

## **THROWING AND FALLING TECHNIQUES**

*(Dunjigi wa Torojigi)*

The emphasis in falling is naturally, placed on learning to fall without getting hurt and recovering as quickly as possible.

Falling is practiced from a standing, sitting and lying down position. In both cases there are certain basic rules that must be followed:

1. Relax the body.
2. Fall to the side rather than the flat of the back. The falling should be done with a rolling motion distributing the weight on the buttocks, side and shoulder.
3. Absorb the shock by striking the ground or floor with the palm of the hand.
4. Tuck the chin into the chest to avoid the head striking the ground or floor.
5. Raise the legs.

A throwing technique in Taekwon-Do is only used when you do not wish to seriously injure an opponent, to occasionally counter an opponent's counter-attack or if an opponent is blocked in a way that it is impossible for him to utilize any of his attacking tools. As soon as a throwing technique is used, step back to avoid a counter-attack motion.

**A. While standing.**



- X:** Parallel stance middle punch with the right fist.  
**Y:** Parallel stance inside hooking block with the left palm.



- Y:** Bring the right palm to the opponent's chin while moving the right foot behind his right foot.



- Y:** Pull the opponent's right wrist with the left hand while pushing the chin.



- X:** Walking stance high obverse thrust with the right flat fingertip.  
**Y:** Rear foot stance outward block with the right knife-hand.

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- Y:** Grab the opponent by the shoulder with the right hand while moving the right foot to the side of his right foot.



- Y:** Lift the opponent's right leg with the right footsword while pulling the shoulder with the right hand.



- X:** Middle twisting kick with the right foot.
- Y:** Dodging to the side.



- X:** Left L-stance middle punch with the right fist.
- Y:** Rear foot stance reverse hooking block with the left knife-hand.



- Y:** Hold the opponent's waist with the right arm while moving the right foot forward.



- X:** High twisting kick with the right foot.
- Y:** Lower abdomen is attacked, failing to stay away.



- Y:** Pull the opponent's right arm with the left hand to throw.



- Y:** Turning kick with the right foot.
- X:** Dodging to the rear.

**X:** Walking stance middle obverse punch with the right fist.

**Y:** Walking stance obverse hooking block with the right palm.

**Y:** Grab the opponent's right wrist with the right hand while holding the armpit with the left hand.

**Y:** Move the left foot forward.



**X:** L-stance middle reverse punch with the right fist.

**Y:** Rear foot stance reverse hooking block with the right palm.

**Y:** Grab the opponent's right wrist with the right hand.

**Y:** Sweeping kick to the opponent's right foot while pulling his right arm with the right hand.

**Y:** Pull the opponent's right arm, raising the left hand to throw.

**X:** Outward vertical kick with the right foot.

**Y:** Dodging to the rear.



**Throwing**

**X:** High twisting kick with the left foot.

**Y:** Floating ribs are attacked failing to stay away.

## B. While kneeling



**X:** Choke hold from behind with the right arm.



**Y:** Grab the opponent's right shoulder with the right hand while holding his right wrist with the left hand.



**Y:** Throwing



**X:** Middle obverse punch with the right fist.

**Y:** Outward block with the left knife-hand.



**Y:** Raise the opponent's right arm with the left hand while holding the belt with the right hand, moving the right foot forward.



**Y:** Throwing.



**X:** High twisting kick with the right foot.  
**Y:** Dodging to the rear.



**X:** Middle obverse thrust with the right flat fingertip.  
**Y:** Hooking block with the left under forearm.



**Y:** Bring the right knife-hand to the opponent's right ankle while grabbing the right arm with the left hand.



**X:** High twisting kick with the right foot.  
**Y:** Lower abdomen is attacked failing to dodge.

**Y:** Lift the opponent's leg up with the right hand while pulling the right arm with the left hand.



**X:** Middle twisting kick with the right foot.  
**Y:** Dodging to the side.





**X:** Front-downward strike with the right knife-hand.

**Y:** Rising block with an X-fist.



**Y:** Grab the opponent's right wrist with the right hand.

**Y:** Hold the opponent's right armpit with the left hand while moving the left foot to his right reverse footsword.



**Y:** Throwing.



**X:** Turning kick with the right foot.

**Y:** Temple is attacked.

**C. While prone.**

**X:** Stamping kick to the chest with the right footsword.

**Y:** Blocking with an X-fist.



**Y:** Grab the opponent's right foot with both hands.



**Y:** Twist it clockwise to throw.



**X:** High side piercing kick with the left foot while supporting the body with both hands.

**Y:** Bridge of nose is attacked, failing to stay away.



- X:** Walking stance reverse downward punch with the right fist.  
**Y:** Blocking with an X-knife-hand.

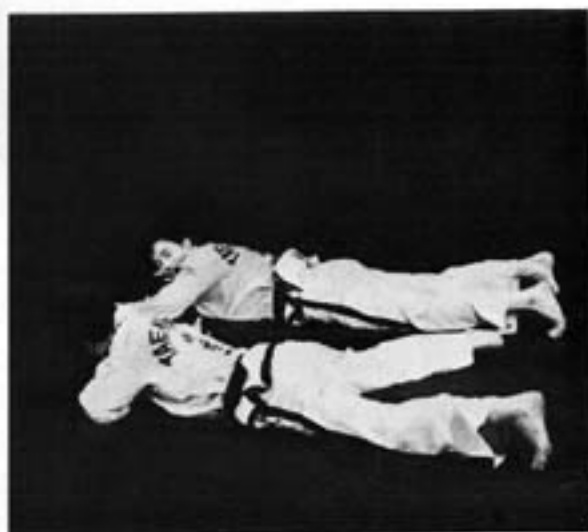


- Y:** Grab the opponent's right wrist with both hands.



- Y:** Lift the opponent's right leg with the left hand while pulling the right arm with the right hand.

- X:** Strike with the reverse knife-hand.  
**Y:** Dodging by rolling to the right.



Though frequently exercised, the throwing technique illustrated below are more often than not disadvantageous to the thrower.



- X:** High twisting kick with the right foot.
- Y:** Lower abdomen is attacked failing to stay away.



The thrower has no defense against the opponent's left fist.



- X:** Walking stance middle obverse punch with the right fist.
- Y:** Walking stance reverse hooking block with the left palm.

**X:** Walking stance high obverse thrust with the right flat fingertip.

**Y:** Walking stance obverse side block with the left outer forearm.



**X:** Walking stance high obverse punch with the right fist.

**Y:** Walking stance obverse hooking block with the left palm.



The defender can attack the thrower's ribs.



The thrower has no defense against the opponent's elbow thrust.





- X:** Turning kick with the right ball of the foot.
- Y:** Abdomen is attacked failing to dodge.



The defender can attack the thrower's coccyx.



- X:** High twisting kick with the left foot.
- Y:** Lower abdomen is attacked failing to stay away.