

RIVERBEND TAE KWON DO ACADEMY

TERMINOLOGY

Basic Terminology

| | |
|-----------------|---------------------------------------|
| Cha Ryoth | Attention |
| Kyung Nae | Bow |
| Joon bee | Ready |
| Shi jak | Start |
| Ko Mahn | Stop |
| Barro | Return to Order |
| Pil Sung | Certain Victory |
| Do bok | Uniform |
| Do jang | School, Training Hall |
| Ki hap | Yell |
| Hyung | Form |
| Chun jin | Forward |
| Hoo tay | Retreat |
| Tee | Belt |
| Tito durah | About Face |
| Chayu daeryun | Free-sparring |
| Il bo daeryun | One Step Sparring |
| Sa ju kong bong | Four Directional Block & Attack |

Technique Vocabulary

| | |
|-------------|--------------|
| Ap | Front |
| Yope | Side |
| Dolye | Round |
| Sangdan | Upper |
| Jungdan | Middle |
| Handan | Lower |
| Chagge | Kick |
| Bal | Foot |
| Son | Hand |
| Kong Keok | Punch |
| Sudo | Knife |
| Yup | Ridge |
| Dee uh | Jumping |
| Kwan su | Spear Finger |
| Moke Chiki | Neck Attack |
| Maki | Block |
| Dwee | Reverse |
| Ha Oh rhi | Tornado |
| Ap hulyo | Crescent |
| Butah Oligi | Upper Rising |
| Ban Dahl | Twisting 45% |

Stances

| | |
|----------------|-----------------------------|
| Chongul ja sac | Front Stance |
| Hugul ja sac | Back Stance |
| Kima ja sac | Riding Horse Back Stance |
| Yi Jung | X Stance |

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Counting

| | | | |
|-----------------|--------------|---------------|--------------|
| Ha na | One | Serun | Thirty |
| Dul | Two | Serun ha na | Thirty One |
| Set | Three | Serun dul | Thirty Two |
| Net | Four | Serun set | Thirty Three |
| Da sot | Five | Serun net | Thirty Four |
| Yo sot | Six | Serun da sot | Thirty Five |
| Il gope | Seven | Serun yo sot | Thirty Six |
| Yo jul | Eight | Serun il gope | Thirty Seven |
| Ah hup | Nine | Serun yo jul | Thirty Eight |
| Yuhl | Ten | Serun ah hup | Thirty Nine |
| | | Ma hun | Forty |
| Yuhl ha na | Eleven | | |
| Yuhl dul | Twelve | O ship | Fifty |
| Yuhl set | Thirteen | Yuk ship | Sixty |
| Yuhl net | Fourteen | Chil | Seventy |
| Yuhl da sot | Fifteen | Pal | Eighty |
| Yuhl yo set | Sixteen | Gu | Ninety |
| Yuhl il gope | Seventeen | Bek | One Hundred |
| Yuhl yo jul | Eighteen | Chun | One Thousand |
| Yuhl ah hup | Nineteen | Man | Ten Thousand |
| Soo mul | Twenty | | |
| Soo mul ha na | Twenty One | | |
| Soo mul dul | Twenty Two | | |
| Soo mul set | Twenty Three | | |
| Soo mul net | Twenty Four | | |
| Soo mul da sot | Twenty Five | | |
| Soo mul yo sot | Twenty Six | | |
| Soo mul il gope | Twenty Seven | | |
| Soo mul yo jul | Twenty Eight | | |
| Soo mul ah hup | Twenty Nine | | |

RIVERBEND TAE KWON DO ACADEMY

STUDENT OATH

I shall observe the tenets of Tae Kwon Do
I shall respect all instructors and seniors
I shall never misuse Tae Kwon Do
I shall be a champion of freedom and justice
I shall build a more peaceful world

EXPLANATION OF TENETS

COURTESY (Ye Ui)

Tae Kwon Do students should attempt to practice the following elements of courtesy to build up their noble character and to conduct the training in an orderly manner as well.

- 1) To be polite to one another
- 2) To respect others' possessions
- 3) To handle matters with fairness and sincerity

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:32

INTEGRITY (Yom Chi)

One must be able to define right and wrong and have a conscience, if wrong, to feel guilt. Integrity is to be honest even when no one is looking.

Whoever walks in integrity walks securely, but whoever takes crooked paths will be found out. Proverbs 10:9

PERSEVERANCE (In Nae)

To achieve something, whether it is a higher degree or the perfection of a technique, one must set his goal, then constantly persevere. One of the most important secrets in becoming a leader of Tae Kwon Do is to overcome every difficulty by perseverance. Confucius said, "one who is impatient in trivial matters can seldom achieve success in matters of great importance."

Let perseverance finish its work so that you may be mature and complete, not lacking anything. James 1:4

SELF CONTROL (Guk Gi)

This tenet is extremely important inside and outside the dojang, whether conducting oneself in free sparring or in one's personal affairs. According to Lao-Tzu "the term of stronger is the person who wins over oneself rather than someone else."

That each of you should learn to control your own body in a way that is holy and honorable. 1st Thessalonians 4:4

INDOMITABLE SPIRIT (Baekjool Boolgool)

It is shown when a courageous person and his principles are pitted against overwhelming odds. A serious student of Tae Kwon Do will at all times be modest and honest. If confronted with injustice, he will deal with the belligerent without any fear or hesitation at all, with indomitable spirit, regardless of whosoever and however many the numbers may be.

Confucius declared, "It is an act of cowardice to fail to speak out against injustice." As history has proven, those who have pursued their dreams earnestly and strenuously with indomitable spirit have never failed to achieve their goals.

You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world. 1st John 4:4

RIVERBEND TAE KWON DO ACADEMY

RANKING SYSTEM & MEANINGS

SIGNIFICANCE OF BELT COLORS

There are eight belts: white, yellow, orange, green, blue, brown, temporary black and black. White is given to beginners and black is given to students who have progressed through the grades and have a solid foundation for learning the techniques of Tae Kwon Do.

The definitions of the belts are as follows:

White Belt

Signifies **innocence**, as that of the beginning student who has no previous knowledge of Tae Kwon Do.

Yellow Belt

Signifies the earth from which a plant sprouts, like a **dandelion**, and takes root as the foundation of Tae Kwon Do is being laid.

Orange Belt

Signifies the plant's growth, now it is more noticeable. Like a **bush**.

Green Belt

Signifies the plant's continued growth as Tae Kwon Do skills begin to develop. Like a **tree**.

Blue Belt

Signifies the **sky** towards which the towering plant matures.

Brown Belt

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

Black Belt

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

Students must grade through the following belts in the following order:

white belt given to the beginner (10th gup)

yellow belt (9th gup)

orange belt (8th gup)

low green belt (7th gup)

high green belt (6th gup)

low blue belt (5th gup)

high blue belt (4th gup)

three stages of brown belt (3rd gup thru 1st gup)

Temporary Black Belt

through to Black Belt (1st dan/degree to 9th dan/degree)

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AMERICAN FLAG



On January 1, 1776, the Continental Army was reorganized in accordance with a Congressional resolution which placed American forces under George Washington's control. On that New Year's Day the Continental Army was laying siege to Boston which had been taken over by the British Army. Washington ordered the Grand Union flag hoisted above his base at Prospect Hill. It had 13 alternate red and white stripes and the British Union Jack in the upper left-hand corner (the canton).

In May of 1776, Betsy Ross reported that she sewed the first American flag.

On June 14, 1777, in order to establish an official flag for the new nation, the Continental Congress passed the first Flag Act: "Resolved, That the flag of the United States be made of thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new Constellation."

Between 1777 and 1960, Congress passed several acts that changed the shape, design and arrangement of the flag and allowed for additional stars and stripes to be added to reflect the admission of each new state.

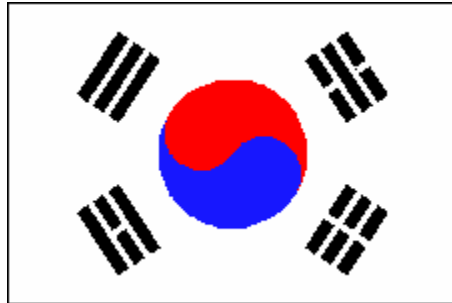
- Act of January 13, 1794 - provided for 15 stripes and 15 stars after May 1795.
- Act of April 4, 1818 - provided for 13 stripes and one star for each state, to be added to the flag on the 4th of July following the admission of each new state, signed by President Monroe.
- Executive Order of President Taft dated June 24, 1912 - established proportions of the flag and provided for arrangement of the stars in six horizontal rows of eight each, a single point of each star to be upward.
- Executive Order of President Eisenhower dated January 3, 1959 - provided for the arrangement of the stars in seven rows of seven stars each, staggered horizontally and vertically.
- Executive Order of President Eisenhower dated August 21, 1959 - provided for the arrangement of the stars in nine rows of stars staggered horizontally and eleven rows of stars staggered vertically.

Today the flag consists of thirteen horizontal stripes, seven red alternating with 6 white. **The stripes represent the original 13 colonies; the stars represent the 50 states of the Union. The colors of the flag are symbolic as well: Red symbolizes Hardiness and Valor - The blood that has been shed for our country, White symbolizes Purity and Innocence and Blue represents Vigilance, Perseverance and Justice.**

The flag has been changed 26 times since the new, 13-state union adopted it. The 48-star version went unchanged for 47 years, until the 50-star version became official on July 4, 1960 (the first July 4 following Hawaii's admission to the union on August 21, 1959); the 47-year-record of the 48-star version was the longest time the flag went unmodified until July 4, 2007, when the current 50-star version of the Flag of the United States broke the record.

RIVERBEND TAE KWON DO ACADEMY

KOREAN FLAG (Taegukki)



The meaning of Korean National Flag is very philosophical. The origin comes from the Oriental philosophy called Eum-Yang, in Chinese pronunciation Yin-Yang. In Korea, the symbol of 'Yin and Yang', and sometimes the flag itself, is called *Taeguk* and summarizes the thoughts of 'I Ching' (called 'Yeok' in Korean). The name means as much as the flag of 'Great Extremes'.

The flag consists of three parts: The white background, the red and blue circle in the center and four trigrams, one in each corner of the flag.

The white background of the flag means peace.

The red and blue circle in the center is called 'Taeguk', the origin of all things in the universe. The central thought is perfect harmony and balance: A continuous movement within the sphere of infinity, resulting in one unit. The blue part of 'Taeguk' is called 'Eum' and represents all negative aspects of the balance that is typical for the symbol. The red part is called 'Yang' and describes all positive aspects.

The four trigrams at the corners (called 'Kwe' in Korean) also represent the concept of opposites and balance. The trigrams are heaven (upper-left) and at the other corner earth, water (upper-right) and at the other corner fire. Looking at symbols of the trigrams, you can see that they are opposites as well. Three unbroken bars (heaven) vs. three broken bars (earth), etc.

For the Korean people their flag of T'aeGuk-Ki is a source of pride and inspiration. During the Japanese occupation period beginning in 1910 the Korean flag was outlawed in public places and for about thirty five years the T'aeGuk flags were kept hidden until Liberation Day in 1945. The Korean flag has been a symbol of this country's struggle for independence and freedom.

KOREAN FLAG

(Continued)

The symbols

Yin means dark and cold, while Yang means bright and hot. A very old book called Choo-Yuk which is written by a Chinese claims all objects and events in the world are expressed by the movement of Yin and Yang. For example, the moon is Yin while the sun is Yang. The earth is Yin and the sky is Yang. The night is Yin and the day is Yang. The winter is Yin and the summer is Yang. Yin and Yang are relative. Therefore, A can be Yin with respect to B while A can be Yang with respect to C. For example, the spring is Yin with respect to the summer and it is at the same time Yang with respect to the winter.



Kun Heaven



Yi Fire



Kan Water



Kon Earth

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THEORY OF POWER

There are 6 principals used to make a technique as powerful as possible:

1. Reaction Force (Bandong Ryok)
2. Concentration/Focus (Jip Joong)
3. Equilibrium (Kyn Hyung)
4. Breath Control (Hohup Jojul)
5. Mass (Zilyang)
6. Speed (Sokdo)

1. **Reaction Force** - If you strike an opponent who is rushing towards you at speed, the force of the blow is the combination of your opponent's movement and your own. Techniques can be of considerable force if timed well. Another type of reaction force is to use the two sides of the body in harmony. If the right fist is used to execute a punch the left fist should be drawn backward to the hip to maximize the effectiveness of the blow.

2. **Concentration** - Pressure = Force/Area. As with high-heel shoes being more damaging than a bare foot, Tae Kwon-do techniques use the smallest surface area as possible when in contact with an opponent. For example, a Tae Kwon-do punch uses only the bottom two knuckles of the index and middle fingers where as a boxer would use the entire fist.

3. **Equilibrium** - Balance should be maintained at all times - when moving or stationary. The body is therefore able to respond quickly and to execute techniques as fast as possible.

4. **Breath Control** - The body must always have a good oxygen supply but sharp exhalations at the moment a technique is performed temporarily tense the body to make techniques more powerful and diminishing the impact of any blow received. There are claims that it helps release a person's chi, or life force.

5. **Mass** - Force = Mass x Acceleration. By raising the body and dropping it at the moment of impact the force of a technique is dramatically increased.

6. **Speed** - Continuing with Force = Mass x Acceleration, a technique should accelerate quickly and be at its maximum acceleration at the moment of impact.

Students should keep in mind the following secrets:

- 1) To study the theory of power and understand it.
- 2) To understand the purpose and method of each movement clearly.
- 3) To bring the action of eyes, hands, feet and breathe into one single coordinated action.
- 4) To choose the appropriate attacking tool for each vital spot.
- 5) To become familiar with the correct angle and distance for attack and defense.
- 6) Keep both the arms and legs bent slightly while movement is in motion.
- 7) Once the movement is in motion it should not be stopped before reaching the target.
- 8) To exhale briefly at the moment of each blow.