



What is Taekwondo?

General Knowledge:

- The martial art that we are practicing is called Taekwondo
- Taekwondo originated in Korea
- The word Taekwondo means “The Art of the Hands and Feet”
 - a. It is called the “Art of hands and feet” because we use the hands and feet to block, kick, and punch in self-defense.
- Our style of Taekwondo was founded by the Korean Army General Choi Hong Hi (sounds like Chay Hung Hee) on April 11, 1955
- Our style of Taekwondo is known as “Chang Hon” Taekwondo.
- Chang Hon Taekwondo has twenty-four patterns, one for each hour of the day
- Three objectives of Taekwondo: Justice, Harmony, Charity
- Number one priority of Taekwondo: To build a more peaceful world

Tenets of Taekwondo:

1. Courtesy: Respect for and consideration of yourself and others. Politeness. Being nice to others.
2. Integrity: Following a strict moral and ethical code. Being honest and loyal.
3. Perseverance: Never give up. Continuing despite challenges. Following through to achieve your goals.
4. Self-Control: The ability to control your emotions and desires. Exhibiting patience and discipline.
5. Indomitable Spirit: Maintaining inner strength and a positive attitude regardless of challenges. Bravery; Courage

Theory of Power (Six Elements):

1. Reaction force: every force has an equal and opposite reaction force
2. Concentration: applying the impact force onto the smallest target area will increase its effect
3. Equilibrium: a blow is most effective from a balanced body
4. Breath Control: a sharp exhale (kihap) at the moment of impact tenses the abdomen to concentrate maximum power, while a slow inhale helps prepare for the next movement
5. Mass: maximum power is obtained from using maximum body weight and speed
6. Speed: the most essential factor of force or power. Force equals mass multiplied by acceleration ($F=MA$)



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Taekwondo Training Secrets:

1. To study the theory of power thoroughly.
2. To understand the purpose and method of each movement clearly.
3. To bring the action of eyes, hands, feet and breath into one single coordinated action.
4. To choose the appropriate attacking tool for each vital spot.
5. To become familiar with the correct angle and distance for attack and defense.
6. Keep both the arms and legs bent slightly while movement is in motion.
7. All movements must begin with a backward motion with very few exceptions. However, once the movement is in motion it should not be stopped before reaching the target.
8. To create a sine wave during the movement by utilizing the knee spring properly.
9. To exhale briefly at the moment of each blow excepting a connecting motion.

Belts and Significance of Colors:

- There are six belt colors: white, yellow, green, blue, red and black.
- White is given to beginners and black is given to students who have progressed through the grades and have a solid foundation for learning the techniques of Taekwondo.
- White Belt - Signifies innocence, as that of the beginning student who has no previous knowledge of Taekwondo.
- Yellow Belt - Signifies the earth from which a plant sprouts and takes root as the foundation of Taekwondo is being laid.
- Green Belt - Signifies the plant's growth as Taekwondo skills begin to develop.
- Blue Belt - Signifies the Heaven towards which the plant matures into a towering tree as training in Taekwondo progresses.
- Red Belt - Signifies Danger, cautioning the student to exercise control and warning the opponent to stay away.
- Black Belt - Opposite of white, therefore signifying the maturity and proficiency in Taekwondo, also indicates the wearer's imperviousness to darkness and fear.

Classroom Commands/Korean words:

- Charyut: Attention stance
- Sheejak: Begin
- Koman: Stop
- Kyung ne: Bow
- Jhoon bee: Ready stance
- Bah ro: Back to ready stance
- Dojang: Martial arts studio
- Dobok: Uniform