

Taekwon-Do Terminology



Founder of Taekwon-Do

General Choi Hong Hi, Born 1918 – Died 2002

Taekwon-Do originates from Korea

We practice the Chang-Hon style of Taekwon-Do

Student Oath.

I shall observe the tenets of Taekwon-Do / I shall respect the instructor and seniors / I shall never misuse Taekwon-Do / I shall be a champion of freedom and justice / I shall build a more peaceful world.

Tenets Of Taekwon-Do

Courtesy, Integrity, Perseverance, Self Control, Indomitable Spirit.

Terminology

Tae Kwon-Do – Foot Fist Way / Training Uniform – Dobok / Training Hall - Dojang

Saju Jurigi – 4 direction punch / Saju Magki – 4 direction block

Counting one to ten / Hana, Dool, Set, Net, Tasot, Yusot, ilgop, Yodul, Ahop, Yual.

Techniques

Attention Stance – Charyot Sogi

Bow – Kyong Ye

Parallel Stance – Narani Sogi

Sitting Stance Annun Sogi

Walking Stance – Gunnun Sogi

Front Punch – Ap Joomuk Jurigi

Forearm Block – Palmok Magki

Knifehand Block – Sonkal Magki

Front rising Kick – Apcha olligi

Front snap kick – Apcha busigi

Turning Kick – Dollyo Chagi

Side Piercing Kick – Yopcha Jirugi

Downward Kick – Naeryo Chagi

Chon-Ji - 19 Movements.

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 and the other to represent the earth

Rules of Taekwon-Do

- 1. Dobok's should be kept clean and in good repair. (No grass stains etc)**
- 2. Belts should be tied correctly.**
- 3. Students should bow at the door when entering and leaving the Do-Jang, including when leaving to use the bathroom or kitchen.**
- 4. Students should bow to the instructors and other members prior to class starting .This is how we greet each other in Taekwon-Do.**
- 5. Once students have entered the Do-Jang they must not leave without permission from one of the instructors.**
- 6. Students should not make unnecessary noise or in the Do-Jang.**
- 7. When "FORM UP" is called students should answer "Yes Sir" and line up as quickly and quietly as possible according to rank and showing courtesy to other students.**
- 8. When students answer a question they should come to the attention stance, bow, and then answer the question. All answers should end with a 'Sir' or 'Ma'm'**
- 9. When participating in line work students should be respectful of other students around them.**
- 10. Students are not permitted to use Taekwon-Do at school. It is only to be practised in a controlled environment with Taekwon-Do instructors or Parents etc.**