste side)

(Ahp Podo Oll Ri Gi Chagi continues on the next page)

Ahp Podo Oll Ri Gi Chagi (set fra siden)

Ahp Podo Oll Ri Gi Chagi (side view)



Husk at bremse lige før du sætter foden i gulvet, så du ikke hamre foden i gulvet, det er ikke godt for knæet.

Remember to brake just before you put your foot on the floor so you do not hammer your foot into the floor, it is not good for the knee.

Naeryo Chagi

Naeryo Chagi = Nedadgående spark (set forfra)

Naeryo Chagi = Downward kick (front view)



Når man udfører Naeryo Chagi skal der være kraft nedad i sparket, man kan enten ramme med hælen eller hele foden når man udfører Naeryo Chagi.

When performing Naeryo Chagi there must be force downwards in the kick, you can either hit with the heel or the whole foot when performing Naeryo Chagi.

(Naeryo Chagi fortsætter på næste side)

(Naeryo Chagi continues on the next page)

Naeryo Chagi = Nedadgående spark (set fra siden)

Naeryo Chagi = Downward kick (side view)



Husk at bremse lige før du sætter foden i gulvet, så du ikke hamre foden i gulvet, det er ikke godt for knæet.

Remember to brake just before you put your foot on the floor so you do not hammer your foot in the floor, it is not good for the knee.

Phakeso Ahnuro Chagi

Phakeso Ahnuro Chagi = Indadgående spark

Phakeso Ahnuro Chagi = Outside to Inside Crescent Kick



Ahneso Phakuro Chagi

Ahneso Phakuro Chagi = Udadgående spark

Ahneso Phakuro Chagi = Inside to Outside Crescent Kick



Ahp Chagi

Ahp Chagi = Front spark (set fra siden)



Ahp Chagi = Front kick (side view)



Ahp Chagi er et front spark hvor man rammer med fodballen, det er vigtigt at man løfter knæet op til over bælte højde, inden man strækker lægbenet samtidig med at man drejer foden man står på ud til siden. Ligeledes er det vigtigt at bøje lægbenet tilbage igen, inden man sætter sparkefoden ned.

Ahp Chagi is a front kick where you hit with the ball of the foot, It is important to lift the knee up to above the belt height before stretching the leg, while turning the foot you stand on to the side. It is also important to bend the leg back again before putting the kicker foot down to the floor.

Ahp Chagi = Front spark (set forfra)



Ahp Chagi = Front kick (front view)



Baldeung Dull Ryo Chagi

Baldeung Dull Ryo Chagi = Cirkelspark, hvor der rammes med vrist (set fra siden)

Baldeung Dull Ryo Chagi = Roundhouse kick, which hit with the instep (seen from the side)

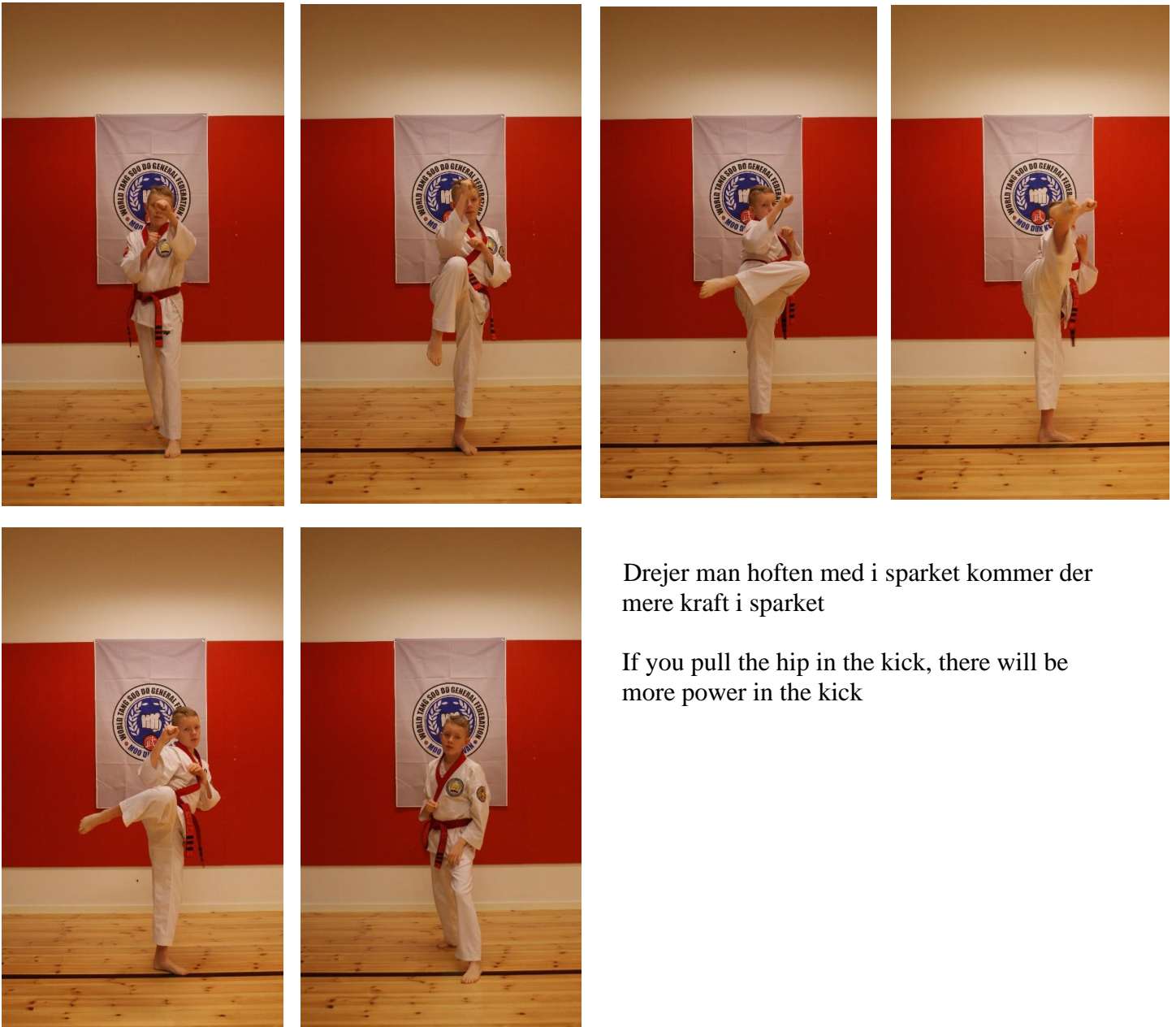


(Baldeung Dull Ryo Chagi fortsætter på næste side)

(Baldeung Dull Ryo Chagi continues on the next page)

Baldeung Dull Ryo Chagi (set forfra)

Baldeung Dull Ryo Chagi (front view)



Drejer man hoften med i sparket kommer der mere kraft i sparket

If you pull the hip in the kick, there will be more power in the kick

Baldeung Dull Ryo Chagi er et cirkelspark, hvor der rammes med vristen, det er vigtigt at man løfter knæet op til over bælte højde, inden man drejer i hoften samtidig med at man drejer foden man står på ud til siden og strækker lægbenet.

Ligeledes er det vigtigt at bøje lægbenet tilbage igen, inden man sætter sparkefoden ned.

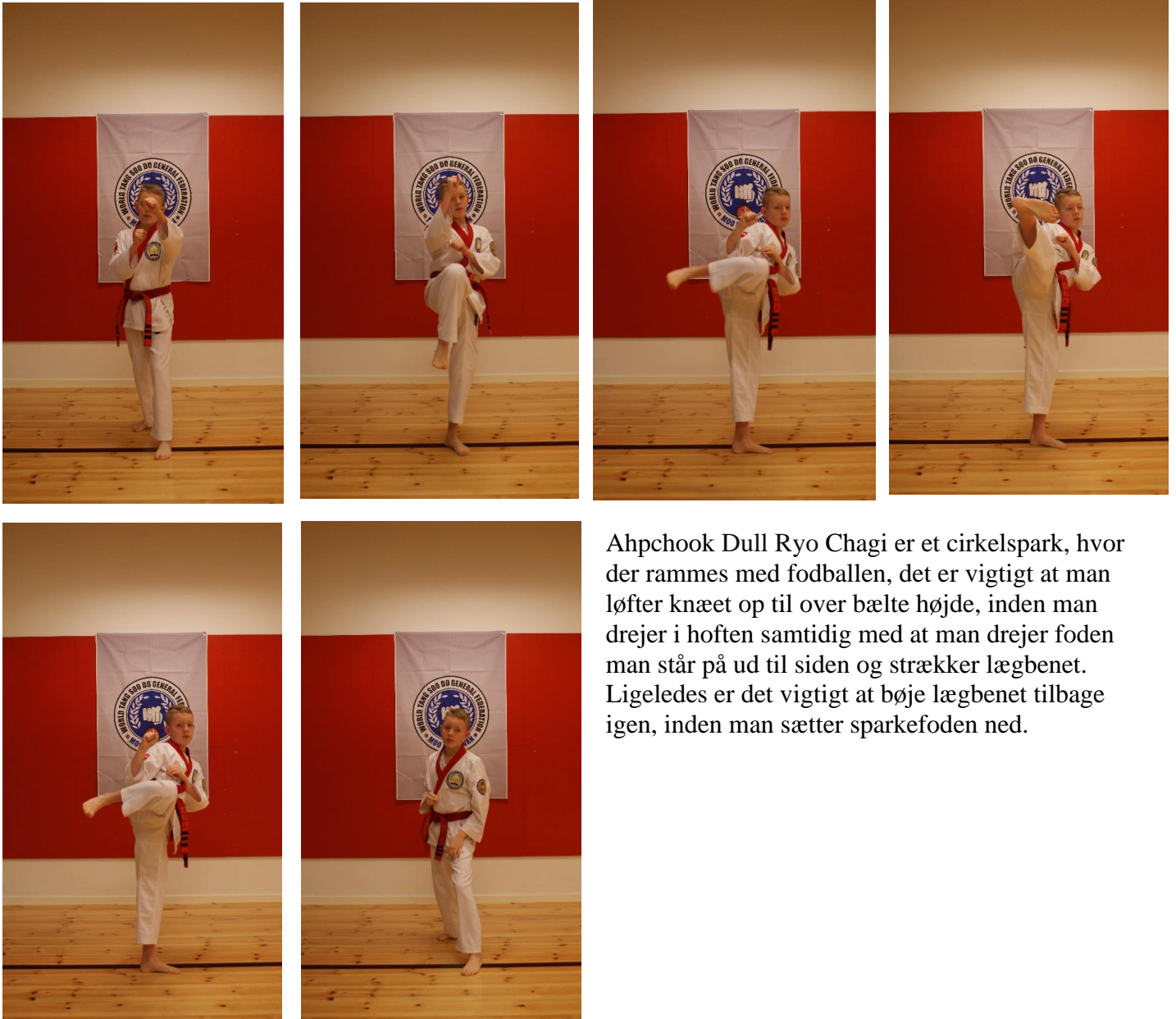
Baldeung Dull Ryo Chagi is a Roundhouse kick, which hit with the instep, It is important that you lift the knee up to above the belt height before turning the hip while turning the foot you stand out to the side and stretching the leg.

It is also important to bend the leg back again before putting the kicker foot down to the floor.

Ahpchook Dull Ryo Chagi

Ahpchook Dull Ryo Chagi også kaldet Dull Ryo Chagi (set forfra)

Ahpchook Dull Ryo Chagi or call Dull Ryo Chagi (seen from the front)



Ahpchook Dull Ryo Chagi er et cirkelspark, hvor der rammes med fodballen, det er vigtigt at man løfter knæet op til over bælte højde, inden man drejer i hoften samtidig med at man drejer foden man står på ud til siden og strækker lægbenet. Ligeledes er det vigtigt at bøje lægbenet tilbage igen, inden man sætter sparkefoden ned.

Ahpchook Dull Ryo Chagi is a Roundhouse kick, which hit with the ball of the foot, It is important that you lift the knee up to above the belt height before turning the hip while turning the foot you stand out to the side and stretching the leg.

It is also important to bend the leg back again before putting the kicker foot down to the floor.

(Baldeung Dull Ryo Chagi fortsætter på næste side)

(Baldeung Dull Ryo Chagi continues on the next page)

Spark / Kicks

Ahpchook Dull Ryo Chagi også kaldet Dull Ryo Chagi = Cirkelspark, hvor der rammes med fodballen (set fra siden)

Ahpchook Dull Ryo Chagi or call Dull Ryo Chagi = Roundhouse kick, which hit with the ball of the foot (seen from the side)



Ahpchook Dull Ryo Chagi er ofte også bare kaldet Dull Ryo Chagi af den ældre generation af koreaner, fordi at der før i tiden kun fandtes Ahpchook Dull Ryo Chagi og ikke Baldeung Dull Ryo Chagi.

Da man opfandt Tae Kwon Do og forbød Tang Soo Do i Korea, brugte man samtidig alle Tang Soo Do teknikerne, bare under et andet navn, nemlig Tae Kwon Do.

Samtidig indførte man en andet turnerings kampsystem med bambus veste. Problemet med Dull Ryo Chagi var at det var for kraftfuldt et spark og tit smadrede modstanderens bambus veste med stor skade tilfølgende, for modstanderen fik tit spilterede og skrabe bumbuspinde fra vesten ind i kroppen.

Derfor opfandt Tae Kwon Do Baldeung Dull Ryo Chagi som ikke er så kraftfuldt, fordi vristen rammer bambus vesten på et større område og derfor ikke så farligt et spark som Dull Ryo Chagi.

Baldeung Dull Ryo Chagi havde også den fordel at dommer bedre kunne høre, når der var point, fordi Baldeung Dull Ryo Chagi giver lyd på kampvesten fordi det rammer over et større område.

Senere begyndte Karate verdenen også gjort brug af Baldeung Dull Ryo Chagi.

Ahpchook Dull Ryo Chagi is also often just called Dull Ryo Chagi of the older generation of Koreans, because in the past only Ahpchook Dull Ryo Chagi existed and not Baldeung Dull Ryo Chagi.

When inventing Tae Kwon Do and banned Tang Soo Do in Korea, at the same time, all the Tang Soo Do technicians were used, just under another name, Tae Kwon Do.

At the same time, a second tournament combat system with bamboo vests was introduced. The problem with Dull Ryo Chagi was that it was too powerful a kick and often smashed the opponent's bamboo vests with great damage. for the opponent, often wasted and scrapping bamboo sticks from the vest went into the body.

Therefore, Tae Kwon Do invented Baldeung Dull Ryo Chagi who is not so powerful because the instep hits the bamboo vest on a larger area and therefore not so dangerous a kick as Dull Ryo Chagi.

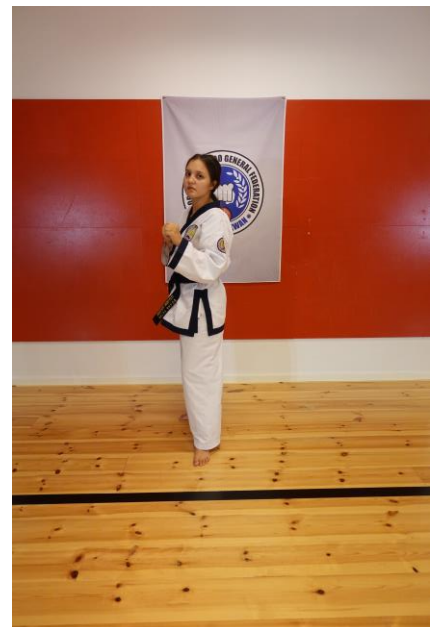
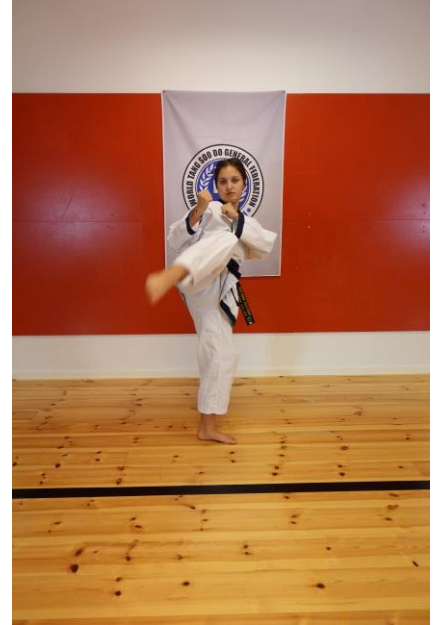
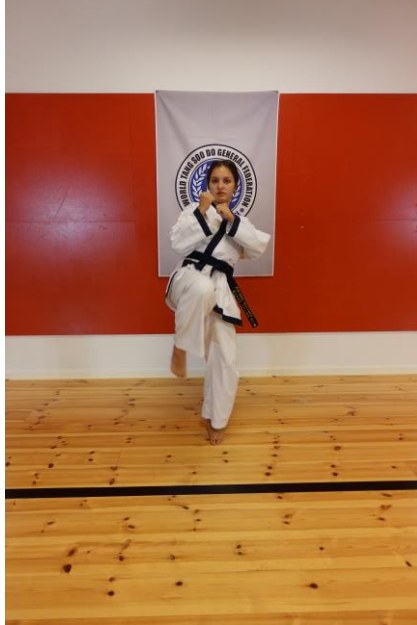
Baldeung Dull Ryo Chagi also had the advantage that judges could hear better when there were points, because Baldeung Dull Ryo Chagi provides sound on the combat vest because it hits a larger area.

Later, the Karate world also began using Baldeung Dull Ryo Chagi.

Sang Dan Bandal Chagi

Sang Dan Bandal Chagi = Halvmånespark i høj sektion

Sang Dan Bandal Chagi = Half moon kick in high section



Bandal Chagi ligner Baldeung Dull Ryo Chagi, forskellen er at ved udførelse af Bandal Chagi kommer sparket op i en halv måne bevægelse i stedet for som i Baldeung Dull Ryo Chagi hvor knæet trækkes op og sparket kommer ind i en vandret bevægelse.

Bandal Chagi is similar to Baldeung Dull Ryo Chagi, the difference is that when performing Bandal Chagi the kick comes up in a crescent motion instead of as in Baldeung Dull Ryo Chagi where the knee is pulled up and the kick comes into a horizontal motion.

Yup Chagi

Yup Chagi = Sidespark (set fra siden)

Yup Chagi = Side Kick (side view)



(Yup Chagi fortsætter på næste side)

(Yup Chagi continues on the next page)

Yup Chagi (set forfra)

Yup Chagi (front view)



Yup Chagi eller Banal Yup Chagi er et sidespark, hvor der rammes med ydersiden af foden, det er vigtigt at man løfter knæet op til over bælte højde, samtidig med at man drejer i hoften og samtidig med at man drejer foden man står på ud til siden og derefter strækker lægbenet. Ligeledes er det vigtigt at bøje lægbenet tilbage igen, inden man sætter sparkefoden ned.

Yup Chagi or Banal Yup Chagi is a side park where the outside of the foot is hit, it is important to lift the knee up to above the belt height, while turning the hip and while turning the foot you stand on to the side and then stretching the leg. It is also important to bend the leg back again before putting down the kicker foot.

Ahp Mee Ro Chagi

Ahp Mee Ro Chagi = Skubbe spark

Ahp Mee Ro Chagi = Push kick



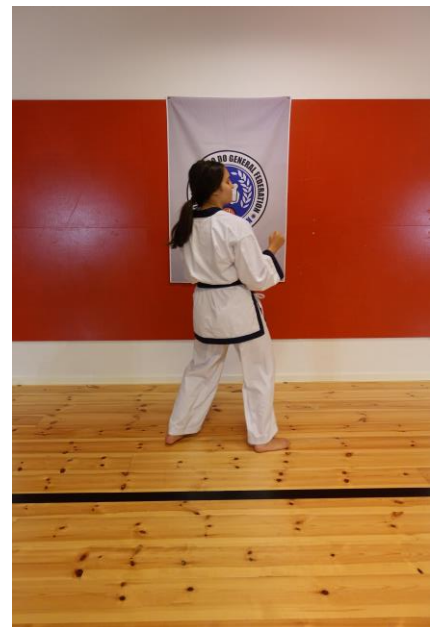
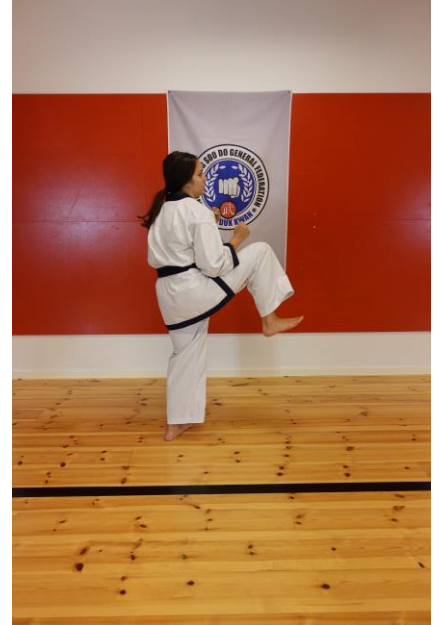
Når man udfører Ahp Mee Ro Chagi er det vigtigt at få knæet så tæt på brystkassen som muligt, for at kunne udfører et skub fremad med foden, man sætter foden på modstanderen og skubber ham. Det er ved Ahp Mee Ro Chagi især vigtigt at have kropsvægten fremad for ikke at skubbe sig selv bagud.

When performing Ahp Mee Ro Chagi, it is important to get the knee as close to the chest as possible, in order to perform a push forward with the foot, you put the foot on the opponent and push him. At Ahp Mee Ro Chagi, it is especially important to have the body weight forward so as not to push oneself backwards.

Jit Bal Gi Chagi

Jit Bal Gi Chagi = Stamp / tramp / pulverisere

Jit Bal Gi Chagi = Stomp / tramp / pulverize



Når man udfører Jit Bal Gi Chagi rammer man med knivfod eller hele foden over modstanderens knæ eller skinneben eller fod eller over knæet hvorefter foden glider ned over skinnebenet og til sidst at lande på modstanderens fod.

When performing Jit Bal Gi Chagi, hit with the knife foot or the whole foot over the opponent's knee or shin or foot or over the knee, after which the foot slides down over the shin and finally lands on the opponent's foot.

Dwi Chagi

Dwi Chagi = Bagud spark med hælen opad

Dwi Chagi = Back Kick with heel upwards



Oprindeligt så Dwi Chagi sådan ud. Der fandtes ikke Mom Dull Ryo Dwi Chagi og On Mom Dull Ryo Dwi Chagi (som er beskrevet på anden side) fandtes ikke. De blev senere udviklet af WTF Taekwondo og som Tang Soo Do og andre Kampkunst stilarter så tog til sig i der deres pensum.

Originally, Dwi Chagi looked like this. Mom Dull Ryo Dwi Chagi did not exist and On Mom Dull Ryo Dwi Chagi did not exist (described on the other page). They were later developed by WTF Taekwondo and as Tang Soo Do and other Martial Arts styles so took in there their curriculum.

Mom Dull Ryo Dwi Chagi

Mom Dull Ryo Dwi Chagi = Drej krop og udfør Dwi Chagi

Mom Dull Ryo Dwi Chagi = Turn body and perform Dwi Chagi



On Mom Dull Ryo Chagi

On Mom Dull Ryo Chagi =

On Mom Dull Ryo Chagi

Ban On Mom Dull Ryo Chagi

Ban On Mom Dull Ryo Dwi Chagi = Ban Mom Dull Ryo Chagi

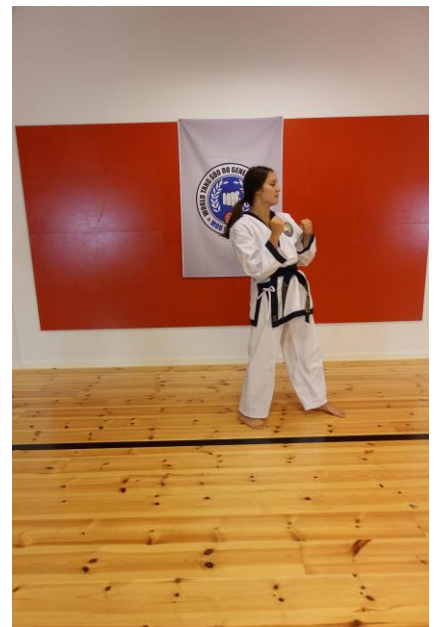
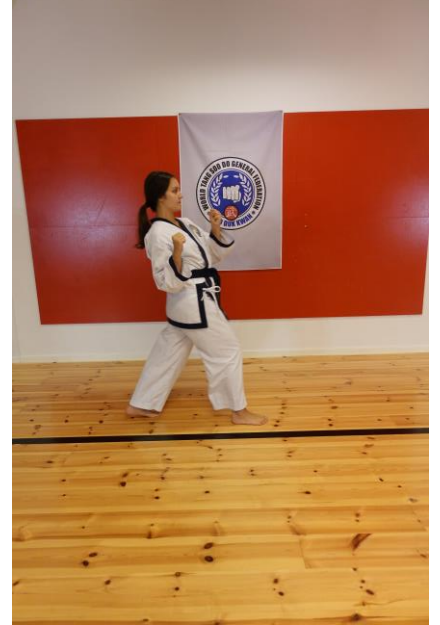
Ban On Mom Dull Ryo Dwi Chagi =



Yun-sohk-chagi

Yun-sohk-chagi = To ens spark lige efter hinanden (forskellige ben)

Yun-sohk-chagi = Two identical kicks right after each other (different legs)



Yun-sohk-chagi betyder to ens spark lige efter hinanden med hver sit ben, som i tilfældet her er der Yun-sohk-Ahp chagi som bliver udført.

Det kan også være Yun-sohk-Yup chagi eller Yun-sohk-Naeryo Chagi chagi eller et helt andet spark efter Yun-sohk.

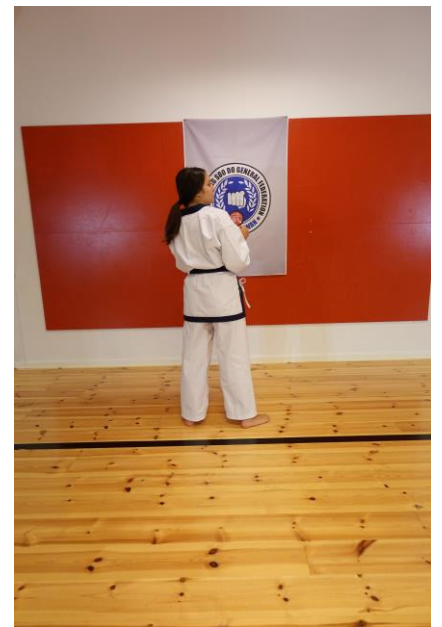
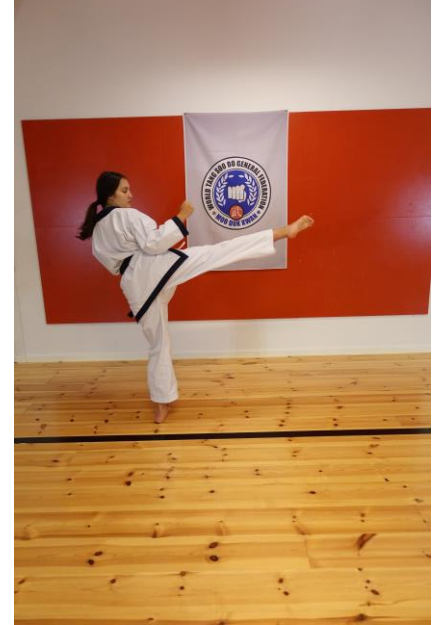
Yun-sohk-chagi means two identical kicks one after the other with each leg, as in this case Yun-sohk-Ahp chagi is performed.

It can also be Yun-sohk-Yup chagi or Yun-sohk-Naeryo Chagi chagi or a completely different kick after Yun-sohk.

Seokeo-chagi

Seokeo-chagi = To forskellige spark lige efter hinanden (samme ben)

Seokeo-chagi = Two different kicks right after each other (same leg)



Seokeo-chagi betyder to forskellige spark lige efter hinanden med det samme ben uden at sætte sparkefoden i gulvet, som her hvor der Seokeo-chagi (Baldeung Dull Ryo chagi / Yup chagi).

Seokeo-chagi means two different kicks one after the other with the same leg without putting the kicking foot on the floor, as here where there is Seokeo-chagi (Baldeung Dull Ryo chagi / Yup chagi).

Yun-sohk Seokeo Chagi

Yun-sohk Seokeo Chagi = Samme som Yun-sohk -chagi, men forskellige spark

Yun-sohk Seokeo Chagi = Same as Yun-sohk -chagi, but different kicks