

Patterns:

The Devil Is In The Details

PART 3

by Stuart Anslow

In last month's article we covered Juche's Dodging Reverse Turning Kick and as promised, here are a few more snippets relating to pattern Juche.

Juche's Middle Hooking Kicks

Moves #7 and #19 call for a *Middle Hooking Kick* followed by a *High Side Piercing Kick*. We are going to look at the *Middle Hooking Kick* in more detail as a lot of people misunderstand the technique and perform it sort of like a crescent kick. First of all, though I'm sure some will disagree, the terminology for it is not the most insightful description in the world, mainly because other martial arts have 'hook kicks', which refer to an offensive type kick, executed using the heel or bottom of the foot cross-wise, whereas Taekwon-Do's Hooking Kick is executed in an up/down motion and is similar in motion to the Palm Hooking Blocks found in Yul-Gok tul.

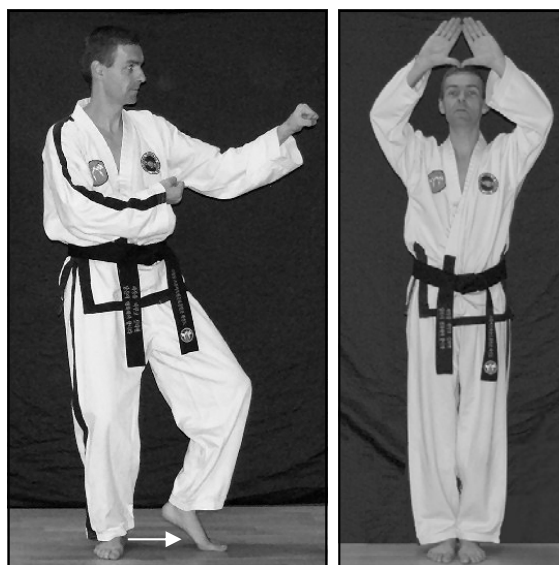
The Hooking Kick in Juche is considered a defensive technique and comes up and down in sort of 'n' shape, so it does actually 'hook' or loops over/around the intended target. The striking area is the Back Heel, not the side of the foot as a crescent kick would use.

To finish this combination, you would chamber directly from the finishing position of the *Middle Hooking Kick*, then execute the *High Side Piercing Kick* landing with a 'stamp' into *Sitting Stance* and executing the *High Outward Cross-Cut*.



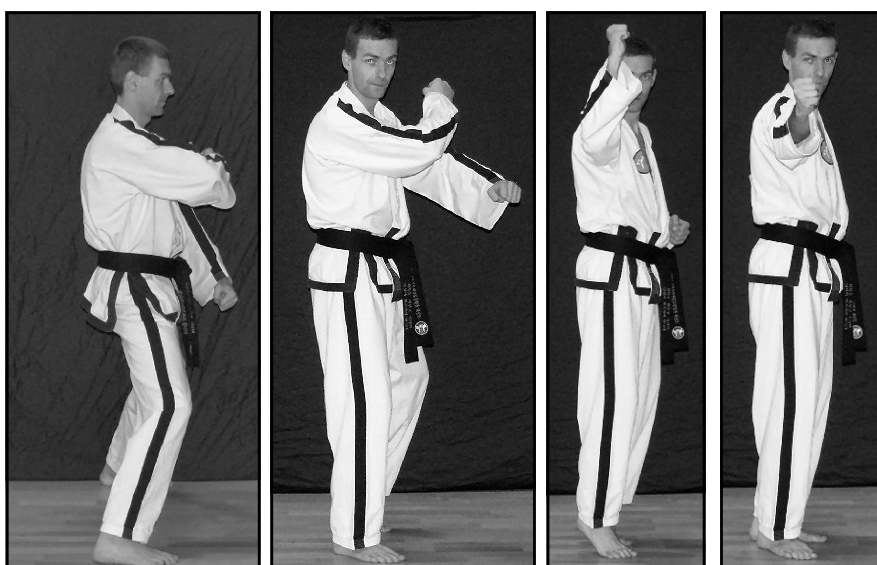
Juche: From Guarding Block To Heaven Hand

This is a simple error, but one that is common place as it does actually feel natural to do it the incorrect way. Following the *Pick-Shape Kick* landing in a *Rear Foot Stance* with a *Middle Forearm Guarding Block* (move #25), then forming into *Closed Stance* with *Heaven Hand*, many move their left foot to their right to form the stance because, as I said, it does seem natural to do so, as the right foot is already bearing all the weight, but in actual fact it is the other way around and it is the right foot that should move towards the left foot to form the stance.

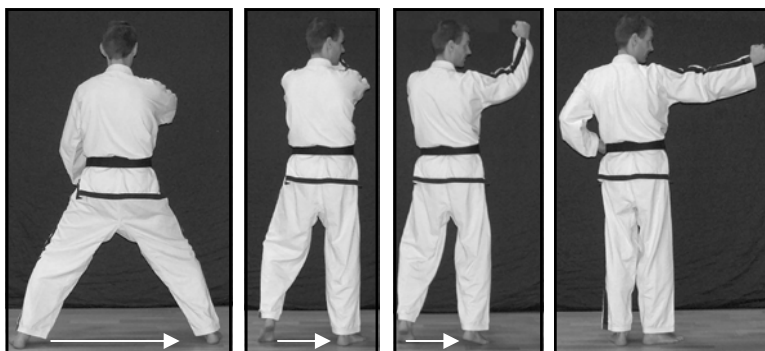


Yoo-Sins Side Fist Downward Strike

Digressing slightly while we are discussing foot movements, there's another common error seen in pattern Yoo-Sin, when the student moves from the final *9-Shape Block* (move #63) into a *Vertical Stance* to execute the *Side Fist Downward Strike* (move #64). Like in Juche, there is a foot movement that seems natural to move one way, when in fact it should be the opposite.



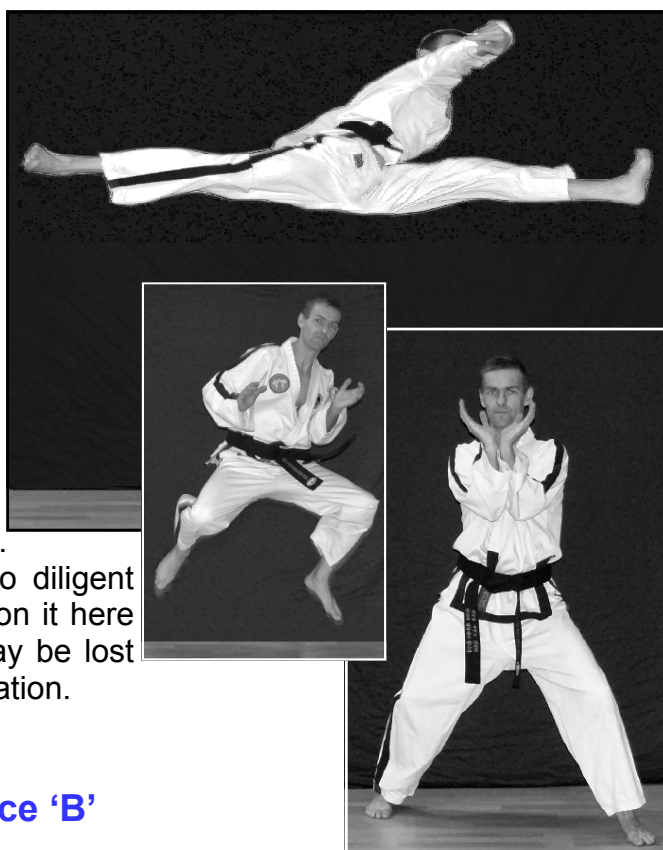
The common theme is that the students preceding movements are travelling back towards the start position, so it seems natural that the feet moving to form the *Vertical Stance* follow suit by bringing the right foot towards the left, but it is in fact the opposite way round and the left foot should travel towards the right foot to form the stance.



Juche's Diagonal Stance Landing

This is not really an error, but something I feel is more related to the difficulty of performing it 100% correctly - which is very hard to do. I am referring to landing in a *Diagonal Stance* (move #38), following the *Two Directional Kick* (move #37) in Juche. To perform the whole movement in an absolutely correct manner, you have to land directly in the *Diagonal Stance* as opposed to landing then forming the stance. However, to make matters even more difficult, at the same time you need to be executing the *Twin Palm Rising Block* as opposed to executing it after you have landed (or indeed formed the stance).

Like I said, its very difficult to achieve so diligent practice is a must and the reason I mention it here is because, through time these details may be lost as instructors still struggle with the combination.

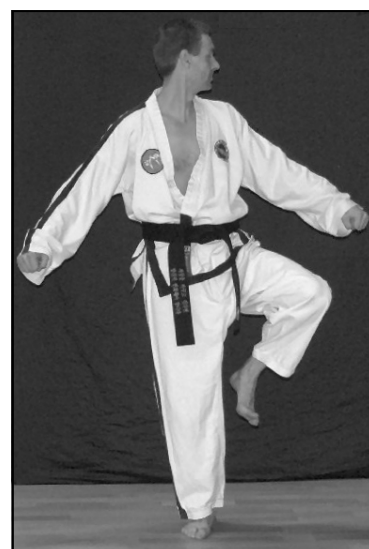


Bending Ready Stance 'B'

Following the *Side Elbow Thrust* (move #39) in Juche, the student then executes a *Right Bending Ready Stance 'B'*. This stance is also seen in other patterns (such as pattern Moon-Moo, moves #19 and #22) and the same small error is made.



That error is that it is performed almost identically to a *Bending Ready Stance 'A'*, with the knee up (though usually a little more outwards), but more importantly the head direction is the opposite of the *Bending Ready Stance 'A'* and should be looking over the shoulder on the side of the bent leg, not forwards as many seem to do it. A small, but significant detail and something I see done time and time again at tournaments.



Juche's Backfist Horizontal Strike

Now we'll take a look at move #41 of the pattern...the *Backfist Strike*. We do so as it seems many do not realize that it is not your standard Backfist, and is different to those you that you have previously performed in other patterns such as pattern Do-San. In Do-

San and other patterns requiring a Backfist, they are usually *High Backfist Strikes* and align with the temple or eye-level, where as the one in Juche is termed '*Backfist Horizontal Strike*' and has a number of important and distinct differences with other Backfists. Firstly, it doesn't align at temple height, but is actually inline with the solar plexus (though some can argue shoulder) and secondly, the arm is almost dead straight upon execution.



Juche's Flying Consecutive Punch

To finish this months article, as well as common faults seen within the pattern Juche, we'll take a look at the *Flying Consecutive Punch* (move #43) found near the end of the pattern. As most will know its a Flying technique with a *Front Punch* and an *Upset Punch* performed at the same time. The common error occurs with the second punch, which see's many students



executing it either as they land or more often, after they have landed in the *Closed Stance*, however, both are incorrect!

In actual fact, both the *Front Punch* and the *Upset Punch* should be executed whilst the student is Flying i.e. While the student is still in the air. The student lands with the arm (in this case the right arm) simply held in the position of the final punch.

As an interesting aside, ITF'ers do not use a reaction hand motion between the two punches, but GTF'ers do!

I was going to make this my 3rd and final article, but due to the fantastic response I've had received regarding them, I will rack my brains to see if I can think of any other pointers.

As always, be sure to clarify any changes you may make (or feel like making) with your instructor first as some organisations do require some things performed differently.

As always, the musings in this article are randomly off the top of my head, though a bit rushed due to all the activity in my house over Christmas, which was why I have mainly concentrated on pattern Juche this time.

The photo's are taken from my books '**The Encyclopedia Of Taekwon-Do Patterns: The Complete Patterns Resource For Ch'ang Hon, ITF & GTF Students Of Taekwon-Do**' and feature me this time :-), but often feature Dan grade students from Rayners Lane Taekwon-Do Academy.