

# **CHAY'S STUDENT MANUAL TAE KWON DO**

***Spreading Martial Arts  
and it's philosophy in  
Cedarburg since 2002***



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# THE HISTORY OF TAE KWON DO

The exact origin of the martial arts is obscure. Man has always had the need to fight in order to preserve or secure economic necessities. As time passed, fighting became more efficient with the use of weapons, and this included using the body in a systematic way as a weapon.

Though there are many different histories about the origin and early development of the martial arts, it seems the development took place in the countries of Asia and along two different lines - that of Buddhist monks and that of warriors.

There is a Chinese legend about an Indian monk who went to China to teach the kings about Buddha. He also introduced these teachings to a group of Chinese monks. He had to be in extremely good shape just to reach China, because he had to travel through river valleys, go over high mountain passes and cross-deserts. Upon arriving he found that the sedentary life of the Chinese monks had left them in poor physical condition. This was a problem, because according to Buddha's teaching, the body and the soul are one and inseparable - one cannot become enlightened with an elevated soul and a collapsing body. So these monks were taught in the mental and physical aspects of developing the soul.

It was not just monks though that learned the martial arts. Warriors studied and practiced these skills for the purpose of combat - in other words, they developed the art as an offense.

During China's history it had temporary power at one time or another over most of Asia. Because of this, it is likely that Ch'uan-Fa, the Chinese name for the martial art, probably reached many areas of the Orient, including Korea and Okinawa.

Okinawa: Through the encounters with the Chinese, these people learned and developed a fighting system modified to their own tastes and styles. This became known as Okinawa-te.

Japan: Today the most widely known martial art is karate. Karate, a Japanese word, is universally applied to a style of fighting using parts of the body for blows, strikes and kicks to the opponent. Because of the universal use of the word, people are misled to believe that the art started in Japan, though Japanese admit that the art came from Okinawa, and the Okinawans admit to learning it from the Chinese. In the early 1900's, Japan asked for a representative to be sent to their country from Okinawa to demonstrate these "empty-hand" techniques. This man's name was Funakoshi, and he received widespread acceptance. Not until this late date did karate evolve in Japan.

Korea: Korea was founded over 4,300 years ago. Through encounters with the Chinese during both peace and war time, it is likely that the martial arts found their way to Korea's rugged hills and valleys. The styles were not just copied: they were studied; some were rejected; those that were accepted were modified and redeveloped until the Korean style was distinct from all others, having a quality all its own. Here is the beginning of a style dominated by high kicks and straight powerful movements. More emphasis is placed on the use of the feet than any other form of martial art. This could be because Koreans believe the hands are valuable and should be used as creative instruments rather than demeaned by striking an enemy. Also, the legs are longer and more powerful than the arms, and with practice, reflexes can be developed to be as fast as or faster than the arms, offering much advantage over the opponent.

As the Korean culture developed and grew, there were wars, invasions, foreign dominance, domestic turmoil and a continual change in their border. After centuries of this, the Korean settlement, during the 1<sup>st</sup> century, developed into the 3 kingdoms: Koguryo, Pak-chae and Shin-la.

Around this same period 2,000 years ago, there was a new warrior corps of knights and nobles that was developing - the Hwa Rang Do. These warriors dedicated their whole lives to their cause, their leader or their nation. To succeed, they also had to dedicate themselves to their fighting profession and its skills. They trained themselves by practicing mental and physical discipline throughout the year in the wild mountains and along the rugged seashores. They trained and drove themselves unmercifully. These young men developed a five-point warrior code - a highly principled one of moral ideals and personal conduct:

1. Be loyal to your king.
2. Be obedient to your parents.
3. Be honorable to your friends.

4. Never retreat in battle.
5. Make a sensible kill.

The Hwa Rang Do became famous for their patriotism, chivalry and combat ability. The strength they derived from their respect to their code enabled them to attain feats of valor that became legendary. These feats inspired the people of the Shin-la dynasty to rise and conquer the other two kingdoms during the 7<sup>th</sup> century. For the first time in history, the Korean peninsula became united.

In the year 935 the kingdoms became united under the Koguryo banner. This name, shortened to Koryo, has today become Korea. Buddhist influence was still strong in politics, so the government held organized competition for the different "empty-hand" styles, and the arts developed even further.

In the Yi dynasty of the 14<sup>th</sup> century, when Confucianism replaced Buddhism as the state religion, scholarly pursuits were felt to be more important than the martial arts. The government no longer supported these arts. Even though techniques were still practiced and developed during this reign, martial arts popularity declined and the military suffered. China was suffering from internal strife. Japan became the dominant power of the time.

In 1910 Japan over-ran Korea and ruled there for 36 years. The Japanese rulers did not permit the Koreans to train in the martial arts during this time, but training continued in secret in some rural areas. The Koreans, becoming tired of outside oppression, started practicing out in the open, and in 1944 Chug Do Kwan, Korea's first formalized Tae Kwon Do school and the largest to date, was founded in Seoul, Korea.

The Japanese were defeated in 1945, but again in 1950 the Korean War interrupted normal social and cultural development. After this war though, Tae Kwon Do progressed in big steps. Many schools emerged and in 1955 the term Tae Kwon Do was accepted by all as the name for the Korean martial art. This term breaks down into the following:

- a. "Tae" - means to jump, kick or smash with the foot.
- b. "Kwon" - denotes a fist, used chiefly to punch; destroy with the hand or fist.
- c. "Do" - means an art, way or method.
- d. "Tae Kwon do" then, is the art of unarmed combat for self-defense, involving the skilled application of kicks, flying kicks, punches, blocks, dodges, and interceptions with the feet, arms and hands, in order to bring about the rapid destruction of an opponent.

When the military government took over in 1961, the different Tae Kwon Do groups were ordered to band into a single organization, which later was called the Korea Tae Kwon Do Association. This Association has its counterpart in America - the World Tae Kwon Do Association. Headmaster Duk Sung Son, a former President of Chung Do Kwan in Korea came to American in 1963 and established the World Tae Kwon Do Association. As a 9<sup>th</sup> degree black belt, he is President of that Association.

#### Review Questions for the History of Tae Kwon Do

1. Why did Buddhist monks practice the martial arts?
2. When did karate start to evolve in Japan?
3. After centuries of war and strife, Korea developed into 3 kingdoms. Name them.
4. Why did the Korean martial arts develop in the direction of using the feet?
5. Tell what you know about the Hwa Rang Do.
6. Name the 5 points of the highly principled Hwa Rang Do code.
7. What dynasty finally succeeded in unifying all of its kingdoms?
8. How did the Yi dynasty feel about the martial arts? What was the result?
9. Name the first and largest formalized Tae Kwon Do school in Korea.
10. What does "Tae" mean?
11. What does "Kwon" mean?
12. What does "Do" mean?
13. Taken together, what does "Tae Kwon Do" mean?
14. Who is the President of the World Tae Kwon Do Association?

# TAE KWON DO - CONCEPTS AND FUNDAMENTALS

## CONCEPTS

In essence, Tae Kwon Do is discipline and self-control - control of the body, mind and spirit. For Tae Kwon Do to be effective there must be concentration of these 3 equally important forces at the point of contact.

**PHYSICAL:** One must develop the following fundamentals: focus, power, speed, accuracy, balance, relaxation and coordination. It takes long, hard conditioning and practice to develop these physical abilities.

**MENTAL:** The key to this is concentration. All of your senses must be focused on what you are doing. No thoughts should stray to rent, work, romance, onlookers, etc. The mind must channel all energy into the physical activity of the moment. There is not even time to think about what should be done; actions must flow freely, and reactions must become reflexes. Also, the mind must be completely empty... it must be blank.

**SPIRITUAL:** This aspect is difficult to explain. To put it into words, one could say that the Tae Kwon Doist realizes the ability he has to kill or do serious injury to other people. But he develops an inner responsibility to control his ability to do harm. He is not a bully. He can walk away from a fight because he has self-control.

## FUNDAMENTALS

Tae Kwon Do is built upon certain fundamentals. Some of these are goals; goals that are strived for but never reached. The reason being, no matter how fast, strong or coordinated a movement is, it can always be done faster, stronger or with better coordination. The measure of miss becomes smaller, but perfection is never achieved.

**FOCUS:** All parts of the body work together to concentrate the full physical force at the point and time of contact. There is also a concentration of mental and spiritual forces.

**STRENGTH:** Depends on the size and firmness of an individual's muscles. Muscles needed in Tae Kwon Do can be built up by doing special exercises and practicing certain techniques. Brute strength is useless. It must be controlled and concentrated in the right place at the right time.

**SPEED:** The impact of a blow equals the weight of the fist (or foot) and the acceleration with which it is moving. Aside from this, speed is important, because the only effective blow is one which reaches its target before it can be stopped. Speed also offers the small person a chance against the superior strength of a larger person.

**ACCURACY:** In order for an attack to be effective, it must be directed to a specific part of the opponent, and it must go where it is directed. Even a fast and powerful punch is useless if it cannot be delivered exactly on target.

**BALANCE:** All moves must be initiated from a position of balance. If a blow is delivered from a position of unbalance (perhaps falling forward or backward) the attacker will be extremely vulnerable. Also, of great importance, the blow will not be as powerful or effective.

**COORDINATION:** This is a matter of timing. The movements made by different parts of the body must be pulled into focus at the same time. If the foot movement is finished even a fraction before the hand movement (or vice-versa) the technique loses power.

**RELAXATION:** The body should be relaxed at all times, except during those last 8 to 12 inches when all the internal forces pull together for focus. If one does not relax, and the muscles are constantly tight,

there are bad effects; (a) fatigue (b) A blow made with tight muscles will be slow. (c) If the body is tense, the mind will be tense and unable to receive impressions from the opponent.

**EXHALATION:** One should exhale forcibly at the moment of focus. This makes more physical output possible by helping concentration. Also, a shout puts the opponent off-guard momentarily.

**BREATHING:** Practice breathing very deeply. Normal breathing is so shallow that only a small portion of the lung capacity is used, while the rest of the lungs stay filled with stale air. By practicing the proper breathing procedure described below, (1) lung capacity increases, allowing more activity without fatigue, and (2) the lower abdomen is strengthened - important because it is the center of Tae Kwon Do power.

Proper breathing procedure: Muscles must be relaxed. (1) Exhalation: unless one breathes out fully, it is impossible to breath in correctly. Therefore, when exhaling, the chest is depressed by its own weight, expelling the air. At the end of expiration, the abdominal muscles help the lungs to empty to their fullest extent. (The lungs can never empty themselves completely; there is always a residue of impure air in the lungs.) (2) Inhalation; made up of 3 phases. First breathe deeply from the stomach. When it is impossible to expand the stomach any further, expand the ribs and allow more air to enter the lungs. When the ribs are fully extended, raise the collarbones so that just a little more air can enter. By this time you are filled to the brim with air. Avoid tensing the muscles.

**SELF-CONTAINED UNIT:** For every action - There must be an equal and opposite reaction. In all sports but Tae Kwon Do, the athlete gets his power from the solid surface he is standing on pushing back as hard as he is pushing down. But the Tae Kwon Doist provides his own reaction. When the action is a kick or punch, the opposite reaction is in the abdominal muscles. This reaction is reinforced when using hand motions - the nonstriking hand pulls back with as much force as the striking hand uses when delivering the blow. This claim is substantiated by the flying side kick.

**CODE OF ETHICS:** This is based upon good sportsmanship and good manners. It should become part of your everyday life. It includes good losing and graceful winning, not bragging about oneself or one's school, and all the other rules listed under section "General Rules for Class and the School" in this booklet.

**HARD WORK:** All of the other fundamentals depend on this one. There is no substitute.

#### PRESSURE POINTS

There are over 200 pressure points on the body.

### REVIEW QUESTIONS FOR CONCEPTS AND FUNDAMENTALS

1. Name the 3 concepts underlying Tae Kwon Do and explain them.
2. What are the fundamentals of Tae Kwon Do? Tell something about each.
3. Describe proper breathing technique.
4. Know where at least 15 major pressure points of the body are.

Chay's Tae Kwon Do - Karate School, Inc.

## Children Home Rules

1. Children must show respect to their parents and family members at all times.
2. Children shall greet their parents when they enter the house and tell them goodbye when they leave.
3. Children will be truthful at all times.
4. Children will maintain a good relationship with brothers and sisters.
5. Children must help with household chores.
6. Children will keep their own room neat and clean.
7. Children must keep their body, hair and teeth clean at all times.
8. Children will not interrupt adult conversations.
9. Children will stay caught up on their schoolwork by doing homework on a regular basis.
10. Children must show respect for teachers and peers at all times.

**CHILDREN WHO DO NOT OBEY THEIR PARENTS  
MAY BE REDUCED IN RANK.**

# Chay's Tae Kwon Do - Karate School, Inc.

## Student Oath

1. I shall observe the tenets of Tae Kwon Do.
2. I shall respect the instructor and seniors.
3. I shall never misuse Tae Kwon Do.
4. I shall be a champion of freedom and justice.
5. I shall build a more peaceful world.

## Student Creed

(Anyone testing for Green Belt or higher must know and be able to recite the Student Creed.)

1. I will train both mind and body through Tae Kwon Do.
2. I will promote a friendly relationship among all people.
3. I will have the unquestionable good Morals and Integrity.
4. I will be humble in life and be thankful for everything.
5. I will follow all the rules of Tae Kwon Do and my instructor.

# World Tae Kwon Do Association

## TAE KWON DO PHILOSOPHY AND TERMINOLOGY

### TENETS OF TAE KWON DO

1. COURTESY
2. INTEGRITY
3. PERSEVERANCE
4. SELF-CONTROL
5. INDOMITABLE SPIRIT



### STUDENTS TAE KWON DO OATH

1. I shall observe the tenets of Tae Kwon Do
2. I shall respect the instructor and seniors.
3. I shall never misuse Tae Kwon Do.
4. I shall be a champion of freedom and justice.
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FORM (HYUNG)		
No Belt	Tae-Guck Cho Dan	20 Movements
White Belt	Yae-Guck Sam Dan Kuk-Mu Cho Dan	20 Movements
High White	Chun-ji	Means literally "Heaven and Earth". It is, in the Orient, interpreted as the creation of the world or the beginning of human history; therefore, it is the initial form played by the beginner. This form consists of two similar parts. One to represent the Heaven and the other the Earth. 19 Movements
Yellow Belt	Dan-Gun	Is named after the holy Dan-Gun, the legendary founder of Korea in the year 2333 B.C. 21 Movements.
High Yellow	Do-SAN	Is the pseudonym of the patriot Ahn Chang Ho who devoted his entire life to furthering the education of Korea and its independent movement. 24 Movements.
Green Belt	Won-Hyo	Was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D. 28 Movements.
High Green	Yul-Gock	Is the pseudonym of a great philosopher and scholar Yee nicknamed the "Confucius of Korea". The 38 movements of this form refer to his birthplace on 38 latitude and the diagram (+) represents "scholar".
Purple Belt	Jung-Gun	Is named after the patriot Ahn Jung-GUN who assassinated the first Japanese Governor-General of Korea, known as the leading man who plotted to merge Korea under Japanese rule. There are 32 movements in this form to represent Mr. Ahn's age when he was executed at Lui-Shima prison in Manchuria in 1910.
High Purple	Te-Ge	Is the penname of the noted scholar Yee Hwang (16 <sup>th</sup> A.D.) an authority on neo-confucianism the 37 movements of this form refer to his birthplace on 37 latitude, the diagram (=) represents scholar.
Brown Belt	Hwa-Rang	Is named after the Hwa-Rang military youth group which originated in the Silla Dynasty (one of Three kingdoms at the time) about 1350 years ago. This group eventually became the actual driving force for the unification of the three Kingdoms of Korea and whose 29 <sup>th</sup> Infantry Division developed Tae Kwon Do into maturity. 29 Movements.
High Brown	Chung-Mu	Is named after the great admiral Yee Sun-Shin of the Yee Dynasty. He was reputed to have invented the first armored battleship in 1592 A.D. 30 Movements.

1 <sup>st</sup> Degree Black Belt	Kwang-Gae	Is named after the famous <i>Gwang-Gae-To-Wang</i> , the 19 <sup>th</sup> King of the Koguryo Dynast, who regained all of the lost territories including the greater part of Manchuria. The diagram (+) represents the expansion and recovery of lost territory. The 39 movements refer to his reign for 39 years.
	Po-Eun	Is the pseudonym of loyal subject Chong Mong-Chu (1400 A.D.) who was a famous poet and whose poem "I would not serve a second master though I Might be crucified a hundred times" is known to every Korean. He was also a pioneer in the field of physics. The diagram (-) represents his unerring loyalty to the king. 36 Movements.
	Ge-Baek	Is named after <i>Ge-Baek</i> , a great general in the Baek Je Dynasty (660 A.D.). The diagram (T) represents his severe and strict military discipline. 44 Movements.
2 <sup>nd</sup> Degree Black Belt	Eui-Am	Is the pseudonym of Son Byong Hi, leader of the Korean independence movement on March 1, 1919. The 45 movements relate to his age when he changed his name of Dong Hak (Oriental Culture) to Chondo Kyo (Heavenly Way Religion) in 1905. The diagram (I) represents his indomitable spirit displayed while dedicating himself to the prosperity of his nation.
	Choong-Jang	Is the pseudonym given to General Kim Duk Ryang who lived during the Yi Dynasty Fifteenth Century. This pattern ends with a left-hand attack to symbolize the tragedy of his death at 27 in prison before he was able to reach full maturity. 52 Movements.
	Ko-Dang	Is the pseudonym of the patriot Cho Man Sik who dedicated his life to the independence movement and education of his people. The 39 movements signify his times of imprisonment and his birthplace on the 39 <sup>th</sup> parallel.
3 <sup>rd</sup> Degree Black Belt	Sam-II	Denotes the historical date of the independence movement of Korea which began throughout the country on March 1, 1919. The 33 movements in the pattern stand for the 33 patriots who planned the movements.
	Yoo-Sin	Is named after General Kim Yoo Sin, commanding general during the Silla Dynasty who unified the three separate kingdoms of Korea. The 68 movements refer to the last two figures 668 A.D., the year Korea was united.
	Choi-Yong	Is named after General Choi Yong, Premier and Commander in Chief of the Armed Forces during the fourteenth century Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism, and humility. He was executed by his subordinate commanders, headed by General Yi Sung Gae, who later became the first king of the Yi Dynasty. 45 Movements.
4 <sup>th</sup> Degree Black Belt	Yon-Ge	Is named after a famous general during the Koguryo Dynasty, <i>Yon Gae Sommun</i> . The 49 movements refer to the last two figures 649 A.D. the year he forced the Dang Dynasty to quit Korea after destroying nearly 300,000 Chinese troops at Ansi Sung.
	Ul-Ji	Is named after general Ul-Ji Mun Duk who successfully defend Korea against Chinese invasion force of nearly one million soldiers let by Yang Je in 612 A. D. Ul-Ji employing hit and run guerrilla tactics, was able to decimate a large percentage of the force. The diagram ( ) represents his surname. The 42 movements represent the author's age when he designed the pattern.
	Moon-Moo	Honors the thirtieth king of the Silla Dynasty. His body was buried near Dae Wang Am (Great King's Rock). According to his will, the body was placed in the sea "Where my soul shall forever defend my land against the Japanese". It is said the Sok Gul Am (Stone Cave) was built to guard his tomb. The Sok Gul Am is a fine example of the culture of the Silla Dynasty. The 61 movements in this pattern symbolize the last to figures of 661 A.D. when Moon Moo came to the throne.

5 <sup>th</sup> Degree Black Belt	So-San	Is the pseudonym of the great monk Choi Hyung Ung. 1520-1604, during the Yi Dynasty. The 72 movements refer to his age when organized a corps of monk soldiers with the assistance of his pupil Sammung Dang. The monk soldiers helped repulse the Japanese pirates who overran most of the Korean peninsula in 1592.
	Se-Jong	Is named after the greatest Korean king, Se-Jong, who invented the Korean alphabet in 1443 A.D., and was also a noted meteorologist. The diagram ( ) represents the king, while the 24 movements refer to the 24 letters of the Korean alphabet.
	Tong-II	Denotes the resolution of the unification of Korea which has been divided since 1945. The diagram ( ) symbolizes the homogenous race. 56 Movements

KOREAN COUNTING	TAE KWON DO TERMINOLOGY
1 - Hana	1. Attention... Cha-Ryut
2 - Tul	2. Bow... Kyung-Nyeh
3 - Set	3. Face the Flag... Kuck-Ki-Eh
4 - Net	4. Sit Down... Ahn Juh
5 - Da-Suht	5. Mediate... Muck-Kyung
6 - Yuh Suht	6. Master Instructor... SahBurn-Nym-Keh
7 - Il-Gop	7. To Master Instructor... SahBurn-Nym-Keh
8 - Yuh-Duhl	8. Be Ready... Jun-Bi
9 - Ah-Hop	9. Return (to ready stance)... Bah-Ro
10 - Yuhl	10. At ease... She-Yuh
20 - Su-Mul	11. Yell... Kee-Ahp
30 - Suh-Run	12. Turn Around... DiRo-Dorah
40 - Ma-Hun	13. Switch (the stance)... Kyo-Dae
50 - Shi-Hun	14. Begin... She-Jahck
60 - Ye-Sun	15. Stop... Ko-Mahn
70 -Yil-Hun	16. Gym (Workout Area)... Do-Jahng
	17. Uniform... Do-Bock
	18. Form (Pattern)... Hyung
	19. Degree... Dahn

# VOCABULARY

GENERAL WORDS	
American	Korean
World	Say-Gay
Association	Hyup-Hway
Member	Hway-Wahn
Oath, Pledge	Sun-Suh
National Flag	Guk-Gee
Master, Director	Kwahn-Jahng-Nim
Instructor	Sah-Buhm-Nim
Martial Art Student	Soo-Lyoung-Sang
Student	Hahk-Sang
Uniform	Do-Boke
Belt	Dee
White Belt	Hin Dee
Yellow Belt	No-Lang Dee
Green Belt	Cho-Loke Dee
Purple Belt	Cha-Chu Dee
Brown Belt	Kahl-Sack Dee
Black Belt	Kuhm-Jung Dee
Yell, Shout	Gee-Hop
Practice Gym	Do Chang
Punching Board	Kwon Go

COMMANDS	
American	Korean
Attention	Cha Reuht
Formal Bow, Salute	Kyoung-Ray
Ready	Joon-Bee
Start	Shee-Jahnik
Stop	Go-Mahn
About Face	Dwee-lo Do-la
Eyes Left (to the left)	Jwa-lo
Eyes Right (to the right)	Woo-lo
Back to ready stance	Barro
Rest (at ease)	Sheut
Stand Still	Suh