

## The three Kicks



Front Snapping Kick  
*Apcha Busigi*



Turning Kick  
*Dollyo Chagi*



Side Piercing Kick  
*Yopcha Jirugi*

## Fundamental Movements



Walking Stance Middle Front Punch  
*Gunnun So Kaunde Ap Jirugi*

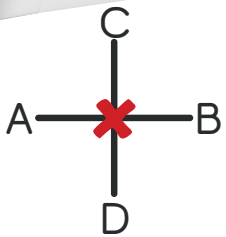


Walking Stance Forearm Low Block  
*Gunnun So Palmok Najunde Makgi*



Walking Stance Knife-hand Low Block  
*Gunnun So Sonkal Najunde Makgi*

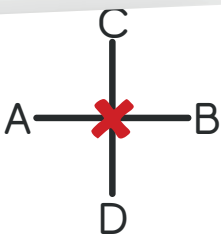
## Fundamental



Four Directions Punch  
*Saju Jirugi*

7 Movements

## Excercises



Four Directions Block  
*Saju Makgi*

8 Movements

## Theory

### THE TENETS OF TAEKWON-DO

**COURTESY (Ye Ui):** A courtesy is a polite remark or respectful act. Being considerate about others. Holding doors, sharing food, stepping back, carrying groceries, offering a helping hand or giving up a seat on the bus are examples of Courtesy.

**INTEGRITY (Yom Chi):** One must be able to define right and wrong and have the conscience, if wrong, to feel guilty.

**PERSEVERANCE (In Nae):** Patience leads to virtue or merit. Persistence in doing something despite difficulty or delay in achieving success.

**SELF-CONTROL (Guk Gi):** This tenet is extremely important inside and outside the do-jang, whether conducting oneself in free sparring or in one's personal affairs. A loss of self-control in free sparring can prove disastrous to both student and opponent. An inability to live and work within one's capability or sphere is also a lack of self-control.

**INDOMITABLE SPIRIT (Baekjul Boolgool):** A serious student of Taekwon-Do will at all times be modest and honest. If confronted with injustice, He or She will deal with the belligerent without any fear or hesitation at all, with indomitable spirit, regardless of the number and size of the opponents.

### THE MEANING OF TAEKWON-DO:

"Tae" stands for: to kick or smash with the foot.

"Kwon": to punch or destroy with the hand or fist.

"Do" means an art or way.

Thus taken collectively "Taekwon-Do" indicates the mental training and the techniques of unarmed combat for self-defence as well as health, involving the skilled application of punches, kicks, blocks and dodges with bare hands and feet to the rapid destruction of the moving opponent or opponents.

**Founder Taekwon-Do:** General Choi Hong Hi

**Numbers in KOREAN:** hana (1), dul (2), set (3), net (4), daseot (5), yeoseot (6), ilgop (7), yeodeol (8), ahop (9), yeol (10).

**Place for practice:** DOJANG **Uniform:** DOBOK **Belt:** TI

**Instructor until 3rd DAN:** SABUM

**Instructor 4th to 6th DAN:** SABUM-NIM

**Instructor 7th and 8th DAN:** SAKHYO-NIM

**Grand Master 9th DAN:** SASUNG-NIM