

10th Kup Theory

10th Kup – White to Yellow tag

TaeKwon-Do is the Korean Martial Art of Self-Defence

Founder of TaeKwon-Do = Major General Choi Hong-Hi 9th Dan

Date TaeKwon-Do founded = 11th April 1955

General Choi was born 9th November 1918 and died 15th June 2002

TaeKwon-Do officially brought to the UK = 1967 by Master Rhee Ki Ha

TaeKwon-Do means the way of the foot and the hand

Literally:

Tae = Foot (i.e. to attack with the foot)

Kwon = Hand (i.e. to attack with the fist or hand)

Do = Art or a Way of Life

Tenets of TaeKwon-Do

Courtesy = Ye Ui

Integrity = Yom Chi

Perseverance = In Nae

Self-Control = Kuk Gi

Indomitable Spirit = Baekjool Boolgool

Student Oath

I shall observe the Tenets of TaeKwon-Do

I shall respect my Instructor and Seniors

I shall never misuse TaeKwon-Do

I shall be a champion of freedom and justice

I shall strive to build a more peaceful world

The meaning of White

White represents Innocence, as that of a beginner who has no previous knowledge of TaeKwon-Do

The meaning of Yellow

Yellow represents the Earth from which the plant sprouts and takes root as TaeKwon-Do's foundation is being laid

General Terms

Instructor = Sabum

Student = Jeja

Belt = Ti

Training Hall = Dojang

Training Suit = Dobuk

Commands

Attention = Chariot

Bow = Kyong-Ye

Ready = Junbi

Start = Si-Jak

Stop = Gomman

Return to Ready Stance = Barrol

Dismiss = Haessan

About Turn = Dwiryo Torro

Counting to Ten

Hanna

Dool

Set

Net

Dasaul

Yosaul

IllGop

Yodoll

Ahop

Yoll

Sections of the Body

High = Nopunde (Neck and above)

Middle = Kaunde (Shoulders to belt)

Low = Najunde (Below the belt)

Stances = Sogi

Ready Stance = Junbi Sogi

Attention Stance = Chariot Sogi

Parallel Stance = Narani Sogi

Sitting Stance = Annun Sogi

Walking Stance = Gunnan Sogi

Hand/ Arm Parts

Fore fist = Ap Joomuk

Forearm = Palmok

Inner Forearm = An Palmok

Outer Forearm = Bakkat Palmok

Techniques

Punch = Jirugi

Block = Makgi

Obverse = Baro

Reverse = Bandae

Front Rising Kicks = Ap Cha Olligi

Press ups = Momtong Bachia

Four Directional Punching = Saju Jirugi

Sitting Stance Single Punch = Annun So, Kaunde Jirugi

Walking Stance Middle Punch = Gunnan So, Kaunde Jirugi

Walking Stance Middle Block = Gunnan So, Kaunde Makgi

Walking Stance Middle Block, Reverse Punch = Gunnan So, Kaunde Makgi, Bandae Jirugi

Stances – Sogi

Attention stance = Chariyot Sogi

Heels together, toes apart

Hands form fists by your sides, approximately 45 degrees away from your body

Left leg moves to form stance

Parallel Ready Stance = Narani Junbi Sogi

Feet shoulder width apart

Both feet parallel

Hands form fists in front of your belt

Sitting Stance = Annun Sogi

Width = Feet 1 & a half times shoulder width apart

Weight distribution = 50:50

Feet parallel

Walking Stance = Gunnan Sogi

Width = Feet shoulder width apart

Length = Feet 1 & a half times shoulder width

Weight distribution = 50:50

Forward leg indicates whether it is a right or left stance