

THEORY PACKAGE FOR THE BEGINNERS COURSE OF TAEKWON-DO

Taekwon-Do is a Korean martial art. The name Taekwon-Do was officially adopted on April 11th 1955 and its developer is General Choi Hong Hi, 9. Dan (9th Nov. 1918–15th June 2002). The International Taekwon-Do Federation, ITF, was founded in South Korea on March 22nd 1966 and Taekwon-Do arrived in Finland in 1979. In 1987 ITF Finland (Suomen ITF Taekwon-Do ry), was founded by the Finnish Taekwon-Do clubs. Helsinki University Taekwon-Do was registered in 2000 and the founder of the club is Michael Holler, 6th degree. The head instructor is Inka Khanji, 5th degree.

Tenets of Taekwon-Do

Courtesy (Ye Ui)
Integrity (Yom Chi)
Perseverance (In Nae)
Self control (Guk Gi)
Indomitable Spirit (Baekjool Boolgool)

Oath of Taekwon-Do

1. I shall observe the tenets of Taekwon-Do
2. I shall respect the instructors and seniors
3. I shall never misuse Taekwon-Do
4. I shall be a champion of freedom and justice
5. I shall build a more peaceful world

Belt Degrees

10. **gup** – white belt
9. **gup** – white belt with a yellow stripe
8. **gup** – yellow belt
7. **gup** – yellow belt with a green stripe
6. **gup** – green belt
5. **gup** – green belt with a blue stripe
4. **gup** – blue belt
3. **gup** – blue belt with a red stripe
2. **gup** – red belt
1. **gup** – red belt with a black stripe
- 1.–9. **Dan** – black belts

Meanings of the belt colours

White: Signifies innocence, a beginner who does not have earlier experience of Taekwon-Do.

Yellow: Represents the earth where the seed of Taekwon-Do is planted as the foundation of Taekwon-Do is being laid.

Green: Represents the green plant growing as the skills of Taekwon-Do develop.

Blue: Signifies the sky and the heavens, towards which the tree grows as Taekwon-Do training progresses.

Red: Signifies danger, warning the student to exercise control and warning opponents to stay away.

Black: The opposite of white, therefore signifying maturity and proficiency in Taekwon-Do. It also indicates the holder's imperviousness to darkness and fear.

Taekwon-Do vocabulary, Korean-English

Taekwon-Do the way of the hand and leg
Tae foot (jumping, kick, breaking with a leg)
Kwon fist, hand (punch, strike, breaking with a hand)
Do thought (way, method, art or principle)
Charyot attention, attention stance
Kyong ye bow
Junbi ready, starting stance
Baro back to starting stance / techniques' front side
Bandae reverse, opposite of "baro"
Sijak start
Goman stop
Kesok continue
Swiyo rest
Tyro tora turn around
Hae san end of training

Makgi block
Jirugi punch or piercing kick
Chagi kick
Saju four directional
Sambo matsogi three step sparring
Najunde down, low
Kaunde middle
Nopunde up, high
Do jang training hall
Do bok training suit
Ti belt
Boosabum(nim*) Assistant Instructor, 1.–3. Dan
Sabum(nim*) International Instructor, 4.–6. Dan
Sahyun(nim*) Master, 7.–8. Dan
Saseong(nim*) Grand Master, 9. Dan

* Nim is a suffix that represents respect. Thus, for example "boosabum" is the general word and "boosabumnim" can be used when referring to a specific person.

Numbers 1–11 hana, doll, set, net, dasot, yosot, ilgop, yodul, ahop, yol, yol hana