

Name of Future Black Belt

## Module— Saju Jirugi

1 MODULE

3 MODULES

2 MODULES

4 MODULES

Focus Area— Page 1			Guidance Notes
Sitting Stance, Double punch			Keep knees bent and pushed outwards, punching shoulder height to the centre line nb “reaction hand” back to the side of the belt on each punch, palm up.
10 Press ups			Gentlemen working towards doing them on their knuckles
<b>Middle Block</b> (Middle Inner Forearm Block)			<b>Chamber:</b> with both palms face down, blocking arm underneath. <b>Finish:</b> twisting arm so so thumb ends up on the outside with the fist at shoulder height
<b>Low Block</b> (Low Section Outer Forearm Block)			<b>Chamber:</b> with the blocking arm closet to the side of the face and forearms crossed with the back of the hands facing each other. <b>Finish:</b> Arm just above knee , almost straight
<b>Rising Block</b>			<b>Chamber:</b> Blocking fist by shoulder. Then push the forearm arm twisting so the little finger is uppermost. <b>Finish:</b> arm has a 45 degree slope and the outer forearm just above the wrist is above the centre line
low Block, rising block , reverse punch combination			Step then Low block and rising block performed with the same arm before twisting and firing a reverse punch with the opposite arm
L Stance Forearm guarding block			<b>L Stance:</b> Both knees bent, 70% weight over the back leg , feet making an “L” shape.

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## Module— Saju Jirugi



Focus Area— Page 2			Guidance Notes
Kicks: Front, Turning, Side			<b>Turning Kick Chamber:</b> knee up to the side and ankle held up to the side <b>Side Kick Chamber:</b> Knee up in front but body twisted 90 degrees, kicking foot held directly below the knee
Saju Jirugi (4 Directional Punch)			See separate pages
Saju Makgi ( 4 Directional Block)			See separate pages
3 Step Sparring No 1			See separate pages
Self Defence—Double wrist grab			Practiced in Class
Self defence - Bear Hug			Practiced in Class
Self defence—hair grab			Practiced in Class
Colour meanings: White, Yellow and Green			See Grading sheet in manual for Colour meanings
Questions			See separate questions and Answers page
<b>The Law &amp; Self Defence</b>			<b>See separate hand out</b>

**1 MODULE**

**2 MODULES**

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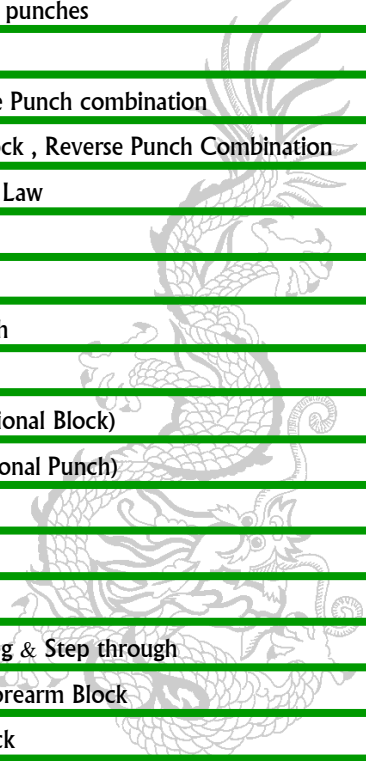
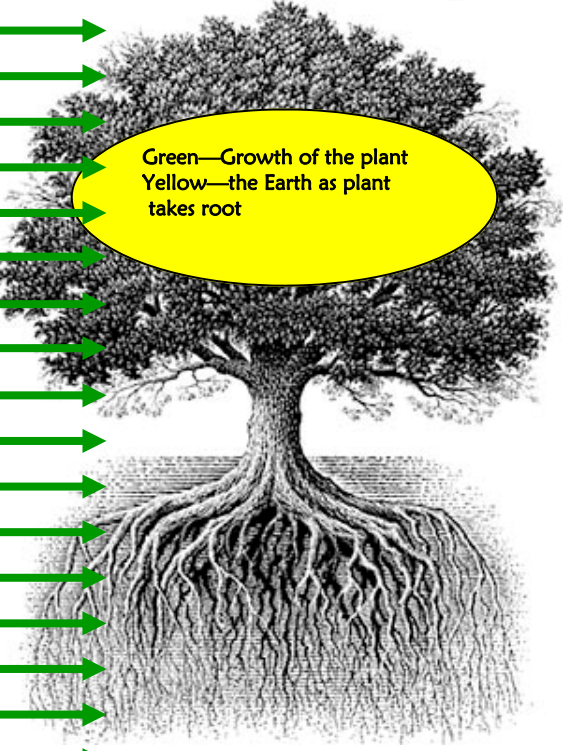
SaJu Jirugi Module for Orange Stripe, Yellow Stripe, Yellow belt & Green Stripes

Name of Future Black Belt :



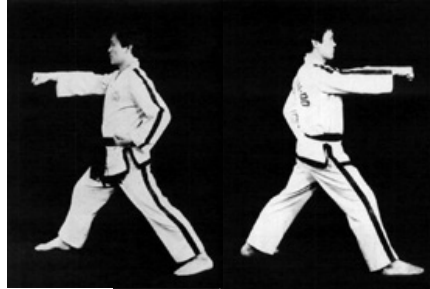
- READY TO GRADUATE TO THE NEXT LEVEL –WELL DONE**
- Questions - See Question and Answer Sheet
- Sitting stance Double punches
- 10 Press Ups,
- Middle Block Reverse Punch combination
- Low Block, Rising Block , Reverse Punch Combination
- Self Defence and the Law
- Turning & Sliding
- 3 Step Sparring no. 1
- The Taekwondo Oath
- Rising Block
- Saju Makgi ( 4 Directional Block)
- Saju Jirugi ( 4 directional Punch)
- L Stance
- Reverse Punch
- Turning Kick
- Hook Kicks: Back Leg & Step through
- Mid section Inner Forearm Block
- Low Knife hand Block
- Power through "Waist Twist" and "Sine Wave"

Green—Growth of the plant  
Yellow—the Earth as plant takes root

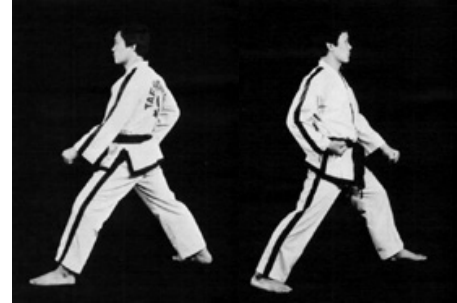




Junbi in Parallel  
Stance



Front Punch or Mid section  
obverse punch in Walking

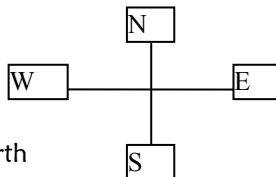


Low section Outer forearm  
block in Walking Stance

## 4 Directional Punch

Saju Jirugi

Start: Parallel Ready stance Facing North



“a winner never  
quits and a quitter  
never wins”



### *Punching to the North*

1. Move right foot forwards and out in a crescent to form a walking stance and at the same time make a mid section obverse punch with the right fist towards “N” North

### *Block and Punch to the West*

2. Move right foot, short step south easterly direction then turn the body to face West and execute a low outer forearm block

3. Move the left foot forward stepping into a right walking stance and at the same time making a mid section obverse punch with the right fist towards the West

### *Block and Punch to the South*

4. Move right foot, short step north easterly direction then turn the body to face South and execute a low outer forearm block

5. Move the left foot forward stepping into a right walking stance and at the same time making a mid section obverse punch with the right fist towards the South

### *Block and Punch to the East*

6. Move right foot, short step north westerly direction then turn the body to face East and execute a low outer forearm block

7. Move the left foot forward stepping into a right walking stance and at the same time making a mid section obverse punch with the right fist towards the East. Kia on this punch

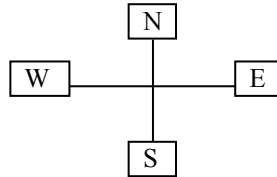
8. Return to Parallel Ready Stance

Repeat starting with the left leg stepping forward punch and move in clockwise direction

## 4 Directional Block

Saju Makgi

Start: Parallel Ready stance Facing North



### PART 1

Preparation—Step back on the right leg and make a Walking Stance Whilst making a low section knife hand block with the left hand

*Blocking to the North*

1. Move right foot forwards and out in a crescent to form a walking stance and at the same time make a mid section middle block with the right fist

*Low Block and Middle Block to the West*

2. Move right foot, short step south easterly direction then turn the body to face West and execute a low section Knife hand block.

3. Move the left foot forward stepping into a right walking stance and at the same time making a mid section middle block with the right arm towards the West

*Low Block and Middle Block to the South*

4. Move right foot, short step north easterly direction then turn the body to face South and execute a low section Knife hand block.

5. Move the left foot forward stepping into a right walking stance and at the same time making a mid section Middle block with the right arm towards the South

*Low Block and Middle Block to the East*

6. Move right foot, short step north westerly direction then turn the body to face East and execute a low section Knife hand block.

7. Move the left foot forward stepping into a right walking stance and at the same time making a mid section middle block with the right arm towards the East.

8. Return to Parallel Ready Stance

**MODULE SAJU JIRUGI**



	Questions	Answers ( Juniors under 12 only need to know the sections in red)
1	What part of the foot is used to strike when performing a front kick, side kick and hook kick?	<p>Front kick—ball of the foot                      Side Kick—foot sword ( outside edge of the foot from the heel too before the little toe joint                      Hook Kick—back of the heel</p>
2	What do the letters i.T.F and W.T.F. stand for ?	<p>I T F stands for International Taekwondo Federation / W T F stands for World Taekwondo Federation. The original association set up by General Choi Hong Hi was the ITF and this is the syllabus followed by Spirit Warrior students</p>
3	What are the 5 tenets of Taekwondo?	<p><b>Courtesy, Integrity, Perseverance, Self Control, Indomitable Spirit</b></p>
4	What do the Belt colours , white, yellow and green represent?	<p>See grading page for answers</p>
5	How much weight do we put on the back leg in “L stance”?	<p>70%</p>
6	In “L stance” how wide should the stance be and how long measured in shoulder widths?	<p>One and a half shoulder widths long but 0 shoulder widths wide</p>

# MODULE SAJU JIRUGI



	Questions	Answers ( Juniors under 12 only need to know the sections in red)
7	Who brought Taekwondo to Britain and when?	Grandmaster Rhee Ki Ha in 1967.
8	Describe how to make a “Parallel Ready Stance”.	Feet Parallel— one shoulder-width wide— arms slightly bent— punching downwards whilst breathing out through the mouth.
9	What is “Waist Twist”?	A twist of the hips / waist when performing a move adds more power. The pelvis is the largest bone in the human body and adding a twist of the waist/hip generates more speed through “torque” in the body and adds more power in a move. The generation of power is similar to when a golfer twists in the opposite direction before driving forwards when hitting a golf ball a maximum distance.
10	What is 3 Step sparring and why do we practise it?	It is the introduction to dealing with an actual opponent in a sparring situation. Practising develops proper distancing, stances, forearm conditioning, correct blocks, counter attacks, focus and timing.
11	Describe how to make a “Fighting Stance”.	Feet one shoulder width wide—Feet one shoulder width long— both knees slightly bent—hands in a guard position.



# The Law in relation to Self Defence ( Adults Only)

The Law in the UK is similar to the Law in other European Countries. Our Law is based upon a combination of statutory Acts of Parliament which lay down guide lines and the precedents set by Case Law. To understand how the law relates to self defence we need to consider the Criminal Law Act of 1967 along with key case history precedents.

## **Criminal Law Act 1967 - section 3 (1)**

*"Any person may use **such force as is reasonable in the circumstances** in the prevention of crime, or in effecting or assisting in the arrest of offenders or suspected offenders unlawfully at large"*

This act is highly subjective, "**reasonable**", and "**in the circumstances**" are open to differing interpretations. A Court of Appeal has stated that the key to determining if self defence actions are justifiable is . . . "whether the force used was **reasonable according to the defendant's perception of events**". The key word is "perception" and it is what we perceive to be a threat that matters so long as our perception has a just basis.

The Law Commission has stated that the test of whether self defence actions are lawful or not is to consider if the defence actions were "reasonable in the circumstances he believed them to be"

## **Making a Statement**

The law in the UK states that a person charged with a crime of physical violence upon another person may plead that he acted to protect himself, or his property or others from attack. The way the law is written means that the way an initial statement is made is crucial in avoiding prosecution. The plea has to convince a Judge or Jury that personal safety was being seriously threatened and that action appropriate to the threat was taken.

A statement has to include key facts

1. That there was evidence that another person was about to attack /or did attack you
2. That you asked the other person to move away, calm down etc if this was an option
3. That you showed that you did not want to fight, again if this was an option
4. That you were frightened and feared for your safety
5. That the only action you took was to defend yourself and there was no vengeance or malice converted into action over and above what was needed.