

BEGINNERS INTRODUCTION TO TAE KWON DO

TAE KWON DO - TRANSLATION

The Korean art of hand and foot defense. TKD is the scientific use of the body for methods of self-defense, developed through intensive physical and mental training. It is a Martial Art which uses its discipline, techniques, and mental training to develop personal fortitude, humility and justice.

KOREAN TERMINOLOGY

- CHARYOT*- Attention (fists held at sides, feet together)
KONG YAY- Bow (bow with your body hands at sides, looking up)
JOONBEE- Ready (feet shoulder length apart, fist held at waist)
PARO- Return (Same position and Joonbee)

<i>TAE</i>	Foot	<i>SHEE JAK</i>	Begin	<i>CHAGEE</i>	Kick
<i>KWON</i>	Hand	<i>GOMAN</i>	Stop	<i>SHEE UH</i>	At ease
<i>DO</i>	Art	<i>TIDO TORA</i>	Turn around	<i>SABUM NIM</i>	Instructor

KOREAN COUNTING 1-10

- | | |
|------------|-------------|
| 1. Hanna | 6. Yuh shut |
| 2. Tul | 7. Il go |
| 3. Set | 8. Yul-dool |
| 4. Net | 9. Ah hoe |
| 5. Da shut | 10. Yul |

BASIC STANCES

HORSE STANCE READY (Keema jasa joonbee) - Feet 2 shoulder widths apart, toes pointing straight ahead, legs bent weight is even, right hand punch

WALKING STANCE (gunun sagee) - Feet 1 ½ shoulders apart, one step forward, bend front knee, back leg straight, weight is even

L STANCE (neeyounga sagee) - Feet form the letter “L” back foot turns 90 degrees to side, front foot moves ½ step forward. Body faces the direction of your back foot, both knees bent. 70% body weight on back foot, 30% body weight on front foot

FRONT KICK STANCE (Op chagee sagee) - Right foot back into walking stance arms bent at 90 degrees in front of upper body

READY POSITION (Joonbee) - Feet shoulder width apart hands held at waist elbows bent fist facing, knuckles in

CLOTHING

A beginning student needs to wear loose clothing for class. Uniforms will be available for students who want to continue training after their first class. ALL students must be in uniform during class once one is purchased and for promotion testing.