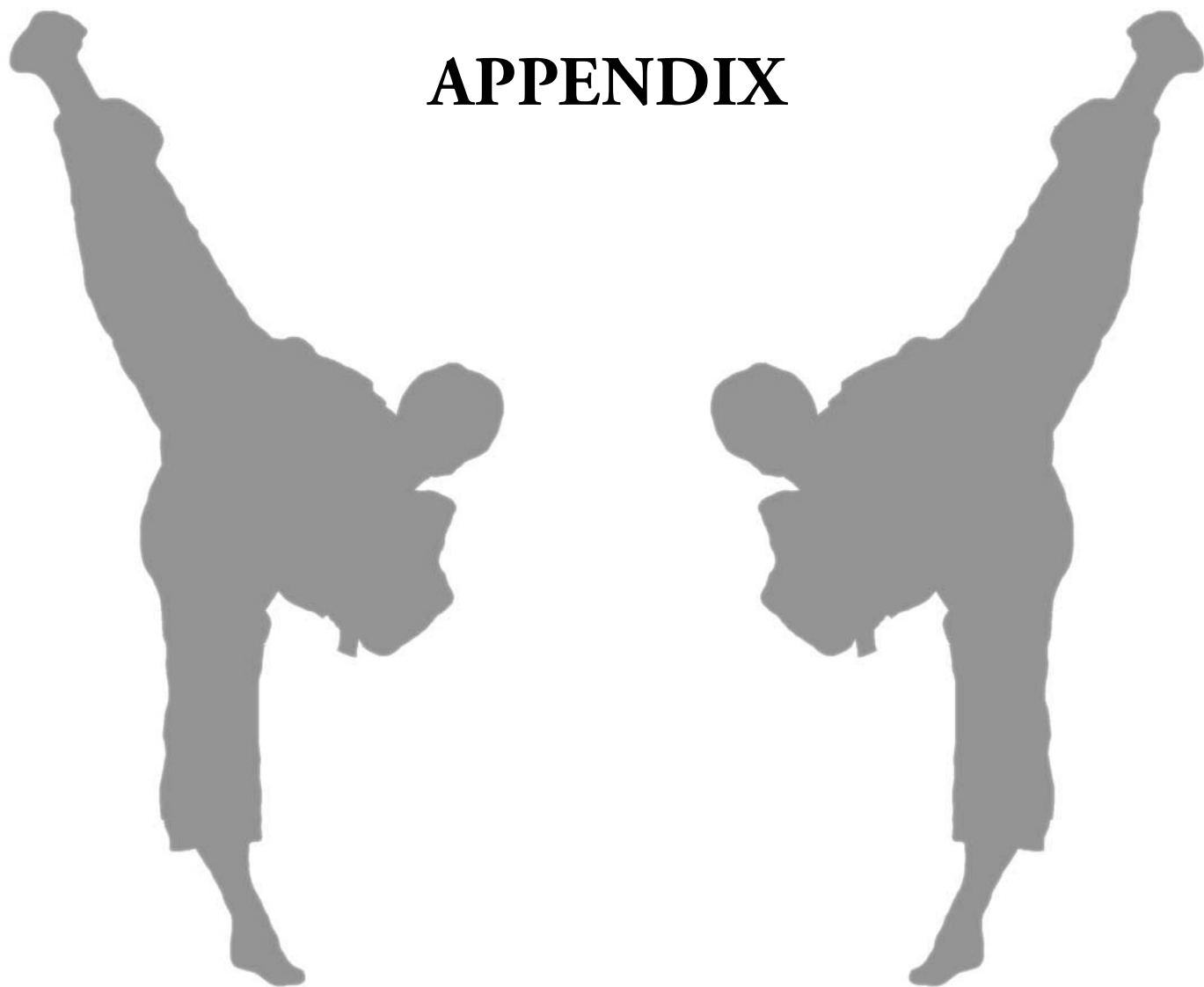


# APPENDIX



# WHY DO WE LEARN KOREAN TERMS?

We study Korean terminology and take written exams about Tae Kwon Do for a number of reasons. Tae Kwon Do is the martial art that originated in Korea; by learning Korean language and history, we show respect to the nation and culture that developed the art we study. An important lesson we learn through Tae Kwon Do is how to accept ourselves and other people. By studying another language we show our willingness to accept another culture.

In addition, Tae Kwon Do is not just about strengthening our body, but our mind and spirit as well. It is important that when someone asks you about Tae Kwon Do, you are able to speak about more than just kicking and punching. Knowing only how to kick and punch without an understanding of where the art came from reduces Tae Kwon Do to mere sport.

In order to become a complete martial artist, we must appreciate not only our new physical skills, but also their purpose, and the nation and culture that gave them to us.

## GUIDELINES FOR LEADING WARM-UP

On occasion, instructors will select a high-ranking student to lead the warm-up exercises. This is an important responsibility and offers students the opportunity to develop their confidence, enthusiasm, and leadership skills. The goal of the warm-up is to make everyone ready for class. We know that this goal has been accomplished if students are: sweating (physically ready), smiling (emotionally ready), and listening (mentally ready). In order to accomplish these goals, utilize the following strategies:

### GENERAL GUIDELINES

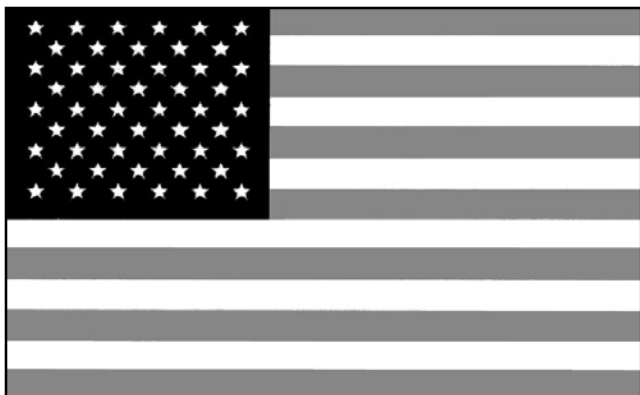
- Be completely enthusiastic, making use of vocal variety, facial expressions and body language.
- Give plenty of praise to students for both their effort and their skill.
- Do all stretches mirror image to the class (i.e. you do right when they do left).
- NO big bouncing motions.
- It doesn't matter if you do not have the best flexibility. Set a good example with your effort and body position.
- When you do a joint rotation, shoulder rolls for example, do it for 8 counts. All stretches should be held for 10 counts.
- Remember, if you give your best effort and are enthusiastic and motivated, the students will too.



# STANDARD WARM-UP ROUTINE

- Jumping jacks
- Hopping front to back, side to side, scissors, crossing and uncrossing legs
- Neck stretches
- Arm rotations
- Side reach
- Hip rotations
- Knee rotations
- Standing short stretches
- Standing long stretches
- Ankle rotations
- Hamstring stretch (one leg tucked in, the other leg extended to the side)
- Butterfly stretch
- Straddle split
- Sitting on insteps, foot and toe stretches
- Jumping jacks

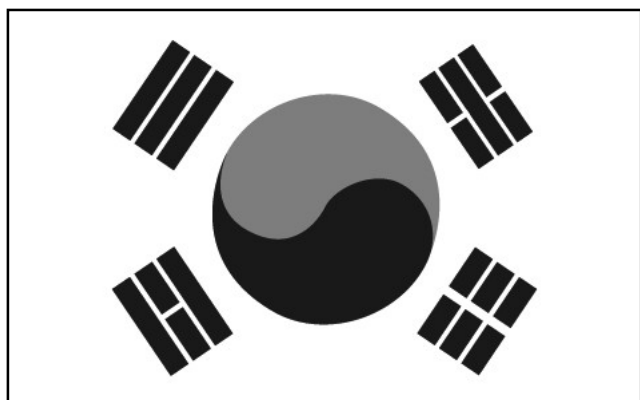




The American flag is one of the oldest in the world. The first flag of the United States was raised in 1776 in Cambridge, Massachusetts by George Washington. Every color and marking on the flag has a meaning. On June 14, 1777, Congress enacted a resolution “that the Flag of the United States be thirteen stripes alternate red and white, that the Union be thirteen stars white in a blue field representing a new constellation.” Red stands for courage, white for purity, and blue for loyalty and justice.

The thirteen stripes and stars represented the original thirteen colonies of the United States. In 1818 Congress enacted a resolution to keep the number of stripes at thirteen while adding a star for each state admitted into the union. The U.S. flag has never had an official name, however its most common nicknames are “Stars and Stripes,” “The Star Spangled Banner,” and “Old Glory.”

The display of the Korean and American flags are a sign of respect. Tae Kwon Do students demonstrate respect to Korea as the birthplace of Tae Kwon Do, and to America where they are allowed the personal freedom to study martial arts. To show our respect, we bow to the flags at the beginning and end of each class and whenever entering or leaving the training floor.







## THE KOREAN FLAG

The Korean flag symbolizes much of the thought and philosophy of the Asian culture. The symbol, and sometimes the flag itself, is called *Tae Kuk*.

The circle in the middle of the flag is divided equally and in perfect balance. The upper (red) section represents the Yang and the lower (blue) section the Um, an ancient symbol of the Universe.

These two sections represent the dualism of the cosmos: fire and water, day and night, dark and light, construction and destruction, masculine and feminine, active and passive, hot and cold, plus and minus, etc. This is also known as the theory of opposites. Similarly, the three bars at each corner represent opposition and balance.

For Tae Kwon Do students, this philosophy can be integrated to mean that as one develops great skill and power, one must also develop self-control and compassion. In this way the martial arts become an exercise not only of self-improvement but of helping others.

	<b><i>KUN GYE: SKY</i></b>
	<b><i>KON GYE: EARTH</i></b>
	<b><i>EE GYE: FIRE</i></b>
	<b><i>KAM GYE: WATER</i></b>

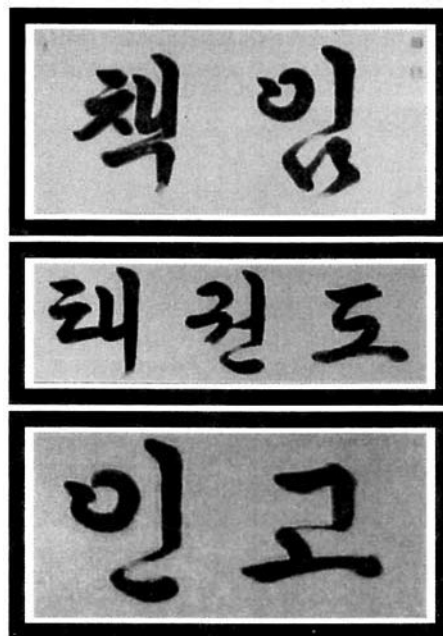
## THE BANNERS IN OUR *DOJANG*

Several banners hang in our dojang that represent much of the philosophy behind Tae Kwon Do.

The three Korean banners in the lobby area of the school may be translated as “Responsibility,” “Tae Kwon Do,” and “Perseverance.” Their message emphasizes the importance of responsibility and perseverance in Tae Kwon Do training.

In order to be true martial arts practitioners, students must treat the techniques they learn, and the knowledge they gain, responsibly. In addition, Tae Kwon Do encourages us to be responsible in all of our interactions with others.

Perseverance is also vital to your development as a Tae Kwon Doist. The path to a black belt and beyond includes many challenges. Through Tae Kwon Do training, students cultivate both inner and outer strength to overcome these challenges. As a result, they gain mental discipline and resolve that will help them with any difficulty they face in daily life.




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TWO CHINESE SCROLLS HANG ON OPPOSITE SIDES OF THE FLAGS ON THE MAIN TRAINING FLOOR. THEY PROVIDE A POWERFUL MESSAGE TO TAE KWON DO STUDENTS. AS WITH THE BANNERS, THERE IS AN EMPHASIS ON RESPONSIBILITY AND PERSEVERANCE.



The scroll to the left of the flag displays a famous poem, translated as follows:

*When one develops virtue in their spirit, then there will be honor in their character.*

*When one has honor in their character, then there will be respect in their home.*

*When there is respect in the home, then there will be harmony in the nation.*

*When there is harmony in the nation, then there will be peace throughout the world.*

This scroll details the “ripple effect” that results from diligent and sincere training. It explains that training in martial arts is not a selfish activity merely for personal benefit and improvement. Rather, the purpose is to develop ourselves so that we can enhance and contribute to our own families. This in turn will contribute to our community and our nation. Finally, these efforts can make a positive impact throughout the world.

The scroll to the right of the flags is related to the first scroll. It simply states:

**“THROUGH PERSEVERANCE ALL THINGS ARE POSSIBLE.”**



# COMPETITION EVENTS AND RULES



*Master Yoo at Yong-In University Presidential Cup International Tae Kwon Do Championship*

The following rules are the regulations of the annual World Class Tae Kwon Do Championships. These rules are a modified version of those followed in sanctioned USAT and Olympic competition. These rules are subject to change at the discretion of the tournament committee.

## VALID SCORE

*The following techniques score 1 point:*

- A punch successfully delivered with the fist, on the middle part of the chest protector.
- A kick successfully delivered by the foot, to the face or the middle part of the chest protector.
- An attack successfully delivered by foot or fist on any part of the chest protector which causes the opponent to fall. However, holding the opponent immediately after delivery of an effective attack does not count as a score, and falling down or losing balance does not produce a score.

## GYOROOGI (SPARRING)

*Gyoroogi* is the practice of sparring against an opponent, applying the offensive and defensive techniques acquired through Tae Kwon Do training. Competition is conducted by two players, *Chung* (blue) and *Hong* (red). Each respective weight division is an individual tournament. Matches are conducted in rounds with time limits and within 6x6 meter rings.

All the vulnerable spots are covered with protective gear. Head gear, chest protector, groin guard, forearm and shin guards help prevent injuries during competition. Only punching and kicking techniques are allowed during competition, and one can only attack the front part of the body. Only kicks are allowed to the head. Hits below the beltline are forbidden.

The winner is the competitor who scores more points with successful hits, using both hands and feet. A referee and judges keep score. A jury actually decides the winner after confirmation of the referee's declaration of warnings, deductions of points, and review of the referee's and judges' score cards. Valid points are those recognized by a majority of the judges, including the referee.

## SAFETY RULES

*The following safety rules shall govern all competition sparring matches:*

- The competitor is allowed to attempt kicks to the facial area; however, absolute control must be exercised or the appropriate penalty shall be invoked.
- The competitor who executes a successful kicking technique to the face (light contact without causing injury) shall be awarded one point.
- The competitor who executes a technique to the face or neck which results in a minor injury shall receive a one point deduction. The determination of a minor injury will be made at the discretion of the tournament officials.
- The competitor who executes a kick to the face which results in the inability of the opponent to continue shall be disqualified. The jury, referee and judges, after consultation with the tournament physician, if necessary, shall make this determination.

**NOTE:** *Inability to continue because of fright, crying or loss of will, following a legal kick to the head, does not constitute grounds for disqualification of the attacker.*

# WARNINGS & DEDUCTIONS

The referee declares a foul when the following acts are committed:

## WARNINGS — KYONG GO

*Half-point deductions:*

- Holding the opponent
- Escaping from fighting by showing your back to your opponent
- Moving out of the contest boundary line on purpose
- Attacking with knees, elbows or other unauthorized implements
- Throwing the opponent
- Pretending injury
- Moving around continuously (stalling)
- Attacking the private parts or other unauthorized area
- Pushing the opponent with
- Falling down on purpose (to avoid attack)
- Attacking opponent's face with fist (light touch)
- Uttering undesirable remarks and misconduct by contestant or coach

## DEDUCTIONS - GAM JEUM

*Full-point deductions:*

- Attacking a fallen opponent
- Injuring the opponent's face by fist attack
- Butting the opponent with the head
- Intentional attack after the referee's declaration of "Kalyo" (break)
- Uttering of violent and undesirable remarks or serious unsportsmanlike conduct by contestant or coach

*NOTE: Half-point deductions begin counting against a competitor's score when the competitor has two or more. Half-point deductions are always rounded down. Therefore, if a competitor has one halfpoint deduction at the end of the match, it does not count against him. If a competitor has two half-point deductions at the end of the match, it counts as 1 point against his total. If a competitor has three halfpoint deductions, (1½ points,) at the end of the match, it counts as 1 point against his total.*



## SUPERIORITY

If one opponent is clearly superior, the referee can stop the match to confer with the judges, and ask the jury to declare a mismatch. The jury can confer with the competitor's coach to determine whether to stop or continue, or the jury may make the judgment based on their own observations. Awarding a mismatch decision in this case is to ensure the competitor's safety.

The rules of superiority are also invoked to determine a winner in the event of a tie point score. The victory will be awarded to the competitor who utilized more kicks and advanced techniques and performed more aggressively.



**POOMSE** (forms)

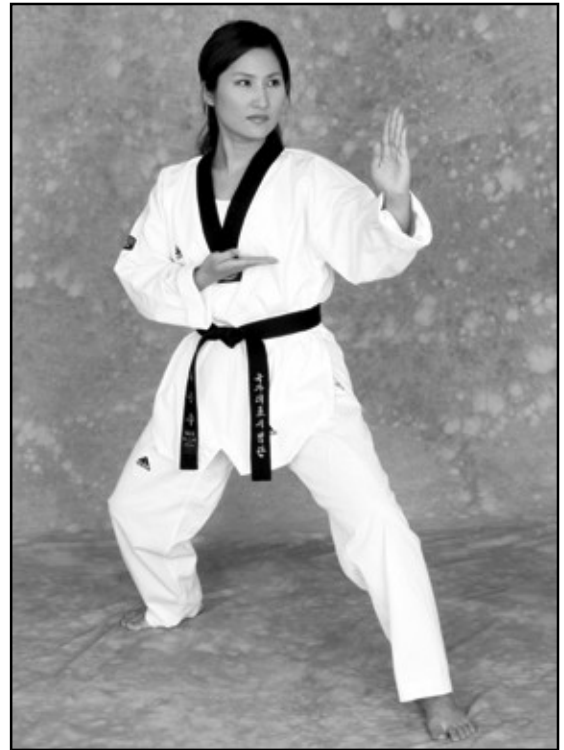
Poomse is a technique system that allows students to practice defensive and offensive techniques by themselves against an imaginary opponent. Students learn poomse step-by-step graduating at each belt from simple to more complex and difficult ones.

*Poomse will be judged on:*

I. Correct and orderly execution of each movement

II. Degree of proficiency:

- Beginning and ending at the same spot
- Executing powerful and speedy techniques by tensing and relaxing muscles at the proper moment
- Mental concentration
- Focused eye and head movements
- Accurate targets
- Inhaling and exhaling at the proper moment
- Balance
- Rhythm and synchronization of movement

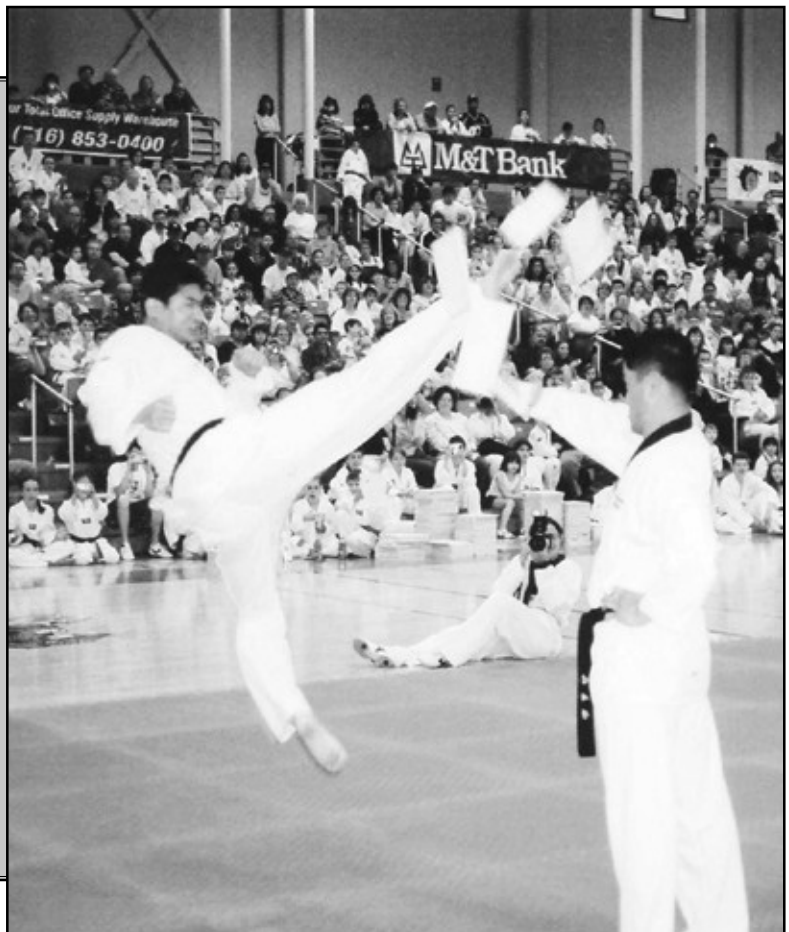
**KYUKPA** (board breaking)

Competitors are provided with boards and allowed to attempt breaking with techniques that have been approved by their instructors. Competitors will be judged on accuracy and clarity of technique, speed, power, intensity, and maintaining good balance and poise during and following each technique. Generally, competitors are given a maximum of two attempts to break at each station.

## A NOTE ABOUT THE VALUE OF COMPETITION:

While not everyone can become an Olympic gold medalist, the excitement and challenge of fair competition can be an enjoyable and memorable experience for students of all ages and abilities. For this reason, our school hosts a school tournament each year. This event provides friendly competition that will inspire you to bring out your personal best performance.

**GET INVOLVED!!**





# TAE KWON DO'S HISTORY



*Kukkiwon, South Korea*

Tae Kwon Do is the art of self- defense that originated in Korea. It is recognized as one of the oldest forms of martial arts in the world. Though its tradition is ancient, reaching back over 2,000 years, there is no one account of its development. The details presented here have been gathered and arranged from a number of different sources.

One of the earliest clues to Tae Kwon Do's existence is a mural painted on the wall of a tomb that was built in the Korean kingdom of *Koguryo*, between 37 BC and 66 AD. The drawing shows two unarmed figures facing each other in a Tae Kwon Do-style stance. Additional drawings in the tomb show figures performing blocks and wearing uniforms similar to those used in modern day Tae Kwon Do training.

There is little question that the advancement of Tae Kwon Do and its techniques developed as the country of Korea developed. There are examples and history of Tae Kwon Do training in virtually all the records of the different kingdoms that existed within the country throughout the centuries.

The highest form of the ancient art was achieved in the kingdom of Silla. This tiny kingdom constantly faced attacks and opposition from larger and stronger areas. As a result the ruler of the kingdom, King Jin Heung, established an elite group of warriors called the "*Hwarang*" or "Flower of Youth."



The *Hwarang* consisted of the sons of nobles within the kingdom. They were carefully selected and formally trained in all aspects of military skills including unarmed combat, which at the time was known as *Tae Kwon*. It is significant that the *Hwarang* were taught not only the importance of developing their bodies, but their minds and spirits as well. In addition to fighting techniques, the young warriors were instructed in history, poetry, and philosophy. The entire body of study was known as *Hwarang Do*. The *Hwarang* gained skills not only for battle, but for daily life. This relates directly to modern Tae Kwon Do training, which provides

self-defense skills, as well as improved character, self-discipline, and confidence that can be applied to any task.

Following the Silla dynasty and the times of the *Hwarang Do* came the Koryo dynasty (935 AD–1352 AD) from which Korea takes its name. At that time, martial arts practice, known as *Subak Do*, became popular as an organized sport with detailed rules. The royal family sponsored competitions and demonstrations. Martial arts became deeply rooted in Korean culture.

A setback occurred during the Yi Dynasty which began in 1393 AD. At that time the ruling class de-emphasized the importance of physical and military training, and the *Tae Kyon* began to lose popularity. However, one significant contribution occurred in 1790 when the Yi Dynasty monarch, Chongjo, ordered one of his generals to compile a reference book of all forms of martial arts in Korea. Known as *Muye Dobo Tongi*, this book is one of the first of its kind. It is comprised of texts and illustrations describing methods of practicing martial arts.

The end of the Yi Dynasty came in 1909 and was followed with the Japanese occupation of Korea and a ban on the practice of martial arts. The training that existed was extremely secretive.

With the end of World War II came the end of the Japanese occupation, and the need and opportunity to formally organize the Korean martial arts. In 1955, a group of instructors and historians convened and settled on the title *Tae Kwon Do*. The name was selected for its appropriate description of the art: *Tae* (foot) *Kwon* (hand) *Do* (art). The name also bore a close resemblance to the ancient name *Tae Kyon*.

The introduction of Tae Kwon Do in the United States also began during the 1950s when a handful of pioneering master instructors travelled to America to spread the art.

Throughout the next few decades, Tae Kwon Do grew in popularity, not only as a martial art, but as an International sport.

In 1973, Korea hosted the first Tae Kwon Do World Championships. In that same year, the World Tae Kwon Do Federation (WTF) was established as the international governing body for the sport aspects of Tae Kwon Do. Today the WTF counts 202 separate countries as its members, representing 20 million practitioners. These numbers earn Tae Kwon Do the distinction of being the most practiced martial art in the world.

Tae Kwon Do first gained acceptance as an Olympic sport when it appeared as a demonstration event in the 1988 Seoul Olympic Games. Beginning with the 2000 Olympic Games in Sydney, Australia, Tae Kwon Do became a medal sport in the Summer Olympic Games.

Kukkiwon as the World Taekwon Do Headquarters has vitalized Tae Kwon Do in the form of the leading martial art by globalizing it since its foundation in 1972.

# TAE KWON DO'S DEVELOPMENT AS AN INTERNATIONAL SPORT

## 1970s

May 25, 1973.....	The first World Tae Kwon Do Championships were held (biennial event)
May 28, 1973.....	The World Tae Kwon Do Federation (WTF) was established
October 18, 1974....	The First Asian Tae Kwon Do Championships were held (biennial event)
October 5, 1975.....	The WTF became an affiliate of the General Association of the International Sports Federation (GAISF)
April 9, 1976 .....	The CISM (Conseil International du Sport Militaire) executive committee adopted Tae Kwon Do as an official sport

## 1980s

July 17, 1980 .....	The WTF was granted recognition by the International Olympic Committee (IOC) at the 83rd General Session in Moscow
January 15, 1981.....	The WTF was affiliated to the International Council of Sports & Physical Education
July 24, 1981 .....	Tae Kwon Do was one of the primary events in the World Games (a non- Olympic) event held in Santa Clara, California, USA
February 5, 1982.....	Tae Kwon Do was adopted as a demonstration sport for the 1988 Seoul Olympic Games at the IOC Executive Board Meeting
August 13, 1983.....	Tae Kwon Do was adopted as an official sport of the Pan-American Games at the General Assembly of the Pan-American Sports Organization
December 1, 1983...	Tae Kwon Do was adopted as an official sport of the All-African Games at the 10th General Assembly of the Supreme Council for Sports in Africa (SCSA)
December 30, 1983.	The WTF was affiliated to the International Organization of Sports & Leisure Facilities (IAKS)
September 28, 1984	Tae Kwon Do was adopted as an official sport by the Olympic Council of Asia (OCA)
June 2, 1985 .....	Tae Kwon Do was formally adopted as a Demonstration Sport in the 1988 Olympic Games at the 90th session of the IOC Executive Board held in Berlin
July 3, 1986 .....	The First World Cup Tae Kwon Do Competition was held at Colorado Springs, USA
April 4, 1986.....	Tae Kwon Do was adopted as an official sport of the South American Games
May 14, 1986.....	The WTF was affiliated to the International University of Sports Federation (IUSF)
September 30, 1986	Tae Kwon Do was included as an official sport in the 10th Asian Games in Seoul
November 29, 1986	The First World University Tae Kwon Do Games were held
January 9, 1987.....	Tae Kwon Do was adopted as an official sport of the South East Asian Games
August 9, 1987.....	Tae Kwon Do was included as an official sport in the 10th Pan-American Games held in Indianapolis, with 26 participating nations
October 7, 1987.....	The First Women's World Tae Kwon Do Championships were held in Barcelona, Spain
December 15, 1987.	Tae Kwon Do was adopted as an official sport of the South Pacific Games
September 17, 1988	Tae Kwon Do was a demonstration sport in the 24th Olympiad with 192 competitors from over 35 nations participating
April 6, 1989.....	Adoption of Tae Kwon Do as a demonstration sport in the 25th Olympiad in Barcelona, Spain

## 1990s & BEYOND

April 22, 1992.....	Tae Kwon Do was adopted as an official sport of the 1994 Asian Games by the OCA
August 19, 1993.....	The World Tae Kwon Do Championships were held in New York City with over 700 competitors from 82 countries
July, 1994 .....	Tae Kwon Do was adopted as an official full medal sport for the 27th Olympiad in Sydney, Australia
July, 2000 .....	Tae Kwon Do appears as an Olympic event in 2000 Olympic Games in Sydney, Australia



## THE WORLD TAE KWON DO FEDERATION (WTF)

The World Tae Kwon Do Federation (WTF) is the international governing body for Tae Kwon Do. It is headquartered at the Kukkiwon, the national training center for Tae Kwon Do, in Seoul, South Korea. Its members include over 20 million people in 202 countries (as of June 2012).

The WTF oversees international competition, sets standards for master, instructor, and referee certification, and has several committees responsible for the reviewing, updating, and advancing of Tae Kwon Do's technical standards.

**BLACK BELTS EARNED AT MASTER YOO'S TAE KWON DO ARE CERTIFIED  
THROUGH THE WTF AND ARE RECOGNIZED WORLDWIDE.**



## UNITED STATES TAE KWON DO (USAT)

The United States Olympic Committee (USOC) recognizes USA TAEKWONDO (USAT) as the National Governing Body (NGB) for the sport of Tae Kwon Do in the United States. USAT is responsible for US national junior and senior team selections for World Tae Kwon Do Federation events, including the Summer Olympic Games Tae Kwon Do competition event.

As a group "A" member of the United States Olympic Committee, the USAT is allotted permanent resident space at the Olympic Training Center in Colorado Springs and frequently conducts international exchange programs between the U.S. and other elite teams. Through a system of individual memberships, statewide organizations, and a central governing body, the USAT works to promote the growth of Tae Kwon Do throughout the country.