

MARTIAL ARTS COLLEGE OF CLAYTON

MACC

BOOK FOUR

JUDO AND TAEKWONDO

FOR YOUNG STUDENTS

– 7TH KYU REQUIREMENTS –

BLUE BELT

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World Taekwondo Federation Kukkiwon No. 05023240

Korean Judo Association Certification No. 1542

STUDENT NAME: _____



MARTIAL ARTS COLLEGE OF CLAYTON

MACC PRESS

"MACC BOOK FOUR JUDO AND TAEKWONDO FOR YOUNG
STUDENTS"

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THEODORE ANGELO POVINELLI
JULY 2009



ISABELLA
POVINELLI



SUSAN
GARVERICK



LUKE
ELLIOTT

“There is nothing so strong as gentleness;
and nothing so gentle as true strength.”

Frances de Sales

MACC BOOK FOUR
JUDO AND TAEKWONDO
FOR YOUNG STUDENTS

– 7TH KYU REQUIREMENTS –

BLUE BELT

STUDENT _____

START DATE _____

TEST DATE _____

INSTRUCTOR _____

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BLUE BELT TEST CONTINUED

THROWING	No. Req	Score	KICKING	No. Req	Score
IPPON SEOI OTOSHI	3/3		AXE KICK	6/6	
O SOTO GARI	3/3		FRONT SNAP KICK	6/6	
IPPON SEOI NAGE	3/3		ROUND KICK	6/6	
DEASHI HARAI	3/3		FRONT THRUST KICK	6/6	
GOSHI GURUMA	3/3		SIDE KICK	6/6	
O GOSHI	3/3		BACK KICK	6/6	
TOMOE NAGE	3/3		CRESENT KICK	6/6	
MEROTE SEOI NAGE	3/3		HOOK KICK	6/6	
O UCHI GARI	3/3		BACK ROUND KICK	6/6	
KO UCHI GARI	3/3		JUMP FRONT SNAP	6/6	
HARAI GOSHI	3/3		BLOCKING		
TAI OTOSHI	3/3		LOW BLOCK	6	
TSURI KOMI GOSHI	3/3		SIDE BLOCK	6	
KO SOTO GARI	3/3		HEAD BLOCK	6	
			HOLDING		
			INSIDE-OUTSIDE BLOCK	6	
			KESA GATAME	3/3	
			SINGLE KNIFE-HAND	6	
			ESCAPTE TECHNIQUES	7	
			SPARROW	6	
			KAMISHIHO GATAME	3/3	
			IN-OUT PALM DOWN	6	
			ESCAPE TECHIQUES	4	
			FORMS		
			YOKOSHIHO GATAME	3/3	
			KIBON HYUNG 1	1/1	
			ESCAPE TECHNIQUES	2	
			KIBON HYUNG 2	1/1	
			KATA GATAME	3/3	
			KIBON HYUNG 3	1/1	
			ESCAPE TECHNIQUES	4	
			KIBON HYUNG 4	1/1	
			PUNCHES/STRIKES		
			KIBON HYUNG 5	1/1	
			REGULAR PUNCHES	6	
			TAEGEUK 1	1/1	
			BOW/ARROW PUNCH	6	
			TAEGEUK 2	1/1	
			KNIFEHAND STRIKE (UP)	6	
			TAEGEUK 3	1/1	
			KNIFEHAND (DOWN)	6	
			BACKFIST	6	
			STANCES		
			FRONT STANCE	2/2	
			CHUNBI	2/2	
			APSEOGI	2/2	
			BACK STANCE	2/2	
			SCORE		
			INSTRUCTOR SIGNATURE		

BLUE BELT TEST

JAPANESE WORDS		Score	NUMBER COUNTING		Score
REI	YOSHE		JAPANESE	KOREAN	
KYOSKEI	SOTA MATE		ICHI	HANA	
SENSEI	OBI		NI	DUL	
DOJO	TACHI WAZA		SAN	SET	
TORI	TE WAZA		SHI	NET	
UKE	GOSHI WAZA		GO	DASOT	
MATE	ASHI WAZA		ROKU	YASUT	
HAJIME	SUTEMI WAZA		NANA	ILGOP	
IPPON	MA SUTEMI WAZA		HACHI	YODOL	
WAZARE	YOKO SUTEMI WAZA		KYUU	AHOP	
YUKO	YOKO UKEMI		JUU	YUL	
GOKA	MA SUTEMI UKEMI		
JUDOKA	OHAYOU		NI-JUU	SUMUL	
OSAE KOMI	KONNICHIIWA		
TOKETA	KONBANWA		SAN-JUU	SORUN	
NAGE	HAI		
JIGO TAI	IIE		SHI-JUU	MAHON	
KOREAN WORDS			EXERCISE	No. Req	
CHARYO	CHUNGI		JUMPING JACKS	40	
KYUNGYE	APSEOGI		PUSH UPS (REG)	40	
SUNSANG	APKOOBI		BICYCLE THRUSTS	40	
DOJANG	POOMSE		PUSH UPS (MOD)	40	
SHIJAK	KI BON		SITUPS	40	
GUEMAN	TAEGEUK		STRETCHING	40	
DOBOK	ANYONG		MOUNTAIN CLIMBS	40	
KIHAP	HASHIMNIKA		JUMPING(SIDE/SIDE)	40	
KALYO	KAMSAM		JUMPING (SCISSORS)	40	
KAESOK	HAMNIDA		FALLING		
KYOREUGI			SIDE	10	
CHAGI			BACK	5	
MAKGI			CHUGARI	10	
CHIGI			FRONT	5	
JIREUGI			UKI OTOSHI CHUGARI	10	

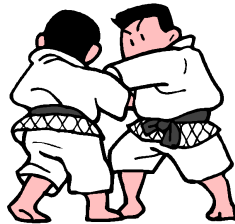
30

STANCES	_____	22
BACK STANCE	_____	22
FORMS (POOMSE)	_____	23
TAEGEUK YI JANG	_____	23
TAEGEUK SAM JANG	_____	25
EXERCISES	_____	27
CLASS CHART 1 – 61+	_____	28
BLUE BELT TEST	_____	30

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JUDO

- JUDO WAS CREATED IN JAPAN.
- JUDO MEANS **THE GENTLE WAY**.
- **JIGORO KANO** CREATED JUDO FROM THE OLDER MARTIAL ART OF **JUJUTSU** IN 1882. **JUJUTSU** MEANS THE **GENTLE ART**.
- KANO FOUNDED THE **KODOKAN** SCHOOL TO TEACH JUDO IN JAPAN.
- **KODOKAN** MEANS **SCHOOL FOR TEACHING THE WAY**.
- JUDO IS AN OFFICIAL **OLYMPIC** SPORT
- IN **JUDO** WE LEARN TO:
 - **THROW** OUR OPPONENT
 - **HOLD DOWN** OUR OPPONENT
 - **OFF BALANCE** OUR OPPONENT
 - UNDERSTAND THE IDEA OF **CENTER OF GRAVITY**
 - USE **SMART** TECHNIQUES -- NOT MUSCLES !!!



ADDITIONAL CLASSES 61 +

CLASS NUMBER	INITIAL	CLASS NUMBER	INITIAL	CLASS NUMBER	INITIAL
CLASS 61		CLASS 81		CLASS 101	
CLASS 62		CLASS 82		CLASS 102	
CLASS 63		CLASS 83		CLASS 103	
CLASS 64		CLASS 84		CLASS 104	
CLASS 65		CLASS 85		CLASS 105	
CLASS 66		CLASS 86		CLASS 106	
CLASS 67		CLASS 87		CLASS 107	
CLASS 68		CLASS 88		CLASS 108	
CLASS 69		CLASS 89		CLASS 109	
CLASS 70		CLASS 90		CLASS 110	
CLASS 71		CLASS 91		CLASS 111	
CLASS 72		CLASS 92		CLASS 112	
CLASS 73		CLASS 93		CLASS 113	
CLASS 74		CLASS 94		CLASS 114	
CLASS 75		CLASS 95		CLASS 115	
CLASS 76		CLASS 96		CLASS 116	
CLASS 77		CLASS 97		CLASS 117	
CLASS 78		CLASS 98		CLASS 118	
CLASS 79		CLASS 99		CLASS 119	
CLASS 80		CLASS 100		CLASS 120	

KOREAN WORDS

TAEGEUK	YING AND YANG
ANYONG HASHIMNIKA	HELLO, HOW ARE YOU?
KAMSAMHAMNIDA	THANK YOU

COUNTING

SORUN-HANA	THIRTY-ONE
SORUN-DUL	THIRTY -TWO
SORUN-SET	THIRTY -THREE
SORUN-NET	THIRTY -FOUR
SORUN-DASOT	THIRTY -FIVE
SORUN-YASUT	THIRTY -SIX
SORUN-ILGOP	THIRTY -SEVEN
SORUN-YODOL	THIRTY -EIGHT
SORUN-AHOP	THIRTY -NINE
MAHON	FORTY

EXERCISES

EXERCISE REQUIREMENTS	No. REQ	
JUMPING JACKS	40	
PUSHUPS (REGULAR)	40	
BICYCLE THRUSTS	40	
PUSHUPS (MODIFIED)	40	
SITUPS	40	
STRETCHING	40*	
MOUNTAIN CLIMB (DOUBLE)	40	
JUMPING (SCISSORS)	40	
JUMPING (SIDE-TO-SIDE)	40	



BOW IN, THEN
STEP TO
CHUNBI

1.



DO A 90 TURN TO
A W-STANCE, DO
A L LOW BLOCK

2.



DO A R FRONT
KICK TO A F-
STANCE, DO A R
PUNCH THEN A
L PUNCH

3.



DO A 180 TURN
TO A W-
STANCE, DO A
R LOW BLOCK

4.



DO A L FRONT
KICK TO A F-
STANCE, DO A L
PUNCH THEN A
R PUNCH

5.



DO A 90 TURN TO
A W -STANCE, DO
A R KNIFE HAND
STRIKE

6.



STEP WITH YOUR
R FOOT TO A W-
STANCE, DO A L
KNIFE HAND
STRIKE

7.



DO A 90 TURN
TO A B-STANCE,
DO A L KNIFE
HAND BLOCK

8.



STEP OUT TO A F-
STANCE, DO A R
PUNCH

9.



DO A 180 TURN
TO A B-
STANCE, DO A
R KNIFE HAND
BLOCK

10.



STEP OUT TO A F-
STANCE, DO A L
PUNCH

11.



DO A 90 TURN
TO A W-STANCE,
DO A R OUT-
INSIDE BLOCK

12.



STEP WITH YOUR
L FOOT TO A W-
STANCE,
DO A L OUT-
INSIDE BLOCK

13.



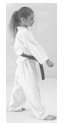
DO A 270 TURN
TO A W-
STANCE, DO A L
LOW BLOCK

14.



DO A R FRONT
KICK TO A F-
STANCE, DO A
R PUNCH THEN
A L PUNCH

15.



DO A 180 TUR
NTO A W-
STANCE, DO A
R LOW BLOCK

16.



DO A L FRONT
KICK TO A F-
STANCE, DO A L
PUNCH THEN A
R PUNCH

17.



DO A 90 TURN
TO A W-STANCE,
DO A L LOW
BLOCK THEN A
R PUNCH

18.



STEP WITH YOUR
R FOOT TO A W-
STANCE, DO A R
LOW BLOCK
THEN A L PUNCH

19.



DO A L FRONT
KICK TO A W-
STANCE, DO A L
LOW BLOCK THEN
A R PUNCH

20.



DO A R FRONT KICK
TO A W-STANCE,
DO A R LOW BLOCK
THEN A L PUNCH

:KIHAP

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NOTE: R = RIGHT, L = LEFT
F = APKOOBI, W = APSEOGI, B = BACK

JAPANESE WORDS

YOKO UKEMI	SIDE FALL
MA SUTEMI UKEMI	BACK FALL
OHAYOU	GOOD MORNING
KONNICHIWA	GOOD AFTERNOON
KONBANWA	GOOD EVENING
HAI	YES
IIE	NO

COUNTING

SAN -JUU-ICHI	THIRTY -ONE
SAN -JUU-NI	THIRTY -TWO
SAN -JUU-SAN	THIRTY -THREE
SAN -JUU-SHI	THIRTY -FOUR
SAN -JUU-GO	THIRTY -FIVE
SAN -JUU-ROKU	THIRTY -SIX
SAN -JUU-NANA	THIRTY -SEVEN
SAN -JUU-HACHI	THIRTY -EIGHT
SAN -JUU-KYUU	THIRTY -NINE
SHI-JUU	FORTY

11

FALLING

(UKEMI WAZA)

UKI OTOSHI CHUGARI

- STAND STRAIGHT WITH THE TORI HOLDING THE UKE'S SLEEVE
- THE TORI IS GOING TO STEP BACK WITH HIS LEFT LEG AND GO DOWN ONTO HIS LEFT KNEE WHILE THE UKE STEPS FORWARD WITH HIS RIGHT LEG
- THEN THE TORI IS GOING TO PULL THE UKE'S SLEEVE IN A CIRCULAR MOTION WHILE THE UKE DOES A RIGHT CHUGARI
- WHEN THE UKE LANDS IN A SIDE FALL POSITION, THE TORI PULLS UP ON THE SLEEVE



12

TAEGEUK SAM JANG

TURNING KEY

- ~ 90 DEGREE TURN
- 180 DEGREE TURN
- * 270 DEGREE TURN

25



BOW IN, THEN
STEP TO
CHUNBI

1.



DO A 90 TURN TO
A W-STANCE, DO
A L LOW BLOCK

2.



STEP WITH
YOUR R FOOT
TO A F-
STANCE, DO A
R PUNCH



DO A 180 TURN
TO A W-
STANCE, DO A
R LOW BLOCK

4.



STEP WITH
YOUR L FOOT
TO A F-STANCE,
DO A L PUNCH

5.



DO A 90 TURN TO A
W-STANCE, DO A R
OUT-INSIDE BLOCK

3.



STEP FORWARD
WITH YOUR R
FOOT TO A W-
STANCE, DO A L
OUT-INSIDE BLOCK

7.



DO A 90 TURN
TO A W-
STANCE, DO A L
LOW BLOCK

8.



DO A R FRONT
KICK TO A F-
STANCE, DO A
R PUNCH

6.



DO A 180
TURN TO A W-
STANCE, DO A
R LOW BLOCK

10.



DO A L FRONT
KICK TO A F-
STANCE, DO A
L PUNCH

11.



DO A 90 TURN
TO A W-
STANCE, DO A L
HEAD BLOCK

9.



STEP FORWARD
WITH YOUR R
FOOT TO A W-
STANCE, DO A R
HEAD BLOCK

13.



DO A 270 TURN
TO A W-STANCE,
DO A R OUT-
INSIDE BLOCK

14.



DO A 180 TURN
TO A W-STANCE,
DO A L OUT-
INSIDE BLOCK

12.



DO A 90 TURN
TO A W-
STANCE, DO A L
LOW BLOCK

16.



DO A R FRONT
KICK TO A W-
STANCE, DO A
R PUNCH

17.



DO A L FRONT
KICK TO A W-
STANCE, DO A
L PUNCH

15.



DO A R FRONT
KICK TO A W-
STANCE, DO A
R PUNCH:
KIHAP

18.



STEP BACK TO
CHUNBI, THEN
BOW OFF

NOTE: R = RIGHT, L = LEFT
F = APKOOBI, W = APSEOGI

THROWING (NAGE WAZA)



HARAI GOSHI

(SWEEPING HIP THROW)

- FACE YOUR PARTNER AND GRAB HIS RIGHT SLEEVE WITH YOUR LEFT HAND AND HIS LEFT COLLAR WITH YOUR RIGHT HAND
- STEP IN WITH YOUR RIGHT FOOT AND WRAP YOUR RIGHT ARM AROUND YOUR PARTNER'S BACK
- WHEEL AROUND WITH YOUR LEFT LEG SO YOU ARE FACING THE SAME DIRECTION AS YOUR PARTNER
- PICK UP YOUR RIGHT LEG AND KEEP IT STRIAIGHT WHILE YOU SWEEP YOUR PARTNER'S RIGHT LEG
- HOLD YOUR PARTNER TO YOU WHILE YOU THROW THEM OVER BY BRINGING YOUR RIGHT LEG UP HIGH BEHIND YOU
- END IN JIGO TAI POSITION



TAI OTOSHI

(BODY DROP)

- FACE YOUR PARTNER AND GRAB HIS RIGHT SLEEVE WITH YOUR LEFT HAND AND HIS LEFT COLLAR WITH YOUR RIGHT HAND
- STEP IN WITH YOUR RIGHT FOOT AND WRAP YOUR RIGHT ARM AROUND YOUR PARTNER'S BACK
- WHEEL AROUND WITH YOUR LEFT LEG SO YOU ARE FACING THE SAME DIRECTION AS YOUR PARTNER
- PUT OUT YOUR RIGHT LEG SO YOU ARE ON THE BALL OF YOUR FOOT AND THEN TURN YOUR BODY SO YOU ARE LOOKING TO YOUR LEFT
- PULL YOUR PARTNER OVER YOUR LEG WHILE YOU SPRING YOUR HIP UP
- END IN JIGO TAI POSITION



14

FORMS

TAEGEUK YI JANG

4. ~ 3. 18. ~ 1. 2. •

5. 18. ~

6. 17. ~

10. ~ 9. ~

7. 8. •

11. 16. ~

12. 15. ~

13. • 14. ~

TURNING KEY
 ~ 90 DEGREE TURN
 • 180 DEGREE TURN
 * 270 DEGREE TURN

23

STANCES

(SUHGI)

BACK STANCE

- STAND STRAIGHT WITH YOUR HEELS TOUCHING
- YOUR FEET SHOULD BE FACING DIFFERENT DIRECTIONS SO YOUR FEET MAKE AN "L"
- MOVE YOUR LEFT FOOT DIRECTLY FORWARD ABOUT 3 FEET
- BEND YOUR KNEES
- PUT MOST OF YOUR WEIGHT OVER YOUR BACK LEG
- STAND STRAIGHT AND FACE FORWARD, WHILE LEAVING YOUR SHOULDERS SQUARE

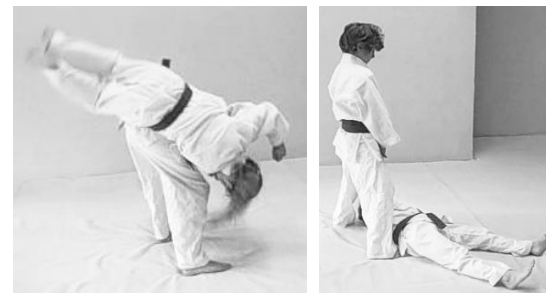


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TSURI KOMI GOSHI

(LIFT PULL HIP THROW)

- FACE YOUR PARTNER AND GRAB HIS RIGHT SLEEVE WITH YOUR LEFT HAND AND HIS LEFT COLLAR WITH YOUR RIGHT HAND
- STEP IN WITH YOUR RIGHT FOOT AND PULL UP ON YOUR PARTNER'S COLLAR WITH YOUR RIGHT HAND
- WHEEL AROUND WITH YOUR LEFT LEG SO YOU ARE FACING THE SAME DIRECTION AS YOUR PARTNER
- BEND YOUR KNEES TO LOWER YOUR HIPS WHILE YOUR RIGHT HAND CONTINUES TO PULL UP ON YOUR PARTNER'S COLLAR
- SPRING UP AND THROW YOUR PARTNER OVER YOUR BACK
- END IN JIGO TAI POSITION



15

KO SOTO GARI

(MINOR OUTER REAP)

- FACE YOUR PARTNER AND GRAB HIS RIGHT SLEEVE WITH YOUR LEFT HAND AND HIS LEFT COLLAR WITH YOUR RIGHT HAND
- PULL ON YOUR PARTNER'S LEFT SLEVE SO THEY STEP FORWARD WITH THEIR RIGHT FOOT
- STEP ACROSS YOUR BODY WITH YOUR RGIHT FOOT AND PUT IT RIGHT NEXT TO YOUR PARTNER'S RIGHT FOOT, WHILE PULLING YOUR ARMS APART LIKE YOU ARE PULLING A BOW
- WHEEL AROUND SO YOU ARE FACING YOUR PARTNER AND SWEEP HIS RIGHT FOOT FROM BEHIND WITH YOUR LEFT FOOT
- PICK UP HIS FOOT WITH YOUR LEFT FOOT HIGH INTO THE AIR UNTIL HE FALLS
- END IN JIGO TAI POSITION



16



STRIKING

(CHIGI)

BACKFIST



- RIGHT LEG FORWARD; LEFT LEG BACK
- MAKE BOTH HANDS INTO FISTS AND CROSS THEM IN FRONT OF YOUR BODY
- WHILE YOU ARE PULLING YOUR LEFT ARM BACK TO YOUR SIDE, BRING UP YOUR RIGHT ELBOW AND POINT IT AT YOUR OPPONENT
- STRIKE OUT WITH THE BACK OF YOUR RIGHT FIST IN A CIRCULAR MOTION
- YOUR FIST SHOULD COME DOWN ON YOUR OPPONENT'S NOSE



21

INSIDE-OUTSIDE PALM DOWN BLOCK

- LEFT LEG FORWARD; RIGHT LEG BACK
- MAKE BOTH HANDS INTO FISTS AND CROSS THEM IN FRONT OF YOUR BODY
- WHILE YOU ARE PULLING YOUR RIGHT HAND BACK TO YOUR SIDE, SWEEP YOUR LEFT HAND ACROSS YOUR BODY
- YOUR LEFT HAND SHOULD END UP PALM DOWN BLOCKING TOWARD YOUR SIDE



HOLDING

(OSAI KOMI WAZA)

KATA GATAME

(SHOULDER HOLD)

- SIT ON YOUR PARTNER'S LEFT SIDE
- PUT YOUR RIGHT ARM AROUND YOUR PARTNER'S NECK
- PUSH YOUR PARTNER'S LEFT ARM ACROSS HIS NECK AND THEN REST YOUR HEAD AGAINST THAT ARM TO KEEP IT IN PLACE
- CLASP YOUR HANDS TOGETHER
- STRAIGHTEN YOUR LEFT LEG OUT FOR BALANCE AND PUT YOUR RIGHT KNEE INTO YOUR PARTNER'S SIDE



ESCAPES

GRAB THE BELT AND PULL OVER
CLASP YOUR HANDS AND PULL OVER
ROLL OVER OUTER SHOULDER
INSIDE TURN TO YOUR STOMACH

