

The Do Jang is a place where people of all conditions and circumstances gather to learn and practice the Art of Tae Kwon Do. The following rules are observed for the benefit of everyone.

### **TAE KWON DO PLEDGE**

I will observe the principles of Tae Kwon Do.  
I will respect the Instructor and all Senior ranks.  
I will never misuse Tae Kwon Do.  
I will be a champion of freedom.  
I will build a more peaceful world.

### **RULES OF THE DO JANG (TRAINING HALL)**

1. Be courteous to all persons in the Do Jang.
2. Show respect by bowing to senior belts and upon entering and leaving the Do Jang.
3. Refrain from idle chatter, profanity, swearing, and horseplay.
4. Never loose your temper in the Do Jang.
5. There is to be no shoes, jewelry, gum, or food in the Do Jang.
6. Absolutely no teaching or free-sparring without instructor's permission.

### **TENETS OF TAE KWON DO**

#### **COURTESY (Ye Ui)**

- a. to promote the spirit of mutual concessions.
- b. to be ashamed of one's vice contempting that of others.
- c. to be polite to one another.
- d. to encourage the sense of justice.
- e. to distinguish instructor from student and senior from junior.

#### **INTEGRITY (Yom Chi)**

In Tae Kwon Do, integrity means being able to define right from wrong, and have the conscience, if wrong, to feel guilt. Examples:

- a. the instructor who misrepresents himself and his art by presenting improper techniques to his students because of lack of knowledge, of because of apathy.
- b. student who misrepresents himself by "fixing" breaking material.
- c. student who requests rank from an instructor, or attempts to purchase rank.
- d. student who gains rank for ego purposes or the feeling of power.
- e. instructor who promotes art for materialistic gains.

#### **PERSERVERANCE (In Nae)**

There is an old Oriental saying, "Patience leads to virtue or merit." A serious student must learn not to be impatient, to continue steadfastly, to perservere.

#### **SELF CONTROL (Kuk Gi)**

This tenet is extremely important inside and outside the Do Jang, whether conducting one's self in free sparring or in one's personal affairs. A loss of one's self-control can prove disastrous to both student and opponent. An inability to work within one's capability is also lack of self control.

#### **INDOMITABLE SPIRIT (Baekjul Boolgool)**

A serious student will at all times be modest and honest. If confronted with injustice, he will deal with the belligerent without any fear of hesitation at all, with indomitable spirit, regardless of whosoever and however many the number may be.

## TAE KWON DO TERMINOLGY

Cha Ryoth .....	Attention	Dolye.....	Round
Kyung Nae .....	Bow	Bal .....	Foot
Jhoon Bee.....	Ready Stance	Son .....	Hand
Shi Jak .....	Start	Chaggi .....	Kick
Ko Mahn .....	Stop	Dee uh .....	Jumping
Tito Dorah .....	About Face	Jungdan .....	Middle area
Ba ro.....	Return to Order	Sangdan.....	High area
Shuh .....	At ease	Ha Dan .....	Low area
Hoo Tay.....	Retreat	Chongul ja sae.....	Front stance
Chun jin.....	Forward	Hugul ja sae .....	Back stance
Chayu daeryun .....	Free-sparring	Kima ja sae .....	Riding Horseback stance
Il bo daeryun .....	One-step sparring	Bal Chaggi .....	Kicking
Sa ju kong bong .....	Four directional block and attack	Yi Jung .....	X Stance
Do Jang .....	School, Training Hall	Kong Keok .....	Punch
Cho gyo nim .....	1st, 2nd, or 3rd degree instructor	Moke Chiki .....	Neck Attack
Bu sa bum nim .....	4th and 5th degree instructor	Kwan su .....	Spear Finger
Sa bum nim .....	6th and 7th degree instructor	Sudo .....	Knife Hand
Sa bo nim .....	8th and 9th degree instructor	Yup Sudo.....	Ridge Hand
Pil sung .....	Certain victory	Yope Chaggi.....	Side Kick
Do bok.....	Uniform	Ap Chaggi.....	Front Snap Kick
Hyung.....	Form	Dol Yeo Chaggi.....	Roundhouse Kick
Ki hap.....	Yell	Ban Dahl Chaggi.....	Front Twisting Kick (45°)
Ki bon dong jak .....	Basic exercises	Butah ohligi.....	Upper Rising Kick
Ap.....	Front	Dwee Yope Chaggi .....	Reverse Side Kick
Yope .....	Side	Ap hulyo Chaggi or Ohn dal Chaggi.....	Crescent Kick

### COUNTING: 1 through 10,000

ha na .....	one	yuhl hana.....	eleven	Se run .....	thirty
dul .....	two	yuhl dul .....	twelve	Ma hun .....	forty
set .....	three	yuhl set .....	three	Oh Sip or Shween .....	fifty
net.....	four	yuhl net .....	four	Ye soon.....	sixty
da sot.....	five	yuhl da sot.....	five	Il heun .....	seventy
yo sot.....	six	yuhl yo sot.....	six	Yau deun .....	eighty
il gope .....	seven	yuhl il gope .....	seven	Ah heun.....	ninty
yo dul .....	eight	yuhl yo dul .....	eight	Bek .....	one hundred
ah hup.....	nine	ah hup.....	nine	Chun.....	one thousand
yuhl .....	ten	Soo mul .....	twenty	Man .....	ten thousand

### THE SOUTH KOREAN NATIONAL FLAG

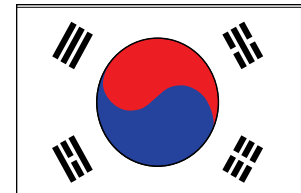
The Korean flag symbolizes much or the thought, philosophy and mysticism of the Orient. The flag itself, is called Tae Geug Ki.

Depicted on the flag is a circle divided equally and blocked in perfect balance (Tae Geug). The upper section (red) represents the Yang and the lower (blue) represents the Um, an ancient symbol of the universe. The two opposites express the dualism of the cosmos: fire and water, day and night, dark and light, construction and destruction, masculine and feminine, active and passive, heat and cold, plus and minus, and so on.

The central thought in Tae Geug indicates that while there is a constant movement within the sphere of infinity, there are also balance and harmony. As a simple example, kindness and cruelty may be taken into consideration. If parents are kind to a child. it is good, but they may spoil and weaken him and thus lead him to become a vicious man and a source of disgrace to his ancestors.

Three bars at each corner (trigrams) also carry the ideas of opposition and balance. The three unbroken lines stand for heaven; the opposite three broken lines represent the earth. At the lower left hand of the flag are two lines with a broken line between. This symbolizes fire. The opposite is a symbol of water.

The white background represents peace.



# Chung Kim's - American Tae Kwon Do Federation Forms

## 10th Gup White:

**Saju Kong Bang 1 & 2** – (12 movements) means four direction block and attack.

## 9th Gup Yellow:

WTF - **Taegeuk 1 (Il) Jang** ☰ – (18 movements) represents the symbol “Geon,” which represents the heaven and “Yang,” meaning the beginning of the creation of all things in the universe.

ITF - **Chon Ji** – (19 movements) means literally ‘heaven and the earth,’ and is in the Orient, interpreted as the creation of the world and the beginning of human history. Therefore, it is the initial pattern learned by the beginner. The pattern consists of two parts, one to represent heaven and the second representing earth.

## 8th Gup Orange:

WTF - **Taegeuk 2 (Ee) Jang** ☱ – (18 movements) represents the symbol “Tae,” which means the lake and signifies the inner firmness and the outer softness.

ITF - **Dan Gun** – (21 movements) is named after the Holy Dan Gun, the legendary founder of Korea in the year 2333 B.C.

## 7th Gup Green:

WTF - **Taegeuk 3 (Sahm) Jang** ☲ – (20 movements) represents the symbol “Ri,” which means the hot and bright and should evoke a sense of justice and ardor.

ITF - **Do San** – (24 movements) is the pseudonym of the patriot Ahn Ch’ang Ho who lived from 1876 to 1938 and devoted his life to furthering the education of Korea and its independent movement.

## 6th Gup Green:

WTF - **Taegeuk 4 (Sah) Jang** ☳ – (20 movements) represents the symbol “Jin,” which represents the thunder, meaning great power and dignity.

ITF - **Won Hyo** – (28 movements) was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.

## 5th Gup Blue:

WTF - **Taegeuk 5 (Oh) Jang** ☴ – (20 movements) represents the symbol “Son,” which represents the wind, meaning both mighty force and calmness.

ITF - **Yul Gok** – (38 movements) is the pseudonym of the great philosopher Yi I (1536–1584 A.D.) nicknamed the ‘Confucius of Korea.’ The 38 movements of this hyung refer to his birthplace on the 38th parallel and the diagram ↓ means scholar.

## 4th Gup Blue:

WTF - **Taegeuk 6 (Yook) Jang** ☵ – (19 movements) represents the symbol “Gam,” which represents the water, meaning incessant flow and softness.

ITF - **Chung Gun** – (32 movements) is named after the patriot An Chung Gun who assassinated Hiro Bumi Ito, the first Japanese governor-general of Korea, who was known as the man who played the leading part in the Korea-Japan merger. The 32 movements represent Mr. An’s age at the time of his death when he was executed at Lui Shung prison in 1910.

### 3rd Gup Red:

- WTF - **Taegeuk 7 (Chil) Jang ☰☷** – (25 movements) represents the symbol “Gan,” which represents the mountain, meaning ponderosity and firmness.
- ITF - **Toi Gye** – (37 movements) the Pen name of the noted scholar Yi Hwang, who lived in the 16th century and was an authority on Neo-Confucianism. The 37 movements refer to his birthplace on the 37th parallel, and the diagram ± means scholar.

### T. 2nd Gup Red:

- WTF - **Taegeuk 8 (Pal) Jang ☷☷** – (27 movements) represents the symbol “Gon,” which represents the earth and “Um,” meaning the root and settlement and also the beginning of the end.

### 2nd Gup Brown:

- ITF - **Hwa Rang** – (29 movements) named after the Hwa Rang youth group which originated in the Silla Dynasty, about 1350 years ago. The Hwa Rang code became the driving force for Korean unification. The 29 movements refer to the 29th Infantry Division where Tae Kwon Do reached maturity.

### T. 1st Gup Brown:

- ITF - **Chung Mu** – (30 movements) was the name given to the great admiral Yi Sun Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (Kobukson), which was the precursor to the present day submarine, in 1592 A.D. The reason why this pattern ends up with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.

### 1st Gup Brown:

#### 7-Step Sparring

### Temp 1st Black:

- ITF - **Gwang Gae** – (39 movements) is picked after the famous Gwang Gae-T O-Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram (I) represents the expansion and recovery of the lost territory. The 39 movements refer to his reign for 39 years.

### Cho Dan 1st Black:

- WTF - **Koryo** – (30 movements) symbolizes “Seonbae” meaning learned man, characterized by a strong martial and righteous spirit.
- ITF - **Po Eun** – (36 movements) is the pseudonym of the loyal subject Chang Mong Chu (1400 A.D.), who was a famous poet and whose poem ‘I would not serve a second master though I might be crucified a hundred times,’ is known to every Korean. He was also a pioneer in the field of physics. The diagram (–) represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.

**Dan Gun Kong Bang (first half)** – Grand Master Kim’s two person form.

## Ye Dan 2nd Black:

- WTF - **Keumgang** – (27 movements) meaning diamond has the significance of hardness and great mass. The pattern of this poomsae symbolizes the Chinese letter for mountain.
- ITF - **Ge Baek** – (44 movements) is named after Ge Baek, a great general in the Baek Je Dynasty (660 A.D.). The diagram (1) represents his severe and strict military discipline.
- ITF - **Choong-Jang** – (52 movements) is the pseudonym given to General Kim Duk Ryang who lived during the Yi Dynasty, fifteenth century. This Pattern ends with a left-hand attack to symbolize the tragedy of his death at 27 in prison before he was able to reach full maturity.

**Dan Gun Kong Bang** – Grand Master Kim’s two person form.

## Sahm Dan 3rd Black:

- WTF - **Taebaek** – (26 movements) meaning bright mountain, is the name of the mountain where Dangun reigned the country. The pattern of this poomsae symbolizes the Chinese letter for the bridge between heaven and earth.
- ITF - **Yoo-Sin** – (68 movements) is named after General Kim Yoo Sin, commanding general during the Silla Dynasty, who unified the three separate kingdoms of Korea. The 68 movements refer to the last two figures of 668 A.D., the year Korea was united.
- ITF - **Eui Am** – (45 movements) is the pseudonym of Son Byong Hi, leader of the Korean independence movement on March 1, 1919. The 45 movements relate to his age when he changed the name of Dong Hak (Oriental Culture) to Chondo Kyo (Heavenly Way Religion) in 1905. The diagram (l) represents his indomitable spirit displayed while dedicating himself to the prosperity of his nation.
- ITF - **Juche** – (45 movements) Juche is the philosophical concept that man is the master of everything and therefore decides and determines his destiny. It is said that this idea was rooted on the Baekdu Mountain that symbolises the spirit of the Korean people. The diagram is intended to represent the Baekdu Mountain.

## Sah Dan 4th Black:

- WTF - **Pyongwon** – (21 movements) means a plain, vast and stretched-out. The source of life for all creatures and where humans live there life.
- ITF - **Ul-Ji** – (42 movements) is named after general Ul-Ji Mun Duk who successfully defended Korea against a Chinese invasion force of nearly on million soldiers led by Yang Je in 612 A.D. Ul-Ji employing hit and run guerilla tactics, was able to decimate a large percentage of the force. The diagram (ㄱ) represents his surname. The 42 movements represents the author’s age when he designed the pattern.
- ITF - **Sam-II** – (33 movements) denotes the historical date of the independence movement of Korea which began throughout the country on March 1, 1919. The 33 movements in the pattern stand for 33 patriots who planned the movement.
- ITF - **Choi-Yong** – (46 movements) is named after General Choi Yong, Premier and Commander-in-Chief of the Armed Forces during the fourteenth century Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism, and humility. He was executed by his subordinate commanders, headed by General Yi Sung Gae, who later became the first king of the Yi Dynasty.
- ITF - **Yon-Gae** – (49 movements) is named after a famous general during the Koguryo Dynasty, Yon Gae Somun. The 49 movements refer to the last two figures of 649 A.D., the year he forced the Dang Dynasty to quit Korea after destroying nearly 300,000 Chinese troops at Ansi Sung.

### **Oh Dan 5th Black:**

- WTF - **Sipjin** – (28 movements) represents the 10 creatures of long life: sun, moon, mountain, water, stone, pine tree, herb of eternal youth, tortoise, deer and crane.
- ITF - **Ko-Dang** – (39 movements) is the pseudonym of the patriot Cho Man Sik who dedicated his life to the independence movement and education of his people. The 39 movements signify his times of imprisonment and his birthplace on the 39th parallel.
- ITF - **Moon-Moo** – (61 movements) honors the thirtieth king of the Silla Dynasty. His body was buried near Dae Wang Am (Great King's Rock). According to his will, the body was placed in the sea "Where my soul shall forever defend my land against the Japanese." It is said that the Sok Gul Am (Stone Cave) was built to guard his tomb. The Sok Gul Am is a fine example of the culture of the Silla Dynasty. The 61 movements in this pattern symbolize the last two figures of 661 A.D. when Moon Moo came to the throne.
- ITF - **So-San** – (72 movements) is the pseudonym of the great monk Choi Hyung Ung, 1520–1604, during the Yi Dynasty. The 72 movements refer to his age when he organized a corps of monk soldiers with the assistance of his pupil Samung Dang. The monk soldiers helped repulse the Japanese pirates who overran most of the Korean peninsula in 1592.

### **Yook Dan 6th Black:**

- WTF - **Jitae** – (28 movements) means a man standing on the ground looking over heaven and represents mans struggle in life.
- ITF - **Se-Jong** – (24 movements) is named after the greatest Korean king, Se-Jong, who invented the Korean alphabet in 1443 A.D., and was also a noted meteorologist. The diagram represents the king, while the 24 movements refer to the 24 letters of the Korean alphabet.
- ITF - **Tong-Il** – (56 movements) denotes the resolution of the unification of Korea which has been divided since 1945. The diagram (I) symbolizes the homogenous race.

### **Chil Dan 7th Black:**

- WTF - **Chonkwon** – (26 movements) means Heaven's Great Mighty, which is the origin of all the creature and itself the cosmos. Its infinite competence signifies the creation, change and completion.

### **Pal Dan 8th Black:**

- WTF - **Hansu** – (27 movements) means water which is the source of substance preserving the life and growing of all the creatures. It symbolizes birth and growth, strongness and weakness, magnanimity and harmony, and adaptability.

### **Koo Dan 9th Black:**

- WTF - **Ilyeo** – (23 movements) represents the harmonization of spirit and body, which is the essence of martial arts. This philosophy of oneness of body and mind comes from the Buddhist priest Wonhyo and teaches that a point, line or a circle ends up after all in one.