



**Definition of Taekwon-do**

Taekwon-do is a Korean unarmed martial art. It is not only kicking and punching, but a way of thinking and living. The main goal of Taekwon-do is to achieve total mind and body control through training. “Tae” means foot, “Kwon” means fist, and “Do” means the way of, so Taekwon-do literally means “The way of the foot and fist.”

**School Motto:**

- Improvement of mind and body
- Ethical self-conduct
- Unity among members

**Tenets of Taekwon-Do**

- Courtesy..... Ye-Ui
- Integrity ..... Yom Chi
- Perseverance ..... In Nae
- Self-Control ..... Guk Gi
- Indomitable Spirit..... Baekjool Boolgool

**Do Jang Rules:**

1. Students must salute the flags when entering and leaving the Do Jang.
2. Students must bow to Sah-Bum-Nim upon greeting.
3. Students must use the words “Sir” or “Ma’am” when speaking to black belt instructors.
4. Students must attend classes regularly.
5. Students keep the Do Jang clean.

**Basic Korean Language and Terminology:**

Grand Master	Kwan-Jang-Nim	One	Hana
Instructor	Sah-Bum-Nim	Two	Dul
Taekwon-do School	Do-Jang	Three	Set
Attention	Cha-Ryut	Four	Net
Bow	Kyung-Net	Five	Da-Sut
Ready	Joon-Bee	Six	Ya-Sut
Begin	Shi-Jak	Seven	Il-Gop
Stop/Finish	Goh-Man	Eight	Yo-Dul
Pattern	Tul	Nine	Ah-Hop
Stance	Soh-Gi	Ten	Yul