

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 Akatemia 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 Akatemia is master Mikko Allinniemi, 7th Dan. Taekwon-Do Akatemia organizes training in dozens of 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

10 gup	white belt
9 gup	white belt with a yellow stripe
8 gup	yellow belt
7 gup	yellow belt with a green stripe
6 gup	green belt
5 gup	green belt with a blue stripe
4 gup	blue belt
3 gup	blue belt with a red stripe
2 gup	red belt
1 gup	red belt with a black stripe

→ black belts 1st – 9th Dan

Meaning of the belt colours

White: signifies innocence, a beginner who does not have earlier experience of Taekwon-Do
Yellow: represents the earth where the seed of Taekwon-Do is planted as the foundation of Taekwon-Do is being laid
Green: represents the green plant growing as the skills of Taekwon-Do develop
Blue: signifies the sky and the heavens, towards which the tree grows as Taekwon-Do training progresses
Red: signifies danger, warning the student to exercise control, and warning an opponent to stay away
Black: The opposite of white, therefore signifying maturity and proficiency in Taekwon-Do. It also indicates the holder's imperviousness to darkness and fear.

Taekwon-Do vocabulary, Korean – English

Taekwon-Do	the way of the hand and foot	makgi	block
tae	foot (jumping, kick, breaking with foot)	jjirugi	punch or piercing kick
kwon	fist, hand (punch, strike, breaking with hand)	chagi	kick
do	thought (way, method, art, principle)	sam bo matsogi	three-step sparring
charyot	attention, attention stance	najunde	down, low section
kyong ye	bow down	kaunde	middle, middle section
jumbi	ready, starting stance	nopunde	up, high section
baro	back to starting stance	do jang	training hall
sijak	start	do bok	training suit
guman	stop	ti	belt
swiyo	at ease, rest	boosabumnim	national instructor (1. – 3. Dan)
tyoro tora	turn around	sabumnim	international instructor (4. – 6. Dan)
hae san	dismissed, end of the training session	sahyunim	master (7. – 8. Dan)
saju	four direction	saseongnim	grand master (9. Dan)

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...

Taekwon-Do organizations

ITF	International Taekwon-Do Federation	www.taekwondoitf.org
AETF	All European Taekwon-Do Federation	www.itfeurope.org
SITF	Suomen ITF Taekwon-Do (ITF Taekwon-Do Finland)	www.taekwon-do.fi
Taekwon-Do Akatemia	your local club	www.tkd-akatemia.fi

My teacher is: _____

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