

CHOI TAE KWON DO CLUB

University of Wisconsin – Madison

Definition

Tae Kwon Do is a Korean martial art, which requires the use of hands and feet without weapons. The ultimate goal of Tae Kwon Do is to achieve total mind and body unity (shim-shin talyune).

Aims to Achieve

- Courtesy
- Perseverance
- Self-control
- Integrity
- Indomitable spirit

Theory of Power

- Speed
- Concentration
- Reaction Force
- Equilibrium
- Breath Control

School Rules

1. Students must bow to the flags, Sah-bum-nim, and all other high-ranking belts when entering or leaving the Doe-chang.
2. Students must always respect and obey Sah-bum-nim and all other high-ranking belts.
3. Students must use the word "sir, ma'am, or seonbae" when speaking to Sah-bum-nim or other high-ranking belts.
4. When a Sah-bum-nim enters the Doe-chang, the highest-ranking belt must call the class to attention and have the class bow.
5. There should be an absence of unnecessary conversation in the Doe-chang.
6. When a student must leave the Doe-chang during training, they must first receive permission from the Sah-bum-nim.
7. The Doe-chang must always be kept clean.

Basic School Language

Instructor - Sah-bum-nim
Attention - Cha-ryot
Bow - Kyung-nae
Ready - Jhoon-bee
Begin - Shi-jak
Stop - Ba-ro (or Ko-man)
On own count - Kree-mosh
At ease - Shee-ut

Flags - Ku-kae
Turn around - Diro-dira
Form - Hyung
Dismissed - Hecha
Thank you - Kum-sum-ee-da
Training room - Doe-chang
Uniform - Doe-buck

One - Ha-na
Two - Dul
Three - Set
Four - Net
Five - Da-sut
Six - Ya-sut
Seven - Il-gop
Eight - Ya-dul
Nine - Ah-op
Ten - Yul

Tae Kwon Do Forms

1st – 9th Gup

Chon-Ji Hyung (19 movements)	means heaven and earth. (L)
Dan-Gun Hyung (21 movements)	named after the Holy Tan Gun, legendary founder of Korea who founded legendary Korea in the year 2333 B.C. (L)
Do-San Hyung (24 movements)	named after the Korean scholar, Do San An Chan Ho, who dedicated his life to the education of Korea and its independence movement. (R)
Suh Kang Il Hyung (32 movements)	named after the grand master, Suh Jang Kang, his first form. (L)
Won-Hyo Hyung (28 movements)	named after the Buddhist monk, Won Hyo, who brought Buddhism to the Silla Dynasty of Korea in the year 686 A.D. (R)
Yul-Gok Hyung (38 movements)	named after the Korean Confucius, Yi Ei. (L)
Joong-Gun Hyung (32 movements)	named after the Korean patriot, An Choon Gun, who assassinated the first Japanese Governor General of Korea, Hero Bumi Ito. (L)
Toi-Gye Hyung (37 movements)	named after the neo-Confucian scholar, Yi Hwang. (R)
Hwa-Rang Hyung (29 movements)	named after the Hwa-Rang youth group, whose motto was to be the driving force behind the unification of the three kingdoms of Korea, Silla, Baek Je, and Koguryo. (R)
Suh Kang Ei Hyung (41 movements)	named after the grand master, Suh Jang Kang, his second form. (R)
Choong Moo Hyung (30 movements)	named after the Korean admiral and hero, Yi Soon-Sin, who is reputed to have built the first armored battleship of Korea in 1592. (L)

Note. R or L at end of each meaning indicates whether right or left leg closes form.

Tae Kwon Do Forms

1st – 6th Dan

1st Dan

- Kwang-Gae Hyung**
(39 movements) named after Kwang-Gae-Toh-Wang, the 19th king of the Koguryo dynasty. He regained all lost territories, including the greater part of Manchuria. (391 AD – year he came to the throne) (L)
- Po-Eun Hyung**
(36 movements) named after Chong Mong-Chu, a famous Korean poet whose poem is known to all Koreans. The basic gist of it is "I'd rather be crucified a hundred times than serve a second master." (L)
- Gae-Baek Hyung**
(44 movements) named after Gae-Baek, a great general in the Baek Je dynasty. (R)

2nd Dan

- Eui-Am Hyung**
(45 movements) named after Son Byong Hi, leader of the Korean independence movement in 1919. (R)
- Choong-Jang Hyung**
(52 movements) named after the general Kim Duk Ryang of the Yi dynasty. (L)
- Juche Hyung**
(45 movements) named for the philosophical idea that we are the master of everything and decide everything, that we are masters of the world and our destiny. (R)

3rd Dan

- Sam-Il Hyung**
(33 movements) denotes the historical date of the independence movement of Korea which began throughout the country on March 1, 1919. (L)
- Yoo-Sin Hyung**
(68 movements) named after the general Kim Yoo Sin of the Silla dynasty. (668 AD – year Korea was united) (R)
- Choi-Yong Hyung**
(46 movements) named after the general Choi Yong of the 14th century Koryo dynasty. (R)

4th Dan

- Yon-Gae Hyung**
(49 movements) named after the general Yon Gae Somoon of the Koguryo dynasty. (649 AD – year he forced Tang dynasty out of Korea) (R)
- Ul-Ji Hyung**
(42 movements) named after the general Ul-Ji Moon Dok, who successfully defended Korea against the Tang dynasty in 612 AD. (42 – author's age when he designed this form) (L)
- Moon-Moo Hyung**
(61 movements) named after the 30th king of the Silla dynasty. (661 AD – year he came to the throne) (R)

5th Dan

- So-San Hyung**
(72 movements) named after the great monk Choi Hyong Ung of the Yi dynasty. (72 – his age when he organized monk soldiers that helped repulse the Japanese pirates from the Korean peninsula in 1592. (R)
- Se-Jong Hyung**
(24 movements) named after the greatest Korean king Se Jong, who invented the Korean alphabet in 1443 and the first rain gauge in 1442. (Diagram represents the king. 24 – letters of the Korean alphabet.) (L)

6th Dan

- Tong-Il Hyung**
(56 movements) denotes the unification of Korea, which has been divided since 1945. (Diagram symbolizes the homogeneous race). (R)