

Basic Taekwon-do Knowledge

Definition of Taekwon-do

Taekwon-do is a Korean unarmed martial art. It is not only kicking and punching, but a way of thinking and living. The main goal of Taekwon-do is to achieve total mind and body control through training. “Tae” means foot, “Kwon” means fist, and “Do” means the way of, so Taekwon-do literally means “The way of the foot and fist.”

School Motto:

Improvement of mind and body
Ethical self-conduct
Unity among members

Tenets of Taekwon-Do

Courtesy.....Ye-Ui
IntegrityYom Chi
Perseverance.....In Nae
Self-Control.....Guk Gi
Indomitable Spirit.....Baekjool Boolgool

Do Jang Rules:

1. Students must salute the flags when entering and leaving the Do Jang.
2. Students must bow to Sah-Bum-Nim upon greeting.
3. Students must use the words “Sir” or “Ma’am” when speaking to black belt instructors.
4. Students must attend classes regularly.
5. Students keep the Do Jang clean.

Basic Korean Language and Terminology:

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|------------------------|---------------|-------------|--------|
| Grand Master..... | Kwan-Jang-Nim | One | Hana |
| Instructor..... | Sah-Bum-Nim | Two..... | Dul |
| Taekwon-do School..... | Do-Jang | Three | Set |
| Attention..... | Cha-Ryut | Four | Net |
| Bow | Kyung-Net | Five..... | Da-Sut |
| Ready | Joon-Bee | Six..... | Ya-Sut |
| Begin..... | Shi-Jak | Seven..... | Il-Gop |
| Stop/Finish..... | Goh-Man | Eight | Yo-Dul |
| Pattern | Tul | Nine | Ah-Hop |
| Stance..... | Soh-Gi | Ten..... | Yul |