



STUDENT QUICK REFERENCE GUIDE

Master Jason King 7th Degree

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SIGNIFICANCE OF BELT COLOURS

WHITE - Signifies innocence, as that of the beginning student who has no previous knowledge of Tae Kwon-Do.

YELLOW – Signifies the earth, from which a plant spouts and takes root as the foundation of Tae Kwon-Do is being laid.

GREEN – Signifies the plants growth, as Tae Kwon-Do skills begin to develop.

BLUE – Signifies the heaven, towards which the plant matures into a towering tree as training in Tae Kwon-Do progresses.

RED – Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

BLACK – Signifies maturity and proficiency in Tae Kwon-Do, also indicates the wearers imperviousness to darkness and fear.

CLASS ETIQUETTE

- Arrive promptly, in plenty of time for the class to begin
- Bow when entering and exiting the Do Jang (training hall)
- Introduce yourself to the instructors on arrival
- A clean and ironed Dobok (TKD Suit) is to be worn during training
- A T-shirt under the dobok must be white
- Jewellery/watches are to be removed before training
- Traditionally training is done in bare foot, white soled trainers are allowed with special permission from the instructors
- Line up with senior grades to your right
- A loud “yes sir” is required when given an instruction
- When your dobok (TKD Suit) requires adjusting, turn away from the instructors
- When seated, do not show the soles of your feet to the instructors
- When seated, stand to give a question/answer, remain standing until asked to be seated
- During sparring, it is advised that long hair be tied back and fringe be pinned up
- When asked to dismiss, you must take two steps back before turning away from the instructors

Pattern meanings

19 Chon Ji – Means literally “The Heaven The Earth”. It is in the Orient 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 the heaven the other the earth.

21 DAN-GUN – Is named after the Holy Dan Gun. The legendary founder of Korea in the year 2333 B.C.

24 DO-SAN – Is the pseudonym of the Patriot Ahn Chang-Ho (1876-1938). The 24 movements represent his entire life which he devoted to the furthering education of Korea and it’s independence movement.

18 WON-HYO – Was the noted monk who introduced Buddhism to the silla dynasty in the year of 686 A.D.

38 YUL-GOK – Is the pseudonym of a great philosopher and scholar Yi I (1536-1584) nicknamed the “Confucius of Korea”. The 38 movements of this pattern refer to his birthplace on 28 degrees latitude and the diagram represents “Scholar”.

32 JOONG-GUN – Is named after the Patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese Governor-General of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr Ahns age when he was executed in Lui-Shung prison 1910.

37 TOI-GYE – Is the pen name of the noted scholar Yi Hwang (16th Century), an authority on neo Confucianism. The 27 movements of this pattern refer to his birthplace on 27 degrees latitude, the diagram represents scholar.

29 Hwa-Rang – Is named after the Wha-Rang youth group, which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Tae Kwon-Do developed into maturity.

30 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 armored battleship (Kobukson) in 1592, which is said to be the precursor to 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 un restrained potentiality checked by the forced reservation of his loyalty to the king.

STANCES

FATHER AND FOUNDER OF TAE KWON-DO

Grand Master General Choi Hong Hi 9th Degree

TENETS OF TAE KWOND-DO

COURTESY – TO BE POLITE

INTEGRITY – TO BE HONEST

PERSEVERANCE – NEVER GIVE UP

SELF CONTROL – CONTROL YOUR EMOTIONS AND ACTIONS

INDOMITABLE SPIRIT – FIGHT FOR WHAT YOU BELIEVE IN

STUDENT OATH

I shall observe the Tenets of Tae Kwon-Do

I shall respect my instructors and seniors

I shall never misuse Tae Kwon-Do

I shall be a champion of freedom and justice

I shall build a more peaceful world

COUNTING

1	HA- NA
2	DUL
3	SET
4	NET
5	TA-SET
6	YAH-SET
7	IL-GOP
8	YAH-DUL
9	A-HOP
10	YEOL

6 FACTORS TO THE THEORY OF POWER

1. SPEED
2. MASS
3. BREATH CONTROL
4. EQUILIBRIUM
5. REACTION FORCE
6. CONCENTRATION

$$P=1/2MV^2$$

POWER=Half Mass X Velocity (SPEED) SQUARED

Attention Stance --- [Charyot Sogi](#)

Parallel Ready Stance --- [Narani Junbi Sogi](#)

Walking Stance --- [Gunnun Sogi](#)

1 Shoulder width wide. 1 + ½ Shoulder widths long. Back leg straight, front leg slightly bent. Weight distribution 50/50. Back foot 25 Degrees.

“L” Stance --- [Niunja Sogi](#)

1 + 1/s Shoulder widths in length. No width. Weight distribution 70% on the back leg 30% on the front. Both feet point inwards 15 Degree.

Sitting Stance --- [Anun Sogi](#)

1 + ½ Shoulder widths wide. Weight distribution 50/50. Both feet face forward.

Close Stance --- [Moa Sogi](#)

Fixed Stance --- [Gojung Siogi](#)

1 + ½ Shoulder widths in length. No width. Weight distribution 50/50. Both feet face inwards 15 Degrees.

Bending Ready Stance --- [Guburyo Junbi Sogi](#)

“X” Stance --- [Kyocha Sogi](#)

Weight distribution 90/10.

Rear Foot Stance --- [Dwitbal Sogi](#)

1 Shoulder widths in length. No width. Most of the body weight is distributed to the rear leg. Back foot points inwards 15 Degrees. Front foot points inwards 25 Degrees.

Low Stance --- [Nachuo Sogi](#)

1 Shoulder width wide. 2 Shoulder widths in length. Weight distribution 50/50. Back foot 25 Degrees. Back leg straight, front leg slightly bent.

Vertical Stance --- [Soojik Sogi](#)

1 Shoulder width in length. No width. Both feet point inwards 15 Degrees. Weight distribution 60% on the back leg 40% on the front.

BLOCKS

Low Outer Forearm Block --- Najunde Bakat Palmok Makgi

Low Knife Hand Block --- Najunde Sonkal Makgi

Middle Inner Forearm Block --- Kaunde An Palmok Makgi

Knife Hand Guarding Block --- Sonkal Daebi Makgi

Twin Forearm Block --- Sang Palmok Makgi

Rising Block --- Chookyo Makgi

Wedging Block --- Hechyo Makgi

Circular Block --- Dollimyo Makgi

Hooking Block --- Golcho Makgi

Double Forearm Block --- Doo Palmok Makgi

Palm Block --- Sonbadak Makgi

“X” Fist Block --- Kyocha Joomuk Makgi

Forearm Guarding Block --- Palmok Daebi Makgi

Pressing Block --- Noolo Makgi

“U” Shape Block --- Digutja Makgi

“W” Shape Block --- San Makgi

Pushing Block --- Miro Makgi

High Front Side Block --- Napunde Ap Yop Makgi

Nine Shape Block --- Gutja Makgi

Checking Block --- Momchau Makgi

Scooping Block --- Duro Makgi

HAND TECHNIQUES

Front Fore Fist Punch --- Ap Joomuk Jirugi

Back Fist Strike – Dung Joomuk Taerigi

Angle Punch --- Giokja Jirugi

Open Fist Punch --- Pyun Joomuk Jirugi

Knife Hand Strike --- Sonkal Taerigi

Reverse Knife Hand Strike --- Sonkal Dung Taerigi

Palm Strike --- Sonbadak Taerigi

Upset Punch --- Dwigibo Jirugi

Flat Fingertip Thrust --- Opun Sonkut Tulgi

Straight Fingertip Thrust --- Sun Sonkut Tulgi

Elbow Strike --- Palkup Taerigi

Upward Punch --- Ollyo Jirugi

SECTIONS OF THE BODY

HIGH SECTION --- NAPUNDE --- ABOVE THE SHOULDER

MIDDLE SECTION --- KAUNDE --- SHOULDER TO UMBILICUS

LOW SECTION --- NAJUNDE --- BELOW THE UMBILICUS

KICKING TECHNIQUES

- Front Snap Kick --- Apcha Busigi
- Side Piercing Kick --- Yopcha Jirugi
- Turning Kick --- Dollyo Chagi
- Reverse Turning Kick --- Bandae Dollyo Chagi
- Back Piercing Kick --- Dwitcha Jirugi
- Inward Crescent Kick --- Anuro Bandal Chagi
- Outward Crescent Kick --- Bakuro Bandal Chagi
- Hooking Kick --- Golcho Chagi
- Downward/axe Kick --- Naeryo Chagi
- Knee Kick --- Moorup Chagi
- Back Snap Kick --- Dwitcha Busigi

MISCELLANEOUS KOREAN TERMINOLOGY

- Twin --- Sang
- Double --- Doo
- Front --- Ap
- Side --- Yop
- Back --- Dwit
- Upward --- Ollyo
- Downward --- Naeryo
- Checking --- Momchau
- Pressing --- Noolo
- Jumping --- Twigi
- Flying --- Twimyo
- Inward --- Nuro
- Outward --- Bakuro

3 STEP SPARRING MEASUREMENTS

When measuring, allow for the defender's step into parallel stance (1 Shoulder width)



Middle punch measurement – Half a foot over



High punch measurement – Feet are parallel



Front Kick / Downward attack measurement – Heel to Heel

3 Step Sparring is the most important set sparring – Teaches Timing, Focus + Coordination

1 Step Sparring is the most realistic set sparring – Any attack, any direction

COMMON COMANDS

- Ready --- Jun Bi
- Attention --- Chariot
- Bow --- Kyungnet
- Begin --- Sijak
- Stop (Finish) --- Goman
- Return --- Bah ro
- In your own time --- Ku In Nop Chi
- My count --- Ku Ryung Ee Mat Cho So

