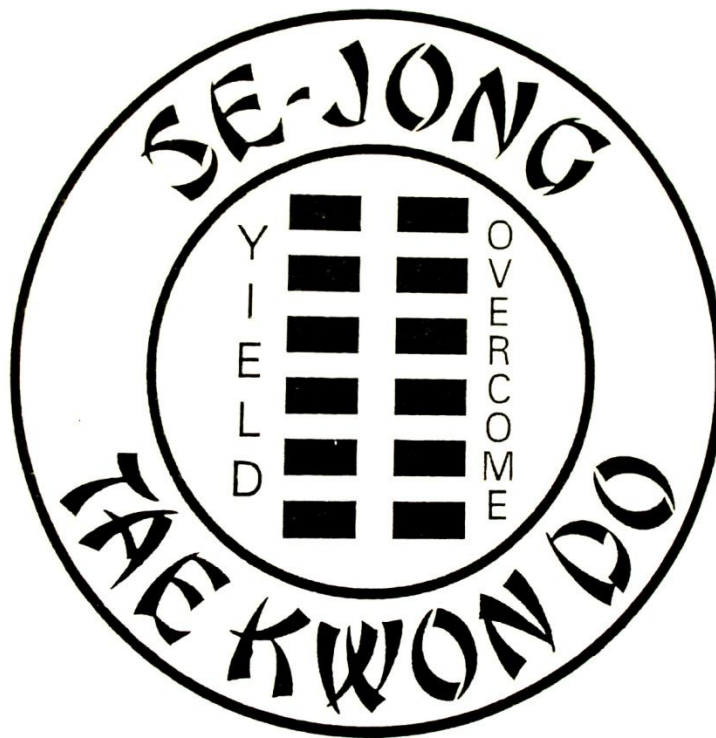


Se Jong Photographic Chronicle of Basic Skills ©2013



Produced by Taylor Miskech

Edited by Randy Miskech

Approved by Father Robert Connolly

Se Jong Tae Kwon Do

Photographic Chronicle of Basic Skills

White Belt 10th Grade to Black Belt First Degree

(Created by: Taylor Miskech 2nd Degree, Edited by Randy
Miskech 7th Degree)

Preface

This Document is NOT an instruction manual; it is designed to enhance learning associated with face to face instruction from a certified Se Jong instructor!

Preface continued...

I would like to express to my daughter Taylor, my sincere thank you. With your love and inspiration, this document has become a reality. I am so proud of how you have grown to become such a wonderful person.

All my Love

Dad

“There are no experts only students” (Father Robert P. Connolly, Sa Bom Nim). This is the basis that has inspired this Photographic Chronicle of Basics. As a student we are all learning, trying to express our thoughts and feelings through movement. You must know and realize that no performance of a movement is without error. Each basic is performed by Randy L. Miskech 7th Degree Senior Master Instructor. All students have a limited skill level, and this must be known while referring to this document!

Preface continued...

Body Type:

As a student or instructor you must be aware that body type will affect the outcome of each technique. Short, tall, thin or not so thin has everything to do with how a Se Jong student approaches each basic skill. Generally, all students will attempt to conform to the movement as it is taught and presented, however modifications will occur based on body type and this is perfectly fine for the student, as long as it does not jeopardize the intention or integrity of the basic itself. Each instructor will determine each scope and sequence involved with any adjustment needed to the basics.

Current State of techniques:

This Photographic Chronicle was created December 2012. This in itself is important to remember. All things change and evolve over time. Techniques can be added or removed to any belt level. This Photographic Chronicle is the most recent interpretation to date. That does not mean or infer that it may not change. Simply it is what has been issued to each instructor as of the date posted above.

Preface continued...

General Thoughts:

As an acting instructor in Se Jong Tae Kwon Do and a trained Physical Education teacher it has become increasingly apparent that our students need tutorials both written and visual in the absences of their instructor. Although many students have the ability to attend more than one class per week, many more do not. I have in the past, with assistance of others; produced a video of the all 24 patterns, written articles' about mid-line training, components of fitness as they apply to martial arts, artistic written impressions of Chon-Ji and created Sa Bom Nim Poduron Kot Hyung. I have realized that instinctively, this was my attempt to understand the Se Jong System in the absence of direct instruction from my teacher. It is my hope to share this document with other students that have the same desire to learn as I do.

Preface continued...

Photographing Jumping Kicks:

With Camera Limitations (Canon Rebel XS) EOS, many jump kicks may not be shown in entirety. Every effort was made to produce as much visual information as possible. However, most jump kicks can be learned by viewing its ground based partner and adding an opposite leg knee lift (excluding jump spinning kicks). As always consult your instructor for definitive instruction concerning jump kicks.

Conclusion:

Se Jong System exists for the student. With no monetary motivation, we as a system experience a freedom that most other martial art systems only dream about. Beginning with Father Robert P. Connolly, our Sa Bom Nim, transmitted to the instructor, passed on to the student, Se Jong is given from teacher to student in the Do Jang and not from a book or video. All written, photographed and video material is meant to enhance the learning of each student and support the instructor as a teaching tool.

“There are no experts only students” (Father Robert P. Connolly Founder Se Jong Tae Kwon Do).

Randy L. Miskech

7th Degree Senior Master Instructor

National Board Certified

Physical Education Teacher

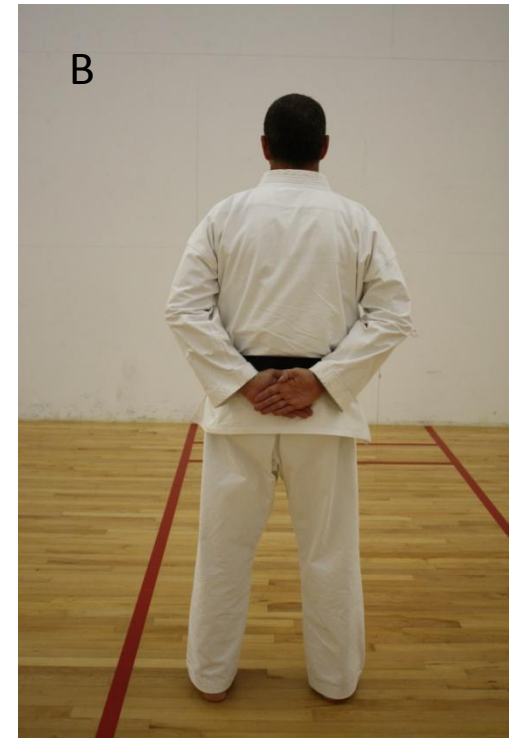
A: Charyot-Attention

B: Kyong Ye-Bow



A: Junbi- Ready (Also Paro-Return)

B: Sho-Relax



A: Close Ready A
B: Close Ready B
C: Close Ready C



Straddle Stance



Straddle Stance/Punch



Walking Stance



L-Stance



Right Rear Foot Stance



Left Rear Foot Stance



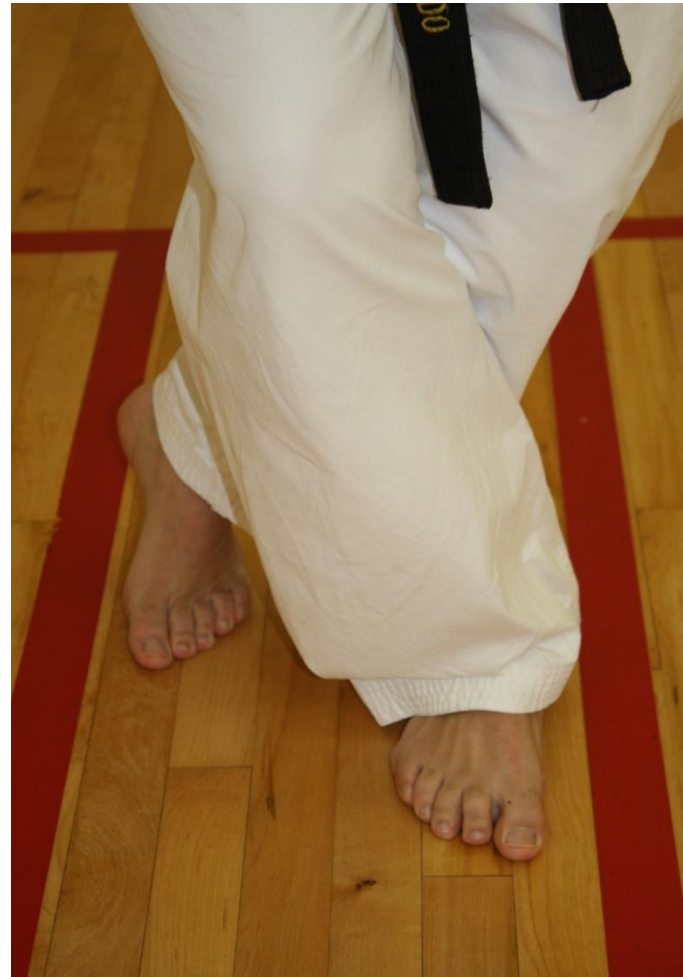
Diagonal Stance



Left X-Stance



Right X-Stance



Right One Legged Stance



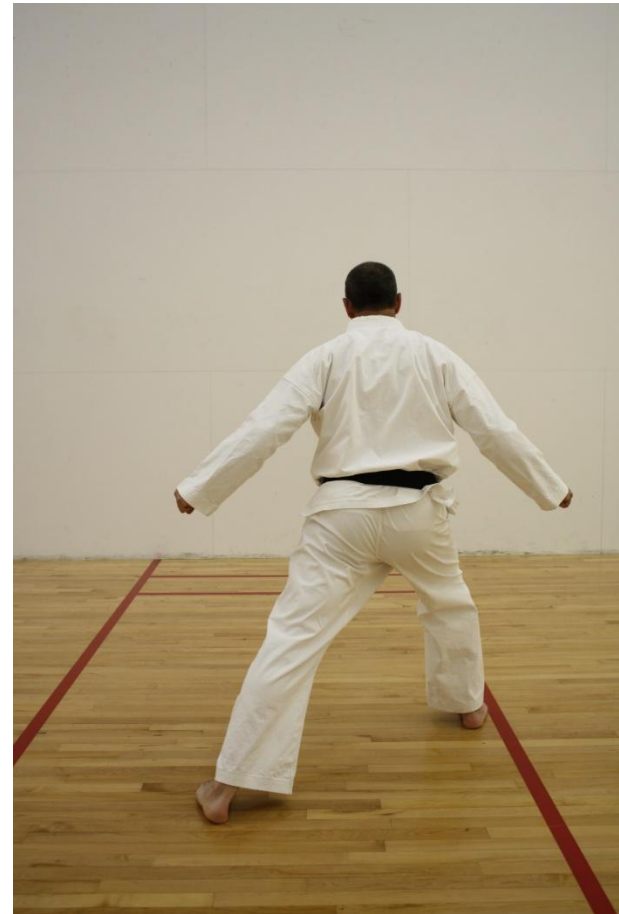
Left One Legged Stance



Spinning Turn (Walking Stance)



Stepping Turn (walking stance)



Right Bending Ready Stance



Left Bending Ready Stance



White Belt: Straight Punch

Chamber



Execution



White Belt: Low Defense

Chamber



Execution



White Belt: Inner Forearm Block

Chamber



Execution



White Belt: Double Knife Hand Block

Chamber



Execution



White Belt: High Rising Block

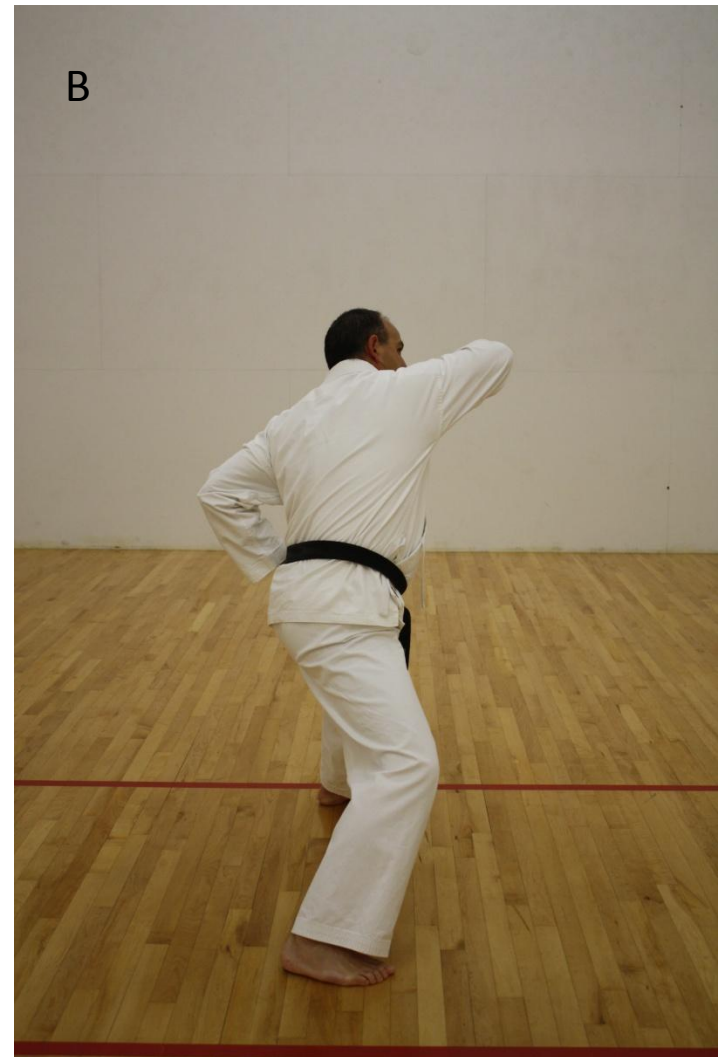
Chamber



Execution



White Belt: Elbow Strikes One(A) and Two (B)



White Belt: Elbow Strikes Three (C) and Four (D)



White Belt: Front Snap Kick



White Belt: Side Piercing Kick



White Belt: Leg Block



White Belt with Gold Stripe: Reverse Punch

Chamber



Execution



White Belt with Gold Stripe: Single Knife Hand Block

Chamber



Execution



White Belt with Gold Stripe: Single Knife Hand Strike

Chamber



Execution



White Belt with Gold Stripe: Double Forearm Block

Chamber



Execution



White Belt with Gold Stripe: Twin Forearm Block

Chamber



Execution



White Belt with Gold Stripe: Guarding Block

Chamber



Execution



White Belt with Gold Stripe: Turning Kick



White Belt with Gold Stripe: Round House Kick



White Belt with Gold Stripe: Boot-to-Boot Sweep



Gold Belt: Outer Forearm Block

Chamber



Execution



Gold Belt: Wedging Block

(Stepping into walking stance)

Chamber



Execution



Gold Belt: Back fist

Chamber



Execution



Gold Belt: Spinning Back fist



Gold Belt:

Single Fingertip Strike (Moving forward from a left walking stance to a right walking stance)

Chamber



Execution



Gold Belt:

Double Fingertip Strike (Moving forward from a left walking stance to a right walking stance)

Chamber



Execution



Gold Belt:

Flat Finger Strike (Moving forward from a left walking stance to a right walking stance)

Chamber



Execution



Guarded Spear Finger Strike

Chamber



Execution



Gold Belt:

Thumb Strike (Moving forward from a left walking stance to a right walking stance)

Chamber



Execution



Gold Belt: Vertical Knee Kick

Chamber



Execution



Gold Belt: Horizontal Knee Kick

Chamber



Execution



Gold Belt: Outside Crescent Kick (Traditional kicking position)



Gold Belt: Inside Crescent Kick (Traditional kicking position)



Gold Belt with Green Stripe: Upset Punch

Chamber



Execution



Gold Belt with Green Stripe: Guarded Reverse Circle Block

Chamber



Execution



Gold Belt with Green Stripe: Vertical Punch



Gold Belt with Green Stripe: Uppercut

Chamber



Execution



Gold Belt with Green Stripe: Back Side Piercing Kick



Gold Belt with Green Stripe: Back Snap Kick



Green Belt: U-Block

Chamber



Execution



Green Belt: U-Punch

Chamber



Execution



Green Belt: U-Grab or Bow Grab

Chamber



Execution



Green Belt: Twin Knife Hand Block

Chamber



Execution



Green Belt: Hooking Block

Chamber



Execution



Green Belt: Crescent Punch

Chamber



Execution



Green Belt: Hook Punch

1



2



3



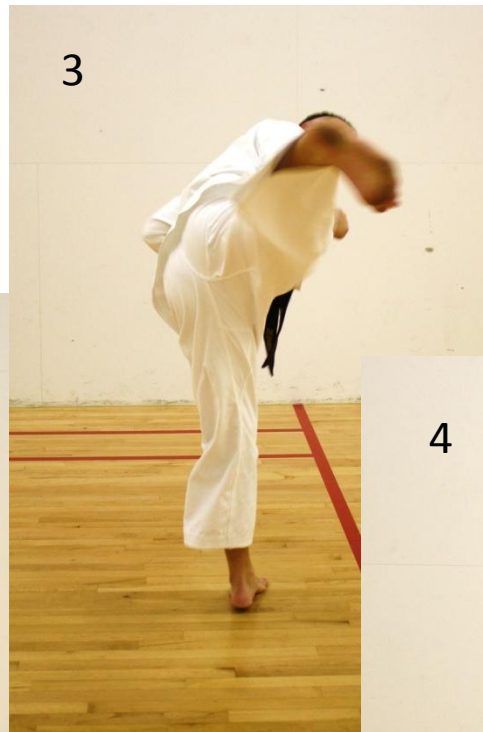
Green Belt: Twisting Kick



Green Belt: Hooking Kick



Green Belt: Reverse Turning Kick



Green Belt with Blue Stripe: X-Block

Chamber



Execution



Green Belt with Blue Stripe: Ridge Hand Block

Chamber



Execution



Green Belt with Blue Stripe: Scooping Block

Chamber



Execution



Green Belt with Blue Stripe: Vertical Twin Fist

Chamber



Execution



Green Belt with Blue Stripe: Double Palm Heel

Chamber



Execution



Pressing Block

Chamber



Execution



Green Belt with Blue Stripe: Wheel Kick



Green Belt with Blue Stripe: Pressing Kick

Chamber

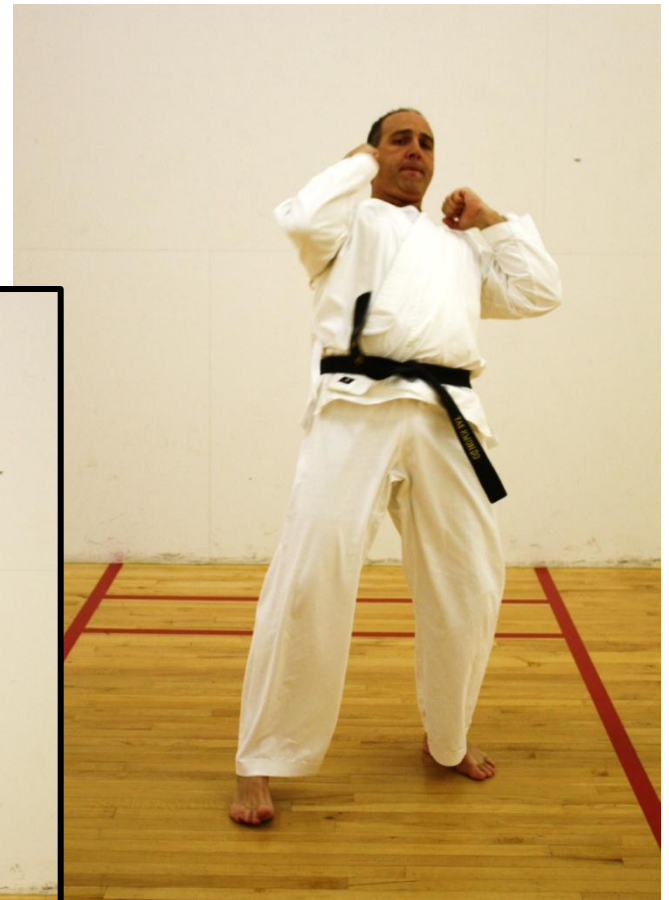


Execution



Green Belt with Blue Stripe:

Ax Kick



Blue Belt: Hammer Fist

Chamber



Execution



Blue Belt: Arc Hand

Chamber



Execution



Blue Belt: W-Block

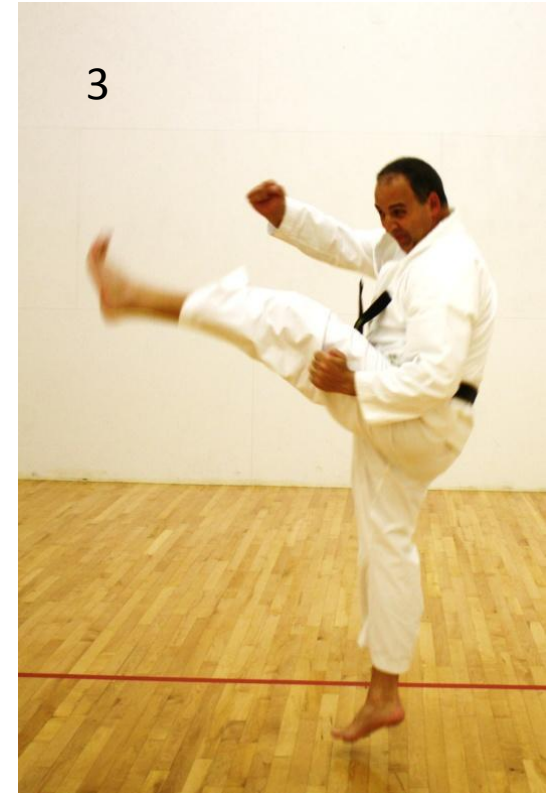
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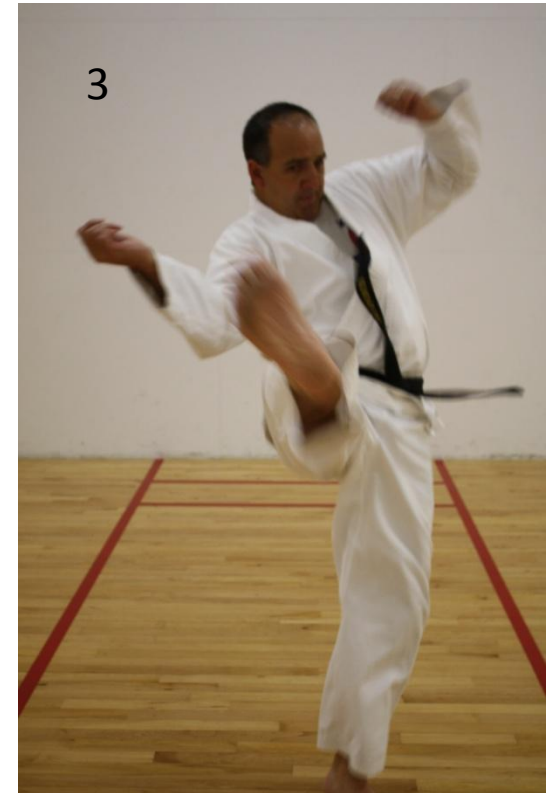
Execution



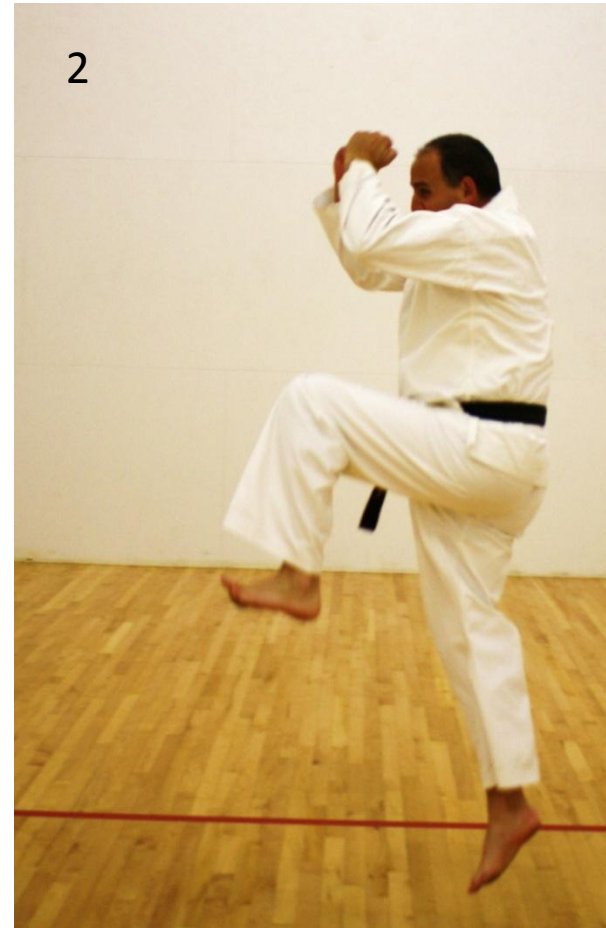
Blue Belt: Jump Front Snap Kick



Blue Belt: Jump twisting Kick



Blue Belt: Jump Side Piercing Kick



Blue Belt with Red Stripe: Ridge Hand Strike

Chamber



Execution



Blue Belt with Red Stripes: Jump Turning Kick

1



3



2



Blue Belt with Red Stripe: Jump Knee Kick



Red Belt: Thumb Ridge

Chamber



Execution



Red Belt: Long Fist

Chamber



Execution



Red Belt with Black Stripe: Horizontal Punch

Chamber



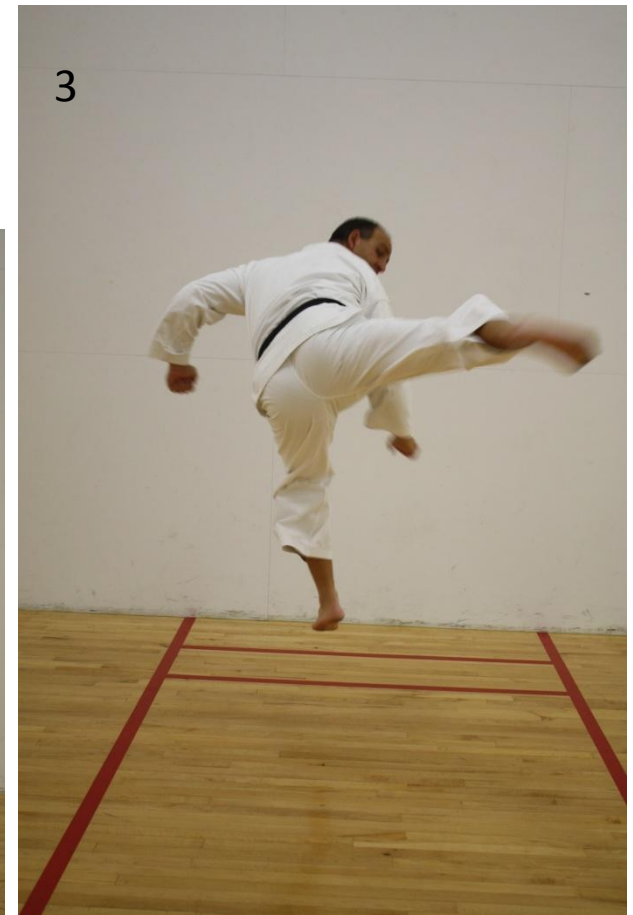
Execution



Red Belt: Jump Hook Kick



Red Belt: Jump Back Side Piercing Kick



Red Belt: Jump Wheel Kick



Red Belt: Jump Reverse Turning Kick



Jump Kicks Unable to be Caught on Camera

- See instructor for definitive instruction
 - Jump Twisting Kick
 - Jump Hook Kick
 - Jump Back Side Piercing Kick
 - Jump Wheel Kick
 - Jump Reverse Turning Kick

First Degree Black Belt

- Basic skills encompass all of the preceding skills, please review.
- A black belt is expected to physically perform and understand all required skills from the first day of instruction.