

# Terminology

English Terminology	Korean	Rank
Attention	Charyot	White Belt
Ready	Junbi	White Belt
To the Master (7th and 8th Dan)	Sahyun nim ke	1st Yellow Stripe
To the Instructor (4th to 6th Dan)	Sabum nim ke	1st Yellow Stripe
To the Assistant Instructor (1st to 3rd Dan)	Boosabum nim ke	1st Yellow Stripe
To the Examiner (for test)	Sim sa kwa num ke	Yellow belt
Bow	Kyong ye	White Belt
Training hall	Do jang	White Belt
Uniform	Do bok	White Belt
Attention stance	Charyot sogi	White Belt
Parallel ready stance	Narani junbi sogi	White Belt
Walking stance	Gunnun sogi	White Belt
Walking ready stance	Gunnun junbi sogi	1st Yellow Stripe
Sitting stance	Annun sogi	1st Yellow Stripe
"L" stance	Ninjun sogi	Yellow Belt
Fighting stance	Matsoge junbi sogi	Yellow Belt
"X" stance	Kyochoa sogi	2nd Green Stripe
Closed ready stance	Moa junbi sogi	Green Belt
Fixed stance	Gojung sogi	Green Belt
Bending stance	Goburyo sogi	Green Belt
Low stance	Nuancho sogi	Blue Stripe
Rear-foot stance	Dwit bal sogi	Blue Belt
One-leg stance	Waebal sogi	Red Stripe
Vertical stance	Soojik sogi	Red Stripe
Front snap kick	Ap chagi	White Belt
Turning kick	Doylo chagi	White Belt
Side kick	Yup chagi	White Belt
Back kick	Dwitcha chagi	Yellow Belt
Hooking kick	Goalcho chagi	1st Green Stripe
Reverse hooking kick	Bandae doylo chagi	2nd Green Stripe
Axe Kick	Naeryo chagi	Green belt
Twisting kick	Bituro chagi	Blue Belt

- |          |          |
|----------|----------|
| 1 Hana   | 6 Yasout |
| 2 Tul    | 7 Ilgop  |
| 3 Set    | 8 Yadul  |
| 4 Net    | 9 Ahop   |
| 5 Dasout | 10 Yul   |

Student Name: \_\_\_\_\_

Centre: \_\_\_\_\_

04/2010

# Beaches ITF Taekwon-Do Schools



General Choi Hong Hi  
Father of Taekwon-Do  
1918-2002

To put it simply, Taekwon-Do is a version of unarmed combat designed by General Choi Hong Hi in 1955 for the purpose of self-defence. It is more than just that, however. It is the scientific use of the body in the method of self-defence: a body that has gained the ultimate use of its facilities through intensive mental and physical training. It is a martial art that has no equal in either power or technique. Though it is a martial art, its discipline, technique, and mental training are the mortar for building a strong sense of justice, fortitude, humility and resolve.

It is this mental conditioning that separates true practitioners of Taekwon-Do from other sport.

This is one of the reasons that Taekwon-Do is called an art of self-defence. It also implies a way of thinking and living, particularly in instilling a concept and spirit of strict self-imposed discipline and an ideal noble moral rearmament. Taekwon-Do definitely enables the weak to possess a fine weapon together with a confidence to defend himself or herself and defeat the enemy as well.

Taekwon-Do is an excellent total body exercise and according to physical fitness experts, one of the fastest calorie-burning sports activities around.

*From the ITF Encyclopedia*

Rank	Minimum Test Requirement
White Belt	Saju-jirugi, walking stance, three basic kicks, jumping high kick, tenets, count to five
1st Yellow Stripe	Saju-magki, sitting stance, student oath, count to ten, self-defense #1-2
2nd Yellow Stripe	Sine wave, reaction force, backward motion, practice free-sparring, self-defense #3-4
Yellow belt	Chon-ji tul, 3-step #1, 2-step #1, back kick, sparring
1st Green Stripe	Dan-gun tul, 3-step #2, 2-step #2, hooking kick, flying side kick
2nd Green Stripe	Do-san tul, 3-step #3, 2-step #2, reverse hooking kick
Green Belt	Won-hyo tul, 3-step #4, 2-step #4, axe kick
Blue Stripe	Yul-gok tul, 3-step #5, 2-step #5, 360 kicks
Blue Belt	Joong-gun tul, 3-step #6, 2-step #6, 1-step #1, twisting kick
Red Stripe	Toi-gye tul, 3-step #7-8, 2-step #7, 2-step #2, jumping kicks
Red Belt	Hwa-rang tul, 3-step #9-10, 2-step #8, 1-step #3, jumping kicks
Black Stripe	Choong-moo tul, 3-step #11-10, 2-step #9-10, 1-step 4, jumping kicks

Courtesy • Integrity • Perseverance • Self-control • Indomitable Spirit

Meaning of Belt Colours	
<b>White</b>	Signifies innocence, as that of a beginning student who has no previous knowledge of Taekwon-Do.
<b>Yellow</b>	Signifies the Earth from which a plant sprouts and takes root as the Taekwon-Do foundations are being laid.
<b>Green</b>	Signifies the plant's growth as the Taekwon-Do skill begins to develop.
<b>Blue</b>	Signifies the Heaven, towards which the plant matures into a towering tree as training in Taekwon-Do progresses.
<b>Red</b>	Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.
<b>Black</b>	The opposite of white, therefore signifying maturity and proficiency in Taekwon-Do. It also indicates the wearer's imperviousness to darkness and fear.

### Meaning of Patterns

Chon-ji	means literally “the Heaven and the 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. This pattern consists of two similar parts; one to represent the Heaven and the other the Earth. (19)
Dan-gun	is named after the holy Dan-gun, the legendary founder of Korea in 2333 BCE (21)
Do-san	is the pseudonym of the patriot Ahn Chang-ho (1876-1938). The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.
Won-hyo	was the noted monk who introduced Buddhism in the Silla dynasty in the year 686 AD. (28)
Yul-gok	is the pseudonym of the great philosopher and scholar Yil (1536-1584) nicknamed the “Confucius of Korea”. The 38 movements of this pattern refer to his birthplace on the 38° latitude and the diagram represents scholar.
Joong-gun	is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. Ahn’s age when he was executed in Lui-Shung Prison (1910).
Toi-gye	is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on the 37° latitude, the diagram represents scholar.
Hwa-rang	is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7th century. The 29 movements of this pattern refer to the 29th Infantry Division, where Taekwon-Do developed into maturity.
Choong-moo	was the name given to the great admiral Yi Soon-Sin of the Lee Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king. (30)

### One-Step Sparring

1. A: Right middle side kick, step down beside, left back kick, step down beside, turning clockwise 180, dropping down on the left knee while performing a knife hand strike to the kidney D: L-stance low knife-hand block, step back, right low reverse knife-hand block, step down in L-stance knife-hand strike
2. A: Parallel stance right middle punch, low x-pressing block, right leg steps forward in a left L-stance performing a left checking block followed by a reverse middle punch D: Left middle reverse knife-hand block, right front snap kick, stepping forward into a right walking stance middle obverse punch
3. A: Right leg steps into a left L-stance reverse punch, right middle turning kick D: Right L-stance left palm block, step forward into a sitting stance right front block, right back-fist strike, jumping and performing a punch and upset punch with the right hand before landing in closed stance
4. A: L-stance punch, front leg side kick, step beside, left straight leg reverse turning kick D: L-stance palm block, rear-foot stance palm pressing block, double front block, punch

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### 3-Step Sparring

1. A: Three middle obverse walking stance punches D: Three middle inner-forearm blocks, reverse punch
2. A: Three middle obverse walking stance punches D: Three middle knife-hand blocks, flat fingertip thrust
3. A: Three middle reverse L-stance punches D: Three middle L-stance inner-forearm blocks, reverse punch in walking stance
4. A: Three middle obverse walking stance punches D: Two L-stance palm blocks, third one in x-stance, step behind in sitting stance, two punches to the kidneys
5. A: Three middle obverse walking stance punches D: Two L-stance palm blocks, step back in fighting stance, front snap-kick, checking block reverse punch in L-stance
6. A: Three middle obverse walking stance punches D: Two L-stance palm blocks, slide back in fighting stance, middle side kick, high turning kick
7. A: Three middle obverse walking stance punches D: Three inner-outer forearm blocks, slide in rear elbow, back fist strike in vertical stance
8. A: Three L-stance knife-hand strikes D: Three knife-hand guarding blocks, flat fingertip thrust to the armpit
10.A: Three high obverse walking stance punches D: Two walking stance high-rising blocks, L-stance high side elbow strike, pivoting, rear elbow strike
11.A: Three belt-level front-snap kicks D: Three low outer-forearm blocks, step to the side, chest level side kick
12.A: Three belt-level side kicks D: Three low L-stance knife-hand blocks, step back, high reverse hooking kick

### 2-Step Sparring

1. A: Walking stance middle punch, front-snap kick D: Middle outer-forearm block, low x-pressing block, twin vertical punch
2. A: Walking stance middle punch, turning kick D: L-stance palm block, step back checking block, L-stance reverse punch to the chest
3. A: Walking stance middle punch, side kick D: L-stance palm block, step in low knife-hand block step down L-stance knife-hand strike
4. A: Walking stance middle punch, front-snap kick D: L-stance inner-outer-forearm block, stationary low outer-forearm block, obverse punch
5. A: Front-snap kick, walking stance middle punch D: Right leg back, low outer-forearm block, checking block, reverse L-stance punch
6. A: Front-snap kick, walking stance middle punch D: Left leg back, low x-pressing block, checking block, reverse L-stance punch
7. A: Right side-kick, left back kick Left leg back, low knife-hand block in L-stance, step back, low reverse knife-hand block, step down L-stance knife-hand strike
8. A: Right high turning kick, left high reverse hooking kick D: Left leg back, high inner-outer forearm block, switch stance, high knife-hand block in right bending stance, left low pressing kick to the knee
9. A: Right side kick, 180 knife-hand strike D: Left leg back, right low knife-hand block in L-stance, right foot comes back, left foot steps forward, left middle knife-hand block, grasp wrist, twist arm while performing a low upset punch, then pull on arm while performing a middle turning kick
10.A: Left L-stance reverse lunge punch, bring the right foot back, left high reverse hooking kick