

# **TAE KWON-DO**

## **Welcome /Starter Pack**

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### **INSTRUCTORS**

**Mr Geoff Gravestock**  
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Dear Student,

Welcome to our club. We hope you will find our training programme both enjoyable and beneficial. You will find in this pack the following:

Information Sheet `What is Tae Kwon-Do`?

Welcome Questionnaire

Please fill in and return to your instructor. The information that you provide will allow us to understand your needs and expectations from your Tae Kwon-Do training.

TAGB Membership License Form

This should be completed and returned to your instructor together with the annual fee of £28 as soon as training commences. In return, you will receive a TAGB/BTC License and you will be insured against accidental injury during training.

Yellow Grading Card

Please fill in your details and return to your instructor at least one week prior to your first grading (about 8-12 weeks from beginning of training) together with two recent passport size photos of yourself and the grading fee of £25. After successfully passing your grading, you will receive a certificate and your next colour belt.

Rules of the Dojang (Training Hall)

These are rules that we ALL observe in the interest of safety and courtesy.

Information Sheet

Belt and Pattern meanings

Origins of Tae Kwon-Do

Explanation sheet on History and origins of Tae Kwon-Do

Beginners Information Sheet

This gives you the basic information, which you need to learn prior to your first Yellow Tag grading.

Yellow Tag Information Sheet

Further information required for your Yellow Belt grading

Diagram Sheet – Stances



## **WHAT IS TAE KWON-DO**

**THE ART** – Tae Kwon-Do is derived from several martial arts with its main influence being Tae-Kyon Kick Fighting. Literally translated TAE is to kick or smash with the feet, KWON means to intercept or strike and DO is the way of the art. Thus, Tae Kwon-Do is the use of the feet and hands to swiftly overcome an attacker.

**THE SPORT** – Competition Tae Kwon-Do is purely optional and is divided into three categories.

**SPARRING** – A matches are semi contact with full safety equipment worn to avoid any risk of injury. The pace is fast and furious. It has been described as the most visually breathtaking sport since chariot racing. Winners are decided from a point system with trained referees and other officials constantly monitoring the bout to keep strict control on contact.

**PATTERNS** – Concentration, technique, skill, balance, dynamics and elegance are just a few requirements needed to perform these sequences of pre-arranged movements against attacks from imaginary opponents.

**DESTRUCTION** – This category is strictly for higher-grade adult students involving the breaking of boards with bare hands and feet, displaying a high level of discipline and skill in this spectacular event.

## **YOU AND TAE KWON-DO**

**MEN** – Tae Kwon-Do will improve your fitness, flexibility and most of all confidence. It will help to control or channel your aggression should the need arise. Right from the first lesson you will start developing a whole range of skills and capabilities with the opportunity to realise self-achievement

**WOMEN** – In these days of increasing violent attacks on women, it has now, more than ever become necessary for women to be prepared to protect themselves. More and more women are turning to martial arts for protection and Tae Kwon-Do can certainly provide this. It is a superb form of self-defence and an excellent way to stay in shape. The desire to learn and reach targets along with the social atmosphere is more enticing than a trip to the gym; hence, students find that they stick to this enjoyable fitness regime.

**CHILDREN** – children who acquire self-confidence at an early age are far more likely to succeed in their adult ambitions. Tae Kwon-Do is one of the best methods of instilling confidence into children. At the same time, it emphasises the importance of respect and discipline and channels their boundless energy positively. As a result of the fast exciting nature of Tae Kwon-Do there are thousands of children participating throughout the UK and millions Worldwide.



# Welcome questionnaire

Dear sir/madam,  
In the TAGB, we take nothing for granted. Your fitness needs and aspirations are very much at the heart of every training syllabus each of our instructors puts in place.

Your answers to the following questions will help us ensure that we continue to develop our classes to meet your requirements

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone/Fax \_\_\_\_\_ E-Mail \_\_\_\_\_

1. How did you hear of this club? (Please give details)

\_\_\_\_\_

2. What are your reasons for doing Tae Kwon-Do (you can circle more than one)

a. Fitness      b. Self Defence      c. Social      d. other (please specify) \_\_\_\_\_

\_\_\_\_\_

3. Is this your first experience of martial arts? (If not please give details below)

\_\_\_\_\_

\_\_\_\_\_

4. What are your expectations from taking up training in Tae Kwon-Do?

\_\_\_\_\_

5. How did you find the enrolment process?

a. Excellent      b. Good      c. Average      d. Unsatisfactory

6. What are your long-term expectations from your membership in the TAGB?

\_\_\_\_\_



# **RULES OF THE DOJANG**

**No smoking inside the Dojang**

**No Gum Chewing**

**No jewellery may be worn in the Dojang**

**Students should never leave class for a break, water or early dismissal without their instructor's permission**

**Never lean on walls or lay spread out on the floor unless during exercise**

**Student must keep finger and toenails clipped short and clean**

**Uniform must be clean at the beginning of each training session**

**No talking during class except to either ask or answer a question**

**Whilst in the Dojang, address you instructor as “*SIR or MR*” if male and as “*Maam, Mrs, Miss or Ms.*” If female followed by their surname**

**Students must behave in a disciplined manner whilst training**

**BOW when entering and leaving the Dojang as a sign of courtesy**

**Any student late for their class must wait at the side for the instructor's permission and then bow to the instructor before joining the class**

**Treat any substitute instructor with the same courtesy as your own instructor**



## **TAE KWON-DO BELT MEANINGS**

- WHITE** Signifies Innocence, as that of a beginning student who has no previous knowledge of Tae Kwon-Do.
- YELLOW** Signifies Earth, from which the plant sprouts and takes root as the Tae Kwon-do foundations are being laid.
- GREEN** Signifies the plants growth as the Tae Kwon-Do skills develop.
- BLUE** Signifies heaven towards which the plant matures into a towering tree as training in Tae Kwon-Do progresses.
- RED** Signifies Danger, cautioning the student to exercise control and warning the opponent to stay away.
- BLACK** Opposite of white, therefore signifying the maturity and proficiency in Tae Kwon-Do. Also indicates the wearers imperviousness to darkness and fear

## **TAE KWON-DO PATTERNS AND INTERPRETATIONS**

- CHON-JI** Means literally heaven the earth. It is, in the orient interpreted as the creation of the world, or the beginning of human history. Therefore is the initial pattern played by the beginner. This pattern consists of two similar halves one to represent heaven, the other the earth. 19 Movements.
- DAN GUN** Dan Gun is named after the holy Dan Gun legendary founder of Korea in the year 2333BC. 21 Movements.
- DO SAN** Do San is the pseudonym of patriot Ahn Ch'ang-Ho (1876-1938) who devoted his entire life to furthering the education of Korea and its independent movement. 24 Movements.
- WON HYO** Won Hyo was the noted monk who introduced Buddhism into the Silla dynasty in the year 686AD. 28 Movements.
- YUL GOK** Yul Gok is the pseudonym of the great philosopher and scholar Yi I (1536-1584AD). Nicknamed the Confucius of Korea. The 38 movements refer to his birthplace on 38degree latitude and the diagram represents the scholar. 38 Movements.



## **EVOLUTION AND ORIGINS OF TAE KWON-DO**

**Tae Kwon Do is a martial art developed over 20 centuries ago in Korea. The earliest records of its practice date back to 50BC where tomb paintings show men in fighting stances practising forms known as Taek Kyon.**

It is believed that the origins of Taek Kyon date even further back and originated as self-defence against wild animals whose defensive and offensive movements were also the subject of much analysis. Taek Kyon, at the time was only one style of fighting. Others had names such as Subak, Tak Kyon and so on.

By 57 BC Korea had three kingdoms (Koguryo, Paekje and Silla) and, with a certain degree of inevitability, a strong rivalry amongst them led to the focus on the development of very effective fighting techniques.

History, repeatedly, has shown that it is the victor who writes the script and this case was no exception. Silla won its wars against its two rivals and in 668 AD it unified the three kingdoms. Instrumental in its victory were the Hwa Rang Do, an elite group of young men who were devoted to cultivating their bodies and minds and serving the kingdom.

Hwa Rang Do, quite literally, means flowering youth (Hwa=flower, Rang=young man) and the young noblemen of the Hwa Rang Do practised various forms of martial arts. The Hwa Rang Do also developed an honour code and it is this which today forms the philosophical background of Tae Kwon Do.

In 936AD the Silla dynasty came to an end and with it the kingdom. In its place, Wang Kon founded the Koryo dynasty. Koryo is an abbreviation of Koguryo which Wang Kon sought to revive. The modern name Korea is derived directly from the word Koryo.

It was during the Koryo that a new sport was given form. It was called Soo Bakh Do and it was used, principally, as a military training method. Drawing from the many different forms of martial arts which had preceded it Soo Bakh Do used bare hands and feet as a weapon and its intensity was such that it was seen as a very good way of maintaining one's strength and overall fitness. As a result its popularity spread throughout the kingdom of Koryo.

This was the precursor to modern day Tae Kwon Do. Despite its effectiveness as a means of training for warfare however and its popularity with the peasants in the fields by 1492 it had almost disappeared.

What happened was that King Taejo, founder of the Yi dynasty, replaced Buddhism with Confucianism as the state religion. The teachings of Confucius, imported from the refined, rarefied culture of China, dictated that the higher class of man should read poetry and music and the practice of martial arts should be something left to the less refined, even inferior, man.

The Yi dynasty lasted from 1392 to 1910 and during that time the practice of martial arts and the code of honour of the Hwa Rang remained alive in isolated, stubbornly traditional cultural backwaters of Korea.

In 1910 however Korea was invaded by Japan who dominated it until the end of World War II. The Japanese tried to erase all of the Korean culture including its martial arts. As is usual with such situations this brought a stubborn resurgence in the practice of martial arts which now, once more, had a very practical role to play against an invader who strictly controlled the supply of weapons.

Along with occupation, the Japanese also brought karate with them and indeed the quick, straight-line movements which characterise many Tae Kwon Do moves today are a direct result of the legacy left behind by the Japanese army of occupation.

After the end of World War II, when Korea became independent, several Kwans, or fighting styles, arose. These were: Chung Do Kwan, Moo Duk Kwan, Yun Moo Kwan, Chang Moo Kwan, Oh Do Kwan, Ji Do Kwan, Chi Do Kwan and Song Moo Kwan. All these Kwans were united in 1955 under the name of Tae Soo Do.

Korea's struggle to re-discover its identity and many traditions was, with some degree of inevitability, reflected in the subsequent development of its martial arts movement and by the beginning of 1957 several Korean martial arts masters



had adopted the name Tae Kwon Do for their form of martial arts, because of its similarity to Tae Kwon. The very first Tae Kwon Do students were soldiers because General Choi Hong-Hi, who is credited as the father of modern Tae Kwon Do, required his soldiers to train in it.

The police and air force had to train in Tae Kwon Do as well. At the time Tae Kwon Do was still very heavily under the influence of Japanese karate and, indeed, many of its moves and style bore a very close resemblance to Shotokan Karate. In 1961, however, the Korean Tae Kwon Do Union arose from the Soo Bakh Do Association and the Tae Soo Do Association. In 1962 the Korean Amateur Sports Association acknowledged the Korean Tae Kwon Do Union and in 1965 the name was set to Korean Tae Kwon Do Association (KTA).

General Choi Hong-Hi was president of the KTA at the time and he was asked to start the International Tae Kwon Do Federation (ITF) as the international branch of the KTA. What follows next is best described as the rise of the acronyms. In 1961, following the overthrow of the southern government of Korea general Choi left for the United States where he established the ITF as a separate entity, in 1963.

Tae Kwon Do was introduced in the UK in 1967, just four years after the foundation of ITF.

Six years later the World Tae Kwon Do Federation (WTF) was founded and in 1980 it was recognised by the International Olympic Committee (IOC) which made it a demonstration sport in the Olympic Games.

The Korea Tae Kwon Do Association (KTA) is the National Governing Body (NGB) for Tae Kwon Do in the Republic of Korea, just like the United States Tae Kwon Do Union (USTU) is the NGB for Tae Kwon Do in the United States. The World Tae Kwon Do Federation (WTF) is made up of Tae Kwon Do NGBs. These NGBs are member organisations of the WTF. Individuals can be affiliated to the WTF through their NGBs but cannot join the WTF directly!

As the popularity of Tae Kwon Do increased in the west several attempts were made to unite the two Tae Kwon Do organisations but these were unsuccessful.

It was largely because of all this that in August 1983 it was decided to form, in the UK, an organisation that would be run on principals far more democratic than were permitted by the two governing bodies of the time (the ITF and WTF). This became the basis of the Tae Kwon Do Association of Great Britain (TAGB).

Five years later, in April 1988, the TAGB became a founding member of the British Tae Kwon Do Council (BTC). The BTC is the only body recognised by the United Kingdom Sports Council and it incorporates 11 different organisations. The birth of the TAGB and the formation of the BTC represent a happy chapter in the tumultuous history of Tae Kwon Do. With the power of hindsight it is easy to make light of the differences of organisations which have more in common than not. It would, however, be also proper to reflect that the birth of Tae Kwon Do, its development and its propagation are as much a mirror of its troubled origin and the practical needs which made it possible as they are a telling remark on the apparent inability of its many governing bodies to cast aside their differences and find some common ground.

The TAGB, with over 18,000 members represents the next stage in the development of Tae Kwon Do. With its grounding in the ethos and tenets which were first espoused by the Hwa Rang over 2,000 years ago and its open acceptance and constant development of forms, training techniques and ideas, it stands poised to take an ancient fighting form into the 21st century, successfully linking the distant past with an equally distant, and certainly no less wondrous, future.

In view of this, in 1993, a new world body was formed called Tae Kwon Do International. The new body encompasses both ITF and WTF stylists, it is entirely non-political in orientation and its sole aim is to promote the benefits of Tae Kwon Do as a sport and as a martial art, worldwide. The TAGB is a founding member of this new body.



## **Beginners Information Sheet (10<sup>th</sup> Kup Grade)**

**White belt Signifies Innocence, as that of a beginning student who has no previous knowledge of Tae Kwon-Do.**

### STANCES (SOGI)

Attention stance	Charyot sogi
Ready stance	Junbi sogi
Walking stance	Gunnun sogi
Sitting stance	Annun sogi
L stance	Niunja sogi
Parallel ready stance	Narani Junbi sogi

### BLOCKS (MAKGI)

Inner Forearm	An Palmok
Outer Forearm	Bakat Palmok
Low Section Outer Forearm	Najunde Bakat Palmok Makgi
Middle section Inner Forearm	Kaunde An Palmok Makgi
Guarding Block	Daebi Makgi

### HAND ATTACKS

Forefist Punch	Ap Joomak Jirugi
Backfist Punch	Dung Joomak Jirugi
Knife Hand Strike	Sonkal Taerigi

### KICKS

Front Kick	Ap chagi
Side Kick	Yop chagi
Turning Kick	Dollyo chagi
Jumping Front Kick	Twimyo Ap chagi

### COMMANDS

Attention	Charyot
Bow	Kyong-ye
Start	Si-jak
Ready	Junbi

### EXERCISES

Four Directional Punching	Sajo Jirugi
Front Leg Rising Exercise	Ap Chaolligi

### BODY SECTIONS

High	Nopunde
Middle	Kaunde
Low	Najunde

### FOOT PARTS

Ball	Ap kumchi
Footsword	Balkal
Heel	Dwit chook

### OTHER THEORY

Tae Kwon-Do literally Means	Foot, hand and way of art (or life)
The Founder of Tae Kwon-Do is	General Choi Hong Hi 9 <sup>th</sup> Dan
The Five Tenants Of Tae Kwon-Do are	Courtesy, Integrity, Perseverance, Self Control, and Indomitable Spirit

### GENERAL TERMS

Training Hall	Dojang	Belt	Ti	Uniform	Dobuk
Instructor	Sebum	Kick	Chagi	Punch	Jirugi
Stance	Sogi	Strike	Taerigi		
Block	Makgi				



## Yellow Tag Information Sheet (9<sup>th</sup> Kup Grade)

YELLOW Belt	Signifies Earth, from which the plant sprouts and takes root as the Tae Kwon-do foundations are being laid.	
CHON-JI Means:	Literally “heaven the earth”. It is, in the orient interpreted as the creation of the world, or the beginning of human history. Therefore is the initial pattern played by the beginner. This pattern consists of two similar halves one to represent heaven, the other the earth. 19 Movements.	
STANCES In CHON-JI:	Parallel Ready Stance Walking stance L stance	Narani Junbi sogi Gunnun sogi Niunja sogi
BLOCKS IN CHON-JI:	Low outer Forearm Block Middle Inner Forearm Block	Najunde Bakat Palmok Makgi Kaunde An Palmok Makgi
ATTACKS IN CHON-JI:	Middle Section Forefist Punch	Kaunde Ap Joomak Jirugi
BLOCKS (MAKGI)	Twin Outer Forearm Block Knife Hand Guarding Block High Rising Block Low Section Outer Forearm Block	Sang Bakat Palmok Makgi Sonkal Daebi Makgi Nopunde Chookyo Makgi Najunde Bakat Palmok Makgi
HAND ATTACKS	High Section Forefist Punch Middle Section Forefist Punch	Nopunde Ap Joomak Jirugi Kaunde Ap Joomak Jirugi
KICKS (CHAGI)	Front Snap Kick Back Kick (reverse sidekick) Side Kick Turning Kick	Ap Chabusigi Dwit Chagi Yop Chagi Dollyo Chagi
HAND PARTS	Palm	Sonbadak
GENERAL TERMS	Pattern Double Punch Left Right Inward Outward Press ups	Tul Ibo Jirugi Wen Orun Anaero Bakaero Momtong Bachia



## The TAGB Committee Members

The T.A.G.B. governing committee is elected democratically by the instructor members of the T.A.G.B..



**Dave Oliver**  
Chairman of the TAGB &  
President  
of Tae Kwon Do International  
(TKDI)



**Paul Donnelly**  
TAGB Liaison Officer



**Ron Sergiew**  
TAGB Treasurer



**Brian Towndrow**  
TAGB Committee member



**Gianni Peros**  
TAGB Committee Member  
and Coach of Welsh Squad



**Don Atkins**  
TAGB National  
Secretary

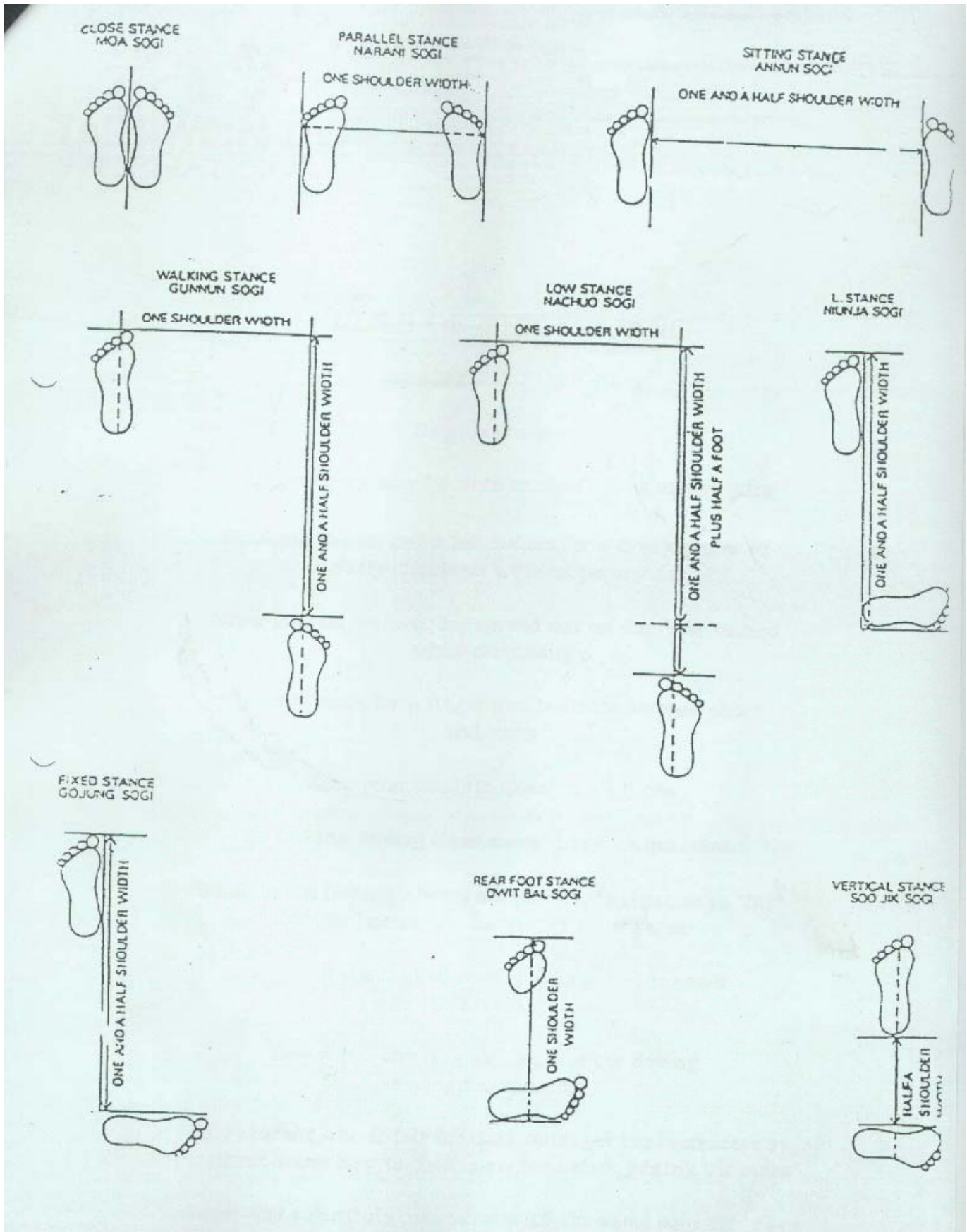


**Kenny Walton**  
TAGB National  
Coach

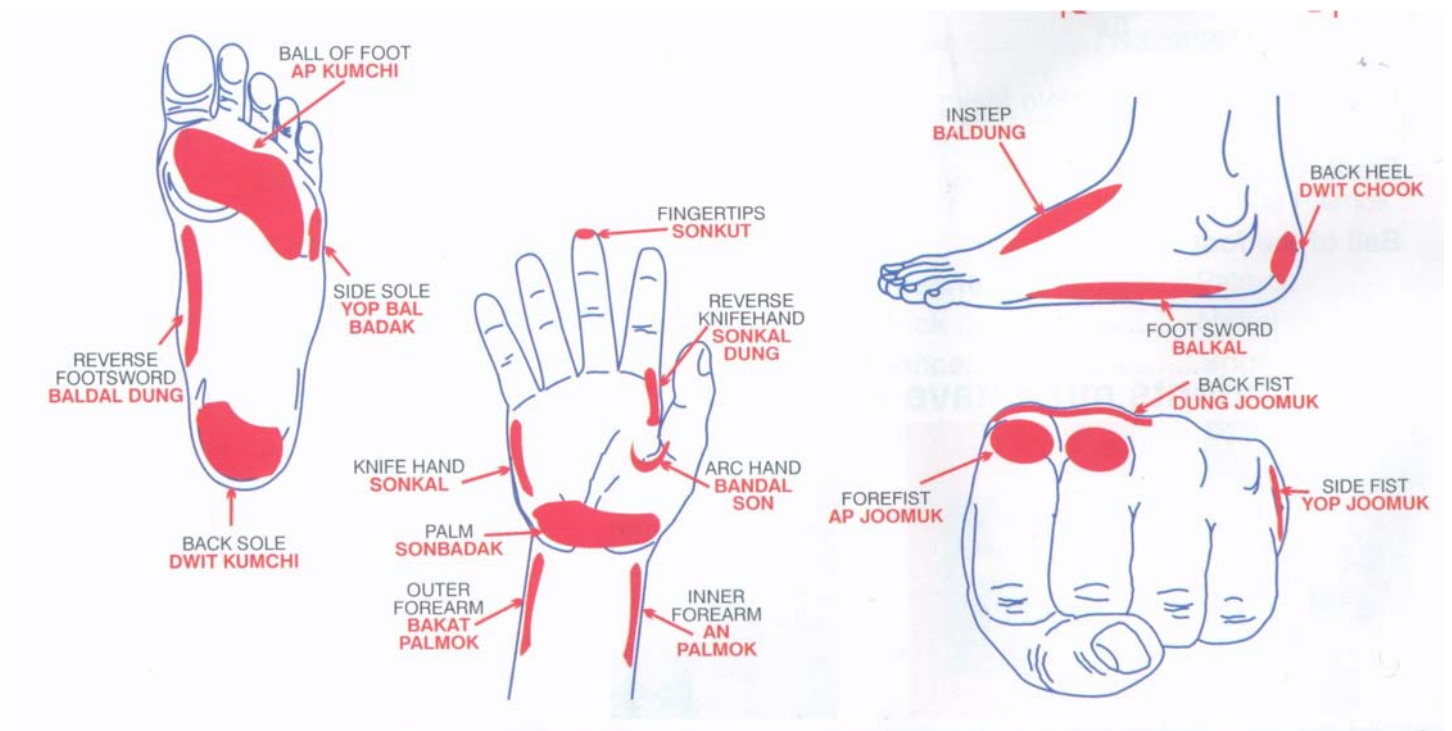


**Mike Dew**  
Vice-Chairman of the TAGB &  
President  
of the British Tae Kwon Do  
Council

## STANCE DIAGRAMS



## Foot and Hand Parts



## Equipment Prices



### Coloured Belt Dobok code: CD

65% polyester, 35% cotton.

This dobok is white with TAGB logo in red on left breast.

Supplied with a white belt.

Sizes: 00 – 07

Adults £35.00

Juniors £32