

VERBAL INFORMATION SHEET

Tae Kwon Do

Tae Kwon do translates as the art of kicking with the feet and punching with the hands.

Tae - kicking or smashing with the feet

Kwon - punching with the fist

Do - Art, method, or way.

Aims to Achieve : Code of Ethics

Modesty - being humble and unassuming

Courtesy - being polite and respectful

Integrity - doing the right thing, always.

Self Control - being master of your own impulses

Perseverance - never giving up

Indomitable Spirit - never wanting to give up.

Counting to Ten in Korean

One (1) *Ha-Na*

Two (2) *Tul*

Three (3) *Set*

Four (4) *Net*

Five (5) *Tah-sot*

Six (6) *Yo-sot*

Seven (7) *iL-Gohp*

Eight (8) *Yoh-Duhl*

Nine (9) *Ah-hope*

Ten (10) *Yuhl*

Student Pledge

1. To train both mind and body through Tae Kwon Do.
2. To Promote a Friendly relationship amongst all people.
3. To be a courageous opponent against untruths
4. To follow all of the rules of Tae Kwon Do and my instructor.

PATTERN INFORMATION

Chan-Ji Pattern: White Belt

Chan-Ji means literally the "Heaven and Earth". In the Orient, it is interpreted as the creation of the world or the beginning of human history, therefore it is the initial pattern played by the beginner.

- *19 movements, Sir!*

Yul-Gup Pattern: Basic Blue Belt

Yul-Gup was the pseudonym of the great philosopher and scholar Yi I (1536 - 1584), nicknamed the "Confucius of Korea". The 38 movements of this pattern refer to his birthplace on the 38th latitude and the diagram represents scholar. - *38 movements, Sir!*

Tan-Gun Pattern: Yellow Belt

Tan-Gun is named after the holy Tan-Gun, legendary founder of Korea in the year 2334 B.C.

- *21 movements, Sir.*

Chung-Gun Pattern: Advance Blue Belt

Chung-Gun, is named after the patriot Ahn Chung-Gun, who assassinated Hiro Bumo Ito, the first Japanese governor general of Korea, known as the man who played the leading role in the Korea-Japan merger. The 32 movements of this pattern refer to Ahn Chung-Gun's age when he was executed in Liu Shung Prison in 1910. - *32 movements, Sir!*

To-San Pattern: Basic Green Belt

To-San was the pseudonym of the patriot Ahn-Chang Ho, who devoted his entire life to furthering the education of Korea and its independence movement. - *24 movements, Sir!.*

Tae-Gye Pattern : Brown Belt Levels

Tae-Gye was the pen name of the noted scholar Yi Hwang (16th century A.D.), an authority on Neo-Confucianism. The 37 movements of this pattern refer to his birthplace on the 37th latitude and the diagram represents "Scholar". - *37 movements, Sir!*

Won-Hyo Pattern: Adv. Green Belt

Won-Hyo was the noted monk who introduced Buddhism to the Silla dynasty in the year 686 A.D.

- *28 movements, Sir!*

Hwa-Rang Pattern : Red Belt Levels

Hwa-Rang is named after the Hwa-Rang youth group which originated in the Silla Dynasty about 1350 years ago. This group eventually became the actual driving force for the unification of the Three Kingdoms of Korea. - *29 movements, Sir!*