VOCABULARY

Essential Knowledge

MEANING OF TAE KWON DO
Tae means Feet - smashing with kicking techniques.
Kwon means Fists - smashing with hand techniques.
Do means Art Of.
Putting it all together, Tae Kwon Do is the self-defense martial arts utilizing both hand and foot techniques, which originated from Korea over 2000 years ago.

BEGINNNER
June Bee = Ready
Cha Ryot = Attention
Bar Rot = Return to Cha Ryot
Kyung Rae = Bow/Salute
Pil Sung = Certian Victory
She O = At Ease
She Jark = Begin
Koo Marn = Finish
Do Jang = Training Hall
Kwan Jang Nim = Master Inst.
Sar Bum Nim = Instructor
Do Bok = Uniform
Kee Harp = Yell

INTERMEDIATE
Dwi Ro Doe Ra = About Face
Bal Bar Kuo = Switch Feet
Son Bar Kuo = Switch Hands
Har Darn = Low section
Joong Darn = Middle Section
Sarng Darn = High Section
Parl Soop = Elbow
Kwarn Soo = Fingertip
Soo Doe = Knifehand
Tae Kwon = Backfist
Jo Kyo Nim = Assistant Instructor
Kook Kee = Flag
Mook Sang = Concentration

ADVANCED
Arn Pal Mork = Inner Forearm
Bar Kart Parl Mork = Outer Forearm
June Bee So Kee = Ready Stance
Dae Be So Kee = Fighting Stance
Arn Noon So Kee = Sitting Stance
Korn Noon So Kee = Walking Stance
Knee Woo Jar So Kee = L Stance
Mo Are So Kee = Closed Stance
Kyo Cha So Kee = X Stance
Oe Bal So Kee = Bending Ready Stance
Kwit Bal So Kee = Rear Foot Stance
Ko Chong So Kee = Fixed Stance

TENETS OF TAE KWON DO
Courtesy
Integrity
Perseverance
Self-Control
Indomitable Spirits

STUDENT PLEDGE
To train both mind and body through Tae Kwon Do.
To be a courageous opponent against untruth.
To promote friendly relations among all.
To be loyal to my school and my instructors.
To obey the rules of my school and my Tae Kwon Do instructors.

STUDENT OATH
I shall observe the principles of Tae Kwon Do.
I shall respect the instructor and all senior ranks.
I shall never misuse Tae Kwon Do.
I shall be a champion of freedom.
I shall build a more peaceful world.

ETHICAL RULES OF TAE KWON DO
Loyalty to Nation.
Obedience to Parents.
Good faith among friends.
Never retreat from enemy attack.
Refrain from senseless killing.

COMPOSITION OF TAE KWON DO
Basic Techniques
Hyung
Sparring
Power Development
Discipline and Morality

TYPES OF TAE KWON DO TECHNIQUES
Traditional: application for self-defense.
Tournament: to acquire quick and easy points.
Demonstration: to show beauty and grace.

NUMBERS
1 = **Hanna**
2 = **Dool**
3 = **Set**
4 = **Net**
5 = **Dar Sot**
6 = **Yo Sot**
7 = **Ill Korp**
8 = **Yo Doll**
9 = **Are Hope**
10 = **Yol**

When you know 1 to 10, counting higher is the same as in English above Twenty (21 Twenty One, 22 Twenty Two...) Shown are 11 to 19 to give you the idea: 11 Yol Hanna, 12 Yol Dool, 13 Yol Set, 14 Yol Net, 15 Yol Dar Sot, 16 Yol Yo Sot, 17 Yol Ill Korp, 18 Yol Yo Doll, 19 Yol Are Hope, 20 Soo Mool, 30 Sir Roon, 40 Mar Hoon, 50 Sheen, 60 Ye Soon, 70 E Roon, 80 Yo Doon, 90 Are Hoon, 100 Back.