



# CENTER FOR MARTIAL ARTS & FITNESS



## TAEKWONDO KNOWLEDGE

### Terminology

<b>Grand Master</b> – Kwanjangnim	<b>Uniform</b> – Do-bok	<b>Attention</b> – Cha-ryot	<b>Begin</b> – Si-jak
<b>Instructor</b> – Chokyonim	<b>Flag</b> – Gook-gi	<b>Bow</b> – Kyong-ye	<b>Stop</b> – gu-mahn
<b>Senior</b> - Sun bae nim	<b>Form</b> - Poomse	<b>Ready</b> – Joonbi	<b>Continue</b> – kae sok
<b>School</b> – Do-jang	<b>Return</b> – Barro	<b>Sa-bang-chuk</b> - 4 directional defense/attack	

### Responses to Master / Instructor

Ahn-nyong Hasimnika – How are you Sir? (Begin Class) Kam-sa Ham-ni-da – Appreciation (End Class)

1. Yes Sir!      2. Thank You Sir!      3. You're welcome Sir!      4. Sorry Sir!      5. I can do it Sir!

### White Belt Knowledge

#### 5 Aims of Taekwondo

Respect  
Humility  
Perseverance  
Self Control  
Honesty, Sir!

#### Charyot Stance

Feet together.  
Hands by your side.  
Look Straight.  
Don't move any part  
Of your body, Sir!

#### Count 1-20 (Korean)

1 - hana	2 - dul
3 - set	4 - net
5 - dosut	6 - yosut
7 - ilgop	8 - yodul
9 - ahope	10 - yul
11-19 Yul +	20 - Somul

### Student Creed (Orange Belt)

“We commit ourselves to mental and physical discipline, to be friends with one another and to develop strength within our group. We shall never fight to achieve selfish goals, but to develop wisdom and character are our ultimate commitments. UNITE FOR RIGHT SIR!”

### 11 Commandments of Taekwondo (Blue Belt)

Loyalty to your country.  
Respect your parents.  
Faithfulness to your spouse.  
Respect your brothers and sisters.  
Loyalty to your friends.  
Respect your elders.  
Respect your teachers.  
Never take life unjust.  
Indomitable spirit.  
Loyalty to your school.  
Finish what you begin Sir!

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