



Martial Arts Terminology & Philosophy Requirements for Rank Advancement

-Students must memorize these requirements appropriate to your age & belt level-
Please refer to the “Taekwondo Terminology and Philosophy” document, and
“The Way of a Champion” list (children)



Children's Requirements - Ages 4 to 11

White, Yellow, Orange Belts

- What is the name of your form?
- When are your Mommy's & Daddy's birthdays (day & month, not year)?
- What is your home address & telephone number?
- What is the name of your TaeKwonDo school?
- What is the name of your instructor?
- Spell “Tae Kwon Do”
- Recite from memory “The Way Of A Champion” rules for your belt rank (2 rules for each belt).
- Count in Korean, 1 through 5.

Green, Purple & Blue Belts

Memorize the above requirements, and the following:

- How does “Tae Kwon Do” translate into English?
- How do you say: bow, flag, uniform, instructor, attention, yelling in Korean? Be able to begin/end class in Korean.
- What are the legal scoring targets in Olympic Style sparring?
- Recite the “Tenets of Tae Kwon Do.”
- Count 1 through 10 in Korean.

Brown Belts and Above

Memorize the above requirements and the following:

- Recite the “Ethical Rules” of TaeKwonDo.
- If you were given \$100, what would you do with the money?
- If you are pushed on the playground at school, what would you do?
- If you are called a “bad name” by someone, what would you do?
- What is a “stranger” and how to you react to one?

Adult Requirements - Ages 12 & Older

White, Yellow, Orange Belts

- What is the name of your form?
- Translate “TaeKwonDo” in to English.
- What is the name of your TaeKwonDo school?
- What is the name of your instructor?
- How do you say: bow, flag, uniform, instructor, attention, yelling, etc. in Korean?
- Recite the Tenets of TaeKwonDo
- Count 1 through 5 in Korean

Green, Purple, Blue Belts

Memorize the above and the following:

- What is the composition of TaeKwonDo?
- What are the basic rules of Olympic Style sparring?
- Recite the Ethical Rules of TaeKwonDo
- Recite the “Student's Pledge”.
- Count 1 through 10 in Korean
- Be able to begin/end class in Korean language.

Brown Belts to Rec. Black Belt

Memorize the above and the following

- Recite the “Student's Oath”.
- What is the “Theory of Power”
- What are the vital points of the human body?
- Why do you want to become a black belt?

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Taekwondo Terminology and Philosophy

<u>Class Terminology</u>		<u>Color Belt Ranks</u>	<u>Form (Poomse)</u>	<u>Symbol / Meaning</u>
Instructor	:SAH BUM NIM	White	:Ki Cho	Beginning / Basics
Attention	:CHA RYOT	Yellow (9 th gup)	:Tae Guek Il Jang	:Guen / Sky
Bow	:KYUNG YEA	Orange (8 th gup)	:Tae Guek Yi Jang	:Tae / Internal Strength & External Gentleness
Get Ready	:JOON BEE	Green (7 th gup)	:Tae Guek Sam Jang	:Yi / Fire
At Ease	:SHEE YEU	Purple (6 th gup)	:Tae Guek Sa Jang	:Jin / Thunder
Yelling	:KI HAP	Blue (5 th gup)	:Tae Guek Oh Jang	:Sohn / Wind
Return to Ready	:BAH RHO	Brown (4 th gup)	:Tae Guek Yook Jang	:Kahm / Water
Flag	:KOOK KI	Red (3 rd gup)	:Tae Guek Chil Jang	:Kahn / Mountain
Training Hall	:DO JANG	Black Stripe (2 nd gup)	:Tae Guek Pal Jang	:Kohn / Earth
Uniform	:DO BOK	Rec. Black (1 st gup)	:Koryo	:Seonbae / "Learned Man"
Turn Around	:DI-ROW DO-RAH	Black Belt (1 st Dan)		
Form/ Pattern	:POOMSE			
Sparring	:KY-O-RUGI			
Rank	:GUP			
Degree	:DAN			
Master Instructor	:KWAN JANG NIM			
<u>Translation of "Taekwondo"</u>				
The art (DO) of the foot (TAE) and the hand (KWON)				
<u>Translation of :TAE GUEK</u>				
"Infinite Eternity" or "All Encompassing"				

Tenets of Taekwondo

Courtesy
Integrity
Perseverance
Self Control
Indomitable Spirit

Ethical Rules of Taekwondo

Loyalty to Nation
Obedience to Parents
Confidence in Friends
Never Give Up in the Face of Adversity
Refrain from Senseless Violence

Theory of Power

Reaction Force
Concentration
Equilibrium
Breath Control
Speed

Composition of Taekwondo

Basic Techniques
Form
Sparring
Breaking
Self-Defense
Attitude

Students' Pledge

As Martial Artists, We strive to:

Improve ourselves mentally and physically;
Build friendships with one another and become a stronger group;
Never use Taekwondo for selfish means, but develop "might for right".

Matters of Observance for Black Belts

1. TaeKwonDo must be used as a means of lawful justice only... Self-Defense or for the protection of others
2. Use discretion when showing or demonstrating TaeKwonDo to the public.
3. Have pride in your knowledge of TaeKwonDo and spread it's principles to others.
4. Always follow & respect your instructor's way. Do not betray him for the benefit of yourself only.
5. Take the initiative regarding academy functions and activities demonstrating leadership to the lower belts, and respect for your instructor.
6. Obtain guidance from your instructor before taking on any teaching position, or opening a Martial Arts school or club.
7. Improvement & growth of the academy are a black belts responsibilities.

Students' Oath

I will observe the Tenets of Taekwondo and the Ethical Rules
I will respect the Instructor and senior members
I will never misuse Taekwondo
I will be a Champion of Freedom and Justice
I will build a more peaceful world

Korean Counting

One	:Hanna	Six	:Ya-Seut
Two	:Dool	Seven	:Il-Kop
Three	:Set	Eight	:Yeo-Dool
Four	:Net	Nine	:Ah- Hop
Five	:Da-Seut	Ten	:Yeol