

TAE KWON-DO BASIC THEORY

Tae Kwon-Do comes from Korea. Literally translated Tae Kwon-Do means 'Foot Fist Art'.

The five **TENETS** of Tae Kwon-Do are:-

Courtesy
Integrity
Perseverance
Self Control
Indomitable Spirit

If you are not sure what any of these words mean, Please ask your instructor.

COUNTING TO TEN IN KOREAN

One - HANNA	Six - YOSAUL
Two - DOOL	Seven - ILGOP
Three - SETH	Eight - YODOLL
Four - NETH	Nine - AHOP
Five - DASAUL	Ten - YOLL

Your **GRADE** as a beginner is **10th KUP**. If you pass your first grading you will be promoted to 9th KUP.

BELT COLOURS carry significance in Tae Kwon-Do.

WHITE signifies innocence, as that of the beginning student who has no previous knowledge of Tae Kwon-Do.
YELLOW signifies earth, from which a plant sprouts and takes root as Tae Kwon-Do foundation is being laid.

BASIC KOREAN TERMINOLOGY

GENERAL TERMS

Training Hall - DOJANG
Training Suit - DOBOK
Belt - TI
Instructor - SABUM
Student - JEJA

COMMANDS

Ready - CHUNBI
Start - SI-JAK
Stop - GOMAN
Return to Ready Stance - BARROL

PUNCHES (JIRUGI)

Obverse Punch - BARO JIRUGI
Reverse Punch - BANDAE JIRUGI

KICKS (CHAGI)

Front Rising Kick - AP CHA OLLIGI
Front Kick - AP CHAGI
Side Kick - YOP CHAGI
Turning Kick - DOLLYO CHAGI

At gradings always call the examiner sir.

He may ask you individual questions such as:-

Why did you start Tae Kwon-Do?
What do you like best about Tae Kwon-Do?
What is your favourite technique?

These questions have no 'wrong' answer because they will be about you.

If you have any questions about you training please do not hesitate to ask your instructor. He/She will be glad to help.

A complete Tae Kwon-Do theory book is available from your instructor. This book is essential for all students above 9th KUP.

STANCES (SOGI)

Attention Stance - CHARYOT SOGI
Parallel Ready Stance - NARANI CHUNBI SOGI
Sitting Stance - ANNUN SOGI
Walking Stance - GUNNUN SOGI

PARTS OF THE BODY

SECTIONS:- Low - NAJUNDE
Middle - KAUNDE
High - NOPUNDE
Forefist - AP JOOMUK
Forearm - PALMOK
Ball of Foot - AP KUMCHI
Foot Sword - BALKAL

BLOCKS (MAKGI)

Inner Forearm Block - AN PALMOK MAKGI
Outer Forearm Block - BAKAT PALMOK MAKGI

EXERCISE

4 Directional Punch & Block - SAJO JIRUGI

THEORY FOR 9th KUP GRADING

MEANING OF PATTERN CHON-JI

CHON-JI means Literally the "Heaven and 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. **Number of moves 19.**

MEANING OF BELT COLOUR YELLOW

Yellow signifies Earth, from which a plant sprouts and takes root as Tae Kwon-Do foundation is being laid.

KOREAN TERMINOLOGY

L STANCE - NIUNJA SOGI

RISING BLOCK - CHOOKYO MAKGI

3 STEP SPARRING - SAMBO MATSOKI

FRONT SNAP KICK - AP CHA BUSIGI

FOREFIST - AP JOOMUK (YOU MUST ALSO BE ABLE TO SHOW WHERE IT IS)

BALL OF THE FOOT - AP KUMCHI

FOOTSWORD - BALKAL

GUARDING BLOCK - DAEBI MAKGI

FOREARM - PALMOK

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THEORY FOR 8th KUP GRADING

MEANING OF PATTERN DAN GUN

DAN GUN is named after the Holy Dan Gun, the legendary founder of Korea in the year 2333 B.C. **Number of moves 21.**

MEANING OF BELT COLOUR YELLOW

Yellow signifies Earth, from which a plant sprouts and takes root as Tae Kwon-Do foundation is being laid.

KOREAN TERMINOLOGY

PALM - SONBADAK

KNIFEHAND STRIKE - SONKAL TAERIGI

BACKFIST STRIKE - DUNG JOOMUK TAERIGI

SIDE PIERCING KICK - YOP CHAJIRUGI

KNIFEHAND GUARDING BLOCK - SONKAL DAEBI MAKGI

TWIN FOREARM BLOCK - SANG PALMOK MAKGI

SEMI FREE SPARRING - BAN JAYOO MATSOKI

HIGH SECTION- NOPUNDE

MIDDLE SECTION - KAUNDE

LOW SECTION - NAJUNDE

AND WHERE ARE THEY

A 'WALKING STANCE' IS **ONE AND A HALF** SHOULDER WIDTHS LONG, AND **ONE** SHOULDER WIDTH WIDE

AN 'L STANCE' IS **ONE AND A HALF** SHOULDER WIDTHS LONG

WEIGHT DISTRIBUTION - **70%** ON THE BACK LEG

30% ON THE FRONT LEG

THEORY FOR 7th KUP GRADING

MEANING OF PATTERN DO SAN

DO SAN is the pseudonym of the patriot Ahn Ch'ang Ho (1876-1938) who devoted his life to furthering the education of Korea and its independent movement. **Number of moves 24.**

MEANING OF BELT COLOUR GREEN

Green signifies the plant's growth as Tae Kwon-Do Skills begin to develop.

KOREAN TERMINOLOGY

TURNING KICK - DOLLYO CHAGI

WEDGING BLOCK - HECHYO MAKGI

INWARD BLOCK - ANURO MAKGI

OUTWARD BLOCK - BAKURO MAKGI

STRAIGHT SPEAR FINGER THRUST - SUN SONKUT TULGI

RELEASE FROM GRAB - JAPPYOSOL TAE

PALM BLOCK - SONBADAK MAKGI

FREE SPARRING - JAYOO MATSOKI

FIXED STANCE - GOJONG SOGI

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THEORY FOR 6th KUP GRADING

MEANING OF PATTERN WON HYO

WHO-HYO was the noted monk who introduced Buddhism in the Silla dynasty in the year 686 A.D. **Number of moves 28.**

MEANING OF BELT COLOUR GREEN

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

KOREAN TERMINOLOGY

2 STEP SPARRING - IBO MATSOKI FIXED STANCE - GOJONG SOGI

CIRCULAR BLOCK - DOLLYMIO MAKGI

HOOING BLOCK - GOLCHO MAKGI

WAIST BLOCK - HORI MAKGI

FOREARM GUARDING BLOCK - PALMOK DAEBI MAKGI

VERTICAL PUNCH - SEWO JIRUGI

SIDE PUNCH - YOP JIRUGI

REVERSE TURNING KICK - BANDAE DOLLYO CHAGI

BENDING STANCE - GUBURYO SOGI

CLOSE STANCE - MOA SOGI BALL

VERTICAL STANCE - SOOJIK SOGI

BACK HEEL - DWIT CHOOK

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THEORY FOR 5th KUP GRADING

MEANING OF PATTERN YUL GOK

YUL GOK is the pseudonym of a great philosopher and scholar Yi I (1536-1584 A.D.) nicknamed the "Confucious of Korea". The 38 movements refer to his birthplace on 38 degree latitude and the diagram represents the scholar.

MEANING OF BELT COLOUR BLUE

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

KOREAN TERMINOLOGY

ELBOW - PALKUP

JUMPING - TWIGI

BACK HEEL - DWIT CHOOK

DOUBLE FOREARM BLOCK - DOO PALMOK MAKGI

HOOKING BLOCK - GOLCHO MAKGI

TWIN KNIFEHAND BLOCK - SANG SONKAL MAKGI

ELBOW STRIKE - PALKUP TAERIGI

X STANCE - KYOCHA SOGI

UPSET PUNCH - DWIJIBO JIRUGI

HOOKING KICK - GOLCHO CHAGI

STRAIGHT SPEAR FINGER THRUST - SUN SONKUT TULGI

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THEORY FOR 4th KUP GRADING

MEANING OF PATTERN JOONG GUN

JOONG GUN is named after the patriot An Joong-Gun who assassinated Hiro Bumi Ito, the Japanese governor general of Korea, known as the man who played the leading part of the Korea-Japan merger. There are thirty two movements in this pattern to represent Mr. An's age when he was executed in the Lui-Shung prison (1910).

MEANING OF BELT COLOUR BLUE

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

KOREAN TERMINOLOGY

ARC HAND - BANDAL SON

REAR FOOT STANCE - DWIT BAL SOGI

LOW STANCE - NACHUO SOGI

X BLOCK - KYOCHA MAKGI

PRESSING BLOCK - NOOLLO MAKGI

DOWNWARD BLOCK - NAERYO MAKGI

SCOOPING BLOCK - DURO MAKGI

REVERSE KNIFEHAND BLOCK - BANDAE SONKAL MAKGI

TURNING PUNCH - DOLLYO JIRUGI

TWIN UPSET PUNCH - SANG DWIJIBO JIRUGI

UPPER ELBOW STRIKE - WI PALKUP TAERIGI

DOWNWARD KICK (AXE KICK) - NAERYO CHAGI

BACK KICK - DWIT CHAGI

REVERSE TURNING HOOKING KICK - BANDAE DOLLYO GORO CHAGI

HOOKING KICK - GOLCHO CHAGI

ONE STEP SPARRING - ILBO MATSOKI

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THEORY FOR 3rd KUP GRADING

MEANING OF PATTERN TOI-GYE

TOI-GYE is the penname of the noted scholar Yi Hwang (16 Century A.D.) an authority on neo-confucianism. The 37 movements of the pattern refer to his birthplace on the 37 degree latitude, the diagram represents the scholar.

MEANING OF BELT COLOUR RED

Red signified danger, cautioning the student to exercise control, and warning the opponent to stay away.

KOREAN TERMINOLOGY

FLYING KICK – TWIMYO CHAGI

U SHAPE BLOCK – DIGUTJA MAKGI

W SHAPE BLOCK – SAN MAKGI

INNER FOREARM BLOCK - AN PALMOK MAKGI

BACK FIST STRIKE - DUNG JOOMUK TAERIGI

X PRESSING BLOCK - KYOCHA NOOLLO MAKGI

VERTICAL PUNCH - SOOJIK SOGI

UPSET FINGERTIPS – DWIJIBUN

KNEE - MOORUP

X STANCE - KYOCHA SOGI

CIRCULAR BLOCK - DOLLYMIO MAKGI

TWISTING KICK - BITURO CHAGI

ARC HAND - BANDAL SON

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THEORY FOR 2nd KUP GRADING

MEANING OF PATTERN HWA RANG

HWA RANG is named after the Hwa Rang Youth Group which originated in the Silla Dynasty about 600 A.D. This group eventually became the actual driving force for the unification of the three Kingdoms of Korea. The 29 movements refer to the 29th Infantry Division where Tae Kwon-Do developed into maturity.

MEANING OF BELT COLOUR RED

Red signified danger, cautioning the student to exercise control, and warning the opponent to stay away.

KOREAN TERMINOLOGY

FINGERTIPS – SONKUT

INSTEP – BALDUNG

SWEEPING BLOCK – HULLYO MAKGI

PUSHING BLOCK – MIRO MAKGI

UPWARD PUNCH – OLLYO JIRUGI

TWISTING KICK – BITURO CHAGI

FLYING HIGH KICK – TWIMYO NOPI CHAGI

ONE STEP SPARRING - ILBO MATSOKI

TWO STEP SPARRING - IBO MATSOKI

THREE STEP SPARRING - SAMBO MATSOKI

Why do you do Tae Kwon-Do?

What has Tae Kwon-Do done for you?

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THEORY FOR 1st KUP GRADING

MEANING OF PATTERN CHOONG-MOO

CHOONG-MOO was the given name of the great Admiral Yi Sun-Sin of the Yi dynasty. He was reputed to have invented the first armoured battleship (Kobukson) which was the precursor of the present day submarine in 1592 A.D. The reason why this pattern ends up with a left hand attack is to symbolise his regrettable death having no chance to show his unrestrained potentiality checked by the forced reservation of this loyalty to the King.

Number of moves 30.

MEANING OF BELT COLOUR BLACK

Black opposite of white, therefore, signifying the maturity and proficiency in Tae Kwon-Do. Also indicates the wearers imperviousness to darkness and fear.

KOREAN TERMINOLOGY

SIDE FIST – YOP JOOMUK

REVERSE KNIFEHAND – SONKAL DUNG

ONE LEG STANCE – WAE BAL SOGI

CHECKING BLOCK – MOMCHAU MAKGI

DOWNWARD BLOCK – NAERYO MAKGI

DOUBLE ARCHAND BLOCK – DOO BANDALSON MAKGI

STAMPING KICK – CHA BAPGI

SWEEPING KICK – GORO CHAGI

OVERHEAD KICK – TWIO NOMO CHAGI

FLAT FINGERTIP THRUST – OPUN SONKUT TULGI

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