



# Tae Kwon Do

## Moo Duk Kwan

A Review



태권도

# What is Tae Kwon Do?

- **Taekwondo** is a Korean martial art and the national sport of South Korea. In Korean, *tae* means "to strike or break with foot"; means "to strike or break with fist"; and means "way", "method", or "path". Thus, *taekwondo* may be loosely translated as "the way of the hand and the foot."



Source: Wikipedia



태권도

# So, *what is* Tae Kwon Do?

- "Traditional taekwondo" typically refers to the martial art as it was established in the 1950s and 1960s in the South Korean military, and in various civilian organizations, including schools and universities. In particular, the names and symbolism of the traditional patterns often refer to elements of Korean history, culture and religious philosophy. Today, the Kukkiwon, or World Taekwondo Headquarters is the traditional center for Taekwondo in Korea.



Source: Wikipedia



태권도

# What are Original Tae Kwon Do Schools?

- The Five Original Kwans (Schools)
  - Song Moo Kwan - founded March 11, 1944 by Ro, Byung Jick.
  - Chung Do Kwan - founded in 1944 by Lee, Won Kyuk.
  - Moo Duk Kwan - founded after 1946 by Hwang Kee.
  - Kwon Bop Bu/Chang Moo Kwan - founded in 1946 by Yoon, Byung-In.
  - Yun Moo Kwan/Jidokwan - founded March 3, 1946 by Chun, Sang Sup.
- Later Kwans (derived from the original five)
  - Han Moo Kwan - founded in August 1954 by Lee Kyo Yoon.
  - Oh Do Kwan - founded in 1955 by Choi Hong Hi, Nam Tae Hi, and Han Cha Kyo.
  - Kang Duk Won - founded in 1956 by Park Chul Hee and Hong Jong Pyo
  - Jung Do Kwan - founded in 1956 by Lee Yong Woo.



Source: Wikipedia



태권도

# Our School – Moo Duk Kwan

- Moo Duk Kwan was originally a martial arts school established in Korea by Hwang Kee. The art taught at this school was called Hwa Soo Do. Hwang Kee later called it Tang Soo Do and eventually settled on the name Soo Bahk Do. In 1961 the Korean government initiated a movement to unify all of its country's martial arts schools under one governing body. This body would originally be called the Korean Tae Soo Do Association and later renamed the Korean Tae Kwon Do Association. The stated purpose was to unify the Kwans and allow for growth of this newly named Korean martial art.
- According to the current General Secretary of Taekwondo Moo Duk Kwan, Yu of Seoul, Korea and those same minutes reprinted in "A Modern History of Taekwondo", official records and minutes of the meetings of the Kwan Unity committee show that Hwang Kee was upset that he would not lead the unified group.
- In March 1965 a division within the Moo Duk Kwan occurred. Three of Hwang Kee's senior students, Kim Young Taek, Hong Chong Soo, and Lee Kang Ik, led a significant number of Moo Duk Kwan members to join the Kwan Unity Movement. In April 1965 these members officially became the Moo Duk Kwan school of Taekwondo with Lee Kang Ik as president.



Source: Wikipedia



태권도

# Moo Duk Kwan Beginnings

## Chapter 1

### Section 3: Moo Duk Kwan

After Independence Day the Moo Duk Kwan started as the "Transportation by Rail Committee Tang Soo Do Bu" at the railroad system at Yong San Station, Seoul.

The Department of Transportation allowed the Tang Soo Do dojang as a traffic service, but the exact date is unknown. We only know that it was founded after 1946.

Hwang Kee claimed that he learned Kuk Sool when he worked for the Southern Manchuria Railroad in 1935, but other Taekwondo seniors denied this claim saying that there was no evidence.

Moo Duk Kwan was nearby the Yong San Railroad station so it was called the "Railroad Dojang". The first Moo Duk Kwan dan holder was Kim Woon Chang. Others were: (1) Hong Chong Soo, (2) Choi Hui Suk, (3) Yoo Kwa Young, (4) Nam Sam Hyun, (5) Kim In Suk, (6) Lee Bok Sung, (7) Hwang Jin Tae, (8) Won Yong Bup, (9) Chung Chang Young, (10) Lee Kang Ik and others who were all railroad personnel. The Moo Duk Kwan used the trains to open a school in different railroad station's storage rooms and spread its power. When someone said Moo Duk Kwan one would think about the railroad.

When the Moo Duk Kwan had rank testings the Chung Do Kwan's Lee Won Kuk and Song Moo Kwan's Ro Byung Jik visited and built a good friendship, but regarding dan certificates and promotions they had disagreements with Hwang Kee.

In 1955, the Moo Duk Kwan Central Gymnasium was opened near Seoul Station in Joong Gu's Dong Ja Dong, Seoul. In the same year 9 more annex schools were opened and it held the friendly China-Korea International Tang Soo Do Championships.

But in 1960, the Moo Duk Kwan had a big change. The Moo Duk Kwan was no longer 1953's Korea Tang Soo Do Association and it was changed to a Korean traditional name, the Korea Soo Bahk Do Association.

Later the Moo Duk Kwan had big headaches because of Hwang Kee's persistence in not unifying with the KTA. Finally in March 1965, Kim Young Taek and Hong Chong Soo led the Moo Duk Kwan unification with the KTA without Hwang Kee.

After that incident Lee Kang Ik became the next Kwan Jang, but soon after resigned with Hong Chong Soo becoming the third Kwan Jang. After, Oh Se Joon became Kwan Jang. The Moo Duk Kwan's customs were the strongest among the first five big Kwans.



Source: Portions of The Modern History of TaeKwonDo, by Won Sik Kang and Kyong Myong Lee.  
[http://www.martialartsresource.com/anonftp/pub/the\\_dojang/digests/history.html](http://www.martialartsresource.com/anonftp/pub/the_dojang/digests/history.html)



태권도



# Modern Day Moo Duk Kwan



- Website for World Moo Kuk Kwan Organization
  - <http://www.worldmoodukkwan.com/>
  - Current President: Kwan Jang Nim H.C. Hwang
  - Soo Bahk Do Moo Duk Kwan



Source: [www.worldmoodukkwan.com](http://www.worldmoodukkwan.com)



태권도

# Meaning of Moo Duk Kwon

- *Moo Duk Kwan* means "School of Martial Virtue"
  - Moo – military, chivalry, martial; within the ideograph the inner part of the symbol is the word for "stop" and the outer part means "weapon"
  - Duk – benevolence, virtue, goodness, commanding respect; within the ideograph on the left it means "little steps" or "to happen", and on the right the character means "moral"; thus moral steps or perhaps virtuous conduct
  - Kwan – large building, palace, library; again within the ideograph the left part looks like a roofed building and technically means "to eat" (under a roof).





# Moo Duk Kwan Tae Kwon Do

- **Moo Duk Kwan Taekwondo** is a modern Korean martial art formed in April 1965 by Kim Young Taek, Hong Chong Soo, and Lee Kang Ik.
- This can be considered a split of the Moo Duk Kwan school, which today includes Taekwondo, Tang Soo Do, and Soo Bak Do.



Source: Wikipedia



태권도

# Symbol of the Moo Duk Kwan



- Laurel leaves - The fourteen laurel leaves on each side represent the fourteen states of Korea and the advancement of peace.
- The three seeds joined to the laurel leaves on each side of the emblem represent the "three thousand li" (the distance running north to south) of the "land of morning calm" and its success.
- The six seeds in total indicate the world and represent the six continents.
- The fist represents Tae Kwon Do and justice.
- The Korean character in the center of the circle means Moo Duk Kwan.
- The character on the left of the circle means Tae and the character on the right of the circle means Kwon.
- The deep blue color of the emblem represents the three oceans and black belts.
- As a whole, the emblem symbolizes the spreading of Moo Duk Kwan throughout the fourteen states, i.e. all of Korea, and then across the oceans to the six continents of the world. Moo Duk Kwan, as an international institution, is to achieve the objectives of peace and human advancement as the emblem symbolizes.





# Kukkiwon

## World Taekwondo Headquarters

- Laid the groundwork for Taekwondo's globalization
  - Held the 1st World Taekwondo Championships
  - Established the World Taekwondo Federation(WTF) in 1973.
  - In 1978, Kukkiwon finally succeeded to unify Taekwondo by integrating 10 separate Taekwondo Kwans
    - Chung Do Kwan, Moo Duk Kwan, Jido Kwan, Song Moo Kwan, Chang Moo Kwan, Kang Duk Won, Jung Do Kwan, Oh Do Kwan, Han Moo Kwan and Kwan li Kwan.
- Devotes itself to spread Taekwondo culture, spirit and history worldwide, increasing the best competitive power of Taekwondo as a martial art in life.
- Acts as the central holder of Taekwondo Poom/Dan certifications





# World Taekwondo Federation

- Established May 28, 1973
- The International Federation [IF] governing the sport of Taekwondo
  - Member of the Association of Summer Olympic International Federations [ASOIF].
  - Recognizes national Taekwondo governing bodies recognized by the NOC in the pertinent country, one in each country, as its members.



# Haw's Tae Kwon Do School

- Moo Duk Kwan Style
- Mr. T.W. Haw is an 8th degree black belt (8th Dan). He has instructed Tae Kwon Do in Nashville TN since 1969 where he first founded the Vanderbilt University Tae Kwon Do Club (June 1970) and then added Haw's Tae Kwon Do School off-campus during the 1980's. Mr. Haw was the first instructor of Tae Kwon Do in Tennessee. The school is a member of the World Tae Kwon Do Federation and all ranks are Kukkiwon-certified.
- Mr. Haw passed away in December 2014.



# Haw's Tae Kwon Do School

- **Bon Kwan (Main School)**
  - Vanderbilt Tae Kwon Do
- **Ji Kwan (Branch School)**
  - Dol Tae Kwon Do - Huntsville, AL
  - MSIC Tae Kwon Do - Huntsville, AL
  - Emory Tae Kwon Do - Atlanta, GA

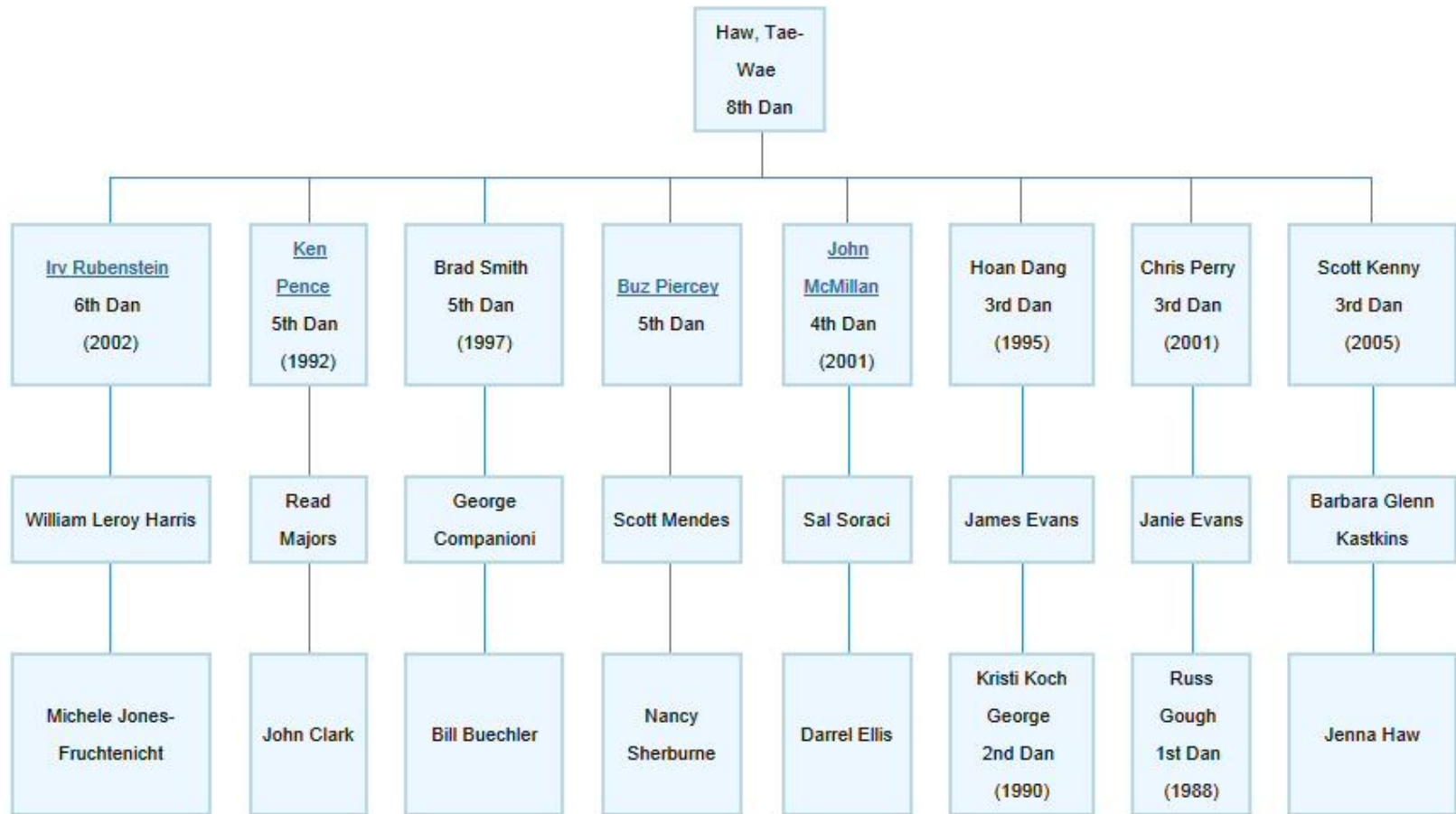


Source: <http://www.hawtaekwondo.com/>



태권도

# Haw's Tae Kwon Do School



Source: <http://www.hawtaekwondo.com/>

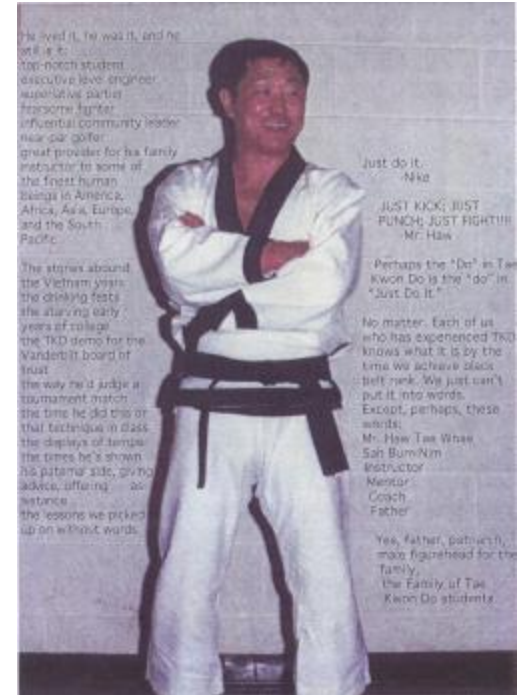


태권도

# Haw's Tae Kwon Do School

## Notable People

- Haw, Tae Whae
  - 8<sup>th</sup> Dan
  - Professor Engineering, Vanderbilt
  - Founder, Vanderbilt University Tae Kwon Do Club (1969)
  - First Tae Kwon Do Instructor in Tennessee
  - Began martial arts training around age 14 (Seoul, Korea)
  - Studied with Kong, Shin Young, in Korea

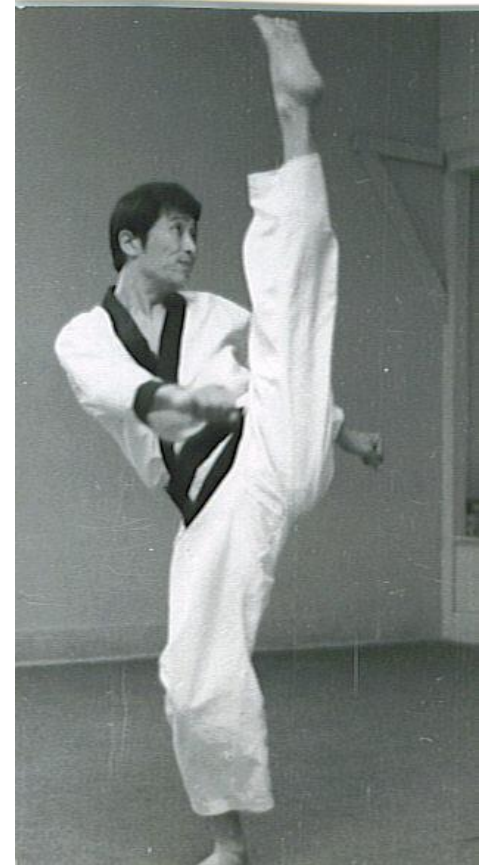




# Haw's Tae Kwon Do School

## Notable People

- Kong, Shin Young
  - 8<sup>th</sup> Dan
  - Undefeated Lightweight and Heavyweight Korean National Champion from approximately 1959-62



Source: [http://self-defense.webstarts.com/grand\\_masters.html](http://self-defense.webstarts.com/grand_masters.html)



태권도

# Haw's Tae Kwon Do School

## Notable People

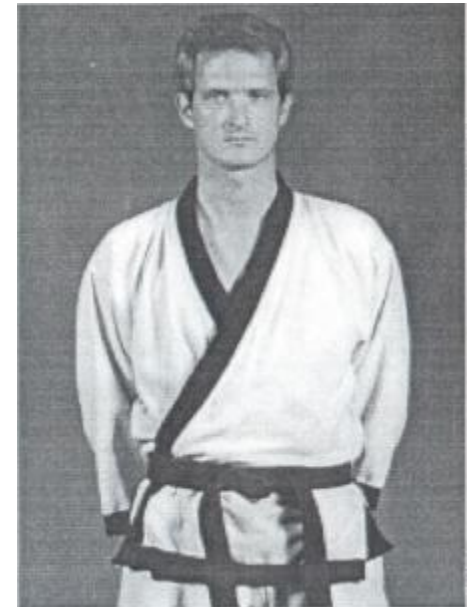
- Irv Rubinstein, Ph.D.
  - 6<sup>th</sup> Dan (35 years of TKD)
  - Ph.D. in Exercise Science from Peabody College of Vanderbilt University (1987)
  - Founder of STEPS, Inc (1986)
    - Nashville's first personal training center
    - Exercise Physiologist
  - Vanderbilt TKD Instructor since 1972



# Haw's Tae Kwon Do School

## Notable People

- Ken Pence, Ph.D.
  - 5<sup>th</sup> Dan (training since 1967)
  - Associate Professor of the Practice of Engineering Management, Vanderbilt University
  - Author
  - 31 Years Experience, Metro Nashville Police Department
  - Graduate of the FBI National Academy



# Haw's Tae Kwon Do School

## Notable People

- Brad Smith
  - 5<sup>th</sup> Dan
- Bachelor of Arts degree from Vanderbilt University
- J.D. from the Vanderbilt University School of Law.
- Has been practicing law in Nashville for the last 14 years, with an emphasis on copyright, trademark, and the entertainment business.



# Haw's Tae Kwon Do School

## Notable People

- Buzz Piercey
  - 5<sup>th</sup> Dan
- Became interested in the Martial arts while a student at Centre College in the late 60's and early 70's.
- Practiced daily with Mr. Haw's Tae Kwon Do class in 1974.
- In 1978 he traveled overseas to Darmstadt Germany to work. Trained and received his Black-Belt in Shorin Ryu Karate.
- Returned to Vanderbilt in 1980 as a Research Assistant Professor.
- In September of 1981 took a position with Center College and founded a TKD class there.
- The next year he took a position at the University of Florida where he started a TKD class on campus and for the next 8 years he trained and taught OF students TKD.
- In 1989 he accepted a position at Mississippi State University and founded the MSU Tae Kwon Do Club where he taught for 12 years.



Source: <http://www.state.tn.us/tccy/6-DMC.pdf>



태권도

# Dol Tae Kwon Do

## MSIC Tae Kwon Do

- Established by Dr. Peter Varmette in 1999
- Two classes held
  - Missile and Space Intelligence Center
  - Good Shepherd Catholic Church



# Local Family Tree

The Huntsville chapter of Haw Tae Kwon Do was established at MSIC on 7 December 1999 by Dr. Peter Varmette while he was a 1st Dan. The chapter has since expanded to include classes at Pete's church. Rob Doherty assumed lead instructor duties MSIC in 2006. Allan Newsome assist both Mr. Doherty and Dr. Varmette in teaching both at work and the church.

Pete Varmette  
4th Dan  
(2014)

Robert Doherty 2nd Dan (2005)	Allan Newsome 2nd Dan (2005)	C.J. Beyer 2nd Dan (2006)	Pete Dobbs 1st Dan (2003)	Bill Adams 1st Dan (2004)	Brian Gray 1st Dan (2005)	Felicia Keappel 1st Dan (2005)	Brian Greiner 1st Dan (2006)
Lori Campbell 1st Dan (2008)	Daniel Jacobs 1st Dan (2009)	Taylor DeBacker 1st Dan (2009)	Andrew Beckman 1st Dan (2009)	Cody Johnson 1st Dan (2010)	Derek Herring 1st Dan (2010)	Molly Zoladz 1st Dan (2010)	Eric Patty Sr. 1st Dan (2011)
Erio Patty Jr. 1st Dan (2011)	Samuel Kim 1st Dan (2011)	Maria Longo 1st Dan (2012)	Peter Choi 1st Poom (2014)	Robyn Sharples 1st Dan (2014)	Susannah Sharples 1st Poom (2014)	Cliff Geohagan 1st Dan (2015)	Scott Bigalow 1st Dan(P) (2011)
Joelle Kim 1st Dan(P) (2011)	Noah Kim 1st Dan(P) (2011)	Andy Jones 1st Dan(P) (injured) (2005)	Pat Wright 1st Dan(P) (injured) (2006)	Tammy Bowman 1st Dan(P) (2006)	Fred Alcorn 1st Dan(P) (2007)	Adam DeLong 1st Dan(P) (2008)	Angela Yi 1st Dan(P) (2009)
Marc Luper 1st Dan(P) (2009)	Brent Luper 1st Dan(P) (2009)	Richard Sidney 1st Dan(P) (injured) (2009)	Bob Nadlar 1st Dan(P) (injured) (2009)	Barry Goldblum 1st Dan(P) (injured) (2010)	David Kim 1st Dan(P) (2010)	Kevin Ogden 1st Dan(P) (2010)	Roman Bodart 1st Dan(P) (2012)
Dev Topiwala 1st Poom(P) (2013)	Kit Booth 1st Dan(P) (2013)	John Rozear 1st Poom(P) (2013)	Ethan Vallely 1st Poom(P) (2013)	Joy Wang 1st Dan(P) (2013)	Kendall Mosley 1st Dan(P) (2014)	Anna Geohagan 1st Poom(P) (2014)	



태권도

# Dol Tae Kwon Do

## Notable People

- Pete Varmette, Ph.D.
  - 4<sup>th</sup> Dan
  - Ph.D. in Physics
  - Trained under Buzz Piercey at Mississippi State University
















# Dol Tae Kwon Do Notable People

- Allan Newsome
  - 2<sup>nd</sup> Dan
  - IT Extraordinaire
  - Teaches both MSIC and Dol Classes



# Dol TKD Ranking System

## The Ranking System of Traditional Tae Kwon Do

10th Geup --		9th Geup --	
8th Geup --		7th Geup --	
6th Geup --		5th Geup --	
4th Geup --		3rd Geup --	
2nd Geup --		1st Geup --	
Black Belt (1st Dan) --			



# Ten Principles of Tae Kwon Do

1. Loyalty and patriotism for the country.
2. Respect and obedience to your parents.
3. Love, respect and devotion to your spouse.
4. Mutual respect and cooperation with your brothers and sisters.
5. Submission to your seniors and benevolence toward your juniors.
6. Honor and respect to your teacher and acceptance of his truths.
7. Loyalty and trustworthiness to your friends.
8. Discrimination and pursuit of good over evil.
9. Cultivation of a determined fighting spirit with no retreat from the fight for justice.
10. Exemplary action instead of idle talk.



# Ten Points of Tae Kwon Do Training

1. Yelling
2. Eyesight
3. Balanced movement
4. Tensing and stretching of the body
5. Strongness and weakness of power
6. Speed of each technique
7. Correctness of each technique
8. Control of distance
9. Breathing
10. Hardening of hands and feet



# Tae Kwon Do Forms

- White Belt (10<sup>th</sup> Geup)
  - Gee cho hyung il boo
  - Gee cho hyung ee boo
  - Gee cho hyung sam boo
- Yellow Belt (8<sup>th</sup> Geup)
  - Pyong an cho dan
- Yellow Belt w/Stripe (7<sup>th</sup> Geup)
  - Pyong an yi dan
- Green Belt (6<sup>th</sup> Geup)
  - Pyong an sahm dan
- Green Belt w/Stripe (5<sup>th</sup> Geup)
  - Pyong an sah dan
- Brown Belt (4<sup>th</sup> Geup)
  - Pyong an oh dan
- Brown Belt w/Stripe (3<sup>rd</sup> Geup)
  - Ba ssa ee
- Red Belt (2<sup>nd</sup> Geup)
  - Koryo
- Red Belt w/Stripe (1<sup>st</sup> Geup)
  - Chol gi Cho Dan
- Black Belt (1<sup>st</sup> Dan)
  - Chol gi ee dan



# Gee Cho Hyung Il Boo

## Basic Form Number One

- Created By: Kwan Jang Nim Hwang Kee
- Date of Creation: 1947
- Total Number of Movements: 20



Source: <http://www.kwanjangnim.com/>



태권도

# Gee Cho Hyung EE Boo

## Basic Form Number Two

- Created By: Kwan Jang Nim Hwang Kee
- Date of Creation: 1947
- Total Number of Movements: 20



Source: <http://www.kwanjangnim.com/>



태권도

# Gee Cho Hyung Sam Boo

## Basic Form Number Three

- Created By: Kwan Jang Nim Hwang Kee
- Date of Creation: 1947
- Total Number of Movements: 20



Source: <http://www.kwanjangnim.com/>



태권도





# Pyung Ahn Hyung

- The pyong ahn hyeong are a series of five forms cognate in many ways to the pinan kata series of karate. They were developed by Itosu, an Okinawan practitioner of Te and mentor of Funakoshi Gichin. These forms were designed as training forms for Kong Sang Koon (Kusanku).
  - Pyong Ahn Cho Dan
  - Pyong Ahn Ee Dan
  - Pyong Ahn Sam Dan
  - Pyong Ahn Sa Dan
  - Pyong Ahn O Dan
- The phrase "pyong ahn" is often translated as "well-balanced" and "peaceful." These forms are usually taught after the gicho hyeong. These forms were reorganized from their original style (called "Jae-Nam") in approximately 1870 to their present style. These forms show the influence of the southern China martial art style.
- The Pyung Ahn hyeong are often referred to as the "turtle forms". The turtle is well balanced, calm, and peaceful (pyung) and with its shell as its major means of defence, the turtle likely feels safe, confident, and comfortable (ahn).



Source: Wikipedia



# Pyung Ahn Cho Dan (Hyung)

## Pyung Ahn Form Number One

- Total Number of Movements: 24
- The first of the Pyong Ahn series, much of this form is a combination of gicho hyeong il bu and ee bu. This form also employs low knife-hand blocks. It is also the first hyeong to incorporate multiple techniques per count.



Source: Wikipedia



태권도

# Pyung Ahn Ee Dan (Hyung)

## Pyung Ahn Form Number Two

- Total Number of Movements: 30
- This hyeong is typically one count/technique longer than the other low-rank forms, due to one of its techniques, a side kick, which is performed in two counts, the first to set up and the second to deliver. It is also one of the few low-level hyeong to have a yell on the last move. The most-often used technique in this hyeong is the middle knife-hand block.



Source: Wikipedia



태권도

# Pyung Ahn Sam Dan (Hyung)

## Pyung Ahn Form Number Three

- Total Number of Movements: 24
- The third of the pyong ahn series, this is also the shortest. While the forms before it involve an I-structure for movement, this form instead goes along an inverted T-structure, cutting out several counts. Its series of outside-inside kicks to sideways elbow strikes and hammerfist strikes is its most recognizable feature. It also ends with a yell.



Source: Wikipedia



태권도

# Pyung Ahn Sah Dan (Hyung)

## Pyung Ahn Form Number Four

- Total Number of Movements: 29
- This form starts out much like Pyong Ahn Ee Dan, except that where Pyong Ahn Ee Dan has closed fists on its first blocks, Pyong Ahn Sa Dan has open hands. It is cognate to the Shotokan kata Pinan Yondan.



Source: Wikipedia



태권도

# Pyung Ahn Oh Dan (Hyung)

## Pyung Ahn Form Number Five

- Total Number of Movements: 27
- Cognate to Pinan Godan, this is the final hyeong of the series, as well as the most involved



Source: Wikipedia



태권도

# Basai (Ba ssa ee)

“Storming the Fortress”

- Total Number of Movements: 50
- The "Bassai" pattern, meaning "to penetrate a fortress," has cognates in both Chinese, Japanese and Korean martial arts. Moreover, there are many variations upon the two Bassai hyeong present in Tang Soo Do, Bassai(Palche) So and Bassai(Palche) Deh. Some schools only practice Palche De, the "greater" of the two forms. These are usually higher-belt forms. The animal these forms represent is the snake.



Source: Wikipedia



태권도

# Koryo

“Korea”

- Total Number of Movements: 23
- Koryo was the ruling dynasty of Korea from 918 to 1392 CE. Western contact with the nation was first made during this dynasty, and thus the name "Korea" is used for the nation in English. The Korean name for the nation is Hanguk.
- The people from the Koryo-period defeated the Mongolian aggressors. Their spirit is reflected in the movements of the Poomse Koryo. Each movement of this Poomse represents the strength and energy needed to control the Mongols.





# Gee Cho Dong Jak

## Basic Movements

- *Ha dan bang oh* - Low block
- *Joong dan gong gyok* - Middle punch
- *Sang dan gong gyok* - High punch
- *Sang dan bang oh* - High block
- *Joong dan yop mak gee* - Middle side block(back stance)
- *Whaeng jin* - Middle side punch(horse stance)
- *Bak e seo an eu ro mak gee* - Out to in block
- *An e seo bak eu ro mak gee* - In to out block
- *Ssang soo (jeon gool)* - Two fist block
- *Hoo gool ssang soo (mak gee)* - Two fist block (back stance)
- *Ha dan soo do mak gee* - Low knife-hand block (back stance)
- *Joong dan soo do mak gee* - Middle knife-hand(back stance)
- *Yeok jin* - Opposite (reverse) punch (back stance)



# Tae Kwon Do Stances

- *Jeon gool ja see* - Front stance
- *Hoo gul ja see* - Back stance
- *Gee ma ja see* - Horse-riding stance



# Tae Kwon Do Terms

- Tae Kwon Do - Korean martial art
- Kuk Ki Won - World Central Gym in Seoul, Korea
- Moo Duk Kwan - School of Martial Virtue
- Bon Kwan - Main School
- Ji Kwan - Branch School
- Do jang - Training Hall
- Kwan jang nim - Head of Kwan
- Sah beom nim - Instructor (Above 4th Dan Black belt)
- Boo Sa beom nim - Instructor (Above 3rd Dan Black belt)
- Jo gyo nim - Instructor (Above 1st Dan Black belt)
- Sah beom nim gae,  
Boo Sa beom nim gae,      To the instructor
- Jo gyo nim gae,
- Whae won - Member
- Je ja - Student
- Dan - Degree
- Geup - Grade
- Yoo dan ja - Black belt holder
- Yoo geup ja - Grade holder
- Do bok - Uniform
- Cha ryo (ryot) - Attention
- Gyong lye (lyet) - Bow
- Sah beom nim gae - To the instructor
- Mook nyum - Meditate
- Joon bee - Ready position
- Ba ro - Return to ready position
- Shee oh - Rest, relax



# Tae Kwon Do Terms

- Gee ma ja sae, Pal butt gee - Horseriding stance, punch
- Gee ap - Yell
- Gyo dae - Change opponent, Switch arm or leg
- Ap cha gee joon bee - Front kick position
- Bot oh ol lee gee - Straight leg kick
- Ap cha ol lee gee - Straight leg front kick
- Yeop cha gee (joon bee) - Side kick position (ready position)
- Sahm soo sik - Three-step fighting
- Il soo sik - One-step fighting
- Gong gyok = Jil lue gee = Pal butt gee - Attack (punch)
- Gee cho dong jak - Basic movements
- Ja yoo dae ryon - Free fighting
- Ghoo lyong eh ma cho so - By the count (By my count)
- Ghoo lyong op sie - Without count (At your count)
- Do rah - Turn around
- Bang oh = Mak gee - Block
- Say jak - Begin
- Yi sang - Finish
- An jo - Sit



# Other Tae Kwon Do Terms

- Bal - Foot
- Hyong - Form
- Gahp kwon - Back fist
- Jeong kwon - Forehand fist
- Yoo kwon - Hammer (bottom) fist
- Pyon ju mook - Half fist
- Doo bon jil lue gee - Double punch
- Soo do - Knife hand
- Yeok soo - Ridge hand
- Kwan soo - Spear hand
- Il ji Kwan soo - One-finger spear hand
- Yi ji Kwan soo - Two-finger spear hand
- Ba tang son - Palm
- Pal koom chi - Elbow
- Moo roop - Knee
- Ap cha gee - Front kick
- Yeop cha gee - Side kick
- Dwit cha gee - Back kick
- Dol lyo cha gee - Roundhouse kick
- Bal koom chi cha gee - Hook kick
- Dwit dol lyo cha gee - Wheel kick
- Bit cha gee - Opposite front kick
- Yi dan \_\_\_\_\_ cha gee - Jump \_\_\_\_\_ kick



Dol  
Tae Kwon Do



Dol  
Tae Kwon Do

태권도