

# Turun ITF Taekwon-Do Beginners' Theory Package



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## **The history of Taekwon-Do (Taekwon-Do yoksa)**

Taekwon-Do is a traditional Korean martial art. Taekwon-Do means “the way of hand and foot” and is mainly used for self-defence. Taekwon-Do was founded by Grandmaster Choi Hong Hi, IX Dan (9.11.1918-15.6.2002). The name Taekwon-Do was officially coined on the 11<sup>th</sup> April 1955.

The International Taekwon-Do Federation, ITF, was founded in South Korea on the 22<sup>nd</sup> of March 1966.

Taekwon-Do was brought to Finland in 1979. The Finnish ITF (SITF, Suomen ITF) was founded in 1987.

Turun ITF Taekwon-Do is the ITF Taekwon-Do club operating in Turku. Turun ITF Taekwon-Do was founded in December 2016, and its head coach is Janne Vuononvirta, IV Dan.

## **Taekwon-Do’s Philosophy**

The true power of Taekwon-Do comes from controlling the mind and body. One without the other is not true Taekwon-Do.

## **Taekwon-Do Oath**

1. I will uphold the tenets of Taekwon-Do
2. I will respect teachers and senior grades
3. I will never misuse Taekwon-Do
4. I will become a champion of freedom and justice
5. I will help build a more peaceful world

## **Tenets of Taekwon-Do**

Courtesy (Ye Ui)

Integrity (Yom Chi)

Perseverance (In Nae)

Self-control (Guk Gi)

Indomitable Spirit (Baekjool Boolgool)

## Training suit and belt

### Training suit (Do Bok)

The traditional Taekwon-Do training suite is white, which symbolises purity and honesty. White is also a typical colour of traditional Korean dress. The dobok also distinguishes Taekwon-Do practitioners from those who practice other martial arts. The suit is intended to be undecorated and modest. The design on the back of the dobok shirt is the evergreen Taekwon-Do tree.

### Belt (Ti)

There are 19 belt ranks in Taekwon-Do: 10 coloured belts and 9 black belts. The first belt (10 gup) is white belt and the final coloured belt is red with a black stripe (1 gup). The order of the colours is shown below. Black belt ranks are marked with roman numerals: the lowest black belt rank is I Dan, and the highest is IX Dan.

10 gup	White belt	5 gup	Green belt with blue stripe
9 gup	White belt with yellow stripe	4 gup	Blue belt
8 gup	Yellow belt	3 gup	Blue belt with red stripe
7 gup	Yellow belt with green stripe	2 gup	Red belt
6 gup	Green belt	1 gup	Red belt with black stripe

### Significance of the belt colours

**White:** represents innocence, as the beginner has no previous knowledge of Taekwon-Do.

**Yellow:** represents the earth, from which a plant sprouts and takes root as the Taekwon-Do foundation is laid.

**Green:** represents the plant's growth, as Taekwon-Do skills begin to develop.

**Blue:** represents the heavens, towards which the plant matures into a towering tree, as training in Taekwon-Do progresses.

**Red:** represents danger, cautioning the student to exercise control and warning the opponent to stay away.

**Black:** the opposite of white, black represents maturity and proficiency in Taekwon-Do. Black also represents the holder's imperviousness to darkness and fear.

## Dojang etiquette

1. Always bow when entering and leaving the training hall (dojang).
2. Bow to the teacher when you arrive to training. If you enter the dojang before the teacher, bow to them as they enter. If you arrive after training has begun, approach the teacher, bow to them and wait patiently at the side of the room for permission to join the class.
3. Arrive to training on time. Inform the teacher if you are arriving late with good reason. If you must leave training early, inform and ask permission of the teacher before the start of the class.
4. Never leave the dojang without the teacher's permission. During training, the teacher must know at all times where their students are.
5. Do not be afraid to ask questions during training, but ask them politely, bowing to the teacher as you ask, and listening quietly to the answer. Bowing to the teacher after they have answered your question shows respect and thanks for their answer.
6. Never behave in a way that will disturb others' training, including leaving the dojang without permission, using inappropriate language or messing around. Wait for the teacher's permission before drinking and inform the teacher immediately if you need a break due to injury or another reason.
7. Keep finger and toenails short and tidy. Long and/or sharp nails present a risk both to yourself and others.
8. Remove all watches and jewellery before training. New piercings can be protected with tape.
9. Tie up long hair during training.
10. Wear sandals or socks when moving around the training hall and when not on the tatami. Keep your feet clean, for example by washing them before training. Avoid bringing dirt from outside onto the tatami.
11. Keep your mobile phone on silent during training.
12. Never practise techniques that are above your belt rank or not approved by your teacher. It is important to understand and perfect each technique at your level before learning new ones.
13. Never mock, laugh at or underestimate your fellow Taekwon-Do practitioners.

## Korean numbers

<b>1</b> hana	<b>5</b> dasot	<b>9</b> ahop
<b>2</b> dol	<b>6</b> yosot	<b>10</b> yol
<b>3</b> set	<b>7</b> ilgop	<b>11</b> yol hana
<b>4</b> net	<b>8</b> yodul	<b>12</b> yol dol...

## **Korean-English vocabulary list**

Tae = jumping, flying, to kick or smash with the foot

Kwon = to punch or destroy with the hand or fist

Do = art, way, discipline

Taekwon-Do = the way of foot and hand

ITF = International Taekwon-Do Federation

### **Commands**

Charyot = attention (usually before bowing)

Kyong ye = bow

Junbi = ready

Si jak = begin

Guman = stop

Kesok = continue

Swiyo = relax

Baro = return to ready position

Tyro tora = spot turn

Hae san = dismissed

### **Technique types**

Makgi = block

Jirugi = punch

Chagi = kick

Taerigi = strike

Tulgi = thrust

Milgi = slide

### **Four-directional movements**

Saju makgi = four-directional block

Saju chagi = four-directional kick

Saju jirugi = four-directional punch

### **Askelottelut**

Sambo matsogi = three-step sparring

Ibo matsogi = two-step sparring

Ilbo matsogi = one-step sparring

Han chok = one direction (step sparring)

Yan chok = two directions (step sparring)

### General terms

Tul = pattern

Matsogi = sparring

Saju = four directional

Hosin sul = self-defence

Sogi = stance

Sang = twin

Dollyo = turning

Daebi = guarding

### Directions

Ap = front

Yop = side

Yopap = side front

Dwit = back

Yopdwit = side back

Naeryo = downwards

Olligi/ollyo = upwards

Chukyo = rising

Bakkuro = outwards

An = inner

Bakat = outer

Baro = obverse (attacking tool is on the same side as the leading leg)

Bandae = reverse (attacking tool is on the opposite side to the leading leg)

### Target areas

Najunde = low section (below the navel)

Kaunde = mid-section (between navel and shoulders)

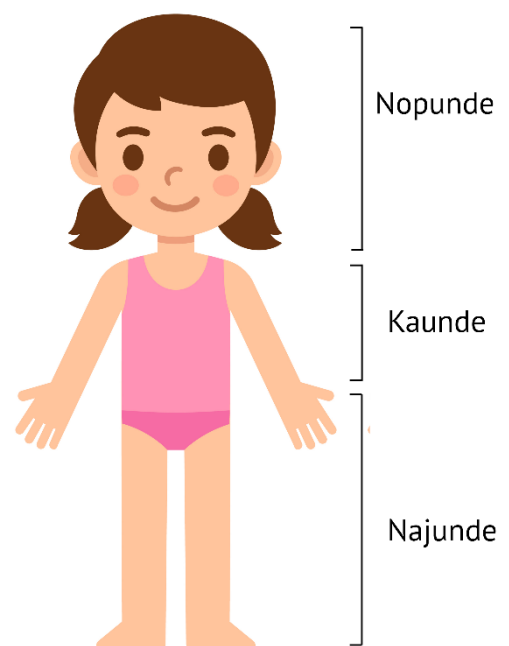
Nopunde = high section (above the shoulders)

### Training attire

Do jang = training hall

Do bok = training suit

Ti = belt



## **Titles**

Boosabumnim = assistant instructor (belt levels I-III Dan)

Sabumnim = instructor (vyöarvot IV-VI Dan)

Sahyunnim = master (vyöarvot VII-VIII Dan)

Saseongnim = grand master (vyöarvo IX Dan)

Dan = black belt grades, teacher grades

Gup = coloured belt grades, student grades

## **Body parts**

Palmok = forearm, 1/3 of the way along the arm from the wrist

An palmok = inner forearm (same side as thumb)

Bakat palmok = outer forearm (same side as little finger)

Son = hand

Sonkal = knifehand

Sonbadak = palm

Sonkut = toes

Joomuk = fist

Ap joomuk = foreknuckles

Palkup = elbow

Bal = foot

Apkumchi = ball of the foot

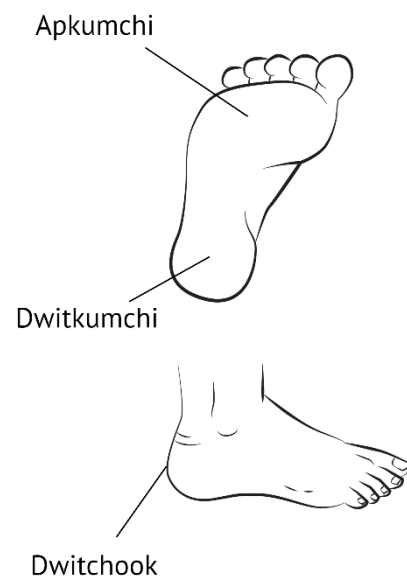
Moorup = knee

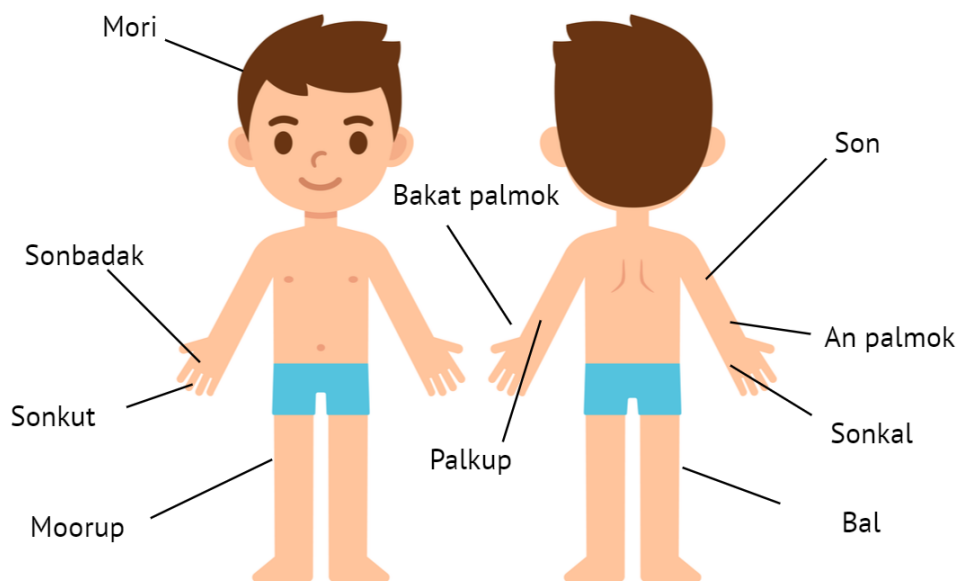
Mori = head

Nice to know:

Dwitkumchi – back sole

Dwitchook – back heel





### Kicks

Naeryo chagi = downward/axe kick

Apcha busigi = front snap kick

Apcha olligi = front rising kick (defensive)

Yopcha olligi = side rising kick (defensive)

Dollyo chagi = turning kick

Yop chagi = side kick

### Stances

#### Principles of a good stance:

1. Good posture, straight back
2. Relaxed shoulders
3. Lower core muscles engaged
4. Correct facing. Stances can be one of three facings: shoulders straight forwards (full-facing), shoulders at 45 ° (half-facing) or shoulders facing sideways (side-facing)
5. Good balance
6. Knees relaxed

### **Moa sogi (closed stance)**

- Heels and toes together
- Even weight distribution on both feet
- Good posture



### **Charyot sogi (attention stance)**

- Heels together, toes approximately 5cm apart
- 45 ° angle between the feet
- Good posture



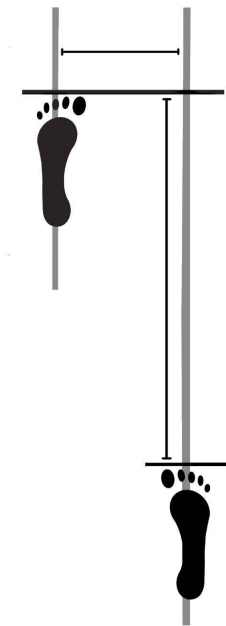
### **Narani sogi (parallel stance)**

- Feet 1 shoulder width apart
- Outsides of the feet parallel to each other
- Good posture



### Gunnun so (walking stance)

- Stance's length is 1 ½ shoulder widths from the toes of the front foot to the toes of the back foot
- 1 shoulder width wide as measured from the centre of each foot
- Weight distribution 50% on each leg
- Front foot faces forwards, back foot is turned 25 ° outwards
- Back leg is straight, front knee is bent such that the knee is directly above the heel
- Hips and shoulders face forwards, unless otherwise specified



### Annun so (sitting stance)

- 1 ½ shoulder widths wide as measured from the inside of both feet
- Weight distribution 50% on each leg
- Knees are bent and point outwards
- Outsides of the feet and hips face forwards
- Back straight with good posture



### Niunja so (L-stance)

- 1 ½ shoulder widths long measured from the toes of the front foot to the outside of the back foot
- 2.5 cm wide from the heel of the front foot to the heel of the back foot (big toe of the front foot on the same line as the heel of the back foot)
- 30% of the weight on the front foot, 70% on the back foot
- Both feet are turned 15 ° inward
- Front knee slightly bent
- Back knee is bent such that the knee is in the same line as the toes

- Shoulders at 45 ° to the direction of travel (half facing)

