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

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

PARTS OF THE BODY
- Low - NAJUNDE
- Middle - KAUNDE
- High - NOPUNDE
- Forefist - AP JOOMUK
- Forearm - PALMOK
- Ball of Foot - AP KUMCHI
- Foot Sword - BALKAL

PUNCHES (JIRUGI)
- Obverse Punch - BARO JIRUGI
- Reverse Punch - BANDAE JIRUGI

BLOCKS (MAKGI)
- Inner Forearm Block - AN PALMOK MAKGI
- Outer Forearm Block - BAKAT PALMOK MAKGI

KICKS (CHAGI)
- Front Rising Kick - AP CHA OLLIGI
- Front Kick - AP CHAGI
- Side Kick - YOP CHAGI
- Turning Kick - DOLLOYO CHAGI

EXERCISE
- 4 Directional Punch & Block - SAJO JIRUGI

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.
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
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
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
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
HOOKING 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
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 - DWIJBIO JIRUGI
HOOKING KICK - GOLCHO CHAGI
STRAIGHT SPEAR FINGER THRUST - SUN SONKUT TULGI
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
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
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?
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