

US TAE KWON DO CENTER - TAEKWONDO KNOWLEDGE

<u>5 Aims of Taekwondo (high- Yellow)</u>	<u>Charyot Stance(white blet)</u>	<u>Count 1-10 (Yellow belt)</u>	
Respect	Feet together.	1 – hana	2 - dul
Humility	Hands by your side.	3 – set	4 - net
Perseverance	Look Straight.	5 – dosut	6 - yosut
Self Control	Don't move any part	7 – ilgop	8 - yodul
Honesty, Sir!	Of your body, Sir!	9- ahope	10 – yul

Responses to Master / Instructor(Green)

앞차기 – Front Kick / 돌려차기 – 옆차기 – 내려차기

Terminology(High Green)

Grand Master – Kwanjangnim	Uniform – Do-bok	Attention – Cha-ryot	Begin – Si-jak
Instructor – Chokyonim	Flag – Gook-gi	Bow – Kyong-ye	Stop – gu-mahn
Senior - Sun bae nim	Form - Poomse	Ready – Joonbi	Continue – kae sok
School – Do-jang	Return – Barro		

Student Creed (Blue 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 (High-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!

Training Mind of Taekwondo(Brown Blet)

- Train** the body physically, but always train **Ki** and sprit together for complete Taekwando balance.
- Teacher** can only guide, it's up to student to carry out.
- Train** for the hardest, but use the most comfortable method in action.
- Train** hard and long to acquire great skills, but always humble to use them.
- Full knowledge** of opponent and oneself is to victory.
- Powerful spirit** in eyes transform to **powerful hands**.