

## 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 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 a 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  
SideKick – Yup Chagi  
Front Kick (front snap kick) – Ap Chagi  
Roundhouse Kick – Doll Rye Chagi or Doll Chagi  
Front Crescent Kick (inside-outside kick) – Ap Hurya Chagi  
Front Crescent Kick (outside-inside kick) – Chiki Chagi  
Front Hooking Kick – Ap Hu  
Reverse Hooking Kick – Dwe Doll  
Reverse Kick – Dwet Chagi or Dee Chagi  
Jumping Kick – Ei Dan Chagi  
Spear Fingers – Kwansu  
Punch – Kong Keok  
Knife Hand – Sudo  
Ridge Hand – Yeop Sudo  
Block – Maki  
Uniform - Dobok  
Belt - Ti

## Counting:

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

## Meaning of the Hyungs (Forms)

While ITF Patterns, assembled by the Founder General Choi Hong Hi, are but one of the many components which make up the composition of Tae Kwon Do, so many of the technical aspects are contained within them, which makes them of paramount importance in ITF Taekwondo training.

There are 24 patterns in the official ITF “Chang Hon” syllabus, which represents the 24 hours in a day. The names of these patterns refer to events or important people in Korean history. Features of the patterns may also have historical references, such as the number of moves, the diagram, the way the pattern ends etc.

### **Chon Ji**

(19 moves) Means literally 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 Heaven and the other the Earth.

### **Dan Gun**

(21 moves) Is named after the holy Dan-Gun, the legendary founder of Korea in the year 2,333 B.C.

### **Do San**

(24 moves) Is the pseudonym of the patriot Ahn Chang-Ho (1876-1938). The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.

### **Won Hyo**

(28 moves) Was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.

### **Yul Gok**

(38 moves) Is the pseudonym of a great philosopher and scholar Yil (1536-1584) nicknamed the “Confucius of Korea”. The 38 movements of this pattern refer to his birthplace on 38th degree latitude and the diagram represents scholar.

### **Joong Gun**

(32 moves) Is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumo 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 at Lui-Shung prison (1910).

### **Toi Gye**

(37 moves) Is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on 37th degrees latitude, the diagram represents “scholar”.

### **Hwa Rang**

(29 moves) Is 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 Taekwon-Do developed into its full maturity.

**Choong Moo**

(30 moves) Was the name given to the great Admiral Yi Soon-Sin of the Yi Dynasty. He was reputed to have invented the first armored 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 potential checked by the forced reservation of his loyalty to the king.

**Kwang Gae**

(39 moves) is named after the famous Gwang-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 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) Is the pseudonym of a 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) Is named after Ge-Baek, a great general in the Baek Je Dynasty (660 A.D.). The diagram represents his severe and strict military discipline.

**Eui Am**

(45 moves) Is the pseudonym of Son Byong Hi, leader of the Korean independence movement on March 1, 1919. The 45 movements refer to his age when he changed the name Dong Hak (Oriental Culture) to Chondo Kyo (Heavenly Way Religion) in 1905. The diagram represents his indomitable spirit, displayed while dedicating himself to the prosperity of his nation.

**Choong Jang**

(52 moves) Is the pseudonym given to General Kim Duk Ryang who lived during the Yi Dynasty, 14th 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 moves) is the pseudonym of the patriot Cho Man Sik who dedicated 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 moves) Is 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 Baekdu Mountain which symbolizes the spirit of the Korean people. The diagram represents Baekdu Mountain.

**Sam-IL**

(33 moves) 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 moves) is named after General Kim Yoo Sin, a commanding general during the Silla Dynasty. The 68 movements refer to the last two figures of 668 A. D., the year that the three kingdoms of Korea were united. The ready posture signifies a sword drawn on the right rather than left side, symbolizing Yoo Sin's mistake of following his king's orders to fight with foreign forces against his own nation.

### **Choi-Yong**

(46 moves) 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 Lee Dynasty.

### **Yon-Gae**

(49 moves) is named after a famous general during the Koguryo Dynasty, Yon Gae Somoon. The 49 movements refer to the last two figures of 649 A. D., the Year he forced the Tang Dynasty to quit its invasion of Korea after destroying nearly 300,000 of their troops at Ansi Sung.

### **Ul-Ji**

(42 moves) is named after general Ul-Ji Moon Dok who successfully defended Korea against a Tang's invasion force of nearly one million soldiers led by Yang Je in 612 A.D., Ul-Ji employing hit and run guerilla tactics, was able to decimate a large percentage of the force. The diagram represents his surname. The 42 movements represent the author's age when he designed the pattern.

### **Moon-Moo**

(61 moves) honors the 30th king of the Silla Dynasty. His body was buried near Dae Wang Am (Great King's Rock). According to his will, the body was placed in the sea "Where my soul shall forever defend my land against the Japanese." It is said that the Sok Gul Am (Stone Cave) was built to guard his tomb. The Sok Gul Am is a fine example of the culture of the Silla Dynasty. The 61 movements in this pattern symbolize the last two figures of 661 A.D. when Moon Moo came to the throne.

### **So-San**

(72 moves) is the pseudonym of the great monk Choi Hyong Ung (1520-1604) during the Lee Dynasty. The 72 movements refer to his age when he organized a corps of monk soldiers with the assistance of his pupil Sa Myung Dang. The monk soldiers helped repulse the Japanese pirates who overran most of the Korean peninsula in 1592.

### **Se-Jong**

(24 moves) is named after the greatest Korean king, Se-Jong, who invented the Korean alphabet in 1443, and was also a noted meteorologist having invented the first rain gauge in human history (1442 AD). The diagram represents the king, while the 24 movements refer to the 24 letters of the Korean alphabet.

### **Tong-IL**

(56 moves) denotes the resolution of the unification of Korea which has been divided since 1945. The diagram (I) symbolizes the homogenous race.

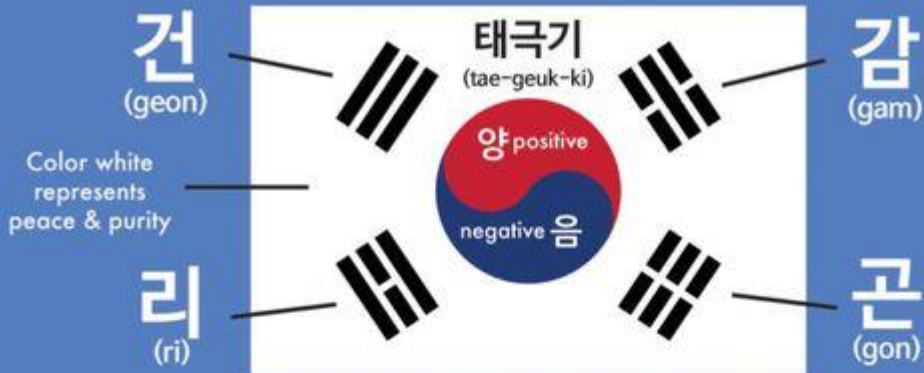
## The Korean Flag

The flag of South Korea (Tae Guek Ki). 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. Ri-Gye in the lower left corner, indicates dawn and early sunlight as the sun is in the east. Geon-Gye in the upper left, represents bright sunshine when the sun is in the south. Gam-Gye in the upper right corner symbolizes twilight as the sun moves to the west. Gon-Gye in the lower right, indicates total darkness when the sun is in the north. Together these symbols express the mysteries of the universe.

# MEANING OF THE KOREAN FLAG



What each trigram represents



Celestial Body



Season



Cardinal Direction



Virtue

humanity      justice      intelligence      courtesy

Family

father      daughter      son      mother

Natural Element



Meaning

justice      fruition      wisdom      vitality

source: [https://en.wikipedia.org/wiki/Flag\\_of\\_South\\_Korea](https://en.wikipedia.org/wiki/Flag_of_South_Korea)

## Meanings of the Belts

**White** - Signifies innocence as that of a beginning student who has no previous knowledge of the art of Tae Kwon Do.

**Yellow/Orange** - Signifies earth, a plant sprouts and takes root as the Tae Kwon Do foundation is being laid.

**Green** - Signifies the plant's growth as Tae Kwon Do skills begin to develop.

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

**Brown** - Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

**Black** - Opposite of white, therefore, signifying the maturity of proficiency in Tae Kwon Do. Also indicates the wearer's imperviousness to darkness and fear.