



TENETS

COURTESY

COURTESY IS BEHAVIOR THAT DEMONSTRATES CONSIDERATION, COOPERATION AND GENEROSITY.

INTEGRITY

THE QUALITY OF BEING HONEST AND HAVING STRONG MORAL PRINCIPLES; MORAL UPRIGHTNESS

PERSEVERANCE

CONTINUE IN A COURSE OF ACTION EVEN IN THE FACE OF DIFFICULTY OR WITH LITTLE OR NO PROSPECT OF SUCCESS. SHOW OF DETERMINATION, STEADFASTNESS AND PERSISTENCE.

SELF-CONTROL

THE ABILITY TO CONTROL ONESELF, IN PARTICULAR ONE'S EMOTIONS AND DESIRES OR THE EXPRESSION OF THEM IN ONE'S BEHAVIOR, ESPECIALLY IN DIFFICULT SITUATIONS.

INDOMITABLE SPIRIT

IMPOSSIBLE TO SUBDUE OR DEFEAT, UNCONQUERABLE COURAGE AND A "YES I CAN" ATTITUDE

STUDENT CREED

I WILL DEVELOP MYSELF IN A POSITIVE MANNER AND AVOID ANYTHING THAT WOULD REDUCE MY MENTAL GROWTH OR MY PHYSICAL HEALTH.

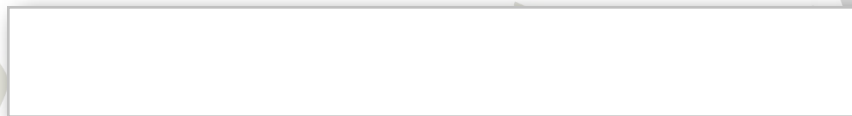
I WILL DEVELOP SELF DISCIPLINE IN ORDER TO BRING OUT THE BEST IN MY SELF AND OTHERS.

I WILL USE WHAT I LEARN IN CLASS CONSTRUCTIVELY AND DEFENSIVELY, TO HELP MY SELF AND MY FELLOW MAN, AND NEVER BE ABUSIVE OR OFFENSIVE.

TRADITIONAL TAEKWON-DO CENTER

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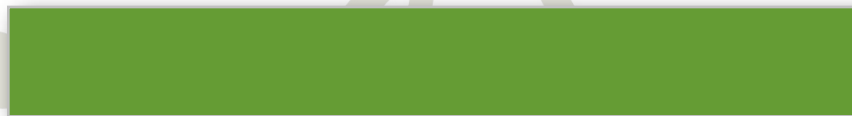
MEANING OF BELT COLORS



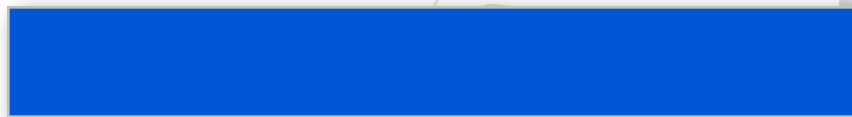
WHITE SIGNIFIES A BIRTH OR BEGINNING, LIKE A SEED



YELLOW SIGNIFIES THE FIRST BEAM OF SUNLIGHT WHICH SHINES UPON THE SEED GIVING IT NEW STRENGTH AS WITH THE BEGINNING OF A NEW LIFE



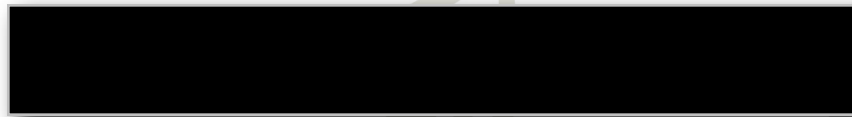
GREEN SIGNIFIES THE GROWTH OF THE SEED AS IT SPROUTS FROM THE EARTH REACHING TOWARDS THE SUN AND BEGINS TO GROW INTO A PLANT



BLUE SIGNIFIES THE SKY WHICH THE PLANT CONTINUES TO GROW TOWARDS .



RED SIGNIFIES THE RED HOT HEAT OF THE SUN WHICH THE PLANT DEPENDS ON TO CONTINUE GROWING UPWARDS.



BLACK SIGNIFIES THE DARKNESS BEYOND THE SUN. READY TO PLANT NEW SEEDS. A NEVER ENDING PROCESS OF SELF-GROWTH, KNOWLEDGE AND ENLIGHTENMENT

Korean Terminology of TaeKwon-Do



INSTRUCTORS

RANKINGS & SCHOOL

BASICS

- KwanJang-Nim - Head Master & DoJang Owner
- Sahbum-Nim - Head Master
- Kyosah-Nim - Instructor
- Poom - Junior Black Belt
- Je Jah - Student

Stances

- Sogi - Stance
- Kyocha Sogi - Cross Stance
- Narani Sogi - ready Stance
- Kima Sogi - Horse Stance
- Chongul Sogi - Front stance
- Hugol Sogi - Back Stance
- Dyt Pa Sogi - Cat Stance
- Moa Sogi - Feet Together

Punches & Blocks

- Kwon - Fist
- Rikwon - Back Fist
- Chon-Kwon - Fore Fist
- Yukwon - Side of Fist
- Sudo - Knife hand
- Yok- Sudo - Reverse Knife hand
- Kwang-Su - Spear Finger
- Pen KwanSu - Short Finger
- Palkup - Elbow
- Makki - Block
- Chirugi - Punch

Kicks

- Chagi - Kick
- Ap-Chagi - Front kick
- Yop-Chagi - Side Kick
- Tollyo-Chagi - Round House Kick
- Pandea Tollyo-Chagi - Spinning Heel Kick
- Naero Chagi - axe kick
- Sewo-An Chagi - inside to outside kick
- Sewo-Bakkat Chagi - outside to inside kick
- Dyt Chagi - Back Kick
- Twimyo-Chagi - Jumping/ Flying kick
- Pituro-Chagi - Twist kick
- Morup Chagi - Knee Kick

Commands and Positions

- Charyot - Attention
- Gukkie-Daryon - Bow to the flags
- Gyenea - Bow
- Juhn-Bee - Ready position
- Shee-zack - Begin
- Go Mahn - Stop
- Ba Row - Return to ready
- Tae Ryon - Sparring
- KyekPa - Power Test
- Hyong - Form
- Hosinsol - Self-defense
- Ilbo Taeryon - One step
- Ibo Taeryon - Two step

Numbers

- | | | |
|-------------|------------------|------------------------|
| 1. Hah Na | 11. Yul-Hah Na | 21. Samul- Hah nah.... |
| 2. Dool | 12. Yul-Dool | 30. Seron |
| 3. Seht | 13. Yul-Seht | 31. seron-Hah-Nah... |
| 4. Neht | 14. Yul-Neht | 40. Mahun |
| 5. Dah-Sut | 15. Yul-Dah-Sut | 41. Mahun-hah-nah.. |
| 6. Yuh-Sut | 16. Yul-Yuh-Sut | 50. Swin |
| 7. Eel-Kohp | 17. Yul-Eel-Kohp | 51. Swin-Hah-Nah.. |
| 8. Yu-Dul | 18. Yul-Yu-Dul | 21. |
| 9. Ah-hop | 19. Yul-Ah-Hohp | |
| 10. Yul | 20. Samul | |

Traditional Taekwon-Do Center

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HYONGS

THE NAME AND INTERPRETATION OF THE FIRST NINE FORMS

NAME	SYMBOL	INTERPRETATION
CHON-JI	+	MEANS THE HEAVEN AND EARTH. THE CREATION OF THE WORLD OR THE BEGINNING OF HUMAN HISTORY/ THE PATTERN IS TWO PARTS; ONE TO REPRESENT THE HEAVEN, THE OTHER TO REPRESENT THE EARTH. THERE ARE 19 MOVEMENTS.
DAN-GUN	⌌	THIS FORM IS NAMED AFTER THE HOLY TAN-GUN, THE LEGENDARY FOUNDER OF KOREA, IN THE YEAR 2334 B.C. THERE ARE 21 MOVEMENTS
DO-SAN	⌋	THE PEN NAME OF THE PATRIOT AN CH'ANG-HO(1876-1938) WHO DEVOTED HIS ENTIRE LIFE TO FURTHERING THE EDUCATION OF KOREA AND ITS INDEPENDENCE MOVEMENT. THERE ARE 24 MOVEMENTS
WON-HYO	⌌	WAS THE NAME OF THE NOTED MONK WHO INTRODUCED BUDDHISM TO THE SILLA DYNASTY IN THE YEAR OF 868 A.D. THERE ARE 28 MOVEMENTS
YUL-GOK	⌋ ↓	IS THE PEN-NAME OF A GREAT PHILOSOPHER AND SCHOLAR YII (1536-1584), NICKNAMED THE "CONFUCIUS OF KOREA". THERE ARE 38 MOVEMENTS
JOONG-GUN	⌌	IS NAMED AFTER THE PATRIOT AN CHUNG-GUN WHO ASSASSINATED HIRO-BUMIITO, THE FIRST JAPANESE GOVERNOR-GENERAL OF KOREA, KNOWN AS THE MAN WHO PLAYED THE LEADING PART IN THE JAPAN-KOREA MERGER. THE 32 MOVEMENTS REFER TO HIS AGE AT DEATH WHEN HE WAS EXECUTED AT LUI-SHUNG PRISON.
TOI-GYE	⌌	IS THE PEN NAME OF THE NOTED SCHOLAR YI'HWANG (16TH CENTURY A.D.) AN AUTHORITY IN NEO-CONFUCIANISM. THE 37 MOVEMENTS OF THE PATTERN REFER TO HIS BIRTHPLACE ON 37' LATITUDE AND THE DIAGRAM (1) REPRESENTS SCHOLAR.
HWA-RANG	⌌	IS NAMED AFTER THE HWA-RANG, A YOUTH GROUP WHICH ORIGINATED IN THE SILLA DYNASTY ABOUT 1350 YEARS AGO. THIS GROUP EVENTUALLY BECAME THE ACTUAL DRIVING FORCE FOR THE UNIFICATION OF THE THREE KINGDOMS OF KOREA. THERE ARE 29 MOVEMENTS.
CHOONG-MOO	⌌	WAS THE GIVEN NAME TO THE GREAT ADMIRAL YI SUN-SIN OF THE YI DYNASTY. HE WAS REPUTED TO HAVE INVENTED THE FIRST ARMORED BATTLESHIP (1592 A.D. KUBOKSON) WHICH WAS THE FORERUNNER OF THE PRESENT DAY SUBMARINE. THE REASON THIS PATTERN ENDS UP WITH THE LEFT HAND ATTACK IS TO SYMBOLIZE HIS REGRETTABLE DEATH, HAVING A CHANCE TO SHOW HIS UNRESTRAINED POTENTIALITY CHECKED BY THE FORCED RESERVATION OF HIS LOYALTY TO THE KING. THERE ARE 30 MOVEMENTS

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