



태권도



Student Handbook



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Taekwon-Do Oath

I shall practice Taekwon-Do only for self-defense and physical fitness.

I shall be more helpful to my community.

I shall respect others.

I shall never betray a trust.

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TAEKWON-DO: A WAY OF LIFE

In Korean, *tae* means “foot”, *kwon* means “fist”, and *do* means “the way”. When translated literally to English, Taekwon-Do means “The way of the foot and hand”. However, that definition suggests only the physical aspects, and does not sufficiently encompass all that is truly the art of Taekwon-Do.

There are many facets to Taekwon-Do, and while physical conditioning and self-defense skills are certainly advantages, there are other far-reaching benefits, including mental and physical fitness, personal discipline and self-confidence. It all has to do with the development of the Taekwon-Do spirit, which carries over into all aspects of a person’s life. “Do” in Korean implies a philosophical *way* of approaching life—a means by which understanding is achieved.

Taekwon-Do seeks to improve a person mentally, physically, and spiritually: The physical techniques strengthen the body and improve coordination and timing; the development of concentration strengthens the mind and improves mental attitudes. The combination of the mental and physical conditioning produces an all-around more positive outlook, better discipline and a renewed sense of confidence.

“The philosophy of Taekwon-Do is based on the ethical, moral, and spiritual standards by which men can live together in harmony.”

—General Choi Hong Hi, Founder of Taekwon-Do

A BRIEF HISTORY OF TAEKWON-DO

General Choi Hong Hi, the founding father of Taekwon-Do, was born in what is now North Korea on November 9th, 1918. During his youth, he was sent to study calligraphy under one of the most famous teachers in Korea. In addition to his skills as a calligrapher, his teacher was also a master of Taekkyon, the ancient Korean art of foot fighting. The teacher, concerned over the frail condition of his new student, began teaching him the rigorous exercises of Taekkyon to help build up his body. General Choi was sent to Japan to further his studies, and while there he earned a black belt in karate. Because the Japanese occupied Korea from 1909-1945, he was forced to join the Japanese army as a student volunteer. Toward the latter part of World War II, General Choi was able to return to his native Korea, where he subsequently received a 7-year prison sentence when his plans to overthrow the Japanese government were discovered. He was imprisoned until the end of the Japanese occupation of Korea in 1945.

Upon the liberation of Korea, in January of 1946 General Choi was placed in a privileged position as a founding member of the newly formed South Korean Armed Forces. He began to teach karate to his soldiers as a means of physical and mental training. He soon saw the need to develop Korea's own national martial art. It was with this ambition in mind that General Choi began to develop new techniques, combined with those learned from his studies of karate and Taekkyon. By the end of 1954 he had nearly completed the foundation of a new martial art for Korea, and on April 11, 1955, it was given the name "Taekwon-Do".

THE TRADITIONAL TAEKWON-DO COLLEGE

Bailey's Traditional Taekwon-Do College is headquartered in Edmonds, Washington. It is operated by Ed and Shirley Bailey, and has satellite schools throughout Washington and Oregon. The Baileys began teaching Taekwon-Do in Knappa, Oregon in 1973.

There are different national/international organizations which govern varying styles of Taekwon-Do. Bailey's Traditional Taekwon-Do College is not affiliated with any of these organizations, although the patterns studied are based on those of the International Taekwon-Do Federation, which was the original style of Taekwon-Do founded by General Choi Hong Hi. The style of Taekwon-Do seen in Olympic competition is of a different nature than the original style developed by General Choi.

The Traditional Taekwon-Do college has had a school in Duvall since 1985. Bob Crouch has studied Taekwon-Do since 1986, and has been the head instructor in Duvall since 1994.

TENETS OF TAEKWON-DO

The philosophy of Taekwon-Do is based upon constant striving for excellence. The goal is to become an honorable person with perfect character and physical condition. To realize the ultimate benefits of Taekwon-Do, one must practice it daily and commit to it for a lifetime. Though none of these goals is absolutely attainable, the key is in one's endeavors. In Taekwon-Do, we honor five fundamental tenets of living. These should serve as a guide to all serious students of the art, both inside and outside of class:

Courtesy. Students must show respect to their instructors, to higher ranking students and to all others. Students must be polite and encourage a sense of justice. Students must constantly look within themselves and not be quick to judge others.

Integrity. One must be able to define right and wrong and have the conscience, if wrong, to feel remorse. Within the Do-jang, one must honestly attempt to do whatever the instructor asks. If you are asked to do 20 pushups, do not do only 10 because the instructor is not watching you. Outside the Do-jang, students must not misrepresent themselves or rationalize their behavior.

Perseverance. Nothing of any true good comes easy. Perseverance and patience are required to excel at anything. Perseverance means sticking to it. If you fail the first time, or even the hundredth time, try again, confident that you will succeed as long as your purpose is worthy.

Self-Control. This tenet is extremely important inside and outside the Do-jang, either conducting oneself in free sparring or in one's personal affairs. Good self-control in free sparring enables you to execute stunning techniques without injuring your partners. Good self-control in daily life allows you to work comfortably and confidently with others.

Indomitable Spirit. Never be afraid to be yourself and trust your judgment. Indomitable spirit is what enables you to keep your ideals and your identity in the face of overwhelming pressures. It is the strength to reject the things that "everyone else is doing" if you believe them to be wrong.

The martial arts skills learned in Taekwon-Do are to be used to prevent conflict and violence. Never should a Taekwon-Do student initiate physical conflict, and the techniques of Taekwon-Do should be used only as a last resort in self-defense or in the defense of another person. Essentially, Taekwon-Do students are expected to be model citizens and work for the betterment of their community.

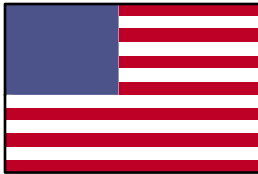
These tenets are the most important aspects of Taekwon-Do. Because they cannot be formally practiced in a classroom session in the manner of patterns or technique, it is up to the student to practice this way of approaching daily life on his or her own.

RULES AND GUIDELINES FOR THE DO-JANG

- Show courtesy to your instructor and fellow students by arriving promptly for workout.
- If you arrive for class early, begin stretching, practicing patterns, or working on techniques. There should be *no horseplay* whatsoever.
- Come to class with a positive attitude and be ready to work hard.
- Show courtesy to your fellow students by making sure that your uniform is clean (see page 5).
- Use the restroom *before* class begins.
- All male students are required to wear an athletic protector.
- Keep fingernails and toenails well-trimmed; do not wear large or unsafe jewelry during class or use safety pins to hold your uniform together.
- There is to be no gum-chewing, food or drink (other than water) in the Do-jang.
- There should be no unnecessary talking during the workout.
- Students must be blue belt or above to begin board breaking, and must be supervised by a brown belt or black belt when attempting a new breaking technique.
- Your instructor will inform you when it is time for your next promotion exam—*do not ask*.
- Do not teach Taekwon-Do techniques to anyone outside the Do-jang.
- Do not teach Taekwon-Do without written, certified consent from Mr. Bailey.
- Students may not participate in workouts or tournaments of other martial art schools without Mr. Bailey's permission. Students may observe other classes or tournaments if they choose.
- Do not demonstrate Taekwon-Do outside the Do-jang without permission from your instructor.
- Do not visit other schools within our organization, or participate in other classes without consent from your instructor.
- Do not leave uniforms or personal belongings in the Do-jang overnight.
- Bowing. One of the most unusual rules for western people is the act of bowing. Bowing is a way to show respect and acknowledgement for another student or the instructor. It is important to bow:
 - *Upon entering and leaving the Do-jang.*
By bowing when you enter the Do-jang, you are stating that the daily routine ends here, and now you are concentrating solely on Taekwon-Do. Similarly, with the bow upon leaving, you are stating that the physical lessons of Taekwon-Do are completed for the day.
 - *At start and end of the class.*
At the beginning and end of the class, the students are bowing to the instructor and the instructor to the students. Through the bow, the students and the instructor state their respect for each other.
 - *Before and after a partner exercise.*
The partners bow together. This shows that they respect each other regardless of age or any personal differences. This also indicates to each other that they are alert and will pay attention to their techniques, so that the partner will not be endangered.

UNIFORM SPECIFICATIONS

The uniforms worn by our organization are of the traditional “karate” style jacket, which opens in the front and ties closed. Uniforms are all white, with black belt uniforms being trimmed in black accordingly. No other styles of uniform are to be worn by our students. There are a variety of different material weights to choose from, and that option is available to students. Uniforms should be laundered regularly, and worn only for Taekwon-Do events. Please keep your uniform neat and clean, and wear with with pride.

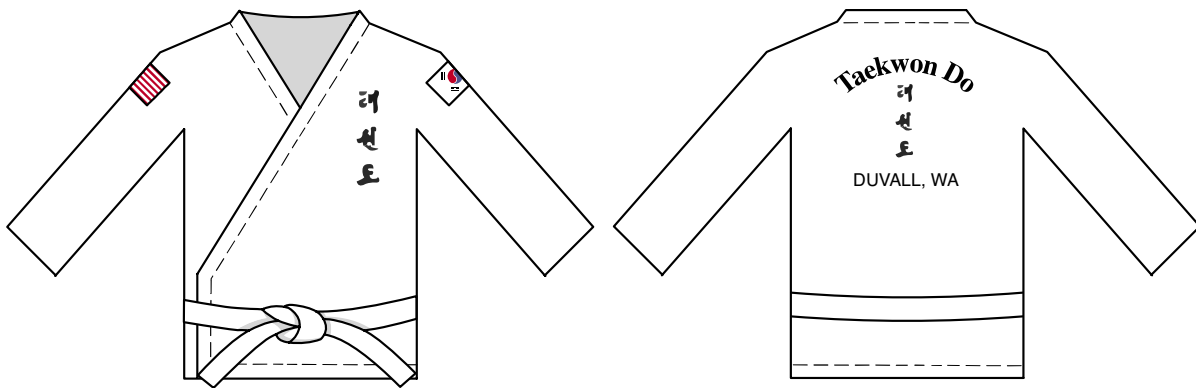


The American flag patch is worn on the RIGHT shoulder of the uniform top. Placement should be 1.5 inches from the top of the patch to the shoulder seam of the uniform.



The Korean flag patch is worn on the LEFT shoulder of the uniform top. Placement should be 1.5 inches from the top of the patch to the shoulder seam of the uniform. Please note the proper orientation of the Korean flag so that it is not positioned incorrectly.

Other than the American and Korean flags, no other patches are to be worn on our uniforms. Black belt students may wear additional patches to denote their certification as tournament officials and instructors.



You may elect to have your uniform embroidered, although it is not required. If you wish to do so, please speak with an instructor about how to have this done, as we have a selected vendor with whom we contract to do all of our embroidery. In place of direct embroidery, patches depicting the same information are also an option available.

THE SIGNIFICANCE OF PATTERNS (HYUNG)

The ancient law in the Orient was similar to the law of Hamurabi, “an eye for an eye, a tooth for a tooth,” and was rigorously enforced. That is, if a person hurt another—even accidentally—there was equal punishment for the act.

Due to these ancient laws, and since the present system of free sparring had not yet been developed, it was impossible for a student of the martial arts to practice or test his individual skill of attack and defense against actual moving opponents.

Individual advancement was certainly hindered until an imaginative practitioner created the first patterns. Patterns, or hyung, are various fundamental movements, most of which represent either attack or defense techniques, set to a fixed or logical sequence.

The student systematically deals with several imaginary opponents under various assumptions, using every available attacking and blocking tool from different directions. Thus pattern practice enables the student to go through many fundamental movements in series, to develop sparring techniques, improve flexibility of movements, master body shifting, build muscles and breath control, develop fluid and smooth motions, and gain rhythmical movements.

It also enables a student to acquire certain special techniques which cannot be obtained from either fundamental exercises or sparring. In short, a pattern can be compared with a sentence or paragraph, if fundamental movement is an individual student’s training or alphabet. Accordingly, pattern, the ledger of every movement, is a series of sparring, power, feats and characteristic beauty.

Though sparring may merely indicate that an opponent is more or less advanced, patterns are a more critical barometer in evaluating an individual’s technique.

The following points should be considered while performing patterns:

1. Pattern should begin and end at exactly the same spot. This will indicate the performer’s accuracy.
2. Correct posture and facing must be maintained at all times.
3. Muscles of the body should be either tensed or relaxed at the proper critical moments in the exercise.
4. The exercise should be performed in a rhythmic movement with an absence of stiffness.
5. Each pattern should be perfected before moving to the next.
6. Students should know the purpose of each movement. If not, they should seek out the answer.
7. Students should perform each movement with realism.
8. Attack and defense techniques should be equally distributed among right and left hands and feet.

Practice patterns with the utmost seriousness. While some of the classical moves may seem impractical for self-defense purposes, there is an underlying benefit of performing patterns. You learn to execute combinations with accuracy, speed, and power, as well as balance essential to defending yourself. Proper training of patterns will condition your body, and physical fitness is an essential element of Taekwon-Do. Execute each technique as if your life depends on it. Walking thru your pattern without applying power, focus and the necessary attention to detail will not enhance your ability to effectively defend yourself should the need ever arise.

Source of Reference: “Taekwon-Do” by General Choi Hong Hi

INTERPRETATION OF PATTERNS

The name of the pattern, the number of movements, and the diagrammatic symbol of each pattern symbolizes either heroic figures in Korean history or instances relating to historical events.

CHON-JI:

means literally “The Heaven the Earth”. It is, in the Orient, 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.

DAN-GUN:

is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2333 B.C.

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 to the Silla Dynasty in the year of 686 A.D.

YUL-GOK:

is the pseudonym of a great philosopher and scholar Yi I (1536-1584) nicknamed the “Confucius of Korea”. The 38 movements of this pattern refer to his birthplace on 38th 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 at 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 37th latitude, the diagram (~) represents “scholar”.

HWA-RANG:

is named after the Hwang youth group which originated in the Silla Dynasty in the early 7th century. The 29 movements 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 king.

RANK	BELT	HYUNG
10th Kup	white	Chon-Ji
9th Kup	2nd degree yellow	Dan-Gun
8th Kup	1st degree yellow	Do-San
7th Kup	2nd degree blue	Won-Hyo
6th Kup	1st degree blue	Yul-Gok
5th Kup	2nd degree purple	Joon-Gun
4th Kup	1st degree purple	Toi-Gye
3rd Kup	3rd degree brown	Hwa-Rang
2nd Kup	2nd degree brown	Choong-Moo
1st Kup	1st degree brown	All Hyungs
1st Dan	1st degree black	Kwang-Gae Poe-Eun Ge-Baek
2nd Dan	2nd degree black	Eui-Am Choong-Jang Ko-Dang
3rd Dan	3rd degree black	Sam-Il Yoo-Sin Choi-Yong
4th Dan	4th degree black	Yon-Gae Ul-Ji Moon-Moo
5th Dan	5th degree black	So-Song Se-Jong
6th Dan	6th degree black	Tong-Il

SIGNIFICANCE OF BELT COLORS

White: *Signifies the beginning, starting with a pure mind.*

Yellow: *The color of a spring sprout just after the seed has been planted.*

Blue: *The color of the summer sky toward which a maturing plant grows.*

Purple: *The color of the flowering plant.*

Brown: *The color of the harvest season.*

Black: *The opposite of white, therefore signifying proficiency.
Black is a combination of all of the colors of the universe.*

(for instructions on how to tie your belt, please refer to the notes at the back of the handbook)

FUNDAMENTALS OF SELF-DEFENSE: BEYOND PHYSICAL SKILLS

Taekwon-Do strives to teach the student that fighting, even if for self-defense, is not the goal. Learning to avoid situations where there is a need to defend oneself— learning to have enough confidence in who you are to walk away from confrontation rather than escalating it— is the essence of Taekwon-Do. In order to do this, broaden your perspective of self-defense to that of *maximum personal well-being*. This involves more than knowing how to fight or defend oneself against an attack. It starts with a strong, positive physical, mental and spiritual grounding. It includes such things as a good diet, exercise, poise and high self-esteem. It means keeping yourself physically and mentally fit.

If you carry yourself in a confident manner, it is far less likely you will ever be attacked. High self-esteem also will allow your good sense to prevail and keep you away from dangerous situations.

Daily practice of Taekwon-Do will not only give you the necessary self-defense skills, but also build self-confidence to maximize your *personal well-being*.

Preferred ways to maintain *maximum personal well-being*:

1. Stay away from potentially dangerous places or situations.
2. If you wander into such a situation, do not panic, but leave promptly.
3. If confronted, don't encourage an escalation of the conflict. Keep your cool.
4. If an attack is imminent, get away fast, if that is possible.
5. If you cannot get away, shout. Draw attention to your predicament and attempt to scare away your assailant.
6. If it becomes apparent that you absolutely cannot elude the attacker in any other way, you have no other choice than to defend yourself.

Maintaining your personal well-being, both physically and mentally, requires continuous commitment. To have effective power, speed and technique, one must practice regularly and diligently. Likewise you must constantly strive to be a better person on a mental/spiritual level.

Classes build strength, stamina and flexibility, which can be maintained over a long lifetime if the student practices on a regular basis each week. Classes also seek to instill a positive, proactive mental outlook—one where students are encouraged to reach for their full potential—not to realize their limitations. There is no quick-fix solution to obtaining a state of maximum personal well being. A constant maintenance, or total way-of-life approach is preferred. Taekwon-Do—it is a *way of life*.

TECHNIQUE: ACCURACY, SPEED AND POWER

In order for kicks and strikes to be effective, one must use the proper technique for delivery. Body position, breath control, muscle relaxation/tension must all be employed properly. When a kick (or strike) is delivered using proper technique, it carries with it *accuracy*, *speed* and *power*.

1. *Accuracy*: You need to hit what you're striking at. Know your target, and concentrate your focus on that target.
2. *Speed*: Speed enhances power (and also makes it more difficult for your opponent to grab your arm or foot when throwing a punch or kick). You can gain speed by becoming more flexible. A good stretching program helps. You must always stay relaxed, because anxiety tightens muscles and makes them slower.
3. *Power*: The ability to execute techniques with maximum force. To put the most power into your techniques, use the most muscle groups. When you punch, turn your hips, shoulders and wrist to get your entire body into the punch. Kicks which involve a pivoting foot derive much of their power from that pivot motion...a side kick which is delivered without pivoting the planted foot has much less power than when it is executed properly.

BREAKING (BLUE BELT AND ABOVE ONLY)

Breaking techniques are not a goal in themselves. They must be part of the total study of Taekwon-Do. There is good reason why students do not begin to break boards until they have attained the rank of blue belt: The beginner does not yet have the knowledge of proper technique required for breaking. Breaking techniques are the means whereby you demonstrate your confidence in your techniques.

As with sparring, breaking techniques require a great deal of accuracy and control—perhaps even moreso. With breaking, you either do or you don't. There is no question as to whether a technique was delivered properly. Power, too, comes through the perfection of breaking. Therefore, *accuracy, speed and power are the essentials for breaking techniques*. Your accuracy must be right-on; your aim must ensure that your weapon goes through the target at the exact point required. Properly done, you will know how effective your strikes are. You will know that if your target had been a point on an opponent's body, you would have shattered it.

As noted, breaking techniques develop confidence. In breaking you have the opportunity and the obligation to strike an exact spot—to focus and concentrate on a non-moving target. You must learn where to strike a target. If you don't hit the right spot on your target, you will be very aware of it, as it simply will not break.

Avoid psyching yourself up to the point where you become tense. Do not allow yourself to get “mad” at the target. Your mind must stay calm in order for your body to be relaxed and at a maximum state of readiness. Do not rush the kick/strike in an attempt to break the target. Control your technique. It will help you develop focus.

Avoid also the tendency to simply aim for the surface of the target. All materials have flexibility—some more than others: Bricks bend very little; wood and bones have a great deal of flexibility. Oddly enough, it is these materials which have the most bend in them that are the hardest to break. Everything breaks only after it is pushed past the limit of how far it bends. You must have the power and speed to push it past that limit before it has a chance to recover. You must aim for the wall *behind* the target. Penetrate the target. Omitting a loud “ki-yap” as you strike your target helps focus the simultaneous burst from all of your muscles at the point of impact.

You may have power and speed behind your strikes, but without concentration you will have neither focus nor penetration. If your mind is somewhere else, your concentration wanders and your worries about injury swim into your thoughts. When this happens, you cannot focus your mind on the target. Concern yourself only with the task at hand, which—when breaking—is pushing your technique *through* the target. This way of thinking is also applicable in daily life as well as the martial arts. Do not overextend yourself or look too far ahead—concentrate on what you are doing in the present, and complete this task before moving on to the next.

Good breaking techniques demand daily practice, concentration, focus, confidence and ability. By the time you have attained a level to begin breaking, you already know how to properly execute a kick or strike. From this point forward you will find that power, accuracy and speed are the best elements in the development of extra breaking techniques.

BASIC STRIKING TECHNIQUES:

(See section on sparring rules for legal use of techniques)

- Straight punch
- Upset punch
- Twin vertical punch
- Backfist strike (side or downward)
- Hammerfist strike (top or side)
- Knifehand strike (top or side)
- Ridgehand strike
- Palm heel strike
- Arch hand/crescent hand strike
- Spearhand
- Flat fingertip strike
- Elbow strike

BASIC BLOCKING TECHNIQUES:

- Low forearm block
- Middle forearm block (with closed fist as well as with knifehand)
- Single forearm rising block
- Single forearm block inward
- Single forearm block outward
- Crescent block
- Double forearm block (both forearms sweep to cover in front of you)
- Twin forearm block (one arm overhead, the other guarding outward)
- Crossing block

BASIC KICKING TECHNIQUES:

- Front thrust kick
- Side kick
- Roundhouse kick (ball of the foot weapon only- no instep)
- Twisting kick
- Hook kick
- Inner-edge crescent kick
- Outer-edge crescent kick
- Axe kick

SPARRING RULES

- Begin each match with a formal bow to your partner. Step back to sparring ready stance and wait for the instructor's command to start.
- Honor every point scored:
 - Pause, step back to your starting position, maintaining your guard.
 - Both partners bow to acknowledge the point.
 - Step back to ready stance and resume sparring.
- Points to the body are scored by lightly striking the target area with a legal weapon. "Lightly Striking" means touching but not penetrating.
- Points to the neck and head are scored when a legal weapon is pulled within four inches of striking. Even slightly touching the neck or head is grounds for disqualification.
- Target areas are:
 - Front of body from belt up; side of body from belt to armpit
 - Back of body; a six-inch stripe up the center of the back from belt to neck (shoulder blades and kidneys are not legal targets).
 - All of neck and head.
- Legal weapons:
 - *Legal hand weapons:*
 - Straight punch (to the body)
 - Knifehand strike inward and outward
 - Ridgehand
 - Hammerfist
 - Backfist
 - *Legal foot weapons:*
 - Front kick (ball of foot or heel)
 - Side kick
 - Roundhouse kick (ball of foot only)
 - Hook kick
 - Twisting kick
 - Axe kick
 - Crescent kick (inner or outer edge)
- Illegal techniques:
 - Striking opponent with elbows, knees, fingertips or palm heel
 - Straight punch to the neck or head
 - Grabbing or grappling with opponent
 - Any attack directed at a target below the belt
 - Any attack directed at the arms or legs
 - Takedowns
 - Any blind techniques
 - Charging-in too aggressively without a defense (*participants must assume responsibility when they are defending against or delivering an attack*).
- Finish each match by bowing to your partner, shaking hands and thanking them.

KOREAN TERMINOLOGY

Sabum (*Sabum-nim)	Instructor
Gwan won	Student
Do-jang	Training hall
Do-bok	Training uniform
Cha ryut.....	Attention
Kyong nae	Bow
Joon bi.....	Ready
Shi jak	Commence
Go mahn.....	Stop
Gahm sa hamnida.....	Thank you
Cheon maeneyo.....	You're welcome
Ki-yap	Shout used to gather and focus—to harmonize—body & energy (ki)

* “Nim” is a suffix added to “sabum” as a show of respect. If one is an instructor, they would refer to themselves as “sabum”.

COUNTING IN KOREAN

Hana	One
Dul.....	Two
Set	Three
Net.....	Four
Dasut	Five
Yasut.....	Six
Ilgop	Seven
Yadul	Eight
Ahop.....	Nine
Yaul	Ten

THE KOREAN FLAG



Summary

The meaning of the Korean National Flag is very philosophical. The origin comes from the Oriental philosophy called 'Um & Yang' (in Chinese, 'Yin & Yang'). In Korea, the symbol of 'Yin & Yang', and sometimes the flag itself, is called TaeGuk, and summarizes the thoughts of 'I Ching' (called 'Yeok' in Korean). The name means as much as the flag of 'Great Extremes'. The central thought is that while there is a constant movement within the sphere of infinity, there is also balance and harmony.

The four trigrams at the corners (called 'Kwe' in Korean) also represent the concept of opposites and balance. The trigrams represent heaven, earth, fire and water. Heaven is located at the upper left. Diagonally opposite is Earth. Water is located at the upper right, and diagonally opposite that is Fire. Looking at physical symbols of the trigrams, you can see that they are opposites as well: Three unbroken bars (heaven) vs. three broken bars (earth), etc. These trigrams perfectly block the inner symbol, creating perfect balance.

For the Korean people their flag is a source of pride and inspiration. During the Japanese occupation period beginning in 1910 the Korean flag was outlawed in public places and for about thirty five years the TaeGuk flags were kept hidden until Liberation Day in 1945. The Korean flag has been a symbol of this country's struggle for independence and freedom.

Origin

The oldest 'Yin/Yang' symbol, which was described in stone, was found in Korea. At the end of the 19th century, Korea needed a flag of its own. It is believed that Young-Hyo Park came up with the first concept. At that time, Korea was under the influence of all sorts of colonists like the Japanese, the Chinese and the Russian.

The symbols



Yin and Yang represent opposites, and express the dualism of the cosmos: Fire and water, good and evil, male and female, night and day, dark and light, construction and destruction, heat and cold, life and death, being and not being, plus and minus, and so on. A very old book called Choo-Yuk which is written by a Chinese claims all objects and events in the world are expressed by the movement of yin and yang. For example, the moon is yin while the sun is yang. The earth is yin and the sky is yang. The night is yin and the day is yang. The winter is yin and the summer is yang. Yin and yang are relative. Therefore, A can be yin with respect to B while A can be yang with respect to C. For example, the spring is yin with respect to the summer and it is at the same time yang with respect to the winter. The red upper half circle represents yang while blue lower half means yin.



Heaven



Fire



Water



Earth

The white background color of the flag symbolizes the purity of the Korean people and their peace-loving spirit. The flag as a whole symbolizes the ideal of the Korean people developing forever in harmony with the universe.

NOTES:

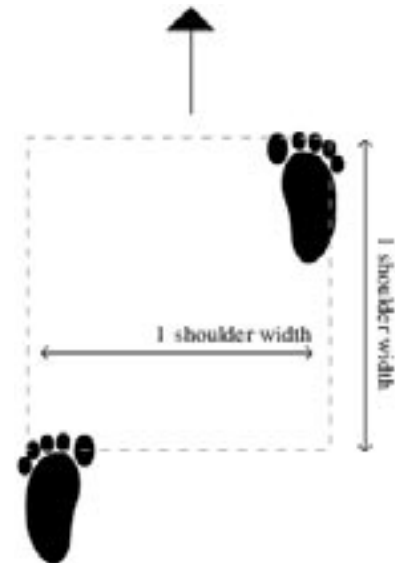
We have compiled some very basic notes here. You may wish to write down further notes as your studies progress.

Stances: Stances are the foundation of technique. Be solid and balanced in your stance before you try to deliver a technique. Relax when in your stance and feel your weight settle to the lower part of your body. In a solid stance you are rooted and powerful, yet because you are relaxed, you are calm and agile. Kicks can be delivered with speed and power from either a good front or back stance.

Front Stance:

- Rear leg locked straight, front leg bent.
- Equal weight distribution: the stance is as deep as it is wide
- Feet are shoulder width and one-half apart
- Feet are parallel to each other.
- Weight should be on outside edges of feet

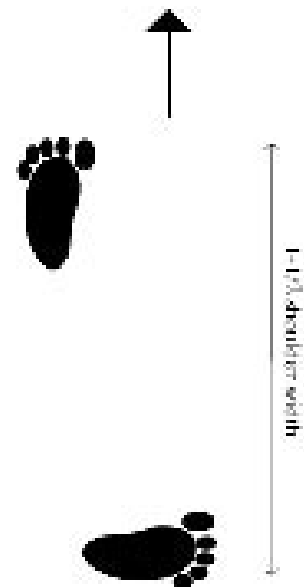
The ball of the foot should be in each corner so that if you pivot each foot you would still be in a front stance



Back Stance:

- Both front and rear legs are bent, knees pointing same direction as toes.
- ~75% of your weight is on the back leg.
- Feet are perpendicular to each other.
- Weight should be on outside edges of feet

Heels are lined up so that the back of the rear heel is in line with the inside of the big toe of the front foot



NOTES:

Patterns:

Begin a strong pattern with a crisp ready stance and a strong, confident ki-yap.

The first thing to move is your eyes/head, followed by your body.

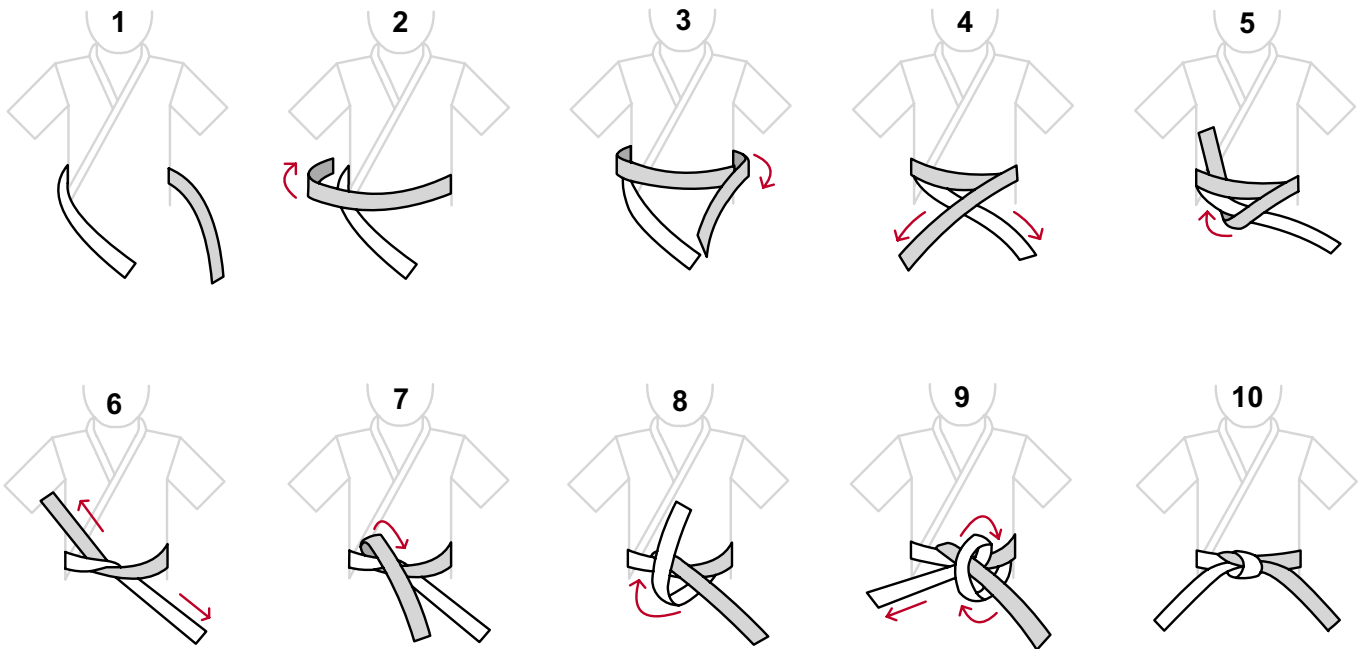
Set a strong stance before delivering the next technique and finish the technique before moving to the next one

Pull your chamber back just as hard as you are delivering the strike. The result of a strong delivery when harmonized with an equally strong chamber is that your entire body snaps taught and you generate the maximum force.

NOTES:

Belt tying:

Until you become proficient at tying your uniform belt, this diagram may help.



NOTES: