

## Tenets of Taekwondo

Taekwondo aims to achieve.

**Modesty:** Not to brag or show off, instead to be humble.

**Integrity:** To be honest and trustworthy in everything you do.

**Perseverance:** To keep going even if you are tired, to never stop.

**Self Control:** To have control of your emotions, never show anger, fear or frustration.

**Indomitable Spirit:** To overcome any obstacle under any circumstances.

## Living Rules

1. I will respect and obey parents, teachers and others in authority.
2. I will not use what I learn in class on my friends or family.
3. I will enter the house with a cheery hello and leave the house with a cheery goodbye.
4. I will be kind to my brothers, sisters and fellow students.
5. I will keep my house clean, by doing chores and helping my parents whenever needed.
6. I will keep my hair, body and teeth clean daily.
7. I will not interrupt adult conversations.
8. I will not use bad language and always try to look on the bright side of things.
9. I will be courageous to stand by what is right.
10. I will work towards straight A's daily. A) Open my book and review what I studied today B) Do my home work C) Preview tomorrows lesson
11. I will have respect for other people's property and for public property.
12. I will have a Black belt attitude and give 100% effort in everything I do.

## Student Creeds

1. I will develop myself in a positive manner avoiding anything that is harmful to my mind or body.
2. I will develop self discipline in order to bring out the best in myself and others.
3. I will only use my martial arts training defensively to protect myself and my fellow man. I will never be abusive or offensive with my skills.

## School Theme

We are a traditional school; we are dedicated, motivated and quest for the best.

**Dedicated:** To devote or apply oneself to a purpose or goal.

**Motivated:** To have the inner drive or incentive to work towards a goal.

**Quest for the Best:** To seek or pursue the most excellent objectives.

## Safety Tips

1. Know your phone number and know your address.
2. Never be afraid to talk to your parents.
3. Always check your "game plan" with your parents when planning activities.
4. Follow all the rules when you are home by yourself.
5. The friends you pick can make you stronger.
6. Always go places with a buddy.
7. The best way to stay out of danger is not to be there.
8. Trust your feelings, avoid situations and people that make you uncomfortable.
9. Always be alert and aware of the people and places around you.
10. Remain calm and act as everything is normal when in uncomfortable situations.
11. Your voice is your best defense.
12. It takes a very strong person to walk away from a fight.

## KOREAN TERMINOLOGY

### Commands

**Attention:** cha ryuht

**Ready Stance:** choon bi

**Return to Ready:** bah ro

**Bow/Salute:** kyung nae

**Face the Flag:** geuk gi adae hyoh

**Relax:** shiuh

**Blue Player:** chung

**Red Player:** hong

**Begin:** sei jak

**Break/Stop:** kal yeo

**Continue:** kae sok

**Stop/Finish:** go mahn

### Phrases/Words

**Taekwondo:** The way of the foot and the hand

**Tae:** foot / to strike with... **Kwon:** hand / to strike with... **Do:** discipline / art / way

**Hello (formal):** ahnyong hashim nika

**Studio/Training Hall:** do jang

**Thank You:** kahm saham nida

**Instructor:** sah bum nim

**Yell:** k ihap

**Forms (ETA practices):** poom sae (*taegeuk*)

**Meditation:** muk yum

**Sparring:** kyo rugi

### Counting

1:	hanah	6:	ya sot	20:	sue mul	70:	il suen
2:	dool	7:	il gop	30:	set reun	80:	yuh deun
3:	set	8:	ya dol	40:	ma heun	90:	ah heun
4:	net	9:	ahop	50:	shi huen	100:	beck
5:	da sot	10:	yool	60:	eh seun		

*If you are interested in a further study of Korean terms applying to Tae Kwon Do, please check:*

<http://www.martialartsresource.com/korean/TKD.list.htm>