



Developing Future Leaders!

TAE KWON DO DEFINITIONS

TAE KWON DO

Tae Kwon Do is a Korean form of martial arts. It requires the use of only hands and feet. The main goal of Tae Kwon Do is to achieve total mind and body control.

ZEN

Zen is a special discipline that unifies the body and mind by drawing in the awesome energy (pronounced “kee” in Korean) from the earth, thus creating inner power and strength.

SCHOOL RULES

1. Students must always “obey” the instructor’s command.
2. You must “bow” and address the instructor or higher ranking belt as “sir or mam”.
3. No conversation is to be conducted when training.
4. Smoking, drinking liquor, and drugs are prohibited.

SCHOOL LANGUAGE

1. MASTER: Kwan-jahng-neem
2. PRESIDENT: Hweh-jhang-neem
3. INSTRUCTOR: Sah-bum-neem
4. BOW: Ken-ryut
5. ATTENTION: Cha-ryut
6. READY: Choon-bee
7. BEGIN: Shee-jahk
8. STAND AT EASE: Shi-yo
9. TRAINING HALL: Do-jang
10. YELLING: Kee-yahp
11. UNIFORM: Do-bok
12. PROTECTIVE GEAR: Ho-gu
13. THE NATIONAL FLAG: Gook-key
14. BLACK BELT: You-dahn-ja
15. TURN AROUND: Dwee-roh-doh-rah
16. HORSE STANCE: Kee-mah-jah-seh
17. FREE SPARRING POSITION: Kyuh-roo-gee-jah-seh
18. END: Gu-man
19. STOP: Bah-roh
20. TRAINING AID: Dall-yon-go
21. FRONT KICK: Up-chagi
22. SIDE KICK: Yup-chagi
23. TURN KICK: Pee-chagi
24. FORM: Hyung

NUMBERS

1=ha-na 2=doll 3=set 4=net 5=da-sut 6=yuh-sut 7=ill-gohp 8=yuh-dull 9=ah-hop 10=yuhl

TAE KWON DO AIMS TO ACHIEVE

1. Courtesy
2. Integrity
3. Perseverance
4. Self-control
5. Indomitable Spirit

TAE KWON DO THEORY OF POWER

1. Reaction force
2. Speed
3. Breath control
4. concentration
5. equilibrium
6. Mass

SCHOOL MOTTO

1. Where there’s a will, there’s away. Nothing is impossible to a willing mind.
2. I can because I believe I can. I am smart, I am strong and I can do it.



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FORMS & MEANINGS

BELT	FORM	MOVEMENTS	MEANING OF PATTERN
WHITE	Oo Joo	18	Universe
HIGH WHITE	Chon Ji	19	Heaven & Earth
YELLOW	li Wurl	27	Sun & Moon
ORANGE	Dan-Gun	21	Dan-Gun Is Named After The Holy Dan-gun The Legendary Founder Of Korea.
GREEN	Sung-Shin	24	Star
PURPLE	Do-San	24	Do-San Is The Pseudonym Of The Patriot Ahn Chang Ho. The 24 Movements Represent His Entire Life Which He Devoted To Furthering The Education Of Korea And Its Independence Movement.
BLUE	Jee Goo	28	Earth
HIGH BLUE	Won-Hyo	28	Won-Hyo Was The Noted Monk Who Introduced Buddhism To The Silla Dynasty.
BROWN	Yul-Gok	38	Yul-Gok Is The Pseudonym Of The Great Philosopher And Scholar Yi I. The 38 Movements Refer To His Birthplace On The 38th Degree Latitude And The Pattern Represents "scholar".
HIGH BROWN	Sa Bahng	31	Cardinal Points
RED	Joong-Gun	32	Joon-Gun Is Named After The Patriot An Joong Gun Who Assassinated Hiro Bumo-Ito. The Pattern Represents Mr.an's Age When He Was Executed At Lui Shung Prison.
HIGH RED	Sa Geh	31	Four Seasons
HIGH RED	Toi-Gye	37	Toi-Gye Is The Pen Name Of The Noted Scholar Yi-hwang.the 37 Movements Refer To His Birthplace On The 37th Degree Latitude And The Pattern Represents "scholar".
HALF BLACK	Soo Ryook	31	Land & Water
HALF BLACK	Hwa-Rang	29	Hwa-Rang 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 Tae Kwon Do Developed Into Maturity.
BLACK	Choong-Moo	30	Choong-Moo Was The Name Given To Great Admiral Yi Sun-sin Of The Yi Dynasty.
BLACK	Seon Mu	32	Zen Mu