

strengthen the body – improve the mind – change the world



태권도

student handbook

COURTESY

INTEGRITY

PERSEVERANCE

SELF-CONTROL

INDOMITABLE SPIRIT

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Atlanta's United Tae Kwon Do (ATLU TKD) is located at 533 West Howard Avenue, Suite B, in Decatur, Georgia. The school was founded in 2005 by Master Curtis Mast in response to a growing demand in the area for top-quality Taekwondo instruction.

The purpose of this Student Handbook is to welcome you to the school; outline the rules, guidelines and expectations of our school; and provide you with an initial introduction and guide to the wonderful, life-altering journey you are about to undertake.

This handbook is in no way inclusive of all the writings that are available related to Taekwondo and the martial arts. Students are encouraged to obtain and read all they can to learn more about our art.

THE ART OF TAE KWON DO: ADVENTURE IN SELF-DISCOVERY

Taekwondo is a traditional Korean martial art, which translated literally means: “the art of hand and foot fighting”. It combines sharp, strong angular movements with graceful and free-flowing circular motions to produce a harmonious marriage of beauty and power. With the addition of its own devastating kicking techniques, Taekwondo is a complete, integrated, and unique system of self-defense and personal improvement.

태	Tae	Jumping, Kicking with the foot
권	Kwon	Punching, Smashing with the fist
도	Do	The Way

Taekwondo is a method of self-defense without weapons. Flesh and bone, the natural, vulnerable equipment of the body, are the only resources of the Taekwondo practitioner. Therefore, the techniques of Taekwondo are designed to train all the muscles and joints of the body to develop their ultimate capacities toward an integrated and totally efficient mechanism for defense. More importantly, Taekwondo is a state of mind. Control of one’s mind, self-restraint, kindness, and humility must accompany physical grace.

Taekwondo develops in a person the speed and power to kill instantly with his or her bare hands and feet. But it is the discipline and mental aspect of Taekwondo that allow one to develop the control, coordination and balance, so that punching and kicking movements can be stopped just centimeters short of their mark. By combining the two equally important aspects of Taekwondo, you will gain confidence and a feeling of well-being in a non-aggressive, non-violent manner.

It is no wonder that Taekwondo is the fastest-growing martial art in the world today—its appeal is universal. As a practical means of self-defense, a satisfying and complete regimen of physical conditioning, an aid to improved concentration and mental performance, and an Olympic Sport, the art of Taekwondo offers its riches to anyone who sincerely undertakes its study.

Within the dojang, there are no ages, sex, religious, cultural or racial barriers; all begin equally as white belts. Under the watchful eye of the Master Instructor, each progresses at his or her own rate, according to individual effort and ability.

THE AIM OF TAEKWONDO: BODY, MIND & SPIRIT WORKING AS ONE

Taekwondo training addresses the whole individual—body, mind, and spirit—and involves a great deal more than mere physical technique. To be sure, the student of Taekwondo is expected to develop strength, stamina, quickness, flexibility, coordination, and balance. Along with a variety of effective hand and foot self-defense techniques, these physical skills are fundamental to the art, and can be perfected only through

dedication and tireless practice. However, the road to true mastery also requires that formidable physical accomplishments be balanced with the equally important mental characteristics of patience, humility, self-control, perseverance, concentration and respect. These too must be practiced faithfully, both in and out of class. Gradually, the lessons of the dojang begin to color other aspects of life. Mind, body and spirit become unified and transformed, and living becomes richer and more enjoyable.

The study of Taekwondo can improve you as a person. It will teach you to control your own identity, aggression, temper, and insecurity. It can make you extremely sensitive to your environment so that you cannot be taken unaware, and will help you to truly know yourself so that you will be in full command of your own strengths and weaknesses—and able to perceive the strengths and weaknesses of your opponent as well as those inherent in any situation.

MARTIAL ARTS “MAGIC”: THE LONG ROAD TO HONEST ACHIEVEMENT

“How long will it take?” This is the question we all ask when starting out. *“How long to attain a black belt?”* *“How long before I can do those fancy spinning kicks?”* The only possible answer to such questions is that it takes as long as it takes. There are no magic shortcuts, no secret techniques, and no mystical practices that will instantly transform a person into a martial artist. Public attention tends to focus on the flashy aspects of the martial arts—the dramatic kicking and breaking techniques, and flashy demonstrations. In actual fact, training consists of very little “flash”, and a great deal of hard work—constant, dedicated practice and tireless physical conditioning. With proper instruction and sufficient perseverance, anyone can attain his or her full potential in the art of Taekwondo, achieving that level of skill which, to the uninformed, appears to be “magic”.

It usually requires at least several years of serious study and practice to reach black belt level. Gaining in skill, the student’s advancement is marked by the award of a colored belt, which signifies class rank. Hard won, each new belt of promotion can be worn proudly as a symbol of honest accomplishment—but of course, it remains only a symbol. The truly successful student is the one who has learned to enjoy walking the path, rather than worrying too much about the destination.

TAEKWONDO AND TRADITION: THE PROUD HERITAGE OF THE HWARANG DO

Although the name “Taekwondo” was developed in modern times, the origins of the art reach far back into Korean history. During the sixth century A.D., the Korean peninsula was divided into three kingdoms: Silla, Baek Je, and Koguryo. Silla, the smallest, was in constant peril of being overrun by her more powerful neighbors, and in response to this pressure assembled an elite fighting corps chosen from among the aristocracy, known as

the Hwarang Do or “Flower Youth”. In addition to the regular military training of the day, the Hwarang Do subjected themselves to rigorous mental discipline and severe physical hardship in order to condition the body and will to great strength and long endurance. Legend has it that they went into the mountains and along the seashore, studying the fighting styles of wild animals, and adapting the techniques of nature to their own advantage. New movements were added to the existing form of weaponless fighting known as Tae Kyon, popular among the common people. In addition to these new hand and foot techniques, the Hwarang also incorporated into their art certain Buddhist exercises in intense concentration, in order to achieve a harmonious integration of mind and body.

Modern Taekwondo owes much to the valorous Hwarang Do. The ethical spirit traces directly to the five-pointed code of conduct of the Hwarang, which emphasized the virtues of fidelity, courage, patriotism, obedience to lawful authority and a deep and abiding respect for all life. To consider Taekwondo as simply a sport, or just another means to get in shape, is to deny the proud heritage of almost 2,000 years. The combined thought and experience of centuries has produced our modern art, which continues to draw strength and stability from the past.

CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 to 9:45am						Children's Class
10:00 to 11:15am						Adult Class
5:00 to 5:45pm	Children's Class	Children's Class	Children's Class	Children's Class	Children's Class	
6:00 to 7:15pm	Adult Class	Adult Class	Adult Class	Adult Class	Adult Class	
7:30 to 8:45pm	Adult Class	Sparring Class	Adult Class	Adult Class		

BELT STRUCTURE AND PROMOTIONS

White	10 th Gup	SIP-KUB
White with Yellow Stripe	9 th Gup	GU-KUB
Yellow	8 th Gup	PAL-KUB
Yellow with Green Stripe	7 th Gup	CHIL-KUB
Green	6 th Gup	YUK-KUB
Green with Blue Stripe	5 th Gup	O-KUB
Blue	4 th Gup	SA-KUB
Blue with Red Stripe	3 rd Gup	SAM-KUB
Red	2 nd Gup	E-KUB
Red with Black Stripe	1 st Gup	IL-KUB
Bo Dan		
Black Belt	1st degree	IL DHAN.
	2nd Degree	E DHAN
	3rdDegree	SAM D HAN
	4 th Degree	SA DHAN
	5 th Degree	OH DHAN
	6 th Degree	YUK DHAN
	7 th Degree	CHIL DHAN
	8 th Degree	PAL DHAN
	9 th Degree	GUDHAN

Promotional tests are held approximately every three (3) months. On promotion test days, there are no regularly scheduled classes. Students are eligible to test if the following criteria are met:

- Student is invited to test by Master Instructor
- Student is in good standing with school
- Student tuition is paid up to date
- Student has been attending class regularly (at least 1.5 times per week)

Important things to remember on test day:

- Give your 100% best effort
- Relax, have fun, and enjoy this special day
- Remember that you are being evaluated by the judges from the moment you walk in, to the moment you leave
- Parents, friends and family are always welcome to come and watch promotion testing

If the student successfully passes the promotion test, the next higher belt and certificate will not be awarded on the test day, but during a regularly scheduled class shortly after. Promotion test fees are non-refundable and must be paid prior to the start of the test.

Students and parents must understand that failure to follow school rules may result in a revocation or demotion of belt rank.

ATLU TKD TRAINING SESSIONS

Every training session at ATLU TKD follows the same basic format. This format is a traditional curriculum that has been found to provide students with optimum advancement and provide a stimulating variety of class activities.

SAFETY

Every effort is made to assure the safety of all students. Techniques and exercises are introduced in such a way that the student's progress is smooth, swift and secure from one level to the next. Absolutely no effort is made to force any student so far past his/her physical limits that health or safety is endangered. Rather, through a gradual process of conditioning, the individual's stamina and strength is increased so that s/he will be able to handle new movements and greater exertion without undue strain. With perseverance and hard work, everyone improves at his or her own rate.

BEFORE CLASS

Upon entering the dojang, students—either in Do Bok (uniform) or in street clothes—shall salute the flags and bow to the instructor on the floor as soon as they enter. This will be done without exception. Students do not have to wait for the instructor to acknowledge the bow if the instructor is busy.

ATTENDANCE CARDS

In order to ensure students receive proper credit for attending class, ATLU TKD uses an attendance card system. Upon arrival at the dojang, the student should pull their attendance card out of the folder associated with their belt, and place it in the hanging wall folder.

Students are welcome and encouraged to arrive early for class in order to prepare mentally and physically. If a class is being conducted, students may quietly stretch and prepare themselves off the training floor. If no class is being conducted, students may quietly stretch and prepare on the training floor.

Warming up exercises should always be practiced by students prior to training to prepare the body and mind. An unprepared body could be strained under the rigorous Taekwondo exercises.

NOTES

1. When a student is late to class s/he must kneel at the edge of the training floor and wait until he is recognized by the instructor. Then quickly stand, bow, and join the class.
2. Students (especially children) are requested to use the restroom before class in order to minimize disruption to class once it has started.

OPENING CLASS

The highest ranking student is expected to call the class to order at the appropriate time, making sure all student uniforms are clean and proper, and that students have lined up in the proper order. Students will line up according to rank and seniority. The highest ranking student present will be on the front row, far right position (facing the flags).

When class begins, the instructor will take a position in the front center of the class. The highest ranking student in the class will call the commands.

- Turn to salute the flags. (KUK GI YE DAE HA YO KYONG NE)
- Turn to bow to the instructor. (SA BUM NIM GE KYONG YE or KYOSA NIM GE KYONG YE)
- Meditation. (MUK NYOM)

Class is officially begun with a traditional bow of respect to the flags of the United States and South Korea—a symbolic affirmation of loyalty to one's country, and acknowledgment of the cultural roots of the art. Another bow of respect follows, this time to the individual who is leading class.

A series of warm up and stretching exercises is now performed. These exercises prepare the muscles and joints for the TKD training session and decrease the likelihood of injuries.

BASIC TECHNIQUES (KI CHO)

The “Ki Cho” or basic portion of class varies from week to week. New techniques are introduced, and basic movements are polished and perfected.

The atmosphere of a TKD training session is one of crisp, business-like activity. The tempo is brisk, the Master Instructor's advice and correction is direct and to the point. The mood is one of hard work and soft-spoken courtesy, as students and instructor strive together toward the common goal of improvement.

Ki Cho may be followed by intervals of jump rope exercises, that strengthen and tone arms and legs, improve cardiovascular conditioning, hand-eye coordination, and footwork and foot speed.

FORMS (POOM SE)

The practice of forms is an important element in the development of proper Taekwondo technique. Poomse are a series of movements, both offensive and defensive, against multiple, simulated attackers from multiple directions. Required for advancement at every level from beginner through master, forms serve a multidimensional role aiding in the development and refinement of coordination, balance, timing, breath control and rhythm.

Forms require students to strike and kick in different directions, block and attack in a coordinated manner, and change directions suddenly. Through this practice, students quickly develop the skilled instincts necessary in Taekwondo.

In addition, forms reinforce the proper way in which each technique (i.e. punches, kicks, blocks, etc.) are executed. Under the supervision of a qualified instructor, students learn how

to use their entire bodies to deliver the power of a technique to a specific point in space. The ability to do this is called focus. It is focus that gives masters of Taekwondo their tremendous power. Blocks, strikes, kicks, balance and tension movements are all strung together into a pattern that, when performed properly, flows in a graceful and powerful choreography.

Colored belt students (White belt through Bo-Dan) will learn the Taeguk 1–8 series of poomse. Each pattern symbolizes one of the eight Chinese Divination signs.

Il Jang	8 th Gup	Heaven and Light
Ye Jang	7 th Gup	Cheerfulness and happiness
Sam Jang	6 th Gup	Fire
Sa Jang	5 th Gup	Thunder
Oh Jang	4 th Gup	Wind
Yook Jang	3 rd Gup	Water
Chil Jang	2 nd Gup	Mountain summit
Pal Jang	1 st Gup	Earth

Black belts (Dan) poomse requirements are:

1st Dan Koryo A Learned Man
 Palgwe 1-4

2nd Dan Gum Gang Diamond
 Palgwe 5-8

SPARRING

Sparring is divided into one-step sparring and free sparring.

One-step sparring (Han Bon Kyorugi) consists of two partners exercising pre-arranged, attack and counterattack techniques. Each belt level has three (3) one-step sparring techniques they are responsible for learning. One-step sparring is the first step to Free Sparring.

Practicing one-step sparring requires a high level of concentration and cooperation on the part of both people. The attacker must perform each attack with proper execution and consistent timing. The defender must react to the attack and counter attack without hesitation. Techniques should be practiced extensively to a point where they develop a sub-motor pattern that reacts out of instinct, without having to stop and think.

Key points in practicing One-Step Sparring

- Balance and confidence cannot be over-emphasized.
- If your block is late follow through with the counter anyway.
- Attackers should always kihap when attacking and defenders should always kihap on counter attacks.
- State of mind--avoid showing fear when the opponent attacks, do not flinch. Apply your techniques with confidence.

In free sparring, only light-to-medium contact is made. Protective gear is worn in accordance with World Taekwondo Federation (WTF) standards. **Note:** Only Yellow belts and above are eligible to participate in contact free sparring. Hand and foot techniques are executed according to World Taekwondo Federation rules in order to score points against your opponent. Although students are attacking and defending with great speed and power, the emphasis is on controlled techniques, skillful application and safety. Each sparring round is formally begun and ended with a bow of mutual respect.

To view the current rules for sport Taekwondo, see the Master Instructor or go to www.usa-taekwondo.us

SELF-DEFENSE

Every person wants to feel safe. Every person wants to be able to protect him or herself and loved ones. For this reason, many people turn to martial arts. Taekwondo offers a person all the tools and techniques needed to adequately protect themselves if needed. In addition to blocking, kicking and striking techniques, students will learn grabs, throws, and techniques to free themselves from an attacker.

MEDITATION

We practice meditation in order to focus our energies and attention to the training at hand. This is the time to clear one's mind of all the responsibilities, worries and troubles of the outside world and focus on training.

MEDITATION TECHNIQUES

To start, sit on the floor with your legs crossed, back straight, eyes closed, and backs of your hands on your knees. Breathe in and out through the nose in long, deep breaths. As you breathe in, do not expand the chest; rather, fill your stomach, pushing it forward. As you breathe out, pull your stomach back toward your spine. Imagine your bellybutton traveling forward and backward, away, then toward your spine.

TO CALM THE MIND AND RESTORE GOOD FEELINGS:

On inhalation, breathe in any negativity, agitation, darkness, or depression you find and take it to the "sphere of white light" in your heart, where you imagine it being transformed into clarity, calm, peace and joy. On exhalation, breathe these positive qualities into your mind, and feel them filling and purifying it. Continue to breathe in the dark, transform, and breathe out the light.

TO FOCUS THE MIND:

Clear your mind as you begin. Then begin counting your breaths. One cycle of inhalation then exhalation is "one". The next is "two". If you find your mind wanders, don't become aggravated. Simply return to the task of counting breaths.

Training your mind is like a training a little puppy. It will be remain focused and engaged for a little while, then wander off. Simply bring it back each time to the task at hand.

CLOSING CLASS

Class is again called to order by the Master Instructor. Students should line up by seniority and rank, again, the highest students in the front row, far right position

(facing the flags). The instructor should be centered in front. A series of light “winding down” exercises is performed to help bring the body back down to a normal resting condition.

Students in the Children’s Class then recite the “Five Tenets of Taekwondo”:

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

Students in the Adult Class then recite the “Ten Rules of Mental Education”:

1. Be loyal to your country
2. Be loving and show fidelity to your parents
3. Be loving between husband and wife
4. Be cooperative between brothers and sisters
5. Be faithful to your friends
6. Be respectful to your elders
7. Establish trust between teacher and student
8. Use good judgment before killing any living thing
9. Never retreat in battle
10. Always finish what you start

The class closes with another exchange of bows between students and instructor. For dismissal, the highest ranking student will call the commands.

- Turn to salute the flags. (KUK GI YE DAE HA YO KYONG YE)
- Turn to bow to the instructor. (SA BUM NIM GE KYONG YE or KYOSA NIM GE KYONG YE)

The students are thanked for their cooperation and the Master instructor is thanked for his guidance. When the instructor leaves at the end of class, say "KAM SA HAB NI DA" (Thank you, sir.)

GENERAL RULES FOR CLASS AND DOJANG

- During class, proper respect and discipline shall be maintained at all times and Taekwondo ritual should be followed in a uniform manner.
- When a Master Instructor or Grandmaster enters the Do Jang the Instructor on the floor or the highest ranking student in the class should call the class to attention and have the class bow. After the proper respect has been paid, the class should return immediately to training.
- When a student must leave the Do Jang during training, he should first receive permission from the instructor, unless other instructions were given at the start of the class.
- There should be an absence of unnecessary noise in the Do Jang. Students should remain silent.
- Students seated on the sidelines should remain still so as not to disturb those on the floor.
- Students are prohibited from chewing gum in the Do Jang.
- While training, one should esteem and pay respect to one's instructors, senior students, and opponents. One should not lose prudence, self-control, patience or composure. Before and after exercises or contests, the participants should turn around, adjust their Do Boks, and make a correct salutation to their opponent or instructor.
- While seated on the floor, students should keep a proper posture conducive to health. Hands should be placed on the knees, the back should be straight, and legs should be crossed in front with the feet tucked beneath the thighs.
- Students should exercise care to keep their Do Bok clean and pressed at all times. It is important to give a good impression of our art and a neat appearance is important in this respect. A high degree of cleanliness should also be maintained among students. Students should take care to pay respect to their bodies and keep themselves clean. Fingernails and toenails should be clipped and kept short to prevent injury to other students.
- Jewelry must also be removed prior to training. This protects the jewelry from being damaged, and protects other students from potential injury.
- In order to promote improvement in skill one must learn the basic actions and practice them constantly until they are perfected.
- Concentration and work must also be expended by the students to master the various forms in order to promote themselves. Through forms and basic actions, precise and accurate techniques will result. It should be remembered that all Taekwondo techniques depend on basic actions and forms.
- It should be kept in mind that Tae Kwon Do is a Korean martial art which is the most superior of its kind. Students should take pride in using the name "Taekwondo" and avoid using the Japanese term of Karate. Japanese terminology should be avoided at all times since it is a contradiction of the spirit of Tae Kwon Do.
- When you see the Master Instructor you must bow whether you are in or outside of the dojang. If you are sitting, stretching, etc and the Master walks onto the training floor, you must stand up and bow. Do not just nod, wave, etc.
- When the instructor calls you, answer "yes sir" and run. Always answer. With, "yes sir" or "no sir."
- When you see a higher belt, you should also bow. It is a courtesy to bow to a same or lower belt.
- In class, you should always maintain a good attitude toward your practice. That means being serious and respectful of your instructor and the other students. During practice, students should observe decorum and orderliness.

- When instructors from another school visit your school, show them the respect they deserve. That means bowing and helping them in any way you can.
- A dedicated student doesn't end his/her training after class, but helps the instructor in demonstrations, tournaments, school activities, and in school maintenance. Be proud of your school and help keep it a clean and orderly place to practice.
- No smoking, eating or cell-phone usage by spectators is allowed inside the dojang.
- Spectators and parents are not allowed to speak to students while they are training.
- Parents are requested to bring in school report cards of their children to the Master Instructor.
- Students are not allowed to train with another Master Instructor from a different school unless prior permission is received.
- All training equipment must be purchased from the dojang, or inspected by the Master Instructor prior to use. The Master Instructor reserves the right to disallow the use of any equipment not obtained through the dojang.
- Street shoes must be removed and stored in the shoe racks prior to walking on the training mat.

USE OF TAEKWONDO OUTSIDE THE DOJANG

The journey of Taekwondo training is not exclusive to the dojang. Students are encouraged to stretch, practice their techniques, and meditate outside of the dojang. Training outdoors in nature is one of the most enjoyable experiences a Taekwondo practitioner can have.

Understand that learning Taekwondo is a special gift. Showing off, goofing around or using Taekwondo techniques in a negative or malicious manner are against the spirit of Taekwondo, and are not permitted. These actions may result in demotion/revocation of belt rank or expulsion from the dojang.

TERMINOLOGY

KI CHO SU RYON (Fundamentals)

A. MOM-TONG (Hands Parts)

1. FIST

- CHU-MOK..... Fore Fist
- DONG-CHU-MOK..... Back Fist
- ME-CHU-MOK Hammer Fist
- IN-JI -CHU-MOK Forefinger One- Knuckle Fist

2. OPEN HAND

- PYUN-SOHN-KooT..... Spear Hand
- KA-W A-SOHN-KOOT Two-Finger Spear Hand
- IN-JI-SOHN-KooT One-Finger Spear Hand
- A-KUM-SOHN Tiger-Mouth Hand
- SOHN-KooT-JO-KI..... Chicken-Beak Hand
- SOHN-NAL Knife Hand

3. WRISTS

- SOHN-MOK Ox Jaw

4. FOREARMS

- DOONG-PAL-MOK..... Back Forearm
- MIT-PAL-MOK..... Front Forearm
- AN-PAL-MOK Inner Edge

B. A-RE (Foot Parts)

- AP-CHOOK Ball of the Foot
- DUIT-CHOOK..... Heel
- BAL-NAL..... Knife Foot

C. SO-KI (Stance)

- CHooN-BI-SO-KI..... Ready Stance (Parallel)
- PAL-JA-SO-KI Open Stance (Outward 30')
- AN-JONG-SO-KI Pigeon Stance (Inward 30°)
- MO-A-SO-KI Close Stance
- CHA-RIOT-SO-KI "V" Stance
(heels together toes outward)
- JU-CHooM-SO-KI Horseback Stance

- BAM-CHU-MOK..... Middle Finger One- Knuckle Fist
- Doo-BAM-CHU-MOK..... Two Knuckle Fist
- PYUN-CHU-MOK Four Knuckle Fist
- OM-JI-CHU-MOK..... Thumb-Knuckle Fist
- SOHN-NAL-DOONG Ridge Hand
- BA-TANG-SOHN..... Palm Heel
- GOM-SOHN Bem Hand
- SOHN-DOONG Back Hand
- GAL-KWI-SOHN Ripping Hand
- JIP-KE-SOHN Pincer Hand
- BAKA T-PAL-MOK Outer Edge
- PAL-KUP Elbows
- BAL-DOONG Instep
- BAL-BONG-O-RI Arch
- Moo-ROOP Knees
- AP-KU-BI..... Front Stance
- AP-SO-KI..... High Front Stance
- DWIT-KU-BI..... Back Stance
- BUM-SO-KI Cat Stance
- KO-A-SO-KI..... Cross Stance
- HAK-DA-RI-SO-KI Crane Stance

D. JI-LU-KI (Punch)

- OL-GOOL-JI-LU-KI High Punch
- DOONG-CHU-MOK-CHI-KI Back-Fist Strike
- TOK-JI-LU-KI..... Chin Punch
- OOO-CHU-MOK-JI-LU-KI..... Double-Fist Punches
- MOK-JI-LU-KI Neck Punch
- DI-KOOT-JA-JI-LU-KI Double Upper-Cut Punch
- MOM-TONG-JI-LU-KI..... Middle Punch
- SO-SUM-JI-LU-KI Double Upper-Cut Punch
- A-LE-JI-LU-KI Low Punch
- HO-LI-CHI-Ki Double Hammer-Fist Strike
- NE-RIO-JI-LU-KI..... Downward Punch
- PYUN-SOHN-KooT-SE-WO-JJI-LU-KI Vertical Spear-Hand Thrust
- YOP-JI-LU-KI..... Side Punch
- PYUN-SOHN-KooT-JE-CHO-JJI-LU-KI..... Horizontal Spear-Hand Thrust
- BAM-DE-JI-LU-KI..... Walking Punch
- KA-WI-SOHN-KOOT-JJI-LU-KI..... Two-Finger Spear-Hand Thrust

- BA-RO-JI-LU-KI Walking Punch
- IN-JI-SOHN-KOOT-JJI-LU-KI..... One-Finger Spear-Hand Thrust
- GOT-JANG-JI-LU-KI Vertical Fist Punch
- A-KUM-SOHN-JJI-LU-KI..... Tiger-Mouth Thrust
- OOL-RIO-JI-LU-KI Round Punch
- SOHN-KooT -JO-KI..... Chicken-Beak Strike
- KooN-OOL-JI-LU-KI Hook Punch
- BA-TANG-SOHN-CHI-KI Palm-Hand Strike
- CHI-JI-LU-KI..... Upper-Cut Punch

E. MAK-KI (Blocking)

- A-LE-MAK-KI..... Low Block
- YOP-MAK-KI Side Block
- OL-GOOL-MAK-KI..... High Block
- BA-TANG-SOHN-NUL-RO MAK-KI..... Palm-Heel Center Block
(Low,High,Side,Middle)
- MOM-TONG-AHN-MAK-KI Inside MiddleBlock
- MOM-TONG-PAKAT-MAK-KI Outside MiddleBlock
- SOHN-MOK-MAK-KI..... Wrist Block
- SOHN-NAL-MAK-KI..... Knife-Hand Block
- SOHN-DOONG-MAK-KI Back Hand Block
- SOHN-NAL-A-LE-MAK-KI..... Knife-Hand Low Block
- SOHN-NAL-DOONG-MAK-KI..... Ridge-HandBlock
- SOHN-NAL-MOM-TONG MAK-KI Knife-Hand Middle Block
- OLE-CHU-MOK-MAK-KI..... Hammer-FistBlock
- SOHN-NAL-OL-GOOL MAK-KI..... Knife-Hand High Block
- MOO-ROOP-MAK-KI Knee Block
- GHO-DU-LO-MAK-KI Double-Hand Block
- CHA-KI-LO-MAK-KI Kicking Block
(Low, High, Middle)
(Front, Side, Crescent)
- KUM-KANG-MOM-TONG MAK-KI Double-Hand
- WI-SAN-TUL-MAK-KI..... MountainCliff (Low,High)
- GA-WI-MAK-KI Scissors Block
- SAN-TUL-MAK-KI Mountain Block
- OT-KO-LO-MAK-KI..... Double-FistX-Block
- TAE-SAN-MIL-KI Push the Mountain (Low, High)
- SOHN-NAL-OT-KO-LO MAK-KI..... Knife-Hand X-Block
- BA-WI-MIL-KI Push the Rock (Low, High)

- HE-CHO-MAK-KI.....Spread Block
- TONG-MIL-KI.....Push the Barrel
(Outer Edges, Inner Edges)
- SOHN-NAL-HE-CHO MAK-KI.....Spread Knife-Hand Block
- GUL-A-OL-RI-KIParry and Lift
(Low, Middle, High)
- HW ANG-SO-MAK-KI.....Bull Block

F. CHA-KI (Kicking)

- AP-CHA-OL-LI-KIFront Straight Kick
- AP-CHA-KI.....Front Thrust Kick
- YOP-CHA-OL-LI-KI.....Side Straight Kick
- YOP-CHA-KISide Thrust Kick
- OOL-RIO-CHA-KIRound Kick
- DWI-CHA-KI.....BackKick
- DWI-DOL-RIO-CHA-KIHook Kick
- HU-RIO-CHA-KIWheel Kick
- MOM-DOL-RIO-DWI-CHA-KI.....Turning Back-Kick
- MOM-DOL-RIO-DWI-OOL-RIO-CHA-KI.....Turning Hook-Kick
- MOM-OOL-RIO-HU-RIO-CHA-KI.....Turning Wheel Kick
- MOM-DOL-RIO-YOP-CHA-KI.....Turning SideKick
- PYO-JOK-CHA-KICrescent Kick
- BAN-DAL-CHA-KIHalf-Moon Kick
- JOB-KO-CHA-KIGrab Kick
- GOOL-LO-YOP-CHA-KIHop Side-Kick
- DIT-KO-GOOL-LOYOP-CHA-KI Step-Hop Side-Kick
- TDWI-YO-CHA-KI.....Jumping Kick
(Front, Side, Round, HighKick)
- TDWI-YO-DOO-BAL CHA-KIOne Step Jumping Kick
(Front, Side, Round, Hook, Kick)
- TDWI- YO-HAN-BAL CHA-KIStanding Jumping Kick
(Front, Side, Round, Hook, Kick)
- NAL-LA-CHA-KIFlyingKick
- TDWI-YO-MOM-OOL.....Jumping Turning Kick
- MYO-CHA-KI.....(Back, Hook, Side, Wheel Kick)
- SUN-CHE-TDWI-YO-Standing Jump Turning
- MOM-OOL-RIO-CHA-KIKick
(Back, Hook, Side, Wheel Kick)
- DOO-BAL-DANG-SANGJumping Two-Foot Kicks
(Front, Round, Scissors Kick)

- TDWI-YO-MO-DUM Jumping Double-Foot Kick
- BAL-CHA-KI (Front, Side)
- MOO-ROOP-CHA-KI Knee-Kick
- DWI-CHOOK-CHA-KI Heel Kick
- KO-KU-LO-CHA-KI Handstand Double-Foot Kick
- OP-PO-CHA-KI Falling Kick
(Hook, Round, Side, Wheel Kick)

G. General

- JUN-BI Ready
- DO-JANG Taekwondo Training Hall
- DO-BOK Tae Kwon-Do Training Suit
- DI Belt
- DOBOK Uniform
- SAH-BUM-NIM Master Instructor
- KYUNG-YET Bow or Salute
- CHA-RYUT Attention
- DWI-RO-DO-RA Turn Around
- WOO-BY ANG-Woo Turn Right
- JW A-BY ANG-JW A Turn Left
- JW A-WOO-BY ANG-WOO Turn Right and Left
- AHN-JO Sit Down
- MUK-YOM Meditation
- SHI-CHAK Begin
- BARO Back to ready
- GOO-MAN Stop
- SHI-YO Rest, at ease
- E-LA-SUT Stand Up
- GU-RYUNG Cadence
- SANG-DE-BANG Opponent
- KYO-DE Change
- JUNG-SHIN-IDNG-IL Concentration
- SA-SUN Focus of Eyes
- KYO-RU-KI Free Sparring
- SE-BON-KYO-RU-KI Three-Step Sparring
- HAN-BON-KYO-RU-KI One-Step Sparring
- KYOK-PA Breaking
- HO-SIN-SUL Self-Defense
- SIM-SA Promotion Test

- KAL-LYO Separate
- KYE-SOK Continue
- POOM-SE..... Form
- KUK-KI..... Flag

H. COUNTING

- HANNA One
- DUL Two
- SET Three
- NET Four
- DA-SUT Five
- YO-SUT Six
- IL-GOP Seven
- YO-DUL Eight
- AH-OP Nine
- YUL..... Ten

FIVE TENETS OF TAEKWONDO

1. COURTESY..... YE EU
2. INTEGRITY JUNG JIK
3. PERSEVERANCE IN NAE
4. SELF CONTROL JA JAE
5. INDOMITABLE SPIRIT BAK JEOL BUL GUL JUNG SHIN

HUMILITY KEOM SON
 RESPECT GONG KEONG
 OBEDIENCE BOK JONG
 CONFIDENCE JA SHIN

ONE STEP SPARRING

We practice One-Step Sparring to learn effective techniques for self-defense, and to develop timing, distance judgment, speed and coordination.

Each technique assumes that the attacker executes a front stance, RH middle punch.

Always kihop (yell) before attacking, and wait for the defender to kihop, indicating they are ready to receive the attack.

RH= Right Hand

LH = Left hand

RF = Right Foot

LF = Left Foot

Students are responsible for knowing their specific belt-color one-step as well as all previous.

Black Belts will practice defending against both right and left handed attacks.

White Belt

1. Step forward (RF) into right front stance, executing LH knife hand block, simultaneously counter attacking with RH high section punch
2. Step forward (RF) into right front stance executing LH knife hand block, simultaneously counter attacking with RH high section punch-then execute LF knee-attack to groin
3. Step forward into right front stance (45 degree angle) executing LH knife hand block, then double punch (RH, LH) to mid-section, horse-back riding stance.

Yellow Belt

1. Step forward (RF) into right front stance (45 degree angle) executing LH knife hand block, simultaneously counter attacking with RH knife hand strike to neck, then execute LH upper-cut to mid-section.
2. Step forward LF into Right back stance, execute LH side punch-then change to Left front stance while simultaneously executing LH knife block and RH high section punch.
3. Step forward RF executing LH knife hand block simultaneously counter attacking with RH knife hand attack to neck, slide RF to LF, while simultaneously grab wrist LH, neck chop.

Green Belt

1. Step away from punch (RF) to open side, then execute LF front snap kick to face.
2. Step away from punch (RF) to open side, then execute LF front snap kick to face, then execute RF jumping front snap kick to face.
3. Step back (LF) into Left Back Stance, while simultaneously executing RH Knife hand out to in block. Grab attackers hand, twist, then execute LF front snap kick to face.

Blue Belt

1. Step outside of punch (LF) while simultaneously executing RH knife hand block. Grab the wrist then execute RF round house kick to body and side kick to knee (without touching ground in between kicks).
2. When attacker punches execute RF out-to-in crescent kick, knocking the punch out of the way. Without touching the ground, then execute RF side kick to body (without touching ground in between kicks).
3. Step inside the punch with RF while simultaneously executing LH knife hand strike and RH elbow attack to face, out-to in, then in-to out.

Red Belt

1. Step outside of punch (LF) with palm block at elbow (LH) and knife hand block (RH) at wrist. Step behind attacker's leg (RF), execute RH palm strike/push to chin, pull back of dobok, taking opponent to ground.
2. Step forward (RF) into Left back stance while simultaneously executing RH out-to-in middle block. Turn left (LF) into horseback riding stance and simultaneously executing LH elbow attack to body. Then back fist to groin and face.
3. Step forward (RF) into Left back stance while simultaneously executing RH out-to-in middle block. Turn left (LF) into horseback riding stance and simultaneously executing LH elbow attack to body. Grab attacker's belt from behind and throw attacker over hip.

Bo Dan

1. Step forward RF while simultaneously executing LH knife hand block and RH upset punch to solar plexus. Grab behind attacker's front foot and pull up while simultaneously pulling down on the Left wrist, taking the attacker to ground. Finish with RH punch to face.
2. Step outside of punch (LF) with RH knife hand block. Grab wrist (RH) then execute RF round house kick to body. Step in front of attacker (LF), while simultaneously grabbing dobok at shoulder (LH). Push shoulder (LH) and force attacker to ground. Finish with LH punch to temple.
3. Avoid punch by stepping to either side, then execute side thrust kick. Follow immediately with jumping spin hook kick.