

MARTIAL ARTS AMERICA

621 S ANKENY BLVD

ANKENY, IOWA

Instructor (4th dan and above) - SA BUM NIM
Instructor (1st to 3rd dan) - CHO GYO NIM
Training hall - DOJANG

Practice uniform - DOBOK
One-step sparring - IL BO DAE RYUN
Three-step sparring - SAM BO DAE RYUN

COMMANDS:

Attention - CHARAYHET
Bow - KYUNG YEH
Finish, return to beginning position - GOMAN or BARO
Turn around - DERO DOHRAHS or DOHRAHS
Ready - Go - SI JAK

TECHNIQUES:

Front stance - CHONGUL JA SAE
Back stance - HOGUL JA SAE
Riding horse stance - KIM JA SAE
Ready stance - CHUNBEE
Low - HADAN
Middle - JUNG DAN
High - SANG DAN
Side Kick - YUP CHAKI
Roundhouse kick - DOLL RYE CHAKI
Front kick - AP CHAKI
Front crescent kick (full moon) - AP HURYA CHAKI
Front crescent kick (half moon) - CHIKI CHAKI
Front hooking kick - AP HURYA CHAKI
Reverse hooking kick – DWET DOLL RYE CHAKI
Reverse kick – DWET CHAKI
Jumping kick – EI DAN CHAKI
Spear fingers – KWANSU
Punch – KONG KEOK
Knife hand – SUDO
Ridge hand – YEOP SUDO
Block – MAKI

TAE KWON DO TRAINING OFFERS

- Self-defense
- Self-confidence
- Self-discipline
- Coordination
- Physical & mental conditioning
- Weight control
- Muscle toning
- An opportunity to make new friends

TENETS OF TAE KWON DO

Courtesy
Integrity
Perseverance
Self-Control
Indomitable Spirit

Tae Kwon Do means “art of hand and foot fighting”. It is a martial art that has no equal in either power or technique. Tae Kwon Do stresses the importance of harmony and balance between the mental and physical. By doing this, one can have a stable and balanced system. Then one can learn how the mind and body become the weapons of Tae Kwon Do.

SCHOOL RULES & ETIQUETTE

1. Bow to the flags before entering or leaving the locker rooms or training hall.
2. Upon entering the dojang, bow to your instructor and all seniors.
3. If belt or dobok needs adjusting always turn away from all seniors and the flags.
4. Bow before and after addressing a senior.
5. Do not bow to a senior if he/she is practicing or instructing others unless you have established definite eye contact.

COUNTING:

- | | | | | | |
|-----------|-------------|----------------|------------------|----------------|-----------|
| 1. hana | 6. yuhset | 11. yeolhana | 16. yeolyuhset | 21. soomulhana | 70. irun |
| 2. duel | 7. ilgop | 12. yeolduel | 17. yeoilgop | 30. serun | 80. yodun |
| 3. set | 8. yeoldeol | 13. yeolset | 18. yeolyeoldeol | 40. mahron | 90. ahun |
| 4. net | 9. ahop | 14. yeolnet | 19. yeol ahop | 50. osip | 100. bek |
| 5. dahset | 10. yeol | 15. yeoldahset | 20. soomul | 60. yesun | |

1st - il

3rd - sam

5th - oh

7th - chel

9th - ku

2nd - ei

4th - sia

6th - yuk

8th - pal

10th - shp

MEANING OF HYUNGS OR FORMS

CHON-JI (19 Movements) means literally "Heaven and 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 part to represent heaven, the other the earth.

DAN-GUN (21 Movements) is named after the holy Dan-Gun, the legendary founder of Korea in the year of 2333 BC.

DO-SAN (24 Movements) was the pseudonym of the patriot An Chang Ho (1876-1938) who devoted his life to furthering the education of Koreans and their independence movement.

WON-HYO (28 Movements) was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 AD

YUL-GUK (38 Movements) is the pseudonym of the great philosopher Yi I (1536-1584) nicknamed the "Confucius of Korea". The 38 movements of this pattern refer to his birthplace on the 38th parallel and the diagram (+) represents scholar.

CHUNG-GUN (32 Movements) is named after the patriot An-Chung Gun who assassinated Hiro Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. The thirty two movements in this pattern represent Mr. An's age when he was executed at Lui-Shung prison in 1910.

TOI-GYE (37 Movements) is the pen name of the noted scholar Yi Hwang (16th century AD) an authority on Neo-Confucianism. The 37 movements of this pattern refer to his birth place on the 37th parallel and the diagram (+) means scholar.

HWA-RANG (29 movements) is named after the Hwarangdo youth group which originated in the Silla Dynasty around 620 AD This group eventually became the driving force in the unification of the three kingdoms of Korea. (Silla, Koguryo and Baek Je)

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 of the present day submarine in 1592 AD The reason this pattern finishes with a left hand attack is to symbolize his regrettable death, having no chance to show his loyalty to the king.

PALGWE is descriptive of a world made up of elements which are both conflicting and harmonious, i.e. sky and earth, light and dark, man and woman, and good and evil. These elements meet and depart from one another according to the rules of nature, always growing and developing.