

# THE TENETS OF TAEKWON-DO

*Taekwon-Do Jungshin*

<b>Courtesy</b>	<i>Ye-Ui</i>
<b>Integrity</b>	<i>Yom-Chi</i>
<b>Perseverance</b>	<i>In-Nae</i>
<b>Self-Control</b>	<i>Guk-Gi</i>
<b>Indomitable Spirit</b>	<i>Baekjul-Boolgool</i>

## TAEKWON-DO OATH:

- I shall observe the tenets of Taekwon-Do.
- I shall respect my Instructors and Seniors.
- I shall never misuse Taekwon-Do.
- I shall be a champion of freedom and justice.
- I shall build a more peaceful world.

*Translated from Korean;*

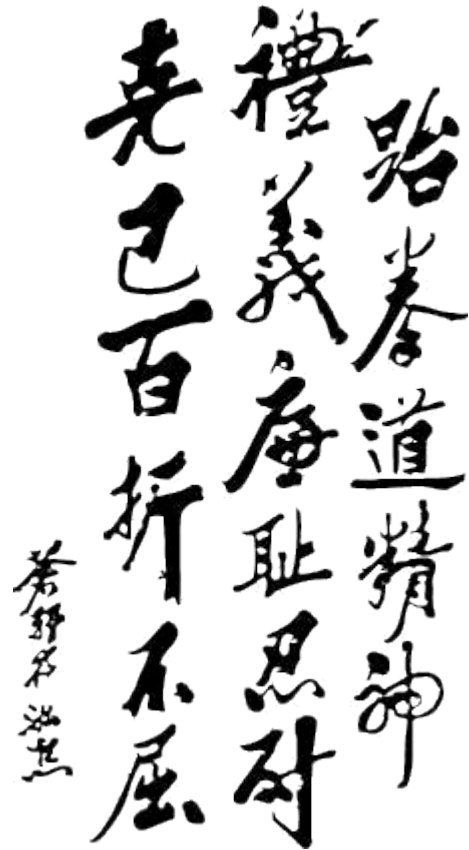
**TAE** literally means **to jump, kick or smash with the foot.**

**KWON** means **a fist** - chiefly to **punch or destroy with the hand or fist.**

**DO** means **art, way or method.**

**TAEKWON-DO** indicates the technique of unarmed combat for self defence, involving the skilled application of punches, kicks, dodges and interception with the hand, arms and feet to the rapid destruction of the opponent.

Taekwon-Do was inaugurated on *April 11<sup>th</sup> 1955* following extensive research and development by the Founder *General Choi Hong Hi IX Dan (1918 - 2002).*



The International Taekwon-Do Federation (*I.T.F.*) was established *March 22<sup>nd</sup> 1966*.

Taekwon-Do was introduced to the U.K. on *July 2<sup>nd</sup> 1967* by *Grand Master Rhee Ki-Ha, O.C.M. IX Dan*.

The Instructor of Derby School of Taekwon-Do is:

*Mr Paul Knighton VI Dan, Sabum-nim*

#### **INSTRUCTOR CLASSIFICATIONS:**

I - III DAN	-	<b><i>BOOSABUM NIM</i></b> (ASSISTANT INSTRUCTOR)
IV - VI DAN	-	<b><i>SABUM NIM</i></b> (INTERNATIONAL INSTRUCTOR)
VII DAN	-	<b><i>SAHYUN NIM</i></b> (MASTER)
VIII DAN	-	<b><i>SONIM SAHYUN NIM</i></b> (SENIOR MASTER)
IX DAN	-	<b><i>SASEONG NIM</i></b> (GRAND MASTER)

#### **WORDS USED IN TRAINING HALL (DO-JANG)**

Practice Suit	-	<b><i>DOBOK</i></b>
Attention	-	<b><i>CHARYOT</i></b>
Bow	-	<b><i>KYONG YE</i></b>
Ready	-	<b><i>JUNBI</i></b>
Begin	-	<b><i>SI-JAK</i></b>
About Turn	-	<b><i>DIRO DORRA</i></b>
Return	-	<b><i>BARRO</i></b>
Grade	-	<b><i>KUP</i></b>
Degree	-	<b><i>DAN</i></b>
Dismissed	-	<b><i>HAE SAN</i></b>
Stop	-	<b><i>GOMAN</i></b>
Relax	-	<b><i>SWIYO</i></b>

**COUNTING 1 – 20:**

1	-	<i>HANA</i>	11	-	<i>YUL - HANA</i>
2	-	<i>DOOL</i>	12	-	<i>YUL - DOOL</i>
3	-	<i>SET</i>	13	-	<i>YUL - SET</i>
4	-	<i>NET</i>	14	-	<i>YUL - NET</i>
5	-	<i>TASOT</i>	15	-	<i>YUL - TASOT</i>
6	-	<i>YOSOT</i>	16	-	<i>YUL - YASOT</i>
7	-	<i>ILGOP</i>	17	-	<i>YUL - ILGOP</i>
8	-	<i>YODUL</i>	18	-	<i>YUL - YODUL</i>
9	-	<i>AHOP</i>	19	-	<i>YUL - AHOP</i>
10	-	<i>YUL</i>	20	-	<i>SAMUL</i>

**STANCE:**

Attention Stance	-	<i>CHARYOT SOGI</i>
Parallel Stance	-	<i>NARANI SOGI</i>
Sitting Stance	-	<i>ANNUN SOGI</i>
Walking Stance	-	<i>GUNNUN SOGI</i>
"L" Stance	-	<i>NIUNJA SOGI</i>

**SOGI:**

**HAND PARTS:**

Forfist	-	<i>AP JOOMUK</i>
Inner Forearm	-	<i>AN PALMOK</i>
Outer Forearm	-	<i>BAKAT PALMOK</i>

**SANG BANSIN:**

**OBVERSE**

- *BARO*  
Performed using the arm on the same side as the leg which is most bent.

**REVERSE**

- *BANDAE*  
Performed using the arm on the same side as the leg which is least bent.

### **DEFENSIVE TECHNIQUES:**

Inner Forearm (Middle) Block	<i>AN PALMOK (KAUNDE) MAKGI</i>
Outer Forearm (Low) Block	<i>BAKAT PALMOK (NAJUNDE) MAKGI</i>
Knifehand (Low) Block	<i>SONKAL (NAJUNDE) MAKGI</i>

### **ATTACKING TECHNIQUES:**

Obverse Punch	<i>BARO JIRUGI</i>
Reverse Punch	<i>BANDAE JIRUGI</i>
Front Rising Kick	<i>AP CHA OLLIGI</i>
Front Snap Kick	<i>AP CHA BUSIGI</i>

### **BODY SECTIONS:**

HIGH SECTION	-	<i>NOPUN BUBUN</i>
MIDDLE SECTION	-	<i>KAUN BUBUN</i>
LOW SECTION	-	<i>NAJUN BUBUN</i>

### **NOTES:**

1. Where applicable, the actual tool used is in brackets.
2. The word "Sogi" is used in the grammatically correct and shortened form "So".

SITTING STANCE (Forefist) Middle Punch.  
ANNUN SO (Ap Joomuk) Kaunde Jirugi.

WALKING STANCE, (Forefist) Middle, Obverse Punch.  
GUNNUN SO(Ap Joomuk) Kaunde Baro Jirugi.

WALKING STANCE, Inner Forearm, Middle Block.  
GUNNUN SO (An Palmok) Kaunde Makgi.

WALKING STANCE Front Snap Kick.  
GUNNUN SO Ap Cha Busigi.

WALKING STANCE (Outer Forearm) Low Block.  
GUNNUN SO (Bakat Palmok) Najunde Makgi.

**NOTES:**

1. Check the English meanings of "*obverse*" and "*reverse*".
2. During the early stages of training you may assume commands to be for obverse block or punch unless specifically stated otherwise.

**FOUR DIRECTION PUNCH: - SAJU JIRUGI**

This is **NOT** a pattern but an exercise.

**NOTES:**

Going anti-clockwise the **LEFT** foot stays on the same point as the pivot.

Going clockwise the **RIGHT** foot stays on the same point as the pivot

Always begin with the right walking stance middle obverse punch followed by low block. You must therefore go anti-clockwise first and then repeat movements in a clockwise direction.

**FOUR DIRECTION BLOCK: - SAJA MAKGI**

This is **NOT** a pattern but an exercise.

**NOTES:**

Going anti-clockwise the **LEFT** foot stays on the same point as the pivot.

Going clockwise the **RIGHT** foot stays on the same point as the pivot

Always begin with the left walking stance knifehand low block followed by inner forearm middle block. You must go anti-clockwise first and then repeat the movements in a clockwise direction.

**WHITE**        **Signifies innocence as that of a beginner student who has no previous knowledge of Taekwon-Do.**

## **TAEKWON-DO AND THE STUDENT:**

1. Never tire of learning, a student must always be eager to learn and ask questions.
2. **A GOOD STUDENT** must be willing to sacrifice for his art and his instructor. Many students feel that their training is a commodity bought with monthly fees, and are unwilling to assist in demonstrations or work in or out of the dojang. An Instructor can afford to lose this type of student.
3. **REMEMBER:** that a student's conduct outside the do-jang reflects on the Art and the Instructor.
4. **NEVER:** be disrespectful to the Instructor. Although you have the right to disagree, you must first follow the instruction then discuss the matter later.
5. Always arrive before training is due to start, and ensure that you have a good attendance record.
6. Always set a good example to lower ranking students. It is only natural that they attempt to emulate their seniors.
7. Always be loyal and never criticise the Instructor, Taekwon-Do or the teaching methods.
8. If an Instructor teaches a technique, practice it and attempt to utilise it.
9. If a student adopts a technique from another school and the Instructor disapproves of it, you must discard it immediately, or train in the school where it was learnt.
10. Gradings will depend on attendance, attitude, character and the Instructors discretion. Not just the student's technical ability.
11. **MISUSE** of the art in any way will result in Disciplinary action. (rule no. 3)
12. All students must be in possession of a U.K.T.A. licence before commencing training.
13. Always address Instructors as "**Sir**"
14. **NEVER BREAK A TRUST.**