

Fundamental

Movements



Vertical Stance Knife-hand Downward Strike
Soojik So Sonkal Naeryo Taerigi

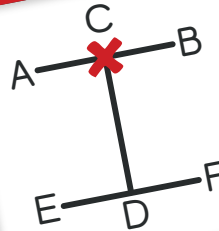


L-Stance Upward Punch
Niunja So Ollyo Jirugi



L-Stance Obverse Punch
Niunja So Baro Jirugi

Pattern (Tul)



Hwa-Rang
29 Movements



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The Kick



Side Turning Kick
Yop Dollyo Chagi

Theory

HWA-RANG: Named after the Hwa-Rang 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.

MORAL CULTURE

Moral culture is the endeavor and process of becoming an exemplary person. To become such a person, one has to first find himself and acquire a moral character which is respected by all. This can only be achieved through constant practice of mental discipline. Thus, if the times call for it, the mentally disciplined man can contribute to the building of an ideal society through wise counsel to the government and, even after death, through his everlasting examples. Everyone of us, as a social being, desires to live in a free and peaceful society. At the same time. It is our obligation to build such society for the people. In Taekwon-Do a heavy emphasis is placed on moral culture, for it not only promotes a healthy body and keen mind but good sportsmanship and the perfection of moral behavior. As ancient Greeks first espoused in their sound mind, sound body, creative spirit concept, the more disciplined and cultivated the mind is, the more disciplined and cultivated will be the student's use of Taekwon-Do.

1. **HUMANITY (IN):** The ability to feel sorrow for the misfortunes of fellow men and love them all equally as parents love their children equally. To implement humanity he said one should practice utmost prudence, modesty and discretion in everyday life, devote oneself to assigned work be it large or small and demonstrate sincerity to others at all times.
2. **RIGHTEOUSNESS (JI):** The ability to feel ashamed of unjust acts and to do one's duty to others.
3. **PROPRIETY (YE):** Unlike animals fighting over food, a courteous man would offer another man a piece of bread even though both were starving, out of respect and good manners.
4. **WISDOM (JI):** The ability to judge right from wrong, not especially in matters concerning the right and wrong of others but in matters concerning oneself.
5. **TRUST (SHIN):** The ability to keep one's words and promises, not only to one's friends but to everyone in general. Without trust a person loses all principles and dignities and becomes a liar and a cheater.