

태권도

FIRE DRAGON TAEKWONDO



STUDENT GUIDE

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FIRE DRAGON TAEKWONDO

MISSION STATEMENT

We are a martial arts school where the genuine care and growth of our students is our highest mission.

Our goal is to provide the finest training, personal development skills and community-oriented services to our student body.

Martial arts study should invigorate the students aspirations, strengthen their commitment, instill well being and fulfill even their unexpressed wishes and desires.

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FIRE DRAGON TAEKWONDO

STUDENT CREED

1. I INTEND TO DEVELOP MYSELF IN A POSITIVE MANNER AND AVOID ANYTHING THAT CAN REDUCE MY MENTAL GROWTH OR PHYSICAL HEALTH.
2. I INTEND TO DEVELOP SELF-DISCIPLINE IN ORDER TO BRING OUT THE BEST IN MYSELF AND OTHERS.
3. I INTEND TO USE WHAT I LEARN IN CLASS, CONSTRUCTIVELY AND DEFENSIVELY, TO HELP MYSELF AND MY FELLOW HUMAN BEINGS AND NEVER BE ABUSIVE OR OFFENSIVE.

FIRE DRAGON TAEKWONDO

SCHOOL OATH

- 1. I WILL OBSERVE THE PRINCIPLES OF TAEKWONDO.**
- 2. I WILL BE LOYAL TO MY NATION AND RESPECT MY PARENTS.**
- 3. I WILL BE OBEDIENT TO MY INSTRUCTOR.**
- 4. I WILL RESPECT THE INSTRUCTOR AND ALL SENIOR RANKS.**
- 5. I WILL PRACTICE PATIENCE AND COURTESY WITH MY JUNIORS.**
- 6. I WILL NEVER MISUSE TAEKWONDO.**



1

WHAT IS TAE KWON DO?

TAE KWON DO is an ancient Korean art of self-defence, which has been developing for over twenty centuries. The literal translation of the term **TAE KWON DO** from Korean to English defines the art simply but clearly:

TAE: means kicking, flying feet (**FOOT**)
KWON: means punching or striking with the hands (**HAND**)
DO: means the way, the method or the Art (**MIND**)

TAE KWON DO is not only a method of physical conditioning but also a philosophy. Students develop mental discipline, concentration, patience and control.

Training begins with basic movements such as kicking, blocking and punching as well as stance and overall conditioning. During practice sessions punches and kicks are pulled so that they do not make excessive contact. Students are instructed to assume responsibility not only for themselves but also for their training partners.

As training progresses, movements and techniques become more complicated and diversified, allowing the simultaneous execution of several movements from the same position while developing speed, power, timing and good technique.

The techniques and patterns practiced and taught in **TAE KWON DO** are not inflexible. The movements are constantly reviewed by **THE WORLD TAEKWONDO HEADQUARTERS (Kukkiwon)** and, as better techniques are developed, they are implemented world wide.

FIRE DRAGON TAEKWONDO

FIRE DRAGON TAEKWONDO is an official WTF school owned and operated by Master Instructor Mark A. Pellerin. **FIRE DRAGON TAEKWONDO** is also recognized as a branch school under the direction of Master Pellerin's Instructor, Grand Master K. H. Min.

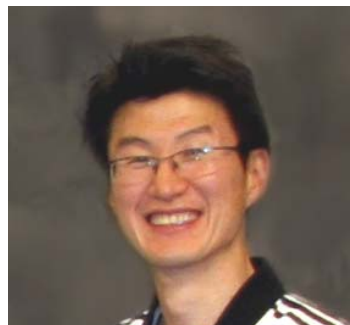
FIRE DRAGON TAEKWONDO currently has two Master instructors. Master Pellerin holds a 7th Dan (Degree) Black Belt and has been studying Taekwondo for over 38 years and Mr. Choi, holds a 5th Dan Black Belt and has over 31 years experience.

Although WTF instructors are accredited as through their National Taekwondo Governing body, Master Pellerin has received additional certification as a Kukkiwon certified instructor while he attending the 4th Foreigners' Taekwondo Training Course at Kukkiwon in Seoul, Korea. At that time, there was less than 5 non-Korean instructors in Canada who held this license and less than 300 in the world.

OUR INSTRUCTORS



Master Instructor
Mark Adam Pellerin (7th Dan)
D.O.B. August 1, 1963



Master Instructor
Do Han Choi (5th Dan)
D.O.B. November 15, 1967

OUR GRAND MASTER



Grand Master
K. H. Min (9th Dan Black Belt)
D.O.B. September 9, 1948



- **Grand Master Min currently lives in Edmonton, AB**
- **Grand Master Min was a 3 time Korean National Champion in Full contact Taekwondo**
- **Grand Master Min has coached 2 Canadian Olympic Taekwondo Teams**
- **Grand Master Min hosted the 14th World Taekwondo Championships in 1999. This is the premier event next to the Olympics and is only held every 2 years.**
- **Grand Master Min has trained numerous Canadian National Black Belt Champions as well as World and Olympic Medalists.**

BRIEF HISTORY OF TAEKWONDO

Man by nature has an instinct to preserve his own life as well as his race, and therefore he engages in physical activities either consciously or unconsciously in order to strengthen and improve himself.

In ancient times people had no means other than bare hands and feet to defend themselves; so they naturally developed the bare-handed fighting techniques. Even when weapons were developed for self-defence people continued to enjoy the bare-handed fighting techniques for both building physical strength and for competition against one and other.

In the early days of the Korean peninsula, there were three tribes, each enjoying warrior's martial art contests during the ritual seasons. At the time, people learned techniques from their experiences of fighting against the beasts whose defensive and offensive motions were also the subject of analysis. It is believed that this was exactly the true grounding of today's Taekwondo, which names have descended from "Subak", "Taekkyon" and so on.

In the latter part of ancient times on the Korean peninsula, three kingdoms were rivaling among them for the hegemony. They were Koguryo, Paekje and Shilla all indulged in growing national strength with trained warriors. Therefore, the Korean history tells that there were military personalities among the well-known prominent national leaders of the three kingdoms, which proves the military tendency of ruling hierarchy.

As a result, youth warriors were organized, such as "Hwarangdo" in Shilla and "Chouisonin" in Koguryo, which both adopted martial art training as one of the important subjects of learning. A known martial art book of the days, called "Muyedobo-Tongji" wrote "Taekwondo is the basis of martial art, enabling one to build strength by using the hand and foot freely and training arms and legs as well as the body to adaptable to any critical situations," which means Taekwondo was already prevalent in that age. Thus, it can be easily assumed that Taekwondo was originated from the days of tribal communities on the Korean peninsula.

Shilla kingdom founded in B.C. 57 on the southeastern part of Korea, and Koguryo founded in B.C. 37 on the northern part of Korea along Yalu river, both made great efforts to raise their youngsters into strong warriors called "hwarang" and "sunbae" respectively, certainly with Taekwondo as one of the principal subjects of physical training.

In the early 1950's and 60's several associations were formed, a Korea Tang Soo Do Association, A Korea Soo Bahk Do Association, a Korea Tae Soo Do Association and a Korea Tae Kwon Do Association. In 1965 the Korea Tae Kwon Do association was recognized by the Korean Government and was adopted as the organization to bring the different groups and schools together into one. In 1972, Kukkiwon (World Taekwondo Headquarters) was built in Seoul to train advanced students from all over the world. Kukkiwon serves as a research center for the advancement of Taekwondo as a scientific sport, provides a testing center for Black Belt promotions, and is used to hold National and International Taekwondo Championships.

WORLD TAEKWONDO FEDERATION



THE WORLD TAEKWONDO FEDERATION (WTF) was formed in 1973 with headquarters in Seoul, South Korea. The current President of the WTF is Dr. Chungwon Choue. The purpose of the WTF is to promote and standardize the art and sport of Taekwondo throughout the world. Since the standards of the WTF are set by a special Technical Committee, degrees obtained by students are recognized worldwide. Currently, 205 Nations and an estimated 80 million students are affiliated with THE WORLD TAEKWONDO FEDERATION. The WTF is recognized internationally as the official governing body for Sport Taekwondo. Although there are many other Taekwondo organizations in the world, **the WTF only recognizes Kukkiwon certified Black Belts for entry into Olympic competition!**

KUKKIWON



WORLD TAEKWONDO HEADQUARTERS



Located in
Seoul, Korea



SETTING YOUR GOALS

The process of developing from White to Black Belt is a journey of self-discovery. You will learn that you are capable of achieving a degree of physical skill that you did not think was possible. You will also learn your limitations. To achieve your Black Belt you will need to establish some goals. Our system will provide you with realistic and attainable goals to help you realize a sense of achievement as you learn your Martial Art.

There are two things you will need to do to keep up with the program:

1. **Attend regular classes and make up any missed classes as soon as you can.**
2. **Attend all examinations as make up exams will not normally be allowed**

The process involves eleven belt levels to start:

THE BELT SYSTEM

White Belt	10th	Gup
Yellow Stripe Belt	9th	Gup
Yellow Belt	8th	Gup
Green Stripe Belt	7th	Gup
Green Belt	6th	Gup
Blue Stripe Belt	5th	Gup
Blue Belt	4th	Gup
Red Stripe Belt	3rd	Gup
Red Belt	2nd	Gup
Black Stripe Belt	1st	Gup
Black Belt	1st	Dan or Poom

THE BLACK BELT

First Dan Black Belts are like new born babies just learning to walk. First Dan Black Belt is the point at which one truly begins to learn the art of Taekwondo. There are some who think that once they have a Black Belt; they can win any fight and it is the end of their training. Some members who earn a Black Belt Degree get lazy and quit training and learning proper techniques. A true Black Belt always continues to improve themselves and develop their skills while helping others along the way.

A Good Black Belt is not necessarily a good fighter, but an individual who has a proper attitude in Taekwondo and will help their Dojang and Community grow stronger. This will not only bring pride to his or her instructor but it will bring respect to the student. Respect earned by a student will always give that student a strong sense of self worth and self-confidence.

BELT EXAMINATIONS & STRIP TESTS

STRIPE TESTS (TIP TESTS)

In order for students to progress from one belt level to the next belt level, at our school, they must first earn their tip stripes. There are 3 main tip stripes, green, blue and red respectively. *Students under the age of 18 also need to receive a 4th tip stripe known as the gold stripe (or respect stripe).*

GREEN TIP: At the end of the students first month of training after receiving their new belt students may test for a green tip. Requirements for this tip are quite simple, students must be capable of following the movements of another student through their required Poomsae (pattern) in Taekwondo.

BLUE TIP: At the end of the students second month of training after receiving their new belt students may test for a blue tip. Requirements for this tip are also quite simple, students must be capable of following verbal commands of the instructor through their required Poomsae (pattern) in Taekwondo.

RED TIP: At the end of the students third month of training, after receiving their new belt, students may test for a red tip. Requirements for this tip are a little more difficult, students must now be capable going through the movements of their required Poomsae (pattern) in Taekwondo without any help visually or verbally.

The red stripe then qualifies you to do your belt exam at the end of your fourth month training.

(Note: minimum 24 classes between coloured belts)

GOLD TIP: is earned by completing a Notice of Intent to Promote Form. (gold stripe form). Take this form and have it filled out, as required, immediately after receiving your red stripe. Then return it to the school as soon as possible.

NOTE: (This tip may be withheld if there is a problem, however students that have their red stripe may still attend their belt examination. If they pass they will not be awarded their new belt until the problem has been corrected.)

BELT EXAMINATIONS

Belt examinations are generally held near the end of the month. (check the monthly schedule and **Do Not Be Late!** The testing will begin approximately 1/2 hour after the students arrive, in order to give them time to warm up. Students will be asked to demonstrate many things such as; Taekwondo stances, kicks, strikes, blocks and Poomsae. Depending on the belt level self-defence, sparring, breaking, Korean terminology, etc. may be required.

In all, it will take you approximately 36 months of regular training to achieve the level of 1st Gup. At any time during the 12 months following your 1st Gup Belt the Master Instructor will ask you to enter an intensive training period in preparation for your Black Belt exam.

RULES OF THE DOJANG

1. Taekwondo Students must be respectful. Students shall, at all times, show respect to the Master, Instructors and fellow Students. Demonstrate respect for your Parents, Teachers, Law & Order.
2. Smile, it helps you to have a positive attitude!
3. All Students are required to bow to the flags when entering the Dojang (Taekwondo School mats)
4. Always address a person of higher rank as "sir" or "ma'am." and end every sentence with the word "sir" or "ma'am."
5. If students arrive late for class, wait at the Dojang entrance and wait for permission from the Instructor to enter.
6. Never leave a class without permission from the Instructor.
7. Always be as courteous as possible and obey your instructor.
8. Advanced students shall help guide the lower belts by exemplifying proper behavior and encouraging the lower belts to do the same.
9. No horseplay, roughhousing or unsupervised sparring.
10. No unnecessary noise, laughter or talking.
11. Disrespect of any kind will not be tolerated. No arguing or bad language.
12. Students will present themselves in a neat and clean manner at all times, inside and outside the Dojang.
13. Students will keep their minds and bodies clean. Illegal drugs are prohibited.
14. Student dobok (uniforms) will be kept neat and clean at all times. Only uniforms approved by Fire Dragon Taekwondo will be worn in the Dojang.
15. No eating, drinking, smoking or gum chewing will be allowed inside the Dojang.
16. No street shoes or socks will be allowed on the Dojang mats.
17. No jewelry will be allowed while training, except a wedding band or medic Alert.
18. No hats will be worn inside the Dojang.
19. Students are not allowed to touch the mirrors or windows.
20. Cell Phones are prohibited in the Dojang during class hours.
21. Do not demonstrate or teach Taekwondo outside of the Dojang without permission from the Master.
22. Never degrade Taekwondo, the reputation of your School or any member or an Instructor at your Dojang.
23. Students must have the permission of the Master to participate in any competition or martial arts activity.
24. Students are expected to keep the Dojang neat and clean and put away equipment after class. Students must also keep personal items organized and take all of their gear home after every class.
25. The following actions will not be accepted at Fire Dragon Taekwondo and may be grounds for suspension:

- using foul language	- arguing with the instructor
- fighting	- intentional damage
- stealing	- misuse of drugs or alcohol
- misuse of Taekwondo	- unauthorized teaching of TKD

INTERESTED IN TOURNAMENTS

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FIRE DRAGON TAEKWONDO students attend many tournaments throughout the training year. Although they are not mandatory they are usually well attended. Parents and students are expected to arrange their own travel to and from the event. Tournaments are hosted by various schools and you can expect to see some differences in how they are organized, however if you follow some basic guidelines your experience will be much more enjoyable.

- 1) **There are several different areas of competition which students can enter at tournaments, most tournaments have Poomsae (pattern competition) and sparring competition while some will add a musical Poomsae or breaking division. Students may enter any or all divisions as per tournament guidelines.**
- 2) **Students must complete a tournament registration form several days before leaving for the tournament and make sure Master Pellerin receives it.**
- 3) **Make sure Master Pellerin is aware if you need a ride or accommodations when staying out of town. (Often we receive a group discount when booking hotel rooms at the Official Tournament Hotel.)**
- 4) **Bring your own protective equipment (shin/instep pads, forearm/hand pads, groin-guard, chest protector, headgear & mouth guard)**
- 5) **Students must be on their best behavior, remember your conduct will reflect on Fire Dragon Taekwondo and Master Pellerin.**
- 6) **Bow to all Masters, Instructors and other Taekwondo students when they speak to you at a tournament.**
- 7) **It is normal when students arrive at a tournament that they will be organized into their respective divisions according to age, rank & belt level. This process often appears to be disorganized, however it is necessary in order to make the divisions as fair as possible. This organization process takes on average from 30 to 60 minutes before the competition begins.**
- 8) **Stay seated in the competitor area and listen for your name or division to be called, do not bother tournament officials by asking when it is your turn to compete, if you are worried you have been overlooked then speak with a Fire Dragon Coach.**
- 9) **Stay out of the competition area unless you are involved as an official or competitor. This will ensure that the tournament runs smoothly.**
- 10) **Stick around and support other competitors from our school and to watch the Black Belt competition which usually begins after the colour belt competition has concluded.**
- 11) **Sparring divisions are often run in no particular order, so pay close attention, listen to the announcements and BE PATIENT!**

SPECIAL NOTE: Students do not sit next to another student from our school when divisions are being formed. At least 1 competitor away.

AND FINALLY!

Meet new friends, compete in an atmosphere of friendship and have a great time!!

TEAMS WITHIN OUR SCHOOL

9

FIRE DRAGONS BLACK BELT CLUB

THE BLACK BELT CLUB (BBC) is an association of active Black Belts & coloured belts who have set getting a Black Belt as their Martial Arts goal. By voluntarily enrolling into a special multi-year membership, an accelerated program is followed to facilitate reaching this goal while simultaneously striving for excellence in all areas of life.

BBC Members can be recognized in class by the BBC Patch worn on the shoulder of their uniform. BBC Members can participate in several areas of Martial Arts training that are not covered in regular classes.

All BBC Candidates must meet all the Black Belt Club Membership qualifications as specified in the black belt club brochure.

FIRE DRAGONS SPARRING TEAM

THE FIRE DRAGONS SPARRING TEAM is designed for students wishing to pursue full contact Taekwondo Sparring training according to the official rules for the Olympic Sport of Taekwondo. It is open to all school members willing to attend these special classes on a consistent basis and attend a minimum of three tournaments per year.

These classes are the most demanding classes Fire Dragon TKD offers and this is where average students can make the transition and become superior Martial arts athletes.

FIRE DRAGONS DEMONSTRATION TEAM

FIRE DRAGONS DEMONSTRATION TEAM is for students interested in learning how to train for and perform quality Taekwondo demonstrations. Activities include countless Breaking Techniques, Musical Taekwondo Demonstrations as well as choreographed self-defence skits etc. This Team is open only to BBC club members. Under special circumstances non-BBC Members may be permitted to join. Some Travel will be involved and Students must be able to cope with extreme repetition.

FIRE DRAGONS S.W.A.T. TEAM

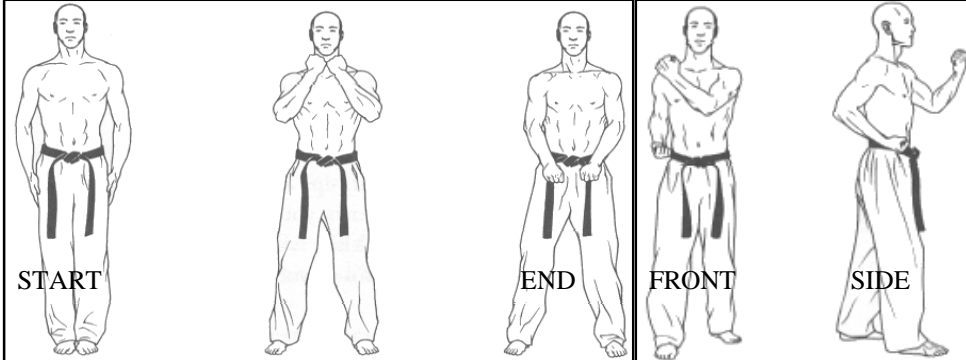
S.W.A.T. stands for two things: **1. Special Winning Attitude Team**
and **2. Students Working At Teaching**

The Swat Team is made up of both junior & senior members. Junior or Senior members can be identified by the triangular SWAT TEAM crest on their uniforms. These students are always ready to help other students, whether it be learning how to tie your belt or how to do your Poomsae. Senior SWAT TEAM members can be identified by their red SWAT TEAM uniform. All TEAM members assist the instructor at 1 class per week in addition to their own training.

Currently to be a SWAT TEAM member a student must be at least the rank of Blue Belt and meet all other SWAT TEAM standards.

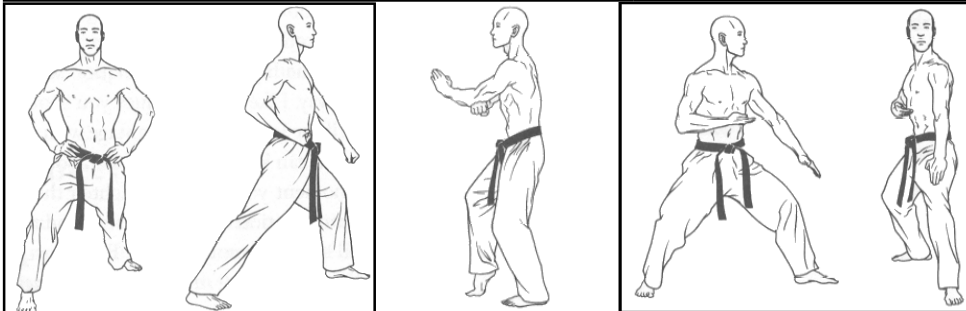
TAEKWONDO STANCES

In Simple terms **STANCE** refers to the way in which one places their feet.



ATTENTION STANCE into **READY STANCE**
CHARYOT SEOGI *KIBON JUNBI SEOGI*

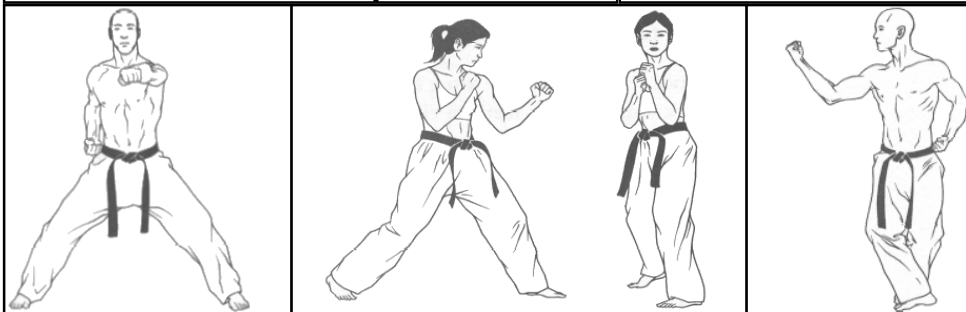
FRONT WALKING STANCE
AP SEOGI



FRONT STANCE
AP KUBI

TIGER STANCE
BEOM SEOGI

BACK STANCE
DWI KUBI



HORSE STANCE
JUCHUM SEOGI

SPARRING STANCE
KYORUGI SEOGI

TWISTED STANCE
DWI KOA SEOGI

TAEKWONDO BASIC KICKS



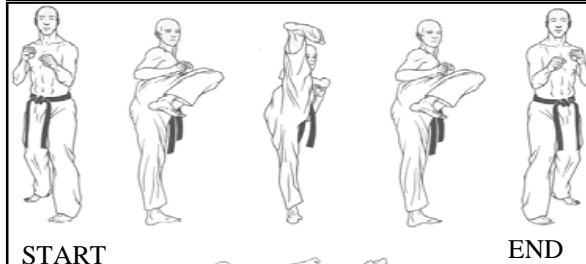
LEARNING THE FRONT SNAP KICK (AP CHAGI) "AP OLLYEO CHAGI WHEN LIFTING"



LEARNING THE FRONT THRUST KICK (AP CHAGI)



LEARNING THE ROUND HOUSE KICK (DOLYO CHAGI)



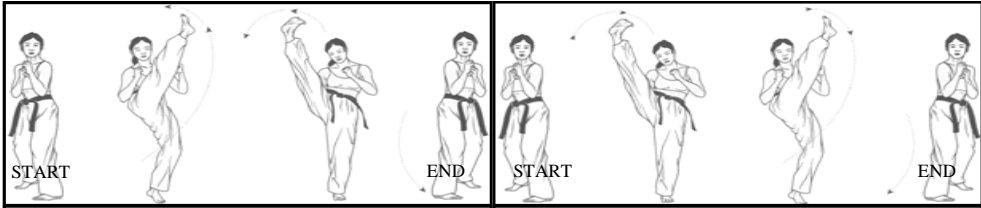
SIDE VIEW

LEARNING THE SIDE KICK (YOP CHAGI)

HOW TO KICK!

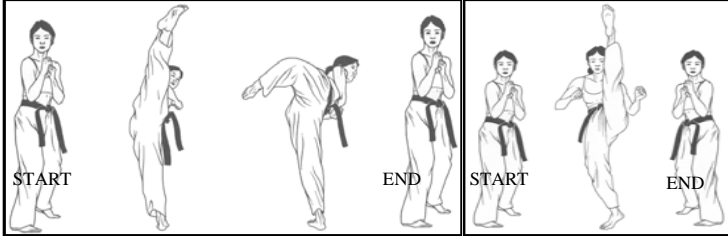
Taekwondo Kicks should be performed rapidly and without hesitation. Emphasis on accuracy and quickly retracting the leg, to help generate the "SNAP" that Taekwondo kicks are known for, are extremely important!

TAEKWONDO ADVANCED KICKS



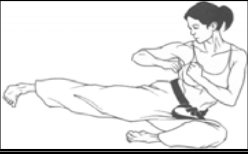
OUTER CRESCENT KICK (BAKKAT CHAGI)

INNER CRESCENT KICK (AN CHAGI)



HOOK KICK (NAKKA CHAGI)

AXE KICK (NAERYO CHAGI)



FLYING SIDE KICK (OR JUMPING SIDE KICK)



LEARNING THE BACK KICK (DWI CHAGI)



LEARNING THE 360 ROUND HOUSE KICK



STRIKING SURFACES OF THE FOOT



LEARNING THE SPINNING BACK KICK (ALSO CALLED SPINNING HOOK KICK)

TAEKWONDO STRIKES

HOW TO STRIKE WITH THE HANDS

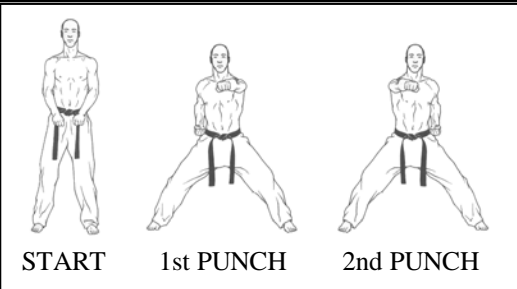
Taekwondo Strikes should be performed with the body being relaxed, as it is when one throws a baseball. Emphasis on accuracy to precisely hit the correct spot, even when striking the air, is extremely important in order to develop control over ones techniques.

Taekwondo strikes are often thrown using both arms. While one arm strikes outward the other arm draws back. This type of motion often transfers additional energy into one's strikes. It will also help to give the student balance during the strike.

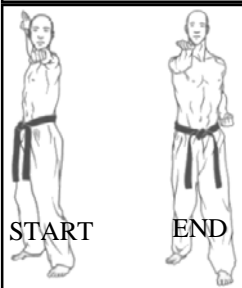
Twisting one's strike during the last few inches of the strike is also an import factor that students must learn in order to achieve correct technique and maximum power.



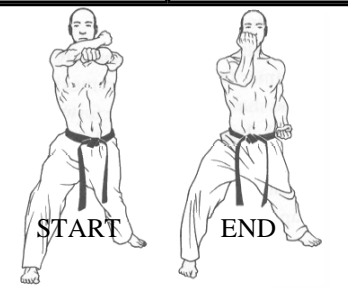
HOW TO MAKE A FIST



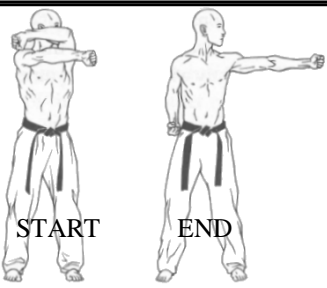
MOVING INTO PUNCHING POSITION



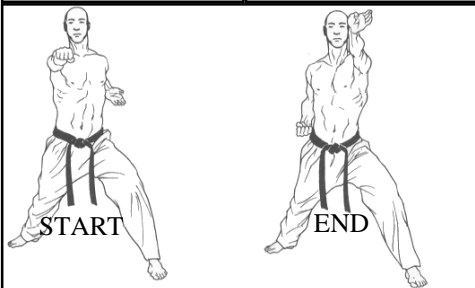
KNIFE HAND STRIKE



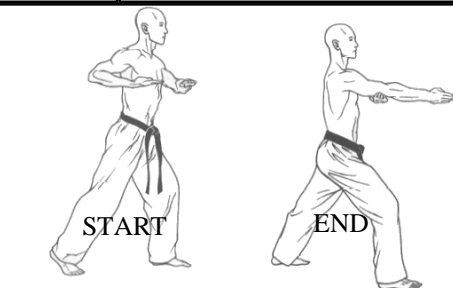
BACK FIST STRIKE



HAMMER FIST STRIKE



PALM STRIKE



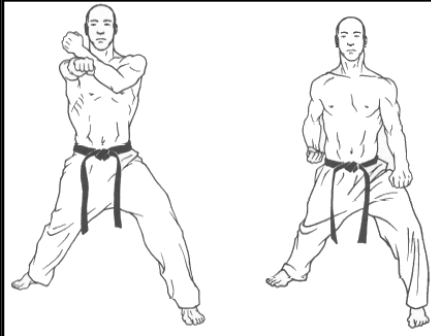
SPEAR HAND STRIKE

TAEKWONDO BLOCKS

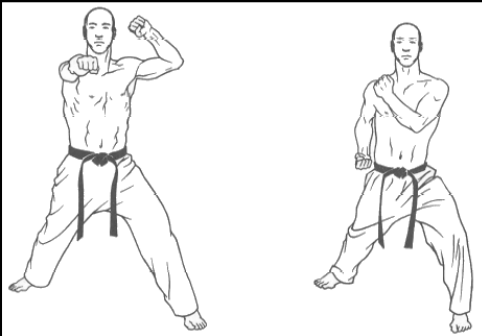
BASIC TAEKWONDO BLOCKS

HOW TO BLOCK

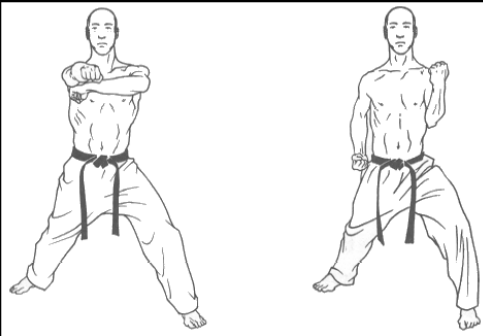
Taekwondo blocks are performed much in the same way as Taekwondo strikes. A block is used to stop an attack from your opponent or in some instances the block can be used to redirect your opponents attack. When preparing to block the blocking arm is always positioned on the outside of the body the opposite is true when striking.



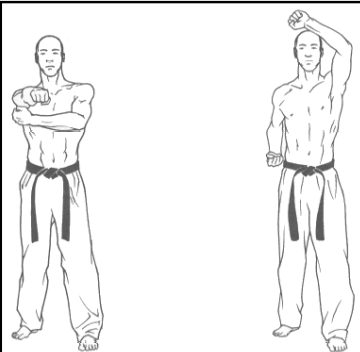
LOW BLOCK
ARAE MAKKI



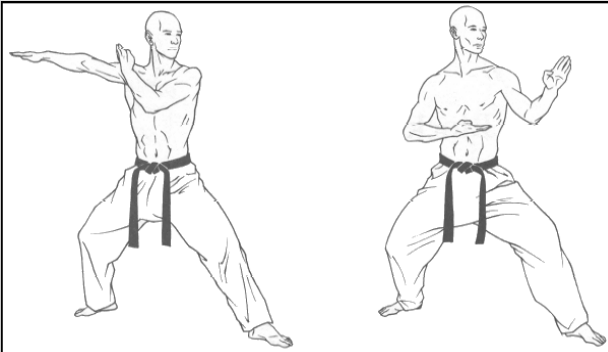
INSIDE MIDDLE BLOCK
MOMTONG AN MAKKI



OUTSIDE MIDDLE BLOCK
MOMTONG BAKKAT MAKKI



HIGH BLOCK
OLGUL MAKKI



DOUBLE KNIFEHAND MIDDLE BLOCK
SONNAL MAKKI

TAEKWONDO STEPPING

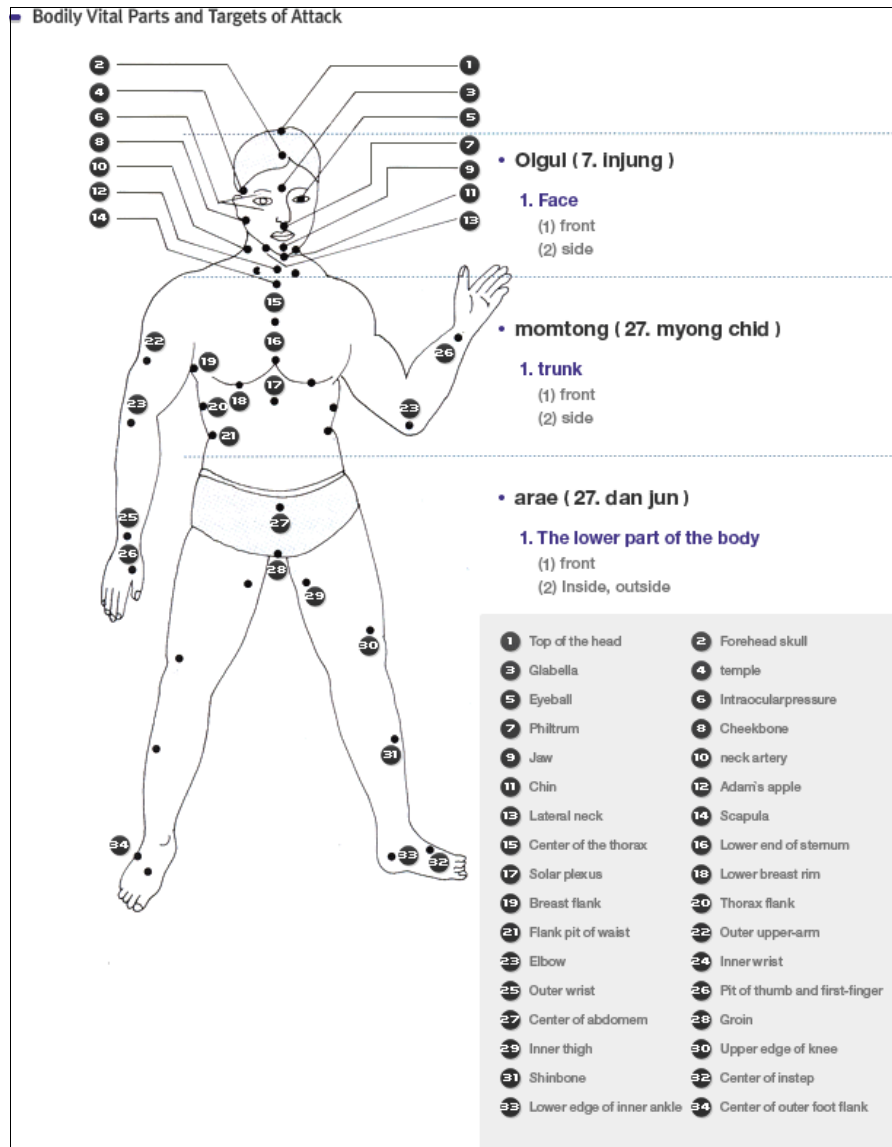
<p>FORWARD STEP</p>	<p>BACKWARD STEP</p>
<p>SHUFFLE FORWARD</p>	<p>SHUFFLE BACKWARD</p>
<p>RUNNING STEP</p>	<p>BACKWARD TURN STEP</p>
<p>FORWARD TURN STEP</p>	<p>↑ MOVING SIDeways ↓</p>
<p>TURNING TO FACE OPPOSITE DIRECTION</p> <p>BACK LEG SWINGS OVER & TWIST YOUR BODY TO FACE THE OPPOSITE DIRECTION, ALWAYS YELL ON THIS TURN AND PERFORM THE SAME HAND MOVEMENTS YOU WERE DOING BEFORE THE TURN!</p> <p>DUI-RO-DO-RA</p>	<p>SIDE STEPPING</p> <p>START END</p>

VITAL TARGET AREAS

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The vital parts on the body, as possible targets of attack, count approximately 280. However, this will illustrate 34 of the main target areas, dividing the human body into 3 greater parts, i.e., head, trunk and lower part. The most important vital parts of all are the philtrum in the head, the solar plexus in the trunk and the center of abdomen in the lower part.

In training Taekwondo techniques, one must have before him an imaginary opponent of about the same stature with him or her to practice delivering attacks against those three most important vital parts and defending similar attacks from the imaginary opponent.



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TAEKWONDO TERMS

Counting

One	Ha-na
Two	Dool
Three	Set
Four	Net
Five	Das-sut
Six	Ya-sut
Seven	Il-gop
Eight	Ya-dul
Nine	Ah-hop
Ten	Yul
Twenty	Soo-mool
Thirty	Sa-lun
Forty	Ma-heun
Fifty	Shin
Sixty	Yeh-seun
Seventy	il-heun
Eighty	Ya-deun
Ninety	Ah-heun
Hundred	Bek
Thousand	Chun

Ordinal Numbers

First	Il
Second	E
Third	Sam
Fourth	Sa
Fifth	O
Sixth	Yook
Seventh	Chil
Eighth	Pal
Ninth	Goo
Tenth	Ship

Taekwondo Areas of Study

Patterns	Poom-sae
Sparring	Kyo-ru-gi
Self Defense	Ho-shim-sool
Breaking	Kyup-ka

Titles

Founder (of the art)	Do-joo-nim
Grand Master	Sa-bu-nim
Head Master	Kwan-jang-nim
Instructor	Sa-bum-nim
Examiner	Simsa-kwan
Teacher	Gyo-sa-nim
Senior student	Sun-bae-nim
Junior student	Hu-bae-nim
Student	Hak-saeng

Stances

Feet together	Moa seo-gi
Parallel stance	Na-ran-hi seo-gi
At ease stance (toes outward)	Pyon-hi seo-gi
Walking Stance	Ap seo-gi
Front Stance	Ap ku-bi
Riding stance	Ju-chum seo-gi
Back Stance	Dwi ku-bi
Sparring stance	Kyo-ru-gi seo-gi
Left hand "L" stance	Wen seo-gi
Right hand "L" stance	O-reun seo-gi
Tiger Stance	Beom seo-gi
Forward cross stance	Ap koa seo-gi
Crane Stance	Hak-dari seo-gi

TAEKWONDO TERMS

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Kick Attacks

Front Lifting Kick	Ap Oll-yeo cha-gi
Front Kick	Ap cha-gi
Roundhouse Kick	Dol-yo cha-gi
Side Kick	Yop cha-gi
Back Kick	Dwi cha-gi
Axe Kick	Naer-yo cha-gi
Hook Kick	Nak-ka cha-gi
Inner Kick	An cha-gi
Outer Kick	Bak-kat cha-gi
Push Kick	Mir-eo cha-gi

Blocks

Low Block	Arae Mak-ki
Inside Middle Block	Mom-tong An Mak-ki
Outside Middle Block	Mom-tong Bak-kat Mak-ki
High Block	Ol-gul Mak-ki
Single Knife Hand Block	Han-son-nal Mak-ki
Double Knife Hand Block	Son-nal Mak-ki
Palm Block	Ba-tang-son Mak-ki
Pushing Block	He-cho Mak-ki
Twisting Block	Bit-ur-eo Mak-ki
Diamond Block	Keum-gang Mak-ki
Mountain Block	San-teul Mak-ki

Speaking

Hello	An-young-ha-seh-yo
Hello (formal, respectful)	An-young-ha-shim-nee-ka
Goodbye	An-young-hee-ga-seh-yo
Thank you	Gam-sa-ham-ni-da
You're welcome	chun-mahn-hey-yo
"Yes" or "No"	"Ye" or "Anio"

Hand Attacks

Punching	Ji-reu-gi
Hitting	Chi-gi

Commands

Attention	Cha-ryeot
Bow	Kyung-neh
Get Ready	Jun-be
At Ease	Shi-au
Begin	Shi-jak
Stop	Keu-man
Break	Kal-yeo
Continue	Kye-sok
Back to Start	Ba-ro
Turn Around	Dui-ro-do-ra

General

TKD Gym	Do-jang
Flag	Ku-ki
Promotion	Shim-sa
Uniform	Do-bok
Belt	Dhee

Sparring Terms

Chest Gaurd	Ho-goo
Blue	Chung
Red	Hong
Warning	Kyong-go
Deduction	Gam-jeum
Time out	Si-gan
Caution	Ju-eui

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FOR YOUR SAFETY

Parents

- Please be certain the instructor is present when dropping off your child.
- Always use care when entering and leaving our parking area (watch for kids).
- Teach your child to stay inside the building if they have to wait for a ride.
- Don't allow your child to "play" with Taekwondo.
- Please pick up your child on time after class.
- If your child is riding their bike to and from class, help them become aware of road dangers.
- Parents are responsible for the safety of themselves and any children or guests they bring to Fire Dragon Taekwondo

Students

- Watch for cars in the parking area and on the street.
- Students are required to acquire and wear their safety gear when sparring. (Groin guards are to be worn at all times.)
- Don't use the weights or stretching machine without permission.
- No unsupervised sparring during or in-between classes.
- No weapons of any kind may be brought into the school.
- Don't leave money or valuables in the change rooms. Fire Dragon Taekwondo cannot be held liable for any personal items lost or stolen while at Fire Dragon Taekwondo!