



CLASS PROCEDURES



BEGINNING OF CLASS

1. Recite Student Oath Kwan Won Sun Su
2. Bow to the flags Guk-Gi Ye Dae Ha Yo Kyong-Ye
3. Bow to the instructor and say TAE KWON Kyo-Sa-Nim Gae Dae Ha Yo Kyong-Ye
4. Warm up exercises Jun Bi Un Dong

END OF CLASS

1. Bow to the flags.
2. Bow to the instructor and say TAE KWON.
3. Bow to the high belt for dismissal.

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.

COUNTING

One	Hanna	Six	Yo Sut
Two	Dul	Seven	Il Gop
Three	Set	Eight	Yo Dul
Four	Net	Nine	A Hop
Five	Da Set	Ten	Yul

TENETS OF TAE KWON-DO

- Courtesy
- Integrity
- Perseverance
- Self Control
- Indomitable Spirit
- Modesty

TERMINOLOGY

• Grand Master	Kwan-Jang-Nim	• Meditation	Mook Num
• Instructor	Kyo-Sa-Nim	• High Punch	Sang Dan
• Flag	Guk-gi	• Middle Punch	Jung Dan
• Training Hall	Do Jang	• Low Punch	Ha Dan
• Uniform	Do Bok	• Kick	Cha gi
• Attention	Cha-Ryot	• Front Rising Kick	Ap-Cha-Olligi
• Bow	Kyong Ye	• Front Snap Kick	Ap-Cha-Gi
• Stop	Go-Man	• Side Rising Kick	Yop-Cha-Olligi
• Ready	Jun Bi	• Side Piercing Kick	Yop-Cha-Gi
• Commence	Si Jak	• Crescent Kick	Ban-Dal-Cha-Gi
• About Face	Dwi-Ro-Dol-A	• Jump Front Snap Kick	Twu-Yo-Ap-Cha-Gi
• Yell	Ki Hap	• Jump Side Kick	Twu-Yo-Yop-Cha-Gi
• Rest	Swi Yo	• Block	Mak Gi
• Dismiss	Hae San	• Side Block	Yop Mak Gi
• Thank You	Kam Sa Ham Ni Da	• Forearm Low Section Blk. . .	Pal Mokha Dan Mak-Gi
• Warm Up Exercise	Jun Bi Un Dong	• Pattern	Hyong
• Basic Motion	Ki Bon Dong Jak	• Free Sparring	Ja Yu Dae Ryong
• Stance	Sogi	• Step Sparring	Yak Sok Dae Ryong
• Sitting Stance	An Nun Sogi	• By Count	Gu Ryong Ye Mat Chu Uh
• Walking Stance	Gun Nun Sogi	• At Your Own Count	Gu Ryong Up Si
• L-Stance	Ni Un Ja Sogi	• Belt	Thie