

Chapter 17: The Open Hand Weapons of Tang Soo Do

A. Basic Block, Strike and Kick techniques:

1. The "Strike" techniques can be performed as "Front" or "Rear" hand, inverted, as well as "Left" or "Right" hand. Most hand techniques can be performed as Low (below the waist), Middle (waist to shoulder) and High (neck and above).
2. The "Block" techniques can be performed "Front" or "Rear" hand as well as "Left" or "Right" hand. Most Blocking techniques can be performed as Low (below the waist), Middle (waist to shoulder) and High (neck and above).
3. The "Kick" techniques can be performed "Front" or "Rear" foot as well as "Left" or "Right" foot. Most kicking techniques can be delivered as Low (below the waist), Middle (waist to shoulder) and High (neck and above).
 - A "Basic" kick is a kick with one foot on the floor.
 - A "Jump" kick can be launched off of 1 or 2 feet. Its primary purpose is to attain height.
 - A "Flying" kick can be launched off of 1 or 2 feet. Its purpose is a balance of distance and height.
4. Convert and rear or back technique to a lead or forward technique:
 - "Turning" is when our chest moves toward the attacker to project a rear technique forward.
 - "Spinning" is when our back moves toward the attacker to project a rear technique forward.
5. Basic Blocks, Strikes and Kicks:

<u>BLOCKS</u>	<u>STRIKES</u>	<u>KICKS</u>
1. B LOCK - X (SUM DAN)	1. S PEAR HAND	1. F ront SNAP KICK
2. L OW & HIGH BLOCK	2. H AMMER FIST	2. I NSIDE – OUTSIDE KICK
3. O UTSIDE/ INSIDE	3. I NVERTED PUNCH	3. S IDE SNAP KICK
4. C HOP BLOCK	4. P ALM STRIKE	4. H OOK KICK
5. K NIFE-DOUBLE	5. S OO DO	5. W HEEL KICK
6. S UM DAN BLOCK	6. E LBOW STRIKE	6. O UTSIDE – INSIDE KICK
7. H OLDING BLOCK	7. W RIST STRIKE	7. R OUNDHOUSE KICK
8. I NSIDE/ OUTSIDE	8. F OREFIST or JAB	8. K NEE KICK
9. F IST-DOUBLE BLOCK	9. Y UK SOO DO	9. D IAGONAL KICK
10. T WO FISTED BLOCK	10. B ACK FIST	10. B ack Kick

B. Basic Combinations: The following ten “Basic” combinations are designed to include all ten (10) primary blocks, punches and kicks. Each technique starts to the left side and are in front stance unless otherwise designated. Each combination starts with Block followed by a Strike and ending with a Kick ending in a Block in the opposite stance as the first block.

<u>#</u>	<u>Block</u>	<u>Strike</u>	<u>Kick</u>	<u>Description</u>
1.	Low and High	Rev Middle	Front Snap	Step into a Low Block (LFS), then execute Reverse Middle Punch (LFS), then execute a rear leg Front Snap Kick landing in a High Block (RFS).
2.	Inside/Outside	Hammer Fist	Side Snap	Step into a I/O Block (LFS), then execute a turning (H or V) Hammer fist (RHS), then execute a lead leg Side Snap kick landing in a I/O block (RFS).
3.	Chop Block	Palm Strike	Roundhouse	Step into a Chop Block (LFS), then execute a reverse Palm Strike (LFS), then execute a back leg Roundhouse kick landing in an I/O Chop Block (RFS).
4.	2 Fisted Block	Soo Do	Hook	Step into a 2 fisted Block (LBS), then execute a turning (H or V) Soo Do (RHS), then execute a lead leg Hook Kick landing into a 2 fisted Block (RFS).
5.	Double Knife Hand	Elbow Strike	Back	Step into a left Double Knife Hand (LBS), then execute a turning Elbow Strike (RHS) and then execute a back leg Back Kick landing in a Double Knife Hand (RBS).
6.	X Block (L & H)	Back Fist	Diagonal Kick	Step into a left Low “X” Block (fist) load and load and immediately execute a High “X” Block (LFS), then execute a spinning Back Fist (RHS), and then execute a back leg Diagonal Kick landing in a Low “X” Block (RFS).
7.	Double Fist Block	Inverted Punch	Knee Kick	Step into a Double Fist Block (LBS), then execute an Inverted Punch (LFS) and then execute a back leg Knee Kick landing in a Double Fist Block (RBS).
8.	Holding Block	Yuk Soo Do	I/Outside Kick	Step into a Holding Block (LCS), then execute a turning Yuk Soo Do (LHS), then execute a back leg Inside/Outside kick landing in a Holding block (RCS).
9.	Sum Dan Block	Wrist Strike	O/Inside Kick	Step LFS and bring right foot to Attention Stance and execute Sum Dan Block (AS), then execute a spinning horizontal Wrist Strike (RHS), then execute a back leg Outside/Inside kick landing in a Sum Dan Block (AS).
10.	O/Inside Block	Spear Hand	Wheel Kick	Step into a Outside/Inside Block (LFS), then execute an reverse Spear Hand (LFS), and then execute a back leg Wheel Kick landing in a Outside/inside Block (RFS).

C. Sparring Combinations: Here are some Sparring combinations using kick, punches and blocks in the same sequence. These combinations are useful in learning how to put sequences together but again, each Martial Artist should try to develop their own combination that best matches their strengths and abilities.

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| <p>12. Low Block (FS)
Middle Reverse Punch (FS)
High Block (FS)</p> | <p>6. 2 Fisted Block (FS)
Reverse Punch
Low Knife Hand (BS)</p> |
| <p>11. Front Snap Kick
Round House Kick
Back Kick</p> | <p>5. Front Kick
Jump Side Kick
Back Kick</p> |
| <p>10. High Punch (FS)
Middle Reverse Punch (FS)
Inside Outside Block (FS)</p> | <p>4. Low Knife Hand (BS)
Reverse Spear Hand (FS)
Outside High Knife Hand (FS)</p> |
| <p>9. Turning Side Kick
Back Kick
Diagonal Kick</p> | <p>3. Back Kick
High Block (FS)
Reverse Punch (FS)
Low Knife Block (BS)</p> |
| <p>8. Side Punch (HS)
Side Block (BS)
Low X Block (FS)</p> | <p>2. Outside/Inside Block (FS)
Reverse O/I Block (FS)
2 Fisted Block (BS)</p> |
| <p>7. Roundhouse Kick
Jump Front Snap Kick
Back Kick</p> | <p>1. Defense Punch (FS)
Middle Knife Hand (BS)
High Block (FS)</p> |

D. Open Hand Weapons of Tang Soo Do

1. Head: Brain
2. Head: Front
3. Head: Back
4. Head: Teeth
5. Head: Chin
6. Shoulder
7. Arm: Elbow (point)
8. Arm: Elbow (forearm)
9. Arm: Forearm (inside)
10. Arm: Forearm (outside)
11. Wrist
12. Hand: Palm Strike
13. Hand: Soo Do (knife hand)
14. Hand: Forefist
15. Hand: Back fist
16. Hand: Knuckle (1) eagle eye
17. Hand: Ridge Hand (chicken wrist?)
18. Hand: Hammer fist (outside)
19. Hand: Hammer Fist (inside)
20. Hand: Finger (1) pointer
21. Hand: Finger (2) separated pointer and middle
22. Hand: Finger (3) spear hand
23. Hip
24. Leg: Knee
25. Leg: Shin
26. Foot: Heel (bottom)
27. Foot: Heel (back)
28. Foot: Ball
29. Foot: Instep
30. Foot: Blade of Foot