

10th Kup White Belt - Theory Revision

Definition of Taekwondo

Taekwondo is a Korean unarmed martial art of self-defence.

Taekwondo translates to:

Tae	To jump, fly, kick or smash with the foot
Kwon	A fist to punch, or destroy with the hand or fist
Do	The art, the way or the method

It is commonly translated to 'The Art of Kicking and Punching'.

The Taekwondo Oath

As a student of Taekwondo, I do solemnly pledge to abide by the rules and regulations of the Taekwondo 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 or in defence of the weak and never to abuse my knowledge of the art.

The Tenets of Taekwondo

Courtesy (Ye Ui) - Respect for oneself and others, especially seniors.

Integrity (Yom Chi) - Honour, honesty and knowledge of right and wrong.

Perseverance (In Nae) - Tenacity is essential to becoming a good student.

Self-control (Guk Gi) - Never misuse the art and control your emotions.

Indomitable Spirit (Baekjul Boolgool) - Holding steadfast even against seemingly insurmountable odds.

Name and Rank

You need to be able to identify your name & rank, and your instructor's name & rank.

Instructor - Mr Anthony Stevenson, 1st Degree Black Belt

The Meaning of White Belt

Innocence, beginner with no previous knowledge of Taekwondo.

Pattern Name, Moves and Meaning

Name: Saju Jirugi

Moves: 14 Movements

Meaning: Saju Jirugi is a four-directional punch performed both clockwise and anti-clockwise. It's technically not a pattern and therefore it has no meaning.

The Founder of Taekwondo

Grand Master Major General Choi Hong Hi (9th degree black belt)

Korean Translation Theory

Punch - Jirugi

Kick - Chagi

Block - Makgi

Fore fist - Ap joomuk

Front rising kick - Ap cha olligi

Outer forearm block - Bakat palmok makgi

Spot turning - Gujari dolgi

Obverse - Baro

Reverse - Bandae

High - Nopunde

Middle - Kaunde

Low - Najunde

Start - Si jak

Stop - Goman

Return to ready position - Barrol

Dismissed - Heassan

Move forwards - Apro kaggi

Move backwards - Dwiyro Kaggi

Turn around - Dwiyro Torro

Press-ups - Momtong Bachia

Break - Hae Chyo

Student - Jeja

Uniform - Dobok

Belt - Ti

Training Hall - Dojang

Counting

One - Hana

Two - Dool

Three - Set

Four - Net

Five - Daset

Six - Yasot

Seven - Ilgop

Eight - Yodul

Nine - Ahop

Ten - Yol