

## **What does Tae Kwon Do mean?**

Taekwon-Do is a version of unarmed combat designed for the purpose of self-defense. It is more than just that, however. It is the scientific use of the body in the method of self-defense; a body that has gained the ultimate use of its facilities through intensive physical and mental training.

Translated literally "Tae" stands for jumping or flying, to kick or smash with the foot. "Kwon" denotes the fist-chiefly to punch or destroy with the hand or fist. "Do" means an art or way of life.

**The founder of Taekwon-Do:** General Choi Hong Hi

**The date Taekwon-Do was founded:** April 11th, 1955

## **Tenets of Taekwon-Do**

Courtesy

Integrity

Self-control

Perseverance

Indomitable spirit

## **Student's Oath**

I shall observe the tenets of Taekwon-Do.

I shall respect the instructor and seniors.

I shall never misuse Taekwon-Do.

I shall be a champion of freedom and justice.

I shall build a more peaceful world.

## CHON-JI (19 moves)

Chon-Ji means literally, "Heaven and Earth". In the Orient it is interpreted as the creation of the world or the beginning of human history; therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts, one to represent Heaven and the other the Earth.

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## DAN-GUN (21 moves)

Dan-Gun is named after the holy Dan-Gun, legendary founder of Korea in the year 2333 B.C.

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## DO-SAN (24 moves)

Do-san is the pseudonym of the patriot Ahn Ch'Ang-Ho (1876-1938), who devoted his entire life to furthering the education and independence of the Korean people.

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## WON-HYO (28 moves)

Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.

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## YUL-GOK (38 moves)

Yul-Gok is the pseudonym of the great philosopher and scholar Yi I (1536-1584A.D.) Yul-Gok was nicknamed the "Confucious of Korea". The 38 moves refer to his birthplace on the 38th latitude and the diagram (+) represents "scholar".

Week	Make a tally mark every time you practice during the week
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## JOONG-GUN (32 moves)

Joong-Gun is named after the patriot An Chung Gun who assassinated Hiro Bumi Ito, the first Japanese Governor-General of Korea and known as the man who played the leading part in the Korea-Japan merger. The 32 moves refer to Mr. An's age when he was executed at Lui-Shung prison in 1910.

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## TOI-GYE (37 moves)

Toi-Gye is the penname of the noted scholar Yi Hwang, who lived in the 16th century A.D. and was an authority on Neo-Confucianism. The 37 moves refer to his birthplace on the 37th latitude and the diagram (+) represents "scholar".

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## HWA-RANG (29 moves)

Hwa-Rang is named after the Hwa-Rang youth group which originated in the Silla Dynasty about 1350 years ago. This group became the driving force for the unification of the three kingdoms (Silla, Baek-Chae and Koguryo) of Korea. The 29 movements refer to the 29th Infantry Division, where Taekwon-Do developed into maturity.

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## CHOONG-MOO (30 moves)

Choong-Moo was the name given to the great Admiral Yi Soon-Sin of the Lee Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.

Week	Make a tally mark every time you practice during the week
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### **Training Secrets of Taekwon-Do**

1. To study the theory of power thoroughly.
2. To understand the purpose and method of each movement clearly.
3. To bring the movement of eyes, hands, feet and breath into a single coordinated action.
4. To choose the appropriate attacking tool for each vital spot.
5. To become familiar with the correct angle and distance for attack and defense.
6. Keep both the arms and legs bent slightly while the movement is in motion.
7. All movements must begin with a backward motion with very few exceptions. However, once the movement is in motion it should not be stopped before reaching the target.
8. To create a sine wave during the movement by utilizing the knee spring properly.
9. To exhale briefly at the moment of each blow except a connecting motion.

### **Student / Do-Jang Relationship**

- Never tire of learning.
- Set a good example for lower ranking students.
- Acknowledge your rank is a privilege and know you must earn it everyday.
- Represent your Tae Kwon Do School with pride.
- Be loyal and respectful to your Instructor.

### Meanings of Belt Colors:

<b>White:</b>	Signifies innocence, as that of a beginning student who has no previous knowledge of Taekwon-Do.
<b>Yellow</b>	Signifies the Earth from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.
<b>Green:</b>	Signifies the plant's growth as the Taekwon-Do skill begins to develop.
<b>Blue:</b>	Signifies the Heaven, toward which the plant matures into a towering tree as training in Taekwon-Do progresses.
<b>Red:</b>	Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.
<b>Black:</b>	Opposite of white, therefore, signifying the maturity and proficiency in Taekwon-Do. It also indicates the wearer's imperviousness to darkness and fear.