

# De Silva Taekwon-Do Association: Theory

Taekwon-Do is the scientific use of the body in the method of self-defence.

Originated in Korea, and when translated, Taekwon-Do means 'Foot Fist Art'.

## Tenets of Taekwon-Do

**Courtesy:** to be polite to instructors, seniors and fellow students

**Integrity:** honesty, being able to define right and wrong

**Perseverance:** always trying to achieve your ambitions, never stop trying

**Self-Control:** never lose your temper, especially with your fellow students

**Indomitable Spirit:** to show courage, determination and self-belief when you are pitted against overwhelming odds

## Basic Korean Terminology

General Terms:

1. Training Hall – DOJANG
2. Training Suit – DOBOK
3. Belt – TI
4. Instructor – SABUM
5. Student – JEJA

Commands:

1. Ready – CHUNBI
2. Start – SI-JAK
3. Stop – GOMAN
4. Return to Ready Stance - BARROL

Stances (SOGI):

1. Attention Stance – CHARYOT SOGI
2. Parallel Ready Stance – NARANI CHUMBI SOGI
3. Sitting Stance – ANNUN SOGI
4. Walking Stance – GUNNUN SOGI

Punches (JIRUGI):

1. Obverse Punch – BARO JIRUGI
2. Reverse Punch – BANDAE JIRUGI

Blocks (MAKGI):

1. Inner Forearm Block – AN PALMOK MAKGI
2. Outer Forearm Block – BAKAT PALMOK MAKGI

Kicks (CHAGI):

1. Front Rising Kick – AP CHA OLLIGI
2. Front Kick – AP CHAGI
3. Side Kick – YOP CHAGI
4. Turning Kick – DOLLOYO CHAGI

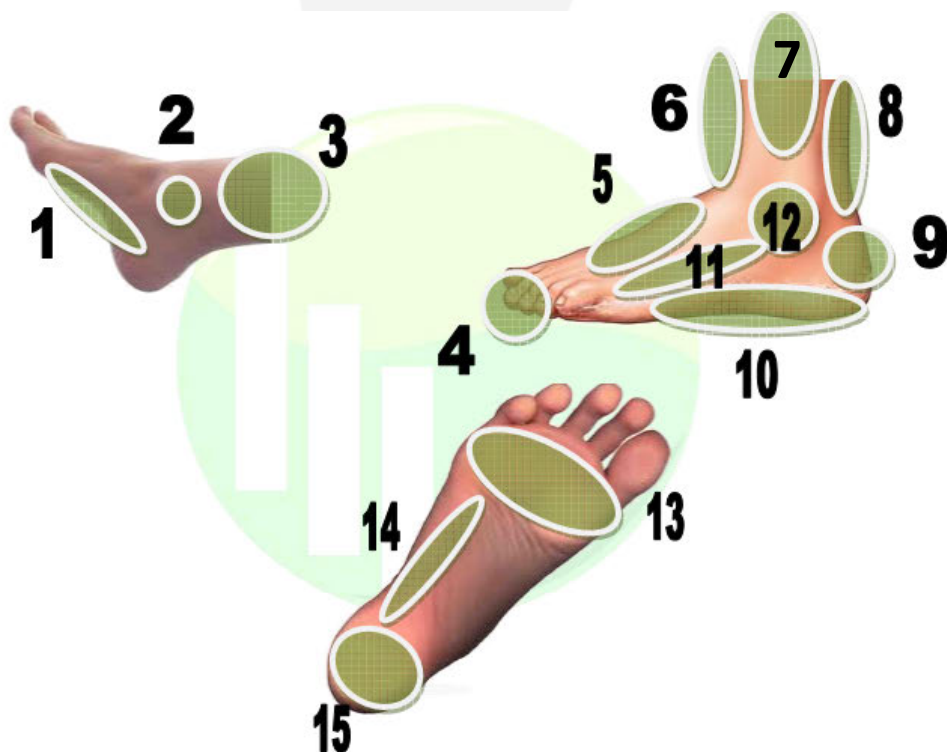
Parts of the Body Sections:

**Low** – NAJUNDE

**Middle** – KAUNDE

**High** – NOPUNDE

Foot Parts (HABANSIN)



1. Reverse Foot Sword – BALKAL DUNG
  - a. Foot position for inward crescent kick

2. Inner Ankle Joint – AN BALMOK GWANJOL
3. Inner Tibia – AN GYUNGOL
4. Toes – BALKUT
5. Instep – BALDUNG
  - a. Foot position used for a sparring turning kick
6. Tibia – GYNUGOL
7. Outer Tibia – BAKAT GYNUGOL
8. Achilles Tendon
9. Back Heel – DWITCHOOK
  - a. Foot position used for hooking kick, reverse turning kick and downward kick
10. Foot sword – BALKAL
  - a. Foot position used for side kick
11. Side Instep – YOP BALDUNG
  - a. Foot position used for blocking
12. Outer Ankle Joint – BAKAT BALMOK GWANJOL
13. Ball of the Foot – APKUMCHI
  - a. Foot position used for front snap kick and turning kick
14. Side sole – YOP BAL BADOK
15. Back Sole – DWITKUMCHI
  - a. Foot position for back kick

### Hand Parts (SANGBANSIN)



Side Fist – YOP JOOMUK

Fore Fist – AP JOOMUK

Back Fist – DUNG JOOMUK

**Counting to Ten in Korean**

One - HANNA

Two - DOOL

Three - SETH

Four - NETH

Five - DASUAL

Six - YASUAL

Seven - ILGOP

Eight - YODOLL

Nine - AHOP

Ten- YOLL



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# Theory for 9<sup>th</sup> Kup Grading

**Pattern:** Chon-Ji

**Pattern Meaning:** Chon-Ji literally means heaven and earth. In the orient it is interpreted as the creation of the world or the beginning of human history, therefore it is the initial pattern played by the beginner. The pattern consists of two similar parts, one to represent heaven and the other to represent the earth.

**Number of movements:** 19 moves

**Meaning of White Belt:** the beginning student who has no previous knowledge of Taekwon-Do.

**Meaning of Yellow Belt:** signifies earth, from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.

## **New Terminology:**

General Term:

- Pattern – TUL
- Strike – TAERIGI

Parts of the Body:

- Ball of Foot – AP KUMCHI

Stances:

- L-Stance – NIUNJA SOGI

Defensive Moves:

- Rising Block – CHOOKYO MAKGI

Offensive Moves:

- High Section Obverse Punch – NOPUNDE BARO JIRGUI
- Front Snap Kick – AP CHA BUSIGI

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# Theory for 8<sup>th</sup> Kup Grading

**Pattern:** Dan-Gun

**Pattern Meaning:** Dan-Gun is named after the holy Dan Gun, the legendary founder of Korea in the year 2333 B.C.

**Number of movements:** 21 moves

**Meaning of Yellow Belt:** signifies earth, from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.

**Meaning of Green Belt:** signifies the plant's growth as Taekwon-Do skills begin to develop.

## **New Terminology:**

General Terms:

- Inward – ANAERO
- Outward – BAKAERO
- Upward – OLLYO
- Downward – NAERYO

Defensive Moves:

- Knifehand Guarding Block – SONKAL DAEBI MAKGI
- Twin Forearm Block – SANG PALMOK MAKGI

Offensive Moves:

- High Knifehand Strike – NOPUNDE SONKAL TAERIGI
- Middle Reverse Punch – KAUNDE BANDAE JIRUGI

# Theory for 7<sup>th</sup> Kup Grading

**Pattern:** Do-San

**Pattern Meaning:** Do-San is the pseudonym of the patriot Ahn Ch'ang Ho (1876-1938). Who devoted his entire life furthering the education of Korea and its independence movement.

**Number of movements:** 24 moves

**Meaning of Yellow Belt:** signifies earth, from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.

**Meaning of Green Belt:** signifies the plant's growth as Taekwon-Do skills begin to develop.

## **New Terminology:**

General Terms:

- Kick – CHAGI
- Thrust – TULGI
- Straight – SON

Parts of the Body:

- Footsword – BALKAL
- Ball of the Foot – APKUMCHI
- Fingertips - SONKUT

Defensive Moves:

- High Outer Forearm Block – NOPUNDE BAKAT PALMOK MAKGI
- Wedging Block – HECHYO MAKGI
- Release Move – JAPPYOLSOL TAE

Offensive Moves:

- Backfist Strike – DUNG JOOMUK TAERIGI
- Side Kick – YOP CHAGI
- Straight Fingertip Thrust – SUN SONKUT TULGI
- Turning Kick – DOLLYO CHAGI

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# Theory for 6<sup>th</sup> Kup Grading

**Pattern:** Won-Hyo

**Pattern Meaning:** Won-Hyo was the noted monk who introduced Buddhism to the Silla dynasty in the year 686 A.D.

**Number of movements:** 28 moves

**Meaning of Green Belt:** signifies the plant's growth as Taekwon-Do skills begin to develop.

**Meaning of Blue Belt:** signifies the heaven towards which the plant matures into a towering tree as training in Taekwon-Do progresses.

## **New Terminology:**

General Terms:

- Back – DWIT

Parts of the Body:

- Foot Parts – HABANSIN
- Hand Parts – SANGBANSIN
- Elbow – PALKUP

Stances:

- Bending Stance – GUBURYO SOGI
- Fixed Stance – GOJONG SOGI
- Closed Ready Stance A – MOA CHUNBI SOGI A

Defensive Moves:

- Forearm Guarding Block – PALMOK DAEBI MAKGI
- Circular Block – DOLLYMIO MAKGI



Offensive Moves:

- Inward Elbow Strike – ANAERO SONKAL TAERIGI

# Theory for 5<sup>th</sup> Kup Grading

**Pattern:** Yul-Gok

**Pattern Meaning:** Yul-Gok is the pseudonym of the great philosopher and scholar Yi I (1536-1584) nicknamed the “Confucius of Korea”. The 38 movements of this pattern refer to his birthplace on the 38 degree latitude and the diagram means scholar.

**Number of movements:** 38 moves

**Meaning of Green Belt:** signifies the plant’s growth as Taekwon-Do skills begin to develop.

**Meaning of Blue Belt:** signifies the heaven towards which the plant matures into a towering tree as training in Taekwon-Do progresses.

**New Terminology:**

General Terms:

- Jumping – TWIGI

Parts of the Body:

- Arc Hand – BANDALSON
- Back Sole – DWIT KUMCHI
- Back Heel – DWIT CHOOK

Stances:

- X-stance – KYOCHA SOGI

Defensive Moves:

- Double Forearm Block – DOO PALMOK MAKGI
- Hooking Block – GOLCHO MAKGI
- Twin Knifehand Block – SANG SONKAL MAKGI

Offensive Moves:

- Twin Upset Punch – SANG DWIJIBO JIRUGI
- Hooking Kick – GOLCHO CHAGI
- Reverse Turning Kick – BANDAE DOLLYO CHAGI

- Front Elbow Strike – AP PALKUP TAERIGI
- Flat Fingertip Thrust – OPUN SONKUT TULGI

# Theory for 4<sup>th</sup> Kup Grading

**Pattern:** Joong-Gun

**Pattern Meaning:** Joong-Gun is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor general of Korea, known as the man who played the leading role in the Korea-Japan merger. The 32 movements of this pattern refer to Mr Ahn's age when he was executed in Lui-Shung prison in 1910.

**Number of Movements:** 32 moves

**Meaning of Blue Belt:** signifies the heaven towards which the plant matures into a towering tree as training in Taekwon-Do progresses.

**Meaning of Red Belt:** signifies danger, cautioning the student to exercise control, whilst warning the opponent to stay away.

## **New Terminology:**

Parts of the Body:

- Reverse Knifehand – SONKAL DUNG
- Side Sole – YOP BALBADAK

Stances:

- Closed Ready Stance B – MOA CHUNBI SOGI B
- Rear Foot Stance – DWIT BAL SOGI
- Low Stance – NACHUO SOGI

Defensive Moves:

- U-Shape Block – DIGUTCHA MAKGI
- Reverse Knifehand Block – SONKAL DUNG MAKGI
- Rising X-Fist Block – KYOCHA JOOMUK CHOOKYO MAKGI

Offensive Moves:

- Angle punch – KIOKJA JIRUGI
- Upper Elbow Strike – WI PALKUP TAERIGI

- Downward kick – NAERYO CHAGI
- Pressing Kick – NOLLYO CHAGI
- Side Thrust Kick – YOP CHA TULGI
- Reverse Turning Hooking Kick – BANDAE DOLLYO GOLCHO CHAGI

# Theory for 3<sup>rd</sup> Kup Grading

**Pattern:** Toi-Gye

**Pattern Meaning:** Toi-Gye is the penname of the noted scholar Yi-Hwang (16<sup>th</sup> century A.D.), an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on the 37 degree latitude, and the diagram represents scholar.

**Number of movements:** 37 moves

**Meaning of Blue Belt:** signifies the heaven towards which the plant matures into a towering tree as training in Taekwon-Do progresses.

**Meaning of Red Belt:** signifies danger, cautioning the student to exercise control, whilst warning the opponent to stay away.

## **New Terminology:**

General Terms:

- Flying – TWIMYO
- Grasping – JAPKI

Stances:

- Closed Stance – MOA SOGI

Defensive Moves:

- W-Shape Block – SAN MAKGI
- Low Double Forearm Pushing Block – NAJUNDE DOO PALMOK MIRO MAKGI

Offensive Moves:

- Upset Fingertip Thrust – DWIJIBUN SONKUT TULGI
- Upward Knee Strike – OLLYO MOORUP CHAGI
- Front Grasp – AP JAPKI
- Twin Side Elbow – SANG YOP PALKUP
- Front Pushing Kick – AP CHA MILGI

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# Theory for 2<sup>nd</sup> Kup Grading

**Pattern:** Hwa-Rang

**Pattern Meaning:** 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 29<sup>th</sup> infantry division, where Taekwon-Do developed into maturity.

**Number of Movements:** 29 moves

**Meaning of Red Belt:** signifies danger, cautioning the student to exercise control, whilst warning the opponent to stay away.

**Meaning of Black Belt:** signifies maturity and proficiency in Taekwon-Do. Also indicates the wearer's imperviousness to darkness and fear.

## **New Terminology:**

Parts of the Body:

- Palm – SONBADAK
- Instep – BALDUNG
- Reverse Footsword – BALDAL DUNG

Stances:

- Vertical Stance – SOOJIK SOGI
- Closed Ready Stance C – MOA CHUNBI SOGI C

Defensive Moves:

- Palm Pushing Block – SONBADAK MIRO MAKGI

Offensive Moves:

- Downward Knifehand Strike – MAERYO SONKAL TAERIGI
- Upward Punch – OLLYO JIRUGI

# Theory for 1<sup>st</sup> Kup Grading

**Pattern:** Choong-Moo

**Pattern Meaning:** Choong-Moo was the name given to 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 in a left hand attack is to symbolise his regrettable death having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the King.

**Number of Movements:** 30 moves

**Meaning of Black Belt:** signifies maturity and proficiency in Taekwon-Do. Also indicates the wearer's imperviousness to darkness and fear.

## **New Terminology:**

Parts of the Body:

- Side Instep – YOP BALDUNG

Stances:

- Bending Ready Stance B – GUBURYO SOGI B

Defensive Moves:

- Twin Upward Palm Block – SANG OLLYO SONBADAK MAKGI
- Side X Knifehand Checking Block – YOP KYOCHA SONKAL MOMCHAU MAKGI

Offensive Moves:

- Back Piercing Kick – DWITCHA JIRUGI
- Twisting Kick – BITURO CHAGI
- Flying Side Kick – TWINYO YOP CHAGIN
- Front Knifehand Strike – AP SONKAL TAERIGI
- Front Reverse Knifehand Strike – AP SONKAL DUNG TAERIGI