



LEGACY TAEKWON-DO

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

TAEKWON-DO BASIC TERMINOLOGY

TAE	KWON	DO
Jumping or flying, to kick or smash with the foot	Denotes the fist, to punch or destroy with the hand or fist	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	Baro	Back to ready stance
Kyong-Ye	Bow	Sabum-Nim-Ke-Kyong-Ye	Bow to head instructor
Jumbi	Ready	Bo-Sabum-Nim-Ke-Kyong-Ye	Bow to assistant instructor
Si Jack	Begin	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

NUMBERS IN KOREAN	
1- Hana	6- Yosot
2- Dool	7- Ilgop
3- Set	8- Yopul
4- Net	9- Ahop
5- Dasot	10- Yeol

TAEKWON-DO PATTERNS	
Pattern	# of Movements
Saju Jirugi (Four Directional Punch)	14
Saju Makgi (Four 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