

## REVISION NOTES

**OATH**

As a student of Tae Kwon Do, I do solemnly pledge to abide by the rules and regulations of the Tae Kwon Do Association. To strive always to be modest, courteous, and respectful to all members in particular my seniors. To put the art into use only for self defence and defence of the weak and never to abuse my knowledge of the art.

**PRINCIPLES OF TAE KWON DO**

There are seven principles of Tae Kwon Do these are:-

- Breath Control
- Equilibrium
- Mass
- Accuracy
- Reaction Force
- Concentration
- Speed

**TENETS OF TAE KWON DO**

There are five tenets of Tae Kwon Do these are: -

- **Courtesy** To be polite to one's instructors, seniors and fellow students.
- **Integrity** To be honest with ones self. A student must know right from wrong.
- **Perseverance** To achieve a goal, whether it is a higher grade or a new technique one must not stop trying, one must persevere.
- **Self Control** To loose ones temper when performing a technique against an opponent can be very dangerous and shows lack of self-control. To live, work and train within ones own capability shows good self-control.
- **Indomitable Spirit** To show courage, when you and your principles are pitted against overwhelming odds.

## REVISION NOTES

# BELTS

## WHITE BELT

White belt signifies innocence, and that of a beginning student who has no prior knowledge of Tae Kwon Do.

## YELLOW BELT

Yellow belt signifies the earth, from which the plant sprouts and takes root, as the Tae Kwon Do foundations are being laid.

## GREEN BELT

Green belt signifies the plants growth as the Tae Kwon Do skills start to develop.

## BLUE BELT

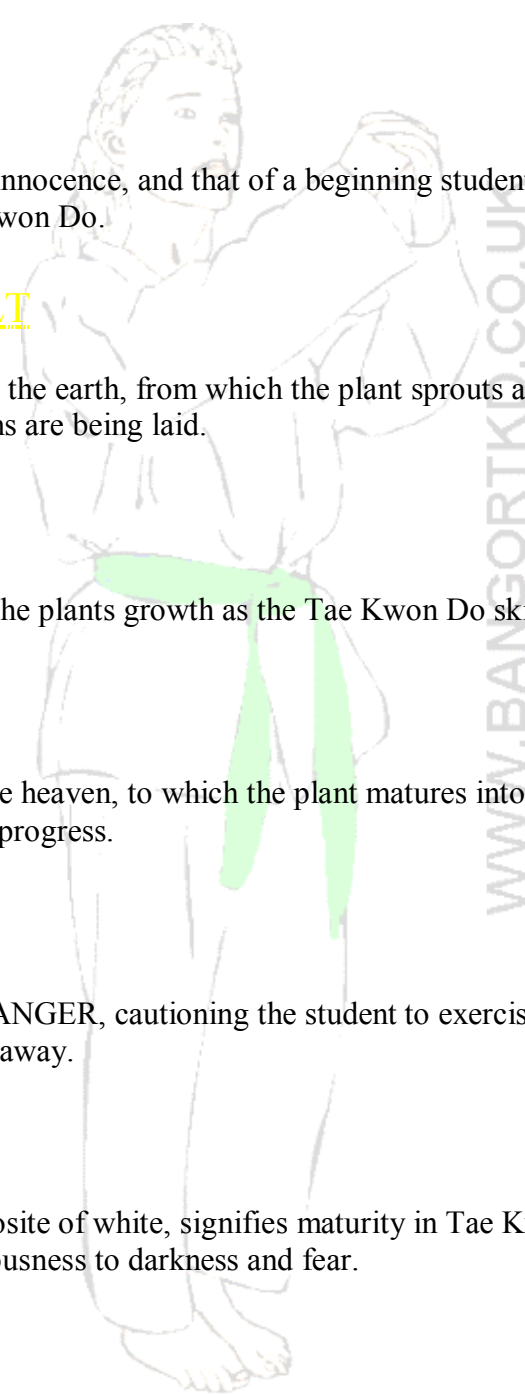
Blue belt signifies the heaven, to which the plant matures into a towering tree as the Tae Kwon Do skills progress.

## RED BELT

Red belt signifies DANGER, cautioning the student to exercise control and warning the opponent to stay away.

## BLACK BELT

Black being the opposite of white, signifies maturity in Tae Kwon Do, it also signifies the wearers imperviousness to darkness and fear.



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## REVISION NOTES

**1. GENERAL TERMS**

Training hall  
 Training suit  
 Instructor  
 Belt  
 Student

DOJANG  
 DOBOK  
 SABUM  
 TI  
 JEJA

**Commands**

Attention  
 Bow  
 Ready  
 Start  
 Stop  
 Return to  
 Ready stance  
 Dismiss  
 Forwards  
 Backwards  
 About turn

CHARYOT  
 KYONG-YE  
 CHUNBI  
 SI-JAK  
 GOMAN  
 BARROL  
 HAESSAN  
 APRO KAGGI  
 DWIYRO KAGGI  
 DWIYRO TORRO

**Counting**

One  
 Two  
 Three  
 Four  
 Five  
 Six  
 Seven  
 Eight  
 Nine  
 Ten

HANNA  
 DOOL  
 SETH  
 NETH  
 DASAUL  
 YASAUL  
 ILGOP  
 YODALL  
 AHOP  
 YOL

**Sections of the Body**

Low  
 Medium  
 High

NAJUNDE  
 KAUNDE  
 NOPUNDE



## REVISION NOTES

**2. PARTS OF THE BODY**

|               |              |
|---------------|--------------|
| Forefist      | AP JOOMUK    |
| Forearm       | PALMOK       |
| Inner Forearm | AN PALMOK    |
| Outer Forearm | BAKAT PALMOK |

**3. STANCES**

|                  |              |
|------------------|--------------|
| Attention Stance | CHARYOT SOGI |
| Parallel Stance  | NARANI SOGI  |
| Sitting Stance   | ANNUN SOGI   |
| Walking Stance   | GUNNUN SOGI  |

**4. BASIC MOVEMENTS****1. DEFENSIVE**

|                     |                    |
|---------------------|--------------------|
| Inner Forearm Block | AN PALMOK MAKGI    |
| Outer Forearm Block | BAKAT PALMOK MAKGI |
| Front Rising kick   | AP CHAOLLIGI       |
| Side Rising Kick    | YOP CHAOLLIGI      |

**2. OFFENSIVE**

|               |              |
|---------------|--------------|
| Obverse Punch | BARO JURUGI  |
| Reverse Punch | BANDAE JURGI |

**5. EXERCISE**

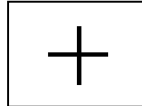
|                     |             |
|---------------------|-------------|
| 4 Directional punch | SAJO JURUGI |
|---------------------|-------------|

## REVISION NOTES

PATTERN SAJO JIRUGI A

NUMBER OF MOVEMENTS 15

DIAGRAM



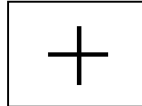
| STEP MOVE |              | STANCE                | TECHNIQUE                   |
|-----------|--------------|-----------------------|-----------------------------|
|           |              |                       | START IN NARANI CHUNBI SOGI |
| 1         | R Ft<br>Fwd  | R Gunnun              | Kaunde Baro Jirugi          |
| 2         | Turn L<br>90 | L Gunnun              | Najunde Bakat Palmok Makgi  |
| 3         | R Ft<br>Fwd  | R Gunnun              | Kaunde Baro Jirugi          |
| 4         | Turn L<br>90 | L Gunnun              | Najunde Bakat Palmok Makgi  |
| 5         | R Ft<br>Fwd  | R Gunnun              | Kaunde Baro Jirugi          |
| 6         | Turn L<br>90 | L Gunnun              | Najunde Bakat Palmok Makgi  |
| 7         | R Ft<br>Fwd  | R Gunnun              | Kaunde Baro Jirugi          |
| 8         | Turn L<br>90 | Narani<br>Chumbi Sogi | -                           |
| 9         | L Ft<br>Fwd  | L Gunnun              | Kaunde Baro Jirugi          |
| 10        | Turn R<br>90 | R Gunnun              | Najunde Bakat Palmok Makgi  |
| 11        | L Ft<br>Fwd  | L Gunnun              | Kaunde Baro Jirugi          |
| 12        | Turn R<br>90 | R Gunnun              | Najunde Bakat Palmok Makgi  |
| 13        | L Ft<br>Fwd  | L Gunnun              | Kaunde Baro Jirugi          |
| 14        | Turn R<br>90 | R Gunnun              | Najunde Bakat Palmok Makgi  |
| 15        | L Ft<br>Fwd  | L Gunnun              | Kaunde Baro Jirugi          |

## REVISION NOTES

PATTERN SAJO JIRUGI B

NUMBER OF MOVEMENTS 15

DIAGRAM



| STEP MOVE                   |              | STANCE                | TECHNIQUE              |
|-----------------------------|--------------|-----------------------|------------------------|
| START IN NARANI CHUNBI SOGI |              |                       |                        |
| 1                           | R Ft<br>Fwd  | R Gunnun              | Kaunde Baro Jirugi     |
| 2                           | Turn L<br>90 | L Gunnun              | Kaunde An Palmok Makgi |
| 3                           | R Ft<br>Fwd  | R Gunnun              | Kaunde Baro Jirugi     |
| 4                           | Turn L<br>90 | L Gunnun              | Kaunde An Palmok Makgi |
| 5                           | R Ft<br>Fwd  | R Gunnun              | Kaunde Baro Jirugi     |
| 6                           | Turn L<br>90 | L Gunnun              | Kaunde An Palmok Makgi |
| 7                           | R Ft<br>Fwd  | R Gunnun              | Kaunde Baro Jirugi     |
| 8                           | Turn L<br>90 | Narani<br>Chumbi Sogi | -                      |
| 9                           | L Ft<br>Fwd  | L Gunnun              | Kaunde Baro Jirugi     |
| 10                          | Turn R<br>90 | R Gunnun              | Kaunde An Palmok Makgi |
| 11                          | L Ft<br>Fwd  | L Gunnun              | Kaunde Baro Jirugi     |
| 12                          | Turn R<br>90 | R Gunnun              | Kaunde An Palmok Makgi |
| 13                          | L Ft<br>Fwd  | L Gunnun              | Kaunde Baro Jirugi     |
| 14                          | Turn R<br>90 | R Gunnun              | Kaunde An Palmok Makgi |
| 15                          | L Ft<br>Fwd  | L Gunnun              | Kaunde Baro Jirugi     |