

태권도

About the Author

A native of Old Town, Maine, Master Gary A. Bosse joined the US Army in 1962 and served in Vietnam in 1969. He served as Chief Taekwon-Do instructor for the 25th Infantry Division in Hawaii from 1976 to 1978. He retired from the 82nd Airborne Division in December of 1983.

Master Bosse has taught Taekwon-Do at the Heinrich YMCA for since April of 1988 and at the Whitney Ranch Recreation Center since its opening in 2000. Master Bosse also served as the state director for the United States Taekwon-Do Federation for four years.

Master Gary A. Bosse, a 7th degree blackbelt, has been practicing Taekwon-Do for over 45 years. He is a father of three boys and has two grandchildren.

About the Editor

Patricia DeArmas was 14 years old and a 1st Dan black belt when this book was written.

Recommended Reading

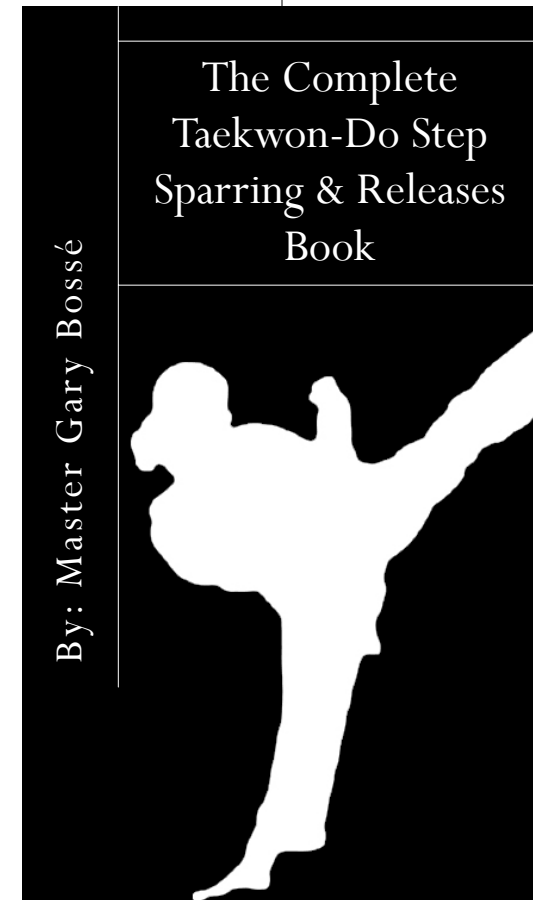
The Ultimate Taekwon-Do Testing Book by Patricia DeArmas and Master Bossé

The Encyclopedia of Taekwon-Do by General Choi Hong-Hi

Taekwon-Do (the Condensed Encyclopedia) by General Choi Hong-Hi

Taekwon-Do and I by General Choi Hong-Hi

Las Vegas Taekwon-Do Club



The Complete Taekwon-Do Step Sparring and Releases Book

From 10th Gup White Belt to 1st Dan Black Belt

By Master Gary Bossé

Edited & Designed by Patricia DeArmas

Introduction:

Step Sparring is to develop distance, timing and focus. Step Sparring, as well as releases, are done with a partner or multiple partners. Releases are various ways to release yourself from someone else's grasp. One should kihap on each release and each grab. Step Sparring is like a pre-arranged fight, and requires a lot of good acting and spirit. In all the Step Sparring (including the Reverse Attacks) up until black stripe, the attacker steps back into a walking or L-stance and kihaps, and the defender kihaps while in a junbi stance to show he or she is ready.

How to Be a Good Partner:

- **Don't goof around-** It wastes time and that isn't fair to any serious students who are practicing with you, trying their best. It will also take you longer to learn your step sparring/releases.
- **Be a good actor-** pretend you're in a real fight. Look hurt when you're kicked, and try to fall like you would when you're actually falling. If you're the attacker, begin to look angry when your opponent fights back. This will help *your* step sparring and releases, as well as help others' releases/step sparring performance when you are their partner. So that you don't get hurt when you go down, smack the ground with both hands to break your fall.
- **Have spirit-** kihap loudly, try your best. Having spirit will help you do all of the above even better.

Book Key:

An underlined word indicates a title (the name of the Step Sparring or releases you'll be reading about.)

An '**A**' stands for 'Attack' and a '**D**' means 'Defense.'

Now begins the *Complete Taekwon-Do Step Sparring and Releases Book*.

10th Gup White Belt Releases

1. **A)** Straight across wrist grab. (Left & right)
D) Open hand (to expand wrist) rotate inward toward stomach. (Controlled release for 13 years & up)
2. **A)** Cross hand wrist grab. (Left & right)
D) Open hand (to expand wrist) rotate outward while stepping in same direction. (Controlled release for 13 years & up)
3. **A)** Two hands on two wrists grab.
D) Open both hands (to expand wrists) rotate palms upward while stepping backward, keep elbows close to body and bring hand up to shoulders. (Controlled release for 13 years & up)
4. **A)** Two hands on one wrist grab. (Left & right)
D) Make a fist, circle inside and up, open hand and turn forward while pushing with both hands.
5. **A)** Shirt grab. (Left & right)
D) Right hand to attacker's right hand and left hand to attacker's left hand . Reach over and grab back of hand controlling thumb, step backwards while rotating hand 180 degrees downward. With both hands rotate attacker's wrist forward using your bodyweight, release and kick to attacker's mid-section. (Controlled release for 13 years & up)

9th Gup Gold Stripe Releases

1. **A)** Two hands choke from the front.
D) Place index & middle fingers at attacker's throat and push, driving your fingers downward.
2. **A)** Hair grab from the front. (Left & right)
D) Two hands press attacker's hand to your head (to prevent them from pulling out your hair), step back while bending sideways, push down with elbow to release hand, control and kick to attacker's mid section.
3. **A)** Two hands choke from the rear. (Left & right)
D) Raise arm, pivot on same foot, step behind, punch to attacker's kidney. (Stay close to the attacker's body so that they cannot kick you)
4. **A)** Arm choking from the rear. (Left & right)
D) Turn chin to elbow (so you can breathe) step through, bring elbow through, punch to attacker's stomach.
5. **A)** Bear hug from the rear. (Left & right)
D) Grab one wrist (either hand) and push downward. Fake one way with your hips, go the other way, step behind with opposite foot. (Rotate with outstretched arms so the attacker falls over your leg.)

1st Dan Ho Sin Sul (to test for 2nd Dan (Against two attackers))

1. **A)** Step in front of opponent and behind opponent.
D) Right front punch and right back kick (at same time.)
2. **A)** Right front punch.
D) Trap punch and throw into partner.
3. **A)** Two double wrist grabs.
D) Step backward, re-grab wrists and throw.
4. **A)** Bear hug from rear and attack from front.
D) Jumping double front kick, trap arm, down on one knee takedown, elbow strike.
5. **A)** Hair grab from behind.
D) Grab hand with both hands, 360 spin, side kick, 360 spin, reverse sweep take down, downward knife-hand strike.
6. **A)** Right front kick, left turning kick, right back kick.
D) Left low block, left inward block, scoop back kick, takedown- strike, dive over tumble roll downward kick, jumping double front kick (left and right.)
7. **A)** Shake hand -fake- arm choke from rear.
D) Step through -side kick- grab shirt -foot to chest- fall back –throw over head.
8. **A)** Charge - jump over- tumble roll.
D) Dive in front of their feet, fling side kick, punch at same time.
9. **A)** Left flying side kick -land– right back fist reverse knife-hand.
D) Dodge kick -block back fist and reverse knife-hand, punch to mid-section- step inside and throw over shoulder- wrist lock.
10. **D)** From #9, scissor kick takedown, downward heel kick. Backward roll, fighting stance. Kihap!

This is all of the releases and Step Sparring up until 1st dan black belt. Hopefully this book will be very helpful and used whenever needed!

Taekwon

3-Step Pre-Arranged Sparring for 9th Gup Gold Stripe (1-4)

1. **A)** Right foot back, walking stance, left low section block, kihap! Step forward walking stance, middle section punch 3X, kihap!
D) Parallel ready stance, kihap! Right foot back walking stance, left inner forearm side block. Left foot back walking stance, right inner forearm side block. Right foot back walking stance, left inner forearm side block, right middle section punch, kihap!
2. **A)** Same as #1.
D) Parallel ready stance, kihap! Right foot back L-stance, left inner forearm side block, left foot back L-stance, right inner forearm side block, move the right foot 45 degrees to the right front, forming a sitting stance while executing a left outer forearm block and a right high section punch at the same time. Kihap!
3. **A)** Right foot back fighting stance, kihap! Front kick 3X- right walking stance, left high section reverse punch, kihap!
D) Parallel ready stance, kihap! Right foot back L-stance, left low section outer forearm block, left foot back L-stance, right low section outer forearm block, right foot back L-stance, left low section outer forearm block, left foot to right foot -right front kick, step forward, right outer forearm outward block and left high section reverse punch. Kihap!
4. **A)** Right foot back fighting stance, kihap! Back foot side kick 3X. Kihap!
D) Parallel ready stance, kihap! Left foot back L-stance right low section knife-hand block, right foot back L-stance. Left low section knife-hand block, left foot back L-stance right inward forearm block, right mid-section turning kick, left reverse punch. Kihap!

8th Gup Gold Belt Releases

1. **A)** Shoulder grab from behind. (left & right)
D) Raise arm pivot on same foot, step behind, punch to kidney, takedown, control and punch.
2. **A)** Two hands on two wrists from behind.
D) Bend elbow, grab wrist, step through, lock arm, takedown, control and punch.

3-Step Pre-Arranged Sparring for 8th Gup Gold Belt (5-8.)

5. **A)** Right foot back walking stance, left high section punch. Kihap! Step forward walking stance, high section punch 3X, kihap!
D) Parallel ready stance, kihap! Right foot back, left walking stance, left outer forearm rising block. Left foot back, right walking stance, right outer forearm rising block. Right foot back, left walking stance, left outer forearm rising block, right mid-section punch. Kihap!
6. **A)** Same as # 5
D) Parallel ready stance, kihap! Right foot back L-stance, knife-hand guarding block. Left foot back L-stance, knife-hand guarding block. Right foot back L-stance, knife-hand guarding block. Left side kick, right reverse punch. Kihap!
7. **A)** Right foot back fighting stance, kihap! Stepping forward high section turning kick 3X, right walking stance, right high section punch. Kihap!
D) Parallel ready stance, kihap! Right foot back L-stance, left knife-hand side block. Left foot back L-stance, right knife-hand side block. Right foot back L-stance, left knife-hand side block. Left side kick, left hand grab wrist, left walking stance, right high section reverse punch. Kihap!
8. **A)** Right foot back fighting stance, kihap! Back kick 3X, right walking stance, left high section reverse punch. Kihap!
D) Parallel ready stance, kihap! Left foot back L-stance, right downward wrist block. Right foot back L-stance, left downward wrist block. Left foot back L-stance, right downward wrist block. Right side kick, right walking stance, left high section punch. Kihap!

7th Gup Green Stripe Releases (Two Attackers)

1. **A)** Two people two wrist grab on either side of the defender.
D) Re-grab wrist, side kick to attacker. (both ways)
2. **A)** Bear hug from behind and attack from the front
D) Front kick to attacker in the front, take down attacker in the back (same as #5 of the gold stripe releases)

1st Gup Knife Attacks (to test for black belt)

Attacker Holds Rubber Knife- Change Sides After Each Defense

1. **A)** Hold knife high in right hand, charge at defender, downward strike.
D) Move to right side, left hand outer forearm outward block, right punch (at same time.)
2. **A)** Same as #1.
D) Jump to left side, right mid-section turning kick.
3. **A)** Downward diagonal stabs to neck, left and right sides
D) Left foot back, left outer forearm rising block, right outer forearm outward block, left front kick, (attacker does tumble roll) right flying side kick as attacker begins to stand.
4. **A)** Slash at stomach, downward diagonal stab to neck.
D) Avoid first slash, right outer forearm outward block, (block downward stab) and punch to kidney, grab wrist, step through, push attacker's shoulder (attacker does tumble roll.)
5. **A)** Stab at stomach (knife in right hand.)
D) Pivot on left foot, right steps sideways so the knife goes by you, grab attacker's hand with both hands, take down with left foot, smack attacker in chest as you jump over.
6. **A)** Downward strike (knife in right hand)
D) Left rising block, right punch to face, grab attacker's knife-hand and shoulder, left knee, right knee, left knee to attacker's stomach. Attacker falls, step on back, step on attacker's knife hand with left foot, take knife.

2nd Gup Red Belt One-Steps

When you are a red belt, you get to make up your own one-steps. 10 of them, (3 with one counter, 3 with 2 counters, 3 with 3 counters, and 1 with 4 counters. Blocks don't count as a counter, but you can use them as well as counter-attacks. The attacker's attacking movements can be anything, but only choose one for each one-step.

1st Gup Ho Sin Sul (to test for Black Belt 1-10)

1. **A)** Straight across wrist grab.
D) Lock elbow- bend wrist upward- push away.
2. **A)** High section punch.
D) Trap punch, pull and flip.
3. **A)** Front kick.
D) Trap foot with X-block- turn and throw. (Attacker does tumble roll)
4. **A)** High section turning kick.
D) Slide inside and scoop kicking leg- punch to stomach, take down- kick to face.
5. (Connected with 6.)
6. **A)** Back fist side strike- reverse knife hand.
D) Block back fist and reverse knife hand -pivot and step inside- throw over shoulder.
7. **A)** Single grab from behind (shoulder).
D) Pivot outside, block arm -punch to kidney- take down.
8. **A)** Hand shake -fake- choke from behind (arm)
D) Turn head toward elbow- step through- pull your elbow through- punch to stomach- push off jumping front kick.
9. **A)** Back kick.
D) Slide inside, scoop and punch- takedown and punch.
10. **A)** Twin lapel grab.
D) Grab shirt- foot to chest- fall backwards- throw over head- follow through, sit on stomach, double punch to face.

2-Step Pre-Arranged Sparring For 7th Gup Green Stripe (1-4)

1. **A)** Right foot back fighting stance, kihap! Right high section punch, left front kick.
D) Parallel ready stance, kihap! Right foot back L-stance, left knife-hand side block. Left foot back L-stance, right low section block. Right side kick, right back fist (L-stance,) left upset punch (right walking stance,) kihap!
2. **A)** Right foot back fighting stance, kihap! Right front kick, left high section turning kick.
D) Parallel ready stance, kihap! Right foot back L-stance, left low section block. Slip inside of kick, scoop leg with right arm, left upset punch, right foot to left foot, left foot take down, left front kick to face, kihap!
3. **A)** Right foot back fighting stance, kihap! Right front kick, punch.
D) Parallel ready stance, kihap! Left foot back walking stance, X block. Pull right foot back to a left L-stance, right outer forearm inward block. Right foot to left foot, left back kick, right high section reverse punch, kihap!
4. **A)** Right foot back fighting stance, kihap! Right turning kick, left back kick.
D) Parallel ready stance, kihap! Left foot back L-stance, right outer forearm inward block. Slide inside of back kick and scoop leg with left arm, right punch to kidney, take down, reverse obverse punch, kihap!

2-Step Pre-Arranged Sparring For 6th Gup Green Belt (5-8)

5. **A)** Right foot back fighting stance, kihap! Right high section punch, left turning kick.
D) Parallel ready stance, kihap! Left outside crescent kick, left foot back L-stance, right knife-hand side block. Right hooking kick, reverse obverse punch, kihap!
6. **A)** Right foot back fighting stance, kihap! Right turning kick, left back kick.
D) Parallel ready stance, kihap! Left foot back L-stance, right inward knife-hand block. Slide back, right low block, right foot to left foot, left diagonal kick, obverse reverse punch, kihap!
7. **A)** Right foot back fighting stance, kihap! Right front kick, left turning kick.
D) Parallel ready stance, kihap! Right foot back L-stance, left low section block. Slide back, left inward knife-hand side block, left foot to right foot, right back kick, left L-stance right back fist, step outside right walking stance, left upset punch, kihap!
8. **A)** Right foot back fighting stance, kihap! Right inside crescent kick, left back kick.
D) Parallel ready stance, kihap! Right foot back L-stance, avoid kicks. Slide back, left downward wrist block, right jumping back kick, kihap!

1-Step Pre-Arranged Sparring For 5th Gup Blue Stripe (1-4)

- A)** Right foot back fighting stance, kihap! Step forward, right walking stance high section punch.
D) Parallel ready stance, kihap! Move right foot to the right front, sitting stance, left knife-hand side block and right high section punch. Right upset punch. Left hand grab wrist, right front elbow strike. Right knife-hand side strike to neck. Grab shoulder, right jumping front kick, kihap!
- A)** Same as #1.
D) Parallel ready stance, kihap! Right foot forward left rear foot stance, right outer forearm inward block. Slide forward left L-stance, right back fist side strike. Right walking stance, left upset punch. Grab shoulders, left knee to solar plexus, left L-stance, right inward knife-hand strike, kihap!
- A)** Same as #1.
D) Parallel ready stance, kihap! Move left foot to the side, left walking stance, right hand grab wrist, right turning kick, right side kick to mid-section, right hooking kick (perform as consecutive kicks), left reverse punch to head, kihap!
- A)** Same as #1.
D) Parallel ready stance, kihap! Left outward crescent kick, feet together, right low and high section turning kick, right outer forearm inward block as you step across turning counter clockwise, left L-stance, left elbow strike to mid-section, kihap!

4th Gup Blue Belt Reverse Attacks (Practice 1-4 Both Ways)

- A)** Right foot back, fighting stance, kihap! Right walking stance, right high section punch, kihap!
D) Parallel ready stance, answer kihap. Right foot back L-stance, left knife-hand guarding block, feet together, right front kick.
A) Low X-fist block, right high section punch, kihap!
D) Left knife-hand block, right high punch, kihap!
A) Left knife-hand block, right high section punch, kihap!
- A)** Right foot back fighting stance, kihap!
D) Parallel ready stance, answer kihap.
A) Right front kick.
D) Left foot back L-stance, low X-fist block, right high section turning kick.
A) Right inward knife-hand block, (block turning kick), left knife-hand strike, rotating in place.
D) Left knife-hand block, right vertical punch to kidney - kihap!

- A)** Right foot back fighting stance, kihap!
D) Parallel ready stance, answer kihap.
A) Right high section turning kick.
D) Left foot back L-stance, right knife-hand inward block.
A) Left back kick.
D) Slide back. Right knife-hand block, left diagonal kick, left walking stance, right high section punch, kihap!
A) Right low section block, left knife hand block, right high punch, kihap!
- A)** Same attack as #1.
D) Parallel ready stance, answer kihap. Left foot move outside sitting stance, left palm pushing block to shoulder, right-left punch to side, takedown and punch..
A) Left palm pushing block, right middle twisting kick to side, kihap!

3rd Gup Red Stripe One Steps (Practice Both Sides)

- A)** Right foot back fighting stance, kihap!
D) Parallel ready stance, answer kihap.
A) Right walking stance, right high section punch.
D) Left foot move outside, left palm block, right foot move outside walking stance, right front elbow strike to ribs, spot turn, left back elbow strike to ribs, left hand grab wrist and snap elbow, takedown.
A) Right twisting kick.
D) Right knife-hand block, left side kick to face, kihap!
- A)** Same attack as #1.
D) Parallel ready stance, answer kihap. Right foot back L-stance, left knife-hand block, grab wrist, right high reverse punch, right inside crescent kick, take down, right punch.
A) Left knife-hand block, both hands, right punch, kihap!
- A)** Same Attack as #1.
D) Parallel ready stance, answer kihap. Left foot to outside walking stance, left palm-hand block to shoulder, right reverse knife-hand to groin and right reverse knife-hand strike to temple, right foot takedown, left hand trap arm, right punch to face, kihap!
- A)** Same attack as #1.
D) Parallel ready stance, answer kihap.
A) Right turning kick, left back kick.
D) Left foot back L-stance, right inward knife-hand block, slide inside, scoop back kick and punch to kidney, take down, left-right punch, kihap!