



예의 염치 인내 극기 백절불굴
 Courtesy Integrity Perseverance Self Control Indomitable Spirit



10th Kup Theory

Tae Kwon Do Tae – Foot, Kwon – Hand, Do – Art or way of life

Tae Kwon Do was officially founded in:

Seoul, South Korea in 1955 by General Choi Hong Hi 9th Dan

Instructors Senior Master Clive Harrison 8th Dan, Mrs Rachael Harrison 3rd Dan

The Five Tenets of Tae Kwon Do

Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit

White Belt White belt signifies innocence, as that of a beginner who has no previous knowledge of Tae Kwon Do

Yellow Belt Signifies earth, from which a plant sprouts and takes root as the Tae Kwon Do foundation is being laid

Stance – Sogi

Attention Stance	Charyot Sogi
Parallel Stance	Narani Sogi
Sitting Stance	Annun Sogi
Walking Stance	Gunnun Sogi

Block – Makgi

Low Block	Najunde Makgi
Middle Block	Kaunde Makgi

Parts of the Hand

Fore fist Ap Joomuk

Other Items

Four Directional Punching	Sajo Jirugi
Training Hall	Dojang
Uniform	Dobuk
Belt	Ti