

## The Kick

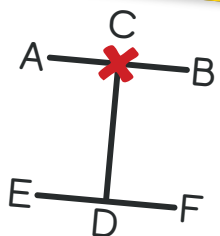


Stepping Side Kick  
*Yop Chagi*



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## Pattern (Tul)



*Dan-Gun*  
21 Movements

## Fundamental Movements



L-stance Knife-hand Guarding Block  
*Niunja So Sonkal Daebi Makgi*



Walking Stance High Punch  
*Gunnun So Nopunde Jirugi*



L-stance Twin Forearm Block  
*Niunja So Sang Palmok Makgi*

## Theory

### HISTORY OF TAEKWON-DO

Although the origins of the martial arts are shrouded in mystery. We consider it an undeniable fact that from time immemorial there have been physical actions involving the use of the hands and feet for purpose of self-protection. It is believed that Taekwon-Do originates more than 1300 years ago in Korea, initially known as Taek Kyon. It started to evolve during the kingdoms of Silla and Koryo. At the end of Yi dynasty martial arts seem to be inexistent and later forbidden by the Japanese during the occupation of Korea.

After Korea's release in 1945, the 2nd Lieutenant Colonel Choi Hong Hi started to teach his martial art to the soldiers. On April 11, 1955 the name Taekwon-Do is given.

The International Taekwon-Do Federation (ITF) is an international taekwondo organization founded on March 22, 1966, by Choi Hong Hi (Korean: 최홍희) in Seoul, South Korea. The ITF was founded to promote and encourage the growth of the Korean martial art of Taekwon-Do.

**DAN-GUN:** Named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 B.C.

### MEANING OF THE BELT COLORS

**White:** Signifies innocence, as that of the beginning student who has no previous knowledge of Taekwon-Do.

**Yellow:** Signifies the earth from which a plant sprouts and takes root as the foundation of Taekwon-Do is being laid.

**Green:** Signifies the plant's growth as Taekwon-Do skills begin to develop.

**Blue:** Signifies the Heaven towards which the plant matures into a towering tree as training in Taekwon-Do progresses.

**Red:** Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

**Black:** Opposite of white, therefore signifying maturity and proficiency in Taekwon-Do; also indicates the wearer's imperviousness to darkness and fear.