

SCOTLAND

**WHITE (10th KUP) – BLACK TAG (1st KUP)**

**TERMINOLOGY BOOKLET**

Every Taekwon-Do student must be licenced with the federation to train in martial arts. Your licence cover lasts one year and should be renewed two weeks prior to the expiry date.

All equipment and training aids must be supplied by the Instructor.

**TRAINING HALL RULES**

Your training hall is called a **Dojang**, and should be respected at all times.

A Dojang is an area where young and old, men and women, regardless of race or creed, come to learn Taekwon-Do for the promotion of their mental, moral, physical and cultural education.

**REGULATIONS**

1. Smoking is prohibited.

2. Refrain from swearing and idle chatter.

3. Alcoholic beverages or food are not allowed in the Dojang.

4. Wearing shoes is prohibited (unless for medical reasons).

5. No one is allowed to teach without Instructors permission.

6. No one is allowed to leave the class without Instructors permission

7. Official dobok must be worn during class.

**CONDUCT**

1. Upon entering the Dojang, bow to the flag on the wall.

2. Bow to the Instructor at a proper distance.

3. Bow to any senior grade on approach.

4. Bow at start and end of class session.

5. Bow when leaving the Dojang.

Each Taekwon-Do student is a reflection of the Instructor inside AND outside the Dojang. All students should strive to be first class role models for a peaceful society.

The first level of terminology a good student should learn is the student oath and the five tenets of Taekwon-Do, and keep them with them throughout their Taekwon-Do life.

**STUDENT OATH**

I shall observe the tenets of Taekwon-Do

I shall respect Instructors 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**

There are five tenets of Taekwon-Do

Courtesy (Ye Ui)

Integrity (Yom Chi)

Perseverance (In Nae)

Self Control (Guk Gi)

Indomitable Spirit (Baekjul Boolgool)

**WHITE BELT TERMINOLOGY(10th Kup)**

**TAE** means FOOT, **KWON** means HAND, **DO** means ART

**WHITE**

Signifies innocence, as in that of the beginner, a student who has no previous knowledge of Taekwon-Do.

**STANCES**

Attention stance Chariot sogi

Parallel stance Narani sogi

Sitting stance Annun sogi

Walking stance Gunnan sogi

**BODY PARTS**

Hand Son

Foot Bal

Arm Pal

Forefist Ap joomuk

Knifehand Sonkal

Inner forearm An palmok

Outer forearm Pakat palmok

**NUMBERS**

One Hana

Two Dool

Three Set

Four Net

Five Dasot

Six Yasot

Seven Ilgop

Eight Yodul

Nine Ahop

Ten Yoll

**COMMANDS**

Attention Chariot

Bow Kyong ye

Start Si jak

At ease Swiyo

Dismiss Hae san

Ready Junbi

Stop Guman

Training suit Dobok

Belt Ti

**YELLOW TAG TERMINOLOGY (9th kup)**

**CHON JI**

Means literally Heaven and Earth. In the orient it is interpreted as the creation of the world or the beginning of human history, and is therefore the initial pattern practiced by the beginner. The pattern has nineteen moves and consists of two similar parts. One to represent Heaven and the other Earth.

**YELLOW**

Represents the earth from which the plant sprouts and takes root as the Taekwon-Do foundation is being laid.

**STANCES**

L-stance Nuinja sogi

Walking stance Gunnan sogi

**MOVEMENTS**

Front snap kick Ap cha busigi

Side piercing kick Yop cha jirugi

Obverse punch Baro jirugi

Reverse punch Bandae jirugi

Double punch Dool jirugi

Inner forearm block An palmok makgi

Outer forearm block Pakat palmok makgi

**HEIGHTS**

High Nopunde

Middle Kaunde

Low Najunde

**GENERAL**

Ball of foot Ap goomchi

Sword edge of foot Balkal

Block Makgi

Stance Sogi

Kick Chagi

Pattern Tul

**YELLOW BELT TERMINOLOGY (8th Kup)**

**DAN GUN**

Is named after Holy Dan Gun, the legendary founder of Korea in the year 2333 B.C. The pattern has 21 moves.

**YELLOW**

Represents the earth from which the plant sprouts and takes root as the Taekwon-Do foundation is being laid.

**GREEN**

Represents the plants growth as the Taekwon-Do skills begin to develop.

**STANCES**

Walking stance Gunnan sogi

L-stance Nuinja sogi

**MOVEMENTS**

Rising block Chookyo makgi

Turning kick Dollyo chagi

Back piercing kick Dwit cha jirugi

Knifehand guarding block Sonkal daebi makgi

Knifehand side strike Sonkal yop taerigi

Twin forearm block Sang palmok makgi

High forefist punch Nopunde ap joomuk jirugi

**GENERAL**

Strike Taerigi

Thumb Umji

Twin Sang

Three step sparring Sambo matsogi

**GREEN TAG TERMINOLOGY (7th Kup)**

**DO SAN**

Is the pen name of the patriot Ahn Chang Ho (born 1876, died 1938). The 24 movements in the pattern represent his entire life which he devoted to furthering the education of Korea and its independence movement.

**YELLOW**

Represents the earth from which the plant sprouts and takes root as the Taekwon-Do foundation is being laid.

**GREEN**

Represents the plants growth as the Taekwon-Do skills begin to develop.

**STANCES**

Walking stance Gunnan sogi

L-stance Nuinja sogi

Sitting stance Annun sogi

**MOVEMENTS**

Straight fingertip thrust Sun sonkut tulgi

Backfist side strike Dung joomuk yop taerigi

Outer forearm wedging block Pakat palmok haechyo makgi

**HAND PARTS**

Backfist Dung joomuk

Fingertip Sonkut

**GENERAL**

Thrust Tulgi

One step sparring Ilbo matsogi

Head Mori

Straight Sun

**GREEN BELT TERMINOLOGY (6th Kup)**

**WON HYO**

Was the noted monk who introduced Bhuddism into the Silla Dynasty in the year 686 A.D.

The pattern has 28 moves.

**GREEN**

Represents the plants growth as the Taekwon-Do skills begin to develop.

**BLUE**

Represents the Heaven, towards which the plant matures into a towering tree as training in Taekwon-Do progresses.

**STANCES**

Close ready stance type “A” Moa Junbi sogi “A”

Fixed stance Gojung sogi

Bending ready stance “A” Guburyo Junbi sogi “A”

L-stance Nuinja sogi

Walking stance Gunnan sogi

**MOVEMENTS**

Inner forearm circular block An palmok dollimyo makgi

Forearm guarding block Palmok daebi makgi

Knifehand inward strike Sonkal anuro taerigi

**GENERAL**

Axe kick/Downward kick Naeryo chagi

Reverse turning kick Bandae dollyo chagi

Heel Dwitchook

Student Jeja

1st – 3rd Degree Assistant Instructor Boosabum

4th – 6th Degree International Instructor Sabum

7th-8th Degree Master Sahyun

9th Degree Grand master Saseong

When giving bowing commands add “nimgi” before the bow command eg;

Bowing to Masters Archer or Ridley at 8th Degree “Chariot, Sahyun nimgi kyong ye.

**BLUE TAG TERMINOLOGY (5th Kup)**

**YUL-GOK**

Is the pseudonym of a great philosopher and scholar Yi I (1536 – 1584), nicknamed the “Confucius of Korea”. The 38 moves in the pattern refer to his birth place on 38 degrees latitude and the diagram represents “scholar”.

**BLUE**

Signifies the heaven towards which the plant matures into a towering tree as training in Taekwon-Do progresses.

**STANCES**

X- stance Kyocha sogi

Walking stance Gunnan sogi

L- stance Nuinja sogi

Sitting stance Annun sogi

Bending ready stance “A” Guburyo Junbi sogi “A”

**MOVEMENTS**

Palm hooking block Sonbadah golcho makgi

Double forearm block Dool palmok makgi

Twin knifehand block Sang sonkal makgi

Front elbow strike Ap palkup taerigi

**GENERAL**

Vital spots Kupso

Hooking kick Golcho chagi

Inward kick Anuro chagi

Outward kick Bakuro chagi

Reverse hooking kick Bandae dollyo gorochagi

2 step sparring Ibo matsogi

Reverse foot sword Balkal dung

Instep Baldung

**BLUE BELT TERMINOLOGY (4th Kup)**

**Joong Gun**

Is named after Ahn Joong Gun who assassinated Hiro Bumo Ito, the first Japanese governor General of Korea. Known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr Ahns age when he was executed in Lui Shung Prison in 1910.

**RED**

Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

**STANCES**

Low stance Nachuo sogi

Close stance Moa sogi

Rear foot stance Dwitbal sogi

L-stance Nuinja sogi

Walking stance Gunnan sogi

Fixed stance Gojung sogi

**MOVEMENTS**

Reverse knifehand block Sonkal dung makgi

Palm upward block Sonbadah ollyo makgi

Upper elbow strike Wi palkup taerigi

Twin forefist vertical punch Sang joomuk sewo jirugi

Twin forefist upset punch Sang joomuk dwijibun jirugi

X fist rising block Kyocha joomuk chookyo makgi

Palm pressing block Sonbadah noollyo makgi

U shape block Digutcha makgi

Angle punch Giokja jirugi

Side front kick Yopap chagi

**GENERAL**

Mori Head

Arc hand Bandal son

**RED TAG TERMINOLOGY (3rd Kup)**

**TOI GYE**

Is the name of the noted scholar Yi Hwang (16th century), an authority on neo-confucionism. The 37 movements in the pattern refer to his birth place on 37 degrees latitude. The diagram represents “scholar”.

**RED**

Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

**STANCES**

Walking stance Gunnan sogi

L-stance Nuinja sogi

Close stance Moa sogi

Sitting stance Annun sogi

**MOVEMENTS**

Upset fingertip thrust Dwijibun sonkut tulgi

Side back strike Yop dwit taerigi

X fist pressing block Kyocha joomuk noollyo makgi

Twin side elbow strike Sang palkup yop taerigi

W shape block Pakat palmok sang makgi

Double forearm pushing block Dool palmok miro makgi

Knee upward kick Moorup ollyo chagi

Low knifehand guarding block Najunde sonkal daebi makgi

Side back backfist strike Yop dwit dung joomuk taerigi

Flat fingertip thrust Opun sonkut tulgi

**GENERAL**

Horizontal Soopyong

Twisting kick Bituro Chagi

Breath control Hohup jojul

Checking kick Cha momchagi

Crescent kick Bandal chagi

Knee Moorup

Pushing Miro

Stamping Bapgi

Jumping Twigi

**RED BELT TERMINOLOGY (2nd Kup)**

**HWA RANG**

Is named after the Hwa Rang Youth Group which originated in the Silla Dynasty in the early 7th century. The 29 moves in this pattern refer to the 29th Infantry Division, where Taekwon-Do developed into maturity.

**STANCES**

Vertical stance Soojik sogi

Walking stance Gunnan sogi

L-stance Nuinja sogi

Sitting stance Annun sogi

Close stance Moa sogi

Fixed stance Gojung sogi

**MOVEMENTS**

Palm pushing block Sonbadah miro makgi

Upward punch Ollyo jirugi

Knifehand downward strike Sonkal naeryo taerigi

Side elbow thrust Yop palkup tulgi

Side front block Yop ap makgi

**GENERAL**

Counter kick Bada chagi

Dodging Pihagi

Pressing kick Noollyo chagi

Holding Bachigi

Sliding Mikulgi

**BLACK TAG TERMINOLOGY (1st Kup)**

**CHOONG MOO**

Was the name given to the great Admiral Yi Soon Sin of the Lee Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason this pattern ends in a left handed attack is to symbolise his regrettable death, having no chance to show his unrestrained potentiality, checked by the forced reservations of his loyalty to the King.

**BLACK**

Is the opposite of white, therefore, signifying the maturity and proficiency in Taekwon-Do. It also indicates the wearers imperviousness to darkness and fear.

**MOVEMENTS**

Knifehand inward front strike Sonkal anuro ap taerigi

Flying side piercing kick Twimyo yop cha jirugi

Reverse knifehand inward front strike Sonkal dung anuro ap taerigi

X knifehand checking block Kyocha sonkal momchau makgi

Middle outer forearm inward front block Kaunde pakat palmok anuro ap makgi

**GENERAL**

Model sparring Mobum matsogi

Flying Twimyo

**THESIS ON TAEKWON-DO TO BE COMPLETED PRIOR TO GRADING**

**All black tags should know ALL previous terminology and ALL step sparring.**

STANCES (SOGI)

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| **ATTENTION STANCE** **Chariot sogi** |  |
| 1. Feet form a 45 degree angle
2. Drop the fists down naturally, bending the elbows slightly
3. Fists are slightly clenched
4. Eyes face front slightly above the horizontal line
5. When bowing, bend only 15 degrees
6. Keep your eyes fixed on your opponents eyes.
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| **PARALLEL READY STANCE**  **Narani junbi sogi** |  |
| 1. The distance between fists is five centimetres and seven centimetres from abdomen
2. The distance between the elbows and the floating ribs is ten centimetres
3. Do not extend the elbow to the side more than necessary.
4. Hold the upper arms forwards thirty degrees while bending the forearms 40 degrees upwards.
5. Feet shoulder width apart
6. Both toes facing forwards
7. Body weight evenly distributed on both legs
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| **SITTING STANCE** **Annun sogi** |  |
| This is a very stable stance for lateral movement. It is also widely used for punching exercise and muscle development of the legs. One of the advantages of this stance is to shift into walking stance without relocating the foot.1. The distance of the stance is one and a half times your shoulder width between the big toes.
2. Point the toes forwards and distribute the body weight evenly on both legs.
3. Extend the knees outwards until the kneecaps come over the ball of the foot.
4. Infuse the strength into the inner thighs and tense inwards by scraping the ground or floor with the side soles.
5. Push both the chest and abdomen out and pull the hip back tensing the abdomen.
6. Stance is either full or side facing.
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| **VERTICAL STANCE** **Soojik sogi** |  |
| 1. Move one foot to either front or side at a distance of one shoulder width between the big toes.
2. The ratio of bodyweight is 60 percent on the rear leg and 40 percent on the front.
3. Keep the toes of both feet pointed approx 15 degrees inward.
4. Keep both legs straight.
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| **WALKING STANCE** **Gunnan sogi** |  |
| This is a strong stance for front and rear, both in attack and defence.1. Move one foot to either front or rear at a distance of one and a half shoulder width between big toes and a shoulder width wide.
2. Bend the front leg until the kneecap forms a vertical line with the heel, straighten the back leg fully.
3. Distribute the body weight evenly on both legs
4. Keep the toes of the front foot facing forwards and the back foot at a 25 degree outward angle. Over 25 degrees weakens the leg joint against an attack from the rear.
5. Tense the muscles of the feet with the feeling of pulling them towards each other.

When the right leg is bent, the stance is called a right walking stance ( orun gunnan sogi), when the left leg is bent the stance is called a left walking stance ( wen gunnan sogi). The stance can be either full or half facing in both attack and defence. |  |
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| **CLOSE STANCE** **Moa Sogi** |  |
| 1. In ready stance, it is generally classified into three types A, B, C and D
2. Feet completely closed, bodyweight even
3. Both legs straight
4. In type A, fists 30 cm from filtrum
5. In type B, fists 15cm from navel
6. In type C, hands 10cm from abdomen
7. In type D, fists 30 cm from thigh
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| **L STANCE** **Nuinja sogi** |  |
| This stance is widely used for defence, though it is used in attack as well. The front foot is readily available for kicking with a slight shift of the body weight and with the advantage of half facing as well as body shifting.1. Move one foot to either front or rear to a distance of one and a half times shoulder width from the footsword of the rear foot to the toes of the front foot, forming almost a right angle with the feet.
2. Both toes should point inwards 15 degrees.
3. The heels should be an inch in width apart.
4. Bend the rear leg until the kneecap forms a vertical line with the toes, bending the front leg proportionally.
5. Keep the hip aligned with the inner knee joint.
6. The body weight distribution is 70 % on the rear leg and 30% on the front leg.

When the right leg is bent it is called a right L stance (orun nuinja sogi) and when left, a left L stance (wen nuinja sogi). |  |
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| **BENDING READY STANCE Guburyo junbi sogi** |  |
| It is classified into two types A and B. Type A is preparation for side kick and type B preparation for back kick. Type B the fists are about 25cm from the thigh and bent at a 30 degree angle. |  |
| **FIXED STANCE** **Gojung sogi** |  |
| It is an effective stance for attack and defence to the side. This stance is similar to the L-stance with the following exception.1. The bodyweight is even on both legs
2. The distance between the big toes is about one and a half shoulder width.
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| **X STANCE** **Kyocha sogi** |  |
| This is a very convenient stance, in particular for attacking the side or front in a jumping motion. It is frequently used for blocking and serves as a preparatory stance formoving into the next manoeuvre.1. Cross one foot over or behind the other, touching the ground slightly with the ball of the foot.
2. Place all your bodyweight on the stationary foot.

One foot always crosses over the front of the other with the exception of a jumping motion. |  |
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| **REAR FOOT STANCE** **Dwit bal sogi** |  |
| This is used for defence and occasionally for attack. The advantage of this stance is the ability to kick or adjust the distance from an opponent with the front foot which can move spontaneously without any additional shifting of the body weight to the rear foot.1. Move one foot to either the front or rear at a distance of one shoulder width between the small toes.
2. Bend the rear leg until the knee comes over the toes, placing the heel slightly beyond the heel of the front foot
3. Bend the front leg, touching the ground slightly with the ball of the foot.
4. Keep the toes of front foot pointing 25 degrees and rear foot 15 degrees.
5. 90 percent of bodyweight on the rear foot.
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| **LOW STANCE** **Nachuo sogi** |  |
| The advantage of this stance is the ease with which one can extend the attacking tool. It can also develop the leg muscles and is effective to adjust the distance to and from the target. It is similar to walking stance, though longer by one foot. It can be either full or half facing. |  |