

# TYPES OF MOTION IN TAEKWON-DO

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Amidst the 2,000 hand techniques, 1,200 kicking techniques, 24 patterns and myriad of self-defense movements that exist in Taekwon-Do, there are various ways of performing those techniques. Unless otherwise noted, all techniques are performed in a "Normal" motion. However, in some instances there are special circumstances or where a movement(s) requires a special type of motion. The different types of "Motion" noted in the Encyclopedia of Taekwon-Do are CONTINUOUS, FAST, SLOW, CONNECTING & NATURAL.

For the beginning student this may seem very confusing. But for the more experienced practitioner and instructor, understanding the different motions in Taekwon-Do is fundamental to being a competent and successful instructor.

Let's begin by explaining the types of motion:

**1. Normal Motion** - This is the most common execution of a technique utilizing the principles or training secrets of Taekwon-Do. Techniques are executed one at a time, by count, culminating with a single breath at the end of each movement. Example: All movements in SAJU-JIRUGI, SAJU-MAKGI and CHON-JI utilize this motion.

*In Summary: 1 technique, 1 sine wave, 1 breath*

**2. Continuous Motion** - This type is introduced to the beginner in the pattern DAN-GUN. In movement numbers 13-14, students execute a left low block with the outer forearm followed by a left rising block with the outer forearm in a continuous motion -meaning two techniques are executed with a single count in one CONTINUOUS BREATH (which lasts from the beginning of the first movement until the end of the second movement) with sine wave for each movement.

*In Summary: 2 techniques, 2 complete sine waves, 1 continuous breath*

**3. Fast Motion** - This motion consists of two movements executed by a single count. This differs from Continuous motion because there are TWO SEPARATE BREATHS and an INCOMPLETE 2nd sine wave. This means that there is no downward movement between the 1st and 2nd techniques. This motion, apparent in movement numbers 15-16 and 19-20 of DO-SAN and 2-3 and 5-6 of YUL-GOK, are all middle section punches.

*In Summary: 2 techniques, 2 sine waves (but not complete), 2 breaths*

**4. Slow Motion** - Slow motion techniques require an incredible amount of equilibrium, breath control, timing and execution. Students are introduced to this motion at the rank of blue belt. The pressing blocks and turning punch in JOONG-GUN are executed in slow motion. The simultaneous culmination of the hands, feet, breath and focus is the key to performing this motion correctly. Timing and balance are critical. In more advanced patterns, kicking techniques are required in slow motion thus adding to the difficulty of the movement and pattern.

*In Summary: 1 technique, 1 sine wave, 1 breath (all performed in slow motion)*

**5. Connecting Motion** - Performed in YUL-GOK, GE-BAEK and other advanced patterns, this motion differs from the others because it involves the execution of two movements with only ONE BREATH and ONE SINE WAVE! The movements are linked or CONNECTED to one another. Hence, only one breath, which is emphasized at the end of the second movement and 1 sine wave, is utilized for each count.

*In Summary: 2 techniques, 1 sine wave, 1 breath (at end of 2nd technique)*

**6. Natural MOVEMENT** - Although, technically not considered a "motion", this type of movement describes techniques that are neither fast nor slow. Execution of the type does not require snap or an abrupt finish. The execution of the movement can be compared to the motion of picking up a pen or raising your arm. The 1st and 4th techniques and hooking blocks in YUL-GOK and KWANG-GAE are examples of this type of motion. In addition, the first movements in Connecting Motion are performed in a Natural movement (i.e. scooping block + mid section punch in GE-BAEK).

The various types of motions in Taekwon-Do serve an important role in Taekwon-Do. It teaches students how to execute techniques in different ways and under different circumstances. It also demonstrates the importance of balance, proper execution, breath control, timing, flexibility and coordination.

In conclusion, the different motions of Taekwon-Do are instrumental in the development of proper technique and a keen understanding of how the theory of power and training secrets of Taekwon-Do are closely intertwined. Through a better understanding of these motions, the practitioner and instructor will be able to develop techniques that are not only beautiful and graceful, but highly effective and powerful.