



TAEKWON-DO AKATEMIA: THEORY PACKAGE FOR BEGINNERS' COURSES

Taekwon-Do is a **Korean** martial art. The name Taekwon-Do was officially adopted on April 11th, 1955. The developer of Taekwon-Do is **General Choi Hong Hi**, 9th Dan (November 9th, 1918 – June 15th, 2002). The International Taekwon-Do Federation (**ITF**) was founded in South Korea on March 22nd, 1996, and Taekwon-Do arrived in Finland in 1979. In 1987, the Finnish ITF Federation, Suomen ITF Taekwon-Do ry, was founded by the Finnish Taekwon-Do clubs. **Taekwon-Do Akademia ry** was registered in the summer of 2006 and it is currently the largest Taekwon-Do club in Finland. The head instructor of Taekwon-Do Akademia is master Mikko Allinniemi, 8th Degree. Taekwon-Do Akademia organizes training in several municipalities in Northern Finland.

THE TENETS OF TAEKWON-DO

Courtesy
Integrity
Perseverance
Self-control
Indomitable spirit

THE OATH OF TAEKWON-DO

1. I shall observe the tenets of Taekwon-Do.
2. I shall respect the instructors and seniors.
3. I shall never misuse Taekwon-Do.
4. I shall be a champion of freedom and justice.
5. I shall help build a more peaceful world.

THE BELT SYSTEM IN TAEKWON-DO

-  **10th Gup:** white belt
-  **9th Gup:** white belt with a yellow stripe
-  **8th Gup:** yellow belt
-  **7th Gup:** yellow belt with a green stripe
-  **6th Gup:** green belt
-  **5th Gup:** green belt with a blue stripe
-  **4th Gup:** blue belt
-  **3rd Gup:** blue belt with a red stripe
-  **2nd Gup:** red belt
-  **1st Gup:** red belt with a black stripe
- 1st –9th Dan:** black belts



MEANING OF THE BELT COLOURS

White belt: signifies innocence, a beginner who does not have earlier experience of Taekwon-Do.

Yellow belt: represents the earth where the seed of Taekwon-Do is planted as the foundation of Taekwon-Do is being laid.

Green belt: represents the green plant growing as the skills of Taekwon-Do develop.

Blue belt: signifies the sky and the heavens, towards which the tree grows as Taekwon-Do training progresses.

Red belt: signifies danger, warning the student to exercise control, and warning an opponent to stay away.

Black belt: The opposite of white, therefore signifying maturity and proficiency in Taekwon-Do. Indicates the holder's imperviousness to darkness and fear.

TAEKWON-DO VOCABULARY AND COMMANDS USED IN TRAINING

THE NAME:

Taekwon-Do the way of the hand and foot
tae foot (jumping, kick, breaking with foot)
kwon fist, hand (punch, strike, breaking with hand)
do thought (way, method, art, principle)

COMMANDS USED IN TRAINING:

charyot attention, attention stance
kyong ye bow down
junbi ready, starting stance
baro back to starting stance
sijak start
guman stop
swiyo at ease, rest
tyro tora turn around
hae san dismissed, end of the training session



TECHNICAL TERMINOLOGY:

saju	four direction
makgi	block
jirugi	punch or piercing kick
chagi	kick
sam bo matsogi	three-step sparring
najunde	down, low section
kaunde	middle, middle section
nopunde	up, high section

OTHER VOCABULARY:

do jang	training hall
do bok	training suit
ti	belt
boosabumnim	national instructor (1 st –3 rd Degree)
sabumnim	international instructor (4 th –6 th Degree)
sahyunim	master (7 th –8 th Degree)
saseongnim	grand master (9 th Degree)

NUMBERS 1–11: 1 hana, 2 dool, 3 set, 4 net, 5 dasot, 6 yosot, 7 ilgop, 8 yodul, 9 ahop, 10 yol, 11 yol hana...

STANCES (*SOGI*; SHORTENED TO *SO*)

Charyot sogi - Attention stance

- Heels together
- Feet form a 45-degree angle



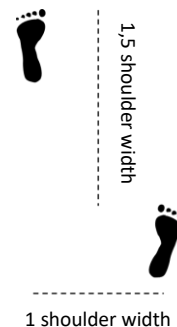
Narani sogi - Parallel stance

- Place the feet parallel to shoulder width
- Toes pointing towards the front
- Good posture



Gunnun sogi - Walking stance

- Approx. 1,5 shoulder length
- 1 shoulder width
- Weight distributed evenly 50-50 %
- Toes of the front foot pointing forward, the knee and heel form a vertical line
- Toes of the rear foot pointing 25 degrees outwards, the knee fully extended
- Hips and shoulders facing forward, unless otherwise specified



Basic principles for a proper stance:

1. Keep the back straight
2. Relax the shoulders
3. Tense the abdomen
4. Maintain a correct facing; the stance may be full facing, half facing or side facing the opponent
5. Maintain balance
6. Make use of the knee spring properly

TAEKWON-DO ORGANIZATIONS AND ADDRESSES

ITF	International Taekwon-Do Federation	https://itftkd.sport/
AETF	All European Taekwon-Do Federation	https://itfeurope.org/
SITF	Suomen ITF Taekwon-Do ry, (ITF Taekwon-Do Finland)	https://taekwon-do.fi/
Taekwon-Do Akademia	your local club	https://tkd-akademia.fi/

My teacher is: _____

Phone/email: _____