Ultimate Tae Kwon Do
Terminology Sheet

Tae Kwon Do means the “art of hand and foot fighting”. It is the scientific use of the body and the methods of self-defense. Tae Kwon Do stresses the importance of harmony and balance between the mental and physical. By doing this, one can have a stable and balanced system. Then one can learn how the mind and body can become the weapons of Tae Kwon Do.

Student Oath:
1. I shall observe the Tenets of Tae Kwon Do: Courtesy, Integrity, Perseverance, Self-Control, Indomitable Spirit.
2. I shall respect instructors, seniors, and parents.
3. I shall never misuse Tae Kwon Do.
4. I shall be a champion of freedom and justice.
5. I shall help build a more peaceful world.

a. Courtesy – Being nice, Saying “Yes Sir/Ma’am” or “No Sir/Ma’am”
b. Integrity – Being a person of your word, being honest.
c. Perseverance – Never give up, keep trying.
d. Self-Control – Standing still when you’re supposed to, controlling your temper.
e. Indomitable Spirit – Doing your best, even if you can’t win.

Benefits of Tae Kwon Do Training:
- Self-confidence
- Self-discipline
- Coordination
- Mental and physical conditioning
- Muscle toning
- Posture improvement
- An opportunity to meet new friends

Tae Kwon Do Phrases and Descriptions:
Instructor (4th dan and above) – Sa Bum Nim
Instructor (1st to 3rd dan) – Chu Gyo Nim
Training Hall – Dojang
Free Sparring – Ja Yu Dae Ryun
One-Step Sparring – IL Bo Dae Ryun
Three-Step Sparring – Sam Bo Dae Ryun
Thank You – Kam Sam Ne Da
Forms - Hyungs

Commands:
- Attention – Charyot
- Bow – Kyung Yeh
- Finish, return to beginning position – Goman or Baro
- Turn around – De Dohrahs or Dohrahs
- Ready, Go – Si Jak
School Rules and Etiquette:

1. Bow to the flags before entering or leaving the training area.
2. Upon entering the Dojang, bow to your instructors and all seniors.
3. If belt or dobok needs adjusting, always turn away from all seniors and the flags.
4. Bow before addressing a senior, especially a Black Belt.
5. Do not bow to a senior if he/she is practicing or instructing others unless you have established definite eye contact.

Techniques and Terminology:

Front Stance – Chongul Ja Sae
Back Stance – Hugul Ja Sae
Riding Horse Stance (sitting stance) – Kim Ja Sae
Ready Stance – Chunbee
Low – Ha Dan
Middle – Jung Dan
High – Sang Dan
Side Kick – Yup Chaki
Front Kick (front snap kick) – Ap Chaki
Roundhouse Kick – Doll Rye Chaki or Doll Chaki
Front Crescent Kick (outside-inside kick) – Ap Hurya Chaki
Front Crescent Kick (inside-outside kick) – Chiki Chaki
Front Hooking Kick – Ap Hu
Reverse Hooking Kick – Dwe Doll
Reverse Kick – Dwet Chaki or Dee Chaki
Jumping Kick – Ei Dan Chaki
Spear Fingers – Kwansu
Punch – Kong Keok
Knife Hand – Sudo
Ridge Hand – Yeop Sudo
Block – Maki

Counting:

1 = Hana
2 = Deul
3 = Set
4 = Net
5 = Daset
6 = Yuhset
7 = Ilgop
8 = Yeoldeol
9 = Ahop
10 = Yeol
11 = Yeolhana
12 = Yeoldeul
13 = Yeolset
14 = Yeolnet
15 = Yeoldaset
16 = Yeolyuhset
17 = Yeolilgop
18 = Yeolyeoldeol
19 = Yeolahop
20 = Soomul
21 = Soomulhana
22 = Soomulduel
30 = Serun
40 = Mahron
50 = Osip
100 = Bek

ETC.
Meaning of the Hyungs (Forms)

Chon-Ji: (19 Movements) Literally means “Heaven and Earth”, and in the Orient is interpreted as the creation of the world and beginning of human history. Therefore, it is the initial pattern learned by the beginner. The pattern consists of two parts – one to represent heaven, the other, earth.

Dan-Gun: (21 Movements) Is named after the holy Dan Gun, the legendary founder of Korea in the year 2333 BC.

Do-San: (24 Movements) Is the pseudonym of the patriot Ahn Chang Ho (1876-1938) who devoted his life to furthering the education of Korea and its independent movement.

Won-Hyo: (28 Movements) Was the noted Monk who introduced Buddhism to the Silla Dynasty in the year 686 AD.

Yul-Guk: (38 Movements) Is the pseudonym of the great philosopher Yi I (1536-1584 AD) nicknamed the “Confucius of Korea”. The 38 movements of this pattern refer to his birthplace on the 38th parallel and the diagram (+) means scholar.

Chun-Gun: (32 Movements) Is named after the patriot An-Chung Gun who assassinated Hiro Bumo Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Japan-Korea merger. The 32 movements of this pattern represent Mr. An’s age when he was executed at Liu-Shung Prison in 1910.

Toi-Gye: (37 movements) Is the pen name of the noted scholar Yi Hwang (16th century AD). An authority on Neo-Confucianism. The 37 movements of this pattern refer to his birthplace on the 37th parallel and the diagram (+) mean scholar.

Hwa-Rang: (29 Movements) Is named after the Hwarangdo youth group which originated in the Silla Dynasty around 620 AD. This group eventually became the driving force in the unification of the three kingdoms of Korea (Silla, Koguryo, Baek Je).

Chung-Mu: (30 Movements) Was the name given to the great Admiral Yi Sun Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (Kobukson) which was the precursor of the present day submarine in 1592 AD. The reason why this pattern ends up 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.

Gwang-Gae: (39 Movements) (375-418) Is picked after the famous Gwang-T’o-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 territories. The 39 movements refer to his reign for 39 years.

Po-Eun: (36 Movements) (1337-1392) Is the pseudonym of a loyal subject Chong Mong-Chu 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 Movements) (?)-660 AD) Is named after Gae-Baek, a great general in the Back-Je Dynasty (600 AD). The diagram represents his severe and strict military discipline.
Eui-Am: (45 Movements) Is the pseudonym of Son Byong Hi, leader of the Korean independence movements on March 1, 1919. The 45 movements relate to his age when he changed the name of Dong Hak (Oriental Culture) to Chondo Kyo (Heavenly Way Religion) in 1905. The diagram (I) represents his indomitable spirit displayed while dedicating himself to the prosperity of his nation.

Chung-Jang: (52 Movements) (1567-1596) Is the pseudonym given to General Kim Duk Ryang who lived during the Yi Dynasty, 15th century. This pattern ends with a left hand attack to symbolize the tragedy of his death at 27 in prison before he was able to reach full maturity.

Ko-Dang: (39 Movements) (1882-1950) Is the pseudonym of the patriot Cho Man Sik who dedicate his life to the independence movement and education of his people. The 39 movements signify his times of imprisonment and his birthplace on the 39th parallel.

Juche: (45 Movements) A philosophical idea that man is the master of everything and decides everything. In other words, the idea that man is the master of the world and his own destiny. It is said that this idea was rooted in Baikdu Mountain which symbolizes the spirit of the Korean people. The diagram represents Baikdu Mountain.

Sam-Il: (33 Movements) (March 1, 1919) Denotes the historical date of the independence movement of Korea which began throughout the country on March 1, 1919. The 33 movements in the pattern stand for the 33 patriots who planned the movement.

Yoo-Sin: (68 Movements) (595-673) Is named after General Kim Yoo Sin, commanding general during the Silla Dynasty, who unified the three separate kingdoms of Korea. The 68 movements refer to the 68 in 688 AD the year Korea was united.

Choi-Yong: (45 Movements) (1316-1388) Is named after General Choi Yong, Premier and Commander-in-Chief of the Armed Forces during the 14th century Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism, and humility. He was executed by his subordinate commanders, headed by General Yi Sung Gae, who later became the first King of the Yi Dynasty.
The Korean Flag

The flag of South Korea (Tae Kook). Tae Kook means "the origin of all things in the universe". The circle in the center of the flag is divided into portions of red and blue by a horizontal "S". These portions symbolize the Yin and Yang theory of eternal duality which exists within nature (e.g., Heaven and Earth, light and darkness, hot and cold and being and not being). In science, this theory can be represented with the symbols "+" and "-". These dualities exist as a principle of the universe.

The four bar like designs (Gye), in the corners of the flag are based on the Yin and Yang principle of light and darkness. The location of these Gye, represent the four points of the compass. Ee-Gye in the lower left corner, indicates dawn and early sun light as the sun is in the east. Kun-Gye in the upper left, represents bright sunshine when the sun is in the south. Kam-Gye in the upper right corner symbolizes twilight as the sun moves to the west. Kon-Gye in the lower right, indicates total darkness when the sun is in the north. Together these symbols express the mysteries of the universe.
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<tr>
<th>Belt</th>
<th>Meaning</th>
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<tr>
<td>White</td>
<td>Signifies innocence as that of a beginning student who has no previous knowledge of the art of Tae Kwon Do.</td>
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<tr>
<td>Yellow/Orange</td>
<td>Signifies earth, a plant sprouts and takes root as the Tae Kwon Do foundation is being laid.</td>
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<td>Green</td>
<td>Signifies the plants growth as Tae Kwon Do skills begin to develop.</td>
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<td>Blue</td>
<td>Signifies the heaven towards which the plant matures into a towering tree as the training in Tae Kwon Do progresses.</td>
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<td>Brown</td>
<td>Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.</td>
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<td>Black</td>
<td>Opposite of white, therefore, signifying the maturity of proficiency in Tae Kwon Do. Also indicates the wearers imperviousness to darkness and fear.</td>
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