

REVISION NOTES

OATH

As a student of Tae Kwon Do, I do solemnly pledge to abide by the rules and regulations of the Tae Kwon Do Association. To strive always to be modest, courteous, and respectful to all members in particular my seniors. To put the art into use only for self defence and defence of the weak and never to abuse my knowledge of the art.

PRINCIPLES OF TAE KWON DO

There are seven principles of Tae Kwon Do these are:-

- Breath Control
- Equilibrium
- Mass
- Accuracy
- Reaction Force
- Concentration
- Speed

TENETS OF TAE KWON DO

There are five tenets of Tae Kwon Do these are: -

- **Courtesy** To be polite to one's instructors, seniors and fellow students.
- **Integrity** To be honest with ones self. A student must know right from wrong.
- **Perseverance** To achieve a goal, whether it is a higher grade or a new technique one must not stop trying, one must persevere.
- **Self Control** To loose ones temper when performing a technique against an opponent can be very dangerous and shows lack of self-control. To live, work and train within ones own capability shows good self-control.
- **Indomitable Spirit** To show courage, when you and your principles are pitted against overwhelming odds.

REVISION NOTES

BELTS

WHITE BELT

White belt signifies innocence, and that of a beginning student who has no prior knowledge of Tae Kwon Do.

YELLOW BELT

Yellow belt signifies the earth, from which the plant sprouts and takes root, as the Tae Kwon Do foundations are being laid.

GREEN BELT

Green belt signifies the plants growth as the Tae Kwon Do skills start to develop.

BLUE BELT

Blue belt signifies the heaven, to which the plant matures into a towering tree as the Tae Kwon Do skills progress.

RED BELT

Red belt signifies DANGER, cautioning the student to exercise control and warning the opponent to stay away.

BLACK BELT

Black being the opposite of white, signifies maturity in Tae Kwon Do, it also signifies the wearers imperviousness to darkness and fear.

REVISION NOTES

1. GENERAL TERMS

Training hall	DOJANG
Training suit	DOBOK
Instructor	SABUM
Belt	TI
Student	JEJA

Commands

Attention	CHARYOT
Bow	KYONG-YE
Ready	CHUNBI
Start	SI-JAK
Stop	GOMAN
Return to Ready stance	BARROL
Dismiss	HAESSAN
Forwards	APRO KAGGI
Backwards	DWIYRO KAGGI
About turn	DWIYRO TORRO

Counting

One	HANNA
Two	DOOL
Three	SETH
Four	NETH
Five	DASAUL
Six	YASAUL
Seven	ILGOP
Eight	YODALL
Nine	AHOP
Ten	YOL

Sections of the Body

Low	NAJUNDE
Medium	KAUNDE
High	NOPUNDE

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2. PARTS OF THE BODY

Forefist	AP JOOMUK
Forearm	PALMOK
Inner Forearm	AN PALMOK
Outer Forearm	BAKAT PALMOK

3. STANCES

Attention Stance	CHARYOT SOGI
Parallel Stance	NARANI SOGI
Sitting Stance	ANNUN SOGI
Walking Stance	GUNNUN SOGI

4. BASIC MOVEMENTS**1. DEFENSIVE**

Inner Forearm Block	AN PALMOK MAKGI
Outer Forearm Block	BAKAT PALMOK MAKGI
Front Rising kick	AP CHAOLLIGI
Side Rising Kick	YOP CHAOLLIGI

2. OFFENSIVE

Obverse Punch	BARO JURUGI
Reverse Punch	BANDAE JURGI

5. EXERCISE

4 Directional punch	SAJO JURUGI
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PATTERN SAJO JIRUGI A

NUMBER OF MOVEMENTS 15

DIAGRAM



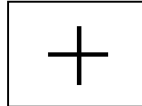
STEP	MOVE	STANCE	TECHNIQUE
			START IN NARANI CHUNBI SOGI
1	R Ft Fwd	R Gunnun	Kaunde Baro Jirugi
2	Turn L 90	L Gunnun	Najunde Bakat Palmok Makgi
3	R Ft Fwd	R Gunnun	Kaunde Baro Jirugi
4	Turn L 90	L Gunnun	Najunde Bakat Palmok Makgi
5	R Ft Fwd	R Gunnun	Kaunde Baro Jirugi
6	Turn L 90	L Gunnun	Najunde Bakat Palmok Makgi
7	R Ft Fwd	R Gunnun	Kaunde Baro Jirugi
8	Turn L 90	Narani Chumbi Sogi	-
9	L Ft Fwd	L Gunnun	Kaunde Baro Jirugi
10	Turn R 90	R Gunnun	Najunde Bakat Palmok Makgi
11	L Ft Fwd	L Gunnun	Kaunde Baro Jirugi
12	Turn R 90	R Gunnun	Najunde Bakat Palmok Makgi
13	L Ft Fwd	L Gunnun	Kaunde Baro Jirugi
14	Turn R 90	R Gunnun	Najunde Bakat Palmok Makgi
15	L Ft Fwd	L Gunnun	Kaunde Baro Jirugi

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PATTERN SAJO JIRUGI B

NUMBER OF MOVEMENTS 15

DIAGRAM



STEP	MOVE	STANCE	TECHNIQUE
			START IN NARANI CHUNBI SOGI
1	R Ft Fwd	R Gunnun	Kaunde Baro Jirugi
2	Turn L 90	L Gunnun	Kaunde An Palmok Makgi
3	R Ft Fwd	R Gunnun	Kaunde Baro Jirugi
4	Turn L 90	L Gunnun	Kaunde An Palmok Makgi
5	R Ft Fwd	R Gunnun	Kaunde Baro Jirugi
6	Turn L 90	L Gunnun	Kaunde An Palmok Makgi
7	R Ft Fwd	R Gunnun	Kaunde Baro Jirugi
8	Turn L 90	Narani Chumbi Sogi	-
9	L Ft Fwd	L Gunnun	Kaunde Baro Jirugi
10	Turn R 90	R Gunnun	Kaunde An Palmok Makgi
11	L Ft Fwd	L Gunnun	Kaunde Baro Jirugi
12	Turn R 90	R Gunnun	Kaunde An Palmok Makgi
13	L Ft Fwd	L Gunnun	Kaunde Baro Jirugi
14	Turn R 90	R Gunnun	Kaunde An Palmok Makgi
15	L Ft Fwd	L Gunnun	Kaunde Baro Jirugi