DSA Royal International Taekwondo Club
Member : International Taekwondo Federation (ITF)

Welcome to our club and to Taekwon-Do. Taekwon-Do is the fastest growing martial art in the world. It is an art that can be learned and enjoyed by persons of any age or gender. We look forward to training, learning and growing with you.

The following information should help you understand some of the fundamental background of Taekwon-Do as it is today. Most of the information in this document was taken directly from the Taekwon-Do encyclopedias and are therefore the words of the founder of Taekwon-Do - General Choi Hong Hi.

GENERAL INFORMATION

TAEKWON-DO

Taekwon-Do is a version of unarmed combat designed for the purpose of self-defense. It is an "art" as well as a series of techniques because it also implies a way of thinking and of living. Translated literally, "Tae" means jumping or flying, to kick with the foot. "Kwon" denotes the fist, punching or destroying with the hand or fist. "Do" means an art or way, the right way built and paved by the sages of the past. Together "Taekwon-Do" indicates the mental training, the self-discipline and the techniques of unarmed combat for the purpose of self-defense. Wrongly applied, Taekwon-Do can be a dangerous weapon. Therefore, mental training, self-discipline and a sense of right must always be emphasized to and by students. The tenets of Taekwon-Do and the Student's Oath are provided below.

THE STUDENTS OATH AND TENETS OF TAEKWON-DO

STUDENT'S OATH

- I SHALL OBSERVE THE TENETS OF TAEKWON-DO
- I SHALL RESPECT THE INSTRUCTOR AND SENIORS
- I SHALL NEVER MISUSE TAEKWON-DO
- I SHALL BE A CHAMPION OF FREEDOM AND JUSTICE
- I SHALL BUILD A MORE PEACEFUL WORLD

TENETS OF TAEKWON-DO

The success or failure of Taekwon-Do training depends on how one observes and put into use the TENETS of Taekwon-Do. The TENETS serve as a guide for all serious students of the art.

1. Courtesy (Ye Ui)

Taekwon-Do students should attempt to practice the following elements of courtesy to build up their noble character:

1. To promote the spirit of mutual concessions.
2. To be ashamed of one's vices, contempting those of others.
3. To be polite to one another.
4. To encourage the sense of justice and humanity.
5. To distinguish instructor from student, senior from junior, elder from younger.
6. To behave oneself according to etiquette.
7. To respect others' possessions.
8. To handle matters with fairness and sincerity.
9. To refrain from giving or accepting any gift when in doubt.

2. Integrity (Yom Chi)

In discussing the word integrity, one must be able to define right and wrong, and have the conscience, if wrong, to feel guilt. The following are examples when integrity is lacking:

1. The instructor who misrepresents himself and his art by presenting improper techniques to his students because of a lack of knowledge or apathy,
2. The student who misrepresents himself by "fixing" breaking materials before demonstrations.
3. The student who requests rank from an instructor, or attempts to purchase it.
4. The student who gains rank for ego purposes or the feeling of power.
5. The student whose actions do not live up to his words.
6. The student who feels ashamed to seek opinions from his juniors.

3. Perseverance (In Nae)

There is an old oriental saying, "Patience leads to virtue or merit". To achieve something, whether it is a higher degree or the perfection of a technique, one must set their goal, and then constantly go after it. One of the most important secrets in becoming a leader of Taekwon-Do is to overcome every difficulty by perseverance.

4. Self-Control (Guk GI)

This tenet is extremely important inside and outside the Do Jang, whether conducting oneself in free sparring or in one's personal affairs. A loss of self-control in free sparring can prove disastrous to both student and opponent. An inability to live and work within one's capability is also a lack of self-control. According to LaoTzu, "the one who is stronger is the person who wins over themself rather than someone else."

5. Indomitable Spirit (Baekjul Boolgool)

A serious student of Taekwon-Do will at all times be modest and honest. If confronted with injustice, he will deal with it without any fear or hesitation at all, regardless of whosoever and

however many the number may be. Those who have pursued their dreams earnestly and strenuously with indomitable spirit have never failed to achieve their goals.

PROTOCOL & ETIQUETTE:
As in any organization, there are some rules which should be respected at all times. The following are the most important rules which must be followed in the club and in Taekwon-Do:

- Always respect school property.
- Be quiet in the halls before or after class so as not to disturb the others.
- Students must observe the tenets, student/instructor relationship, and oath of Taekwon-Do.
- Do not wear footwear in the "Do Jang" (training hall).
- Show respect to seniors.
- The title Mr. or Ms. and the applicable last name will be used when addressing all instructors.
- Students should bow to the head instructor when entering and leaving the Do Jang.
- Do not be late for class; if you are late, ask the instructor for permission to participate.
- Strict attention must be given to the instructor at all times.
- No smoking or food in Do Jang.
- Questions should be answered with 'yes sir' or 'pardon me', etc.
- Always keep Do Bok (training suit) clean.
- In class, when adjusting your Do Bok, turn and face the back of the Do Jang.

TAEKWON-DO ATTENTION STANCE AND BOW

The attention stance and bow are used to show respect and courteous acknowledgment of others. The Attention stance is formed by standing up straight with both heels together. Feet form a 45 degree angle. Hands are -held with fists lightly clenched. Arms are relaxed at your sides and rotated so that palms face the front. The bow is executed by bending at the waist, no more than 15 degrees, with the back held straight. Always look into the other person's eyes during the bow.

BEGINNING AND ENDING A CLASS
At the formal beginning and ending of each class, all students will line up according to rank. This is from front to back, right to left. Highest rank should be at the front row, most right hand position, lowest rank at the back row most left-hand position, with no empty spaces in the rows. For students with same ranks, order is determined by seniority (length time in the club).

At both beginning and end of classes, when the line-up is ready, the senior student or assistant instructor will call attention saying "CHARYOT" and order the bow by saying "KYONG YE". While bowing, the students will say "Taekwon".

For the beginning of class, everyone will then recite the Tenets and Student's Oath of Taekwon-Do.

KOREAN TERMINOLOGY USED IN CLASS

Sound	Correct Spelling	Meaning
Do Bok	Do Bok	Uniform or Training Suit
Subbum Nimgae	Sa Bom Nim Gae	Head Instructor
Boosubbum Nimgae	Boo Sa Bom Nim Gae	Assistant Instructor
Chair E Yot	Charyot	Attention
Kyong Ye	Kyong Ye	Bow
Chunbi	Junbi	Ready
Pero	Baro	Return to Starting Position or Stop
Si Shut	Si Jak	Go or Start
Do Jang	Do Jang	Training Gym
Common	Guman	Stop
She	Swiyo	Relax

BELTS IN TAEKWON-DO

Taekwon-Do belt colors have not been arbitrarily chosen. They are, in fact, steeped in tradition. The colors of black, red and blue denoted the various levels of hierarchy during the Koguryo and Silla Dynasties of ancient Korea. A half black and white belt is used for the junior black belt holder.

Belt Color	Rank
White belt	Tenth Grade
White belt with a yellow stripe	Ninth Grade
Yellow belt	Eighth Grade
Yellow belt with a green stripe	Seventh Grade
Green belt	Sixth Grade
Green belt with a blue stripe	Fifth Grade
Blue belt	Fourth Grade
Blue belt with a red stripe	Third Grade
Red belt	Second Grade
Red belt with black stripe	First Grade
Black belt	First to Ninth Degree

MEANING OF BELT COLORS

White:	Signifies innocence, as that of a beginning who has no previous knowledge of TaekwonDo.
Yellow:	Signifies the Earth from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.
Green:	Signifies the plant's growth as the Taekwon-Do skill begins to develop.
Blue:	Signifies the Heaven, towards which the student plant matures into a towering tree as training in Taekwon-Do progresses.

Red:	Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.
Black:	Opposite of white, therefore, signifying the maturity and proficiency in Taekwon-Do. It also indicates the wearer's imperviousness to darkness and fear.

PATTERNS IN TAEKWON-DO (Tul)

The ancient law in the Orient was similar to the law of Hamurabi: "an eye for an eye, a tooth for a tooth," and was rigorously enforced even if death was caused accidentally.

In this type of environment, and since the present system of free sparring had not yet developed, it was impossible for a student of the martial arts to practice or test his individual skill of attack and defense against actual moving opponents.

Individual advancement was certainly hindered until an imaginative practitioner created the first patterns.

Patterns are various fundamental movements, most of which represent either attack or defense techniques, set to a fixed and logical sequence. The student systematically deals with several imaginary opponents under various assumptions, using every available attacking and blocking tool from different directions. Thus pattern practice enables the student to go through many fundamental movements in series, to develop sparring techniques improve flexibility of movements, master body shifting, build muscles and breath control, develop fluid and smooth motions, and gain rhythmical movements.

It also enables a student to acquire certain special techniques which cannot be obtained from either fundamental exercises or sparring. Though sparring may merely indicate that an opponent is more or less advanced, patterns are a more critical barometer in evaluating an individual's technique.

The following points should be considered while performing patterns:

1. Pattern should begin and end at exactly the same spot. This will indicate the performer's accuracy.

2. Correct posture and facing must be maintained at all times.

3. Muscles of the body should be either tensed or relaxed at the proper critical moments in the exercise.

4. The exercise should be performed in a rhythmic movement with an absence of stiffness.

5. Movement should be accelerated or decelerated according to the instructions in this book.

6. Each pattern should be perfected before moving to the next.

7. Students should know the purpose of each movement.

8. Students should perform each movement with realism.

9. Attack and defense techniques should be equally distributed among right and left hands and feet.

There are a total of twenty-four patterns in Taekwon-Do.

The reason for 24 Patterns:
The life of a human being, perhaps 100 years can be considered as a day when compared with eternity. Therefore, we mortals are no more than simple travelers who pass by the eternal years of an eon in a day.

It is evident that no one can live more than a limited amount of time. Nevertheless, most people foolishly enslave themselves to materialism as if they could live for thousands or years. Some people strive to bequeath a good spiritual legacy for coming generations, in this way, gaining immortality. Obviously, the spirit is perpetual while material is not. Therefore, what we can do to leave behind something for the welfare of mankind is, perhaps, the most important thing in our lives.

"Here I leave Taekwon-Do for mankind as a trace of man of the late 20th century. The 24 patterns represent 24 hours, one day, or all my life" General Choi Hong Hi - founder of Taekwon Do.

The name of the pattern, the number of movements, and the diagrammatic symbol of each pattern symbolizes either heroic figures in Korean history or instances relating to historical events.

A list of the patterns for up to First Degree Black Belt, along with their definitions, number of movements and stating stance follows:

PATTERNS FOR 10TH GRADE WHITE BELT TO 1ST DEGREE BLACK BELT

TITLE AND NUMBER OF MOVEMENTS AND START POSITION	**EXPLANATION**
Chon-ji 1 9 Parallel Ready Stance	Means literally "the Heaven the 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.
Dan-Gun 21 Parallel Ready Stance	Is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 B.C.
Do-San 24 Parallel Ready Stance	Is the pseudonym of the patriot Ahn Chang-Ho (1876-1938). The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.

Won-Hyo 28 Closed Ready Stance A	Was the noted monk who introduced Buddhism to the Silla Dynasty in the Year of 686 A.D.
Yul-Gok 38 Parallel Ready Stance	Is the pseudonym of a great philosopher and scholar YiI (1536 - 1584) nicknamed the "Confucius of Korea". The 38 movements of this pattern refer to his birthplace on 38th latitude and the diagram (±) represents "scholar".
Joong-Gun 32 Closed Ready Stance B	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 part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed at Lui-Shung prison (1910).
Toi-Gye 37 Closed Ready Stance B	Is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on 37 latitude, the diagram (±) represents scholar".
Hwa-Rang 29 Closed Ready Stance C	Is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwon-Do developed into maturity.
Choong-Moo 30 Parallel Ready Stance	Was the name given to the great Admiral Yi Soon-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.

TRAINING SECRETS OF TAEKWON-DO

1. To study the theory of power thoroughly.
2. To understand the purpose and method of every movement clearly.
3. To bring the movement of eyes, hands, feet and breath into a 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 arms and legs bent slightly while the movement is in motion.
7. All movements must begin with a backward motion with very few exceptions however once the movement is in motion it should not be stopped before reaching the target.
8. To create a sine wave during the movement by utilizing the knee spring properly.
9. To exhale briefly at the moment of each blow except a connecting motion.

PHILOSOPHY OF TAEKWON-DO

1. Be willing to go where the going may be tough and do the things that are worth doing even though they are difficult.
2. Be gentle to the weak and tough to the strong.
3. Be content with what you have in money and position but never in skills.
4. Always finish what you being, be it large or small.
5. Be a willing teacher to anyone regardless of religion, race or ideology.
6. Never yield to repression or threat in the pursuit of a noble cause.
7. Teach attitude and skill with action rather than words.
8. Always be yourself even though your circumstances may change.
9. Be the eternal teacher who teaches with the body when young, with words when old, and by moral precept after death.

I THEORY OF POWER

REACTION FORCE, CONCENTRATION, EQUILIBRIUM, BREATH CONTROL, MASS, SPEED, ARE THE ELEMENTS OF THE THEORY OF POWER.

Speed and Reflex: Kicks take an average of 1/10 of a second to execute and punches can be as quick as 3/100 of a second to execute. However, fast reflexes take about 2/10 of a second to respond to attacks, twice as slow as a kick. This is why one should look at an opponent's eyes rather than arms and legs as the eyes will signify the intent to throw a technique before beginning its execution thereby giving time to react to the impending attack.

Definitions

Acceleration: an increase in speed (velocity).

Force: is defined in classical physics as the product of the mass of an object and its acceleration. Mass x Acceleration: force is the change in acceleration of an object. Force effects power whether through an increase in force or a decrease in force.

Power: rate of energy transmitted.

Speed: rate of motion (velocity).

Velocity: (distance of the interval) x (1/execution time of the interval) — velocity is the rate of motion.

Reaction Force: According to Newton's Law, every force has an equal and opposite force. Forcing the end of a seesaw down with a ton of weight will provide an upward force of the same weight. If your opponent is rushing you at a high speed, by the slightest blow at his head, the force with which you strike his head would be that of his own onslaught plus that of your blow. The two forces combined; his, which is large, and yours, which is small are quite impressive. This, then is the reaction force from the opponent. Another reaction force is your own. A punch with the right hand is aided by pulling back the left fist to the hip.

Concentration: By applying the impact force onto the smallest target area, it will concentrate the force and therefore, increase its effect. For example, the force of water coming out of a hose is greater if the outlet is smaller. It is very important that you do not unleash all your strength at the beginning but gradually and particularly at the point of contact. The shorter the time of concentration, the greater the power. Concentration is done in two ways: One is to concentrate every muscle on the body, particularly the bigger muscles around the hip and abdomen, (which theoretically are slower than the smaller muscles of other parts of the body) towards the appropriate tool to be used at the proper time. The second way is to concentrate such mobilized muscles onto the opponent's vital spot. This is why the hip and abdomen are jerked slightly before the hands and feet in any action whether it be attack or defense.

Equilibrium: By keeping the body always in equilibrium, that is well balanced, a blow is more and deadly. Equilibrium is classified into both dynamic and static stability. They are so closely inter-related that the maximum force can only be produced when the static stability is maintained through dynamic stability.

To maintain good equilibrium, the center of gravity of the stance must fall on a straight line midway between both legs when the body weight is distributed equally on both legs, or in the center of the foot if it is necessary to concentrate the bulk of body weight on one foot.

Flexibility and knee spring are also important in maintaining balance for both a quick attack and instant recovery.

The heel of the supporting foot should never be off the ground at the point of impact. This is not only necessary for good balance but also to produce maximum power at the point of impact.

Breath Control: Controlled breathing not only affects one's stamina and speed but can also condition a body to receive a blow and augment the power of a blow directed against an opponent. Through practice, breath stopped in the state of exhaling at the critical moment when a blow is landed against a pressure point on the body can prevent a loss of consciousness and stifle pain.

A sharp exhaling of breath at the moment of impact and stopping the breath during the execution of a movement tense the abdomen to concentrate maximum effort on the delivery of the motion.

An important rule to remember: Never inhale while focusing a block or blow against an opponent. Not only will this impede movement but it will also result in a loss of power.

Students should also practice disguised breathing to conceal any outward signs of fatigue.

One breath is required for one movement with the exception of a continuous motion (Example of continuous motion is moves 13 & 14 in Dan Gun: ie. 2 breaths and 2 sine waves).

Mass: Mathematically, the maximum kinetic energy or force is obtained from maximum body weight and speed and it is all important that the body weight is applied with the motion of turning the hip. The large abdominal muscles are twisted to provide additional body momentum. Thus the hip rotates in the same direction as that of the attacking or blocking tool.

Another way of increasing body weight is the slightly raising the hip at the beginning of the motion and lowering the hip at the moment of impact to drop the body weight into the motion.

Speed: Speed is the most essential factor of force or power. Scientifically, force equals mass x acceleration (F=MS) or (P=MV2). A large stone can be gently dropped on a double pane of glass from a short distance and the glass will not break, whereas a small stone can be thrown with great speed against the same double pane of glass and it will shatter.

According to the theory of kinetic energy, every object increases its weight as well as speed in a downward movement. For this reason, at the moment of impact, the position of the hand normally becomes lower than the shoulder and the foot lower than the hip while the body is in the air.

Reaction force, breath control, equilibrium, concentration and relaxation of the muscles cannot be ignored. However, these are the factors that contribute to the speed and all these factors together with flexile and rhythmic movements, must be well coordinated to produce the maximum power in Taekwon-Do. Kicks take an average of 1/10 of a second to execute. However, fast reflexes take about 2/10 of a second to respond to attacks, twice as slow as a kick. This is why one should look at an opponent's eyes rather than arms and legs as the eyes will signify the intent to throw a technique before beginning its execution thereby giving time to react to the impending attack.

KOREAN TERMINOLOGY USED IN CLASS KOREAN TERMINOLOGY USED IN CLASS

Sound	**Correct Spelling**	**Meaning**
Saw Soon Nim	Saseong Nim	Grand Master
Saw Hu Nim	Sahyun Nim	Master
Subbum Nimgae	Sa Born Nim Gae	Head Instructor
Boosubbum Nimgae	Boo Sa Born Nim Gae	Assistant Instructor
Chair E Yot	Charyot	Attention
Hana	Hana	One
Dool	Dool	Two
Set	Set	Three
Net	Net	Four
Dasout	Dasout	Five
Yasout	Yasout	Six
ilgop	Ilgop	Seven
YaDul	Yadul	Eight
Aho	Ahop	Nine
Yeoul	Yeoul	Ten
Kyong Ye	Kyong Ye	Bow
Chunbi	Junbi	Ready
Si Shut	Si Jak	Go or Start
Common	Guman	Stop

Pero	Baro	Return to Starting Position or Stop
Shaul	Swiyo	Relax
Do Bok	Do Bok	Uniform or Training Suit
Do Jang	Do Jang	Training Gym
Narra Knee Sogi	Narani Sogi	Parallel Stance
Hunnun Sogi	Gunnun Sogi	Walking Stance
Nija Sogi	Niunja Sogi	L Stance
Ko Jung Sogi	Gojung Sogi	Fixed Stance
An Nun Sogi	Annun Sogi	Sitting Stance
Moa Junbe Sogi	Moa Junbi Sogi	Close Ready Stance
Hunnun Junbe Sogi	Gunnun Junbi Sogi	Walking Ready Stance
An Nun Junbe Sogi	Annun Junbi Sogi	Sitting Ready Stance
Dwitbal Sogi	Dwitbal Sogi	Rear Foot Stance
Go Bur Re 0 Sogi	Guburyo Sogi	Bending Stance
Ko cha Sogi	Kyocha Sogi	X Stance
Nacho Sogi	Nachuo Sogi	Low Stance
Soo Jik Sogi	Soojik Sogi	Vertical Stance
Makgi	Makgi	Block
Jirugi	Jirugi	Punch
Chagi	Chagi	Kick
Manginday'	Najunde	Low
Counday	Kaunde	Middle
Notinday	Nopunde	High
Ap Ju mok	Ap Jumok	Forefist
Sun Kal	Sonkal	Knife Hand
Dung Jumok	Dung Jumok	Back Fist

Sound	**Correct Spelling**	**Meaning**
Ap Cha Busigi	Ap Cha Busigi	Front Snap Kick
Yop Cha Jirugi	Yop Cha Jirugi	Side Piercing Kick
Dollyo Chagi	Dollyo Chagi	Turning Kick (45 degree kick)
Yop Dollyo Chagi	Yop Dollyo Chage	Side Turning Kick
Bandae Dollyo Chagi	Bandae Dollyo Chagi	Reverse Turning Kick
Golcho Chagi	Golcho Chage	Hook Kick
Dwitcha Jirugi	Dwitcha Jirugi	Back Piercing Kick
Bituro Chagi	Dituro Chagi	Twisting Kick