



DEPUTY BELT

Meaning of the Bo Cho Dan is a transition between the color belts and the black belt, and literally means “preparing to become a black belt.”

Form: Korye Poomsae

Rolling & Falling: Step 2

Breaking: Hurricane Side Kick Power Breaking
Option Performance Skills

About the history of Tae Kwon Do...

All animals, as well as being, have strong instincts to protect themselves. So the origin of Tae Kwon Do goes back to the early days of human existence on the earth.

We do not have any historical evidence of the early human days; however, the oldest records of Tae Kwon Do we can find are in the royal tombs of the Koguryo dynasty in 37 B.C. They are paintings which show some of the tae kwon do postures. So tae kwon do is called the 2000 year old ancient Korean martial art.

TERMS (children 12 and under choose 2) (Adults 13 and older choose 4)	
KOGOORYO DYNASTY (37 B.C. - 668)	Mural paintings show tae kwon do postures in this period.
SILLA DYNASTY (57 B.C. - 935)	Hwarang Do "youth organization" was organized during this time by king Jin Heung (540-576). Tae Kwon Do was their main subject. Keumkang yeok sa "stone engravings" show tae kwon do postures.
BAEKJAE DYNASTY (18 B. C. - 660)	Written Tae Kwon Do song was found in the kingdom. (They are still handed down today.)
KORYO DYNASTY (918 - 1392)	Special military generals were chosen from the tae kwon do practitioners. Kings used to like to watch tae kwon do contests in the palace.
CHOSUN DYNASTY (YI; LEE DYNASTY) (1392 - 1910)	Mooye Dobo Tongjee the first martial arts text book (1790). Tae Kwon Do handed down through Koguryo, Silla, Baekjae, and Koryo dynasty was deeply rooted in the Chosun (Yi) dynasty era and scientifically systematized.

Things you should recap from previous study guide

- * Meaning of Taekwondo.
- * This Academy Student Credo

- * Five Tenets of TKD
- * Senior belt codes
- * 10 Articles of Students Commitment