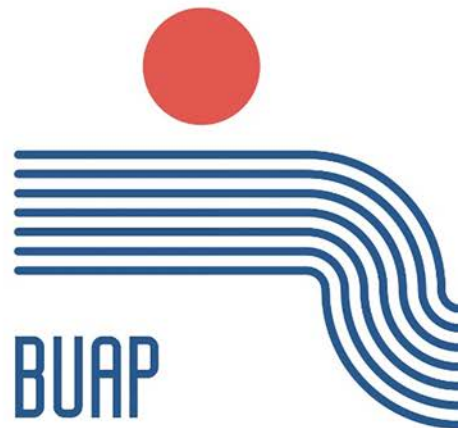


TAEKWONDO TRANSFER EXCERCISES



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PROLOGUE

Taekwondo has played a pivotal role in my life since childhood. From a young age, I discovered a passion for this martial art, a path that taught me to dream big, to work with discipline, to be persevering, and to face life with determination. In light of these events, I would like to express my profound gratitude to God and my parents. The influence of these coaches fostered an appreciation for sports, a sentiment that has profoundly shaped my identity. The program instilled in me a profound sense of self-confidence and motivated me to consistently work towards The sport has become an essential part of who I am. The pedagogues instilled in me a profound sense of self-assurance and the understanding that it is

imperative to endeavor to attain one's objectives on a daily basis.

Drawing from my personal experience as a coach and trainer, I am honored to write the foreword to this book, which I consider to be of significant importance not only for the field of taekwondo, but for anyone involved in sports. This methodology is characterized by a meticulous approach, a wealth of practical experience, and a forward-thinking vision, all of which are integral to the development of athletes.

Throughout this book, readers will find important information for optimizing their athletes' physical and technical performance. The readers will find the key fundamentals of physical preparation in taekwondo, the muscles worked in each movement, and the importance of strengthening them, including leg strength, hip mobility, core stability, postural control, and range of motion. Throughout this book, readers will find important information for optimizing their

athletes' physical and technical performance. Each chapter is designed to improve understanding of how the body functions during technical execution. Here, we will discuss the key fundamentals of physical training in taekwondo. We will cover which muscles are used in each movement and explain why strengthening them is important. These include leg strength, hip mobility, core stability, postural control, and range of motion. During childhood and adolescence, taekwondo is a very important tool for the comprehensive development of the human being. Through consistent training, we not only strengthen young people's bodies, but also develop their conditional and coordinative abilities. But most importantly, this martial art fosters values and skills that are essential for the lives of those who practice it: it improves self-esteem, concentration, self-confidence, independence, tolerance for frustration, respect, self-control, and perseverance.

Over the years, I have witnessed the transformative power of taekwondo. For practitioners, each fight is more than just physical exertion. Each fight and each round is like a real-life problem. You have to analyze the situation, adapt, stay calm, make smart decisions, and find the best solution. I am absolutely certain that this book will become an essential tool for anyone looking to train not just good athletes, but also good human beings with values, discipline, and purpose. Reading this book will be very helpful. Although it is scientifically based, it is written in a warm and clear style without being complicated. With explanations and images, it helps readers understand each technique. This makes it useful for coaches with or without experience, as well as high-level athletes, novice practitioners, parents, and anyone who loves taekwondo.

“The real fight is not just on the tatami... it is also in every training session, in every effort to strengthen the body and mind, and in never giving up on striving to be better every day.”

L.A.F. Gabriela Hernández González.
International Medalist and Coach.
Passionate about Taekwondo and Life Coach.

CHAPTER I

POSITIONS, MARKS & BASIC CHIRUGUIS

Content

Stairway movement

ORGANIZATION

Individual.

DEVELOPMENT

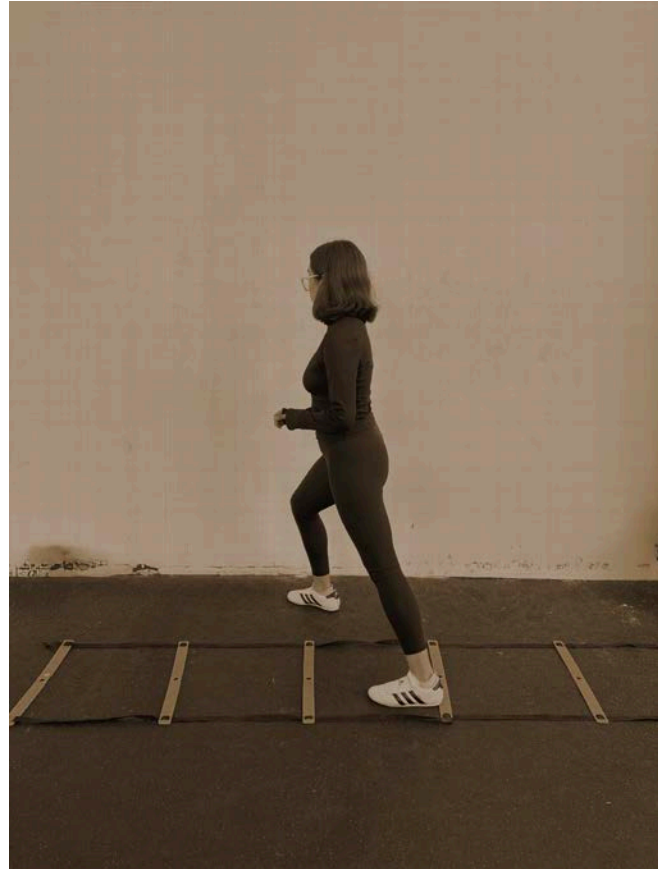
Perform zigzag movements on the floor ladder. Both legs must be separated, and at no time should both feet occupy the same space.

VARIANTS

Perform lateral, forward, and backward displacements, as well as guard changes.

TRANSFERENCE

Foundation for combat position.



Content

Combat position

ORGANIZATION

Individual.

DEVELOPMENT

Body outlined laterally, separating the compass from the legs, lowering the center of gravity, straight back and arms covering the torso and face area.

VARIANTS

Vary profiles.



Content

Wall squad

ORGANIZATION

Individual.

DEVELOPMENT

Perform isometric wall squat, lowering the hips to 90°, back against the wall completely straight, knees no more than two feet apart, arms touching shoulders.

VARIANTS

Vary the position of the arms and include weight.

TRANSFERENCE

Foundation for Chuchum Sogui.



Content

Chuchum Sogui (riding position)

ORGANIZATION

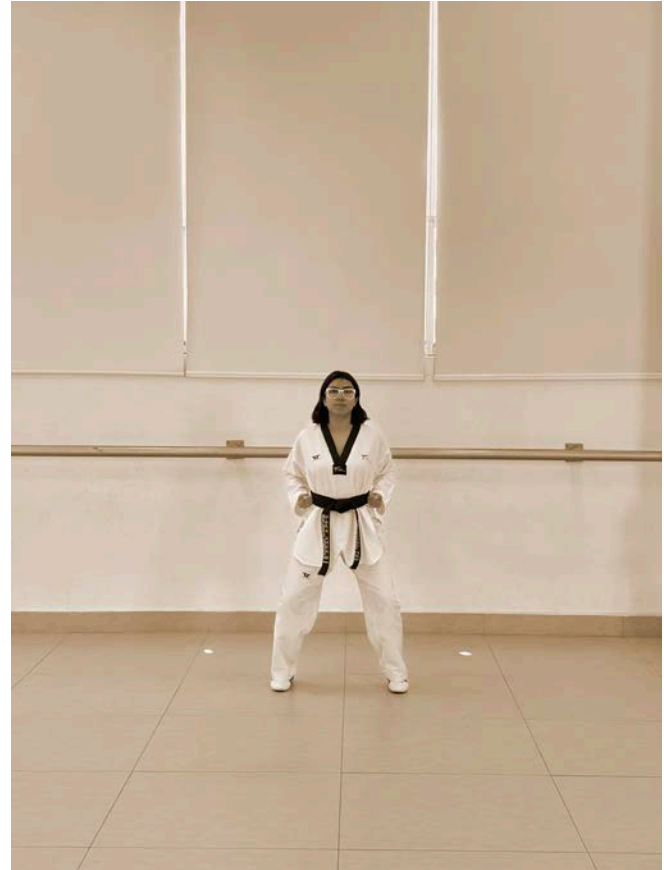
Individual.

DEVELOPMENT

Feet parallel, two and a half feet apart, lowering the center of gravity so that the legs are flexed, distributing the weight on both, placing the arms close to the sides with closed fists.

VARIANTS

Vary the position of the arms.



Content

Lateral backward displacements

ORGANIZATION

Individual.

DEVELOPMENT

The body is placed on its back facing one flank in a slouching position with the front leg slightly bent and the back leg fully straightened, to step back so that the body is facing the opposite flank and the legs change position, arms on hips.

VARIANTS

Vary the position of the arms and include weight.

TRANSFERENCE

Foundation for Ap Kubi.



Content

Ap Kubi (Long position)

ORGANIZATION

Individual.

DEVELOPMENT

Move one foot in front of the other with the distance of two feet, the front leg bent with the foot pointing forward and the back leg fully straight, with the foot slightly rotated outward, arms performing Are Maki.

VARIANTS

Varying the defense.



Content

TKE

ORGANIZATION

Individual.

DEVELOPMENT

Stand with your back to the wall, holding a yoga ball with the back of one knee fully extended while the other is semi-bent.

VARIANTS

Vary the size of the ball.

TRANSFERENCE

Foundation for Ap Sogui.



Content

Ap Sogui (Short position)

ORGANIZATION

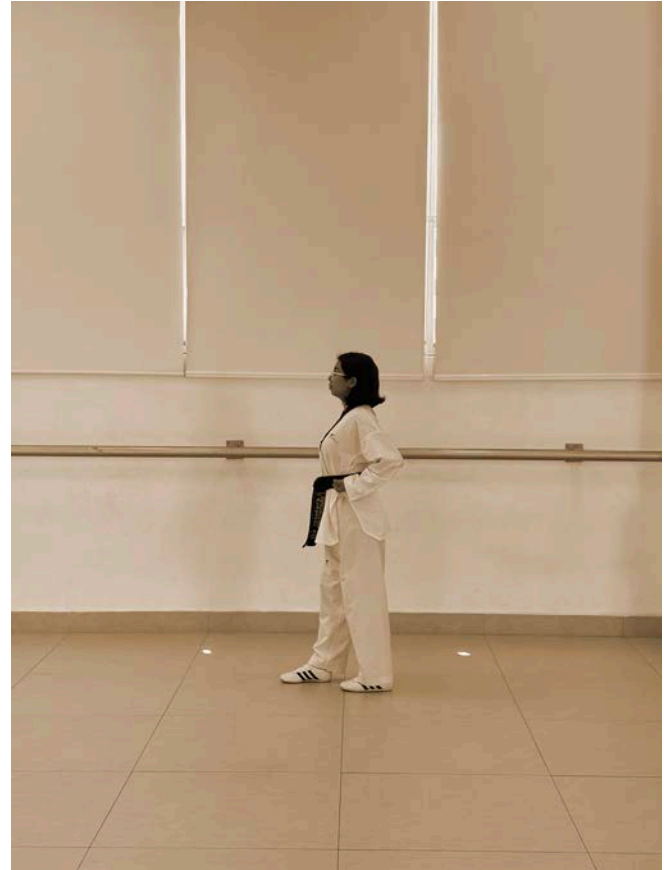
Individual.

DEVELOPMENT

Move one foot in front of the other at a distance of one foot, both legs completely straight, the foot of the front leg pointing forward, while the foot of the back leg rotates slightly outward, arms performing Are Maki.

VARIANTS

Vary the defense.



Content

Unilateral triceps extension on pulley

ORGANIZATION

Individual.

DEVELOPMENT

Position your body sideways to the machine to perform triceps extensions, starting the movement from the shoulder and ending it when your knuckles are pointing toward the floor.

VARIANTS

Vary pulley height and weight.

TRANSFERENCE

Foundation of Are Maki.



Content

Are Maki (Low defense)

ORGANIZATION

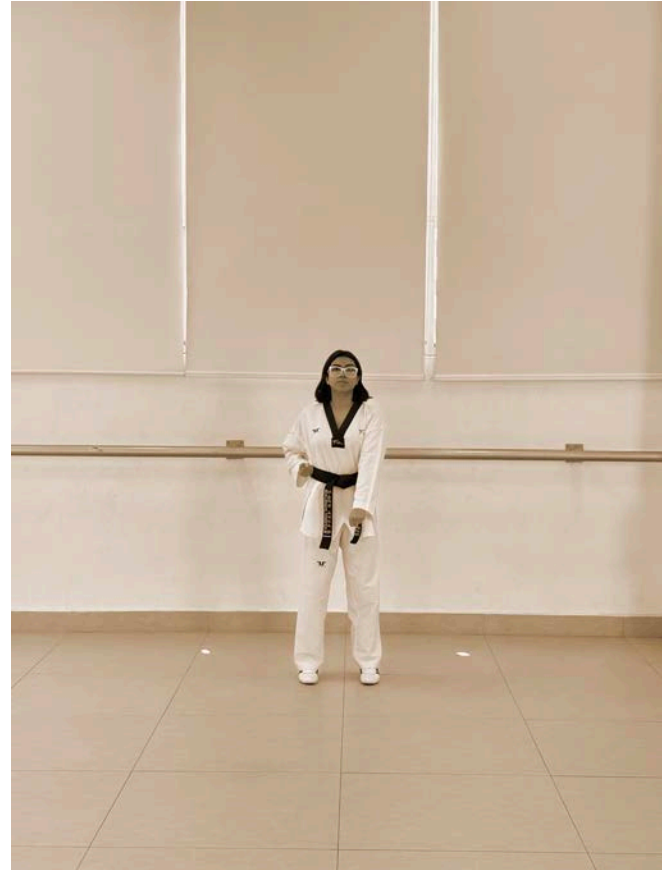
Individual.

DEVELOPMENT

The defense is prepared from the shoulder, placing the fist of one arm on the shoulder of the other, the fist moves down so that it travels along the entire opposite arm until the fist is pointing at the ground, while the other arm remains at the side with the arm bent and fist closed, legs in Chuchum Sogui.

VARIANTS

Vary the position of your legs.



Content

Defense with league

ORGANIZATION

Couples

DEVELOPMENT

Perform the Montong Yob Maki movement with a rubber band held by a partner, so that it is positioned to work on the last movement of the defense.

VARIANTS

Vary the resistance of the band.

TRANSFERENCE

Foundation for Montong Yob Maki.



Content

Montong Yob Maki (Central defender)

ORGANIZATION

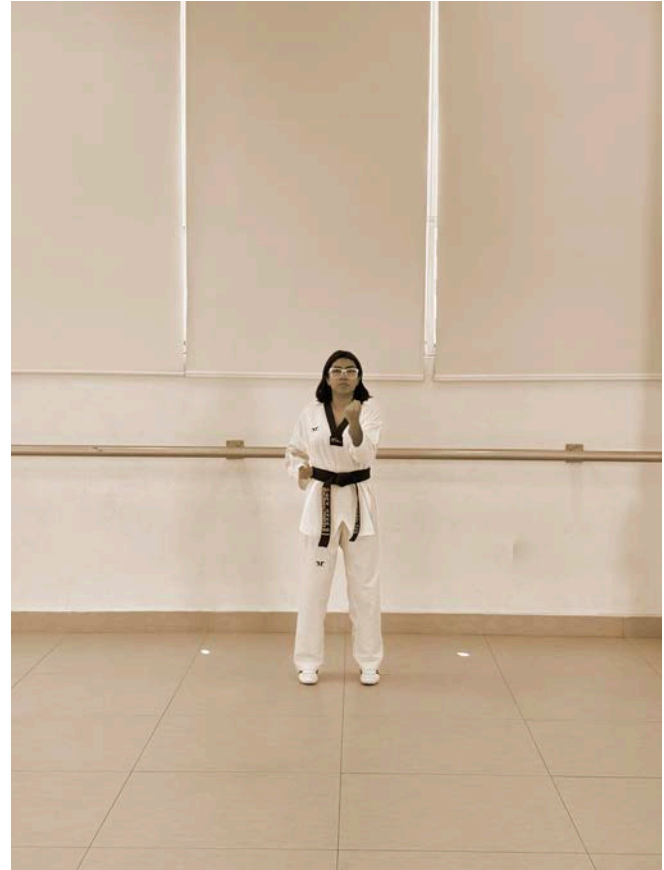
Individual.

DEVELOPMENT

Cross your arms so that one fist is on the other shoulder while the other fist is on the waist on the opposite side. The arm that is below will move the forearm from the inside to the outside, remaining flexed with a closed fist, while the other arm remains flexed with a closed fist, but at the side of the body, in the Chuchum Sogui position.

VARIANTS

Vary the position of your legs.



Content

Front raises with disk

ORGANIZATION

Individual.

DEVELOPMENT

Legs shoulder-width apart with knees slightly bent, perform a front lift with the disc so that it covers your face, then lower it without losing tension in the movement.

VARIANTS

Place one leg in front of the other and even hold yourself in an isometric squat against the wall.

TRANSFERENCE

Foundation for Olgul Maki.



Content

Olgul Maki (High defense)

ORGANIZATION

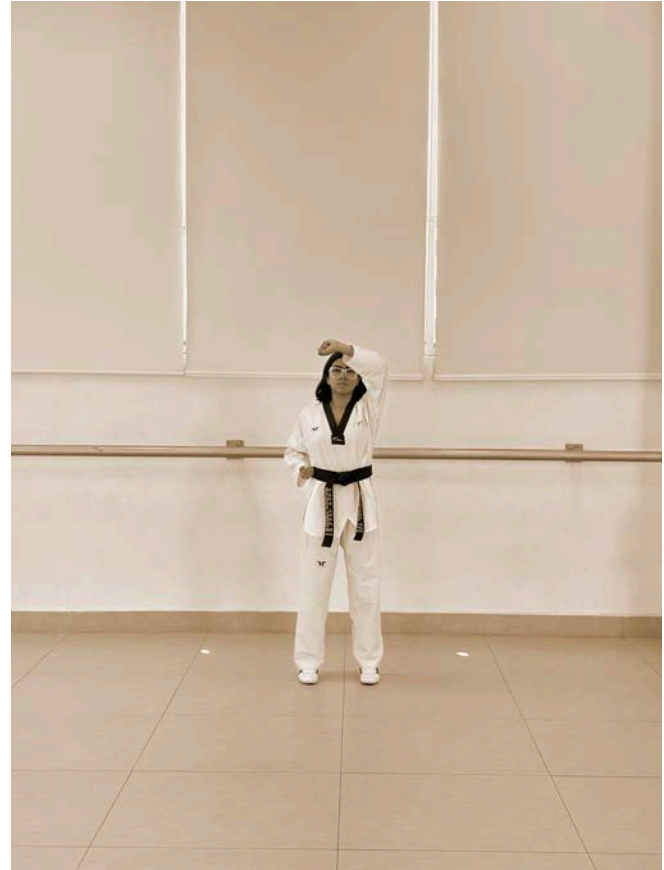
Individual.

DEVELOPMENT

Cross your arms so that one fist is on the other shoulder while the other fist is on the waist on the opposite side. The arm that is below will move the forearm until it covers the upper part of the face without going beyond the forehead and without covering the eyes, with the fist held horizontally at a distance of one fist between the forehead and the fist. The other arm remains bent with the fist closed but at the side of the body, in the Chuchum Sogui position.

VARIANTS

Vary the position of your legs.



Content

Military press

ORGANIZATION

Individual.

DEVELOPMENT

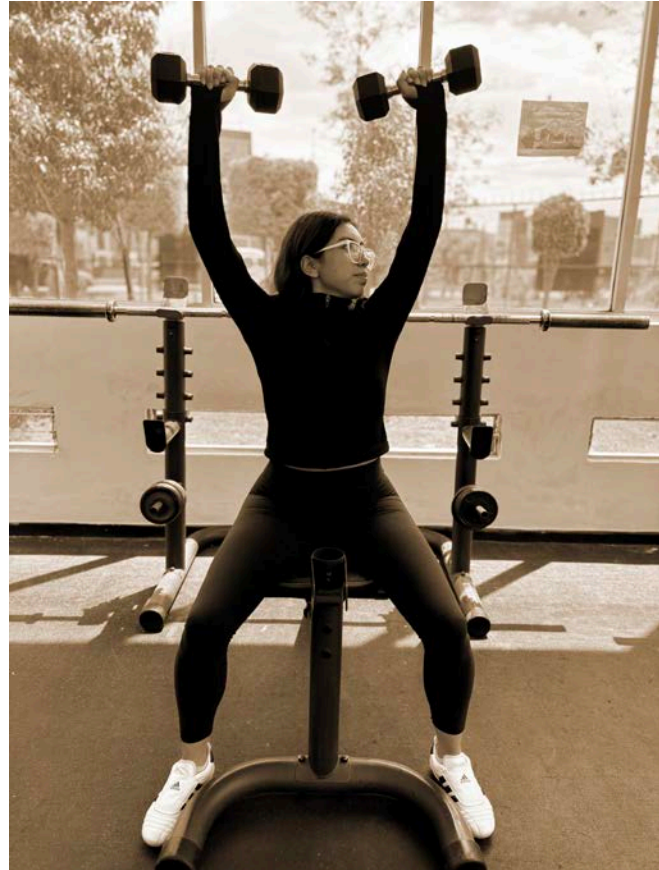
Sit on a bench to perform military presses with a barbell, feet firmly planted on the floor, shoulders slightly behind the hips, bending arms to chin height and extending above the head.

VARIANTS

Include weight that allows for controlled repetitions.

TRANSFERENCE

Foundation for An Montong Maki.



Content

An Montong Maki (Outside defense)

ORGANIZATION

Individual.

DEVELOPMENT

The arms are positioned in an L shape, with one arm fully extended and the other bent with the fist pointing sideways. The forearm of that arm moves from the outside to the inside, forming the same position as an An Montong Maki, chuchum sogui position.

VARIANTS

Vary the position of your legs.



Content

Landmine press

ORGANIZATION

Individual.

DEVELOPMENT

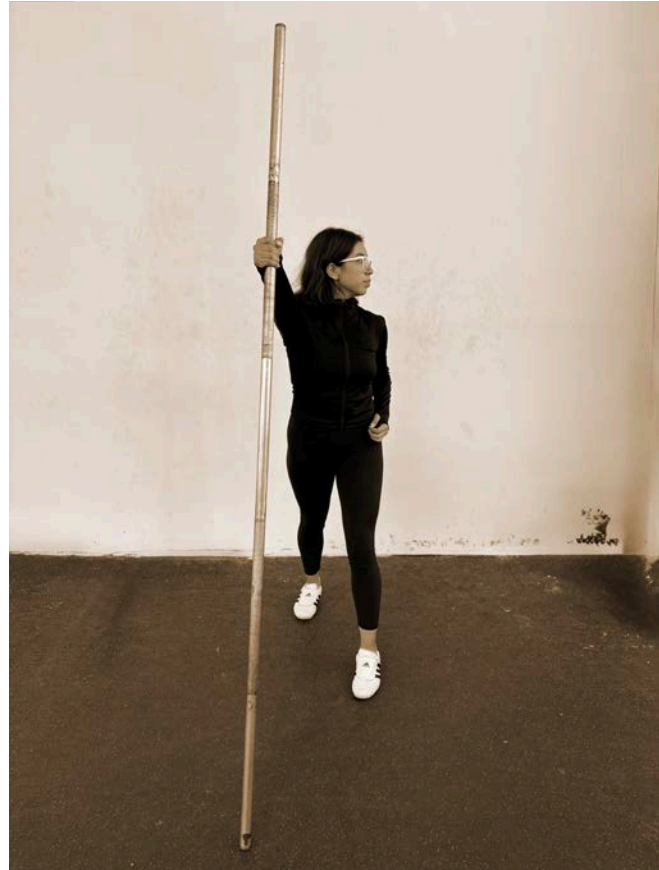
Place your body in a fighting stance, make a throwing motion, and as you throw the bar, your hips rotate along with the tip of your foot.

VARIANTS

Vary the position of the legs or include a garter.

TRANSFERENCE

Foundation for Montong Chirugui.



Content

Montong Chirugui (Medium stroke)

ORGANIZATION

Individual.

DEVELOPMENT

One arm is fully extended with a closed fist, the other bent with a closed fist at the side of the body. Next, energy is transferred so that they change position, legs in Chuchum Sogui.

VARIANTS

Vary the position of your legs.

30



Content

Banded stroke

ORGANIZATION

Couples

DEVELOPMENT

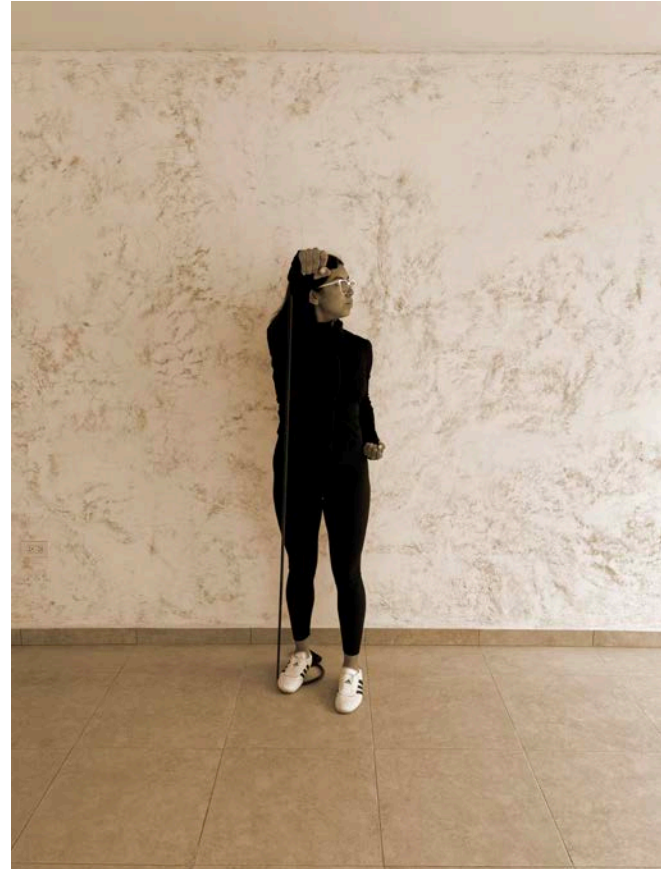
Perform Olgul Chirugui movement with a sustained ligament with the help of a partner, so that it is positioned to work the last movement of the strike.

VARIANTS

Vary the resistance of the band.

TRANSFERENCE

Foundation for Olgul Chirugui.



Content

Olgul Chirugui (Punch to the face)

ORGANIZATION

Individual.

DEVELOPMENT

One arm is fully extended with the fist closed pointing upward as if striking the face, the other bent with the fist closed at the side of the body. Next, energy is transferred so that they change position, legs in Chuchum Sogui.

VARIANTS

Vary the position of your legs

32



CHAPTER II

TRADITIONAL CHAGUIS

Content

Seated kick

ORGANIZATION

Individual.

DEVELOPMENT

Sit on the tatami with your legs fully extended, your back straight, and your arms supporting you without bending them while performing the Ap Chagui technique.

VARIANTS

Work each leg separately or both legs together, varying the amount of time you hold the leg bent or extended.

TRANSFERENCE

Foundation for Ap Chagui.



Content

Ap Chagui (Front kick)

ORGANIZATION

Individual.

DEVELOPMENT

Start from the fighting stance. The kick is divided into four steps: raise the back leg with the knee bent, extend the leg, strike with the ball of the foot, return to the bent position, and finish by lowering the leg back to the front in the fighting stance.

VARIANTS

Vary the height of the kick.



Content

Knee lift with disk

ORGANIZATION

Individual.

DEVELOPMENT

Stand next to a wall for support, perform a bent knee lift with a disc for Pi Chagui, maintain the bend for a set amount of time, and finish the exercise with small lifts.

VARIANTS

Vary the weight used.

TRANSFERENCE

Foundation for Pi Chagui.

36



Content

Pi Chagui (Roundhouse kick to the stomach)

ORGANIZATION

Individual.

DEVELOPMENT

Get into a fighting stance, lift your back leg so that your shin is horizontal, turn your supporting foot completely to bring your hip in, stretch your leg by bringing your instep up to your stomach, bend again, and finish by lowering your leg back to the front into a fighting stance.

VARIANTS

Vary the timing of the kick.



Content

Banded knee lift

ORGANIZATION

Individual.

DEVELOPMENT

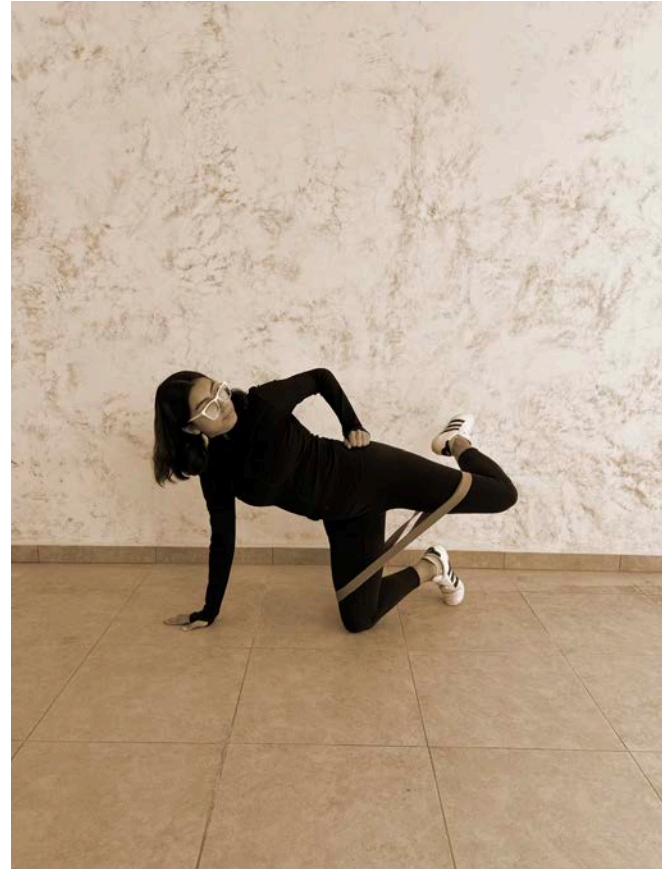
Place your knee and right hand on the floor, body sideways, lift your knee with the band, maintaining the Dollyo Chagui technique where your shoulder, hip, and knee form a single line.

VARIANTS

Vary the resistance of the band.

TRANSFERENCE

Foundation for Dollyo Chagui.



Content

Dollyo Chagui (Roundhouse kick to the face)

ORGANIZATION

Individual.

DEVELOPMENT

Get into a fighting stance, perform the same movement as in Pi Chagui, raise your bent leg, rotate your supporting foot, bring your hip forward, stretch your leg up to head height, bend it again and finish in a fighting stance.

VARIANTS

Vary the timing of the kick.



Content

High Knees

ORGANIZATION

Individual.

DEVELOPMENT

Sitting on the floor with your legs extended and a resistance band around your feet, bend your knee toward your chest and then extend your leg back to the floor.

VARIANTS

Vary the resistance of the band.

TRANSFERENCE

Foundation for Ap Chanoki.



Content

Ap Chanoki

ORGANIZATION

Individual.

DEVELOPMENT

You must get into a fighting position, bend your back leg and then stretch it forward, striking vertically with the sole of your foot.

VARIANTS

Vary the body profile.



Content

Wall kick

ORGANIZATION

Individual.

DEVELOPMENT

With the help of the wall, body sideways, raising the knee for Yob Chagui, perform small lifts and then do the full kick technique.

VARIANTS

Vary the height of the technique.

TRANSFERENCE

Foundation for Yop Chagui.



Content

Yop Chagui

ORGANIZATION

Individual.

DEVELOPMENT

The fighter assumes a fighting stance, raising the rear leg bent from the chest and then extending it to strike horizontally with the sole of the foot. The foot of the supporting leg should rotate to bring the hip forward.

VARIANTS

Vary the profiles and height of the kick.



Content

Three points

ORGANIZATION

Individual.

DEVELOPMENT

Place your knee and right hand on the floor, body sideways, perform a knee lift for Apal, followed by small lifts and the complete technique.

VARIANTS

Vary the height of the technique.

TRANSFERENCE

Foundation for Apal.



Content

Apal

ORGANIZATION

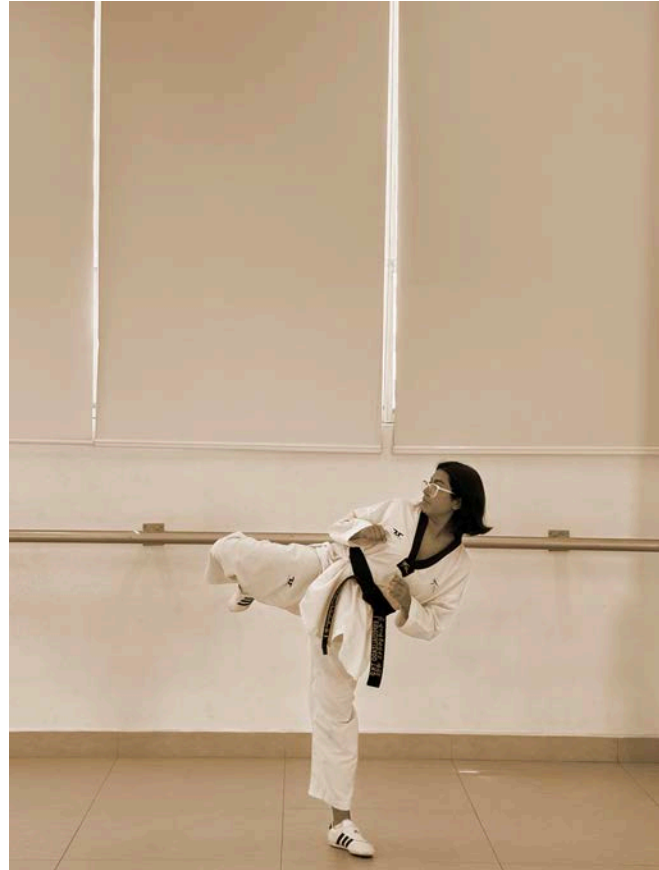
Individual.

DEVELOPMENT

He gets into a fighting stance, raises his front leg with his knee bent, then straightens it and strikes with the instep of his foot, while at the same time turning the foot of his supporting leg to bring his hip into the strike.

VARIANTS

Vary the profiles and height of the kick.



Content

Bench lateral displacement

ORGANIZATION

Individual.

DEVELOPMENT

With the support of a bench, perform lateral movements so that they simulate the Pucho technique, where the momentum of one leg pushes the other.

VARIANTS

Vary speed and include weight.

TRANSFERENCE

Foundation for Pucho.



Content

Pucho

ORGANIZATION

Individual.

DEVELOPMENT

It gets into a fighting stance, with the back leg taking the place of the front leg by pushing forward, while the front leg rises and strikes in the same way as an Apal.

VARIANTS

Vary the profiles and height of the kick.



Content

Displacement with dumbbell on disk

ORGANIZATION

Individual.

DEVELOPMENT

Stand on a disc with one knee raised and the arm on the same side holding a dumbbell. Perform the change in a way that simulates the Parumbal technique, i.e., crossing the leg in front.

VARIANTS

Vary the weight.

TRANSFERENCE

Foundation for Parumbal.



Content

Parumbal

ORGANIZATION

Individual.

DEVELOPMENT

It assumes a fighting stance, with the hind leg crossing in front of the front leg as if taking a long step, while the front leg rises and strikes in the same way as an Apal.

VARIANTS

Vary the profiles and height of the kick.



Content

Squat with jump

ORGANIZATION

Individual.

DEVELOPMENT

Legs apart to perform a jump squat, controlling the landing.

VARIANTS

Include weight.

TRANSFERENCE

Foundation for Lyun Chagui.

50



Content

Lyun Chagui.

ORGANIZATION

Individual.

DEVELOPMENT

He gets into a fighting stance, raises his back leg to strike like a Pi Chagui, and before his foot hits the ground, the leg that is planted takes a small push to rise and strike in the same way.

VARIANTS

Vary the height of the second kick.



Content

Displacement with jump

ORGANIZATION

Individual.

DEVELOPMENT

Body positioned to perform a jump accompanied by the appropriate arm swing, back slightly leaning forward.

VARIANTS

Include weight.

TRANSFERENCE

Foundation for Nandal.



Content

Nandal

ORGANIZATION

Individual.

DEVELOPMENT

The fighter assumes a fighting stance, raising the rear leg to strike like a Pi Chagui. Before the foot hits the ground, the planted leg takes a small step forward to rise and strike in the same way, then repeats the same pattern before the foot hits the ground.

VARIANTS

Vary the height of the second or third kick.



CHAPTER III

CHAGUIS TRADITIONAL ATTACK

Content

Machine leg extension

ORGANIZATION

Individual.

DEVELOPMENT

Similar to a quadriceps extension, you position yourself on the machine to extend your leg as closely as possible to an Ap Chagui with its corresponding 4 movements.

VARIANTS

Perform it with a rubber band.

TRANSFERENCE

Foundation for Ap Chagui combination.



Content

Ap Chagui combination

ORGANIZATION

Couples.

DEVELOPMENT

Both take up a fighting stance. The person who is not going to kick will hold the palchaguis so that the other can perform a double Ap Chagui.

VARIANTS

Vary the height of the kick, both the first and the second.



Content

Wall kick

ORGANIZATION

Individual.

DEVELOPMENT

With the help of the wall, body sideways, raising the knee for Pi Chagui, perform small lifts and then do the full kick technique, followed by a Chigo Chagui without lowering the leg.

VARIANTS

Add weight, vary the second technique.

TRANSFERENCE

Foundation for Pichagui combination.



Content

Pi Chagui combination

ORGANIZATION

Couples.

DEVELOPMENT

Both players get into fighting stance. The player who is not going to kick holds the palchaguis so that the other player can perform a Pi Chagui followed by a Chigo Chagui.

VARIANTS

Vary the height and technique of the second kick, as well as the side.



Content

Balance ball kick

ORGANIZATION

Individual.

DEVELOPMENT

Standing on a balance ball, perform a complete Pi Chagui technique followed by a Dollyo Chagui, lowering the front leg off the ball.

VARIANTS

Add weight.

TRANSFERENCE

Foundation for Dollyo Chagui combination.



Content

Dollyo Chagui combination

ORGANIZATION

Couples.

DEVELOPMENT

Both fighters assume a fighting stance. The fighter who is not going to kick will hold the palchaguis so that the other fighter can perform a Pi Chagui, bringing the rear leg forward, and then perform a Dollyo Chagui.

VARIANTS

Vary the laterality.

60



Content

Banned knee extension

ORGANIZATION

Individual.

DEVELOPMENT

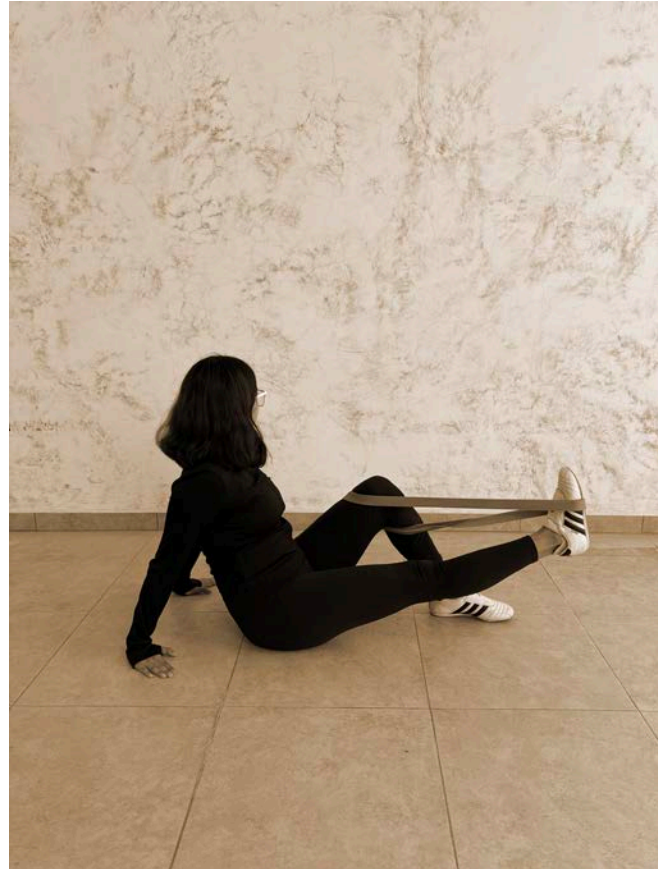
The band is placed behind one knee and on the sole of the other foot, followed by knee extension while controlling the position of the leg that remains static.

VARIANTS

Perform on a machine.

TRANSFERENCE

Foundation for Ap Chanoki combination.



Content

Ap Chanoki combination

ORGANIZATION

Couples.

DEVELOPMENT

Both take up a fighting stance. The one who is not going to kick will hold domi in front so that the other can perform an Ap Chanoki followed by a Tuit Chagui.

VARIANTS

Vary the lateral movement and the second attack.



Content

Static backward kick

ORGANIZATION

Individual.

DEVELOPMENT

Stand in a neutral position, bring one leg back simulating the Yop Chagui technique, starting with the knee raised and ending in the same way.

VARIANTS

Perform the movement two or more times in a row, adding weight.

TRANSFERENCE

Foundation for Yop Chagui combination.



Content

Yop Chagui combination

ORGANIZATION

Couples.

DEVELOPMENT

Both take up a fighting stance. The one who is not going to kick will hold domi or palchaguis in front so that the other can perform a double Yop Chagui without lowering the leg that kicked first.

VARIANTS

Vary the side and height of both kicks.



Content

Bench top touches

ORGANIZATION

Individual.

DEVELOPMENT

Perform an Apal shift, where only the tip of the front foot touches the bench.

VARIANTS

Perform a closure technique.

TRANSFERENCE

Foundation for Apal combination.



Content

Apal combination

ORGANIZATION

Couples.

DEVELOPMENT

Both players get into a fighting stance. The player who is not going to kick will hold palchaguis so that the other player can perform a double Apal without lowering the leg that kicked first.

VARIANTS

Vary the height of both kicks, as well as the technique of the second kick.

66



Content

Cone to cone jumping

ORGANIZATION

Individual.

DEVELOPMENT

Place two cones at the same height with enough distance between them to move from side to side, perform side jumps simulating Pucho's technique, finishing with a Chigo Chagui when reaching each cone.

VARIANTS

Change the closing technique.

TRANSFERENCE

Foundation for Pucho combination.



Content

Pucho combination

ORGANIZATION

Couples.

DEVELOPMENT

Both take up a fighting stance. The one who is not going to kick will hold palchaguis so that the other can perform a Pucho followed by a Chigo Chagui.

VARIANTS

Vary the side and technique of the second kick.



Content

Stairway movement

ORGANIZATION

Individual.

DEVELOPMENT

Perform a Parumbal shift on the ladder so that each movement covers one square, closing with Iyuan Chagui in the same way, occupying a single square.

VARIANTS

Vary the second technique.

TRANSFERENCE

Foundation for Parumbal combination.



Content

Parumbal combination

ORGANIZATION

Couples.

DEVELOPMENT

Both take up a fighting stance. The one who is not going to kick will hold palchaguis so that the other can perform Parumbal and then change the technique to an Iyun Chagui.

VARIANTS

Vary the side and technique of the second kick.



Content

Chest jump with a leg.

ORGANIZATION

Individual.

DEVELOPMENT

Move Pucho by keeping the front leg raised and bending the knee, then jump so that the other knee reaches the height of the one that is already bent.

VARIANTS

Vary the entry technique, add weight.

TRANSFERENCE

Foundation for Iyun Chagui combination.



Content

Iyun Chagui combination

ORGANIZATION

Couples.

DEVELOPMEN

Both take up a fighting stance. The one who is not going to kick will hold palchaguis so that the other can first perform an entry technique such as a Pucho, and before the foot falls, change the technique to an Iyun Chagui.

VARIANTS

Vary the side and technique of the kick.



Content

Knee lift from the floor

ORGANIZATION

Individual.

DEVELOPMENT

Start kneeling, with one leg on the ground and the other knee bent, then stand up explosively to perform the Apal technique, followed by Nadal simulating the kick using only his knees.

VARIANTS

Add weight, vary the entry technique.

TRANSFERENCE

Foundation for Nadal combination.



Content

Nandal combination

ORGANIZATION

Couples

DEVELOPMENT

Foundation for Nandal combination Both fighters assume a fighting stance. The fighter who is not going to kick will hold palchaguis so that the other fighter can first perform an entry technique such as an Apal, and before the foot lands, change the technique to Nandal.

VARIANTS

Vary the side and technique of the kick.



CHAPTER IV

ADVANCED CHAGUIS

Content

Bench jumping

ORGANIZATION

Individual.

DEVELOPMENT

Jump off a bench landing on one leg with the knee bent for Cut, followed by small jumps forward while holding the knee bent.

VARIANTS

Jump off a bench landing on one leg with the knee bent for Cut, followed by small jumps forward while holding the knee bent.

TRANSFERENCE

Foundation for Cut.



Content

Cut

ORGANIZATION

Individual.

DEVELOPMENT

The fighter assumes a fighting stance, raises the front leg, bends it to stretch, and strikes horizontally with the sole of the foot like a Yop Chagui. The kick originates from the hip.

VARIANTS

Vary the profiles and height of the kick.



Content

Half twist with knees to chest

ORGANIZATION

Individual.

DEVELOPMENT

Body in combat position, perform a half turn on your back, lifting your knees to your chest.

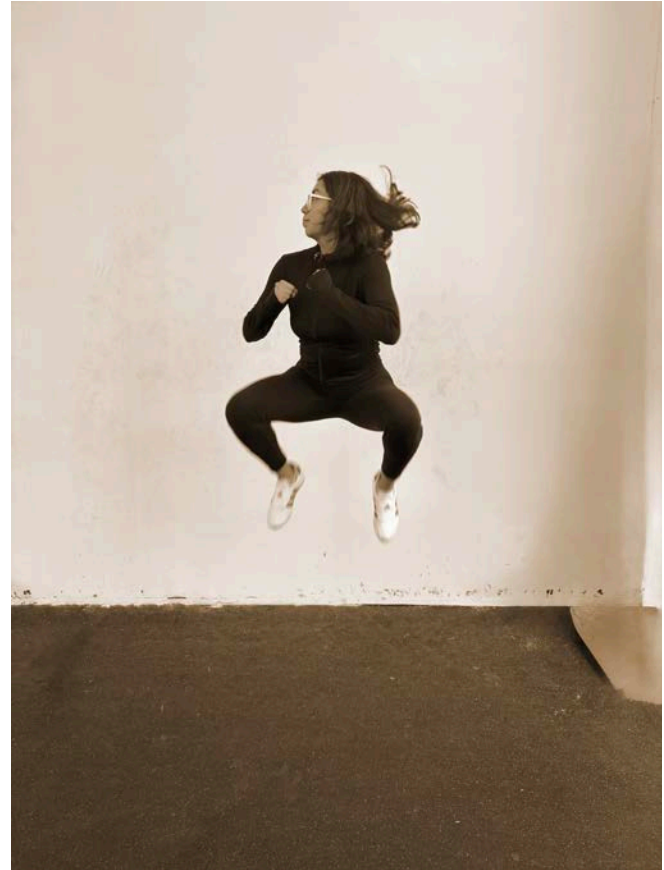
VARIANTS

Include weight, make a complete turn.

TRANSFERENCE

Foundation for Tichi Gancha.

7白



Content

Tichi Gancha

ORGANIZATION

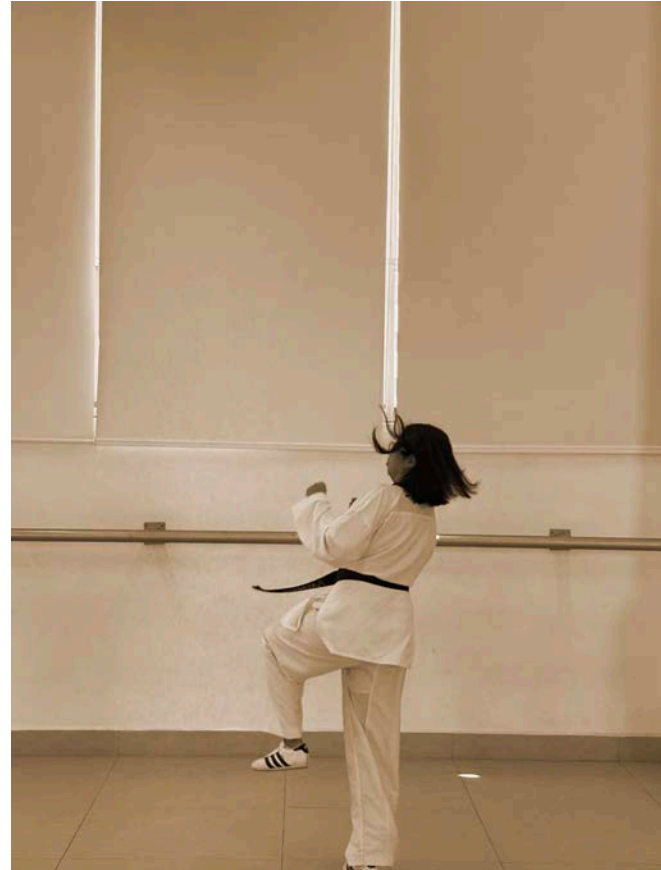
Individual.

DEVELOPMENT

He gets into a fighting stance, crosses his back leg in front of his front leg to make a full turn so he is facing forward, and kicks in the air like a Pi Chagui.

VARIANTS

Vary the profiles and height of the kick.



Content

Wall hook

ORGANIZATION

Individual.

DEVELOPMENT

Body facing the wall, leaning against it, perform a half turn on your back, moving your leg in a hook shape, looking over your shoulder.

VARIANTS

Vary the pace.

TRANSFERENCE

Foundation for Jetchup.



Content

Jetchup

ORGANIZATION

Individual.

DEVELOPMENT

Get into a fighting stance, swing your back leg halfway around behind you to lower it in a hooking motion, and strike with the sole of your foot.

VARIANTS

Vary the profiles and height of the kick.



Content

Pulley back kick

ORGANIZATION

Individual.

DEVELOPMENT

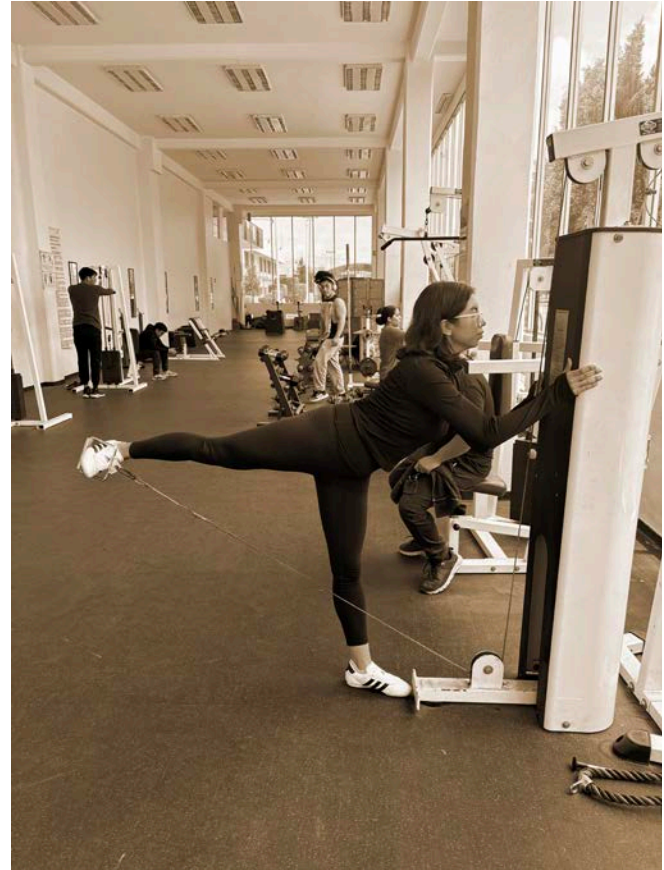
Perform a back kick on the pulley, which should simulate the Tuit Chagui technique.

VARIANTS

Do it in four points on the floor with leggings or garters.

TRANSFERENCE

Foundation for Tuit Chagui.



Content

Tuit Chagui

ORGANIZATION

Individual.

DEVELOPMENT

Get into a fighting stance, swing your back leg halfway around behind you, then either extend your leg or leave it slightly bent and strike with the sole of your foot.

VARIANTS

Vary the profiles and height of the kick.



Content

Three points

ORGANIZATION

Individual.

DEVELOPMENT

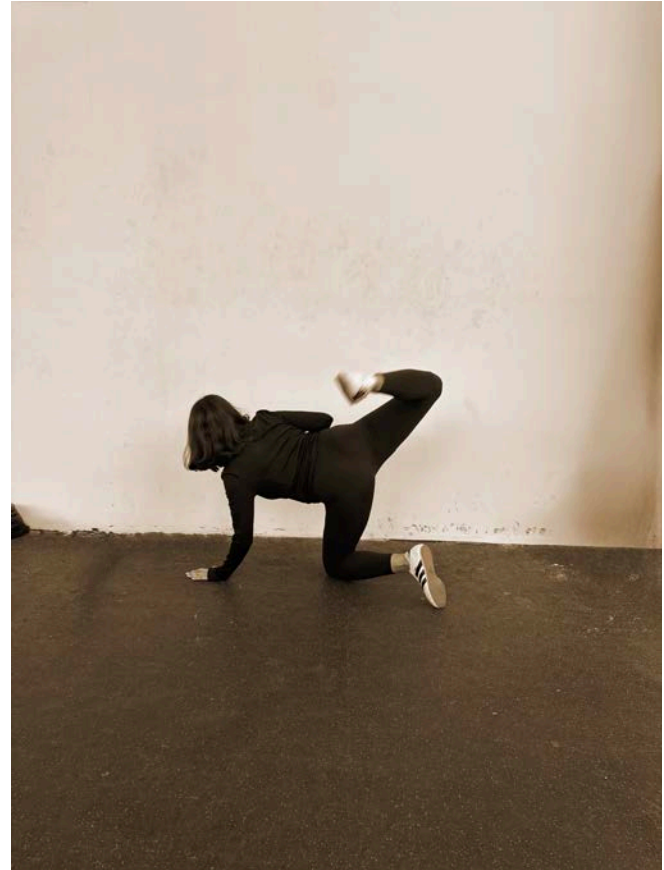
Place your knee and right hand on the floor, body sideways, lift your leg for Frigi, followed by small hooks backward.

VARIANTS

Vary the height.

TRANSFERENCE

Foundation for Frigi.



Content

Frigi

ORGANIZATION

Individual.

DEVELOPMENT

He gets into a fighting stance, his front leg bent with his body turned sideways so he can stretch out in a hook position and strike with the sole of his foot.

VARIANTS

Vary the profiles and height of the kick.



Content

Knee lift in step

ORGANIZATION

Individual.

DEVELOPMENT

Body in combat position handling the step, on command, knee lift is performed for Reversible.

VARIANTS

Perform knee lifts against the wall.

TRANSFERENCE

Foundation for Frigi.

86



Content

Reversible

ORGANIZATION

Individual.

DEVELOPMENT

He gets into a fighting stance, his front leg bent with his body turned sideways to strike with the instep of his foot so that his leg moves from the inside to the outside.

VARIANTS

Vary the profiles and height of the kick.



Content

Leg grip

ORGANIZATION

Individual.

DEVELOPMENT

Body in combat position, Chigo Chagui is performed, but before the leg comes down, the arms hold it up for a certain amount of time.

VARIANTS

Vary the rhythm or stop the leg on the wall

TRANSFERENCE

Foundation for Chigo Chagui.



Content

Chigo Chagui

ORGANIZACIÓN

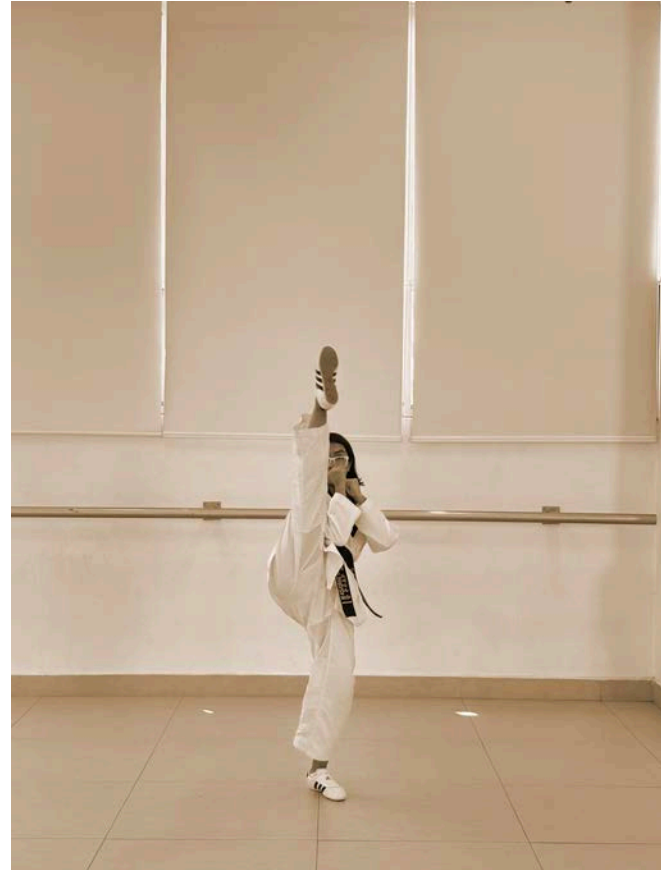
Individual.

DEVELOPMENT

Get into a fighting stance, raise your back leg slightly bent so that it comes down and hits the ground with the sole of your foot.

VARIANTS

Vary profiles



Content

Leg semicircle

ORGANIZATION

Individual.

DEVELOPMENT

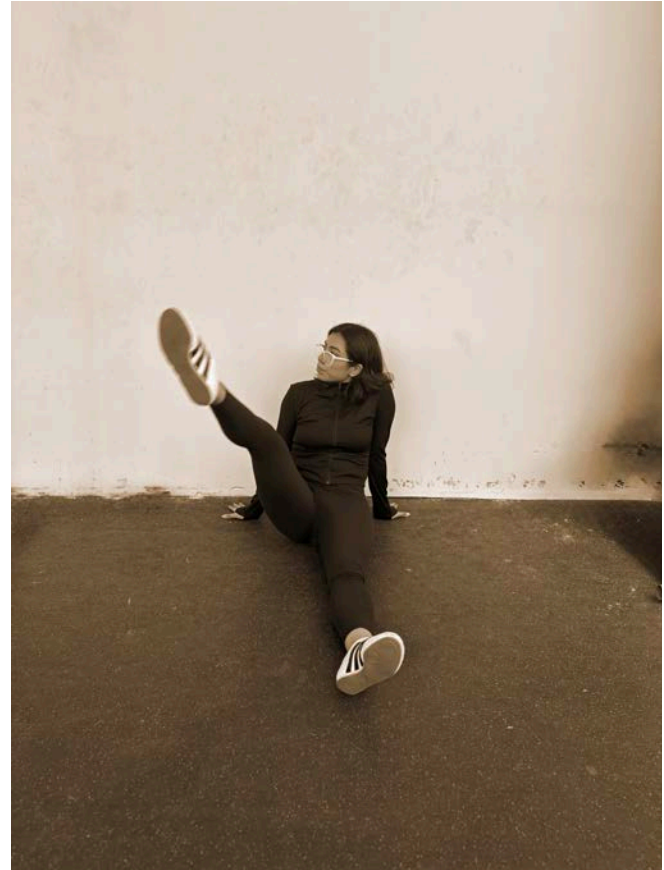
Sit on the tatami mat with your legs extended, your back straight, and your arms supporting you without bending them while performing half circles with your legs.

VARIANTS

Include gaiters.

TRANSFERENCE

Foundation for London.



Content

London

ORGANIZACIÓN

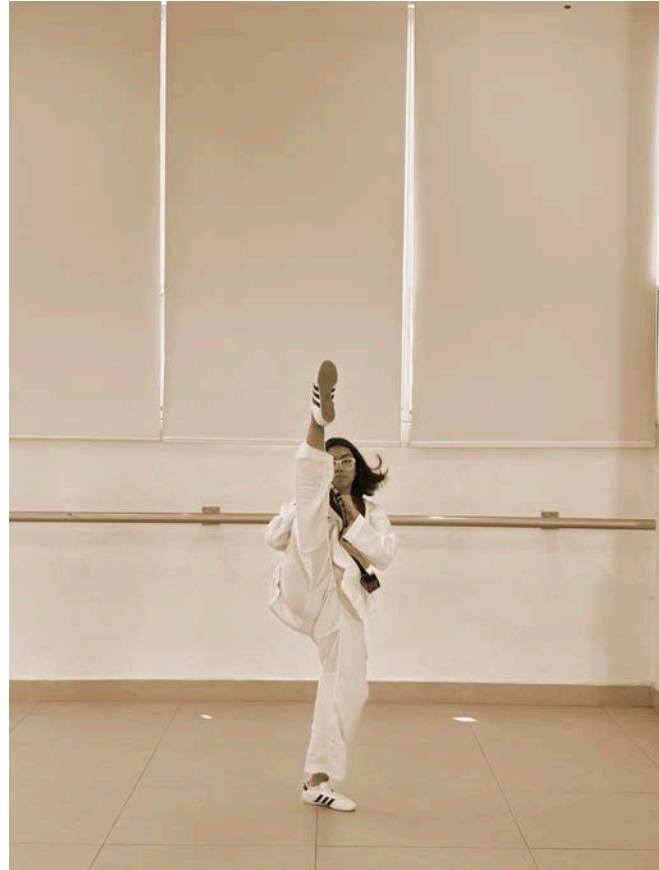
Individual.

DEVELOPMENT

He gets into a fighting stance, his back leg makes the movement of a Pucho, at the same time this leg rises semi-flexed so that it comes down and strikes with the sole of the foot like a Chigo Chagui.

VARIANTS

Vary profiles.



Content

Inward leg circle

ORGANIZATION

Individual.

DEVELOPMENT

Lean your body against a wall and make inward circles, simulating the An Dollyo Chagui technique.

VARIANTS

Include gaiters.

TRANSFERENCE

Foundation for An Dollyo Chagui.



Content

An Dollyo Chagui

ORGANIZATION

Individual.

DEVELOPMENT

He gets into a fighting stance, his back leg rises like a Chigo Chagui, and his leg strikes from the outside to the inside with the side of his foot.

VARIANTS

Vary profiles.



Content

Bodyweight leg extension

ORGANIZATION

Individual.

DEVELOPMENT

Kneel down, keep your back straight, arms in guard position, lean your body backward without losing your back posture, extending your quadriceps.

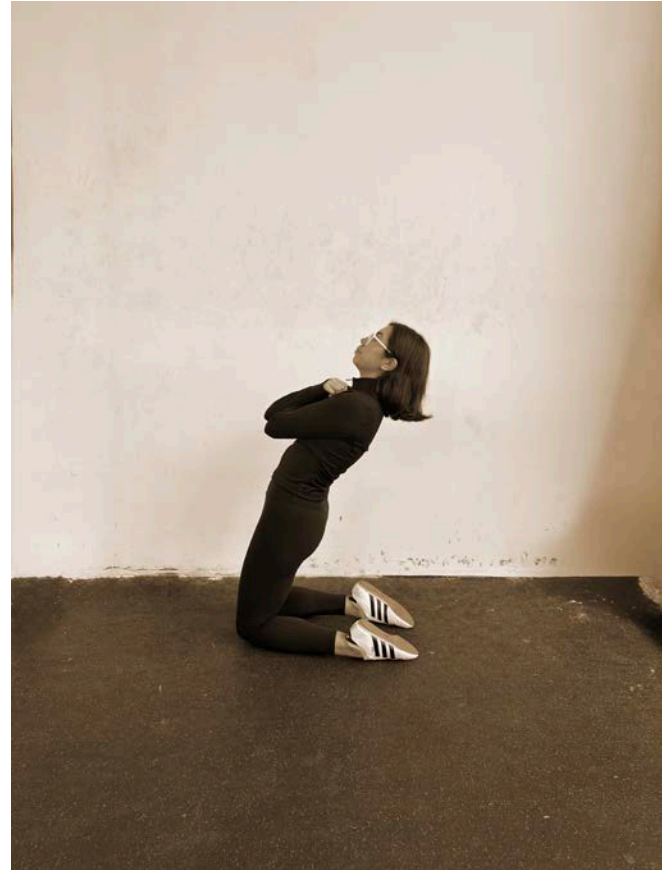
VARIANTS

Hold onto a partner.

TRANSFERENCE

Foundation for low kick.

94



Content

Kick from below

ORGANIZATION

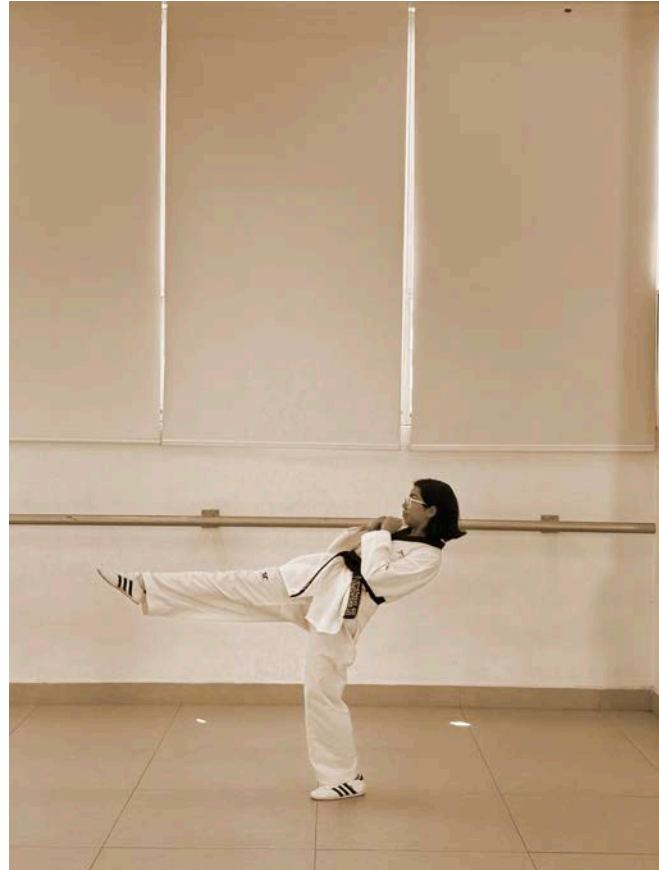
Individual.

DEVELOPMENT

He gets into a fighting stance, kicking with his back leg like a Pi Chagui but without sticking his hips out, while at the same time leaning his body back slightly and keeping his head back.

VARIANTS

Vary profiles.



CHAPTER V

CHAGUIS ADVANCED ATTACK

Content

Bench leg raise

ORGANIZATION

Individual.

DEVELOPMENT

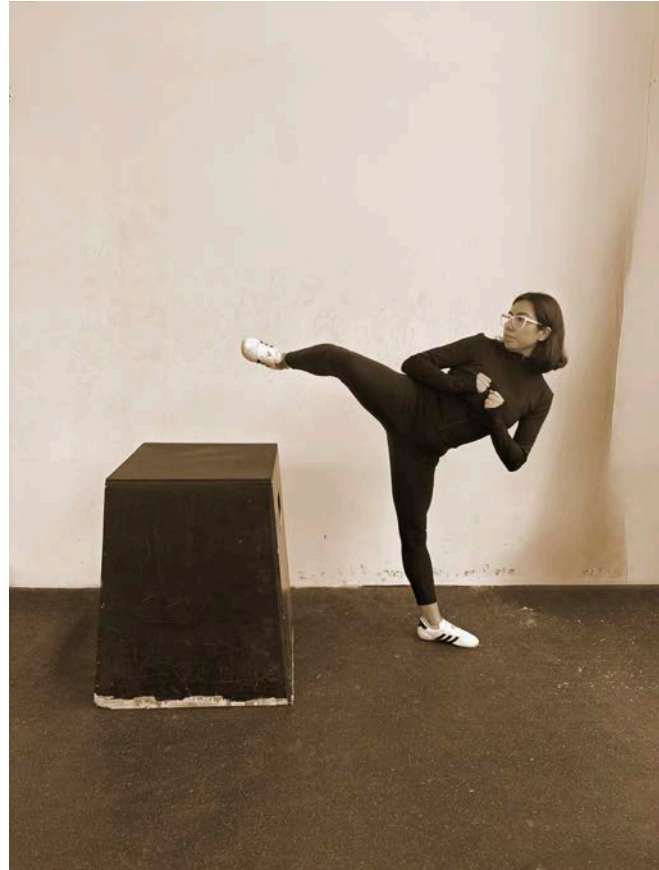
Stand in front of a high bench with one leg on top. On cue, bend your knee to cut with that leg and then lift it for London.

VARIANTS

Vary the second technique, add weight.

TRANSFERENCE

Foundation for Cut combination.



Content

Cut combination

ORGANIZATION

Couples.

DEVELOPMENT

Both take up a fighting stance. The one who is not going to kick will hold palchaguis so that the other can perform a Cut as an entry technique and then finish with a London.

VARIANTS

Vary the side and technique of the shot.



Content

Rotation with disk

ORGANIZATION

Individual.

DEVELOPMENT

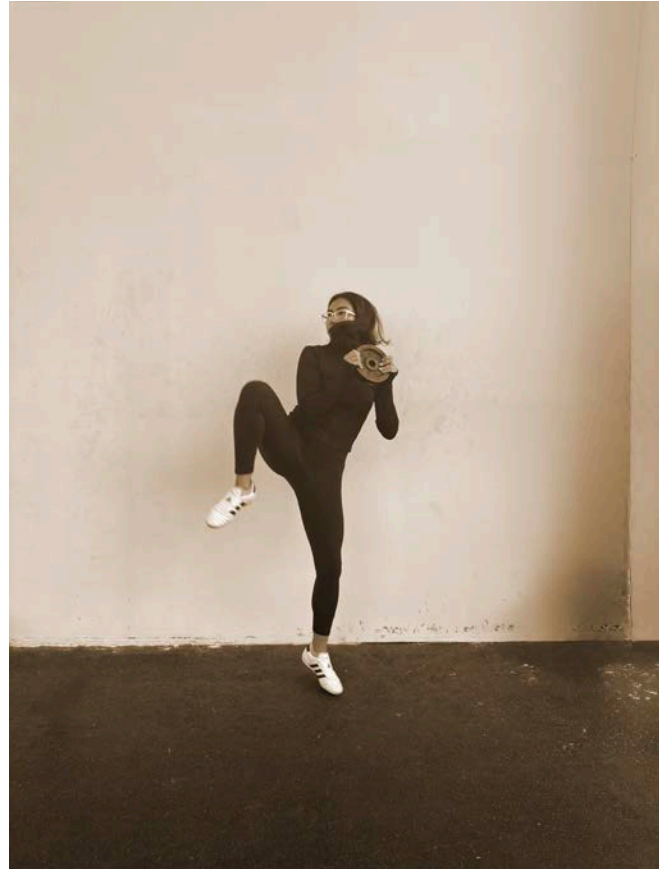
Standing, cross one foot in front of the other, perform a half turn toward the side of the crossed leg, bending the knee and lifting the disc with both arms on the same side.

VARIANTS

Vary the twists and the weight.

TRANSFERENCE

Foundation for Tichi Gancha combination.



Content

Tichi Gancha combination

ORGANIZATION

Couples.

DEVELOPMENT

Both take up a fighting stance. The one who is not going to kick will hold palchaguis so that the other can perform a Pi Chagui as their first technique, followed by a Tichi Gancha.

VARIANTS

Vary the laterality, height of the Tichi Gancha, and technique of the first kick.



Content

Four points

ORGANIZATION

Individual.

DEVELOPMENT

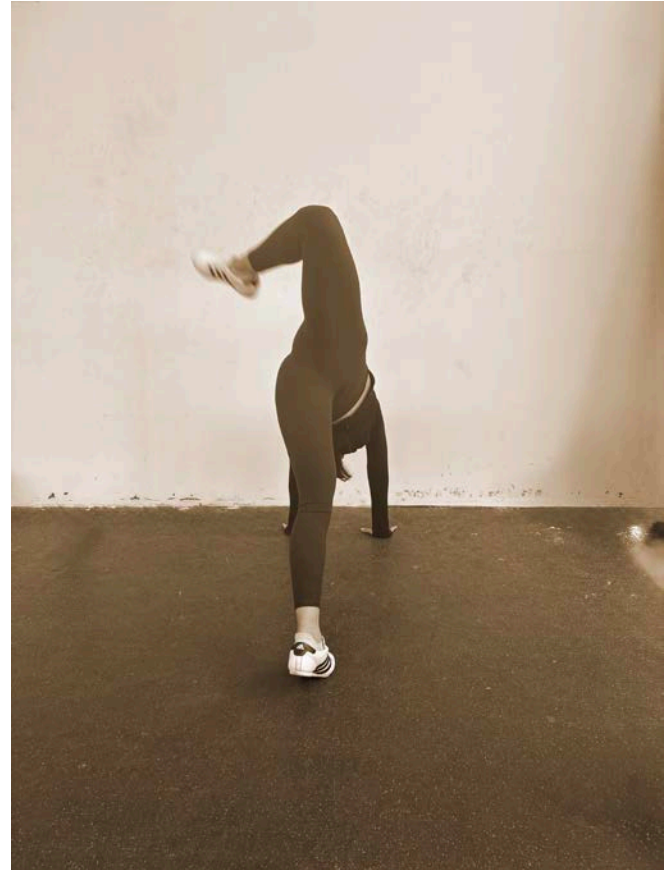
In a crawling position, lift one leg to perform the Jetchup technique, looking over your shoulder.

VARIANTS

Vary the kicking rhythm.

TRANSFERENCE

Foundation for Jetchup combination.



Content

Jetchup combination

ORGANIZATION

Couples.

DEVELOPMENT

Both take up a fighting stance. The one who is not going to kick will hold palchaguis so that the other can perform a Pi Chagui as their first technique, followed by a Jetchup.

VARIANTS

Vary the side and technique of the first kick.



Content

Leg up rotation

ORGANIZATION

Individual.

DEVELOPMENT

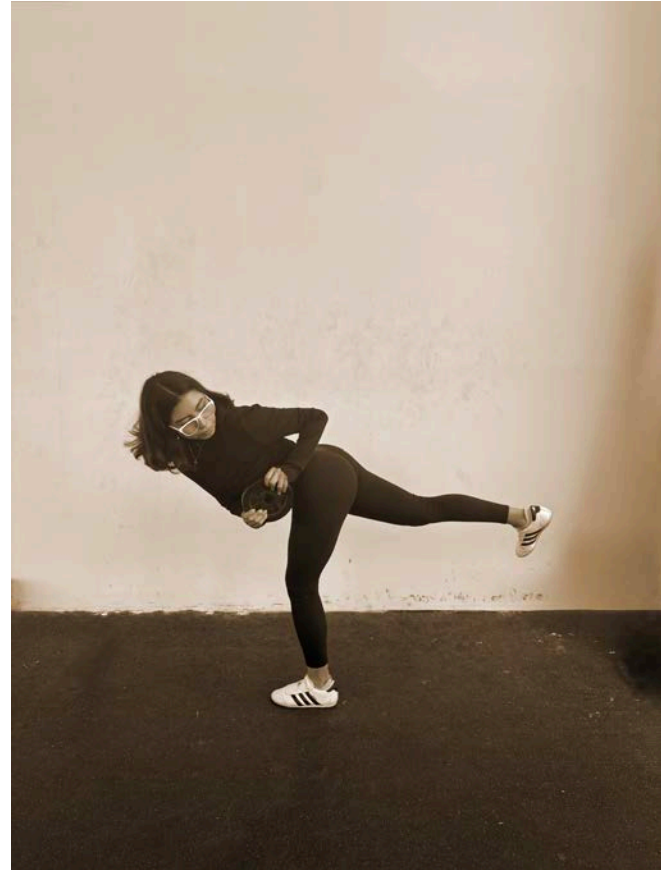
Standing, bending one leg for Tuit Chagui, holding a disc with both hands towards the chest, make a slight rotation of the trunk towards the opposite side of the bent leg.

VARIANTS

Vary the weight.

TRANSFERENCE

Foundation for Tuit Chagui combination.



Content

Tuit Chagui combination

ORGANIZATION

Couples.

DEVELOPMENT

Both take up a fighting stance. The one who is not going to kick will hold palchaguis so that the other can perform a Cut as the first technique and a Tuit Chagui as the finishing move.

VARIANTS

Vary the laterality.



Content

Forward-backward

ORGANIZATION

Individual.

DEVELOPMENT

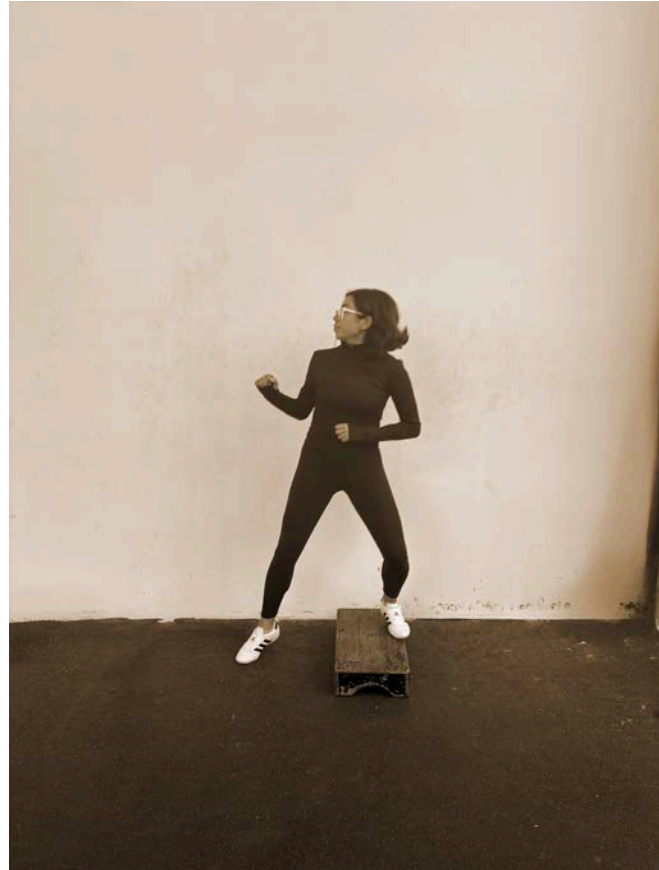
In a combat position facing a bench, move forward and backward, then execute Frigi.

VARIANTS

Vary movements with a kick-in technique.

TRANSFERENCE

Basis for Frigi combination.



Content

Frigi combination

ORGANIZATION

Couples.

DEVELOPMENT

Both take up a fighting stance. The one who is not going to kick will hold palchaguis so that the other can perform a Cut as an entry technique and a Frigi as a finishing move.

VARIANTS

Vary the side, height of the Frigi, and technique of the first kick.



Content

Bench kick

ORGANIZATION

Individual.

DEVELOPMENT

Standing in front of a high bench, place one leg on top of the bench to perform a knee lift for Apal, followed by the Reversible technique.

VARIANTS

Vary the first technique.

TRANSFERENCE

Foundation for reversible combination.



Content

Reversible combination

ORGANIZATION

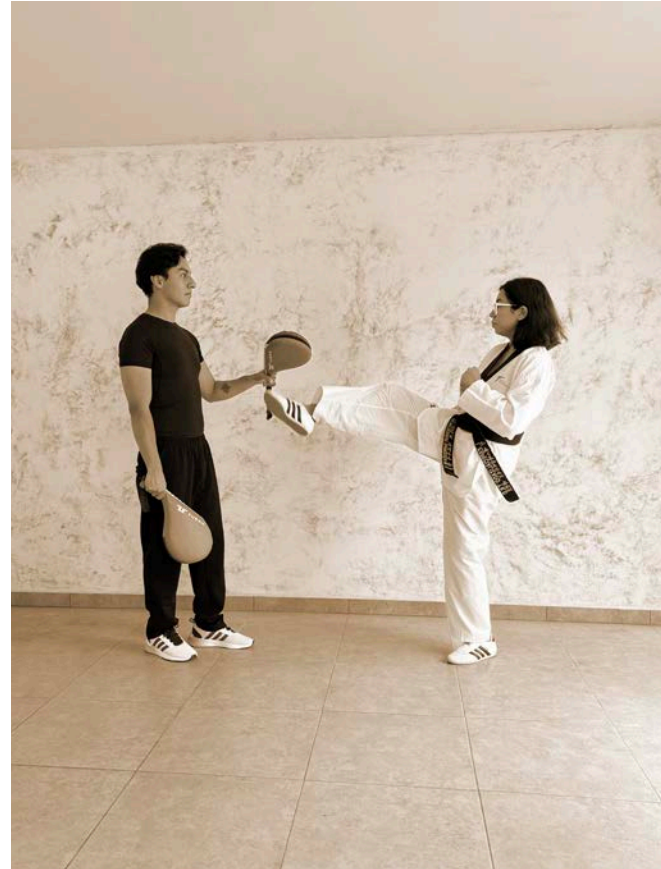
Couples.

DEVELOPMENT

Both take up a fighting stance. The one who is not going to kick will hold palchaguis so that the other can perform an Apal as an entry technique and a Reversible as a finishing move.

VARIANTS

Vary the side, height of the reversible, and technique of the first kick.



Content

Leg above Straw

ORGANIZATION

Individual.

DEVELOPMENT

In combat position, holding the straw with both hands, perform the Chigo Chagui technique, passing the leg over the straw, followed by the London technique.

VARIANTS

Vary the second technique.

TRANSFERENCE

Foundation for Chigo Chagui combination.



Content

Chigo Chagui combination

ORGANIZATION

Couples.

DEVELOPMENT

Both take up a fighting stance. The one who is not going to kick will hold palchaguis so that the other can perform a Chigo Chagui as their first technique, followed by a London.

VARIANTS

Vary the side and technique of the second kick.



Content

Tape displacement

ORGANIZATION

Couples.

DEVELOPMENT

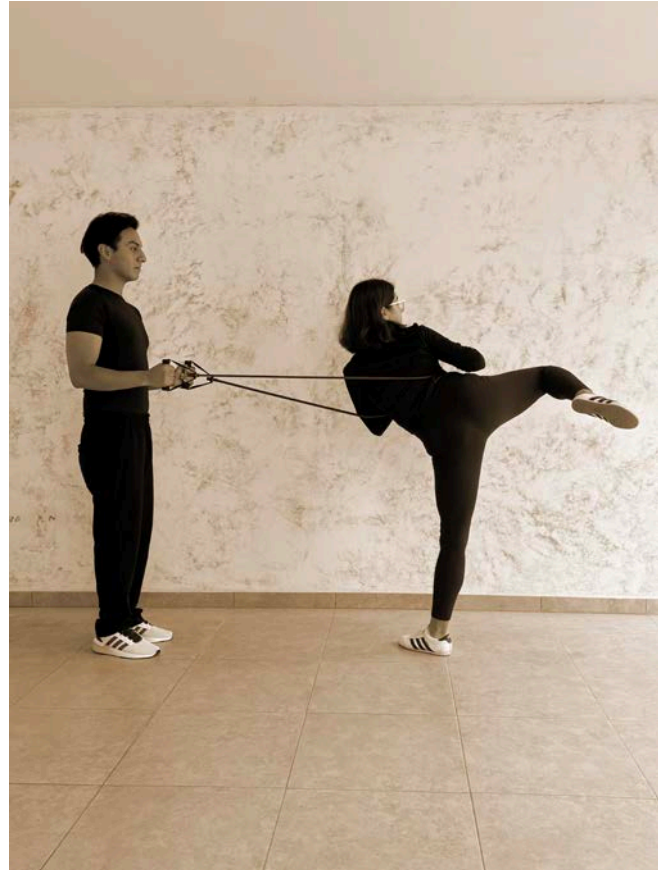
Place tape around the waist, the support person will hold it so that it is taut, move Pucho followed by London moving forward.

VARIANTS

Use a ligature, doing it individually by attaching the tape to a column.

TRANSFERENCE

Foundation for London combination.



Content

London combination

ORGANIZATION

Couples.

DEVELOPMENT

Both players get into fighting stance. The player who is not going to kick will hold palchaguis so that the other player can perform a Pucho as their first technique, followed by a London.

VARIANTS

Vary the side and the entry technique.



Content

Grip and pass inside

ORGANIZATION

Individual.

DEVELOPMENT

Perform by moving Pucho in front of the wall, so that both hands are resting on it, with arms extended, perform the A Dollyo Chagui technique passing inside the arms without moving them.

VARIANTS

Vary the first technique.

TRANSFERENCE

Foundation for A Dollyo Chagui combination.



Content

A Dollyo Chagui combination

ORGANIZATION

Couples.

DEVELOPMENT

Both take up a fighting stance. The one who is not going to kick will hold palchaguis so that the other can perform Pucho as an entry technique and finish with a Dollyo Chagui.

VARIANTS

Vary the side and the entry technique



Content

Push and kick

ORGANIZATION

Couples.

DEVELOPMENT

Supporting yourself with your arms bent over your partner's shoulders, move slightly backward so that your arms are extended to perform an under kick.

VARIANTS

Do it individually in front of a wall or column

TRANSFERENCE

Foundation for Downward Combination.



Content

Below combination

ORGANIZATION

Couples.

DEVELOPMENT

Both take up a fighting stance. The one who is not going to kick will hold domi so that the other can perform a Por abajo followed by an Apal as their first technique.

VARIANTS

Vary the lateral movement and the second kicking technique.



Taekwondo transfer excercises de Libni Morales
Lorenzana, Daniel Castillo Díaz, Montserrat Garduza
Waldo y Norma Chantal Seoane Sabino que se formó
y corrigió por María Belén Sánchez Sánchez se terminó
el 27 de octubre del 2025.

TAEKWONDO TRANSFER EXCERCISES



Taekwondo is a sport that influences discipline, perseverance, and determination in those who practice it. This book is an educational and methodological tool that seeks the comprehensive development of athletes based on physical exercises transferred to technical elements.

Throughout the chapters that make up this work, readers, coaches, teachers, and athletes will gain a better understanding of how the body works in each technical execution, understanding which muscles are involved in each movement and the importance of strengthening them in order to achieve adequate technical mastery in the practice of Taekwondo, emphasizing strength, mobility, stability, postural control, and range of motion in each execution.

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