

Chon-Ji

19 moves
Forms an X on the floor
Parallel ready stance

Literally means the “Heaven and Earth.”
In the Orient, interpreted as the creations of the world or
the beginning of human history, therefore it is the initial
pattern played by the beginner.
Consists of two similar parts: one representing Heaven,
one representing Earth.

Dan-Gun

21 moves
Forms an I on the floor
Parallel ready stance

Named after the Holy Dan-Gun, legendary founder of
Korea in 2333 B.C.

Do-San

24 moves
Forms performed on the floor
Parallel ready stance

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 of the education of Korea and to its independence movement.

Won-Hyo

28 moves
Forms an I on the floor
Close ready stance A

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

Yul-Gok

38 moves

Forms an anchor on the floor

Parallel ready stance

Yul-Gok is the pseudonym of the great philosopher and scholar Yi I (1536-1584), nicknamed the “Confucius of Korea.” The 38 movements of this pattern refer to his birthplace on the 38th latitude and the pattern diagram represents “scholar.”

Joong-Gun

32 moves
Forms an I on the floor
Close ready stance B

Named after the patriot Ayn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese Governor-General of Korea. Ito was known as the man who played the leading part in the Japan-Korea merger. The 32 movements represent Mr. Ayn's age when he was executed at Lui Shung prision in 1910.

Toi-Gye

37 moves
Forms ± on the floor
Close ready stance B

Toi-Gye is the pen name of the noted scholar Yi-Hwang of the 16th Century, and an authority on neo-confucianism.

The 37 movements refer to his birthplace on the 37th latitude. The diagram for this pattern represents “scholar.”

Hwa-Rang

29 moves
Forms an I on the floor
Close ready stance C

Named after the Hwa-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.

Choong-Moo

30 Moves
Forms an I on the floor
Parallel ready stance

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.

Kwang-Gae

39 Moves
Forms an I on the floor
Parallel stance with a Heaven Hand

Named after the famous Kwang-Gae-Toh-Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram (⊕) represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 A.D., the year he came to the throne.

Po-Eun

36 Moves

Forms a horizontal line (—) on the floor
Parallel stance with a Heaven Hand

The pseudonym of the loyal subject Chong Mong-Chu (1400) who was a famous poet and whose poem “I would not serve a second master though I might be crucified a hundred times” is known to every Korean. He was also a pioneer in the field of physics. The diagram (--) represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.

Ge-Baek

44 Moves

Forms a vertical line (I) on the floor
Parallel ready stance

Named after Ge-Baek, a great general in the Baek Je Dynasty (600 A.D.). The diagram (I) represents his severe and strict military discipline.

Why would someone enroll in a martial arts program?

Exercise with a purpose

Self-defense

Building confidence

Challenging oneself

Why were Asian martial arts
developed?

Self-defense and health

What traits/characteristics does
Taekwon-Do help students
develop?

- Sportsmanship
- Working well with others
- Courage to stand up for one's beliefs
- Self-confidence
- Concentration, determination, good citizenship
- Positive self-image, responsibility, leadership
- Respect for others
- Appreciation for one's strengths and the perseverance to develop one's weaknesses
- Good judgment
- Appreciation for physical fitness
- Learning to accept the consequences of one's actions

What is Taekwon-Do?

A Korean martial art based on centuries-old foot and hand fighting techniques. “Tae” means kicking, jumping, stepping or flying of the feet. “Kwon” means punching, striking or beating of the hands or fists. “Do” means art, technique or way.

On what is eligibility for testing based?

Attitude
Technical ability
Class attendance
Personal effort
Physical development
Technique

How many Taekwon-Do forms?
What do they represent?

24 forms which are prearranged sequences of kicking and punching techniques.

The 24 forms symbolically represent each hour of the day.

Each form is named after an historical Korean figure or concept.

Free sparring rules

- No contact unless protective head, hand and foot gear is worn. With gear, only light contact.
- Legal targets are the front, top and side of head (no face), the chest and ribs.
- No technique below the waist.
- Limited grabbing or sweeping; no holding.
- If one of participants is injured, the other goes to his side of the fighting area and kneels down facing away from his opponent.

Who was the founder of
Taekwon-Do?

General Choi Hong Hi.

1918 – 2002

Developed Taekwon-Do from Taek kyon and Karate

What is Taek kyon?

Ancient Korean art of foot fighting.

What is the rule of four?

The rule of four relates to training – Students at the beginning levels should have:

- The four basic **kicks** (front, side, turning, back)
- The four basic **punches** (jab, cross, hook, upper-cut)
- The four basic **stances** (ready, sitting, walking, L)
- The four basic **blocks** (rising, low, inward, outward)

What are the five elements?

Fire
Water
Earth
Wind (Heaven)
Wood (Iron)

How do the five elements relate to each other?

When drawn, the five elements form a pentagram to show how they interact with each other.

Each element counters and builds with every other one.
(Fire cancels Wood, but combined with Wind is deadly.
Water cancels Fire, but Wind creates a storm of
destruction...)

Student Oath

I shall observe the tenants of Taekwon-Do.

I shall respect my instructors and seniors.

I shall never misuse Taekwon-Do.

I will be a champion of freedom and justice.

I will help to build a more peaceful world.

Tenets of Taekwon-Do

Courtesy
Integrity
Perseverance
Self-control
Indomitable spirit

Courtesy

Ye Ui

The means to enlighten oneself while maintaining harmony with one's surroundings.

Integrity

Yom Chi

The ability to define right and wrong and have the conscience, if wrong, to feel guilt.

Perseverance

In Nae

Patience and tenacity to overcome every difficulty.

Self Control

Guk Gi

The ability to live and work within one's capabilities.

Indomitable Spirit

Baekjul Boolgool

To confront injustice without any fear or hesitation.

Theory of Power

Him Ui Wollli

There are five factors:

reaction force
concentration
equilibrium
breath control
speed

Instructor

Sabum

Students

Jeja

White martial arts uniform

Dobak

Shirt (uniform)

Jeogori

Pants (uniform)

Baji

One to Ten in Korean

1. hana
2. dul
3. set
4. net
5. taset
6. yaset
7. ilgup
8. yadul
9. ahoop
10. yul

Face the flags

Ku kee yea tae hae

Attention

Charyot

Thank you

Ko Mopsa Meda

Ready stance

Chun bee

Turn

Tura

Kneel

Anjou

Yell

Ki hop

Bow

Kyon ye

Meditate

Moonyum

Begin

Sichak

Gymnasium

Dojang

Self-defense

Hosin sul

White belt

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

Gold belt

Signifies the Earth, from which a plant sprouts and takes root as the Taekwon-Do foundation is laid.

Green belt

Signifies the plants growth as the Taekwon-Do skill begins to develop.

Blue belt

Signifies the Heaven toward which the plant matures into a towering tree as training in Taekwon-Do progresses.

Red belt

Signifies danger; cautioning the student to exercise control and warning the opponent to stay away.

Black belt

Opposite of white belt; signifies the maturity and proficiency in Taekwon-Do. Also indicates the wearer's imperviousness to darkness and fear.

How many grades to Black Belt?

10 Gups

How many degrees of Black Belt?

9 Dans