Black Belt Test 1 Study Guide

The five Tenets of Tae Kwon Do

Ye Ui: Courtesy – Be respectful of others
Yom Chi Integrity – Be honest in everything you do
In Nae Perseverance – keep going after you have no energy left
Guk Gi Self-Control – Do not lose your temper
Beakjul Boolgool Indomitable spirit – your spirit cannot be broken

How Does Tae Kwon Do Build Confidence?

Knowledge for my mind.
Honesty in my heart.
Strength for my body.

Student Etiquette

Uniforms should be ____clean____ and your belt should be ____worn____ at all times.
Belts must be tied in a ____square____ knot round side up.
Students must bow when entering the Do Jang to show respect to other ____students____, the instructor____, and the ____flag____.
Students should not leave the ____Do Jang____ without permission of the instructor.
No ____candy____ or ____gum____ chewing during class.
No ____un-sportsmanlike____ conduct will be permitted.
Always face ____opposite____ from the instructor and the flag when adjusting your uniform.
All ____Sparring____ must be controlled.
History of Tae Kwon Do

The first traces of Tae Kwon Do were in 37 B.C.

Tae Kwon Do is 21 Centuries old.

The first kingdom of Tae Kwon Do was Silla.

The Dynasties of Tae Kwon Do were (in order):

Kogur Yo
Koryo
Yi

Tae Kwon Do was first called Subak.

In 1945, Korea became liberated from Japan and Tae Kwon Do became popular again.

In 1945, Tae Kwon Do was introduced to the United States.

The first world Tae Kwon Do championship was in Seoul, Korea, in 1973.

Villagers used Tae Kwon Do to defend themselves when the military would attack.

Tae Kwon Do is an Olympic Medal sport in Sydney, Australia in the year 2000.

Korean Words used in Tae Kwon Do

Tae Kwon Do means Foot Hand Art.

Tae means to kick.

Kwon means to punch.

Do means Art.

Korean Count

One - Hana
Two - Dool
Three - Set
Four - Net
Five - Daysut
Six - Yasut
Seven - Elgog
Eight - Yudol
Nine - Ahop
Ten - Yul
Dee – belt
Dobulk or Gi – uniform
Dojang – Training Room
Kyobumnim - Instructor
Sahbumnim - Master
Chung Sahnim – Senior Instructor
Kwan Jangnim - Grand Master
Sunbumnim - Highest Ranking Student
Poomse or Hyung - Forms
Kyoroogi - Sparring
Tae Guek – The Vastness of the Universe
Doll Yo-Chaki – Round house kick
Yop Changi - Sidekick
Chyurat - Attention
Khung Neh -Bow
Jhon B – Ready Stance
Dolra – Turn Around
Baro - Return
Sho - Relax
Kito-Let – About Face
Shuit – At Ease
Ha-Cha – Class Dismissed
Kamsahamnida – Thank you for class
Sei Jak - Begin
Gooman - Stop
Mahki - Block
Chagi - Kick
Hogoo - Chest Guard
Kihap : Your yell, Reasons for yelling

Tighten your stomach
Scare your opponent
Call up your energy.

Basic Skills

All Blocks must be 135 degrees.

Your weight on a front stance must be 50/50.
Your weight on a back stance must be 70/30.
Your weight on a cat stance must be 90/10.

Forms are used to practice technique, concentration, and to show the beauty of the martial art, Tae Kwon Do.

High punches should be in the fultrim (nose/top of lip).
Middle punches should be in the solar plexus (stomach).
Low punches should be in the groin area.

Kicks

Roundhouse – kick with the shin, instep, or ball of the foot.
Front kick – Kick with the Ball of the foot.
Pushing kick – Kick with the Heel of the foot.
Pick ax – Kick with the Heel of the foot. (or Ball during tournaments)
Swing kick – Kick with the Blade of the foot.
Hook kick – Kick with the Heel or Ball of the foot.
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