

LEGACY TAEKWON-DO

141 King Road, Unit #4 Richmond Hill, ON L4E 3L7

TAEKWON-DO BASIC TERMINOLOGY

TAE: Jumping or flying, to kick or smash with the foot

KWON: Denotes the fist, to punch or destroy with the hand or fist

DO: Art or way

Student Oath:

- 1) I shall observe the tenets of Taekwon-Do
- 2) I shall respect my instructors and seniors.
- 3) I shall never misuse Taekwon-Do.
- 4) I shall be a champion of freedom and justice.
- 5) I shall build a more peaceful world.

Tenets of Taekwon-Do:

- 1) Courtesy
- 2) Integrity
- 3) Perseverance
- 4) Self-control
- 5) Indomitable Spirit

Class Terms:

Charyot: *Attention*
Kyong-ye: *Bow*
Jumbi: *Ready*
Si Jack: *Begin*
Baro: *Back to ready stance*

Sabum-Nim-Ke-Kyong-ye:
Bow to Head Instructor
Bo-Sabum-Nim-Ke-Kyong-ye:
Bow to Assistant Instructor
Shimsa-Kwan-Nim-Ke-Kyong-ye:
Bow to Examiner

History of Taekwon-Do:

- Taekwon-Do is the Korean art of self-defence
- Taekwon-Do was developed in the Korean Army
- The founder of Taekwon-Do is General Choi Hong Hi
- Taekwon-Do was founded on April 11th, 1955
- Legacy Taekwon-Do is affiliated with Woodbridge Taekwon-Do Group – Head Instructor Master Joseph Cariati, 8th Dan
- Federation Association ICTF - International Ch'ang-Hon Taekwon-Do Federation

Taekwon-Do Patterns:

Pattern	# of Movements
Saju Jirugi 4 Directional punch	14
Saju Makgi 4 Directional Block	16
Chon-Ji	19
Dan-Gun	21
Do-San	24
Won-Hyo	28
Yul-Gok	38
Joong-Gun	32
Toi-Gye	37
Hwa-Rang	29
Choong-Moo	30