

# UMA FORMS INTRODUCTION

2/1/2015

Forms are a sequence of movements against imaginary opponents. It is a way to practice your defensive and offensive movements without an opponent. A form is a mock fight, not a dance.

1. Forms are to be done (after they are learned) with power and some speed. They are a mock fight.
2. You will notice that our punching chamber is located at the lowest rib and not at the hip. We have found that the line to the target is shorter when the chamber is placed there. Some Black Belts in our association put the chamber just above the hip, as found on page 116 of the 1965 Edition of the book "Taekwon Do" by Gen. Choi Hong Hi. We view this as a Black Belt instructor's decision as to where to teach the chamber to students.
3. Our middle punches are at the centerline and at solar plexus level, and not at the traditional Tae Kwon Do shoulder height. This is because in our study of other martial arts, we have found this to be a more effective way to punch with more power.
4. We think the Reverse Punch from the back stance on page 46 of the 1965 Edition of the book "Taekwon Do" by Gen. Choi Hong Hi, is too confusing and use phrase "opposite hand than the foot forward" to describe as reverse punch, regardless of the stance used.
5. The 1965 Edition of the book "Taekwon Do" by Gen. Choi Hong Hi, uses the words "perform in fast motion" and "perform in slow motion" but never uses the word "tension" to describe a move in the original 20 Taekwon Do forms. Therefore, we believe the 20 original forms had no tension moves in them, although it appears that many of the TKD groups are using tension moves in certain TKD forms.



6. There are two moves in the seventh form (Toi-Gye) #2 and #5, one in the ninth form (Chung-Mu) #20, that are described as low section flat spear finger thrust. There is no description of what the other hand is doing in the form instructions. In the 1965 Edition of “Taekwon Do” on the bottom of page 166 it says, “keep palms faced upward at the moment of thrust,” and the picture looks like a knife-hand facing the opposite chest. In the 1983 Encyclopedia Edition, Vol. 111, page 88 & 112 the opposite hand is in a fist with hammer-fist facing the opposite chest. We have learned and practiced for years with the opposite hand’s palm facing to the side in a blocking motion. Since we are using a palm as in the 1965 and just have it turned out 90 degrees in a blocking motion, we will continue to use this method instead of the 1983 fist.
7. There appears to be a printing error in the fifth form (Yul-Kok) after move #3 it should say “perform #2 and #3 in fast motion”, just like after move #6 it says, “perform #5 and #6 in fast motion.”
8. When moving from one stance to another, feet should slide while maintaining very light contact with the floor. Exceptions being kicking and lowering a foot after a kick, as well as jumping or a jump kick and landing.
9. We have tried whenever possible to use the 1965 Edition of the book “Taekwon Do” by Gen. Choi Hong Hi as our guide. But as you can already see, we do have several deviations from it. We believe that if you are not moving forward and adding to your knowledge, you are actually moving backward.



10. We have over the past many years, (in my case 44 years of being a TKD Black Belt, and 51 years studying martial arts), made some changes to the chambers for many of the blocks, punches and strikes, as well as kicks. Please see our section on chambers, as it will help you move through the forms (going from one move to the next while using chambers before each block, punch or strike, and kick.

We use the heel as the striking point of the foot in the side kick and back kick, as it is much more powerful than the footsword stated in “Taekwon Do” 1965 pages 84 – 85.

11. For a better understanding of the forms sheet’s letter codes please refer to the UMA Forms Abbreviations page.

### NOTE:

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