

TAEKWON-DO

Taekwon-Do is an art of self defence founded by a Korean General named Choi Hong Hi. Taekwon-Do was officially recognized on 11th April 1955 when General Choi after exhaustive researching, developing, and experimenting, proclaimed Taekwon-Do to the world as a completely valid and unique martial art having a basic Korean origin.

Translated literally 'Tae' stands for jumping or flying, to kick or smash with the foot. 'Kwon' denotes the fist - chiefly to punch or destroy with the hand or fist. 'Do' means an art or way - the right way built and paved by saints and sages of the past.

Taekwon-Do is a martial art that has no equal in either power or technique, which has been developed using the principles of modern science. It provides the practitioner with a fine weapon to defend him or herself. Used wrongly, Taekwon-Do can be a lethal weapon. Therefore mental training must always be stressed to prevent the student from misusing it and to promote a strong sense of justice, fortitude, humility and resolve.



Grand Master General Choi Hong Hi 9th Degree
1918 - 2002

TAEKWON-DO OATH

I shall observe the tenets of Taekwon-Do
I shall respect the instructor and seniors
I shall never misuse Taekwon-Do
I shall be a champion of freedom and justice
I shall build a more peaceful world

TENETS OF TAEKWON-DO

Taekwon-Do aims to achieve:

- Courtesy (Ye Ui)
- Integrity (Yom Chi)
- Perseverance (In Nae)
- Self Control (Guk Gi)
- Indomitable Spirit (Baekjul Boolgool)

TRANSLATION OF COMMANDS

ENGLISH	KOREAN	ENGLISH	KOREAN
Attention	Charyot	One	Hana
Bow	Kyong Ye	Two	Dool
Ready	Junbi	Three	Set
Start	Sijak	Four	Net
Stop	Guman	Five	Dasot
Return to ready posture	Pharo	Six	Yosot
At ease	Swiyo	Seven	Ilgop
Turn around	Dwiwo Dora	Eight	Yodul
Forwards	Nagagi	Nine	Ahop
Backwards	Duruogi	Ten	Yol
To the left	Jaro		
To the right	Uro		
Dismiss	Hae San		