

Self Defence

Practical and realistic applications of movements used in patterns against real opponents from a prepared position (High guard)

These techniques aim to provide simple mechanisms of defence against common types of attack where basic knowledge and skill of Taekwondo will help you apply some form of measured response in a particular defensive situation. The techniques covered work most effectively if the defender is already at a heightened alert level and has adopted the 'high guard' posture.

The description of each defence routine set out below assumes the attacker is right-handed and will attack from the right side. For these techniques, the starting (defensive position) is to start back with the right leg stepped slightly further back than the left leaving the left hand as the 'Lead Hand' (LH) and the right hand as the 'Rear Hand' (RH) in the high guard position.

No. 1 (Performed from White Belt):

Attack: Straight Punch/Push

Defence: LH [short] parry – RH rear palm cover and trap on opponent's arm, and walk away.

No. 2 (Performed from Yellow Stripe):

Attack: Straight Punch

Defence: Initial movement is a LH [short] parry whilst stepping forward with right leg into a walking stance, bringing right arm underneath to chamber for execution of inner forearm middle block against opponent's upper arm (tricep area) to rotate the opponent away.

No. 3 (Performed from Yellow Belt):

Attack: Haymaker punch

Defence: Stepping forward into left L-stance inside the attack performing twin forearm block (right forearm strikes the neck whilst left rising block covers the punch).

No. 4 (Performed from Green Stripe):

Attack: Haymaker punch

Defence: Step or slide forward at an angle in left walking stance and execute a wedging block with right forearm, targeting the shoulder and left forearm striking their wrist/forearm

No. 5 (Performed from Green Belt):

Attack: Straight Punch

Defence: Initially LH [short] parry whilst simultaneously dropping weight down and forward into L-stance to execute an inward knifehand strike with the right hand to the neck.

No. 6 (Performed from Blue Stripe):

Attack: Straight Punch/Lunge/ Push

Defence: Initially LH [short] parry followed by right hand coming underneath and executing palm heel hooking block, then sliding hand down the arm to grab the wrist and execute either a knifehand side strike or an arm lock/takedown.

No. 7 (Performed from Blue Belt):

Attack: front kick/knee strike

Defence: Dropping weight down and forward rapidly into walking stance whilst performing a palm pressing block to the top of the thigh close to the knee.

No. 8 (Performed from Red Stripe):

Attack: Double Lapel Grab

Defence (1): Stepping forward and executing a straight/flat fingertip thrust, targeting opponent's throat. (Kup grade)

Defence (2): Downward elbow strike in rear foot stance, slip to walking stance with arc hand strike to side of neck (Dan grade)

No. 9 (Performed from Red Belt):

Attack: Throat Grab

Defence: Arm fully raised (bicep to ear), turn hips through 90 degrees and walk

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